PLANT FACT SHEET

Ephedra nevadensis S. Watson

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Mormon tea, Mexican tea

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Stems - tea, Roots - tea

The green or dried twigs are used to make a tea.
The seeds are ground into flour to make a bitter bread.

DESCRIPTION

An evergreen shrub. It grows 1 m tall and spreads 1 m wide. The stems are green and leafless. The flowers are small and green. Plants are separately male and female. The fruit are red berries.

HABITAT

It is a temperate plant. It grows in arid regions.

PRODUCTION

Cultivation

Plants can be grown by seed or by division.

NOTES

There are about 40 Ephedra species. It is used in medicine.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/652aec8c-48ff-44ef-ad39-6d4351cdd22b