PLANT FACT SHEET

Ephedra californica S. Watson

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES California jointfir, Desert tea

EDIBLE PARTS AND USES

Edible parts: Stems - tea, Seeds

DESCRIPTION

A shrub.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 210

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 7

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/21420f83-4207-4c51-ac6f-239fc39734d4