

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES

Grow a kinder, greener tomorrow ♥

CLOVER

(*Trifolium* spp.)

Small Plant ♥ Big Benefits ♥

A resilient, beneficial plant for people, pollinators, and the planet.

Many Varieties
Many Benefits
One Amazing Plant
♥

Healthy Plants
Happier People
♥



Clover
Good for the soil
Good for the soul
♥

Medicinal Benefits

- ♥ Rich in antioxidants – Contains isoflavones and polyphenols that help protect cells from oxidative stress (1).
- ♥ May support heart health – Traditionally used to help maintain healthy cholesterol and circulation (2).
- ♥ Supports hormonal balance – Contains phytoestrogens that may help ease menopausal symptoms (3).
- ♥ Anti-inflammatory properties – May help reduce inflammation associated with arthritis and other chronic conditions (4).
- ♥ Supports respiratory health – Traditionally used in herbal remedies for coughs, colds, and bronchitis (5).
- ♥ Gentle detox support – May help support the lymphatic system and natural detoxification processes (6).

A common plant with extraordinary potential. ♥

Growing Information

- ☀️ **Sunlight:** Full sun to partial shade
- 🌱 **Soil:** Adaptable, prefers well-draining, moderately fertile soil
- 💧 **Water:** Low to moderate (drought tolerant once established)
- ↕️ **Height:** 4 – 24 inches (varies by variety)
- ↔️ **Spread:** 6 – 18 inches
- 🌸 **Bloom Time:** Spring through fall (varies by variety)
- ❄️ **Hardiness Zones:** 3 – 9 (most varieties)

Easy to grow.
Hardworking. Beautiful.
Clover makes the world a little brighter. ♥



Clover Varieties

Different varieties. Unique benefits. All wonderful! ♥

Red Clover

(*Trifolium pratense*)



- ♥ Most widely studied medicinal variety
- ♥ Rich in isoflavones (phytoestrogens)
- ♥ May help ease menopausal symptoms
- ♥ Supports heart, bone, and hormonal health
- ♥ Traditionally used for skin conditions like eczema and psoriasis

A powerhouse for women's wellness. ♥

White Clover

(*Trifolium repens*)



- ♥ Low-growing, hardy, and fast-spreading
- ♥ Excellent nitrogen fixer (great for soil!)
- ♥ Supports pollinators like bees
- ♥ Mildly medicinal, used in teas for coughs and respiratory support
- ♥ Edible leaves and flowers (slightly sweet)

Good for gardens, bees, and beyond. ♥

Crimson Clover

(*Trifolium incarnatum*)



- ♥ Fast-growing annual variety
- ♥ Excellent cover crop (builds soil health)
- ♥ Attracts pollinators and beneficial insects
- ♥ May have anti-inflammatory properties similar to red clover (7)
- ♥ Often used in herbal blends and as a nutritious forage

Vibrant blooms.
Healthy soil. Happy pollinators. ♥

Alsike Clover

(*Trifolium hybridum*)



- ♥ Cold-hardy and long-lived
- ♥ Great for poor or wet soils
- ♥ Supports bee populations
- ♥ Traditionally used for respiratory health and skin conditions
- ♥ Often used in naturalized lawns and meadow plantings

Tough, adaptable, and full of benefits. ♥

Popular Ways to Use Clover



- ♥ Herbal tea (flowers or leaves)
- ♥ Add fresh leaves to salads or soups
- ♥ Infuse into oils, vinegars, or honeys
- ♥ Use in natural skincare (salves, creams)
- ♥ Dry flowers for teas, tinctures, or herbal blends
- ♥ Allow to grow in your yard to support pollinators and improve soil health

From tea to garden,
clover brings wellness, beauty,
and balance. ♥

A Few Things to Know



- ♥ Generally safe for most people in culinary and moderate medicinal amounts.
- ♥ Those with hormone-sensitive conditions (especially estrogen-related cancers) should consult a healthcare provider before using red clover medicinally.
- ♥ May interact with blood-thinning medications (e.g., warfarin).
- ♥ Introduce gradually if using in large amounts.
- ♥ Always positively identify clover and avoid varieties treated with pesticides.
- ♥ Consult a healthcare provider if pregnant, nursing, or managing a medical condition.

Use wisely. Plant safely. Enjoy fully. ♥

Selected Studies & Sources

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(Full citations available upon request)

Healthy Soil
Healthy People
Brighter Days

Let Clover Grow
♥

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥