



# Emerald

M A G A Z I N E

## HOPS AND CANNABIS

The Commonality  
Between These  
Green Cousins

## TOP FIVE HERBS

That Work Synergistically  
with Cannabis

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The  
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*Dear Reader,*

Thank you for picking up the June issue of the *Emerald Magazine*.

This month, we dive into the centuries old topic of herbal healing.

Cannabis is just one of nature's many medicinal herbs, and it just so happens to pair well with a variety of other botanical powerhouses that promote wellness on all levels. Flora, such as Tulsi, lavender or St. John's wort, like cannabis, have aromatic and anti-inflammatory properties that, when combined with cannabis, are intensified. Hops is yet another plant that compliments cannabis, and offers its own relaxing effects.

While plant prohibition has most notably affected the cannabis industry in recent history, humans have long outlawed or stigmatized a plethora of nature's botanical life. As reported in such pieces as Ruminations on Forbidden Vegetation (p.32), a mistrust of plants extends back to the Garden of Eden, where a single apple is credited for humanity's fall from grace.

The cannabis industry, however, has shown us that plants may be undeserving of such dishonor. In fact, today's herbal healers -- such as Mary Pat Palmer, founder of the Philo School of Herbal Energetics (p.26) -- have proven the power of holistic healing.

# HERBAL HEALING

While there are many ways to enjoy the wide variety of herbal allies at our disposal, cannabis brings us back to the center of the herb conversation. Join us next month for our *Retreat Issue*, as we chart a course to unwinding in style.

From all of us here at the magazine, we wish you a healthy, happy, herbal summer.

*Cheers,*

Christina E. De Giovanni

*Publisher*

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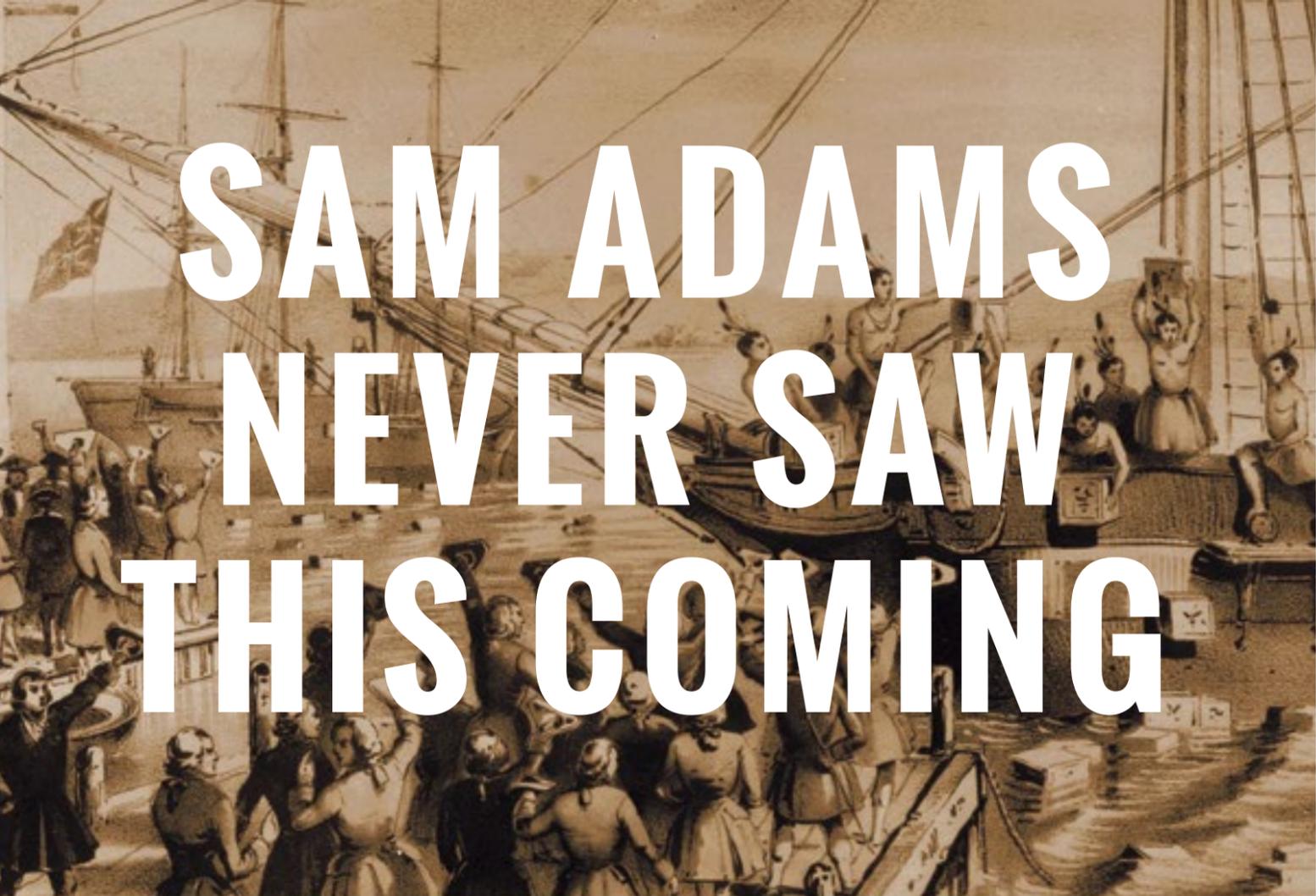
HUMBOLDT COUNTY, CA

EMERALD QUEEN FARMS IN HUMBOLDT COUNTY IS DEDICATED TO CULTIVATING THE HIGHEST QUALITY OF SUN GROWN ORGANIC CANNABIS PRODUCTS FOR CALIFORNIA PROP 215 MEDICAL MARIJUANA PATIENTS.

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# SAM ADAMS NEVER SAW THIS COMING

**WE'RE PRETTY SURE SAM HAD NO IDEA HIS COURAGOUS  
ACT OF RESISTANCE WOULD BE SO RELEVANT TODAY.**

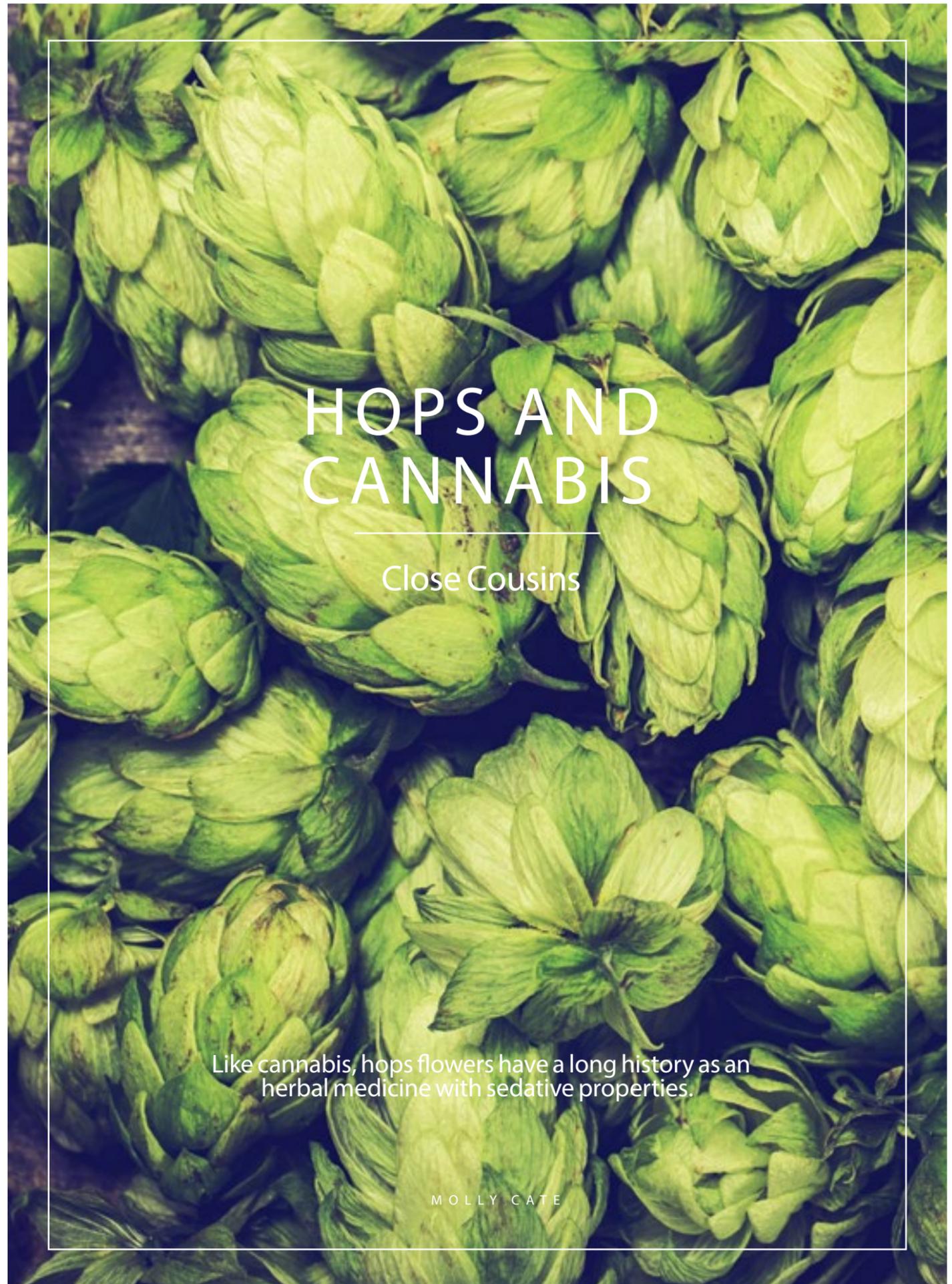
CannaCon is the world's largest cannabis industry tradeshow of it's kind - and it's coming to Boston this August. If you have any interest in Cannabis as a business, an investment or as a new career path, then CannaCon is your must-attend event of 2017. CannaCon is about business; we estimated that over \$100,000,000 worth of business took place

at the show in Seattle alone. Cannacon is about connection, it's where we merge nature with technology; pleasure with profit and connect the customer with the vendor. It's time again for us to follow Sam's lead and persue your right to prosperity in the face of tyranny.

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## HOPS AND CANNABIS

Close Cousins

Like cannabis, hops flowers have a long history as an herbal medicine with sedative properties.

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**No other plant is as closely related to cannabis as hops.** The two are the only economically important members of the botanical family -- called the cannabaceae -- which contain 270 aromatic species in all (*Encyclopaedia Britannica*). While cannabis has been bred for a wide variety of uses, from low THC hemp to the dankest green bud, the hop plant has had a more focused career as a main ingredient in brewing. It's used for both its flavor and antiseptic properties that discourage the growth of unwanted microbes. It may also come as a surprise to learn that hop flowers can be smoked, and will mildly affect your head.

Similar to cannabis, farming hops in the U.S. was shaped by prohibition. Cannabis still languishes under federal prohibition, stunting the natural growth of what could have been a very profitable industry. Alcohol prohibition in the 1920s affected hops. A Rogue Farms' blog post called "Everything You Didn't Know About Hops And Prohibition," reported that during this era, "Thousands of small breweries disappeared, never to return." However, that same blog claims that hops production in Oregon tripled between 1919 and 1933 due to sales to Europe, where agriculture had been destroyed by World War I.

Like cannabis, only the female flowers were wanted due to the resins and essential oils found in their glands. Those resins and oils are depleted in pollinated flowers, so hops growers carefully cull male plants. Sound familiar? As with cannabis production, those female flowers have been developed for an array of different flavors, each with its own name and special characteristics.

Intriguingly, most of the basic flavor categories -- floral, pine, citrus -- sound like cannabis, too. Even the names can sound similar. The 2014 article, "What Makes British Hops Unique in the World of Hop Growing?" celebrates the popular variety known as Brewer's Gold, introduced in 1934 and now a major "source for all the world's bitter hop varieties."

In order to bring a local voice to this research, I spoke to Michael Smith, head brewer for the Eel River Brewery facility in Scotia, California. Michael said their hops come from the greater Pacific Northwest area: Oregon, Idaho, and the Yakima Valley of Washington. These varieties provide different locales for different flavor profiles. He confirmed that brewers complement and balance the sweetness of the malt with the bitter-



**HOPS AND CO2 EXTRACTION**  
Another way in which the hops industry echoes the world of cannabis is CO2 extraction is used in the brewing world too. Brewer Michael explained that those different terpene flavor profiles are sometimes achieved by using "hop oils," CO2 extracted resins from specific varieties with differing flavor profiles.

ness in hops. He also spoke of the two divergent paths hops growers have taken, either increasing that famous bitter quality or enhancing those aromatics that create floral, pine or citrus accents.

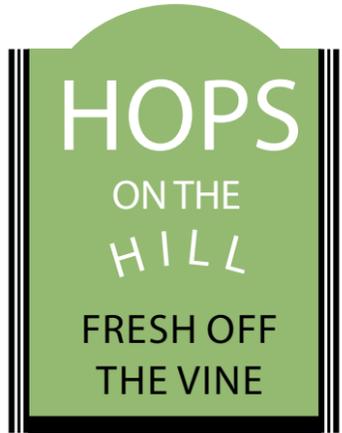
Traditional formulas that honor the European roots of beer-making lean heavily toward the bitter side, and Eel River Brewing makes quite a few. Michael was delighted to introduce me to what he called the "new school style," like various West Coast IPAs, built around the more aromatic hops varieties. Eel River's double and triple IPAs, rather than being twice or three times as bitter, actually emphasize the aromatic side of hops. Their Emerald Triangle Double IPA goes all out with aromatics, described on their website as featuring "a pine character with heavy citrus notes and tropical fruit." You can also try their specialty brew, Earth Thirst Double IPA, with its experimental hops grown in Oregon.

Both the bitter and aromatic flavors bred into hops varieties derive from the chemical cluster brewers know as the alpha acids. These include terpenes that cannabis and hops have in common. One of those terpenes, beta-caryophyllene, binds to cannabinoid receptors in the brain, according to a 2008 study published in the Proceedings of the National Academy of Sciences of the USA. The study indicates that this cousin to cannabis may prove effective in the treatment of inflammation.

Cannabis and hops flowers have a long history as an herbal medicine with sedative properties. The University of Michigan School of Medicine lists insomnia, anxiety, and poor digestion as the top uses for hops. Other resources list dried hops flowers as a supplement similar to valerian used for anxiety, restlessness and insomnia.

Other hop sources caution that "alcohol interacts with hops" to magnify the sedative effects in each. We know that the resins in cannabis, like the ones in hops, are soluble in alcohol. How might the varying amount and type of alpha acids in hops interact with the effects of the alcohol? Seems that there must be some small drug interaction going on all the time, though I've not found that discussed anywhere.

This writer has experienced the mild sedative effects from smoking hops. Having heard somewhere that "hops can get you high" and being without the kind bud at the time, I was delighted to find dried hops flowers in the bulk section of my food co-op. I brought some home and experimented. With the outer shell of the flower removed, the inner parts with their resins do indeed produce a mild sense of relaxation and it's legal too. Brewer Michael said he had no personal knowledge of that, but you can find anecdotes online about brewers taking hops.



CULTIVATING

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- BeerSmith.com



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- HomeBrewersAssociation.org



CONSUMING

**SELECTIVE SEDATION**

Hops has medicinal properties that are effective for anxiety and insomnia, and can be applied to the skin for ulcers and as an antibacterial agent.

- WebMD.com



# HIGH ST. TEAS.

HUMBOLDT  
MEDICINE  
SERIES

WRITTEN BY SHARON LETT'S



"We have found that there are a lot of patients who really respond to the idea of having their medicine in tea form. Being of British descent, I find it very dignified."

Victoria England's British roots have crept into her new brand, High St. Teas, inspired by her longtime home in Humboldt and its beloved cash crop.

Born in England, and raised in Mill Valley, California, it was not until 1994 that she arrived in Humboldt County to attend Humboldt State University. By 2006, she felt that in order to stay in the region, she would have to start her own business. Thus began Tulip perfume; now distributed widely in retail shops and online via Target, Amazon and many more platforms.

Now 41 years old, England's love of fragrance began at the tender age of 14. The passion was inspired by trips to a scent bar in Berkeley, California where she first began curating her own fragrances. Her Amber Vanilla Bean perfume, developed as a teenager, has been a top seller since the Tulip line launched.

"Even before I started Tulip I always wanted to make and sell tea," England shared from her home in Westhaven, [California]. "I am a tea connoisseur and ritual tea drinker, so, when I saw the cannabis market opening up with legal-

ization, I decided to create my own cannabis tea and brand."

England has been a patient for 15 years. She began using cannabis to treat an anxiety condition, which she was diagnosed with when she was 18 years old.

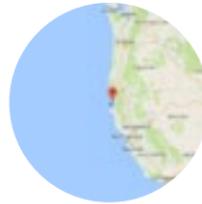
"For many, cannabis can heighten anxiety, but for me, it's helped," she explained. "In the process, I found that it not only works as medicine, but as a catalyst for my creative energy – which is a blessing!"



Water infusion is an ancient form of extracting the beneficial terpenes from plants; it's also one of the simplest methods.

High St. Tea sources part of their product from an herbal farmer in Fieldbrook, California.

"All our material is organically grown cannabis flower. The extracts are made with high quality CO2 from Lost Coast Oils in Southern Humboldt."



England partnered with longtime friend Amy Frugard, who handles marketing and events. Though formulating the tea was not easy for the two to figure out, the final product has been well received in, what can be, a finicky market in cannabis savvy Humboldt County.

"We have found that there are a lot of patients who really respond to the idea of having their medicine in tea form. Being of British descent, I find it very dignified," she laughed. "When you think about it, tea is already a ritual in most people's lives."

Water infusion is an ancient form of extracting the beneficial terpenes from plants; it's also one of the simplest methods. England shared that they will be keeping track of the patient's feedback in order to design new blends for specific needs.

"We've had the opportunity to work with a local herbal farmer in Fieldbrook, [California]" she explained. "All our material is organically grown cannabis flower. The extracts are made with high quality CO2, from Paradigm Cannabis Group in Southern Humboldt."

"Our herb farmer also grows Tulsi for us," she said. "Tulsi is the main ingredient in an Ayurvedic tea blend, and extremely beneficial. We have two new herbal blends to be released this summer, lavender with rose for relaxation; and a coffee substitute with chicory root, cocoa, nutmeg and cinnamon."

As for the future of cannabis in Humboldt — specifically the manufacturing, distribution and use of products — England said she doesn't have a lot of faith that new regulations will benefit the small farmer or cottage industry, as they have existed for decades.

"The gold and green rush is real," she shared. "I fear if businesses are not set up properly they won't make it. I became a cannabis activist in 2010 with HUmmapas, and a board member for the CcVH [California Cannabis Voice Humboldt] in 2014, in attempt to be the voice of the small farmer and producer, but that voice became an echo. We can only hope the larger businesses here in Humboldt will try to help the smaller ones succeed."

The roller coaster of ordinances and rules is often invisible to the average cannabis consumer, who often has little sympathy as to how the product gets to market.

"Rules keep changing," she said. "We try to do things right, then they change the rules. We've lost a lot of money and the roller coaster ride is far from over. The one thing that stands, the one thing we can count on is, we are Humboldt! They can't take the beauty, the peace, and the community away from us."

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



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# Casa Bello



Guests are welcome to use the colorfully adorned kitchen (but must make arrangements in advance to cook or grill) where they can find breakfast or coffee and tea in the morning.



Common areas include a parlor with fine art, a widescreen TV and a fireplace.



The Queen Room features a queen size bed, perfect for up to two guests.

Convenience, comfort and charm come together at Casa Bello, a 19th century Victorian-style bed and breakfast located in downtown Santa Rosa.

The home is nestled at the entrance of the city's historic Cherry Street neighborhood. The majestic structure was built in the 1870s, and is made from redwoods grown in Northern Sonoma County. A blue exterior, red door, and picket fence give it unmatched charisma, which brings on an immediate sense of coziness. Visitors fawn over the ornate moldings, high ceilings and Victorian garden. The interior is just as elegant as the exterior; stained glass windows, and art -- some of which was created by local artists such as Alana Ciena Tilman -- adorn the walls.

The two-story bed and breakfast is managed and decorated by Eric Fraser, a native of Detroit, Michigan, who helped purchase the home two years ago for the Fraser-Marroquin family. After a summer of renovations Casa Bello welcomed its first guests in the Fall of 2015. In addition to Fraser, Casa Bello's gracious hosts include friend Mario, brother Paul, local artist Alana, and Bello -- a Cavalier King Charles Spaniel and Pekingese mix -- for whom the home is named.

Bello's exceptionally affable hosting skills include morning snuggles, and singing along to such instruments as the accordion and harmonica.

While the home gets its name from the friendly canine, the house itself was an inspiration for Fraser to open a bed and breakfast. "This beautiful Victorian from the 1870s really called out to us to fashion a business from within," he said. In addition to the newly formed B&B, Fraser operates several online businesses supplying commercial print and promotional products to organizations internationally, "Because we engage in business with people we don't often see, it's a splendid balance to have interesting and worldly guests stay with us. It is our pleasure to be of service," he added.

While he enjoys traveling all over the world, he was particularly drawn to Sonoma County. "Santa Rosa is an amazing spot," he said. Fraser further explained that around the time Casa Bello was built, a famed horticulturist, Luther Burbank, said of his working farm a couple blocks away: "I firmly believe, from what I have seen, that this is the chosen spot of all this earth as far as Nature is concerned." Santa Rosa was one of Alfred Hitchcock's fa-

**If you want more, so much is available with just a short drive to the Marin Headlands, Tahoe region, Yosemite, State of Jefferson, Mendocino, Humboldt, Trinity, and of course, San Francisco," Fraser said**

vorite places to film, and is also the adopted home of Peanuts' cartoonist Charles M. Schulz.

Of course, the rolling hill lines, weather, and concentration of world class food and drink aren't bad either, as Sonoma is home to some pretty spectacular views.

"If you want more, so much is available with just a short drive to the Marin Headlands, Tahoe region, Yosemite, State of Jefferson, Mendocino, Humboldt, Trinity, and of course, San Francisco," Fraser said. For this reason, Casa Bello has adopted the motto, "Right here, in the middle of everything," even though they are also considering the slogan, "All Dreamers Welcomed."

So far, Casa Bello has welcomed celebrity chefs, business executives, and families. The second floor features three rooms and a shared bathroom (with a delightful selection of organic body products) that can accommodate just about every type of traveler. Individuals or groups of up to six are welcome to reserve rooms, which include the King Room, the Queen Room and the Prince Room. Each room can be locked for security, and comes complete with incredibly comfortable bedding, windows and plenty of space.

While the hosts live downstairs, common spaces include the kitchen and its amenities, and a covered, cannabis friendly patio where guests can enjoy the serenity of a fountain, a smoke, a card game, or coffee and a croissant in the morning.

Speaking of breakfast... when guests awaken, they are lured downstairs with the smell of fresh coffee or tea and treated to fresh fruit, mouthwatering pastries, and friendly conversation.

The location of the bed and breakfast is ideal. The home is within walking distance to some of the county's best food and drink offerings. The Russian River Brewery, for example, is just a few hundred yards away from Casa Bello's front door. Other destinations within walk-

ing distance include highly rated restaurants such as Stark's Steakhouse, Bistro 29, Best of Burma, County Bench, the Spinster Sisters and Ca'Bianca Ristorante Italiano. "We have over 80 restaurants within 1,000 steps of Casa Bello," said Fraser, representing cuisine from over 40 countries.

Whether in town for work or for play, visitors will find themselves in good hands here. For those in town for work, Casa Bello offers free wifi, is one block from a Fedex Office, and the Sonoma County Fairgrounds are five minutes away. "Probably one of the best kept secrets are the large number of spas, salons, and specialty boutiques just steps from Casa Bello's door," Fraser added.

For those who've come to explore, Fraser can easily help plan and direct, as he's a certified Sonoma County Travel Ambassador. He helps to ensure a fruitful trip and is quick to recommend anything from day excursions to fine dining and dining.

"One of my favorite routes is to send guests along the Russian River to the towering Redwoods of Armstrong Woods, to the scenic overlook where the river meets the ocean and where eagles soar, along the rugged and picturesque Sonoma coastline with an eye out for whales, seals, and birds," he said, "But whether I send our guests west, east, south, or north they are going to spend a day in paradise."

For those who stay at Casa Bello, it's easy to see that it's much more than a bed and breakfast; it's an experience. Guests will leave feeling more like friends than visitors.

**For more information about booking a stay at Casa Bello in Old Courthouse Square in Santa Rosa, go to [CasaBello432.com](http://CasaBello432.com) or send an email to [casabello432@gmail.com](mailto:casabello432@gmail.com).**

## NOR CAL CANNABIS

Casa Bello is approximately 45 minutes away from Hopland, California, home to several wineries, Real Goods, and Emerald Pharms Cannabis Dispensary and Resource Center.

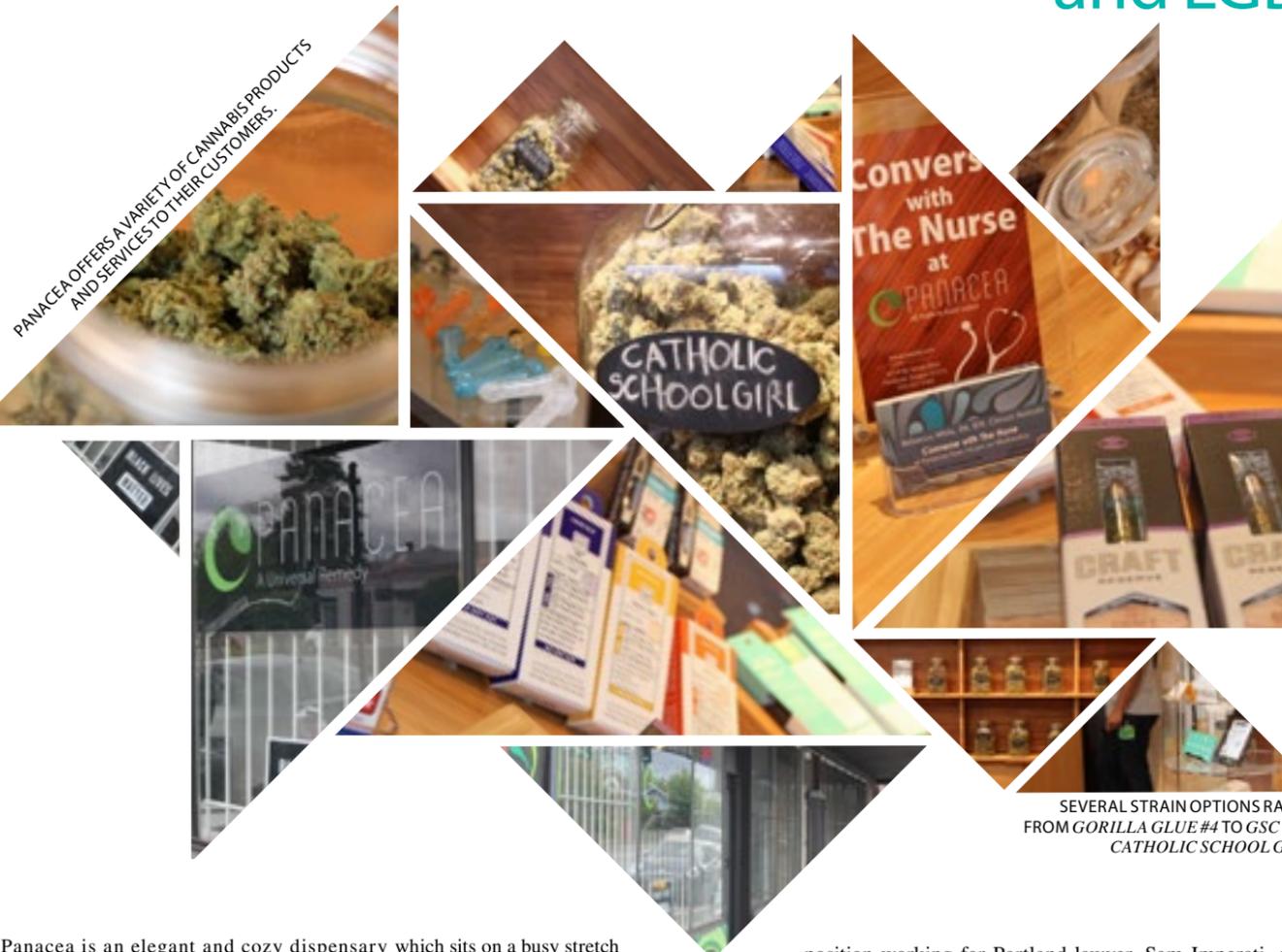
# Panacea For All

## One Woman's Goal to Give Back to the Aging and LGBTQ Communities

WRITTEN BY ART COSGROVE



"WHEN YOU LOOK AT THE DATA, YOU CAN SLICE AND DICE ANY RACIAL CATEGORY, AND THE LGBTQS OF THE CATEGORY WILL HAVE HIGHER RATES OF SUBSTANCE ABUSE, POVERTY, SUICIDE, HOMELESSNESS... STILL TO THIS DAY, 40 PERCENT OF YOUTH ON THE STREET ARE LGBTQ."



ACCORDING TO THE AMERICAN PSYCHOLOGICAL ASSOCIATION, AARP AND UCLA SCHOOL OF LAW FINDINGS:

- Nearly 2.5 million Americans are over 65 and identify as LGBTQ
- Over-65 population is to increase by 46% by 2030.
- 80% of long-term elder care is provided by family members.
- LGBTQ seniors are up to 50% less likely to have family members to rely on.
- Poverty rates for senior gay male couples are nearly twice as high as heterosexual couples (9.1% vs. 4.6%).
- Transgender peoples are 400% more likely to have an income under \$10,000 and 200% more likely to be unemployed.
- Of the 1.6 million homeless youth in the United States, up to 40% identify as LGBTQ.

LGBT NATIONAL HELP CENTER HOTLINE - 1 (888) 843-4564

Panacea is an elegant and cozy dispensary which sits on a busy stretch of Sandy Street in northeast Portland. Owned and managed by Melissa Egan, Panacea has been in operation since the start of Oregon's legal cannabis boom two years ago. As a former industry outsider, Egan said her aim is to turn the dispensary into a new model for social justice.

"My first career was in criminal justice. So the Drug War, the impacts of that, that was very important to me," says Egan over coffee at a bakery a few blocks away from the dispensary. Though she remains reserved, she's excited to talk about her back story and the roots of the dispensary.

Egan worked in the field of mediation and conflict resolution, attempting to bring victims and offenders together to put grievances to rest. Later, she was hired by the Department of Corrections as a sentence analyst, all the while cultivating an interest in the business of cannabis on the side. She then saw a way to combine her interests after taking a

position working for Portland lawyer, Sam Imperati, at the Institute for Conflict Management (ICM).

"That's how I got this great experience, sitting at all these policy tables and [with] task forces around the state," says Egan of her time working for Imperati.

By 2011, Egan was looking for new opportunities, while also serving as the co-chair for the Homeless Youth Oversight Committee for Multnomah County. The committee included various interests and stakeholders in the housing field.

"I want to develop affordable housing for LGBTQ seniors. It's a totally unmet need. It's a part of the culture we're not talking about," Egan told Imperati. He agreed, and the seed of the idea was born.

However, their plans were impeded by the death of Egan's father.

"Helping people die is very hard," she says, as she spoke of her father's passing. She helped care for him, and came face-to-face with the stark reality of the effects of getting older and passing. She then thought of how she would face the inevitable final phase of life, and thought of others in the LGBTQ community, knowing they would be the most vulnerable.

"When you look at the data, you can slice and dice any racial category, and the LGBTQs of the category will have higher rates of substance abuse, poverty, suicide, homelessness... still to this day, 40 percent of youth on the street are LGBTQ," says Egan. Her experience sitting on committees also told her it wouldn't be easy.

"I think my work helped me understand just how big these projects really have to be to get anything done," Egan adds, "but I know weed makes money. I just saw it as a source of generating funds that was probably pretty solid. And if I did it right, it could be a no-brainer."

Egan's start in the industry was boosted when she met Jesce Horton, leader of the Portland area Minority Cannabis Business Association.

Egan credits Horton with co-founding Panacea. She also credits him with helping to guide her as she opened the dispensary. Horton sits on several important boards that are at the crossroads of cannabis policy making, including the Portland Marijuana Policy Oversight Team and the Oregon State Cannabis Task Force.

Egan is shaping her business around the concepts of Nobel Prize winning economist and pioneer of microfinance, Muhammad Yunus. Since its start two years ago, Panacea has performed steadily, though not to the point where they are donating the profits they hope to be in the future. Egan says last year they donated 1 percent of pre-tax sales to non-profits and other social justice causes, and hopes that amount will only continue to grow.

Attributing many of the issues she has to deal with to the bureaucracy and the pitfalls of the still-fledgling state-level legalization initiative, Egan sees brighter days on the horizon.

"In the future the industry will equalize, we'll be treated like a regular small business... once things become normal, I think we're going to do okay," says Egan. "It's more of an aspirational future-thinking business model. We live in an era where cannabis money is poison, so I can't put it in a bank. All I'm doing is germinating an idea."

For more information, call (503) 477-5083 or visit Panacea in person at 6714 NE Sandy Blvd, Portland, OR 97213

# Top Five Herbs That Work Synergistically with Cannabis

WRITTEN BY PEPPER HERNANDEZ

There are common herbs that work well for many different ailments or discomforts. But did you know that there are some that work extremely well with cannabis? Let's take a look at five herbs which are highly recommended for use in tinctures, salves, and tea brews.

## Cannabis and Lavender

It is common knowledge that lavender is a relaxing herb, but did you know how well it works with an indica? Besides the fact that they both have a pleasant scent and are great in aromatherapy and massages, lavender and cannabis have something else in common; they are both abundant in the terpene linalool. A terpene is a fancy word for an aroma molecule. When combined with THC, linalool has potential as a muscle relaxant. It's amazing that it would magnify the potency of lavender, right?

When combined with CBD, linalool heightens the cannabinoid's anticonvulsant properties. On its own, linalool has anti-inflammatory properties. So that means that they both also reduce sensitivity to pain. Nice!

If you're making a cannabis topical, adding in a little lavender oil may boost the relaxing and pain reducing qualities of the herb. You can also add lavender to edibles or cannabis tea to get the maximum benefits of both herbs.

And who doesn't love some raw cannabis lavender chocolate?

## Cannabis and Rosemary

Did you know that rosemary, cannabis, and black pepper all contain a terpene called beta-caryophyllene (BCP)? Recent research has found that this terpene interacts with cannabi-

noid receptors, which is why some of the heavy duty players in the CBD world are using black pepper to make CBD more readily available to the system (*US National Library Of Medicine National Institute of Health*). When this specific binder is added to a cell receptor called the cannabinoid receptor 2 (CB2), it magically helps regulate immune function and inflammation.

There is specific evidence that BCP can relieve symptoms of depression and anxiety. We all know how good rosemary is for mood regulation, stress, blood flow and memory. Can you image the potency when you combine the two? Maybe try adding plenty of rosemary and black pepper to your infused goodies. It's a great way to amplify the therapeutic effects of all three herbs.

## Cannabis and Holy Basil

The plant tulsi, commonly known as holy basil, is another stress-reliever.

You can make a simple extract of this herb by cooking it in oil, as you would when making cannabis oil. This can be applied topically for pain. For a yummy salve try avocado oil as the base.

The combination of cannabis, specifically one with high amounts of THCa, and holy basil have been shown to help with anxiety and stress-reduction.

Holy basil has also been found to reduce cortisol (stress hormone) levels. We could all benefit from creating a self care regimen focused on stress relief!

## Cannabis and Echinacea

Another amazing herb, Echinacea, contains

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compounds that are similar to CBD. These compounds are called N-acylethanolamines (NAEs) and interact with the enzyme which breaks down endocannabinoids in the body. Certain N-alkylamides in Echinacea also engage the CB2 receptor. These are cannabimimetic compounds, meaning that these compounds are like cannabinoids and engage the endocannabinoid system.

Echinacea is often used for the common cold to boost the immune system and we now know that cannabis does the same. Boosting your immune system helps to fend off infection. Echinacea is also thought to reduce inflammation and act as an antioxidant. The herb may have pain-relieving effects as well. Combining it with a nice indica based CBD could do wonders, especially as a tincture.

#### Cannabis and Black Cohosh

This one is for all of the menopausal ladies out there. Thank goodness cannabis has the potential to ease mood swings and hot flashes during menopause, so does black cohosh. This herb is known to promote balance in the endocrine system, which regulates hormones, and is ideal for women seeking a natural solution.

Black cohosh contains a phytoestrogen, which is thought to naturally replace some of what is lost during menopause. You can find it commonly used as an extract, which you can drop under your tongue or mix into a drink.

While it's best to consult a healthcare professional before consuming high quantities of any medicinal herb, incorporating more plants into your life is a wonderful way to promote health. 🌿

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## Incorporating Cannabis into Healing Blends

Founder Mary Pat Palmer of the Philo School of Herbal Energetics talks herb, health and a future of possibilities.

WRITTEN BY LESLIE CLEARY

**“What is a weed? A plant whose virtue has not yet been discovered.”**  
– Ralph Waldo Emerson

Herbalists have long been aware of the therapeutic benefits of cannabis. For much of history, many medicine gardens contained a cannabis plant where it was used for tinctures, salves and smoke.

Modern herbalists tend to view cannabis as an important one, but by no means the only powerful plant in the arsenal of medicinal herbs.

Mary Pat Palmer, founder of the Philo School of Herbal Energetics in Mendocino County, says growing cannabis is part of her appren-

ticeship program. Palmer takes on 12 students a year from March through September for an intensive, land-based program that focuses on how to grow and use medicinal herbs. As part of the overall program, she says, “I do include cannabis and how to grow it. For me, it’s a medicine, but it’s one of many.”

Palmer says she hasn’t smoked herself since she was 25, but uses it frequently as a topical. “For nearly 12 years, I’ve made an arnica salve that includes cannabis as well as St. John’s wort and comfrey. It could include other things. I might change it depending on what I have.” She says it’s particularly beneficial for healing bruises, sports injuries and other kinds of painful injuries.

It’s not just in topicals where Palmer sees potential. As cannabis therapy becomes increasingly more mainstream, she says, “I believe the future is about combining cannabis with other herbs for medicine.”

One of the areas Palmer sees as especially ripe for experimentation is tinctures. These liquid extracts are usually made with alcohol, although vinegar or vegetable glycerine may also be used. The beauty of tinctures is you only need a small dosage, and since they are taken under the tongue, they are quickly absorbed into the bloodstream.

Although cannabis tinctures are already available, Palmer believes there is still room for a lot of growth.

“

I believe the future is about combining cannabis with other herbs for medicine.

For instance, a sleep blend might include a strong indica blended with catnip, chamomile or lemon balm. If it’s rejuvenation you’re looking for, a sativa with gotu kola or St. John’s wort could do the trick. Palmer says, “I’d love to see more tinctures developed. I make several blends such as passion flower, hops and cannabis. There are so many ways to go.”

Edibles are another classic place for experimental cooks to try different combinations. With edibles, Palmer sees a need for more organic offerings. “There are a lot of products out there with a high sugar content. Is that the direction we want to go in?” she asks. “There’s a real need for healthy snacks. For instance, a rosemary and cannabis cracker with olive oil.”

Cannabis cooking can also easily be adapted to many types of special diets – paleo, vegan and anti-inflammatory – to name a few. While it’s a healing plant, the taste still deters many people. However, skillful blending of herbs can enhance the dish and temper the strong taste of cannabis.

Herbal blends can also enhance the smoking experience. “I know people already who are doing CO2 extractions from things like



turmeric, for instance, and different oils that will go along with cannabis,” Palmer says.

Palmer believes many of these herbal blends can work as lung remedies, helping people to stop smoking. For example, “If people are vaping they might do a blend of mullein, which is an age-old smoke remedy for challenged lungs, perhaps a little lobelia and cannabis.” Even when smoked, mullein can help heal and restore the lungs. There has been some indication that cannabis may work the same way.

If you want to experiment with blending herbs for health or culinary uses, Palmer and many other herbalists encourage educating yourself by beginning with what’s growing around you. Ayurvedic medicine also encourages us to make use of local, native plants. Some, such as dandelions, may be so common we consider them weeds. Yet, if we look closer, we will likely find they are filled with healing potential.

All parts of the dandelion can be used or eaten. The roots make a delicious dandelion wine, the leaves can be a healthy salad and the blossoms can be infused in oil for a soothing salve that can help ease inflammation; for extra-deep pain relief, mix it with cannabis.

As cannabis becomes more normalized and mainstream, we can be certain that more and more creative blends will arise. We’re surrounded by natural medicine, and the cannabis revolution is helping to fuel the local food and medicine movement as well.

For more information about the Philo School of Herbal Energetics, visit [HerbalEnergetics.com](http://HerbalEnergetics.com)





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## Tulsi

### HERBAL ALLIES

WRITTEN BY REGAN CRISP

As cannabis culture straddles the diminishing divide between pleasure and physical healing, enthusiasm for this plant's medicinal properties comes more to the forefront while some of cannabis's hype wears off.

Cannabis is a giver of relaxation, great moods and relief from chronic conditions. It's hard to ignore the effects of CBD on epilepsy, for example, or the way hemp soothes irritated skin.

With this territory of acceptance arrives the opportunity to explore a wide world of alternative medicine, from yoga and meditation to other herbal remedies. Cannabis is, after all, just one plant.

Just as CBD works in conjunction with THC, there are plenty of friendly herbs adept at restoring the body in ways cannabis cannot. Some even provide relief from cannabis's few sticky side-effects.

One of these herbs is Tulsi, a peppery basil plant that's native to India. Tulsi is sacred in Hindu culture, and a longstanding powerhouse in Ayurvedic medicine. More commonly referred to as "holy basil" in the West, Tulsi is used medicinally across the globe for everything from coughs and colds to skin irritations, and particularly for conditions derived from stress.

Considered an adaptogen (a potent, restorative herb that maintains wellness), Tulsi is shown to strengthen the immune system, balance cortisol, and alleviate anxiety by restoring the body's stress response. Tulsi is not just a potent revitalizer with thousands of years of proven success, it is also a great companion to cannabis.

Cannabis companies have already discovered this, blending the three types of Tulsi (rama, krishna, and vana) into teas

and tinctures. Tulsi is used to treat conditions cannabis is also prescribed for such as PTSD, and illnesses cannabinoids cannot treat alone, like respiratory diseases. Consumed alongside a high dose of CBD, Tulsi enhances the calming and pain-relieving effects of that cannabinoid. Taken with high-potency strains, it counteracts the likelihood of tension and paranoia.

Both of these plants are considered spiritual herbs and are held in high regard in many cultures. The duo can also be used to counter a number of illnesses, though their medicinal qualities work in different ways. According to numerous clinical studies, both also put similar terpenes to work on the brain — beta-caryophyllene for example.

Tulsi can be easily dosed as a tincture, or consumed as a hot or cold tea. Sipping Tulsi is recommended, for this sweet, spicy, slightly minty basil variety has a lively taste. Use Tulsi solo to ward off colds or to counteract stress, or combine it with a cannabis product to alleviate nervousness.

Cannabis might be considered the queen of euphoric herbs, but there's a lot of room in that castle for other ways to feel good. We might celebrate cannabis more often than all the other leaves, roots, and fungi that provide relief, but that doesn't mean cannabis doesn't blend in. In fact, the things we don't like about cannabis use (like occasional anxiety and sore lungs) can be soothed away by bringing other herbs, like Tulsi, into play.

And why not? Cannabis could use some friends. The way things are going, the modern dispensary may end up looking more like an apothecary with a flower menu that extends beyond sativas and indicas to a galaxy of relief, incorporating many styles of healing. 🌿





# RUMINATIONS ON FORBIDDEN VEGETATION

WRITTEN BY DIANA TRIMBLE

Pro-herbal supplement voices often claim that the marketplace has a bias in favor of Big Pharma while being less open to herbal medicines.



**T**

The late, great, social commentator and humorist, Bill Hicks, once said of cannabis prohibition, "...but how can you make nature against the law?...Isn't that kind of ...unnatural?"

The same innocently logical thought has occurred to many of us drug-law reformers. It's cold comfort to remember that many other members of the vegetable kingdom have been equally unfairly scapegoated.

Historians have long pointed out that accusations of witchcraft and sorcery around the world are often directed at herbalists. The "green women" who lived in the woods of medieval Europe and knew medicinal plants, were targeted by a church that recommended prayer to cure sickness, while shunning both the new science of medicine and the old herbalism that preceded it. Many such women were convicted of heresy, tortured, and executed by fire between the 14th and 17th Centuries.

This is not to say that the green women weren't sometimes also peddling superstition: magic bundles in pouches, amulets and so forth, were part and parcel of the practice.

Therein lies the problem -- because traditional practices are unregulated by definition, nonsense cannot easily be clearly differentiated from genuine knowledge. Thus, a charlatan is as likely to get a free pass as a healer.

Some may have noticed the recent controversy around kratom, a South-East Asian relative of coffee, whose bitter leaves are the miracle supplement of the moment. Anecdotal claims show the plant helps everything from opiate addiction to chronic pain, at a fraction of the cost of pharmaceuticals. So of course, by the end of 2016, the DEA was on the verge of an emergency listing of kratom as Schedule 1, or a substance regarded as having the same high potential for abuse as heroin. Tens of thousands of users, galva-

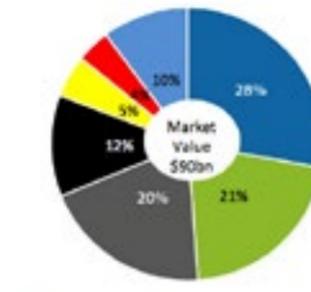
nized by the American Kratom Association, swung into high gear and flooded the DEA with their stories of hope and fears of despair.

In an almost unprecedented show of responsiveness to public opinion -- which included especially persuasive arguments from veterans with PTSD -- the DEA swiftly reversed itself and decided to play cautious; study first, ban later, or maybe even regulate instead. For now anyway, kratom is still being sold online and over the counter at head shops.

Pro-herbal supplement voices often claim that the marketplace has a bias in favor of Big Pharma while being less open to herbal medicines. But it's actually much easier, and cheaper, to bring an unregulated, untested, herbal product to market than a pharmaceutical.

It all comes down to the claims that one is allowed to make. Rigorous clinical testing costs millions of dollars, but allows drug-makers to be specif-

GLOBAL VITAMIN AND SUPPLEMENT MARKET SHARE, %, 2013



U.S. 28%, China 21%, Western Europe 20%, Latin America 12%, Japan 10%, Eastern Europe 5%, Others 14%

SOURCE: EUROMONITOR

US HEMP-BASED CBD PRODUCT SALES IN NATURAL & SPECIALITY RETAIL CHANNEL, 2016



SOURCE: SPINS (CONSUMER SALES)

ic about which conditions a substance helps and what known side-effects exist. Herbal supplement manufacturers don't have to do this, so they can't make such claims. Instead, they rely on other kinds of advocacy, such as a high-visibility celebrities who swear by their supplements.

It's sobering to realize what vast amounts of money there are in the balance. According to Global Industry Analysts, Inc., the herbal medicine market is poised to reach \$115 billion annually by 2020. It's a figure dwarfed by the \$1.6 trillion projected for the pharmaceutical market in that same year (in research by PWC Global), but it's still a big number. It's naïve to think that corporations peddling "natural" products are categorically more high-minded than any others, and it stands to reason they'll resist "unnecessary" increases to production costs, such as clinical trials, or possible deterrents to sales like warning labels.

It remains wise to do your own research about whatever type of medicine you choose. Some plant prohibitions are as silly as they are sinister. In February 2009, Fox News ran a story about a Valentine's Day ban in Saudi Arabia. The holiday is deemed un-Islamic by its assumed encouragement of trysts between unmarried lovers. Red

roses, symbols of both lust and romantic love, were banned and subsequently only available by special order from black-market sources who sometimes had to "deliver bouquets in the middle of the night or early morning to avoid suspicion," as one renegade florist anonymously disclosed to the *Saudi Gazette*.

So, does this mistrust of certain plants, flowers, and fungi, all originate from religion?

Abrahamic religions argue about much, but share a similar origin myth of the first human couple in the garden who damned us all by consuming the "forbidden fruit" of the Tree of Knowledge of Good and Evil. The Hebrew word "peri," which could refer to any number of seed-bearing fruits, with figs and pomegranates being early contenders, was translated by a fourth century punster named Jerome into the Latin word "malus," which could mean either apple or evil.

Innocent apples have taken the rap for causing humanity's fall from grace ever since.

I guess cannabis and other herbal medicines have gotten off pretty lightly in comparison. 🍏

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WRITTEN BY SHANNON PERKINS

Imagine you're driving down the highway, truck full of freshly cured, all-legal cannabis, ready for sale. This is just another routine drop off to the usual, secure, and permitted distribution location. You exit the highway. The car behind you exits. You turn left. The car behind you turns left. "It's a busy area," you think, "it's probably nothing." A few more miles pass. You turn right. They turn right. You take the next turn... and they turn, too. You pull up to your distribution center, and realize the car following you is not a friend. Now what?

This type of dangerous and risky situation can be easily avoided by using Omni Security.

With California's cannabis legalization set to come into full effect on January 1, 2018, many new guidelines and regulations are being released. Legal and safe cannabis transportation is among the requirements in Assembly Bill 266 (AB 266), and Omni Security is a company that not only meets, but exceeds the criteria. Omni Security Transport provides professional, safe and reliable transportation service for cargo, specializing in cannabis.

Bill Keller, Director of Operations of the Transportation Division, sat down to talk security with me over a cup of coffee in May. "AB 266 was passed in 2015 and breaks down the permitting and licensing regulations. It is set up to prevent monopolies," he said. There are specific descriptions of which licensees may hold only one license. For everything from cultivation to transportation, the lengthy document spells it out. Site security plans, another requirement for licensee hopefuls, are available through Omni Security.

Omni abides by all the legal requirements and all personnel have backgrounds in the military, law enforcement or both. "Some of these guys are returning from overseas deployments in Iraq or Afghanistan where they received specialized training in vehicle convoy operations. They are highly trained, skilled professionals," Keller said, "Omni staff are in no way regular security guards." Team members have their qualifications up to date as required by the State of California's Bureau of Security and Investigative Services (BSIS). In addition, Omni Security also has their own in-house private investigator who conducts background checks on every employee to ensure perfect scores on financial, criminal and driving records.

When you spend all season working hard to procure a good harvest, why risk losing it all in the transport and possibly risk not being able to get a license in 2018 if a grower or employee is arrested during transport?

Omni Security Services was established over 20 years ago. Chris Cronin, owner of Omni, described the company's transition to cannabis. "[I] was providing security for large concerts, special events, and executive protection for professional athletes, musical artists and other celebrities. Omni Security also has a walk-through metal detector division and has overseen access control for clients ranging from Snoop Dogg to the Dalai Lama. However, things began to change for the company when Omni started providing services for a prominent cannabis attorney over three years ago," he said. "Soon after meeting the cannabis attorney, Omni began moving its resources to the industry. What started out as drawing up



security plans for grow sites and dispensaries evolved into testifying before Planning Commissions and City Councils."

Then, Omni started providing site security consultation, installing camera systems and providing armed guards at their secured locations. The transportation division soon followed. Due to the challenges faced with legal, safe, secure transportation, Cronin enlisted Keller to oversee all transportation operations from their office in Eureka, California.

Keller has over 35 years of experience in military and law enforcement special operations. He served in both the U.S. Army and Air Force. This led to a career in law enforcement where he was a member of a multi-jurisdictional SWAT team. Keller also worked as a contract government security specialist in the Middle East where he gained experience conducting low profile, high risk security operations. As a private firearms/tactics instructor, he has provided training to a wide variety of clientele from NGOs and corporate organizations to Military and Department of State personnel.

California's legal cannabis regulations are changing rapidly. The 45-day public comment period, opened after California's Bureau of Medical Cannabis Regulation (BMCR) released the latest set of requirements in May 2017, will bring more adjustments. Omni Security's transportation division is on the frontline of developing guidelines. "We work with local law enforcement," Keller explained, "we have extensive training in surveillance and counter-surveillance, use of force tactics and interaction with law enforcement."

Omni employees have special training in counter assault and vehicle ambush tactics. To ensure all cargo, legal cannabis included, will be delivered to the properly permitted location, from the properly permitted location, Omni maintains up-to-date transportation licenses and insurance, going out of their way to be fully covered. They have cannabis-specific load insurance and are bonded, unlike other transportation companies. "In an industry full of ambiguity, Omni will be there on delivery day, with everything accounted for, without issue," Keller confirms. There are also security options for 24/7 coverage and roving night patrol during growing, harvest and off seasons.

The biggest concern most of their clients have is getting arrested while they are transporting their own plants or products. Other concerns include having prod-



ucts and cash confiscated by law enforcement, theft from hijackers or their own drivers going rogue. Local law enforcement divisions have concerns surrounding increased violence and theft as a result of the illegal drug trade. Omni strives to satisfy all of these concerns by providing safe, law-abiding, accountable transportation.

"Working with Omni Security has given us tremendous peace of mind knowing that our products are securely, safely, and promptly reaching the legal market in California," Andy Powell of Emerald Family Farms told me, "Without Omni Security, our Humboldt Grown products wouldn't be in hundreds of dispensaries all across the State."

In August 2016, Omni worked with Humboldt County's Ag Commissioner Jeff Dolf, Cannabis Sub-Committee Supervisors Estelle Fennell and Ryan Sundberg, Planning Director John Ford, and SICPA, the county's chosen vendor to provide secure track and trace solutions.

As a result of volunteering, Davies' Winterbourne Farms happened to be the first among a select group to conduct a track and trace cannabis sale in California. He appreciates the collaboration, adding "Former law enforcement shows up to pick up our pounds, but they're working with us. They're doing transportation for us. Bill was fantastic! The same guys that might have been used for prosecution in the past, are now collaborating with us, as a result of the vote for medical and recreational [cannabis]."

Omni offers a fleet of vehicles, which will go anywhere in the state of California. Keller explained that some locations require four-wheel drive trucks or SUVs while others, especially during hot summer months, require refrigerated transport. The company has a vehicle for every need. Their refrigerated trucks can maintain a controlled environment to as low as 10 degrees Fahrenheit.

"Law Enforcement is generations deep in arresting cannabis farmers," Keller says, "and it's going to take a generation of cops to change things."

Omni only works with companies who are permitted or in the permit process. "It puts everyone at risk if regulations are not followed," he added.

"We have had nothing but wonderful experiences with Omni Transport," Miranda Moore of Honeydew Farms says, "their level of professionalism and attention to detail are a key reason we continually choose to use their service. We have complete confidence in Bill and the Omni crew and trust them to care for and transport all our cargo safely."

Omni Security Services is prepared to deliver your products safely, without issue, and provide site security for dispensaries and grow operations. Give them a call for a quote or to learn more about their company, and keep your cannabis safe.

To contact Omni Security:

Call: 858-514-8895

Email: [omnipres@omnisecurityservice.com](mailto:omnipres@omnisecurityservice.com)

Visit: [OmniSecurityTransport.com](http://OmniSecurityTransport.com)

For more information on AB 266, go to: [leginfo.ca.gov](http://leginfo.ca.gov)



# OMNI

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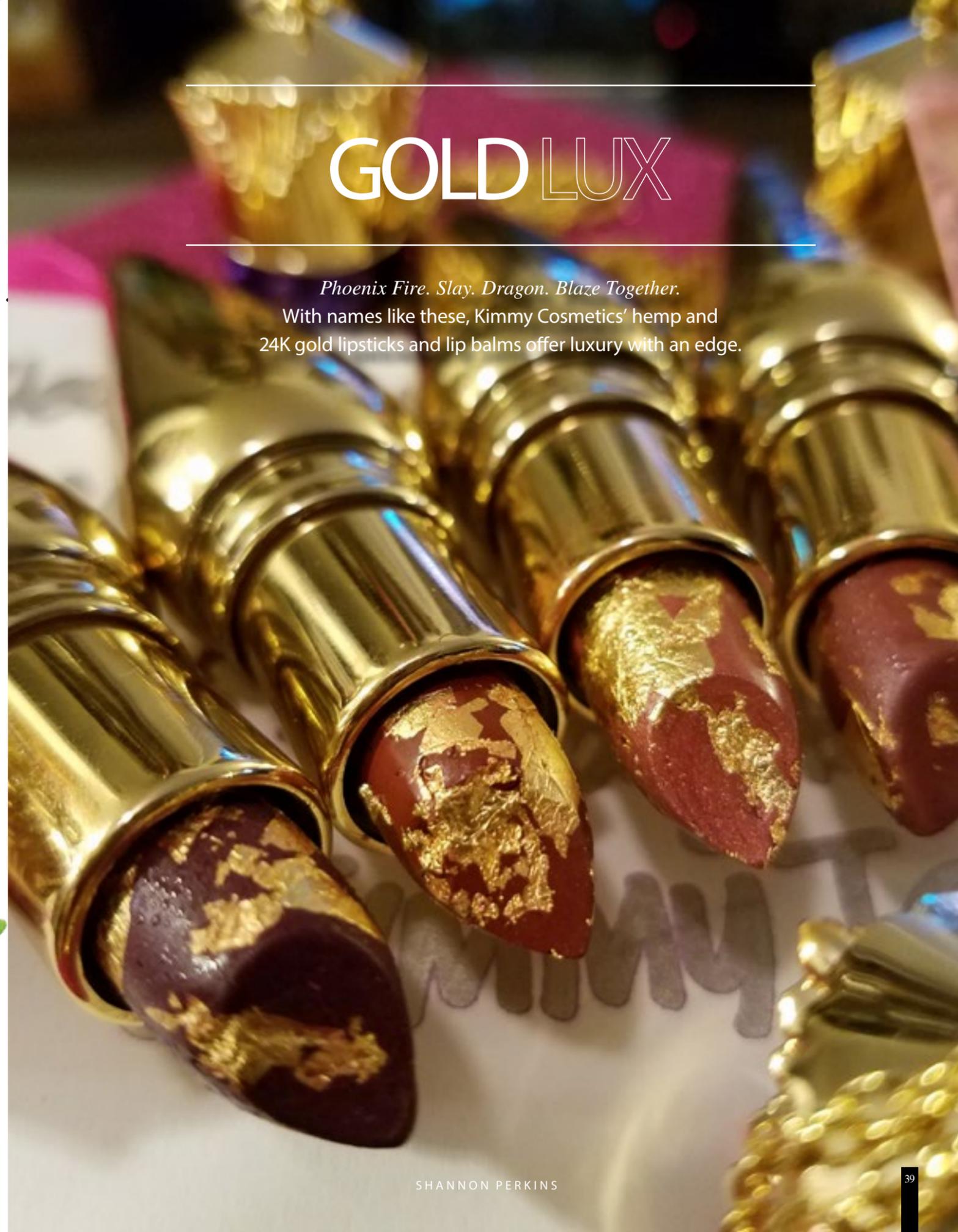
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GOLD LUX

*Phoenix Fire. Slay. Dragon. Blaze Together.*

With names like these, Kimmy Cosmetics' hemp and 24K gold lipsticks and lip balms offer luxury with an edge.



**Kimmy Cosmetics' hemp and 24K gold** lipsticks and lip balms offer luxury with an edge. Hand laid gold flakes and a unique blend of ingredients combine to set this lip line apart. Essential oils like lavender and eucalyptus enhance healing properties and add a fresh aroma that other lipsticks lack. It's vegan, it's hemp, it's gold -- rub your lips with cannabis and activate a glimmering, golden glow.

Kimmy Tan, San Francisco area artist and creator of Kimmy Cosmetics, started making lip balm in October 2016. Also a professional tattoo artist, Kimmy has experience working with colors and skin tones. "My knowledge in painting [and] color theory really came in handy in creating the perfect shades for lipsticks. I wanted to create colors that flattered every skin tone and made everyone feel beautiful, a product that made people feel like royalty whenever they held it."

In a box covered by bong breathing dragons, my order of Kimmy Cosmetics' arrived. Lipstick names like Blaze Together and Dragon's Blood were inspired when Kimmy's friends and social media fans started calling her "The Dragon." She had fire red dreadlocks and, as she describes it, "a propensity to blow huge clouds of smoke from my joints."

Kimmy hopes people feel happy, special, and royal when using her products. "The gold patterns are unique, just like the person holding it."

The 24K gold was a go-to ingredient for Kimmy. "Back in Beijing, where I'm from, gold is very popular. I grew up watching my beautiful mother apply and rub gold sheets on her face. She claimed it was good for maintaining her ageless, ethereal complexion," she said, "I didn't believe her at first, but she's 51 years young, and her face has perfect skin!"

A Huffington Post article by Dana Oliver called, "Here's Why Gold-Infused Skin Care May Not Be Worth The Hype," featured Tabasum Mir, a skin care physician in cosmetic dermatology and cosmetic laser surgery. Mir says "the metal can calm acne inflammation, reduce skin redness and protect against free radicals that lead to wrinkles and sun damage." However, she adds that there's no existing scientific research that determines gold to be a better antioxidant than any other. Mir's bottom line: "Nothing is wrong with using gold, but it could just make the cream feel more cosmetic."

Lavender Gold lip balm and Dragon's Blood lip stain, pictured below, are some of the highlights from Kimmy Cosmetics' hemp, 24K gold, and essential oil lip line.

Photo by Kimmy Tan



Compared to other gold infused beauty products, Kimmy's lip line is natural and reasonably priced. "It is the dangerous additives and sky high prices that dermatologists warn us against," Kimmy explained. "Kimmy Cosmetics have no chemical additives," she confirmed. The chapsticks sell for \$9 and the 24k lipsticks are \$20. Kimmy's number one priority is to keep prices affordable, she said, "so everyone can feel like royalty!"

Even the lipstick tubes have been "luxefied" in curved, golden bottles shaped to fit perfectly in the palm of one's hand. "The fancy packaging is a play on the words Dragon Queen. The tip of the bottle is highlighted and painted to look like a dragon's tail, and, of course,

a crown on top," Kimmy described. "Each one is personal and just for you, which is why I also use pH-sensitive pigments as a base for all my colours, minus Lavender Gold, so you'll truly feel unique."

The lipsticks are matte, the balms are moisturizing, and the 24K gold flakes add a touch of sparkle. "Rubbing your lips together," Kimmy wrote in one of our email conversations, "breaking down any visible gold leaf as you're applying the lipstick, activates the gold, [and...] makes a great, subtle golden sheen."

The first ingredient is hemp infused coconut oil, which conditions the skin and offers pain relief. Hemp oil is rich in antioxidants, vita-

mins, and keeps color vibrant. "I've tested all the other oils, and hemp oil lasts the longest and ensures the richest color," Kimmy said. A 2010 study in the *Journal of Investigative Dermatology* showed that the endocannabinoid system is critical to the life cycle of skin cells, and can help maintain healthy, youthful skin.

A couple other ingredients are Cannabis Sativa seed oil, good for rash prevention and acne relief, and lavender oil. "Lavender oil is natural, ultra rich in antioxidants, stimulates blood flow, which gives the lips slight lip-plumping qualities, and calms anxiety," Kimmy said. "This is great for the lavender Gold balm, which applies clear and can be applied on your temples and under your nose to double as a headache reliever."

Kimmy recently developed a temperature-sensitive, color-changing lipstick dubbed Medusa. "I noticed that darker lipstick makes me less approachable to strangers," Kimmy described, "I thought, 'Wouldn't it be fun if my lipstick shifted to something way darker when I went outside?' I could go from 'Let's blaze' to possibly 'Please don't talk to me?' I developed a formula that'll express all sides of you -- the light and dark side!"

Kimmy said she wanted to create her own take on Medusa's story of turning people into stone. "That's why our "Medusa" changes from a Strawberry Velvet to a dark purple when it gets colder. It gives you that stoney Medusa vibe as if you really could turn men into stone or 'get stoned' yourself... get it?," she asked.

I got it, loved it, and highly recommend this vegan, hemp, and 24K gold lip line to all of the lipstick loving cannabis queens out there.

To learn more about Kimmy Tan Cosmetics, visit [kimmytan.com](http://kimmytan.com), or find her Instagram @kimmycosmetics and @artsandkush  
Email: [contact@kimmytan.com](mailto:contact@kimmytan.com)

Photo by Kimmy Tan



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**DINSMORE – \$799,000**  
 ±10 Acres off HWY 36 featuring a 3/2 home, guest house, shop, well, and expansive flat.

**BLUE LAKE – \$895,000**  
 ±40 Acres outside the fog line featuring southern exposure, large pond, timber, views, and building sites.

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**MYERS FLAT – \$250,000**  
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**WILLOW CREEK – \$1,600,000**

Enjoy seclusion and privacy just minutes from town on this serene ±50 acre property. Parcel is host to a solid 3 bedroom, 3 bathroom log home and features power, developed spring water system, open flat meadows, old orchard, bunk house with outdoor shower, and shed. All of this, plus Willow Creek frontage! Truly a spectacular piece of property you will need to see to believe!



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**WILLOW CREEK – \$525K**  
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**REDUCED**  
**KNEELAND – \$1,290,000**  
 Fully developed, turn key ±160 acre property featuring meadows, huge pond, developed garden areas, springs, custom 2/2 home, and several buildings. Cultivation permits for 30,000 sq. ft., are filed with the County.

**MIRANDA – \$765,000**  
 ±38 Acres featuring 2 mobile homes, springs, seasonal pond, garden areas, outbuildings, and fruit trees.

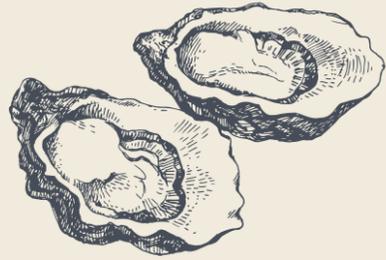
**MAPLE CREEK – \$589,000**  
 This rare ±65 acre riverfront property features open meadows, views, creek, springs, and easy access.

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# FARM FRESH HEALING

PAIN, CANCER AND CANNABIS: A LOVE STORY

WRITTEN BY SHARON LETTS

**B**randon Collier learned how to farm cannabis when he was just 15 years old. As a third generation farmer, he has cultivated cannabis for two decades in Bend, Oregon.

When Collier was 13, he was hit by a car. The accident damaged several disks, which are now fused together. He has suffered from chronic pain ever since.

"I consider myself fortunate to grow up with in such a family learning about cannabis as medicine at such a young age," he shared. "I became an Oregon Medical Marijuana Program patient when I was 16, and medicate by smoking flower, ingesting concentrates, taking a strong oil at night, and topical salve."

Collier's fiancé, Sara Olson, arrived in Bend in 2000. The two met on April 20th of that year, and Olson fell in love with the farming life.

Two years ago, Olson was diagnosed with non-Hodgkin's Burkitt Lymphoma, a fast growing tumor in her inner abdominal lymph node. In five days, the two inch tumor grew to ten inches. Olson said she appeared as though she was nine months pregnant.

Olson had used cannabis only a few times before, but Collier insisted she'd benefit from the strong cannabis oil made from the Rick Simpson recipe.

Rick Simpson, a Canadian-born engineer, developed the oil to help treat his own skin cancer and a head injury, causing severe vertigo (see *Emerald Magazine* April 2017 issue). After he found a concentrated cannabis oil recipe, he made it and used it as a treatment. This put his cancer into remission, with the recipe and

protocol shared around the world ever since. Today, this recipe is known as Rick Simpson Oil or RSO.

In spite of warnings and disregard from both her physician and oncologist, Olson decided to try RSO in conjunction with chemotherapy. These concentrated oils measure upwards of 80 percent THC.

Another Bend-based cannabis farmer, caregiver and oil maker, 40 year old Tim Fratto, also learned to farm from his father and brother.



(LEFT) BRANDON COLLIER AND SARA OLSON (RIGHT)



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ers at the age of 10. He made the oil for Olson from his garden, as he has for the many cancer patients he cares for.

Three separate batches of oil were made, one from *Sour Diesel*, one *Master Kush*, and his own hybrid, *Blackwater*, an indica dominant strain he created from *Girl Scout Cookies* and *Blackwater*, which he calls *Deschutes County Cookies*.

"I breed specific strains that test with a higher myrcene terpene profile to create an alkaline environment where cancer can't exist," Fratto explained. "For Sara, I used indica dominant strains, in the 70 indica to 30 sativa percentiles."

Fratto said Olson's initial dose was 100 milligrams of the oil that tested upwards of 80 percent THC, then increased to 150 milligrams after a week, then to 200 milligrams in another two weeks, and so on, until she was taking the recommended one gram per day. This slow step-up method is necessary, as it allows the patient to adjust to the psychoactive properties of the strong oil. Another commonly used method, with little to no psychoactive effects or head highs, would be to use suppositories.

"I started taking the oil when I began intensive chemotherapy over the course of seven days, continuously," Olson shared.

An Omayya reservoir was surgically inserted into her head, as a way to get the chemotherapy drugs into her system.

"When the drugs were injected into her head, she would immediately empty her bowels and begin



throwing up, shaking uncontrollably for eight hours," Collier agonizingly recalled.

Preliminary results reported in April 2015 in a recent study from the Technion-Israel Institute of Tech-

## COLLIER FAMILY GREENHOUSE

Greenhouses provide a warm, insulated place to grow in the mist of gray weather.



nology in Haifa show that tetrahydrocannabinol (THC) delays the development of cancer cells.

Dr. Christina Sanchez, a molecular biologist at Complutense University in Madrid, Spain, has studied cannabis for the past 15 years, with a current focus on cannabis and its anti-tumor potential. Her research has found that cannabis kills cancer cells while leaving healthy cells undisturbed.

"Chemotherapy attacks every single cell in our body," Sanchez said during an interview with Mathew Kind for "Cannabis Insider." "It kills cancer cells, of course, those are the ones you want to kill, but also the cells of your immune system, the cells of

"THE DIFFERENCE WITH CANNABINOIDS IS THAT THESE COMPOUNDS ONLY ATTACK CANCER CELLS. WE DON'T UNDERSTAND WHY YET IN TERMS OF MOLECULAR TERMS. WE DON'T KNOW WHAT MAKES A CANCER CELL DIFFERENT IN TERMS OF THE SENSITIVITY TO CANNABINOIDS, BUT WE KNOW THAT THIS IS A FACT. CANNABIS KILLS CANCER CELLS AND THEY DO NOT AFFECT THE VIABILITY OF NON-CANCER CELLS."

your stomach and a lot of healthy tissues," she added. "The difference with cannabinoids is that these compounds only attack cancer cells. We don't understand why yet in molecular terms. We don't know what makes a cancer cell different in terms of the sensitivity to cannabinoids, but we know

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mulated for organic cannabis horticulture. All other products have no animal by-products. Designed for use in medicinal grade cannabis, the products

contain no salts or chemicals. Purchase of our products help support the community in need of quality medicinal cannabis.



that this is a fact. Cannabis kills cancer cells and does not affect the viability of non-cancer cells.”

When pressed further as to how long the process takes, Dr. Sanchez said when treating animals with cannabinoids, oil is administered every two days for 15 days, with positive effects in the first week. When cannabinoids are added to cancer cells in a culture dish, the cells die within one day of application.

“I maintained a one gram dose of cannabis oil while my western treatments alternated between one week of hospitalization and one week at home, undergoing a total of four chemo treatments in eight weeks,” Olson said. “I credit the oil to the efficacy of the chemo, as most patients take six months to a year to complete, or go into remission, if they do at all. My cancer was gone within this eight week period.”

The Rick Simpson protocol is typically 60 grams of oil in 90 days, including the step-up-dosing method. Olson and Collier took the “rather safe than sorry” approach, with Olson ingesting more than 250 grams to date.

“I believe that daily ingestion of the oil, along with major dietary changes, will prevent the cancer from coming back. I can see and feel the changes it’s already made in the past two years, and it’s all positive.”

Since Olson’s experience with the oil, Brandon has been inspired to make it himself as part of the Collier Family Farms’ brand.

“We’ve really only made the oil for family so far, as the bulk of our work has been to build up the farm,” he explained. “We have plans to launch a vegan nutrient product this fall, with proceeds helping establish a foundation to help those in need of cannabis as medicine in our community.”

Sadly, Collier said the medical cannabis laws in Oregon have steadily declined. As the state progresses with its recreational market, small farm caregivers are being phased out.

“We have no choice but to go rec,” Collier shared. “But we will still maintain the medical quality standards we believe in. We are fortunate to have family friends that created the industry as we know it here in Oregon, and that gives our farm rare access to some



SARA OLSON WAS DIAGNOSED WITH NON-HODGKIN'S BURKITT LYMPHOMA, A FAST GROWING TUMOR IN HER INNER ABDOMINAL LYMPH NODE. IN FIVE DAYS, THE TWO INCH TUMOR GREW TO TEN INCHES.



(ABOVE)  
NIGHT TERROR



(ABOVE)  
STAR KILLER



(ABOVE)  
NIGHT TERROR

of the best products and people in the cannabis industry today.”

As for Olson, she waxes poetic on the subject of cannabis.

“Going through cancer is something no soul should ever have to do,” she surmised. “[...] It has changed me to my core, along with so many things that saved me, including my friends and family being there for me; the power of prayer, the power of hope and faith. And even though I feel chemotherapy is poison, my doctors are only human and they were determined to save my life. I’ve realized that every second matters. And then, there’s nature and this beautiful plant that helped saved my life. For all of these things, I am forever grateful.”

For more information, stay tuned! Collier Family Farms will launch its website this fall. In the meantime, visit the company’s social media accounts at Facebook/CollierFamilyFarms or on Instagram @collier\_family\_farms.



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# POT TALK with Emily Hobelmann

MAGIC PEOPLE FARMS

Bringing Fresh Strains  
and Old School Vibes to  
the Modern Cannabis Scene

**M**agic People Farms in Southern Humboldt County has deeper roots than most modern cannabis organizations. According to CEO Evan Bowen, it's been a decades-long lead-up to where they're at now. Their history reaches as far back as when his dad first came to Humboldt with the National Guard in response to the devastating '64 flood. "He became pretty intrigued with the area," Evan says, and eventually returned to stay.

First though, he spent time immersed in the late 60s San Francisco scene. He returned from serving in Vietnam at that point, says Evan's mom and Magic People Farms Vice President, Annie Bowen-Sickinger. He teamed up with a crew of like-minded people to start a commune called Magic People Church. The commune did clean up work in the Haight and general community service.

"It was crazy back then," she tells me when we caught up last week to talk about their modern day Magic People cannabis collective. Plus, San Francisco started to get pretty dank after the Summer of Love, so commune joined the great exodus out of the city, moving north to a country locale in Humboldt.

They carried on for quite a few years as part of the back to the land movement, practicing self-reliance and mid-

wifery too. Evan says, "I think for a few years, [his dad] rode around on a horse and lived in a teepee."

At some point, he adds, "they started taking [cannabis] seeds and putting them out in creek beds. They would come harvest at the end of the season... I heard stories of them bringing the weed down to San Francisco and selling it down there." Back then, it was like \$300 a pound for the seeded stuff. And their cultivation wasn't profit-driven -- they would use some of the money to buy bicycles and sneakers for kids in the inner city. The rest would go to taking care of their needs.

"It was a pretty amazing commune," Annie says. "But then it fell apart." After the commune disbanded, Annie met Evan's father in Santa Cruz. They got pregnant with Evan and moved to Milpitas. Eventually, of course, Humboldt started calling, so they headed north. That was about 40 years ago. Once they were able to buy a piece of land, they lived in a school bus for the first few years. "But it was a nice school bus," Annie laughs. Today, they're still in the same spot, except now they have a house and a modern cannabis farm, complete with light dep and full term gardens.

"My dad passed away seven years ago in October," Evan says. So when they started going through the process

of becoming a collective, they named it Magic People Farms to honor him. It's a name that embodies the history of how they got here, and with the idea of giving back in mind, it seemed fitting.

Today, Magic People Farms is turning out new and fresh high grade strains, sourcing from clone suppliers like Midnight Farms in the Bay area to keep their selection on par with dispensary demand down south. Evan is operating with the philosophy that "It's a fluid market and you have to stay adaptable... You have to be flexible and work with where the demand is." They're also big proponents of CBD, and this summer, they're growing a lot of *ACDC* and *Suzy Q*.

Magic People Farms provided me with two samples of their early season light deprivation flower from this year, *Dosido* and *Lucid Dreams*, both strains acquired from Midnight Farms. They also shared a host of other goodies, including some 2016 outdoor:

*San Fernando Valley OG*, *Buddha Tahoe OG* (Evan's go-to "night time medicine") and CBD-dominant *Swix T*. Plus *Sour Tsunami* Rosin and Magic Rocks (aka moon rocks) -- buds painted with CO2 oil then rolled in kief.

## Dosido



*Dosido* is *Face Off OG X Girl Scout Cookies*, and in bright light by the riverside, the emerald green waters of the Van Duzen set off its epic sparkle. It's lime and forest green hues are highlighted with purple at the tips of the calyxes. Rust colored hairs are scattered all about the surface of the dense little nugs.

The aroma is sweet, carefree, a musty punch with a hit of herbal, tart earthiness. It's *Cookies* heritage comes through with its hint-of-mint flavor, tending toward sage. And in the effect too -- I experience a serenity I tend to find with the *Cookies*, a potent relaxation enhanced by the riverside setting. "You ready to Do-si-do, partner?" Yeah, I'm down.

## Lucid Dreams



*Lucid Dreams* is *Grateful Breath X Blue Dream*, Evan tells me. And the buds are bigger and lighter in appearance than the *Dosido*, a consistent lime green. Its trichomes are distinctly tall with gracefully long necks. The man-

darin-orange hairs pop out of its pronounced calyxes. The smell is of a mellow fruit, a mild but bright banana against a blueberry waffle backdrop.

Evan warned me that the samples weren't cured to his liking -- they're so fresh! But I found the *Lucid Dream* buds to be nice and snappy and it's a very smooth smoke. The effect is sharp yet fluid consciousness, a tempered lucidity. It's a surge of energy and alertness, coupled with a chill vibe.

FYI: Magic People Farms is distributing for various nurseries down south and local vendors too. They have fresh clones and starts available each week. If you're looking to work with some new and different dispensary-type or CBD strains, feel free to hit them up.

Thanks to Magic People Farms for their generosity and great stories!

You can find them online at [MagicPeopleUnited.com](https://www.magicpeopleunited.com), on Facebook and on Instagram @magicpeoplefarms.

(ABOVE) EVAN BOWEN OF MAGIC PEOPLE FARMS WITH HIS MOTHER, ANNIE BOWEN-SICKINGER.

(BELOW) MAGIC PEOPLE FARMS GREENHOUSE PHOTO IS COURTESY OF MAGIC PEOPLE FARMS



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# INFUZIONI

## Moving Cannabis Into The Home

WRITTEN BY ANDREW GEORGE BUTLER



An ice cold cannabis-infused lemonade by Infuzions, made with THC or CBD oil and a whole lemon.

Take a step inside Jenny Rhae's home and you'll immediately smell the delightful aroma of lavender. Sit down to dinner, and you may enjoy a meal cooked in avocado oil, paired with a refreshing, tall glass of lemon tea. Afterwards, you may sample a couple drops of coconut oil lotion from the restroom and forget what dry hands felt like. The only difference between an evening at Rhae's home and your favorite relative? The air you breathed and the food you ate were infused with cannabis oil.

Jenny Rhae, co-founder of Infuzions, dreams of a world where cannabis is not merely an activity in and of itself, but a continuously integrated part of one's life.

Rhae, born and raised in Trinidad, California contracted Lyme disease in her early teens. After years of trying various unsuccessful Western medical treatments, Rhae turned to Eastern medicine in search of relief. She found relief in the use of both essential oils and cannabis. She soon became a practitioner of alternative health, incorporating essential oils into her treatments.

(RIGHT) Bottles of cannabis infused fractionated coconut oil.

Infuzions, the realized dream of Rhae and her partner Hugh Cole, is a company specializing in infusing cannabis with essential oils and consumables. This might mean using a CBD avocado oil while sauteing vegetables, or diffusing a lavender and master kush oil into the air in your in home, in lieu of a chemical fragrance. A popular product sold by Infuzions among many of the area's 420 farmer's market goers, is an ice cold cannabis infused lemonade. The result of Infuzions' blends, according to Rhae and Cole, are products that heighten the senses and restore the body to a balanced level.

"The goal when using one of our products is to compliment something you already do, and enhance it, not necessarily as something just to get you high" Rhae said. "We en-



Photo by Lisa LoBue

vision cannabis being something that you consume throughout your day to keep you balanced and healthy, whether in your air, your food, or in oils for your skin. It doesn't have to be smoked periodically, or taken in doses."

The idea for Infuzions came from Rhae and Cole's self experimentation with essential oils and cannabis blends. Rhae, for symptoms of Lyme disease, and Cole, for joint and back pain. The two became fascinated

(LEFT) Two hand-made bath bombs by Infuzions. The bombs are made with organic herbs, minerals, and THC extract



with terpenes and learning how to target specific ailments and discomforts. Terpenes are the organic compounds in plants that give them their fragrance, and have long been a healing force within Eastern medicine. Terpenes are a key component within the science of essential oils, and the essence of aromatherapy.

Harmonizing CBD essential oil roll on, infused with 100 mg of Cannabidiol (CBD). Photo by Lisa LoBue

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They found that by combining particular cannabis oils with essential oils aimed at the same ailment, for example anxiety, they could create infusions that were usable throughout the day and in dozens of ways. "They have an entourage effect," Rhae said. "The terpenes in essential oils and cannabinoids compliment each other, they work better in unison."

Rhae and Cole use both THC and CBD oils in their infusions. They are perhaps best known for their infused lemonade, which features an entire lemon with a choice of CBD or THC oil, or a blend of the two. The drink, described by Rhae, often actually sobers up the consumer if they've been smoking heavily during the day. Additionally, the lemon peel in the drink has a dozen proven health benefits such as improved bone density and heart health. Infuzions also offers cannabis oil skin rubs for joint pain. Their "Fractionated Coconut Oil" blend, for example, is a mixture of lavender oil and 100 mg of CBD. Their infused oils sell for \$25 a vile.

Rhae and Cole handcraft all of their products, using cannabis oils derived primarily from strains such as Rigo's Gift and Swiss TSU from Southern Humboldt. They will be growing all of the herbs



Jenny Rhae and Hugh Cole, founders of Infuzions.  
Photo by Lisa LoBue

used in Infuzions. "We started off by just making things that healed us, and it's amazing how people gravitate towards that."

Rhae says the medical and healing aspect to Infuzions is the most important part. "The goal isn't to be just another way people consume cannabis," Rhae said. "We want to change how people think about it, and how they incorporate it into daily life." Rhae and Cole dream of offering an Infuzions' Bed and Breakfast, where people can come and treat their bodies to all the medicinal and relaxing benefits of their products. The hope is to show people how they can incorporate cannabis into their daily lives without interruption or interference.

"It's about working with what's in your environment, before trying things outside of it," Rhae said. "Getting Lyme disease here as a child, and then using the natural things that grow here to treat it seems natural, it seems normal." Rhae looks at Infuzions as just that; a compliment to one's natural ecosystem, using the fruits of the land to cure illness and to enhance daily life.

 To learn more about what Infuzions has to offer, visit their Instagram @humboldtinfuzions Or contact them at [humboldtinfuzions@gmail.com](mailto:humboldtinfuzions@gmail.com)



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**Jeremy (Business Owner):** I'm doing everything possible to make my business compliant. I have a helper who comes by a few times per week to help me tend to the garden. I pay him a few bucks for his time and usually give him a piece of the harvest as a bonus. Do I need to have workers comp insurance?

**Theresa:** Jeremy, we get this question all the time across many different industries. What you need to know is not having workers comp is extremely punitive. Employers caught without comp, face big fines and the risk of having their doors closed. The laws are designed to keep the work environment safe and protect the common worker. The state is likely to land on the side of the worker if a dispute comes up.

These questions are published by the CA EDD to help you determine if your "helper" is really an employee. What it really comes down to is, who has the right of control?

1. Do you instruct or supervise the person while they are working?
2. Can the worker quit or be discharged at any time?
3. Is the work being performed part of your regular business?

If the answer to these questions is yes, the worker is likely an employee.

1. Does the worker have a separately established business?
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## CANNA-MEXICAN SALAD

by *JeffThe420Chef*

### SALAD

- 5 cups Spring Mix
- 1 can (15.5 oz.) organic black beans, rinsed and well drained
- 1 ear corn, roasted & shucked (roast at 425°F for 45-50 min until kernels brown)
- 2 ripe avocados, sliced
- 1 orange or yellow bell pepper, chopped
- ¾ cup shaved jicama
- ¼ cup pumpkin seeds (shelled)
- ½ cup Craisins
- Hemp seeds
- Micro greens
- Edible flowers

### CHIPOTLE HONEY-LIME DRESSING

- ¼ cup fresh lime juice
- 1 tablespoon canna-olive oil
- 3 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 2 tablespoons finely chopped fresh cilantro
- 1 garlic clove, peeled and minced
- 1 tsp chopped chipotle pepper (canned in adobo sauce)
- 1 tsp adobo sauce (from canned chipotle)

Number of servings:  
4 Dinner/8 Appetizer

#### APPROXIMATE THC PER SERVING\*

- 10 percent: 7.6mg / 3.8mg
- 15 percent: 11.4mg / 5.7mg
- 20 percent: 15.1mg / 7.6mg

*\*Note: Potency based on infusing 4 grams of dried and decarbed cannabis into 4 ounces of extra virgin olive oil.*

1. Toss all half of each salad ingredient together in a large bowl.
2. Layer the reserved ingredients in order. Strategically place edible flowers on top.
4. In separate bowl, or salad dressing carafe, mix dressing ingredients.

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# SABLÉS SALÉS AUX HERBES VERTES ET L'HERBE (SAVORY SANDIES WITH GREEN HERBS AND 'ERB)

by Diana Trimble

In France, otherwise known as the culinary capital of the world, cannabis is nicknamed L'herbe. The slang term, minus the "the," was spread globally by Patois-speakers. Naturally, 'erb blends beautifully with other green kitchen herbs – e.g. rosemary, tarragon, thyme, dill, chives – great news for those who don't want sweet canna-snacks. Start with premium, full-cream, salted, "European style" butter for your infusion, using lots of leaf and little bud (I made a double-batch with 250 grams butter, 20 grams leaf and 2 grams top-shelf), for strong flavor but mild effect, allowing you to munch with abandon.



*\*Before you start, set your scales to grams! (1 gram = 0.035274 ounces)*

**275-85 grams bread flour**

**115 + 10 grams cannabis butter**

**50 + 5 grams finely  
grated parmesan**

**15 grams granulated sugar**

**5 grams finely chopped fresh  
green herb(s) of choice**

**5 grams (+ garnish) extra coarse  
ground sea salt**

**10 grams garlic powder**

**3 grams coarsely crushed  
black pepper**

**2 large egg yolks**

**1.** Before you start, set your scales to grams! Not only is weighing better than measuring volume for accuracy, crucial in baking, but the metric system allows for nice round numbers even for tiny quantities! (e.g. 1 gram = 0.035274 ounces)

**2.** Separate eggs. Using fork, break up yolks in shot glass. Place 125 grams canna-butter in large bowl. Set both aside to reach room temperature.

**3.** Weigh, chop, combine, in medium bowl: sugar, salt, garlic powder, pepper, herbs, and 50 grams of the cheese. Break chunks with fork and evenly distribute flavors.

**4.** Beat canna-butter with wooden spoon until soft; remove 10 grams. Stir herb-cheese-seasoning into cannabutter; mix in yolks.

**5.** Weigh 50-75 grams flour, fluff with fork, shake over mixture and stir in with wooden spoon; repeat to 275 grams total. Dough is now too thick to stir.

**6.** With dry, clean, cold (I iced mine) hands, gently massage and pull dough together adding butter/ flour in tiny increments. If too dry/ sticky, knead until dough is pliant and holds in a clump, but isn't stretchy or over-mixed, with rice-sized pebbles of butter visible.

**7.** On a plastic wrap-covered surface, form dough into log, rolling tightly in the plastic like a sausage, and continuing to shape into a cylinder. Chill dough for at

least 2 hours.

**8.** Remove dough and preheat oven to 325 F.

**9.** Slice dough into ¼ inch thick patties, finishing shape by hand, topping with scatter of coarse salt, then transfer to parchment-lined baking tray.

**10.** Bake on first rack below center for 25 minutes. Edges should start to color. Patties will seem soft and undercooked, but have faith — they'll firm up.

**11.** Sprinkle remaining cheese over sandies and leave in switched-off oven.

**12.** After an hour, remove sandies to finish on china plate. Cooled sablés will have a melt-in-mouth, crumbly texture, showing why their name comes from the word for sand.

**Suggestion:** Serve these buttery, peppery, cheesy, herbal sandies at your next garden party with piquant sides such as black olives and feta cheese, washed down with an ice-cold Riesling.

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A compound butter is nothing more complex than butter with a mixer. A staple in French kitchens, compound butters can range from sweet to savory by using various herbs, spices and citrus peels. In this recipe, we enhance the green flavors of canna-butter with fresh herbs. Following more French wisdom, try plopping a generous dab of butter atop a perfectly grilled steak – a move you won't regret.

Naturally, we recommend using grass-fed beef from the happy cows grazing on Humboldt County's rolling green hills. Look for a pair of Filet Mignon or Ribeye steaks from Eel River Organic Beef or Humboldt Grassfed Beef at Whole Foods or your local natural grocery store.

## HERB-COMPOUND BUTTER ON HUMBOLDT GRASS FED STEAK

by Nora Mounce

- 2 ounces unsalted butter
- 2 ounces canna-butter
- 1 tablespoon chopped fresh herbs\*
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

*\*Whatever herbs you have on hand will work beautifully. Ideally, something growing in your backyard! But if you're going to the store, pick up a fresh bunch of parsley and oregano – these herbs play particularly well on steak.*

1. Allow butter and canna-butter to come to room temperature. If you live in Humboldt, maybe defrost in microwave for 30 seconds – coastal kitchens rarely reach 70 degrees.

2. Using a fork, mix in fresh chopped herbs, salt and pepper, being sure to equally blend the butters.

3. Using Saran wrap, press and roll the butter into a log shape. Refrigerate at least one hour.

4. Once the compound butter is sitting in your fridge, you'll be hard pressed to find something you don't want to spread it on. On a June summer night, try grilling up some Humboldt grass fed steaks for a truly perfect match. Other great ideas are using the herb-butter for corn on the cob, grilled veggies and garlic bread. Be sure to label as canna-food and enjoy!

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## CANTALOUPE CARPACCIO

by Nora Mounce

June is the official start of BBQ season - the perfect time to pack more friends and good food into long days of sunshine. As much fun as weeknight backyard hangouts can be, the pressure to "bring a dish to share" can send the 9-5 Jane or Joe racing to Safeway for pasta salad after work. The perfect solution? An easy, imaginative and healthy dish that takes 15 minutes to prep. This refreshing salad looks fancy, but is silly simple to make using a splash of canna-olive oil from your THC pantry.

- 1 cantaloupe, seeded and sliced**
- 1 ½ teaspoons fresh lime juice**
- 1 tablespoon green onion, thinly sliced**
- 3 basil leaves, thinly sliced**
- 1 tablespoon canna-olive oil**
- Pinch red pepper flakes**

- 1.** Cut cantaloupe into six wedges, leaving the peel intact.
- 2.** Using a mandolin or vegetable peeler, shave thin slices, stopping when you get close to rind.
- 3.** Arrange slices on individual serving plates (as in photo) or on a large serving plate. Scatter green onions and basil over cantaloupe slices and drizzle each serving with 1/4 teaspoon lime juice and 1/2 teaspoon oil. Make sure to label as containing cannabis and enjoy the BBQ!

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# ANTI-INFLAMMATION STRAWBERRY BALSAMIC POPSICLES

by Nora Mounce

At Humboldt Apothecary, the herbalists take the guesswork out of medicating with cannabis. Using CO2 oil rendered from sun-grown, organic flowers farmed in Humboldt County, California the company offers a line of herbal tinctures designed to alleviate conditions ranging from anxiety to inflammation. Most of the tinctures are crafted in a blend of organic honey and grain-free alcohol, which means the organic compounds in cannabis are released directly into the bloodstream. This is a significant benefit over the guesswork sometimes involved in consuming edibles.

Knowing that many of their customers are first-time cannabis consumers, Humboldt Apothecary tests all of their products for exact cannabinoid content. The THC and CBD levels of each tincture are printed on each bottle, and even formulated per dropper.

As the laws governing cannabis

- 4 cups fresh strawberries, rinsed and hulled**
- 3 tablespoons sugar**  
*(adjust to the sweetness of your berries)*
- 2 tablespoons balsamic vinegar**
- 1/8 teaspoon freshly ground black pepper**
- 5 droppers Humboldt Apothecary Inflammation Soother CBD Tincture\***

*\*This quantity of tincture will provide a micro-dose of 1.05 mg THC in each Popsicle, providing zero to minimal psychoactive effects, but plenty of anti-inflammatory benefits from the turmeric, black pepper and high-CBD cannabis.*

continue to shift under our feet in California, the female business partners behind Humboldt Apothecary look forward to sharing their healing tinctures with larger audiences. Though the tinctures can be used recreationally, Humboldt Apothecary gets much more excited talking about plant synergy in action and “keeping love and vibrancy in their products.”

Featuring turmeric and black pepper, the Inflammation Soother is packed with the spicy, verdant flavor of honey, spice and cannabis. Formulated to nourish our immune system and combat inflammatory imbalances, the Inflammation Soother blended seamlessly into our Strawberry Balsamic Popsicles, a healthy summertime treat for grown-up boys and girls.

Ask about Humboldt Apothecary products at your local dispensary and feel the love!

- 1.** In a medium bowl, pour sugar over strawberries and let macerate for at least 30 minutes.
- 2.** Pour strawberries into blender with balsamic, black pepper and tincture. Pulse until mix is just blended (or leave fruity chunks!)
- 3.** Pour into Popsicle molds and freeze for at least 12 hours. Run warm water over Popsicle molds for 30 seconds before carefully squeezing out. Enjoy!

*Makes about 10 popsicles*



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