PLANT FACT SHEET

Ephedra distachya L.

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Sea grape, European joint pine, European shrubby horsetail, Ma huang

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten fresh.
Caution: The stems contain ephedrine which can be addictive.

DESCRIPTION

A low, creeping evergreen shrub. It grows about 1 m high. It spreads 90 cm wide. The branches are slender and erect. The leaves are like scales. The fruit is oval and succulent. It is pale or bright red when ripe. Fruit are 6-7 mm across.

HABITAT

It is a temperate plant. It grows in rocky places, sandy shores and stream banks in Mediterranean countries. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

Plants can be grown by seed or by division.

NOTES

There are about 40 Ephedra species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/12060bd0-b4b8-4663-b1e2-6fd2f1a8d07a