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ISSUE 88

HIGH! CANADA MAGAZINE

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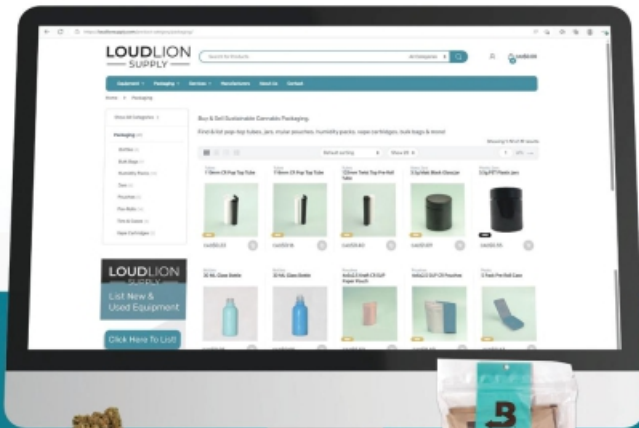
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We are super excited to be media sponsoring the upcoming Elevate Industry Expo. A welcome addition to other trade shows and sorely needed in the Toronto retail market which has to be the most saturated and challenging cannabis retail environments in the country.

The Elevate Cannabis Industry Expo is intended to bring transparency and collaboration to the forefront of our industry. Retailers, Budtenders and LPs are struggling to thrive. What is not being shared are ways to overcome these shared challenges on a grand scale. They are providing a safe space to be vulnerable, ask questions and gain insight to some best practices from successful members of our industry, while surrounded by like minded people – this is an invaluable opportunity to connect, elevate and grow, together.

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To help us maintain the editorial excellence and integrity of our publication, we have assembled a qualified Council of dedicated experts and innovators and natural health and cannabis to serve on HCM's Editorial Advisory Board:

With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial lineup, and a post-publication review of each issue which is invaluable in maintaining our more than nine year reputation as Canada's most trusted cannabis health and wellness resource.

Every effort is made to ensure that the majority of advertised products will be available for sale in Canada.

The information provided in this magazine is for educational and informational purposes only. It should not be used as a substitute for the advice of qualified and licensed practitioner or healthcare provider.

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ISSUE 88 - MID JULY 2023

NOW BI-WEEKLY!

Driven by a balanced approach to ensuring responsible cannabis choices and creating positive cannabis experiences for Canadians, HCM strives to inform and educate our readers.

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All material presented is intended for a mature 21+ audience and is intended for entertainment, educational and informational purposes only.

For more information on medicinal cannabis, please speak to your family Doctor.

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- Cultivation Editor -

Our High! Canada Magazine Family of Contributors includes:

- Sara Jane Wilson -
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- TF Pruden -
- Tammi Stanhope -

**CANADA'S LEGAL CANNABIS
CULTURE MAGAZINE**

www.highcanada.net

Welcome to mid to late July in Canada.

This issue we are super excited to talk about clones with Mr. Clones, talk about sustainable packaging with Cannagreen Packaging, celebrate with Alannah from the Dabble Cannabis Co. on their WIN for Best Concentrate in Canada at the May Canadian Cannabis Championship that was held in Alberta. We feel super blessed that we were able to snag her for an interview and we are absolutely delighted to have her featured on this, our 88th cover of High! Canada Magazine.

We are planning to hit issue #100 of High! Canada Magazine in January of 2024 - so that we can coincide the timing to occur the same time we celebrate our tenth year of publishing Canada's most culture-driven, community-oriented and quintessentially Canadian cannabis-focused magazine platforms out there in the current market.

We started in 2014 with a dream to publish 100 issues of High! Canada and we cannot wait to see what the rest of the year brings in terms of cannabis in Canada.

In other exciting news - Grow Up, the leading cannabis cultivation conference and expo in Canada, was thrilled to announce that nominations are now open for the prestigious 2023 Grow Up Awards Gala. This year, the event is set to take place at the historic Crystal Garden in Victoria, British Columbia.



“We are looking forward to honouring the dedicated professionals working tirelessly to set new standards in the ever-changing cannabis industry,” said Randy Rowe, President of Grow Up. “Our awards gala aims to highlight the exceptional contributions taking place in the industry and to celebrate the achievements of our peers. The gala is also a perfect opportunity to relax and get away from the stresses of the cannabis industry, even if it’s just for a night.”

This year, over 47 awards will be presented, including new categories in Brand and Retail. Hosting the awards gala will be Jenny West Cooney from Zone 91.3. The event will honor Ted Smith as our 2023 Lifetime Achievement Award recipient, Wanda L. James as our 2023 Cannabis Pioneer recipient, and Kevin Jodrey as our Grow Up Hall of Fame inductee.

Nominations are now open and will remain so until Sunday, August 6, 2023. Voting is set to take place August 10, and finish on August 28th 2023. Winners will be announced at the awards ceremony, adding to the excitement of this eagerly anticipated event.

“We encourage everyone in the cannabis industry to participate, either by nominating those who deserve recognition or by attending this landmark event,” Rowe added.

Tickets are already on sale and sponsorship opportunities are available. We invite everyone to be part of the celebration and recognition of excellence in the cannabis industry.

For more information about The Grow Up Conference and Expo, to make a nomination, or to purchase tickets, please visit www.growupawards.com

I am eying the controversial **Influencer of the Year** Award myself- even though I do dislike the term I embrace the cannabis influencer side of me wholeheartedly and am thankful for all the discussions I have had over the years during which I may have influenced someone to try cannabis for the first time or as a possible treatment option. It does my heart proud. Sadly I see that last year’s Advocate/Activist of the Year Award was the final one for a while. It is not on the list of possible nominations this year and I am honored to have been the last recipient of this prestigious award at last summer’s awards ceremony in Toronto. It is among my favorite and most cherished possessions and a reminder to be in service to my community even when the going gets a little tough.

If you are a supporter of High! Canada Magazine and what we do here - please consider nominating us for **Cannabis Publication of the Year** and the **Online Cultivation News Source Awards**?

Thank you in advance!

See you next issue!

Cy Williams
Publisher/Editor
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A woman with long hair is shown in profile, looking upwards. She is holding a large, vibrant green cannabis plant in front of her face. The background is dark, and the lighting highlights the woman's features and the texture of the plant leaves. In the top left corner, there is a small, separate cannabis leaf.

edmonton - sept 20th
vancouver - nov 8th

*Be
your inner
connoisseur*

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SEEING THROUGH THE SMOKE CANNAGREEN PACKAGING ON LEADING THE CANADIAN GREENER PACKAGING REVOLUTION:

CannaGreen Packaging, based in Airdrie, Alberta, is a prominent Canadian manufacturer and distributor of sustainable cannabis packaging solutions. With a sprawling 120,000-square-foot facility, CannaGreen has established itself as a leading supplier of packaging products for the cannabis industry.

Joel Darichuk is the Founder and CEO of CannaGreen Packaging, bringing his wealth of knowledge and expertise in regulatory packaging to the cannabis industry.

With over 20 years of experience in industries like Aerospace, Oil & Gas, Automotives, and



Agricultural, Darichuk has played a pivotal role in shaping the cannabis packaging landscape. Darichuk's journey in the cannabis industry spans over a decade, during which he has been actively involved in various



initiatives. Notably, he played a significant role in developing cannabis education courses at Mount Royal University, demonstrating his commitment to advancing knowledge and best practices in the industry.

Darichuk has successfully managed and guided numerous product SKUs to the Canadian market. His deep understanding of regulatory requirements and packaging standards has allowed him to navigate the compliance landscape effectively.

Darichuk ensures that every packaging solution offered by CannaGreen Packaging meets the stringent regulatory guidelines while maintaining the company's commitment to sustainability.

CannaGreen Packaging, founded during the COVID-19 pandemic, emerged when the need

for domestic packaging solutions within the cannabis industry was prominent. As the pandemic swept across the globe, numerous industries faced significant disruptions, and the cannabis sector was no exception.

Traditionally, many cannabis companies had turned to overseas manufacturers to source packaging products, due to significant cost savings. However, the pandemic triggered severe disruptions in global supply



chains, leading to unpredictable production and shipping costs. The closure of borders, restrictions on international trade, and reduced transportation capacities all contributed to these challenges.

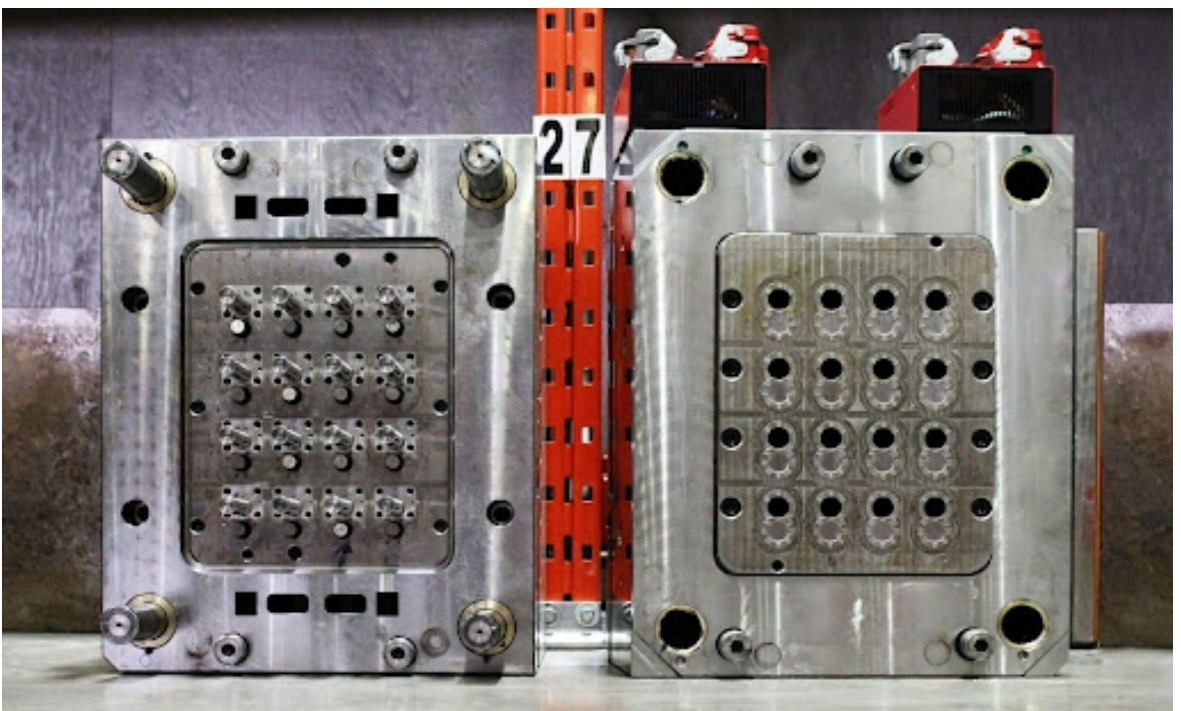
The impact of these supply chain issues was felt by many licensed producers, who faced these difficulties getting their products into the market while complying with Health Canada regulations and meeting consumer demands. The delays and uncertainty caused by the disrupted supply chains significantly hindered their ability to launch new SKUs and capitalize on market opportunities.

CannaGreen Packaging recognized these challenges and swiftly stepped in to provide a reliable and domestic solution.



CannaGreen offers licensed producers a dependable source for packaging products within Canada.

This localization of production helps mitigate the uncertainties and obstacles posed by international supply chains.





CannaGreen Packaging stands out in the industry as a truly unique manufacturing facility due to its vertical integration approach. The vertical integration model employed by CannaGreen Packaging allows the company to maintain complete control over its operations from start to finish.

This approach encompasses various crucial stages, including design, 3D printing, molding, testing, quality control and production, all carried out under one roof.

By bringing these key processes together, CannaGreen Packaging streamlines its operations and ensures maximum efficiency throughout the packaging production cycle and delivery of products to customers.

At CannaGreen Packaging, sustainability is at the heart of everything they do. CannaGreen

is committed to implementing Responsible Manufacturing Practices (RMP) to ensure that all their manufacturing processes are as environmentally friendly as possible.

In 2022, CannaGreen produced 48,083 lbs of 100% recyclable packaging. Nearly all waste rejected during production is reprocessed into packaging and other products, minimizing their environmental impact.

CannaGreen is proud to use up to 30% certified food-safe recycled materials in their packaging and in 2022 they produced less than 2 lbs of unrecyclable plastic waste, less than the average household makes in a week.

CannaGreen believes in implementing RMP to achieve the highest levels of efficiency and environmental safety.

This involves ongoing evaluations and improvements of all

HIGH! CANADA MAGAZINE



manufacturing processes, with a focus on reducing waste and increasing sustainability.

CannaGreen Packaging takes pride in its Canadian manufacturing roots and its dedication to being a sustainability-focused leader in cannabis packaging.

With an extensive range of packaging solutions, including tubes, jars, pouches, flatpacks, and bulk options, CannaGreen Packaging has become a trusted partner for LPs across Canada.

As the cannabis community continues to grow, CannaGreen

Packaging remains at the forefront, providing innovative, domestically produced, and environmentally friendly packaging solutions to support the industry's long-term success.

For more information, contact info@cannagreenpak.com

Photos in order of placement -

CannaGreen Packaging manufacturing facility, located in Airdrie, Alberta

Joel Darichuk, Found and CEO of CannaGreen Packaging

Left to right: Vape Cartridge Flatpack, 98mm Tube, 114mm Tube, 110mm Tube, 116mm Tube, 5 Pre-Roll Flatpack. Bottom: 125mm Tube

Left to right: 5 Pre-Roll Short Flatpack, 6"x6" Pouch, 116mm Tube, 98mm Tube, 110mm Tube

The CannaGreen team at the Grow Up Conference & Expo in Edmonton

Tube molds at the CannaGreen Packaging facility

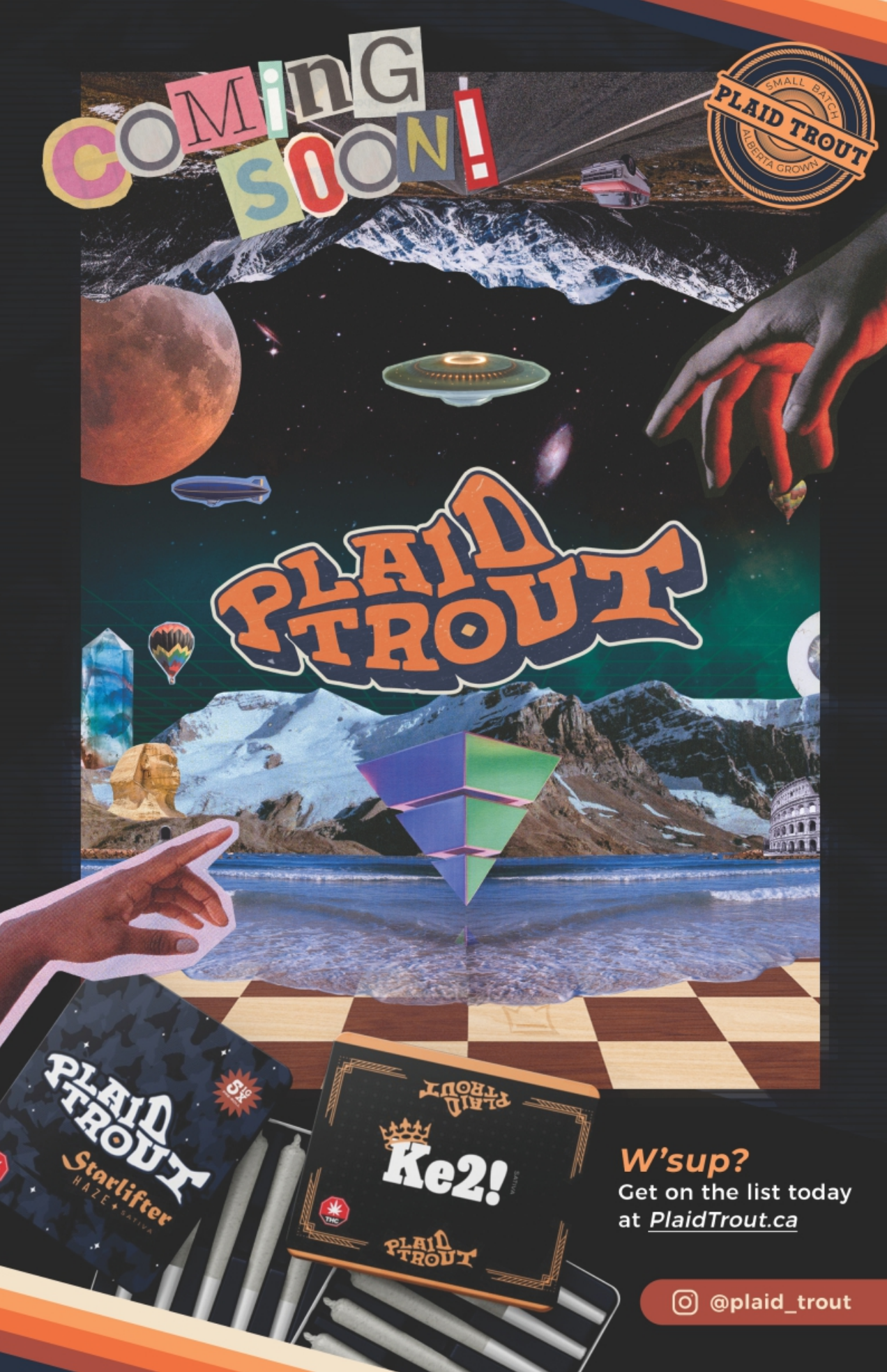
CannaGreen Packaging manufacturing facility, located in Airdrie, Alberta

Panel on Unravelling Sustainability and the Packaging Dilemma at the Grow Up Conference & Expo in Edmonton. Left to right: Nick Sanders, Joel Darichuk, Bobby Safaei, Myrna Gillis

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The background of the entire page is a close-up photograph of vibrant green cannabis leaves with serrated edges, creating a textured and organic backdrop for the text.

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THE REVOLUTION CONTINUES

SEEING THROUGH THE SMOKE

MR. CLONES - THE GREEN REVOLUTION: HOW CLONES ARE SIMPLIFYING THE HOME-GROWN CANNABIS JOURNEY

In recent years, the cannabis landscape has undergone a significant shift.

The once covert activity of home-growing marijuana has emerged into the mainstream, bolstered by the increasing acceptance and legalization of cannabis across the globe. With this new paradigm, many Canadians are exploring the rewarding practice of growing their own (GYO) cannabis at home.

As a beginner, you may be wondering where to start. That's where Mr. Clones comes into the picture, making your entry into the world of home-grown cannabis a seamless and rewarding journey.

Cannabis clones offer a remarkable solution to many challenges novice growers face. These ready-to-grow plants can simplify the entire process, accelerating your path from novice grower to home-grown connoisseur.

Why Choose Clones Over Seeds?

Cannabis cultivation typically begins with two options: starting from seeds or starting with clones.

Seeds, while an intriguing option, require a level of expertise, patience, and precision that may be daunting to the newcomer. Enter clones: mature, rooted cuttings taken from a mother plant that are ready to grow as soon as they arrive at your doorstep.

Quicker Harvest Times and Energy Savings

One of the primary advantages of starting your cannabis journey with clones is the significant time and energy savings. Seeds take time to germinate and grow into mature plants, requiring a higher energy input and an extended wait before you can enjoy your first harvest. On the other hand, clones, already partway through their growth cycle and



confirmed female, can cut weeks off the time it takes to get to harvest. This means not only quick access to your home-grown cannabis but also a reduction in energy costs associated with the prolonged growth phase of seeds.

Ease of Growing and Consistency

Clones also offer consistency, a boon for the beginner grower.

Each clone is a genetic copy of the mother plant, meaning it will grow and produce in a predictably similar fashion. This takes a lot of the guesswork out of the growing process, allowing you to focus on

learning the art of cannabis cultivation without worrying about inconsistent growth or yield between plants.

Cost-Effective Cultivation

When it comes to cost, clones often outshine seeds.

With seeds, you may need to buy in bulk to ensure germination, leading to increased initial costs. Additionally, you'll have to invest time and resources to nurture them to the same stage as a clone. Clones, on the other hand, are a one-time investment that provides a head start on your cannabis cultivation journey.



NURTURING CLONES: A STEP-BY-STEP GUIDE TO A FLOURISHING HARVEST

Embarking on your home-growing journey might initially seem intimidating, but with cannabis clones, the process is straightforward and rewarding.

To help you understand the basics, let's walk through the general stages of growing your own cannabis from a clone, from the moment your clone arrives at your doorstep to the day you harvest your first crop.

Stage 1: Transplanting Your Clone

When your clone arrives from Mr. Clones, it is ready to be transplanted into the media of your choice.

This process is simple – you just need to ensure a high-quality media mix or suitable hydroponics setup if you're growing indoors.

Once the clone is securely planted, you'll want to water it gently and place it under proper lighting.

Stage 2: The Vegetative Stage

This is the growth stage for your clone, where it will develop the majority of its foliage.

In this stage, your clone requires ample light – around 18-24 hours a day is optimal. Regular watering and adding cannabis-specific nutrients will help ensure a healthy plant.

Stage 3: The Flowering Stage

This is the exciting part.

After a few weeks, when your clone has reached a suitable size, you can trigger the flowering stage by reducing the light your plant receives to about 12 hours a day. This signals to the plant that it's time to start producing flowers – the part of the plant that contains the cannabinoids we all love.

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Stage 4: Harvesting

When your plant's buds have fully formed and matured – this can take several weeks – it's time to harvest. The timing of your harvest can influence the effects of your cannabis, with earlier harvests generally leading to a more uplifting effect. In contrast, later harvests can create a more relaxing effect.

Growing your own cannabis from clones can be a deeply rewarding experience. It offers an incredible opportunity to learn more about this unique plant, its growth process, and the factors that influence its final product. Plus, nothing quite compares to the sense of accomplishment that comes with using cannabis that you've grown yourself.

The Future is Green with Mr. Clones

Join the home-growing revolution with Mr. Clones. Our top-quality cannabis

clones simplify your journey, saving time, energy, and money. You're not just buying a clone—you're stepping into a more sustainable and rewarding cultivation experience.

Ready to take the leap? Visit Mr. Clones and discover how easy it is to grow your own cannabis. Whether you fancy the potent Garlic Cookies, the intense Gelato Supreme, the sweet Wedding Cake, or the robust Planet of the Grapes, we have these and many more clone options waiting for you.

Canada, the future of home-grown cannabis is here and greener than you think. Visit Mr. Clones today and grow together toward a sustainable harvest of crystal-covered cannabis buds.

Are you ready to turn over a new leaf?

For more information visit www.mrclones.com

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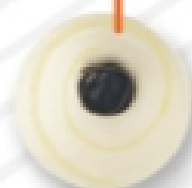
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CELEBRATING WITH ALANNAH DAVIS

Canada's top licensed producers hashed it out in May of 2023 for the ultimate recognition of winning the Canadian Cannabis Championship at the Grow Up Conference in Alberta.

We are super excited to feature Dabble Cannabis this issue and excited that we got to interview Alannah Davis, the Chief Executive Officer of the Dabble Cannabis Co.

which took home First Place in the concentrates division of the championship with their Strawberry Jam.

Being raised by two entrepreneurs, it was only a matter of time before Alannah became an entrepreneur herself. After graduating with a Bachelor of Business Administration, with a 'good job' working at TD – Alannah yearned

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for more. A few year stint at LUSH Cosmetics HQ, before eventually leaving to pursue her dreams.

It was a whim that led to her application to Aurora Cannabis; a 3 year role which she calls her ‘MBA in cannabis’ learning both what to do, and what not to do.

Her time in the cannabis world began initiating the supply chains of the recreational business for Aurora with each individual province. She soon moved into a Business Process Manager role, building out processes and integrating different business units. Next moving into a Project Manager role in the Product Development department, leading the concentrate projects. Her final role was Senior Manager, Product Commercialization – leading the product pipeline of innovation

throughout the business, from idea to shelf.

These skills honed at Aurora gave her a well-rounded experience and exposure to different required tasks and departments to bring cannabis products to market. This experience proved itself invaluable in the later launch of Dabble.

Late 2021 finally led her to leave Aurora and pick up the reins at the family farm, which originally intended to sell B2B wholesale, but were unable to find a buyer.

This led Alannah and her dad Doug to the world of hashmaking and creating the family’s brand – Dabble Cannabis Co.

For over 45 years, Doug Davis has been a lover of cannabis. From



cultivating his own cannabis (and rainbow trout and steelhead) in an aquaponic setup during MMAR days, through ACMPR and finally as legalization crested the horizon – Doug knew he finally had the opportunity to fulfil a lifetime dream of a cannabis farm. With an 80 acre farm in the Cowichan Valley, the original plan was an indoor grow, retrofitting a large equestrian arena on the farm. Soon realizing that the cost to get the facility going and operating was far too great on indoor – the direction soon pivoted to a sun-grown cannabis outdoor facility. Doug spent thousands of man hours himself excavating the site, building infrastructure and working on licensing.

The Health Canada licensing process is a daunting task, and so Doug enlisted the help of Alannah to get the

process across the line. Working through the issues together, the family forged ahead to eventually get licensed in October 2020. The first grow season commenced in Spring 2021, with high hopes and a lot of nerves. Doug’s original intent was to be a farmer through and through, and hoped to find a processing partner to sell to. As that path didn’t materialize, he and Alannah were offered support from Alternabis Farms, another local family farm to use their facility and help them get their products out there. Other community members offered their knowledge, equipment and support to the family, which led them to a launch of their product in Summer 2022.

Congrats on your win with the Strawberry Jam at the recent Canadian Cannabis Championship

in Edmonton. You took home the gold with Dabble's Strawberry Jam. Tell us what it took to produce this kind of quality?

Thank you! It was an amazing feeling holding up that trophy, one I have visualized and manifested for years. The thing about the quality of the concentrates, is directly correlated to the quality of the input cannabis you use to make it. We have been so incredibly gifted to have Strawberry Jam as our signature strain, bred by our grower Ross. Really that's what its all about, truly the strain speaks for itself with the stinky overripe wild strawberry aroma and sweet flavour to match. While we have washed over 3 million grams of hash, we're still nowhere near experts, and feel that we are always learning and pushing to improve our quality.

Fun fact, Strawberry Jam is named internally as Dr J, named for Doug, Ross, Joy.

Tell us more about Dabble?

Dabble is a family farm, focused on creating quality products, love of cannabis and education. Our focus is flavourful sungrown cannabis produced into live hash rosin with solventless ice-water extraction. We hope to continually provide unique



cultivars and incredible flavours. However; Dabble is just a piece of the puzzle for us. Our farm, Hi Point Guest Ranch, is home to Dabble, as well as some luxury accommodations and a private lake to relax by, and soon, a farm-store and dab lounge.

Cannabis tourism and education is how we plan to grow the farm, offering tours, events and accommodation for passionate consumers to newbies and anyone in between.

What about you? When did you decide you wanted to work in the cannabis sector?

Honestly, until cannabis became something my family was doing – it never occurred to me as a career. Throughout my life I struggled to identify what my passion was, despite loving consuming cannabis since I was a teen, I didn't put it



together. Then once I had begun working in the industry and was given my first dab by a great friend back in 2018 – it all changed. It was the most amazing experience and I jumped down the rabbit hole learning everything I could ever since. It's been the most fun and challenging experience and I feel like a lifetime of runway to keep learning and growing.



Walk us through some of the challenges and adversity you may have faced attaining the right position within the sector? How did you overcome them?

Challenges in the sector. I definitely experienced different challenges for different times. As an employee, I found huge challenge in executive teams that don't know anything about cannabis, with no interest to try or learn. It is really disheartening seeing the leadership of the industry and how poorly the government and public cannabis sector have left the state of things – however I think this is starting to change as large companies continue to lose market share and consumers vote with their dollars – for craft cannabis.

As a producer, the challenges aren't going anywhere. We struggle to obtain simple business things like banking and insurance. We are overcharged at every turn, because the word 'cannabis' makes people think we have all this extra cash – which couldn't be further from the truth. We struggle with excise, taxes,

markups and exorbitant fees from every government agency at every level. Farmers are the most vulnerable, being forced to sell through Processing/Sales agencies, slicing off margin points at every turn just to get their product out the door.

Most of these challenges aren't something we overcome, we're in the thick of it. We remain as lean as possible (read: only 1 single employee, and no pay for us family), finding as many efficiencies as we can. Getting involved with government policy development and networking with the community to grow our voice.

What is some advice you can offer up to other women in the space who want to get more involved in cannabis cultivation and extraction? Take matters into your own hands, learn as much as you can.

Ask questions, read as much as you can find on the topic. Ask for informational interviews, but make sure you're well prepared with good



questions that take more than a Google.

willing do any job I ask someone else to do.

Find the helpers. There are many people who want to see driven young women succeed and will gladly support you. Volunteer at events and network, get your name out there. Get out of your comfort zone! It won't be easy but it will be so rewarding.

Speak up, make your opinions and ideas known.

Don't let impostor syndrome lie to you, you can do it.

What does the last half of 2023 hold for you and for Dabble?

Don't be too 'big' for any job. I think it's important that as a CEO I am

2023 has been an incredible year already so far. We are very excited for the rest of the year – as we are launching 3 new strains of live rosin that are growing in the field now and we'll be moving into a new packaging format – better jars and a box! And lastly, we're excited to be partnering with legacy topical formulator (aka magician) Siobhan

McCarthy of Blyssful Alchemy, launching a new collaboration brand called Dabble into Blyss. This collaboration will see our rosin and hash inputs into the topical formulations made popular in BC's legacy days. A pleasure oil and muscle stick are just a few products that folks can expect to see.

The latter half of 2023 will also bring some events at the farm – 420 Church (last Sunday of every month, celebrating cannabis and community), Farm Tours, competing in the Unicorn Cup and planning for an exciting 2024!

What are three things you think our readers should know?

The cannabis industry is full of people telling you things. Often, they're telling you second, third hand information and it may not even be correct.

Educate yourself and READ THE REGULATIONS – knowledge is power.

Always ask for what you want. If you want a new job, create a proposal demonstrating your value and ask for it.

You want to partner with someone? Ask them to and show them what you'd bring to the table. The CRA is



coming during planting season? Ask for an extension! They may say no but accommodate you in another way. You'll never know what you can get unless you ask for it.

Educate yourself on the history of cannabis and the industry if you want to be in it.

Learn why we are here and who paved the way to get here. Remember that cannabis is medicine and that deserves respect and patients deserve access to medicine.

Thank you Alannah!



FLOWER
#1 WATERBORN SUGAR PALMGARDENS
#2 QUEEN SAW 6
#3 RUNTZ
JUST FIEUR

HASH
DABBLE - STRAW BERRY
FREEDOM - JAM
ORIGAMI - SCURRICAN
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HIGH! CANADA
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HIGH! CANADA MAGAZINE

CANNABIS CUISINE UNLEASHED: NATURAL REMEDIES TO REDUCE THE DURATION OF A CANNABIS HIGH

BY SARA JANE WILSON

While cannabis can provide enjoyable and therapeutic effects for many users, sometimes individuals may find themselves feeling uncomfortably high. If you've consumed too much cannabis and are looking for ways to shorten the duration of your high, there are several natural remedies you can try. From certain herbs to specific foods and fruits, these remedies may help you find relief and regain a sense of balance.

Black Peppercorns:

Black peppercorns contain the terpene beta-caryophyllene, which has been shown to interact with the same brain receptors as

THC. Chewing on a few whole black peppercorns or sniffing crushed peppercorns may help reduce the intensity of a cannabis high and provide a calming effect.

Citrus Fruits:

Citrus fruits, such as lemons and oranges, contain high levels of limonene, a terpene known for its uplifting and energizing properties. Consuming citrus fruits or their essential oils may help counteract feelings of sedation and promote a more alert state.

Herbal Teas:

Certain herbal teas, like chamomile, lavender, or lemon

balm, have natural calming properties that can help soothe anxiety and promote relaxation. Drinking a warm cup of one of these teas may help ease the uneasiness associated with being too high.

Mangos:

Mangos are rich in myrcene, a terpene that is believed to enhance the effects of THC and potentially shorten the duration of a high. Eating a ripe mango before or after consuming cannabis may intensify the experience and help it wear off faster.

CBD Products:

CBD (cannabidiol) is a non-psychoactive cannabinoid found in cannabis that may counteract the intoxicating effects of THC. Consuming CBD products, such as CBD oil or edibles, alongside THC-rich cannabis, may help mitigate the intensity and duration of the high.

Green Tea:

Green tea contains theanine, an amino acid known for its calming and stress-reducing properties. Sipping on green tea may help



promote relaxation and alleviate feelings of anxiety associated with being too high.

Fresh Air and Exercise:

Engaging in light physical activity or going for a walk outdoors can help distract your mind and reduce the intensity of a cannabis high. Fresh air and exercise can also boost endorphins and contribute to a more balanced state of mind.

While consuming too much cannabis can be overwhelming, natural remedies can help ease the effects and shorten the duration of the high. From herbs and fruits with specific terpenes to calming teas and physical activities, these natural options offer a safe and effective way to find relief when you've gotten too high. Remember to consume cannabis responsibly, start with low doses, and consider these remedies as helpful tools to have on hand in case you need them. If you experience persistent discomfort or adverse effects, it is essential to seek medical attention promptly.



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HIGH! CANADA MAGAZINE

CANNABIS HARDWARE UNLEASHED:

EXPLORING TOQI

BY SABRINA MOHAMED

In the ever-evolving landscape of cannabis consumption, vaporizers have emerged as a game-changing innovation, revolutionizing the way enthusiasts enjoy their favorite herbs and concentrates. From humble beginnings to cutting-edge advancements, the history of vaporizers is a fascinating tale of technological progress.

Now, prepare to witness the next chapter in this captivating

narrative with the introduction of the TOQi 510. This remarkable device stands at the forefront of modern vaporizer technology, embodying years of research, development, and a deep understanding of the cannabis community's needs.

The story behind TOQi's inception is rooted in the founder and CEO, Drew Henson's, personal journey with cannabis. Recognizing the immense potential of this natural

plant as a catalyst for creativity and wellness, Henson became determined to enhance the vaping experience for fellow enthusiasts.

Frustrated by the prevalence of subpar batteries with unreliable technology, Henson set out to create a brand that would redefine the standards of excellence in the industry. Thus, TOQi was born, a Canadian-based company driven by a passion for quality, sustainability, and unparalleled product design engineering.

At the heart of TOQi's lineup stands the game-changing TOQi 510. This wireless vaporizer takes convenience to new heights, boasting a range of innovative features that set it apart from the competition. With its Qi-compatible wireless charging capability, users can effortlessly recharge their device without the hassle of cords or plugs. Say goodbye to the days of searching for misplaced charging plugs, as the TOQi 510 comes equipped with a built-in USB-C port for ultimate convenience.



But the TOQi 510 doesn't stop there. It takes efficiency and performance to a whole new level. With fast adaptive charging, it can charge at double the speed of competing devices, ensuring minimal downtime and maximum enjoyment. Plus, its impressively large battery capacity nearly doubles that of other vaporizers in its class, guaranteeing that it will always be ready for use whenever the need arises.

For concentrate or hash smokers seeking the ultimate vaping experience, the TOQi 510 is an absolute must-have. It represents the culmination of years of innovation and dedication to delivering the highest quality tools to the cannabis community.

Join us as we unveil the extraordinary TOQi 510, a testament to the progress and possibilities that lie ahead in the world of cannabis consumption. Get ready to elevate your vaping experience to new heights with TOQi, the future of vaporization is here!

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DISPELLING THE MYTH: WHITE ASH & CANNABIS QUALITY

BY DAVE MAC ADAM

There is a prevailing belief among cannabis enthusiasts that the color of ash left behind after combustion is a reliable indicator of the herb's quality. Unfortunately, this belief is not based on any scientific evidence and has led to the exclusion of many excellent strains of cannabis that produce darker-colored ash.

Scientific evidence refutes this claim by establishing that the color of ash has little to do with cannabis quality.

Instead, factors such as soil mineral content and nutrient usage during cultivation play a significant role in determining the ash's color. In this article, we will delve into the chemical process of combustion and debunk the unsupported claims surrounding white ash and cannabis.

The Combustion Process:

When cannabis is combusted, a complex chemical reaction occurs. Carbon-based compounds, such as those found in plant material, undergo combustion, resulting in the release of heat, light, and various byproducts. During this process, the carbon compounds oxidize, combining with oxygen in the air to produce carbon dioxide, water vapor, and ash residue.

Understanding Ash Composition:

Ash consists of the non-combustible elements and minerals present in the plant matter. These minerals are absorbed from the soil during the growth process and accumulate within the plant material. When the cannabis burns, these minerals in the plant material also burn and

contribute to the composition of the ash.

Dispelling the Role of Ash Color in Cannabis Quality:

Contrary to the popular belief, the color of the ash left behind has no direct correlation to the cannabis' potency or quality. The color primarily depends on the trace minerals present in the plant and soil. For instance, cannabis grown in soils rich in calcium, magnesium, and potassium tends to produce white ash.

Other factors influencing ash color may include the inclusion of specific nutrient supplements during cultivation. Nutrients high in magnesium, such as Epsom salts, commonly used to enhance plants' growth, can also contribute to white ash. However, these factors are unrelated to the overall quality of the cannabis being consumed.

Evaluating Cannabis Quality:

To determine the quality of cannabis, numerous other factors have a more significant impact. These factors include the strain genetics, cultivation techniques,

curing processes, THC and CBD content, as well as the overall terpene profile. Such elements influence the taste, aroma, and effects experienced by consumers. Ash color alone cannot provide meaningful insights into these important considerations.

In conclusion, the belief that the color of the ash from combusting cannabis represents its quality is not supported by scientific evidence. The white color of ash often arises from the presence of specific minerals absorbed from the soil, or the use of particular nutrient supplements during cultivation. Cannabis enthusiasts and consumers should rely on more reliable indicators of quality, such as strain genetics, cultivation techniques, and the presence of desired cannabinoids and terpenes. By dispelling this myth, we can better appreciate and understand the complex factors that contribute to the overall cannabis consumption experience.

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THINGS I CAN'T CHANGE

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A serious work lightened by plenty of noir humor, 'Things I Can't Change' by T.F. Pruden is a frank, gritty, but heartwarming tale of shared recovery. In this, his seventh novel, the Canadian author shows the challenges lived by three unlikely roommates, as they struggle to get sober.

As with most Pruden novels, dealing with Canada's geography plays a role. This time out, the story takes us on a journey east from Montreal, Quebec, to Vancouver Island, B.C., with Alberta's Rocky Mountains featured.

Though historic details add context, recovery is the heart of this story. So, in a series of epic soliloquies, the roommates share personal tales showing who they were, what happened, and how they got sober.

Though entertaining, none of them shy away from sharing the life-and-death reality of both addiction and recovery. To learn what it takes to get sober, you must read this novel.

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T.F. Pruden is a Canadian novelist of Metis heritage. Written in an episodic and constrained minimalist style, his work shares a dry wit while embracing the postmodern. Themes of cultural identity, racial separation, individualism, collectivism and the absurd confront Indigenous characters living with racism and bigotry common to life in Canada. He lives in small town Alberta in western Canada.

His seventh novel 'Things I Can't Change', published in April 2023, is available in eBook, paperback, and hardcover. A frank, gritty, but heartwarming tale of shared recovery; this future classic of Canadian literature is available worldwide on Solitary Press. A Paperback review copy is enclosed. For more information, see the links below.

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Reader Reviews:

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