PLANT FACT SHEET

Ephedra intermedia Schrenk & C. A. Mey.

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Intermediate ephedra

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten. They are sweet.

DESCRIPTION

A shrubby plant. It grows 50 cm high. It has many branches. The stems are green and the branches are opposite or in a ring. The leaves are thin and 2-4 mm long. Male and female flowers are on separate plants. The ripe fruit or cones are oval red berries. They are 5-6 mm long. There are 2-3 seeds.

HABITAT

It is a temperate plant. It is a semi-desert plant. In the Himalayas it grows between 3,300-4,650 m above sea level. It grows in and near Tibet. It can grow in arid places.

NOTES

There are about 40 Ephedra species.

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Wild edible plants of Himachal Pradesh

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