

A photograph of a person working in a large indoor cannabis cultivation facility. The person is seen from the side, tending to rows of tall, green cannabis plants. The facility has a high ceiling with a complex metal structure and several large, circular fans. The lighting is bright, suggesting a sunny day outside. The overall atmosphere is one of a professional and well-maintained grow operation.

Emerald

CANNABIS LIFESTYLE

The Heritage Issue

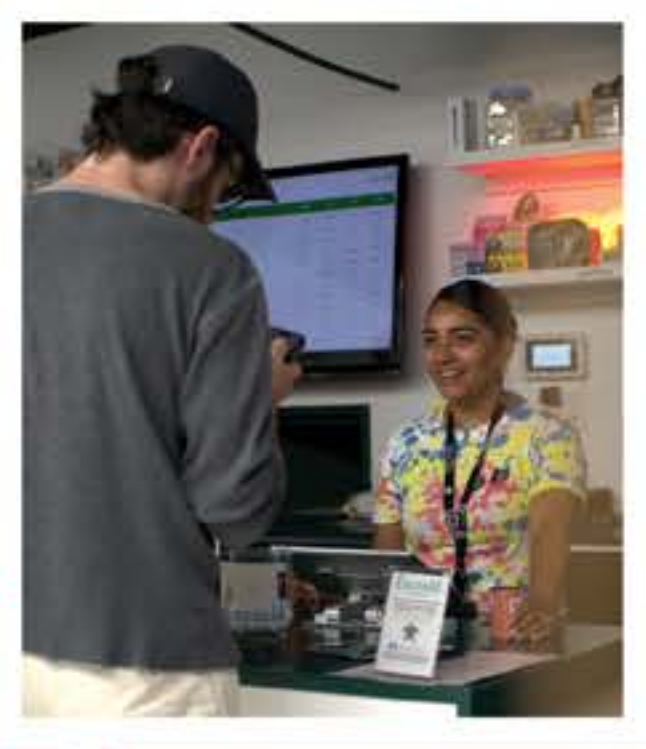
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Dear Reader:

Thank you for picking up this latest issue of *The Emerald Magazine*™. Your support means the world to us, and it is an honor to share the stories, history, and culture of cannabis with such a passionate and engaged audience.

This issue is a special one for me because it brings me back to my roots—quite literally. Before I founded *The Emerald Magazine*™, I was trimming cannabis in the mountains of Humboldt County, California deep in the heart of the Emerald Triangle. The Triangle—comprising Humboldt, Mendocino, and Trinity counties—has long been America's cannabis heartland, shaped by a unique blend of rebellion, resilience, and reverence for the plant.

The Emerald Triangle's history is deeply intertwined with the back-to-the-land movement of the 1960s and '70s when free spirits and countercultural pioneers sought refuge in Northern California's rugged terrain. These hippies wanted a life outside the confines of mainstream society, one where they could grow their own food, build their own homes, and cultivate cannabis in peace. What began as small, secretive gardens hidden among the redwoods eventually evolved into a world-renowned cannabis-producing region.

Living and growing in Humboldt taught me patience, perseverance, and deep respect for the land. It was never just about the plant—it was about community, sustainability, and honoring the heritage of those who came before us. Now, as both a dispensary owner and the publisher of *The Emerald Magazine*™, I'm committed to sharing that legacy with the world.

In this issue, we celebrate cannabis heritage through a rich tapestry of stories:

Space Cakes: A Tasty Trip Through Amsterdam's Cannabis History takes us to the heart of Amsterdam's 1970s coffeeshop scene, where cannabis-infused treats

became a discreet and delicious way to experience the plant. This article explores how space cakes have influenced global cannabis culture and the modern edibles market.

High on Heritage: Crafting a Cannabis-Infused Poutine That Honors Tradition combines culinary history with cannabis innovation. We pay tribute to Quebec's iconic comfort food with a THC-infused gravy, blending the old with the new in a dish that embodies both nostalgia and creativity.

Shining a Light on Pioneers in the Cannabis Industry celebrates a few unsung heroes who've championed cannabis, and advocated for research and access to the plant.

The Emerald Triangle: History and Heritage of America's Cannabis Capital takes a deep dive into the region that has defined so much of my life and the lives of countless cultivators. From the Green Rush to the challenges of legalization, this piece highlights the resilience of the farmers and the ongoing fight to preserve the traditions that made the Emerald Triangle legendary.

Through these stories, we honor the past, celebrate the present, and look forward to the future of cannabis culture. Whether you're a longtime advocate or just beginning your journey with the plant, we invite you to join us in exploring its rich and evolving history.

Thank you for being a part of this community.

Cheers,
Christina de Giovanni
Publisher

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The Heritage Issue

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The Creative Process Sponsored by Cannabis

Artists use cannabis to fuel their creative process.

Cannabis is claiming a new and improved narrative. Thanks to artists, comedians, and entrepreneurs, cannabis is becoming known as a mainstream method for enhancing the creative process, uncanny humor, and introspective thought.

BY ALLI HINCHLIFFE 

RDNE STOCK PROJECT



WHETHER IT'S TO SEE A FRESH PERSPECTIVE OR RELAX AFTER A LONG DAY OF WORK, CANNABIS IS CEMENTING ITS PLACE IN THE ROUTINES OF SUCCESSFUL PEOPLE FROM ALL FIELDS.

Proven to be a useful tool for relaxation, energy, focus, hunger, and more, creatives add cannabis to their routines for various reasons. Some make it a part of their public persona, some use it to relax after a work day, while others use it to brainstorm and expand ideas.

IT WASN'T ALWAYS THIS WAY. BUT THESE DAYS cannabis is respected as a common denominator in the routines of successful artists. The early efforts of the legendary George Carlin put cannabis on the comedy map. Known for using unabashed sarcasm to poke at societal norms, Carlin was a primary, yet polarizing figure in being open about cannabis use at the time.

Today, popular personalities like Chelsea Handler and Seth Rogan are normalizing cannabis as a useful tool in their artistic endeavors. Many creatives are not only consumers, but also use the plant to inspire their projects and stories.

Opening the door to fresh perspectives, cannabis is an agent for discussing unique takes on societal topics and social issues that are otherwise difficult to discuss.

Once known as a gateway to avoiding responsibilities, creative cannabis allies are coming forward with experiences that beg to differ. However, research regarding the interaction between cannabis and creativity conveys contradictory findings that make this correlation even more fascinating.

THE GAP IN CANNABIS AND CREATIVITY STUDIES

It's not a secret that megastar musicians, actors, and comedians enjoy cannabis regularly. But until recently, consumption was seen as taboo and painted users to be erratic, unreliable, and addicted. Now the masses are accepting the benefits of the medicinal plant and evolving research is proving both positive and negative effects.

When it comes to studying cannabis' effects on creativity, researchers understand that creativity is difficult to measure. It's also worth noting that there's a variety of biological and external factors to consider based on each individual subject. A 2014 study published by the *Psychopharmacology* journal explains, "The concept of creativity is not very well defined, and there is no agreement on one particular measure on how to assess it."

The general consensus from this study finds that cannabis use impairs divergent thinking in regular users. However, a 2021 study in the *Journal of Business Venturing* finds that cognitive, motivational, and experiential factors are imperative to consider. For example, a cannabis user who simply uses the plant for relaxation and euphoria may lend different results than a cannabis user who strategically consumes as a part of their creative process.

The study explains, "We theorized and found that cannabis users generate new venture ideas that are more original, but less feasible, compared to non-users. [...] We theorize that the cognitive effects of being a cannabis user on idea originality and feasibility are influenced by entrepreneurial passion for inventing."

In a nutshell, those who have the drive and passion to invent and create will be more likely to successfully brainstorm and come up with original ideas after consuming cannabis. Whereas, those who regularly lack motivation to create will not just suddenly have a burst of creativity.

Ultimately, creativity is an abstract concept that lacks quantifiable analytics needed in a scientific study. It's up to the individual to use their intuition and best judgement to decide if, how, and when cannabis can benefit their creative process.

CREATIVES USING CANNABIS

Proven to be a useful tool for relaxation, energy, focus, hunger, and more, creatives add cannabis to their routines for various reasons. Some make it a part of their public persona, some use it to relax after a work day, while others use it to brainstorm and expand ideas.

Co-founder of the TV series and media company High Herstory, actor, singer, and writer, Jenny Joslin is a creative who uses cannabis to inspire her projects and enhance her daily routines. When her and her college best friend created High Herstory, they were inspired by themselves and the successful women around them who all utilized cannabis as a creative tool.

Joslin explains, "We've utilized cannabis since the very beginning of our creative partnerships. We've written TV shows together and we've written films together and cannabis has always kind of been a part of our process. It has always just also helped give us a lot of energy."

From reexamining the stories of women in history with High Herstory to brainstorming with author Julia Cameron's method in *The Artist's Way*, Joslin's cannabis use is multifaceted and intentional. Joslin says, "I swear if I have cannabis I'm so much more likely to do those things for my artist self and to nurture my inner artist. [...] Cannabis really helps me to tap into that nurturing side of my creativity."

As someone who is routine oriented, Joslin notes that cannabis helps break up the stagnance of mundane tasks. In *The Artist's Way*, Cameron focuses on the philosophy that everyone has an inner artist. However, people lose sight of their creativity because their routines lack the output of ideas and the input of personal experiences.

ADDING CANNABIS TO A CREATIVE ROUTINE

Ultimately, balance is the key to harnessing creativity and acting on those ideas. For Joslin, cannabis is a tool that grounds her and keeps her focus on the present moment. But with every cannabis-induced brainstorming session, she returns to her creative projects to restructure and edit while sober.

Joslin explains, "You have to have those checks and balances with it because you can go off too much in one direction. I think knowing yourself is so important and for me, I know that I'm a very routine-based person. Cannabis helps me to break out of that and enhance my routines to think outside the box."

For others, it may be difficult to stick to a routine. Those who struggle to find direction or motivation may use cannabis to escape these conflicts rather than tackle them. But in Joslin's experience, she finds that cannabis gives her an extra boost to keep going when it's crunch time.

"For some reason cannabis makes [the creative process] fun," Joslin says. "It makes it easier to jump over those hurdles in ways that I wouldn't be able to."

Whether it's to see a fresh perspective or relax after a long day of work, cannabis is cementing its place in the routines of successful people from all fields. With trial, error, and moderation, there is certainly room for cannabis in the creative process. But ultimately, without the passion and motivation to succeed, cannabis does not promise creativity. ♦♦♦

PHOTO COURTESY OF JENNY JOSLIN



JENNY JOSLIN



The Emerald Triangle:

History and Heritage of America's Cannabis Capital

Nestled in the rugged hills of Northern California, the Emerald Triangle—comprising Humboldt, Mendocino, and Trinity counties—has earned its reputation as the cannabis capital of not just the United States but the world. With its varied geography, ideal climate, and tight-knit farming community, this unique region is the birthplace of some of the world's finest cannabis. But how did this remote, natural paradise rise to prominence, and what does the future hold for the legacy farmers who built its legendary reputation?

BY RITA THOMPSON ◆

THE BIRTH OF THE CANNABIS CAPITAL

The roots of the Emerald Triangle's cannabis culture can be traced back to the 1960s and 1970s when a wave of back to the landers sought refuge in the remote hills of Northern California. The movement was a countercultural phenomenon that drew many people from urban areas like San Francisco. Disillusioned with urban life, consumerism, and societal norms, back to the

landers were drawn to rural areas like Humboldt County where they could live more self-sufficiently and reconnect with nature. The area's isolation, with its dense forests, steep mountains, and access to natural resources, made it the perfect sanctuary for people looking to live off the grid—away from prying eyes of authorities. Cannabis cultivation naturally took hold and became a central part of life for many. But it wasn't just the isolation that made the Emerald Triangle ideal for growing.

The Emerald Triangle's microclimates, influenced by its elevation, proximity to the coast, and inland valleys, offer a mix of hot, dry days and cool, damp nights. These conditions allow cannabis plants to thrive in ways that are hard to replicate anywhere else in the world. The combination of warm daytime temperatures and cool nights helps the plants develop rich terpene and cannabinoid profiles, making the cannabis produced here distinct in both flavor and potency.

John Casali has deep roots in Humboldt County, where he's spent decades cultivating cannabis on Huckleberry Hill Farms. Reflecting on the region's distinctive growing conditions, Casali told *The Emerald*, "The mountainous regions of the Emerald Triangle have created a diverse array of microclimates that have enabled our unique genetics to thrive. The hot days and cool nights produce an incredible terpene and cannabinoid profile that I believe cannot be replicated anywhere else in the world."

This exceptional climate, paired with the region's varied geography, allowed cannabis farmers to experiment and perfect their strains, passing down knowledge through generations. Environmental factors, combined with a deep sense of community and shared expertise, laid the foundation for the region's rise to prominence.

BUILDING A LEGACY: THE IMPORTANCE OF COMMUNITY

As the demand for cannabis increased over time, the Emerald Triangle became home to more than just farmers—it became a close-knit network of individuals united by a shared commitment to quality, sustainability, and tradition. The region's isolation fostered a unique sense of community where trust was essential, as cannabis cultivation often remained underground due to legal restrictions.

As Casali describes it, "Our way of life consisted of an understanding that most everyone in the Emerald Triangle grew cannabis. We also understood that 'loose lips sank ships,' and trust amongst your closest inner circle was the only way to ensure the safety of your family."

The trust that existed among farmers allowed them to help one another through the inevitable challenges that came with underground cultivation, whether dealing with harsh weather, navigating the legal risks, or refining their craft. Over time, this sense of community became the backbone of the Emerald Triangle's cannabis culture.

THE GREEN RUSH: PROSPERITY AND GROWING PAINS

By the late 1980s and early 1990s, the Emerald Triangle had built a reputation for producing the highest-quality cannabis, renowned for its potency and unique characteristics. Cannabis grown in the region became a sought-after commodity on the illicit market, with its demand pushing prices to new heights. This sparked a Green Rush, as outsiders, drawn by the promise of profits, moved into the area, eager to capitalize on the growing market.

However, the influx of new growers created friction within the community. Many of these newcomers did not share the same commitment to sustainability or reverence for the land that the original farmers held dear.

"As the demand for cannabis grew, a large group of outsiders, known as green rushers, infiltrated the area. Most of these folks didn't care about the environment like the locals, and together, we did what we could to force them to either change their ways or move out of the area," Casali recalled.

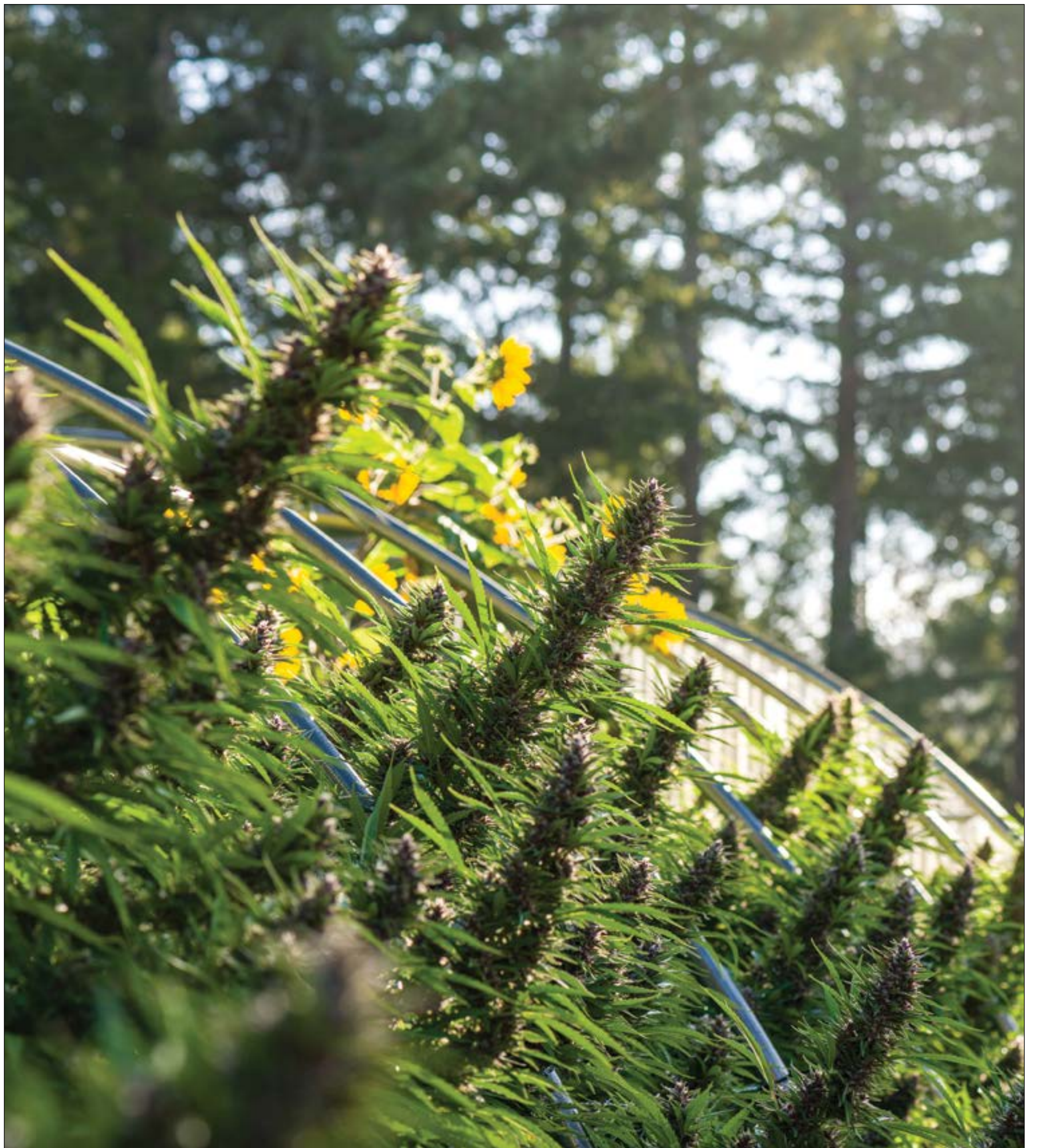
Despite this influx, the farmers who remained committed to preserving the region's traditions and ecological balance continued to produce cannabis that stood apart from the rest—a product deeply rooted in the Emerald Triangle's unique landscape.

THE SHIFT TO LEGALIZATION: NEW CHALLENGES, SAME RESILIENCE

When California legalized cannabis in 2016, the Emerald Triangle faced new opportunities and challenges. While legalization allowed farmers to operate aboveboard for the first time, it also introduced burdensome regulations and costs. Navigating the legal landscape, securing licenses, and adapting to market oversaturation created new hurdles for farmers who had spent decades cultivating cannabis outside the regulatory framework.

The shift from an underground operation to a legal one has required many legacy farmers to adapt. The over-saturation of the market, combined with the high costs of compliance, has been particularly difficult for smaller farms. But while times are tough, the Emerald Triangle's legacy farmers are resilient and remain steadfast in their commitment to the quality of the product.

"Anyone who thinks it's easy to grow in the Emerald Triangle hasn't spent a season out here. Incredibly hot and dry conditions, the constant threat of wildfire, driving hours for your groceries, working in harmony with wildlife, off-grid living, limited cell phone and internet access. Not to mention the



The Emerald Triangle's microclimates, influenced by its elevation, proximity to the coast, and inland valleys, offer a mix of hot, dry days and cool, damp nights. These conditions allow cannabis plants to thrive in ways that are hard to replicate anywhere else in the world.

threat of violent law-enforcement raids, which are still ongoing to this day," Jenn Procacci, co-owner of WildLand Cannabis shared. "Legacy farmers have been navigating these challenges and more for generations that the average grower elsewhere wouldn't last a week in, and we've been churning out the absolute finest quality cannabis and creating legendary world famous genetics to boot. Diamonds are forged under pressure!"

THE FUTURE: EMBRACING LEGACY AND ADAPTATION

Looking ahead, the farmers of the Emerald Triangle are focused on preserving what has made their cannabis so special: its legacy genetics. These unique strains, developed over decades, are one of the region's greatest assets and the key to its future success in an increasingly commercialized market.

For farmers like Casali, protecting these one-of-a-kind genetics is vital for their future. "We're realizing how important those legacy genetics that

nobody else in the world has is to our survival. We truly have something very unique here."

The future of the Emerald Triangle's cannabis legacy is about more than just weathering the storm of legalization—it's about continuing a tradition of excellence. As Procacci puts it, "Legacy farmers are some of the toughest and hardest working people I've met in my life. We will persevere."

A LEGACY OF CRAFTSMANSHIP AND RESILIENCE

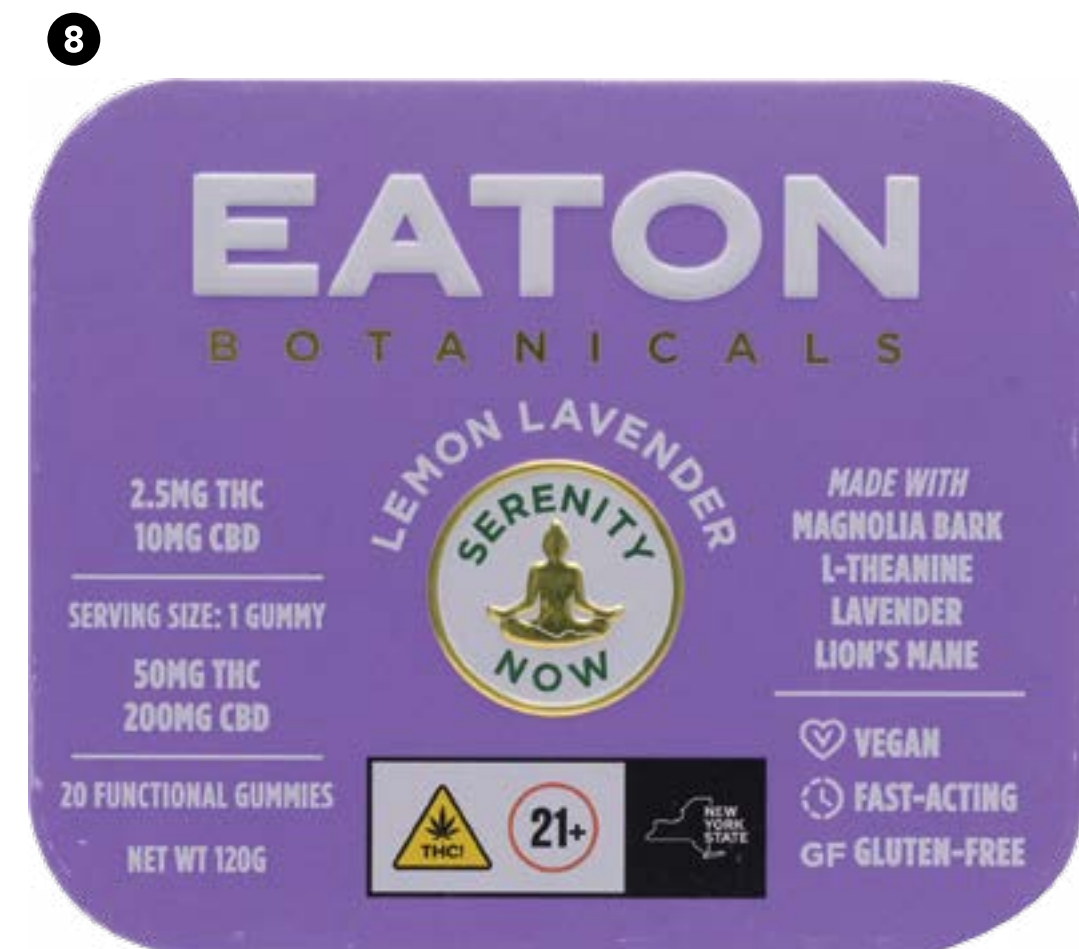
While the industry continues to evolve, the resilience of the farmers who call this region home ensures that the Emerald Triangle will remain the heart of cannabis cultivation. It is a place where tradition and innovation go hand in hand, and the legacy of world-class cannabis will continue to thrive for generations to come. ♦♦♦

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Gift Guide

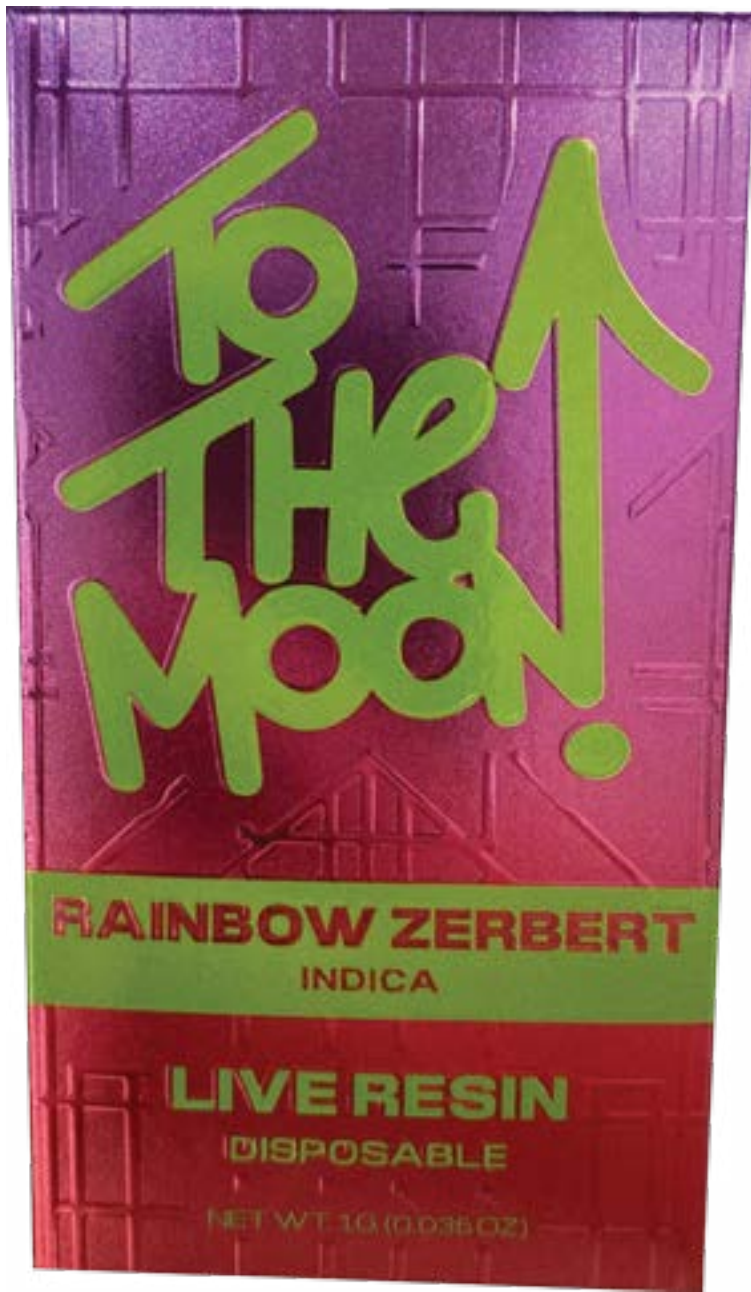


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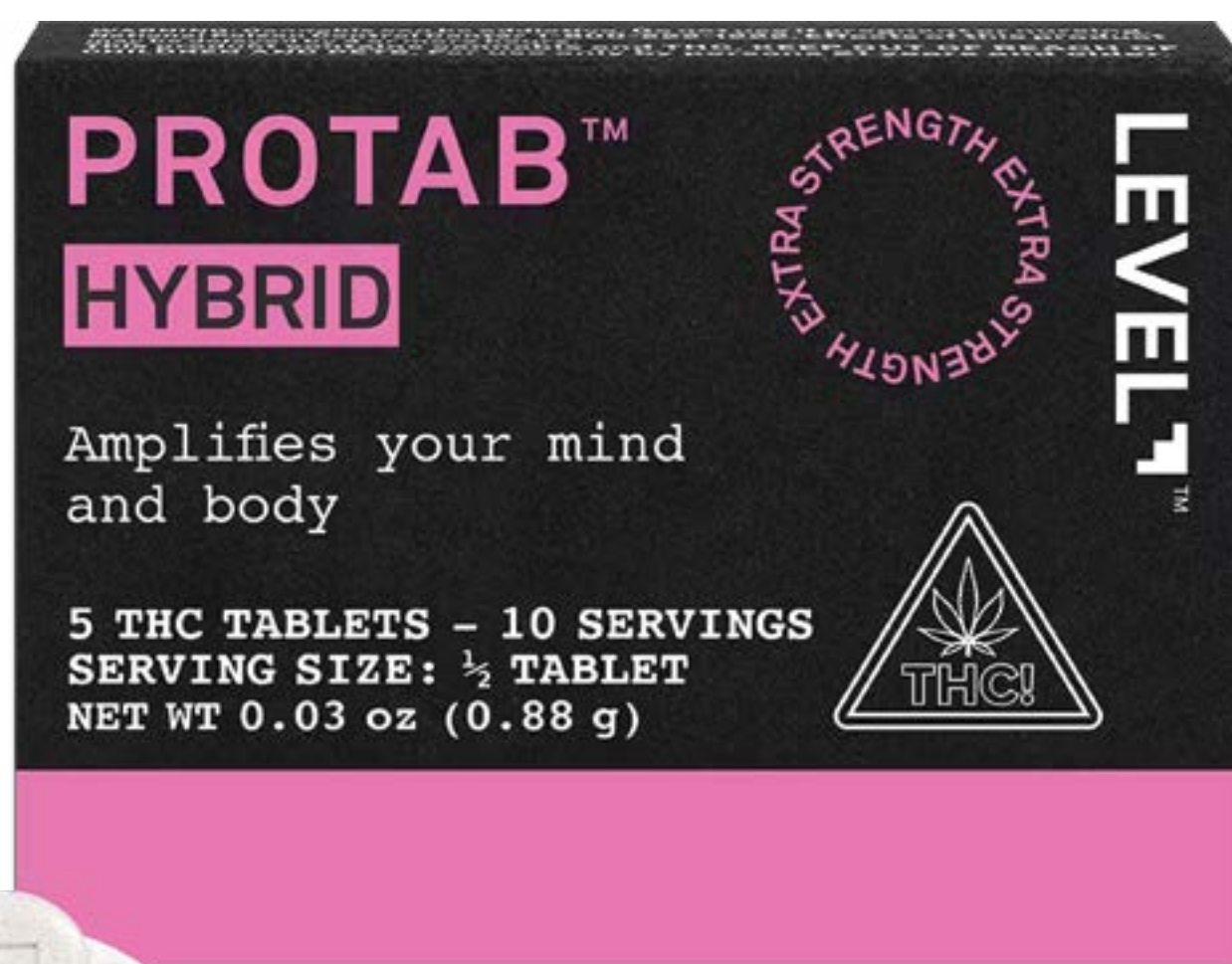
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When one thinks of quintessential Canadian cuisine, poutine immediately comes to mind. This humble dish, born in Quebec in the late 1950s, has become a symbol of Canadian heritage, reflecting the resilience, innovation, and connection to the land that characterizes Québécois culture. Because both poutine and cannabis are often shared in casual, communal settings—late-night diners, festivals, family gatherings—we’re paying homage to this classic dish with an infused twist.

MIKEGZ



High on Heritage:

Crafting a Cannabis-Infused Poutine That Honors Tradition

BY PHILIPPE MARQUIS ♦

POUTINE EMERGED FROM UNPRETENTIOUS beginnings, reflecting the resourcefulness and creativity of the people. Poutine’s story begins in the 1950s in rural Quebec, where small-town diners, or *casse-croûtes*, were a hub for locals. These simple eateries provided affordable, hearty meals to farmers, truckers, and laborers.

Cheese curds, a byproduct of local dairy production, were plentiful and fresh in Quebec’s countryside. Fries were a common and inexpensive snack at these diners, and adding gravy helped keep the dish warm and satisfying in Quebec’s cold winters.

This humble combination wasn’t created with the intent to be iconic—it was a product of its environment, reflecting the down-to-earth values and practicality of Quebec’s rural communities. Poutine was initially met with skepticism, but over time, it transformed into a symbol of Québécois cultural pride and identity. Its rise in prominence led to its growing popularity throughout Canada and internationally.

FROM REGIONAL SNACK TO CULINARY ICON

As Quebec modernized, poutine followed suit. Urbanization and improved transportation made it easier for Quebecers to move between rural and urban areas, bringing their regional specialties along. Poutine began appearing in cities like Montreal, where its appeal spread to a broader audience.

By the 1980s, poutine had become more than a rural oddity; it was a cultural touchstone. Its evolution mirrored Quebec’s journey from a predominantly agrarian society to one that embraced urban innovation while holding onto its traditions.

An authentic poutine adheres to the original three elements: fries, cheese curds, and gravy. There’s a respect for maintaining this simplicity, just as heritage cannabis celebrates the preservation of old-school cultivation methods and heirloom strains. Like family-owned dispensaries passing down their craft through generations, traditional recipes like poutine are handed down, connecting people to their roots.

The ingredients themselves tell a story. Just as heritage cannabis strains carry the tales of their growers and regions, a thoughtful poutine recipe can showcase local ingredients and elements that reflect its terroir and traditions.

CRAFTING AN AUTHENTIC CANNABIS-INFUSED POUTINE

Ah, poutine. The quintessential Canadian comfort food. The holy trinity of crisp fries, squeaky cheese curds, and rich gravy. It’s a dish that’s as much about the experience as it is the ingredients. And while there are countless variations out there, true poutine connoisseurs know that authenticity is key.

From its humble rural beginnings to its status as a cultural icon, poutine represents the marriage of Quebec’s rich culinary heritage with its enduring community spirit. Digging into a piping hot bowl of crispy fries, squeaky cheese, and rich, infused gravy, it’s not just a meal—it’s a little piece of Canadian heritage. ♦♦♦



Cannabis-Infused Poutine

THIS RECIPE YIELDS 4 GENEROUS SERVINGS OF POUTINE.

PART 1: THE FRIES

Authentic poutine demands medium-cut fries, perfectly balanced between crispy exterior and fluffy interior. Here’s how to achieve that balance:

INGREDIENTS

- 2 pounds russet potatoes
- 2 tablespoons white vinegar
- 2 quarts water
- 2 tablespoons kosher salt
- 2 quarts peanut oil for frying

INSTRUCTIONS

- ▶ Peel the potatoes and cut them into 1/4-inch sticks.
- ▶ Soak in a bowl of water to remove excess starch.
- ▶ In a large pot, combine the potatoes, vinegar, water, and salt. Bring to a boil and cook for 10 minutes until just tender.
- ▶ Drain well and spread on a paper towel-lined baking sheet to dry for at least 5 minutes.
- ▶ Heat the peanut oil to 400°F. Working in batches, fry the potatoes for 50 seconds until pale and softened.
- ▶ Remove and drain on paper towels. Let cool for 30 minutes (or freeze overnight for extra crispiness).
- ▶ Reheat the oil to 400°F. Fry the potatoes again in batches until crisp and golden, about 3 1/2 minutes.
- ▶ Drain, salt immediately, and keep warm in a 200°F oven if frying in batches.

The secret to achieving that perfect fry? Double frying!

The first fry cooks the potato through, while the second crisps things up without turning the interior greasy.

PART 2: THE CHEESE

Now, unless one’s lucky enough to live near the Canadian border or in cheese mecca Wisconsin, getting fresh curds might be a challenge. Fear not—tearing up some fresh mozzarella and giving it a quick soak in a vinegar and salt brine can yield a decent substitute. It’s not quite the same as biting into a legit squeaky curd, but in a pinch, it’ll do.

INGREDIENTS

- 1 pound fresh mozzarella
- 2 cups cold water
- 1 tablespoon white vinegar
- 1 teaspoon salt

INSTRUCTIONS

- ▶ Tear mozzarella into bite-sized pieces.
- ▶ Mix the water, vinegar, and salt. Soak the mozzarella in this brine in the fridge for 1-2 hours.
- ▶ Drain the mozzarella and pat dry before using.

PART 3: THE GRAVY

The glue that holds it all together—authentic poutine gravy is a marriage of chicken and beef stock. This creates a robust yet balanced sauce with a cannabis twist.

INGREDIENTS

- 1/3 cup cannabis-infused butter
- 1/3 cup all-purpose flour
- 2 cups beef stock
- 1 cup chicken stock
- 2 teaspoons soy sauce
- 2 teaspoons fish sauce (optional)
- 1 1/2 tablespoons rice vinegar
- Salt to taste

INSTRUCTIONS

- ▶ In a saucepan, melt the cannabis butter over medium-high heat.
- ▶ Whisk in the flour and cook until lightly golden, about 2 minutes.
- ▶ Gradually whisk in the beef and chicken stocks until smooth. Stir in the soy sauce and fish sauce (if using).
- ▶ Bring to a simmer until thick enough to coat a spoon, about 10 minutes.
- ▶ Remove from heat, stir in the rice vinegar, and season with salt to taste. Keep warm.

The secret is in the roux—

butter and flour cooked to a perfect golden hue before the stock is gradually added. This ensures a gravy that’s as silky as it is flavorful.

PART 4: ASSEMBLY

- ▶ Divide the hot fries among serving bowls.
- ▶ Top each with a generous portion of room-temperature cheese curds.
- ▶ Ladle the hot gravy over the top.
- ▶ Serve immediately and enjoy!

Ah, space cakes. The original cannabis confection that launched a thousand trips. Born in the hazy heyday of Amsterdam's 1970s coffeeshop scene, these dense, dank, and delightfully potent treats quickly became the stuff of stoner legend. More than just a sweet treat with a psychoactive kick, space cakes embody the spirit of a unique time and place in cannabis history. Space cakes emerged from a confluence of countercultural movements, progressive politics, and culinary creativity. Together, these forces forever changed the way the world consumes and appreciates cannabis.

Space Cakes:

A Tasty Trip Through Amsterdam's Cannabis History

BY PHILIPPE MARQUIS ♦



THE BIRTH OF A LEGEND: AMSTERDAM'S COFFEESHOP CULTURE

Amsterdam's progressive drug policies in the 1970s were a stark contrast to the strict prohibition seen in much of the world. The Dutch government's pragmatic approach, which prioritized harm reduction and public health over criminalization, created a unique environment where cannabis culture could thrive.

In the early 1970s, Amsterdam was a mecca for the counterculture movement. The youth counterculture was in full swing, and Amsterdam's liberal attitudes toward drugs, particularly cannabis, attracted free spirits from around the globe. It was against this backdrop that a new kind of establishment began to emerge—the coffeeshop.

These laid-back lounges offered a safe, welcoming space for locals and tourists alike to enjoy a bit of bud with their brew. And what goes better with a fresh cup of joe than a sweet, sticky space cake? As coffeeshops like Mellow Yellow and The Bulldog became counterculture hotspots, space cakes quickly rose to fame as the edible of choice.

Crafting the ideal space cake requires finesse. The key is finding the right balance—a batter that's dense enough to hold a generous dose of cannabutter, but not so heavy that it feels like a brick in the belly.

Cosmic Cannabis Cake

YIELD: ONE 9X5 INCH LOAF (10 SLICES)

INGREDIENTS

- 1 cup unsalted cannabutter*
- 1 cup granulated sugar
- 4 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup whole milk

*Prepare cannabutter using a reliable recipe, and exercise caution with dosage.

INSTRUCTIONS

- ▶ Preheat the oven to 350°F and grease a 9x5 inch loaf pan.
- ▶ In a large bowl, cream together the cannabutter and sugar until light and fluffy.
- ▶ Beat in the eggs one at a time. Then stir in the vanilla.
- ▶ In a separate bowl, sift together the flour and baking powder.
- ▶ Gradually mix the dry ingredients into the wet mixture, alternating with the milk, until a smooth, thick batter forms.
- ▶ Pour the batter into the prepared pan and bake for 60-70 minutes, or until a toothpick inserted into the center comes out clean.
- ▶ Let the loaf cool in the pan for 10 minutes. Then turn it out onto a wire rack to cool completely.
- ☒ Slice, serve, and savor the journey.

The appeal of space cakes was multifaceted. They offered a discreet, smoke-free way to consume cannabis. At a time when cannabis was still heavily stigmatized, enjoying it as a seemingly innocent baked good was a game-changer. The dense texture and rich flavor of space cakes also made them incredibly satisfying, both as a snack and as a THC delivery method.

Perhaps most significantly, space cakes introduced a new way of experiencing cannabis. Unlike smoking, which delivers an almost immediate but short-lived high, consuming edibles like space cakes provides a slower onset with more prolonged effects. For the adventurous travelers flocking to Amsterdam, this meant being able to enjoy an extended, immersive cannabis experience while exploring the city's canals, art galleries, and vibrant streets.

BAKING UP BLISS: CRAFTING THE PERFECT SPACE CAKE

The art of crafting the perfect space cake evolved over time, with bakers and cannabis enthusiasts alike contributing to the growing body of knowledge. Early recipes often relied on simply mixing ground cannabis into the batter, which could result in an uneven distribution of THC and an overpowering herbal flavor. As techniques advanced, bakers began to focus on creating a more palatable and consistently potent product.

One key innovation was the development of cannabutter. This allowed for a more even distribution of THC and a more pleasant flavor profile. To make cannabutter, bakers would simmer cannabis in melted butter for several hours, allowing the THC to infuse into the fat. The strained, cooled butter could then be used in place of regular butter in any recipe, opening up a world of possibilities for infused confections.

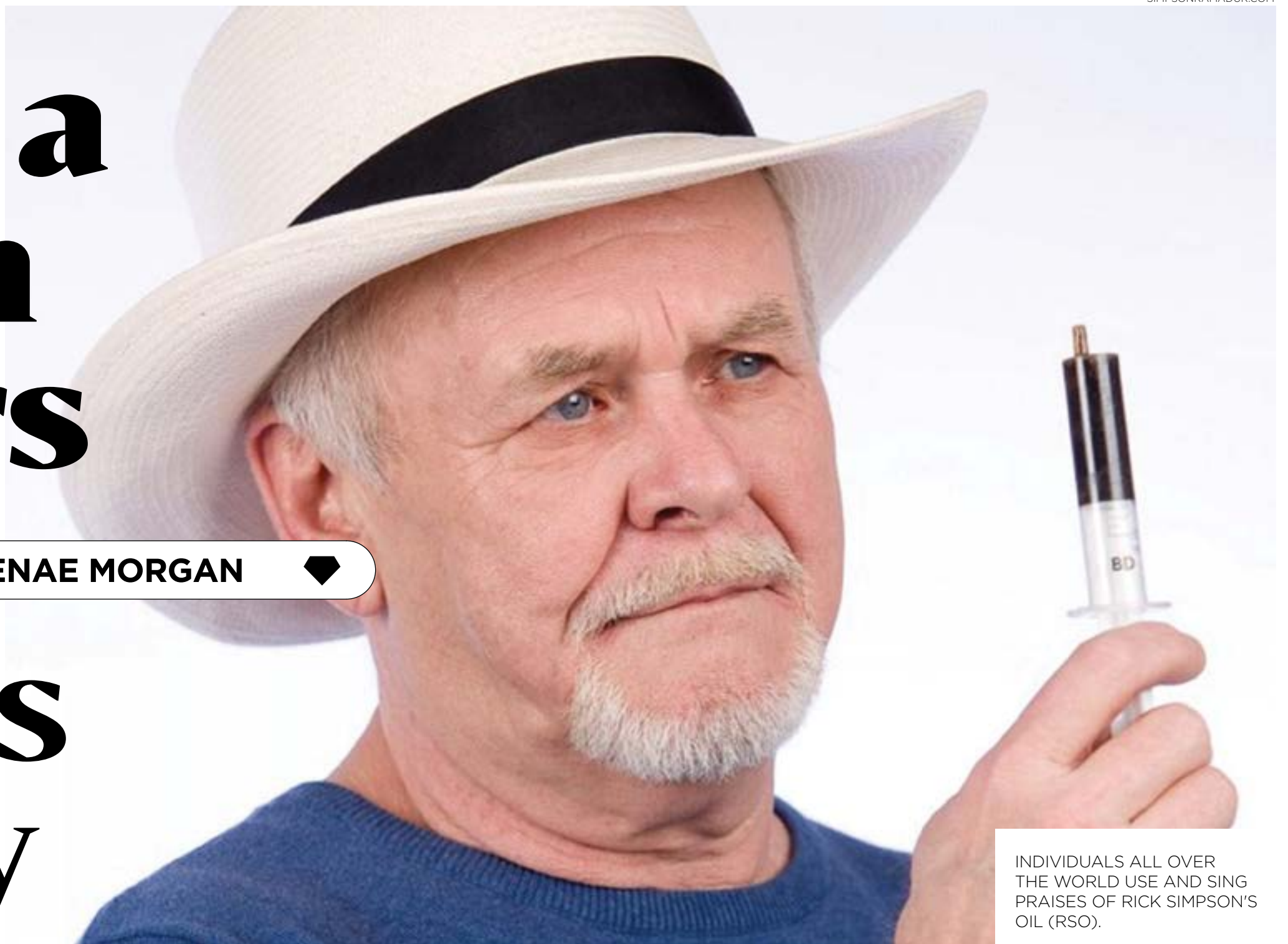
At its core, a space cake's a simple pound cake, but with one magic ingredient: cannabutter. By infusing melted butter with high-quality cannabis, bakers can create a treat that packs a potent psychoactive punch.

However, crafting the ideal space cake requires finesse. The key is finding the right balance—a batter that's dense enough to hold a generous dose of cannabutter, but not so heavy that it feels like a brick in the belly. Many bakers also experiment with flavors. Some add hints of vanilla, chocolate, or citrus zest to complement the earthy notes of the cannabis.

Interestingly, the dense, moist texture of space cakes isn't just a happy accident—it's a nod to traditional Dutch baked goods like ontbijtkoek (spiced breakfast cake) and boterkoek (butter cake). By drawing on these time-honored recipes, early space cake creators were able to root their innovative creations in the culinary heritage of the Netherlands. ♦♦♦

Shining a Light on Pioneers in the Cannabis Industry

BY RENAE MORGAN



INDIVIDUALS ALL OVER THE WORLD USE AND SING PRAISES OF RICK SIMPSON'S OIL (RSO).

Countless men and women have fought vigorously for society to accept, legalize and provide access to cannabis. While there are many advocates who helped catalyze the cannabis movement, we are putting a spotlight on a few of these unsung heroes.

S **SPURRING STUDIES AND SHARING KNOWLEDGE**
Dr. Raphael Mechoulam is the organic chemist whose team was the first to isolate and identify many of the plant's chemical compounds, including THC, reports *The Journal of Cannabis Research*.

Such discoveries helped spur research, and broadened understanding of cannabinoids. As a result of this work, Mechoulam—who passed away in 2023—earned the title as “the godfather of cannabis research.”

While he is credited with initially identifying several cannabinoids, Dr. Allyn Howlett, a biochemical neuropharmacologist, discovered the CB1 receptor. This receptor plays an integral role in the body's response to cannabinoids. It is stimulated or antagonized by cannabinoids like CBD, and is involved in processes including appetite, memory, mood, pain and more.

Howlett's discovery “opened the floodgates of research into the endocannabinoid system with huge implications for nearly every area of medical science,” reports Project CBD.

Jorge Cervantes, American horticulturist and writer, has also dedicated his life to medical cannabis. He grew cannabis professionally in California and in Oregon before he eventually realized that there was a huge gap in knowledge about growing indoors, in greenhouses, and outdoors. This prompted him to investigate the cultivation process. He then created questionnaires and interviewed cannabis growers.

“I worked as a survey researcher for a few months and learned a lot about asking questions to get honest answers,” Cervantes tells *The Emerald*. “The most difficult part was to gain the trust of growers because a cultivation conviction meant certain prison time. Luckily, I have an honest face and demeanor.”

Cervantes faced more challenges when trying to get his book, *Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible*, published.

“I printed the book, *Indoor Marijuana Horticulture* on 8.5 x 11-inch paper. My wife and I collated the papers into a paginated book and stapled the book together in our living room,” he explains.

“Selling the book was very difficult. I traveled to headshops and left books on consignment from Portland, [Oregon] to Vancouver, British Columbia.

Hydroponic stores would not carry the illegal book. Bookstores did not want a stapled book,” he continues. “Finally, two distributors, Homestead Books in Seattle, and Last Gasp of San Francisco, took my books on consignment. [...] The first printing sold out in 12 months, 6,000 copies at \$8.95 [each].”

It eventually became a success. According to its Amazon page, it has sold hundreds of thousands of copies in various languages, including Dutch, Spanish and German.

“This history gives me the inspiration to continue helping people learn how to grow more and better cannabis,” he adds.

MEDICAL CANNABIS CRUSADERS

While Mechoulam, Howlett, and Cervantes helped gather and share knowledge, activists like Dennis Peron and Mary Rathbun (aka Brownie Mary) were instrumental in the fight to legalize medicinal cannabis.

Peron was a former “pot dealer” turned the “father of medical marijuana.” He earned that title after he fought for the legalization of cannabis in California.

According to *Forbes*, Peron was a Vietnam War veteran. He moved to San Francisco's Castro District as a gay man, and was influenced by Harvey Milk, then by cannabis prohibition, and later, the AIDS crisis.

He dedicated two decades to the fight for access to medical cannabis for AIDS patients, and helped convince California officials and citizens to adopt the nation's first medical cannabis law—1996's Compassionate Use Act or Prop 215. Prop 215 allotted medical access to cannabis for patients who were terminally ill, or who suffered from HIV/AIDS or cancer.

Peron's efforts were supported by others, including “Brownie Mary” Rathbun, a waitress turned cannabis activist.

Rathbun was one of the first cannabis activists to emerge from the 60s and 70s, reports *SF Weekly*. As her nickname suggests, she created a recipe for cannabis-laced brownies and sold them in San Francisco's Castro district.

Rathbun realized that the brownies reduced pain and nausea in her sick customers. This propelled her to make them for local cancer and AIDS patients, *SF Weekly* further reports. In the 90s, she began campaigning for legalization alongside Peron and others.

THE INSPIRATION BEHIND CANNABIS OIL

While people like Peron and Rathbun sparked the medical movement, individuals like Charlotte Figi re-ignited it.

Figi became a symbol of hope at age eight after CNN's chief medical correspondent Dr. Sanjay Gupta told her story in the documentary *Weed*. The film displayed Figi as a happy child who fought terrible seizures. Doctors diagnosed her with Dravet syndrome, a rare form of epilepsy which pharmaceuticals could not control.

The Stanley Brothers—cannabis cultivators in Colorado—were crossbreeding a strain of hemp high in CBD and low in THC. After Figi used the oil made from this strain, the frequencies of her seizures noticeably declined, *CNN* further reports. She started doing normal activities, something she was unable to do prior to CBD.

Figi's story spread around the world, and turned others on to CBD and the medical potential of cannabis oil. As a result, the Stanley Brothers named Charlotte's Web in Figi's honor.

Figi passed away in 2020. She is remembered as “the girl who [changed]

medical marijuana laws across America,” according to the *International Business Times*, which adds that her case helped catalyze, “the legalization of medical marijuana.”

Rick Simpson also pioneered the use of cannabis oil. Individuals all over the world use and sing praises of his recipes, dubbed Rick Simpson Oil (RSO). For example, a Google search for the term results in more than 33 million results. Many use it to treat illnesses including cancer, GI issues, opioid addiction, multiple sclerosis and more.

“After seeing this plant's true healing abilities, I have come to regard the cannabis plant as being one of the few things on this planet that is actually worthy of worshiping,” he previously told *The Emerald*. “For not only can this plant heal our bodies, it can also provide a rational solution to most of the other serious problems mankind is currently facing. In addition, cannabis can provide our species with a much more sensible and sustainable future; is this not what we actually want for our children?”

Simpson himself used RSO to successfully treat skin cancer. Now, he dedicates his life to sharing and educating others about cannabis' healing properties.

CANNABIS EDUCATION

Many people spread awareness about the benefits of cannabis. However, Cam “Frenchy” Cannoli earned his title as a master hash maker and cannabis activist because he was instrumental in educating people about hash.

Born and raised in Nice, France, Cannoli gained a passion for travel and hash which was sparked by the imported hashish he was exposed to in the late 1960s, according to *High Times*. This caused him to leave home as soon as he was able to learn more about hash.

For 20 years, he was a hash-making nomad. He lived with master hash makers from Pakistan to Morocco to Mexico, learning traditional techniques used across different generations and cultures. This included a long stint in India's Parvati Valley, one of the focal points of cannabis production, Pot Guide explains.

Once perfected, Cannoli moved to California where he began teaching audiences what he learned.

Along with Cannoli, Ed Rosenthal played an important role in educating people about cannabis.

Rosenthal, *Cannabis Now* reports, is one of the world's leading experts on the cultivation of cannabis. He has written many books, which have sold millions of copies. His most recent edition of *Marijuana Grower's Handbook* is praised for its revolutionary content.

In 2003 he was tried in federal court for cultivating cannabis. The jury in his case was prohibited from hearing that he was authorized by the City of Oakland to provide cannabis for patients. His trial shifted public opinion in favor of state medical cannabis laws, *Cannabis Now* further explains, which helped earn his nickname as the “Guru of Ganja.”

The reason why cannabis has progressed as far as it has in today's modern world is because of the contribution of these men and women and many others who've helped advocate and educate in order to facilitate societal change. ♦♦♦

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