PLANT FACT SHEET

Ephedra americana Humb. & Bonpl. ex Willd.

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES American ephedra, Pinco-pinco

EDIBLE PARTS AND USES

Edible parts: Fruit, Coffee drink

The fruit are eaten raw.

DESCRIPTION

A sprawling shrub. It normally grows 2.4 m high but can be a small tree 3.5 m high. The young shoots are green and finely ridged. The leaves are small and fall quickly. They are 6 mm long. The fruit are berries which are 12 mm long. They are red or orange.

HABITAT

It is a tropical plant that grows in the Andes. It is frost hardy. They need light sandy or stony soil with good drainage. In Argentina it grows from sea level to 1,000 m above sea level. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 40 Ephedra species. Also put in the family Gnetaceae.

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