
The Difference is in the Details.

TB Newsbites

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What's Up My Internet Pen Pals!

A letter from the lady of many hats - Janelle

The other day I was conversing with a patient, when I realized many people don't fully know what we do here at Tastefully Baked. At the surface we make edibles but our relationship with cannabis goes beyond that. Our appreciation for the plant and what it can provide people started over a decade ago, in a basement. Through dedication, perseverance, passion and some luck my husband and I eventually grew out of that basement. We evolved into Tastefully Baked; a small vertically

integrated cannabis operation. Yes, in addition to extraction and making infused products, we actually cultivate too!

As a matter of fact, cultivation is the foundation. It's where the value and respect for the plant originates. This is the reason why it's imperative for anyone who works with us to have at least a basic level of involvement in it.

It's where admiration for the plant and processing it into products begins. When we are creating our infused products, it's

extremely important for our team to recognize and value what has taken place for the Sour Squeezable, Pretty Dope Bar, Muscle & Joint, Oleoresin Tank etc...to come to fruition. It's more than just a gummy, chocolate bar, salve and extract. Many steps have been executed with purpose to arrive at the final end product.

Hope that gives you a better insight of what we do!

Until next time,
Janelle

Updates & Info.

Our dark chocolate bars just got better!

To celebrate the flavors of fall, we want to do something special. We went to our usual source of inspiration (the farm) and picked up some sugar pumpkins and heavy cream. These **Pumpkin Chai Caramel** stuffed chocolate bars are a treat for your taste buds and the potency will speak for itself!

Eat with awareness or you may sleep longer than intended.

Details:

- 54.5% Cacao
- 542 mg Total Cannabinoids
 - 477 mg Delta 9 THC

Get yours at the following locations:

- Cure Cannabis Company
 - 32 Riverside Drive Auburn, ME
- Origins Cannabis Company
 - 264 Civic Center Drive Augusta, ME



Digestion: Edible Dosage and Types

Have you ever had an edible give you two different experiences, even though they were properly dosed? Have you had different experiences with various types of edibles even though it was the same dosage? If so, you are not alone! The type of edible and what is in your digestive system impacts your experience.

Cannabis compounds are lipophiles. Lipophilic substances dissolve in fats, oils, and lipids. THC and CBD are fat soluble, they depend on fats in order to become available to the body. THC binds to fat cells before digestion. This means that consuming anything high in fat with edibles will increase effects. This could mean a faster onset, a stronger/more intense experience, a longer one or a combination of any of those. After consuming edibles, the warning to wait four hours to feel the effects before consuming more, is meant to be taken seriously. We've all heard the story, "I didn't feel anything, so I took more" and it never ends well. THC and CBD accumulate overtime in the body's fatty tissues instead of being flushed out through the kidneys, making it common to overdose with edibles. Cannabis compounds can be stored in the body's fat cells for 30 days or more. They're gradually released back into the bloodstream where they are eventually filtered out. Saturated fats, like butter and coconut oil, or mainly animal fats, deliver the benefits of THC/CBD better than unsaturated fats or plant based fats. Combining edibles with the right kinds of fat can make the health benefits even more powerful.