

January 2023

Four-leaf clover, some leaves of *Trifolium repens* L/ *Trifolium pratense* L. of the legume family (Fabaceae)

The four-leaved clovers are found sporadically as a rare variety of white clover and red clover. These varieties grow in meadows and pastures.

The pinnate leaves on the shoot axis are not arranged ternary as usual but fourfold.

Ingredients: Fortune, flavonoids (white clover); isoflavones, cyanogenic glycosides (red clover).

It is important that you find the four-leaf clover yourself or receive it as a gift from someone close to you. Pressed and dried, it is said to bring good luck for a long time.

They are considered a symbol of luck for the turn of the year.

In Christianity, the four-leaf clover symbolises the cross and the four Gospels. The Celts used it to ward off evil spells and it gave the wearer magical powers. In the Middle Ages, four-leaf clovers were sewn onto travellers' clothing to protect them.

The good-luck clover that is offered for sale is the four-leaved wood-sorrel *Oxalis tetraphylla* Cav. from the wood sorrel family (Oxalidaceae). Whether it actually brings luck is not proven. It can be planted out in the garden in spring. A semi-shady location with well-drained, not wet soil is ideal. Delicate red flowers appear from April to June. For overwintering, the bulbs are dug up and stored frost-free.

