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HIGH! EUROPE MAGAZINE



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HIGH! EUROPE MAGAZINE

I S S U E # 6

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Team High! Europe

Cy Williams
Publisher

Christian Christianson
European Editor

Dave Mac Adam
Cultivation Editor

Micheala Freedman
European Editor

Zara Boorder
Global Fitness Editor

Sabrina Mohamad
Global Contributor

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

With the help of these industry authorities, High! Europe offers timely and accurate information about cannabis and natural health, news information and education as it applies to cannabis.

The board members lend their expertise to our process of developing and commissioning or editorial lineup, and they're post-publication review of each issue is an invaluable in maintaining our more than eight year, global reputation as a trusted cannabis health and wellness resource.

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2023 - EVEN MORE CHANGE

It is my pleasure to bring you an all new issue of High! Europe Magazine to assist in furthering the dissemination of all information and education about hemp and cannabis into the European market.

Global cannabis leaders are arriving in Berlin this week to attend the International Cannabis Business Conference. The events series' flagship business-to-business (B2B) event is taking place on June 29th and 30th at the iconic Estrel Berlin Hotel.

In addition to the two-day B2B event, which is the largest of its type on the entire European continent, the International Cannabis Business Conference will also host a Global Investment Forum on June 27th at the Hotel Adlon Kempinski Berlin.

The International Cannabis Business Conference is the leading cannabis industry event series on the planet, with previous conferences occurring in several countries on multiple continents. The event series is owned and operated by cannabis advocates that believe in



ICBC BERLIN

**EUROPE'S LARGEST
B2B TRADESHOW**

ESTREL BERLIN HOTEL - 29-30 JUNE



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The International Cannabis Business Conference is the leading cannabis industry event series on the planet, with previous conferences

occurring in several countries on multiple continents. The event series is owned and operated by cannabis advocates that believe in celebrating cannabis culture, in addition to providing world-class cannabis industry education and networking opportunities.

“We are extremely excited about this year’s conference in Berlin given how close Germany is to modernizing its cannabis policies. It is going to be extra special for our team to offer world-class cannabis industry and policy education, networking, and entertainment to attendees at such a historic time for Europe’s emerging cannabis industry,” says Alex Rogers, founder of the International Cannabis Business Conference.

It is becoming increasingly difficult to gain an edge on the competition in the emerging international cannabis industry, and it’s vital for people to get their idea, product, or service in front of the right people at the right time. With executives, entrepreneurs, investors, policymakers, and industry service providers converging from across the planet in Berlin this week, the B2B trade show event in Berlin is the perfect

place for people to put their cannabis ideas on the global cannabis stage. [Click here](#) for a full list of B2B conference speakers.

Not all networking opportunities are created equal, and that is particularly true in the cannabis space. International Cannabis Business Conference events are attended by cannabis leaders from dozens of different countries, with the Berlin B2B event serving as the top international cannabis event of its type for 2023. [Click here](#) for the event's full schedule and curriculum.

Cannabis industry opportunities that are popping up in Germany and on the European continent have tremendous profit potential, and the Global Investment Forum is the perfect place for entrepreneurs to try to secure capital to take their pursuits to the next level. It is also an unparalleled opportunity for investors to learn more about pre-vetted investment opportunities and for industry service providers to find reliable and high-end clients.

"We know how hard it is for quality investors to link up with

vetted cannabis industry companies offering valuable investment opportunities," Rogers stated. "That is why we are bringing the Global Investment Forum back to Berlin. It will be a prime networking opportunity for cannabis industry investors, entrepreneurs, and industry service providers alike."

Sixty-one percent of polled Germans support the controlled sale of adult-use cannabis in licensed stores. It is estimated that legalizing cannabis sales for adult use in Germany would quickly create 27,000 new jobs. Additionally, Germany's current legalization plan includes removing cannabis from the country's narcotics law, which will have a significant impact on all sectors of the nation's emerging cannabis industry.

Thousands of cannabis leaders from dozens of countries will be represented at the International Cannabis Business Conference in Berlin and that includes representatives from every sector of the industry as well as leading international cannabis policymakers and industry service providers.

Make sure to check out the International Cannabis Business Conference to take your industry pursuits to the next level.

Cy Williams - Editor
High! Europe Magazine



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Nowhere on earth is as exciting as Germany right now when it comes to cannabis policy and industry. Europe's largest economy is trending towards legalization and launching the world's largest legal adult-use cannabis market. ICBC is Europe's largest and longest-running cannabis B2B event and serves as Germany's largest annual gathering of influential cannabis political and business leaders.

ICBC Global Investment Forum is June 27, two days before the B2B. An unprecedented opportunity to present the unique nature and potential growth of your business to global investors. Find the capital you need to bump your cannabis business to an entirely new level.



TALKING TO ALEX ROGERS AS



RETURNS TO BERLIN!



Visionary entrepreneur and political activist, Alex Rogers, is the founder and CEO of multiple thriving ancillary cannabis businesses. A Magna Cum Laude graduate majoring in Political Science, Rogers has used his knowledge of law and politics to push cannabis policy forward all over the world.

Cutting his teeth as an activist in the early nineties under the tutelage of Jack Herer, Alex has a deep proprietary knowledge of the emerging global cannabis industry.

He has played a key role in professionalizing and mainstreaming the cannabis industry, building one of the United States' most popular medical cannabis clinics and the first ever to

advertise medical cannabis on network TV in the U.S.

Living in five different countries throughout his life, and able to communicate in all respective languages, Alex considers himself an international citizen, thusly spawning the International Cannabis Business Conference (ICBC).

The ICBC was the first cannabis business conference in the world to have multiple dates set in multiple countries on multiple continents and is the leading conference series in Europe. Alex, What can you tell us about the Berlin ICBC?

This year's installment of the International Cannabis Business Conference in Berlin is going to be our

HIGH! EUROPE MAGAZINE



biggest and best event to date. The event itself has served as the largest cannabis B2B event in Europe for several years now, however, given the current historic legalization push that is going on in Germany, this one is going to be extra special.

A tectonic cannabis policy shift is occurring not only in Germany, but throughout the European continent, and my team couldn't be happier to provide a two-day curriculum that is packed with experts in every field and sector of cannabis from all over the globe.

We have lined up true international leaders and innovators with backgrounds in finance, investing, technology, agriculture, and everything else that is important and impactful in today's emerging cannabis industry and political landscape, and bringing them all under one roof at the iconic Estrel Berlin Hotel.

Once again we will host a political panel featuring current federal lawmakers in Germany, and while I am proud of every panel that we are offering, I know that one is going to be particularly popular given the fact that Germany is modernizing its cannabis laws right now.

In addition to the two-day curriculum, we are also hosting another one of our infamous after-parties and Jim Belushi will be performing at this year's Berlin after-party, in addition to Jim participating in a fireside chat during the conference. Jim is one of the most entertaining humans on earth, and it's going to be a real treat for attendees to listen to him in the fireside chat followed by Belushi then providing the music for the after-party. I encourage people to go to our website to see the full schedule and the list of speakers. It's a truly international roster, unlike anything you will see at any other cannabis event on the planet.



Alex, what are some of the challenges you faced getting here with the conferences. How you overcame those challenges.

The overall challenge that always faces any cannabis endeavor, and that includes cannabis conferences, is cannabis prohibition.

The International Cannabis Business Conference got its start in the United States, then expanded to Canada, and then to Europe. Cannabis legalization has of course spread to parts of the United States, Canada, and to a lesser extent Europe (Malta), but when we first held our conferences in those places, prohibition was still the

ultimate law of the land in those jurisdictions. In the case of Germany, cannabis prohibition is still in place.

That makes everything harder, from securing vendors to establishing partnerships, to advertising options, and everything in between. With that being said, my team has always risen to any challenge and overcome any hurdles, always thinking outside of the box, and now the walls of cannabis prohibition are crumbling so the problems of the future will hopefully not be as big as they were in the past.

A big reason why we have held our conferences in the places that we have held them is to help further the



mission of cannabis advocates in the regions. We are all in this together.

We bring in experts from other jurisdictions to help educate everyone and collaborate as much as possible, knowing that what comes out of that is a more formidable cannabis community both in the region where the event is being held as well as at the global level.

When smart people get together and share ideas great things happen, and that is what the International Cannabis Business Conference is all about.

What attendees can expect in Berlin ie: Activations, networking, speakers, highlights

Over 5,000 cannabis leaders from over 80 countries will be represented at the International Cannabis Business Conference in Berlin and that includes representatives from every sector of the industry as well as leading international cannabis policymakers and industry service providers.

Attend the International Cannabis Business Conference in Berlin to network with investors, entrepreneurs, industry regulators, and international policymakers and take your industry pursuits to the next level.



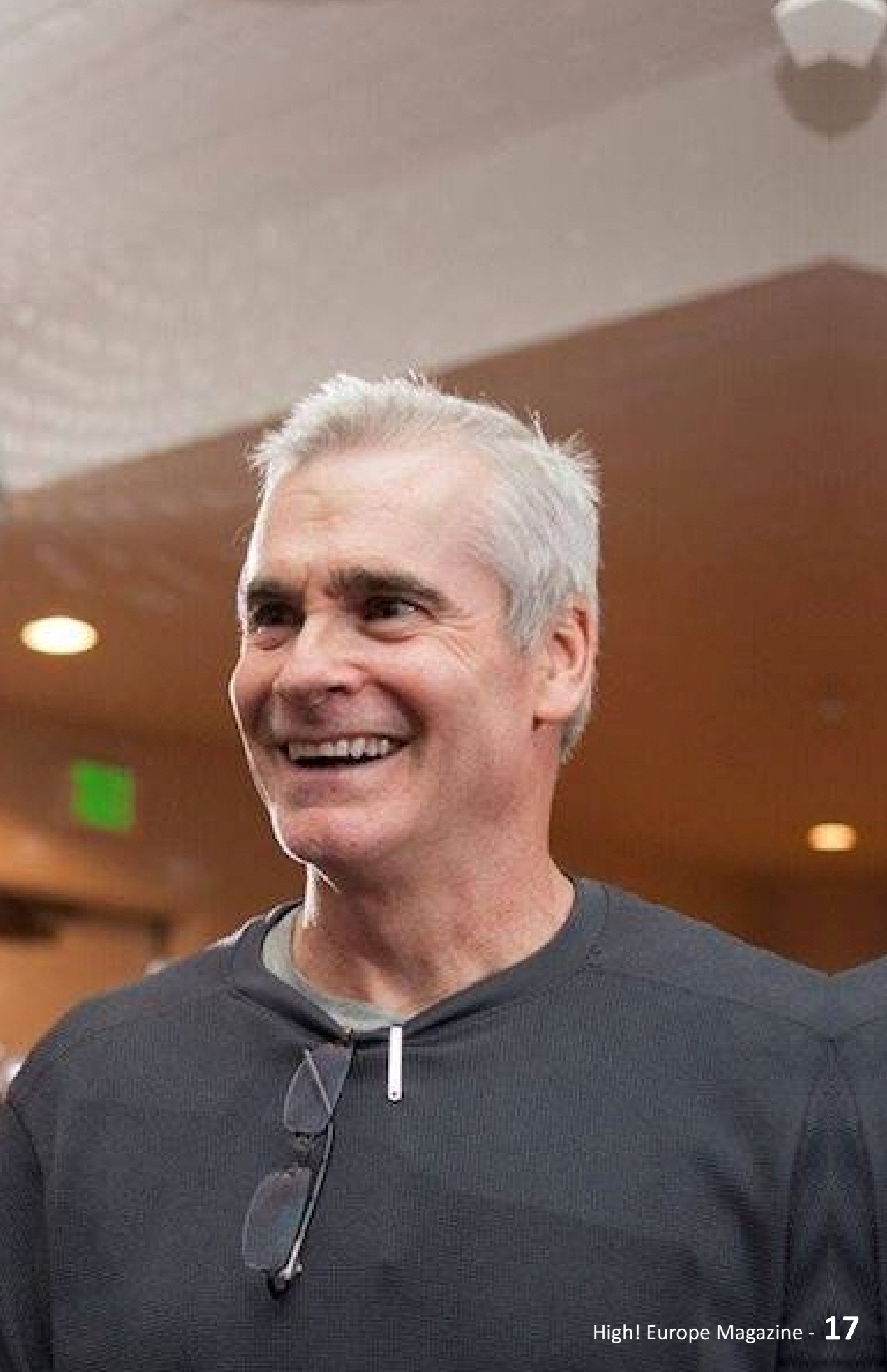
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What is next for ICBC Alex?

Well, you can find out and join us in Slovenia for another of Europe's Largest Cannabis Science & Technology B2B event. Attendees from 80+ Countries, Exhibitors and Sponsors and Industry Speakers.

The International Cannabis Business Conference in Slovenia is Europe's newest and most exciting science and technology trade show and conference. Slovenia already serves as an

international research and innovation hub for multiple industries and is rapidly becoming a top global leader for enhanced cannabis production methods and product development.

It's the ideal location for the world's leading cannabis science and technology experts to convene and is a must-attend for entrepreneurs, investors, policymakers, and industry service providers from all over the planet.

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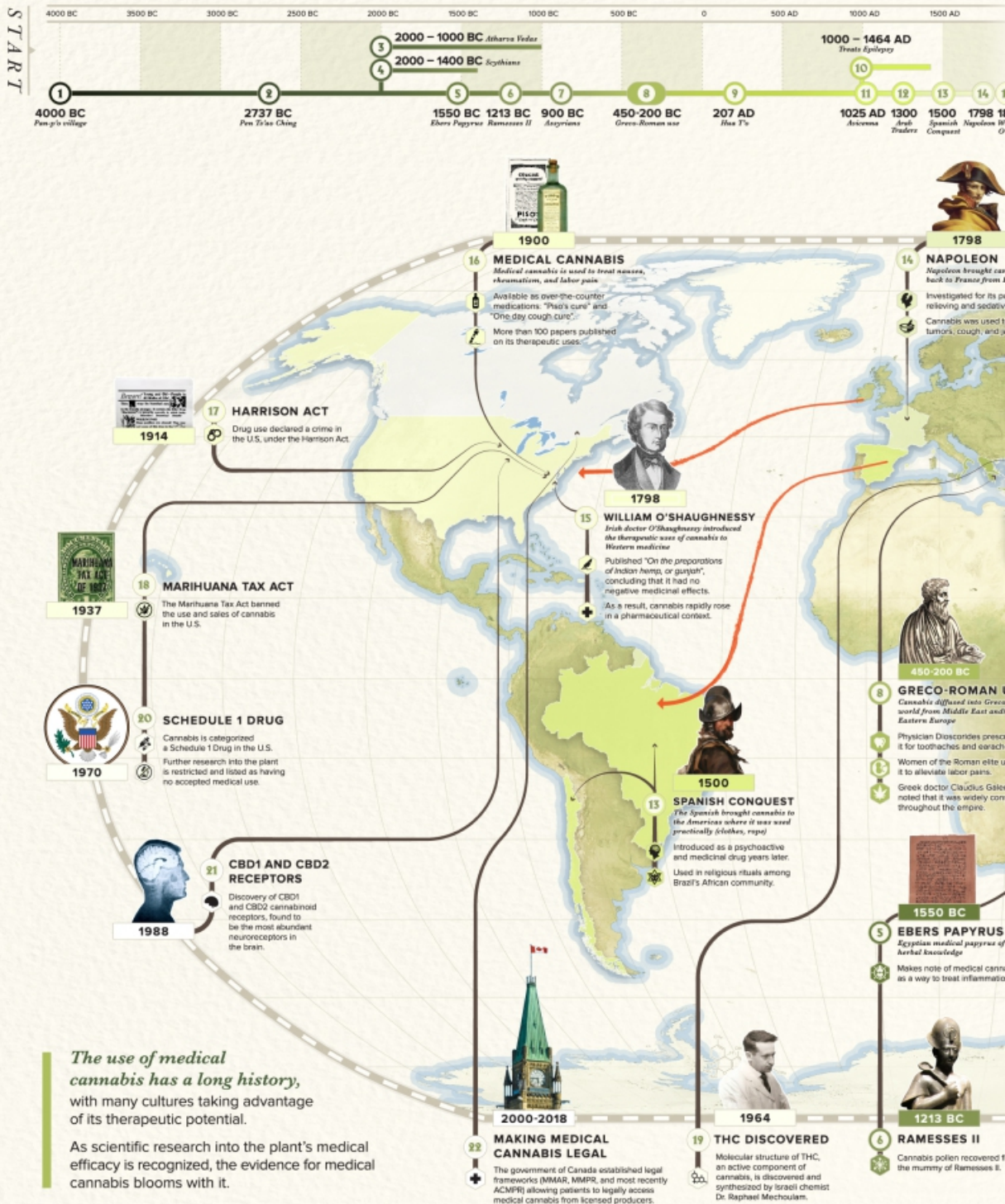
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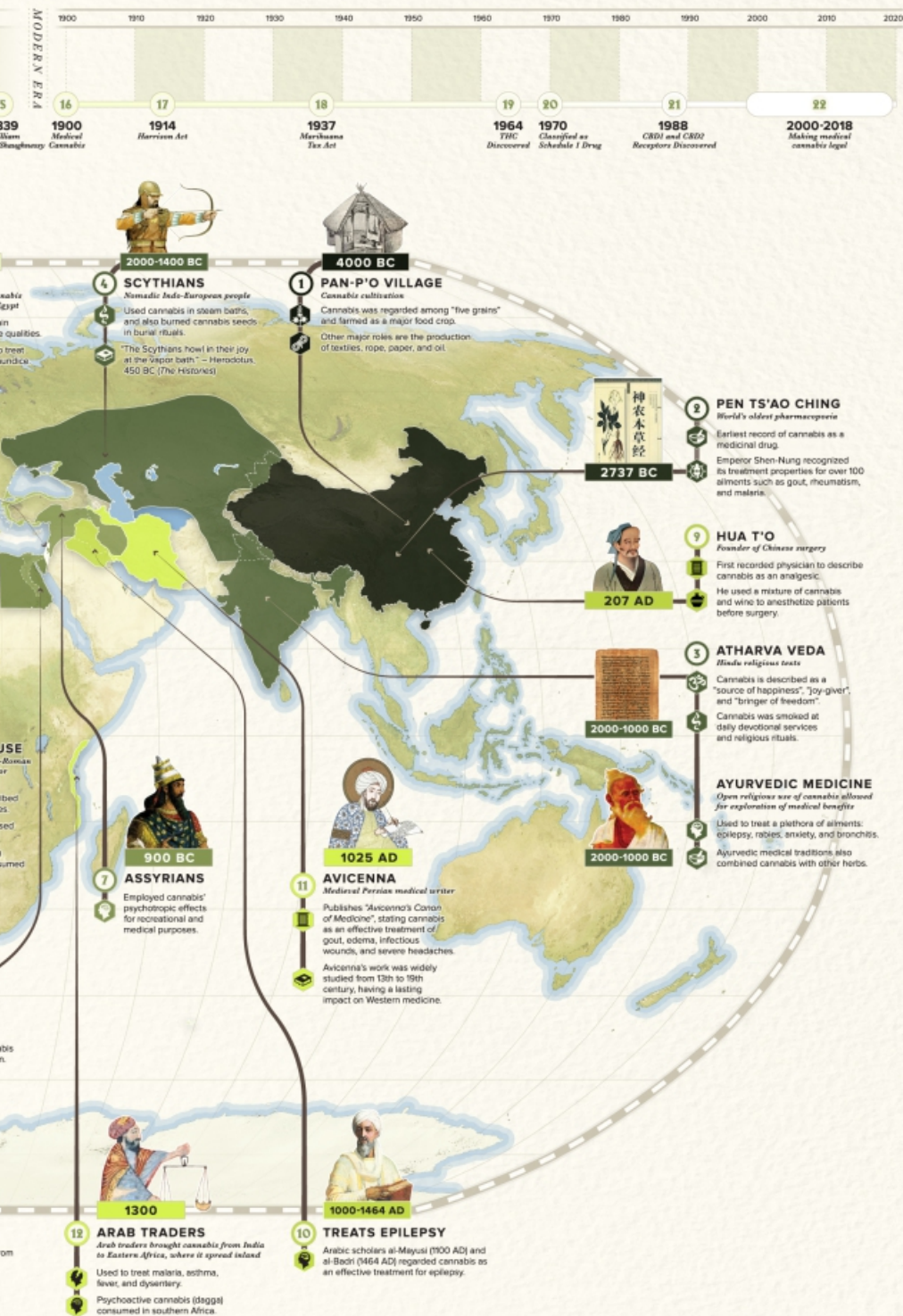
The use of medical cannabis has a long history, with many cultures taking advantage of its therapeutic potential.

As scientific research into the plant's medical efficacy is recognized, the evidence for medical cannabis blooms with it.

• A Historical Geography of Cannabis. Dr. Barney Warf. Geographical Review 104 (4). © 2014 American Geographical Society of New York.
• History of Medical Cannabis. Andrew Hand (MSc) et al. Journal of Pain Management 9 (4). © 2016 MedReleaf Corp. and Nova Science Publishers, Inc.
• Cannabis: A Complete Guide. Dr. Ernest Small © 2016 CRC Press.

THE CANNABIS SPACE IS HIGHLY POLARIZED TODAY.

However, it's less known that the plant has over 6,000 years of documented history – and its therapeutic applications appear to have been realized by most cultures. With medical cannabis making a comeback around the world, it's worth tracing the plant's humble beginnings and how it played a vital role throughout the centuries.



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JOURNEY TO GREECE: EXPLORING THE ANCIENT LAND THROUGH A CANNABIS LENS

By Sabrina Mohamed

Greece, a land of myths, legends, and breathtaking landscapes, has long been a favourite destination for travellers seeking to immerse themselves in its rich history and culture. But beyond its iconic ruins and azure blue seas, the country has recently seen a surge in cannabis-related tourism, thanks to its progressive medicinal cannabis laws. In this article, we'll explore the intersection of Greece's ancient past and its evolving relationship with cannabis.

A Brief History of Cannabis in Greece

Cannabis has been intertwined with Greek culture for centuries, dating back to the ancient world. Some historians believe that hemp was cultivated in the region as far back as 200 BCE, with its fibres being used for textiles, ropes, and sails. Ancient Greek physicians like Dioscorides and Galen documented the medicinal properties of cannabis, recommending it for ailments





such as earaches, inflammation, and digestive disorders.

While cannabis use in Greece has fluctuated over the centuries, the country took a significant step in its modern cannabis journey when it legalized medical cannabis in 2017, which allows for the cultivation, production, and distribution of cannabis products containing THC for medical purposes. September 2021, the recreational use of THC cannabis is not legal in Greece.

The use of cannabis for recreational purposes remains illegal, and possession of small amounts of cannabis for personal use is still punishable by law. Since then, the Greek government has shown a commitment to developing a thriving medical cannabis industry, attracting

international investment and fostering a burgeoning cannabis tourism scene.

THE CANNABIS TOURISM EXPERIENCE IN GREECE

1. Cannabis-friendly Accommodation

As Greece's cannabis industry evolves, an increasing number of cannabis-friendly accommodations are cropping up across the country. Many of these establishments offer guests a chance to experience the therapeutic benefits of cannabis while enjoying the beauty of Greece. These accommodations range from boutique hotels in bustling Athens to idyllic villas on the sun-drenched islands. Keep an eye out for establishments that are fully licensed to offer medical cannabis to their guests, ensuring a safe and legal experience.

2. Medicinal Cannabis Tours

For those looking to delve deeper into Greece's cannabis industry, a variety of medicinal cannabis tours are available. These tours typically include visits to licensed cultivation facilities, where visitors can learn about the cultivation process and the importance of quality control. Some tours even offer hands-on experiences, allowing guests to



cannabis-infused olive oil drizzled over fresh salads to decadent desserts laced with cannabis-infused honey, there's no shortage of ways to savour the flavours of Greece with a cannabis twist.

4. Cannabis Wellness Retreats

Wellness tourism is a growing trend in Greece, and cannabis is increasingly playing a significant role in this sector. Several wellness retreats are now offering cannabis-infused treatments,

participate in planting or harvesting. Additionally, these tours often include educational components, discussing the history of cannabis in Greece and its medicinal properties.

3. Cannabis-infused Culinary Experiences

Greece is renowned for its delicious cuisine, and the country's culinary scene is now embracing cannabis as well. Several innovative chefs are incorporating cannabis into their dishes, creating a unique gastronomic experience for adventurous foodies. From

ranging from massages with cannabis-infused oils to yoga sessions incorporating cannabis. These holistic experiences allow guests to immerse themselves in the calming, therapeutic effects of cannabis while enjoying the natural beauty of Greece's stunning landscapes.

As Greece continues to embrace the potential of its medical cannabis industry, the country is quickly becoming a haven for cannabis enthusiasts and tourists alike. From cannabis-friendly accommodations to immersive tours and culinary experiences, there's a wealth of

opportunities for visitors to explore the ancient land through a cannabis lens. As you plan your Greek Odyssey, consider incorporating some of these.

Laws and regulations may change over time, so it's essential to stay up-to-date with the latest information before travelling to Greece or any other country about cannabis use.

Always ensure that you follow local laws and regulations to avoid any legal issues while travelling.

Stay High, Stay Happy and Happy Travelling,

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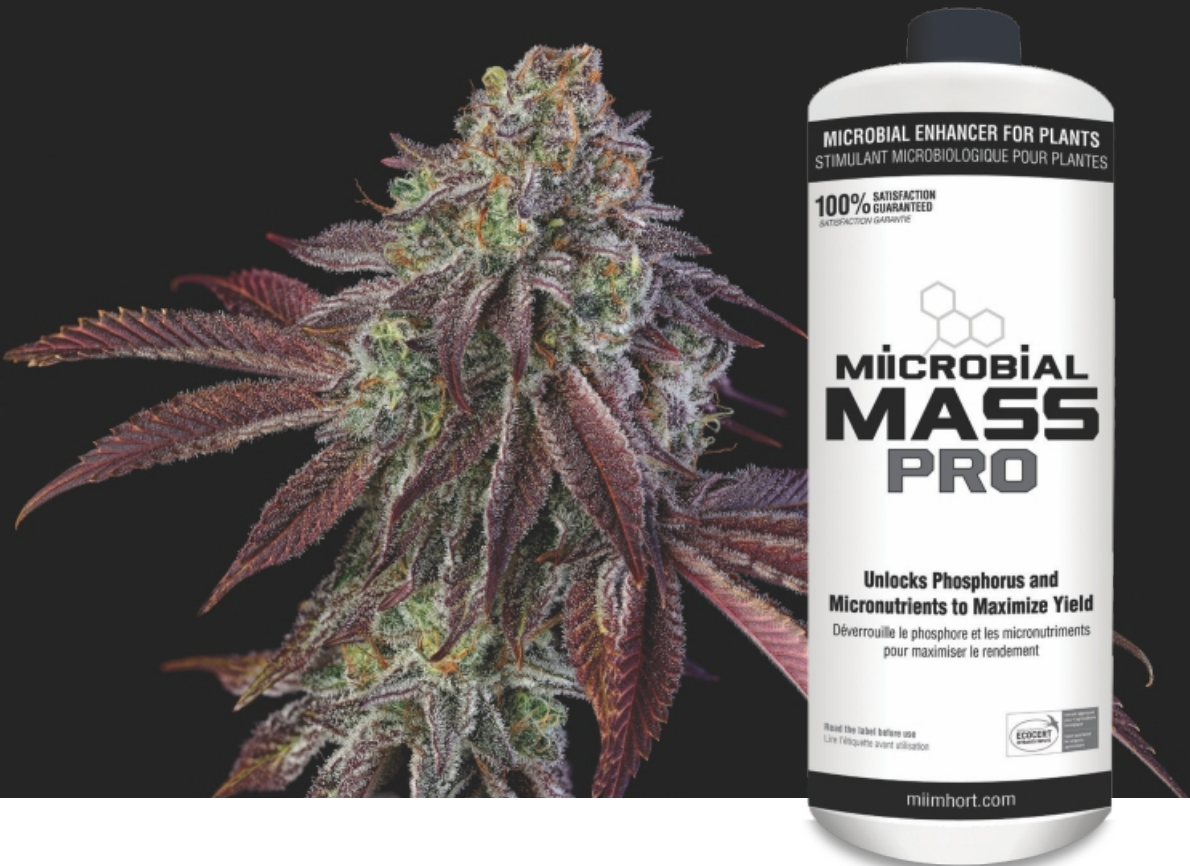
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GROWING YOUR OWN?

Growing cannabis indoors can be a challenge. You can buy everything you need online, or from your local garden centre / grow shop. Don't worry if you have never grown cannabis indoors before, it's not as complicated as one might think and most people can master the basic skills quickly. You will need to learn more about:

- Choosing the best cannabis seeds
- Germinating cannabis seeds
- Choosing the right grow lights for indoor cannabis growing.
- Choosing nutrients to be used for cannabis growing
- Choosing supplements used to promote better cannabis growing
- The importance of the climate in your grow room
- Tips for growing cannabis indoors

NEW TO GROWING CANNABIS INDOORS?

Don't worry. Cannabis grows in a wide variety of substrates and under a broad range of conditions. If you are looking to grow a few plants in a square metre tent, then any of the Dutch Passion autoflower seeds would be a good choice for an easy grow. Feminized varieties such as Night Queen, Mazar or Bubba Island Kush would also make great choices.



The **Dutch Passion** cannabis seed collection out of Europe or **RocketSeeds** out of Canada have two of the most complete seed catalogues ever assembled. You will find a wide selection of cannabis cup winning varieties in several categories on their website. It is good to note that most people grow cannabis indoors with feminized seeds or autoflower seeds. Feminized seeds grow vegetatively for the first few weeks

under 18 or 24 hours of daily light. They only start to bloom when daily light is reduced to 12 hours, and generally take around 8-12 weeks to bloom. Some varieties/phenotypes can be quicker and ready after as little as 7 weeks of bloom. Fast blooming varieties are probably very Indica dominant, such as Bubba Island Kush. Some Sativa dominant plants/phenotypes can take up to 15 weeks to fully finish blooming.



At first, cannabis cultivation indoors can look like a daunting process. After all, growing weed indoors requires you to replicate Mother Nature's great outdoors inside a space – you're basically bringing the outside inside. When done right, it's amazingly rewarding. The keys to cannabis cultivation indoors: selecting/creating a space, lighting and ventilation, control systems and growing medium/process, nutrients, water and pest management.

- Select/Create Your Cannabis Grow Space
- **Start Small** - With cannabis cultivation indoors, it is easier to learn, and fail, with a small amount of plants (2 or 3) than it is when you're starting out with 15 or more! Unless you've already grown some other plants indoors

(orchids, veggies) or you have an especially green thumb, you will have failures your first time or two.

- One way to mitigate failure is to work with a mentor; if you don't know someone who is already good at growing weed you're working from a disadvantage. Having someone to talk with about your grow is an important part of learning to be successful on your own.
- **Think Big** - Even though you're starting out with a handful of plants, you still have to build out your space for a maximum load. As you scale up, you'll want to have your infrastructure in place so all you have to do is get more clones, not re-configure the entire room each time you set up a grow (you'll already have to clean it thoroughly between cycles ESPECIALLY if you had a pest issue).
- Cannabis cultivation indoors is not easy. There's a lot of detail work and each time you cycle the room you've got to clean it as part of getting ready for the next cycle.
- Keep it clean

- The two biggest systemic problems you'll have are: mildew and pests. One way to mitigate them is by keeping your grow room clean during the grow cycle, and by performing a complete cleaning of the room between grow cycles.
- You'll want to keep the room as clean as you can regardless; you don't want to smoke weed which has been grown indoors in a room which ISN'T clean ... lots of things can happen to the plants which aren't good!
- **Keep it Secure** - We mean "secure" two ways: secure from unwanted visitors and secure from unwanted pests.
- **Convenience** - By convenience we mean: Access. You'll want to have an easy way for you to gain access and you'll need to make sure "prying eyes" can't. After all, even if cannabis cultivation indoors is legal where you live, you probably don't want your neighbor's to see it or smell it.
- **Temperature and Humidity** - The most important elements to control in an indoor grow are temperature and humidity. Balancing these two is critical to having a successful grow which doesn't develop any pest or mildew problems.
- **Stealth** - Here's the thing about building an indoor grow: you have to be 'stealthy' if you want to keep it secure. Something's are obvious (like a load of lumber being delivered so you can reconfigure your garage) and some things are just weird, like adding external ventilation ports to your roof.



- The less obvious (and weird) the better – ask yourself this - will it look suspicious if you start to use too much electricity all of sudden?
- **Lights** - Since you're recreating the outside environment in your indoor grow, the most important thing is Light (and temperature and humidity as noted above, however, these can all be managed by using the right lighting system).
- **Pests** - There are several types of pests to manage:
 - Soil borne
 - Airborne
 - Hitchhikers

Soil Borne - Soil borne are the critters (like mites) which came in with your soil (if you're growing in dirt). One way to fight mites is to release ladybugs into the room. Ladybugs are like Rumba vacuums, they're always crawling around on the plants eating pests and cleaning the plants as they go.

- **Airborne** flew in when the door was open. Creating negative pressure in the room can help to mitigate this, as will have fine screens on your intake and output vents.
- **Hitchhikers** came in on your clothes and shoes. You can step into some bleach before entry to take care of your shoes and you might consider getting a 'clean room' jumpsuit to put on over your clothes.
- **Controls and Monitoring** - Cannabis cultivation indoors depends on the types of controls and monitoring you're doing during the grow cycle.

Here are some things to think about:

- **Lighting Timers** - When plants are seedlings (and during the vegetation phase) the lights should be on 18 - 20 hours per day. Once you're ready to trigger the Flowering Phase you'll "flip" the lights to 12 hours on and 12 hours off. Simple systems use a timer on the power box, more complex systems use a computer to control the lights and their relative UV output (e.g., LED Lighting Systems).
- **Temperature and Humidity Controls** - As discussed, controlling temperature and humidity is critical. One way to help manage this is to incorporate a de-humidifier into your room. Again, you'll need to monitor the room for temperature and humidity to maintain the optimal settings during each phase of your grow cycle.



H2O Ph - The Ph of the water you'll be using needs to be established at the start of the grow. Once you know what the Ph levels are you can manage by filtering the water and adding nutrients to the water when it's time to feed the plants.

Most "Nutrient Systems" (e.g., General Hydroponics) have balanced their products to work with Ph neutral water. Our choice and recommendation for a comprehensive nutrient company is **Emerald Harvest**. Emerald Harvest has carefully calibrated and formulated their base nutrients to provide precisely the right ratios and concentrations of all the essential elements for plants to grow and bloom properly. They offer two professional base nutrient series made from the highest quality raw ingredients.

After many years in the industry, and having worked with hundreds of growers and store owners, they operate under a simple concept: that most growers would prefer a compact line of nutrients that provide the very best of both science and nature in a simple, easy-to-use feeding program that delivers professional results.

That's **Emerald Harvest**.



There are too many choices, and these choices leave growers and store owners feeling misled and confused. We have been asked more times than we can count, “Do I really need all these products?” Well, the answer is that it depends on how much yield you want and what you expect from your garden. Many of the available supplements have well-known benefits, but growers believe that using so many single-bottle products is too costly, confusing and frankly wasteful.

Cannabis Plant Roots - Cannabis plants have a “root ball” (insert picture) which resembles cotton candy. How big the plants will grow depends on how much room there is in the container. Once a cannabis plant gets ‘root bound’ it won’t grow either taller or in diameter.



Cannabis Grow Medium - Soil or hydroponic? Amended soil or DIY? These are just some of the questions to consider with cannabis cultivation indoors. Remember: you’re trying to replicate Mother Nature so the medium you choose is critical. **We recommend Promix and here’s why.**

Seed germination and young plant production starts with you choosing the right growing medium or substrate. It is important to have a substrate with good physical characteristics, such as air porosity and water holding capacity, however chemical characteristics are equally important.

Achieving such a feat as reaching the optimal result with a specific cannabis strain doesn’t happen just by chance. Science and technologies are essential to bringing the best out of the hidden power of your plant. When it comes to **Promix** - active ingredients, such as mycorrhizal fungi, are definitely part of the equation.



Plant Containers - Remember at the beginning of this post we talked about the Goal of your Grow Room? This gets to the heart of the Plant Containers conversation. Everything gets down to how “big” (height and diameter) you want to grow your plants. We recommend the excellent selection available at **Infinity Pot**.

An illustration showing a person in a yellow shirt and blue pants watering several large green cannabis plants in orange pots. A blue watering can is shown pouring water onto the plants. The background is a stylized landscape with blue hills and a purple sky. The text 'HIGH! EUROPE MAGAZINE' is written in a bold, white, outlined font at the top.

HIGH! EUROPE MAGAZINE

ADVANCED TIPS

Topping - Topping involves cutting off the top of your plant to encourage it to grow more thick and full. It might seem like a crazy idea to cut the top off of a perfectly healthy plant, but it's a tried and true method used by farmers of many plant types. Instead of your plant growing tall and skinny, topping will make your plant grow more bushy and lead you to a higher yield.

Lollipopping - Lollipopping is where you remove the side branches and the small low branches on your plant. Once you remove the small branches your plant will be able to put all of its energy into the main branches. It's very similar to the regular pruning that is done to trees and other plants.

This practice is done when you don't want the small branches sucking the

energy from your plant. This allows the plant to focus its energy on the bigger buds at the top of the plant. Removing the sluggish lower branches that often sprout along the base will also allow better air circulation for your young cannabis plant. Lollipopping will get rid of the extra, unwanted parts of your cannabis plant so that your young plant can put its energy into growing bigger buds and giving you a better yield in the end.

Biostimulants - By plant biostimulant we mean a material which contains substance(s) and/or microorganisms whose function when applied to plants or the rhizosphere is to stimulate natural processes to benefit nutrient uptake, nutrient efficiency, tolerance to abiotic stress, and/or crop quality, independently of its nutrient content



If you are interested in being able to unleash the full potential of your crops without major changes to your growing practices when you do so - then **Miicrobial Mass** is the grower's helper for you. **Miicrobial Mass** is a bio-stimulant product specially developed to maximize plant yield using five different bacterial strains.

Miicrobial Mass harnesses the latest scientific understanding of rhizosperic microbiology and has been carefully developed to harness the power of beneficial bacteria in the root zone of the plant. Part of the **Miicrobial Mass** research and development process involved extensive field testing in partner gardens across North America utilizing a wide variety of nutrient programs, substrates, and growing practices in both indoor and outdoor settings.

This research has allowed **Miicrobial Mass** to identify with great precision the application rates necessary to achieve spectacular results in the majority of Gardens and growing conditions. **Miicrobial Mass's** proprietary blend of bacteria promotes a healthy root zone by solubilizing phosphorus and calcium, and assisting with the bio-availability of iron and other fertilization compounds from both organic and inorganic sources. This allows growers be able to unleash the full potential of their crops without major changes to their growing practices.

Features and Benefits

- Extracellular enzyme production helps to break down other fertilization compounds thoughts promoting our rich and diverse healthy root zone.

- Faster root development and increased root biomass.
- Faster vegetative growth.
- Increased plant health and vitality.
- Thicker stalks and stronger branches.
- Increased yield.
- Effective is an additive for all nutrient programs – growing practices do not need to change in order to achieve the benefits that **Miicrobial Mass** offers.
- Compatible with any organic or salt-based fee programs.
- Effective for use with any substrate or growing medium.
- Excellent for use in field agriculture and commercial hemp production.
- Certified organic by ECOCERT Canada.
- CFIA approved for production and any licensed facility in Canada.

Cannabis Grow Medium

Soil or hydroponic? Amended soil or DIY? These are just some of the questions to consider with cannabis cultivation indoors. Remember: you're trying to replicate Mother Nature so the medium you choose is critical. We recommend Promix and here is why...

Seed germination and young plant production starts with you choosing the right growing medium or substrate. It is important to have a substrate with good physical characteristics, such as air porosity and water holding capacity, however chemical characteristics are equally important.

Achieving such a feat as reaching the optimal result with a specific cannabis strain doesn't happen just by chance. Science and technologies are essential to bringing the best out of the hidden power of your plant. When it comes to Promix - active ingredients, such as mycorrhizal fungi, are definitely part of the equation.

LST (Low Stress Training)

Low Stress Training involves bending the branches slowly so that they grow in a certain direction. This is similar to putting braces on your teeth.

You might be wondering if it's okay to stress plants, but the truth is plants are able to undergo stress, just like our teeth.

The reason we stress plants is to bend our stems into a shape that best fits the available space and makes sure it's growing in the right direction. This can help increase yields, and make the most out of your growing space.



Monster Cropping

This technique has the name Monster Cropping because it results in so many flowers, so it has almost a monster result. Monster Cropping is where you take clones of a plant during the flowering phase, replant them, and revert them back to the vegetative growth stage. This allows you to save on seeds, have continuous harvests.

In order to switch the plant back to vegetative growth, you simply need to give the plants more light than you would in the flowering stage.

One of the cool things about Monster Cropping is that you don't have to keep the mother plant in order to let the clones grow.

Many times the mother plant becomes big and spreads out. You can take several cuttings to save space, harvest the mother and still have several plants that will be ready for harvest much sooner than if you were to start again from seed.

CAUTION!

EXPOSURE TO MICROBIAL MASS AND CHITOSAL MAY BLOW YOUR MIND.

SHOULD YOUR PLANTS DEVELOP SYMPTOMS OF AWESOMENESS,
PLEASE CONTACT US IMMEDIATELY TO BRAG ABOUT YOUR RESULTS.

DON'T SAY WE DIDN'T WARN YOU.


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PASSION FOR CULTIVATION LIFE ACCORDING TO DAVE



In a world filled with remarkable individuals, Dave Mac Adam stands out as one such individual who has crafted his path to success through sheer determination and unwavering commitment. Dave's journey is one of resilience, passion, and continuous growth, with his triumphs serving as an inspiration to all who encounter his story.

Dave is a highly respected figure in the cannabis industry, known for his expertise in cultivation, media, and international expansion.

As the cultivation editor at High Canada magazine, his dedication to sharing knowledge and fostering growth has made him an influential figure among aspiring cultivators and extractors. In addition to his involvement in various media outlets,

With his current focus on expanding the High media group into Europe with High Europe Magazine, Dave is taking the cannabis industry to new heights.

Dave's path to success has been far from smooth-sailing. Like many, he faced numerous obstacles and setbacks along the way. However, it was his ability to embrace these challenges as opportunities for growth that set him apart. Dave's unwavering determination propelled him forward, consistently pushing him to learn and improve.

What truly sets Dave apart is his genuine passion for his work. He has always been deeply committed to his craft, imbuing everything he does with an infectious energy and enthusiasm. Dave's zeal for his field not only made him stand out amongst his peers, but it also drove him to

overcome obstacles that would have deterred others.

Dave's dedication to personal and professional growth has been instrumental in his success. He understands that complacency is the enemy of progress and has made a conscious effort to challenge himself consistently. By seeking new challenges and learning opportunities, Dave has honed his skills and expanded his knowledge base, enabling him to become a true expert in his domain.

Life seldom goes according to plan, and Dave understands this all too well. Rather than being discouraged by setbacks, he has embraced adaptability as a crucial skill. Dave's ability to pivot and adjust his approach when faced with unexpected roadblocks has been crucial to his accomplishments. His unwavering resilience has been at the core of his ability to bounce back stronger, time and time again.

Dave remains committed to giving back to the community that has shaped him. From mentoring young professionals to actively participating in social initiatives, he constantly seeks ways to make a positive impact. He believes that true success is not solely measured by personal achievements but also by contributing to the betterment of society as a whole.

Dave's role as the cultivation editor at High Canada magazine has allowed him to share his vast knowledge and experience with cannabis enthusiasts across Canada. He provides valuable insight on cultivation techniques, extraction methods, and the latest industry trends.

Through his articles and editorials, Dave showcases his expertise and passion for the art of cannabis cultivation, elevating the industry as a whole.

In addition to his role at High Canada Magazine, Dave has also made significant contributions to other distinguished publications, further establishing himself as an authority in the field. His work has been featured in Canna Investor magazine, where he shares valuable insights into investment opportunities in the cannabis industry. Dave's contributions to various publications reflect his commitment to fostering the growth and development of the cannabis industry through education and information sharing.

Dave's dedication to the cannabis industry extends beyond his work as an editor and writer.

Recognizing the importance of mentorship, Dave has taken on the role of guiding and mentoring aspiring cultivators and extractors in both the Canadian and international markets. Leveraging his extensive knowledge and experience, he provides invaluable guidance and advice to individuals looking to establish themselves within the legal cannabis industry. Dave's mentorship empowers new professionals, enabling them to navigate challenges and contribute to the growth of the industry.

Dave's ambition and vision have led him to spearhead the expansion of the High media group into Europe with High Europe magazine. By identifying the potential for growth and realizing the need for insightful cannabis content in Europe, Dave is paving the way for the exchange of ideas and expertise in this emerging market. With his leadership, High Europe magazine aims to become a premier source of information and inspiration for cannabis enthusiasts and professionals in Europe.

Dave's contributions to cannabis cultivation, media, and industry organizations have positioned him as an



influential figure in the global cannabis community. His dedication to sharing knowledge, mentoring aspiring professionals, and expanding the High media group into new territories demonstrates his commitment to driving the industry forward.

As cannabis continues to evolve and gain acceptance worldwide, Dave's contributions will undoubtedly leave a lasting impact, shaping the future of the industry for years to come. His journey embodies the triumph of the human spirit

and serves as a beacon of inspiration for aspiring individuals.

Through his unwavering determination, passion, and continuous growth mindset, Dave has carved a path of success that epitomizes the potential within all of us. His story inspires us to embrace challenges, relentlessly pursue our passions, and continuously strive for personal and professional growth. Dave MacAdam's legacy is one that reminds us that success is within reach if we are willing to work for it.

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The background image shows a center pivot irrigation system in operation over a vast, green agricultural field. The system's long metal pipes and support structures stretch across the horizon, with multiple wheels spraying water onto the crops. In the bottom right foreground, a large, dark, treaded tractor tire is partially visible, suggesting the system is being moved or maintained. The sky is a clear, bright blue, and the overall scene is bathed in the warm light of late afternoon or early morning.

Unlocking the Full Genetic Potential of Every Plant

FRENCHY DREAMS OF HASHISH

A documentary film by (collabo!)

Frenchy Dreams of Hashish is a documentary film about the master Hashishin Frenchy Cannoli and a small group of Emerald Triangle cannabis farmers in Northern California. Frenchy and his wife Kimberly produced Frenchy Dreams of Hashish in collaboration with the director of the film, Jake Remington, and his production company (collabo!)

From the beginning, the intention behind the film was to reintroduce traditional hashish to the public and amplify Frenchy's and the farmers' ethos of sustainable farming and their dedication to quality sun-grown cannabis. During filming, the cannabis industry in California was experiencing the waves of change brought on by the legalization of adult-use cannabis - these changes negatively affected and threatened the livelihood of the small farmers Frenchy worked with. This maelstrom of bureaucracy and hypocrisy ended up being the context of the film in which Frenchy and the farmers' fight for quality - and survival - intensified.

This mistreatment of farmers is still happening today and with the release of this documentary, we hope to bring awareness and change to the situation surrounding cannabis in northern California.





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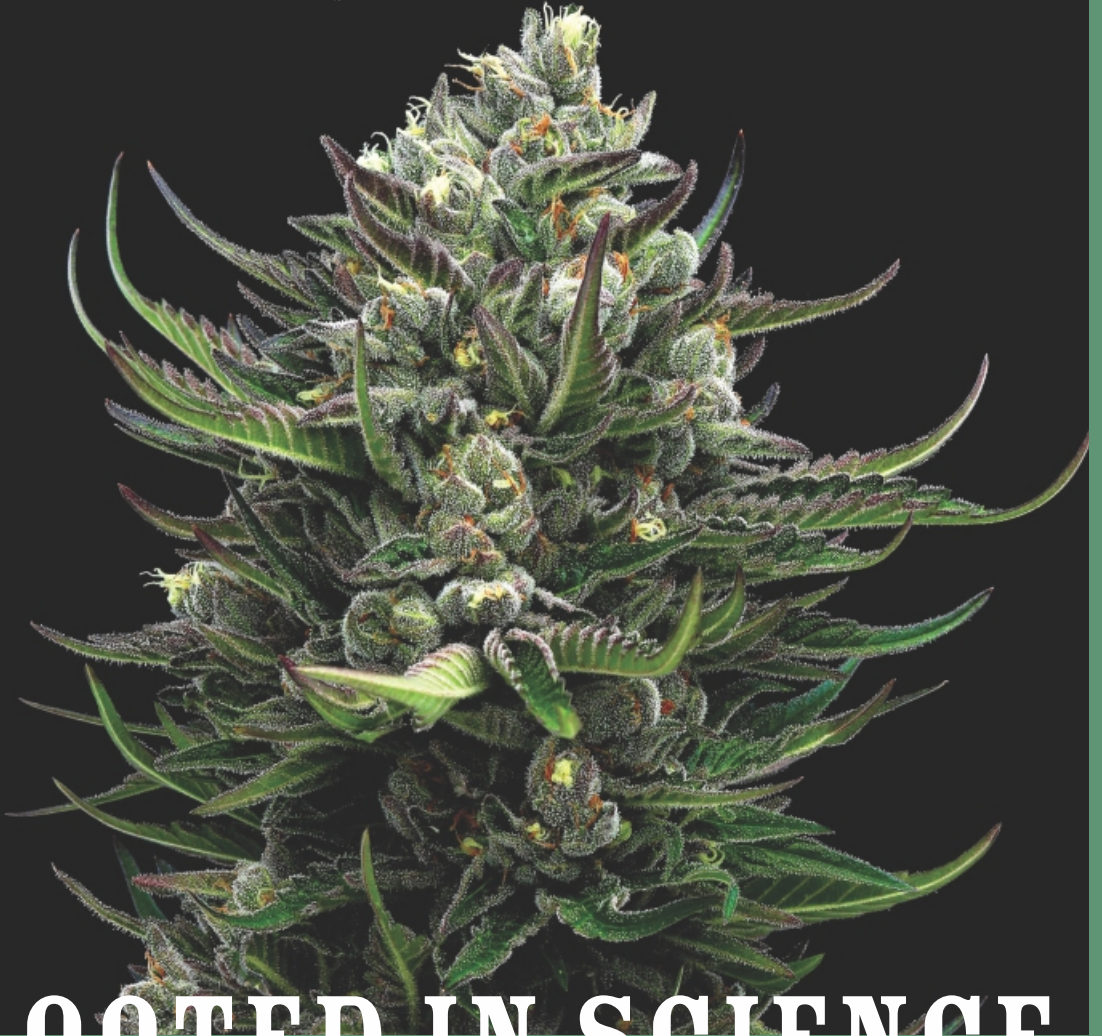


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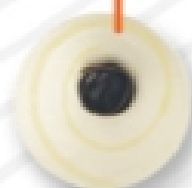
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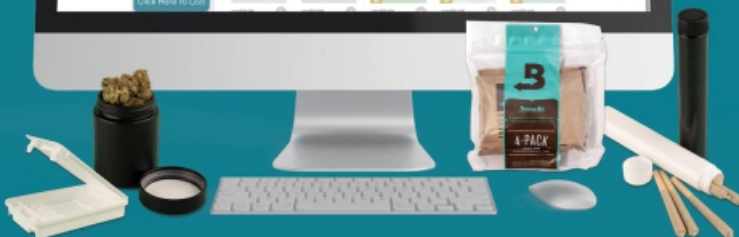
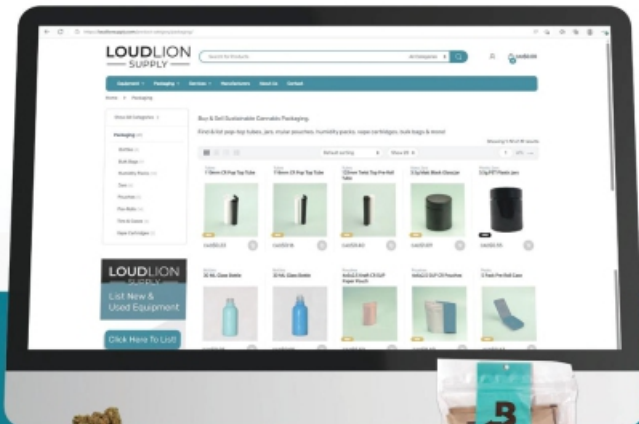
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Given everything that is going on with cannabis in Germany right now, and to some extent the rest of Europe, there is no better place to network and learn from true cannabis experts, including entrepreneurs, investors, regulators, industry service providers, and policymakers.

If you are serious about succeeding in the international cannabis industry then attending ICBC in Berlin in April is a must!



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