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Alderpoint - $719,000
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Salmon Creek - $749,000
±50 Acres w/ 3 homes, 30+ acres of pasture, creek, ponds, springs, and beautiful rock outcroppings.

Heddens - $295,000
±160 Acres w/ 3 homes, 30+ acres of pasture, springs, creek, and beautiful rock outcroppings.

Westhaven - $235,000
±6 Ac Home w/ 6 Bedroom, 3 Bath, 2600 sq ft, in a quiet neighborhood.

Humboldt - $719,000
Reduced Price!
120 Acres w/ Home, guest cabin, pool, and 30 acres of meadows and woods.

Hyampom - $220,000
±158 Acres located in Panther Gap area with developed water system, and existing flats.

Shoers Pass - $479,000
±40 Acre remote parcel with intermittent permit for 9,060 of mixed light cultivation, cabin, green house, and more.

Bchmoil - $475,000
±24 acre property in southern Humboldt with stamped County interim permit (outdoor) and State permit (1 mixed light) permits for 6,600 square feet.

Humboldt - $895,000
±120 Remote acres 1 mi from Humboldt county, Manufactured home with 2 Story, creek, timber, and flats. Needs development.

Carlett - $399,000
±½ Home on one acre of park like setting! Features ponds, garden, fruit trees, pool, hot tub, and more!

Dinsmore - $499,000
3½ Acres w/ 2 home, 2½ guest cabin, patio, shops, gardens & greenhouse.

Bridgeville - $499,000
±13 Acres riverfront w/ pond, 2 home, 2½ guest cabin, patio, shops, gardens & greenhouse.

Hastings Bar - $119,000
1½ Acres in Trinity Village. Stunning views w/ flat building sites. OWC with 50% down.

From snacks, vitamins and drinks to safe sex and safe drug use, we cover every corner this month.

From all of us here at the Emerald, we wish you a safe and happy summer!
Prepackaged Snacks, Vitamins and Drinks to Get You Through the Festival

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**DIY Infusion Tips with Blaze N Janes**

**SAFE DRUG USE DURING FESTIVAL SEASON**

**AROMATHERAPY AND CANNABIS**

**A Match Made in Plant Heaven**

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**SAFE DRUG USE DURING FESTIVAL SEASON**

**AROMATHERAPY AND CANNABIS**

**A Match Made in Plant Heaven**
Festivals, while a whole shit load of fun, can take a lot out of you. Three days of dancing and walking under the heat of the summer sun while on a drinking spree, functioning on very little sleep because of the cold, hard camping grounds and rubbing elbows (or even more) with thousands of other festival-goers in poor hygiene conditions are just some of the challenges that come along with the whole festival experience. Make the most of your festival experience by planning well and taking along these prepackaged snacks, vitamins and drinks.
VITAMIN C

Thousands of festival-goers will be crammed together for the weekend, and exchanging sweat will be inevitable. Protect yourself with some vitamin C, which helps boost your immune system. You wouldn’t want to get sick, which would keep you from having the most fun during the festival weekend. Plus, vitamin C can add an extra boost your flagging energy. A study by Mahalakshmi Shankaran, Bryan K. Yamamoto and Gary A. Gudelsky also shows that vitamin C has neuroprotective in effects in mice during the administration of a neurotoxic regimen of MDMA.

ADVIL

The loud music and lack of drinking water can turn the fun weekend to disaster when you get yourself a throbbing headache. Not even your favorite artist’s set can cure that, and it might even make things worse! Bring a bottle of Advil, just in case. Trust your mom on this one, kids.

TRAIL MIX

Trail mix is a good, quick snack to help keep your energy and blood sugar content steady, minimizing the chances of crashing in the middle of your favorite artist’s set. Trader Joe’s has a wide variety of trail mix options to choose from, whether you like the ones with more nuts and dried fruits or the ones with peanut butter cups. The almost endless combinations of nuts, sweets and dried fruits are great sources of antioxidants, fiber and healthy fats. Our favorite is the Sweet, Savory & Tart Trek Mix from Trader Joe’s (https://www.amazon.com/Trader-Joes-Sweet-Savory-ounces/dp/B01N8ZII32) because of the nice balance of flavors, the unique addition of golden raisins and three kinds of “drops” (semi-sweet chocolate, white chocolate and peanut butter). If you want to take your trail mix to the next level, Sahale Snacks® (https://www.sahalesnacks.com/products) offers premium mixes, like Banana Rum Pecans Glazed Mix or Naturally Pomegranate Vanilla Flavored Cashews Glazed Mix. They come in beautiful, resealable 4 oz packaging that’s perfect for light packing and healthy snacking.

HILLSHIRE SNACKING

Hillshire Snacking takes things to a whole ‘nother level by offering a considerable variety of prepackaged, chef-curated snacks in unique flavor combinations. It uses real ingredients in on-the-go portions, making for more indulgent, healthier and more convenient options for festival snacking. Like a leveled-up version of trail mix, Hillshire Small-Plates have a good balance of meat, cheese, crackers, crisps and nuts that come in beautiful single-servings packaging. They offer interesting pairings, like Italian Dry Salami with Natural Gouda Cheese, which would pair perfectly with a glass of red wine, or Apple Chardonnay Seasoned Pork Cuts and Gouda Cheese. Go one step further, and order their Social Platters so you can conveniently have a fancy snack with buddies.

Hillshire Snacking

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Hillshire Snacking

Hillshire Snacking
PREPACKAGED SNACKS, VITAMINS AND DRINKS TO GET YOU THROUGH THE FESTIVAL

KIND® FRUIT BITES AND PRESSED BY KIND

Good-bye, sour tapes and gummy worms—our generation is learning to eat better! But when you’re camping at a festival, mangos and pineapples are hard to come by, or hard to open and keep without access to refrigeration. KIND® Fruit Bites and Pressed by KIND® are made with 100% real fruit and maybe some unsweetened chocolate—no juices, concentrates, purées or preservatives. With no added sugar, these snacks contain 1 to 2 servings of fruit per pouch, making them a healthier option for festival snacking.

5-HOUR ENERGY

5-Hour Energy is an American-made “energy shot” manufactured by Living Essentials LLC. It uses a unique blend of ingredients to provide users with a feeling of focus and a boost in alertness for hours. They come in small single-serving packaging that is convenient to carry and take to festival grounds. The drinks’ active ingredients are vitamins B3, B6, B9 and B12, which are good for the body’s production of amino acids and play a key role in converting fats, proteins, carbohydrates and starches into usable energy. Unlike most energy drinks, 5-Hour Energy contains zero sugar, so you won’t have to worry about a crash afterward.

EPIC FOODS MEAT BAR

The original meat, fruit and nut bar, Epic Food’s Meat Bar offers a convenient protein-packed, fiber-rich snack in interesting flavor combinations, like the Venison Sea Salt Pepper Bar or the Turkey Almond Cranberry Bar. These healthy eats are made with whole, unprocessed ingredients and are not loaded with sugars, oils or funky chemicals whose names you can’t pronounce, unlike most of the snacks readily available in the U.S. Other than being a yummy, healthy treat, the meat in this product is grown and sourced responsibly, with the owners of the company preferring to source from producers committed to holistic land-management practices, like rotational grazing, which helps regenerate pastures instead of depleting their nutrients. When your energy and nutrients are depleting, grab a pack of their organic and grass-fed meat bars to help you keep up with the weekend’s festivities!

ENJOY LIFE CRUNCHY CHOCOLATE CHIP COOKIES

OK, after all that healthy snacking, you deserve a cookie. According to their website, “These gluten-free crunchy cookies are loaded with dairy-free chocolate chips and pack a delightful crunch.” They also use all-natural ingredients, and no preservatives. We’re seeing a trend here, are you? They also offer a delicious range of non-GMO, vegan, Kosher and Halal-certified products to meet today’s consumers’ discerning needs.

FRUIT AND VEGGIE CHIPS FROM BARE SNACKS

For a crispy snacking treat, fruit and veggie chips are posing to take over. Say goodbye to potato chips, which are full of trans-fat, which can lead to obesity, heart disease, cancer and diabetes. Bare Snacks offer crispy treats that are baked, not fried, with no added oil. They come in fruit and veggie options, like cinnamon apple chips, strawberry banana chips, chia + pineapple chia coconut bites, ranch carrot chips and salt and vinegar beet chips.

MICHEILE HENDERSON

14 EMERALD MAGAZINE
PACKING FOR FESTIVAL WEEKEND CAN BE A CHALLENGE. OTHER THAN YOUR FESTIVAL OUTFITS OR COSTUMES GOOD FOR THREE DAYS AND YOUR CAMPING GEAR, THERE ARE A FEW ESSENTIALS YOU NEED TO JAM INTO THAT WEEKEND BAG SO YOU CAN HAVE A HASSLE-FREE FESTIVAL EXPERIENCE. WE’VE LISTED OUR NINE FESTIVAL MUST-HAVES SO YOU WON’T FORGET ANYTHING.
2. BACKPACK or Fanny Pack

You’ll need two—a big one for carrying all your stuff to the event, and another smaller one you’ll use during the weekend. You’ll need to keep your hands free for all that dancing, so bring a small bag for keeping all your essentials like your wallet and phone. Backpacks will have enough room for your tumbler, but if you’re not a fan of backpacks, fanny packs have returned to the fashion scene and come in fun prints or that trendy holographic material. An anti-theft waist pack is also a thing if you don’t think a backpack or a fanny pack can cut it. Mostly worn by extra-cautious tourists, it’s essentially a fanny pack, but you keep it under your shirt or your pants. Keeping it under your clothes means it won’t mess with your outfit, plus you’re sure your things are kept extra safe.

3. SUNNIES and Sunscreen

You’ll be frolicking under the summer sun the whole weekend, and there really isn’t much shade at music festivals. Protect your skin from the painful agony of sunburn with some ocean-friendly sunscreen like Thinksport Sunscreen SPF 50+ and Sun Bum SPF 30. Sunnies come in all shapes and sizes, and it looks like circle hippie sunglasses in rose-colored lenses are back in style. You may want to also try kaleidoscope or diffraction sunglasses, which would make the lights ten times more entertaining.

4. COAT for Chilly Nights

Although your bralette and mesh attire works well during the day, the temperature drops at night. Remember to pack a coat or a jacket for when it gets cold. While cotton and denim are cute, try bringing a lightweight waterproof jacket, just in case it rains. If it doesn’t, you’ll still be warm at night, but if it does, and you’re caught in your cotton hoodie, you could get pretty uncomfortable. A beach towel is also an option—you can use it for when you want to sit down on the grass in the afternoon or to stay warm at night.

5. HAND SANITIZER and/or Baby Wipes

Pack a small bottle of hand sanitizer and a pack of baby wipes—you’ll need it for when you’re about to dig into that burger, in case water for handwashing is scarce, there’s no soap or the line is too long. An upset gut because of poor sanitation can definitely ruin the weekend, especially with the long lines to the waterless and unsanitary port-a-potties. This will also come in handy for cleaning all sticky food and cocktail spills off your phone and sunglasses. Baby wipes will also come in handy at all sorts of times, too.

6. A Portable CHARGER

Don’t you hate it when your phone dies? Can you imagine how much more you’ll hate it if your phone dies in the middle of your fave artist’s set, or when you can’t find your friends, or when you’re stumbling through tents in the dark? Be smart, and pack a light, portable charger with you. Some festivals have charging stations so you can recharge your phone and your portable charger. There are also waterproof, solar-powered portable chargers available from Amazon.
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Festivals can bring out more risky behavior in any of us. With the mix of alcohol and all that dancing, getting intimate with someone is a possibility. Be safe, and pack some condoms and follow other safe-sex practices, because it’s really better to be safe than unintentionally pregnant, or sick! Be upfront with your intentions before getting busy, and be sure your partner is sober enough to give consent. Ask to make sure they’re OK with what’s happening at any given point.

Biodegradable Glitter

Do not resist, you will still succumb to shining yourself in body glitter. A little sprinkle can add an instant boost to your outfit, and energy! Glitter is a staple in any music festival, go an extra step by purchasing and using biodegradable glitter. Biodegradable glitter can be bought from shops like ecoglitterfun.com and is made from biodegradable cellulose film. After you use them and shower them away, microbes consume it while causing no harm to Mother Earth. Sparkle responsibly!

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Aromatherapy AND Cannabis:
A Match Made in Plant Heaven

By DANIELLE GUERCIO
There’s not much as wonderful as cracking open a fresh jar of cannabis and inhaling all of its complex aromas—each mingling together to provide the unique scent fingerprint that each strain bears. As cannabis tech and innovation progress, we’re able to sniff out how similar many of cannabis’ terpenes are to the plants that didn’t grow under an 82-year research and consumption ban.

Aromafloria, a New York- and Los Angeles-based beauty company, has been incorporating essential oil remedies into consumer care products for three decades, and it is with the times when it comes to cannabis acceptance. Terpenes are not exclusive to cannabis—they are present in every flower, fruit and fir tree in existence, and products that use them to their advantage will be a part of future waves of beauty and wellness trends. Aromafloria has known this, and many of their products work in the same way that cannabis does—using terpenes to guide effects on the brain and body, though in this case without cannabinoids. This makes perfect sense, as calming linalool comes up in strains like Headband as well as “innocuous” flowers like lavender.

Their newest offering, Cannafloria, blends the aromatic benefits of hemp and traditional aromatherapeutic plants like florals, herbs and more. The line covers everything from bubble bath, bath milk and bath fizz to mood mists, aromatherapy roll-ons, sugar scrubs and shower gel.

Being in business over three decades means that Aromafloria is operating at a level of knowledge that many beauty companies cannot attain. Founded by Sharon Christie, Aromafloria and Cannafloria are her plant-based magnum opus—bringing her talents and skills as a pharmacist, chemist, and aromatherapist to the lab—and to beauty shelves. Christie’s passion is using these tools to improve people’s well-being and mood, and she saw right away how cannabis could further empower this goal.
Scent offerings for these aromatherapy and hemp products take into account the different varieties of cannabis and which conventional herbs and flowers pair well. The line encompasses seven different pairings: Be Calm with lavender and chamomile, Be Energized with lime and basil, Be Soothed with ginger and lemon, Be Clear with eucalyptus and tea tree, Be Refreshed with ylang ylang and hops, Be Focused with rosemary and mint, and Be Sensual with neroli and sandalwood. Each type comes in the full range of products, giving you a delightful scent in creams, bath additives and roll-ons for maximum variety, but with a fragrance that does more than smell good. The categories play on your emotions but are formulated with skincare success in mind. Beyond terpenes, hemp oil is mixed in for maximum omega 3 softening power. Despite being non-psychoactive, hemp is a wonderful emollient that many brands turn to for skincare products with a light finish. You may see Cannafloria in some interesting places as they roll out, but for now keep an eye on the Aromafloria space, where getting an essential oil fix has always been the main mission. Cannafloria is breaking ground not only by flexing terpenes into bath and beauty products in a unique new way, but also with an understanding that cannabis is just another aromatic plant, and that we can use it not only for intoxication but also our well-being and daily grooming routines. ■

FOUNDED BY SHARON CHRISTIE, AROMAFLORIA AND CANNAFLORIA ARE HER PLANT-BASED MAGNUM OPUS—BRINGING HER TALENTS AND SKILLS AS A PHARMACIST, CHEMIST, AND AROMATHERAPIST TO THE LAB—AND TO BEAUTY SHELVES.

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Gift Guide

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8. NAYSA CBD Pet Treats
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9. MR. MOXEY’S Artisan Mints Relief
Soothing CBD-infused ginger mints, enriched with holy basil to ease stress and inflammation, and Siberian ginseng to aid recovery. $40 mrmoxeys.com

10. MAGICAL BUTTER Ghee
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7. GOLDLEAF Cooking Journal
New Cooking Journal, features recipes from Cat Cora and Monica Lo, The Cannabis Taster & Red Ikebana Print. $17.99 shopgoldleaf.com
11. GRÖN Peppermint Tincture. Expertly crafted from three pure, simple ingredients: fractionated coconut oil, cannabidiol (CBD), and peppermint oil (Mentha balsamea). Each dropper contains approximately 16.5 mg of CBD. $37.50 groncbd.com • 12. DEMETER FRAGRANCE LIBRARY Cannabis Flower Roll-on Perfume Oil and Fragrance. Slightly floral, slightly spicy, but unmistakably Cannabis. 3.4 fl fragrance $40 / 8.8 ml roll on $12.25 demeterfragrance.com • 13. SONDER GRACE Emerald Charged CBD Restorative Face Serum. With full-spectrum CBD, wildcrafted with an organic ancient infusion specifically designed to restore and rejuvenate skin. $75 sondergrace.com • 14. FIZZCOLOGY Spaced Out bath bomb with CBD. Clear your mind in a magical eucalyptus and rose combination. Infused with skin-conditioning nutrients and soothing herbs and oils sprinkled in with bath salts and eco-friendly glitter for a luxurious bath. $31 fizzcology.com • 15. USA Hemp Co. Vanilla Infused Cbd Tincture 1500 mg. Healing blend of CO2 extracted CBD oil, MCT oil and vanilla flavor. $74.99 usahemp.com
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### Upcoming Convention Schedule

**Exhibitors and attendees:**
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### Gift Guide

21. **Cannafloria Essentials** Be Calm Inhalation Pouch. Treats your mind, body and spirit to a zensational escape. Let the soft, herbal notes of Lavender, Chamomile and Petitgrain, enhanced with the terpene Linalool, free your mind as you breathe in the mood-boosting benefits. $18 cannafloria.com • 22. **Ritual** Nighttime is A 1:4 (Cbd:thc) Blend designed to provide deep relaxation, calm the mind and body, and aid sleep. ritualdrops.com • 23. **Elmore Mountain Therapeutics** Whole Plant Balm Handcrafted in Vermont 250mg $50 emtcbd.com • 24. **SUM** Focus 1:1 (100 mg CBD/100 mg THC) Under-the-tongue tablets of pure CBD and THC microdose that quickly dissolve and go right to work. ummicrodose.com • 25. **Aethera Beauty** Sunset Serum with Cannabis Sativa Soothing night serum, helps de-stress and revive skin while you sleep with a blend of botanical actives including acerola cherry, sugarcane, dormilona, jojoba, and potent cannabis sativa. Nourishes and hydrates skin and plumps, smooths, soothes and softens skin. $35 aetherabeauty.com
26. GRENCO SCIENCE G Pen Nova LXE
With a patented reverse airflow and “check” ball valve system, the G Pen Nova LXE offers the largest output of vapor production among any portable vaporizers. $59.95 gpen.com

27. CANAPA Puro 500 mg CBD Tincture
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28. GROWN Morning Adaptogen Energising.
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Gluten-free and vegan at 70% cacao using gourmet dark couverture chocolate, available in 6 unique color-coded strain-specific packages. Peak chocolates are offered in indica and sativa dominant options as well as CBD-dominant options. peakextracts.com • 30. SOL Strains of Life.
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**Gift Guide**

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Flowers and Tie-Dye Prints

Floral patterns are here to stay, and the tie-dye pattern is back. Outside of hippie culture, floral and tie-dye prints have received a modern upgrade and are now embraced on high-fashion runways. Tie-dye prints are made by tying cloth with wax strings before dying it with different colors, resulting in patterns that come out different every time. This made the tie-dye pattern a symbol of creativity and individualism in the ‘60s and ‘70s. This pattern is also a reflection of hope and peace.

Festival Season is once again upon us! After you've secured your tickets and your ride, it's time to prepare your outfit. Choosing our apparel for festival weekend is just as exciting for some of us as the festival headliners. While there have been staples, festival wear has gone from all bright neon tutus and kandi bracelets to boho style and fedoras. So, what are the latest trends in store for us this 2019 festival season? The Emerald Magazine looked at Coachella’s weekend 1, Paris 2019 spring-summer collection and our fave online retail shops for this year's trends and where you can cop the look.

Floral and Tie-Dye Prints

Who would’ve thought we’d still see flower crowns this year? Flower crowns took the festival scene by storm back in the early 2010s, but we’re seeing a new pattern this year: guys wearing flower crowns! Whether it’s a sarcastic statement or it’s really time for dudes to shine in flower crowns, we’re not sure, but we’re definitely diggin’ what we see.

Lace and Hand-Crafted Elements

Lace is back as one of this year’s trends. Elegant and edgy, fashion icons are seen sporting this look for festival season. High-fashion brands are contrasting modern cuts with this classic material. Other re-emerging trends are hand-crafted elements like crochet and macramé appliqué, which fit in perfectly with the festival season’s free-spirited atmosphere.
Lastly, hats are back in style, perfect for staying cool and looking cool under the heat of the sun. Boots and sneakers are still winning over sandals and heels, too, which makes more sense because if you’re standing, walking and dancing the whole day, your feet had better be in something comfortable. Whatever look you decide to go with, the things we must remember are to dress comfortably, stay cool and stay hydrated. Don’t forget to have fun, and don’t be afraid to be the most extreme fun version of yourself—festival season is the perfect opportunity to wear whatever you want without judgment. Express yourself through fashion or even costumes that you won’t wear anywhere else—one of the most beautiful things about festival fashion.

Back in the '90s, the hologram craze swept over the nation. We’re seeing glimpses of it again with the return of holographic elements on the fashion runways. A staple of raves back in the '90s, the rainbow iridescent swirls of holographic elements have found their way back to the festivals in 2019. If metallics aren’t cutting it for you anymore, holographics bring another level of shine to the party.

We’re seeing a lot of yellow, and we’re loving it! This fun, warm hue is the perfect color to wear to a music festival this summer season. Designers gave us a wide array of shades on 2019’s spring/summer runways, and we’re digging mustard and lemon yellow.

When in doubt, bedazzle! From your acid-washed denim cut-offs to your face or your beard (if you have one), if you have no other concrete plans for your festival season outfit, bedazzling is a quick solution to turning any outfit festival-ready. If you wanna go a little bit risqué, bedazzled pasties are big right now, too.

A staple at festival grounds, this look is showing no signs of slowing down. Pair with a bralette for a daring look without feeling too exposed. This edgy look is so comfortable, you can dance in them for hours. No wonder it’s a go-to look for festival goers!

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The cannabis community and culture are as diverse as the festivals they attend. From Renaissance and art festivals to music and religious festivals, to ones of advocacy and activism, these are places to which people from the cannabis lifestyle are attracted.

Quite possibly the most popular festivals for those who partake in the cannabis lifestyle are music festivals. There have been many legendary music festivals like Woodstock, Livestock, Bonnaroo, Lollapalooza, Burning Man and others that attract cannabis consumers. These festivals celebrate sound and togetherness. They are places where memories are made, and ones that most likely will be revisited throughout history. It’s not just music fests that attract lovers of Mary Jane. Festivals celebrating art, culture, food and fun are alluring, too.

The big downer is that many of these fests are not in states with legal access to cannabis. That doesn’t stop us (cannabis consumers) from having fun though! Thanks to the many discreet methods for consuming cannabis these days, festival-goers who partake can do so discreetly and enjoy festivities without others, or the fuzz, harassing their buzz. Here are some blazin’ festivals happening from coast to coast this year (some in states with legal access to cannabis) that have nothing and everything to do with the plant so many of us love.

Cannabis and festivals are synonymous with each other for many people. This doesn’t mean that folks walk around festivals blazin’ (all the time). Sweet Mary Jane has been illegal for many years in many places and still is. Even in states where cannabis is legal, public consumption of this plant can land you in a jam. Fines and even possibly jail time could be the result of your public display of affection for sweet Mary Jane.
The Finger Lakes Wine Festival is the perfect event to sport your toga and toss back some wine, all in a civilized manner, but of course. The Finger Lakes region is renowned for white wines, such as rieslings, as well as reds and other fine varieties. Over 70 local wineries will feature tastings at this year’s Finger Lake Wine Festival. If you plan on having only one glass, make it a big one.

Wild Goose Festival is held in Hot Springs, North Carolina. It draws an estimated 2,000 to 3,000 attendees. Wild Goose is a religious festival of sorts celebrating “Art, music, and story-driven transformational experience grounded in faith-inspired social justice,” according to the event’s website. I know many people who go to this, and I wouldn’t have thought it to be my cup of tea until I heard about their awesome experiences. If you love people, good times, diversity and relaxing down by the river, you may want to check out the Wild Goose Festival this July 12th through 15th, and see what the buzz is all about.

The 43d Spoleto Festival of Flags is hosted in Charleston, South Carolina, from May 24th through June 9th this year. For 17 days, festival-goers can experience cultural diversity in dance and theater, chamber music, symphony, jazz, choral music, food, wine, street entertainment and more. According to the Spoleto website, “Spoleto Festival USA is internationally recognized as America’s premier performing arts festival.”

The World’s Largest Brat Festival is hosted in Madison, Wisconsin, outside of the Alliant Energy Center. This year’s event boasts free admission and four stages featuring energetic musical performances. There will be games for kids, carnival rides, a sports zone and, of course, lots of brats! To top it off, there will be a fireworks show to end it all on Sunday.

ChocoLicious is in Burlington, Wisconsin, features a sweet battle of the chocolate chefs, chocolate-eating contests, the Project Yum-way candy–wrapper design contest, plus a carnival and crafts fair. The Great Midwest Marijuana Harvest Festival is a great time had each year in Madison, Wisconsin, October 5th through 7th. If you love herb, then you’ll love this festival featuring music, food, fun, games, activism, advocacy and more. Flyover Music Festival is in the flyover state of Kansas. The event is hosted at Providence Medical Center Amphitheater in Bonner Springs, Kansas. Be careful with cannabis in Kansas as most law enforcement officers there have a zero-tolerance mentality toward the plant. The Flyover Music Fest features artists like Cardi B, Lil Baby, G Herbo of Chicago, Lil Mosey, YBN Cordae, Splug, and BiaLina & Yusee, as well as K-pop star Tobi Lou according to the event’s website.
ENCHANTED FOREST FESTIVAL IS HOSTED AT BLACK OAK RANCH, Laytonville, California, and takes place each year in mid-June. The Enchanted Forest Festival is a three-day music festival and more. Festival attendees can partake of workshops, daily yoga and movement classes and can check out the world’s largest gathering of independent performing artists. Did I mention that the trees are illuminated with magical lighting?

If you plan to attend festivals like these, remember to stay hydrated and always elevated! Visit the festivals’ websites for information about times, dates, performers and other inquiries. Most importantly, be kind to others, and have fun.

THE CRAFT BEER & WINE FEST IN ESTHER SHORT PARK, in Vancouver, Washington, is being held June 7 through June 9th. Live music and local brew, craft artisans and more are waiting for you.

THE BOTTLE ROCK FESTIVAL NAPA VALLEY, CALIFORNIA, happens around the end of May. Some call it “The first taste of summer.” The festival runs for three days and features music, food, wine and craft beer.

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Safe Drug Use during Festival Season

by Mica Cruz

The bass is pumping, and your crew are hyped—it’s festival season. Festivals have been a part of human culture for millennia, but some would argue that the counterculture of massive music festivals was introduced to popular culture and mainstream consciousness during New York State’s Woodstock festival in 1969. Thirty-two acts performed on stage for three days, promoting peace, love and music. Although what that counterculture promoted was beautiful and full of hope, one can’t deny that drugs have always been a big part of the music festival movement, and that’s something that we still carry with us in today’s music festivals.
For years, illegal substances have been smuggled into these events in creative ways. The prohibition of these substances has created a dark cloud, resulting in a lack of understanding and safe practices. Because substances like MDMA or LSD are illegal, festival-goers are less likely to ask for help when they are in danger, for fear of going to jail. This fear and lack of information result in more cases of deadly overdoses, which are reported at different music festivals all over the globe.

Whether the government likes it or not, people are taking drugs at music festivals. And due to the string of overdose cases at music festivals around the world, some groups are fighting for pill testing, which would allow festival-goers to test the contents or even the potency of the drugs they are planning on taking. While some say that pill testing promotes drug use, advocates argue that they will only be testing drugs that festival-goers have already smuggled in and are already planning on using. So, if they’re already 100 percent sure they’ll be taking the drug, pill testing is the last line of defense, giving festival-goers the opportunity to find out what’s in their drug and make an informed decision whether or not they will still take it, or choose to dispose of it if they find out that it’s not what they’re expecting.

One study showed that one out of five users utilized the drug-disposal services at drug-testing tents at a UK festival in July 2016, after they learned that something was not what they had expected. This resource is significant because that kind of informed decision-making impacts the number of highly dangerous drugs on festival grounds.

Drugs like MDMA and cocaine are often adulterated with materials like sugar, cement or baking soda, just to name a few, but there are more dangerous mixes out there. One of the most dangerous adulterants on the uptrend is Fentanyl, a powerful synthetic opioid that is similar to morphine but is 50 to 100 times more potent. Some people cut party drugs with Fentanyl because it’s a cheap way to add a boost to the drug they’re selling, misleading people to think that the drug is stronger or even purer. But Fentanyl use is currently a nationwide epidemic, causing deaths and overdoses every day in the U.S. The epidemic is so severe, in fact, that the Pentagon is considering classifying it as a
Don’t mix it
Mixing multiple substances and alcohol is a recipe for disaster. Make sure you’re not taking any party drugs that may interact negatively with prescription medication. Drink enough water as alcohol can make you more dehydrated, but not too much, as drinking too much water can cause hyponatremia.

Get your pills tested
You can buy pill-testing kits from sites like The Bunk Police, or if you want a more specific test that shows purity and other compounds, you can get it touch with Energy Control International.

Know your source
Do not purchase drugs from someone you do not know or trust. Drugs sold at festivals are twice as likely to be adulterated or to be not what sellers say they are, according to a study.

Look after each other
If your friend or anyone on the ground seems to be having a hard time, immediately ask for help from any of the festival crew or medical team standing by. Also be aware of the signs of heat stroke or serotonin syndrome. Be on the lookout for suspicious or dangerous behavior. Use a buddy system.

Another thing to consider is the potency of a drug. Even if your pill passes for 100 percent MDMA, problems are now arising with regard to the increasing potency of the drug. Manufacturers are producing more and more potent pills, hoping to attract buyers. Some pills have been shown to contain around 200 mg of MDMA, but the average dose of an ecstasy pill should only be around 50 to 60 mg. Pill-testing centers issue warnings about pills containing 120 mg of MDMA and above as being in the overdose range. These extremely high doses of MDMA are becoming increasingly common and often can be bought right inside the festival grounds.

Several groups like The Bunk Police, Dance Safe and The Loop (https://wearetheloop.org/) have taken on a mission of safeguarding the festival-going public by offering free pill-testing services at festival sites, but law enforcement officials argue that this will only promote the use of illegal drugs. Some of these organizations have been banned from festivals like Electric Daisy Carnival and the Mad Decent Block Party, and that has forced the pill-testing groups to operate illegally.

Several groups like The Loop offer free pill-testing services at festivals. WeareTheLoop.org
DIY Infusion Tips with Blaze N Janes

BY SARAH BUGDEN

A dazed dinner with Blaze N Janes starts with a warm greeting. You’ll arrive at the location and be welcomed into the dining room by a Blaze N Janes team member. The room will have a dinner table, a dab bar and, if you’re lucky, friends you’ll get to enjoy the experience with. The dinner table has large CBD waters on it for diners to quench their thirst, and also to ensure that everyone’s experience stays balanced.

Chef Pedro Romero and Chef Leslie Romero work together as a team to create the culinary-excellence aspect of Blaze N Janes’ dazed dinners. They started hosting infused dinners years ago for their friends but then realized it was something they could do for more people with the help of some of their other chef friends. Pedro and Reggie DeJesus—one of the chefs who assists Pedro and Leslie regularly—met while working at a steakhouse, and connected over their shared love of cooking, sensational food, good company and cannabis.

Chef Pedro said that he likes to start with food that’s heavier for the first course of a dazed dinner. He doesn’t want his guests to be hungry and restless.

When asked how they created an infusion process so seamless that the cannabis blends right in with the food, Pedro admitted that it was a process.

Creating something as magnificent as Blaze N Janes doesn’t happen overnight. Chef Pedro and Chef Leslie started out wanting to get into the culinary infusion world in 2015, when they sensed that legalization was around the corner. They wanted to perfect their process and be ready to go when legalization happened.

Their first impulse was to make infused ice cream. They made a few sample batches that were superb, and that’s how their name came to be. They wanted to do a take-off of Häagen-Dazs. While pitching various names, someone shouted out, “Blaze N Janes,” and it stuck.

Blaze N Janes infusion dining tip #1: DON’T EAT WHEN YOU’RE STARVING.

The firmness of the risoto, juxtaposed with bursts of sweetness from the tomatoes and earthy flavor from the mushrooms, made for a sensational and well-balanced dish. Once again, it was not possible to detect the cannabis. It was served in a small portion. Chef Pedro explained that he prefers to design his meals as small portions to encourage diners to slow down, enjoy every bite and take in the company of all who are in attendance at the dinner.

The food prepared by Blaze N Janes could only be described as the highest quality—something you’d find in a restaurant you probably can’t afford. What makes their food so good goes back to the choices they’ve made about infusion, and how they want to deliver an experience to diners.

When infusing food, chefs have a choice to make. They can either cut corners and use waxes or other quick methods of getting cannabis into food, or they can start from the beginning and learn the art and craft of cooking with cannabis.

FIRST COURSE
Focaccia with infused olive oil and three flavored balsamic vinegars.

SECOND COURSE
Orr Risoto with artichokes, mushrooms, blistered cherry tomatoes and bright vegetables.

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When infusing food, chefs have a choice to make. They can either cut corners and use waxes or other quick methods of getting cannabis into food, or they can start from the beginning and learn the art and craft of cooking with cannabis.
Shortcuts often lead to major flavor imbalances, as well as incredibly high levels of THC in the food, which can cause people to have bad experiences and write off infusion and edible experiences altogether.

Instead, the more productive way to go about it is to simply take the time to appreciate how cannabis works, what its flavor profiles are, what different strains do to the body, how they taste and how to use them in a dish. This kind of comprehensive understanding of cooking with cannabis requires more effort, but it’s also how you end up with a dish that’s just as much a work of art as it is a meal. If you’re interested in cooking with cannabis to capitalize and turn a profit, shortcuts are easier, but the end product will suffer. If you’re looking to appreciate cannabis, blend its flavors into your dishes seamlessly, and understand how to cook with it, taking the time to study its components and experiment with it in the kitchen. This is why Chef Pedro, Chef Lisa and Chef Reggie cook together and have worked as a team for so long. Pedro dedicated years to learning the science and craft of cooking with cannabis. Meanwhile, Leslie and Reggie specialized in the food aspect of the operation, and together they seamlessly create infused dishes that could very well be described as works of art.

By the third course of a Blaze N Janes dinner, you’ll feel exactly how you want to feel. They individually dose each diner in 10 mg increments according to your request. The business has grown significantly and changed course as Chef Pedro and Chef Leslie have developed a better understanding of how to make the most of cannabis when pairing it with food. Their initial ice cream idea went out the window when they realized it might create a huge safety issue if people were to buy their ice cream and take it home, and then to have children somehow get into it. They then opened a restaurant but didn’t have enough attendance to justify infused meals. Finally, they transformed the business into a pre-ticketed catering and media company. That was when they really saw their business take off.
Preheat oven to 350 degrees F. Sift together flour, baking soda, salt and cinnamon in a medium-sized bowl. Set aside. Combine eggs, buttermilk, canna oil, sugar and vanilla in a separate bowl, and mix well. Add flour mixture to the canna oil mixture, and stir well. Combine shredded carrots, coconut, walnuts and raisins in a separate bowl. Add carrot mixture to batter, and mix thoroughly. Pour batter into a greased cake pan, and bake for 1 hour or until a toothpick comes out clean.

Remove cake from oven, and let cool. Mix cream cheese, butter, milk and vanilla together while cake is cooling. Frost cake with icing. Store in refrigerator. In a medium bowl, combine butter, cream cheese, powdered sugar and vanilla extract to make the frosting. Beat until the mixture is smooth and creamy. Frost the cooled cake. Cut and serve, and ENJOY!

CARROT CAKE
2 cups all-purpose flour
1 tsp baking soda
2 tps ground cinnamon
¼ tsp salt
3 eggs
½ cup buttermilk
1 cup canna oil
1½ cups sugar
2 tps vanilla extract
1 cup flaked coconut

2½ cups shredded carrots
1 cup chopped walnuts
1 cup raisins

FROSTING
½ cup butter, softened
(or canna butter)
1 cup cream cheese (or canna cream cheese)
4 cups powdered sugar
1 tsp vanilla extract

INGREDIENTS:

DIRECTIONS:

JAMIE LEE MCCORMICK
Goat Cheese Bruschetta

INGREDIENTS:
- ½ cup balsamic vinegar
- 12 slices Italian bread
- 1 tbsp canna olive oil
- 1 lb strawberries, washed and diced
- 2 tsps fresh thyme leaves, plus more for serving
- 1 cup goat cheese, room temperature
- Salt and freshly ground pepper to taste

DIRECTIONS:
Heat vinegar in a small skillet over medium-low heat. Simmer until reduced by about half, 8 to 10 minutes. Remove from heat, and allow to cool to room temperature. Prepare a grill for high heat. Place bread slices on a foil-lined baking sheet, and drizzle with olive oil. Combine strawberries and thyme in a small bowl, and set aside. Grill bread on the preheated grill until browned, about 3 minutes per side. Spread goat cheese on toasted bread. Add black pepper, salt and reduced vinegar to the strawberry mixture. Spoon over the goat cheese-topped bruschetta. Garnish with additional thyme.

COOK’S NOTE:
You can toast the bread under the broiler instead of on a grill if needed.

JAMIE LEE MCCORMICK
**LEMONADE-INFUSED WITH ED ROSENTHAL’S STARDUST**

**INGREDIENTS:**
- 6 cups cold water
- 2 cups lemon juice or 8-10 lemons, freshly squeezed
- 1 cup sugar
- 5 packets of Ed Rosenthal’s Stardust (15 mg each)

**DIRECTIONS:**
In a small saucepan, combine sugar and 1 cup water. Bring to boil, and stir to dissolve sugar. During the cool-down process, add desired dosage of Stardust. (We like 5 for a total of 75 mg overall.) Allow to cool to room temperature, then cover and refrigerate until chilled—all this will serve as syrup. In a large pitcher, stir together the chilled syrup, lemon juice, cannabis tincture and remaining water. Serve over ice.

**CANNABIS-INFUSED CHOCOLATE COVERED STRAWBERRIES**

**INGREDIENTS:**
- 2 cups cocoa powder
- ¾ cup softened canna butter
- ½ cup sugar
- 2/3 cup whole milk, room temperature
- ¼ tsp salt
- ¼ cup powdered sugar
- 1 cup water
- Fresh strawberries

**DIRECTIONS:**
Heat the water in a medium-sized saucepan until simmering. Cream the cocoa powder and butter together into a paste. Add the cocoa mixture to the hot water. Bring it back to simmering, and then remove from heat and transfer the cocoa mixture to a bowl.
Sift the two sugars and salt together in a separate bowl to eliminate any lumps. Add the sugar to the cocoa mixture, and stir well to combine. Add the milk slowly, and stir.
Dip strawberries in chocolate; let excess chocolate drip off. Place on wax paper-covered baking sheet. Refrigerate 30 minutes or until chocolate is firm. For best results, serve same day.

**WATERMELON SALAD**

**INGREDIENTS:**
- 1 tbsp soy sauce
- 1 small garlic clove, minced
- ½ tsp minced ginger
- 2 tsps fresh lime juice
- 2 tsps cannabis olive oil
- 1 packet Ed Rosenthal’s THC powder
- 3 cups watermelon, deseeded and cut into cubes or melon balls
- 1 English cucumber, chopped into ¼-inch pieces (about 2 cups)
- 1 ripe mango, skin removed and chopped into ½-inch pieces
- ¼ serrano pepper, thinly sliced
- ¼ cup chopped cilantro
- ¼ cup sliced basil
- ¼ cup salted peanuts or cashews, crushed and toasted

**DIRECTIONS:**
In a large bowl, whisk together the soy sauce, garlic, ginger, lime juice and rice vinegar. Add the watermelon, cucumber, mango, serrano pepper, cilantro and basil. Chill for 30 minutes. Drain the excess liquid before serving. Drizzle cannabis olive oil over the salad, and sprinkle with Stardust THC powder. Serve with the crushed peanuts or cashews on top of the salad.

**WATERMELON SALAD**

**INGREDIENTS:**
- 6 cups cold water
- 2 cups lemon juice or 8-10 lemons, freshly squeezed
- 1 cup sugar
- 5 packets of Ed Rosenthal’s Stardust (15 mg each)

**DIRECTIONS:**
In a small saucepan, combine sugar and 1 cup water. Bring to boil, and stir to dissolve sugar. During the cool-down process, add desired dosage of Stardust. (We like 5 for a total of 75 mg overall.) Allow to cool to room temperature, then cover and refrigerate until chilled—all this will serve as syrup. In a large pitcher, stir together the chilled syrup, lemon juice, cannabis tincture and remaining water. Serve over ice.

**CANNABIS-INFUSED WITH ED ROSENTHAL’S STARDUST**

**INGREDIENTS:**
- 2 cups cocoa powder
- ¾ cup softened canna butter
- ½ cup sugar
- 2/3 cup whole milk, room temperature
- ¼ tsp salt
- ¼ cup powdered sugar
- 1 cup water
- Fresh strawberries

**DIRECTIONS:**
Heat the water in a medium-sized saucepan until simmering. Cream the cocoa powder and butter together into a paste. Add the cocoa mixture to the hot water. Bring it back to simmering, and then remove from heat and transfer the cocoa mixture to a bowl.
Sift the two sugars and salt together in a separate bowl to eliminate any lumps. Add the sugar to the cocoa mixture, and stir well to combine. Add the milk slowly, and stir.
Dip strawberries in chocolate; let excess chocolate drip off. Place on wax paper-covered baking sheet. Refrigerate 30 minutes or until chocolate is firm. For best results, serve same day.
WE GIVE 2% OF OUR EARNINGS BACK TO CHARITY, SUPPORTING UNION MEMBERSHIP, LIVING WAGES, COMMUNITY SERVICE AND SUSTAINABLE ECONOMIC VALUES.

Welcome to the Good

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CANNABIS THAT GIVES BACK TO OAKLAND

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