PLANT FACT SHEET

Trifolium ciliolatum Benth.

GENUS *Trifolium* **FAMILY** Fabaceae

COMMON NAMES Foothill clover

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are eaten raw or cooked. They leaves can be dried and used later.
The seeds can be sprouted and used in salads.
The seeds can also be ground and used as a thickener in soups.

DESCRIPTION

An annual clover herb. It grows 50 cm high.

HABITAT

It is a temperate plant. It grows on slopes and grassy valleys of open forests in western North America.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2628031c-7e22-463e-8382-a5bfba127d17