PLANT FACT SHEET

Ephedra distachya subsp. distachya Rich.

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Teamster's Tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Fruit

DESCRIPTION

An evergreen shrub. It grows 2 m high and spreads 1.5 m wide. The stem is slender and has grooves. It is green and branches. The leaves are small and like scales. Plants are separately male and female. The male flowers have yellow pollen sacs. The cones are succulent and has 2 sections with a seed in each. The fruit are 1 cm long. They can be pink or red.

HABITAT

It is a temperate plant. It is best in sandy, arid soils. It suits an open, sunny position. It is resistant to drought or frost. In Pakistan it grows in the Himalayas between 2,300-4,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

There are about 40 Ephedra species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fa397c4d-5c4a-4de0-a73b-ffbb93d0dd2f