

# The Evidence

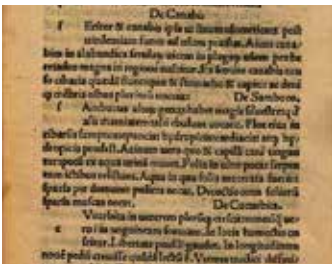
## Why hemp extracts are **not** novel

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 / Cannabis 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.'



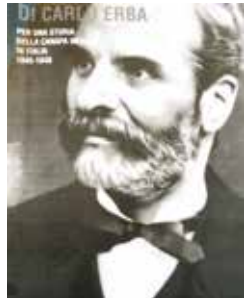
**Italy, Germany, France:** One of the oldest cookbooks in the World, De Honesta Voluptate Et Valetudine, published in 1475 was translated into German, Italian and French. It includes a recipe for making modern day CBD oil. The decarboxylated flower extract was blended with nard oil, a traditional Indian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