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Read through the first chapter of “Hemp: Lifeline to the Future” with a free download [here](#)  
Share three things that you learned from your read

1. People allergic to synthetic fibers in carpet can use hemp weave for flooring
2. Paper can be made from hemp and recycled paper – even just hemp!
3. Hemp can be made into tea

Do you think this type of lifestyle is possible in the future? Why or why not?

Although I am optimistic that a lifestyle oriented around hemp is possible, it most likely would not be that way for most people. I can see people using hemp for various necessities, but definitely not for everything. However, many people are supportive of hemp use, which could result in a similar lifestyle.

Use this reading to get an idea of how you could incorporate hemp into your everyday life. Share your take away with a thoughtful response.

Personally, I felt as though my life is pretty great as it was. Good school, good grades, good life. Then, for a month in October, I participated in a challenge. Not just any challenge – Project Green Challenge. A challenge designed to promote environmental thinking; sustainability, organics, non-GMOs. But on the twenty-second day, a concept I was especially unfamiliar with came up.

Hemp.

Now, I was taking my required health class at the time. We were just wrapping up our drug unit, and only one day before “Hemp Day”, I learned about marijuana.

Marijuana comes from the hemp plant. I wondered to myself, ‘Why on Earth are we completing a marijuana related challenge for the day?’ Perplexed, I dove in headfirst.

I discovered something incredible. Hemp is not only a provider of marijuana, but can be, and is, used for industrial purposes. Flooring, paper, tea, bedding, foods, creams – you name it, it can probably do it. It blew my mind. How can one plant accomplish so much?

Ecstatic, I happily began my challenges for the day and realized – there are states that still prohibit the planting of hemp. I am fortunate enough to live in a state that allows it, but really? How is such a helpful PLANT, a resource at our FINGERTIPS, prohibited?

If hemp were common, I could wake up every day with a cup of hemp tea, go to school to complete assignments on hemp paper, come home to a hemp-oriented dinner, and go to sleep on hemp bedding.

Such a valuable resource, yet so scarce. How peculiar.

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## Cotton vs Hemp

- ✓ Cotton needs **twice as much land** as Hemp
- ✓ Cotton needs **9,758L** to grow **1kg** of fibre
- ✓ Cotton **pollutes** the water and leaves the land scorched due to its high pesticide & herbicide needs
- ✓ Cotton accounts for **25% of all pesticide use** worldwide
- ✓ Organic cotton lessens the blow, although it is not nearly as **sustainable as Hemp**

With the planet in the state that it's in, with global warming, polluted waterways, desertification and loss of farmable land, surely the governments of our world have talked about options in undoing the damage and proceeding development in a more ethical and environmental way. Hemp is a viable option. So why aren't we using it? Corporate greed! I'm over it! Are you? Wear emph, choose hemp. Your dollar is your vote. People before profits!!

- ✓ Hemp produces **twice as much fibre** per acre
- ✓ Hemp only uses **2,123L** to grow **1kg** of fibre
- ✓ Hemp **returns up to 60% of the nutrients** to the soil when dried in the field
- ✓ Hemp can be grown on the **same land consecutively for 14 years** without soil depletion or yield reduction
- ✓ Hemp is a great rotation crop
- ✓ Hemp requires **no pesticides** and is a natural weed deterrent
- ✓ Hemp fibre is **4x more durable** than cotton
- ✓ Hemp can be relied on in a **drought induced famine** for its high protein seed


