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### Clover (*Trifolium* spp.)

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- 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*) and Springbank 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