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HIGH TIMES

June 497

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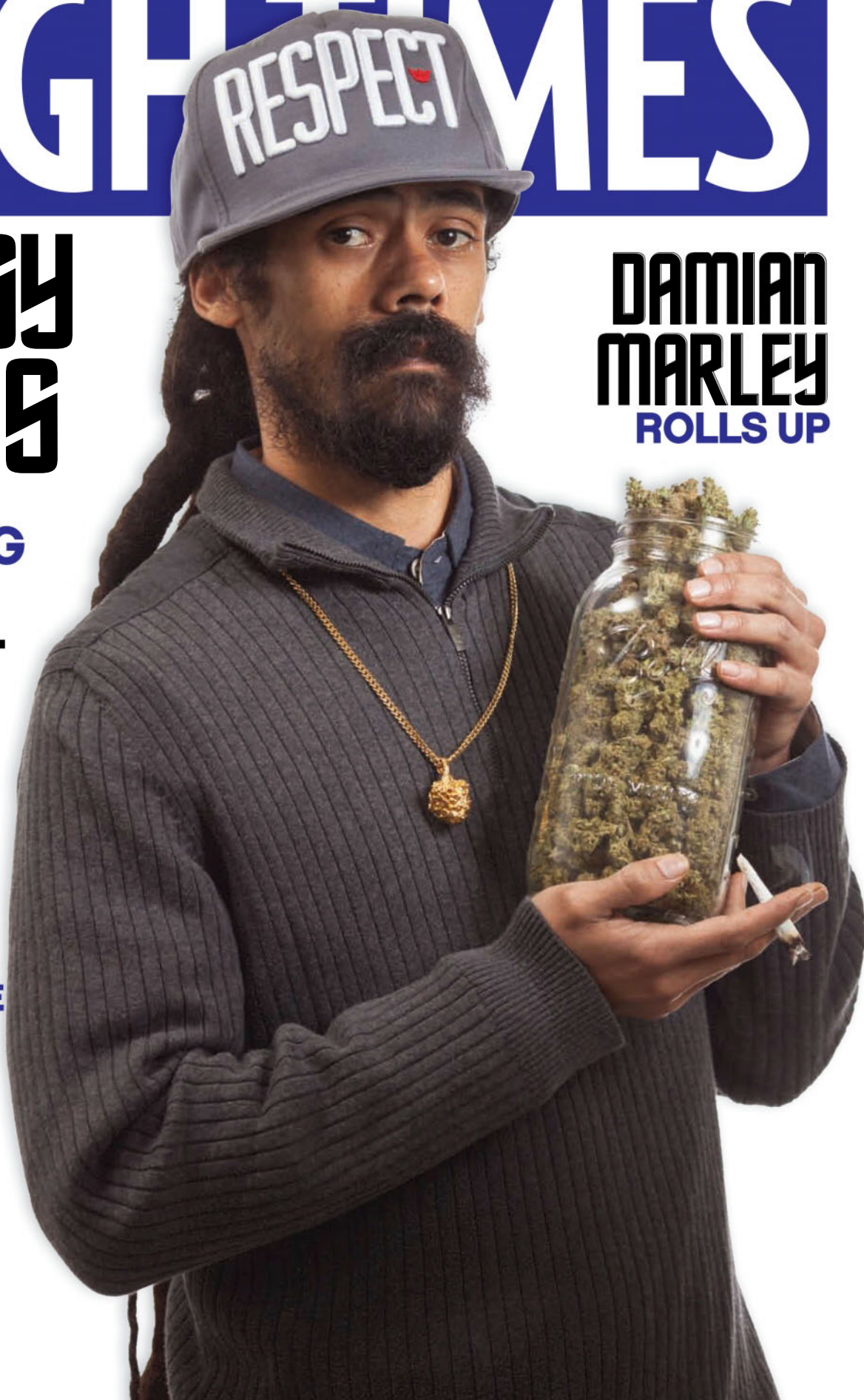
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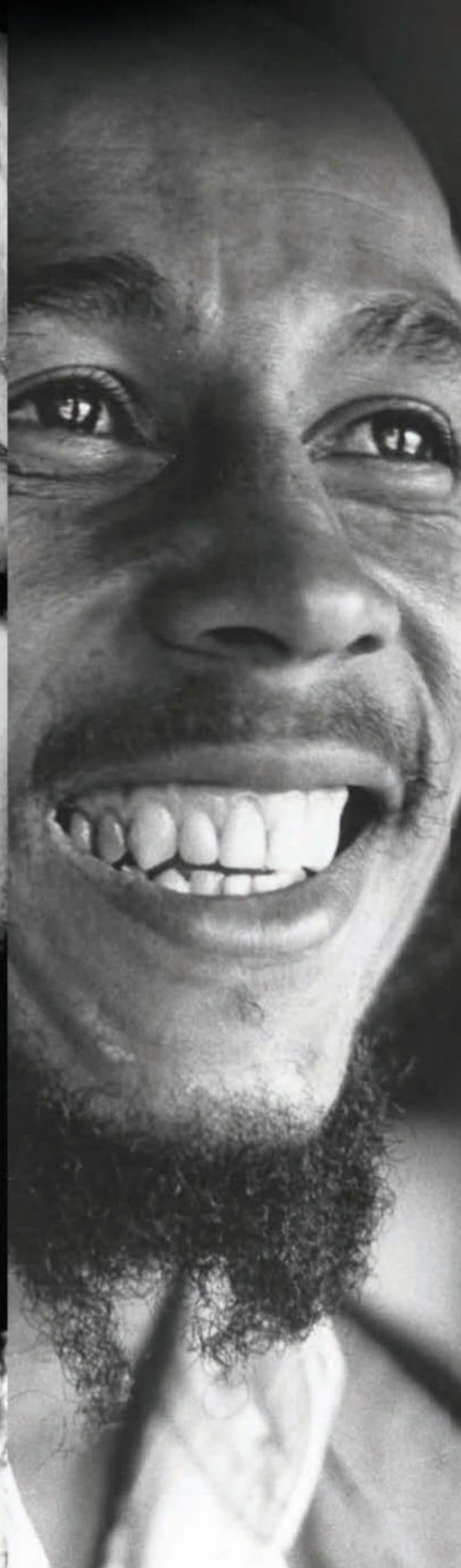
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It's hard to fool them because they have a clear perspective on the world and see things for what they really are.

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They look at life differently, society can't pigeon hole them or put them in box, and they see things where others don't.

Their ideas are sometimes out on the fringe, the ragged edge. They have to be, because they're open to the possibilities and realities that change the world.

Some see them as a fish out of water, trouble makers and oddballs. We see them as gifted, profound and uniquely brilliant.

HIGH TIMES JUNE



In Southern Oregon, 15-foot cannabis plants—growing in fertile soil under intense sunshine and torrential rain—are not uncommon.

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Nico breaks down the five simple steps to setting up a small indoor garden at home, whether it's in a closet, cabinet or grow tent, to help you get growing now! *By Nico Escondido*

60 Alex Grey's Psychedelic Adventure

The visionary artist extraordinaire reveals how ayahuasca powerfully influenced his creative output and inner being. Plus: An exclusive first look at Grey's design for the new High Times Cannabis Cup!

68 Spring Planting Guide

'Tis the season to sow your crops if you want to grow and harvest massive outdoor ganja trees this fall. Learn some essential insider tips and tricks for successfully starting your pot plants this spring! *By Danny Danko*

83 Live Your Dreams

Lucid dreaming just might be the world's ultimate (and legal) high. Learn how cannabis and other herbs affect your sleeping life and how you can take control of your dreams!

92 Giant Plants of Southern Oregon

If you're an experienced cannabis grower who's allowed only six medical plants, what do you do? You grow them really, really huge. Lambsbread shares his secrets for an abundant harvest of organic buds. *By J. Flava*

100 The High Times Interview: Damian Marley

The Grammy Award-winning reggae artist talks about transforming a former prison into a legal weed farm, being his father's "biggest fan," recording his rootsy new album and more! *By David Bienenstock*

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High Times Guide to Flying with Pot

Cannabis can be hard to find when you're traveling to a new city. And, if you do manage to find a dealer, you may not like the prices. While it's risky, sometimes you just want to bring some buds with you when you travel. Fortunately, there's the High Times Guide to Flying with Marijuana. This handy explainer provides some basic info that can help prepare you to fly with pot undetected. The Guide sheds light on what the TSA is actually looking for and offers advice on travelling domestically and

internationally. Plus, we present some helpful tips on flying from and to states with medical cannabis laws. And, best of all, we weigh in on the age-old debate over whether to stash your stash in your checked or carry-on bag. Head to our website to learn all you need to know about how to fly with weed!

Visit hightimes.com for more...

On Instagram

Hey, look at those cool, textured skateboard decks. I bet those really handle—whooa, wait! Good Lord! Are those slabs?! Yup, those are slabs. What we have here is a shot of @imcannabess holding up some of @goldlineextracts' glorious Dabtella. And from the looks of it, there's enough to dab out a family of five for three months. Keep up with Bess over at @imcannabess and be sure to follow @goldlineextracts for more incredible concentrate shots!



Smoking Poll



Can You Lucid Dream?

Yes	30%
No	8%
Sometimes	35%
No, But I'd Like to Learn How!	27%

Lucid dreaming just might be the ultimate legal high and it's available to anyone, any time! However, mastering the ability to lucid dream takes a lot of effort and dedication.

The term "lucid dream" is used to describe the psychological phenomenon of a dreamer being aware they are dreaming and exerting some type of control over the dream. Most experts believe that you can teach yourself how to lucid dream and many feel cannabis can aid in the process. In this issue of *High Times*, we went to a lucid dream expert to get advice on how to have a lucid dream ("The Night Tripper" pg. 83). And we decided to ask our readers about their experiences in this trippy realm.

For this poll, we kept things simple, asking: Can you lucid dream? Most of our readers (35 percent) responded "Sometimes." But, surprisingly, 30 percent responded "Yes!" Just 8 percent of those polled said they can't lucid dream, while 27 percent said they can't but would like to learn. Be sure to turn to page 83 of this issue to find out how to take control of your dreams! **Take our latest poll online!**



High Times June 2017

We Want To Hear From You!

Tweet your best high observations and comments our way @HIGH_TIMES_Mag for a chance to be featured on this page! And be sure to follow us on Facebook (Facebook/HIGHTIMES-Mag) and Instagram (@hightimesmagazine) for all the latest news as it's happening!

@SecretMovesMMA: @HIGH_TIMES_Mag I'd have to be pretty high to shove weed up my ass.

@SpotItHigh: The "Fridge" position! It's when you have sex in the kitchen HAF so you can eat right after #SpotItHigh @HIGH_TIMES_Mag

@jtsmith1031: @HIGH_TIMES_Mag if u take psychedelics just to get "high" u are doing yourself such a disservice, they are so much more than just a drug

@irunintotrees79: When your only clean t-shirts are covered in @HIGH_TIMES_Mag branding. #laundryday #stonergirl <3

@WildGoonie: @HIGH_TIMES_Mag Outdoor is way more work but so rewarding... tough call! #growlife #cannabis #legalize #indoorgrow #outdoorgrow

@MiserableHippie: Shout out to @HIGH_TIMES_Mag for inspiring me to do a canimani for the first time!

@TOKEYTOWN: Can @HIGH_TIMES_Mag hire me so I can quit my day job and work for something I love?

@MMarie_Garrison: @HIGH_TIMES_Mag Wake up: marijuana is better for you than alcohol

@JoeAver96852882: @HIGH_TIMES_Mag @jeffsessions @realDonaldTrump Marijuana has the support of the people. It should be decriminalized federally. Hemp is very useful too!

@Gloves78: @HIGH_TIMES_Mag I've got a rep for being able to roll good joints in extreme conditions



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Spring Into Action

*"Behold, my friends, the spring is come;
the earth has gladly received the embraces of the sun,
and we shall soon see the results of their love!"*
—Sitting Bull

Every spring season presents us with the opportunity to do something absolutely magical: to grow your own high-quality cannabis using only sunlight, soil, plant food, water and a little bit of TLC. Nothing beats the feeling of enjoying marijuana that you grew yourself and participating in a little bit of modern-day alchemy.

But there are a few things you should know and do now in order to harvest big in the fall. In this issue, we feature our Spring Planting Guide to provide you with the information you need before getting started, from seed germination and soil preparation to cloning tips and tricks for a successful growing season.

If you're more interested in indoor gardening, my cultivation colleague Nico Escondido offers his simple five-step guide to getting started growing at home. And J. Flava weighs in with a look at a medical grower who's raising 14-foot plants in Southern Oregon.

In this issue, we also highlight the artist Alex Grey, whose decades of visionary work now includes a redesign of our iconic Cannabis Cup trophy. That's all rounded off with an eye-opening article on lucid dreaming and an in-depth interview with reggae royalty and marijuana entrepreneur Damian Marley.

We thank you for digging in and celebrating the spring with your friends at *High Times*. May all the fruits of your labors be sweet and delicious!

Danny Danko
Senior Cultivation Editor

HIGH TIMES

PUBLISHER
Mary C. McEvoy

EDITOR-IN-CHIEF
Mike Gianakos

HEAD OF CONTENT
David Bienenstock

ART DIRECTOR
Frank Max

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Mary Jane Gibson

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COPY EDITORS
Rick Szykowny
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FOUNDING
PUBLISHER/EDITOR
Thomas King Forcade
1945-1978

CHIEF EXECUTIVE OFFICER
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SOCIAL MEDIA MANAGER
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VIDEO COORDINATORS
Ursula Mann
Joe Schaefer

IMPLEMENTATION SPECIALIST
Laura Vavoules

CONTRIBUTORS
Mike Adams,

Paul Armentano, Carrie Doorhy,
Mel Frank, Andre Grossmann,
Sirius J., Brian Jahn, K of Trichome Tech,
Lochfoot, Kevin Mahmalji,
Mark Miller, Samantha Nicholas,
Harry Resin, Michael Simmons,
Bill Wyman

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Back in 2001, I suffered a major head injury as a passenger in a serious car accident. My injury was predominantly to my left frontal lobe and mainly affected my memory, problem solving, impulse control and social skills, etc. I experienced an erratic temper, depression, forgetfulness and much more.

After some time in recovery, I started having a bit of a smoke by myself in the evening before bed. My mind was not functioning properly, and smoking helped me appreciate this. As I lay in bed, my mind would overanalyze my problems. Eventually, once I started smoking, I would work out what had made me feel so uncomfortable during the day and “wake up” instantly, feeling overwhelmingly different, mentally... refreshed. I could tell that something had changed in my head, and from that moment on I would never have the same problem again. It was as if being stoned allowed me to put my mind to work on my injury and make new connections between the synapses in my brain. It was a very trippy experience! But at the same time, empowering.

I'm now completely recovered and still vaping CBD daily. I look no different on the outside, but inside I'm a very changed person!

Tom Vrettos
United Kingdom

Thanks for sharing your incredible story, and congratulations on your recovery. While anecdotal evidence clearly supports marijuana's efficacy in treating many ailments, and recent research points to its neuroprotective potential, science has truly only scratched the surface of the benefits offered by this remarkable plant.

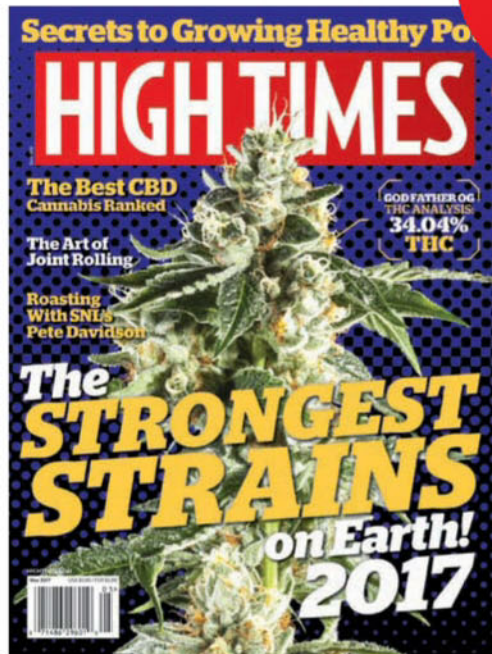
Concentrate on Concentrates

Thanks for the recent “Concentrated Cannabis” article (April '17). Extracts are such a major part of the current marijuana market, and yet it's difficult to find reliable information. I think I speak for many people when I say I'd like to see more of this in *High Times*.

Bill N.
Traverse City, MI

Change for Change

I've started donating my pocket change to NORML. I have a NORML coffee cup on my desk and, at the end of the day, I put all my change in it. When the cup fills up, I cash it in for a money order



“No one today should be punished for pot use, let alone a veteran who fought for our country to keep us safe so we can enjoy the life we have today.”

and mail it off to NORML in DC. It's less than a dollar a day, but that change adds up.

Nate
Nashville, TN

Every little bit helps, Nate. The National Organization for the Reform of Marijuana Laws has been advocating on behalf of cannabis consumers since 1970, and the group is funded almost exclusively through donations from individuals who support the fight to end prohibition. Visit norml.org/support to contribute.

Marijuana Mascot

Hi, *High Times*. I believe the time has come for potheads to choose a mascot. It's okay to have 420, but that's kind of abstract. So I believe we should choose an animal that best symbolizes the essence of weed-smoking people.

It would be nice if a national magazine of your reputation could take the lead on this. As we live in a democratic country, we should put it to a vote. I suggest the rabbit.

Boris
Boulder, CO

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Fed Up

It's really horrible to think about the current administration

dragging us back into the dark ages of pot prohibition. I realize Trump supporters are confident that the president will be pragmatic when it comes to pot, but his appointments leave little room for optimism—particularly Attorney General Jeff Sessions, who is an ardent anti-weed guy. The recent statements from Sessions and White House press secretary Sean Spicer on recreational pot have me concerned. Why roll back programs that have already proven—in such a short time—to create jobs, produce revenue and reduce crime? These seem like incredibly important issues for politicians on both sides of the aisle. And let's not forget the hypocrisy of Republicans endorsing a big federal government and stripping away states' rights.

Jim
Long Island, NY

National Shame

I write to you today not about me, but about my friend. He's a Marine veteran who served in Iraq and

Afghanistan for two years. He is 23 years old and studying at Pennsylvania State University.

After a series of mistakes, he ended up smoking a small amount of marijuana in his dorm room. He was subsequently caught by campus police. The military, after he was convicted, decided to strip him of the scholarship paying his tuition.

My friend comes from a poor immigrant family living in a \$700 apartment in North Philadelphia. He grew up with nothing and joined the Marines in the hope of earning a scholarship to afford college. But now all that has been taken away, just because of a mistake and some marijuana.

No one today should be punished for pot use, let alone a veteran who fought for our country to keep us safe so we can enjoy the life we have today.

A Concerned Friend

Students being deprived of loans—and often, consequently, of an education—because of a marijuana offense is one of the less-discussed tragedies of the War on Drugs. We'll be covering this egregious aspect of pot prohibition and its consequences in the July 2017 issue of *HT*.



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High**

SPRING PLANTING GUIDE 2017 Growing plants indoors prior to putting them outside in the spring results in bigger yields and heavier harvests in the fall. Get the lowdown on how to get started properly from Danny Danko in our Spring Planting Guide on page 68. *Photo by Dred Smoke Weed*









June 2017 **High Times**

FIVE EASY STEPS Grow tents offer an affordable and efficient solution for growing at home. For details on how to easily set-up a small home garden on your own, check out Nico's "Five Easy Steps to Growing Your Own" on page 44. *Photo by Nico Escondido*

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High**





June 2017 *High Times*

OREGON GIANTS Cannabis plants in full sun grow huge as they mature, as long as they're properly cared for, fed and watered. Learn tips and tricks for getting the most out of each bud bush in "Giant Plants of Southern Oregon" on page 92. *Photo by J. Flava*

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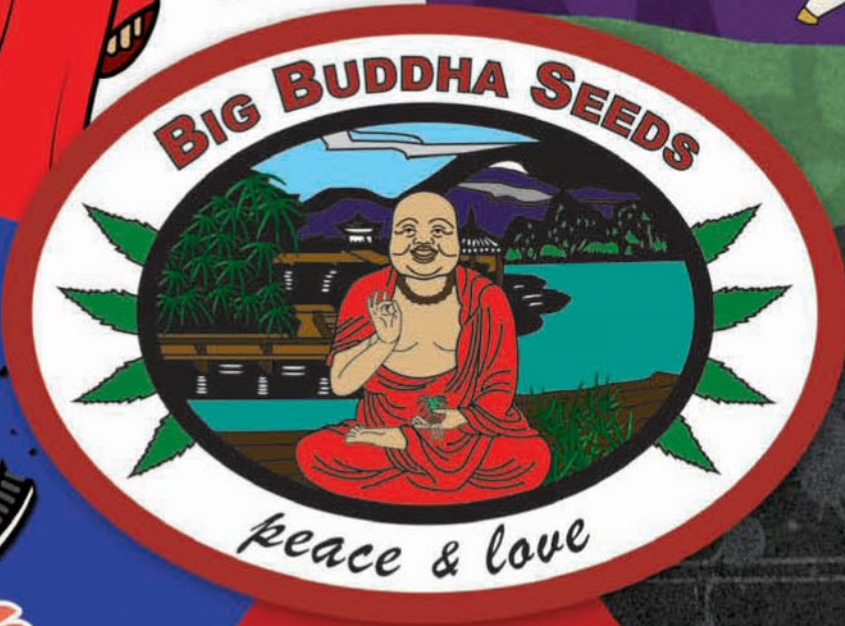
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Highwitness News

Did pot
come
between Pitt
and Jolie?



News

Legoland Grow

UK cops uncover a secret growroom with 50 cannabis plants hidden in the family resort. p.26



Entertainment

Xui Xui's Secret

Jamie Stewart from the band Xui Xui opens up about pot's importance in his life and art. p.34



How Dank Are the Legal States?

Eight states are now leading the green revolution in legalized cannabis, but reactionary elements still persist at the local level. *By Mike DiPaola*

The good news is that weed is now—or very soon will be—legally available to any adult who wants it in eight US states. We applaud these pioneer states, but it should be noted that even the green trailblazers still harbor pockets of old-time prohibition.

Take Washington. The Evergreen State went fully legal in 2012, yet four of its 39 counties still ban weed or the business of weed to some extent. And even in the counties where adult use is legal, individual municipalities still control whether their residents enjoy the right to torch one up. Seattle is mostly cool, but the nearby towns of Kent and Sammamish

have bans in place, as do many other towns and cities around the state.

Kevin Oliver, executive director of Washington NORML, says the resistance in parts of the state is a vestige of earlier, dumber times. “Generally, it’s a moral objection left over from prohibition,” he sighs. “It’s a values-and-mores dichotomy—I call it ‘Prohibition 2.0.’”

Fortunately, in Washington and elsewhere, many anti-pot types come around once they see firsthand that legalized, regulated cannabis business doesn’t spell the end of civilization. “You hear it every day—people changing their minds on it,” Oliver notes. “They say, ‘I used to think it

was horrible, but it’s not that bad.’”

In Oregon, 16 counties and 72 cities “have prohibited the establishment of Licensed Recreational Marijuana producers, processors, wholesalers, and/or retailers,” according to the Oregon Liquor Control Commission, the agency responsible for regulating the sale of recreational weed.

Even in Colorado, where the adult-use movement first found purchase in 2012, many cities and towns still haven’t gotten on board. An odd dynamic has evolved in which smaller towns reap the rewards of legal weed, while larger towns next door remain in prohibition mode. So you can’t buy buds in stodgy Colorado Springs, but nearby Manitou Springs is happy to address your dank needs. Same with Vail, a wealthy tourist town that still proscribes cheeba; fortunately, Highway 6 and the so-called “Green Mile” aren’t that far away. The *Denver Post* reported on

« this dynamic last year, highlighting towns like Greeley and Garden City. The former, fearing that weed would attract a criminal element, keeps prohibition in place. The latter, a tiny place less than one square mile in size, has four recreational pot businesses—no doubt servicing the many Greeley residents who simply cross 25th Street to get their stash. Oh, and there's no encroaching criminal element in either town.

In last November's elections, four more states legalized the recreational use of weed by adults, and four more passed medical marijuana laws—but even before those new freedoms have a chance to kick in, local jurisdictions are enacting bans. In Florida, a new medical marijuana state, places like Boca Raton and Delray Beach have banned dispensaries and treatment centers, at least temporarily; Hollywood and North Palm Beach are likewise contemplating putting the green on hold.

However, these bans—so long as they do, in fact, prove to be temporary—aren't necessarily a bad thing. Some city officials say the moratoriums are prudent until the state's regulations are in place. "We, as a city in this matter, are a creature of the state," Boca Raton Deputy

Even in Colorado, where the adult-use movement first found purchase in 2012, many cities and towns still haven't gotten on board.

Mayor Michael Mullaugh told the *Sun Sentinel*. "And we want to hear what the legislature decides before we decide to put together regulations that will have no effect because they are overwritten by the legislature."

The two newly legal states in New England are also grappling with local jurisdictions that may not be on board with cannabis, as well as retrograde politicians attempting to subvert the will of the people. In January, Massachusetts State Senator Jason Lewis introduced multiple bills that, if enacted, would reduce the amount of pot that adults can possess or grow; give local legislators greater powers to ban weed; and forestall—or possibly even eliminate—the coming edibles market in the state. (In related news, last year the *Oxford English Dictionary* added the word "Mass-hole" to its ever-growing lexicon.)

The big kahuna, of course, is California, where voters approved full legalization—but "full" doesn't necessarily mean

the entire state. There are 58 counties and 482 incorporated cities in California, and each can decide for itself how green it wants to be, if at all. Tuolumne County's board of supervisors just voted unanimously to ban the sale of rec pot. Sonoma County has nixed a proposal that would have allowed small-scale growers to grow in rural residential areas outside the city limits—and at least three county supervisors were gunning for an outright ban. San Diego County is mulling whether to ban local cultivation entirely. Those are just a few examples, with more perfidy afoot elsewhere in the Golden State.

The great strides that cannabis activists have made at the state level are, of course, cause for much optimism. But we should also remain vigilant at the county and municipal levels, and we need to call out the pols determined to drag us back to the dark ages. The green revolution has come, but reactionary elements still lurk everywhere—even within the dank-est states. 🌿

HIGH FIVE

Legalize It

The United States isn't the only country rethinking its policies on pot prohibition. *By Mark Miller*



Costa Rica

A bill to legalize both medical marijuana and industrial hemp in this Central American republic has been gaining momentum over the last two years, and it appears to have legs: The bill now has the support of key officials in Costa Rica's public-health system. If the law is enacted, the Department of Health would oversee a regulatory body charged with issuing licenses to cultivators and distributors of both cannabis and all-purpose hemp.



Canada

Prime Minister Justin Trudeau made a campaign promise to decriminalize recreational cannabis in Canada, though last 4/20 his administration tabled the issue until later this year. In December, Trudeau's government announced that it would study a federal task force's recommendation for legalizing possession of up to an ounce of pot by adults 18 and older and allowing cannabis sales through licensed dispensaries.



Peru

Already somewhat pot-friendly (personal possession of under eight grams is tolerated), Peru may be ready to legalize medical marijuana "for the treatment of serious and terminal illnesses." President Pedro Pablo Kuczynski's administration acknowledged that the push to allow medical pot came about after police raided a residence in Lima, where parents were growing plants to create CBD oil for more than 80 children suffering from epilepsy.



Ireland

A medical cannabis bill drafted by the activist group People Before Profit was approved in December 2016 by the lower house of the Irish parliament. The bill would allow physicians to recommend marijuana for a variety of serious illnesses. Lawmakers have asked the Health Products Regulatory Authority to weigh in on marijuana as medicine, and supporters are hopeful that this will ultimately pave the way for a medical cannabis program.



Brazil

The South American giant has slowly evolved on the issue of pot prohibition. Personal possession and cultivation were decriminalized in 2006; most recently, Supreme Court Justice Roberto Barroso publicly lamented Brazil's failed War on Drugs and called for legalizing pot outright. And in January, the health-care regulator Anvisa issued the country's first license to sell the medical pot spray Sativex, which is marketed in Brazil as Mevatyl.

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A portrait of the artist as a young stoner

Pitt and Pot

Thanks to a high-profile divorce, Brad Pitt's marijuana use is under the microscope. Tabloids have been debating whether the *Fight Club* star is still smoking pot, as some reports indicate, or whether he's given it up after his estranged wife, Angelina Jolie, allegedly cited his cannabis consumption among the reasons she filed for divorce last September. The *National Enquirer* even reported that Pitt had been forced into rehab after falling into a "downward spiral" of booze, pills and pot.

So is one of Hollywood's best-known stoners now eschewing the evil weed and other substances while chugging down power smoothies and recovering in a "sober house" at a secret beach locale? According to one of Pitt's reps, who spoke to the website *Gossip Cop* in February, the *Enquirer* story is completely inaccurate: The actor—whose iconic turn as Floyd in 1993's *True Romance* remains one of the great stoner performances of all time—is not ensconced in some "dry house" trying to sober up after Jolie broke things off last year.

Initial reports citing "leaked court documents" that claimed Pitt would have to agree to random drug testing four times a month in order to have contact with his children also appear to be false. However, he apparently did take a voluntary drug test in order to comply with the rules of the Los Angeles Department of Children and Family Services around the time Jolie filed for divorce.

For her part, Jolie said that Pitt is a "wonderful father" in a February interview with *Good Morning America*.

SCHOOL SEEKS GROW GURU



Louisiana State University has begun accepting bids from cannabis cultivators hoping to grow marijuana for the institution. LSU has one of two state-sanctioned production facilities approved to grow cannabis under Louisiana's medical marijuana law, which was expanded in May 2016.

LSU's AgCenter converted a 15,000-square-foot warehouse into a marijuana greenhouse, lab and production facility, and whoever wins the bid will be required to foot the \$10 million bill.

The cultivation contractor will be selected in June from among 10 finalists. The first crop of LSU-produced weed needs to be ready by the end of the year. However, it's estimated that, given the initial \$10 million price tag, the chosen contractor won't see profits until 2020.

No smokable flowers or concentrates are permitted for sale under Louisiana's law, which only allows sprays, capsules, edibles, topicals and the like to be used by patients suffering from a limited number of medical conditions.



Peel before smoking.

Keys of Limes

A tractor-trailer hauling nearly 4,000 pounds of pot almost made it across the Mexican border. At first glance, it appeared the truck was carrying a shipment of key limes into the United States. However, an imaging inspection and a K-9 team soon discovered that the 34,000 "limes" were actually packages of pot painted to pass as tropical fruit.

In all, border agents at the Pharr-Reynosa International Bridge in Texas seized 3,947 pounds of pot, which they valued at approximately \$789,467.

Cannabis smugglers have to be creative to keep their illicit goods flowing into the US. However, sometimes creativity just isn't enough when matched against intense scrutiny from the US Customs and Border Patrol. If the disguising-pot-as-produce scheme sounds familiar, that's because it's been used before. Last year, traffickers from Mexico tried smuggling 1 ton of cannabis dressed up like carrots into the States, and earlier this year, 3,000 pounds of pot disguised as a shipment of watermelons was confiscated.



Build Your Own Growroom

This past February, a Legoland Resort in England had more to offer visitors than just a plastic-brick theme park. Workers at the Windsor-based attraction discovered a "professional" cannabis growroom during a

"routine" search for asbestos in an abandoned bungalow on the property.

Thames Valley Police seized more than four dozen 3-foot plants growing in the empty cottage, which was rigged with lighting and watering systems. The guerrilla grow was located on the Legoland property, although outside the park's boundary.

Shortly after Legoland employees reported the grow op, a 40-year-old from Windsor and a 34-year-old from Burnham were arrested. The two men were taken into custody on suspicion of producing a Class B drug. The growers allegedly gained access to the cottage through the Crown Estate—a public property owned by the British monarchy.



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This guy's name is on everything!

Trump Junk

Donald Trump was president for a mere two weeks before an illegal drug bearing his image turned up on the black market. In late January, sheriffs in Hernando County, Florida, announced that they had seized 5,500 individual doses of heroin in wax-paper packets, some of them branded with Trump's face in faded blue ink.

According to reports, 46-year-old Kelvin Scott Johnson was arrested for trafficking heroin via mail shipments in the Tampa area. The plot was foiled when a postal worker discovered a packet of smack and alerted police, who monitored Johnson's activities for months before pinching him. It was the largest heroin bust in the county's history.

Florida Attorney General Pam Bondi—whom you may remember for her decision not to pursue fraud charges against Trump University after receiving a political donation of \$25,000 from the Donald J. Trump Foundation—made a show of being outraged. However, her umbrage wasn't because Johnson had attempted to distribute over 5,000 packets of a deadly opiate, but because he'd dared to use Trump's image on the packaging.

During a press conference, Bondi told reporters: "All I want to say to this drug dealer is, 'Big mistake by putting the president's picture on this.'"

Incredibly, Bondi went on to add that she plans to pass along a packet of heroin to the president as a keepsake: "I'm going to make sure [Trump] gets one of these packages when the case is all over to put in the Oval Office to remind him of all the good he's doing." Um, okay...

Incidentally, Bondi has been rumored to be a candidate for director of the Office of National Drug Control Policy—the nation's Drug Czar.

THE BIG THROW



We've seen a number of innovative means for conveying weed across the US-Mexican border—from drones to cannons to elaborate tunnels—but our favorite would have to be the catapult. Border agents have discovered several cannabis catapults aimed at the United States in recent years. In the latest incident, authorities came across a sensi sling two hours southeast of Tucson, Arizona, near the Douglas border crossing.

The confiscated weed launcher was constructed of metal tubing and used a heavy-duty spring to fling cannabis over the border fence into America. Agents found the home-made catapult while approaching a group of people gathered near the fence. No one was arrested, but the catapult and two packages of pot weighing 46 pounds were seized.

It seems that Mexico-based weed smugglers are well prepared for President Trump's ambitious border wall.



Shameless
Feds ignore
state pot
laws with
impunity.

Rule of Law?

DEA special agent Bryan Fillinger admitted under oath to being ignorant of Montana's medical marijuana law when the agency raided a dispensary and a private residence in the state.

The Feds charged Bozeman medical cannabis provider Jesse Walter Campbell and Montana Buds dispensary staffer Michael James Mason with conspiracy and possession of pot. Agents confiscated 185 plants from Campbell's house in the spring of 2016. Fillinger acknowledged that he had no clue how much marijuana the state's sanctioned providers are allowed to possess. Under state law, Montana pot providers can have 12 seedlings, four mature plants and one ounce of flowers per registered patient.

Fillinger also admitted that he'd never confirmed the number of patients Campbell was serving with the Department of Health and Human Services, which regulates the state's medical pot program, and never corroborated the alleged pot deals that his informant claims took place. That informant, Fillinger acknowledged, had been charged with 10 different felonies in Bozeman at the time.

According to reports, Fillinger took issue with the amounts of cannabis permitted under state law and believes that anyone possessing the maximum number of legal plants must be reselling pot illegally.

More Mixed Signals on Pot

The cloud of uncertainty hanging over the Trump administration's policies toward legal weed is as thick as a bong rip of Tangie Haze. Newly minted US Attorney General Jeff Sessions, long known as an outspoken critic of cannabis, recently declared, "My best view is that we don't need to be legalizing marijuana."

Earlier, Sessions told reporters that "states can pass the laws they choose," while adding, "it does remain a violation of federal law to distribute marijuana... whether a state legalizes it or not."

And at a February 23 White House briefing, press secretary Sean Spicer said that he expects recreational states to be subject to "greater enforcement" of federal prohibition laws. Spicer added that President Trump perceives a "big difference" between medical and recreational cannabis.

However, in early March, *Politico* reported that Sessions had privately assured US senators that the Justice Department would have "some respect for states' rights" regarding cannabis. Given these mixed signals, the nation's burgeoning billion-dollar legal-cannabis industry continues to hold its collective breath.



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Terroir, C'est Tout

Over the last few decades, the farm-to-table movement has radically altered the way that many people eat. Farm-to-table restaurants serve local food acquired directly from the producer—be it a farm, ranch, fishery or winery—which allows them to identify the origins of a meal's ingredients to patrons. Knowing where your food comes from is one of the central tenets of farm-to-table dining. The movement supports small family farms and encourages growing heirloom fruits and vegetables and raising heritage meats. In putting the focus on sustainable, seasonal ingredients, it seeks to disrupt the power of the corporate food industry.

Now a new company is applying the farm-to-table concept to cannabis. PremaFlora selects sustainably grown flowers from small farms in Northern California and packages them for cannasseurs in San Francisco and the East Bay area. Consumers can browse PremaFlora's "farm stand" online. Each strain comes with copious tasting notes ("In this Harmony Rose, ripe fruit and pine give way to warm cedar, rose petal tea and the thick sweetness of creamed honey"). Details about the types of highs that customers can expect ("push the pause button on an overactive mind"; "potent, observant effects") are also included.

The language in PremaFlora's tasting notes has its origins in the wine world, but the concept of *terroir*—the natural environment in which wine grapes are produced, including the taste and flavor imparted by soil, topography and climate—applies just as much, if not more so, to cannabis. True tasters will enjoy perusing PremaFlora's offerings, which include appealingly curated packages like an all-women-grown collection or an Emerald Triangle collection. The company is committed to ensuring that farmers receive fair-trade prices for their sustainably grown products. PremaFlora is available for free delivery in San Francisco, Oakland and Berkeley. Visit premaflora.com.



Custom Commemoration

Marieke McAllister's parents were weed-loving hippies; her childhood home was filled with music, art and Mary Jane. Her dad Byron, whom everyone called "Bud," delighted in making doobie clips out of fanciful items. After he passed away in 2012 following a difficult and prolonged illness complicated by gross medical negligence, Marieke launched a line of custom clips in tribute to him. Every clip is one-of-a-kind—just like Bud. Check out the collection at budsdoobieclips.com.



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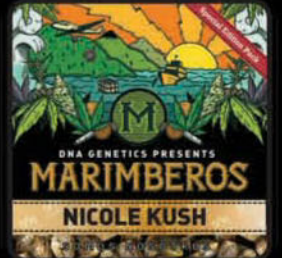
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"I smoke weed every day. Music and weed go hand in hand."

their way, in some way, shape or form, into my art—into our art. The more difficult and challenging the experience, the more rich it is in the art."

And when it comes to enriching their art, all of Blackout Balter's members find a marijuana-induced state of mind conducive to creativity. Bassist Amelia Gormley avers, "I smoke weed every day. It's just part of my life day to day. Music and weed go hand in hand, in my eyes, and have for a very long time."

Phil chimes in: "The act of creation is inherent in all of us, but certainly there's something to being in a certain mental state when you're looking to create something of value. I think weed can help that. I'm a consummate creator, so I think getting in that state is important."

What's next for these rising stars? "I'd really like to take over the world," Phil says with a charmingly straight face. "Make no mistake: We want to be a big rock'n'roll band, and I think we have what it takes. We're always writing new music, and we'll be back in the studio soon. We're very focused on creating the best art we can." ✨

Twist, Bend and Soar

Blackout Balter are riding clouds of kind bud in pursuit of some serious musical goals. *By Mary Ought Six*

On the day that Massachusetts legalized cannabis for recreational use, the members of the Boston band Blackout Balter were in New York City for a show—and an interview with *High Times*. They were thrilled by the news from their home state, psyched to talk music and amped for their performance that night. They're a positively souped-up band of indie alt-rockers who love to write songs, belt them out, record and repeat.

The band's debut album, *Twist and Bend*, features Dave Keuning of the Killers on two tracks and was recorded in the Killers' Las Vegas studio. Blackout frontman Phil Cohen met Dave at an afterparty, and the two became fast friends.

During a trip to Los Angeles in the summer of 2015, Phil visited Dave in San Diego, where the duo chilled and listened to new Killers demos. Then Phil played Dave a few of his own. He was surprised and thrilled as Dave listened to the songs with growing excitement. In the end, Dave insisted on a collaboration—and Phil, of course, was immediately on board.

"People get these opportunities, and they play it off like they're cool, but we were like kids in a candy store," Phil says. "It was a surreal experience, and I don't think we took a second of our time in Vegas for granted."

It's hard not to feel the excitement when listening to

the resulting album. Its six tracks get you moving right from the jump: They're catchy, head-bopping, technical and ever-so-human. Part of the stark humanity of *Twist and Bend* is rooted in real-world experience: Phil spent seven years in the US Air Force, which took him all the way to the Persian Gulf and Afghanistan. "I never saw myself as a military type," he declares, "but for me it was a challenge. All of these experiences make



They Ain't Gonna Take It

Blackout Balter have big plans for "fixing" the financial side of band management and the future of how business is done in the music world. Though the offers have rolled in, the band remains without a manager and proud of it.

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Jamie Stewart
doesn't argue
with his muse.



"I'm almost embarrassed to say how much I like cannabis. It helps me drink less. It's fantastic for sex."

of both, and drawing power from that floaty area in between. The title track and the slow-thumping closer "Faith, Torn Apart" most directly address the art of dealing with alienation, while the brain-synapsing soundpanoply "The Call" or the chilling, otherworldly "Queen of the Losers" (with Stewart's distorted, pathetic voice emanating from what sounds like a tin can at the bottom of a dumpster) and "Hay Choco Bananas" are extraordinary conflagrations of sonority that explode in multicolored new tonal realms.

"I'm almost embarrassed to say how much I like cannabis," Stewart confesses. "It helps me drink less, and I've always had horrendous insomnia, which it helps with. It's fantastic for sex—I'm a pretty dour and unfun person, and it puts me in a great mood."

His edible of choice is a mighty *indica* every time. "I like to go far away, to see another world with it," Stewart says. "I like the constant ascent if you eat a lot of it, of getting higher and higher and entering into different physical sensations. If I close my eyes, I see visual patterns and waves of organizing information that I find incredibly compelling and endlessly interesting." ✱

The Deepest Cut

Xiu Xiu's music from the maelstrom. *By John Payne*

"It seems to be about uncertainty, and the anxiety that goes along with that—and leaning on the supernatural to ameliorate it. It's unfathomable how people are able to live in a civilized way, considering how inherently chaotic existence is."

Xiu Xiu singer and composer Jamie Stewart is trying to depict what the band's new album is all about—not an easy task, since *Forget* is fantastically perplexing.

"Generally, we have a pretty good idea which direction things are going to go a couple of songs into the making of a new record—but for this one, the evolution was much more murky than usual," says Stewart, who's joined on the album by longtime percussionist Shayna

Dunkelman, producer Yvonne Chen and co-producer Greg Saunier of Deerhoof.

Forget's sonic and lyrical density, while accessible, is brain-crowded, so it's surprising to hear that the band put it together by setting narrow parameters for its creation.

"We wanted to work within a very small box, which I found sort of liberating," Stewart explains. "But we couldn't settle on a particular box to put it in, and we tried two or three different ones and probably recorded 30 songs—and they all, frankly, kind of sucked," he laughs.

A year and a half passed, and Stewart realized they had nothing usable, so he went the other route and tried to think about it as little as possible.

"I'd just allow the songs to be what they naturally wanted to be, in a more subconscious than intent-based approach," he continues. "Essentially, I had no concept other than to listen to the muse and not argue with what she had to say."

To broad-brush a bit, *Forget* is an album of light and dark songs where 1 + 1 = 5—i.e., the lightness and darkness (or humor and tragedy) come simultaneously, thawing into each other as if to query the substance



Mind Control

"I have a really negatively obsessive mind," Stewart confides, "and I'll think the same thought over and over again—whereas if I'm high, then that doesn't happen. If I begin to feel a negative thought creeping into my mind, it's very easy to fade it away."

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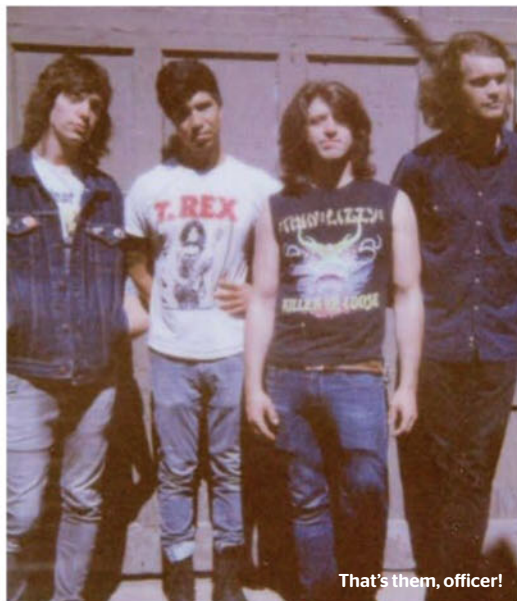
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Paradise Seeds Genetics give great results, as seen on the picture above of Daya Foundation's huge plantation, a licensed medical cannabis producer in Chile.



That's them, officer!

Mom Genes

Chicago rockers recombine their DNA.

The first song by Mama I ever heard was “Open Secret,” off 2014’s *Speed Trap* EP. I COULD NOT FUCKING STOP LISTENING TO IT. Go check it out right now before you read the rest of this. You’re welcome. Anyway, that song (and the rest of the EP) jammed tore-up Thin Lizzy, Artful Dodger, Raspberries, and the best of the Exploding Hearts and shot it out of a confetti cannon. Another EP, *Night Shoot*, followed in 2015, and late 2016 saw the release of *Eye in the Sky*. I heard Mama underwent a profound lineup change between the last two EPs, with only singer/guitarist Christopher DeArcangelis remaining, and members of



Mama
Eye in the Sky
(Maximum Pelt)

The Rubs, another killer Windy City band, backing him up. DeArcangelis writes all the songs, so ya might not think this would have much of an effect, but it does. Mama’s ensuing shift from blast-fast power pop to less-sugary but still blistering rock registers not as an abandonment of the band’s original sound, but as a focus on the more classic facets of

their influences. Each of the six songs on *Eye in the Sky* is enclosed in memorable Scott Gorham-level guitar scrollwork, which often leads into or out of a straight-ahead chord progression, sort of like the way a set of fangs might enclose prey. EP opener “Lazer Lover” thrills with a pulse-spiking twin-lead intro before settling into a simple Dead Boys-style riff (the type that also marks the driving “Hot to the Touch”), while the squalling guitars on “Double Trouble” lend the song an atypical bleakness that recalls *Zen Arcade*-era Hüsker Dü. It’ll be interesting to see what direction the band takes on their first full-length, due out this fall. One thing’s sure: I’ll be buyin’ it to find out!! *Polly Watson*

MUSIC RECOMMENDATIONS



Crystal Fairy
Crystal Fairy
(Ipecac)

“In denial, there is no end / Every monkey must transcend!” So sings Teri Gender Bender on “Chiseler,” the galloping opener on the debut album from Crystal Fairy, which sees Le Butcherettes vocalist fronting a band consisting of Buzz and Dale from Melvins and Omar Rodríguez-López of At the

Drive-In. Miss G-B expertly adapts her bilingual (English/Spanish) garage-punk style to Melvins’ thunderous grooves on tracks like “Drugs on the Bus” and “Necklace of Divorce,” resulting in some of the best material anyone involved has created. It’s weird, it’s catchy, and it’s awesome. *J. Bennett*

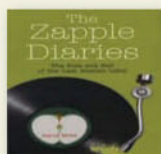


Midnight
Shox of Violence
(Hells Headbangers)

This four-song banger from cult Cleveland metal maniacs Midnight is essentially the product of one man: Jamie Walters (a.k.a. Athenar), who has a full band for live shows but plays all the instruments on Midnight’s recordings. His latest batch of Motörhead-meets-Venom blasts (including the

possibly Donald Trump-inspired “Groin Gripper”) is a blazing cacophony of buzzing guitars, frenzied d-beats and scorched-earth vocals. The CD and cassette versions of *Shox* feature 21 bonus tracks(!), turning this EP into a massive compilation of ripping metal mayhem. *J. Bennett*

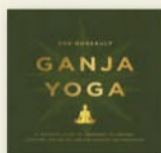
BOOK RECOMMENDATIONS



The Zapple Diaries
Barry Miles
(Abrams Image)

The Beatles formed both Apple and Zapple Records in 1968. Apple was for pop music, Zapple for experimental recordings. What’s revelatory is that the biggest pop stars on the planet wanted to support the least commercial “product.” Barry Miles was the label’s manager and

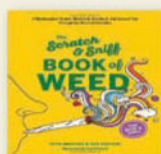
scoops the fascinating tale. In addition to John & Yoko and George’s avant-garde sketches, Zapple’s intended artists included Allen Ginsberg and Charles Bukowski. While the label failed due to hostile management, ’twas a noble experiment that spoke volumes about the Fab Four and their era. *Michael Simmons*



Ganja Yoga
Dee Dussault
(HarperOne)

The path to spiritual and physical health takes discipline, mindfulness, and maybe a hit off the occasional joint. Yogi Dee Dussault assembles the accumulated wisdom of the sages and enhances it with carefully modulated amounts of cannabis in her guidebook. This exploration of such

matters as “poses for pot-heads” and finding the right strain to complement your yogic practice is useful and enlightening. Every student of yoga knows that proper breathing is essential to the practice, but how many realize that cannabis use can increase lung volume? Just relax and inhale. *Mike DiPaola*



The Scratch & Sniff Book of Weed
Seth Matlins and Eve Epstein
(Abrams Image)

This latest addition to the pantheon of weed guides adds some good old scratch-and-sniff to the whimsical illustrations by Ann Pickard. Some scents here reek truer than others—it’s hard to replicate the real stank of Kush!—but the overall effect is delightful. Styled as a primer for absolute

beginners, the book’s sections are devoted to how weed makes you feel (both the good and possible bad effects), how it functions as an aphrodisiac (there’s a cheekily placed musk sticker), and a pastiche of cannabis facts. Makes for a fun stoned read and a great gift. *Mary Jane Gibson*

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Legalization Nation

New Frontier Data's survey reveals growing support for cannabis and nuanced views on the impact of legalization, decriminalization and prohibition.

John Kagia is executive vice president of industry analytics for New Frontier Data



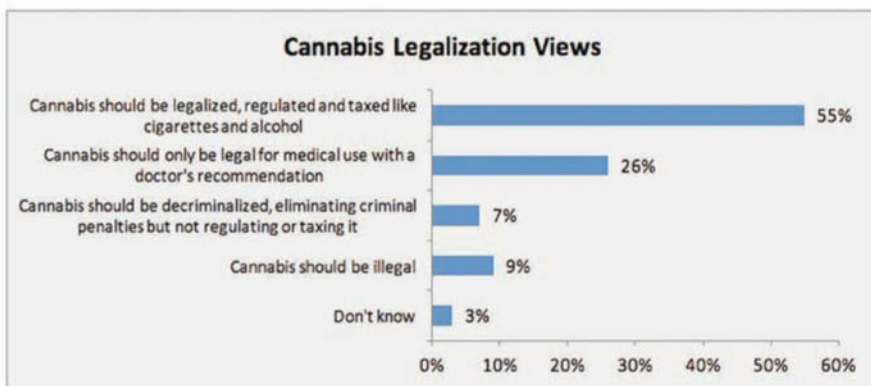
FOLLOWING THE HISTORIC developments for legal cannabis in the 2016 elections—including the adoption of adult recreational use in four states, new medical cannabis programs in three others, and the reinstitution of medical use in a fourth—the country has reached a tipping point in which a majority of states (29) now have some form of legalized marijuana market. Furthermore, a majority of Americans overall (198.6 million, or 62 percent in 2015) now live in states where cannabis is available for some kind of legal, regulated purchase.

In order to better understand the evolving perceptions of cannabis nationwide, New Frontier Data partnered with the survey firm Full Circle Research to conduct a nationally representative study of cannabis use, attitudes and behavior. The survey included 1,671 adults nationwide and was conducted between January 12 and 15, 2017.

The survey revealed new insights into the current support for cannabis, views on how it should be regulated, and concerns about its legalization. It included the following results:

A strong majority of Americans believe that cannabis should be legal. Only 9 percent of the respondents said that cannabis should remain illegal, although views varied on how it should be regulated by the government. A majority (55 percent) believe that it should be legalized, regulated, and taxed like cigarettes or alcohol, while one-quarter (26 percent) feel that it should only be legal for medical use. Another 7 percent think it should be decriminalized—eliminating the criminal penalties for possession and use—but without creating a formal regulatory structure around the plant.

Most people believe that legalization erodes illicit markets and will result in positive economic impacts. Two-thirds (66 percent) of those surveyed believe that legalization will reduce the amount of money criminals make from illegal drugs, while 56 percent believe that legal cannabis can help improve the economy and create new jobs. These views have been



A majority of Americans overall (198.6 million, or 62 percent in 2015) now live in states where cannabis is available for some kind of legal, regulated purchase.

borne out in adult-use markets. For example, in less than three years' time since adult-use sales began in Colorado, the legal cannabis market is believed to be serving approximately two-thirds of the total state demand. In 2015 alone, the Colorado cannabis market is estimated to have created 18,000 jobs, of which nearly 12,600 were full-time positions or their equivalent created directly within the industry, with the remaining 5,400 being either indirectly created or induced by the economic activity sparked by the industry.

Other notable findings:

- 63 percent of respondents believe that the federal government should legalize cannabis, and only 17 percent believe that preventing cannabis use should be a high priority for the Feds.

- 51 percent say they've become more supportive of cannabis legalization in recent years; only 10 percent say they've become less supportive. This suggests that support for legalization will continue to build in the future.

- 70 percent heard about cannabis legalization on the news or via social media in 2016, and 50 percent discussed the legalization of cannabis with family and friends, indicating a high level of public visibility and engagement on this issue.

- 70 percent believe that legalizing

cannabis will raise valuable revenue for the government—a view supported by reports that in 2016 alone, Colorado raised nearly \$200 million in taxes and fees.

- The majority of respondents were not concerned about negative social or health outcomes from legalization. Only approximately one-third of respondents said they were very or extremely concerned about increased addiction or drug-dependency problems (35 percent); increased health problems related to drug use (31 percent); or increased criminal activity related to selling drugs (30 percent).

- Only 22 percent would vote against a politician who had used cannabis, highlighting the diminished social stigma once associated with cannabis use.

- Only 20 percent believe that campaigns like "Just Say No" and D.A.R.E. (Drug Abuse Resistance Education) are effective at reducing cannabis use.

Taken together, these findings paint a picture of an American public increasingly ready for a new approach to regulating cannabis. The growing base of support for federal legalization is particularly interesting as the Trump administration and Congress debate possible changes to national cannabis policy in the year ahead. 🌿

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A few hits gets you
high."

—Nashville, TN

(Kush)

"This herb is incredible.
Makes delicious rosin."

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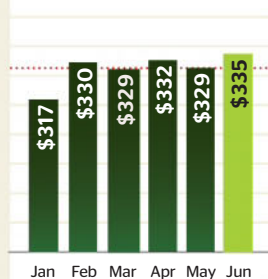
MARKET ANALYSIS

Prices by the ounce

All indices finished June above their previous month's average. After three-straight months of dropping prices, the Western Index stabilized in June, finishing \$3 above its May average. All indices finished within \$6 of their previous month's average and all, with the exception of the Western Index, finished within \$8 of their year-to-date average.

US Price Index

YTD Average: \$329



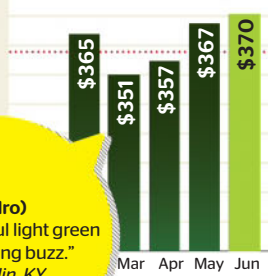
Eastern Index

YTD Average: \$351



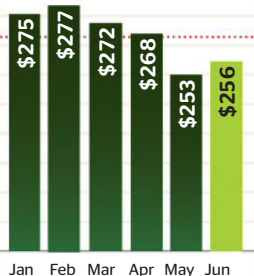
Southern Index

YTD Average: \$362



Western Index

YTD Average: \$267



(Hydro)

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—Franklin, KY

TRANS HIGH MARKET QUOTATIONS

STATE	CITY	STRAIN	PRICE
ALABAMA	Birmingham	Blueberry	\$360
ARIZONA	Phoenix	Grape Ape	360
CALIFORNIA	San Francisco Redding	Blue Dream Chemdog	250 120
COLORADO	Pueblo Ridgway	Golden Goat Nicole Kush	280 225
CONNECTICUT	Hartford	Bubba Kush	380
FLORIDA	Miami	Girl Scout Cookies	375
GEORGIA	Atlanta	Trainwreck	360
HAWAII	Maui	Bubblegum	350
ILLINOIS	Chicago	Star Dawg	380
INDIANA	Indianapolis	White Widow	360
KANSAS	Topeka	G-13	350
KENTUCKY	Franklin	Hydro	300
LOUISIANA	New Orleans	Ghost Train Haze	400
MAINE	Portland	Vortex	320
MARYLAND	Baltimore	Sour Diesel	420
MASSACHUSETTS	Worcester	Purple Kush	180
MICHIGAN	Detroit	Super Silver Haze	360
MINNESOTA	Minneapolis	Guava Chem	380
MISSISSIPPI	Philadelphia	Headband	360
MONTANA	Helena	Tahoe OG	300
NEVADA	Las Vegas	Girl Scout Cookies	380
NEW JERSEY	Hoboken	Banana Kush	350
NEW YORK	Brooklyn New York	Strawberry Cough Sour Diesel	380 400
NORTH CAROLINA	Charlotte	Sensi Star	375
OHIO	Columbus	Northern Lights	350
OREGON	Portland	MK-Ultra	180
PENNSYLVANIA	Philadelphia	Purple OG	360
RHODE ISLAND	Providence	Master Kush	350
TENNESSEE	Nashville	Girl Scout Cookies Granddaddy Purps	300 250
TEXAS	Austin	Blue Dream	330
UTAH	Salt Lake City	Skywalker OG	350
VERMONT	Burlington	Chemdog	380
VIRGINIA	Richmond	Critical+	360
WASHINGTON	Seattle	Cheese Lemon Kush	260 250
WEST VIRGINIA	Huntington	Kush	300
WISCONSIN	Madison	Jedi Kush	380

INTERNATIONAL

CANADA	Montreal Toronto Winnipeg	Jack Herer East Coast Sour Diesel Pre '98 Bubba Kush	C\$200 180 190
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Five Easy Steps to

As more and more medical marijuana states come online and other states legalize recreational use for adults, many people are asking how they can easily—and with minimal expense—grow their own cannabis at home. Here's a quick-start guide to setting up a small indoor garden and getting it running effectively. *Story & photos by Nico Escondido*

Step 1

Choosing a Space

The first step in any cultivation project is identifying a smart space for your garden. At home, grow spaces tend to be smaller and more restricted than one would like, especially indoors. The home grower commonly has limited options, such as a closet, basement or garage, where extra space might be available.

The primary considerations in choosing a site for your garden are the size of the space itself (including height) and the ability to properly seal and ventilate it. Bringing fresh, cool air into the garden and exhausting hot, spent air out of it are often overlooked and underestimated factors when setting up a grow. A secondary consideration for some might be security and the ability to conceal the garden.

Closets offer the best option, because they provide a space that is relatively sealed compared with a grow space in an attic, basement or garage, which may require its own walls or enclosures to be built—though if the latter options are more appealing to you, grow tents offer an excellent alternative. Enclosed and sealable spaces are preferable because they make it much easier to control the environment around your plants.

Of course, while grow tents afford excellent environmental control, they will add to the cost of your garden. Standard grow tents with a 4' x 4' footprint can run anywhere from \$100 to \$200—possibly more, as some tents come with “bundle” deals that include fans, timers, a light, etc.

Growing Your Own

Whether it's in a basement, attic or closet, grow tents like this one make it easier than ever to grow your own head stash.





When choosing your grow lamp, a small HID bulb is still the best bet.

Step 2

Buying a Grow Light

The next consideration in setting up your garden is the equipment you'll use. A grow lamp is perhaps the most important equipment purchase you'll make, because light is the most integral ingredient in the recipe: Without light, there is no way for plants to conduct photosynthesis and produce the energy they need to survive and thrive (more on this when we get to nutrient feeding).

The task of shopping for a light can be a daunting one for first-time growers, but it doesn't need to be. Indoor horticulture requires specialized bulbs, which we call high-intensity discharge (or HID). These bulbs require a dedicated ballast to run, meaning they're not the kind you can simply screw into an existing house socket or lamp. To complicate things a bit further, there are two types of HID bulbs used for indoor growing: metal halide (MH), which is generally used in the vegetative stage, and high-pressure sodium (HPS), which is generally used in the flowering stage. An inexpensive MH or HPS lighting system will run approximately \$140. Savvy growers will purchase a ballast system that can run both MH and HPS bulbs and then get one bulb for each phase of growth. The bulbs themselves can be bought for \$50.

The central question for the new grower isn't so much what type of bulb to use (in truth, you can get away with using an HPS bulb for both veg and flower), but rather what size (or wattage) to choose. HID lights utilize bulbs ranging from 250 to over 1,000 watts. This consideration is important because your lamp will be the primary producer of heat—and heat is a big nemesis in most indoor gardens. Using that 4' x

4' footprint as our example—and assuming four plants in the garden—a 400- or 600-watt light would be your best bet, depending on how well you can ventilate the garden space. If you're confident that you can exhaust heat out (from the top of the space) and keep temps around 74°F, then a 600-watt bulb will pay off a lot more in terms of yield.

Many people ask about LED lamps, especially for small home grows, but the better LED lamps on the market (meaning those that provide full-spectrum white light) run over \$1,000 per unit. The newer LED lamps (which don't produce the pink and purple hues) have had to sacrifice their normal advantages of reduced energy consumption and heat output to match the quality and quantity of light that HID bulbs produce.



Economical in the short-term, LEDs usually disappoint come harvest time.

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A small, top-fed hydro system in rockwool

Step 3

Picking Your Setup, Medium and Containers

Before we address the various types of grow systems in more detail, it should be noted that new growers are strongly encouraged to start off keeping it simple and basic—i.e., using plant containers on a floor tray and hand-watering the plants daily. A 4' x 4' flood tray will fit nicely into a closet or grow tent and is useful for catching runoff from the containers after watering. (A 4' x 4' tray runs approximately \$120.)

The plant containers recommended for new and advanced growers alike are those that are most “breathable,” such as fabric pots or grow bags. These containers allow outside air to more easily permeate the medium. This is critical for proper root growth and development, as the roots breathe in oxygen during the dark cycle. The size and health of the root structure is directly proportional to the size and health of the plant above it. Thus, there’s a close correlation between large, well-developed roots and the plant’s eventual yield.

As for irrigation, there are plenty of automated watering systems available, but these are more technically challenging and have several parts to manage, including pumps, timers, hoses and reservoirs. First-time growers should seriously consider hand-watering their plants once or twice a day and not worry about automation. Not only does this method allow you to better familiarize yourself with your garden, but it also helps you identify (and quickly correct) any problems you might see with pests, diseases or nutrient deficiencies.

New growers looking to automate their watering and feeding schedules might consider a simple flood-and-drain system. In this setup, the grower raises the flood tray off the floor about 3 feet and slides a water reservoir beneath it. Using a timer and pump, this setup delivers water to the flood table above, soaking the plants’ root zones for a few minutes at a time before draining back to the reservoir below. This system requires netted pots that allow for ample water penetration, as well as a hydroponic medium like hardened expanded clay (HEC) pellets or rockwool. However, it should be noted that these mediums can be very difficult to work with, even for more advanced growers.

Another possibility for a small, four-plant grow would be



A small flood-and-drain table system



Top-fed plants in fabric pots

a deep-water culture (DWC) system. This uses buckets as the plant containers, which are connected to one another by hoses and then to a central reservoir. A DWC system is a variation on the flood-and-drain system, except that each bucket floods with water and drains instead of an entire flood table. Plants sit nestled into the lids, with their roots dangling down into the buckets. Not only does this system provide water and nutrients via the flooding, but it also provides optimal airflow and oxygen for the roots. In terms of the medium, the requirements for a DWC system are minimal, since the plants sit in small netted pots usually filled with HEC to hold the plug that the plants were initially rooted in. This system also relies on pumps, hoses and timers, but this equipment is usually bundled together and sold as a turnkey solution for home growers. These systems are scalable from four to as many as 20 plant sites and will start from around \$115 and up.

Still, the best medium for new growers to start with—especially in a basic hand-watered garden—is a soilless mix. These mixes look and feel just like regular outdoor soil, but they’re actually coco-, peat- or sphagnum-based, usually with some perlite and wood chips mixed in to help retain moisture and aerate the medium. Soilless mixes are much more forgiving for new growers if a mistake is made with nutrient feeding: They offer excellent buffering for the roots and help protect against nutrient burn and nutrient lockup in the root zone. Unfortunately, most automated hydroponic systems do not lend themselves to loose, grainy mediums like soilless mixes, which is another reason it’s recommended that new growers start off with hand-watering.



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Step 4

Choosing Your Nutrients

When we talk about “feeding” plants, what we really mean is watering them with a nutrient-rich solution. These solutions are simply dissolved minerals in purified water and do not actually provide the plants with “food”; rather, they aid in the process of photosynthesis, by which plants create the sugars (in the form of glucose) that they use as their actual food for the energy to develop and grow.

As noted earlier, certain types of mediums, such as soilless mixes, are easier to use and offer more buffering for the root system. As a general rule, new growers are encouraged to use low doses of nutrients starting out. It’s always easier to correct a deficiency in nutrient uptake than it is to correct an overdose. But whether you’re checking for symptoms of under- or overfeeding, it’s essential to stay closely attuned to your plants’ needs, inspecting their leaves daily for signs of discoloration that may indicate a nutrient problem. Again, this is yet another reason why hand-watering plants is the smarter



choice for new growers.

Because synthetic nutrients can be quite potent and the proper doses tricky to master for beginners, many growers turn to organic nutrient lines, which offer a milder form of the minerals that are easier for the plants to break down and absorb. Synthetic nutrients are salt-based and can easily create problems in your medium and plants. Most major nutrient manufacturers offer organic lines to complement the heavier synthetic lines they produce. Popular brands like General Hydroponics, Advanced Nutrients and Botanicare all have organic products for cannabis growers. Keep in mind that nutrients—while an essential part of cultivation—will be one of the more expensive items for your garden.

Top: Hardened-expanded clay (HEC) medium
Middle: Peat-based soilless mixture with perlite
Bottom: Coco-based soilless mixture



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HIGH TIMES

2016 S.T.A.S.H. AWARDS

OUR PICKS FOR GEAR OF THE YEAR

The High Times Cultivation Department is constantly on the lookout for new innovations in marijuana-farming technology. Each year, we reveal the latest and greatest grow gear as part of our Significant Technological Achievements in Secretive Horticulture (or S.T.A.S.H.) Awards.



Best Power Trimmer

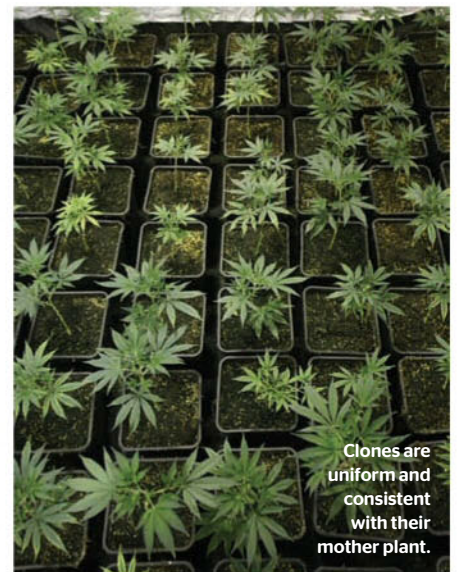
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\$4200 Collective Unit, \$8000 Industrial Unit
ultratrimmer.com



Trimming up
a storm



Step 5

Procuring Seeds or Clones

Finally, we come to the million-dollar question: Where do I get my seeds? This question is asked more often than any other, and there really is no single easy answer.

For starters, purchasing seeds from international sellers can pose a legal issue when it comes to shipping across borders. The same applies to buying seeds from medical or recreational states in the US. Still, many growers insist that purchasing and

transporting seeds is quite simple and safe, given how small and easy they are to carry. Seed companies overseas are also willing to ship seeds anywhere in the world, often with a disclaimer attached that the buyer assumes all liabilities.

In truth, many of the seed banks selling genetics from various breeders and seed companies do a decent job of deploying ingenious methods to ship their seeds to you, and if they're discovered by authorities, the seeds are most often simply confiscated and destroyed, leaving the seed banks to deal with their irritated customers. The larger issue in procuring seeds is the quality of those beans. Finding a reputable seed seller that isn't going to

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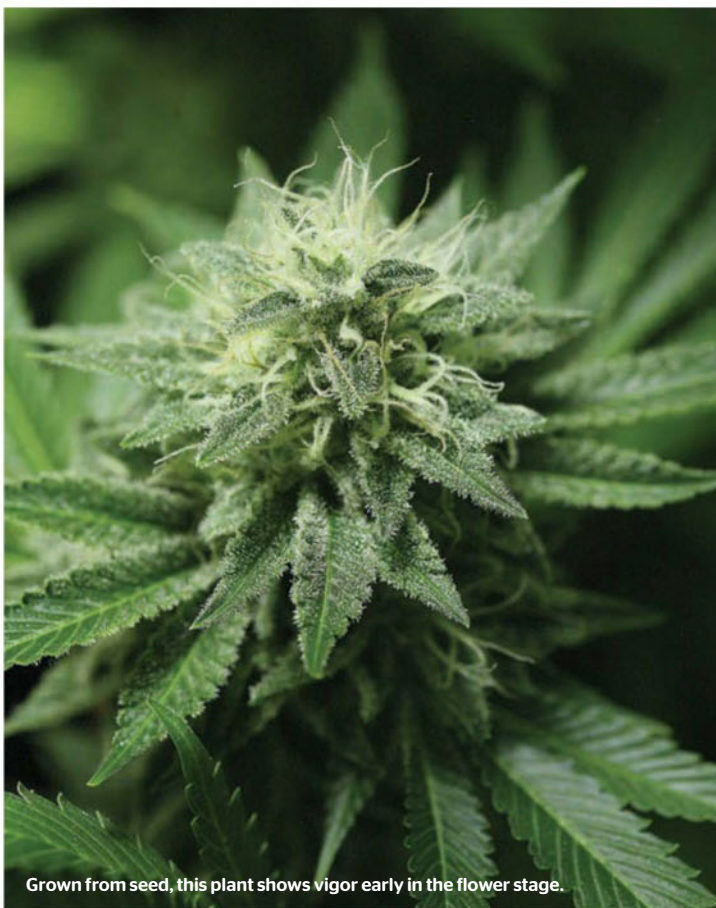
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send you falsely named genetics can be an issue—one that can only be sorted out through trial and error or by recommendations, reviews, and word of mouth.

If you happen to live in a medical or recreational state where dispensaries are allowed to sell clones, then you're in luck. Clones offer many advantages over seeds, including shorter grow times, more stable development and a better guarantee of genetic lineage (as it's less likely that a dispensary will be misinformed about the strains it's growing and selling). On the flip side, when buying clones, be sure to check carefully for signs of pests and diseases. Take a magnifying loupe along for the purchase, and check the undersides of leaves and dangling roots for mites, thrips or other insects. You should also check for white residue such as powdery mildew or browning molds like botrytis.

Whether you decide to grow from seeds or clones, a good rule of thumb is to keep a mother plant of any strains that you know you like. So if you're buying a clone, for example, get two and keep one in the vegetative stage (18 hours of light and six hours of darkness per day) while you grow out and test the other one. If it's a winner, then you can continue to take your own clones off the mother plant, which must be kept in the vegetative stage. Of course, this solution may require setting up a second small garden space, but after reading this article, you now have a pretty good idea how to do that. ✨

Follow Nico on social media: @Nico_Escudido (Twitter) and @Nico_High_Times (Instagram). Got questions? Email 'em over to Nico at NicosNuggets@hightimes.com and he'll answer them on hightimes.com.

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ADVANCED NUTRIENTS PIONEERS MARIJUANA GROWING EDUCATION

Advanced Nutrients has recently launched **Grow Med University (GMU)**, a free, self-directed online hydroponics course that reveals the latest techniques, tips, tricks, and technology used by the most competitive marijuana growers in the world.

Step-by-step tutorial videos, white papers, efficacy reports, and informative scientific articles allow any grower with an Internet connection to hone their skills and help produce their best harvest yet, free of charge.

Why Marijuana Growing Education Is a Top Priority for Advanced Nutrients

The medical marijuana industry is growing every minute. Legal marijuana is the fastest-growing industry in the U.S. and a slew of other businesses are jumping on the bandwagon as well. At present, 23 U.S. states allow medical-marijuana use, while 7 have legislation pending to issue licenses for it.

4 states and Washington, D.C. have legalized cannabis outright, while another California referendum in 2016 will allow recreational use in a state that was the first to permit medical marijuana use way back in 1996. It is estimated that medical marijuana is already a multibillion-dollar industry (without counting recreational sales).

While a great deal of information and misinformation appears daily on the Internet, novices and more advanced growers alike are always looking for a source of reliable information which can serve to improve their yields, both in terms of quality and quantity. A whole community of growers inhabit the growers' forums and are always looking to perfect their growing skills, without having to wade through hours and hours of irrelevant or misleading forum posts.

GMU is a bold step in a better direction, and by elevating the general level of education among growers, the quality of marijuana, especially as medicine, will skyrocket worldwide. This isn't just for connoisseurs. It's for children with epilepsy, as well as adults suffering from the effects of chemotherapy, chronic pain, and glaucoma. Thousands of YouTube videos help document the impressive results of therapeutic cannabis use.

Grow Med University is a course representing the cumulative experience of scores of the most competitive growing experts. From day one, it was envisioned as a community-driven resource, providing much needed knowledge to the medical-marijuana community. If you have a passion for hydroponics and growing marijuana to help patients get rid of illness and pain, then **Grow Med University** is for you.



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Ayahuasca, Alex Grey and the Second Coming of Psychedelics

Psychedelics are making a comeback thanks to increased interest in therapeutic and spiritual use. The visionary artist extraordinaire Alex Grey reveals how ayahuasca powerfully influenced his creative output and inner being. Plus: A first-look at his design for the new High Times Cannabis Cup! *By Don Lattin*

Fifty years after the flowering of psychedelic culture first blossomed in San Francisco, scientific research and spiritual exploration into the mysteries and medicinal uses of mind-altering substances have once again taken root.

Consciousness-raising compounds like psilocybin, the stuff that gives magic mushrooms their magic, and MDMA, better known as Ecstasy, are finally emerging from the counterculture and turning up in the laboratories of some of the nation's leading universities, where scientists and psychotherapists

are probing their therapeutic properties and healing powers. Advances in neuroscience and in new imaging technology have enabled researchers to map the psychedelic brain in real time, deepening our understanding of human consciousness.

Some of this research into the beneficial uses of LSD, mescaline and psilocybin dates back to the 1950s and early '60s, before it was interrupted by a political backlash against the perceived excesses of the hippie counterculture. That halted the advance of psychedelic science for most of the 1980s and '90s, but to quote last year's Nobel laureate in literature, the times, they are

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In 2017, two of the organizations leading the second psychedelic revolution will begin a final round of government-approved clinical trials with hundreds of patients suffering from post-traumatic-stress disorder, depression, substance abuse or severe anxiety, who will participate in psychotherapy sessions fueled by MDMA and psilocybin. The scientists and donors affiliated with these two organizations, the Heffter Research Institute and the Multidisciplinary Association for Psychedelic Studies (MAPS), hope to bring these psychoactive compounds out of the research lab and into the medical mainstream.

Meanwhile, a new generation of spiritual seekers has rediscovered the transformative power of psychedelic plants. Holding center stage in this shamanic revival is ayahuasca, a bitter-tasting beverage brewed from two plants native to the Amazon basin. In the United States, the ayahuasca gospel is being preached on two fronts. The first is through an underground network of teachers trained by shamanic healers in Peru and elsewhere. The second is a missionary movement launched by a pair of Brazilian churches that use ayahuasca in their religious rites. They have established congregations in the United States that, under the limited protection of a 2006 Supreme Court ruling, can legally dispense this psychedelic communion.

Advocates for both the therapeutic and spiritual use of psychedelics are already celebrating the start of the “post-prohibition era.” That party may be a bit premature, but the government crackdown on scientific research and even the personal use of these drugs has certainly lessened over the past decade.

Thanks to the gradual, state-by-state decriminalization of medical marijuana, followed by full legalization in some states, marijuana has served as a model for the changing attitudes and public policies regarding psilocybin, MDMA and similar substances. However, many psychonauts aren't waiting for government permission: A rising number of consciousness explorers—including many in Silicon Valley—have begun experimenting with microdosing, taking subliminal or near-subliminal amounts of LSD or psilocybin in an effort to foster creativity and improve



cognitive function.

Psychedelic plants and chemicals are not for everyone. They affect different people in different ways, depending in large part on one's intention and the setting in which they're taken. But often, sometimes in subtle and other times in dramatic ways, they inspire wonder and awe, providing the heightened insight and sense of profound meaning that one may also experience in dreams or religious exaltation. Half a century after the Gathering of the Tribes for a Human Be-In—the event that kick-started the Summer of Love—took place in San Francisco's Golden Gate Park on January 14, 1967, we can once again envision a not-so-distant future where psychedelics will be safely, sanely and legally brought back into our lives.

One place to learn more about the second coming of psychedelics is the new book *Ayahuasca Reader: Encounters With the Amazon's Sacred Vine*, a highly informative compendium by a variety of researchers, shamans, seekers, artists and scholars, and featuring an extensive gallery of works by ayahuasca-inspired artists, including Alex Grey, whose chapter and art are excerpted here. ✨

Don Lattin is a San Francisco-based journalist and the bestselling author of The Harvard Psychedelic Club. His latest book, Changing Our Minds: Psychedelic Sacraments and the New Psychotherapy, will be published this spring by Synergetic Press. For more information, go to www.donlattin.com.

Ayahuasca in My Art and Philosophy

My first ayahuasca sessions were in January 2001 in Brazil, and I immediately fell in love with this mind- and heart-opening sacrament. My very first journey was so positive I described it as God sitting on my eyeballs. I met a being made of flowing, iridescent jewels who came close to my face so I could remember. The Ayahuasca Visitation was a drawing based on that first trip. My second session was a series of dark and scary visions, including an autopsy on myself and a game of hide-and-seek with God. As I lay among the dead bodies at Auschwitz, God asked, “Can you see me now?” The relentless intelligence of the unconscious processes unleashed during the journey made me surrender to the weirdness and wisdom of the jungle medicine. Over the past 15 years, I returned many times to the retreat center and deepened my relationship with the inner cosmos unlocked by Aya.

Visionary art influenced by DMT often displays ornate pattern languages of dotting and radiating flow forms. I noticed this when drawing some of the angels and fucking dragons I was seeing. One of my favorite times on ayahuasca was while painting Seraphic Transport Docking on the Third Eye. I was able to work without my hands shaking, as sometimes happens with other psychedelics. I could close my eyes and check on the colors and luminosity.

The greatest inspiration I've had so far on ayahuasca were visions of the Net of Being. In 2003, deep in the jungles of Brazil on an ayahuasca journey, I entered a great net of being, a fiery, jewel-like web of Godselfs weaving an endless anthropocosmic tapestry. It was a realm of universal beings with an omnidirectional topology of interconnected heads and hearts, fusing boundless wisdom and love. A luminous ball inside the basketlike head of each four-faced God was the heartglow shining an eerie under-light for the level of Godheads rising above and beyond sight. The flaming lattice of eyes and galaxies revealed a new order of the x-y-z axis, an endless soul-field of infinite consciousness.

The word seraphim comes from the Hebrew verb *saraph*, meaning “to burn.” Seraphim means “the burning one.” Because angels are light-beings, the Net of Being, an infinite circuitry made of fiery light, represents the ideal agency through which the Divine may manifest. An angel is a spiritual being dedicated to the service of divine purpose. Angels do as commanded by the Absolute, the Great Mystery. The great Sufi mystic Ib'n Arabi said that the imagination is our angel, where “God meets God.” A symbol of the infinite, creative, visionary imagination, the Net of Being is an interwoven thoroughfare in which God is simultaneously, superconsciously operative in every dimension of space. The grid of Godheads gaze at one another with a mirror-like interreflectivity evocative of the mythic Jewel Net of Indra, or Buddhafields, from the Avatamsaka Sutra. The arching foreheads of the QuadGods act as pillars in a topology of angel-tecture creating an endless web of forever-receding corridors. Peace, power and nobility are the qualities attributable to these watchful faces. Alex Grey

Excerpted from Ayahuasca Reader: Encounters With the Amazon's Sacred Vine, Edited by Luis Eduardo Luna & Steven F. White

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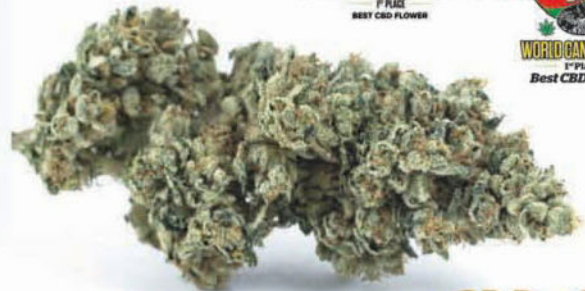
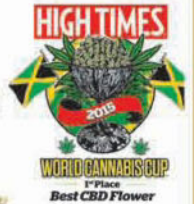
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INTRODUCING THE NEW HIGH TIMES CANNABIS CUP

Designed by Alex Grey

The history of collaboration between High Times and the legendary visionary artist Alex Grey goes all the way back to 1995, when he designed the artwork for the Eighth Annual Cannabis Cup in Amsterdam. Grey's creation, Cannabia, commemorated a year themed "The Goddess Cup" and became an enduring symbol of the event. Then, a decade later, he followed up with Cannabachus, honoring the plant's male spirit.

And now we're proud to announce that Alex Grey has redesigned the High Times Cannabis Cup itself, updating the most prestigious prize in pot for the first time since the competition began back in 1988. We recently caught up with the artist to smoke a victory joint (or three) and discuss his inspiration for reimagining this iconic symbol of herbal excellence.

How does it feel to redesign the High Times Cannabis Cup?

I greatly admire the idea of creating an award around this sacramental ally as a way of evolving as a community. And High Times has always had a generous and welcoming approach to the arts, to culture in general and to individual artists, myself included. So to have this honor of now doing an Alex Grey remix of the Cannabis Cup—it's a thrill.

What did you retain from the original design, and what's new?

The snake and the kind of helical form have always been part of the Cup's design, as has the cannabis leaf itself, and those trademark elements remain in the Cup that I designed. But I decided to feature both *sativa* and *indica* leaves to show that there's variation in the plant. So it's not just a generic pot leaf—it's a little more granular as far as the reference point to one strain or another.

Because of my years of

scientific illustration, I also paid close attention to the details, including creating a helical ascension from the base of the Cup that references the plant's DNA. I wanted to display the helical DNA-type structure and the actual

molecules because, when we're talking about cannabinoids, we're talking about physical stuff. So the base of the Cup references some of the main cannabinoids with written type denoting THC, CBD and all the other various

cannabinoids found in the plant, and I also depicted the chemical symbols of those cannabinoids. Plus there's a little statement that reads: "Hail cannabis, ancient sacramental healing ally of humanity."

Next, we trace the earliest origins of the plant from the Kush mountain region to its dispersion throughout China. So the Cup includes the ancient Chinese symbol for cannabis. I also wanted to show that cannabis has been in a relationship with humanity for 10,000 years, so it's dated 8000 BC. Then we follow the other head of the serpent to India, where we see cannabis growing around the Ganges River at least as far back as 2000 BC, where it shows up in the Veda culture.

I wanted to start with this scientific and societal foundation for the Cup and then reference higher spiritual symbolism, so there's also an eye symbol (which I add to almost everything I create)—because one of the things cannabis can do in the proper situation and with the proper focus is to open our spiritual eye. And then, to point to the highest spiritual reality possible, the upper rim of the Cup is inscribed with the indecipherable language of creative expression, as visualized by [my wife and frequent collaborator] Allyson Grey, the wonderful artist to whom this appearance of the symbolic language revealed itself.

What are the materials it's made from?

I first designed it with just pencil on paper, and then I got in contact with a wonderful digital sculptor named Taha Alkan, who's created incredible virtual-reality environments like Michelangelo's studio. So first the Cup was transformed from my drawings into numerical digits and things like that in a computer, and then it was 3-D printed out. The award sculptures will be zinc die-cast and feature a gold-plated antiqued finish. It will be mounted on a two-tier black nickel-plated base containing the engraved award name and category name. ✨



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Spring Planting Guide 2017

Once the threat of frost has subsided, it's time to get your outdoor or greenhouse garden started. But the real work begins earlier as you plan and prepare for the growing season to come. Prior to planting, get the information and equipment you'll need to succeed. *By Danny Danko*



Plants grown outside benefit from full sunshine all day long.



Roots emerge from moistened seeds within a couple of days.



Prepare grow beds before planting for best results.

Selecting and Ordering Seeds

If you plan to grow from seeds, you must select and procure them with enough time to get them started. Take a look at some reputable seed breeders' websites or catalogs to get an idea of your options.

If you're in a place with a reduced growing season, you'll want an *indica*-dominant strain with a shorter flowering time. If you have a longer season or can extend it with a heated greenhouse, you can grow *sativa*-dominant strains that may not finish until November or later.

Find a seed company that's been around for a while and trusted in the community, preferably one with plenty of favorable reviews online. Never have seeds shipped to the location at which you plan to grow.

The key to harvesting big plants in the fall is to start them indoors well before you plan to place them outside or into a greenhouse. This requires having a grow space under lights that are set for the vegetative stage: 18 to 20 hours of light per day. This space should be kept warm (70°F to 75°F), humid (relative humidity near 50%) and clean.

The largest outdoor plants—the ones that are weighed in pounds, not ounces—get their start indoors as early as December. They grow in their vegetative stage for months until they're placed outdoors after the threat of frost has subsided. Then they continue to vegetate throughout the spring and summer before they flower in the fall.

Preparing Grow Beds or Containers

This is the time to loosen any compacted soil and to add compost and any amendments that may take a long time to break down. Outdoor grow holes can be improved over time by employing the technique of sheet composting. This means adding your cured compost on top of the existing soil and letting the worms do the aerating for you.

Tilling the soil harms the mycelial strands that work in concert with your plants' roots. Instead of digging up the soil every year, you can allow this symbiotic relationship between roots and fungus to improve the quality of the soil and your plants' ability to fight off diseases and pests. In this way, the beneficial bacteria and microbes create a "living soil" that gets better every year.

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Provide light to seedlings as soon as they break through soil.



Vegging plants will stretch towards their light source.

Starting Seeds

Germination can be accomplished in a number of ways. Some growers swear by the moist-paper-towel method. Seeds are placed between wet paper towels until they pop open, revealing the emerging taproot. Then the seeds are gently placed, root side down, into their medium.

The easiest way to start seeds is to plant them directly into the moist growing medium of your choice. Poke a hole a quarter- to a half-inch deep in your soil mix (or rockwool cube, coco peat, etc.) and drop in the seed. Fill in the hole with medium and keep it moist. Covering the container with plastic wrap will maintain humidity, and you should make sure it doesn't dry out.

As soon as you see a tiny green shoot emerging, get the seedling under a grow light. A fluorescent, LED or high-intensity discharge (HID) light will all work for this, but you must keep the light at the proper height to prevent the plant from stretching and also to avoid burning the tender young shoots. If you choose to go with an HID, metal halide (MH) is better at this stage than a high-pressure sodium (HPS) light.

The Vegetative Stage

Cannabis grows in two stages, vegetative and flowering. During the vegetative stage, the plant grows shoots that turn into branches. Once a plant begins flowering, it stops growing branches and begins to form buds.

Indoors, the flowering stage can be triggered by cutting back the light cycle from 18 to 20 hours of light per day to 12 hours of light and 12 hours of uninterrupted darkness. Outdoors, this process begins to happen naturally as summer wanes and the days grow shorter.

Vegetative time can be shortened or lengthened artificially by using light-deprivation or light-supplementation techniques. Some greenhouse growers employ dark sheeting to reduce the amount of light and flower their plants sooner. In this way, they harvest earlier and avoid rippers, cops, and the bad fall weather that can ruin crops with mold and rot. Others use lights to extend their vegetative season in order to grow bigger plants.

During the vegetative stage, plants need nutrients that are high in nitrogen. On the NPK rating scale listed on plant foods, the nitrogen (N) ratio comes first, followed by phosphorus (P) and potassium (K). During the vegetative stage, use fertilizers with a high number for nitrogen (i.e., 5-1-1). Healthy green leaves and robust new growth are a sign that nitrogen levels are good, but yellowing leaves point to a deficiency (or possibly a pH imbalance). Burnt leaf tips indicate an overabundance of nutrients, so flush your plants with lots of plain water if you see leaf tips start to get crispy.

It's important to note that the size of your grow hole or container is directly proportional to the size of your finished plant. "The bigger the root, the bigger the fruit!" as our friend Chris Bliss likes to say. You can't grow massive plants in 1- or 2-gallon containers, and the smallest I would recommend outdoors would be a 5-gallon bucket. It's hard to go overboard with the size of your container. Smart Pots (smarpots.com) makes a Big Bag Bed that holds 100 gallons!

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Foliar feeding provides mild nutrients and cleans leaf surfaces.

Foliar Feeding

The vegetative stage is the best time to foliar-feed your plants. Spraying your plants with water or a mild nutrient solution (such as liquid kelp or aerated compost tea) provides nutrients while also cleaning the leaves of any accumulated dust particles that can inhibit their ability to take in the maximum amount of light.

Foliar feeding is best done in the morning, before the sun is at its highest point, to avoid burning leaves. In the middle of the daytime, hot sun and bright light can force the leaves' stomata to close up. Avoid spraying close to nighttime or the start of the dark cycle, as the liquid won't have time to be absorbed and thus will linger on the leaves, creating the perfect place for mold and powdery mildew to develop.

Be sure to spray the mist onto both the tops and the undersides of leaves for full absorption and the greatest benefit. Never foliar-feed your plants indoors without first protecting your light from the moisture, and remember to stop foliar feeding about two weeks into flowering to avoid issues with mold, mildew and bud rot.



Topping plants results in more tops and bigger yields.

Pruning/Fimming/Training

The vegetative stage is the ideal time for pruning and training in order to achieve more branches, bigger plants and a much heavier harvest. Once a plant has three or more nodes, you can begin the pruning process. It can be as simple as trimming the tops off growing shoots in order to increase the amount of future branches, but there are several different ways to prune selectively.

Some growers train branches by weighing or tying them down using the low-stress training (LST) technique. This increases the canopy surface area that the light can reach and turns secondary and other branches into main tops. Bushier plants produce much more pot than Christmas-tree-style plants with one main cola and the typical triangular profile.

A sinker like those used in fishing works great to weigh down a main branch without having to cut it. Once the main branch sags below the lower branches, a chemical signal is sent telling these branches that they're no longer subordinate to a main top, allowing them to each become a dominant branch, thus significantly increasing your yield.

Smart growers introduce a trellising system during the vegetative stage in order to spread their growing branches wide. There are many different types of trellising, from chicken wire to strings or metal bars, but what they all share in common is spreading the canopy to create a more level surface area. Branches tucked underneath a horizontal trellis will produce many more bud sites than branches growing upward, so be sure to use some kind of trellis to get the most out of each plant.

As the growing shoots approach the trellis, bend them to fill the empty holes in the canopy. When they start the flowering process, leave them alone until it's time to harvest. Take care when removing the branches from the trellis not to damage the delicate trichome glands on the string or wire.

Jack Sparrow



HIGH TIMES
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Sword of Gabriel





SOUR APPLE HAZE

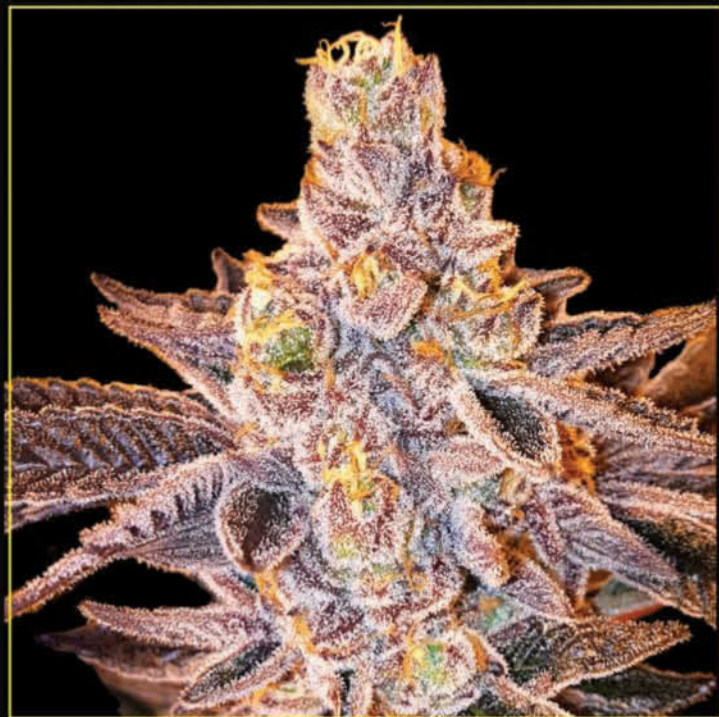
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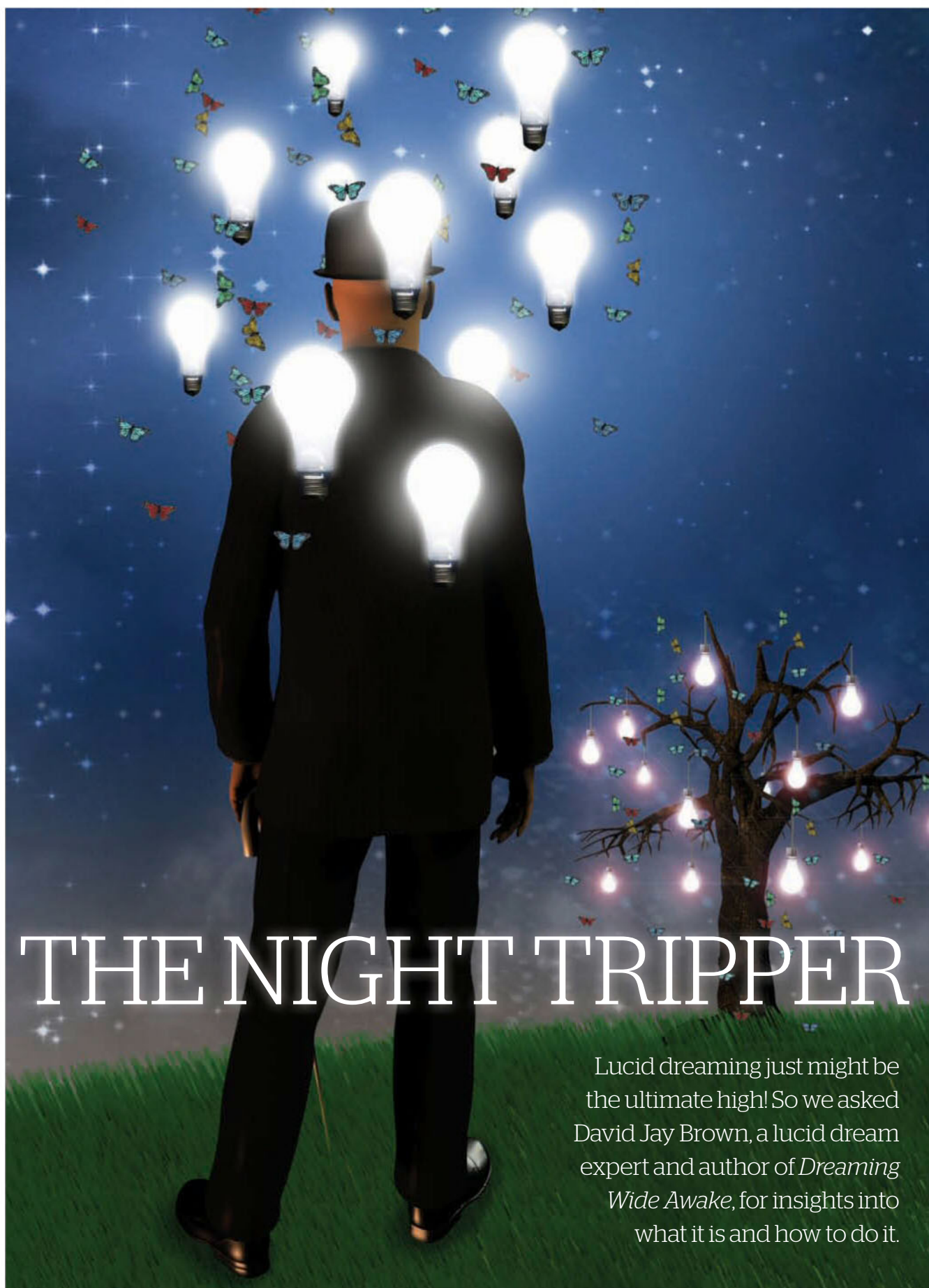
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THE NIGHT TRIPPER

Lucid dreaming just might be the ultimate high! So we asked David Jay Brown, a lucid dream expert and author of *Dreaming Wide Awake*, for insights into what it is and how to do it.



How to Have a Lucid Dream

There are levels of lucidity within the dream state, from what has been described as “pre-lucidity” to “super-lucidity.” In the early stages of lucidity development, one simply suspects that one might be dreaming during the dream, while in the more developed stages, one can become just as aware during the dreaming state as he or she is during the waking state. Sometimes people can become even more aware in their lucid dreams than they are during ordinary waking consciousness, and have life-transforming mystical experiences as a result.

During a low-awareness lucid dream, one may be in only partial control of one’s cognitive skills, and sometimes in this state one can make erroneous judgments that seem to be obvious errors upon awakening. One may also initially have poor impulse control: In many of my early lucid dreams, I immediately rushed off to try and fulfill impulsive desires. It took a fair amount of lucid-dream experience before I was able to progress beyond mere attempts to satisfy my most basic unfulfilled desires, as I often found myself simply doing these things without really thinking. With practice, though, I was able to tame these

wild impulses and advance into deeper levels of possibility with lucid dreaming, which became part of a deeper, personal psychological healing.

I asked Stephen LaBerge, co-author of the book *Exploring the World of Lucid Dreaming*, what kind of techniques he thought were the most effective for producing lucid dreams. Before suggesting any, LaBerge offered these words of advice: “If you were to say, ‘I want to become a lucid dreamer—how should I go about it?’, I would say, ‘That means you’ve got some extra time and energy in your life, some unallocated attention that you could apply to working on this.’ If



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you're somebody that's so busy that you hardly have time to take a walk, you're not going to have the time and energy to do this."

This is an important point: Learning how to lucid dream takes time and effort. One needs to have the time for practicing the techniques, as well as a commitment to developing and improving one's skill over time. With persistence and dedication, it appears that anyone can master these techniques. Also, just taking an interest in them may be enough to start having lucid dreams. As Celia Green and Charles McCreery write in *Lucid Dreaming: The Paradox of Consciousness During Sleep*: "For those who wish to start developing lucid dreams, a simple prescription, which may be sufficient, is to think about the idea of lucid dreaming before falling asleep each night. Some people keep a book about lucid dreaming by their bedside and read part of it each night to focus their mind on the idea."

With 43 books about sleep, dreaming and lucid dreaming piled next to my bedside as I write these words, I couldn't help but laugh when I read the above quote. In any case, be sure to keep my book, *Dreaming Wide Awake*, by your bedside, and every time you see its cover,

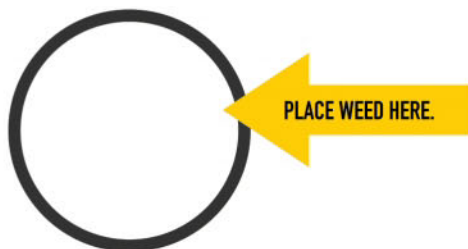


Sometimes people can become even more aware in their lucid dreams than they are during ordinary waking consciousness, and have life-transforming mystical experiences as a result.

remember to question whether or not you're dreaming.

Aside from reading books about lucid dreaming before going to sleep, there are basically two ways to achieve lucidity in a dream state. The first is by maintaining a certain measure of self-awareness as one is falling asleep, staying conscious or at least mentally alert to a degree entirely through the process of falling asleep and entering the dream state. This can be quite an amazing experience, and I find that I can do it only when I'm in a certain state of consciousness to begin with as I'm falling asleep.

Maintaining an alert and watchful state of consciousness as one is falling asleep can also sometimes be a bit frightening, as it involves passing through the stages of sleep paralysis. I've heard people describe the experience differently, but for me it goes something like this: The process of allowing my body to fully and completely relax can produce euphoric feelings and hypnagogic imagery behind my closed eyes. As the experience deepens and I start to fall asleep, I pass through a stage where I'm still aware of my body and my surrounding bedroom, but anxiety-raising auditory hallucinations become superimposed on it.



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As my body is humming from the euphoria of deep relaxation, I'll start to hear people talking outside my house, or I'll hear someone coming up the stairs to my bedroom. These auditory hallucinations seem completely real, and I always have to convince myself not to be afraid, that they're just dream imagery (or spirits) and nothing to be concerned about. This takes a lot of willpower; I've woken myself up out of the process many times just to make sure there really was no one in my bedroom. However, if I stay with it and surrender to the experience while maintaining lucidity, I start to see more intense hypnagogic imagery—sometimes fractal and psychedelic patterns, combined with an opiate-like bliss. Soon the shifting imagery solidifies into the environment of a lucid dream.

Dream lucidity achieved in this manner has been termed "WILD" by LaBerge, an acronym for "wake-initiated lucid dreams." One of the methods LaBerge suggests for achieving this is to fall asleep while counting and repeating the phrase "I'm dreaming." So as one is drifting off into dreamland, one occupies one's mind with the following sequence: "One, I'm dreaming. Two, I'm dreaming. Three, I'm dreaming..." Practicing this



Every night, it seems, we pass into these mentally playful, image-associating states that are truly psychedelic and absolutely delightful.

technique may help one to stay paradoxically "awake" while falling asleep—but even if one can't maintain mental alertness during the process of falling asleep, often this technique will cause one to awaken in the dream later, as I have found and others have reported.

Maintaining a vigil state of observing awareness through hypnagogia and into the sleeping and dreaming states of consciousness can be an extraordinarily magical and blissful experience. Every night, it seems, we pass into these mentally playful, image-associating states that are truly psychedelic and absolutely delightful. When I'm in them, they seem instantly familiar, and it appears that I pass through these states whenever I go to sleep, but I almost always forget them. It takes a sustained effort of focused awareness to enter into the lucid-dream state, as well as a commitment to waking oneself up to record what happens, but the results are well worth the effort, I assure you.

This method is in contrast with the other way to achieve lucidity in a dream, which LaBerge calls "DILD" (or "dream-initiated lucid dreams"). DILD involves "waking up" within the dream and realizing that you're dreaming *continued on page 130*

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Jager, a few days before harvest

Giant Plants of Southern Oregon

Oregon medical marijuana growers are allowed up to six plants per patient, and many patients grow for themselves. So if you're an experienced and ambitious grower, but you're only allowed half a dozen plants, what do you do? You grow them really, really big. *Story & photos by J. Flava*

Under the Radar

The Pacific Northwest grows some of the world's best marijuana, and legalization in Washington and Oregon has legitimized this rapidly expanding industry. Huge green crosses now advertise cannabis businesses along I-5, and the region's green rush has been augmented by legalization in California, creating a solid green bloc of legal West Coast states. Competition has lowered prices, but the demand remains high, especially for organic, pesticide-free, medical-grade cannabis.

Southern Oregon, a prime growing region, has flown under the radar for many years—perhaps for as long as Northern California has been celebrated as the capital of cannabis horticulture. But that's just fine with Oregon's southern growers, who rightfully boast

that their weed is at least as good as Cali herb, and their trees every bit as tall. The lack of national notoriety has hardly prevented them from selling everything they can grow to eager buyers.

In Southern Oregon, 15-foot cannabis plants—growing in fertile soil under intense sunshine and torrential rain—are not uncommon. Any myth that fat 16-inch colas are less potent than smaller buds is instantly dispelled by a puff on the region's justifiably popular varieties. Some are grown here exclusively, and clones of these proprietary strains are shared among trusted groups of growers establishing their now-legal regional cannabis brands, much like winemakers protect and promote their varietals. Organic soil, clean water, premium amendments and lots of sun are the keys to successful growing here.

Big Trees

Each season, Lambsbread, a hardcore cultivator and medical marijuana user, grows out just six plants—but they are *huge*, with the largest, a Lemon Kush, topping 14 feet last fall. Many others in this region south of the city of Grants Pass grow plants this large, or even larger. How do they do it?

"A lot of hard work," Lambsbread says with a smile. He's developed his own method for growing giant, potent plants that yield five to seven pounds of bud each. He maintains a year-round cultivation cycle, culminating in the dry summer months when the plants expand to fill 8-foot-square enclosures rigged with 6-inch-square galvanized field fencing, at heights that require a 10-foot ladder to harvest the tops.

Lambsbread and a helper harvested the plants last October, in the first hours of a torrential rainstorm that threatened to soak the plants for days. "The entire meadow flooded," he says. "There was so much water that the plastic tubs we were throwing the buds into kept floating away." After nine round trips—and nine changes of clothes—all of the buds were safely stowed in his drying shed, where fans and a wood stove keep things dry.



Lambsbread checks the tops of his 14-foot Lemon Kush plant.



Examining
a Lemon
Kush plant
just before
harvest



Soil remains
moist under
alfalfa hay
mulch.

Taking Clones

The growing cycle actually started anew while the big plants were flowering, when Lambsbread took clones from them on August 10. This is his method for propagating field clones:

First, he fills a 1-quart Mason jar partway with well water and adds a couple of drops of vinegar to make sure the pH is neutral. Then he places the cut clones upright in the jar to transport them. After that, he dips each clone stem in Olivia's Cloning Gel, plants them in Oasis 1¼" (medium) cubes and places them in a humidome. (Lambsbread uses a customized clone humidome that he created from a clear plastic tub that is 2' x 3' x 2' and fits 50 clones, but any clear dome should work.) The clones stay in the dome for 10 days to two weeks, under natural or fluorescent light. Then he transplants each clone cube into a 16-ounce plastic starter cup filled most of the way with organic potting soil.

Alternatively, if the clone mothers are growing indoors, Lambsbread dips these clones in a rooting compound, liquid-vitamin-B-enriched water or a water-soluble

rooting hormone, and places them in a hydroponic cloning machine before transplanting them to the starter cups.

"One of the traits that you want is when the plant remembers what to do," Lambsbread explains. "We're tricking the plant out of its bloom cycle and forcing it to go backwards—which is completely unnatural—to not finish its life cycle and start over. Sometimes, if you take the clone from the wrong place, the plant will only remember to finish blooming instead of reverting back to a vegetative state, even after you throw it under a 24-hour light for three months. If the plant shoots out a single leaf, and if you see above that a three-bladed leaf, then it's back into the veg state. The plant elongates, the shape of the plant changes, and then you can veg it out."

His clones are grown indoors under 18 hours of light for four months, and he takes care not to under- or overwater them. While the medium used in the starter cup is a basic organic soil mix, after a few months the plants are transplanted into 2-gallon containers holding a soil mix with higher nutrient ratios.

Good Soil Is Key

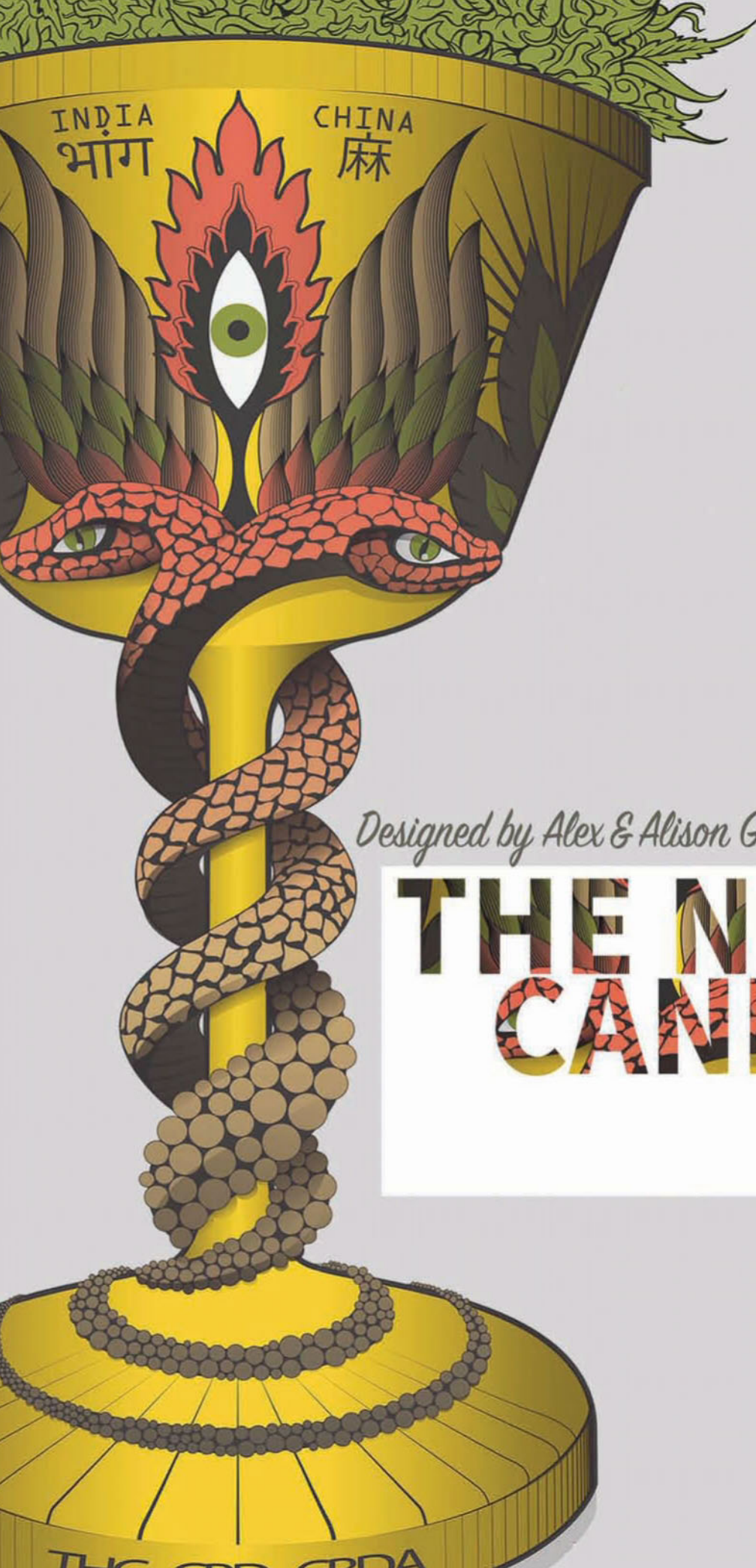
At this stage of growth, Lambsbread still uses plain water and lets the nutrients in good soil do their work. "You get the plants accustomed to this cannabis-friendly medium, and they thrive in it," he says. "If you have pH problems with hydro, a lot more adjustment is needed. I've done it all, and growing in soil with proper ingredients will take you much further than trying to buy the latest gimmick off the grow-store shelf.

"Do not buy shitty soil," he emphasizes. "That's the key: Don't cut corners buying crappy soil. We've got highly committed people making great soil, like The Good Earth Organics, which makes Gaia's Gift and ZenBlend soil mixes; they also test soil. If you're using budget soil to save money, you could be wasting your whole year. You take all this time to cut clones, raise them, veg them; it takes a lot of effort to rototill the ground—and all that labor could be for nothing if you use shitty soil. Good soil has a level of ingredients and nutrients that are conducive to cannabis growing—it's pH-balanced, it's organic. One thing I use that is not organic is Maxsea, a water-soluble seaweed-based bloom food that uses a couple of nonorganic ingredients like urea."

In mid-March, when the plants are 12 to 18 inches tall, they go into the greenhouse—a pipe structure with translucent white walls, fans and fluorescent grow lights overhead. "We add supplemental light six hours a night after sunset, using two banks of eight compact fluorescent grow lights set on automatic so the plants don't bloom early. At a certain point, it gets warm, and we have to move the plants around the greenhouse because they get so big. The grow bag goes down 2 feet, which means the 5-foot plants are really 7 feet tall before they go in the ground. The roof comes off the greenhouse in late April."



The greenhouse
in March, before
the plants grew to
reach the roof.



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Lambsbread is dwarfed by a giant Lemon Kush plant.

Big Holes for Big Plants

To prepare the ground for his plants, Lambsbread starts in March, using a shovel and rototiller to make circular holes 8 feet in diameter. He removes 8 inches of topsoil, which is then replaced by premium organic soil amended with the addition of composted “goat shit that’s been sitting in a pile for a year.” Last year, he also used “horse shit that was two or three years old that was compressed. It dries, and you get a pitchfork; you push it down until it hits the hard ground, and you get humus that is some of the best.”

Lambsbread has grown on this spot for several seasons, and he points out that the positive effect of soil amendments is cumulative, and that the initial preparation of a grow site requires a deeper hole and more intensive care than subsequent grows in the same soil. “The very first time you make the holes, dig them a foot deep and use high-quality soil—it worked out to about 8 cubic yards for the six holes. Then

you add your horse shit, humus, pumice, mycorrhizae, also kelp. I used the Gaia’s Gift soil to replace the top foot of soil that was removed. Roots don’t go any deeper than 2 feet—they spread out sideways—so you want to make sure you have a horizontal space around the plants.”

The soil continues to be worked and amended in April and May. “After the second rototilling, I put in more humus, plus pumice for drainage. If you want a big plant, you have to make a big hole. The amendment process means that you’re using different soil than the native soil, so you want to build up that bed. The soil will be rototilled with amendments to build it back up for next year.” Liquid calcium and magnesium are also added to the mix.

After a third rototilling, the soil is ready. “By the time the plants go into the ground, the soil has been amended two or three times with things like crab meal—which is a pest inhibitor—crushed granite, kelp, bone meal, earthworm castings and bat guano.”



A cracked lower branch treated with Doc Farwell’s Seal & Heal

Repairing an Injured Plant

Big plants are heavy, and large branches may crack.

“If you’re a good gardener,” Lambsbread says, “you’re in the garden every day; you need to spend time looking at the plants. I was pruning the lower branches, and I saw a crack in this one branch. I used Doc Farwell’s Seal & Heal elastic brush-on coating for tree protection—I painted it on there, like green rubber paint.”

To treat an injured branch, “first, I use a spray bottle with a mild diluted solution of hydrogen peroxide—only for injured plants—and clean water. Spray the crack with this solution first, then let it dry. Go back an hour later and spray Organicide 3-in-1, according to the recommended directions, in the crack and on the trunk from the ground up to where your vegetation starts. It’s an oil, which means if you use too much, you will burn your plant, so follow the directions. It works three ways: We’re using it on the trunk as a fungicide, in case the crack starts to have dew-off. In the summer, there’s no dew. In the fall, all of a sudden by the end of September, the weather changes and there’s dew in the morning. Make sure that plants have a lot of airflow so they don’t mold, and sunshine can evaporate the water. If you’re lucky,” Lambsbread adds, “you don’t get bombarded by rain before harvest.”

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The fruits of his labor



Trimming a bud of Kali, a hybrid of Hawaiian Blueberry and AK-47 crossed with William's Wonder

In the Ground

Last May, Lambsbread selected six outstanding plants—two each of Lemon Kush, Kali and Jager—that were transplanted from the 2-gallon containers to 30-gallon grow bags with the same premium soil, then grown out for another month in the greenhouse before being put in the ground on June 1. Lambsbread erected light wooden structures and the square cages of field fencing around the holes to support the plants, which grew rapidly.

After the plants had been vegging in the ground for two months, on August 1 Lambsbread gave them a shot of liquid nitrogen and calcium. “They had gotten so big that they had eaten all the nutrients out of the soil,” he says. A week later, he gave them a second feeding, using an organic tea from The Good Earth Organics—“premixed, with live microbes.” Vital Earth is another good source of organic soil and amendments, and Lambsbread is using many of their products for the 2017 season.

At some point in the vegetative cycle, the plants are mulched with alfalfa hay—half a bale per plant, with hay 6 inches deep covering the base of the plant and extending to the edge of the hole’s perimeter. The hay attracts earthworms and provides “shade relief for soil. That gives your roots a better environment to grow in, because the ground could heat up” under Oregon’s summer sun, Lambsbread notes. Mulch also insulates the soil from drying out and helps it retain water, as the hay’s light color reflects heat.

“I believe in underfeeding, but not starving, the plant—but if you follow the feeding instructions, you’ll do the microadjustments,” he says. “I water the



An aerial view of the tall plants

plants regularly, but I don’t soak them. I have a timer on my hose, and each plant gets about four 5-gallon buckets of water every four or five days.” He recommends watering in the morning before it gets hot, or in the evening as the sun goes down and the light isn’t hitting the plants—about two hours before sunset in the summer. To apply amendments, he fills up a 50-gallon bucket with the ingredients added to water and then manually feeds the plants around the perimeter of the fencing ring, where the roots are concentrated.

Lambsbread also frequently sprinkles Mykos mycorrhizae in the soil at the base of the plants. “It encourages great soil life,” he says. “It’s beneficial for growth and decomposition; it allows plants to take up nutrients and promotes root growth—completely amazing stuff.

“These are the minuscule, fine-tuning things that could appear to be minutiae, but make the biggest difference,”

Lambsbread adds. “You need to understand soil—how to attract earthworms, and how to keep the microbes correct so you don’t have diseases.”

The plants start blooming by the middle of August, and the tall ladder becomes more and more necessary to maintain the plants as they reach for the sky. At this point, Lambsbread adds Maxsea at 25% of the recommended strength to each watering—twice a week, for about a month—and makes sure to use only pure water with no amendments for at least two and a half weeks before the plants get cut down.

In October, the master grower waits for each plant to reach its peak potency before harvesting—although, in 2016, nature dictated the precise moment, in the form of that fall monsoon that flooded the entire meadow. But by then all of his plants were safely indoors, and the clones were preparing for the next bloom cycle. ✨



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By DAVID BIENENSTOCK
PHOTOS BY JUSTIN CANNABIS

DAMIAN MARLEY

THE HIGH TIMES INTERVIEW



THE GRAMMY AWARD-WINNING REGGAE STAR DAMIAN MARLEY MAY HAIL FROM ROYAL LINEAGE IN THE MUSIC WORLD, PARTICULARLY IN HIS HOME COUNTRY OF JAMAICA, BUT HE'S BLAZED HIS OWN TRAIL AS AN ARTIST. FROM HIS BRILLIANT ALBUM-LENGTH COLLABORATION WITH NAS (*DISTANT RELATIVES*) TO HIS STRIKING BLEND OF ROOTS MUSIC AND MORE MODERN STYLES, MARLEY'S WORK REFLECTS HIS OWN UNIQUE VOICE, JOURNEY AND PERSPECTIVE.

ALONG THE WAY, HE'S MADE NO SECRET OF HIS LOVE AND REVERENCE FOR THE HERB, APPEARING ON THE COVER OF *HIGH TIMES* TWICE BEFORE. NOW HE'S JOINED FORCES WITH ONE OF AMERICA'S LEADING LEGAL-CANNABIS PRODUCERS TO CONVERT AN ABANDONED 77,000-SQUARE-FOOT PRISON IN COALINGA, CALIFORNIA, INTO A STATE-OF-THE-ART CANNABIS-CULTIVATION FACILITY.

HIGH TIMES CAUGHT UP WITH THE SEASONED MUSICIAN, BUDDING GANJA-PRENUER AND ENTHUSIASTIC HERBSMAN ON HIS TOUR BUS FOLLOWING A LIVE PERFORMANCE AT THE EMERALD CUP TO SHARE SOME CANNABIS AND TALK ABOUT LEGALIZATION, OG KUSH, AND THE BEST PLACE IN JAMAICA TO CHILL OUT WITH A SPLIFF.

How did you get involved in converting a former prison into a huge legal-cannabis grow?

My manager's brother and sister run Ocean Grown Extracts, and I really love their strains—given the chance, I would choose to smoke that over anything else right now. There are so many different strains nowadays that sometimes it gets a little bit difficult to identify with any one strain. But I feel like OG Kush is still very much identifiable—the way it smells, the way it tastes, especially if it's grown properly. And these guys have a really good strain of OG, and they know how to grow it well. So that was really where the interest to work with them started. And then we started discussing a partnership together, and in the midst of us discussing that partnership came this opportunity for them to purchase

the prison in Coalinga—a very beautiful thing about it being that this was, of course, a prison that used to house people for herb, and now here we are, growing it in the prison. We didn't look for a prison specifically; we just needed to grow. So it was really just an opportunity, and we were blessed to be a part of it.

What was the cannabis like that first came into your life?

Well, in Jamaica, growing up, herb is very much a part of our culture, especially as Rastas and as youth looking for mischief. That was before I was really aware of strains—you know, you just want some herb, so you buy a \$5 bag of weed and you're good. Until, of course, you become a more experienced smoker. And then in Jamaica, for example, the herb from the west

side of the island—like Negril and those areas, particularly a place called Orange Hill—is known to be some of the best quality. So as you get older and become more of a connoisseur, you start trying to get herb that comes from that side of the island in particular. Now it's reached a level where strains from all over the world are being grown in Jamaica. They are catching up to speed, just like everyone else.

And Jamaica's catching up when it comes to the law, right?

Yes, they decriminalized it recently and are moving toward legalization and trying to build the industry, even though it's still in the process of being put together. But yeah, there's been some real progress with that. They're soon to be giving permits to grow, so I was really trying to see if I could get myself on the list to be a person who could have a grow there.

What will that change mean for Jamaica?

There's a lot of talk about business and the law and how all of that side of it will work—you know, should corporate companies be able to have a part in it? But for me, first and foremost, our victory—regardless of how you cut it—is the fact that if you're smoking herb, you don't have to become a criminal if you're caught by police. For us, this has been such a part of our day-to-day life, so that's a big weight off the shoulders—to know that you can travel in a vehicle and you can have herb and it's not something that's illegal. And aside from that, Jamaica's always been known for herb, and lots of people visit Jamaica because of the herb, even though they can't say it literally. But that is a big part of the attraction of the island, so now that would be something that you can promote to tourists and say, "Hey, come and have herb here in Jamaica."



"In Jamaica, the herb from the west side of the island—particularly a place called Orange Hill—is known to be some of the best quality."

Have you ever been on the other side of that—have you ever had trouble with the law over it?

Yeah, I've had trouble with the law, but not to any dire extent.

It's still that day-to-day reality, though, right?

Yeah, of course.

Does cannabis positively influence your creativity? Do you use it as a creative tool?

It's always a part of my creative process. For the most part, like I say, it's a part of

day-to-day life, so for sure it influences a lot of things. And we have also written songs about the herb itself—so, I mean, it's so inspiring that we even have lyrics about it.

It works differently for everyone, you know what I mean? Like some of my brothers don't smoke as heavily as I do, and some of them smoke a lot. To get the most out of it, you have to try different strains and see how it affects your body. Some people might really need to not smoke while they're working and wait until it's time to cool out in the

evenings, while others can smoke... of course, it depends on the job, too. As a musician, sometimes being in a very creative higher space is good.

Speaking of which, you've got a new album coming out...

We're putting on the finishing touches now. This album has a bit more singing than I usually do, and a little bit more roots style than I've traditionally done over the years. I wouldn't previously have too much that would sound like something from my father's albums, so to speak; we sample his tracks, but we always modernize it. But this time, I have tracks that kind of went back to the old-school sound. I've never really done much of that in my career before.

I grew up around the roots-style music, of course, because of my father and all my brothers and sisters and just Jamaican music in general. But then, as a teenager, dancehall music started to become popular in Jamaica, so the music that I started to buy for myself as a young person was more dancehall style—so it's more the modern style than even what I would be known for. But I definitely always had a great love for the traditional-style stuff, and this album is a cool collection of some new music.

Is cannabis part of your spiritual life? Would you put it in those terms?

Yeah, because as Rastas, of course, marijuana is part of our religious sacrament. When you smoke, it puts you in a space where you're kind of inside yourself, inside your own mind and your meditation. It's a part of our day-to-day rituals.

And a bit of a family tradition, too...

Yeah, of course [laughs].

You typically play some of your father's songs when you perform. Do you feel a



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responsibility to keep that legacy alive, or are they songs you really personally love?

All of the legacy stuff is fringe benefits—I do it because I like the songs. Even before we had songs of our own, we grew up listening to my father's music; we are his number-one fans. So it's just a genuine love for the music.

There could be some really positive effects for Jamaica in general with legalization. Do you see the Rastafarian community taking part in that, or will they get pushed aside as other people come in?

No, they won't get pushed aside—not if I can help it. I definitely am taking part in it, and remember I'm a Rasta too—so if I'm taking part in this business, I'm a part of the rest of the community, so in that sense we already are. But in the general aspect is what you're asking me. Yeah, I definitely do see the community taking part—I really hope that we'll get our foot in the door early.

We've learned so much in the last 10 years about the science behind medical marijuana and how it works. But were the medicinal properties something that, a generation or two back, people in Jamaica knew about more as a folk medicine?

"Herb is the healing of the nation"—there's so many songs in Jamaica where you hear people singing that. Especially in the countryside, where they use a lot of different herbs—not just marijuana, but all kinds of medicinal herbs. They make teas that they use as medicines. What we've really lacked over the years was the scientific research, and that's happening now, and we're kind of looking north and saying, "I told you so," you know what I mean? But we just didn't have the ability to break down the compounds and to get as meticulous and as detailed as they are now.

Will that dynamic change the way the rest of society looks at cannabis culture?

Oh, definitely, I think the rest of society is going to start appreciating cannabis a lot more, especially when it comes to the healing properties of the plant. Scientists are now saying that there are receptors in our bodies that are designed to absorb THC—our bodies were meant to work with this plant. I'm not a scientist myself, so I can't say I know how to prove that, but it's very interesting.

Yeah, those cannabinoid receptors comprise one of the most basic systems in the body. So that's looking at the health and the

healing of the individual. But when we look at society, we have so many problems... do you think cannabis and the consciousness around it can be a part of lifting us out of some of that?

Yes, I think so—I mean, more so the consciousness around it. People who tend to be involved in cannabis deeply usually have a kind of common state of mind, which is a peaceful one, and usually one that is trying to better humanity, so to speak. It's more like a "one love" kind of energy, though of course now with the monetization of it comes a lot of people

"People who tend to be involved in cannabis deeply usually have a kind of common state of mind, which is a peaceful one that is trying to better humanity."

whose mission is more based on greed. But in general, as I said before, the people who use cannabis, and that whole industry and that whole culture of cannabis users, tend to be people who have that same common vibration, which is a very peaceful one.

You grew up in Jamaica during a time of heavy political strife. What have you learned from that experience—because it seems like Jamaica is not in the same place it was in the '70s and '80s?

In the early movement of Rastafarianism, it was about not being a part of society; it was really about self-sufficiency, living off the land and living very natural. That is something that I think people have to remember. There's really no such thing as an economy—it's not a tangible thing; it's just an idea that we have agreed to say exists. What really counts is food, clothes, shelter, loved ones—not inflation and what's the exchange rate of the dollar.

Jamaican politics is more tribal: Where you were born and the people you grew up amongst, what they are, is what you are and what you remain. And a lot of the time in Jamaican politics, you don't even know the different parties' policies and what's the difference in terms of how this person wants to run



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the country as opposed to that person. People can't even tell you; they just know they grew up liking that guy, and that's why we stick with him.

I'm interested [in the way so many people have voted for legalization in America], and that it's actually on the ballot. Because that shows that when the people unite and get a voice together, you can make change.

And I think that can give us a lot of hope that other things can change too. I love what you said about Rastafarians wanting to live outside of the system because that really reminded me of the under-

because while every other part of the economy is already tightly controlled by the people with the most money, there's still time to make cannabis different. If we can support a lot of small farmers, and write the rules to support workers and the environment, then we can hold up that model and ask, "Why can't every part of the economy be like this?"

For sure. I can tell you, it's going on already. California is a good example for us in Jamaica right now, because what's happening in California is definitely helping the economy—likewise Colorado, all these places that have

California is a good example for us in Jamaica right now, because what's happening in California is definitely helping the economy.

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ground cannabis farmers I know up in the hills. They grow food right next to their pot, and they want to make a life for themselves on their land.

I'm glad you bring that up, because that is one of the things where we have to be concerned. This has been a part of those people's way to sustain themselves, and that's why I think, now that herb's becoming legal, we don't want to take that ability away from them. It's great that it's legal now, but in another sense, it's making it harder for the little farmers. So that's something that we must pay attention to, and make sure that original group of people who've been here are still able to feed their families and make a life for themselves growing herb and selling herb and such forth. We don't want some big cigarette company to come in and take over.

I think it's a danger, but I think it's also an opportunity,

legalized. And that's speaking volumes as examples to other places—especially in Jamaica, because we don't have any oil and gold and all of those things...

And if people are visiting Jamaica and cannabis is decriminalized or legal, where's a great place to go to enjoy a spliff and get a nice meal?

You have a man called Squeechie in Jamaica; he's at Hellshire Beach, he has a place on the beach in Kingston, and they fry fish served with something that's called bammy, which is like a cake made out of cassava. We used to go there every Saturday when I was a kid, and I even just went there to go grab some food. So that would be one of my favorite chill spots.

Okay, well, maybe when it's legal—or a little sooner—I'll be able to head down there. Does Squeechie like to smoke herb?

Yeah, man. Of course. ✨



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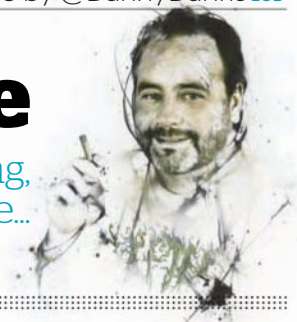


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SUBJECT: **Foliar Feeding**

FROM: **Stone Free**

🌱 My buddy and I have a bet going: He swears by foliar feeding, while I think it invites mold and clogs up the plants' pores. Which of us is right?

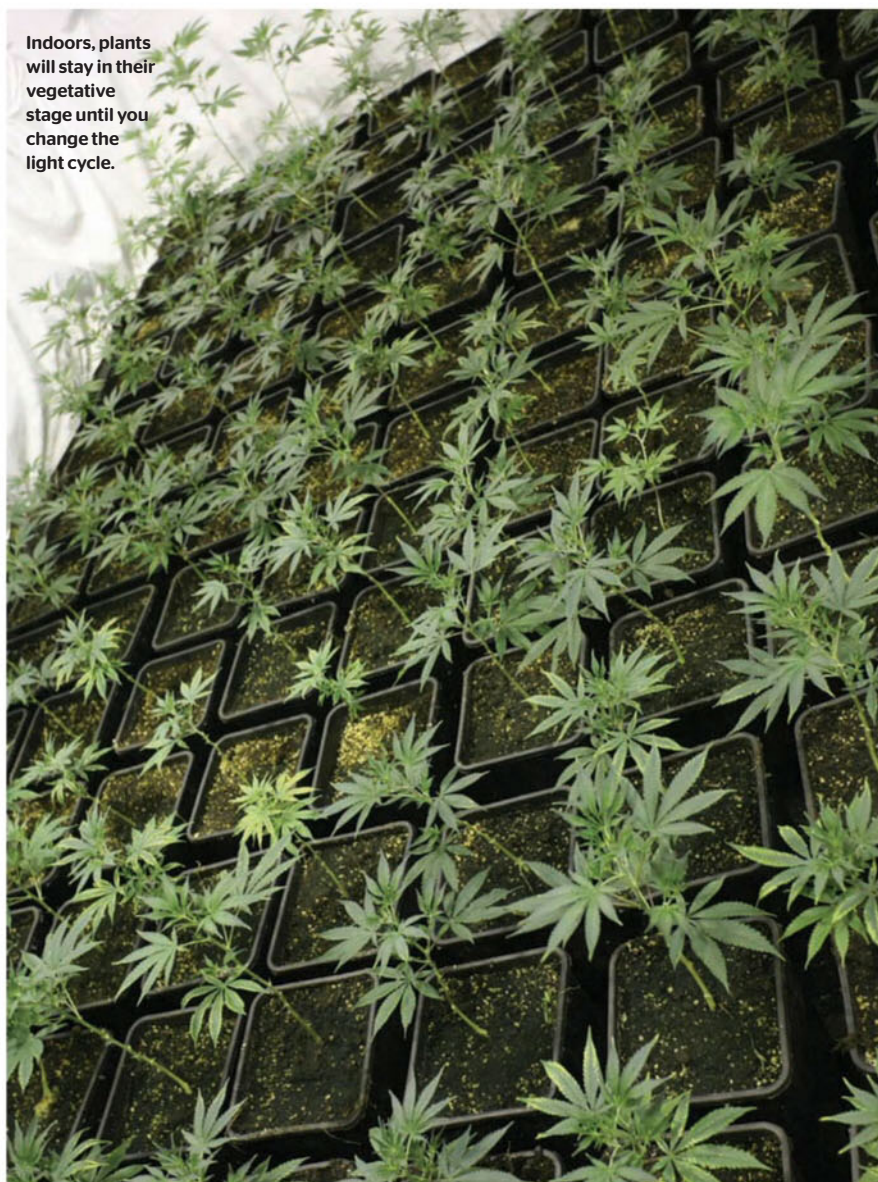
Dear SF,
Sorry to say it, but your buddy is correct. When performed properly and at the right time, foliar feeding produces stronger and healthier plants. Foliar feeding is the process of spraying a mild nutrient solution directly onto the plant's leaves. Through their stomata, the leaves are able to absorb water and food, and foliar feeding also has the added benefit of cleaning the leaves of any dust or particles that can block out light.

That said, foliar feeding should only be done during the vegetative stage, since spraying the developing buds during flowering will encourage a moisture buildup that can lead to molds and rot. Also, be sure to spray early in the day or the light cycle so that the moisture has time to evaporate or be absorbed before the darkness comes.

I particularly recommend foliar feeding with compost tea for outdoor plants. The many organisms present in the tea feed and protect the plants like nothing else, and it's almost impossible to go overboard and burn the plants with it. Be sure to spray both the tops and undersides of leaves and to apply liberally.

Danko Tip: Transplanting root-bound plants into bigger containers will result in larger eventual yields.

Indoors, plants will stay in their vegetative stage until you change the light cycle.



SUBJECT: **Vegetation Station**

FROM: **Fish Apple**

🌱 How long should I keep my indoor plants in their vegetative stage before flowering? How many weeks do I let them grow bigger, and how tall do they get before that time?

Dear Fish,
One of the advantages to growing indoors is that you get to pick and choose when to begin flowering your plants (as long as they're not of the auto-flowering kind). This means if you want smaller plants, you should begin the flowering period after a week or two of vegetative growth, and if you want larger

ones, you can wait over a month to let the plants develop.

Seedlings or clones require at least 18 hours of light to thrive and remain in the vegetative stage. During this time, your plants will grow many fan leaves, and new shoots will form into tops and branches as the root system expands into the medium. You trigger the start of the flowering period by changing your lights to a 12-hour-on/12-hour-off cycle. This mimicking of the change from summer to fall will signal the plant to begin forming flowers instead of continuing to grow larger. Keep in mind that there's a several-week stretching period as the plant transitions, so it will continue to grow during this time. Soon you'll see

the white-haired puffballs at the ends of the branches that will eventually become thick colas of cannabis flowers.

One rule of thumb that I recommend in order to avoid having your plants become too root-bound is to vegetate them a week for every gallon of container—meaning that plants in 1-gallon pots would vegetate for a week, while those in 4-gallon buckets would vegetate for a month. The longer the vegging period, the bigger the yield, but this requires larger containers to support bigger root systems.

SUBJECT: **Bugs Inside Leaves**

FROM: **Horti-Cultured**

🌱 I've been growing indoors for 20 years, and I finally found a problem that I can't solve: There are tiny green maggots inside my plants' leaves! I've tried spraying with insecticides and dunking the plants whole into neem-oil baths, but these little suckers still persist. They dig pale yellow tunnels through the leaves, and I can feel them in there just munching, pooping and screwing away. Please help me get rid of these annoying pests!

Dear Horti,

It sounds like you have an infestation of leaf-miner worms. Their huge appetite and short life cycle means that their damage piles up fast. They bore into the leaves and "mine" the inside, leaving patches of infected areas between the ribs, and they do look a lot like maggots.

Spraying with insecticides isn't likely to get to them, as they're well protected by the outer layer of plant material. Several applications of a fungicide like Organocide will help curtail them a bit, but, sadly, one of the best ways to truly rid your plants of them is to physically crush them within the leaves. They're easy to spot, like tiny caterpillars, and you can pinch them pretty easily.

Remove and discard any leaves that show signs of leaf-miner damage, as their tiny eggs and larvae are difficult to see; this will prevent future outbreaks. Another great option is to use predator nematodes, which are available for purchase online. They will hunt and kill your leaf miners even within the leaves and are a perfectly organic solution to your problem.



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GROWING TO NEW HEIGHTS

Article by Jeremy Deichen

Trichome covered cola

Cannabis grown as big as trees

Growing Exposed is a new series produced by Jeremy Deichen. Coined "the MTV Cribs for the marijuana industry" the show is led by host Amanda Mackay. Take a view behind the scenes, into the world of cannabis growing. Dive into the systems & set ups while quenching your thirst for knowledge.

Growing Exposed has found a unique way to open up the once underground world, revealing the secrets of industry leaders. In addition to garden tours, David Robinson, author of The Grower's Handbook lends his expertise in a segment entitled teachings of the Garden Sage. David's life goal has been dedicated to dispelling myths behind cannabis, showing the truth behind indoor gardening, while continuing to educate people on how plants grow.

“Not only did these cannabis plants grow too big, but the buds are way too dense and resinous...”

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Danko Tip: Yellowing leaves are a sign of underfeeding or pH imbalance, while burnt leaf tips are a sign of overfertilization.



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Powdery mildew spreads quickly if left untreated.

SUBJECT: **White Powder Blues**

FROM: **Apple Jack**

🌿 I have a serious problem that I've never experienced in years of farming: My plants' leaves have a fuzzy white film on them, and some have stopped growing altogether. What is this stuff, and why is it happening?

Dear A.J.,

Sounds like you have a problem with powdery mildew (PM). This airborne fungus is a plague to farmers in many regions, with the Pacific Northwest particularly vulnerable. The mold attacks during both dry and humid weather and forms patches of gray or white fuzz. PM spreads quickly under the right conditions and causes reduced yields and even plant death when left untreated.

Many treatments exist to reduce the spread of PM, including using sulfur burners, Floramite, various fungicides and neem oil, but most of these only control the problem without fully eliminating it. The best preventative is to provide plenty of air circulation, as stagnant air makes a perfect incubator for molds.

A company called Dutch Master makes two products, Zone and Penetrator, that have shown promising results when the plants are fully dunked into diluted solutions of them. Another useful new product for dealing with PM is called Eagle 20EW, but keep in mind that it's a systemic poison and should never be used on flowering plants. Due to the potential toxicity of this product and others like it, I find it hard to recommend it for anything but the most severe and devastating outbreaks of "powdery" (as it's sometimes called). Consider it only as a "nuclear" option and, no matter what, always rotate the products you use against PM or pests of any kind.

Another more reasonable and forward-thinking option is to grow strains that are more resistant to PM. Many varieties bred in Canada and other parts of the Pacific Northwest boast this quality as a matter of necessity. Do some research on the cannabis strains acclimated to your area and you should be able to find something that fights off PM better.



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Danko Tip: If you constantly have trouble with your available tap water, invest in a reverse-osmosis (RO) machine to remove impurities.

SUBJECT: **Full Box**

FROM: **Elliot**

🌱 I'm about to try growing for the first time and, after considering my choices and how much I want to spend, I've decided to build my own box. Right now, my plans are to have a 3' x 3' x 4' box. For my containers, I plan to use 5-gallon buckets. I'm hoping to fit four plants into this setup. I'm going to try one of the super-soil mixes I read about in your magazine.

For lighting, I'm going to use a 250-watt light with a metal halide (MH) bulb during the vegetative stage and a high-pressure sodium (HPS) bulb during flowering. Also, I'm debating whether to include some compact fluorescent lights (CFLs) that put out about 825 lumens each.

I've also found a relatively cheap CO₂ generator; it's one of those buckets that costs about \$150, I believe. I plan to let the plants grow about 1 foot and then use a screen of chicken wire to make the stems grow horizontally. So these are my questions:

1. Will my space be large enough for four plants?
2. Will my lighting be appropriate, and should I include the CFLs or leave them out?
3. Will the CO₂ bucket help, and if so, when should I start using it? (It's good for 90 days.)
4. For ventilation, roughly what kind of fan and filter will work best for my space?

Thanks for any help you can give me, and keep up the good work!

Dear Elliot,

What a list! Sounds like you've done your homework, and that's a promising sign for your first foray into farming. You can surely fit four plants into your proposed setup, but you should make sure they're not heavily *sativa*-dominant, and also be sure you don't vegetate them for too long. Your "screen of green" (ScrOG) style of training the branches will keep them from growing into the light.

The 250-watt light is perfectly sufficient for the size of your space, so supplemental lighting isn't particularly necessary. However, CFLs don't use much juice or create much heat, so it certainly couldn't hurt to add some cheap and cool lumens. More importantly, check the temperature at the canopy level and keep it under 80°F degrees at all times.

As for your third question, I believe you're referring to CO₂ Boost Buckets (co2boost.com), which use a patented mushroom-spore-and-spawn kit to slowly create and distribute carbon dioxide to increase your plants' flowering potential. Start the bucket going as soon as you induce the flowering stage and it will run out right around harvest, raising the CO₂ level in your box the whole time and boosting your plants' ability to maximize photosynthesis, resulting in bigger buds for you.

As for ventilation, look for a fan that will empty your space quickly. Yours is 36 cubic feet, so a fan rated 50 cfm (cubic feet per minute), for example, will replace the air in less than a minute. The more heat you have, the faster you want to remove the warm, spent air. The carbon filter should match the rating on the fan of your choice 🌿

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2 EZ Does It

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thekindpen.com

Toking on the go can be a complicated process. Not so with the incredibly affordable EZ Pipe from the Kind Pen. It's a discreet and windproof piece that's virtually smokeless, and it comes with a built-in lighter compartment, a pop-up mouthpiece and a poker as well—and all this for under 10 bucks, making it perfect for camping or hiking and practically disposable, if necessary.

3 Nutrient-Rich

\$25.99, qt; \$43.99, gal;

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organicgem.com

Fish have been used as fertilizer for centuries by farmers looking for strong yet all-natural ways to feed their crops. The liquid fish fertilizer from Organic Gem is a low-odor, OMRI-listed way to boost growth organically throughout every stage of your plants' life. Rich in macronutrients as well as micronutrients and trace minerals, this plant food promotes increased yields and essential-oil production.

4 Get Tubular

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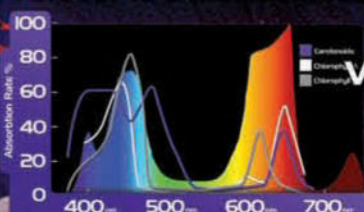
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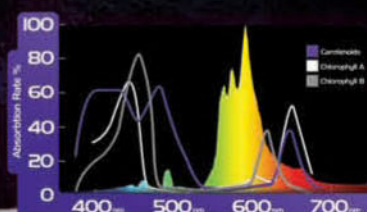
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Edibles



Marijuana munchies made easy!



Chronic Krispies

An easy recipe that ensures intense effects by increasing the bioavailability of THC. *By Joanna O'Boyle*

Celebrate 4/20 with this hash-infused version of a classic confection. While rice-crispy treats are a popular medicated snack, we've added a THC booster in the form of lecithin powder, which allows the body to more readily absorb cannabinoids. These Chronic Krispie treats will feel more potent in your body, so be sure to eat only a small piece and wait two hours before consuming any more cannabis food!

While you're at it, make a regular, non-THC batch of these gooey cereal bars to munch on without worrying about getting overwhelmingly high—you're going to need a lot of snacks for the 4/20 fun!

Chronic Krispies

5 tbsp. coconut oil or margarine (½ cup)

42 regular marshmallows, or 420 mini-marshmallows (about 4 cups mini-marshmallows)

1 tbsp. sunflower lecithin powder or granules (optional, to increase bioavailability)

2 grams cannabis concentrate (can be low-to-mid-grade for edible purposes, about 60% THC or better)

6 cups favorite puffed-rice cereal

½ tsp. salt

Heat the coconut oil or margarine to 250°F in a small pan with a lid (recommended to achieve a steady temperature), using a candy thermometer to monitor the temps. If you're using a gas burner, a double-boiler and oil-bath method is recommended to achieve the stable 250°F needed for the coconut oil.

Next, melt your cannabis concentrate into the coconut oil. Decarboxylate for 20 minutes at 250°F. (Letting the mixture heat for a longer amount of time will result in a more sedative "couch-lock" effect; conversely, a lesser amount of time or heat won't activate the THC enough to be noticeably experienced.) Add sunflower lecithin (if you want to boost the bioavailability of THC) and salt, whisking thoroughly to dissolve the granules completely. Set the infused coconut-oil-and-lecithin mixture aside.

In a large pot over medium-low heat (around 125°F to 150°F), melt the marshmallows gradually in 2 tablespoons of water. Stirring slowly and continuously, incorporate the infused coconut-oil mixture into the melted marshmallows, being careful to keep the temperature below 175°F to avoid further decarboxylation of the cannabis oil.

Mix your cereal into the pot gradually to incorporate it evenly throughout the marshmallow/cannabis-oil mixture. Use a rubber spatula to transfer the mixture into an 8" x 8" pan lined with parchment paper (or thoroughly greased); flatten it into the pan evenly using parchment paper or a greased spatula. Cool for 1 hour or more, then cut with a well-greased knife into nine rectangles. This recipe makes nine 3" x 3" servings. If the cannabis concentrate contains approximately 60% THC, each square will have about 133 milligrams of activated THC.

Enjoy and share the classic sticky, gooey goodness—and have a very happy 4/20!



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Long Live the Pot Brownie!

Although it's often bemoaned these days as a stereotypical stoner cliché, there's a reason for the enduring popularity of the pot brownie, and these six are anything but ordinary! Get back to basics for 4/20 with the best pot brownies around.

FUDGY BROWNIE

Infusing their edibles with Gravity Lock olive oil, Goodies by MaGooch serve up a variety of traditional favorites, including Rice Krispie treats, cookies and fudge brownies, available with either 180 or 220 mg of THC. Beyond desserts, they also create savory snacks and medicated empanadas. gbmagooch.com

LIFTED LUXURY

Perfect for a special occasion, the 24-Karat Brownie from the Kaneh Company is decadent, rich and fudgy, topped with shaved white chocolate and gold leaf. They're available in either 500 or 1,000 mg THC doses for heads with an immense need for weed. The Paleo bars (top left) come topped with chocolate chips and coconut and have a dense, rich texture along with high-quality ingredients. kanehco.com



DATE BROWNIES

These bite-size morsels from Flourish use dates to provide the sweetness, making for a healthier option. Moist and chewy, these brownies satisfy your cravings for a classic treat made with premium ingredients. Available in Arizona in packages of two 20 mg pieces for 40 mg overall, and in California with 100 mg per package. flourishcannabis.com

WALNUTTY GOODNESS

From the kitchen at Miss Mary Jane's Edibles, these perfectly moist brownies are topped with chopped walnuts for a wonderful contrasting texture—and the 200 mg of THC per brownie make this a treat that begs to be shared! missmaryjanedibles.com

PEANUT-BUTTER BROWNIES

Since 2010, Enjoyable Edibles have been creating delectable treats for patients in the Los Angeles area. With 350 mg of THC apiece, these baked goods pack a potent punch but carry surprisingly little grassy flavor. enjoyable-edibles.com

Flavor of the Month



A Drizzle of Dank

A farm-to-table, cannabis-infused gourmet olive oil created specifically for chefs and bakers, Pot D'Huile is made with California-grown Gorilla Cookies cannabis flowers (a cross of the award-winning Gorilla Glue #4 and Girl Scout Cookies) and a blend of Hojiblanca and Arbequina extra-virgin olive oils from Ternero Farms, a small family farm in NorCal.

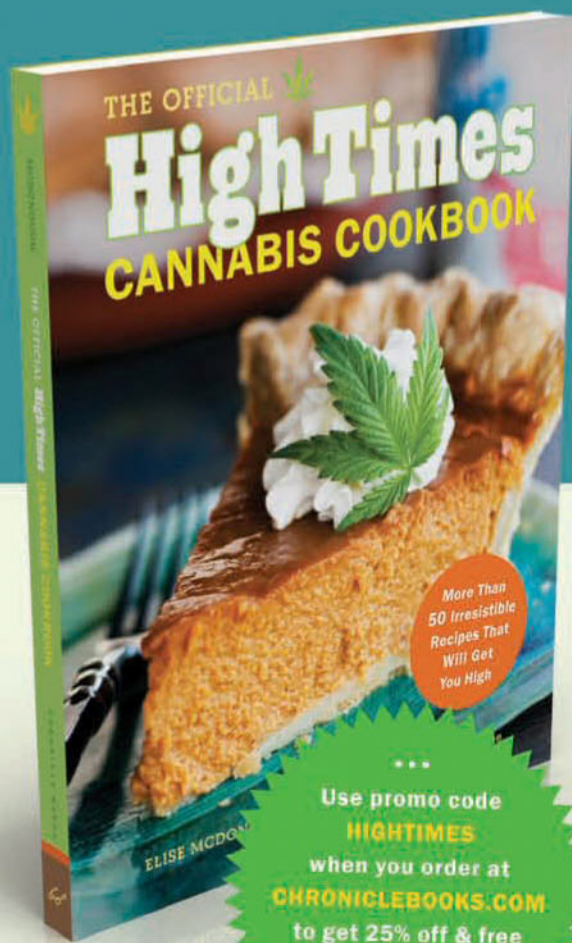
Offering easy measurements for dosing, 1 milliliter of PdH olive oil is equivalent to 1 mg of THC. Due to the brand's neutral flavor and simple dosing, the product has a wide range of uses for home cooks as well as culinary professionals. Use it in salad dressings, hummus, olive-oil cakes or cookies for a THC experience without the grassy taste. potdhuile.com

They Put Pot in What Now?!



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You can freshen your breath and get high with low-dose Lucky Mints. With no gluten, dairy or calories, these vegan mints are scientifically formulated for a consistent experience every time. Lucky Mints come in four flavors—spearmint, peppermint, fruit punch and key lime—and contain only 10 mg of THC apiece. Discreet and portable for on-the-go ganja lovers, these mints are available in Colorado for adult use. luckyedibles.com



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How much THC do you get from vape pens?

Snooping Snoopy

Hi Snoopy,
Alas, getting a feel for the contents of anything smoked or vaped is a real challenge. Research on joints suggests that as much as 50 percent of the THC could disappear from side-stream smoke. Even when we know the exact concentration of THC in the plant material, we can't determine how much gets inside a human. Vape pens vary dramatically, and the way folks puff on them can create a lot of vapor or just a little. Plus the oils can range from literally 0 to 70 percent THC—so start low and go slow. At gunpoint, I'd guess a milligram of THC per every one-second inhalation, but I'm just spitballing here.

What's THCV, and how come there's no THCB?

Thom Thumb

Yo Thumb,
Tetrahydrocannabivarin (THCV) is a molecule found only in cannabis. Unlike THC, which gets the brain's CB1 cannabinoid receptor to fire, THCV blocks the receptor; thus it may decrease some

of THC's impact. Reviews of high-THCV strains like Durban Poison suggest that it might keep some of the sedating and appetite-stimulating effects at bay.

As all Hoosiers know, THCB is the Terra Haute Community Band, but the naming of cannabinoids depends on the shape of the molecules and a few rules common to organic chemistry—all of which means that the discovery of another THCB might be just around the corner.

Is there a story about cannabis in *One Thousand and One Nights*?

Alley Bayba

Hello Alley,
I don't want to give the punch line away, but there are actually two, and they're both very funny. Check out all the volumes!

My brother is chewing CBD gum, but he's still got schizophrenia. WTF?

Fuddy R.

Hi Fuddy,
CBD has a lot of anti-psychotic properties, but it's not a cure for schizophrenia. Most of the successful case studies I've seen used 1,200 mg of CBD per day, but even that dose doesn't work for everybody—and, unfortunately, most gums don't reach that level. 🌿

Dr. Mitch Earleywine, PhD, is the author of Understanding Marijuana and The Parents' Guide to Marijuana.

PHOTO: JUSTIN BORUCKI

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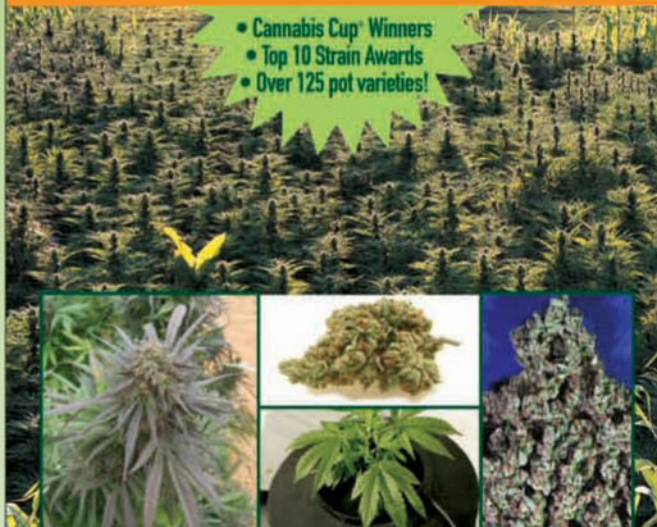
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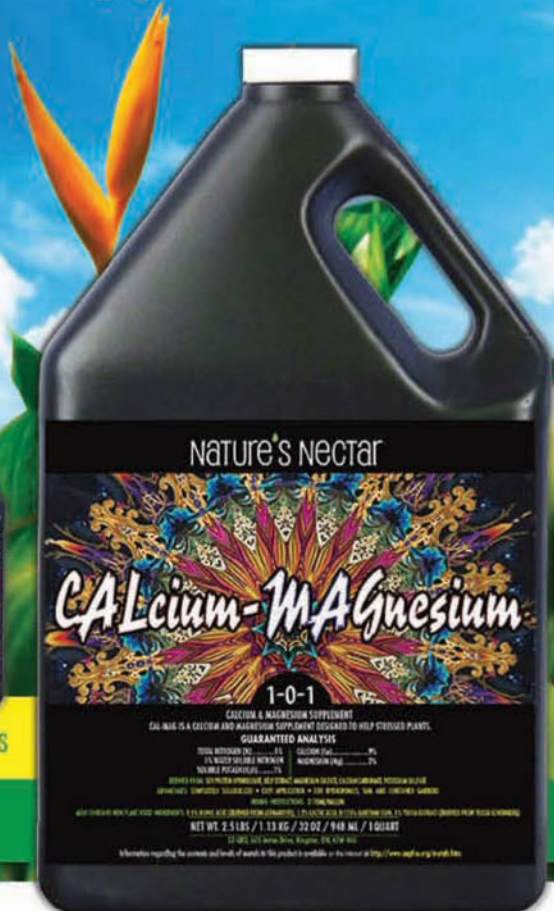
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Don't Give Up the Fight

State legislators are undermining the will of the people by obstructing voter-approved marijuana law reform.

Erik Altieri is the executive director of NORML. Visit norml.org.

VOTERS IN EIGHT states decided on Election Day to radically amend their longstanding marijuana policies and adopt a new approach to how they govern cannabis distribution and consumption. Unfortunately, many lawmakers in these states still aren't getting the message.

Despite these mandates, many lawmakers remain reluctant to move forward with the legal reforms that the public has demanded. In some cases, legislators and regulators are outright defying the voters' will by proposing measures to undermine the election's outcome altogether.

It's important to recognize that these efforts aren't happening in isolation, but are part of a bigger picture nationally. Not long after voters resoundingly passed marijuana-related ballot initiatives in eight different states, the efforts began to derail them. In Massachusetts, a small group of elected officials forced through emergency legislation to delay marijuana sales until mid-2018. The *Boston Globe* reported the event this way: "It took less than an hour, and only about a half-dozen state legislators, to approve a bill that would overturn significant parts of a marijuana legalization law that 1.8 million voters approved just last month."

On top of that delay, additional

legislation is pending to repeal several other aspects of the law, including the ability of adults to grow marijuana in their own homes.

Further north, in Maine, lawmakers have passed legislation to delay the legal retail production and sale of marijuana, as authorized by the approval of Question 1, until the spring of 2018. The emergency measure also rolls back specific provisions to permit onsite consumption in specially licensed establishments, as well as the possession of marijuana-infused edible products.

In sunny Florida, where an astounding 71 percent of voters endorsed a constitutional amendment allowing doctors to recommend marijuana to patients for whom the benefits "would likely outweigh the potential health risks," regulators are trying to strip any access to cannabis for those suffering from chronic pain.

In Arkansas, one lawmaker has proposed legislation to postpone the enactment of the state's new medical cannabis program indefinitely. And even in California, where 56 percent of voters decided in favor of legalizing the adult marijuana market, some lawmakers are warning citizens to expect delays before the new law takes full effect.

NORML believes that these delays and

proposed legislative changes are unacceptable, and we're working hard to ensure that the will of the voters is upheld.

Voters like you made their opinions on marijuana policy clear at the ballot box last November. Lawmakers in these jurisdictions have a responsibility to abide by the will of the people. Americans have lived with the catastrophic consequences of marijuana prohibition for far too long. The people's will should not be thwarted, second-guessed or held hostage by politicians unwilling to recognize that they're the ones on the wrong side of history.

Make no mistake: These moves aren't being made in the interests of protecting citizens. Instead, they're a preview of the new strategy that our opponents will pursue in their attempts to stall our progress. If the prohibitionists, with their dwindling public support, can't stop us at the ballot box, they'll embrace tactics like these to delay and derail the will of the voting public.

They will not get away with such anti-democratic actions—not when 60 percent of the public supports full legalization. We need to hold them accountable, defeat these measures, and make those who attempted to ignore our public mandate pay dearly at the ballot box in the next round of state legislative elections. 🌿

FREEDOM FIGHTER

By Kevin Mahmalji, NORML national outreach coordinator

A Natural Remedy

Kate Morgan found a better way to combat pain.

After serving her country in the US Navy Fleet Marine Force, Kate Cochran Morgan suffered both mentally and physically, ultimately ending her enlistment as a disabled veteran with hip dysplasia and struggles with anxiety and depression. Following her military service, Kate was put on medication through the Veterans Administration to manage her physical pain

and cope with her depression.

With the Navy behind her, Kate settled into her new life as a student while continuing to take her VA-prescribed medications, but started to notice that they were impacting her life in a negative way. Then, one day in 2015, Kate made the decision to stop taking prescription medications and began a holistic journey that involved using cannabis instead.

In her first semester, she ditched all of her pills and consumed only



those strains of cannabis that helped her stay focused and kept her mind at ease.

Kate quickly realized that her decision to stop taking pharmaceuticals and embrace natural remedies had tremendously improved her quality of life. Not only did she feel better physically, she'd improved mentally as well.

With the help of cannabis and the support of her loving family, Kate graduated from Texas Women's University with a BBA in

marketing and is currently pursuing her state Realtor's license. And she remains active in numerous organizations, including Iraq and Afghanistan Veterans of America and Texas NORML Veterans.

"Veterans have recently been asking for my advice on how to survive after the military," Kate said. "My advice is this: Get off VA medication, find a community to belong to and give greatly, get a pet, consider a holistic approach to health and wellness, and remember to laugh a lot."

**REMEMBER
PROHIBITION?**

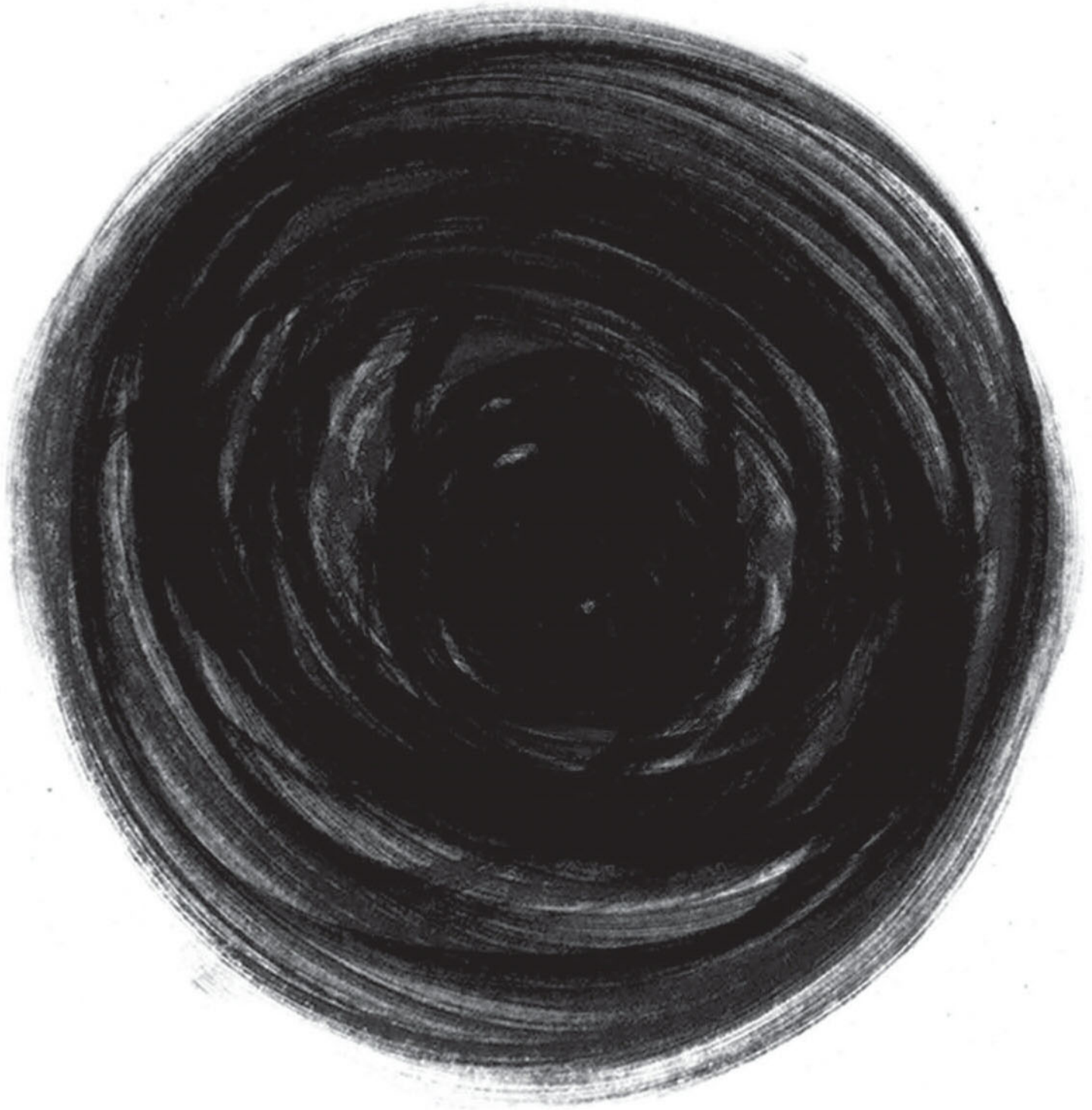


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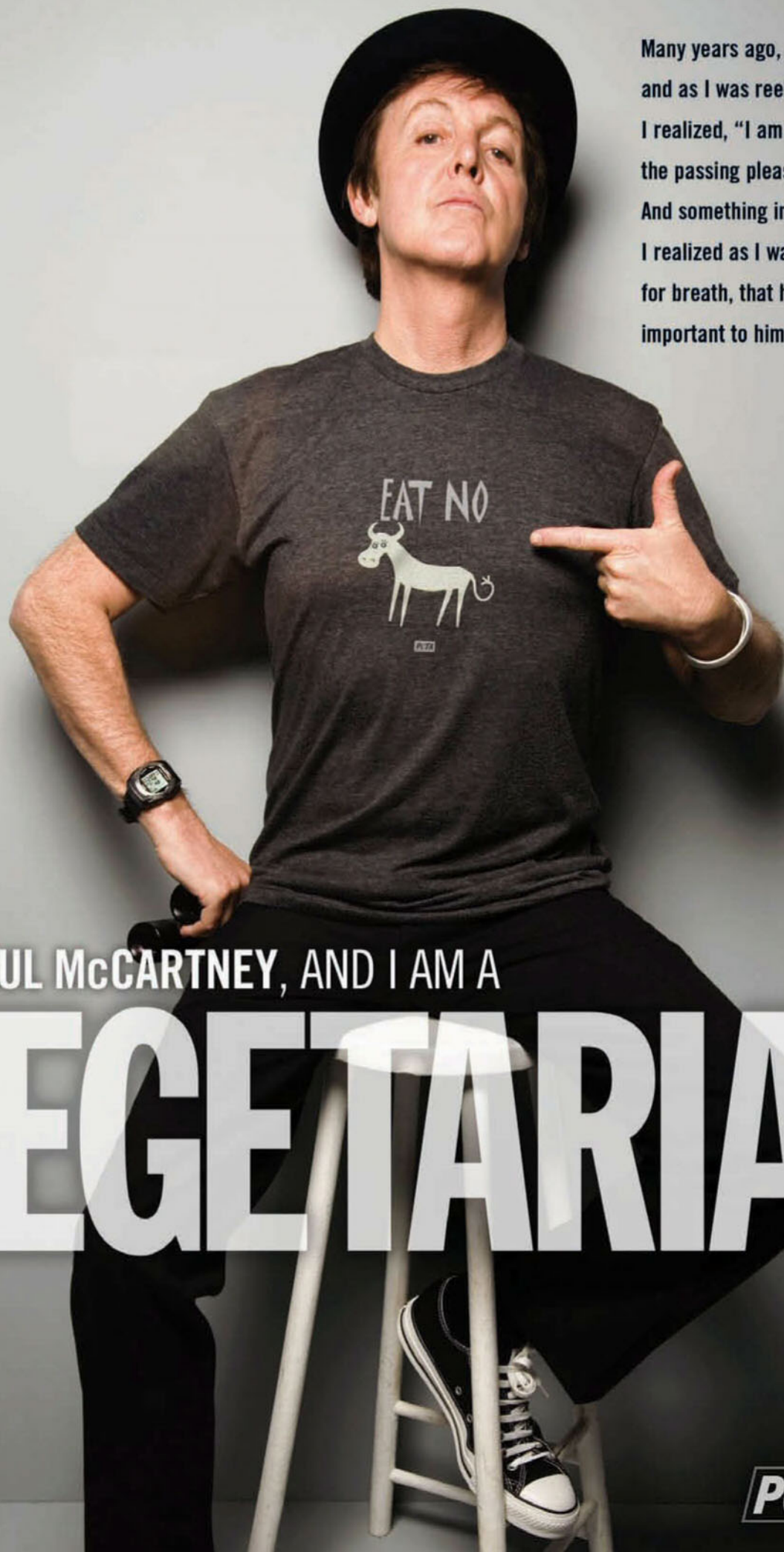
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Many years ago, I was fishing,
and as I was reeling in the poor fish,
I realized, "I am killing him—all for
the passing pleasure it brings me."
And something inside me clicked.
I realized as I watched him fight
for breath, that his life was as
important to him as mine is to me.



I AM PAUL McCARTNEY, AND I AM A

VEGETARIAN

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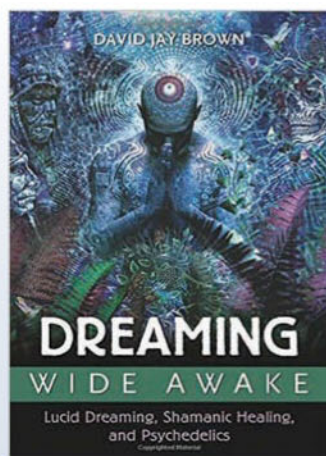
continued from page 88 while it's happening. This awakening to a greater sense of awareness is usually due to having an enhanced critical perspective, so that one notices something bizarre or strangely out of synch between what is happening in the dream and what one knows to be possible in waking reality. LaBerge calls these strange inconsistencies with physical reality "dreamsigns" and says that if we remember them, they can help us to recognize when we're dreaming.

One way to increase our chances of experiencing DILD is by actively looking for "dreamsigns" in the records of our dream journals. This is why it's important to have a written record, as it's generally easier to recognize common dreamsigns after one examines them laid out in words.

Another DILD technique developed by LaBerge, called the "mnemonic induction of lucid dreams" (MILD), is based on memory training that is meant to be applied just after one has woken up from a dream and can easily fall back asleep. This technique has people rehearsing the dream mentally upon awakening from it, imagining themselves becoming lucid in it, and then falling back to sleep while repeating this phrase: "The next time that I'm dreaming, I will remember to notice that I'm dreaming."

Studies have shown MILD to be the most effective DILD technique for the induction of lucid dreams. To learn more about MILD, DILD and WILD, check out *Exploring the World of Lucid Dreaming* by LaBerge and Howard Rheingold.

Adapted from Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics (Park Street Press), by David J. Brown



David J. Brown

Psychedelic Sleep

An Interview with David Jay Brown

Lucid dreaming can be simply explained as the ability to recognize that you're dreaming while you're in the dream. For those who have mastered this ability, the possibilities are literally limitless. But like everything else in life, that mastery doesn't come easy.

"I believe that virtually anyone can learn how to gain lucidity in a dream," says David J. Brown, the author of *Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics*. "But there are certain qualities that make it easier for some people to lucid dream than others. Women are more likely to have lucid dreams, as are younger people, those involved in kinesthetic activities, and those who practice meditation and play video games."

According to Brown, research shows that pretty much anyone who practices certain methods long enough will have a lucid dream. *High Times* recently caught up with him to discuss visionary states, cannabis use and the best techniques for lucid dreaming.

What led you to pursue lucid dreaming?

I became interested in lucid dreaming as a teenager, when—a few days after my initial experience with LSD—I spontaneously awoke within a dream and realized that I was dreaming.

What can people learn about themselves through lucid dreaming?

As Freud said, "Dreams are the

royal road to the unconscious," and I suspect that lucid dreams are even more powerful in this regard than ordinary dreaming. Simply being able to consciously observe the contents of our dreams from within them, with lucid eyes, can reveal much about how the inner workings of our minds function. One of my favorite ways to learn more about myself during a lucid dream involves utilizing a technique that I picked up from dream expert Robert Waggoner. The technique is rather counterintuitive, and it involves ignoring the dream environment and dream characters around you and creating a dialogue with the creative intelligence that is actually constructing the dream. In other words, once you become lucid in dreams, you can simply raise your head to the "sky" and talk to the dreaming mind itself. If you ask it questions, the dreaming mind will respond—sometimes in spoken words, and sometimes by changing the dream environment around you.

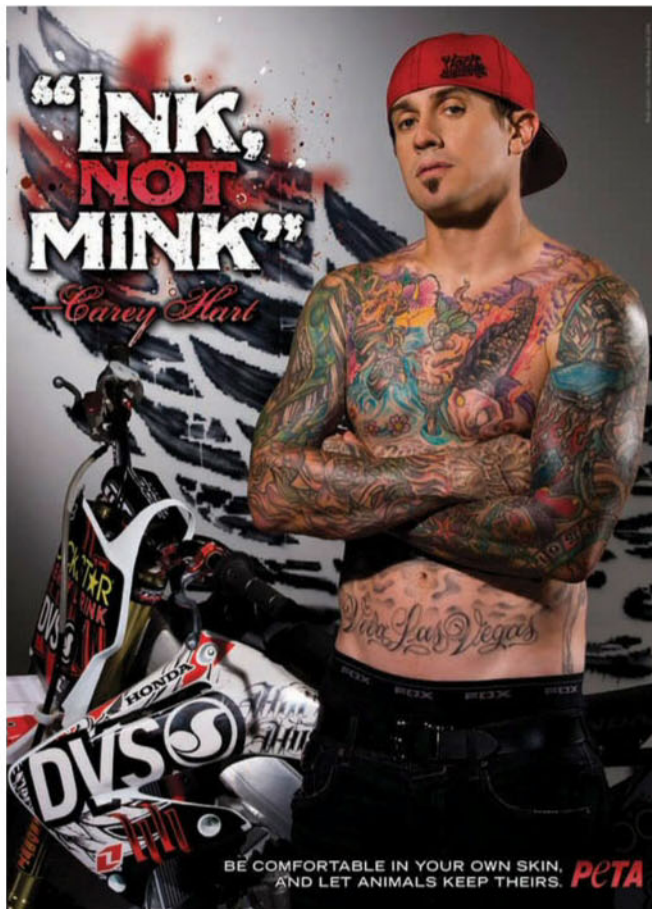
What's most uncanny about this mysterious, dream-constructing intelligence is that, like the voice in one's head that is sometimes heard when using ayahuasca or magic mushrooms, it seems to know us better than we know ourselves. So the dreaming mind can be dialogued with as kind of an enlightened psychologist that seemingly has the ability to answer just about any question that we may have about ourselves.

Does cannabis help or hinder the practice of lucid dreaming?

Neuroscience researchers generally assume that cannabis use suppresses dreaming, because there are measurably fewer REM periods in the sleep of people who regularly use cannabis. [REM, short for "rapid eye movement," is the term for those periods of sleep when people are most likely to be dreaming.] And people who use cannabis daily report that they remember fewer dreams.

However, I suspect that the real reason why there are measurably fewer REM periods—and subsequently more deeply restorative sleep—with regular cannabis users is not because cannabis use suppresses dreaming, but rather because being high on cannabis is actually dreamlike in some ways, and as such may serve a similar psychological function of moving information from the unconscious mind to the conscious ego so that people don't need to dream as much. This may be what "stoned insights" are actually doing in our minds. If cannabis use truly suppressed dreaming, then one would think that regular stoners would be suffering mentally in some way—because studies demonstrate that when REM sleep is deprived, this causes people to have cognitive and emotional difficulties, which generally isn't the case with regular cannabis users.

However, it's true that people tend to report dreaming less when they use cannabis, and when regular cannabis users stop using the herb, then they tend to have a wild abundance of dreams for a few days—and during this period, it becomes easier to have a lucid dream, as many people have reported. However, personally, I've had hundreds of lucid dreams after going to sleep stoned, so it doesn't seem to have hindered my ability much. Someone told me that they specifically use cannabis to help them lucid dream by waking up a few hours before normal, taking a single hit, and then going back to sleep. So it's important to remember that everyone has a unique nervous system, and cannabis can affect people's dreams in different ways. 🌿




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I GOT SOMETHING NEW.

I CALL IT ROLLING THUNDER.

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STRIKE!

I'M GONNA TELL ALL MY FRIENDS ABOUT YOU, ED!

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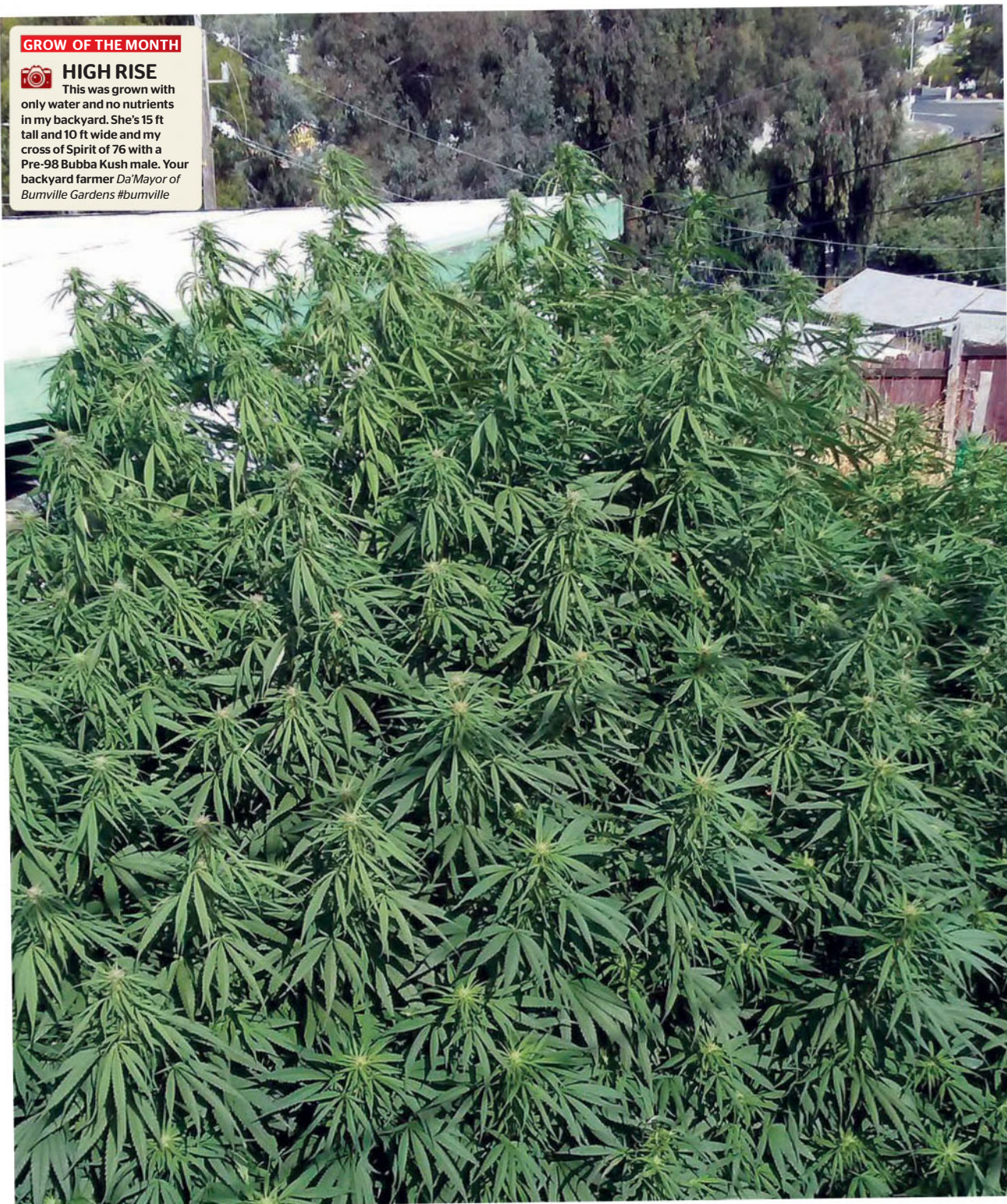
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GROW OF THE MONTH



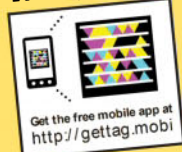
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This was grown with only water and no nutrients in my backyard. She's 15 ft tall and 10 ft wide and my cross of Spirit of 76 with a Pre-98 Bubba Kush male. Your backyard farmer Da'Mayor of Bumville Gardens #bumville

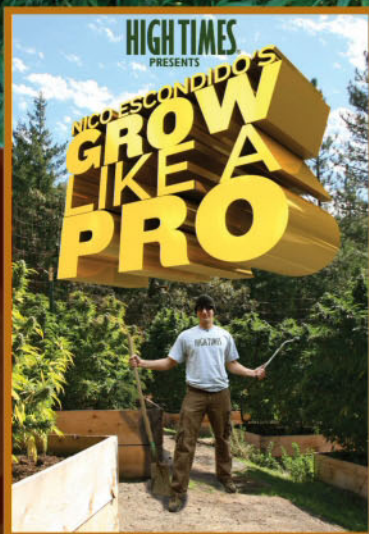


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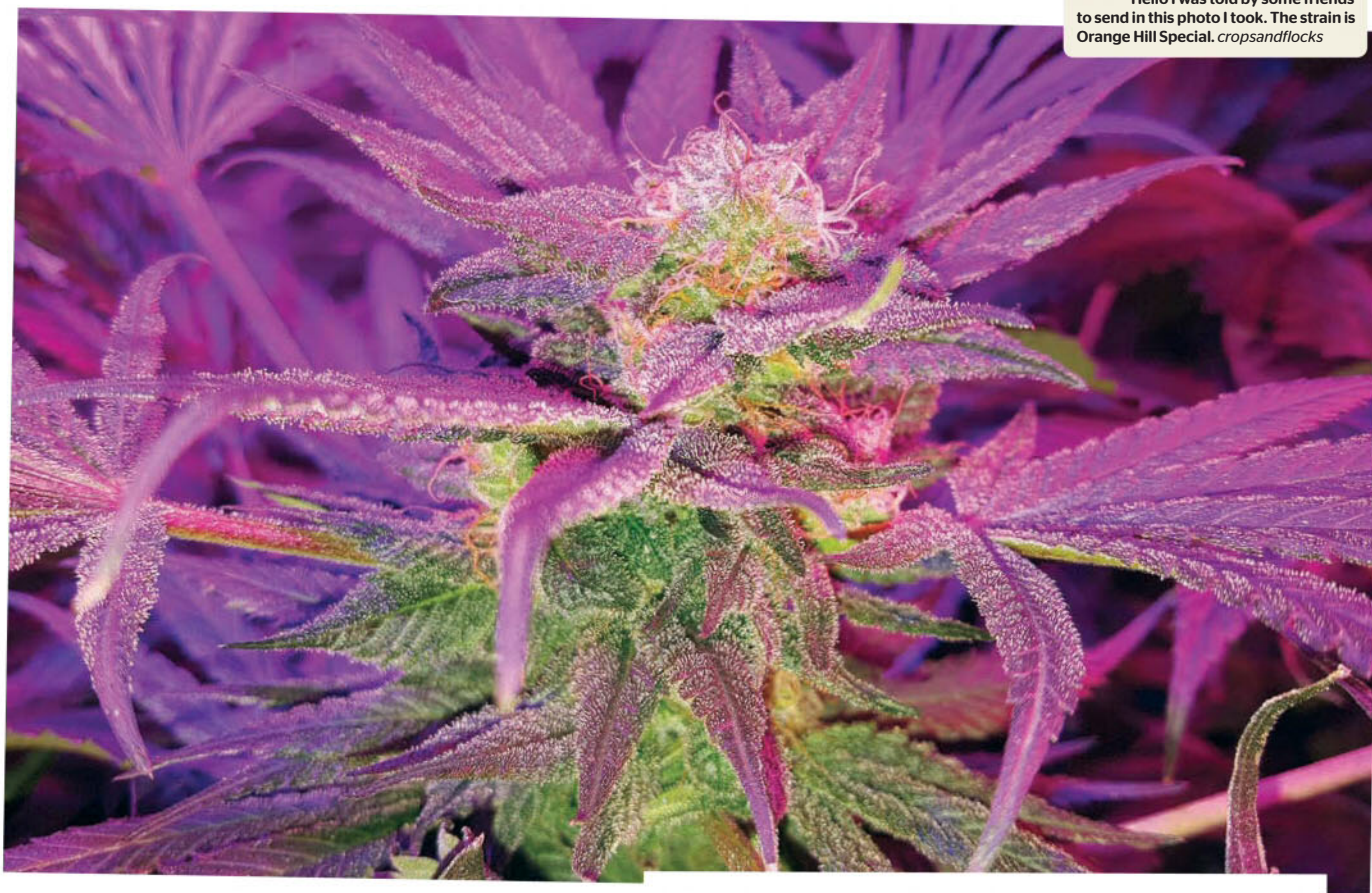
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FLOWER OF THE MONTH



LED ZEPPELIN

Hello I was told by some friends to send in this photo I took. The strain is Orange Hill Special. *cropsandflocks*

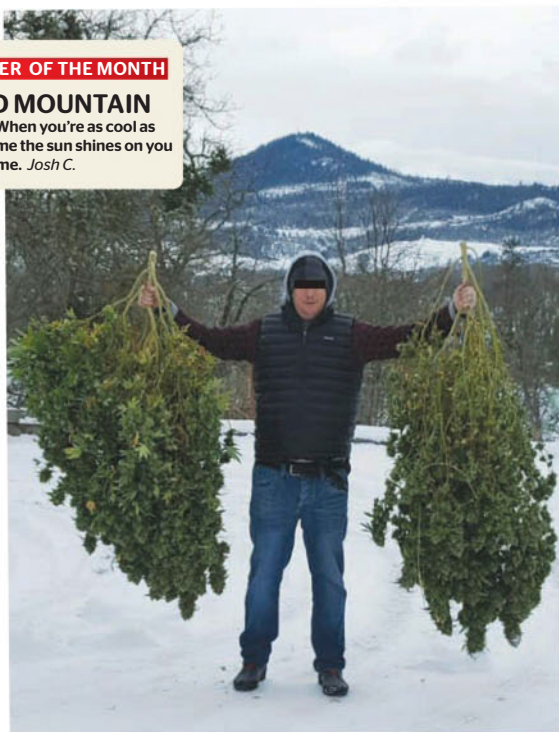


GROWER OF THE MONTH

COLD MOUNTAIN



When you're as cool as me the sun shines on you all the time. *Josh C.*

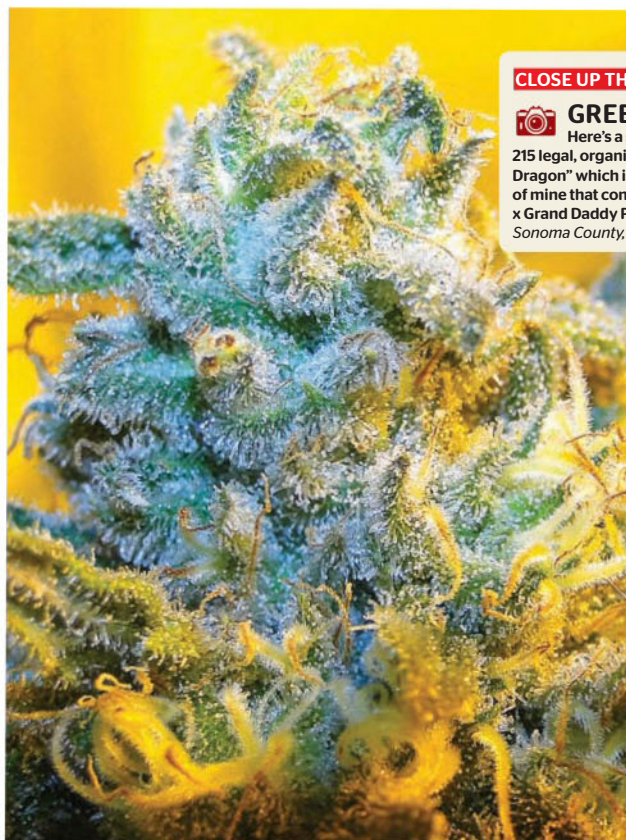


CLOSE UP THE MONTH



GREEN JADE

Here's a shot of some Prop 215 legal, organically grown "Jade Dragon" which is a personal creation of mine that consists of Green Crack x Grand Daddy Purple. Peace! *J.D. Sonoma County, CA*



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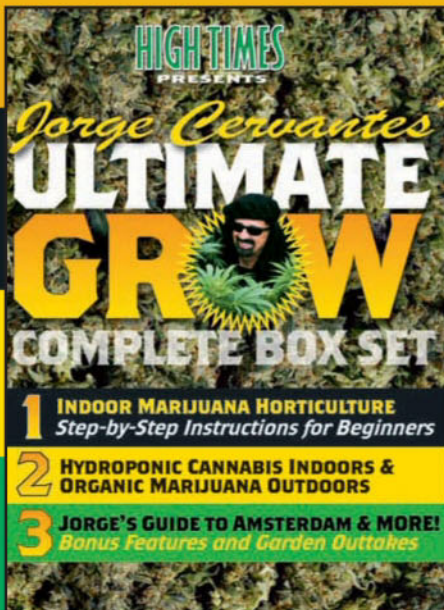
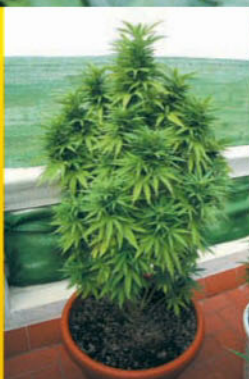
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Gerald Goldstein

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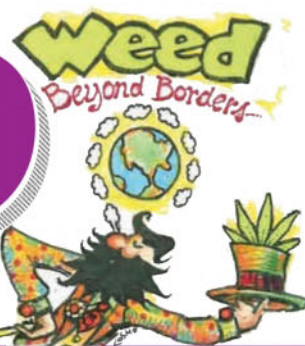
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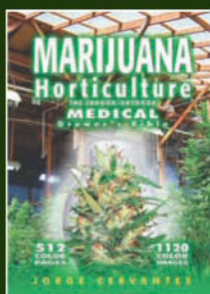


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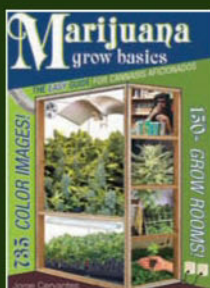
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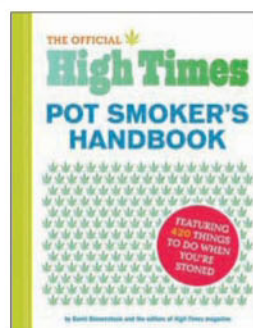
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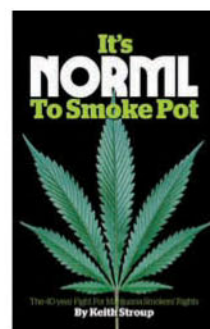
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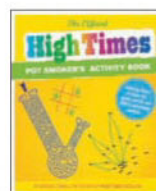
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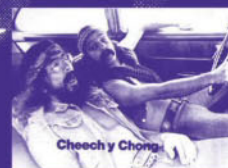
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