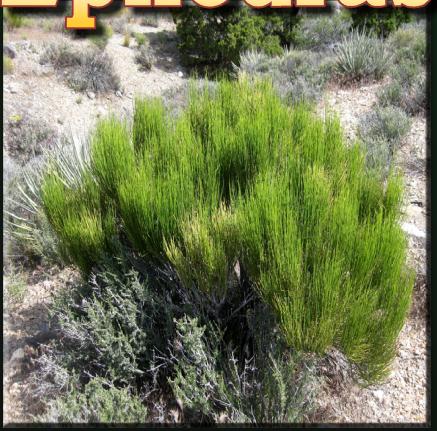
Ephedras Ephedras



EPHREDRACEAE (Ephedras)

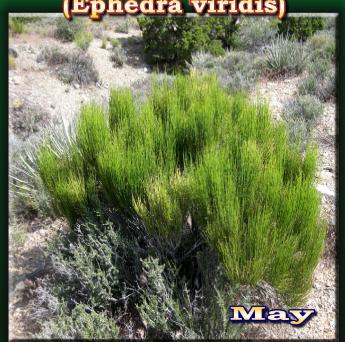
Green Ephedra



Potosi Mtn; Clark Co.; NV



Dolan Springs, AZ



Potosi Mountain; Spring Mountain Range; Clark Co.; NV



Dolan Springs, AZ



Dolan Springs, AZ

Flowers: cones; dioecious; nodal; vellow; .5"

Stems: erect; branched; photosynthetic; woody at base; dense clusters of parallel twigs; green; to ~10"

Leaves: connate; entire; opposite; scaly, semi-persistent, vestigial, 2 per node; reddish brown; <.25"

Blooms: April to June

Range: interior western US

Habitat: arid; sandy to rocky; desert scrublands, canyons, slopes, etc.; Lower to Upper Sonoran LZs

Notes:

common; evergreen, perennial shrub; grows to 4' in the w US from e CA/e OR east to w CO/nw NM at elevations of 3,000-7,500'; (m) oval pollen cones with protruding sporangiophores (enclosures with spores); (f) obovoid seed cones (2-6/node; 2 seeds ea.) enclosed by bracts (modified leaves); aka Mormon Tea, Indian Tea, Mountain Ephedra; winter forage for wildlife; traditionally used to treat various respiratory ailments (e.g. colds, asthma, and sinusitis)

Mojave presence: native

Comments:

This common family of plants is the original source of the drug ephedrine, and thus has been traditionally used to treat a variety of ailments. Steeped in hot water, the twigs (they don't even have to be spring fresh) produce a tea that is known for its antidepressant and decongestant properties--and it's just plain delicious! Caution should be taken to determine how your body responds to the effects, which are not pronounced, but can cause adverse reactions in those who are sensitive. Regardless, it should not be consumed regularly.

RPHREDRACEAE (Ephedras)

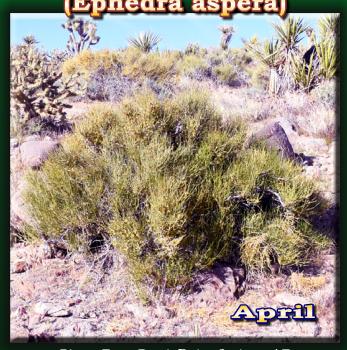
Boundary Ephedra



Dolan Springs, AZ



Dolan Springs, AZ



Pierce Ferry Road; Dolan Springs, AZ



Dolan Springs, AZ



Dolan Springs, AZ

Flowers: cones; dioecious; nodal to apical; (m) yellow to brown; (f) red to brown; .3 -.4"

Stems: erect; opposite to whorled, branched at $\sim 30^{\circ}$; rigid, rough; green (young) to golden (aged); 6-8" Leaves: connate; entire; opposite; scaly, semi-persistent, vestigial, 2 per node; gray (brown base); <.25"

Blooms: February to April Range: southwestern US

Habitat: gravelly to rocky; slopes, ravines, etc.; desert scrub to woodlands; Lower to Upper Sonoran LZs

Notes:

common locally; evergreen, perennial shrub; grows to 4' in the sw US from w TX west to CA, south into MEX at elevations of 1,500-5,500'; (m) obovoid pollen cones (2/node), usually sessile, with protruding sporangiophores; (f) ovoid seed cones (usually 2/node; 1 ellipsoid seed ea.) enclosed by brownish bracts; aka Rough Jointfir, Rough Ephedra, Pitamoreal; winter forage for wildlife; tea used to treat various ailments (respiratory, STDs, etc.)

Mojave presence: native

Comments:

Though not as common as the green ephedra, this species seems to be the more prevalent variety in the eastern region of the Mojave, especially in Arizona. While there are numerous subtle differences, in the field E. aspera can be distinguished from E. viridis by its less vivid green stems, angular branching at about 30 degrees, and more tangled appearance of the twig clusters.