

Red Clover

Trifolium pretense

Look for Red Clover in sunny, moist areas on Avenbury Lakes property.

Red Clover is easily identified by its three leaflets, each with a pale "V" marked on it. The plant grows about 20 inches tall on stems that are stiff and hairy. Flower heads are ½-1" wide and comprise many small purple or pink flowers. The blooming period usually begins late spring and lasts about 1-2 months. The flowers have a mild honey-like fragrance, while the foliage produces the distinctive, pleasant clover aroma.



Red Clover is a perennial herb that commonly grows wild in meadows throughout North America. The plant is a source of many nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C.

Red Clover is cultivated as fodder for animals, an ideal cover crop for enriching soil fertility, and for centuries as an herbal remedy for numerous health issues.

As a topical aid, Red Clover is often an ingredient in liniments and balms, for relieving the pain of both eczema and psoriasis, for sores, burns, and as an aid against skin cancer. The pain-relieving properties of Red Clover are likely due to the presence of the anti-inflammatory compounds in the flowers.

High in natural protective antioxidants and anti-inflammatory compounds, Red Clover tea is good for general health, and is a tasty beverage. It has long been used to treat indigestion, whooping cough, bronchitis, asthma, and as a "blood purifier," specifically for the potential treatment of cancer.

Red Clover is a food source for many animals, including: White-tailed Deer, Wild Turkey, Red Fox, Eastern Cottontail, Woodchuck, and earthworms. The Common Sulphur and Eastern Tailed Blue are two butterflies whose caterpillars eat Red Clover. Butterflies that visit Red Clover flowers include: Monarch, Eastern Black Swallowtail, Pearl Crescent, Spicebush Swallowtail, Cabbage White, Great Spangled Fritillary, Painted Lady, and Red Admiral. These butterflies, along with bees and other insects, help to pollinate Red Clover.

Red Clover blooms May through September.