PLANT FACT SHEET

# *Ephedra ciliata* Fisch. & C.A.Mey.

**GENUS** *Ephedra* **FAMILY** Ephedraceae

**COMMON NAMES** Shrubby horsetail

## EDIBLE PARTS AND USES

**Edible parts:** Fruit

The fruit are eaten.

## DESCRIPTION

A sprawling shrub. It branches many times. It grows up to 1 m tall. The leaves are vary few and are narrow and opposite. The flowers are in spikes at the ends of branches. The flowers are white and cone shaped. The fruit are fleshy and are green but turn brown. They have a split at the tip making them heart shaped. They have 2 seeds that are brown to black.

## HABITAT

It is a subtropical plant. It grows on rocky slopes and sand dunes. It grows at higher altitudes in Bahrain.

## NOTES

There are about 40 Ephedra species.

## REFERENCES


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Phillips, D.C., 1988, Wild Flowers of Bahrain. A Field Guide to Herbs, Shrubs, and Trees. Privately published. p 87 (As Ephedra foliata)

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SAXENA, (As Ephedra foliata)



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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/ee255a3a-347e-4ecc-9a25-2a688e18d25a