

HAPPY ST. PATRICK'S DAY!



RED CLOVER

Trifolium pratense

HISTORY

Red clover (*Trifolium pratense*) is a high-quality forage legume that can be grown throughout Florida when planted on moist, fertile soils with good drainage. It can be grazed in late winter and spring or used as a hay crop. In northern states, red clover is a short-lived perennial that persists for 1–3 years, but in Florida it normally behaves as a winter annual.

Red clover grown in pure stands or in combination with a small grain or ryegrass have been used to provide high-quality grazing for stocker cattle, replacement and first-calf heifers, or as a supplement for mature cows.



MEDICINAL USES

In herbal medicine, red clover is typically used to treat respiratory issues, skin disorders, arthritis, and women's health problems

Fun Fact: Dried red clover leaves can be used to make tea!

