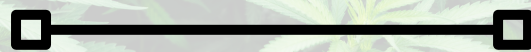

The Difference is in the Details.

TB Newsbites

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Merchandise Sale!



20% Off

USE CODE WINTER20 AT CHECKOUT

Hello My Internet Friends!

A letter from Owner + Creator Janelle

I hope you all had an awesome holiday weekend filled with family, friends and you time. Time flies, life it short and it's important to squeeze it all in!

The year is almost over but we have quite a bit to tell you about.

First, if you are interested in taking advantage of our curbside pick-up, the process is very simple. Just email us a copy of your medical card & state ID. A Tastefully Baked team member will be in touch within 24 hours.

Our current menu is always available on our website <https://tastefullybaked.com/patient-menu>

All merchandise is also 20% off! Hats, sweatshirts, T's and more. Just enter code **winter20** at checkout!

We are also sponsoring the next Interpretasting Event on Saturday, December 11th from 6 - 9pm. For those who are unfamiliar, it is a gourmet three course meal paired with cannabis! For details, check out the flyer on page 3.

Lastly, we have a few more tasty treats planned before the year is over so stay tuned!

I appreciate you all! Thanks for continuing to support me and all that we do here at Tastefully Baked. I wish you a kick ass week!

With adoration,
Janelle

Updates & Info.

Mama Cocha Bars - Quite Possibly Our Favorite Release Yet!

If you've been to our chocolate tastings, you've heard me praise Criollo cacao. For those who missed out, Criollo cacao is rare and delicate; accounting for only 1% of all cacao grown across the globe. Its high susceptibility to disease and pests as well as its low yields, makes it a variety most cacao cultivars avoid. Luckily this world is truly a small place. As fate would have it, we connected with Mama Cocha, a small Criollo cacao cultivar in Ecuador. This chocolate is a delicacy consisting of nothing but the best ingredients: organic cacao, organic cacao butter, organic sugar and our broad spectrum extract. We are truly honored to offer this experience!

Details:

- Available in 65% & 85% Cacao
- 178 mg Total Cannabinoids
 - 119 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
- Vacationland Cannabis Company
 - 1540 Turner Road, Turne, ME
- Directly from US!



Cannabis Oversaturation - Is it Possible You're Consuming Too Much?

Do you feel a high tolerance to cannabis? Or a decrease in the benefits and relief that cannabis has given you in the past?

Having too high or low doses of cannabis can be harmful to one's wellbeing. More often than not, lowering your dosage of cannabis is beneficial because many of the benefits of cannabis diminish with increased usage. Adverse reactions occur from over-saturating the body with cannabinoids. Over-saturation means that your endocannabinoid system is unable to receive cannabis in a positive way. There is a peak, or cap for cannabis. When you reach past that peak it can create a negative experience.

Adverse reactions include:

- lethargy
- dizziness
- paranoia
- anxiety
- nausea & vomiting

If you have lowered your dosage but are still experiencing these adverse reactions, some things to consider to increase the benefit of cannabis and decrease the negative experiences are:

- hydration
- exercise
- awareness of mindset, environment, and food intake

Micro-dosing is a great way to test your personal dosage. Search for the amount of cannabis that can maintain the peak or pleasant relief that comes from cannabis use. Patients have found benefits from doses as little as 1-2 milligrams.

Events

Interpretasting

Location: Summit Lounge, Worcester, MA

Time: 6 - 9pm



Food Menu

COURSE 1: Curry chicken
lollipop with korma sauce,
rice and pickled veg

COURSE 2: Pork belly with crispy
pancetta, cauliflower puree
with grilled cauliflower

COURSE 3: Vanilla bean ice cream,
meringue kisses, cranberry compote &
mint sprigs

Cannabis Menu

COURSE 1
FLOWER /'flou(ə)r/
"TBA" - Casey Greens

COURSE 2
FLOWER /'flou(ə)r/
"TBA" - White Pines Caregivers

Tastefully Baked Chocolate Truffle Pairing

star anise and cinnamon dark chocolate
ganache enclosed in a white chocolate
matcha shell

Drink Menu

Blue Winter Cocktail



Blanc de Bleu® Cuvée Mousseux, Star Anise, Blueberries

Coke - Water

Have Questions? Call or Text 401-302-7903
