

NATIONAL ARBOR WEEK YOUR SPEKBOOM GUIDE

WHY PLANT A SPEKBOOM?

- It's a Proudly South African plant (originally found in dry regions of the Eastern Cape).
- It's drought resistant and therefore ideal for gardens in the drought-stricken Cape Town environment.
- It's efficient in removing Carbon Dioxide from the Air, so we will be contributing towards saving the Planet!

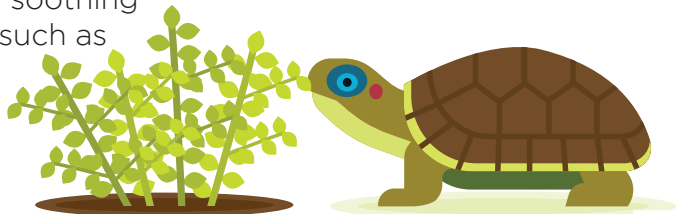
ALSO KNOWN AS:

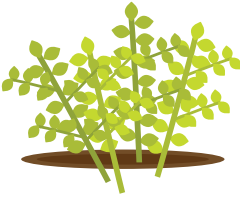
Portulacaria afra (Scientific name) | Pork bush or Elephant's food (English) | Spekboom (Afrikaans); iGqwanitsha (isiXhosa)



OTHER BENEFITS OF SPEKBOOM

- The leaves of the Spekboom are high in **Vitamin C** and can be eaten. They have a delicious sour or tart flavour. Add some to your salads!
- Tortoises, game animals, elephants and domestic stock love eating them.
- The juice is also used as an antiseptic and as a treatment for sunburn.
- Sucking on a leaf is used to treat exhaustion, dehydration and heat stroke.
- The juice is used for soothing ailments of the skin such as pimples, rashes and Insect stings.





HOW TO CARE FOR YOUR SPEKBOOM

TIPS FOR KEEPING YOUR SPEKBOOM HEALTHY

Spring to Autumn are the best months to plant cuttings.

Water often in summer and less in winter.

Let the soil dry between watering, usually four to five days.

Give enough water to keep the leaves from shrivelling.

HOW TO GROW OR MULTIPLY YOUR SPEKBOOM:

Step 1: Find a healthy plant to take a cutting from.

Step 2: Take a stem cutting approximately 10 - 50 cm in length with a clean sharp knife or secateurs.

Step 3: Remove any leaves from the bottom third of the cutting.

Step 4: To plant it, push the cutting into well-drained soil, up to where the leaves start.

KEEP IN MIND:

Although Spekboom is not endemic to Cape Town it can still be planted in gardens and parks (permission needed), due to its other benefits. Please refrain from planting any plant in nature reserves, natural areas, green belts or conservation sensitive sites before discussing with your local Environmental Manager or Conservation Officer.

BE SURE TO FOLLOW US ON SOCIALS AND SNAP A PIC WITH YOUR NEW PLANT AND TAG US ON FACEBOOK OR INSTAGRAM USING THE HASHTAG #IntakaIslandSpekboom TO STAND A CHANCE TO WIN AN ANNUAL MEMBERSHIP TO INTAKA ISLAND!



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