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Clover (*Trifolium* spp.)

- above-ground parts can be eaten raw.
- best when cooked or dipped in saltwater to counteract bloating.
- flowerheads can be eaten raw, dried or cooked.
- flowerheads and seedheads can be ground into flour.
- sprouts have the best taste.
- creeping stems and roots can be cooked.
- varieties in the Pacific Northwest include Red clover *(Trifolium pratense)*, Alsike clover *(Trifolium hybridum)*, White clover *(Trifolium repens)* andSpringbank clover *(Trifolium wormskioldii)*.
- grows in a wide range of terrain, look in disturbed soil areas.
- **warning**: difficult to digest, can cause bloating.
- **warning**: red clover in autumn should be avoided or not be eaten in large quantities due to presence of alkaloids.



Clover

Clover or trefoil are common names for plants of the genus (*Trifolium*, Latin, *tres* "three"+ *folium* "leaf"), consisting of about 300 species of plants in the leguminous pea family Fabaceae. The genus has a cosmopolitan distribution; the highest diversity is found in the temperate Northern Hemisphere, but many