

SUGGESTED RETAIL PRICE \$4.20



FREE AT SELECT CANADIAN LOCATIONS



ISSUE 78

# HIGH! CANADA MAGAZINE

SPECIAL FEATURE ON

**Lift**  
**VANCOUVER**  
**JANUARY 12-14, 2023**

A LOOK BACK AT  
THE BEST  
CANNABIS EVENTS  
IN CANADA IN

**2022**

A LOOK FORWARD AT  
THE CONSTANT EVOLUTION  
OF CANNABIS CULTURE  
IN CANADA IN

**2023**

**NOW IN OUR 9TH YEAR OF PUBLISHING  
CANADA'S FAVOURITE CANNABIS MAGAZINE**

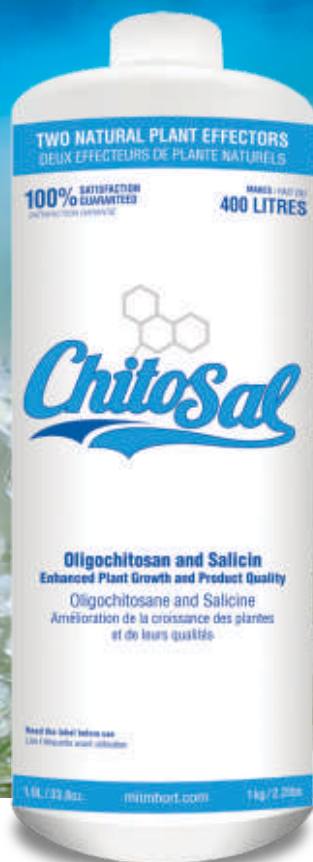




HORTICULTURE LIMITED

# ENHANCED PLANT GROWTH AND PRODUCT QUALITY

- INCREASED CANNABINOID LEVELS • INCREASED TRICHOME DEVELOPMENT & RESIN PRODUCTION
- ENHANCED TERPENE PROFILE • FASTER TRANSITION INTO FLOWERING • INCREASED FLOWERING AND BUD FORMATION • PROPRIETARY MANUFACTURING PROCESS OF OLIGOCHITOSAN • TRIGGERS TWO SEPARATE PLANT DEFENCE PATHWAYS • PROMOTES TOLERANCE TO SALT, HEAT, AND DROUGHT • CFIA REGISTERED



ChitoSal is an exciting scientific breakthrough in plant biology specially developed to improve plant immunity as well as vigour. It is composed of natural sources of oligochitosan and salicin. Both are powerful and proven plant effectors, which effect beneficial change at a cellular level within the plant.



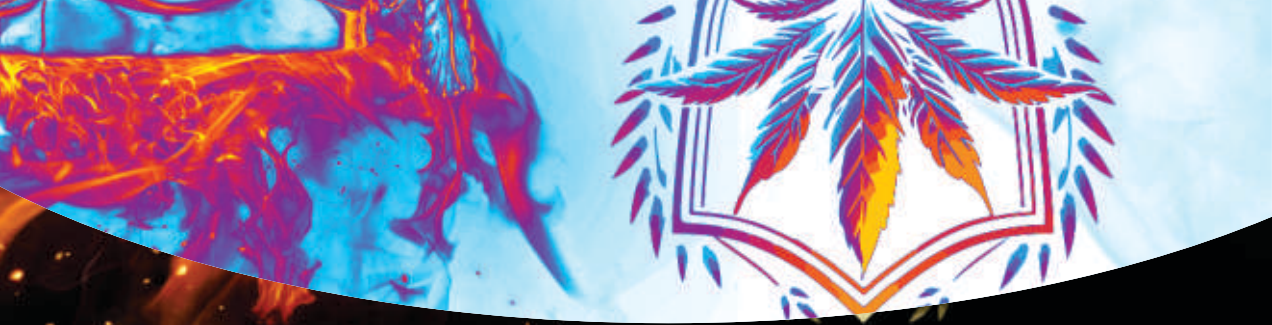
*“HealthView Pharms  
will deliver quality, safe  
cannabis therapeutic options  
that will focus on the ability  
to feel and live more comfortable.”*

**Paul Bernier, CEO - Healthview Farms**



**[www.healthviewpharms.com](http://www.healthviewpharms.com)**





powered by:



**SUBMIT YOUR FIRE TODAY**

CLOSES FEBRUARY 10TH, 2023

OPEN TO LEGAL  
CANADIAN LPS

[thecanadiancannabiscup.com](https://thecanadiancannabiscup.com)





At High Canada Magazine Publishing Group, we are committed to providing our readers with the most current, relevant, and reliable information available.

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

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

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

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

The opinions expressed here are not necessarily those of High Canada Publishing Group, it's affiliates or parent company. Different views may appear in future articles or publications. Articles in HCM are copyrighted and must not be reprinted duplicated or transmitted without permission.

# HIGH! CANADA MAGAZINE

I S S U E 7 8

Driven by a balanced approach to ensuring responsible cannabis choices and creating positive cannabis experiences for Canadians, HCM strives to inform and educate our readers. HCM is not responsible for the actions, services or quality of the products and services represented within or reported on.

All material presented is intended for a mature 19+ audience and is intended for entertainment, educational and informational purposes only.

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

HCM is distributed to age verified, legal Canadian cannabis shops and by mail out subscription.

All rights reserved, HCM is printed and produced proudly in Canada. For more information on HCM, please email us at [editor@highcanada.net](mailto:editor@highcanada.net) or visit us online at [www.highcanada.net](http://www.highcanada.net)

**Cy Williams**  
Publisher/Editor

**Tammi Stanhope**  
Ontario Editor

**Sara Jane Wilson**  
BC Editorial Team

**TF Prudent**  
Alberta Editorial Team

**Harry White**  
Ontario Editorial Team

**Dave MacAdam**  
BC Editorial Team

**Xander Landry**  
BC Editorial Team

**Sabrina Mohamed**  
Ontario Editorial Team

**Zara Boorder**  
Ontario Editorial Team

**Debi Facey**  
Ontario Editorial Team

[www.highcanada.net](http://www.highcanada.net)

CANADA'S LEGAL CANNABIS  
CULTURE MAGAZINE



REALIZE THE FULL GENETIC

# ONIT Grow™

organic  
non-gmo  
surfactant





# POTENTIAL OF EVERY PLANT



**ONIT Grow™ is a registered organic input that enhances plant and soil health—naturally.**

ONIT Grow™, is a proprietary input technology that utilizes a groundbreaking non-GMO, all-organic formulation to dramatically enhance crop growth by stimulating the nutrient and water uptake in plants.

ONIT Grow™ is formulated with the highest quality, purified and activated organic matter carbon source. It is a non-ionic input, with beneficial soil health and plant stimulant properties. It is used as a nano-surfactant additive to nutrient or fertilizer solutions.

- Breaks surface tension of leaves and soil, allowing plants to breathe
- Penetrates cellular wall and injects directly into chloroplasts
- Converts nutrients to a recognizable form
- Enhances chlorophyll production for greener and healthier leaves
- Optimizes plant oxygen and nutrient uptake
- Improves enzymatic process to stimulate plant immune system

## What Growers Are Saying:

“Unbelievable! My mature plants got fatter and my adolescent plants grew much taller and super fast. It’s rocket fuel for plants.”

“The stalks and joints of the branching were noticeably thicker and bulkier, indicating overall strength and health was increased.”

“Once I realized my AC was broken... half the plants had died. Only the ONIT Grow-treated plants survived.”

“The results have been an overwhelming success to say the least. I now have added ONIT Grow into my regimen for all my fruits, vegetables, and cannabis.”

“Stalks more than doubled in thickness within 2 1/2 weeks from starting use of ONIT. Nodal spacing became tighter and closer together as well. I have never seen a stalk get so thick so early in its stages of life. I love this product for the simple reason it has not lied to me yet.”



**www.onitsciences.com**  
**info@onitsciences.com**  
**949-317-1811**



Be mindful  
how you move.  
Don't drive high.



Your life can change in an instant.

**Don't drive high.**

#dontdrivehigh



# IT'S TIME TO STOP ABUSING POWER & PRIVILEGE! & IF YOU DIDN'T KNOW - IT'S ALSO TIME TO STOP SENDING DICK PICS & START SENDING BUD PICS!

**W**elcome to our 9th year of publishing **High! Canada Magazine**.

On behalf of our entire High! Canada Magazine team - scattered across this amazing country of ours - we would like to welcome you back and wish you the very best in 2023.

Over the holiday season I had the opportunity to speak to a number of my female friends and associates and teammates across the country and in the majority of the conversations we had - there was one topic that we kept coming back to. That being...the topic of men out there in the Canadian cannabis space sending unsolicited dick pics came up so many times and in so many variations. My friends...if you get high and creative and you want to play photographer with **your own junk** in your own way - that's perfectly fine and I am certainly not here to shame you.

Just remember that sending it out there is a bad idea and an idea (much like a phallic boomerang) that will most definitely come back to haunt



you. A better idea would be to send photos of cannabis - because hey... who doesn't like a big fat sexy bud? I know I sure do...

We are pretty excited to attend the upcoming **Lift&Co Expo** in Vancouver in January and so incredibly hyped to be a part of the



# HIGH! CANADA MAGAZINE

Canadian Cannabis Cup happening in May, 2023 in Edmonton, Alberta.

We are thrilled to announce our own Canadian cannabis competition (running in co-operation and collaboration with the Canadian Cannabis Cup) that we are calling the

## 30 Gram Throwdown

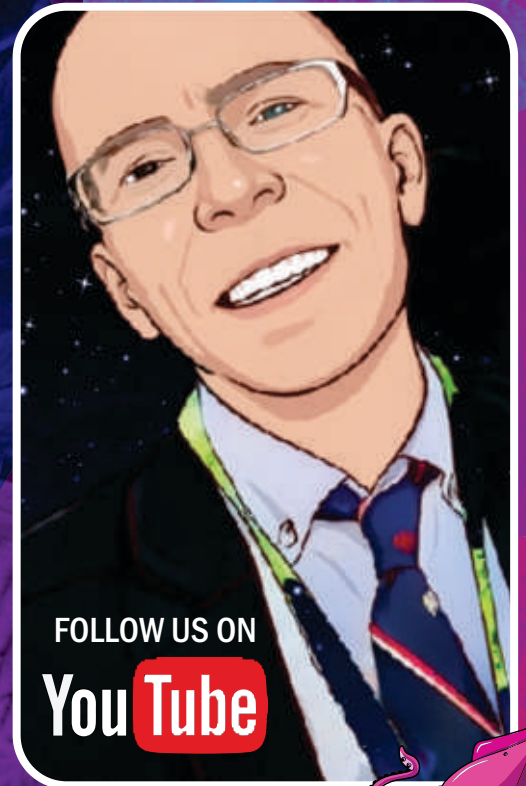
- details to follow but it will be open to all Canadian cannabis cultivators and winners of this semi-final division will have the opportunity to go to compete against Licenced Producers in the Canadian Cannabis Cup. So get ready friends... Lots of amazing new adventures in 2023.

**Happy New Year Canada!**

**Remember! Send bud pics - not dick pics - be part of the solution!**

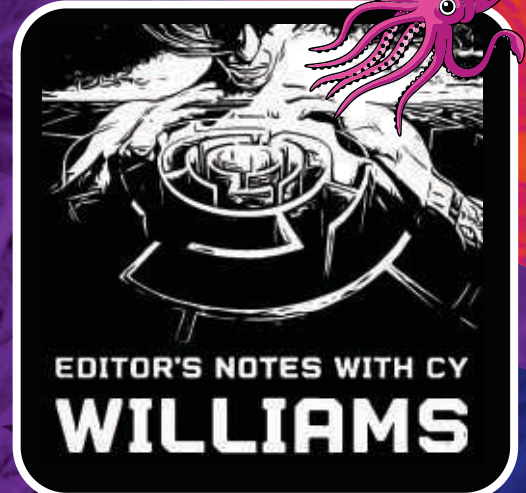
**Cy Williams**  
Publisher/Editor  
**High! Canada Magazine**  
editor@highcanada.net

Digital Downloads available at  
www.highcanada.net



FOLLOW US ON

**You Tube**



EDITOR'S NOTES WITH CY

**WILLIAMS**





OEG Retail Cannabis (OEGRC) has completed its acquisition of 23 Tweed and Tokyo Smoke stores from Canopy Growth Corporation (CGC) in Manitoba, Saskatchewan, and Newfoundland and Labrador. In addition to the retail locations, OEGRC has also acquired the Tokyo Smoke brand from Canopy Growth. OEGRC is now the sole owner of the Tokyo Smoke brand and trademark.

“We are excited to take this important next step in the expansion of OEG Retail Cannabis and the Tokyo Smoke brand across Canada,” said Jürgen Schreiber, CEO, OEG Inc. “The close of this acquisition marks the start of something special for the retail cannabis industry and we are looking forward to bringing our award-winning customer experience, product quality and safety to more Canadians in Manitoba, Saskatchewan, and Newfoundland and Labrador.”

With the transaction now closed, OEGRC is excited to welcome the employees from the newly acquired stores to join the rest of the company in providing a differentiated brand and customer experience.

## Overview of the OEGRC acquisition:

- OEGRC has acquired ownership of 23 Tokyo Smoke and Tweed store locations across Manitoba, Saskatchewan, and Newfoundland and Labrador.
- The Tokyo Smoke brand has been transferred to OEGRC and all purchased stores currently branded as Tweed will be rebranded.
- The master franchise agreement between OEGRC and Canopy Growth has been terminated as OEGRC is now the sole owner of the Tokyo Smoke brand and trademark.
- OEGRC is welcoming all current customer-facing retail employees from the newly acquired stores to the company.

## About OEG Retail Cannabis

With decades of retail experience, OEG Inc., a division of Katz Group, is a North American leader in sports and entertainment, hospitality and retail cannabis. OEG Retail Cannabis (OEGRC) is OEG Inc.'s fast-growing, multiple award-winning retail cannabis portfolio led by its flagship brand, Tokyo Smoke. Over the past three years, OEGRC has grown Tokyo Smoke into the largest cannabis retailer in Ontario with over 60 franchise and corporate stores and is well positioned for future success in the early stages of an emerging market.

[Learn more at OEG.ca](#)

## About Tokyo Smoke

Tokyo Smoke is a multiple award-winning cannabis retailer and market leader with tremendous cross-country expansion and growth potential as the retail cannabis industry continues to consolidate and mature. At Tokyo Smoke, we believe cannabis within the legal market can have a powerful impact and that the customer experience should be nothing short of great. We are committed to bringing our customers the very highest quality, regulated products in stunning retail stores with convenient locations. Tokyo Smoke empowers Canadians to make well-informed decisions about safe, high-quality cannabis products. We curate unique offerings and deliver a product assortment that reflects our customers' interests, neighbourhood-by-neighbourhood.

OEG Retail Cannabis is now the sole owner of the Tokyo Smoke brand and trademark.

[Learn more at tokyosmoke.com](#)





# HIGH! CANADA MAGAZINE

## NEWS YOU MAY HAVE MISSED



**Cannabis Council  
of Canada**

Licensed.  
Regulated.  
Trusted.

### **Emergency call to action for the Canadian Cannabis sector.**

Make your voice heard and call on Governments across Canada to take action.  
#betheinfluencer

### **How to participate**

Download one of our #CannabisSOS images off the cannabis-council.ca website or make your own. Share your story on social media with the hashtag #CannabisSOS

All politics is local. Tag your local MP to let them know it's an issue in their riding.  
Don't know your MP? Find out at elections.ca.

### **Next steps**

Keep up the momentum! Here are a few other ways to build on your advocacy work.  
Schedule a meeting with your MP and submit an Advocacy Report

Hashtags - #CannabisSOS #CannabisActNow #CannabisJobKillers #UrgentActionRequired #SaveOurSector



**Cannabis Council  
of Canada**

# SAVE OUR CANNABIS SECTOR

#CannabisSOS

cannabis-council.ca/SOS



**Share what  
you love**

**hibnb**



**EXPLORE.**

Photographer Instagram: @orangejk  
Models Instagram: @dreamyhalo.xmodelling



# Lift&Co. Expo

# Vancouver

## January 12-14, 2023

**The Lift Cannabis Conference & Trade Show Returns to Vancouver, British Columbia, January 12 to 14, 2023**

**Canada's #1 cannabis conference and trade show is the only event that brings together the full cannabis industry and community in Western Canada.**

**The only event connecting the full Western Canadian Cannabis Community is the premiere cannabis-centric business conference - and it's right around the corner.**

**Budtenders, Retailers and Industry Professionals are gearing up for this cannot miss show. The Lift Expo is an irresistible experience and it is waiting for you in Vancouver in January, 2023, with low barriers of entry to get your business in front of thousands of industry professionals.**





# Lift

## VANCOUVER

JANUARY 12-14, 2023

The Lift Vancouver 2023 Schedule is as follows:

- **Lift Cannabis Business Conference (LCBC): Thursday, January 12**
- **Lift Expo Industry Days: Friday, January 13 & Saturday, January 14**
- **Lift Expo Consumer Day: Saturday, January 14**
- **Lift Expo Official After Party: Saturday, January 14**

This all happens at the Vancouver Convention Centre - West Building | 1055 Canada Place Vancouver, BC V6C 0C3

After a three-year hiatus, Lift Vancouver 2023 returns to the Vancouver Convention Centre with a renewed vision, signature Ah-Ha! moments, and a focus on

the unique needs of audiences across the full cannabis ecosystem. This anticipated event showcases leading-edge content, an expansive array of exhibiting companies and the best networking in the business.



The three-day event kicks off on Thursday, January 12, with the Lift Cannabis Business Conference, a strategy-focused, advocacy-oriented business conference intent on meaningful change and sustainable growth in the industry.





On Friday, January 13 and Saturday, January 14, the Lift expo floor will showcase leading and emerging exhibitors while debuting fresh experiences, education and activations.

## HIGHLIGHTS:

Keynote Speaker Eric Costen, Senior Assistant Deputy Minister & Lead, Cannabis Industry Sector, Innovation, Science and Economic Development Canada, will open the Lift Cannabis Business Conference on Thursday, January 12, with remarks covering Canada's economic development goals for the cannabis industry, as well as current federal, provincial, territorial and municipal cooperation.



**Eric Costen**

Senior Assistant Deputy Minister & Lead, Cannabis Industry Sector, Innovation, Science and Economic Development Canada

## KEYNOTE SPEAKER

January 12, 2023 | 9:00 AM

**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

LIFTEXPO.CA  
*Sessions*

**ADVOCACY & LOBBYING:**  
Working With Government to  
Affect Meaningful Change for  
the Cannabis Industry

Lift Cannabis Business Conference  
January 12, 2023

**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

LIFTEXPO.CA  
*Sessions*

**BRAND & RETAIL RELATIONS:**  
How LP's & Brands Can Work With  
Retailers To Provide the Most  
Impactful Support and Education

Lift Cannabis Business Conference  
January 12, 2023

**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

LIFTEXPO.CA  
*Sessions*

**BUYING, SELLING & SOUL:**  
Make or Break Realities Including  
Opportunities and Culture in  
Post-Stigma Cannabis Retailing

Lift Cannabis Business Conference  
January 12, 2023

**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

LIFTEXPO.CA  
*Sessions*

**THE TEAM CANADA APPROACH:**  
Identifying Laws & Regulations to  
Change, Re-Write or Throw Out

Lift Cannabis Business Conference  
January 12, 2023



# Lift

## VANCOUVER

JANUARY 12-14, 2023

Industry Stage, Brand Stage and interactive Speakers' Corner featuring leading cannabis experts and fresh voices. Hot topics include Education & Opportunity, Indigenous Cannabis, Budtender Masterclass, Next Gen Vape, Sex Ed., Cannabis & Fitness, Psychedelics Treatments and Trends, and more.

*New!*  
On the Expo Floor

**Brand Discovery Pavilion  
& Cannabis Retail Zone**

**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

Brand Discovery Pavilion, an expo floor showcase of cannabis brands, including a micro & small batch craft grower's area.

**Supersized Budtender Program** - an all-encompassing celebration of the unsung heroes of our industry - including free admission, educational programming, a dedicated lounge area with giveaways and refreshments, the Lift Vancouver After Party and much more for certified Budtenders.

**New Attractions!**

In addition to our leading-edge content and premiere exhibitors

**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

Play@LIFT, Film Screening, Budtenders Lounge, Joint Rolling Tutorial, Outdoor Networking Lounge, and much more!

[liftexpo.ca](http://liftexpo.ca)

**PLAY@LIFT** on the Expo Floor (Booth #1630), a special area outfitted with games, photo opps, a glass-blowing



demonstration, sweet treats and more.

A Lift Networking Lounge (Booth #819) on the Expo Floor and the brand-new Outdoor Networking Lounge, a generous space furnished with seating and games, as well as an additional tented area, located right next door on the Jack Poole Plaza.

Lift Vancouver Coloring Wall created by renowned indigenous artist CarrieLynn Victor.



**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

*New* **Outdoor  
Networking  
Lounge**

- Fresh air networking seah
- Tented 600-square-foot space
- Furnished with seating and games
- Delicious pick-me-ups
- Make meaningful connections at Lift Vancouver

A special screening of **Frenchy Dreams of Hashish** celebrating the life of master grower, **Frenchy Cannoli**, on **Saturday, January 14 at 9:30 a.m. in the Expo Hall.**



*Play!*

**Lift**  
VANCOUVER  
JANUARY 12-14, 2023

Glassblowing demonstration

[WWW.WILDFIREPROGLASS.COM](http://WWW.WILDFIREPROGLASS.COM)

**Wildfire**  
GLASS ART STUDIO  
**Productions**

PROUDLY MADE IN B.C. CANADA

LiftExpo.ca



The screening is included with Consumer Ticket purchase; additional ticket types may add film tickets for \$20. Proceeds benefit the Origins Council.

**Lift**  
VANCOUVER  
JANUARY 13-14, 2023

*Eh!* You are invited.

**AFTER PARTY**

THE LAMPLIGHTER PUB  
SAT, JAN 14  
DRINKS BITES PRIZES

Official Lift Vancouver After Party – Join us for music, drinks, bites and networking at the Lamplighter Pub in Gastown on Saturday, January 14 from 5 - 8 p.m. immediately following Lift Vancouver.

*Speakers' Corner*

**Lift**  
VANCOUVER  
JANUARY 13-14, 2023  
liftexpo.ca

**DISTRO & SUPPLY CHAIN MINI-WORKSHOP:** Logistics Explained & Questions Answered  
**PACKAGING CLINIC:** Presenting Products Well & Compliantly  
**WELLNESS UNWRAPPED:** Interactive Discussion with Cannabis Health Specialists

**Lift**  
VANCOUVER  
JANUARY 13-14, 2023



SATURDAY, JAN 14

**BRAND STAGE**

LIFTEXPO.CA

**Lift**  
VANCOUVER  
JANUARY 13-14, 2023



**INDUSTRY STAGE**

*Hot Topics*

- GROWING PAINS
- CANNABIS DATA
- A BETTER BLUNT
- ACCESS TO PSYCHEDELICS
- EDUCATION & OPPORTUNITY

**Lift**  
VANCOUVER  
JANUARY 13-14, 2023

*Cheers!*





Let's toast 2023 with a special NYE cocktail from Anna Li, The Cannabinista.

**Lift**  
VANCOUVER  
JANUARY 13-14, 2023

**MEDIA PARTNERS**

*Thank you!*





















### *Budtender Ticket*

- Full Access to Exhibit Hall on Friday, Jan 13 and Saturday, Jan 14
- Full Access to Programming on Friday, Jan 13 and Saturday, Jan 14, including dedicated Budtender Education sessions
- New! Full Access to Brand Discovery Zone and Micro & Small Batch Craft Growers Area
- Budtender Lounge, Swag & Refreshments
- New! Enjoy Our Outdoor Networking Lounge
- Lift Vancouver Official After Party, Saturday, Jan 14

**free\***

\*Must be a certified budtender to purchase, certificate number is required at time of registration.

### *Consumer Ticket*

- Full Access to Exhibit Hall on Saturday, January 14
- New! Consumer-Focused Programming on Saturday, January 14
- View Programming Schedule
- New! Full Access to Brand Discovery Zone and Micro & Small Batch Craft Growers Area
- Includes Frenchy Dreams of Hashish Film Screening at No Added Charge (see details below)
- New! Enjoy Our Outdoor Networking Lounge
- Giveaways, Entertainment & More

**\$20** CAD

### *Industry Expo-Only Ticket*

- Full Access to Exhibit Hall on Friday, Jan 13 & Saturday, Jan 14
- Full Access to Programming on Friday, Jan 13 & Saturday, Jan 14
- Lift After Party, Saturday, January 14
- & More!

**\$199** CAD

### *Industry Buyer Ticket*

- Full Access to Exhibit Hall on Friday, January 13 and Saturday, January 14
- Full Access to Programming on Friday, January 13 and Saturday, January 14 (Speakers, Panels, Demonstrations, etc.)
- View Programming Schedule
- New! Full Access to Brand Discovery Zone and Micro & Small Batch Craft Growers Area
- New! Enjoy Our Outdoor Networking Lounge

**\$399** CAD

### *Lift Cannabis Business Conference + Expo All-Access*

- Exclusive Access to Lift Cannabis Business Conference (LCBC) Sessions on Thursday, Jan 12
- Complimentary AM & PM Breaks & Lunch
- Industry Reception on Thursday Evening
- Full Access to Exhibit Hall on Friday, Jan 13 & Saturday, Jan 14
- Lift After Party, Saturday, January 14
- & More!

**\$599** CAD

**WHEN: Business Conference (LCBC): Thursday, January 12 | 9 a.m. - 5 p.m.**

**Lift Expo Industry Days: Friday, January 13 & Saturday, January 14 | 11 a.m. - 5 p.m.**

**Lift Expo Consumer Day: Saturday, January 14 | 11 a.m. - 5 p.m.**

**Lift Expo Official After Party: Saturday, January 14 | 5 p.m. - 8 p.m.**

**WHO: Retailers, brands, growers, processors, manufacturers, budtenders, educators, advocates, regulators, consumers, investors and more.**

**PARTNERS: Presenting Partner-Green Planet Wholesale; Platinum Partners-Mills Nutrients, FTL Distribution, and PreRoll-Er.**

**WHERE: Vancouver Convention Centre - West Building | 1055 Canada Place Vancouver, BC V6C 0C3**

**[www.liftexpo.ca/tickets-vancouver-2023/](http://www.liftexpo.ca/tickets-vancouver-2023/)**





## About Lift

Lift Events & Experiences serve the cannabis community as both a meeting place and a destination for discovery. With dates across North America, each Lift event showcases leading-edge content and premiere exhibitors in a high-energy setting for thousands of cannabis growers, processors, manufacturers, brands, budtenders, retailers, educators, advocates, regulators, consumers, investors and more - while paying tribute to the roots of this rapidly-evolving industry. Lift is proudly produced by MCI. For more information, visit [LiftEvents.com](https://LiftEvents.com).





**Nobody accommodates cannabis  
enthusiasts better than we do.**

**Where do you find  
the best 420-friendly vacations  
this fall and winter?**

**[www.hibnb.ca](http://www.hibnb.ca)**





# CONFESSIONS OF A CANADIAN STONER



**M**y wife and her parents went to church every Sunday. Usually, I could get myself out of it. I'd way rather be home, messing around with a beer in hand.

The day my daughter was baptized, however, was a different story. There was no getting out of that. Not only that, it would be frowned upon had I shown up with a beer. I'd rolled a couple of joints, stuffed them into my back pocket, and hoped for the best.

As beautiful as it had been, I'd been dying to get out of there. Churchy functions were not my thing. I

headed for the back parking lot, figuring no one would see me out there. Boy, had I been wrong. The Pastor's wife had spied me sneaking out, and she'd felt the need to follow. I'd had my back turned as I'd lit up; never even heard her coming. By the time I noticed her, she was directly behind me, clucking her tongue, impatiently. Before I even had a chance to defend myself, she'd gotten on me about participating in the Devil's Lettuce, and demanding I take the time to repent. With that, she'd spun around and left, leaving me to smoke in peace.

- Anon



In the early 2000s, Gravity Bongs were a pretty big deal. Some of my friends and I had seen a remake on social media. Of course, after watching that we too had to try our hand at crafting one and testing it out. Putting it together wasn't as difficult as we'd thought it would be. We found a garden bucket and a 2-litre Cola bottle. Assembling it, as we'd soon learned, was the easy part.

→ 13

→ 13 A



We didn't heavily discuss 'how' to use it because we both inhaled a mouthful of water. It went up our noses; down our throats... splattered into our eyes, and all over our shirts... Sometimes, assuming things will work out for the best, isn't always so great. And sometimes, some inventions should be left back in the early 2000s.

→ 14

→ 14 A



- Anon



I never knew my dad smoked. I never saw him smoke a single joint while I was growing up. One evening, I was out on my deck smoking when my Dad pulled up in his old truck. I rushed to butt the joint out, but Dad noticed and hollered "Don't put it out on my account." I smoked a joint with my Pops for the first time that night. It was the first of many father-son seshes to come.

- Anon

My biggest rule was never being stoned while at any of my university classes. The only reason I'd even been able to attend Post Secondary School was because of my football scholarship. I didn't want to chance losing it. One night, I was invited to a party. I didn't want anyone to think I wasn't cool, so against my better judgment, I tagged along.

When I was offered an edible, which I'd never had before, I'd been too embarrassed to say no. I ate the whole thing, not realizing maybe I should have only nibbled on it. Don't even get me started on the kind of trip I had, but the worst of it was I woke up still high the next morning.

I went to class hoping no one would notice. I thought I'd pulled it off, too, until my professor woke me up by tapping me on the shoulder. I had awoken in a puddle of my own drool and apparently, my snoring had interrupted his lesson."

- Anon

I always smoke after work, and never before. For some people, it's absolutely nothing for them to function while stoned. I am not one of those people.

I'd woken up with a killer headache before work one morning and there was no way, in that amount of time, someone would have been able to cover my shift. I'd thought a couple of puffs would probably be more beneficial for the pain than not, and I didn't think it would be enough to get me wrecked. Boy, had I been wrong.

First, when I made coffee for the office, I forgot the filter. I'm sure you can imagine how that went. While getting all of the lights on, computers turned on, and so forth, I somehow forgot to unlock the front doors. I didn't have my cell on me at the time, either, so the staff may or may not have stood waiting while profusely calling me. And last but not least, I absolutely forgot my pantyhose while getting ready earlier and had to rock varicose veins all day."

- Anon

A couple of friends and I used to meet up after the late-night shift to smoke joints. We would meet up at the local lake, and smoke on the dock. The water was always calm, and the moon was usually high in the sky. It was probably one of the most relaxing seshes I've ever had.

Anyways, winter can be a tough



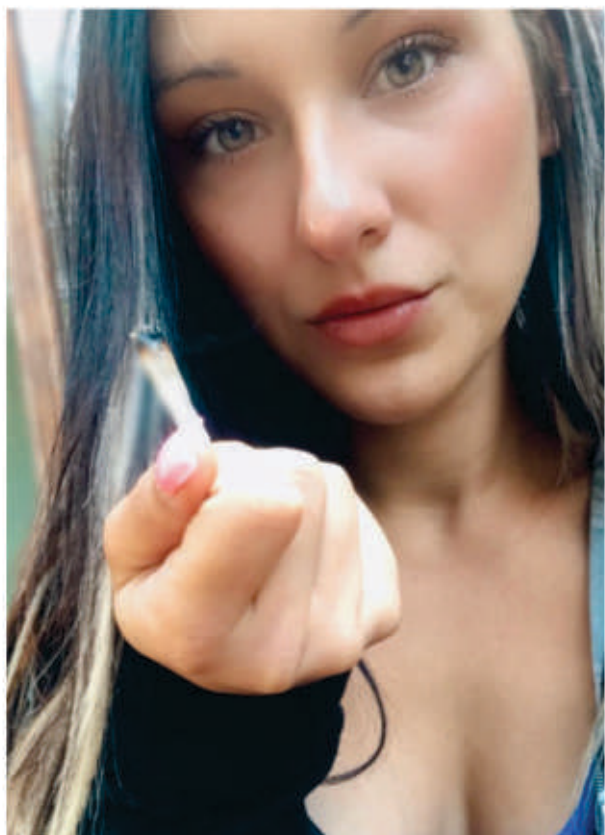


Anyways, winter can be a tough time for chefs in a small town. A lot of the time, we'd combine our bud into a fattie so we could all smoke a chonger. The one night it happened to be the L-A-S-T joint any of us had, my dumbass self accidentally dropped it between the dock boards when I went to light it. To say I was the most hated guy in the group for the night, would be an understatement.

- Anon

I was in line at a dispensary one time. I couldn't help overhearing the conversation with the man in front of me. He'd been trying to buy dabs, and was explaining the kind of pipe he used to smoke it out of. The budtenders had seemed thoroughly confused, as was I because I'd never heard of what he'd been talking about, either. He then proceeded to yank a meth pipe out of his pocket to show them. Those girls had looked horrified when they'd seen what he'd been smoking out of. They went on and on, explaining how dangerous it was to smoke dabs out of a pipe like that. They offered to show him what they had in stock, to which he refused. He bought his dabs and went on his way, happy with his little meth pipe.

-Anon



TO BE FEATURED, PLEASE SEND  
YOUR CANNABIS CONFESSIONS TO  
[INQUIREWITHSARAJANE@GMAIL.COM](mailto:INQUIREWITHSARAJANE@GMAIL.COM)  
PLEASE INCLUDE IF YOU WOULD LIKE TO  
REMAIN ANONYMOUS, AND/OR  
THE NAME YOU'D LIKE TO USE.  
PLEASE WAIT FOR 1-2 MONTHS  
FOR PUBLISHING.





# Grass on the Hill

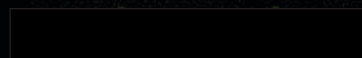
Cannabis Leaders Summit  
and Industry Lobby Day

**2023 DATES TBA**



**Cannabis Council  
of Canada**

[cannabis-council.ca/](https://cannabis-council.ca/)





## HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

**H**ello neighbor, and welcome.

We're past the holiday bustle at Pajama Flats as I write you this month's note. But here, in our usually happy small town, an extra dose of local cheer still fills the air. While perhaps short of a greeting card, like many such prairie outposts, the place shows uncommonly well at seasonal moments.

And as any sensible magazine writer wanting to keep his gig will at this time of year, I'm sending best wishes to you and yours for the holidays and New Year. Let's call it an olive branch.

Though not active in most of the festivities, anything that encourages people to get along, if only long enough to share a too-big meal, seems to me a good idea. So, I hope you enjoy the get-together, with all the fixings.

Whatever your seasonal repast of choice might be.

With that out of the way, we now return



to our regular program of what passes for cannabis related humor and info in these parts. Now, before I begin, I'm going to point out how I've worked much of my life trying to be a forgiving man. And, mostly, I've done a satisfactory enough job of it, too. Well, for me, anyway. But, and I don't mind telling you, I've always been a mite careful about what I choose to forget.

The time of year doesn't change that, either. But, in the season's spirit, and in keeping with the house rules here at Pajama Flats, I will not name names.



# HIGH! CANADA MAGAZINE



As always with me, and about everything, you'll have to figure some things out for yourself. Though, again as usual, I've made it damned near impossible for you to miss.

Now, let's tend to my list of New Year's wishes for 2023.

Remember, these are personal regards, and I take full responsibility for them. So, if you're pissed, it's at me, not the magazine.

And away we go!

First, to the science-denying extremist ideologues currently running my home province's government, for their platform and pursuit of a radical separatist agenda.

Next, to the backward governments of a pair of eastern neighbor provinces for denying the Charter Rights of their people and preventing them from growing at home.

Likewise, to the federal and provincial cannabis regimes nationwide, for imposing an onerous system of taxes now threatening to bankrupt the legal industry.

May each of you get the most severe reprimand, a loss in the next elections.

Did I mention how good it feels to get these things off my chest once a year? Well, if not, there you go.

You really ought to try it. Not only that, but as the day comes but once a year, I think a man is plain silly if he won't take advantage of it.

After all, you don't earn a rep by not being what you are.

And though I've always been reluctant, once in, I'm never



shy. With me, it's raise, or fold.  
With table stakes, the rule.

So, here's a wish for the  
warmongering Popinjay now  
running roughshod over the rule  
of law, along with the people in  
Europe.

And while I'm at it, another to the  
treasonous malefactor, once again  
threatening the peace and  
freedom of our great neighbors to  
the south.

What the hell, while I'm here, I'll  
send one to the growing number of  
autocrats and dictators  
worldwide, enslaving people with  
extremist tyranny everywhere.

May the New Year see each of you  
take a short ride to the nearest  
exit.

By the way, did I lately mention  
how life as a pundit isn't so bad? I  
mean, if you consider the  
alternatives. For writers,  
nowadays, that is.

Well, if I haven't, there you go.

But don't get me wrong, because  
there are downsides to  
everything. Or have I not  
mentioned how nothing is perfect  
all the time? Again, if not, there you  
go.

Lucky for me, and you, too, maybe,  
I'm one of those fools that often





f i n d s  
h i m s e l f  
s t u c k i n a  
h a n d .  
B e c a u s e  
a f t e r t h e  
c h i p s a r e  
a l l i n ,  
t h e r e ' s n o  
p l a c e t o g o .  
A n d  
n e i t h e r  
t h r e a t s n o r  
m o n e y  
m a k e s  
m u c h  
d i f f e r e n c e  
a f t e r t h a t .

I s u p p o s e  
i t ' s g o t  
s o m e t h i n g  
t o d o w i t h  
m y b e i n g , u s u a l l y , r e l u c t a n t .  
B e c a u s e i t s e e m s p l a i n  
e n o u g h h o w t h i n g s a r e  
b e t t e r f o r e v e r y o n e i f w e  
l e a r n t o g e t a l o n g i n s t e a d o f  
m a k i n g r a s h b e t s .

H e r e ' s h o p i n g o u r l e a d e r s  
h e r e a t h o m e , a n d t h o s e o f  
o u r n e i g h b o u r s a b r o a d ,  
h e e d t h e c a l l o f t h e i r b e t t e r  
a n g e l s . A n d t h a t p e a c e o n  
e a r t h , a n d g o o d w i l l , m i g h t  
r e i g n b e t w e e n u s a l l .



H a p p y h o l i d a y s t o y o u ,  
r e a d e r , a n d m a y o u r w o r l d  
e m e r g e a w i s e r p l a c e , m o r e  
f i t a n d w i l l i n g t o f i g h t t o m a k e  
i t s e l f b e t t e r f o r e v e r y o n e , i n  
t h i s l a t e s t N e w Y e a r .

U n t i l n e x t t i m e , s m o k e ' e m i f  
y o u g o t ' e m , a n d h a p p y  
g r o w i n g .

© T.F. Pruden 2022 for  
@highcanadamagazine



# EXPLORE.

hi

**CANADA**

LIST WITH US  
AND MAKE BANK.

BE PART OF THE NEW ECONOMY.

HIBN6.CA

Photographer Instagram: @orangejk  
Models Instagram: @dreamyhalo.xmodelling



**HIGH! CANADA  
MAGAZINE**

# **TOP CANADIAN CANNABIS EVENTS IN 2022**

**GROWUP**  
CONFERENCE, AWARDS & EXPO  
**VICTORIA, BC**

**#1**

The Best Cannabis Show of 2022 - the Growup Conference in Victoria brought the West Coast cannabis industry and psychedelic industry together in a revitalized way with a plethora of cannabis cultivation programming, keynote speaker Jim Belushi and an absolutely amazing consumption lounge - Growup Victoria was a perfect five star show! Kudos to organizers!

**#2**

**Lift&Co.**  
**Expo**  
**TORONTO**

Almost the Best Cannabis Show of 2022 and a very close second at that - the Lift&Co Expo in Toronto was big and bold and began the process of guiding Canadian attendees by the hand into the future of cannabis tradeshows - seamlessly blending community, culture, industry and technology- we cannot wait to see where Lift&Co take us next! A 4.75 out of a possible 5 star show!



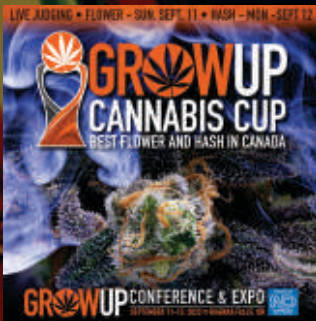
OCT. 17-18, 2022 | OTTAWA



**Grass on the Hill**  
Cannabis Leaders Summit  
and Industry Lobby Day

# #3

The Cannabis Council of Canada has been spearheading these Grass on the Hill events in Ottawa and the momentum they have been generating is almost palpable. This collection of licence holders, corporate business, activists, advocates and government is working at building a better cannabis industry in Canada one summit at a time. Hats off to the organizers of these events and keep up the good work!



## HONOURABLE MENTIONS!

The 1st Canadian Cannabis Cup in Niagara Falls - Hosted at the Growup Conference was a refreshing new take on cannabis cups as judges from the space sat down to determine Canada's very best cannabis and hash.







# *Lanna- Mamas are Dope!*

*By  
Zara  
Boorder  
The  
Fit Lanna  
Mama*

*Photography by Dan Ray*



**A**s Canna-Moms we all benefit from having other like minded and supportive women in our social-life circles-ones with whom we already share core values with in regards to raising kids and parenting and similar sentiments re: stigmas around parenting and puffing the pot. Having cool mamas around to share frequent late-afternoon dates with our kids, for an hour or so, then ending our playground time with a chill, chat & sesh before we embrace goodbyes and head home in time for dinner prep, is pretty dope.

I've been in more than enough mom groups to be aware of the culture of our specific vices and the gravitational pull to find your true tribe of moms to form friendships with. It took a few fails at book clubs and wine clubs and foodie clubs to finally be on the right path. As a whole group, I've found Canna Mamas to be some of the most fine-ass hybrids of moms in the world. I mean, c'mon... We are dope!

I believe that when we {as parents} are consuming, we can still parent well.

But I've also had to fight off the stigma from both friends and family; sideline judging my mommi-ness coupled with my friendliness with cannabis. Maneuvering around the mama guilt trip for enjoying our greens is a trip in itself and one I do my best to not dwelled on for too long, post-judgment looks. Work-life balance with kid's activities plus our own, is a real challenge in mother hood, whether you choose to consume or not. And as we

snowball into the colder months of the year, the key to surviving these moments {yes, I said surviving} is to Stress. Less. And finding the right hybrid-indica-cbd strain can do that for you at precisely 4:20 each day, if you so please.

And if anyone who isn't a mom wants to, they can dip their toes into "A-day-in-the-..." of any busy canna-mama's life, to try it out for themselves...You know, for context sake. Actually, I dare you to!

Ask any Canadian retailer and they will confirm a significant increase in female buyers of CBD and THC within Cannabis and Hemp markets Canada-wide. Among these females enjoying cannabis at an all time high, are the Canna Mamas.

The place of Cannabis integrating with women's wellness within elevated lifestyle brands internationally, has risen impactfully in record time.

So mamas, keep visiting shops and getting to know new businesses and products you enjoy that are targeting the mom market. We have a voice and are the biggest market consumers out there. Let's keep choosing green.

May the market continue to produce the best products out there and shine its beautiful jade hues over us all, daily. What are some of the daily products that keep you stressing less and feeling better, mama?

by ZARA BOORDER  
@the.fit.canna.mama



# Meet Fellow Canna-Mama Mara Noriega



## favorites

<b>Strain:</b>	strong terps/high thc/no favc strain
<b>Edible:</b>	rice crispy squares
<b>Exercise:</b>	walking/yoga
<b>Food:</b>	bean burritos- my own recipe
<b>Dream sesh spot</b>	costa rica-treehouse in the rainforest

## about me

<b>years old</b>	forty eight
<b>years consuming</b>	twenty eight
<b>residence</b>	abbotsford b.c
<b>occupation</b>	carrier for canada post
<b>children</b>	19 & 15 years old

## re: consuming

"I smoke to relax and manage anxiety, daily."

"I didn't smoke during either of my pregnancies however I did smoke a bit when I was breastfeeding my second child."

"I really want to learn how to cook with cannabis oils and get high from a meal."

"No set budget for weed. We smoke daily and manage to fit it all in our means."

wanna be our next  
featured  
Canna-Mama?

**contact**  
@the.fit.canna.mama





HORTICULTURE LIMITED

# NEXT GENERATION BIOSTIMULANT

- SPECIFIC FOR CANNABIS AND HEMP PRODUCTION • FASTER ROOT DEVELOPMENT AND INCREASED ROOT BIOMASS
- FASTER VEGETATIVE GROWTH • INCREASED PLANT HEALTH AND VITALITY • THICKER STALKS AND STRONGER BRANCHES • INCREASED YIELD • HIGHLY EFFECTIVE WITH ALL NUTRIENT PROGRAMS AND GROWING MEDIA
- CERTIFIED ORGANIC & CFIA REGISTERED



MIICROBIAL MASS utilizes the latest scientific understanding in soil microbiology. We have created the perfect biostimulant which contains five targeted strains of beneficial bacteria that aid in the uptake of Phosphorus, Calcium and Iron like no other product on Earth.



for all your accessories



trimqueen.co







# Dabbing Accessories 101

Some of us like myself have heard the term and seen the accessories but don't know what is what when it comes to Dabs/Dabbing especially if you have never done it before and believe me it's a different ball game altogether!

First off Dabbing is not for newbies however, if your gonna take your first go at this do it in small amounts. When you're Dab/Dabbing it's using Concentrates and it's far more potent than your regular bud and paper method. Using the right tools can make this experience go smoothly.

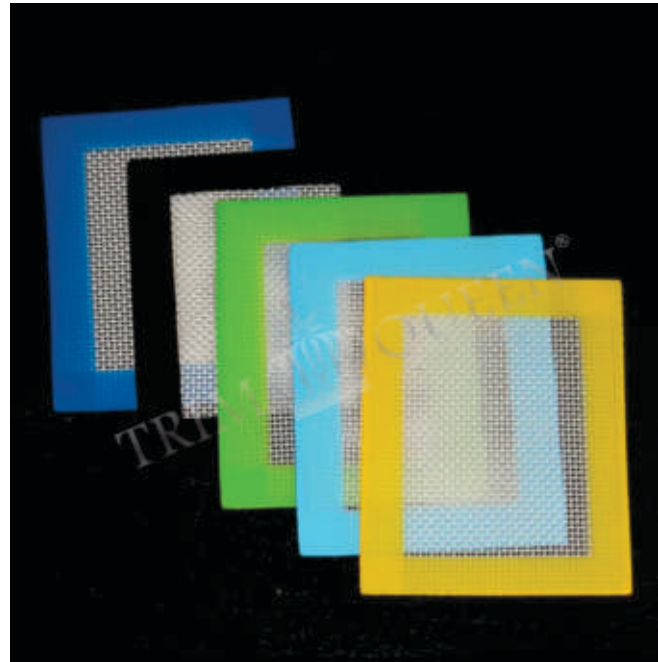
Often, THC concentrates are harder to manage than traditional flowers, making dab accessories a necessary part of this experience!

Let's get to the good part here:

## Dab Mat/Mat:

A nonstick silicone mat that is used to keep your tools in place, especially your rig (coming to this soon). It is also used to manipulate sticky concentrates. Make sure you get a large enough mat to sit under your dab rig, dab tools and containers, these dab mats will protect your glass, keep your tabletops clean & save those drips and splatters to be dabbed as they were destined to be.

We sampled several mats and we noticed some would try to pass as mouse pads saying that it would do the job but it was not an ideal stick. They are not expensive however they can get



costly when we get to the more artistic pieces.

## Dab tools, also known as dabbers:

If you don't have dabbing accessories, there is a good chance that you could burn yourself in the process and





possibly cause extreme harm to yourself. Think of dab tools like cooking utensils or even dental equipment. These wand-like utensils are used to transfer your concentrates to your hot nail. This tool is essential when dabbing.



**Nails** - Think of them as the bowl or place to hold the concentrate. It typically includes titanium, ceramic, quartz, or glass nail or you can use a Banger. With a Banger, you will get more flavour out of your concentrates than a dab nail— the quartz material that

bangers are often made from offers the purest flavour. Quartz doesn't alter the taste of your concentrate at all whereas titanium will slightly alter and absorb the taste.



**Dab rigs or oil rigs** (sometimes called wax rigs) are concentrate pipes - a type of water pipe designed specifically for the use of waxes and oils or "dabs" And they come in glass, electric, silicone or pens now. These have developed quite a bit too so you may have seen vaporizers that look like table centrepieces. As in anything in life, Dab in moderation, start in ultra-small amounts but most of all Stay Safe, Stay High & Stay Happy! If you have an exciting new accessory or notable item that you want to see featured - reach out to me at [trimqueen@highcanada.net](mailto:trimqueen@highcanada.net) and let me know!

**Trim Queen ®**



# Canada's Favourite

## Seaborn Organics Squid Based Plant Nutrient

*(Affectionately referred to as 'Squid Juice')*

Our products are available for sale exclusively through [www.GreenFlowCanna.com](http://www.GreenFlowCanna.com)  
and are available in both 1Litre and 4Litre sizes.



## Organically Increase your Crop yields.

From Sea to Soil Squid Juice is made from Squid by product fished for Calamari Consumption.

Creating a sustainable 100% organic plant nutrient.

Promotes crop and soil health, give your plants what they need to thrive.

Proven and Guaranteed Amazing Results!

**GreenFlow Canna Corp**  
PO Box # 29030  
St. Catharines, ON. L2R 1R5

1-905-327-5929 1(888) 552-3651  
[info@greenflowcanna.com](mailto:info@greenflowcanna.com)



*Larger and Commercial orders available upon request.*



# Surfactants 101

**T**here is nothing more satisfying than finding an exciting new application for a horticultural or hydroponic product. Many of us love to trial new ideas for old problems, and search out solutions for those troublesome aspects of plant production even to discover what might or might not boost crop growth that little bit more. One such idea, which is increasingly being backed up by some good science, is the use of non-ionic surfactants in the hydroponic nutrient solution.

Most of us are familiar in one way or another with surfactants, such as we see in our everyday life (as household detergent) and as indoor gardeners with these being a common component of plant foliar, insecticide and fungicide sprays.

Surfactants, however, have much more potential than just a wetting agent in plant spray products; they have been proven to assist with root disease control in the nutrient solution and more recently have

been proven to have plant growth boosting effects under certain conditions. Ok, here is some science for you...

Surfactant adsorption is driven by concentration and amphiphilic properties of surfactant as well as surface properties such as charge, defects, and composition. A large quantity of research literature describes the adsorption performance of a wide array of surfactants.

The hydrophilic-hydrophobic nature of surfactants results in interfacial adsorption and aggregation. Surfactants tend to form submonolayer, monolayer/hemimicelle, or bilayer/cylindrical micelle structures at interfaces and surfaces.

The concentration needed to achieve monolayer coverage is usually close to the critical micelle concentration (cmc) for the



surfactant. Aggregation of surfactant above the cmc leads to the formation of spherical micelles and other structures. These structures act like a buffer that maintains the free monomeric surfactant molecule concentration constant when the total surfactant concentration exceeds the level needed for micelle formation. The free monomeric surfactant concentration determines the level of adsorption on a surface. It is possible to predict surfactant adsorption based on material properties, surfactant properties such as hydrocarbon chain length, and solution conditions such as pH and ionic strength. There are several challenges to more accurate fundamental modeling and predictions of surfactant adsorption, aggregation, and partitioning.

Surfactants are one of the most widely used additives in agriculture. They essentially lower surface tension and allow the spreading and sticking of liquids as well as enhance the absorption of compounds and sprays. In this way they allow a foliar applied spray to form a uniform, thin, easily absorbed layer over a leaf surface rather than just running off the waxy cuticle in large droplets. Apart from their common use as spray additives and wetting agents, non-ionic surfactants have two major potential uses in hydroponic nutrient solutions. The first has been known since the

1960s—the fact that non-ionic surfactants have the ability to kill pathogen zoospores and control the spread of certain root rot diseases in the nutrient solution. Another potential use is the more recently reported effect of surfactants boosting plant growth under hydroponic conditions.

Surfactants are also used as wetting agents in soil and in soilless growing mixes, allowing the substrate to initially saturate up easily as media such as peat can be water repellent when fully dry. However, what is vital to remember with any use of surfactants in hydroponics is that not all are created equal; it is only the non-ionic surfactants that have proven effects on pathogen control and plant growth when added to the nutrient solution.



Non-ionic surfactants also have an important role to play in general system and indoor garden hygiene. Since surfactants can not only assist in removal of biofilms and general cleaning, but also in the destruction of disease zoospores, they are a great tool for prevention of pathogen problems.

**Remember - the more you know,  
the better you can grow...**

**By Dave Mac Adam**



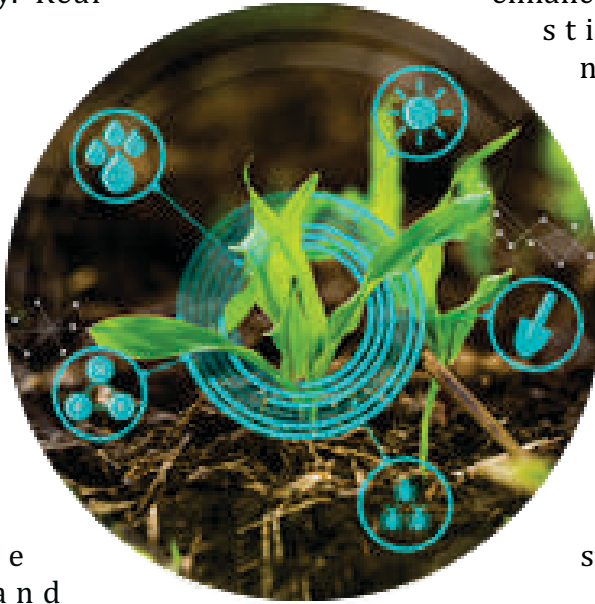
ONIT Grow™ is a registered organic input that enhances plant and soil health -naturally. Real-world results

ONIT Grow™ has been proven effective at augmenting plant health on crops around the world. It is the perfect adjunct to any organic input protocol, increasing pest and disease resistance and increasing quality and yield.

ONIT Science's flagship product, ONIT Grow™ is a plant-based extract that is all natural, organic, non-toxic, non-GMO, non-ionic, carcinogen-free, biodegradable and safe for use in conjunction with any input protocol and in all growing conditions. The application of ONIT Grow™ amplifies the natural capacity of a plant's capacity to absorb nutrients through leaves and stems while strengthening root development and enhancing soil uptake. By rapid nutrient transport at the cellular level, resulting in improved photosynthesis and increased absorption of the primary keys to growth: water, sugars, and minerals.

Onnit Sciences Flagship product ONIT Grow™ is a proprietary input technology that utilizes a

groundbreaking non-GMO, all organic formulation to dramatically enhance Co-op growth by stimulating the nutrients and water uptake in plants. ONIT Grow™ is formulated with the highest quality, purified and activated organic matter carbon source. It is a non-ionic import with beneficial soil health and plant stimulant properties.



- It is used as a nano-surfactant additive to nutrient or fertilizer solutions.
- Breaks surface tension of leaves and soil, allowing plants to breathe

- Penetrate cellular wall and injects directly into chloroplasts
- Converts nutrients into a recognizable form
- Enhances chlorophyll production for greener and healthier leaves
- Improves enzymatic process to stimulate plant immune system

Onit Sciences mission is to revolutionize agricultural production with proprietorial Organic Natural Input Technologies that are all natural, organic and non-GMO.

**ANY SOIL. ANY REGION. ANYTIME.**



# Organic non GMO all natural non-toxic

Onit is a non-ionic import with beneficial soil health and plant stimulant properties.

- It is used as a nano-surfactant additive to nutrient or fertilizer solutions.
- Breaks surface tension of leaves and soil, allowing plants to breathe
- Penetrates cellular wall and injects directly into chloroplasts
- Converts nutrients into a recognizable form
- Enhances chlorophyll production for greener and healthier leaves
- Improves enzymatic process to stimulate plant immune system

Onit Sciences mission is to revolutionize agricultural production with proprietary Organic Natural Input Technologies that are all natural, organic and non-GMO.

**ANY SOIL.  
ANY REGION.  
ANY TIME.**

From the Heartland's fertile prairies to the sun-baked soil of the Southwest, field testing of the ONIT Grow™ formulation has confirmed:

- Shorter Plant Germination Time
- Improved Disease & Drought Resistance
- Increased Plant Growth
- Higher Crop Yields

ONIT Grow's unique formulation has been tested and proven effective in the commercial agriculture sector around the world in the most demanding conditions, from South East Asia to Central and South America to right here in North America.

ONIT Grow™ has been helping farmers grow healthier, more productive crops through Organic Natural Input Technologies. With real-world results!

ONIT Grow™ has been proven effective at augmenting plant health on crops around the world.

***It is the perfect adjunct to any organic input protocol, increasing pest and disease resistance and increasing quality and yield.***

**Master grower, 25+ years' experience**

***"I experienced a 26% increase in bloom yield and 17% overall vegetative growth increase in my hydro grow."***

**Master grower, 10+ years experience**

***"Foliage was noticeably lusher with a darker green colour... stalks and joints of the branching were noticeably thicker and "bulkier," indicating overall strength and health was increased."***

**Master grower,  
10+ years  
experience**



[www.onitsciences.com](http://www.onitsciences.com)



# The Only Vegan Organic, USDA Certified Fertilizer On the Market.

Grow Cleaner. Grow Better.



Our USDA certified Organic Fertilizer is patented and designed to promote the growth and harvest from your vegetation, along with protecting yourself from the harmful synthetic chemicals found in traditional fertilizers. Our nutrients are optimized for use in fertigation lines, and cause no clogging issues.



[www.humblebeesbotanical.com](http://www.humblebeesbotanical.com)

*Humble Bees*  
BOTANICAL SUPPLIES INC.



# Testimonials!

DEAR HUMBLEBEES BOTANICAL,

HERE ARE MY HARVEST THOUGHTS...

THE MAIN STEM WAS THINNER THAN USUAL,  
VERY DELICATE AND GENERAL YELLOWING.

NOT HARSH AND AGGRESSIVE  
LIKE THE USUAL PROGRAM.

FLOWERS FELT MUCH SOFTER  
IN A GOOD REGARD.

FELT LIKE A VERY LOW STRESS GROW,  
A HAPPY GIRL!

OIL PRODUCTION AND FLOWER QUALITY  
OFF THE CHAIN!

REALY IMPRESSED. REALLY.  
AND THATS HARD TO DO...

RENE



[www.humblebeesbotanical.com](http://www.humblebeesbotanical.com)

*Humble Bees*  
BOTANICAL SUPPLIES INC.

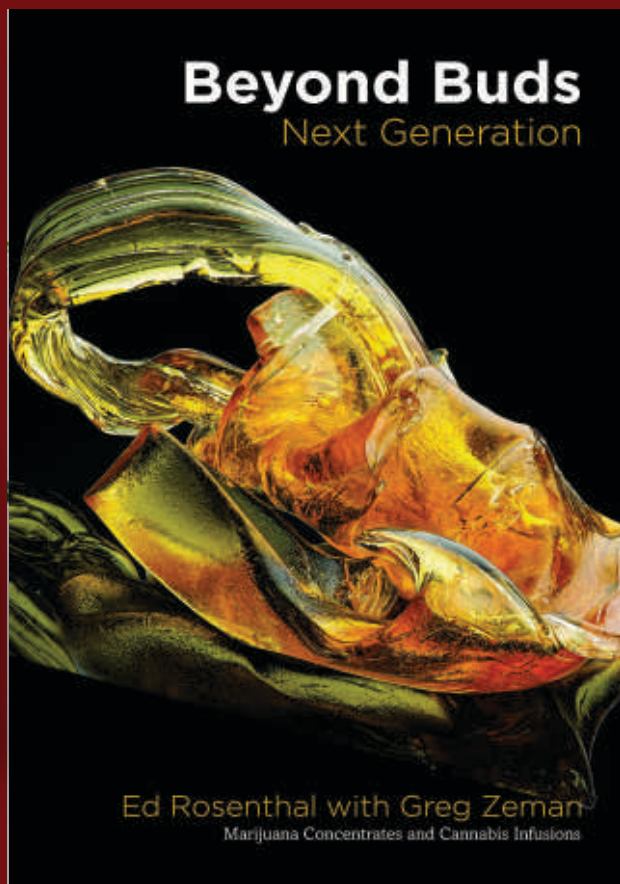


# LEARN HOW TO GROW CANNABIS FROM ED!

Ed Rosenthal has been teaching people how to grow marijuana for decades. Let him help you cultivate bountiful buds, and lots of them.

**Ed Rosenthal's Cannabis Grower's Handbook** is the definitive guide for all cultivators—from first-time home growers to experienced large-scale commercial cannabis operators. The Grower's Handbook breaks down the fundamentals of marijuana cultivation and demonstrates their practical applications in gardens of any size. Learn new techniques to maximize yield and efficiency and to grow bigger, more potent resinous buds!

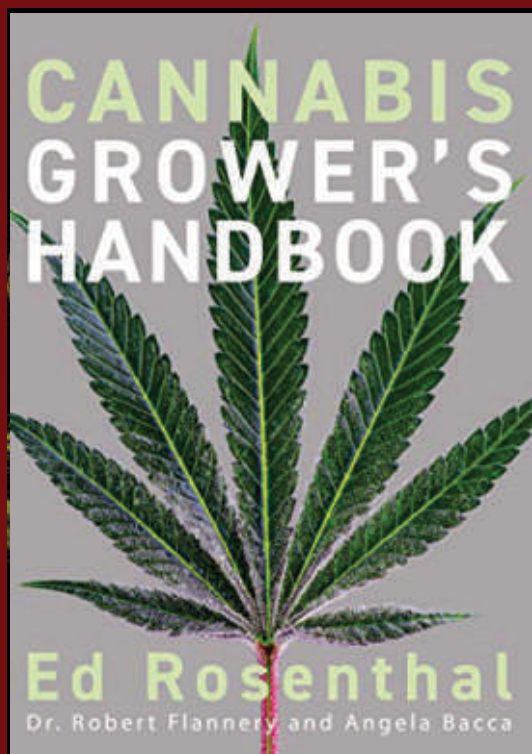
**Cannabis Grower's Handbook** covers the newest lighting technologies such as LED and adjustable spectrum bulbs; permaculture and regenerative farming techniques; advanced drying and curing methods and strategies; comprehensive integrated pest management; and over a dozen specialized garden



setups. Still deciding what to grow? This guide will help you choose among the many options from innovative breeders, which now include autoflowering plants and CBD and CBG varieties of hemp. With over 600 pages of full-color photos, this grower's guide presents the latest science, tools, and methods to enable you to grow a cannabis garden of any size, anywhere—indoors or out.

Ed Rosenthal's books are known for their easy-to-understand and trend-setting content and have educated millions of growers—hobbyists and professional cultivators alike consider Ed's books their go-to guides. This fully updated edition of Ed's groundbreaking **Marijuana Grower's Handbook** comes at a time when more people than ever before can legally grow cannabis and want to know how to maximize their yields. Once again, Ed shows you how, this time drawing on





the contributions and research of the pioneers and leaders in the legal cannabis industry, as well as from professors at leading horticultural schools at the University of California at Davis, Cornell University, the University of Connecticut, and Oaksterdam University.

Two new co-authors have contributed their expertise to **Cannabis Grower's Handbook** - Dr. Robert Flannery holds a Ph.D. in plant biology and is the founder of Dr. Robb Farms, a licensed cannabis producer in California. Angela Bacca is an editor and journalist who has specialized in cannabis content for over ten years and edited the 2010 edition of the **Marijuana Grower's Handbook**. Dr. Robb and Angela Bacca join Ed Rosenthal to bring the must-have Cannabis Grower's Handbook to a rapidly "growing" audience.

Ed has a number of great books out there. **Another is Beyond Buds -Next Generation: Marijuana Extracts and Cannabis Infusions is here!**

Are you interested in exploring the world of marijuana beyond the bud? In **Beyond Buds, Next Generation**, 'Guru of Ganja' Ed Rosenthal, author of the much-loved Marijuana Grower's Handbook & Greg Zeman, Assistant Editor at Cannabis Now will walk you step-by-step through the most cutting-edge methods of cannabis consumption.

If you want to stay up to date with the latest innovation and developments in the cannabis industry, this book is for you. **Beyond Buds, Next Generation** is designed to help you:

- Discover the benefits of CBD and other healing cannabinoids.
- Understand what Co2 extracts are and how to make them.
- Learn the inside scoop on rosin and resin.
- Stay up to date on the latest developments in dabbing gear and culture.
- Decide which vape is right for you.
- Reveal the latest trends in spa products and cannabis services.
- Teach you the cutting-edge techniques being used in CO2 and BHO concentrates.
- Use simple tools and techniques to easily turn your extra trim into hash, salves and lubes.

The burgeoning concentrate industry is evolving with unprecedented speed and relentless innovation.

**Beyond Buds, Next Generation** is your authoritative guide to the latest developments.

**Get these books on Amazon!**



# 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.**

