

Hemp

HEMP HISTORY

Humans have cultivated hemp for over 10,000 years. It has served as an important source of food and fibre. Known for its strong natural fibres, it was originally used to make rope, cloth, sails, paper, and more.



HEMP LOVES MANITOBA

Manitoba is Canada's third largest hemp producer. Hemp thrives here because it adapts well to many different soils and climates. You're most likely to find it growing in south central and northwestern Manitoba.

HEMP ISN'T MARIJUANA

Hemp and marijuana both come from Cannabis plants, but hemp contains very little of the compounds that have psychoactive properties. Canadian farmers require an industrial license from Health Canada in order to produce the crop from certified seed.



Hemp's tall plants and thin stems make it tough to harvest, so farmers often use special attachments on their equipment to get the job done.

OIL, FLOUR AND SEED

Hemp is a versatile plant with many uses. In Manitoba, we mostly crush hemp grain for oil, dehull the grain for the hemp heart, or mill it for use in protein powder, flour, and milk. Hemp seed oil is also used in cosmetics, ink, paint, and fuel. Hemp seed and hemp seed oil are important ingredients in a wide range of products.



FIBRE

Hemp fibre can be used to make fabric, rope, twine, paper, animal bedding, biodegradable plastics, insulation, animal bedding, cat litter, soil enricher, garden bedding, and more.

PACKED WITH NUTRIENTS

Hemp seed is slightly nutty in taste, like a sunflower seed. It can be used in baking, smoothies, soups, stews, and salads, or it can be eaten on its own. And it's full of nutrients. In fact, hemp's fatty acids and amino acids offer exactly the proportions of protein, omegas, and dietary fibre the human body needs.



Hemp products can be recycled, reused and are 100 per cent biodegradable. Most hemp-derived products are non-toxic, biodegradable, and renewable.