

Why You Should Be Eating Hemp Seeds (Health Benefits & Delicious Recipes)

Hemp is one of the most versatile plants on the planet. It is an amazing gift of nature, can produce high-quality clothing, textiles, paper, food and while we're at it – you can even build a house with it! As a bonus, it is also naturally resistant to pests, so it doesn't require harmful pesticides even when grown on a commercial scale. #hempseedds