PLANT FACT SHEET

Trifolium medium L.

GENUS *Trifolium* **FAMILY** Fabaceae

COMMON NAMES Zigzag clover

EDIBLE PARTS AND USES

Edible parts: Sprouts

The young sprouts are used as a potherb.
The flowers are used as a snack and in cakes and also for herbal tea drinks.

DESCRIPTION

A clover herb.

HABITAT

It is a temperate plant.

REFERENCES

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

Pohjanmies, T., et al, 2021, Abundance and diversity of edible wild plants in managed boreal forests. Forest Ecology and Management 491 (2021) 119151

Pruse, B., et al, 2021, Active Wild Food Practices among Culturally Diverse Groups in the 21st Century across Latgale, Latvia. Biology 2021, 10, 551.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e80b4509-b771-440a-b398-c27ce6640fe2