

Ephedra equisetina

木賊麻黃 *Mù zé máhuáng*, Mongolian Ephedra, Bluestem Joint Fir

H: 4'-5'

W: 6'-8'

Light: Full Sun to Part Shade

Water: Low

Temperature: -25F

Foliage: Essentially leafless, blue stems

Flower: Yellow

Native Range: Mongolia to the Caucasus

Description: Plants of the ephedra genus are all about color and texture. The nearly leafless stems resemble a pencil cactus, but this steppe dweller is actually more closely related to conifers than any succulent. If male and female plants are present in a landscape, the females will develop pretty red berries.

E. equisetina has a long history of medicinal use in China. It is harvested in the fall to make Ma Huang, one of the oldest traditional Chinese medicines. Ma Huang is used in the treatment of asthma, colds, influenza, and other pulmonary ailments. Pharmaceutical companies also use compounds from Ephedra to manufacture diet drugs and stimulants.

More Information:

[Oregon State University](#)
[Santa Fe Botanical Garden](#)
[The Gymnosperm Database](#)
[Plant Select](#)
[Denver Botanic Gardens](#)



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