



HEMP for the FUTURE



Hemp cultivation dates back more than 6000 years. There are three main groups of hemp cultivars recognised for their distinct properties and grown to produce food, fibre and drugs (medicinal and recreational). Hemp is a climate-resilient, carbon-neutral, zero-waste crop. This booklet showcases three main uses of hemp; energy, materials and healthy food. However, there are many other uses, including the development of personal care products containing hemp.

Uses of the hemp plant

As a building material



Hemp is currently used in construction as insulation and to manufacture sustainable building materials using the stem part of plant (specifically, the inner woody core). There are other innovative ways to develop hemp building materials using the complete stalk.

As a biofuel



Hemp can be used to produce biofuel (fuel made from plants) and could represent a sustainable alternative to fossil fuels.



**As a
textile
fabric**

Hemp has been used to produce high quality, durable textiles for thousands of years and is still used today. Hemp fabric is made using the outer layer of the hemp stalk and can be up to three times stronger than cotton.



**As a
food source**

Hemp grain has a high dietary protein and fibre content, and is a good source of micronutrient minerals and bioactive phytochemicals (chemicals from plants). It can be eaten as a grain, pressed to produce oil, as a dairy alternative, or milled to make flour. Hemp flour can be used in many baked goods, such as bread and pancakes.



To make paper

Hemp has several advantages over wood in paper production

- grows faster - 3 to 4 months as opposed to 20 to 80 years
- contains more cellulose
- doesn't require toxic chemicals
- can be recycled eight times versus three times
- lasts much longer
- dramatically reduces deforestation



To make plastic

Hemp is now being used to make plastic products. These eco-friendly hemp polymers can be combined with other cellulose-based plant polymers to produce strong, rigid plastics. These plastics are used to make cars, boats and even musical instruments.

Hemp is a true champion of sustainability, as it offers green solutions to the many challenges we face as a modern society.

To find out more

Contact : Dr Madi Neacsu
m.neacsu@abdn.ac.uk

Illustrations by Natasha Falconer