

MAW SEED

Maw Seed, or Poppy Seed is an oilseed obtained from the opium poppy, *Papaver somniferum*. The tiny seeds have been harvested from dried seed pods by various civilizations for thousands of years.

Maw seeds are less than a millimetre in length, and minute: it takes 3,300 seeds to make up a gram, and a kilogram contains between 2.5 and 5 million seeds.

Maw seed is harvested when ripe, after the seed pod has dried. Traditionally, opium is harvested while the seed pods are green and their latex is abundant, but the seeds have just begun to grow.

Maw seed is also used as bird seed as it is very nutritious and can be given in high amounts to treat gastrointestinal distress, diarrhoea, and similar afflictions, as well as pain and discomfort, in many types of birds.

Source: Wikipedia

| Nutritional value per 100g | |
|---|---------------|
| ENERGY | 2,196kJ |
| CARBOHYDRATES | 28g |
| SUGARS | 3 |
| DIETARY FIBRE | 23g |
| FAT | 42g |
| saturated | 5g |
| trans | 0g |
| monosaturated | 6g |
| polyunsaturated | 29g |
| PROTIEN | 18g |
| FOLATE Vit. B ₉ | 82µg (21%) |
| VITAMIN E | 1.8mg (12%) |
| CALCIUM | 1438mg (144%) |
| IRON | 10mg (80%) |
| MANGANESE | 7mg (350%) |
| 17 mg tocopherols in addition to Vitamin E Source: USDA Nutrient database | |