



PLANT FACT SHEET

Trifolium incarnatum L.

GENUS *Trifolium* FAMILY Fabaceae

COMMON NAMES Crimson clover, Italian Clover

EDIBLE PARTS AND USES

Edible parts: Seeds, Flowers, Leaves

The sprouted seeds are eaten in salads, sandwiches and soups.

Dried flower heads are used as a tea substitute.

The seeds are ground into flour.

DESCRIPTION

An annual herb. It is an erect plant. The stems are hairy. The leaves are divided into 3 leaflets. The leaflets are also hairy. The leaflets have teeth near their ends and can vary in shape. The leafy structure at the base of the leaf (stipule) is round and wavy. The flowers are small. They are in oblong heads. These occur singly at the ends of stalks. The flowers are dark red.

HABITAT

It is a temperate plant. It will grow in most soils. It needs an open, sunny position. It is resistant to frost but sensitive to drought. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seed or division.

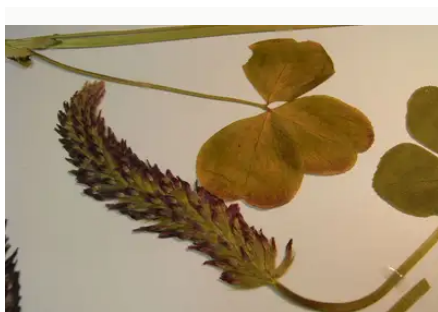
NOTES

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

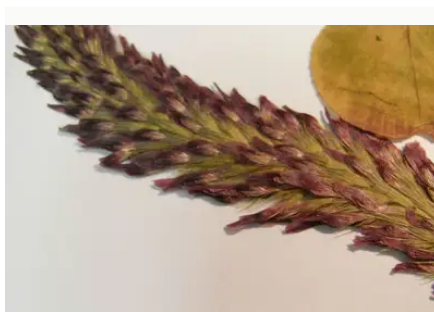
PICTURES



Credit: Food Plants International (Bruce French)



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