

## HEMP - STORY

**History of Hemp:** Hemp has a long & supportive history-dating back to 30,600 B.C. Historical records suggest that Hemp was the earliest oil crops. Cultivated in China, it was commonly held as a dietary staple alongside rice, barley, and millet.

The History of Hemp in America dates back to 1491.

-1618 America's first Cannabis Law was passed- it specified that all farmers must grow Hemp. Hemp was made a legal tender (ie. can be used to pay taxes). In 1689 the First American Paper Mill started began paper production using hemp. 1769, Farmers were required by law to grow Hemp or be subject to fines-the law in America made growing Hemp Compulsory for all farmers.

-November 30, 1775, The Declaration of Independence was written on Hemp paper by Thomas Jefferson. George Washington- the 1st President of U.S.A. was also Hemp Farmer! November 30, 1915. The Plant Hemp USDA Bulletin No. 404 presented evidence that hemp produces 4X more paper per acre than do trees.

-1929 "REEFER MADNESS" begins, Hemp became the collateral in the standard oil industry when America's most ruthless industrialists Harry Anslinger was appointed Commissioner of the newly created Federal Bureau of Narcotics. Appointed by his father in-law Andrew Mellon, one of the most powerful bankers in USA. Mellon and two well-known bankers by the names of Rockefeller and Carnegie. They all had significant investments in Oil, Paper, Synthetic Fiber, Petrochemical Plastics and Pharmaceuticals - all of which could to be made obsolete by technological advancements in Hemp processing. Their solution launched an extensive P.R. Campaign to demonise Hemp and utilized Anslinger to trick the public into believing that any and all Cannabis was a dangerous drug.

-November 30, 1936 Hemp is weeded-out of the economy due to The Marijuana Tax Act of 1937. It effectively regulated the hemp industry out of existence while destroying a huge investment & economic market in the process.

# Hemp as a Supplement:

## Hemp Seed or Hemp Hearts:

High in PUFAs (Polyunsaturated Fatty Acids) like Omega-3 and 6, high quality and quantity of Protein, full of GLA (Gamma Linolenic Acid) helpful in fighting inflammation, Soluble and Insoluble Fiber, high in Minerals including Calcium, Magnesium, Iron and Zinc, B Vitamins including Folate, Vitamin D3 the only known plant food source of this bone-building vitamin.

**Hemp Protein:** approximately 33g of protein in 100g of seeds, compared to soybeans with 13% protein and highly GMO, high concentrations of Leucine and the other 2 BCAA Valine & Isoleucine, which is important in muscle growth and recovery after a workout, includes all 9 Essential Amino Acids.

**CBD Oil:** CBD oil is derived from hemp and contains No THC. CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psychoactivity of THC. It is high in Essential Amino Acids, used to support inflammation, pain, anxiety, arthritis, PTSD, depression.

## Three tablespoons of hemp seeds

contain:

- 11g vegan protein
- 7.5g omega-6
- 3.0g omega-3
- No gluten
- No known allergens

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

\*\*\*\*For more information and history please visit Victory Hems webpage at <http://www.victoryhempfoods.com> and <http://hemphistoryweek.com>\*\*\*\*

Information provided by Victory Hemp, Hemp History Week Webpage, PLUS CBD Oil, Fat Pig Society and Project CBD Oil.

Sugar Beet Food Co-op- 812 W. Madison, Oak Park - 708.948.7656  
Open 7 am- 9 pm daily - Email [wellness@sugarbeet.coop](mailto:wellness@sugarbeet.coop) to order