

# Products

At the Good Seed, we believe in the healing power and nutrition contained in the hemp seed. We work exclusively with organically-grown hemp seed products, and abide by Fair Trade principles, which ensure that the farmers receive enough money to cover their cost of production and secure a profit. Only with these kinds of economic models, can organic farmers realistically continue being stewards of the land.

At our family farm near Jumping Lake, Saskatchewan, we grow organic hemp for seed. This seed is then taken to a Certified Organic oil mill, where the oil is pressed from the seeds using a cold-expeller. The remaining seed meal is then grinded into flour, which contains all the essential amino acids, proteins, minerals, nutrient and dietary fibre of the hemp seed. If you buy Oil or Flour from us, you are buying a Direct Trade, Canadian product and helping us keep our farm operational.

The Certified Organic, DeHulled Hemp Seeds are a result of a close-knit value chain established in Saskatchewan. The Certified Organic hemp grain is purchased from the farmer at a price 10 times the average price that Canadian Farmers are currently being paid for food-grade raw grains. The grain is then cleaned and dehulled in small batches at a facility which is certified organic and certified kosher. From here, we package the hemp and distribute the freshly milled product in Western Canada, mostly in Saskatchewan and Vancouver Island, BC. For every one pound of DeHulled Hemp Seeds we sell, the farmer receives nearly 3 dollars. Compare that to the 4 cents a Canadian Farmer sees for each loaf of bread sold.

## **1. Certified Organic, DeHulled Hemp Seeds**

We've taken the most nutritious part of the hemp seed, the inner nut, and packaged it to maintain freshness. These DeHulled Hemp Seeds contain the Essential Fatty Acids and Essential Amino Acids (proteins) in the raw form. Hemp seeds are 35% protein and contain the perfect balance of Omega 3 & 6, as well as trace amounts of the beneficial Omega 9. Eaten regularly, hemp seeds can lower blood cholesterol, lower blood pressure, relieve arthritic pain, increase energy levels, improve memory and strengthen your immune system. These tasty bits can be added to any food that you regularly eat, like yogurt, oatmeal, cereal, salads, fruit, vegetables or smoothies. Additionally, hemp seeds are great in most baking recipes like banana bread, pancakes, muffins and cookies.

## **2. Organically-Grown Hemp Seed Oil**

Hemp Seed Oil contains one of nature's most well balanced ratios of Omega-3 and Omega-6 Essential Fatty Acids, as well as Omega-9 GLA. These 'healthy fats' are vital as they carry and distribute oxygen throughout the body, expel toxins, lubricate joints, and improve circulation and tissue elasticity. Our Hemp Seed Oil is grown organically and cold-pressed to ensure that vital enzymes and nutrients such as chlorophyll are not destroyed. If refrigerated, Hemp Seed Oil will last for 12 months. Hemp Seed Oil can be used as a salad dressing, added to soups, butters, spreads, juices and smoothies, taken by the spoonful or used in any baking recipe. Hemp Seed Oil is best if eaten raw and should not be used for frying. Additionally, Hemp Seed Oil is a fantastic massage oil and body lotion, making skin soft and supple.

## **3. Organically Grown Hemp Seed Flour**

After the whole hemp seeds have been cold-pressed for oil, the remaining seed meal is grinded into flour. This flour contains raw proteins, amino acids, dietary fibre and nutrient as well as trace amount of remaining EFA oils. The Hemp Seed Flour can be added to smoothies, shakes, juices and soups the same way any protein powder would be used. When baking with Hemp Seed Flour, it should only make up 15 – 20 % of the recipes' flour requirements, as it has a very strong taste and can make baked goods taste too strong for enjoyment if overused. We recommend mixing hemp flour with whole wheat, spelt, kamut or buckwheat flour for best results.