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Types of Poppy Flowers Growing in Garden

(Dr. C. Venkatesh, *Gowthamkaran S and Mukesh Kannan G)
J.K.K. Munirajah College of Agricultural Science, T. N. Palayam, Gobi, Erode-638506
*Corresponding Author's email: gowthamkaram2004@gmail.com

The poppy flower is well-known to most people despite having a confusing genetic heritage because of its tissue paper-like flowers. The hues of poppies' flowers vary from white to bright reds and oranges. In addition, there are poppies that are cream, yellow, blue, and purple. Poppies can be biennials, perennials, or annuals depending on the variety and your growth zone. The best time to plant poppies is in the spring. Select a location with direct sunlight and use soil that drains well. Keep the soil around the poppies slightly damp. The poppy flower is well-known to most people despite having a confusing genetic heritage because of its tissue paper-like flowers. The hues of poppies flowers vary from white to bright reds and oranges. In addition, there are poppies that are cream, yellow, blue, and purple. Poppies can be biennials, perennials, or annuals depending on the variety and your growth zone. The best time to plant poppies is in the spring. Select a location with direct sunlight and use soil that drains well. Keep the soil around the poppies slightly damp. In this article describes about the poppy plant types and uses.

Keywords: Poppy types, uses, properties.

Introduction

Poppies are herbaceous plants that can be short-lived perennials, biennials, or annuals. Certain plants only blossom once and then die (monocarpic). With blooms up to 15 centimeters (5.9 inches) broad, poppies can grow to heights of over one meter (3.3 feet). Species flowers (not cultivars) feature four or six petals, an ovary with two to numerous united carpels, and numerous stamens forming a noticeable whorl in the center of the flower. The gorgeous petals come in nearly every color, with some even having markings. When blossoming ends, the petals generally lie flat before dropping away. The petals are crushed in the bud. Poppies bloom in the temperate zones from spring to early summer. When hurt, most animals release latex. Poppies are a source of pollen for bees. Pollen from the field or corn poppy (*Papaver rhoeas*) is grey to dark green, while that from the oriental poppy (*Papaver orientale*) is dark blue. *Papaver somniferum*, the opium poppy, grows wild in Southeast Asia and Southeast Europe. It is thought to have started in the Mediterranean area.

Types of Poppy Flower

1. Oriental poppy(*Papaver orientale)*
2. Flander poppy (*Papaver rhoeas)*
3. Opium poppy **(***Papaver somniferum)*
4. Iceland poppy *(Papever nudicaule)*
5. Himalayan poppy (*Meconopsis grandis)*
6. Persian poppy (*Papaver bracteatum*

Oriental Poppy (*Papaver orientale)*

One of the most well-liked varieties is the Oriental poppy, which is praised for its stunning blossoms that emerge in June and July and are tinted orange, crimson, or salmon. The Oriental poppy is admired for more than just its stunning blooms; it also has feathery foilage. A fresh set of base leaves appears in the fall, while the perennial's foliage vanishes in the summer when it falls dormant. These leaves overwinter, giving places with little to no snowfall a touch of winter appeal. Plant in full sun and moist but well-draining soil for the happiest Oriental poppies you've ever seen. Regularly add compost to the soil, and when it starts to overwinter, add mulch. Water your Oriental poppies sparingly, only when the soil is completely dry.

Uses :

- Garden borders: Vibrant fsplowers add color and texture.
- Cut flower arrangements: Stems can reach 3-4 feet, making them ideal for cut flowers.

Flander poppy (*Papaver rhoeas)*

The Flanders poppy was a wild plant that flourished throughout World War I and gained notoriety as a result of its reference in the well-known poem "In Flanders Fields." Every November 11th, British people wear this vivid orange-red flower in observance of Remembrance Day. The Flanders poppy and its varieties are annuals, but they self-seed so abundantly that they end up functioning as perennials when they naturally occur. For gardeners in the South who struggle with the cold, this can be a useful option. devoted perennial plants. The seeds can be sown in the fall or winter in warm climates. The Flanders poppy requires little water once it has established. Just ensure sure the soil is damp but drains well, and that it is planted in a spot that receive full sun.

Uses

- Garden borders: Vibrant red flowers add color and texture.
- Wildflower gardens: Suitable for meadow-style gardens.
- Cut flower arrangements: Stems can reach 2-3 feet, making them ideal for cut flowers.
- Wound healing: Applied topically to aid wound healing.
- Digestive issues: Used to treat digestive problems.

Opium Poppy (*Papaver somniferum)*

The opium poppy, which gives rise to heroin and other opiate drugs, is one you may wish to avoid even though it belongs to the same genus as many well-known garden poppies. This Turkish poppy grows taller than typical poppy blossoms and features stunning pink, red, purple, or white flowers in addition to its unique gray-green foliage. In late fall or early spring, plant the opium poppy by dispersing the seeds

on the ground. Remember that they need sunshine to germinate, so avoid covering them with soil. Till the seeds sprout, which normally happens in a few weeks, maintain a consistent moisture level in the soil. Once grown, these poppies can withstand some drought quite well. Take care not to overwater. Zones of USDA Hardiness: 3–8.

Uses

- Pain relief: Morphine, codeine, and other alkaloids provide effective pain management.
- Cough suppression: Codeine-based cough medicines.
- Diarrhea treatment: Lomotil (diphenoxylate) and Paregoric (camphorated opium).
- Anxiety and insomnia: Historically used for anxiety and insomnia treatment.

Ice Land Poppy *(Papaver nudicule)*

The Iceland poppy, sometimes called the Arctic poppy, is a short-lived perennial that only thrives in colder climes. It is typically planted as an annual elsewhere, though it may not thrive at all in areas with hot, muggy summers. Sow the Iceland poppies in soil that is rich and drains well. You can plant where there is either full sun or some shade. Maintain a regular plan for feeding your Iceland poppies using a balanced fertilizer. Lastly, ensure that it receives the proper amount of water; do not overwater or underwater. Additionally, keep water off of its leaves and blossoms since the water's weight may harm the fragile blooms. As near to the earth as you can, apply water.

Uses :

- Analgesic: Contains alkaloids with pain-relieving properties.
- Anti-inflammatory: Extracts show anti-inflammatory activity.
- Antimicrobial: Studies demonstrate antimicrobial properties.
- Traditional medicine: Used in Nordic folk medicine for fever reduction and pain relief.

Himalayan Poppy (*Meconopsis grandis)*

Although they are not part of the Papaver genus, which includes the majority of garden poppies, Himalayan poppies are nevertheless considered poppies because their genus belongs to the Papaveraceae family. These blue flowers feature huge petals, up to 5 inches across, despite the papery blossoms having the traditional poppy flower appearance. Without a doubt: These are challenging plants to raise from seed to maturity. The plants need regular moisture (though they dislike being soggy) and mild summer and winter temperatures (not too hot or too cold), as the seeds might be challenging to germinate. Your prospects of success are low unless you can replicate the conditions of their original Himalayan habitat, which consists of forested terrain covered in a cold mist.

Persian Poppy *(Papaver bracteatum)*

Papaver bracteatum, also known as the Iranian poppy or Persian poppy and the great scarlet poppy (first described by Dr. N. Saharghi and Iraj Lalezari Nature 213, 1244, 1967 doi:10.1038/2131244a0) is a sturdy hardy perennial poppy with large deep red

flowers up to 8 inches (20 cm) in diameter on stiff stalks up to 4 feet (1.22 metres) high with a prominent black spot near the base of the petals. It is closely related to the commonly cultivated oriental poppy, *Papaver orientale* and is sometimes recorded as the varietal aver *orientale var. bracteatumform* .

Uses :

- Analgesic: Contains alkaloids with pain-relieving properties.
- Anti-inflammatory: Extracts show anti-inflammatory activity.
- Antimicrobial: Studies demonstrate antimicrobial properties.
- Traditional medicine: Used in Iranian and Ayurvedic medicine for fever reduction, pain relief, and digestive issues**.**

Conclusion

Poppies are a diverse group of flowering plants, comprising over 100 species. They are widely cultivated for their vibrant flowers, medicinal properties, and culinary uses. Each type of poppy has its unique characteristics, growth habits, and uses. Understanding the different types of poppy can help in different medicinal purpose, ornamental purpose etc., Poppy flowers are a captivating and diverse group of plants, renowned for their vibrant blooms, rich history, and versatile uses. With over 100 species, poppies have been a source of inspiration for art, literature, and medicine for centuries.

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