

What is your reason to grow?

Before ordering seed or preparing the soil, take time to decide why you are growing hemp and what you intend to do with the crop.

Even a relatively small planting can produce a surprising amount of biomass.

Ask yourself:

- If you are growing commercially, who is your buyer
- Are you growing for education or experience?
- Are you trialing varieties or breeding seed
- Do you want seed, fibre or both?
- Will you use the crop yourself or process it further?
- How will you plant and harvest your crop?
- Do you have somewhere to dry and store harvested plants?
- How will you dispose of or utilise the remaining biomass?

Having a clear objective helps determine the most suitable planting area, sowing density and harvest timing.

Starting with a manageable area allows you to learn how hemp behaves under your local conditions, gives you access to raw materials and proves the point of the iHemp industry, particularly to local community, iwi, farmers and investors.

Grow with the end use in mind. The way you sow & grow hemp will depend on what you hope to harvest.

A crop grown for fibre is managed differently from one grown for seed, while trial plots or research plantings may require wider spacing to allow individual plants to develop fully.

Depending on the intended use of your crop, additional requirements may apply.

For example, hemp grown for food human production will require you to comply with relevant food safety requirements, and the farmer will need to register at least an NP1 food plan with MPI.

If you are growing hemp for a medicinal cannabis licence holder you need to ensure you understand any additional obligations that apply before planting.

Industry Responsibility

Every grower contributes to the future of New Zealand's industrial hemp industry.

Whether growing a few plants in a home garden or managing a larger planting, responsible growing practices help maintain confidence in industrial hemp and support the industry's long-term development.

Growers are encouraged to:

- understand and comply with the Industrial Hemp Regulations
- maintain good crop records
- use quality seed with known provenance
- follow good growing and harvesting practices
- communicate with neighbouring growers where pollen movement may be a consideration
- share knowledge and support industry development.

Industrial hemp cultivation remains the responsibility of the grower. While NZHIA provides educational information and practical guidance, every grower is responsible for complying with current legislation and ensuring their crop is managed appropriately.

Working together helps build a professional, collaborative and respected hemp industry for the benefit of all participants.

Further Reading

This publication introduces the fundamentals of growing industrial hemp.

More detailed information is available in other publications within the NZHIA [Industrial Hemp Knowledge Series](#), including:

- **Publication 1 – Introduction to Growing Industrial Hemp:** Planning, site selection and crop establishment.
- **Publication 2 – Harvesting and Storage:** Maintaining crop quality after harvest.
- **Publication 3 – Seed Integrity, genetics and pollen management,** cross pollination risk
- **Publication 4 – Growing for Food Markets:** Producing high-quality food-grade hemp seed.
- **Publication 5 – Growing for Medicinal Supply:** Understanding regulated medicinal cannabis supply chains.

Together, these publications provide a practical guide for small scale growers, NZHIA Seed Project participants and anyone interested in understanding and contributing to New Zealand's industrial hemp industry.

Disclaimer

This publication has been prepared by the New Zealand Hemp Industries Association (NZHIA) as general educational information for home growers, participants in the NZHIA Seed Project and members of the industrial hemp industry.

The information is intended to support good growing and harvesting practices but should not be relied upon as legal, regulatory, agronomic, food safety, medicinal cannabis or commercial advice. Requirements may vary depending on the intended end use of the crop, applicable legislation and processor specifications.

Growers remain responsible for complying with all relevant legislation, licence conditions and contractual obligations. Readers should consult the Ministry for Primary Industries (MPI), the Ministry of Health and other relevant authorities for current regulatory guidance.

NZHIA encourages all participants to contribute to a professional, innovative and trusted industrial hemp industry that delivers lasting economic, environmental, health and social benefits for Aotearoa New Zealand.