Explain it: Industrial hemp

Jason Griffin
Kansas State University

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Industrial hemp is not marijuana, but it is the legal and nonintoxicating version of cannabis. It can be harvested for its valuable stem fibers that can be used in many products, from clothing to building materials. The seed, or grain, can be pressed for oil or used in numerous culinary endeavors. Some industrial hemp varieties produce elevated concentrations of oils called cannabidiol, or CBD, oil. This oil is extracted and used in various, popular CBD products. We are researching industrial hemp to provide farmers with science-based recommendations for production of this exciting new crop.