

## Aptenia, Heartleaf Ice Plant



Aptenia cordifolia, a type of ice plant also known as baby sun rose, is a durable summer bloomer native to South Africa.

Rating: Not Rated Yet

### Price

Sales price R 178

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Description

### Description for null

Aptenia cordifolia is a sun-loving perennial that produces small, bright reddish-purple, daisy-like blooms atop thick, succulent stems. In cooler climates, Aptenia cordifolia is grown as an annual.

Common name Ice plant.	Flower colours Reddish-purple.	Bloom time Spring and summer.	Height 250 mm.	Difficulty Easy to grow
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### Planting and care

Sunlight Bright sunlight, but benefits from afternoon shade when planted in hot, dry climates.	Soil Dry, well-drained soil.	Water Water the plant deeply when the soil is completely dry, then allow the soil to dry before watering again. Should be kept on dry side as the plant rots in soggy soil.	Temperature Night temperatures of 50 degrees.	Fertilizer Use a regular liquid or granular fertilizer two to three times during the growing season.
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### Caring for Aptenia

- Red apple ground covers remain smaller and manageable in dryer soils, but grow aggressively and can quickly become invasive when grown in moist soil conditions.
- Space multiple plants 18 to 36 inches apart. This allows for ample airflow and reduces the risk of fungal diseases such as root rot.

## Typical uses of Aptenia

### Special features:

**Ornamental use:** Aptenia cordifolia is often planted in pots or as a ground cover.

### Medicinal use:

Aptenia cordifolia is used medicinally as an anti-inflammatory, as a dressing (poultice) and deodorant. The plant is also used as a love and good luck charm.

Note: The following information is general guidelines. Be sure to ask your healthcare provider for guidelines.

## References

- <http://www.plantzafrica.com/plantab/apteniacord.htm>
- [http://www.ehow.com/info\\_8161201\\_aptenia-cordifolia-care.html](http://www.ehow.com/info_8161201_aptenia-cordifolia-care.html)