

Ephedra viridis

Havasupai: Cimuwaya, Shoshone: Tutumbi, S. Paiute: Yatup, Mormon Tea

H: 2'-4'

W: 2'-4'

Light: Full Sun to Part Shade

Water: Low

Temperature: -20F

Foliage: Essentially leafless, green stems

Flower: Yellow

Native Range: Arizona, California, Colorado, New Mexico, Colorado, Oregon, Utah, and Wyoming

Description: Plants of the ephedra genus are all about color and texture. The nearly leafless stems resemble a pencil cactus, but this desert 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. viridis has a long history of medicinal use. Pharmaceutical companies have derived diet drugs and antidepressants from ephedras, while Native Americans used ephedra to treat venereal disease and respiratory illnesses. Legend has it that Mormon settlers in the American west would make a stimulating tea from ephedra roots, hence the common name Mormon Tea.

More Information:

[Lady Bird Johnson](#)

[Wildflower Center](#)

[Oregon State University`](#)

[Utah State Extension](#)

[SEINet](#)



Jane S Richardson (talk · contribs), CC BY 3.0, via Wikimedia Commons

