PLANT FACT SHEET

Trifolium campestre Schreb.

GENUS *Trifolium* **FAMILY** Fabaceae

COMMON NAMES Hop trefoil, Hop clover

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds, Flavouring

It was used to flavour beer in place of hops. The flowers are eaten raw.
The seeds can be eaten or roasted.
Leaves can be used in salads.

DESCRIPTION

A low annual herb. It grows 50 cm tall. It is usually much branched. The leaflets are oblong. The flowers are 3.5-5 mm long. They are yellow. They are in round heads.

HABITAT

It is a temperate plant. It grows in rocky places. It grows in warm temperate places. Tasmania Herbarium. In Argentina it grows from sea level to 1,600 m above sea level.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5b2af00f-0f8a-4f65-9f1c-ca5e10748c2f