PLANT FACT SHEET

Trifolium pratense L.

GENUS *Trifolium* **FAMILY** Fabaceae

COMMON NAMES Red clover

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds, flower - nectar, Tea

The young leaves are cooked and eaten. They are boiled then fried. They can be used to make tea.
The leaves and the flowers are dried and can also be added to salads. (It is not wise to eat too many.)
A tea can be made from the flowers collected in the early morning. The flowers are also sucked.
The sprouted seeds are eaten.
CAUTION: It contains oestrogen-like isoflavones. It should not be eaten by women who are pregnant or by nursing mothers.

DESCRIPTION

A herb. It keeps growing from year to year. It grows up to 40 cm high. The stems are hairy. It has a single taproot. The leaves have 3 leaflets. The leaflets are smooth and oval. They have a pale V shaped mark. The flowers are purplish-mauve of pink. They are rounded. The pods have 1 seed.

HABITAT

It is a temperate plant. It suits high rainfall areas. In the Indian Himalayas it grows between 3,000-3,800 m above sea level. It suits hardiness zones 6-9. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seed.

NOTES

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

PICTURES

Credit: Food Plants International (Bruce French)

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