PLANT FACT SHEET

Conicosia pugioniformis (L.) N. E. Br.

GENUS *Conicosia* **FAMILY** Aizoaceae

COMMON NAMES Narrow-leaved iceplant, Giant clockplant

EDIBLE PARTS AND USES

Edible parts: Fruit, Roots

The roots are slimy and edible. They are eaten as a snack.
The young fruit capsules are used in stews.

DESCRIPTION

A plant that keeps growing from year to year. It grows 30 cm high and spreads 1 m wide. The stems are thick and erect. The branches lie flat but turn up at the tips. The leaves are narrow and 3 angled. They are greyish-green and taper to the tip. The flowers are yellow and 7 cm across.

HABITAT

It is a subtropical plant. It is best in light, sandy, well-drained soils. It suits an open sunny position. It is resistant to drought and frost.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

Also put in the family Mesembryanthemaceae.

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