PLANT FACT SHEET

Ephedra monosperma Gmelin ex C. A. Meyer

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Little ephedra, Mongolian tea, One-seeded ephedra

EDIBLE PARTS AND USES

Edible parts: Seeds - drink

The seed cone is mixed with tea to make Mongolian tea. It is drunk with milk or cream.

DESCRIPTION

A low herb that has many branches. It grows 5-15 cm high. The woody portion is 1-5 cm long. The leaves are opposite. The ripe cones are red and 6-9 cm long by 5-8 mm across. The seed occurs singly and is 3 sided.

HABITAT

It is a temperate plant.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 279

Urgamal, M., et al, 2014, Conspectus of the Vascular Plants of Mongolia. Mongolia Academy of Sciences Institute of Botany and National University of Mongolia Department of Biology. p 36

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f1f81c16-c4f7-4f06-a03f-70b673830588