PLANT FACT SHEET

Ephedra gerardiana Wall. ex Stapf.

GENUS *Ephedra* **FAMILY** Ephedraceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The ripe fruit are eaten raw.
It contains alkaloids including ephedrine.

DESCRIPTION

A creeping evergreen shrub. The branches are thin and dark green. It grows 30 cm high. It spreads 1.8 m wide. The leaves are reduced to sheaths at the nodes of the branches. The male flowers are in single spikes. The female flowers occur singly. The fruit are small and purple. They have a sticky juice.

HABITAT

It is a temperate plant. It grows well over rocky banks. It grows in dry and temperate regions between 2,300 - 5,100 m altitude in the Indian Himalayas. It suits hardiness zones 7-10.

NOTES

There are about 40 Ephedra species. It is used in medicine. It is a source of the alkaloid ephedrine.

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