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ISSUE 70

HCM

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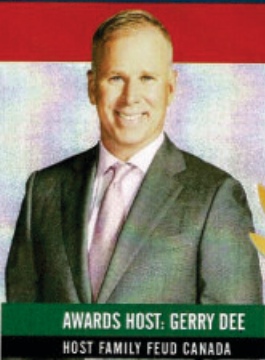
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to help us maintain the editorial excellence and integrity of our publication, we have assembled a qualified Council of dedicated experts and innovators and natural health and cannabis to serve on HCM's Editorial Advisory Board:

With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial lineup, and 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.

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HCM

I S S U E 7 0

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

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**CANADA'S LEGAL CANNABIS
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INTERNATIONAL WOMEN'S DAY/WOMEN'S HISTORY MONTH

#BREAKTHEBIAS

Each year we are given “Themes” to help promote International Women’s Day, Women’s History Month, and are encouraged to recognize influential women and bring awareness to issues and gender inequality that women around the world continue to face on a daily basis.

Yet it seems most companies, corporations and media outlets’ marketing campaigns don’t quite align with pro-equality policies within their own companies, and they can be viewed as being insincere. “The term “femvertising” comes to mind. All femvertising campaigns fall somewhere on a spectrum between LIP SERVICE (a marketing gimmick that exploits the feminism narrative without taking real action) and LEGIT (when a campaign and the company behind it actively support the women’s rights movement.)”

In the male dominated space of cannabis it is no surprise to see companies paying Lip Service during women’s month and using



it as an opportunity to gain the trust of women.

How can we have so few women in leadership roles in cannabis when we have historically contributed to the medical use and cultivation of the plant for thousands of years?

How is it we get one month a year to be recognized for something we have also been doing for the same amount of time as men?

Why do companies in 2022 have specific campaigns that are designed to focus on equality for

women in any space and how is that not just a human right policy and company mandate?

I am not saying we haven't made some progress in the cannabis industry, because we have. There are many LPs and companies who pride themselves on gender equality and having women in leadership roles, however, there is not enough.

As we approach Expo, Convention and Festival season in the cannabis space, I hope to see more companies backing up their Femvertising by hiring more women, genuinely recognizing our value and contributions to this space, and compensating us and treating us as you would your male counterparts.

Claims by 'brands' of sincerity and authenticity need to be validated with



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“PROVIDING HEALING, PROMOTING HOPE”

#BREAKTHEBIAS



actual respect, and that can only be shown through actions. ***“Create proof points behind your claims,”*** said Martell.

“Validate your femvertising with real action. Give consumers something tangible to celebrate you for beyond the positive campaign message itself. Because profiting off the women’s rights movement while embodying the opposite is not clever, it’s exploitation.”

Stay Lifted!

Tammi Stanhope

- Editor -

High! Canada Magazine

High! Europe Magazine

Psychedelic Canada
Magazine

tammi@highcanada.net

Digital Downloads
available at
www.highcanada.net



1. www.fauxfeminism.com
2. Katie Martell, Author, Pandermonium

WEEDSTORICAL HIGHS

004



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IT IS BELIEVED THAT JOAN OF ARC, THE SAVIOUR OF FRANCE, WAS UNDER THE INFLUENCE OF "WITCH HERBS" WHEN SHE HEARD HER VOICES OF DEVINE ORIGIN, SHE WAS LIKELY QUITE HIGH ON CANNABIS. JOAN WAS INSPIRED TO LEAD THE FRENCH TROOPS TO VICTORY THROUGH MANY BATTLES DURING THE HUNDRED YEARS WAR. UNFORTUNATELY, SHE WAS ACUSED OF HERACY AND BURNED AT THE STAKE FOR USING THOSE VERY HERBS.

SPARKYOUR **BARK**

Join us at the upcoming Career Fair & Job Fair happening on Friday, May 6th, 2022 from 11.00 AM to 5.00 PM (EDT) @201-25 Watline Ave, Mississauga, ON L4Z 2Z1.

**You may join us online as well!!!*

NACPT Pharma College has organized a combined event for job seekers to access new job openings and to learn about the job market trends and employer expectations in various industries. The event will be led by professional experts joined by recruiters from the Canadian employment sector.

The Job Fair will include exclusive job openings for Pharmaceutical, Accounting, Education, Marketing and Cannabis Sectors. You will find employment options and may attend job interviews at the venue. Please be prepared to provide your CV, Cover Letter and/or Portfolio as required.

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The event will also include a Career Fair which is an opportunity to learn more about skill training options, financial aids, in-demand careers and qualifications required by employers in Ontario in the following sectors:

Healthcare: iMOA, PSW
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Every attendee will have the opportunity to book an appointment individually with the speakers, if required, following the event.

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ACCESSORY QUEEN

We were super excited to interview our own cannabis accessories queen - monthly contributor - Sabrina Mohamed - The Trim Queen! Tell our readers Sabrina, how did the last two years change the way you did business in Cannabis?

The last two years has definitely changed how I do business. We had to adapt, we had to deal with lots of restructures. We lost, we gained, most importantly we survived. Of course it felt like a game of survival.

Lots of darkness and equal about of lightness developed during Covid in the cannabis industry. We directed our focus on creating and finding high quality but most importantly affordable products for our customers. Branding was key as well. Building a brand from the bottom up is never easy! But with the right social tools and audience we would say we are on the right track!

What's going on right now in your world?

Right now... lots. I can't complain. We are launching lots of new products that we been working on for the last two years. We are launching our gardening tools and premium trimmers to the market.

We also have a very successful lifestyle brand under TRIM QUEEN® that's become quite popular among dispensaries and tourist destinations. I should add custom queen we have added a whole new section to our line up and doing a lot of custom work from laser to labeling with low min quantities and lower prices to accommodate the new market. Many larger companies forget that we are





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just opening up as a country and still going thru problems from the pandemic so large massive quantities don't work for smaller companies. It's not affordable. So why add that strain to our customers, we are happy that we can support the smaller market.

Things you are looking forward to in 2023?

I have always loved to plan for the future. I'm a Virgo that's in my DNA. However, these two years have taught me some important lessons- nothing last forever, money is attainable, it comes, it goes, how you utilize each day and most importantly how you treat others. All of these are important to me and I take these factors in my daily routine. So any future planning for now is taking it day by day and I hope that we can grow as a community and learn from our mistakes and move forward. No hate, no bad energy, no love lost.

Stay Safe, Stay Happy Most Importantly Stay High!

Trim Queen®



www.highcanada.net 15

KEEP IT OG

The logo for HighGrade is written in a white, fluid, cursive script font. The word 'High' is positioned above 'Grade', and the letters are connected in a continuous, flowing manner. The background is a solid black rectangle.

HighGrade is a collaboration of Legacy Cannabis extraction pioneers. Providing proprietary industry process technologies and specializing in a vast array of premium extracts. We know the Canadian Cannabis market because we helped build it.

———— We are the guys everyone is pretending to be.

A small, stylized logo consisting of the letters 'H' and 'G' written in a white, cursive script font. The 'H' and 'G' are connected, with the 'G' having a long, sweeping tail that loops back towards the 'H'.



MILA THE HASH QUEEN

BY TAMMI STANHOPE

As we move into the 4th year of legalization of cannabis in Canada, and the corporate side of the industry is slowly finding its foothold in the world market, it's important to acknowledge, recognize and highlight the people and the culture that cannabis was founded on.

This month was both International Women's Month and Women's History Month and is also a perfect opportunity to reintroduce Mila The Hash Queen.

She is an Inventor, Writer, Traveler, Mother and of all the women cannabis innovators and influencers that I have had the pleasure of learning about, Mila hands down continues to contribute to and live the fullest cannabis cultural lifestyle.

She was born in the Netherlands in 1944 and found herself at the center of the cultural movement in Europe during the 1960's. When Mila was just 24 years old she set off to India with her young daughter, and other travelers and spent the next almost 20 years in regions closer to the Himalayas, Goa and time in countries like Iran, Turkey and Pakistan.

It was here she learned the ways of traditional hash making and even sent hashish to Europe in hollowed-out books. In Delhi she bought blouses



decorated with beads and sequins that she could sell for good money in Los Angeles and New York.

Long before the advent of “Fair Trade” and “Organic” labelling, Mila created a cooperative in the Himalayas of around 60 seamstresses to knit chunky woollen pullovers

In her book, “How I Became the Hash Queen” Mila takes you on an adventure of a lifetime before her life in mainstream cannabis even takes off in 1994. When she finally returns to Amsterdam around 1988 the world is just a handful of years away from Mila’s introduction as an inventor to the cannabis space.

1994 - Invented & introduced the pollinator, the first mechanical tool to separate trichomes from plant matter

1998 - Invented & introduced the Ice-O-Lator, a set of mesh bags for resin extraction using ice and water

2005 - Mila launches the Bubbleator which features a drive system that invokes motion of the plant material through non-intrusive means. It has a 400 gram capacity and is geared towards professional intensive use and a rapid turnover.

2005 - Dabadoo (or Dab-A-Doo) is a cannabis competition created exclusively for marijuana concentrates.

The first US event took place in Denver. San Francisco hosted the event in June of 2014. Providence Rhode Island played host in September 2015.



2016 - an End of Summer Dabadoo event took place in Barcelona Spain. It was coupled with something called the 3rd European Functional Flame Off, which was a competition for European glassblowers making smoking pipes.

It wasn't the only Dabadoo of 2016. Barcelona also hosted one in March, while Jamaica hosted a December 2016 Dabadoo.

2018 - Mila releases her book - How I Became the Hash Queen



2022 - Dab A Doo holds first ever woman only hash entry portion to competition on International Women's Day

Mila The Hash Queen continues to contribute to the cannabis industry and culture through her inventions, stories, vast knowledge, and experience with all she encounters. Her passion for the plant and the advancement of women in the space is second to none.

Get a copy of her book on Amazon www.amazon.ca/How-Became-Hash-Queen-English/dp/2845942451

Check out all of her amazing inventions at <https://pollinator.nl/>

And don't forget to add her amazing Instagram pages:
@milahashqueen
@dab_a_doo_event

Thank you, Mila, for all you have done in this cannabis space and for the women all around the world you continue to inspire!



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CANNABIS ESSENTIAL READING



MILA

How I Became
The Hash Queen 


MIA PUBLISHING



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PEOPLE TO WATCH:

HALLE PENNINGTON

PRODUCTS EXECUTIVE, HUMBOLDT SEED COMPANY

INTERVIEW

**RISE OF THE
NEXT GENERATION
OF CANNABIS
VISIONARIES**



A leader in specialized cannabis breeding and strain development, Humboldt Seed Company is world famous for quality. They only breed with the best of the best.

Humboldt Seed Company's mission is to provide high-quality cannabis seeds to customers who want to grow their own cannabis plants. How wonderful is that!

Founded in 2001 by biologists in Humboldt County, CA, they began breeding for patients under the US Prop 215. They have since evolved into the recreational market.

In 2018 they hosted the World's Largest Phenotype Hunt through

a collaborative genetic clone pursuit, teaming with local experts they choose the top percentile clones. They've refined the genetics from this effort and have created all-new original and unique coveted strains.

We were lucky enough to be able to interview Halle Pennington, Product Executive for Humboldt Seed Company and our Cannabis Person To Watch for this issue.

High Halle! Can you tell our readers how you came to the cannabis industry and what advice would you give other women who want to get into the cannabis industry?

Halle Pennington: I was lucky to be born into the cannabis industry. I've worked alongside my dad, Nathaniel Pennington since the beginning and have learned so much by just being hands-on with all aspects of the business. You don't find many women in cannabis breeding.

I feel incredibly fortunate to have this heritage knowledge being passed down to me, and am keenly aware of how special this is. I've had the opportunity to be involved in our large-scale pheno hunts, and in the selection process for the coming year's strains. This is about as much fun as you could have at work!

As far as advice for other women, I think we just unfortunately have to work harder. Even today in 2022 I can see that clearly from inside the industry. I think when you're first starting out, having a mentor that you respect and is in a place where you would like to see yourself a few years down the road is invaluable.



Do you have any insights on the Canadian market? How does it compare to the California market, where you first started out?

The Canadian market has been pretty THC-focused. Consumers seem to be smoking by the numbers, and not paying as much as attention to terpene profiles. If it's testing below a certain number, they are not interested.

This is a pattern that we have seen in California as well, but that has



changed quite a bit in the last few years, as consumers have become more educated on the potential effects of terpenes and how they interact with the THC ratio. It is thought that the dominant terpenes in a specific strain interact with the cannabinoids to elicit the specific effects someone would experience.

Due to the way legalization was rolled out in California, budtenders are pretty familiar with terpene profiles and are often able to go deeper with the customer to help them find a suitable strain to try. The culture of craft outdoor in Northern California especially has trickled south, and people are more aware of outdoor sungrown, and the terpene-rich results.

There is a certain amount of trial and error you have to go through to find what works for you. Something that is energizing for one person, could be slightly sedating for someone else. It is the beauty and the mystery of cannabis. You do have to take your time to find the right strain, but it is always worth that effort.


Humboldt Seed Company originated in Humboldt County, California. What do you have going on in Canada?



We've partnered with British Columbia-based Nymera to make our feminized, organic-certified seeds available to Canadian consumers and LPs, and also for export to legal markets worldwide. It was a huge amount of work to make this happen, but we are proud to be the first cannabis seed company in the world to offer feminized, organic-certified seeds for export. The seeds are produced at Nymera's beautiful organic farm in Westwold, British Columbia.

What are a few of your favorite strains for unique terpene profiles?

Our All Gas OG is a personal favorite and a consumer favorite in Canada. It has a unique gassy terpene profile, gorgeous purple buds, and is easy for beginners to grow. Probably my all time favorite would have to be Squirt. It's a cross between our Tangie and Blueberry Muffin, and has a distinctive creamy, fruity, citrusy nose and



leaves you feeling energized and uplifted.


Challenges/lessons learned?

A recurring challenge is to not get carried away by the hype, in terms of what strain is being talked up at the moment. I also see a lot of people overinvesting in new, fancy grow equipment when maybe that's not what their plants need. Starting with seed you trust and really paying close attention to your plants will let you intuitively tune into what they need. I'm learning not to overthink it or to overinvest. Usually the simple solution is the better solution.

Can you share a few activities and your favorite Humboldt Seed Company strains for each?

Hiking?

Lemongrass. It gives you an uplifting, relaxing high but still leaves you energetic enough for a nice walk. Scenery appears extra vivid and it's just really pleasant. It's creamy, and lemony with a bit of the Gelato terpene profile. Linalool and limonene give it a nice citrus punch.

A woman with long blonde hair, wearing a white lab coat, is shown in profile, looking down at a cannabis plant. The background is a greenhouse with other plants and a sign that partially reads "200".

Going to bed?

Magic Melon. High in THC, it gives you a nice sedative effect. This one lets me stay in a deep sleep, but still allows for vivid dreams. A good one for transitioning to evening after a stressful day. With hints of honeydew melon, it's sweet and high in myrcene and limonene.

Movie night?

All Gas OG. This one has the perfect amount of THC to keep you up and giggling. It will help you to chill out and relax, but won't put you to sleep, so you'll stay awake to the end of the movie. Have popcorn on hand. The munchies come on strong with this one

Drinks with friends?

Squirt. You'll get an energetic, social high. It's a cross between the California classic Tangie and our signature strain, Blueberry Muffin. It's very flavorful and pungent with the citrus and blueberry coming through strongly. Perfect for socializing.

Thank you Halle for taking the time to talk to us! For more information on the Humboldt Seed Company visit the online at www.humboldtseedcompany.com

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CANNABIS EVENT SUPERSTARS

Behind many of the most popular Canadian Cannabis events out there are some truly amazing women who lead the charge in bringing cannabis information, education, community and industry together in order to bring these events to live time after time. From Tammi Stanhope, multi-year organizer of the Indigenous Cannabis Cup to Sarah Sunday - organizer of the Karma Cup - there are many amazing women in this industry bringing some truly amazing events to life!

The Indigenous Cannabis Cup will be held in Ontario at the end of July, 2022 on the Tyendinaga Mohawk Territories - this is a very special year five for the Indigenous Cannabis Cup - proudly celebrating 5 years! Karma Cup happens in September in Toronto.

This issue of High! Canada Magazine we want to focus on three particular women in the Canadian cannabis industry who are behind three of the biggest cannabis shows hitting Ontario in 2022.

Kathryn Reilly is an innovator in the trade & consumer show industry with an impressive resume of consumer show start-ups. Her first success was the National Bridal Show, the first large scale bridal show in Canada launched in 1982 at Exhibition Place, Toronto. Following the same model, she also established the Success with Gardening Show in 1994 and BabyTime in 1998, both at the International Centre, Mississauga. Beyond work, Kathryn is a mother of four, grandma



of three and cat mom to two rescues. She enjoys living on the Toronto waterfront and loves to get outdoors for hiking and kayaking.

Thank you for joining us for this special International Women's Month issue of High! Canada Magazine. Let me ask you Kathryn, What made you want to work within the cannabis industry event space?

During a break from the show industry I followed my passion for design and established a web design and social media marketing company in Collingwood, Ontario, where I worked with some cannabis retail clients. While learning about the legal cannabis industry, I saw an obvious need for a retail and consumer based cannabis show. There are excellent established trade shows focussed on industry education, and the manufacturing and trade end of the industry. CannExpo will complement the established trade shows and give a much needed boost to retailers and licensed producers.

What stage of planning are you at for your upcoming Cannexpo in October?

We are ready to roll! My business partner, Dave Nguyen is an entrepreneur and cannabis retail store owner and knows first hand the challenges in this growing marketplace. Our initial planning stage focussed on listening to those challenges; licensed producers, accessory suppliers and retail store





owners. One thing stood out; retail store owners want access to consumers, and licensed producers want direct access to retailers, plus consumer feedback and the opportunity to create consumer demand for their products. We are now actively selling exhibit space, working with sponsors, setting up media relations and planning the program.

What kind of event can we look forward to?

You can look forward to a professional and welcoming event designed to bring the retail end of the cannabis industry together under one roof. Industry professionals, end

consumers, LPs, start-ups, retailers, investors and curious newcomers will interact directly with audiences from every category of the cannabis retail sector. For the first year we have space for 150 exhibitors and ancillary space for a variety of unique opportunities available to show participants to maximize their exposure at the show. Exhibitors can retail all three days (except for cannabis). Network at The "Vibe Bar" a relaxed, casual space with adjacent food trucks serving great food. Introduce your new product at The Pitch Deck Stage, available for exhibitors to launch new products and services. Seminar rooms will provide a program for consumers and a second stream for trade. StudioEx, a full service, theatre style space is available for public or private forums. Hospitality space is available for exhibitors wishing to book a private function with or without catering and of course, an After Party is in the works!

For more information on this event visit www.cannexpo.ca





**DONNA
JOHNSON**

The logo for Lift&Co. Expo Toronto features a stylized sunburst or starburst pattern in shades of purple and magenta. The text is white and positioned to the right of the pattern.

Lift&Co.
Expo
TORONTO
May 12-15, 2022
Exhibits Open May 13-15

DONNA JOHNSON

Next we spoke with Donna Johnson Vice President, Events MCI Group. Donna is the organizational force behind the upcoming Lift&Co. Expo in Toronto 2022 Metro Toronto Convention Centre May 12-15, 2022 (Exhibits Open May 13-15)

Thank you for joining us for this special International Women's Month issue of High! Canada Magazine. Let me ask you Donna, what made you want to work within the cannabis industry event space?

In a word, excitement! Now, more than ever, the Canadian cannabis community needs a welcoming and trusted environment to share ideas, discover new products and services, and connect with peers. Lift&Co. Expo is the only place where this dynamic group can do it all, and have a great time doing it.

What stage of planning are you at for your upcoming Lift&Co. Expo event in Toronto?

We are in the final stages of planning to execute a fantastic event – and this is where I like to say the fun comes in! In

addition to the best educational content in the industry and our expo floor filled with hundreds of exhibitors, we're now putting the finishing touches on this year's Lift&Co. Expo 420 receptions, creative photo activations, live entertainment and more surprises around every corner.

Can you give us a hint at something all-new in '22?

This year, we're rolling out the red carpet for budtenders! As the



I

Lift&Co.
Expo



connection between brands and consumers, budtenders bring a wealth of experience and expertise to the table. And they're attending the expo in big numbers now.

In 2022, we have added a second Industry Day to the Lift&Co. Expo lineup, to really focus on budtenders' needs as well as their keystone role within the industry. We're also launching a perks program that includes a special ticket price, swag bags and more, especially for certified budtenders. Plus, we'll still have a full Consumer Day for the general public, patients and enthusiasts, at an affordable price.

What kind of event can we look forward to?

At its heart, Lift&Co. Expo is a positive



feeling, an irresistible vibe, a spark of creative energy around all things cannabis. It's not just another cannabis event; it's an experience. And, to be specific, it's an experience that is accessible for everyone – LP's, brands, C-suite executives, budtenders, investors, enthusiasts, patients, consumers and anyone curious about joining the cannabis industry in the future. We're all looking forward to that!

A portrait of Danya Dixon, a woman with long blonde hair, smiling and looking upwards and to the left. She is wearing a white top.

**DANYA
DIXON**



CANADA'S LARGEST CANNABIS BUSINESS CONFERENCE & EXPO
TORONTO, ON, CANADA
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We also had the opportunity to speak with the absolutely phenomenal CEO of Canadian Music Week and O'Cannabiz - Danya Dixon. She is a recognizable figure in music promotion and event planning in Canada. Danya holds a degree from York University and has worked in entertainment marketing and as a Canadian music and cannabis ambassador across the world.

Thank you for joining us for this special International Women's Month issue of High! Canada Magazine. Let me ask you

Danya, You have been actively involved within the cannabis industry trade show world for a while now, What made you want to work within the cannabis industry event space?

It is an honour – thank you for thinking of me. We got into the cannabis space back in late 2015 before legalization in Canada.

The O'Cannabiz team has decades of experience producing national high-



profile events and creating global connections between business communities in the arts, broadcasting, media and technology industries. We have organized trade summit initiatives with governments around the globe and have worked closely with sponsors in all levels of Canadian government.

Our main job is to assemble groups of innovators, thought leaders and industry professionals, so we decided to apply our expertise to the burgeoning cannabis space.

What stage of planning are you at for your upcoming O'Cannabiz event in June?

We are in the thick of things! Only a couple months to go before the big event. At this stage in the game, we are working on the content for the program, finalizing the agenda, securing speakers, activating sponsorships, running promo

and marketing campaigns, selling booths for the expo, setting up our production teams, volunteer groups etc. It is a non-stop planning process, but totally worth it when you get to see everyone gather for the show. We also have a lot of help and guidance from our trusted steering committees and advisory board members who keep us on track and have the knowledge to relay what the cannabis industry wants and needs.

What kind of event can we look forward to?

We are really excited for the O'Cannabiz 2022 edition. After a two-year hiatus due to COVID, the return to "in-person" industry events is highly anticipated. This year is also special because we are adding a Psychedelic and Retail track to the schedule.

In the days that followed legalization of cannabis in Canada there was demand, but no supply and nowhere to buy it. By November 2018, more than a year after the passage of the federal legislation, there were only 158 stores servicing the entire country. By November 2021, the picture had changed – there are now 2,700. Trends suggest the number could reach 3,700 by the need of this year.

The O'Canna Retail Summit & Expo was created in response to this unprecedented sales development. The Retail Summit & Expo is our first trade show exclusively devoted to the point-



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of-sale side of the cannabis industry. Whether you're a business owner or a budtender, this event is for you! Topics will range from merchandising, inventory control, security, increasing profits and margins, retail best practices and will include 20 + educational sessions as well as 1:1 curated meetings with the experts.

We produced a day long Psychedelic Summit at our sister show, the Grow Up Conference and Expo in Niagara last year and it turned out to be a success. So, we have decided to bring the world of Psychedelics to the O'Cannabiz community for our upcoming show.

This Summit will cover medicinal psychedelics, policies, business insights, latest innovations and brings together some of the brightest minds in the psychedelic world. If you are looking to get involved in this new rising industry, which has been projected to reach \$10.75 Billion by 2027, then the O'Cannabiz Psychedelic Summit is the place to be!



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**PLANT-BASED ADVOCATE,
HEMP PIONEER,
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AND MUSHROOM MAVEN.**

By Cy Williams

There are few people like Ann Barnes. She has acted as corporate counsel and General Counsel for a number of private and publicly held companies, including Manulife Financial, TSN, Cott Corporation and Insight Sports. She specialized in corporate and security law. Since leaving her legal career to focus on her passion for plant based wellness, she founded and operated a chia

and hemp based superfood company, published two health food cookbooks and developed a social media following of over 31,000. She is a well respected public speaker with a popular Ted Talk and is an active advocate in the health and wellness space.

Ann is the founder, original investor and Chairman of the



A person with blonde hair tied in a ponytail, wearing a grey baseball cap, a dark grey long-sleeved shirt, and a large purple backpack, is sitting on a large, textured rock. They are looking out over a vast, green valley with rolling hills and some buildings in the distance. The scene is bright and sunny, with lush green foliage in the foreground and background.

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www.peacenaturals.com
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Ann is a Director of Red Light Holland Corp. (CSE ticker: T R I P), a legal producer and distributor of psilocybin truffles within the Netherlands. The company intends to contribute to the advancement and awareness of psilocybin and promote its potential for further research and study.

Ann is also a Director of Instadose Pharma (ticker: INSD) Instadose Pharma ("IDP") is a global commercial Cannabis producer and extractor. IDP enters countries where Cannabis has been previously illegal, and they work with federal and local governments, security, and farmers to legitimize their Cannabis crops and help them to export, process and sell into global supply chains.

Ann is currently the Founder and CEO of Edica Naturals. Edica Naturals creates plant-based supplements and beauty products to ensure an "Optimal You".



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IT IS RUMOURED THAT QUEEN VICTORIA'S ROYAL PHYSICIAN, J.R. REYNOLDS, PRESCRIBED MARIJUANA TO HELP EASE HER DISCOMFORT OF MENSTRUAL CRAMPS. HE IS QUOTED AS SAYING "IT IS ONE OF THE MOST VALUABLE MEDICINES WE POSSESS". HE ALSO RECOMMENDED CANNABIS TO HIS PATIENTS FOR MIGRAINES, EPILEPSY, DEPRESSION, ASTHMA AND SPASMODIC DYSMENORRHOEA'.

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GROWING YOUR OWN?

Last issue we went over getting your seeds to germinate. Now, once germination occurs, the new plant will gradually begin to emerge. The root, which anchors the plant to the soil, grows downward. This also enables the plant to take up the water and nutrients required for growth. The shoot then grows upward as it reaches for the light.

Once the seeds have sprouted, remove the cover. When the seedlings are young, you may want to re-cover them for a few hours a day to keep them from drying out. Over many years of growing, one thing that really helped out was using a turkey baster to water the young seedlings.

It's exciting when seeds start to break through the soil and show signs of life.

However, germination is only the beginning for a plant.

So, what should you do after seeds sprout? After your seeds sprout, be sure to remove any covering to prevent overheating and ensure adequate light. Use the right growing medium and maintain proper moisture levels as seedlings grow. If necessary, thin your seedlings before transplanting them, and harden them off to prepare them for the outdoors.



Of course, some seeds (such as carrots) should be planted outside, directly in the soil. For these direct-sown crops, you won't need to transplant.

In this article, we'll walk through the steps you can take after seeds sprout to ensure that the seedlings grow into healthy plants.

WHAT TO DO AFTER SEEDS SPROUT

After your seeds sprout, their needs change. Most seeds don't need light to germinate, but seedlings do need light to continue growing.

The following steps are a good way to ensure healthy seedlings after seed germination:

- Remove Covering
- Ensure Proper Light
- Use The Right Growing Medium
- Avoid Excessive Moisture
- Thin Seedlings
- Harden Off Seedlings

Let's start at the beginning: removing any covering from the seedlings.

Remove Covering

You may have used a humidity dome to maintain proper moisture levels for your seeds. If so, it is a good idea to remove the dome after the seeds sprout. According to the University of New Hampshire, a humidity dome should be removed right after the first leaves appear (this applies to both indoor and outdoor seedlings). This helps to avoid damping off (more on this later).

When you start seeds outdoors, it may be necessary to cover the soil to protect against foraging squirrels and other creatures. There is nothing wrong with doing this.

However, be sure to remove the covering after your seeds sprout. That way, the seedlings can get the light they need to grow.

If you are still worried about pests bothering your seedlings after germination, you do have some options.

One way to protect individual plants is to use a cloche. A cloche is a clear plastic or glass cover that goes over a single plant.

A cloche has several benefits, including:

- Heat retention (it acts as a mini greenhouse, trapping heat from sunlight in the air and soil underneath it)
- Light Permeability (it is clear, so light can get through so seedlings can grow)
- Pest Protection (insects cannot get through the cloche to bother your plants)

Some cloches have vents to allow plants to breathe on warm days. If it gets too hot, you might be better off removing the cloche to avoid overheating plants (even at the risk of pest damage). You can also use a wire cloche. It will not keep insect pests out, but it will deter animal pests while still allowing plants to get the light they need.

If you need to protect an entire row of plants, consider using a row cover. A row cover is made of a breathable material which lets light through and protects against cold, birds, and pests.

ENSURE PROPER LIGHT

After seedlings go outside, they should get enough light from the sun to ensure proper growth. However, they might not get enough light from a windowsill when they are still indoors.

In that case, grow lights might be just the thing to replace sunlight when starting seeds indoors.

If your seeds sprout in a dim-light area, move them into a bright windowsill (ideally south-facing) or under grow lights (or both). Otherwise, they will get tall and “stretched out” as they grow towards the light.

Once you put your plants under grow lights, keep a close eye on them. Check their height daily – some can grow by several inches per day!

When the seedlings get tall enough, raise the grow lights higher to allow more room for growth. This will give them space to grow into, and it will keep the top leaves from getting burned by bright light.

According to the University of Maryland Extension, aim to keep the top of the plants 1 to 2 inches from the lights. Of course, this may vary depending on the light source (they can be a little further away for brighter lights).

If your seedlings are outdoors, you might be using a plastic tarp, 5-gallon buckets, or other methods to keep them warm at night. This is fine, but be sure to remove these coverings during the day. That way, your seedlings can get some sunlight to produce energy (via photosynthesis) so they can continue to grow.



AVOID EXCESSIVE MOISTURE

Seedlings still need water, but excessive moisture can cause all sorts of problems. For one thing, too much water in the soil leaves no room for air.

Soil that stays too wet will suffocate seedlings by denying them air and by killing their roots (by root rot). In addition, excessive moisture makes it more likely that seedlings will suffer from damping off. Damping off is a plant disease caused by pathogens that kill seeds and seedlings. It is more likely to happen in cool, wet soil.

According to the University of Missouri Extension, you can use a humidifier to prevent seedlings from drying out. You can also use pans to water pots or seed trays from below.

A spray bottle can also help to keep seedlings and their soil moist without over watering.

Thin Seedlings

After seeds sprout, you may find that there are too many of them. Maybe the seeds got planted too close together, or maybe you planted extra to ensure you had enough to spare.

If you planted too many seeds too close together, it might make sense to thin them to prevent competition and get fewer (but stronger) plants.

Either way, it makes sense to thin seedlings to prevent competition between plants. It also makes sense if you have limited space in the garden – after all, you can only plant and harvest so much.

Thinning seedlings basically means removing seedlings so that the remaining ones are properly spaced. Choose the strongest seedlings to remain, and remove the rest.

HARDEN OFF SEEDLINGS

Some seedlings simply do not transplant well, so they should be started outdoors. Others do not like cold, so they are often started indoors.

Before transplanting these crops outside, it is a good idea to harden off the seedlings. This means helping them to get stronger by gradually introducing them to outdoor conditions.

To harden off plants, gradually increase their sunlight exposure.

For example, instead of transplanting seedlings directly into the soil



outdoors, you bring the pots outside for a few hours per day. Over time, you gradually increase their exposure to sunlight and other outdoor elements.

Now you know what to do with seeds after they sprout. You also know what to avoid to ensure healthy seedlings.





ADVANCED TIPS

THE IMPORTANCE OF FLUSHING

Flushing is where you pour clean water through the soil of a plant in order to flush out all of the nutrients and solids. This is done if the plant is in distress and needs to start with fresh nutrients and growing medium. In a hydroponic system, the water reservoir is drained and refilled with fresh, plain water.

Flushing forces plants to use the nutrients stored inside them. If unused or in excess, these nutrients can alter the taste and quality of the final yield. Some growers also find that flushing at the end helps bring out preferred characteristics – like a slight colour change.

When it comes to flushing cannabis - timing is crucial! Flushing cannabis removes leftover nutrient buildup from the roots and soil of your plants giving them a fresh start. Flushing effectively allows your plants to absorb any nutrients that are still in the soil. By flushing your cannabis plants before harvest you can avoid a harsh and unsatisfying end-product.

If cannabis plants are not properly flushed, the minerals and nutrients used during the cultivation process are still present. Flushing removes all nutrients and improves the overall quality of your bud. Flushing cannabis too early and too often will restrict nutrients and restrain the plants from growing and flowering. Flushing too



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early can also result in yellowing or discolored leaves.

Finding the best time to start flushing will vary based on how close your plants are to harvest and the knowledge and methods used by the grower.

Generally, flushing cannabis normally takes place two weeks before it is harvested. If the plant has an 8-week flowering period, flushing should start 6-weeks after the beginning of the flowering stage when trichomes begin to form a cloudy white color.

HOW TO FLUSH CANNABIS

1. Test the pH level of the water (tap is acceptable) to ensure it's in the appropriate range for cannabis plants (between 6.0 and 6.8 for soil grown).

2. Water the plants at the time you would normally feed them without giving them any nutrients or supplements. Don't water your plants more than usual to prevent deficiencies.

3. Repeat 15 minutes later.

4. To make sure the flush was successful, use a TDS reader to measure the total dissolved solids and find out how pure the water runoff is.

It's ideal that the water draining out of the pots is as close as possible to the TDS (total dissolved solids) reading of the neutral water you're flushing with.



5. Keep an eye out for signs of too much yellowing. The pre-harvest flush may cause a plant to lose its color quickly. It's normal to see some yellowing, but it's critical to harvest before the leaves on the buds have yellowed.

Once all the leaves have turned yellow your plant is at the end of maturity and buds will start to deteriorate.

6. After flushing, your plants will be a lot lighter in color and are ready to be harvested.

Flushing cannabis is used to remove buildup from the roots and soil of a plant not. It's been recommended to flush at the beginning or the end of a day when plants can be misted (this lowers their transpiration so that they do not over hydrate).



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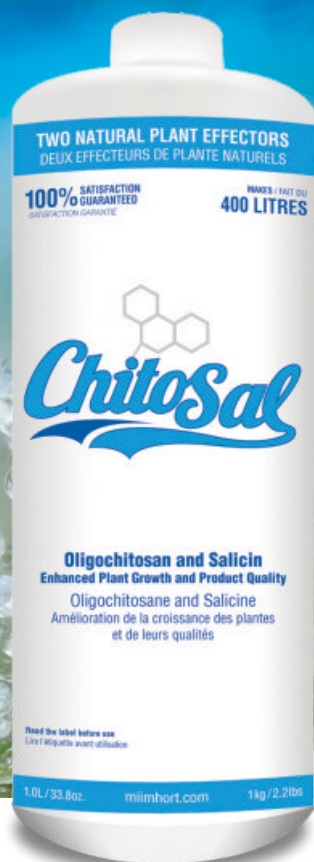
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HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

Now and then, I still like to make bubble hash from the leavings. So, I also get rid of any immature buds, called larf, at trimming time. Because of it, the hash pile is often heavy in these parts. Anyway, most times I'll freeze the hash-making trim here. That way, I can use it at my leisure, while avoiding problems with odor and mold. Once again, these are personal choices for the home grower.

Because some folks like to trim the plants after they dry. When doing it that way, many like to use trays designed for the purpose of catching the dried resin that trimming will then cause to falloff the buds. The resin collected can then easily be made into hash. Or used as the home grower sees fit, as an additive or base for derivatives like cannabutter.

See your local grow shop, or look online, for such a device. In either case, the small amount of plant material eventually released as waste by home growing can easily be absorbed by your composter. For the homeowner, however, no matter how efficiently growing your own indoors is managed, it adds to the carbon footprint of your home. Because plants grown indoors must rely on either twelve or eighteen hours per day of fake sunlight. Extra to your family's usual power needs. While pennies-per-day is a small amount, the cost is real. Only those living off the grid can grow indoors

without adding the cost of power to the environment. For those of us on the public grid, the best we can do is to be as efficient as technology allows one to be. Here, that means LED grow lights, high efficiency fans equipped with speed controls, and timers that keep power use to as many off-peak hours as possible. The mini hydroponic gardens used, meanwhile, keep water use to under three gallons, or thirteen litres, per week, per plant, per average seventeen-week grow cycle. Though not a major budget item, I know the cost of growing my own at home is more than zero to the environment. Nor am I afraid to say that I believe the benefits outweigh them. Or that Big Pharma might have something different to say about it.

But manufacturing anything at sufficient volume to also deliver profits most often takes a global supply chain nowadays. While running an outfit that spans the globe extracts a heavy toll on the environment. When compared to those costs, efficiently growing four plants at home seems benign from an environmental standpoint. To me, it also seems a comment on big, not small. That, however, is another column. Right now, I must tend to my cannabis plants. Until next time, smoke 'em if you got 'em, and happy growing.

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