

Emerald

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PARADISE**
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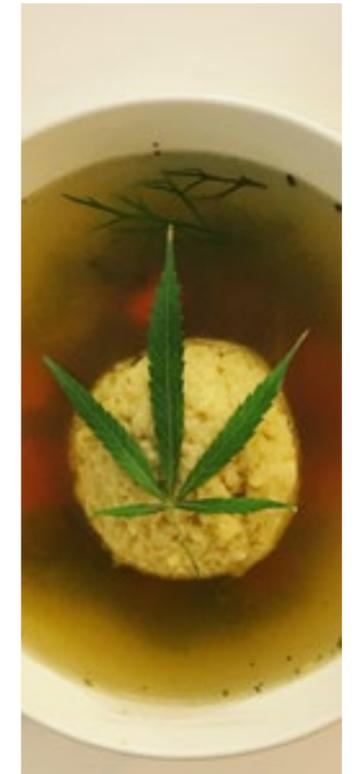
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LETTER FROM THE EDITOR

Dear Readers,

Thank you for picking up the October edition of the *Emerald Magazine*. This month we turn our attention to cannabis culture, and the diverse communities that bring the industry to life.

Our cover this month features

Canadian activist Jodie Emery. She and her husband, Marc, have spearheaded cannabis legalization movements worldwide, including in their home country of Canada.

From the roots of Jamaica, to the streets of Mexico, cannabis has played a historic and culturally

significant role to many countries and their citizens.

This October, we're celebrating those differences, and embracing cannabis across the globe, as well as right here on the California home front.

From all of us here at the

magazine, we wish you a safe, happy and healthy fall. Join us next month for our Healing Issue, as we explore the many ways cannabis enhances wellness.

Cheers,
Christina E. De Giovanni
Publisher



TALKING MOTA ON THE STREETS OF MEXICO



THE MEXICAN GOVERNMENT'S SHIFT TO TOLERANCE, RATHER THAN PERSECUTION, FOR CANNABIS AND OTHER DRUGS HAS LEFT THE PEOPLE OF MEXICO CONFUSED..."



I think it's about time Mexico legalizes, because many people need it... Education is necessary, as many people still do not know about all the good properties of this plant. Education needs to come first, then I believe it will be legalized here."

- Ramon Fernandez of Mazatlan, Mexico

WRITER SHARON LETTS

PHOTOGRAPHY ALEKSANDAR TODOROVIC | SHARON LETTS

TRANSLATED BY ALEJANDRA ZATARAIN

Sinaloa, Mexico is the home of the infamous Sinaloa Cartel, known for its organized crime and drug running. Americans know of the state via reports of violence and mass murders, with “marijuana,” known on the street as “Mota,” prominent alongside stories of illegally smuggling heroin, cocaine and methamphetamine across the border into the U.S.

Since Mexico decriminalized small amounts of all drugs for personal use in 2009, it was reported by CNN’s longtime drug war correspondent, Don Winslow, that both the Durango and Sinaloa Cartels stopped planting cannabis, and are now growing poppies – feeding North America’s opioid addiction.

“The New York Times” reported Mexico’s newfound tolerance, stating, “the maximum amount of marijuana considered to be for “personal use” under the new law is 5 grams — the equivalent of about four marijuana cigarettes. Other limits are half a gram of cocaine, 50 milligrams of heroin, 40 milligrams for methamphetamine and 0.015 milligrams of LSD.”

Per Winslow, the amount of cannabis exported from Mexico into the states has been cut in half since Colorado legalized it for recreation, with Mexican traffickers stating they can’t compete with the quality of weed in America.

The Mexican government’s shift to tolerance, rather than persecution, for cannabis and other drugs has left

the people of Mexico confused, especially its elders. Before America labeled cannabis an illicit drug, Mexico’s relationship with the plant was medicinally-based for centuries.

In April of this year, Mexico’s progressive President, Enrique Peña Nieto, signed a decree legalizing the use of cannabis as medicine. The bill also classifies the psychoactive compound of the plant, tetrahydrocannabinol (THC), as “therapeutic,” allowing whole plant extractions – something advocates for medicine insist is necessary for certain ailments.

After much public debate, the measure was accepted by Mexico’s Senate with 98 in favor and just nine opposed. Its Lower House of Congress

passed it with a 347-to-seven vote. The approved bill was then handed off to Mexico’s Ministry of Health (Cofepris), where its healing effects will be researched, then public policy drafted, regulating “the medicinal use of pharmacological derivatives of cannabis sativa, indica, and American or marijuana, including tetrahydrocannabinol,” as stated in the bill.

Many see this new legislation as the only way for cannabis to be accepted as something other than a cartel cash crop.

A query recently done on the street in Mazatlan, a beachside tourist town in the state of Sinaloa, demonstrated a newfound understanding of cannabis as medicine, along with a hunger for education.



Yetzali Guadalupe Norman Gomez, Mother

Yetzali Guadalupe Norman Gomez is a young mother from Zacatecas, in the State of Nayarit, who now makes her home in Mazatlan.

“I understand that many people smoke it and it feels good to them psychologically, but I don’t know anything about it as medicine,” she said. “If it can help people, that would be very good – that would be a benefit for them. I think there is a lack of information on medicine, but before everything else, health is first and foremost.”



Erick Alvarez, Café Owner

Erick Alvarez is a café owner in Mazatlan. He has a better understanding of cannabis’s health benefits, stating, “It’s very important as medicine, for example, there are people with Parkinson’s disease that have been treated with cannabis – and it’s very good for them,” he said. “I think it’s very difficult to legalize, though, because of the drug trafficking – the Mexican Government is very corrupt in that respect, and it’s not easy for them to legalize.”



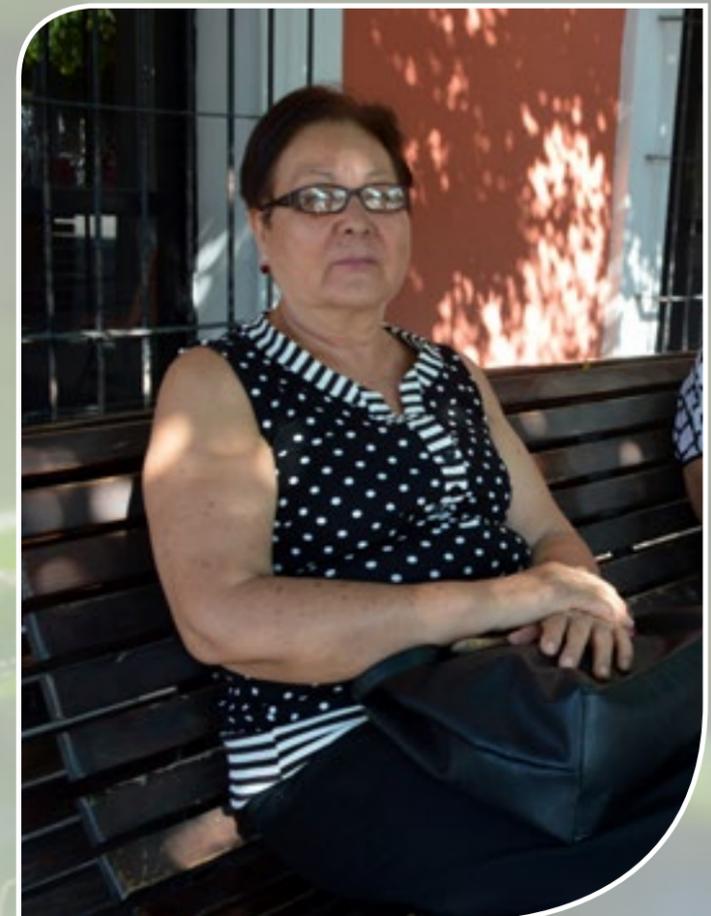
Santiago Lopez and Chris Van Vise, Realtors

Santiago Lopez and Chris Van Vise are realtors in Mazatlan. Chris is a transplant from Canada, and understands cannabis as medicine, from his own experiences.

“When I was still in Canada, I helped my dog with seizures using cannabis oil in capsules,” he shared. “When storms would come, that’s when she’d have the most seizures – within one hour of a storm, she’d get a seizure. After giving her the caps for about five-to-six years, one day a storm came and she never seized. It went away, 100 percent. I definitely think it should be legalized as medicine,” added Chris. “It comes down to the fact that it’s a plant. But here in Mexico, 70 percent of Mexicans still think that if you smoke a joint, you are a drug addict. They need education to understand.”

Santiago is a native of Mexico, and he now lives and works in Mazatlan. He remembers his grandmother soaking cannabis in alcohol, then using it topically for the pain of arthritis. He feels legalizing cannabis for medicine is a good idea.

“We need information on the subject, and for more people to start talking about it as medicine,” he said. “I think it’s good, but it’s going to be a process to help people understand what it really is. I think if people have more information about it many things could change.”



Dolores Sanchez

Dolores Sanchez has lived in Mazatlan all her life and has seen the violence and destruction caused by the cartels. While she is aware of medicinal cannabis, she still feels that recreational use leads to using harder drugs, like heroin. Her friend, who joined her in the park that day, agreed on both points.

“I understand it as medicine because of the case of Gracela, a little girl allowed to use it here for epilepsy,” she said of 11-year-old Gracela Elizalde, of Monterrey – the only citizen allowed to use cannabis as medicine, so far. “It’s good for medicine as it really helped her. It also helps with the pain of arthritis.”

After this writer informed her that it’s my only medicine, and I never wanted to do any other drug, she was then curious and agreed, “We need more information and education.”

Only time will tell if the people of Mexico can fully accept cannabis as medicine. One thing is certain, its people are willing and open to learn. 🌱

WRITER MELODY HAYHURST

Insight into Jamaica's Cannabis Friendly Events and Culture

A "LIKKLE" PIECE OF PARADISE



cannabis friendly country this year -- including this writer. The incredible natural beauty and irie environment that Jamaica offers keeps the visitors coming -- many of whom make multiple return trips.

Jamaica relies heavily upon the tourism industry, and the accessibility of its cannabis is a key factor. Officially decriminalizing cannabis in early 2015, Jamaica became one of the first and few Caribbean countries to allow personal possession in small amounts. As individuals are now allowed to have up to 2 ounces on them, many of the fines and fears of imprisonment that once existed for tourists and locals alike are no longer present.

While cannabis is readily available in most places on the island, getting the good stuff isn't always an easy adventure. While you might get lucky and score a driver with a tip on a good stash, many travelers often find themselves disappointed, returning home with stories about smoking some expensive, and not so desirable Jamaican ganja — the seedy, brownish, musty sort to be precise. Super unfortunate for them, as I have discovered that Jamaica has both affordable and exceptional high-grade herb available for even the pickiest of cannabis connoisseurs.

Home to the world famous Seven Mile Beach, Negril is also the location of many local and international cannabis related events.

Like anywhere else though, it is all about knowing where to get the best of the best. When it comes to Jamaica, that would be in the west — Westmoreland Parish, that is. The agriculturally rich Orange Hill region, located in the parish, is home to some of the island's best cannabis growers and their farms, many offering daily tours for the canna-curious traveler. Having an ideal cultivation climate, similar to the one found in the Emerald Triangle, the Orange Hill area also has quite the international ganja growing reputation.

Because of its proximity to Orange Hill, popular west coast tourist destination, Negril, is one of the easiest places to find Jamaica's most delicious and dankest organically grown green. Home to the world famous Seven Mile Beach, Negril is also the location of many local and international cannabis related events. After hosting The High Times Cannabis Cup in November of 2015, the event will again make its way back to Jamaica in March of 2018.

March in Negril will also feature Jamaica's longest running ganja event, the Stepping High Festival, which according to its website, "creates a one of a kind, authentic, Jamaican experience and a vibe of *oneness* or "inity." The event also includes exhibitions, where farmers from the community can exchange knowledge on best farming techniques and on the by-products of ganja." Showcasing premium strains of Jamaican cannabis and a musical line-up that includes local and international acts, Stepping High entices cannabis enthusiasts from around the world.

Rastafari Rootzfest also holds an annual Ganjamaica Cup Event in Negril, happening December 15-17, 2017 at Long Bay Beach Park. In partnership with Oaksterdam University, the three-day event is comprised of a ganja competition, music festival, trade show, and a consumer expo featuring various seminars and speakers. There is lots to be gained from a more "open" cannabis industry on the island, as events like this are helping Jamaica inject more cannabusiness into its economy.

California's budding cannabis tourism industry could learn a thing or two from our friends in the Caribbean. Conversely, as California fully embraces recreational legalization in the upcoming months, perhaps we can help to spark more mainstream movements in Jamaica.

For many people, thoughts of Jamaica and ganja go hand-in-hand. As cannabis is a deeply ingrained and often visible part of both Jamaican and Rastafarian cultures, ganja smoking tourists have been drawn to the island for decades.

Its vibrant music and culture, beautiful beaches, lush forests and rivers, delectable cuisine and friendly locals make Jamaica a true tropical paradise. From swanky all-inclusives to Bud and Breakfasts, there are an incredible range of options and experiences for all types of travelers to enjoy. With sweet reggae rhythms playing essentially everywhere you go, it is quite easy to get swept away in the vibes of this little -- or "likkle" as locals would say -- island paradise.

The island is a long-loved destination for those whose desire to have cannabis easily available and accessible while traveling. Jamaica's warm Caribbean waters and stunning sunsets are hard to resist. This is evident by the vast number of international travelers who flock to the island annually. According to the Jamaica Tourist Board, just under four million people visited the nation via airline and cruise ship travel in 2016 alone.

Additionally, their monthly statistical report published in July of 2017 states that, "During the period of January to July 2017, 91.5 percent of foreign nationals visited Jamaica for leisure." That is over one million people who have already made the journey to enjoy the

(TOP LEFT) Ganja author, activist and entrepreneur, Ras Kahleb, stands proudly with a crop in the rich, growing region of Orange Hill, Westmoreland.

(RIGHT) Seven Mile Beach, one of Jamaica's most notorious, is a perfect place to sit and smoke a spliff while soaking in the Caribbean's picturesque scenery.

PEACE WITH THE PRINCESS OF POT

JODIE EMERY

WRITER JAMES PRIEST
PHOTOGRAPHER DAVID MALMO-LEVINE

Cannabis activists have, and still do, make all the difference. But, to be an activist isn't easy. Many have lost everything, and some never recover. Still, so many people support this plant. They share knowledge and information not for their own personal gain, but instead, to help others. People from all walks of life have found a purpose in the plant -- they are driven by compassion -- and together, create a like-minded culture, a cannabis culture.

Jodie Emery

Budding in cannabis culture itself is someone whose name is synonymous with politics and activism. The legendary cannabis figure, Jodie Emery, is endearingly dubbed the Princess of Pot. Jodie Joanna Giesz-Ramsay, born January 4, 1985, in Kamloops, Canada, married fellow cannabis activist, Marc Emery in 2006. Both husband and wife have spent time in jail for their roles with cannabis, and together they've co-founded "Cannabis Culture Magazine," Pot TV, and operate the retail store Cannabis Culture Headquarters.

Support With A Cost

Outside of Jodie's incarceration for cannabis, she's worked with the political Green Party of British Columbia with the objective of bringing social justice, sustainability, and ecological wisdom to her region. Respect for diversity and participatory democracy were only a few prerogatives brought to the table.

Jodi has been involved with the British Columbia Marijuana Party (BCMP), a political party that advocates for responsible cannabis reform and legalization in British Columbia. She regularly speaks at events across Canada and around the world, including the Boston Freedom Rally, The Global Marijuana March, and The New Hampshire Liberty Forum. If there's a 420 festival, a cannabis-themed function or event, or a public hearing about cannabis, chances are you might catch the Princess of Pot there.

Her husband, Marc, was incarcerated for five years in the U.S. for his support of cannabis. During this time, Jodie strongly advocated for his return to Canada.

Jodie isn't quiet about her cannabis use, either. You can find her in documentaries such as: "Prince of Pot: The U.S. vs. Marc Emery," "Evergreen: The Road to Legalization," "Legalize It, A NORML Life" and more. "The Guardian U.K.," "The Huffington Post," "The National Post," "Fresh Magazine," "Georgia Straight," and dozens of other newspapers and magazines have featured "The Princess of Pot."

“There is no end point, or victory goal line, in this war against us. Every day, humanity struggles for freedom of choice and freedom from oppression, and the war on cannabis is a huge part of that global destruction and harm.”

AS LEGALIZATION
CROSSES THROUGH
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MISSION TO
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“I'M FOCUSED ON ACTIVISM POLITICALLY BECAUSE ENORMOUS CHANGES ARE UNDERWAY IN CANADA...”



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“
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AND TAKE ACTION TO
MAKE A DIFFERENCE.
”

Jodie also supports electoral reform, policing and prison reform, nonviolence, affordable education, environmental awareness and tax spending reform. Together, the Emery's never once backed down from those who tried to strong-arm or bully them. Recently, on December 16, 2016, they were arrested in Montreal over a legal dispute between the Cannabis Culture Dispensaries and local authorities. This didn't stop this powerful duo; they're still rollin' strong.

A voice as powerful as Jodie's reaches ears thousands of miles away. This writer was first introduced to her while working with Craig Ex, whose show *Expert Joints* (see "Emerald Magazine," July 2016) airs on Pot TV.

Emerald Magazine: What's your favorite strain to smoke?

Jodie Emery: Recently I've been a fan of *Girl Scout Cookies*, but I'll always remember and dream about *True Blueberry* from DJ Short, many years ago.

Emerald: What's your favorite type of edible?

JE: I haven't had any edibles for years, with the last experience as far back as 2005. I prefer smoking flowers, usually in the form of my hand-rolled joints.

Emerald: Is the bud truly better in Canada?

JE: It's all about the grower and the garden! I've had terrible and wonderful cannabis flowers in Canada and around the world. Even when it's not "the best," I always enjoy smoking any cannabis, anywhere!

Emerald: What does cannabis mean to you?

JE: Cannabis is not just the tree of life that saves lives and offers peace to humanity, but it can also save our planet if we utilize it in every possible way. The War on Drugs is one of the worst human rights crisis our world has ever seen, and cannabis is always used as the main target, so it's essential that we end the war on cannabis and all drugs, in order to save lives and our planet.

Emerald: What's one of the best and one of the worst experiences you've had as a cannabis supporter and activist?

JE: There are too many good experiences to count. My life has been jam-packed with adventure, politics, business, media, activism, courts, prisons, and so much more. The worst days were the U.S.

prison days, from May 2010 to August 2014, when Marc [Emery] was extradited to the U.S. for five years for funding legalization activism and seeding the movement worldwide.

Emerald: What are your current cannabis endeavors?

JE: I'm focused on activism politically because enormous changes are underway in Canada, and you can keep up with my efforts on Twitter by following me there on @JodieEmery. This is where most of my activism and work and media is shared. I'm out on bail for about seven months now, so our criminal case related to the recent Cannabis Culture dispensary franchise venture is still before the courts. I'm focusing on making sure people aren't arrested and demonized and punished for cannabis in any way, shape or form. I'll get back to business and work soon enough, though I'll be avoiding civil disobedience so I don't end up back in jail. No one should ever be arrested or jailed for cannabis, ever.

Emerald: Do you have any messages for our readers?

JE: There is no end point, or victory goal line, in this war against us. Every day, humanity struggles for freedom of choice and freedom from oppression, and the war on cannabis is a huge part of that global destruction and harm. Cannabis can save the world in so many ways, but only if we do everything in our power to promote it everywhere. We cannot let the truth about cannabis be buried under continued government anti-pot propaganda and lies.

Do everything possible to promote cannabis and take action to make a difference – there are so many ways to have an impact. Hold a rally. Post signs and hang banners. Join political parties to influence policy. Run for office to get cannabis in the conversation. Educate your doctor about medical marijuana. Donate to a drug policy organization. Write a letter to the newspaper, or call the radio when weed is the topic. Contact and meet with your elected representatives. Grow cannabis, and share it! Whatever you do, every time you take action, you can feel strong knowing that you're fighting for millions of people who are suffering persecution – people who depend on us, their fellow citizens, to do what we can to liberate our planet and people. We have the people power. We just need to unite, and use it for good.

Peace and Pot! 🌿

STORIES FROM THE SEAMS



WRITER ALLISON EDRINGTON

“IT’LL GIVE YOU SOMETHING TO LISTEN TO WHILE YOU TRIM. TAKE A BREAK FROM JAM ROCK.”

-- AMY DAY,
ON THE MEND PODCAST

The hills of Northern California are shifting. As prohibition ends and an era of cannabis regulation begins, the community adapts to a new paradigm and to new neighbors. Stories of families in the Emerald Triangle have been locked away behind closed lips and an aversion to written records (by necessity), allowing the narrative of greed and environmental destruction to dominate much of the conversation for decades.

What are the real stories of the farmers, the back-to-the-landers, and the medicine makers? These are the questions the MEND podcast explores in its first season.

“MEND: Life at the Seams” is a passion project from two Humboldt County-based writers, Amy Day and Anne Fricke. Together, they focused on Northern California’s cannabis culture in their first season of this living history podcast, said Day, because the dominant conversation of destruction didn’t reflect the whole story of the cannabis community.

“We’ve raised our families here. We know that is not the only story,” Day said. “We wanted to document the initial intent and the initial ethos.”

Day and Fricke interview nationally renowned guests, like craft farmer and activist Casey O’Neill, but most episodes feature community members who go by first names only. Take Iris for example, a woman who was raised on a cannabis family farm, or Marie, a long-time trimmer in the hills.

The podcast evolved as Day and Fricke continued to interview more people. Each of the 20 plus episodes features an in-depth conversation with someone with a story to tell. Documenting those stories and telling the other side was how they got started, Fricke said.

“That was our initial intent,” Fricke said. “It’s kind of morphed into this. We interviewed a back-to-the-lander



(ABOVE)
Handwritten notes for a podcast in the making.

When Fricke’s not recording podcasts, she is writing poetry and fiction in the evenings and early mornings while taking care of her three children during the day.

Day moved to the area at the age of 17, and has called it home ever since, aside from what she calls a “brief love affair with the Big Island of Hawaii.” She is a longtime blogger, performer, teacher, and is a graduate of the Dell’Arte International School Of Physical Theatre in Blue Lake, California. She is the author of a one-woman show, “Finding My Feet,” and is currently working on a creative nonfiction piece. Day is passionate about bringing more “imperfect, intrepid beauty to the world” as she raises her kids in the rural landscape of Humboldt County, California.

The Power of Prohibition

There are no shortage of stories to tell in the cannabis community. Fricke and Day said they found the culture of silence and fear developed under prohibition is still a powerful force. Finding sources that are willing to go on the record is a challenge.

and they said ‘just don’t grow pot anymore.’ I understand that sentiment, but that isn’t realistically what’s going to happen,” she said. “How do we take these values and intentions of the back-to-the-landers and move forward? That’s going to happen so how do we move forward sustainably and community minded?”

Day said that every interview is their best interview: “We love sitting down and hearing these stories that we otherwise wouldn’t be told,” she added. “[...] it’s hard to go to sleep at night after we do one of these interviews because we’re so energized.”

The Women Behind The Podcast

Neither Fricke nor Day are native to the area -- both fell in love with the coastline, the community, and the redwoods of Northern California as soon as they arrived.

Fricke is an Indiana native, and has called Northern California home for the last 16 years. She earned an Anthropology degree from Humboldt State University and published her first book of poetry, “Susurrus: Whispers Behind This Life.” She co-created MEND because she loves where she lives and she is passionate about storytelling.



“Annie was doing some super sleuthing in the beginning,” Day said of her co-creator. “She did the hard work early to get these people out of the woodwork. Old school method. Now we’re looking more toward people who are putting themselves out there, like Siobhan of the Grow Sisters... (Episode 20).”

Producing the podcast has also been a healthy challenge. Fricke said they have definitely learned a great deal about production in this first season of making audio podcasts. “For two writers with limited tech experience, the learning curve was huge,” she said. “We learned a few things to make it easier. I think the next season will be a little more polished.”

What’s Next?

They have loved every interview they’ve conducted for the MEND podcast; each story is unique so they can’t pick an absolute favorite. Episode 14, however, was something special. In that episode, Fricke and Day sit down for a conversation with Jesse, a Northern Humboldt resident and founder of the Del Norte County’s Grower’s Association.

Fricke noted that when asked about the future, many of their guests would shrug their shoulders and cross their fingers, hoping for the best. But Jesse’s response stood out. “He said that you can hope all you want, but you need to be part of the decision making.”

That episode was a turning point for the direction of MEND, said Day. “We are watching it pan out and if we want to influence the future and this culture and this bubble we live in, it’s time to step up.”

There are still many more stories to tell, but Day said, “we’re kind of ready to move on. By no means have we told the whole narrative. If we felt compelled to, we could continue to get some really juicy stories out of this.” For this unpaid, creative undertaking, however, Day said “the Muse is calling us to something else.”

They are being called back to a thread that appeared over and over again with every interview: accidental activism. To this, Day added, “the ordinary individual choosing to influence with what scope or leverage they have, however limited it may be, to make an impact, to contribute meaningfully in their world.”

Once MEND wraps up its final episode of its first season, Day and Fricke intend to put down the microphone until early 2018. Until then, they will be working on their own writing projects. In the meantime, you can listen to the entire first season anywhere, from your living room to the trim room, right on their website or with your favorite podcast app. 🎧

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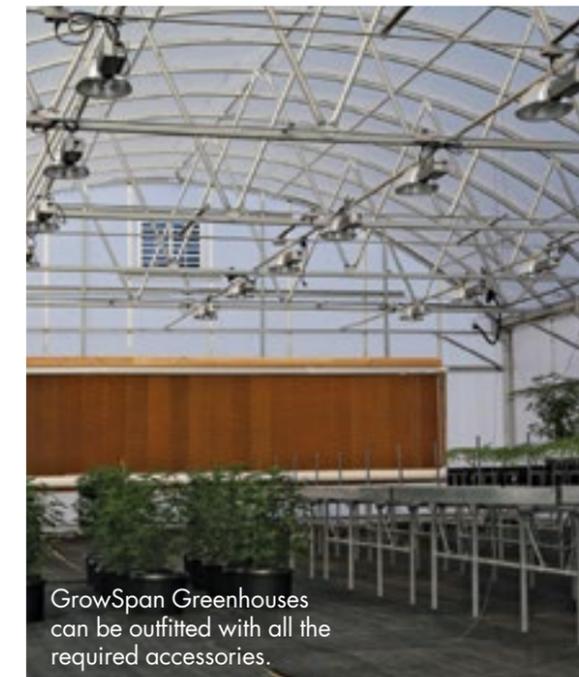
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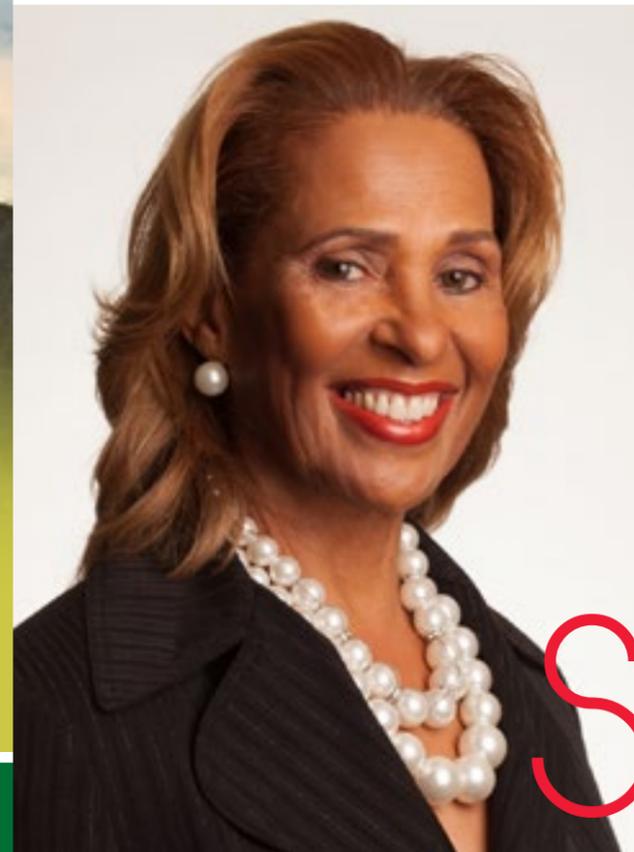


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SUE TAYLOR

AGING INTO THE INDUSTRY

WRITER MELISSA HUTSELL



"THE REALITY IS SENIORS THAT I'VE WORKED WITH ARE ON AS [MANY AS] 7-20+ PILLS A DAY."



Seniors are at the forefront of the multi-billion dollar cannabis industry.

Those ages 50 and above are among the largest growing demographic in the industry -- yet, stigma and lack of access prevent many from seeking holistic approaches to healthcare.

Senior outreach programs have become prevalent in the 29 states that have legalized medical marijuana in the U.S. In Washington state, for example, more than a dozen assisted living facilities have incorporated cannabis policies so far, according to the AARP. Additionally, Harborside Health Centers offer monthly information sessions and support groups exclusively for seniors.

Awareness and outreach are key, but so is the creation of safe spaces. Next year, California will welcome iCANN Health Center, the first dispensary designed specifically with seniors in mind, said Sue Taylor, founder and executive director of the facility.

The 4,000 ft. Berkeley-based, licensed dispensary will welcome patients of all ages, Taylor added, but "what makes it different is it caters to the needs of seniors" by offering consultations, and informative classes on topics like "which strains are best for which illnesses."

The dispensary will also feature a community room; employ a geriatric nurse; offer a large array of medicinal CBD and low THC products, including topicals and flowers.

Taylor is a nationally renowned speaker, author and advocate in the fields of cannabis and aging. She held positions as a Catholic School Principle, on the Commission of Aging (Berkeley) and the South Berkeley Senior Center Advisory Board, among several other notable roles. She is also a trusted face of the cannabis movement, a position she's never thought she'd be in.

Taylor was introduced to cannabis by her son, and was immediately taken aback when he brought up the subject. "I had viewed cannabis like a hard core drug," she said, like heroine or crack, "I was that opposed." So, she packed up everything and moved to California from Georgia to "save him from drugs," she explained.

What happened next, she said, is that I learned. "I became the student."

Taylor began working with Harborside Health Center's senior outreach programs more than eight years ago. Since, she said she's witnessed the power of cannabis.

(ABOVE) Sue Taylor, California Certified Cannabis Educator and iCANN founder.

IN 2016, THE CENTER FOR DISEASE CONTROL (CDC) REPORTED THAT CANNABIS USE AMONG AMERICANS AGES 55-64 WAS UP 455 PERCENT SINCE 2002. USAGE INCREASED 333 PERCENT AMONG THOSE 65 AND OLDER.

SENIORS MOST COMMONLY SUFFER FROM ILLNESSES THAT CANNABIS IS KNOWN TO TREAT: SLEEPLESSNESS, JOINT PAIN AND INFLAMMATION, AND LOSS OF APPETITE.

SENIORS (55+ YEARS IN AGE) ACCOUNT FOR 14 PERCENT OF THE U.S. POPULATION, AND USED 30 PERCENT OF ALL PRESCRIPTION DRUGS, ACCORDING TO MULTIPLE SOURCES INCLUDING "CANNABIS GEOGRAPHIC."

PRESCRIPTION DRUG USE IS DROPPING IN STATES THAT ALLOW MEDICINAL CANNABIS, ACCORDING TO A JULY 2016 STUDY RELEASED IN THE "HEALTH AFFAIRS JOURNAL." THIS DATA SUGGEST CANNABIS TO BE EFFECTIVE AT CURBING OPIOID USE, AND THE RATE OF PRESCRIPTION DRUG USE AMONG SENIORS.

(RIGHT)
A mock up of iCANN Health Center, the city's fourth dispensary, which will be located on Sacramento Street in Berkeley. Photo courtesy of Sue Taylor.



“When promoting medicine to these people that have never been introduced to cannabis, the results I saw [...] literally changed my mind,” Taylor said. She’s watched others overcome stage 4 cancer, leave their walkers, and drop the use of numerous pharmaceuticals after treatment with medicinal cannabis. The real people, the real stories -- that’s what inspired her.

Seniors (including baby boomers) make up one of the nation’s largest populations. This demographic is only growing as more age into it. People above the age of 55 account for 14 percent of the U.S. population, and 30 percent of prescription drug users.

“The reality is seniors that I’ve worked with are on as [many as] 7-20+ pills a day,” she said. Most are being treated for two-to-three illnesses, but after the use of multi-

ple pharmaceuticals, seniors can end up with 15-20 side effects compounding the problem. Treatment for side effects lead to more medications and more disorders. Often times, said Taylor, they’re “still in pain, still can’t get out of bed.”

However, it’s not just the older generations that suffer from overuse of pharmaceuticals; it’s a cross-generational problem. Americans in general are getting sicker and dying younger. Many sources, including the recent paper “Mortality and Morbidity in the 21st Century,” point to the over-prescription of pharmaceuticals (primarily opioids) as a cause.

“It’s not just about cannabis, but total well being [...],” she explained. Because of the pharmaceutical approach to healthcare, seniors are being robbed. “[This] approach is taking away the genius, the loving, the creativeness -- the foundation -- of what we as seniors have passed on to younger generations. [They’re] not mentally or physically there to pass that on because most don’t feel well.”

There’s a place for pharmaceuticals in society, Taylor acknowledged, but there are holistic alternatives. For those who grew up in an era of prohibition, cannabis is still very much an illegal substance.

Outreach and education are needed to battle this stigma.

Taylor finds that people are more open to cannabis once they know A) it doesn’t have to be smoked, and the high can be eliminated, and B) there are no cases of overdoses.

“Seniors don’t want to get high, they want to get well,” Taylor said. Products high in CBD and low in THC are popular amongst the demographic for this reason. Topicals, tinctures bath salts, and vape pens are also preferred consumption methods amongst seniors.

The most common reasons people seek medical cannabis are for chronic pain, inflammation and insomnia -- all illnesses which plague the aging demographic.

Whatever they choose, Taylor encourages patients to communicate with their doctors so the medical community is more attuned to the medicinal effects of cannabis. Such vertical advocacy serves both the older, and younger generations.

Taylor’s mission is to bring dignity back to seniors. Cannabis is just one of the keys to a higher quality of life.

For more information about iCANN or Sue Taylor, visit iCANNBerkeley.com SueSimonTaylor.com

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Are You a Viper?

Jazz- Soaked Cannabis Slang from the 20s and 30s



WRITER MOLLY GATE



"Everything will seem so funny.
Darkest days will seem so sunny.
That feeling will arrive when you
smoke that killin' jive."

-- *Cats and the Fiddles' Killin' Jive*

Viper, tea, reefer, gage, nickel, weeds, roach, muggles. These terms from the 1920s and 30s confirm that cannabis users have a long history of inventive names for their favorite pastime. Makes sense if you need to be cautious about what you say and to whom. Special lingo is a code that defines a culture, who's in, and who's not.

Doobie, 420, ganja, chronic, buddha. Music has broadcast the language of cannabis through the decades. Think of Woodstock, Bob Marley, Willie Nelson, Rap and Hip Hop. The language changes as the culture morphs through time. Few terms from the 20s and 30s are commonly used now. Some still signify the kind bud – reefer, weed, nickel (from the old \$5 baggie days) and roach. But viper, tea, gage, jive and muggles – not so much. Yet, all these words come from a magnificent musical culture of resistance to oppression in America and are well worth learning more about. And a swingin' course of study it is, too.

Jazz, that stunning all-American music created in African-American communities during the dangerous Jim Crow years, is rightly credited as a cultural bridge across the nation's huge racial divide. Crafted in Black communities from New Orleans to Harlem, and filled with the subtle language of defiance, jazz celebrated the vibrant intelligence and creativity in communities kept down economically, socially and politically. Slavery was illegal, but bigotry and systemic oppression were all too normal. As white folks began mingling with black people for the love of the music, some of the rigidity of racism was eroded too. Over time, the lingo of jazz brought white listeners into cannabis culture as well.

Jazz historian, Dan Morgenstern, has written about the importance of cannabis in the jazz world. He's quoted in a Leafly.com post by Bruce Kennedy, "It was well-liked because it did something to steady their time feel; it was very useful for playing jazz." As for the music being a cultural bridge, Morgenstern points out that the alcohol prohibition from 1919 to 1933 encouraged whites to look elsewhere for a good time. As jazz morphed into swing music, more whites crossed the line into cannabis culture.

Cannabis terms usually have an obscure history. Old jazz songs

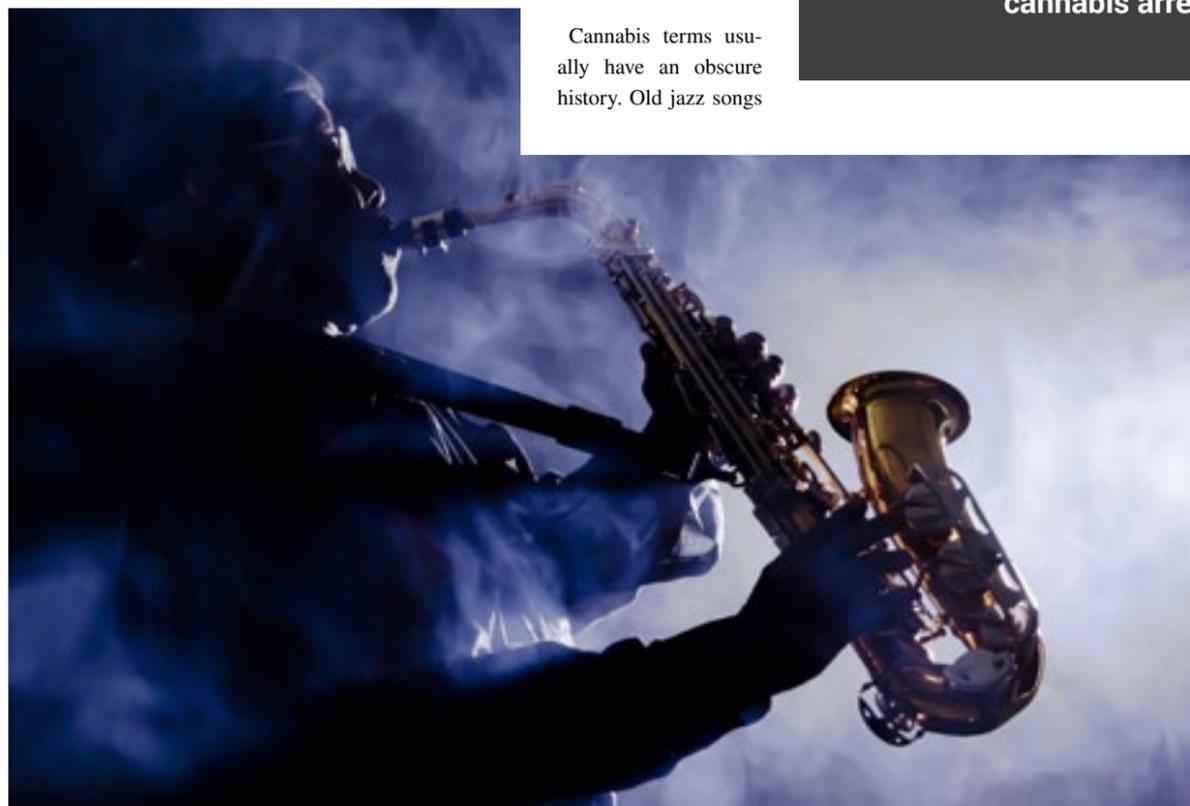
The 2013 American Civil Liberties Union report, "War on Marijuana in Black and White" shows African-Americans are 3.7 times more likely, on average, to be arrested for cannabis offenses compared to whites, though usage rates are almost even. In some places, that number is 30 times more likely. Cannabis industry websites such as MarijuanaStocks.com states that African-Americans are vastly underrepresented in the cannabis industry while over-represented in cannabis arrests.

mention quite a few and allow us to glimpse that world of euphoric defiance. One of the CD compilations of classic cannabis songs from the early 20th century is "When Hemp Was Hip: 14 Songs of the High Life," a 1995 disk from Viper's Nest Records. Many of the greats of jazz are included and the songs are a goldmine of coded talk. Cab Calloway's "Reefer Man" opens the set. According to the Collins English Dictionary, reefer comes from the days of sailing ships and first referred to sailors who reefed (rolled for storage) the sails. A rolled joint looks like a reefed sail. The word reefer traveled from sails to ships to railroad cars. Can't you almost see the sailors, longshoremen and hobos passing joints from San Francisco to Boston?

One of the oldest songs in the collection, from 1928, is "Muggles," recorded by Louis (Satchmo) Armstrong, the great trumpeter, singer and lifelong cannabis advocate. We're not in the world of Harry Potter here. In the 1926 "Wisecrack Dictionary" by George Maines and Bruce Grant, muggle refers to a joint and muggles means cannabis. Books and websites abound telling Satchmo's history with cannabis. Marijuana.com posted an especially precious resource. Their 2014 article "Louis Armstrong: America's First Marijuana Advocate" reprints a transcript of Armstrong's memories of his bust for possession in 1930. He says, "Several movie stars... told me, when they heard about me getting caught with marijuana they thought marijuana was a chick. Woo, boy, that really fractured me!"

Other songs in this collection refer to gage, tea and viper. Gage was Satchmo's pet name for cannabis and, according to the Leafly post, viper seems to have referred to the hissing sound of taking a hit off a joint. "Light a tea and let it be, if you a viper." To Satchmo, being a viper meant those who "smoked and respected tight gage." Tea, another flaky leaf, used to be bagged in little bundles rather than flat bags. See a photo in a 2015 Time.com article by Sarah Begley.

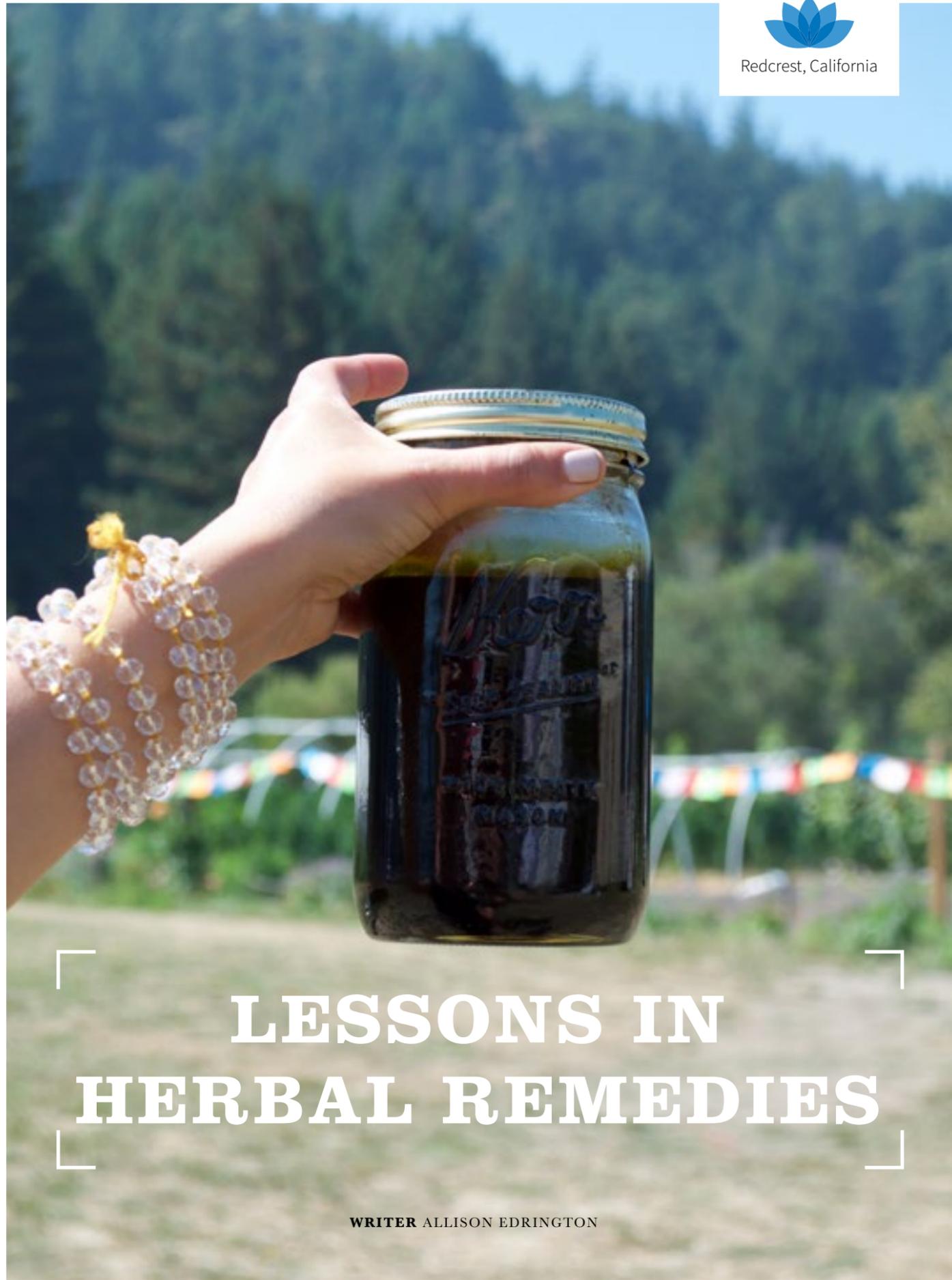
The recent Netflix show "Disjointed" disappointed and offended many, but its opening song, "Jack, I'm Mellow," a 1938 hit by Sidney Bechet sung by Trixie Smith, is a fine intro into the world of swingin' cannabis slang. If it leads more people to research this history, then the show has done some public good. Just smoke some gage, listen to some history, and mellow out, vipers. 🌿



"JACK, I'M MELLOW," A 1938 HIT BY SIDNEY BECHET SUNG BY TRIXIE SMITH, IS A FINE INTRO INTO THE WORLD OF SWINGIN' CANNABIS SLANG.



Redcrest, California



LESSONS IN HERBAL REMEDIES

WRITER ALLISON EDRINGTON



In Redcrest, California, the view of the sky is wide open in nearly all directions; a hard sight to find in the Emerald Triangle. As one of the flatter areas of Humboldt County, this distinctive microclimate is ideal for farmland in a county known for its mountainous roads and sloping hills. On a late August day, the sun gently rose above Chrystal Ortiz's farm as she prepared for an afternoon of medicine making.

Chrystal placed all the tools and ingredients she needed on a covered picnic table: a slow cooker, a digital stove top, glass jars and bottles, coconut oil, and extracts of all kinds. Guests would soon arrive, eager for tours and knowledge.

I rolled past the tall, decorative wooden fence and into the farm as the truck's tires crackled against the newly paved driveway. Vegetables, flowers and small fruit trees lined the view before I glimpsed the quiet rows of cannabis growing just beyond a garden fence. From a distance, the variety of cultivars taking root there was apparent; their shapes, sizes and colors shifted from row-to-row.

Chrystal has been a farmer for decades, and has worked with medicinal cannabis for many years. She's gained a wide breadth of knowledge regarding herbs through her own research and experimentation and by directly learning through authentic sources of traditional herbal practices.

Humans have used herbs to heal themselves for millennia, and only in recent generations has that changed, she said.

Even though U.S. Highway 101 isn't too far, the countryside was quiet aside from the cheerful chatter and preparation of the farm's small team. Cannabis is so often kept in modified environments that the hum of lights and the whirring of fans seemed refreshingly absent.

“THE HIGH QUALITY OF THE SOIL IN REDCREST IS EXCELLENT FOR AGRICULTURE, AND THE CANNABIS PLANTS ARE THRIVING AS THEY DIG THEIR ROOTS INTO IT...”



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After the sun started to bear down its afternoon heat, cannabis medicinal consultant, Dr. Pepper Hernandez, brought a small group of women who gathered closely together under a red umbrella as Chrystal started. They leaned in for a look as she showed them the infused (MCT) coconut oil put into the slow cooker that morning. The oil was infused with her homemade RSO (Rick Simpson Oil) so that she can control the dosage precisely.

“If you were at home and you didn’t have that (RSO), you would have been soaking your dried cannabis in here at about an ounce per cup, or half an ounce per cup,” she said. “You would have been soaking this on low for at least 45 to 50 minutes. Once we get to 50 to 55 minutes, it’s infused. The oil is warm enough and everything is good. Then you would have strained it out, and you would have just had cannabis infused oil,” Chrystal added.

“Has everybody here made it before?” A few nodded enthusiastically but a couple in the small crowd had not. “Try coconut oil, you’ll be super stoked. It’s really useful. Just strain it, pour it back in the jar and put it in the cabinet [or] put it in the fridge. It’s amazing.”

After the group decided what kinds of medicine they wanted to make that afternoon (pain soother salve, elderberry syrup, spritzers and chocolate lip balm), Chrystal began the walking tour. She started with the kitchen garden. She identified calendula flowers, which were perky and yellow. They dominated an entire corner due to their wide range of uses, like relieving cuts and rashes.

Arnica, wormwood, mugwood, borage and other flowers with ancient medicinal roots were in bloom as we walked along the rows on either side of the fence. Chrystal pointed out strings of puffy purple flowers growing in abundance across the untended field. Wild pennyroyal, she said.



“It’s growing all over the whole farm. I mow it and [it smells] amazing,” Chrystal said. Pennyroyal is in the mint family, and a strong spearmint-like aroma is released when crushed or cut. “Not good for medicine, in a light tea it’s ok, but it’s really strong.”

The walking tour wound its way to the cannabis garden. Chrystal noted that her plants were smaller than usual because they went into the ground late. The developing buds, however, didn’t seem bothered much by the delayed transition. Vibrant hairs grew around the young flower buds, and a thick layer of crystals sparkled along their inner leaves.

The high quality of the soil in Redcrest is excellent for agriculture, and the cannabis plants are thriving as they dig their roots into it, she said.

“In the giant scheme of things, we are in the Eel River Valley, and the whole community washed away in the 1964 flood on Christmas Day,” Chrystal said. Her guests all recalled the astonishingly tall “High Water Level” marker that is visible on Highway 101 and is about 40 feet above the road. That is how high the flood waters got that year, she said.

“What it does to the soil is amazing. This is all sediment soils. It’s full of nutrients from the bottom of the river,” Chrystal explained. “You can just grow almost anything with it. The water table is really high, so historically throughout millennia, the river would meander through this whole valley and dump the silt and the sediment, making it a [great] place for agriculture.”

As the walking tour made its way back to the medicine making table and out of the direct sun, Chrystal started on the elderberry syrup. She said it’s an excellent preventative cough syrup and not very hard to make. “It’s actually a daily syrup. On the onset of flus or colds, you can take it every two-to-three hours.” It’s really potent, she noted.

The elderberry syrup needed to reduce, so after a quick exercise with making the medicated spritzers, Chrystal invited the group inside to watch her make a salve. Combining beeswax, shea butter, cocoa butter, cannabis-infused coconut oil and drops of essential oils over a stovetop, Chrystal shared her tips for making the perfect salve. She gave each woman a small pat of just cocoa butter so they could rub the rich texture on their skin as they waited for the salve to finish.

Chrystal and Pepper shared their knowledge of cannabis and other medicinal remedies throughout the afternoon, and the group filled their binders with notes and recipes. Chrystal demonstrated the handmade remedies she had practiced a thousand times before, and in doing so, she continued another tradition: passing along the knowledge of herbal medicine as it has been done for centuries.



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A MESSAGE FROM TIM BLAKE ABOUT THE COMPETITION

The competition has always been the heart and soul of the Cup. It's hard to fathom that the Emerald Cup started out as a small, outdoor flowers competition fourteen years ago at Area 101. Since then, our industry has evolved beyond my wildest imagination. With that in mind, we've continually expanded the contest to reflect all of the amazing products that are on the market today. This year we've added "distillate cartridges", "lab-based awards", "best booth," and "most innovative product" as new awards.

Last year, we exceeded any and all expectations with over 1200 entries. With so many last minute entries, there were some unforeseen challenges. We've worked diligently to avoid any issues and spared no expense to ensure that every contestant will get proper attention from us. All entries will be tested prior to the judging, and the judges will have ample time to consider each entry. This has meant we've had to, once again, move up the deadlines for submission. Our main drop off locations will be open to entrants daily during the contest, but we're limiting the days in which a contestant can submit their entries at the satellite locations. All of our drop-off locations have experienced a tremendous strain on the staff by having to deal with so many entrants in the course of their normal business days. We're going to have our staff personally accommodate you, and accept your entries at these satellite locations. We will be there to help you, and answer any questions you might have.

This year, we're requiring you to help us out by providing us already parceled out samples. We're promising to ensure that your entries are taken care of properly and kept in a perfect state. We are also extending the deadline to November 17th for sun-grown flowers to give the farmers more time to insure the proper care on your entries. We're excited to be, once again, working with SC Labs, who will be doing all of the testing for us.

I can't wait to see all of your hard work shining through in all of the amazing products. I'm already wondering what will be new next year. Whether we ever get that many entries again doesn't matter to us. What matters to us is at the end of the day is that everyone involved feels like we did right by you.

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In Gratitude,

Tim Blake

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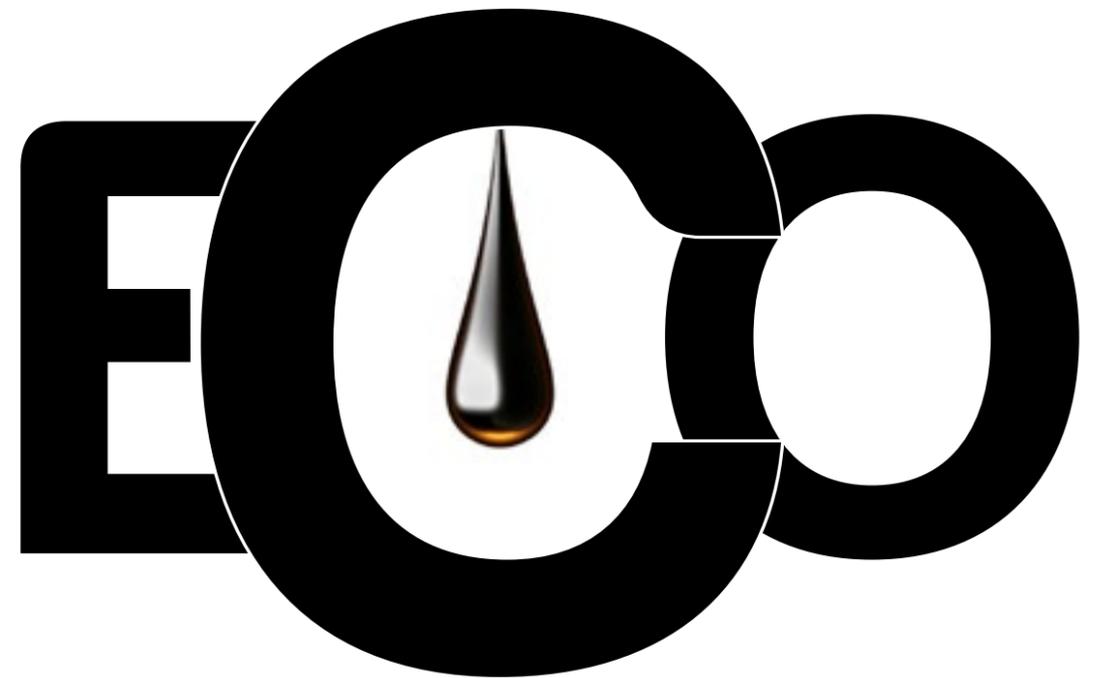
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WILLOW CREEK - \$375,000
±2.5 Flat acres featuring 3 cargo containers, 4 greenhouses, and concrete slab for shop. Community water is available. Cultivation app. for 5k sq.ft. of mixed light and a 2k sq.ft. nursery.

DINSMORE - \$799,000
±46 Acres with 2 houses, multiple outbuildings, spring, pond, and flats. Cultivation app. for 15,300 outdoor.

WILLOW CREEK - \$549,000
±80 Acres featuring 2 cabins, barn, and good water. Cultivation app. for 1,650 sq. ft. outdoor.

ALDERPOINT - \$1,290,000
±74 Acres featuring a house, greenhouses, and water. Cultivation app. for 10k sq.ft. with an additional 20k sq.ft. of outdoor from RRR.

WILLOW CREEK - \$1,250,000
±160 Acres featuring flats, meadows, power, yurt, greenhouses, water, and 2 creeks. Cultivation app. for 1 acre of outdoor.



MIRANDA - \$1,150,000
±40 Acres featuring privacy, creek, pond, water storage, solar system, 2 shops, and cabin. Cultivation app. for 32,626 sq. ft. outdoor and 2k sq. ft. of mixed light.

DINSMORE - \$849,000
±40 acre organic farm featuring a 2/2 home, 2 guesthouses, southern exposure, 3 ponds, springs, water storage, well, and outbuildings. Cultivation app for 22k sq. ft. mixed light.

WILLOW CREEK - \$1,190,000
±160 Acres featuring, barn, metal building, and greenhouses. Cultivation app. for 1 acre outdoor.

WEITCHPEC - \$2,900,000
±320 Acres featuring southern exposure, abundant water, house, shop, greenhouses. Cultivation app. for 1 acre outdoor and 22k sq.ft. of mixed light.

WILLOW CREEK - \$425,000
±2.5 Flat acres featuring 200-amp PG&E, AG building, greenhouses and community water. Cultivation app. for 1,500 sq.ft. of mixed light and 3,500 sq.ft. of outdoor.

FEATURED LISTING

New Listing

LARABEE VALLEY - \$1,850,000

±20 Acres with cultivation permits on file for 1 acre of outdoor; 22,000 sq. ft. of mixed light; 5,000 sq. ft. of indoor, and a nursery. This property in the coveted Larabee Valley features 20,000 sq. ft. of existing greenhouse space, drip irrigation system, water storage, 2 yurts and a bathhouse. A creek runs through the property. Power nearby on adjacent parcel for easy connection.



WILLOW CREEK - \$650,000
±2.6 Acres featuring a 3/2 home, 4 car garage, shop, greenhouse, guest apartment, community water, septic, and dual power drops (commercial & residential). Cultivation app. for 4k sq. ft. of mixed light and 1,300 sq. ft. outdoor.

DINSMORE - \$799,000
±10 Acres featuring a 3/2 home, guest house, shop, well, and an expansive flat. Cultivation app for 6k sq.ft. outdoor.

WILLOW CREEK - \$2,250,000
±135 Acres featuring springs, barn, house, ponds and outbuildings. Cultivation app. for 34,080 sq.ft. outdoor and 1,920 sq.ft. of mixed light.

CARLOTTA - \$2,250,000
±9.3 Acres featuring power, 2 wells, 2 homes, and greenhouses. Permit issued for 10,000 sq.ft. of mixed light and 20,000 sq.ft. of RRR pending.

BLUE LAKE - \$1,490,000
±46 Acres featuring dual power drops (residential and commercial), fully insulated AG building, multiple terraced flats, newly remodeled 3/2 home, and pool.

POT TALK

WITH PETE POWLOVICH

HENDRX FARMS

Innovation and community are two words that describe HendRx Farms. The company, which operates out of McKinleyville and Bridgeville, California, is committed to strong and healthy clones of both classic and fresh strains.

Growing up together since childhood in Humboldt County, the team has grown to become a natural extension of that friendship and community. According to Daniel Hendricks, the farm's CFO, and HendRx's president, Jake, growing clones like *Grand Daddy Purple* and *Cali Mist* for their network of friends bloomed into the nursery now known as HendRx Farms.

The farms CEO is Travis, who explained how HendRx has very strict, daily cleaning standards, as well as a rigorous microscope inspection process before every intake. The company's COO, David, added, "You have to take a lot of care to preserve the genetics."

While sharing and creating the best genetics is a top priority, Travis said, "more importantly, you have to love the plant."

Drought resistant breeding has become a big interest to the company, and they are currently working on crossing their *Calihari Kush* with high CBD strains. Hendricks tells me how they discovered the *Calihari Kush* plant the year after they were forced to wood chip a harvest by county officials. "It was flourishing in a hot dry bed, so we took some cuts," he explained, before Jake added, "It doesn't drink water like other strains and it finishes quick." It's been a staple for them ever since.

The guys start to pull binders from a shelf, which Jake said are filled with "as much cannabis research and science as we can get our hands on." They are true students of the industry; they're constantly reading material as it becomes available and keeping breeding journals. They plan to share this information with the community through a new website, which will also feature Phylos Genetics' make up of every strain in their library, as well as full terpene profiles, amongst other information.

This year, HendRx Farms had the opportunity to partner with Humboldt Seed Company

(HSC) and offer clones of specific phenotypes that had been hunted by it's founder, Nathaniel Pennington, including *Blueberry Muffin 10* and *Royal Highness*. HSC will offer seeds for some of their genetics -- such as *Calihari Kush* and *Charlie Girl*. The opportunity to share these genetics with the community is rewarding, said Hendricks.

HendRx Farms provided samples of their indoor-grown *Calihari Kush*, *Blueberry Muffin 10*, and *Royal Highness* as well as the current light deprivation strain, *Charlie Girl*. Additionally, they shared a wealth of other goodies, including *Frosting*, *Jack Herer*, *Gorilla Glue #4*, *Double Tangie Banana*, *Banana Split*, *Jager*, *Gelato* and some of their newest creation, *Blueberry Muffin 10* live rosin, which will be available soon.

POT TALK CONTINUED



Calihari Kush

The bud is entirely lime green with some emerald green splotches and carrot orange hairs. It's covered in a shiny layer of tiny trichomes that glisten in the light. Candy-like on the nose, lime and orange are dominant with mint and fresh pine in the background. Like being in the middle of a spring vegetable garden, it has a lively quality.

The flavors are light and airy as I begin to roll it up. Lime and orange hit the tongue, followed by the refreshing flavors of pine and mint on the exhale. Hints of fresh blueberries and a sense of calm surround me as my body starts to feel relaxed. My mind felt clear, and suddenly, an urge of creativity came on.



Blueberry Muffin 10

This strain smells like blueberry muffins! A cross of *Blueberry* x *Purple Panty Dropper* x *Razzle Berry*, the bud is covered in white trichomes that look like snow cover over the lime green and sangria purple curves. Behind the intense scent are sweet notes of blueberry preserves, lime, candy cane and violets.

One puff and holy smokes! It tastes as it smells, like fresh baked blueberry muffins. It's sweet and soft on my palate, with notes of juicy berries, lime, cinnamon and chamomile. This has me feeling uplifted, and my problems melt away. My pain is gone and my appetite is up. Suddenly, I'm craving a warm blueberry muffin.



Royal Highness

A cross of *Royal Kush* x *Cali Dream*, the bud is predominantly pear green with some sangria purple mixed in. Little cedar orange hairs pop out from the frosted trichomes. The terpenes smell of peppermint, gasoline, pine sap and orange blossom with a little grape wafting out on the end.

The taste initially tickles my palate with sweetness. It gives way to piney gasoline, grape, and mint with a smooth citrus mouthfeel. There is a floral note that lingers on the finish. The high comes on subtly and my body starts to feel relaxed. My mood is uplifted, and I'm noticing some pain relief.



The smell is pungently skunky and sour. Orange and lime citrus hide behind a fog of sweet gasoline.

Charlie Girl

Another staple of HendRx Farms, *Charlie Girl*, is a cross of *SFV OG* x *Girl Scout Cookie Breeders Cut*. The big, chunky bud is lime and pear green with purple accents. The bud is covered in a light frosting of shiny translucent trichomes with a few bronze hairs. The smell is pungently skunky and sour. Orange and lime citrus hide behind a fog of sweet gasoline.

When I light up, sweet diesel flows over my palate with other notes of lime/orange peel, pine and an underlying sour tone. A sweet spearmint sticks around on the finish. The high comes on quickly and is quite stoney. I'm feeling good, and my appetite is up as well as some noticeable pain relief.

HendRx Farms can be found online at Hendrx.farm and on Instagram @hendrxfarm. They can also be reached via email at Info@HendRx.farm.

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Hakuna Supply elevates something as simple as a box or rolling tray to a high-end, luxury item.



Book boxes are lightweight and work well when one wishes to "read" on the go.

Sit down. Roll it. Light up. Sometimes rolling a joint is not all that easy, especially for first-timers. Having created countless crooked, uneven, and otherwise unsmokable ones, I was surprised at the quality of my handiwork after twisting up a couple of doobies with Hakuna Supply's gear. After a few rounds in the gunmetal grinder, my favorite, potent buds turned to fluffy, ready-to-roll herb. The wooden rolling trays are beautifully stained and skillfully finished, smooth and soft as leather. Hakuna Supply elevates something as simple as a box or rolling tray to a high-end, luxury item. A convenient trough-like design in the tray, held the paper in place, an example of Hakuna's problem-free philosophy, and somehow a linear joint emerged. No worries.

Creatively combining materials from a previous business endeavor, entrepreneur Ilan Freeman launched Hakuna Supply in 2015. Freeman graduated from Loyola Marymount with a degree in entrepreneurship, and knew how to turn setbacks into successes, and how to share the profits. "I had all these tea boxes and wood leftovers. So, I decided to put jars, grinders, and rolling papers in a box and put them on Amazon. All of a sudden, I couldn't stop selling them," he explained as we toured Hakuna's warehouse. Freeman decided to develop a brand, and hired Torrey Thomas to manage marketing, social media, and graphic design.

"We are sustainable and responsible, and we believe in honesty and equality," Freeman said of Hakuna. He heralded The Honest Company and Patagonia for their good business practices, incorporating the same concepts in his management of Hakuna: quality products, employee appreciation, and a focus on giving back to the environment.

"Our problem-free philosophy is a promise to our customers that if there's any issue, we resolve it. Our circle of life promise to the earth is that [since] we're taking out trees for our wooden boxes, we want to make sure we're giving back as well," he said. Hakuna currently donates \$1 to the World Wildlife Foundation for every box sold, and they are replacing their conventional price and information tags with plantable seed tags. Black Pine, Yellow Pine, and Spruce tree seeds will be among the first batch, and with the holidays coming up this is the type of gift that never ends. Buy a box, plant a tree. Brilliant. By using seed tags, Hakuna is able to

reduce their paper consumption and get more trees in the ground. Imagine a forest grown from gifts you shared with family and friends.

The name Hakuna Supply was inspired by the popular song "Hakuna Matata" from Disney's "The Lion King," written by Elton John and Tim Rice, as sung by Freeman himself, in the shower. "The fun part of starting a business is coming up with the name," Freeman said, "I've always loved "The Lion King," and [the song] has this laid-back, no worries, earthy feel to it," he smiled, recalling the moment when Hakuna Supply was aptly named. Webster's Dictionary translates the Swahili phrase, hakuna matata, as "there are no problems, don't worry about it."

Hakuna's line of premium storage products and accessories are ideal for display at cannabis-friendly homes and offices, or can be discreetly hidden in plain sight. The book boxes look like regular books, but as the saying goes, never judge a book by its cover. Inside Hakuna's boxes one can keep jars of cannabis and all the accoutrements, with a lock and key option available. Book boxes are lightweight and work well when one wishes to "read" on the go. The magnetic book boxes retail for about \$40 and the locking versions are \$70. A selection of colorful, silkscreened boxes are also available for safe pipe transportation, with images like psychedelic cats and sacred geometry. These smaller boxes are made from Beechwood, lined with foam to protect the pipe, and retail for about \$30. Hakuna's variety of styles offers something for the traditional, practical, or modern enthusiast of any age.

Handsome wooden lock boxes made with real mahogany and walnut are Hakuna's Signature Line. Each box contains a removable rolling tray, bamboo lidded jars, a grinder, storage compartments, and their unique wooden roach clip that doubles as a stealth one-hitter; a perfect gift for the cannabis connoisseur. These signature boxes have a professional, polished appearance, like one might find in a powerful executive's office or a VIP lounge. Bring that high-end feel right into your home with these gorgeous pieces.

Whether you are storing or savoring your cannabis, Hakuna's products elevate the experience to a higher level.

To learn more about Hakuna Supply or to purchase their items, visit HakunaSupply.com, Amazon.com @hakunasupply



REGGAE ON THE RIVER

Can the Changing Cannabis Culture Breathe New Life Into the Event and the Community Center Behind It?

WRITER MELODY HAYHURST | PHOTOGRAPHER AGNES PATAK

Reggae on the River's roots run deep in Northern California. What started in the early 1980s as a rebuilding fundraiser for The Mateel Community Center in Redway, California has become one of the longest running, most well-known reggae festivals in the world. Rising to its height throughout the 1990s and early 2000s, Reggae, as it is affectionately referred to by locals, continues to draw countless cannabis and music lovers to the Emerald Triangle year-after-year.

While the area's well-known high grade helps to attract many musicians and attendees annually, Reggae on the River has also helped to show people worldwide what the region has to offer, particularly when it comes to cannabis and culture.

When speaking with General Manager, Justin Crellin, about the ways that cannabis has contributed to the festival's success over the years, he said, "It is an iconic event for Humboldt County and brings much needed diversity to our rural area," he added. "People come from all over the world to experience this -- and to share our local culture -- and I think the "Humboldt County experience" has played a large role in the festival's popularity."



Perfect Giddimani

This sense of community, is perhaps why this year's startlingly low local attendance and profit numbers are especially disheartening. After suffering a tough fiscal loss on the event, The Mateel now finds itself struggling; the changing cannabis culture, community and industry that have helped to shape and sustain both it and Reggae can no longer provide the necessary financial stability.

Legalization, however, may bring cannabis to the forefront of Reggae and could lead to more promising times ahead.

Long gone are the days of the guys standing silently in the shadows with their big buds on Bob Marley Boulevard. Gone also are the days when the event would sell out months in advance — before online ticket sales existed and before a competitive West Coast festival market emerged. One thing other shows don't have, however, is the enticement of the good old internationally known Humboldt green.

Cannabis in all its glory is now on full display at Reggae on the River. With over a dozen industry related sponsors including farms, collectives, and nutrient companies, there was no shortage of cannabis related products present this year, as various sponsors offered all types of swag, samples and information. True Humboldt also provided a 215 dab bar backstage, supplying waxes, rosins and flowers throughout the weekend to artists and card holding concertgoers.

Cannabusiness related collaborations could create exciting opportunities for The Mateel and other financially strapped events and organizations. This can benefit both communities, Crellin stated, "Reggae has a real opportunity to better incorporate cannabis culture into the fabric of the event and also expand the event's appeal by doing so."

"There is a lot of potential here, and hopefully, deeper interest from our local cannabis community will emerge as a means to finance the festival beyond simple sponsorship," he added. "It would take a collection of farms who see the value of Reggae on the River in branding/showcasing Humboldt cannabis on an international stage to join forces." Unfortunately, costly compliance regulations may prevent farms and other small industry businesses from having disposable and "donatable" income.

With this uncharted territory comes both uncertainty and excitement. Soon, music festivals and events like Reggae will have the ability to incorporate cannabusiness into their sponsorship and vending programs, and perhaps even offer cannabis experience-based ticket options. While plans or permits for this have yet to be created, there is hope on the legalization horizon for the future of Reggae.

 To learn more about Reggae on the River, The Mateel Community and upcoming shows and events, visit them on Facebook @mateel or on their website at Mateel.org



Marla Brown



This year's 33rd annual event exhibited a range of artists from around the globe. Thursday night started the show highlighting local band Woven Roots who featured a number of guest vocalists including Virgin Island singer Army (pictured right), followed by a DJ set from Walshy Fire of Major Lazer. Friday included performances by Nattali Rize, Perfect Giddimani (pictured above), Kabaka Pyramid and Stick Figure with dancehall artist Assassin aka Agent Sasco finishing the night. Saturday showcased several roots artists including Nkulee Dube, Warrior King, and Junior Kelly. Headlining the night were California based acts J Boog and Slightly Stoopid. Sunday's heavily female infused lineup saw London-based Marla Brown (pictured right) take the stage as well as St. Croix native Dezarie, Brazilian band Sensimilla Dub and Lutan Fyah. Closing out the show were riddim specialists Sly and Robbie with vocals provided by Marcia Griffith, Judy Mowatt and Cherine Anderson.

"Cannabis has always been part of the mystique of Reggae on the River, and is part of the draw that makes Humboldt County a unique tourist destination," Crellin explained, "[...] Reggae music and Rastafarian culture have deep connections to cannabis, and this is something that Humboldt County shares, along with natural living and back-to-the-land ideals that made Reggae music such a perfect fit for our community/culture."

Loved and loathed by many a local, Reggae has always been about much more than the music. Long before the days of medical legalization and the impending reality of a legal recreational market, Reggae on the River was once one of the few spaces where like-minded people could come together, blaze up openly and unite over their shared love of music and the herb. Unified together in a place where cannabis was accepted and celebrated, a strong sense of camaraderie and community was created.



Virgin Islands singer, Army



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WRITER ALLISON EDRINGTON

“

THE COMBINATION OF TERPENES MAKES THE BEER SEEM FRUITY AND BITTER WITHOUT LOSING THE SMOOTHNESS OF THE ALE.

O

ne of California's most popular breweries -- Lagunitas Brewing Company -- has officially crossed over into the cannabis industry. The brewers at Lagunitas, based in Santa Rosa, partnered with Cannacraft's AbsoluteXtracts to create both a beer and a vape pen that bring flavors from hops and cannabis together to create whole new experiences.

Why Terpenes?

SuperCritical Ale is brewed with cannabis terpenes extracted from *Girl Scout Cookies* and *Blue Dream* varieties. These terpenes contribute to the flavor without adding any cannabinoids -- like THC -- so, no high here. Terpenes create the aroma and the range of flavors in your favorite cannabis buds. But these naturally occurring chemicals aren't exclusive to cannabis; they're found in nearly all plants with a scent, from lavender to mangoes.

Even hops have naturally occurring terpenes, like myrcene, but the definition listed in "Craft Beer and Brewing Magazine" suggests that hop terpenes may not play as major of a role in the flavor of beer as they do in cannabis. This is because most of the terpenes are burned off during the brewing process, and are occasionally infused into dry hops for additional flavor, according to the article.

Do Terpenes Make A Difference?

I cracked open the SuperCritical Ale and poured a glass. I was surprised to see a light golden beer fill my cup, similar to a light IPA or blonde ale.

The aroma was reminiscent of a typical beer, but something was different. There was a subtly twisted scent that peaked my interest.

SuperCritical's infusion of cannabis terpenes has definitely altered the tasting experience. The terpenes brought citrus-like pops along the tongue and roof of my mouth that lingered long after each sip. It wasn't the flavor, but rather the feel of citrus, which came through like squeezing too much lemon into a glass of iced tea.

The combination of terpenes is fruity and bitter, but smooth like an ale. While the citrus-like sensation lingered in my mouth for several minutes after my last drink, that sensation lifted after about five-to-10 minutes and my mouth felt clean.

SuperCritical brings together top Yakima hops and terpenes extracted from Northern California's finest cannabis. Lagunitas does not specify which terpenes are being used, but that may only matter to cannabis geeks like me. SuperCritical is a beer, and beer is for recreation, after all. Knowing the specific terpene profile is much more important when a patient is looking for medicine; it is less important when you're browsing the beer aisle before going to your friend's place. That being said, the Lagunitas brewmaster and AbsoluteXtracts budmaster explain in a couple short videos on the Lagunitas' website why they selected the dream-like qualities of *Blue Dream* and the earthy, grounded nature of *Girl Scout Cookies* to pull terpenes from. Plus, they give their own light-hearted review of this small batch brew.

The cannabis-infused ale is an interesting drink to share with friends, and whether it's a novelty or your new go-to will depend on your own tastes. Apparently, it's quite popular though, as Lagunitas has already sold out of the first batch and are working on the second.

Will it have the same profile as before? Or will the brewmasters play with more terpene combinations? Follow @lagunitasbeer on Instagram or @lagunitasbrewingco on Facebook to look for word on the next batch.

The Buds and the Bees

CANNABIS HONEY AT HOME

WRITER REGAN CRISP

Earlier this year a friend asked me if I would like to join her for a Saturday mead tasting in Southeast Portland. The party — celebrating recently opened Mead Market, the city's only mead bottle shop and an entirely bee-centric store — was easy to agree to, but not just because the alcohol and dandy snacks would be free. Horticulture is my favorite.

The tastings blew our socks off. We buzzed through Mead Market that Saturday in a frenzy, falling to pieces over bulk beeswax and intricate Norse labels festooning bottles of every size. The mead was ambrosia and the mead-makers themselves were decent people, gnome-like in their fervor for fermentation and the insects that make their craft possible.

If I'd appreciated bees and their bounty before, my respect for their place in horticultural science was whipped into shape that afternoon. In the months that have elapsed since, I've thought a lot more about how cannabis relates to honey.

Cannabis and honey share several similarities. For one thing, they are both derived from flower, cannabis being the cured flower (bud) itself, while honey a bee-processed pollen or nectar. Therefore, they both tangle with terroir, or the effect of a plant's environment (climate, biodiversity, soil) on the nature of its edible by-product. Honey is made from different pollens that take on different flavors, just as the same cannabis strain growing in different climates will produce varying buds. And, though their effects differ, both cannabis and honey have ancient medicinal histories.

Last month I offered up the recipe for my favorite medicated beverage, a CBD honey-infused tea latte. This is just one iteration of the cannabinoid-laced honey life; honey is also a powerful topical medicine, particularly when combined with cannabis, and foods incorporating medicated honey take edible-making to the next level.



- 7 GRAMS DECARBOXYLATED CANNABIS
- 1 CUP OF HONEY
- CHEESECLOTH
- STRING
- A CROCKPOT
- MASON JARS
- FUNNEL

CANNABIS
HONEY

Honey is made from different pollens that take on different flavors, just as the same cannabis strain growing in different climates will produce varying buds.

THC and CBD honey are both old-hat in dispensaries by now, but when they aren't packaged up in single-serve sticks, they run a high price tag. Making your own cannabis honey at home saves money, and allows you to dial in the flavor, potency, and high that you prefer.

Making cannabis honey is not that different than making cannabis butter. You'll need to begin with decarboxylated cannabis: in other words, cooked flower. This is a simple, but crucial, first step when converting cannabis into something edible. Heating up the flower activates it by converting non-psychoactive cannabinoids into psychoactive ones. It's the same process happening in your joint or dab rig -- the lower the temperature, the cleaner the process.

Set your oven to 150 degrees, and spread your pre-ground strain of choice onto a parchment paper-lined baking sheet. Bake the cannabis, taking it out every fifteen minutes or so to rotate the bud for even cooking. Cooking time can vary based on strain, moisture content, and how coarse the flower is ground. Approximately 45 minutes-to-one hour later the flower should be toasted and crumbly, but not burnt.

Take the activated cannabis and wrap it in several layers of cheesecloth, tying a bundle with natural string (or hemp thread!) while leaving enough room for the flower to move freely.

Set your crockpot on low, and pour one cup of honey per seven grams of flower. (The more honey the better so that the flower is fully submerged in the slow cooker.)

Leave the honey and cannabis warming for up to eight hours, stirring periodically. Turn off the slow cooker and let the honey cool. When ready to jar the honey, turn back on low to loosen the honey, then squeeze the cheesecloth out.

Use a spatula and a funnel to fill honey into jars. Store in a cool, dark place.

Choose a strain you love to make the process the most worthwhile, and choose a honey you won't get tired of (more herbaceous honeys might not mix into everything so well). Put your cannabis honey on toast or in tea. Blend it into unsweetened yogurt, bake it into breads and cookies, or stir some into lemon, ginger, and cayenne tea to kick a cold. Once tasted and tested, you'll know best how many spoonfuls will do the trick. 🍯



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Everything old becomes vogue again, especially when it's as stylish and vibrant as a homemade shrub. What's a shrub? A simple name for a blend of fruit juice and vinegar, a shrub is etymologically rooted to the Arabic word "sharāb," meaning, "to drink." Popular in 17th century England, shrubs were often served in pubs with brandy or rum. Across the Atlantic, colonial Americans used shrubs as a simple method to preserve fruit; the vinegar content allows shrubs to last weeks in the fridge. Like any good millennial, I have a healthy appreciation for both craft beverages and old-timey everything, so shrubs naturally peaked my interest. While bartenders in America's great foodie cities have been serving creative, botanical cocktails featuring housemade shrubs for the past few years, I'm inclined to drink a shrub instead of the afternoon cocktail I know I don't need. More exciting than iced tea, a shrub can be crafted from an endless variety of fruits and herbs, balanced by equal parts vinegar. If you're a kombucha drinker, shrubs will be your jam. While some recipes feature red wine vinegar and even balsamic, I rely exclusively on apple cider vinegar, famed for it's healing properties against everything from the common cold to chronic inflammatory diseases.

Of course, we had to try infusing our homemade shrub with high CBD medicinal cannabis tincture - this is "The Emerald," afterall! And while we're trying to boost our healthy digestive acids and cut back on alcohol, it's only natural to incorporate medicinal cannabis. The CBD tincture played nicely off the basil in this recipe, subtly bumping up the herbaceous profile.

For an afternoon refresher, pour 5 ounces of the shrub in a Collins glass with ice. Top with 3 ounces of soda water and infuse with a dropper full of your favorite CBD cannabis tincture. Stir. Garnish with fresh basil and blackberries if you have company.

Use this recipe as a starting point; experiment with fruit in season and herbs growing in your garden. And don't worry - I did make at least one cocktail with my delicious shrub! A shot of Hendrick's gin with 4 ounces of the blackberry basil shrub, topped with a splash of soda water, was heavenly. The shrub provides both a sweet and bitter profile in one easy pour, so have fun experimenting. Cheers! 🍷



BLACKBERRY BASIL CANNA-SHRUB

by Nora Mounce

Ingredients

- 1 cup blackberries, rinsed and lightly crushed
- 4 - 6 large basil leaves
- 1 cup organic sugar
- 1 cup organic apple cider vinegar

1. Place berries and basil in a bowl. Add sugar and stir. Cover with plastic wrap and store in refrigerator until juice runs freely from berries. Depending on your fruit, it may take anywhere from 5 hours to a couple of days - this is not scientifically

- crucial. A short maceration won't hurt anything, but a longer one will provide more fruit intensity.
2. Strain syrup from fruit into large liquid measuring cup. Alternatively, use a bowl and funnel.
3. Add vinegar; whisk to combine.
4. Pour into glass bottle. Shake with cap on securely and mark the date. Your shrub should last up to a month.
5. Though ready to serve immediately, test to your liking. The vinegar taste will mellow over time. Enjoy!

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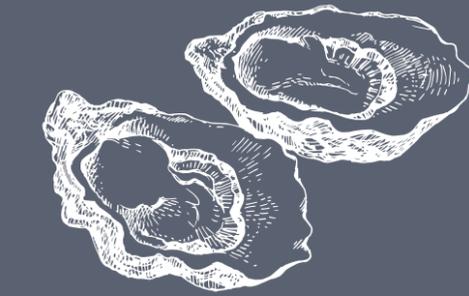


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HUMYUM CANNABIS CARAMELS

by Nora Mounce

When Elkiya Menes's aunt called her to request a batch of caramels, the Humboldt County pastry chef gave it her best effort. At the time, she considered herself more of a chocolate person, but Menes was surprisingly taken with the rich, yet elegant, sea salt caramels she perfected. The gluten-free caramels also suited Menes's personal food philosophy; she discovered she had a gluten allergy nearly ten years ago while working the night shift at a bakery in college, so, she adjusted her eating and baking methods in order to follow her dreams.

Menes attended Le Cordon Bleu in San Francisco, earning a degree in pastry arts in 2010. She still holds tight to her admiration for classical French style, and today creates desserts that are naturally gluten-free using the best-quality, organic ingredients.

Last July, she officially opened her artisan caramel business, HumYum, in Humboldt County, the heart of the Emerald Triangle. Of course, it was only natural for Menes to offer a line of caramels infused with low doses of medicinal cannabis.

"I wanted to put something out there that was actually quality," says Menes. "I didn't see anything at the dispensaries that was good for your body or gluten-free." When she started HumYum, Menes knew there had to be a more sophisticated edibles market.

All HumYum caramels incorporate a classic sea salt flavor, allowing the caramels' complex and rich flavors to linger long after they've disappeared. The cannabis line comes in three different doses: 1.5 mg THC, 3 mg THC and a 24:1 CBD/THC, per caramel -- all of which are prominently labeled on each package. The taste of cannabis is undetectable, regardless of the dosage.

Menes says that she keeps THC levels appreciably modest because, "I don't want my products to make anybody feel bad." In fact, she wants HumYums to be a safe starting point for wider audiences who might benefit from medicinal cannabis.

The caramels live up to their "medicinal" reputation by softening the hard edges of anxiety and promoting a restful night's sleep without an intense high. Even HumYum's 3 mg THC caramels offer significantly lower doses than most edibles available in California dispensaries.

Menes creates her caramels using CO2 oil rendered from organically farmed, sun-grown cannabis grown in Humboldt County. Currently, only one Bay Area dispensary, 7 Stars in El Cerrito, California, carries HumYum's edible caramels, but Menes expects to grow the cannabis line in 2018.

Elkiya Menes believes that nothing is more important than what we put in our bodies. An inquisitive foodie and talented pastry chef, she is thrilled to be following her dream of owning and operating her own gluten-free confectionery. Offering her medicinal caramels, which represent the best of Humboldt County's bounty, is icing on the cake.

For more information on sourcing HumYum's cannabis caramels, email humyumcaramels@gmail.com.



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MELLOW MORNING PUMPKIN SPICE GRANOLA

by Nora Mounce

The comforting scents and colors of autumn encourage us to slow down and enjoy the sweeter things in life. A medicinal bowl of granola is perfect for taking the caffeine edge off your morning. Though corporate America has taken the pumpkin spice craze to new levels with pumpkin spice deodorant and pumpkin cheesecake frappuccinos hitting the market, this granola is a simple, healthy assemblage of real food. Top with almond milk or yogurt, and as always, be sure to label your edibles!

Serving Size: Makes 22 ounces or 7 to 8 servings

Ingredients

- 3 cups oats
- 1 ½ cups walnuts, coarsely chopped
- ½ cup raw pepitas
- 3 tablespoons sugar
- ¼ teaspoon sea salt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger
- ⅛ teaspoon cloves
- 2 tablespoons canna-olive oil
- 2 tablespoons coconut oil, melted
- ⅓ cup maple syrup
- ⅓ cup pumpkin puree

1. Preheat oven to 350 degrees. Mix oats, nuts, seeds, spices, sugar, and salt together in a large bowl. In a small saucepan, warm coconut oil, canna-olive oil, maple syrup, and pumpkin puree over medium-low heat; whisk. Pour liquid mixture over the dry ingredients and stir with a wooden spoon.

2. Spread the mixture evenly onto two baking sheets (to ensure a crunchier granola) and bake for 20-24 minutes, stirring, and rotating baking sheets halfway through. Once granola is golden brown, remove from oven and let cool. Transfer to an airtight container; enjoy within a few weeks.

Each 3 ounce serving of granola contains 9mg THC. Potency will vary based on your oil making method: using flower vs. trim, time cooked and whether raw materials were decarboxylated, which converts THCA to THC. I made my canna-olive oil using trim in a crock pot, yielding an olive oil with 33 mg of THC/tablespoon.

THC levels for this recipe were provided courtesy of the Leaf Detective, Humboldt County's first legal cannabis testing facility. The Leaf Detective is located at 408 7th Street, Unit A in Eureka. They can be reached at (707) 599-1998.



POTZO BALL SOUP

by Jeff the 420 Chef

Try this contemporary twist on an old favorite. This is not your mama's matzo ball soup — but with the added THC and CBD, I'm sure she'll "keel" with sheer delight. Tasty medicated matzo balls? What's not to love, bubby!

Servings: 8-16 Potzo Balls
Prep time: 40 minutes
Cook time: 1 hour and 30 minutes
Approximate THC per Serving* (Based on infusing 4 grams of cannabis into 4 ounces of oil.)
10 percent: 1.9 mg per potzo ball
15 percent: 2.8 mg per ball
20 percent: 3.8 mg per ball

Ingredients for Broth

- 10 cups water
 - 1 whole chicken, cut into eighths
 - 1 beef bone (optional, for a heartier soup)
 - 1 cup carrots, in rounds (reserve ¼ cup)
 - 1 cup celery, sliced (reserve ¼ cup)
 - 1 celery root, whole or halved to fit in pot
 - 1 cup parsnip, cubed (reserve ¼ cup)
 - 2 yellow beets, cut one into cubes and one into thin rounds. Reserve 1 thin round for each bowl as garnish.
 - 1 medium Spanish onion, diced
 - 4 sprigs fresh dill (reserve 1 sprig)
 - 1 bay leaf
 - 1 teaspoon turmeric
 - 2 teaspoons black peppercorns
 - 3 to 5 whole cloves
 - 1 teaspoon kosher salt
1. Fill a large soup pot with 10 cups of water.
 2. Place the chicken, beef bone (if using), carrots, celery, celery root, parsnip, turnip, onion, and dill in a soup sock or wrap and tie in cheesecloth. Add bay leaf, turmeric, peppercorns, cloves, and salt. Bring to a boil, then reduce heat and simmer for one hour.
 3. Remove the chicken and set aside.
 4. Remove the vegetables and discard.



Ingredients for Potzo Balls

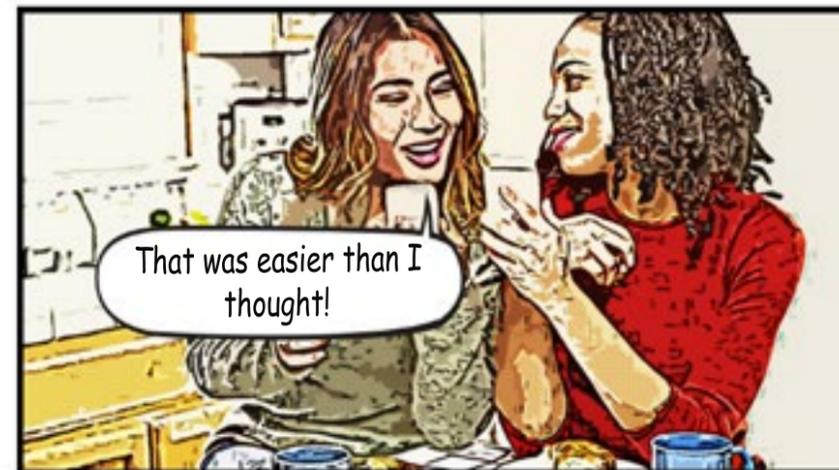
- 1 cup matzo meal
- 2 teaspoons baking powder
- Salt and pepper
- 4 eggs
- 1 tablespoon Jeff's Light Tasting canna-olive oil (use a 1:1 THC/CBD strain) + 3 tablespoons light olive oil
- 4 tablespoons seltzer or soda water

1. In a medium bowl, mix together the matzo meal, baking powder, salt, and pepper.
2. In another bowl, whisk together eggs, canna-olive oil mixture, and soda water.
3. Add dry ingredients to the wet ingredients and mix well.
4. Cover and refrigerate for 30 minutes.

To Finish:

1. Bring the soup to a boil. Using an ice cream scoop for uniformity, drop matzo balls into the simmering soup. Add the reserved vegetables, reduce heat, and simmer for 30 minutes.
2. Shred the chicken and place it into serving bowls. Add 1-2 potzo balls + 1 thin yellow beet round to broth and serve immediately.

Meanwhile.....somewhere in the East Bay Area, two friends search for the best selection and most affordable cannabis available to be delivered.



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