

Emerald

- CANNABIS LIFESTYLE -

CROSSING BORDERS

WOMEN OF WEED ARE TAKING DOWN WALLS

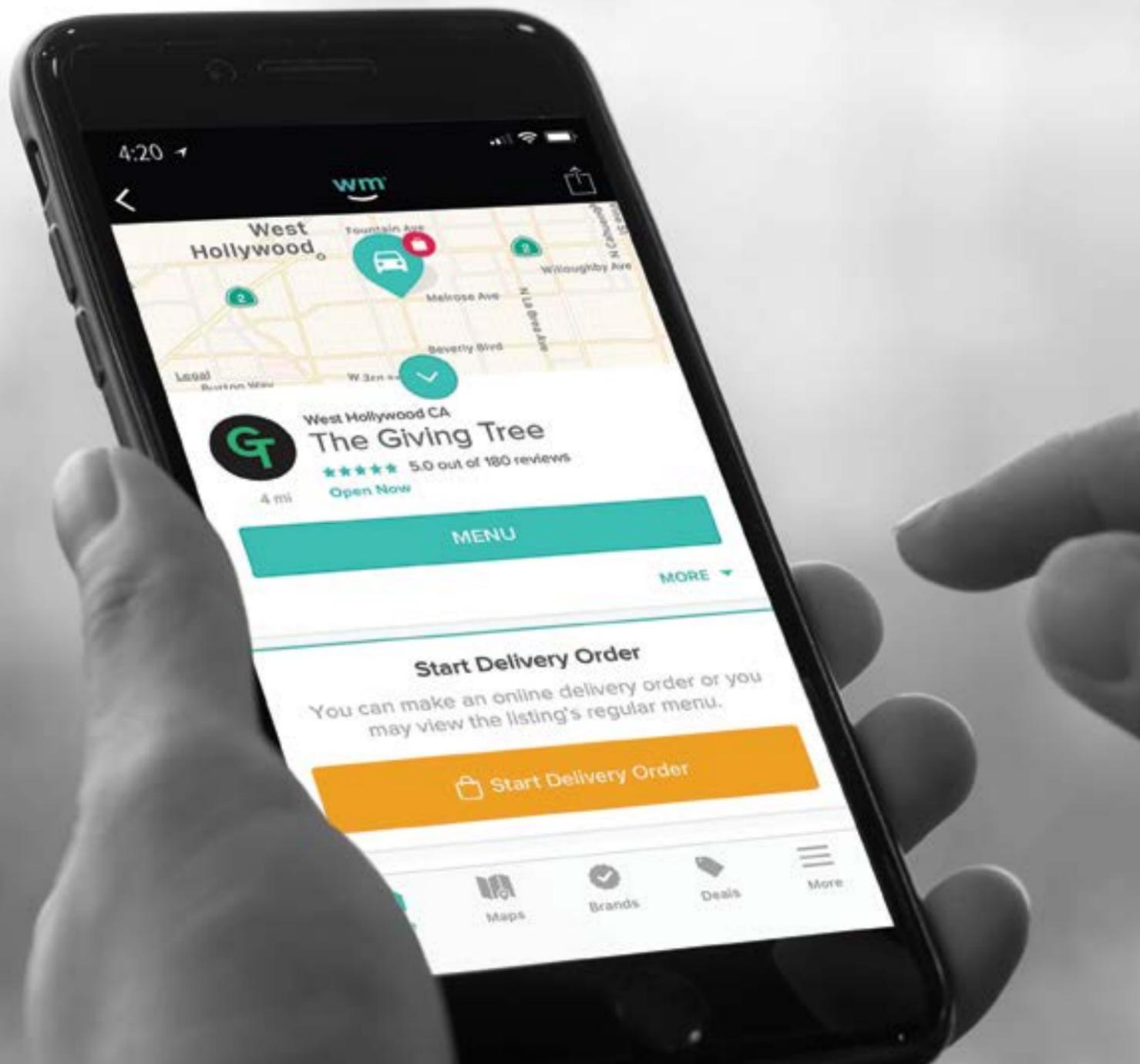
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LETTER *from the* PUBLISHER

CHRISTINA DE GIOVANNI



Vermont Lieutenant Governor, David Zuckerman, poses with the Emerald's Publisher at the 2018 New England Cannabis Convention in Burlington, VT.

Dear Reader,

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

This month we are crossing borders and taking down walls as we spotlight some of the world's most renowned cannabis activists.

From Europe's crème de la crème of cannabis events, Spannabis (p. 20), to researchers transplanting a little girl's tumor into mice destined for Israeli researchers (p. 50), the *Emerald* is breaking ground on some of the latest developments in medical, political and consumer cannabis.

Our cover story explores the role of women in countries like Colombia and Spain, where cannabis is progressing by defying gender inequality, opportunity and stigma. Follow Sharon Letts as she profiles seven impactful women of hispanic descent who are building the infrastructure and international network for cannabis in Latin America (p. 12).

Back on native soil, we've featured Little Flower Colorado Hemp Company. Their original full spectrum hemp extract beet sticks are both delicious and energizing, for those times when you need a midday boost (p. 48).

Set sail from Florida on the renowned adventure, the "Welcome to Jamrock Reggae Cruise." The 4,000, Jamaica-bound, "Jamrockers" will have five "daze" of musical journeys and festival experiences like no other (p.19).

Join us in July as we travel to some of the top U.S. cannabis-friendly destinations for a mouthful of savory goodness in our Bite Issue.

From all of us here at the magazine, we wish you a safe summer and happy planting!

Cheers,
Christina De Giovanni
Publisher

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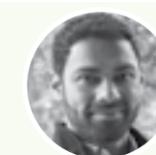
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MEET INDUSTRY LEADERS PIONEERING THE BUSINESS OF CANNABIS



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Looking Beyond the License: Cannabis Product Risk Management



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The State of the Industry: Overview of U.S. Cannabis Policy and Next Steps



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The *Emerald Magazine* is a consumer-based publication for culinary, recreational and lifestyle trends. Founded in the Emerald Triangle, the magazine features cannabis events, travel destinations, rising trends, and product reviews.

Emerald

Emerald

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THE SONOMA COUNTY EXPERIENCE

> 30.

Making The World A Greener Place

Cannabis prohibition is coming to an end in many places throughout the world, allowing the doors to open for international trade. Five countries are taking the lead: Israel, Canada, Australia, The Netherlands, and Uruguay.

 ASHLEY PRIEST

 CREATIVE NATURE

VANCOUVER, CANADA



CANADA

Canada is patiently awaiting the arrival of an adult-use market to accompany its existing medical cannabis program, which has been in place since 2001. Some of the major names in Canadian cannabis, such as Tilray, have already begun to export cannabis products to pharmacies around the world.

Tilray provides products to companies in Chile, New Zealand, Brazil, Croatia, Germany, and others. Just recently they also made agreements with the state of Victoria in Australia to provide cannabis oil for the 29 children registered with severe epileptic conditions, according to Bricks + Mortar Cannabis, an insurance and real estate brokerage agency.

URUGUAY

Uruguay was the first country in the world to decriminalize the possession and consumption of all drugs including cannabis. In 2013, Uruguay legalized cannabis sales, and in July of 2016, over a dozen pharmacies began selling cannabis, according to *The Cannabist* article, "Uruguay Setting Up Dedicated Cannabis Dispensaries After Banks Scare Off Pharmacies."

Over a year later, however, the government announced that they would be making changes to the retail system. This announcement came after banks began to refuse to work with pharmacies who chose to take part in the retail network. According to Reuters, the law allows for the legal exportation of medical cannabis with a restriction that recreational cannabis can only be sold within the country.

AUSTRALIA

In January 2018, The Health Minister of Australia, Greg Hunt, told Reuters that the goal of the Australian government is clear, they wish to "give farmers and producers the best shot at being the world's number one exporter of medicinal cannabis."

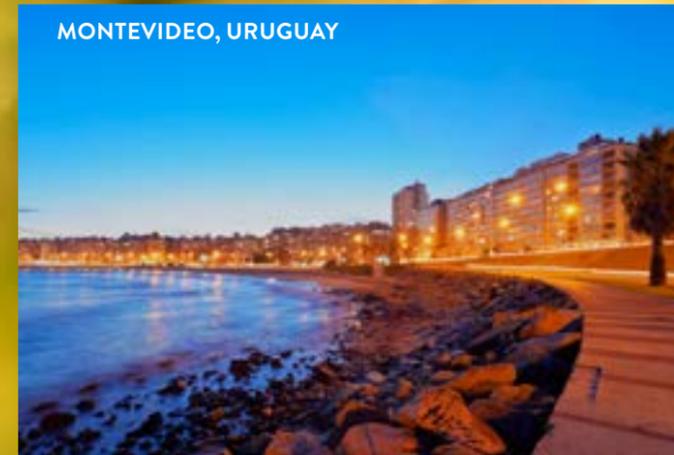
The legislation to allow for this includes a provision that states international sales and exports can only take place after the needs of local patients have been met. As stated above, Australia currently relies on the importation of cannabis oils from Canada to meet the needs of several children registered under their medical cannabis program.

ISRAEL

Israel has long been known for their leading role in cannabis research, science, and testing. Raphael Mechoulam, an Israeli chemist and professor, played a vital role in isolating cannabinoids and in the discovery of the Endocannabinoid System. While Israel doesn't currently allow for the exportation of cannabis, they are working on changing the laws surrounding it. It's easy to see why, as the profit prediction for international exportation from Israel estimates the market to be close to \$1.14 billion, reports *The Times of Israel*.

Unfortunately, however, a plan that would have done just this was halted in early 2018. According to *The Times of Israel*, the plan was supported by the Agriculture, Finance, and Health ministries but was frozen by Prime Minister, Benjamin Netanyahu, after he reportedly received a phone call from President Donald Trump regarding the matter.

MONTEVIDEO, URUGUAY



TAL AVIV, ISRAEL



MELBOURNE, AUSTRALIA



INTERNATIONAL CANNABIS TRADE IS REAL

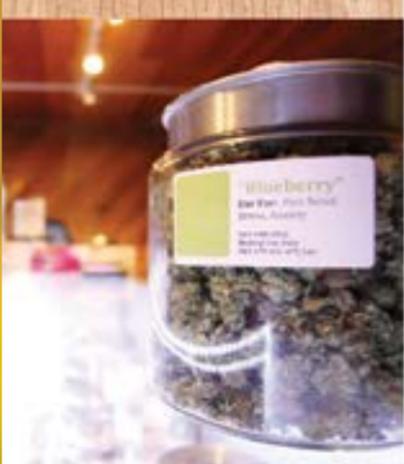
The legalization of cannabis is happening internationally, and the ability to trade cannabis with countries globally isn't an opportunity that many will want to pass up. Cannabis has significant value, and one of the biggest benefits it offers aside from saving lives is its ability to bring people together from around the world.

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Here at Cover Cannabis we are asked 100's of questions every month about how to properly insure a cannabis operation. Here is a question we got from one of our customers:

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

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

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

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

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

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BY SHARON LETTS

The Women of Weed Are Taking Down Walls CROSSING BORDERS

“Cannabis brings people together, not just in healing, but in social change... As women warriors, we are helping to change drug policies, regulations, and unite for one cause – the healing and well-being of the people.”

- Sandra Corominas

WOMEN IN THE cannabis industry are quickly being recognized as the caretakers of the soul of the plant, mirroring her female qualities with strength, determination, and healing in the mix.

Plant-based medicine is still common throughout Latin America and Europe. Cannabis is understood as beneficial, though years of America's failed War on Drugs and its negative influence have taken its toll. The good news is, the plant is making a comeback for the people, with women rising up to meet the challenges of a new era and industry.

Specifically, the women of Latin America and Spain are coming together to help each other in a traditionally male-dominated culture, nurturing with the medicines made – in the kitchen and in the community.

ARGENTINA

Status: Legal for medicine, 2017

Ana Florencia Sclani Horrac, Journalist

Ana Florencia Sclani Horrac is a journalist, researcher and activist, with a focus on the geopolitics of cannabis and its regulation in Argentina.

She has written for *Haze Magazine* for six years, and collaborates with such groups as Soft Secret, InfoCannabis.org, Milito, and works as an intern for CONYCET, Argentina's Department of Education, where she researches, teaches, and writes.



Ana has worked with many patients treated with cannabis for diseases such as AIDS, cancer, sclerosis, migraines, and colon problems. She's learned about dosing and various treatments and applications, including incorporating other beneficial herbs for an entourage effect.

Her goals are to go beyond scientific knowledge of the plant, and add geopolitical analysis of the reality of drug policy in her region, with a strategic perspective on common human rights.

“As a woman, on a personal level, cannabis has helped me through difficult times and tough family issues,” she said. “It has also helped me to be more resolute and insistent in my proposed projects on the subject.”

Her work has been featured in workshops such as “Breaking the Taboo: Youth, Cannabis and Health,” at the National University of La Plata, sharing “Teaching has been nurturing, and I get as much from the students as they get from me.”

Ana is also involved with women's organizations such as Mujeres Cannabicas, Argentina Mama Cultiva, and competitions like Copa Eva – an event solely for female cannabis farmers in Argentina.

She sees contradictions in the hemp and cannabis industries in her country and abroad, but is hopeful, stating, “My work in geography has allowed me to travel, and I have a diverse collection of friends. This has also helped me to see beyond regions, and beyond the stigma associated with cannabis,” she added. “There are real issues, both technically and politically, that we must deal with. Especially in realizing what this plant can do for our economy, as well as our health.”



ANA FLORENCIA



COLOMBIA

Status: Legal for medicine, 2015

Though cannabis as medicine has been allowed in Colombia since 1986, it wasn't until December of 2015 that sitting President Juan Manuel Santos signed a formal decree with guidelines, stating, “This decree allows licenses to be granted for the possession of seeds, cannabis plants, and marijuana. It places Colombia in the group of countries that are at the forefront... in the use of natural resources to fight disease.” Citizens are allowed to cultivate up to 20 plants each.

Lorena Acero Acosta, co-owner Ganja Smoking shop

Cancer in Lorena Acero Acosta's family brought her into the industry after her mother passed away from an aggressive form three years ago. And while she was too late to help her mom, her focus now is on understanding how cannabis works in the body, and helping others so they won't have to suffer, as her mother did.

She also has a friend who is the mother of a child with refractory epilepsy, and has witnessed an 80 percent improvement in the quality of the child's life.

Skilled in public accounting, she co-owns a cooperative called Ganja Smoking, with her life partner, who wishes to be unnamed.

Lorena discovered cannabis when she was just 15 years old. Personally, she said cannabis helps her with anxiety and a hyperactivity disorder.

“I'm constantly moving and overthinking everything all day long,” she shared. “When I leave my job, I smoke to clear my mind, relax my body. It also helps me to think objectively. It's my energetic connection to people and my environment, and has improved my life significantly.”

“In Colombia, women are not empowered on the subject,” she said. “There is a heavy social stigma, which makes it more complex for a network of women to come together who support and defend the cause. But, slowly, things are changing. I've been lucky, as some of the men in the industry have shared their experiences and knowledge with me.”

Pilar Sanchez, co-founder Pideka Farm

Pilar and her partner, Denis Contri, restored an old house in Bogota with the intention of creating a space for urban gardening. The project and house became Pideka Farm, a place where questions could be answered on the plant after decades of misinformation from the drug war.

Partnering with friends, Camilo Cruz and Jenifeth Gaitan Cifuentes, the couples founded the farm, to educate their fellow Colombians. They invited local authorities over; wrote letters to the Ministry of Health, the Food and Health Regulatory Authority in Colombia (INVIMA); and registered the farm as a company.

Within weeks, Pilar said doctors began contacting them for information, as well as the local media – which Pilar said was very helpful in spreading their message. Pideka Farm is now considered one of the pioneers in organic, medical cannabis in Colombia.

As a founding member and general manager of Pideka Farm, and co-founder of the Association of Cannabis Women of Colombia; through the farm, Pilar provides consulting on indoor farming operations for others coming up in Colombia's newfound cannabis industry.

“Within the Association of Cannabis Women, I lead a group of empowered women who seek to transform the female involvement in the cannabis world,” she explained.

Coming into the cannabis space in Colombia is personal to Pilar, as she's suffered migraines since she was eight years old. At 24, she became a medical cannabis patient.

“I was living in Europe and a medical doctor suggested I try cannabis to treat my migraines,” she said. “For years nothing had helped in the way cannabis had. After I returned to Colombia, I began to study the benefits of the plant and learned how to grow it.”

Today, Pideka Farm has a database with more than a thousand medical cannabis users, who utilize its products to treat numerous ailments, including immune system related illness, neural and psychiatric disorders, and chronic pain.

“Our youngest patient began treatment at three years old, and our oldest patient is 93 years old,” she said. “During the past three years I've been able to see how the medical benefits from cannabis have helped improve the quality of life for many people. Children treated now live a more dignified life, and are able to laugh and play.”

At a women's conference in Barcelona, Spain, Pilar shared her experiences from the farm.

“During the conference, the idea of creating a group of women in Colombia began,” she said. “We now have a core team of 10 women spearheading the project. We registered with the Chamber of Commerce in Bogota, then

launched during the ExpoMedeWeed in the City of Medellin, Colombia.”

The association is a platform for visualizing the role of women in every aspect within the cannabis industry. It also takes into consideration the women who fell victim to the War on Drugs in Colombia, causing much heartache and bloodshed.

“The network of women in the cannabis space around the world is growing,” she concluded. “It's within us to give this emerging market a spin by showing a new image and lending our voice, through knowledge of the plant. With the work we are doing, we are helping to build a more peaceful country.”

SPAIN

Status: Decriminalized, 2003

According to CannabisLawBlog.com, Spain is one of the most cannabis-friendly countries in Europe, with regions throughout the country setting their own laws regarding usage of the plant. For instance, in blog author, Nadja Vietz's hometown of Barcelona, there are more than 200 cannabis clubs, with public use.

Cannabis clubs began in Spain as early as 1993, with no legislation backing them up. After the clubs' insistent planting, harvesting, and partaking was challenged in a series of court hearings, by 2003, its Supreme Court rulings successfully decriminalized its usage, but not sale.

The clubs are run as a kind of “members only, bring-your-own,” speakeasy with annual fees. Entry to the clubs are done by association: new members are accompanied by a friend who is a member. Because of the “no sale” clause in the rules, semantics are important -- plant material and products are “acquired,” rather than “purchased.”

With a green light on usage, Spain has also become a top research hub for cannabis as medicine, specifically in the study of cannabis and cancer.

Sandra Corominas, Journalist & Farmer

Sandra Corominas is Colombian, currently living and working in the cannabis industry in Barcelona, Spain. She considers herself a farmer, activist, and both recreational and medicinal cannabis consumer.

As a journalist, she works at Radio Prat, hosting a weekly talk show with a focus on international cooperation, human rights, and solidarity for the plant.

She's also founded Pota Verda in Barcelona, an association that advocates for the use of cannabis, otherwise known as “Maria,” providing members with a space to create and share.



PILAR SANCHEZ



SANDRA COROMINAS

“Pota Verda is a large association with 657 members,” Corominas said. “We have space for theater, workshops, language courses, art and painting. We also have therapeutic doctors and psychologists that advise and assist our members about risk prevention, and the regular use of cannabis.”

Similar to Pideka in Colombia, Pota Verda also promotes physical therapies, such as yoga, reflexology, and belly dancing, as well as offering workshops and lectures with doctors knowledgeable in cannabis as medicine.

Through her work, Sandra said she has witnessed “amazing healing” with cannabis, and have noted quality of life improving for patients on a regular basis.

“Of the many patient experiences at Pota Verda, two stand out in my mind,” she continued. “One was a 34-year-old patient helped with symptoms from diabetes; the other was a 63-year-old woman with chronic sleep issues who now sleeps eight hours a night. The woman helped with sleep also saw great improvement with her attitude towards life – it helped make her a happier person.”

Sandra also uses cannabis to sleep at night, and for anxiety – stating, “I'm calmer and no longer grind my teeth at night. I also no longer need to use anti-inflammatory drugs that negatively affected my liver, as the clenching of my teeth caused chronic headaches – that are now gone.”

As part of the network of women supporting cannabis across borders, Sandra said she's hopeful for positive changes.

“Cannabis brings people together, not just in healing, but in social change,” she concluded. “As women warriors, we are helping to change drug policies, regulations, and unite for one cause – the healing and well-being of the people.”

Clara Sativa, aka: Clara Torrijos Reina, Journalist & Human Rights Activist

Clara is a well-known journalist and human rights activist in her home country of Spain. She co-founded Marijuana Television, part of the audiovisual communication cooperative, LiberInfo. She's also a contributor to *Cañamo Magazine*, Spain's premier cannabis magazine; is co-founder of REMA, the National Network of Women Anti-prohibitionists; and volunteers in communications for Women in Cannabis, Spain.

Her focus has been working with drug policy within Europe, and Latin America. She's also a member of the Responsible Regulatory Platform of Spain; and works with citizens and social organizations, advocating for comprehensive regulation of cannabis.

She said she is most excited about the Latin American Network of Cannabis Women, and new contacts made with women in the U.S.

Clara use cannabis for therapeutic issues, such as relaxation, inspiration, and creativity – with occasional relief from menstrual cramps and other pain issues, as needed.

Due to her work as a journalist with Marijuana TV, she has witnessed a great deal of healing. The channel recently launched “Verde Medicina” (green medicine), and has hosted patients dealing with myriad ailments, sharing their success stories on the program.

“We have shared cases of fibromyalgia, childhood epilepsy, multiple sclerosis, AIDS, and will soon present new cases of rare diseases, helped with cannabis, such as cancer and more,” she said. “Our main objectives are to inform in an unbiased way, about everything related to the culture and medicinal use of cannabis; and to influence the global failure of the drug war, while revealing cannabis as a beneficial medicine.”

MEXICO

Status: Legal for CBD

Polita Pepper, Communications

Mexico announced the legalization of CBD (imported from U.S.) medicine, cannabis advocate Polita Pepper couldn't be happier.

“All over Mexico, people are already using the plant to heal,” Pepper said. “We just needed the government to allow us to do what is already being done. As information from the [U.S.] and Spain on medicine is spread, the black market in Mexico is increasing every day. We need laws that allow personal cultivation for people who cannot afford to purchase it; and for patients who might need higher amounts of THC for specific illness, as is allowed in the U.S.”

Like many enlightened Mexicans, Polita has understood the benefits of the medicinal herb used in Mexico for centuries. As an activist, she's chosen her field of communications to help spread education on its healing properties.

“Activist groups, such as Cannativa, can work to educate families on the therapeutic properties of cannabis, teaching how to grow and safely prepare medicine,” Pepper added.

Of the many projects she's been involved in, she's collaborated with *Cañamo Magazine*, distributed in Spain, Mexico, and Chile; *La Dosis* in Mexico; *Weeds* in Colombia and Chile; and *Chronic Magazine* in Denver, Colorado.

She also works in communications for Heaven Grown, a hemp building company based in Mexico City; and is part of the network of women in Latin America, helping to educate and empower women throughout her home country of Mexico, and beyond.

“Cannativa, is an association for information and education on medical cannabis,” she explained. “We provide the basic tools for learning about the plant as medicine, through discreet consultations.”



CLARA SATIVA

“All over Mexico, people are already using the plant to heal... We just needed the government to allow us to do what is already being done. As information from the [U.S.] and Spain on medicine is spread, the black market in Mexico is increasing every day. We need laws that allow personal cultivation for people who cannot afford to purchase it; and for patients who might need higher amounts of THC for specific illness, as is allowed in the U.S.”
- Polita Pepper



POLITA PEPPER

Polita said she has been able to witness profound changes in people's health and the quality of their lives improved with the use of medical cannabis.

"I've seen how this plant opens doors to self-care," she said. "It's an ancestral medicine, used in Mexico by our elders for years. Personally, it brings me joy, has improved my health, and gives me the strength and conviction to create another world where grandmothers, women and children – and men, can sow seeds of change in positive ways."

Like many people throughout the world, Polita said she's known of the plant and it's healing properties since she was a young girl, and is grateful the laws in Mexico are changing.

"The people need education on the plant now, more than ever," she continued. "It's the only way to combat the stigma from the drug war here. Up until now, it's been a male-dominated industry, and a reflection of the exclusion of women in the labor market in Mexico," Polita added. "Being part of the Latin American Network of Cannabis Women is a dream come true. I also look at it as a way to come together with the men and put our strengths together for a common cause."

Polita feels that cannabis' inclusion in The War on Drugs is "ridiculous," and never should have happened. It's left her country with "deep wounds," she said.

"The seeds are already germinating, with many wonderful men and women joining forces now to educate," she said. "And though we have a long way to go, we will not step back, only forward. We will bloom together now."

SAN DIEGO, CALIFORNIA

Status: California: legal for medicine, legal for recreation January, 2018

Adelia Carrillo, CEO, Direct Cannabis Network

Adelia's grandfather was from Durango, Mexico. He moved to America with his family, and met her grandmother in the states. Adelia's mother was the youngest of eight children raised in California. Adelia eventually made San Diego her home.

In 2014, Adelia crossed over into the cannabis space after complications from a pregnancy that led to more serious issues.

"My pregnancy worsened and I had to have emergency surgery and lost the baby," she shared. "After surgery, I was given a lineup of prescriptions that actually hindered my recovery. The pharmaceuticals made me feel worse, and my fiancé suggested I turn to cannabis," she explained. "To be honest, I was a bit naïve, as my previous experience was in recreational use, and I had no knowledge of the medicinal aspects at the time."



ADELIA CARRILLO

When I tell people I'm CEO of the network, they seem stunned. I'm not sure if it's because I'm a Latina or a young woman – maybe both. One thing is for sure, we all need to continue building a voice and taking a stand for what we believe in. I believe women have the opportunity to become role models and help to propel the industry in ways that other industries will want to follow."

- Adelia Carrillo

Adela is now a full-fledged patient, primarily using CBD only products, including topicals, vaporizing via a pen, and partaking of a low dose THC activated product in the evening to destress from her often 14-hour work days.

Though cannabis has helped her physically and emotionally, finding intelligent information on the industry was a challenge.

"At the time, I couldn't find much on start-ups, technical aspects, or innovations in the industry," she said. "That's when I began to develop the Direct Cannabis Network."

With a background in the consumer electronic industry, Adela started her journey, with a mission to create an entrepreneurial ecosystem that elevates ideas, connects communities, and raises the expectations of the cannabis industry.

Direct Cannabis Network (DCN) provides information related to the industry, including profiling start-ups; supporting business to business events via its New West Summit; streaming sit-down interviews, with its "Cannabis & Coffee" talk show; and hosting informative articles.

California legalizing is a double-edged sword for many in the state where legal acceptance for medical cannabis began in 1996. Adela shared while she acknowledges the pitfalls, she sees potential for the state, her network, and for women.

"I'm hoping legalization will give women the confidence to take a leap and become a part of this industry," she surmised. "When I tell people I'm CEO of the network, they seem stunned. I'm not sure if it's because I'm a Latina or a young woman – maybe both. One thing is for sure, we all need to continue building a voice and taking a stand for what we believe in. I believe women have the opportunity to become role models and help to propel the industry in ways that other industries will want to follow."



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MAD RIVER - \$849,000
±40 Acre turn-key w/ spring, pond, well permit, barn, cabin. Permit app for 21,750 sf ML.

MYERS FLAT - \$599,000
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WILLOW CREEK - \$579,000
±160 acres w/ water system, AG sites, timber, 2 cabins, roads. Interim for 12,541 sf OD

WILLOW CREEK - \$750,000
±21 acres w/ PG&E, well, pond, water storage, gardens, shop. Permit app for 43,560 sf od.

SHOWERS PASS - \$190,000
±40 Acres w/timber, spring-fed pond, outbuilding & terraced flats. 20,000 sf RRR.

WILLOW CREEK - \$675,000
Reduced Price!
±160 Acres w/ water, PG&E, lg flats, greenhouse. Interim permit for 24,500 sf OD.

DINSMORE - \$1,000,000
±120 Acres w/ home, 2 ponds, creek, spring, ag sites, cabin. Permit app for 14,000 sf od.

HAWKINS BAR - \$439,000
±147 acres w/ NCTHP, mixed timber, good road system, 10gpm well, cabin, shop. Permit in hand for 10K sf OD.

WILLOW CREEK - \$1,599,500
STAMPED PERMIT for 20K ML. ±10 Acres w/ solar, pg&e, public water, ADA process shed.



MAD RIVER - \$1,200,000
Reduced Price!
±118 Acre w/ 2/1 home, spring, creek, well, meadows, pg&e, barn, outbuildings. Permit in hand for 10,000 sf ML. OMC.

HAYFORK - \$2,600,000
±30 acre turn-key w/ well, pond, house. Permit for 10k ml/10k nursery. distrib & manuf in process.

WILLOW CREEK - \$525,000
±80 Acres w/year-round creek, flats, mountain views. Permit app for 17,500 sf outdoor and 2500 sf mixed light.

PETROLIA - \$650,000
±80 acres w/privacy, creek, river views, gardens, shed, outbuilding. Interim permit for 11400 sf OD

SHASTA LAKE - \$4,250,000
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BENBOW - \$529,000
Reduced Price!
STAMPED PERMIT for 1,480sf OD, 8,520sf ML, 315sf nursery on 20ac. Shop, springs, pond, water storage.

DINSMORE - \$525,000
±40 Acres with 2/2 home, well, spring, septic, 3 ponds, barn & outbuildings, flats. Interim permit for 10,800 outdoor.

RUTH - \$749,000
±40 Ac w/ views of Ruth Lake, meadows, well, 4/3 home, deck, garage. Trinity Co Permit for 10K OD

LAYTONVILLE - \$950,000
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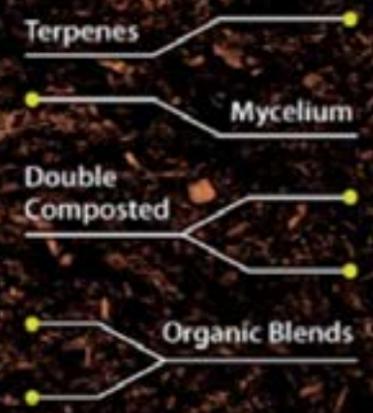
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Welcome

To The Jamrock Reggae Cruise

BY MELODY HAYHURST



THE FOURTH ANNUAL “Welcome to Jamrock Reggae Cruise” departed from Fort Lauderdale, Florida on November 13th, 2017 uniting individuals from all over the globe, enticing them with five days of incredible live performances, DJs, and an energetic vibe.

Destined for ports in both Ocho Rios and Montego Bay, Jamaica, the five-day cruise settled in and set sail on Royal Caribbean’s freedom-class “Independence of the Seas” for the second year in a row.

With over 4,000 reggae loving passengers and artists onboard, the ship, chartered by Damian “Jr Gong” Marley, offers a musical journey and festival experience like no other. With cabins sold out over six months in advance, the “Welcome to Jamrock Reggae Cruise” has created an exclusive experience that continues to get better with each passing year.

Representing over 50 different countries, cruisers—better known to each other as Jamrockers—come from all over the globe to partake in the top notch, nonstop line-up of live performances and the incredible, around-the-clock array of DJs and sound systems. This year’s cruise included live performances by Damian “Jr Gong” Marley, Stephen “Ragga” Marley, Sizzla, Jah Cure, Luciano, Big Youth, The Big Ship Crew (Ft. Freddie McGregor, Stephen “Di Genius” McGregor, and Chino McGregor), Bounty Killer, Tarrus Riley, Cocoa Tea, Busy Signal, Popcaan, Cham, Inner Circle, Richie Spice, Tanto Metro and Devontae, Pressure, Spice, Raging Fyah, and Iba MaHr.

These musicians were joined by several surprise guests, DJs and artists who came together at many different venues on the ship and at many unscheduled times throughout the week to create a number of impromptu collaborations, performances, and Reasoning sessions*.

*REASONING SESSIONS: According to the BBC, “Rastafari doesn’t have a specific religious building that is set aside for worship. Rastafarians usually meet weekly, either in a believer’s home or in a community centre. The meetings are referred to as Reasoning sessions. They provide a time for chants, prayers and singing, and for communal issues to be discussed. [Cannabis] may be smoked to produce heightened spiritual states.”



The brainchild of Damian “Jr Gong” Marley and his management team, the “Welcome to Jamrock Reggae Cruise” has created an unbeatable reggae experience on the high seas. Bob Marley’s youngest son is not only an incredibly skilled lyricist, but he is also an extremely sharp businessman who has spent the better part of the past five years building up networks and teams across many platforms—particularly in the emerging legal cannabis industries in both Colorado and California.

September 2016 saw the opening of his Stony Hill dispensary in Denver, Colorado, followed by a big announcement in California the month following as Marley revealed that he had purchased a former correctional facility in Coalinga to cultivate medical cannabis alongside partners Ocean Grown Extracts. In June of 2017, it was announced that Marley’s growing company, Stony Hill Corp., along with other investors, had acquired a majority share of *High Times Magazine*.

According to its website, Stony Hill Corp. is “a diversified company focused on multiple areas of the cannabis, hemp and CBD industry. Stony Hill is focused on select investment, branding, real estate, and partnership opportunities in the recreational, health and wellness, nutraceutical, and media industries.” The company announced the debut of its own line of CBD-infused products in October of 2017 with online distribution happening now and plans to distribute via retailers and dispensaries currently in the works.

Marley’s “potpreneurial” endeavors are expanding the Marley name and legacy far beyond the world of music. We can only hope to see more collaborative and international projects involving his musical and cannabis related activities in the future.

For now, Jamrockers can continue to enjoy the one of a kind, once in a lifetime experience found on di boat. Having attended this event since its inception, this writer still finds it hard to put into words the energy and vibes that are present each year on this voyage. What is certain, is that the “Welcome to Jamrock Cruise” has created a global family and the strong sense of unity—or inity-- oneness and love amongst its attendees. The energy and irie vibes are unbeatable, keeping Jamrockers coming back for more each year.

Many returners and former patrons will tell you that they had the best time of their lives on this journey. This writer had countless conversations with people who came back year after year all for the same reasons: the incredible love of music uniting people from all over the globe, the sense of family and unity amongst Jamrockers, and the magical, electric energy onboard that is unparalleled. Third time Jamrocker, Karilily McClure, summed up the feeling best, “52 Nations of people, all ages, all smiles, all love, all dancing under the stars and floating in the Caribbean Sea. [It] truly restored my faith in humanity to spend a week with so many upful people!”

“Welcome to Jamrock Reggae Cruise” will again set sail from Fort Lauderdale, Florida on December 1, 2018 for its fifth Anniversary voyage. Cabins are already sold out, but you can get a head start on 2019’s cruise!

FOR MORE INFORMATION, VISIT
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The International Issue | 19



A SMALL TOWN FARMER FROM THE NORTHWEST VISITS SPAIN

BY JAMES PRIEST

IN 1999, TOM Lauerman was arrested for processing 448 cannabis plants when authorities raided his collective's garden. You might think that this would be the last you'd hear of him, but it wasn't. He came back even stronger and more motivated than ever before.

Tom is affectionately known as Farmer Tom Lauerman. Today, Farmer Tom resides in Vancouver, Washington with his wife Paula, where they run Farmer Tom Organics.

Farmer Tom's reach goes way beyond the West Coast. He not only cultivates cannabis, but is active in a collection of advocacy groups.

Two years ago, this writer stayed on Farmer Tom's property while traveling the Northwest. Though Tom resides in the U.S., his reach is international. Farmer Tom has been featured in *Cañamo Magazine*, which is distributed in Colombia, Spain, and Mexico. He made British tabloids when Billy Connolly visited his farm while filming a TV series called "Tracks Across America," and recently, Tom was invited to be a guest of honor at Spannabis 2018 in Barcelona, Spain.

Spannabis is the crème de la crème of cannabis events, attracting attendees from around the world. According to *Sports Illustrated*, Spannabis is "part trade show, part research conference and 100 percent festival of copious cannabis consumption."

Tom says that he was greeted with open arms and hospitality upon his arrival. "Spannabis was a blast. I got to connect with cannabis enthusiasts from around the world. All the top players were there."



Farmer Tom is known across Europe for his award-winning strain, *Amnesia Haze*, a cross of *Amnesia* and *Power Kush*, which is carried in Greenardos, a Barcelona dispensary. Greenardos' owners, Mayol Mayol and Adriano Animatek, learned of the genetics while staying at Tom and his wife, Paula's, bud and breakfast in Washington state.

Amnesia Haze has been one of Greenardos' top sellers for three years and running.

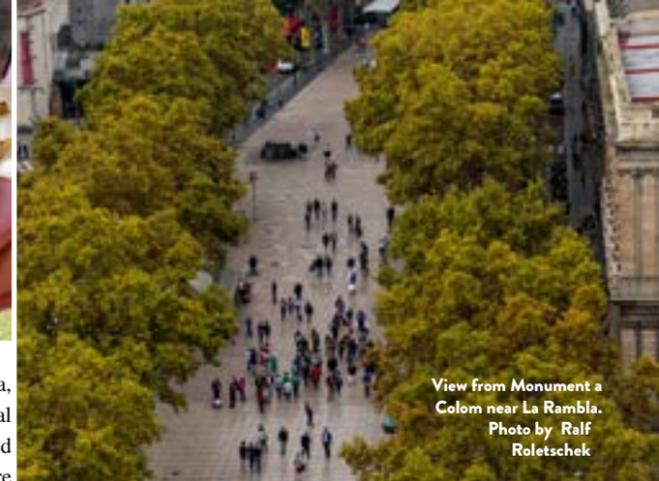
For a small-town farmer, Tom felt right at home 5,222 miles away. "It wasn't because my strain had won many competitions throughout Europe, [it was because] the people are genuinely very nice [and] gracious," he said.



After Spannabis, Tom toured La Rambla, a popular tourist destination in central Barcelona. After La Rambla, Tom stopped by WeedMaps' Spanish headquarters, where he enjoyed an elevated state of mind "high" on the rooftop.

Tom also toured Sensi Seeds Hash Marihuana & Hemp Museum while on his trip, where he received a private tour from the museum's manager and curator. One of the highlights of Tom's journey was seeing Futbol Club Barcelona play, where Lionel Messi scored the winning goal.

While overseas, Tom spent time making high-quality solventless hash with the Dank Duchess and Blue Eyes, which he described as a learning experience.



View from Monument a Colom near La Rambla. Photo by Ralf Roletschek

Exquisite Spanish cuisine topped off Tom's trip. "Everything from the [fresh] seafood from the Mediterranean [Sea] and North Atlantic [Ocean], to the fresh fruits and veggies [which] are out of this world," he added.

Farmer Tom is an advocate, cultivator, breeder, and educator for all things cannabis. His passion to help others runs deep. There's so much to tell about Farmer Tom, this writer encourages you to learn more by visiting his website.

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Aloha, a greeting and a farewell. An appropriate concept for Aloha Humboldt, a family owned-and-operated medical cannabis farm grappling with the increasingly legal cannabis market.

BY JASON ROBO

LIKE THE PHARMACEUTICAL drugs medicinal cannabis threatens to displace, the transition to the compliant market has side effects that include property rehabilitation, going with the flow of watershed rules, navigating complex legalese, cultivating a relationship with distributors, and marketable branding that conforms to the law.

Aloha Humboldt's co-owner, Linsey Jones, notes "Many of our friends and fellow cultivators who started the legalization process have had to put their farms up for sale because they can no longer afford the high costs required for permitting." Fortunately Aloha Humboldt has gathered an all-star roster of allies for this entrepreneurial endeavor.

Aloha Humboldt's owners, Linsey and Ryan Jones, are Michiganders who relocated to Northern California in 2002. Linsey became a 215 patient to manage her stress and insomnia. Originally growing indoor on the Humboldt coast, Aloha Humboldt relocated to Willow Creek in 2009. As of 2016 they began leasing a 140-acre parcel managed by Mountain Top Land Management LLC.

Linsey notes that "we've taken on a huge project cleaning up and rehabilitating our property." Like many properties used for growing before the recent expansive regulation of cannabis farms, the use of land is not quite cut and dry. "We have a deep respect for our land and the environment, and take extra care to farm in an environmentally responsible way."

Linsey and Ryan travel often to Hawaii and named their company appropriately to resonate their deep connection to the Hawaiian way of life. Their motto is "Aloha State of Mind."

"We want to encourage that same feeling of love and Aloha through our cannabis products," Linsey explained; this is part of their vision for the legacy of Humboldt County and the Emerald Triangle.

Water Resource Protection Plans (WRPP) are a necessary component to ensure Aloha Humboldt's dreams are not washed away.

Forester Nick Robinson from Timberland Resource Consultants has been an integral asset for Aloha Humboldt. Creating the WRPP is not difficult, according to Nick, but the real difficulty is the amorphous state of the laws.

"Instability in the regulation is what is challenging," Nick notes. Initially a farm can fulfill one requirement, only to find a legal change and more requirements to meet for next year. One shift that looms is from local regulatory oversight to a statewide plan and a focus on discharge to sediment outputs.

Aloha Humboldt has been better than other farms, Nick explains, "signing up for permitting in the first place is sticking your neck out." Then, he said, come the expensive fixes.

"Sediment is 90 percent of the concern," Nick points out. Blockages to cold water flows from springs are a favorite spot for fish to hang out in the rivers. Prior to Aloha Humboldt's use of the property, a small landslide plugged a forest service culvert and one site on the property had to be abandoned because it was too costly to maintain.

According to Nick, Aloha Humboldt has "a plan to implement over time that looks promising and they are very proactive about water storage." In respects to run-off, Linsey takes pride that, "Using sustainable, organic growing methods is another way we co-exist and

ALOHA HUMBOLDT STATE OF MIND





cultivate in harmony with our natural environment,” she added, “No harsh pesticides or chemical fertilizers are ever used on our plants.” Aloha uses TerraVesco Compost Tea supplemented by other organic ingredients that are not bottled, thus cutting down on waste. They also use cover crops in the off-season and use plants that attract beneficial insects.

As if having integrity to be in harmony with the natural world is not costly enough, another investment is in inter-agency intricacies. “Green Road Consulting has been helping us navigate all of the paperwork from the beginning,” said Linsey. The seemingly exponentially complex legal requirements for compliant cannabis farming is quite a hurdle in the evolving cannabiz. The necessary paperwork filed is the county application, with almost having completed the annual state application. Linsey points out, “All of the fees that go along with compliance are staggering, not to mention the taxes. This has been a hard transition for many farmers and a deal breaker for some.”

advertising targets young males, but today Nikki explains, “We are seeing a large portion of seniors and women who are frequenting dispensaries in every legal state.” Nikki points out that, “Branding has become paramount to surviving the industry in 2018, which is a foreign concept to farmers who survived the last 40 years of prohibition by staying hidden.”

Concocting complaint packaging and branding for Aloha Humboldt in the 2018 season is a task delegated to Graphic Heart Design. Many hours have been invested in collaborating with Shiloh Wisham, Creative Director of Graphic Heart Design. According to Shiloh, “The hardest part for most of the compliant packaging is space with the new warning language required at 6 point font and the new icon.”

This creates a transition to larger boxes and bottles that wouldn’t otherwise be used. Shiloh further explains that, “It’s also been challenging for clients that are small farmers or craft makers to find cost-effective childproof packaging in smaller quantities. The new packaging re-



IMAGE BY DEVILSLETTUCEPH



Hoping that other small family farms succeed, Linsey worries about the difficulty in a “growing competitive market and a towering amount of fees and taxes.”

Healthy growth in the modern market requires an outlet for Aloha Humboldt’s outdoor output. Working with distributors to get their product into dispensaries, Linsey has worked with Arcata’s Humboldt Patient Resource Center (HPRC).

Linsey says HPRC’s Nikki Dean, “has been so awesome helping answer my sales questions and giving me direction on where the market is heading.” Nikki surmises the situation is dominated by regulations which, “have become very strict and the cost to enter the marketplace this year is higher than it has ever been.” She notes that outdoor prices have plummeted in recent years. Meanwhile regulatory costs and low prices, she believes, have forced many smaller growers back underground. Some have sold their farms to green-rush entrepreneurs.

Nikki sees a lacking distribution infrastructure, packaging costs, and lab testing expenses taking their toll. Insofar as market trends, traditionally

quirements have been quite costly for many to transition to.”

The California Department of Public Health’s emergency regulations have a \$1,000 fee per applicant and annual license fees ranging from \$2-75,000.

Despite the growing pains from numerous hurdles and hardships Aloha Humboldt is rising above it all. They currently have available pre-rolls and 1/8 ounce jars of flower of *Bubble Gum*, *Durban Poison* and *SFV OG*. In 2018 Linsey says Aloha is growing “*Blueberry Cookies*, *Critical Kush*, *Gelato*, *Golden Lemon*, *Headband*, *Lemon Meringue*, *Pineapple Skunk*, *Purple Chemdawg*, *SFV OG*, *Sky OG*, *Sour Diesel*, *Strawberry Banana*, and a mystery strain that we’re growing for ‘The Grow Off’ competition.” The Grow Off features clones multiple growers cultivate however they like. A winner will be declared after lab testing. TerraVesco is sponsoring Aloha Humboldt, so keep an eye out for their products!

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THE ASSEMBLAGE OF artisanal, craft, and heritage farmers across California's North Coast have championed an integrated set of farming practices. Their artisanal practices combine environmental stewardship with their proficiency in designing sustainable cultivation systems, which enable them to consistently demonstrate cannabis breeding excellence.

The Emerald Triangle's Cannabis (ETC) ecosystem is recognized worldwide for its ability to produce cannabis of the highest quality. The ETC is also recognized for its craftsman approach to innovation. These Craft and Heritage Farming Communities (CHFCs) provide a dynamic environment that expects experimentation, and translates these insights into cannabis product innovation.

There is value in CHFCs. Their collective body of knowledge is essential to the future success of the ETC ecosystem as a regional economy within the state of California. The current transitional period has created a distressing combination of challenges that are disproportionately affecting CHFCs as they struggle to transition into the new market beginning in July of 2018.

The Emerald Triangle's Ecosystem

Insights Into the Evolving Cannabis Value Chain

JOSEPH CURTIS, PHD
CHIEF SCIENTIST OF BIOQUANT LABS

Regulatory and Business Model Harmonization is Key to Supplier Development and Mitigating the Effects of Oversupply across the Emerald Triangle Ecosystem

Essential to the functioning of the ETC ecosystem is the evolution of a set of harmonized business and regulatory models. In order to achieve and sustain regional economic success, these models must facilitate market access for all stakeholders across the state's evolving Cannabis Value Chain. To that end, the state has provided cannabis businesses with more than a dozen licensing options that can be used to gain access to the state's legal market. Four months after legalization, nearly 6,000 cannabis businesses have received temporary county and state licenses. And, with an estimated 400 acres of land committed to cannabis cultivation, many CHFCs feel that their calls to protect the ETC market from oversupply have gone unheard.

The economic impact of oversupply cannot be understated. For example, according to *Marijuana Business Daily*, Oregon's wholesale prices for outdoor-grown trim dropped to \$50 a pound. Similar impacts are being experienced by artisan entrepreneurs as they witness the rapid erosion of wholesale prices across the ETC ecosystem.

This experience has left some long-time craft cannabis businesses wondering if the state's regulatory leadership fully appreciates the economics of craft cannabis farming.

By contrast, Canada our nearest neighbor, is carefully weighing their options on how to evolve and roll-out a system that maximizes the success of their supplier base across the globe. By their own estimates, the Canadian national market could be oversupplied by 600,000 kilograms by 2020. The anticipated impact on their supplier base will disproportionately affect smaller firms. Under this scenario, the vertically integrated suppliers are the ones well positioned to come out on top. However, as a part of Canada's innovative approach to cannabis commerce, Canadian firms have the capability to export dried cannabis into international markets that have legalized medical marijuana. By taking advantage of this option,



(ABOVE) An understanding of consumer preferences and how their preferences influence product demand drives California's Cannabis Value Chain. Suppliers translate these insights into decisions about the product mix they are willing to introduce into the marketplace. Producers of craft and heritage cannabis use this data to define the supplier quality requirements and strains needed to deliver the flower, biomass and oil as inputs into the manufacturing infrastructure. Products entering distribution are delivered to retail establishments and consumer markets. Predictive consumer analytics can be used to obtain feedback about the customer experience and the performance of the products can be leveraged to ensure that stakeholders across California's cannabis value chain are aligned.

Canadian firms are incentivized to develop supplier strategies that align Canadian cannabis supply chains with evolving consumer markets across the globe.

With upwards of 15 million pounds of cannabis being produced in California, and with estimates as high as 12 million pounds leaving the state, counties across the ETC ecosystem should strongly consider harmonizing their strategy for generating tax revenue to adjust for market conditions. For example, the state could apply a floating tax rate that adjusts to market conditions. Under this scenario, cannabis entrepreneurs operating within the state's CHFCs would not be forced out of business due to macroeconomic forces beyond their control.

Anyone seeking to understand the impact that oversupply has had on California's tax revenues can review the findings provided by BDS Analytics. They found that the proceeds generated from Proposition 64 adult-use sales reported by California's licensed retail dispensaries and delivery services in January and February averaged \$169.5 million per month, or about 13 percent below prior projections.

Additionally, the first 88 California recreational dealers licensed under California's Bureau of Cannabis Control made big price-cuts to generate large sales volumes as of January 1, 2018.

You don't have to be an economist to understand that oversupply in an emerging market creates downward pressure, which contributed to an erosion of wholesale pricing that

may persist throughout the interim licensing period, which ends in July of 2018. As of May, CHFCs have witnessed the collapse of their wholesale prices precipitating a race to the bottom as cannabis entrepreneur's exit the regulated market before it's officially begun.

Front-Loaded Transition Costs Jeopardize Participation, Inclusion and Social Entrepreneurship for CHFCs

The economic realities facing CHFCs seeking to become compliant with the state's requirements are daunting. The problem is twofold.

For example, Prop 64 ushered in an excise tax on sales, and growers must pay a cultivation tax of \$9.25 per ounce for flowers, and \$2.75 per ounce for leaves. Additionally, California's legal sellers and cultivators of recreational cannabis are also now required to pay the IRS a steep 35 percent federal income tax rate.

And that's not all, in order for Humboldt County farms to become

compliant, they will have to pay permit fees, planning department fees, water board fees, fish and game 1602 permit fees, legacy correction costs, third-party consulting fees, attorney's fees, and a plethora of other costs. When it comes to the legacy correction fees assessed to cannabis cultivators to protect the watershed and environmentally sensitive areas, damaged by previous cycles of industrial contamination, the state should enter into a cost sharing agreement with the CHFCs. Why penalize CHFCs recognized the world over for their cannabis cultivation excellence?

The second problem is the access to capital and banking services. Several recently published articles have discussed this topic at length, but to the CHFCs at ground zero, little relief is in sight.

Many fear that needed assistance will not arrive in time to prevent the dissolution of the ETC ecosystem. These concerns are exacerbated by the absence of a harmonized permitting

process across the Emerald Triangle. Of particular concern is the velocity of the process and its apparent variability and costs. When you combine the pricing collapse across the wholesale markets with the absence of financial products tailored to meet the needs of

Go Big or Go Home is Not the Answer: An Integrated Regional Cannabis Economy is the Better Alternative.

In the near future, the greatest opportunity for the ETC ecosystem is to harmonize their regulatory, taxation,

term consequences, especially at this key junction in the formation of the national, and international, cannabis market. Legislators and county officials may not fully recognize the global opportunity before them.



IMAGE BY DEVILSLITTLEUP

craft cannabis farmers, you have the ingredients for a perfect storm.

Anyone familiar with the state's history of prohibition -- including the Campaign Against Marijuana Planting (CAMP), and the efforts by former U.S. attorney Linda Haag to disrupt Northern California's cannabis economy -- must realize that to the survivors of this period, the current tax revenue program accompanied by the high cost to become compliant, represents the latest effort to dismantle CHFCs and clear the way for big agriculture.

In order to head-off this outcome, a public-private partnership could be established to facilitate the transition of CHFCs into the larger global cannabis market, thereby ensuring the success of northern California's regional economy and promoting the ETC ecosystem as a global center for cannabis innovation.

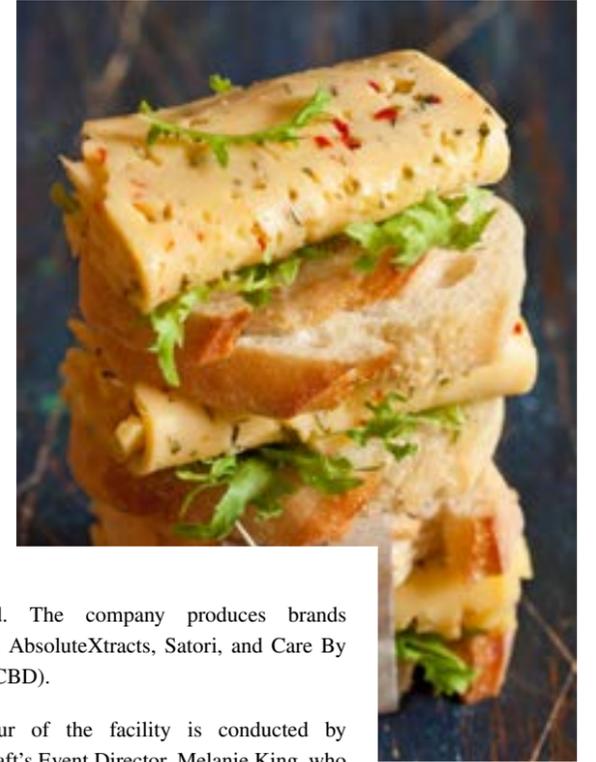
and business models, and behave like an integrated regional economy. This enables firms across California's cannabis value chain to reduce the risks attributable to oversupply. It also promotes a coherent approach to the marketplace, and redistributes the risks across the state's cannabis supply chain instead of concentrating it on cannabis producers.

Second, it provides firms with the opportunity to develop branding strategies that enable them to maintain a lasting presence in front of the global cannabis consumer. And third, it makes it easier for the ETC ecosystem to develop supplier agreements with cannabis ecosystems in other states to address expanding, global market opportunities.

The current tax assessment model, in combination with the collapse in wholesale pricing, is disadvantaging CHFCs. The impact of this has long

The challenge to regulators across the national cannabis market is to harmonize their tax programs, and promote product diffusion across domestic and international markets. A great place to begin would be California. By effectively applying the tools of economic development and small business financing, the state acts as a partner to promote the success of CHFCs.

As agribusinesses operating within an integrated regional cannabis economy, the ETC ecosystem could continue as a global leader in craft cannabis and new product development. By facilitating harmonization and interstate commerce, California could create a national model for supplier development that enables craft and heritage farmers to supply the most discerning consumers across the world.



THE SONOMA COUNTY EXPERIENCE

BY MELISSA HUTSELL

(ABOVE) BARREL BROTHERS BREWING COMPANY:

Tour-goers were welcomed to the small, locally owned brewery with lunch, and a tasting of Barrel Bro.'s Dark Sarcasm, Naughty Hops, and Blonde Voyage.

CALIFORNIA HAS SURPASSED the UK as the fifth largest economy in the world. Tourism is one of the forces driving the state's gross domestic product (GDP), reports Investopedia. It's no wonder, since California is home to entertainment, technological and agricultural meccas. Add the largest legal cannabis market into the mix, and the wanderlust is exponential.

The Sonoma County Experience offers locals and visitors the opportunity to experience some of California's finest, and most renowned offerings in one complete tour.

While some wait to see how legalization will unfold in California, Jared Giammona is making an experience of it, and inviting others along for the ride.

Giammona is the founder of The Sonoma County Experience, a guided tour of California's illustrious wine, and emerging cannabis, region.

The locality is also quickly becoming known for its booming brewery industry; in 2017, Santa Rosa was named the "Microbrew Capital of the U.S.," according to SFGate.

The concentration, and quality, of these industries give Sonoma County an unparalleled position in the market, explained Giammona. "Nowhere else can you find these three products produced at the level Sonoma County does," he added. "It's not just wine country anymore, you have craft beer country and now with legalization, [...] cannabis country."

The tour gives travelers a behind-the-scenes look at how these products are crafted.

The full day tour takes guests on a luxury bus ride from Fisherman's Wharf in San Francisco to Sonoma County. There are multiple stops along the way; the first of which is Vista Point.

After snapping photos of the famous cityscape, Golden Gate Bridge and San Francisco Bay, guests hop back onto the bus, where they're greeted with breakfast beverages, music, snacks, and an explanation of the destinations ahead.

It's clear that Giammona, a Santa Rosa native, is knowledgeable and passionate about the county's commodities -- wine, beer, and cannabis -- and the parallels between these industries.

"We're excited to give guests [an exclusive] Experience by showing them the ins, outs, and similarities between the wine, craft beer, and cannabis industries," Giammona said, "[All] while getting to enjoy the beauty of Sonoma County."

The company offers two different, immersive experiences: one which includes wine tasting, and the other -- beer. Both of which feature visits to cannabis companies.

Cannabis consumption is not a part of the tour, but guests are welcome to purchase products during the tour and consume them according to statewide, adult-use regulations.

Tour-goers will learn just how similar cannabis and other plant-derived products are during the second stop on the itinerary: a guided tour of CannaCraft.

CannaCraft is one of the county's top 20 private employers, and the largest legal manufacturing facility of its type in the state, Giammona

explained. The company produces brands including AbsoluteXtracts, Satori, and Care By Design (CBD).

The tour of the facility is conducted by CannaCraft's Event Director, Melanie King, who guides visitors through individual rooms, such as the extraction lab or distillation room, to see and smell the different stages of the production process.

Here, guests learn all about how clean medicine is made, from the extraction process to terpene profiles.

CannaCraft's supercritical, CO2 extraction machines collectively process roughly 350 pounds of dried flower into oil, King explains. There are 23 CO2 extractors onsite, which complete one or two runs per day. Each holds 15 pounds of raw plant material, which is turned into crude oil, and later refined into distillate oil.

Speaking of terpenes, there are plenty of chances to get familiarized, and smell the individual profiles of these aromatic oils. Some are citrusy, and some are sweet. Others -- like myrcene -- the most abundant terpene in cannabis, are reminiscent of hops. This very terpene was used by CannaCraft and Lagunita's to create the cannabis infused IPA, Supercritical Ale (see *Emerald Magazine* October 2017 issue). Many similarities can be drawn between the industries -- but it is the focus on the craft market that distinguishes this region -- and this experience.

THE INFUSION LAB: Renowned Chocolatier -- Chef Matt -- who worked for Thomas Keller before coming to CannaCraft, gives visitors a peek inside the Infusion Lab where Satori products (like chocolate dipped raisins) are manufactured.



"[We have] established brands, and for good reason. But there [are] so many other good, local, craft-style stops [here], and we want people to get a true feel of the area by visiting these places," said Giammona.

Craft brands offer an unmatched level of personalization, and quality. No other dispensary in the region epitomizes this better than Solful Dispensary (see *Emerald Magazine* January 2018 issue) -- the third, and final cannabis themed destination, during The Sonoma County Experience.

Here, tour-goers are welcomed by the dispensary's CEO and co-founder, Eli Melrod.

The entrepreneur describes what drew him to the industry, and gives guests detailed descriptions of the products available in the shop (including Papa & Barkley's Releaf Balm, and Kikoko's variety of infused teas).

The next two destinations depend on the experience chosen (wineries or breweries), but does include lunch and tastings.

The Craft Beer and Cannabis Experience stops at Barrel Brothers, and 101 North.

Destinations included in the Wine Experience are Larson Family Winery, and Robledo Family Winery, said Giammona. The laid-back pace of the tour, coupled with the company of the fellow tour-goers and tour guide means Northern California natives and newcomers are sure to find this experience just as entertaining as it is informative.

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SATIVA

Cannabis sativa is an annual herbaceous flowering plant indigenous to eastern Asia but now of cosmopolitan distribution due to widespread cultivation.

- The Conservation of Artifacts Made from Plant Materials

FUN FACT

XJ-13 is crossed between *Jack Herer* and *G13 Haze*

@smookesignals @californiadreamin

SOMETIMES I JUST have to disconnect from the real world and be connected with nature and cannabis. I was having an off day when I decided to roll up a nice joint of by *XJ-13*.

XJ-13 is a lightweight sativa that leaves a strong citrus flavor, and sometimes even earthy hints of berry, with pine on the palate. Glittery euphoria began to consume my mind and settle behind my eyes, as my legs and back relaxed.

This sativa-dominant hybrid is crossed between *Jack Herer* and *G13 Haze*, and is known for an exciting buzz along with relieving stress and mood-related symptoms.

Instantly, I felt happier and energized. Prior to the joint, my stomach was growling and I was feeling grey, but *XJ-13* suppressed my appetite, and inspired me to live presently.

XJ-13 produces beautiful, light green buds decorated by distinct orange trichomes, and is frosted with crystals. *XJ-13* holds a very pungent, sweet signature sativa smell – which reminds you of exactly what you're tasting.

This particular *XJ-13* was purchased from 866-DELIVERY near Costa Mesa, California and was tested by Cannalysis Labs. Results show a high THC percentage of 32.15. The heavy cannabinoid profile helps treat ADD/ADHD, bipolar disorder, chronic pain, depression, diabetes, fatigue, headaches, insomnia, muscle spasms, PMS, and stress.

This hybrid is powerful. It made me feel confident, and activated my creative side. I wanted to write a short fantasy story right then and there, but instead played around with photography.

XJ-13 kept me actively engaged, and motivated me to live life to the fullest. You should definitely do something productive and enjoyable while experiencing the cerebral tingling, or you may get a bit anxious. Exercising or hiking with *XJ-13* will also make for a vigorous and pleasurable body stimulant. Make sure you have some eye drops handy and something to drink because I experienced both heavy dry eyes and cotton-mouth.

Some days, I may not have a reason to justify my mood, but cannabis allows me to assess myself to positively understand how I should communicate and feel. Cannabis gives us the opportunity to explore and learn about ourselves. With its influential attributes, *XJ-13* provided me with profound mental clarity and reminded me where I should allow my thoughts to dance.

TO READ MORE OF AMY'S REVIEW, VISIT HER ONLINE AT CALIIDREAMIN.COM



CANNALYSIS LABS

Results of *XJ-13* show a high THC percentage of 32.15. The heavy cannabinoid profile helps treat ADD/ADHD, bipolar disorder, chronic pain, depression, diabetes, fatigue, headaches, insomnia, muscle spasms, PMS, and stress.

THE EMERALD

GIFT GUIDE

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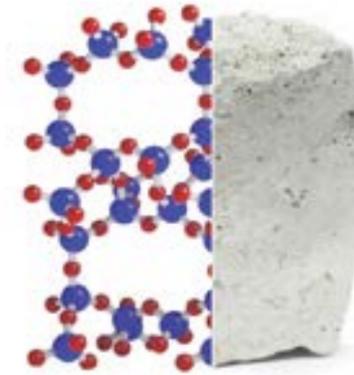


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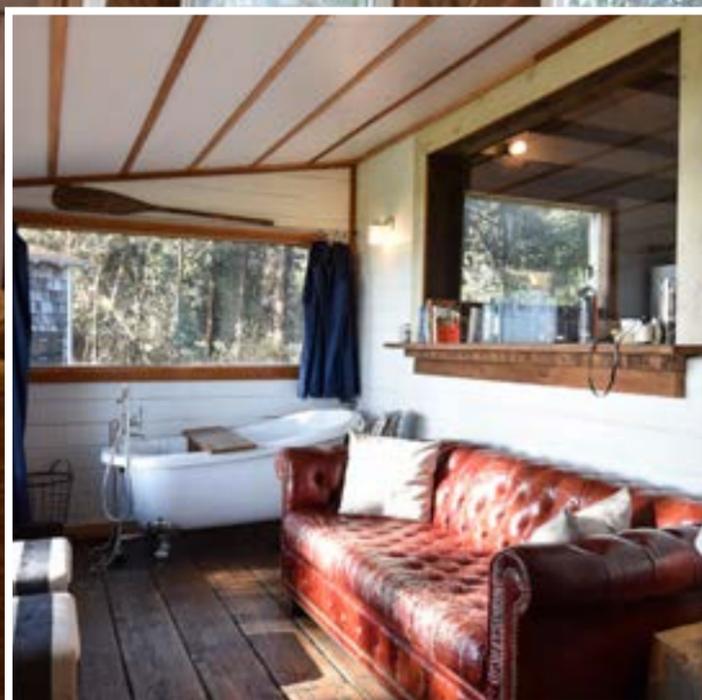
WHEN I TRADED the warm, Atlantic Chesapeake for the San Francisco Bay eight years ago, I never thought it would be so difficult to truly find a new water home on the West Coast. I reconnected with Amy Cirincione O'Connor on Facebook, as only we, living in the present can, and sent her a Telegram. "Amy I hope all is well. I'm pregnant and in desperate need of a baby moon. Mother tells me that you and Jon are near the water and quite far north. Gareth and I would love to come spend some time on the beach." I'm so thankful that she graciously obliged.

The drive up from San Francisco was delightful, and our stay at Oyster Beach was divine. Our silver Subaru rambled in after sunset through the large iron gate and then the narrow pass to cabin four. A familiar site greeted us walking into the cabin; above the mustard couch hung a map of Washington D.C. and the surrounding areas. I was already home. The kitchen is high up on my list of favorite things being a quaint, country style that matched the bedroom. However, the view out to the Bay and surrounding lands is unmatched.

Oyster Beach boasts an enchanting, private stretch of beach. Gareth and I did not hesitate to have bonfires both on the beach itself and near our cabin. We made s'mores, we grilled oysters, we wandered, we soaked in the outdoor bathtubs. I lavished myself in the Humboldt Provisions Lavender Bath Salts, a magical mixture Amy whips up herself which can be found at the Humboldt Bay Social Club, just a short walk from cabin four.

My time in the bath was full of reflection and obviously Instagram pictures. There under the mosquito net, looking at my several weeks old manicure, I felt embraced by mother nature. A hawk flew above us and landed in a tree, the wind moved gently, and the scent and taste of sea salt and eucalyptus was ever present. Eventually I put my phone down, closed my eyes, and leaned fully into my rustic paradise.

The friendly barkeep at the social club gave us a few tips on how to grill and season the oysters. We managed to get through a bucket of 25 and each of them was delicious.



At night, the beach is quiet, but every now and again a speedboat would whizz by too fast to see clearly in the deep blue black.

Oyster Beach is conveniently surrounded by a wealth of hikes, restaurants, breweries, and body workers. I encourage you to take advantage of these perks during your visit. Following a rejuvenating prenatal and couples massage at Trinidad Massage, Gareth and I did a hike up Trinidad Head, followed by a walk on the beach where we made friends with a Border Collie. The hike at Trinidad Head gives way to a beautiful lighthouse, which was built in 1871. The lighthouse is open to visitors from 10 a.m. to noon on the first Saturday of each month. Our lunch in Trinidad did not disappoint either in taste or affordability. The Lighthouse Grill, a small, unassuming establishment across the street from Murphy's Market has fish tacos you'll want to write home about: fresh, gigantic, well seasoned and sensibly priced.

We also hiked the Tall Trees Trail in the Redwood National and State Park. The trail is so named because this forest houses what was formerly the world's tallest tree. In order to go, you need a permit, which you can obtain from the visitor's center the day of the hike unless they are past their limit. This trail is a four mile round trip, and comes with an ominous Ranger warning about bears and mountain lions. I also made a shaker out of rocks and my coffee cup. The trail was not crowded and we enjoyed the ancient high-reaching presence around us.

Finally, if you're a fan of beer like my husband, then Oyster Beach serves as a great place to stay and check out local breweries. Arriving late on our first night, we checked out the Lost Coast Brewery and Cafe, whose kitchen is open late, family friendly and has a large selection of food and beer. We also visited Six Rivers, Mad River, and Redwood Curtain Brewing Co., which was his favorite and might be yours as well if you're a fan of IPAs. Redwood Curtain was my favorite too, because outside is the LoCo Fish Co. Food Truck. Their hush puppies are a terrific, golden snack. Humboldt Curtain is also right next to the Arcata Marsh in case you want to begin or end your round with a little bird watching.

To end on a sweet note, head on over to the Arcata Scoop in the Historic Creamery District. They have organic, locally made ice creams (like honey vanilla lavender), swinging giraffe seats, and a rabbit carousel.

If you're looking to spend some time in the windswept Northwest, then find Oyster Beach. Find community at the Humboldt Bay Social Club, sit solitary on the beach, by the fire or in a soaking tub. But most of all, take in all that the North Coast has to offer and bring a little piece of this tranquility back home.

West Coast Travels

Top Three-Day Weekend Destinations for Cannabis Lovers

BY ALLISON EDRINGTON

SUMMER IS THE time to kick off our shoes, fly somewhere new, and find adventure. But flying off to an exotic location that welcomes cannabis isn't always in the cards. If you're lucky enough to live in Washington, Oregon or California -- you don't have to go far to find adventure and new ways to enjoy cannabis.

If you can't stray far from the Pacific Northwest, don't waste a three-day weekend -- find a close-to-home destination. Check out the recommendations below to get started:

OREGON

As the epicenter of weird and wonderful for its state, Portland is also home to many of its best cannabis experiences. Start your weekend off right by exploring Portland's West End. Spend the morning shopping at Union Way and browsing through the shelves of Powell's Books, the world's largest used and new bookstore.

Take a break for lunch at Southwest 10th Avenue and Alder Street and pick your favorite food cart from what is the largest concentration of street food vendors in the country, according to Travel Portland. Then stop by NW Cannabis Club, a 21+ smoking lounge. They have a clean and comfortable dab bar, perfect for tourists stopping by or locals taking a break after a long day. Be sure to check their calendar, too -- from cannabis-friendly music to painting classes, there's always something going on at NW Cannabis Club. End your night with a live show at the Crystal Ballroom, one of Portland's best music venues.

Dive into the city's Old Town starting with a trip to Voodoo Doughnut for a zany concoction on day two, then head to the Portland Saturday Market, one of the largest and longest-running open-air craft markets in the nation.

After you're done browsing, book a ride on Portlandia Experience, the cannabis party bus for a unique look at the city. In the evening, take a tour of the Shanghai Tunnels and learn about the mysteries of the Portland Underground. Foodies will rejoice at the selections available on the culinary corridors of Northwest 23rd and 21st avenues, from Catalan tapas at Ataula, to sophisticated French fare at St. Jack.

Wrap up your weekend in Portland by venturing into the natural beauty near the city. Stop by the Farma dispensary to pick up edibles (no smoking in public or in parks) and head eastward toward the Columbia River Gorge.

Be sure to stop at Crown Point Vista House for a selfie-worthy view on your way to Multnomah Falls, the tallest waterfall in the state. Stay to hike, or travel a little further down the road to see Horsetail Falls. Before you take off out of the

city, you should try one of the best steakhouses in town; The Acropolis. This adult entertainment club has an impressive menu that's open until 2 a.m. and has over 60 beers on tap -- you can order takeout from the outside window or walk in for the full experience.

CALIFORNIA

Known for its vineyards and fine dining, Sonoma County is also home to major cannabis cultural events like "The Emerald Cup," and a budding cannabis community. Get to know Santa Rosa's downtown district on your first day. Start at the historic Railroad Square with breakfast at Omelette Express, and you'll have the fuel you need to enjoy the unique collection of shops, antiques and restaurants the square offers.

Stop by the SPARC dispensary for a comfortable experience selecting the cannabis products you want for the day. End the night with a trip to Russian River Brewing Company for their microbrews and specialty pizzas, or find a quieter spot at Stark's Steak and Seafood to enjoy dry-aged cuts, seafood and an enviable selection of whiskey.

To kick off day two, head toward Sebastopol. Stop in at Solful dispensary (see page 30) -- their staff will help you explore the flowers and infused products from Northern California farms that grow cannabis responsibly and sustainably. They often host farmer meet-and-greets and demonstrations so you can really get to know who's growing your cannabis.

After you've stocked up, head to the Laguna de Santa Rosa Wetlands Preserve (park at the Sebastopol Community Center) for an accessible hike. Download the two-mile trail map that guides you past ponds, marshes and the main Laguna channel. Head to Marimar Estate Vineyards and Winery for an afternoon of wine tasting and tapas, and end the evening with dinner at Lowell's Restaurant for farm-fresh, modern cuisine.

For day three, take a short drive to San Rafael and hop on Chris Hardman's Cannabis for a morning tour of San Francisco's cannabis history. This converted school bus has been giving tours to visitors of the Haight-Ashbury district for eight years, and just recently added "The Magic Cannabis" experience. This new tour shares the story of cannabis over the past decades in California, from its humble beginnings to the great efforts of Brownie Mary, to the current state of legalization. Add on an afternoon tour of Alcatraz Island to make a whole day of it.

WASHINGTON

Recreational cannabis shops were able to open their doors in 2014 in the Evergreen State, and since then the greater Seattle area has created an eclectic offering of cannabis dispensaries that

fit right in with the culture of the city. Start the weekend off nicely with a visit to The Gallery in Fife. Pick your favorite cannabis flowers and edibles while you browse through the displays of colorful pipes, accessories and art in their comfortable retail space.

After you're stocked for the day,

make your way toward Tacoma for a lunch at Odd Otter Brewing Company. Be sure to take a peek in back to see the brewing area! After lunch, discover why Tacoma is world-renowned for its glass art. Head toward the waterway and walk through the Chihuly Bridge of Glass, featuring fantastic colors and sculpture all in glass. Visit the Museum of Glass nearby in a large cone-shaped entrance to watch glass blowing demonstrations and tour the small collection of fine glass art.

On day two, stop for breakfast at Southern Kitchen before heading toward Seattle to catch The Kush Tour. You need to call ahead at least 24 hours in advance to book your Saturday spot to tour a Tier II Grow Operation at Dawg Star Cannabis, exploring an extraction lab, and visiting a micro-whiskey distillery.

If you've never been to the Space Needle, now is the time to ride the elevator all the 605 feet up. Already been there, done that? Go to Smith Tower instead, the second tallest building in town that serves craft cocktails, and features the legendary Wishing Chair.

Wrap up your adventure by heading to nearby Port Townsend and stop at Discovery Bay Cannabis. Known lovingly as the "Cannaboose," this dispensary has converted train cars into a unique cannabis retail experience. Pick up your favorites and then plan to walk through downtown to appreciate the Victorian seaside architecture along with the shops and galleries inside them. Take to the trails that stretch across the city for an afternoon hike or rent a kayak before heading to the Alchemy Wine Bar for a locally sourced, Mediterranean meal.



Seattle Skyline



San Francisco

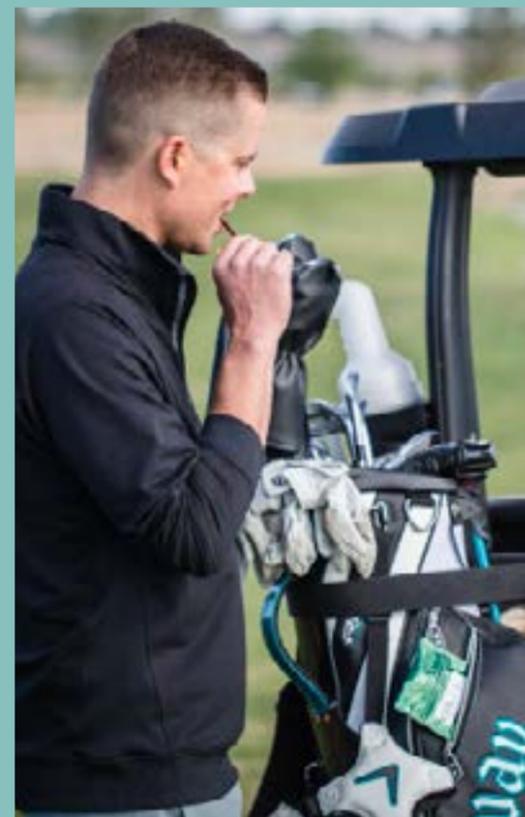
TURN UP THE

BEETS

BY BRANT HARTSELL



Turn Up the Beets Honey Sticks come in easy to use zip-lock pouches.



Turn Up the Beets Honey Sticks come in individual straws, and are convenient for on the go consumption.

AS AN INDIVIDUAL with an inherent interest in holistic and natural medicines, I was already a huge admirer of beet root powder as an organic stamina and endurance booster since my first experience in community college. However, when I came across Little Flower Colorado Hemp Company's Turn Up the Beets honey sticks, I was more than intrigued to give them a go especially with my finals creeping up on me at Humboldt State University.

Full spectrum hemp extract, honey and beet root powder are all products that have incredible health benefits, including blood detoxification, natural energy boosting properties, and the ability to naturally fight inflammation, promote heart health, and create complete homeostasis within the body.

All three of these ingredients have finally become synthesized in a single, artistically crafted product. This medicinal masterpiece excited my mouth upon ingestion and was followed by an incredibly sweet earthy taste that I genuinely enjoyed.

Turn Up the Beets honey sticks can be easily consumed anytime of the day. When I needed a small boost of energy to stay focus, I would take one. I found myself afterwards flying through my study guides, anxiety free. I was more relaxed and able to take on daily tasks and was motivated to go the extra mile with my work in a very grounded manner. I was not shaky, easily distracted,

or drowsy, like when I use caffeine to study. Instead, I was more interested and involved in the tasks at hand.

Once I finished my work, I decided to try this product before heading out to the gym -- and wow was I surprised with the results. I spent over two hours exercising harder than I ever have; I even forgot my headphones yet still maintained a consistent focus on my routine. I was not worried about how other people were perceiving me at the gym whereas normally I would catch myself looking around, pretty intimidated by the more in-shape individuals. However, this product had my self-confidence soaring. I even made some new workout friends. Usually I am fairly antisocial and introverted at the gym, but I caught myself having casual conversations throughout my experience. Overall these little honey sticks are pretty serious for their size!

Little Flower Colorado Hemp Company takes things to the next level when synthesizing these three ingredients into their artisan product line. With absolutely zero psychoactive properties, I would recommend this product to any level of cannabis consumer.

The company offers a wide variety of topicals and even a hydrosol to enhance your mood -- all hemp infused of course. Little Flower Colorado Hemp Company is also crafting a variety of non-psychoactive pet products. If you don't want to share your medicine with your four-legged friends, they have dog treats, oral pet spray, and are currently working on an infused horse tincture -- which they claim can be used on domestic pets.

FOR MORE INFORMATION,
VISIT LITTLEFLOWERHEMPCOMPANY.COM



Saving Sophie, Saving Many

Sophie Ryan's Tumor is Removed
and Replicated for the Greater Good

BY SHARON LETTS

AT THIS MOMENT, two mice in a laboratory in California are replicating cancer cells taken from five-and-a-half-year-old cannabis patient, Sophie Ryan, for research on pediatric cancer and chemotherapy. The cells will also be sent to a lab in Israel for research with cannabinoids and cancer.

Sophie has been fighting the tumor, an optic pathway glioma (OPG), in her brain since she was eight months old (see *Emerald Magazine*, December 2017). Her mom, Tracy Ryan, created CannaKids, a non-profit organization based in Los Angeles, which helps many with cancer and more. However, their own daughter's tumor has been traditionally stubborn, as is the case with many OPGs.

"Sophie's [tumor] hasn't responded to just cannabis oil off-treatment of chemo," Tracy explained. "We are trying to figure out what formulation she needs to target the mutations in her specific tumor – and to do that, we needed to procure some of the excess brain tumor tissue from her recent craniotomy.

Per Tracy, low grade gliomas aren't typically deadly, with a 90 percent survival rate, but they have an 85 percent recurrence rate because they divide too slowly for chemotherapy treatments to completely eradicate them. The goal is to keep the child healthy until they find a treatment that will stabilize them.

Hormones from growth spurts play a role. Once the individual is out of puberty, the tumor will stop growing forever, but, according to statistics, it may never completely go away.

After years of chemotherapy treatments, with the tumor growing, shrinking, and maintaining a Stage I, low grade status, the Ryan's agreed to debulk the part of the tumor that had been so problematic. The surgery was scheduled after a team of oncologists, neurologists, ophthalmologists and her own neurosurgeon, recommended it.

This decision allowed them to obtain the tissue they needed to hopefully lead them to a solution for Sophie, and others who suffer from the same condition.

On April 23, 2018 Sophie went into surgery. The pathology report confirmed the tumor's Stage I status. Her surgical staff is amazed at her recovery rate, due to her continued cannabis use before and after the procedure.

According to an article published in the National Library of Medicine in 2010, cannabinoids were demonstrated to be "anti-inflammatory drugs" in laboratory trials, stating, "Cannabinoids are potent anti-inflammatory agents and they exert their effects through induction of apoptosis, inhibition of cell proliferation, suppression of cytokine production and induction of T-regulatory cells (Tregs)." In other words, cannabinoids have the ability to support healthy cells while reducing inflammation via apoptosis -- the inhibition of cell growth -- and suppressing cytokine production, a response to injury that causes inflammation.

Anyone who has experienced major or minor surgery knows that inflammation and pain are the first symptoms you suffer through. After that comes constipation, due to the anesthesia and subsequent prescription painkillers.

Healthline.com informs that swelling and inflammation can last up to six months after surgery. Highly addictive painkillers are often prescribed for months to come.

Sophie's experience was much different, as her mother reported. She continued to be administered a cannabis oil formulation that not only addressed the pain, but miraculously, quelled any swelling and inflammation by day two after surgery. Due to the analgesic properties of cannabis, Sophie's pain was controlled with an additional dose of Tylenol and Motrin.

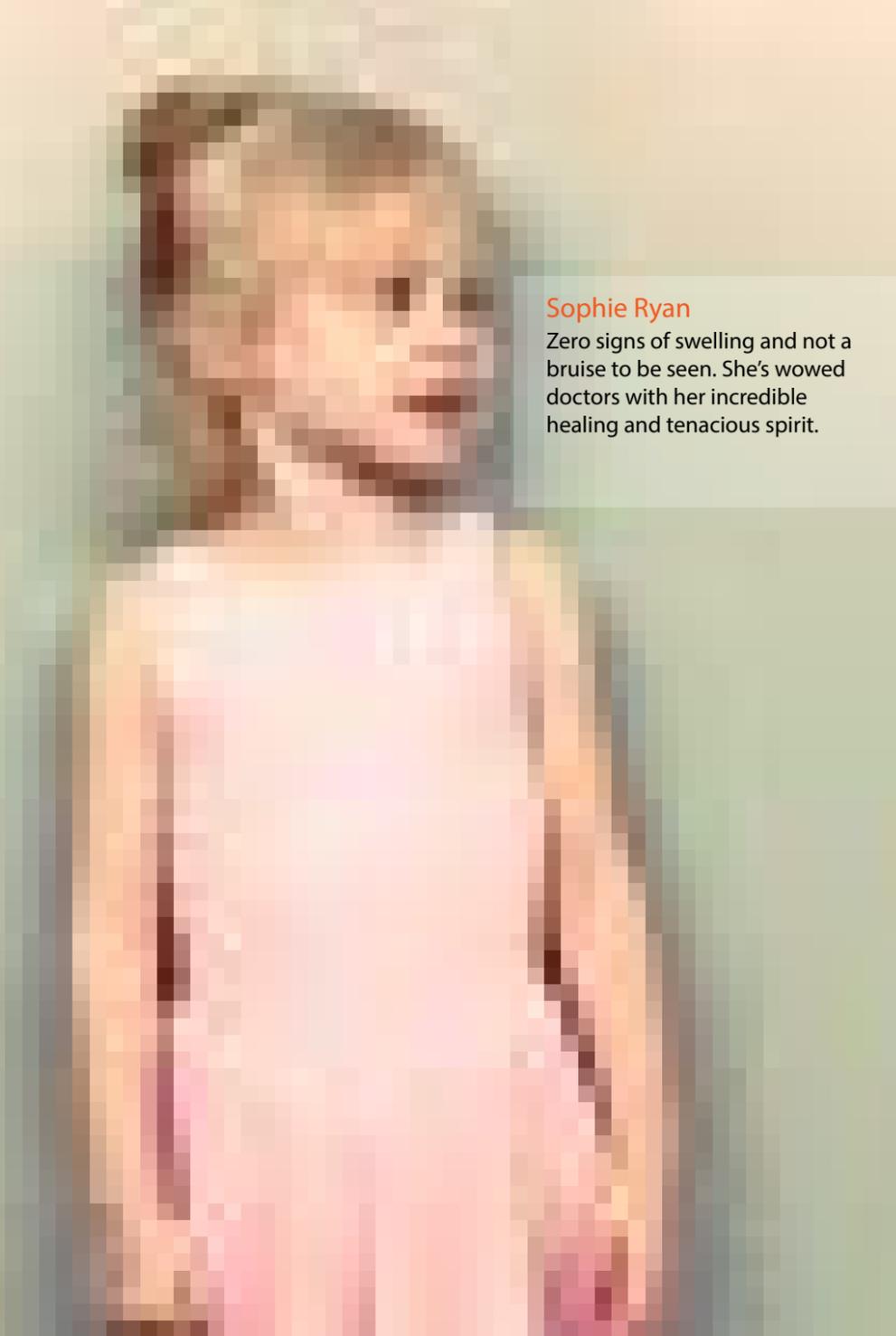
“..swelling and inflammation can last up to six months after surgery... [Sophie] continued to be administered a cannabis oil formulation that not only addressed [her] pain, but miraculously, quelled any swelling and inflammation by day two after surgery.”

“Less than 48 hours after major brain surgery and [she was] released to go home!” Tracy shared on social media. “Zero signs of swelling and not a bruise to be seen. She’s wowed doctors with her incredible healing and tenacious spirit. She makes brain surgery look easy!”

Other positive post-op signs showed Sophie’s eyes responding perfectly to light, and she was able to move all her limbs. The moment after her cannabis oil dose kicked in, its effects were apparent – her pain was gone, her fussiness subsided, and she was laughing. The attending nurse was “unable to believe her eyes,” Tracy shared.

“This is what a child on cannabis looks like,” Tracy declared to the recovery room staff. “The neurosurgeon was even more shocked to see that she didn’t have any swelling or bruising over her eye – she should be black and blue, and super swollen. They even said she could go back to school tomorrow – and they originally said one to two weeks!”

One member of the surgical team made a comment the day after surgery, “She doesn’t even look like she’s had surgery!” To which Tracy replied, “She’s on a lot of cannabis,” to which the doctor responded, “That’s amazing!” Soon after surgery, a nurse asked Tracy to go into a patient’s



Sophie Ryan

Zero signs of swelling and not a bruise to be seen. She’s wowed doctors with her incredible healing and tenacious spirit.

“I believe we are all here for a reason,” [Tracy] said. “I was put here on this earth to help my daughter and others in dealing with this insidious disease; and I believe those mice are here for the same reasons. I honor them and the help they may bring to other children suffering as our Sophie has.”

with cannabinoids, where we are sponsoring four years of pediatric and adult cancer research,” Tracy shared.

Due to Dr. Jewett’s newfound relationship with Tracy, the two are planning future clinical trials together, with Dr. Jewett now working on approval to study more children alongside Tracy and her work with CannaKids.

As for any backlash from the testing of mice, Tracy waxes poetic. “I believe we are all here for a reason,” she said. “I was put here on this earth to help my daughter and others in dealing with this insidious disease; and I believe those mice are here for the same reasons. I honor them and the help they may bring to other children suffering as our Sophie has.”

Additional photos from social media were shared from Sophie’s first day back to school – just days after the procedure. Tracy said that Sophie walked into her classroom and took to the front of the class, ready to share her experiences with her classmates.

“Our family’s main focus with Sophie has been to promote happiness, joy, laughter, and to have an outgoing spirit,” Tracy concluded. “My husband Josh, and I, have taken her to every cannabis conference in the country where I’ve spoken, when she’s able to go. She’s grown up on stage telling her story in front of hundreds, up to a thousand people,” she added. “She has her own business cards she hands out during events, and lets everyone know what time she’ll be on stage – asking them to bring their cameras so they can take photos of her.”

At five and a half years old, it’s safe to say, Sophie is one of the youngest cannabis advocates in the country, if not the world. But advocacy comes at a price.

After helping thousands of patients via CannaKids in L.A., the non-profit is struggling to keep its doors open in light of heavy fees for testing, licensing, and other requirements in the age of legalization in California.

By the end of the day, Sophie’s tumor was implanted into two very special mice, one which pumps human blood, with cells growing rapidly by the millions in plates in the lab – as Tracy explained, this will give the team more cells to work with.

Dr. Anahid Jewett, PhD, MPH, is head of the team working with Sophie’s tissue at UCLA. She’s the Professor and Director of tumor immunology in the Division of Oral Biology and Medicine, and has published more than 120 papers in her field.

“I’ve connected Dr. Jewett with Dr. Dedi Meiri of Technion Institute in Israel for future research

room, upon a mom’s approval, so she could educate her on the powers of cannabis for her son, diagnosed with cancer that had metastasized.

Sophie’s removed tumor was the size of a golf ball. It was packed up and shipped out to a team of researchers at UCLA, and to a cryo-stasis bank in Georgia, Storemytumor.com, for safekeeping until it’s sent to Israel for trials with cannabinoids.

A photo of two jars show a red-jelly-type material in both. “The red jelly is actually Sophie’s tumor tissue,” said Tracy. “I stared this beast right in the eye, and will show no mercy! Now that I have you, be prepared for what comes next.”

TO LEARN MORE, OR TO DONATE, VISIT [GOFUNDME.COM/CK-SUPPORT-IN-CALIFORNIA](https://www.gofundme.com/ck-support-in-california) FOR MORE INFORMATION CANNAKIDS, VISIT [CANNAKIDS.ORG](https://www.cannakids.org)



Football and Fresh Farms CBD

Testimonials From Life: Pure CBD Preparations Help Professional Athletes and Others With Body or Brain Damage.

BY MOLLY CATE

54 | *TheEmeraldMagazine.com*

Cullen Jenkins is a courageous man. He grew up in Detroit as it crumbled into ruin, a shadow of its former industrial, architectural, and Motown glory.

For Cullen, football was a way to succeed. He played for several teams in his 13-year NFL career, including taking part in winning Super Bowl 45 for the Green Bay Packers. Football is also a family tradition. His dad was a coach who played in college and his brother, Kris, also plays for an NFL team.

But, as he made clear in our interview, that avenue of excellence began to be a curse Cullen felt as early as his college football years at Central Michigan University. He began to experience pain, first in his ankles and knees, and as he progressed through his professional career, in other parts of his body as well. By 2008, he needed surgery for an unhealed ankle bone bruise from college, and treatment for a torn pectoral muscle.

The “constant heavy physical contact” was taking its toll. He says he was never diagnosed with

a concussion, but admits that he began experiencing “brain fog, a lack of mental focus,” more and more.

That brain fog he might have attributed to his self-medicating choices, painkillers (two Vicodin before a game), and alcohol. Cullen made clear the trap that was set for him and for other professional athletes. Complain of pain and you may be seen as unwilling to give your all to the game. Complain of brain fog and you’re subjected to the dreaded “concussion protocol,” which is one week off and your job put at risk.

He claims that all players grapple with the same reality; “you learn not to talk about it, to keep quiet. It’s a reality of life.” Even with his heroic silence, he left Green Bay labeled a “great player when he was available,” and “injury-prone.” That labeling still bothers him a lot; he called it a “cheap shot” meant to keep him pushing beyond his endurance. “Hurt or not, I always wanted to play.” He thought, “I have to show them I can and I will, no matter how my body feels.”

The cumulative effect of pain and worry about losing his chosen profession coupled with opioid and alcohol use was increasing depression and sleeplessness. Still he soldiered on until retiring from the game in 2016. But that brought no end to his suffering. The cause might be gone but the pain, lack of sleep and depression persisted, with no end in sight. Fortunately, some family members talked to him about cannabidiol (CBD), a non-psychoactive chemical in cannabis that is showing much promise in pain management and the treatment of brain damage.

At first, he was strongly resistant to the idea, but he tried it and found relief.

Cullen is clear about the benefits of CBD. In interviews like the one on FreshFarmsCBD.com, and with this writer, he said that opioids may reduce his pain more than CBD, but create more problems than they solve. There’s the danger of addiction, but also the grogginess. Opioids zap users’ energy, mess up bodily functions, and can make sleep even more elusive. CBD brings the pain level down almost as much and there is no

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fogginess, no body disruption, and no sleeplessness. Plus, CBD actually helps the brain recover from years of trauma.

As this article is being written, the US Food and Drug Administration (FDA) is about to approve the first pharmaceutical derived from CBD, as announced by the Associated Press (AP) in an article called "US Experts Back a Marijuana-Based Drug for Childhood Seizures." Sadly, that drug is expected to cost upward of \$25,000 a year and has side effects such as diarrhea, vomiting, fatigue, sleeplessness, even the possibility of liver damage. None of these side effects have been noted from the use of simple CBD preparations. The only bright side seems to be



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that the FDA is finally accepting CBD as a medicine.

This is where Fresh Farms CBD comes into the story. Cullen has embraced the product that "saved [him] from alcoholism and bad health" and the company that produces it. He has invested in Fresh Farms CBD and is a visible spokesman for their product line. What sets Fresh Farms CBD apart from many other CBD companies

is that they create a 100 percent THC-free product, not the common .03 percent residual THC that may still cause a failed drug test. Cullen's thoughtful testimonials are meant to reach out to professional athletes still in the game. These are products you can use while you are still playing, while you are subject to random drug tests. Here is a way out of the trap.

Other eloquent testimonials at the Fresh Farms CBD site and their YouTube postings suggest CBD for post-concussion syndrome, autism, and dementia. In an interview with Vem Miller, the company's media director, he mentioned other testimonials coming soon, one with a professional basketball player and one with a 92-year-old Canadian World War II veteran adamantly opposed to cannabis until he found relief for the first time, thanks to the urging of his grandson, for the pain of a bullet lodged in his chest.

Fresh Farms CBD, whose motto is "In Nature We Trust," produces a full line of CBD tinctures, from mild to strong, in a grapeseed oil base. The milder formulas are suitable for pets as well, since they contain no THC. There's also a salve you can use in tandem with a tincture for double the benefit. Newest is their intriguing crystallized CBD for smoking or vaping. All of their products meet FDA guidelines, even though that federal department shuns all currently available cannabis medicines.

As for Cullen, football is still one passion of his; he's coaching for a local high school. But his newest delight is learning carpentry, doable now that he's not groggy and not in excessive pain. He's positive about the future, looking forward to enhancing his parents' home with his newfound woodworking skills. Best of luck, Cullen.

CHECK OUT THE FULL LINE AND TESTIMONIALS AT FRESHFARMSCBD.COM.

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Treat Yourself

Becoming your own Healer with CBD Soft Gels

BY BRANT HARTSELL

Keep a sharp eye out for this product. It is very easy to consume at any time of the day, and leaves behind a nice flavor, thanks to the terpenes. It also did not cause issues with digestion, as I have experienced with other CBD products.

These soft gels come in a pack of 30, along with small sample packages. Treat Yourself also has a facial moisturizer, natural clay tooth powder for whitening, brightening eye

serum, and an all-natural deodorant. I think the deodorant may be my next purchase.

In the end, this company knows what it means to “be your own healer,” which just so happens to be their motto. With powerful craftsmanship behind this product line, it is obvious that the healers at Treat Yourself are committed to wholesome wellness.

FOR MORE INFORMATION, VISIT TREATYOURSELFINC.COM

I PERSONALLY HAVE never tried CBD softgels before my experience with Treat Yourself’s beautifully packaged product. When looking at the packaging, I felt as if I was getting ready to dive into a true healing experience. With 25 mg of full-spectrum phytocannabinoid-rich capsules derived from organically grown hemp oil, I knew this was going to be an intriguing medicinal experience.

I was experiencing slight nausea from anxiety at nighttime due to my bi-annual break from cannabis. Once I ingested this easily consumable product, my nausea basically vanished. I awoke to the sunlight every morning, fully inspired, and full of revitalized energy.

Treat Yourself’s CBD softgels also contain a wide range of minor phytocannabinoids such as CBN, CBG, and CBC, and over 40 natural terpenes, which creates a balanced mind. This product includes many of the minor phytocannabinoids, commonly left out by the majority of CBD products.

This wide range of phytocannabinoids with absolutely zero psychoactive effects makes them a rather unique and valuable product for cannabis consumers, especially those who wish to take a “tolerance break,” or need to quit using cannabis for a short period of time. My cravings for THC basically went away and I found myself not pacing back and forth full of angst, trying to find something to do like I normally experience on my tolerance breaks.

Upon trying Treat Yourself, I felt inspired to start reading and writing, and went the extra mile in my personal endeavors. Ultimately, these CBD softgels crossed my path at the perfect time, and because of that, I would consider them a medicinal masterpiece. This full-spectrum, hemp oil product really has noticeable effects which I have observed to be pretty rare when it comes to most products advertised as CBD-only and non-psychoactive.

Overall, Treat Yourself’s CBD softgels are solvent free, fully decarboxylated, pesticide free, and deliver a truly powerful boutique product for cannabis consumers. This product is astonishing and I would recommend it to all levels of cannabis users, especially for individuals looking for zero psychoactive effects but still seeking the relaxing and grounding benefits of cannabis.



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DIRTBAG SOIL

BY ASHLEY PRIEST

CULTIVATING ANY PLANT to perfection naturally requires four things: stable genetics, light, water, and soil. The soil, no matter what type of plant, will play a significant role in the plant's health. This is especially true for cannabis. When it comes to agriculture, remaining innovative is the only thing that allows many to stay successful in this industry. Changing with the times and tides is something the Wyrick family, owners and founders of Dirtbag Soil, does best.

THE STORY OF DIRTBAG SOIL AND THE HISTORY OF ITS FOUNDING FAMILY

At the turn of the century, Stephen Wyrick's great-grandfather, Martin Andersen began cultivating iceberg lettuce in California. Five generations later, all family members -- including Stephen's daughter, Madison Wyrick -- work in the the family business to help growers produce the best plants possible.

"We come from a background in commercial California farming and vineyard growing, and knew we could do better," says Stephen, knowing that great soil starts from ground zero.

Stephen was also a pioneer in the 90s: he was one of the first and largest conventional spring mix and specialty growers, thanks to his state of the art 350,000 square foot processing facilities and the development of his own mechanical spring mix harvester.



After repeatability being disappointed with many of the soil blends on the market, the Wyrick's took matters into their own hands. In 2015, Dirtbag Soil was started out of Hollister, California. The premium blend is dedicated to providing growers with the quality natural soil they deserve.

THE PRODUCTS

What started with one formula, Dirtbag V, has evolved into three premium grow mediums available for bulk purchase in Nevada, Oregon, and California. All three of their products offered in the Dirtbag Soil line are grown utilizing mycelium, and other natural ingredients to honor the symbiotic relationship between organisms and positive bacteria. All of the products pass strenuous testing for use with leafy green substances and contain no pathogens. Dirtbag Soil has an inhouse lab that provides testing

for all their products, along with an independent third party.

Without further ado, here are the three products offered by Dirtbag Soil:

Formula V: Formula V is the original formula of topsoil offered by Dirtbag Soil. This starter medium is also their most popular. Formula V is made with high-quality, top shelf compost that includes peat moss, mushroom compost, mycelium and other natural organisms. Dirtbag Soil uses high-end natural compost so that they are able to leave the terpenes available for the plant to use.

Some of the ingredients that you can find in Formula V include (but are not limited to) twice composted nitrogen-rich compost made with green waste, wood, herbivore manure, mushroom mulch, perlite, and peat moss.

THE GOOD STUFF: The Good Stuff is another starter medium offered by Dirtbag Soil. This pH and nitrogen-neutral, ready to plant product is made with the highest quality, natural soil enhancers and fertilizers. The Good Stuff contains aged forest humus, peat moss, yucca, humic acid, seaweed extract, bentonite, bone meal, perlite, colloidal minerals, and all-natural nitrogen-rich compost.

MUSHROOM MAGIC: Mushroom Magic is a mycelium rich soil additive and enhancer that is made with 100 percent mushroom mulch. By adding Mushroom Magic to your soil, it will bring naturally rich mycelium growth and oxygen to the roots of your plants. This not only benefits your plants but also helps to eliminate impurities that may be lurking in your soil.

Now that you know more about the products offered by Dirtbag Soil, let's take a look at the process that goes into making these products as well as a few of the people who make it all possible behind the scenes.

THE PEOPLE

In total, there are 20-25 individuals involved in the process of manufacturing Dirtbag Soil products from start-to-finish. All of whom have years of experience in compost and soil production.

Here is a look behind the curtain of the individuals that make up the Dirtbag Soil team.

• **Stephen Wyrick** is one of the founders of Dirtbag Soil and a vital part of the team. From determining the correct soil or individual ingredients that will meet their needs, to helping find the best shipment methods to keep costs low for customers, Stephen is responsible for many of the behind the scene tasks relating to customer needs and sales.

• **Frank Shields** is a team member at Dirtbag Soil who was on a compost committee back in the 70s regarding best practices for composting and testing. He also developed the equipment that is still widely utilized today to test compost purity.

• **Kenny Rumrill** is the master chef of soils at Dirtbag Soil. Kenny works tirelessly, week-after-week, to ensure every aspect of the process stays on track and meets and exceeds standards and expectations.

THE PROCESS

Creating this superior soil takes the right ingredients, and dedication to provide growers with an outstanding product. While some details behind the soil's creation are kept underwraps, the company can reveal that the process for making the main nitrogen-rich compost takes roughly 30 weeks. All products are either double or triple composted under vigorous conditions to ensure that all harmful food pathogens, like E Coli and salmonella, do not live in the food grade soil. This process creates a compost environment that is perfect for cultivating produce, and other leafy green substances. From the bottom up, Dirtbag Soil starts at ground zero and becomes your garden hero.

TO LEARN MORE OR PLACE YOUR ORDER FOR DELIVERY, CONTACT DIRTBAG SOIL TODAY VIA THEIR WEBSITE AT DIRTBAGSOIL.COM.



Rhubarb Pie!

BY GINNIE MATHEWS, ESSENTIAL OILS

Who doesn't feel happy as they take the first bite of their favorite homemade pie? Science has proven that what we eat plays an important role in our emotions. However, a rhubarb strawberry pie recipe is a major eye-opener.

In New England where rhubarb practically grows wild, people's taste buds tend to have tolerance for sour, bitter and savory, versus the passionate preference for sweet and salty common in the South.

Rhubarb and strawberries can be a perfect marriage, since strawberries provide enough sweet to soften most of the rhubarb's sourness without adding too much white or natural cane sugar, and the cooked textures are similar. For those who truly love the taste of sour rhubarb, adding strawberries seems blasphemous.

Since food diversity is important to prevent nutritional deficiencies, it's strongly recommended to develop a tolerance for sour, bitter, sweet, salty, and savory, if you expect to get all of the nutrients you need from your food intake.

Today's recipe is about the filling, not the crust; we recommend you use your favorite two crust pie recipe. This writer prefers crust made with butter, but many pie purists still prefer crusts made with lard, so use the method that works best for you since they both include some saturated fat, which is far healthier than the trans fats found in most shortening.

If hydrogenated oil is listed in the "other" ingredients section on the label, that's the trans fat. It is just under the amount the government requires in order to prevent having to list it in the ingredients section.

To make this a medicated dessert, spread ½ ounce CANNACOCOBIS on the bottom of the pie crust.

Serves: Six

19 mg of THC per serving

RHUBARB PIE FILLING INGREDIENTS FOR ONE PIE

6 generous cups sliced fresh rhubarb

½ teaspoon salt

1 cup cane sugar or slightly more depending on taste

3 tablespoons flour

2 tablespoons cornstarch

¼ teaspoon cinnamon, or not, depending on preference

DIRECTIONS

Wash fresh rhubarb stalks and soak in a bowl of ice water before slicing to help maintain beautiful red color. Dry and slice in ½ inch rounds and place in a bowl with dry ingredients (hold back ¼ cup dry ingredient to put on bottom pastry layer before adding rhubarb mixture). This helps prevent soggy bottom crust syndrome, too often associated with fruit pies.

Let rhubarb and dry sugar/flower mixture macerate for 15-30 minutes to draw out some of the water that too often causes runny rhubarb pie.

Spoon drained rhubarb in pie pan over the bottom crust layer and top with pastry lattice or fancy pie pastry cutouts.

Glaze with one beaten egg using a pastry brush and sprinkle with cane sugar for a beautiful sheen.

Place in 425° preheated oven for 15 minutes and reduce heat to 350° for another 20-30 minutes until crust is perfectly golden and the rhubarb juice is just starting to bubble over the crust.

NUTRITIONAL INFORMATION

In spite of what you might have heard, rhubarb stalks are not poisonous, but the leaves can be because they are extremely high in oxalic acid. Rhubarb stalks are packed with fiber and vitamins including B complex and K, and minerals including: calcium, magnesium, potassium, and manganese. They also includes some lutein and zeaxanthin.

Rhubarb is suggested to have many vitally important health benefits associated with digestion, brain, bone and eye health.



Vegetarian Potato Niçoise

RECIPE BY GINNIE MATHEWS

A backyard cookout with this vegetarian potato salad was a huge hit at a neighborhood barbecue along with burgers and hotdogs.

Since baked beans were on the menu, the traditional salade niçoise fresh green beans were left out of this version, as was the tuna, the hard-boiled eggs, and mayonnaise.

POTATO SALAD NIÇOISE, VEGETARIAN STYLE

Serves: 6

- 15 small, new potatoes, well scrubbed with skins left on
- 12 or more multi-colored cherry tomatoes (to taste)
- ¼-½ cup capers (to taste)
- green onions sliced thinly, or chopped red onions
- 1 full cup Niçoise olives or more to taste (I substituted Kalamata olives since I had them in my refrigerator)
- ½ cup chopped Italian parsley (to taste)
- red pepper flakes (to taste)
- salt and black pepper to taste

Boil potatoes in well-salted water for 10-12 minutes. Turn burner off and let sit until easily pierced through with a sharp knife. Do not overcook.

Drain, place in a bowl, and cut into bite-size halves or quarters, depending on the size of the new potatoes. Add olives and capers to bowl with potatoes.

LEMON, GARLIC AND OLIVE OIL DRESSING

Makes: 1 cup

- 1 tablespoon sea salt
- 3 garlic cloves, minced
- ½ cup high-quality extra virgin olive oil
- ⅓ cup O.C.C.O. (1 ounce 180= 30mg THC per serving)*
- ½ cup or slightly more fresh lemon juice
- 1 grated lemon zest (optional)
- fresh grated pepper to taste

*This is very high in THC, so you might want to halve this amount and add more olive oil

With a mortar and pestle, make a paste of the salt and minced garlic, or use the back of a sharp knife on a wooden board.

In a tightly closed container, mix together lemon juice, olive oil, and O.C.C.O. Add the salt and garlic mixture. Shake well until mixture is creamy.

Pour on potatoes, olives, and capers while the potatoes are still hot to ensure they absorb the dressing.

Gently add the green onions, tomatoes, and Italian parsley just before serving. Mix carefully, leaving the potatoes, tomatoes, olives and capers intact for an earthy layers-of-flavor for your backyard picnic presentation.

NUTRITIONAL INFORMATION

A wildly popular fiber in the potato peel is called resistant starch, the type of fiber that feeds the friendly bacteria in the colon and improves digestive health.

Resistant starch is now suggested to improve insulin sensitivity, lower blood sugar levels and reduce appetite. Unpeeled potatoes that have been cooled down after cooking, like those in this potato salad recipe, contain higher amounts of resistant starch than the same potatoes served warm or hot.



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Canna-Hummus

RECIPE BY JEFFTHE420CHEF

NUMBER OF SERVINGS: 24

PREPARATION TIME: 20 MINUTES

APPROXIMATE THC PER SERVING*

*Approximate dose per serving is based on infusing 5 grams of cured/dried/decarbed cannabis into 5 ounces of oil.

10 percent: 2.5mg

15 percent: 3.8mg

20 percent: 5mg

INGREDIENTS

2 cups canned chickpeas (1 15-ounce can).
½ cup Tahini
2 tablespoons canna-olive oil,
plus 2 tablespoons light olive oil
2 cloves garlic, peeled
2 teaspoons ground cumin
1 teaspoon sweet paprika
Juice of 1 medium lemon
½ teaspoon lemon zest
Salt and freshly ground black pepper
2-3 tablespoons parsley (for garnish)

DIRECTIONS

Drain the chickpeas over a measuring cup and reserve the liquid.

Place the chickpeas, Tahini, canna-olive oil mixture, garlic, cumin, paprika, lemon juice, lemon zest, and half of the reserved chickpea liquid into a food processor. Pulse to puree.

Slowly add in more chickpea liquid until smooth. Add salt and pepper to taste.

Garnish with parsley and sprinkle with more paprika before serving.



We have some simple philosophies at **Humboldt County Indoor.**

- 🌿 Waste no water.
- 🌿 Use no pesticides.
- 🌿 Powered 100% by solar and renewable energy sources.

We strive to create the cleanest cannabis possible and would never put anything on the shelf we wouldn't give our brothers or sisters.

Welcome to the HCI family.

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