

Poppy Seeds (Grains and Seeds)

Interesting facts: Poppy seeds are used primarily for baking. The seeds are used in rolls, breads and cakes. They are also sprinkled on pastries as toppings. Poppy seeds are also used in birdseed and pressed into cakes for livestock feed. The oil derived from poppy seed is used in cooking and soap making. The seeds have nutritional value as well since they are rich in linoleic acid, oleic acid and unsaturated fatty acids. Poppies are one of the most cultivated medicinal herbs in the world. Poppy seeds have a sweet, nutty flavor and are used as flavoring in breads, rolls, and cakes. They are also used to make poppy seed oil, which is used in cooking, artist's colors and soap. Pressed seed cakes are also used for livestock feed. White poppy seeds are used in Indian cooking adding thickness, texture and flavor to long cooking sauces.

How to select: Buy organic. Usually found in the herb and spice section of the store.

How to store: In a cool dark cupboard in a airtight container. Will last 2-3 years.

How to use: Baked goods, Salads

Recipe idea:

Coleslaw: In a medium serving bowl: combine 2 cups of finely chopped purple cabbage, 2 cups of finely chopped green cabbage, 2 cups shredded carrots. ¼ cup chopped fresh parsley and set aside. In a small bowl combine: ½ cup pumpkin seeds, 1/3 cup sunflower seeds, ¼ cup poppy seeds and using a small skillet, toast the seeds over medium heat stirring until fragrant a beginning to pop. Pour over the cabbage mixture and blend.

To make the dressing: In a small bowl use ¼ cup olive oil, 2-3 tablespoons fresh lemon juice, 1 garlic clove minced, ½ teaspoon ground cumin and ½ teaspoon sea salt. Whisk together until well blended and drizzle over the top of the slaw and gently mix. Serve immediately or cover and refrigerate for a few more hours.