PLANT FACT SHEET

Trigonella caerulea (L.) Ser.

GENUS *Trigonella* **FAMILY** Fabaceae

COMMON NAMES Sweet trefoil, Blue Fenugreek

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Leaves - tea, Pods, Seeds, Spice

The shoots and leaves are eaten. They are eaten with oil and salt.
The dried flowers are used to give flavour to sapsago cheese. They are also used to flavour bread. It is used as a flavour in soups and potato dishes.
It is also used to make a tea.
It is used to flavour cheese.

DESCRIPTION

A herb. It is a short clover like plant. It is slightly hairy. It grows 30-60 cm tall. The leaves have 3 leaflets. These are oval or oblong and have a notch at the tip. The flowers are blue or occasionally white. They are 5-6 mm long. They are in round heads on long stalks. The pods are rounded and 4-5 mm long. They are inflated and have a short beak.

HABITAT

It grows in temperate and Mediterranean places. It grows in waste places. It is cultivated in north China.

NOTES

Also as Papilionaceae.

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