PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Ephedra saxatilis (Stapf) Royle ex Florin

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Rock ephedra, Chinese ephedra

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A small shrub. It grows 60 cm tall. The leaves are opposite and 3 mm long. The seed cones are red and fleshy.

HABITAT

It is a subtropical to temperate plant.

REFERENCES

Ding, X., et al, 2022, Wild Plants Used by Tibetans in Burang Town, Characterized by Alpine Desert Meadow, in Southwestern Tibet, China. Agronomy 2022, 12, 704.

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/30d217fe-1c81-4f5d-a50b-21bd9ba8651b