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 alata Decne.

GENUS *Ephedra* **FAMILY** Ephedraceae

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A shrub. It grows 1 m tall. The stems are rigid and branched. The leaves are 3-6 mm long and united towards the base of the plant. They are opposite and with 2 at each node. They are thick scale leaves. There are male cones in clusters. They are oval and 3-8 mm long. The female cones are at the nodes of the stems.

HABITAT

It is a Mediterranean climate plant. It grows in deserts.

NOTES

There are about 40-60 Ephedra species.
It is used as medicine. It contains ephedrine.

REFERENCES

Ann. Sci. Nat. Bot. ser. 2, 2:239. 1834

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 135

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5ed573db-17d0-4d5c-a736-0896bd947805