CBD is a digital magazine and podcast about the legalization of Cannabis and the impact in your community.

DIGITAL MAGCAST - About Cannabis and your Community

CIVICS
Business Bragging
Perilous Production

CULTURE
Budtender’s Corner
Cal it Cannabis
This vs. That

COOKING
Cannabis in the Kitchen
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CANINE
CBD & Dogs
A Dog Story
LETTER FROM THE EDITOR

JULY 2018

Hey everybody!

Thanks for coming back for Issue No. 2 – or if this is your first time to CBD digital magazine, welcome and thank you for joining our cannabis community.

One of the joyous things about cannabis is that, while it is a business – and we are working hard: making a consumable for the public is no joke, and neither are cannabis laws and regulations – everyone is fueled by passion and love for the plant and their product. Cannabis communities have the same goal, and that is access to this miracle plant.

While the legal cannabis landscape continues to take form, the cannabis community doesn’t just “want pot and want it now”. We want to be educated. We want to feel good or we want to feel better, imbibing reasons or methods aside. We are learning the differences between cannabis strains and effects – why, sometimes, strains are different each time you find it. We’ll see which cannabis farms are growing to be consistent, compared to those doing strain research. We’ll see strains in progress from breeding to cloning and more.

These differences are behind the scenes, and some cannabis wizards are more willing than others to share their trade at this time. Slowly, stigmas will be lifted as cannabis communities become education centers. Cannabis language is changing, as language has in all core studies from sciences and social sciences, to math, to language study itself. Even gardening is changing – today, consumable cannabis is often grown in a warehouse. (Are any other plants grown in a warehouse?)

I hope they’re bringing cannabis to Mars.

Peace & Love,

Nikkie

CBD Magcast Mission Statement

CBD Magcast is a digital magazine and podcast devoted to the new retail Cannabis economy and how it is impacting your community. We highlight the truth about the dedication and passion for this special plant that is a common thread. These attributes are the foundation of the Cannabis culture and we humbly serve that idealism in every issue.
BUSINESS BRAGGING

CANNAVAN
1502 company delivering cannabis

https://soundcloud.com/cbd-magcast/interview-jon-cannavan-6-18

go@cannavan.com

“We are a company founded by professionals with an extensive history in operations for Fed Ex/UPS and network engineers with experience in the Department of Defense. Our goal is to provide you with safe and secure transportation along with reliable and affordable services. All vehicles that operate under Cannavan will be fully equipped with the most advanced security systems, GPS, and hands free technology to ensure our drivers are focused on the valuable assets and their destination.”

CANNAVAN http://cannavan.com/
We sat down with Christopher Foltz and Kurt Naumer from Harmony Farms

The feeling at Harmony Farms emanates from the incredible levels of potential energy surrounding the beings that live and frequent there. “Everyone here wants to be successful and wants this thing to work,” said Christopher Foltz, Harmony Farms sales executive. The team believes in themselves, and they believe in the power within that.

When Harmony Farms first started operation in 2014, only two of the team members had role trajectories to grow into. “Everyone else was on even-footing,” said now general manager, Kurt Naumer, including himself, just hoping to find his niche and provide a hand.

Christopher was one of the few who knew his track and future role. His calming, level voice bleeds into his personality with a subdued, radiant half-smile. “Everybody was doing everything,” at the beginning, said Chris. His job description then was a multiplex of gardening, banking, customer satisfaction, sales and more. Now, he heads a team that handles the sales big picture to its minutia primarily between three people – an efficient feat indeed.

At the beginning, Harmony Farms created a relatable brand synonymous with quality and peace. The demand for their cannabis products was high, and their canopy and production level was small. Today, Harmony Farms still operates with a canopy size about a third of what they could have with their Tier 3 license. The warehouse production facility is located on the outskirts of the Olympic National Forest. The building where most of the team gets their paperwork done feels like a workplace that rarely gets used.

In a second building, the cannabis is housed. With a small canopy and high demand, each team member is crucial to smooth production.

The Harmony of it All

By Nikkie Hanley

Their laser focus on flower and Co2 oils has allowed Harmony Farms to be recognized as one of the most consistent growers in Washington.

As the number of states legalizing cannabis grows, established businesses have the opportunity to extend their reach. For Harmony Farms, their cannabis products are not available in other states, while their production partner, vibrating vape-pen producer: Airo Pro, is. Folks coming from other states with legal cannabis looking to fill their cannabis vape-pen or dab-pen in Washington, are introduced exclusively to Harmony Farms as the proprietary Airo Pro carrier.

Harmony Farms is constantly creating and recreating, growing (plants and in business size), improving, and dreaming with no cap in sight. “We haven’t reached our peak,” said Chris, not even close.

While the team has plans to expand their flower canopy and production, they recognize one of the biggest problems facing cannabis legalization: oversupplying the demand.

Perhaps this problem is beyond the control of one farm. The amount of quality cannabis and its MSRP far outweighs the costs consumers would prefer to pay for this consumable. The mission for Harmony Farms, ultimately, is to provide “a top shelf, connoisseur product for an affordable price,” said Chris, sales extraordinary. “Consumers are becoming more educated, and the 502 industry is getting to that high quality level.”

This is good news for Harmony Farms and the industry as a whole. It means products like Co2 oils, terpene profiles, and freshness-sealed containers might find recognition to replace small, casual interest. Where other companies have made a splash they were unable to uphold, the Harmony Farms’ brand was built on foresight and foundations for success.
Previous Work Experience:
1 year budtender @ evergreen market

Favorite Strain(s) and Way to Enjoy Cannabis:
Heals fire or mango haze in flower or terp sauce / Hotboxing a tent in the woods by a creek alone or with my boyfriend

How would you describe the cannabis culture? What impact do you see?
Cannabis brings people together on more levels than all other substances like alcohol or drugs. It gives a clarity and sense of connection. Most frustrating is when you try and educate someone who insists they know it all because they’ve been “smoking since before you were born”. Or trying to explain THC numbers, testing methods, terpenes and other cannabinoids to someone who only wants 30%.

What is your favorite Cannabis story?
I think all my good stories I was too stoned while making them to remember them. My mom used to get her weed taken by her mom, find it in the drawer her mom hid it in, smoke some of it, get it taken again and repeat that process till she was out of weed and they never once had a talk about it. I thought that was hilarious.

Cannabis Wisdom or Catch Phrase:
Don’t park on the grass

Social Media:
Instagram @kimbokush7
Human-beings have most likely found relief from the cannabis plant for up to 10,000 years. Its history is complex and deep-rooted. From chewing and boiling the plant stalks and leaves to the first cannabis rolls and pipes, if anything like a collective unconscious exists, cannabis consumption is there.

After thousands of years of cannabis use for stress relief, nausea and intestine discomfort, and more in the Eastern world, the plant and its many remedies made its way west. Through the 1800s cannabis could be found in medicine cabinets across the developed world, and it was added to their pharmacopeias.

Cannabis can be found in the oldest pharmacopeia on record, that of the ancient Chinese. According to Robert Deitch in “Hemp: American History Revisited: The Plant with a Divided History” (2003), Chinese Emperor Fu Hsi (credited as a founder of ancient Chinese civilization) references Ma, the Chinese word for cannabis; its popularity as medicine, as well as its “possession of yin and yang,” circa 2900 BC.

By the early 1900’s, prohibition laws targeted both alcohol and cannabis, as well as other drugs. One by one, states began to outlaw their favorite things. By the 1930s – terrified by cannabis now becoming fashionably known as a Mexican drug called marijuana – and backed by the beverage industry rising out of alcohol prohibition, the federal government imposed the Marihuana Tax Act dissuading physicians to prescribe cannabis to their patients. It took less than five years post hoc for cannabis medicinal practice to disintegrate in the United States.

Thirty years later, in 1964, the THC molecule was first isolated and synthesized from cannabis by organic chemist, Dr. Raphael Mechoulam, of the Hebrew University of Jerusalem: The home of modern cannabis research. Not long after; in 1970; in the height of the Vietnam war polarity; under the Controlled Substances Act; cannabis could be found in written law, referred to as political slang term Marijuana (Cannabis), a Schedule I Drug.

In tandem, western prohibition continued (despite multiple well-informed urges to the president and drug enforcement agency reassess cannabis’ drug scheduling), while in the wake of Dr. Mechoulam’s cannabis molecular isolation discovery, Eastern cannabis studies recommenced in full force.

As before, little by little, Eastern culture and consciousness seeps into the Western world. In 2011, the Israeli government launched a medical cannabis program, led by Dr. Mechoulam, and set the pace for medical cannabis research. In 2013, Dr. Sanjay Gupta, American neuroscientist, admitted that the United States people and government have been “terribly and systematically misled” for decades about cannabis. Still, cannabis remains a Schedule 1 drug in the United States and illegal in many countries.

The push for cannabis legalization grows stronger by the day, despite an unfriendly attorney general upstairs. In fact, its growth may be in spite and response to the conservative death cry of reefer madness. The truth is that most cannabis users see the world for what it is. They feel better, then they are persecuted for it – and their wellness is far from based on their physician’s endorsement by the money pots.

Today, cannabis industry physicians, scientists and lab technicians, patients, and professionals are working together to bring a rise in quality of life to the American people, despite federal reach attempts to keep that at bay.
Debbie Caddell owns and operates the leading laser treatment clinic in the Greater Puget Sound area. Since 1982 she has made it her passion to help clients Enhance Their Beauty.

Electrolysis and Laser Hair Removal
Caddell's Laser & Electrolysis Clinic, Inc has been serving the Transgender community for since 1982 and we are known as a place where the Transgender community can feel comfortable, being who they really are.

When someone is considering transitioning hair removal is usually the first treatment sought. At Caddell's, we offer two different treatments designed to remove unwanted hair.

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The MUNCHIES - Healthy Cliff Notes by The Deceptive Chef
Eating healthy is hard to do when we get the munchies. The fact is that over eighty percent of our body is devoted to digesting calories, to turn into fuel to keep us alive and living large. Ingredients matter because you are what you eat. It is important to make sure you have the right foods in your cupboard and refrigerator when you do get the munchies. Try not to shop when you are hungry and when you do shop, buy items like super seed crackers instead of chips and a healthy dip or vegetables and dressings. Think about eating your meal before imbibing in Cannabis and you will be less likely to over eat or make poor food choices, leading to poor health.

Quality dense nutrients are the key to vitality. There are two sets of Nutrients that we talk about in the healthy living spectrum. Macro Nutrients and Micro Nutrients. You want both sets of those nutrients to be dense and daily.

Macro Nutrients are Fat, Complex Carbs and Protein. Micro Nutrients are Vitamins and Minerals.

For beneficial dense nutrients, make sure to pick a quality fat such as coconut oil or avocado and grapeseed, olive and walnut oil make great dressings and dips while offering the housing for your next Macro Nutrient, Carbs.

Complex Starchy Carbohydrates or Carbs, are basically a big pile of vegetables. The darker, leafier and more bitter, the better! Also, color wins on the plate.

Everything in Nature uses sugar to make energy; we are the same. All of these vegetables - complex starchy carbs - become the sugar that quality fat houses. Once fat wraps around sugar in your liver, it is shot into your blood stream and sent places to burst into energy.

Last but not least in our Macro Nutrient panel is Protein. Look for raw plant based options first like seeds, then nuts, then again, dark leafy greens.

Feel like animal protein? Locally sourced, nature-raised, clean animal protein really does make a difference. And remember, it is not three to five ounces of meat at each meal, it is three to five ounces of meat three to five times a week.

Give your body a break and enjoy a mushroom or grilled zucchini instead of steak. Which could easily be below this egg instead of toast!

Soy, Corn, GMO FREE pasture raised chicken eggs, avocado mixed with a quality mayo over a maple sweetened seed nut and oat toast.

- Image and snack idea provided by The Deceptive Chef

WARNING: Edibles can take up to 1 - 2 hours before taking affect. Start slow and remember, drinks and DIY infused oil will hit harder than a store bought 5 mg cookie. Do your research. Be educated. Be safe. Be these!
Curiosity Cured the Cat

You might be wondering, why a Canine Session? While Cannabis Beyond Dope are canine lovers, this is not just an excuse to meet new doggies. All animal stories are welcome – including cats!

As in humans, cannabis can be used for relief in our four-legged friends. Research suggests that the endocannabinoid system can be found in all mammals. Until recently, the thought of giving cannabis to my dog never occurred to me past a smoke exhale. (You know you do it – but, please, don’t do it!)

Canine sessions are an opportunity for companion owners, lovers, veterinarians, and trainers to treat their fur-babies’ anxieties and hips, maybe even before their troubles begin. Cannabis, particularly CBD, and pets was one of the first lessons I had learned in the cannabis industry. If you’re thinking about braving cannabis shopping solely for your pet, you are not alone.

In just Washington, I have seen CBD and pet relief pamphlets at veterinary clinics; hemp CBD tinctures and treats for sale in local dog stores; and cannabis companies that donate a percentage of sales to animal rescue and wellness groups.

Cannabis is not a cover to a problem, it is a part of a solution when paired with wellness and health awareness. Canine sessions will include pet wellness and health considerations, stories and opinions from animal lovers and veterinary professionals, quality cannabis pet-friendly products, and alternative pet-care options. If your pet has anxiety (situational or otherwise), a fluctuating appetite, or arthritis, Canine sessions may answer a question you don’t have to ask.

Our love for our pets knows no bounds in some households. Especially Bree-z. When you spend every day with a special someone, you tend to get pet names that evolve over time from their chosen name to all the fun loving names we morph in our gooey moments. Here are just a few names Bree-z (featured left) has come to when called.

First her rescue name was Glee Glee, then Bree, then we got her and it became Bree-z. For Bree, Bree-Z or Breeze. From there, Boo, Booberry, Princess Meatball, Peanut, Picklestein, Pumpkin, Poodlepie, etc.

How many special names do you have for your pet? Email us a list and photo. We might feature your special furry companion in our magazine!

CannabisBeyondDope@gmail.com
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