## Copilot

Sure, here are the attributes of blue poppy seeds:

**Blue Poppy Seeds** [1] [2] [3] [4]:

* **Botanical Name**: Meconopsis betonicifolia or Meconopsis baileyi [2].
* **Physical Properties**: They are small, round, and have a blue-gray color [4].
* **Taste and Aroma**: Blue poppy seeds are known for having a stronger taste and a nutty/earthy flavor profile [3].
* **Origin**: Blue poppy seeds primarily originate from various countries in Europe including the United Kingdom and the Netherlands [3].
* **Uses**: They are used in baking poppy seed rolls and breads [4]. They are also used in pastries and curries [1].
* **Health Benefits**: 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 [1]. They also contain heart-healthy monounsaturated fats and omega-3 fatty acids, which can help reduce the risk of cardiovascular diseases [1].
* **Plant Type**: Blue poppy is a clump-forming perennial with strikingly unusual, delicate, blue, bowl-shaped flowers with yellow centers [2].

Please note that the flavor of blue poppy seeds is more concentrated than other poppy seeds, so you may need to adjust the quantity when substituting in recipes [3]. Also, blue poppy seeds are more expensive than other poppy seeds [3].

Source: Conversation with Bing, 5/13/2024

1. [20 Marvels Health Benefits of Blue Poppy Seeds](https://www.haelthy.com/magazine/health-benefits-of-blue-poppy-seeds/)
2. [Blue Poppy: Plant Care & Growing Guide - The Spruce](https://www.thespruce.com/growing-blue-poppy-plants-5090197)
3. [Poppy Seed Color | Does it affect taste? - Lone Goose Bakery](https://lonegoosebakery.com/poppy-seed-color/)
4. [Hungarian Blue Poppy Seeds | Park Seed](https://parkseed.com/poppy-hungarian-blue-seeds/p/52351-PK-P1/)