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Hemp Industries Association

# Hemp News

SPRING - 2003

10th Annual  
**HIA CONVENTION**  
**August 20-23, 2003**  
**Pine Ridge**  
**Reservation**  
South Dakota

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## HEMP SHOWCASE

The six display boards in each Hemp Showcase offer hemp education and a visual and visceral venue for expanding the hemp market.

The twelve units are circulating around the USA, visiting colleges, libraries, legislatures, and events.

If you would like to schedule one for your area, call the HIA office.  
Thanks to all the companies who sent products and promotional materials!

## Canadian Hemp Trade Alliance Formed

When the need arose for a national group to represent hemp interests, there was a concerted effort to form a working team of hemp industrialists that could move forward the broad hemp agenda. Canada's hemp industry has flourished despite some setbacks with overly confident investors in the past, and U.S. importation problems. Various provincial hemp groups have organized and successfully brought farmers, processors, researchers, and distributors together expanding the market for hemp fiber and seed products.

Now the newly formed CHTA, Canadian Hemp Trade Alliance (incorporated 4/9/03), has been created to tackle national issues and garner government funding for further expansion, while providing a unified voice and center for action on industrial hemp issues and concerns.

Congratulations go to Arthur Hanks (HempReport/Saskatchewan Hemp Assoc.), interim President, and founding members Lucie Letourneau (Canolio), Shaun Crew (Hemp Oil Canada), Ruth Shamai (Ruth's Hemp Foods), Geof Kime (Hempline), David Bronner (Dr. Bronner's Magic Soaps and Alpsnack Bars), Larry Duprey (The Hemp Club), Joe Federowich (PIHG), Gero Leson (Leson Environmental Consulting), Eric Steenstra (VoteHemp), Candi Penn (HIA), Dave Frankel (4th Wave Law), Charles Tremblay (AAFC), and Public Policy Advisor Sean Moore, (Gowling Lafleur Henderson). The group is also incorporated as the Alliance Commerciale Canadienne Du Chanvre (ACCC).

The HIA is looking forward to working together for mutual benefit, such as events, research, market growth and networking. Good luck! Bonne Chance!

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### Hemp Industries Association

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Email: info@thehia.org  
http://www.HempIndustries.org  
http://www.HempStores.com  
http://www.TestPledge.com

## EVENTS

- 5/27-29 CHFA, Ottawa, ONT Canada  
Natural Health Products and  
WholeFoods - [www.chfa.ca](http://www.chfa.ca)
- 6/4-5 NPE Europe, Amsterdam –  
[www.expoeurope.com](http://www.expoeurope.com)
- 6/18-20 NPE Asia, Hong Kong –  
[www.naturalproductsasia.com](http://www.naturalproductsasia.com)
- 6/18-20 Natural Business Market Trends  
Conference, Broomfield, CO –  
[www.naturalbusiness.com](http://www.naturalbusiness.com)
- 7/13 Santa Barbara Hemp Festival,  
Santa Barbara, CA  
[www.santabarbarahemp.com](http://www.santabarbarahemp.com)
- 8/1-3 Reggae on the River, CA –  
French's Camp, Piercy, CA  
[www.reggaeontheriver.com](http://www.reggaeontheriver.com)
- 8/9-10 All Things Organic Festival,  
Mendocino Co. Fairgrounds,  
Boonville, CA  
[www.allthingsorganicfestival.org](http://www.allthingsorganicfestival.org)
- 8/16-17 Seattle Hemp Fest, Seattle, WA  
[www.seattlehempfest.com](http://www.seattlehempfest.com)
- 8/20-23 HIA 10<sup>th</sup> Annual Convention,  
Pine Ridge Reservation, SD  
[www.HempIndustries.org](http://www.HempIndustries.org)**
- 8/22-24 Hempfest 2003 – Sault Ste.  
Marie, Ont. Canada  
[www.planetarypride.com](http://www.planetarypride.com)
- 8/25-28 MAGIC – Las Vegas, NV  
[www.magiconline.com](http://www.magiconline.com)
- 9/25-28 Yoga Expo - Los Angeles  
Convention Center  
[www.yogaexpo.com](http://www.yogaexpo.com)
- 9/27 Hemp Harvest Celebration  
Hempola Valley Farms -  
Barrie, ON Canada  
[www.hempola.com](http://www.hempola.com)
- 10/11-12 Green Festival, Austin, TX  
[www.GreenFestivals.com](http://www.GreenFestivals.com)
- 10/16-19 CHFA Expo East, Toronto, ON  
Canada – [www.chfa.ca](http://www.chfa.ca)  
& CHTA – Canadian Hemp  
Trade Assoc. General Mtg.
- 10/17-19 Bioneers Conference – San  
Rafael, CA - [www.bioneers.org](http://www.bioneers.org)
- 11/8-9 Green Festival - SF, CA  
[www.GreenFestivals.com](http://www.GreenFestivals.com)
- 11/7-9 4th Hemp & Eco-Technologies  
Exhibition - Paris, France

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## HEMP NEWS - March 2003

### Bio-Cars

*E4 Engineering*

The Qinetiq-led Biomat project, which also includes Ford, will develop technologies to enhance the performance of plant fibres for use in injection moulded thermoplastic composites.

### Cautious About Ethanol Expansion

Sean Pratt, *The Western Producer*

FCL's money would be better spent on projects such as a proposed hemp fibre processing plant in Dauphin, which would create more jobs than an ethanol plant.

### Don't Be Fooled by Nessie's Smooth

Flavor J. Lundstrom, *Salt Lake Tribune*

Hemp was first used to brew beer 2,500 years ago, long before hops became the primary bittering agent.

### Farmers Won't Give Up Hemp Fight

Ian Bell, *The Western Producer*

Joe Federowich admits to being a little battle worn after years of leading efforts to get a hemp fibre processing industry established in Manitoba.

### GM and Danzas to Use Local

Technology *Gulf News*

When first evolved, grass or hemp was hung in home windows or doors and water poured on to the surface. This then evaporated and, through a process known in physics as the latent heat of vapourisation, incoming air was cooled.

### Hemp Shortage Threatens Growing Concerns

Jennifer Campbell, *The Ottawa Citizen*

Until this year, supply kept pace with demand, but now that the products are really taking off, the producers face a supply shortage for the coming summer.

### Rapid Growth for \$775 Million Natural Fiber and Wood Plastic Composites Market

*Principia Partners*

The composites are manufactured by combining either wood or such other natural fibers as flax, hemp, jute, or kenaf with polymers including polyethylene, polypropylene, or PVC. In many cases either the polymer or the fiber, or both, can come from recycled materials.

### Hollywood's Delight in Hempola

While Chad Kroeger of Nickelback stood back-stage at the 30th American Music Awards, he held up his new bag of Hempola High Protein Pancakes and smiled a very big smile.

### Mann's Eco-doc Wows Festival

Peter Howell, *Toronto Star*

His new documentary "Go Further," a retro-hippie road odyssey he calls "The Electric Kool-Aid Acid Test on Tofu," received a standing ovation from Friday's opening-night crowd.

### The Merry Hempsters Hit the Road.

Marc Savlov, *Austin Chronicle*

This film is a look at Woody Harrelson's ongoing campaign to raise environmental and organic awareness and trumpet the myriad uses of hemp — as fuel, as a synthetic, and, of course, as a recreational drug and medicine — combined with a manic road trip rivaling Kesey's Merry Pranksters and music by everyone from the Red Hot Chili Peppers to Phish.

### Natural Causes

June Avignone, *Fortune*

That first formula eventually led to the birth of Sue's Amazing Lip Stuff and Sun Dog Hemp body care products, thriving sister companies based in Westby, WI. Kastensen's companies grossed nearly half a million dollars last year, with 10% of the profits going to Native American cultural preservation — a way for Kastensen to carry on the teachings of her mentor, a member of the Anishaabed tribe who died in 1999.

### US DEA Tries to Outlaw Healthy Food

"Ever increasing numbers of consumers are discovering the nutritional benefits of hemp," says David Neuman, VP of Sales and Marketing at Nature's Path Foods. "Sales for our HempPlus™ Granola and HempPlus™ Waffles are growing strongly, which is due in large part to the health benefits of hempseed."

### The Hempire Opens Downtown

If you've doubted some of the arguments about the versatility of industrial hemp as a raw material, check out the new store in downtown Rapid City, SD that sells nothing but hemp products.

## ASK THE DOC! Motivating Employees II

In my last column, I broke the news that motivation comes only from within, so employers cannot MAKE employees be motivated. But they can and should strive to create a work environment where each employee wants to bring his or her best to work each day. Part of creating such an environment involves treating each person in your company with dignity and respect, as you would anyone whose talent, potential and support you value. People are motivated by a job where they are able to fulfill their personal needs, whether it be earning a living, expressing their creativity, helping a good cause, or any number of reasons. The effective leader not only grasps this truth, but invests the time and effort required to learn from each employee what makes that person "tick" in terms of personal motivation. Most managers fail to do this and their business suffers.

If you get nothing else from reading this column, consider what I call the "People Involvement Promise." It goes like this:

*"People become interested, dedicated and committed in direct proportion to the degree to which they have input and are involved."*

There is magic in this statement. Learn it... use it. Business owners, especially small business owners, need the dedication and commitment of each and every wage earner and manager. Without that, the greatest business plan, adequate funding and a sterling market strategy mean little. Your company may limp along or even reach a plateau of black ink, but it will never reach its potential without practicing the "People Involvement Promise." My challenge to you is to think of several ways that you can involve your people more in the day-to-day business, ways that are not token gestures but may involve a stretch, and then start your experiment in the power of the People Involvement Promise!

Dr. Alan Cheney

## Ninth Circuit Court Blocks DEA Rule

SAN FRANCISCO, CA - 4/18/03

Late yesterday the Court granted the hemp industry's Motion to Stay the U.S. Drug Enforcement Administration's (DEA's) "Final Rule," which was issued March 21, 2003 and would have banned the sale of nutritious hemp foods containing harmless trace amounts of naturally-occurring THC under the Controlled Substances Act (CSA) of 1970. This "Final Rule" is virtually identical to an "Interpretive Rule" issued on Oct. 9, 2001 that never went into effect because of a Ninth Circuit Court Stay issued on March 7, 2002.

Both Motions to Stay were brought jointly by the Hemp Industries Association (HIA) and several major hemp food companies in the U.S. and Canada. The court is currently hearing a substantive challenge to the Final Rule, and in light of today's ruling, the hemp industry is optimistic that the Court will ultimately invalidate the DEA's rule. One of the prime criteria in granting the Stay was whether the hemp industry is likely to ultimately prevail on the merits of the case.

Because trace infinitesimal THC in hemp seed is non-psychoactive and insignificant, the U.S. Congress exempted non-viable hemp seed and oil from control under the CSA, just as Congress exempted poppy seeds from the CSA, although they contain trace opiates otherwise subject to control. The hemp industry is assuring retailers and consumers that hemp food products should continue to be stocked, sold and consumed. Joe Sandler, counsel for the HIA, stated: "The Court's order effectively prevents DEA from enforcing its 'Final Rule.' With this stay in effect, all those who sell, import, manufacture, distribute and retail edible hemp oil and seed, and oil and seed products, can continue those activities secure in the knowledge that such products remain perfectly lawful."

Hemp seed has a well-balanced protein content and the highest content of essential fatty acids (EFAs) of any oil in nature: EFAs are the "good fats" that, like vitamins, the body does not produce and requires for good health.

Dr. Udo Erasmus, an internationally recognized nutritional authority on fats and oils, writes in *Fats that Heal - Fats that Kill*: "Hemp seed oil may be nature's most perfectly balanced oil." Not surprisingly, shelled hemp seed and oil are increasingly used in natural food products, such as corn chips, nutrition bars, hummus, nondairy milks, breads and cereals.

North American hemp food companies voluntarily observe reasonable THC limits similar to those adopted by European nations as well as Canada and Australia. These limits protect consumers with a wide margin of safety from any psychoactive effects or workplace drug-testing interference.

(See hemp industry standards regarding trace THC at <http://www.TestPledge.com>)

The DEA has hypocritically not targeted food manufacturers for using poppy seeds (in bagels and muffins, for example) even though they contain far higher levels of trace opiates. The global hemp market is a thriving commercial success. Unfortunately, because the DEA's Drug War paranoia has confused non-psychoactive industrial hemp varieties of cannabis with psychoactive "marihuana" varieties, the U.S. is the only major industrialized nation to prohibit the growing of industrial hemp.

To download a PDF copy of the Court's order staying DEA's rule, go to:  
[http://www.votehemp.com/stay\\_granted\\_2003.pdf](http://www.votehemp.com/stay_granted_2003.pdf)

## SBA for HEMP!

The Small Business Administration lodged a formal statement of opposition with the Office of Management and Budget (OMB) regarding DEA's rule-making, which will be very nice to put into our Excerpts of Record and refer to in our briefing.

See [http://www.sba.gov/advo/laws/comments/omb02\\_0528.pdf](http://www.sba.gov/advo/laws/comments/omb02_0528.pdf)

## HIA T-SHIRTS



\$25 Donation

Wear your politics on your shirt!  
Available in M-L-XL. Includes S&H.

This design by Jeff Sax of Dagga was created for the Washington DC HIA Convention last year. The resemblance to the US Seal is meant to invoke an allegiance to the new paradigm emerging - Peace, Ecology and Economy!

## Fields of Fibre Symposium

PAPTAC -

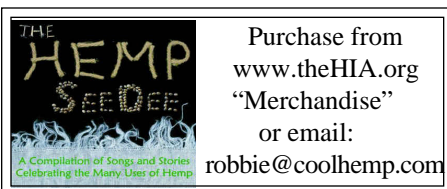
Non-Wood Fibre Committee  
June 16th and 17th  
at the Alberta Research Council  
in Edmonton, Alberta, Canada  
<http://www.arc.ab.ca>

Also, the PAPTAC Nonwood Fibres Committee is soliciting technical papers for the 90th annual meeting to be held in Montreal, Canada on January 26 - 29, 2004. For details: <http://www.paptac.ca>

## Natural Fibers Report

Nova Institute, Germany  
February, 2003

Developed from evaluation of a market survey of 139 companies in 2002, this publication entitled *The Use of Natural Fibres in Composite Materials in the German and Austrian Automotive Industry* was authored by Dr. Markus Kaup, Michael Karus, and Sven Ortmann.



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## Ontario Hemp Alliance Announces Breeding Program

On April 12th, 2003 prior to the OHA Symposium a meeting with active members was arranged to see if there may be interest in pooling money together to start a breeding program that would be owned by the Ontario Hemp Alliance. This concept was brought forth by Canadapt to mirror a similar project that was initiated by the Berry Growers Association 7 years ago. They get royalties from the varieties and they are making the association self sufficient.

From this meeting an OHA Breeding Sub committee was created and this consists of new member Roger Rivest of Great Lakes Organics, Gordon Scheifele of G&GS Consulting, Peter Dragla, Hemp Breeder of University of Guelph, Kevin Montgomery Client account officer-Rural Development Division of the Ontario Ministry of Agriculture and Food and Claude Pinsonneault Executive Director of the Ontario Hemp Alliance. Since then there have been two meetings and a preproposal was sent to Canadapt and we have also met with Canadapt to discuss the project. This project looks favourable for approval. There are 6 financial contributors to date and the Canadapt application form is to be submitted by the end of second week in May.

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**YOU are the HIA...**  
**a group of dedicated entrepreneurs**  
**networking and outreaching**  
**to expand the hemp market!**  
**It takes energy to run the HIA..**  
**Please pay your**  
**membership renewal fees.**  
**Keep the HIA alive and well!**

Printed on Hemp Content Paper.

## HEMP NEWS April 2003

### Legalise Cultivation of Industrial Hemp

*The Kathmandu Post*

Nepali hemp-product entrepreneurs have demanded legal recognition for the cultivation and trade of industrial hemp, urging the government to change negative attitude towards the trade.

### Avril Lavigne Joins Growing List of Performing Artists Supporting Hemp

*Hempton Clothing*

Avril Lavigne may be a skater-punk, a dynamic spirit, a true wild child and a Juno Award winning artist, but she is also an environmentally conscious young woman when it comes to choosing her clothing for her up coming world tour. She has incorporated earth friendly hemp fiber into her trademark T-shirt program.

### Bill Dies in Funnel Deadline

Todd Dorman, *Sioux City Journal*

The Iowa Senate declined to cultivate a perennial bill making it legal to grow hemp for industrial purposes in Iowa.

### Consumed: Beer Bust

Marty Jones, *Westword*

Heavenly Daze tapped the first kegs of its Hemp Lager in late March, and the beer quickly became the Denver brewpub's second-best seller. Credit for that goes to the beer's exceptional flavor (it's made with hemp seeds), eye-catching tap handle (which features a cannabis leaf) and very cheeky slogan: "Relax and roll up a cold one."

### Court Halts Government Hemp Rule

*Environment News Service*

The 9th Circuit Court of Appeals has again put the brakes on the U.S. Drug Enforcement Administration's (DEA) rule that would ban the sale of hemp foods within the United States.

### Homespun Hemp

Tom Sharpe, *The Santa Fe New Mexican*

Look for hemp bed linens from Earth Runnings in Ron Howard's *The Missing*, filming at several sites around Santa Fe, New Mexico.

## HEMP NEWS - April 2003

### Emmy Awards to Offer Hempola — Part of Breast Cancer Awareness

Interestingly, the nutritional nature of hempseed oil has a direct link to benefiting breast cancer. Kelly Smith, co-founder, has researched and prepared a report.

### Eves Government Investigates New Opportunities for Eastern Ontario Business

*Canada Newswire*

The project involves analysis of the North American market for industrial hemp to determine the feasibility of a bio-refinery that processes raw hemp straw.

### Hemp Backers Celebrate

A handful of mid-Michigan hemp enthusiasts Monday celebrated a court ruling that protects their right to sell hemp-based foods and products.

### Lawmakers Consider Future of Industrial Hemp in Oregon

*Coos Bay World*

Industrial hemp could be Oregon's next cash crop if lawmakers sign off on a bill that got a hearing before the Senate Agricultural Committee Friday. Opponents say hemp plants are difficult to distinguish from illegal marijuana plants, and could inhibit police investigations of pot growers. The Ag Committee heard from businesses marketing hemp-based products such as clothing and lip balm.

"My vision for Oregon regarding industrial hemp is to basically establish Oregon as a leader in the seed bank for the United States as well as the production of industrial hemp," said Eugene Democrat Floyd Prozanski. "We've found a need and a desire by many farmers in this state to be able to grow industrial hemp in the east side of the Cascades, as well as the west."

### Hemp Bread a Big 'Hit' AP

It's enough to give you a pot belly — bread made with hemp seeds. "Healthy Hemp Sprouted Bread" is a big seller at French Meadow Bakery in Minneapolis.

### Hemp Education 101

Karel Sovak, *Minot Daily News*

If the most important thing about real estate is "location, location, location," then Robert Robinson believes the most important thing for industrial hemp is "education, education, education."

### Legislature Clears Way for University of Maine to Study Hemp

A bill to allow the Maine Agriculture Center at the University of Maine to study the feasibility of growing industrial hemp as a commercial product was enacted by the Legislature this week. Governor John Baldacci intends to sign the bill. (Which he did on 4/18/03!)

### Nostalgic Small Town Puts Cannabis On Its Flag

Russians have been fixated by flags since the government ordered recently that each town should have its own. The city of Pensa attracted controversy by introducing a flag sporting the image of Jesus Christ. But that has been trumped by Novozybkovo, where the flag flying atop the town hall is emblazoned with a cannabis leaf. The emblem was chosen because the area is proud of its hemp-growing heritage.

### French Meadow Bakery Wins Best Bread in Natural Health Magazine's Taste Test.

They are the oldest continually certified organic bakery in the USA, specializing in dairy/oil/sweetener and yeast free breads. Also sprouted and wheat-free varieties. F.M.B. is the home of the high protein/high fiber/high omega and low carb Healthy Hemp Bread, served in their popular real food Cafe and sold nationally in the frozen specialty bread section at grocers or by mail.

### DEA Employees Take Hemp Food

**Taste Test in 65 Cities** *VoteHemp.com*  
Hemp enthusiasts gave away hemp food products at DEA offices in 65 cities today to protest attempts by the federal government to ban the increasingly popular food. VoteHemp organized the "DEA Hemp Food Taste Tests" on the day a new "Final Rule" was supposed to take effect.

### Hemp Foods on the Ropes

Benedict Carey, *LA Times*

They're nutritious, full of fiber. Yet because cereals, snack bars and other foods made with hempseed and hemp oil contain trace amounts of THC, the active ingredient in marijuana, the Bush administration has been trying to **ban these products — increasingly popular with health enthusiasts.**

Court OKs Continued Sales of Food Made From Hemp *The Bellingham Herald*  
Blaine company says DEA rules would have cost it millions of dollars. Nature's Path Foods Inc, a Blaine-based company, applauded a federal court decision Monday that stayed the enforcement of new Drug Enforcement Agency rules barring the sale of hemp products in food.

### The Emperor of Hemp

Alex Field, *Ventura County Reporter*

Four years ago local writer/filmmaker Jeff Meyers raised a quarter of a million dollars and made an underground documentary that gained a kind of cult status in the fight for the legalization of hemp and marijuana. The film tells the life story of Jack Herer, the man who opened the eyes of the nation to the many uses of hemp.

### Bracelets Strike National Chord

Cynthia Boyd, *Pioneer Press*

When her Uncle Mike went off to war with Iraq, 11-year-old Jenessa Largent slipped a yellow rubber band on her wrist, vowing to leave it there until he came home. . But the yellow rubber band didn't seem quite right. So the White Bear Lake girl braided a hemp bracelet and strung it with yellow beads and a red, white and blue heart. "Then I thought, 'Why not make them for all the kids.'" "Now she has orders for 16,000.

### Dude, I'm So Waffled!

Kate Silver, *Las Vegas Weekly*

Hemp is the Bad Seed, says the DEA, and not allowable for consumption, be it nut, leaf or resin. They can proclaim it all they want, but let's just say many Americans aren't merely inhaling. When it comes to foods made from cannabis, whose nutritional value is said to trump even the hallowed soybean, advocates of the green plant want to have their hemp cakes and eat them, too.

### Get the Looks From Sally's Celebheads™ Hair Survey

To keep hair in great shape, despite all the styling and coloring, Beyond the Zone Strip Search Gunk Removal Hemp Shampoo and Busted Hemp Oil Conditioner... repairs dried, fried, abused hair.

## HEMP NEWS - May 2003

**The Matrix Reloaded: Hydroponically Grown Hemp Fabric.** Michele Orecklin, *Time*. In these scenes, she avoided artificial and stiff fabrics in favor of draping, natural fibers. "Everything [in Zion] is grown hydroponically," she explains. "They grow flax and hemp and things you can weave." Barrett says she based these outfits on ancient Indian and Tibetan patterns, designing textured garments manifestly created by humans and not machines.

### **Alternative Crops on Agenda**

Anna Lognonne, *The Journal*

Farmers and growers are to be asked if they are interested in growing alternative crops to ascertain the potential for the agricultural industry to produce renewable building materials and environmental fuels.

### **Bio-experts Redefine Car Plants and Green Houses.**

John von Radowitz, *PA News*

British scientists are pioneering a new growth industry turning plant fibres into construction material for cars, refrigerators and houses. A four-year project called Biomat is exploring the concept of combining flax, hemp and willow fibres with plastic.

### **Jungle Tested in Belize**

All natural bug lotion, West a-Nile-ate, will give peace of mind to many. After a year in research and development which included 4 months of rigorous testing in the rain forest jungles and coastal regions of Belize, Central America, Hempola Valley Farms will commence distribution of its newest product, West a-Nile-ate™.

### **Clae Footwear Introduces The Garvey in Hemp.**

Known for its cool and leisurely styles, Clae Footwear has introduced their Garvey slip-on in hemp, one of the strongest and most durable of all natural textile fibers. Products made from hemp are known to have longevity while keeping their integrity, holding shape and color.

### **Alcohol Watchdog Puts Marijuana-Labelled Vodka**

Amy Patterson, *Sunday Star Times*

A government agency is asking liquor stores to withdraw a vodka drink that features a marijuana leaf on the label.

### **Cannabis Boost to Rural Economy.** *BBC*

In the first experiment of its kind in East Yorkshire, 300 acres of land are being used to grow the plant. But it is not normal cannabis — this variety has no narcotic value. If smoked all it will do is cause a nasty cough. The first shoots of the government-funded project are now beginning to show.

### **Seeds of Hope.** *The Ecologist*

Jake Bowers describes hemp's potential to transform agriculture and the plant's demonisation by huge and competing industrial interests.

## **Hemp Good to Eat, Too!**

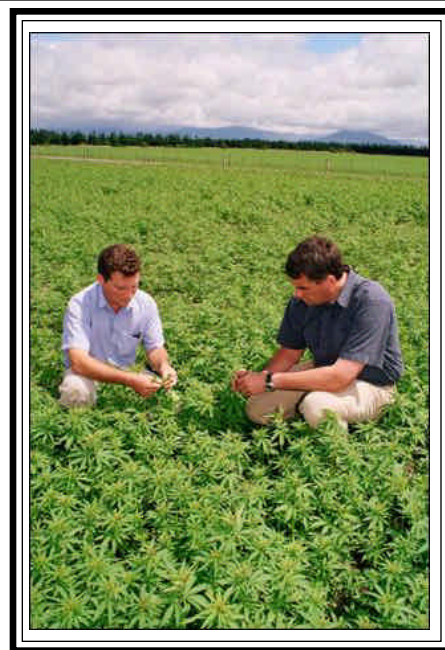
Cameron Smith, *Toronto Star*

In many ways, hemp is the poster plant for the environmental movement. Growing it is easy on the land and it substitutes for commodities that come with problems — such as cotton, which receives heavier doses of pesticides than any other crop in North America, and pulpwood, needed for making paper and cardboard, which can destroy habitat.

As a food, hemp seeds are nutritious, supplying more protein per hectare than any other crop except soybeans. And they have a high concentration of essential fatty acids that are in balance, good news in the struggle against a number of ailments. In addition, hemp can be turned into pellets and used as fuel; its fibre can be made into rope; and this is what took me to a Renfrew dairy last week, its seeds can be turned into an ice cream alternative.

At first, the idea of creating such an alternative from a species of plant that makes good rope sounds, to put it mildly, improbable. At first, I thought it was simply loopy. But think about it: Corn is a tough, leafy plant, too, and we get corn syrup from it.

But the proof is in the tasting. What came off the production line in Renfrew was Cool Hemp. It's being sold in about 200 health-food stores across Canada and is about to go mainstream. Among the maple, chocolate and natural flavours being produced when I was there, I chose maple to sample because the flavour comes from real maple syrup. I liked it. Underlying the maple taste, it had a slightly nutty flavour.



## **Success for Hemp Harvest**

New Zealand, *Scoop Media*

Hemp has been harvested for the first time on a commercial scale in New Zealand. The trial crop, grown in Mid Canterbury, is the culmination of two years research and trials to produce hemp oil, renowned for its health-giving properties. The innovative venture was undertaken by Ashburton companies Midlands Seed Ltd (MSL) and Oil Seed Extractions Ltd (OSEL).

Hemp oil is produced for its health-giving properties. It is high in the Essential Fatty Acids (EFAs) of Omega 3 and Omega 6.

"EFAs are important for the proper functioning of the immune system, brain health, wound healing and for insulating nerves," Director Bruce Hill said. "They're found in every cell in the body but we can't make them ourselves. They need to be present in our diet, and the modern day diet of convenience and processed foods, often leaves us lacking the EFA's we need"

"Deficiencies in EFAs have been associated with a wide range of degenerative disorders such as heart disease, stroke, cancer, high blood pressure, diabetes and various allergies."

"Hemp oil also has a 5% content of Gamma Linolenic Acid (GLA), which has a strong anti-inflammatory effect, and is effective in reducing symptoms of PMT, eczema, and acne," Mr Hill said.