

# White Clover

Trifolium repens

JW Farms 7

White Clover is considered green manure plants, helping to fix nitrogen into the soil, strengthening the health of the surrounding plants.

White clover is also an amazing used as “living mulch” . It makes a great soil cover, keeping it moist, helping to restore soil fertility and preventing erosion.

It attracts bees and other pollinators.



Clover tends to be aggressive. It' s initial tap rout groups about three feet deep. Tolerates all kinds of growing environments. It can produce about 1 to 3 tons of dry matter per acre, containing 80 to 200 lbs of nitrogen per acre which makes for a great tool to use in the garden..



## Why to use White Clover as a Living Mulch:

- \* Attracts the Pollinators
- \* Fixes the Nitrogen in the soil.
- \* Less Weeding
- \* Hardy enough to take walking on
- \* Retains Moisture
- \* Keeps the Soil payable for gardening

It is a highly nutritious and edible. The young leaves are the best stage to harvest for consumption and should be harvested before the flower presents. Raw is difficult to digest so sauté or cook the leaves and flowers before eating them. Flowers and seed pods are also edible. They may be dehydrated and kept for use at a later date. The flowers can be used in tea infusions and the dried seeds can be powdered and added to foods to enrich the mineral and protein content (Do not eat the seeds raw).

All parts of the plant may be dehydrated to use in teas, make powder to add to foods for nutritional value.

The Flowers tend to have a sweet taste and the leaves more like a spinach taste.



The Anti' s:  
Anti-rheumatic  
Antiseptic  
Antidiarrheal  
Anti-scrofula  
Antiscorbutic



Rheumatism  
Colds  
Cough  
Arthritis  
Gout  
Eye Infection  
Osteoporosis  
Increases Bone Mineral Density  
AntiCancer  
Gynecological  
Digestive  
Blood Thinner  
Nausea  
Dizziness  
Deworming  
Wounds  
Sores  
Ulcers  
Minor Cuts  
Minor Burns  
Hair  
Dandruff  
Depurative  
Fevers  
Expectorant  
Analgesic  
Aches  
Blood Cleanser

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White Clover contains a lot of essential vitamin and minerals, including vitamins A, B2, B3, C, and E as well as Minerals like magnesium, potassium, chromium, and calcium. It has a higher protein content than grass. Due to its nutritional content, this herb is often used as a natural remedy in various communities around the world.



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