

CALLING ALL FOODIES!

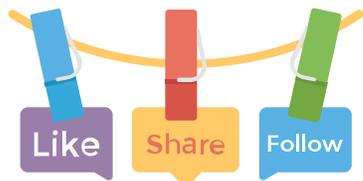
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

Once you’ve created your culinary masterpiece, we’d love to see! Share your pictures and tips with us on our Facebook (SEARLibrary) and Instagram (@searlibrary) pages.

Spice of the Month kits are free, but supplies are limited. Only one kit per household.



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SPICE OF THE MONTH CLUB



Poppy Seeds

Poppy seeds are tiny, kidney-shaped seeds that are harvested for use in cooking or as a source of poppy seed oil. They are most commonly black seeds but can also be white or deep blue. The poppy plant (species name *Papaver somniferum*) has been valued for its ability to produce medicinal oil and seeds for thousands of years by civilizations around the world. The ancient Greeks and Romans even documented their use of poppy seeds as far back as 3,000 years ago.

These seeds are pretty tasteless until roasted, when they take on a nutty flavor similar to sesame seeds. They pair well with flavors including garlic, onion, lemon or orange zest, rum, vanilla, raisins, heavy cream, cinnamon, nutmeg, and blanched almonds or walnuts. Some refer to poppy seeds as oliseeds. Oliseeds are several species of seeds that are cultivated to yield oil that is isolated and extracted for various uses. Although poppy seed oil might not be a staple in many people’s kitchens, oil from the poppy seed plant does have a number of uses in the food manufacturing, soap, paint and varnish industries.

They provide manganese, calcium, copper, zinc, iron, linoleic acid (and omega-6 fatty acid) and fiber. They are believed to have natural sedative effects and may help support restful sleep. While eating poppy seeds won’t get you high, the poppy seed plant is also used to make opiates (including heroin and morphine). The seeds themselves have very trace amounts of opiates, although sometimes they can cause false positives on drug tests. They may help relieve constipation, support bone health, and reduce coughs.

FUN FACTS

- The first evidence of poppy seeds was found in the Mediterranean region, where they were being used as a mild sedative as far back as 2700 BC.
- A small daily dose of poppy seed may help manage symptoms like constipation, dry skin, achy joints and weak bones.
- Like other seeds, such as chia and flax, poppy seeds are considered a high-fiber food.

Source from Dr.Axe
<https://draxe.com/nutrition/poppy-seeds/>

Poppy Seed Chicken Casserole



*Yields: 8 serving(s)
Prep Time: 15 mins
Cook Time: 30 mins*

Ingredients

- 5 cups chicken breasts, cooked and cubed (or shredded)
- 1 cup sour cream
- 2 (10.75 ounce cans) condensed cream of chicken soup
- 2 cups crushed Ritz crackers, (about 1 1/2 rolls of crackers)
- 1/2 cup butter, melted
- 1 Tablespoon poppy seeds
- 2 cups cooked rice (optional)

Directions

1. Preheat oven to 350 degrees.
2. Place cubed chicken in a 9X13 casserole dish.
3. Stir together the condensed soup and sour cream. Season to your tastes. Pour over the chicken.
4. In a separate bowl, stir together the crushed crackers and melted butter. Sprinkle over the chicken and sauce. Sprinkle the poppy seeds on top.
5. Bake for 20-30 minutes in the preheated oven, until the top of the casserole is browned and the sauce is bubbly. Serve plain or over rice.

Recipe Source:

<https://www.allrecipes.com/recipe/216902/poppy-seed-chicken-casserole/>

Poppy Seed Fruit Dip



*Yields: 16 servings
Prep Time: 5 mins
Cook Time: 5 mins*

Ingredients

- 1 (16 ounce) container Greek yogurt
- 1 (1 ounce) package sugar free instant cheesecake-flavored pudding mix (such as Jell-O®)
- 1/2 teaspoon poppy seeds
- 6 tablespoons 1% milk

Directions

1. Combine yogurt, cheesecake pudding mix, and poppy seeds in a small bowl
2. Stir to combine.
3. Mix in milk, 1 tablespoon at a time, until desired consistency is reached.
4. Refrigerate until ready to serve.
5. Serve with assorted fruits, cookies, or cake.

Recipe Source:

<https://www.allrecipes.com/recipe/273784/poppy-seed-fruit-dip/>