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Carpobrotus edulis

[Synonyms : *Lampranthus edulis*, *Mesembryanthemum edule*]

HOTTENTOT-FIG is a trailing, succulent subshrub. Native to South Africa,(particularly the Cape), it has yellow, pink or purple flowers.

It is also known as *Bálsamo* (Portuguese), *Chorão* (Portuguese), Common hottentot fig, *Ficoïde* (French), Fig marigold, *Figue marine* (French), Freeway iceplant, *Gouna* (Afrikaans), *Hottentottenfeige* (German), *Hottentottfikon* (Swedish), Ice plant, Kaffir fig, *Kosmatcovník jedlý* (Czech), *Mesembryanthème* (French), *Mesembryanthemum*, *Middagsblomma* (Swedish), *Middagsblomst* (Danish), *Mittagsblume* (German), Pigface fruit, Sally-my-handsome, and Sour fig: and in flower language is said to be a symbol of idleness.

The flowers open at noon.

Edulis is Latin (eatable).

The fruit were eaten by many of the local South African tribes, especially the Hottentots, and today can be found for sale in the Country's shops as an ingredient for making jam. The leaves can be pickled like cucumber or used as a savoury flavouring.

Hottentot-fig was introduced to the sand dunes of New Zealand to combat erosion and since then has become naturalized there. It was also introduced to the Californian coastline in the south western United States for similar reasons. It can be found growing on the west coast of England too.

The leaf juice (rubbed straight from the leaf) has been used to ease sunburn.