PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Trifolium ornithopodioides (L.) Sm.

GENUS *Trifolium* **FAMILY** Fabaceae

COMMON NAMES Bird Clover, Birdsfoot fenugreek, English fenugreek

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The dried leaves have been used as a substitute for fenugreek.

DESCRIPTION

A hairless short lived herb. It can grow each year from seed or keep growing for a few years. It grows 20 cm tall. The leaves are made up of 3 leaflets. They are 10 mm long. They are broadly wedge shaped. The flowers are creamy pink. They are in clusters on short stalks. They are in the axils of leaves.

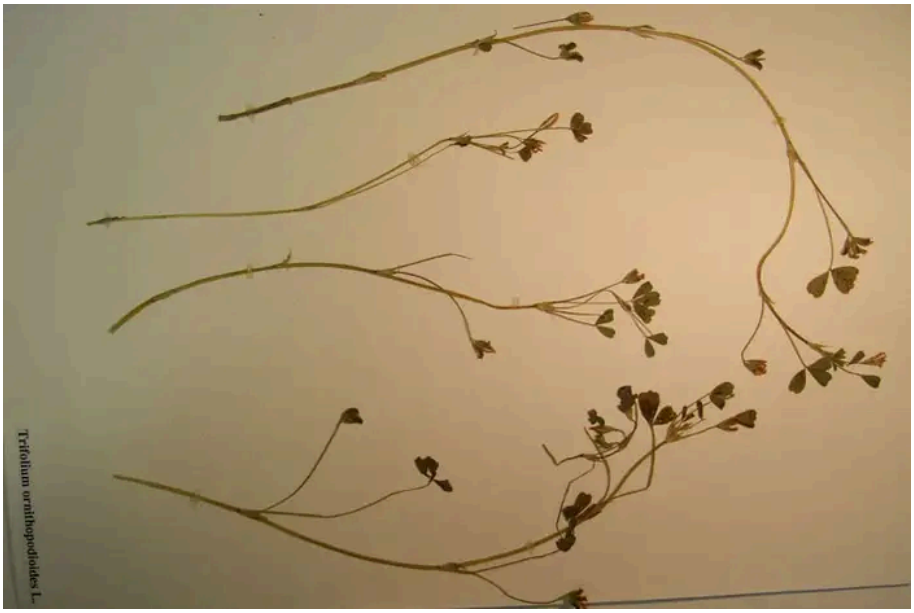
HABITAT

It is a temperate plant. It grows in dry sandy places. It is usually near the coast. It needs to be in a sunny position. It can tolerate conditions near the coast. Tasmania Herbarium.

NOTES

There are about 240 Trifolium species. They are mostly temperate.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0cb17ade-9089-4fac-8672-028ba6c8f275