

Emerald

CANNABIS LIFESTYLE



ON-THE-SPOT

Cannabis Concentrates
from Green Dot

THE CONCENTRATES ISSUE

THEEMERALDMAGAZINE.COM

CANNABIS HILL

B-Real of Cypress Hill Extracts
His Craft in the Valley

EXTRACTION BREAKDOWN

Product in the Pipeline

TINCTURES

The Original Concentrate

#PEOPLEUNITEDFORFLOWER



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CANNABIS LIFESTYLE

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ADVERTISING
Advertising@TheEmeraldMagazine.com
Next Ad Deadline: October 20, 2018
Next Month's Theme: The Elderly Issue

Published by Emerald Media Group Inc.
P.O. Box 320057, San Francisco, CA 94132

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LETTER *from the* PUBLISHER

Dear Reader,

Thank you for picking up the October issue of the *Emerald Magazine*. This month, things get sticky in our *Concentrates* Issue.

Those of us who have been growing with the industry are no strangers to the world of concentrates. For others, hash, dabs, rosin and other forms of extracts bring a whole new journey to cannabis. Epidiolex, the newly released CBD drug for epilepsy, is a significant turning point for the industry. Its release signifies a change in government perception that many have worked towards. Read more about Epidiolex and the compound that is giving patients hope (p. 12).

With cannabis concentrate sales up 128% since 2016, companies like Green Dot Labs are rising to the occasion to meet the growing demand for both their consumer brand and white label company (p. 18).

This October, we speak with legendary hash maker Frenchy Cannoli (p. 24) and Chicago White Sox orthopedic surgeon Dr. Charles Bush-Joseph (p. 50). Cannabis and its various forms of concentrates are making a big hit across the globe.

From all of us at the *Emerald*, we wish you a safe and happy harvest!

Cheers,
Christina De Giovanni
Publisher

 Come hear me speak at the 2018 Imperious Cannabis Business Expo on December 12-13 in Little Rock, AK!



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COLORADO CONCENTRATES

Not All Dabs Are Created Equal

By James Priest

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MARK MCKENNA

EITAN MISKEVICH

STERLING MUNKSGARD



BEFORE TINCT

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THE ORIGINAL CONCENTRATE

A DIFFERENT KIND OF ENERGY

Long used in Wiccan healing and ceremonies, tinctures are widely associated with **Female** energy through their use of the bountiful fruits of Mother Earth. Author Rosemary **Gladstar**, in her book *Herbal Healing for Women*, notes that the cycles of the moon were used in harvesting the herbs and plants used to make tinctures and similar otherworldly potions. Referring to **Herbalism** as “a woman’s healing art,” she notes that beginning in the fourteenth century, the wise women herbalists who created tinctures and elixirs were persecuted as witches, and their wisdom was replaced with more increasingly scientific methods of health treatment. For almost a century in the aftermath of the Industrial Revolution, treating illness using herbs and herb-based tinctures became **Illegal** in the United States. Imagine being sent to **Jail** for creating something at home, in your very own **Kitchen!**

CANNABIS TINCTURES

Laudanum, a tincture made from opium, was a staple of American pharmacies during the nineteenth century and could be found on shelves of local pharmacies and even grocery stores . . . right next to **Marijuana** tinctures. Tinctures of cannabis were the most common method of receiving the plant’s health benefits, rather than the recreational smoking of dried flower. Advancements in medicine, such as the development of the hypodermic **Needle** in the nineteenth century, were the beginning of the end of tinctures as a popular method of administering medicines, as injection provided even a faster absorption than **Oral** ingestion. Although cannabis was criminalized in 1937, cannabis tinctures remained listed in the United States **Pharmacopoeia**, a comprehensive guidebook to identifying compound medicines, until 1942.

ARE TINCTURES SAFE?

Research into the synthetic cannabis derivative dronabinol showed faster, more thorough and more consistent absorption of THC using tinctures extracted with alcohol than did consuming edibles. Despite the presence of alcohol, tinctures made using this method of extraction can be used by children and adults **Safely**; the amount of alcohol present in an average tincture is less than the natural alcohol found in ripe bananas, fermented vegetables like sauerkraut and even kombucha tea. The potency of the cannabidiol CDB, **THC** and Terpenes (the compounds that give plant matter like cannabis its smell and also affect its flavor) can last for years when extracted with alcohol, as long as the container—usually a dark glass bottle with a dropper in its cap—is kept in a cool, dark place. The fact that tinctures can be administered orally or sublingually (meaning **Under** the tongue) make them a low-risk medication, especially when compared to smoking or even vaping. Sometimes **Vegetable** glycerine is used in place of alcohol to accommodate people in recovery or those who don’t like even trace elements of alcohol, but the end result is largely the same.

From their origin as ancient folk medicine and use in **Wicca** to modern-day implementation in the use of medical cannabis, tinctures have plainly stood the test of time. Whether you’re looking for relief for anything from acne to migraines and even **Xerosis**—or just want to enjoy an alternative way to enjoy cannabis, **You** can indulge your new-found **Zeal** for tinctures by creating your own concoctions with plants from your garden, your local herbalist store or even the nearest dispensary!



A BASIC GUIDE TO MAKING TINCTURES

Tools:

Neutral grain alcohol (80 proof vodka or 190 proof grain alcohol like Everclear) or non-alcoholic solvent such as apple cider vinegar or vegetable glycerine

A glass jar with a tightly fitted lid (Ball jars work great)

A measuring cup that will hold approximately the same volume as the jar, with a spout

A fine mesh strainer

Rubber or plastic gloves

Cheesecloth

A small funnel

Amber bottles with eyedropper caps

Labels

Your herb of choice, either fresh or dried. (Make sure your herb is finely chopped but not powdered.) If you're going to use cannabis, decarboxylate it first by heating ground herb spread out evenly on an oven-safe tray at 220 to 235 degrees F for 30 to 45 minutes to activate the THC.

DIRECTIONS

1. Place the herb in the glass container, and completely cover with alcohol solvent. If using fresh herbs, use a 1:2 ratio (one part herb by weight to two parts solvent by volume, meaning fill the jar with one-third herb and two-thirds solvent). If using dried herbs, use a 1:5 ratio, or fill the jar approximately 20 percent with herb, and the remainder with solvent. Leave about two fingers' worth of space at the top of the jar.

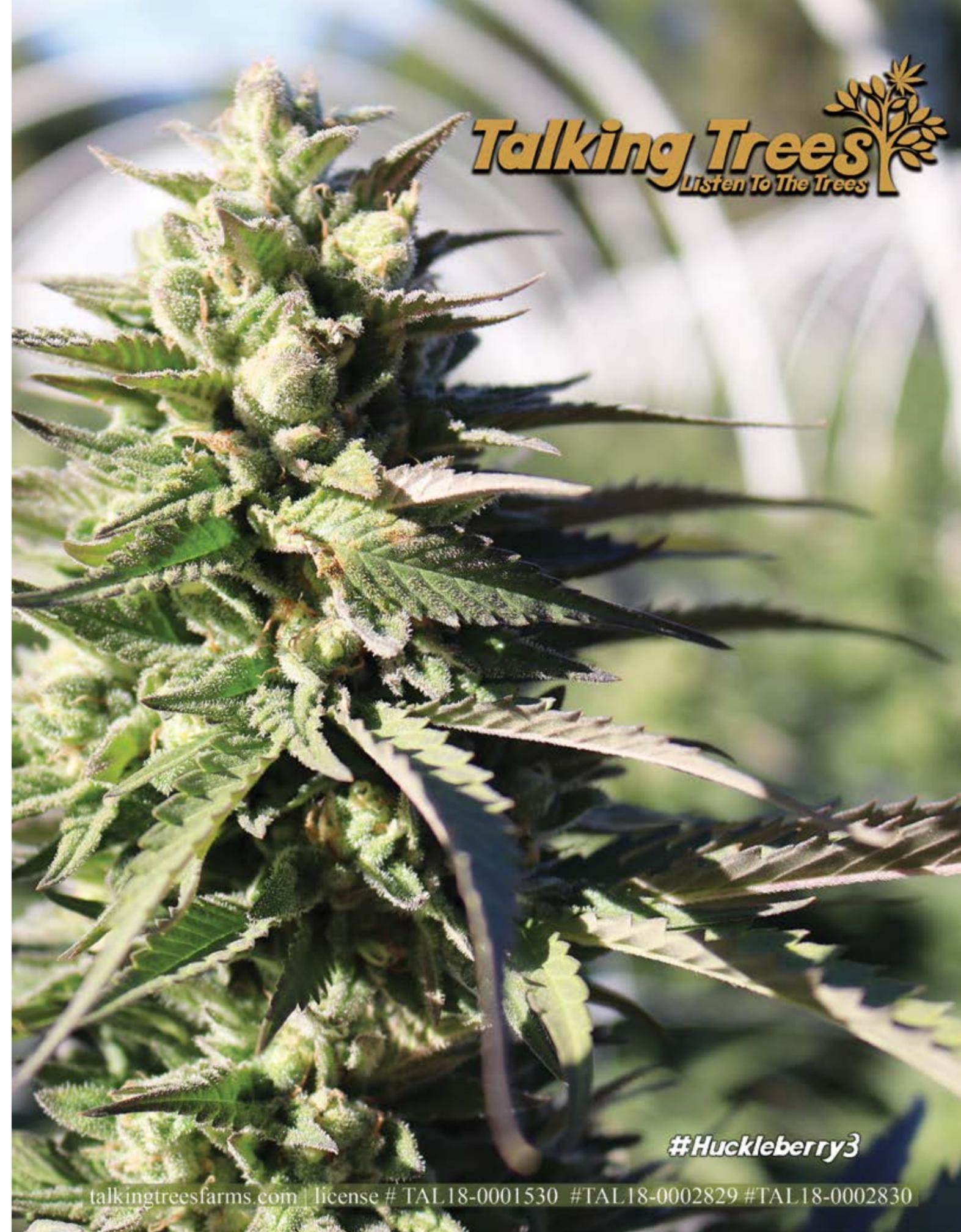
2. Screw the lid on tightly, give the jar a shake, and store in a dark, cool place for at least four to six weeks, making sure to shake the jar a bit every day. If you notice that the alcohol has started to evaporate, top the mixture off so the plant matter remains covered.

3. After extraction is complete, filter the liquid through a fine mesh strainer into the measuring cup until all the liquid has been recovered. Put on your gloves, and place the plant matter into a few layers of cheesecloth, and squeeze the excess into the measuring cup as well. If you see any remaining particulate matter in the liquid, you may want to filter it again.

4. Pour the liquid from the measuring cup into the amber bottles. (Use the funnel to avoid spilling the tincture unless you have a very steady hand.) Be sure to label the bottles to record the type of herb used; the date of extraction; the type of solvent used; the ratio of herb to solvent used; type of herb; and any other information you want to retain. You can also start a recipe book of your tinctures for future reference or to share with friends.

DOSING TIPS

Start small! Depending on the type and strength of the herb, as well as other factors mentioned above, you'll need to figure your proper dosage.



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HYDROCARBON VS. NON-HYDROCARBON EXTRACTION

Product in the Pipeline

ZOE JON ALEJANDRA

HUMANS HAVE CULTIVATED cannabis for millennia, due to its variety of uses for food, textiles, smoking and medicine. With technology advancing, various forms of processing have made cannabis all the more valuable. Recently, Epidiolex an oral solution of plant-derived cannabidiol made news as it was approved by the U.S. Food and Drug Administration for treatment of seizures associated with epilepsy. Epidiolex is produced by extracting cannabidiol, or CBD, from the plant. It is the non-psychoactive counterpart of tetrahydrocannabinol, or THC. These two major components of cannabis are isolated by extraction.

Extraction is the process by which a desired substance is separated from a matrix. In this case, cannabis extracts, or terpenes, are separated from the plant. Cannabis comes in a variety of strains that can be distinguished from one another by the amount of terpenes they contain. In addition, such differences give each cannabis strain its unique scent and aroma.

The most common form of extraction is hydrocarbon extraction. This process involves the use of propane or butane as solvents to strip cannabinoids from the plant. Cannabis oils, shatter, rosin, hash and wax are

among the many end products. When properly utilized, hydrocarbon is considered a clean method that leaves no residue. Hydrocarbons are nonpolar compounds made of hydrogen and carbon. Most are manufactured by-products of the petrochemical industry that are derived from natural gas, diesel fuel and gasoline. They are highly flammable but very efficient. All hydrocarbons have potential use in cannabinoid extraction. However, in practice, lower hydrocarbons are used, like propane and butane. These are extremely volatile and flammable, but they evaporate quickly, resulting in efficient recovery of dissolved cannabinoids.

The process of hydrocarbon extraction usually starts with packing cannabis plant material into a glass tube. It must be airtight, and a screen is attached to the bottom to prevent material from falling off. Next, the tube is placed in a glass container. Propane or butane is then introduced on the other end, ignited and allowed into the tube to heat up the plant material. Within minutes, the flower starts releasing oils, which drip out of the tube into another glass container. The container with oil is then placed into another container with hot water, which allows the solvents to evaporate quickly. Further purging is sometimes necessary to remove any leftover



BADDAR, A PRODUCT OF HYDROCARBON EXTRACTION.

IMAGE BY GREEN DOT LABS - READ THEIR FULL STORY ON PAGE 18



hydrocarbon to produce clean oil. Colored pigments and chlorophyll are left behind. The low heat evaporation of solvents such as propane and butane allows the oil being produced to form shatter and bubble hash. Hydrocarbon extraction is a dangerous process and thus requires strict adherence to safety measures. A single spark can result in an accidental explosion due to the substances being highly flammable.

Another form of extraction is non-hydrocarbon extraction, which does not involve solvents. One example of a by-product of this process is traditional hash, which is extracted through a process involving ice and water. A full plant is chopped and frozen and then broken into smaller and smaller parts over a wire screen. To a casual observer, the cannabis bud is just a part of the plant with no other unique feature. If you look more closely, however, fine hair-like growths can be seen all over the bud or flower. These are called "trichomes," from the Greek word *trichoma*, meaning "growth of hair." These hairs contain the oils and terpenes sought from herb.

Trichomes can also be separated via dry sieve. The process is as simple as rubbing leaves and buds through the surface of a fine wire mesh. Upper parts of the flowers and buds are typically selected, since they contain the

greatest concentration of terpenes and cannabinoids. Some manufacturers use additional finer wire meshes for a purer result. The powder can be smoked or heated to further produce hash. Some are made into blocks. Rosin, which is a translucent substance with a sap-like consistency, has become popular as well. The extraction involves heat and pressure, which is similarly time-consuming as a solvent-based process. One benefit of this method is the absence of harmful solvents in the resulting product.

Over the years, growers and manufacturers have been developing methods to produce the best-quality cannabis by-products. With the industry growing steadily amidst many challenges, there is no doubt that the business of extraction will soon be another big segment. The demand for cannabis oils and terpenes, especially in the field of medicine, is a sign that thorough research is necessary to enhance technology used in extraction. Two major concerns are the safety and purity of the products available on the market. Manufacturers need to make sure their products have the best concentration, and not compete for the amount of production. At present, we are hopeful that with the growing interest in the legalization of the cannabis industry in many states, safer methods of production will also be developed.

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WILLOW CREEK - \$425,000
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WILLOW CREEK - \$400,000
Interim Permit for 5,000 sf ml. ±2.5 Acres w/community water, cargo containers, & greenhouses.



WILLOW CREEK - \$699,000
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HAYFORK - \$2,600,000
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JUNCTION CITY - \$695,000
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FERNDALE - \$385,000
New Listing!
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BLUE LAKE - \$579,000
Reduced Price!
3/2 home on ±130 Acres w/ pool, deck, garage, screened in patio, spring & Redwood Creek access.

ON-THE-SPOT CANNABIS CONCENTRATES

PUSHING THE GREEN DOT

ASHLEY PRIEST

PHOTOGRAPHY BY GREEN DOT LABS

DABS, CONCENTRATES, OIL, wax, budder and shatter—whatever you prefer to call cannabis extracts, one thing is certain, and that is cannabis extracts are where it's at. Like many other products though, not all cannabis extracts are made the same, nor are they of the same quality. Over the course of the past several years, this writer has had the pleasure of trying numerous brands and strains of cannabis concentrates from Colorado, Washington, Nevada, Oregon and California.

This writer has experienced the cherry essence of CBD isolates, inhaled the goodness of 100% isolated delta-8, and has dabbed the tasty, terpene-infused "Clear." From dab rigs to straws, nectar collectors and vape pens, this writer has added extracts to joints, blunts and bowls while using bangers, nails, torches and e-nails.

(Story continues on page 20)

MEET THE MAKERS

HUSBAND AND WIFE DUO, ALANA AND DAVE MALONE.





▲ FULL-SPECTRUM EXTRACT

GREEN DOT ALWAYS HITS THE SPOT

No matter how I dab, or what tools I choose to do it with, there is one thing that always guarantees a good time -- and that is Green Dot Labs.

Never have I been disappointed with any product of theirs. Their repository of genetics is a unique and elevated selection far superior to others.

Green Dot Labs' and their "Black Label" cannabis products are considered by many to be the most reputable and coveted concentrate in Colorado. Black Label FSE from Green Dot is extracted using a proprietary cultivation methodology that is "specifically tailored to resin production."

Some of their incredible genetics include *Ancient OG*, *Blue Lotus*, *Cherry Chem Pie*, *Dutchess*, *Extreme OG*, *Fuzzy Navel*, *Headbanger*, *Jesus OG*, *Jilly Bean* (one of my all-time favorites), *New Jack City*, *Novacaine*, *Somango*, *Strawberry Mango Haze*, *Unicorn Blood* and *Wookie Cookies* to name a few.

Aside from their own proprietary offerings, Green Dot Labs also offers White Label services for other industry companies. Their services include a free consultation, ten-day turnaround, gorgeous and compliant packaging, detailed extraction log and most importantly, peace of mind of knowing that they apply their three-step quality control measures to every product they process.

This process ensures that Green Dot can create the cleanest, freshest cannabis extract each and every time. Green Dot Labs refuses to process sick or infested plants, so you can be assured that their labs are pristine and free from the risk of contamination at all times.

All Green Dot Labs concentrates are extracted in their custom-built lab that was designed for curating the highest-quality cannabis extracts. During the design, they consulted with a professional engineers and a certified industrial hygienists. They utilize 100% hydrocarbon extraction methods and reclaim 100% of the hydrocarbon gases utilized in their extraction process. This means the company's employees are never exposed to gases, no gases remain in their final product, and minimal gases are ever at risk of being released into the environment. From start to finish, Green Dot Labs offers purity, safety and one of the highest-quality cannabis extracts available on the market.

TAKING CARE OF THE COMMUNITY

An employee of Green Dot Labs, Jason Margolies was diagnosed with stage-four colon cancer earlier this year. Jason, who has suffered from Crohn's disease for nearly twenty years, had never required surgery. That was until his health began to decline last fall. A tumor that had been previously misdiagnosed as benign was found to be malignant after doctors discovered that cancer had spread to his abdomen and lungs in January. Since then, Jason has required numerous operations and has accumulated a lot of medical bills in the process. During this time, however, the cannabis community has not allowed Jason to go about this fight alone.

Jason remains optimistic, although he has accumulated over \$50,000 in medical bills and

only has a 25% chance of putting his cancer in remission. Unfortunately, Jason also suffers from an autoimmune disorder that causes cancer to become more aggressive and in return reduces his chances of putting it in remission.

His positive ways could be due in part to the outpouring love and support he has received from the cannabis community throughout his journey. Pura Elements has been donating 1,500-2,000 milligrams of THC to Green Dot Labs.

CONCENTRATED CARING

So, what makes Green Dot Labs different from the rest? Simple: They care. They care about the plants they grow, from seed to sauce. They care about the environment in which the cannabis they start with is grown. They care about how the plants are handled throughout their life cycle and post-harvest. They care about the methods, tools and products utilized in the extraction process. They care about how their products are packaged, stored and distributed. They care about the medicine patients consume, and how their consumers get the most out of their experience. But most importantly, they care about you.

◆ TO LEARN MORE, VISIT GREENDOTLABS.COM.



TRIMMING PACKAGES

BULK IN-BULK OUT

- EP receives product binned in bulk.
- Product is returned to client in bins, by strain, flower, trim, kief, stems.
- Summary Report will have flower, trim, and kief, (stems not weighed).

ANALYTICS (TRACK & TRACE COMPLIANT)

- EP receives product binned in bulk.
- Product returned in turkey bags, weighed out to clients specifications & or packaged for sale.
- Analytics "Peak System" will have Flower, Trim, Kief, and Stems recorded (track and trace compliant). Individualized data per trimmer, totals of finished product and loss percentages all by particular strains.

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CBD OIL TREATMENT PROVIDES HOPE FOR PEOPLE WITH EPILEPSY

ZOE JON ALEJANDRA

PHOTOGRAPHY BY MARK MCKENNA



EXTRACT OIL DERIVED FROM CANNABIS ▲



▲ GROWING CBD PLANT FROM HUMBOLDT ORGANIC COLLECTIVE

EPILEPSY IS A neurological disorder that affects people of all ages. It is unpredictable and can cause other health problems if not properly addressed. Epilepsy is a spectrum condition with a broad range of seizure types that vary from person to person. This is why each individual with epilepsy may need a specific type of care. The public has a limited understanding of epilepsy, which in turn poses more problems for the afflicted.

This chronic illness is characterized by recurrent, unprovoked seizures usually linked to brain injury but can also be hereditary. Seizures, which are sometimes likened to episodes of electrical storms in the brain, vary from person to person. Patients can anticipate the onset of a seizure before it happens. Changes in behaviour, odd sensations or anything out of the ordinary can signal an upcoming episode. Taking medication beforehand, as well as implementing safety measures or seizure drills, can help a patient survive without any further injuries. However, a seizure can also occur without warning, which is why even a slip in the shower can have fatal consequences. An estimated 65 million people worldwide suffer from epilepsy. As many as 3.4 million are living with this illness in the U.S., including at least 470,000 children. One in 26 Americans is predicted to develop epilepsy in their lifetime. Over 150,000 new cases are diagnosed each year. One-third of patients suffer with uncontrollable seizures due to lack of available treatment. Six out of ten are triggered by an unknown cause.

According to the National Institute for Neurological Disorders and Stroke, more than 20 antiepileptic drugs, or AEDs, are available. The options depend upon age, lifestyle, type of seizure, severity, frequency and pregnancy status. There are two types of drugs being used to treat epilepsy: narrow-spectrum AEDs and broad-spectrum AEDs. Some people have to take more than one medication. Narrow-spectrum AEDs target specific seizures occurring in an identified part of the brain. Broad-spectrum AEDs are for patients who have more than one type of seizure. Proper medical guidance before taking any of these drugs may provide more effective results.

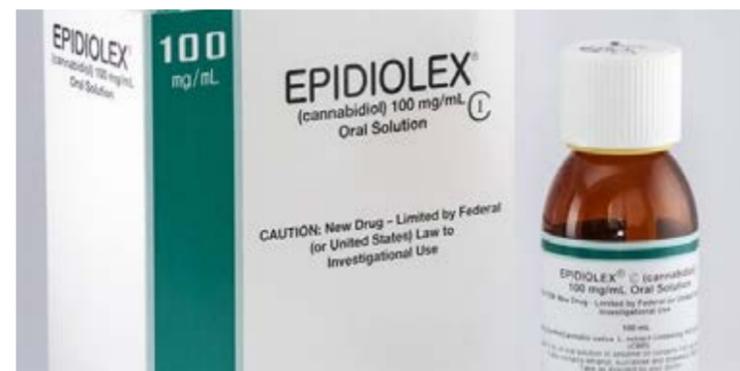
CBD OIL: A HOLY GRAIL FOR EPILEPTICS?

Cannabidiol, or CBD, is only one of the many components of cannabis. It is the non-psychoactive counterpart of tetrahydrocannabinol, or THC. CBD, which is derived from cannabis, has made the most impact in medicine, since it does not carry a euphoric feeling.



▲ CBD GARDEN OF HUMBOLDT ORGANIC COLLECTIVE

▶ THE NEWLY RELEASED CANNABIDIOL DRUG, EPIDIOLEX



On June 25th of this year, the U.S. Food and Drug Administration approved Epidiolex CBD oral solution for the treatment of Lennox-Gastaut syndrome and Dravet syndrome. Among the types of epilepsy, these two are the most severe. Lennox-Gastaut affects mostly children ages three to five years old and is characterized by uncontrollable contraction of muscles. Progression of this illness leads to learning disabilities and delayed motor skills. Dravet syndrome is a rare genetic condition that appears early in infants and is fever-related. It progresses to other seizures like muscle spasms. Patients may endure a life-threatening state of continuous seizures called “status epilepticus.” Poor language and motor skills development as well as hyperactivity are common in children affected by Dravet syndrome.

The FDA conducted controlled clinical trials involving 516 patients. Epidiolex taken with other anti-epileptic medications provided the most promising results. It is important to note that this was the first time a non-synthetic anti-epileptic drug was approved and that it was a major leap forward for cannabis medical research. “This approval serves as a reminder that advancing sound development programs that properly evaluate active ingredients contained in marijuana can lead to important medical therapies. The FDA is committed to this kind of careful scientific research and drug development,” states FDA Commissioner Scott Gottlieb.

CBD treatment is not without side effects, however. Patients who underwent Epidiolex clinical trials experienced sleepiness, elevated liver enzymes, diarrhea, rashes and fatigue among other results. It all boils down to responsible medication, which includes frequent interaction with qualified medical experts so as to prevent misuse, especially when the patient is a minor.

Currently, CBD is a Schedule I substance under the Controlled Substances Act, and the Drug Enforcement Administration is still required to make a scheduling determination. Regardless of the many legal hurdles that cannabis research may have to clear, the approval of cannabidiol in the treatment of seizures is a very clear victory.

Frenchy Cannoli

PASSION THROUGH HASHIN'

KRISTEL COLEONGCO



FRENCHY CANNOLI IS an interesting business given that it isn't confined to just one vertical. The business is actually comprised of two parts, with the main being production and distribution of their hash. Frenchy Cannoli are traditional hashmakers, and they proudly wear that badge. Their top-quality product is sold in some of the best dispensaries in the state of California. They work hand in hand with some of the finest organic farmers, and believe it's crucial for members of the cannabis community to work with each other. Through their product, they believe they're reflecting their love and dedication to the plant. With the current boom, Frenchy Cannoli is in better shape than ever, and is excited to see the kind of progress that the legalization could bring them in the near future.

The second part of the business is much more interactive and dynamic. They have established the Lost Art of the Hashish Workshops, through which they aim to educate a newer generation of hash-makers who have not had the opportunity to learn or travel to countries that produce hash. The workshops are immersive and full-day events. They are hands-on and walk the participants through the science behind the process and the art of making hash.

THE PROCESS

The process of making hash is not an easy one, but it also isn't overly complicated. This is something that French Cannoli has been aiming to bring to the rest of the world through their workshops. It includes washing the biomass through a mini washer that's especially made for the product. They sell

these washers online for an affordable price of \$50. There's a very detailed and meticulous drying process in prepping the hash for further refining. Then there's the pressing of the dried resin to decarboxylate it, which technically makes sure it is produced for the best smoking experience and consumption. The workshops that French Cannoli offers are not only educational, they are perfect for startups or budding entrepreneurs who would like to expand their skills and dip their toes in the waters so that they can get started and find a small place in the ever-expanding cannabis industry.

ROMANTIC ROOTS

How the business was conceptualized was actually a transcendent and emotional experience. In a sense, it actually somewhat started roughly around 40 years ago when Frenchy and his wife met as young travellers in Nepal. They later made their way to the northern Indian state of Himachal Pradesh, in the charming and tiny Himalayan valleys of Malana and Kula. There, Frenchy worked alongside the local villagers, gathering resin from the cannabis plant using a traditional and gentle hand-rubbing process to make a live resin product that is known locally known as "charas." This experience of working so closely and intimately with the cannabis plant has cemented his lifelong love affair and passion for the pursuit of artfully creating high-quality hash product.

Frenchy and his wife Kimberly now solely own the business and have established their main location and headquarters at The Cohong cannabis complex in Oakland, CA.

ADMIRABLE DEDICATION



Frenchy Cannoli is dedicated to working with the small organic and biodynamic permaculture farmers located in the Emerald Triangle. They strongly believe that small farmers are the key to the future of humanity because of their strong connection to nature and earth. It's important to Frenchy Cannoli that they support these efforts due to the amount of work farmers put in to protect the planet and support the community. This support system allows the company to create a high-quality product that is filled with so much love, energy and devotion.

The biggest challenge that the business has faced so far has been prohibition. The War on Drugs was very effective in its propaganda about cannabis, and people who were honest about their cannabis consumption were to some degree treated like undesirables. It was a huge revelation when they came to the U.S. and witnessed the amazing work done by cannabis activists to bring patients the right to consume medicine. They feel that they owe a large debt of gratitude to AIDS activist Dennis Peron and the author of *The Emperor Wears No Clothes*, Jack Herer, along with others who fought and paved the way for medical and recreational use. They never imagined that cannabis con-

sumption would be legal in their lifetimes, and feel blessed to do the work they love with the plant they honor.

Frenchy states, "Our work is like making wine. On a bottle of wine, you find the name of the wine and the place where it was grown, not the name of the person who made the wine. We sell only one grade of traditional pressed hashish. In French, it's called la crème de la crème, meaning "the best of the best." The name of the farmer and where their farm is located are written on our packaging. Our educational efforts are 100% open source. The processes we share in our workshops are the same processes we use in our day-to-day operations. We want to plant the seeds to inspire a whole generation of artisanal hashmakers that are focused obsessively on creating the best traditional hashish they can make. We strive to pass on the traditions that were given to us, clueless youths all those years ago. Through the use of water and other modern techniques, we've been able to create some great smoke, and we are sure that our apprentice, Cherry Blossom Belle, and other students of our workshop are going to carry on the tradition and take it even further in the pursuit of perfection."

TO LEARN MORE,
VISIT FRENCHYCANNOLI.COM

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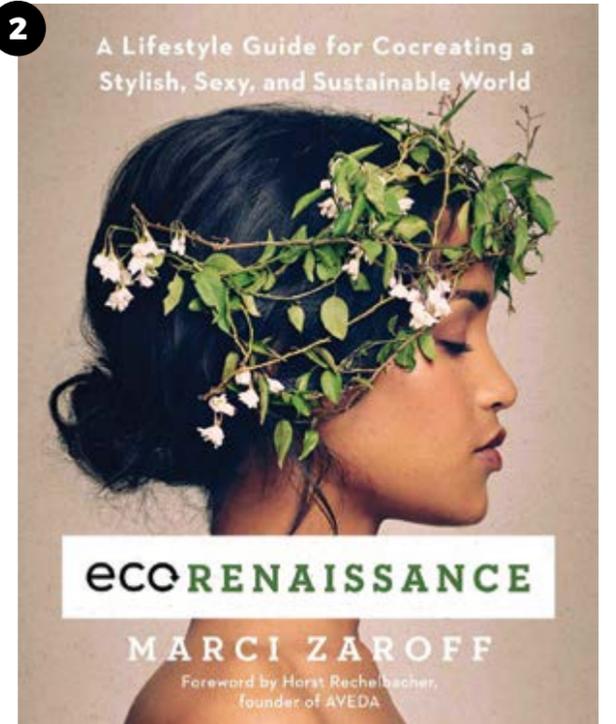
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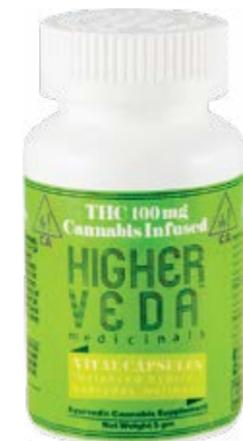
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4



5





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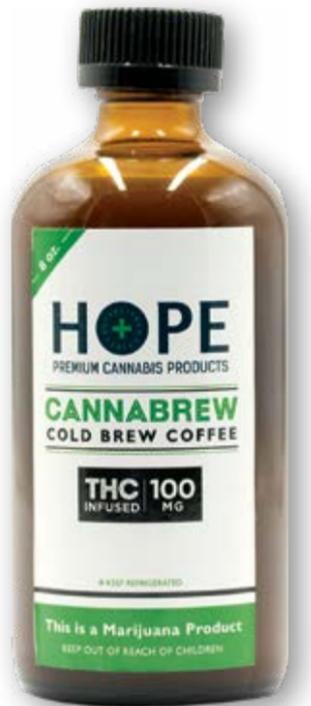
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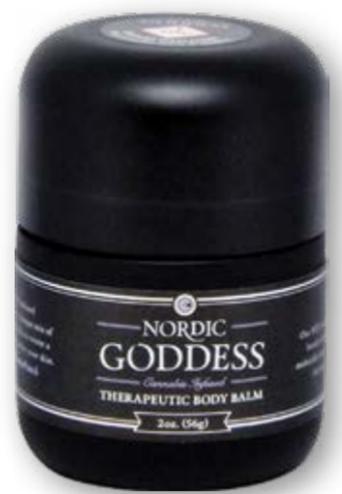
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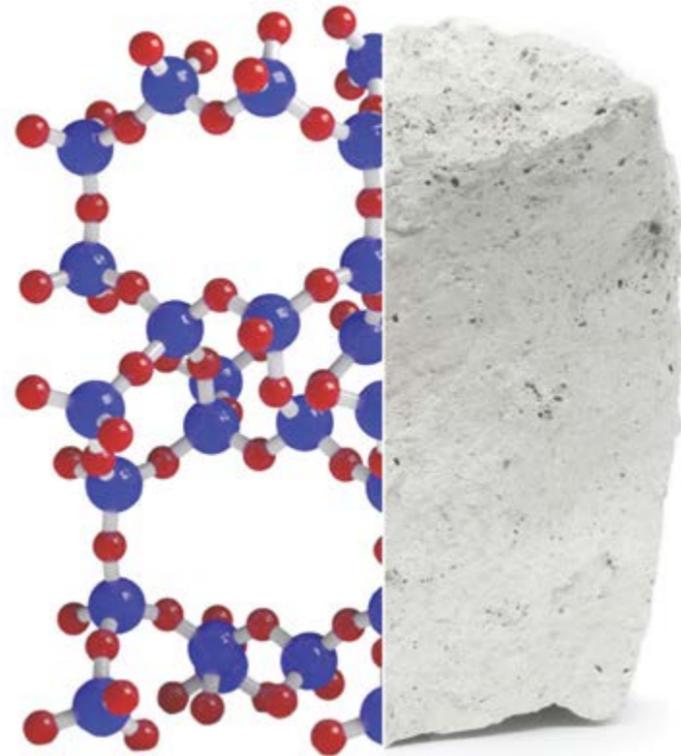
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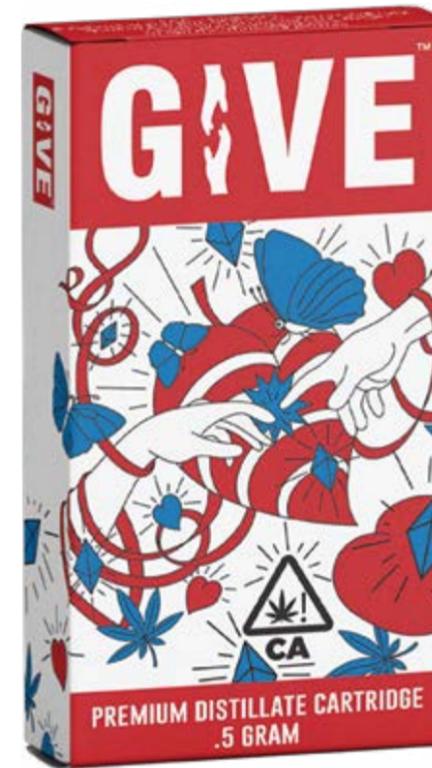
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FLOWER POWER

CBD INFUSION SPECIALISTS

KRISTEL COLEONGCO



“OUR MISSION IS TO PROVIDE COFFEES AND EDIBLES THAT WILL ENHANCE THE LIFE EXPERIENCE OF HEALTH-CONSCIOUS CONSUMERS THROUGH THE USE OF LEGAL, NON-MIND-ALTERING INFUSIONS.”

FLOWER POWER COFFEE Company specializes in infusing coffee with CBD. The company’s beauty is in its simplicity. Coffee, a favorite amongst many, is the lifeblood for a considerable amount of working adults. This is why Flower Power has decided to choose the popular beverage as its medium, and infuse it with CBD for ultimate comfort.

HOW IT ALL STARTED

The business was born in July of 2017. It took the team three months of extensive work and research to fine-tune their formula. Once they were able to perfect the doses and processes, their website went live. They’ve been in full swing ever since.

FLOWER FOUNDATION

The New York-based company ships to all 50 states. They have expanded beyond the national reach by forging a partnership with a UK-based distributor, now giving them a base to ship all over Europe.

The proprietor, Chef Leighton, is just as colorful as the business and the product itself. Leighton brings over fourteen years of culinary experience. He trained in the UK, Ireland, and much of Europe before bringing his expertise to the United States. He loves to experiment with different types of ingredients and flavors to make unique and exciting creations. His passion for cooking and the medical benefits of cannabis led him to create the first-ever CBD-infused dinner in New York. His wife, Beth, serves as a self-described “Jill-of-all-trades” for the company. The other two members on the team are Dr. Craig Leivent, who has degrees in pharmacology and botany, and Terry N. Bouvier, a business adviser with more than 20 years of experience.

THE INSPIRATION

The inspiration behind the business was due to the founders’ goal of properly introducing CBD to the general public. They wanted to have a more creative way to introduce cannabis while breaking down the stigma around it. They went straight to the drawing board to think on ways to properly infuse CBD into an everyday consumer item. That’s when coffee came to mind.

Coffee is consumed by roughly 80% of the global population, and is a simple, non-threatening medium to introduce CBD to the market through.

PASSIONS

Flower Power is passionate about CBD due to the associated benefits reported in recent research and studies. Another main factor behind their push is the opiate epidemic in the United States. CBD is a viable and much safer alternative. Flower Power is about bringing a better quality of life for these potential patients.

The company believes CBD should be introduced to the general public in a way that it would not alter one’s daily routine. CBD consumed in commonly used products is the perfect solution, and in turn, coffee proved to be the best product to infuse.

“Our mission is to provide coffees and edibles that will enhance the life experience of health-conscious consumers through the use of legal, non-mind-altering infusions. We value the importance of giving back to the community, creating new jobs within Flower Power and our affiliations/partners, supporting worthy nonprofits, and fundraising to benefit the community. We believe in the value of friendship, education and working with companies who have great products and/or with whom we can collaboratively develop innovative products.”

▶ TO LEARN MORE ABOUT FLOWER POWER COFFEE CO., VISIT FLOWERPOWER.COFFEE.



COLORADO CONCENTRATES

ALL DABS ARE NOT CREATED EQUAL

JAMES PRIEST



TERPY, POTENT CANNABIS concentrates are what you want when you dab. All dabs are not created equal. Some taste much better than others. This writer has had dabs that taste anywhere from garlic to trail mix to downright burnt hair.

Concentrates like this can leave behind a bad taste for dabbing. Fortunately, there are many companies that focus on giving you the best cannabis extract product possible.

The following products and dispensaries come highly recommended. They're all top of the line and have a passion for their craft, as well as for the consumers they serve. Before you start looking for concentrates, you'll need to know where to go. Here are a few places the *Emerald Magazine* suggests.

STORES TO SCORE

Recreational and medical cannabis dispensaries are not all the same. Sticking to establishments that have good reviews and reputations will usually yield good results when purchasing cannabis products. This is where several apps come into play, one of which is Weedmaps.

Weedmaps offers reviews, menus, pricing and dispensary deals. You can download the app from Google Play or the Apple Store. Once you have the app installed, you're ready to start exploring. Type in one of these names, and let the fun begin!

House of Dankness

Strawberry Fields

Native Roots

The Medicine Man

Maggie's Farm

Doctor's Orders Stem Beach

Grow Life

Emerald Fields

The Farm

Diego Pellicer

Cannasseur

Rocky Mountain Blaze



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The full speaker line-up and topics up for discussion can be found at www.imn.org/ic3east

For More Information, please contact:
 Gareth Tapper at +1 212-224-3048 or gareth.tapper@imn.org

IMAGE BY GREEN DOT LABS



Green Dot Labs (p.18) makes a wide variety of delicious extracts. From strains like *Charlie Sheen to Blueberry*, *Banana Split*, *Durban Poison* and dozens more, these dabs never make me mad. Green Dot concentrates can be located at multiple medical and recreational cannabis dispensaries across Colorado.

Wax Poetic is a brand specific to Grow Life medical cannabis dispensary in Colorado Springs. Wax Poetic makes full-spectrum extraction (FSE) concentrates like *Blueberry Headband*, *Uprise OG X Charles Kush*, *Strawberry Kush* and more. I've never had a Wax Poetic I didn't like and would highly recommend them.

Incredibles, Apothecary and Denver Dab Company all make blazing concentrates. Keep your eyes open, and you never know when you will find a great deal on some absolute fire.

NEW FAVORITE FIND

In a dusty little part of Southern Colorado called Stem Beach sits a building with a green dinosaur. The allure of this drew my attention. I exited off the interstate to see what it was. To my surprise, I found the green dinosaur to be a dispensary called Doctor's Orders Stem Beach.

BLAZIN' BRANDS

Now that you know some of the best places to go, here are some of the concentrate brands I find to be on point.

The place was small with a great selection of flower, edibles, vape cartridges and concentrates. Ggrabbing some Coda bath bombs and a few grams of dabs, I found Green Dot *Sunset Sherbet* for an incredible \$11 a gram.

Then, I saw it! On the shelf was a favorite strain of mine in concentrate form. It was *Lamb's Breath* from Rockin Extracts. I was blown away at the amazing terpene profile, as well as the exceptional buzz from this concentrate.

ENJOY YOUR COLORADO CONCENTRATES

The companies and brands mentioned in this article will help guide you to Colorado cannabis concentrates. Good dabs are like finding gold. Colorado is packed full of places to see, and dispensaries to visit. Places like the historic old west town of Trinidad, the Sand Dunes of southern Colorado and the Red Rocks Amphitheatre near Denver, "The Mile-High City."

Come visit Colorado, and discover your own tasty find.

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CANNABIS HILL

HILARY ANNE OSBORN

PHOTOGRAPHY BY EITAN MISKEVICH

B-REAL OF CYPRESS Hill needs no introduction to our readers. If you've been involved in the cannabis scene and listening to music in the last 30 years, you know Cypress Hill, specifically B-Real's unique vocal stylings. He took time to sit down with the *Emerald* in Los Angeles to talk about his new dispensary, Dr. Greenthumb, the process of developing and opening a shop and how his history in music and advocacy has helped him build a brand.

EMERALD MAGAZINE: YOU'RE HAVING A PRETTY BIG YEAR WITH A NEW CYPRESS HILL ALBUM, TOURING WITH PROPHETS OF RAGE AND THEN, OF COURSE, OPENING UP YOUR DISPENSARY, DR. GREENTHUMB, ON AUGUST 15TH. HOW DID OPENING DAY GO?

It was great! We had a great turnout. A lot of people came out, A lot of people turned up.



EM: OUR BIGGEST QUESTION AT THE EMERALD IS: HOW WERE YOU ABLE TO OPEN QUICKLY? WE ALL KNOW THAT THE PROCESS CAN BE TIME-CONSUMING AND COMPLICATED. SO, WHAT WAS THE PERMITTING PROCESS LIKE FOR OPENING UP YOUR DISPENSARY?

Well, the partners for Dr. Greenthumb were really diligent in getting all the licenses to ensure that we were compliant, I have to say props to my team, because without them we wouldn't have been able to open up on the August 15th. It's like anything—it's a process, They make you jump through some hoops for it. Fortunately, we were able to get everything we needed, not just for licenses to open but also to find products to put on our shelves. We had to take care in selecting products that were in regulation.

EM: IS THIS A VERTICALLY INTEGRATED SHOP? ARE THERE ANY DR. GREENTHUMB CANNABIS STRAINS OR EXTRACTS?

Yes, definitely. We produce some of our own line of extracts, strains and edibles as well as having other well-known name brands on our shelves. One of the main things we were doing before we opened up the shop was cultivating the brand and the products that fit the brand, because we didn't want to depend on other sources for our materials, and my team has over 25 years of cultivation experience. The real struggle was opening up the retail location, because I needed to find the right partners to open, partners that were on the same page with me as far as what I wanted to do in the community, partners that were going to come through and do what they say they are going to do. I'm touring with Prophets of Rage, and Cypress Hill, and working on music, which means I don't have a lot of time. So, I needed to link up with a team



▲ B-Real (left) and Tom Morello perform as part of Prophets of Rage at Shoreline Amphitheater. Photo by Sterling Munksgard / Shutterstock.com

that was in the same frame of mind with what we could do with the brand, where we could open and make an impact, and how quickly we could do it. We wanted to open this year but didn't want to rush it. So, as I said, the challenging part was finding the right partners. I had partners a few years back, and we had planned to open a shop in Santa Ana, but that folded because we disagreed on a few things, so I pulled the plug on that. I've focused on the Dr. Greenthumb brand instead, so that ultimately when we came into the market it would be with a brand that people recognized that has a reputation for quality behind it. Unfortunately, my previous plan didn't work out, but I like to think things happen for a reason, and that led to us eventually opening up in Sylmar, which is ultimately a better position for us.

EM: CAN YOU SPEAK MORE TO YOUR LOCATION AND WHAT IT MEANS TO OPEN IN SYLMAR SPECIFICALLY?

A lot of the brands that we have in our shop definitely didn't exist in Sylmar before. If you lived deep in the Valley, you'd have to come pretty much downtown to get some of those exotic brands of top quality. I've been an influencer in the cannabis community for quite some time, so diving in with the Greenthumb brand means that consumers trust coming to me, and they trust me when I say, "This product is good for you, you'll be excited about it." When we opened up, people knew that we will have brands that other shops in the area might not have, like Nameless Genetics, the cookies brands, etcetera. We have so many different brands in our shop, and those brands that we have relationships with know that people will come into Dr. Greenthumb expecting to see those products. You know, we want to produce our own lines, but we also don't hate on others. We want to highlight everybody, because you can't grow enough cannabis. People recognize that I'm willing to shine the light on someone else's brand and not just mine, so they trust our shop in that aspect as well.

EM: VARIETY IN A DISPENSARY IS A GREAT BOON FOR THE SUCCESS OF YOUR SHOP, AND IT SOUNDS LIKE YOU HAVE A GOOD SPREAD OF

YOUR OWN DR. GREENTHUMB PRODUCTS AS WELL AS OTHER QUALITY BRANDS. THIS IS THE CONCENTRATES ISSUE, SO WE'RE HOPING YOU CAN TELL US YOUR FAVORITE!

One of my favorites is one that we developed with Nameless Genetics. It's the watermelon strain, and I think it's one of the best. It's live rosin—they call it "love rosin"—and I suggest people try that if you're into extracts.

DO YOU HAVE PLANS TO EXPAND OUT AND FRANCHISE?

Definitely. We have plans to continue to develop the brand and franchise out to the rest of the country.

EM: DO YOU HAVE ADVICE FOR ENTREPRENEURS? I KNOW YOU GOT INTO THE BUSINESS THROUGH MUSIC AND ADVOCACY, BUT WHAT WOULD YOU SAY TO OUR READERS WHO ARE LOOKING TO GET INVOLVED IN THE INDUSTRY?

It's doing the diligence, and knowing what exactly it's going to take to get involved, in terms of opening a dispensary, or doing cultivation, or creating products, You have to build your brand. It's an expensive venture, if you're partnering up, make sure you're on the same page and you have the same vision. It's impossible to do it yourself, and you need to build a good team and a good brand and understand what this industry is.

FOR MORE INFORMATION ON B-REAL OR DR.GREENTHUMB, VISIT BREAL.TV .



An advertisement for Cover Cannabis. The background is a light wood grain. In the center is a stylized cannabis leaf logo with orange and black leaves. Below the logo is the text 'COVERCANNABIS.COM'. To the right, there is a dark orange curved shape containing the text 'LOOKING FOR A TRUSTED AGENT?' in large white letters, followed by 'Protect your Business with Cannabis Insurance' in smaller white letters. Below that is a dark orange rounded rectangle with a white phone icon, the text 'GET A QUOTE TODAY!' in white, and the phone number '(888) 376-7007' in large white letters. At the bottom right, the email address 'info@covercannabis.com' is written in white.

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Boomspharm

BOOMING IN BUSINESS

AMY WITT

AFTER NUMEROUS SPORTS-related injuries and a few severe car accidents left him with a fused neck, chronic pain and reconstruction surgery on both knees, Nick Boomer was tired of treating himself with pharmaceuticals to get him through his days. He was fascinated when he decided he would transition from prescription pills by using CBD and THC. His chronic pain subsided, his mind was no longer cloudy, and he was happy and motivated. Inspired by the power of the plant, he began growing his own cannabis in his backyard, later updating into indoor bedroom operations and, over time, upgrading to a 2,000-square foot warehouse space. And now for over 15 years, Nick Boomer from Boomspharm has been helping to redefine the way patients medicate and treat themselves.

“I realized, over my lifetime, that I didn’t choose cannabis—cannabis chose me. Cannabis literally saved my life and allowed me to heal others. I’ve dedicated my life to increasing the pool of clean cannabis genetics and making the corresponding product available in a safe-access manner,” Boomer expressed.

In 2002, after California passed Proposition 215 and SB420, Boomspharm began to cultivate on a higher scale on behalf of a non-profit collective. With a focus on providing the cleanest and healthiest cannabis, he strived to offer strains, specifically pure CBD cultivars, that patients were in dire need of. By using strain-specific medicines and collaborating with breeders to create new varieties that matched patients’ needs, he chose to transition from his conventional grow methods to educating and advancing his cultivating methods to organic only, eliminating any and all harmful chemicals or pesticides. The diversity in the soil, along with his studies, allowed him to explore and understand new areas and the symbiotic relationships between soil and plants. Preserving a healthy and clean stock of genetic plants, Boomer began to make clones and offered identical baby plants to other patients to grow for themselves, establishing a nursery collective and branding Boomspharm as a genetic company, incorporating other experts in the field of propagation.

The Southern California grower prefers organic inputs to create a living soil blend and feeds with compost teas, derived from organic elements to enrich the flowers, bringing out their natural colors, aroma and flavor. The cannabis is then flushed for 10 to 14 days prior to harvest. Once dried and cured, the crop is sent to SC Labs to be tested for a potency analysis, as well as comprehensive safety screening (i.e., for bacteria, pesticides and mold) before it’s donated.

As a Dragonfly Earth Medicine (D.E.M.) Pure Certified farm, Boomspharm focuses on soil microbiology, integrated Pest Fungi Management Program, specializing in self-sustaining practices; aquaponic systems, pure soil,

cover crop blends, fungi integration, drought tolerant cultivation and tissue culture. Through his journey, he found a lab director with several years in tissue culture propagation to create thousands of new cannabis plants. These plants would be created from cell samples taken from selected cannabis plants, then multiplied in a nursery tissue culture lab. The benefits include preserving the strains in a virus-free, pest-free and pathogen-free lab.

EMERALD MAGAZINE: WHAT IS TISSUE CULTURING, AND WHAT IS ITS PROCESS?

Tissue culturing is taking a cell sample cutting with a sterile scalpel and placing it into a glass vial. The glass vial is filled partially with a gel substance called “agar,” along with a proprietary blend of hormones, auxins, sugars and salts. The medium is created from natural inputs and optimized for strain-specific cultivars. The agar gel provides the food and water for the culture to survive long enough to grow roots and new top leaf shoots. The glass vial is sealed and placed on a vertical grow rack in a clean room lab. The lab must be 100% sterile with a double-door entryway, high-efficiency particulate air (HEPA) filters, environmental controls, specialty lighting and other needed equipment to operate successfully. Once the new roots and leaf tips have grown from the culture in glass, it exponentially grows more roots and leaf shoots, which can be cloned further by taking scalpel cuttings carefully separately the shoots. Once the shoots are rooted and large enough, they’re transplanted into a soil-type medium and container to be grown indoors or in a greenhouse.

EM: WHY IS IT BETTER THAN TRADITIONAL/ CONVENTIONAL CLONING?

Tissue culture propagation supplements and complements seed production. In the propagation life cycle, male cannabis plants pollinate neighboring female cannabis plants in peak season, thus producing seeds at harvest time. Traditionally, growers using regular seed stock will see a 50% male and 50% female return on sexing plants when grown for next season. Ideally for cannabis production, growers will want only the female plants and remove the male plants before they ever get a chance to pollinate the females, and cause them to seed. If the grower doesn’t grow his own seed, then he needs to buy clone cuttings of a female plant from a nursery like Boomspharm to keep his crop in rotation. So, at the tissue culture lab, we give royalties to breeders with verified seed stock of strains they want to license production out on. We will grow the seed out and then enter the cuttings into tissue culture to allow those proprietary seeds to be preserved in living form and ready to replicate by the thousands in a smaller space than a traditional nursery would when conventionally cloning using larger mother stock plants to take cuttings



▲ MASTER GROWER, NICK BOOMER, IN HIS GARDEN

from. Starting from clones allows the farmer to have an even canopy, resulting in consistent crops in similar size, flavor, color, potency and more, whereas growing from seed promotes variation in crop production. Balancing the hunt for new types of strains grown from seed for mold/pest resistance, terpene profile, resin production and commercial production viability is crucial. Once we identify desirable traits in certain strains grown from seed, that's when it's best to preserve and multiple in tissue culture propagation.

EM: IS THERE A STRAIN THAT WORKS BETTER THAN OTHERS?

High-CBD strains, especially hemp varieties, seem to be harder to optimize in tissue culture and grow as easy as THC dominate cannabis cultivars. We have successfully rooted several cannabis- and hemp-based strains in our tissue culture lab and are scaling to see which does better than others accordingly.

EM: WHAT DO YOU BELIEVE IS IN THE FUTURE FOR CANNABIS, AND HOW DO YOU THINK TISSUE CULTURING WILL ADVANCE AND EXPAND?

I see a divide between commodity cannabis and craft cannabis. Just like alcohol, I see two different groups of consumers. Cannabusiness will likely follow a similar trend, and I hope to stay more involved with the boutique and craft cannabis side of the sector. I see tissue culture

being a solution for small and large farms. As for the craft grower, they rely heavily on preserving their heirloom and vintage genetics that only they possess and want to grow. The large sun-grown and greenhouse farms with acres of canopy will also need a large quantity of consistent clones to fill the production space allotted. Either way, I plan to provide clean lab-tested genetics.

EM: WHAT'S ON THE HORIZON FOR BOOMSPHARM?

There's only a handful of licensed tissue culture labs in California, and my team is in the process of applying for a state license pending the final fundraising stage. Once the commercial tissue culture lab is launched, we will have breeder programs to offer elite genetics to wholesale and retail customers alike. Starting with the tissue culture plant stock ensures the plants are sterile of mold, pests and systemic pesticides. The last is a huge concern for state-licensed cultivation facilities due to systemic pesticides staying latent in the plants' cells for several crops. And those trace pesticides in the crop will fail a lab test when sent out for state compliance analysis. So, most commercial clients will opt to begin with clean plant stock from tissue culture and mitigate the risk of acquiring undesirable genetics from a conventional nursery.

FOR MORE INFORMATION, VISIT BOOMSPHARM.COM.

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ON DECK FOR HEALTH

Q&A WITH CHICAGO WHITE SOX ORTHOPEDIC SURGEON

SHANE MCCORMICK

EMERALD MAGAZINE: Hello, everybody. This is Shane McCormick interviewing Dr. Charles Bush-Joseph, team physician for the Chicago White Sox. Today we're discussing sports and cannabis. Please tell me about yourself.

Dr. Charles Bush-Joseph: I'm an orthopedic surgeon practicing in Chicago, and I specialize in sports medicine. I've been an orthopedic surgeon for almost 30 years now, and I would say I take care of lots of athletes. I come at this from a perspective of the value of medical cannabis or medical marijuana in treating pain and symptoms that people have, and sometimes athletes can have, after they have serious or significant injuries and are even left with disabling symptoms. It's not unusual for many of these patients to devolve into using narcotics and opioids on a regular basis. I've always felt that medical cannabis can provide a great deal of pain relief for patients who've got chronic symptoms and still want to participate in recreational or even sometimes competitive activities. Now obviously you don't use medical marijuana to perform a sport, but in treating the symptoms, the problems or the sequela of that sport. I think that's where it has value.

EM: WHAT ARE THE BENEFITS OF AN ATHLETE USING CANNABIS?

CBJ: The benefits are:

If an athlete is trying to treat symptoms, and they've got pain after a knee injury or difficulty with recovery following a shoulder injury or a spinal injury where they've had treatment and have had a hard time getting rest and sleep.

They're going to rehabilitation, and they can't find that relief to get rest or sleep. When they choose other stronger medications, like sedatives or muscle relaxants or, as I mentioned earlier, opioids, I think that medical cannabis provides a great alternative.

52 It's a naturally occurring substance that generally is very safe. It's very, very difficult, if not impossible, for a patient to overdose on medical marijuana, whereas, with opioids, it's much easier to overdose, because too much affects your brain stem function, which regulates your breathing and your heart function, whereas with medical cannabis there are no receptors in your brain stem affected by cannabis, so that generally just doesn't happen.

WHAT ARE SOME OF THE CONS OF ATHLETES USING CANNABIS?

CBJ: Well, I think there are several.

Number one, is cannabis is not a performance-enhancing drug. And certainly, if you're using marijuana during the performance of your sport or training, you're not going to do well.

Cannabis dulls your sensations, and it freezes your reaction time.

There are a variety of things that are not beneficial for performance reasons, but useful from a recovery perspective. That should be intuitive to think about what cannabis does for people. It's a sedative; it's relaxing, it has some pain-relieving qualities. It can help alleviate or treat symptoms associated with nausea from other medications or other medical problems.



EM: DO YOU SEE CANNABIS TREATMENTS IN THE FUTURE THAT WILL HELP ATHLETES RECOVER FASTER FROM INJURY?

CBJ: I honestly can't say that.

- They're not using narcotics.
- They can find rest easier without other stronger medications.
- It allows them to get through the trauma of surgery or injury if necessary.
- I think the great value of cannabis with athletes is that they can recover safer.

From a psychiatric or psychological perspective, it allows for restfulness and sedation and decreases anxiety. I'm sure there are other potential benefits for it. I know many athletes who do use cannabis for medical reasons, and some for recreational use, but that's not an area of my expertise.

EM: CAN OR SHOULD CANNABIS BE USED AS A NEUROPROTECTANT?

CBJ: I wish I could say there is evidence that exists. There are certainly anecdotal reports by patients that feel there is a neuroprotective value to it [a neuroprotectant serves to protect nerve cells against damage, degeneration, or impairment of function], but that hasn't been borne out well in science.

With the current drug classification as it is by the federal government, it is very hard to study the effect of medical marijuana unless you have a very clear-cut and defined topic.

That's one of the things that we're hoping—that the FDA will lower the threshold to declassify medical marijuana, allowing us to get better evidence because we do think it has value, but unfortunately we're not at the point where we can really prove that.



▲ BRANDON SHORT, A CHICAGO WHITE SOX PROSPECT, BATS FOR THE MESA SOLAR SOX IN AN ARIZONA FALL LEAGUE GAME OCT. 17, 2011 AT HOHOKAM STADIUM. SHORT WENT 1-FOR-3 WITH 2 RUNS SCORED. PICTURE AND INFORMATION PROVIDED BY BILL FLORENCE OF SHUTTERSTOCK.COM.

EMERALD MAGAZINE

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EM: THERE ARE MANY WAYS TO INGEST CANNABIS. FROM YOUR EXPERIENCE, DO YOU RECOMMEND ANY PARTICULAR METHOD OF USAGE?

CBJ: No. How patients ingest or take in cannabis is purely an individual choice. It goes with patient experiences and how they perceive enjoyment. Obviously, if you're inhaling—vaping or smoking it—you get a much more rapid intake.

The benefit from it is, how quickly cannabis gets into your system and how much of the cannabinoids you get into your system. For example, seizures or other neurologic issues.

One problem for patients is that some don't know how to smoke or "vape," and sometimes they use edibles, whether they be candy or gumdrops or things like that. The problem there is the effect is not the same as from inhalation, and patients have to be more patient and regulating in their dose. In my experience, many older patients who have never smoked or had cannabis before generally rely on ingestibles, either candy or cookies, because that's the way they are most comfortable taking in cannabis.

EM: DO YOU RECOMMEND ANY SPECIFIC STRAIN OF CANNABIS FOR ATHLETES TO TAKE?

CBJ: No, I would again tell you that that's a matter of personal preference for the taste, the smell, the feel, the sensation. From a medical perspective, "cannabis" is beneficial. It comes down to how much THC and what percentage it makes up of the "strains."

There are different types of cannabinoid compounds within medical marijuana that have beneficial effects. Largely, all the other things that patients perceive about sensation or taste are added benefit for the personal pleasure. That's why some patients are just happy taking ingestible cookies or candies, or they have no perception of taste. They don't necessarily want to get high, but they want to get the medicinal benefits.

In the state of Illinois, when you purchase a product, whether it be plant material or an ingestible, every package tells you exactly what percentage of compounds are present within that product that you're taking. That's obviously what makes medical marijuana different from people just buying it off the street and why we say it's a pharmaceutical-grade approach to dosage and ingestion.

EM: DO YOU SEE A FUTURE WHERE ATHLETES OR EVEN EVERYDAY PEOPLE CAN GROW THEIR OWN TO MEDICATE?

CBJ: I see that if individual state regulation allows that. I think if we get to that point of legalization, people are going to know what they're getting. It's just like growing tomatoes. There are a thousand different tomato brands available, and that same thing occurs with cannabis.

Consumers will want to know the strain and the potency is going to provide the desired therapeutic effect they're looking for, for example, relaxation. It's about much more than just trying to get high.

EM: DO YOU SEE MAJOR SPORTING ORGANIZATIONS BECOMING MORE RELAXED IN THEIR APPROACH TO CANNABIS?

CBJ: Yes, I take a look at it from a Major League Baseball perspective. They would term two types of drugs as abusive, of which marijuana should be considered one similar to cocaine, where there is no perceived benefit for the player, and the second type would be performance-enhancing drugs.

Nowadays, what we're finding in Major League Baseball is they're getting much, much more relaxed, although not entirely, in the use of "perceived drugs of abuse," because they don't give a patient or a player an advantage over another player in competition.

Medically speaking, there's no perceived performance enhancement. What we talked about earlier today was the benefits of recovery and allowing players to avoid other more dangerous methods of treatment. In general, I would expect all the professional leagues in time to discontinue marijuana testing and similar types of things. These things are slow, and they're based on player union contracts, which are on a five-year cycle. Nonetheless, I would expect that to go away gradually.

EM: DO YOU BELIEVE CANNABIS CAN LOWER HEALTH CARE COSTS?

CBJ: Yeah, I do. I think we have excessive health care costs because patients find themselves in more expensive ways to manage their symptoms and pain, and they often end up on opioids, which can lead to opioid addiction. The consequences can be disastrous. Sixty-six thousand people in 2016 died of an opiate overdose, intentional and unintentional.

For every person who dies of an opioid overdose, there are probably 35 who end up in an emergency room. I think the likelihood of ending up in an emergency room from cannabis is dramatically less. I think it allows patients a natural option to treat symptoms of chronic pain or chronic nausea, or other symptoms associated with some serious medical conditions. I think it's got excellent treatment value; it's safer. I think it has significant economic value to public health as a whole.

EM: WHAT DO YOU THINK IS THE FUTURE FOR ATHLETES AND CANNABIS?

CBJ: I would say this: As a scientist and a researcher, my hope is that, with the continued legalization of medical marijuana, we can perform scientific studies to find out specifically where there is greater value, in muscle strain recovery or athlete-endurance recovery.

There's a variety of areas that we can study where we think that it would have potential benefit. My expectation is that after we go through this legalization cycle we're in now, we're going to be able to find more specific target areas where we think cannabis is going to have great benefit to athletes.

I believe it will be in the psychological aspects of training, but more importantly, I think in the medical aspects of recovery from injury, or the effects of overtraining.

🍀 TO LEARN MORE ABOUT THE AUTHOR, VISIT CHEAPHOMEGROW.COM

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HEAVY SOIL BLEND.

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Ingredients: Peat Moss, Perlite, Organic Compost, Aged Forest Products, Grape Pomace, Composted Dairy Manure Extract, Hemic Acid from Leonardite, Molasses, Seaweed Extract, Yucca Schidegera Extract, Bentonite / Montmorillonite, Composted Chicken Manure, Bone Meal, Organic 4-4-2
MEDIUM-HEAVY OUTDOOR SOIL BLEND, WOOD AND JUICE TERPENE.

SMALL POT
Ingredients: Aged Forest Products, Specially Formulated Compost Blend, Triple-washed Coir, Peat Moss, Red Lava, Perlite, Special Fertilizer (Percentages of Ingredients Varies from Terpene Gold Mix)
LIGHT SOIL FOR SMALL POTS, WOOD AND JUICE TERPENE.

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POT POCKET

INFUSING FUN IN CANNABIS

KRISTEL COLEONGCO

NOT THAT CANNABIS needs a lot of help in this department, but accessories can certainly make people enjoy the product more. Jo-Ann Bellanti, the president of The Johnny Road King Company, made a product in honor of her younger sister Carol. When a nurse from the Dana-Farber Cancer Institute saw it, she was fascinated by it. That's when it all came to be, when they had their "eureka" moment and realized that this could really turn out to be a great business model.

Jo-Ann has been working with a travel-management company for over 30 years. She prides herself on being a dedicated and creative stoner. She started making Pot Pockets three years ago after having lost Carol to cancer. She had been very close with her sister and had been working alongside her in the same travel company. Suffice it to say, Carol was one of her favorite people in the world, and she dedicated this product to her.

Although Jo-Ann and her sister had traditional jobs, making Pot Pockets was a side gig for them, one that they enjoyed immensely. Pot Pockets has now flourished into a full-time gig. With the help of Jo-Ann's husband and some of their dedicated and adoring friends, they slowly began making the templates and jigs that enabled them to produce Pot Pockets in their barn, which became their headquarters. They came across a few bumps in the road, some trials and errors, and with a little luck and a lot of hard work they were well on their way.

ROLL.
LOAD.
AND GO!





The various types of wood that are used to make the Pot Pockets are sourced from different areas and outlets. With a CNC machine bought just this year, they have slowly automated the routing and the drilling of the holes for the elastic. The rest is still lovingly done by hand, including the hot branding that has since become their classic logo and trademark.

The Johnny Road King Company signed up for the first-ever New England Cannabis Convention in Boston back in 2015. There were no dispensaries in Massachusetts yet, and everything about Cannabis was still a bit of a gray area. They all thought that they were going to be arrested for selling their goods, but things have panned out well so far. After the first 300 products were sold, they remained a hit!

They had a lot of struggles in setting the company up because although the products were made mainly from wood, they were still technically considered paraphernalia. Jo-Ann couldn't set up an official bank account using the name Pot Pockets because federal law wouldn't allow it. So, they proceeded to open an account under the name Johnny Road King Company, since Jo-Ann and her husband are avid motorcycle enthusiasts.

The trademarking process was a long and expensive one. The company was denied federal registration of its trademark right off the bat, because the product included the term "Pot." They went back and forth for over two years until they

were finally registered and officially approved in July 2018. They got around the restrictions by declaring that the word "POT" in the name stood for "Personal Organization Tool," and they had to make some adjustments on their website to mention that the product can be used for rolled cigarettes as well.

Pot Pockets come in three sizes: regular, large and phat. All sizes sell for \$20 a piece online. The reason why they all sell for the same price is that Jo's husband insists on it. He has had firsthand frustration with always paying extra for a larger-sized T-shirt, and they jointly decided that they would not discriminate based on size.

WHAT ARE POT POCKETS ALL ABOUT

Pot Pockets are all about giving clients a discreet way to carry their rolled joints and blunts. "Roll, load, and go!" as they would fondly say. The product was first geared toward medicinal use for patients, but they also want the everyday stoner to have the advantage and relish of using the product as well. The nicest part about the product is that a lit joint can be placed in one of the separate chambers and can be closed without ruining it. It's a nice way to keep track of half-smoked joints. It enables the client to save money in the long run by ensuring that no joint or blunt goes without being consumed fully.

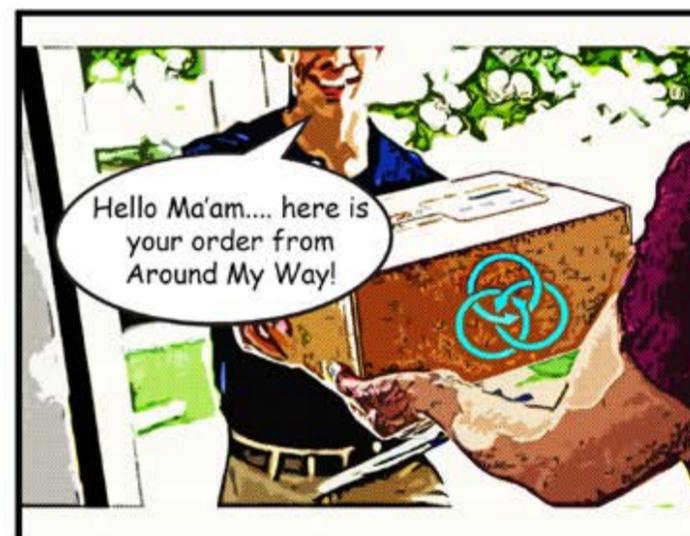
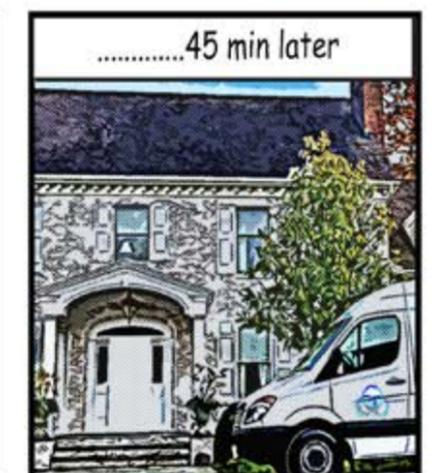
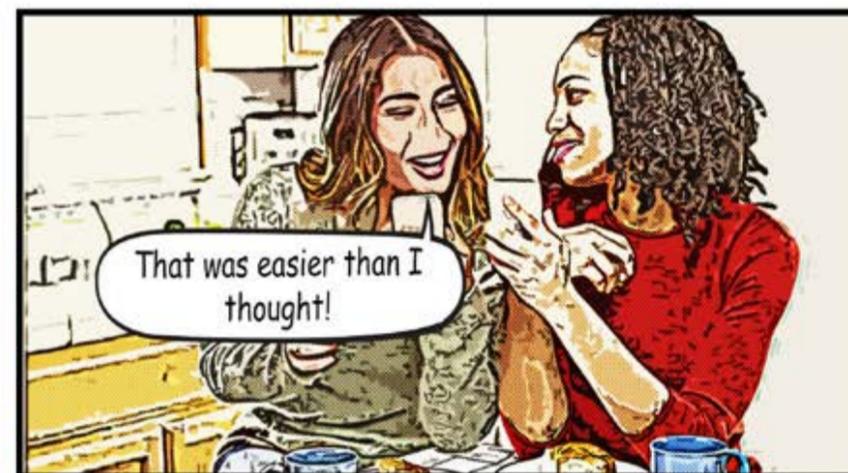
The company is what Jo-Ann and her husband hold dear. They want to keep the fun in cannabis and make the most of their products. They believe in equality for all sizes and for all users. And more importantly, they want to share their love for the plant with others.

FOR MORE INFORMATION,
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PURGE LABS

Cannabis extraction has been done since ancient times (see Tinctures p.10). Extraction can be as simple as crushing plant material or using solvents to release oils and terpenes contained within the plant matrix. Extraction evidence in human civilizations dates to the third millennium BC. Some archaeological evidence may suggest that cannabis has been harvested and processed farther back. For example, the plant resin, Hashish, has been mentioned in Middle Eastern history as early as the 12th century CE (Common Era), with Islamic travellers bringing it with them to Egypt. With the growing interest in the medical field for cannabis extracts, we now have various tinctures and oils available for medical and recreational use.

Methods of extraction have evolved according to use, however the goals of extraction have not changed. It is to produce a more potent final product from fresh cannabis. With better equipment, extractors have control of the amount of desired compounds needing to be present, like the amount of CBD (Cannabidiol) or THC (Tetrahydrocannabinol). Purge Labs started as a project that turned into a successful venture. The start-up included a bit of sacrifice for the group, according to one of its founders, Kris Burke.

“Purge Labs provides certified and commercial-sized extraction machines for the cannabis industry. We met in Trinity County in a neighborhood called the “Pines.” We started the company with a group of four people with an idea and a dream. We had low capital and were sleeping on the floor of a dilapidated house in the West side of Vallejo. Our first order was for 20 five-pound extractors, [then] we kept reinvesting the proceeds until we could roll out what we really had planned, the 30 LB Atlas A-30. From there, we grew the business to what it is today.”

INNOVATING AND MODERNIZING CANNABIS-EXTRACTION METHODS

ZOE JON ALEJANDRA



(TOP LEFT) SHATTER
(LOWER LEFT) CRUDE OIL

(TOP CENTER) CRUDE OIL
(LOWER LEFT) FLOWER ROSIN

(TOP CENTER) TINCTURE EXTRACT
(LOWER LEFT) LIVE ROSIN

The Complete Maceration Technology they have developed is a patent-pending spinning device that ensures the cannabis plant material is soaked evenly in the solvent. Temperature can also be evenly distributed with the colder extraction capability. This is what sets them apart from the traditional static devices available on the market.

“Our design is a patented rotating material columns that can hold 15 lbs (a-15 Saturn) and 30 lbs (a-30 Atlas) of plant material. This allows for ease of use, less solvent and larger volume capacities. Our largest system, the Magnanimous (a-90), is a continuous feed system and base model can process up to 1,500 lbs of material in a day. We also carry a smaller continuous feed system for smaller batch facilities, the Mini-Magnanimous (a-45),” says Burke.

This is evidence of the company’s commitment to efficiency and quality. The goal is to have better yield with less labor, while not compromising the quality of the final product. Time is of the essence in every production line, which is why Purge Labs designed each equipment for faster processing. Whether you’re starting up in the industry or are an established company, Purge Labs can accommodate the right equipment for your operation.

“Our 15 lb Saturn (a-15) is great for small companies looking to start extracting. For companies looking to processing higher volumes of material, our Magnanimous is perfect. These machines have the capabilities of freezing the material to produce higher-quality yields. Our best-selling system is

the 30 LB Atlas (a-30). It has a rotating material column that allows for the maceration/washing of the plant material. This also allows ease of loading and unloading of material, absolute saturation and less solvent use during the process.”

On top of functionality, safety is a major factor in the smoothness of operation. Cannabis-extraction, especially hydrocarbon extraction, deals with flammable solvents. Purge Labs systems run on butane, iso-butane, and propane. Proper care and safety measures must be understood before using a machine. Purge Labs very own team of experts orient customers on their new devices. This includes care, maintenance, compliance, and most importantly how to operate them safely. In fact, Purge Labs has their own training programs. Customers need not worry about the maintenance with the readily available assistance from the company. Every Purge Lab device is certified by the American Society of Mechanical Engineers. The standard operating procedure is certified by Pressure Safety Inspectors. Their machines will also go into a Certified Class 1 Division 1 laboratory adhering to the standard for volatile extraction units.

The cannabis industry is a multi-faceted venture, with extraction being the largest growing sector. Purge Labs prides itself on maintaining excellent customer service. Efficiency, reliability and quality are Purge Labs trademarks.

FOR MORE INFORMATION, VISIT PURGELABS.COM.

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CHICKPEAS
1 15-oz. can, drained



GARLIC
4 cloves, chopped



SHALLOT
1, roughly chopped



PARSLEY
2 tbsp. chopped



CUMIN
1 tsp. ground



CORIANDER
1 tsp. ground



FLOUR
All-purpose, 2 tbsp



SALT



BLACK PEPPER



**CANNA
VEGETABLE OIL**
for frying

Full Fire Falafel Balls

EDIBLES MAGAZINE

FOR THE SAUCE

½ c. tahini (see below)
½ tsp. garlic powder
2 tbsp. warm water
Kosher salt

FOR SERVING

Pitas
Chopped lettuce
Halved cherry tomatoes
Thinly sliced cucumbers

INSTRUCTIONS:

In a food processor fitted with a metal blade, combine chickpeas, garlic, shallot, parsley, cumin, coriander, and flour and season with salt and pepper. Blend until mixture resembles a thick paste. Form mixture into falafel balls. In a shallow pot, heat 1" canna vegetable oil. Fry falafels until golden, then transfer to a paper towel-lined plate.

SAUCE: In a small bowl, whisk together tahini, garlic powder, and warm water. Season with salt. Serve falafels in pita with lettuce, tomatoes, and cucumber and drizzle with sauce.

TOTALLY TOKER TAHINI

INGREDIENTS:

Small bunch (about 30 sprigs) of flat-leaf parsley
½ cup sesame tahini
2 to 4 large cloves garlic
4 to 5 tablespoons freshly squeezed lemon juice
4 tablespoons water + 1 tablespoon cannabis infused olive oil
¾ teaspoon salt, or to taste
⅛ teaspoon cayenne

INSTRUCTIONS:

Holding the parsley in a bunch, trim off and discard an inch or so from the bottom of the stems. Cut the bunch crosswise into thirds. Place in a colander, rinse, and drain. Bounce the colander up and down to shake off excess water. Place the tahini, parsley, garlic, 4 tablespoons lemon juice, olive oil and 2 tablespoons of water into the bowl of a food processor. Blend well, scraping down the sides of the bowl as needed and adding enough additional water and/or lemon juice to create a sauce with a smooth, pourable consistency and a nice puckery taste. The amount of liquid you'll need to add will depend upon the thickness of the tahini and how much water adhered to the parsley. Add the salt and cayenne (if using). Refrigerate until needed for up to one week.



Baked Blackberry Kush Cobbler

EDIBLES MAGAZINE

INGREDIENTS:

¾ stick of cannabis infused butter, melted, plus more butter for greasing pan
1 ¼ cups plus 2 tablespoons sugar
1 cup self-rising flour
1 cup whole milk
2 cups fresh (or frozen) blackberries
Whipped cream/ice cream, for serving

INSTRUCTIONS:

Preheat the oven to 350 degrees F. Grease a 3-quart baking dish with butter. In a medium bowl, whisk 1 cup sugar with the flour and milk. Whisk in the melted cannabutter. Rinse the blackberries and pat them dry. Pour the batter into the baking dish. Sprinkle the blackberries evenly over

the top of the batter. Sprinkle ¼ cup sugar over the blackberries. Bake until golden brown and bubbly, about 1 hour. When 10 minutes of the cooking time remains, sprinkle the remaining 2 tablespoons sugar over the top. Top with whipped cream and/or ice cream.

CONVENIENT HOME CANNA-BUTTER

INGREDIENTS:

1 cup of water
1 lb. of unsalted butter
1 oz. of lightly ground cannabis bud, or trim

INSTRUCTIONS:

1) Preheat oven to 215 degrees F. Buds should be in small pieces. Spread evenly over the surface of the pan and cover with aluminium foil. Bake for 30 to 40 minutes. This is a preliminary step called decarboxylation: heating the cannabis to release active natural substances, increasing potency. The cannabis will be light brown, dried out, and the active ingredients will be concentrated.

2) Add 1 lb. of butter and 1 cup of water to your cooking pot and simmer on low. The water will prevent the butter from burning. As the butter melts, add the ground cannabis. This is a potent cannabutter recipe (for reduced potency, add less cannabis).

EQUIPMENT:

Container with lid, Twine, Glass or ceramic bowl, refrigerator and heat safe, Pot, Stove, Spatula Knife, Cheesecloth, Baking sheet or oven pan

3) Keep the mixture simmering on low for 3 hours stirring occasionally. Make sure it doesn't reach a boil. Then remove from heat and let it cool enough to safely touch.

4) Strain out plant material with cheesecloth Tie your cheesecloth with twine to make a lid covering your glass or ceramic bowl or other container. Carefully pour the hot mixture into your bowl while straining it with the cheese cloth to remove all plant substance. Alternatively, use a permanent coffee filter or mesh may be used for straining.

5) Remove the cheesecloth and refrigerate to harden the butter. The butter will separate from the water and you will remove the butter with a spatula then place it in a storage container.



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420 Cold Press Coffee

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INGREDIENTS:

- 1 cup (4 oz / 113 g) whole coffee beans
- 4 cups water
- 3 tablespoons cannabis infused coconut oil

SPECIAL EQUIPMENT:

- Coffee or spice grinder
- 1 ½ quart (or larger) glass, ceramic, or plastic container (I use a 2-quart canning jar)
- Small strainer
- Cheesecloth or cotton flour sack cloth
- Bottle or mason jar, for storing your cold-brew

INSTRUCTIONS:

Grind the coffee beans on the coarsest setting on your grinder, or in short 1-second pulses in a spice grinder. The grounds should look like coarse cornmeal, not fine powder (~1 cup of grounds). Transfer the coffee grounds to the container you're using to make the cold brew. Pour the water over top, then add the canna coconut oil. Stir gently with a long-handled spoon to saturate the grounds with water. Cover the jar with a lid or a small plate to protect it from dust and bugs. Let the coffee steep for 12 hours at room temperature or in the refrigerator. Line a small strainer with cheesecloth or flour sack cloth and place over a large measuring cup or bowl. Pour the coffee through the strainer. Transfer the coffee to a small bottle or jar and store in the fridge for up to a week. Dilute the coffee with as much water or milk as you prefer. Serve over ice or warm for a few minutes in the microwave. You'll need a scant cup (or 4 ounces) for this recipe. Alternatively, a French press may be used: steep the coffee overnight, then press to separate the grounds from the coffee. Transfer the coffee to a bottle or jar for longer storage.



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Waste no water, use no pesticides, and test our cannabis beyond what is necessary to ensure we are always delivering the finest flower possible. Powered 100% by solar and renewable energy sources, our state of the art cultivation facility allows us total control over the environment, with monitoring systems that ensure our ladies are kept happy around the clock. We strive to create the cleanest cannabis possible and would never put anything on the shelf we wouldn't give our brothers or sisters.

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Table 1: Variations in THC and Other cannabinoids in Plot A and B. Plot A was treated with 'Advanced Nutrients' fertilizer and Plot B was treated with regular fertilizer.

Plot	THC	CBD	THCV	CBN
A	11.36030	0.58034	0.02000	0.14000
B	7.97024	0.36034	0.02001	0.14001

Fig. 2: Variations in seed and usable biomass production in plot A and Plot B. Where Plot A was fertilized by Advanced Nutrients formula and plot B was fertilized by regular fertilizer.

Category	Plot A (g)	Plot B (g)
Seed	~150	~100
Usable Biomass	~550	~400

42.05% THC Increase

55.8% CBD Increase

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