

FACT SHEET

Karkalla

Pigface; *Carpobrotus rossii*

Like *Carpobrotus glaucescent*, the juicy leaves can be eaten raw or cooked like a vegetable. The fruit of the Rossii however grows larger and turns a deeper red when ripe. To enjoy the fruits fresh, just hold one end and suck out the sweet pulp or eat it whole — salty skin and all. Cooked, they may be used in jams, jellies and cakes, or paired with seafood in savoury dishes.



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; *Carpobrotus rossii* is common on coastal dunes. It is a prostrate plant which spreads to 2 metres or more with thick, succulent leaves up to 100 mm long. The flowers are superficially daisy-like and about 45 mm in diameter. They usually have mauve to purple petals and a white centre. The fruits are globular, about 20 mm diameter and dull red in colour. The fruits and leaves are edible.

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.

Pick fresh fruit, before the leaves wither or after the fruit has dried

Leaves make a great pickled green:



Small Footprint Produce

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