



PLANT FACT SHEET

Trifolium repens L.

GENUS *Trifolium* FAMILY Fabaceae

COMMON NAMES White clover, Dutch clover, Shamrock

EDIBLE PARTS AND USES

Edible parts: Flowers, Shoots - tea, Seeds, Pods, Root, Leaves

The tender young leaves are soaked in salty water for several hours or boiled for 5-10 minutes then eaten.

The dried flower heads can be used for tea. The flowers are sucked.

The dried flower heads and seeds can be ground into flour.

CAUTION: The leaves can contain cyanide so should be cooked. The plant should not be eaten in large amounts.

DESCRIPTION

A creeping or erect herb. It keeps growing from year to year. It grows 20 cm high. The stems are creeping and hairless and root at the nodes. The leaves have 3 leaflets. The leaflets can be oval or heart shaped. They have a dent in at the ends. They are hairless. They are on long stalks and usually have a white band. The flowers are white and in a round head. It is on a stalk that is longer than the leaves. The pods are narrowly oblong. They are 4-5 mm long. There are 2-5 seeds.

HABITAT

It is a temperate plant. It does best in heavy, clay soils. It needs an open, sunny position. It suits high rainfall areas. It is resistant to frost. It suits hardiness zones 4-10. Tasmania Herbarium. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown by seed.

NOTES

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

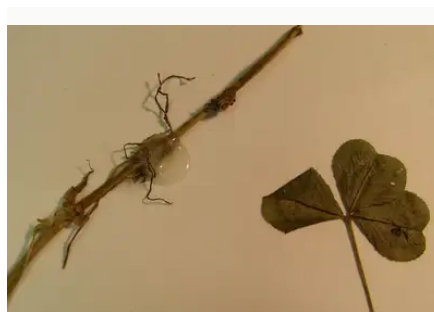
PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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