

Emerald

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LIFESTYLE

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50+

Infused Body Products

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Sam Greenspan, host of the "Are You Lit" podcast, Reviews the Holy Grail of Beard Management





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 CHRISTINA DEGIOVANNI
2017 Humboldt County Cup
Redway, California

Dear Reader,

Thank you for your continued support, and for picking up the February edition of the *Emerald Magazine*.

This month, we explore the world of cannabis infused beauty products for both men and women.

As the industry grows, so does the link between health, beauty and cannabis. For this reason, the multi-million dollar canna-beauty industry continues to expand. This February, we introduce you to the myriad of new and exciting cosmetic and medicinal products on the canna-market, and how the plant can help promote beauty through health.

There are many ways to incorporate cannabis into your routines, whether it's through exercise like Ganja Yoga (pg. 19), skincare, or hair care for both men and women (Do Your Beard a Favor, Pg. 51).

Treat yourself or your sweetie this Valentine's Day with a delightfully infused product, such as a cannabis Tom Collins (pg. 62), soothing bath salts (pg. 12), or even a cleverly crafted chocolate bong (pg. 55). We've also covered ground for the soon-to-be betrothed couples out there in our Cannabis Wedding Expo article (pg. 8).

Join us again next month for March's *Pet* edition, as we cover a variety of companies aimed at healing your four legged friends.

Cheers,
Christina DeGiovanni
Publisher

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Pungent Nuptials

SHARON LETTS

Cannabis savvy brides and grooms-to-be who are wishing to forgo alcohol for the herb can find inspiration at the Cannabis Wedding Expo coming to Portland's Leftbank Annex on March 26, 2017.

Originally launched in January of 2016 in Denver, Colorado, the highly successful and well attended event proved that if you build it, they will come. Couples are eager to incorporate the herb into their weddings, and so are vendors who are hoping to cross over into the cannabis market.

"What the success of the first event showed us is, if the herb is already in these couples lives on a regular basis, then they also want it at their wedding," said Bec Koop, the event's founder and co-organizer. "In fact, what we've discovered is they want it in every ceremonial and sentimental moment leading up to and after the big day."

Koop is founder of Denver's Buds and Blossoms and Cannabis Concierge Events. She created the first Cannabis Wedding Expo with Phil Wolf, the world's first cannabis Sommelier, and founder of high end cannabis events, Cultivating Spirits of Aspen, Colorado. This year they have invited organizer Madlyne Kelly to the tour.

Koop has been working in the wedding industry since 2011, and by 2013 she had the idea of adding cannabis to her floral designs, creating Buds and Blossoms. Soon she was including long stemmed buds into bouquets and creating "Budonniers" for men's lapels. "From your bouquet to your bowl!" has become their tagline offering up custom "his and hers" glass pieces and more for the occasion.

Initially, some businesses had no interest in a cannabis themed event – though many thought the idea was interesting, some were simply afraid to have their business names attached due to the stigma.

Nevertheless, the mavericks forged ahead, and now the expo is in demand with four more planned for 2017: Denver on February 19, Portland on March 26, San Francisco on April 30, and in L.A. on May 7.

Between 70 and 90 vendors have signed up for the Portland event, with 70 percent crossing over from the traditional wedding industry and 30 percent coming from the cannabis sector.

Couples looking to add the herb to their big day can find inspiration from curbside to the reception hall. Vendors offer up 420 friendly party limos, hemp wedding dresses and invitations. There are also a variety of dosing stations



which include custom ice bongs, his and hers dab rigs, and tips on micro-infusing everything from the cocktails to the cake.

"People are becoming loud and proud of their love for the bud by incorporating it into their wedding day," Koop shared. "And if the reception halls are copacetic to the herb, the number of party bus rentals have increased dramatically, serving as private smoking lounges for guests."

For 420 friendly locations, clients can forgo the bus and hire Budtender Andrew Mieure of Top Shelf Budtending, who has been in demand since setting up his kiosk at the first expo in Denver a year ago. Mieure provides flower to smoke, oil to vape, and edible treats from the bachelorette party to the reception.

"Since the first expo in Denver, I've noticed an overwhelmingly positive shift in the acceptance and inclusion of cannabis at weddings," Mieure explained. "Before the expo my clients could only imagine cannabis at their weddings – the expo allowed them to see how it can be integrated in real time, in a tasteful way."

On a personal note, Mieure said the expos have been game-changing for his own business, as they have gotten the attention of mainstream media helping to educate the masses on what could be possible.

"With the stigma of cannabis use breaking down and the walls of prohibition crumbling, more and more couples have started choosing cannabis as a viable option for their weddings," he added. "Putting a classy twist on the traditionally conservative wedding traditions, the future is extremely promising."

According to Bloomberg Business, the wedding mill is a \$51 billion dollar industry, employing more than 800,000 people in the U.S. yearly. With the growing popularity and freedom given to cannabis users, it's easy to predict the plant will seep into even more mainstream markets, with great success – and continued healing.

"We are so excited with the progression and acceptance of the cannabis industry in these new states – it just seemed like the perfect time to bring the Cannabis Wedding Expos into these new budding economies," Koop explained. "The expansion of the wedding expo tour into Oregon and California is a large step in faith that this amazing industry will continue to bring together people from all walks of life." 🍀

To learn more, visit CannabisWeddingExpo.com

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10. **ROI:** Cannabis 2017 is designed to address the biggest challenges and opportunities you face, and help you anticipate coming market shifts and trends so you can make important decisions to ensure your business remains successful over the long term.

Cannabinoid-Based Skin Care

MELISSA HUTSELL



(above) Humboldt Marijuana Company's "Wipe Out Salve"
Photograph by Jessica Barfield

Cannabis infused products and research are at the forefront of the industry. Due to the plant's plentiful health benefits, products containing hemp, CBD, and THC are becoming increasingly popular across all markets, particularly in the skin care industry.

Cosmetic companies have embraced the many natural benefits of hemp, CBD and THC. Studies have shown these compounds to be effective in treating conditions such as acne, burns, eczema and arthritis, to name only a few. Both consumers and investors are becoming more interested in niche markets, such as medicinal skin care products.

Among the growing niche markets are topicals: oils, creams, lotions, patches, etc. and products intended to relieve pain and treat a variety of ailments, including skin cancer. Skin cancer is the most common cancer in the U.S., with more than 5.4 million people diagnosed each year, as reported by the American Cancer Society.

Many patients are turning to cannabis-based topicals to treat symptoms of skin cancer.

Rick Simpson oils (RSOs) are among the most popular. In 2003, Rick Simpson cured his own metastatic skin cancer through the use of hemp oil, as stated on the company's official website. Since, he has developed an inventory of high-grade oils made from hash and cannabis, which contain a list of concentrated cannabinoids, including CBD and THC.

In addition to patient testimonials, research has shown cannabis to be quite effective in treating skin cancer. Studies, including one conducted by the Tokyo Metropolitan Institute of Public Health,

have found cannabinoids to reduce up to 90 percent of skin cancer within just a 20-week period.

Researchers have also found cannabis to be effective in halting the growth of new tumors.

According to a peer reviewed studies published in the British Journal of Pharmacology, certain phytocannabinoids (including THC and CBD) show significant potential in treating – and perhaps even curing -- many skin conditions. These chemical compounds are suggested to aid in turning off the DNA activity that results in skin cancer and other skin diseases.

Though more research is needed, there are many companies who are committed to the healing powers of cannabis. Aside from oils, those with skin cancer are also opting for transdermal patches, such as those offered by Colorado-based business, Mary's Medicinals, which also makes gels, mixes and capsules. These patches are shown to be efficient at delivering a steady source of cannabinoids that are needed to fight cancer.

Patches also help to treat inflammation and PTSD. Mary Medicinal's award winning 2x2 patches contain THC, CBD and CBN, and are designed to be discreet and absorbed through the skin, which delivers medicine directly into the bloodstream.

Infused topical treatments are shown to be effective in diminishing and even eliminating early to late stage growth tumors, especially in conjunction with RSOs or FECOs (full extract cannabis oil), said Eric Minor, owner of HBK Topicals. The company provides a variety of cannabis infused skincare products used to treat skin conditions.

"When it comes to outright metastasized late stage growths, it takes a raw cannabis oil, such as RSO or FECO, applied directly to the growths and taken orally," he explained, though it varies from patient to patient. "We have noticed better success using a 1:1 THC/CBD ratio to fight various conditions."

"Most topicals come in lower dosages than what's needed to combat 'late' stage metastasized growths." However, he adds that "topicals are very effective in the destruction of cancer cells by adding in a multitude of essential oils, fats and compounds that already show major benefits in combating cancer." Though more documentation is needed, HBK Topical's customers have reported success in treating symptoms.

"We fully believe in the ying and yang effect of the two cannabinoids versus many of the other products available to the community that use either just THC or CBD," said Minor. In other words, cannabis-based treatments are most effective when utilizing a spectrum of cannabinoids together.

There are many products on the market that show promise in utilizing cannabis as an effective form of medicine. Though we've only just begun to scratch the surface, research and patient testimonials have shown the plant to have significant potential in treating, and even curing, skin cancer.

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↶ Humble Flower Co. Relaxing Bath Soak
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Wayne isn't your typical cannabis patient, as she doesn't smoke or ingest. Her own pain issues are mostly in her lower back, which she uses topicals to treat. Wayne said her own self-care was definitely a major factor in choosing what products to develop.

"When assessing what products I thought were missing from the market, I turned towards the natural skin care market – which is expanding just as quickly as the cannabis industry," she said. "There was a big gap in the market for cannabis-scent-free products. The type of cannabis material I infuse into my own products, mixed with essential oils, leaves little to no residual cannabis scent, setting my line apart from many other topical brands."

The proof is in the mix, as they say, and Humble Flower Co. customers are pleased with the outcome.

"Not only do these products smell incredible, they're also very effective!" Humboldt resident Alexandra Grayling shared. "The salve in particular helps to soothe body aches I can't massage or stretch out, and the jasmine lotion does wonders to relax me from head to toe. You can really tell how much love and care goes into these products and it feels great to be using something so wholesomely produced."

Humble Flower Co. products can currently be found in dispensaries in Humboldt County, but will soon have a wider distribution throughout the state. 🌿

For more information visit, HumboldtFlowerCo.com or visit their Facebook and Instagram page @humbleflowerco

"Humboldt County is a great place to have a cannabis business," she said. "Farmers and legal representatives in this community are very proactive when it comes to protecting small cannabis farmers and manufacturers – helping ease the transition into legalization."

Like many who come to Humboldt County, California, Humble Flower Co. owner Thea Wayne came for school. Drawn to the redwoods and the beautiful coastline, she was just 17 when she arrived from her hometown of Homer, Alaska seven years ago.

Initially, a degree in International Studies and the promise of travel as a student with Humboldt State University inspired the move. Her degree allowed her to study abroad in Chile after graduating, then in Nepal, where she created an online marketplace to raise funds for a group of women she worked with.

"I lived in a small village outside of Kathmandu and worked closely with a women's agricultural cooperative," she shared. "They compile their savings together so that women can take out loans from the collective savings to expand their farms – or start a small business."

"They are now in the process of raising money for a cooperative facility," she happily reported. "I wanted to go outside my comfort zone and explore the idea of working in the nonprofit world."

Although Wayne said she loves to travel and help others, her true passion is entrepreneurship, and soon the North Coast and its emerging legal cannabis industry was calling her home to Humboldt.

The apple didn't fall too far from the tree, as Wayne's mother is an herbalist, and she was already familiar with the healing power of plants.

"I believe we are moving into a space where alternative and eastern methods of healing are more common and acceptable," she continued. "I see it as very important for my cannabis business to focus on natural, organic, and wholesome products and ethos."

Utilizing the natural healing properties of cannabis and other beneficial essential oils, Wayne's line of vegan and organic-based products ensure that her customers are receiving the most effective and safe remedies for real healing.

Wayne now has her own line of topical products with simple, but impressive packaging that include lotions, oils, bath salts, and massage oil.



↑ Humble Flower Co. Pain Relief Salve
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The Cannabis Spa

Take Your Home Spa to New Heights

ALLISON EDRINGTON

It is no easy feat to craft a DIY spa book that can introduce newcomers to cannabis-infused goodies while also giving new ideas to experienced topical-makers. "The Cannabis Spa at Home" strikes that balance. Author Sandra Hinchliffe experimented in her own kitchen for years to create healing lotions, bath salts, facial masks and other topicals after she learned that traditional pharmaceuticals couldn't help her manage her chronic pain. The result of this labor, and her desire to share what she's learned, is a book with a variety of spa recipes detailed step-by-step, ranging from easy to exotic.

Sandra Hinchliffe's friendly, warm tone makes the book an engaging read. After having tried several of the recipes, they do come together as beautifully as the pictures show, and are a true indulgence.

To learn more about "The Cannabis Spa at Home" visit Sandra Hinchliffe's website, Hempista.com. She's scheduled to release another book, "High Tea: Gracious Cannabis Tea Recipes for Every Occasion," later this year.

Want immediate gratification? The Quick Start Guide in chapter one is just for you! Using common kitchen ingredients, spices and cannabis, you can make your own salve, ointment, massage oil, wrap, poultice, or bath soak to turn your bathroom into a cannabis spa overnight. While these are not technically difficult, be sure to read the whole recipe first and then each step carefully so you have a better understanding of what to expect.

Don't skip the introduction to this book, regardless of your skill level. It's only about six pages and lays out the definition of all the terms used in the book. This is important even for expert topical makers -- there is no widely accepted industry definition for terms like "keif," so it's good to know what her recipes use.

Later chapters explore making cannabis-infused lotions, creams, scrubs, tea and smoothies, all geared toward health, well being, and pain management. In consideration of folks with sensitivities and allergies, this book uses ingredients that are free from many major allergens including eggs, gluten, peanuts, soy, seafood, and dairy.



The Cannabis Spa at Home Book

SACRED HERB MEDICINALS

Oregon's Finest

ART COSGROV | MARA BURRELL



The personal lubricant is one of the Green Line products, and is the only one with decarboxylated THC in it. McClaskey recommends that women apply it 20-30 minutes before sex for best results.

Erin McClaskey and Aaron Hohman who run Sacred Herb Medicinals in Bend, Oregon are partners in business and marriage. They're one of the few cannabis companies in Deschutes County, where the Oregon cannabis trend has been much slower to take off than in the more populated centers of Portland, Eugene and Medford. It wasn't until this past November that many of the counties east of the Willamette Valley had access to their own dispensaries and companies like Sacred Herb, which produce a variety of products.

"We've been doing Sacred Herb for almost three years out of Bend, Oregon. It's all hand made, hand poured; we use as many organic ingredients as possible, my husband grows our flowers, so we know it's organic," says McClaskey.

McClaskey got her degree in biology from the University of Oregon, and Hohman was a contractor who was already growing McClaskey's medicinal cannabis for her on the side. This is one of the interesting aspects of the Sacred Herb Medicinals structure. Most companies like this outsource cultivation, as doing both is quite a handful. McClaskey and Hohman have a nice division of labor that makes the business run smoothly, and gives them total control of their product. "We started making this product for [an] elderly woman [...]" McClaskey adds, "She had arthritis pain in her hands, and we came out with the Pain Stick, and she was able to knit again with pain pills."

Sacred Herb's line of products grew from there. The Pain Stick, which sounds like a weapon but is actually quite the opposite, was the flagship product. McClaskey and Co. then put the same basic formula into a lotion, oil stick and bath salts.

The Pain Stick is useful for athletes, musicians, and anyone looking for localized topical medicinal support, particularly on-the-go. It resembles a deodorant stick, and is discreet and useful. The Roll-On Oil is their most potent product, with the longest lasting pain relief and fragrance. It was also developed as an easier-to-apply alternative to the Pain Stick for elderly users.

McClaskey views her products as mainly medicinal, but she welcomes the cannabeauty boom and movement toward cannabis cosmetics. Sacred Herb is riding the wave, with massage oil and personal lubricant in their lineup. They previously had a lip balm, which they're working on bringing back into the fold. McClaskey is also working on a medicated shampoo infused with cannabis that she's confident will deal with a host of issues, including psoriasis.

The products that contain THC, or the Green Line, are only currently available in Oregon, as McClaskey still hasn't made the leap to California and Colorado (but those states are included in the expansion plans). The Blue Line products, which contain CBD only, are available for order from the Sacred Herb Medicinals' website and ship to all 50 states.

The personal lubricant is one of the Green Line products and is the only one with decarboxylated THC in it. McClaskey recommends that women apply it 20-30 minutes before sex for the best results. It also advertises a strong effect on menstrual cramps and the pain associated with endometriosis.

One of the popular offerings that is available in both the Blue Line and Green Line versions is the company's Soaking Salt. McClaskey used the same 15 herb blend that characterizes the Pain Stick, but added it to Epsom and Dead Sea salts for this soothing bathing product.

"It's pretty much a family-run business," says McClaskey of her team, "almost everyone who works here is family." She does have a few delivery people on staff that aren't related, but otherwise it's McClaskey herself, or a relative, delivering their product to dispensaries and directly to patients across Oregon. This is a unique part of Sacred Herb's approach, as they eschew a distribution partner and prefer to have a more direct relationship with their customers.

"We use all flower. I should mention that," says McClaskey, firmly. "We use no extracts, no BHO, no CO2. We're all flower, and organic ingredients, [just] 15 organic herbs and essential oils." Though she won't elaborate on the details of her potions beyond that.

Sacred Herb has become one of the most popular Oregon cannabeauty brands on the market, with positive reviews in the *Willamette Week*, one of Portland's biggest well-known alt-weeklies, and in many other influential cannabis blogs and review sites. With fresh license to distribute in recreational dispensaries, and an expanding clientele, you can probably expect to see McClaskey and Hohman's products in California and across the nation soon.

For more information, visit SacredHerbMedicinals.com or BudsudSoap.com.

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Ganja Yoga

Enhancing Highs with Exercise

MELISSA HUTSELL

SAN FRANCISCO

There are many ways to incorporate cannabis into health and wellness; ganja yoga may be one of the most synergetic trends to hit the industry so far. Practicing ganja yoga not only affects spirituality, but the physical body too.

Today, more and more people are choosing to include cannabis into their workout routines; reported benefits include increased focus and pain management, resulting in longer periods of exercise. For these reasons, athletes have become candid about their use of cannabis while training. Cannabis friendly gyms and yoga sessions are becoming increasingly popular throughout the world. Ganja yoga meetups have popped up in cities like London, Toronto and San Francisco.

(right) Photograph by Gracie Malley



Each of her ganja yoga classes come with complimentary cannabis, which is made possible through sponsors such as Moon Man's Mistress who provide edibles, Flow Kana which provide indoor-grown flowers, and vape pens from Bloom Farms.

Deepened relaxation is a primary benefit of ganja yoga, though there are many reasons to combine the two, said Dussault.

Practicing yoga regularly can help to combat stress. This is particularly significant because stress-related health issues are responsible for 80 percent of doctor visits, according to a Harvard health study.

The meditation and mindfulness which yoga promotes is particularly beneficial. Meditation is shown to significantly reduce stress, and therefore lead to better sleep, and cardiovascular health, among many other benefits. Cannabis is said to intensify its effects.

Separately, both yoga and cannabis are shown to aid in pain management and the reduction of inflammation. Combining the two enhances the effects of each. In addition, "Cannabis is shown to enhance creativity and non-linear thinking. [It helps students] explore what their body can do – allowing for creative and expressive movement," said Dussault.

For more information about Ganja Yoga, visit TheGanjaYoga.com or Dee Dussault's website at DeeDussault.com

Dee Dussault, certified yoga instructor and author of the new book, "Ganja Yoga," said that it is a natural marriage to combine the powers of yoga and cannabis. While she may not be the first to discover it, she is the first to offer ganja yoga classes in the San Francisco Bay Area.

Dussault began infusing cannabis into her yoga classes in 2009 in Toronto, where she taught for four years before moving to California in 2012. Since the passage of Proposition 64 in November 2016, she has seen a significant increase in class sizes.

Twice per week, she conducts two-hour long ganja yoga sessions for different levels, all of which include 30 minutes of getting high and getting to know classmates, followed by 90 minutes of yoga. "When I ask people what brought them here, most people [say they] get high and do yoga anyway," she said, "but now we have a place where we can do it all together and we don't have to hide it."

Dussault allows cannabis consumption during her classes, and permits students to smoke or ingest before or throughout each session. For those who find cannabis soothing, she explained, it can help to deepen the relaxing experience that yoga already promotes.

DID YOU KNOW?



AN IMMUNE BOOSTER

Doing yoga daily is said to help ease stress, depression, hypertension, stomach discomfort, back pain, and the symptoms of asthma. It also aids weight loss and flexibility.

Yoga can boost your immune system on a genetic level, according to a Norwegian study.



GOOD FOR THE MIND AND BODY

Research shows that doing Yoga regularly increases mindfulness and can therefore help reduce overeating.

Yoga is shown to improve sleep.



A POPULAR FORM OF THERAPY

According to the Harvard study, titled, "Now and Zen: How Mindfulness Can Change Your Brain and Improve Your Health," Yoga and meditation programs are becoming more appealing. "Nearly one in 10 Americans practices yoga, and 45 percent of adults who don't practice yoga say they are interested in trying it. Americans are also using other forms of complementary health therapies, such as meditation (8%) and deep breathing (11%)."

Beauty

Living As Pain Free As Possible

MOLLY CATE



Skin is incredibly important to take care of. It's the first line of the body's defenses, and the largest organ of the body. Many of us know quite a bit about eating right: fiber, organics, antioxidants, and lots of veggies. However, it seems that fewer people consider the effects of chemicals found in various skin care products. If you wouldn't want it in your food, why would you want it on your skin?

Fortunately, finding products to enhance your health and contentment is increasingly easy, even for those of us who prefer to use cannabis in our health regimens.

Let's start with a New England company called Budsuds. They make large, hand-sized bricks of soap in four varieties: Lemon Kush, Eucalyptus, Lavender and Thin Mint. As the product description makes clear, even the cocoa is healthy, "chocolate is great for the skin and is an antioxidant."

The scents are more subtle than overpowering, diffusing a delicate fragrance into the air. All ingredients are chosen for their health benefits including shea butter, coconut, hemp, grapeseed and olive oils, honey, herbs, essential oils and minerals. Each bar contains 25 mg of CBD. Best of all, in my opinion, the soaps feel luxurious, lathering lavishly, rinsing thoroughly, and leaving only a clean, soft feel to the skin. Lovely!

I've yet to try Budsuds' Chakra Bath Bombs, but I am sure it would make great gift for any Valentine (hint, hint). Each of the seven bath bombs is named for a celestial body -- Saturn, Mars, Sun, Earth, Neptune, Uranus, and Jupiter -- and each has its own herbal profile and that comes with a different semi-precious stone embedded in the top. They look really classy and contain the same healthy skin ingredients as the soaps. Pure luxury. Pure health.

Another element of beauty is living as pain-free as possible. This quest I know all too well. Pain is exhausting and definitely takes a toll on the skin. I deal with a form of multiple sclerosis that is mild in most respects. After 25 years with it, I still walk on my own two legs, for which I am very grateful. But, I deal with a lot of muscle spasm pain, some fleeting, some lasting weeks. Toughest to get through are the spasms that hit muscles while I'm using them. That leads to muscle damage, a sprain, and can take a week or more to heal. One particularly memorable example was the morning I woke up with a sprained right shoulder. Must have used muscles in spasm to move in my sleep. All I know is I wore a sling for three days!



Beauty is an inner state that glows through the skin. At any age, people can express their inner contentment as outer beauty. That inner serenity is enhanced by good health and comfort in your skin.



I was delighted to find out about Golden Goddess Tingle Cannabis-Infused Balm. Each two-ounce jar contains 150 mg of THC from either an indica or hybrid strain. While I still appreciate products like Tiger Balm when I've already damaged some muscles and want to quiet the pain, I've found that Tingle Balm works directly on the muscles to lessen a spasm as it's happening. This is a more effective approach to pain management, helping to lessen or avoid it altogether! If I catch it in time, no limping around for days. What an improvement!

Like Budsuds, Golden Goddess uses only high quality oils, herbs, and essential oils, all with health benefits of their own. This Oakland, California based collective produces organic tinctures, edibles and topicals. Their website invites you to "indulge in the healing properties of the cannabis plant."

One special aspect of all their products is that they utilize specific strains rather than blends so customers can learn which ones work best for them. "Our products come with a strain specific label and are available in an indica, sativa, hybrid or CBD only formula." They are very careful in their solvent-free extraction methods too. "Our extraction processes can last a day to a month or longer for tinctures. We use traditional herbalist methods to ensure that we capture the full range of medicinal cannabinoids, not just THC."

The Tingle Balm delivers "an indica or hybrid concentrate to relieve pain, reduce inflammation and relax anxiety," and enhances its medicinal profile with an assortment of Thai herbs. Unlike Tiger Balm, the scent is subtle and the product does not leave your hands covered in aromatics that can burn the eyes. There's a sexy, edible Tantra Butter too, made with a sativa strain, cocoa butter, coconut oil and vanilla for a more sensual experience. You might also try their Ritual Face Serum, a restorative, sesame oil based facial.

Newest is their line of CBD extract aromatherapy tinctures, each for a different application. Lucid uses a spice blend to clear and awaken the mind. Lumin uses more floral aromatics to evoke a contemplative mood. Lush combines earthy herbals to invoke a "walk in the moist forest on a crisp morning."

Don't forget their amazing line of edibles. You'll find infused, spiced Heavenly Honey, two flavors of cannabinated granola, hot sauce and BBQ sauce. Three of Golden Goddesses most ingenious ideas are their discrete little bottles of infused culinary oils that add that special something to any dish, whether home or away. Try Mediterranean cuisine with olive oil, lemon, garlic, rosemary and black pepper; Latin American dishes with chili peppers, lime and oregano, or Asian food with sesame oil, shallots, chilies and ginger.

Additional products include medicinal spray tinctures for under-the-tongue application. Evening Elixir uses both Heavenly Honey and citrus vodka infused in a month-long process with an indica (for relaxation and pain relief) or sativa (for uplift) strain. Honey Tincture is a sweeter version that features both THC and CBD.

Join and you can order their THC-infused products within California. There's an application online. CBD-only products can be shipped anywhere in the country and do not require a medical recommendation. Golden Goddess products are found at various sites online and at dispensaries in the San Francisco Bay Area, south and east of SF, Alameda and Malibu. They say they are "dedicated to the medicated" and I believe them. 🌿

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For people that don't want to get "high," using cannabis for medicinal purposes is an issue. However, there are a number of products on the market that cater to those that want relief offered from the various medicinal properties of cannabis without the stoniness. I'm talking topicals -- creams, oils, scrubs and balms that are applied to the skin.

Topicals are great for relief from pain or inflammation due to afflictions like arthritis, muscle soreness and even fibromyalgia. There are a number of topical brands and products out there to experiment with and try. One of the latest lines to come across the path of the *Emerald Magazine* is Leafy Botanicals, which features organic, natural, cannabis-infused body products that are available to California-based medical marijuana patients.

The Leafy Botanicals line includes their best selling Green Cream, and also medicated massage oil, tattoo balm, soothing skin cream, canna salt scrub and bath salts. The products' power comes from the use of medicinal herbs infused into a natural carrier oil.

The Green Cream has a soft yellowish-green color and the pleasant smell of lavender with a cannabis undertone. The cream is made by slow cooking the entire cannabis plant in olive oil. Then calendula, lavender and other essential oils are added to complete the muscle-penetrating ointment. The cream does indeed absorb effectively, leaving behind a pleasant smell and a softness to the skin. The Green Cream relieved my stiff morning hands, and I

Leafy Botanicals
Natural Cannabis
Infused Body Care

EMILY HOBELMANN

also used it on my neck and arms before undertaking strenuous work, taking comfort in the fact that it eases inflammation and pain.

The company's bath salts are pure Epsom salts blended with cannabis-infused coconut oil and lavender essential oil. Epsom salts are renowned for easing pain and detoxing the body. An epsom salt soak is the ultimate relaxation tool when paired with the lavender essential oil and cannabis-infused coconut oil. The lavender brings an aromatherapy element to the experience, which leaves you feeling relaxed and ready for bed.

The Canna Aalt Scrub also stars Epsom salts and coconut oil infused with cannabis, plus myrrh and Tea Tree Oil. The tattoo balm is made from a blend of olive, avocado and apricot oils, cannabis, shea butter and beeswax. The medicated massage oil blend flows freely, and also features a blend of medicinal herbs. Leafy Botanical's soothing skin cream features cannabis and other medicinal herbs, plus Vitamin E, neem and apple cider vinegar -- all good things.

The product line is definitely grounded in cannabis. In that sense, you can smell the effectiveness and trust that you can heal your body with cannabis through your skin.

To learn more about Leafy Botanicals, visit LeafyBotanicals.com or e-mail leslie@leafybotanicals.com or by calling (530) 249-1113.

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Empower Bodycare

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OREGON 'S CANNABIS BODYCARE

Empower Bodycare is a rising star in the Northwest cannabeauty scene. The company embraces a minimalist style, and offers a small catalog of bodycare products that are just as much medicine as they are cosmetics.

Trista Okel runs the Portland based company, and has been involved in the medical canna-biz for more than 10 years. We spoke to her about her products and the future of the company.

Okel had first become aware of cannabis infused topicals in 2005, while her mother dealt with pain from three forms of arthritis and a broken back. However, it wasn't until a camping trip that she witnessed the benefits of cannabis in action. "On a camping trip with a friend, a big log dropped on her foot and we broke open some cannabis capsules," said Okel, while explaining the company's origins. "We put the oil on this person's foot, and I watched the swelling go down. It was then that I started experimenting with different formulations of cannabis topicals for pain and inflammation."

After using her daughter's first creations, Okel's mother reported decreased pain in her back and from her arthritis. The pain, she described, went from an eight to a four on the traditional medical comparative pain scale.

Clearly she was onto something.

Okel was already an aromatherapist by trade, so she began combining terpenes trying to come up with new synergies and harmonies that might provide topical pain treatment, combined with a cosmetic sensibility, to a whole new level. She started with the terpenes, the molecular compound found in cannabis (and a variety of other plants), and after oxidation, the terpenes became terpenoids, which she mixed with the terpenoids found in the essential oils of other plants widely used in aromatherapy. The result became the Empower Oils line of bodycare products.

EMPOWER TOPICAL RELIEF OIL

This is the closest to the original oil Okel developed for her mother's pain. It's a mix of Bergamot, Lavender, Wintergreen and several other essential oils in a carrier of organic jojoba, grapeseed and sweet almond oils. It helps keep the skin looking and smelling great while treating pain. It's available in a CBD-only White Label blend that is legal in all 50 states. Their Black Label products contain THC and CBD, and are only available in states with legal cannabis.





Photo by Amy Woldrich

Empower is licensed under the Oregon Liquor Control Commission (OLCC), meaning it's available in recreational as well as medical cannabis dispensaries.

The topical relief oil comes in a roll-on stick, and will not have any psychoactive effects on the user, or make you test positive on a drug test.

"This year, I'm hoping to spend more time developing and releasing new products I've been working on," says Okel when discussing her flagship product, "particularly a moisturizing lotion and a spray." Empower is also developing a new line of skincare products.

EMPOWER SOAKING SALTS

The soaking salts were essentially designed to get the all-over body feel and aromatherapy effects that one can't with a small roll-on.

"For my soaking salts, we use three forms of salt: a pharmaceutical grade Epsom salt, Dead Sea salt that we source from Jordan (because they don't strip-mine, they hand-harvest), and pink Himalayan salt, which is naturally high in Calcium Fluoride," says Okel.

"I had a really interesting challenge, which is that cannabinoids and salts have opposing polarities," she continues, which is why salt works so well to clean weed pipes, "so I had to come up with a way to make the cannabinoids stick to the salt." In addition, she had to find a way to make the salts less slippery, so users don't take a tumble coming out of the bath. Okel's not giving away any details on how she made it happen, but suffice to say, she has found success, with people using the salts for everything she intended and for uses she never considered. Some customers report using the soaking salts to ward off oncoming cold and flu symptoms.

EMPOWER 4PLAY SENSUAL OIL

Okel says she created 4PLAY at the behest of several customers, and the reviews show why they clamored for it. Released in the autumn of 2015, the popular sensual oil is for those intimate moments -- or just while you're walking around town. Unlike Empower's other products, 4PLAY actually has decarboxylated THC in it, so it can actually make you feel something (other than sexy), and can also theoretically be detected on a drug test.

"In the other products I make, I don't decarboxylate, I leave it in THCA (THC acid) form." Okel says most people won't get high, but "most people feel a sense of relaxation"

4PLAY oil is part of a new wave of sensual cannabeauty products that could change the face of the industry. It's been very popular in its short time on the market.

"We've also discovered that it works great for cramps. I take that product category very seriously, in that I only use fractionated coconut oil, because other oils are known to throw off a woman's pH," says Okel.

"I started off with a crockpot in a kitchen," she says when speaking of her factory in Portland. "Now I'm working on an anti-aging serum, some make-up... and we're a self-funded company, no investors, so our roll-out time is a little bit longer. But we'll be releasing those products in the next few months."

Empower is currently only sold in Oregon dispensaries but they're currently seeking licensing partners in every state where cannabis is legal.

As Okel puts it, "Our goal is to grow Empower into a national brand. I want to be the Kleenex or Q-Tip of topicals."

For more information, visit EmpowerBodyCare.com

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GoldenGoddessBotanicals.com
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CauseMedicated.com
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PamperedByPot.com
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- 6** Uncle Harry's Natural Products Hemp Blemish Salve \$6
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Kiskanu.com
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BearsBeauty.com
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LeafyBotanicals.com



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POT TALK with Emily Hobelmann

CASA FUEGO



Casa Fuego is a Humboldt-based extraction company specializing in non-volatile concentrates, or concentrates produced without the use of solvents, including water. At this time, their product offerings include rosin and dry sift. They are also offering “live rosin,” an innovative product worth getting excited about. The three person mobile extraction crew sources flower and fresh plant material for extraction from Emerald Family Farms and other select farms in the area. They are currently in the process of transitioning their brand name from Firehouse Wellness to Casa Fuego in the interest of uniqueness and other trademark considerations.

Brandon Guthrie tells me that he and his partners Ian and Oliver, who prefer to withhold their last names, have a very good personal relationship with every farmer they work with. They consult with their suppliers on how to cultivate, harvest, manicure and store their products in order to ensure the best results for the extract end user. “At the end of the day, we’re working as a community and we want to pump up everybody we’re involved with.”

They provided me with *Cookies and Cream Live Rosin* and *Platinum Girl Scout Cookies Rosin* for this edition of Pot Talk. We featured rosin in this column in the not too distant past (*The Glass Issue*, Nov. 2016), but featuring live rosin is a first. I was stoked to meet with Guthrie and Ian so I could hear all about it.

Our discussion went far beyond what I can fit here, so without going into too much detail, this is the deal; Casa Fuego uses cryogenic equipment to flash freeze freshly harvested cannabis material. Then, they do a dry sift process to separate the trichome heads from the frozen plant material. The separated trichome heads are then pressed into live rosin.

Rosin, as a general term, refers to rosin pressed from dried and cured flower, kief or bubble hash. It’s the initial cryogenic flash freeze step that makes live rosin “live.”

Ian says the freezing equipment ensures a “very fast and deep freeze... the faster the better.” I ask if they freeze the whole plant or just buds, and he tells me it depends on what they’re trying to isolate -- the leaves and the buds have different terpenes going on. Some input variables include the age at which they freeze the plant, and which parts of the plant that they choose to freeze. By dry sifting the frozen material, they dislodge the resinous cannabis glands and further refine them by size. Then, they press.

Ian points out that throughout this process, the plant material hasn’t touched any water. Most of the terpenes and flavonoids and things that you want are water soluble, so with the flash freeze and dry sift, they haven’t jeopardized those compounds at all. It’s an innovative and technical process, “a little bit different than what everyone else is doing,” Ian says.

You get a much more flavorful experience with rosin as opposed to bubble hash. It’s on the level. Heat and pressure extracted resin you can dab, made without the use of water, butane, CO2 or other solvents. The live rosin is lighter in color and even more flavorful. You gotta check it out.

The Casa Fuego crew is innovative, mobile, and they have a sense of humor. Guthrie and Ian tell me their crew can be referred to as “Captain Save a Hoop.” So if you’re into exploring the idea of having their crew process your plant material, check ‘em out on Instagram @fhwellness707.



COOKIES AND CREAM LIVE ROSIN

The *Cookies and Cream* strain by Exotic Genetix is *Starfighter X Girl Scout Cookies*, according to Leafly. The *Cookies and Cream* live rosin patty is a semi-transparent mustard yellow color that has a minty sweet lemon smell. It’s on the gooey side. The patty keeps nicely folded up in the paper-thin sheet of teflon they provided. The live rosin melts in an instant and it has a clean flavor. The effect is a nice option for getting into movement or dance, or even just plain relaxing and feeling happier.

Ian calls this live rosin some of his favorite and says these are some of the most mature heads he’s seen. That maturity is why the rosin has a richer color. It’s really flavorful and nice.



PLATINUM GIRL SCOUT COOKIES

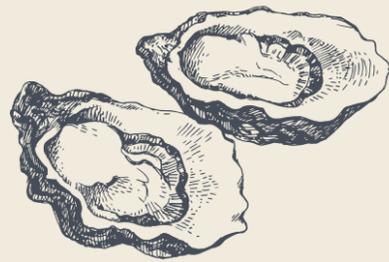
Platinum GSC rosin has a darker shade. It’s amber in color, and it smells earthy and like grape with the taste of dried strawberries. It was pressed from dried and cured flower and its texture is on the syrupy side at room temperature. It’s peppery and effervescent through the rig, with a clear fruit and diesel flavor. Guthrie says it was really popular at the Emerald Cup. I believe it, because it has a really classic, potent effect.

Thanks to Casa Fuego for hookin’ it up! You can find their products at the Humboldt Patient Resource Center @humboldtpatientresourcecenter in Arcata, California. Check with your local dispensary, if they don’t carry Casa Fuego, ask them to get their extracts in stock. 🌿

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Opportunity and Adventures in Cannabis with Nikki Romero

MELISSA HUTSELL



Photograph by Badami Studios

With the unprecedented growth of the cannabis industry comes unparalleled potential. From gender equality to finance and health and wellness... nothing quite compares to the prosperity the industry offers. Yet, the plant remains highly stigmatized. Nikki Romero is working to combat misconceptions, and deconstruct the

polarity surrounding cannabis by helping to make medicine, and education, more available.

Though she is “new to the industry,” Romero isn’t new to the plant’s medicinal benefits. She has Fibromyalgia, a chronic disorder characterized by pain throughout the body, and uses cannabis to treat its symptoms.

The Deep Creek, Maryland native explained that while growing up, “you could get arrested for having a single seed.”

Her art career brought her to Oakland, California in 2014. It was not until March of 2016, when she spent time in Northern California trimming, that she started to use cannabis more for her illness.

The industry sparked her interest; she found passion and empowerment in it. “I came out here to get [...] art for my job. Now it seems cannabis has taken over life in a very good way,” she said. She even incorporates the plant into her artwork.

Romero is helping to launch the nonprofit, Leaves for Lives. The organization, which is still in its developing phase, aims to provide cannabis leaves for patients to juice, drink and treat such ailments as rheumatoid arthritis or cancer.

Romero works with the Bay Area-based nonprofit. The leaves, which will come fresh or frozen, will be free of charge to patients.

Leaves for Lives will work as sort of a middleman, explains Romero. She hopes to build partnerships with regional cultivators to locally source unused, organic leaves. In turn, the organization will then provide these nutrient-packed leaves to patients. Patients can then ingest the leaves for medicinal purposes.

Eventually, the nonprofit hopes to institute this on a national scale and create drop-off/pick-up locations for cultivators and patients across the U.S.

Romero compares these leaves to other leafy greens, such as kale or spinach. Patients can juice them (and take it like a wheatgrass shot), or include leaves in a smoothie.

(above) Photograph by La’Keela C Smith

Cannabis leaves are byproducts sometimes used for compost, or otherwise thrown away. However, these leaves offer health benefits, such as anti-inflammatory properties, without psychoactive effects. As Romero explained, one person’s trash is another person’s treasure, “Let us have your garbage and we will help people with it,” she said.

While there are many proponents who believe in its healing properties, there is little scientific evidence or research on the benefits of cannabinoids or other chemical compounds found in cannabis. Romero said that this is part of the problem. “There’s not a lot of hard science or data to support [the medicinal effects of raw cannabis juice]. We want to get more people involved,” said Romero, such as doctors, researchers and cultivators.

Leaves for Lives plans to study these effects. The organization will do so by working alongside researchers to develop and document their findings in peer reviewed medical journals.

Separately from her work with the nonprofit, Romero is in the process of developing a web series. The show, which is tentatively titled “Adventures in Cannabis: Down the Rabbit Hole,” she explained, is an “educational, silly and entertaining” docu-series that focuses on different aspects of the cannabis industry, such as cannabis science, events and activities.

The first episode is currently in post-production and showcases ganja yoga. The series, she explains, “isn’t necessarily geared towards women, it’s for everyone.”

The series is intended to make the industry more accessible. “This show is less for the people in the industry and more for the people who are interested in it.” She added that “it’s for the soccer moms in Ohio or the lawyers in Texas.”

(below) Andrea Vodičková Photography



As the host, she will explore the business, the scientific, and the entertainment side of the industry with a humorous twist in order to “really break the stigma,” and reach beyond audiences who are already familiar with cannabis. She plans to introduce, inform and expand the scope of the industry.

In order to keep things palatable, she keeps people in mind that have never tried cannabis. “[It’s intended for an] outsider looking in,” she described.

In addition to “Adventures in Cannabis,” she is also working on a segment titled “Dr. Lady Weed Science,” where she will discuss and explain such topics as “What is a cannabinoid?” and “Who discovered THC?”

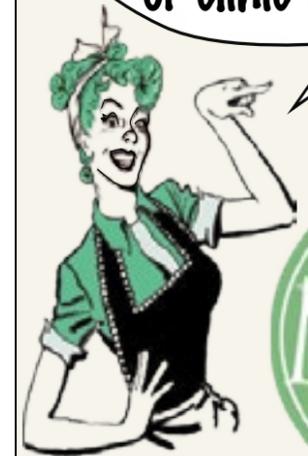
Aside from her webseries, Romero is teaming up with Northbound Films on their Item 9 project called “Bud Break.” The show will include product reviews for things such as vape pens.

As a leading lady in the industry, cannabis has provided Romero with opportunity. In terms of gender equality within the industry, however, she knows there’s work to be done. “I am familiar with the hill – it was a boy’s club. I don’t think it’s been super great for females,” but, she explained, “I think soon it will be the best industry for women. It’s better now than it was even a couple years ago. [That’s because] Women are calling the shots for themselves,” she said.

“I think this is a good space for women, because it is a new industry. Therefore, deeply ingrained hetero normative, patriarchal viewpoints and constructs haven’t been set in stone yet,” Romero added, “Because it’s emerging, we have the opportunity to write the rules as they are being written [...]”

For more information about these projects, visit LeavesForLives.org, Indicaivy.com or Item9.co. To learn more about Nikki and her endeavours, visit her on Instagram @stellatrixbetty, or at nikkiromeroartist.com

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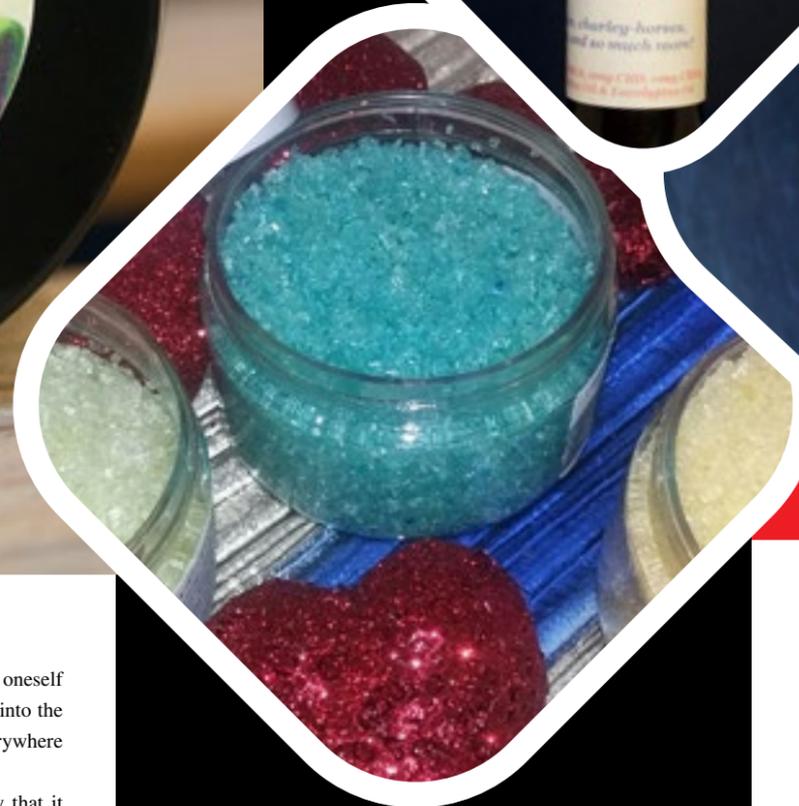
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EM: What separates your business from others?

TP: It was my personal catalyst. I was inspired to be a part of this because of my compassion. Not so much for the business end of it. The reason I got in was because I wanted to help people and keep it affordable. I worked at a dispensary for two years before all this and I saw patients regularly, which, on top of my own experiences, was a call to action [that] I couldn't ignore. I still want my business to thrive, but not at the expense of gouging customers, which I've always felt so many of these clubs do.

EM: What do you see in store for the future of your business?

TP: As I learn more about the industry, I seek to expand the amount of CBD [...] that I can put in to my products, but also to expand while keeping prices low. We're also trying to look into products that could yield the same benefits on top of our soaps, creams, balms, and pain sprays [...].

EM: Which of your products do you enjoy the most?

TP: I'd say my tinctures, pain creams, or soaps. It's really hard to pin down because they all have such a varied array of benefits. I had never been able to use regular soap on my skin beforehand, until I started making my CBD soaps with coconut oil and glycerin. I noticed it also helps clear acne. The balm helps with rosacea, psoriasis, menstrual cramps, and even bug bites. The tincture helps with seizures, anxiety, and [symptoms of] Parkinson's disease.

EM: So you love all your children equally then?

TP: Absolutely. *laughs* I'm always looking for new ways to incorporate CBD into my products.

EM: What is your best vision for the cannabis industry?

TP: That we don't have all of the fine print and regulations, and that people are aware of the benefits without letting stigma guide their decision making.

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CALIFORNIA

Cannabis culture is burgeoning across all markets so rapidly that one finds oneself unable to keep up with the constant innovations. Like so much glitter thrown into the air of the free market, boutique cannabis products seem to be absolutely everywhere -- shining in new and different ways depending on the light.

The uses of high CBD and low THC products have so much applicability that it would seem most businesses have only recently begun to scratch the surface. I recently interviewed Tracy Pavao of Homegrown Remedies, located in Tracy, California, who was inspired to take on the development of such products when someone very close to her was diagnosed with a brain tumor. She was inspired to leap into action to seek remedies. This is what she had to say about her experience, and products, so far.

Tracy Pavao: When I moved back to California, I started doing research on the benefits of CBD and THC to see what else I could do to procure a solution on my own. Shortly after this person began radiation, I noticed that their skin broke out in rashes, which is what prompted me to create our CBD pain balm. [The balm] seemed to help take away the rashes. I couldn't help but wonder what other [products] I could use [to help] people. I worked on a high CBD tincture as well, which [can] help with seizures.

Emerald Magazine: What are some of the ways that you experience the cannabis industry as a woman in a male dominated field?

TP: Well, I'm a small business [owner] and have very little financial backing, so that was tough enough on it's own. However, it has been difficult even though I know there are scores of women in the cannabis industry, it appears to me that women have a harder time getting their products in the doors of dispensaries and shops. I'm not sure what on earth leads to this, perhaps because most of the dispensaries seem to be owned by men, but I'm certainly not going to allow that to deter me in any way, nor do I believe any other woman should be as well.



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Colleen “Doc Star” Cochran

A CANN-DID INTERVIEW WITH SEATTLE’S FAVORITE
MEDICINE MATCHMAKER

SHERAE BROWN

Born and raised in Seattle, Colleen “Doc Star” Cochran has lived nothing short of a colorful and intriguing life. She started to use cannabis recreationally, and thus began her career as a woman in weed on the streets of Seattle. By 21, Colleen was serving cocktails at Washington’s ‘Peppermill Casino’ where her fiery looks and personality received the attention of management, earning her the title of lead server.

When Colleen was 13, she was diagnosed with Hepatitis-C, as a result of a sub infection of Hep 1B after receiving blood transfusions for a ruptured cyst in her abdomen which resulted in sepsis. She received the transfusions in 1981, before medically advanced testing was available to properly screen for tainted blood. Treatments for her illness commenced in 1998. At the time of her initial diagnosis, the doctor told her that the internet probably had more information on Hep-C than he could medically provide.

Symptoms of Hep C include vomiting, which results in an inability to keep weight on. Colleen jokes, “I’m not this thin because I work out.” She was the first Hep C patient to qualify for an experimental treatment called Sovaldi (used in combination with other medications to help fight Hep-C). But alas, the treatment was a failure.

After moving to Nevada, Colleen returned to Seattle and began researching the medicinal properties of cannabis to help women gain pain relief.

For the last five years, Colleen has been medicating solely with cannabis. She feels that her symptoms (vomiting, lethargy) are now far more manageable thanks to cannabis. Her strain of choice is *Golden Star*, cultivated by Sirius Buds, a local Washington producer which has a 1:1 ratio of CBD/THC, thus creating the “Golden Ratio.”

Colleen likes to rise and shine with a bowl or a blunt to get her motor running and typically vapes throughout the work day or enjoys a tasty bud infused beverage like Legal Soda or Cleo lemonades. She describes many delightful ways to keep her symptoms at bay, including edible pastries and candies.

For many obvious reasons, Colleen knew she needed to get healthy. This included cutting out nicotine and educating herself on all things inhalation and cannabis. She read a study conducted by Dr. Rafael Meshulam of the University of Israel on the lung function of cigarette smokers, cannabis smokers, cigarette and cannabis smokers and non-smokers. The study concluded that people who inhaled only cigarettes had poor lung function; the people who smoked both had similar lung function to the non-smoker; the people who only smoked weed had better lung function than all of them.

Colleen applied to work for two different Washington dispensaries at the same time. She was immediately snapped up by the folks at Conscious Care Cooperative in Lake City, Washington. This would be her first job working with legal cannabis. She stayed with the company for three years where she was promoted to manager before beginning employment with Greenworks, also located in Lake City. As of today, she continues to attend courses at Seattle Central College to learn more about the medicinal uses of cannabis. She’s also taken online courses for ‘Medical Consultant Training’ with Professor Trey Wreckling, and has recently attended a class to learn about how terpenes and cannabinoids can help with pain management. Colleen recommends taking time to watch Professor Trey’s online lectures to better understand what cannabis can do to heal people.

Colleen has been an advocate of cannabis and naturopathic healing for quite some time, but acknowledges there will always be debates amongst healers. Some arguments against cannabis are of course politically, ethically or financially motivated. However, she doesn’t mind going to bat to help promote a more soulful approach to cannabis.

If ever you find yourself in Northern Seattle and in need of careful medicinal recommendations, it will please you to know Colleen enjoys, and prefers, one-on-one consultations with her clients at Greenworks. This allows her to better understand their ailments so she can properly suggest a strain or cannabis product that will best aid folks in their search for comfort and healing. Colleen can also recommend some killer cannabis infused topicals for joint and back pain relief, and for those pesky bags under your eyes.

“Cannabis for me personally has made my quality of life a thousand percent better, having gone through different treatments for Hepatitis that left me dramatically incapacitated. The side effects were so debilitating, between the wasting away, the nausea and the disease in and of itself. Cannabis has made it so I have an appetite, and it’s made it so I’m not in pain or vomiting every single morning,” she added. “It’s made it so I can be a parent that is there and present. It’s made it so I could be a dependable employee, I’ve never missed a shift. Before [cannabis] I was [...] absent most of the time.” 🌿

Colleen is certified through the state of Washington as a medical cannabis consultant. To learn more, or to contact Colleen directly, visit GreenWorksCannabis.com or call 206.922.3911



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The Dookie Brothers

2016 Emerald Cup and Golden Tarp Award Winners

EMILY HOBELMANN

The Dookie Brothers had two huge victories in 2016. They took first place both at the annual Golden Tarp Awards light deprivation competition, and first place at The Emerald Cup organic outdoor cannabis competition with their light dep *Zkittlez* flowers.

According to Jason "Dookie" from the Dookie Bros, the group consists of five collaborators -- all friends, all organic growers and all people that believe in creating clean medicine and not destroying the planet while they're doing it. They aren't brothers, per se, they are a band of like-minded cannabis farmers that flat out won both of the competitions they entered this year.

The Dookie Bros are based in Humboldt County, California and are affiliated with the up-and-coming Humboldt Brand Cannabis Company, "Purveyors of the Emerald Triangle's Finest Cannabis Products." The Dookie Bros are also in the consultation biz, specializing in maximizing yields, creating award

From the Golden Tarp Awards website (TheGoldenTarp.com):

"The top prize of The Golden Tarp Award, went to producers Dookie Brothers out of Humboldt County for their *Zkittlez* strain. Their *Zkittlez* entry's taste and smell from a dry hit was incredible. The sweet, candy-like flavoring and the uplifting, relaxed effects made this strain the judges top selection. Using a combination [of] organic products and a secret blend of HumTea (compost tea), they grew this winner organically in soil, heat eradicated, no chemical use whatsoever and lots of love. They also provide consulting services for those interested."

Here is an excerpt from one of the Emerald Cup Judges, posted on the Swami Select website (SwamiSelect.com):

"At last, with video cameras all around us, the winners were discovered. Then, as always, came the big moment when Tim Blake went and found the entry forms so we could hear the lucky names and counties, as it is a 100% blind tasting. The winner was a *Zkittlez* strain from Humboldt. The growers were the Dookie Brothers. These were new names to me, but I was quickly informed that they are the guys who just won the Golden Tarp Award this past October for the same strain. That's when we felt really justified by our choice. Out of all entries, this one shone -- and it wasn't her first time. She truly was the Belle of the Ball."



Jason "Dookie" from the Dookie Bros.

winning strains, licensing and innovative chemical-free problem solving, like using heat to eradicate pests and mold.

"The Dookie Brothers agree on one thing," Jason says. "It doesn't really matter about the money. We all really have love for this plant and love for the medicine and love for what it's giving us... We really truly love this plant and love giving clean medicine to people."

So the Golden Tarp Awards was the first competition the Dookie Bros have ever entered. When I asked Jason why they decided to come out of the shadows this past September, he credited Kevin Jodrey from Wonderland Nursery as being a big inspiration. "He's a really good guy... Just because he was doing the competition, I wanted to be a part of it."

Jason is into Jodrey's "Clean Rush" philosophy, wherein growers have to walk-the-talk, as it were. You see, all of the Golden Tarp entries are lab tested, and anything contaminated (with mold, pesticides, etc...) is disqualified.

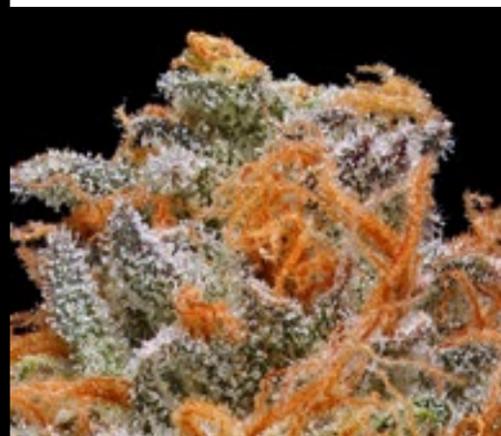
Well, the Dookie Bro's *Zkittlez* passed the Golden Tarp test and took first place, then took first at the Emerald Cup with the same flowers, "four month old dep weed," as Jason put it. And that's even with the *Zkittles* plants being "very finicky." The Dookie Bros "got lucky."

Zkittlez is known in the Emerald Triangle as a hard-to-get strain, purportedly developed by 3rd Gen Family and Terp Hogz out of Mendocino County, California. Clones are coveted and are not freely distributed -- at least that's what I've heard. But the clones are out there. If anyone is trying to keep the strain exclusive, it's too late; The Dookie Bros just won big with *Zkittlez* flowers grown from clones they were able to procure from a local industry person.

The heritage and the exclusivity of the *Zkittles* strain certainly adds an intriguing element to the Dookie Bro's win. Regardless of who developed the genetics, the Dookie Bros grew it right. Their *Zkittlez* is officially the 2016 superstar organic, clean, high quality medicinal product. Look to the Dookie Bros for consultations and farm walks through the Humboldt Brand Cannabis Company in 2017. They'll also be entering more competitions to bolster their name, and they'll be cultivating *Gelato* and other cool strains too. Go big, guys!

Some last Dookie words: "We smoke our weed, so why would we want to poison ourselves and people we care about?" Amen to that. 🍃

You can find the Dookie Bros on Facebook, and on Instagram: @dookieTribe and on their site, DookieBros.com.



The Dookie Bro's light dep *Zkittlez* flowers



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±38 Acres featuring terraced flats, pond, and well developed roads.

MIRANDA – \$1,400,000

±70 Acres on Dyerville Loop Road featuring an unpermitted 1/1 cabin with a large garage, generators, several flats, well, 2 climate controlled greenhouses, storage sheds and more!

FEATURED LISTING
DINSMORE – \$825,000

Enjoy all four seasons on this ±15 acre parcel with a charming custom home and Van Duzen River frontage! The 2 bed, 2 bath home is surrounded by pristinely landscaped gardens and features two master bedrooms, a large kitchen, dining area, laundry room, and amazing patio area with a beautiful pond. Just 10 minutes from the Dinsmore Store, the property also features a secondary 2 bed, 1 bath guest cabin, 1,000 sq. ft. shop, greenhouse, end of the road privacy and so much more!



NEW LISTING
DINSMORE – \$2,000,000

Large ±20 acres industrial flat with Van Duzen River frontage! This 100% useable parcel features a 40x100 industrial building, greenhouse, RV with cover, 3 phase power nearby, 200 gpm well, and soon to be developed pond. Permits for a 10,000 sq. ft. indoor grow, nursery, and processing facility have been filed with the County!

MAD RIVER – \$499,000

±40 Developed featuring views of Ruth Lake, open meadows, pond, cabin, and other outbuildings.

RUTH – \$499,000

±75 Acres featuring a wood frame cabin, sheds, 2 ponds, year round spring, seasonal creek, south-facing open grasslands, and agricultural improvements.

MAPLE CREEK – \$695,000

This rare ±65 acre riverfront property features open meadows, views, creek, springs, and easy access.

ARCATA – \$1,200,000

±7.6 Residentially zoned acres within Arcata City Limits! Great subdivision and development potential!

SHOWERS PASS – \$425,000

±80 Remote acres featuring privacy, year round spring, natural pond, 2 cabins, and 3 developed flats, and mixed timber..

Do Your Beard A Favor

SAM GREENSPAN

Men. Listen. If you love your beard so much, it will take work to maintain properly. It's like anything else that requires discipline. You go to the gym to maintain your physique. You call your loved ones, and socialize to maintain relationships. You feed your pets so they stay healthy, and lovingly greet you when you return home. So, how is it that your beard goes by the wayside when it comes to routine care and maintenance?

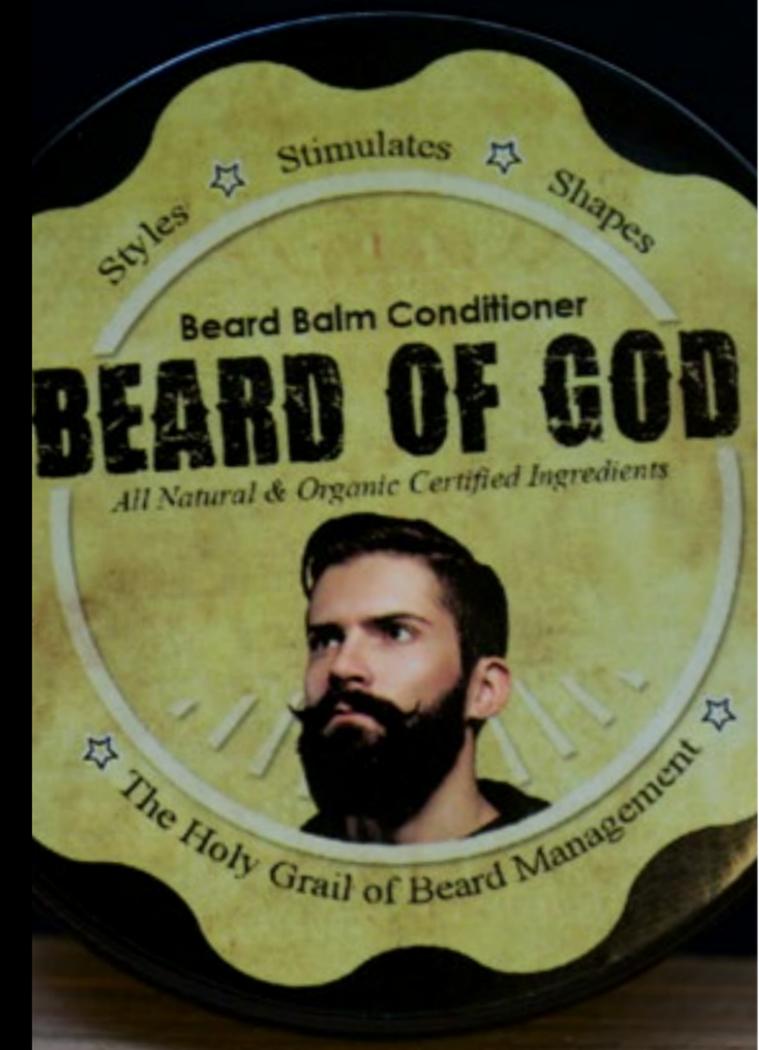
Beard of God, a Canadian-based men's grooming company with a specific bent towards hemp seed and coconut oil based products, is aiming to flip the proverbial script in your mind. I was sent a goody bag of a wonderful array of their products, and the yields have been well worth the effort it takes to maintain -- which takes roughly five minutes per day.

First, I used the body and beard bar soaps while showering. The lavishness of the products removed any errant husks of pork or wood shavings, and replaced them instead with a luxuriously conditioned face pelt. Next, I moved on to their beard butter and hemp based beard oil products, which, generously applied, gave my flavor saver a natural shine. It also softened it to the touch. As the night pressed on, I needed to sculpt and style my beard while still giving it an approachable glow. So, I used the beard balm conditioner, which wrangled in unruly hairs and tamed them like breaking a wild stallion. I repeated this process for two weeks, and aim to continue doing this long after you've read this write up, because ultimately, who is all of this for? Our partners. Potential, or betrothed.

You see, your beard, the first handshake your face gives as you lean in for a kiss, cannot be smelly, scratchy, or untouchable. Your beard needs to reflect the inherent passion that you have for your life, and the respect you have for yourself, which then, naturally, bleeds into the respect that you have for others. I'm not just writing this because I was asked to. No, I'm writing this because this is the very least that we can do. Want to keep your beard? By all means. But for your sake, and for the sake of any potential mate, for the love of all things sacred, do healthy masculinity a service and take care of it with love and affection.

Seriously. Over half of your beards really stink, and you're embarrassing me. Knock it off. 🍷

For more information, visit BeardofGod.com



California Caregivers Alliance

Come Happy... Leave Happier!

SHANNON PERKINS

Cannabidiol (CBD), a component in cannabis strains, has been part of my daily dose since this past August when I realized it has a positive, direct impact on my depression. Finding a regular place to get CBD anything was a challenge. And, my empty jars looked sad. So, I researched and visited all the dispensaries in eastern L.A., some in the Valley, and also in Hollywood. California Caregivers Alliance (CCA) was the standout best. When the subject of cannabis beauty products came up, I was curious what CCA had to offer. As usual, they had everything I needed and more.

Maribel Garcia is the manager of this collective, which has served the L.A. area since 2006. She made time to talk with me on a Sunday afternoon about CCA and their huge range of products, including treatments for hair and skin.

But first, how is cannabis good for hair and skin? In 2009, the National Center for Biotechnology Information (NCBI), a part of the U.S. National Library of Medicine, wrote that recent studies suggest the existence of a functional endocannabinoid system (ECS) in the skin. It seems that the main function of the ECS is to control the existence and survival of skin cells. Disruption to this delicate system may lead to skin diseases such as acne, psoriasis, hair growth disorders, and some types of cancer, according to the NCBI. Providing cannabinoids like THC and CBD for absorption via skin seems to help create and maintain healthy hair and skin. So lather up and rub it on, I say.



Image by Matthew Chaves

CCA's complete menu is on weedmaps.com, and here is a look at some items I picked up.

Papa and Barkley's Releaf Soak is a 3:1 THC/CBD ratio bath salt made from Dead Sea salt, coconut oil, jojoba oil, eucalyptus oil, tea tree oil, peppermint oil, lavender, and cannabis. The aroma itself is instantly relaxing and emits an air of luxury. Soak for 15 to 20 minutes for full effect of relaxation and rejuvenation. Maribel suggests rubbing the salt on your body first, then adding it to bath water for even more absorption. Another special item from Papa and Barkley is the high CBD transdermal pain patch with close to 30:1 CBD/THC ratio. Onset time is about an hour, and can last for about an hour. They also carry Papa and Barkley's Releaf Balm and After Sun Care set.

Apothecanna can be found at CCA, and I sampled the relieving (arnica, peppermint, juniper, and cannabis) and calming (lavender, chamomile, frankincense, and cannabis) body cremes. Both products work fantastically well with a 1:1 THC:CBD ratio, and are aptly named. Arnica has been a savior in the past for me as a dancer and jogger, and combining arnica and cannabis may be a new gym-bag essential for open-minded athletes. Chamomile and lavender give the calming creme a delicate touch to match the strength of cannabis. Apothecanna's products soothe aching muscles and leave skin feeling, looking, and smelling beautiful. I particularly love how quickly the Apothecanna products absorb in the skin so oily hands are not a problem. CCA carries two fluid ounce bottles, great for the car or a purse/gym bag, as well as eight fluid ounce bottles for the home or office. This product can be used from head to toe, including as a face moisturizer, and the aroma is lovely and present, without being overpowering.

Images by Papa & Barkley



I was really curious about cannabis hair products, and then Maribel pulled out Ratite Blue's Enriched Scalp and Hair Treatment. The bottle is eight ounces of cannabis oil, ostrich oil, coconut oil, avocado oil, and liquid organic soap. Covil Swearingen, president of Ratite Blue, says the ostrich oil is preferred over coconut or other plant oils due to its higher concentration of omegas, and fatty acids which are essential to the body. Harvard University's website, The Nutrition Source, states that omegas cannot be produced by the body itself, and are "an integral part of cell membranes throughout the body and affect the function of cell receptors." Swearingen adds that "ostrich

oil has a long triglyceride which allows for more medicine to penetrate our skin in a single use." CCA also carries a four ounce jar of skin conditioner by Ratite Blue, which has cannabis oil, rosehip oil, cedar wood, aloe vera gel, ostrich oil, and shea butter.

Some other topshelf health and beauty items to try from CCA are: Whoopi and Maya's bath salts and salve for PMS and menstrual relief, Selbord's Artisan oils and salves, Foria massage oils and suppositories, and Hibiscus brand lip balm.

The menu changes with availability and the season, and is updated twice a day. If you're a first time user, old school smoker, or new age dabber, CCA has something for you. CCA's selection of cannabis products is extensive: organic, full-sun bud; top-shelf indoor bud; oil, rosin, wax, shatter, vapes, double-glass pipes, edibles, drinkables, pleasure products, and topicals to get the list started. "If there's a prod-



uct out there that works and people like it and want it, we want to make it available," Garcia confirmed. "Our whole mentality is we do it to be convenient for our patients. That's the reason we're here."

Since 2011, CCA has been a registered union member with United Food and Commercial Workers 770 (UFCW 770), along with fifty other cannabis dispensaries. These major food and drug stores also belong to the same union: Food for Less, Albertsons, Vons, Gelson's, Pavilion, Ralphs, Stater Bros., Rite-aid, and some CVS stores, according to the UFCW website.

Just off of Sunset and Silverlake Blvds, CCA's exterior has an understated charm of anonymity. Walk in through the gated entry, and the front desk staff welcomes you with smiles. The lobby has cannabis magazines and product literature for entertainment while waiting. Do not get too comfortable, though, the wait is never long. There always seems to be at least three budtenders helping patients, sometimes more if needed. I usually ask a ton of questions when I'm there because I want to learn about what I will be consuming. No matter how busy the shop is, the staff answers questions with respect and information, and I never feel rushed.

If they don't know the answer, they try to find it. The experience can feel more like a consultation if that is what one needs. On the other hand, for the seasoned stoner, try the express ordering system with a phone call or text, and just breeze in for pickup. 🌿

Learn more by following CCA on Instagram @californiacaregiversalliance or by visiting: WeedMaps.com, PapaAndBarkley.com, Apothecanna.com, RatiteBlue.com



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JAMES PRIEST

In time for Valentine's Day this year, a sweet treat hits the market for the cannabis consumer who's not only a connoisseur of the fine herb but also loves chocolate. Most people have an insatiable love for this delectable decadence of confectionery bliss. If you're one of those many individuals who adores all things chocolate, you're going to love this. How about combining cannabis with a functional piece of chocolate art, like the chocolate bong or pipe? That's correct, you heard that right. You can get a unique chocolate this Valentine's day or any day for that matter. I'm giving myself the munchies just thinking about it.

Here's how it all started, and how you can get your hands on this sweet, functional confectionery art. Rebekah Johnson is the visionary responsible for bringing this concept to life. Before I tell you how the Chocolate Bong came to be, let me tell you about this incredible cannabis chef.

CANNABIS CHEF REBEKAH JOHNSON

Rebekah grew up in a large family with seven brothers and two sisters. Her mother was an Italian chef. Rebekah lived in Texas, where she had a love of food from the start. She always had "a nerdy flair" as she put it, some might even say a hippie Gypsy side. She moved to Asia where she spent six years studying the art of cooking with cannabis to learn the results of her work in depth. After six years, she decided to come back to the U.S., where she attended the Art Institute Culinary School to obtain her certification in the states.

Rebekah can work with cannabis and cuisine on a unique level most others can't. Known as the "Cannabis Chef of Colorado," or @chefdankadank on Twitter, she also studied with a chocolatier at Haute Chocolate where she was responsible for catering, sculptures, decor and chocolates that were cannabis inspired.

WRAPPING IT UP WITH MORE THAN A JOINT

Chef Rebekah has more talents in the kitchen than whipping up a good meal; she can tantalize the senses, tempt the taste buds and stimulate your cannabinoid receptors all with one bite.



Sitting back chillaxin, Chef Rebekah was rather baked and thought like many of us have at one time or another, "I wish I could eat this bong." That was all it took. With her confectionery and culinary skills this creation came to life. Rebekah has worked with experts regarding cannabis and knows much more than just how to make edibles. Be sure to check back for an update about Chef Rebekah Johnson as we look deeper into the world of culinary cuisine and terpenes. 🌿

You can contact Chef Bekah by visiting her website MancosHouseOnRiverside.com

The Beauty of Cannabis

BEAUTY AND HEALTH THROUGH CANNABIS

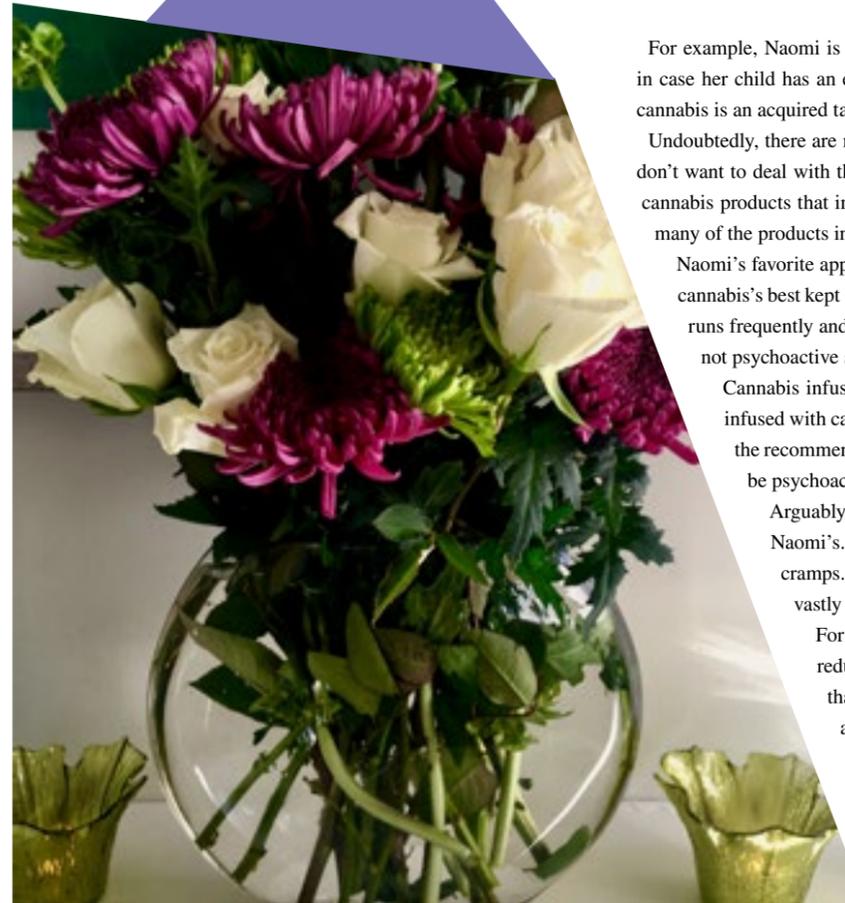
ED HUDDON

How does cannabis connect with the beauty industry? To answer that question I enlisted the expertise of Naomi Atkinson of the Humboldt Patient Resource Center (HPRC) in Humboldt County, California.

Naomi is a licensed cosmetologist in the state of California. She graduated from the Fredrick and Charles School of Beauty, and currently works as the Women's Health Division and Special Events Coordinator at HPRC, located in Arcata, California. With a background in beauty and experience in the relatively new field of women's cannabis products, Naomi helped me establish a link between cannabis and beauty.

For Naomi, the intersection between cannabis and beauty is obvious. It's health. Health is where cannabis and beauty connect. Naomi said, "it's simple, the connection between cannabis and beauty is rest, relaxation, and stress relief – you can't be beautiful if you aren't healthy." She continued, "you can't be beautiful if you don't feel beautiful and you can't feel beautiful unless you're rested, stress free, and healthy."

Naomi views cannabis as a key piece of a healthy lifestyle. Cannabis can alleviate stress and induce restful sleep and relaxation. The HPRC carries a range of cannabis products to fit different needs. As cannabis becomes normal, many are realizing the diverse uses of the plant. One uncultivated sector is the cannabeauty market.



CALIFORNIA

For example, Naomi is a mom. She can't ingest too much psychoactive THC, because she needs to stay alert in case her child has an emergency. Additionally, Naomi isn't much of a smoker and, let's face it, the smell of cannabis is an acquired taste.

Undoubtedly, there are many people who fall into this category. Many people seek the benefits of cannabis but don't want to deal with the smoke, the smell, or even getting too high. To fill this demand we're starting to see cannabis products that increasingly resemble beauty products. Lucky for us, Naomi has in depth knowledge of many of the products in this fledgling field and she was kind enough to share a few of her favorites.

Naomi's favorite application of cannabis is salve. She uses them on a regular basis. She told me, "salves are cannabis's best kept secret" and thinks many people aren't aware of its incredible pain relieving effect. Naomi runs frequently and uses salve on her knees to alleviate effects. It also helps with runner's rash. Salve's are not psychoactive so you don't have to worry about getting high.

Cannabis infused bath salts are a new trend that's picking up steam. Naomi explained that bath salts infused with cannabis revitalize skin, reduce inflammation, and relaxes muscles. She advises using half the recommended dosage for those new to the products. Adding cannabis infused salts to your bath can be psychoactive so ease into your comfort zone when choosing your dosage.

Arguably, an older ingestion method than smoking cannabis, tincture is another preference of Naomi's. She's found a few high CBD, low THC tinctures that help with sleep, anxiety, and cramps. These moderately psychoactive tinctures taken at various times during the day have vastly improved Naomi's well-being.

For Naomi, cannabis use isn't about getting high; it's about living a healthy lifestyle. "Stress reduction, pain relief, relaxation; life can be hard sometimes... and if there is something that can take the edge off without putting you under the influence, and is restorative... it's a no brainer," she said.

"If you feel beautiful and balanced within, you're going to look beautiful on the outside."

If you'd like to check out products similar to the ones mentioned, visit the Humboldt Patient Resource Center (HPRC) online at HPRCArcata.com





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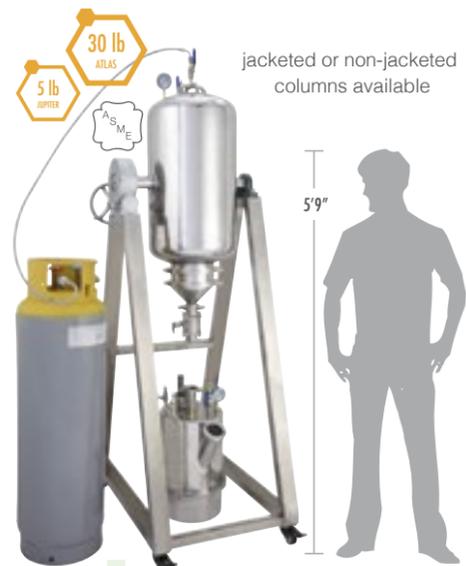
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Behind The Beauty

The Multi-Billion Dollar Personal Health and Beauty Industry Meets Cannabis

JAMES PRIEST

Cannabis infused health and beauty products are growing in demand with positive cannabis reform laws taking place across the U.S., Canada and around the world. In fact, the global demand for organic personal care products is predicted to grow into a \$13 billion dollar industry by 2018, according to a report from Transparency Market Research. In 2012, the organic beauty and personal care products market was already at the \$7.6 billion a year mark. Since then, this market has seen continual growth.

A massive sector of growth for the organic beauty market has been the addition of cannabis based beauty and personal care products. Cannabis infused health and beauty products have cultivated success by providing proven results that work. Canna-beauty products are naturally a healthier choice compared to lab created products. More people today are becoming conscious consumers than ever before. These people want to know just what they're putting on and into their bodies.

What's In Your Health And Beauty Products? Some of the most common items found in your personal health and beauty care supply might contain some things that'll surprise you. The Centre for Science and Environment (CSE) claims heavy metals like chromium and mercury, along with other toxins, can be found in health and beauty products most consumers purchase today. Through education and conscious consumer choices, we can change this harmful and destructive pattern. Just look at some of the toxins found in common products that we use every day:

Parabens -- Parabens are commonly used as preservatives in cosmetic products which prevent the growth of bacteria, yeast and mold. Unfortunately, they also mimic the properties of estrogen, possibly contributing to a higher risk of breast cancer. Entering the body by way of absorption through the skin, parabens are oftentimes found in many common facial cleansers, deodorants, shampoos, body washes and makeup products on the market.

Fragrance -- This is a term created to protect companies that refer to a secret formula. These companies aren't required to go into details about the consistency of their secret formula / fragrance. For you the consumer, this means potentially exposing yourself to a multitude of hazardous chemicals. Scientific studies conducted by the Environmental Working Group (EWG) finds that fragrance concoctions have been linked to respiratory distress, allergies, effects on the reproductive system, and dermatitis. Just like parabens, fragrances can be found in virtually all bodycare products.

Formaldehyde -- Formaldehyde is utilized in everything from embalming to manufacturing. It's commonly found in virtually all health and beauty products on the market today as it is used to inhibit bacterial growth. The International Agency for Research on Carcinogens has studies linking formaldehyde to occupational related cancers as well as destruction of the immune system and allergic skin reactions. Yet this product, like parabens and fragrance, can be found in most cleansers, shampoos, body washes, conditioners, nail polish, treatments as well as some eyeshadows.

Cannabis To The Rescue Of Health and Beauty Products

Plant-based beauty products, particularly those containing cannabis, are becoming common. Cannabis infused health and beauty products work naturally with your body's endocannabinoid system. The endocannabinoid system contains CB1 and CB2 receptors throughout the body located in the skin and in your organs. These receptors respond to the cannabinoids found in cannabis such as THC, CBG, CBN, and CBD.

This means that cannabis health and beauty products from soaps, lotions, creams, balms, salves, ointments, perfume, cologne, and more may be the products you're looking for when it comes to quality organic health and beauty care.

An article in *Forbes Magazine* from March of 2012 cited substances such as skin creams containing mercury, lipsticks containing lead, mascara with bacteria, hair straighteners containing formaldehyde and mineral makeup as five of the most dangerous beauty products on the market today. Whoopi and Maya offer a cannabis tincture called Relax that contains ingredients like organic cane alcohol, sun grown cannabis, motherwort, organic raw unfiltered honey, cramp bark, red raspberry leaf, and solvent-free cannabis extract just to name a few. Organic cannabis infused health and beauty products also contain cannabis compounds like CBD, THC, CBCA, CBG, and other cannabinoids.

- CBD is said to be a neuroprotective, an antibacterial, an anti-convulsant, and pain reliever. The compound is also shown to inhibit cancer cell growth, promote bone growth, reduce small intestine contractions, reduce the risk of artery blockage, and more.
- CBG is said to slow bacterial growth, promote bone growth, inhibit cancer cell growth, as well as being a sleep aid.
- CBCA is said to treat fungal infection while helping to reduce inflammation.

- THC helps to relieve pain, suppress muscle spasms, reduce vomiting and nausea, and stimulate the appetite.

Replacing Toxins and Heavy Metals With Natural Cannabinoids

Looking good and staying healthy isn't just about trusting consumer labeling anymore. We've learned the truth, thanks to the information era and are looking to the cannabis infused health and beauty industry for answers. From those in their early 20s all the way to their late 90s, cannabis infused health and beauty products offer benefits to their lives. Organic cannabis infused lipsticks, eyeshadows, perfumes and colognes are out there to help you get your shine on. Ointments, salves, and topicals may be just the thing you've needed to help with pain, tingling, and numbness of your extremities. There's a ton of great cannabis infused health and beauty products on the market today for both men and women.

If you're interested in learning more about these products and how they may benefit you, check out these incredible items below and see for yourself how a little THC and CBD in your daily health and beauty regimen may be just the thing you need.

Whoopi and Maya -- Whoopi and Maya have an incredible line of cannabis infused health and beauty products offered at whoopiandmaya.com. Their products range from a bath soak, tincture and body balm to a raw cacao edible.

Mary's Medicinals -- One hundred percent plant-based, GMO free, gluten free, vegan friendly with no additives or organic volatile impurities is what you'll find with Mary's Medicinals. Based out of Colorado since 2013, Mary's Medicinals is a leader in transdermal technology. Their products range from transdermal patches and pens to topical compounds, CBD tinctures, and more. To learn more check them out at marysmedicinals.com.



Multi-billion dollar
Cosmetic Industry



Salves and Creams // Photo by Sharon Letts



Grilled Salmon and Walnut Beauty Salad

Number of servings: 8

Infused Salad Dressing

Preparation time: 40 minutes

Cooking time: 10 to 14 minutes

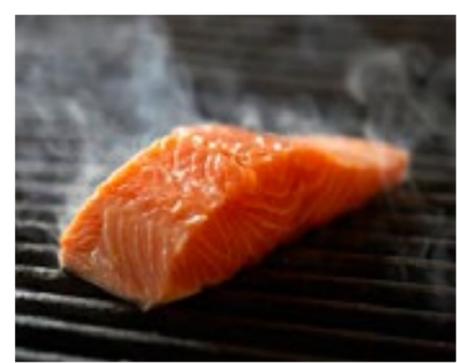
Approximate THC per Serving using
"Jeff's Light Tasting Cannaoil recipe"

20% THC Strain: 3mg



Jeff Danzer aka "JeffThe420Chef," is author of The 420 Gourmet; The Elevated art of Cannabis Cuisine and podcast host of Wake and Bake with JeffThe420Chef. He is also the inventor of THC Calculator for homemade edibles and the Founder and CEO of the Cannabis Cooking Channel, scheduled to launch in April 2017.

Ingredients



For the Glazed and Grilled Salmon:

4 wild salmon steaks, rinsed and patted dry

½ cup olive oil

1 clove garlic, minced

Juice of ½ lemon

Zest of ½ orange

1 teaspoon salt

½ teaspoon pepper



For the Dressing:

6 oz Greek yogurt

2 cucumbers - peeled, seeded and diced

1 tablespoons canna-olive oil
Use a high THCV African Sativa like Durban Poison or Red Congolese

1 tablespoon non-infused olive oil

¼ cup CBD Living Water

½ lemon, juiced

Zest of ½ orange

Salt and pepper to taste

1/2 tablespoon chopped fresh dill

1 cloves garlic, peeled



For the Salad:

2 cups kale, torn

2 cups baby greens

½ cup raw cannabis leaves

1 cup yellow pepper, sliced and halved

1 cup chickpeas

1 cup edamame

1 Italian cucumber, sliced thin

1 cup raw walnuts

1 cup pomegranate seeds

¼ cup raw hemp seeds

STEPS

Make the glaze by whisking together olive oil, garlic, lemon juice, orange zest salt and pepper.

Place salmon steaks into a 1 gallon Ziploc bag.

Add glaze to the salmon, seal the bag and gently turn to coat evenly.

Refrigerate for 1 hour.

Place walnuts in a small sauce pan with a pinch or two of salt and toast over medium heat by gently shaking them in the pan for 3-4 minutes. Set aside.

Grill salmon skin-side-down over medium heat for 12-15 minutes.

Remove from the grill and let it cool to room temperature.
Flake salmon into bite-sized pieces.

While the salmon is cooling, make the dressing:

Place all the dressing ingredients into a food processor and pulse until evenly blended.

Create the salad:

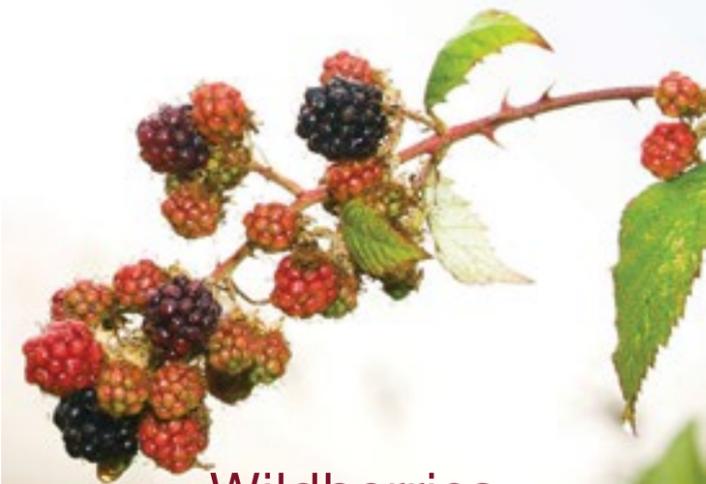
Toss the kale, baby greens and raw cannabis leaves together. Layer and strategically place the yellow flaked salmon, yellow pepper, cucumber, chickpeas, and edamame. Finish off with a sprinkling of the toasted walnuts and pomegranate seeds.

Dress, "Dose" and Serve:

Drizzle each individual plate of salad with 1oz (a shot glass) of the salad dressing and sprinkle with raw hemp seeds.

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Cannabis Lover's Collins

NORA MOUNCE

Get your sweetheart swizzled on this elegant and herbaceous twist on a Valentine's Day Tom Collins. Featuring one of Humboldt County's premium distillers, the Cannabis Lover's Collins uses Humboldt Distillery's Cannabis-Sativa infused vodka and a high CBD tincture. The result? A lightly fruit-sweetened, floral cocktail with zero THC, allowing you to personally customize your Valentine's Day high.

Approachable for even the amateur mixologist, the cocktail calls for fresh raspberries, rosewater and a high CBD tincture. Check your local cannabis dispensary for Homegrown Remedies High CBD Tincture, a delicious and medicinal tincture compounded by Tracy Dill and her son Joe in the East Bay. The subtle herb flavor from the tincture is pleasantly enhanced by the aromatic nose of Humboldt's Finest Vodka, a boutique spirit distilled in the Humboldt farm town of Fortuna, California by Abe Stevens. He recommends using the aromatic vodka, flavored by the infusion of hemp, as a replacement for gin in your favorite cocktails. Humboldt's Finest Vodka has a nose redolent of a fresh bowl of sticky icky, which we balanced with a romantic spritz of rosewater, creating memories both sweet and familiar for your Valentine.

Muddle, mix and enjoy!



Makes Two Drinks

Supplies: Collins glasses, muddler

Ingredients:

- 3 oz Humboldt's Finest Cannabis Sativa Vodka
- 1 oz simple syrup
- 1 oz lemon juice
- 8 fresh raspberries (frozen in a pinch), plus more for garnish
- Rosewater
- 1 dropper CBD Tincture (Homegrown Remedies High CBD Tincture pg.44)
- Soda water

Directions:

- Divide raspberries amongst Collins glasses. Muddle.
- Add 2 or 3 rocks per glass.
- Combine vodka, simple syrup and lemon juice in small jar, shake or stir to mix.
- Divide between glasses
- Top with soda water, nearly to brim.
- Finish each with half a dropper of CBD tincture.
- 1 spritz rosewater and fresh raspberries to garnish.

Cheers!

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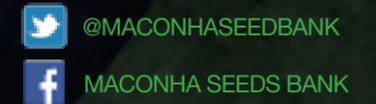
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Sweethearts Canna-Chocolate Mousse with Coconut Whipped Cream



NORA MOUNCE

Adapted from "Around My French Table" by Dorie Greenspan

Valentine's Day is a predictably wonky holiday. It sounds great in theory, but far too often, the weather forecast for romance looks chancy. Maybe you're recently unattached or so steadfastly coupled that you can't be bothered with Valentine's Day anymore. Either pole of romantic skepticism is a lost opportunity to celebrate love, in any form. This year, surprise your loyal partner, a close friend or even your mom (she was your first Valentine after all) with a simple, elegant dish of chocolate mousse. A light dusting of medicinal kief stirred into the dark chocolate will help melt away any unnecessary Valentine's Day pressure. A breeze to whip up using everyday provisions, your loved one will be touched by your thoughtfulness.

Ingredients:

- 7 ounces semi-sweet chocolate chips
- 6 eggs separated, (*room temperature helps!*)*
- Pinch of salt
- 1 teaspoon almond or peppermint extract (optional, but helps to minimize weed flavor)
- 2-4 grams finely ground kief
- 13.5 oz can coconut milk, chilled (chilled in fridge at least 1 hour)
- 2-4 Tablespoons maple syrup

Directions for Canna-Chocolate Mousse:

- Place chocolate chips with 2-4 grams kief in your double boiler set-up. (Metal bowl set over saucepan filled with 2 inches of water).

- Determine quantity of kief based on your sweetheart's experience with edibles and the level of THC in your weed. Err on the side of caution to guarantee a sweet Valentine's Day celebration.

- Bring water to boil on high heat and stir chocolate occasionally until it's melted and smooth.

- Remove bowl from water.

- Add egg yolks one at a time to melted chocolate and whisk until smooth. (If you'd like, add one teaspoon almond or peppermint extract here).

- Using a stand mixer or electric beater, beat egg whites and pinch of salt in another medium bowl until soft peaks form (a clean and dry metal mixing bowl here is key). If you stick a finger or spoon in the egg whites, they should hold their shape and have a glossy sheen.

- When satisfied that your whites are properly whipped, fold a generous scoop (rubber spatula works best) of the beaten egg whites into chocolate mixture to lighten, creating a beautiful color palate between the dark chocolate and egg whites.

- Use a gentle touch to continue to fold remaining whites into chocolate until incorporated (as always, avoid over mixing).

- Spoon mousse immediately into 6 to 8 Champagne coupes, mason jars or adorable serving bowls of your choice. Garnish with edible flowers like Jasmine or Fuchsia, dark chocolate shavings or raspberries. Refrigerate until serving.

Directions for Coconut Whipped Cream:

Open chilled coconut milk and carefully spoon out coconut cream solids that have separated and risen to the top, reserving clear liquid for a future baking endeavor.

- Beat coconut cream at high speed. It should take at least five minutes, but don't expect it to get as fluffy as the real stuff. Just as tasty though!

- Add 2-4 Tablespoons of maple syrup to taste and finish each chocolate mousse with a big dollop of coconut whipped cream.



Canna-Linzer Cookies

Jeff The 420 Chef

Makes 24 cookies

Prep Time: 15 minute

Idle Time: 1 hour

Baking Time: 8-10 minutes

Linzer cookies are always a big party favorite. Ditch the traditional version and wow your cannabis loving friends with these buttery, sugar dusted gems. They're fun, delicious and guaranteed to be memorable!

Approximate Dosage

(based on infusing 3.5gms dried/decarb cannabis into 1 stick of butter -- starting cannabis weight before dry/decarb was 7gms)

- 10%: 7 mg
- 15%: 10 mg
- 20%: 14 mg

You will need:

- 2 1/2" round or large cannabis leaf shaped cookie cutter
- 1" round or small cannabis leaf shaped cookie cutter

Ingredients:

- 1/2 cup unsalted grass fed butter, softened
- 4 Tablespoons Jeff's Light Tasting Cannabutter (visit Jeffthe420Chef.com for recipe)
- 1/2 cup raw cane sugar
- 1 egg yolk
- Zest of 1/2 lemon
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1 cup all-purpose flour
- 3/4 cup finely ground almonds
- pinch of salt
- Raspberry or strawberry jam (I like to use a cannabis infused jam like "Flower Child" to kick it up a notch)

Directions:

- Preheat oven to 340°F
- Cream butter, cannabutter, sugar, egg yolk, almond and vanilla.
- In a separate bowl, mix flour, ground almonds, and salt.

- Add the flour mixture to the butter mixture and combine.
- Add lemon zest and fold into dough.
- Divide the dough into 2 discs and wrap each in plastic wrap.
- Refrigerate for at least 1 hour (can be refrigerated up to 3 days).
- On a lightly floured surface, roll out one disk of dough until 1/4" thick.
- Using a 2 1/2" round or cannabis leaf shaped cookie cutter, cut out 24 cookie bottoms and place on a parchment paper lined cookie sheet.
- Chill cookie bottoms in refrigerator for 30 minutes.
- While chilling, roll out the second disc to 1/4" thick and cut out Cookie tops using the same cookie cutter.
- Now create your "peekaboo top" cookie by taking the small cookie cutter and making a cutout in the center of each top cookie.
- Bake 7-9 minutes or until very lightly browned. Let cook for about 10 minutes.
- Place 1/2 teaspoon of jam on the bottom half of each cookie and cover with the top cookie.
- Sprinkle with confectioner's sugar and voila!



Jeff Danzer aka Jeff The420Chef, is author of *The 420 Gourmet*; *The Elevated art of Cannabis Cuisine* and podcast host of *Wake and Bake with Jeff The420Chef*.

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WHITE WINE PROFILES

PAM LONG

VINUM, ET AL

Most white wines of the world are stainless tank fermented and aged. They should be consumed within 18 months after bottling. With that in mind, make it a habit to look at the vintage every time you buy a bottle of white wine. In this consumer-tip column, I am taking Chardonnay that is moderately to heavily oaked out of the lesson. Note: Chardonnay that is mid to bottom shelf is not worth aging for any length of time, and should be consumed soon after purchasing.

The 2016 white wines grown in the northern hemisphere are just hitting the shelves and are fresh and lively. The southern hemisphere whites (New Zealand, Australia, South America, South Africa) were harvested back in February and March of 2016 and still have plenty of zest and fruitiness. A common fresh and juicy choice is a Sauvignon Blanc. It's a versatile varietal to pair with food and a pleasant quaff on its own. However, if you are game to broaden your white-wine palate, here's a list of lesser-known varietals that are worth seeking out:

Albariño: Your first taste of this explosively flavorful Spanish white will have you hooked. Serve ice cold with your next Thai or Indian meal. Flavors include: Lemon, grapefruit, nectarine, melon, wet gravel.

French Chablis and Pouilly-Fuissé: These whites produced in France are made from the Chardonnay grape. The inexpensive selections are exposed to very little oak aging and should be consumed young. Flavors include: Crisp green apple, honey, lemon.

Grüner Veltliner: Austria's signature white is a perfect low-alcohol sipper. Serve at parties to keep inebriation at bay. Flavors include: Green pear, lemon zest, flint.

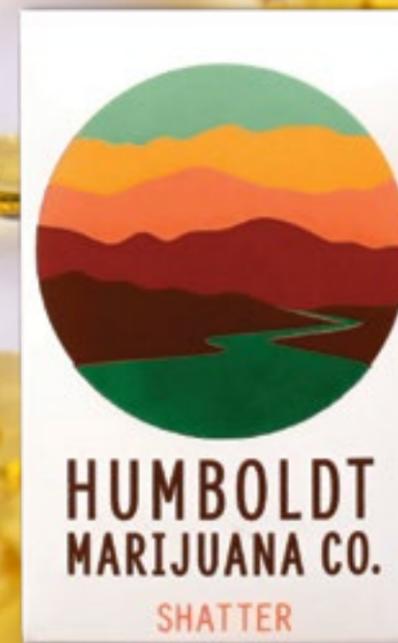
Vinho Verde: Another refreshing, low-alcohol choice from northern Portugal that often surprises with a slight spritz. It hovers around 10 percent alcohol. Drink ice cold in a plastic tumbler on a hot day at the river. Next time you are in a Trader Joe's, stock up. TJ's carries a couple different labels at around \$5 a bottle. At that price, it's affordable to buy a case or two for summer-time meals and patio gatherings. Flavors include: Melon, gooseberry, lemon.

Other white wines to seek out include Grenache Blanc, Pinot Grigio, Pinot Gris, Torrontés, Txakolina and Vermentino. 🍷

Pam Long is a wine educator, consultant and writer. Consider a career in the Wine and Beverage industry and earn your Wine Studies Certificate through HSU's eLearning & Extended Education. Enroll now for Winemaking 101, Saturday, Feb. 25, 2017, with Wil Franklin; a one-day intensive seminar covering winemaking fundamentals. Email Pam: thewinedummy@gmail.com.



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