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# LETTER *from the* PUBLISHER

Dear Reader,

Thank you for picking up the February issue of the *Emerald Magazine*. This month, things are getting a little steamy (and smoky) here at the office, as we explore the connection between cannabis and sex.

Love is all about chemistry, but so is cannabis... combine the two, and the possibilities are endless.

People all over the world have found love through the industry. Now, couples can celebrate their love for each other, and the herb, in true canna-style. All the products needed for cannabis-themed nuptials -- from hemp dresses to Bud Bars -- are showcased at the Cannabis Wedding Expo (Pg. 20), coming to San Francisco this February and Los Angeles in March.

The science of cannabis is still in its infancy, but research has so far shown us that the plant's therapeutic benefits extend into the bedroom. Which is why it goes without saying that cannabis connects people. It connects us through social engagement, intimacy, and even the world wide web. This February we've spotlighted Molly Peckler of Highly Devoted, as she takes us through her world of matchmaking and life coaching (Pg. 60).

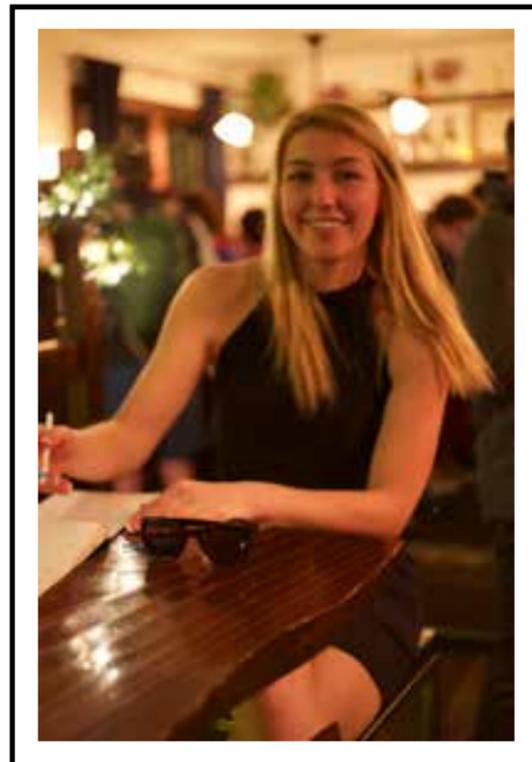
The deeply rooted passion between growers and their strains is a love story for the ages; read more about how one man turned his love for genetics into one of the West Coast's finest seed banks (Pg. 22).

For those looking to take the love out on the town, we've featured some of San Francisco's most popular lounges and cocktail bars (Pg. 54). Hayes Valley in the San Francisco Bay Area is no stranger to making a memorable first impression. With its posh nightlife and opulent establishments, the city is bound to keep your spirits up.

But love isn't always about human-to-human intimacy; pleasure can come from food too. Celebrate your love for cuisine with Jeff the 420 Chef's Canna-Love Baby Cakes, or a V-day themed cocktail. If you need a little help getting into the mood, the *Emerald's* Humboldt Oysta's recipe is here to turn up the heat (Pg 34).

For more amazing infused products, check out this month's gift guide. Join us in March as we trim some of that holiday kush off in our "Athletic Issue." From all of us here at the *Emerald*, we wish you nothing but love and success in the months to come.

Cheers,  
Christina De Giovanni  
Publisher



## Emerald Media Group

417 2nd St. #201, Eureka, CA 95501  
TheEmeraldMagazine.com  
Info@TheEmeraldMagazine.com  
Phone (707) 840-5508

**PUBLISHER** CHRISTINA DE GIOVANNI

**MANAGING EDITOR** JAANA PRALL

**EDITOR-AT-LARGE** MELISSA HUTSELL

**GIFT GUIDE** SHILOH WISHAM

**GRAPHIC DESIGNER** SIERRA FONG | NATHAN WELLS

**COVER SHOT** KENESHA FACELLO

### CONTRIBUTORS

MOLLY CATE | DIANA KRACH | ALLISON EDRINGTON | DR. PEPPER HERNANDEZ | MELISSA HUTSELL | SHARON LETTS | NORA MOUNCE  
SHANNON PERKINS | ASHLEY PRIEST | LELAND RADOVANOVIC | DIANA TRIMBLE | JEFF THE 420 CHEF

### PHOTOGRAPHY

BLACK LABEL PHOTOGRAPHY | EMILY HOBELMANN | SHANNON PARAS | DEAN SOFER  
NORA MOUNCE | SHANNON PERKINS | @PUFFPUFFPASSCO

### SOCIAL MEDIA

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# sex, bliss AND Cannabis

## The Science of Gettin' it on With the Help of Herb

BY MELISSA HUTSELL

**PUT THE OYSTERS** and chocolate aside -- If you're looking for a natural aphrodisiac, consuming cannabis may prove to help put you in the mood.

A recent study, titled "Association Between Marijuana Use and Sexual Frequency in the United States," found cannabis users to have more sex than nonusers -- approximately 20 percent more, in fact.

The study is the first of its type to investigate the connection between cannabis use and sex drive in the U.S. population, according to Stanford University's New Center.

The need to study the relationship between the two comes at a time when usage in America is on the rise. As it stands, 30 states have approved cannabis policies; more than 20 million Americans report using it; and on a global scale, it is the most commonly used "illicit" substance in the world.

Researchers from Stanford's Department of Urology conducted the investigation, which analyzed more than 50,000 Americans between

the ages of 25-45. In order to examine cannabis use and frequency of sex, researchers turned to 12 years of data provided by the Center for Disease Control's (CDC) annual National Survey for Family Growth -- which tracks information relating to demographics, fertility, family structure and sexual practices.

The report, published in the "Journal of Sexual Medicine" in October 2017, found that both men and women who consume cannabis have more sex. "Women denying marijuana use in the past year [...] had sex on average six times during the previous four weeks, whereas that number was 7.1 for daily pot users," Stanford's News Center reported, "Among men, the corresponding figure was 5.6 for nonusers and 6.9 for daily users."

Though these findings suggest a connection between frequency of coitus and cannabis, "it does not say if you smoke more marijuana, you'll have more sex," explained the study's lead author and assistant professor of urology, Michael Eisenberg, in the News Center's report.

Furthermore, the study also suggested "marijuana use does not impair sexual function," contrary to popular beliefs, which suggest use may inhibit male performance.

Stanford's large-scale study, however, isn't the only study to establish such a positive connection. Comparatively, another study conducted in 2011, titled "Impact of Cannabis Use on Male Sexual Health," found, "recent animal and in vitro studies have identified potential links between cannabis and sexual health." Its authors reported, "[...] cannabis may actually have peripheral antagonizing effects on erectile function by stimulating specific receptors in the [penis]."

Researchers have also found evidence that cannabinoids stimulate females' sexual experience, too. In the 2012 study, titled "Circulating Endocannabinoid Concentrations and Sexual Arousal in Women," results revealed "a significant relationship between endocannabinoid concentrations and female sexual arousal [...]."

For some, this isn't a new realization, but a sort of unspoken side effect -- which caused experts to believe this may not have to do with cannabis -- but, rather personality types of users who may be more willing to engage in sex, seek thrills, etc.

Until now, that is. Stanford's Eisenberg said that when "considering other potentially confounding factors, such as alcohol or cocaine use, age, religion or having children, the association between more marijuana and more sex held," in an NPR report on the study.

The pattern existed in "pretty much every group we studied," he added.

In other words, "A positive association between marijuana use and sexual frequency is seen in men and women across all demographic groups," the study concluded.

While this research suggests sexual frequency increases with cannabis use, it does not explore why, or how, the link exists. "The Emerald Magazine" asked Dee Dussault, author, ganja yoga extraordinaire, and certified sex therapist, to find out why this could be the case.

Dussault said cannabis certainly enriches the sex lives of those who like the plant. Of course, everybody reacts differently, which is no different in the bedroom, and no two strains are guaranteed to have the same effect.

**12**  
YEARS SURVEY PERIOD

STANFORD RESEARCHERS EXAMINED 12 YEARS OF ANNUAL SURVEYS PROVIDED BY THE CDC'S NATIONAL SURVEY FOR FAMILY GROWTH. RESPONSES WERE SELF-REPORTED.

**51,119**  
WOMEN AND MEN SURVEYED

SURVEYS ASSESSED 28,176 WOMEN WITH AN AVERAGE AGE OF 29.9, AND 22,943 MEN WHOSE AVERAGE AGE WAS 29.5.

**24.5%** MALE **14.5%** FEMALE  
**REPORT CANNABIS USE**

“For those of us who already have a relationship to the plant, cannabis heightens relaxation in the muscles and [decreases] anxious thoughts,” Dussault explained. “It brings us more into the present world -- the world of sensation -- and can have the effect of slowing down time, making one more sensitive to pleasure, more appreciative.”

For these reasons, Dussault said, “cannabis can deepen connection, enhance intimacy, and make things feel more intense in bed.”

Dussault brings hundreds of hours, and years of experience to her bodywork business (which offers yoga, talk therapy or spiritual sessions). Ultimately, she helps her students achieve bliss – whether that includes cannabis, or not.

As it turns out, cannabis may enhance blissfulness in our bodies. In fact, humans naturally produce Anandamide, the endocannabinoid known as the “bliss hormone,” according to “The Neurochemicals of Happiness,” published in “Psychology Today.”

Anandamide, and other cannabinoids isolated from cannabis, work within our body’s cannabinoid systems; “The assumption is that each of these acts like a key that slips into a different lock of the cannabinoid system and alters perceptions and states of consciousness in various ways,” the article explains.

For those unfamiliar with how to bring cannabis into the bedroom, or are curious whether it’s worth it, Dussault recommends starting small. “[...] Taking time to get educated about the basics, sampling at low doses over a range of days and weeks to find personal preferences, and starting with masturbation before exploring cannabis-enhanced partner-sex, are good bits of advice.”

“For those that have had negative experiences with cannabis before,” Dussault added, “begin with non-psychoactive infused topicals for massage, cannabis-enhanced lube, and very high CBD products at first. Then dose very small when exploring THC.”

While the effects of cannabis on sex drive are still unraveling, and more research is needed, one thing remains true -- cannabis users have more sex overall. Perhaps it’s because of cannabis’ ability to heighten senses, says psychologist Mitch Earleywine in the NPR report, “Does Smoking Pot Lead to More Sex?”

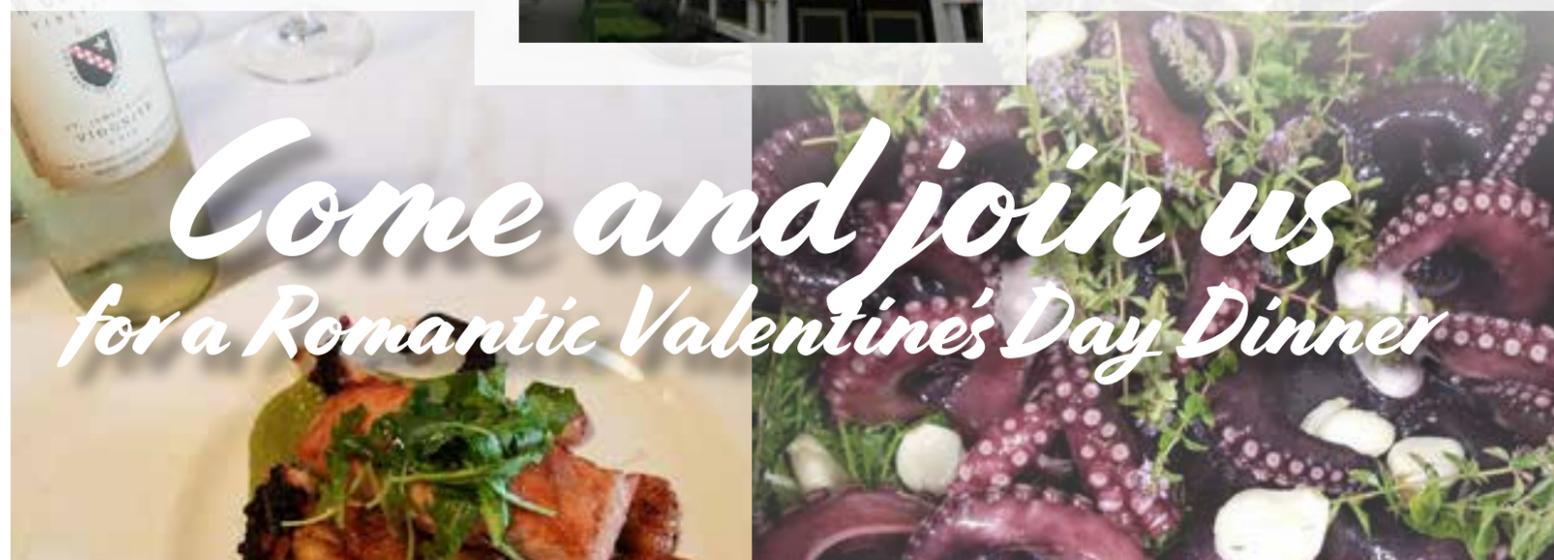
“It gets people to appreciate the moment more anyway,” he noted, “They like food more, find humor in things more easily, so it wouldn’t be stunning to think they would enjoy sex more.”

IN THE 2012 STUDY, “CIRCULATING ENDOCANNABINOID CONCENTRATIONS AND SEXUAL AROUSAL IN WOMEN,” RESEARCHERS CONCLUDED THAT

## THE ENDOCANNABINOID SYSTEM IS INVOLVED IN FEMALE SEXUAL FUNCTIONING[...].

ACCORDING TO “THE NEUROCHEMICALS OF HAPPINESS,”

## HUMANS NATURALLY PRODUCE ANANDAMIDE, THE ENDOCANNABINOID KNOWN AS THE BLISS MOLECULE.



### Soup and Salad

#### *Carter Salad*

*Salad of Carter Garden Baby greens, spiced pumpkin seeds, avocado, crisp apple, honey poppy seed vinaigrette and chèvre.*

#### *Lobster Bisque*

*Fresh Maine lobster, lobster fumé, cream, sherry, and mascarpone.*

### Appetizers

#### *Carpaccio*

*Humboldt Grass-fed beef tenderloin, pine nuts, arugula, Corto extra virgin olive oil, heirloom cherry tomatoes, Parmigiano-Reggiano.*

#### *Yukon Gnocchi*

*Truffle cream with shaved truffles, Comté, fine herbs, and a kiss of marsala.*

### Intermezzo

#### *Raspberry Sorbet*

### Main Courses

#### *Tenderloin Steak*

*Center cut USDA prime tenderloin steak, asparagus, bordelaise, pommes paillasson, and roasted wild mushrooms*

#### *Sweet Pea & Corn Agnolotti*

*Sweet pea and yellow corn with brown butter, pine nuts, baby spinach, arugula, and radicchio*

### Desserts

#### *Pots de Crème*

*Chocolate Pots de Crème with raspberries and crème anglaise*

#### *Pear Galette*

*Blackberry, pear and almond frangipane; encased in a tender flakey crust and topped with vanilla ice cream and a fluffy cloud of Chantilly cream.*

### Staycation Specials

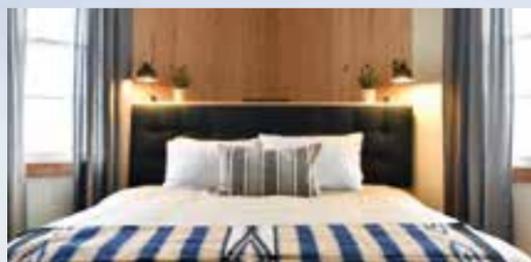
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A  
NEW  
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# HEAT THINGS UP

BY  
ALLISON EDRINGTON

SHARING AN INFUSED chocolate can be a sexy way to start a night in for two, but waiting for the effects to kick in? Not so much. A new line of sweet, sparkling tonics called Legal are designed to get the party started sooner with a fast-acting infusion of cannabis.

The Washington-based company, which operates under the motto "Enjoy, It's Legal," currently offers five all-natural flavors: lemon ginger, pomegranate, cranberry and espresso mocha.

The best Legal flavor to drink before heading to the bedroom is Rainier Cherry, said Adam Stites, Mirth Provisions founder and creator of the Legal drink. The elixir of fresh cherry juice and cannabis extract are designed to be relaxing without couch-locking you or your partner. "Typically, the hybrids have been a good balance, you don't want to be particularly lethargic," he said.

Mirth Provisions also make a sublingual spray that activates within minutes -- a little squirt of flavor and things can heat up quickly. The spray is made with cold-extracted peppermint oil, and 100 mg of cannabis, which bring on a high similar to smoking.

Stites recommends the Sativa-based Wind River Mint spray because it's not overly relaxing, and it creates a well-balanced experience with a soft, gentle body buzz.

Mirth Provisions creations, both the Legal and sublingual products Drift and Swift, are currently available at dispensaries throughout Arizona, Colorado, Oregon and Washington. As of Jan. 1, 2018, the company's products will be available throughout California in many of the state's dispensaries. Cost per bottle ranges from \$8-\$25, depending on potency and strain.

FOR MORE INFORMATION, VISIT [MIRTHPROVISIONS.COM](http://MIRTHPROVISIONS.COM)



# CANNASEXUAL: THE ART OF PAIRING SEX AND CANNABIS

BY SHARON LETTS

San Diego, California, Sex Educator Ashley Manta began her career in 2007 as a rape crisis counselor, victim advocate, and violence prevention educator. After reaching burnout working with victims, Manta said she was inspired to find the joy of her own sexuality after attending her first conference for sexuality professionals in early 2013.

**“THE CONFERENCE WAS** the first time I realized there was a community of sexuality professionals,” she explained. “This group includes sex therapists, sex workers, sex toy reviewers, and so forth. I networked with other sex and relationship educators, and cultivated a greater body of knowledge about sexuality, in general. It was with these newfound realizations that I made the decision to come out publicly about having genital herpes, with the intent of decreasing the stigma of Sexually Transmitted Infections, or STIs.”

Vulnerability, Manta said, is a way to connect with other humans. Sharing her experiences through writing and speaking helps her with what she has referred to within her blog as, “the transformative power of ‘Me Too.’”

Manta shared that the phrase “Me Too” existed within the sexuality industry long before the current hashtag, specifically referencing the power of acknowledging shared experience; be it in the form of surviving sexual violence or living with STIs.

## **SEX GEEK TURNS WEED NERD**

Manta grew up in the conservative state of Pennsylvania. An area where, she said, cannabis was reviled, causing negative beliefs, based on misinformation.

“I didn’t smoke cannabis until I was 23 years-old,” she shared. “The thing that changed my mind was watching one of my graduate school professors light up a bowl after an academic conference. If someone had a doctorate and still smokes pot, I rationalized, how bad could it be?”

After moving to Los Angeles in August of 2013, Manta said she finally experienced living in a cannabis-friendly locale, tasting well-groomed strains for the first time.

“Walking into a dispensary and seeing all those strains and methods of consuming was magical,” she swooned. “Someone sent me a link to a news article about Foria, the THC-infused [tetrahydrocannabinol] coconut oil spray for sex, and I remember thinking, ‘This could be my thing!’”

Being a cannabis enthusiast and self-proclaimed, “massive sex geek,” (a nod to the moniker popularized by sex educator Reid Mihalko), Manta said she then began researching everything she could on cannabis and sex, interviewing others on their experiences, and experimenting herself.

## **THE SCIENCE OF SEX**

The reason Manta has been able to successfully cross over and blend-into both the cannabis and sex markets is based on her interest in anatomy and physiology.

“Cannabinoid-infused oils and water-based lubricants are ideally suited for vulvas, due to the exposed mucosa,” Manta detailed. “It makes for a more efficient absorption than the unbroken skin of a circumcised penis.”

THC, Manta explained, is a vasodilator, causing the blood vessels to widen. Since part of arousal is in the genitals becoming engorged with blood, this facilitates the process. It also heightens pleasure, while decreasing painful sensations.

“For me, as a sexual trauma survivor, using infused products on my genitals has allowed me to have penetrative sex without pain for the first time in a decade,” she shared. “It also greatly enhances my capacity for sustained clitoral stimulation and multiple orgasms – something others have told me they’ve experienced as well.”

## **CANNABIS AS ENHANCER**

Cannabis enhances physical endurance – on the court or in the boudoir. It’s the same experience, opening the third eye, stimulating the senses, and turning chores into play.

Manta said she tells the attendees at her parties to “negotiate before you medicate,” and provides only high CBD strains and topicals. High THC strains can be brought to the events, with Manta suggesting minimal use, as she states, “The idea is not to ‘get stoned,’ as much as in using cannabis to enhance sensation and pleasure, while helping people feel more comfortable in their bodies.”

She’s also more apt to focus on the pleasure of sex, rather than put the entire focus on the orgasm, stating, “being ‘orgasmically’ goal-oriented can actually make orgasm more elusive.”

In a post on her blog (AshleyManta.com), she detailed practicing her own trials with two strains of cannabis, one Indica, one Sativa – to see if the stereotype of one being more calming and the other being more stimulating was accurate.

Under the heading “Indica for Orgasms,” Manta turns a weed review into a mesmerizing account of the physical pleasure she felt while pleasuring herself under its influence.



“My perception was decidedly heightened, and I ran my fingers gently over my arms and chest and noticed that it felt significantly better than normally,” she denoted after smoking a flavorful *Grape Ape*. “I could definitely see this as being a great strain for cuddling.”

Without going into intimate details, Manta was able to reach orgasm in just 20 seconds, shocking the sexual savvy educator – which is, undoubtedly, not easy to do.

The Sativa Clementine, was next, hailing from the upscale Emerald Exchange farmers market held in Malibu, California; grown by Verdant Valley Farms.

“I felt more creative and cerebral... not needing erotica, because I was vividly imagining live experiences in my mind,” she shared. “In this case, the orgasm happened after about a minute and 15 seconds... relatively quick onset, but not nearly as fast as with the Grape Ape.”

Manta reiterated, that the quickness of an orgasm is not the goal; it’s the pleasure felt getting there, and the effects of cannabis provide an excellent path.

## ORAL SEX: USE YOUR WORDS

As a play party and workshop facilitator, Manta said communication is everything, with consent her highest priority.

“Being able to process difficult emotions together, in a supportive way, is crucial in a relationship,” Manta explained. “Everyone comes together with baggage, some more than others. A huge part of a healthy relationship is being able to identify your needs, express those needs to your partner, and negotiate a mutually acceptable solution – which frequently involves compromise.”

Manta said this tool of communication can apply to everything from sex to household chores.

During a recent private, “Embodied Joy Play Party,” Canadian attendee, Addy Hammar, wrote a glowing report, revealing just why Manta has become a leader in the cannabis space, pairing cannabis with intimacy.

“Once all the guests had been accounted for, the doors were locked, an expectant buzz filled the house,” Hammar wrote in her blog. “Ashley waited until her guests were comfortable before addressing us with her signature sex-educator tone, an endearing blend of supportive love and firm empowerment.”

Hammar noted that there was no alcohol at the play party, and cannabis was withheld purposefully until the ground rules were stated. This was done intentionally, she said, as Ashley’s goal was to make sure everyone was clear-headed about the rules, that addressed each individual’s boundaries of play.

Hammar, who is admittedly a survivor of sexual trauma, said she was initially apprehensive about the play party, and was emphatic regarding Ashley’s skill in providing a safe and nurturing space for intimacy.

## GREEN SEX FUTURES

A unusual cross-over, Manta’s pairings of cannabis and sex has led her to invitations in both the cannabis and mainstream adult markets, alike.

Manta was recently welcomed to teach a workshop titled, “Romancing the Stoned,” at the mainstream Adult Novelty Expo in Las Vegas (Jan. 2018). She’s nominated for the 2018 XBIZ Awards’ “Sexpert of the Year,” and recently appeared on CNN’s New Year’s Eve coverage from Denver, during a Cannabis Tours and Puff, Pass, Paint event.

With California’s recreational market now in full swing, Manta’s dance card is filling steadily. She’ll be featured as an expert on Viceland’s new TV show, “Slutever,” hosted by Karley Sciortino (VICELAND, Feb. 7), featuring footage from her “Light My Fire” workshop held at Flower Power dispensary in San Francisco last fall.

“It’s been an honor and a privilege to have been accepted in both the cannabis and sex industries,” she reflected. “While I’ve been able to help many enjoy sex with the use of cannabis, the process has also healed me, as well. I was able to find my own joy of sex again – and cannabis was, and is, a big part of that process.”

FOR MORE INFORMATION, VISIT [ASHLEYMANTA.COM](http://ASHLEYMANTA.COM)

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**WILLOW CREEK- \$949,000**  
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**WILLOW CREEK- \$1,200,000**

**New listing!**  
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**WILLOW CREEK - \$950,000**  
**Reduced price!**  
±160 Acres featuring great sun, abundant water, several flats, cabin. Interim permit in hand for \$14,283 sf of mixed light.

**WILLOW CREEK - \$1,100,000**  
±21 south facing acres with 200 amp PG&E, generator, large barn/shop. Fully fenced garden, new well, pond, water storage. App on file for 43,560 sq ft of outdoor.

**WILLOW CREEK-\$525,000**  
**New listing!**  
±80 Private acres feature year-round creek, large ag flat, views of surrounding mountains & forest. Cultivation permits on file for 17,500 sf outdoor and 2500 sf mixed light.

**WILLOW CREEK - \$895,000**  
**Reduced price!**  
±160 Acres with permits on file for 1 acre of outdoor cultivation. Features creek access, permitted well, 12,500 gal of water storage, barn & permitted processing structure.

**LARABEE VALLEY - \$1,850,000**  
±20 Acres with permits for 1 acre of outdoor; 22,000 sq. ft. of mixed light; 5,000 sq. ft. of indoor, and a nursery. Existing greenhouse space, drip irrigation, water storage, two yurts, bathhouse, creek access, PG&E nearby.



**WILLOW CREEK - \$925,000**

**Back on the market!**  
±203 Acres with permit application for 43,560 sf outdoor. Turn-key featuring well & 10k gal water storage, cargo containers, yurt, detached bathhouse, and a large two-story barn.

**DINSMORE - \$1,300,000**  
±120 Acres on 2 parcels. 2 ponds, creek, spring, greenhouses, developed ag sites w/ heavy equipment. 4 bed/3.5 bath house & cabin. Permits on file for 14,000 sq. ft. of outdoor.

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

**SHOWERS PASS - \$330,000**  
**New listing!**  
±80 Private acres featuring timber, spring-fed pond, outbuildings, terraced flats. Approx. 3,800 ft elevation Permit on file with the county for 5,000 sf RRR space.

**DINSMORE - \$699,000**  
±40 Acres with permitted home, well & septic. Three ponds, barn, outbuildings, equipment and large leveled flats. Completed application on file for 18,800 sf ml.

**MAD RIVER - \$849,000**  
±40 Acre turn-key farm with infrastructure, tools & equipment. Permits for well & existing 21,750 Sq. Ft. of mixed light. Year-round spring pond, water storage, barn & cabin.

**MYERS FLAT - \$799,000**  
**New listing!**  
±80 Acres with PG&E capability, multiple garden sites, meadows & timber, several outbuildings, cabin. Cultivation permit on file with the county for 30,000 sq. ft. of outdoor.

# CANNABIS

## The Sex Enhancing Power Herb

BY DR. PEPPER HERNANDEZ

**THERE IS NOW** evidence to prove cannabis's sex-enhancing power. And the science behind it can give us a great deal of insight into the use of cannabis as an aphrodisiac.

One of the active ingredients in cannabis is tetrahydrocannabinol (THC). THC stimulates the release of dopamine in the brain -- the "happiness chemical." It also stimulates a neurochemical called anandamide, which is known as the bliss molecule. Happiness, bliss, and THC's ability to increase testosterone straight after consumption -- it's a combination that can increase an adult's sex drive and enhance sexual pleasure.

Scientific studies published in *The Journal of Sex Research* have also shown that low-to-moderate dosages of cannabis can enhance sexual experiences by increasing the length and intensity of orgasms, which can aid in partner bonding. Also according to the US National Library of Medicine and the National Institutes of Health, the cannabis plant has opened a potential therapeutic target for sexual dysfunctions.

Too much cannabis, or an incorrect strain type could lead to undesirable effects in some adults. It seems that when people are lightly under the influence of the correct combination of cannabis, or the right strain, they can be more sensitive to their sexual feelings and urges. In that sense, it may be used as an aphrodisiac.

As we know, cannabis has a different effect on everyone. It's no surprise, then, that cannabis will affect each person's sexual experiences differently. In an informal survey reported in "Psychology Today," 67 percent of respondents said that cannabis enhances sex, 12 percent said that it destroys sex, and 20 percent said that it depends on the strain, dosage, and their mood. According to another survey by HelloMD, 14 percent of the medical users that participated said they specifically used cannabis to increase their sexual satisfaction.

Because one's sexual experience is so dependent on the strain, a new business named Sexspot has worked on developing a specific strain of cannabis that maximizes its aphrodisiac qualities. Sexspot's products are fairly low in THC and focus on increasing the "body high" without making the brain too foggy for the user to function. Following this lead, you can find more strains and give them a try.

Here are the top five strains, according to Leafly.com, to stir up some sexy time and put you in the mood.

**1. GREEN CRACK** --An energizing Sativa that heightens focus and is often prescribed to curb fatigue, stress, or depression. The mental buzz also makes it a particularly sexy strain.

**2. GRANDDADDY PURPLE** -- This iconic Indica causes a euphoric, relaxing high and is often used to treat pain, stress, insomnia, and muscle spasms. These relaxing effects can lower your inhibitions, and make you more readily aroused, ready for "floating through waves of arousal," according to Leafly.

**3. ATOMIC NORTHERN LIGHTS** -- A personal favorite, it's an uplifting Indica-dominant hybrid, and is commonly used to treat stress, depression, pain, eye pressure, and headaches.

**4. YUMBOLDT** -- An effective strain that provides a smooth, mellow, and pain relieving high. It has a very pleasant scent, and a great taste.

**5. SOUR DREAM** -- A hybrid which provides an energetic, uplifting high that eases social anxiety and has a stimulating quality. It is often used to treat stress and depression, and is also known to enhance sex and socialization.

When in combination with healthy habits -- like increased water consumption -- along with other ingestible herbs, one could easily see a boost in sexual activity. A natural boost in testosterone (which can be achieved by consuming foods with fatty acids, like avocados, olive oil or coconut) can also help aid libido for both men and women. These are a few other roots and herbs that can be consumed, or used to make a wonderful addition to an aphrodisiac chocolate, or to simply roll in a spliff: Maca, Damiana, rose, vanilla, cacao, and ginger.

So go out and make some yummy Gourmet Hash Oil Chocolates (Pg. 31 ) with your favorite cannabis blend, or toke it up with a new strain this Valentine's Day. Either way, love one another. Go Forth, Go Cannabis.

# Euphoric Weddings

BY SHARON LETTS | PHOTOGRAPHER  PUFFPUFFPASSCO  
FLORALS  FLOWERSONFLOWERS420



**THE CANNABIS WEDDING** Expo has been one of the most successful crossover events yet to bring cannabis into mainstream consciousness. The event has helped many brides and grooms partake out in the open, with many foregoing alcohol altogether, choosing cannabis as a healthier party option.

The expo launched in Denver, where it's been held for the last three years. This year, however, the event will come to the West Coast, and take place in San Francisco on February 11; Denver on January 28; and in Los Angeles on March 3, 2018.

Since the expo began, vendors in the cannabis space have realized they have a place at the multi-billion dollar wedding table, so to speak. Organizer Bec Koop is a Denver florist who turned the boutonniere into a "budonnier," with the long stem buds in the bride's bouquet replacing the obligatory champagne toast, as brides and grooms celebrate their first bong rip together.

Attendees can find products like wedding dresses made from hemp, canna-friendly venues, photographers, floral arrangements, and transportation companies. Even the traditional bar is being replaced with Bud bars.

Bud tender, Andrew Mieure of Top Shelf Budtending, notes a positive shift, not only in the way receptions are organized, but also in the parties leading up to the big event.

"Before this event, my clients could only imagine having cannabis at their weddings," Mieure shared. "The expo has allowed them to see how cannabis can be integrated in real-time, in a tasteful way."

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

# THC DESIGN'S SEXY TIME STRAINS

BY LELAND RADOVANOVIC

**CANNABIS CAN ACTUALLY** improve your sex life. With Valentine's Day around the corner -- and more than two-thirds of U.S. states already enacting responsible cannabis laws -- this is the perfect time of year to explore how specific cannabis strains can help get the juices flowing so you can snuggle up, stay warm and "get it on" this winter.

A recent study published in the *Journal of Sexual Medicine* suggests that people who use more cannabis are having more sex than those who

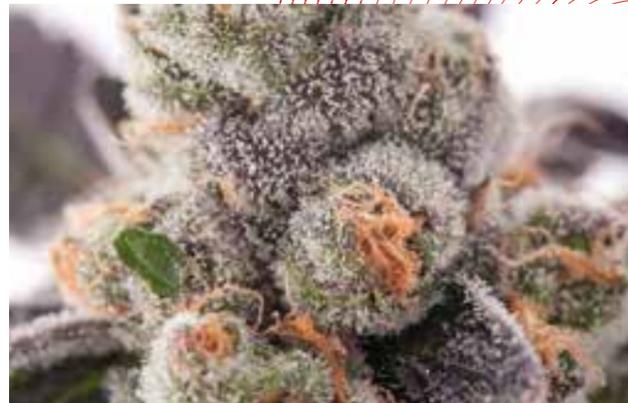
use less or not at all. In fact, out of the 50,000 people who participated in an annual Centers for Disease Control and Prevention survey, found that -- compared to non-users -- daily cannabis users have about 20 percent more sex per year! To add to that, another study, "Circulating Endocannabinoid Concentrations and Sexual Arousal in Women," found females became more aroused while watching erotic films when they had cannabinoids in their system.



SOUR DIESEL PHOTO BY ROXANA GONZALEZ



GRAND DADDY PURPLE PHOTO BY DR. WEED



PLATINUM GSC PHOTO BY WEED MAPS

To give Cupid a little assistance, THC Design founder and master grower Ryan Jennemann, the leading breeder and cultivator of premium, safe, estate-grown cannabis in California, has curated a few of the top cannabis strains to help you and your lover get it on this V-Day.

"These strains will prime your mind and body for some of the most intimate and erotic sex you'll ever have," says Jennemann.

KOSHER KUSH PHOTO BY WEED MAPS



## STRAINS DESIGNED TO GET IT ON:

**THC Design's XJ-13** is a Sativa-dominant hybrid cross breed between *Jack Herer* and *G13 Haze*. This strain balances high levels of THC with low levels of CBD, making it an optimal option for sex and daytime relief. This strain is fresh with uplifting notes of lemon, tangerine, and pine, and offers anxiety, depression and pain relief.

**THC Design's Platinum GSC** is an award-winning potent hybrid crossed with *OG Kush*, *Durban Poison*, and a third unknown strain. *Platinum GSC* has sweet notes of candy, berry and fruity spiciness. The strain leaves users happy, euphoric, uplifted and slightly sleepy. It's great for "getting it on" as well as managing migraines, stress, severe pain, nausea, swelling, and

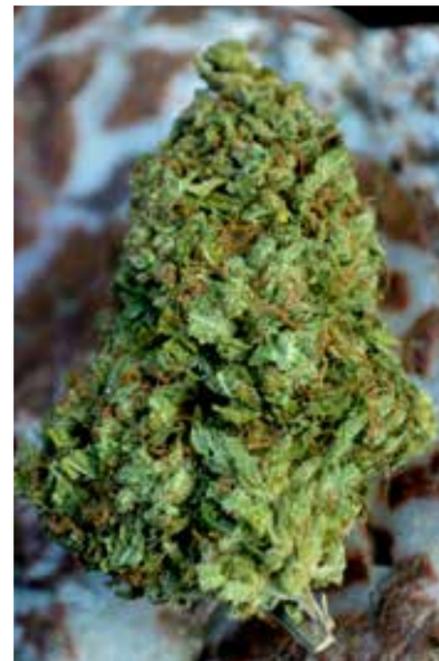
other physical and mood-related symptoms. **THC Design's Sour Diesel**, a fast-acting strain believed to be descended from *Chemdawg 91* and *Super Skunk*, has a strong spicy diesel-like aroma that is perfect to help get your juices flowing, uplift your spirit, increase energy, and for feeling happy, euphoric, energetic, and relaxed.

**THC Design's Kosher Kush** is famous for its enticing flavor, high potency, and staggering levels of THC with some samples testing over 29 percent. Known as one of the most odiferous *OG Kush*-related strains, it has a unique, yet familiar smell reminiscent of rich earth and fruit, and is considered by many to be one of the tastiest smokes around. After sex, this strain will allow your body to transcend into a state of serenity,

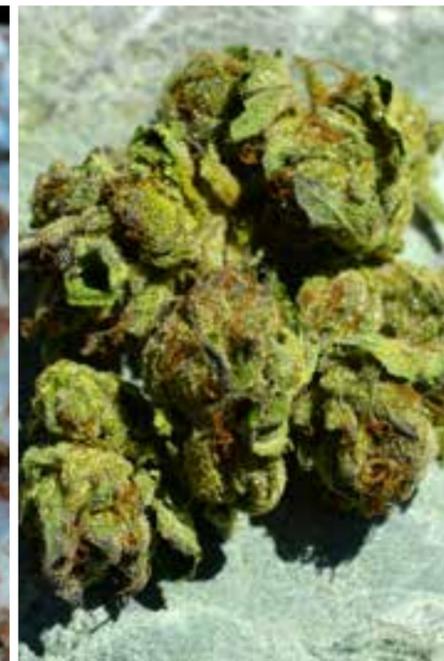
draining your mind of all worries. The high experienced is typical of many heavy Indica strains, producing pronounced relaxation and pain relief, with sleep often following close behind.

**THC Design's Dosidos** has a sweet, mint cookie flavor that's accented by fresh lime, pine, and a powerful 28-30 percent THC level. *Dosidos* gives the user a cerebral rush of euphoric energy that lasts only a few moments before fading into a sedative bliss; great for pre- and post-sex.

**THC Design's Purple Punch** combines *Larry OG* and *Granddaddy Purple* to bring consumers a relaxing head and body high. With smells of grape and blueberry candy, this strain will get you into the mood, relieving stress and minor aches and pains along the way.



XJ-13 PHOTO BY EMILY HOBELMANN



DOSIDOS PHOTO BY EMILY HOBELMANN



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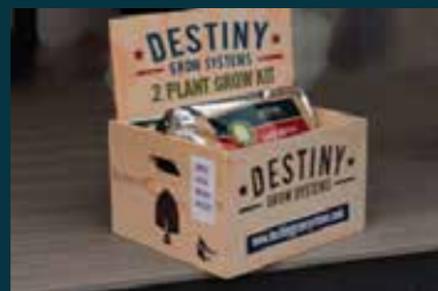
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For complete product info and distribution outlets in the U.S. and Canada, visit [www.destinygrowsystems.com](http://www.destinygrowsystems.com).



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Number of servings: 12

Preparation time: 20 minutes plus 15 minutes for frosting

Cooking time: 25-30 minutes

Approximate THC per Serving\*

- 15 percent THC: 10 milligrams
- 20 percent THC: 13 milligrams
- 25 percent THC: 16 milligrams

You'll need 1 or 2 (6) cake mini bundt pan mold for these.

### INGREDIENTS:

- Cooking spray (Bakers Joy or similar spray with flour)
- 3 cups all purpose flour
- 1 ½ cups raw cane sugar
- 1 ½ teaspoons unsweetened cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup vegetable oil
- ¼ cup “Light Tasting” Canna-oil (view recipe on [Jeffthe420chef.com](http://Jeffthe420chef.com))
- ½ cup + 1 tablespoon buttermilk (full fat)
- 3 large eggs
- 1 teaspoon orange zest
- ½ teaspoon vanilla bean paste
- ½ cup semisweet chocolate chips
- ¼ cup toasted pecans or almonds, crushed
- Red food coloring gel
- Melting chocolate - dark or milk chocolate and white chocolate

### DIRECTIONS:

1. Preheat oven to 340°F. Lightly grease the bundt molds with cooking spray.
2. In a large bowl mix together flour, sugar, cocoa powder, baking soda and salt.
3. In a separate bowl mix egg, vanilla, both oils, buttermilk, and orange zest. Add 7-10 drops of red food coloring, and mix until blended and smooth.
4. Add the chocolate chips and pecans or almonds. Pour batter into bundt molds until ¾ full.
5. Bake for 18-20 mins until a toothpick inserted into bundt cake comes out clean.
6. In medium Pyrex bowls, melt the chocolate for 20 seconds in the microwave. You'll need separate bowls for the dark and white chocolate. Stir well. Microwave again for 10 seconds. Stir briskly until smooth and creamy.
7. Place the melted chocolates in a pastry bag, or ziplock baggie, fitted with a small hole tip. If you're using a ziplock baggie, gently cut a small piece of the bag tip off.
8. Creatively swizzle the colored chocolate over the cakes and voilà!

\*Dosage numbers are an approximation based on infusing 4 grams of cleaned/decarbed cannabis using Jeff's light tasting cannaoil process into 6 ounces of refined coconut oil. Strain potency varies. If you know the starting potency of your cannabis, you can visit [Jeffthe420chef.com](http://Jeffthe420chef.com) to calculate the approximate dosage of THC per serving.

# CANNA-BABY LOVECAKES

BY JEFFTHE420CHEF

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### LORD JONES

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### HUMBOLDT APOTHECARY

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## INGREDIENTS

- 1 cup raw organic coconut oil
- 1 cup raw organic cacao powder
- 1/2 cup local honey
- 1 tsp vanilla extract
- 1 tsp Maca
- 1 tsp rose petals ground

# GOURMET HASH CHOCOLATES

BY DR. PEPPER HERNANDEZ

- 1 tsp Damiana
- 10 grams hash oil concentrate
- pinch of sea salt

The amount of hash oil used depends on your dosage requirements and the potency of your oil.

Dose yourself accordingly.

## INSTRUCTIONS:

1. Melt the cacao butter over a double boiler. Once cacao butter has melted all the way down, add in the vanilla extract.
2. Note: You may want to add all of the dry ingredients into a coffee grinder to get them more finely ground.
3. Add in the cacao powder, salt, Maca, Damiana and rose petals. Stir well.
4. Next pour in the honey and mix well.
5. Add the hash oil mixture into the chocolate, stir evenly and let it cool.
6. Finally pour the mixture onto a tray and let it cool for a few hours or until solid.



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THE **SEX**  
GIFT GUIDE



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12





# Humboldt Oysters

**...TO SOOTH YOUR VALENTINE'S DAY SOUL**

BY NORA MOUNCE

**NOT EVERYONE'S** IN the mood for love when Valentine's Day rolls around. In the midst of winter, some of us are damn single, with no sign of warm-blooded company in the chilly forecast. Yet in solitude, our senses are finely sharpened, and we often find more appreciation in simple pleasures: a walk in the redwoods, a perfectly crafted cappuccino, or the delectable salinity of a raw oyster. A tiny creature with a big reputation, oysters hold delicious promises in their beautiful shells, waiting to be discovered by a lonely, fearless soul.

If you live in Humboldt County, California where 70 percent of California's oysters are harvested from the cold waters of Humboldt Bay, oysters are commonplace, but still a luxury. Ordering out, a dozen oysters can set you back 30 bucks. But most local restaurants fancy them up, either adorning raw oysters with a variety of provincial toppings, hot sauces or mignonettes. All of the above is delicious! But the fanfare makes oysters quite intimidating for those wanting to eat the little aphrodisiacs at home. Here's a Humboldt secret for you – raw oysters are as easy to prepare as trimming a big, fat nug. All you need is the proper tool and some patience.

Outdo yourself this Valentine's Day by elevating Humboldt's classic dish with a touch of your favorite cannabis tincture. Just a few drops of herbaceous flavor works beautifully as a substitution for a traditional mignonette. If you're canna-cautious, use a favorite CBD tincture to keep things mellow. About those simple pleasures though... a half dose (.5mL) of Papa & Barkley's 3:1 THC:CBD Releaf Tincture was the perfect amount to garnish a dozen oysters. Each had only a whisper of cannabis flavor, complementing the richness of each fat, Pacific oyster. Slowly, but surely, it was a Humboldt night to remember.

## HUMBOLDT OYSTERS ON THE HALF-SHELL

### INGREDIENTS:

- 12 Pacific or Kumamoto oysters\*
- .5 mL cannabis tincture

### TOOLS:

- Oyster knife
- Coarse salt
- Kitchen gloves or a hand towel

### INSTRUCTIONS:

1. Gloves that are specifically for oyster shucking are ideal for preventing a painful mess. While I encourage oyster novices to give home-shucking a try, be aware that shoving a knife into a live mollusk doesn't come without risk. So protect yourself! While Amazon sells a mesh stainless steel pair of shucking gloves for \$250, unless you're in a professional shucking competition, a latex-lined pair (about \$10) does the trick. A third, super-budget friendly option is a dishtowel - of course, the method many professional chefs swear by!
2. Wearing gloves or holding the dish towel in your weak hand, place an oyster with the large, rounded side of the shell facing down. Using an oyster knife, insert the tip into the base or hinge of the shell. Apply firm upward pressure as you twist the oyster knife in a rocking motion; each oyster is unique and will require varying degrees of pressure and angle. Work slowly – you're in no hurry. With any luck, you'll pop the top shell off soon enough, leaving the freshly exposed oyster sitting in a pool of delicious juice. If the task proves trickier, slowly work the tip of the oyster knife around the tight seal\*, looking for a weak spot to gain traction. Be patient and keep trying, discarding any oysters that you mangle too badly. You'll only improve your shucking skills by trying!
3. Fill the inner circle of a plate with coarse salt or crushed ice. Arrange the oysters in a circle, topping each with 3-4 drops of tincture. Use an oyster fork (or whatever you've got handy) to dislodge the oyster and bottom's up. Enjoy safely + Happy Valentine's Day!

\*Only eat oysters that are tightly closed and discard any that are partially open – they're no longer alive and most definitely not edible!



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Here at Cover Cannabis we are asked 100s of questions every month about how to properly insure a cannabis operation. Here is a question we received recently:

**Zachary (Business Owner):** Can you provide some clarification on crop coverage? What types of crops are covered? What is the coverage against? And How do you calculate coverage?

**Theresa:** That is a great question Zachary, and I am happy to provide more information for you. First and foremost, it is important to clarify that currently only crops grown indoor and in approved greenhouse facilities can be covered. Unfortunately, outdoor crops cannot be insured at the moment, this is across the board with cannabis crop insurance but we are working on a solution for outdoor crops.

Now I want to give you a little more information on what is covered when we refer to crop coverage. Crop coverage refers to protection from damage or loss of cannabis crop during all covered cycles of cultivation. Crop insurance may provide coverage for the following:

- ✓ Seeds
- ✓ Seedlings/Clones
- ✓ Vegetative Plants
- ✓ Flowering Plants
- ✓ Harvested Plants
- ✓ Finished Stock

The coverage can cover loss due to the following circumstances:

- ✓ Theft
- ✓ Fire
- ✓ Explosions
- ✓ Vandalism
- ✓ Equipment Breakdown
- ✓ Environmental Control/Monitoring System
- ✓ Automated Pumps & Compressors
- ✓ Interruption of Service

Now for your last question, coverage will be calculated depending on information you provide. We take into account your estimated number of harvests per year, how many ounces you produce per plant and the average wholesale value of the plant as well as the number of plants in the different growing stages. Based on this information we will calculate coverage. Your premium is based on the maximum value you have in each stage at any given time.

It is important to note that the crop coverage is dependent on several safeguards that must be in place. Here at Cover Cannabis we have been insuring Cannabis Operations for more than 10 years. We'll walk you through the entire process. Call us today and let's explore your options.

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Cover Cannabis is not an insurance agency. Cover Cannabis is a marketing resource putting business owners in touch with professional insurance representation.

## THE SEX GIFT GUIDE

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# Amélie's *Orgasmic* Crème Brulee

BY NORA MOUNCE

**MOST LADIES AGREE** that there's nothing more romantic than a home-cooked meal when she doesn't have to lift a finger. Cruising to your girl's on Valentine's Day, don't forget your dab rig for a fiery finale to dinner. After putting her on a pedestal, keep her there all night with this orgasmic crème brulee. A dairy-free decadence that's easy to throw together, your dab torch is the perfect tool for a foolproof, crackly topping burned to perfection. This classic recipe, updated for modern palates by substituting cannabis-coconut milk for heavy cream, is inspired by Amélie, an adorable *French Betty* with killer bangs. Amélie loved to imagine how many women were collectively orgasming across Paris while whacking the top of her crème brulee with a heavy spoon.



#### INGREDIENTS:

- 4 egg yolks
- 2 eggs
- ½ cup sugar, plus more for topping
- ½ cup coconut milk
- ½ cup canna-coco milk\* (see Pg. 66)
- 3 teaspoons pure vanilla extract

#### INSTRUCTIONS:

1. Preheat oven to 300 degrees. Set your kettle to boil.
2. In the pitcher of a Vitamix or blender, combine egg yolks, eggs, sugar, coconut milks, and vanilla. Puree until mixture is free of lumps.
3. Water bath method: Pour coconut milk base evenly into four ramekins. Set ramekins in a roasting pan or ceramic baking dish with at least 3-inch sides. Pour hot water into pan until it reaches halfway up the ramekins. Bake for 40 minutes. Each dish should be slightly jiggly in the center.
4. Cool to room temperature, or cover and refrigerate. When ready to serve, top each ramekin with 2 teaspoons sugar; shake the ramekin so the sugar falls evenly across the top. Turn your torch on full blast and fire the sugar evenly and thoroughly.

Crack and enjoy!

\*The ratio of canna-coco milk in this recipe keeps the THC dose appreciably mild.

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# 19

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# 20

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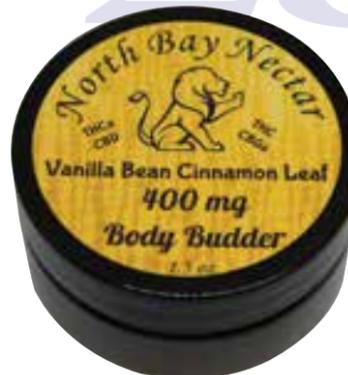
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# Pot d'Huile Almond Olive Oil Cake

## INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup almond flour or meal
- 1 1/2 teaspoons baking powder
- 1 teaspoon kosher salt
- 3 large eggs
- 3/4 cup granulated sugar
- 1/2 cup Pot d'Huile olive oil
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract
- Grated zest of 1/4 of a medium orange
- 1/2 cup orange juice
- 2 1/2 tablespoons unsalted butter
- 1 cup confectioner's sugar
- 3 tablespoons whole milk
- A few drops of fresh lemon juice
- 1/2 cup sliced almonds, toasted and cooled

## DIRECTIONS

Preheat the oven to 350°F. Grease and flour a 9-inch round cake pan or springform pan and set aside.

In a medium bowl, whisk together the flour, almond flour, baking powder, salt, and set aside.

Crack the eggs into a large mixing bowl and whisk them lightly to break up the yolks. Add the sugar to the bowl and whisk it in very thoroughly. Add the olive oil and whisk until the mixture is a bit lighter in color and has thickened slightly, about 45-60 seconds. Whisk in the extracts and zest, followed by the orange juice.

Add the dry ingredients to the bowl and whisk until they are thoroughly combined; continue whisking until you have a smooth, emulsified batter, about 30 more seconds.

Pour the batter into the prepared pan, and bake the cake for 30-to-45 minutes, rotating the cake pan halfway through the cooking time to ensure even browning. The cake is done when it has begun to pull away from the sides of the pan, springs back slightly when touched, and a cake tester comes out clean.

Allow the cake to cool for ten minutes in the pan, then gently remove it from the pan and allow it to cool completely on a rack.

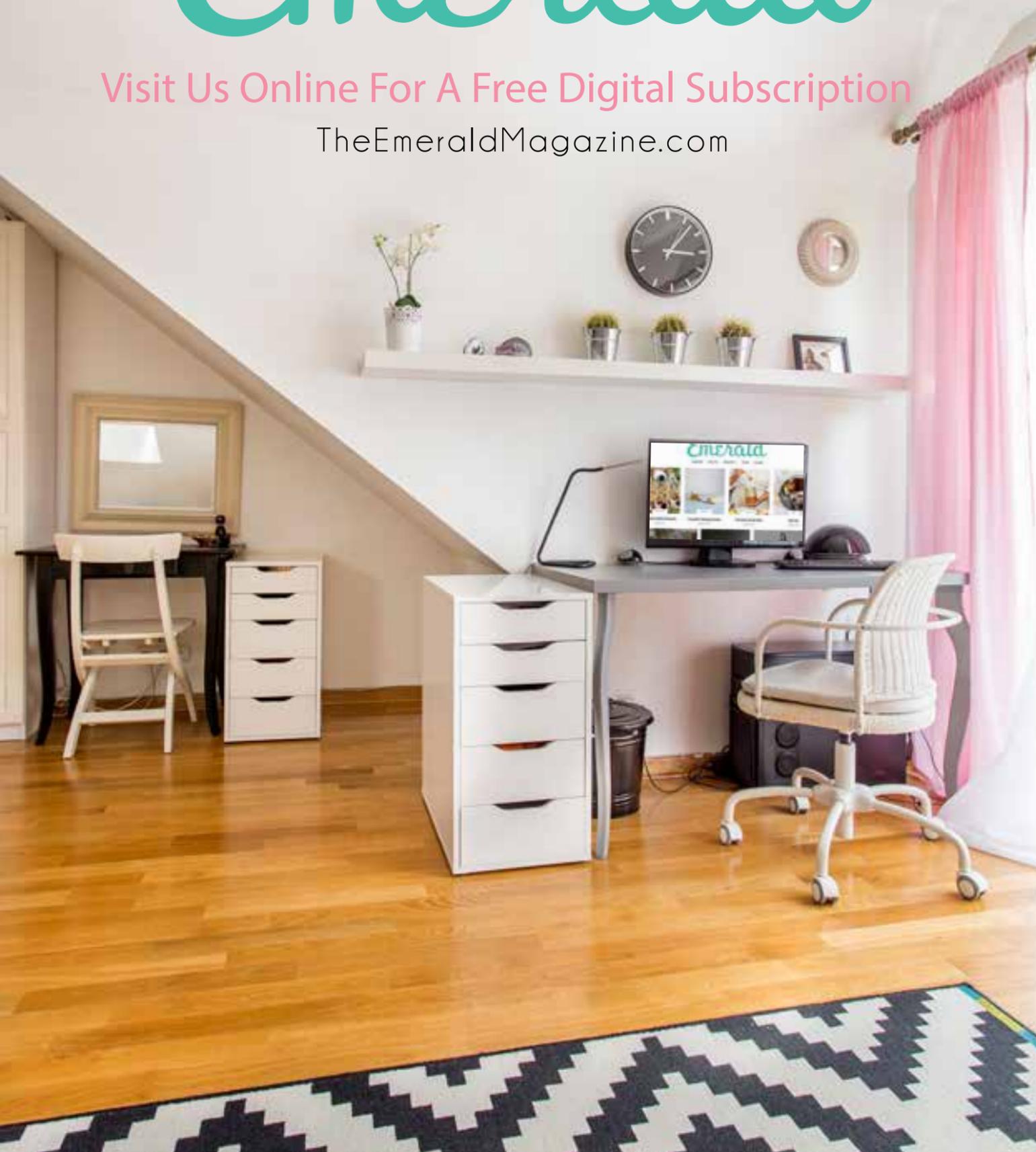
When the cake is almost finished cooling, make the glaze. Melt the butter over medium heat in a small, heavy saucepan. When the bubbles subside, lower the heat and watch the butter carefully, swirling it in the pan occasionally to distribute the heat. When the butter begins to turn a light tan color and smells slightly nutty, turn off the heat and let the butter sit. It will continue to darken as it sits.

While the butter cools, sift the confectioner's sugar into a medium bowl. Whisk in the milk until completely smooth but thick, then slowly whisk in the butter. Taste the glaze and add a few drops of lemon juice to balance the sweetness. Stir in the toasted almonds. Spread the almonds and glaze onto the top and sides of the cake and let it sit until set and dry.

# Emerald

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## The Bittersweet Valentine

... TO FORTIFY YOUR HEART BY NORA MOUNCE

**THERE'S HARDLY A** soul old enough to mix a drink who hasn't had their heart broken. When you're in it, you are IN IT. The misery of being human can be painfully sharp when love fades. In the best of scenarios, a supportive network and the blessing of time will slowly remedy a bad case of lovesickness. Still, we all have friends (or are those friends) who are chronically afflicted, always on alert for a glance or a text from "the one." Despite all the fish swimming by, the world's greatest love songs weren't written because moving on is easy. The great Louis Armstrong, a legend in matters of heart and soul, was a firm believer that sometimes you need more than a stiff drink and an OkCupid account. In an era defined by prohibition, Armstrong openly vouched for the healing power of cannabis, calling it, "A thousand times better than whiskey. It is an assistant and a friend."

If this Valentine's Day is bittersweet on your heart, double up on Louis' advice and mix up these spicy chocolate Manhattans, elevated with a float of Papa & Barkley's medicinal 3:1 THC-CBD tincture. Leaning on the classic bourbon and sweet vermouth formula, the classic cocktail is subtly infused with heat from the cherry bomb pepper and a whisper of chocolate from the Aztec bitters. Though surely no cure-all, it's a drink to build a dream on.

### BITTERSWEET VALENTINE MANHATTANS

MAKES TWO COCKTAILS

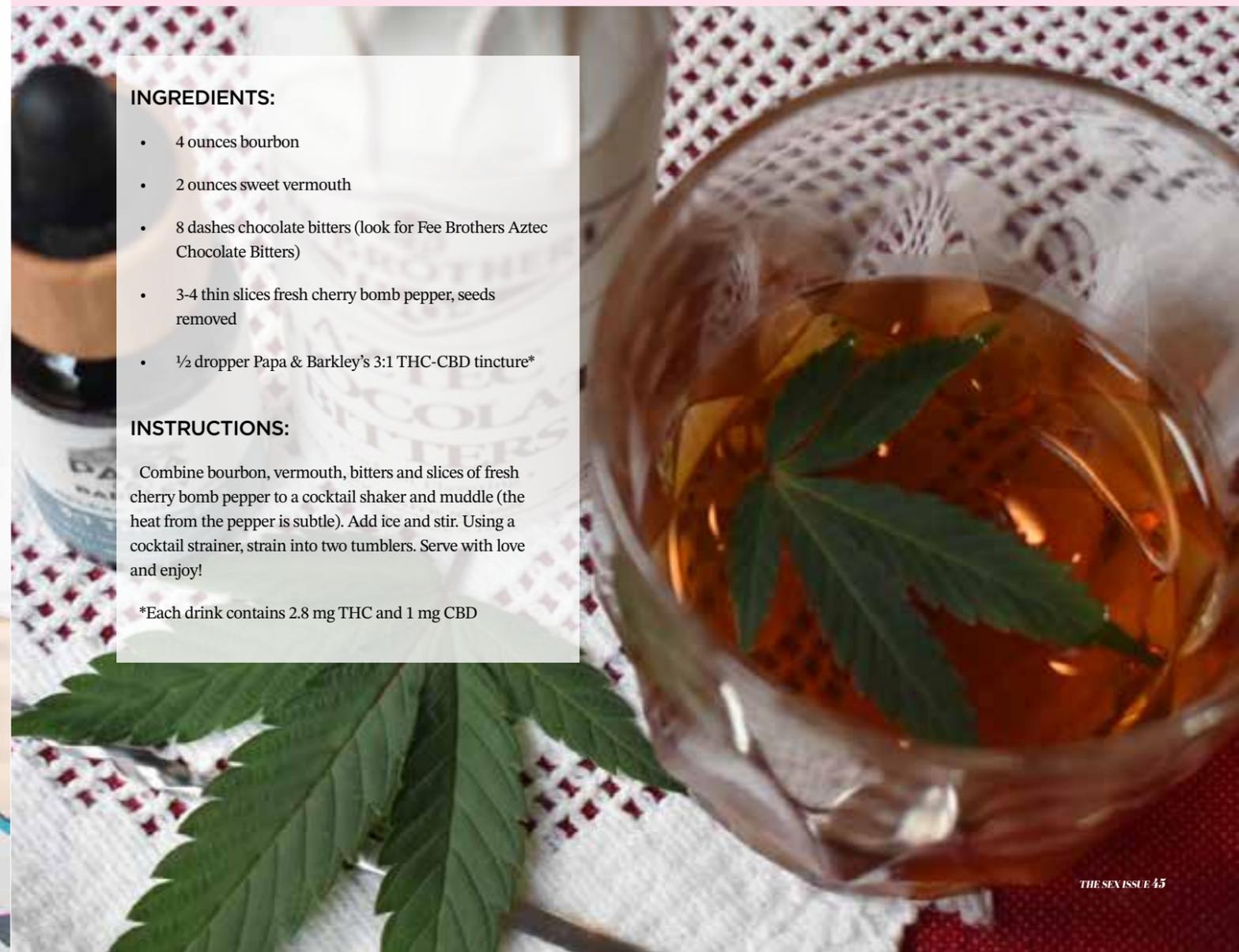
#### INGREDIENTS:

- 4 ounces bourbon
- 2 ounces sweet vermouth
- 8 dashes chocolate bitters (look for Fee Brothers Aztec Chocolate Bitters)
- 3-4 thin slices fresh cherry bomb pepper, seeds removed
- ½ dropper Papa & Barkley's 3:1 THC-CBD tincture\*

#### INSTRUCTIONS:

Combine bourbon, vermouth, bitters and slices of fresh cherry bomb pepper to a cocktail shaker and muddle (the heat from the pepper is subtle). Add ice and stir. Using a cocktail strainer, strain into two tumblers. Serve with love and enjoy!

\*Each drink contains 2.8 mg THC and 1 mg CBD



# Sparkling Jam-pagne Cocktail

BY FLOUR CHILD | PHOTOGRAPH BY SHANNON PARAS OF THE FLORAL LENS



### INGREDIENTS:

- 4 teaspoons of Flour Child Jam (Pictured above, Blackberry)
- 10 ounces of sparkling wine or water
- Spoon 2 more teaspoons of Flour Child Jam into each champagne flute
- Garnish with fresh edible flowers (optional)

Increase the dosage depending on your desire and tolerance.

One teaspoon of jam contains 2.5 mg of THC. One tablespoon of jam is equal to 7.5 mg.

Spoon some jam onto your cheese platter or chocolate mousse!

# Sugar Lounge

**THE RICHMOND GIMLET,** is a combination of gin and St-Germain with a dash of mint, rimmed with lime, and polished off by champagne. This drink comes highly recommended by the bartender, "If you like [sparkling] wine, especially Brut, get this cocktail."

At first sip the flavor of mint strongly surfaces. As the other flavors begin to rise, the carbonation begins to pop. The taste of gin certainly gives this drink it's kick, while the St-Germain brings the respect it deserves.

The Sugar Lounge is a lustful bar in Hayes Valley draped in velvet and seductive mood lighting. The cocktails live up to their sugary name, and the drink prices keep the patrons coming back for more.

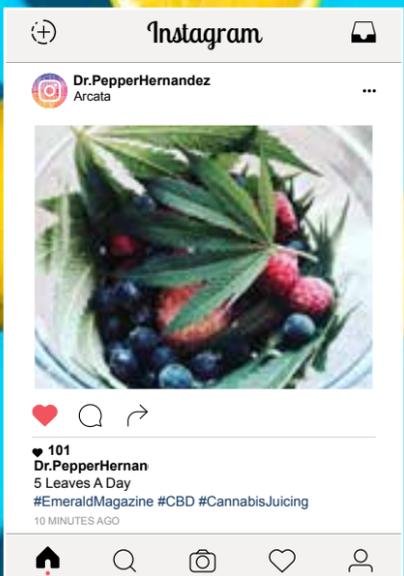
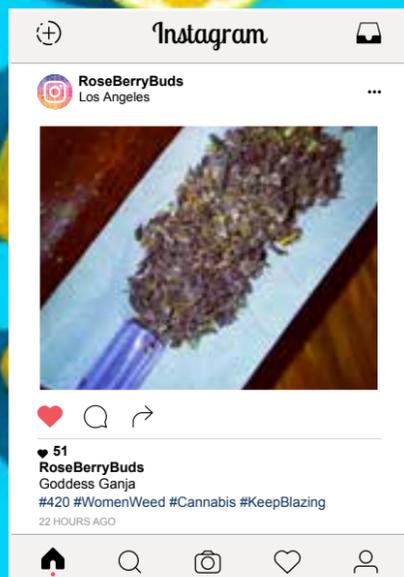


Sugar Lounge  
377 Hayes Street  
San Francisco, CA.

THATS\_FEDORABLE  
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# STABLE SEEDS WITH AN OLD-SCHOOL FLAIR:

## HOW ONE ARTISAN BREEDER'S DRIVE TO RE-CREATE NOSTALGIC STRAINS FORMED THE FOUNDATION OF 707 SEED BANK

BY ALLISON EDRINGTON



**DIP THE BRUSH** back in the watercolor; add a few more strokes here and there. Which is the last brush stroke of color on a painting before it's complete? It's all up to the artisan behind the craft, and whether their creation can bring their internal vision to life. Shawn Denali, is the cannabis breeder and owner of 707 Seed Bank. He's spent nearly 20 years pursuing his own vision; re-creating the strain that he credits with getting him through the toughest part of his adolescence.

"I wanted that old *Roadkill Skunk* back. It completely disappeared. I hadn't seen it since the mid 90s," he said. "I had one strain called *Cat Piss* around the same time, not quite that *Roadkill* but it still has a funky, skunky smell to it. That's how I got started, to recreate the *Skunk* link."

That's the kind of cannabis that was available when he was young and living in the San Francisco Bay Area. He had to survive on his own starting at the young age of 16, and he said *Roadkill Skunk* and *Cat Piss* helped him through that tough period of his life. But he didn't know them by their strain names back then. "That's all we had as a kid. Weed back then didn't have names, it was either green or brown," Shawn said. "Same thing with the *Cat Piss*. By today's standard of herb, it's nowhere near as potent, but it still has that flavor. It has to make my mouth water."

Though the potency of those classic strains might be lower, he said their impact has been immeasurable. "This plant saved my life. I was a troubled kid," said Shawn. "The herb got me through. My kids saved my life. I sobered up, and buckled down. Became a dad. They gave meaning to my life."

Shawn's interest in finding these long-lost flavors lead him to discover a craft that he truly loves and has pursued for nearly two decades. "Every part of it is satisfying. I'm kind of an artist," he said. "This is my masterpiece that I'm painting. [There's a] thrill of seeing what comes out."

Pursuing the elusive flavor of *Roadkill Skunk* isn't the only goal he has pursued as a artisan breeder. He never liked the unreliability of seeds that he would get from others—the flavors that came from each seed were often very different. With 707 Seed Bank, he uses breeding practices that create a highly stable line of seeds.

"What separates me from every other breeder is I've cut out all the guesswork by reversing my males into female plants," Shawn said. "So, what it does since I'm going after flavor and potency pretty much, but more flavor, I can now reverse the male."

The process is "pretty funky looking," but it produces calyces and crystals that give him insight into what genetics the male plant has locked inside.

"[When] trying to inbreed a line like the *Cat Piss*, the female is easy. The males you never really know, but now that I've reversed it, I can look for the one with the right terpene profile," he said. "Then I cross the male back to the clone and grow out those seeds and do the same process over, and over, and over again until every seed comes out stable. No variation."

He has used this same intricate stabilization process for *Cat Piss*, *Chemdawg 4* and several other strains. Any farmer who's grown a plant, only to discover it isn't what they thought, will appreciate the assurances in a stabilized seed line.

"When you cross two opposite ends of a plant that is bred true, you get that true F1 vigor. You're not getting crazy phenotypes," Shawn said. "Maybe I'm a purist in breeding, but I don't like to mix *Girl Scout Cookies* and *Gorilla Glue* together. That's five-six different varieties mixed into it," he added. "I don't like too much variation in the seeds. When I read the description of some-

thing from a seed bank, I don't want one in 10 to turn out like that, I want all of them to."

He wasn't always a purist, however. When he began breeding, it took him awhile to discover his passion in the craft. "As an outdoor grower, I started off doing popular clones all day, every day. Eventually, I lost all the love and passion for it. It was boring," he said. "Then I started to sprout some seeds [outdoor]. I'm a gambler, with a seed it's a gamble and you never really know until it's finished. That brought a lot of the passion back."

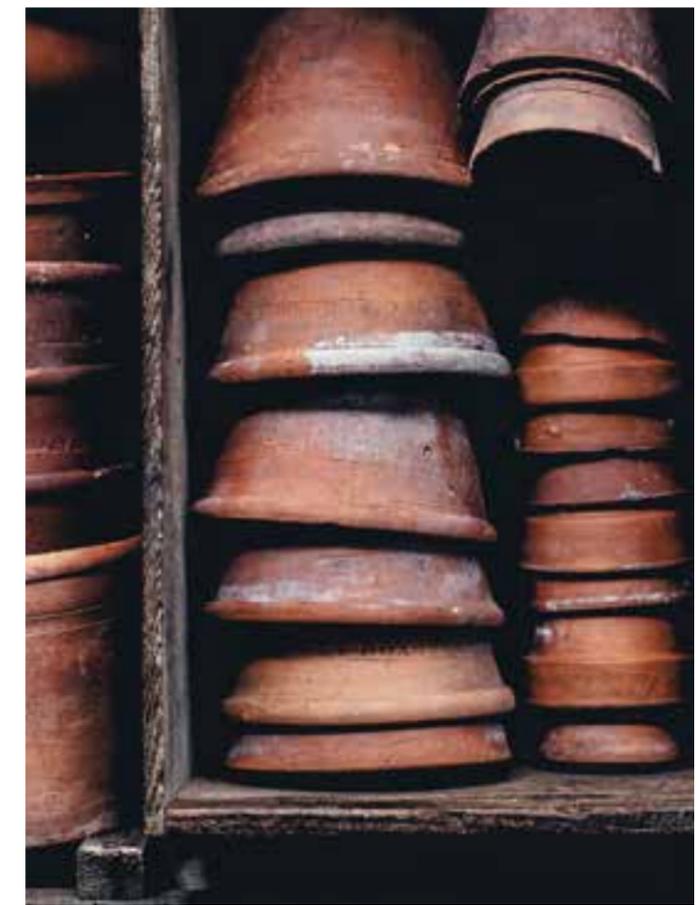
Like any gambler, he does his best to push the odds in his favor. He said he has a vision for every breeding project he undertakes.

"I've been trying to work that *OG* for years. It's one of the hardest strains I've ever worked. [It's] hard to retain it's flavor. [...]," Shawn explained, "I start off with 99 plants, grow those out. If I don't find what I'm looking for, I start another batch after that until I'm satisfied with what I'm looking for, a really pungent *OG* male."

Asking him to pick a favorite seed from his library is like asking him to pick a favorite child. So much love, care, and focus goes into each strains' development that it's the discovery process as much as the end-goal that he said keeps him excited as new possibilities unfold.

"I set a goal for every strain: I want to stabilize this, maintain the potency, and the flavor," he said. "To accomplish a goal, it's really fulfilling. Everything has a reason that I'm going towards in the end. I just really like creating."

FOR MORE INFORMATION, VISIT [707SEEDBANK.COM](http://707SEEDBANK.COM)



# Strawberry Jam Pavlovas

From the forthcoming book, *Edibles* by Stephanie Hua and Corinne Carroll (Chronicle Books, 2018)

**Time needed:** 2 hours hands on, 4 hours inactive  
**Makes:** 24 Pavlovas  
**(gluten free)**

These mini Pavlovas are lovely, unexpected, and just a little edgy. Ethereal, light, vanilla meringues made with aquafaba (chickpea water!) come together like magic (and without the slightest hint of “beaniness”). For the jam in these Pavlovas, we went straight to the experts. Our friends at Flour Child (Pg 46) make some of the best jam around, and this homemade strawberry number spiked with a touch of black pepper is the star of the show. A dollop of tangy whipped cream and a drizzle of balsamic reduction tie it all together to make one unforgettable dessert.

## AQUAFABA VANILLA MERINGUES

- 1 Tbsp cornstarch
- 1 Tbsp freshly squeezed lemon juice
- 1 tsp vanilla extract
- ⅔ cup | 150 g aquafaba (canned chickpea liquid), from one or two chilled 15-oz | 430-g cans
- chickpeas
- 1 cup plus 2 Tbsp | 230 g sugar

## STRAWBERRY BLACK PEPPER JAM

- 2 pt | 350 g fresh strawberries, hulled and quartered
- ¼ cup plus 2 Tbsp | 80 g organic cane sugar
- ½ lemon
- ½ split vanilla bean, seeds scraped
- ¼ tsp freshly ground black pepper, plus more for garnishing
- 2 Tbsp honey
- 1 Tbsp plus 1½ tsp | 20 g Canna-Coconut Oil

## BALSAMIC GLAZE

- 1 cup | 265 g balsamic vinegar
- 2 Tbsp packed brown sugar

## YOGURT CREAM

- 1 cup | 240 g heavy cream
- 1 cup | 240 g plain full-fat Greek yogurt
- 2 Tbsp honey

## SPECIALTY EQUIPMENT

Pastry bag and round tip

To make the aquafaba vanilla meringues: Preheat the oven to 200°F [95°C]. Line two baking sheets with parchment paper or silicone baking mats.

In a small bowl, mix together the cornstarch, lemon juice, and vanilla. Set aside. Remove the chickpeas from the fridge and strain them, reserving the liquid (a.k.a. aquafaba).

Reserve the beans for another use. Place ⅔ cup [150 g] of the liquid in the bowl of a stand mixer fitted with the whisk attachment. Beat the aquafaba for 1 to 2 minutes on medium-high speed until the liquid becomes thickened and foamy.

With the mixer running, gradually add the sugar in two to three increments. Once all the sugar is added, crank up the speed to high and beat for about 9 minutes until the mixture triples in volume and holds stiff peaks. Turn the speed to low and add the cornstarch mixture. Return the speed to high for about 30 seconds until you have an airy, glossy meringue that holds a stiff peak when you remove the whisk attachment.

Transfer the meringue to a pastry bag with a round tip (Ateco 805) or resealable plastic bag with a corner snipped off to form a ½-in [12-mm] opening. Pipe tight 2-in [5-cm] coils onto the prepared sheets. Continue piping on top of each circle, just around the outer edge, to create a little wall surrounding it. Leave about 3 in [7.5 cm] between each meringue so they have room to spread as they bake.

Bake the meringues for 2½ to 3½ hours until they are completely dry, hard to the touch, and peel easily off the baking sheets. Transfer to a wire cooling rack to cool completely. Transfer the meringues to an airtight container as soon as they are cooled so they stay dry and crisp. (If you leave them out too long and they become sticky, return them to a 200°F [95°C] oven until they dry out again.) Meanwhile, prepare the other components.

To make the strawberry black pepper jam: Place a small plate in the freezer. In a medium saucepan, combine the strawberries and sugar.

Using a sharp paring knife, peel the half lemon in long strips. Cut and scrape away as much of the white pith as possible. Cut the strips crosswise as thinly as you can. Add the lemon strips to the berries in the pan, along with the vanilla bean, pepper, and honey. Mix well, squishing the berries with your hands and distributing everything evenly.

Place the pan over medium-high heat, stirring occasionally, until the mixture comes to a boil, 8 to 10 minutes. Adjust the heat to medium-low and cook the mixture for 20 to 30 minutes until it is thickened, jammy, and reduced by about half (a little less than 1 cup [about 300 g]). Stir occasionally, scraping down the sides of the pan with a rubber spatula. Don't skim off the foam.

When your jam looks ready, remove the plate from the freezer and drop a spoonful of hot jam

on it to check for doneness. Let it cool for 1 to 2 minutes to test the texture. If the jam is done, it will gel up. If it is too runny, continue cooking for a few minutes more and test again.

Remove and discard the vanilla bean (remember to squeeze out all the goodness first!). Measure ½ cup [150 g] of jam into a liquid measuring cup. Add the canna-coconut oil and stir vigorously until melted and well combined. Transfer this medicated jam to an airtight container and clearly label it. Keep refrigerated until the Pavlovas are ready to assemble. Reserve the remaining jam for other uses (stir it into seltzer with a splash of cream to make a homemade Italian soda). It can be infused or left unmedicated—dealer's choice. Transfer it to an airtight container, label it, and refrigerate for up to two weeks.

To make the balsamic glaze: In a small saucepan over medium-high heat, combine the balsamic vinegar and brown sugar. Bring to a boil, adjust the heat to low, and simmer for about 15 minutes, stirring occasionally, until the liquid is reduced to a syrupy consistency thick enough to coat the back of a spoon.

To make the yogurt cream: In the bowl of a stand mixer fitted with the whisk attachment, combine the cream, yogurt, and honey. Beat for 3 to 5 minutes on medium-high speed until the mixture holds stiff peaks.

**TO ASSEMBLE:** Take a meringue and fill the well with 1 tsp [6 g] of strawberry black pepper jam. Top with a dollop of whipped yogurt cream and a drizzle of balsamic glaze. Finish with a crack of black pepper. Enjoy!

## NOTE:

To save some time, dress up store-bought jam instead of making it from scratch: In a small saucepan over low heat, warm ½ cup [150 g] of strawberry jam until it is a pourable consistency. Remove the pan from the heat and add the canna-coconut oil and a pinch of black pepper. Whisk vigorously until thoroughly combined. Or, use Flour Child's medicated jam for a stronger dose.

## MAKE-AHEAD TIP:

The aquafaba meringues can be made ahead and stored in an airtight container at room temperature for up to two weeks, longer if you include food-grade desiccant packets in the container. The strawberry black pepper jam can be made ahead and refrigerated in an airtight container for up to two weeks. The balsamic glaze be made ahead and stored in an airtight container at room temperature for up to one day. The yogurt cream can be made and refrigerated in an airtight container for up to one day.

*“These mini Pavlovas are lovely, unexpected, and just a little edgy.”*

## DOSAGE NOTE:

This recipe was developed using our recipe for Canna-Coconut Oil with a potency to yield approximately 5 mg THC per Pavlova.

# HAYES DAZE



## ANINA

482 HAYES ST,  
SAN FRANCISCO, CA

M-F 2PM-2AM  
SAT-SUN 12PM-2AM

Anina is truly unlike any other spot in Hayes Valley. Graphic tiles line the bar, and soft hues of red fill the walls with oversized florals. The atmosphere is light and festive, while the layout is breezy with both indoor and outdoor seating arrangements. The drink ordered for the night was a spicy margarita, which certainly lived up to its name.

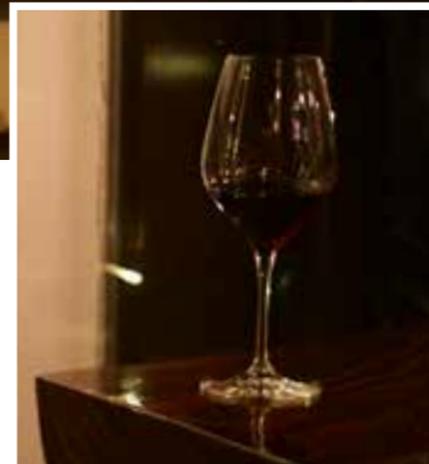
Fig & Thistle is a trendy wine bar with a rustic-cozy atmosphere in the heart of Hayes Valley.

From the bunk bed, to the wine of the day, the atmosphere is great for close quarters and warm lighting.

The 2016 Camp Zinfandel from Sonoma County is a dark red wine bursting at the seams with rich and robust flavors. It's absolutely mouthwatering to say the least.

The 2016 Pinot Noir by Domaine Riefler carried a classic taste with medium fruitiness.

Check out Fig & Thistle if you want that small warm feeling of overnights by the fire mixed with wine and quiet conversation.



## FIG & THISTLE

313 IVY ST, SAN FRANCISCO, CA  
F-SAT 4PM - MIDNIGHT | SUN 3 - 9:30 | M-TR 4PM - 10:30PM

Charmaine's, located on top of the Proper Hotel, is a classy cocktail bar that's conveniently located off Market Street. A velvet roped entrance ensures a non-crowded space upstairs, allowing you to truly enjoy your time.

The atmosphere is polished but in no way pretentious. Your party will enjoy comfortable seating and a spectacular view of San Francisco from any spot in the house.

## Hôtel Biron

45 ROSE ST, SAN FRANCISCO, CA  
F-W 5PM - 2AM

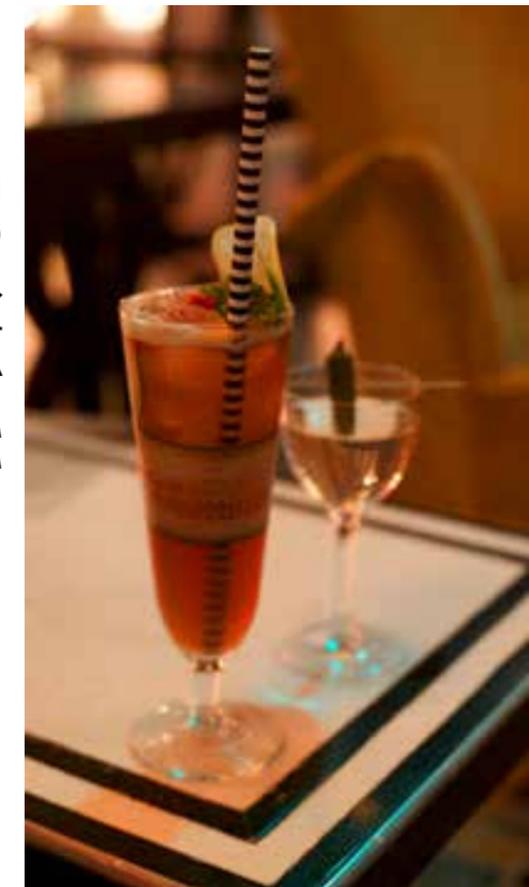


Hotel Biron is discretely located down an alleyway off Market Street. Once inside this quaint, dimly-lit wine bar, you and your guests can grab a seat on a comfy couch or at a charming wooden table. Wine here is displayed by region, and can be ordered along with a food pairing. This is a great spot for a date night, or a relaxed evening out.

## CHARMAINE'S

1100 MARKET STREET  
SAN FRANCISCO, CA

SUN-TR 3PM-12AM  
F-SAT 3PM-2AM



### ANINA

@aninabarsf

### FIG & THISTLE

@figandthistle

### Charmaine's

#CharmainesSF

### Hôtel Biron

#HotelBiron

# SUNNABIS

Swap seeds, breed new weeds,  
and feed the needs

BY SHANNON PERKINS | PHOTOGRAPH BY BLACK LABEL IMAGES



**HUMBOLDT'S FULL SUN** Farms, also known as Sunnabis, is becoming as well known for body love as for unique terpene profiles. Cannabis Body Decadence, the Miracle Salve line, and "F\* Cancer" are part Sunnabis' health and beauty collection. The "F\* Cancer" products are high in THCa, CBDa, THC, and CBD. Claiming First Place for "Most Innovative Product" at Emerald Cup, the Sunnabis throat spray is a blend of cannabis-infused raw honey, colloidal silver, and essential oils like peppermint.

The throat spray is the latest product crafted by Sunnabis owner and operator Wendy Kornberg, who created the spray after talking herself hoarse from hundreds of conversations at networking events and festivals. "I really needed some kind of lubricating throat spray," she said, recounting how her sore throat turned into an award-winning product. "It would need to be anti-inflammatory... so, obviously it would need to have cannabis," stated Kornberg during our phone interview post Emerald Cup, her voice sultry and strong.

In southern Humboldt County, she and longtime partner Doug Cook are organic, outdoor farmers. They use permaculture techniques like cover crops, companion plants, and living soils to make truly remarkable cannabis.

"Wendy selects her genetics carefully," confirmed Stefan Johnson of Fable Rosin, a concentrates company focused on craft cannabis. "She does swapping exercises [and] cultivates things over years to get certain terpene profiles," Johnson explained, "we take a lot of care of that material. We get it tested, study the terpene profile, and then create products based on the unique character of that cannabis." Terpenes are basically chemical compounds found in all plants, from cannabis to chamomile, and contribute to flavor and aroma. Cannabinoids like tetrahydrocannabinol (THC) and cannabidiol (CBD) are also chemical compounds in cannabis.

Adding science to the love story, recent studies and clinical trials support the entourage effect. In a 2016 article called "Cannabis and Cannabinoid Research," Ethan Russo, MD, poetically described the entourage effect like this:

"It is akin to a symphony, in which many musicians support and harmonize with the melody provided by the soloists. The same analogy fits well with the synergistic phenomena observed in cannabis, whose various components boost and compliment those of its better known ones, THC and CBD."

Dr. Russo, a board-certified neurologist and psychopharmacology researcher, is currently focused on cannabis and its effects on the body, specifically the endocannabinoid system. He notes that the concept of herbal synergy in cannabis, "was first espoused by doctors Mechoulam and Ben-Shabat more than 15 years ago to explain how certain components of the endocannabinoid system boost the therapeutic effects of its main players, anandamide and 2-arachidonylglycerol."

The US National Library of Medicine published the article by Daniele Piomelli, in which Russo also mentions that "CBD is a versatile anti-inflammatory analgesic through numerous distinct mechanisms, and various other minor cannabinoids and terpenoids in cannabis certainly may contribute notably to the therapeutic profile of cannabis [...]," he said, "We are only seeing the very beginnings of the therapeutic potential of this plant!

Russo champions cannabis research, and Kornberg is keen to grow cannabis strains with varied cannabinoid and terpene profiles, for love and for science. "A perfect example is the terpinolene [in] her Orange Fruity Pebbles strain," said Johnson, dubbed by Kornberg as THE rosin artist. They're getting over 3 percent concentrations of it, and Johnson attests that most other rosins and concentrates have no trace of terpinolene at all. Why do Sunnabis plants have rare terpene profiles? More research is required for the answer to that question; so, in the meantime, Kornberg continues her cannabis love affair by conducting her own experiments.

"We revamped one of our garden sites [...] and we're calling it 'The Proving Grounds,'" Kornberg wrote in an email, describing how they rehabilitated the area back to native soils and are working to improve the soil each year. This test garden will have three rows of fungal dominant soil, three rows of bacterial dominant soil, and three rows with traditional salt-based nutrients.

A second generation cannabis cultivator, Kornberg is a self-proclaimed genetics junkie, "I love crossing and stabilizing strains and chasing genetics."

Sunnabis revived genetics from a few older strains last year, including their *Mango Mountain*, which Kornberg noted, "was stabilized from a cross of *Mango* from Nirvana Seed Bank and *K2*, both of which were brought back from Amsterdam in the early 80s." They have another strain with European genetics called *ICEd POG*, a cross of *ICE (Indica Crystal Explosion)* and *POG (Pot of Gold)*.

Here's Kornberg describing one of her favorite strains, Popsicle, and the genetic journey to make the strain: "It started with our strain *ICEd POG*. Some seeds were sent to a grower in Oregon, who crossed it with *Cinex*, sent seeds back, backcrossed to the *ICEd POG* again, sent back to the grower who recrossed with *Cinex*, and then backcrossed to itself a few more times," she said. "This one still has a few phenotypes, but overall is a beautiful sativa dominant plant that's super mellow in flavor, nose, and effects; a beautiful, functional cannabis for the day smoker."

Kornberg's passion for the plant continues to grow. "Every year I encounter new strains that I fall immensely in love with and create new F1's to play with," she admits, adding that she fell hard for *Pineapple Fields* from Dynasty genetics this past year. "It's a 1:2 THC:CBD ratio and just drips with trichomes. Super flavorful, and 'terpy' enough that it almost gives me a headache when I'm trimming it. I crossed that with a few different males this year," she wrote wistfully.

Then the stem rub talk started. "I also fell in love with a *Huckleberry Skunk* male from Dynasty," she said, "He had a stem rub like I've never encountered before, and I crossed it with a bunch of different ladies." That's right, a bunch of different ladies. Spread that seed! Kornberg is also working with the *Blueberry Muffin #10* from Humboldt Seed Company, whose own genetic selection process is carefully calculated and charted for the same reasons as Sunnabis: good genes.

From flowers to fresh breath, Sunnabis has the genes and terpenes of dreams. Go ahead, get dirty to get clean with their Cannabis Body Decadence, Miracle Salve, and F\* Cancer products. When it comes to sex, people and plants want a piece of Sunnabis.

FOR MORE INFORMATION, VISIT [SUNNABIS.COM](http://SUNNABIS.COM)



2017 EMERALD CUP | PHOTO BY SHANNON PERKINS

# Cannacals

## Indicate Infused Edibles

BY DIANA KRACH

“MICHIGAN MIDDLE SCHOOLERS accidentally eat cannabis edibles, are hospitalized. More pets are being sickened by marijuana, vets warn. Tacoma mom says baby accidentally ate marijuana candy; offers warning to others.” Headlines like these continue to hinder progress made to destigmatize cannabis, and make it more difficult for edible producers to thrive.

Business owners like Leah D’Ambrosio, COO and co-founder of Baked Smart and Sconed Edibles, are crucial in the fight against unwarranted stigma, and an issue that continues to plague the industry; unmarked edibles.

Without a concise solution, accidental consumption threatens both the legitimacy of medical cannabis and the creativity of edible producers. Certain states -- including Colorado -- have restricted the sales of edibles, or items that resemble candy, leaving producers with restrictions that can severely limit consumer reach. In addition, those who make edibles for personal use can easily mix infused and non-infused baked goods without an easy way to mark them.

D’Ambrosio set out to find a universally understood method of marking infused items. Because the cross symbol is a long-time recognizable indicator of medicine, the green cross became an obvious alternative.

Beyond child-resistant packaging, Baked Smart now offers a sensible, easy way to differentiate edibles for both the professional, and at-home baker. The company’s first consumer product -- Cannacals™ Home Kit -- allows labeling for personal infusions. Cannacal™ transfer sheets can easily be applied during the baking process, and the Cannacal™ targets can be applied to already-baked infusions. The company also provides many customizable options for edible manufacturers.

D’Ambrosio explains the impetus behind Baked Smart and the importance of responsible use in the following interview:

**EMERALD MAGAZINE:** What inspired the idea to “mark” infused goods?

**LEAH D’AMBROSIO:** “Since I really hadn’t eaten many dispensary-purchased edibles, I had no idea that edibles are almost NEVER marked! That was such a disappointing surprise to me. It just didn’t oc-

cur to me that edibles, like brownies from a dispensary, wouldn’t have a marijuana leaf baked on top or some sort of edible design to show that it was infused. It really scared me in a way to think that two brownies could be on a table and look identical, but one is infused, and I now have the challenge of guessing. For people who get drug tested or, who are like me and have a super low tolerance, accidentally consuming an edible can ruin your day or possibly get you fired. The risk is not worth it. So why not just mark them and remove any of the risk?”

**EMERALD:** What gave you the idea to create Cannacals™?

**LD:** “My partner, Michael Treadway and I were so lucky to have met an attorney who loved my idea of marking edibles and introduced us to her client who has been manufacturing bakery decorations for over 60 years. They were interested in my idea of marking my toffee with green crosses and created these wonderful edible sheets that we use. At the same time I was starting to mark my toffee, Colorado had just mandated that all edibles be marked with a diamond and the letters THC! The manufacturing company helped us to create a product line for Colorado companies. Michael and I started Baked Smart as the distributor of the products. Michael came up with Cannacals™ -- sort of a spin on edible decals and cannabis.”

**EMERALD:** In what ways did you bring your previous life experience to creating businesses in cannabis?

**LD:** “My stepfather was diagnosed in 2000 with cancer and during his treatment they prescribed cannabis. He was hesitant to use it and I think he only used it towards the end of his life. He unfortunately passed away in 2001. After that, I started reading more about cannabis and cancer treatment but was still believing the propaganda [...]. My best friend, and non-profit business partner, was diagnosed with breast cancer about six years ago and that’s when I really started to research cancer and cannabis. [...] Since I loved helping people, loved to bake, and knew cannabis was a better way for people to medicate -- it made sense to start over in Oregon and open a cannabis business.”

**EMERALD:** How does running a small business differ in the cannabis industry?

**LD:** “I think it’s easier to get started but honestly the 280E tax issues



really mess with your profit margins. We are lucky to have an ancillary business that keeps us profitable. The edible business pays so much in taxes, it’s hard to make a profit when you’re small. Overall though, at least in Oregon, there is a lot of support [...] in the cannabis industry. It is a real community and thankfully people generally want to help each other out. We share information, sources, and help support each other through difficult times. I am not sure I would get the same support if I had a tech or financial business.”

**EMERALD:** Why is it so important to have a universal safety symbol?

**LD:** “Currently, Colorado has its diamond with the THC! Design and there is talk that California is going to have a triangle with a leaf and an exclamation point. Both states are calling their symbols “universal,” but if I’ve never seen that symbol before -- and it’s not being used anywhere in the industry except for in their states -- how is that universal? In legal states across the country, the green cross is used as a symbol for dispensaries and marijuana. Across the world the green cross is used as a symbol for medicine. People intuitively know when they see a food product with a green cross on it that it’s medicated.”

“Studies have even shown that children as young as three years of age can associate meaning to a symbol. How easy would it be to educate children that any food marked with a green cross means that the food has medicine in it? And if you eat it, you will get very sick. A universal symbol needs to be truly universal. Having different symbols in different states is only going to confuse people and will not reduce accidental consumption.”

**EMERALD:** How can someone get involved with the Green Cross Initiative?

**LD:** “Right now, the Green Cross Initiative is just on Facebook but we are hoping with more support we can make it bigger. In the meantime, we ask that people reach out to their government officials and ask for the green cross as their universal symbol. Consumers of edibles can start asking their favorite edible companies to start marking their food products. It costs pennies to mark an edible.”

**EMERALD:** How did you determine which types of products to carry? Who will benefit most from the product line?

“We created products that we felt work best with the most popular food products like brownies, cookies and chocolates. We just created a high heat transfer sheet that will work well with hard candies, gummies, caramels and brittles. After creating a product line for commercial edible companies, we created home kits for home bakers to use when creating their DIY edibles. We want to empower all edible makers and users to have the ability to easily mark edibles to reduce accidental ingestion. As more people support this, we will be creating a larger product line -- especially for consumers.”

FOR MORE INFORMATION, VISIT [BAKEDSMART.ORG](http://BAKEDSMART.ORG)

# Highly Devoted

BY ASHLEY PRIEST

**CANNABIS CONNECTS PEOPLE**—not just socially, but also on a much more personal level. According to anecdotal stories and personal experience, cannabis can increase your sex drive. Studies, such as the one recently conducted by Stanford University, suggest that regular cannabis consumers engage in sexual activities 20 percent more often than those who do not (For more information on this study, see “Sex, Bliss and Cannabis,” Pg. 08).

With many states now having legal medical and retail cannabis markets, the number of cannabis consumers is on the rise. Sometimes, incorporating cannabis with dating or even bringing up the topic with a new potential lover or partner can be challenging due to the stigma that cannabis has held for so many years. The fear that their consumption will not be accepted by another individual is a real fear that many cannabis consumers in the dating scene today face.

Luckily there is an answer, and I’m not referring to sideswipe apps such as Tinder or other social platforms. I’m talking about the world’s first ever cannabis community matchmaking and coaching service by the name of Highly Devoted.

Highly Devoted is the love child of Molly Peckler, founder and CEO of the company. She’s dedicated to connecting individuals within the cannabis community, culture, and industry while helping to de-construct existing stigma surrounding it.

This isn’t a stoner hookup opportunity. Highly Devoted is a classy, curated database of cannabis consumers worldwide who are looking to connect intimately and personally with others while incorporating cannabis into their experiences.

Molly has a background in finance and a bachelor’s degree in Psychology from the University of Illinois. She worked as an elite matchmaker before becoming overwhelmed with a need and desire to take charge of her own destiny. By starting her own company, Highly Devoted, she’s done just that.

Her relationship with her husband and best friend is the fuel to her passion and what motivates her to help others find their soulmate. To Molly, love is the most important thing in life, and I couldn’t agree more. “The Emerald Magazine” had the opportunity to speak with her; here’s what she had to say.

## CANNABIS MATCHMAKING SERVICES AND LIFE COACHING

**THE EMERALD MAGAZINE:** What are you most excited about for 2018?

**MOLLY PECKLER:** Being in California I am very excited and a bit nervous to see how things shake out with the adult use industry which just became active in California. Unfortunately, I believe that many brands will not be able to make it with all the different compliance measures, regulations, and associated licenses but am excited to see how it unfolds as a whole. When it comes to Highly Devoted, I am excited to scale the business to new heights this year. I have grown the business organically and have some exciting things happening this year such as an app being developed, as well as some spectacular events being planned!

**EM:** What is your favorite thing about your career?

**MP:** Helping people! That is what I get to do every single day! I help others to open their view and shift their perspective while making people’s lives better!

**EM:** What is your favorite cannabis strain and method of consumption?

**MP:** *Granddaddy Purple* is my all-time favorite! It is a great way to connect, and in my opinion, it is the best sex strain. It is also a great strain to consume before exercising. When it comes to methods of consuming, I am always looking to experience something new. My choice though; roll me a beautiful joint. The communal consumption of a joint helps to form a bond in a way that no other form of consumption can.

Visit [HighlyDevoted.com](http://HighlyDevoted.com) today to join their free matchmaking database, request a free matchmaking consultation, and sign up for their newsletter to help you stay up to date on upcoming events and more!

STAY UP TO DATE  HIGHLYDEVOTED

# SEX, NUGS, AND

# Rock n Roll

## VEILED REFERENCES TO GETTIN' DOWN AND GETTIN' HIGH IN POPULAR MUSIC

BY DIANA TRIMBLE

**WIDESPREAD CANNABIS DECRIMINALIZATION** is bringing our favorite herb out of the shadows, finally allowing us to take an unexpurgated look at its legacy on popular culture. Nowhere is this more apparent than in the history of rock n roll, though it's often been cloaked beneath layers of linguistic obfuscation. While reading Ann Powers' recent best-seller, "Good Booty", which unravels rock's coded language of sexual innuendo, I noticed that some of the words and phrases that referred, slyly, to sex and romance, were the same as those used as euphemisms for smoking cannabis, and its effects.

So are these popular songs about sex or cannabis or...both? Here's my personally curated chart of hits and obscurities that might make you go "hmmm...what's that really about...?"

### TRIMBLE'S TOP TEN CANNA-TUNES

#### #10 "SWEET LEAF" - BLACK SABBATH (1971)

"You introduced me to my mind...my life is free now, my life is clear/ I love you Sweet Leaf, though you can't hear" Hey, this was post-60s: most listeners probably thought Leaf was some chick's name. You know, she hangs around with Rainbow and Waterfall? This tune is heavy. I recommend smoking some *Purple Kush* first.

#### #9 "MUGGLES" - LOUIS ARMSTRONG (1928)

Jazz musicians were the first sub-culture to be linked with cannabis use, so the Granddaddy of the genre has to make my list. The nod to pot is all in the title of this instrumental, an old slang term for a "marijuana cigarette;" not known to your average Joe. This track has a lazy down-tempo feel that's perfect for rolling up some muggles.

#### #8 "LICK IT BEFORE YOU STICK IT" - DENISE LASALLE (2000)

"You make her feel good / but you could make her feel better / if you treat your lady like a stamp and a letter" Oh wait....this one actually is about sex, specifically advice to

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men on how to please their woman. Silly me, I thought it was about how to roll a joint! And for all you guys who dig the idea of being treated like a stamp and letter, take comfort in the song's last line when Miz LaSalle reminds her female listeners, "now girl, you cannot stick it but you sure can lick it." Fantastic and funny jam, especially giggle-some after consuming some muggles.

#### #7 "WHEN I GET LOW I GET HIGH" - CHICK WEBB AND HIS ORCHESTRA (1936)

"My fur coat's sold/ oh lord aint it cold/ but I'm not gonna holler/ cause I've still got a dollar/ and when I get low/ oh I get high" Written by a woman (Marion Sunshine) and performed by 17-year-old Ella Fitzgerald, I doubt this is about seein' a pro for some relief. Plus, a dollar seems cheap for sex, even in 1936. Take a dab and then dance around the room to this jaunty number.

#### #6 "AND THEN ALONG COMES MARY" - THE ASSOCIATION (1966)

"And then along comes Mary/ and does she want to give me kicks and be my steady chick and give my pick of memories....Then along comes Mary/ and does she want to set them free, and let them see reality" The Association has to be the most underrated band of the psychedelic era and you'll be compelled to clap along to this groover, featuring a wicked flute solo. One might think that by the mid to late 1960s everyone would know who Mary was, but as demonstrated by the band's tongue-in-cheek performances on the Mike Douglas and Ed Sullivan shows, the masses didn't have a clue. Try to score a lid of *Acapulco Gold*, or some other old school Sativa, to get the feel of the era.

#### #5 "MARY JANE" - RICK JAMES (1978)

"And when I'm feeling low/ she comes as no surprise/ turns me on with her love/ takes me to paradise/...I'm in love with Mary Jane/ I'm not the only one!" Somehow, even by 1978, people still didn't get that Mary Jane might be a plant. Too bad the master of punk-funk switched his interest to a different one, Mistress Coca, in later years. Listen along while vaping some Ghost Train Haze, or another speedy variety, in honor of James' preference for the fast lane.

#### #4 PASS THE DUTCHIE - MUSICAL YOUTH (1982)

"As I pass the dreadlocks camp I heard them say/ how does it feel

when you got no food/ pass the dutchie on the left-hand side" This is a slightly re-written version of the Mighty Diamonds' "Pass the Koutchie" which concerns a smoking circle of rastas. I guess nobody wanted a bunch of cute little kids to blatantly promote Cannabis, so "Koutchie" became "Dutchie," or Jamaican slang for "Dutch oven." It sort of makes sense as a thing to pass around considering that the dreads are talking about being hungry. I suggest mixing up a batch of special brownies in your dutch oven while listening to this.

#### #3 "I WANNA TAKE YOU HIGHER" - SLY AND THE FAMILY STONE (1969)

"Baby, baby, baby light my fire/ I wanna take you higher"

The word "high" has to be the number one double-entendre for both orgasm and cannabis intoxication, with the phrase "light my fire" hot on its heels. This funky jam is ostensibly about playing music, but my guess is it's really about all three things. So go do all three then.

#### #2 "HIGH BY THE BEACH" - LANA DEL REY (2015)

"All I wanna do is get high by the beach/ get high by the beach get high/ all I wanna do is get by by the beach/ Get by baby baby bye bey" In 2015, I don't think anyone is confused as to whether or not this track is actually about sex on the beach. It clearly isn't; rather it's about getting over a relationship with the help of herbal medicine. I had to include it because a) there aren't enough ladies on the list; b) it's a great song. To truly appreciate Lana's hypnotic masterpiece, I suggest doing what it says on the tin.

#### #1 "GOT TO GET YOU INTO MY LIFE" - THE BEATLES (1966)

"I was alone I took a ride I didn't know what I would find there/ Another road where maybe I could see another kind of mind there... ooh then I suddenly see you/ ooh did I tell you I need you/ every single day..." It's no surprise to find the Beatles topping any music chart, but it was surprising to me to learn the truth about this a-typical McCartney composition; it's for that surprise they earn the number one spot. I genuinely had no idea the song was about anything but romance until I read Paul's own words (quoted in "Many Years from Now," by Barry Miles):

"Got to Get You Into My Life was one I wrote when I had first been introduced to pot. I'd been a rather straight working-class lad but when we started to get into pot it seemed to me to be quite uplifting...I didn't have a hard time with it and to me it was mind-expanding, literally mind-expanding. So (it) is really a song about that, it's not to a person, it's actually about pot. It's saying 'I'm going to do this. This is not a bad idea. So it's actually an ode to pot, like someone else might write an ode to chocolate or a good claret."

All that, plus an incredible Earth, Wind, and Fire remake in 1978! I rest my case!

FOR A PLAYLIST OF TRIMBLE'S TOP 10 TUNES, VISIT THEEMERALDMAGAZINE.COM



BEAUTIFUL & BIODYNAMIC  
FLOWERS AT  
*Full Circle  
Pharm*

BY MOLLY CATE

**LOOKING FOR** “absolutely GORGEOUS flowers” for Valentine’s Day? Cannabis flowers, that is? Full Circle Pharm in Potter Valley, California has just what you need. That’s according to Eli Melrod, owner of Solful dispensary in Sebastopol where you can buy Full Circle’s *Blueberry Muffin*, *Dragonfruit* and *KC-36*.

This gem of a biodynamic farm came through the Northern California wild-fires last October fairly well. Owner Michelle Webb-McIntyre said the under-reported windstorms that ramped up the fires were nearly as destructive, but her section of the valley was spared most of the fire damage.

Aside from the cannabis grown here, Michelle said the farm produces 20 acres of sustainably grown/dry farmed, certified biodynamic grapes of Pinot Noir and Chardonnay.

Full Circle Pharm sits on some of the extensive biodynamic acreage that Frey Vineyards has developed for more than 20 years. Michelle spoke glowingly about her years learning at Frey and becoming a friend of the Frey family. Frey Vineyards, by the way, lost several farm buildings and the vines along the edges of their property in the October blazes. Michelle’s time at Frey led to her opportunity to work her own stretch of farm heaven on a plot of Potter Valley land that was already certified as biodynamic. So, what is biodynamic farming, anyway?

Demeter Association, Inc. is the certifying organization for biodynamic farming. According to their website, [Demeter-USA.org](http://Demeter-USA.org), biodynamic agriculture is the brainchild of Rudolf Steiner, Swiss philosopher, scientist, and visionary founder of the Waldorf School. After World War I, chemicals used to produce weapons were adapted to make the first non-organic fertilizers; farmers were encouraged to operate their farms more like factories. But, in just a few years, problems cropped up. In 1924 Steiner taught his “Agricultural Course” to European farmers concerned about declining seed fertility, animal health, and crop yield.

Biodynamic agriculture is ecologically focused; the farm is treated as a living organism as all systems are carefully nurtured for maximum health and sustainability, even the storage and processing facilities.

Michelle says she is “feeding the soil... if you take care of the soil, it takes care of the rest.” Biodynamic farms integrate plant, animal and mineral components to maintain bountiful soil fertility. “Specialty Food Magazine” calls it “organics 2.0” but it is much more than organic farming. Biodynamic certification requires everything that organic certification does -- and more.

Demeter International was formed in 1928 to promote Steiner’s ideas; they established the Biodynamic Farm Standard for regenerative agriculture, which is still used to certify farms today. Their mission is to spread what Steiner called a “diversified, balanced farm system.” Demeter focuses on “the triple bottom line: ecological, social, and economic sustainability.” According to their website, certification requires that a farmer start with land already kept to an organic standard and then amended with biodynamic inputs for one-three years before planting. In the certification or recertification process, everything from seed to processing is examined.

Furthermore, “Emphasis is on the generation of farm inputs out of the living dynamics of the farm itself, rather than being imported from the outside,” the company reports. “Specially prepared medicinal plants, minerals, and composted animal manures help increase... vitality.”

Farmers grow and compost a range of medicinal plants in perennial beds for application to fields. The basic six are: yarrow, chamomile, stinging nettle, oak bark, dandelion, and valerian. Unwanted plant and insect species are dealt



with through the robust health of the plants and by moving grazing animals -- chickens, sheep, cows, goats -- throughout the planted areas, adding manure as well. Each farm is like a mini-world: sustainable, vital, bursting with health, complexity, and beauty. Or “chaos” as Michelle affectionately put it.

Also important to this form of agriculture -- lunar cycles. “All life is strongly dependent on the rhythms of the Earth,” Michelle explained, that includes cosmological influences, which seem to be the most used sowing schedule across the globe. “We easily understand gravitational pull when we can clearly see the moon phases and how they have an incredible influence on water at large,” she added. It’s seen through the rising and falling ocean tides, and even on a microscopic level... “[...]in soil fertility, plants nutritional uptake, sap production, seed germination, faster cell division, and a sharp increase in fungal growth and development.”

This is Michelle’s world -- her gorgeous cannabis varieties, her grapes, and her veggie crops. This is her life of integrity and hard work, though she says the hardest workers on her farm are her free-range chickens. They inspect and debug every inch of the property. She benefits from strong community too, a community seeing each other through the aftermath of ravaging fire and windstorms. Michelle spoke highly of her vineyard, cattle, sheep and horse farming neighbors, all part of a community that shares equipment, farm products, and work.

Michelle’s world is one of vision and courage as well. Vision has driven her to start a biodynamic seed bank with support from Demeter. She is looking for seed donations from Clean Green Certified, biodynamic cannabis breeders, and growers throughout Mendocino and Humboldt counties.

Michelle’s courage is evident in her take on the fluctuating legal and economic situation for California cannabis farmers these days. California just legalized social use but to the federal government, now that she must register with and pay taxes to the state and county, she is “an openly admitted felon.” Michelle spoke of cannabis having a “soap box now.” It’s a platform from which to bring compassionate medicine, gorgeous flowers, and the honorable stewardship of biodynamic farming to the attention of more people. She said, “we are writing history now.”

FOR MORE INFORMATION, VISIT [DEMETER-USA.ORG](http://DEMETER-USA.ORG)



# CANNA-COCO MILK

BY NORA MOUNCE

### INGREDIENTS:

- 64 ounces coconut milk (not low-fat or light!)
- 1/2 gram kief

### INSTRUCTIONS:

1. Set a large double boiler on the lowest setting possible. Add coconut milk and kief. Gently stir with a whisk to incorporate. Let this mixture heat on the lowest setting for one hour, keeping a close eye out for scalding (if this happens, remove periodically from heat). Don't worry about the skin that will form across the top, it will be strained out. After one hour, place a fine mesh strainer over a large glass bowl (or 64 ounce Mason jar) and strain the canna-coconut milk.
2. Be sure to label your canna-coco milk and store in the fridge. Use within a week.

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