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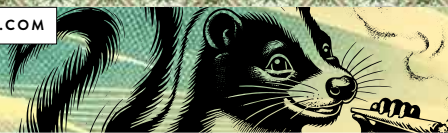


TABLE OF CONTENTS

4 | EDITOR'S LETTER

6 | STUFF N THINGS

9 | HAT

by Casey O'Neill

11 | SCHEDULE III : THE DEA BEGINS THE PROCESS OF RESCHEDULING CANNABIS. WHAT DOES THAT MEAN?

by Vivian McPeak

15 | CANNABIS: FROM SHADOWS TO LIGHT

by Alexandria Irons

20 | THE ESTTECH TEAM

by Michael Jieshen Fang

22 | IN MEMORIAM:

DAVE "DAMIT" MESFORD

by Vivian McPeak

23 | CANNABIS HARVEST GUIDE

by Ben Morris

34 | RE-LEGALIZING NEPAL

by Heman Shahi

39 | COVER STORY: BEN DRONKERS

by Julie Chiariello

67 | GROWING TIPS SERIES PART 3: CHOOSING THE RIGHT VARIETIES

by Ed Rosenthal

70 | SENSI SERMONS: THE CLONE HUNTER'S GUIDE

by The Rev

73 | TRUE LIVING ORGANICS: DRUID'S GUIDE QUESTIONS

by The Rev

77 | BUD WISE

by The Rev

STRAIN REPORTS

79 | KALAMATA RED: THE BLUES OF GREECE

by SaveTheBrains

82 | JACK HERER FEMINIZED

by Sensi Seeds

86 | SEEDS HERE NOW PRESENTS: BEAVER COOKIES FROM ELEV8 SEEDS

by James Bean

87 | WHERE ART THOU... MY ROMEOZ?

by Jake Ward

89 | GOAT GLUE

by Kevin Blomberg

91 | HARVEY WALLBANGER

by Lostcoastautos

93 | SKUNK G-ASS

by Michael Greyschock

94 | PUNCH PIE: ROYAL QUEEN SEEDS X TYSON 20

by Royal Queen Seeds

96 | VERIFIED GENETICS WHITE SATIN

by Kingston Gilmore

98 | PHK X AFGHANI 1

by Brandon Rust

100 | DELIRIUM

by Tobias Hafenecker Dodge

101 | ALASKAN BLUEBERRY

by Duncan Mathers

103 | COLD STONE CHRONIC

by Freegrow8

105 | GARY POPPINS

by Freegrow8

110 | DIRTY SANGRIA

by Dirty Bird Genetics

111 | AN HOMAGE TO CLACKAMAS COOT: THE REVOLUTION OF LIVING SOIL

by Jeremy Silva

113 | RELENTLESS GENETICS

by The Attitude Seedbank

115 | THE WEIRD, WONDERFUL, INTERSTING AND INSPIRING WORLD OF CANNABONSAI

by Tray K

117 | BULLETPROOF GENETICS: RYAN GAGEBY CONTINUES THE LEGACY OF EDDIE HANSMAN, THE LATE MICHIGAN BREEDER

by Vivian McPeak

120 | AROUND THE WORLD IN HAZY DAZE

by Roland Endblazin

123 | BOLDTBAGS: PIONEERING EXCELLENCE IN SOLVENTLESS HASH MAKING FOR OVER 20 YEARS

by Ryan O'Shaughnessy

126 | HARVESTING FOR FRESH FROZEN

by Lena Burns

130 | WHAT IS THE PURPOSE OF USING DIFFERENT MICRON BUBBLE WASH BAGS FOR ICE WATER EXTRACTION?

by The Press Club

134 | RESISTANCE PERSISTENCE: EVALUATING PEST RESISTENCE CLAIMS IN CANNABIS HELPS EVERYONE

by Mathew Gates

137 | UNDERSTANDING THE IMPACTS OF GROWING CANNABIS INDOORS AND WHY CHOOSING REGENERATIVE ORGANIC CANNABIS IS THE BEST CHOICE FOR PEOPLE AND PLANET

by Heather Dunbar

140 | REMEMBER WHEN SMOKING GRASS WAS FUN?

by Gene McCain

143 | CANT GIVE IT AWAY

by Ma Sherry Glaser

145 | HIGH IMPACT REPORT: SAN FRANCISCO PSYCHEDELIC SOCIETY'S HOPE FOR HEALING

by Samantha Sage

148 | HELPING HEROES

by Jennifer Bailey

152 | THE CANNABIS SONG BOOK: WEST COAST G-FUNK AND HIP-HOP

by Christopher Corbett

158 | TNB NATURALS CO2 GENERATORS IN CANADIAN STORES

by TNB Naturals

160 | CULTIVATING HARMONY: REGENERATING BODY AND MIND WITH PERMACULTURE AND YOGA

by Rachel Carlevale



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This Moment

FALL/WINTER 2024

We are children of the universe and the daughters and sons of Mother Earth. Our natural birthright is to be stewards and protectors of her, for we are the Earth, and the Earth is us. She has been propagating consciousness through her plants, awakening her children to do her work. She is infinitely wise, always moving at her own pace, always teaching, protecting, and offering her gifts so freely. We live in the Garden of Eden; we never left. They lied, and our purpose is to protect her. Through sacred stewardship and husbandry, she will share her bounty—her sweetest fruits, healing foods, plants, and herbs. She also gives us sacred psychedelic plants and entheogens to awaken us to true reality so we may live connected with universal mind and source in every moment, understanding our unique soul path and heart calling.

The sacred feminine and masculine principles are coming into union once again across the planet. The sacred feminine, symbolized by the dark, the womb, trust, intuition, the void, sacred knowing, herbalists, wise women, midwives, and a deep connection with Earth's cycles and seasons, rises to meet the masculine after being demonized for thousands of years under patriarchy. However, a new era has dawned. It is the Aquarian Age, and Mother Earth has activated millions of us as her warriors. We will continue to rise on behalf of Mother Earth and humanity. Our pain, challenges, and tests have made us invincible warriors, unstoppable on behalf of good. We are transforming our pain into beauty, into gold, through sacred alchemy. Shadow and light work together to birth new realities within our lives and on this shared planet.

As energy beings, we can reach the highest vibration through self-healing, self-care, self-forgiveness, and self-love. Accepting things as they are, working with them in the present moment, and gaining insight from the universe is essential. What was once spoken of only by enlightened ones is now available to many of us simply by tapping into our

capabilities beyond the five senses. When our cup is filled with love, we can share it freely. As Bob Marley, the prophet, sang:

One Love! One Heart!

Let's get together and feel all right...

To live these words is to live rightly on this beautiful planet as one humanity. The time is now. Bob is watching us, and many counterculture rebels, through time, have lit the torch. From the French salons and surrealists to the beats, blues, jazz, swing movements, and hippies—and now to us. We are the new renaissance, devoted to new ways of doing business and agriculture that protect and regenerate our earthly resources. We collectively know that we can create more regenerative and sustainable systems that honor our intelligence and our sacred connection to Mother Earth; it is within our power, intelligence, capability, and desire. We have been held back in a dark age with science and knowledge suppressed by the corruption and greed of overpowering factions like big Ag, big pharma, big chemical, and big war. As Vivienne Westwood said, "To be punk is to think for oneself." It is imperative that we continue to think for ourselves and create better systems.

We are the Renaissance people, and this movement has been unfolding over the last century and a quarter. As darkness looms in many facets of society, Mother Earth continues working her magic for the new realities emerging. Ancient truths and understandings, once buried by unjust men of power, are returning to consciousness. Evidence of this awakening is everywhere. We humans are the philosopher's stone, the holy grail, sacred soul energy vessels born from Mother Earth, destined to return to her. All is sacred on Earth, and we are meant to be guided by her sacred healing plants and foods, living lives filled with health, vitality, creativity, insight, innovation, and joy. The tests and challenges we face are there to make us strong so we can continue fighting for what is right.

We are at a tumultuous crossroads in society, where outdated norms are dying. The colonialist nightmare is over; we are one human race on one planet, meant to care for her. There is enough for everyone, for abundance is the law of Mother Earth and the universe; scarcity is a man-made contrivance, a cage created by those in power. We are meant to grow our own food and medicine, stay in step with the cycles and seasons, and find great, natural joy in doing so. Science now confirms that touching the soil heals trauma and PTSD, forest bathing helps heal cancer, and working with sacred plants, vegetables, fruits, and herbs can heal us of almost everything. A new renaissance is sweeping across the planet at Mother Earth's guidance. It is both a horrific and inspiring time to be alive, but there is much work to do, so we persist and get to it.



I find great peace in Thich Nhat Hanh's words:

Walking Tenderly on Mother Earth

Dear Mother Earth,

Every time I step upon the Earth, I will train myself to see that I am walking on you, my Mother. Every time I place my feet on the Earth, I have a chance to be in touch with you and all your wonders. With every step, I can touch the fact that you aren't just beneath me, dear Mother, but you are also within me. Each mindful and gentle step can nourish me, heal me, and bring me into contact with myself and with you in the present moment.

Walking in mindfulness, I can express my love, respect, and care for you, our precious Earth. I will touch the truth that mind and body are not two separate entities. I will train myself to look deeply to see your true nature: you are my loving Mother, a living being, a great being—an

immense, beautiful, and precious wonder. You are not only matter; you are also mind and consciousness. Just as the beautiful pine or tender grain of corn possess an innate sense of knowing, so, too, do you. Within you, dear Mother Earth, there are the elements of Earth, water, air, and fire, and there is also time, space, and consciousness. Our nature is your nature, which is also the nature of the cosmos.

I want to walk gently, with steps of love, and with great respect. I shall walk with my own body and mind united in oneness. I know I can walk in such a way that every step is a pleasure, every step is nourishing, and every step is healing—not only for my body and mind but also for you, dear Mother Earth.

You are the most beautiful planet in our entire solar system. I do not want to run away from you, dear Mother, nor to hurry. I know I can find happiness right here with you. I do not need to rush to find more conditions for happiness in the future. At every step, I can take refuge in you. At every step, I can enjoy your beauties, your delicate veil of atmosphere, and the miracle of gravity. I can stop my thinking. I can walk relaxingly and effortlessly. Walking in this spirit, I can experience awakening. I can awaken to the fact that I am alive and that life is a precious miracle. I can awaken to the fact that I am never alone and can never die. You are always there within me and around me at every step, nourishing me, embracing me, and carrying me far into the future.



Dear Mother, you wish that we live with more awareness and gratitude, and we can do this by generating the energies of mindfulness, peace, stability, and compassion in our daily lives. Therefore I make the promise today to return your love and fulfill this wish by investing every step I take on you with love and tenderness. I am walking not merely on matter, but on spirit.

Julie Chiariello

• Julie Chiariello •
Editor-in-Chief

CELEBRATING STUFF-N-THINGS AS SKUNK MAGAZINE'S OFFICIAL HEADSHOP

WORDS & PHOTOS | EDWARD LAPPLE



In the heart of Humboldt County, California, a remarkable story of passion, perseverance, and community unfolds through the vibrant walls of Stuff-N-Things Humboldt's premiere headshop. This mother-and-daughter-owned and family-run headshop is known for its

deep-rooted ties to the cannabis culture. It embodies the spirit of the counterculture movement that has defined the region for decades. As we delve into the origins and achievements of Stuff-N-Things, we uncover a narrative that reflects the evolution of cannabis in America and the unwavering dedication of a family business and collaboration.

FROM WHITTIER

TO BRIDGEVILLE: THE JOURNEY BEGINS

The story of Stuff-N-Things begins in Whittier, California, where the founders, a mother and her daughter, cultivated their passion for the cannabis plant long before it became mainstream. Driven by a vision of a better future, they made the bold decision to relocate to the picturesque town of Bridgeville in 1972. This move marked the beginning of their

journey into the heart of Humboldt County, an area that would soon become synonymous with cannabis cultivation. In the early days, the Stuff-N-Things family was among the pioneers of indoor growing in Humboldt County. Their innovative approach to cultivation set them apart from the traditional outdoor grows that defined the region. With

a commitment to quality and sustainability, they established a reputation that would lay the foundation for their future success.

A LEGACY BUILT ON EXPERIENCE

Fast forward to 1991, when Stuff-N-Things officially opened its doors as a headshop. Over the years, the shop has become a beacon for cannabis enthusiasts and counterculture aficionados alike. With over 200 five-star reviews and a reputation as the

North Coast's biggest counterculture headshop, Stuff-N-Things has firmly established itself in the community.

What sets Stuff-N-Things apart from other shops is the products they offer and the wealth of knowledge and experience that comes with decades of dedication to the cannabis plant. The family has seen the industry evolve, adapting to changes and challenges while remaining

“OVER THE YEARS, THE SHOP HAS BECOME A BEACON FOR CANNABIS ENTHUSIASTS AND COUNTERCULTURE AFICIONADOS ALIKE. WITH OVER 200 FIVE-STAR REVIEWS AND A REPUTATION AS THE NORTH COAST'S BIGGEST COUNTERCULTURE HEADSHOP, STUFF-N-THINGS HAS FIRMLY ESTABLISHED ITSELF IN THE COMMUNITY. “



true to their roots. Their commitment to quality and community involvement has fostered a loyal customer base that spans generations.

COMMUNITY-CENTRIC FOCUS

At Stuff-N-Things, community involvement is more than just a business strategy; it's a core value. The family believes in supporting local artists and fostering creativity within the community. This commitment is exemplified by their 20-year alliance with mural artist Blake Reagan, whose work has become synonymous with the Stuff-N-Things brand.

Reagan's artistic journey with Stuff-N-Things began in 2001 with a stunning blacklight painting of "Alice in Wonderland." Over the years, his style has evolved, resulting in a series of breathtaking floral abstract murals that adorn the shop today. His contributions have not only beautified the space but have also helped to shape Stuff-N-Things's identity as a hub for artistic expression in Humboldt County.

A CELEBRATION OF ACHIEVEMENTS

The accolades that Stuff-N-Things has received over the years are a testament to their hard work and dedication. In 2023, they were awarded "Best Booth" at Cannifest, partnering with Proper Wellness Center, Humboldt's first choice for local dispensaries. This recognition highlights their commitment to showcasing the best of what Humboldt County has to offer.

Additionally, Stuff-N-Things has consistently held titles such as "Best of the North Coast" from the local Times-Standard paper and has received a People's Choice Award. These achievements

reflect the quality of their products and the love and support they have garnered from the community over the years.

LOOKING TO THE FUTURE WITH SKUNK

As Stuff-N-Things embarks on a new chapter in its journey, it is excited to explore its partnership with Skunk Magazine. This collaboration is a natural fit, given Skunk Magazine's dedication to cannabis culture and community. Together, they aim to elevate the conversation around cannabis, art, and community involvement, ensuring that the legacy of Humboldt County's cannabis culture continues to thrive.

Stuff-N-Things remains committed to staying ahead of the curve in an ever-evolving industry. They are focused on sustainability, quality, and community engagement, ensuring that their shop remains a vital part of the Humboldt experience. As they look to the future, the family is excited to continue their journey, fostering connections and supporting local artists while celebrating the culture that has shaped their lives.

A FINAL REFLECTION

The story of Stuff-N-Things is a testament to the power of family, community, and the enduring spirit of cannabis culture. From their humble beginnings in Whittier to their establishment as a cornerstone of Humboldt County, the Stuff-N-Things family has demonstrated that dedication and passion can truly make a difference.

As they continue to support local artists, engage with the community, and innovate within the cannabis industry, Stuff-N-Things stands as a shining example of what it means to be a part of the cannabis movement. 🌿

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HAT

WORDS & PHOTOS | CASEY O'NEILL



hen I worked in construction, I wore a tool belt every day.

The tools of the trade were near and dear to me, extensions of my physical body that enabled me to do the job at hand. Over time, I purchased the tools I needed to be effective in my work, becoming more capable as my skills grew along with each new acquisition.

My life as a farmer has followed a similar trajectory; new capacity was built with new equipment, so our farm now produces volumes that I couldn't have imagined a decade ago. Though we are still a tiny operation by measures of agricultural scale, our output is consistent, and we have built the infrastructure and knowledge base to be effective producers year-round.

Some tools and equipment are large and expensive, but the things I use every day

“WHEN I FIRST STARTED WEARING A FARMER HAT, FOLKS WOULD CHUCKLE AND SAY, “YOU LOOK LIKE YOU THINK YOU’RE A FARMER OR SOMETHING.” THIS WAS BACK WHEN PEOPLE WHO GREW CANNABIS WERE “GROWERS,” NOT “FARMERS.” AS I DEEPENED INTO THE WORK OF GROWING PLANTS AND TENDING ANIMALS, MY IDENTITY EVOLVED, AND I CAME TO THINK OF MYSELF AS A FARMER. OVER TIME, I WATCHED A CULTURAL SHIFT AS CANNABIS BECAME PART OF AGRICULTURE, AND GROWERS BECAME FARMERS.”

are often small and simple. My pocketknife, holster and clippers, hand scythe, and hat. The 30" rake and steel broadfork, shovel, and wheelbarrow. With these tools, I do the bulk of my work, and they take on a treasured meaning, like old friends.

Time can be measured in many ways; I've been farming for three of the woven reed hats that keep the sun off my head. I seem to get just over four years out of each; they start around with bright colors and a clean, strong weave. Over time, the dust and sweat darken the gaps between the reeds and the outer edge of the brim frays. I lose a few of the edge courses through wear and tear so that the hat comes to look closer to a bowler than a wide-brimmed farmer hat. The reeds that weave the sides onto the top of the hat break so that the center starts to flop in the wind. Like the velveteen rabbit, my hat becomes real in a way that defines my identity.

When I first started wearing a farmer hat, folks would chuckle and say, “You look like you think you're a farmer or something.” This was back when people who grew cannabis were “growers,” not “farmers.” As I deepened into the work of growing plants and tending animals, my identity evolved, and I came to think of myself



as a farmer. Over time, I watched a cultural shift as cannabis became part of agriculture, and growers became farmers. That identity shift was important for me as I went through my court case for cultivation and as I stepped into the role of growing and selling vegetables.

The tools and gear of any trade shape the person who uses them as much or more than they are used to do the physical work of the trade. My hat is a special friend, closer to me than any other article, tool, or material. Boots wear out faster, and no other piece of clothing is with me every day in the way my hat is. The protection it provides from the beating sun is evident any time I step outside without it, an immediate reminder of the work that it does so that I can do the work that I do.

Breaking in a new hat means shaping it to my head and getting used to the different feel after years of a comfortable relationship. There is always a point where I want to go back to my old friend, but there is also an appreciation for the better shade provided by the new one as we work together to carry forward the efforts of the farm.

It's hard to describe the relationship; such depth of feeling about an inanimate article, such a core part of my physical world that it defines my identity as much as any other item in my life. My hat becomes an extension of me, a part of my gestures when I wipe the sweat back with it or in conversation as a sort of "well shucks."

Having come to the end of my third hat, I will retire it with its previous brethren. The three hats are a reminder of my life and time and of the work we did together. The process is ceremonial, a reflection of vocation and calling and the inevitable transitions of life. I'm glad to be a person who wears a farmer hat; it reminds me of the reverence I feel for the land, plants, and animals and for the community that purchases what we produce. As always, much love and great success to you on your journey! 🌿





SCHEDULE III:

THE DEA BEGINS THE PROCESS OF RESCHEDULING CANNABIS. WHAT DOES THAT MEAN?

WORDS | VIVIAN McPEAK



1970 was a year of social and cultural upheaval in America. America had just emerged from the turbulent 1960s when movements on civil rights, women's rights, and gay rights were building. To many Americans, it felt as if the fabric of society was unraveling. Protests against the war in Vietnam were exploding across school campuses across America. When Republican President Richard Nixon announced the escalation of the Vietnam War, anti-war protests, which had been largely peaceful, became increasingly disruptive as the more militant factions of the peace movement gained influence. Antiwar student strikes erupted into what was, at that time, the most massive coordinated disruptive demonstrations in U.S. history, encompassing 833 campuses with more than a million students participating.

Some American cities experienced violence and property destruction during riots as black Americans pushed back against institutional racism that had endured for centuries. And images of Black Panther members with guns were heavily promoted by the media. Establishment Americans bristled at the resulting social turmoil and what they perceived as a breakdown of societal norms.

The year before, half a million young people had gathered at the Woodstock concert as the American counterculture was at its height. The five-pointed image of the pot leaf had evolved into an iconic symbol of the rebellion and dissatisfaction of the "hippie" youth culture. While this all was happening, heroin was coming into America via the Golden Triangle in South Asia, and cocaine was entering the country from South America.

President Nixon and his advisors felt he needed a way to target and marginalize

Americans whom he perceived to be a threat to his administration and establishment society. As part of the declared "War on Drugs," Nixon signed into law the Controlled Substances Act of 1970, which repealed the Marijuana Tax Act, passed in 1937, and designated cannabis/marijuana as a Schedule I drug — along with heroin and LSD. Schedule I drugs were said to have no medical uses and to be highly addictive and prone to abuse.

John Ehrlichman, at the time Nixon's domestic policy chief, later told Harper's writer Dan Baum, "We knew we couldn't make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. We could arrest their leaders, raid their homes, break up their meetings, and vilify them night after night on the evening news. Did we know we

were lying about the drugs? Of course, we did.”

Sentencing for federal cannabis cases has been based upon the plant’s status as a Schedule I drug ever since. Nixon’s strategy was very effective. The result has seen America become the largest jailer per capita of any nation, with the vast majority of marijuana arrests and convictions involving men of color. Communities of color specifically have been disproportionately targeted, profiled, prosecuted, and jailed. In areas of concentrated illicit cannabis production, such as portions of Northern California, drug task force members would swoop in with helicopters and automatic weapons, repelling down on ropes like an army to raid and arrest anyone they found present on a pot farm.

Slowly, after many decades of community organizing and activism, reform efforts started to see victories in states on the West Coast. Cannabis has incrementally been decriminalized, first for medical use, then for adult consumption and production, state by state. Today, thirty-eight of fifty states allow for some medical use, with 24 allowing recreational. However, every state that has permitted legalized cannabis has not complied with federal law, creating a tenuous

and tangled legal status for cannabis.

But then the first significant crack in the foundation of cannabis prohibition in half a century occurred when, in October of 2022, President Biden directed federal agencies to review how cannabis is scheduled, prompting the Department of Justice and the Department of Health and Human Services to begin grinding the slow-moving wheels of bureaucratic action. In May this year, the DOJ and the Drug Enforcement Agency (DEA) released a Notice of Proposed Rule Making. After a period of comments, and with anticipated lawsuits and legal challenges, the United States Federal Government is expected to make the biggest change in the federal status of cannabis since the 2014 Cole Memos, which created a new set of priorities for federal prosecutors operating in states where medical or other uses of cannabis are legal.

So, what does all this mean for those of us who cultivate, imbibe, process, package, or sell cannabis? Well, this has never happened before, as we are in uncharted legal territory to a large degree, and in some regards, we will have to wait and see how this all plays out. But here is what is being predicted.

Assuming that cannabis will be

changed to a Schedule III designation, it will be recognized as having medicinal applications and a lower potential for abuse. It will be moved to a category that currently includes prescription drugs such as Tylenol with codeine and Ketamine.

A Schedule III designation will not legalize all recreational adult use of cannabis currently regulated by various states where weed has been legalized. However, one of the biggest impacts a schedule change will see will be how it affects America’s nascent but growing cannabis industry. The FDA will now have jurisdiction to determine whether cannabis is a prescription drug and the appropriateness of doctors to prescribe it. It is notable that the FDA since it has approved cannabis derivative drugs for medical use in the past, is much more likely to find that cannabis has emerging medical value than the DEA, which previously had that authority.

The change in federal designation will immediately change the IRC 280E tax code sections that prevent cannabis businesses from deducting business expenses, which has created significant obstacles for turning a profit, and the new landscape might allow for amended tax returns, which would



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be a game changer for the industry.

Another area where a schedule change could see a notable impact would be in the field of cannabis research, allowing much greater opportunities for funding and increased access to actual raw cannabis and research applications. For years, the supply of testable cannabis available for scientific research was limited to that provided by the University of Mississippi, the quality of which was criticized. That should change, allowing researchers access to cannabis more in line with that which is commercially sold and consumed, leading to more accurate and thorough scientific investigation.

There are many other potential areas where notable changes are expected to take place.

Most importantly, documented immigrants residing in America on visas automatically lose their status after any degree of cannabis violation. That will be a thing of the past if cannabis is moved to Schedule III because the immigration laws depend entirely upon Schedule I status for their draconian effects. Also, mandatory drug testing for Americans on parole or seeking fair housing or employment could be reduced or ended.

Some have predicted that this schedule change will not affect interstate transportation, nor will the cannabis industry gain access to international sales or purchases. The long-term impacts that a change in the federal status of cannabis could have

on those federally incarcerated on cannabis convictions are not entirely known, as this is an unprecedented action. However, some legal experts suggest that interstate transportation and international sales may become possible with cannabis's Schedule III status.

However, there is no immediate change expected for Americans serving prison time for weed, but there is the possibility of reform and clemency based on the change in status.

What are cannabis reformers saying about this development? I spoke to two prominent longtime legalization advocates to get their opinions:

Keith Stroup, founder of the National Organization for the Reform of Marijuana Laws (NORML):

"As you know, NORML is a consumer lobby - we represent the interests of responsible

marijuana smokers. Rescheduling marijuana from Schedule I to Schedule III has little, if any, impact on consumers. It will remain illegal under federal law, and the conflict between state and federal laws will remain.

NORML continues to favor de-scheduling marijuana from the Controlled Substances Act altogether, which would resolve the conflict between state and federal law and would treat marijuana more like alcohol and tobacco, two far more dangerous recreational drugs, but neither are included in the federal Controlled Substances Act.

I should also make the point that symbolically, rescheduling from Schedule 1 to Schedule 3 is a big deal, as it is the first time

"IN MAY THIS YEAR, THE DOJ AND THE DRUG ENFORCEMENT AGENCY (DEA) RELEASED A NOTICE OF PROPOSED RULE MAKING. AFTER A PERIOD OF COMMENTS, AND WITH ANTICIPATED LAWSUITS AND LEGAL CHALLENGES, THE UNITED STATES FEDERAL GOVERNMENT IS EXPECTED TO MAKE THE BIGGEST CHANGE IN THE FEDERAL STATUS OF CANNABIS SINCE THE 2014 COLE MEMOS, WHICH CREATED A NEW SET OF PRIORITIES FOR FEDERAL PROSECUTORS OPERATING IN STATES WHERE MEDICAL OR OTHER USES OF CANNABIS ARE LEGAL."

marijuana has been moved from Schedule 1 since it was included when the Controlled Substances Act was adopted by Congress in 1970. The national media and editorial boards all across the country are interpreting this as a seismic shift in marijuana policy and an indication that the Biden administration is committed to ending marijuana prohibition and working towards the decriminalization of marijuana. So, rescheduling will likely turn out to have been an important step forward for the legalization movement, although it is really just a baby step."

Doug McVay, editor of Drug War Facts and host of DrugTruth Network's Cultural Baggage and Century of Lies programs:

"The scheduling debate was relevant in the 1970s. No longer. The Schedules in the federal Controlled Substances Act are based

on international treaties that are outdated, no longer fit for purpose, and in need of being either overhauled drastically or replaced entirely. Schedule III drugs are only available by prescription from a pharmacy through licensed pharmacists. Only FDA-approved medicines can be prescribed legally, and weed the flower isn't FDA-approved. Taking weed out of Schedule I could certainly open the door for pharmaceutical companies to develop medicines derived from weed, but it's worth noting that if DEA were to propose moving weed to Schedule II as a "compromise" between hardliners and reality, then pharma could still develop medicines derived from weed, and sell those medicines at outrageously high prices,

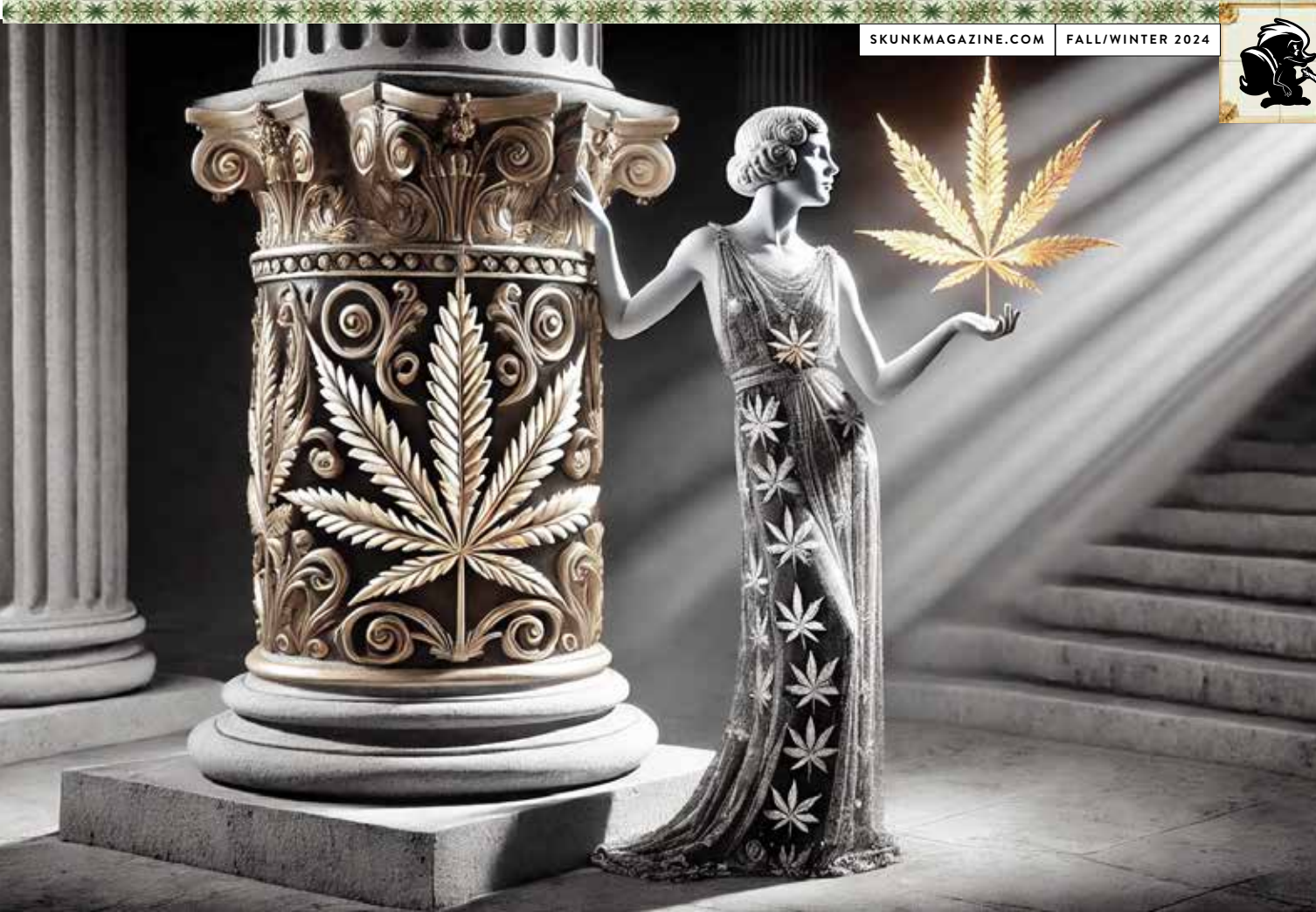
while companies involved in the weed business actually growing, distributing, and selling flower, whether medical or recreational would still get hosed by 280e."

Douglas Hiatt, longtime criminal defense attorney and legalization activist:

"What do we know changing from Schedule I to III is going to do immediately? One of the things we know is immigration law will change overnight once it is out of Schedule I. Number two, the 280E tax penalty, goes away. That means the cannabis industry may be saved. Three, impact on federal prosecutions. It's unclear what the impact on federal criminal law will ultimately turn out to be. But this is a huge change. It's unclear what the effect

will be on the federal criminalizing cannabis. When it goes out of Schedule I, their ability to use police power is changed. The whole essence of that is based on the dangerousness of the drug. Under Schedule III, it is tied to violating the regulations under prescription drugs. The difference is that the basis for the two types of criminalization will need to be reconciled, and Congress will have to make new findings concerning that criminalization."

It remains evident to anyone who knows the truth about cannabis that, rather than be at its current Schedule One, the relatively benign, therapeutic herb should be at Schedule None. While experts and activists might not all agree on how monumental a shift in federal cannabis policy the Biden Administration's actions are, pretty much everyone agrees that this is a notable move in the right direction. 🌿



CANNABIS

FROM SHADOWS TO LIGHT

WORDS & PHOTOS | ALEXANDRIA IRONS



Cannabis, historically labeled with pejorative terms such as wacky tobacco and devil's lettuce, has undergone a dramatic transformation in its public perception. What was once a symbol of rebellion and stigmatization linked with racial and social prejudices is now recognized as a significant component of holistic health. The 2018 Farm Bill's legalization of hemp – cannabis containing less than 0.3% THC – marked a watershed moment, catalyzing sweeping legislative reforms across the United States. This shift is not just legal but cultural, allowing us to rediscover the plant's historical importance and its

myriad uses that were once commonplace in early human agriculture and medicine.

Historically, cannabis has featured prominently in the pharmacopeias across the world and has been grown by many, including America's founding fathers. However, for most of the 20th century, it was pushed to the margins and deemed illegal and dangerous. Today, we're witnessing a revival, as both growers and consumers are emerging from their basements and garages, bringing cannabis back into the light of societal acceptance and legal recognition.

The surge in popularity of cannabis-derived products – ranging from health supplements containing CBD, CBG, and CBN to THC-A pre-rolls and infused edibles – is evident even in states where cannabis remains illegal. These products are increasingly

available in unconventional places, such as gas stations, delivery services, and even online storefronts. Simultaneously, the federal government is reevaluating its stance on cannabis, moving toward reclassifying it from a Schedule 1 to Schedule 3 controlled substance, finally recognizing its medicinal value. Although the rescheduling of cannabis has significant potential benefits, it raises concerns that resonate deeply with many in the cannabis advocacy community.

THE CHALLENGES OF RESCHEDULING CANNABIS

The prospect of cannabis falling under the control of pharmaceutical companies and the conventional healthcare system prompts several critical questions. Have pharmaceutical companies consistently acted

“THE PROCESS OF CULTIVATING CANNABIS OUTDOORS ENCOURAGES A CONNECTION WITH NATURE, PROMPTING A DEEPER UNDERSTANDING OF THE LOCAL ECOSYSTEM. IT SUPPORTS SUSTAINABLE PRACTICES SUCH AS COMPOSTING KITCHEN SCRAPS AND CANNABIS FOLIAGE TO CREATE NUTRIENT-RICH SOIL, POSSIBLY EVEN INTEGRATING BACKYARD CHICKENS INTO THE CYCLE, PROVIDING A SOURCE OF ORGANIC FERTILIZER, AND PROMOTING A MORE SELF-SUSTAINING LIFESTYLE.”



in the public’s best interest? How deeply are these companies entangled in the opioid crisis, which has been exacerbated by the aggressive distribution of pharmaceuticals across rural America? Furthermore, is the scheduling of this plant genuinely about public safety, or does it represent a financial opportunity for politicians, government entities, and lobbyists funded by the pharmaceutical industry?

When considering the safety and medicinal value of cannabis, it’s important to recognize that humans have cultivated and utilized this plant for thousands of years. Our ancestors left a wealth of knowledge about its uses, woven into various cultures and medical practices. Moreover, our bodies are intricately adapted to interact with cannabis through the endocannabinoid system, which evolved to metabolize the cannabinoids found within the plant. This deep biological and historical connection underscores not only the safety of cannabis but also its profound therapeutic potential.

The medicinal benefits of cannabis come from a complex interplay of cannabinoids, terpenes, bioflavonoids, esters, and beyond. These compounds contribute to the plant’s unique aroma and diverse therapeutic effects, ranging from pain relief and relaxation to providing energy and sparking creativity. The specific effects can vary widely depending on the strain and the conditions under which the plant is grown.

THE SCIENCE BEHIND CULTIVATION

A revealing study conducted by Columbia University investigated the effects of different growing environments on cannabis. Clones of the same strain were cultivated outdoors using organic methods and indoors under artificial light with synthetic fertilizers. The outdoor, sun-grown cannabis displayed a wider variety of terpenes and a higher concentration of rare

cannabinoids like THCV, highlighting the benefits of natural cultivation methods over indoor, controlled environments, which, while producing aesthetically appealing plants, often result in a narrower spectrum of chemical compounds and are more resource-intensive.

Indoor cannabis cultivation has been popular due to its necessity in evading law enforcement and minimizing theft. However, as legal restrictions relax, more growers are opting to cultivate their plants outdoors, where they can benefit from natural sunlight and integrate fully into the ecosystem. This method not only reduces energy consumption and increases the presence of beneficial compounds but also promotes mental and physical health by encouraging outdoor activity.

The process of cultivating cannabis outdoors encourages a connection with nature, prompting a deeper understanding of the local ecosystem. It supports sustainable practices such as composting kitchen scraps and cannabis foliage to create nutrient-rich soil, possibly even integrating backyard chickens into the cycle, providing a source of organic fertilizer, and promoting a more self-sustaining lifestyle.

COMPLEX INTERACTIONS IN NATURAL ECOSYSTEMS

The rich diversity found within a natural ecosystem contributes directly to the diversity of compounds produced by plants. Although plants don’t communicate in ways humans can easily recognize, they engage in sophisticated exchanges with their environment. They utilize complex “languages” composed of hormones, scents, and even electrical impulses that are perceivable by other plants, animals, and microorganisms. For example, the presence of chitin—a fibrous substance found in the exoskeletons of insects and the cell walls of fungi—triggers an increase in a

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plant's Jasmonic Acid levels. This hormone plays a crucial role in plant communication, signaling to mobilize other phytohormones in response to stress. Elevated levels of Jasmonic Acid stimulate the production of secondary metabolites that enhance the cannabis plant's flavor, aroma, and medicinal properties.

The complexities of natural ecosystems extend far beyond what can be observed in controlled laboratory settings. The dynamic interactions among various species within these ecosystems have been evolving and refining their symphony of exchanges for thousands of years. Armed with this understanding, I am a staunch advocate for sun-grown cannabis. Not only do I promote this method through my teachings, but I also encourage every consumer to experience the rewarding process of cultivating their cannabis, connecting with the earth, and learning from the natural world around them.

As the founder of Queen of the Sun Grown, I am dedicated to transforming perceptions of gardening through holistic education, emphasizing the connection of flora, fauna, and fungi. I take great pride in guiding consumers to become producers themselves, particularly when they embrace the art of sun-grown cannabis. Cultivating plants outdoors connects individuals with the broader ecosystem and deepens their appreciation for natural methods, embodying the sustainable principles at the heart of our mission. This approach highlights the core values of Queen

of the Sun Grown, where we believe in nurturing both the earth and our community.

However, many potential growers hesitate due to uncertainties about how different strains will perform in their specific climates. Unlike other plants, cannabis seed packets typically lack detailed cultivation instructions that consider local growing conditions, such as timing for seed germination and the specifics of local hardiness zones. This omission can lead new growers to sow seeds that are not adept at thriving in their specific habitat.

THE BLAZE INITIATIVE: PIONEERING CANNABIS CITIZEN SCIENCE

I am excited to introduce BLAZE – Botanical Latitude And Zone Evaluation to address this need for localized cultivation information. This groundbreaking citizen science project will gather data from sun-grown cannabis gardens across varying climates and latitudes to create a comprehensive guide for outdoor cannabis cultivation.

Imagine entering a strain name and receiving cultivation information specifically tailored to your zip code. Perhaps, instead of choosing the 12-week Sour Diesel strain, which might not be optimal for your Northern 6a Hardiness Zone, you could select a Blueberry Muffin strain that finishes in just 45 days. The aim of

BLAZE is not only to provide such tailored growing information but also to foster a community of gardeners who can share insights,

support one another, and collectively contribute to the advancement of cannabis science.

Each participant in the BLAZE project received seeds from The Humboldt Seed Company, which are available in triploid and diploid varieties. We conduct weekly surveys with these citizen scientists to collect data on key growth milestones, such as the onset of flowering, duration of growth cycles, pest encounters, and overall environmental adaptability.

GENETIC MANIPULATION IN CANNABIS: DIPLOID VS TRIPLOID

The inclusion of both diploid and triploid seeds in our study allows us to directly compare the performance of these genetic variations. Diploids, with two sets of chromosomes, represent the natural genetic state of cannabis. In contrast, triploids, which have been bred from tetraploid mutants and stable diploids, are an innovative approach in cannabis breeding, praised for producing plants that are generally more robust and resilient than their diploid counterparts.

While raising concerns about genetic manipulation similar to those associated with companies like Monsanto, this breeding technique offers several advantages. Triploid cannabis plants are known for increased resin production, larger yields, and enhanced resistance to pollination, which not only speeds up their growth cycle but also



improves their overall hardiness. Participants in BLAZE will have the unique opportunity to observe these differences firsthand and appreciate the distinct advantages of each variety.

Understandably, many within our community remain skeptical about adopting triploid seeds, especially given the controversial agricultural practices associated with large agrochemical corporations. However, the sterile nature of triploid plants means that any genetic modifications do not persist beyond a single generation, ensuring that diploid cannabis will continue to exist naturally.

THE PATH FORWARD: COMMUNITY & ADVOCACY

As the cannabis industry undergoes rapid and significant changes, it can be tempting to cling to traditional practices and reminisce – from the rugged mountains of Northern California with its trim camps in army tents to the era when cannabis was discreetly sold by the duffle bag throughout the Bay Area. Today, however, the landscape is markedly different, with corporate-owned brands cultivating vast fields of cannabis, often enhancing their products with additives or to increase THC content or flavor. In these changing times, our community must remain committed

to upholding the core values that have long defined our relationship with cannabis, even as the narrative around it continues to evolve.

By uniting our efforts to promote fair policies, advocate for rights, and educate consumers and the public, our collective voices resonate more powerfully when we sing in unison rather than when we are divided by internal conflicts. The strength of our community lies in our diversity and the shared commitment to advance the acceptance of cannabis.

Whether you cultivate cannabis indoors or outdoors, whether you grow triploid or diploid strains, whether you use organic methods or synthetic fertilizers, your efforts contribute significantly to making our world more accepting of cannabis. Each contribution enriches the diversity of our community. We rely on every member to persist in the fight for the rights of this plant and of those who depend on it. This includes participating in local board meetings, voting on cannabis-related legislation, supporting legacy brands whose founders risked everything, and, ideally, cultivating your plants to share with your community. At the end of the day, what matters most is our ability to set aside our differences, come together, and share a joint in solidarity. So light one up and keep fighting the good fight. 🌿



THE ESTTECH TEAM

WORDS & PHOTOS | MICHAEL JIE-SHEN FANG



REVOLUTIONIZING INDOOR CULTIVATION WITH ESTTECH LED PANELS

In today's ever-evolving cannabis industry, lighting technology plays a critical role in driving innovation and improving cultivation outcomes. ESTtech, a leader in LED grow lights, has been pushing the boundaries of indoor

horticulture with its cutting-edge designs and explosive technology.

Since their inception in 2016, they have collaborated with top growers across the USA to refine our products and offer LED solutions that maximize plant health, yield, and quality.

THE SCIENCE BEHIND OUR SUCCESS

The core of ESTtech's superior performance lies in its patented lens technology. The lenses are uniquely designed to diffuse the light across the entire canopy, ensuring even distribution and softer light exposure to the eyes. This not only protects the plants from harsh lighting but also allows for superior penetration, reaching the lower parts of the canopy. Unlike traditional LED systems, which often result in uneven light distribution, their lenses deliver consistent, focused light to every part of the plant, giving plants a perfect balance of intensity without the stress, resulting in faster growth and lush development.

As Michael Jie-Shen Fang, a young entrepreneur and one of the top breeders in the world, noted, "After incorporating ESTtech's lights into my grow, I immediately saw an increase in yield and the quality of my bud expression, which opened my eyes to how much my previous panels had been limiting my grow."

Their technology is so effective that it has become a target for imitation by other companies, yet no one matches the precision and results we achieve.

PATENTED LENSES + PREMIUM CREE DIODES: A WINNING COMBINATION

For those familiar with traditional HPS (High-Pressure Sodium) and CMH (Ceramic Metal Halide) lighting, ESTtech panels offer a unique hybrid approach. They combine the best of both lighting spectrums, delivering an optimized full spectrum that mimics natural sunlight and the best of indoor light technology. Again, Mike Fong says: This has allowed me to grow buds that compete with HPS-grown crops while maintaining the efficiency and sustainability of modern LED technology. Not only have my plants responded incredibly well to the spectrum, but they are producing thicker buds with richer colors and aromas."

They pair the lens technology with high-quality Cree diodes, which are known for their reliability and performance. These diodes provide a complete light spectrum, from UV to Far Red, essential for every stage of the growth cycle. By investing in premium components, they ensure that growers receive unmatched light quality and efficiency, leading to healthier plants and higher yields.

Shiloh Massive from Massive Creations, an extremely talented breeder from California, shared his experience: "I have been using ESTtech lights for the past two years and am convinced that the Cree diodes, combined with their advanced lensing technology, create a superior LED light that outperforms the competition."

WHY THE LENSES MATTER

The lenses are not just an add-on. Here's why they stand out:

- **Deeper Penetration:** *ESTtech's lenses ensure light penetrates down to the roots, resulting in uniform growth and fuller plants. This means even the lower leaves and buds receive the light they need.*



“ESTTECH UNDERSTANDS THAT GROWERS NEED EQUIPMENT THAT LASTS. THEIR LIGHTS ARE DESIGNED TO HANDLE THE HARSHTEST GROWING ENVIRONMENTS, WITH IP65 WATERPROOFING, MAKING THEM SUITABLE FOR HUMID AND DUSTY CONDITIONS. THE PASSIVE THERMAL MANAGEMENT SYSTEM ENSURES THAT HEAT IS DISSIPATED EFFECTIVELY, KEEPING ENERGY CONSUMPTION LOW AND MINIMIZING MAINTENANCE NEEDS.”

• **Precision Focus:** *The lenses diffuse light at the top to prevent stress on upper leaves while focusing light deeper into the canopy. This unique design allows growers to hang lights closer to their plants without risking burns. Dimmable options mean growers can keep lights at a consistent height throughout the growth cycle, eliminating the hassle of constant adjustments. This precision has impressed breeders like Carlo De Carli of Riverweed Italia, who shared, “ESTtech LED lighting was our best choice. Excellent quality, robust products capable of withstanding the demands of the most challenging indoor growing conditions, including heat, cold, and high humidity.”*

• **Full Spectrum in Every Lens:** Unlike other systems, each of our lenses houses the complete full spectrum, making it unnecessary to combine multiple diode types. Some models feature four diodes per lens, while others have 9, ensuring that plants receive balanced light throughout their development.

PROVEN RESULTS WITH LEGACY GENETICS

ESTtech’s lights aren’t just about cutting-edge technology—they’re about delivering real results. “These panels have been used to enhance the growth of legacy genetics like Sour Diesel, Chemdog, and OG Kush. These strains have shown remarkable expression under these lights, producing yields that rival those grown with traditional HPS setups while maintaining the efficiency and sustainability of modern LED technology” Mike Fang.

As Duke Diamond, a well-respected breeder from Virginia, puts it: “I was weary about the performance of LED lights after using DE fixtures for years. I used ESTtech LED fixtures for the first time, and I am never going back to DE. The ESTtech fixtures crushed it on yields and quality. ESTtech had superior penetration

into the canopy and delivered as advertised. My grows are all ESTtech fixtures moving forward. I couldn’t be more stoked.”

EQUIPMENT THAT LASTS

ESTtech understands that growers need equipment that lasts. Their lights are designed to handle the harshest growing environments, with IP65 waterproofing, making them suitable for humid and dusty conditions. The passive thermal management system ensures that heat is dissipated effectively, keeping energy consumption low and minimizing maintenance needs.

Mike Fang emphasizes the long-term benefits: “The gram-per-watt (GPW) and trichome density have been noticeably higher than what I’ve seen with my other lights. My breeding efforts have also benefited immensely, with larger, more viable seeds being produced under these lights.”

EXPERIENCE THE ESTTECH DIFFERENCE

Their dedication to innovation and quality sets ESTtech apart in a market crowded with imitators. Whether you’re a small-scale grower or managing a large facility, ESTtech LED solutions provide the precision and performance needed to maximize yields, improve plant health, and enhance the overall growing experience.

To learn more about ESTtech and their game-changing products, visit their website and take a step into the future of horticultural lighting. 🌿

IN MEMORIAM:

Dave "Damit" Mesford

WORDS | VIVIAN McPEAK



he North American cannabis legalization movement suffered a significant loss this year when Dave Mesford, known widely under the nickname of Dave Damit, left this world on 4/20 in his hometown of Lynwood, WA, after a several-year battle with cancer. Dave was a cannabis breeder

known in the Pacific Northwest for his Blue Crow Organics cultivars.

Dave was a core member of Seattle Hempfest for many years, starting as the event's photography coordinator and then moving on to construction manager. He also served as Seattle Hempfest Safety Patrol Main Stage lead, the Safety Patrol being Hempfest's internal event security. Dave was a partner at CannaCon and a founder of the Cannies Awards. He had studied business management at Edmonds College in his earlier years.

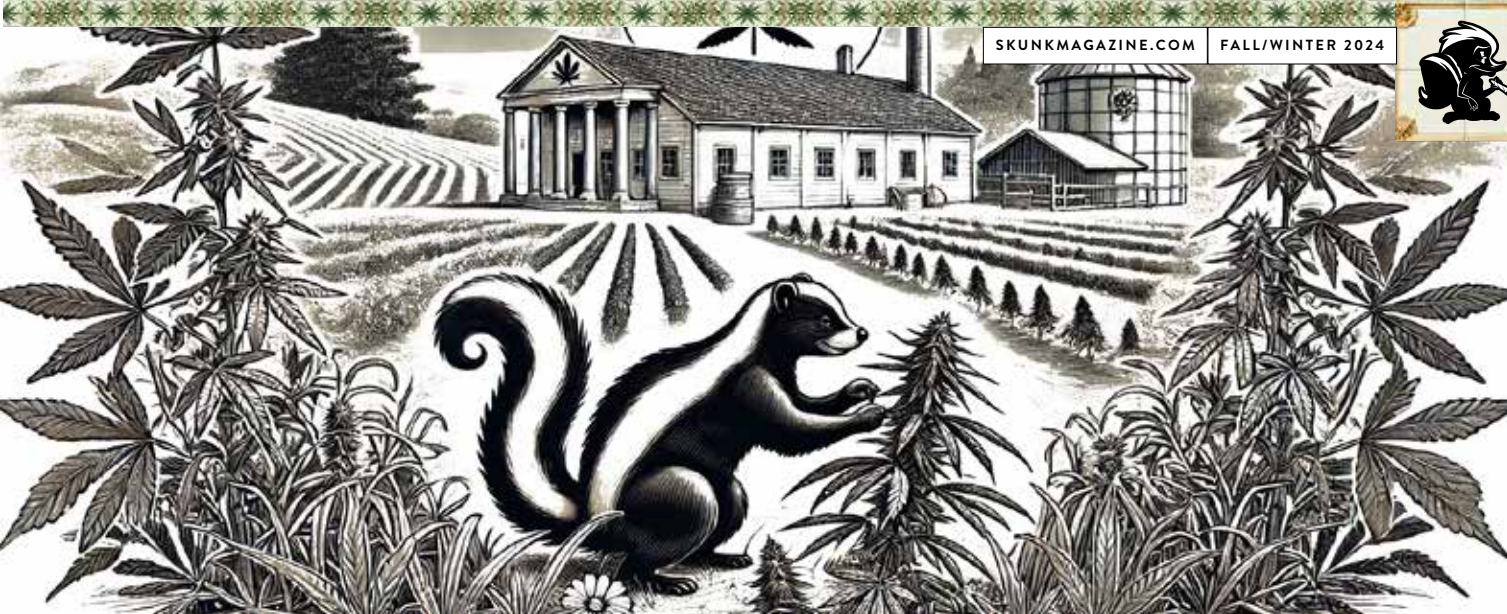
"THINGS WILL NOT BE THE SAME FOR US WITHOUT DAVE DAMIT'S DEEP, RESOUNDING VOICE, LAUGHTER, AND PASSIONATE EMOTION FOR LIFE."

To say that Dave was universally loved by those who knew him would not do justice to the depth of emotion his community holds for him. Dave's life was celebrated in May at Culture Yard, a Seattle house near the Fremont Canal where many Hempfest and other cultural events have occurred. Around 100 people gathered in the secluded backyard under a green canopy of leaves and branches to pay homage to Dave's impact on our lives. He had requested that, at his memorial, everyone pounded one strike on a large buffalo hide drum he handcrafted that was featured prominently inside a custom glass table in his living room. As people were taking their turns beating the drum, I realized that Dave was answering each one of us with the booming sound of his drum. It was a powerful ritual of remembrance.

Things will not be the same for us without Dave Damit's deep, resonating voice, laughter, and passionate emotion for life. But, as he knew we would, we'll pick up his sword and go forward in our quest to defeat cannabis prohibition. We know that he would be right here at our side until the end if he could. 🌿



1) of this photo dave wrote, "if you told me that someday i'd be proud to wear a badge i'm sure i'd have looked at you like you were talking in some unknown language. I've never been more proud than to be asked to wear this one." **2)** Dave with Sharon Seymour at Seattle Hempfest. Photo credit Kerry Accardi **3)** Dave, on left, posing with one of the Seattle Hempfest Main Stage leaves during event construction **4)** Dave somehow infiltrated Women of Weed at the 2017 Seattle Hempfest. Photo credit Amber Joy Meeker **5)** Buffalo hide drum that Dave made. Photo credit Vivian McPeak



CANNABIS HARVEST GUIDE

WORDS | BEN MORRIS PHOTOS | JP



Knowing when to harvest your cannabis can be tricky. We've created this guide to help you identify the major signs of harvest readiness to help you get the most out of your buds. To begin, let's have a quick review of the four major growth stages of cannabis.

GROWTH STAGES

Germination: 2-10 days

Seedling: 2-3 weeks

Vegetative ('Veg'): 3-15 weeks (or more depending on factors such as desired size, cultivar (strain) type, environmental variables such as RH, temp., light, and more)

Flower: 7-12 weeks (Can be up to 16 weeks for some sativa strains)

Germination refers to the time when the seed shell is softened by moisture, and the tap root is emerging. There are several methods of germinating seeds, including the paper towel method, placing seeds in a small cup of water, starting seeds in pulp from untreated paper/cardboard, and many more. Regardless of which method you use, the seed will need a dark, damp place to allow the tap root to emerge.

Once the tap root emerges and can be planted in soil or another medium of your choice, it has entered the seedling stage. At this stage, it has two small, flat leaves called cotyledons that are the main source of photosynthesis and food for the young plant. Very little to no nutrients are usually

required in the early parts of this growth stage. If adding nutrients, be cautious with your dilution rates as these little plants are easy to stress out with overfeeding.

The Vegetative or Veg stage is when you will see the most explosive growth from your plant(s). Roots, branches, and leaves are produced in high quantities as the plant continues to grow and absorb nutrients, light, and carbon dioxide. At this stage, the plant will need an increasing amount of nutrients, which can be provided with chemical means such as liquid nutrient feeds, slow-release pellets, etc. Increased nutrient availability can also

be achieved through bacterial and fungal inoculation of the soil commonly applied through compost teas. These microorganisms will provide the plant with whatever it needs; provided there are enough of the right kinds of bacterial and fungal species in the soil. During this stage, cannabis plants need more nitrogen than they do during the flowering stage.

At this stage, you can grow your plant(s) to the desired size before flowering. Some people prefer

to flower with very little vegetative time to reduce the 'stretch,' or the height increase the plant(s) will exhibit, while others will let their plants go for many weeks to maximize stalk and branch growth. Different cultivars of cannabis will exhibit different levels of stretching (vertical height increase) depending on factors such as environmental conditions and underlying genetic composition.

The Flowering stage is the stage at which the cannabis plant exhibits reproductive organs, i.e., pistils and stamens. This stage is initiated by a change in the lighting schedule for photoperiod cannabis plants.

“OUTDOOR HARVEST TIME IS HARDER TO PREDICT DUE TO GEOGRAPHICAL DIFFERENCES IN CULTIVATION SITES AND IS ALSO VERY CULTIVAR OR STRAIN DEPENDENT. FOR MANY PEOPLE IN CLIMATES WITH COLD OR SNOWY WINTERS, SOMETIME IN SEPTEMBER THROUGH OCTOBER IS USUALLY WHEN MOST CANNABIS GROWN OUTDOORS IS HARVESTED. FINDING OUT WHICH USDA PLANT HARDINESS ZONE YOU ARE IN AND LOOKING UP BREEDER/SELLER ESTIMATED TIMELINES FOR FLOWER CAN HELP YOU DETERMINE A MORE ACCURATE ESTIMATION OF HOW LONG YOUR CROP WILL TAKE TO MATURE.”



When receiving approximately 12 hours of light and 12 hours of darkness, photoperiod plants will begin to transition to their flowering stage. Auto-flowering plants will initiate this change regardless of light schedules due to their genetic composition.

At this stage, cannabis plants will use more phosphorus (P) and potassium (K) than nitrogen, although nitrogen is still needed.

Male plants will exhibit stamens, which are composed of anthers and filaments. These anthers look like pods or bananas and produce the pollen required for reproduction.

The females will exhibit pistils, which are usually first noticed when long, slender, white hairs called stigmas start forming from the bracts of the plant. These areas with the stigmas will become the female flower or buds that will contain the cannabinoid and terpene-rich trichomes we all get excited about.

The flowering stage can last anywhere from 7-12 weeks on average. Cultivars with more of an indica lineage tend to be ready for harvest sooner (5-8 weeks) than cultivars with more of a sativa lineage (10+ weeks). These are averages that stay consistent with most indoor grows.

Outdoor harvest time is harder to predict due to geographical differences in cultivation sites and is also very cultivar or strain dependent. For many people in climates with cold or snowy winters, sometime in September through October is usually when most cannabis grown outdoors is harvested. Finding out which USDA Plant Hardiness Zone you are in and looking up breeder/seller estimated timelines for flower can help

you determine a more accurate estimation of how long your crop will take to mature.

VISUAL CUES

Knowing when to harvest comes down to a few parameters: the desired approximate effect of ingestion (how smoking/eating/vaping the flower will make you feel) and visual cues from the plant.

Sativa-leaning plants usually require a longer time to flower than indica-leaning plants due to their genetic makeup. Seed breeders and sellers usually provide rough estimates of the number of days or weeks in flower each strain will require on average. The main visual cues for harvest are the stigmas and the trichomes.

STIGMAS

Stigmas are the long white hairs that grow from the buds of a female cannabis plant. These hairs are used to catch the pollen and transfer it down through the style into the ovary of a female cannabis flower, where a seed is made.

Stigmas will change their color and shape as they mature. They start as slender white hairs that increase in length until a certain point in flower. At this point, the stigmas will begin to curl and change color from white to yellow, orange, and/or brown, starting at the tips and moving down toward the bud. Some cultivars express reddish and/or purple tints in their stigmas, which can lend themselves to gorgeous visual aesthetics before harvest.

Orange or brown stigmas in high relative proportions indicate the plant's flowers are reaching their full maturity, whereas white



- 1) Young stigmas are all pure white. This coloration indicates the flower is still immature and will need quite a few more weeks to reach full maturity.
- 2) Developing stigmas. Note the increasingly orange 'hairs' and the reduction of white, indicating increased stigma maturity.
- 3) Fully orange/brown-orange-colored stigmas. These are more than fully developed and have dried and shriveled, but that's a good thing if you want seedless flowers!



stigmas in high relative proportions indicate the plant's flowers are still immature.

TRICHOMES

There are a few kinds of trichomes produced by cannabis, but the ones growers are interested in are the ball or spherical blobs that sit atop small, cylindrical stalks. These are called capitate-stalked trichomes, and they house the greatest quantity of terpenes (that help produce the smell of a cultivar or strain) and the greatest quantity of cannabinoids, such as THC and CBD.

Trichomes will look transparent or clear when young and will take a cloudy or milky appearance as they mature. Eventually, trichomes will become an amber or honey color if left to mature for a long time.

Trichomes are barely visible to the naked eye, so a magnifier of some kind is helpful in determining trichome color. There are several options available out there, including a basic hand magnifying glass, a jeweler's loupe, or a digital USB microscope.

Hand magnifying glasses can work perfectly fine, provided there is enough light in the environment.

Jeweler'soupes have their own light source which can really help pinpoint how transparent or cloudy your trichome heads are.

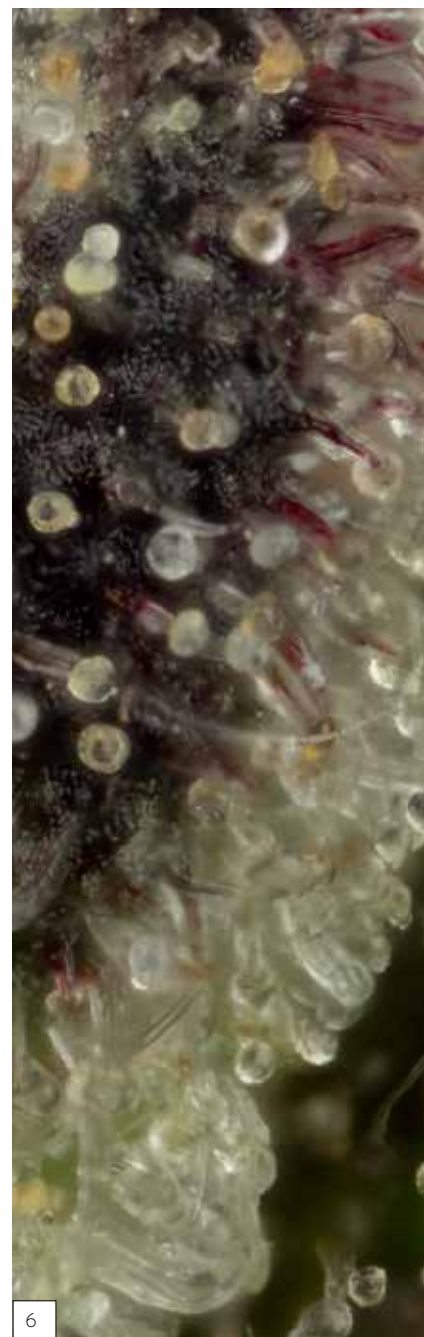
Digital USB microscopes are also a great option for more accurately assessing your trichomes. These devices can plug straight into your phone and produce pictures as well as videos in high resolution of the plant surfaces you want to inspect closely. There are many cheap options financially for these (most around \$30 on average) without sacrifice in the quality required to accurately assess trichome transparency/opacity.

HARVEST TIME PREFERENCES:

EARLY HARVEST

Some growers prefer to harvest when most of the trichomes on their plant are clear and only about 40-60% of the stigmas have darkened. This will usually produce a "speedier" or "energetic" high as opposed to a sedative or "couchlock" high when ingested.

Many growers looking for these effects will harvest when approximately 40% or less of the trichomes have turned cloudy, and the rest are clear (60-70%). Clear trichomes indicate higher levels of CBG (another cannabinoid-



4) Capitate stalked trichomes with clear heads. The translucence indicates the trichomes are still immature and will have cannabinoid content, mainly CBGA.

5) Trichomes with cloudy or milky heads. This opacity (cloudiness) indicates higher levels of THCA and CBDA as the CBGA has turned into these more active and desirable compounds. These trichomes indicate the plant is ready or just about ready for harvest.

6) A mix of cloudy and amber trichomes. The amber color in some of these indicates that some of the THCA and/or CBDA have been converted into CBNA. If the majority of the trichomes are amber, then the flower may have been harvested too late. This can be a matter of preference, though. More on that later.



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like THC and CBD) rather than other cannabinoids. This is because CBG turns into THC and CBD over time, thus transparent trichome heads indicate less THC and CBD.

NORMAL HARVEST

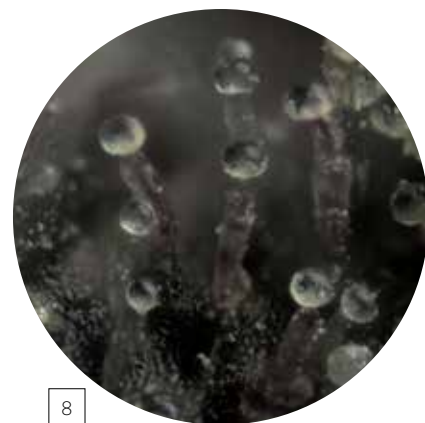
Most growers will harvest when 50% or more of the trichomes are cloudy, and the rest are clear, with few to zero amber heads showing. The cloudy trichomes indicate higher levels of THC and/or CBD as the CBG has converted into these more desirable cannabinoids.

Some growers prefer to wait until 70% or more of their trichomes are cloudy to harvest, as this means higher quantities of THC and CBD. Regardless of percentages, a higher amount of cloudy trichomes with lower amounts of clear

trichomes and little to no amber trichomes indicates the highest THC/CBD levels.

Don't sweat it if only around 50% of your trichomes have turned cloudy if you are growing outdoors and running out of time for the growing season but want a higher percentage of opaque trichome heads. It is always better to pull your crop slightly early than to let it get hit hard by torrential rains late in the season and risk mold or freeze to death after multiple frosts.

This obviously depends upon the season, the climate, and other factors in the environment the cannabis is grown in, which varies from location to location. Keep an eye on your weather reports and inspect your grow daily to ensure your plants are getting what they

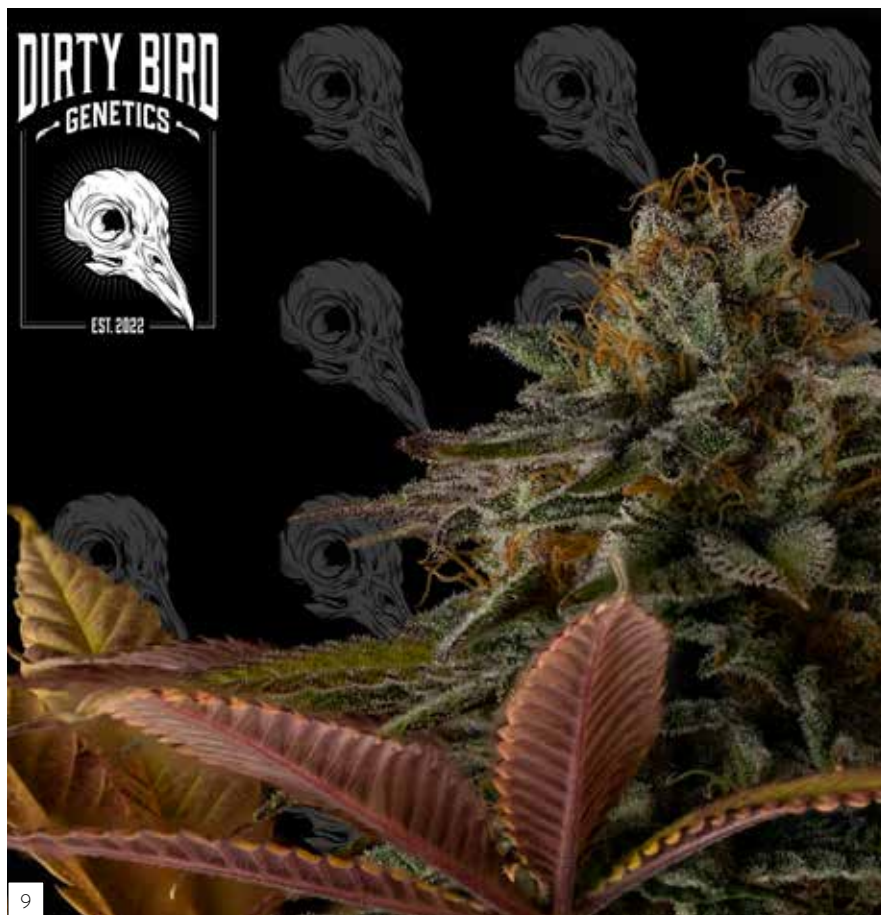


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7) The stigmas are about 50% or more orange, with a significant number of white stigmas still remaining. If harvested now, it may be a 'speedier', less THC-heavy high when ingested.

8) ~40% cloudy trichomes with ~60% clear trichomes. These are prime for an early harvest and are close to the clear/cloudy ratio commonly desired for most normal harvests.



need and are healthy before harvest.

As far as stigmas are concerned, many people will harvest when approximately 70-90% have darkened and curled inward. This is in addition to when 50% or more of the trichomes have become cloudy or milky, as previously stated.

LATE HARVEST

Some growers that prefer the “couchlock” effect or a more sedative effect will usually harvest when there are almost no clear trichomes and many amber-colored trichomes. The high number of amber-colored heads indicates that the THC/CBD (cloudy trichomes) has converted into CBN. Many growers have reported that this later-harvested cannabis induces drowsiness and helps with sleep.

When 90-100% of the pistils have darkened and 30-40% or more of the trichomes are amber, with the rest being cloudy, cannabis will have much higher amounts of CBN and lower amounts of THC/CBD.

SUMMARY

EARLY HARVEST

Pistils 40-65% darkened
Trichomes 60% or more clear,
40% or less cloudy heads

NORMAL HARVEST

Pistils 70-90% darkened
Trichomes 50-70%+ cloudy, 50% or
less clear, little to no amber heads

LATE HARVEST

Pistils 90-100% darkened
Trichomes 70% or less cloudy, 30% or
more amber, little to no clear heads



The optimal time to harvest is during the early morning before the lights in your room have turned on or before the sun has come up if growing outdoors. This is because, during the day, the cannabis plant uses metabolites in photosynthesis that can harm the overall taste of the flower once dried and cured. The metabolites are great for your plant's growth but not the best for your enjoyment when consuming the final product. If cannabis

9) -90% or more of the stigmas have darkened and turned a brown-orange.

10) Many amber heads (~40% or more) with some cloudy and a few clear trichome heads. The relative abundance of amber trichomes indicates this will be a more CBN-heavy and possibly sedative experience when ingested.



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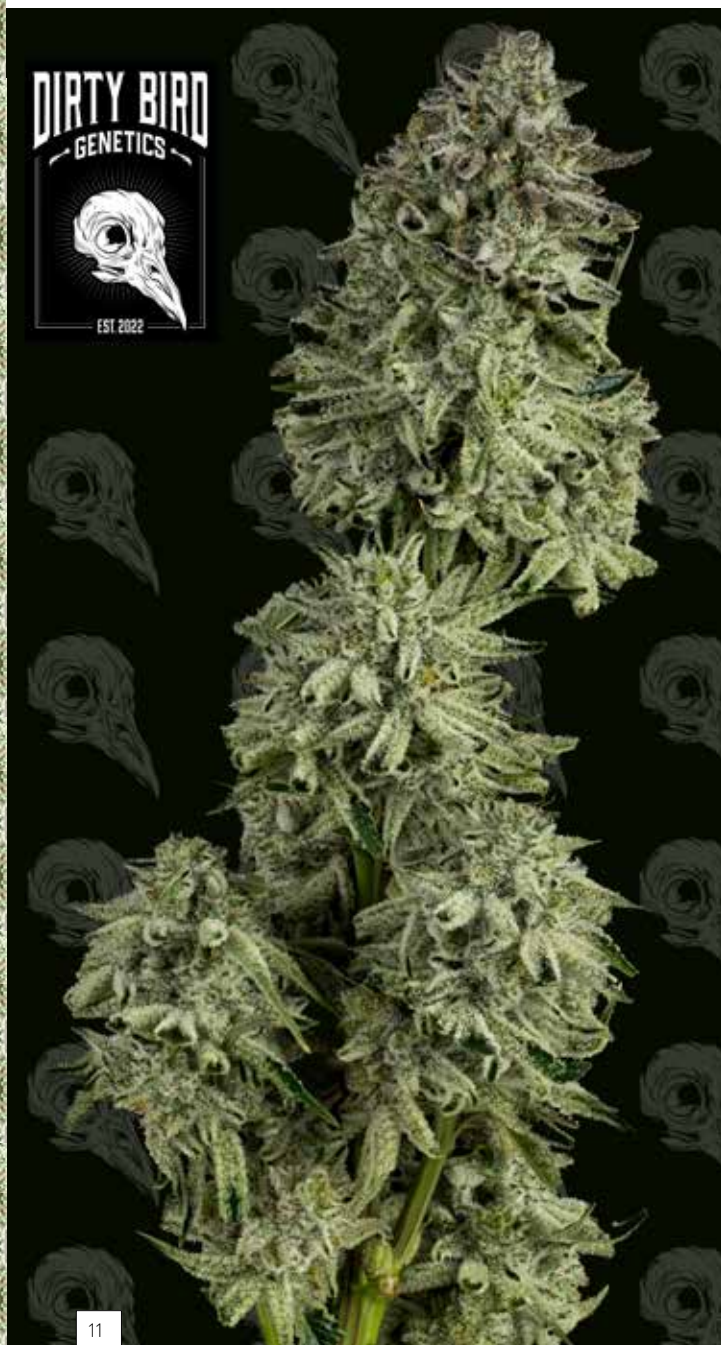
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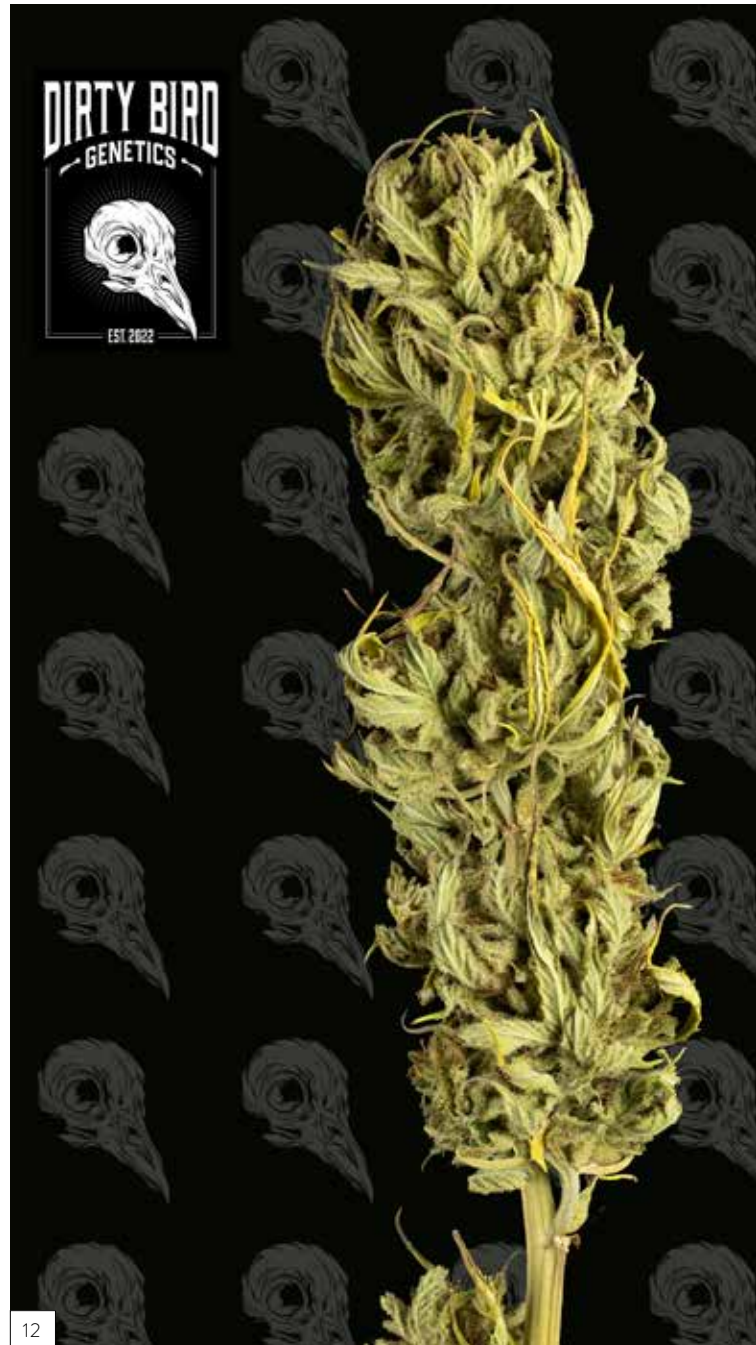
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is harvested before the lights come on/sun comes up, it will have less of these metabolites and will usually have a more desirable taste.

Note: Not all buds mature at the same time. Often, the buds higher on the plant and closest to the outside of the plant (i.e., those that received the most photosynthetically active light) will mature faster than those lower on the plant or within the plant. Some growers

will disregard this due to preference and convenience at harvest and still harvest their entire plant, while others will harvest their plant(s) in stages to allow all buds to fully mature. Neither method is better than the other, as it is all a matter of taste and/or necessity.

Some growers will flower their plants using the Screen Of Green (ScrOG) method, in which they stretch out the plant's branches into a

mesh screen to increase light penetration to buds that would otherwise be obscured by leaves and inflorescences higher on the plant. This method can increase yields by allowing more light to a higher number of buds and thus driving higher amounts of photosynthetic reactions more evenly throughout the plant.

11) A branch of freshly trimmed bud. This would be an example of a wet trim as the fan leaves and non-trichome-covered parts of the smaller leaves have been removed before the bud was dry. This will lead to a faster drying time.

12) A bud that is ready for dry trimming. Note that many of the leaves were left on the buds during drying. This method can help improve flavor and taste due to a slower drying time, which may protect volatile terpenes from evaporating.

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METHODS OF HARVEST

Once you have the rough percentage of cloudy trichomes and darkened pistils you prefer, it is time to harvest your plant. There are a few ways of doing this, and each grower prefers their method for their own reasons. Below is a brief description of some of these methods.

WET TRIM VS DRY TRIM

Wet trimming involves cutting the large fan leaves off and trimming the sugar leaves (small leaves closest to the bud covered in trichomes) right after the plant is cut for harvest. This allows for a fast trim as all the leaves are still turgid (rigid with water) and are easily cut. This method usually also results in faster drying time for the flower as there is less water in the overall plant to evaporate out.

Dry trimming involves cutting and hanging the plant as a whole or in large branches with all the leaves still on it. After a few days to a week, the fan leaves are removed, and the sugar leaves are trimmed. This will result in a longer drying time due to the increased amount of water needing to evaporate out from the fan and full sugar leaves. This also makes trimming slightly harder as the leaves will either be crispy or will stick to the bud.

BOTH METHODS HAVE PROS AND CONS

Wet trimming allows for fast trimming and fast drying times but may decrease the overall smell and taste of the final product.

Dry trimming takes longer and makes trimming more difficult, but it can help retain the smell and taste of the final product. This is because the larger leaves and slower evaporation rate of water can help to shield volatile terpenes and keep them within the trichomes rather than evaporating into the air to be lost.

HAND TRIM VS. MACHINE TRIM

Hand trimming refers to trimming and shaping the buds by hand with sharp, fine-point scissors or trimmers. This is the method usually employed by growers with smaller grows and by small businesses, as the amount of flower produced in those instances usually is not enough to warrant the investment of a trimming machine, which can be quite costly.

Hand trimming, if done correctly, usually produces better-looking buds in the bag or the jar since the person trimming can tailor the cuts needed to the unique scenarios presented by every bud. They can create aesthetically pleasing flowers without wasting much of the valuable, trichome-rich material.

Hand trimming does have some drawbacks for some scenarios. It takes much longer than machine trimming, which can be disadvantageous if a grower has a large-scale operation with large amounts of flower to process and trim. On average, it takes at least a day (sometimes two!) to trim 1 pound of dried flower, which may not



be financially feasible for large operations.

Machine trimming simply means the trimming is automated by a machine. There are many kinds of machine trimmers available commercially at a range of prices and varying levels of quality.

Machine trimming has its own advantages, such as a faster processing time for your flower. Faster trimming/processing time means you can get your buds to market (if selling) faster, which will hopefully yield faster profits. It also means that you can enjoy the fruits of your labor much more quickly as well, even if you just grew your cannabis to smoke/vape/eat it yourself.

Machine trimming also has drawbacks, such as higher amounts of bud wasted due to some machines taking too much mass out when trimming. This can result in lower potency buds that also don't look as visually appealing and can lead to an increase in loss of trichomes, which affects the smell and taste of the final product. Machine trimmers are also usually quite costly, which can be a big financial burden for the home grower or small business.

Neither machine nor hand trimming fits every scenario, and it is the unique needs of individual circumstances that dictate which route makes the most sense.

Ultimately, it is up to the grower to determine which method(s) of harvest they prefer or which method is required by necessity, as everyone's tastes, needs, and grow/dry space parameters are different. Regardless of which method(s) you employ, it is important to use clean scissors or trimmers to avoid any chance of introducing mold to your flower. A 10% bleach solution or cleaning vinegar can be used to clean trimming/cutting implements between use. Isopropyl alcohol can also be used but is not as effective at killing mold spores as bleach or vinegar.

If you are trimming a machine, consult the user manual that came with your trimmer to learn how to properly clean and maintain it between runs.

Harvest time is usually the most exciting part of the growing process (aside from ingesting the final product, of course!), and it can be tricky to know when to cut down the plant(s) you've put so much work into. By using visual cues, such as pistil color and shape, as well as trichome transparency/opacity, you can be more confident in knowing you've chosen the opportune time to harvest.

We hope this guide has been helpful. Happy Harvest! 🌿



13) Perfectly cloudy trichomes on this bud with only a hint of the beginning of amber in 1 or 2 of the heads. This flower is in a great spot for a 'normal' harvest.

14) More developed trichomes with amber-colored heads, in increasing proportion. This may end up a bit more sedative than if it had been harvested before the increased presence of amber trichomes, but that may not be a bad thing at all, depending on your preferences!



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RE-LEGALIZING NEPAL

WORDS | HEMAN SHAHI



n the cloud of smoke created by the West's embrace of cannabis, people tend to forget the old cultures that nourished

the plant and were nourished back in return. They forget that before brand names and lab tests, there were thousand-year-old traditions surrounding the cultivation and use of the cannabis bush. There was a time when American and European free thinkers left their countries in great numbers on pilgrimage, backpacking through the Middle East and Eurasia, walking the Silk Road while the Cold War happened in the background of their minds. For many of them, it was cannabis that opened their eyes to a third way of thinking. At that time, the prohibition against cannabis was not yet a global policy.

“CANNABIS IS FROM THE HIMALAYAS AND HAS BEEN GROWN AND USED THERE SINCE BEFORE WRITTEN HISTORY. ITS SIGNIFICANCE IS DIRECTLY STATED IN THE ATHARVA VEDA, AND DURING THE MAHASHIVRATRI FESTIVAL, IT IS CONSUMED IN TRIBUTE TO LORD SHIVA TO EXPERIENCE A TASTE OF THE DIVINE BLISS OF THE SPIRIT. WE CALL THIS STATE ANANDA IN SANSKRIT, THE MOTHER OF NEPALI AND NORTH INDIAN LANGUAGES.”

And like the saying, “all roads lead to Rome,” in this case, the roads usually led to Nepal, the birthplace of cannabis culture, of ganja and charas, and a spiritual tradition that has accompanied its use from the very beginning.

Cannabis is from the Himalayas and has been grown and used there since before written

history. Its significance is directly stated in the Atharva Veda, and during the Mahashivratri festival, it is consumed in tribute to Lord Shiva to experience a taste of the divine bliss of the spirit. We call this state ananda in Sanskrit, the mother of Nepali and North Indian languages.

In Nepal, especially during the festival of Shiva, we smoke with a chillum. A proper chillum is a long pipe with a stone in the middle to keep your flower or hash from being pulled through, not like the little glass chillums you buy in headshops. Real chillums are made of clay that cools the smoke as it is inhaled. Can you imagine a religious holiday in

the West where smoking like this is not just tolerated but expected and encouraged?

From the 1950s until the mid-1970s, enlightened people from America and Europe – poets, academics, musicians, students – took the overland route in search of their own ananda, often ending up in Nepal, where

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government-authorized shops sold weed and hash. Think of the coffeeshops in the Netherlands or the dispensaries in California, but more open and free. Kathmandu was the original Amsterdam, a place people traveled to explore their relationship with cannabis and make contact with something greater. It was something the free world did not permit them.

Then, one day, the King of Nepal decided cannabis would be illegal, and the shops closed. The laws changed. The Hippie Trail went the way of the old Silk Road. Almost overnight, a country with no significant illegal drug trade became riddled with the problems that come with prohibition: organized crime, addiction, and mass imprisonment. The same happened all over the world, in countries where cannabis was always seen as more than just a drug, places where it was part of the fabric of culture and history.

I was born in Kathmandu and lived between there and South India until I finished high school. I've been smoking cannabis and hash since I was about 14 years old. It wasn't always a spiritual exercise for me, and it definitely was not a matter of political activism. That came much later. I was like most young men, prioritizing the hustle and the money and chasing thrills. Being a stoner who worked in sales for commission, it was not a big leap to become a dealer. It made sense.

Back then, we didn't enjoy the same cannabis laws we do today, so you had to watch your back. But I was already used to that. When you're an immigrant in America, being under increased scrutiny becomes second nature.

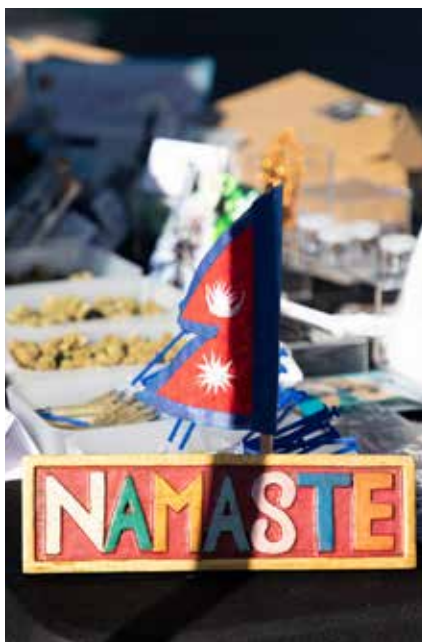
You have to stick your neck out even farther than other people, and for an immigrant, the consequences can be double. Going to the hood for a dime bag of brown weed is that much more dangerous. I was playing with fire.

I rode that wave for a long time, and it was a lot of fun. Our brand was called Hinduza Collective, and we went all around America during this time, seeing more of the country than most Americans ever do. We were known for throwing parties and hosting underground events up and down the East Coast. The energy was there. The enthusiasm was there. It seemed obvious where the wind was blowing, and it was becoming clear that there would soon be major shifts in cannabis law in the Northeast, if not the entire USA.

But it was my karma to be the subject of a major cannabis bust. Without giving specific details, just imagine how much weed someone needs to have to be involved in a bust in an almost legal state. It was grim.

And then, when it seemed like things couldn't be any more grim, the whole world was dropped into a pandemic, and everyone was told to stay inside.

It hit me like a train. I had never been so depressed in my life. I know I'm not the only one, either. During that time, it seemed there were two crises at once, not just COVID-19 but a mental health pandemic at the same time. It was a miserable year and, for some, a miserable few years. Yet I'm grateful for it all – even my arrest – because it led me to discover my guru, Sadhguru, who comes from the same part of India where I went to primary





school. He drove me to look inward for the first time, inward toward my roots, my homeland, my spirituality, and the history that was always right in front of me. I started practicing yoga and mindfulness of the life around me. I started reading and understanding more about my own background and the geopolitical struggles of my home country. It inspired me to direct my energy in a different way, and that's when we established Legalize Nepal.

Since then, I can't think of cannabis without thinking of its real meaning. It's not just for getting high. It's a sacred plant, a sacramental plant. It's an ecologically responsible, economical crop with a hundred different uses. It embodies the elements and opens the spirit. In Nepal, we have known this for thousands of years, and we have educated any outsider who has sought that knowledge. In that spirit, Legalize Nepal seeks to educate anyone who will listen and spread the seeds of our grassroots campaign.

Now, the US federal government is finally preparing to move marijuana from Schedule 1 (next to heroin) to Schedule 3, and a majority of US states are pro-legalization. It's an exciting moment, even if it's just a baby step.

I hold a CCTM certification from New York's Office of Cannabis Management, and I can't wait to see what's next. Just like everyone else, the possibilities of legalized cannabis here in the USA excite me. But they also make it even harder for me to ignore the sad state of cannabis law in Nepal, the birthplace of this versatile, spiritual medicine. Today, as Americans are accepting the uselessness of prohibition, there are more than ten thousand Nepalis imprisoned on cannabis charges. That's a third of those imprisoned in the USA for the same crime in a country with only one-eleventh of America's population. For Nepal, ten thousand is no small number of people.

The big irony here is that it was America that started the War on Drugs and exported it all over the world. The USA was a leading figure in the Single Convention on Narcotic Drugs, adopted in 1961, which forever impacted the perception and legality of the cannabis plant globally. Pharmaceutical companies were influential in this convention, and in fact, they never stopped influencing global drug policy.

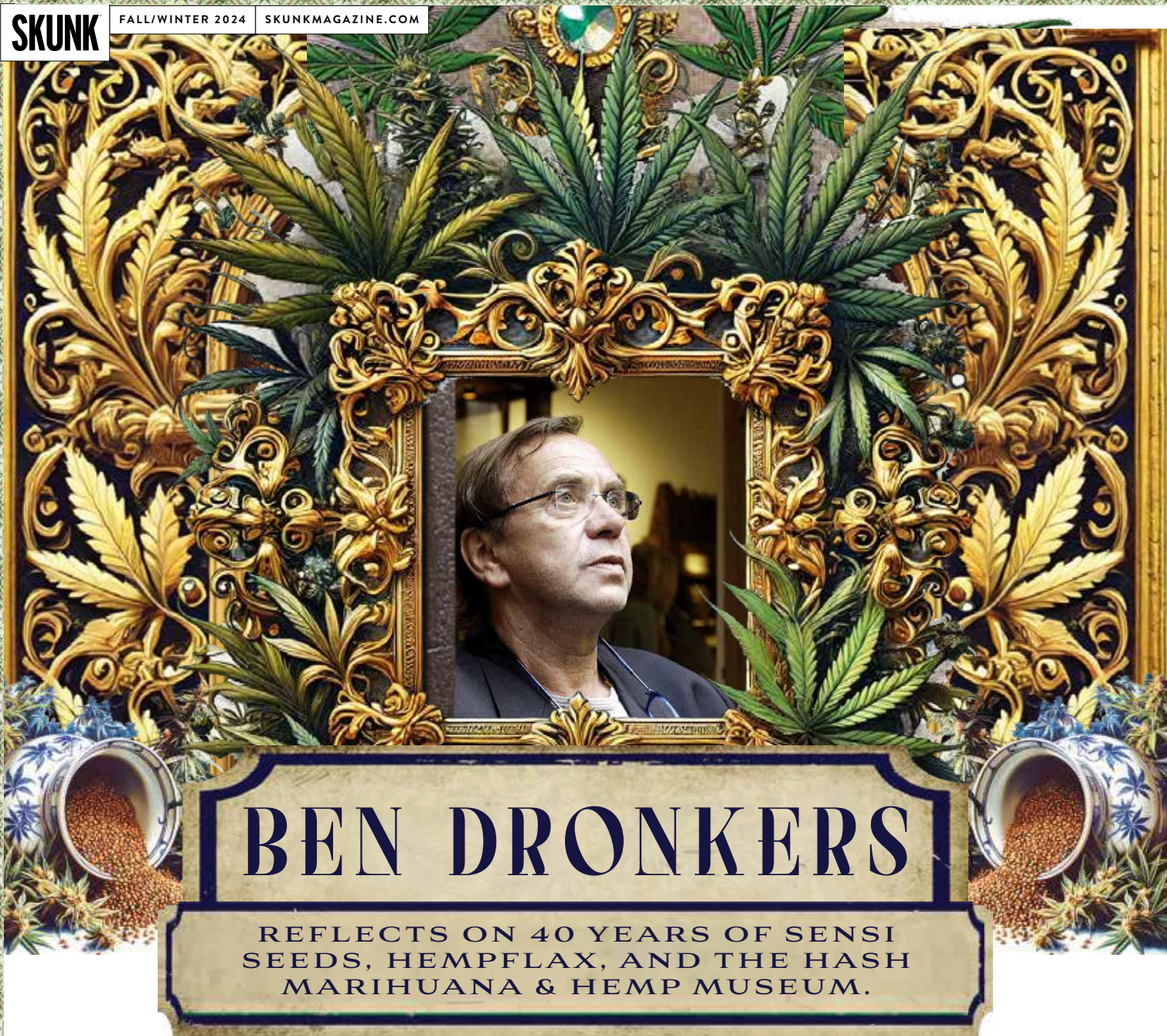
Later, in 1973, it was President Nixon and the newly formed Drug Enforcement Administration who orchestrated a direct

payment of around \$50 million to Nepal's King Birendra in exchange for his cooperation in prohibiting cannabis. With the snap of a finger, this multifaceted substance became an illegal drug. That's how we got to the situation today, where the Kingdom of Nepal now even forbids smoking ganja during Mahashivratri, a practice everyone always considered immune to regulation.

When we say Legalize Nepal, we mean to liberate Nepal from the prohibition that came from outside its borders, to liberate the people held in prisons for having or using this sacred plant, and to liberate the plant itself from the stigma forced onto it, not just in Nepal, but everywhere. Our goal isn't to get high, even if that might happen along the way. The true goal is the creation of a unified world: a conscious planet experiencing global ananda. Cannabis is a ladder to that place for everyone. And the struggle of Nepal is actually everyone's struggle.

Slowly but surely, the tide is turning, but in politics, nothing moves on its own. Our movement has made headway solely with the help of private, individual donors. I encourage anyone to visit our website, learn more about our cause, and make a donation. 🌿





BEN DRONKERS

REFLECTS ON 40 YEARS OF SENSI SEEDS, HEMPFLAX, AND THE HASH MARIHUANA & HEMP MUSEUM.

INTERVIEW | JULIE CHIARIELLO PHOTOS | COURTESY OF BEN DRONKERS ART | BRANDON PALMA / 8THDAYCREATE



In the dynamic world of cannabis, few names stand out as prominently as Ben Dronkers. A true pioneer, Ben's journey began over 40 years ago when he founded Sensi Seeds, one of the first and most influential cannabis seed banks in the world. But his contributions to the cannabis industry extend far beyond seeds. As a tireless advocate for the plant and its many benefits, Ben has dedicated his life to preserving the genetic diversity of cannabis, fostering education, and fighting

for the plant's rightful place within society.

In this interview, Ben reflects thoughtfully on his life's work: his early travels to collect seeds from around the globe, the founding of Sensi Seeds and The Hash Marihuana & Hemp Museum in Amsterdam and Barcelona, and his commitment to sharing the rich cultural history of cannabis with the world. He also speaks candidly about the ongoing struggles we still face with corporate greed, government resistance, and social injustice that continue to plague the cannabis industry and our world today.

Ben's story is not just one of business

success but also of resilience, passion, and an unwavering commitment to a vision of our world where cannabis science and medicine are understood, respected, and integrated into daily life. He shares insights on maintaining a balance between activism and entrepreneurship, the vital importance of preserving cannabis genetics, and the need for a sustainable future.

Enjoy with me as we journey with Ben through the past, present, and future of cannabis. This conversation is a testament to the power of conviction, the spirit of resistance and perseverance, and the enduring love for our sacred plant.

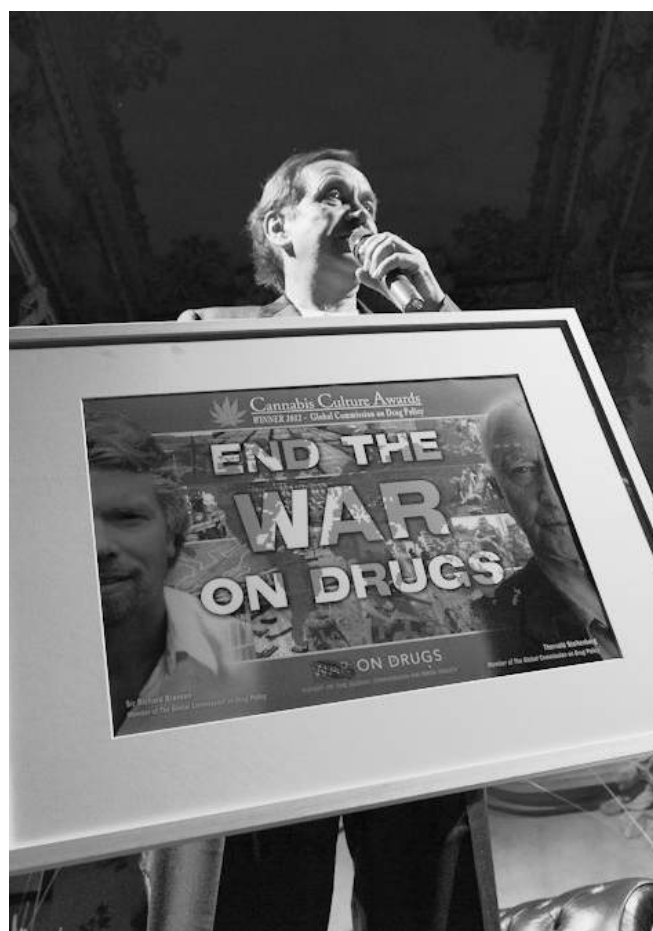


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ALL VARIETIES LISTED IN ORDER OF MATURATION

PURE VARIETIES	HYBRID VARIETIES ♀ first / ♂ second
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\$2.00 Afghani #1	
\$2.00 Afghani #2	
\$3.00 Afghani #2 Purple	
\$2.00 Skunk #1	
\$2.00 Skunk #2	
Mature in November	
\$2.00 Nepali	\$2.00 Nepali/Afghani
\$3.00 Malawi	\$2.00 Malawi/Nepali
	\$2.00 B. Early Haze/Afghani
<i>All above can be grown outside most years in S.F. Bay Area</i>	
Mature in December	
\$2.00 South Indian #1	\$1.00 Nepali/Haze
\$1.00 South Indian #2	\$1.00 Haze/Nepali
\$5.00 South Indian #3	\$1.00 Nepali-Haze/South Indian
\$5.00 Original Haze #1	\$2.00 B. Early Haze/South Indian
\$5.00 Original Haze #2	\$2.00 Haze/South Indian
\$5.00 Original Haze #3	\$1.00 Thai-Haze/South Indian
\$5.00 Original Haze #4	\$5.00 South African/Haze
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	\$2.00 Burning Bush/South Indian
Mature in January	
\$5.00 Extra Late (New Years) Haze	

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Julie Chiariello: Ben, you truly are a Renaissance man in every sense of the word. Through your natural interests, you have helped create pathways for millions of people to access healing and empowerment with cannabis. You've also encouraged numerous industries to adopt hemp raw materials within their structures once again. Your love for the natural world and plants began in your parents' garden, particularly influenced by your mother's green thumb. Can you tell me about your childhood and how your love for the earth and plants was nurtured and inspired?

Ben Dronkers: *As you mentioned, my mother loved gardening. She had a beautiful garden with many flowers and was very proud of it. She had what we call 'green fingers,' a natural talent for growing plants, and that left a lasting impression on me. It's something you carry with you, even if you're not consciously aware of it at the time. My father was a humble man, and although I didn't appreciate that trait much as a child, I later realized its importance. These are some of the gifts I received from my parents during my childhood.*

JC: We believe our rightful place as human beings is to be stewards and protectors of Mother Earth, practicing sacred husbandry with her plants for food and medicine in symbiotic ways. As you worked with plants, you didn't just stop at cultivation. You were also fascinated with crossbreeding, trying to improve the quality and durability of the plants. Tell us a bit about the evolution of your passion for plants.

BD: *It all started with smoking cannabis, and I quickly realized it was an amazing plant that didn't cause problems. I saw the same with my friends and couldn't understand why it was forbidden. This puzzled me, especially since I was rebellious and anti-authoritarian as a child. There were no good answers to why cannabis was illegal until I started learning more from friends and people who visited my seed shop and museum in Amsterdam. They shared the same passion, and we exchanged a lot of information. It was a time of limited freedom because cannabis was still illegal, but Amsterdam had a more*

liberal approach, allowing us to explore this passion. Even though I was arrested multiple times, it didn't stop me. Growing plants is incredibly fulfilling, sometimes even more so than using them. There's something beautiful about seeing life grow from a seed and then utilizing the plant in various ways. We learned a lot from growing a few varieties and observing their natural crossbreeding. Over time, we gained more knowledge and started selectively crossbreeding in the traditional way, which was fantastic to see the results.

“IT ALL STARTED WITH SMOKING CANNABIS, AND I QUICKLY REALIZED IT WAS AN AMAZING PLANT THAT DIDN'T CAUSE PROBLEMS. I SAW THE SAME WITH MY FRIENDS AND COULDN'T UNDERSTAND WHY IT WAS FORBIDDEN. THIS PUZZLED ME, ESPECIALLY SINCE I WAS REBELLIOUS AND ANTI-AUTHORITARIAN AS A CHILD. THERE WERE NO GOOD ANSWERS TO WHY CANNABIS WAS ILLEGAL UNTIL I STARTED LEARNING MORE FROM FRIENDS AND PEOPLE WHO VISITED MY SEED SHOP AND MUSEUM IN AMSTERDAM. THEY SHARED THE SAME PASSION, AND WE EXCHANGED A LOT OF INFORMATION. IT WAS A TIME OF LIMITED FREEDOM BECAUSE CANNABIS WAS STILL ILLEGAL, BUT AMSTERDAM HAD A MORE LIBERAL APPROACH, ALLOWING US TO EXPLORE THIS PASSION.”

JC: As a rebel, you also became an activist, fighting against cannabis prohibition.

Can you tell us about your experiences with the museum you opened?

BD: *When we opened the museum, the Minister of Justice immediately ordered its closure. Ed Rosenthal and I reopened it, and the police eventually stopped intervening. We took the case to court and won, arguing that there was no precedent for closing a museum, especially in Amsterdam. The only museum ever closed before was the Jewish Historical*

Museum, and that argument helped us win. Our activism, combined with a love for the plant, drove us to continue despite the challenges.

JC: Let's talk about your teenage years.

You worked for the Holland America Line, experiencing many different countries. Can you tell us what it was like to travel to these incredible locations during the 60s and 70s? Did your time with the Holland America Line expand your consciousness as a global citizen?

BD: *Absolutely. The first time I sailed out with a ship and saw new countries, it was eye-opening. Holland doesn't have mountains, so seeing beautiful places, islands, and different people was incredible. I remember visiting Bermuda and seeing coconut trees for the first time. When I went to America, it was another eye-opener. There were still old Dutch communities there, and they invited us from the ship to tour places like San Francisco and L.A. We visited a black church where people were singing, and it was beautiful. Traveling expanded my consciousness, showing me the world in a new perspective.*

JC: Cannabis opened your consciousness and immersed you in the counterculture in Amsterdam. You opened a clothing shop in the 1970s, traveling frequently to Turkey, Afghanistan, and Pakistan for textiles. This deepened your appreciation for cannabis and hemp textiles as a more eco-friendly alternative. Can you tell us about this time and how it inspired your later work?

Which places inspired you most

with their genetics and cannabis culture?

BD: *While working in textiles and fashion, I traveled to places like Dubai and Pakistan, where I was fascinated by the beautiful embroidery with beads and other details not seen in Europe. In Pakistan, while I was there for textiles, I was also interested in cannabis. I remember walking around a village with my son Alan, looking for marijuana plants. At first, we couldn't see any, but then suddenly, they were everywhere. It was amazing to see how prevalent it was.*



The locals were very friendly and proud of their hashish, often sharing it generously. This generosity and the quality of the hash were eye-opening. Even though there were dangers like roadblocks and the military, it was an exciting time. The experience inspired me to bring seeds back to Holland, where we started our first grow.

JC: It sounds like a generous and friendly culture.

BD: *Yes, they would invite us to drink tea and share their hash. I remember visiting a farm in Pakistan with a variety of hashish types. Despite being advised to downplay my reactions, the quality was undeniable. It was an amazing experience, though quite risky due to the local political situation. These experiences stayed with me and inspired our work in Holland.*

JC: And the farmers had to practice companion planting, growing cannabis between other crops?

BD: *Yes, they had regulations that allowed them to grow cannabis only between other crops, but the cannabis often took over. The fields were full of it. This exposure to the plant and the hash culture inspired me to bring seeds back to Holland and start growing.*

JC: You were a key figure in transforming cannabis culture in Holland and Europe. You traveled the world to build your seed collection. At first, your flower product wasn't selling because it was different from what people were used to. Your big break came with coffee shops like Happy Family and Prix de Amis. Can you tell us about that experience and how it changed the perception of cannabis in Holland?

BD: *In Holland, people were used to smoking Moroccan hash or imported bricked weed from places like Colombia or Thailand. Our herb was fresh, green, and different. At first, coffee shops didn't want to buy it because it looked like spinach. I left samples at places like Happy Family and Prix de Amis, telling them if they didn't like it, they didn't have to pay. When I returned, they were surprised at how quickly it sold, especially to Americans who were familiar with homegrown cannabis. This success marked a shift in the market, and soon every coffee shop wanted it. The quality of our product was a significant breakthrough.*

JC: My first time in Amsterdam was in 1998, and I got to experience the flower and hash

culture. It's impressive how quickly tastes changed and how people started appreciating higher-quality flowers. Let's move on to the next topic. In 1985, the first incarnation of Sensi Seeds was founded as the Sensi Seed Club, also known as the Sensi Connoisseurs Club. Your breeding programs expanded, and you standardized the process of creating hybrids, keeping meticulous records. In 1986, the Sensi Seed Club shop opened in Amsterdam, selling seeds and grow equipment, making it the first all-in-one seed and grow shop in the Netherlands. In 1991, you bought Neville Schoenmaker's The Seed Bank, merging the two companies' genetic libraries and expanding to around 40 strains. This period saw the growth of the Cannabis Castle and the company. Can you tell us more about this exciting time?

BD: *Neville had a beautiful house that became the Cannabis Castle. He primarily sold seeds to America, while I focused on Amsterdam. Neville faced legal issues due to his sales in the U.S., and eventually, he went to Australia, planning to marry. He asked me if I wanted to buy his company; we had been working together for years, selling each other's seeds. We were friends and colleagues, although Neville could sometimes be challenging due to his past as an addict. After escaping from Australia to avoid extradition to the U.S., Neville returned to Holland and continued working with us.*

JC: So you helped a friend out during a tough time?

BD: *Yes, he was in a difficult situation, and we supported him. This period was pivotal for Sensi Seeds as we expanded our genetic library and established ourselves in the market.*

JC: You speak about cannabis being for all of humanity, a sentient plant here to assist us. You have said that you feel cannabis is a sacred right that every human should be able to work with, grow, and imbibe. Can you tell us more about your feelings and the passion you have for humanity and Mother Earth that drives your work?

BD: *Absolutely. For me, cannabis is not just a plant; it's a companion and a teacher. My relationship with it is deeply personal and spiritual. After being jailed for growing cannabis, I made a vow to care for this plant and spread its seeds worldwide. It's more than just a professional endeavor—it's a mission to reconnect people with a plant that offers*

so much. I've experienced moments where the plant seemed to communicate with me, not just through my senses but in dreams as well.

JC: That connection you describe resonates deeply. I believe that plants have been communicating with humans for centuries in ways beyond verbal language. This ancient form of communication helps us understand our place in the natural world and guides us toward a more sustainable way of living.

BD: *Exactly. I see cannabis as a sacred right for all of humanity. Everyone should have the freedom to grow and use it. It's a gift from Mother Earth meant to benefit us all, providing healing and fostering unity. The criminalization of cannabis isn't just a political or social issue; it's a spiritual one as well. It cuts us off from a vital source of connection and wisdom.*

JC: At SKUNK Magazine, we talk about a "Green Renaissance," a movement where humanity reconnects with nature and uses Earth's resources more wisely. We believe Mother Earth has propagated consciousness with her sacred plants to wake up humanity and usher in a massive second renaissance. Cannabis and other sacred plants are central to this renaissance, helping to awaken a new consciousness and sense of stewardship for our planet. It's about more than just decriminalization; it's about fostering a deeper cultural shift towards interconnectedness and respect for all life and Mother Earth.

BD: *I share that vision. I believe that by embracing cannabis and other plants, we can heal ourselves and the Earth. This isn't just a return to ancient practices; it's a new path forward that combines traditional wisdom with modern insights. It's a hopeful vision for a future where we live in harmony with nature and each other.*

JC: You mentioned that some of the cultivars came from the United States, from people like Greg McAllister, Sam the Skunkman, and David Watson. How did these collaborations influence your work?

BD: *Yes, some of the varieties we had also came from the United States, from people like Greg McAllister, Sam the Skunkman, David Watson, and a few other early growers in America who moved back to Amsterdam. They still live here—Sam and David Watson are still my friends. So, all these things came together*

to build up the seed bank that you see today. I was always collecting seeds as well, wherever I traveled—Lebanon, Turkey, you name it. Then I met a guy from Russia who had the Vavilov Institute, a huge seed bank. They had the largest seed bank, including cannabis seeds, hemp seeds—everything from high THC to low THC. When the Vavilov Institute was breaking up, the professor came to Holland and offered me his entire collection. I bought it from him and also sponsored him to get more seeds, as he was out of a job. So he continued traveling from the north to the south, collecting seeds. Now we have, I think, more than 1,200 varieties. Keeping them alive is the big task at Sensi Seeds. We still have the same mother plants from 40 years ago. We lost some, but we still have most of them. It costs a lot of money every year, but because we make a lot of money with seeds, we can do that. If you see the room, we have kept for more than 20 years, it's incredible. I had a license, and nobody else did except David Watson. We had the advantage in what we could do; it was amazing that we had the opportunity to do this because nobody else could. That was our big opportunity to keep these plants and these strains alive.

JC: Absolutely incredible. After dedicating years of travel and research to studying cannabis genetics, collecting seeds from all over the world, and categorizing them, you had one project firmly planted in your mind: sharing your knowledge of the plant and ultimately applying it. Breeding cannabis strains was one of your objectives, as was protecting the history of cannabis and teaching about its long tradition with humans and healing. Can you speak to us about the birth of the Hash Marijuana and Hemp Museum, its beginnings in Amsterdam, and its evolution and expansion into Barcelona? Having viewed many museums around the world, it is truly the best and most beautiful historical cannabis collection I have ever witnessed. Thank you.

BD: That's the truth. Thank you very much. Because, like I said, people are funny, right? We like to collect things that we are interested in, and of course, when you're interested, you see things all the time that you want to collect in that theme. Whenever I could, I would buy artifacts—historical documents, antiques, magazines, books, etc. We have a lot of different items. It's a passion; you start collecting, and you don't stop. We now have about 6,000 items, and I have no

idea where they all came from. People ask how much I paid for this or that, and it's difficult because, for so many years, I bought anything cannabis-related that came my way. This makes a beautiful collection. I could make another two museums. But the museum started with a few people, including Ed Rosenthal. I talked to Ed about starting a museum. Ed always has 1,000 ideas, 999 of which are funny, high ideas!

JC: He has genius and funny ideas, so true, hahaha, and he likes to have fun.

BD: Yes, and he is a genius. We talked about this museum, but Ed is Ed, and he talked with other people, too. Another person from a coffee shop invested in the first place to make this museum. I think David Watson borrowed some from his collection, and some other people contributed as well. My seed shop was already next door to the museum. When they opened the museum, the police came and closed it down because the Minister of Justice in Holland said on the phone and radio, "This is a disgrace; we're going to close it." So they closed it immediately. Everyone ran away from it and asked if I wanted it. Of course, I did. With Ed, we opened it the next day. The police came again to check everything, but we went to court and won. The only museum ever closed in Holland was the Jewish Historical Museum during the Second World War by the Nazis. I used that argument in court, and since then, we have been there. The name was also Cannabis Info Museum at first because we wanted to spread information about cannabis. We found many connections with hemp and healing in medical terms that were already so old. Many people still don't realize that in the 1500s, hemp was essential for oil, light, bread, ships, caulking, sails—everything. Now, we've replaced hemp with plastic and wood, and it is damaging our natural world. We also had a small coffee shop on the corner of the museum; it was a nice place where people from all over the world came to hang out. We smoked there, exchanged information, and it was a melting pot of ideas and knowledge. We still try to spread information open source, not keeping any secrets. There was always something new happening with hemp and cannabis. It has been a constant evolution. In my life journey with cannabis, it felt like every month or week, there was something new. It doesn't stop. Even now, new things keep coming out. We also have worked hard with Hempflax,

creating hemp plastic and other products that can create more sustainable, eco-friendly solutions within many different industries. The healing part of cannabis, the medicine, has been with us for 10,000+ years. That's why the museum was so important to me.

JC: With so many artifacts, perhaps one day you can have a museum in the United States as well! This education is very much needed. Can you discuss the California and Amsterdam connection with cannabis that developed through the 1970s, 1980s, and 1990s up to the present moment? It's a two-part question. Tell us about your friendship with Ed Rosenthal and his help during the creation of the Hash Marijuana and Hemp Museum and the creation of Ed's Super Bud. But you can also talk about the conversation between Holland and America, particularly California.

BD: We were the first seed shop with beautiful varieties, and our biggest customers were from America. That's why Sensi Seeds became big; Americans bought a lot of seeds. People like Ed Rosenthal came for information and photos. Ed is a journalist in that sense, but also people like Jorge Cervantes and many others. The coffee shop was a melting pot of different cultures and knowledge. Even people from Japan came, and nobody expected them to grow there. It was a connection in friendship and brotherhood. We shared experiences and knowledge. Ed is a special guy; he's not just a talker, he's a doer. I remember having a small greenhouse where one of my workers disappeared. Ed helped me manage the greenhouse despite the risk. Our friendship was born from such experiences. Even if we had fights, we remained good friends.

JC: I have stayed at Ed and Jane's house through the years and consider them very dear friends. I lovingly call Ed, the golden-hearted Grinch because he can be very cantankerous and oppositional, but he is truly golden-hearted and so kind and loving in his care for humanity and Mother Earth. He is a genius and a counter culture hero! And he's one of my heroes in the industry because he has been a true friend as has wonderful Jane.

BD: But it's because he's a critical thinker.

JC: Exactly! He has such a big heart. He helped me in my last battle by advising me to fire my board. He said, "Read your bylaws and fire the



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1) Ben Dronkers and Jack Herer in front of Sensi Seeds Amsterdam shop 2) BEN DRONKERS and ED ROSENTHAL in a greenhouse, early 90s
3) Ben with Skunk Plant, 1983

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opportunists trying to take your company.”

BD: *And he was right.*

JC: He’s given me advice through the years that I treasure and am so thankful for. Jane is also wonderful and, to me, a visionary woman in cannabis. I am very thankful for their friendship. Tell me about the development of the Super Bud and how it came about.

BD: *Well, as Sensi Seeds grew, my sons, especially Alan, worked with Neville in the grow rooms and did most of the crossbreeding. They were doing the work, and it was amazing.*

JC: What are the crosses for the Super Bud? Do you recall?

BD: *You have to ask Alan. He made the Jack Herer strain, but Neville was also there at that time. Maybe you’ve seen the video of the Cannabis Castle, where we showed Jack Herer for the first time. Neville was outside; he didn’t want to be in the picture.*

JC: The chant was:

“Hemp, hemp, hooray, so to remember Jack, three times?
Hemp, hemp, hooray, hemp, hemp,
hooray, hemp, hemp, hooray!
.... To Jack.”

– Ben Dronkers, May 17th 2019
Tell us about your relationship with Jack Herer and the inspiration for creating the Jack Herer strain?

BD: *Well, first of all, Jack came to me even before he wrote his book. As I mentioned, Amsterdam was a melting pot, and people like Hans-Joachim Beer, a German historian who was very important in the cannabis field, as well as French people like Michka and Jean-Pierre Galland, all came from everywhere. Jack was there before he wrote the book. He came to Amsterdam and said, “Ben, I’d like to talk to you and come to your house.” At the time, I still lived in Rotterdam. So, he came to my house, and I still have the video of it. Of course, we had already talked before, but I set up my camera and said, “I want to record you, Jack.” We have incredible historical footage of him speaking. When his book came out, it was a blend of all this information, much of it from Amsterdam. Of course, the book mostly talks about American history, but you also get a lot from*

people like Andrzej Rombier and others who studied cannabis, even in Germany. It was love at first sight for us—the friendship clicked right away. The moment we met; we knew it. I often feel that with people who share this same passion. I think I felt that connection with you, too, Julie. It’s a kindred spirit. I believe it comes from Mother Earth.

JC: Thank you, Ben; I feel the same way. I am thankful for all of the kindred spirits I have met globally. My feeling is that Mother Earth has activated us through her sacred plants. She activates us and makes sure we find each other so we can continue doing her work.

BD: *What happened to me is really a spiritual*

“ABSOLUTELY. FOR ME, CANNABIS IS NOT JUST A PLANT; IT’S A COMPANION AND A TEACHER. MY RELATIONSHIP WITH IT IS DEEPLY PERSONAL AND SPIRITUAL. AFTER BEING JAILED FOR GROWING CANNABIS, I MADE A VOW TO CARE FOR THIS PLANT AND SPREAD ITS SEEDS WORLDWIDE. IT’S MORE THAN JUST A PROFESSIONAL ENDEAVOR—IT’S A MISSION TO RECONNECT PEOPLE WITH A PLANT THAT OFFERS SO MUCH. I’VE EXPERIENCED MOMENTS WHERE THE PLANT SEEMED TO COMMUNICATE WITH ME, NOT JUST THROUGH MY SENSES BUT IN DREAMS AS WELL.”

experience. I don’t often talk about spirituality, but I’ve had a few experiences with it. For instance, when I was in jail after they busted me for my plants, the court asked me to promise I’d never do it again. But I said, “I can’t promise that because I have this powerful connection with the plant.” In my meditation, I decided I was going to take care of this plant.

When I got out, I still had my small grow operation that the police didn’t know about. I talked to my plants and said, “I will take care of you and your seeds. We will spread you all over the world.” That was my way of talking to the plants. I even have this thing where I feel connected to the plants, and when I look at them closely, it’s like they open up and speak to me.

Later on, I realized that through spreading seeds, we had helped spread the plant

worldwide. But when I started growing hemp and saw a 50-acre field of hemp plants, it was incredible. These little plants seemed to be crying out, saying, “We’re here!” It was amazing.

JC: That’s beautiful. One of the first things I learned in herb school was that the plants will speak to you. It’s ancient knowledge. Humans learned through observation and presence—plants would communicate their uses to us. It’s profound, and I feel like more and more people are remembering that connection. It happens naturally; maybe they think they’re just growing something to enjoy, but then something deeper happens when they work with the soil and the plants.

BD: *Yes, she even comes to me in dreams—the connection, the communication, just as you described. It’s hard to explain. She speaks to me. I mean, she’s always in my thoughts, 24/7. But I know for some people, that sounds crazy like I’m a tree hugger or something. I do hug trees, but you know, others might say, “I don’t hug my bicycle or my car.” Some people feel connected to their house or their motorbike, but for me, it’s only with this plant.*

JC: Absolutely, I feel that too. You’ve spoken about cannabis being a sentient plant here to assist humanity, a sacred right that every human should be able to grow and use. Can you tell us more about your passion for humanity and Mother Earth, which drives your work? And

to follow up, in the Green Renaissance Ethos that guides SKUNK Magazine, I speak about how Mother Earth is propagating consciousness through her plants to usher in a second renaissance within humanity—one where we work with our sacred earthly resources more intelligently and remember our natural role as stewards and protectors of Mother Earth. Can you speak to the consciousness and soul of the cannabis plant and how you feel about this unfolding renaissance where sacred plants are decriminalized and we reconnect with the earth as one humanity on one planet?

BD: *This isn’t something new or recently invented. The connection between cannabis and humanity goes back thousands of years, as we can see in the work of Chris Bennett and others. It’s amazing. I’ve seen this connection*

firsthand in Afghanistan, where, despite being poor, people make the best hashish in the world.

When I came back to Amsterdam and went to a coffee shop, they had Afghan hash that was so expensive—16 euros or guilders per gram. Meanwhile, the farmers in Afghanistan weren't even getting 20 cents. That's an injustice. These people have been doing this for generations, and they can't even benefit from it. In my museum, I had a sign explaining how, in Afghanistan, farmers could get \$16,000 if they were paid fairly. With that, they could build schools and hospitals. The value of this plant is like oil—everywhere I've been in the world, people smoke. They smoke hashish, marijuana—everywhere, even in places like Saudi Arabia. They have the good stuff because they have money. We don't see it in Holland anymore because it all goes to the Middle East. But cannabis is a commodity, something that comes from the earth, and these people have worked with it for centuries.

When it becomes normalized, and we have quality control rooted in this history, it's a beautiful world. But how did it become forbidden in the first place? It seems like an evil act to me. People have seen me as a drug dealer because of it, and that perception still exists. The museum is almost 40 years old now, and while things have changed—Germany is now legal—we're still fighting this battle. We've funded and sponsored magazines and demonstrations all over the world, from France to Japan.

Even now, my son is in Thailand working with universities and the government on cannabis. He's also talked to officials in Laos who want to grow hemp and medical cannabis. The world is changing, but it's taking so long. For example, cell phones became widespread in just a few years, but normalizing this plant has taken forever. In the United States, it's moving forward but with setbacks. Thailand is doing well but faces challenges again. Germany is making progress, but there are always politicians who resist.

It's a long battle, and it's not over yet, but we're close. Once America fully legalizes, the rest of the world will follow.

JC: I don't have a lot of hope for America right now with what we're heading into. We may be heading into a fascist state, and I think big agriculture, big pharma, and big tech don't

want cannabis legalized. They've stopped it all this time. Rescheduling is a problem, too, when our own government patented cannabinoids in the 90s, knowing it shouldn't even be on the schedule list. I'm concerned we may not see federal legalization or decriminalization for 15 to 20 years in America. Our entire government, regardless of political party, supports big corporations, the war machine, big agriculture, big pharma, and big chemical industries. Unless we eradicate Citizens United, I don't see how things will change.

BD: Lester Grinspoon and I became good friends, and he passed away, unfortunately. One of the last conversations I had with him was about this topic—when cannabis could be legal. Colorado was already moving forward, and he said to me, "The cat is out of the bag. They cannot put it back in." A few weeks ago, I was in Berlin at the Mary Jane exhibition. It was crazy—thousands of people were waiting outside to get in. On the first day, they sold chemical THC and mushrooms, leading to 20 ambulances arriving. But the next day, the organization and the police removed all that, and nothing happened again. So many people came, and they couldn't get in. This shows that the cat is out of the bag. The same thing happened in Thailand. They made it legal without considering the big pharma implications. People are allowed to grow three plants in Germany, and many people bought seeds, including from us. You cannot stop this now. When I started growing, there were just a few people; now, there are so many. It's unstoppable.

JC: It's just a matter of when the corrupt, greedy factions stopping it will be overcome. I call it a dark age, similar to the last dark age, where science was held back in the name of greed. But the science is there. Once more people know it, more will be as angry as we are that this information has been suppressed. I'm working with a woman who has gotten research grants. Rescheduling allows for more research, and once medical professionals understand the endocannabinoid system and why plant cannabinoids mimic human cannabinoids, more people will oppose keeping cannabis on the schedule list.

BD: Lester Grinspoon's book was published in 1970, and it was banned from Harvard

University. He didn't understand why his work on cannabis, which was positive, was so controversial. We have all his books in the museum. I remember being with him in Paris among activists. He came out of the closet about his cannabis use later on, but initially, he didn't make it very public. He was a beautiful man, and he said they can't put the cat back in the bag. When I started with hemp, we had a lot of money from seeds. I decided to invest in hemp. Now, we have a huge factory making insulation, fiber for cars, and more. It has become industrial, which I never wanted, but it's necessary to support the global population. The same goes for Afghanistan. When they make good hash, they need to scale up to meet global demand. If done correctly, industrial production can be beneficial.

JC: There's a way to do it the right way.

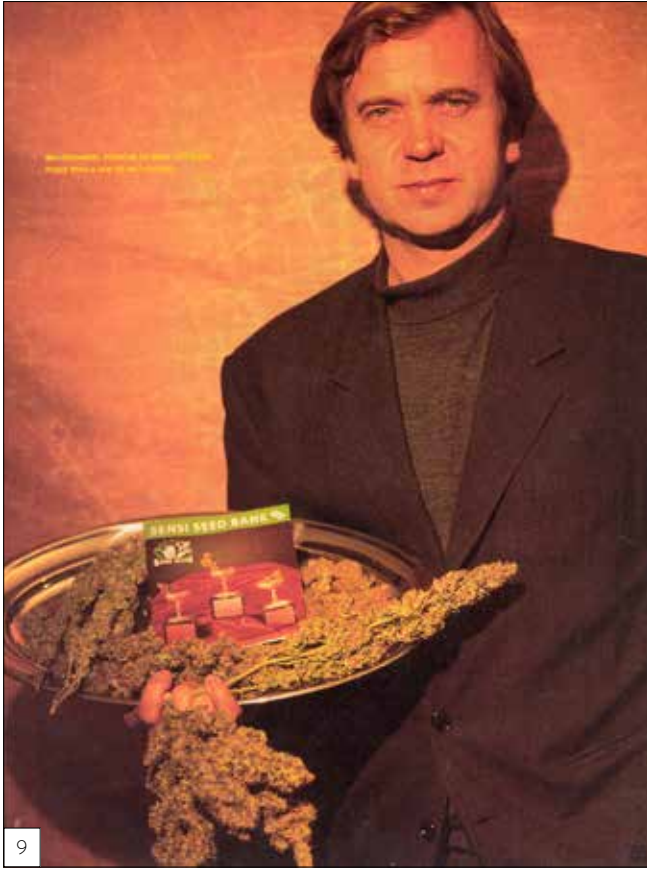
BD: Yeah, if the people behind it are straightforward, honest, and follow the rules—no chemicals, no pesticides, no bullshit like we have in our food now. So much of what we have in the supermarket is poison. It should be forbidden, but it's not. 80% of what you see in the supermarket is harmful to people. And then we have this plant with so many possibilities that are coming out more and more. Honestly, I think we did it. I tell my kids, "We did it. We've done it." If I can sell my factory now—an insulation factory in Germany—a big insulation firm from Ireland, the biggest in Europe, Kingspan, bought 80% of the factory for a very good price. They have the market, infrastructure, and money to make it really big. We can make insulation for 30,000 to 50,000 houses a year, but if you want to do it for all of Europe, it has to be industrialized. As long as the people behind it are okay and not just greedy business people who need 10% more dividends every year or high salaries for executives, it's the way forward. The world as it is now has a lot of issues, but hopefully, it will change to a world with more justice and respect for Mother Earth and human rights.

JC: A human right, yes. That's what it is.

BD: Why isn't it a human right to grow a plant like my mother did with her flowers? She had the right. Hemp is also an ornamental plant, not just something you can smoke. My mother loved it. I grew it in her garden,



4) Ben in Afghanistan circa 1970's 5) Ben with Hemparade 6) Ben in Afghanistan circa 1970's 7) Ben + Balen Hennepe 8) with Jack Herer



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9) Ben at the 7th High Times Cup, 1995 10) Ben and Ed Rosenthal in front of Sensi Smile 11) Ben and Howard Marks 12) Ben and family at PAX 2003



not for smoking, but because she loved it. The cat ate it. You can juice it, too.

JC: I got my grandmother to drink the juice, the fresh juice. And it helped her. She did it for three months. It helped her with her chronic arthritis.

BD: Yeah, I agree.

JC: It's about social justice, environmental justice, and economic justice going together.

BD: It's key.

JC: What struck me about your life is your wonderful choices as a conscious parent who was open to the truth about cannabis and other plant medicines, who cared about Mother Earth and humanity, and exposed your children to many global communities, culture, entrepreneurship, and social activism. As a conscious parent myself and an herbalist, it was profound to raise my son in a much more aware way, nurturing consciousness, healing, and empowerment with herbology, holistic health, and fresh, in-season food. Later, as a teenager, teaching him about various plant medicines and the business side of things to keep a legacy brand alive. It's not always easy, but it's rewarding. Can you tell us about your experience as a conscious parent and what makes you most proud as a dad?

BD: *Difficult question. As parents, you never feel like you do good enough. Sometimes you think you're doing well, but there is always room for improvement.*

JC: Exactly.

BD: *I'm very proud of my son Alan. He's a genius. He's been in Thailand for over 20 years, working with universities on cannabis, teaching people, and giving political advice. Some political figures in Laos even come to him. I've also been to Malaysia with some ministers to discuss legalizing CBD and medical cannabis. The problem is, in those countries, people think they will make millions with hemp or cannabis. I bluntly ask them, "Have you ever given water to a plant?" They haven't. They need to understand it's not just about money. But it's coming, for sure. It has to be the right people at the right time and place.*

Alan received an honorary doctorate from a Thai university. There was a big banner welcoming us. He was the only foreigner among 2,000 people receiving diplomas, along with five professors. I'm very proud

of him. He's like a walking encyclopedia.

His younger brother, Gio, is the director of the company now, managing the museum, Hempflax, Sensi Seeds, and more. They all started working when they were 17 or 18. Gio studied a lot, and Ravi, my other son, is the head of operations but sometimes does other things. Both my daughters Shiva and Shanti are plant connected, we named a strain after them and Shiva is a certified herbalist like you. My youngest son, Jay, is a lawyer and lives in Bali. They are all connected to what I did in one way or another.

I like being a small farmer, not a huge one. For my kids, it's a big world with big challenges. There is big money involved, as you see in America with dispensaries. The same thing is happening in Holland and Germany. It has become industrial, and we can't stop it. It's the only way the world works now. I'm very proud of all of my children, and they've been involved for a long time.

JC: As a conscious parent, it's quite an accomplishment that they were all activated in their unique ways. For other parents, we shouldn't be afraid to educate our children about the science of cannabis and learning about Mother Earth. I taught my son to wild harvest and make medicine from a young age. It's important for the global cannabis community to recognize that we, as parents, need to raise the next generation with this knowledge. You didn't separate your kids from your world; you explained why you were doing what you were doing in an age-appropriate way. I think a lot of parents may not understand this and don't speak up, but it's better if it comes from the parents.

BD: *Yeah, well, I smoked my first joints with my sons. My daughters were more rebellious and started smoking at 14 with friends, which I didn't know at the time, but they have to learn. As an individual, you depend on your surroundings and friends. As a parent, you can't be there all the time. The most important thing is to talk things over and be honest with each other. I don't believe any parent can ever do enough, and as kids, they probably feel the same.*

JC: You're human and always want to do better, but being honest and fostering trust is crucial. You're not just a parent but another human who listens and gives good advice. I told my son I was in service to being a good guide so he could be a successful human. It seems like

you've done the same for your children.

BD: *I did my best, but the surrounding environment and life lessons they learn themselves are also important. You can't be there all the time, especially as they grow up. They do what they want and think everything is okay. They don't want to hear me preaching every time.*

JC: You're like, "Wait a minute, I taught you how to do that. Now you're telling me how it should be done." You have said that hemp will save the world, and it's true. Practically every industry could be regenerative. We have the intelligence, capability, science, and desire, but corruption from corporations in pharmaceuticals, chemicals, lumber, gas, and energy holds us back. They don't want cannabis and hemp to transform our world because it would cost them billions. You have stood and fought to prove that hemp can save our world. Can you speak to this and share what you recommend to millions of people around the planet to keep fighting for environmental and social justice for all?

BD: *Recently, we published a book from the museum called The Weed of Wonders. It's a nice book, and I sent it all around, including to the banks. I sent it to ABN AMRO Bank, which even has a director of sustainability. I sent them the book, and they sent it back. We have been working with these banks for 40 to 50 years, making them a lot of money. We pay for everything, but we can't borrow \$1,000 from them because of our affiliation with cannabis.*

Every year, they squeeze us for information, demanding everything, even though everything we do is 100% legal. Despite this, we still can't work properly with these banks. Ironically, one of the banks has an internal newsletter that praises hemp, saying we should embrace it. The United Nations and the European Committee are also advocating for hemp. Everyone is calling for it; we just had the Minister of Agriculture visit Hempflax. He was amazed at what we were doing, especially since we power our huge factory with solar energy. Yet, at the end of his visit, he said, "The market should do it themselves." So, there's no support from the government or the banks. They even make it very difficult. I live in Malaysia now, and my private bank in Holland won't keep my account because I live abroad. It's so hypocritical and short-sighted.

It's not like they wouldn't make money from

this. Hempflax has been around for over 30 years. When I started, everyone called it the weed factory, the marijuana factory, and they tried to stop us in every way, but we didn't stop because we could finance it through the seed company. Now, they monitor us closely. In the beginning, they used helicopters to photograph our hemp fields and took samples from all the fields. When the airplanes couldn't get the right pictures, they used balloons to check the varieties. They even took our subsidies away, including those for the farmers. Despite this, we managed to stay afloat. Now, everyone is clamoring for our products, and big companies are coming to us. It's amazing to think that our hemp fiber is in Mercedes, BMW, Jaguar, Bugatti Veyron, and now even the Tesla factory in Germany. We are just the raw material producer, but another company makes the dashboard and door panels. They have to be sustainable, and how can they not?

We do everything with solar energy. All our roofs are covered with solar panels, so we use green energy. The Minister of Agriculture was flabbergasted by this, but in the end, he said, "It's very nice, but the market should do it themselves." There's no support from the government or the banks. They make it very difficult. I live in Malaysia now, and my private bank in Holland won't keep my account because of that. It's so hypocritical and short-sighted.

Despite that, Hempflax has been around for over 30 years. When I started, everyone called it the weed factory, the marijuana factory, and they tried to stop us in every way. But we didn't stop because we could finance it through the seed company. Now, they monitor us closely. In the beginning, they used helicopters to photograph our hemp fields and took samples from all the fields. When the airplanes couldn't get the right pictures, they used balloons to check the varieties. They even took our subsidies away, including those for the farmers. Despite this, we managed to stay afloat. Now, everyone is clamoring for our products, and big companies are coming to us. It's amazing to think that our hemp fiber is in Mercedes, BMW, Jaguar, Bugatti Veyron, and now even the Tesla factory in Germany. We are just the raw material producer, but another company makes the dashboard and door panels. They have to be sustainable.

We sold 80% of our insulation to a big insulation company that only made rock wool and glass fiber, which are pollutants.

They use a lot of energy to produce those materials. Now, they understand they need to go for sustainable products because they don't have them. All these big companies really have to start being sustainable because it makes economic sense. They buy cardboard coffee cups for the office and call that sustainability, but it's more than that.

We have proven that automotive material made from hemp has been used for over 20 years. It's only 15 to 17 kilos per car because it weighs so little, but it's there. The insulation material we sell is so good that it's excellent for heat as well as cold. In warm countries, when you insulate your factory or house with it, it stays cool. It's a natural cooling agent. For example, when it's 28 to 30 degrees outside, our greenhouse and factory remain cool without air conditioning.

This is very interesting for hot countries like Saudi Arabia or Spain. They should use more intelligent materials like hemp.

Now, this big company, Kingspan, a huge insulation factory, is on the right path. They have a huge market and can elevate hemp insulation to that level. I hope they do well because we can't achieve that scale alone. We can't get even a thousand euros from the bank, so we always finance everything from our income. The museums cost money, all the sponsorships cost money, and Hempflax cost money for 27 years, where we lost a lot but kept it alive. The same with all the strains we maintain in our operation. It costs a lot to keep them alive, and it doesn't bring in money. It's important for the future, though. To scale up, we need huge companies and investors.

Before COVID, we were supposed to go public with Hempflax, but the pandemic happened. I don't want to be on the stock exchange, but it's the only way to get the necessary financing. I told my kids that's not our destiny. There's another level to doing business and being in the market.

JC: It's difficult because when companies grow to the next level and go Global, it becomes even harder to remain conscious and sustainable. I talk a lot about conscious consumerism or sacred commerce. The Renaissance is about grounding these ideals into reality with excellence in business. If we prove that sustainable practices work and that they pencil out and are profitable, then we'll see more

and more adoption into the mainstream. I deeply believe in your work and thank you for sacrificing. It costs a lot to protect what you're protecting, to have standards and values. It's a huge commitment. I celebrate that.

BD: *I believe it can and will happen. It has to.*

JC: I want to talk to you about printing / SKUNK on hemp. All I need is the hemp roll. I believe I could influence the entire cannabis and paper industries. Hemp is a much better fiber for paper, and we need to stop our addiction to lumber and cotton. Hemp is much better for Mother Earth.

BD: *Paul Stanford started it with his tree-free paper. He did a lot in that field, but to do it on the necessary scale requires huge investments. The first factory I bought for Hempflax was a paper factory. They were closing it down, and I asked if I could take it over. I wanted to make hemp paper, but we quickly realized how much investment was required. We couldn't do it, but it will happen eventually. I'm sure of it.*

JC: I want to be there when it happens.

Let's stay in touch about that. What speaks to me is your courage to fight for what you know is right, even when nobody else understands it. That's powerful.

BD: *It was painful at times. I could tear my hair out. It was sometimes very unjust. We opened a factory in Romania because one time we had a crop destroyed by a big storm, and we had no product for a year. So, we started a factory in Romania to always have product. When I drive there, I see hills covered in green and trees, but next to Hempflax, not far away, there's a huge pulp factory cutting down everything. People need wood, but you can make it with hemp. However, it requires huge investments and scaling, just like with paper. In the meantime, they keep cutting down trees. We've ruined 80% of the world's trees over the last 300-400 years. It's unbelievable. Logging is still going on where I live. It's the heart of our ecosystem. Every time they clear-cut the rainforest, it's like a severe cut on Mother Earth. There are people working on it, trying to change it. But it's like if there's only one fish in the ocean, someone will take it out and eat it. That's human nature. With this business model, big factories must make profit, profit, profit.*

JC: That's what David Attenborough said, that



13) Hemp Museum & Gallery, Amsterdam 14) Cannabis Castle

we're like the plants where the parasite comes and they eat the entire plant, not thinking that it's their demise, but it is their demise.

BD: *Yes, he always spoke of that.*

JC: I raised my son watching him as a naturalist. But he always said humans, you know, they're going to eat and eat and eat until nothing's left. I hope that's not the case. I'm fighting for it not to be, but it seems that kind of ruling energy persists.

BD: *Well, we had a few revolutions in the last 100 years. The steam engine came, and everyone was like, "Oh, the steam engine, that's terrible." Then the automobile and diesel came, then high tech, Wi-Fi, and the internet. It all happened so fast on that side, but on the other side, it goes too slow. Look at the plastic in the world. National Geographic, or one of the magazines we have in the museum, they talked about a multi-billion-dollar hemp crop in 1928 that could make all these products. If they'd done it then, we wouldn't have this plastic problem now.*

JC: We would live in a completely different world.

BD: *Absolutely.*

JC: Completely different. Speaking of success, tell us about the Dutch government choosing SensiSeed genetics to develop medical cannabis for approved pharmacies, particularly the Jack Herer strain, which is the basis for the medical cannabis strain available in pharmacies. SensiSeed has produced cannabis for the Dutch Ministry of Health, Welfare, and Sport, which in turn supports cannabis throughout Europe and other parts of the world. What was it like to reach such an incredible milestone after everything the company and you have endured?

BD: *That is a misinterpretation. What happened was I had some people with a small greenhouse grow; I don't know the name in English what they were growing, but it's a veggie, and they were bankrupt. They came to my office and asked if they could grow cannabis. We sell a lot of seeds and I didn't have enough space and people to grow the seeds. I said, "You can grow seeds for me, totally legal." They did that and came out of bankruptcy. They applied for the medical license. I didn't do that. I didn't want to be involved with the government because they hated me, and I knew I had no*

chance if I asked for it. They used my seeds, especially Jack Herer, as a basis for medical cannabis. That is Bedrocan. Everyone thought it was Bedro, Ben Dronkers, but it's not me. They just called it that. I think they are on the stock exchange now in Canada. They sold the whole thing for 70 million or something. They did very well, and I'm happy for them. It is a beautiful medicine and strain. I smoke it myself.

JC: It's so good. I love it. I love the pinene and the mixture of Haze and the healing properties of those strains. It brings relaxation and pain relief. It also opens and calms the consciousness. It's like a perfectly balanced strain.

BD: *Absolutely. I think so. Jack was always funny about it because his book was a bestseller and he was famous in America for it. But when I named a strain in his honor, he said a few years later, "You know what they say to me? 'Are you Jack Herer? From the good weed, from the strain?' They didn't know his book."*

JC: That is the funny thing. A lot of people don't know his book, and that's why part of my mission is to keep educating the newer generations. That's why I'm so excited to honor your legacy. I'm not a clout chaser or a celebrity chaser. I always say that SKUNK isn't just covering the culture; we're creating culture. We're culture makers. What type of culture do we want to create? I want more people to be educated to understand the history and their place within it. And to be very humble because it's a very pure and simple thing to be plant-connected and to understand the rebel fighters and renegades that came before them. The green rush opened things up, but then a lot of fools rushed in, uneducated fools. They think, "Oh, we're going to be the gods of cannabis and make millions of dollars." It's so soulless.

BD: *Their only goal is to make a lot of money. You remind me of Chris and Mikki Norris. I love them. They're such beautiful people.*

JC: That is a huge compliment. Mikki is definitely a kindred spirit as a rock and roller and a punk and a renegade. I'm a counterculture rebel too.

BD: *I love them. Don't forget to mention them in the article because they did so many things for the museum. Mikki, with the Shattered Lives exhibition, showed all the lives destroyed in America by people getting busted with a few hundred grams and getting*

15-20 years in prison. We still have it in the museum to show people the injustice. I hope all those people are coming out now. I hear some states are starting to let people out of jail. It's time that everyone should be out.

JC: I love Mikki and Chris. They write for the magazine, and I honor them. I'm almost 50 years old. It's crazy how time passes.

BD: *You don't look it.*

JC: I don't feel like it. My grandmother always said, "I always feel like I'm in my 30s because that's what my soul or spirit is." We age, and there's only so much time we have.

BD: *My mother used to say, "If you don't want to get old, you have to die young."*

JC: Yep, hahaha! No one is getting out of here alive! I am a spiritual and esoteric person, and I believe that my soul is eternal. Whatever pains, challenges, triumphs, or failures, the eternal soul remains untouched. It remains pure. That gives me strength and courage, and I see it in the people who have deeply inspired me. They said, "Fuck it. I'm going to go and do it. I'm going to put all my chips in and do the best I can for humanity, not just for myself." That's what I feel like you've done.

Let's talk about the strains themselves. From Skunk No. 1, Jack, Northern Lights, Amnesia Haze, and Ed's Superbud, which strains are in your top five of all time, and for what reasons? I can tell you that most of Sensi's signature strains are in my top five as well. Skunk, Jack, Amnesia Haze. I first tasted it when I was 21 in Spain. I tasted it for the first time, and it blew me away. I never changed back. Northern Lights and Durban Poison are also in my top five, and many of them are in your library. Can you speak about your top three to five strains that you enjoy in your personal life?

BD: *It used to be Northern Lights, Northern Lights 5. It was a strain inherited from Neville, and Neville got it from Greg McAllister, I think. Skunk was done by David Watson, Sam the Skunkman. We worked on it with Neville and Alan. The same goes for different kinds of Haze. A lot of people, OG people, everybody is starting to do something with it. At the moment, we have a group of young people from America. Good breeders, like Sherbinski. They have the Mimosa and the Sunrise XXL, and Sherbinski has the Candy Hash and Shadow Bakio. They did some breeding with Sensi and won two prizes.*





15 & 16) Inside the Hash Marihuana & Hemp Museum, Barcelona, Spain.



It's a new generation, and they are doing very well. Sensi is now coming up in America. We're starting to sell seeds in America. There are a lot of fake seed companies with hundreds of varieties. Shakespeare said, "What's in a name?" You can call any seed by any name. Is it the real Jack Herer or not? Is it the real Northern Lights or not? At Sensi, we have kept all these strains alive for many years. If you just call it a name and it's not real or stabilized, then it's not the same. I always say, "Everyone who grows grass thinks it's the best in the world." If you grow it yourself, you have this connection with the plant, and it is the best. If you have the real thing, then you know it. For me, it was Jack Herer.

Skunk also, but skunk was quite skunky, you know, not easy to smoke everywhere. It makes you hungry and happy.

JC: It's an exciting moment for Sensi Seeds as you are officially launching in the U.S. this year and have also started an incredible new program called Sensi Breeding Grounds. Can you tell us more about the development of Sensi Seeds U.S. and the Breeding Grounds Project? Also, in conjunction with the launch of the cover feature, you are going to select certain strains that we can offer with our Seed Savers Club. I didn't realize when I made the name that it was very much an homage to you with the club thing. The idea is to preserve and protect genetic histories and lineages, do proper husbandry development, and proper inbreeding, and strengthen the lines while bringing back those nostalgic flavors over time. We're going to be very proud to have the ability to ship the subscription with the seeds in the U.S. Talk to me a little about this because you guys have waited patiently to do this. You're doing it the right way. It's wonderful. And, like you said, you're fostering the new generations and the energy of that younger generation to keep doing this work.

BD: *Well, of course, you know, the world, especially America, is full of hybrids, and now Europe is too. Ed Rosenthal once told me that most of the varieties they have in the United States have Sensi in them. You can make crossbreeds, hybrids, and hybrids of hybrids. Luckily, we still have the originals from the old days. Some hybrids can be very good, but sometimes I get a cross,*

and I smoke it, and it doesn't feel good.

Maybe you get stoned, but it doesn't give me a good feeling. When I smoke the original, you know, not everyone wants feminized or autoflowering varieties. When I smoke hybrids from friends who do some crossbreeding themselves, it doesn't feel good to me. It's really funny.

I always compare grass with wine. You can have a very good wine and get high from it, or a cheap wine that makes you drunk and gives you a big hangover. There is a big difference in varieties, absolutely. For me, in my smoking experience, it is very important that I get the same feeling I always had. Maybe it is just an illusion, but I don't think so. When people smoke my cross, they say, "Wow," and they still come back for it, especially when it's amazing. Is it a personal thing or a genetic thing? I think it's somewhere in between. We just talked about consciousness and spirituality. The biggest

"I DON'T OFTEN TALK ABOUT SPIRITUALITY, BUT I'VE HAD A FEW EXPERIENCES WITH IT. FOR INSTANCE, WHEN I WAS IN JAIL AFTER THEY BUSTED ME FOR MY PLANTS, THE COURT ASKED ME TO PROMISE I'D NEVER DO IT AGAIN. BUT I SAID, "I CAN'T PROMISE THAT BECAUSE I HAVE THIS POWERFUL CONNECTION WITH THE PLANT." IN MY MEDITATION, I DECIDED I WAS GOING TO TAKE CARE OF THIS PLANT."

spiritual experience I had was in Japan. I've been there twice for lectures at the Kyoto Hemp Forum. It was amazing. Beautiful people.

JC: And they have the hemp goddess.

BD: *Yes, the hemp goddess is part of their culture.*

JC: Yes.

BD: *We have a blessing from a Japanese priest in the museum. It's beautiful. There's a video of it somewhere. I was there, and they have some small university experiments. I was invited there. The day before I went, I dreamed I was in the field there. In my dream, it started to rain, pouring rain. I took my shirt off, and all the Japanese people around me took their shirts off, too. I told my girlfriend about the dream, and*

exactly what I dreamed happened. I went there, and 10 minutes later, it rained heavily. I took my shirt off, and everyone else did, too. I don't know what it meant, but these young kids were working with a professor there, and they were smokers. I could tell right away, but they denied it. A few months later, they got busted with that field. My feeling was, "Hey, this is beautiful, but there's going to be a hard rain." But they go on.

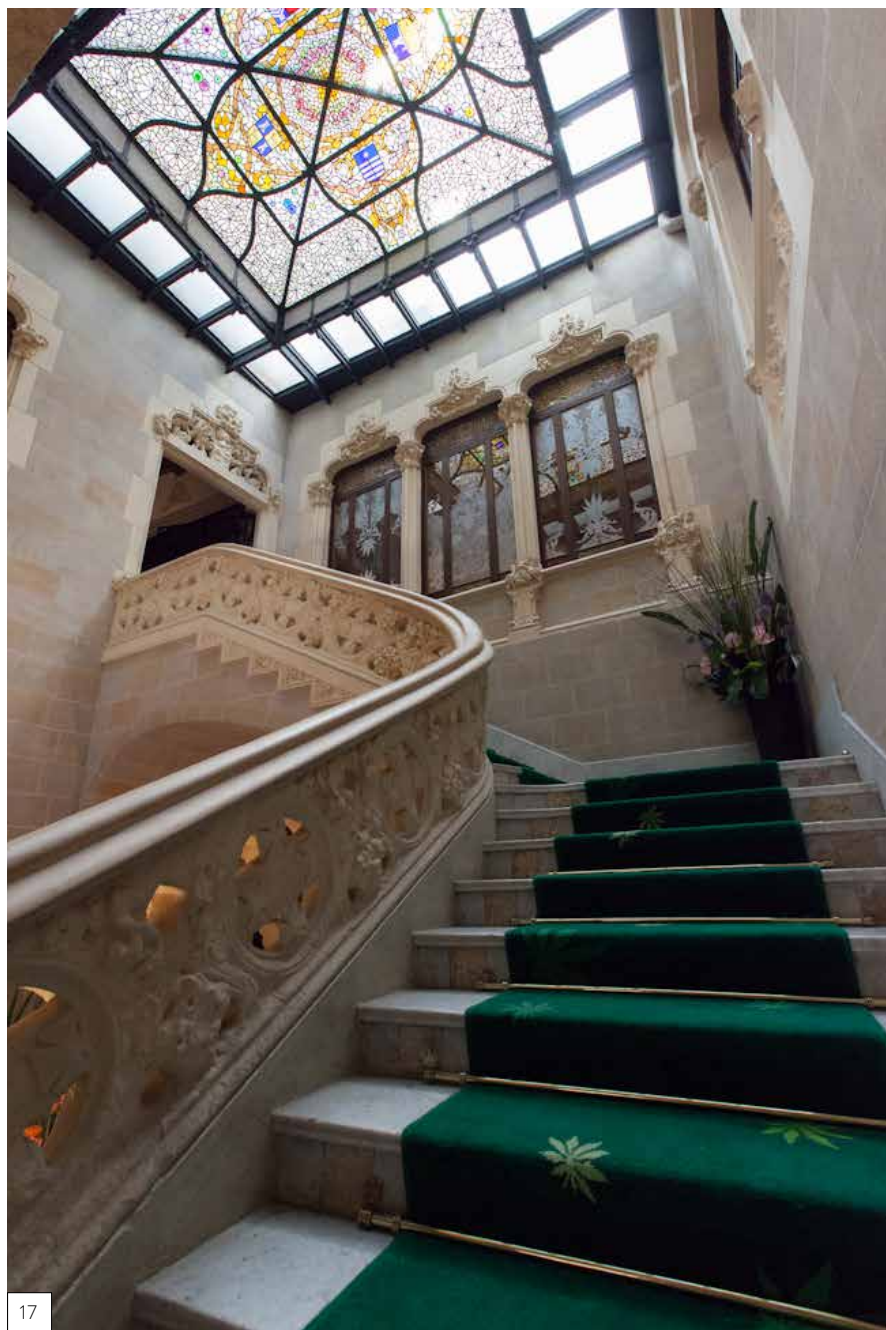
JC: It's the root of their culture. I'm also into tea and the Camellia sinensis plant. I do tea ceremonies. When I was a young mom, I worked at a Japanese tea house and learned about that side of things. With the Camellia sinensis plant, I learned about Shen Nung, the ancient writer of herbology. He wrote about cannabis thousands of years ago in Japanese culture. It is sad how restricted it is, but it was quite awesome to see the first lady of Japan come out so strongly for hemp.

BD: *Yes, that was at the forum where I was. It was very profound and felt so honoring of that ancient goddess energy, the sacred feminine, and the hemp plant.*

JC: Knowing that cannabinoids are present in a mother's breast milk, cannabinoids are a part of the sacred feminine principle, which has been very harmed in the industrial model and in the kind of casting out of the sacred feminine. I feel like that's part of how hemp and cannabis, and the sacredness of Mother

Earth and her healing plants, have also been cast out. It's part of why I feel like we've been activated as Mother Earth's sons and daughters to do the work that we're doing, to be in service to it, because we're bringing back the ancient knowledge into the modern world.

BD: *Well, this first lady was amazing because she told us—Paul Stanford was there, Paul Benham, and many other activists—and she told us that she went to the field and said, "I walked in the field and felt the energy coming." Her husband, Abe, the prime minister of Japan, probably had some prostate cancer or something like that. From what I hear, he has already used CBD. And, of course, that was totally forbidden, but she was really like an activist. There is a speech on YouTube. She really also blamed*



17

America, saying that the culture in Japan was the biggest cannabis culture you can imagine—in religion, but also in daily life, it was everywhere. And she said they lost that after the war because all the hemp had to be gone. So, she came out as an activist. It was really courageous of her to come up with these comments and this spiritual feeling that she had about the plant and her hope

that it would come back into the culture again.

JC: Very courageous.

BD: Two years ago, I think it was; we had this ceremony, and it is also on YouTube. It was beautiful. They offered a plant, and we offered cannabis plants in the ceremony. It was beautiful.

JC: That is so beautiful. Let me go on to the next question. You enjoy life and savor the simple pleasures and have resided in Asia for quite a while. Can you speak to the global cannabis community about maintaining your work-life balance and your practices of holistic health and mindfulness? I think a lot of cannabis people need to understand how to keep that work-life balance and savor life. Also, what has it been like to live in Asia these last 20 years, witnessing the evolution of cannabis culture there?

BD: Well, in Thailand, everybody had already smoked 50 years ago. When I came there, they smoked already. It was everywhere. You could buy it and smoke it. The only problem in the world was always the police. In Malaysia, it was the same thing; even in Singapore, the laws are very strict. However, I met ministers and was invited to a meeting with about four or five high-level people. They introduced me, and they said, "Ah, from Amsterdam." Right away, the high-level ministers associated Amsterdam with coffee shops. I didn't know they went there, but people in power had studied in England or America, and they all smoked when they were out. They all liked it. I met people with high functions who used it. They used CBD, bringing it from England because they had an autistic grandchild or sick people with breast cancer. And it works, and they know it. I had a lecture in Kuala Lumpur with 150 doctors, and the sultan and his family were sitting in the front row. They told me not to talk about marijuana and legalization, but I couldn't help it. I said, "It is so sad that so many young people have to be afraid or go to jail for this plant. It is terrible. That should stop." Even two of the Sultan's kids, about 26 and 30-something, were smokers. Then I had one minister come by—he was the health minister, a very nice man named Chiara, I think—and he also had a kid with autism or something similar. He was in favor of legalizing CBD first and then medical cannabis. But then they had an election, and he was out, so I had to start all over again. But it is happening. They are more and more aware of it, and that's nice. That's why my book from the museum is so interesting. When I show them, they see that in the Muslim world, it has been okay for a long time. There is no problem with cannabis or hashish. That was an eye-

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18

opener for them, like, "Hey, this is halal. It's not pork; you can have it. It is halal; it is good." That idea is really dropping in. Alan did a lot of activist work in Thailand, giving many speeches and spreading information everywhere. That's why they gave him his honorary doctorate. The work is changing. I remember when I worked with him for ten years, we lost money, but now it's coming. Maybe in five years, it'll be there.

JC: That's how I feel, too. I'm like, hang on, don't give up because it is an essential thing. When I was going through the battle last year and the attempted hostile takeover, there were very dark moments where I asked, "Do I need to give up?" I prayed to Mother Earth and the plant. I do it all the time, in a non-religious way. I'm very much in an ongoing conversation with the universe. Mother Earth and plant spirit said to me, "No, get back in the ring. Stay on the saddle.

Don't stop."

You're traveling through the depths of hell because heaven is going to rain upon you and those of you, the millions of you, who are activated to do my will. In the bones of a dying world, those devoted to Mother Earth and humanity will thrive." It's been a great sacrifice.

BD: I know. I've been busted so many times and was in jail. They even put me in a straitjacket,

18) Ben Dronkers

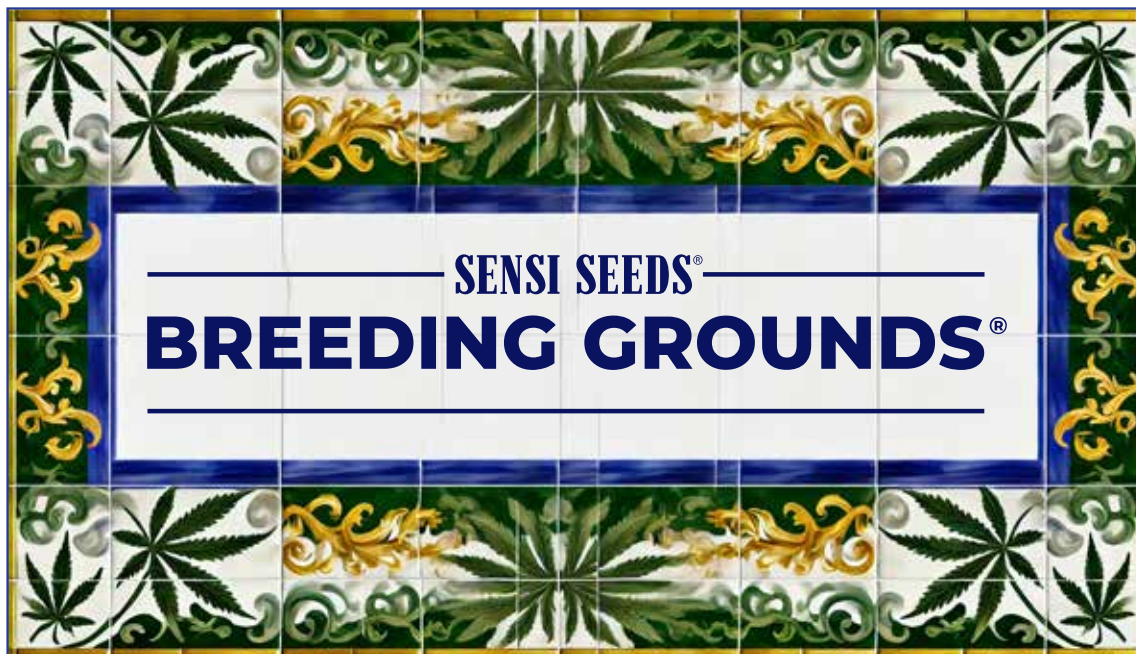
crying for my mother, but I didn't give up. You have to go on because you know it's good. When people do bad things, they know it. When you do good, you know it, too, right? If your course is to do good, you do it and keep doing it. You cannot stop. Not everyone can do that. I hate it when people say, "Yeah, you sell a lot of seeds and make a lot of money, but what about all these people in jail?" I say, "A lot of people make money with it and help others with it. But the people who are in jail, is it the plant or the system?" It is the system that put them in jail, not the plant. The plant did nothing wrong. The system is wrong for putting all these people in jail. That is terrible.

It's not nice, but it is the truth. But I'm sure that I make more people happy than sad with this plant. And that is what you see with those people. They start growing, even go to jail, and then grow again. In Holland, I have Sandor Spengman, who still lives here. James Birkin is a good friend of mine. He was one of the first medical marijuana growers, an American growing in Holland. The government messed him over. They took all his plants and things, but he didn't stop. He kept going because he knew he was doing right.

There are so many names I should mention, but there are too many because they did such good work. A lot of people, like Jack, are

gone now, but many activists made it happen for the young generation now. It was the old generation who made that path and now I like it when young people with the same intent and spirit go into it. I love that. If I see the real stock exchange companies and stuff, like Canopy, it's huge and they come to us.

They wanted to grow hemp. They had a lot of money, so they decided to grow hemp. I think they bought 50,000 acres of land in America. They called Hempflax, our company, and needed seeds. Okay, we have seeds. So, we sent 30,000 kilos to America, but they were late. So, we had to send them by plane, which was very expensive. We sent them the seeds, 30 tons. Then, a few weeks later, they said, "Ah, but we also need a harvester." So, we sent the harvester by ship just in time. And then they found out they bought the wrong land. It was too dry there. So, the whole thing collapsed. It's the experience. We had to learn all the details over the first 20 years. Now we know exactly what to do and how to do it. It is not easy. If you put a plant in your garden, that's easy. You give it water, and it will grow. But if you do 10,000 hectares or acres, that's a different story. You need a lot of infrastructure, logistics, soil, and fertilizer. That is what we have accomplished, and now the rest of the people can follow us. It's amazing to see. ♻️



WORDS | SANDER LANDSAAT



The Sensi Seeds Breeding Grounds project is an innovative initiative designed to advance cannabis cultivation and genetics. As a pioneering force in the cannabis industry, Sensi Seeds has launched this project to explore, develop, and refine new cannabis strains that meet the evolving demands of both medicinal and recreational users.

OBJECTIVES

- 1. Genetic Diversity:** The primary aim of the Breeding Grounds project is to enhance genetic diversity within the cannabis plant species. By cross-breeding various strains from different parts of the world, the project seeks to create unique hybrids with improved characteristics.
- 2. Quality Enhancement:** Focused on both potency and flavor, the project strives to produce high-quality cannabis strains that offer superior cannabinoid and terpene profiles. This ensures a more effective and enjoyable experience for users.
- 3. Adaptability:** Developing strains that can thrive in diverse growing conditions is another key objective. This involves creating resilient plants that can withstand varying climates and environmental stresses, making cultivation more accessible and sustainable.

METHODOLOGY

The Breeding Grounds project employs cutting-edge breeding techniques combined with traditional cultivation methods. This hybrid approach allows Sensi Seeds to maintain the heritage and authenticity of classic strains while pushing the boundaries of modern cannabis genetics.

- 1. Selective Breeding:** Careful selection of parent plants based on desirable traits such as yield, potency, flavor, and growth characteristics.
- 2. Hybridization:** Cross-pollination between different strains to combine and enhance specific features, creating new and unique hybrids.
- 3. Stabilization:** Through multiple generations of breeding, the project works to stabilize the desired traits in the new strains, ensuring consistency and reliability.
- 4. Field Testing:** New strains are subjected to rigorous field testing in various environments to assess their performance, resilience, and adaptability.

COMMUNITY INVOLVEMENT

Sensi Seeds values the input and participation of the cannabis community. The Breeding Grounds project is designed to be inclusive, encouraging growers, breeders, and enthusiasts to contribute to the development and refinement of new strains. This collaborative approach helps ensure that the project aligns with the needs and preferences of the global cannabis community.

IMPACT

The Sensi Seeds Breeding Grounds project is set to make a significant impact on the cannabis industry by:

- Introducing new, high-quality strains that cater to a wide range of consumer needs.
- Enhancing the genetic pool of cannabis, contributing to the overall health and resilience of the species.
- Providing growers with robust and versatile plants that can adapt to different cultivation conditions.
- Promoting sustainable and innovative cannabis cultivation practices.

Through the Breeding Grounds project, Sensi Seeds continues to uphold its reputation as a leader in cannabis genetics, driving the industry forward with a commitment to quality, innovation, and community engagement. 🌿

LETTER FROM DR. LESTER GRINSPON TO ALAN AND BEN DRONKERS

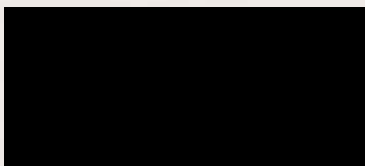
COURTESY OF | SENSI SEEDS/BEN DRONKERS

Harvard Medical School
Department of Psychiatry



Massachusetts Mental Health Center
74 Fenwood Road, Boston 02115

December 5, 1996



Dear Alan and Ben:

I am distressed to learn that the Sensi Seed Bank is in jeopardy. As far as I know, the Sensi Seed Bank is the most comprehensive in the world and it is, from a medical point of view, essential that it remain functioning and intact. I say this as a physician who has been studying the medical applications of cannabis for many years. Every day we are learning more about how useful cannabis is in the treatment of various symptoms and syndromes. When we published the first edition of Marihuana, the Forbidden Medicine (Lester Grinspoon and James B. Bakalar, Yale University Press, 1993) three years ago, we could identify about a dozen important medicinal uses for marihuana. In the enlarged and revised edition which is now in press at Yale, we identify three dozen different symptoms and syndromes for which cannabis is being successfully used.

As you may know, a recent survey indicated that 85% of the American people believe that cannabis should be available as a medicine and two states (California and Arizona) have recently passed initiatives which would make it possible for doctors to recommend or prescribe cannabis for medical purposes. There is no doubt that eventually cannabis will be seen in the same light that penicillin was seen when it was considered a wonder drug in the forties.





Alan and Ben Dronkers
Page 2
December 5, 1996

Just as penicillin was remarkably non-toxic as a medicine, so is cannabis. And just as penicillin, once it was produced on an economy of scale, was an inexpensive medicine, so will marijuana be inexpensive once it is freed of the prohibition tariff. Penicillin proved to be remarkably versatile; it could be used to treat pneumonia, meningitis, syphilis, etc. Cannabis is another very versatile medicine as indicated by the number of symptoms and syndromes for which it is useful.

Because it will be such an important medicine of the future, it is urgent that the seed bank be maintained. It is, in my opinion, a little like preserving the rain forest because we know there are potential medicines there which must not be destroyed. The seed bank provides us with the opportunity to eventually develop marijuana strains which are precisely useful for particular symptoms and syndromes. In order to develop these strains, we need the largest possible genetic pool. Sensi Seed Bank is essential to the preservation and maintenance of that pool.

Sincerely yours,

Lester Grinspoon, M.D.

LG/pa



ALAN DRONKERS

INTERVIEW | JULIE CHIARIELLO PHOTOS | SENSI SEEDS



Julie Chiariello: When was the first time you smoked cannabis?

Alan Dronkers: *My first experience with cannabis was around my 14th year. I was travelling with my father throughout Pakistan and India. We found ourselves on the waters of a lake in Kashmir... it was an amazing spot, in between all these house-boats made out of carved wood. The scenery there is just breath-taking, with people hanging out of the windows fishing, some sitting on a wooden pole while fishing...*

JC: You encountered countless surprises there!

AD: *It really made me think of a kind of Disneyland. And that was where I shared my first hash joint with my father. It was an unforgettable experience!*

JC: What did you think of your father's endeavors at the time in your youth?

AD: *In my youth, my father had a shop in which he sold clothes. He really got busy with growing cannabis when I was around 14-15 and he opened Sensi Smile coffeeshop around a year later in Rotterdam.*

This was commercially interesting for him

of course but the principle behind it was that there was no coffeeshop in Rotterdam and that he believed people should be able to get cannabis locally. In those days, people had to go all the way to Amsterdam to be able to visit a coffeeshop. So, what he did was simply to arrange a shop and stick a giant weed leaf on the window of a shop. This led to us being busted around 70 times within a 2-year period.

I was still at school in those days, and after my lessons, I would go see if the shop was still open or if it had again been closed down. I remember cases in which the police would have scraped half the weed leaf off, given up, and then covered the entire window in white paint to make sure you the leaf couldn't be seen anymore.

Our job we made sure to get it open again as soon as possible!

JC: What does the plant represent to you?

AD: *Well, I'm not so much a religious person as a spiritual one. And there is no doubt to me that the plant is holy.*

That is what it comes down to. There is a documentary from a doctor in Sri Lanka, about Buddhist medicine, which explains it well. This link to the sacramental aspects of the plant is one present in many faiths.

Buddhism, Catholicism, Shintoism...

This has become a main focus for me. Even in the museums, I remember arguing continuously with my father to integrate elements of different faiths in the museum. Why? Because I believe it belongs there. If there is a debate surrounding the issue and people are discussing it, writing papers about it, it belonged there. And when I was told that it was too controversial, well... the entire museum was controversial!

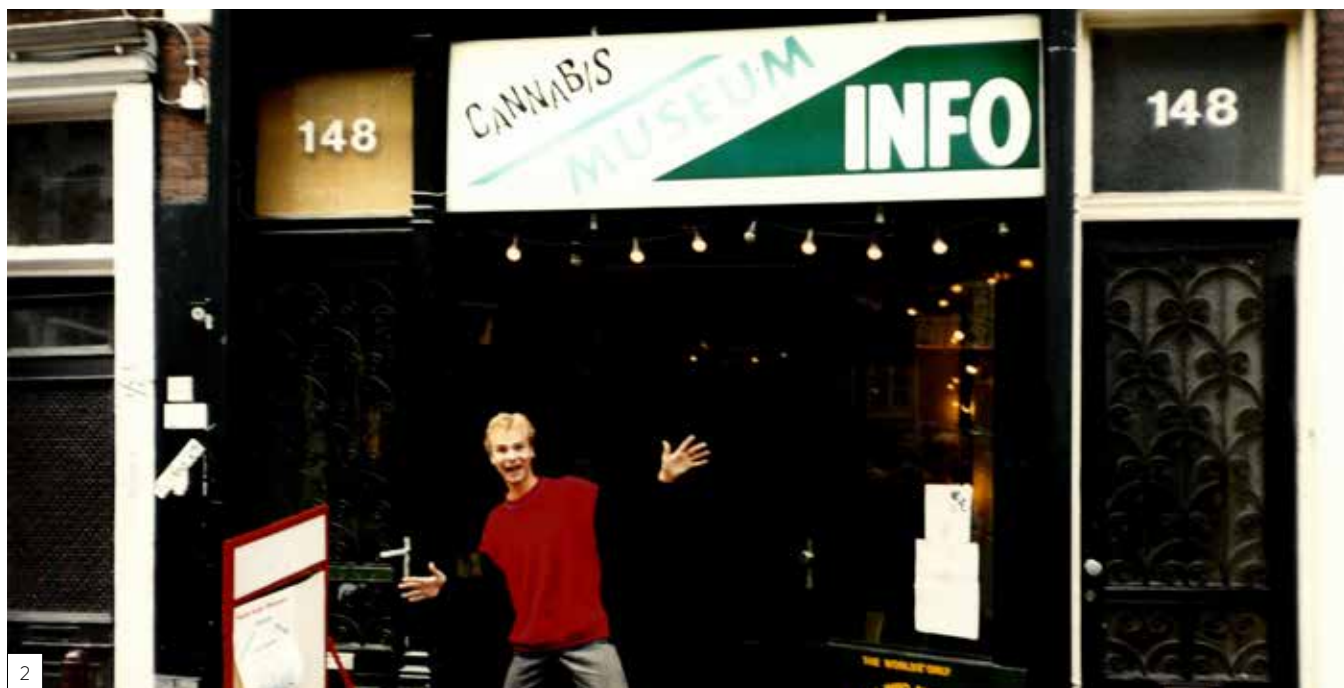
JC: How did people react to what you were undertaking?

AD: *If there is a moment for me to remember it would be the press conference, we organized for the launch of a book called Marihuana Hennep, Pleidooi Voor Mens En Plant (Marijuana Hemp, Plea for Man and Plant) in 1992. A lot of journalists came to check out what was going on, not knowing what to expect.*

My father starting discussing the War on Drugs and how this affected the Netherlands, which was unique at the time. No one really discussed this. He then went on to medical uses of cannabis and you could see the journalists thinking that Ben had smoked too much of his own stash. When he went on to explain how producing hemp seed could help solve the world hunger, they really thought he'd lost his marbles!

In the resulting articles, we were portrayed

1) Alan (left) and Ben (right) Dronkers celebrate receiving the Highlife Cannabis Cup Awards



2

as idiots, a bunch of stoners. No one paid the book any mind, or even read it. They just disregarded us entirely. And this followed us around for quite some time. People always criticized instead of seeing that what we did was good, constructive.

I clearly remember one of the journalists who wrote a scalding article following the press conference. I met him again 10 years later, together with my father, and he really had to bite the bullet because we had thoroughly proved him wrong!

JC: You played an essential role in developing the genetics we know and love. How did that learning curve go?

AD: *Jack Herer, Jack Flash, Black Domina, Juicy Fruit, Marley's Collie, Mr. Nice; these are all strains I worked on.*

I worked together with a lot of breeders over the years and was able to learn a lot from them. In the beginning, I stood by while the tests took place, while the choices were made between plants for breeding projects. I saw it all and was able to learn from it and apply it to my own projects.

JC: What were your main goals and objective when you were developing the genetics?

It really depends on the parameters you are breeding for and what type of plant you are breeding with.



AD: *For Sensi Seeds I always looked at flower development and resin development. For HempFlax, I would focus more on fiber production, or seed production. A good example of this is the Mexican Sativa. That strain produces an incredible number of seeds! This could make it a very interesting candidate for producing seeds for nutritional purposes.*

JC: A lot of people know of your role in developing Sensi Seeds genetics but few know of your extensive knowledge of cannabis in general, particularly its history. How did that come to be?

AD: *Many say that I am "The Breeder" of Sensi Seeds but my heart lies with educating people about cannabis. In 1990, I moved up to Amsterdam to help out with sales at Sensi Seeds in the beginning and I would provide people with information about growing. Each client that came in needed a half hour's worth of information. Later on, we had a catalogue explaining it all, lights, nutrients, etc.*

I didn't just sell the seeds however. I also travelled throughout the Netherlands in search of information on hemp and its history. This

search for information lasted for several years.

Actually, it never really stopped! We had help from several people across the globe including Chris Conrad and Mikki Norris, whose work is still displayed today in the museum in Amsterdam.

In those days, no one from the cannabis community was willing to talk to the press about their cannabis activities. This meant that if anything was going to be printed about cannabis in the newspapers, they would come to the museum. The Museum effectively became the go-to place for anyone writing about cannabis.

In order to be able to do this however, you needed to be constantly on your toes and up to date with all the developments linked to cannabis in order to be able to provide a statement. This led my father and I to have almost constant contact in order to discuss our position on matters, to know what to tell the media and what to base our argumentation upon. Most of the time, we corrected the mistakes published in articles, trying to set things right.

Basically, we were constantly busy, trying to get the information out there. It was a very inspiring time! 🌿



1) & 2) Alan (left) and Ben (middle) and Ravi (right) Dronkers



RAVI DRONKERS

INTERVIEW | JULIE CHIARIELLO



Julie Chiariello: You played an essential role in developing Sensi Seeds' presence internationally. Could you tell us more about

how that took place and how the industry evolved since the early days?

Ravi Dronkers: *That's definitely the case: in the last 30 years we've gone from a passionate team of enthusiasts to very passionate professionals... We did a lot of marketing and made an international name for the company. The market in Spain was getting bigger and bigger and I spent a lot of energy building our wholesale department there.*

Now that cannabis has become more mainstream, the market for it has opened up in certain countries. You can really see the

impact it is having, and the increasing presence of greed. Even big companies like Microsoft and Apple are investing in cannabis projects nowadays. Everyone wants a piece of the pie.

Sadly, I see a lot of initiatives which have no emotional attachment to what they do, no real passion for the cannabis plant. I guess this is a logical step but I'm happy that at Sensi Seeds, even though we have grown to be one of the largest seedbanks in the world, the staff is united by their love for the plant and a drive to improve things.

JC: How do you see the evolution of Sensi Seeds in the future?

RD: *I want to emphasize that we are the Sensi Seed Bank. The genetics that we carry – and that we are still gathering – are crucial to*

maintain and preserve. So, the Sensi Seed Bank will continue to exist, regardless. The question is in what form. Research has been prohibited for a long time. There are so many genetics to look at and study... The potential is amazing!

JC: Ok, now for a more personal question, what is your favourite Sensi Seeds strain?

RD: *My favorite to smoke is the Northern Lights #5 x Haze. Of course, as a patient I smoke the Jack Jack Herer all the time.*

I still look around in coffeeshops when I'm in Amsterdam but so far, I've never found anything as good as the NL#5 x Haze. What makes it extra difficult is that coffeeshops sometimes just switch names so the only way to know what you're getting is to put your nose in the jars. They don't like it but that's just the best way. 🌿

GIO DRONKERS

INTERVIEW | JULIE CHIARIELLO



Julie Chiariello: When did you actually decide to join the Sensi Seeds team?

Gio Dronkers: *The process of me coming to work at Sensi was pretty organic; it more or less just happened naturally. It was also part of the development of the company somehow. First there was Alan, then Alan went more into the breeding side of things; then Ravi, then finally Jeroen [Sensi Seeds' General Manager] and then I came in, in 2004. When at a certain point Alan decided to change what he was doing, and Ravi too, it became something that Ben suggested to me. But it wasn't planned ahead.*

JC: What are your favourite strains?

GD: *My personal favourites are difficult to pin down because we have so many really great, really enjoyable strains. However, I smoke*

Jack Herer every day. I like the Northern Lights, and the NL#5 x Haze. I like some Jack in the morning and some Haze in the evening.

JC: How do you see the future of the company as a whole?

GD: *Gio Dronkers joined the Sensi Seeds team in 2004.*

Obviously, in such a dynamic and rapidly-changing world industry, it's very hard to say where we are going to be in five years, but we're very positive. We hope that the new agricultural and processing facility we are establishing in Romania is a great success; we had a good Harvest last year, so it's going really well so far. With the resurgence of interest in industrial hemp, we anticipate that HempFlax will be flourishing more than ever before by then. The museum in Spain is listed on TripAdvisor as one of the top ten museum attractions in Barcelona; we hope in

five years' time it will be number one. We hope the museum in Amsterdam will be even more of a success during the next ten years as it has in the previous twenty. And we hope that Sensi Seeds will be even bigger than it is now. The first hemp and cannabis multi-national! And the beauty of it is, since we keep going back to the plant, we're never going to run out of inspiration. There's so much to do!

Something else that I find inspiring is the Sensi team. I'm very proud of the amount of people who are working in the company now, just how much the company has grown. I'm not claiming that it's all my success or anything, but I'm proud to be part of the success. The company is part of my life, you know, not just a job. So, it's really nice to be successful with the whole team; I'm proud of the whole team! 🌿



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GROWING TIPS SERIES – PART 3

CHOOSING THE RIGHT VARIETIES

WORDS | ED ROSENTHAL



Few things in life are more satisfying than lighting up a joint rolled with your own home-grown weed. I have assembled some tips to help you grow better buds. Here

is the final tip of five in this series that can save you time and labor or increase potency and yield. Some of these might be on your checklist. Consider introducing others to your cultivation. Improve your skills and get a bountiful harvest of our favorite crop!

TIP #5. CHOOSE THE RIGHT VARIETIES FOR THE ENVIRONMENT

It's important to consider environmental conditions when choosing varieties. No matter how excellent the bud may be, the first consideration should be the prognosis for successfully growing it.

Here are some factors to consider:

1. Latitude and ripening time. Photosensitive plants flower based on the number of hours of uninterrupted darkness. Each variety has its own critical dark period that triggers flowering. The light-dark period hours differ by latitude; this info is available on the internet. It's best to choose varieties for outdoors that will ripen early, before bad weather. Using light deprivation to force flowering may be a good solution for late-ripening plants.

2. Does the variety need more light than your garden can supply?

3. How long will it take to ripen?

4. If yield is a consideration, in your garden's conditions will it be only a moderate yielder?

5. Is mold resistance a consideration? How about powdery mildew?

6. Considering the size of your garden, is this plant appropriate? Does the plant size and shape meet the garden's needs? Does the garden require compact plants, or can larger plants be grown? This is especially important if there are plant counts related to cultivation regulations.





“EACH VARIETY HAS ITS OWN CRITICAL DARK PERIOD THAT TRIGGERS FLOWERING. THE LIGHT-DARK PERIOD HOURS DIFFER BY LATITUDE; THIS INFO IS AVAILABLE ON THE INTERNET. IT’S BEST TO CHOOSE VARIETIES FOR OUTDOORS THAT WILL RIPEN EARLY, BEFORE BAD WEATHER. USING LIGHT DEPRIVATION TO FORCE FLOWERING MAY BE A GOOD SOLUTION FOR LATE-RIPENING PLANTS.”

I hope that you find these ideas and techniques helpful. Look for more in the next issue. If you are looking for more in-depth information, go to my website edrosenthal.com. 🌿



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[@EDROSENTHAL420](https://www.instagram.com/EDROSENTHAL420)

- 3) This garden used light deprivation to boost the size of the buds in August when the light is stronger.
- 4) A small space can deliver a good selection of varieties to enjoy.
- 5) Ed OG in West Oakland - Mold and Mildew resistance helps with the morning fog that is constant in the fall.

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SENSI SERMONS

THE CLONE HUNTER'S GUIDE

WORDS & PHOTOS | THE REV



ello and welcome to Sensi Sermons, baybee! I'm the Rev, and today, I'm going to share some techniques for finding those extra-special clones. Clone hunting is definitely one of my favorite missions to be on; it's much like hunting for breeder plants, which I also love doing.

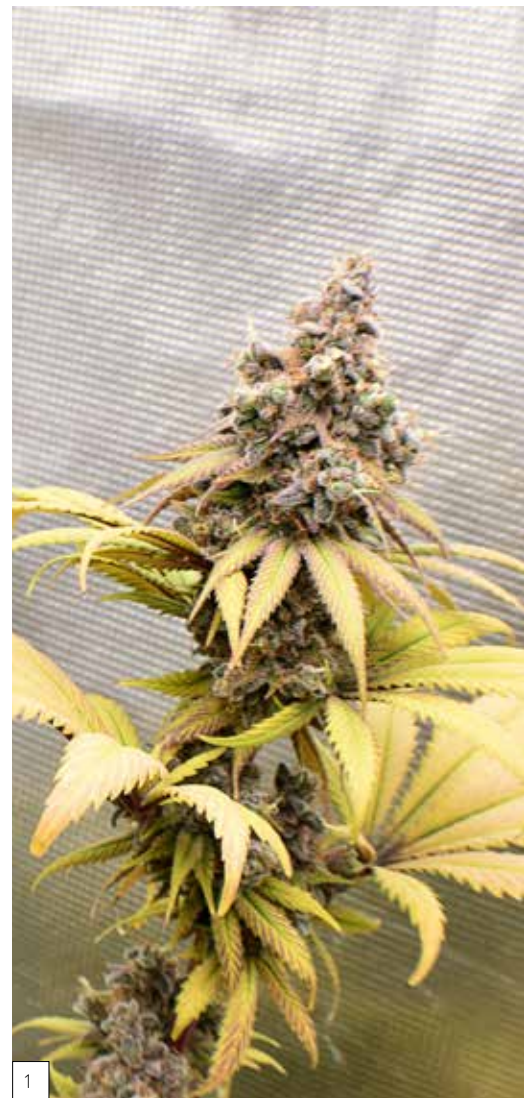
Back in the 1900s, around the late 70s, some of the guys I hung around with were breeders and growers. They all shared and traded seeds back then by handing you a seeded-up bud. So, you had first-hand data regarding buds, like density, size, smells, flavors, and potency. Noice, right? These days, it seems like 90% hype—ugh—but, hunting your own special plants is probably easier than you think. The only real qualities you need are attention to detail, patience, and a love and appreciation for cannabis. Check it out...

SEEDS FROM BUDS "IN THE WILD"

FYI, "in the wild" refers to any seeds you acquire from actual impressive buds. These could come from some buds your friend gave you, or that you purchased, or even (and maybe especially) buds from faraway lands. Faraway buds are pretty rare these days, but trust me, they're still out there.

Let's say you happen to stumble across something like a bud of Chocolate Columbian, or from Oaxaca, or maybe Jamaican or whatever. Often times, there will be seeds in these buds. Sometimes, just a few, and sometimes more. These are from larger outdoor grows, making the plants with seeds possibly pollinated by hermaphroditic plants. So, here's what you want to do to increase your chances of getting normal non-hermaphrodite seeds.

Always take the seeds from the lowest point on the buds you can. You see, most times, a little normal pollination takes place in these grows so the growers have seeds for next season. If the growers have any worth, they will have removed any true hermaphrodites that show. But sometimes shit happens like herbivores doing heavy damage to a plant, or severe drought stress, which both can cause hermaphrodites to appear later in flowering. By taking the lowest seeds from the buds, you increase your chances of getting normally pollinated seeds earlier in the season as opposed to more likely hermaphrodite-pollinated seeds later in the season. Cool, right?



1) Wild bud seed finds can be epic.



2



3

“ALWAYS TAKE THE SEEDS FROM THE LOWEST POINT ON THE BUDS YOU CAN. YOU SEE, MOST TIMES, A LITTLE NORMAL POLLINATION TAKES PLACE IN THESE GROWERS HAVE SEEDS FOR NEXT SEASON. IF THE GROWERS HAVE ANY WORTH, THEY WILL HAVE REMOVED ANY TRUE HERMAPHRODITES THAT SHOW. BUT SOMETIMES SHIT HAPPENS LIKE HERBIVORES DOING HEAVY DAMAGE TO A PLANT, OR SEVERE DROUGHT STRESS, WHICH BOTH CAN CAUSE HERMAPHRODITES TO APPEAR LATER IN FLOWERING.”

HOW MANY PLANTS SHOULD I START WITH?

You got your seeds of something you love in the cannabis world, and you want to have only the best female plants as clones you can run and save for years and years if ya wanna. Here’s how I would do this today...

Get yourself at least a couple of 10-packs of your favorite strain/hybrid. Long ago one of my breeding mentors told me, “You only need to sprout 16 seeds to very likely get a star.” I have found this to be quite true over the years, and it seems to me to work out about 80% of the time using 16 seeds to sprout.

Your sprouting photoperiod (light schedule) should be 12/12 (12 hrs. ON 12 hrs. OFF). Keep them on this photoperiod for about two weeks after they break ground. After two weeks, you can change their photoperiod to 16/8 (16 hrs. ON 8 hrs. OFF) or 18/6, whatever you like for vegetative growth. Once they are 30 days old (above ground), start examining them closely with a magnifying glass, and you will easily be able to determine sex. Look everyday

starting at 30 days old for about a week and you will be able to sex them. You will also be able to see any true hermaphrodites at this point, which is nice. You can cull all the males and any weaker plants at this point. You should end up with at least 7 or 8 females, if not more. Label each female, 01, 02, 03, or A, B, C, whatever.

Make sure you have a good cloning routine here because you will want to take a clone of every female. Label all the clones, so you know which plants they came from. I like using a Clone King 36 site aero cloner for cloning (see photo). Then, just flower and harvest all your seedling females. Keep your eyes and nose peeled for outstanding resin production, terpene expressions, and floral morphology (yields, bud size, density) as they mature. Boom! Just keep the clones of your favorite selected female(s) and let the production of the very best begin! Even in a long inbred line (IBL) where all the plants are very uniform, you will find individual gems and duds. This methodology is time-tested and works very well. Now, go get you some killer clones!



4

2) Use Darker, Fully Mature Seeds When Possible 3) : A dry erase board is a great and easy way to track clones. 4) : Consistent high rates of cloning success is a necessary skillset easy way to track clones.



HUNTING BREEDER PLANTS

Hunting breeder plants is a lot like hunting killer clones.

However, there are a few different moves required for this. Everything is the same as hunting clones, the initial number of seeds planted, and the photoperiods. But this time, when you see them, you'll want to keep a great-looking male (or two) along with all the healthy, good-looking females.

This mission requires no clones. You simply make the run to harvest using your selected male(s) and female plants. You remove the male after he has been throwing pollen for about a week. About 30 days after you have removed the male, the seeds will be done. I like to let them go an additional week after that before I harvest. Mostly to further ripen the flowers and have a higher percentage of viable seeds made.

Have all the females labeled. At this point

in time, I normally would have seeds from about 7 or 8 female individuals. Hang dry your labeled seeded up plants just as you would sensi plants. Closely look at overall yields, bud size and density while they are hanging. This is also a good time to get a whiff of terpene expressions and resin production.

When you deseed the buds after they are dry, keep all the different females labeled and separated, and do the same thing with the seeds. Put baggies of the crumbled up deseeded buds of each plant labeled in the refrigerator or freezer, depending on how you plan to test them out. You can either make hash out of each plant—I love doing this—keeping the hash labeled, or you can use a high-quality flower vaporizer

like a PAX Plus. Freeze the crumbled bud if hash is being made, refrigerate it if you are going to vape it. You could,

of course, bite the bullet and actually smoke some of each plant's crumbled and deseeded bud, but this is a rude experience, and terpenes will be overrun by that "seedy" flavor. The Vaporizer (PAX) is way more enjoyable.

I like to wake-n-bake with each female's buds and smoke/vape only that female for a day, and that lasts about a week. By that time, I had checked off all the boxes and had decided which seeds I would keep to bring up the next generation. And that's how you dial in your best green childrens, LoL. Okay then, that's it for today. L8r G8rs... 🌿



5) Twelve female plants from 16 seeds planted and 15 sprouts 6) Making mini temple balls of hashish from each female works awesome 7) Growing epic buds from seeds you have bred is very satisfying indeed



TRUE LIVING ORGANICS

DRUID'S GUIDE QUESTIONS

WORDS & PHOTOS | THE REV



ello all, I'm the Rev. I have gotten some good questions lately regarding my newest book

release, True Living Organics the Druid's Edition, so I will address those questions here. So, away we go baybee...

SOME PH QUESTIONS ANSWERED

We are just human being growers, after all, so pH issues can certainly arise as peeps make mistakes or your environment changes, like your water source. If you follow my guidelines in the book, you should have zero pH issues, and your soil should stay in the "Goldilocks Zone" with regard to pH. If you are winging parts of your soil mix, then you had better be sure about some aspects of your additions. Generally speaking, elements containing good amounts of calcium (Ca) and/or potassium (K) will tend to take your pH upwards. Decaying organic matter, in general, tends to drop your pH., like, the decay that happens when you water your soil mix.

TLO soil is uber-high regarding organic matter indeed, but it is also buffered very well for pH.

Due to their citric acid content, things like pine needles will take pH down. Things like coconut coir fibers will tend to take the pH upwards. Don't ever add something like elemental sulfur to your soil mix because it is crazy dangerous and can easily dive your pH quickly to a deadly range.

Along with organic matter in general, decomposing, things like neem or cottonseed meal will tend to dive your pH downwards even more so. So will additions of something like

humic ore, or rock phosphate and soft rock phosphate. A little too much available potassium or phosphate in your soil mix can be a deadly mistake for your plants as well. Calcium can build up over time, like after ten times recycling your soil, so you may need to add a little something-something to bring your pH down a bit. The best way to do this is with your water source. Just take it down about ½ a pH point (0.5) using a little lemon juice, apple cider vinegar, or even some Natural Down crystals by Earth Juice. Half a pH point (0.5) is the largest jump (pH adjustment) you ever want to make.

Like I said, though, I have run my standard TLO gardens with a soil mix that has been recycled a ton of times and is about ten years old at this point in time. No big pH issues ever, until very recently, when my groundwater (tap water) went up about ½ a pH point. I have had to adjust my water pH by ½ a pH point downwards. My longer term fix is adding a bit more rock phosphate, along with small additions of humic ore, and using a tad less oyster shell in my soil mix. Stay reactive and adaptive when you need to man. Having benchmarks, like knowing your soil's and water's pH and water's PPM when everything is fine, is a great benchmark to know as a basis of comparison—wink.

1) Adjusting plant water pH is the fastest fix for pH problems 2) Happy plants are in the zone of pH happiness



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3

“THE WATER SOURCE YOU USE TO SPROUT WITH IS MUCH MORE IMPORTANT OVERALL, AND I HIGHLY RECOMMEND BOTTLED SPRING WATER FOR THIS PURPOSE. HOWEVER, IF YOUR TAP WATER (GROUNDWATER) FALLS BETWEEN 40 AND 55 PPM IT’S LIKELY ALL FINE TO USE THAT AS WELL.”

SPROUTING IN SOIL OR PAPER TOWELS?

I want to make clear here that it is perfectly fine to germinate your seeds in paper towels if that is more comfortable for you. I like directly sprouting them in soil from the start mostly because they start their “bonding” with the soil’s microbial life all that much sooner. When germinating in paper towels, use enough paper towels that you can fold them over and have the actual seeds up above any runoff water in the tray/dish holding the paper towels. This works fine and I have done this myself a million times—all good.

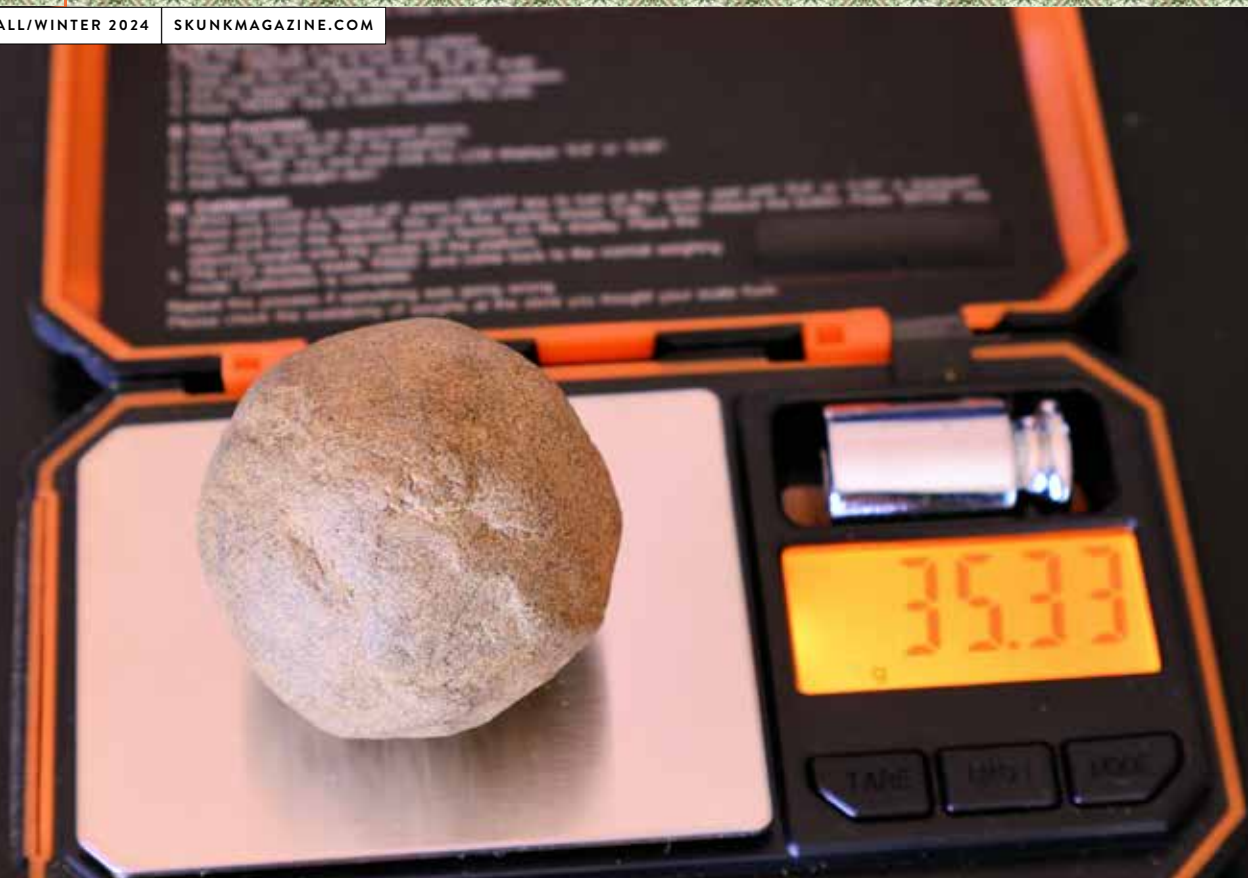
The water source you use to sprout with is much more important overall, and I highly recommend bottled spring water for this purpose. However, if your tap water (groundwater) falls between 40 and 55

PPM it’s likely all fine to use that as well.

In fact, if you are doing the paper towel method, I wouldn’t even bother to remove the chlorine from your water while they are in the paper towels. No worries.

When germinating directly in soil, I still use some bottled spring water first blended with some of my regular plant water. The ratio is about three parts of spring water to 1 part of normal plant water. Once they are above ground for a week or so, I change to 50/50 spring water to plant water for a couple of waterings. After that, I go to straight-up normal plant water. If you are using the paper towel method don’t start any water blending until they are into soil and above ground. Use pure bottled spring water or tap water until then.

3) I always feel like youngsters are little green childrens and so cute



4

COMPRESSING DRY SIFTED TRICHOMES INTO “TEMPLE BALLS?”

I need to tell all of you some stuffs when embarking on your journey to make your own Temple Balls. These are just dry-sifted trichomes that are hand-compressed into balls of hashish. Let me share some of the more subtle aspects to making these Temple Balls successfully. This method of hash-making is laid out in my newest book, TLO Druid’s Edition, FYI.

I make a lot of hashish because I make a lot of seeds, so I take the de-seeded buds to make hash from. Also, even when I have a seedless sensi harvest, I only keep the very best buds—about three-quarters or two-thirds of the total buds per plant—to jar up and keep as buds. I just do a very cursory trim job on all the B-grade smaller buds and put them in the freezer for future hash-making. Let’s do this with some bullet points to up your hash game...

- Always seal and freeze any dry cannabis you want to make hash with.
- Don’t break up any buds until right before you make your hash. Obviously, you can’t do this if you are making hash from de-seeded buds, but you still freeze the broken-up de-seeded buds.
- If it’s cold where you are making hash (like, below 65 degrees) use a heating pad under the tray to slightly warm the tray. This helps warm the trichomes for compaction; a warm tray is fine, but hot is not so good.
- Once the trichomes are sifted into a pile, you need to compact them immediately! Do not play with the sifted trichomes much or let them sit for more than a few (like 5) minutes before compressing into Temple Balls.
- Let compressed Temple Balls sit open to air in a warm and dry location for 24 hours before sealing them up or smoking them. Closets are good for this.

I hope yooze guys found this article helpful today. Make sure to grab a copy of my new book on Amazon baybee! True Living Organics the Druid’s Edition, by The Rev. L8r G8rs...🌿

4) I really do loves me some hash



BUD WISE

WORDS & PHOTOS | THE REV



Hey there, hi there, ho there, Skunk peeps. I'm the Rev; welcome to Bud Wise. Just a little Q&A about this and that with regards to growing cannabis. Today, we're going to do just two questions. These are two good questions that I have gotten a lot of versions of over the years. Starting clones indoors for placing outdoors is one of them, and germination problems are the other. Hope you enjoy this and get some good info from it. Let's rock and roll.



“NEVER, EVER USE ANY KIND OF HUMIDITY DOME. IF YOU HAVE GOTTEN AWAY WITH USING THEM IN THE PAST, THEN CONSIDER YOURSELF LUCKY.”

QUESTION 1: GOING INDOORS TO OUTDOORS?

From: Duane

“Hiya Rev! I grow and flower indoors, but when the season arrives, I like to take some clones and put them outdoors. This has proven to be very problematic with plants going into flowering and then reverting to vegetative growth. The plants don't grow quite right after they do this. Branches break easily, and powdery mildew seems to be enhanced somehow. What the hell can I do about this, Rev? A friend told me to put them out later in the season, but that didn't work either. Thanks.”

Hiya Duane. Yeah. Here's the thing. Your friend was right about placing them out later than you would think. However, the success of this move is all about your photoperiods indoors prior to that later outdoor placement. Lemme 'splain...

First of all, my good man, you would have a much higher probability of success using seedling plants outdoors in the ground. You can start these indoors and transfer them to outdoors basically the same way you would do it with clones. Actually, using seedling plants is easier than doing this with clones unless you make your own clones from your own

seedlings, and then it's just as easy either way.

Okay then, let me start with this: NEVER use a 24-hour ON photoperiod, like, EVER! But, particularly in this situation you want to handle. Let's start with sprouts. You want to sprout them under a 12/12 photoperiod. Keep them under this photoperiod for 10 to 14 days after they pop out of the ground. Then, switch them to a 15/9 photoperiod. When they are right about 30 days old, you can sex them easily. Here in America on the west coast, I like to place them outside about the first half of June. You want the photoperiods from indoors to outdoors to be very close.

Sunrise to sunset, plus one hour, is your outdoor photoperiod. Boom! That's how easy that is.

With your own clones, simply use the same photoperiod for vegetative growth (15/9) and place them outside as appropriate to the outdoor photoperiod. If you have acquired clones that have been under 24 hours ON photoperiods or an 18/6 photoperiod, you will need to change their photoperiod down to 14/10 for two weeks, then change it to 15/9 for at least two weeks. This process takes 30 days in total before they are ready to go outside. You can keep them at the 15/9 photoperiod for as long as you want before transferring them outside at the proper time.

QUESTION 2: GERMINATION MISTAKES?

From: Linda

“Hello Rev., I have tried and tried to germinate directly into soil, and the best I can get is a couple of sprouts from 10 seeds. I use good organic bagged soil and rainwater. That's about as organic as it gets. I use a humidity dome on them, so they don't dry out, and I'm pretty sure I'm not overwatering them. My temps for sprouting are around 78 to 80 degrees Fahrenheit. I use a 300-watt full-spectrum LED. Can you help me, please?”

Hi Linda. Yeah, you bet I can help you. Also, if you had my new book, you would already know what your problems are, heh heh—wink. Okay, toss the humidity dome. Never, ever use any kind of humidity dome. If you have gotten away with using them in the past, then

consider yourself lucky. Rainwater is another huge red flag here, Linda. Most bagged organic soil mixes of quality, like, say, Ocean Forest by Fox Farms, are buffered well regarding pH. However, rainwater has no density/mass to it. There is no PPM of dissolved minerals and elements. Normally, these things, along with being of nutritional value, also help somewhat buffer the pH upwards.

First of all, switch to using bottled spring water or dechlorinated tap water. Toss any humidity domes in the trash or use them as catch trays; they suck, period. You never want to restrict fresh air flow to your plants/sprouts/soil. Never, ever, you savvy? I think you had a little double dose of bad here with the rainwater allowing the pH to drop easier and the restricted airflow (fresh air), promoting fungal growth. Fungi loves them some low pH and stagnant air, and it can quickly take things over. This could most definitely fry germinating seeds. 🍄

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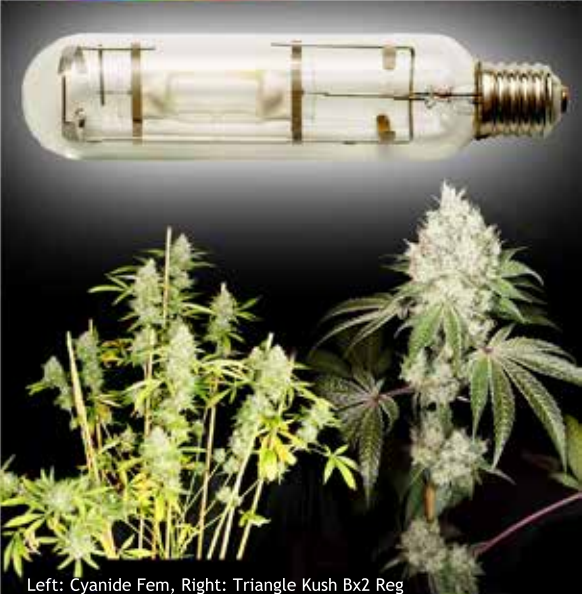
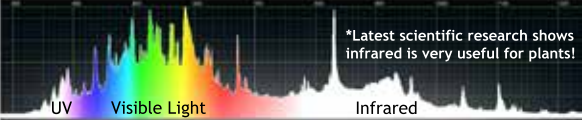
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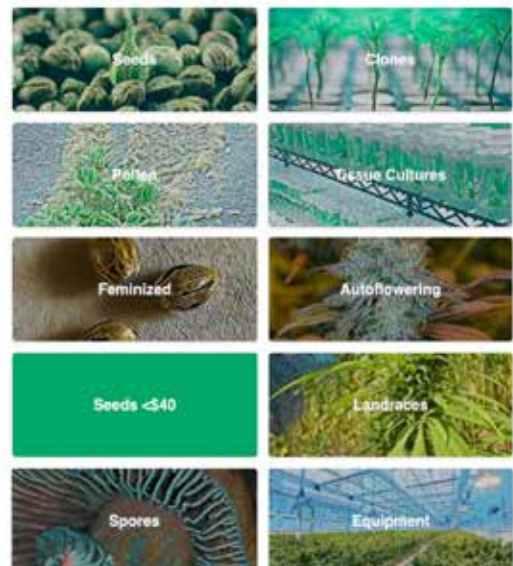


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KALAMATA RED

The Blues of Greece

WORDS & PHOTOS | SAVETHEBRAINS



Rembetika was the music of the poor, the dispossessed, the refugees, and the migrants who came to Greece from Asia Minor before and after the First World War; they brought with them their traditions and music. This music was once illegal and

oppressed, the music of hashish smokers, the underworld, and the outcasts. The USA played a big role in the history of the Rembetiko history. The first recording occurred in early 1900 in New York, and a Greek immigrant, Tetos Demetriades, wrote the song. The song was called Misirlou, and it has since been used in the movie Pulp Fiction and more.

REMBETIS OR MANGAS

The Rebetes were the ones who played and listened to Rembetiko music. They used to hang out in the opium dens and tekas (coffeeshops). The Rebetes were seen as anti-authoritarian rebels and outcasts and have also been called Mangas. The Mangas were very proud and honorable, clean and tidy, had good manners, and were always well and uniquely dressed, overall having different morals and ethics from the mainstream Greek society. They had long mustaches, hats, and a heavy walking style, and they would often solve their honor disputes with knives. In their culture, the wife and the mother had a special position and received a special love. They value friendship and solidarity, and they were ready to take your life or lose their own if someone offended their honor or that of their beloved ones. The Mangas had to become very creative because the police were always running after them, bullying them, and beating them badly. The police would break their musical instruments and hookahs, destroy their plants and smoke, and put them in jail. Baglamas were the solution because of their size; it is like miniature bouzouki that they could hide in the sleeve of their suits. When they didn't have an instrument, they used to sing without, and an empty glass or a couple of spoons was enough to keep the rhythm. They also had the same practical approach as the smoking instruments: They used to make pipes from all kinds of vegetables. Potato pipes were very common, and they were also used to dig a small hole in the ground and create the famous earth pipes. They used to smoke mixing with tobacco that, preferably, was washed, and the charcoal they used for lighting the fire on the hookah was from walnuts, so the weed or hash

taste would pass as clean as possible to their lungs.

Kavatza was called the hideout, where they hid their stashes, water pipes, and musical instruments and did their grows. The kavatza, in general, was a safe place to chill. In one song, they described that when you see small flames during the night around the suburbs, it is the Mangas drinking the hookah.

Another name for the Mangas was Hasiklides ("hashish smokers"), and this category of rembetika songs about weed was called Hasiklidika ("hashish music").

The mangas themselves never used the word smoking but referred to it as drinking, drinking the hookah, or drinking a joint. This comes from the way they inhaled the smoke.

They called the high "mastura" or "masturomenos" (stoned), and a good Manga had to smoke constantly to keep the mastura at the highest level.

Their favorite smokes came from two origins:

Arkadia for the weed and Prusa Turkey for the Hashish. The Kalamata Red strain's origins come from this era, the era of the Greek blues. There is a lot of knowledge behind the Greek underground smoking and growing culture. It was traditionally done organically, as they had close contact with Mother Earth. They followed

"THEY USED TO SMOKE MIXING WITH TOBACCO THAT, PREFERABLY, WAS WASHED, AND THE CHARCOAL THEY USED FOR LIGHTING THE FIRE ON THE HOOKAH WAS FROM WALNUTS, SO THE WEED OR HASH TASTE WOULD PASS AS CLEAN AS POSSIBLE TO THEIR LUNGS."

the moon cycle and had some very special methods of how to grow their weed to become mighty strong, almost hallucinogenic at times. On the 18th of January, they potted their seeds indoors. On the 25th of March, they were transplanted out in the soil, after which they waited till late October to the middle of November for the harvest. Some phenos were only cut in late December. For fertilizer, they used milk and blood, but the details of this are a secret. Many families in Greece, especially in the region of Kalamata, lost their freedom in this war of prohibition. A lot of sacrifices and hard work were put toward maintaining our heritage and keeping these pure ancient heirloom wonders alive. So, when you inhale the vape of Kalamata Red, I recommend listening to Mario singing about the times when God drank hashish, and he created this world, then he gave it to the human being so that he will get stoned too. Listening to this music while you are high is like a trip back in time. Just close your eyes, hold the SKUNK Magazine tight in your hand, and enjoy the ride to the moon. Soon, we travel to Greece. To be continued.





The seeds come directly from the original breeder, Delicorganics. Kalamata looks very feminine with her red aura, unique and wild. She performs very well for dry hash and as a seed producer, and her flowers are small. It stretches a lot like a pure sativa and is very easy to grow in an organic garden. It does not demand many nutrients and is pest and fungus-resistant, so she is closer to the NLD cannabis varieties.

You can find some variation among her population, but I will say you notice more similarities than differences, and all share an undefined smell when you rub their stem. I like Kalamata Red because of her special high, which can compete with most strong Hazes, adding a bit more color and taste to the game. She stands out for her medicinal properties such as pain relief, antidepressant, and mood lifting effects. She has a unique lemony and herbal taste, and the laugh attacks that come like waves bring back memories from the good old days. In high doses, the feeling becomes very psychedelic and spiritual and can be overwhelming for some. 🌿

20 **20**

STRAIN NAME:
Kalamata Red

BREEDER:
Delicorganics

HEIGHT:
2,5 – 3,5 (8 feet) meters in optimal conditions in an outdoor environment, indoors, depending upon the vegetation time

WEIGHT (YIELD):
Medium yielder.
13% -17%Thc
Flowering time in days: Indoor 70 days, outdoor 11 to 13 weeks
Greek Kalamata Red landrace drug cultivar is a traditional hashplant

TASTE (BURNED AND UNBURNED):
Sour, sweet, lemony, more herbal, and creamy when cured well

SCENT (BURNED/ UNBURNED):
Old school fruity gas
What the dried bud/ crumbled bud looks like: Like crumbled diamonds
Speed of high onset: Lighting fast, laugh attacking high

DURATION OF HIGH:
Long, five hours+

QUALITY/TYPE OF HIGH:
Artistic, motivational, psychedelic

MEDICINAL QUALITIES:
Pain relief, mood-lifting, good for depression

20 **20**



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JACK HERER FEMINZED

WORDS & PHOTOS | SENSI SEEDS



Jack Herer Feminized seeds were high on our priority list, and during this cultivation cycle, we document the important details and specific conditions used to achieve a successful harvest. Our grow report covers many unique aspects like morphology, flowering duration, and profile. In the end, we take our finished flower for THC testing too.

Flowering stage: 70 days

Total time, seed to harvest: 91 days

Final yield: 80 grams

THC content: 26.92%

Jack Herer feminized seeds (also available in regular seeds) were created to honor a legend in cannabis history. Jack Herer is widely known as a cannabis advocate, and author of *The Emperor Wears New Clothes*. In the 1980s, Sensi Seeds created what is known as Jack Herer by combining genetics from a Haze, Northern Lights #5, and Shiva Skunk.

Our indoor garden featured white walls to reflect and diffuse light onto the plants. We circulated air through our growing space using multiple fans strategically positioned above and below the canopy level, increasing airflow and removing unwanted stagnant air. Air was drawn into the growing area by the inline fan and pulled through a carbon filter to provide a layer of odor control.

We used a 1000W Green Power Phillips HPS light with a reflector. The light was mounted in a fixed position roughly 300 cm above the soil line. The soil of choice was BAC Lava Mix, supplemented by Bio Grow and Bio Flower nutrients throughout the different life stages of our Jack Herer Feminized.

Environmental conditions during the grow were closely watched. Keeping your plants in the right environment helps produce the best yields possible. Temperatures were maintained at 23°C during the lights-on period and 21°C when the lights were off.

For the vegetative period, lights were run 18 hours on / 6 hours off schedule. For the

flowering cycle, lights were switched to 12/12. Our humidity levels in the grow room were steady at 65% for the vegetative period and then reduced slowly during the flowering stage.

GERMINATION & SEEDLING

We placed our Jack Herer Feminized seeds into pre-moistened jiffy cubes, with the pointed side of the seed facing down. Within a few days, we saw the seed hull cresting the top of our jiffy pellet. As the seed emerged from the hole, it shed the husk to reveal the bright green cotyledon leaves, supplying the young plant with roughly a week's worth of nutrients to grow.

The Jack Herer Feminized seed was left in the jiffy pellet for a few days until we saw roots coming out of the bottom and side walls of the pellet. It was then time for us to transplant this into a 1-litre container.

“THROUGHOUT THE GROW CYCLE, WE WILL PROACTIVELY RELEASE BENEFICIAL INSECTS TO REDUCE THE LIKELIHOOD OF THAT HAPPENING. THESE PREDATORS HUNT AND EAT CERTAIN UNDESIRABLE INSECTS.”

VEGETATION

We transplanted our Jack Herer Feminized seedling into the soil to start week one. We delicately covered the long roots it had grown in the jiffy pellet, leaving the cotyledon just above the soil line. We subsequently gave our plant 11 ml of water, which was pH adjusted to a level of 6.2 and applied directly at the base of the stem; an infestation of plant-damaging bugs can ruin a grower's hard work in little time.

Throughout the grow cycle, we will proactively release beneficial insects to reduce the likelihood of that happening. These predators hunt and eat certain undesirable insects. This time, we dispersed a sachet of *Hypoaspis Miles*, which helped control fungus gnats and thrip pupae.

At the beginning of week two, we noticed the roots peaking from the drain holes in the bottom of our plant. This indicated good vigor from our Jack Herer Feminized, and we made the decision to transplant it into a larger,

5-litre container where it would remain for the remainder of the cultivation cycle. We continued to give our plant 100 ml of water applied around the base of the stem when needed.

To help encourage a strong main stem and branches, we kept a light breeze on our seedling. This forces the cell walls to build more robust layers to sustain the wind force. Another technique we used to strengthen our Jack Herer Feminized was to turn each plant 1/2 turn each night. Not all of our plants were directly under the light, so turning them forces them to readjust to the light's position, which also builds thicker cell walls.

Week three recorded good vertical growth of our Jack Herer Feminized. Given the biomass above the soil, we ascertained that the root system was developing simultaneously. We added a nutrient solution to our water each time we feed the plant. The Bio Grow nutrients were combined with the water, and the EC and pH were checked before applying them to the soil. The desired EC was 1.6, and the pH remained constant at 6.2.

In a continued effort to keep unwanted critters away, we released two more types of beneficial insects. We hung sachets of *Amblyseius Cucumeris* and *Amblyseius*

Californicus at the base of our Jack Herer Feminized. The first is a predator of thrip larvae, and the latter is a hunter of the dreaded two-spotted spider mite. So far, we have not seen any external pest pressure in the garden, which means our IPM program is adequate.

FLOWERING

Although our plant was 19 cm tall at the start of week four, we decided to change the light schedule and initiate the flowering cycle. This is done by adjusting the light schedule to 12/12, giving our Jack Herer Feminized equal amounts of light and darkness daily. Our plant had a good amount of lateral branching, and each branch had large, broad, green leaves, which were busy photosynthesising light into essential sugars to support growth.

We also flushed the soil using 1500 ml of pure water. Flushing is meant to remove built-up salts that have accumulated in the



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11

soil from regular feeding. Because of the large volume of water, most water runs through the medium, helping to remove impurities.

Staying vigilant against the potential for pest invasions, we released another sachet of *Hypoaspis Miles* to combat fungus gnats and thrip pupae. We know that during the early flowering stage, also known as “the stretch period,” our Jack Herer Feminized would continue its vertical growth before slowing to focus on biomass.

Week five saw an increase of 13 cm from the week before, and due to the increased root development, we started giving our Jack Herer Feminized 200 ml of solution. We adjusted the amount of nutrients slightly, and the final EC before applying to the plant was an EC of 1.7.

We had not yet defoliated any large fan leaves, and we preferred to keep them on to harness and convert the light intensity into energy to sustain plant growth. Some of the lower branches were focusing their growth outwards to avoid the shade of the leaves above. As we were entering the phase of bud development, we reduced the humidity in the grow area to an even 60% RH.

In week six, we saw the initial pre-flower development, indicated by the stigmas forming at the base of each node and at the tips of each branch. The Jack Herer Feminized seeds will only produce female plants, which is beneficial for many reasons. It maximizes space in the garden by filling it with only female plants. There are no males

that would need to be identified and removed. Another quality trait of this strain which removes the guesswork for new growers.

Again, we adjusted the level of nutrients in our solution. This time, we adjusted the feeding solution to an EC of 1.8. Each feeding from here until the final flush will be at an EC of 1.8 and a pH of 6.2. The volume of the solution was also increased to 350 ml per day.

Staying on top of our IPM procedures in week seven, we released more sachets of *Amblyseius Cucumeris* to battle potential thrip larvae and *Amblyseius Californicus* to eradicate any two-spotted spider mites that may be lurking in the garden. The sachets were placed at the base of the plant, allowing the insects to patrol the soil and the plant.

Week eight saw the most significant week-over-week increase in vertical height. The Jack Herer Feminized grew 20 cm from the previous week and now stood 77 cm above the soil. Our plant has more than doubled in height since initiating the flowering cycle, which is something to consider for growing spaces with limited ceiling height.

We started the week with a pure water flush and poured 1500 ml of pure water over the entire soil surface. The excess nutrients in the soil were washed out of the bottom into our drainage pans below, and we resumed watering with our feed solution for the remainder of the week. Always remember: It is essential to collect and remove this water. Do not

let your roots sit in the stagnant, high EC water that has been flushed from the plant.

Once that was complete, our final round of beneficial insects was deployed, and we hung one more sachet of *Hypoaspis miles* on the lower branches.

Vertical growth continued in week nine, but we noticed more of a shift to bud production. Our Jack Herer Feminized now had little puffs of stigmas emerging from the bracts at each of the nodes and branch tips. Trichome formation also started to materialize into a generous layer of glistening heads on the flowers and surrounding leaves. The watering volume was increased to 400 ml, and the room humidity was reduced to 58%.

Our plant maintained a healthy dark green leaf color. The leaves had narrow fingers with sharp, serrated edges, holding true to its predominantly sativa genetic background. The apical cola had grown past the rest of the canopy, giving it full, unobstructed light from every angle. Lower branches reached a uniform height and created a dense canopy of blossoming flowers not too far below.

We started week ten by flushing the soil, as it had been a few weeks since our last flush, and our feeding schedule had increased. After completing that task on the first day of the week, we resumed our regular feeding schedule. Jack Herer Feminized was really starting to increase its bud mass. The little buds from the week before were now

1) Week 1 2) Week 2 3) Week 4 4) Week 5 5) Week 6 6) Week 7 7) Week 9 8) Week 10 9) Week 11 10) Week 12 11) Week 13



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growing into each other, forming large colas, not only on the apical meristem, but each branch tip was being weighed down by the burgeoning bud mass. The trichome coverage also increased dramatically, and the plant began to emit a citrusy scent.

In week eleven, we increased the feeding volume to 500 ml daily. Our Jack Herer Feminized was getting close to the end, but we could tell they had a few weeks left by looking at the flower development. The bracts had begun to swell and were stacking up on themselves. However, this only manifested on the upper flowers, not the entire plant.

A few stigmas had begun to turn brown, which triggered us to check the trichomes for ripeness. The goal is to have mainly milky trichome heads, with a few amber and clear heads at harvest time. We saw the milky heads and a decent number of clear heads, but it looked like our Jack Herer needed more time to mature.

At the start of week twelve, we again inspected the trichome heads. Along with the milky, we saw a closer ratio of clear and amber heads. Our Jack Herer Feminized was entering the final two weeks, and we decided to cut out all nutrients in our feed. From this point forward, we regularly flushed, using pure water to remove any excess nutrients in the soil.

The flushing process helps achieve a better-tasting flower with increased burnability. Many of the stigmas were now a reddish-orange and had retreated into the trichome-covered bracts. It was pleasant seeing how well our Jack Herer Feminized maintained its healthy green color throughout the foliage and the flowers.

Week thirteen was the final week for our Jack Herer Feminized. She had grown to 95 cm. All of the final energy went into flower production, which we were now getting to appreciate fully. The grow room had a wonderful aroma upon entering, and the flowers sparkled under the high-intensity lighting.

We continued to flush the soil this week using 1500 ml of pure water. There was not much noticeable size gained in this last week, but the aroma grew more potent, and, in all likelihood, the plant was making its final push for increasing cannabinoid levels within the trichome heads. It had been 91 days since we put the seed in the soil, and now our Jack Herer Feminized was ready to be harvested.

HARVEST

Before our Jack Herer Feminized was cut down, we removed the large fan leaves. Removing

this unwanted biomass helps remove the extra moisture contained within. We take care in maintaining the environmental conditions to achieve proper drying times and to ensure a good taste. If the buds are kept too wet, mold could occur during drying. If they dry too fast, the flowers will taste like hay.

We cut the Jack Herer Feminized at the base of the stalk using large clippers. We then brought it to our drying area, which was controlled at 15.5°C and 60% humidity. The plant was hung whole, upside down in the dark room. We kept a light breeze moving around the plant but took caution not to blow directly on the plant, as the excessive wind can cause the plant to dry prematurely.

After 18 days, our flowers were ready to be trimmed and placed into jars. We made this determination by feeling the buds to gauge their moisture content. The outside was slightly crispy, but the inner part still contained moisture, and the buds had a spongy feel when squeezed gently.

We removed the large leaves before drying, which left only a sparse amount of leaf tips protruding from the flowers. This made trimming our Jack Herer Feminized easy and fast. Once the flowers were trimmed, we placed them into glass mason jars to cure, which helped preserve the cannabinoid and terpene profiles.

Curing is the final stage of moving the moisture from the center of the bud outward to create an even dryness throughout the cannabis flowers.

For the first 24 hours in jars, we left the lids off to allow the combined moisture of the flowers inside to escape. Throughout the next two weeks, we burped the jars for an hour several times daily. Then, for the following four weeks, we opened our jars of Jack Herer Feminized buds for half an hour daily.

The pungent aroma increased each time we opened the jars and was a natural indication that our cure was going successfully. After four weeks, flowers were moved to the CVault, which maintains the ideal 62% humidity.

Our Jack Herer Feminized looked and smelled spectacular, so we kept a little for ourselves before a sample was sent to a third-party laboratory for cannabinoid testing. The lab results showed our Jack Herer Feminized to have an extraordinary THC content of 26.92%!

TERPENE PROFILE

Terpinolene, Caryophyllene, and myrcene are the dominant terpenes in our Jack Herer

Feminized. The abundance of terpinolene in the terpene profile can be recognizable by the fresh, citrusy scent filling the air each time our jars were opened. Behind that fragrance lies a hint of fresh pine, reminiscent of a walk through a lush pine forest.

After inhalation, the influence of caryophyllene can be identified by the harsh, peppery notes that cling to the back of your taste buds. Myrcene is a common terpene found in cannabis, and in the Jack Herer Feminized, it imparts the earthy aroma that ties citrus and spice together.

The flavor of our Jack Herer Feminized took on less of a citrusy-forward profile and presented one more grounded with notes of earthiness and spice. Sitting on top of those flavors was a general sweetness with floral notes and a refreshing touch of pine. Balancing those were the flavors of cinnamon and spice, a complex taste worthy of representing the Jack Herer name.

Effects from Jack Herer Feminized are immediate, offering a mellow high that begins as cerebral high and transitions to the body. Thoughts stop racing around the head, relieving stress and increasing concentration. The mentally calming effects soon work their way down the body, instilling a sense of relaxation from head to toe.

THE OUTCOME

Jack Herer Feminized produced an exceptional yield in just 91 days from seed to harvest. The plant grew naturally and did not need any training techniques or defoliation.

Following the basic dosage recommendations, the feeding schedule was simple, and the plant showed vigorous growth without signs of excess nutrients burning the leaf tips. Thanks to the high bract-to-leaf ratio, even the trimming was quick.

Overall, Jack Herer Feminized was an easy plant to grow, and growers of all levels can feel confident in their ability to plant, grow, and harvest high-quality buds from this strain. Altogether, we harvested 80 grams of dried flower from our Jack Herer. The flower was both aromatic and flavorful, with an impressive THC content of 26.92%. Jack Herer Feminized is a low-maintenance strain and an ideal addition to any garden!

We would love to hear your feedback about this grow diary, and if you have had experience growing Jack Herer, let us know in the comments below, and be on the lookout for more grow reports soon. Happy gardening! 🌿

Seeds Here Now Presents:

BEAVER COOKIES FROM ELEV8 SEEDS

WORDS | JAMES BEAN PHOTOS | ELEV8 SEEDS



Beaver Cookies is a unique cannabis strain bred by Elev8 Seeds, renowned for high-quality genetics.

This hybrid results from the cross between GMO Cookies, a strain famous for its intense aroma and heavy effects, and Gary Payton, known for its well-rounded, potent high. The combination of these two strains offers a captivating blend of potency and flavor.

Beaver Cookies buds are dense and resinous, with a thick layer of frosty trichomes that give them a shimmering appearance. The color palette includes deep greens interspersed with hints of violet and vibrant orange pistils, further enhancing its visual appeal. The aroma is an intriguing blend of GMO Cookies' skunky, earthy scent and Gary Payton's sweet, herbal notes, creating a one-of-a-kind bouquet that's both savory and sweet.

Beaver Cookies requires a bit of experience due to its particular growth needs. It thrives in carefully controlled indoor environments where temperature and humidity can be regulated. The plants often develop a bushy structure and respond well to pruning and training techniques, allowing growers to maximize yield.

What makes Beaver Cookies truly special is its balanced effects. It provides a relaxing yet uplifting high, perfect for unwinding while still maintaining focus. Its bold flavor profile and powerful effects make it a favorite for those seeking a well-rounded strain. 🌿





WHERE ART THOU...MY ROMEOZ?

WORDS & PHOTOS | JAKE WARD

STRAIN NAME:

Romeoz

BREEDER:

Romulan Genetics

HEIGHT:

Average

WEIGHT (YIELD):

Above Average

FLOWERING

TIME IN DAYS:

56-63 days

**SATIVA/INDICA/
RUDERALIS/
ETC. RATIO:**

Indica Hybrid

**TASTE (BURNED
AND UNBURNED):**

Earthy, Floral,
Chocolate hints

**SCENT (BURNED/
UNBURNED):**

Sweet Floral and
Chocolate
What the dried bud/
crumbled bud looks
like: Frosted white

SPEED OF HIGH

ONSET:

Immediate

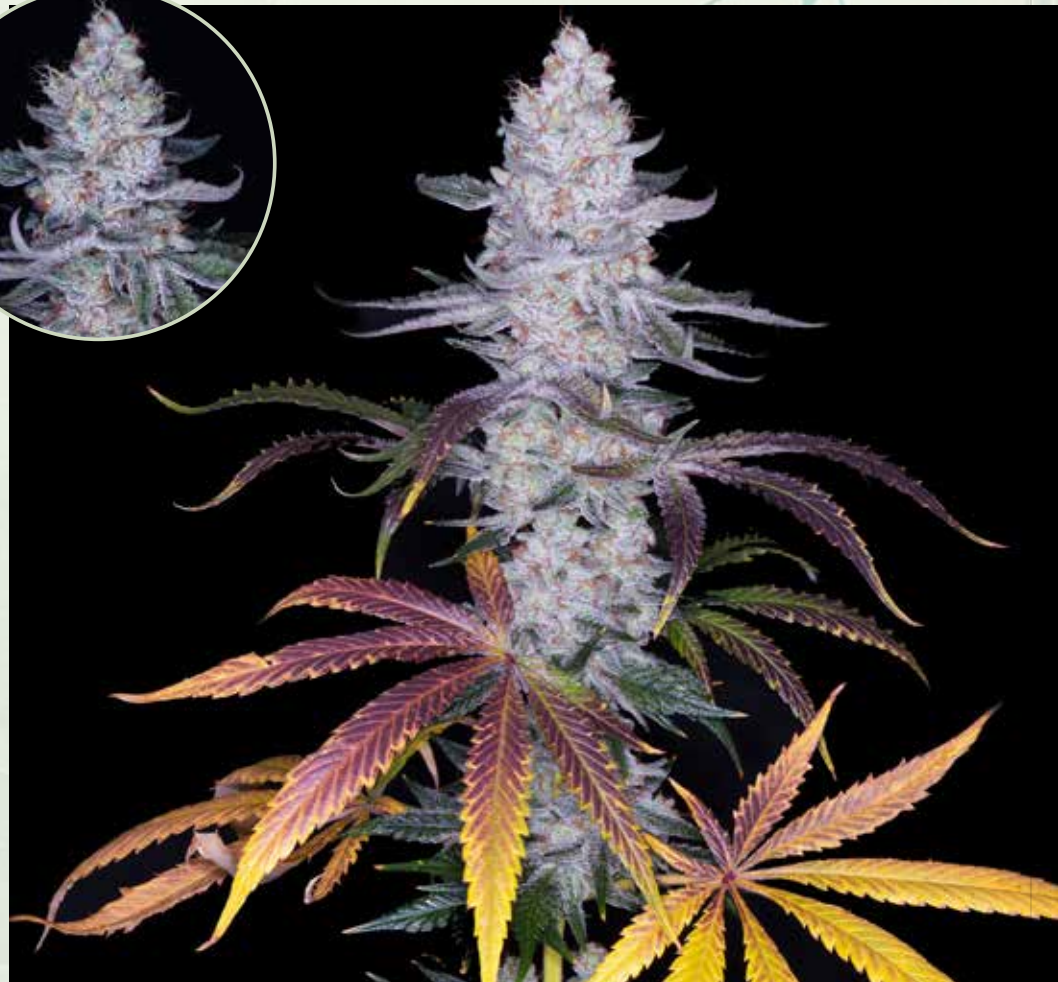
DURATION OF HIGH:

2-4 hours

QUALITY/TYPE

OF HIGH:

Smooth Body with
Clean Head
Medicinal qualities:
Inflammation, Anxiety,
Appetite, Insomnia



Romeoz started in 2020 as an F1 regular seeds cultivar, which we released in collaboration with Katsu Seeds. Our collab eventually formed a long-term friendship that resulted in over 20 new cultivars being created and released as part of our collaboration. RomeoZ stood out amongst that absolute crowd of fire, and she was such a hit with growers that we here at Romulan Genetics decided to make a feminized seeds version using the 3rd Coast cut of Oreoz and reversing our cut of Romulan against it. The results were absolutely fantastic, with fast-growing, vigorous plants that produce

incredible yields of trichome-coated goodness.

Especially wonderful on the smoke, RomeoZ is destined to be one of the staples that we keep in stock for years. She is resilient, easy to grow even for new cultivators, has a delicious palette and nose, and packs a strong and effective punch that lasts for hours. Delicious chocolate, mint, and gas flavors dominate the genotypes; this has been one of our favorite smokes for relaxing back and letting the stress melt away. No negative side effects have been found with this cultivar. She is hybrid leaning but mostly indica dominant with long-lasting potency. You'll be laughing, enjoying life, and extremely relaxed after smoking RomeoZ. Easy to grow, gorgeous plants that are as wonderful to look at as much as they are to consume. If you're growing these gorgeous girls, you'll want to show off your plants to everyone you know. 🌿



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GOAT GLUE

WORDS | KEVIN BLOMBERG OWNER OF G.O.A.T GENETICS PHOTOS | KRIS KARLSON @CROP_CULTURE_BOX





GOAT GLUE is a robust cannabis creation from G.O.A.T GENETICS, blending White Burgundy with G.O.A.T's Sugar Black Glue to produce a strain of unmatched caliber. Its lineage traces back to the extremely resinous clone-only Sugar Black Glue, a fusion of Blackwater and Gorilla Glue #4, though the latter is not solely responsible for its namesake. The true essence of GOAT GLUE lies in its remarkably adhesive resin, possessing a stickiness that defies convention—making it capable of adhering to walls or sealing envelopes with ease.

Celebrated for its vigorous growth and abundant yields, GOAT GLUE distinguishes itself with a strikingly low leaf-to-bud ratio, towering stature, and optimal node spacing that streamlines cultivation and harvest processes. Ideal for a swift fast-flip cultivation or training in a Screen of Green (Scrog) setup, this cultivar reigns supreme as the quickest-growing variety I have ever grown, showcasing exceptional resilience to stress factors and heightened resistance to pathogens.

When it comes to the terpene profile, be prepared to immerse your senses in the alluring terpene tapestry of this strain, where tantalizing hints of garlic and onions interplay harmoniously, complemented by a subtle gas undertone that enriches its aromatic allure. As you exhale, savor the lingering essence of a gassy truffle finish, leaving a sophisticated and savory aftertaste that lingers enticingly on the palate.

Enriched with potent THC levels ranging from 28% to 32%, GOAT GLUE delivers a rapid onset and enduring high, promising an intense and sustained experience. Beyond its impressive psychoactive effects, this strain also serves as an excellent washer for concentrates, further showcasing its versatility and value to cannabis enthusiasts.

Upon consumption, you will experience the sublime effects of GOAT GLUE, a harmonious blend reminiscent of an ideal 50/50 hybrid. A few hits are all it takes to elevate your energy levels, priming you for tasks like house cleaning or outdoor excursions. Dive deeper into indulgence with a few more hits to unlock the tranquilizing embrace characteristic of a pure indica, inviting



relaxation and peaceful repose. Adapt your experience seamlessly to suit your desired mood and intensity with this versatile and engaging strain.

Elevating to new heights with a prestigious victory at the esteemed 2023 Illinois Herban Legends Cup, GOAT GLUE has firmly established itself as a premium strain within the Illinois cannabis scene. Garnering widespread acclaim and well-deserved recognition, this exceptional cultivar captivates enthusiasts with its unparalleled qualities and is a must have in your garden. 🌿

STRAIN NAME:
GOAT GLUE
SUGAR BLACK GLUE
X WHITE BURGUNDY

BREEDER:
G.O.A.T GENETICS

HEIGHT:
Tall

YIELD:
Very high

FLOWERING TIME IN DAYS:
63-70

50/50 Hybrid with sativa growth characteristics

APPEARANCE OF THE DRIED BUD:
Imposing in size and abundantly coated with glistening resin, these bright white buds exude a captivating allure.

SPEED OF HIGH ONSET:
Fast hitting long lasting high



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HARVEY WALLBANGER

WORDS & PHOTOS | LOSTCOASTAUTOS

STRAIN NAME:

Harvey Wallbanger

BREEDER:

Night Owl Seeds

HEIGHT:

6ft

FINAL DRY WEIGHT:

7oz

FLOWERING TIME IN

DAYS:

85 from sprout
Sativa / Indica: 65%
Sativa / 35% Indica

**TASTE(BURNED/
UNBURNED):**

When smoked it tastes like an orange creamsicle and a very fruity cereal has been combined, when grown it smells like a wonderland of citrus fruit and cream.

SCENT

**(BURNED/
UNBURNED):**

Citrus, cream, cereal, and fruit waft out of the bag when you open it. When smoked, it smells like some old-school citrusy dank.

(DRIED

CRUMBLD BUD):

Sticky and absolutely covered in trichomes. Will make for a great joint!

SPEED OF

HIGH ONSET:

Immediate

DURATION OF HIGH:

Long lasting and great for daytime enjoyment. This has been my go-to for when I'm going on a hike. It helps me stay creative and happy when in nature. Quality of high: 10/10, you'll be coming back until the jar is empty.

MEDICINAL

QUALITIES:

Helps fuel creativity, gives a boost of energy, and will put a smile on your face.



Harvey Wallbanger from Night Owl Seeds is a sensational hybrid, born

from the cross of Orange Diesel F4 and Cookie Smasher F1. This blend produces an enchanting strain boasting a delectable fruity cereal and orange creamsicle aroma and flavor profile. Growing up to an impressive 6 feet tall in my tent, it showcased its genetic vigor and resilience throughout its grow cycle. Harvested 85 days after sprouting, it rewarded me with bountiful yields of potent, trichome-laden buds.

Just over 7 oz dry in 85 days from one plant! The high delivered by Harvey Wallbanger is a true delight, characterized by its uplifting and euphoric effects, inducing feelings of happiness and contentment. Whether you're looking to boost your mood or enhance your creative endeavors, this strain is a fantastic choice. Its unique combination of flavors, F1 vigor, and mood-enhancing properties make Harvey Wallbanger a standout strain in the Autoflower Community. Growing Harvey Wallbanger was easy. She did not require any special care and was on a typical autoflower light and feeding regimen throughout her life. With zero training, she produced an amazing pine tree structure with a wonderful crown of dense and flavorful buds. Support is recommended in late flower as her buds can get quite dense. 🌿



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MEGALODON HAZE

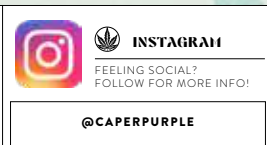
(Afghani Bull Rider x Tennessee Haze) x (Harry Resin(A5 Haze x Super Silver Haze) x Cookie F2)

WORDS & PHOTOS | FRANK T



This is a Modern Haze Masterpiece! All the qualities of Classic Hazes are amplified, elevated, and modernized! These have larger yields and test higher than traditional Hazes. They have large flowers and a lower leaf-to-flower ratio. They are very frothy and make great extracts. These are easy to trim and finish Fast, 9-10 weeks! They are also very yielding, averaging 3 lbs. per light indoors and 70 Grams per foot Outdoors.

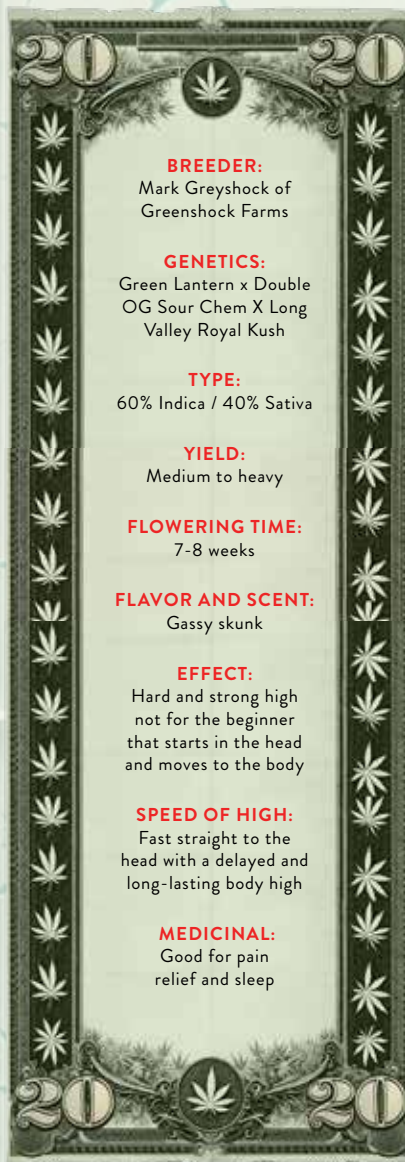
To create the Megalodon Haze male, we first selected an amazing finishing female with a strong Haze flavor and the large yield of the Bull Rider from the Afghani Bull Rider x Tennessee Haze. The leaves on these look like a serrated knife. We then crossed the legendary Harry Resin clone only with our trusty Cookie F2 father. We picked a very strong, fast-finishing male from this run that tastes like the A5 Haze clone, only with the hard, dense Cookie flower structure and very serrated leaf structure; we crossed these two together and selected the phenotypes with the best Haze flavors and extreme trichome production! These selections also had a distinctive shark tooth leaf serration, and the name Megalodon was born! Beautiful Strong Haze plants with a distinctive shark tooth leaf! These grow well indoors and outdoors and are great for beginners or growers who want the great Haze flavor without the difficulties of growing traditional hazes. 🌿





SKUNK G-ASS

WORDS | MICHAEL GREYSHOCK PHOTOS | JOSH



Skunk G-ass (pron. skunk gas) was born and bred in the Sierra Foothills of Grass Valley to be a strong and vigorous grower with very good mold and bug resistance. It develops beautifully colored silver, purple and maroon buds. The THC contest tests at a high 32% and is an excellent smoke.

It was bred with some of Greenshock's favorite plants to grow and smoke, Green Lantern, Double OG Sour Chem and Long Valley Royal Kush. Several consumer favorite traits blend beautifully in the mix of skunk and gas leading to the name. Breeder Mark Greyshock says the name originates from the first time he smelled it and the image that popped in his head was a skunk's ass that just sat in gasoline. 🍃

PUNCH PIE

Royal Queen Seeds X Tyson20

WORDS & PHOTOS | ROYAL QUEEN SEEDS

HEIGHT:

80–110cm indoors;
120–150cm outdoors

YIELD:

550–600g/m²
indoors; 650–750g/
plant outdoors

FLOWERING TIME:

50–65 days; late-
September harvest
outdoors

GENETIC SPLIT:

90% indica/10% sativa
Taste: Caramelised
berries, cherries,
pastry, Kush

AROMA:

Berries, earthy pie
dough, sugar

APPEARANCE:

Dense indica nuggets
with stacked calyxes,
frosty resin, pink-
purple hues, and
light orange pistils
Speed of high
onset: Very fast

DURATION OF HIGH:

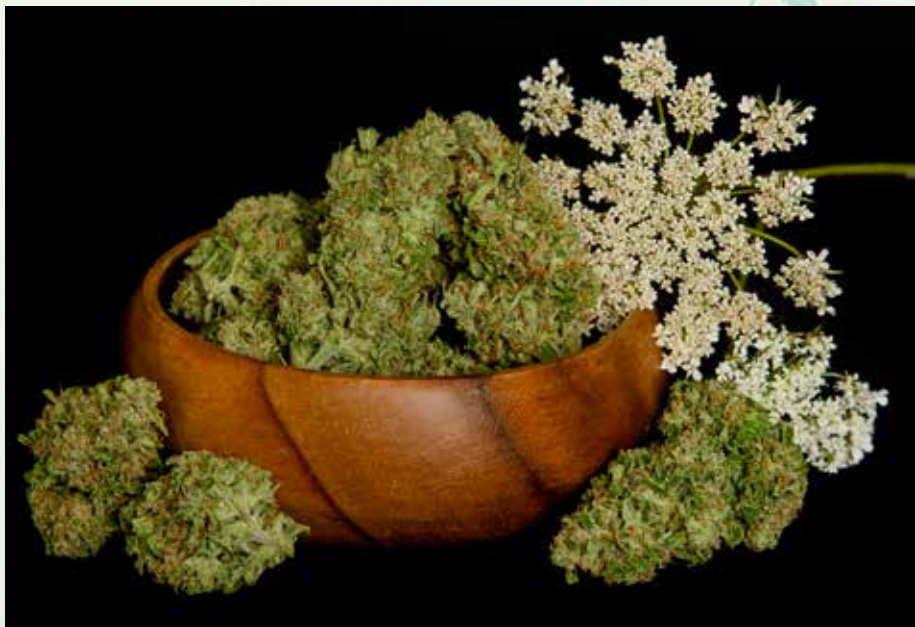
Several hours

TYPE OF HIGH:

Uplifting cerebral
buzz coupled with
full-body relaxation

THERAPEUTIC
QUALITIES:

Pain, inflammation,
sleep issues,
appetite loss, stress,
depression, anxiety



What do you get when you combine two greats? A champion, of course. Introducing Punch Pie—an exclusive strain born out of Royal Queen Seeds' collaboration with Tyson 2.0. Inspired by Mike Tyson's passion for great cannabis, Punch Pie preserves the genetics of Tyson 2.0's original Cherry Punch Pie, making for a heavy-handed indica that'll leave you glued to the mat after a single hit. Whether you are recovering after training or winding down after a long day at the office, Punch Pie by RQS x Tyson 2.0 is sure to deliver the relaxing buzz you deserve.

Boasting 90% indica-dominant genetics inherited from Purple Punch and Purple Kush, Punch Pie is hardy, stocky, and capable of delivering jacked buds after a relatively short flowering time. Pop these

seeds indoors, and you'll soon be growing brawny specimens that reach max heights of 80–110cm and can be harvest-ready after nine weeks in bloom. Outdoors, Punch Pie may grow a little taller, reaching heights of 120–150cm and maturing by late September.

Come harvest time, Punch Pie by RQS x Tyson 2.0 will reward you with beefy buds boasting tight stacks of bulging calyxes and a glistening coat of resin. Depending on the conditions in your room or garden, Punch Pie buds can develop stunning purple/pink highlights, only adding to the strain's natural beauty. When taste-testing Punch Pie, you'll be greeted by sweet notes of caramelized blueberries and earthy pastry that intensify as you inhale her sweet smoke. Immediately after, enjoy a one-two punch right between the eyes that'll elevate your mood and knock you into a happy, hungry, and sleepy daze. Find this champion indica inspired by the GOAT at Royal Queen Seeds today. 🌿



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VERIFIED GENETICS WHITE SATIN

WORDS & PHOTOS | KINGSTON GILMORE



erified Genetics White Satin is a cross between two of my favorite creations. First, I selected the Agoostus

Gloop for its gooey resin as well as its chocolaty kerosene and ridiculous essence of fresh brewed premium java. Next, I chose Bumble Bee OG for its undeniable classic S.F.V. OG Kush and its insane blueberry, raspberry and pomegranate terps, inherited from the infamous Bazooka Bumble. Growers can expect extremely resinous expressions featuring flavors of dark chocolates, Sour Kush heavy mocha, sassy sulfur burps, and tart snappy berries with whipped maple; gorgeous medium structure with minimal stretch paired with it's vigorous pest and mold resistance make it a perfect fit for almost any environment. 🌿



STRAIN NAME:
White Satin

BREEDER:
Verified Genetics

HEIGHT:
Medium structure

WEIGHT (YIELD):
Enormous yields

FLOWERING TIME IN DAYS:
8 to 9 weeks

SATIVA/INDICA/RUDERALIS/ETC. RATIO:
Poly hybrid

TASTE (BURNED AND UNBURNED):
Coffee and kerosene with a medley of berries

SCENT (BURNED/UNBURNED):
Mocha and gassy sweet berry cream

WHAT THE DRIED BUD/CRUMBLED BUD LOOKS LIKE:
Sticky lime green fluff

SPEED OF HIGH ONSET:
Instantaneous

DURATION OF HIGH:
Hours

QUALITY/TYPE OF HIGH:
Sedating buzz with a unique calming cerebral thoughtfulness

MEDICINAL QUALITIES:
Incredible for Stomach pain and anxiety



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PHK X AFGHANI 1

WORDS | BRANDON RUST

PHOTOS | @ERIK.NUGSHOTS

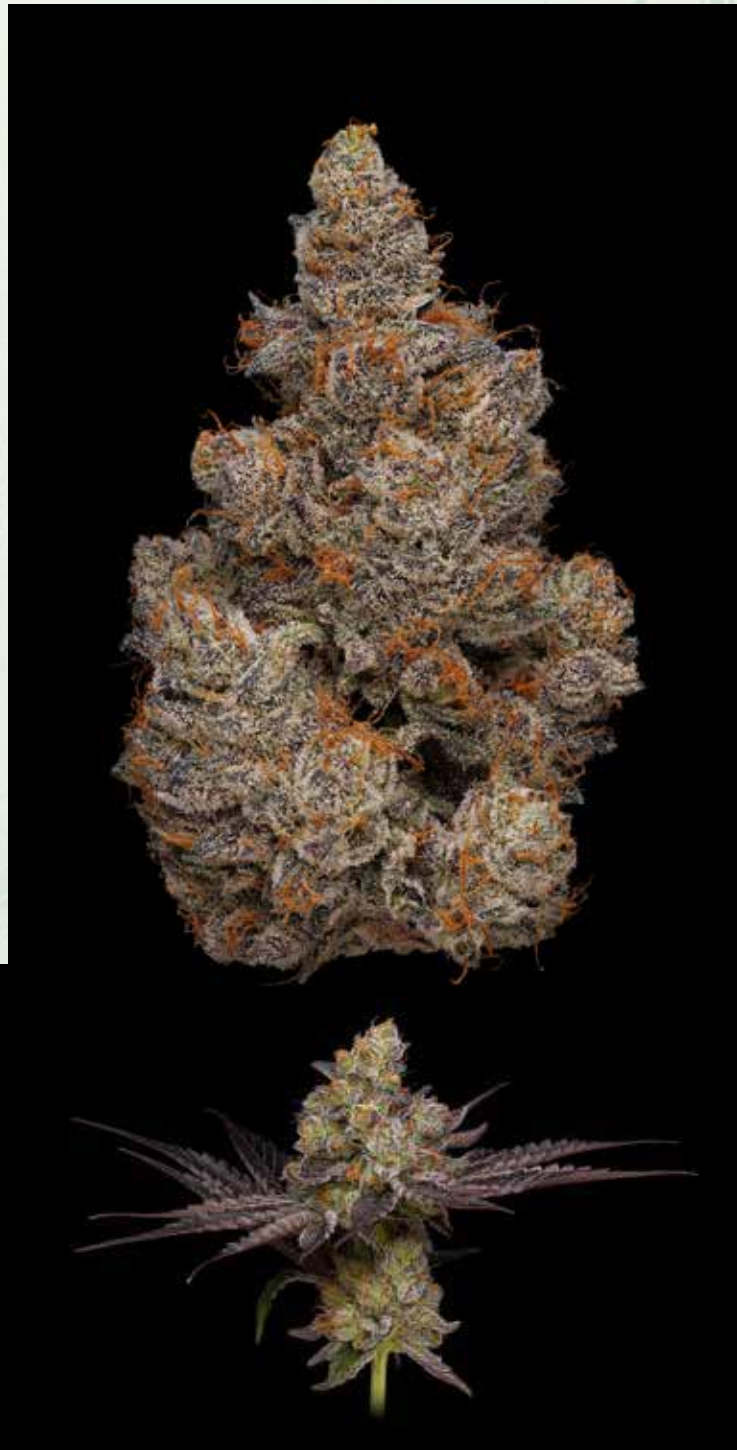


urple Hindu Kush x Afghani 1 is a broad leaf indica dominant variety with

an 8–9-week flower time and medium heavy yields. Created as a collaboration between John Bayes, aka Green Bodhi, and Mike Kagyu 1 coastal seed company. This is a combination of old-school heirloom varieties that really pack a punch.

When it comes to old-school herbs, I'm definitely a fan. It's always an enjoyable experience when you have a chance to smoke expertly cultivated organic cannabis by none other than my friend Green Bodhi. Upon first opening the jar with the PHK x Afghani, you could see the bright white resin from an abundance of trichomes highlighted by bright green and the violet-streaked calyx of the flower. With notes of

tropical tangerine and cherry with an earthen Kush musk, the nose is sure to grab your attention. The flavor is similar to the terpene profile, with notes of sweet fruit cherry, citrus, and Kush. Of course, no herb review is complete without mentioning the effect, which, in my opinion, is the best part! There is definitely something about old-school genetics that gets me lifted. In the case of the PHK x Afghani, it's extremely cerebral and heady, the kind of weed that gets you stoned to the bone. It's not recommended for lightweights, and if you do consume this, you will most likely forget where you put your wallet and keys! The effect later changes from cerebral and heady to relaxed and sleepy! You might need a nap! I think overall, Mike and John knocked it out of the park with this variety! In fact, I liked it so much that I popped a few packs of seeds! 🌿



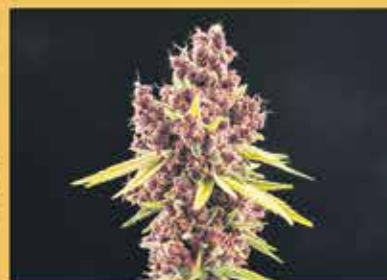
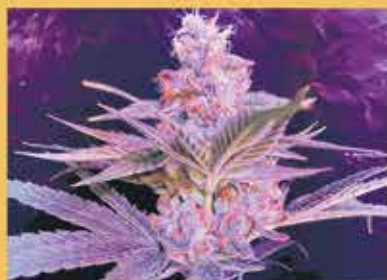


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DELIRIUM

WORDS | TOBIAS HAFENECKER DODGE

PHOTOS | JAMIN BARRAZA



DELIRIUM is a state of mind. This indica-leaning hybrid is a cross of Grape Ape and Icecream Cake. She is smooth, sweet, and gassy, with large dense purple flowers that finish in 60 days. You can count on this robust pheno to fill in fast, finish on time, and always test around 30% THC.

This distinctive cultivar tastes like a grape-flavored dessert with vanilla frosting and smells like caramel when burning. You will experience an intense and sustained high.

This Cultivar was created in Humboldt County by Tobias Hafenecker-Dodge, and pheno hunted in 2020. Delirium is an exclusive proprietary flavor on the Humboldt Growers Network menu and can be found around the Bay Area.

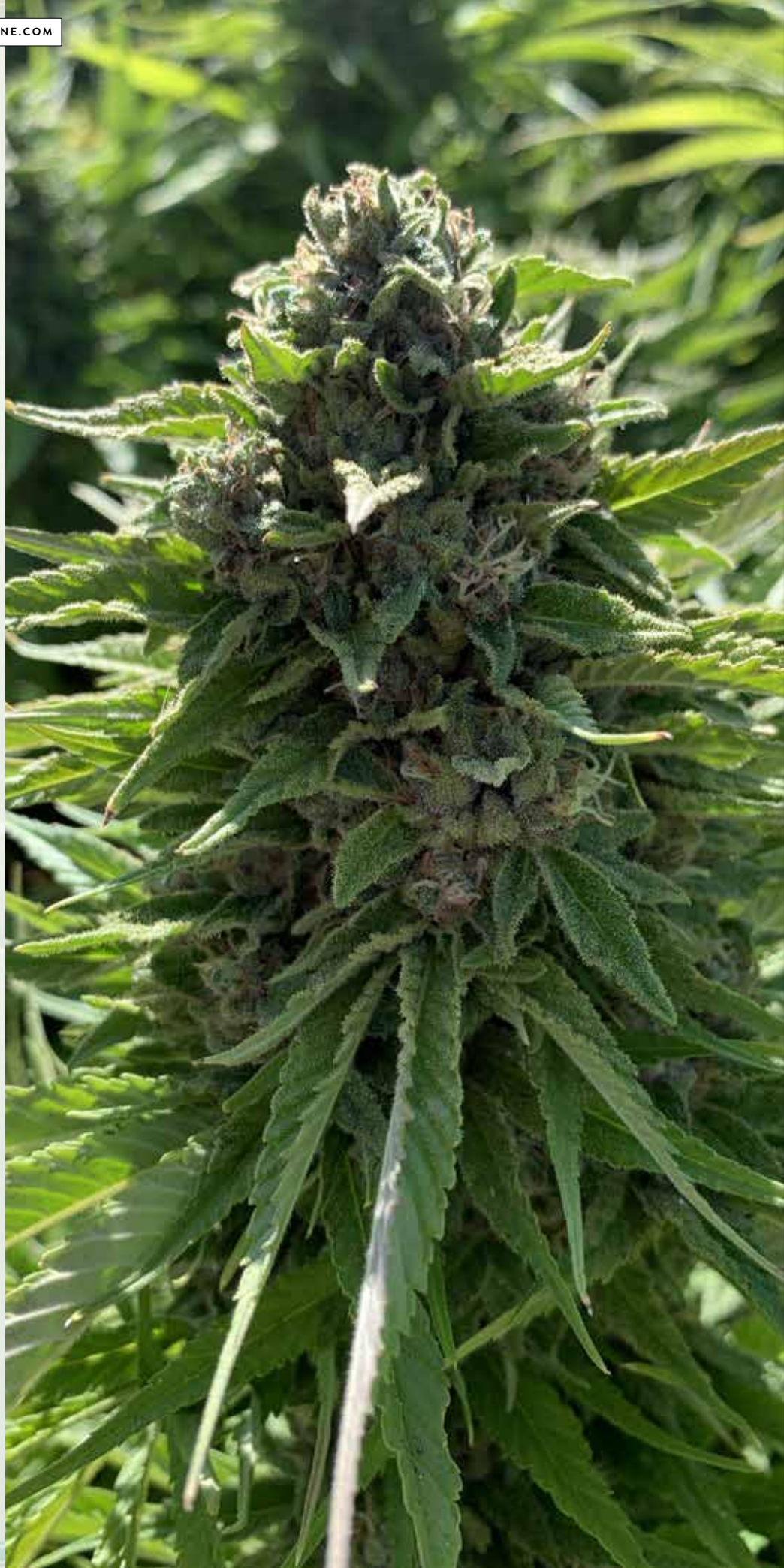
Warning: Cannabis may make humans harmless. 🌿



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ALASKAN BANANABERRY

WORDS | DUNCAN MATHERS PHOTOS | SEEDSMAN

THE GENETIC BLEND

Alaskan Bananaberry Auto emerges from a meticulously curated blend of Alaskan Purple and Strawberry Banana Punch Auto. Alaskan Purple, celebrated for its robust growth, head-turning THC content, and reputation for producing insanely high yields, forms the cornerstone of this hybrid masterpiece. Meanwhile, Strawberry Banana Punch Auto contributes the essential ruderalis genetics for autoflowering prowess while elevating THC levels and infusing an irresistible fruity aroma and flavor appeal.

CULTIVATION INSIGHT

As an autoflowering gem, Alaskan Bananaberry Auto epitomizes simplicity in cultivation. Its resilient genetics guarantee thriving performance across diverse environments, whether basking under the sun's rays outdoors, flourishing under artificial lighting in an indoor setting, or producing the goods within the sheltered confines of a greenhouse. To further cement its standing among its autoflowering peers, Alaskan Bananaberry Auto bears the welcome distinction of an ability to finish strongly in any climate, from cool and wet environments to hot and dry landscapes. Indoor cultivators take note: Get the carbon filters fired up, because you're dealing with a powerfully aromatic experience, courtesy of Alaskan Bananaberry Auto's potent terpene profile.

Boasting an expeditious lifecycle, Alaskan Bananaberry Auto races from seed to harvest in a mere eight weeks. Its robust constitution serves as a bulwark against common grower adversaries such as mold and diseases, facilitating a relatively hassle-free cultivation journey. This resilience extends to environmental variables, with the strain displaying admirable tolerance to fluctuations in humidity and drought conditions.

VISUAL APPEAL

During maturation, Alaskan Bananaberry Auto unveils a majestic,

tall central cola flanked by shorter lateral branches and sparser foliage, evocative of a sativa-esque architecture. As temperatures plummet, the light green foliage undergoes a mesmerizing transformation, cloaking itself in a resplendent pale purple hue that adorns buds, leaves and stems. This stunning metamorphosis makes Alaskan Bananaberry Auto a visual feast with high ornamental charm enhancing its visual allure during the flowering phase. Upon reaching fruition, the buds boast a moderate density, adorned with a lavish coat of trichomes, ensuring an irresistible degree of that much sought-after bag appeal.

POTENCY UNVEILED

A high THC content is undoubtedly still one of the easiest ways for a new strain to garner attention in the cannabis world. While potency isn't the sole arbiter of a strain's allure, Alaskan Bananaberry Auto certainly doesn't skimp in this department. With THC levels oscillating between 16-24%, it firmly stakes its claim in the mid to upper echelons of potency within the autoflowering realm. Balancing indica and sativa traits with finesse, Alaskan Bananaberry Auto skillfully weaves its wonder to induce a blissful state of sedation without the oft-unwelcome encumbrance of lethargy, offering a harmonious experience for body and mind alike. Dreamy qualities abound, promoting a quality restful state suited for a late evening indulgence once the rigors of the day are done and dusted.

STATURE AND YIELD EXTRAVAGANZA

Autoflowering varieties are prized for their compact stature, making them especially beloved by cultivators looking to produce nature's finest in space-constrained environments. Alaskan Bananaberry Auto defies convention with a potential height range spanning from 100-200cm, courtesy of its elongated central cola. Despite its towering

disposition, the strain compensates handsomely with bountiful yields, yielding up to 450gm/m² indoors and an equivalent bounty of around 450gm/plant outdoors. Note that outdoor planting later in the year will see success, but with reduced yields of around 200gm/plant. Therefore, those opting for outdoor cultivation should aim for early planting to maximize yield potential.

AROMATIC NOTES AND FLAVOR PROFILE

The aromatic identity of Alaskan Bananaberry Auto is a scent to behold, weaving together earthy, floral, and fruity notes into a delightful blend. The Bananaberry of the name promises fruity appeal, and the reality doesn't disappoint. The earthy qualities of the aroma invoke images of fresh soil after a summer rain, with undertones of wildflowers. The fruity factor is present and correct with a powerful nose of sweet, succulent ripe berries, its aroma serving as a tantalizing prelude to the taste experience that comes next. True to its aromatic promise, Alaskan Bananaberry Auto's flavor profile is a welcome fusion of sweet, juicy fruitiness, delivering a ripe and pleasant bite to every new inhale.

CONCLUSION

Alaskan Bananaberry Auto stands as a testament to Seedsman's unwavering commitment to excellence in cannabis genetics. With its effortless cultivation, robust resilience, and captivating flavor profile, it seamlessly integrates into Seedsman's illustrious lineage of autoflowering varieties. Whether you're a novice cultivator or a seasoned connoisseur, the allure of Alaskan Bananaberry Auto lies in its simplicity, resilience, and the promise of abundant, top-tier yields. If you're looking for a taste sensation that turns on the charm in any climate, you need look no further than this fantastic newcomer. Just remember the carbon filters if you're growing indoors!



Seedsman,
renowned

for its groundbreaking genetic offerings, continues to increase its stellar range of fantastic autoflowering cannabis varieties with the introduction of Alaskan Bananaberry Auto. Following closely on the heels of Seedsman's great range of high-THC photoperiod releases, this autoflowering marvel adds a fresh layer of complexity to the cannabis landscape. Let's look closer at this captivating strain, unraveling its lineage, cultivation nuances, and distinctive characteristics. 🌿



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THESE ARE THE BREEDERS WE CARRY!





STRAIN NAME:
Cold Stoned Chronic

BREEDER:
Bulletproof Genetics

HEIGHT:
4-5 Feet

WEIGHT (YIELD):
5oz, depending on the
style of growing

**FLOWERING TIME
IN DAYS:**
83 days, 20-day flush

**SATIVA/INDICA/
RUDERALIS/
ETC. RATIO:**
India Hybrid

**TASTE (BURNED AND
UNBURNED):**
The first taste is a very piney,
creamy flavor mixed with
gasoline accompanied by heavy
citrus overtones complemented
by the light flavor of fuel.

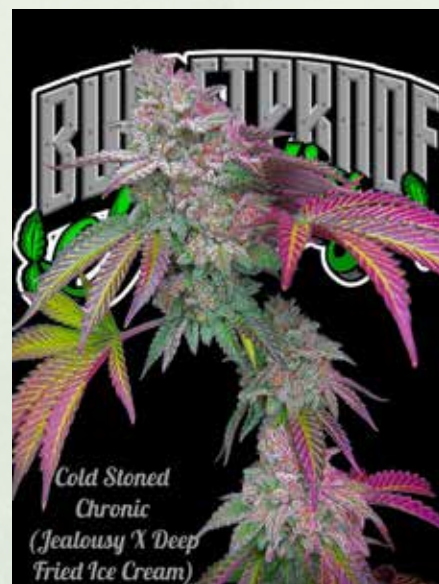
**SCENT (BURNED/
UNBURNED):**
What I am getting or picking
up is a creamy, citrus pine
gas when you break a nugget
What the dried bud/crumbed
bud looks like: This one pheno
was a dark purple with almost
some neon green, very sticky,
jamming up my grinder.

SPEED OF HIGH ONSET:
Immediately after the first
toke, a very warm, calming
sensation took over my
whole body. Definitely
something unique

DURATION OF HIGH:
2-3 hours

QUALITY/TYPE OF HIGH:
A very calm and relaxing mind
and body high. Something I
could use or smoke all day long

MEDICINAL QUALITIES:
Extremely useful when needing
some pain relief throughout
the day. It is great as an anti-
inflammatory and an anxiety
aid as well—the perfect
combination for medicinal
uses and or qualities



COLD STONED CHRONIC

WORDS & PHOTOS | FREEGROW8



The strain came from Bulletproof Genetics, a staple here in Michigan. I had the honor of working side-by-side with Eddie for about two years. This specific strain was made for the Bulletproof Genetics Tester's Cup, a pheno-hunting/best photograph competition to showcase his newest creation. I actually had the pleasure of taking second place and took home one of the coolest trophies I have ever seen. It was also my very first trophy in the Cannabis community for Photography. I really love the strain or anything that Eddie created. It is very simple to grow as I let the Genetics do the work. The cross between Jealousy and Deep-Fried Ice Cream, the Deep-Fried Ice Cream was one of Eddie's signature strains. Bulletproof Genetics is a must-have for growers who are gardening. "Bulletproof Your Garden." 🌿



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20

STRAIN NAME:
Gary Poppins (Gary Payton X Red Runtz)

BREEDER:
Exotic Genetics

HEIGHT:
4-5 ft

WEIGHT (YIELD):
4 oz per plant, depending on gross style

FLOWERING TIME IN DAYS:
55- 60 Sativa/Indica/

RUDERALIS/ETC. RATIO:
80/20 Indica dominant hybrid

TASTE (BURNED AND UNBURNED):
Sweet candy, and it has a complex and spicy flavor with hints of diesel and herbal

SCENT (BURNED/ UNBURNED):
Tropical Candy, mixed with a complex Gasoline an aromatic masterpiece.

WHAT THE DRIED BUD/CRUMBLD BUD LOOKS LIKE:
When the buds come to a full cure when the real aromatics sets in. Beautiful purple mixed with neon green

SPEED OF HIGH ONSET:
Immediate

DURATION OF HIGH:
3-4

QUALITY/TYPE OF HIGH:
Upon smoking, users will experience a euphoric high with a boost of creativity. Once the high settles in, it leaves its users feeling completely relaxed.

MEDICINAL QUALITIES:
Anxiety, chronic pain and insomnia

20



GARY POPPINS

WORDS & PHOTOS | FREEGROW8



Another captivating strain by exotic genetics, Gary Poppins buds exude a complex aroma profile, blending diesel and herbal notes with a sweet flavor that hints at its Red Runtz heritage. This strain's unique appeal lies in its ability to marry the robust, earthy undertones of Gary Payton with the vibrant, fruity essence of Red, creating a sensory experience that is both nuanced and deeply satisfying. Its flavor palette is a delightful mix of earthy, sweet, and spicy notes, with caryophyllene reigning as the dominant terpene. Gary Poppins is the perfect choice for those seeking a potent, well-rounded strain that promotes feelings of joy and tranquility. Anything that exotic Genetics has created is something for cannabis connoisseurs worldwide. 🌿



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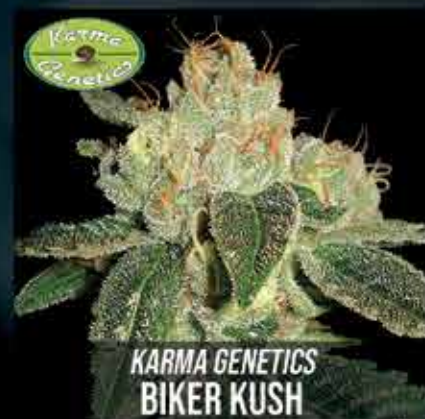
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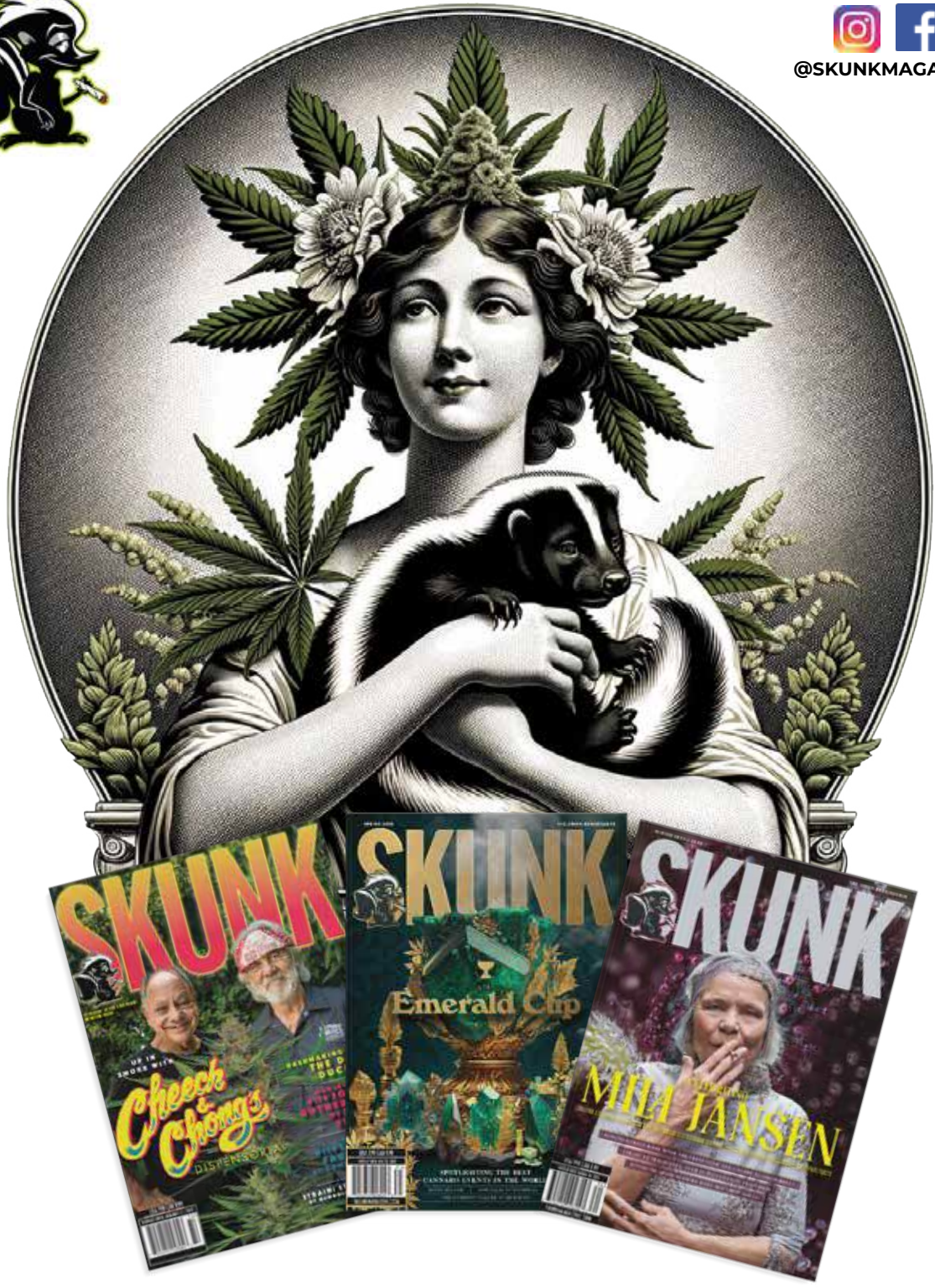
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DIRTY SANGRIA

WORDS | DIRTY BIRD GENETICS PHOTOS | JP



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STRAIN NAME:

Dirty Sangria

BREEDER:

Dirty Bird Genetics

GENETICS:

Spanish Moon x Dirty Mimosa "White Cap Cut"

HEIGHT:

Average

WEIGHT (YIELD):

Above average

FLOWERING TIME IN

DAYS:

56-63 days

SATIVA/INDICA/ RUDERALIS/ETC. RATIO:

50/50

CANNABIS TYPE:

Hybrid

TASTE (BURNED AND UNBURNED):

Spicy, floral, hint of fruit

SCENT (BURNED/ UNBURNED):

Spicy and sweet musky citrus. Limonene, caryophyllene, and humulene are dominant among phenotypes.

WHAT THE DRIED BUD/ CRUMBLER BUD LOOKS LIKE:

Breaking up the dried buds will expose a confetti of red, purple, green, white, and orange.

SPEED OF HIGH ONSET:

Quick onset of mental high, followed by a buildup of bodily relaxation.

DURATION OF HIGH:

2 hours

QUALITY/TYPE OF HIGH:

The high from Dirty Sangria is strong and relaxing. The Spanish Moon parent really reigns in the mind-racing effects of the Dirty Mimosa

by hugging you in a warm blanket of a calming body high. Both relaxing and motivational, this high can take you wherever you'd like to go.

MEDICINAL QUALITIES:

Muscle relaxing, anxiety relief, pain relief, insomnia relief

DENSITY:

High

PHENOTYPIC VARIATION:

Below average

TERPENES:

Spicy and sweet musky citrus. Limonene, caryophyllene, and humulene are dominant.

PLANT MORPHOLOGY:

Dirty Sangria grows well as a multi-topped bush, with large colas that stack down the plant. Some staking is necessary later in flower, but she is quite sturdy on her own. It's a great option for LST. Some stretch in flower. Expect beautiful buds flecked with purple and crystals to the tips of the leaves. It is very easy and very rewarding to grow.

The seed mother, Spanish Moon (Lovin' in Her Eyes), is such a spectacularly gorgeous plant. The effect is relaxing, verging on sedating. Our creation and female pollen donor, Dirty Mimosa, is an easy-to-grow, terp-fueled, brain-buzzer.

Dirty Sangria is a dream to grow with great stacking and yield, sweet floral terps, chunky boutique buds, and colorful, sugar-coated leaves and flowers. Vibrant reds and purples will start on the underside of the leaves around week 4. Expect this beautiful plant to reward you with consistent yields and a relaxing and enjoyable high.



AN HOMAGE TO CLACKAMAS COOT: THE REVOLUTION OF LIVING SOIL

WORDS | JEREMY SILVA



**ur Gateway to
Soil Building and
Healthy Living
through Cannabis**

If you venture into organic growing forums, you'll encounter the name Clackamas Coot, also known as LumperDawgz, but his real name is Jim Bennett. His insights have significantly influenced the world of living organic soil, emphasizing age-old techniques for cultivating plants. With a diverse background in cannabis cultivation, baking, and running a market tree farm, Coot possesses a unique amalgamation of knowledge. This breadth of experience positioned him to revitalize a natural approach to plant cultivation. For those transitioning from hydroponics to living organic soil, Clackamas Coot has charted a roadmap for starting afresh and experiencing the joy of cultivating plants.

Coot and I started a relationship through ICMag and eventually through email/phone. I remember our first conversation about soil and life, which lasted over an hour. After over a decade and dozens of hours learning from him, I still feel lucky to have crossed paths with him. This article is my homage to him, my first educational piece for SKUNK Magazine.

Who am I? My name is Jeremy Silva. I'm an educator for SKUNK Magazine, a successful small business owner, and an indoor growing enthusiast with a popular series on YouTube. My wife and I also own a No-Till Vegetable farm in Montrose, CO. Before our success, there was just an idea for a business named "BuildASoil," which started in my garage in 2012. I ran with that business idea thanks to Clackamas Coot's teachings and eventually met my wife, Gwen.

Over a decade later, with tens of thousands of lives transformed through the BuildASoil

method, I feel obligated to bring it full circle. Despite my success, I'm just a normal dude who found happiness in the garden, realizing this happiness was contagious and easy to spread through Coot's principles. Back then, I felt stuck. I thought I was onto something, but sourcing special gardening ingredients was difficult. There wasn't a source for good organic ingredients locally. I just wanted to make soil from scratch that would grow healthy plants like nature did. After trying various methods, I found Coot, who simplified everything, making it easy to understand the power of properly built organic potting soil.

Coot taught us how to source inputs by reading labels and understanding common components. He unraveled the mystery of organic labeling and the deceptive practices of big companies, which often preyed on our lack of knowledge. Looking back, I understand more about Coot. He had his

“COOT TAUGHT US HOW TO SOURCE INPUTS BY READING LABELS AND UNDERSTANDING COMMON COMPONENTS. HE UNRAVELED THE MYSTERY OF ORGANIC LABELING AND THE DECEPTIVE PRACTICES OF BIG COMPANIES, WHICH OFTEN PREYED ON OUR LACK OF KNOWLEDGE.”



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struggles and challenges, including the death of a child. Connecting with us in the pursuit of growing better plants provided something deeper for him. Though his assistance was always selfless, he would often disappear for months, only resurfacing in a new place, providing incredible information.

While companies like BuildASoil now provide clean organic inputs, growing this way wasn't always easy. Soil growers who wanted to start from scratch had to go out of their way to get real inputs. Coot even made his own worm castings from scratch using straw and comfrey. This amount of pre-planning differed from the pursuit of instant gratification, which has become the norm. After a decade of nurturing BuildASoil with Coot's advice, I've realized gardening provides more than just the finished product. It provides three types of happiness: excellence, gratitude, and pleasure. From the beginning, we have been happy to pursue excellence and the challenges gardening brings. We then experience the happiness of gratitude for our garden and the little things to look forward to. Finally, our work leads to the harvest, bringing the pleasure of eating the food or smoking the flowers. It is more than just consuming; it is a deeply enriching experience.

Reflecting on life's challenges, I am reminded of Coot's contributions. While I could spend pages on each subject, I will keep it brief and encourage you to learn more on your own, just as Coot would recommend.

Before revealing his world-famous homemade soil recipe, I will share some other things he has shared with our community:

1. Reading Labels and Understanding Ingredients: Coot showed us that age-old tools are the best and safest. Reading labels helps avoid wild marketing claims.

2. Secondary Metabolites: Coot taught us the importance of secondary compounds, leading us to use Aloe Vera and Coconut Water.

3. Aloe + Fulvic Acid + Potassium Silicate: Coot invented a cloning tech still used today.

4. Vermicomposting: Coot shared textbooks on the power of enzymes and worms, inspiring many to start worm bins.

5. Sprouted Seed Teas: Coot introduced the idea of using enzymes from sprouted seed teas to enhance the soil-to-plant relationship.

6. "The One": Coot's historic cannabis cross, combining a Thai Narrow Leaf and Kandahar Afghan Broadleaf, is sought after for its pure genetics.

7. The Clackamas Coots Soil Recipe: A simple, effective foundational recipe for new organic growers.

8. Ayurveda: Coot taught us to use Ayurvedic medicinal inputs from India, highlighting the difference between store-bought neem oil and real Neem Cake and Oils.

9. Masanobu Fukuoka and The One-Straw Revolution: Coot introduced us to this transformative book. "The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings." – Masanobu Fukuoka

10. Gil Carandang Natural Farming: Coot taught us about ferments before it was cool.

11. Rock Dusts: Coot shared the importance of volcanic minerals.

12. Chapin Sprayer: If you see a grower using a metal Chapin concrete sprayer for gardening, it's because of Coot.

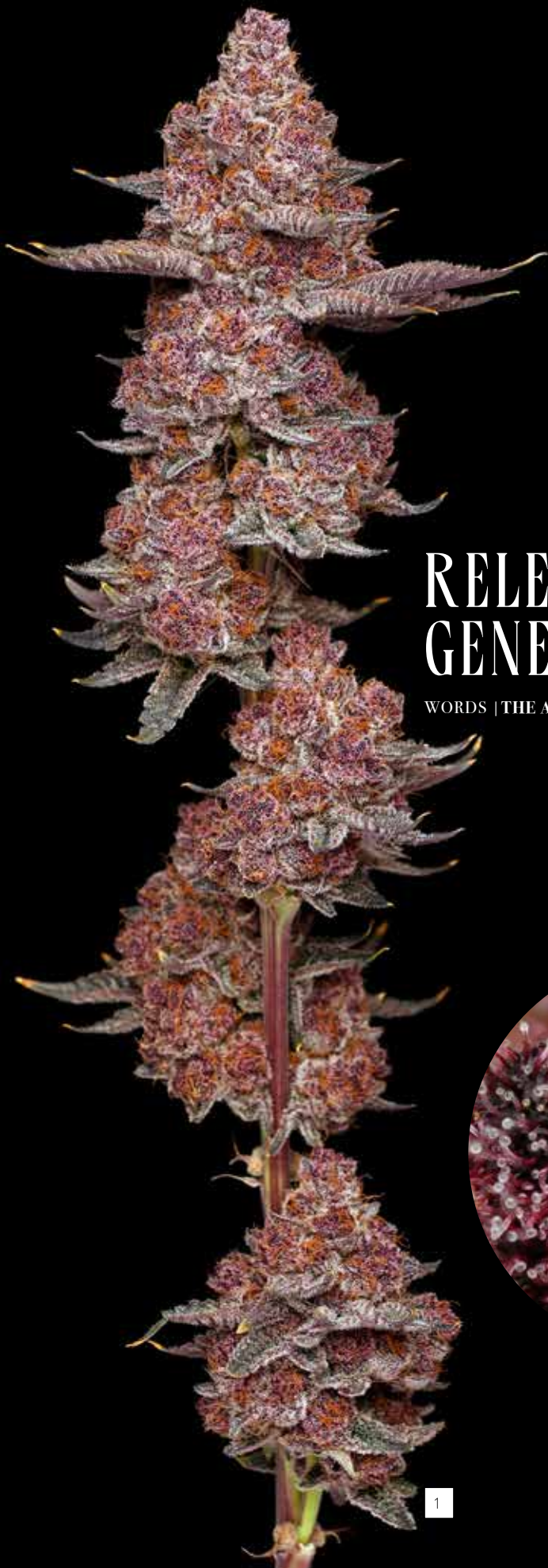
13. No-Till Soil: Though Coot recycled his soil into the garden rather than keep it perpetually, he inspired others to adapt and create modern indoor No-Till practices.

14. No-Knead Bread: Coot taught us the art of making "No-Knead Bread," enhancing our understanding of biological processes.

Because this information transformed my life and enabled me to start BuildASoil.com, I want to pay homage to Clackamas Coot, solidifying his contributions to our way of life and cultivation. BuildASoil also contributes a portion of its proceeds directly to Clackamas Coot and his wife.

Jim, if you are reading this, THANK YOU! Thank you for everything you have done for me, my family, and the entire Living Soil community.

There is more! So much more than we could fit inside these pages. If you would like to learn the entire Clackamas Coot soil recipe and read an article on life and gardening composed by Coot himself, then you must check out the Full Article online at SKUNK Magazine.com. For more free education, visit YouTube.com/BuildASoil, call us at 855-877-7645, or visit BuildASoil.com. Follow us on social at Instagram.com/BuildASoil. 🌱



RELENTLESS GENETICS

WORDS | THE ATTITUDE SEEDBANK



or almost two decades, Relentless Genetics has been providing award-winning cannabis seeds and clones to the masses. The

founder, Austin Rice, has bred over a hundred strains but is best known for the world-renowned strains: Cherry Cookies, Rozay, Trop Cherry, Queen of the South, and Frozay.

Austin, like many others, first tried cannabis in his early teens. He found that cannabis wasn't the bad drug he had been warned about. He recognized its medicinal value and used it for his anxiety. While in high school, Austin started growing cannabis in his apartment. Some of the first seeds he bought were from The Attitude Seedbank in the U.K., now Relentless Genetics' largest European distributor. He joined forums like Overgrow and Icmag, befriending passionate growers from all over the world. They shared genetics and helped one another. After years of posting his grows on the forums, Austin was given the "relentless" moniker due to his relentless pursuit of the highest quality genetics in cannabis. For years, he grew in southern U.S. clandestine gardens, but after a few issues with the authorities, he decided to roll the dice on himself and leave the South for his love of cannabis. He moved to a more cannabis-friendly environment, the Colorado mountains, where he could let his genetic imagination run wild.

In the late '90s and early 2000s, strains were tightly held, and Relentless had an impressive collection of rare clone-only cuts. Being dissatisfied with the seeds offered at the time, his curiosity about genetic experimentation led him to curate his own strains. The thought of combining the best traits from two different genetics intrigued him. Relentless read every cannabis book he could find but learned the most about breeding through trial and error. He started breeding by hunting studs to pollinate the rare clone-only cuts, making regular sex seeds. Later, he began

1) Trop Cherry

2) Macro 5x of Trop Cherry both Grown By @Thecropshopcannabis & Photographed By @Erik.nugshots



3

“RELENTLESS READ EVERY CANNABIS BOOK HE COULD FIND BUT LEARNED THE MOST ABOUT BREEDING THROUGH TRIAL AND ERROR. HE STARTED BREEDING BY HUNTING STUDS TO POLLINATE THE RARE CLONE-ONLY CUTS, MAKING REGULAR SEX SEEDS. LATER, HE BEGAN MAKING FEMINIZED SEEDS USING COLLOIDAL SILVER AND SILVER NITRATE SOLUTION ON HIS KEEPERS.”

making feminized seeds using colloidal silver and silver nitrate solution on his keepers.

Relentless made a few popular strains like Orange Valley Og, Purple Bomb, and Elmers Glue, but Cherry Cookies really put him on the map. Relentless pollinated the Girl Scout Cookies cut with a Fire Og bx1 stud to make Fire Cookies. He germinated 12 seeds and hit the lottery on the 12th. This plant was better than both parents. He called her Cherry Cookie because it smelled of loud cherry gas, similar to the Cherry Pie clone, but better. Relentless knew he had something special. Cherry Cookie had the bag appeal, trichome production of cookies, and the potency of Og, but it also yielded well and smelled much better. Well-known growers like Jungleboys helped spread the word, growing Cherry Cookies for the masses to enjoy.

Rozay was the next strain to gain Relentless attention. He made Rozay by crossing his Purple Bomb to Sunset Sherbet. Purple Bomb was one of the first strains Relentless made by using a Black Rose stud to pollinate Purple Diesel. Rozay took sherbets' phenomenal structure, but the color and terps from Purple Bomb's grandparents really shined through. Rozay's

terps are described as flintstone vitamins, red wine, or fruit roll-up. They are truly unique and hard to describe, even for a connoisseur.

Knowing how unique Rozay's terps were, Relentless decided to use his Rozay stud to pollinate Gelato41, making what he called Frozay. Relentless grew over 100 of these seeds and found an outlier, the # 94. Frozay # 94 had Rozays unique berry fruit roll-up type terps but far more red and pink colors than Rozay. Frozay also had a cleaner bud appearance and a much better calyx-to-leaf ratio. The # 94 was special; Relentless knew he had to breed with it. Colorado Nightshifter, Speechless, and NOLA Monsoon are some of the F94 feminized standouts that Relentless will be working. The F94 s1 was not released, but Relentless recently hunted 150 and is finalizing his selection to make s2 and crosses.

Relentless Genetics is best known for its Trop Cherry, aka Tropicana Cherry. Relentless found a proper stud in his Cherry Cookies f3 line and pollinated the Tropicana Cookies cut to make Trop Cherry. He selected the # 8 because it had the color from Trop Cookies, but the flavor was more pronounced and preferred by many who didn't like Tropicana Cookies. The bud and

plant structure were vastly improved upon by the Cherry Cookies father. Trop Cherry # 8 is now being grown in most countries around the world.

Relentless recently completed a 700-seed hunt. He ran over 10 of his Trop Cherry crosses, including two Trop Cherry backcrosses. One backcross, in particular, proved to be far superior to the original Trop Cherry clone and T.C. crosses. He selected three phenos from over 130 bx1 seeds and is running them again to pick the best. The new bx1s are much louder smelling than the original #8 clone; the best pheno will replace the original #8 cut in his garden.

Relentless Genetics takes pride in doing things the right way. While many others in the industry chose to copy Relentless or other reputable breeders, Relentless is putting in the work. He's going deeper into his existing strains and making new strains. Relentless provides freebies with every order and is always there to assist customers. Relentless has always and will continue to focus on purple and cherry strains, but he has been quietly working on new strains. Stay tuned to see what's next! 🌿



THE WEIRD, WONDERFUL, INTERESTING AND INSPIRING WORLD OF CANNABONSAI

WORDS & PHOTOS | TRAYK



Traditional bonsai is an ancient technique where trees are grown in containers with training and pruning to develop a dwarf-sized mature tree. A Nebari-style bonsai is grown with the intention of having the roots exposed and/or uncovered. Many varieties of plants and trees can be grown into a bonsai and Nebari-style bonsai, including cannabis.

A common way growers achieve a Nebari (exposed root) style cannabonsai starts with the grower selecting a figure or rocks, burying the object(s), planting a seed, then roots are exposed later when the plant is established. Since the grower is waiting for the plant and roots to grow, this method can take many weeks, and the grower has little to no control over how the roots grow over the object(s) under the soil.

Another method for a Nebari bonsai is using a clone rooted in water. A benefit to using a clone compared to a seed for this project is that if it is a clone the grower

has grown before, then the grower knows it is a female plant, and the grower will have an idea of how the plant will grow the structure and feeding requirements.

When using a clone already rooted in water, the roots are exposed and visible. The grower takes their figure/object, placing the roots over the object and ensuring the root tips touch the soil. Having some of the roots planted into the soil will help ensure success; having a root barely touching the soil will have less probability of success for that root. For this step, it does help to have a couple of bamboos and a soft tie to help hold the plant in place while the grower manipulates the roots and while the plant establishes itself in the soil.

Now that you have a supported plant on an object with roots touching the soil, you need to hold in humidity until the plant has established its roots in that soil. One way to achieve that is to cover the plant and the roots with a clear plastic bag, then mist the roots 2-3 times per day for the first 3-4 days. By day 4, if the plant is incredibly droopy, your plant has not successfully established in the soil. If

the growth tips of the canopy are perked up, you might be starting to see new growth at this point, and then the plant is established.

With a plant going from a high humidity environment (inside the plastic bag) to the open environment of a veg space, exposing the plant gradually will help prevent environmental/humidity shock. Cutting holes in the plastic bag and gradually enlarging them over a few days will help the plant adjust more smoothly. From the start (placing a clone on an object) to its roots being established and then removing the plastic (humidity) takes about a week. When the roots are exposed to the open environment, they will make a “bark” to protect themselves.

Now that you have your established exposed root bonsai, you can start having fun with the training. This is where knowing the structure of how the plant will grow later comes in handy. Things to think about are long or tight internodal spacing and whether the plant has long colas or tight golf ball nugs later.

Lots of different techniques and tools can be used to train your bonsai. You can use LST training clips, ties, or weights to hold down branches or even bonsai wire to help maintain the shape of branches. If using bonsai wire, you will need to monitor to ensure that as the plant grows, the wire does not cut into the branches as the branches grow thicker.

How long you decide to veg and train your clone depends on the grower. Since clones are already sexually mature, you can flip your plant pretty quickly after it is established, or you can veg longer to train longer. You just have to keep feeding requirements in mind when growing a plant in a small container. This project can be run from start (rooted clone) to finish (harvest) in 90 days if the grower wants to run a fast project, or the plant can be begged and trained as long as the grower would like, keeping feeding in mind. Feeding is dependent on the grower's style; bonsai can be run organic, synthetic, or

“LOTS OF DIFFERENT TECHNIQUES AND TOOLS CAN BE USED TO TRAIN YOUR BONSAI. YOU CAN USE LST TRAINING CLIPS, TIES, OR WEIGHTS TO HOLD DOWN BRANCHES OR EVEN BONSAI WIRE TO HELP MAINTAIN THE SHAPE OF BRANCHES. IF USING BONSAI WIRE, YOU WILL NEED TO MONITOR TO ENSURE THAT AS THE PLANT GROWS, THE WIRE DOES NOT CUT INTO THE BRANCHES AS THE BRANCHES GROW THICKER.”



syngenic (organic soil with synthetic inputs).

Another element of traditional bonsai is root pruning. Root pruning is done on a plant grown in a ridged container (plastic, ceramic, etc., not fabric) when the roots have filled the container (root bound). The plant is removed from the container, and up to 20% of the roots are cut off in the root zone. Root pruning can expose more root tips, encouraging better absorption of nutrients when the plant is placed back in the same container with a fresh medium. A smaller root system also helps promote a smaller plant, keeping the same traditional dwarf bonsai.

It’s been really fun for me, personally, growing the bonsais with clones, my keepers especially; they are beautiful small versions of themselves grown in larger containers. Throughout this summer, I will be practicing more bonsai with root pruning techniques. 🌿





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1

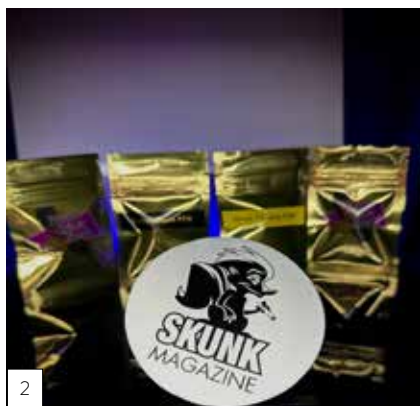


recently spoke to Ryan (Freegrow8) about his late friend and mentor, Eddie Hansman, who carved a niche in the Michigan breeder community and beyond with

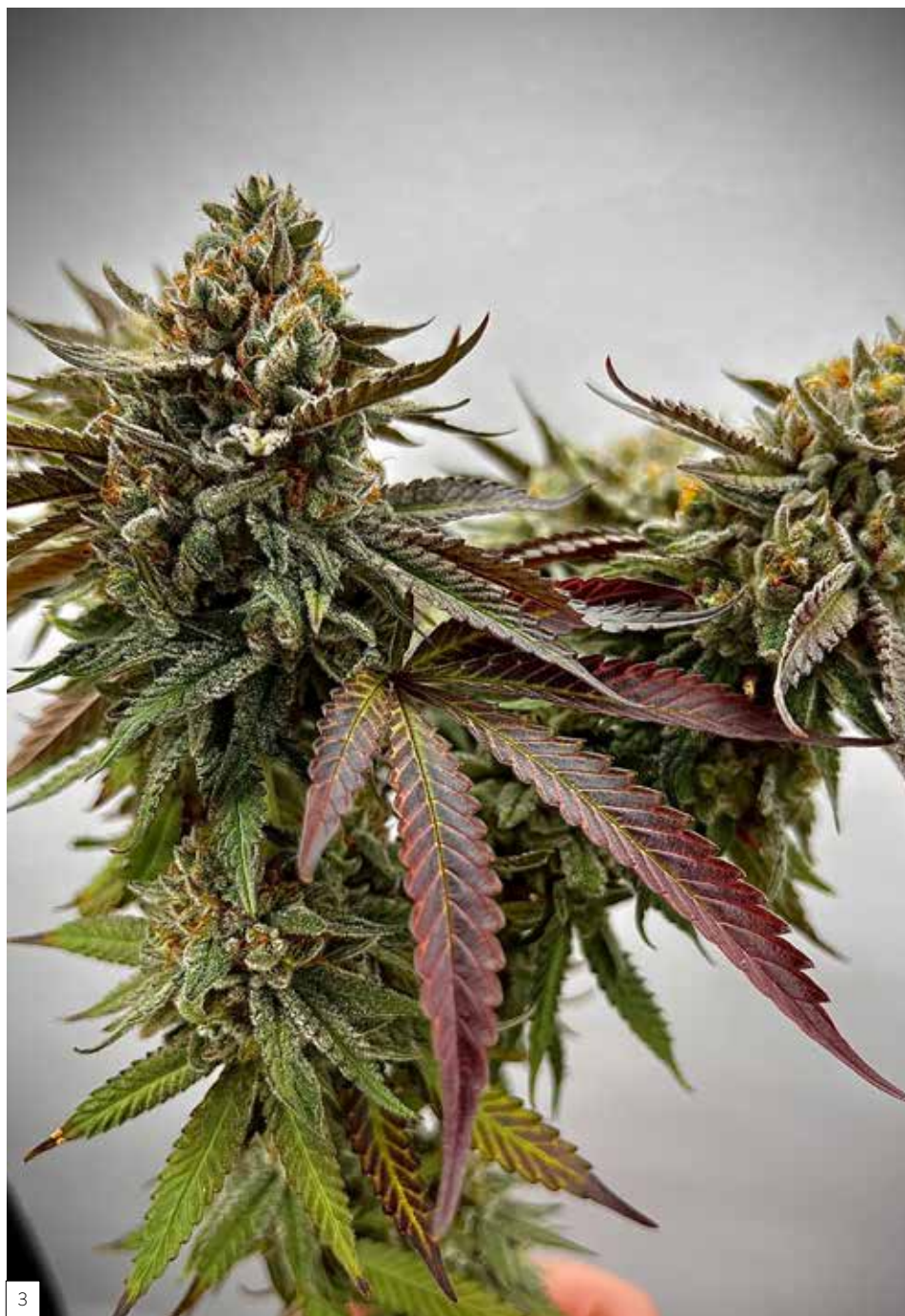
his Bulletproof Genetics strains.

Vivian McPeak: What was going on in your life when you met Eddie from Bulletproof Genetics?

Ryan Gageby: *I met Eddie about a month after my wife left our 13-year marriage. I was put in front of Eddie by our very close mutual friend Junior, who owned a grow store where we both shopped. I started working for him side-by-side in his basement, doing any and all of his plant work, as well as a bunch of stuff around his house. Cutting the grass, power washing, anything and everything he asked. I mean, at one point, I almost fell off his roof trying to clean the gutters. When it came to cannabis, he often told me he saw the fire,*



2



3

1) Freegrow8 Water Drop 2) Purple Caper X SKUNK Magazine strain seed packaging 3) Freegrow8 grown plant

the passion, and I reminded him of 15 to 20 years prior when he started to grow cannabis.

VM: What kind of things did you learn from working with Eddie?

RG: *I learned a lot about the breeding process, phenotype selections, and just a lot of basic information and knowledge about the cannabis plant. We often talked about a movie called *The Secret*, a 2006 Australian-American spirituality documentary consisting of a series of interviews designed to demonstrate the law of attraction (*New Thought*), the belief that everything one wants or needs can be satisfied by believing in an outcome, repeatedly thinking about it, and maintaining positive emotional states to "attract" the desired outcome.*

VM: Can you talk about some of his strains?

RG: *The first strain that I fell in love with was the Zest Mints (Orange Kush Mints X Deep Breath); the orange citrus yet tangy notes of sour grape candy ease the user into a relaxing, social high. Zest Mints is the perfect choice for situations that call for being elevated but not inebriated.*

I do believe that his Deep Breath strain was one of the most significant strains he ever created, and you will find Deep Breath in a lot of his older crosses. The Deep Breath was a cross of White Master Star Dawg X Grateful Glue. He had strains for everyone to enjoy. That's why Bulletproof Genetics is a staple here in Michigan. Another strain that stands out to me is his Deep Fried Ice Cream, a brilliant combination of Ice Cream Cake and Deep Breath. She is an Indica-dominant cannabis strain. She has a delicious range of flavors like Gas, Chem, and Sweet Cake.

VM: You have decided to carry on Eddie's legacy by keeping his strains alive. Can you talk about why?

RG: *I am trying my best to continue where he left off, but at the same time, his shoes have been almost impossible to fill. I would love to see his genetics all over the world. One of his dreams, which we often talked about, is having them throughout every legal grow operation in the US. Eventually, he would have loved to see the Bulletproof logo on all the dispensary walls and stores.*



"THE DEEP BREATH WAS A CROSS OF WHITE MASTER STAR DAWG X GRATEFUL GLUE. HE HAD STRAINS FOR EVERYONE TO ENJOY. THAT'S WHY BULLETPROOF GENETICS IS A STAPLE HERE IN MICHIGAN. ANOTHER STRAIN THAT STANDS OUT TO ME IS HIS DEEP FRIED ICE CREAM, A BRILLIANT COMBINATION OF ICE CREAM CAKE AND DEEP BREATH. SHE IS AN INDICA-DOMINANT CANNABIS STRAIN. SHE HAS A DELICIOUS RANGE OF FLAVORS LIKE GAS, CHEM, AND SWEET CAKE."

It has been very hard for me personally and mentally, hoping that I made the right choice or decision to try to continue the bulletproof legacy. But I know he's watching over my shoulder to help make this dream come true.

VM: What Bulletproof strains are available, and how can people find them?

RG: *I know that he created about 35 strains per seed finder, but I feel like that number is a bit on the low side. I would like to say he created about 50-60 different strains, a lot of these were never released to the public. He had a significant amount of people who would test his strains. That's why he created the Bulletproof Genetics Testers Cup, a competition that allowed people to test some unreleased strains as well as who could grow the best and take pictures. One of his biggest testers was a family named Groutechmi and Fivesistersmi, an award-winning family from the state of Michigan. They have won multiple awards, from cannabis to edibles and topicals; a family-run business, streaming back to the father*

Eddie's family contacted me a few months after he passed and offered me the genetics. They had no idea what to do and thought I would be the best person to help continue his legacy. At this point, I created a website, Shopfreegrow8.com, where you can find about 30-35 different strains from Bulletproof. I am going to try to create more bulletproof genetics with some of the strains I do have.

VM: What should people know and remember most about Eddie and Bulletproof?

RG: *Bulletproof Genetics is a company built on hard work, quality, reliability, and love for this plant and all its medical properties. He took a lot of pride in his craft and was very passionate about what he did. I saw this daily from him. Eddie was an amazing and genuine person, and he would give you the shirt off his back. He was one to help you with any kind of personal problems you may have. I mean, he helped me through the darkest time of my life, and for that, I will never forget him.*

VM: Is there anything you would like to add?

RG: *With well over 15 years of cannabis cultivation and breeding experience, Bulletproof was a legend in the cannabis community. Eddie was a true Michigander and a beloved son and friend to many. Your legacy will go on, Eddie, illustrating to the cannabis world what you were and are a legend in this handcrafted art! "Bulletproof Your Garden." 🌿*

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AROUND THE WORLD IN HAZY DAZE

WORDS | ROLAND ENDBLAZIN PHOTOS | PETER PAPADOPOULOS ART | ARTURO ROMERO



WITH A FOREWORD BY ED ROSENTHAL

My friend and fellow freedom fighter Peter Papadopoulos invited me to visit Greece and connect with the cannabis community there. He arranged a tour of grow shops in Greece.

I can't quite explain it, but as we walked around the Acropolis and other ancient ruins, there were moments when I felt that the vape pen we were sharing was somehow connecting us to the ancient spirits of cannabis that have existed there for thousands of years. I wondered whether Herodotus, who described the Scythians smoking by filling the tent with smoke (they didn't have pipes yet), smoked it himself, maybe at the Parthenon.

It really was a magical experience. I'm already planning to go back. The Greek community is evolving, and I am excited to be a part of it.

— Ed Rosenthal

Hello, and welcome to the first installment of Around the World in Hazy Daze. I hope this is the beginning of a beautiful journey we can all go on together. Traveling the world and experiencing the cannabis culture has become my mission in life. I am blessed to be a part of something that is evolving right in front of our eyes. My goal is to help

spread the knowledge and understanding of this plant that can and will change so much of the world for so many people.

Growing up in America, most of my experience with cannabis is from an American perspective. Over the last 15 years, I have spent more time in Europe and have seen a more international outlook on the view of cannabis in this world.

Because of my Greek heritage, I am particularly connected to Greece and its cannabis culture. Although THC is still illegal, CBD is available at countless locations, including kiosks. That being said, there is still an underground culture that is working hard to change the laws in this country and also the perception of its citizens.

For many years now, Greeks have been brought up to think of cannabis as a narcotic. "NARCOTICA!!! NARCOTICA!!!"

This is what they were warned. They have been conditioned to believe that marijuana is a harmful substance that causes damage to people who use it. Although that perception is changing, it is deeply rooted in a culture that strongly believes in orthodox Christianity and a more disciplined outlook on the world.

I have joyfully watched even some of my most reluctant relatives and friends change their opinions and begin to understand the helpful and healing qualities of this plant and the damage it does to people by being considered illegal. The changes around the

world over the last decade have helped to open people's minds to thinking in a more compassionate way. The changes in Germany have already begun to affect the perception of cannabis in the European community. It is only a matter of time before it spreads throughout Europe, and I personally hope Greece will openly welcome the changes and benefit from the potential to help so many people.

Over the last few years, I have had the pleasure of being associated with a company in Greece called Alegre Growshop. Alegre Growshop has been in business for 20 years now. They are celebrating their 20th year anniversary this year with celebrations in several places around the world, including Barcelona, Greece, and Germany. They are, without a doubt, leaders in the Greek community, having helped growers who would have had little to no access to the products and knowledge that they needed to properly have a garden. Keeping any business open for 20 years is an accomplishment, especially in Greece. However, doing it in an industry where you are constantly forced to deal with obstacles that other businesses don't have to face is even more of an accomplishment. My sincere appreciation goes out to Alegre and their dedication to helping the Greek community evolve.

This summer, 2024, I was invited to be a part of Alegre's 20th anniversary in Greece. We made arrangements



for Ed Rosenthal to join us on a tour of Alegre grow shops both on the mainland in Greece, and on the island of Crete.

The tour was very successful and gave us the opportunity to educate and inspire the Greek community to evolve and become a bigger part of the European community.

To no surprise we were treated with tremendous hospitality, and welcomed into a community that clearly wants to reach the next level.

In Athens, we were given a tour of several grow shops, at which we made presentations and answered questions from the local community. Ed Rosenthal's presence at these events was an inspiration to the people who were there. During a conversation between Ed and one of the guests, I heard the guest say, "I thank God for you coming to see us." Knowing the Greek community as I do, he was being very genuine about what he was saying. he was literally thanking his creator for the chance to meet Ed. It was a moment that really touched my heart.

Although cannabis is illegal, the island of Crete is very well known for its cannabis production. Cannabis souvenirs are readily available in shops all over the island. It is clearly something that people are both proud of and secretive about.

While there, I heard many people describe Crete as the "Humboldt County of Europe." There are legendary stories of

battles between growers and the authorities. There is also a very clear understanding that people should be careful not to wander onto property that they do not know. There is a very old-school way of doing things. We were welcome to see some CBD

"IN ATHENS, WE WERE GIVEN A TOUR OF SEVERAL GROW SHOPS, AT WHICH WE MADE PRESENTATIONS AND ANSWERED QUESTIONS FROM THE LOCAL COMMUNITY. ED ROSENTHAL'S PRESENCE AT THESE EVENTS WAS AN INSPIRATION TO THE PEOPLE WHO WERE THERE."

grows and even a couple of private home grows, which is the most common way patients can produce what they need.

Having the chance to experience the Greek community through the eyes of Ed Rosenthal and Alegre Growshop was truly a special moment that I will never forget. We ate amazing

food, saw beautiful sites, and even danced on the beach while listening to the Grateful Dead as we watched the sunset. Thank you, Alegre, for your kindness and hospitality.

We plan to return to Greece with Ed and other influential people from the cannabis community to help educate and share love and knowledge about a plant that we all care so dearly about.

The consequences for growing and distributing cannabis in Greece are severe, so anyone involved is very fearful of exposing themselves. I completely understand and respect their concerns.

The climate temperature and environment of Greece is perfect for growing. With the economy suffering the way it is the common person in Greece works the whole month for sometimes as little as €400 a month. This is an industry that could be very fruitful for this country if it can get past the stigma that it has been conditioned to believe.

The future in Europe is very bright. The changing laws in Germany have already begun a domino effect in the surrounding countries. It's only a matter of time before all of Europe is on board.

I look forward to that time. Until then,
Warm days and pleasant nights,
Roland Endblazin. 🌿

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BOLDTBAGS

PIONEERING EXCELLENCE IN SOLVENTLESS HASH MAKING FOR OVER 20 YEARS

WORDS | RYAN O'SHAUGHNESSY



1



oldtbags, a legacy brand with roots deeply entrenched in the rich cannabis culture of Humboldt County, California, was created out of necessity for quality, larger, industrial-sized bags, which didn't exist at the time. The founders' mother was battling cancer, and hash was the only substance that could provide her with relief from the debilitating

pain and discomfort of her illness. It was out of this dire necessity for quality relief that Boldtbags was born. Based on a farm in Humboldt, the word in the community quickly spread about the quality of these bags. They needed bags larger than 5 gallons; people needed a solution for bulk. Boldtbags were the first to make larger 32-gallon, 44-gallon, and 55-gallon "full mesh" bags.

The Boldtbags gives technical insight into one of the many reasons why their bags are the standard for making solventless hash. "Some

other companies source cheap material from China and use nylon bags. Nylon stretches up to 40%. Nylon costs ½ as much as the material that Boldtbags uses. When you're making hash, you need precise micron bags. This is an art form and a science, nothing less, and professional hash makers need a product they can rely on. That's why the best use Boldtbags."

In those days, you could not go to the store and buy the equipment we have today. Everything was made by hand and still is to this day. Quality is what matters, nothing



2



3

“SOME OTHER COMPANIES SOURCE CHEAP MATERIAL FROM CHINA AND USE NYLON BAGS. NYLON STRETCHES UP TO 40%. NYLON COSTS ½ AS MUCH AS THE MATERIAL THAT BOLDTBAGS USES. WHEN YOU’RE MAKING HASH, YOU NEED PRECISE MICRON BAGS. THIS IS AN ART FORM AND A SCIENCE, NOTHING LESS, AND PROFESSIONAL HASH MAKERS NEED A PRODUCT THEY CAN RELY ON. THAT’S WHY THE BEST USE BOLDTBAGS.”

else. Boldtbags gives further context to the industry during its early days. “Keep in mind, we’re talking about times when what we were doing was a severe criminal offense. It had to be under the radar, and I don’t think a lot of the newbies to the industry understand the gravity of risk that was involved when we were doing this 20 years ago.”

Recognizing the critical need for high-quality, non-stretch sieving bags that could reliably produce top-tier hash, Boldtbags set out to fill this void in the market. Drawing upon their personal experience and driven by a deep-seated passion for cannabis and its therapeutic benefits, the founders embarked on a journey to create products that would meet the rigorous standards of both medical patients and discerning professional hash makers alike.

Handmade in California, every Boldtbag bears the mark of meticulous craftsmanship

and attention to detail. From sourcing the finest materials to employing skilled artisans, Boldtbags ensures that each product upholds its reputation for quality and durability. This dedication to excellence has earned Boldtbags a loyal following among hash makers, who trust the brand’s commitment to delivering superior performance and reliability.

Boldtbags’ influence extends far beyond its manufacturing facilities, as the brand has played a pivotal role in shaping the practices and techniques of solventless hash making. Renowned hash makers, including the legendary Frenchy Cannoli, have chosen Boldtbags as their go-to equipment for their extraction processes, recognizing the brand’s unwavering commitment to quality and innovation.

The endorsement of industry luminaries like the real Frenchy Cannoli when he was alive spoke volumes about the reputation and

trust that Boldtbags has earned within the cannabis community. Moreover, Boldtbags’ products have been instrumental in the success of award-winning hash makers such as Emerald Cup Winner Brett Byrd and Nasha Extracts, further solidifying the brand’s position as a preferred choice among professionals seeking excellence in their craft.

As Boldtbags continues to push the boundaries of innovation and excellence in solventless hash making, its legacy remains firmly rooted in its origins—a testament to the enduring spirit of craftsmanship and passion that drives the brand and solventless industry forward. With a history steeped in tradition yet constantly evolving to meet the demands of an ever-changing industry, Boldtbags stands as a beacon of quality and integrity in the world of hash making. 🌿

2) Hashmaker: Nasha Extracts Hashmaker IG: @nashahumboldt photographer IG: @ginja.club Strain: Strawnana

3) Hashmaker: Byrd Extracts Hashmaker IG: Byrd_extract_co Photographer IG: @Zoom_gardens Photographer IG: Legendsofhashish Strain: Gurple

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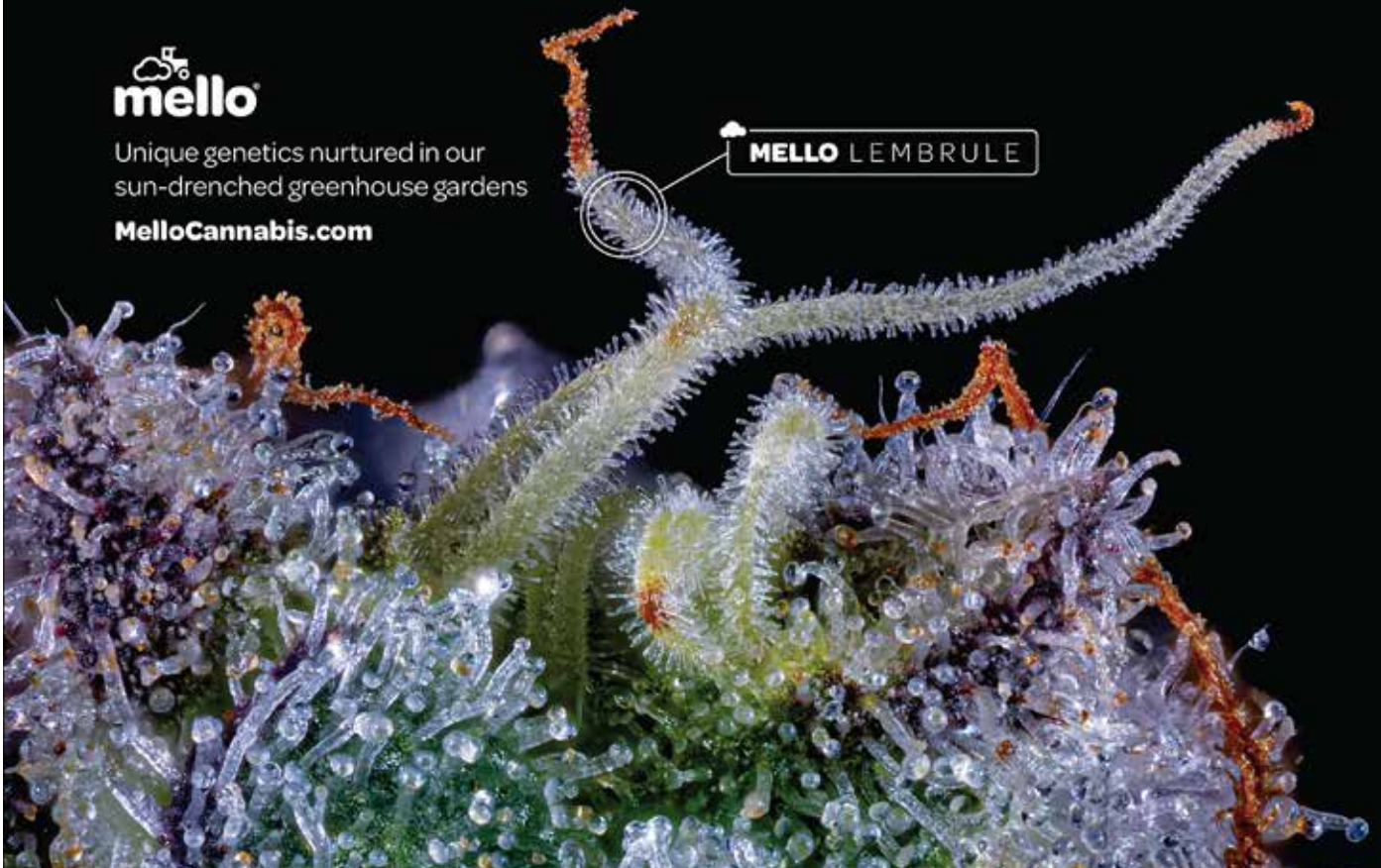
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MELLO LEMBRULE



HARVESTING FOR FRESH FROZEN

WORDS | LENA BURNS



The hash community has experienced a major shift in its harvest methodologies in recent years. Many single-source hash makers have stopped hanging plants on drying lines and are instead loading freezers with freshly harvested cannabis flowers. Farmers are filling less of their drying sheds and instead bringing in freezers or refrigerator trucks to adapt to the latest trend. In an effort to capture the living plant's fragrance and taste and to avoid any major volatilization of aroma and flavor compounds, producers are harvesting the plants for what is known as "fresh frozen." This harvesting methodology is used in both solvent-based and solventless applications. It involves removing the flowers from the stems and getting them into the freezer as soon as possible.

A major advantage of "fresh frozen" is that it cuts down, or eliminates, drying and trimming costs at scale. A home grower with

limited drying space can easily fit their entire homegrown flower into a few freezers to process into ice water hash. It's important to note that processing "fresh frozen" material does not equal a better quality end product. It simply captures a different expression of the plant for patients and consumers to enjoy. If you'd like to try your hand at a "fresh frozen" harvest, here is a simple Tools and Procedures List to get you started!

TOOL LIST:

- **A FUN AND HAPPY CREW**
- **BROWN PAPER BAGS/ • PAPER/ PAINTER'S TAPE**
- CALIBRATED SCALE**
- BENCH SCALE/PLATFORM SCALE**
- COMFORTABLE CHAIRS; OPT.**
- FABRIC PADDED CONTAINERS/CUPS**
- SOLO CUPS**
- FREEZERS**
- FREEZER THERMOMETER**
- GLOVES**
- HEAVY DUTY PRUNING SHEARS**

- PROFESSIONAL PREMIUM TITANIUM ISOPROPYL ALCOHOL (ISO)**
- PAPER TOWELS**
- SHARPIES**
- SHARPIE BRAND**
- SNIPS**
- CHIKAMASAS/FISKARS**
- TABLE LINERS**
- PLASTIC OR PAPER (AVOID WAXED PAPER)**
- TABLES**
- PORTABLE/FOLDABLE TABLE**
- TOTES**
- HEAVY DUTY STACKABLE TOTES**
- TOTE LINERS**
- THE GREEN SCISSOR TOTE LINERS**
- TURKEY BAGS (OVEN BAGS)**
- BUDDY BAGS CO. (HEAVY DUTY IS IMPORTANT)**

DEFINITIONS

- **Buck Down Crew (Buckers):**
The group of individuals removing the flower from the branches and stems.
(Additional duties: regularly sweeps floors and keeps space tidy and organized.)



• **Harvest Runner(s): An individual(s) who is designated to harvest the plants continuously throughout the work day. They will help to keep a continuous flow of plant material in the processing space.**

• **Processing Leader(s):**
Maintains a continuous harvest and buck down flow among the team throughout the work day. Fills turkey bags with bucked flowers. Weighs, labels, and stores the fresh material into the freezers.

PROCESSING SPACE

- Clean freezers and plug them in at least 24 hours before starting to fill.
- Set the freezer temperature to the coldest setting. The material should be frozen and stored at 0°F or lower. The National Center for Home Food Preservation recommends to, “Freeze foods at 0°F or lower. To facilitate more rapid freezing, set the temperature control at -10°F or lower about 24 hours in advance.”

Side Note: Flash freezing is common practice in the food industry. It protects the quality and nutritional value of the food and prevents large ice crystals from forming on the plant matter. According to The University of Minnesota Extension on the science of freezing food, “Water makes up over 90 percent of the weight of most fruits and vegetables. Water and other chemicals are held within the fairly rigid cell walls that give structure and texture to the fruit or vegetable. When you freeze fruits and vegetables, you actually freeze the water in the plant cell.” Therefore, “In rapid freezing, a large number of small ice crystals are formed. Small ice crystals produce less cell wall rupture than slow freezing, which produces only a few large ice crystals.” Most of us in the cannabis community don’t have access to flash-freezing cryogenic equipment to avoid the large ice crystals that cause the most damage to cell membranes yet. We can still take small measures to ensure our cannabis is frozen as quickly and efficiently as possible to achieve a high-quality end product.

Pro Tip: Place a gallon container of water into the freezer to jump-start the freezer’s sensor.

Pro Tip: A maintenance check should be done a month before harvest to ensure that all freezers are working.

- Do not adjust the temperature settings on your freezer once the material has been frozen.
- Clean totes. A clean tote liner can be used.
- Cover tables with table liners. Replace the table liner with every new cultivar introduced into the room. Cannabis plants are sticky by nature and this allows for easy clean-up between cultivars.

“MOST OF US IN THE CANNABIS COMMUNITY DON’T HAVE ACCESS TO FLASH-FREEZING CRYOGENIC EQUIPMENT TO AVOID THE LARGE ICE CRYSTALS THAT CAUSE THE MOST DAMAGE TO CELL MEMBRANES YET. WE CAN STILL TAKE SMALL MEASURES TO ENSURE OUR CANNABIS IS FROZEN AS QUICKLY AND EFFICIENTLY AS POSSIBLE TO ACHIEVE A HIGH-QUALITY END PRODUCT.”

- Fill containers/cups with ISO. Soak snips in the ISO-filled cups as they get covered in resin. Wipe clean with a paper towel before using again.
- 2-3 snips per Bucker is ideal. This allows them to swap to clean snips while the other resin-coated snips soak in ISO.
- To keep the space comfortable, sweep the floors every few hours.
- Gloves must be worn at all times during harvest and processing.
- All workers should avoid handling the flower directly.
- Place one tote on a table in

between every 2-4 buckers.

- Good music or podcasts make for a happy crew.

HARVEST

1. The Harvest Runner(s) will harvest the plant and place it upright in a tote. Do not overcrowd the totes, as this risks smashing the trichomes. Only harvest an amount that the buck down crew can efficiently buck and get into the freezer within 2 hours to avoid losing volatile aromatics.

**Depending on the size of the plant and the weather ahead, the tops of the plants can be harvested, and the lower half of the plants can be left in the field to ripen further.

2. The Harvest Runner(s) will transport the plants into the designated processing space and begin breaking down the plants. The Harvest Runner(s) should break down the plants so that the branches are no more than 12-18” long. This makes it easy for the Buck Down Crew to hold during the buck down process.

3. The Harvest Runner(s) should continually feed the branches to the Buck Down Crew, ensuring that no Bucker is ever without material in front of them during their shift.

4. The branches should not be placed in a pile!! This will result in smashed flowers, broken trichomes, and adds unnecessary humidity to the plant matter. The branches should always be placed in a flat layer, allowing for proper airflow. It’s ideal to designate a table or two, for branches.

5. The Buckers should remove all dead leaves, yellow leaves, and large fan leaves. Any flowers containing bug damage, mold, rot, or dirt should be discarded. The smaller leaves and their petioles surrounding the flowers should only be removed if they have no trichomes present. **Pro Tip:** Sugar leaves should be left completely intact – trimming the tips of sugar leaves creates an opportunity for chlorophyll to leach during the agitation process.

6. Flowers should be broken down to a



similar size (no larger than 2") to allow for even hydration before agitation during the ice water sieving process.

7. With a larger crew (4 or more), it is easiest to have them buck the flower into a lined tote.

8. A smaller team can choose to buck into individual turkey bags or buck into lined totes.

9. Pro Tip: The processing space can be outdoors. If it is a warm and sunny day, it's best to process indoors in cooler temperatures. An ideal room temperature is 60°F or lower. Remember, if you can smell the volatile compounds, you are losing them.

10. The Processing Leader will regularly empty the totes of the plant material and place it into turkey bags. The bags should weigh approximately 2 lbs. It's important to get the plant material into the freezers as quickly as possible in order to preserve the aromatics.

11. Each turkey bag must be properly labeled with the name of the cultivar and weight of the material. This information should be

written on a piece of paper or painter's tape. The paper will be placed inside the turkey bag. The painter's tape will be placed outside the turkey bag. Sharpie ink is notorious for wiping clean off a turkey bag over time.

12. Alternatively, the outside of the freezer can be labeled with painter's tape if it is filled with only one cultivar. The tops of the turkey bags should be tightly rolled closed and placed flat inside of the freezer, like a light and fluffy pillow. This prevents the material from freezing together in a dense, solid mass and allows for proper airflow in the freezer. The freezer should never be overpacked – leaving about 5-7 inches of headspace inside the freezer allows for the best freezer conditions.

OTHER NOTES:

- Do not store food items in your freezers.
- Once your freezers are filled, avoid opening and closing them.
- Frozen plant matter is extremely brittle. Avoid moving and handling bags unless they're being transported to the washing vessel.

- Do not vacuum seal the bags. This will smash the precious trichomes.

- Heat sealing the bags is an option.

- Laying turkey bags flat in the freezer prevents a dense mass of plant matter from freezing together. In turn, the material is airy, flowy, and not clumped together. When the material is emptied into the wash vessel, it easily falls into the vessel, and there is no need to break apart large clumps of brittle plant matter. This reduces the chance of introducing contaminants into your wash.

- The molecular structure and flavor of frozen items begin to change overtime – affecting the overall quality. While the U.S. Department of Agriculture (USDA) does not have guidelines for the maximum shelf life of fruits and vegetables, all other products have a shelf life between 1-12 months, depending on the item frozen. The National Center for Home Food Preservation suggests the highest quality of frozen fruits and vegetables are stored no longer than 8-12 months at 0°, with shorter storage times being ideal.

- The longer your material is stored in the freezer, the more susceptible it is to freezer burn. The texture, color, aroma, and flavor of the material will be compromised if it's affected by freezer burn.

- Freezers can die on you. There's nothing more devastating than losing a freezer full of precious plant material and hard work.

- Invest in a high-power generator in the event of power outages.

- If you experience a power outage the USDA states, "a freezer full of food will usually keep about two days if the door is kept shut; a half-full freezer will last about a day."

- It's best to process your fresh frozen material sooner rather than later.

- Clean your freezers once they have been emptied.

- Cleanliness is next to godliness.
Happy Harvesting! 🌿

ALWAYS DANK
NEVER MIDS



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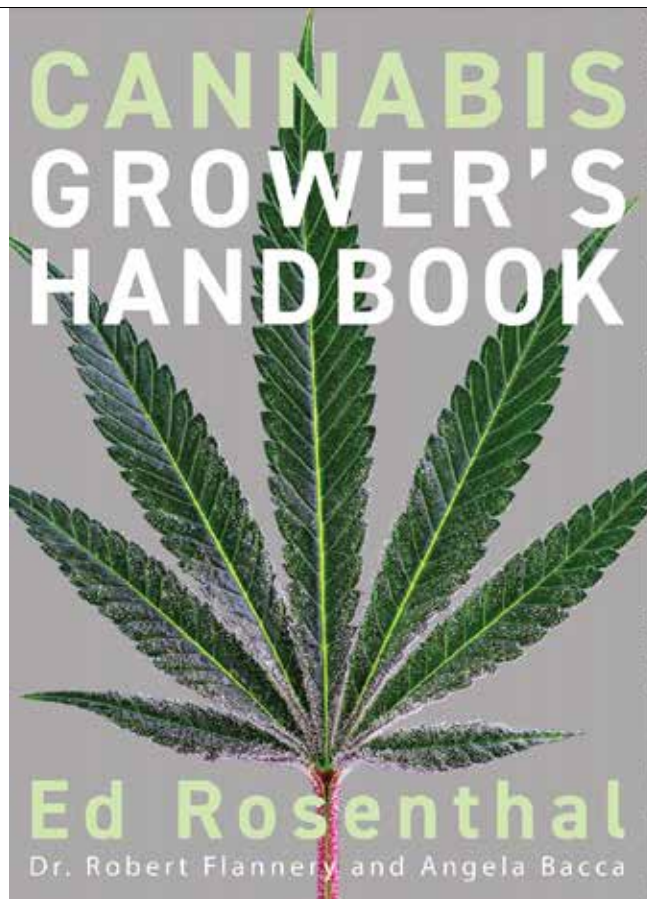


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WHAT IS THE PURPOSE OF USING DIFFERENT MICRON BUBBLE WASH BAGS FOR ICE WATER EXTRACTION?

WORDS & PHOTOS | THE PRESS CLUB



Bubble wash bags are the central piece of gear used in the ice water extraction process, a solventless method of making bubble hash. Bubble wash bags are made from food-grade, special, non-stretch materials that fit inside a bucket and stack one inside the other, secured along the top rim of the bucket. Wash bags are made in various sizes to accommodate different amounts of cannabis material. The most common sizes of bags are 5-gallon for in-home use and 32 or 44-gallon for commercial use. We have 10-gallon, 20-gallon, and 65-gallon available, too.

Bubble wash bags are made with different-sized filters, or mesh screens, at the bottom of the bag. These screens act as sieves to isolate the cannabis plants' resin-filled trichomes from the remaining material. Bubble wash bags are sold in kits of 4 or 8 bags. You can also purchase individual bags from companies such as The Press Club.

After cannabis is mixed thoroughly with ice water, the cannabis material releases its trichomes, which remain floating around in the slurry. Then, the cannabis-infused ice water is poured through a series of bubble wash bags stacked one inside the next.

The purpose of using multiple wash bags is to provide varying degrees of filtration, offering an array of different grades of hash from the filters.

“Learn the full process of washing hash on our blog www.thepressclub.co/blogs/tips-tricks”

“SCREEN SIZE DETERMINES THE FILTRATION CAPABILITY BASED ON THE PORES WITHIN ITS MESH FILTER. PORES IN THE SCREENS ARE MEASURED IN MICRONS. LARGER PORES ALLOW LARGER PIECES OF MATERIAL TO PASS THROUGH, WHILE SMALLER PORE SIZES ALLOW ONLY SMALL PIECES OF MATERIAL TO PASS. ON TOP OF EACH SCREEN, THERE IS A COLLECTION OF MATERIAL THAT’S TOO BIG TO PASS THROUGH THE SCREEN.”

HOW BUBBLE WASH BAGS WORK

Screen size determines the filtration capability based on the pores within its mesh filter. Pores in the screens are measured in microns. Larger microns allow larger trichomes to pass through while smaller microns allow only smaller trichomes to pass. On top of each screen, there is a collection of material or trichomes that’s too big to pass through the screen.

WHY USE MULTIPLE WASH BAGS

When ice water and cannabis material are mixed together, trichome heads break free from the plant material and float around in the water. But trichome heads aren’t the only thing that breaks free in the water. Trichome stalks and tiny pieces of plant material also come loose and must be filtered out. Without

this filtration, contaminants will end up in the finished product.

What collects on top of each screen is hash in one grade or another. Hash that’s almost exclusively whole trichome heads without the stalks is the highest grade of hash. The lowest grade of hash includes only partial or malformed trichome heads, pieces of plant material like stalks or other contaminants.

The highest quality of hash includes almost exclusively whole mature trichome heads. Therefore, a wash bag with a screen that most closely

matches the diameter of trichome heads will collect the highest grade of hash.

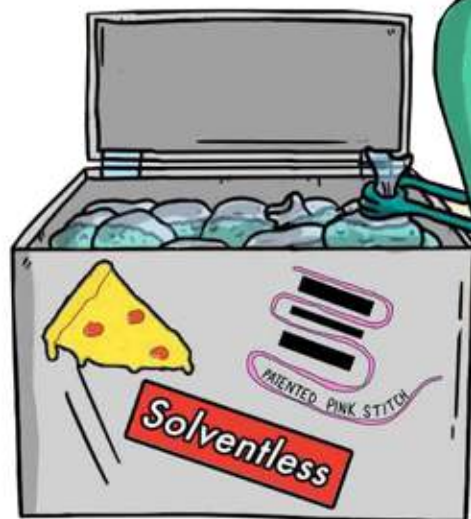
Here’s a breakdown of the various filter sizes included in an 8-bag kit:

220 micron: Main work bag

This bag has the widest pores and, therefore, allows the largest size of material to pass through. Trichome heads, trichome stalks, and small pieces of plant material are all able

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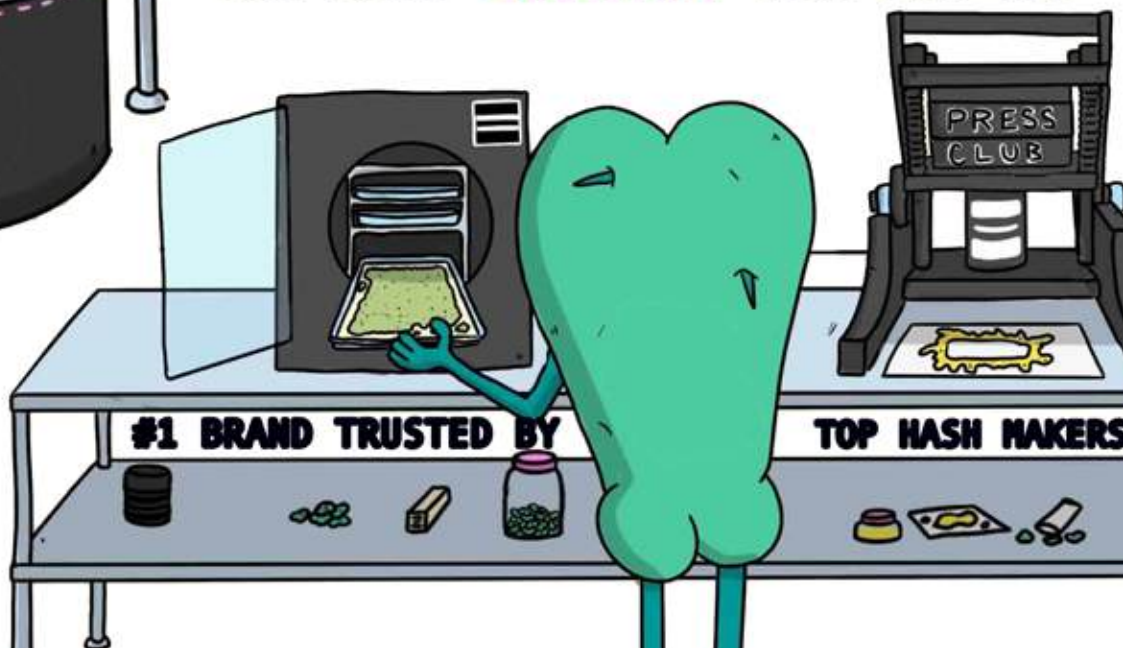
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to pass through this screen. Larger pieces of plant material are caught in the filter, which provides the first level of filtration after ice water is mixed with cannabis. The material that collects in the main work bag isn't worth keeping, due to low quality.

190 micron: Clean-up bag

The 190-micron bubble wash bag is the next level of filtration, pulling out more plant material as the ice water slurry passes through. Trichome heads are small enough to pass through this screen, so none of the material that collects on this screen is generally worth keeping. This bag provides extra refinement but nothing for collection.

160 micron: Contaminant removal bag (food grade/low quality)

This bag filters even smaller pieces of contamination out of the water but also allows most full trichome heads to pass through. However, there will still be trichomes and trichome stalks that get trapped in this filter. The hash that collects here won't be high quality but rather food-grade, which is in the 1-2-star range for rating hash. But for edibles, this screen can be worth collecting.

120 micron: Trichome collection bag (great quality)

This is the first bag that will yield some noteworthy hash. The previous

filters capture the large pieces of plant material, so most of that has already been sieved from the water. What is left on the top of the 120-micron screen is trichome heads (and often the connected stalks) and some minor contamination.

90 micron: Trichome collection bag (excellent quality)

Some of the best hash that you'll get can be taken from the 90-micron bag. This size of filter closely matches the size of full mature trichome heads, not including stalks.

There won't be much plant contamination left on this screen, either.

73 micron: Trichome collection bag (premium quality)

The 73-micron bag will collect the highest grade of hash because it most closely matches the size of full, mature, unbroken trichome heads without stalks. Very little plant contamination should be collected in this filter, as the majority should have already been filtered out of the water by previous screens.

45 micron: Trichome collection bag (large yield secondary grade)

Most of the full trichome heads that make up premium hash have already been filtered out of the water, but partial heads and stalks will still collect on this filter. The quality isn't great, but it's still worth keeping for edibles or to mix with flower for smoking.

25 micron: Trichome collection bag (food grade/low quality)

This last and finest filter will contain a

grade of hash that might work for making edibles, but often, the quality isn't good enough to dab by itself or even press into rosin. Some extractors pitch the material collected on this filter, but as always, you should experiment with your cultivar and see how you can use all the parts of the plant.

SHOULD I USE 8-BAG OR 4-BAG BUBBLE WASH BAG KITS?

8-bag kits always provide a broader range of filtration and, therefore, more grades of hash to choose from. Cultivars you're washing for the first time should be filtered through all eight bags. This gives you a chance to see which of the filters will most closely match the trichome heads you're washing, which will be the bag that collects the highest grade of hash. If you only use four bags, you may miss that micron size... (for example, the 90-micron) that best matches the size of trichome heads. And while the range is generally the same, different cultivars produce different sizes of trichomes.

After you're more familiar with the way your cultivar washes and identify which micron size collects the highest grade of hash, you can reduce the number of bags you wash with. But eight bags will always give you the best filtration control.

CONCLUSION

Collecting fine grades of hash requires multiple filters. Larger filters catch large plant contaminants, getting smaller and smaller until they closely resemble fully mature trichome heads. The filter that is closest to the size of trichomes will yield the highest quality of bubble hash.

If only one or two filter bags are used, there would be limited filtration opportunity, and therefore, trichome stalks and other plant contamination will be mixed with the trichome heads, lessening the quality of the hash. Multiple bubble wash bags provide the most desirable refinement, and 8-bag kits offer the most control and refinement for extractors during ice water extraction. We are proud to say, The Press Club is the only bag officially recommended by the Frenchy Cannoli brand. 🌿

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RESISTANCE PERSISTENCE

EVALUATING PEST RESISTANCE CLAIMS IN CANNABIS HELPS EVERYONE

WORDS | MATTHEW GATES

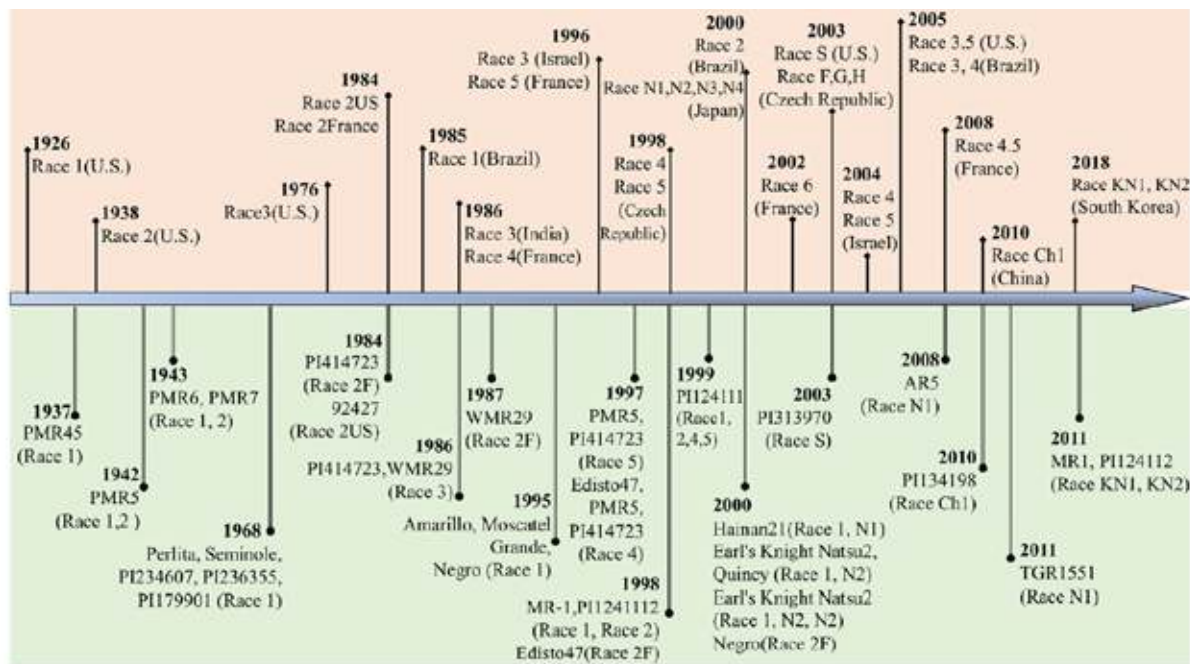


Fig. 2 *Podosphaera xanthii* races emerging year and resistance breeding history of melon

Upper panel: the time line showing the years when new races were first reported and the reported races appeared in new areas. Lower panel: the time line showing the years when resistant melon lines were introduced into cultivation and the resistance spectrum.



If you could reduce or eliminate the incidence of a common pest like powdery mildew or aphids, mostly relying on the innate traits of a certain cultivar powered only by nutritional and microbial inputs, would you value it highly?

In many ways, this is the ideal pest management scenario: mainly or only passive effects in use and no substantial costs of time, labor, material, yield, and money needed for pest management specifically. There are many environmental and contextual factors that contribute to this outcome, like nutritional resources and the intensity of pest pressure, but in a certain sense, plants ultimately actualize their factors through their genes—as well as those in their microbiome.

If one cultivar of cannabis is going to

tolerate cold weather, desiccation, or a specific pest better than another, it will be demonstrable through genetic means, which can be detected and tested. For pests in particular, specificity is key: there are dozens of pests commonly encountered in cannabis, with unique strategies for bypassing plant defenses. Since resistance traits may not be compatible or easily inherited with other important traits, breeders must assiduously test responses under conditions that control for different pest subpopulations, levels, and environments. Without rigorous testing and proof commonly found in other agricultural crops, the idea of pest-resistant plants can be highly sought by growers but ambiguously effective until they encounter the pest onsite, possibly under austere or well-kept contexts that might impair or facilitate plant response, respectively.

For these reasons, it is important for

growers to reach out to breeders and ask for details about how resistance was quantified or read resources regarding the dynamics of resistance breeding to discern the most appropriate choice. Sometimes, no information is available, but knowing what to consider is a crucial first step.

PESTS RESIST PLANT'S PEST RESISTANCE

For the case of specialists like the Cannabis Aphid (*Phorodon cannabis*), these capabilities that allow them to feed and reproduce on their host are extremely bespoke as they basically only colonize cannabis, so their genetic repertoire is finely honed to neutralize their toxins or silence the immune system, just as one might expect a plant population would grow accustomed to a particular environment after thousands or millions of years. Conversely, the Twospotted Spider Mite (*Tetranychus urticae*) colonizes a diverse



array of over 3,000 plants. It is, in some regards, the most generalist herbivore, beating out various insects, mammals, and reptiles. Genes, too, play a significant role here, with some literally exotic traits resulting from detoxification gene transfers from bacteria and fungi very early in the evolutionary line of mites that still exist in the species. It helps that these spider mites adapt so quickly to different crop cultivars that, in controlled studies, they have been shown to specialize and break new resistances in a few month-long generations.

In brief, it takes a serious genetic arsenal to account for a wide range of pests cannabis can encounter, and there are likely more that may become pronounced. Considering pests reproduce much faster and greater than their hosts, they also have an evolutionary edge when it comes to novel hazards.

Some plants, like the sister species hop, can only be reliably grown if they are resistant to pests like Hop Latent Viroid or Hop Powdery Mildew (*Podosphaera macularis*) because they are so common and severely damaging, particularly in those more humid environs. Hop Powdery Mildew forever changed the historical brewing culture of the Pacific Northwest, influencing regions far outside its borders, not yet returning to a pre-mildew paradigm. After losing more than 8 square kilometers of prime hop a few decades ago to the rapid introduction of Hop Powdery Mildew, it's become a legally regulated quarantine pest with restrictions on hop movement and destruction of powdery

“IF ONE CULTIVAR OF CANNABIS IS GOING TO TOLERATE COLD WEATHER, DESICCATION, OR A SPECIFIC PEST BETTER THAN ANOTHER, IT WILL BE DEMONSTRABLE THROUGH GENETIC MEANS, WHICH CAN BE DETECTED AND TESTED. FOR PESTS IN PARTICULAR, SPECIFICITY IS KEY: THERE ARE DOZENS OF PESTS COMMONLY ENCOUNTERED IN CANNABIS, WITH UNIQUE STRATEGIES FOR BYPASSING PLANT DEFENSES.”

mildew-laden hop to protect culturally and economically valuable hop production spaces.

Resistance traits for these pathogens took many years to develop, with pioneering technical developments and millions in funding, and improvements are still being sought today. A similar fate may befall cannabis without ardent scientific and infrastructural support for preserving genetic diversity in historical origin and cultivation zones, contrasting various domesticated populations with those that escaped cultivation. Less extremely, better adaptations towards various temperatures, moisture levels, salinities, pest species, and other unique contexts ease or make possible better outcomes.

Because cannabis shares many pests with other crops, there is a strong overlap of relevant research into pest-host dynamics and their solutions which have been an ersatz guide for informed decision making. In other common crops, there is a correlation between total global scale production and both the rate of transmission and adaptation of pests. This relationship and the growing private and commercial accessibility of cannabis may mean

that growers are more likely to catch and spread pests, especially if they think the plants are harder than they actually are.

100 YEARS OF POWDERY MILDEW

Resistance and Susceptibility

Cannabis is special and different than other plants, but the underlying physics of breeding and genetics is still very relevant.

For example, we have known about powdery mildews in other plants for centuries and have tracked the development of resistance to Melon Powdery Mildew (*Podosphaera xanthii*) in melon for about 100 years, since the early 1900s. Like in other plants, and this is likely to be the case in cannabis, as newly resistant cultivars were introduced, resistant powdery mildew populations developed soon after in a few years. There are some ways to mitigate this, but no matter the nutritional or environmental context, without the right genetic defense, it won't matter.

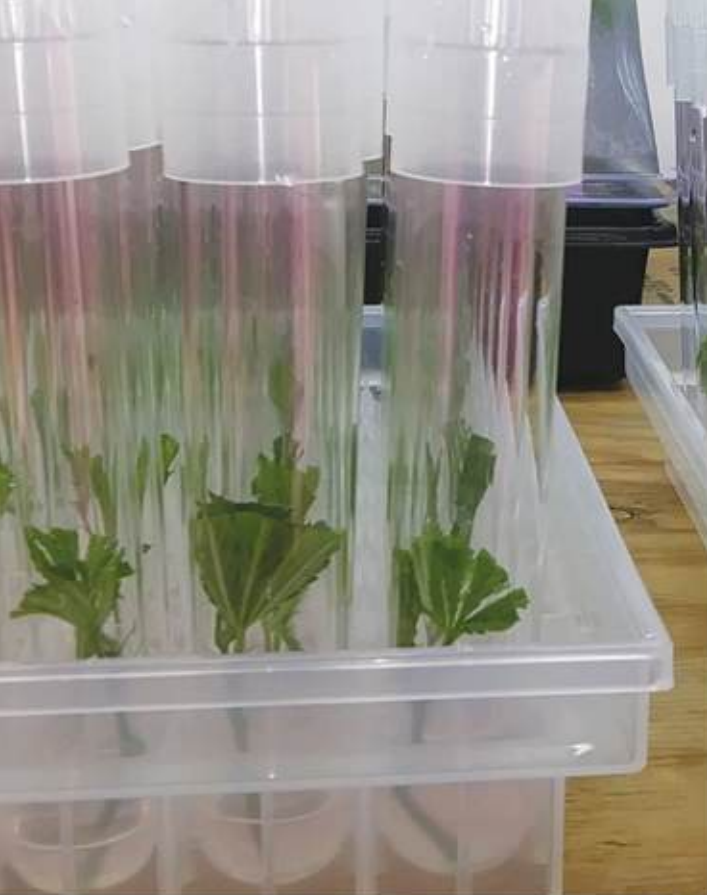
Growers must take it upon themselves to ask for proof and context of resistance traits before accepting ambiguously verified plants. Historically, this has not been possible, but with new research and the accessibility of genetic testing, it has become easier and easier to separate the wheat from the chaff—or the achene from the bract—and it is only through this discernment will reliable populations triumph over mystery when your medicine is on the line. 🌿



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UNDERSTANDING THE IMPACTS OF GROWING CANNABIS INDOORS AND WHY CHOOSING REGENERATIVE ORGANIC CANNABIS IS THE BEST CHOICE FOR PEOPLE AND PLANET

WORDS | HEATHER DUNBAR PHOTOS | SUN+EARTH CERTIFIED, GREEN BANDIT FARM



ll industries have an environmental impact. Some more than others. I'm here to talk about the impact of growing

cannabis indoors and how that compares to growing cannabis under the sun and in the soil—the way Mother Nature intended.

Adult cannabis laws have surged in recent years. Nearly a third of the country now lives in states where it is legal for anyone over the age of 21 to purchase. In 2020, legal sales of medical and adult-use cannabis totaled 17.5 billion dollars, up nearly 50 percent from the previous year. In 2021, annual sales reached 26.5 billion dollars, and in 2022, sales rose to \$32 billion. Projections for 2025 are close to 50 billion dollars.

Most licensed cultivators are growing

cannabis indoors because of restrictive regulations on outdoor cultivation and consumer preference, but also because the industry favors and incentivizes large-scale, mono-crop production facilities. This is just laying the foundation for excessive electricity consumption by the emerging market, and the impact is already being felt.

Before we take a deeper look at that impact, let's remember that growing cannabis was forced indoors because of prohibition. For millennia, before the United States government outlawed cannabis in the early 20th century, this revered plant with a variety of uses has been grown under the sun and moon and in the soil. Before our independence from England, settler farmers were encouraged to grow hemp. In fact, the Virginia Assembly passed legislation in 1619 requiring every farmer to grow hemp. By the late 19th century, cannabis was used in an array of medicinal products

and openly sold in American pharmacies. But once prohibition was enacted, with the passage of the Marihuana Tax Act of 1937, it was criminalization and the fear of law enforcement that drove cannabis into the closet, both figuratively and literally. Thus began the widespread practice of indoor cultivation.

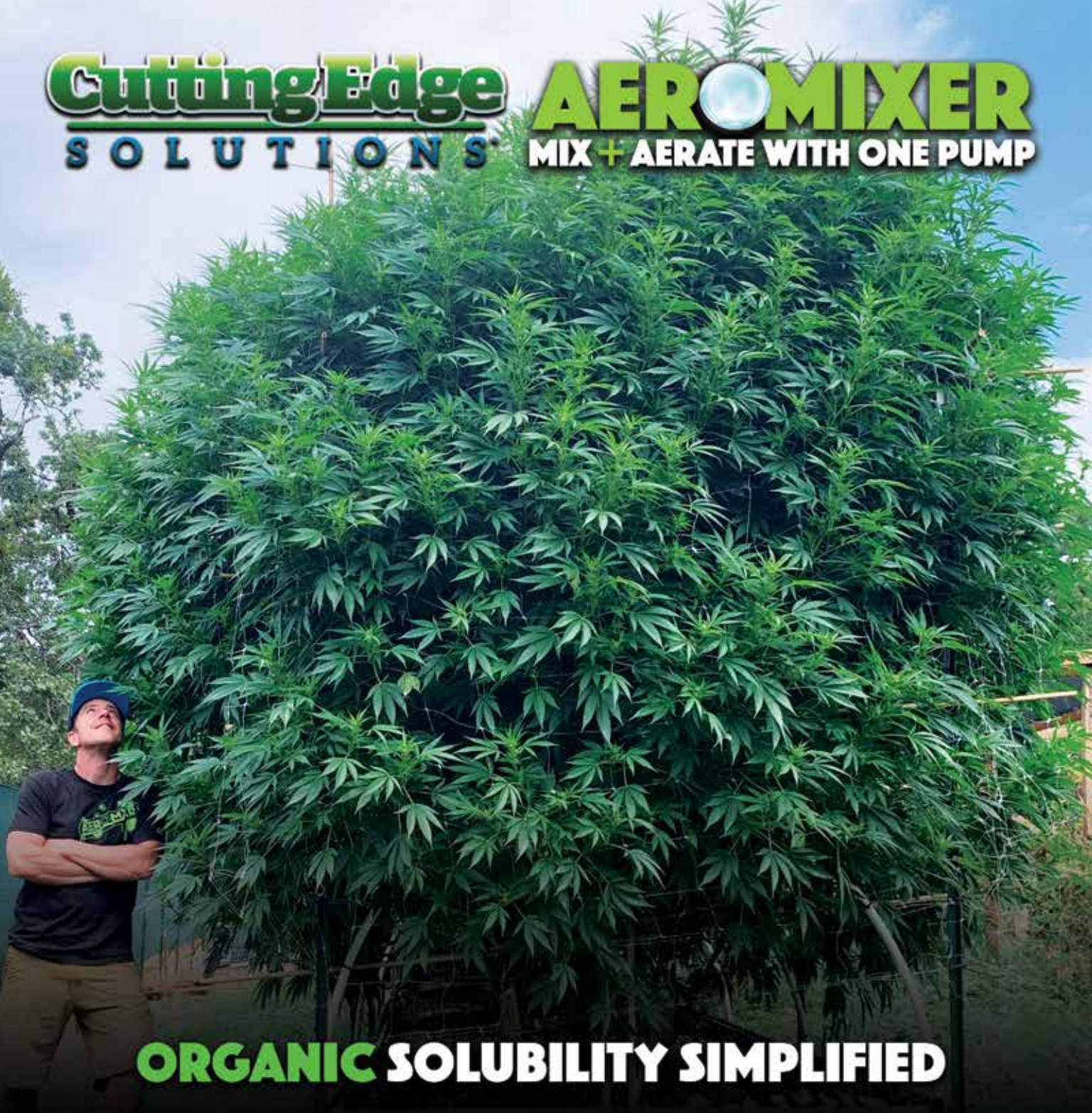
INDOOR CANNABIS ENERGY IMPACT

Today, cultivation operations have become very elaborate, and the scale of the modern-day growing facility is energy-intensive and requires vast amounts of electricity, significantly contributing to greenhouse gas emissions and straining local power grids. The energy required for a large-scale cultivation operation is equivalent to data centers and hospitals.

Let's now dive deeper to look at some numbers and better understand the impact of growing cannabis indoors and how legalization

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has helped make cannabis cultivation one of the most energy-intensive crops in the country, and how its impact is largely going unnoticed.

More than 80 percent of cannabis in the US is cultivated indoors, with large-scale operations requiring an enormous amount of energy and infrastructure. This energy consumption is tied to lighting, heating and cooling, ventilation, use of carbon dioxide, irrigation, dehumidification, processing, and manufacturing. According to a recent academic study, an average 5,000-square-foot indoor facility in Boulder County, Colorado, consumes 41,808 kilowatt-hours per month. By comparison, the average household in Boulder County uses about 630 kilowatt-hours per month. That's a remarkable difference at a time when we are trying to address the serious impacts of climate change.

Researchers from Colorado State University calculated the median greenhouse gas emissions from 1,000 cultivation sites across the US. They found that growing one kilogram of cannabis yielded about 3,600 kilograms (about 7,936 lb.) of carbon dioxide emissions. To put that in perspective, a kilogram of tomatoes grown in a methane-heated greenhouse in British Columbia emits roughly two kilograms of carbon dioxide emissions.

In Massachusetts, which legalized cannabis for adult use in 2016, indoor cultivation is responsible for about ten percent of the state's industrial electricity consumption. The Cannabis Control Commission in Massachusetts has authorized more than 1.1 million square feet of indoor cannabis cultivation, compared to 285,000 square feet of outdoor cultivation. In a climate-conscious environment, this is completely upside down.

A 2021 study published by Nature Sustainability estimated that at least 80 percent of greenhouse gas emissions from growing cannabis indoors are caused by practices directly linked to indoor cultivation methods, specifically indoor environmental controls, high intensity grow lights, and the supply of carbon dioxide for increased plant growth.

Excessive energy consumption from indoor cultivation is also not the only environmental concern. Such farming practices often involve the use of synthetic fertilizers, pesticides, and other chemical inputs used to maximize yields. These chemicals can leach into waterways, thereby contaminating ecosystems and imposing serious risks to human health.

THE REGENERATIVE ORGANIC APPROACH

Now, let's compare these dire statistics to cannabis grown using regenerative organic practices and the impacts those practices have on the planet.

Harnessing the sun's energy is one way to reduce the carbon footprint of cannabis cultivation. Using the sun and eliminating the energy-intensive artificial lighting used in indoor cultivation significantly reduces energy consumption associated with greenhouse gas emissions.

Regenerative organic farming methods are about giving back more to the earth and the environment than we take. It's about building living soil, adding to the surrounding ecosystem, and contributing to local communities.

Regenerative organic methods prioritize soil

movement, the small-scale family farmers, are the ones being pushed out by the corporate takeover of the industry. We must find ways to reverse this trend and honor the low-impact methods used to grow this plant for millennia.

WHERE DO WE GO FROM HERE?

There is a pressing need for policymakers, industry stakeholders, community leaders, advocates, and consumers to pay closer attention to the destructive impacts of cultivating cannabis indoors. As more states legalize cannabis, more cultivation operations will come online, placing greater strain on our power grids, driving us further from our climate goals, and, ultimately, creating more negative environmental impacts to be felt by everyone.

The industry needs to make it easier for small sungrown farms to compete against Big-Ag by lowering licensing fees, lessening regulatory burdens, and educating consumers about the important role of regenerative organic farming practices to the cannabis industry and environmental stewardship.

One concrete policy effort to support struggling small-scale farmers is the Small and Homestead Independent Producers (SHIP) Act of 2022. Introduced in the US House of Representatives by Jared Huffman (D-CA), co-sponsored by Earl Blumenauer (D-OR), and supported by the

National Craft Cannabis Coalition, the SHIP Act would allow small farms and manufacturers to ship their products to other states that have adopted statewide cannabis laws.

In California, the state legislature is considering a bill that would allow small-scale cannabis farms to sell directly to consumers at licensed events. AB-1111 overwhelmingly passed the State Assembly last year and is currently pending in the Senate Appropriations Committee.

By calling on the industry to embrace the holistic approach of regenerative organic farming practices and for consumers to vote with their dollars, together, we can greatly reduce our environmental footprint and give small-scale and family farmers the opportunity to thrive. As consumers become increasingly mindful of their purchasing power, regenerative organic cannabis is the obvious choice for those seeking high-quality, environmentally and socially responsible cannabis products. 🌱

“EXCESSIVE ENERGY CONSUMPTION FROM INDOOR CULTIVATION IS ALSO NOT THE ONLY ENVIRONMENTAL CONCERN. SUCH FARMING PRACTICES OFTEN INVOLVE THE USE OF SYNTHETIC FERTILIZERS, PESTICIDES, AND OTHER CHEMICAL INPUTS USED TO MAXIMIZE YIELDS. THESE CHEMICALS CAN LEACH INTO WATERWAYS, THEREBY CONTAMINATING ECOSYSTEMS AND IMPOSING SERIOUS RISKS TO HUMAN HEALTH.”

health, build ecosystem resilience, and increase biodiversity and community well-being. By avoiding the use of synthetic fertilizers and toxic pesticides, the soil and waterways used to grow cannabis are far less impacted.

Regenerative organic practices such as crop rotation, cover-cropping, reduced tillage, and animal husbandry also build soil health, sequester carbon, restore wildlife habitats, and eliminate the need for toxic chemicals, which helps combat climate change and restore the environment.

There are also cultural and social benefits to consider. A regenerative organic approach nurtures community engagement, economic empowerment, and cultural revitalization. But, sadly, the pioneers of the modern-day cannabis



REMEMBER WHEN SMOKING GRASS WAS FUN?

REDISCOVERING THE JOYS OF CANNABIS: FROM 1969 TO TODAY

WORDS | GENE MCCAIN (CEO & AMP; FOUNDER OF MELLO CANNABIS)



1969: A NIGHT UNDER THE STARS

It was 1969, and there we were, a tight-knit group of teenagers on a school camping trip in the mountains. My buddy Jimmy, always the adventurous one, promised he'd bring some marijuana from his sister. The night was clear, and we lay in our sleeping bags under a canopy of stars, sharing stories and waiting for Jimmy. When he finally joined us, he pulled two joints from his backpack. For most of us, it was our first time.

Excitement filled the air as we each took turns smoking. There were a few coughs, bursts of giggles, and a lot of anticipation. The cannabis back then, often Mexican ragweed, had a THC content of just 4 to 6%. It took its time to kick in. About 15 minutes later, Jimmy asked, "Feel the buzz?" And there it was—a tingling sensation, an uplifting feeling. A body high that started in

the arms and legs and worked its way up.

We found ourselves immersed in deep, sometimes silly conversations, laughing and feeling a bond that only this shared experience could bring. Back then, the wait for the high was part of the fun. We used to joke that it took 20 minutes to know whether it was real weed or just oregano!

"MY FRIEND FRED NEVER MADE IT TO THE CARD GAME. HE SPENT THE NEXT HOUR AFTER SMOKING, SITTING IN THE BACK SEAT OF HIS CAR QUESTIONING THE VALIDITY OF HIS LIFE AND ALL THE THINGS THAT MIGHT GO WRONG."

MARCH 2024: A DIFFERENT SCENE

Fast forward to March 2024. I'm in Boston, Massachusetts, catching up with my old friend Larry. Every Friday, Larry, now a retired businessman in his 70s, plays cards with a group of other retirees. Larry was a wild spirit in his youth, part

of the Woodstock Folk Festival and the counterculture movement. Recently, he started enjoying weed again now that it's legal.

Larry shared a story from the previous Friday with me. He had bought a pre-roll from a dispensary and offered to share it with his friend Fred in the parking lot before their card game. They smoked, but the experience was

nothing like our youthful nights.

"Isn't there any weed that is not so fucking strong? Gene, remember when smoking grass was fun?"

Can't we enjoy some nice weed and have fun like when we were kids?" Larry continued: "My friend Fred never made it to the card game. He spent the next hour after smoking, sitting in the back seat of his car questioning the validity of his life and all the things that might go wrong."

THE POTENCY PARADOX

Larry's question lingered in my mind: "What happened to the fun?" Today's cannabis market is dominated by super-high THC strains. Consumers are led to believe that



higher THC means better quality, but this is far from true. This belief is turning many new or returning users away, as they find the experience too intense, even distressing. What seems to be lost in the intense phenotyping for high THC strains is the body and head high as distinguished from what we used to call “expanded consciousness,” now known as the psychotropic high.

Cannabis is a remarkable plant with a rich history of medical and recreational use dating back over 12,000 years. Our ancestors, who began cultivating cannabis in Southeast Asia, understood its multifaceted

benefits. They didn’t chase after higher THC levels. Instead, they developed strains that offered practical uses, medical benefits, and an enjoyable, manageable high.

For recreational use, they sought a balanced experience—a comforting body high that allowed the mind to enjoy the psychotropic effects of THC without discomfort. This thoughtful cultivation is why landrace strains from regions like India, China, and Thailand have stood the test of time.

QUALITY OVER QUANTITY

Today’s cannabis culture needs to shift its

focus from THC content to the overall nature of the “high” experience. A high-quality strain provides a balanced high, combining the body and head effects harmoniously. Scientific studies confirm that aroma, not THC percentage, is crucial in determining the enjoyable effects of cannabis. Strains with rich terpene profiles and a variety of cannabinoids often offer a more rounded, pleasurable experience, even if their THC content is not the highest available.

From experience, it appears that strains rich in the mix of terpenes, cannabinoids, and other biochemicals can provide a strong body and head high (“buzz”), which comes on before the psychotropic and sometimes unnerving “expanded consciousness” caused by THC. This “buzz” or glow seems to provide us with a comforting and soothing overall feeling that helps ease us into the THC psychotropic high. This body/head high also appears to last longer than the typical 30 minutes of expanded consciousness delivered by THC. A recent John Hopkins Medicine-led team’s study may provide some underlying science behind this experiential understanding. The study has shown that sufficient amounts of terpene limonene will “offset” or moderate the uncomfortable and sometimes distressful impact of THC.

Consumers should demand flower that promises a balanced high rather than just a high THC content. This shift could bring the fun back into cannabis use, ensuring that both new and experienced users can enjoy it without fear.

So, let’s remember those nights under the stars, the laughter, the bonding, and chase the feeling of fun, togetherness, and expanded consciousness. Maybe then, we can rekindle the joy that marijuana once brought to our lives.

The journey of cannabis from our youth to today’s potent strains reflects broader cultural shifts. Let’s reconnect with the plant’s rich heritage and original intent—to bring us together, elevate our spirits, and open our minds. 🌿



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CAN'T GIVE IT AWAY

WORDS | MA SHERRY GLASER PHOTOS | LARRY WAGNER



We opened Love in It Cooperative on Valentine's Day 2011 with a lot of fanfare and bravado. We were joined by then Mendocino County Supervisors Dan Hamburg, John McCowen, and the Chamber of Commerce head. Obama was Commander in Chief, and we all knew that he had been a weed smoker. So, we figured we were on the precipice of great change. We were safe for a time, even though Kamala Harris was still incarcerating people as California State Attorney General, but we were sure she'd lighten up or finally light up. So, we pushed the hemp envelope. We followed whatever fuzzy guidelines that were given,

but if we could think or act outside the hotbox, we would, especially when it came to giving away.

That's how it started in Cali with Prop 215 in 1996. The farmer would get the prescription note for sick patients and have the right to grow for them. They would Post the notes on their property and be "allowed" to grow 25 plants for each patient. The doctors were outlaws and had questionable medical licenses, but we also had the wisdom and official blessings of Dr. William Courtney living in Caspar.

Dr. Courtney's higher education began at the University of Michigan with a Bachelor of Science in Microbiology. He then earned a Doctorate in Medicine from Wayne State University, interning for his Residency in Psychiatry at California Pacific Medical Center. He's a member of the American



“EVERYDAY FOLKS WOULD BENEFIT FROM OUR GENEROUS HARVEST AS WE’D ADD A GRAM OF HASH, A COUPLE OF JOINTS, A STROOPWAFEL, OR A NICE BAG OF SHAKE WOULD BE GIFTED BECAUSE IT WAS FUN TO GIVE AWAY. CHARITY WARMED EVERYBODY’S HEART, ESPECIALLY ON COLD WINTER NIGHTS WHEN THE HOMELESS WOULD CAMP OUTSIDE OUR SHOP ON THE WOODEN DECK UNDER THE AWNING AND OUT OF THE WIND.”

Academy of Cannabinoid Medicine, the International Cannabinoid Research Society, the International Association of Cannabis as Medicine, and the Society of Clinical Cannabis. He also taught Continuing Medical Education (CME) courses in clinical cannabis.

Dr. Courtney received a Bachelor of Science in Microbiology from the University of Michigan, and a doctorate in Medicine from Wayne State University, and he interned for his residency in Psychiatry at California Pacific Medical Center. He was a member of the Academy of Cannabinoid Medicine and had other illustrious achievements.

He’s the doctor who got us all excited about CBD and the efficacy of raw cannabis. So we started juicing the big leaves, not psychoactive, THCA, and treating folks with Glaucoma and IBS. Dr. Courtney also invited us to just eat the buds. I personally didn’t care for it, and he told me, “It’s better if you dip it in hummus.” He was our guiding light when it came to guidelines because we had none, and he was teaching us about the whole situation of endocannabinoid receptors in our bodies.

The state was patient with us for the most part. Back in the day, my wife would grow the crop, mendo purps or sour diesel, and we’d deliver care packages to San Francisco to mostly AIDS patients. When we opened our shop in 2011, we continued our philanthropy.

Everyday folks would benefit from our generous harvest as we’d add a gram of hash, a couple of joints, a stroopwafel, or a nice bag of shake would be gifted because it was fun to give away. Charity warmed everybody’s heart, especially on cold winter nights when the homeless would camp outside our shop on the wooden deck under the awning and out of the wind. Because it got dark so early, I’d have very slow evenings, dark at 5, close at 6, and I would roll joints to keep our supply solid and pass the time. There was always a ton of fresh, sticky shake. I’d come out at closing time and deliver a fat bag of shake to very smiley grateful people. It was a community service. We’d give away what we wanted to, especially because we did not have the excessive burden of seed-to-store tags, taxes, permits, etc. Even with the giveaway, we still managed to pay the bills.

It was our business and still in the grey area

before it was “legalized” and regulated up the ASS, with no room for giveaway or error.

The “giveaway” didn’t only happen at the shop. We also created Big Bud Bingo, which we would host at the Caspar Community Center. For a \$10-20 entrance fee, we would provide small prizes, a gram, a cannacrisp, for individual bingo card winners, and in the end, the winners would put their names in a bowl, and they could win the big bud basket, with a variety of ¼’s, joints, rolling papers chocolates, and even clones and a copy of SKUNK Magazine.

We would drive our big blue Sprinter van over to “The Woods,” an elder housing neighborhood in Little River, pick up ten folks, and bring them to Caspar. My daughter Dana and her friend Larissa would dress fancy and call the numbers while our guests enjoyed passing around the volcano. Do you remember those? Ha! We’d also warn our guests to keep their possessions nearby in case we got raided, but we never did. What fun we had.

Any OG knows that if you were a farmer and you had trimmers out to your place, you would feed those trimmers (trimmigrants), sometimes lodge them, always give them the finger hash, and nine times out of ten, a nice turkey bag full of littles, that was especially nice if you didn’t pay your workers until the product was sold which could be anywhere between that night and five months later, or never.

You could make \$250 a pound back in the day. When indoor was going for \$3k, outdoor could go for \$1,500. Everybody made money and could take an annual vacation to Hawaii, Mexico, and Costa Rica, all grower’s paradises—a chance to rest the weary hard-working farmers’ bodies.

Before light dep, there were natural seasons, indoor/outdoor. I think Mama Ganja liked that. She provided just enough to keep us having fun, but if anyone got too greedy and never took time off or tried to make six figures, amazing karma, and mishaps would run amok. Mailed boxes lost, mailed payments disappeared, the cops catching you on the 101 gauntlet, jail, asset forfeiture, mold, or thrips: Mama don’t like greed. The medicine must be given and flow freely. It’s her law. 🌿



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HIGH IMPACT REPORT

SAN FRANCISCO PSYCHEDELIC SOCIETY'S HOPE FOR HEALING

WORDS | SAMANTHA SAGE

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Danielle Nova once suffered from an addiction that spanned nearly a decade and a half. After a harrowing recovery and renewed sense of meaning, she now runs one of the most prolific harm reduction and addiction recovery communities in the Bay Area. The San Francisco Psychedelic Society (SFPS) is the first of its kind. Danielle is the charismatic leader at the helm of one of the most important revolutions of the 21st century: the rise of the psychedelic renaissance.

The San Francisco Psychedelic Society held its first meetings in 2010, nearly a decade before the decriminalization movement started gaining traction. Since its inception, the organization has grown to serve over 15,000 people worldwide, emphasizing addiction recovery. But the Society is for everyone – with psychedelic integration and education that bolster social

“THE ZEST OF LIFE THAT ENTHEOGENS CAN GIVE SOMEONE IS A GIFT THAT NEVER ENDS, AND THIS IS THE GIFT THAT DANIELLE AND THE SF PSYCHEDELIC SOCIETY ARE GIVING THE WORLD.”

engagements and friendships. Nobody is ever turned away from a lack of funds, as the SF Psychedelic Society is a platform for information, community, and healing.

Although it is currently not offered, the SFPS hopes to provide medicine in the form of powerful psychedelics as a part of its programming in the future.

“I woke up one day from a haze, realizing that I had spent my entire life either addicted or dependent on pharmaceuticals,” Danielle explains to me, “After 15 years of moving in and out of rehab and addiction centers...I saved myself with the use of entheogens.”

Too many people share her story, and Danielle is well aware of this fact. Who better

to relate to about the trials of addiction than someone so open and honest about their own story? Danielle glows – if you didn’t know her, you would never guess that behind her warm smile, long flowing brown hair and kind, beautiful eye is a woman who struggled so deeply in the past. Today, you may see her dressed stylishly in a felt hat with a wide brim, but never know that she once fought for a connection to herself and those around her. The zest of life that entheogens can give someone is a gift that never ends, and this is the gift that Danielle and the SF Psychedelic Society are giving the world. Whether you are tapping into an integration circle or, one of the 15 supportive integration and education meetings per month or two online addiction recovery meetings per week, there is always something to do with the organization.

SFPS is on the front lines of the activist movement to end the stigmatization and criminalization of psychedelics. Leading the way, along with Oakland Decriminalize



Nature, legislation of the first of its kind was passed in 2019, paving the way for a domino of municipalities to also decriminalize psychedelic plant medicines. Although SFPS and others have gained traction, there is still a long way to go before psychedelics are fully legalized.

“Healing is one of the SF Psychedelic Society’s core values,” Danielle tells me, “Part of the healing process is access to the medicine, which is not something that we can currently provide.”

Although the Society is not currently providing medicine, Danielle sees a future where there is far more liberation of plants, along with molecules such as MDMA that helped her recovery. For now, an immense amount of education is needed – and SFPS is staying busy providing it. They created two online courses with Dr. Jim Fadiman, who popularized micro-dosing. Find these virtual educational courses on micro-dosing that have impacted over 1900 people and counting, accessible from the website.

“Individuals can heal and transform by taking tiny doses of psychedelics with expert guidance and support,” Danielle advises us, and I can’t wait to learn more!

Are you called to be a healer in the psychedelic space? SFPS has an answer for

that as well. SFPS is currently expanding into a training center to empower the next generation of psychedelic practitioners with Psychedelic Recovery Group Facilitator and Microdosing Facilitator Training. Learn how to facilitate amazing healing and transformative experiences for yourself and others.

If you or someone you know is going through addiction, do not hesitate to reach out to the San Francisco Psychedelic Society’s program, Psychedelic Recovery. (psychedelicrecovery.org)

“Addiction is a temporary attempt to solve a problem and self-soothe”, Danielle says. “Psychedelics can interrupt the process of addiction and help us transform the roots of our suffering.”

The psychedelics themselves are just a part of the journey. It is the connection, support, and empowerment of meeting others who get it without the dogma of religion or the pressures of a ‘system.’ Heal on your own time– heal among friends – heal without stigma – heal while dosing or heal on the high of feeling fully understood. And what a good high that is.

For more information, please visit: psychedelicrecovery.org, psychedelicrecoveryssf.org, flowstatemicro.com/microdosing-facilitator-training 🌿



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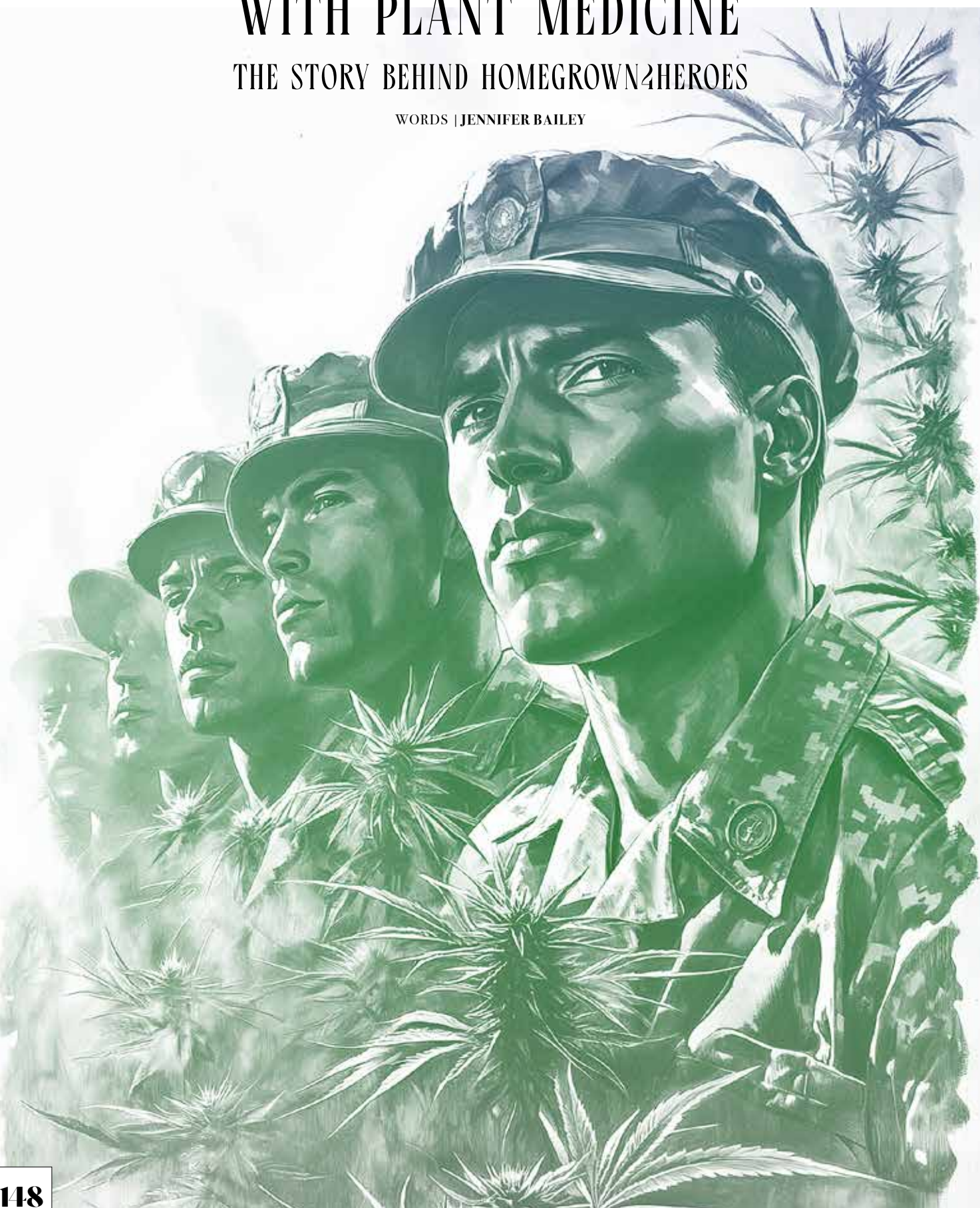
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HELPING HEROES HEAL WITH PLANT MEDICINE

THE STORY BEHIND HOMEGROWN4HEROES

WORDS | JENNIFER BAILEY





began by cultivating cannabis for a few close veteran friends. Over time, through word of mouth, the need for the program expanded statewide, leading to the creation of Homegrown4Heroes. Despite numerous setbacks, including navigating through being a single mother of four without support, I persisted. The community rallied behind me, raising the necessary funds to establish my non-profit within a remarkable 12 hours.

During this period, I sought assistance, particularly in testing our products. In my spare moments, I frequented a local hydro shop in Virginia Beach owned by veterans. Little did I know that a routine visit to collect donations for our annual coat drive would mark a pivotal turning point in my life's trajectory.

I had the pleasure of being introduced to LaTonya Warren, the CEO and Founder of Armintia LLC, by a close friend who immediately recognized the potential synergy between LaTonya and me. Cheryl Dobbins, owner of Grow Depot, facilitated this introduction, and I am sincerely grateful for that.

LaTonya Warren, a graduate student at Old Dominion University, has made significant strides in her academic and entrepreneurial pursuits. She was the first at Old Dominion University to have her cannabinoid research proposal approved, making her a pioneering figure in reshaping the narrative surrounding cannabis and bridging the gap between academia and the cannabis industry. This proposal ultimately paved the way for the establishment of Armintia LLC, a federally registered company dedicated to cannabinoid research, development, and education. Armintia LLC holds certifications as a Small Business, Woman-owned, Minority-owned, and Veterans-owned enterprise.

However, LaTonya's endeavors didn't end there. Armintia LLC expanded its scope to become an approved education and training provider by the Pharmacy Technician Certification Board (PTCB), demonstrating

LaTonya's commitment to excellence and innovation in the cannabis space. This license is a prerequisite for individuals seeking employment as a Certified Bud Tender at a cannabis dispensary and for obtaining cultivation or manufacturing licenses.

Arminita LLC was invited to serve as the Cannabinoid Hub in Virginia Beach, Virginia, and the city's Economic Development department graciously offered office space. During this time, I recognized the necessity of collaborating

“IN A WORLD WHERE HEROES OFTEN GO UNSUNG, THERE’S A PROGRAM SILENTLY MAKING WAVES, PROVIDING A LIFELINE TO THOSE WHO’VE SERVED THEIR COUNTRY. HOMEGROWN4HEROES IS NOT YOUR TYPICAL VETERAN SUPPORT INITIATIVE; IT’S A BEACON OF HOPE FUELED BY COMPASSION AND COMMUNITY SPIRIT. LET’S DELVE INTO THIS GRASSROOTS MOVEMENT AND EXPLORE THE PROFOUND IMPACT IT’S MAKING.”



with LaTonya. LaTonya's guidance pushed me beyond my perceived limits! Together, we devoted countless hours to refining my business structure and securing licensing to ensure that my services to our veterans establish the benchmark for excellence.

CULTIVATING SUPPORT: HOMEGROWN4HEROES

In a world where heroes often go unsung, there's a program silently making waves, providing a lifeline to those who've served their country. Homegrown4Heroes is not your typical veteran support initiative; it's a beacon of hope fueled by compassion and community spirit. Let's delve into this grassroots movement and explore the profound impact it's making.

At its core, Homegrown4Heroes is a testament to the power of unity and empathy. Founded on the belief that veterans deserve access to safe and effective cannabis treatments, the program operates solely on the generosity of donors who cultivate cannabis in their own homes. This unique approach not only ensures a sustainable supply

of high-quality cannabis but also fosters a sense of camaraderie among supporters.

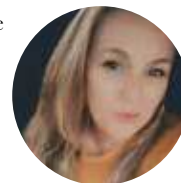
But why cannabis? For many veterans, traditional treatments for conditions like PTSD, chronic pain, and anxiety fall short. Prescription medications often come with a laundry list of side effects and can be ineffective in managing symptoms. Cannabis, on the other hand, offers a natural alternative that has shown promising results in alleviating a range of physical and psychological ailments.

What sets Homegrown4Heroes apart is its commitment to providing cannabis free of charge to eligible veterans. By removing financial barriers, the program ensures that those in need can access the relief they deserve without added stress or financial strain. This simple yet profound act of generosity has the potential to transform lives and restore hope to those who've sacrificed so much.

But Homegrown4Heroes is more than just a provider of cannabis; it's a support network built on compassion and understanding. Veterans who participate in the program not only receive access to free cannabis but also find a community of like-minded individuals who understand their struggles firsthand. The sense of belonging and solidarity that Homegrown4Heroes fosters can be just as healing as the cannabis itself.

Of course, none of this would be possible without the dedication of volunteers who donate their time, resources, and expertise to cultivate cannabis for the program. These individuals are the unsung heroes behind the scenes, working tirelessly to ensure that their fellow veterans receive the care and support they need.

As we reflect on the importance of supporting our veterans, let's not forget the innovative programs like Homegrown4Heroes that are making a difference in their lives. By providing safe access to high-quality cannabis and fostering a sense of community, this grassroots initiative is changing the narrative surrounding veteran care. It's a reminder that sometimes, the most powerful solutions come from the ground up. 🌿





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THE CANNABIS SONGBOOK

WEST COAST G-FUNK & HIP HOP

WORDS | CHRISTOPHER CORBETT



In 1991, I was a relatively innocent sophomore from the suburbs of Northern California studying something I can vaguely recall at UC Santa Barbara,

a university known as much for its beer and weed consumption as its academic rigor and reputation. Despite being tenuously enrolled at Santa Barbara City College, my roommate, a buddy from high school, pulled tubes and incinerated trees like it was his full-time occupation and life calling. As a freshman in the infamous Francisco Torres dorm, fellow occupants would gather outside our door just to inhale the vapors that would inevitably pass through it. They weren't missing out on much inside, other than a few Led Zeppelin black light posters and a tiny diving frog that would surface for air every five minutes, mimicking the murky inhabitants lingering just beyond the glass. It was somewhere in that hazy epoch

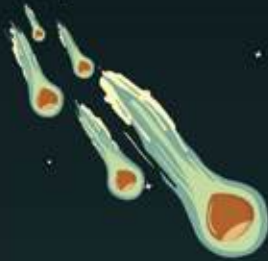
of smoke, embers, and residue, somewhere in the pre-skunk era, that a fresh copy of the sole weed periodical in our orbit somehow landed on our coffee table, featuring three loc'd out G's from South Gate, Los Angeles, sitting on a pile of healthy buds, twisting up an even healthier blunt. Although there are several outliers, vocal proponents of weed in Hip Hop that predate Cypress Hill, most notably RUN DMC's "Live at the Funhouse" and Ton Loc's "Cheeba Cheeba", nobody brought weed to the forefront of Hip Hop like Cypress Hill did on their self-titled debut. It can easily be interpreted as a weed concept album told through the drama, language, and chaos playing out on the streets of LA.

Just a few years earlier, the hip-hop community at large had all but ignored the presence of weed in their culture and often condemned it altogether. On the same album you can hear Dr. Dre express, "I don't smoke weed or sess" while Ice Cube proclaimed he'd been blazing up since Junior High. Ever the hedonist, Cube also offered a solution

for getting your girl in the mood quicker in his ads for St. Ides Malt Liquor, a beverage that did a lot of heavy lifting between the eras of crack abstinence and weed glorification. Hip-hop, in its earlier iterations, arrived on the heels of a nationwide crack epidemic that plagued inner-city life, causing acts to bypass any debate on self-medication that didn't serve as some form of a cautionary tale. In popular culture, weed was still the domain of hippies, crystal grippers, endlessly noodling jam bands, and a Cheech & Chong somehow mistook it for Doberman shit as well as the staple of a healthy vegetarian diet. Emcees and B-Boys found little to relate to in this foreign diaspora of characters and influence. Examining albums from the late 80's, you'll find that even albums made by mildly political acts dedicated at least one track to educating the listeners on the perils of the ongoing drug epidemic. Post Cypress Hill, moving into the early and mid-90s, the percentage of rap songs with drug references increased from just four tracks in the early 80s to forty-five

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SELECTIONS FROM THE CANNABIS SONGBOOK

SNOOP DOG
"GIN AND JUICE"

DR. DRE
"LET ME RIDE"

CYPRESS HILL
"HITS FROM THE BONG"

ICE CUBE "YOU KNOW HOW WE DO IT"

2PAC
"HOW DO U WANT IT"

WARREN G
"REGULATE"

THE PHARCYDE
"PACK THE PIPE"

BLACKALICIOUS
"SHALLOW DAYS"

PEOPLE UNDER THE STAIRS
"ACID RAINDROPS"

TOO SHORT
"IN THE TRUNK"

percent of all hip-hop tracks. In the intervening years, the American public had witnessed the staunch right, geriatric Just Say No Campaign, and Bill Clinton's revisionist history on his personal experience with herbal medicine.

In this extremely unhip environment of scorched earth abstinence, suddenly embracing weed seemed like an appealing counterculture move, regardless of your ethnic background or economic mobility. As Sen Dog would

later admit, "I think marijuana/ weed was always part of the culture; we just wanted to make it cool again."

By the early-'90's, the game was more autobiographical in nature, although often still defined by lyrical feats of embellishment and misogynistic posturing. An artist like Too Short simultaneously writing tracks like "The Ghetto" and "Freaky Tales" perfectly illustrates the dichotomy of street journalism and self-serving fantasy. NWA championed itself as "TV News for the Hood" and one of its founders,

Dr. Dre, would soon take the weed anthem to the pinnacle of the music landscape with the release of *The Chronic* in 1992, also launching the career of the most celebrated stoner in entertainment, Snoop Dog. Cypress Hill's confessional gambit, an indelible mix of rock, funk, soul, Latin lingo/ rhythm that brought the term blunted to the masses, was so well received, commercially and socially, it begs the question – would *The Chronic* even exist without it?

There's no question that Cypress Hill paved the

way for a myriad of similar acts that endorsed and championed a similar lifestyle. That influence mushroomed with the success of *The Chronic*. Suddenly, West Coast hip-hop almost eclipsed Reggae and Dancehall's influence on weed culture in terms of sales and visibility.

Riding the green wave through the late 90s on a fantastic voyage, West Coast artists finally leveled up with their East Coast contemporaries, toe-to-toe in album sales and cultural influence.

Whether it be indie or mainstream, the West Coast had an unparalleled run, turning out immersive, ground-breaking, sonically inventive albums with acts like The Pharcyde, People Under the Stairs, Lyrics Born, Jurassic 5, and The Coup representing the underground. In the meantime, mainstream acts like Ice Cube, Nate Dog, and Snoop were splintering off and going solo with unprecedented results. Everything was coming up green right up through the late 90s when cocaine had finally overtaken marijuana as rap's most talked-about

"IN THIS EXTREMELY UNHIP ENVIRONMENT OF SCORCHED EARTH ABSTINENCE, SUDDENLY EMBRACING WEED SEEMED LIKE AN APPEALING COUNTERCULTURE MOVE, REGARDLESS OF YOUR ETHNIC BACKGROUND OR ECONOMIC MOBILITY. AS SEN DOG WOULD LATER ADMIT, "I THINK MARIJUANA/ WEED WAS ALWAYS PART OF THE CULTURE; WE JUST WANTED TO MAKE IT COOL AGAIN."

drug. In time, actual hustlers, dealers, and plugs like Scarface, Jay Z, Notorious B.I.G., and The Game had entered the game, espousing both the perils and economic benefits of the drug trade while simultaneously shouting out the herb for its medicinal benefits. It was the end of an era, but what an era to dip into, an 808 Oasis from the perils of urban strife and a remedy for the existential dread of modern living. Rooted in time, yet timeless, the past, the present, and the next episode. 🌿



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CO2 GENERATORS IN CANADIAN TIRE STORES

WORDS & PHOTOS | TNB NATURALS



NB Naturals, a British Columbia, Canada based company renowned for its innovative CO2 generators, is set to make waves in the Canadian market with its products hitting the shelves of Canadian Tire stores nationwide.

Owners/CEO's Travis Rypkema and Josh Brazier expressed gratitude for the opportunity, citing it as a validation of their products quality and effectiveness. Brazier emphasized the significance of this milestone, highlighting the company's journey from humble beginnings in a garage to securing a spot in one of Canada's leading retail chains, while Rypkema gave thanks to all the customers and distributors who have supported them over the years. TNB Naturals' flagship product, "The Enhancer," delivers optimal CO2 levels to plants without the need for additional equipment, a game-changer for growers seeking to maximize yields. In addition to their CO2 generator, TNB Naturals offers an eco-friendly refill pack and granular pH UP & DOWN, providing a comprehensive solution for plant cultivation.

TNB Naturals is also known for their plant booster "The Enricher," a revolutionary addition to their product lineup designed to enhance soil health and nutrient absorption for even greater plant vitality. More

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recently TNB Naturals has launched "Kelpstastic," a nutrient-rich Kelp fertilizer made from 100% Canadian Kelp Meal and formulated to promote robust root development and overall plant resilience. With this most recent addition to their offerings, TNB Naturals continues to lead the way in providing growers with comprehensive solutions for nurturing healthy and thriving plants.

The company's expansion into Canadian Tire signifies not only a strategic business move but also a testament to their dedication to innovation and perseverance. With products already available in over 35 countries worldwide, TNB Naturals continues to set the standard for sustainable and effective plant growth solutions.

From a simple idea in a garage to distribution spanning around the globe, and now Canadian Tire, TNB Naturals' story is one of ambition, ingenuity, persistence and success.

As their products become available at Canadian Tire stores across the country, growers nationwide can look forward to experiencing the benefits of TNB Naturals' commitment to excellence and innovation. 🌿

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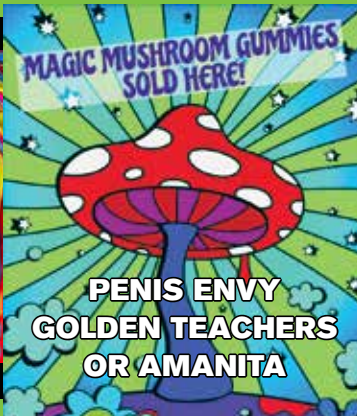


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WORDS & PHOTOS | RACHEL CARLEVALE



In the bustling world of cannabis enthusiasts, there's a growing understanding of the interconnectedness between our bodies, our minds, and the environment around us. As we delve deeper into the holistic approach to wellness, the principles of permaculture emerge as a guiding light, offering a path toward regeneration and harmony. Coupled with the

transformative practice of yoga, we uncover a powerful synergy that elevates the cannabis experience to new heights.

Permaculture, often described as a system of sustainable design, embodies principles that mirror the natural cycles of growth and renewal. By fostering diversity, maximizing resource efficiency, and nurturing symbiotic relationships, permaculture encourages us to cultivate not only the land but also our own inner landscapes. At its core lies the belief that by working with nature rather than against it, we can create abundance and resilience in both our environments and ourselves.

When applied to cannabis cultivation, permaculture principles offer a holistic approach that goes beyond mere production. By prioritizing soil health, biodiversity, and regenerative practices, growers can not only yield high-quality crops but also contribute to the restoration of ecosystems and communities. This mindful cultivation extends to the consumption of cannabis, as conscious consumers seek out products that align with their values of sustainability and ethical stewardship of the land.

But the journey toward regeneration doesn't end with the cultivation of cannabis; it extends to how we engage with the plant on a personal level. Here, the practice of yoga emerges as a powerful tool for enhancing the cannabis experience. Yoga, with its focus on breath, movement, and mindfulness, offers a gateway to deeper connection and self-awareness. Through asana practice, meditation, and pranayama, we cultivate a sense of presence and receptivity that amplifies the effects of cannabis,

allowing for a more profound exploration of its therapeutic properties.

Moreover, yoga provides a framework for exploring the mind-body connection, helping us to tune into the subtle nuances of our internal landscape. As we engage in mindful movement and breathwork, we become attuned to the sensations within our bodies, allowing us to discern the effects of cannabis with greater clarity and intention. This heightened awareness enables us to use cannabis as a tool for self-discovery, healing, and personal growth.

“THE MARRIAGE OF PERMACULTURE AND YOGA OFFERS A HOLISTIC APPROACH TO WELLNESS THAT EXTENDS BEYOND THE INDIVIDUAL TO ENCOMPASS THE INTERCONNECTED WEB OF LIFE. BY EMBRACING REGENERATIVE PRACTICES AND CULTIVATING HARMONY WITHIN OURSELVES AND THE WORLD AROUND US, WE EMBARK ON A JOURNEY OF TRANSFORMATION THAT HONORS THE SACRED RELATIONSHIP BETWEEN HUMANS, CANNABIS, AND THE EARTH.”

In essence, the marriage of permaculture and yoga offers a holistic approach to wellness that extends beyond the individual to encompass the interconnected web of life. By embracing regenerative practices and cultivating harmony within ourselves and the world around us, we embark on a journey of transformation that honors the sacred relationship between humans, cannabis, and the earth.

As we navigate the ever-evolving landscape of cannabis culture, let us remember the power we hold to regenerate body, mind, and spirit. Through the principles of permaculture and the practice of yoga, we can cultivate a deeper sense of connection, balance, and vitality, paving the way for a more sustainable and harmonious future.

Let us tread lightly upon the earth, nurturing the seeds of regeneration that lie within us all and embracing the transformative potential of cannabis as a catalyst for healing and renewal. Together, we can co-create a world where wellness is not just a destination but a way of life—one rooted in reverence for the interconnectedness of all beings.

In conclusion, the integration of permaculture and yoga into the cannabis experience offers a profound opportunity for personal growth and environmental stewardship. By embracing these principles and practices, we can cultivate a more harmonious relationship with ourselves, our communities, and the natural world. As we continue on this journey of regeneration, let us remain mindful of the interconnectedness of all things and the power we hold to create positive change in the world. 🌿



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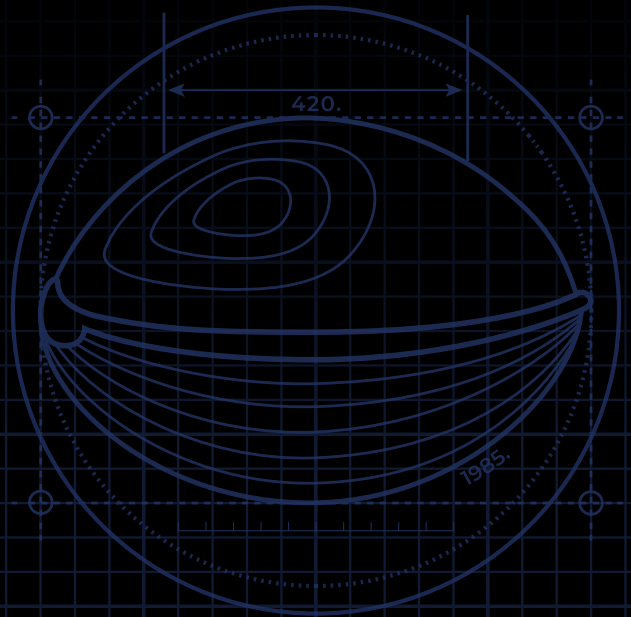
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they allow lights to hang closer to plants while ensuring top-level light diffusion.
- ✓ **DEEPER PENETRATION**
for uniform growth and fuller plants
- ✓ **PREMIUM CREE DIODES**
cover the full light spectrum, from UV to Far Red
- ✓ **FULL SPECTRUM IN EACH LENS**
with up to 9 diodes per lens



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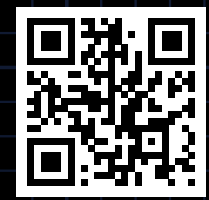


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