

FACT SHEET

Karkalla

Pigface; *Carpobrotus glaucescent*

The juicy leaves can be eaten raw or cooked like a vegetable. They also can make a crunchy green pickle which is a great accompaniment with crackers or on a BBQ steak!



The leaves can be used like aloe-vera to remedy stings, burns and skin irritations. Karkalla extracts have been shown to possess significant antioxidant, antiplatelet and anti-inflammatory activity.

In your Kitchen garden; Propagate plants from cuttings or divided layers, set out about 1m apart in full sun in sandy well drained soil. The plants spread thickly over rocks and hang over walls

Karkalla grows low, barely reaching half a metre in height, but can spread to 3 metres wide. It's a great groundcover or border plant for courtyards, poolside, Mediterranean gardens, and succulent, desert and beach motifs, and the perfect choice for a low-maintenance verge plant.

It's a coastal succulent so tolerates both drought and salt and is somewhat frost-resistant. It prefers full sun but will grow comfortably in part-shade. Choose a well-drained soil, from clay loam to sandy, and water occasionally during the hottest summer months if you want the leaves to keep their rich colour.

To prepare your Karkalla leaves: The leaves can be cooked in a stir fry or added raw to a salad. Aborigines in Victoria ate salted leaves as a kind of relish with meat and other foods.

Tasty Internet recipe (Woolworths):



<https://bunch.woolworths.com.au/recipe/10022698/Pig-Face-Salad-Not-For-The-Faint-Hearted>

Small Footprint Produce

From Down's Estate Community Project - Seaford