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With Table Mountain in the background, the dunes of the West Coast become a floral splendour in Spring. Because the West Coast is bathed by cold water, it receives relatively little rain, and dunes there are colonised with only low-growing plants and shrubs, in contrast to the dune forests of the East Coast. The foreground of this picture is dominated by the sour fig *Carpobrotus acinaciformis*. There are several species of *Carpobrotus* in South Africa, including the yellow-flowered *C. edulis*. Their sap has traditionally been used as an antiseptic and a treatment for bluebottle stings, and the fruit is made into jam.

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