

Hemp vs. Cannabis: What's the Difference?

Hemp and cannabis are different varieties of the same plant species, *Cannabis sativa L.* Although they do share some similarities, the two plants have several key differences due to their biological structures.

	HEMP*	CANNABIS
Contains more than 0.3% Delta-9 THC		✓
Federally legal to grow and consume	✓	
Legal to grow and consume in Virginia	✓	✓**
Can be grown as fiber or seed crop	✓	
Can be used to make a variety of commercial and industrial products	✓	

*Hemp products grown in Virginia are regulated by the Virginia Department of Agriculture and Consumer Services (VDACS) and can only be legally grown with a registration from VDACS.

** Up to four cannabis plants can be grown at a primary private residence. It is legal to use cannabis in a private residence.