



Everything You Need to Know About Hemp

Hemp is one of the newest ingredients to hit New Zealand supermarket shelves, after the Government approved sale of hemp seeds for consumption in late 2018.

Jam-packed with health benefits, it's a complete plant-based protein, and is full of amino acids, as well as Omega-3 and Omega-6, which has amazing anti-inflammatory properties.

We love hemp so much we were the first company to introduce Kiwis to it in the bread aisle. Our most popular wrap since launching in March 2019, there's a lot of love for hemp and its health benefits.

Hemp (as a food) is new to many Kiwis, so we thought we'd answer for you some of the most common questions we get about this superfood.

What is Hemp?

Hemp is a strain of cannabis, but is *not marijuana*, as it has no psychoactive properties. Hemp has a range of uses, including textiles, building materials, and paper. Hemp seeds contain oil. When the oil is extracted, the hemp seed is milled and turned into products like the flour we use in our wraps.

How is Hemp Production Monitored?

Hemp production is highly regulated in New Zealand, to ensure no crops with psychoactive properties are grown. Growers need a license from the Ministry of Health, and the Ministry of Primary Industries ensures hemp is safely produced and suitable to eat.

Where is Hemp Grown?

Currently, we use 100% Kiwi Hemp, grown by [The Hemp Farm](#) in Auckland. We are looking to work with Wairarapa-based growers to bring production closer to home and our bakery in Masterton.

How is Hemp Good for the Environment?

Hemp has many different uses, which help create a more sustainable world. Hemp products can be recycled, reused and are 100% biodegradable. Hemp also grows faster, requires less energy than a non-plant-based protein.

Why Is Hemp So Good for Me?

Hemp has properties which fight inflammation and help heart health. It's great for vegetarians and vegans, as it's a complete plant protein. Part of the reason we chose to create a hemp wrap is for its high-protein content. Our wraps currently have a 4.5-star rating - one of the healthiest wraps available in the supermarket - and we're working on getting that to 5 stars. [You can read more about its amazing nutritional properties here.](#)

What Do I Put in A Hemp Wrap?

Hemp has a distinctive flavour, which is great paired with halloumi or lamb. We've got some great recipes for you to try [here](#).

If you're keen to try this wonder-plant, you can find Rebel Bakehouse Wraps in the bread aisle of a supermarket close to you.