



March 17, 2009

Hemp milk ice cream? Go ahead and inhale



Tempt, a new line of hemp milk ice cream from Portland-based Living Harvest Foods, hits stores in April.

The funny thing about hemp milk - other than the obvious pot jokes - is that folks outside Planet Portland think it's the craziest ding-darn thing they've ever heard. By now, plenty of us West Coasters are used to seeing hemp products alongside the soy and rice dairy alternatives in the grocery aisle. If not, you should know that foods made the hemp seed, a distant relation to Cannabis, do not have detectable levels of THC.

Sold as milk, protein powder, and nuts, hemp foods are popular with folks avoiding dairy and soy and looking for a source of omega-3 and omega-6 fatty acids.

What's truly new to us is hemp-milk ice cream, bound for stores in April (along with hemp cooking oil), from the folks at Portland-based Living Harvest, the first company to produce hemp milk products in the U.S.

First, check out the fun packaging of Tempt, Living Harvest's new ice cream: it's devoid of the patchouli-scented earnestness so popular in natural foods land. So far so good, and as non-dairy substitutes go, Tempt wasn't half bad, certainly strong competition for the best soy milk ice creams out there. FOODday tasters especially liked the Coconut Lime, Chocolate Fudge and Coffee Biscotti flavors.

So skip the munchies jokes. When plain old ice cream won't do, it's OK to Tempt yourself.

[Click here to see Living Harvest Tempt on Oregon Live.com](#)