

A CANNABIS MAGAZINE FOR WOMEN BY WOMEN

CANNA

Curious

ISSUE NO. 7

CHENAE *Bullock*

THE ORIGINS & IMPORTANCE
OF PLANT MEDICINE

WHERE THE
FELLAS AT?

A GUIDE FOR
WEED MOMS

CBD OR SNAKE OIL?

INFUSED DINING
CHEFS





WHY CANNABIST?

- QUALITY PRODUCTS
- FLOWER ALWAYS IN STOCK
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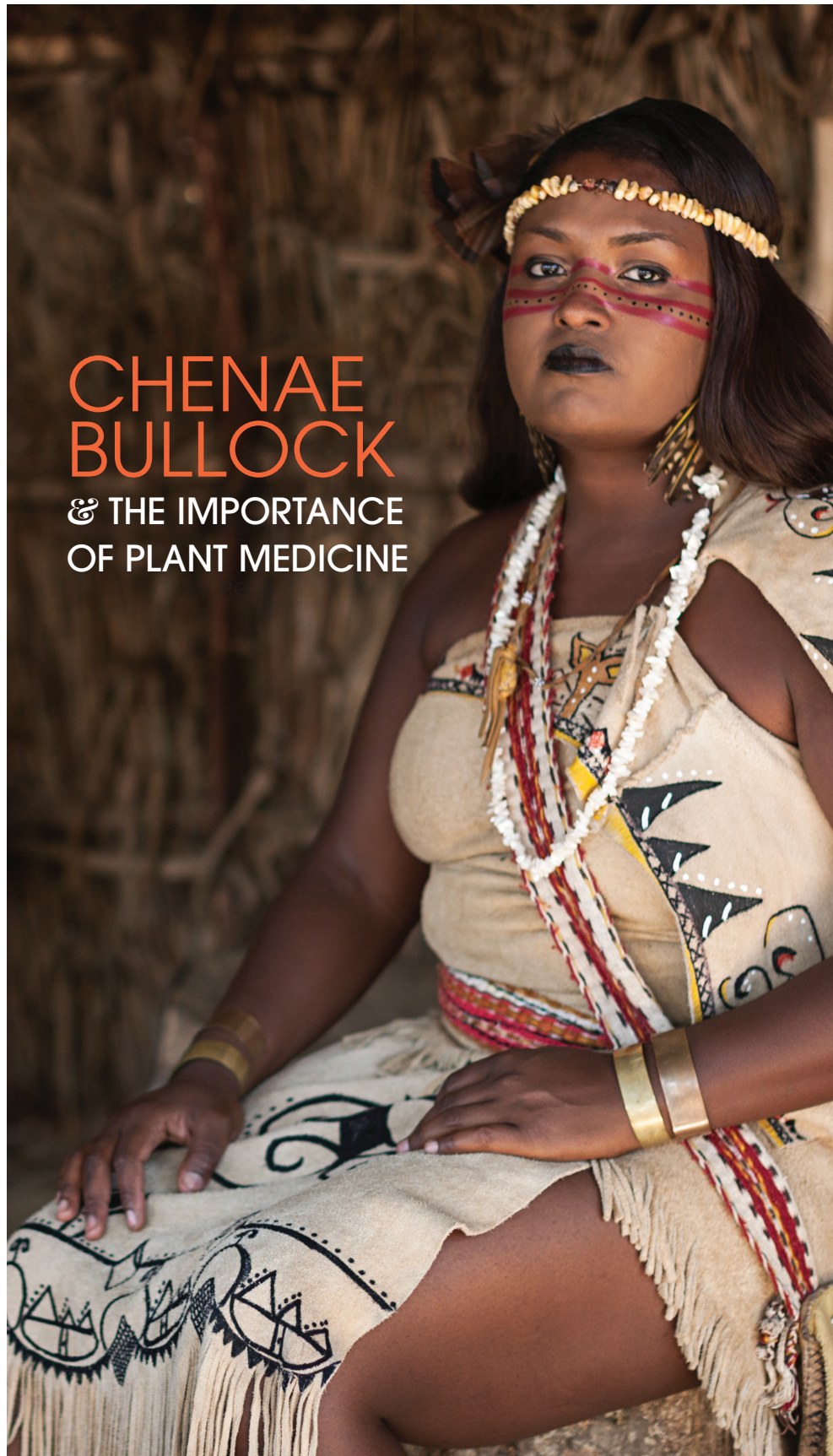
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CHENAE BULLOCK & THE IMPORTANCE OF PLANT MEDICINE

COVER PHOTO BY CAMILLE SEAMAN



EDITOR'S LETTER

I am so excited to be the guest editor again! If 13-year-old me - the one buying her first bag of cannabis (mostly oregano) - could see me now, she would be speechless (a rarity). Even though my first experience with plant medicine was negative, I knew the good ultimately would outweigh the bad.

But I think of that version of myself when I write and edit cannabis media because she knew nothing about how plants could change her life. CannaCurious exists to help the uninformed side of ourselves that could stand to learn more; even the most seasoned user can discover something new on these pages.

In this issue, we celebrate origins: the cultural, societal, emotional, and physical reasons why plant medicine became such a driving force in so many lives. Additionally, we have experts breaking down topics shrouded in taboos like psychedelics and anal sex and making these complex conversations accessible to anyone.

We hope you get a chance to reflect on your experiences and origins as you explore this issue!

DIANA-ASHLEY KRACH
GUEST EDITOR

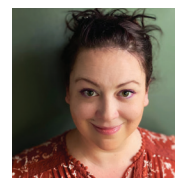
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DIANA SANMIGUEL
CREATIVE DIRECTOR



TEKISHA HARVEY
BRAND DIRECTOR



DIANA-ASHLEY KRACH
GUEST EDITOR

CONTRIBUTING WRITERS

- VERONICA CASTILLO
- MAGGIE WILSON
- DANIELLE SIMONE BRAND
- ALLESSANDRA INZINNA
- BETHAN ROSE JENKINS
- AMBER DORSEY
- LAUREN RYAN
- STEPHANIE ANDERSON
- ALYNA PAPARAZZI

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ALL PHOTOS USED THROUGHOUT CANNACURIUS WERE EITHER CONTRIBUTED OR STOCK PHOTOS.

the flower

When we think of the cannabis plant, those big finger-like leaves are likely what comes to mind first. However, it's the actual 'flower' - those densely packed, aromatic buds - that contain the majority of the benefits we obtain from the plant.

HERE'S A LOOK AT THE ACTUAL ANATOMY OF THIS AMAZING PLANT...

flower

The flowers or 'buds' of a cannabis plant are the fruits of the plant. They only grow on female plants (yes, there are male and female cannabis plants!) and have to be dried before consuming. They are rich with the cannabinoids and terpenes that cause the 'high' and offer health benefits.

sugar leaves

These are the small leaves that grow between the buds. They are usually saved as 'trim' and can be used to make edibles, oils, and extracts.

fan leaves

These are the large, iconic leaves of the cannabis plant. They carry very little cannabinoids (CBD or THC, aka the good stuff) and are usually discarded.

Trichomes

These are the tiny blanket of crystal resin on the cannabis flower. These clear bulbous globes contain aromatic oils called terpenes, as well as therapeutic cannabinoids like THC and CBD.



BUSINESS

CHENAE BULLOCK

Managing Director of
Little Beach Harvest

ACCORDING TO A REPORT by the Indian Health Service in 2011, American-Indians and Alaska Natives born today have a life expectancy of about five years less than Americans of all races. For Native youth between the ages of 10 and 24, suicide is the second leading cause of death, about 2.5 times higher than the national average. Indigenous people experience PTSD more than twice as often as the general population, Little Beach Harvest seeks to remedy those wounds.

Shinnecock-owned Little Beach Harvest

*Indigenous people
& cannabis*

BY ALESSANDRA INZINNA



The people of the Shinnecock Nation have an extensive history with the cannabis plant. In early 2023, the nation will open a dispensary furthering that history.

Although the oral history spanning centuries might be a little blurry on the subject, Chenae Bullock, who has spent hours combing through colonial documents, has had the proof at her fingertips.

“A lot of these different written accounts use the term ‘Indian hemp,’” Bullock, Managing Director of Little Beach Harvest, said.

Several generations ago, a missionary Mohegan named Samson Occom married a woman named Marry Fowler, a native Mauntaukket woman. They had a whopping 10–12 children, and through

that line, Bullock was born. All her life, Bullock grew up understanding the importance of plants in her life.

Bullock weaves bags, makes clothes, and she uses plant dyes. Her medicine cabinet is littered with tinctures and herbs from the soil of the Shinnecock nation. Entering the cannabis space with all her teachings and history just makes sense.

“I’ve always been taught and have practiced the ways of utilizing natural medicines....” Bullock said. “Now that I’m a woman, it’s my job to sustain and nurture life.”

In those colonial documents where Bullock traced her lineage, she found letters and descriptions describing the use of hemp.

BREAKING GROUND

LITTLE BEACH HARVEST DISPENSARY LOCATED ON SHINNECOCK TERRITORY IN SOUTHAMPTON, NY.



Indigenous people used Indian hemp to make twine and rope; the following material made nets, rough clothes, carpeting, furniture, and more. Its fibers are silky, solid, and reliable. The fibers are twirled with a technique akin to finger weaving.

“That twisting and what are you twisting, you can be twisting your cordage and fiber plants, which we know to be hemp in cannabis,” Bullock said.

Indian hemp can be dried, crushed, and used for head colds. According to the USDA, the plant was used to soothe a baby’s earache and dissipate nervousness, dizziness, vomiting, and urinary difficulties. The hemp could also treat jaundice and liver problems, act as a laxative, and stimulate hair growth.

“There's different parts of the plant that you use, whether it's the stock, whether it's the flower, or

whether it's the roof, or whether it's the leaves,” Bullock said. “And as Indigenous people, we have always known the uses of all of these plants.”

Indigenous peoples’ history with cannabis doesn’t end there. The cannabis plant had a firm place in prayer and religious and political gatherings. Documents describe the use of pipes in birthing and marriage ceremonies.

“We don't need permission from anybody to use it or to trade it,” Bullock said. “We've been doing that for hundreds and hundreds of years. But we've run up against many different laws that were put in the way of us living.”

The Shinnecock Reservation, which holds about 800 people as of 2020, is adjacent to one of the most wealthy places in the country, the Hamptons. Specifically, the nation is sandwiched



“THE PLANT HAS ENTIRELY DIFFERENT WAYS OF HEALING US... WE UNDERSTAND THAT AS INDIGENOUS PEOPLE”

PHOTO BY CAMILLE SEAMAN

between Southampton and Hampton Bays, NY. Southampton was the first English colony in New York.

“Since that time of greeting the settlers, we have had our sovereignty, and our livelihood chipped away,” she said.

The Little Beach Harvest dispensary is a step toward rectifying that.

The nation owns the building, its land, and the business itself. They plan to host programming, provide holistic healthcare through cannabis and create a remunerative business to benefit the nation.

“There's two different things that you can look at; the economic success that this will generate for our community, but also the access to well being,” Bullock said.

According to a report by the Indian Health Service in 2011, American-Indians and Alaska Natives born today have a life expectancy of about five years less than Americans of all races. For Native youth between the ages of 10 and 24, suicide is the second leading cause of death, about 2.5 times higher than the national average. Indigenous people experience PTSD more than twice as often as the general population.

Little Beach Harvest seeks to remedy those wounds.

“The plant has entirely different ways of healing us,” Bullock said. “We understand that as Indigenous people.” 🌿

WHERE THE FELLAS AT?

The Men Behind Canna Brands We Love!

BY BETHAN ROSE JENKINS



HOW IT STARTED...

Founder and CEO of The Pantry, Scott Jennings, wants to give a helping hand to consumers by providing them with clean and safe access to healthy, low-dose edibles with functional benefits. After a 10-year stint on Wall Street, Scott embarked on a journey that would see him establish the brand - a brand that is both helping people to improve their quality of life and normalizing the use of plant-based medicine.

WWW.PANTRYFOODCO.COM



SCOTT JENNINGS THE PANTRY

Back in 2019, the cannabis culinary scene became aware of The Pantry. Offering clean and safe access to healthy, low-dose infused edibles, The Pantry forges a flavor-filled pathway for people to quench their desire for culinary arts, wellness, and cannabis.

The Pantry's selection of cannabis-enriched goods are superfood bites, real fruit jellies, and infused olive oils. Consumers can enjoy 5mg THC + 5mg CBN per bite when they eat the Nite Bites containing Valerian Root, L-theanine, Passionflower, Melatonin, and Cocoa powder.

For a taste of the tropics, there's the Passionfruit Guava, crammed with 5mg THC per bite. Alternatively, consumers can tickle their taste buds with the Passion Fruit Puree-flavored 1:1 Olive Oil.

We are shaping the future.



The women of FlowerHire (left to right): Liz Lynch, *Talent Success Executive*; Melissa O'Brien, *CareersinCannabis.com Community Manager*; Tekisha Harvey, *Director of Marketing*; Karen Meshkov, *Partner/FlowerHire Senior Advisors*, Sarah Raeke, *Talent Success Executive*; Lauren Ryan, *Content Writer*; Samantha Harrington, *Managing Partner*; Kelsey Barton, *Director of Client Services*; Amirose Eisenbach, *Director of Client Services/Creative Producer*; Olivia Doherty, *Operations*. **Not pictured:** Julia Swensen, *Director of Cultivation Practice*; Aisha Alves, *Client Services Manager*; Elle Lichte, *Client Services Manager*; Eliana Zwirn, *Sr. Talent Success Executive*; Herlena Harris, *Talent Success Executive*.

And wait till you meet the women we're placing.

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JAKE WALL/ NATHAN JOHNSON

MAISON BLOOM

Elevating the masses is what Maison Bloom does best. Co-founded by Jake Wall and Nathan Johnson, this stand-out company is putting a creative stamp on the cannabis culinary scene with its palatable selection of infused beverages. The dynamic duo has put flavor at the forefront of its mission to help people enjoy wellness and recreation experiences.

Blended with Nathan and Jake's signature take on terpenes for maximum flavor, Maison Bloom's mouthwatering range of cannabis beverages includes the pêche + wild honeysuckle seltzer, watermelon + pink peppercorn seltzer, and the strawberry provençal + lemongrass seltzer.

HOW IT STARTED...

Not since Arnold Schwarzenegger and Danny DeVito were thrown together in the "Twins" have there been two more different people than co-founders Jake Wall and Nathan Johnson. Jake, a long-time cannabis advocate who procured legacy market weed during his younger years to help his mother overcome her drinking problems, sought to help his friend Nathan in the same way.

WWW.LOVEMAISONBLOOM.COM



JAKE WALL



NATHAN JOHNSON

ALEX PASTERNAK BINSKE

Back in 2015, multi-state cannabis brand Binske entered the cannabis space. Founded to help every user to find a way for cannabis to benefit them, Binske is an award-winning company that operates in 11 U.S. states. In 2019, four years after its inception, Binske was named the world's largest legal cannabis brand measured by population and territory.

As a company that boasts one of the industry's largest portfolios of high-quality products, the brand's many accolades are well-deserved. Leafly has awarded Binske its Best Edible Brand, Concentrates, and Overall Company Awards.

The company prides itself on providing cannabis consumers with a dazzling selection of best-in-class proprietary strains and craft ingredients, including a tempting array of dabbable concentrates and infused extra virgin olive oil.

HOW IT STARTED...

Colorado saw the birth of Binske in 2015 when Alex Pasternack founded the company alongside his brother Jake. The dream sprouted out of Alex's passion for the plant, which stemmed from his desire to find an alternative to the ADD/ADHD medicines he was prescribed as a kid.

Alex, a regular speaker at pro-cannabis conferences, is devoted to dismantling the stoner stereotype. He educates consumers about Binske's products, appropriate dosing, and the industry.

WWW.BINSKE.COM



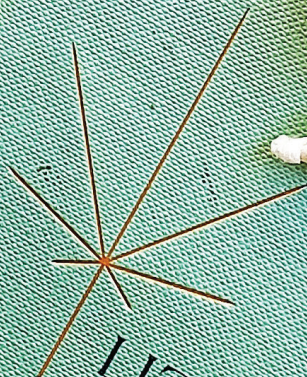
CREATIVITY



HIGHER
ETIQUETTE

A Guide to the
of Can
D

to
parties



LIZZIE POST
of The Emily Post Institute

PHOTO BY
@ELEVATEDFLATLAY

fall style MUST HAVES

Whether you are looking to add to your home decor or step up your canna- style, you can't miss this list!

1. P.U.S.S.Y. WEED GRINDER

\$40 // PUSSYWEED.ORG

2. QUEEN OF STONES DECK - GOLD EDITION

\$35 // ONEIDEAPRESS.COM

3. LIGHTER CHAIN NECKLACE

\$24 // POTENTGOODIES.COM

4. 024 CANDLES

\$45 // ZEROTWOFOUR.COM

5. SESSION GOODS STASH POD

\$10 // SESSIONGOODS.COM

6. CEDE SUPPLY BAG

\$150 // CEDESUPPLY.COM

7. 87 MONTHS JOINT HOLDER

\$20 // 87MONTHS.COM

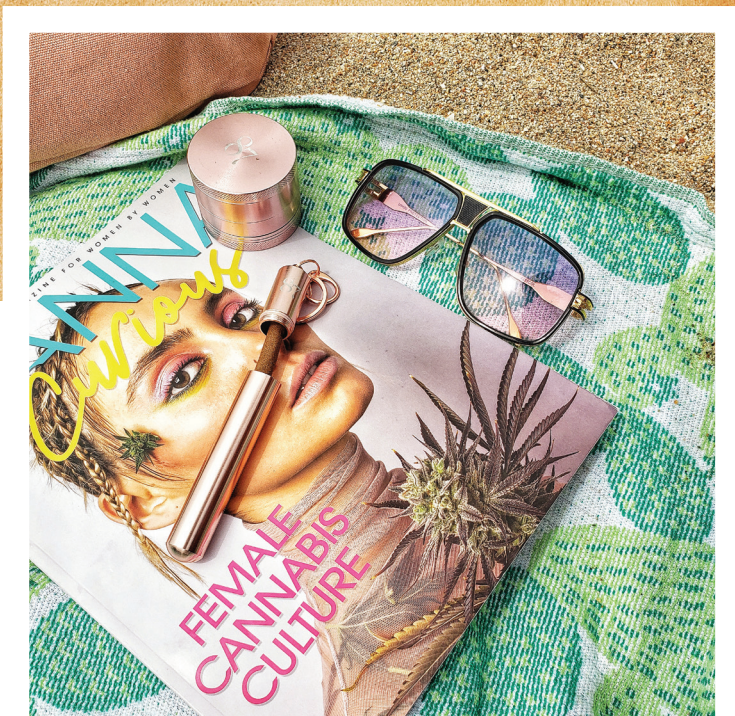


WE CONTINUE TO SEE A GROWTH OF ARTISTS CREATING AND CELEBRATING THE BEAUTY OF THE CANNABIS PLANT.

HERE ARE SOME CREATIVES TO FOLLOW. ENJOY!



**PHOTOS BY
MIKE GRAY @MOSI.EXOTIX**



PHOTOS BY
AMBER DORSEY @ELEVATEDFLATLAY

WEED MOM'S RECS FOR A *Canna-Loving Lifestyle*

A GUIDE FOR GETTING STARTED AS A WEED MOM

BY DANIELLE SIMONE BRAND



PHOTO COURTESY OF STASHLOGIX

You've probably noticed that cannabis products on the market are multiplying rapidly—so if you're canna-curious, finding the goods, tools, and resources to help you get into your cannamom groove might feel a bit daunting. On top of all that, it's challenging to

uncover brands that keep your health and the well-being of the planet top of mind. Here, I've curated a list of go-tos that support a healthy, elevated, Weed Mom lifestyle. These brands are mostly women-and/or minority-led, so you can feel good and do good at the same time.

**CANNABOMBZ
2,500 MG CBD PAIN SALVE**

Yes, their bath bombs—and namesake—are indeed bomb, but what’s changed my life is the 2,500 mg CBD pain salve (the maker, Lindsey Corum, believes in high-potency CBD at an affordable cost.) Most Sundays, you’ll find me gardening—a fact that my hamstrings and low back remind me of loudly on Mondays.

WWW.CANNABOMBZ.COM



**SOCIETY’S PLANT DELTA-8
AND DELTA-10 GUMMIES**

I’m skeptical of “alternative cannabinoids,” but these are different. Society’s Plant products start on a family-owned, artisanal hemp farm in southwest Michigan, where owner Bianca Snyder and her family live and work. They partner with a trusted lab to provide clean sources of hemp-derived delta-8 and delta-10 gummies that are both legal under the 2018 Farm Bill and bring on similar effects to traditional delta-9 edibles available in legal marketplaces.

WWW.SOCIETYSPLANT.COM



LOWD 503 WIFI FLOWER

If you happen to visit a quality dispensary in Oregon, do yourself a favor and pick up an eighth of LOWD flower. LOWD is a socially-conscious, minority-led business with the motto, “Smoke Like a Grower.”

It’s all good—but 503 Wifi is probably my favorite daytime strain. Ever.

**(CHECK LOCAL DISPENSARY FOR
AVAILABILITY IN OREGON)**



**STASHLOGIX
HIGHLAND STASH BAG**

When traveling—or just needing a discreet, on-the-go sesh—the clutch-sized, locking, smell-proof Highland stash bag from Stashlogix is the ticket. There’s also room for a couple of essentials, like keys and a phone; attach the shoulder strap, and voilà, it’s a purse.

STASHLOGIX.COM



BEE LINE HEMP WICKS

I prefer to light my bowls with Beeline Hemp Wicks because they’re a healthier alternative to inhaling butane from a lighter. Plus, a hemp wick produces a smaller flame—so I can more precisely light my flower when micro-dosing or just taking my time with a toke.

WWW.HEMPWICKBEELINE.COM



**CANNABOLISH
ODOR-REMOVING SPRAY**

Cannabolish makes some great odor-removing gels and candles, but the sprays are essential for anyone who smokes cannabis but prefers not to leave its telltale odor behind. When I dispense a bit of this deodorizing plant-oil-based spray before and after toking, it envelops and neutralizes the weed smell in the air and on my clothes: utter magic for a weed mom.

WWW.CANNABOLISH.COM



MOTHERHOOD

A guide for getting started as a weed mom



MOMMA JANE'S CLEANER

After trying chemical-heavy glass cleaners on the market, I'm amazed at how well this all-natural, plant-based resin cleaner well... cleans. With just a couple of drops of Momma Jane's lemon oil-based cleaner, shaking, and a quick soak, the glass sparkles. Plus, you'll earn karmic points for supporting a small, mom-owned business.

MOMMAJANESCLEANER.COM



POLITE DAILY DEFENSE CBD/CBG TINCTURE

Wellness and immunity are top of mind these days, and that's why the 1220 mg Daily Defense tincture from Polite is a new part of my daily regimen. Daily Defense and other full-spectrum cannabinoid combos from Polite (a Seattle-based women-and-minority-led company) come in at under .3% THC and are shippable throughout the U.S.

WWW.STAYPOLITEHEMP.COM



MINORITIES FOR MEDICAL MARIJUANA

If you're looking for education, advocacy, or a canna-nonprofit to support, M4MM, a minority-led group based in Florida, offers a variety of in-person and online services ranging from helping underserved populations access medical cannabis to offering free record-expungement clinics to assisting social equity licensees in succeeding in the industry.

MINORITIES4MEDICALMARIJUANA.ORG



GRÖN BLACKBERRY LEMONADE 1:1:1 SLEEPY INDICA PEARLS

These pearls pack 10mg each of THC, CBD, and CBN. An increasing number of cannabis consumers experience CBN as a sleep aid, and let's just say that about 45 minutes after one or two of these gummies, I'm officially done. Available at legal dispensaries in Oregon, Arizona, Nevada, and Oklahoma.

EATGRON.COM

FREE YOUR MIND AND OPEN YOURSELF TO THE UNIVERSE

with herbal healing & this transcendent oracle deck



available wherever books are sold

THE METAPHYSICAL CANNABIS ORACLE DECK

by Maggie Wilson, the first Black female cannabis sommelier
illustrated by evocative artist, Ejiwa Ebenebe

78-card oracle deck plus introductory booklet

Did you know?

YOUR CYCLE IMPACTS CANNABIS TOLERANCE

People have been using cannabis to alleviate menstrual pain for centuries because cannabis can help to ease muscle cramps, elevate mood, manage aches, and manage other symptoms safely. It may take some trial and error, but the right formulation of THC and CBD can go a long way in promoting a better quality of life during the menstruation cycle.

SO NEXT TIME YOU
USE CANNABIS

*keep in
mind:*

IT ALL COMES DOWN TO ESTROGEN

Not only does estrogen directly affect the potency of your cannabis, but it messes with the way your body's naturally occurring cannabinoids work. Estrogen helps break down the main psychoactive compound in weed, tetrahydrocannabinol (THC), into a compound that's more potent within the body. So, when your estrogen levels are higher, your body does this job more efficiently and therefore reduces the amount of cannabis you need to get high.

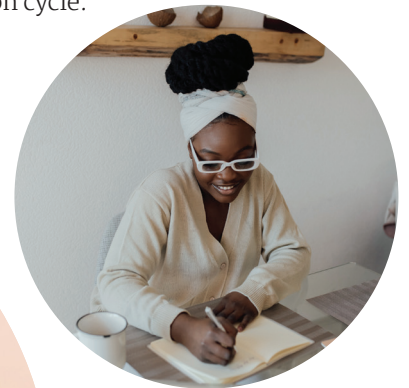
Your estrogen level will be at its lowest during the days that you're on your period. So, you may need to use more than you would during other times of the month to get the same effect.

SOURCE: RACHEL KNOX, MD, CO-FOUNDER OF THECANNAMDS AND THE AMERICAN



CBD-DOMINANT PRODUCTS MIGHT BE A BETTER OPTION

Higher THC levels can exasperate anxiety or other negative symptoms of menstruation for some folks. Take a break from THC during your period if this is the case, and focus on CBD-dominant strains or hemp flower.

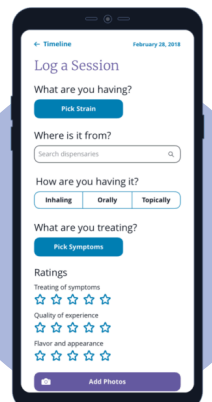


JOURNALING & EXPLORING

To separate the relief from something of concern, keeping a journal during your cycle will help. Not only will you be able to plan a tailored treatment plan for future reference, instead of increasing dosage, the answer could be a different strain, or perhaps adding more CBD to your regimen.

APPS CAN HELP

Tetragram is a smart, digital platform that helps you get the most out of medical cannabis. It allows you to track, rate and record your canna sessions. It's free, private, and secure.
[Tetragramapp.com](https://tetragramapp.com)





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WELLNESS



GETTING PERSONAL WITH *Plant Medicine*

BY LAUREN RYAN



DR. AMANDA REIMAN
FOUNDER OF PERSONAL PLANTS

For the psychedelic-curious, we've connected with Dr. Amanda Reiman, founder of Personal Plants. She describes how responsible consumption plays a critical role in ensuring that first-timers have the best experience possible, and the future of psychedelic plants in society. Here's what she has to say:

WHY WE NEED TO BE PLANT ADVOCATES

Earlier in my career, I studied how medical cannabis dispensaries were operating as community health service providers. Many early dispensaries focused on building relationships with the plant and mindfulness. Then there was a shift and commercialization took over. It destroyed the integrity of the cannabis plant.

I knew psychedelic plants were next and I didn't want to see what happened with cannabis repeated. That's what drew me into this work of advocating for the plant. I made it my mission to put the plants first.

HOW CAN WE NORMALIZE PLANT MEDICINE?

It's about being responsible with the plant. The more seriously we take our role as the stewards of the plant, the more likely we're going to see mass adoption. These are not frivolous plants – we need to be intentional, knowledgeable, and responsible as consumers. We don't want to have a negative experience that portrays the plant negatively, so take every measure to be sure you're being a conscious and responsible consumer.

TIPS FOR FIRST-TIME PSYCHEDELIC CONSUMERS

1 RESEARCH

Do your research to decide which plant medicine best suits the experience and outcome you're looking to have. Then, grow the plant if you can. I truly believe that growing and connecting with the plant will give you a better outcome when you decide to consume it. If you can't grow the plant yourself, at least do thorough research on the plant. Find out where it came from, who were the first people to use it, what were they using it for, and what the plant's history is.

2 PREPARE

To prepare for the experience, make sure you're in an environment that feels safe and comfortable. Make sure all your needs are met and that you have no responsibilities or obligations to attend to. Don't do it in a group of first-timers. There should be a few people who are experienced. Educate yourself about what might happen and how to handle different scenarios that might come along. Make sure your physical needs will be met.!

3 INTEGRATE

Things come up during a trip that you'll want to process after. Integration can involve journaling, meditation, sitting in silence, therapy, or a group circle with the people you were with. There are even integration specialists available if you're looking to go deeper.

At Personal Plants, we feature cannabis (male and female), poppy, non-crested Huachuma, peyote (flowering and non flowering), passionflower, blue lotus, datura, ice plant, Brugmansia, morning glory, Kanna, nicotiana, kratom, and salvia.✿

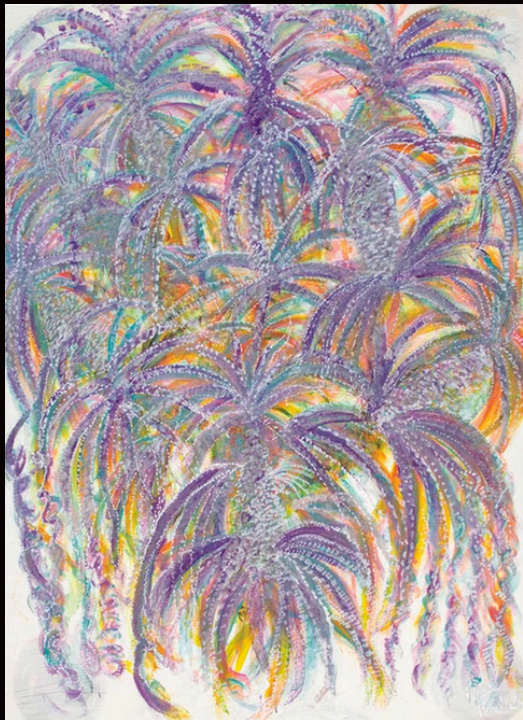


Don't do it in a group of first-timers. There should be a few people who are experienced.



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#ARTTHERAPY #CANNABIS #THERAPY



"Life is not a dress rehearsal"

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FINDING NEW WAYS

3 BENEFITS OF CANNABIS FOR WOMEN

BY DIANA-ASHLEY KRACH

Since the beginning of time, marketing attempts across all industries try to target women in some way. Known often as the “pinking” of an industry, everything from garbage cans to hammers are offered to the public in colors and patterns stereotypically associated with female consumers. Cannabis doesn’t need pink to appeal to women, however, because it offers a litany of health benefits.

Those benefits are social, mental, and physical, and there are more than anyone can really list. Because the plant is both ancient and new to the mainstream, new information becomes available almost daily. There is much more to learn about cannabis, but women across the world are finding new ways to replace pharmaceuticals with phytocannabinoids.

CANNABIS CAN AID IN CHILDBIRTH

As cannabis acceptance expands, more and more cannabis-related pregnancy stories are being widely shared on social media. Organizations now exist to give pregnant cannabis users a safe space to ask medical experts questions and find a community. Influencers and podcast hosts like Blunt Blowin’ Mama promote continuous honest conversations around pregnancy and cannabis.

“Cannabis has a rich history of use in women’s health, including obstetrics. Dr. Ethan Russo did a wonderful review in 2002,” says Dr. Felecia L. Dawson, MD, Cannabis Advocate, Educator, Consultant, “Going



CANNABIS HAS BEEN USED TO FACILITATE DIFFICULT CHILDBIRTH, DECREASE LABOR PAIN AND POSTPARTUM HEMORRHAGE

back to at least 3000 BC, cannabis has been used to facilitate difficult childbirth, decrease labor pain and postpartum hemorrhage.”

Despite the long history, a strong stigma surrounds parents who consume cannabis, especially BIPOC patients. Even more damaging, child protective agencies can still intervene in states where adult use is legal, compromising custody and financial security. Because of this, it is highly recommended that you check your state’s guidelines before consuming cannabis during pregnancy and labor.



CANNABIS CAN BE GOOD FOR VAGINAL HEALTH

Because of the many restrictions cannabis companies face when it comes to advertising, people with vaginas must experiment when it comes to finding relief from painful conditions. Even though cannabis is a panacea for optimal vaginal wellness for many people, products aren't allowed to tout their healing benefits online. Topical treatments like Meowchemy's VaJay Spray can relieve anything from vaginal itchiness to dryness and pain, but the website can't list it.

Luckily, CBD is a vasodilator, meaning it opens blood vessels, so it can aid in lubrication. Pair that with the pain-relieving and relaxing benefits of THC in small doses, and the trial-and-error process of finding the right products shouldn't take too long. Dr. Dawson points out that while there isn't any official research discussing it specifically just yet, cannabis could positively benefit vaginal health.

"The vagina has its own microbiome, a balanced collection of bacteria and yeast that maintain a healthy acidic environment," she says, pointing out that proper nutrition, clothing that breathes, stress management and healing emotional wounds are all cornerstones of vaginal wellness.

"Theoretically, given cannabis' antibacterial, antifungal, antiviral, anxiolytic, antidepressant, and anti-inflammatory properties, it could play a role in vaginal health."

"It was used to strengthen uterine contractions while providing pain relief. Yet, it could relax the uterus during painful menses."

PMS SYMPTOMS CAN BE LESSENERED BY CANNABIS

Because of the high concentration of endocannabinoid receptors found in the lining of the uterus, it is believed that cannabinoids bind to them, which increases pain relief. Beyond this, cannabis is widely known to be a major anti-inflammatory agent, making it a better option than an over-the-counter pain reliever that can cause liver damage.

Dr. Dawson says that throughout history, cannabis was commonly used for heavy menstrual periods, painful periods, bladder infections, gonorrhea, decreased libido and menopause. Prior to prohibition, she points out, patients and healers used the plant for many indications all over the world. The administration methods varied, ranging from fumigation to delivery through the eyes.

"It was used to strengthen uterine contractions while providing pain relief. Yet, it could relax the uterus during painful menses." Dr. Dawson continues, "We are learning that cannabinoids can have biphasic, sometimes triphasic actions. For example, tetrahydrocannabinol (THC) can be calming at low doses and cause anxiety at high doses. There is still a lot we don't know about this complex plant."

While there remains a lot to learn, the existing and developing evidence is hopeful that cannabis can positively impact the area of gynecological health. Dr. Dawson says that clinical studies to backup historical uses for cannabis are being done, and researchers are looking at the role of the endocannabinoid system in the female menstrual cycle, endometriosis, adenomyosis, cancer and fertility. She says that pharmaceutical companies are even considering the role of phytocannabinoids in women's health.

"Hopefully, federal prohibition on cannabis will soon be lifted so physicians and scientists will be free to do research and restore cannabis to her rightful place in creating optimal health." 🌻

BEAUTY



CBD

or

Snake Oil?

HOW TO AVOID SPENDING TOO MUCH
ON PHONY CBD BEAUTY PRODUCTS

BY DIANA-ASHLEY KRACH



Quality CBD beauty products can help with many skin challenges but can't create miracles. Because of the overwhelming number of options available, it can be challenging to decipher the real deal. But some brands promise the world, which led the FDA to warn consumers earlier this year about overpromising and under-delivering CBD brands.

Additionally, with reports of fake CBD products and altered lab tests surfacing, the risk of buying a nonviable product is a constant reality. This is especially true in the beauty industry, where many products promise miracles and claim the existence of CBD. A glaring lack of regulation and transparency drives skeptics to label these products as snake oil.

But having access to quality CBD isn't impossible if you proceed with caution:

KNOW YOUR CBD

Hemp-derived CBD isn't regulated like cannabis-derived, so check to see your state's requirements for testing. Because hemp-derived isn't regulated stringently, ingredients don't have to be listed as clearly. Avoid beauty products that don't list

where the hemp is from or why there is the presence of other ingredients.

A TIGHT SEAL

Products in bottles that can open easily will not uphold the integrity of the product, and this is especially true with CBD oil. Derek Chase, founder of Flora+Bast, says it is also important to avoid certain packaging like aluminum cans.

“Since the phenolic linings are hydrophobic, causing the oil to seep into the lining, rendering the product inactive after 3 months,”

CHASE TELLS CANNACURIUS.

AVOID THE LIGHT

Cannabinoids don't like light, so avoid purchasing anything in a clear container that has been exposed to sunlight for long periods.

IT'S ALL ABOUT THE COA

It's essential to check for the Certificate of Analysis, which should be easily discoverable. Additionally, the COA should be from a third party, not in-house.



EARTHY, NOT FUNKY: If a CBD beauty product smells weird, or has a strong odor, don't use it. A fresh, herbaceous smell is typical, and it should dissipate quickly.

IF IT SEEMS TOO GOOD TO BE TRUE, IT IS: "There are many brands marketing low potency CBD products, choosing to spend their money on marketing instead, touting benefits that could never be achieved at the potency at which they are formulating," says Chase, "When deciding on a CBD product for your needs, it is important to compare the per-dose potency to clinical trials for the ailment in question, making sure there is enough plant material to have an effect."

UNDERSTAND THE DIFFERENCE BETWEEN FULL-SPECTRUM AND DISTILLATE: If a beauty product uses CBD distillate, be wary if there is a promise of other terpenes or cannabinoids. Look for the reason behind using an isolate instead of a full or broad spectrum before adding it to a routine. 🌿

CHECK THE PRICE TAG

If a CBD wellness product is overpriced, don't assume that equals quality. Safe CBD should not be financially prohibitive. Additionally, if the price is questionably low, it might not be quality CBD.

UNDERSTAND THE OTHER INGREDIENTS:

Some brands, like Flora+Bast, include other cannabinoids in their beauty and wellness products, like CBG or CBN, to optimize certain anti-aging benefits. Look for brands that explain the purpose of the formula.

WHERE YOU BUY MATTERS: It may be tempting to pick up a bottle at the gas station while waiting in line, but you risk more than wasting money. A recent study of samples collected from unlicensed CBD retailers found most of them to contain high levels of THC, which can result in undesirable psychoactive effects.



CBD TYPES 101

WHOLE PLANT

The most complete form of CBD because it has all of the hemp-derived cannabinoids, including THC (but less than .03%, so it won't make you high). Having all of the compounds of the plant working together create the *Entourage Effect*, maximizing any potential



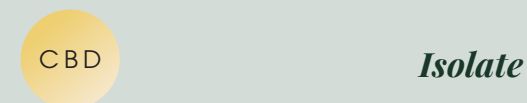
WHOLE PLANT MINUS THC

Think of it as the THC-free version of CBD. This can be considered the best, because it still has the rest of the terpenes and cannabinoids to create the *Entourage Effect*, but without any THC.



JUST CBD

Simply put, it's pure CBD. It has been processed to remove all other plant compounds leaving only 99% CBD. Isolate is typically less expensive than the other two, but doesn't have the benefits of the *Entourage Effect*.



restore & glow

CBD SKIN CARE

CBD has many therapeutic benefits, but it's also fantastic for your skin. It helps the skin age more gracefully, prevents acne, and lessens inflammation. Enjoy some of our fall favorites.

1. THE HERBALIST ROLLERBALL

10ML, \$45 // HERETICPARFUM.COM

2. THE AFTERGLOW® 4D HYALURONIC ACID & VEGAN COLLAGEN CREAM 500MG CBD

500MG CBD // PRIMA.CO

3. FEEL GOOD HIVE CREAM

100MG CBD // FEELGOODHIVE.COM

4. BRIGHT REPAIR EYE CREAM - 10% VITAMIN C FOR DARK CIRCLES

5OZ. \$65 // SAINTJANEBEAUTY.COM

5. CRAN BRÛLÉE & OLIVE STREET CBD FACEMASKS

10ML, \$12 // UMOREOFFICIAL.COM

6. ZYN WELLNESS HYDRATE MOISTURIZER

100MG CBD \$39.99 // ZYNWELLNESS.CO



SEXUAL WELLNESS



THE INS & OUTS OF ANAL

A Conversation With Katie Enright

BY STEPHANIE ANDERSON



KATIE ENRIGHT
FOUNDER OF LAVINIA

"My sexual awakening did not line up with comprehensive sexual education."

Growing up, I knew two things to be completely off-limits to me – sex and drugs. Perhaps not coincidentally, those forbidden fruits were what I was most curious about and had the least access to information.

As a horny tween, I was much more interested in sex than drugs. Unfortunately, most of what I learned about sex came from outdated and uninformative videos in health class, watching porn, and Cosmo articles. My sexual awakening did not line up with comprehensive sexual education. Something many of us can relate to, and certainly, Katie Enright can.

Katie is the founder of Lavinia, a California-based company dedicated to enhancing sexual pleasure through education and cannabis. Lavinia offers cannabis-based products to enhance sex, but it's more than that. As Lavinia's website states, it's also "a community where people are safe to explore their pleasure and openly discuss topics surrounding sex".

Lavinia is about to launch a product specifically for anal sex. Katie couldn't share too many details on the record about the upcoming product. Still, she explained that it's a silicone-based cannabis lubricant, enhanced with an applicator and formula specifically designed for anal sex.



Using lube during anal sex is critical because, unlike vaginas, anuses do not naturally produce lubrication, which we need to prevent tearing and enable smooth insertion.

But it's not always enough to just be wet down there. If you're physically or mentally tense, Katie explained, "anal sex can be really painful, and

“Going slow is your friend”

the thing is anal sex shouldn't be painful, it should be pleasurable”. That is why cannabis is essential in anal sex because it increases blood flow and relaxes our sphincters, which is key to making anal sex pleasurable.

In addition to a cannabis lubricant, there are other ways in which you can prepare your body to relax and achieve an enjoyable anal sex experience. A lot of the preparation for anal sex is mental. Breathing exercises or taking a few long deep breaths until you feel your body relax can be helpful.

“Going slow is your friend”, explained Katie regarding anal sex. Start by using a finger, just touching around the anus slowly, and once you are sufficiently relaxed, apply a bit of pressure onto the exterior of the anus. Eventually, if you are comfortable, insert a well-lubricated finger.

Talk to your partner about how you're feeling. If you are receiving anal sex, you might want to ask your partner to stay still so that you can control the speed at which you are being penetrated. Follow instructions and pay attention to activation times with any cannabis lubricant to avoid infections or other adverse skin reactions. 🌿

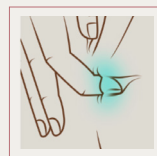


A KEY Finding:

The term "anal sex" has long been restricted to in-and-out penetration. But three distinct anal contact techniques that many women also find enjoyable, emerged from a recent study by Indiana University and For Goodness Sake:



40% of women find 'Anal Surfacing' pleasurable: sexual touch on and around (not in) the anus.



35% of women find 'Anal Shallowing' pleasurable: touch just inside the anal opening, no deeper than a fingertip/knuckle.



40% of women find 'Anal Pairing' pleasurable: touch on or inside the anus at the same time as vaginal penetration or clitoral touch.

SOURCE: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0268785>



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TRAVEL



THE COPPER HOUSE
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ACTIVISM & COMMUNITY

THE COPPER HOUSE DETROIT

BREAKING DOWN BARRIERS AND
CREATING SAFE SPACES

BY TEKISHA HARVEY



Nestled on a quiet street within the Detroit city limits, you will find a beautiful brick home with a welcoming rainbow flag hanging outside the front entry. It signals that it is a safe space--which it is, on more than one level. Jess and Cara Jackson are a Black, Queer couple who open their home to serve as an inclusive, liberating, canna-friendly space for their guests. This is the Copper House.

HOW IT *Started*

An engagement trip to three cities in Europe sparked the idea. “We got engaged in Paris, and then we went to Amsterdam, and then we went to London...and stayed in three short-term rentals,” Jess Jackson said.

In Paris, they stayed in a “gayborhood”, which made them feel safe as a queer couple. They indulged in the cannabis experience while relaxing on a houseboat along a canal in Amsterdam. And in London, they chose to stay at a hostel which fostered a sense of community. Their experience sparked the idea to create a similar feeling of acceptance back at home, and they acted on the opportunity to create a purposeful, welcoming atmosphere by making their home available to visitors.



WHAT TO EXPECT

Built in 1932, the Copper House infuses copper into its aesthetic throughout each room. “We have copper bongos, copper lighters, copper ashtrays,” Jackson said.

Overnight guests have access to the entire home and a private locked room. Guests also have access to their decarboxylation machine to make their own infused oils and kinds of butter. Each morning, visitors can cook their own infused breakfast with their waffle maker.

Conveniently located 15 minutes from downtown Detroit and right off the Avenue of Fashion, their neighborhood boasts the largest concentration of Black-owned businesses in the area. Steps away from some of the cutest boutiques and eateries in the area, a stay at the Copper House definitely invites a memorable experience.



HOST AN *Event*

In addition to overnight stays, they also use their home as an event and gathering place to share opportunities for economic wealth in the growing cannabis industry in Michigan.

These include:

THE GARDEN PARTY

An educational event aiming to promote urban farming and hemp and cannabis cultivation.

THE MIDPOINT CAMPOUT

A weekend-long nature-immersive self-care retreat featuring educational workshops on holistic healing practices.

QUEER XPRESSIONS

An intimate night of immersive experiences centering Queer Folx of Color.

VISIT THEIR WEBSITE, COPPERHOUSEDET.COM FOR MORE EVENT OPPORTUNITIES AND STAY INFORMED. 🍁

CANNABIS LAB

Cannabis Business Association

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A MEMBERSHIP WORTH IT'S WEIGHT IN GOLD



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VACATION SPOTS *for the Canna-Curious*

BY VERONICA CASTILLO

Many beds and breakfast hosts support cannabis consumption and want to make cannabis consumers as comfortable as possible. Bud and Breakfast, a travel company, connects cannabis-friendly lodging in scenic and exciting locations to globetrotters making it easier to travel safely.

These four 420-friendly listings around the country support cannabis consumption indoors and outdoors and can be found on the Bud and Breakfast website for booking. Some hosts provide a cannabis welcome kit, some advise guests to bring their own, and others have a community of local growers and businesses that they refer guests to. Some hosts are actually growers themselves and authorities in the industry.



FENCE LAKE, NM **MUJERES VALLEY CAMPGROUND**

Located in Fencelake, NM, about 2 hours west of Albuquerque, Mujeres Valley Campground (MVC) offers guests a 420-friendly experience on a 20-acre sustainable campground surrounded by nature's beauty.

MVC prides itself on being a safe space for the BIPOC and cannabis-loving communities. Visitors are

invited to bring their cannabis, pets, tents or RVs, and good vibes for a 420-friendly getaway in the mountains.

Guests checking into MVC will be hosted by growers, plant lovers, and people who can teach you how to feast on nature's fruit, vegetables, and seeds. This is a great place to disconnect, unwind, and decompress.



TAMPA BAY, FL **THE HEMP MANSION**

This Florida-based bed and breakfast is a three-bedroom, two-bathroom guesthouse with a full kitchen, laundry room, dining room, and a screened-in back patio. Additionally, guests have access to the amenities at the mansion, like the infinity pool.

Guests checking into this cannabis-friendly guesthouse can spend time with and learn about hemp plants, magnolia trees, bamboo trees, and palm trees. All of this is located on the guesthouse and hemp mansion properties. While this oasis seems deep in nature, nightlife and sightseeing are accessible.

PAMPLIN, VA **2ND 40 TO 420, THE FARM**

2nd 40 to 420 sits on 40 acres. The farm is home to cannabis and various plants, fruits, and vegetables. It's a very scenic and green place with birds, deer, and rabbits. Walking around the farm means seeing and hearing chickens, dogs, and ATVs. Accommodations include both campers and yurts at the top of the property. Surrounding the trailers

are the greenhouse, chicken coop, and garden.

The yurt village is at the bottom of the property, surrounded by a creek and various greenery. Each morning, breakfast is delivered from the host's kitchen, and accommodations are made for dietary restrictions. Depending on the package selected, guests receive a variety of cannabis offerings: flower, edibles, papers, ashtray, and lighter.



WASHINGTON D.C. **CANNA CAPECOD**

Canna Capecod is the first all-inclusive cannabis-friendly bed and breakfast in Washington, D.C. A complete vibe for guests who want to show up, check in, and not worry about a thing. With all the feeling of paradise, Canna Capecod is located in the heart of the city.

All-inclusive, in this case, means cannabis for personal use; 3 infused meals (vegan and vegetarian options available), a snack bar, cannabis accessories, infused snacks, and an open bar are all included in the price.

The space is perfect for group travel, couples travel, and singles travel. The home is decorated with gorgeous art, vibrant colors, and something for everyone: books, movies, hookah, a backyard perfect for relaxation, a group sesh, or a connection to the earth. ✨

INTERESTED IN BOOKING? HEAD OVER TO BUDANDBREAKFAST.COM TO RESERVE AN ACCOMMODATION.

Cheers, Sip

REPEAT

Low-dose THC beverages are a refreshing, alternative to alcohol. These drinks have many dosage options and resemble well-known drinks like seltzers and cocktails, but without the hangover!

1. WUNDER GRAPEFRUIT HIBISCUS

237 ML // \$20 // FINDWUNDER.COM

2. DAYTRIPP SPARKLING CBD WATER

12 PACK // \$59 // WEAREDAYTRIP.COM

3. HERBACÉE SPARKLING ROSIER

COMING SOON // HERBACEE.COM

4. MYHI POWDER

5MG - 5 PACK // \$25 // GETMYHI.COM

5. KOAN CORDIALS - CALM

30 ML - 3 PACK // \$30 // SHOP.KOAN.LIFE.COM

6. ARTET STRAWBERRY BASIL SPRITZ

237 ML // \$18 // ARTET.COM

7. AGUA DE FLOR CUCUMBER LIME

470 ML // \$20 // OFLOSANGELES.COM



FOOD



From Passion to Purpose

MONICA LO'S JOURNEY INTO CANNABIS CULINARY

BY ALYNA PAPARAZZI

For Monica Lo, cannabis is not just a psychoactive additive. It's a versatile superfood that offers a culinary challenge like any other cooking ingredient. With her cannabis cooking blog, *Sous Weed*, and the upcoming release of her latest book, *The Weed Gummies Cookbook*, Monica works to empower others to know how they can incorporate a variety of cannabinoids into their routine for better health and wellness.

Monica's first experience with cannabis began in college while socializing with friends. Then in 2015, a workout injury left her with a herniated disk and excruciating back pain. While she was prescribed a combination of opioids and acetaminophen, the medication wrecked her stomach, making the ordeal even more unbearable. At her wit's end, Monica decided to try an edible offered by her roommate. One incredible night's sleep later, she realized cannabis was more than something you casually smoked with friends in a dorm.

From that moment on, Monica's mission was to understand everything she could about making her homemade edibles. She knew, however, that discretion was vital. Since she lived in a non-smoking building, she couldn't risk the smell of cannabis wafting throughout her place. That's when, while working as a Creative Director at a sous vide (sue-veed) machine startup, Monica got the idea to try this unique cooking technique herself, which involved cooking food in a vacuum-sealed jar or bag in a pot of water at a precise, regulated



PHOTO BY: HEATHER TAFOLLA

MONICA LO

CREATIVER DIRECTOR OF SOUS WEED AND
AUTHOR OF THE WEED GUMMIES COOKBOOK

"Monica's mission was to understand everything she could about making her homemade edibles."

"My book also offers educational resources on childproofing and safety labeling..."

temperature. No stovetop, no open flames, and best of all, no smell! Now she could quickly and safely make multiple cannabis infusions at once using her favorite cultivars to create a variety of sweet and savory dishes. Monica soon began documenting her cannabis cooking experiments on a personal blog, leading to the creation of Sous Weed. Soon, her site was sprawling with infused seasonal and cultural dishes, many paying homages to her Taiwanese-American heritage in ingredients and flavor.

But she wasn't stopping there. After seeing the rise in edibles sales over inhalable forms of consumption during the pandemic, Monica saw something people needed: a cost-effective way to make infused edibles at home with the ability to customize dosing. Written, designed, and photographed herself, Monica's new book, *The Weed Gummies Cookbook*, provides step-by-step instructions with full-color photos, so any cannabis-curious consumer can have a practical way to make easy and affordable cannabis confections right in their kitchens.

"My book also offers educational resources on childproofing and safety labeling, and encourages readers to shop responsibly and support BIPOC cannabis brands and organizations," said Monica. "I delivered the manuscript, final photos, and layout designs the same week I delivered my son. It truly was a labor of love."

Monica will also be donating a portion of the profits of *The Weed Gummies Cookbook* semi-annually to The Last Prisoner Project. Pre-order yours today or pick up a copy wherever books are sold! To learn how to cook even more delicious cannabis creations, visit www.sousweed.com. 🌿



EXTRA *treat*

We've featured Monica's favorite edible recipe in the book that you can try making at home right now! Inspired by the Japanese gummy candy, Kohakutou, these Gemstone Gummies are gluten-free, vegan friendly, and just need five ingredients. Happy cooking!

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PHOTO BY: MONICA LO

GEMSTONE *gummies*

When I moved to San Francisco, I had the privilege of living within walking distance of Japantown. After work, I would peruse the candy and snack aisles of the grocery stores and pop my head into various confectionery shops. This gummy is based on the traditional Japanese rock candy called kohakutou. It's a stunning-looking treat with a crunchy, crystallized exterior and a gummy center. The fun part of this recipe is swirling together your favorite colors to create an arresting gemstone appearance. I've used a touch of green, yellow, and white to create a jade-like effect.

Makes 32 pieces

ACTIVE TIME: 1 1/2 hours

INACTIVE TIME: 2 to 4 days

SPECIAL EQUIPMENT

- 8-inch square baking pan
- fine-mesh strainer
- toothpicks
- disposable gloves

INGREDIENTS

- 3 cups granulated sugar
- 6 teaspoons agar-agar powder
- 2 cups cold water
- 1/4 cup Cannabis-Infused Sugar
- 1/2 teaspoon superstrength candy flavoring of your choice
- food coloring of your choice

1. Line an 8-inch square baking pan with a sheet of parchment paper. Crease the corners along the inside edges and leave a 1-inch overhang on each side of the pan. Lightly coat with nonstick spray.

2. Add the sugar, agar-agar powder, and water to a small saucepan and stir with a silicone spatula to combine.

3. Turn the heat to medium and bring it to a boil. Lower the heat and simmer for 8 minutes to activate the agar-agar and thicken the mixture, stirring often. Remove from the heat and add the cannabis-infused sugar and your candy flavoring of choice, stirring until the sugar has dissolved into the mixture.

4. Pour the mixture into the prepared baking pan through a fine-mesh strainer. Using toothpicks dipped in food coloring, make colorful swirls in the mixture while still warm. Transfer to the fridge to cool until firm, 1 to 2 hours.

5. Remove from the pan by pulling on the parchment paper. Slice the slab into eight 1-inch strips. Wearing disposable gloves, roughly rip the gummies into 1 x 2-inch pieces and place onto a parchment paper-lined baking sheet.

6. Allow to dry in the open air at room temperature for 2 to 4 days, rotating sides each day until a hard sugar crust has crystallized on the exterior. Store in an airtight container or candy bags for up to a month.

***The cannabis-infused sugar recipe can be found in The Weed Gummies Cookbook by Monica Lo. Order is available anywhere books are sold.**

INFUSED DINING

Chefs to Watch

Infused dining experiences continue to grow in popularity. Combining culinary expertise with a unique, delightful experience? Count us in!

CHECK OUT THESE CHEFS THAT ARE EXPANDING THE CANNABIS CONVERSATION WITH THEIR DELECTABLE CREATIONS.



CHEF *Leighton Murdock*

With years of experience in culinary arts, private Chef Leighton Murdock presents "Every Other THurCday." This dining experience is built on passion and the gathering of like minds over flavorful infused fare - administered for the mind, body, and soul. "Every Other Thursday" aims to bring like-minded folks together over food and drinks, so they may have a memorable experience and connect in a relaxed environment. The most important ingredients in creating this dining experience, according to Chef Leighton, are his passion for his roots and community.

WHY CANNABIS?

"I seek to debunk any myths around cannabis and all the stigmas that follow it."

WHERE TO FIND YOU:

IG: @everyotherThurCday & @aromaculinary

Website: aromaculinary.co

Location: New York, NY





CBD CHEF
Mary

For more than 5 years, Chef Mary has been educating people about hemp and teaching them how to add it to their diets. She is a cannabis educator and chef passionate about healing and helping people live their best life. She created Culinary Cannabis to make homeostasis easy and for canna-curious folks to find an easy and safe way to begin using cannabis. From educational seminars, cooking segments, and her upcoming online cooking show, she aims to help people understand the benefits of daily consumption.

WHY CANNABIS?

“It saved my life and my friends. This plant is amazing and everyone needs to know.”

WHERE TO FIND YOU:

IG: @cbdchefmary and @myculinarycannabis

Website: myculinarycannabis.com

Location: Central Florida



CHEF
Jenn Felmley

Chef Jenn is a versatile personal chef and educator who enjoys working with private clients to create one-of-a-kind services. Her professional culinary journey began at Johnson & Wales University, followed by working for several hotels and catering companies before opening her business.

As a personal chef, she creates meals using the best local ingredients, focusing on both California and international flavors, prepared in a simple yet elegant style. With the legalization of adult-use cannabis in California, Jenn began offering cannabis dining experiences including smokable pairings, cocktails/mocktails, and infused dishes. Additionally, she offers online virtual classes and hands-on cooking classes locally.

WHY CANNABIS?

“Ending the stigma associated with cannabis comes with education. I am taking all of my combined experience to become a ‘culinary cannabis educator’! Helping people is what inspires me to cook and teach people about how they can cook with cannabis.”

WHERE TO FIND YOU

IG: @Chefjenncooks

Website: chefjenncooks.com

Location: San Diego, CA

FALL *Tarot-Scopes*

BY MAGGIE MAY WILSON

HERE'S HOW EACH SIGN CAN BE PREPARED WITH SOME TIPS FROM
THE METAPHYSICAL CANNABIS ORACLE AUTHOR



LIBRA

Gwangwani Jimai

Guarantee the scales will not be tipped with Libra, and the system of justice will shine bright on you. Make sure that the scales are balanced with your family and work life because it might be time to put more weight on one of the scales so that you can live a happier life. Libra is obsessed with balancing every situation, and the fall will bring a new sense of wanting to protect your home and family.

CAPRICORN

Rana Rudu

Dedication, persistence, and commitment are all vital qualities that you possess, and they are qualities that many people are willing to pay for. Your experience is more important than your time which is what Capricorn wants to have more of every single day. "There is not enough time" is your go-to phrase, but with a partial solar eclipse and two powerful retrogrades coming up to end the year, remember that time is an illusion.



SCORPIO

Mabudi

We all know this is the most complex sign to figure out, and with such mystery comes great appeal. It's not self-indulgent in the fall to make an altar to yourself as if you are your future self. Write a love letter to yourself from you 15 years in the future. Place current pictures of yourself on the altar and the letter with your favorite crystals and metaphysical items. Create the mystery of your future and tap into the psychic power you already have to do so.

AQUARIUS

Orun Mila

Every day, you wake up and wonder how you can make the world a better place. It's your time to shine this fall, have a clothes swap or another community-building project that amplifies your creativity and sparks creativity and others.



SAGITTARIUS

Witch

Don't forget travel insurance this fall, and make sure the arrows you shoot don't land in auspicious places. Be very careful with the words you use because Sagittarius has the fiery tongue of a viper. While the veil is becoming thinner, it is a great time for you to tap into your legacy and ancestry to find hidden talents you may not have known you had.

PISCES

The Witch Doctor

If Cancer had a best friend in the Zodiac, it would be Pisces for its incredible emotional intelligence and intuitive psychic abilities. For sweet Pisces, the Fall will bring many life lessons that you will have to integrate throughout the winter for the first time in a long time. Create your own Moon box, a full moon altar outside to help accelerate creating the ability for things to flow in and out of your life with ease.



ARIES
Tshata

The individual that thrives on conquest is someone that success loves to follow. Now is not the time to sit and wait for opportunities to come to you. It is time for you to attract things that you want actively. Write it down and believe it has already happened. The only way to be satisfied is to give yourself what you need instead of expecting it from someone else. If it's an apology, love, acceptance, whatever, only you can bring yourself the relief you request.



GEMINI
Etan

Just for today, try to wake up and not wish you had more of yourself. You are exactly enough how you are, and there is no need for you to be cloned. Keep your creative projects flowing but make sure you have a tangible materialistic aspect that keeps your plans so locked in that you start to enjoy the present moment.

TAURUS
Hermetic

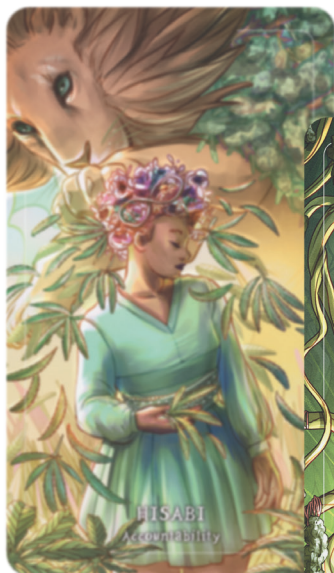
No matter the shifts and changes in your life, especially with the seasons, know that we are all cyclical beings, and it'll only take a matter of time before something changes. Change is the only constant, so becoming familiar with change and anticipating it rather than getting comfortable is the best way to close the year. Comforts are great but being overly comfortable does not benefit you or your life.

CANCER
Hisabi

Expect to know what's happening before it happens, especially with close members of your family and friends, when you start to meditate and tap into your emotions on a deeper level. Instead of being consumed by your feelings, realize that they can be roadmaps on how to solve problems before they arise.

LEO
Qaddamarwa

Cue the dramatics because the Leos will become very loud after their season and into the fall. The roar will be heard from 4 miles away, and you'll see the glitz & glam shining like a thousand Suns. If you thought the summer was great for you as a Leo, just wait for what the fall has in store.



VIRGO
Agbaye

I'm not able to put Beyonce as this tarot-scope, but the embodiment of the Renaissance album is the epitome of Virgo energy. It's the season of the Virgo, and it's time to talk. Look back on friendships that made you feel good that may not be aligned with you. Did you overthink something? Did it ruin a relationship?



Winter by
Aine Boden

"Life is not a dress rehearsal"

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