

# Ephedra Viridis



<b>Division:</b>	Gnetophyta
<b>Class:</b>	Ephedropsida
<b>SubClass :</b>	Gnetophytes
<b>Order:</b>	Ephedrales
<b>Family:</b>	Ephedraceae

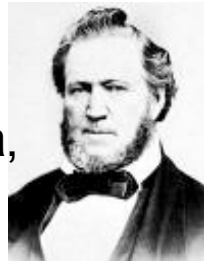


**Distribution:**  
*E. viridis* is a native plant found in south-western United States ranging from California, Oregon, Utah, Colorado, Arizona, Wyoming, and New Mexico. It grows at elevations ranging from 100 -2500 m. (Jaeger, Edmund C. 1969).

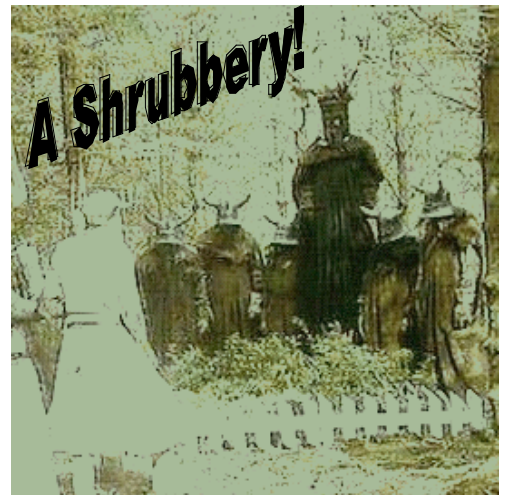


**Habitat :**  
*E. viridis* grows in dry climates, often on dry rocky slopes and canyon walls. It is also found on gravel terraces and limestone.

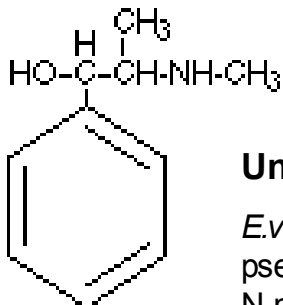
**Common names:** Mormon Tea, Brigham Tea, Green Joint -fir



**Growth Habit:**



*E. viridis* is a shrub that can establish through seedlings, transplants, or stem cuttings.



Ephedrine

**Unusual Properties:**

*E. viridis* contains ephedrine, pseudoephedrine, norephedrine, N-methyl pseudoephedrine, norpseudoephedrine, and tannin.



Supplements derived from *E. viridis* have been used as fat burners by Viridis Laboratories.

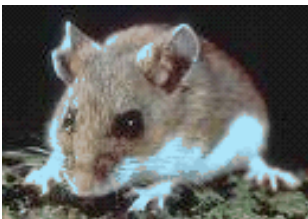




*E. viridis* blooms mid -spring. It is a perennial with opposite leaves. It has cones and separate male and female plants.



*E. viridis* is often used to rehabilitate disturbed lands, but is sensitive to soil salinity.



### Herbivory:

Small mammals such as deer mice graze *E. viridis* year round, especially feeding on seeds. Large mammals graze *E. viridis* during winter months. Birds forage seeds from *E. viridis*.



*E. Viridis* can survive temp. of -18 C.

### Historical Applications:

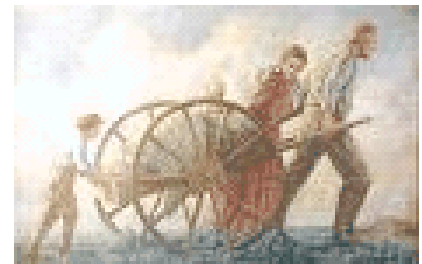
•Neanderthal graves have been found with bodies surrounded with 8 plants - 7 medicinal, *E. viridis* being one of them.



•Navajo Indians used *E. viridis* to make flour and a coffee -like drink, used charcoal from *E. viridis* for tattooing, and made a cough medicine/ backache remedy from the plant.



•Mormon pioneers made tea from *E. viridis*, hence the common name Mormon and Brigham tea, (from church leader Brigham Young).



### References:

[http://www.desert-tropicals.com/Plants/Ephedraceae/Ephedra\\_viridis.html](http://www.desert-tropicals.com/Plants/Ephedraceae/Ephedra_viridis.html)

[http://florawww.eeb.uconn.edu/acc\\_num/199300447.html](http://florawww.eeb.uconn.edu/acc_num/199300447.html)

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<http://medplant.nmsu.edu/ephedra.html>

<http://www.fs.fed.us/database/feis/plants/shrub/ephvir/all.html>

<http://www.conifers.org/ep/ep/viridis.htm>

