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BY NICO ESCONDIDO & DAN SKYE

EVERYTHING MEDICAL & MORE

Welcome to the first-ever page of our new mini-section, which is wholly devoted to medicinal strains, news, uses, developments, activism, politics ... everything and anything, really, that is related to medical marijuana. This is your new *Cannabis Clinic!*

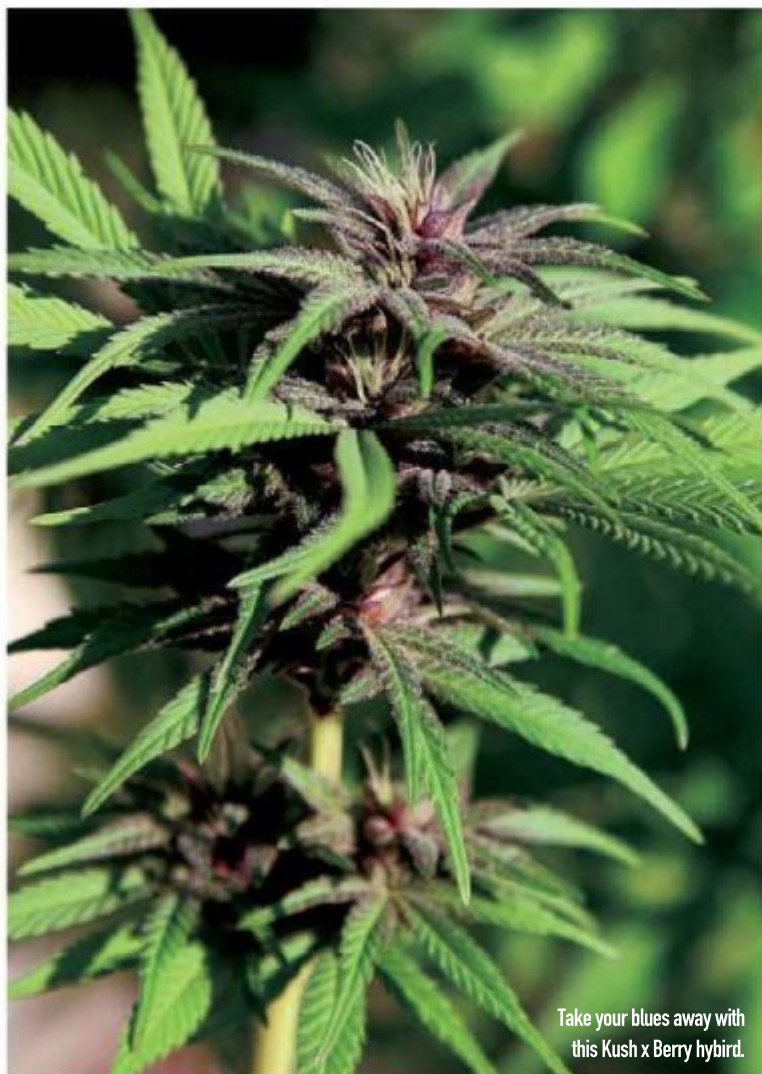
ALL ABOUT CANNABINOIDS

There are over 65 active cannabinoids in marijuana; the most prevalent of these are tetrahydrocannabinol (THC), cannabidiol (CBD) and cannabinol (CBN). These cannabinoids have received the most study because they're the primary components in *Cannabis sativa* L. with medicinal properties.

From a medical standpoint, THC is thought to be neuro-protective, meaning that it prevents mechanisms within the nervous system from degeneration. Additionally, THC has been proven in clinical trials to ease moderate pain. High levels of THC will contribute to strong, clear-headed and energetic highs. The highest levels of THC known to exist in marijuana hover around 29%.

CBD is a non-psychoactive cannabinoid that is thought to increase some of the effects of THC while decreasing other ones. (For example, it is thought that CBD helps to inhibit any THC-induced psychosis that might affect some users.) Medically speaking, CBD appears to relieve a long list of symptoms, including nausea, anxiety, convulsions and inflammation. CBD has a more pronounced impact on the body, which is why it is often used medicinally for pain and muscle relaxation. CBD produces more of a dreamlike, stoned high, where the mind is dulled and the body feels relaxed or tired. Extreme levels of CBD in marijuana would be approximately 1.8%, with the lowest levels falling near 0.3%.

CBN has fewer effects than THC or CBD. It is primarily found in marijuana as THC ages and breaks down. There is very little of it found in fresh cannabis, and it is only mildly psychoactive.



Take your blues away with this Kush x Berry hybrid.

MEDICINAL STRAIN OF THE MONTH: CRIMEA BLUE

I was originally introduced to this strain under the code name "Antagonist." I was blind-judging the seed companies' *indica* entries at the '07 Cannabis Cup in Amsterdam when I heard some commotion over these particular buds.

"This is the most medicinal strain here!" someone was saying—a rather large claim considering the company of buds in the sampling room. But lo and behold, it was true. This *indica*-dominant strain, now known to the world as Crimea Blue, has a high cannabidiol count of 1.2%, which many believe is the key to a good medicinal strain (see sidebar). The THC count is no joke either, with the Blue hitting 18%.

A hybrid derived from an Uzbek Kush mother and a DJ Short Blueberry male, Crimea delivers a powerful and sedating high with a strong body stone. Recommended medical uses range from muscle-spasm therapy for multiple-sclerosis patients to pain reduction in the neuropathy suffered by HIV/AIDS patients.

WILL IT MAKE A DIFFERENCE?

In late August, California Attorney General Jerry Brown released what he called a "road map" for medical marijuana in California. The 11-page document basically requires those who sell medical cannabis to operate as nonprofit collectives or cooperatives, and also that the marijuana they sell be grown by state-certified patients or caregivers, which will make it easier for the police to arrest "illegal" marijuana growers. However, federal law still trumps state law in the US, and the Feds have shown no inclination to follow Brown's guidelines.

Meanwhile, the DEA's raids on medical dispensaries continue unabated. For a crash course on how the DEA operates, here's an account from the *Los Angeles Times* of a recent raid on Organica Collective, a medical-marijuana dispensary in Culver City, CA: "Witnesses described the DEA agents as removing computers, medicine and money, and using a steel cylinder battering ram to get into the upstairs bedrooms. When they left four hours later, all that remained was trash, counters strewn with open and empty glass jars, piles of receipts thrown on the ground,

upturned couch cushions, bits of marijuana on the edges of counters, and an ATM with its doors torn open and emptied. An outdoor vegetable garden had plants uprooted, along with marijuana plants removed by the agents."

CANNABIS: THE ANTI-BACTERIA

Who knows how long it will take before the world's governments accept—let alone acknowledge—the mounting evidence of pot's remarkable medical applications. In the past year alone, research studies have shown that cannabis has tremendous capacity for relieving pain and stemming the growth of cancer cells, and it has also been shown to be equal to (or better than) pharmaceuticals in treating psychological disorders.

Recently, a study published in the *Journal of Natural Products* focused on a new application for the five most common cannabinoids. Research shows that these compounds, in the future, can be used against common bacterial strains that have become resistant to several classes of drugs. In the study, headed up by Giovanni Appendino of the University of the Eastern Piedmont in Italy, cannabis was shown to be effective in combating several of these multi-resistant bacterial strains.

Although the researchers admit they don't know how the cannabinoids work against bacteria, they would like to determine whether higher or lower THC levels affect these results.

SATIVEX MOVES FORWARD

Sativex, the world's first pharmaceutical derived from the cannabis plant, took a step closer to being licensed in the UK following the release of a recent study. 42 people with multiple sclerosis found that the oral spray, developed by GW Pharmaceuticals, was effective in dealing with chronic pain.

Sativex has been approved in Canada for the symptomatic relief of neuropathic pain in multiple sclerosis, and more recently for the relief of pain due to cancer. In the UK, its status as an unlicensed medicine enables doctors to prescribe the product to individual patients who they believe may benefit from its use. ✨

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TROPICAL KIEF SORBET

Enjoy a taste straight from the hot, high summer.

Now that wintertime is fast approaching, I miss sweating through the steamy summer days of July. It was so hot and dry then that I swear my bong didn't work—the water kept evaporating! Back on one of those hellish days, I had the idea of escaping to a cool tropical oasis, and I let my taste buds lead me into the kitchen. The new ice-cream machine sat waiting, and I knew it was time to overcome my fear of kitchen machinery and get down to business. And I wouldn't have to turn on the oven! The realization that I couldn't burn down the house while making ice cream led to a wonderful sugary epiphany. I gathered pineapple, peaches, grapes and apples from the fridge and decided that I would make sorbet—a fancy word for frozen fruit juice.



Fruity kief treat

I needed to add some cannabis goodness, but what could you put in a smooth, creamy sorbet? Ah, yes ... kief! I always collect and save the trichome crystals from the tray beneath my rolling screen for a special event, and here they served an important purpose: to bake and then freeze my overheated brain. The syrup preparation, as it turned out, was simple indeed: just 12 ounces of sugar dissolved in 16 ounces of water. To ensure the success of my high intentions, I added kief to both the sugar and the fruit puree. In order to create this tainted treat, a food processor is necessary to refine your fruit down to sorbet. After all the fruit is pureed, a quality strainer is necessary if you want a less pulpy consistency. Much like picking seeds out of schwag, straining the pulp from the fruit puree is tedious, but it's worth it in the end. Combine the syrup with your kief juice and strain it again to assure the proper blend, and then it's time to shine! Pour your fancy, fruity kief juice into the ice-cream maker and walk away for 45 minutes. *Bam!* You have a sweetly kiefalicious miracle. The preparation time is less than an hour, which is quicker than it takes my local dealer to get weed to my house. My mind is already blown thinking of the 31 flavors (and more!) that I plan to make with this process next year. My sugar fetish has finally hooked up with my weed fetish to create a sweet, stony, tropical and chill child of necessity that gets me so high I feel like I've gone ice-skating in the summertime.—Irie

SWEET KIEF SORBET TREAT

- | | |
|--------------------------------------------|--------------------------------------|
| Equipment: Ice cream maker | 2 peaches, pits removed |
| 4 cups water | 2 apples, chopped with seeds removed |
| 1 cup sugar | 16 grapes |
| 1/2 a pineapple, chopped with skin removed | 4 grams kief |

Directions: Set the stove-top burner to medium high, find a medium-sized pot, add four cups of water, and stir in one cup of sugar and one gram of kief. Heat for 7-10 minutes or until the sugar looks light caramel in the water. Refrigerate until chilled for better results.

Use a food processor to puree the chopped pineapple, peaches, apples and grapes. Strain until juice is no longer present and toss out the pulp (or add to your compost). Add 3 grams of kief to the strained juice. Strain again to ensure that the kief flows through the screen and doesn't get stuck! Pour your final mixture into the ice-cream maker and come back in 45 minutes. Scoop and enjoy! Stones 8. 🌿

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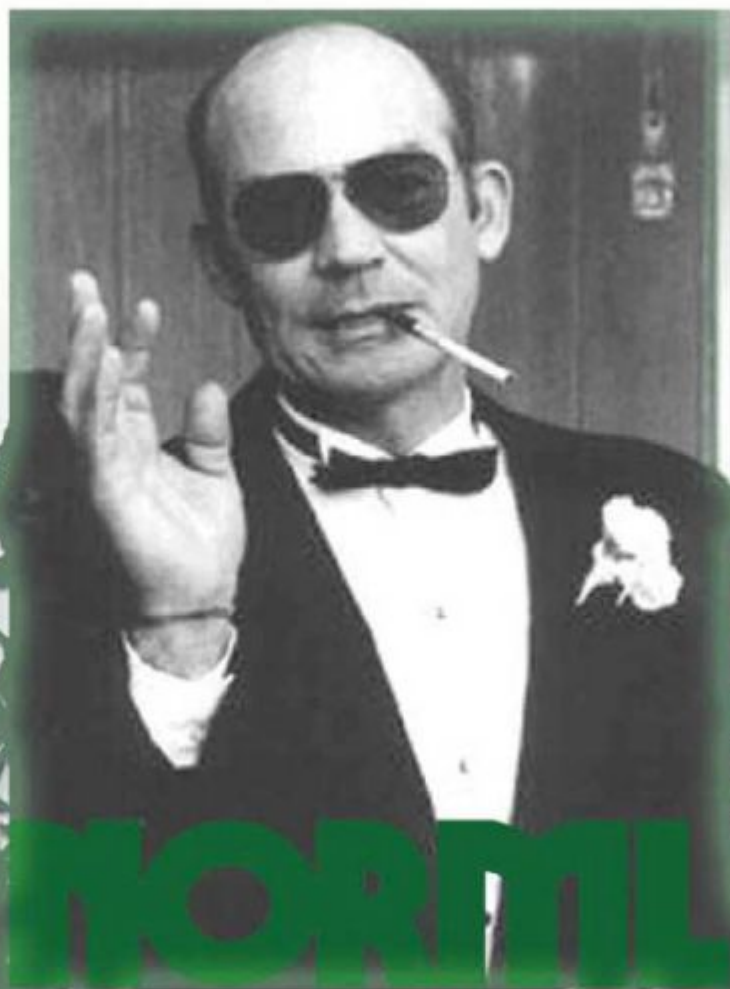
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TURNCOATS IN THE DRUG WAR

"The lie tastes sweet in the beginning but bitter in the end; the truth tastes bitter at the beginning and sweet in the end."—Buddha

Recent media reports have focused on a number of former drug warriors who have radically changed their views. Take the case of the United Kingdom's former drug czar, Julian Critchley, the director of the Anti-Drug Coordination Unit. In a recent BBC World Service interview, Critchley insisted: "I'm not saying drugs should be decriminalized because it would be fun if we could all get stoned with impunity. I'm saying that we've tried minimizing harm through a draconian legal policy. It is now clear that enforcement and supply-side interventions are largely pointless. They haven't worked."

Even more revealing was this comment from Critchley: "I think what was truly depressing about my time in the civil service was that the professionals I met from every sector held the same view: The illegality of drugs causes far more problems for society and the individual than it solves. Yet publicly, all those people were forced to repeat the mantra that the government would be 'tough on drugs,' even though they all knew that the policy was causing harm."

Here in the States, according to *The Hill*, David Krahl—the former deputy director of the Drug Free America Foundation, an anti-cannabis group—actually volunteered this past summer to testify to Congress in support of federal medical-marijuana legislation. "Being away from the DFAF allowed me an opportunity to take a fresh look at the issue," he said in a letter to Representative Maurice Hinchey (D-NY), a sponsor



Former UK drug czar Julian Critchley sees the light.

of one such bill in Congress. "I don't have skin in the game anymore. In our nation today, we need less interference by the federal government on an issue such as this."

Amen! Welcome to the team, brother Krahl! Of course, the current anti-cannabis spokesman for the DFAF, John Pastuovic, was quick to minimize his fellow drug

warrior's change of heart: "I don't believe one person changing their position gives any credibility to the other side on this."

In another development, Libertarian Party presidential candidate Bob Barr and former Office of National Drug Control Policy senior staff member Barbara Roberts have recently been hired by drug-law reform groups, which means they'll now both be serving as *pro-cannabis* lobbyists. Such a thing would've been unheard of 10 or 20 years ago.

There are other voices in the fray, too. The group Law Enforcement Against Prohibition (LEAP) is an amalgam of current, former and retired law enforcement officers, prosecutors and prison officials who seek to radically reform the very institutions that provided them with lifelong employment and retirement benefits. LEAP is one of the fastest growing and most effective drug-policy reform groups in the US.

In the coming months, prohibitionists will need to confront the reality that the government's misguided war on cannabis consumers is attracting more—not less—organized opposition every day.—Allen St. Pierre, Executive Director of NORML.

Visit norml.org or call (888) 67-NORML. Also, visit leap.cc.

Ask Dr. Mitch



Dr. Mitch, What's this new weight-loss pill that's supposed to be the opposite of marijuana? Does it give you the anti-munchies?

Tuffy Koenig

Hi Tuffy, Rimonabant, a drug that blocks the cannabinoid receptor CB1, does help people take off the pounds if used in conjunction with diet and exercise. As you might guess, it blocks the same receptor that marijuana activates, so it seems to decrease appetite—but it also bums folks out and gives them an upset stomach. I can't recommend this one. Eat right, exercise, and love yourself the way you are!

I see ads claiming that marijuana is five times as nasty as cigarettes. Then I see news reports saying that marijuana doesn't cause lung cancer. What's up?

Mary Pulmo

Hi Mary, Tobacco smoke and marijuana smoke contain the same irritants, so folks who hold in lung-buster hits get more nasty particles in their lungs. This is what generated all the "one joint equals five cigarettes" hype. But studies of thousands of people have shown that smoking marijuana doesn't lead to lung cancer the way that smoking tobacco does. Unlike THC, nicotine increases tumor growth and messes up the process that gets rid of injured lung cells. Still, marijuana can lead people to cough and wheeze, so a vaporizer is worth the cash. Breathe easy!

Does alcohol counteract the effects of weed?

Avery

Hi Avery, It appears that alcohol actually makes people more sensitive to some of THC's effects in laboratory studies. I wouldn't recommend using them together, since my own research reveals that their combined use is more likely to lead to problems. Turns out folks who get high a lot are more likely to report marijuana-dependence symptoms if they also consume 21 drinks or more per week. Interestingly, folks who don't drink a lot are less likely to report dependence symptoms, even if they get high every day.

Dr. Mitch Earleywine, Ph.D., is an associate professor of psychology at SUNY Albany. He is the author of *Understanding Marijuana* and *The Parents' Guide to Marijuana*. Got a question for Dr. Mitch? Email him at 420research@gmail.com.

FREEDOM FIGHTER

ACADEMIC ADVOCATE

A Berkeley professor researches the dispensary scene.



Dr. Amanda Reiman

The University of California at Berkeley's Dr. Amanda Reiman has been researching and advocating drug-policy reform for the past decade. Her numerous guest lectures—on such topics as medical cannabis, drug policy and political propaganda—are very far removed from her upbringing in a "small conservative town in Indiana that was very anti-drug and very pro-DARE."

Reiman states: "Once I got out of high school, I started to realize that drugs were much more complex than 'Just Say No.' I decided to study psychology. What I couldn't understand was why no one in research or government seemed to care about finding out the truth about drug education, use and prevention. I decided that I would get the education I needed to change that, to move past the propaganda and study drugs from a scientific perspective."

The result was her doctoral dissertation, "Cannabis Care: Medical Marijuana Facilities as Health Service Providers," the first comprehensive academic study on the subject.

"Research on dispensaries is important, because other medical-cannabis states need best-practice guidelines so that they can develop evidence-based dispensary models," Reiman notes. "I was surprised just how much patients depend on their dispensary—not just for medicine, but for support, companionship, entertainment, social services, referrals, and even free food and drink. For many people, they are a lifeline."

The drug-policy community can count itself fortunate to have a new generation of committed and enlightened academics like Amanda Reiman on our side as we work towards legalizing cannabis.

—Carlos Castillo, NORML Outreach & Chapter Coordinator

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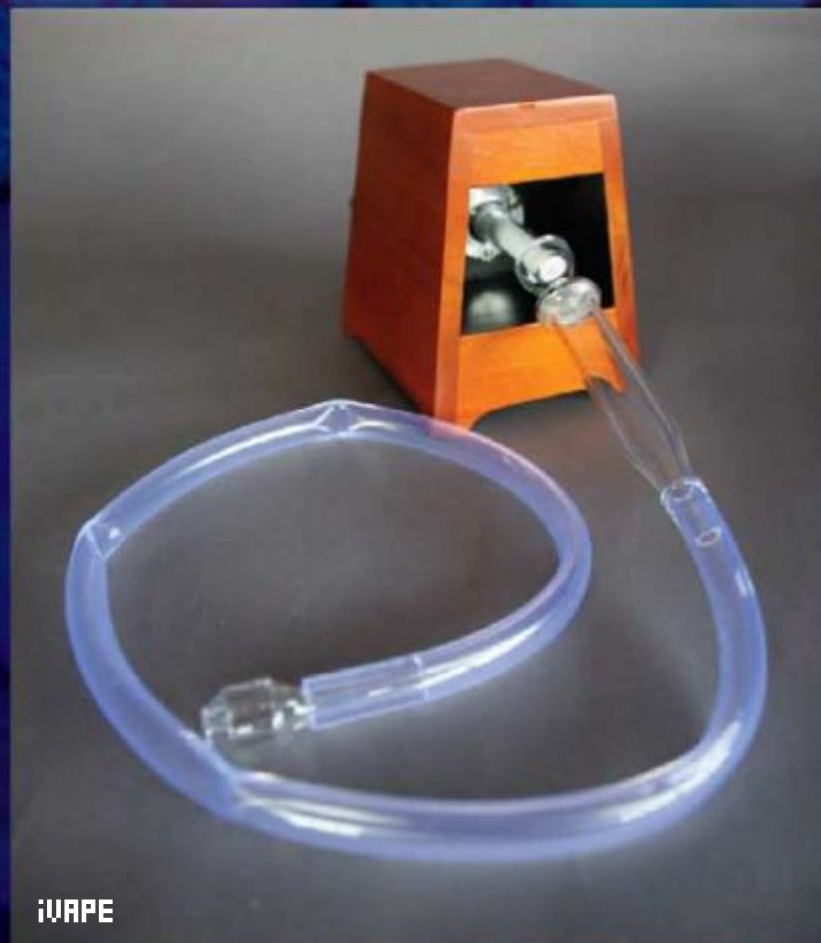
New vaporizers are flooding the market, competing to create a buzz among stoners. But the real question is: Can they create a better buzz for stoners?

Story & photos by Dan Skye

VAPORIZE YOU



VAPOR TOWER



iVAPE

VOLCANO



AROMED



MT FUJI



VAPOR OXYGEN 2.0



AROMED

Handcrafted in Germany, the AroMed 4.0 is a precise vaporizer that allows the user to view the pot as it heats. The AroMed 4.0 has a hot-air source of undeniable purity: an ultraviolet-free halogen lightbulb controlled by a precise microprocessor, plus an additional water filter. The glass herb holder allows users to watch extraction while inhaling. It's a well-designed device that nerds will especially love because they can view the vaporization process under lights. Zowie! The AroMed 4.0 can be filled with more than one dose, and users can adjust the inhalation to suit their preference without in-between switch-offs.

Gotvape.com, \$439

EASY VAPE

Outstanding value and efficiency is found in the Easy Vape. It features incredibly quick preparation and delivers impressively smooth, heady hits via glass-tipped whips. The Easy Vape comes with an advanced digital LCD display and controls. It's lightweight and small, but extremely powerful and precise, with a long-lasting ceramic heating element.

Vaporizergiant.com, \$149.99

HAPPY VAPPY

Not a bad choice: It's a simple, stable unit that delivers smooth, strong hits, though you'll have to use some lungpower. Happy Vappy comes in a few different colors, which is nice—but should a heating element that plugs into a wall and a plastic-straw attachment really be this expensive?

Happyvappy.com, \$219

HERBAL AIRE

It takes a bit long for the vapor bag to fill, but we had no complaints about its effective delivery system, basically a sippy-type straw. The plastic console and Teflon straw may be a turn-off for some, but there's no doubt that it's easy to use. Herbal Aire is a cheap yet able imitation of the Volcano, which has come to be viewed as the Ferrari of vaporizers, but it's hardly in the same league.

Vaporizergiant.com, \$249.99

ASSELF

VAPMAN



Capitalism creates competition—but not necessarily better products. A popular item may generate innovations and imitations, but there's no guarantee that commercial variations on a successful principle will benefit consumers. Nowhere is this truer than in the land of vaporizers, where knock-offs are numerous and steeply priced, poorly designed pieces seem to be the norm.

The process of vaporization is basically this: The active compounds in cannabis are heated until they boil off in a vapor, which the user inhales either from a tube or a mouthpiece attached to a bag that stores the vapor as it's extracted. A number of studies have confirmed that, health-wise, the process is superior to smoking because a number of harmful byproducts like carbon monoxide and tar are eliminated, making it ideal for medical-marijuana patients with respiratory ailments. Also, patients can administer regulated doses, which means it will also stretch your stash.

But remember, you'll pay dearly. All vaporizers are ridiculously overpriced, partly because entrepreneurs are looking for an immediate return on their investment, but also because cannabis consumers haven't balked at the steep prices, even though we should.

Still, if you, the stoner consumer, have a few extra bills to spend and want to ensure that the vapor-delivery device you purchase is efficient and reliable, our blow-by-blow reviews might just lead you to a meaningful, long-lasting relationship.

For our purposes, a half-ounce of Jack Herer was acquired to allow HIGH TIMES staffers the chance to fairly assess the merits of each vaporizer in our testing laboratories. A Vaporizer Manager (VM) with proven expertise in the field of vaporology (and the patience to thoroughly read instructions) was appointed. Herewith, the good, the bad and the ugly from our performance tests:

VAPORIZE YOURSELF



HERBAL AIRE

HOT BOX

The Hot Box is exactly that—a box. Or a cube. The staff argued about this distinction throughout the 15 minutes that the Hot Box requires to reach optimal temperature. But all of the participants liked the unit (available in a variety of designs), which provides smooth, tasty hits bereft of harshness. Our Hot Box

was furnished with a glass “steamroller” attachment, which some considered aesthetic and others described as “unwieldy” and “breakable”—which it definitely is. Also, the steamroller costs extra. A tube or whip will do just as well.

Hotboxvapors.com, \$249. Steamroller \$110

iVAPE

The burnished wood console of the iVape is attractive, like an old TV from the '50s. Unfortunately, its reception is similar. The tubes and connections don't fit as tightly as necessary, and with no heating-adjustment knob or digital readout, it's hard to know when your hit is ready. Overall, there seems to be “a lot of room for error,” according to the VM. You get what you pay for.

www.drgreens.com, \$130

MT. FUJI

We did a Google search, but found nothing on the Mt. Fuji vaporizer. Good thing: Maybe everybody already knows it's a piece of junk. Bad vapor bags, bad fittings, bad heating. An exercise in frustration at every level. It may look like the Volcano, but it's dormant in every respect. An overpriced lemon—if you see it, walk away.

\$399

SUPER VAPEZILLA

One of our favorites: It looks like an expensive car radio, it's made with lightweight solid aluminum, and it features an outstanding ceramic heating element with an accurate, real-time temperature readout as you vaporize. “Responsive” was the operative word here. Super Vapezilla is as slick and sleek as they come. The experts on staff called it “the best box-and-whip system” on the market, and they should know—they're into S&M.

Vapezilla.com, \$550



HAPPY VAPPY

VAPIR ONE



VAPIR ONE

A unanimous thumbs-down! This handheld vaporizer smells positively toxic, with an industrial odor so off-putting and noxious that only a few participants would even come near it, much less take a hit off it. You can use it with a tube instead, but that still means you're in its immediate proximity. It's got a digital temperature readout, if that makes any difference.

Vaporizergiant.com, \$149.99

VAPIR OXYGEN 2.0

No better than the Vapir One. Again, the foul smell is an instant buzzkill—and that's before you even take a hit. Those who did try this handheld device made faces that bespoke its ickiness and noted a rancid, plastic aftertaste. Just say no.

Vaporizers.ca \$124.99



VM3

VAPMAN

It may be small, but it's hardly “discreet,” as the website describes it. Why? It's packaged inside a yellow egg. (“Oh, that's just my egg, officer.”) You light the heating device, then suck on a white straw-like tube. It comes with a torch; lighters won't work with it. It's a bit ungainly and takes time to load, light and inhale. Stick with a joint if you want discretion. Still, our intrepid VM did stoke the tiny VapMan sufficiently to induce a mind-altering vaporization experience. So it works okay, but it's way overpriced.

Vaporstore.com, \$144.95

VAPOR TOWER

Everybody remarked on the classic, elegant look; unfortunately, it's a case of style over substance. The heating element fails to heat the pot thoroughly and must be checked repeatedly. Throughout the judging process, participants were unable to take proper hits, as evidenced by the frantic sucking action engaged in by everyone who sampled a tube.

Vaporstore.com, \$199

VM3

Battery-operated and rechargeable, the VM3 is one of the best handheld vaporizers on the market. It features a concealable mouthpiece, a state-of-the-art lithium-ion battery, a temperature-control unit, built-in safety features and ergonomic design. It's compact, easy to use and looks like a cell phone. Best of all, it works—divinely!

Volatizer.com, \$499.95

VOLCANO

Still the undisputed champ in Vaporizer Land. If you can afford it, you'll never regret it. It's durable, with a patented technology that monitors the temperature at all times. Plus the huge “Easy Valve” bags ensure hearty vapor hits with no seepage. Best of all, the bags fill up quickly: Although they're twice as large as the Herbal Aire's, we filled four Volcano vapor bags in the time it took for just one Herbal Aire bag. Simply put, the Volcano has no equal!

Thevolcanovaporizer.com, \$669 ✨

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BY DANNY DANKO



PHONE IT IN

Pot producers and discerning purchasers need to know how much their buds weigh, but scales are typically conspicuous—and they can also be used as grounds for additional criminal charges when discovered by authorities. We recently were sent this new Digital Scale Phone that looks and feels just like a popular brand of cell phone, yet opens up to reveal a plate that measures from up to 300 grams down to a 10th of a gram, and we think stoners will love it. These scales are perfect for hiding in plain sight among the items that normally clutter a household, making them very likely to be overlooked in a typical search situation and worth their weight in green.

Price: \$69.95

Contact: Herbal Smoke Shop, herbalsmokeshop.com



ROLL THEM BONES

Rolling your own in a hurry just got a lot easier. The Rapid Roller Electric Cigarette Machine produces perfect joints when you need them, eliminating the need for manual rolling machines. Never fumble around again—simply grind your smoking material (they recommend tobacco; we prefer high-quality cannabis), load it into the machine and hold the paper at the end according to the instructions provided. Your machine will roll out spliff after spliff until the chamber is empty. You control how much “tobacco” is injected into each cigarette and the size of each resulting joint. The Rapid Roller comes with a one-year limited warranty and is perfect for festivals and parties.

Price: \$129.99

Contact: Genuine Tobacco, 888-871-8431, genuinetobacco.com



SKATE AWAY CLEAN

Staying one step ahead of “Johnny Law,” nosy neighbors and potential thieves ain’t easy. That’s why we love new stealth-storage products like the Stash Wheel, an innovative hiding place that looks like a simple skateboard wheel yet contains a secret within. You can store a couple of grams of pot where nobody will find it: in the middle compartment of a polyurethane wheel, complete with working bearings. You can’t be too careful when our right to privacy takes a backseat to paranoia and illegal searches.

Price: \$10-\$12 retail, \$5 wholesale, \$3 distributors

Contact: Booth Seven, 805-265-5450, boothseven.com



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Price: \$50

Contact: gotvape.com

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ANSWERS & PHOTOS BY JORGE CERVANTES

This G-13 x Black Widow was grown in Gypsy Nirvana's seed-production room a few years back. The strain combination yields one huge central bud and several large lower ones.





Growing under plastic is an option for fall and winter. This wet-weather crop of Power Plant was harvested at the end of October.

LEAVES AND RESIN

While “jonesing” for a buzz, I clipped some fan leaves from a plant that had only recently begun to bud. I know it was silly (and tasted bad), but it was something to smoke on an otherwise dreary day. However, to my amazement, I did catch a small buzz, though it didn’t last long. My wife claims it was all in my head (no pun intended). I swear I got high, but when I did some research on THC and cannabis, it didn’t seem likely that I could have. So what did I feel? Is there a small amount of THC in young plants? Was it some other chemical?

*Wildeyedwerewolf
Via Internet*

Dear Wildeyedwerewolf,

Yes, leaves do contain THC—it isn’t much, but they do have a little. Both small seedlings and young vegetative leaves have very low levels of cannabinoids, including THC, the active ingredient in marijuana that gets you high. The longer a plant grows, the greater the accumulation of resin on the leaves. Small leaves that grow around the buds are often packed with resin. So it really depends on from where you plucked them and how far the plant was into the flowering stage. Large fan leaves growing near the bottom of the plant won’t be as potent as the leaves halfway up. However, all of the leaves should be fully developed before you start comparing them.

The amount of THC and other cannabinoids that you get from leaves will be minimal, but if you smoke enough of them, you can cop a buzz.

If you don’t smoke tobacco, then smoking a big joint of leaves may also produce a feeling of lightheadedness that could intensify your high.

Keep in mind, though, that trying to quick-dry your leaves can also create problems. To dry your leaves properly, set them in a warm, dark, dry place overnight. If you’re in a hurry, you can also put them in the microwave on a low-power setting for a few minutes—by keeping the power low, you won’t cause the volatile resins in the trichome glands to evaporate.

Mila from the Pollinator in Amsterdam has turned harvested leaves into kilos of “pollen” to be pressed into hash. The Pollinator is used to tumble dry, often chilled cannabis leaves in a drum made from fine mesh. The resin glands are knocked from the leaves in the process and fall through the sieve, collecting on the bottom. The result, known as “pollen” in the Netherlands, is then gathered up and pressed into pieces of hash. Good stuff!

MAKING FEMINIZED SEEDS

I want to learn about manually pollinating a plant to create feminized and/or regular seeds. I read an article about it and understand the process, but I don’t know how to gather the pollen and use it. Can you give me step-by-step instructions? I’m planning my second grow and don’t wanna buy seeds anymore.

*Ken
Via Internet*

Dear Ken,

You can produce all-female or “feminized” seeds

by obtaining pollen from an individual female plant and fertilizing it with another female plant.

There are two simple ways to have female plants produce male pollen. The first is the easiest: Find a female plant that has produced a few latent intersex (hermaphrodite) male flowers. The pollen should be carefully collected from the male flowers once they’re mature. (Flowers are often well past peak development when pollen is collected.) The problem with this method is that subsequent generations will have the same latent intersex tendencies. Stress also brings on intersex tendencies earlier.

Or you can chemically induce female plants to form male flowers. This is done with the application of products such as eliteXelite or gibberilic acid (which is dangerous and quite unpopular), or a silver thiosulfate solution (STS) made from chemicals commonly used in photography. You can also find a product called Stamen-it!, which induces male flowers.

If you’re interested in using STS, there’s a specific post you should look for by typing “eliteXelite” into the search engine at cannabis.community.forums.ozstoners.com. The post will tell you exactly how to make the solution, which is then applied to plants to induce sex reversal from female to male and also to create male pollen-bearing flowers on female plants. The technique is simple: Pre-flowering female cannabis plants are sprayed with diluted STS and then induced to flower with a 12/12-hour day/night schedule. The pollen-bearing

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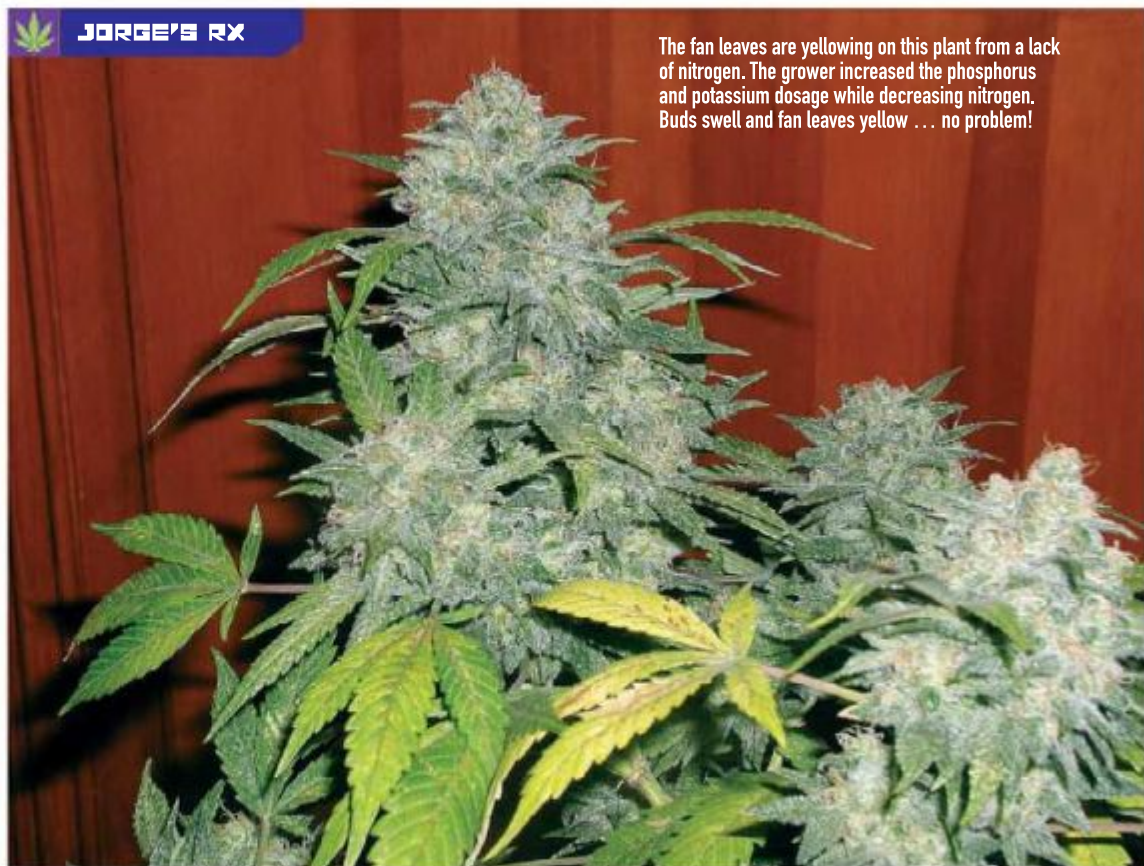
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The fan leaves are yellowing on this plant from a lack of nitrogen. The grower increased the phosphorus and potassium dosage while decreasing nitrogen. Buds swell and fan leaves yellow . . . no problem!

male flowers can be harvested in 35 to 40 days on most strains.

Once you've collected the pollen, it's ready to apply. Be sure to keep the pollen dry and stored in a cool, dark place. (Moisture and light are pollen's enemies.) Use a small artist's paintbrush to wisp up a little of the pollen and then carefully brush it on the pistils of a strong, stable, flowering female. Continue this process until you've pollinated enough buds. Make sure there are no drafts in the room; the air should be very calm so as to not blow the pollen around. The seeds produced by the pollinated female will grow into all-female plants.

STRESSED PLANTS

I've got your book and both of your DVDs. A few of my plants have yellowing fan leaves going almost to the top of the plant as well as purple petioles. Some of the leaves are curling. The center vein on the leaf looks good but curls downward to the leaf margin, and each blade has two "speed bumps." I've flushed some of them with three parts water to one part soil and haven't seen any difference.

*Chris M
 Via Internet*

Dear Chris,
 Yellowing leaves are a sign of several problems. One thing is clear: The plant is stressed and not able to support the older-growth leaves, so it's started to shed them. The first big reason leaves turn yellow is because of a lack of water; the other is a nutrient imbalance in the growing medium. You could be under-watering your plants, or there could be a nutrient buildup in the soil, locking other important nutrients as well as water out of the roots.

Purple petioles definitely suggest a lack of phosphorus. This is evidence that there's a nutrient imbalance. Leaves that are curling downward

are a sign of moisture deficiency and nutrient toxicity in the soil. These problems could also be compounded when temperatures dip below 50°F.

Flushing your plants' medium is the best thing you can do. Always use good water with a low ppm/EC. Depending on how bad the problem is, you should see a definite improvement in one week—two at the most. You can also flush your plants a second time. If you do, flush with a diluted 5% to 10% fertilizer mix. You should see new, stronger growth with the leaf symptoms diminishing. If the yellow leaves didn't dry out too much, they could even green back up.

BLACK BETTY

How do I tell when to harvest? Also, I have a fungus or something eating my plants—there are little spots on the leaves, and the plants are growing slowly. What should I do?

*Buggsie
 Via Internet*

Dear Buggsie,
 Using a 10x to 30x loupe or a hand-held video microscope will make it much easier both to identify pests and check the resin glands. First, you need to determine how many days your plants have been flowering. Most strains should be at peak ripeness seven to nine weeks after you induce flowering with a 12/12-hour day/night schedule. Start checking them closely after seven weeks, especially the color of the pistils, which will turn from white to brown or brownish-red as the flower tops ripen. The ratio of darker pistils is also an indicator of peak ripeness, but it's not as accurate as looking at the actual resin glands with a magnifying glass or microscope. Look for well-formed glands with a small post and a ball on the top. There are several possible times to harvest. Early harvest (for the most potent THC) is when the trichomes start to turn milky white to amber. At peak harvest, resin glands can stay translucent

but often start to turn creamy white after the trichomes are fully formed. At late harvest, the balls on some of the glands are deformed or no longer intact; other glands remain intact, with a mild to noticeable darkening of resin.

When dealing with pests, the first step is to identify the problem, then take appropriate action. Spot spider mites and other insects with the help of a 10x loupe. Inspect leaf undersides for insect movement and damage. Once the pest is identified, spray the leaf undersides with a good miticide/insecticide such as pyrethrum in aerosol form. My favorite is Whitmire's Exclude. Turn the plants to the side and apply the aerosol 12 inches from leaf undersides. Repeat at five- to 10- day intervals.

My new favorite way to identify mites is to use a microscope that you can hook up to your computer, allowing you to see these minute pests big-time on your computer monitor. I got one at blackbetty420.com, and this tool is great! You can video the pests that are eating your plants and use it to help monitor and eradicate pest populations. It also works for discerning peak harvest! You can take still shots or videos of the trichomes on your buds and flash them magnified onto the computer screen. The graphic files can be saved and used over and over. This is a great way to examine the trichome glands to determine whether your buds are in the perfect condition to pick. Definitely a site worth hitting!

SHORT PLANTS

I am a huge fan! How do you keep plants short when growing in small areas? I have seen you advise repeatedly not to "pinch" the tops. Look forward to hearing from you.

Quickflite
Via Internet

Dear Quickflite,
Grow female clones and induce flowering with a 12/12-hour day/night schedule when they are eight to 12 inches tall. They will start to show visible signs of flowering within two weeks. As they progress through the flowering stage, plants will elongate 12 to 18 inches. The clones should be well rooted and growing well, otherwise they will flower poorly.

You can also look for specific strains that don't get super tall. *Indica*-dominant plants don't grow as tall as *sativa*-dominant ones. Another option is to grow Lowrider, one of the only *ruderalis*-dominant strains available. You will have to grow this plant from seed because it starts to flower 25 to 30 days after sprouting regardless of the hours of light it receives. (You can give it 24 hours of light per day and it will still start flowering within a month!) Lowrider finishes two months later and tops out at about 18 inches.

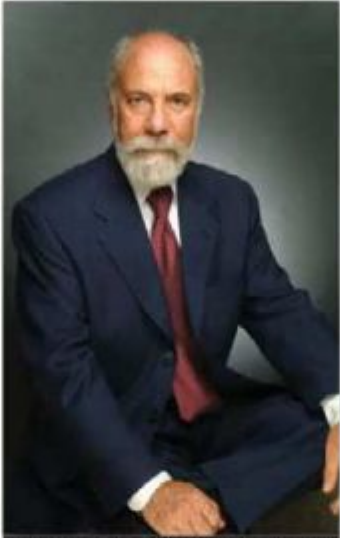
BUDS 20% BIGGER

I bought your Marijuana Horticulture "medical bible," and it shows a 20% increase in bud size after adding sugar. Can you tell me how much sugar to add to five gallons of water and when to use it? Five gallons should be able to soak up a cup of molasses.

Riley
Via Internet

Dear Riley,
The sugar is effective because it feeds the little

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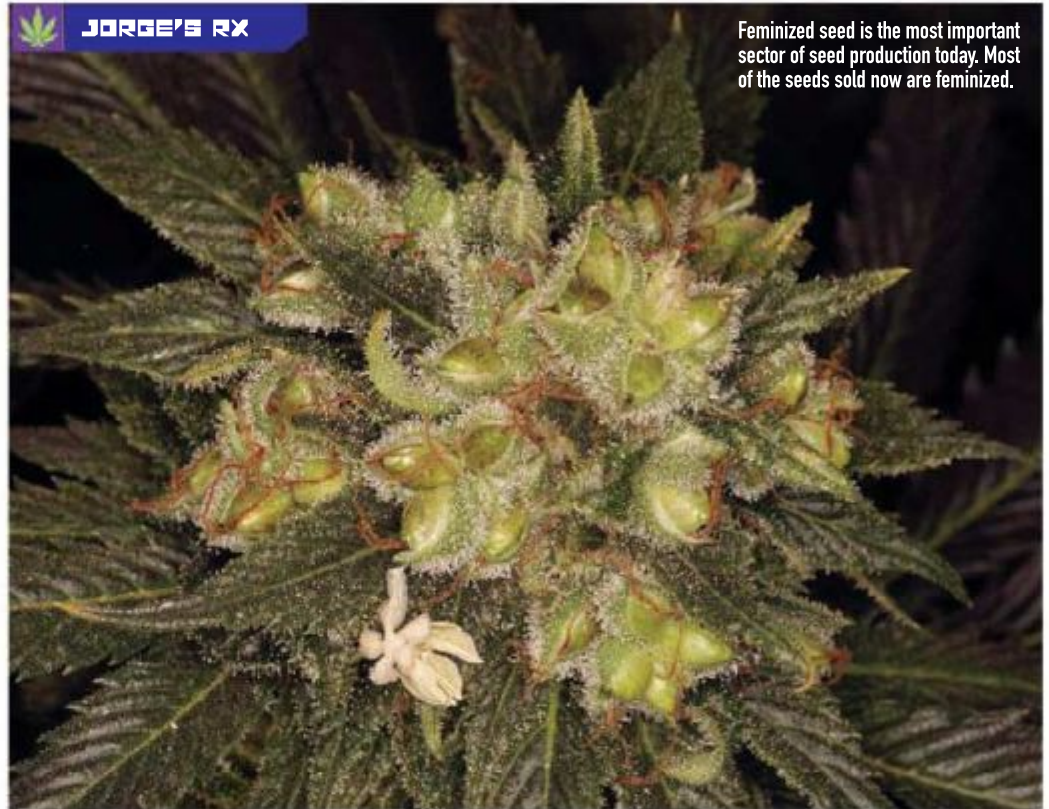
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JORGE'S RX

Feminized seed is the most important sector of seed production today. Most of the seeds sold now are feminized.

microbes and bacteria in the soil that, in turn, make the uptake of nutrients more efficient. Many organic liquid fertilizers contain molasses. This little trick works well in organic soils that are full of life. Drop a couple of tablespoons of molasses in a quart of water. Stir it until the molasses has dissolved. Water organic soils with this mix once every couple of weeks through flowering. You will see your buds put on more weight because the roots are able to take on more nutrients, which is spurred by the abundant bacteria and microbe activity. My favorite sweet is molasses, but you can also use fructose. But be careful not to overdose organic soil with molasses or it will draw scavengers such as ants.

TROPICAL GARDEN

I'm from Terra do Samba, Brazil, and I've read your articles and seen your DVD. I've tried to grow indoors in a closet, but down here it's extremely hot, and even though I changed my 400-watt high-pressure sodium (HPS) lamp to a 250-watt HPS using as much ventilation as possible, my plants still wilt. So I've decided to grow only outdoors.

I smoke a lot—about a hundred grams a month. I'm growing outdoors during the day, and at night I bring my plants in under the 250-watt HPS for the vegetative stage so I can get them to flower faster. Is this okay? What do you recommend for wattage and types of lamps in this case?

Help me, my friend, 'cause I can't smoke any more of this black-market weed, and I can't wait for the right seasons to flower and harvest. I just wanna speed up the growing!

*Joes.Game
Via Internet*

Dear Joes.Game,
Grow clones and keep them small. The less time plants are growing, the fewer problems they will have. Grow clones indoors and move them outdoors during the day so they get as much light as

possible. Once the clones are a foot tall, move them to your outdoor garden. Your location in the Southern Hemisphere ensures that you will have close to the perfect 12/12-hour day/night schedule necessary for cannabis to flower quickly. If you produce 30 clones a month, you can set out new clones every day, every week or every month—the only limitation is the amount of garden space you have available. If you harvest 50 grams from each plant every 60 days, you will have 1,500 grams (3.2 pounds) of great bud to smoke. This plan will keep you in enough smoke to take care of yourself and share with friends, too.

Start the clones under fluorescent lights. If heat is a big problem, keep them under natural light during the day and switch to fluorescents after dark to minimize heat problems. Grow clones until they're well rooted and then move them into a 1-gallon/3-liter pot filled with good soil or soilless mix. You can grow the plants under 24 hours of light by putting them outdoors during the day and indoors at night under your 250-watt HPS. When the plants are about 12 inches tall, move them to their final garden spot outdoors. They will produce flower buds full of great smoke.

SEEDED BUDS

I grew three plants: two females and one male. By the time I realized I had a male, it was too late, and the females produced seeded buds that were still smokable. Can you give me advice about how to take care of the 20 plants I just got going upstairs in my house? How much light should I use? Is it okay to use fluorescent lights?

*Deb B.
Via Internet*

Dear Deb B.,
Taking care of your plants and knowing what stage of life they are in is important. This is why you didn't catch the male before he dispersed his pollen. Knowing a little bit about the botany and life cycle of your plants will go a long way toward helping you grow an abundant crop.

Cannabis needs lots of light to grow big, tight buds. Fluorescent lights supply ample light for most seedlings and small vegetative plants. Once the plants grow more than a few inches tall, however, fluorescent light isn't bright enough to spur strong, fast growth. Compact fluorescent lamps (CFLs) are much brighter and will carry the plants through the flowering stage. But CFLs must be placed closer to the plants, and it will take several to cover 20 plants.

My advice is to invest in a 400-watt HPS lamp and use it in conjunction with your fluorescent lights. Grow clones, vegetative plants and mother plants under the fluorescent lights and flower the female plants under the 400-watt HPS. Move the mother plant and larger vegetative plants around the HPS lamp when it's on; the extra light will speed their growth. You should also consider buying a good grow book. You can find many of them at fsbookco.com.

WATERING AND FEEDING COCO

Could you please help me with watering and feeding? It's my first time out and I'm growing with rockwool and coco, but I just can't seem to get it right.

GS

Via Internet

Dear GS,

If you're starting clones in rockwool cubes and moving them into coco slabs, or moving small blocks into a coco-soil mix, you should keep them well watered at all times. Once they're moved, make sure the roots penetrate the new medium and continue to grow. The nutrient mix is very important, because this is the only way the plants have to receive the nutrients necessary to grow. You can improve your success rate immensely by using an off-the-shelf fertilizer made for your precise grow situation. If you go to canna.com, you can get the exact mix you need—just fill out the "Grow Guide" chart in the "Grow Info" section. Of course, you'll need an EC (ppm) and pH pen to make the appropriate measurements later. Canna fertilizers work well for both coco and organic gardens.

Irrigate two to three times a day with an automatic watering system. If you water by hand, you can get by with a couple of irrigations. As your plants grow, they'll need more and more of the water/nutrient solution—from a quarter- to a half-quart per week to a quart or more per day in a small growroom. Always make sure there is plenty of drainage.

Jorge Cervantes is the author of *Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible* (January 2006), *Jorge Cervantes' Ultimate Grow DVD* (shot in BC) and *Jorge Cervantes' Ultimate Grow DVD II* (shot in Spain), *Indoor Marijuana Horticulture: The Indoor Bible*, *Marijuana Indoors: Five Easy Gardens*, *Marijuana Outdoors: Guerrilla Growing* and *Jorge's Rx*. He writes for 20 magazines in seven languages. Jorge's books are published in Dutch, English, French, German, Italian, Russian and Spanish. Hit marijuana-growing.com for more information.

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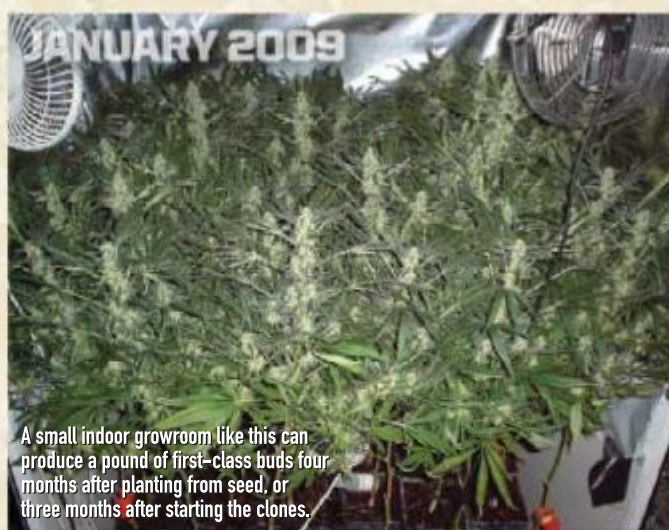
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GARDEN CALENDAR



A small indoor growroom like this can produce a pound of first-class buds four months after planting from seed, or three months after starting the clones.

OUTDOORS

Happy New Year! Prepared growers who planned for the future can dip into their stash of high-quality outdoor buds and share with friends to celebrate the New Year.

Surf by the HIGH TIMES website (hightimes.com) to check out the 21st Annual HIGH TIMES Cannabis Cup prize-winning strains. Always hit seedbankupdate.com to do a little research on seed companies and see how well they serve customers and fulfill orders.

Days are a few minutes longer since December 21, the shortest day of the year. If you're growing in a warm climate or even under glass in northern regions, you can set out plants in containers as long as the temperature remains above 55°F during the day and night. (Below 50°F, plants stop growing completely.)

Grow clones indoors. Once vegetative clones are 1 to 2 feet tall, they're ready to be set outdoors or put in a greenhouse. The strong clones will start blooming in two to three weeks. Flowering could take longer, because light levels are less intense and the temperatures are cooler. Heat the root zone with electric soil-heating cables or pads; this is the most economical heat source. Move your plants indoors when the temperatures hit 40°F to 45°F.

Do not over-fertilize and be careful not to over-water, because your plants are growing more slowly now and can't use as much water or fertilizer as they did before. Add a little extra perlite to the soil mix for winter gardens to improve drainage.

Inspect plants for diseases and pests. Some molds love the cool, moist climates common in winter gardens.

Plant seeds indoors now to ensure

that your seedlings are big and strong when you move them outdoors or into a greenhouse in two to three months. If you plan to go on vacation now, do *not* plant seeds: Once they sprout, they need daily care for the first two weeks.

Buy some alfalfa hay and use it to mulch around the plants you have in the ground as well as where you plan to plant next year. Apply a thick layer (6 to 12 inches deep). This covering of mulch protects the soil from nutrient loss, and it can be tilled into the ground later. You can also work mulched soil six to eight weeks earlier, which means that you can start planting sooner!

Explore the area for new patches to plant. Some sites are best for spring crops, others for fall harvests. Once the trees start losing their leaves, guerrilla patches are easier to spot. If you're planning an early harvest, the site will be easier to conceal, since the plants will be harvested when they're still small and inconspicuous.

Examine stored buds for moisture and mold damage. Dry out the silicon packets stored with your stash before replacing them to ensure that your buds stay dry.

Sit down, fire up a spliff and plan your new garden!

INDOORS

This is one of the coldest months in the Northern Hemisphere. Cold outdoor air should not be allowed into the growroom. Direct cool incoming air to minimize temperature stress. Heat the cool incoming air by directing it through a portion of the warm home to alleviate temperature-stress problems. Air that is 5 to 10 degrees above or below the growroom temperature is safe to use.

Pest and diseases love the warm, protected climate in your grow-

room. Pests from houseplants are also attracted to the new succulent plants and will move in and start to reproduce. Spot-spray any plants that show signs of pests. I spray insects and spider mites with pyrethrum (Whitmore's Exclude) or neem oil (Einstein Oil).

Flush containers with three times as much mild nutrient solution (5% mix) as the volume of growing medium. Flush plants every 30 days to leach out any built-up fertilizer salts. A little work now will save you problems later. Check the EC (ppm) of the water runoff. If it's higher than the input water, you'll see just how toxic the mix was.

Keep track of soil moisture and nutrient uptake. Make a chart of water and fertilizer usage. You may find that your plants have started to consume less water in relation to fertilizer. Over-watered soil is very moist, and the roots below will be brown and slimy from rot (healthy roots are white and vibrant). Over-watering also brings on fungus gnats, which are easy to identify when they start jumping around on the soil surface. Control fungus gnats with Gnatrol.

Monitor and adjust the nutrient solution's EC (ppm) and pH every few days. Indoor temperature conditions can affect fertilizer uptake. Move the reservoir up off the floor and use an aquarium heater to keep the nutrient solution's temperature at proper levels.

Look for pests and diseases on plants. Take a careful peek inside flower buds to look for bud mold (botrytis). Check leaf undersides for spider mites. Cut out any areas affected by bud mold and destroy. Clean tools afterward with alcohol. Spray spider mites with pyrethrum or neem oil.

Take a security walk around the outside of the growroom to listen for strange noises from fans and ballasts. Are there any noticeable light leaks? What about telltale odors? Does your house look like all the other homes in the neighborhood?

Take clones and plant seedlings for the next crop. Plant seedlings at least a month before you plan to move them into the growroom. Take clones three weeks before you plan to transplant them into larger containers.

Keep your growroom clean, and scrub it down thoroughly after each harvest so you can move the next crop in and start growing! ✨

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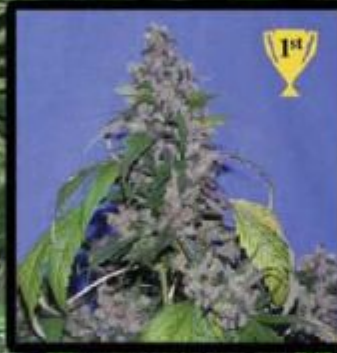
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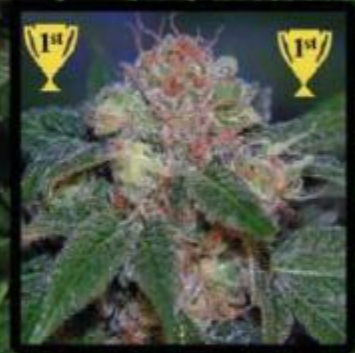
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Liberty and VISC photos by Kat in Skunk issues v3#5 & v3#8

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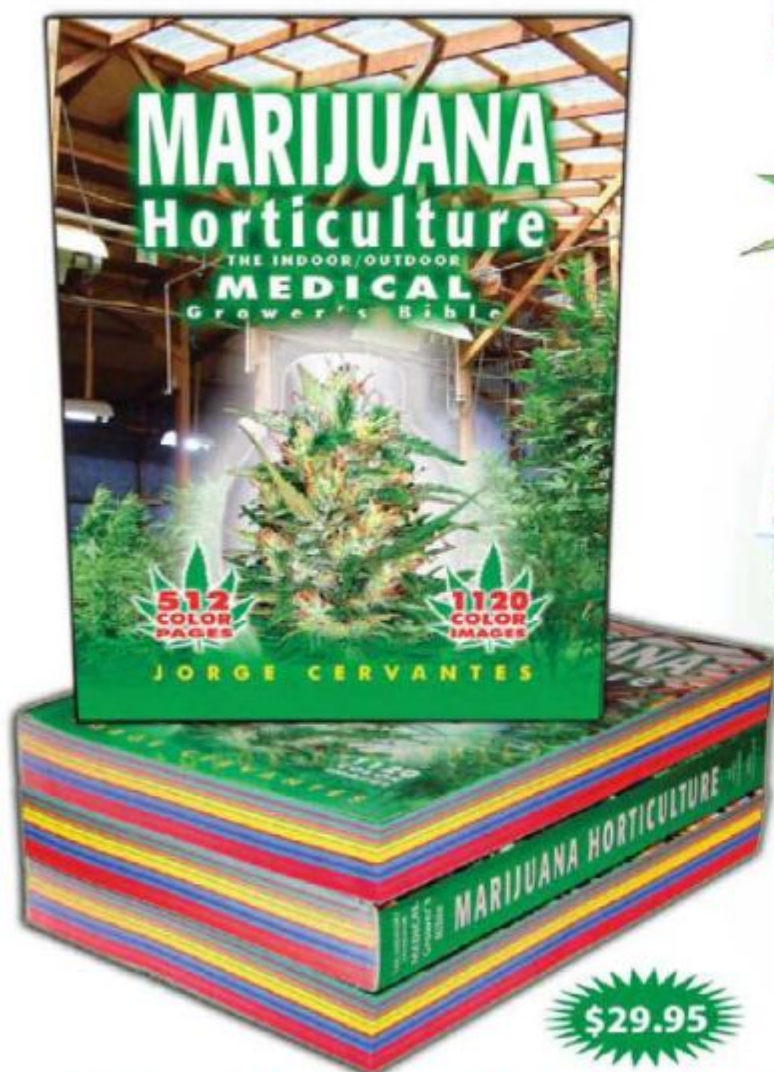
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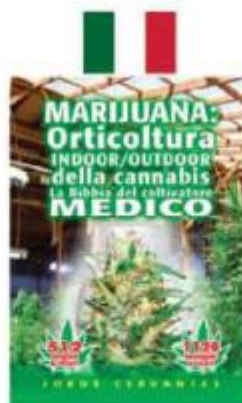
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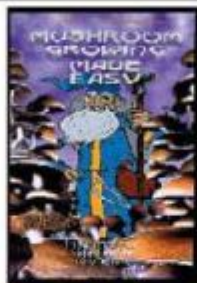
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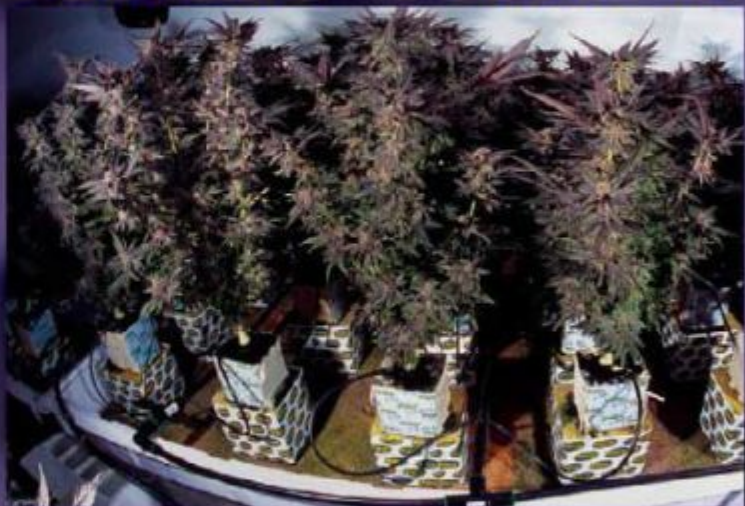
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GARDENING AND TECHNOLOGY EXPOSÉ

Nico visits North America's biggest indoor gardening expo to report on the latest and greatest in the world of cultivation. From nutrients to lights to crazy cloning technology, this article highlights the future of growing now.

THE MAYOR OF OAKSTERDAM

So you think school sucks? Well maybe you should check out Oaksterdam University, where you can learn all about your favorite plant. From the political to the botanical, classes on cannabis are being held right now in Oakland, America's most pot-friendly city. Founder Richard Lee sits down with HIGH TIMES for an in-depth interview.

CALIFORNIA CANNABIS KINGS

Winslow and Abraham Norton, two brothers in their early 20s, ran the largest medical cannabis club in history. They had a permit from the county, paid millions of dollars in taxes, yet in 2007 they were raided by the feds and are now facing charges that could put them in jail for 40 years. Were the Nortons guilty of anything other than their own success?

CANADIAN SEED CROPS

Deep in the remote wilderness of Vancouver Island, Canada's pot breeders are busy creating millions of high-quality cannabis seeds for the marijuana growing market. Danny Danko ventures into the Great White North to investigate outdoor seed-breeding fields for an inside look at clandestine pot production on a massive scale.

HALLELUJAH FOR CALIFORNIA'S HARVEST!

It's that glorious time of the year when the whole world seems fresh and green—especially if you're in Northern California! Senior editor Dan Skye visits the Emerald Triangle to see what's happening in the countryside. He's sure to experience some *high* drama!

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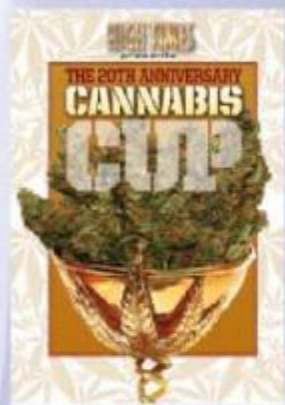
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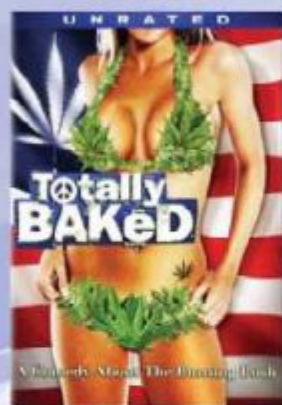
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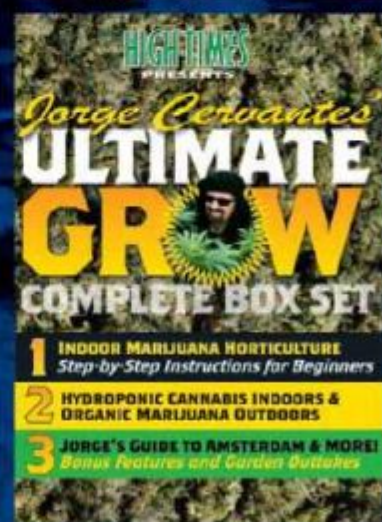
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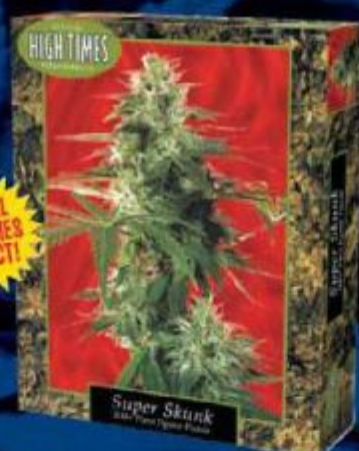
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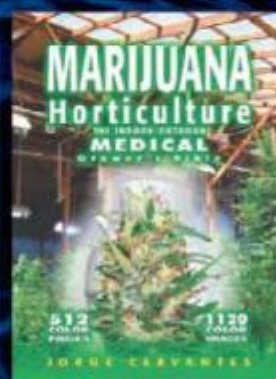
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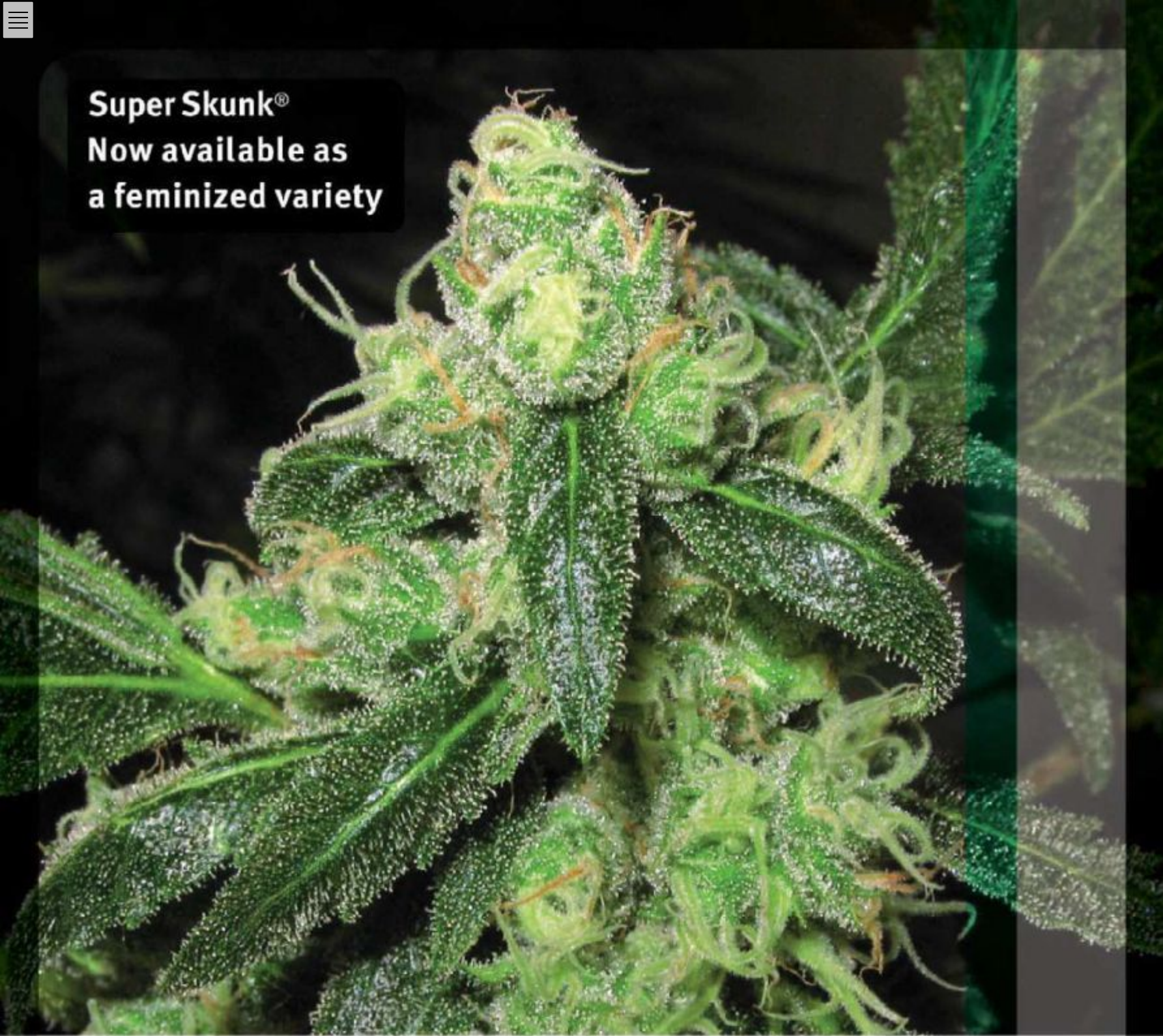
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