

Emerald

— CANNABIS LIFESTYLE —

5

SIMPLE
STEPS
TO GROW
YOUR OWN
CANNABIS

JIM
BELUSHI

FROM SCREEN TO GREEN

THE GREEN
LIFESTYLE

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PUBLISHER

Christina E. De Giovanni

COVER SHOT

Tyler Maddox

EDITOR-IN-CHIEF

Dave Johnstone

EDITOR-AT-LARGE

Danielle Guercio

MANAGING EDITOR

Adolph Ward

SOCIAL MEDIA MANGER

Kassia Graham

ADVERTISEMENT DESIGN

Nathan Wells

LAYOUT DESIGN

Vero Avant

RECIPE DESIGN

Yedah Merino

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— MEDIA GROUP —

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TheEmeraldMagazine.com

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ADVERTISING

Advertising@TheEmeraldMagazine.com

John Knecht, John@TheEmeraldMagazine.com

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LETTER *from the* PUBLISHER



Dear Reader,

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

As this year's spring season awaits us, we dive head first into the green with our *Green Lifestyle Issue*.

There is much more to cannabis than green flowers. There is a whole lifestyle surrounding it that many of us take pride in.

From "Five Simple Steps to Grow Your Own Cannabis" to "Cannabis Packaging Is Going Green to Help Remove Plastic from the Ocean," this issue looks at many ways to be conscious of our footprints.

This month's cover story highlights actor, comedian and now cannabis farmer Jim Belushi. During the early days of *Saturday Night Live* in the mid-1970s, Belushi tells *Emerald*, a secret strain called *Captain Jack's Gulzar Afghanica* was introduced to the cast and writers. This Afghani seed, brought halfway across the world, put down its roots in the Emerald Triangle and eventually made its way behind the curtain in New York City. Today, Belushi takes pride in his Oregon farm and is one of the only celebrities in the industry to be physically hands-on with the plant. Learn more about what Belushi is up to in this month's cover story, "From Screen to Green."

From the soil to the saucepan, we couldn't close the book this month without sharing some good green eats. Green Hornet, from Cheeba Chews, is a new line of gummies that come in multi-strain varieties and flavors that include watermelon, grape, green apple and black cherry amongst others.

Join us in May for the *Festival Lifestyle Issue*, where we will explore what it means to be truly free.

High Regards,

Christina E. De Giovanni
Publisher

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Emerald

CANNABIS LIFESTYLE

THE GREEN LIFESTYLE ISSUE



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The Green Lifestyle— More than just CANNABIS

BY ASHLEY PRIEST

Ask anyone who enjoys cannabis what the *green lifestyle* is all about, and they'll likely tell you it's about much more than just cannabis.

THOSE THROUGHOUT

the cannabis industry are going green in many ways.

From natural health alternatives to protecting the environment by favoring renewable energy resources, those in the community advocate for a completely green lifestyle.

Here are three ways in which those in cannabis support a greener style for all.

Essential Oils and Natural Health Alternatives

Cannabis isn't the only plant that is offering natural healing these days. Many individuals who support cannabis have also implemented other natural health alternatives into their daily life. Many plants

doTERRA ESSENTIAL OILS



offer medicinal benefits, and one of the most significant ways in which consumers are benefiting from them is

through essential oils. Pure therapeutic-grade essential oils, such as the ones offered by doTERRA, are changing lives

and are a valuable green tool for those who still live in states with draconian cannabis laws.

Many of the plants found in nature offer some form of therapeutic benefits and compounds that are also found in cannabis, such as terpenes. Terpenes, such as a-pinene (found in pine trees), linalool (found in lavender, petitgrain and bergamot), beta-caryophyllene (found in black pepper) and myrcene (found in mangoes) are also abundant in cannabis and contribute to its medicinal properties. These plants often include the terpene profiles, very similar to the essential oils produced by cannabis in full-spectrum extractions.

Solar- and Water-Powered Energy Alternatives

It is undeniable that fossil fuels are harming our environment. Those in the cannabis community who participate in a green lifestyle are typically compassionate about others and pay respect to mother earth. For this reason, many cannabis consumers are strong advocates for renewable, environmentally friendly energy sources, ones that can continue to grow for generations, without the fear of adverse effects on the environment.

Recycling and Environmentally Friendly Packaging Options

The environment is important to many in this emerging industry. Unfortunately, cannabis companies who adhere by state laws are forced to use multiple layers of sealed, child-proof plastic and cardboard packaging for the products they carry. This is obviously not good for the environment. There will be an increasing number of non-biodegradable plastics that will sit in landfills for decades, or make their way to the ocean.

Many within the cannabis industry are starting to pay close attention to the waste, and are advocating for change. As you can read on page 27 and 43 in this months issue, there is an exceptional amount of plastic in the ocean. Luckily, there are cannabis companies already helping to make change by utilizing reclaimed plastics from the ocean to create environmentally friendly packaging for the cannabis industry. ■

What the Green Lifestyle Means to Me

Going green is more than just consuming and supporting cannabis. It is supporting humanity, Mother Earth, our environment and, most importantly, each other. For me, the choice to go green is one that stems from my desire to leave the world in a better state for my children, grandchildren and future generations. I am confident that this is the sentiment of many others in the cannabis community!

By protecting our environment, and fighting against things such as prohibition, we can all support a green lifestyle and leave the world a much better place.



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WHICH CANNABIS CONSUMPTION METHOD Is the Most Eco-Friendly?

BY DANIELLE GUERCIO

In the rush to get cannabis from farms to buyers, the environment is really taking third or fourth chair, and the cannabis community could be dropping the ball on a major opportunity to hold companies accountable for the ecological impact of their products.



THOUGH IT'S NO SURPRISE that local governments pushed for plastics and other child-proof materials to guard cannabis, we should be very weary in the long term.

When you compare the amount of waste now required in the cannabis supply chain to that of similar intoxicants, the results can be very surprising. Alcohol, which is dramatically more dangerous to not only children, but to everyone, is so easy to access, both in a shop and for a kid at home.

Comparing consumption methods is important if you want to be a conscientious cannabis customer, so we will lay out the complications of each method. Nothing is perfect.

Starting with the most common cannabis offering, flower is a raw and minimally processed product that has to make its way to you. This means farming supplies, transportation from the farm to shop and any packaging materials used in the process, including state-mandated exit bags.

When purchased the old-fashioned way or home-grown, flower can be among the least polluting ways to consume cannabis. Another thing to consider is the light energy used to grow anything indoors. Indoor cannabis is pretty much an institution at this point, and although it's a bit obvious that cannabis grown with electrical lighting uses more energy than sun-grown cannabis, some argue that the pollution and habitat damage caused by some grows is more harmful to the environment overall.

Flower can be the greenest method, both literally and figuratively, but it often brings plastics and transportation impacts that aren't ideal. Down the road, cannabis could be grown locally, when things are fully legal, but for now we have a wider network requiring fossil fuels.

BUDDY IS a one-hitter that raises the standard of the reusable pipe. The company's founder, Sara Hussein, is an advocate for the decriminalization of cannabis, and she has strong opinions on how we should be taking our THC. She told *The Emerald Magazine*, "Plant to people is the most ecologically responsible way to consume, with combustibles, edibles and dabs leading the way. The most eco-friendly thing would be to allow consumers to grow their own, bypassing the waste produced by large-scale farming."

On their surface, concentrates seem to be earth-friendly, provided they come in a reusable container or on a tiny slip of parchment, but there are some things to consider. First, the flower used requires production, which has some impact (no matter how "clean" a process), in terms of either energy usage or transportation usage. Now add in lab processing, which can use chemicals that aren't exactly earth-friendly.

A lot of similar concepts go into the idea of processing cannabis into edibles. Although making a batch of brownies isn't necessarily harmful to the environment, it also isn't carbon neutral. All of the energy spent creating

the cannabis is then added cumulatively to the energy and packaging that are used to produce a market-ready edible. Depending on how it's made, this may be minimal, but if concentrates are used, this is a triplicate process, and each bit of energy used compounds into the final green tally.

Out of all of the vapewear, disposable vapes are the worst offenders. From the body to the battery, this just isn't recyclable. Even when it's just the cartridge, batteries eventually die, and empty carts are a definite source of pollution that will only get exponentially worse as more states legalize recreational cannabis. Another consideration is the cost to produce and process the raw cannabis.

Hussein created her specialized one-hitter to reinvigorate a devotion to raw flower, as vapes are not positive ways to partake, in her opinion. She said, "Disposable vapes offer the same cruel convenience as plastic straws, but I haven't heard of any crusades to save turtles from choking on old Beboes or Dom pens."

Hussein continued, "They are the K-Cups of cannabis. You can't re-use them, and you can't recycle them. Introducing any type of disposable product into the stream of commerce without offering solutions on what to do with them once they've served their purpose is irresponsible."

Topicals are one of the more mysterious methods, with CBD working for some, while others need THC to knock out pain or skin conditions. They can often come in reduced-harm packaging, like recyclable



SARA HUSSEIN
Buddy's Founder

"Plant to people is the most ecologically responsible way to consume, with combustibles, edibles and dabs leading the way. The most eco-friendly thing would be to allow consumers to grow their own, bypassing the waste produced by large-scale farming."

metal tins or cardboard tubes, but again the issue is in how the initial flower or concentrate is grown.

Pressuring cannabis and packaging companies to innovate is one way to improve the situation, and holding elected officials accountable is another. Many think of cannabis as a harmful substance, or pander to constituents who think so. It's on us to educate them.

SAVA IS A CANNABIS-DELIVERY service. Its co-founder and chief marketing officer, Amanda Denz, says ecological cannabis consideration is about more than going for one category over the

other and that multiple factors are at play. She told the *Emerald*, "Choosing a product type is not the right way to make the decision about what is most eco-friendly. For example, a well-made tincture packaged in a glass jar that originated as sun-grown cannabis from a farm with earth-friendly growing practices is going to be better for the earth than indoor flower packaged in plastic. Overall, consumers should look for clues that indicate how conscientious a specific brand is throughout their supply chain."

When consumers have a sharper eye for what is not eco-friendly, the companies will be forced to innovate and adapt. Denz advised, "Look for sun-grown flower. Look for brands that mention the growing practices of their flower and describe using earth-friendly practices. Certified Clean Green is one of the high standards flower can meet, but getting that certification can be cost-prohibitive for some smaller farms. For non-flower products, look for those

getsava.com



AMANDA DENZ
Sava Co-Founder
getsava.com

packaged in glass (instead of plastic), recyclable or compostable packaging."

Buddy's Hussein drove the point home. "Across the board, consumers are finally waking up to the sobering reality of single-use plastics. We are being mindful of taking reusable bags to the store, switching to cloth towels in the kitchen and toting around reusable cups and utensils. Why should enjoying cannabis be any different?"

Until we get some movement on all

"Choosing a product type is not the right way to make the decision about what is most eco-friendly. (...) consumers should look for clues that indicate how conscientious a specific brand is throughout their supply chain."

of this actual garbage, decide how much you really want to contribute to the growing plastic islands in the Pacific, or whether your grandchildren having clean drinking water matters when put up against your cannabis habit. As beneficial as legalization is to many human causes, the packaging problem could accelerate one of the most pressing problems: pending ecological disaster. ■

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FROM SCREEN
TO GREEN

BY DAVE JOHNSTONE

Jim Belushi

Nestled in Jackson County, Oregon's "Banana Belt," right on the banks of the Rogue River, is Belushi's Farm. You likely know its proprietor and namesake from decades' worth of big-screen and sit-com roles, but did you know that he is a dedicated, learned and licensed cannabis grower with his own brand?

WWE COULD HAVE CALLED THIS ARTICLE "OREGON'S FUNNY Farmer," because Jim Belushi is funny and a farmer, but we didn't want to seem disrespectful. Growing cannabis is no joke. Frankly, neither is comedic acting. Ask Belushi—he'll tell you.

Although he makes his work look easy, this man takes comedy and farming very seriously. In fact, he quickly admits, "I'm as obsessive-compulsive about my plants as I am about my characters I act." Having spent most of his life in a business that's meant to make people feel good (get them to light up, you might even say), he recognizes

that he is blessed with a tendency and temperament that keep his eye on the ball in acting and cannabis farming alike. The euphoric results of his painstaking efforts behind the scenes in each area have more in common than they might seem to at first.

Of course, each of his callings is harder than it looks, but Belushi is a natural. It became clear very early in our conversation that he is down to earth in more ways than one. "I'm a hands-on guy—I dig the soil," he told me. Although he owns the place, he wears many hats when he is up there. "I'm the guy who puts up the three-foot barrier for the grasshoppers . . . I'm like Elmer Fudd."

Far from a pretentious Hollywood star or landed country squire, Belushi comes across as accessible,



charismatic and a good guy to have as a next-door neighbor, even if your closest one is miles down the road. These days, he spends about a third of his time on the property and commutes by plane from his home base in Los Angeles. For Belushi, the farm is primarily not a vacation retreat, although he knows how to kick back and stay amused in the bucolic setting.

The farming venture began about three years ago with “a little 48-plant medical grow” under Oregon’s Medical Marijuana Program (OMMP). Belushi explained that the operation has expanded steadily to what is currently a “seven-greenhouse, light-dep situation,” referring to the “light deprivation” method of cultivation. On 22,000 square feet, he now produces about 1,200 pounds per year throughout two harvests. Although that’s half a ton or so, he acknowledges it as being “not a lot.” Some of the trim is converted to oil, and the flower winds up in dispensaries across the state, as does Belushi himself on occasional public appearances.

Belushi carefully took his time in getting his farm up and running, and his products to market. He waited for two years until he felt confident that he was doing things right, meanwhile learning as much as possible every day, which he continues to do by attending industry talks and science conventions, and working with expert growers. “I

want to learn everything there is to know about it,” he told me, “and it’s just been the *greatest* education.” He is comfortable discussing insider details like individual strains’ respective THC-content and levels of myrcene and other terpenes as well as their role in the so-called entourage effect.

In the past year, he has rebranded his product line as Belushi’s Private Vault. Among the various celebrities who have entered the cannabis space, Belushi is unique in being directly involved with

“I WANT TO LEARN EVERYTHING THERE IS TO KNOW ABOUT IT... IT’S JUST BEEN THE GREATEST EDUCATION.”

the actual growing and harvesting of the commercial crop.

Belushi couldn’t be happier with the territory he’s happened on, which he called “a spiritual little spot.” He knows how it all comes together, from nature to nurture. “We pull the water right out of the river . . . It’s the most beautiful water. It almost comes out a perfect pH,” he proudly told me.

In addition to growing cannabis, Belushi tends “some beautiful fruit trees” and enjoys fly fishing in the river. His land hosts 50 pregnant cows from December through May, for a neighboring farmer. He and his crew sometimes blow off steam by plowing dirt around and throwing hatchets. By many accounts, Belushi also

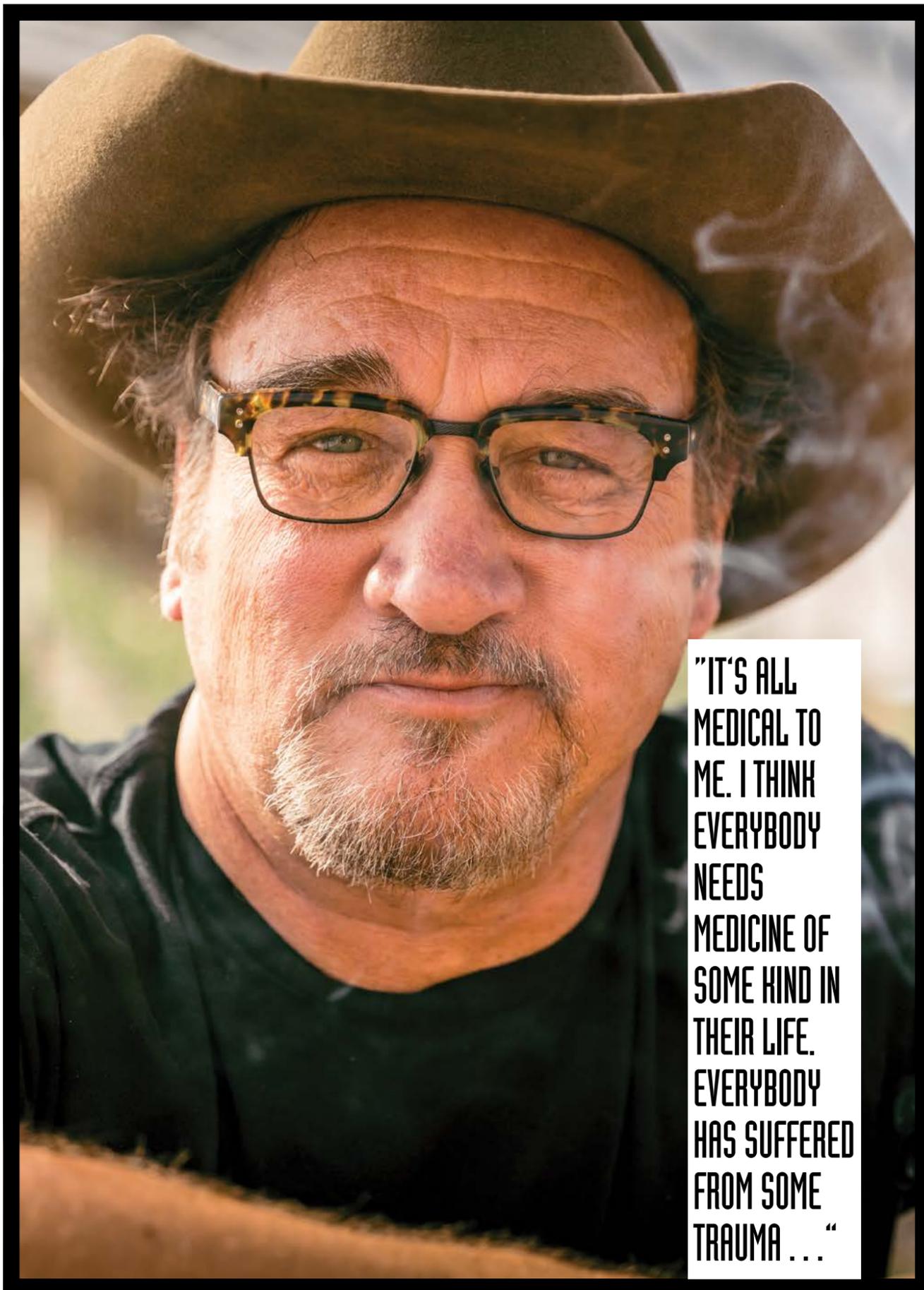
throws an unforgettable harvest party.

Belushi currently grows several strains, including one that he has not yet released to the legal market: *Captain Jack’s Gulzar Afghanica*. (The word *gulzar* means “flower garden” in Dari.) It has never been crossbred or cloned, only grown from seed to flower.

John “Captain Jack” Murtha, a master cannabis grower who assists on Belushi’s Farm, originally brought the seeds stateside from a trip to Afghanistan. Belushi calls it “the most unique strain I’ve ever had.” The plants have unusually wide leaves and look like they belong in your salad. Captain Jack originally grew *Gulzar Afghanica* in the Emerald Triangle in the early 1970s, but, according to Belushi, “he pulled out of there because people were stealing it from him.”

By the mid-1970s, Captain Jack had introduced this rare strain to the cast of *Saturday Night Live*, who put it to good use. Soon known backstage as “the smell of *SNL*,” it provided inspiration to the program’s writers and actors. Belushi said





"IT'S ALL MEDICAL TO ME. I THINK EVERYBODY NEEDS MEDICINE OF SOME KIND IN THEIR LIFE. EVERYBODY HAS SUFFERED FROM SOME TRAUMA . . ."



that he recently confirmed its utility when he and six friends shared some of it one night. "For the next sixty minutes, we were riffing off each other. We laughed so hard, we had so much fun, and I just watched this, and I went 'Ah, I see what was happening with the writers of *SNL*.' This is really creative dynamite!" He mentioned several familiar, early *SNL* skits that "came out of the smoke."

Belushi's team is currently having extensive botanical research done on *Gulzar Afghanica* before releasing it. Although the farm has grown it every year, Belushi said, "I don't just want to put it out on the market, I want to make sure that scientifically it's at its finest." He is working to keep the terpene content at 4 percent, 72 percent of which is myrcene, a level he describes as "extremely high."

I asked Belushi how much of his output he figures is used for medical versus recreational use. "It depends on your

definition of *medical*." His is pretty broad. "It's all medical to me. I think everybody needs medicine of some kind in their life. Everybody has suffered from some trauma . . ." Belushi is heartened that his products are aiding veterans with PTSD, particularly his *Black Diamond OG* strain.

From experience, Belushi feels certain that cannabis use leads to more peaceable social interactions than drinking alcohol does. He relayed a recollection from his formative days spent around an urban bar culture. "I was a bouncer in Chicago, and let me tell you, I have split up a lot of fights. Not one fight happened between two guys who were high on pot." He considers cannabis a "nonviolent medicine [that] helps heal families by healing individuals . . . one of the greatest gifts we can give our community."

Cannabis growing, far from the big city, gives Belushi a newfound sense of purpose. "The fun is working the farm,

getting closer to the land, Mother Earth," he said. "It grounds you spiritually. Farming is beautiful." He deeply believes in what he's doing, and he sees it as a productive societal resource.

Belushi has hit the ground running, and he doesn't intend to stop. He intends to keep learning, and a conversation with him about his present and future is highly inspirational. When I asked him what his secret is for keeping the right attitude amidst the day-to-day challenges of operating a commercial farm, he immediately quoted some all-purpose advice from the first production I ever saw him in. "There's a great David Mamet line that I happened to deliver in a movie called *About Last Night*: 'Don't ever lose your sense of humor, Dan! Don't ever lose your sense of humor!'" That seems to be Belushi's Farm's motto, and it seems to be bearing fruit. ■



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FIVE SIMPLE STEPS TO GROW YOUR OWN CANNABIS

BY ROSANA BEECHUM



FROM TOTAL PROHIBITION, legal cannabis is quickly becoming the norm all over the U.S., with an increasing number of states legalizing both recreational and medicinal consumption. Cannabis is also legal, or at least tolerated, in many parts of Europe. So, if you currently reside in an area where it's legal to do so, you might have decided to grow your own cannabis. This is a great idea—not only is it cheaper, but it also gives you full control over the cannabis that you grow and use, and there is now a wealth of information available to get you started. Growing your own cannabis is a fun, inexpensive way to get high-quality buds. The plant can grow in a range of climates all year round, indoors or in greenhouses.

As with all types of gardening, growing cannabis is a skill that you'll develop over time. The good news is that it's easy to learn, and there are plenty of resources available to help you, even if you're new to gardening in general. There's absolutely no reason to be intimidated by the idea of growing your own cannabis; it's not a complicated process, and it can be as inexpensive or as expensive as you'd like. Read on to learn more about the basic steps of cultivating your own cannabis at home.

>1. CHOOSING CANNABIS SEEDS:

When it comes to choosing the seeds that you're going to cultivate, the options are many. Sativa, indica, ruderalis or an endless number of hybrids are all available at your fingertips. You can get several reputable seed bank options online. Seed Supreme, for example, is a trusted store that allows you to find and order everything you need in just a few clicks. It lists everything from regular to feminized, auto-flowering and medicinal seeds, with everything that you need to enjoy the best experience. If you're not sure about which kind of seeds you want, it's a good idea to think about your preferences and past experiences. Is there anything that you've particularly enjoyed in the past? Anything you've been wanting to try? Then consider your growing circumstances. Auto-flowering or indica strains usually grow better in small growing spaces, while larger spaces will be suitable for almost any plants.



2

>2. GROWTH FUNDAMENTALS:

Now that you've gotten set up and decided on the seeds that you want to plant, it's time to get to grips with some important fundamentals of growing cannabis. You will need over twelve hours of light in each 24-hour period, which you can control when you grow indoors. You'll also need soil or other neutral media, such as perlite, coconut coir, rock wool or vermiculite. Cannabis requires fresh, moving air to enjoy healthy growth. If you're growing indoors, you'll need a fresh air intake, exhaust for stale air and a fan for movement. Water, along with a soil mix that's rich with compost, vitamins, minerals and living organisms, is also essential.

> IF YOU'RE GROWING INDOORS, LIGHTS SHOULD BE SET TO AN 18-HOUR DAY AND SIX-HOUR NIGHT ROUTINE.



MATTEO PAGANELLI

3



>3. UNDERSTANDING THE VEGETATIVE STAGE:

The moment that green leaves meet the light will start the photosynthesis stage in earnest. At that point, your plants will begin to metabolize, and the vegetative stage will have begun. If you're growing indoors, lights should be set to an 18-hour day and six-hour night routine. Bear in mind that this doesn't have to coordinate with actual daylight hours; you can set it at times that are most suitable for you. During this stage, your plants will thrive best in organic soil, or you can feed them with nutrients that are specially designed for the vegetative phase. Plenty of fan-generated breezes will ensure that temperatures are kept under control and that your young plants are afforded the treatment that they need. You may consider adding carbon dioxide to the environment or use scrogging and low-stress training to increase the plants' growth rate and flower potential.

4

>4. THE BLOOMING STAGE:

Blooming, flowering, budding—they're all the same growth stage of the cannabis plant. As the aromas begin to develop, you're in for an exciting few months ahead. Depending on your choice of strain, you'll also find that interesting floral arrangements are beginning to develop. The blooming or budding phase comes along with distinctive chapters common to all strains of the cannabis plant, and they will begin as soon as the vegetation stage ends. If you're growing outdoors, you'll usually see this stage begin once the heat of summer has passed, and autumn is approaching. If you're an indoor grower, it's easier for you to control when this flowering stage begins, by changing the light schedule to equal amounts of night time.

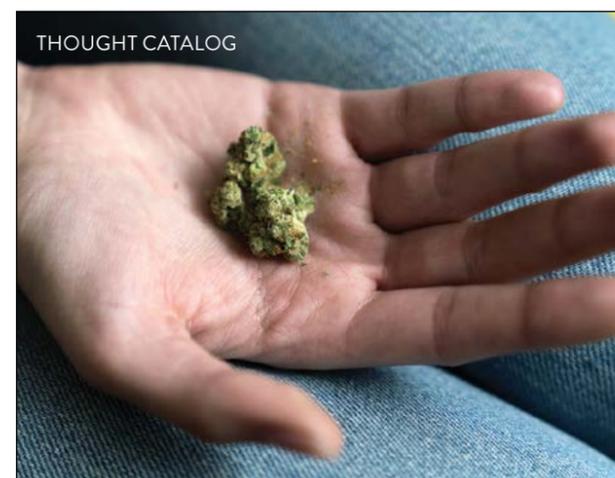


>5. HARVESTING YOUR PLANTS:

There's no set way to harvest a cannabis plant; the best way to do so is to see what works for you, and learn as you go along. Some people use a technique called "wet trimming," which involves removing all of the leaves while the plant is still standing, before breaking it down further. Branches can then be hung out to dry, or individual buds can be placed on a drying rack. You may also want to consider removing the sugar leaves only, before harvesting and hanging the entire plant. Whichever harvesting technique you use, you should dry the buds in a dark, cool place with as little humidity as possible. Ideally, this process will take a minimum of two weeks.

5

THOUGHT CATALOG



Once the plants are fully dried, the branches will easily snap, and thicker ones will be slightly flexible. At that point, the chlorophyll will have degraded, and the green that dominated during the growth period will have been replaced with a range of colors, which will depend on the specific species. You can see tans, fawns, pale greens or even deeper purples and blues as the bud's true dry colors begin to develop.

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A SPACE FOR WOMEN OF COLOR IN CANNABIS



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CANNABIS- PACKAGING LAWS CAN BE BAD FOR THE ENVIRONMENT

BY DANIELLE GUERCIO

RIGHT NOW, cannabis is only sold in 10 of the 50 states, but in

each one, specific laws around packaging and child-proofing are creating piles of waste. Considering its roots in many earth-conscious communities, it's way past time to be thinking about what happens when all of these cannabis tubes, packets and cartridges are spent.

As a society, it can seem like we're easily distracted from any sort of ecological conservation every time we reach a shiny new plateau—in this case, cannabis legalization. What once came in mason jars, reusable vac bags and shaggy, thrice-used Ziplocs, is now put into a plethora of plastic, Mylar or glass packaging, and then on top of it, in many cases a state-mandated exit bag.

The main purpose of putting legal cannabis in the hands of consumers is to address the myriad of health and wellness concerns that people found

enough relief in to disregard 82 years of prohibition. The current methods of packaging cannabis for sale have created a cannabis-adjacent packing materials boom that is no doubt making a subset of people a lot of capital.

Although it's almost unavoidable in the modern cannabis marketplace, plastic and weed should not mix. Not only did the

titans of industry—and the grandfathers of plastic and synthetic materials—push for hemp's banishment from the United States and later Europe, they continue to pollute the planet shamelessly, hardly innovating in their nearly 112 years of proliferation.

California's laws aren't quite labyrinthine, but they aren't simple either. The state's Department of Public Health

handles cannabis, but it doesn't have the manpower to review packaging. This creates issues like recalls and deadstock sales, where an entire inventory of a non-compliant product must be destroyed. The regulations are very specific, requiring opaque packaging for edible cannabis, and in



A few companies are trying to break the plastic mold. **SUN GROWN PACKAGING** has created a compostable and child-resistant, plastic-free technique for cannabis boxes.

HISIERRA
Cannabis
Dispensary
Exit Bags use
sugarcane to craft
biodegradable
versions.



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January 2020, another wave of businesses will inevitably die off after not being able to meet the new child-protection laws that will take effect by then.

Colorado used to be more lenient about cannabis packaging, but in 2017 it locked down all of the labeling, the wrapping and even the size of the fonts on any given package. Nothing may be labeled as candy, and everything must be dropped into an exit bag before leaving the dispensary.

Oregon doesn't require packaging to be as fully developed as other states do, but it does require child-resistant packaging. Like many other states, an exit bag is required, and the state lists approved models, many of them Mylar.

Washington's specific rules at least seem to have the plant in mind. According to Marijuanapackaginglaws.com, in addition to state-mandated warning labels, "Plant products must be packaged in tamper-proof, non-reactive, and child-proof. Liquid products must be packaged in materials of a certain thickness." Exit bags in some states don't have to be child-proof, provided the cannabis is packaged as such, and others allow the exit bag to act as the child-proofing.

Nevada also is following the double child-proofing tip. Plastic and Mylar are the typical choices here, and exit bags are also required. Massachusetts, which is new to the cannabis market, has followed the lead of others, with those same opaque and child-proof boxes for manufacturers to tick. Similarly, Alaska also has gone this route, and these are just the states where recreational cannabis is legal. Many states that only allow medical use have the exact same laws.

This amounts to government-mandated pollution. The



complaints are numerous, and the chorus against all of this is growing. Truth is, convenience and excitement over legal cannabis are trumping our better judgment. Although there are a few standout businesses attempting to enhance viability of packaging that is recyclable, it's still quite rare as the easy—and pre-made—plastics are taking front and center.

A few companies are trying to break the plastic mold. Sun Grown Packaging has created a compostable and child-resistant, plastic-free technique for cannabis boxes. Leafly said of this company, "Packaging manufacturers must fight back via innovation and voluntary compliance with higher standards."

HerbCEO, a resource website for cannabis professionals, noted a few guidelines for selecting eco-friendly cannabis packaging. They include

ensuring that the materials are naturally derived and biodegradable, multi-use if possible, and free of polluting chemicals. Sun Grown is on their short list, but so are a few others, like Sana Packaging, who use hemp to make cannabis packaging.

N2 Packaging is the most promising for immediate plastic reduction. It surrounds cannabis with a recyclable aluminum can that also preserves the integrity of the flower. And those ugly exit bags? HerbCEO recommended Hisierra, who use sugarcane to craft biodegradable versions.

New options exist, but they are harder to come by. As things evolve, will elected officials who are eager to see their states profit from cannabis sales also see the piles of plastic they have created? ■

SANA PACKAGING uses hemp to make cannabis packaging.



A few guidelines for selecting eco-friendly cannabis packaging include ensuring that the materials are naturally derived and biodegradable, multi-use if possible, and free of polluting chemicals.

Gift Guide

APRIL

BANANA BROS

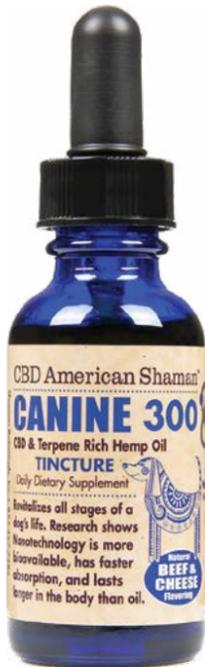
Otto An innovative, "smart" motorized grinder and cone-making machine. **Special discounted price of \$99.99 (MSRP \$129.99), using code "OTTO420."** Deal valid March 20, 2019-April 20, 2019 bananabros.com

1



CBD AMERICAN SHAMAN
Canine CBD Hemp Oil Tincture. 30 ml 300 mg CBD per bottle (10 mg per ml). **\$59.99**

5



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MAD HIPPIE

Antioxidant Facial Oil. Hydrating and protecting, the most natural way to moisturize. **\$24.99** madhippie.com



RE: BOTANICALS
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SACRED HERBS MEDICINALS

Anti-inflammatory Massage Oil. Made from a blend of fifteen different herbs, essential oils and whole-flower hemp. **\$34** sacredherbmedicinals.com

3



HUMBOLDT Green Week

2019 Event List

Thursday, April 18

MY NATURAL MEDICINE CABINET CLASS
Learn about natural remedies in our own backyards.
Humboldt Herbals • 7-8:30pm • Free

33 & 1/3 VINYL HIP-HOP NIGHT
DJ Goldilocks and Face mix and scratch vinyl. Drink specials.
Siren's Song • 8pm • Free

Friday, April 19

FULL MOON MAMA & ME YOGA W/ SASHA
A safe space to practice Mommy and baby yoga.
Vibe Yoga Studio • 10:30am • Donations accepted.

1 DEGREE CONSULTING OPEN HOUSE
Live music, refreshments, Q & A with 1 D Consultants.
1 Degree Consulting • 11am- 6pm

14TH ANNUAL NHS VENDOR DAYZ
Huge sale, product knowledge and free samples.
All NHS Locations • 10am - 4pm

COMMUNITY POP-UP MUSEUM & ICE CREAM FUNDRAISER
Family event w/ carnival games, raffles & prizes.
McKinleyville Shopping Center • 6-9pm • Free

HGW BURLESQUE & COMEDY
Burlesque, comedy & mixed arts. Dancing till 2am.
Savage Henry • 9pm - 2am

Saturday, April 20

HUMBOLDT GREEN TEAM @ ARCATA FARMER'S MARKET
Learn about HGW events. Score free swag & tickets.
Arcata Farmers Market • 9am-2pm

PACOUT GREEN TEAM CLEAN UP
Help clean up Samoa Beach Park. Tools provided.
Samoa Beach Park • 8:45-10am

BUTI YOGA W/ KALI SHAKTI
Focus and breathe with yoga movement.
Big Fish Vapor Lab • \$25 • 9am-12pm

8TH ANNUAL HGW DISC GOLF DEVELOPMENT FUNDRAISER
9 holes of singles & random doubles. 9 holes of alternating shot quads.
Par Infinity Humboldt County Disc Golf • \$33 • Check In 10am

14TH ANNUAL NHS VENDOR DAYZ
Free BBQ, huge sale, product knowledge, and free samples.
All NHS Locations • 10am - 4pm

Sunday, April 21

PEACE-STER FAMILY JAM
Live music, food + drink specials, storytelling & kids crafts.
The Jam Arcata • 1-4pm • Adults \$7 • Kids Free

Monday, April 22

EARTH DAY HERB GARDEN WORKSHOP
Plant herbs w/ the kids bring 2 recycled containers.
Discovery Museum • 4-6pm • Free

FULL EVENT DETAILS AT HUMBOLDTGREENWEEK.COM



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Gift Guide

APRIL

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Small-production handcrafted cannabis, with five .7 gram pre-rolls
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Elixir 250 Mango Flavor. Potent combination of all-natural ingredients suspended in pure Emu oil along with organic fruit extracts for ultimate bioavailable delivery.
\$79.95

aponibiobotanica.com



LEEF
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leeforganics.com



NEW HIGHS
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newhighscbd.com

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Gift Guide

APRIL

Talking Trees
#listentothetrees

11

EFEF
Lust Strawberry Disposable Vape Pen

Moderate level of THC and an ideal terpene blend, the strawberry-flavored LUST formula, is designed to increase sensitivity and arousal. **\$39**
efexoils.com



12

PLUS
Uplift Sour Watermelon Cannabis-Infused Gummies Sativa, 100 mg THC per tin. Low-calorie gummies, made from a tasty infusion of carefully dosed cannabis, with kosher ingredients. A functional uplift perfectly suited for daytime. 5 mg per piece. **\$20**
plusproducts.com



15

CURIO
OH THC-infused intimacy oil Aromatic formula created with a woman's body in mind. **\$20**
oh.curiowellness.com



14



BUSHL
CBD Kush Hemp Pre-Rolls Premium pre-rolls, made of fresh ground-up flower. **\$15**
bushlcbd.com



13



EMERGIN C
Rawceuticals® BLEND A rich, nourishing, active "pressed" moisturizer crafted to defend against environmental aggressions, promote even skin tone and texture, and fight the appearance of fine lines and wrinkles. **\$120** • emerginc.com



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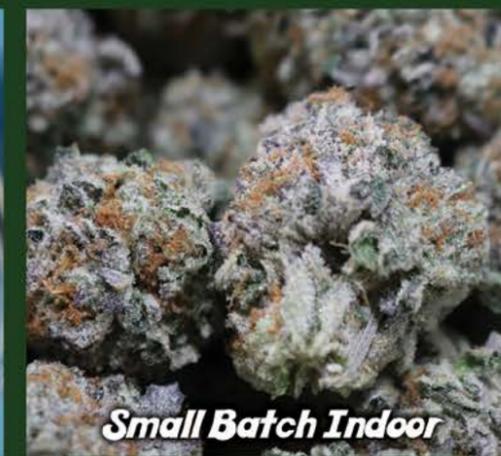
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Bubble Hash



Live Resin



Small Batch Indoor

For More information, visit our website at talkingtreesfarms.com

Gift Guide

APRIL



16

BASKIN + GLOW
THC/CBD Recreational Cream
 This pharmaceutical-grade, patented, transdermal cream is made with a 1:10 CBD to THC ratio, including patented rapid-release technology to deliver a high dose of THC into the bloodstream. **\$80**
baskinessentials.com

LOVENA BOTANICALS
 Advanced Full-Spectrum CBD Soft Gels. 30 capsules/package. **\$30**
lovenabotanicals.com



17

LIFE BLOOM
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19

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18



20

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Gift Guide

APRIL

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24



SEXXPOT Pre-Roll. Blend of CBD and THC flowers soaked in juicy cannabinoid-rich CBD terpenes rolled into a queen-size pre-roll. **\$25 each** sexxpot.com

LOLA LOLA Gelato 3-Pack CBD Pre-Rolls. Fresh CBD cannabis, expertly rolled for a slow, even smoke that tastes great. Easy to pack and ready to light for anytime flare-ups. THC-free. **\$25 each** lolalola.com

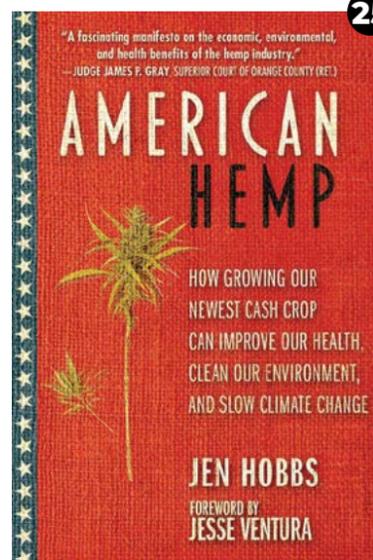
LEAF + WOOD The Cabinet. Horticultural grow cabinet marries smart design with the warmth of real wood. leafandwood.com

23



DRAM
Lemongrass
Adaptogenic CBD Sparkling Water.
Daily stress management for body and mind in a sparkling water. Motivating and energizing blend of adaptogenic herbs, lively lemongrass and Colorado-grown CBD. **\$16**
dramdose.com

25



AMERICAN HEMP
How Growing Our Newest Cash Crop Can Improve Our Health, Clean Our Environment, and Slow Climate Change

By Jen Hobbs,
Foreword by Jesse Ventura.
Publisher:
Skyhorse
Publishing
release date:
April 2, 2019.

20TH ANNUAL HOW WEIRD STREET FAIRE 2019
NOON-8PM
SUNDAY, MAY 5

1880's v. 1980's

WORLD PEACE THROUGH TECHNOLOGY

SAN FRANCISCO, EARTH HOWARD AND SECOND ST.
9 STAGES | MARKETPLACE | ART ALLEY | GREEN ALLEY
INFO/TICKETS: HOWWEIRD.ORG

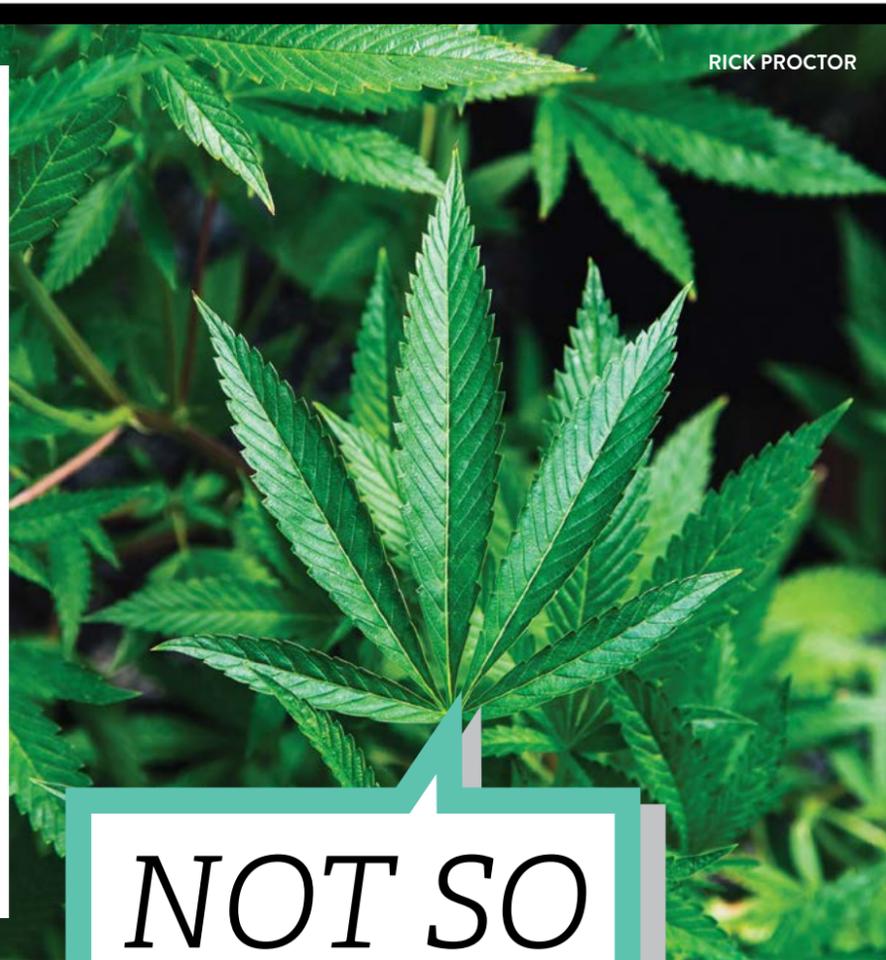
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What's that heady, fun stuff made with brewer's yeast? Beer, right?

Yeah, but now our sugar-loving yeast buddies are making THC and CBD, too, the latest innovation in genetic engineering.

THE STORY BROKE ON FEBRUARY 27 in both the *Berkeley News*, a publication of the University of California, Berkeley and the science journal *Nature*. The DNA in beer-producing *saccharomyces* yeast has been commandeered to make cannabinoids instead of alcohol. In the *Berkeley News* article, lead researcher Jay Keasling, a Berkeley professor of chemical and biomedical engineering, commented that the goal is production of “high-quality, low-cost” cannabinoids in a “more environmentally friendly way” that can be precisely controlled.

According to *Nature*, at least ten companies are vying to perfect the process, hoping one day to produce



RICK PROCTOR

NOT SO GREEN

BY MOLLY CATE

enough THC or CBD to sell to the pharmaceutical industry. Professor Keasling founded one such company called Demetrix and got National Science Foundation support. They'll definitely need to up-scale the process; right now, they're getting one percent of the supply needed to compete with plant-extraction methods.

Not that it's easy to do. *Nature* reported that it takes 16 genetic modifications to program these single-celled microorganisms for the task. Motherboard.com announced the first steps toward THC production in July 2014, noting that the right coding genes had been discovered in 2009. In September 2015, Motherboard writer Jason Koebler reported on German scientists' success in making a tiny

amount of THC. From there, the race was on.

According to Koebler, producing enough to be useful is the hard part and may take another two years. Genetic engineers are busy modifying bacteria and yeast for all sorts of production tasks and struggle with up-scaling the quantity all the time. Jay Keasling's research group was noted in a March 1 *Popular Mechanics* article and on his lab website (keaslinglab.lbl.gov) for using engineering yeast to produce an anti-malaria drug and others that convert plant waste into biofuel, but the amounts produced were not disclosed. Koebler pointed out that the process of engineering yeast to produce morphine, first reported in *Science* in May 2015, must be ramped up 400,000 times to equal

plant-extraction methods.

As Koebler explained in Motherboard, normally when brewer's yeast cells eat galactose, the sugar they prefer, it is converted into alcohol. After many insertions of genes from the cannabis plant, the yeast cells can be instructed to produce THC, CBD or any of a whole array of natural and synthetic cannabinoids, with the hope of tailoring production to specific medical treatments. In *Nature*, Keasling commented that his group is most interested in those other, less well-known cannabinoids. Some naturally occur in the cannabis plant but in such small quantities that they are hard to isolate for study. Still other cannabinoids have never been seen in nature. Naturally occurring or not, some may have therapeutic benefits, and the

lab-created ones could be patented, too, a potential economic boon.

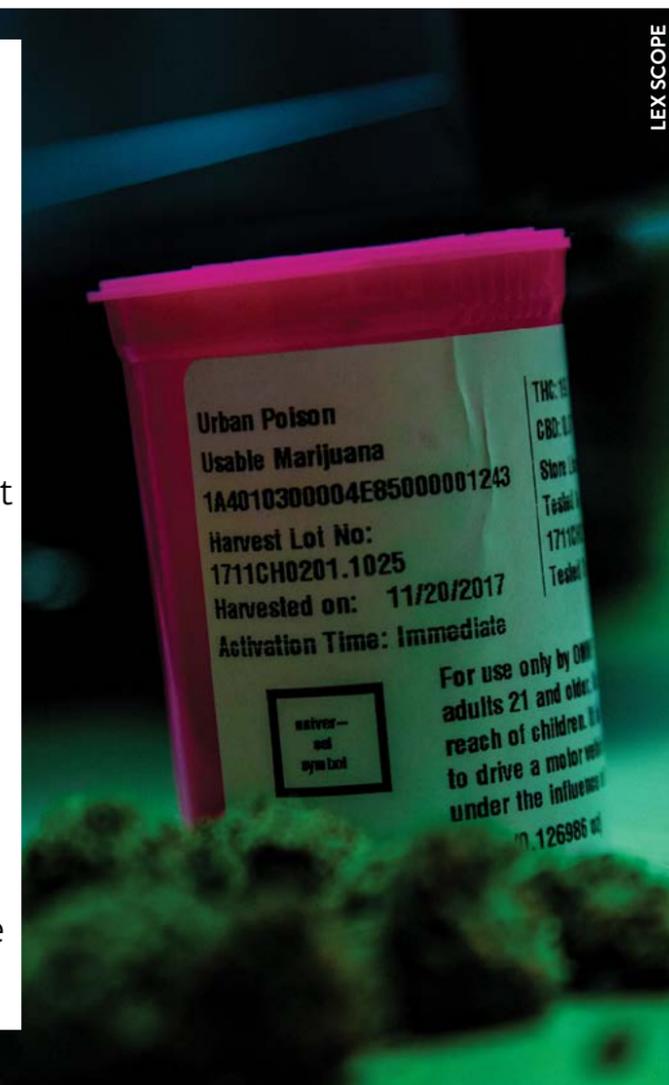
Keasling called brewer's yeast cells, “green drug factories,” meaning environmentally green. The *Berkeley News* article cited the environmental damage caused by large-scale cannabis-growing and extraction operations and contrasted that with the genetic engineering process in development. Of course, there are those who say genetic engineering is, by definition, not environmentally friendly. Those who feel that way may cheer the research of UCLA microbiologist Jim Bowie, reported in the March 1 *Popular Mechanics* article. Bowie is working to chemically convert sugars directly into cannabinoids without the need of any yeast intermediaries.

On the therapeutic side, there's the

entourage effect to consider. That's the poorly understood synergistic effect of all those natural cannabinoids interacting in the body. Many say there is simply no substitute for using the whole plant. However, drug R&D is based on federal rules requiring the isolation of single chemicals for study. All of the companies currently competing to crack the up-scaling problem hope to make money selling their pure cannabinoids to pharmaceutical companies or directly to the public under FDA oversight.

In a related story, United Press International reported in March 2017 that University of British Columbia (UBC) scientists have isolated the genes that produce the various main flavors in cannabis, the terpenes. The goal is the production of “well-defined and highly reproducible cannabis varieties” analogous to wine varieties like merlot and chardonnay. The UBC group has isolated limonene (the citrus-flavored terpene), myrcene (the dank, earthy one), and pinene (the pine resin one). They've found thirty terpene-regulating genes so far, promising the production of more favorite flavors. This may give new meaning to the term craft beer and bring visions of delight to the beer-and-bong crowd. Imagine sauntering into your local brewpub and ordering a high-THC *Blue Dream*, *GSC* or *Sour Diesel* brew on tap. Truly, this would give new meaning to partying everywhere! ■

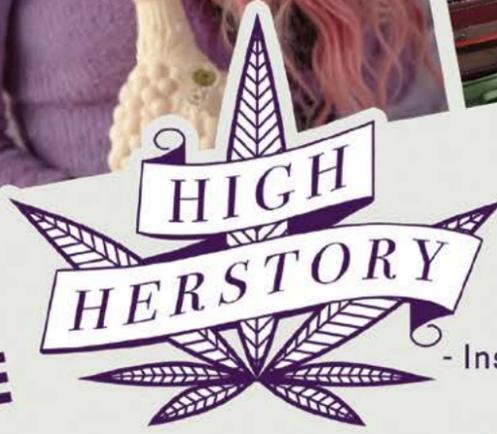
Researcher Jay Keasling commented that the goal is production of “high-quality, low-cost” cannabinoids in a “more environmentally friendly way” that can be precisely controlled. At least ten companies are vying to perfect the process, hoping one day to produce enough THC or CBD to sell to the pharmaceutical industry.



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Cannabis Packaging is Going Green to help remove plastic from the ocean

BY JAMES PRIEST

CANNABIS LEGALIZATION IS STIRRING MANY DIFFERENT debates, ranging from public safety and regulation to environmental impact. For decades, the cannabis black-market has relied on sandwich bags, turkey bags and even envelopes, but today's legal industry runs mostly on plastic tubes, bottles and exit bags. In Canada, we're already hearing reports of excessive packaging when it comes to purchasing legal product. Childproof packaging, along with the combination of labeling, marketing, post, and regulatory identifications, is raising environmental concerns. A few companies out there have set out to find a solution.

For example, Sana Packaging listened to consumers and came up with the idea of using hemp to package cannabis. One hundred percent recyclable, reusable and biodegradable hemp plastic could help usher in a greener tomorrow. The company offers tubes and bins that fit flower, pre-rolls, cartridges and edibles.

8M

“Around eight million metric tons of our plastic waste enter the oceans from land each year.”

-SCIENCEMAG.ORG

Hemp is eco-friendly and offers a solution to traditional plastics. It helps reduce carbon dioxide outputs, can be used as a food or building material and works to filter the soil and air!

Sciencemag.org reports, “Around eight million metric tons of our plastic waste enter the oceans from land each year.”

100%

**PLANT-BASED HEMP PLASTIC
ECO-FRIENDLY
HELPS REDUCE CARBON DIOXIDE OUTPUTS**



YOU CAN GET THE SAME QUALITY PACKAGING MATERIALS FROM SANA PACKAGING INC MADE FROM 100% RECLAIMED OCEAN PLASTIC THAT YOU CAN GET IN 100 PERCENT PLANT-BASED HEMP PLASTIC.

COULD YOU IMAGINE A WORLD where the amount of plastic in our oceans exceeded the amount of fish in them? The Center for Biological Diversity points out that this is expected to happen in roughly the next 30 years. We already have floating garbage islands in the Atlantic and Pacific Oceans. You can learn more about the atrocities our oceans face by reading “Ocean Pollution” on NOAA’s website (NOAA.gov).

“At current rates, plastic is expected to outweigh all the fish in the sea by 2050.”

-CENTER FOR BIOLOGICAL DIVERSITY

IT DOESN'T HAVE TO BE THIS WAY. We don't have to ruin our oceans, and it's not too late to act now. Imagine if we were to take the strict

packaging regulations with cannabis, and apply them to other industries such as alcohol and tobacco. Shouldn't they be held accountable, too?■

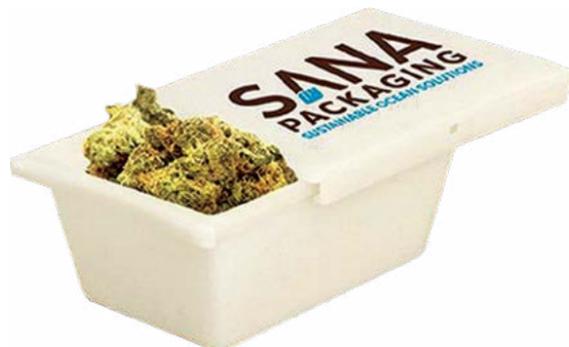
Hemp plastic is an excellent idea for slowing the production of plastic that makes its way to our oceans. Yet the question remains, what about all the plastic that is already out there? What can we do with it? How about make the same packaging for the cannabis industry that's made with hemp? That's a great idea and exactly

what Sana Packaging did. You can get the same quality packaging materials from Sana Packaging, made from 100 percent reclaimed ocean plastic that you can get in 100 percent plant-based hemp plastic.

According to the National Oceanic and Atmospheric Administration (NOAA), “Marine

debris injures and kills marine life, interferes with navigation safety and poses a threat to human health. Our oceans and waterways are polluted with a wide variety of marine debris, ranging from tiny microplastics to derelict fishing gear and abandoned vessels. Today, there is no place on Earth immune to this problem.”

Microplastics are tiny plastic particles that are endangering marine life and causing all sorts of other problems in the Earth's oceans.



“Marine debris injures and kills marine life, interferes with navigation safety and poses a threat to human health. Our oceans and waterways are polluted with a wide variety of marine debris, ranging from tiny microplastics to derelict fishing gear and abandoned vessels. Today, there is no place on Earth immune to this problem.”

-NOAA



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REDUCING ENERGY USE WILL IMPROVE CANNABIS'S CARBON FOOTPRINT

BY DANIELLE GUERCIO

INDOOR CANNABIS was created by cultivators looking for safe spaces to supercharge their plants. Prohibition and opportunism led intrepid growers to take to basements, warehouses and other grow environments.

Some of the earliest reporting on when cannabis turned indoors was in 1995, by plant dad Michael Pollan, who wrote in the *New York Times* that it was during the Reagan years that cannabis took to the indoor lifestyle and subsequent energy use.

It's not just lights that take up kilowatts—air filters, dehumidifiers and temperature-regulation devices like fans and air conditioning crank up the potency and the electric bill. Cultivators who use these techniques are still profiting plenty, and as high as the costs are, high-potency indoor cannabis fetches higher prices in legal shops and on the black market.

Just look at the estimates coming out of the first recreationally legal state, Colorado. A whopping 4 percent of Denver's energy was found to be routed to indoor cannabis opps. Colorado Public Radio wrote in 2018, "The majority of the city's marijuana plants are grown indoors. The industry has traditionally used energy-intensive lights to maximize yields. But city officials are encouraging more sustainable growing practices that involve LED lights and fine-tuning cooling systems to use less electricity."

Even if the energy use were efficient, until we have no fossil fuels being used to power cannabis grows, we will have an environmental issue that will only

get worse as bigger markets legalize. Colorado uses coal to generate electricity—you can't get more nineteenth-century than that.

Big Buds Mag recently wrote, "In the years ahead, the current status quo will no longer be an option for the cannabis industry. Indoor growers simply can't be the worst agricultural emitters of climate-change pollutants on the planet and survive without consequences. If they stay dirty, rejection by the public or punitive measures adopted by governments may force them out of business. Cannabis will still be grown, but in energy-efficient greenhouses or outdoors." Just imagine if all of our food were grown with electricity—it would dramatically increase our fossil fuel problem.

N **NOAH CORNELL**, a California-based director of cultivation at Aster Farms and consultant, is very clear about his feelings toward indoor growing. He told *Emerald Magazine*, "In a time when the headlines are dominated by the growing threat of climate change, it seems insane to me that the demand for indoor cannabis production is so high."

In the same state as Hippie Hill and Rainbow Market, where low to no waste became the norm for so many, it is dissonant and odd that indoor cannabis is so popular. Cornell continued, "Research shows that the indoor cultivation industry's power usage is the equivalent of powering 2 million homes, with the emissions of three million cars. With half of California's electrical power coming from non-renewable

4%

OF DENVER'S ENERGY WAS FOUND TO BE ROUTED TO INDOOR CANNABIS OPPS.

IG @ASTERFARMS



NOAH CORNELL,
DIRECTOR OF CULTIVATION
AT ASTER FARMS

"IN THE YEARS AHEAD, THE CURRENT STATUS QUO WILL NO LONGER BE AN OPTION FOR THE CANNABIS INDUSTRY."



19

A TYPICAL OREGON GROW WITH JUST FOUR PLANTS CAN USE THE SAME POWER AS 19 REFRIGERATORS.

resources, producing clean, sun-grown cannabis is the obvious choice."

Aster Farms' growing operation focuses on from-seed plants and natural sunshine as a light source, but supplemental lighting is not off the table. Cornell said, "As our production model intensifies, we may use some supplemental lighting, but our usage will be more akin to lighting a Christmas tree than a football stadium."

Lighting may seem like an abstract concept to a consumer who isn't familiar with growing, but the Northwest Power and Conservation Council found that a typical Oregon grow with just four plants can use the same power as 29 refrigerators. That is staggering, whatever your familiarity with cultivation.

A 2017 paper on energy efficiency in cannabis by the Southwest Energy Efficiency Project noted that hybrid LED/traditional light grows could dramatically reduce energy consumption, but high startup costs keep indoor cannabis on the black market model. According to the paper, "For indoor grow operations, LED lighting fixtures are being successfully applied to vegetative rooms, saving up to 50% of the lighting energy, compared to the standard practice. For flower rooms,

"RESEARCH SHOWS THAT THE INDOOR CULTIVATION INDUSTRY'S POWER USAGE IS THE EQUIVALENT OF POWERING 2 MILLION HOMES, WITH THE EMISSIONS OF THREE MILLION CARS."

double-ended, high-pressure sodium (HPS) fixtures save 20-25% compared to the standard HPS fixtures."

Incorporating the latest tech could drop their costs and save the earth, but you don't see that taking root—yet. This report also noted that with the right calibration, LED lighting can even be used in notoriously light-greedy flower rooms. "While less common, some growers are successfully applying LED fixtures or LED/HPS hybrid designs for up to 30-40% energy savings in flower rooms."

Aster Farms and other sun-grown operations are leading the charge, and it's about more than just light and electricity. Cornell told us, "We've been growing clean, sun-grown cannabis in living soils for a decade and are proud to finally bring our products to the statewide legal market in California. The goal of our production model is to build soils and sink carbon, not release it into the atmosphere, as well as limiting our reliance on fossil fuels whenever possible."

When asked what cultivators can do to reduce the light energy they use, Cornell said simply, "Grow under the sun!" ■

CONCENTRATE

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5

CANNABIS-FRIENDLY TRAVEL SPOTS YOU WOULD LOVE TO VISIT

BY NANCY FERNANDEZ

When it comes to living the dream vacation, your choice of companion and, of course, the destination will make all the difference. Traveling brings a chance to relax from some of the uptight rules that are around us every day. It is about letting your hair down and enjoying every moment in the place of your choice. Of course, the feeling of freedom and liberty that is gracefully wound around traveling will only feel great if you get to enjoy yourself thoroughly. If you want the freedom to smoke some of the best-quality cannabis, then you should pick the right place to do so.

Here are five amazing cannabis-friendly destinations around the world for your travel itinerary that will make for a blissful journey.

1 AMSTERDAM, NETHERLANDS



When it comes to enjoying your recreational smoke, there is no place that makes you feel as cozy and comfortable as

the Netherlands. The cities in the Holland province, which includes Amsterdam, are usually favored by cannabis lovers embedding

themselves into the culture. You can enjoy the warm culture of the cities during the day or embrace the bright nightlife.



The vibrant lights, the soul-wrecking music and your favorite plant by your side will make traveling to the Netherlands worth everything.

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ELK PRAIRIE VINEYARD - \$1,350,000
±20 Acres w/ 3 homes, pond, decks, pool, winery, cellar, tasting room, mature grapes, olive trees.

REDWOOD VALLEY - \$399,000
±1.2 Ac w/ creek frontage, 2/1 home, guest cabin, pool & deck, garage/shop, tool shed, orchard.

HYAMPOM - \$189,000
±160 Acres w/ beautiful mountain views, developed flats and roads, timber, and water source.

FERNDALE - \$1,450,000
±480 Undeveloped acres w/ ocean views, springs, creek, pond, open meadows, timber, easy access.

MAD RIVER - \$330,000
±10 Acres w/ 2 bed 1 bath 1200 sq ft home. Parcel features flats, outbuildings, water storage, and creek on site.

BERRY SUMMIT - \$350,000
±160 Acres of secluded, heavily wooded property featuring multiple outbuildings, and Cedar Creek on site.

REDWOOD VALLEY - \$399,000
±1.2 Ac w/ creek frontage, 2/1 home, guest cabin, pool & deck, garage/shop, tool shed, orchard.

ALDERPOINT - \$395,000
±70 Flat acres w/ .5 mile of Eel River frontage featuring cabin, outbuildings, power, and meadows.



FERNDALE - \$1,100,000
Reduced Price!
±80 Acres w/ State approved and County stamped permit for 22,000 sq ft ML and 6,400 sq ft OD cultivation space!

ARCATA - \$699,000
Huge development potential on ±7.2 Ac near HSU and Arcata Community Forest w/ access to comm. services.

FERNDALE - \$385,000
±110 Acres close to Ferdale w/ spring, open meadows, developed flats, & a small cabin.

SALMON CREEK - \$749,000
±120 acres w/ three cabins nestled in the hills of Salmon Creek w/ orchards, water sources, solar

HETTENSHAW - \$295,000
±160 Acres w/ open meadows, oak & fir mix, cabin, outbuildings, ag infrastructure.

WESTHAVEN - \$235,000
±2.6 Acre parcel w/ useable flats ideal for building your dream home!

DINSMORE - \$199,000
Remote ±40 acre flat parcel easy access, views, creeks, and beautiful rock outcroppings.

WILLOW CREEK - \$319,000
±3.3 Acre parcel featuring a 3/2 home, power, stunning river views, and plenty of flat useable ground!

HONEYDEW - \$395,000
New Listing!
±159 Acres located in Panther Gap area with developed water system, and existing flats.

SHOWERS PASS - \$250,000
±80 Acres w/timber, spring-fed pond, terraced flats. 20,000 sf RRR space.



BRIDGEVILLE - \$499,000
±40 Acres featuring State and County interim permit for 10,550 OD, creek frontage, springs, 3 ponds, cabin, & outbuildings!

KETTENPOM - \$425,000
±45 acre ridgetop w/ stunning views, custom home, good well water and great Ag potential.

SHOWERS PASS - \$479,000
±40 Acre remote parcel with interim permit for 9,606 of mixed light cultivation, cabin, green houses, and more!

BERRY SUMMIT - \$250,000
±40 Acre parcel w/ new roads, 4 flats, 10,000 gallons of water storage, well access, privacy, and beautiful views.

BERRY SUMMIT - \$535,000
±21 Acres with interim county and temporary state permit for 13,550 sq ft of outdoor cultivation space!

BENBOW - \$475,000
±24 acre property in southern Humboldt with stamped County Interim (outdoor) and State Temp (tier 1 mixed light) permits for 6,660 square feet.

HONEYDEW - \$895,000
New Listing!
±120 Remote acres 2 mi from Honeydew store. Newer manufactured home, year-round creek, timber, and flats. Needs development.

CARLOTTA - \$399,000
New Listing!
3/2 Home on one acre of park like setting! Features ponds, garden, fruit trees, pool, hot tub, and more!

2

DENVER, COLORADO:

Colorado was the first domino of the legalization effect in the United States. The cannabis hospitality industry of Denver proves that the state is a trendsetter. Being a cannabis-friendly destination has made it a premium location for travel for cannabis lovers who would like to soak in the beauty of the place while enjoying the high. There are various facilities available in Denver, such as Loopr, which is a mobile cannabis lounge, and Hi-End, which is a transportation company. After experiencing some amazing nightlife, you can simply skip to a bud-and-breakfast special that is simply unmatched. There are tour packages and hotels that offer options such as vaporizers for rent, dispensary coupons and cannabis lifestyle magazines. Do not forget the rich cuisine that will satisfy your 'high-time' cravings. The city is lit throughout the night and is one of the best destinations to meet cannabis enthusiasts from around the world.



The amazing culture, the mesmerizing scenery and now the chance to cherish your favorite cannabis anytime you like makes this an ideal destination.

3

VANCOUVER, CANADA:

Canada received legalization with open arms. In fact, it has committed to the legalization of recreational cannabis at the federal level, which has helped the country become a favorite destination for industry lovers from around the world. The amazing culture, the mesmerizing

scenery and now the chance to cherish your favorite cannabis anytime you like make this an ideal destination. The climate in Canada also promotes cannabis germination and cultivation. Since even before legalization, the city of Vancouver has had coffee shops where tourists enjoyed smoking openly. Cannabis is tightly wound with the local culture here, which makes it an amazing choice for your travel plans.

After an amazing nightlife, you can simply skip to a bud-and-breakfast special that is simply unmatched.



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4.

The town also has a number of hemp-based products along with a hemp bar and hemp embassy.

NIMBIN AUSTRALIA:



Australia has been a brimming tourist destination with its unique culture, blissful beauty, amazing wildlife and much more. It has been a hotspot for various adventure activities, too. And the spread of medical

cannabis across the country is definitely another reason why it should be in your travel destination list. Nimbin is a small town that has been a tourist favorite and a hippie hotspot since the 1970s. The welcoming culture, the friendly

neighborhoods and the outstanding strains that you can find there make the journey more cheerful and fun-filled. You will get the chance to meet cannabis enthusiasts from around the world here.

5

WELCOME TO Fabulous LAS VEGAS NEVADA

LAS VEGAS, NEVADA:

Las Vegas is fun, no matter what you plan to do or how you plan to spend your days there. The casinos, bars and parties make this place the party playground of America. The place offers various bed-and-breakfast spots that are cannabis-friendly and offer a gorgeous environment to enjoy a lovely time. The

extravagant designs and dramatic themes make this destination an outstanding place to party with cannabis. You can enjoy killer munchies at any time of the day, and the endless cocktail menus can only make your high even better. The entire place is picture-perfect and with some cannabis, vacation-perfect.

Apart from these destinations, you can explore other cannabis-friendly locations such as Alaska, Oregon, Cambodia or Denmark. Just make sure to check the local laws to ensure you have an enjoyable journey that's hassle-free. ■

ANTHONY FRANCIOSI,

founder of **Honest Marijuana Company** and **Cannabis Industry Expert**, writes on the importance of **buying legal**, and how cannabis's reputation has changed, as well as the social norms around it.

honestmarijuana.com



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Why It's Important to Buy Legal Cannabis Versus Black-Market?

The main thing is testing—it is very important to make sure the microbial testing for heavy metals and pesticides is done, because failed tests for those types of things can cause chronic illness and a whole plethora of damaging outcomes for people (especially when you're smoking). You definitely want to buy from the legal

market to make sure the cannabis is tested. I would say that that is probably the number-one reason. Facilities are also typically a lot cleaner when they are licensed. In addition, the price of black-market cannabis isn't even competing with the recreational market anymore, so there is no reason to buy it.

Cannabis Rules at Social Gatherings

Since cannabis has become so widely



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normalized recently, it is no longer taboo to bring it to social events at all. Is it also not illegal to give or share legally purchased cannabis with any adults over 21 in recreational markets. There are a few things to keep in mind though, depending on the crowd. If it's a kid-friendly event or one where you fear not everyone would like to indulge, more discreet items are always a hit. Vape cartridges or pens where you can add your own material are always great to share, because they can be passed around and don't have quite the same odor that a joint or pipe might and therefore can be used discreetly around family and younger people. The same goes for edibles or topicals, but you miss out on a little of the social aspect of passing something around.

If you know it's a cannabis-friendly gathering, pre-roll packs are great and can be enjoyed by many people. I typically have some semblance of both a discreet and overt cannabis product with me so I can gauge the crowd and decide. More and more, I see family and friends who would never typically consume cannabis at all enjoying a 5 mg gummy (or something to that effect) at a social event, but they might not appreciate me lighting up a blunt at the dinner table, so I like to have those for the after-dinner crowd. If you are going to bring edibles, make sure to give them out yourself so you don't have to worry about anyone (or any pets) who shouldn't take them



accidentally partaking. If your plan is to leave them out to share, make sure to tell the host so that no accidental ingestion occurs or Grandma will not have a little more fun than she bargained for.

How to Select Strains in a Dispensary

When going into a dispensary to purchase flower, I think the first question that needs to be asked is "How was it grown?" I always lean towards growers that try to use organic methods and are conscientious about their footprint before I consider what kind of strain I want. In my experience, organically grown cannabis has a more unique flavor and better overall effect, so I like to start there.

As far as strains go, there are so many new cultivars out there that it is hard to know what to choose. Nostalgia always wins for me. Strains like *New York City Diesel* and *Chem Dawg* are perennial favorites for me, so I look for newer crosses that have those strains in their lineage. *Cherry Pie Kush* is a *Durban Poison x Chem Dawg* cross, which I like a lot. If you don't recognize any strains you know you like, ask whether they have any crosses from strains you know you like, and that might lead you to something new that has some of those old notes you know will satisfy. Most budtenders are trying new strains regularly, strictly for research purposes of course, and can give great recommendations. Stay away from purchasing strains strictly based on potency. I find that a lot of low-testing strains, THC-wise, are terpene-rich and have a better overall effect medicinally.

How to Choose the Right Edible When Buying Online

There are a lot of different options out there when it comes to edibles, and for me, there are a few points that I look for. The first one is what type of starting material was used to add the active ingredients into the edible itself. Most commercially available edibles are made from distillate, which contains almost no other compounds in it besides THC, although is very potent and

When going into a dispensary to purchase flower, I think the first question that needs to be asked is "How was it grown?" I always lean towards growers that try to use organic methods and are conscientious about their footprint before I consider what kind of strain I want.

consistent. Distillate is made using heat to capture THC at its boiling point, so many other beneficial compounds are lost, like terpenes and even other cannabinoids.

When you buy an edible made from distillate that says sativa or indica, you are basically buying the same product with a different label. Many manufacturers are now reintroducing terpenes along with distillate to imitate strain profiles, but we know that even that falls short of the complex effect that full-spectrum oils have. I prefer edibles made from full-spectrum oils or good old cannabutter that is made at lower temperatures and holds on to a lot more of the original profile of the strain. Once you determine what kind of starting material you like and what works with your body as far as effect



goes, the type of vessel carrying the active ingredients depends more on personal preference based on what type of chocolate you like, or whether you prefer gummy bears or any other number of edible products on the shelf.

Nanotechnology is also something I have my eye out for, as are products that I can take easily and without unnecessary calories. I know that about 25 mg is an ideal dosage for me, but lately I lean towards products with 2.5 or 5 mg serving sizes so I can work up to that number or do less with very little guesswork. As with food, I like to stick with companies that use fair trade chocolate and organic ingredients and as recyclable a packaging as possible.

CBD and Privilege

One important thing to note is that when people talk about CBD, not all of them understand the definition of what it is. The whole concept of CBD is becoming a questionable practice



in the United States. Last summer, GW Pharmaceuticals, a UK-based pharmaceuticals company, had received an approval for a drug in which the main ingredient is CBD, a single cannabinoid found in cannabis and hemp plants. It is a true, main cannabidiol. It is a part of the plant, a single molecule that is being used by GW Pharma in their preparation. Because of that, a CBD molecule in this sense of the word cannot be used in any food, cosmetic or beverage products because it already is a part of the approved FDA medication. A molecule of CBD by itself will not be allowed to be used in the market without a prescription and without paying Big Pharma some money for *at least* fifteen years. That is the bottom line.

The real way to receive a benefit from CBD, along with other cannabinoids—hence an entourage effect—where more than one



cannabinoid is present in the mixture, is through hemp plant extract. An almost-untraceable amount of THC (less than 0.3 percent) is a part of the entourage effect, and it also brings great benefits. You take the legal substance, like industrial hemp (or cannabis sativa), and you extract cannabinoids from it. You will receive a majority of CBD, a little bit of CBG, a little bit of CBC, a little bit of CBM . . . There are a whole bunch of them, and the more the better for the sake of the oil and its benefits, because cannabinoids have been proven to work better in a collaboration than individually. What people really need to understand is

what they are seeking from a medicinal standpoint. THC is what gets you high, and the rest of the plant has medicinal value. People need to find a hemp extract or a hemp extract that is created specifically to contain cannabinoids in it. This is the medicine that people are looking for—it is legal and can be sold online. There are products available on Amazon and other websites. They have become more available and are cheaper. People can really take advantage because the competition in the marketplace has brought the prices down. ■

Anthony Franciosi is the founder and head grower of Honest Marijuana Company, which utilizes all-natural cultivation methods to produce only the finest organic and eco-conscious cannabis products. Its cannabis is also packaged in Earth-friendly recyclable tin cans with pure nitrogen to ensure only the highest level of integrity and quality. Anthony advises ganja-preneurs on all of the assets needed to start a cannabis growery, cultivation practices, pricing products for both wholesale and consumer sale and more. honestmarijuana.com



CHEEBA CHEWS

RELEASES THE LATEST CHEWY AND CHOCOLATY CANNABIS-INFUSED CANDIES

BY MELISSA HUTSELL



New Green Hornet Gummy and Cheeba Chews Hemp Taffies Now Available

B

BLOSSOMING CHERRY trees are a sure sign of spring. In an ode to the season, and the stone fruit, one of America's most iconic edible brands—Cheeba Chews—released its newest Green Hornet gummy and line of hemp-infused taffies.

Green Hornet gummies come in Indica, Sativa, hybrid and CBD varieties. Flavors include: mixed fruit, watermelon, grape, green apple, blue raspberry, tropical mango—and now, black cherry. Each package comes with 10 gummies and a 100 mg blend of THC and CBD.

Cheeba Chews' full-spectrum, hemp-infused taffies are also now available. Hemp chews come in strawberry, sour apple, creamy caramel and original chocolate. Each 100 mg parcel contains four pieces of taffy at 25 mg per treat. More flavor varieties are

on the way, said Eric Leslie, the company's chief marketing officer.

Hemp taffies compliment the company's existing line of products, which come in Sativa, Indica, hybrid, pure CBD and a 1:1 THC-to-CBD variety, but they will be marketed as a completely separate entity so there's no confusion between the legal cannabis operations and the hemp-derived product offerings.

Consumers who crave a composite of cannabinoids and flavors inspired the newest Green Hornet gummy. "Looking at an underserved [market], we saw an opportunity to help customers that wanted both THC and CBD their edibles," said Leslie, "so we took a 1:1 [ratio] of THC to CBD to infuse into a sweet—



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and slightly tart—black cherry gummy recipe.”

The new saccharine and sour bite-sized Green Hornet black cherry gummies pack a punch, in both flavor and potency. The brand, after all, is named for its fast-acting, strong impact—and, of course, the cannabis plant’s famous emerald hues.

Gummies are made traditionally with gelatin. The result is an unmistakable “gummy texture that we’ve all become familiar with growing up,” said Leslie, who added, “a large part of our brand is centered around nostalgia and making distinctive connections to memories and experiences.”

All products are gluten- and peanut-free, Leslie assured, and ingredients are sustainably sourced when possible.

Chews are produced using the help of a machine specifically made for the company. “We spent years working to build a machine that would allow us to deposit taffy, which is difficult [to do] due to its viscosity,” Leslie explained. They partnered with an engineering firm that “specializes in chocolate-depositing equipment to help us create a machine that could handle the viscosity of Cheeba Chews’ taffy while still measuring out and depositing the correct dose.” This customized machine has become the staple of Cheeba Chews’ manufacturing process ever since.

When asked about the development of the hemp taffies, Leslie said that the company’s CBD products have long been in demand, “and many consumers come from outside of legal cannabis states that we operate in.” Cheeba Chews is now in a position to serve them and, according to the company, complies with state and local regulations where they operate.



“[We] look forward to hearing further clarification on marketing guidelines on a federal level,” added Leslie.

Cheeba Chews was founded in 2009 with one simple and clear mission: to produce consistently potent, discreet cannabis-infused edibles. The goodies were first developed by the company’s founder, James Howler.

“At the time in Colorado, cannabis patients didn’t have a reliable source for infused edibles,” Leslie added. “The stigma was still centered around ‘weed brownies’ and breaking up trim to sprinkle in your brownie mix.” So, Howler set out to create a product “that would consistently blend the cannabis extract and still maintain a great taste,” he explained. “He found chocolate taffy held the cannabis oil best and gave an efficient and discreet delivery system for cannabis.”

Since that initial creation, Cheeba Chews has won multiple awards, earned the title of “America’s favorite edible” by *High Times* magazine, developed Green Hornet gummies,



and expanded legal operations in Colorado, California and Nevada.

The company’s original claim to fame was its “Deca Dose” chocolate taffy, which packed 175 mg of THC into a single 10-gram piece of candy, said Leslie. “Original medical patients needed to sign a waiver before purchasing, due to the chew’s notorious potency.”

To put that into perspective, the average joint is said to contain roughly 60 to 70 mg of THC, according to Marijuana Break, a leading medical cannabis resource.

As the company and legal market evolved, “we felt it was important to provide consumers with bite-sized edible options that still pack a strong punch,” said Howler, “so each individual 10 mg dose comes in a three-gram piece (of taffy or gummy).”

Taffies are low in calories; while the average taffy bar contains 140 to 160 calories, Cheeba Chews’ ten-piece chocolate taffies have 100 calories per package.

Every batch of edibles is independently lab tested at three critical stages: the flower, the oil and the edible. Rigorous testing ensures that “the staple of the company’s products—the consistency—is maintained throughout this new manufacturing and packaging process,” Leslie explained.

The cannabis extract used regularly “tests at 80-plus percent THC,” Leslie added, “and we purposefully maintain a

wide cannabinoid profile in our oil to make sure our customers get a pleasant, impactful and well-rounded experience.”

When it comes to impact, Cheeba Chews doesn’t stop there. Last fall, its employees helped raise awareness for pancreatic cancer, “which has impacted many of us in the Cheeba Chews family,” said Leslie. The company gave one dollar for every CBD chew purchased to further research and to find a cure. ■

For more information, visit [CHEEBACHEWS.COM](https://www.cheebachews.com)

Hemp Cheeba Chews can be purchased for direct shipping nationwide at: [HEMPCHEEBACHEWS.COM](https://www.hempcheebachews.com)

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CANNABIS JIDDEH'S SPINACH PIES

Jiddeh means grandmother in Arabic. To stay true to my roots, I wanted to include this phenomenal baked good that has been a staple at every dinner my family has ever had.

EDIBLES MAGAZINE

DOUGH INGREDIENTS:

2½ lbs bread flour
½ Tbs salt
½ cup cannabis-infused olive oil
4 tbs
½ tsp yeast
1 Tbs sugar
¾ cup water, hot
2 cups water, room temperature

DIRECTIONS:

Combine hot water, sugar, salt and yeast. Mix gently with a whisk, and then let it sit for 10 minutes so the yeast can activate. Combine with the remaining water. Put your flour into a large bowl, and slowly add the water to it. For every ½ cup water you add, add ¼ cannabis olive oil. Knead the dough with your hand until it is smooth; it shouldn't stick to your fingers. You may need to add a small amount of flour if the dough feels too tacky. Let sit for two hours with a damp cloth over it to rise. Freeze or set aside to make fresh.

Heat pan on medium flame. Add the olive oil first, then add the diced onions with the sumac and sauté for three to five minutes, until it is not quite translucent, but enough time for the sumac to

FILLING INGREDIENTS:

1½ lb spinach
2 cups diced onion, small
2 Tbsps olive oil (Can use infused oil for higher potency)
1 tsp sumac
Sour salt (citric acid) & pepper, to taste
Pine nuts, optional

really open up and infuse its flavor. Add the spinach (if your pan isn't big enough, do this in smaller batches), and cook until wilted. Add the sour salt and pepper to taste. Mix in pine nuts (optional). Take the contents out of the pan, and put it into a tablecloth to strain until dried. Make sure the taste is still sour, and if not, add a little more salt. Do not add lemon. Roll the dough into 1½" balls, and flatten out with a rolling-pin. Add in the spinach filling, and fold the tops in and the bottom up to create a triangle (although you can shape it however you'd like). Brush with egg whites and water. Bake at 350°F for ten-to-fifteen minutes or until golden brown.

The Herbal Chef





LIT LIME AND AVOCADO

COCONUT NOODLES

EDIBLES MAGAZINE

INGREDIENTS:

200 g (7 oz) egg noodles or rice noodles	2 Tbsps cannabis-infused honey (Mystery Baking Co. brand is delicious)
250 g (9 oz) frozen podded edamame beans	Juice of 2 limes
60 g (2 oz) sunflower seeds	20 g (¾ oz) fresh ginger, peeled and finely grated
100 g (3½ oz) desiccated (unsweetened shredded) coconut	6 spring onions (scallions)
1–2 tsps chilli flakes	2 ripe avocados, halved and pitted
60 ml (2 fl oz) soy sauce	

DIRECTIONS:

First, bring a large pot of water to a boil, then cook the noodles over a high heat for the time stated on the packet (around 5 minutes). Add the beans to the pan for the last 30 seconds of cooking, then refresh the noodles and beans under plenty of cold water, drain in a colander, and set aside. Meanwhile, toast the sunflower seeds for two minutes in a frying pan (skillet) over a high heat so that they release their natural oils. Add the coconut to the pan for 30 seconds to lightly toast, then transfer the seeds and coconut to a plate to cool. In a large bowl, mix together 1 tsp chili flakes, soy sauce and honey. Squeeze in the lime juice, and add the ginger, then stir to combine. Shred the spring onions by cutting them finely on an angle, discarding any tough green upper layers, and slice the avocados. Add to the bowl.

TO ASSEMBLE: Gently toss the cold drained noodles, beans, seeds and coconut in the soy sauce and avocado mixture. Have a taste—you may want to add more chili flakes—then serve.

Cannabis Kale and Sun-Dried Tomato STUFFED CHICKEN

EDIBLES MAGAZINE

INGREDIENTS:

4 chicken breasts (about 8 oz each) chopped
 3 Tbsp cannabis-infused olive oil 1 cup sun-dried tomatoes (not in oil)
 1/3 cup goat cheese Finely chopped salt and pepper
 1 head of kale, stemmed and finely

DIRECTIONS:

Preheat oven to 400°F. Place kale in a large pot, and top with one Tbs of cannabis-infused olive oil and 1/2 cup of water, and heat over medium. Cover, and let steam for two minutes. Remove top, and sauté for several more minutes, until all kale has wilted. Add in sun-dried tomatoes, and cook for three more minutes. Set aside. Slice chicken pieces in half, and using a mallet, pound chicken slices to make them thinner. Crumble a Tbsp or so of goat cheese onto each piece of chicken, and top with about two Tbsps of the kale and sun-dried tomato mixture. Roll up pieces, and place seam-side down in a baking dish. Top with freshly ground salt and pepper. Bake for 25 minutes or until chicken has cooked all the way through and is no longer pink. Drizzle remaining two Tbsps of cannabis-infused olive oil over dish, and serve warm.



KUSH KALE SALAD WITH APPLE CASHEW CHEDDAR

EDIBLES MAGAZINE

INGREDIENTS:

4 cups very finely chopped or slivered organic curly kale or Russian kale (about 6 oz on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)
 2 Tbsps coarsely chopped toasted almonds
 1 apple, sweet, like a Fuji, or a sweet-tart, like a Gala or Pink Lady, cored and cut in 1/4-inch dice
 1 oz sharp organic cashew Cheddar cheese, cut in 1/4-inch dice
 2 Tbsps fresh lemon juice
 Salt to taste
 1 small organic garlic clove, puréed
 5 Tbsps cannabis-infused extra-virgin olive oil
 2 Tbsps freshly grated Parmesan cheese

DIRECTIONS:

Combine the kale, almonds, apple and cashew Cheddar in a large bowl. Whisk together the lemon juice, salt, garlic and cannabis-infused olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve.



420-INFUSED SHRIMP CEVICHE

What's a great appetizer before fish? More seafood, of course. Shrimp Ceviche is far easier to make than traditional raw fish ceviche.

INGREDIENTS:

1 lb cooked shrimp (We prefer the tiny version so as to require less chopping.)
 1/4 finely diced, red bell pepper
 1/4 finely diced orange or yellow bell pepper
 1/2 finely diced jalapeño pepper
 1/4 diced jicama
 1/4 diced cucumber
 1 Tbsp finely diced shallot
 2 Tbsps cilantro
 2 Tbsps of canna olive oil
 Juice of 1 lime
 Juice of 1 lemon
 2 cups of sliced cucumber for dipping

DIRECTIONS:

Toss then chill in the fridge for 30 minutes before serving.

Emerald

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Work with multifaceted industry experts to establish your cannabis facility. Gain valuable insight, and secure long-lasting partnerships.



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Why Choose Us?

Starting or scaling up a cannabis business can be a sobering task. Eliminate mistakes by hiring professional consultants with an established track record and years of experience to guide you through.

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(707) 840-5508

Info@TheEmeraldMagazine.com

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