

Cleavers

Flavour	- rating (1-3)	● *
	- description (incl. texture)	● bitter
Preparation	- raw/cooked etc.	● cook, tea, juice, leaf curd ● roast
	- special preparation	● [1]
Nutrition		
Culinary Use		● food ● food, beverage (coffee substitute)
Medicinal	- action	○ ✕: anticancer, antiinflammatory, aperient, astringent, depurative, diaphoretic, diuretic, febrifuge, hepatic, tonic, vulnerary
	- may treat...../good for.....	○ ✕: decoction, juice: cancer, cystitis, insomnia, glandular fever, ME, tonsillitis, hepatitis; poltice: eczema, psoriasis, seborrhoea, ulcers, wounds and other skin problems
Other Use		● filter ● red dye
Collection		○ best in May and June when in flower

Glossary for Terms used in Plant Description

Key 2

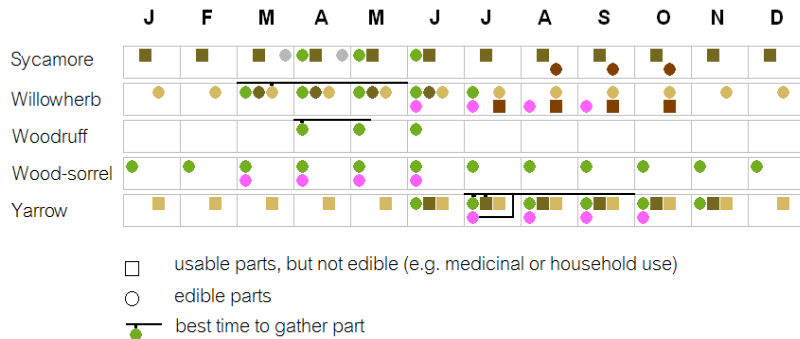
biennial	completes life cycle in 2 years, usually flowering in 2 nd year
bract	leaf or scale below calyx; parts of cone
calyx	collection of individual or, usually, joined sepals
cosmopolitan	belonging to many or all parts of the world
lflts	leaflets – leaf-like parts of compound leaf
lanceolate	shaped like a lance head; long, tapering to end
palmate	having lobes or leaflets like spread fingers
pinnate	with series of leaflets on each side of a central stalk
sepals	protects bud before flower opens, forms leaf-like ring at base of flower, usually green
tnh	temperate northern hemisphere
trefoil	leaf with three leaflets or lobes
umbel	flower cluster with stalks joined in centre to form flat or curved surface; umbrella-like
whorl	ring of leaves around stem

Key to Symbols used on Second Directory Pages

	divider between plant parts
○	information applies to whole plant or all used parts
●●●●●	information applies to specific parts
●	unspecified part(s)
✕	not this part
[#]	for more extensive text see Note

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Clover, Red

Flavour	- rating (1-3)	● **
	- description (incl. texture)	● delicate vanilla flavour
Preparation	- raw/cooked etc.	● young: raw, cooked (best) ● cooked ● young: raw, cooked
	- special preparation	● raw, cooked, sprouted pods: cooked
Nutrition		
Culinary Use		● food, flavouring ● food ● food, tea
Medicinal	- action	● anticancer, antispasmodic, aperient, depurative, diuretic, expectorant, sedative, tonic
	- may treat...../good for.....	● internal: menopausal complaints, cancer of breast, ovaries, lymphatic system, skin conditions, coughs
Other Use		● yellow dye ○ nitrogen fixing
Collection		● best picked before flowering
Drying		● dry to store
Main Benefit		spring tonic, coughs
Note		