PLANT FACT SHEET

# *Trifolium alpinum* L.

**GENUS** *Trifolium* **FAMILY** Fabaceae

## EDIBLE PARTS AND USES

**Edible parts:** Root, Flowers

The root can be eaten raw.
The flowers are eaten raw as a snack. They are also cooked as a vegetable.

## DESCRIPTION

A herb.

## HABITAT

It is a Mediterranean climate plant.

## REFERENCES


Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Pardo-de-Santayana et al, 2006, Diversity and selection of wild food plants. Proceedings of the IVth International Congress of Ethnobotany (ICEB) 2005) p 53

Pardo-de-Santayana, M., et al, 2005, The gathering and consumption of wild edible plants in the Campoo (Cantabria, Spain). International Journal of Food Sciences and Nutrition. 56(7): 529-542

Pardo-de-Santayana, M., et al, 2007, Traditional knowledge of wild edible plants used in the northwest of the Iberian Peninsula (Spain and Portugal): a comparative study. Journal of Ethnobiology and Ethnomedicine 2007, 3:27

Rigat, M et al, 2009, Ethnobotany of Food Plants in the High River Ter Valley (Pyrenees, catalonia, Iberian Peninsula): Non-Crop Food Vascular Plants and Crop Food Plants with medicinal Properties. Ecology of Food and Nutrition, 48:303-327

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71



**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/86145b1c-847d-40a7-ad21-32e9ef0e4995