PLANT FACT SHEET

Trifolium hybridum L.

GENUS *Trifolium* **FAMILY** Fabaceae

COMMON NAMES Alsike clover, Swedish clover

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Seeds

The leaves can be used in salads or cooked as a green.
The dried flowerheads can be used for tea. The flowers are also eaten fresh.
The dried flower heads and seeds can be ground into flour.

DESCRIPTION

A herb that keeps growing from year to year. It can lie along the ground or be erect. It grows 50 cm tall. The flowers are white and pink.

HABITAT

It grows in temperate places. 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)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 651

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 111

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 875

Kolosova, V., et al, 2020, Foraging in Boreal Forest: Wild Food Plants of the Republic of Karelia, NW Russia. Foods 2020, 9, 1015; p 14

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 259

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 452

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Pohjanmies, T., et al, 2021, Abundance and diversity of edible wild plants in managed boreal forests. Forest Ecology and Management 491 (2021) 119151

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Sitpayeva, G. T., et al, 2020, Crop wild relatives of Kazakhstani Tien Shan: Flora, vegetation, resources. Plant Diversity 42 (2020) 19-32

Sp. pl. 2:766. 1753

Tasmanian Herbarium Vascular Plants list p 32

Upson, R., & Lewis R., 2014, Updated Vascular Plant Checklist and Atlas for the Falkland Islands. Falklands Conservation and Kew.

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/273b9a1a-a816-477c-ac13-7f0389cd137f