PLANT FACT SHEET

Ephedra torreyana S. Watson

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Mexican tea, Torrey's Joint-fir

EDIBLE PARTS AND USES

Edible parts: Fruit, Stems - tea

The stems are used to make tea.

DESCRIPTION

A shrub.

HABITAT

It is a temperate plant.

NOTES

There are about 40 Ephedra species.

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c965e9e2-8483-41da-85da-945e0fc6f733