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## MAGAZINE

### Gourmet Ganja

Cannabis Tech and  
the Culinary Artistry of  
Jeff The 420 Chef

# Cooking with Cannabis

Giggle Butter

CannAppleSauce

Pot-O-Coffee

Cannabinated Spanakopita





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# A letter from the Editor\_\_\_\_\_

My first attempt at cooking with cannabis was my sophomore year of college. I obtained a fair amount of trim and submerged it in a pound of *I Can't Believe It's Not Butter*. I strained the leaves from the liquid, and poured the entire pound of butter into *one* box of store-bought brownie mix.

Forty-five minutes later, I anxiously removed the brownies from the oven. Though the batch had slightly baked, it was still basically liquid. So, I did what any other dessert lover would do – I tried the half-baked batter (after all, who doesn't love brownie mix?).

The brownies were potent, to say the least, even after just one small sample. I awoke early the next morning to travel with Humboldt State University's Logging Sports Team to compete in Colorado. My stomach was in knots. "Food poisoning," I told the team, "food poisoning from hell."

These unfortunate side effects lasted so long that by the time we arrived in Colorado, I immediately went to the airport and flew back to California.

While my mother attributes my 'food poisoning' to possible pesticides on the trim, I stay convinced that I simply "over did it."

Like so many others, I learned the hard way that perhaps edibles are best left to the experts; creating consumables is much more of a science, rather than a hobby. Knowing what, or how much, to consume is key – and so are individual state regulations when it comes to the edible industry. Now this industry is delivering extraordinary options (in much more predictable and tasty doses).

As the month of love and romance commences, we decided to bring you the much-anticipated *Cooking with Cannabis* issue. After all, the quickest way to someone's heart is through his or her stomach, and we've got the cannabis community covered! Because nothing compliments food better than love, this issue guides you through the passion that goes into baking and cooking cuisines of absolute cannabis delight.

From Jeff the 420 Chef in Los Angeles, to the infused Pot-O-Coffee classics, no stones are left unturned. There is no doubt that cannabis is on the absolute rise this year. The only question that's left is, will we see you at the top? Stay tuned for March's *Seedling* issue as we kick off another glorious season.

*Cheers,*  
 Christina DeGiovanni, *Publisher*





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and Innovation







# Magic in the EMERALD CITY

*Chef Ricky Flikenger*, former head pastry chef of the upscale Trophy Cupcakes, left the corporate world to become one of the top cannabis cooking chefs around. He shares his knowledge in weekly classes at his Capitol Hill, Seattle apartment, teaching eager students how to transform the kief they purchase from nearby recreational shops into gourmet creations and with known potency.

When he was invited by Whaxy.com to head their Danksgiving Potluck last November, Chef Ricky made a multi-course traditional holiday meal, infused with just the right amount of THC so guests could eat their fill without getting absurdly high. Participants raved over the Slow Cooked Turkey and Vegetables in Puff Pastry Flowers with infused cream sauce, and the Maple & Pecan Sweet Potatoes.

His Saturday classes are timed so participants can enjoy the food, take notes, and not feel the effects until they leave. Hint: Uber and Lyft offer discounts, and driving yourself is discouraged. Chef Ricky teaches how to calculate dosage, infuse fats (and non-fats) with THC, and adapt gourmet recipes to include cannabis. "I can literally make any dish infused. It doesn't change the flavor, it's not green, and the dish doesn't have to be sweet or chocolate."

The future is pretty wide open, despite the hurdles of I-502, Washington's recreational cannabis law. Chef Ricky works to keep his classes legal, safe, and easy. There is talk of a cookbook coming in the spring, and there's a canna-cooking show called "Baked" (BakedWebseries.com) where the chef and an 86 year old grandmother demonstrate recipes.

Cannabis cooking, with its health benefits, recreational attributes, and broad culinary applications (everything from molecular gastronomy to grandma's old biscuit recipe) is either the next foodie revolution, or the next superfood. Or, quite likely, both. It's an exciting time, and the possibilities seem limitless.

To learn more visit Chef Ricky's website at [bbrunch.com](http://bbrunch.com). He can also be contacted at [bbrunches@gmail.com](mailto:bbrunches@gmail.com), or (206) 552-0468. 🍃

WRITTEN BY  
LARRY HOUGH



# Giggle Butter

M. HANSEN

Sugar (right) and Schwa launched their company, Giggle Therapeutics, at the Emerald Cup in December 2015.



Giggle Butter is a spreadable base of coconut oil and red palm oil, flavored with super foods.

Roller derby gets rough. That's part of its charm, right? But when Ilana "Sugar" Laytart tore her MCL, a ligament in the knee, she needed relief. She couldn't sleep, felt like she wasn't healing well. Her husband suggested she try medical cannabis. She began using topicals and edibles, and was amazed at the experience.

"I had never been happier," Sugar said. After a lot of injuries in the rink, "I felt like I was getting my body back." She was purchasing edibles, but they were expensive, "and it wasn't the kind of thing I wanted to be eating." A yoga teacher and fitness

coach, with a strong interest in nutrition, Sugar was looking for a healthy option, and not finding it. "The top allergens are in so many edibles on the shelves," she said. "The edible options at the dispensaries contained ingredients I did not want to put in my body every day: high sugar, highly processed ingredients."

She was looking for something versatile, based on whole foods and low sugar, that could be used in her own culinary adventures. Nothing like it existed, so she and her husband, Schwa, invented Giggle Butter.

Sugar calls it a medicated condiment. Giggle Butter is a spreadable base of coconut oil and red palm oil, flavored with super-foods. Each 1/2 teaspoon of the lab-tested spread contains 15 mg THC. They currently have two flavors: Peanut Butter & Jelly, which is vegan, and Eazy Cheezy, a savory, no-sugar option. The couple is in the process of developing a third flavor: Nice Dreams, infused and flavored with chamomile, passionflower and honey. The products are gluten-free, organic and use only sustainably-harvested oils. Giggle butter can be used just like butter. Sugar suggests adding it to your foods, rather than cooking in it, to preserve the THC content.

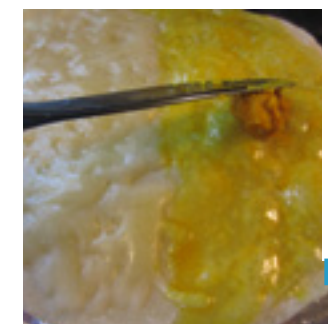
"We want to encourage the patient to be creative," said Sugar, who says that for her, cooking is a "meditative and creative outlet."

"It's used like a butter," she said. "Keep it in the fridge for a longer shelf-life, where it will have a firmer texture.



## Giggle Butter

Great to add to anything with cheese on it already (Grilled Cheese, Mac & Cheese). Great to add to anything savory (Eggs, Stir Fry, Rice Dish, Potatoes). For a quick snack put on a cracker.



You can take it out for 10 minutes to let it soften, or take a scoop and put it on something hot that will melt it. We encourage users to be creative with what food they put it on."

The PB&J flavor, which is sweetened with brown rice

syrup and coconut nectar, can be stirred into cookie dough, spread on fruit crumble, or for a quick snack, put on an apple or banana.

Eazy Cheezy can be spread on pizza, mac and cheese, eggs, potatoes, crackers—anything savory.

## "Eazy Cheezy"

QUESADILLA

Step 1: Pile on shredded cheese of your choice to half of the tortilla.

Step 2: Place in toaster oven until cheese melts.

Step 3: Take out of toaster and spread your dose size of Eazy Cheezy Giggle Butter to the other half of the tortilla.

Step 4: Sprinkle pieces of basil then fold in half.

Step 5: Place back in toaster until golden brown for a crunchier quesadilla, or skip Step 5.

Step 6: Add smoked paprika and sprig of basil.

Step 7: Giggle & Enjoy! (1/2 tsp of Giggle Butter = Approximately 15mg THC)



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Giggle Butter & Jam

Sugar recommends starting with a ¼ teaspoon and giving it 1-2 hours to take effect. Staying mindful and maybe even taking notes can help individuals figure out what dosage works best; everyone has a different threshold. Sugar repeats the golden rule of edibles: Start slow. You can always add more, but you can't take it away.

Sugar is also working to help shape the emerging cannabis industry. She is the chair of the Sonoma County chapter of Women Grow—a chapter she started in July. Women Grow, founded in Colorado in 2014, aims to connect and educate women in the cannabis industry. There are currently chapters in 27 cities across the U.S.


“Starting Giggle Therapeutics, I wanted to find a support network,” she said. “Having that network and support has been inspiring and amazing. It’s a fast-paced, growing and changing industry in California... I feel like I can have a say in the future. It’s a really unique experience to be a part of.



**SNACK IDEAS**  
You can melt the PBJ Giggle Butter and mix into cookie dough, or drizzle on top of a fruit crumble. For a quick snack: add to sliced apples.

“As the co-chair of the Sonoma County chapter of Women Grow, I am witnessing first hand the growth of female leaders, patients and advocates who are shaping the future of cannabis as a whole, hoping that we can be a role model for other industries.”

California 215 patients can sign up with the Giggle Therapeutics collective to access the products, and patients can request that their local dispensaries carry Giggle Butter. For more information, contact [gigglebutter@gmail.com](mailto:gigglebutter@gmail.com) or visit [Gigglebutter.com](http://Gigglebutter.com).

For information about Women Grow, to find WG-sponsored events or a chapter near you, visit [Womengrow.com](http://Womengrow.com) 

## PEANUT BUTTER & JELLY BANANA TOAST

**Step 1:** Place a slice of bread of your choice in toaster.

**Step 2:** Spread your dose size of PBJ Giggle Butter on the slice of toast.

**Step 3:** Spread peanut butter to half of the toast.

**Step 4:** On the other half spread jelly of your choice.

**Step 5:** Add sliced bananas.

**Step 6:** Add optional drizzle of honey.

**Step 7:** Giggle and Enjoy!

(1/2 tsp of Giggle Butter = Approximately 15mg THC)

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# CannAppleSauce

## Infusing Delicacies with THC

by Melissa Hutsell

「Bee Happy,  
Bee High,  
Bee Well」

These aren't just words of wisdom in cannabis culture, but the motto for CannAppleSauce, a business with a mission to soothe palates and pain.

CannAppleSauce's owner and Santa Cruz resident, Lizzi Westwood, is creating buzz in the industry with her high dosage honey and applesauce products. Her THC-infused recipes comply with all state and county laws, and are tested by Santa Cruz Labs, one of the first independent cannabis research institutions dedicated to regulating quality control standards in the industry.

Testing allows Westwood and her customers to be confident in her products, as it ensures consistency and control. This, in turn, "allows people to more accurately dose themselves." In other words, her edibles are anything but unpredictable. Each bottle is precisely dosed for a precise effect.



For this reason and more, Bee High Honey and CannAppleSauce fill a much-needed void in the cannabis industry. "There is a whole different edible world out there other than cookies and brownies. There are so many different options apart from the traditional."

Westwood officially established her own line of THC infused honey in November 2013. After attending cannabis cooking classes, she learned how to infuse the honey herself and eventually developed her own recipe. "I originally created the honey to help me sleep,"

Freshly made CannAppleSauce jars with locally sourced apples and the company's simple list of natural ingredients. Photos courtesy of CannAppleSauce



she says. From there, her Bee High Honey brand grew, mostly by word of mouth. Her friends tried it, liked it and requested it. So, Westwood launched her business, and soon after, her CannApplesauce product followed.

The idea to create CannApplesauce came after a close friend of Westwood's underwent surgery. The procedure required an operation through the throat, leaving him in agony when eating or swallowing, she explains. To make it through the first few days of recovery, Westwood made him applesauce from a 100 year-old family recipe; both describe it as "apple pie in a jar." And they agreed that adding Bee High Honey (instead of sugar) could enhance its soothing properties. And so, CannAppleSauce was

created with compassion in mind, "It wasn't made to earn a profit, it was created to help care for people."

Westwood and her customers are among the 41 percent of Americans who recognize medicinal properties in cannabis, according to a 2015 PEW Research survey. Many people recovering from





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surgery, fighting cancer or living with chronic conditions like Crohn's Diseases or Fibromyalgia face similar struggles. "You can't imagine the look on someone's face when they've just had surgery, [can't eat and try the applesauce.] It brings tears to people's eyes!" This inspired her to develop the ultimate elixir – CannAppleSauce – with four simple ingredients: apples, cinnamon, water, Bee High Honey. "It is the best of both worlds," she adds, "It is not your traditional applesauce."

Simplicity is key to Westwood. Her goods are farm to table, as all ingredients are sourced locally, are organic, and of the highest quality – something she won't sacrifice. "I pick my own apples," she adds, she even jars it herself. This also allows her to support and get to know the community, farmers, beekeepers and patients.

The final product is smooth and bold. It leaves no aftertaste, but packs a punch! "It is mouth love," says West-

wood. The honey adds an extra pleasing (and a slightly more liquid) consistency – which goes down easily. CannAppleSauce comes in two sizes: a four-ounce jar with 636 milligrams of THC or a one-ounce jar with 140 milligrams.

By itself, Bee High Honey has more of a cannabis taste. It is made with the highest quality OG (heavy Indica) concentrate, "the heavy hitter," as Westwood describes. However, undertones of vanilla perfectly compliment the thick, unfiltered wildflower honey. Each jar has a shelf life of three years, and comes in a one-ounce jar with 250 milligrams of THC or a four-ounce jar with 535 milligrams.

Though she has a passion for cannabis and cooking, Westwood's motivation is to help people alleviate pain. Her products are intended for compassion patients interested in the products' medicinal effects (versus, well...getting stoned). She uses particular strains for specific effects.



### How to Make Apple Sauce

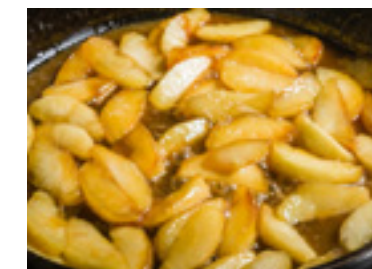
EASY AS PIE

Gather apples and begin by peeling and cutting them into quarters.

### Bring it to a Boil

LIKE HOT TEA

Place the diced apples in a nonstick pot with water and lemon juice. After the water has boiled, allow the apples to simmer.



### Cut the Heat

AND MAKE IT SWEET

After the apples have thickened in the water, begin to mash. Stir in any added flavors such as cinnamon or sugar, let it cool and enjoy!



## AMISH APPLESAUCE PIE



### WHAT YOU'LL NEED

- A 9-inch pie shell
- 2 eggs
- 1 cup sugar
- 2 TBS flour
- 1 tsp ground nutmeg
- 1 stick butter, melted
- 1 cup unsweetened applesauce
- 1 tsp vanilla extract
- 2 TBS lemon juice (optional)
- Pre Heat Oven to 350 degrees
- Prep a 9-inch pie pan

### DIRECTIONS

In a small bowl, combine sugar, flour and nutmeg.  
In a large bowl, whisk eggs until combined.

Add the small bowl mixture to the eggs and blend.  
Add melted butter, applesauce and vanilla.

Gently combine until everything is mixed. Note: avoid a blender or food processor as that will add unnecessary air.

3. Pour the mixture into a pie shell. Bake at 350 degrees for 45 minutes, or until top of pie is golden brown. Cool completely on a rack before serving. Enjoy!





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Above  
All the makings for CannAppleSauce which include Apples, Bee High Cannabis, Infused Honey, Water, Cinnamon and Sugar.

Westwood doesn't necessarily discourage customers from enjoying her products in whatever way they want. Indeed, her products will get you high. She cautions however about their concentrated strength. These effects are intense, and ultimately, intended to ease pain and aid sleep. That intensity can be too much for recreational use. Though strong, Westwood finds they have met her patients' needs.

Larry Allen, 67, of Boulder Creek can attest to this. "The applesauce is my favorite way to medicate," he says. Allen suffers from high blood pressure, which requires him to take medication. "I tried [CannAppleSauce] and I found it lowered my blood pressure better than my prescription," he adds, "I really like the taste too. It tastes like Christmas." This sweet medicine is so much more than a tasty treat, "It is medical marijuana at its finest."

\*Melissa Hutsell is a freelance writer from Northern California with an MA in Global Journalism and a passion for traveling. With more than five years in the field, she enjoys writing and learning about a variety of topics including food, business and economics.

## DID YOU KNOW?

The beehive is known as nature's medicine cabinet. Cultures throughout history have used unfiltered honey or wax for medicinal purposes, including treating allergies.

For More Information about Bee High Honey or CannAppleSauce, visit Cannapplesauce or contact Lizzi Westwood at (831) 801-4989.

## TRY THIS

If you have the honey or applesauce, you can pretty much make anything. Use applesauce as a substitute for butter while baking OR add the honey to coffee or tea for extra potency. Because honey is water soluble, it binds with the fats in milk, making for a quicker, more intense high. You can also add honey to condiments like barbecue sauce for an extra kick!

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# Philosophy of Passion

Talking Trees Farms

SAM GREENSPAN

FULL SPECTRUM PHOTOGRAPHY

As many of you know, here at the *Emerald Magazine* we often provide our readers with profiles of local, independent businesses in the burgeoning cannabis industry. At times, the highfalutin tone can distract from the core truth of the people we interview. That being: these businesses, though still fringe and shrouded in lingering paranoia, are normal.

That's right. Normal. Yes, cannabis is still illegal for a little while longer. Yes, it has been played like a political football by communities throughout the country deciding to either embrace or vilify it. Yes, many people are still unfairly jailed and persecuted for having any affiliation with the plant, even more so if you're a minority. To change how cannabis and its business owners are treated takes baby steps in consciousness. Like any food joint, bar, coffee house, distillery, apparel store, or wood shop, these people in our community provide us with a product that people want. Cannabis has the added benefit of being scientifically proven to carry health benefits, unlike liquor and greasy burgers.

My better-late-than-never epiphany celebrating the utter normality of cannabis aligned perfectly with meeting the owner of Talking Trees Farms, a sweet-natured and warm man called Craig, who told me some of what makes his business special while participating in the industry's tussle to be seen as ordinary.

"We practice gratitude in relation to the cannabis plant," Craig began, "I don't think that there's such a thing as a master grower because there's no way to master something that's always changing. Talking Trees embraces that every plant has a personality, and from our perspective, it's all about a connection to the plant and the land, and then our intuition is what guides us towards what every plant needs. I come from a family of six kids, and we all have shared bonds, but there's a specificity that makes each of us who we are. Parenting is a good approach to how we farm. We farm from the heart. It's a connection and a passion."

"... we've put a lot more focus on to yielding Rosin, which is an organic dab made from the pressed flowers

"I don't think that there's such a thing as a master grower because there's no way to master something that's always changing. Talking Trees embraces that every plant has a personality, and from our perspective, it's all about a connection to the plant and the land..."






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When asked about what sets their farm apart from others, Craig went on to say, “I wouldn’t say that we do so much different, but we’ve put a lot more focus on yielding Rosin, which is an organic dab made from the pressed flowers. It’s very comparable to a BHO dab, except there’s no solvents used. In comparison to say Co2, you’re retaining almost all the terpenes because you’re not solvent processing it. It’s the most natural rendering of dabs. But aside from all of the products, we focus on our legitimacy. I mean payroll, insurance, expansion, all done, though, with a philosophy of passion. However, we’re just trying to be realists amid this market. Keeping through-lines of legitimacy so that we don’t have to, I mean, just do the bullshit dance anymore. It’s both a passionate and loving endeavor, with our feet firmly rooted in the reality of our world.”

The undercurrent of my interview with Craig was deep, one of the most earth-rooted I’ve had in my time conducting these talks. But the clear-eyed realism of his business sense balanced the splendor of fostering natural connections to self and land. The more the public can honor and have gratitude for our natural surroundings and this plant, while de-stigmatizing its distribution and use, the sooner it seems we too can apply our passions to even greener pastures.

Talking Trees has products available at Humboldt Patient Resource Center in Arcata, Harborside in Oakland and CBCB in Berkeley, among other places. Follow them on Instagram at Talkingtreesfarms. It’s the perfectly, wonderfully normal thing to do. 🌿

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# Pot-O-Coffee

## Robust Blends of Passion and Innovation

Melissa Hutsell



CLASSY TASTE

Perfectly Infused THC and CBD  
Cannabis Arabica Coffee

Coffee and cannabis connoisseurs rejoice! Pot-O-Coffee, the appropriately named Southern California based coffee, tea and cocoa company, has brought new meaning to the term ‘wake and bake.’ The business is one of the first in the nation to deliver infused cannabis (THC) & hemp cannabidiol (CBD) beverage blends.

The market is hungry for appetizing forms of cannabis cuisine. As more states legalize cannabis for medicinal or recreational purposes, the demand for edibles continues to rise sharply. Indeed, this is one of the fastest growing segments in the industry according to the San Francisco-based investor network, the ArcView Group.

This growing opportunity inspired Cass Riese, Pot-O-Coffee co-owner and Director of Business Development, to help create a robust blend of two passions he shares with many others. Riese, already a grocery entrepreneur, says gaining a market share in the cannabis industry now is equivalent to investing in the technology industry before it took off.

This market momentum gives customers plenty of options that appeal to their individual sweet or savory tastes. Yet, in a world full of edibles, Pot-O-Coffee products stand out. Using only the finest natural ingredients, the company not only brings two different industries together into one cup, but also offers unmatched consistency and convenience. The convenience of single serve coffee, tea or cocoa infused with either THC or CBD means customers can grab a cup and a fixed dose at any time - day or night.

The company’s list of products appeals to beverage (and cannabis) lovers of all sorts - those who want a kick in their morning cup o’ joe, a soothing touch to their tea before bedtime, or therapy for a variety of ailments such as chronic pain, nausea or inflammation of the joints. The selection includes: THC- and Hemp Derived CBD-infused dark roast Arabica coffee, all natural green tea, and rich hot cocoa. All CBD and THC brews come in single serve cups or pods. Dosages depend on the beverage blend you choose and range from 10 (mild) to 50 (medium) to 100 (bold) milligrams per serving.

Single servings of coffee, hot cocoa, or tea come in individual Kcups that are perfect for Keurig type coffee machines, or pods (similar to tea bags). Each THC-infused product is made with a mix of all natural cannabis oil. Hemp derived CBD-infused tea and coffee products contain no GMOs, are pesticide free, and are infused with Gold Label Plus CBD Oil by CannaVest.

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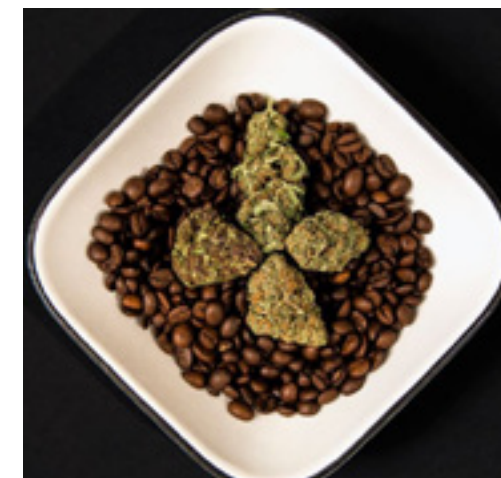
*Pot-O-Coffee classics are found at nation-wide locations including Surf City Collective in Lawndale, CA*

These cannabis-coffee hybrids, well... they naturally sell themselves. While the Pot-O-Coffee brands meet and exceed the expectations of enthusiasts, these beverages appeal to novices as well. Nearly no cannabis flavor (even in the higher dosages) make it just as enjoyable as a standard cup of coffee, cocoa or tea. By the time you finish the cup you may start to feel its effects. The combination of coffee and cannabis oil makes for a generally more intense high. "Edibles work from the inside. The feeling is much more of a full-bodied, rather than just a head, high," explains Riese. Thanks to the caffeine, these consumables will not slow you down!

Riese says, "People are so amazed it taste like coffee, tea or cocoa." Of course, striking the perfect balance between flavor and potency was not easy. Riese and his team of chemists tested samples for several months, before finally achieving the clinically formulated and tested 'secret recipe.'

Like Coca Cola, Riese says, the company started with a carefully created recipe, bottled it, and found a distribution model like Coke's that will be delivering the Pot-O-Coffee brand of goods this quarter to more than 300+ shops and dispensaries in Colorado, California, Washington and Oregon. And so, Pot-O-Coffee officially launched its line of infused gourmet beverages in 2015 with a philosophy of brewing brilliance based on tradition, passion and innovation.

A year after operations began; Riese and his team have successfully developed and branded their beverage blends to please a diversity of palates. However, they've got their eyes on innovation, "Even now we are still not done – by no means. We have [version] 1.0, now we are working on 2.0." They plan on introducing more Pot-O-Coffee Cannabis Cafes like the one found inside Surf City Collective, adding decaffeinated coffee blends in addition to an assortment of flavors, including seasonal



*These full-bodied cannabis-coffee infusions come in CBD and THC.*

favorites such as pumpkin spice. "We are also looking into infused cannabis time-released sleepy time coffee, tea or cocoa."

Well, you had us at coffee and cannabis!

**For more information, visit:**  
**PotOCoffee.coffee**

**Find Pot-O-Coffee Products At:**

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*Point Loma Patient Consumer CoOp*  
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# Edible Lover's

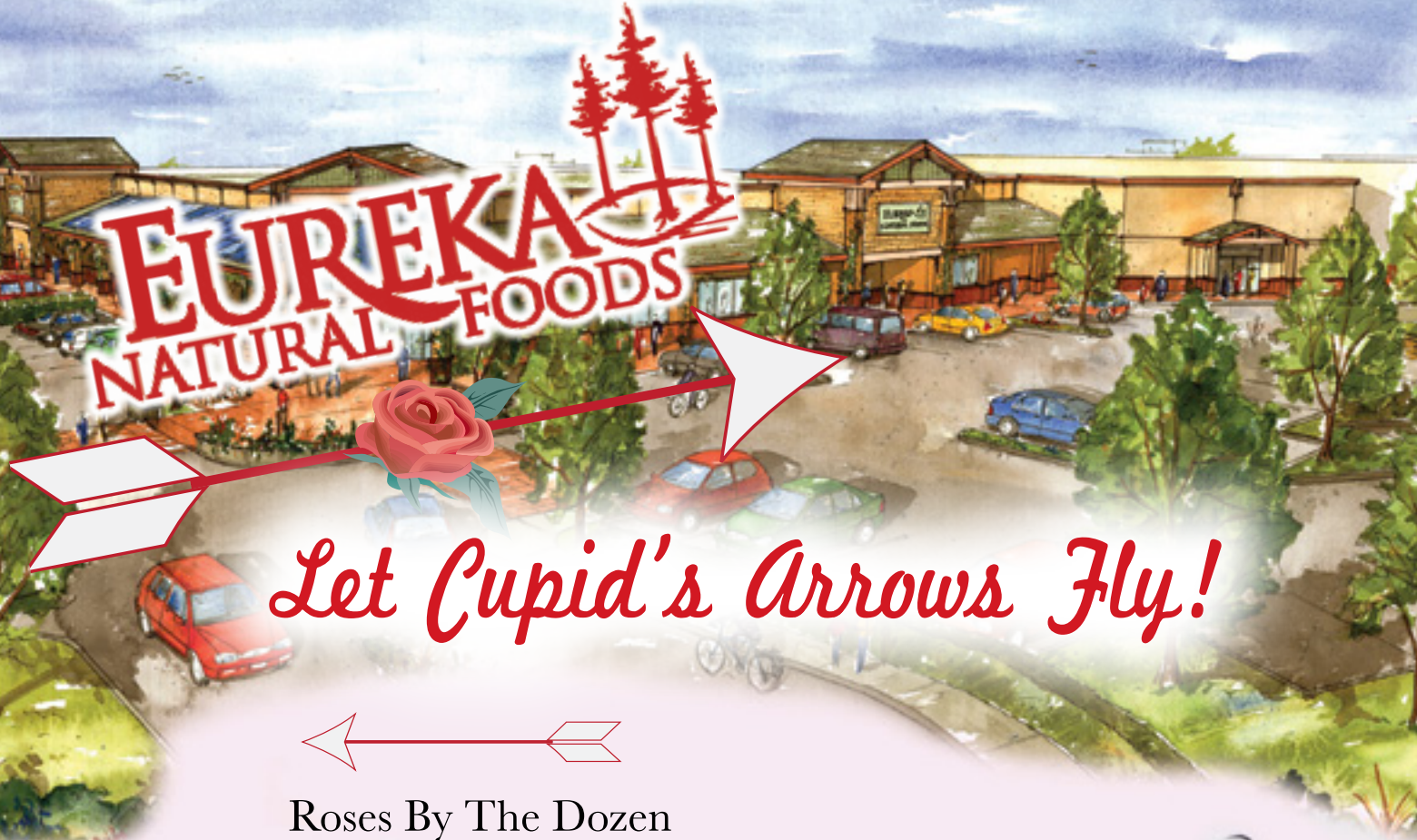


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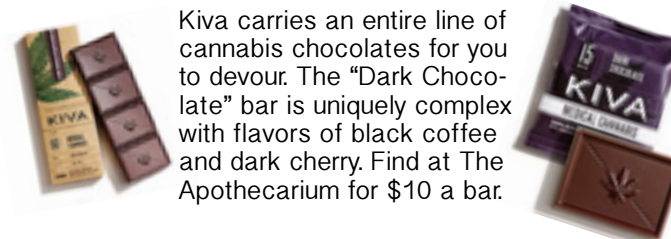
'Tis the season for warm, chocolaty treats and beverages. Stay satisfied and high with these dark, decadent, and dosed goodies.



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33 | Emerald | February 2016



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## WICKED!

### KUKOO KITCHEN PIZZA

With friends? Get a pizza from KuKoo Kitchen and it is sure to be a good time. Available at various locations throughout Southern California. You might want to get two; the first is sure to give you the munchies for more!





-SEXERCISE-

# The High Life

*Work That Kush Off*

**B**y now I'm sure you've gathered that this month we are talking about sustenance. Grub. Goulash. Nourishment. Fare. Cuisine. Slop. FOOD! And since it's a socially accepted fact that cannabis encourages grocery intake, and with my job being to heighten your sexual experiences, I thought I would give you a few fun, helpful ways to burn off that holiday kush. I, with the help of a very attractive, physically fit gentleman, have compiled a list of "Sexersizes" to help you achieve a "Coregasm." Sex puns already? Oh yeah, I'm comin' out swinging!

So let's get down to it. The following are a few gentle suggestions that encourage intimacy while creating a calorie deficit.

Some folks aren't into foreplay. "Too much work," they whine. We don't have sex with those people because those people are selfish and boring. Foreplay is awesome and often necessary. Prolong the main event and build up to it. You can incorporate fitness a few different ways, like a pole dance strip tease. Pole dancing classes have become a wildly

popular way for women (and, sure, men too) to get in a good workout while learning a few enticing moves. Install a removable pole in the bedroom and get your partner's blood pumping. You could always carry your partner into the bedroom before the dancing. I love being lugged around like a Princess. That would absolutely get my motor running. Then slam me down on the bed like a medicine ball!

Alright, you should be all warmed up so let's talk cardio. Now I don't know why, but there is an amazing sexercise referred to as the "Morning Dew." One partner mounts the others' shoulders from the front. We're talking pelvis to face contact. Very convenient. The free standing person then does squats while attempting to pleasure the lucky one. Feel free to trade places. Don't be greedy. There are many ways to get creative



Sherae  
O'Shaughnessy

with an exercise or ab ball. I'm not even going to coach you through this one. Figure it out.

Circuit training is my favorite way to sweat it out. Get together and decide on your three favorite positions. None of that missionary nonsense, you both need to be working at it. Then set a timer for forty five seconds. When time's up, switch. Do three rounds of these and thank me when your sex life and physique have been thoroughly enhanced.

If physically feasible there are always naked bicep curls. Pick that sex pot up and curl them to your chest for three sets of fifteen reps. (I actually just want to know if this is possible, so tell me how it goes. I really hope no one pops a vertebra.)

I've never done this next one (I'm serious, don't look at me like that) but it's been a sexual staple forever and both parties have to have some kind of physi-



cal stamina. I'm talking about "The Wheelbarrow!" Assuming you know what a wheelbarrow is, you do that but with a person instead of a bucket full of dirt. The person playing the part of the garden tool will need to be able to hold a plank position for a considerable amount of time and the standing mate will have to hold their legs at an angle that will allow for entry. This is one of the more demanding suggestions and will definitely burn some of the post-munchies goo off your glutes.

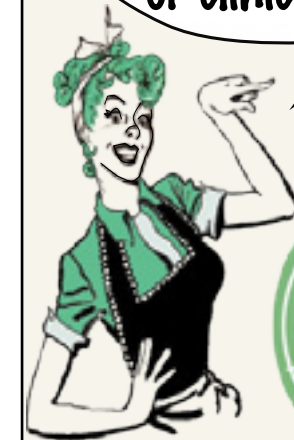
There are simpler activities if the aforementioned sound like physical impossibilities. It could be as simple and sexy as naked Zumba or yoga or

throw in a Jillian Michaels DVD, complete the workout and then give each other fellatio to finish! Shazam.

By far my favorite idea is not exactly cheap or doable for many people but wouldn't it be dope to have a rock climbing wall in the bedroom? Then you can see dat ass from a different atmosphere.

I recently got back into the gym where I almost died and then didn't, then almost barfed and then didn't. Working out sucks for most of us but everyone likes to screw. This is why a little from *column A* and a little from *column B* can help whip us into shape for the new year. 🍀

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Healing Harvest Farms (HHF) medical cannabis dispensary is located along Highway 101 in lush and beautiful northern Mendocino County, California. This “community collective” dispensary was founded by Tim Blake, a long-time cannabis farmer and the man who started the Emerald Cup – a NorCal cannabis competition that culminates in a two-day mega-fair every December.

HHF offers organic sun grown cannabis at reasonable rates. Some of the medicinal cannabis is grown by collective members; some by Healing Harvest Farms itself. They also offer edibles, concentrates, seeds, topicals and accessories. You can find the *Emerald Magazine* there too! HHF also hosts regular farmers markets which feature cannabis, other produce, artisans, educators and live music.

Their Budtender Sam Gordon provided me with three cannabis flower samples

for this edition of Pot Talk: Blue Kush, Long Valley Royal Kush (LVRK) and Jahgoo OG. Gordon went for the full spectrum of effects with the samples, a sativa, an indica and a hybrid. All of the samples were grown from seed.

To clarify, the term hybrid means the strain is descended from some combination of *Cannabis indica* and *Cannabis sativa*. When strains are straight up referred to as indica or sativa, they are often actually indica-dominant or sativa-dominant hybrids. In this particular context, hybrid is used to indicate a strain that is a more balanced or even combination of indica and sativa. In general, sativa-dominant strains are understood to be more energetic and “cerebral” – they are uplifting and induce a change in consciousness, whereas indica-dominant strains induce a “body high” – they are good for relaxation and pain relief.

Blue Kush is the sativa-dominant sample, it’s Skunk and Blue Dream crossed with Cherry Creek OG. Gordon says it’s similar in smell to Blue Dream, so it’s got that element of familiarity and it’s something people recognize and understand. LVRK is the middle ground – a hybrid grown by Healing Harvest Farms from seed stock provided by Aficionado. The lineage is Sour Diesel x Garberville Purple Kush x Highland Afghani. Jahgoo OG is the indica-dominant sample, the progeny of Afgoo. Gordon advised of its sedative effects and pointed out its mixed purple and green colors and creamy, cool smell.

“The LVRK has a **ripping pungent old school smell**. I get a strong fuel aroma with floral notes of rose geranium. It’s got a nice and earthy dirt funk to it too.”

WITH EMILY HOBELMANN

# POT TALK ←

HEALING HARVEST FARMS



BLUE KUSH

Of the three strains, this was my favorite because it of its dreamy smell and powerful effect. It’s got this seriously potent orange aroma with savory and piney kush notes coming through. The color is a light green melange, and when freshly ground it has the bright and light green shade of an unripe pear. Rust to amber colored hairs are lightly dispersed throughout each crisp and snappy nug.

The flavor is like Sweet Tarts and Neapolitan Sherbet, blueberries and raspberries; yogurt too... A lot of fun but borderline metallic. I loved the BK’s rich smoke and two puffs had me solidly electrified – super power in a cannabis flower. I smoked it before exercise; but then my jog got delayed because I couldn’t stop examining all the samples. When I did eventually make it out for a jog, I got creative and sought out obstacles to challenge myself – there’s that sativa-cerebral element.

I did get extreme munchies with the BK, and it made me verbose and kind of all over the place. While the effect was powerful, I remained lucid and overall I felt a general sense of well being. It eased my anxiety, not something sativas are touted for.

## POT TALK



LONG VALLEY ROYAL KUSH

LVRK is on the mustard green side in color; even on the order of chartreuse. It’s got a furry matte look that reminds me of the hills of northern Mendocino where this strain was bred to meet its highest potential. The hairs are also a matte color, more tan and brown than orange or red. I found the nugs to be on the spongy side, as opposed to crisp and snappy.

The LVRK has a ripping pungent old school smell – I get a strong fuel aroma with floral notes of rose geranium. It’s got a nice and earthy dirt funk to it too. It is a lovely smoke that doesn’t taste “chemy” at all, and, for me, the floral flavor carried over most clearly.

I like the pleasant, functional and even-keeled high from this strain too. It didn’t make me as scattered as the Blue Kush and damn, does this cannabis have some longevity to it! One session with the LVRK left me feeling the effects for a solid six hours. Usually I have to smoke every couple hours to maintain a high; this was not the case with LVRK. I’d like to spend some more time with LVRK and its cousins in the future.



JAHGOO OG

Jahgoo OG is on the dark to army green side in color with purple flare, and the pale, slightly pinkish hairs really jump out at you. The sample nugs showcased a full spectrum of greens with a regular distribution of yellows and purples, like the outside of itty bitty pineapples. There is great color contrast between the top of each sugar leaf (more emerald green) and the trichome-covered bottoms (dark yellow to light green).

This sample is on the spongy side too. It doesn’t have a giant bouquet or a strong barnyard smell, but it is musky and smells of eucalyptus, even rubbing alcohol. There’s a hint of sweet citrus too. I chose to sample the effect of this indica-dominant strain in the evening and, sure enough, the Jahgoo guided me to bed at a particularly early hour. Yes, I slept like a rock.

The Jahgoo sample is captivating in appearance and a solid sedative as well. And I just love its expressive hairs! This is another strain that I’d like to revisit. 🌿

Big thanks and shout out to the folks at Healing Harvest Farms for their bottomless hospitality and enthusiasm for the healing aspects of cannabis.

Find them on Instagram or at [healingharvestfarms.org](http://healingharvestfarms.org).



# Fire Ridge Farms

WRITTEN BY DJ HAYES

In an era of oils, shatter and all things dabbable there are countless budding entrepreneurs attempting to ply their craft in this bustling new market. While recreational and medicinal users alike enjoy the advantages of concentrated cannabis, recent headlines quickly raise fire safety and health concerns. Using a hell of a lot of butane means a high risk and concerns for environmental impact as well. Thankfully, Fire Ridge Farms is the green-minded, socially conscious producer so many are looking for.

Matt Brown is the proprietor of Fire Ridge Farms, which is located in the remote mountains of Butte County. He has been producing medicinal cannabis for over a decade and finds compliance to be one of the most challenging aspects of growing medicine. While the farm's internet presence is limited, their instagram account is an active showcase of all Fire Ridge has to offer with volumes of photos and a handful of videos.

Politics and opinions aside, their photos speak for themselves. The end results are appetizing shades of crystalline amber and gold. Their instagram account contains videos of their full melt in action and their glorious garden. With over a decade of experience, it is unsurprising that concentrates of this caliber come from Fire Ridge, or that their Tommyknocker strain tests into the upper twenties for THC con-



*The full-melts are made from the same strains they'd grown that year, leading to a delicious rotation in options and flavors.*



tent. Cup winners have tipped their caps to Fire Ridge in the past though they themselves never felt the compulsion to compete.

In addition to this clearly stellar product, Fire Ridge believes in organic farming. "I've always stayed away from bottled nutes," Matt says "we use a custom soil mix." The Farm has used OMRI (Organic Materials Review Institute) caterpillar spray in the past, but 2015 was a "no-spray" year. Perhaps out of appreciation, caterpillar losses were minimal. Mainly, Fire Ridge likes to keep it simple with worm castings and extensive top dressing.

Fire Ridge is simply non-BHO. They recognize that clean and safe concentrates can be produced with BHO, but the concept disagrees with their ideals. "It goes against everything I believe in as far as medicine." All those delectable looking dabs are the product of responsible extraction methods. They note that many people are just trying to make quick cash, and have no qualms about selling poison infused, butane saturated products. Fire Ridge Farm aims to produce safe, healthy and organic medicine for those who need it. This is a

touchy issue. Fire Ridge recognizes that BHO has a place in the cannabis community and that there are responsible and safe producers using this method, though few and far between. They hope to see a shift towards solvent-less techniques in the future.

Best of all, Fire Ridge Farms is single-source. Every product, every bud with their name on it is theirs from ground to grinder. The full-melts are made from the same strains they'd grown that year, leading to a delicious rotation in options and flavors. Their products are available in Butte County and areas in Southern California.

Fire Ridge Farms is, and should be, proud of the business they have established. They take great photos and were more than happy to give me some of their vacation time for an interview, were affable and pleasant to speak with. They provide high-grade, organic medicine to better people's lives. If they've had celebrity clients, they were scrupulously tight-lipped to my questioning. I will be watching Fire Ridge Farms to see what gorgeous green and gold they grow next. 🌿





*The story of Andy Hull is one of inspiration born out of an era of propaganda. Andy is fully invested in the cannabis industry. He is the founder and creator of the Dabsolute Pen, has a patent-pending extraction method in its final stages, as well as a full line of edibles that are due on the market this year.*

*The era of 'Reefer Madness' left devastating echoes. Andy's story shows how cannabis can lead to success, even for those raised to support prohibition.*

## Years of Propaganda

In 1937, Samuel L. Caldwell was the first man to be officially arrested for cannabis. He was sentenced to four years of hard labor, served at Leavenworth Penitentiary, and fined \$1,000! In 1971, Nixon opposed cannabis legalization and declared the 'War On Drugs.' In 1981, Ronald Reagan took office and continued the attempts to eradicate cannabis.

Andy Hull knows about prohibition all too well. He is your average American who has lived on both sides of the issue. Now Hull has made his choice and stands in support of legalization.

*'I was brought up in an extremely conservative home with zero tolerance for cannabis. Alcohol, on the other hand, was ok. It was taught that cannabis was only for losers and that you will never amount to anything if you use it. I was a product of reefer madness and Reagan's Drug War.'*

## Have a Drink, Go for a Drive

Songs back in the day encouraged us to drink by the goalpost and the riverside. Andy, like many, grew up when alcohol was all the rage. Everybody drank, or so it seemed. Andy had smoked a handful of times before he was 35 and it wasn't really "his thing."

All those years of alcohol started to take its toll on Andy. When he stopped he felt bad. Not your normal withdrawal bad, but physically bad. Andy decide to go to the doctor to see what was wrong. A few visits and several test later, doctors determined that Andy had chronic health issues related to his drinking. He began taking medications and eventually was on more than 10 prescription pills a day. It was then he made the choice to change.



Samuel L. Caldwell, 1937  
First person arrested in the  
United States for selling cannabis.

*'Before cannabis, I was an unhealthy alcoholic. Now, with cannabis (cannabis is the ONLY thing I take, EVER) I have lost 100 lbs., I'm off of 10+ prescriptions, and feel like I'm 22 years old.'*

## A Concentrated Investment in the Future

After starting a contracting company in Florida, Andy ended up with two torn disc in his back. This is where things changed drastically. His contractor's license was revoked due to due his medical condition.

Andy was in real pain. His back plus his chronic medical conditions made smoking up to a quarter ounce worthless. After looking into cannabis concentrates and edibles, Andy made an investment in Colorado. Tired of all the unreliable pens on the market, he developed a way to consume dabs safely and discreetly. The Dabsolute Pen was born, and a lifelong advocate Andy became. He studied extraction and says he's created a process of extraction that will revolutionize the industry. It is currently undergoing patent review.

*'Imagine the frustration when you can't hardly move your feet without a herd of gremlins whacking your shins with ball peen hammers.....and your concentrate pen breaks.'*

Cannabis led Andy to success in personal health, in discarding prescription medications, and in developing the Dab Pen. The road Andy has traveled has given him amazing insight into the cannabis community, culture, and lifestyle. When asked why he supports cannabis now he answered honestly, *'Because I am not a fool.... anymore. After I educated myself I realized I was wrong about cannabis and that I had been lied to. It is now my life's mission to educate people on the benefits of cannabis and to help sick people.'*

Andy has a great understanding of cannabis prohibition and when asked "how do you think prohibition will end?" here's what he had to say.

*'Slowly. It is about the money. The powers that be could care less about sick people. Cannabis prohibition is 100% about money. When more people meet someone that uses cannabis as medicine, and they realize they might be wrong, they typically start reading. Then change their mind.'*

Andy Hull's story demonstrates how cannabis can help people in a multitude of ways. He has a passion for helping others. Instead of a pain pill addiction and unemployment, he has found vigor, vital-



ity, and youth in the healing properties of cannabis. His passion has led him to start working with lawmakers behind the scenes to encourage cannabis legalization and to get the necessary measures started.

The world needs more seeds like Andy Hull. Go-getters with a passion to help others and make the world a bit better during their trip around the sun. Seeds feed the world and a single seed can tip the scale. Are you that seed? Be the seed and embrace your passion. Allow it to carry you to success. Should your passion be cannabis, then follow your dreams and pursue a career in the cannabis industry. The sky's the limit only when you don't reach for the stars! 🌱



# Cannabinated Spanakopita

By Molly Cate

Fine cuisine in a romantic setting is a classic way to celebrate Valentine's Day. You can create that special scene right at home. Decorate with brilliant Aegean blue and crisp white. Provide some mellow Bouzouki instrumental music. And take the time to treat your sweetie to a spectacular, homemade Greek dinner, cannabinated as much or as little as you want.

A bit of San Francisco medical cannabis history first. The showpiece dish for this Greek meal is a cannabinated spanakopita I developed in the '90s for the Medical Cannabis Delivery Service (MCDS) based in the Castro District of SF. From a ground floor apartment on Ford Street passed on to MCDS by activist Brownie Mary after she became too ill to continue baking her famous magical brownies, the staff zipped around the Castro and the Tenderloin on bikes mostly, delivering cannabis medicine to AIDS and cancer patients. Along with baggies of medicinal nugs, we honored Brownie Mary by offering cannabis foods to help patients keep their weight and strength up.

Others baked the sweet stuff. I specialized in nutritious main dishes, especially individual servings of spanakopita. These butter-rich pastries delivered calories, vitamins, fiber, cannabis and all-around delight to tempt the most reluctant palate. MCDS operated in the Castro both before and after passage of Prop. 215 in 1996. The MCDS director chose to shut down the operation and burn the organization's records in 1998 when the federal attacks on cannabis dispensaries got too hot.

The star of this romantic Greek feast was once a gift of life to many. If you don't know Brownie Mary's story, check out her entry on Wikipedia. You'll find out why San Francisco District Attorney Terence Hallinan called her "the Florence Nightingale of the Medical Marijuana Movement."

## THE PLATE WITH TASTE





## Spanakopita

*Note: Phyllo is very gluten-heavy.*

*This dish cannot be made gluten-free.*

*All ingredients can be organic, if you wish.*

Don't let phyllo scare you! Though you can literally see through these pastry sheets, they are quite sturdy if you thaw them properly (see package directions) and keep the stack covered with a damp towel while you are working. Assemble everything you'll need and organize your workspace before opening the phyllo package. Like fine cannabis, air is not its friend.

*What you'll get ready will be melted butter, the spinach/cannabis/feta filling, the pan and the phyllo.*

**Butter:** Gently melt 2 sticks (½ pound) of butter or blend equal parts melted butter and good quality olive oil (healthier option). Of course, these fats can be cannabinated too. It's up to you. But, I'm using my original recipe here. Have a pastry brush handy and keep the butter warm.

**Filling:** Lightly sauté 1 cup of chopped onion. Finely grind (I use a coffee grinder) 2 ounces of dry, cooking grade cannabis leaf, twigs removed. Steam two packages of frozen spinach until thawed, not cooked; blend with cannabis and set aside. Mix in a large bowl: 2 cups cottage cheese, the sautéed onion, 2 tbsp., all-purpose flour, 1½ tsp., ground oregano, 12-15 chopped fresh basil leaves, 3 tbsp. of olive oil, ½ tsp. of salt, pepper to taste, 4 large eggs, and 2 cups crumbled feta cheese. Fold in the green blend.

**Pan** (lasagna style): Brush the inside of a 9" x 13" pan with the butter or butter/olive oil blend. (Single pastries): One or more cookie sheets, not buttered.

**Phyllo:** Lightly dampen a clean, cotton dishtowel. Slide the rolled up phyllo onto a large, flat, clean space. Gently unroll and unfold flat; cover entirely with the damp towel.

*Position everything as a mini- assembly line.*

For lasagna style – organize the space so you can lay single sheets of phyllo in the 9x13 pan (they will be bigger than the pan, so fold them in) and butter each one, adding another and another till you have a stack of 7 well-buttered phyllo sheets in the pan. Generally, it's best to cover the unused phyllo between sheets too. Spread half of the filling on top. Repeat with 7 more sheets. Spread the rest of the filling. Cover with the remaining buttered sheets, using the last sheet to tuck in the corners so the surface looks nice. Butter the top liberally and thoroughly. Sprinkle with sesame seeds, if desired. Bake at 375 degrees, uncovered, about 45 minutes. Cool for 20 minutes before cutting into 12 pieces. Each serving will contain about 4½ grams of leaf.



The single pastries aren't as daunting as they may seem. Very elegant, once you relax and get the hang of it. Butter a single sheet, laid out vertically. Cut the next sheet in half, long way/short way, it doesn't matter; just make sure you position it in the middle of the full sheet. Place ½ cup filling (no more!) 2-3" up from the bottom edge, center, of the sheets. Loosely fold the pastry sheets up from the bottom over the filling, butter, roll again, butter.

Fold each side in over the filling, buttering each. Gently roll up and place on a cookie sheet. Leave several inches between pastries. Butter the tops when the pan is full. Bake at 375 degrees, uncovered, about 35 minutes. Folding loosely enough is the trick to this recipe. You've got to leave some expanding room in the pastry package or it will split in the oven. One package of phyllo will make 14 pastries, delivering 4 grams of leaf per serving.

*By The Way* – shaped right, a single pastry fits perfectly in a snack size baggie. That's how I used to package them. You can place some artfully on a beautiful platter instead.

Make a Greek salad with cannabinated olive oil. Serve some previously infused ouzo (see general instructions on page 24 of the October *Emerald Magazine*). Indulge and savor. Later, serve in bowls or on willing skin of lover. Here's dessert...

### Greek Yoghurt with Honeyed Walnuts *(Sorry, not cannabinated)*

Heat oven to 180 degrees. Toast 1½ cups of walnut halves for 7-8 minutes. While hot, drizzle with honey and let cool. Blend 2½ cups of Greek yoghurt with ¾ tsp. of vanilla extract and ¼ cup honey. Divide into 4 or 5 bowls. Spoon walnuts over yoghurt. Sprinkle on ground cinnamon, if desired. A cool and simple dessert after that rich meal.

If you want to serve this on your lover, best to let the yoghurt come to room temperature first! 🍓





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Vinum, et al

# COOL CLIMATE WINES

PAM LONG  
 WINE COLUMNIST

**A**n effect of global warming has been the emergence of new cool climate wine regions. The Australian island of Tasmania, Moravia (Czech Republic), England and Michigan, among others, are producing stunning wines. And then there's Humboldt County – on the verge of emerging.

HumCo's oldest (and still producing) wine grapes were planted over 30 years ago in Willow Creek, now thick-trunked and gnarled Chardonnay vines on the Gardner Ranch vineyard. We also grow outstanding Pinot Noir in Southern Humboldt and Orleans, so good it is regularly sourced by talented Sonoma County winemakers.

If you are keen to learn more about wines of the world and how Humboldt figures in, then consider earning a certificate in wine studies through Humboldt State's eLearning & Extended Ed. From *Vine to Table* launches this spring with *Winemaking 101* with local winemaker and grape farmer, Wil Franklin. Other courses that comprise the

PAM LONG is a Master of Wine student and wine educator. She presents seminars through HSU's College of eLearning & Extended Education and OLLI programs. [ipamlong@gmail.com](mailto:ipamlong@gmail.com)



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WRITTEN BY TRAVIS TURNER | PHOTOGRAPH BY LEELA CYD

Cannabis Tech and  
the Culinary Artistry of

# Jeff the 420 CHEF



The days of locking yourself in your room for two days after trying a special cookie may just be at an end. JeffThe420Chef has been crushing the culinary cannabis world for years and now he is bringing you the holy grail of cooking calculations: how much herb to add to your cannabis confections, or anything else you feel like eating with a side of sinsemilla.

Jeff has been cooking since he was young and discreetly started cooking with cannabis five years ago in California. A cannabis patient and friend with a serious illness asked him to come over and cook her a meal because she couldn't smoke the meds she was getting. She loved the infused meals and started sharing his creations with friends. Word spread and Jeff turned into JeffThe420Chef with a high demand to create edibles for people in the 23 states



(LEFT) HIGH CBD SESAME CANNA-BUTTER BUNS! MADE WITH CHARLOTTE'S WEB AND JACK HERRER 7 MG CBD 4 MG THC EACH

(BELOW) BANANA STRAWBERRY FLAKY PASTRY



(LEFT) PATRIOTIC CHOCOLATE COVERED STRAWBERRIES

(RIGHT) STRAWBERRY TOPPED LEMON TARTS



(FAR LEFT) HEATH BAR CRUNCH CANNA-COOKIE BUTTER BROWNIE BITES



(LEFT) VEGAN CANNA PUMPKIN PIE



(LEFT) COCONUT CANNAOIL "CHARLOTTE'S WEB" CBD

(and D.C.) where cannabis is legal. From wedding cakes to full course meals he has cornered the market as the only private chef developing and catering custom, mouth-watering cannabis experiences.

Challenged to find a process to get the cannabis taste out of medicated food, he worked on it for more than a year. Now he travels around the world, teaching people how to make "Light Tasting" canna-butter and canna-oil. That's right, all the silly goodness, and all the medical benefits with no stomach cringing taste. Mmmm.



Photograph by Joseph Viles

This year Jeff plans on publishing the first ever CBD/THC calculator as an app so that people can enter in the amount of lab-tested material they are using and come up with an approximate ratio for how much ganja to use. The last time this writer ate a brownie was on a deadline in the newsroom. I spent the dwindling time I had spinning my mouse around my screen faster and faster, for half an hour. Whoever gave me that brownie was definitely in need of The420Chef's calculator.

The basic ratio is 7 grams of raw material in a stick of butter. However, you need to lab test to find the total amount of cannabinoids in your material, then leave the rest of the work to the app. Jeff spent the last year and a half testing raw material before the decarboxylation process so that he would know what the end result would produce. Decarboxylation is when THCa loses a carbon molecule and turns into THC delta9. This guy is single-handedly changing the edible game and propelling consistency in edible products to a whole new level. Consistency is one of the biggest factors in getting your product to market. Download that shizzle, broham... It's free in March for a limited time or you can go online at [Jeffthe420chef.com](http://Jeffthe420chef.com) to use it there.

But hey, why stop at changing the edible game forever? You might as well

get mainstream publisher Harper Collins to publish a cannabis cookbook with more than 100 different scrumptious recipes while you're at it. That's just what Jeff did. In June his book *The Ganja Gourmet: The Joy of Cooking with Cannabis* will hit book retailers and online outlets all over the globe. If you're looking to simultaneously create and remediate the munchies, this is the book for you. Definitely check out Jeff's favorites, the onion roll and the apple rose pastry with a hint of rose oil. When asked if he leans more towards the sweet or the savory side, the man *Newsweek* dubbed Ganja Gourmet says he loves everything from the cookie or brownie for a bedtime snack to a full course meal. It's all good with him. 🌿

#### ABOUT THE AUTHOR

Travis Turner is a cannabis industry writer residing between the polar extremes of Northern and Southern California. He has clocked 100,000 miles this year on his 4runner racing from Cannabis Cup's, to large scale indoor grows in Los Angeles, to breathtaking cannabis fields in the heart of the Emerald Triangle. He digs spliffs with tobacco from San Cristobal, Mexico and Platinum Girl Scouts. You can catch him on Instagram and Twitter @humboldtphotog.





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# Adventures in Cannabis Evolution with Rob Clarke

I've interviewed quite a number of people who love cannabis, but Rob Clarke was my first cannabis ethnobotanist. Ethnobotany is an interdisciplinary field that examines the ecology of plants and their cultural, social, and economic significance.

Despite the austere-sounding title, Clarke struck me as someone who's great to have at a party: amiable, genuine, and possessing a great sense of humor. Clarke is currently collaborating with Phylos Bioscience on a project to map the cannabis gene pool. Here's a condensed portion of our conversation that aired on Cannabis Consciousness News Episode #46.

Interview by Kerry Reynolds

Q - Talk about cannabis and its relationship  
with humanity.

A - The influence of cannabis on human culture has been tremendous. Let's just forget about the drug part of it for minute. It was one of the earliest foods grown in Asia. For Chinese culture, for instance, it was one of the five main grains, as they would call it. It's not truly a grain but it fills that function. It's very high in protein, very high in oils, all the things that are lacking in most of the other grains. Rice is very high in protein compared to the rest of the grains, but it's nothing like hemp seed.

Then hemp fiber, for temperate areas all across from Europe to Japan, was the most important temperate fiber crop for a long time. It was a foundation for those cultures.

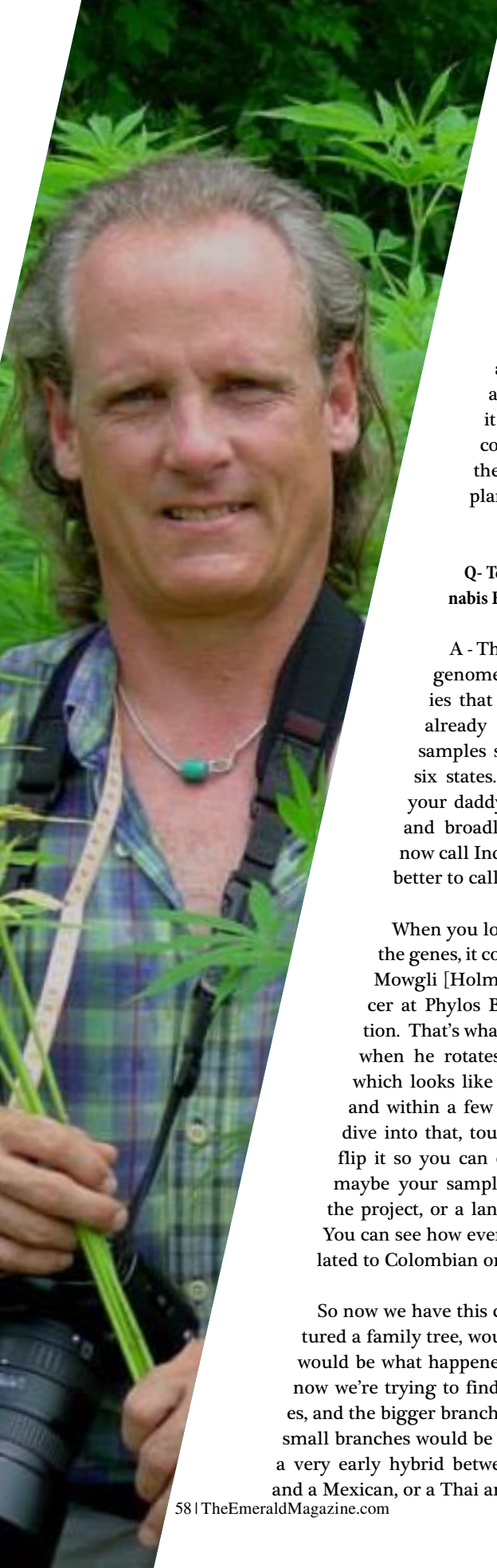
India, not so much. If you go to that huge subcontinent, they had lots of fi-



ber alternatives, but as you go into the mountainous areas, it starts to be more restricted environmentally, and seeds become really important as a food crop. In Nepal, for instance, that's where they triple crop. [Cannabis] has a triple use and effect for their culture. They eat the seeds, usually just parched, and they have it along with beans and rice. That's basically their mainstay and it adds more protein and oil, especially oil content. They have hemp that they still weave blankets out of, which they walk around in during the daytime and sleep under at night. It's their standard piece of clothing and domestic textile all rolled into one. And then there's the charas, the hashish they rub from the plants when they're rubbing the seeds out. There's a very low level of smoking that I saw there. They sell the charas and use the rest of the plant.

*"Hemp will not save the planet, and it's not our only hope."*





**Q - The 2014 US Farm Bill allows US hemp growing for research purposes. How excited are you about the future of hemp being part of the counterpoint to the planetary crisis we have. Was Jack Herer right, will hemp save the world? Is it our only hope?**

Clarke - Hemp will not save the planet, and it's not our only hope. Hemp has several real drawbacks. It's really water hungry, it needs a lot of sunlight, and there will be competition with whatever grows well in the area. Any future choices about what to plant should be reliant on where you live.

**Q- Tell us about the Phylos BioScience Cannabis Evolution project.**

A - The project takes a look at the cannabis genome and how all these different varieties that we have now are related. They've already analyzed about fifteen hundred samples so far from dispensaries in about six states. So it's this big cloud of "who's your daddy" data. It's all narrow leaf drug and broadleaf drug hybrids, what people now call Indica/Sativa hybrids but would be better to call Afghanica/Indica hybrids.

When you look at the interrelationships in the genes, it comes out in this big cloud that Mowgli [Holmes, the Chief Scientific Officer at Phylos Bioscience] calls a constellation. That's what it looks like too, especially when he rotates it against a dark screen which looks like space. It looks incredible, and within a few months you'll be able to dive into that, touch on any part of it and flip it so you can center on one variety—maybe your sample that you turned into the project, or a land race like Colombian. You can see how everything after that is related to Colombian or not.

So now we have this cloud that, if you pictured a family tree, would be the canopy. It would be what happened most recently. So now we're trying to find the small branches, and the bigger branches below that. The small branches would be early crosses, like a very early hybrid between a Colombian and a Mexican, or a Thai and an Afghan,



something like that. That's very helpful. Then to have the original Thai or Afghan parents is even more helpful, those are fatter branches that are lower on the tree. And if we can go back and get archeological samples from 2,000 years ago and get the DNA out, then we can get closer to the trunk of the tree.

**Q- So stepping back a bit, you can take a seed and map its DNA?**

A- Yes, we can take a seed, live or dead. It's more difficult because you have to actually physically excise the embryo from the seed because you need it to represent the plant that would come from that seed, not the mother. It's easier to sprout a seed, and if seeds are live, then people shouldn't really be giving them to us, they should be sprouting them. We'll be really happy to have a couple of the leaves from it, dried leaves are fine.

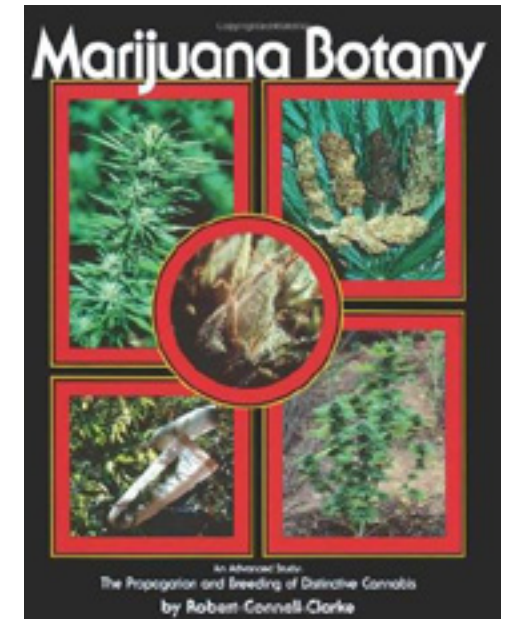
**Q- So you can get the genetics off of a dry leaf?**

A- Yes, you can get much cleaner genetics from a freshly-dried leaf than you can from an old dead seed. It's much easier and much better, cleaner DNA, so you get more sequences and more information from it. So the fresher the better, but old things can be used too. You get more fragmented DNA broken into smaller bits, so you don't get as many reads of the DNA that contain information. But you do get something so it can all be pieced together through the wonders of statistics.

**Q- So what sort of seeds are you looking for, or as you said, leaves from the sprouted seeds, and how can people connect with the project?**

A- Well, the easiest way to connect with me is to just email me at [cannabisdna@yahoo.com](mailto:cannabisdna@yahoo.com). There's also another project that's allied to this called the Open Cannabis Project. They have a website called [opencannabisproject.org](http://opencannabisproject.org) that is a way to make this information accessible, but also create a forum for people to say what's what. What's in

a name? The names are often changed to protect the guilty, I say sarcastically. It's a forum where people can discuss what is the true OG? Where did these things come from? If people are going to develop an interest in heritage, then the people who played the game early on should weigh in and tell us what's going on. Most of you are still alive. 🌱



Rob Clarke is the author of *Marijuana Botany: The Propagation and Breeding of Distinctive Cannabis*. He also wrote *Hashish!* and co-authored *Cannabis: Evolution and EthnoBotany*.

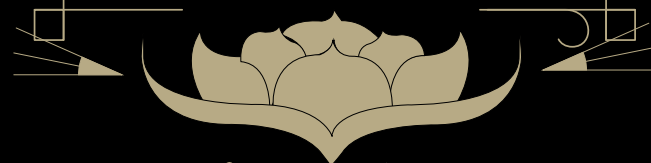


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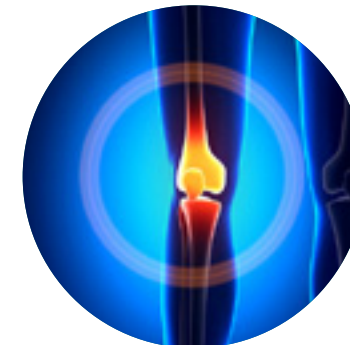
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# Cannabis & Pain: Soothing A Soft Society

SHARON LETTS



Knee surgery last fall had me thinking about pain, true tolerance, and why so many Americans are bent on being anesthetized.

In a June 2011 report titled “Relieving Pain in America” the Institute of Medicine states 100 million Americans suffer from some kind of pain at a cost of \$635 billion a year.

As ABC News reported on January 30, 2012, 80 percent of the world’s pain meds are consumed in the good old U.S. of A., with synthetic opioids just recently bumped by the FDA from Schedule 3 to the number two list. Cannabis, of course, is still listed with heroin in Schedule 1.

They noted an increased life expectancy with a soft, sedentary lifestyle and cancers as the cause of our need to be numbed. But why are Americans suffering so; or are we really in this much pain?

## Medicine Grows

Early on in the history of plant-based medicines, sometime between 400 and 300 BCE, Hippocrates wrote of a powder from the bark and leaves of the willow tree with healing properties for headaches, pain and fevers. By 1829 scientists had isolated and named the active compound salicin.

Many more chemists would experiment with the compound, but it was German chemist Felix Hoffmann, while working for the Bayer Company, who rediscovered Gerhard’s formula and used it to ease his father’s suffering from arthritis; declaring our common little aspirin the “wonder drug.” Plant to medicine to market.



”

# THE FIRST

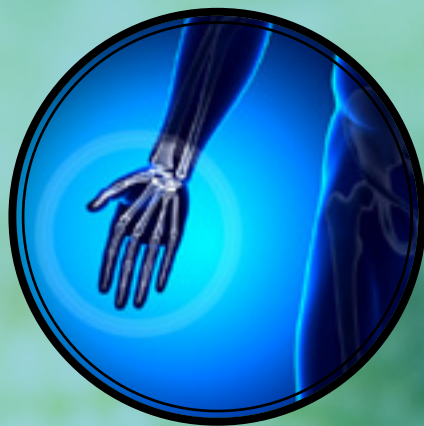
SYNTHETIC ELIMINATION

.....FROM MY.....

# MEDICINE CABINET

# WAS VALIUM

“



“Today, the average arthritis suffer pops from a list of meds originally designed for end of life care”



## Dulling the Pain

Today, the average arthritis suffer pops from a list of meds originally designed for end of life care, pills often associated with accidental death, organ failure, and other side effects too lengthy to list – numbing much more than the area affected, and increasing the level of pain in the long run when later attempting to detox.

Aspirin was joined in 1953 by acetaminophen, the active ingredient in Tylenol, soon followed by nonsteroidal anti-inflammatory drugs or NSAIDs, opening the door to the 1960s explosion of more brands in pain management than I can list here.

Our bodies are biologically the same, why the increase in pain medication?

## Americans as Marketing Lab Rats

In the film “Love and Other Drugs” big pharma reps are taught to suggest drugs for other than originally developed uses, such as using antidepressants for pain or sleep. In my mind, this demonstrates how marketing and profits have surpassed true need or even moral ground when it comes to medicating the masses. Advertising has been reduced to a nagging negative influence, with billions spent convincing us to buy empty, sub-standard products we don’t really need, while polluting our environment and poisoning every living thing.

The synthetic concoctions the pharmaceutical industry whips up come with side-effects equaling an entire additional ailment, with lists as long as a novel. And for all the talk of lack of drug trials on cannabis, the trials for most pharmaceuticals are short, often just six months to a year on small groups with a limited focus.

For example, the highly addictive drug Soma prescribed to treat chronic pain is also often prescribed for other symptoms, such as insomnia. More than 20 years ago, trials that lasted just six months generated a warning that it shouldn’t be taken for more than a year, as the severe negative side effects start piling up.

## Would you like a seizure with that?

The first synthetic compound eliminated from my medicine cabinet since my breast cancer scare was Valium, typically given to dull pre-medical procedure fear. Two doses of the light oil Nternal, made in the San Francisco Bay Area, prior to surgery, were all I needed to calm me.

Completely relaxed without being wasted (Valium is given to rehab patients in recovery and mimics alcohol); I was in charge of my own dose and kept the bottle with me up until I was put under. Nurses and attending staff were fascinated by my choice, and I was happy to lead by example.

After surgery I was offered Vicodin, the number one hit on the top ten pain numbing chart. Already under the influence





Salve by Emerald Family Farms | Image by Crop-Stock

of the anesthesia, I'd be adding this other painkiller to the mix, further lowering my heart rate, causing me to feel light-headed, be further constipated, courting a possible seizure, problems with urination, stomach pain, itching, jaundice... the list goes on.

*(Note on dosing: If it's your first time using a concentrated cannabis medicine, you will want to start with a small amount, wait an hour, then take more, as needed. You may need to lie down and go to sleep. You cannot overdose and your heart will not stop, as with prescription pain pills.)*

**Post-Surgery Sting**

After surgery I continued taking the oil - one to two dropers full every one to two hours was all that was needed for breakthrough pain. And being a natural anti-inflammatory and anti-infection medication, there was no swelling to speak of from day two post-surgery and no fear of infection.

At night I continued using Rick Simpson Oil (RSO), giving me a good night's sleep, allowing me to wake up without swelling, stiffness or pain.

I also continued my daily regimen of ingesting raw leaves in a green drink - a treatment that begun with my cancer scare a few months prior to surgery - easing constipation caused by the anesthesia.

For after-wound care I used a cannabis salve made with additional healing herbs. Most dispensaries or collectives carry salves, typically used for minor aches and pains, cuts, bug bites, rashes, skin tags, etc. (For skin cancer RSO is the treatment.)



Doctor Prescribing Pharmaceuticals

one's life every 19 minutes in this country and he could not find one documented death by cannabis. The Center for Disease Control (CDC) reports prescription drug overdose is the leading cause of injury death, tallying more traffic deaths with drivers under the influence of big pharma. Among children under the age of six, the CDC reports a whopping 40 percent were brought to the ER for prescription med poisoning.

**Got Research?**

As a species, humans aren't the sharpest tool in the shed. We put things in our mouths before fully realizing dangers. We put things in our mouths when we know something is dangerous - and if it tastes good or feels good, we keep on doing it.

With legalization spreading like wildfire across the country in my lifetime, it seems that public perception may be turning around on cannabis as good medicine. Hopefully, it will at least open the doors for real research, and more real medicine being made with proper dosing figured out.

While the rest of America quells the daily pain of living through the colored glasses of modern medicine, I'll continue to use the green, and encourage others to do the same. 🌿

\* Sharon Letts writes internationally on Cannabis as medicine for several publications including Dope Magazine and Weed World UK

.....Sleep so your body will heal”

**Big Pharma: Drug Dealers to the Masses**

Had I opted for the Vicodin, the outcome would have been much different. I would have had swelling longer, been constipated for sure, completely wasted the first several days, with no appetite to speak of, and my immune system would have been challenged at a time when my body needed it the most.

After taking the highly addictive pharmaceuticals for the required amount of time - one to two tablets suggested up to four times a day for up to two months post-surgery, chances are I might have wanted more. This seems to be common, as you can't search for Vicodin online without finding withdrawal information at its side.

A docudrama on television tells the story of a young woman who went from being an injured college athlete on full scholarship to turning tricks for heroin in a motel when her health insurance and subsequent OxyContin prescriptions dried up. Did she begin her pain management with the Oxy? No, she started with Vicodin - gateway drug to heroin.

In CNN's ground-breaking documentary, "Weeds," Dr. Sanjay Gupta shares that prescription pain meds take some-



(Below) Salves / Image by Sharon Letts  
(Left) Cannabis Oil and Salve / Crop-Stock



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### March

27th: Intro to Radio Class

### April

9th: Spectacular! Spectacular!

TBA: Spring Pledge Drive

TBA: Amy Goodman

### May

14th: KMUD Block Party

29th: Intro to Radio Class



IN MY HUMBOLDT

Matthew Owen | Full Spectrum Photography

OPINION

# Medical Marijuana Ordinance

Humboldt is one of the few counties in California on course to complete a “Medical Marijuana Land Use Ordinance” by the March 1, 2016 state deadline. Most cities and counties are “just saying no” and voting for a cannabis moratorium, which means they will default the state guidelines.

Politics is like sausage. Enjoy the final product, just never ask how it’s made. Somewhere between the will of the majority of those elected, public comment, planning commissions, and city/county staffs a medical cannabis ordinance is being crafted. Only problem is the growers don’t care. First off, they used the word “medical” on this ordinance, which is comical at best. Are you one of the estimated 3% who use cannabis for medicinal use or part of the 97% that just wanna get high? If cannabis is “medicine,” shouldn’t the price decrease massively to meet the needs of “patients?”

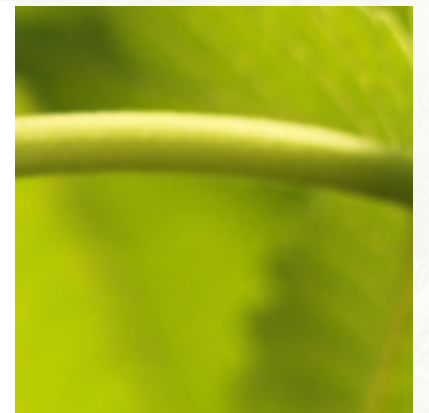
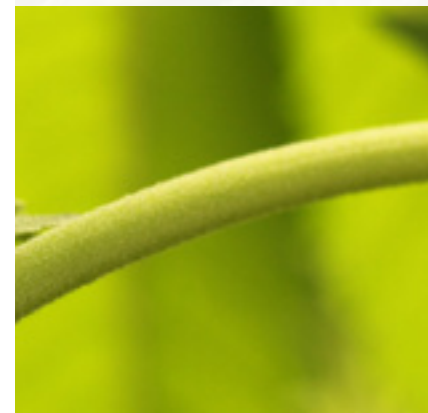
What good is the carrot without the stick? At last count barely 1% of the estimated 10,000 outdoor growers in Humboldt County have signed up to comply with this ordinance and why would they? As usual, the left hand ain’t talking to the right hand. The federal government fails to recognize cannabis as anything but an illegal drug so no FDA approvals for medicine; no 1099s, which means no federal income taxes being paid; and no federal tax deductions for cannabis businesses. On the local level, the proposed Humboldt Coun-

ty ordinance doesn’t speak to law enforcement as the sheriff is a separately elected official. For the growers it’s voluntary compliance with rules, regulations and taxes with zero ability of enforcement.

The ordinance also doesn’t mention the one person who strikes fear in the cannabis trade. Yes, I’m talking about a civil servant with a clipboard and a pen. We could enforce this ordinance, but with no money in the budget to hire inspectors, it’ll be business as usual, with the sheriff making one or two major geographic busts each year and a few complaint driven. Do the math, ten busts out of 10,000 grows. What are your odds of being caught and why would anyone pay income taxes if they are voluntary?

This ordinance allows indoor commercial grows up to 10,000 square feet. However the vast majority of indoor grows are taking place inside residential homes. May I remind you that houses are for people, not pot. We had our latest weekly hash lab explosion in a residential neighborhood because nothing goes together better than butane gas, heat and low IQs.

In the end this draft ordinance does nothing regarding plant count, water storage and most important – law and code enforcement. Without enforcement, what are we going to do with the other 99% of outlaw growers who refuse to comply with this ordinance or any laws for that matter? 🍃







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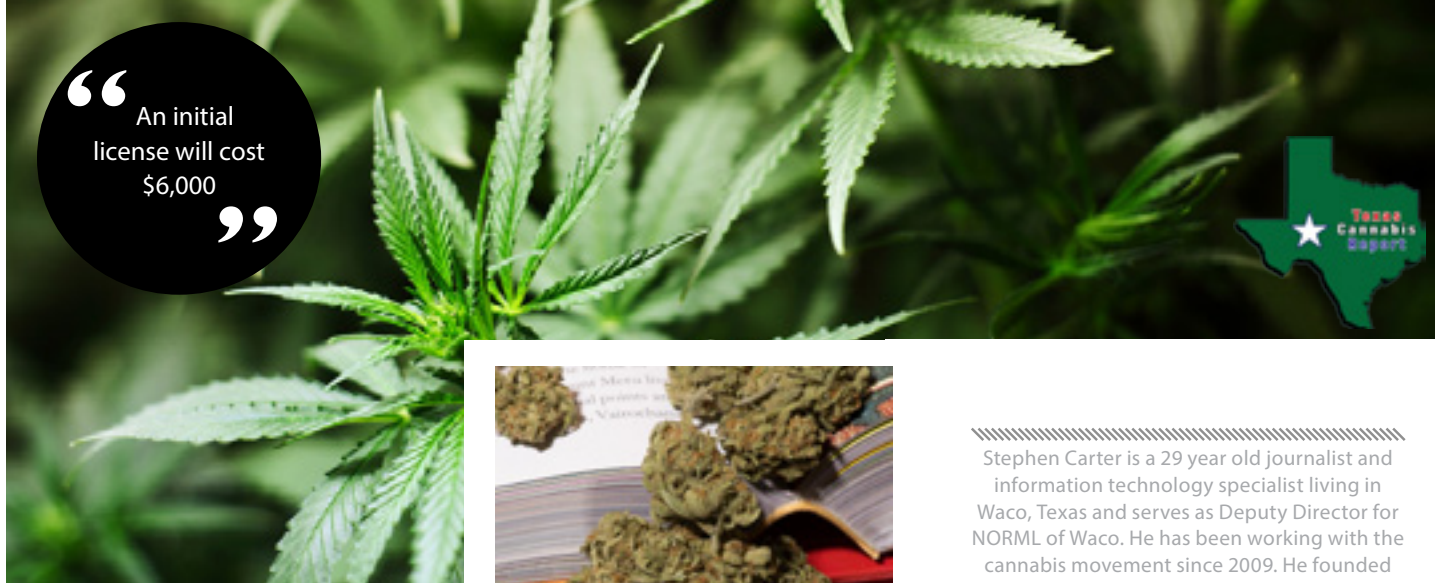
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“An initial license will cost \$6,000”



## Texas Now Officially A Medical Marijuana State, *Kinda...*

In 2015 the Texas legislature set a record for cannabis related bills, and among them one made it through.

The 12 bills, some identically introduced in both the House and Senate, covered penalty changes, medical cannabis, full legalization, and hemp. Some testimony went late into the night.

With a strong showing at the capitol by activists and people who just wanted their children to have a fighting chance, the bill with the least amount of support moved swiftly through a legislature that is not known for fast action. That bill legalizes medical cannabis for a very select group of Texans, and some argue that not a single person will benefit from it.

SB 339 authorizes the Texas Department of Public Safety, a law enforcement agency, not a health agency, to license and regulate growers and dispensaries to sell CBD oil to those who have severe epilepsy; once brain surgery has been ruled out, and patients have received a recommendation from two neurologists or epileptologists, and a prescription.

Cannabis is a Schedule 1 substance according to federal law, meaning that it has no accepted medical use and has a



► Concentrated Rick Simpson Oil (RSO)  
Image by Full Spectrum Photography

high potential for abuse. It is illegal for doctors to prescribe. States with medical cannabis programs carefully word their laws so that doctors do not have to prescribe it, only recommend. Texas legislators were made aware of this issue; however, they refused to correct the flaw.

To get around this shortcoming, the Department of Public Safety drafted a recently finalized policy setting up a state database for doctors to log medication requests into. It is unknown how well this would stand up to a legal challenge, or how many doctors will take the risk and involve themselves with the program.

Three licenses are issued; to grow, extract, and sell. The CBD oil is a partial plant extract and can contain only a very small amount of THC. Many testified against this during the bill hearings because a partial plant extract is not as effective as whole plant medicine and for many, is not effective at all. Some people have uprooted their families altogether and moved to states where whole plant medicine is legal.

One of the other major concerns is how

Stephen Carter is a 29 year old journalist and information technology specialist living in Waco, Texas and serves as Deputy Director for NORML of Waco. He has been working with the cannabis movement since 2009. He founded Texas Cannabis Report in 2013 to bring Texans accurate cannabis related news.

growers will obtain seeds, since purchasing them from across state lines would be federally illegal. Also unknown is the cost of the CBD oil, should some patients actually meet the requirements and obtain the prescription, given the high cost of starting and running a dispensary, and there being so few customers. An initial license will cost \$6,000. Other start-up costs include a building with a securable area, along with equipment, employees, and sufficient funding for two years of operation. All of this will factor into the final price tag. Insurance coverage will likely not be an option either. The state expects to have three dispensaries operational by their September 2017 deadline.

Given that few, if any, people stand to benefit from this new program, the push for better legislation in 2017 is already underway. As Texas Governor Greg Abbott signed SB 339 into law last year, he made a firm statement that Texans should not expect to see cannabis laws change any further while he remains in office.

\*Stay up-to-date with the latest cannabis news from a Texas perspective by following the Texas Cannabis Report social media pages. Facebook – Twitter – Tumblr – Instagram

“At least three licenses must be issued, and those who possess a license can grow, extract, and sell.”



# Drugs Declare War on War on Drugs

Cannabis Crackles, Humor Column  
by Sam Greenspan



Photo by Andrew Goff

The year 2015 was an astonishingly successful year for cannabis advocates across the nation. From legalization and well regulated sales in Oregon and Washington to the report of Congress ending the federal prohibition on medical cannabis, it can be stated plainly that if the Reagan administration's War on Drugs was to declare a victor, last year the sound victory was on the side of drugs.

The government didn't foresee that the drugs they finally legalized would hardly be content with one meager victory. Since then, many drugs, with cannabis leading the charge, have set out to wage a tactical counter-strike on economic institutions throughout the nation, using the least reported side effects that many

drugs have on their users: common sense and free thought.

Cannabis has been portrayed by the opposition's propaganda machine to cause violence, bloodshed, sloth, and even fiendish behavior. However, common sense and free thought employed by growers nationwide dealt a crippling blow to the nation's alcohol and gambling economies, with insurance companies and the prison-industrial complex reported as 'seriously injured' by the latest GDP survey.

"I guess people just don't do too much crazy shit when they're stoned," said a spokesperson from Anheuser-Busch, who preferred to remain nameless, "especially when they finally had an epiphany that we've basically been serving them horse piss for over a hundred years."

"I mean, I'll go for a nice microbrew every now and again," began Lyle Carlye, Eugene, Oregon resident, "but, like, I mean, I have to work in the morning at my Planned Parenthood clinic, and I like to end my night by reading some historical non-fiction with a good twenty-two of craft cider. It's so relaxing. You should try it!"



Many popular Las Vegas mainstays have been forced to file for chapter 11 bankruptcy after a wave of cannabis, psilocybin, and lysergic acid diethylamide use was reported throughout Nevada, thanks to the sweeping popularity of Burning Man and other festivals of the like. The flourishing of minds has proven destructive to taking unnecessary risks.

"Gambling just seemed like such a waste of my energy and time," began Claire Franklin of Gerlach, "I just realized that the whole notion of 'get-rich-quick' is shaky terrain at best, and furthermore, I've always felt so much more empowered when I earn my successes on

my own. I've only been to Vegas recently to see a few showgirls, but that's because I respect their work ethic. That's not easy for anyone. Plus, my god, the heat!"

The timber industry has reported massive drops in the third quarter as hemp has begun to replace most paper mills, while the construction workers', nurses', and teamsters' unions have begun to report significant spikes in productivity thanks to the influx of pure, Colombian coca leaf in the workplace.

With over half the nation's incarcerated being freed of their drug charges, the sociopolitical diversity of our suburbs and cities has expanded, with a significant increase in the number of African- and

Latino-Americans rejoining our communities, much to the chagrin of law enforcement and a small, silent cache of intellectually inferior whites.

"What's happened to my country?" stated Douglas Farner to the sky at his Odesa, Texas ranch.

"We all realized that it never was just yours," shouted Luis Banegas in a passing Impala on his way to work at his new hedge fund firm. When we caught up to him later that afternoon, Banegas continued, "Yeah, I mean, I know the drug game pretty well, so it stands to reason that I should be pretty adept at screwing people out of money at an international level." 🇺🇸

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DispensaryNext Conference & Expo

Portland, OR

9:30 AM | Two day event that focuses on the next generation of standards, strategy, and services for dispensaries.   
Dispensaryexpo.com

02

CHAMPS

Las Vegas, NV

11 AM | This two day expo represents the best of the best in the counter culture industry.   
Champstradeshows.com

03

Women Grow Leadership Summit

Denver, CO

10 AM | Three day event aimed at educating and inspiring entrepreneurs in the cannabis industry.   
Womengrow.com

05

High Times Cannabis Cup

San Bernardino, CA

11 AM | Three day cannabis event in Southern California. Tickets: \$55/day, \$122/two-day pass, \$171/three day.   
Cannabiscup.com

11

NORML Action Committee

Minneapolis, MN

7 PM | Action Committee meetings are held for those interested in taking action towards legalizing cannabis.   
Mnnorml.org

12

Regus Business Networking Event

New York, NY

8 AM | This powerful New York City Regus Business Networking Event comes with a unique twist.   
Eventbrite.com

13

International Cannabis Biz. Conference

San Francisco, CA

9:30 AM | This two day event features industry experts from around the globe.   
Internationalcbc.com

27

San Antonio Chapter Meeting

San Antonio, TX

9 PM | BYOB to this NORML Chapter event at Ogei's Hookah and Wifi on 5713 Evers Rd. in San Antonio, Texas.   
Sanorml.org

27

SouthWest Cannabis Conference

Dallas, TX

10 AM | Two day event offering industry reformers, entrepreneurs and investors an opportunity to meet and greet.   
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**FERNDAL – \$289,000**  
Farmhouse style cabin situated on ±10 acres conveniently located close to the quaint town of Ferndale. Abundant water, outbuildings, gravel pit and mixed timber.

**SMITH RIVER – \$159,000**  
Property is made up of two separate parcels, ±20 acres each. With building sites, flats, ocean views, a well and existing cabin all this affordable parcel is missing is you!

**HAWKINS BAR – \$325,000**  
This ±29 acre property features an open meadow three acre flat with a gated driveway, PG&E lines to the property and beautiful river views.



**ONO – \$110,000**  
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**TITLOW HILL – \$99,000**  
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**RUTH – \$60,000**  
±5.5 Beautiful acres conveniently located next to the Ruth Store and Bar, just 10 minutes from Ruth Lake! Property features community water, PG&E at the street, and a developed camping site. Mostly wooded with a small meadow and creek as one of the boundaries.

**SMITH RIVER – \$475,000**  
This beautiful ±75 acre “banana belt” property features a small barn, a 1680 square foot two bedroom home complete with a bonus atrium, power, multiple building sites, community water and stunning views of the Smith River Valley. Property is comprised of 4 separate legal parcels.

**KNEELAND – \$289,000**  
±80 acres located near the intersection of Greenwood Heights and Kneeland Road, only 25 minutes from Eureka. This lush end of the road parcel boasts harvestable Redwood timber, year round creek, and beautiful Humboldt County views. This unique parcel is ready for your personal development, call today to schedule your private tour. Seller is truly motivated, submit all offers! Owner may carry.



**HYAMPOM – \$599,000**  
±615 Acre parcel overlooking the Hyampom Valley off of Route 1. Properties feature roads, terraced topography, year round water and amazing views of the Trinity Alps.

**BERRY SUMMIT – \$3,200,000**  
12 legal parcels totaling ±2,240 acres only 30 minutes from Arcata! Property has convenient deeded access off of HWY 299 and Titlow Hill Road, scenic Redwood Valley views, and some parcels offer PG&E power. Water sources include creeks and natural spring fed ponds.

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**ARCATA – \$3,200,000**  
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**HYDESVILLE – \$459,000**  
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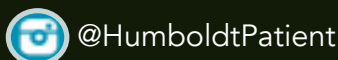
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