

# HEMP

*Meaning: Hemp is a variety of the Cannabis sativa plant cultivated for its fibers, seeds, and oils, commonly used in textiles, ropes, and wellness products.*

1. Hemp has been used for thousands of years to produce textiles and ropes.
2. The increasing popularity of hemp-derived products is transforming the wellness industry.
3. Farmers are exploring hemp cultivation as a sustainable alternative to traditional crops.
4. Hemp seeds are a nutritious addition to smoothies and salads, packed with protein and omega-3 fatty acids.
5. The environmental benefits of hemp include improved soil health and reduced carbon emissions.

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