

## WHITE CLOVER

*Trifolium repens*



*Trifolium repens*, the white clover (also known as Dutch clover and Ladino [clover]), is a herbaceous perennial plant in the bean family Fabaceae native to Europe and central Asia. It has been widely introduced worldwide as a yard crop, and is now also common in most grassy areas of North America and New Zealand.

White clover grows among turfgrass, crops, and in a large number of other landscapes. It is also found in a limited range of different field type environments. White clover can tolerate close mowing, and can grow on many different types and pHs of soil, but prefers clay. It is considered to be a beneficial component of natural or organic lawn care due to its ability to fix nitrogen and out-compete lawn weeds. Natural nitrogen fixing reduces leaching from the soil and can reduce the incidence of some lawn diseases that are enhanced by the availability of synthetic fertilizer.

Besides making an excellent forage crop for livestock, clovers are a valuable survival food: they are high in proteins, widespread, and abundant. The fresh plants have been used for centuries as additives to salads and other meals consisting of leafy vegetables.

They are not easy for humans to digest raw, however, but this is easily fixed by boiling the harvested plants for 5–10 minutes.[citation needed] Dried flowerheads and seedpods can also be ground up into a nutritious flour and mixed with other foods, or can be steeped into an herbal tea. White clover flour is sometimes sprinkled onto cooked foods such as boiled rice. When used in soups, the leaves are often harvested before the plant produces flowers. The roots are also edible, although they are most often cooked firsthand