

A good story...

At Good Country Hemp, we like to keep it simple. Grow hemp locally, process it using traditional mechanical methods (no chemical processing, no additives) and give the magnificent health benefits of hemp for all to enjoy.

Our families come from long lines of farming heritage. We have great pride and satisfaction in revitalizing one of the world's most ancient and beneficial crops here in Australia. We rest easy knowing that the more hemp we grow, the more carbon is taken from the atmosphere and returned to the soil where it belongs.

We decided from the beginning that we wouldn't use any water from our struggling river systems to irrigate our hemp crops. Instead we use the vast underground aquifers famous to our local region.

We're also on a quest to become a carbon-neutral food processing facility. Everyday we run our business to minimize waste and tread lightly on the earth.

So enjoy the great health benefits that hemp gives. We love what we produce and we're passionate about good health for you and our farmland.

Mick and Linda Andersen.
Founders.

Naturally as good as it gets.

From the rich and diverse farming region of the Tatiara—known by the land's traditional owners as “The Good Country”. Our focus is sustainably grown, premium quality, natural hemp food choices.

Our paddock-to-plate philosophy is at the forefront of our thinking. We have an unbroken connection between locally grown hemp crops and our fresh and tasty hemp foods for you to enjoy.

Australian grown, pure and unrefined.

Include our hemp foods in your diet everyday and start feeling the GOOD health you deserve.



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**Good health starts
with good food.**





Hulled hemp seed

Sprinkle on: yoghurt, cereal, salads, meat dishes

Add to: shakes, smoothies, breads, pancakes, granola, baked deserts

Hemp protein powder

Sprinkle on: yoghurt, cereal, salads

Add to: shakes, smoothies, sauces, soup stock, burgers, power bowls, muesli bars

Hemp oil

Drizzle on: salads, roasted veggies, stir fries and toast

Add to: shakes, salad dressings, marinades, smoothies, protein shakes, dips & sauces

Hemp flour

Combine with: other flours for bread, muffins, bars and dough

Add to: hotpots, sauces, soups, and slow cookers for extra body



The health benefits of Hemp

The health benefits of hemp foods have been known for generations. Eating hemp foods every day is a great way to maintain a healthy and vibrant body.

Loads of protein.

The protein from hulled hemp seeds is easily digestible and contains the full amino acid profile. In fact, the protein quality of hemp seed is proven better than most other types of seeds.

The main proteins in hemp seed are easily digested and contain high amounts of all essential amino acids. These lower blood pressure and reduce the risk of heart disease.

Hemp seed by weight contains a similar protein content to beef or lamb, and hemp protein meal contains about twice as much!

Big on Essential Fatty Acids (EFA's)

This is where hemp really excels. Hemp is the only food containing the perfect ratio of Omega 3 to Omega 6 for top human health. EFA's are essential for your immune system, skin and growth.

No other natural plant oil(or animal oil) has the rich source of EFA's as hemp oil does. They are called essential because your body can't produce them!

Hemp seeds are very low in saturated fats and contain absolutely no harmful trans-fats.

A great source of dietary fibre

Fibre, as well as being fantastic for gut health is also a natural appetite suppressant, so it's great for managing your weight. The dietary fibre in hemp flour feeds natural microbes and bacteria in your gut to balance your digestive system, keeping you regular.

Contains GLA's

Do you have aches and pains? Gamma Linoleic Acid is a natural anti-inflammatory and is found only in hemp seed and 5 other types of seeds (linseed, chia, sesame, sunflower and pumpkin). GLA is the natural medicine for joint pain and arthritis, so a tablespoon of hemp seed oil every day helps with chronic inflammatory conditions and skin irritations like eczema, acne and dermatitis.

Contains antioxidants

Hemp foods contain high levels of antioxidants, plus vitamins A, C and E. Antioxidants scavenge free radicals from human cells and reduce the incidence of disease including heart disease, stroke and certain cancers.

Contains essential minerals

Phosphorus, potassium, sodium, magnesium, sulphur, calcium, iron and zinc are the essential minerals we all need in our diet for a healthy body. Hemp foods complete the list of natural ingredients for good health.

Low in the bad stuff

Hemp seed is low in carbohydrates, low in sugar and contains no cholesterol. Low in allergens, toxins, and absolutely GMO free.

Hemp is not a drug!

By law, the hemp we harvest has virtually zero THC and CBD content. Simply, you can never get high from our hemp foods and they're safe for the whole family.

There are no psychoactive effects from hemp foods, and they're not to be confused with medicinal cannabis.

Our cold pressed hemp oil is completely different to CBD oil, so you can take a good healthy dose of hemp oil (we say a tablespoon a day) and the only thing you'll get is the great taste and a naturally great feeling everyday.