

Red Clover

Family	FABACEAE
Botanical	Trifloium pratense
Parts Used	Flower heads
USDA Hardiness	3A -8B
Light	Full Sun
Soil	Fertile, well-drained
Duration	Perennial



Propagation	Wild crafting. Soil pH requirements: 6.6 to 7.5 (neutral). Sow by seed.
Water	As needed
Growing	Often found in fields and pastures.

Medicinal Uses	Alterative, antispasmodic, expectorant, sedative, antitumor and nutritive.
Benefits	Eases skin complaints, coughs, colds and any congestion. Along with heat and massage, it can clear a stiff neck associated with swollen nodes.
Preparation	<p>Infusion and tincture with flowers.</p> <p>Red Clover Blossom Infusion</p> <p>Ingredients:</p> <p>1 ounce Red Clover blossoms (about a cup)</p> <p>1 quart-sized jar filled to the top with hot water (just cooled from boiling)</p> <p>Directions:</p> <p>Fill your jar with the blossoms and cover with hot water to the top. Place the lid on the jar and allow the mixture to steep for 4-10 hours.</p> <p>To Use: Strain the plant material and enjoy the tea...drink 2-4 cups per day. The remainder of the liquid should be chilled and consumed within 36-48 hours — this prior to spoilage.</p>

Fines Herbes

Culinary Uses

Syrups, rice, bread, salad, pies, pancakes and waffles. Edible flowers.

Red Clover Rice

Ingredients:

- 2 cups rice, brown or wild
- 2 cups Red Clover flowerettes, plucked out of the flowerheads
- ½ cup butter
- 1 tsp salt

Directions:

1. Cook rice in 6 cups water until done.
2. While the rice is still hot, mix in Clover flowers, butter and salt.
3. Serve hot.

You could add a ½ cup honey and some chopped nuts to make this a sweet dish.

You can also try quinoa or other grains instead of rice for this recipe.



Historical Facts

Once used to ward off witches and other evil forces, finding a four leaved clover has always been considered a lucky charm. Tradition holds that clover is the favorite plant of the fairies. Holding clover in your hand is thought to gain you "fairy sight" (the ability to see the fairies.)

Additional Tips

Red clover is used for the treatment of cancer usually combined in a formula with other herbs. Seek pr

Nutrition Facts

Red Clover blossoms contain a good amount of calcium, magnesium, potassium, niacin, thiamine, and lots of Vitamin C.