## Copilot

Sure, here are some attributes of blue poppy seeds from Pendery's:

1. **Color and Size**: They are tiny, slate blue seeds [4].
2. **Origin**: They come from the vividly beautiful crimson flower of Holland's robust annual Papaver somniferum [4].
3. **Aroma and Taste**: They have a nutty aroma and taste [4].
4. **Usage**: They are used in slaw, noodles, cream cheese and sour cream dips, dressings, salads, on cookies and breads [4].
5. **Nutrition**: Blue poppy seeds are a nutrient powerhouse, containing a rich blend of essential vitamins and minerals. They are a notable source of calcium, magnesium, and phosphorus, which are crucial for maintaining strong bones and teeth [3].

Please note that the attributes can vary depending on the specific product and preparation method. Always check the product label for the most accurate information.

Source: Conversation with Bing, 5/13/2024

1. [Poppy Seed - penderys.com](https://penderys.com/shop/spices-and-seasonings/poppy-seed-6574.html)
2. [20 Marvels Health Benefits of Blue Poppy Seeds](https://www.haelthy.com/magazine/health-benefits-of-blue-poppy-seeds/)
3. [Meconopsis Plant Growing & Care Guide for Gardeners](https://www.gardenershq.com/Meconopsis-Blue-poppy.php)
4. [Blue Poppy: Plant Care & Growing Guide - The Spruce](https://www.thespruce.com/growing-blue-poppy-plants-5090197)