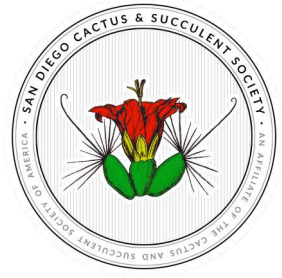


ESPINAS Y FLORES



VOL. 61, No. 01
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NEWSLETTER OF THE SAN DIEGO CACTUS & SUCCULENT SOCIETY
AN AFFILIATE OF THE CACTUS AND SUCCULENT SOCIETY OF AMERICA



IT'S 2026... HAPPY NEW YEAR! // 2025 HONOREES // CARALLUMA //
JANUARY SPEAKER // 2026 WINTER SHOW & SALE // ...and more



ON THE COVER

Caralluma speciosa in flower

Photo by Jodi Visosky

TABLE OF CONTENTS

President's message pgs 3 - 4

2025 Honorees pg 5 // January speaker pg 6

Upcoming 2026 Show & Sale information pgs 7 - 9

2026 Winter Show plant categories pgs 10 - 11

Caralluma pgs 12- 14 // Member section pg 15

2026 overview pg 16 // 2025 Cover gallery pg 17

UPCOMING SDCSS SCHEDULE

FIRST MEETING OF 2026 (3RD WEEK!)

January 17th

2026 WINTER SHOW & SALE

February 14th

EXECUTIVE BOARD

President	Kelly Griffin
Vice President	Der-shing Helmer
Secretary	Olga Batalov
Treasurer	Ken Brown

DIRECTORS

Rick Bjorklund, Patricia Bryan, Luis Gonzalez, Tom Knapik, Georgia Kenney, Rita Lunceford, and Jared Petker

COMMITTEES & SUBCOMMITTEES

Conservation	Herb Stern
Brag Table	Susan Hopkins & Rocco Piersanti
Plant of the Month	Denise Huntsman-Griffin
Summer/Winter Show	[open]
Historian	Jerry Garner
Grants	Jerry Garner
Library Committee	Luis Gonzalez
Exchange Plants/Seeds	Michelle Heckathorn
Annual Sales	Rita Lunceford
Auction & Holiday Plants	Kelly Griffin
Show Auction Manager	[open]
Monthly Plant Sales	Rita Lunceford
Benefit Drawing Table	Chuck Ramey
Programs	Kelly Griffin
Reception	Susan Hopkins & Candy Garner

New Member Orientation Patricia Bryan & Jay Crowley

Monthly Regalement Sandy Wetzel-Smith

Picnic Regalement Georgia Kenney

Coffee in the Garden Coordinator

Jodi Visosky

LIAISONS

Balboa Park Desert Garden
Susan Hopkins

CSSA Affiliate Rep Rick Bjorklund

SD Botanic Foundation Lynn Elliot

SD Zoo Safari Park, Baja, & Old World Gardens
May Fong Ho

Palomar CS Society Liaison
Brita Miller

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Membership	Olga Batalov
Business Manager	Donna Roden
Newsletter Editor	Der-shing Helmer
Webmaster	Jared Petker
General Club Publicity	Christie Lathrop
Show & Sale Publicity	Patricia Bryan & Emily Shuffield

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Our Holiday Party was exceptional and well attended! Our new caterer did a great job, and thank you Donna Roden for taking the lead in organizing everything for our inaugural run. A special thanks to Herb Stern for, once again, handling the barista duties and securing the spirited beverages. I also want to thank everyone who brought in the beautiful centerpieces — your efforts truly made the event special!

We crowned three Volunteers of the Year for 2025. While the award is meant to be Volunteer of the Year, given our large and dedicated group, we've chosen to honor all those whose contribution this year were extraordinary. Rick Bjorklund has long been deserving of recognition for his numerous contributions to the smooth functioning of our Society and for his work to make the shows run well. Georgia Kenney was recognized for her constant and ongoing support of our activities, shows, and sales — very well deserved! Finally, Olga Batalov was acknowledged with the Volunteer of the Year Award for her work in many roles, in particular her current positions as Director and our Membership Chair. We are incredibly lucky to have her on our team!

We also honored Candy and Jerry Garner as well as Pam Badger with Lifetime Member awards in recognition of their decades of support of our society. They are true pillars of our SDCSS community and now they members for life of the Society—no strings attached, just the hope that they continue to enjoy hanging out with us!

A heartfelt thank-you goes to the entire SDCSS board for their planning and effort to make this year's event run smoothly, and to all members for their constant great suggestions and support.

We must also acknowledge the wonderful support behind the holiday gift plant project: Grow Margo (thanks, Rita!), Botanic Wonders (thank you, Al and Anthony!), Sphaeroid Institute (appreciate it, Steven Hammer and Oakes!), PW Plants (thank you, Peter!), Altman Specialty Plants (thank you, me!), and the lovely pots (thanks, Jerry!). It's a significant effort from everyone, but it's one we all enjoy and cherish — a special tradition that has truly become a highlight of the season!

Our auction was also a great success! We are grateful to our donors: Jared Petker, Gary Vincent, Botanic Wonders, Kelly Griffin, Peter Walkowiak,



and of course, the beautiful landscape plants donated by Western Cactus Growers. Huge thanks to Ed and Blanca DeLollis for their tremendous efforts in making this happen and for transporting their outstanding plants to our meeting. If I didn't mention you and you donated — thank you, too!

The silent auction also performed very well, and I want to extend thanks to everyone for helping to make this part a success.

Altogether, our society raised \$3,300 to support the CSSA Conservation Fund, dedicated to the preservation of cactus and succulent habitats. Great job, everyone!

Our January meeting will feature a presentation by our former SDCSS President Joey Betzler about a trip to South Africa and Namibia from his astute perspective. Our Plant of the Month will be presented by Emily Weaver discussing the genus *Caralluma*.

Don't forget to mark your calendars for our first gathering of 2026 — the January meeting will be an exception to the regular schedule and will be held on THE THIRD SATURDAY, the 17th. A new year, a fresh start, and more opportunities to learn and enjoy time together!

Regarding the paid parking situation, with the New Year approaching, please plan accordingly. Carpool if possible, and consider parking at Inspiration Point for the best rates, as there will likely be a shuttle service from there. Be sure to allow extra time to navigate the parking options. Alternatively, there will likely be some close in parking if you are willing to pay for it.

I want to sincerely thank every one of you who contributes to making this club what it is ~ *fantastic fun!* ~ and the holiday party was certainly no exception.

Looking forward to Joey Betzler's presentation on January 17th!

All the best,

Kelly Griffin

December 19, 2025



2025 Volunteers of the year, Rick Bjorklund, Georgia Kenney, and Olga Batalov (not pictured)

Rita Lunceford



2025 Lifetime Member honorees, Candy and Jerry Garner and Pam Badger

Rita Lunceford



JANUARY 17TH SPEAKER

JOEY BETZLER

“THE EX-PRESIDENT’S TOUR OF SOUTH AFRICA”

ABOUT OUR SPEAKER

Joseph (Joey) Betzler has been interested in plants since childhood. One of his earliest memories is of succulent Moss Roses (*Portulca grandiflora*) growing in Altal Loma (now Rancho Cucamonga) California. Later he discovered three volumes dedicated to The Stapelieae, by White and Sloane.

Mr. Betzler is a botanist and has extensive experience in desert floras of the Mojave, Sonoran, Vizcaíno, and Colorado Desert ecological associations in the southwest United States. He is recognized as a succulent plant expert with over 50 years of experience with cactus and other succulent plants. He has observed these plants in remote locations of: Arizona, California, Nevada, Baja California, Mexico, The Western Cape Floristic Region, the Succulent Karoo, South Africa, and Namib Desert regions in Namibia.

He was a two term President of the SDCSS and voted a Life Member in the 1990s. He is also a life member of the CSSA.

ABOUT OUR SPEAKER TOPIC

Joey’s talk will feature his second trip to Southern Africa, which included South Africa and Namibia. Kelly Griffin planted the seed of

a trip in 2022, Tom Knapik was also a key member. The joke was that it would be “the Ex-Presidents Tour of Southern Africa”, since all of the team were former Presidents of the San Diego Cactus and Succulent Society. Joey likes photography, and his favorite subject is still stapeliads. This was not a stapeliad trip but he managed to see some, as well as astounding Aloes and Ice Plants and other succulents. Though not a succulent, *Welwitschia* is a botanical wonder that has been adopted by succulent enthusiasts and seeing it was one of the major goals of the trip.

OUR PLANT OF THE MONTH TOPIC

Join us at 1am, just before Joey’s talk, for an wonderful introduction to the genus *Caralluma* presented by Emily Weaver. You can catch a preview of this subject in this very newsletter.

OUR PRE-MEETING WORKSHOP

At 11am, please enjoy a special pre-meeting workshop about preparing your plants for the February Show and Sale, presented by Jared Petker.

[SEE YOU ON JANUARY 17TH, 2026!](#)

THE SAN DIEGO CACTUS & SUCCULENT SOCIETY PRESENTS 2026 WINTER SHOW & SALE

Saturday February 14th, 2026

at the Casa del Prado in Balboa Park

See incredible out-of-this-world succulent and cacti from around the globe and enjoy rare plants and pottery from dozens of plant vendors and local artisans. Best of all, **FREE ADMISSION** and early-bird access for members!

TIMES & DATES

FRIDAY

noon — 8pm

noon — 7pm

vendor setup times in Room 101

members, bring in your show plants!

SATURDAY

8am — 10am

10am — 4pm

9am — 11 pm

11am — 4pm

final show plant setup

Show open to the public

Sale Room 101 open EARLY to members only

Sale Room 101 open to the public

The show is open to anyone who grows succulent plants, and there is no limit to the number of entries per class or number of classes entered!

Detailed show and membership info available at upcoming meetings, in our newsletters, and at our website www.SDCSS.net



LOOKING TO VOLUNTEER? WE'D LOVE TO HAVE YOU!

What could be more fun than sharing the joy of succulents with the public? Be a part of the Winter show and sign up for your favorite role from our [online volunteer sheet](#) or at the January meeting.

SCHEDULE FOR FRIDAY FEBRUARY 13TH 2026

BRING IN YOUR SHOW PLANTS from noon – 7pm

VENDOR Setup is at noon. Doors close at 8pm.

SCHEDULE FOR SATURDAY FEBRUARY 14TH 2026

8:00am to 10:00am

Set up for **OUT-OF-TOWNERS, BRING IN YOUR PLANTS!**

9:00am to 11:00am

Sales area open to members only (please bring proof of membership)

11:00am to 4:00pm

Sales area opens to public

10:00am to 4:00pm

Show area open for viewing

10:00am to noon

Judging, (open to public, though judging aisles will be closed off)

4:00pm

Show and sales area close

SAN DIEGO CACTUS & SUCCULENT SOCIETY
WINTER 2026
SHOW & SALE

ANTONINA LANSANGAN • BAY GARDENS
BOTANIC WONDERS • CACTUS DATA PLANTS & POTTERY
CORONA CACTUS • DR CACTUS • GERALD RICHERT CERAMICS
GROW MARGO • HULA TROPICALS • KOBE CLAYWORKS
KYLE'S PLANTS • LA SUCCULENTS • LISA ROCKS
MARK MURADIAN • MATT MAGGIO • MONALISA'S PLANTS
PRETTY ODD PLANTS • PRICKLY PROSPECTS
THE PURRING POTTER • PW PLANTS • ROOT DOWN POTS
STEVEN HAMMER • SUCCULENT GARDENING / SUCCULENTS US
SUCCULENT PLANTS • TGZ CERAMICS • THORN OASIS
T-REX PLANTS

02.14
2026
FREE
ENTRY

FEAT. SPECIAL GUEST JUDGES
TOM MCCOY & MARK FRYER


WWW.SDCSS.NET/
 2026 WINTER SHOW AND SALE

A hand-crafted pot and a certificate suitable for framing will be given to BEST CACTUS, BEST SUCCULENT and BEST WINTER-GROWER plants in the NOVICE, INTERMEDIATE and OPEN Levels, and to the BEST OF SHOW plant (NOVICE or INTERMEDIATE or OPEN)

First, Second, and Third Place Ribbons will be awarded in all categories for all Novice, Intermediate, and Open entrants.



PLEASE FILL OUT BOTH TOP AND BOTTOM PORTIONS OF YOUR TAGS, THANK YOU!

GREEN cards for exhibitors that have won 10 or less blue ribbons in a recognized cactus and succulent show.

YELLOW cards are for participants that have won more than 10 blue ribbons

BLUE cards are for vendors and those that wish to compete against them. Awards will be selected from any category.

ADDITIONAL RULES

NO FIELD COLLECTED SPECIMENS.

- 1) Show is open to anyone who grows succulent plants.
- 2) Entries must be in the possession of exhibitors for at least six months. Plants must be clean, (no weeds or debris), healthy (no insects, disease or pesticide odor) and dry. Plant labels should be removed or hidden. Exhibitors are responsible for placing filled entry cards with plants prior to judging. The show committee may remove any entry that detracts from or jeopardizes the health of other entries.
- 3) Plants must be individually potted specimens except for the category 'Dish Gardens.'
- 4) Depending on number of entries, prior to judging, the show committee may combine or divide categories and rearrange entries. The show area may be PARTIALLY closed during judging, on a section-by-section basis. Judging will be open to the public. Plants must remain in show area until the end of the show.
- 5) Entries are judged on:
 - a) Condition, size, maturity and difficulty of culture: 70%
 - b) Staging - pot, top dressing, arrangement, cleanliness: 25%
 - c) Nomenclature: 5%
 Awards are given only if the judges believe they are merited, and all decisions are final.
- 6) The SDCSS and show committee will take due care to safeguard entries but cannot be held responsible for damage to, or loss of, plants and property.

DIVISION I: CACTI (CACTACEAE)	
Name	Class
Ariocarpus	1
Astrophytum	2
Aztekium, Epithelantha, Obregonia, Ortegocactus, Pelecyphora, Strombocactus	3
Coryphantha, Escobaria, Neolloydia	4
Turbincarpus (Gymnocactus), Stenocactus (Echinofossulocactus)	5
Echinocereus	6
Echinocactus, Ferocactus, Hamatocactus, Leuchtenbergia, xFerobergia	7
Mammillaria with hooked spines	8
Mammillaria with straight spines	9
Pediocactus, Sclerocactus, Thelocactus	10
Melocactus	11
Blossfeldia, Coleocephalocereus (Buiningia), Discocactus, Frailea, Uebelmannia	12
Copiapoa	13
Gymnocalycium	14
Acanthocalycium, Echinopsis, Lobivia	15
Eriosyce (Hormidocactus, Neochilenia, Neoporteria, Pyrrhocactus)	16
Parodia (Notocactus)	17
Rebutia (Sulcorebutia, Weingartia)	18
Matucana (Submatucana), Droya	19
Opuntioide: Austrocylindropuntia, Consolia, Cylindropuntia, Grusonia, Miqueliopuntia, Opuntia, Pereskia, Pterocactus, Tephrocactus, Tunilla, etc.	20
Columnar Cacti: Arrojadoa, Bergerocactus, Browningia, Carnegiea, Cephalocereus, Cereus, Cipocereus, Cleistocactus, Espostoa, Micranthocereus, Myrtillocactus, Neobuxbaumia, Oreocereus, Pilosocereus, Pachycereus, Piniocereus, Stenocereus, Stetsonia, Trichocereus, etc.	21
Epiphytic Cacti: Disocactus, Epiphyllum, Hattoria, Hylocereus, Lepismium, Rhipsalis, Schlumbergera (Zygocactus), Selenicereus, etc.	22
Other Genera - Any Other Cactus	23
Cactus, Seed-Grown by Exhibitor	24
Crested & Monstrose Cacti	25
Variegated Cacti (with 50% or More Variegation)	26

DIVISION II: SUCCULENTS	
Name	Class
AIZOACEAE (MESEMBRYANTHEACEAE)	
Lithops	27
Conophytum, Lapidaria, Dinteranthus	28
Other Mesembs without prominent roots or trunks: Faularia, Pleiospilos, Titanopsis, etc.	29
Other Mesembs with prominent roots or trunks: Aloinopsis, Mestoklema, Trichodiadema, etc.	30
AGAVACEAE	
Agave, Yucca	31
Calibanus, Beaucarnea, Nolina	32
APOCYNACEAE	
Adenia, Pachypodium	33
Adenium	34
Stapeliads with succulent stems: Hoodia, Orbea, Pseudolithos, Stapelia, etc.	35
Caudiciform Stapeliads: Fockea, Gonolobus, Petropentia, Raphionacme, etc.	36
Ceropegia, Hoyia, Dischidia	37

DIVISION II: SUCCULENTS	
Name	Class
ASPHODELACEAE	
Aloe - species	38
Aloe - hybrids	39
Gasteria	40
Haworthia (Haworthiopsis, Tulista), Astroloba	41
ASTERACEAE (COMPOSITAE): Leptosyne (Coreopsis), Othonna, Senecio (Kleinia), etc.	42
BROMELIACEAE: Cryptanthus, Dyckia, Hechtia, Tillandsia, etc.	43
CRASSULACEAE	
Adromischus	44
Aeonium, Greenovia	45
Cotyledon, Tylecodon	46
Crassula	47
Dudleya	48
Echeveria	49
Graptopetalum (Tacitus), Pachyphytum, hybrids (xPachyveria, xGraptoveria)	50
Kalanchoe	51
Sedum, Sedum hybrids (xSedeveria)	52
Sempervivum (Jovibarba)	53
CUCURBITACEAE: Cephalopentandra, Corallocarpus, Dendrosicyos, Gerrardanthus, Ibervillea, Kedrostis, Momordica, Xerosicyos, Zygocycos, etc.	54
DIOSCOREACEAE: Dioscorea	55
Sansevieria (DRACAENACEAE)	56
EUPHORBACEAE	
Euphorbia medusa types	57
Euphorbias with leaves and spines	58
Euphorbias with leaves and no spines	59
Euphorbias with spines and no leaves	60
Euphorbias with neither leaves nor spines	61
Endadenium, Monadenium, Jatropha, Pedilanthus, Synadenium	62
GERANIACEAE: Monsonia, Sarcocaulon, Pelargonium, etc.	63
PORTULACACEAE (MONTIACEAE, DIDIERACEAE, ANACAMPSEROTACEAE, TALINACEAE): Anacampseros, Alluaudia, Avonia, Ceraria, Didiera, etc.	64
Succulent Bulbs: Albuca, Boophane, Bowiea, Bulbine, Haemanthus, Ledebouria, Massonia, Veltheimia, etc.	65
Other Caudiciforms: Boswellia, Bursera, Commiphora, Cyphostemma, Dorstenia, Ficus, Fouquieria, Ipomoea, Moringa, Operculicarya, Pachycomus, Pseudobombax, Pyrenacantha, Sesamothamnus, Sinningia, Uncarina, etc.	66
Other Genera - Any Other Succulent	67
Succulent, Seed-Grown by Exhibitor	68
Crested & Monstrose Succulents	69
Variegated Succulents (with 50% or More Variegation)	70

DIVISION III: OTHER	
Name	Class
Dish Gardens (Two or more plants in the same pot)	71

Name	Class	Name	Class	Name	Class
Acanthocalycium	15	Epiphyllum	22	Orbea	35
Adenia	33	Epithelantha	3	Orchids	67
Adenium	34	Erioseya	16	Oreococcus	21
Adromachium	44	Escobaria	4	Oreya	19
Aeonium	45	Euphorbia	21	Oreogocactus	3
Agave	31	Euphorbia medusa types	57	Other Genera - Any Other Cactus	23
Albica	65	Euphorbia with leaves and spines	58	Othonna	42
Alcalucla	64	Euphorbia with leaves no spines	59	Pachycereus	21
Aloe - hybrids	39	Euphorbia with no leaves or spines	61	x Pachyveria	50
Aloe - species	38	Euphorbia with spines no leaves	60	Pachycormus	66
Anacampseros	64	Faucaria	29	Pachyphyllum	50
Anisocarpus	1	x Ferberia	7	Pachypodium	33
Arrojados	21	Ferocactus	7	Parodia	17
Aristoloba	41	Ficus	66	Pedilanthus	62
Astragalus	2	Fuchsia	38	Pediocactus	10
Austrocyllindropuntia	20	Fouquieria	66	Pelargonium	63
Avonia	64	Fraxea	12	Pelecyphora	3
Aztekium	3	Gastonia	40	Pericallis	21
Beaucarnea	32	Gemmaranthus	54	Pereskia	20
Bergerocactus	21	Gonolobus	36	Petropia	36
Blossfeldia	12	Graptophyllum	50	Piceococcus	21
Boophane	68	x Graptoveria	50	Pileopsis	29
Borivilla	66	Greenovia	45	Pseudobombax	66
Bowiea	65	Gruonia	20	Pseudolithos	35
Browningia	21	Gymnocactus	5	Pterocactus	20
Bulnesia	12	Gymnocaulium	14	Pyrenacantha	66
Bulbine	65	Haemanthus	65	Pyrrhocactus	16
Bursera	66	Hemerocactus	7	Raphanocoma	36
Cactus - Seed-Grown by Exhibitor	24	Hesperia	22	Raulbia	18
Calceolaria	32	Haworthia	41	Rhipsalis	22
Carnegiea	21	Haworthopsis	41	SANSEVIERIA	56
Cephalocereus	21	Hechtia	43	Sarcocaulon	63
Cephalopentandra	54	Hoodia	35	Schlumbergera	22
Ceraria	64	Homocactus	16	Sclerocactus	10
Cereus	21	Hoya	37	Sedum	52
Ceropegia	37	Hylocereus	22	Sedum hybrids (xSedeveria)	52
Cipocereus	21	Iberivilla	54	Selenicereus	22
Cleistanthus	21	Ipomoea	66	Sempervivum	53
Coleocaulocereus	12	Jatropha	62	Senecio	42
Commiphora	66	Jovibarba	53	Sesamothamnus	66
Conophytum	28	Kalanchoe	51	Sinningia	66
Consolea	20	Kedrostis	54	Stapelia	35
Copiapoa	13	Kenia	42	Stenocactus	5
Corallacarpus	54	Lapidaria	28	Stenocereus	21
Coreopsis	42	Ledebouria	65	Stetsonia	21
Coryphantha	4	Lepidium	22	Strombocactus	3
Cotyledon	46	Leptosyne	42	Subulacina	19
Crassula	47	Leuchtenbergia	7	Succulent - Seed-Grown by Exhibitor	68
Crested & Monstrose Cacti	25	Lithops	27	Sulcorebutia	18
Crested and Monstrose Succulents	69	Lobelia	15	Synedrium	62
Cryptanthus	43	Mammillaria with hooked spines	8	Tactus	50
Cycads	67	Mammillaria with straight spines	9	Tephrocactus	20
Cylindropuntia	20	Massonia	65	Thelocactus	10
Cyphostemma	66	Matucana	19	Tillandsia	43
Dendrocyos	54	Meiocactus	11	Titanopsis	29
Dideria	64	Mesoklema	30	Trichocereus	21
Dieracanthus	28	Micranthocereus	21	Trichostema	30
Dioscorea	55	Miquelapuntia	20	Tulisia	41
Distichia	37	Monarda	54	Tunilla	20
Disocactus	12	Monadenium	62	Turbicarpus	5
Dish Gardens (two or more plants in the same pot)	71	Monsonia	63	Tylecodon	46
Disocactus	22	Moringa	66	Uebelmannia	12
Dorstenia	66	Myrtillocactus	21	Uncaria	66
Dudleya	48	Neobuxbaumia	21	Variegated Cacti (50% or more variegation)	26
Dyckia	43	Neochilisia	16	Variegated Succulents (50% or More variegation)	70
Echeveria	49	Neolloydia	4	Vetiveria	65
Echinocactus	7	Neoporteria	16	Weingartia	18
Echinocereus	5	Nolina	52	Xerosicyos	54
Echinofossulocactus	5	Notocactus	17	Yucca	31
Echinopsis	15	Obregonia	3	Zygocactus	22
Enadenium	62	Operculicarya	66	Zygocyclops	54
		Opuntia	20		

FETID ELEGANCE: THE EVOLVING GENUS OF CARALLUMA

BY EMILY WEAVER

CARALLUMA. Elusive mystique, exotic origins, and unique characteristics. Yet, whether by karma or by chance, hard facts have been difficult to pin down about this beauty. And so, this is a piece about Caralluma—what we (I) think we (I) have learned about an evolving genus of plants.

THE (MAYBE, HOPEFULLY) FACTS

Caralluma is in the Dogbane family—Apocynacea—and is closely related to pachypodium and plumeria. Caralluma has thick, fleshy stems, spiny, angled edges, and star-shaped flowers. Native to hot, arid regions, it can be found in the tropics of Africa, the Arabian Peninsula, India, Sri Lanka, and Myanmar.

There are a number of different sources citing the derivation of the name Caralluma. For example, several sources relate it to words in regional Indian languages. Its name in Telugu can mean “rabbit horn,” which could refer to its seedpods that form two curved pointy husks. Another source suggests that the name is derived from an Arabic phrase qahr al-luh um, which means abscess or wound, and may refer to the scent of its stinky blooms. In any case, the genus first appeared in publication in 1810 in an article describing *C. adscendens*.

Confusion about Caralluma stems from the many name changes that have occurred over the last 50+ years. Currently Kew Gardens identifies 30 species classified as Caralluma, with other species having been separated into at least 18 different genera, such as Desmidorchis, Echidnopsis, Monolluma, Orbea, or Stapelia.

PHARMACEUTICAL USES OF CARALLUMA

Some types of Caralluma are edible and have a strong, bitter taste. In particular, *C. fimbriata* has antioxidant properties and is thought to have potential uses to suppress appetite, lower cholesterol, and protect against liver disease and cancer. In traditional medicine, it has been used to treat diabetes, rheumatism, paralysis, leprosy, and inflammation.

Caralluma speciosa

Jodi Visosky



Caralluma socotrana © James Bailey – some rights reserved (CC BY-NC)) via iNaturalist

James Bailey



Caralluma socotrana

Emily Weaver



Caralluma acutangula

Emily Weaver

TIDBITS ABOUT SOME FAVORITES (THAT MAY OR MAY NOT FORMALLY BE CARALLUMA)

Caralluma socotrana is perhaps one of the more well-known species and is remarkable for its milky white skin and bright red flowers. It can be found on the island of Socotra and in parts of Eastern Africa including Ethiopia, Kenya, Yemen, and Somalia. *C. socotrana* can be finicky in our climate because it requires high light and winter temperatures above 60 degrees. It is particularly susceptible to root rot with cold temperatures and wet soil.

Caralluma acutangula --> turned *Desmidorchis* --> turned *Ceropegia* is another species that has changed names over time. It develops a large, stunning cluster of dark flowers that drives its appeal. Its native habitat is in hilly lowlands where it can grow between rocks and under shrubs in dry, deciduous bushland. This lovely lady is easier to grow and requires regular water in summer in full- to part-sun. *C. acutangula* is very toxic if eaten but its latex is used medicinally in Mali and northern Kenya on wounds and boils.

EMILY WEAVER

CITATION LIST

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- Jayawardena R, Francis TV, Abhayaratna S, Ranasinghe P. The use of *Caralluma fimbriata* as an appetite suppressant and weight loss supplement: a systematic review and meta-analysis of clinical trials. *BMC Complement Med Ther*. 2021 Nov 10;21(1):279. doi: 10.1186/s12906-021-03450-8
- Kew Royal Botanical Garden. <https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:30343894-2>
- Llife Encyclopedia of Living Forms. *Caralluma acutangula*. https://llifle.com/Encyclopedia/SUCCULENTS/Family/Asclepiadaceae/17513/Caralluma_acutangula
- Llife Encyclopedia of Living Forms. *Caralluma socotrana*. https://www.llifle.com/Encyclopedia/SUCCULENTS/Family/Asclepiadaceae/27557/Caralluma_socotrana
- Patic Isme. The origin of the name of *Caralluma*. Available: <https://pattheplants.blogspot.com/2021/09/the-origin-of-name-caralluma.html>
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Agave close-ups. We'll be sharing more of Kelly's inspiring photos in upcoming issues!

Kelly Griffin



Veltheimia capensis

Kelly Griffin

The SDCSS monthly newsletter welcomes all contributions from its members!

If you have a personal contribution related to cacti and succulents that you'd like to share with the club, please let us know, and you could see your work in a future issue.

We'd love to hear from you!

Contact the editor: eyf.editor@gmail.com



SAN DIEGO
Cactus & Succulent Society

Speaker Schedule (w/POM)

2026

SDCSS

January POM	17th	Joey Betzler Emily Weaver	South Africa / Namibia Carralluma
February	14th	Winter Show	
March POM	14th	Brian Kemble Tim Shepard	Ethiopia Geometric fibonacci in C and S
April POM	11th	Tom McCoy Der-Shing Helmer	Saudi Arabian Aloes + other xerics Open
May	9th	Jerry Moreau/ KG	Rhipsalis/ Lepisium
June	6-7th	Summer Show and Sale	
July POM	11th	Trevor Adler Olga Batalov	IPhone and other C/S Photography Crests and Variegates
August POM	8th	Rita Lunceford Wendy Goldman	China: C&S Plant Shopping/ Culture Adromischus
September	12th	Picnic	
October POM	10th	Dylan Zoller Jared Petker	Cacti and Xeric Bromeliads/ Brazil Brazilian Euphorbias
November	14th	Nursery Crawl	Details to come!
December	12th	HOLIDAY GATHERING	



We hope you had a great 2025. Happy New Year from your 2026 SDCSS Board of Directors!

