

# Hemp TODAY

Voice of the Global Hemp Industries

The Legacy of Hemp Foods in Europe

Why hemp extracts should not be in the Novel Food Catalogue

Evidence: EIHA's case

PLUS:

How the EU can stop a hemp industry 'shitstorm'



## POWER OF THE SUN

Mother Nature at work in Germany's new 'Hemp Factory'



## HEMP STYLE

Sexy meets sustainable at The Hemp Line



## AN ICON TURNS 25

After a quarter century, HempFlax looks to the future

## A Matter Of

## HISTORY

## EIHA builds a case for hemp extracts

It's 1420 at the Vatican, in the kitchen where meals are prepared for the current Pope, Martin V. The pontiff's chef pulls a hand-written recipe, ink on parchment, from a thick leather portfolio. It's a dish based on hemp flowers and leaves: "Boil, extract, add bread crumbs, cooked onion. Add slowly the (CBD-rich!) water, saffron and spices."

Fifty years later, the use of hemp extracts in food is expanded upon with the publication in 1475 of *De Honesta Voluptate Et Valetudine*, one of the world's oldest cookbooks in French, German and Italian translations. It includes a contemporary recipe for making CBD oil in which the decarboxylated flower extract was blended with nard oil, a traditional Indian essential oil.

Jump forward to the 20th century, and there's a clear reference to extracts in European food in the 1940s studies of Dr. Carlo Erba, who references extraction methods for, among other things, hemp flower extracts mixed with honey as a food substance.

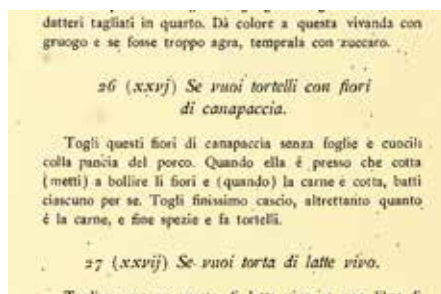
### What we know

Study European food history down to the details, and one thing becomes clear: There's nothing "novel" about hemp seeds, leaves, flowers and extracts in food. Cannabis in general, and hemp in particular have been consumed in Europe through the ages.

We don't know Pope Martin's eating habits or much about what people were eating in the 15th century, but one thing is clear: There's nothing novel about hemp in European food.

That's a fact the European Industrial Hemp Association (EIHA) is working hard to illustrate, hoping to reverse recent food rules changes that have the potential to hit the continent's hemp food players in their pocketbooks.

Language in rules affecting CBD and



**A recipe for Tortellini:** Hemp flowers & leaves formed an integral part of Italian cooking, with written recipes spanning over 500 years! This recipe says that for Tortellini filling, use the hemp flowers as the vegetable like rucola is used today. "When the bacon is almost cooked add the flowers, finish cooking, chop everything, add grated cheese."

other hemp extracts, updated this past January in the European Commission's Novel Food Catalogue have sparked blowback by EIHA as the Association embarked on an intense research effort aimed at reversing the changes, later taking its documentation to the European Commission's Standing Committee Working Group on Plants, Animals, Food and Feed (PAFF) in March.

In a nutshell, the updated rules now require producers of hemp extracts used in food – including, importantly, CBD – to undergo stringent and costly registration requirements. The rules guide the Novel Food Catalogue, a listing of foods that were not commonly eaten in the member states before 1997. The Catalogue is essentially

a food safety mechanism, intended and invented to control new, genetically or synthetically designed food products before market entry – not to hinder products that have been consumed for ages.

### 'Cycle of compliance'

Some stakeholders realized last year that changes in the Food Catalog (which officially took effect Jan. 20, 2019) were coming, and began filing registration paperwork.

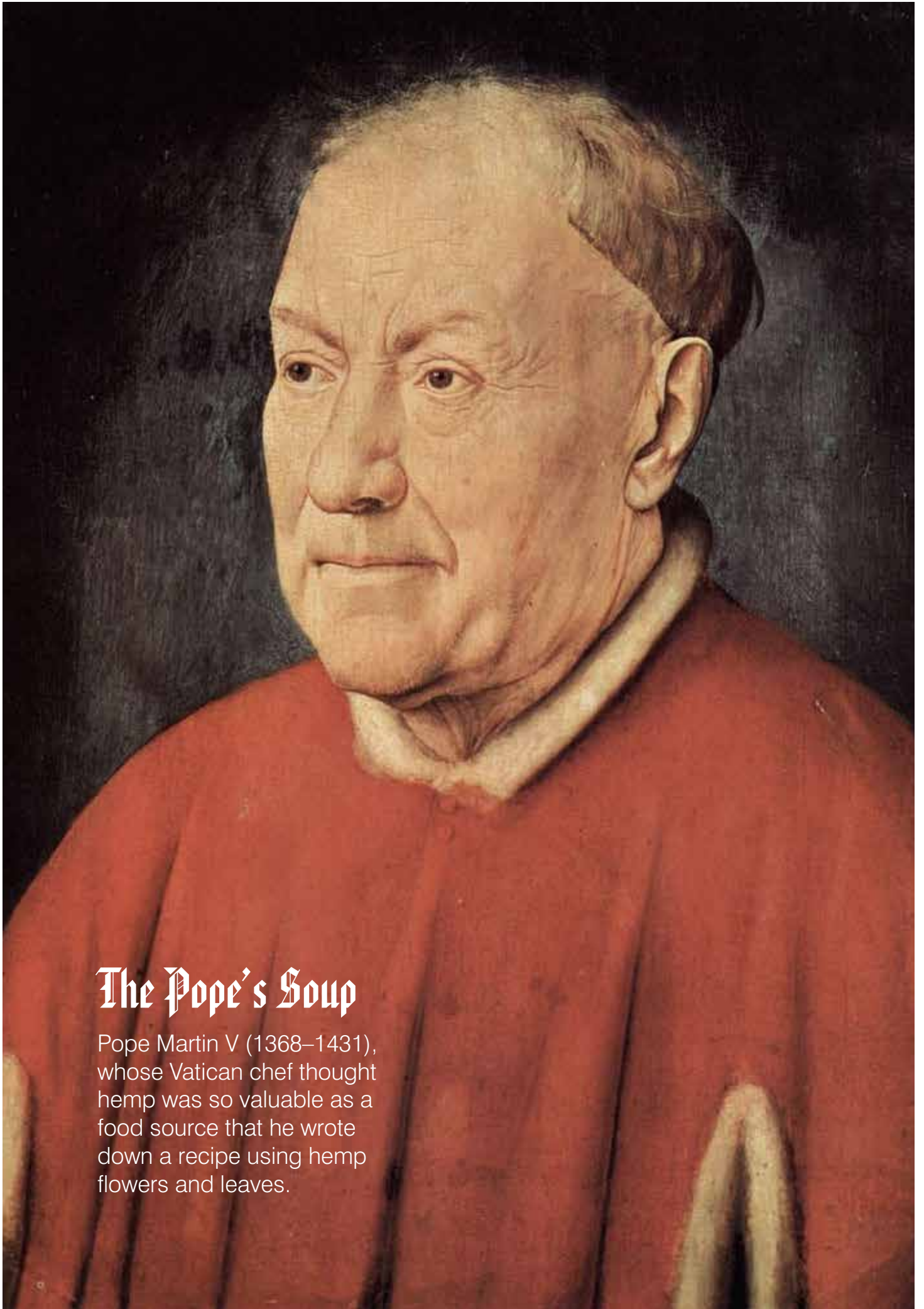
That started what we might call a "cycle of compliance" in which producers who filed for Novel Food status were confirming their products should be thus categorized.

Other stakeholders have since argued the newly written rules could hurt Europe's chances in the exploding global hemp food marketplace where big players such as China, Canada, the United States and Switzerland are aggressively competing.

### Warnings from EIHA

Calling for a reconsideration of the Catalogue update, EIHA warned the newly written rules will:

- Bring the "end of the internal (EU) market, creating a vacuum which will be filled by the grey market" as a Dutch study shows 54% of consumers are willing to buy CBD even if it should be deemed illegal.
- Lead to "loss of market control" and the risk that products that do not meet safety, labeling and other compliance standards.
- Mean the loss of jobs in hemp production, processing and sales.



## The Pope's Soup

Pope Martin V (1368–1431), whose Vatican chef thought hemp was so valuable as a food source that he wrote down a recipe using hemp flowers and leaves.

## COVER STORY

• Cause loss of all the environmental benefits of cultivating hemp across the Union.

But how did the rules get changed in the first place? And who is responsible?

These are questions that can sometimes be difficult to answer given the confidential nature in which the Commission and Member States conduct the affairs of the Union. However, there's a hint of an answer in testimony delivered to the PAFF meeting in early March.

"Surely there is an industry out there that makes profits by having sick customers," EIHA Board Member Daniel Kruse, a 26-year veteran of the hemp business, told Commission and Member State representatives in prepared remarks (opposite). "There might be a conflict of interest," he noted dryly.

Kruse left it at that, reminding those assembled that "Our hemp industry, similar to the natural food and food supplements industry, makes profit by keeping customers healthy."

Certain Member States pushed for the changes. That much is clear. Which ones, for now, remains a mystery.

### Time wasted

But the upshot is unnecessary short-term confusion, and precious time wasted by the switch from what was previously a "workable" framework for hemp foods to one that threatens the industry, according to Kruse.

"The situation before was not perfect," he said. "But the previous rules did not place CBD-bearing foods in the Novel Food Catalogue.

"In 1998, the commission ruled that food containing parts of the hemp plant was not novel food," according to Kruse. "Hemp leaves and flowers were not under Novel Foods Catalogue restrictions."

Those rules made CBD acceptable as a normal food ingredient under a logical guideline that products derived from hemp plants contain a level of CBD molecules no greater than those of the plant in the field.

"We were basically able to live with that," Kruse said.

### Get some science

To Kruse, one thing is apparent from the latest round of confusion over hemp foods in Europe: All EU member state delegates who serve on bodies responsible for food safety in Europe should have backgrounds in science, he suggested.

Nonetheless, they only need to understand one rather general fact: "Hemp flower has been farmed, processed and consumed in Europe for thousands of years. It is one of the oldest crops and vegetables of mankind," Kruse said.

# Here's how the EU can stop a hemp industry 'shitstorm'

*(This commentary is based on remarks by Daniel Kruse, Board Member, European Industrial Hemp Association, before the European Commission's Standing Committee on Plants, Animals, Food and Feed, March 12, 2019 – Brussels.)*

**D**ue to this hemp business, hard work and good investments I am financially secure and could retire tomorrow. I am telling you this to make it very clear that my personal case is not about more profit. In fact my case is about legality of industrial hemp products, consumers health and a free European market.

Obviously, hemp flower as a vegetable has been farmed, used, processed and consumed for thousands of years. It is one of the oldest crops of mankind.

Obviously, due to 70 years of discrimination and prohibition of all kind of cannabis products including industrial hemp, product developments in the recent years sound new to you – but they are for sure not. Meanwhile just one single part of the



**Daniel Kruse**

worldwide hemp industry, the modern market of hemp extracts and CBD products in North-America, is worth billions of dollars. Since 2011 the North American CBD market has proofed to yield safe and healthy food and food supplements.

Obviously, there have been so called "cowboys" in the very beginning of the market, riding for the fast profit. But meanwhile the market regulated itself.

**When the boom came:** Three years ago the "CBD boom" crossed over to Europe. EIHA wants to work with the commission and the member states to have a safe and regulated but successful hemp market in Europe. EIHA wants to ensure the safety of the consumer and at the same time establish a professional European hemp industry. We are not only talking about billions of Euros turnover, we are talking about additional income for farmers and new jobs for the working class. But additionally, we also talk about the political idea of a free European market.

Europe is built on the idea of a united liberal market as well as united liberal people. I do consider myself a European first, and then a German. I show this by wearing a blue tie every time I come to Brussels – as Mr. Verstraete will confirm.

**Stop the discrimination:** As a European I urge you to stop the discrimination against industrial hemp and create sound scientific, legally correct and liberal regulations. The demand for hemp products, hemp extracts and CBD oils is real. The information and knowledge regarding their health benefits is public.

Due to the internet and globalization, the success story of the American hemp industry is known to the European people.

Please take this not only as a forecast but also as a fact: that if we do not find together a sound scientific, reasonable and realistic regulation for our market, the European hemp industry and the European people will find a way to make them hear: By press and media and "shitstorms" louder and more stormy than you have ever heard.

**Enough 'exits':** And does Europe really need more unsatisfied people looking at Brussels? I believe we already have enough "exits" and right wing propaganda against the European idea.

Our hemp industry, similar to the natural food and food supplements industry, makes profit by keeping customers healthy. Surely there is an industry out there that makes profits by having sick customers. Hoping that this other industry is not having direct influence on the current discussed regulations, it might create doubts and uncertainty regarding the benefits of our natural products. There might be a conflict of interest.

It is up to you and us to find the legal and correct way to handle hemp products comparable to other food and food supplement products with a similar history to hemp – like valerian, garlic and hops.

I'm sure you will agree that this is in the best interest of Europe!

*Daniel Kruse is Founder and Managing Director of Hempro International GmbH & Co. KG, and HempConsult GmbH, Dusseldorf*

# The Evidence

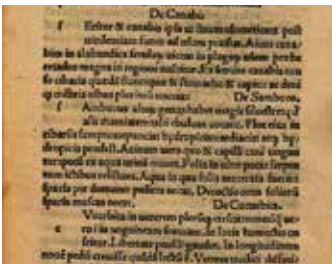
## Why hemp extracts are **not** novel

Compiled by Catherine Wilson  
CANNAWELL & EIHA BOARD MEMBER



**Italy:** Inscriptions on the Tower of the Escape, Bologna, Constructed from 1220, the vault of the Canton de Fiori carries the following Latin inscription: "Panis Vita / Canabis Protectio / Vinum Laetitia" - "Bread is Life / Wine is Joy" / Cannabis is Protection (= homeostasis).

**Vatican:** Chef of Pope Martin V (1368–1431) thought hemp was so valuable as a food source that he wrote down a recipe using hemp flowers and leaves. 'Boil, extract, add bread crumbs, cooked onion, add slowly the (cannabinoid rich) water, saffron and spices.'



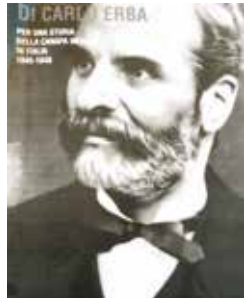
**Italy, Germany, France:** One of the oldest cookbooks in the World, De Honesta Voluptate Et Valetudine, published in 1475 was translated into German, Italian and French. It includes a recipe for making modern day CBD oil. The decarboxylated flower extract was blended with nard oil, a traditional Indian essential oil.



**Germany:** Regional Medieval Cuisines Research lists a recipe for hemp soup by the Tegernsee Monks. Today's recommended daily intake for hemp seeds is 30g. Calculating the recipe quantities used, this equates to 67g hemp per monk and suggests green parts were included.



**Italy 1884:** Italian recipe from cookbook for Tortellini with hemp flowers. Hemp flowers & leaves formed an integral part of Italian cooking, with written recipes spanning over 500 years! For Tortellini filling, use the hemp flowers as the vegetable (like rucola is used today). 'When the bacon is almost cooked add the flowers, finish cooking, chop every-thing, add grated cheese.'



**Italy:** Doctor Carlo Erba studies (1945-1958) quoted two methods of "cannabina" extracts commonly used at that time; ether extraction and extract with fat & honey by Valerzi who used Veneto region Sativa hemp to extract into distilled water, essential oils, alcohol tinctures, food, syrups and liquors.



**Sweden:** Maltos Cannabis, a nourishing food remedy was widely sold throughout Scandinavia. It specifically states - Hempfroeeextract: Extrakt-Cannabis och Maltos Cannabis. It was advertised as a health promoting drink for various ailments.



**World Exhibition, Antwerp 1894,** visited by more than 3 million people lists in it's official catalogue in category "Alimentaires" (meaning Food) Maltos Cannabis. Various ads at the time display a prize awarded at the World Expo.

**Poland:** A 1904 book on Polish cuisine reserves the greatest admiration by the number and variety of commonly used vegetables and garden plants. Among them the most popular were: red beets, onions, horseradish, garlic, peas, cabbage, hemp, carrot, cucumbers, parsley, turnip, radish, lentils and more.

**Poland:** During the famine suffered by Polish Siberian villages and the north-eastern Polish borderland, people ate different grasses. These 'edible grasses' included amongst others nettles and hemp.



**Poland:** Siemieniotka was and remains the most traditional Polish dish served on Christmas eve. It is a Silesian recipe made from hempseeds cherished for its unique taste and health benefits – in folk medicine, hemp, or konopia, was used as a remedy against scabies and ulcer.

**Lithuania 1984:** The dish called "šnitka" was prepared in the lands of the north-eastern GDL. The dish is made from hemp leaves and is used to improve overall well-being.

**Lithuania 1986:** Herbal teas are as old as time. "Sick person with pneumonia, were given hemp (Cannabis Sativa L.- cannabis) tea to drink."

**Lithuania 1992:** "Hemp flower tea was given to children with measles, fright, cough and all sorts of pain. Adults used to drink this tea to help pneumonia. It was known that hemp flower tea helps with kidney diseases and bladder inflammation. Village people used to drink boiled milk mixed with hemp to release fright (anxiety)."



**Germany, UK & Italy:** Manufactured by Designer Food GmbH, Germany, this drink contained "hemp extract" and was on the market before 1997 in significant quantity. The Italian certificate of marketability confirms hemp extract was used in the formulation.



**Germany:** A survey was undertaken on request of the EU Commission to obtain data on volume of hemp products sold prior to May 1997. Out of 40 companies contacted, 23 responded showing that 115,000 litres of flowers/leaves were used for drinks and 2 tonnes for snacks. 55 tonnes of hemp ready made products.

**EU Commission (1998):** The letter stated "that hemp flowers used for the production of beer-like beverages are considered to be food ingredients... " "Secondly it was decided that foods containing parts of the hemp plant do not fall under the scope of the Regulation (EC) 258/97."

**Slovakia 2015:** Decree 09/2015 Z.z. of Ministry of Agriculture and Rural Development of Slovak Republic, contains item konopa siata - Cannabis sativa L. - leaf, seed in Annex III, Table 1: List of plants and their parts suitable for production of teas.