

# Emerald

M A G A Z I N E

THE HEMP ISSUE



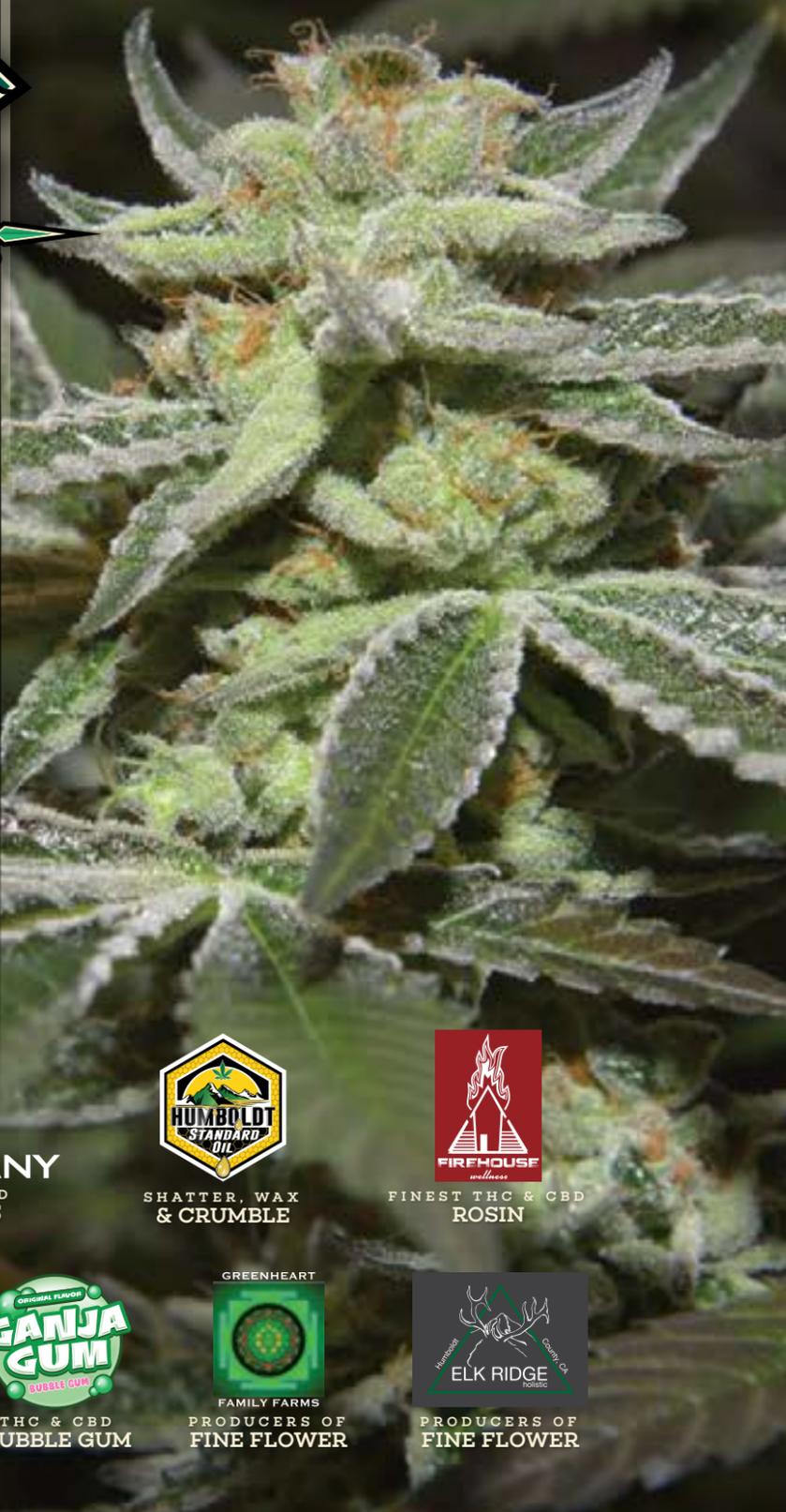
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**From One Emerald Triangle to Another**

An Oregon Grown  
Perspective from  
Pioneer Pete





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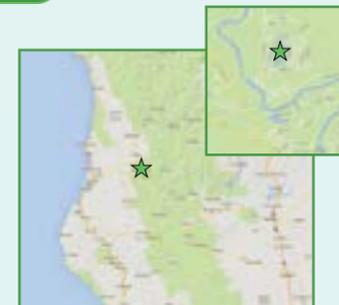
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# Editor



Dear Reader,

Thank you for picking up the September issue of the *Emerald Magazine*!

This month we're celebrating the plant that started it all - HEMP!

Hemp has been grown in the United States ever since European settlers first arrived in the early 1600s. This reliable and sustainable plant can be utilized for all sorts of medicinal, industrial and environmental benefits. As legalization comes into the light, Hemp is sure to follow (or lead the way).

In the 1800s Hemp was an iconic staple in American culture. Several presidents advocated for the production of Hemp, including George Washington, Thomas Jefferson and John Adams.

When the infamous Marihuana Tax Act of 1937 came into play, Hemp was made illegal along with its cannabis counterpart. In order for farmers to continue their Hemp production they had to register their crop with the federal government. During World War II, Hemp became such a necessity that the government actually made a promotional video encouraging farmers to cultivate the crop. Thanks to activist Jack Herer, who spent countless hours in the Library of Congress trying to dig up the video, Hemp is now back on the map.

In this issue of the *Emerald*, we explore the world of Hemp; from aircrafts to anti-aging serums, this plant has no limits. Whether you grow your own Hemp or import it from an alternative source, the plant undeniably has majestic properties. From consuming edible Hemp seeds for their Omega benefits, to wearing the plant as a topical lotion, this versatile crop can be utilized in more ways than one.

Join us again in October, as we celebrate the beginning of harvest season!

*Cheers,*  
Christina DeGiovanni  
*Publisher*



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# From One Emerald Triangle to Another

An Oregon-Grown Perspective from Pioneer Pete



Written by Ed Huddon



Lost amongst phantasmal booths of Star-Wars-esque extraction machines, men in suits with matching smiles, and eager youngsters looking for careers getting high, I met Peter Gendron at this year's Indo Expo in Portland, Oregon. In all fairness, I didn't just meet Peter; I was told had to meet him which then subsequently became a hunt for this prestigious man. With the help of some colleagues, I did finally catch up with him.

Peter is a man with many hats; he is a farmer and president of the Oregon SunGrown Growers Guild, an active member of the Oregon Industrial Hemp Farmers Association, an entrepreneur and consultant with OMNI Budsman Enterprises. It is no wonder he has earned his nickname and namesake, Pioneer Pete.

As a small farmer, Peter has made his passion for premium, organic produce into a career. Becoming an organic small farmer automatically signs one up as an advocate, which he has fully embraced. Add to this a zeal for cannabis, and you can begin to understand what motivates this man.

Peter operates as an ombudsman (although not appointed). He is responsible for addressing both the concerns of the industry and the state, and arriving at a solution that is most desirable in terms of health, safety, and profitability of the industry. Governor Kate Brown appointed him to the SB 844 implementation task force as the sole representative of the cannabis industry. He has also served on Oregon's licensing and compliance committee, and he is an advisor to the state legislature in the implementation of Measure 91 (which legalized cannabis in Oregon).

Well spoken and incredibly knowledgeable, Peter told me that legalization has "made it necessary to completely merge into the development of the industry and take the reins where other people have

not been able to lead the movement forward." He saw the "need for leadership, decided to risk it and take up the mantle." He said that "if [he] sat back and allowed others to decide the future of the industry, [he] and the people [he] represents would effectively be out of business." It became mandatory to become politically active in his eyes.

For Peter, he seeks to preserve a way of life. He hails from Southern Oregon, a region coincidentally, also called the Emerald Triangle (just north of Northern California's world renowned cannabis-growing region). Oregon's Emerald Triangle includes Coos, Curry, Jackson, and Josephine counties and produces sixty percent of the state's medicinal cannabis. "Family farms and family farmers; this is what we do," Peter stated. The region is dominated by an agrarian lifestyle – cannabis is a way of life for those who live in the region and they are actively fighting to keep from becoming employees on factory, instead of family-run, farms.

Much like Northern California in the late 60s and early 70s, Southern Oregon saw an influx of homesteaders during what is now known as the "back-to-the-land" movement. Small farm, subsistence living was the name of the game. By happenstance, cannabis grew vigorously in the region and became a popular crop. Oregon became the first state to decriminalize cannabis in 1973 and legalized medical cannabis in 1998. The region is a cannabis cultivation epicenter. Ever heard of the strain Williams Wonder? Well, it comes from Williams, Oregon. Cannabis farmers have lived a humble life in the region for decades. Now, a legal cannabis market threatens that way of life.

Peter decided to take matters into his own hands. He has become politically active and he has become a voice for family run cannabis farms in Oregon's Emerald Triangle.

Peter is not just a medicinal cannabis farmer. Besides the medicinal cannabis and blueberries for which he so proudly grows, he is a hemp advocate. Despite the fear of cannabis pollen, Pioneer Pete also advocates for hemp farmers.

For artisanal cannabis farmers, hemp pollen is a hazard. Cannabis grown for medicinal use is judged first and foremost by the mandatory absence of seeds. A crop that has been pollinated is nearly worthless. Therefore, male cannabis plants of any variety are viewed with vehemence.

Traditionally, hemp is grown in tight rows, male and females together in order to produce the seeds that are sought after. When growing medicinal varieties of cannabis, males are culled to create a sensimilla crop (seedless). The fear is that the male hemp plants will pollinate the all female sensimilla, ruining the crop. This is the reason Pete is such a pioneer. He advocates growing both hemp and medicinal cannabis varieties.

Why...? A few pioneering growers in the region cultivate their hemp varieties sensimilla (the Spanish term for 'without seeds'). They cull all the male hemp plants leaving just the females, therefore mitigating any threat of pollination. Pete told me they have not seen a single instance of hemp pollinating medicinal crops.

The hemp varieties they grow are not seed or fiber crop varieties. In fact, they are high CBD, low THC varieties used to make CBD oil. The hemp plant flowers are processed in the same way as high CBD medicinal cannabis flowers. The oil produced is used to treat a number of ailments from inflammation to cancer. Cannabis growers in the region have forged a path for the cannabis plant where both hemp and medicinal cannabis alike, can be grown side-by-side, sensimilla.

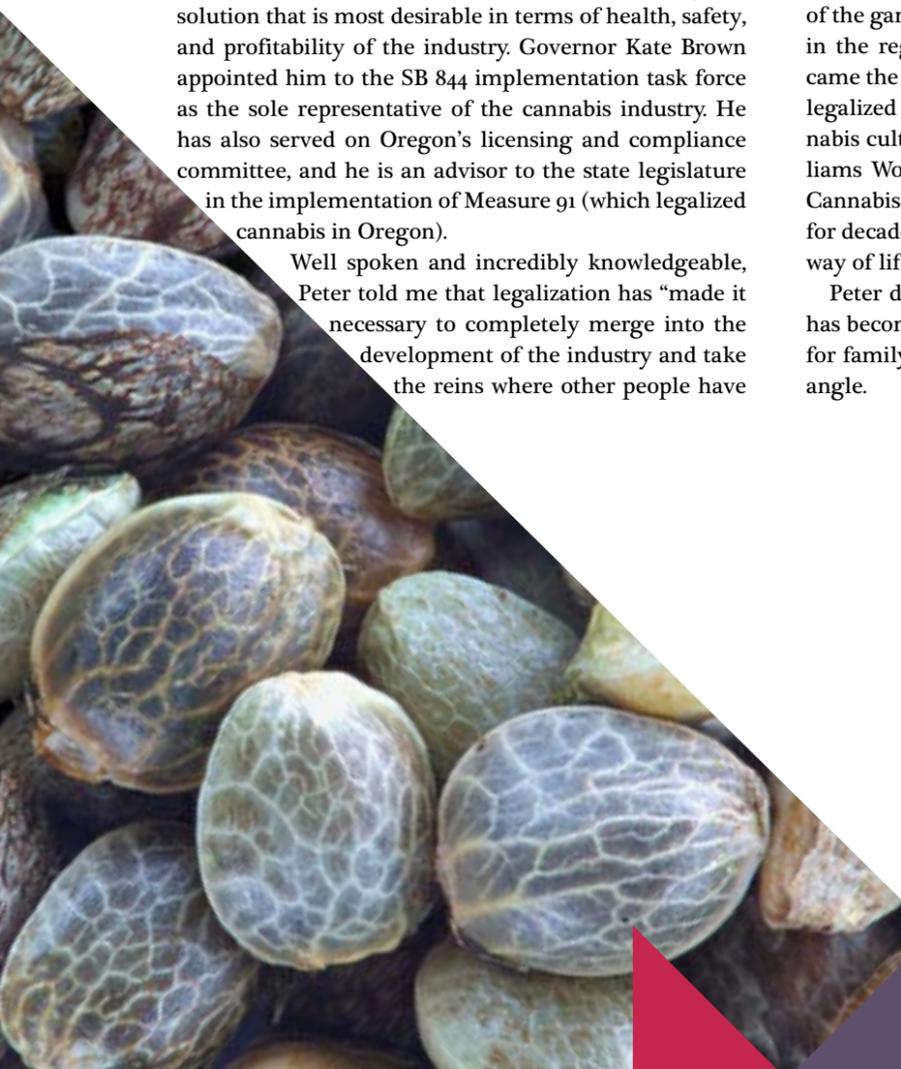


After he explained the technique – remarkably obvious and all together genius – I marveled at Southern Oregon's cannabis farmers' ability to think outside-the-box while working "in-the-box" (i.e. with government).

Meeting Peter was quite an experience. Sitting down and picking his mind afforded me an opportunity to look to the future to see what legal cannabis might look like in California's Emerald Triangle. Peter offered me firsthand perspective into the goings-on of Oregon's newly legalized crop. He demonstrated the importance of becoming active in local government and community. Communicating, as he would tell you, is paramount.

We can learn a lot from our neighbors to the north. Whether threats from profiteers or hemp pollen, Oregon's Emerald Triangle is going through the change brought about by legalization that Northern California's Emerald Triangle will inevitably face. They are leading the way for family-run artisanal cannabis farms and mitigating potential conflict of interest within the movement. Perhaps there is only one Emerald Triangle and it extends from Northern California to Southern Oregon; artificial lines can't separate cannabis cultures. 🌿

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Written and Photographed by Shannon Perkins

## Massage Your Bod with Green Garden Gold

### Do It Yourself or Have Someone Help

Hemp Oil - Coconut Oil Body Massage Cream

Green Garden Gold's Hemp Oil - Coconut Oil Body Massage Cream is healthy, practical, and perfect for everyday use. I've been using this cream for the past couple of weeks for basic day-to-day moisturizing and for emergency relaxation. It absorbs easily, leaving skin soft, but not greasy. This is perhaps my favorite quality about this product, no oily hands! The cream also works quickly to alleviate irritation, inflammation, and pain.

On a very long, overnight drive from Willow Creek, California to Los Angeles (a drive that takes approximately 10-11 hours), my hands started seizing up. They locked around the steering wheel. It was after midnight on U.S. Interstate 5, and nothing but passing trucks surrounded me. I pulled over, and tried to get my heart rate and breathing under control. I remembered the massage cream. 'It has hemp in it, maybe it will help,' I hoped. With hands clenched like claws, I got the tube out of my bag and squeezed the cream. At first, I rubbed the backs of my stiff hands together. This helped my circulation, and my hands started to loosen their grip. Once my fingers unlocked, I massaged the cream into my hands, chest, arms, and legs. There was a slight cooling effect on my skin, almost like IcyHot or Bengay, but not as strong and without

the overpowering aroma. About five minutes later, my body relaxed and went back to normal. The episode was probably caused by a sporadic sleep schedule and dehydration. While the massage cream may not have been the sole reason my body quit cramping, it definitely helped to calm me down and increase my circulation.

I use the cream regularly. After a weekend of moving boxes and furniture, I used some cream on my sore arm and back muscles. It worked right away. My body relaxed without the psychoactive effects from smoking, or the downer effects from edibles. Post shower or bath, this cream is my go-to. It locks in moisture, rubs on smoothly, and feels clean. I keep some around to use anywhere; in my home, at work, in my car, at the gym, on the beach, while traveling, hiking, etc.

The neutral fragrance is an additional bonus. Some lotions have an overpowering fragrance that can cause headaches, but the Hemp Oil - Coconut Oil cream keeps it light and subtle. It's an ideal product for hand, foot, and full-body massages! Just rub it on. Or have someone help. Whether for pain or pleasure, I was happy with the results when using this Hemp Oil - Coconut Oil massage cream. 

For more information, or to get your own, visit [GreenGardenGold.com](http://GreenGardenGold.com)



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## Good Day CBD Salve

### Good Day CBD Salve

Organic Coconut Oil, Organic Bee's Wax, Organic Natural Vanilla, and GMP Certified CBD Oil -- just four ingredients in this all-natural, organic salve. The aroma is wholesome and waxy and includes just a hint of vanilla. It worked best for me on sore knees when left on overnight, plenty of time to soak into my skin and joints. Smooth and silky, it's a well-balanced ratio of oil-to-wax that rubs on easily. It's great for deep tissue massage because, compared to the fast-absorbing massage cream, this natural salve stays on the skin longer, so, massages can last longer. For tension headaches, I rubbed some salve on my temples and felt relief. There's no psychoactive effects because the salve uses CBD from hemp plants, which have only trace amounts of THC.

For more information, or to get your own, visit [GreenGardenGold.com](http://GreenGardenGold.com)

Written and Photographed by Shannon Perkins



### HEMP!

To learn more about the medicinal properties of hemp topicals, I talked to some staff at my local dispensary. They screamed, "DON'T USE IT!" when I said "hemp." Like, it was explosive. That took me by surprise. They informed me that concerns with hemp include that it's a bioaccumulator, meaning the plant draws out and absorbs toxins from the soil, making hemp better suited to cleanse soil than to be used in edibles or topicals. In 2014, Project CBD released "Hemp Oil Hustlers: A Project CBD Special Report on Medical Cannabis Inc., HempMeds & Kannaway." The authors wrote that hemp is not the best source of CBD as compared to high-resin CBD strains of cannabis. There's less CBD available in the plant. It could even be harmful to use hemp for health if the plants were grown in toxic soils. However, the authors also revealed that "if grown outdoors in tested soil and carefully processed, industrial hemp can be a viable source of CBD." This hemp massage cream was working for me; so, I reached out to the makers, Green Garden Gold, for more information.

A representative confirmed, "Our hemp is specifically grown for the best extraction of CBD in pristine conditions in Scandinavia. Our oils are of course safe for ingestion and we believe our Salve and Massage Cream are the best quality CBD based topical ointments on the market made with only the finest ingredients." Green Garden Gold's products use CO2 extraction methods and are manufactured in FDA approved and GMP certified facilities.

# A Hempster Named Cindy Hopper

Back to the future.... with Hemp!

Cindy Hopper is the definition of a Hempster. With more than two decades in the hemp sector, she brings experience, knowledge, and know-how to the circle. To understand what has led Cindy to where she is today, you have to know a little about her history. Cindy's passion for hemp began back in 1996 when she first read the book "Hemp, Lifeline to the Future" by Chris Conrad. It was this book that sparked the inspiration in Cindy to pursue her endeavors in the hemp industry.

The knowledge Cindy learned from this book really put things into perspective. Armed with this knowledge, Cindy knew she must educate the world about this amazing hemp plant.

A year after reading Chris' book, she designed the Original Hemp Jewelry Board which is utilized in making hemp macramé jewelry. Macramé is an art of knotting string or cord into patterns for different applications such as necklaces and bracelets. A short time after that, she started Hemp Sisters Inc. In no time at all, the business became one of the "largest industrial hemp internet business in the world, selling hundreds of hemp and other natural fiber products." Wanting to venture outside of the online world, she created the 10x20 portable Hemp Hut and kiosk located at the Galleria Mall in Johnstown, Pennsylvania. Hemp Sisters sold every trendy, healthy hemp product on the market including hemp pasta, hemp purses, hemp clothing and much more. Working with other original hempsters like Jack

Herer and Eric Steenstra, Cindy set out on a mission to bring hemp to the world.

She is a down to earth, free spirited individual and one of the most passionate people I have ever met when it comes to hemp and helping others. She knows that this one plant has the ability to change life on Earth, for the better. She knows that through hemp, we could provide food and medicine to the starving and sick, build supplies for shelter, produce materials and different textiles for clothing and much, much more. There is not a single other plant on this planet that has this much to offer humanity. This has been the fuel for her fire, and what has led her down the hempstastic road she has traveled. It is also the same passion that is paving the path for the adventures ahead.

Cindy landed her first job at the age of 16 in the small eatery, Frank's New York Italian Style Pizzeria in Somerset, Pennsylvania where she later became co-owner in 1981. The small pizza restaurant sold after 23 years of success and remains a landmark in the area. Combining her passion for hemp with her experience in the food industry, Cindy is pioneering a whole new concept in cannabis culture.

The quest to give people a healthy option for dining is what drove her to take signature American classics like hot dogs, hamburgers, tacos, and pizza, and make them super healthy! She doesn't want to change what you eat, she wants to make what you eat "super healthy" with Hemp, the superfood rich in Omega 3, 6, and 9.

Team Hemp Dog® has spent the last three years developing a nutritious line of 30+ products using the healthiest food source on the planet. Their products are made with hemp flour, hemp seeds, hemp oil, hemp milk and hemp protein making them some of the hemp-iest, healthiest products on the market. The product line offers something for everyone from natural and organic to vegan and Kosher options. The company launched the first hemp food based menu concept in Richmond, Virginia in 2014 and received national news attention. The Hemp Dog® Cart could be found serving menu items such as Hemp Dogs and Hemp Burgers to students by the Virginia Commonwealth University Library in exchange for feedback for their café menu.

Cindy educates youngsters on the importance of eating healthy and on the benefits of hemp through the super hero character named Rebel, based on her dog, Lilly. Rebel the Hemp Dog® will show kids how they can 'unleash' their #HempHero

by eating nutritious foods. He will show how food and the body work together to make us healthy. In a series of cookbooks for children, Rebel will set an example on being a good steward of society and the earth. The company plans to offer a Rebel product line of children's clothing, shoes and toys made from American grown hemp!

Currently, Cindy is in the process of developing a school program for entrepreneurs. The program is designed to incorporate their product line with organic vegetables in a food cart tailored to the particular school. Participants will learn about business, food service, marketing and fundraising through the program, giving them the skillsets needed to pursue their own business or obtain a managerial position right out of high school.

This story of one of the original Hempsters, Cindy Hopper, is an honor to tell. Her dedication, persistence and passion are going to change the future for the better, forever. It was an honor to speak with Cindy and I look forward to seeing the success of her endeavors as well as the success of Team Hemp Dog Café! 🌱

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# Oregon Coast Edibles

## A Taste Through the Dispensaries of the Scenic Coast

By Autumn Glock

My decade-long travels for fiber (see “Eco Printing Cannabis’s Landscape” in August 2016’s edition) have brought me up and down the Oregon Coast. As a California resident, and 215 card-holder, I had trouble finding medication along the way. It is needless to say that when recreational cannabis became legal in Oregon, I was excited. This made traveling easier and more enjoyable. However, the search for legal edibles remained limited until recently.

### Brookings

The first town as you cross the border into Oregon on U.S. Highway 101 North is Brookings. I visited High Tide Wellness, and after a quick ID check, the staff was friendly and knowledgeable. I was in search of CBD-infused edibles, so the staff showed me a brick of CBD Taffy. It resembled a melted down Starburst. Next up in Brookings was Banana Belt Dispensary where the taffy from High Tide Wellness made another appearance. Here, I confirmed that it does, indeed taste like a melted down Starburst, and it is actually called, “That Taffy.”

### Langlois

I headed north to the town of Langlois. As I passed through, I noticed a small market that claims to have the world’s best hot dog. After indulging in a hot dog that I slathered with their homemade mustard, I can report that the mustard is definitely the secret ingredient. The selection of local beers is also impressive.

### Port Orford

As I wind my way up the coast, I find myself in Port Orford at Buddha’s Wellness Center. I like this dispensary because of the friendly staff – they showed an interest in what I was looking for. I left the wellness center with one giant gummy and found both the texture and cherry flavor to be on par as a staff pick.

### Walport

Between the towns of Yachats and Waldport, one will find the South Coast Collective by a drive thru coffee hut. Ganja 2, a banana fruit leather, came highly recommended by the staff. I typically don’t eat fruit leathers, and I had wanted to try a chai caramel that looked yummy, but I went with the recommendation and was completely satisfied. It was a little weedy and contained both CBD and THC.

### Newport

In Newport, you will find The Oregon Coast dispensary located by Nye Beach. When I purchase in recreational states I tend to get headaches from the products. This could be from a multitude of things; fake terpenes, or not flushing, because it seems to happen with flowers too. If this happens to you as well, you could understand my hesitation at buying a vape pen or edibles. The staff helped me to select vape cartridge and edibles that I tried over the next two days with no

headaches. I purchased Wyld brand in Blood Orange White Chocolate Sativa Enhanced - seriously smooth tasting. I bought a vape cartridge Golden brand CO2 in Hindu Kush.

While in Nye Beach attending an eco-printing workshop, I ate food from Cafe Mundo and I found it to be quite delightful. I was tempted by the Cheese of the World which included a grilled cheese sandwich with roasted tomato soup... it was delicious. They source local ingredients and have the fresh cuisine you’d expect from regions like Humboldt County, California.

Down at the heart of the waterfront, you will find Newport Dispensary. Park early or come late as there can be a delay in parking due to all the tourists. Since you can only purchase a 15 mg candy, I was using other factors in my edible purchases such as appearance and packaging. I walked out of there with Wyld brand gummies in Marion berry, and I found it to be a tasty gourmet product.

One of my favorite places in Bayfront, right next to the dispensary, is Bow Wow Meow Pet Supply. I was able to find an Oregon-made dog treat, called Isabella Dog. Along with being handmade, the treats are gluten, soy and corn free. I could never go on a trip without getting my dogs a treat.

Another notable Newport dispensary is the Medication Station. The station is located along U.S. Highway 101 and has easy access, good hours, a large selection of local products, and they offer limited specials due to supply.

During my trip I stayed in Yachats at The Drift Inn, which was recently added on Airbnb. Single rooms as well as cottage rentals were available. I enjoyed this location because there was a restaurant on the premises that serves local fare and beer. With the Waterfront across the street, and a small-town atmosphere, the elements truly added to my stay. My favorite meal was a delicious steak, potato and polenta breakfast. When I asked them how local the eggs were, the owner informed me they were from the owners own flock.

Oregon is still in the process of sorting out their labeling for CBD edibles. Overall, I found a limited, yet quality selection. I’m sure once the process is sorted out, options will be endless.

I highly recommend a day or an overnight trip to enjoy the cuisine and edibles that are to be had along the Oregonian Coastline! 🍃

Please visit this website below to see what is legal for recreational. “Educate before you recreate.” [WhatsLegalOregon.com](http://WhatsLegalOregon.com) For traveling in Southern Oregon please visit [SouthernOregon.org](http://SouthernOregon.org)

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Dispensary: Oregon Coast Dispensary, Newport  
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The precious oil from hemp seeds is a miracle superfood in its own right. For some of us, hemp seed oil is part of a daily health regimen. I take a tablespoonful a day with my morning vitamins to treat multiple sclerosis (MS) and have done so for 21 years. It has helped keep the symptoms to a minimum and me out of a wheelchair, so far.

Amid the thousands of uses for hemp, the benefits of its tiny seeds stand out. With easy to digest, plant-based protein and fiber, they make good snacks or smoothies and are yummy-crunchy sprinkled on foods.

I visited the websites for Manitoba Harvest and Nutiva, the two purveyors of hemp seed products in the U.S., for more information. Manitoba Harvest boasts, "hemp seeds are rich in protein and have all 10 essential amino acids. They also contain omega-3, omega-6, ...SDA, and the rare omega-6 Gamma Linolenic Acid (GLA)." Lots of websites tout the health benefits of omega fatty acids. WebMD, for example, mentions anti-inflammatory action, heart health, arthritis, and lowered dementia risk, among others. Besides fish oil capsules, they even list specific vegetable sources such as nuts and broccoli. But, to their shame, nowhere will you see a reference to hemp seed oil, the best non-fish source. No need to waste your money on expensive gel caps of fish oil, and therefore no need to suffer fishy burps. Just swig a mouthful of this oil straight from the bottle. It tastes good, really.

You can cook with it but it's not for frying. Like olive oil, it is too delicate for that. Use it anywhere you would use a good, extra virgin olive oil. The nutty flavor is tasty in salad dressings, for example. Manitoba Harvest suggests brushing tortilla wedges with hemp oil, sprinkling them with sea salt and baking at 300 Fahrenheit to make your own tortilla chips. The Nutiva site recommends drizzling it on popcorn or making hummus with it. They also call it "your secret skin care weapon." Smooth on a drop of hemp seed oil instead of store-bought lotion; it's a whole lot better for you. They also have a recipe to make your own facial mask and a link to show you how to make your own hemp soap.

Both websites also include information on hemp history and current hemp activism. Nutiva provides links to Vote Hemp and The Hemp Industries Association and claims, "hemp is the world's most sustainable plant." The Manitoba Harvest site includes a timeline with a short list of important dates in modern hemp history, including the 2001 DEA ban on the import of all hemp products. I recall that time all too well. Suddenly, my local co-op could not get the blessed oil I'd been relying on to minimize the ravages of MS. But, as the timeline goes on to gloat, in 2004 the Ninth Circuit Court of Appeals placed a permanent injunction on the DEA, blocking them from banning hemp products. My medicine was back. The incident illustrates just how irrational the DEA has always been toward cannabis – even the totally non-psychoactive forms of the plant are persecuted. Just ask the folks who count on CBD strains these days.

## Hemp Seeds and Oils

Sustainable Superfoods  
for Me and You

By Molly Cate

Both companies get their seeds from Canadian farmers. The Manitoba Harvest timeline includes reference to co-founder Martin Moravcik starting the Manitoba Hemp Alliance and successfully lobbying the Canadian government for permission to start growing hemp in 1990. Since then, Canada has been a main source for hemp fiber and seeds.

Nutiva, based in Richmond, California, offers many other familiar, healthy and delicious products as well; hazelnut spread, coconut oil, coconut and palm sugars, even coconut flour. Their hemp homepage ([nutiva.com/hemp](http://nutiva.com/hemp)) includes a picture of hemp farmer President George Washington and says, "Today he would be arrested as a criminal for growing his favorite cash crop."

Both companies are impressive in their commitment to socially conscious business practices. Nutiva's stated core values are "innovation, purity, community and wellbeing." They back up these values with action, supporting dozens of in-house and community projects, such as the local Rescue Mission. At their website you can read several pages worth of social, environmental, and food education projects. They've included a bunch of impressive statistics too. For example, forty-one percent of their senior management personnel are women. The U.S. average has crept up just 22 percent according to a March 2014 Business News Daily report, "Out of the 45 countries examined, the United States ranks in the bottom 10 for the percentage of women in senior management positions, with women occupying just 22 percent of senior roles."

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their profits have been donated to sustainable agriculture groups since the company's founding in 1999. So far, over \$3.6 million has been given. Nutiva sells red palm oil and several coconut oil products from the tropics, all purchased through Fair Trade practice that care for the local people and other species as well. The site includes reports of environmental devastation by other companies, including loss of orangutan habitat, a predatory model of resource extraction in action. Hmmm, sort of sounds like those devastating, cartel-driven mega-grow sites mutilating our public lands here in the Emerald Triangle and throughout the nation. Nutiva, on the other hand, assures us they are not killing orangutans! You can download their 2015 Social and Environmental Report to see it all.

Manitoba Harvest is based in Winnipeg, Manitoba as their name suggests. Co-founder and CEO Mike Fata used hemp seed products in his successful "health overhaul," which included losing 100 pounds. He has been advocating the health benefits of hemp seeds ever since. They, too, are strongly progressive in their approach to business. Manitoba Harvest is a member of something called a B Corp (or Benefits Corporation), an organization of companies dedicated to changing the focus of business. The B Corp Declaration of Interdependence states, "We envision a global economy that uses business as a force for good."

Manitoba Harvest takes what they call a "seed to shelf approach." They carefully monitor what seeds are planted. In collaboration with Canadian farmers, they have seen ten times as many acres planted in hemp in 2011 than in 2001. The seeds are processed carefully to avoid crushing the hulls before pressing, and to avoid generating too much heat during pressing to protect that delicate oil. Each product undergoes a minimum of 34 tests before being accepted.

The company devotes all their energies to organic hemp seed products. They process and sell Hemp Hearts, or raw, shelled hemp seeds. These have twice the amount of protein of flax or chia seeds and less than half the carbs. Also note, neither flax nor chia seeds contain the rare GLA so essential for health. Hemp Hearts are also made into Bites – sweet snack foods sold unflavored or with chocolate or cinnamon flavoring. They also offer vanilla, chocolate or apple cinnamon bars. Rev up your day with the "world's first water soluble" hemp protein powder in original, chocolate or vanilla flavors. Select which of their four products work best for you, Hemp Pro 70 with 20 grams of protein per serving, Hemp Pro 50 with 15 grams of protein, Hemp Protein Smoothie with greens, which adds a blend of spinach, kale and broccoli, or Hemp Pro Fiber containing half your daily fiber needs in one 30 gram serving. They claim it can be substituted for flour in baking too. Of course, my favorite is and forever will be the cold-pressed, cold-filtered oil.

Use hemp seed products for more than your health. Buy them to vote with your pocketbook for legalization. As both of these companies point out, the U.S. hemp industry is severely hampered by prohibition. The timeline at the Manitoba Harvest site highlights a recent glimmer of hope; the 2014 US Farm Bill that redefined hemp as separate from cannabis (the Feds less than technical term for psychoactive cannabis varieties). Pick up some of these products to thank members of the international community for legalizing hemp production and these two companies for keeping the dream alive! 🍀

For more information, or to get your own hemp products, visit:

[ManitobaHarvest.com](http://ManitobaHarvest.com)

[Nutiva.com](http://Nutiva.com)

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# The Hemp

## Gift Guide

The uses for hemp are seemingly limitless. Along with being one of the most valuable and most sustainable sources of plant fiber known to man, hemp is a well-documented source of food material, textiles, and tens of thousands of others uses. In this month's Hemp Gift Guide, we explore home decor, men's fashion, beauty care, food, and yoga. Make your life more eco-friendly and seek out these great hemp goods today!



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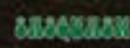
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## Pot Talk with Emily Hobelmann



Little Hill Cultivators specializes in organic light deprivation and outdoor-grown cannabis. They're based in Southern Trinity County, in Northern California, and they're all about producing volume without compromising quality.

Mission accomplished, LHC. Their *Purple D*, *Purple Dogbud* and *WiFi #43* samples were all harvested this July from their first light dep run of the season, and they are handsome indeed.

A representative from LHC tells me that these particular strains came out really well this year. "They're not main production strains," says Jeff, who's last name has been withheld. "But they will be..." The LHC farmers choose to operate in a simple and strictly organic style. They enrich their reused soil with compost teas because "It's better than when we bought it fresh." They also avoid bottled fertilizers, or "snake oils," that are mass-marketed to cannabis farmers.

Most of their clones are produced in-house, so they're guaranteed "clean," an important thing these days. Their seeds primarily come from the legendary Emerald Triangle breeder CSI: Humboldt. All three samples had epic trim jobs. Jeff says their organization has pretty strict trim standards; they don't let their buds get loosely trimmed. It comes back to their mission of never compromising qual-

ity: They maintain strict standards all the way from the seed and clone to the bag.

'Nuff said. Let's get to the weed!

### Purple Dogbud

*Purple Dogbud* is *Chem-91* crossed with *Urkle*. "It's super potent, super tasty and very pretty with those purple hues," Jeff says. "It's definitely an *Urkle* phenotype of the cross," he comments. "But you can see a lot of the *Chem Dog* in it." He adds that the *Chem Dog* doesn't necessarily do so well outdoors, but it hybridizes great – the squat indica dominant clone from CSI: Humboldt stock did great in their dep.

Jeff says the *Urkle* really helps the flavor, and he describes the smell as sort of greasy with a floral background. The smell is super rich and earthy, and I think it has a distinct citrus note, a tartness, like lemon and rose geranium. The color is a medley of green and purple with the accents of dark, thick brown-orange hairs. And it's as frosty as a snowman.

I found that a fruity pebble flavor comes through in a joint. I passed the *Dogbud* around a crew of people – nobody coughed. The smooth quality endeared the strain to my people. It's a lovely high too. I experienced instant relaxation and euphoria. The pain relieving property was

*"The smell is super rich and earthy, and I think it has a distinct citrus note, a tartness, like lemon and rose geranium. The color is a medley of green and purple with the accents of dark, thick brown-orange hairs.*

*And it's as frosty as a snowman."*

tangible. My arms are pretty achey these days, and after consuming *Purple Dogbud* before bedtime, I found the pain significantly decreased in the morning.

### Purple D

Next up is *Purple D*: *Chem Dog-D* X *Urkle*. Yes, *Chem Dog-D* is a different cut than straight up *Chem Dog*. Jeff enlightened me: "There's the #4, the -D, the 91..." He calls it extremely pungent, saying it's "probably my favorite plant so far this year. It's another squat *Urkle*-dominant plant that's super tasty, super smelly and it's got nice purple hues... It's a treat."

LHC acquired the *Purple D* seed from CSI: Humboldt, grew it out full season last year, then selected it for cloning out of that seed run. Jeff is pleased at how well the clone did in their first dep run of this year.

The *Purple D* smell hit me square in the face. It's overwhelmingly deep. The earthy and chocolatey pitch is lower than the *Dogbud*, and more basal. It's also a melange of colors – a complex smattering of purple and green with tufts of fawn-tan hairs, but a bit lighter than the olive hue of the *Dogbud*. The trichomes are perfectly formed – it's hella frosty. The nugs are dense, chunky and crisp.

The flavor of the *Purple D* through my trusty vaporizer is sweeter and fruitier than it's super rich smell. A very

small amount led me to feel effects of slight absentmindedness and deep relaxation. The sedative power of this strain led me to enjoy a solid afternoon nap. And I woke up refreshed, not groggy – no weed-hangover.

### WiFi #43

The *WiFi #43* is a nice contrast to the other samples. It's the *White* crossed with *Fire OG*, and the clone came from some folks in Los Angeles. "It's just an *OG Kush* type plant," Jeff says. "It smells like *OG*, it's super potent, yields great and it looks good in the dep."

The *WiFi* has a much lighter color than the two Purples – a light and frosty green with dark brown hairs. The buds are bigger, with sort of a braided, feathery look. They are solid though dense, with a dank smell of soil elevated by a strong smell of lemon too. It's sour.

The *WiFi* high is everlasting. I felt the effects for four solid hours – a nice, happy satisfaction, friendliness and equanimity. The lemony smell carries over to the flavor, and I like that. I think the *WiFi* is a nice and mildly tranquilizing take on *OG*.

All three strains seem good to me for chill time. Thanks for the nugs and interesting information, Little Hill Cultivators. 🌿

*To learn more, find them at the Emerald Magazine's 2nd Annual Pot Pairing on September 10th, and on Instagram: @little\_hill\_cultivators.*

# Hemp and Health In The Kitchen

By Dr. Pepper Hernandez

As a huge advocate of hemp seeds, I use these little nuggets of joy for basically everything from smoothies, to pesto, to combining them with my raw cacao chocolate.

First off, let me start by explaining something... Hemp seeds are of course produced from the hemp plant, Cannabis sativa. As you know, hemp is commonly confused with cannabis, as it belongs to the same family. Yet the two plants are quite different. Most notable is the level of THC, or delta-9-tetrahydrocannabinol. Hemp contains less than 1 percent of the psychoactive drug while cannabis contains up to 20 percent or more. To grow cannabis you must acquire a special seed that grows a plant high in THC. Commercial hemp seed contains very low amounts, plus they contain a substance that counteracts THC.

So, what makes the hemp seeds so good? Well, they are very easily one of the most nutritious foods available in nature. They contain high amounts of essential fatty acids, essential amino acids and proteins. If you have a vegan or raw food diet, you understand the importance of consuming the highest amount of amino acids for they are the building blocks of protein. These essential amino acids include: Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine. Evidence suggests



## RAW CANNABIS & HEMP SEED PESTO RECIPE:



### Ingredients:

- ½ cup hemp seeds
- 1 garlic clove
- 2 cups post juiced cannabis leaf
- 2 tablespoons lemon juice
- ¼ cup extra-virgin olive oil
- Pink himalyan sea salt
- Freshly ground pepper

### Instructions:

Juice your cannabis leaf and store the juice. With the paste or bi-product make the pesto.

Pulse the hemp seeds and garlic in a food processor. Add the cannabis leaf and pulse again.

Add the lemon juice and a few generous pinches of salt and pepper and pulse again.

While the blade is running, drizzle in the olive oil. Scrape the sides of the food processor, if necessary, and pulse again. Season to taste.

### Note:

Cannabis Leaf can vary in bitterness - if your pesto is a little too bitter for you, add a drop of honey (or maple, if you're vegan). If it tastes a little too raw for you, (and you do cheese) you can add parmesan or nutritional yeast to make it richer.

that these little seeds are packed with such high concentrations that we can sustain our dietary needs with them, even if you just add them to the already existing diet.

Hemp seeds contain all of the 20 amino acids, including the nine essential amino acids (EAAs) our bodies cannot produce. Hemp seeds contain the perfect balance of essential amino acids for sustaining good health. Hemp seed oil contains necessary fatty acids, also known as good fats.

They have high percentages of the simple proteins that strengthen immunity and fend off toxins. (Well that's nice.) Also, recent studies have shown that consuming hemp seeds, whether raw or in oil form, has the capacity to aid in the healing process of diseases related to immune deficiency.

These seeds are nature's highest botanical source of essential fatty acid (EFAs), with more essential fatty acid than flax or any other nut or seed oil. Mind officially blown. Essential fatty acids are not synthesized by the human body naturally, and this is what makes hemp seeds an excellent food source of essential fatty acids.

They are a superior source of protein for vegan, vegetarian or raw diets because the high quality of proteins. This, in addition to the a range of vitamins and minerals in hemp seed combined with omega 3 and omega 6 essential fatty acids, makes them pretty close to perfect.

Hemp seed oil also provides an adequate supply of antioxidants (Vitamin E), carotene (precursor to Vitamin A), phytosterols, phospholipids and a number of minerals including calcium, magnesium, sulfur, potassium, phosphorus, along with modest amounts of iron and zinc. Hemp seed oil also provides a good source of chlorophyll. But the juicing of the leaves blows this out of the water. I suggest combining these daily.

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A perfect 3-to-1 ratio of Omega-6 Linoleic Acid and Omega-3 Linolenic Acid – those are known for cardiovascular health and general strengthening of the immune system. The daily recommended allowance of hemp seed oil is 14-28 ml (1 to 2 tablespoons). This allowance provides between 8-to-16 grams of Omega 6 (LA) and between 3-to-6 grams of Omega 3 (LNA).

If you want to keep your heart healthy, they say you should try and consume a large amount of hemp seeds, as they are rich in essential fatty acids. It has been known to help with circulation and heart function. Moreover, it produces phytosterols which help in reducing the amount of cholesterol in the body, thereby removing fat buildup in the arteries.

A rich source of phytonutrients, the disease-protective element of plants which benefits protect your immunity, bloodstream, tissues, cells, and skin, while also improving organ functions and mitochondria.

They are also known to have the richest source of polyunsaturated essential fatty acids. They say about 75-80 percent. In general, North Americans have a high dietary deficiency in EFAs due to our high intake of animal fats versus plant fats, caused by our high consumption of processed foods and meats versus natural organic foods.

Not only can hemp seeds provide delicious and nutritious benefits to people, they can also be used in pet foods and taste good too. Hemp seed food products are also considered more allergy-free than many other seeds.

Besides all the nutritional facts, did you also know that the protein content of the hemp seed is supposed to be very digestible? Many people noted their personal experience of finding that hemp seed protein did not cause bloating or gas, like whey, or similar protein shakes did. Unlike soy, hemp seed doesn't contain phytic acid – the anti-nutrient that prevents us from absorbing minerals. At the very least, this makes hemp seed a step up from soy.

So much info, so little time to share everything but hope this sums it up or at least starts your journey. Check out my amazing recipe (pg 39) from my little raw cookbook I am currently putting together. Try it and tell me what you think!

Go forth..Go Cannabis. 🌿

Dr. Pepper Hernandez is a Naturopathic Nutritionist, Cannabis Therapy Consultant, Raw Food Chef and Medical Intuitive that holds multiple certifications, honors and degrees. To find out more about her local private practice and offerings to our community you can find her on the massive interwebs at [drpepperhernandez.com](http://drpepperhernandez.com).

\*All information in this article is for educational purposes only. Please check with your Educated Primary Health Care Physician, Raw Food Nutritionist or Health Care Provider before beginning any new diet or lifestyle change.

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## Wine Distributor Dump

Vinum, et al

Pam Long

A good wine list doesn't have to be long, it just has to be, well, good. It's a lot to ask for in most towns and cities across the country. Exceptions include world-class wine regions like Sonoma and Napa Valley. Otherwise, most wine lists are "distributor driven." A distributor is the middle man. Some distributors are small operators who carry a portfolio of small production wines and others work for mega beverage sellers like Young's Market and Southern Wine & Spirits.

I recently dined at a newer restaurant in Eureka, California. The main dishes hovered in the \$18 to \$30 range. It's a nice place. With food and alcohol, the tab for two runs about \$80. The beers offered were good but typical – some local craft

beers, the usual Budweiser and a few big-name imports. The wine list, however, was tragic. It reflected the epitome of the classic worst-case scenario of a large distributor-driven restaurant wine list.

Distributors dump a lot of bad wine on Humboldt County. They get away with it because of the general lack of restaurateur and customer wine knowledge, coupled with woefully under-developed palates.

When a distributor swoops down on a new restaurant about to open its doors, he or she offers the weary, financed-drained entrepreneur the world. Here's the typical offer: 'Sign up with my mega distributorship and we will print all your menus for free when-

ever you need them. We'll also buy all your glassware. Need plates? Cutlery? We can help you there too. Oh, and if you agree to buy from us exclusively for a year, we'll throw in an 86" flat screen for your bar area.' Boom. It's a done deal for the completely wine-ignorant buyer. And, the wine list? Let's just say at this particular restaurant they offered an \$8 glass of Chardonnay that I can find on the bottom shelf of

CVS pharmacy for \$5.99 a bottle. Nasty, mass-produced California Chard to go with my \$24 nicely prepared entrée. No thanks. I'll have a fresh, snappy Eel River IPA.

On the bright side, there are a handful of savvy restaurant wine buyers in Humboldt County, California. A fine example of an owner-driven wine list is Ramone's

Café on Harrison in Eureka. Brian Ferguson and Berit Meyer are particularly clever at buying the best local offerings along with intriguing, delicious wines from around the world. It's a tiny wine bar nestled in the back of the always busy café but it never disappoints. Plus, they have off sale when you just gotta have it. Other establishments with good owner-driven wine lists are Crush Wine Bar, the Plaza Grill, Abruzzi, Moonstone trio, Folie Douce and Brick & Fire to name a few. 🌿

*Pam Long is a wine consultant educator. Develop your palate at her Sensory Evaluation & Service weekend-intensive seminar offered this October through Humboldt State University. [ipamlong@gmail.com](mailto:ipamlong@gmail.com).*





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## (De)Construction: Hempcrete

### *The Walls Between Us and Its Mass Utilization*

In the 1970s, Hunter S. Thompson was originally sent to Las Vegas to cover the Mint 400 for Sports Illustrated, a less-than-stellar and mildly unimportant stock car race, and instead returned with a novel length screed on the death of the American dream. I, too, have been inspired similarly by the deluge of information that came to light as I attended a hempcrete building workshop in the Trinidad Rancheria, located in Trinidad, California. I thought, at first that I was going to be attending a quirky and creative arts and crafts workshop, but was quick to realize over the course of the next three days of guest speakers that there was so much more that I hadn't grasped. The issues that presented themselves spread out like a family tree.

First thing is first, the production and utilization of hempcrete, as explained by American Lime Technology:

"is a bio-composite made of the inner woody core of the hemp plant mixed with a lime-based binder. The hemp core or 'Shiv' has a high silica content which allows it to bind well with lime. This property is unique to hemp among all natural fibers. The result is a lightweight cementitious insulating material weighing about a seventh or an eighth of the weight of concrete."

Written by Sam Greenspan

Photos by Kerry Reynolds and Annalisa Rush

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In layman terms, in place of standardized insulation or some concrete supports, hemp stalks are harvested en masse, broken down, dried, and then mixed with the regular lime that is a standard mixing agent found in regular stone concrete. Furthermore, hempcrete bricks have the capacity of being self supporting, potentially removing the need for a timber frame.

Over the course of the days to follow, we were educated as a group on how to mix the lime with the Shiv and its construction with wooden framing. It was a unifying experience to watch all attendees mixing, building, measuring, and getting their hands dirty to use such a sustainable product, and here's where the issues begin to stem out like the Greek pantheon. The first being that hempcrete, according to American Hemp LLC, "creates a monolithic structure, which acts as your OSB, insulation, and drywall. No cavity is

"[Hempcrete] is more breathable, and immune to mold and mildew."

necessary, but framing is still required." As such, the house or apartment that you reside in is likely suffering from a condition that I didn't know existed beforehand known as Sick Building Syndrome. Essentially, the insulation and materials used in the construction of most homes are cheap, and loaded with chemicals that can create an insular stew which can lead to an array of health issues. According to the National Institutes of Biotechnology Information, these symptoms can manifest themselves in the form of "headaches, dizziness, nausea, eye, nose or throat irritation, dry cough, dry or itching skin, difficulty in concentration, fatigue, sensitivity to odours, hoarseness of voice, allergies, cold, flu-like symptoms, increased incidence of asthma attacks and personality changes." Hempcrete, on the other hand, is more breathable and immune to mold and mildew.

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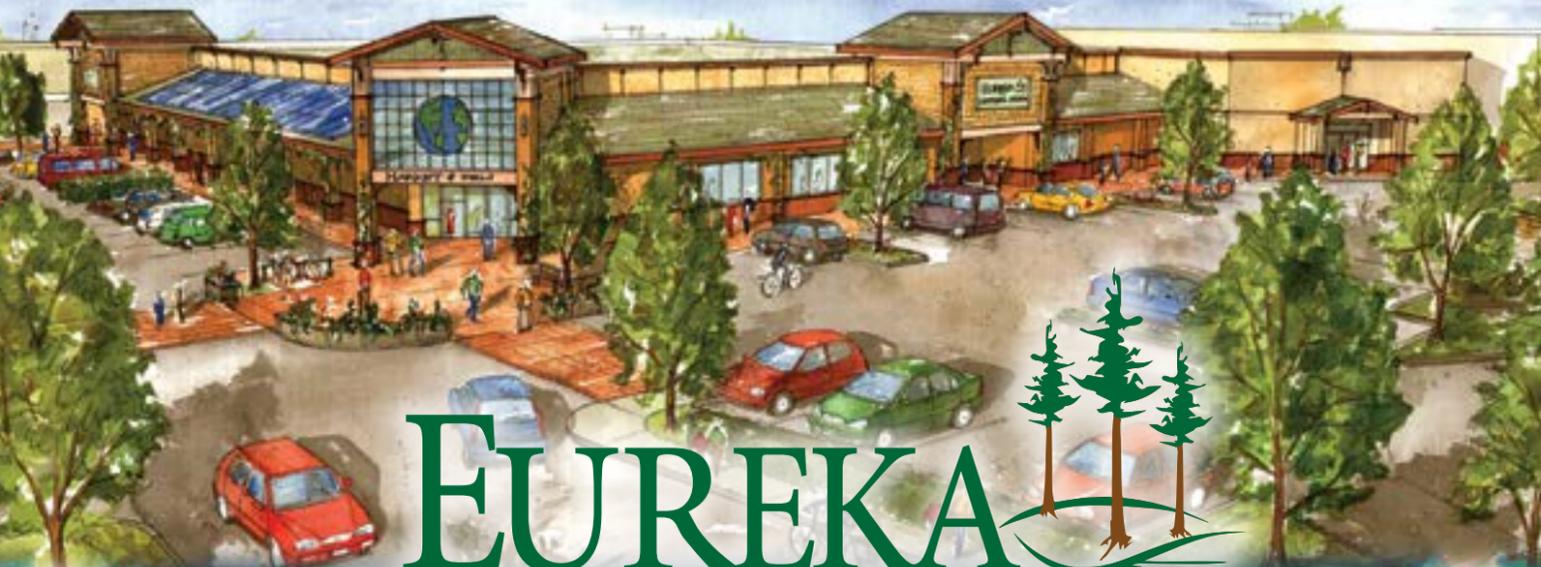
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On day three of the project, I spoke with Annalisa Rush, one of the directors and organizers of the event, and asked her about the background and significance of industrial hemp in the future. "It's a cannabis culture here in Humboldt, but when I was studying at HSU, industrial hemp really peaked my interest because of the sustainability element... The California Senate Bill 566 [passed] in the spring of 2014 so I set on a course to tell as many people about that as I could. I created a vision for a business plan for our local region in the form of a hemp demonstration center, which if we were to grow industrial hemp we could showcase all of its virtues and in incorporate it into local businesses so it could find its niche here."

As it stands right now, thanks to its classification from the DEA, the hemp that you can acquire right now is awfully expensive, isn't it? Currently standing at 39 cents per pound for seed, \$1.20 per pound for certified seed for planting, and \$200 per ton for hemp stalks, foregoing the market inflation and infrastructural cost. Why is this? Because it's more than likely imported. Our largest suppliers of refined hemp being China, Romania, Hungary, Canada, and India, and that crop that these countries enjoy is one of the more sustainable crops they utilize, as hemp naturally suppresses weeds and returns nitrogen back into the soil.

The issues press on. The stranglehold that the timber industries and large American agricultural lobbies have on keeping pressure against positive hemp legislature is ubiquitous, beginning with a smear campaign from William Randolph Hearst in the 1940s who saw production of the plant to be a threat to the timber industry. However, those that are invested in industrial production of hemp have no interest in conquering the timber industry, as Klara Marosszeky, guest speaker,



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sustainability educator, and President of the Australian Industrial Hemp Alliance pointed out, “they simply want to work with them to yield the best results for both the environment, the farmer, and the consumer.”

From there, an issue that has seemingly been ignored is the immense possibility that the plant has to lift communities up, especially amongst farmers and indigenous populations. I spoke with Lisa Sundberg, member and representative of the Trinidad Rancheria, and organizer of the Hempcrete workshop, who shared with me her vision for the incredible positive change that legalization of industrial hemp production could have on our nations tribes. She began, “I knew that my tribe could participate in the economy of this industry as legislation progresses, and beforehand we’ve just been put on the sidelines. Even though there’s a tribe that’s been operating in California for over 10 years, they’ve been faced with so many of the challenges of other growers, but are often even denied a seat at the table.”

“Aside from the amazing possibilities of hempcrete, I believe that there’s a lot of great medicine here. Being tribal, being native, I believe that it’s our duty to see how we could use this plant as a medicine to help us heal, both in our bodies and the structures around us.”

“We want to create a legal framework for hemp, but we also want to do it in a way that’s going to help us leverage a prosperous economy. We don’t want the sharks taking this away from us, both the tribes and the rest of the deserving small farmers in our country... I’m looking to see how we can complement the communities around us...”, she said.

“We want people to help us develop opportunities for our tribes and have their heart in the right place. Because one thing that I’ve learned with this whole hemp project is that the industrial revolution annihilated



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our whole world. Hemp is showing what it really can do, and it's been suppressed for so long, all of this knowledge.”

**How To Get Involved:**

Direct participation is paramount. This event maxed out at 14 attendees on its busiest day. You must ask yourself, as these issues come before us, how one thinks any possible benefit can come when we sit on the sidelines.

The Adult Use of Marijuana Act or Prop 64 will be on the ballot this November. In case you think that this is a fringe issue, it has the backed support California Medical Association, California Democratic Party, California NAACP, ACLU of California, California Cannabis Industry Association, Drug Policy Alliance, MPP, Students for Sensible Drug Policy, and national NORML. In case you think this is a purely liberal issue? The utilization of industrial hemp also has the public support of those patchouli drenched hippies Mitch McConnell and Rand Paul. The passage of this legislature would also open the door to greater possibilities for industrial hemp production as well as recreational cannabis. 🍀

For more education, please visit [CANorml.com](http://CANorml.com) and [VoteHemp.com](http://VoteHemp.com), [EarthIsLand.org](http://EarthIsLand.org), and [HempHistoryWeek.com](http://HempHistoryWeek.com).



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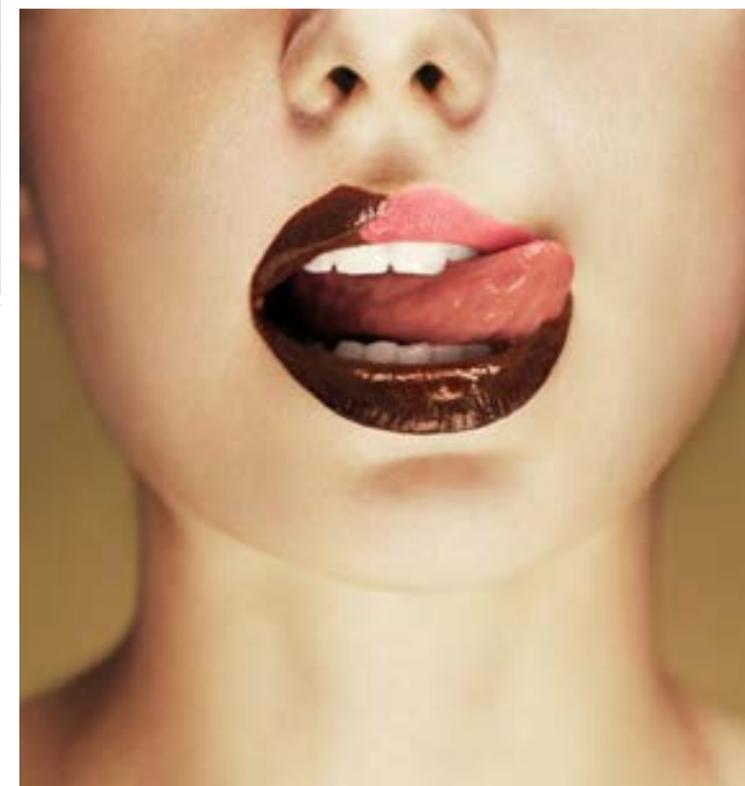
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Hello, *Emerald* readers! Please tell me you're as fed up with this heat wave as I am? I do not fancy being sweaty all the time unless, of course, it's in the bedroom... Or the car... Or on the living floor, etc. but we'll come back to that. This month I will not be participating in the "hemp" theme. My colleagues have no doubt covered the topic thoroughly so I am going to detour from the script and keep it all about sex. A specific kind of sex: Married sex. Spooky, I know, considering how marriage and coitus is often portrayed negatively in the media. It's said all too often that the sizzle begins to fizzle after the "I do's." The truth of the matter is that what keeps married sex the hottest is the security of a committed relationship. Boring, I know, so my husband and I have compiled a few ideas and personal stories to assure you it isn't all that mundane.

I very recently tied the knot and am in absolute bliss. Naturally, as we are still in the 'Honeymoon Phase' there

thing you couldn't quite voice because you were afraid to scare them away. It's too late for them to run now, you locked it down.

One of the many perks of this sacred bond is releasing your inhibitions. One of my favorite comedians sums it up like this: "You know what the best part of being married is? You get to stop pretending." That's what dating is, it's an act. You're on Broadway. For however long you're dating you're doing an act. And it looks exhausting. Then you get married and he's like, "Can we knock this off now?" And she says, "I hope so because I gotta fart pretty bad. I've actually had to fart for like four years." It is sexually liberating to get married especially for men because here's what happens; when you start dating somebody, the first thing you think when you see the girl is, "I want to get in there." Or however you phrase it. Then you go on a few dates and as you get closer to the magical act happening a lot of times

# A successful marriage requires falling in love many times, always with the same person.

## -Mignon McLaughlin

is no lack of lust in our happy home. But usually after the first month, maybe two, three if you're lucky, the sex does change. It isn't necessarily a bad change. Maybe you've finally become comfortable with your lover and are anxious to experiment. Or sometimes life gets busy and there just isn't time to commit assault with a friendly weapon. Do not be discouraged! The most important thing many committed folks will tell you to do is to prioritize intimacy. So maybe the all-night monster mash isn't conducive to early work hours or maybe there's a new baby. Don't put pressure on yourselves by comparing the frequency of your current love making to when you first started mingling limbs. You were animals then – now you're a spouse. You agreed to marry someone because you knew they were your forever person. The good news is that you don't have to hold back anymore! No more campaigning! Schedule a freaky session, don't flake on it and ask for that weird

a woman will ask a guy, "What are you into? What do you like?" And this is when a man's brain goes, "Don't... Scare her." So we lie to you. "Uh, I like to hold hands and I like when you blow on my neck, that's cool." And then you get married and you're like, "I want you to yank on my ballbag like you're stuck at sea and this is the only motor that's gonna take you home." (Tom Segura, "Completely Normal," Netflix. Go watch it!)

Now, that might not be your thing but you see the picture he's trying to paint. Ask! Ask for what you really want. My husband and I are very comfortable expressing our desires. It makes for a very fulfilling shag.

So if you achieve this level of comfort maybe you want to try a few things some folks might consider taboo. We are not those folks. Try and keep it legal, kids. No snuff films or human trafficking, seriously.

Recently we visited an adult entertainment retailer to pick up some home goods. His and hers if you're

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Winnett Vineyard overlooks the Willow Creek valley and is truly a sight to see. Situated on ±20 rolling acres, this certified organic vineyard offers spectacular views of the Trinity River, a variety of fully producing grapes, mature olive trees, outdoor wood fire oven, agricultural equipment barn and too many more amenities to list!

**WILDWOOD – \$800,000**

±933 Acres on North Star Mountain in Tehama County. Parcel is approximately 3 hours from Eureka and features timber, roads, and elevation at 4800'.

**FERNDALE – \$289,000**

Rustic farmhouse style cabin on ±10 steep acres featuring abundant water, outbuildings, gravel pit, and mixed timber.

**ORLEANS – \$1,800,000**

±320 Acre historical location overlooking the Orleans Valley featuring open meadows, amazing views, timber, spring, a 3 bedroom, 2 bathroom ranch house, and guest cabin. With an Owner carry option this parcel will not last long!

**ARCATA – \$2,600,000**

±58 Acres comprised of 4 separate parcels featuring a nice mixture of standing timber, ocean views, and existing roads. Borders HSU and Arcata community forest!

**HAWKINS BAR – \$99,000**

±2.09 Partially wooded acres featuring a small existing flat and community water/PG&E to the parcel.



**BLUE LAKE – \$2,400,000**

Gorgeous, 3 bedroom, 2 bathroom home situated on ±73 AG zoned acres just 15 minutes from Blue Lake! Acreage has mixed timber and topography with two large, open flat areas. Property has a dual power drops, one commercial drop to AG building and another solar grid-tied residential to the house. Large AG building is on a concrete slab and measures 25'x60'.

**McKINLEYVILLE – \$305,000**

Sweet 2bd/1bath bungalow, situated on a very nice, flat, sunny acre with fruit trees and garden area. This little homestead has been lovingly maintained and upgraded with tons of custom details. Included is a custom pine, octagon studio with vaulted ceilings, woodstove and floor to ceiling windows. The design and upgrades are all with energy efficiency in mind.

**SMITH RIVER – \$475,000**

±75 Acres in Del Norte County featuring 2bd home, small barn, power, multiple building sites, and views of the Smith River Valley.

**PLATINA – \$129,000**

±40 Acres near the Trinity-Shasta boarder. This remote parcel is surrounded by mostly USFS and features flats, oak woodlands, and springs.

**BERRY SUMMIT – \$550,000**

±210 Wooded acres located between Arcata and Willow Creek just off of Highway 299. Parcel features lots of water and building sites. Owner will carry with 40% down.

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±5 Acres of AG zoned land complete with prime AG soil, permitted well, end of the road privacy, three stall garage and great sun exposure. Property is fully fenced with a solar powered electric gate and includes a small shed and fenced garden area. 3 Bedroom, 2 bath home has been lovingly cared for and features stainless steel appliances, Anderson windows, wood stove, and wireless security system. 3 Stall garage is partitioned into separate spaces. Home is on community water so the well can be used exclusively for your agricultural activities!



**BLUE LAKE – \$895,000**

Stunning ±40 acre parcel near the end of Liscom Hill Road just 10 minutes north of the town of Blue Lake! Located outside the fog line, this property boasts southern exposure, a very large pond, water tanks, mixed timber, and panoramic views from Blue Lake to the Humboldt Bay. Parcel has several buildings sites with conduits installed to each, PG&E is nearby.

**WILLOW CREEK – \$399,000**

±50 Steep acres featuring terraced flats, large cabin, guest cabin, creek, and views.

**FERNDALE – \$299,000**

±5 Acres featuring privacy, city amenities, open meadows, and spruce trees.

**ONO – \$98,000**

±40 Acres in Shasta County featuring seasonal pond, beautiful views, and fencing.

**HAWKINS BAR – \$325,000**

±29 Acres featuring open meadow, PG&E to the parcel, river views, roads throughout, & year round spring.

**BLUE LAKE – \$192,000**

±2 Acres featuring community water, 100 amp PG&E, mixed use zoning, and 1,000 sqft industrial building.

**SHELTER COVE – \$150,000**

±.5 Commercially zoned acres featuring public water at street, completed perc test, and plenty of sun.

hearin' me. We enjoy incorporating extra play as another way to keep things interesting. Visual aids can be a fantastic boost. Do it together, set some boundaries, and agree on a video. Beware the refractory period. Side note: At this particular adult store in Seattle I experienced my first ever adult theater. By "experienced" I mean I walked into a room set up like a movie theater with several seats, happened upon a gentleman who had paid for admission and then ran out of there like the place was on fire. I was just totally curious about how they set up such a venue. I am no longer curious... The store employee made certain to tell us that couples are admitted into the theater free of charge. That was our line in the sand, though I swear I harbor no judgement if you choose to partake.



A really healthy way to keep your engines running is to fantasize. Think of your spouse when you're apart. Think of all the acts you want to engage in, think of ways you might enjoy being intimate and maybe put together a plan for your sexy date night. I can build myself up into a frenzy (the good kind) so by the time we are finally alone it is GAME ON.

Remember to stretch before these marathons. We learned the hard way how important it is to be limber.

My final tip for the continuing enjoyment of your marital mortar and pestle is actually something every couple should practice when

your clothes are still on. Remember when you first fell in love and you couldn't keep your hands off each other? You sat next to each other at restaurants, rarely got up to pee without a kiss first and touched in passing as often as possible. According to a study done by the Mayo Clinic, that kind of intimate, non-sexual touch stimulates the oxytocin production in your dome and is actually the brain chemical that motivates you to bond with your mate. Everyone craves that sort of touch and in addition to boosting self-esteem and perpetuating your connection, it also fuels sexual desire. So reach out and touch faith! Hugs, kisses, what I like to

call "pets" or soft strokes are scientifically proven to improve overall health.

Cheers to many happy years for us and all of you committed saps. May you never stop laughing or screwing, even when the jokes and sex are lame. ♥



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Cannaeo is a California based skincare company, and now, the first in the industry to offer a hemp-driven anti-aging serum. The business first launched in May 2015 as an e-commerce retail website which sold upwards of 50 different cannabinoid and hemp-based products, describes Irene Hesse, Cannaeo National Account Manager. The company took new direction under current president, Carlo Desierto, who realized that he needed to cut the middleman, and instead, create an exclusive brand. "So, he dissected and did an inventory analysis to make an assessment which product category sold the most, and that's when he realized that he needed to focus on one product." In other words, the company found a strong demand for hemp-based beauty supplies, specifically in the realm of anti-aging. This, says Hesse, led

Desierto and the Cannaeo team to create their very own hemp-based beauty product.

Anti-aging is a commodity and the value of hemp has proven beneficial for various skin care needs. Cannaeo reflects this through their company's motto: Nature, Beauty, Health. "The nature of the hemp seed and the beauty of the seeds' oil help with skin's health," adds Hesse. While the research and development process is kept under wraps, the essential part of their product, she explains, originates from a chemist. "Rockefeller even said in one of his books, 'The secret of my empire's success was the scientist that accidentally extracted kerosene (gasoline) from oil; which became a necessity for combustible engines.' Cannaeo found their ace, and that's how it came to bloom."

# Cannaeo

The First Luxury Hemp-Based  
Anti-Aging Serum

Written by Melissa Hutsell



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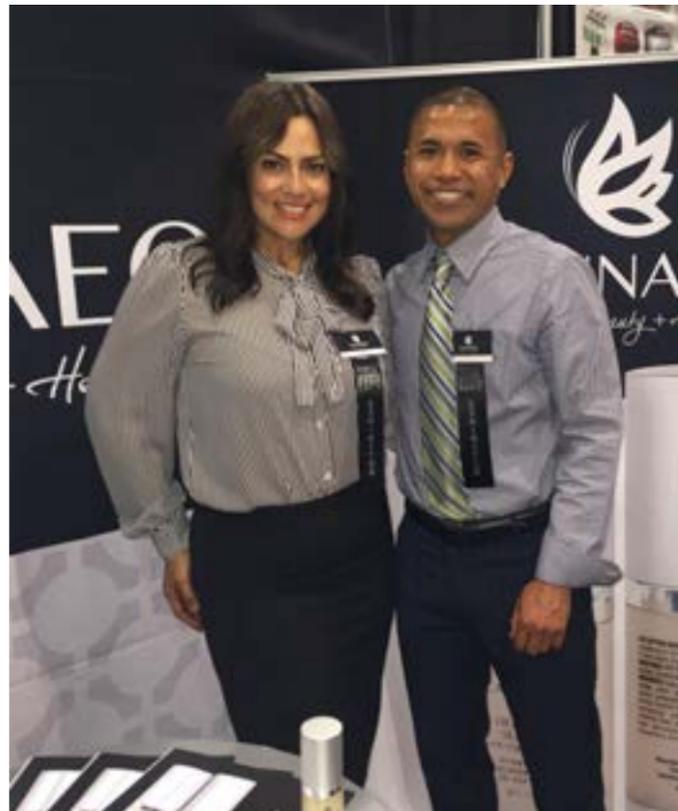
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(above) Irene Hesse and Carlo Desierto

Like most businesses in the cannabis industry, timing is everything. "With the recent hemp law passed in 2012 it was a perfect time to jump on the Green Rush with a product that doesn't contain any THC which causes the psychotropic effects."

Cannaeo is formulated to infuse organic hemp seed oil with vitamin C, Hyaluronic acid and tri-peptides. "The combination of ingredients benefits the skin's barrier in antioxidants, UV protection, moisture, anti-aging [in addition to] revitalizing the skin's surface [and] firmness." The result, adds Hesse, is smoother and plumper looking skin. The product, and specifically hemp seed oil, can help to prevent acne, moisture loss in the skin, and premature aging.

Hemp seed oil alone is known to treat several skin conditions such as acne and psoriasis, as recognized by several medical institutions including the National Center for Biotechnology Information (NCBI) which finds it both strengthens and protects skin. Used regularly, it can slow the effects of aging – and anyone from teens to the elderly can use the serum. "All age types are seeing and hearing the buzz of hemp, so not only are they looking into the Green Rush opportunity, but the health benefits of it as well," she explains. "Using Cannaeo is a good preventive [measure] for the younger generation, and at the same time, the education on hemp is important for all ages to know."

*Cannaeo is formulated to infuse organic hemp seed oil with vitamin C, Hyaluronic acid and tri-peptides.*



The company is on a mission not only to promote healthier skin, but also, awareness. "We all know health and wellness will always be around and [will] continue to improve. [...] And of course, we are always looking for ways to help the industry grow. It's such a young sector that there is plenty of room to expand."

Cannaeo hosts workshops, courses, and brainstorming functions to educate the community about the benefits and opportunities of hemp. These sessions are intended to disseminate information about marketing strategies, laws, and various news on the movement.

The hemp plant was put on this planet for a reason. "Hemp has many renew-

able, sustainable, and versatile resources that can be used from medicine to beauty products," and just about everything in between, adds Hesse, whose ability to work with the company continually inspires the cannapreneur in her. "It is natural and beneficial for all walks of lives."

For more information, visit [Cannaeo.com](http://Cannaeo.com)

Cannaeo is looking for aspiring Cannapreneurs to join their team. "Cannaeo has a proven, profit sharing system where others can earn a part-time or full-time income. Please know that we are not offering multi-level marketing, this is strictly a wholesale distributor opportunity!" To get involved or to learn more, contact: Irene Hesse 714-316-3996 or [Irenehesse77@gmail.com](mailto:Irenehesse77@gmail.com)

**HOW TO APPLY THE SERUM:** The anti-aging serum is fragrance free with a silky oil feel. "The best way to apply the serum would be after cleansing the face. Serum is more concentrated and slips in the skin barrier. It can be applied day and night. But the temperature has an effect on the efficacy of the serum. The user will need to apply a moisturizer over Cannaeo if the surrounding is 80 degrees (Fahrenheit) or higher."

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Written by Kerry Reynolds

While hemp and ganja are grown differently, and used for different purposes, they share the same botanical genus and species, Cannabis sativa. Since they're both scientifically 'cannabis', in this discussion I refer to cannabis grown for medicinal use as ganja. Of course, if real science was used to make public policy, then hemp would never have been outlawed just because its cousin, ganja, has psychoactive properties.

Now that prohibition appears to be sunsetting for both forms of Cannabis sativa, more research is needed to understand how closely these two cousins can co-exist in the real world. Cross-pollination is undesirable for the hemp farmer, and potentially disastrous for the ganja farmer. However this potential for damage is easily mitigated with a bit of distance between the two crops.

Since the superiority of growing sinsemilla (meaning "no seeds" in Spanish) began in the 1970s, it quickly spread as the best way to grow ganja. The key was the discovery that when a female ganja plant receives no pollen from a male plant, it produces potent flowering blossoms with no seeds. This is why ganja farmers who grow from seed carefully inspected their young plants for signs of their sex, and cull the male plants as soon as they reveal themselves. They know that it only takes one male plant in the garden to fling its pollen around and pollinate many to all of the female's stigmas (the reproduction organ where pollination occurs), which then bear flowers bursting full of seeds. So-called 'seedy weed' is far lower in quality. This is due not only to the fact that seeds must be removed before it can be smoked or vaped, but also because the energy of a pollinated plant focuses on seed production instead of the production of trichomes.

Seed breeders carefully isolate pollen and pollinate select female stigmas by hand while ensuring that no pollen escapes to cause random pollinations. The thought of a future where male hemp plants are freely left in the fields alongside the female hemp plants, throwing their pollen to the wind to potentially find female stigmas, can understandably evoke terror in ganja farmers. However the science is limited, so the debate continues to be largely theoretical.

As Jerry Norton of Oregon has learned, the debate can get hot. Norton became the target of suspicion and loathing for many outdoor ganja farmers in Marion County when he obtained a license to grow hemp. Last year, Norton grew both psychoactive ganja and industrial hemp outdoors in a Marion County field as an experiment. He also grew numerous hemp plants in a greenhouse that also contained several ganja plants. Norton claims that, despite their close proximity to male hemp plants, female ganja plants developed a minimal number of seeds. This lack of 'seedy weed' makes him optimistic that hemp and ganja growers will find a way to coexist in Oregon using mapping systems to avoid cross-pollination, similarly to those used by specialty seed producers.

Oregon-based horticulturalist Todd Dalotto of CAN! Research, an education and consulting firm, claims that a three mile distance between ganja and hemp could likely generate one seed per ganja plant at most. This means that the risk of contamination is not entirely avoided, but such a loss is very minimal. Dalotto estimates that a ganja farm that is one-to-two miles away from a twenty acre (about five city blocks) hemp farm should expect to see a few seeds per plant.

One estimate of the safe distance to eliminate any cross-pollination between hemp and ganja plants is a Russian study mentioned by a plant breeding specialist in a white paper called "Hemp and Marijuana: Myths & Realities." David P. West, Ph.D. talks about this Russian study in the context of debunking the myth that hemp should continue to be illegal because it would be used to hide psychoactive ganja plants. However it should be noted that West fails to provide the full title of the Russian study, or cite where it could be found.

David P. West, Ph.D. writes:

*"Hemp fields, in fact, could be a deterrent to marijuana growers. A strong case can be made that the best way to reduce the THC level of marijuana grown outdoors would be to grow industrial hemp*

*near it. An experiment in Russia found that hemp pollen could travel 12 kilometers. This would mean that a hemp field would create a zone with a 12-kilometer radius within which no marijuana grower would want to establish a crop."*

Twelve kilometers is the equivalent of about seven and a half miles. This is not far from the 10 mile distance between ganja and hemp farms that is recommended by industrial hemp agrologist Professor Anndrea Hermann. Hermann has helped craft hemp regulations in Canada, the European Union, South Africa, Uruguay, Australia, New Zealand, and several U.S. States.

When asked about the safe distance between hemp and ganja crops for a story in the Seattle Post-Intelligencer, Hermann wrote:

*"Absent intense research and collection of hard data that will be interesting to conduct as we move forward and funding becomes available, experts agree that a distance of ten (10) miles between hemp and marijuana fields is exceedingly appropriate to avoid cross-pollination."*

So until more scientific study is conducted, a conservative rule of thumb is 10 miles to keep these two valuable cousins from kissing. With good communication and growing practices between farmers, ganja and hemp can co-exist as keys to a resurgence of healthy and sustainable agriculture. 🌱

# Hemp and Ganja - Kissing Cousins?

The Cross-Pollination Debate



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# Dr. OGX

THE DOCTOR IS IN!

Written by Shannon Perkins



Meet the 2016 High Times Winner, Dr. OGX (pronounced Oh-Gee-Kush). This all-natural, cannabis-infused drink claimed First Place - Best Product at the Cannabis Concentrates Cup this January, and Dr. OGX is just getting started.

Steve Suh, President and CEO of Dr. OGX, generously shared some samples and sat down with me to discuss this new cannabis drink. There's an Indica and a Sativa option; and doses are 50mg, 100mg, or 150mg per 2.8 fl. oz can. Consider it a shot of cannabis. I tried the 150mg Indica. The drink tastes a lot like Red Bull. It's carbonated too; so, DO NOT shake it up first, like I did. There's a subtle, yet delightfully dank cannabis aroma. While there is a THC type of aftertaste, it doesn't taste like you're just chewing on the plant, like with some edibles.

#### What sets this drink apart from the cornucopia of available cannabis products?

It's water-soluble; the body absorbs everything in roughly five-to-ten minutes. More than 16 cannabinoids are present in Dr. OGX, including THC, CBD, CBN, and CBG, with only 36 calories and 6.5 grams of sugar. Low-calorie and low-sugar junkies will love this drink. The sugar is the real deal too, no aspartame or other artificial sweeteners are present. Delivering 180 percent recommended daily value, the Vitamin B content in Dr. OGX brings even more health benefits. It has some caffeine, but the Indica qualities shine through with a body relaxation effect. I would not consider this an "energy drink"

because the physical body high was pretty strong for me and some other folks that sampled it. Dr. OGX - Indica (150mg) was a very effective sleep-aid for me. I felt a non-psychoactive, physical relaxation within minutes of downing the can. The body high was better than I expected. I still had energy for my usual evening routine - walking the dog, making dinner, etc. - because the caffeine, CBD, and other cannabinoids balance the sleepy Indica feel. Three other people trying the drink confirmed similar experiences.



Unlike most cannabis products using cheap, plastic packaging, Dr. OGX is contained in a small aluminum can. The aluminum protects the THC and other cannabinoids from degrading in direct sunlight.

Golden State Collective (GSC) Cannabis Laboratories describes the difference in medicinal benefits between Indica and Sativa strains in a Dec. 6, 2011 blog entry titled, "Cannabis Sativa and Indica Compared." The authors wrote, "Sativa strains produce more of a euphoric high, lifting the consumer's mood and therapeutically relieving stress. Indica strains relax muscles and work as general analgesics, also helping with sleep. A cancer patient hoping to relieve the pain from chemotherapy would benefit greatly from the effects of an Indica plant bud, whereas an individual dealing with depression would better benefit from a Sativa plant bud." Dr. OGX lives up to this Indica description.

#### You Know What They Say...Families that Develop Medicine Together...

##### Stay Together.

About a year and a half ago, Steve and his family started developing this effective, healthy treatment for cancer and chronic pain. They were hungry for an alternative to the toxic, painful pharmaceutical regimens and drugs offered by traditional medicine. Casey Suh, Steve's wife, was at war with brain cancer. Steve and his son, Q Mushi Suh, hit the lab. Q Mushi

used his Bachelor of Science degree in Physiological Neuroscience from University of California San Diego. After more than a decade of running successful businesses, Steve had retired from producing vitamin and energy drinks, including the GenX energy drink. To save Casey, they joined their strengths in neuroscience and nutrient-rich energy drinks to develop a drink that's easier to absorb and has more cannabinoids available, thanks to their solvent-free extraction method.

When Casey was diagnosed with brain cancer three years ago, the whole family got involved with her recovery. At one point she was taking eight different medications and it was not working. Casey was still having seizures from the stage four cancer. She grew depressed. Q Mushi recalls looking for his mother in the crowd at a graduation ceremony, wondering if her meds would keep her well enough to sit through the festivities. He decided then to dedicate his life to finding a way to help his mom. The family was desperate for an efficient, healthy treatment plan. A friend suggested CBD oil, specifically Rick Simpson Oil (RSO). Steve said they were willing to try anything. A ray of hope broke through when Casey spent a week completely seizure free. The CBD concentrated oil showed significant positive effects for Casey for about eight months. Then, she had another seizure. Black, tar-like RSO came out via stomach pump and vomiting. Her body was weakened from

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the chemotherapy and unable to break-down the amount of oil concentrated in her RSO treatment.

#### What next?

Cannabinoids seemed to stop the seizures, at least for some time. The challenge became finding a way to get the most cannabinoids into Casey without oil as the carrier. Steve and Q Mushi developed a 100 percent water-soluble drink. They combined old school medicine with a modern approach by using a high power gravity chamber, instead of solvents, to extract the medicine. "By changing the atmospheric pressure, and charging the positive ions, this will allow the important cannabinoids to be transferred from plant to air. From the gas state we change to liquid state through pressure and temperature change," Steve explained. Casey was in mid-seizure at one point, drank Dr. OGX, and the seizure stopped immediately. Steve knows there are others successfully using Dr. OGX for seizures. Since our bodies are mostly made of water, not oil, the THC, CBD, and other cannabinoids are completely absorbed within five or ten minutes. Organic, high-resin cannabis plants are used for whole-plant extraction, yielding more cannabinoids than is possible from hemp or synthetic options. Casey was taking a 150mg shot before every chemo session. Her seizures were gone, replaced by signs of life: an appetite, sleep

schedule, happier attitude, and interest in social and physical activities.

#### The plant wins!

##### More cannabinoids, more power.

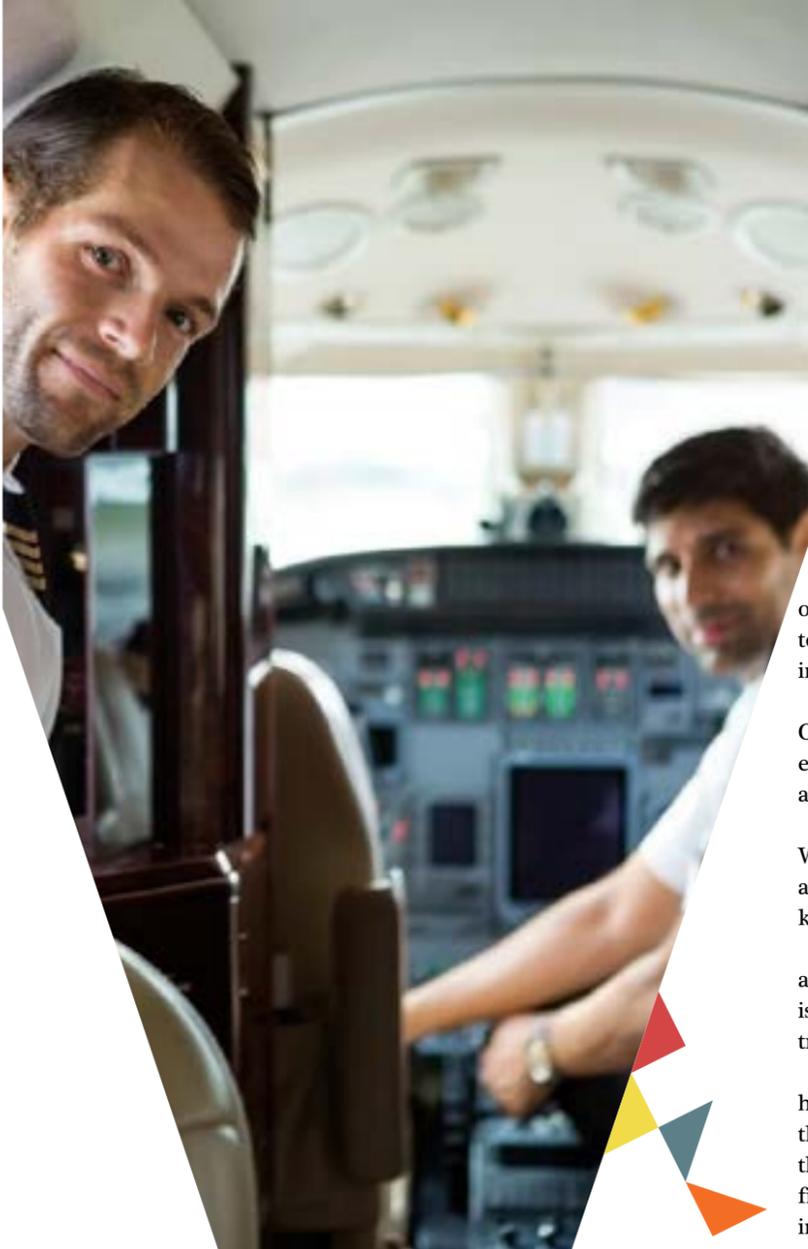
In February 2015, a study published by "Pharmacology & Pharmacy" titled Overcoming the Bell-Shaped Dose Response of Cannabidiol by Using Cannabis Extract Enriched in Cannabidiol, concluded that "using pure, single-molecule CBD resulted in a bell-shaped dose-response curve; so, when the amount of CBD reached a certain point, its therapeutic impact declined dramatically." This makes single-molecule CBD less desirable to use in clinical trials compared to whole-plant extracts with more and organic molecules. Their studies also suggest "other components in the extract synergize with CBD to achieve the desired antiinflammatory action that may contribute to overcoming the bell-shaped dose response of purified CBD." By using whole-plant extraction, Dr. OGX can acquire more cannabinoids in a safe, healthy way. Source awareness is important, know where your meds come from. Is it hemp grown in the pristine conditions of Scandinavia? Is it hemp grown with pesticides, herbicides, and other poisons? Is the CBD from synthetic molecules? Was the extraction method clean or did it use solvents like Butane? Of course, Dr. OGX only uses high-resin, all-organic cannabis plants, and never any synthetics or solvents.

Steve has testimonial after testimonial of his friends, family, and acquaintances trying the drink and revolutionizing their pain management and overall health. His son survived a car wreck around the same time Steve and Q Mushi started developing the drink. To avoid using pain killers, Steve's son used the drink to relieve his body from pain. It worked. His pain was erased. He bypassed potential addiction to a narcotic painkiller, and he got some bonus Vitamin Bs.

#### Giving back.

At the High Times cup, the Dr. OGX team bonded with their booth neighbors, Grow for Vets. Steve came to America in 1975 with \$3 in his pocket. "If it weren't for the American troops in Korea, I would never have received the opportunity to go to the United States," he says with goosebumps covering his arms in the summer heat. Now, Steve wants to give back to the community. Dr. OGX is developing purely to help people feel better; to alleviate pain, help with sleep, and improve the mood. Grow for Vets' mission is "providing Vets with a safe alternative to deadly prescription medication." They won't stop until every soldier has access if they want it, and can get their cannabis medicine for free. When Steve learned this, he immediately wanted to help. He gave donations for Dr. OGX directly to the program. These organizations are in talks about joint efforts and how to help one another. 🍀

For more info on Grow for Vets, visit [GrowForVets.org](http://GrowForVets.org)



# Air Hemp

Hempearth Group Ltd Is Taking Hemp To The Skies

As seen on USA Today, The National Hemp Association, and many other notable organizations, Hempearth Group LTD is on a mission to build the world's first hemp plane. This, what some would call an insane vision, is the dream of a man by the name of Derek Kesek.

This hemp-sational concept is ever closer to becoming a reality. On December 17th, 2016 Hempearth Group Ltd will relaunch the epic Hemp Plane Project! I work with Mr. Kesek on projects and am a contributor to Hempearth Group Ltd.

Derek was happy to share some insight into this green movement. When I asked him what he'd say to the *Emerald Magazine's* readers about hemp he had this to say: "Hemp is changing all industry as we know it right now and will continue to do so for centuries to come!"

The hemp plane is a way to help bring awareness to the countless applications and durability of this incredible plant. Industrial hemp is not only eco-friendly -- it's often times lighter and stronger than traditional building materials such as concrete, fiberglass, and cloth.

Hemp gets its strength from bast fibers. Bast is the part of the hemp plant that surrounds the stalk. If you ask Derek Kesek about the strength of hemp he will tell you that, "Our experts have tested the strength and durability of woven hemp material compared to fiberglass, the traditional material for aircrafts, and determined that in most cases hemp is as strong, or stronger, than fiberglass."

Written by James Priest

#### Recap - What is Dr. OGX:

- 100 percent Water soluble: Body absorbs everything within five - ten minutes.
- BONUS Vitamin B: 180 percent of daily value
- Pride in Packaging: The aluminum container blocks sun rays, which degrade THC compounds
- Whole-plant extraction from high-resin cannabis plants.
- 16 cannabinoids, including THC, CBD, CBN, and CBG
- Only 36 calories, 6.5 grams of sugar, and 0 grams of fat.
- Made with real sugar
- Indica (reduces chronic pain; helps with sleep; relaxes muscles) and Sativa (relieves stress; lifts mood; stimulates mental activity) options: 50mg, 100mg, 150 mg doses/can



#### How to get it:

Currently, DR. OGX is made in small batches for Casey's treatment and is funded by Steve himself. Legal and financial restrictions prevent Dr. OGX from hitting the medicinal market in a big way *just yet*. But, this is literally a budding business. Watch it grow. They already have two other forms of this clean cannabis extract in development.

FOR MORE INFORMATION, CONTACT:  
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The hemp plane is modeled after a Velocity V-Twin made by a small airplane manufacturing company found in Florida. This helps reduce costs significantly by cutting out the prototype phase, therefore making this project even closer to becoming a reality. When asked to describe the Hemp Plane, Mr. Kesek put it altogether in a nutshell.

“The world’s first ever hemp plane is an elegant and sleek four-seater design, dual engine aircraft that will have a cruising speed ranging at a little over 210 miles per hour. The historical Hemp Plane will have a wingspan of 36 feet. Many of the interior parts such as the seats, pillows, and outer shell will also be made of hemp.”

The plane will be constructed from more than 75 percent hemp and it will also be fueled by hemp bio-fuel. This legendary plane has already landed permission for the inaugural flight to launch out of none other than Kitty Hawk, North Carolina at the site of the Wright Brothers Memorial.

It won’t be a major media event at the launch site because it is a memorial, but, GoPro cams will be strapped onto the wings and cockpit so you can ride along on the historical flight of the first ever hemp plane!



Virtually all products we use today could be made from hemp instead of manmade synthetic products and non-renewable resources. With over 25,000 applications, hemp is making waves throughout health and manufacturing industries amongst many others.

Hemp can save the planet and Hempearth Group Ltd is setting out to make this happen.

There’s also a Hempearth Group mobile game in the works that will be released in the coming months. Keep your eyes on the news to find out what Canadian-born Derek Kesek is up to and watch for the launch of the Kickstarter on December 17th, 2016!

Hemp truly is an incredible plant that has wrongly been kept from humankind. It’s time to go green and learn about all that hemp can do to help us now and in the future. Pay attention to the skies when something flies by, you never know, it could just be the Hempearth Group

Ltd. hemp plane.

In the meantime, Derek Kesek has something he’d like you to ask yourself the next time you look at something -- “Can we get this in hemp?”

For more information, visit [HempEarth.net](http://HempEarth.net)



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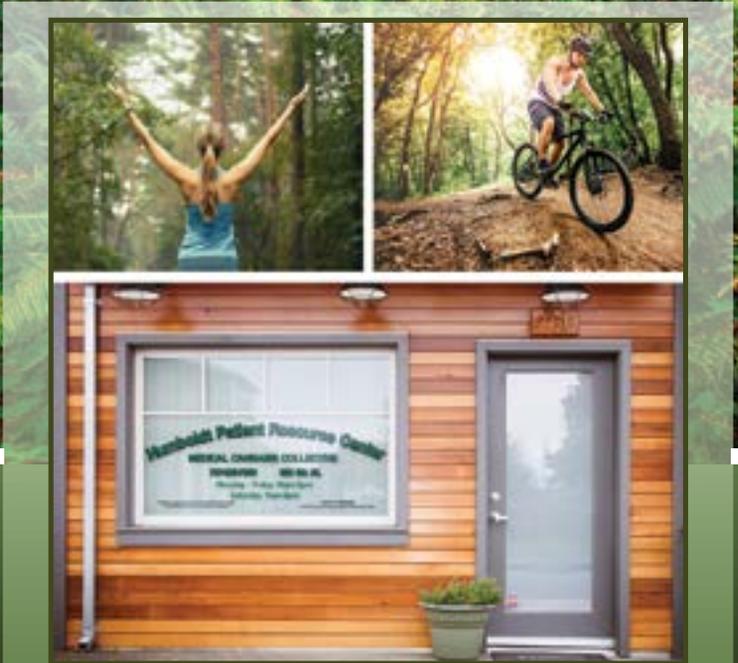
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