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HIGH! EUROPE MAGAZINE



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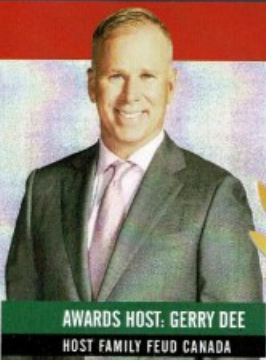
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I S S U E # 3

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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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The background of the entire page is a photograph of several people, mostly seen from the chest up, holding large cannabis plants. They are wearing light-colored t-shirts. The plants are green with serrated leaves. The image is slightly blurred and has a soft, ethereal quality.

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**EUROPE'S LEGAL CANNABIS
CULTURE MAGAZINE**

2022 - THE YEAR WE PAY ATTENTION A TRUE & BRAVE NEW WORLD STARTS NOW!



It is my pleasure to bring you an all new issue of High! Europe Magazine to assist in heralding in an exciting new year. Can you honestly believe it is now 2022? When I was a child, this date seemed so far away from me

that I have spent my whole life thinking about what life would be like in 2022 and here we are. Smack dab in the future - so to speak...

As we emerge out of the last few strange years that we have all experienced in one form or another, there seems to be great optimism building in my circles for the hope and possibility that is 2022. This is something I am seeing personally and professionally as well.

In terms of cannabis in Europe the swell of optimism is as pronounced as good cannabis is perfectly pungent. Even if half the time you wind up going back three steps because hey - who among us is perfect right?

Cy Williams - Editor



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GEN Z & EUROPE CANNABIS LEGACY

By Tammi Stanhope

He comes from generations of gardeners from France, we will call him “Chris”. The gardeners in this family are mostly of fruits, vegetables and flowers/herbs. However, “Chris”, this new generation gardener, also took a liking and became quite good at growing cannabis. Both outdoor in his garden with his family (although discreet) as well as at a friend's apartment in town that was an indoor grow. Over the course of a few years he improved greatly becoming a sponge for information on growing techniques and all things cannabis, including making hash and hash rosin.

Unfortunately, the laws in France are still behind a lot of other countries, and there are harsh penalties for having anything to do with smoking or possessing cannabis, let alone the production of it. That being said, given the ease of access to information and social media, this generation of youth have options far beyond imaginable. This young man quickly made a name for himself on Instagram and caught the eye of some quality, reputable seed and lighting companies in Europe. He sought out opportunities with established growers and veterans of cannabis culture and eventually moved to Amsterdam within a year to attempt to grow with more ease of restrictions and better access to cannabis community.

Unfortunately the laws in Amsterdam are still pretty strict and although he has the right “connections” in the industry, there is too much red tape with laws to grow without

major legal repercussions. And with that he sought out another position through the same channels and moved to Spain, where he currently resides, continuing his passion for growing, quality cannabis.

The personal use of marijuana is decriminalized in Barcelona, however, cannabis is not yet legalized nationwide in Spain. This means that although marijuana can be used in private, its uncontrolled purchase is still illegal. And so, “Chris” still faces the same challenges, albeit a little less with personal grow and consumption compared to France, but nonetheless cannot seem to be able to grow passionately with high skills as a “legal” grower in a greenhouse without fear.

We speak of Legacy in the cannabis industry here in Canada when we refer to those of us who were doing what we love long before legalization and subpar framework was established in 2018. But from stories of passionate cannabis community members around the world, Legacy is still happening and forming the future of cannabis across the world, regardless of the generation you were born in. Learning your history of cannabis culture no matter where you live, and perfecting your craft and art, is Legacy, and I hope to one day see “Chris” achieve his dreams of being able to grow cannabis the way he dreams, but without fear of jail and loss of freedom, no matter where you lay your head at night!

**HIGH! EUROPE
MAGAZINE**



NEW EDUCATIONAL, ADVENTURE SERIES



By Tammi Stanhope

If you are looking for something entertaining and educational to watch over winter I suggest the new series of Strain Hunters available at www.youtube.com/strainhunters

Featuring Arjan Roskam Dust, Simon and Mr.X, together with the assistance of the AmaMpondo people, the team explore remote regions of Pondo Land through the Umzimvubu river and their hunt for cannabis landraces that have not yet been studied in the Eastern Cape province of South Africa.

I've watched the first few episodes, and it's funny, suspenseful, and educational from start to finish. A MUST see for all of the strain lovers, adventure enthusiasts and the cannabis community around the world!

Strain Hunters is a series of documentaries aimed at informing the general public about the quest for the preservation of the cannabis plant in the form of particularly vulnerable landraces originating in the poorest areas of the planet.

The sole intent of Strain Hunters is to identify, locate and retrieve cannabis landraces that have not yet been studied, in order to give scientists and doctors the possibility to further enhance knowledge of the cannabis plant in the medicinal field. Many previously unknown cannabinoid profiles are contained in cannabis landraces originating from areas where there is no possibility of scientific research.



One day these plants could be helpful in developing better medications for the sick and the suffering. We feel it is our duty to preserve as many cannabis landraces in our genetic database, and by breeding them into other well-studied medicinal strains for the sole purpose of scientific research.

~Strain Hunters~



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Types of Cannabis Events:

While there are differences between a conference, convention, expo, trade show, and festival – event organizers can sometimes blur the lines between them. This overview will demystify the various types of cannabis events so that you can choose the appropriate type for your particular needs.

Conferences:

Cannabis conferences are organized with the intention of bringing together individuals for a common purpose, revolving around cannabis. They provide an opportunity for attendees to expand their cannabis knowledge through presentations from industry leaders, investors, doctors, patients, and those at the forefront of innovation. They also offer insights into legislative developments and shed light on changes anticipated in the future which may impact stakeholders. An overarching theme tends to predominate at these events. Presentation styles may include speeches featuring new industry developments or case-studies, Q&A sessions, and interactive round table discussions which provoke debate and inspire out-of-the-box thinking.





WHO IS GONNA BEAT
THE HALL OF FAME?

Conventions

Cannabis conventions are resource hubs for the rapidly expanding cannabis industry. These are events where businesses, entrepreneurs, investors, educations, patients, advocates, and consumers can all connect, learn, and grow. They are focused on the local market needs of wherever they are held, but also tie those needs into the industry at large.

Expos & Trade Shows

Cannabis expos and trade shows are public exhibitions which operate as a microcosm of the activities taking place in the cannabis market. They tend to offer an array of activities for a much more engaging experience with the subject matter of the day. They also feature an inherent dynamism. This is created by the presence of interactive exhibits, workshops, the showcasing of innovative technology by various vendors, and the wide variety of participants from different industries and walks of life.

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Festivals

A festival revolving around cannabis has a focus on music, advocacy, education, activism, and having fun. You can expect a jam-packed program of events and entertainment with a focus on consuming cannabis surrounded by positive vibes, and novice, as well as seasoned, cannabis enthusiasts.

B2B

Some cannabis events focus on the business side of the cannabis industry. These B2B-focused events gather up like-minded professionals, uniting leading pioneers and entrepreneurs with investors and experts in order to discuss the latest industry developments.

B2B events also target would-be entrepreneurs, providing them with the knowledge and resources to get ahead fast and avoid common pitfalls. This is why a conference-style event is usually adopted. There is discussion about current economic opportunities, as well as challenges, in the cannabis market at large. There are also opportunities to network with lots of different players in the cannabis industry, including highly sought after angel investors.

The area of focus is mostly on how to secure funding in what may seem like a saturated market, understanding new developments within the industry, defining distribution channels, overcoming market barriers to entry, scaling up production for export, and dealing with supply chain issues.

Medical Cannabis and Research

These events are usually focused on the opportunities within the use of cannabis for medicinal purposes and its capacity to treat



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diseases, illnesses, and ailments. At a cannabis event focused on the medicinal use of cannabis, you will find industry professionals from all over the industry in attendance,

such as licensed producers, growers, suppliers, dispensary owners and managers, and healthcare professionals.

Events that have medical cannabis and related research as focal points are usually organized as cannabis conferences. They include the dissemination of new insights and conclusions from researchers. In addition, speakers with personal experience of having used (or known someone using) cannabis for medicinal reasons may be present.

The usual program of events encompasses discussion of THC and CBD extraction, cannabinoids, the regulatory environment, products being developed at present and future opportunities, the territories in which medical cannabis is accepted or in the process of being accepted, and educating attendees on the benefits of cannabis for medical purposes

The Sheer Joy of Public Cannabis Consumption

Some people simply want to indulge in cannabis. With the number of cannabis enthusiasts growing each day, a large number of cannabis events have appeared with the intention of allowing attendees to enjoy cannabis, usually within the boundaries of the law, although sometimes held as ‘protestivals’ to make a stand in the form of civil disobedience. This usually takes the form of a festival and may be organized as an indoor or an outdoor event.

At these events, the main focus is smoking, vaping, or partaking in cannabis in some other way. A great way to meet other cannabis enthusiasts in your community.



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A TRIBUTE TO FRENCHY CANNOLI

BY MATT JEROME



THE ART OF THE HASHISHIN THE LEGACY OF A TRUE HERO

The term *Hashishin** has been shrouded in mystery for centuries. Originally it was a term meaning “assassins” used to vilify and demonize a sect of hashish-eating mercenaries from the 16th century. The word evolved over time, and has become a badge of honour bestowed upon those who study the art, science, and history of cannabis resin. Refining the ancient techniques of sieving, curing, pressing, and aging the resin rich trichomes of the sacred cannabis plant, this is the Art of the Hashishin.

On July 18, 2021, we lost a true Hashishin, and his name was Frenchy Cannoli. A slender man, hailing from the beautiful shores of Nice, France, with an authentic passion for life and an accent as rich as his famed hashish. With a life story reading like an adventure novel, Frenchy's passion was for cannabis, more specifically in its refinement. He was a true mentor and a beacon of light for the global cannabis community. A born hunter of the melt, as well as a man of vision, compassion, and seemingly infinite knowledge. Frenchy was an artist, and hashish was his paint.

Frenchy's passion for cannabis began young, and quickly evolved into a love affair and obsession that led him on an almost two-decade long nomadic journey, studying the world's ancient hash-making techniques. A journey that led him to various countries with rich histories involving cannabis and hash

such an India, Morocco, Nepal, India, Pakistan and other countries in South East Asia. After meeting his wife Kimberly, and taking time off work raising his daughter, Frenchy set his sights on the Emerald Triangle, California, where he settled down and expanded his platform, sharing his knowledge with the world. It's unfortunate that more people in this world don't find their true calling in life. Most of us are constantly figuring it out as we go, one step at a time. Occasionally however, we come across someone who seems to know exactly what their own life is all about. Someone who goes about being themselves so unapologetically it viscerally inspires you. Someone with so much passion for what they do it just radiates and leaves an everlasting mark on people. Individuals who can shift your paradigm and your view of the way things interact, and shine new light on something you thought already illuminated.

Frenchy was one of these people. It seems as though almost everyone I talk to

* Frenchy wrote an article on this topic. In fact, the association with the sect of Rashid ad-Din Sinan, also known as the old man of the mountain is an error based on Marco Polo repeating nonsense that he had no 1st hand experience with. Actual meaning is associated with Arabic 'hashishiya' meaning eaters of hashish.

(www.static1.squarespace.com/static/59cd905351a5846569cfbbca/t/5b31591b8a922d49bb9f54c7/1529960736445/Hashishin%2C+Weed+World%C3%23117.pdf)



in the community had the fortune of interacting with him in some way, most being profoundly affected by his teachings. To dedicate one's entire life to a single idea or premise is a path few of us choose, and itself is an artform lost, but for those fortunate and bold enough to forge their own paths, it can change the world.

Like the thousands of people, he inspired, I have been a devoted student of Frenchy and his life's work for years. Like Frenchy I was introduced to the plant at a young age and quickly fell in love. I became a cannabis patient at 15 and began growing the year after with the help of some friends, and never looked back. Immersed in the cannabis community, I began to see the incredible positive power of the plant and became an advocate, as well as a devoted student of the plant, learning as much as I could. Flash-forward to the present and I have

proudly made cannabis my career as a consultant/educator/advocate, and couldn't be happier at that fact.

I had the fortune of meeting Frenchy a handful of times in my life, the last of which was at his Lost Art class in 2019, in Toronto. This was my second time attending a class, but the first time I got the courage up at lunch to show him the DJ Short Blueberry hash I'd been letting age. I waited in anticipation as he opened the cellophane under his nose, and couldn't have been prouder as his head snapped back and his eyes widened with a smile as he gave me my first patented "ou la la", and graciously asked for a piece to try for later. I could've died happy right there. Whether he was just humoring me or not, the kind gesture is a memory I will carry until the day I die, and lifts me up when I'm down. Thank you Frenchy, forever. Later that night, after the class

had finished, we were personally invited by Frenchy to a local smoke lounge where we all got to smoke a massive 4 hose Hookah/Quasar, and is a memory I hold among my dearest.

When his 2019 class was cancelled due to Covid, Frenchy was kind enough to schedule individual Skype sessions with each one of us, despite his health, to go over any questions we might have. This was just the kind of guy he was, truly selfless, truly a hero to so many. I used my time to thank him infinitely for his inspiration and it is an hour in time that I will be grateful for forever.

He may not have known me on a first-name basis but every time I saw him, as he did with anyone, he greeted me as if I were a long-lost friend. There are many people more qualified to speak on his character on a personal level, so I want to be clear that I am speaking to you now as simply a student of a man who has inspired me more than he could imagine. His work and message has developed a devoted following and is continuing to change the landscape of our developing industry, and the ripple effects are yet to be fully seen.

When Frenchy spoke, people listened. Mainly because he had a clear and precise message, and that was, above all, respect for the farmer. His devotion to quality was pure as it gets. One didn't hear Frenchy, one experienced him. My first Frenchy experience was at the 2016 Emerald cup as he delivered his message on an impassioned panel, speaking of the importance of the farmer, the quality they provided and the legacy an appellation model could provide to the Emerald Triangle. I remember being so mesmerized, and already knew his



impassioned speeches were legendary, but did not expect to be that instantaneously captivated. He wholeheartedly believed that hash is the ultimate expression of the work done by the farmer, and always paid homage echoing the hash he made is simply a reflection of the land, genetics and the farmer who worked it. Frenchy also made a distinction and had a special respect for the farmers who honed their skills while risking their freedom under the C.A.M.P. (*U.S. Gov't Campaign Against Marijuana Planting*) raids and War on Drugs. We salute you.

Like the famous French wine makers of his country, Frenchy believed that hashish, like any processed-based product, was an art form, and could be improved at every step and that improving quality should be the main goal. He used the success of the Appellation model in France to urge those involved in the cannabis framework to preserve and protect the small farmer and to prevent a general takeover by big business.

Like the Appellation model of France, Frenchy wholeheartedly believed that the sacred work of the small independent farmer, and the land itself, had the ability to imbue true quality into the hash he made, the same way as with wine. Quality that could not be entirely quantified. The Emerald triangle was Frenchy's most prized terroir, and he would give homage at any turn to the true heroes of the cannabis culture. Frenchy continuously spoke of the disconnect between the underappreciated craft farmer and the rest of the industry and would implore people to appreciate the quality these communities provide. Frenchy was eloquent about the sad state of affairs in regards to small craft farmers and the

THE ART OF THE HASHISHIN



THE LEGACY OF A TRUE HERO

corporate nature of the industry on both sides of our respective borders. He was an “assassin” in his own right; armed with his words, he set out against any person or group who intended to wield this plant for their own gain, and urged those with the power, to share the gift of this plant openly. His words were the death of falsehood and myth surrounding this plant. Every time he would speak so vibrantly of the importance of quality, farmers, and the legacy they provide, he shook the big business model a little more and sieved a little more power to the people who need it most. Every word he spoke rang of passion and authenticity. I don't think I ever met someone who loved and was loved by the cannabis community more than Frenchy.

Frenchy's story resonated with me on a visceral level; his passion poured gas on my own fire in a way I could never repay, and has helped to open my mind up to the true potential of this plant.

In October of 2021 I found myself driving up highway 101 from San Francisco towards Frenchy's favourite place on earth, the Emerald Triangle, grinning from ear to ear. It was the biggest opportunity of my life so far, and would have warranted high fives from teenage me. It was the chance to become Canada's first globally recognized Ganjier, a program Frenchy helped to establish as a founding council member. The Ganjier program was originated by Derek Gilman, Kevin Jodrey and Max Simon of Green Flower. Frenchy had a huge part not only in his personal lessons through the program, but in the overall shaping of the studies included. He spoke with passion of the possibility of a brighter future through the reshaping of our community, together.

The Ganjier program – akin to the goals of the wine sommelier and beer cicerone programs of the world, -- aims to elevate the global cannabis experience to new heights, through attention to quality, knowledge, and care. I was excited beyond measure at the prospect of being part of a gathering of fellow cannabis minds from across the globe; enthusiasts, growers, patients, advocates, educators, all united together in a smoke-filled room at One Log House in Humboldt County, putting our knowledge to the test. We had all studied for years, and after 3 long days of assessment protocols, sample comparisons, heartfelt discussion, knowledge bombs and mind-blowing regenerative farm tours, I found myself sitting happily exhausted as I rolled the most rewarding and emotionally charged joint of my life. Stunned and elated, I had just completed my exams, which had just made my dreams of becoming a certified Ganjier come true. Quickly though, my smiles turned to held



back tears, as it was with a heavy heart that I was flooded with the reminder that there was someone missing from this celebration. I thought of the one Ganjier Council seat that would be forever left empty, and pictured beside it, the most vibrant and colourful skull-covered shoes you can imagine, simply too big to fill. As I perched and reflected fondly under the powerful picture of a man that continues to inspire me, I thought of the words of wisdom and passion that he might have shared that day, and couldn't help but mutter to myself, "Thank you Frenchy".

As Ganjiers we feel we have a duty to do everything in our power to be the best for the global community, guarding the heritage, the quality, the plant itself. We are part of Frenchy's legacy, part of his way to preserve his learning, for it to be relevant worldwide for hundreds of years. We miss you, Frenchy. But you live on.

Matthew Jerome is the first certified Ganjier in Canada as well as the founder of Meristem Cannabis Consulting. Matthew began his cannabis career more than 15 years ago as a medicinal patient and designated grower and has worked as a cannabis educator and consultant for the last 4 years. He has been an advocate for over 15 years and has spoken at a number of cannabis events highlighting its medicinal benefits.



2021 Grow Up Hall of Fame - Frenchy Cannoli

By Tammi Stanhope

The last Grow Up Conference in Niagara Falls, ON Canada was not the same without Frenchy Cannoli. As we continue to transition into legalization here in Canada his opinion, and his experience was valued greatly, and that voice was noticeably absent this year.

Inducted into the Grow Up Hall of Fame, Madame Cannoli was most happy to accept the award on his behalf, and with some amazing words and reminders about what we are ultimately here to do in the cannabis space.

For those of us still figuring out the transition from Legacy to Legal, this message was felt by the attendees on all levels, and I know for myself, gives me inspiration to keep going in a space that still has so much to be worked out!



From Madame Cannoli...

Like all of us recently, Frenchy had been thinking a lot about the state of the legal cannabis industry.

Frenchy liked to point out that there existed a plan for transitioning from a Legacy industry to a more formalized legal industry in the blueprint established by the Bordeaux Chamber of Commerce in 1855 for the Wine Industry there.

The blueprint required 3 things:

- 1 - Product needed a long-standing reputation for quality in the participating region
- 2 - Consistent characteristics that define that quality
- 3 - Public recognition of the cultivars ability to maintain quality over time

With regards to cannabis, we have all of these requirements from the plant and the public, but some businesses and government entities have set aside this reputation for quality in pursuit of profit. But the consumer knows better and has been spoiled by the Legacy market for the last 80yrs to accept nothing less. Frenchy would passionately tell us all that it doesn't need to be like this. As producers, manufacturers, and distributors in this industry our focus should be on maintaining, or in many cases, improving quality standards. He would also remind us, following the guidance of the great cannabis activist Jack Herer, that the plant offers us more than the medical and recreational business opportunities.

Cannabis as a plant has phytoremediation abilities that can be used to clean up and protect the environment. Hemp can be used environmentally friendly manufacturing of so many consumer goods that many see it as the catalyst plant in saving humanity's future on this planet.



**GROW UP Conference Acceptance
speech for Grow Up Hall of Fame
to Frenchy Cannoli**

The Legacy Continues Frenchy Cannoli – Hash Porn 5 Contest 2021

By Tammi Stanhope

Like many in the cannabis community worldwide, I was inspired by Frenchy Cannoli, Mila the Hashqueen, Baaba Qo Selections and many others in so many different countries. When Madame Cannoli announced that she would continue the Hash Porn contest that Frenchy started, I knew I had to give it a go!

After a week of posts and voting my entry was chosen for the finals, and on the anniversary of Frenchys birthday, Dec 13th, it was announced I WON the judges part of the contest and was honored to have @girlsingreen710 choose mine as her pick overall. SO MANY AMAZING WOMEN in this space around the world, its truly even more inspiring!!!! Congrats to all of the winners and everyone that participated. It was an honor!

And so, my entry for Frenchy Cannoli 2021 Hash Porn 5 Contest

“The most powerful force on this planet is pure, unadulterated passion. The unwavering love and respect you have for your art will ultimately express itself through your end product”

~Frenchy Cannoli~

Thank you, Madame Cannoli, for carrying on the Hash Porn tradition and your continued light in this worldwide community.

In my last conversation with Frenchy he said to me, “As long as Legacy is not involved in the process (of legalization) there will be NO FIRE.”

With the assistance and guidance from a dear Legacy hash maker, I was able to make



my first round of bubble hash using a White Widow plant I grew and harvested this year. I accented my sculpture with some fire Mint Slushie Live and some Tangie Bubble hash.

As a 10year legacy baker, 2yr outdoor grower, and lifetime passionate cannabis advocate, this is my take on the Hash Porn 5 Sculpture part of the contest, inspired by Frenchy and all of the amazing men and women out there in the world of true cannabis culture.

With a High Tea to toast to Frenchy and Madame Cannoli!





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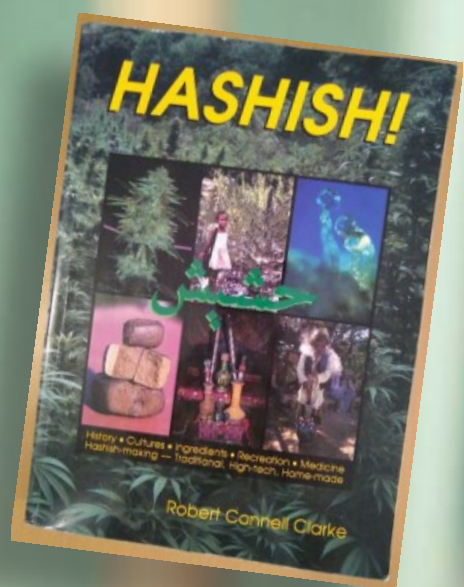
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HIGH! EUROPE MAGAZINE





THE STORY OF BABA KU

BY TAMMI STANHOPE

Through reading various books and documents, I came across a book called "Hashish!" by Robert Connell Clarke, 1998 with the best story of the legend of Baba Ku. Next issue, I will introduce current local hash maker, "Baaba Qo Selections" from the Balkh region and the old traditional ways he still processes and consumes hashish!

In the city of Balkh to the west of Mazar-i-Sharif, people visit the shrine of Baba Ku Mastan, where for a little donation, a care-taker lights up a chillum with hashish and pronounces the following words:

**'Baba Ku Mastan,
your grave is a flower
garden, be it summer
or winter.'**

Through reading various books and documents, I came across a book called "Hashish!" by Robert Connell Clarke, 1998 with the best story of the legend of Baba Ku.

Next issue, I will showcase some current local hash makers in the Balkh region and the old traditional ways they still process and consume hashish!

Baba Ku

As recounted by Robert Connell Clarke

The Story of Baba Ku Various legends, many concerning Baba Ku, illustrate the prominent place held by hashish in the history of Central Asia, especially Afghanistan. A baba is a religious teacher. Baba Ku is considered by Afghan smokers to be the man sent to Earth by the Creator to populate the entire world with Cannabis and to introduce hashish-making technology and smoking techniques to the Afghan people.

Another legend characterizes Baba Ku as an herbal healer from Samarkand



or Bukhara in Russian Turkestan who traveled south into Afghanistan. Afghans tell the tale of Baba Ku walking through the countryside and healing plague victims with "little sticky balls" administered like modern day (bills. Twentieth century folklorists suspect these sticky balls to be handrubbed hashish.

Legends about Baba Ku may account for the spread of knowledge of hashish throughout Afghanistan. Baba Ku is portrayed with a huge water pipe, the jar of which held approximately 40 liters of water cooled by a mountain stream. The fresh, flowing water circulated up through the open bottom of the jar to cool the smoke.

Baba Ku's devotees purportedly smoked up to three kilograms of hashish per day in this pipe.



Before his death, Baba Ku gave Cannabis seeds and other medicinal plants, along with an allotment of gold, to ten Afghan families who were charged with carrying on the cultivation of healing herbs. Baba Ku is said to be buried in a tomb near Balk in northern Afghanistan. However, other incarnations of Baba Ku may have predated the famous healer. His spirit surely lives on in the reverent chants of modern hashish babas.

The legend of Sheik Haidar seems dated accurately to the thirteenth century, while the legend of Baba Ku starts as a creation myth and continues well into the historical period. Possibly the legend of Baba Ku is not as old as some Afghans believe, but also may come from around the thirteenth century. Sheik H a i d a r was from northeastern Iran (Persia) and Baba Ku was likely from neighboring Samarkand. Both Sheik Haidar and Baba Ku are credited with the discovery of the euphoriant properties of Cannabis. Both directed their devotees to plant Cannabis around their graves and to spread Cannabis use among their followers. These two stories may be regional versions of the same hashish origin myth, Sheik Haidar from a Persian perspective and Baba Ku from a Central Asian perspective.





Dutch Passion 35th Anniversary

2022

2021 was a special year for Dutch Passion. There were 9 new cannabis cup victories (see the full list of cannabis cup wins) and plenty of highly satisfied customers. 2021 saw a massive increase in the number of licensed, legal cannabis growers responding to increasingly liberal cannabis laws. The future for the cannabis community has never looked more encouraging.

Some of the professional growers using Dutch Passion seeds are seeing some great results, with several strains producing independent lab tests showing 25-30% THC levels.

2021 also saw Dutch Passion push new scientific boundaries with their Special Cannabinoid cannabis seed collection. This is the best place to

buy cannabis seeds which will produce plants rich in rare cannabinoids such as CBG, CBDV, THCV as well as low-THC/high-CBD strains.

2022 will see Dutch Passion continue to invest heavily in R&D for new THC-rich autoflower and feminized strains as well as researching some unusual new cannabis genetics. 2022 will also be Dutch Passion's 35th anniversary, so you can expect some special promotions and seed sales to celebrate being one of the oldest remaining original Dutch seed companies.





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**.



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



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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.

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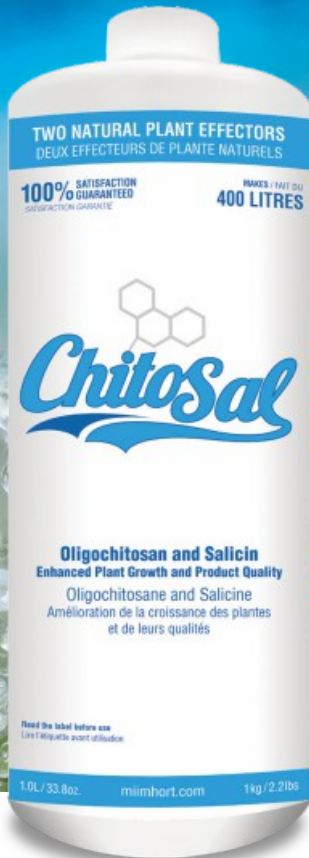
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Always on my Mind A Love Letter To Willie Nelson and Cannabis

by Josh Socket



Hi, I'm 26, Canadian and I love Willie Nelson. You're probably thinking one of two things right now: "why does this kid care so much about an old stoned hippie cowboy?" and "Why is Willie Nelson being talked about for High! Europe Magazine? He's an american!"

To answer your question bluntly, it's a long story. When I was a kid we used to do these long car rides out to Pennsylvania, New Jersey, New York State, Ohio. Keep in mind, this was the 90's. My dad claims we listened to nothing but Sesame Street tapes, I barely remember that. I remember Jimmy Buffett, Bob Seger, Johnny Cash, and Willie Nelson.

We had Willie Nelson and Leon Russell's Duet 'One for the road'. Willie's 1978 chart topper 'Stardust', The greatest hits compilation 'Super Hit's, and The soundtrack to 'Honeysuckle Rose' to be exact.

There was something about Willie that always hit different. Always stuck with me, and as I grew older, so did my

fascination with him. I don't see Willie as an American. Just like I don't see him as a country singer. Willie Nelson is a jazz guitar-player, a lyrical poet, with country, crooner and western swing influences. He draws from people like Tony Bennett, Frank Sinatra, Louis Armstrong, and Django Rheinhardt just as much as Hank Williams Sr, Lefty Frizzel, or Bob Wills. Texas historian and biographer, Joe Nick Patoski, talks about going to see Willie in the 70's and describing it as jam music. Much like the Grateful Dead. Even the audiences were similar.

To Me, Willie transcends genre the same way he transcends nationally. He's a citizen of the world. Much like his music, it's easier to market him as country music, but it's not as simple as that. Willie was born in Abbot texas in April 1933, but he's reached audiences across the globe. His goal has been to spread the message of positivity, cannabis, and music to the world. In the 70's Willie discovered a crowd of Austin hippies and cowboys with a taste for cannabis, psychedelics, and beer. And he felt like he found his people and continued to build a base for



himself and play shows there. It begs the question of who brought who, Willie or the Weed? He had already been in a 20 year relationship with cannabis at that point.

Willie's history with cannabis is something worth drawing many lessons from. In this series of articles I'm going to cover his musical career, his life with cannabis, and what we can stand to learn from Willie. I'll leave you with a little taste. By the late 2010's, Willie's on his fourth wife. He describes his nearly 65 year relationship with cannabis as a relationship "smoother" than any of his other marriages. His wife Annie, who he describes as his "current wife" told Rolling Stone in the last few years that the family has 3 rules: "Don't be an asshole, don't be an asshole, and don't be a god damn asshole"

Willie smoked all kinds of things as a kid. He talks about being as young as six and smoking cedar bark, grape vines, cornsilk, pieces of rope. And then he graduated to cigarettes. Initially bumming singles before graduating to the next step as a cigarette smoker.

Willie believes he may have even tried smoking Cannabis at a young age once. In the late 1930's, FDR outlawed Cannabis after Harry Anslinger's famous report. Harry Anslinger was commissioned for the Federal Bureau of Narcotics and a 1937 report he released described cannabis as a "national menace" coming from the southwest.

Cannabis was coming in from places like Mexico and was already a fixture of the Jazz age of the 20's and 30's. At one time, Willie believes he may have been handed



an asthma cigarette. Yes, you read that correctly. At one time, doctors were prescribing cigarettes as an asthma remedy. But if FDR outlawed cannabis in 1937, I'm unsure how that translates to Willie (It's a long strange story). He believes he was given one and it contained cannabis. It's hard to question it, so let's just take Willie's word for it.

Willie was raised in a musical family. His father and mother had Willie and his older sister Bobbie as teenagers, and then promptly left them with their paternal grandparents. The Nelsons had a family farm and a passion for music. His paternal grandparents both played instruments and encouraged their grandchildren to learn to play as well.

In the late 30's, their grandfather died and the siblings found themselves alone on a farm with their grandmother. Bobbie can remember people coming to

the house to take her and Willie away because they were left alone with their grandmother, who didn't work. (Me and Sister Bobbie) Meanwhile, she farmed, taught piano lessons and struggled. But she provided for Willie and Bobbie.

One of the ways the Nelson kids made money was as musicians. Sister Bobbie had become an accomplished pianist and Willie was growing as a guitar-player and songwriter. Through the 40's, they farmed and continued to play music. Willie even became a Future Farmer of America. Willie completed high school and even went on to join the Air Force for a brief stint in 1951.

Willie didn't last long in the Air Force. In 1951 Willie was in the Air force, he'd been given a promotion which turned into a fist fight, demoted and then given the boot on a medical discharge. So he went back to Abbot. In Abbot, Willie was

hanging out in dingey bars, living in a cheap motel and frequenting country bars trying to meet people. He was performing little gigs, dance halls, and not making much money. But Willie continued on.

By 1953, Willie was married to his first wife Martha, living in Waco, and selling encyclopedias. But even playing gigs, DJing for KHBR in Hillsboro, and selling encyclopedias, Willie wasn't making enough money to support the family in Waco and so they made the jump to San Antonio, Texas. Here there were more bars, more opportunities and new friends. This is where he'd meet Johnny Bush, future writer of Whiskey River.

Willie joined a short-lived band Johnny Bush had started called the Mission City Playboys. It didn't last, but they continued gigging. Willie also continued to DJ in different places. In 1954, he started DJing for KBOP radio in San Antonio and landed Johnny Bush a job there too. Later he even landed another DJ spot for himself in Denton and found himself driving in circles around Texas for gigs.

In 1954, Willie met Fred Lockwood. Fred was a Fort Worth musician Willie met while hanging out in a dinghy bar one night. Fred could see Willie wasn't happy and offered him a joint. At the time, the slang words for cannabis were "tea", "boo", "reefer", and "weed". Fred asked Willie if he wanted to "blow tea" and Willie refused. Wow. right?

When refused, Fred gave Willie a skinny joint and said "get high and be somebody". When Willie smoked that skinny pinner, he smoked it like a cigarette. He'd inhale and exhale quickly. He didn't know you're supposed to hold

it in. Supposedly it took Willie six months of bumming occasional joints from Fred to really feel the effects of the weed. I doubt he's still alive, but lots of people are glad he was cool giving Willie so many joints. Willie believes he couldn't tell if it was working because he was mixing it with liquor and cigarettes, making it hard to tell what was doing what.

Willie had been a drinker for a long time. He was fond of whiskey and he acknowledges now, it was hurting him. He'd get drunk, rowdy, and mean. It wouldn't be for more than 20 years before Willie sees it. He continued to use cannabis recreationally, drink whiskey, and smoke cigarettes. In the meantime, he continued to pursue a career and make a life for himself. As Willie continued to build a life for himself as a musician and pursue his destiny, his relationship with cannabis continued as well.

We will pick up again next issue!



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