



JORGE'S NEW GUIDE TO SEEDS

HIGH TIMES

HIGH TIMES

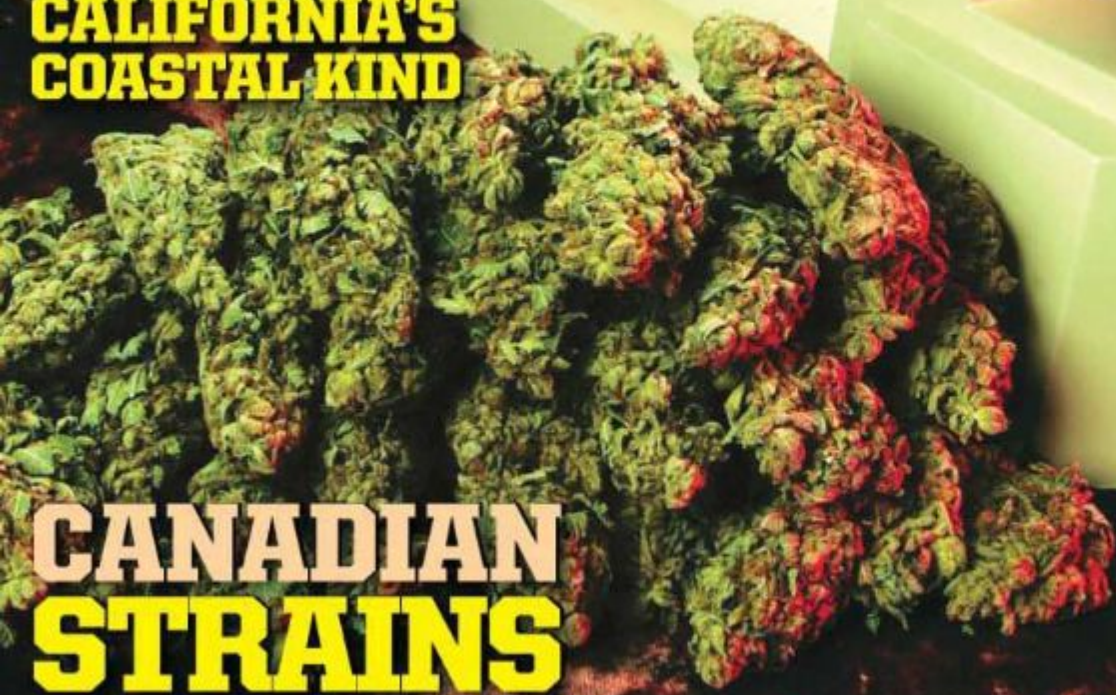
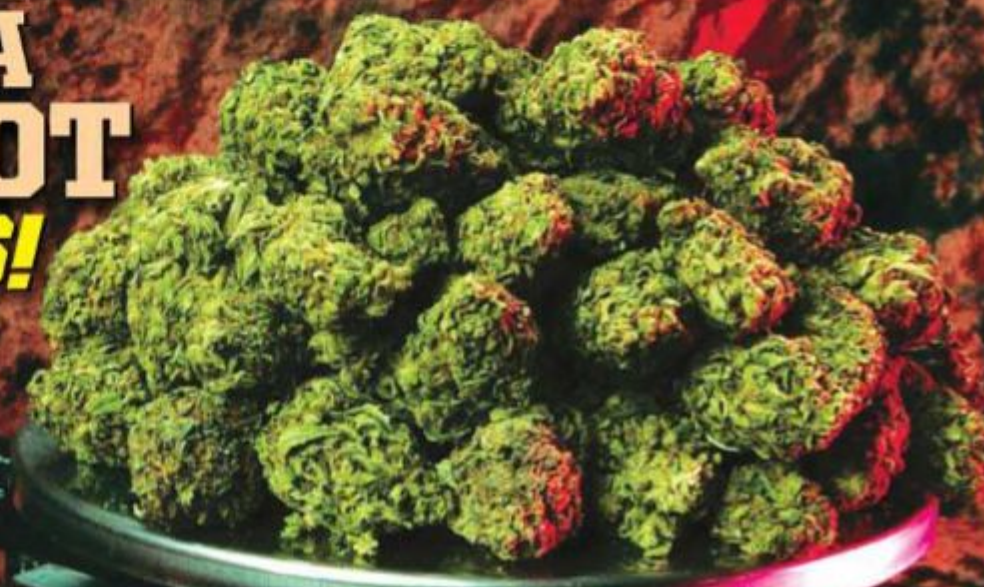
JUNE 2009

HOW TO GROW A POUND OF POT EVERY 3 WEEKS!

BIG BUDS

CALIFORNIA'S COASTAL KIND

CANADIAN STRAINS IN SPAIN



MICHAEL PHELPS THE INSIDE STORY

B-REAL BUDDHA MASTER

JUNE 2009
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Tired of pH Pens and Complicated Feed Charts? Amazing Breakthrough Uses New pH and PPM Technologies So You Can Throw A

Have you had enough of all those mind numbing complicated feed charts, schedules, pH-PPM pens, meters, different feed rates and all kinds of other hard to figure out gadgets? It's messy. It's time-consuming. It's virtually impossible to figure out, let alone get it right. Plus, all those bottles of calibration solutions, pH-up, pH-down chemicals and the tiny holes they burn into your shirts and pants.

You've been frustrated asking: "Hey, will somebody just give me a fast, easy and simple to use bigger yield getting nutrient flowering system?"

Advanced Nutrients listened to you. The answer is yes. You'll find out how in just a minute.

But first a little about the charts, schedules and programs. Heck we invented the things to begin with, and since then all the other nutrient companies have got in line and followed like a shadow with their own feed charts and take on things. This whole nutrient thing has gotten out of hand, and a whole lot more complicated. We never intended for it to get this way. We had created an industry wide monster and had to make things right... because there had to be an easier way.

Now You Have the Nutrient Flowering System You Asked For

When we decided to create the world's easiest to use and most powerful flowering system, it was important that we get it right. So we interviewed hundreds of growers worldwide, just like you, to find out exactly what you wanted from your hydroponics nutrients.

And guess what? It was back to work we went. We gathered up the team of 12 scientists with their army of research assistants and "worked our butts off" over the next 33 months, reworking everything from the ground up and made it purpose-built to give you a continuously bigger yield producing punch than ever before, streamlining your workload. That's why you'll certainly appreciate the Bigger Yields Flowering System. It takes all the guesswork out of you getting the biggest yields, no matter what level of gardener you are.

Think about it, a Flowering System that will give you...

- Proven Bigger Yields
- Potent, Easy Mix & Use Formulas
- New, Powerful, Flower Fattening Formulas
- Formulas That Work Together for Your Biggest Yields
- A Driving Push that Flowers Your Plants to Their True Genetic Potential
- pH-PPM Perfect - No More Balancing Your pH and PPM Ever Again!



Finally Someone Who Gets It

Never being one to get in over my head, I've always kind of stuck with a base nutrients two-part and a bloom booster. My friend said I'd see bigger harvests using your System. But I was scared it would make more work for me. But when I looked at your System I realized you guys really understand what its all about and have it all figured out. So I got two Bigger Yields Bundles (Hobbyist and Expert) and put them together like the chart says, along with the new Sensi base. Not only was mixing this stuff easier than ever, but I didn't have to pH it and I also found that the plants grew quicker and the bloom time was shorter but a larger harvest. Your system worked better than expected. Much thanks for getting it right.

Mark, from Gainesville, Florida

From Hamburger Millionaires to Bigger-Harvest Hydroponics... How You Can Use the Time-Proven-Power of a "System" and Get Your Bigger Yields Advantage "Right Now"

Ever wondered why so many savvy people spend millions of dollars to buy a McDonald's franchise?

I realize you're probably saying to yourself right now, what the heck does this have to do with me getting bigger yields? Just hang with me for a few moments and I will explain it all.

It's because the McDonald's system is powerful, consistent, simple and so comprehensively effective that owning a McDonald's franchise is literally a license to print your own money.

And that's not all, even first-time business owners make big bucks running the McDonald's system. Because the entire well being of your business has been thought out and everything your business needs is taken care of for you. All you do is follow the system and harvest your big piles of cash.

What does all this have to do with you? The Bigger Yields Flowering System provides a rock solid complete, consistent and comprehensive system that automatically takes care of your entire plant for you at every stage of growth, from its roots to the very top of your flowers and everything in between.

Stop and imagine what it would mean to you to walk into your garden and see the kind of crops you've always known were possible and always dreamed of.

Big fat juicy harvests with towering buds, so sweet and succulent that when other growers see pictures of your crop they say "damn what the heck did you do" and when your friends and customers look at your finished product and take those long intoxicating smells... they'll have that look on their face, which says it all.

New Breakthrough

5 in 1 Amino Acids

Sensi Bloom and Grow-Micro-Bloom level with these extra products to give you...

Look, the system automatically takes care of your entire plant

Get the Stack!™

Start Stacking your Bigger Yields Bundles for Even Bigger Yields

Hobbyist Bundle

Buy 3 ... Get 1 Free

+11% guaranteed increases

Expert Grower Bundle

Buy 2 ... Get 1 Free

+19% guaranteed increases

Professional Grower Bundle

Buy 2 ... Get 1 Free

+ guaranteed increases

rough "Brain-Dead-Simple" Flowering System Away Your Pens and Meters Forever!

Announcing: The Bigger Yields Flowering System™

Here's how the Bigger Yields System will continually deliver your dream harvests...

Amped-Up Base Nutrients, Special Supplements and the Simplest Bigger Yields Flowering System Ever Devised!

You told us you wanted to spend even less time and fuss in your garden while getting still bigger harvest rewards. So we developed the System to have a bold and broader range of nutrient availability than you'll ever find with any other company's nutrients.

How did we do it? The Bigger Yields Flowering System nutrients are coated with multiple sources of unique and powerful compounds, causing your Macro and Micro nutrients to become powerful microscopic magnets attracted to your plant's roots.

These coatings give your nutrients tremendous flexibility to work at an extremely wide pH range. Opening up your plants cellular floodgates to rapidly inhale everything you feed them so they steadily make larger and fatter flowers to give you branch-bending-bounties.

Imagine Never Again Having to Check and Adjust pH

rough Formula



now contain & combine at a higher
ve you even Bigger Yields Guaranteed

Let me be a bit more specific... the Bigger Yields Flowering System has a proprietary technology called pH-PPM Perfect that automatically puts your nutrient solutions pH and PPM into the "sweet spot" for optimum growth and flowering, and it's built into every growing level of the Bigger Yields Flowering System eliminating you having to fool with pesky pH meters and PPM calculations.

Here's how easy it is: if the water you use to mix your nutrients has a pH between 4.5 and 8.5 pH (and that's pretty much everyone's water) then you'll never have to balance your pH or for that matter ever add a single drop of pH up or down to your reservoir.

And how about never again having to remember complicated measuring and application data?

Well, we heard you. All the base nutrients have been standardized at 4 ml per liter, so mixing and use is ridiculously easy.

Now get this, all the supplements have been standardized as well. You only need to mix 2 ml per liter. In fact it's this way for all the supplements used in all four of the growing levels: Hobbyist, Expert, Professional and Grand Master with each level "stacking" on top of each other, then you choose your base nutrients, and away you go, that's how the Bigger Yields Flowering System works. Incredibly simple, isn't it?

Who Advanced Nutrients Is NOT For

Our nutrients are certainly not for everyone...only growers who want to see a difference and take their gardens to the next level, growers who want to really increase the quality of their product and get bigger yields. Advanced Nutrients is not the right fit for those people who...

- **Are Looking for Cheap Nutrients and Could Care less What Goes Into Them** – Advanced Nutrients cost more because you get more: High quality and bigger yields, but in order for us to give you that it cost us a lot of money. We use premium ingredients and run a full blown research staff of 12 PhD's, full tech support and a 100% guarantee on all products.

- **Don't Take Pride in Their Crop** – If they don't care about the quality, appearance or outcome of their harvest. They can look elsewhere. Because everything Advanced Nutrients does is all about our pride in carefully crafting products for growers that do just that: Create off-the-chart quality, pristine appearance and bigger yields.

- **Don't Have Compassion For Their Fellow Man** – If they're not willing to give a helping hand to people who are in need of their assistance or expertise. Then listen up: Advanced Nutrients gives all the time. We've donated hundreds of thousands of dollars in nutrients and equipment over the years. Obviously giving is the right thing to do.

No Dinosaurs Allowed: Unleash Your Plant's True Genetic Potential and Get 9 Products for the Price of 4

It's now really easy for you to realize the fact that your grower friends are stuck in the "old hard way," formulas and charts that, well... qualify as dinosaurs. Not you though because you'll be using new state-of-the-art flowering technologies and five brand new hydroponics industry breakthroughs that like a world class athlete, will push your plants to their true genetic potential.

Even Better, you'll save more money with the new Bigger Yields Flowering System when you buy the all new 5 in 1 Sensi Bloom or Grow-Micro-Bloom base nutrients along with the Hobbyist Bigger Yields Bundle™. Because it's, exactly the same as getting **9 products for the price of 4**, Sensi Bloom or Grow-Micro-Bloom base nutrients now contains and combines at a higher level the award winning products H-2, F-1, Wet Betty and a special blend of Amino Acids when you buy the Hobbyist Bigger Yields Bundle which contains Big Bud, Voodoo Juice, B-52 and Overdrive, you'll also get the **Overdrive for Free**.

Actually we do mean it when we say award winning products and breakthrough technologies. Let me explain, and these are absolute facts, we're not trying to brag or anything like that (well ok...maybe just a little), and because you're probably not aware of these facts, and of course they're important ones when you're buying the Bigger Yields Flowering System.


- **Advanced Nutrients has won every major growing competition in the world, no other nutrient company has even come close to our continuing string of victories.**


- **Advanced Nutrients is the hydroponics industry's "technologies leader" responsible to date for 31 technological breakthroughs and patents that has elevated the science of hydroponics for the entire industry and made your growing easier and more profitable, including the five new pioneering technologies employed now in the Bigger Yields Flowering System.**

Anyway, back to what I was saying, here's the deal. At the Expert Grower Level you get Final Phase for Free. The Professional Grower Level gives you SensiZym for free and at the Grand Master Grower Level you'll receive your Rhino Skin absolutely free.

So go right now and ask the store owner or one of the staff to show you the Bigger Yields Flowering System and remember to ask for your Bigger Yields Bundle. As you have clearly discovered getting bigger yields and bigger savings has never been so easy. Enjoy.

To watch pH-PPM Perfect technology in action go to:
www.advancednutrients.com/ph-ppmperfect

 Advanced Nutrients US:
1625 Heritage Street, Suite 104
Woodland WA, 98674 USA

 Advanced Nutrients Canada:
#109-31063 Wheel Avenue
Abbotsford, BC Canada V2T 6H1



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increases

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Grower Bundle**



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guaranteed
increases

BC BUD DEPOT

SEED LIST

PRICES FOR 12-SEED PACKS:

Indoor / Outdoor

- BC God Bud \$90
- The Purps \$90
- BC Sweet God \$90
- The Black \$75
- BC Hash Plant \$75
- Northern Lights \$75
- BC Mango \$75
- BC Arctic Sun \$75
- Blue Buddah \$75
- BC Sweet Tooth \$75
- BC Blueberry \$60
- BC Champagne \$60
- BC Kush \$60
- Purple Afgani \$60
- Lasqueti Haze \$60

Feminized

- BC God Bud \$125.00
- Original Blueberry \$125.00
- BC Hash Plant \$125.00
- BC Sweet Dreams \$125.00
- BC Skunk #1 / NL \$125.00

Indoor

- BC Chronic \$75
- UBC Chemo \$75
- BC Love Lettuce \$75
- White Widow \$75
- Merville Blueberry \$60
- BC Big Bud \$60
- BC Albino Rhino \$60
- Indoor Mix \$50

Outdoor

- Sweet Island Skunk \$75
- Texada Timewarp \$75
- Saturna Sativa \$60
- Redonda Red Hair \$60
- Eggmont Outdoor \$60
- BC Purple Star \$60
- Outdoor Mix \$50

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1012 SE Amsterdam
The Netherlands

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3) Secure online shopping! Visit

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THE PURPS

The latest in our line of Cannabis Cup award winners!

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INTRODUCING:

THE BLACK



A newly-stabilized BCBD seed release, this black beauty is an epic yielder with a pleasing flavour and a potent narcotic stone. It is fast becoming a favourite addition to gardens large and small.

GROW YOUR OWN JOB!

"Gardening is civil and social, but it wants the vigor and freedom of the forest and the outlaw."

—Henry David Thoreau

In tough times, Americans have always turned back to the earth for sustenance and salvation. Farming on the frontier ensured enough stored goods to get through brutal winters, and victory gardens reduced the stress on chow lines during World War II. Growing your own is sometimes the only way to be sure you've got a quality product, free of salt buildup and pesticides—fit for medicinal and conscientious consumption.

With this in mind, we're presenting an unprecedented grow article this month, with step-by-step instructions on how to create a perpetual pot factory ("Grow a Pound Every Three Weeks," page 50), not to encourage profiteering, but to prove the old adage that cultivation can be a political act. No matter where you live, growing your own and sharing it with friends reduces the dependence on foreign sources and black markets that don't always have our best interests in mind.

We've also packed plenty of other great articles into this issue, including Jorge Cervantes' guide to seeds and germination, Nico Escondido's tale of his journey into the heart of the Big Sur grow scene, and Jay Generation's ode to growing Canadian strains under the bright sunshine of Spain.

We at HIGH TIMES want to know what you, our readers, think about our magazine. Please take a moment to check out the new reader survey online at hightimes.com/readersurvey. Filling out this simple form provides us with info on what you like or don't like about HT. It's your chance to interact with us and help us fine-tune the magazine. We want to know exactly what our readers are looking for, so please fill it out and let us know!

kindest Regards,

Danny Danko
Senior Cultivation Editor



A pound in the hand is worth two on the bush.

FREEBIE

HIGH TIMES

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HIGH TIMES



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features

34 THANK YOU, BIG SUR, MAY I HAVE ANOTHER?

By Nico Escondido

Growing fine herb in California is more than just a pastime—for many people, it's become a way of life. In this in-depth look at one family grow op, Nico describes the superb hydro techniques he finds there and offers a much larger picture of what remains, to many Americans, a completely different world. This is California's central coast, its heartland, and it's also our great hope for what is still to come.

40 JORGE CERVANTES' GUIDE TO SEEDS AND GERMINATION

Great plants start with great seeds, and taking care in the earliest stages of growth ensures success down the road. In this excerpt from his latest book, *Marijuana Grow Basics*, our celebrated grow guru covers everything you need to know about seeds, including acquisition, germination, planting, storage and seedling care.

50 GROW A POUND OF POT EVERY THREE WEEKS

New cannabis correspondent Stinkbud reveals his methods for achieving a perpetual harvest that will provide a year-round supply of the highest-quality buds on the planet. Bonus: Step-by-step instructions on how to achieve supercharged aeroponic flowering.

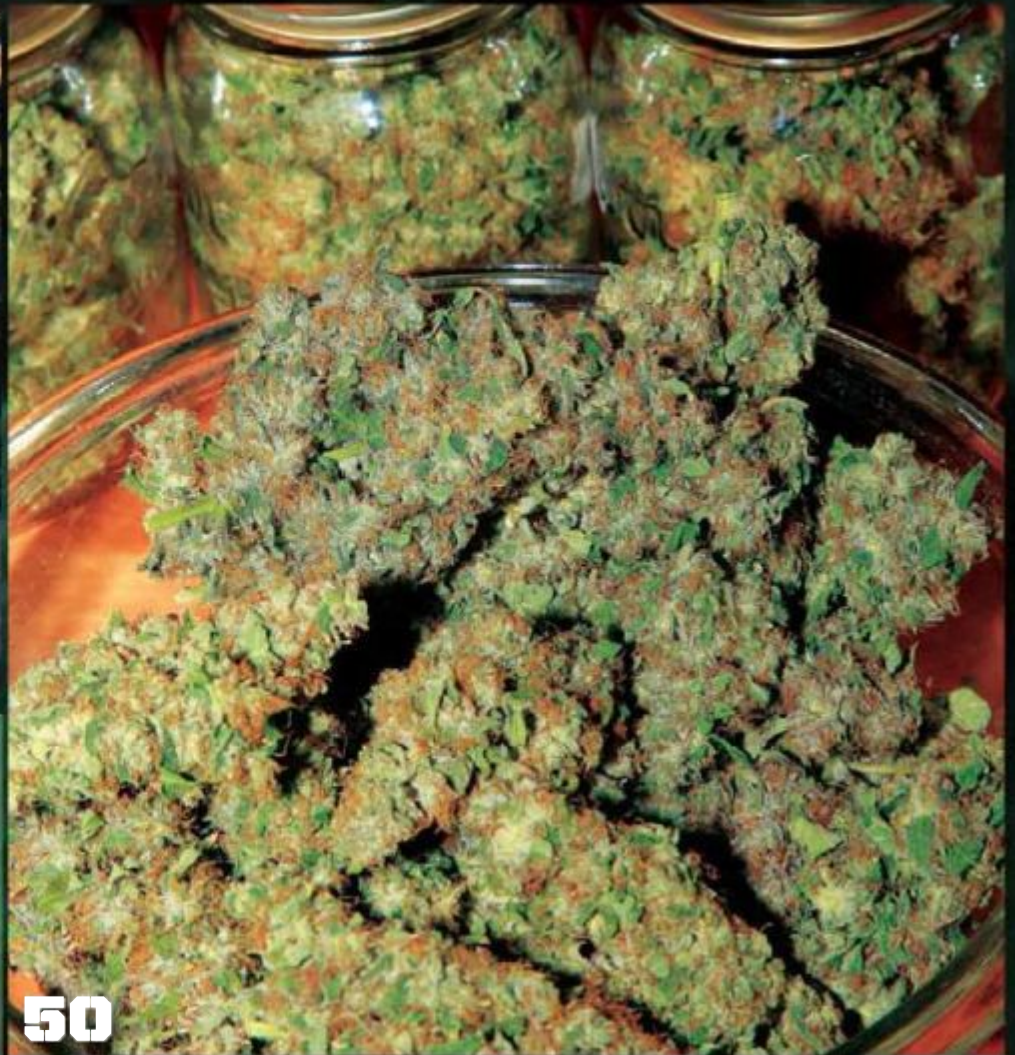
64 EXPLORING THE MIND-BENDING WORLD OF SALVIA DIVINORUM

By David Jay Brown

Until recently, this powerful hallucinogenic plant was relatively unknown. Although its effects are not unlike DMT's, salvia is no party drug.

72 THE HIGH TIMES INTERVIEW: RICK DOBLIN

As head of the Multidisciplinary Association for Psychedelic Studies (MAPS), a "nonprofit psychedelic pharmaceutical company," Rick Doblin has dedicated his life to legitimate scientific research into MDMA, marijuana, LSD and other controversial drugs. Doblin talks with HIGH TIMES about his "high hopes" for psychedelic research during the Obama presidency.



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EDITED BY DAN SKYE

New Drug Czar; Zach Cregger; Transplant insanity; Coffee highs; Easter Bunny busted; Testicular cancer; 420 All-Stars; Ralphie May; Green T-shirts; Bogus buds; California's good life; The saga of Michael Phelps; B-Real vs. the Birthday Cake; Chesa Boudin; Reviews; Vaporella; Miss HT; Almost Infamous; Brain Damage Control.

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EDITED BY DANNY DANKO & NICO ESCONDIDO

Pix of the Crop; Cannabis Clinic; Munchies; NORMLizer; Ask Dr. Mitch.

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116 pot 40

COVER: KENT SEA STRAINS: OG KUSH ON THE SCALE: SOUR CALI D CENTERFOLD: FREEBIE STRAIN: GRAPE KUSH

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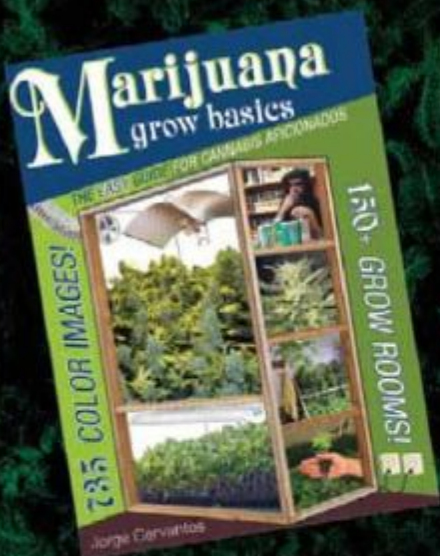
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CANNABIS CUP

This year was my first time in Amsterdam. Every fucking quid I paid was worth it! The greatest time of my life!

Roy1ll

I went to the Cup this year. I was a judge and all, but I was so damned stoned that I forgot to vote. Glad to know that my vote would have gone to Super Lemon Haze, though. The judge's pass was worth it: It's like a fat VIP ticket to everything at the Cannabis Cup.

tito

The one great thing about the Cup is that there are often legitimate activists there. These days, there aren't that many huge events except out west, for the most part. But I think there are also narcs at the Cup who are just praying to have growers talk about their growroom "back home," etc. Just wait till they get home! Tip: Do not talk about your growrooms at the Cup!

fred-manor-man

CANNABIS CLINIC

I wanted to thank you for providing the Cannabis Clinic section of the magazine. I'm a new medicinal user, and enjoy reading about medical strains and other pertinent information regarding medical marijuana. I've just completed the "Sativa vs. Indica" article written by Nico Escondido, and I have to say it was very informative. I appreciate everyone at HIGH TIMES for the great articles, wonderful photographs, and your deep dedication to a plant that I rely on to eliminate constant pain.

Bryan

SAVE EDDY LEPP!

I was hoping to see an article in an upcoming issue of HIGH TIMES about Eddy Lepp and his current situation and how it might be different if the Obama administration were to do something about the conflicts between state and federal law. Eddy Lepp is a hero to me and, I'm sure, to many other readers of HIGH TIMES. I think if people were to know what's happening to him, they might feel more obligated to help Eddy. And they might also feel more obligated to do something about the continuing malicious crackdown by the federal government against medical marijuana.

Anonymous

MORE THMQ

Please make THMQ bigger, and you should bring back the LSD market quotations—back in the day, you used to list LSD prices. Anyways, love the mag!

PeacePotMicrodot



NO HIGH TIMES IN SOUTH AFRICA

There is currently no one distributing HIGH TIMES in South Africa, and it is thus rather difficult to get hold of. We have a large smoking community due to our great growing climate (and the fact that everyone loves to get high), and I know that your magazine would sell like Purple Haze at a Jimi Hendrix concert.

Nic

Please spread the word and let everyone know that they can get a subscription to a digital-download version of the magazine at hightimes.com/digitaledition.

FRUSTRATED IN FLORIDA

About six years ago, I moved to South Florida and lost my ability to find herb! Just why isn't it that easy for someone like me to find herb in South Florida, you ask? Because most of the old farts here drink, drink, *drink!* I wouldn't know who it's safe to ask—I don't want to ask the wrong person and end up getting arrested!! Also, I can't believe that smoking pot is such a big deal with the cops here in Florida!! Please share my frustration—I'm sure there are many other baby boomers here that feel the same way I do! It really sucks to only be able to catch a buzz once or twice a year when I visit my buddy in Virginia.

Frustrated Old Fart

Have you considered a small closet grow operation?

REPUBLICAN FOR LEGALIZATION

I haven't smoked pot in years—primarily because it's illegal—but I fully support it being at least decriminalized, if not fully legalized.

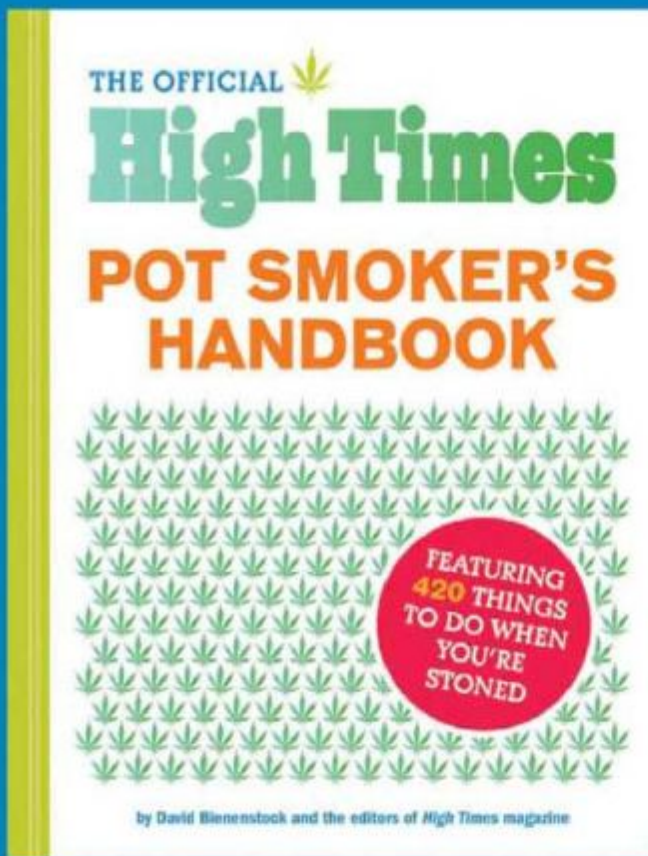
I saw you [Sen. Ed. David Bienenstock] on *Fox and Friends* this morning, and despite the fact that I'm a Republican, the hypocrisy of the right was very clearly demonstrated by you, and for that, I thank you. It's a states' rights issue, and if politicians truly gave a rat's arse about states' rights, regardless of their personal views on marijuana, they would see it as such. Unfortunately most politicians are only about states' rights only when it's convenient for them, as you clearly demonstrated was the case.

Anyway, thank you for going on the show and exposing the hypocrisy. Like I said, I don't partake of marijuana anymore, but assuming you do, smoke some for me.

A right wing conservative evangelical Christian

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DON'T GET HIGH WITHOUT IT!



THE OFFICIAL **High Times** POT SMOKER'S HANDBOOK

FEATURING 420 THINGS TO DO WHEN YOU'RE STONED

By David Bienenstock and the editors of *High Times* magazine

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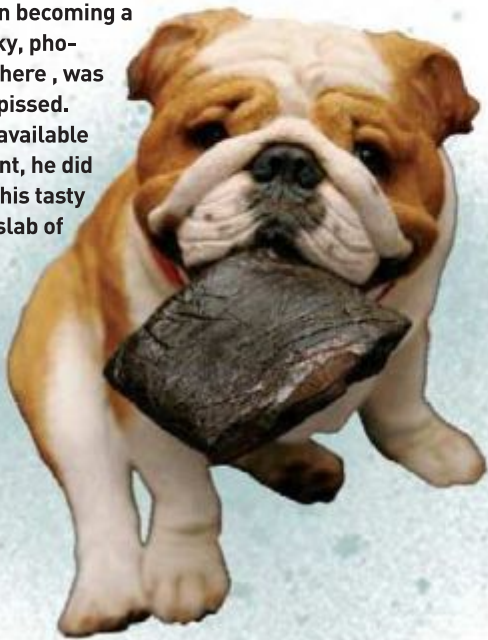


CHRONICLE BOOKS

HASH HOUNDIS

In late February, at Pearson International Airport in Toronto, a Labrador retriever named Cinder working for Canada Border Services Agency sniffed out 170 kilograms of hash hidden in a shipment of dishes. Authorities said the haul was worth \$3.4 million and had most likely been shipped from the Middle East.

But not every canine was happy with one of their own becoming a narc. Sparky, photographed here, was especially pissed. Though unavailable for comment, he did pose with this tasty 500-gram slab of heavenly hashish to show his higher breeding.



DR. JEKYLL & MR. COFFEE

Apparently, high caffeine users are exactly that: *high caffeine users!*

According to a study conducted by Durham University in the UK, people who drink a lot of coffee, tea or caffeinated energy drinks are more likely to report hallucinatory experiences, such as hearing voices or seeing things that are not there. High caffeine users were defined as those who consume more than seven cups of instant coffee a day or the equivalent, or who eat lots of chocolate or take caffeine tablets to excess. Researchers believe that caffeine may exacerbate stress levels in heavy users to the point where some participants in the study—which was published in the academic journal *Personality and Individual Differences*—even reported sensing the presence of dead people.

Actually, that's not so weird. Ever been in a Starbucks?



Zach Cregger is hoping for bigger things than this bong with *Miss March*.

ZACH ATTACK

Zach Cregger says that growing up was a religious experience for him. "I was a virgin in high school by choice, and I preached abstinence to kids," he recalls. "I went to church like five times a week and led a disciple group."

However, viewing his body of work since then, one can reasonably conclude that he's pretty much left that life behind. Zach, now 28, is one of the creators of *The Whitest Kids U'Know*, which airs on IFC, and suffice it to say that God is not a cast member. Zach and the other members of the eponymous comedy troupe—Trevor Moore, Sam Brown, Timmy Williams and Darren Trumeter—are responsible for some of the most outrageous laughs on TV today, making *SNL* look as creaky as it actually is. Now Zach and Trevor are putting their pleasantly fractured view of the universe on wide display in *Miss March*, a new feature film they co-wrote

and co-directed, which chronicles what happens after a straight-arrow high school student wakes up from a coma and discovers that his girlfriend has posed nude for *Playboy* and is now hanging out at the Playboy Mansion with Hef.

Zach admits that the script is somewhat autobiographical, but the challenge was going beyond the usual stale teenage-road-movie clichés. He and Trevor accomplished this by suffusing *Miss March* with the wicked comic perversity that consistently characterizes *Whitest Kids*, including a searingly funny pot-smoking scene starring Craig Robinson of *The Office*.

Like many comics, Zach prefers to avoid smoking pot before performances—"I tend to second-guess myself"—but as for toking during the writing process: "Definitely. It helps getting things down on the page," he says, before adding: "My sense of humor is pretty surreal to begin with."

Opened March 13. Also starring Raquel Alessi and Cedric Yarbrough.

TOKING & TRANSPLANTS

Marijuana users—including medical-pot patients using the drug legally—are being denied organ transplants even when they're facing death. Last year, this issue finally had a tragic spotlight cast on it when Tim Garon, a 56-year-old Seattle musician suffering from hepatitis C, died after being denied a new liver at the University of Washington Medical Center. His rejection was due in part to his use of medical marijuana to treat hep C, despite his full compliance with Washington state law. (In a bitter footnote, Garon's son, Lennon Garon, is facing trial for growing the pot his father used—the very medicine that cost Tim his shot at receiving a life-saving liver.)

Maybe Garon just wasn't rich and famous enough. Grateful Dead bassist Phil Lesh received a new liver in '98, even though his own hep C was the result of hard partying. (In Lesh's defense, at every concert he now appeals to fans to become organ donors.) And the late Papa John Phillips got a new liver in '92 despite years of drinking and drug-ging—and was photographed boozing soon after.

Doug Hiatt, the attorney for Tim and Lennon Garon, calls the procedure for choosing organ recipients a "star chamber" (i.e., a legal or administrative body making arbitrary decisions and operating in secret)—one that awards the organs to upper-middle-class whites who conform to particular values. For example, this organ transplant bias is also enforced against the homeless.

Solutions? Grassroots efforts are now afoot to reform this warped process, and articles appearing in medical journals in Canada, Europe and even the US have concluded that there is no rational basis for restrictive transplant policies directed against cannabis users, since no evidence has been found linking pot to organ damage.

If America really is "the land of change" these days, maybe this issue will finally get some desperately needed attention.—Mark Miller

SURF CITY SNIT

Although surfing and pot have been linked since the first dude ever stood up on a board, that wasn't the case at last year's US Open of Surfing in Huntington Beach, CA. The Orange County chapter of NORML protested after being refused a booth. But James Leitz, the executive producer of the event, said an application for a booth two years ago, which NORML shared, had been less than honest about its intended purpose. When questioned about last year's controversy, Leitz said, "This really shouldn't be an issue. Any organization that has a responsible message should be heard. We just expect people to approach us in an honest and forthright manner."

Sounds like great waves for everyone—we hope.
July 17-26. Visit usopenofsurfing.com.



ANGELS ON OUR SIDE

As we go to press, 2009 continues to be a watershed year for cannabis. The Obama administration has stopped the federal raids on dispensaries, while many state legislatures including New Hampshire, New Jersey, and Iowa are in different phases of addressing medical pot. Every major media outlet has touted the projected tax benefits of legal pot. More importantly, every community in America is recognizing the common sense legalization makes. In the midst of this grinding recession, hope reigns. Working for legalization means working to improve the economy which means working to better America. Support your Global Marijuana March wherever you are on May 2. Go to globalmarijuanamarch.org.



EASTER BUNNY BLUES

One of the world's most revered children's icons has been caught smoking a glass bong—a scene so potentially damaging that his career as a holiday superstar may be in jeopardy. The legendary hare, whose popularity is second only to Santa Claus, was spotted knocking back shots and chugging beers at a rabbit hutch party on April 20th, the infamous holiday for marijuana smokers. "He grabbed the bong and a lighter and knew exactly what to do," a witness said.

The Easter Bunny has delivered millions of candy eggs worldwide on the night before Easter for decades. But the scandal could be a major buzzkill. Prominent chocolate companies are demanding an apology, while the Catholic Church has already dropped him as a spokesrabbit.

Like Michael Phelps,
a hero disappoints
the world.



GREAT BALLS O' FIRE

"Smoke pot, get testicular cancer!"—or so says the mainstream media. In February, researchers at the Fred Hutchinson Cancer Research Center in Seattle reported that heavy, long-term cannabis use is associated with an elevated risk of testicular cancer. National and international media outlets—over 750 of them, according to a Google news search—jumped ugly on the story, proclaiming that tokers can kiss their balls goodbye.

Fortunately, potheads have little reason to panic. According to the study, which matched 369 men with testicular germ-cell tumors and 979 controls, chronic use of marijuana may potentially elevate one's risk of contracting an extremely rare form of testicular cancer known as nonseminoma. (By contrast, the study reported that subjects who reported having "ever used" marijuana did not have a statistically significant increased cancer risk.) Investigators noted that this observed association was particularly significant for current users who started smoking pot prior to age 18.

The only problem with the study is this: According to the US government, at least 15 million Americans use pot regularly—our bet is that the total is actually far higher—but very few men are diagnosed with nonseminoma. In fact, according to the study's authors, nonseminomas account for less than one half of 1 percent of all cancers among American men. Moreover, rising rates of cannabis use among the general public do not correspond to rising rates of testicular cancer.

"These researchers have an association that they've picked up on, but it's a weak association," UCLA professor Steve Shoptaw told news.health.com. "The bottom line is that I would not start warning my marijuana smokers that they are going to get testicular cancer."—Paul Armentano

FAKE AND BAKE

Wanna fool your friends, as well as teachers, cops, bosses or any other tight-assed authority figures in your life? Check out the incredibly real-looking specimens of cannabis art from Bogus Buds. They're ceramic, so you can't smoke 'em ... but you can drool! Order them framed, loose or in special wreaths for the holiday season.

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this month in

SHOWBUZZ

POT RAP

In a January interview with CBS's Katie Couric, Lil Wayne came up big for pot, which he claims he uses for medical reasons: "I will stand up for marijuana any day I'm a rapper. That's who I am, Miss Katie, and I am a gangster and I do what I want. And I love to smoke. And I smoke."



Lil Wayne schools Katie.

WAFFLES ARE AWESOME

Comedian Ralphie May shares some rather definitive evidence that smoking pot is highly preferable to boozing it up.

When did you first smoke pot?

I was at a party in the woods—a redneck party—and there was a guy named Perry sitting on five kegs, monitoring them and being a douche bag because he bought everything. I came up with my cup, and he told me to get out of the way. There were some long-haired dudes about 25 feet away, and they took me aside and said: "Man, we saw what happened—that's bullshit! Try some of this." I smoked a little with them and had a phenomenal night! By the end of that party, Perry was passed out and all his buddies were taking turns teabagging him.

Teabagging?

Where they dip their balls on a dude's face in an up-down motion à la a tea bag. They took pictures, and it fuckin' scarred me for life. Drunk people are retarded. You never get balls on the face with marijuana—me and my new friends went and had pancakes.

What I want to know is, how come I'm not up for Stoner of the Year? This is an outrage!

You win Stoner of the Year for a film role.

I did the Cheech & Chong roast, okay?

I want them to make another movie so bad—have 'em open a medical-marijuana dispensary and have Sgt. Stedenko bust them. Get Tina Fey to play the fucking federal DA. Cheech & Chong took the stigma away from the reefer-madness lies that people were taught. Like if you didn't really know about weed, *Up in Smoke* kinda got you to a point where you knew it wasn't going to fuckin' kill you.

Some people really like it, and other people freak the fuck out.

Well, then they shouldn't be doing it! Those are drinkers! Go be a drinker! Go be a frat-boy fuckin' retard and get teabagged! Me, I want to get high and go have some waffles. Waffles are awesome! That's the moral of it.

—Steven Hager

Ralphie May loves his MJ.



FORGET SOMETHING?

In January, former Dallas Cowboys wide receiver Terry Glenn was busted for being intoxicated while allegedly walking naked through the hotel where he was staying in Irving, TX. Glenn, who missed most of last season with injuries, was also busted for pot possession—obviously, because he had no pockets.



Stoned man walking.

UNNECESSARY ROUGHNESS

Oakland Raider Justin Fargas made a cameo appearance in a promotional video featuring the Oakland-based rapper Yukmouth, who announces that he and a team of rappers will be competing in a pot "smoke-a-thon" sponsored by Jordan Tower Films. In the video, Yukmouth says that Fargas doesn't toke, nor is the running back listed among the competitors. But Fargas could still suffer league discipline, including drug treatment, since NFL players who exhibit "physical, behavioral, or psychological signs or symptoms of misuse or abuse" of so-called "substances of abuse" can be forced into a program. If that's true, those manic end-zone celebrations should be looked into.

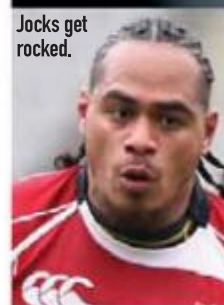
NFL hates a high-light film.



Jocks get rocked.

JAYONARA, STONERS!

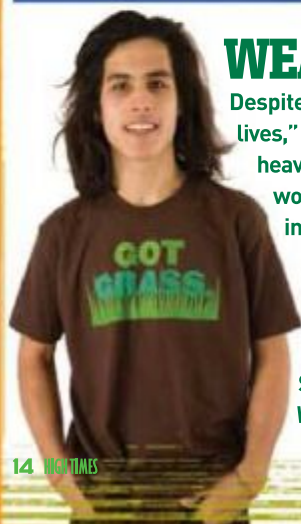
In Japan, two athletes recently got popped for pot. Christian Loamanu, a 22-year-old native Tongan member of Japan's national rugby team, tested positive for marijuana and other substances in January. Loamanu denied pot use, but was banned from playing in an upcoming league final. Also, sumo wrestler Shinichi Suzukawa—whose ring name is Wakakirin—was busted with 16 grams in Tokyo. His punishment was expected to be "severe."



WEARIN' O' THE GREEN

Despite industry promotions that gushily describe cotton as "the fabric of our lives," there's a dark side to the plant: Industrial cotton farming requires the heavy use of pesticides—in fact, it accounts for as much as 50 percent of the world's insecticide use—as well as dyes and other chemicals in the finishing process.

But now there's a solution. Companies like Green Changes have embraced organic cotton and non-petroleum inks in their apparel to reduce their carbon footprint. Green Changes strives to align itself with companies that buy, sell and use environmentally sustainable products. So if you've got something to sell or say on a T-shirt, do it the eco-way! Visit greenchanges.org.



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THIS ORGANIC LIFE

Jonah Raskin's journey in search of Northern California's best local food and wine.

By Elise McDonough



Part memoir and part journalistic foray, *Field Days* finds our occasionally absentminded professor waxing poetic about the landscape, the weather and the women, but also interviewing many farmers, migrant workers, activists, chefs and citizens involved in the burgeoning “local food” movement. With its roots in the '60s counterculture, the back-to-the-land crowd began producing fruits, veggies, meats and milk free from chemical fertilizers and pesticides back when the world equated “organic” with the ravings of out-of-touch cranks. Nowadays, however, organic food is a huge business, and many otherwise “mainstream” people have come to accept that “the hippies were right,” making organic foods the fastest-growing segment of the food market.

Organic food is a huge business, and many otherwise 'mainstream' people have come to accept that 'the hippies were right.'

During Raskin's year as a wannabe farmer, he becomes a “locavore,” spreading the gospel of local, organic, small and sustainable eating to everyone who will listen. He also meets plenty of farmers who got their start growing Northern California's No. 1 cash crop. One longtime local, a former Mendocino County official, puts it all in perspective: “Marijuana has revived this whole area [T]he growers are good capitalists. They grow marijuana better than the big corporations will ever be able to, and they do far more than grow marijuana. They raise organic beef, organic turkeys, raise sheep, and weave beautiful things with the wool. At Christmas they come into town with rolls of

A non-movable feast: Northern California's local organic produce includes some of the finest weed and wine on Earth.

bills that would choke a horse. The merchants love it.”

Perhaps someday Raskin will write a sequel about the emerging “local pot” movement, supported by pot smokers who want to be sure that their herb wasn't grown with petroleum-based synthetic fertilizers or doused with pesticides. Imagine a future where the increasingly legitimate market for medical marijuana in California helps save small-scale family farms, in turn supported by Prop. 215-approved medical-marijuana farmers' markets all across the state ✨

A year of farming, eating and drinking wine in California sounds like nice work, if you can find it—especially once you throw in a heaping handful of locally grown Kush. But, alas, *Field Days* isn't a book about marijuana. Author Jonah Raskin, a professor and chair of the communications department at Sonoma State University, instead sets out to document the lives of perfectly legal farmers involved in small-scale, organic agriculture in his own backyard: a legendary wine region described as damned near perfect by anyone lucky enough to set foot there.

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Michael Phelps's multimillion-dollar toké proved even costlier for eight innocent bong-standers—but it may have also planted the seed of future reforms.

By David Bienenstock

BONGS AWAY!

Will America's 15 million monthly pot smokers look back in the not-too-distant future and remember 14-time Olympic gold medalist Michael Phelps as the man who legalized marijuana? No. But the curious case of the swimmer who inhaled *will* come to symbolize the exact moment when our nation's long-suffering herbal enthusiasts finally realized their collective political power—and the march from there to de facto legalization may end up being a far shorter journey than anyone previously predicted.

The new algebra when it comes to marijuana policy starts at the top. For the first time in at least 30 years, the President of the United States appears willing to allow significant reform under his watch. Not that he'll be leading the charge. Asked on the campaign trail for his position, Barack Obama called medical marijuana "entirely appropriate" and promised an end to DEA raids on medical-cannabis providers in states with laws protecting them. But he also strongly indicated that he wouldn't use his personal "political capital" to push this issue.

"When we're trying to get health care passed or end the war in Iraq," Obama reasoned, "the likelihood of [marijuana reform] being real high on my list is not likely."

After the election, however, when the incoming administration launched change.gov to solicit questions from the citizenry, one query quickly shot to the top of the list:

"Will you consider legalizing marijuana so that the government can regulate it, tax it, put age limits on it, create millions of new jobs and create a billion-dollar industry right here in the US?"

Good question, but, unfortunately, a lot of stoners didn't like the unequivocal answer posted in reply:

"President-elect Obama is not in favor of the legalization of marijuana."

Doesn't exactly sound like "change you can breathe in," but then again, sometimes—even in a one-line answer—you've got to read *be-*



ILLUSTRATION BY LOUISA BERTMAN

tween the lines. So while Obama flatly stated that he does not support marijuana legalization, it's equally worth noting that he does not say he's *opposed* to it. Nor does he feel the need to trot out tired, long-discredited talking points like "think of the children," "gateway drug," "wrong message" or "higher potency."

And so the long-suffering marijuana community dutifully braced itself for four more years of hard work, with little help from above. But then, just two days after Obama's historic inauguration, the DEA raided a medical-marijuana dispensary in South Lake Tahoe, CA. With Bush-era leftovers temporarily heading the DEA, the Justice Department and the Office of National Drug Control Policy, the raid appeared timed to embarrass the new administration into maintaining the status quo.

Marijuana activists—burned by this latest injustice, but not surprised—hoped that the impending confirmation of Eric Holder as US attorney general would give Obama a new opportunity to make good on his promise to end the raids. On the very day Holder took office, however, the DEA struck again, targeting two more medical-cannabis dispensaries, this time in the Los Angeles area, seizing money and marijuana but making no arrests.

Meanwhile, just one day earlier, a photograph of Michael Phelps allegedly smoking ganja from a glass Roor bong had surfaced in a British tabloid, sparking a "scandal" that would soon spread to every corner of the globe. Hyped as a national hero (and dolphin hybrid) after earning a chestful of gold medals at the 2008 Olympics, the 23-year-old Phelps quickly became an unwilling poster boy for *Cannabis sativa*.

Predictably, the young athlete, fearing for his lucrative product endorsements, issued a public apology, and was subsequently suspended by USA Swimming for three months and dropped by Kellogg's as a cereal spokesman (see sidebar). All that remained was for someone in the Drug Czar's office to somehow link Phelps's bong hit to "Cheech & Chong medicine," claim that children would surely get the wrong message if cancer patients used marijuana to treat the nausea associated with chemotherapy, and then boldly reaffirm our nation's irrational willingness to waste billions of dollars every year in an unwinnable war against a largely harmless plant.

But then a funny thing happened. Minus a campaign of coordinated disinformation

and bitter opposition from the federal government, America's legions of responsible, adult marijuana smokers finally had a chance to stick up for themselves.

"When the DEA raided, we started to get concerned," said Don Duncan, California director of the national medical-marijuana advocacy group Americans for Safe Access, speaking at a meeting of supporters. "There was a tremendous grassroots outcry that you didn't see in the media. So many people called the White House switchboard that they came to us and asked us what we wanted."

On Feb. 5, just three days after the second round of DEA raids, the new administration publicly addressed medical marijuana for the first time. And all of a sudden, we went from politicians afraid of appearing "soft on drugs" to those afraid of appearing short on compas-

We've gone from politicians afraid of appearing "soft on drugs," to those afraid of appearing short on compassion and common sense.

sion and common sense.

"The president believes that federal resources should not be used to circumvent state laws, and as he continues to appoint senior leadership to fill out the ranks of the federal government, he expects them to review their policies with that in mind," White House spokesman Nick Shapiro said, referring to the still-unfilled leadership posts at the DEA and ONDCP. A week later, the Obama administration floated former Seattle Police Chief Gil Kerlikowske for the position of Drug Czar. If appointed, Kerlikowske would control the ONDCP, including its nearly \$14 billion budget, and be charged with formulating and coordinating national drug-control policy.

Best known to the marijuana-law reform community as the person responsible for his department's professional and non-confrontational oversight during the annual Seattle

Hempfest, Kerlikowske has made Seattle a "model for sensible marijuana policy," according to the *Drug War Chronicle*. While not outwardly in favor of legalizing marijuana, Kerlikowske would nonetheless represent a significant departure from the "reefer madness" that has afflicted all previous Drug Czars since the position was created in 1988.

But what about Michael Phelps?

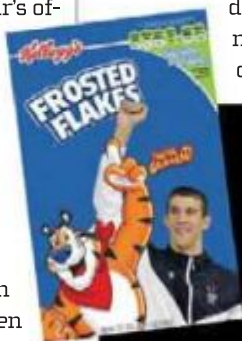
Soon after the now-infamous bong photo surfaced, details began to emerge about the night in question, which ended at an off-campus house near the University of South Carolina. Puffing tuff with some friends and strangers after an evening out on the town, the erstwhile "roll model" ended up costing himself millions in endorsements. The stakes, unfortunately, got much higher for Phelps's cannabis colleagues once the local sheriff got involved.

Based on the photo of Phelps pulling tubes, Sheriff Leon Lott of Richland County, SC, obtained a search warrant for the house that had hosted the pot party, and followed it up by raiding the place. The police made eight arrests (including one for distribution) and also confiscated the notorious bong—which its owner had allegedly tried to sell on eBay for \$100,000.

But then another funny thing happened. Sheriff Lott took such a beating in the press for his vindictive waste of taxpayer dollars that the "investigation" into the Phelps photo was unceremoniously dropped without any charges being filed against the swimmer at the center of the scandal. Most newspaper editorials and TV pundits, sensing the shifting (fragrant?) winds on marijuana policy, took the opportunity not to defend the sheriff, Kellogg's or the once untouchable "War on Drugs," but instead to ask why marijuana is illegal in the first place.

Of course, this long-overdue debate begins decidedly too late for the "Phelps 8," whose fate remains uncertain as of press time. So while Michael Phelps says he's ready to "dive back into the pool, having put this whole thing behind me," it's left to the rest of us to point out that, as usual, the rich and the powerful get an exemption in the non-stop War on Weed that needlessly arrests over 800,000 Americans every year.

But maybe not for much longer. 🌿



STONY VS. TONY

Pot smokers boycott Kellogg's for dropping Phelps from Frosted Flakes.

Pointing out the hypocritical irony of hiring Michael Phelps as a spokesman despite a previous arrest for driving while intoxicated, then dropping him for a "bong photo," America's millions of (hungry) marijuana smokers hit Tony the Tiger where it hurts, launching a high-profile boycott of Kellogg's that led to positive coverage in newspapers, on the Internet and even on *Saturday Night Live*, where "Weekend Update" host Seth Meyers wondered if marijuana use is really at odds with Kellogg's image.

"Every one of your mascots is a wild-eyed cartoon character with uncontrollable munchies," Myers chided the cereal giant. "Every one of your products sounds like a wish a genie granted at a Phish concert."

HIGH TIMES encourages all our readers to maintain this effective boycott, both as a lesson to Kellogg's and a warning to the rest of corporate America about the "high" cost of alienating marijuana consumers.



THMQ

HAZE HEAVEN



Trans-High Market Quotations (THMQ) reports pot prices by the ounce, strain and location. To submit prices, go to the THMQ link at hightimes.com.

CURRENT US PRICE INDEX: **\$383** (last month: \$347; YTD: \$376)

CURRENT KIND INDEX (\$350+ PER OZ): **\$435** (\$419, \$452)

CURRENT MIDS INDEX (\$150-\$349 PER OZ): **\$296** (\$276, \$270)

CURRENT SCHWAG INDEX (\$1-\$149 PER OZ): **\$98** (\$107, \$91)

STATE	CITY	STRAIN	PRICE
ARIZONA	Phoenix	OG Kush Sour Diesel	\$370 \$375
CALIFORNIA	Sacramento	G.Daddy Purps x Afghan Goo	\$300
COLORADO	Colorado Springs Denver	Goo Chemdog Silver Haze Strawberry Cough	\$350 \$375 \$325 \$325
CONNECTICUT	Hartford	Einstein	\$450
FLORIDA	Miami	Cuban Haze Blueberry	\$300 \$375
GEORGIA	Atlanta	Purple Kush Chemdog	\$550 \$600
HAWAII	Kauai	Sensi Star Purple Urkel	\$400 \$420
ILLINOIS	Chicago	Blueberry Super Skunk Granddaddy Purps	\$350 \$425 \$450
MARYLAND	Bowie	Sour Diesel Schwag	\$500 \$90
MASSACHUSETTS	Northampton South Coast	White Rhino Afwreck Jilly Bean	\$420 \$525 \$500
MICHIGAN	Kalamazoo	Mids Sour Diesel G-13 Alaskan Thunderfuck	\$120 \$400 \$550 \$340
MINNESOTA	Columbia Heights	Purple Nurple	\$480
MONTANA	Hardin	Super Goo	\$400
NEBRASKA	Lincoln	Blueberry LA Confidential	\$350 \$380
NEW YORK	Buffalo	Diesel	\$420
NORTH CAROLINA	Boone Raleigh	Blueberry Romulan Strawberry Haze White Widow	\$500 \$450 \$400
OHIO	Cleveland	Grapefruit OG Kush Purple Haze	\$300 \$500 \$420
OREGON	Eugene Grants Pass	Purple Urkel Bubba Kush	\$280 \$250
RHODE ISLAND	Providence	Stoned Rhino	\$375
SOUTH CAROLINA	Charleston	Sour Diesel	\$350
TEXAS	Houston	Sweet Tooth	\$480
VIRGINIA	Charlottesville	Sour Diesel x Haze	\$450
WISCONSIN	Beloit Milwaukee	Schwag Purple Kush	\$80 \$440
INTERNATIONAL (prices given in either Canadian or US dollars)			
BRITISH COLUMBIA	Surrey Vancouver Island	OG Kush Northern Lights	C\$220 C\$160
SWEDEN	Stockholm	White Widow Power Plant	\$532 \$532

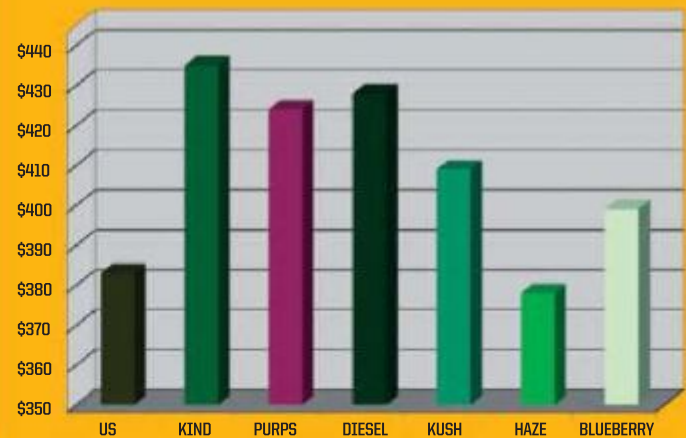
MARKET ANALYSIS

For the second time in 2009, Purps beat out Diesel and Kush as the month's most submitted strain. The top five submitted strains (with average price) were Purps (\$424), Diesel (\$428), Kush (\$409), Haze (\$378) and Blueberry (\$399).

Index Watch: After experiencing significant drops last month, the US Price and Kind indices bounced back in June. Both eclipsed their previous month's average, with the US Price Index also finishing above its year-to-date average. Additionally, the Mids and Schwag indices had strong showings for the second straight month, with the Mids Index reaching an eight-month high in June (at \$296 per ounce).

HIGH TIMES wants to know what you're smoking. Submit your strain information, including location and price by the ounce, to thmq@hightimes.com.

JUNE 2009 SELECTED AVERAGE PRICES



Granddaddy Purps x Afghan Goo - \$300
Sacramento, CALIFORNIA

"This is a great cross. It yields fat colas! Resin production is like nothing I've ever seen. Smells and tastes very fruity. This particular strain was developed in the foothills north of Sacramento."

Purple Urkel - \$280

Eugene, OREGON

"I was just reading your March 2009 issue, and I was amazed at the quote from Eugene, because \$500 to \$550 is outrageous. I don't know who gave that quote, but they are ripping people off hard. I live in Eugene, and an ounce of indoor dank is \$350 at the most—and that's if you don't know anybody."

Sour Diesel - \$500

Bowie, MARYLAND

"Great medicinal-quality herb that tastes, smells and stonies like no other. Definitely an elite super-strain."

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Northampton, MASSACHUSETTS

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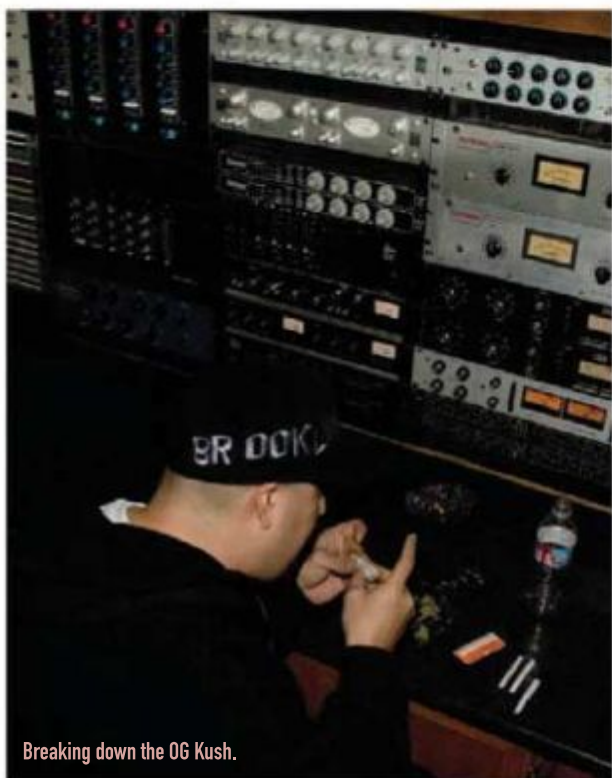
CYPRESS HILL HEAVY HITTER B-REAL STRIKES OUT ON HIS OWN.

To B or Not to B

BY JUSTIN HAMPTON
PHOTOS BY AARON GIESEL



The hallways of the Paramount Recording Studios in downtown Hollywood appear deserted tonight, a grim reminder of the music industry's declining fortunes. Thankfully, signs of life—not to mention a telltale haze—are emerging from Recording Room C, a.k.a. "The Cave," where B-Real, his entourage and a select group of media types are gathered to hear the infamous Cypress Hill MC and longtime weed advocate's first-ever solo joint, *Smoke N Mirrors* (Audio Hustlaz/Duck-down). These tracks both commemorate a 20-year career built on the shifting



Breaking down the OG Kush.

sands of hip-hop and break new ground for B-Real, who produces as well as raps on some of the album's best tracks alongside Snoop Dogg, Kurupt, Damian Marley and protégés from B's Audio Hustlaz crew. "Cypress Hill is very much a certain formula—the way Muggs produces, and the way that Sen Dog and myself write to his production," B-Real says, discussing his choices. "And I knew that going into a solo record, I would have to step outside of that formula so that it'll have a distinction from Cypress Hill."

Much of *Smoke N Mirrors*, as well as the Gunslinger mixtapes that preceded it, shows the rapper coming to grips with a brand-new hip-hop environment, with B flaunting his gangster cred on tracks like "Psycho Revolution" and "Gangsta Music," with its flashy *Superfly* sheen. Not all of the experiments pan out as well: "When We're F***ing" is a particularly forgettable horndog anthem, and the droopy rock of "Dude vs. Homie" fails to ignite. But the lovely bilingual tropical funk of "1 Life" and the transcendent dub of the Damian

Marley collab "FIRE" will be sure to keep heads bobbing. And given the heavy competition that he faces from all corners nowadays, B acknowledges that he can only fall back so much on his laurels. "Back in the '90s, there were just a few rappers on each label, and there was maybe 100 groups—maybe, if that—to compete with," he recalls. "Now you're competing with *thousands* of motherfuckers, so you have to keep sharp."

That said, B-Real is unapologetically old-school throughout the LP, most notably on the album's single, "Don't Ya Dare Laugh" (after all, who else besides an old-schooler would sample "Tom's Diner"?), and the Alchemist-produced "Six Minutes," a scabrous attack on the commercial-rap industry. Another reassuring holdover from days gone by are B's paeans to pot, nowadays augmented with a series of joint-rolling tutorials posted on his online "B-Real TV" series. "We're still as close as ever," he says of his love affair with Mary Jane. Matter of fact, as a Prop. 215 cardholder of eight years' standing due to recurrent migraine headaches, B couldn't

be happier. "I've been caught with a few ounces on me," he says, "and before [Prop. 215], that's a ticket to jail no matter what. But [nowadays] all they can do is say, 'All right, put it in the trunk. Have a safe drive.' It's beautiful."

Of course, B-Real plans to be hitting the road in support of *Smoke N Mirrors*. He's quick to remind people that even with Cypress Hill, who continue to work on their first post-Sony release, it was touring that kept the group alive in the days before radio picked up on "Insane in the Brain." But after 20 years in hip-hop, B is convinced there's still a place for him in the game. "Hip-hop is a cycle," he declares. "Once in a while, every now and then, the real poppy, meaningless, brainless shit comes out, and it stays around for a while. And eventually someone like a 50 Cent [can] change the whole game around; everybody wanted to be hardcore again. And then, when Kanye came out, everyone wanted to follow that shit—and it constantly goes in circles like that. So there's room for everybody." ✦

How to Get Baked with a Birthday Cake



I don't smoke anything else. [If I'm in New York, I'll smoke Sour Diesel and even then, most of the time I have Kush with me.]

B-Real may have taught the world how to roll a blunt in his now-legendary tutorial for this magazine, but that's now a thing of the past. "If you go back and reference the old-school Cypress Hill footage, you'll hear my voice is so fucked up on most of those shows. I'd go hoarse every night, and it was because I was smoking those blunts," he reveals.

Since then, he's mastered a variety of alternative joint-rolling techniques, including two variations on the multi-joint Windmill design: the Propeller (which he teaches in his online "B-Real TV" series) and this one, the Birthday Cake, a.k.a. the Hand of Time. B-Real criticizes the Windmill's lengthy and intricate setup, insisting that it should be about getting the weed to your lungs, not an arts-and-crafts project. "If you wanna get stoned fast, you don't want a 25-minute setup. So I do it where it works out in, like, five minutes." So listen and learn from hip-hop's foremost Buddha Master.



Real starts by rolling up a cone-shaped spliff, making sure to add a filter.



B rolls up another filtered spliff. You'll eventually stop at four or five, depending on how much weed you have and/or how old you feel.



Displaying the plastic water-bottle "cake." Carve holes around its perimeter near the base and place the spliffs' filters into these holes.



B-Real puts more candles on his cake.



With the aid of an assistant, B lights the cake . . .



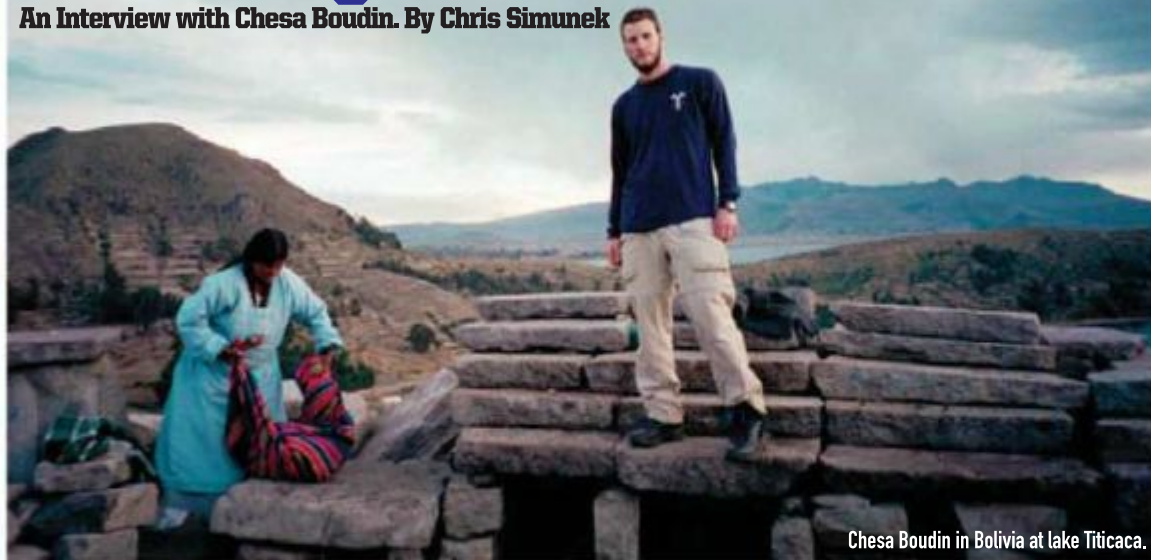
. . . takes a hit . . .



. . . and makes a wish. He adds: "For those fuckers on my website that keep on telling me to put a carburetor on it—there *is* a carb." His thumb is on it in this version, but you can put your carb wherever you want.

The Gringo Trail

An Interview with Chesa Boudin. By Chris Simunek



Chesa Boudin in Bolivia at lake Titicaca.

When Chesa Boudin was 14 months old, his parents—Kathy Boudin and David Gilbert, both members of the '60s radical group the Weather Underground—dropped him off at a babysitter's, then left to participate in what would come to be known as "the Brinks robbery." An infamously botched rip-off planned with several members of the Black Liberation Army, the events of October 20, 1981, would leave three men—one guard and two police officers—dead. With his mother and father sentenced to 20 years and 75 years to life, respectively, Chesa was raised by family friends Bill Ayers and Bernardine Dohrn, also former members of the group. (Ayers, you may remember, was in the headlines last year because of his relationship with Barack Obama.)

Now 28 years old, Chesa Boudin holds degrees from Yale University and Oxford University, which he attended as a Rhodes Scholar. His new book, *Gringo: A Coming of Age in Latin America* (Scribner), chronicles his extensive travels throughout South America. Starting in 1999, Boudin's narrative takes us through Guatemala, Chile, Argentina, Brazil, Venezuela (where he worked as a translator for Hugo Chávez's administration), Colombia, Ecuador and Bolivia. Considering the author's background, it's not surprising to find that he eschews all things tourist, preferring to travel by bus or riverboat to areas where the plight of the underprivileged is impossible to avoid. *Gringo* is a must-read for fans of travel literature, or for those whose knowledge of the politics and economics of that vast continent to the south comes only from Western news sources. HIGH TIMES caught up with Chesa

at Yale University, where he's currently pursuing a law degree.

What attracted you to South America in the first place?

I went down to Guatemala mainly to learn Spanish. I had done high school in three years and I was going to go straight off to college, but my two mothers teamed up on me, convincing me that I should take the year off. So then, of course, I was faced with the question of how to use this time. I'd been studying Spanish but I didn't really speak it. So I found a language school in Guatemala and I headed down there for several months, and I just fell in love with it. I fell in love with learning a new language, and the worlds that it opened up to me in Latin America and the people that I met—that experience of being on the road and seeing the world through the

eyes of another culture and another people and another history.

The idea to write the book was an afterthought, correct?

Yeah, exactly—it was something that kind of emerged much later. People would always joke with me whenever I traveled, [because] I kept a journal the whole way through. Every day I would write in my journal. And friends I met along the road, people who I was on the boat on the Amazon River with, would watch me write in my journal, or people on these long bus rides would see me writing, and they would say, "Oh, are you writing a book?" And I'd say, "Not really, but maybe someday."

What effects do you see the narcotics trade as having on the people and the politics of South America?

I think it depends a lot on the country. So if you take a country like Bolivia, Colombia, Venezuela, Ecuador, Peru—these are all countries where the cocaine trade in particular is a national issue. It plays a role in the national economy; it affects their relationship with their neighbors and the rest of the world; it's a top agenda issue in their relationship with the United States. If you look at other countries like Chile, Argentina, it's not that important.

Within those countries—again, it depends which one you're interested in. Take a place like Bolivia. There is a lot of coca production, some of which gets shipped to Colombia and converted into cocaine; there's a lot of marijuana grown there; and there's a lot of coca grown there that's not for drug use—it's just for traditional indigenous consumption, through chewing, through tea and other food and medicinal uses. Everywhere you go in Bolivia and Peru, they sell you T-shirts that have a big picture of a coca leaf and say "The Coca Leaf Is Not a Drug." In those Andean countries, where there's an indigenous culture for whom the coca leaf has been a central part of their culture for thousands of years, there's a real sense of outrage when the Drug Enforcement Agency comes in and says, "Right, we're gonna spray your crops from the air." Because regardless of what percentage of which particular field is being used for cocaine production, this is something that people have been relying on as part of their culture—as part of their survival—literally since before the Spanish arrived. ✨

Pilgrimage of the Displaced

When the grandmother finished her tale, we began a ceremony in which displaced people from the Chocó and the representatives of displaced communities from other parts of Colombia, who had come along with the delegation, shared their stories about disappearances and murders of loved ones: husbands, brothers, and fathers. Then the internationals in the group began. An Argentine mother of the Plaza de Mayo lit a candle for her daughter, disappeared over thirty years ago in that country's Dirty War against the left. A Chilean ex-political prisoner under Pinochet lit a candle for his companions that never made it out of the torture camps. A Brazilian woman representing the MSO, Landless Workers Movement, lit a candle for peasants recently killed in Brazil while fighting for a small plot of land to plant.

Though I tried to concentrate on interpreting for my mom, there were several moments in the proceedings where I could not stop myself from choking up. I couldn't help but think about my own biological parents' decades in prison, my father's continuing incarceration, and the three men who were killed during the crime my parents participated in. I considered lighting a candle and sharing their plight with the group, but then decided against it. Perhaps it was too hard to break out of my role as interpreter and take on the role of participant, or maybe I didn't feel up to the task of trying to explain my parents' use of violence to these people who themselves had suffered so much. Certainly I was self-conscious of our position as the only two representatives from the United States, a country that, directly or indirectly, had fueled the violence in all of the Latin American countries represented in our solemn gathering.

Excerpted from *Gringo* by Chesa Boudin. Copyright © 2009 by Chesa Boudin. Reprinted by permission of Scribner, an imprint of Simon & Schuster, Inc.

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Emerald Triangle on the Silver Screen

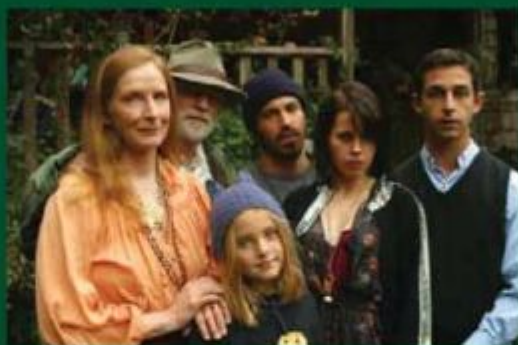
Humboldt County

(Magnolia Pictures)

Directed by Darren Grodsky and Danny Jacobs



If you can ignore the ludicrous exposition, this fish-out-of-water story redeems itself with quality acting and a decent, if sometimes sluggish, story line. The plot centers on Peter (Jeremy Strong), an overachieving, tight-ass medical student with an equally stiff, joyless father (Peter Bogdanovich), who is also his professor. After Peter turns in a poor performance on his final exam, he's flunked out of his final year of med school at his dad's insistence. Cut loose, depressed, sleep-deprived and purposeless, Peter hooks up with a kooky, erratic singer and actress named Bogart (Fairuza Balk) and follows her to Humboldt County, CA. During the long drive, he falls asleep—and when he awakens, he suddenly finds himself in a disorienting land of hippie pot farmers who couldn't care less about the stranger in their midst, since he's just "one of Bogart's strays." Peter meets Bogart's adopted "family," which consists of elders Jack and Rosie, their son Max, and his daughter Charity, a precocious youngster who announces to Peter that pot is "just a plant." When Bogart abruptly splits town, Peter is left behind with the hippies—and after days of trying and failing to catch a bus back home, he ends up helping Max with a small outdoor grow op.



Guess which cast member is playing "the square."

The experience turns out to be a useful one. We see the uptight Peter begin to mellow out, taking a few experimental tokes and befriending Max, who is secretly cultivating hundreds of plants in a hidden location. The stress, monotony and crushing responsibility of Peter's chosen profession have left him able to appreciate a slower pace of life, and he feels himself adrift on a surreal "summer vacation." This slice-of-life film depicts the day-to-day reality of these small mom-and-pop pot growers, showing how the green gold rush sustains countless families who have sought to drop out of society and live off the grid. The beauty of the scenery, with its Pacific beaches, redwood forests and hip towns, is stunningly captured, along with the carefree ethos of the community. However, the downside of "money that grows on trees" isn't ignored: Police and thieves, along with guns, greed and excessive drinking, are the evils these characters have to contend with. The Feds are always lurking in the background, waiting to take out Max, Peter and anyone else unlucky enough to be tending a garden when they appear. *Humboldt County* has a strong moralistic undertone, and it can be pretentious at times, with a forced sense of drama that almost overwhelms a promising cast. It's worth watching, though, especially for those curious to see how the straight world perceives and reflects the cannabis culture booming in the Emerald Triangle.—Elise McDonough

THE PRODIGY

Invaders Must Die

(Take Me to the Hospital/
Cooking Vinyl)



As one of electronic music's most reliable provocateurs, Liam Howlett probably fears indifference more than any other single reaction to his productions as the Prodigy. The guy's been pressing buttons ever since the release of "Charly," yet he hasn't posed a real challenge to his audience since hitting it big with 1997's *The Fat of the Land*. After 9/11 and the subsequent hit that even dance-floor mavericks like the Prodigy took, Howlett would have to inflict PTSD-size damage on his listeners to achieve the same effect. Instead, he's chosen to crossbreed his digital modern-rock antics with some old-school raver nostalgia on his fifth full-length, a move that finds him reliving past glories rather than making the moment.

Rocker and raver alike want music to provide them with an escapist good time, and Howlett and his compatriots—including long-time punk mascots Maxim and Keith Flint—certainly oblige with tons of good, dumb fun and macho posturing. Even Dave Grohl pops in to drum on "Run with the Wolves," and his energy fits the track like a fingerless glove. Still, you can't help but feel that you've heard it all before. The rave diva over the "Radio Babylon" break on "Warrior's Dance," the self-consciously grimy bass lines on the title track, and the Madchester midtempo march of the closer, "Stand Up," attempt something new at recombining lessons from past eras, but they mainly end up showing Howlett's age. Oh, well ... at least now he can work on his golf game.—Justin Hampton



TIMOTHY LEARY

Leary on Drugs

(RE/Search Publications)



In this dumbed-down culture, the revolutionary experiments of Dr. Timothy Leary are overlooked while revisionist historians endlessly dwell on his character defects. Leary was the primary cheerleader for "consciousness evolution," a movement that flourished publicly in the '60s and '70s and then went underground. These days, people continue to quietly reimprint their nervous systems in an effort to bring forth the divine we keep hidden under layers of war, power trips, organized religion and Paris Hilton.

In the impishly titled *Leary on Drugs*, the pseudonymous Hassan I. Sirius has collected Leary's various writings regarding his 40-year journey with hallucinogens. The book is divided into four sections. The first, entitled "Trips," recounts the notable ones that Leary took, including the Doc's maiden voyage on psilocybin in Mexico in 1960 and his first acid adventure in '61. "Visions" comprise the second section—lyrical observations and insights derived under the influence. Noting that we are "the Light made flesh," Leary reveals the soul of an Irish poet. Chapter three analyzes the progress and errors (including his own) of the psychedelic movement, while the final chapter comments on the establishment's suppression of consciousness evolution (a.k.a. the War on Drugs) and Leary's own legal trials.

This slim tome comfortably condenses volumes of the man's work and is recommended for anyone interested in Leary 101. All psychedelic people are well aware of the interconnectedness of everything, and Tim was equally comfortable in the realms of science, spirituality, politics, history and the arts. He could also scribe a lean sentence leavened with rapsallion wit, making *Leary on Drugs* the definitive primer on consciousness expansion.—Michael Simmons



CHESA BOUDIN

Gringo

(Scribner)



For nearly 10 years, Chesa Boudin crisscrossed Central and South America, visiting a side of the region that most gringos, if they were even aware of its existence, would have no desire to see. American consumerism, global trade agreements and the International Monetary Fund have had a devastating effect on the cultures and people to the south of us; throughout his travels, Boudin witnesses it all firsthand. Whether discussing Colombians who have had their land taken from them by violent paramilitary groups, or Ecuadorian Indians fighting to hold onto what's left of their culture as energy companies try to figure out how to get at the oil that is, literally, beneath their feet, Boudin speaks to those clinging to the bottom rung of the economic ladder in their native tongue.

Boudin's worldview is inescapably framed by his family's legacy. His grandfather, Leonard Boudin, was a famous leftist lawyer whose clients included Fidel Castro, and his mother and father were members of the Weather Underground who have spent the majority of their son's life in prison as a result of their part in the 1981 Brinks robbery that left a guard and two policemen dead. We witness the author's development from backpacker to expatriate to full-fledged participant (as a translator for the Chávez administration in Venezuela) in South America's burgeoning socialist revolution. Throughout *Gringo*, Boudin threads a social and political history of the lands he visits, elevating the book beyond the average travelogue to something more in the neighborhood of Che Guevara's *Motorcycle Diaries*.—Chris Simunek



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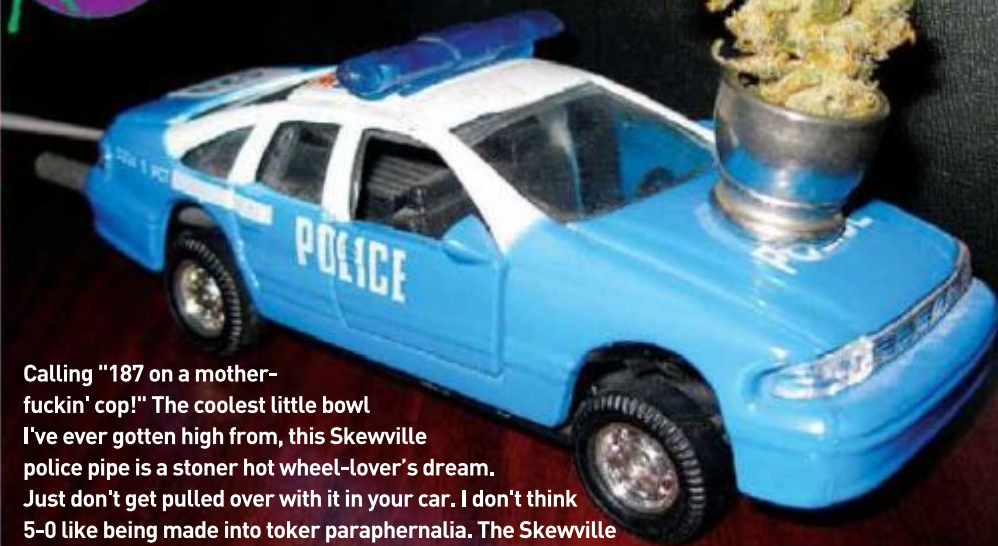
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ALMOST INFAMOUS

BY BOBBY BLACK

A short time ago in a galaxy not so far away...

THE FANDOM MENACE

One of my very first memories in life is going to the movies to see *Star Wars*. Sure, I was only four years old and the plot was beyond my comprehension, but the experience left my young mind awestruck.

Like millions of other kids, I spent countless hours of my youth enacting stellar battles and intrigues with my action figures and vehicles. So 20 years later, when George Lucas announced his three prequels, there was an entire generation (now adults with disposable income, many with kids of their own) who were suddenly inspired to rekindle their childhood passion—gobbling up memorabilia, dressing in costume and sleeping outside theaters for opening-night tickets. Thus, "fanboy" culture was born—a phenomenon that's celebrated in all its geeky glory each February at the New York Comic Con. This year, I decided to join that celebration.

After a quick puff outside the convention center, I hightailed it to my first session: a panel about the evolution of the *Star Wars* "community" entitled "*Star Wars* Decade: Where Were You in '99?" We were treated to outtakes and a short documentary from the *Clone Wars* animated series on Cartoon Network, as well as a scene from *Fanboys*—a comedy set in 1998 about a group of teens on a cross-country quest to steal a copy of *The*



Above: Is Seth Green a stoner? His lips are sealed....
Left: The NY Jedi throw down at the Javits Convention Center.



Phantom Menace from Skywalker Ranch before its release. In the clip, the protagonists are

tricked into eating some guacamole spiked with peyote and hallucinate about being molested by Ewoks. Talk about plushophilia!

Of course, *Fanboys* is only the latest in a number of fanboy homages to the *Star Wars* saga. Director Kevin Smith's *Jay and Silent Bob Strike Back* included cameos by both Mark Hamill (Luke Skywalker) and Carrie Fisher (Princess Leia) and ended in an epic bong-saber duel. In addition to making *Star Wars* references in numerous episodes, *Family Guy* creator Seth McFarlane actually remade *Episode IV* using his characters in a special entitled *Blue Harvest* (the secret working title of *Return of the Jedi*). And then there's McFarlane's buddy, actor Seth Green.

Seth is a stoner-fanboy extraordinaire. Best known for his roles as Dr. Evil's son Scott in the *Austin Powers* films and the bong-hitting zombie in the horror comedy *Idle Hands*, Seth is also the co-creator and executive producer of the Emmy Award-winning stop-motion animation show *Robot Chicken* on Cartoon Network's Adult Swim. Like *Family Guy* (which

stars Seth as the voice of son Chris Griffin), *Robot Chicken* spoofed *Star Wars* with two specials using those old action figures and a childlike imagination—albeit with a decidedly adult sense of humor. Green's *Robot Chicken* panel was next on my agenda, but unfortunately it was so packed that I was turned away. So instead, I located the room for the post-panel signing and was one of the first ones in line. Twenty minutes later, I was face to face with the red-haired Renaissance man himself.

"Hey, Seth ... my name's Bobby Black. I'm an editor at HIGH TIMES, and I just want to say we're all huge fans of your work."

"HIGH TIMES, huh?" he snickered.

"Clare, come here," he called to his girlfriend. "This guy works for HIGH TIMES."

By the way her eyes lit up as she shook my hand, it was obvious that she was a burner. To my disappointment, though, Seth seemed far less enthusiastic, politely blowing off my request for an interview. But despite his apprehension, I knew he was one of us and wanted to extend a token of goodwill. So, on my way out, I slipped his girlfriend a joint.

"This is for you and Seth, for later," I whispered. "Enjoy."

Having performed my good weed deed for the day, I had but one last stop before hyperspacing my ass home—the Battlestage, to see the elaborately choreographed *Sabers Unleashed!* lightsaber show performed by the New York Jedi Collective. Confronted with such fanatical depths of dorkdom, my love for *Star Wars* paled in comparison. But while I may never speak Wookiee or list "Sith" as my religion on a census form, I'll always be a fanboy at heart. So to all my fellow red-eye Jedis out there, a word of advice: Beware the dork side, and may the farce be with you. ✨

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IMAGINARY INTERVIEW WITH

MICHAEL PHELPS

By Paul Krassner

The Olympic champion swims into Paul Krassner's dreams.



Q. What have you learned from this whole nuclear-bomb explosion?

A. I learned how fast you can go from being an international hero to being a reference in a joke on a late-night talk show. I heard Jay Leno say, "You know what really did Tom Daschle in? It turns out there are now pictures of him partying with Michael Phelps." And David Letterman: "I don't want to just ruin everybody's day, but there is discouraging news everywhere. Unemployment is high. Foreclosure rate is high. Michael Phelps is high."

Q. Well, that's what happens when your profile is high. But your coach said that you would learn from the experience.

A. I learned that it was my own fault—I was so busy getting treated like a horny Jesus that I forgot that there could possibly be a Judas in the room. A greedy Judas with a cell-phone camera. That was my mistake. That's what I regret. That's what will not happen again. I mean, what happens in South Carolina *doesn't* stay in South Carolina—it ends up in Tabloid Hell.

Q. In England, yet. And then it comes back here to the States and drops in the lap of the Kellogg empire. I called their headquarters, and there was an automatic message: "Press one to leave a comment about Michael Phelps"

A. They were afraid that my image would pollute *their* image. That my brand would damage *their* brand. But the truth is, I actually felt relieved. I had been like a whore, selling my soul instead of renting my body. And Tony the Tiger was my pimp. A nutritionist told me that the absolutely worst thing to have in your diet is sugar-coated cereal. And there I was, pushing Frosted Flakes—and it's fuckin' addictive, man—I was peddling a dangerous breakfast cereal to innocent little kids. And those Kellogg PR people were worried about what message

my behavior was sending? What message does dealing *junk food* send?

Q. But this whole thing also served to open up dialogue. I saw Whoopi Goldberg on *The View*; she said, "I smoked weed," and most of the audience *applauded*. And that's Middle America.

A. Y'know what I'd *really* like to do? When I was like 12 years old, there was this issue of *Time* magazine with Ellen DeGeneres on the cover, and she's saying, "Yep, I'm gay." So now I wanna be on the cover of *Newsweek*, smoking a joint and saying, "Yep, I'm stoned." I wanna be the poster boy for the decriminalization of marijuana. If I'm supposed to be a role model, it would be great to inspire tokers to come out of *their* closets. Listen, did you know that almost one out of every three Americans has smoked marijuana? There's strength in numbers, although everybody's afraid of losing their jobs—but *they* know that the real harm comes from the ridiculous, insane laws, not from the weed.

Q. And don't forget the vicious propaganda. Did you happen to see a commercial by the Office of National Drug Control Policy? It features a woman saying, "Hey, not trying to be your mom, but there aren't many jobs out there for potheads." Your mother is the principal of a middle school, right? What do you think *her* reaction would be to your pro-pot crusade?

A. Oh, I'm sure she wouldn't be very supportive. In fact, she'd be very upset. She would grit her teeth and say, "Michael, you're grounded for three weeks!" ✦

Award-winning satirist Paul Krassner edited the groundbreaking countercultural magazine *The Realist* (1958-2001), but when *People* magazine called him the "father of the underground press," he immediately demanded a paternity test. Visit paulkrassner.com.

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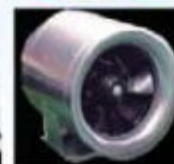


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THANK YOU, BIG SWAR, MAY I HAVE ANOTHER?

STORY & PHOTOS BY NICO ESCONDIDO

It's an early Saturday morning on the central California coast. Tree Bone and I are driving down US 1, scoping out some surf spots. Coming up over a small hilltop, Tree Bone points out a nice break tucked behind a small cape. It's lined with jagged rocks, and the beach is overgrown with greenery.

"Wanna dip in there?" I ask as we come up to the turnoff.

"Eh, better not. Not today, not with you," Tree Bone says.

"Remember what I told you about Malibu? Well, it gets even worse up here."

I thought back to the story Tree Bone had told me the night before, about some California natives protecting their own. That incident occurred a few months earlier, a little further south down the coastline, where a group of surfers stepped up to a group of paparazzi, hoping to protect their beach from invading snoops.

The spot was a favorite of noted actor Matthew McConaughey, who apparently frequents breaks up and down the coast in the early hours of morning. And although the movie star wasn't involved, the dispute turned ugly and was a loud warning cry to those aiming to encroach on people's privacy.

"Sorry, man, but that's a very local spot in there," said Tree Bone. "It's a sweet break, but I can't bring you down there."

I understood. It's a turf thing. It's a sanctuary. And it's Cali. Back east, there's too many people and too little land to stake a claim to even a street corner, let alone a nifty little nook of beach. As I thought about it more, I realized that in California, more importance seems to be placed on things like sanctity, privacy and, of course, security. I also realized quite quickly why that might be.

A CALIFORNIA GOLD RUSH

Historically, California has been a place of adventure, frontier and exploration. Although times have changed, California still finds itself at the forefront of many of this nation's current issues. Cannabis is no exception.

A modern-day gold rush ensued not too long ago, when the Canadian dollar abruptly rose above the US dollar for the first time in more than 30 years. The inflation effectively caused a shift in marijuana markets across North America: The once heavily profitable Canadian bud industry found itself taking a backseat to California growers, whose buds were now on par with or cheaper than their Canadian counterparts.

The boom in sales across the US was felt throughout California, as new shipping and sales patterns emerged and Cali genetics were introduced across the country. Tree Bone had felt the effects as well, and he was anxious to talk about it. After all, a gold rush is an exciting time. But it's also very dangerous if you're not careful. And taking a dude from HIGH TIMES into your home is, well, downright scary to some.

As we pulled the truck back into the long dirt driveway, Tree Bone looked at me and asked, "You ready to work?"

THE FAMILY TREES

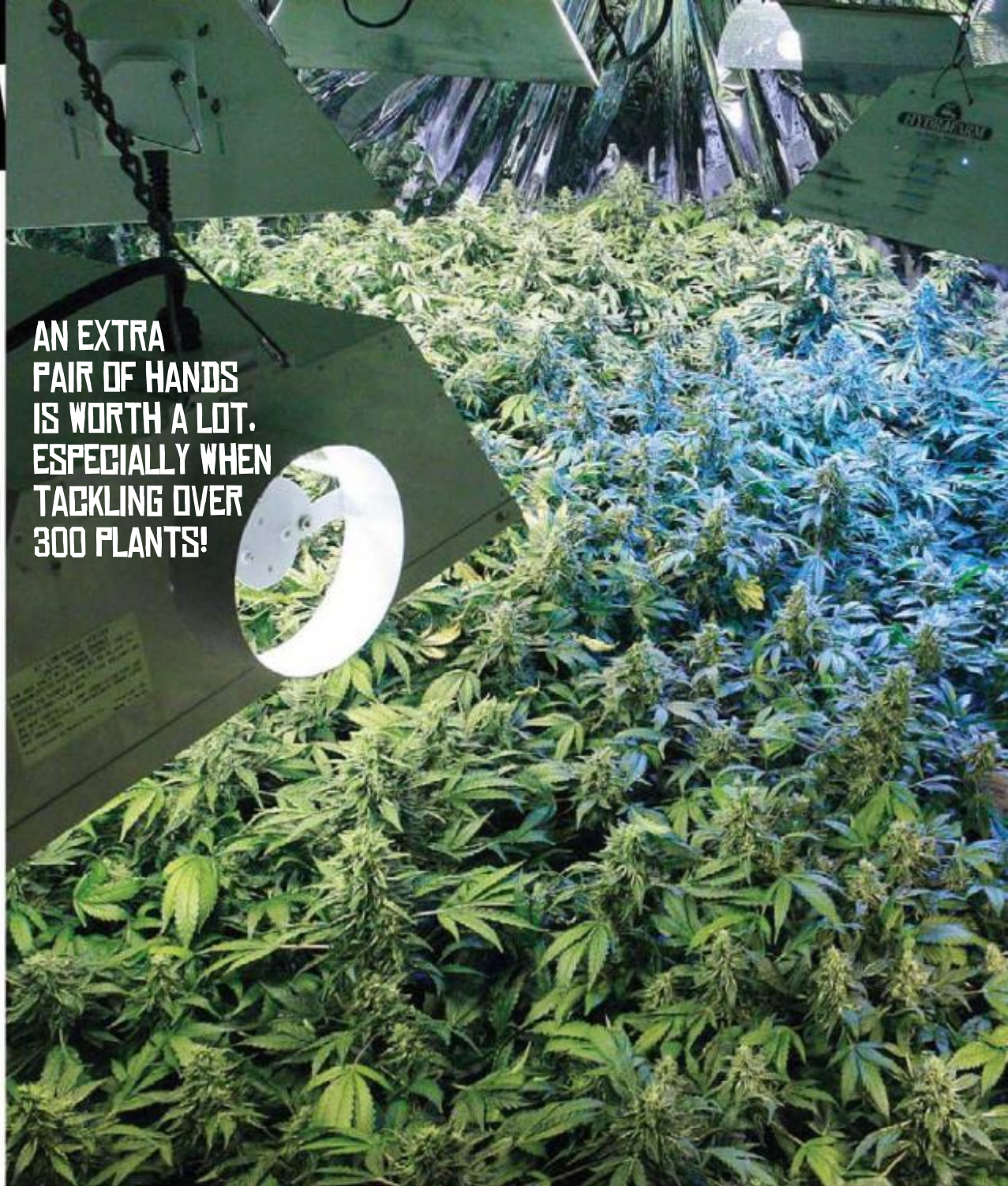
An inside joke among growers is how easy it is to find cheap—and eager—labor to help trim copious amounts of ganja during harvest time. Call it an occupational hazard, but I constantly find myself being asked if I'd like to participate, as the timing of most of my visits finds ripe gardens ready to come down.

This trip was no different, though Tree Bone and his wife, Sahara, laugh when they hand me a pair of chopping shears, knowing full well they weren't fooling me. An extra pair of hands on deck is worth a lot, especially when it's just the two of them tackling over 300 plants!

Luckily for them (and me), I was easily enticed by the stellar strain of cannabis they had chosen to grow—an early White Widow cut that harks back to Amsterdam and a time when Shantibaba was growing and breeding for the Green House Seed Company. Sahara told me they'd been growing those exact genetics for over a decade now.

As Sahara and I hopped up on the table and played lumberjack, she began to tell me a bit more about their ganja farm. As fate would have it, these folks were second-generation growers: Sahara told me stories about how her parents allowed her to skip school during harvest season to help trim buds. Suddenly, I didn't feel so bad getting roped into helping with their harvest.

**AN EXTRA
PAIR OF HANDS
IS WORTH A LOT.
ESPECIALLY WHEN
TACKLING OVER
300 PLANTS!**



GROW TECH

"Hydroponics" is a general term for growing in any type of soilless, water-based medium; the original term for such grow techniques is "water culture." The three main types of hydroponic growing are drip/spray systems, flood-and-drain (or ebb-and-flow) systems, and nutrient-film technique (NFT) systems.

The technique deployed in the growrooms featured in this story offers a unique combination of two of these systems. Tree Bone and Sahara have effectively combined a drip-emitter system with a modified flood-and-drain process. This strategy utilizes the positive aspects of each system while also eliminating a few of the negatives.

Whereas standard drip systems



A huge reservoir and easy access to it are essential for a big grow.

have a constant drip of nutrient solution being applied to the root zone, this particular system blasts the root zone once a day, for 30 seconds, saturating the grow medium. The medium chosen for this system was rockwool, which is ideal because of its ability to hold large amounts of water while also remaining porous for airflow. Water-

ing only once a day allows the rockwool to absorb its maximum amount without compromising its structure. To ensure that the medium's integrity holds up and that too much water isn't being applied, Tree Bone and Sahara stack large (6" x 6" x 6") rockwool cubes on top of the long rockwool slabs. Each plant gets its own cube, but the roots grow deep into the slabs and eventually intermingle. The excess water is minimal, and whatever the medium can't hold runs off the table to a drain via a gutter and then hoses. The nutrient solution that runs off is not reused.

Rockwool, while fairly airy, will hold moisture throughout the day as it slowly dries out, still allowing air to penetrate the root zone. By the time the dark cycle begins, the Rockwool is at its driest, allowing

the roots (which do a lot of their work at night, when the green parts of the plant are less driven by light) to readily eat up the oxygen they need to develop and store energy.

Eliminating the constant drip or multiple flood cycles that come with other techniques helps keep the moving parts within the system to a minimum. This means less chance for breakdowns and floods. It also means that the roots are never completely submerged under water, which would limit their oxygen to 1% during that time. Though the system shown here waters once a day for 30 seconds, each grower must fine-tune his or her own system according to the room specs.

A big concern for hydro growers is the root system drying out. Because the roots in a hydro system are far more exposed than roots



Plants are kept happy with both MH and HPS spectrums.

HOME IS WHERE THE HYDRO IS

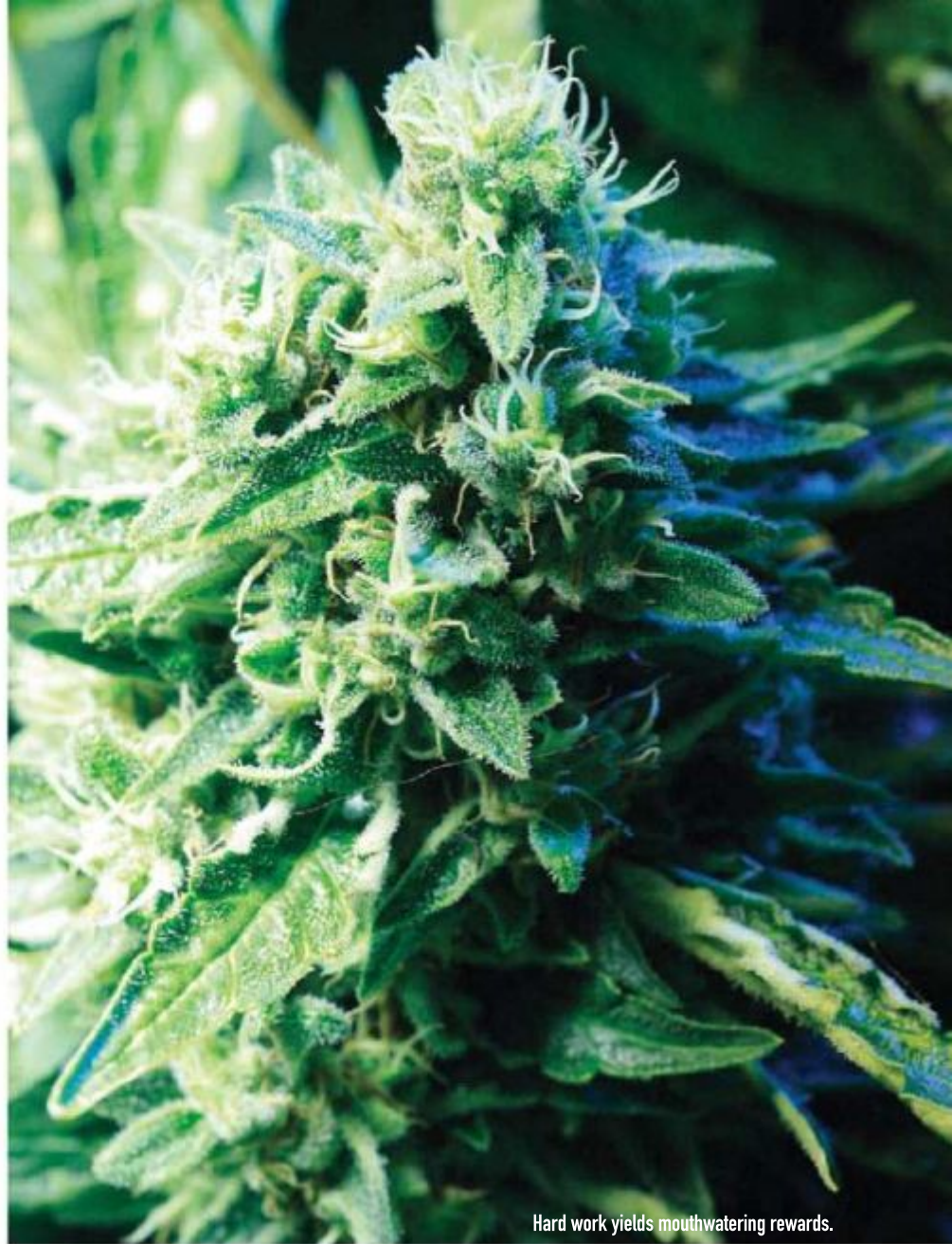
As the night wore on, we hit a rhythm, cutting down stalk after stalk and filling huge garbage bags that were thrown off the table to Tree Bone. Tree Bone took the bags to the back room, where drying lines were slung between the walls. Walking through the drying room was like walking through a field of upside-down ganja plants. It got sticky and pungent in there, but the scent of the fresh-cut Widow was out of this world.

These two had a system, and it functioned like clockwork. This house was purely for growing; the couple lived elsewhere with their two children, close to the parents who had helped spur the revolution a generation ago. The grow house was intelligently designed: A shell home, the outside gave an excellent appearance of being lived in, while the inside was basic and sometimes bare. Aside from the growrooms, there was a cozy kitchen, a bedroom with a few beds, and a small living area with a few couches and a TV.

The rest of the interior was dedicated to growing, and it was set up as efficiently as a factory. The main flowering room had an absolutely huge table, built on a slight tilt to aid in drainage. Ten 1,000-watt lamps were hung on rails, sliding back and forth over the garden.

To cool the immense amount of heat being given off by the lighting, Tree Bone had ingeniously modified the home's central AC system to incorporate a "cold room." All AC vents throughout the house were plugged, forcing the cool air into one empty room in the shady part of the house. Extra AC units were added to that room, which was then sealed off as best as possible. A huge (10-inch) ducting system then carried the air from the center of the cold room up through the ceiling and over into the flowering room. Suffice it to say, the system worked very well.

The table itself was enormous and covered with sleek sheets of linoleum. This allowed Tree Bone to easily drain to waste their hydroponic setup—not to mention that the system could accommodate rows and rows of stacked rockwool slabs, one large 6" x 6" x 6" cube for each plant. Each plant site was fed via top-feed spaghetti lines for 30 seconds a day, alternating between nutrient solution one day and pure, fresh water the next. The huge 150-gallon reservoir pumped water up to the table, where 1-inch, semi-flexible PVC pipes



Hard work yields mouthwatering rewards.

fed the spaghetti tubes. The rockwool slabs were completely soaked, absorbing as much water as they could hold with each feeding. The extra water ran off the slabs and was collected in a gutter system along the front edge of the giant table.

To drive the garden, Tree Bone had a mix of high-intensity discharge (HID) lamps moving across the table. There were eight separate tracks of light movers in four rows that swung a total of eight 1,000-watt lamps over the garden canopy. Four of the lamps were metal halide (MH) and four were high-pressure sodium (HPS), giving the plants a fuller spectrum. The room yields 15 pounds of glorious White Widow per cycle.

Tree Bone and Sahara wink at each other as I do the math in my head. It's a super-nice yield for a two-person team. The duo confides that the real credit is due to a secret combination of nutrients, a recipe they have perfected over years of growing. The information was so valuable that it couldn't be divulged to HIGH TIMES, but they did give me one clue, admitting that they were partial to the General Hydroponics brand when it came to nutrients—a good tip from a couple of excellent growers.

THE WEST COAST WONDER

That night, I thought about what Tree Bone had said earlier in the day. I thought about how it's inherent in human nature to protect one's land, home and family. There is a primordial instinct to do so, especially when one feels threatened.

And as I lay there on a futon in the shell of a house,



Rockwool cubes on top of slabs, fed by spaghetti lines. under soil, the room temperature and amount of light shining on the garden will directly affect root-zone moisture. If growers see any signs of brown root tips or general browning, that's a sure indicator that longer or more frequent waterings are needed. While 30 seconds may seem like an eternity for a one-shot watering, keep in mind that this system has 8,000 watts of HID light pouring over it. This is also why these growers go to great lengths to keep the room's atmosphere very cool.



A maze of light movers helps light penetrate a lush garden canopy.



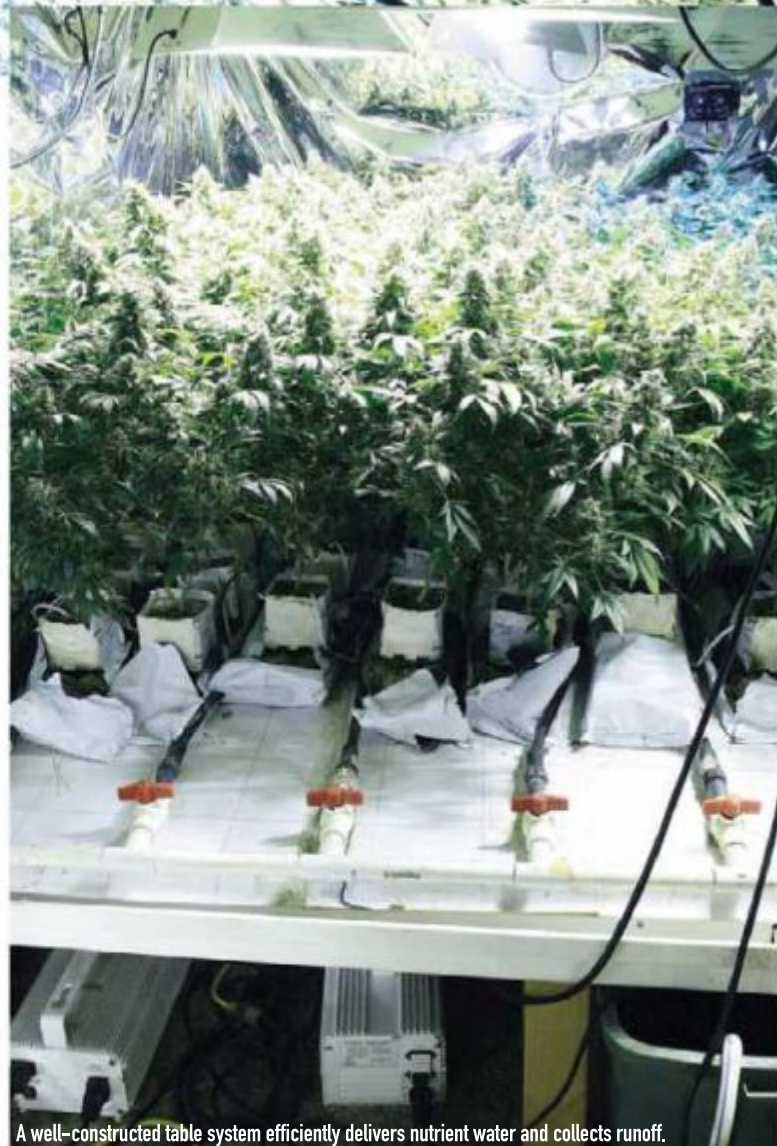
Large ducting moves air from the cold room into the flower room.

20 feet away from the nurseries and flowering rooms, I realized just how sad it all was. Here, as throughout California, you have this excellent couple with a beautiful family and proper minds, and yet they cannot live freely. This family's traditional endeavor is no less worthy than that of, say, a family of doctors or mechanics. Yet they must live with fear. Fear, even in a state as great as California—this country's new pioneer in civil rights and forward thinking. Even here, they must worry about their home, their family, their turf.

California has become, in many ways, a wondrous place. From the great hills of the northernmost parts of the state all the way as far south as

San Diego, Californians are growing legal, legitimate buds—both for medicine and recreation—but must live in constant fear of a provincially minded federal government. But what is truly amazing is the perseverance and absolute determination of growers, doctors, patients and the thousands of dispensaries across the state.

In places such as Mendocino and Trinity counties, ganja farms thrive. In Los Angeles County, hundreds of medicinal clinics sell cannabis to tens of thousands of legal users. And to top it off, California has pushed to the forefront on breeding new and valuable strains for the world market. Varieties such as the fabled Purples and Kushes have all come out of Cali, and green-thumbed gardeners have perfected cultivation methods both indoors and out. Regardless of what any inane government agency might do, California is this country's epicenter of marijuana production. If you don't live there, then the best way to describe it would be simply to say that California is a vastly different world when it comes to ganja than most of us are used to. And that's something Californians should be very proud of. ✨



A well-constructed table system efficiently delivers nutrient water and collects runoff.

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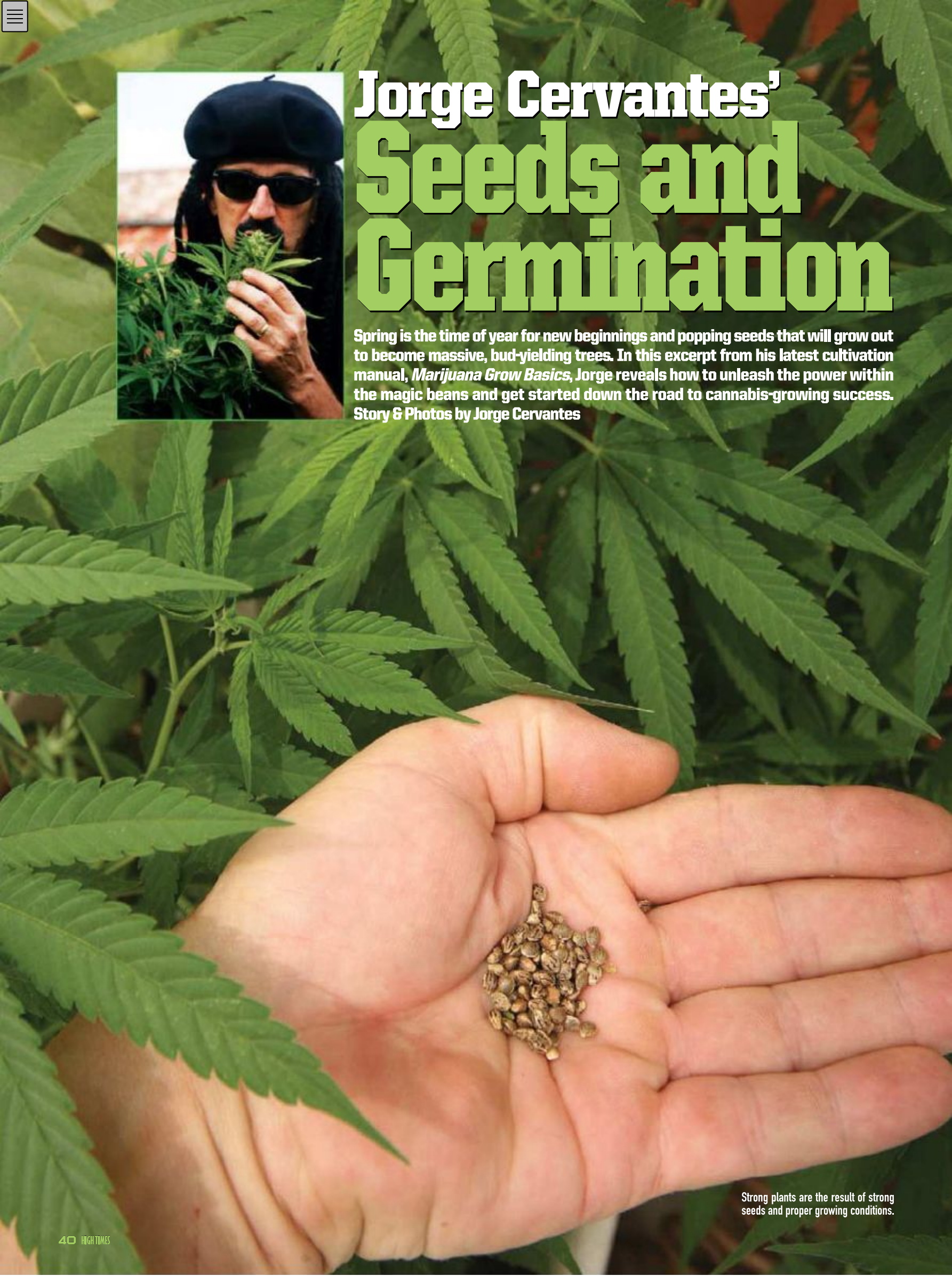


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Jorge Cervantes' Seeds and Germination

Spring is the time of year for new beginnings and popping seeds that will grow out to become massive, bud-yielding trees. In this excerpt from his latest cultivation manual, *Marijuana Grow Basics*, Jorge reveals how to unleash the power within the magic beans and get started down the road to cannabis-growing success. Story & Photos by Jorge Cervantes



Strong plants are the result of strong seeds and proper growing conditions.

Introduction to Seeds

A seed contains all the genetic characteristics of a plant. Seeds are the result of sexual propagation and contain genes from each parent, male and female. Some plants, known as hermaphrodites, bear both male and female flowers on the same plant. The genes within a seed dictate a plant's size; disease and pest resistance; root, stem, leaf and flower production; cannabinoid levels; and many other traits.

The genetic makeup of a seed is the single most important factor dictating how well a plant will grow under artificial or natural light and the level of cannabinoids it will produce. Weak plants are the result of weak seeds and poor growing conditions. Strong, healthy parents and proper care yield strong seeds that germinate well. Strong seeds produce healthy plants and heavy harvests.

Seeds stored too long will germinate slowly and have a high rate of failure. Vigorous seeds initiate growth within seven days or sooner. Seeds that take longer than a month to germinate could always be slow and produce less.

People grow seeds rather than clones because of "hybrid vigor," a phenomenon that causes F1 seeds that are the product of two true-breeding parents to grow about 25% stronger and bigger.

Typically, a grower who acquires 5 to 15 quality seeds from a reputable seed company germinates them all at once. Once germinated, the seeds are carefully planted and grown to adulthood. Normally, some of the seeds will be male, some will grow slowly, and two or three seeds will grow into strong "super-females." Of these super-females, one will be more robust and potent. Select this super-female to be the clone mother.

Mature seeds that are hard, beige to dark brown, and spotted or mottled have the highest germination rate. Soft, pale or green seeds are usually immature and should be avoided. Immature seeds germinate poorly and often produce sickly plants. Fresh, dry, mature seeds less than a year old sprout quickly and grow robust plants.

Germinating and Planting Seeds

To germinate, seeds need moisture, warmth and air (oxygen).

MOISTURE: Soaking seeds in water allows moisture to penetrate the protective seed shell within minutes. Moisture continues to wick in to activate the dormant hormones. In 24 to 72 hours, hormones activate and send signals to produce a small white rootlet (radicle).

Moisture is critical now. There must be a constant stream of moisture to transport nutrients, hormones and water in order to carry on life processes. For best results, use distilled water.

Letting germinated seeds suffer moisture stress now will stunt seedling growth.

WARMTH: Cannabis seeds grow best at 78°F (25°C). Low temperatures (below 70°F or 21°C) delay germination. High temperatures (above 90°F or 32°C) cause poor germination.

Once germinated, move seedlings to a slightly cooler growing area and increase light levels. Avoid high temperatures and low light levels, which cause lanky growth.

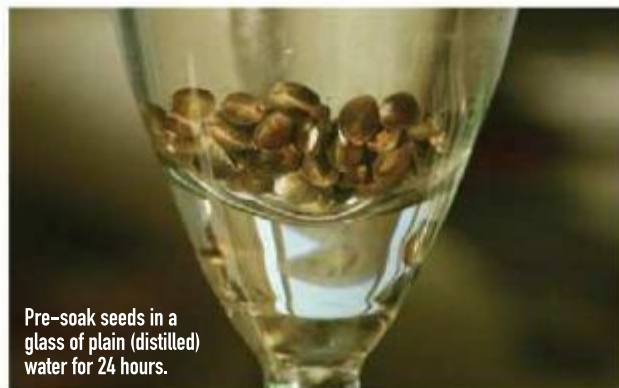
AIR (OXYGEN): Seeds need air to germinate. Moist, soggy growing mediums cut off the oxygen supply, and seeds will literally drown. Planting seeds too deeply also causes poor germination. Seedlings do not have enough stored energy to force their way through too much soil before sprouting. Plant seeds twice as deep as the width of the seed. For example, plant a 0.125-inch (0.3 mm) seed 0.25-inch (6 mm) deep.



Strong seeds are hard, mature and dark.



Weak seeds are soft, immature and pale.



Pre-soak seeds in a glass of plain (distilled) water for 24 hours.



Freshly sprouted seeds show the main rootlet popping out.



Once seeds have sprouted, they're ready to be moved into the growing medium.

STEP BY STEP Germination and Planting

STEP ONE: Day 1

Presoak seeds in a glass of plain (distilled) water for 24 hours. Do not soak longer or they could rot. At first, seeds will float on top of the water. As water penetrates, they sink to the bottom. Within a few hours, the seeds will sink to the bottom of the container. Seeds found floating the following day are probably not viable. A small white rootlet often emerges from strong, viable seeds.

STEP TWO: Day 2

Use a dinner plate or a small container with a grate. A grate lets excess water drain away. If using a plate, tip it to drain off excess water. Set a paper towel or cheesecloth on the plate or grate and moisten it with distilled water until saturated. Pour the water out of the glass and place the seeds on the moist paper towels, then cover the seeds with three more moist paper towels.

Drain off all excess water and put the moist seeds in a shady but warm location (70°F to 90°F, or 21°C to 32°C); the top of a refrigerator is ideal. Check them daily and keep them evenly moist but not soggy. Do not let seeds dry out or let water stand so that oxygen is cut off to seeds. Let excess water drain away freely.

Note: Prevent fungal attacks by watering with a mild 2% bleach solution.

STEP THREE: Days 5-8

Once seeds have sprouted and the white sprouts are visible, they are ready to move into the growing medium. Seeds that do not show a white rootlet now may never germinate. Don't throw them out—plant them instead. But such seeds may never germinate, and if they grow, they could produce weak plants.

Prepare a seed flat, Jiffy or rockwool cubes, etc., for planting the sprouted seeds. Fill the seed flat with a store-bought seedling mix, or make your own 50/50 mix of fine perlite and peat moss or coco peat. Water the mix in the flat with plain water until it is completely saturated; the water should run freely from the drainage holes in the bottom when the medium is saturated.

Remember, seedlings do not have enough stored energy to force their way through too much soil before sprouting. Make small indents (0.25-inch or 6 mm deep) in the growing medium, one for each seed in the individual containers. Use tweezers to carefully remove each sprouted seed and set it in the premade planting hole. Take care not to expose the tender rootlet to prolonged intense light or air. Point the white root downward.

Cover the sprouted seed with a 0.25-inch (6 mm) layer of fine, moist planting mix. Once it's covered, gently press the soil into firm contact with the sprouted seed. Once planted, set the flat or rooting cubes of sprouted seedlings under the lamp.

Note: Seeds set inside rockwool cubes often heave up and out. Germinate seeds before planting and make sure the white rootlet is at least 0.5-inch (1.5 cm) long to avoid this common problem.



Distribute your medium evenly into the holes.



Water in all seeds to ensure proper moisture levels.



Saturate your seedling trays until water runs freely from the drainage holes.



Rockwool absorbs plenty of water so be generous.



Peat pots should be thoroughly soaked but not drowning.



Wet pellets should feel heavier than dry ones.



Within a couple of days, non-serrated cotyledon leaves emerge.



Step 5: After 10-14 days, all seedlings should have true leaves.



This seedling is ready to be transplanted into a larger container.



Cover the seedling's medium completely with your new mix and water them in.

STEP FOUR: Days 10-14

In four to six days after planting, most of the seeds will have broken through the planting mix or emerged from the root cube. Within a couple of days, the first smooth, non-serrated cotyledon leaves emerge. Some seedlings will show their first signs of "true leaves," with the classic cannabis serrations and pointed tips.

After seven to 10 days, all of the seedlings will have cotyledon leaves, and many will have their first set of true leaves. In 10 to 14 days, all of the seedlings should have true leaves that are the same size or larger than the cotyledons.

Some growers apply a mild (quarter-strength) fertilizer, but it is not necessary for another week. Most important now is to keep the soil evenly moist.

STEP FIVE: Days 21-30

Start feeding two to four weeks after the seedlings have sprouted. Some growers wait until the leaves yellow to begin feeding. Use a mild quarter-strength solution. If yellowing persists, give seedlings a little more fertilizer.

STEP SIX: Days 21-30

Peat pellets or root cubes (both seedlings and clones) may be transplanted in two to three weeks or when the roots show through the sides. Feed with a diluted, quarter-strength fertilizer solution.

STEP SEVEN: Days 26-30

Grow seedlings and clones under a fluorescent light or a dim high-intensity discharge (HID) lamp for the next couple of weeks, until they have developed two to three sets of true leaves. This is a critical time for plants, and they need extremely close attention. Do not let them dry out!

Potential Problems

Too much or too little light, coupled with over-watering or under-watering, are the main reasons for poor seedling growth. This sickly freak trifoliate seedling is the result of dodgy genetics as well.

Over-watering and under-watering are the biggest obstacles that most growers face when germinating seeds and growing seedlings. Keep the soil uniformly moist, but not waterlogged. Do not let the growing medium's surface dry for long; keep it evenly moist. Setting root cubes or planting flats on a grate allows good drainage. A shallow flat or planter with a heat pad underneath may require daily watering, while a deep 1-gallon pot will need watering every three days or more. A properly watered flat of rockwool cubes needs water every three to five days when sprouting seeds. When the surface is dry (to 0.25-inch or 6 mm deep), it is time to water. Remember, seedlings have few roots to absorb the water early in life, and they are very delicate.

Seeds do not need any extra hormones to germinate. Household water contains enough dissolved solids (food) to nourish the seeds through their first few weeks of life. Supplemental nutrients often disrupt internal chemistry.

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How to Obtain Seeds

Get seeds from the grower who developed them. This is an excellent option, because the grower usually knows the strain well and can tell you many details about growing it. Most such growers can also tell you about other qualities of the plant, such as taste, aroma and high.

You can also find seeds in a bag of buds. Bag seeds are okay because you will know more or less what the taste, aroma and high of the final product will be like. However, you will not know the growth characteristics of the plant, and the plant will not be genetically stable. Often, the seed will grow into a plant that has only some of the traits of its parents. It could also have intersex (hermaphrodite) tendencies.

Many varieties of cannabis seeds are available for purchase. Choose wisely!



Another option is to order seeds via mail or the Internet. Check cannabis-website forums for more information and recommendations. Before you buy anything, send the seed company an email with some questions and see how long it takes them to respond. Companies with an email address and website are usually okay to order from, but make sure they answer your emails promptly. A good seed company will respond in one to two business days with good answers to your questions. If you do not get a response from a company, do not order from them!

You may prefer to order from a company you can contact by telephone. Speak to a qualified representa-

tive who will provide good answers to your questions. Always call several companies and ask them specific questions about the strains they sell.

Packaging is important. Seeds are easily crushed, and the packaging must protect them from damage. Many seed companies place seeds inside the channels of corrugated plastic; the plastic is then placed inside an envelope and mailed. The volume of first-class mail is great, and all sorting is done mechanically, so letters under one ounce (28 grams) are not opened.

Occasionally, the postal service will find a seed shipment. When they do, they send a letter to the recipient stating that they have confiscated the seeds. No further action is taken.

Caution! Some seed merchants do not tell the truth about their seed stock; they'll sell you seeds that are not what they advertise them to be. Other companies take your money and do not ship the seeds. It is easy to avoid such problems with a little homework. Always check Greenman's site, seedbankupdate.com, for current information on seed banks. The site also lists seed banks that do not advertise in catalogs. Seed sellers are rated with one to four stars, depending on the quality and service they offer. Greenman gives security, shipping and payment terms as well as a rating for customer complaints (including an "X" rating for rip-offs as well as many other grievances).

Your final option is to purchase seeds personally at a shop. Seeds are available at shops in many countries. Stores in Canada, Holland, Italy, Spain, Switzerland, the United Kingdom and several Central European countries sell seeds publicly, which means you can walk right in and buy them. You can find such seed stores listed in cannabis magazines, fair guides and websites. When you are able to talk personally with a seed merchant, you can get exact information and ask as many questions as you want.

Often, the salespeople will have personal stories about their favorite strains.

A word of caution about phone calls: Many national governments monitor all international telephone calls. Use a telephone card and call from a public telephone or one that cannot be traced back to you. If you live in a country where seeds are illegal, call from a public telephone and use a calling card. Do not call the seed company from a telephone located at the grow house. Even if you are a medical-marijuana grower in the United States, the seeds must pass the US border, where federal law applies.

Seed Quantities and Pricing

Seeds are generally sold in packages of 5, 10 and 15. Prices range from about \$3 to \$30 US per seed. Often, less expensive seeds are perfectly adequate for many growers' needs and desires. More expensive seeds are usually more stable, and extra care has been taken to produce them. Furthermore, expensive seeds are often the winners of recent Cannabis Cups or are more difficult to produce.

My preference is to purchase seeds that are in the middle price range. Unless they're feminized, always purchase packages of 10 to 15 seeds, because the odds are that 50% of the seeds will be female and the other half male. Of the female seeds, some will show more desirable characteristics than others.

Feminized Seeds

Feminized seeds have become very popular worldwide. When grown in a stress-free environment, virtually all feminized seeds grow into female plants. For this reason, they are more expensive than "normal" seeds. Normal seeds generally yield a 50/50 mix of male and female plants; then the male plants are weeded out and the female plants harvested.

Receiving Seeds

Check seeds to ensure that none are crushed; if the seeds came in a see-through bag, do not open it. If one or a few are crushed, call or email the seller immediately to explain the problem and then return all seeds for replacement.

If you're not going to plant the seeds immediately, remove them from the original package and place them in a crush-proof container, such as a small dark vial or film canister, with a dry packet of silicone—the kind you find in electronics packages. Store seeds in a cool, dark, dry place. Keep them dry or they might start to germinate. Also, make sure to label containers! It's best to do so before you place the seeds inside.

Storing Seeds

Some seeds will remain viable for five years or longer when stored properly. When 50% of the stored seeds do not germinate, the average storage life is over. Seeds that are a year old (or older) often take longer to sprout and have a lower rate of germination. Seeds will keep for a long time when the humidity is less than 5% and the temperature is 35°F to 41°F (2°C to 5°C).

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Begin feeding nutrients two to four weeks after seedlings have sprouted.



Seedlings

During seedling growth, the root system grows rapidly while green above-ground growth is slow. Water and heat are critical at this point of development. The new root system is tiny and fragile, and it requires a small but constant supply of water and warmth. Too much water will drown the roots, often leading to root rot and damping-off (rotting at the soil line). Lack of water will cause the developing root system to dry up.

As seedlings mature, some will grow faster, stronger and appear healthier in general. A little heat now will help nurture small seedlings to a strong start. Other seeds will sprout slowly and be weak and leggy. Most growers cull the weak, sickly plants during the third to fifth week of growth and focus attention on the remaining strong survivors.

Speed root growth by keeping the soil 2°F to 5°F (1°C to 2°C) warmer than the ambient air temperature. Ideally, the ambient air temperature should be 75°F (24°C), and the growing-medium temperature should be 77°F to 80°F (25°C to 27°C). Use a heating mat or cables to raise the temperature of the growing medium if necessary.

If you have just a few seedlings, you may want to save the weak, slow-growing plants. Baby such small plants along and let them grow longer until they catch up with the others before moving them into the next stage of growth.

Seedlings need at least 16 hours of light daily. Many growers give seedlings 18 to 24 hours of light per day so they will

grow as fast as possible. Seedlings that receive 16 hours of light and 8 hours of darkness tend to produce more female plants.

Seedlings require less intense light now and grow well under fluorescent tubes or compact fluorescent lamps (CFLs) for the first two to three weeks. Keep fluorescent tubes 2 to 6 inches (5 to 15 cm) and CFLs 12 to 18 inches (30 to 45 cm) above the seedlings.

Metal halide (MH) or high-pressure sodium (HPS) lights can also be used to grow seedlings. Growers prefer MH lights because the color spectrum of HPS lamps tends to make the seedlings stretch between branch internodes.

Keep these lights 3 to 4 feet (90 to 120 cm) above seedlings for best growth.

The seedling stage is over when rapid foliage growth starts. Rapid foliage development aboveground is the beginning of the vegetative-growth stage. Plants need more room to grow, and transplanting them into a larger container hastens development. Now you are ready to transplant the seedlings. ✨



Use heating cables or a mat to raise the temperature of your growing medium to the optimal levels shown here.

This article is excerpted from Jorge Cervantes' newest book, Marijuana Grow Basics: The Easy Guide for Cannabis Aficionados, available for just \$21.95 at headshop.hightimes.com. Jorge Cervantes is the author of Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible, Jorge Cervantes' Ultimate Grow DVD and Jorge Cervantes' Ultimate Grow DVD II, Indoor Marijuana Horticulture: The Indoor Bible, Marijuana Indoors: Five Easy Gardens, Marijuana Outdoors: Guerrilla Growing and Jorge's Rx. Hit marijuanagrowing.com for more information.

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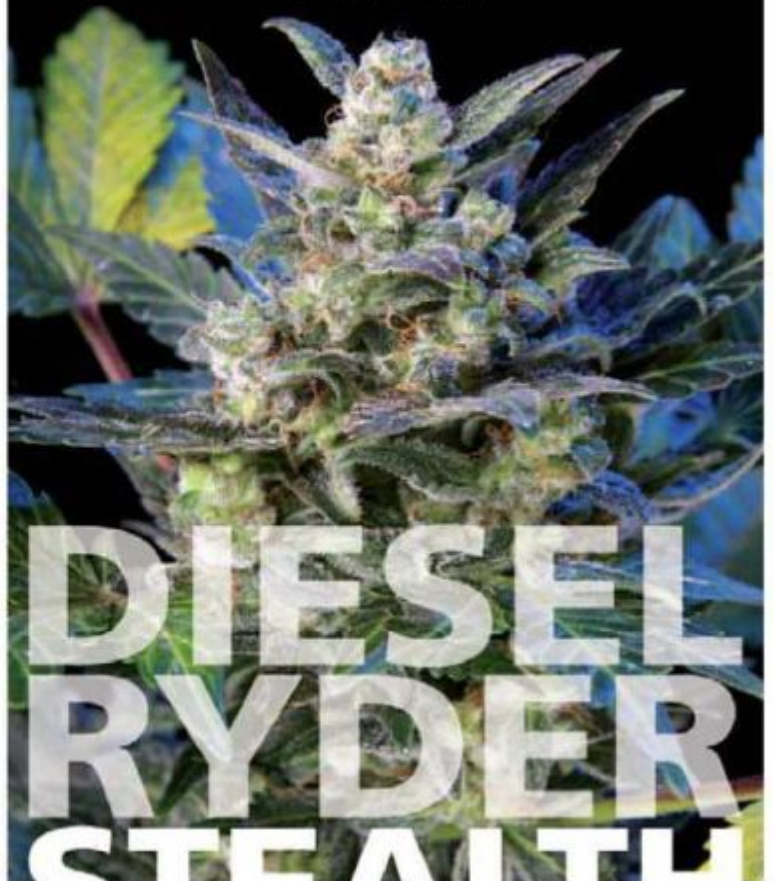
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Introducing a perpetual harvest tutorial revealing how to yield a pound of buds every three weeks from a 7' x 8' closet. I'll take you through my process from start to finish!

Story & photos by StinkBud



Harvest a Pound Every Three

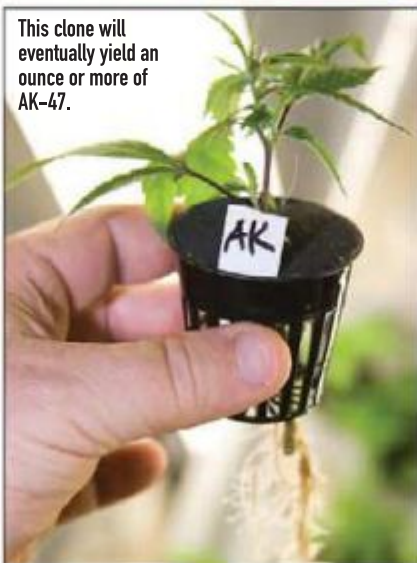
What's so different about my system versus others?

1) Three separate aeroponic/NFT (nutrient-film technology) flowering systems allow me to run a nine-week flowering cycle. This allows the buds to fully ripen and also allows me to grow strains with more *sativa* in them.

2) I use 100% organic nutrients for the sweetest-tasting bud you can imagine.

3) I take my cuttings from my vegetative plants. This way I can grow 10 different strains without having to keep 10 mother plants.

This clone will eventually yield an ounce or more of AK-47.



Into the Cloner

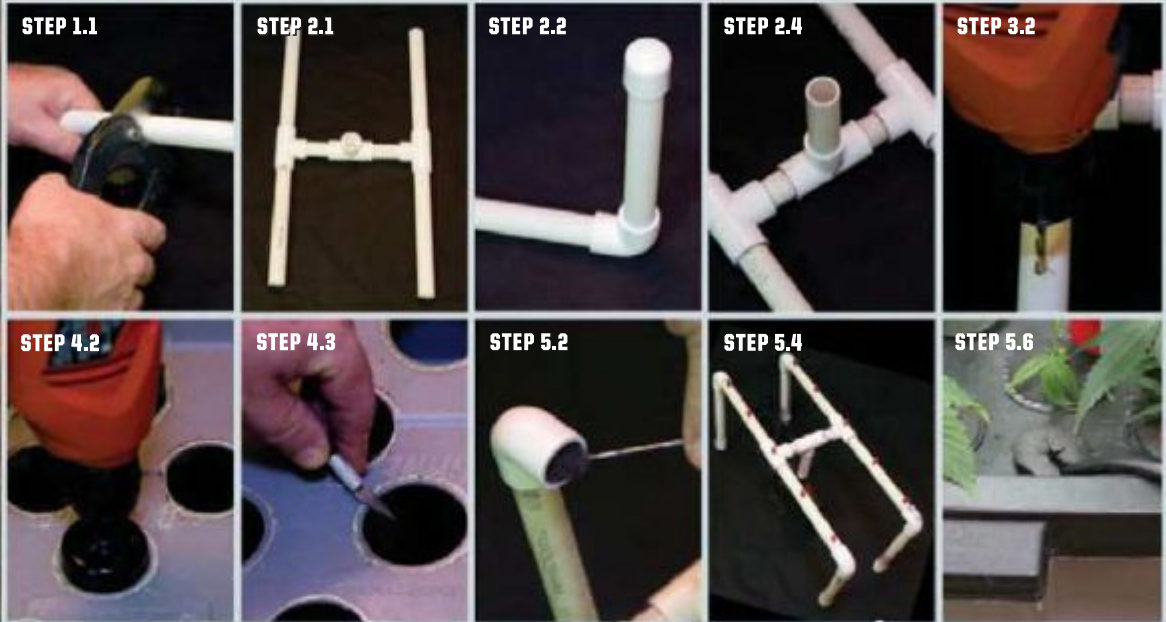
First, I take my 2- to 4-inch cuttings and place them in neoprene sleeves and then into 2-inch net pots. There's no spraying, dipping or anything—just stick them in the cloner and you're done.

My cloner is homemade, and I have a 100% success rate with this system. I use tap water with 150 ml of Clonex clone solution, although no rooting hormone is actually needed. (They do root a little faster with the solution.) The cloner runs on the same timer I use for all of my aero setups, set at one minute on and five minutes off. The clone system is kept under a 24-inch, two-bulb HO (high-output) fluorescent light. I use EZ-Clone sprayers for everything, and I run a 396-gph (gallons per hour) pump for all of the systems as well.

Use an 18-gallon Rubbermaid Roughneck container for your clone unit. *Everything else will leak!* Trust me on this—I've tried them all. Half-inch PVC pipe is used for the sprayer assembly. Use an 11/64" drill bit for the sprayers. Just screw the sprayers right into the PVC pipe. Check out the plans for a more detailed example.

The roots will pop within a few days. After a few weeks, my plants have developed a nice root system. I don't feed them any nutrients yet.

A perpetual supply of perfect pot is the result of patience, planning and hard work.



STEP-BY-STEP Cloner Building

STEP 1 – Cutting the 1/2" PVC Pipe

- 1) Cut eight 7" lengths.
- 2) Cut two 1 1/2" lengths.
- 3) Cut one 2 1/4" length.

STEP 2 – Preassemble Your Sprayer Frame

- 1) Start with the top "H." It's made from the 3 – Tees and two 1 1/2" pipes.
- 2) Add the elbows to the tips of the "H."
- 3) Add the 7" legs and end caps.
- 4) Attach the 2 1/4" pump-connecting pipe to bottom of the "H."

STEP 3 – Drilling the Sprayer Holes

- 1) Measure and mark the sprayer holes according to the plans.
- 2) Use the 11/64" drill bit for the eight holes.

STEP 4 – Drilling the Lid

- 1) Measure out 23 holes as shown in the plans.
- 2) Use the 2" hole saw to cut the holes.
- 3) Use an Exacto knife to clean up the holes.
- 4) Cut a small hole with the Exacto knife just big enough for the cord to fit through.

STEP 5 – Final Assembly

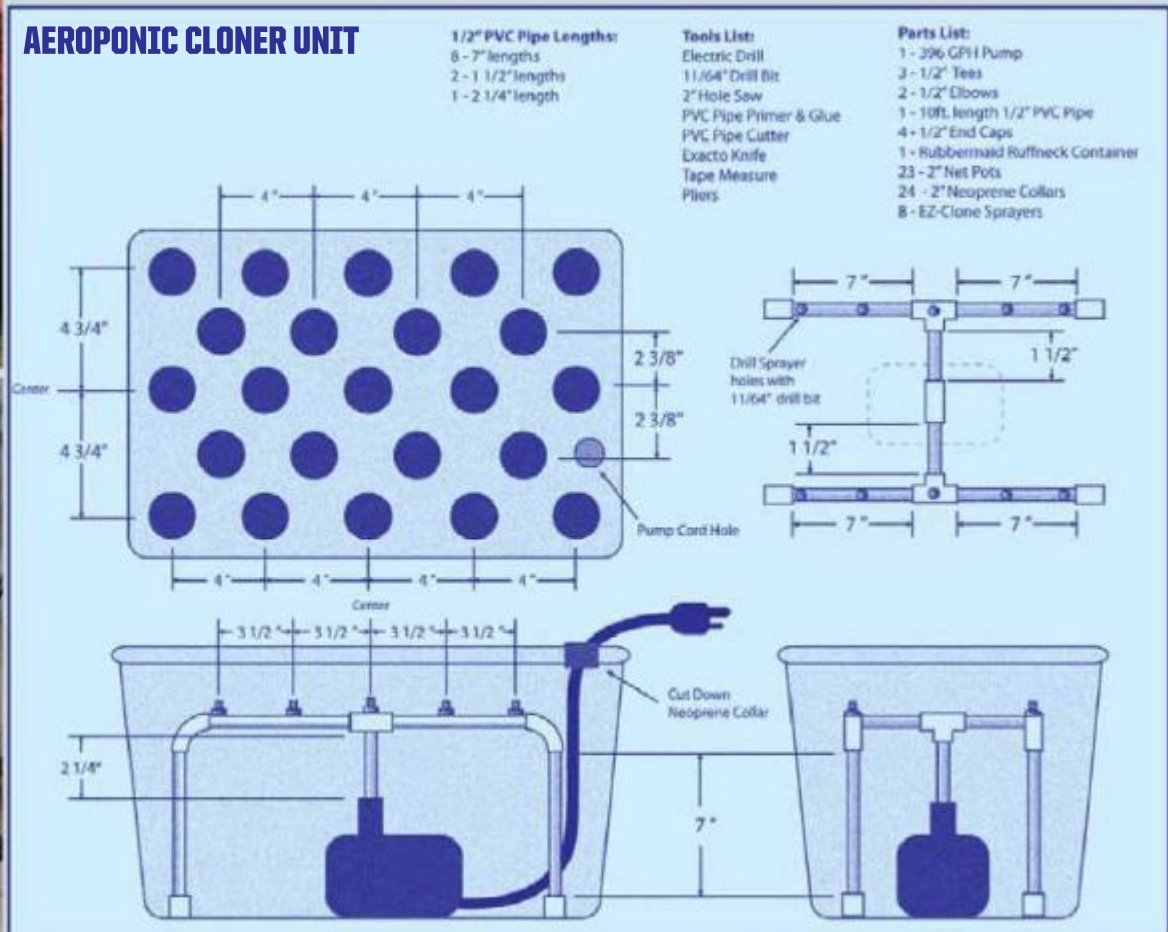
- 1) Place the pump and sprayer unit into the container and check to make sure everything fits well.
- 2) Take apart the sprayer unit and paint primer on the ends of the pipes and inside the fittings.
- 3) Start the final assembly on the sprayer unit. Be careful, because the glue dries fast! Do only one part at a time until the unit is completely assembled.

- 4) Screw in the sprayers. You may need to use a pair of pliers to get them in.
- 5) Cut down a neoprene collar to the size of the cord hole you cut in the lid.
- 6) Run the cord through the lid and neoprene collar. Don't put the lid on yet.

STEP 6 – Setup and Conclusion

- 1) Add enough water to cover the pump, but don't fill it over halfway. You don't want the roots to hang in the water.
- 2) Add 150 ml of Clonex solution to the water (optional) and adjust the pH to 5.8.
- 3) Set your cycle timer to one minute on and five minutes off.
- 4) Put the lid on the container.
- 5) Fill the cloner with your favorite strains. Don't spray the cuttings.
- 6) Enjoy your new cloner! You should see roots within a week.
- 7) Don't forget to pass the love on

Weeks!



The cloner will produce rooted cuttings in one week.

VEGETATIVE UNIT

1/2" PVC Pipe Lengths:

- 2 - 3" lengths
- 2 - 2" lengths
- 2 - 47" lengths
- 1 - 11 1/2" length

3/4" PVC Pipe Lengths:

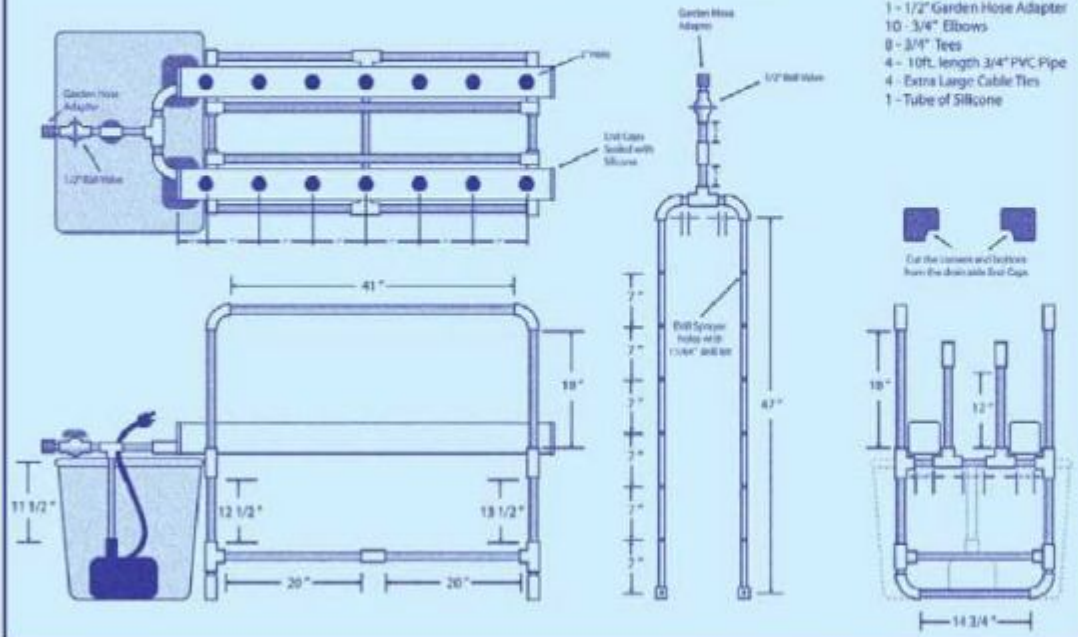
- 4 - 41" lengths
- 4 - 20" lengths
- 6 - 4 1/8" lengths
- 3 - 14 3/4" lengths
- 4 - 18" lengths
- 4 - 12" lengths
- 4 - 2" lengths
- 2 - 12 1/2"
- 2 - 13 1/2"

Tools List:

- Electric Drill
- 11/64" Drill Bit
- 2" Hole Saw
- PVC Pipe Glue
- PVC Pipe Cutter
- Exacto Knife
- Tape Measure
- Pliers
- Small Drum Sander
- Hacksaw

Parts List:

- 1 - 356 GPH Pump
- 2 - 1/2" Tees
- 2 - 1/2" Elbows
- 1 - 10ft. length 1/2" PVC Pipe
- 2 - 1/2" End Caps
- 1 - 18 Gal. Rubbermaid Ruffneck Container
- 14 - 2" Net Pots
- 14 - 2" Neoprene Collars
- 14 - EZ-Clone Sprayers
- 1 - 1/2" Ball Valve
- 1 - 1/2" Garden Hose Adapter
- 10 - 3/4" Elbows
- 8 - 3/4" Tees
- 4 - 10ft. length 3/4" PVC Pipe
- 4 - Extra Large Cable Ties
- 1 - Tube of Silicone



STEP-BY-STEP Vegetative Unit Construction

STEP 1 – Cutting the 1/2" PVC Pipe

- 1) Cut seven 7" lengths.
- 2) Cut one 10" length.
- 3) Cut two 1 1/2" lengths.
- 4) Cut one 17 1/4" length.

STEP 2 – Preassemble Your Sprayer Frame

- 1) Start with the top "H." It's made from the 3 - Tees and two 1 1/2" pipes.
- 2) Add the elbows to the tips of the "H."
- 3) Add the 7" legs and end caps.
- 4) Add the 10" drain pipe to the "H." Do not attach the ball valve yet.
- 5) Attach the 17 1/4" pump-connecting pipe to bottom of the "H."

STEP 3 – Drilling the Sprayer Holes

- 1) Measure and mark the sprayer holes according to the plans.
- 2) Use the 11/64" drill bit for the 10 holes.

STEP 4 – Drilling the Lids & Containers

- 1) Measure out 18 holes as shown in the plans.
- 2) Use the 2" hole saw to cut the holes.
- 3) Mark the exact center inside the plant container.
- 4) Cut a 2" drain hole in the exact center of the reservoir lid.
- 5) Cut a 2" access hole in the corner of the reservoir lid so you can see and maintain water level.
- 6) Cut a 13" to 16" hole in the side of the plant container for the drain valve as shown in the plans.
- 7) Use the Exacto knife to clean up the holes.

STEP 5 – Final Assembly

- 1) Place the sprayer unit into the container and check to make sure everything fits well.
- 2) Take apart the sprayer unit.
- 3) Start the final assembly on the sprayer unit. Start applying glue to each piece. Once again, be careful, because the glue dries fast! Do only one part at a time until the unit is completely assembled.
- 4) Screw in the sprayers. You may need to use a pair of pliers to get them in.
- 5) Put the pump in the reservoir and attach the down pipe.
- 6) Put the reservoir lid on and place the plant unit on top.
- 7) Connect the sprayer unit to the down pipe (pump).

STEP 6 – Mixing the Nutrient Formula

- Botanicare Nutrients
- 1) 126 ml Cal-Mag Plus
 - 2) 180 ml Liquid Karma
 - 3) 540 ml Pure Blend Pro Vegetative Formula

Mix all the nutrients together in a 1-gallon jug and top off with water. Shake well!

STEP 7 – Setup and Conclusion

- 1) Add 15 gallons of water (approximate) to the reservoir.
- 2) Add nutrient mixes until the meter reaches 2,000 ppm.
- 3) Adjust the pH to 5.8.
- 4) Put the lid on the plant unit.
- 5) Fill the vegetative unit with your favorite strains from the clone unit.
- 6) Set your cycle timer to one minute on and five minutes off.
- 7) Enjoy your new vegetative unit!!!! You should see amazing growth rates.8) Don't forget to pass the love on

Off to the Vegetative System

After three weeks, I move the best 14 plants into the vegetative system. I use a dual-container aeroponic system. The roots grow straight down, which makes the plants easy to transfer to the flowering room when the time comes. The plants are kept under a 250-watt metal halide (MH) light set to an 18/6-hour day/night photoperiod. Again, all my sprayer systems are on the same timer, set to one minute on and five minutes off. This gives the roots the maximum amount of oxygen without letting them dry out.

I run this nutrient formula for vegetative growth:

Botanicare Nutrients

- 126 ml Cal-Mag Plus
- 180 ml Liquid Karma
- 540 ml Pure Blend Pro Vegetative Formula

I start at 1,500 ppm (parts per million) and bring it up to 2,000 ppm by the second week of veg. I change the nutrients every three weeks with each new crop and adjust the pH level to 5.8.

The vegetative unit takes up very little space.



After vegging, plants move to the flowering room.



Massive flowers are formed when all growing conditions are fine-tuned.

On to the Flowering Room

When the time comes, I just pull my plants out of their containers and move them into the flowering room. I use two 1,000-watt high-pressure sodium (HPS) lights, for a total output of 290,000 lumens. My lights have vented hoods that take the air from the room and vent it into the attic—this way, the room is totally sealed to keep the CO₂ in. I use a 440-cfm (cubic feet per minute) fan to vent my lights. I run the lights at night to help keep the temps down.

I use an A/C unit during the summer but don't need it the rest of the year. I use a complete greenhouse-control system with CO₂. I keep my CO₂ at 1,500 ppm during the day cycle. I keep my humidity below 60% and have a 200-cfm fan that vents into the attic to keep the humidity in check. I run three separate aero/NFT systems to give me nine weeks of flowering time and a three-week perpetual-harvest cycle.

I use a cycle timer for the pumps, set to one minute on and five minutes off. Again, this allows maximum oxygen to the roots without letting them dry out. My three aero/NFT systems were made using PVC fence posts. The plumbing runs inside and is made from the same 1/2" PVC pipe I used for the cloner, with EZ-Clone sprayers between each plant site.

14 plant sites. 396 gph pump. The frame is made from 3/4" PVC pipe. 18-gallon Rubbermaid container for the reservoir.

Here's my nutrient formula for the flowering room:

Botanicare Nutrients

126 ml Cal-Mag Plus

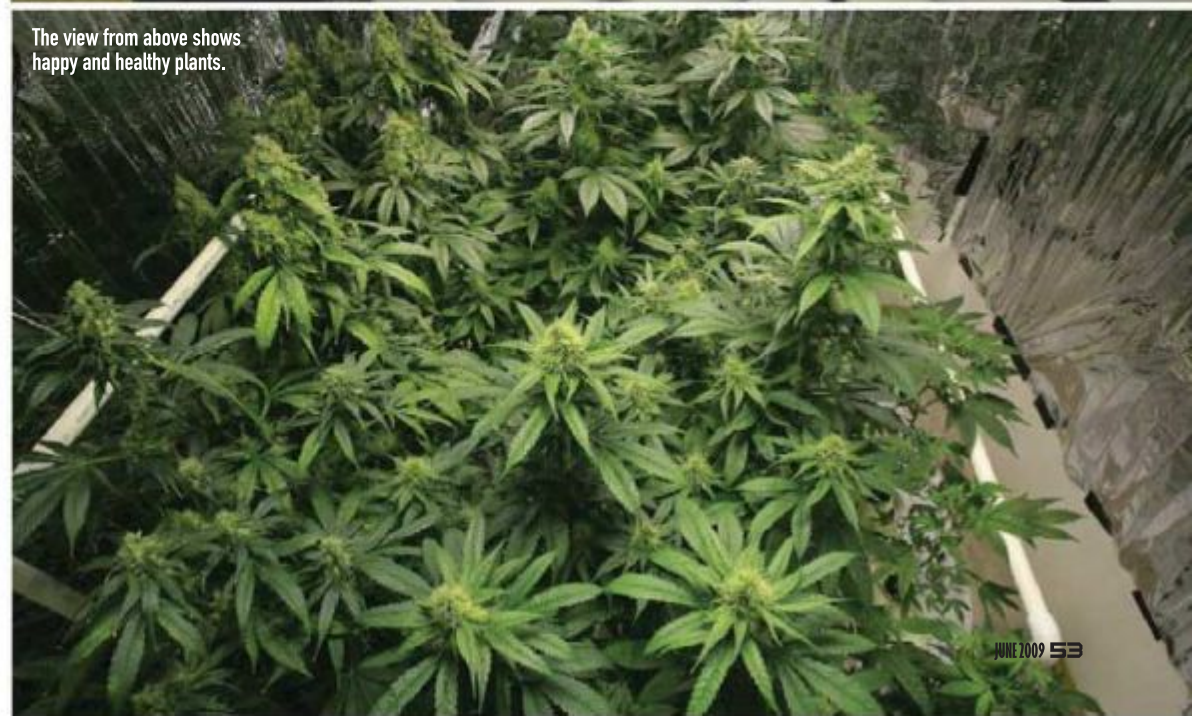
150 ml Sweet

180 ml Liquid Karma

540 ml Pure Blend Pro Bloom



Three flowering units at various stages of growth.



The view from above shows happy and healthy plants.

STEP-BY-STEP Flowering Aero/NFT

STEP 1 – Cutting the 3/4" PVC Pipe for the Frame

- 1) Cut four 41" lengths (label *plant support*)
- 2) Cut four 20" lengths (label *"H"*)
- 3) Cut six 4-1/8" lengths (label *fence-post holder*)
- 4) Cut three 14-3/4" lengths (label one *"H"* and two *end*)
- 5) Cut four 18" lengths (label *plant-support leg*)
- 6) Cut four 12" lengths (label *plant-support leg*)
- 7) Cut four 2" lengths (label *end*)
- 8) Cut two 12-1/2" lengths (label *front*)
- 9) Cut two 13-1/2" lengths (label *back*)

STEP 2 – Preassemble Your Frame

- 1) Start with the ends. Use 4 – Tees and three 4-1/8" lengths to make the fence-post holder.
- 2) Add the legs and bottom tees. Don't forget the *front* and *back* labels!
- 3) Add the 2" pieces to the bottom of the tees.
- 4) Add the elbows to the 2" pieces. Make sure the elbows are facing each other.
- 5) Connect the elbows with the 14 3/4" pieces. The ends should be complete now.
- 6) Now make the bottom "H" using 2 – Tees, four 20" pieces and one 14 3/4" piece.
- 7) Connect the two ends together using the "H."
- 8) Create your plant supports using the four 41" lengths and 4 – elbows.
- 9) Add the 12" and 18" plant-support legs and place the plant supports into the frame.
- 10) If everything fits, then take the unit apart and glue all the pieces together. Be careful, the glue dries fast!

STEP 3 – Assemble & Cut the Fence Posts

- 1) Measure and mark the 2" net pot holes as shown on the plans.
- 2) Clean up the holes with the Exacto knife.
- 3) Put a large bead of silicon inside two of the end caps and place them on the back end of the fence posts.
- 4) Run a bead of silicon around the edges of the end cap and let the posts dry.
- 5) Cut the bottom 1/4" off of the two end caps. Use a small-drill drum sander to sand an opening for the sprayer-pipe assembly. A Dremel tool works well, too.
- 6) Place the fence posts on the frame and use large cable ties to hold the fence posts in place.

STEP 6 – Cutting the Sprayer-Assembly Pipe

- 1) Cut two 3" lengths.
- 2) Cut two 2" lengths.
- 3) Cut two 47" lengths.
- 4) Cut one 11-1/2" length.

STEP 7 – Assembling the Sprayer Unit

- 1) Drill ten 11/64" holes into the 47" pipes as shown on the plans.
- 2) Use pliers to insert the EZ-Cloner sprayers into the holes.
- 3) Attach end caps and elbows to the sprayer pipes.
- 4) Put the 2" pipes into the elbows.
- 5) Combine the two sprayers together with a tee.
- 6) Add another 2" piece to the tee and a downward-facing tee to that.
- 7) Attach the last 2" piece to the tee.
- 8) Attach the ball valve and garden-hose adapter to the last piece.
- 9) Try it out in the fence posts and, if everything looks good, glue it all together.

STEP 8 – The Container Lid

- 1) Put the container and lid under the fence posts and draw a drain hole under the fence posts.
- 2) Cut out the hole with a utility knife and clean up the edge with the small drum sander.
- 3) Drill a 2" hole for the pump pipe.
- 4) Cut a large access hole with the utility knife. Leave one edge attached to make a flap that can be closed.

STEP 9 – Final Assembly

- 1) Place the pump into the container and run the 11 1/2" pipe through the lid.
- 2) Put the sprayer assembly into the fence posts.
- 3) Put the container under the frame and attach the pump pipe to the sprayer assembly.
- 4) Apply a few small drops of silicon to the drain end caps and place them on the fence posts. Don't use too much silicon, because you want to be able to remove the caps when needed.
- 5) Fill the containers and place empty net pots with collars into the fence posts.
- 6) Check for leaks. If everything is okay, then you're done! Congratulations!!!

STEP 10 – Mixing the Nutrient Formula

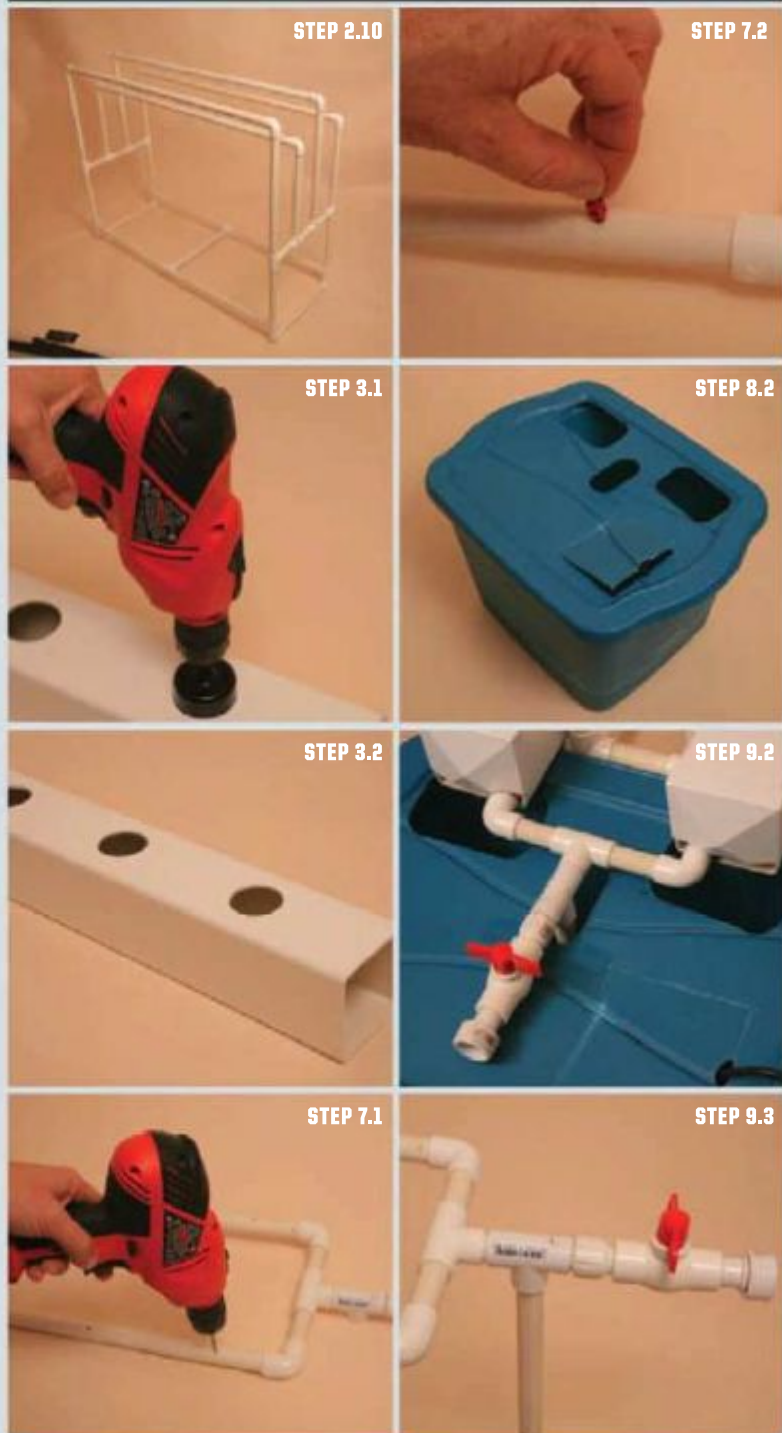
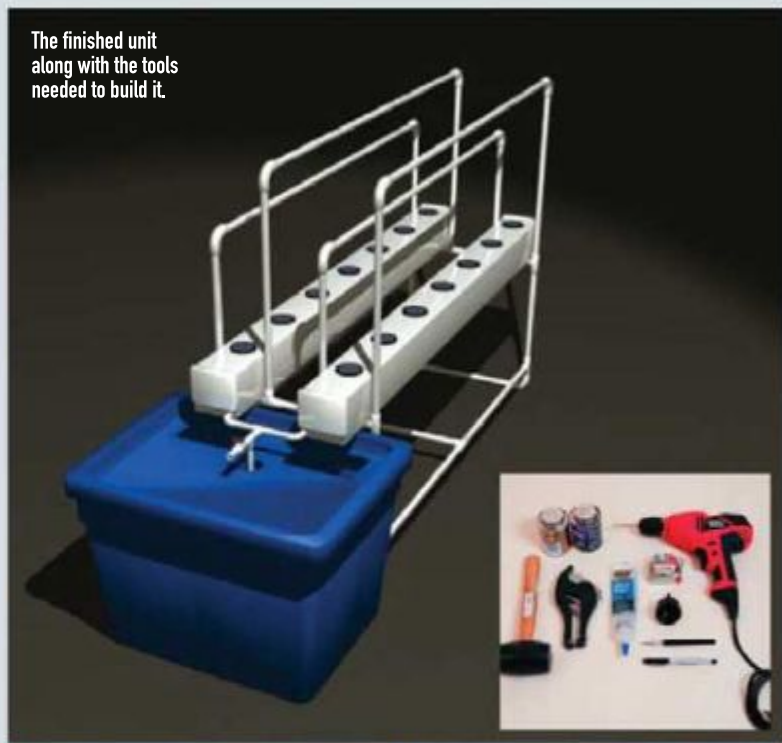
- Botanicare Nutrients
- 1) 126 ml Cal-Mag Plus
 - 2) 150 ml Sweet
 - 3) 180 ml Liquid Karma
 - 4) 540 ml Pure Blend Pro Bloom

Mix all the nutrients together in a 1-gallon jug and top off with water. Shake well!

STEP 11 – Setup and Conclusion

- 1) Add 15 gallons of water (approximate) to the reservoir.
- 2) Add nutrient mixes until the meter reaches 2,000 ppm.
- 3) Adjust the pH to 5.8.
- 4) Fill the flowering unit with your favorite strains from the vegetative unit.
- 5) Set your cycle timer to one minute on and five minutes off.
- 6) Enjoy your new aeroponic system!!! You should see some amazing buds in no time!
- 7) Don't forget to pass the love on

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Drainage is very important in hydro- and aeroponics.



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The big bouquet of buds.

The Mix

Mix all of the nutrients in a 1-gallon milk container. Add water and shake well. The whole mix will take an 18-gallon reservoir to 2,900 ppm, so add about half of the mix and then check your ppm. It will be low, so you'll have to keep adding nutrients until you get it to 2,000 ppm. Remember, it's easy to add more nutrients but hard to take them out: If you go over, you'll have to drain some of the nutrient water from the reservoir and add more plain water.

This is why you want to take it slow at first. Always adjust the pH *after* you've set your nutrients' ppm level. Fill the reservoir with water and start adding the nutrient formula until it reaches the correct ppm. Your ppm level depends a lot on the strain you're growing. A ppm level of 1,700 to 2,000 is safe to start with, but some strains can handle over 3,000 ppm.

Every couple of days, I add water. As the plants use up the nutrients, you'll have to add more formula. It's too easy! All you need is a cheap ppm meter. You'll need one that goes to at least 2,000 ppm—just stick it in the water and read the number.

The same with pH: Just put the meter in the water and it will show you the pH level. If it's below 5.8, you add PH up. If it's above 5.8, you add PH down. Simple.

Flushing 101

Have you ever smoked pot that smelled like freshly mowed grass and had a burning aftertaste? Did it snap, crackle and pop like a bowl of Rice Krispies?

You just smoked pot that wasn't flushed properly.

Flushing is one of the most important aspects of growing bud. Some people will argue that it isn't really necessary. *Don't listen to them!* Trust me on this: Flushing really helps to improve the smell and flavor.

I start my flush two weeks before harvest by draining the reservoir and filling it with tap water. I let the pump run constantly for about an hour to wash out any nutrients that are still hanging around, then I drain the reservoir and refill it. I add 150 ml of Clearex and let the pump run normally for 24 hours. After one day, I drain the water/Clearex and run just straight water for the next two weeks.

I check the reservoir every couple of days. If the level climbs to more than 50 ppm, I'll do another reservoir change.

Your plants will start to turn colors during the flush. This is good: It means that they're using up all the available nutrients. I've seen purple, red, yellow and blue tones appear during the flush. At the end of two weeks, your plants should be ready for harvest.

Reaping the Rewards

Toward the end of your flush, you'll need to start checking the trichomes with a strong magnifying glass or a microscope. If you have a camera with macro capabilities, you can use that to inspect the buds. You're looking for the trichomes to turn from clear to cloudy. I like my *indicas* with a little amber in the trichomes, but I like my *sativas* with the trichomes just starting to turn cloudy. This is your window for harvesting.

If you harvest early in this window, the high will be more of a head high—and the more you smoke, the higher you'll get. This is called the "ceiling" of the high. *Sativas* are well known for this type of high, so my predominantly *sativa* strains are harvested at the early end of the window. This gives me that soaring, energetic high that keeps climbing the more you smoke. It's great for work and play.

If you harvest later in the window, you'll get more of a body high—i.e., that "couchlock" feeling you get when you smoke a lot of hash-like bud. *Indicas* and Afghani varieties are the strains I look to for a body stone. At around nine weeks, the predominantly *indica* strains are finished. This is late in the window for them. The high is very medicinal, and it works great for pain and nausea.

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Trimmed buds are dried on racks for even evaporation.



Time to Cut

Use some gardening shears and cut your plants off at the base. Once I cut all the plants, I turn off the pump and let the roots dry out. This way, the process isn't so messy, with wet, slimy roots everywhere. Then you have two options:

1) Hang the plants to dry and trim the buds later.

Advantages: Hanging them up allows the maximum drying time. This lets the plants get rid of any leftover nutrients so they'll taste nice and sweet.

Disadvantages: It takes longer to dry this way, and it's harder to trim the buds. Also, you have to watch for mold—a longer drying time could allow mold to develop.

2) Trim the buds now and put them on a screen to dry.

Advantages: It's a lot easier to trim the

Dried buds must still be cured for optimum flavor and potency.



buds when they're fresh; mold problems disappear; and the drying time is faster. If you need smoke, trim first. *Disadvantages:* Not many if you've flushed properly. The buds could dry too quickly, turning crispy on the outside while staying wet on the inside. Putting the buds in a brown paper bag can be used to slow the drying down.

To tell the truth, I've done both, and I really can't tell the difference in taste. Then again, I flush the hell out of my plants before harvest. Obviously, it's a lot easier to pull a plant and trim it right then—that way, you're done and can move on to maintenance.

Trimming and Curing

If your stems snap when you bend them, then your buds are dry and ready for curing. Curing is the last part of growing: It allows the smoke to smooth out and taste better. Bud that's harsh to smoke right after drying will often mellow out with time. If you haven't trimmed the buds, go ahead and do the dirty deed. I cure my buds in the classic glass jars used for canning. Any brand will work fine.

Don't pack the buds in too tightly; you want them to breathe. Open the jars a few times a day for the first week, then open them every few days until they smell sweet. If your buds start smelling funky, you didn't let them dry out enough, so take them out and let them dry completely.

It usually takes a good three months for the best cure. Like fine wine, the longer your buds cure, the better they will taste.



Aeroponic colas pack on weight.



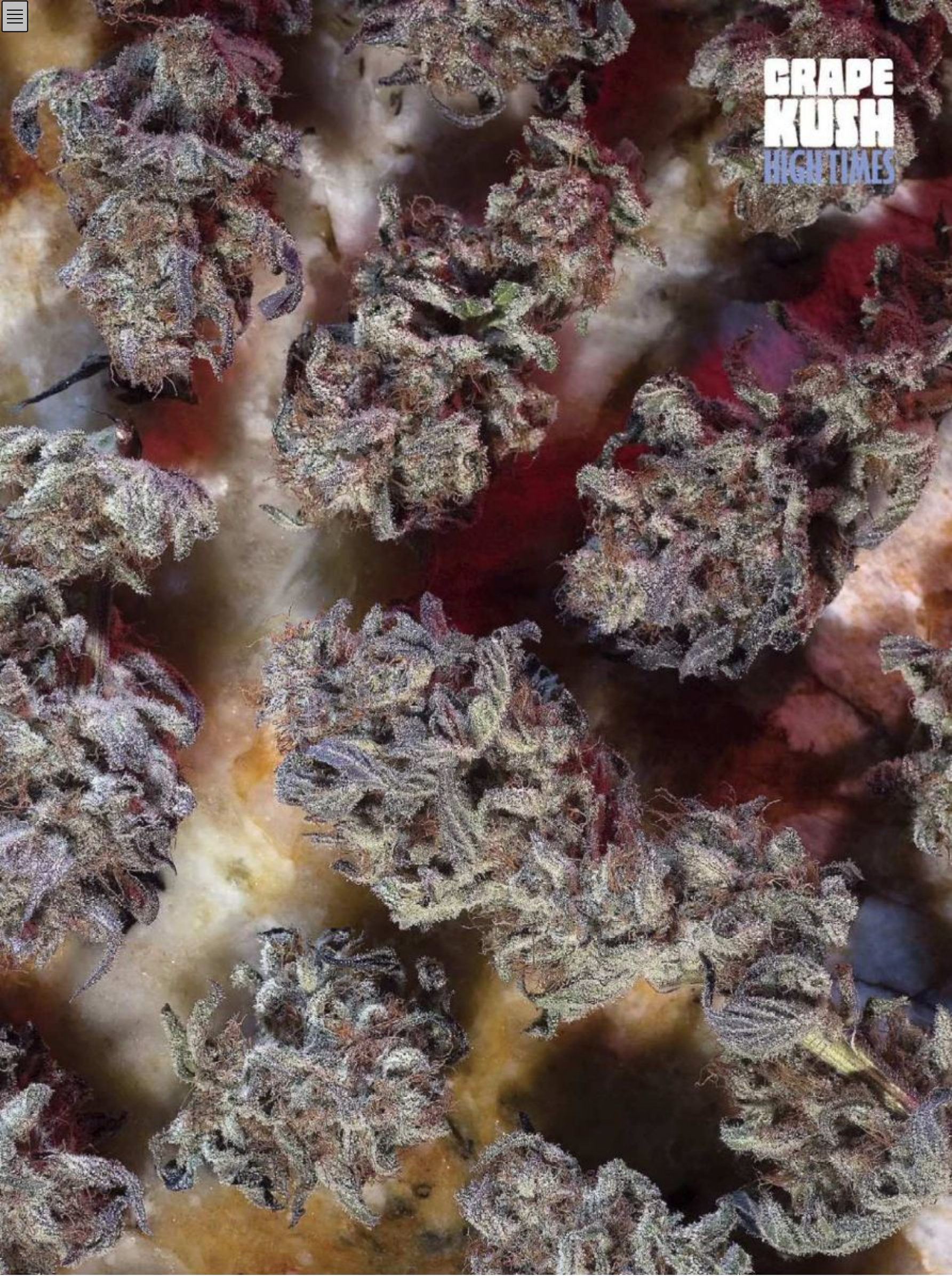
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Maintenance and Cleaning

Taking care of the different systems is really quite easy. After every harvest, I clean and change all the reservoirs. Each system has a garden-hose fitting and valve. I attach a garden hose and run the hose into the bathtub; then I open the valve, plug in the pump and drain the reservoir. Be sure to double-check your hose so you're not spraying water all over the bathroom! Listen for a sucking sound from the pump: That tells you it's time to unplug it.

Don't forget to close the valve at this time! I once knew a guy who sprayed water all over himself like a total idiot because he forgot to close the valve. (I don't want to mention any names, but it starts with "Stink" and ends with "Bud.") Get a garden-hose adapter for your sink and attach the hose; there's no need to haul water around, unless you like that sort of thing.

After harvest, I remove all the plant matter and clean everything with bleach and water. I run a little bleach in the water for a couple of hours and then flush with plain water a couple of times. I really clean the shit out of all my stuff after every harvest. You want your growrooms to be as clean as a hospital. Actually, cleaner would be better.

I always have a complete set of clean sprayers. I replace the sprayers after every harvest and put the dirty ones in a cup of soapy water. Later, I'll scrub the sprayers with my wife's toothbrush (just kidding).



All parts and tubing must be cleaned regularly.



Supplementing Carbon Dioxide is essential for huge harvests.



Monitor CO₂ levels using a controller.

CO₂ Basics

It's time to talk about air. Your plants need lots of carbon to make the sugars that power their growth. The carbon comes from CO₂ in the air. But your plants can use a lot more CO₂ than you'll find in the air normally; that's where adding CO₂ comes into play. If you increase your CO₂ to 1,500 ppm, you can increase your plants' growth rate. I went from 12 ounces to over 16 ounces per harvest once I started using CO₂.

Don't mess with yeast or tablets or all that other crap. You have two real options:

- 1) a CO₂ tank
- 2) a propane burner

I've never used a propane burner, so I'll talk about using a tank and a regulator. The cheapest way to use the tank is with a timer. Set your timer to come on for 15 minutes five times a day. Keep it off during the night.

Check your CO₂ level with a testing syringe. You can buy them at most hydro stores. You draw in 100 cc of air and then push it through the glass test tube. You read the purple band and it tells you your CO₂ ppm level. By far the best way to regulate CO₂ is with a controller. The controller I use checks the CO₂ level and turns on my tank regulator as needed.

Temps and Humidity 101

Let's talk a little bit about air quality. Your plants don't need fresh air; they need CO₂. The need to keep your temps down and bring in fresh air can all be solved by going to CO₂ and a dehumidifier system. CO₂ lets you run higher temps, so you don't need to vent as often. The temps can be controlled by A/C.

The only thing you'll have to worry about is humidity, but this problem is solved by a dehumidifier or a vent fan. Start with vented hoods and vent them outside the room. (As mentioned before, I vent into my attic.) Then, when you can afford to add CO₂, you'll only have to hook up the fan's input to draw air from outside the room.

You'll need plenty of oscillating fans in your room to keep the air circulating well. The leaves of your plants should be moving at all times.



Misting roots with nutrient solution creates explosive growth at plant level.

Aeroponics

Plants have needs just like you and me. The biggest difference is that plants make their own food. To put it simply, plants make sugars that power their growth. So what does a plant need to make sugar? Carbon, oxygen, water and light. They also need small amounts of nutrients and, of course, chlorophyll. The plants take in carbon (CO₂) through their leaves; they take in water and nutrients through their roots. What most people don't know is that plants also take in oxygen through their roots.

Because plants give off oxygen, many people believe that O₂ is a nonissue. In reality, it's usually the determining factor in maximum plant growth. So if you look at what a plant needs, it's obvious where the bottlenecks can occur.

Light is the most important element in any growing setup, because light powers photosynthesis. The more light your plants have, the faster they'll grow—it's that simple.

Water and nutrients are actually the nonissue. Why? How many of us have ever had a problem over-watering and over-fertilizing? I know I have: It's easy to give your plants too much water and drown their roots—and too much fertilizer means you'll burn the shit out of them. So the problem isn't giving your plants *enough* water and nutrients—it's usually giving them *too* much!

Carbon is one of the building blocks of sugar. Plants need lots of CO₂ for fast growth. Normal air contains from 200 to 500 ppm—not much when you consider that plants can easily use 1,500 ppm or more.

Oxygen, as I said earlier, is probably the most overlooked element in plant growth. Even though plants give off more O₂ than they take in, they still use lots of oxygen in the sugars they make. ✨

Adventures with Mazatec Mint

Exploring the Mind-Bending World of *Salvia Divinorum*

Until recently, this powerful hallucinogenic plant was largely unknown—and then it was discovered by the YouTube generation. But though its effects are extremely psychedelic, salvia is no party drug.

By David Jay Brown

About 30 seconds after smoking the dark herbal extract, the effects began, and I felt my entire sense of identity suddenly shift. I was instantly transformed from a human being into a tiny, disembodied speck of consciousness—completely bewildered as to what I was and amnesic of my former identity. I was suspended in a hyperspatial dimension, a crystalline network of pulsing energies that was filled with countless other miniature beings like me. I found myself inside a kind of space within space—one that appeared to transcend the whole three-dimensional universe.

Suddenly, my identity shifted again as a portion of the space and beings around me folded and twisted into me, becoming a part of me. More and more layers of the space around me continued folding in and becoming a part of my expanding sense of identity—until, finally, I was my familiar human self again. This strange and somewhat unsettling experience was the result of my smoking an extract made from the leaves of the *Salvia divinorum* plant.

Although the Latin name literally translates as “sage of the seers,” this powerful hallucinogenic plant goes by a number of other names: Shka-Pastora (“Leaves of the Shepherdess”), Diviner’s Sage, Ska María Pastora, Yerba de Maria, Magic Mint, Sally-D. And until fairly recently, salvia—an innocent-looking member of the mint family whose hallucinogenic powers can dwarf those of magic mushrooms and LSD—was virtually unknown outside of a small region of Oaxaca in Central Mexico, where it has been used as a shamanic healing tool by the Mazatec Indians for hundreds of years. The Mazatec shamans use salvia to facilitate divinatory or visionary states of consciousness during their spiritual healing sessions when psilocybin mushrooms aren’t in season. According to ethnobotanist Daniel Siebert: “The Mazatec shamans primarily take it ceremonially, as a tool for gaining access to the supernatural world, or what they believe to be the realm of divine beings and supernatural entities.”

The *Salvia divinorum* plant is a sprawling perennial herb found in the moist, isolated and shaded regions of Oaxaca, where it grows to well over a meter in height. Salvia has hollow square stems, large green leaves, and occasional white and purple flowers—but only rarely produces viable seed.



There’s nothing particularly striking about the way this plant looks, and it easily blends in with ordinary houseplants. Like corn and bananas, salvia is thought to be a cultigen, a plant that has been deliberately altered or selected by humans. This means that it is not known to grow in the wild, though it may have done so in Central Mexico at one time. Salvia leaves contain the extremely potent dissociative psychedelic compound salvinorin A.

Salvia has had a relatively hidden existence for most of its history, known only to the Mazatec Indians and a small handful of anthropologists who were dubious about its psychoactive properties.

However, since the mid-1990s it has become widely available in the US, Europe and other parts of the globe, largely as a smokable herb. Salvia’s popularity is primarily due to the discussion of its psychoactive properties on the Internet and the improved methods of ingestion that have been developed. There are now scores of vendors online promoting its sale as a legal hallucinogen; many of these businesses sell live *Salvia divinorum* plants, dried leaves, extracts and other preparations.

The late ethnobotanist Terence McKenna was one of the first Westerners to start publicly discussing salvia’s strange hallucinogenic effects during the mid-’90s, not long after ethnobotanist Daniel Siebert discovered the psychoactive properties of salvinorin A in 1993, as well as the proper methods for ingesting it to obtain hallucinogenic effects. Salvinorin A does not appear to be active when eaten, and it may be destroyed in the digestive system, but it can be smoked or absorbed sublingually through the mucus membranes in one’s mouth.

However, salvia’s current popularity is also a bit mysterious, since so many people find its effects unpleasant. Everyone who tries it agrees: This is definitely no party drug—and a large percentage of people who try it have no interest in taking it a second time. “Only a small percentage of people actually buy it more than once,” says Rick Doblin, the director of the Multidisciplinary Association for Psychedelic Studies. “It’s not fun in the way people normally seek out drugs.” According to Brian D. Arthur, who founded the online herbal-supply company Mazatec Garden, there are only a handful of repeat customers for his salvia products, “maybe 20 percent or less; most are new customers.”



Arthur thinks that the current vogue for salvia isn't a mystery at all: It's "primarily due to the constant barrage of sensationalist media stories," he says. "*The New York Times*, the *LA Times*, *USA Today*, *The Today Show*, *Dr. Phil* and *The Doctors* have all prominently featured salvia." Ironically, he adds, "salvia has been regularly featured by the media since 2001 as a 'dangerous new Internet drug.' Every time a mainstream article comes out, sales skyrocket."

Salvia is considered by its most thoughtful users to be a serious shamanic tool. Unlike the effects generated by LSD, magic mushrooms or cannabis, even mild salvia journeys are far too otherworldly to be undertaken casually in a social context. YouTube is filled with disturbing videos of reckless teenagers smoking salvia for the first time, then spacing out and acting weird and disoriented for around five minutes while their friends laugh and tease them. The Mazatec shamans would be seriously appalled, I'm sure, but this type of careless use also concerns respectful psychonauts and research scientists—not only because these people may be endangering themselves, but also because they're placing the plant's legal status in jeopardy.

Salvia's legal status varies considerably from country to country, and within the US it varies from state to state. In the past few years, a number of states have either made salvia illegal or restricted its sale to people over the age of 18, yet it remains unscheduled on the federal level—although the Drug Enforcement Administration is closely monitoring it. In fact, *Salvia divinorum* and salvinorin A are specifically scheduled or controlled in only a few countries. Both are illegal for personal use in Australia and Denmark, while other countries—such as Belgium, Finland, Italy and South Korea—have certain restrictions in place.

US states that have laws banning the sale of salvia include Louisiana, Missouri, Tennessee, Oklahoma, Delaware, North Dakota, Illinois, Kansas, Virginia, Ohio, Florida and Mississippi. In Maine and California, the sale of salvia to minors is prohibited. The legal status of salvia changes frequently, and Siebert says that its prospect in the future looks "bleak." [To stay up to date on salvia's legal status around the world, go to www.sagewisdom.org/legalstatus.html.]

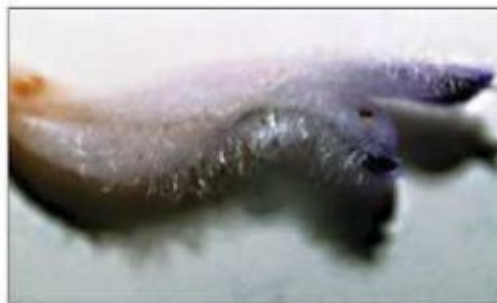
Possible Medical Applications

Some scientific researchers are concerned that if serious legal restrictions are placed on salvia—or on its primary psychoactive component, salvinorin A—it will prevent them from being able to study the plant's possible medical properties (as has long been the case with other psychedelics, to say nothing of cannabis), while doing little or nothing to prevent its misuse by young people. Salvinorin A is unique among psychedelic substances in the way that it targets the brain, which could make the plant, or its derivative chemicals, useful for treating a number of different medical conditions.

Pharmacologically speaking, salvinorin A appears to be a relatively safe compound. No one has ever suffered a life-threatening pharmacological reaction from it, and no long-term

negative physical effects have been observed. According to pharmacologist Oliver Grundmann and his colleagues at the University of Florida, animal studies with salvinorin A show no evidence of any short-term or long-term toxicity, and the Mazatec Indians have used it safely for many generations. Salvinorin A's unique psychoactive properties have been shown to cause unusual neurochemical activity in the brain, which has led a number of scientific researchers to speculate that it may have valuable medical applications as an antidepressant, an analgesic and a therapeutic tool for treating stimulant-drug addictions, some types of stroke and Alzheimer's disease.

Although there aren't any human studies being conducted with salvinorin A at present, a significant amount of animal research is underway. The painkilling properties of salvinorin



Terence McKenna was one of the first to discuss salvia's strange effects.

A and its analogs are currently being studied by Tom Prisinzano, a medicinal chemist at the University of Kansas. Bruce Cohen at Harvard Medical School has been developing chemical analogs of salvinorin A for their possible antidepressant and mood-modulation properties. Bryan Roth and his colleagues at the University of North Carolina think that salvinorin A shows promise in providing new insights into the workings of the brain, drug dependence and psychosis.

Many people who have tried salvia report an improved mood afterwards, and this lasting antidepressant effect may offer a new route for treatment of clinical depression. In one survey published on Erowid.org, Matthew Baggott found that 44.8 percent of salvia users reported an improved mood, while 25.8 percent experienced "antidepressant-like effects" lasting 24 hours or more. Other commonly reported after-effects include an increased feeling of insight, a pervading calmness and an increased sense of connection with nature.

Siebert and other researchers think that salvinorin A's unique pharmacological properties may lead to new types of pain medications, and a number of pharmacologists are working to develop chemical analogs that have pain-relieving or antidepressant properties without the mind-bending psychedelic effects. However, some psychotherapists think that salvinorin A's consciousness-altering effects may also have useful medical applications, and that the unusual states of mind it engenders may have the

potential to enhance certain forms of psychotherapy. A number of different psychedelic drugs are currently being studied to assess their ability to enhance the psychotherapeutic process and help people suffering from difficult-to-treat psychiatric disorders. Siebert and others think that salvinorin A's hallucinogenic properties might be useful in this regard.

Salvinorin A is a type of organic chemical known as a diterpenoid, which is a potent kappa-opioid (kappa-opioid) receptor agonist in the brain. This was determined by Bryan Roth and colleagues in 2002 at the National Institute of Mental Health; it means that salvinorin A binds to a specific type of opiate receptor in the brain but doesn't activate the mu-opioid receptor that morphine acts on, which is what makes morphine both euphoric and addictive. Unlike the so-called "classical" psychedelics, salvinorin A has no actions at the serotonin 2A receptor—which is the principal molecular target responsible for the psychedelic effects of LSD, psilocybin, DMT and mescaline—and it's the first non-alkaloid psychedelic ever discovered. Salvinorin A also has effects that are nothing like those of the traditional opiates, and it is the most potent natural psychedelic known. Like LSD, salvinorin A is active in the micro-dose range; a few hundred micrograms—a mere speck the size of a very small grain of salt—is enough to launch most people into the far reaches of hyperspace.

Although the traditional use of salvia by the Mazatec Indians involves chewing the leaves, most Westerners smoke them. Smoking dried salvia leaves in their natural state is often ineffective, since the plant doesn't produce salvinorin A in very large quantities, so extracts are made that are then reapplied to the leaf to increase its potency. These extracts can vary in potency from around five to 60 times the average amount of naturally occurring salvinorin A, and the resulting grades of salvia leaf are usually indicated by a number followed by the multiplication sign (such as "5x," "10x," etc.). But though these numbers may be roughly indicative of the relative concentration of salvinorin A, they should not be taken as absolute, since the actual potency seems to vary considerably. This should come as no surprise, since the salvia market is unregulated, and the potency always depends on the naturally varying strength of the untreated leaf as well as the efficiency of the extraction process.

What Does the Salvia Experience Feel Like?

Salvia, when smoked, is often reported to produce experiences that are relatively brief in duration, with the peak rarely lasting more than five or 10 minutes (although subjectively this may feel much longer). The experience usually begins around 30 seconds after holding the smoke in the lungs, and one is completely back to baseline after around 30 or 40 minutes.

Chewing on a quid of rolled salvia leaves, as the Mazatec shamans do, or applying an alcohol-based, sublingual herbal tincture of the plant under one's tongue will produce a different type of experience than smoking it. The effects come

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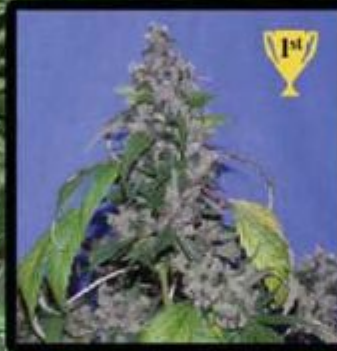
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on gradually over a period of 15 minutes, are gentler and last significantly longer—generally for a full hour or two. People disagree as to whether smoking or sublingual absorption is preferable. In my personal experiments, I far preferred the sublingual tincture. I found the experience much easier to work with, and it's a gentler ride. However, others prefer the rapid onset, brief duration and greater intensity that come with smoking it.

While under the influence of salvia, people often report radical shifts in perception, seeing visions with their eyes closed and unusual changes in everyday objects with their eyes open. Sometimes people find themselves laughing uncontrollably, even when nothing seems particularly funny. Time and space can become distorted in strange ways. The sensation of being pushed, pulled, twisted, or taken into alternative dimensions and other realities is common, as is the feeling of other presences, other people and even contact with nonhuman entities. The plant itself is often perceived as a female spirit while a person is under its influence.

Higher doses can cause people to completely dissociate from their body, which means that people who ingest strong doses need to be watched carefully so that they don't accidentally harm themselves. With higher doses, people sometimes become oblivious to their physical surroundings and completely immersed in another world; all thinking in the brain shuts down, although a very lucid awareness remains. Often, people completely forget that they are under the influence of a psychoactive substance—which is why experienced users insist that a sober sitter always be present when one is experimenting with the plant. After the experience ends, many people describe feeling an "afterglow," an upbeat, life-affirming, antidepressant effect that can last for a day or more.

However, as mentioned earlier, many people find the effects of salvia to be unpleasant, and some have had extremely frightening experiences with it. People can undergo states of terror and panic—perhaps more so than with other, gentler psychedelics, such as LSD or magic mushrooms. Although altogether different subjectively, the effects of salvinorin A are comparable to the super-psychedelic intensity of the powerful hallucinogenic substance DMT. Smoking strong doses of salvia can be psychologically unsettling if one isn't properly prepared—and even if one is. Psychonauts repeatedly stress that this substance is a powerful shamanic tool and is not for psychedelic novices. Some people report having utterly hellish experiences that shook them up for weeks or months afterwards.

Another common experience with salvia is that things that we normally perceive as inanimate objects suddenly appear to be made up of conscious beings or spirits. Like the furniture in the background of Disney films, clocks, toys and lamps take on personalities; conversely, many people actually feel like they have become an inanimate object, such as a table, a chair or even the varnish on a piece of furniture. D.M. Turner describes becoming the side of a house after

smoking salvinorin A and fearing that he would stay that way forever. Some experiences can be even more bizarre. One person wrote me about reliving a memory from her early childhood, when she was playing with a cherished toy—only this time she experienced the memory from the toy's point of view. Another person wrote me saying that she became the couch in the house where her mother grew up, and watched her as a child and then as a teenager from that perspective, thereby gaining insight into why her mother had valued conformity so much.

Because experiences with salvia can seem so strange and alien, many people have considerable difficulty integrating it into their personal lives or even relating to it on a human level. One person on Erowid wrote: "Whatever it was I was falling into, or becoming, or being snatched up in, it had some vague connection with human-



While under the influence, people experience radical shifts in perception.

ity—but it was like humanity was one small node in its superstructure." To some people, the trip is largely incomprehensible. I'm reminded of one young woman that I watched smoking salvia in a YouTube clip: As she came back from a particularly harrowing journey, she simply repeated, "What the fuck just happened? *What the fuck just happened?*"

When I began writing this article, I started several discussions about salvia on Tribe.net. In one of them, "Stuart" wrote: "The experience of *Salvia divinorum* doesn't compare to any other entheogen. It's more like ... everything in your life experience is images projected on a screen, a screen so omnipresent that you'd never noticed it, and now the screen gets shredded to bits. I couldn't say it's a good thing or a bad thing. But it's a WOW thing, to the greatest degree. If I were to offer it to a friend, I'd make very, very sure that the friend understood that one should try this only if one highly, highly values WOW experiences."

Another person wrote me the following words, which, I think, express the view of a lot of people who build up a relationship with salvia and integrate it successfully into their lives: "[T]he majority of salvia aficionados have a sacred intention. According to ... [Matthew Baggett's] survey on Erowid, 74 percent of repeat

visitors do so for reasons described as spiritual I think that the overwhelming impression is that this is sacred ... and not to be trifled with ... a profound mystical portal of deep and bewildering significance that can bestow peace, healing, gratitude and wonder."

Again and again, the most common response that I got from regular salvia users was that they used it as part of a spiritual practice, echoing the original intention of the Mazatec shamans. J.D. Arthur explains why this is so in his book *Peopled Darkness*, in which he writes: "Salvia can restore, if only for a few moments, our birthright of pure thoughtless awareness that lies quietly beneath the clatter of thought." What Arthur is describing here appears to dovetail quite significantly with the goal of many Eastern spiritual practices, such as Buddhism and Hinduism.

Learning More About Salvia

Several exceptionally good books—or travelogues—have been written about salvia's unusual effects. The late psychonaut D.M. Turner wrote *Salvinorin: The Psychedelic Essence of Salvia Divinorum*, which chronicles his courageous explorations with this strange botanical wonder and the synergistic combinations that he tried mixing it with other psychedelics. J.D. Arthur's *Peopled Darkness: Perceptual Transformation Through Salvia Divinorum* provides an unusually articulate description of salvia's seemingly indescribable effects and a fascinating discussion of how they can radically transform one's perception of reality over time. Martin Ball has written another excellent book, *Sage Spirit: Salvia Divinorum and the Entheogenic Experience*, while Daniel Siebert is currently completing the definitive work on the subject.

Because salvia experiences can be so visually dramatic, its use has also inspired some pretty incredible artwork. For example, artist Luke Brown—whose work accompanies this article—has done some especially good paintings that capture a number of visual aspects of the salvia experience.

Finally, the best online source for scientifically accurate information about salvia and salvinorin A is Daniel Siebert's Salvia Divinorum Research and Information Center (www.sagewisdom.org); his FAQ page and user's guide are essential reading for anyone considering trying salvia. Siebert also has a free email newsletter called "The Salvia Divinorum Observer" that you can sign up for, which covers new scientific findings and provides updates on pending legislation, changes in legal status and recent media coverage. The *Salvia divinorum* section on Erowid.org is another invaluable resource on this fascinating plant, and the Psychonaut and *Salvia divinorum* tribes on Tribe.net are lively places for discussion on the topic. ✨

David Jay Brown is the author of seven books on the evolution of consciousness, achieving optimal health, psychedelics and the future (including four well-known volumes of interviews with leading-edge thinkers). To find out more about his work, visit mavericksofthemind.com.

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MAPS' QUEST

The HIGH TIMES Interview with Rick Doblin. By David Bienenstock | Photos by Waterbear

In 1972, at age 18, Rick Doblin decided to become an underground psychedelic therapist, after his own early experiences with LSD left an indelible impression. Psychedelics could prove transformative, Doblin reasoned, but many people would require a qualified attendant to shepherd them through what can sometimes be a difficult experience.

"I had fears and anxieties that I wasn't strong enough to break down," he recalls of his own introverted, often acid-soaked coming-of-age. "A lot of people think breaking down is a sign of weakness, but in many ways, opening up emotionally is a sign of strength."

At the time, as a draft resister, Doblin stood a better chance of going to jail than becoming a licensed professional *anything*, never mind psychedelic therapist. Meanwhile, under pressure from the DEA, the United Nations' International Drug Control Treaties were effectively slamming the lid on promising research into the potential of psychedelic drugs for personal growth and healing. And so, still deeply committed to his idea of helping the world come together through firsthand "mystical" experiences, Doblin envisioned a life lived underground by necessity.

At Florida's New College, his decidedly informal experiments included ingesting increasingly large doses of acid and mescaline while participating in the school's celebratory, all-night outdoor dance parties; floating in his homemade sensory-deprivation tank; going *au naturel* at the campus's clothing-optional swimming pool; and poring over LSD researcher Stan Grof's as-yet-unpublished manuscript for *Realms of the Human Unconscious*.

When it all became too much—not to mention *far out*—Doblin embarked on a decadelong retreat from academia. With the reelection of Richard Nixon, the continuing war in Vietnam and the collapse of the '60s counterculture, the early '70s felt, personally and psychically, like a time for self-examination.

"We weren't able to take psychedelics, become enlightened and usher in a new era because we had a lot of internal flaws, and carried within ourselves the seeds of our own destruction," he says now. "We were still sexist, racist, hierarchal, or simply not compassionate enough toward those in the mainstream."


Profoundly shaken by a steady diet of altered reality at perhaps the most freewheeling college in America, Doblin dropped out after just one semester and turned to a string of construction jobs to "get grounded"—including designing and building Arcturus, a suitably psychedelic home of cedar, granite and stained glass specifically designed to support and enhance the experience of tripping out. Such physical acts of creation helped Doblin to successfully integrate his ethereal experiences in the inner realms of the mind, while reinforcing his core belief that even the most esoteric psychedelic epiphanies must find practical application in order to truly effect positive change.

Meanwhile, President Jimmy Carter pardoned the draft resisters on his first day in office in 1977, but it still took another five years before Doblin returned to college. And even then, he made a major detour along the way, after successfully petitioning his academic advisor to approve a trip to Big Sur, CA, for a monthlong workshop with his would-be forebearer, Stan Grof.

Doblin arrived at the prestigious New Age institute Esalen carrying a heavy load. As far as he knew, science-based psychedelic research remained nonexistent, and that fact didn't seem likely to change anytime soon. After 10 years of wandering in his personal wilderness, a now decidedly more mature young seeker finally had a chance to work alongside his idol, but he only expected to learn about *holotropics*, a new breathing technique intended to help replicate psychedelic mind states. Instead, he got let in on a little secret—one that would change his life forever.

At first, Doblin was skeptical about MDMA. An accomplished psychonaut, he dismissed what sounded like a "feel-good" drug with a "Why bother?" attitude. After spending many long, often painful years using LSD to dredge the depths of his soul and battle the demons that emerged, the obscure molecule lovingly dubbed "Adam" sounded superficial. Still, Doblin's inquisitive nature made an experiment inevitable, and after hearing a few glowing reviews, he overcame his resistance and set aside an afternoon to take the still-legal analogue along with his girlfriend.

The results were "gentle yet profound," according to Doblin, and taught him that important psychological work could be accomplished under the influence of MDMA, particularly its ability to usher in a state of joy, empathy and self-acceptance without significantly impairing sensory perceptions or

A photograph of Rick Doblin, a man with short dark hair, wearing a light-colored button-down shirt, kneeling in a garden. He is surrounded by green plants and rocks. In the background, there is a stack of smooth, grey stones. The lighting is natural, suggesting an outdoor setting.

'As long as MDMA remained legal, the treatments—more than half a million in number—were legal too.'

Rick Doblin heads a "non-profit psychedelic pharmaceutical company."

cognitive function. Rather than dismiss the MDMA love trip as a "false" experience, he saw it as a brief glimpse into our true human potential, once we step outside the fear and repression systematically imparted by society.

Equally important, Doblin had finally stumbled on the kind of underground community of psychedelic researchers he'd been dreaming of since reaching adulthood. Starting in the late '70s, when Sasha Shulgin "rediscovered" MDMA (first synthesized by Merck Pharmaceuticals in 1912), the powerfully psychoactive molecule had been secretly shared among like-minded therapists and used on patients in controlled sessions. As long as MDMA remained legal, the treatments—more than half a million in number—were legal too, though previous experience had taught the concerned parties that reactionary elements within the government would try to ban Adam as soon as they discovered it, no matter how much promise the substance showed in a therapeutic setting.

Inevitably, a genie that good jumped the bottle, and soon enough MDMA—renamed Ecstasy on the street—found its way into nightclubs, fueling an early rave scene with the kind of recreational use that prohibitionists always use as a pretext for their purges. In the meantime, Doblin made it his personal mission to help amass as much credible information as possible on MDMA, in order to best prepare for the legal storms gathering on the horizon.

In July 1984, when the DEA announced its plans to outlaw MDMA, Doblin caught the authorities off guard by hand-delivering a petition from the underground researchers and therapists behind the ongoing Adam experiments, along with other well-pedigreed acolytes he'd recruited through a discreet word-of-mouth campaign. The case went to court, where a DEA administrative-law judge recommended treating MDMA as a regulated prescription drug. But the head of the DEA nonetheless succeeded in getting Ecstasy placed on Schedule 1, the most restrictive category, alongside heroin.

Undaunted, Doblin founded the Multidisciplinary Association for Psychedelic Studies (MAPS) in 1986, an umbrella organization from which he has consistently—and effectively—championed legitimate research into the utility of psychedelic drugs. Working to turn on the world from the inside out, MAPS has since gotten FDA approval to study MDMA-assisted psychotherapy in the treatment of post-traumatic stress disorder. It has also undertaken the first study analyzing the effectiveness of marijuana vaporizing; won a lawsuit

against the DEA for its refusal to license a MAPS-funded medical-marijuana production facility; and obtained final approval for the world's first LSD psychotherapy study since the early '70s.

HIGH TIMES sat down with Doblin at MAPS' low-key headquarters in Northern California, nestled on the edge of a redwood forest, with a clear mountain stream running through the property. Thirty-five years after dropping out of college, Doblin now holds a doctorate in public policy from Harvard's Kennedy School of Government and primarily considers himself the head of the world's only nonprofit psychedelic pharmaceutical company.

He's got some pretty amazing plans for the not-so-distant future.

What are your hopes for the Obama administration? What do you think of the transition so far?

So far, President Obama has been slow to comment on drug policy, which is rather good since it puts the War on Drugs in perspective as mostly a battle in the culture wars rather than a war we can believe in. His selection of Seattle police chief Gil Kerlikowske as Drug Czar is also a positive step, since Kerlikowske is a pragmatist and not an ideologue. However, it would have been even better to have a Drug Czar with a public health rather than a criminal justice background.

The Obama administration, including Attorney General Holder, have also publicly repudiated and ordered stopped the DEA's raids on medical-marijuana dispensaries in California, which the DEA blatantly continued after the inauguration as a way to test Obama on this issue. Whether the administration will reverse the DEA's refusal to end the National Institute on Drug Abuse's monopoly on the supply of marijuana for research remains to be seen.

What is the current state of MAPS' MDMA study?

We completed Phase 2 of the study with outstanding results. Now we need to replicate our US results in studies by other therapist teams, and also conduct studies with different doses and in different patient populations in order to prepare for our "end of Phase 2" meeting with the FDA, which will take place in about two years.

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THE HIGH TIMES INTERVIEW

Doblin enjoys a serene moment at MAPS' Northern California headquarters.



'The value of psychedelics has been affirmed for thousands of years.'

MDMA/PTSD [post-traumatic stress disorder] study, which will probably start in a few months, following the importation of MDMA from Switzerland. Meanwhile, our Swiss and Israeli studies are moving forward, and our Jordanian study looks likely to be approved.

Do you think MDMA and other psychedelic drugs should be legal for adult recreational use?

Politicians always talk about staying on message, but I've sort of violated that, because from the very beginning I've had a dual message. We're working on medical use, which is a narrow area, but one of the advantages is that science gets involved, and so the results that we're generating have a certain accepted validity. And so I talk about psychedelics in terms of medicinal use, because it's a necessary step, but I'm also strongly in favor of seeing drug use as a public-health issue, as opposed to taking a criminal-justice approach. That stance has complicated my efforts in a lot of ways, but I feel more intellectually honest.

Do you ascribe any specific meaning to the existence of psychedelics?

The value of psychedelics has been affirmed for thousands of years. Our culture is an anomaly in that we don't have an accepted place for psychedelics. I think that leaves an incredible imbalance. We're way overdeveloped intellectually—our technology is destroying the world—but we're way underdeveloped spiritually and emotionally. Which means we create tools that we don't have the maturity to handle properly.

Psychedelics can help us grow up as individuals and as a culture, while giving richness and meaning to our lives. Some of my most profound experiences happen to have been on psychedelics, and they've informed my non-drug life too. When we talk about MDMA for therapy, what happens while you're under the influence of the drug is not the most important thing—it's what you bring back. So when you think about a psychedelic experience, that integration is key.

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Doblin at Burning Man with visionary artist Alex Grey and 2012 author Daniel Pinchbeck.

'Psychedelics can help us grow up as individuals and as a culture.'

How have you managed to succeed by working inside the system? I've been able to not demonize the "other," and I think psychedelics play a major role in that important ability. In my mind, I'm trying to legalize marijuana or MDMA or any other psychedelic as a medicine for the DEA; they need it as much as anyone. So on the one hand, they're my opponents, but on the other hand, there's a deeper connection between us.

You also need to have a willingness to become educated in a way that allows you to speak the language of the power structure. My diagnosis of the '60s is that once you identify yourself as the counterculture, you're going to be smashed—but if you identify yourself as kind of an advanced scout for the dominant culture, that's a different situation. You're now part of the culture, but you just happen to be seeing things that they haven't seen before, or you're helpfully exploring new areas.

In the past, you've brought volunteers to Burning Man to work as sort of psychedelic medics in the field. How do you prepare them to deal with people's difficult trips, and what advice would you offer someone contemplating their own psychedelic experience?

We recognize that people are taking psychedelics at these events, searching for these initiatory experiences, and a certain small percentage of them will go wrong because they don't have a safe context. So it's

very much like the problems I had when I first started taking LSD and wasn't prepared for it.

For many people, Burning Man is an expression of the future—and in a post-prohibition world, there will be people doing psychedelics. We brought volunteers to help take care of anyone experiencing a difficult trip, and in many cases were able to take people who might have been scarred for life and help them learn from these experiences. And so I think we're demonstrating that once society opens the door to psychedelics, there will still be problems, but we have good ways to deal with those problems.

Now, what would I say to someone who is contemplating taking psychedelics? Well, it isn't my role to say you should or shouldn't. The government says you shouldn't, but I believe it should be your choice based on honest information. If someone does decide to do such a thing, they should keep in mind four basic principles: 1) Do it in a safe space, because you've become vulnerable in certain ways. 2) Someone not under the influence should be there to watch over you, but that person is not "the guide." Your unconscious is your guide. 3) If problems come up, think in terms of "talking through" rather than "talking down," which means address the problems head-on. 4) Remember that "difficult" is not the same as "bad." You need to surrender to your unconscious and work with whatever emerges. ✨

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- 1. "The Look"** - You want to make sure your cabinet looks like one, not like a futuristic time machine with controls on the front. Make sure it is 100% light tight, 16 gauge "Cool-Running" metal, and looks like it belongs in your house.
- 2. Dimensions** - Be aware of misleading pictures. Realize that 24 inch deep cabs grow 33% more than generic 18 inch deep ones. The major factor of how much you grow is by Height, Width, AND Depth of your cabinet.
- 3. Airflow** - Lights are PROPERLY air-cooled by bringing air in from outside the chamber, then pushed out as well. Some only bring air from inside the unit itself, then through the light. You do not want this. Also, make sure your cab is "Cross Corner Ventilated" AND has an adjustable internal circulation fan. The output air should go out through a professionally made carbon filter.
- 4. Ease and Expertise** - Make sure your system is user friendly and the company knows what they are talking about. Your cabinet should come and look professionally assembled, automated, and easy to grow.
- 5. Net trellis and adjustable lights-** you grow up to 50% more when using a net trellis. A bonus is if both the light and veg. chamber is adjustable to allow for maximum height and lumen intensity.
- 6. Comes with Everything-** Let them shop for you. You want every possible thing you need to start growing the day you get it, including an automated Cloning Machine, nutrients, DVD, TDS meter, PH kit, Make sure it is fully assembled, automated, and ready to grow with ease and confidence.
- 7. Good Warranty-** Make sure the company backs your investment with at least a 3 year warranty and excellent lifetime customer support - for free.
- 8. Made in USA** - That is if you are in the US. For obvious reasons, such as supporting the economy, it also means not worrying with US Border Customs and such when dealing with your warranty and replaceable parts.
- 9. Customer Support-** Prompt phone and email service, knowledgeable support and replies. Accredited by the Better Business Bureau with little to no complaints over the past 3 years. Friendly and helpful is also a must.
- 10. Options-** Make sure you have the choice to switch from soil to hydro, and can decide between ebb n flow for taller units, and aero for the shorter ones. Pay attention the details. Now save a year or two start growing!



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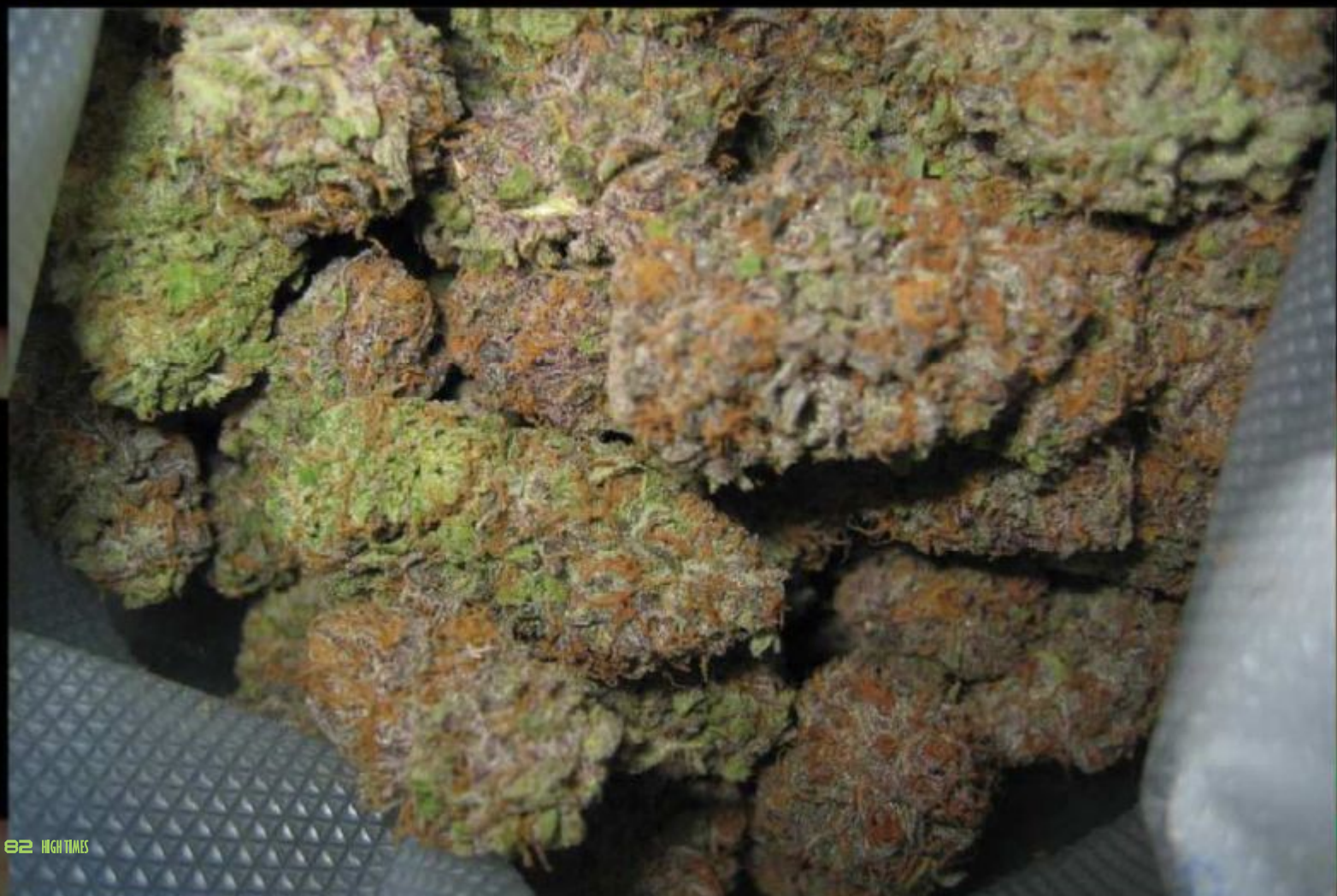
(above) Here are a couple pics that I recently took of the stuff I've been gettin' in my neck of the woods.—Ty the Chief

HINDU BUSH (left)

I recently returned from the Indian Himalayas and tracked down a nice number of plants. All organic, outdoor and in their original environment. In search of the original Purple Kush? Check out the shots, let me know what you think. Thanks, guys!
—Turok the Bud Hunter

GRAPE APE (below)

Grown in coco using organic and salt-based nutes in Mendocino, CA. This is the tastiest pot in the Emerald Triangle.— Rick James



KUSH MASTER

Here are some Kush colas about 15 days from harvest. Grown under 600-watt water-cooled light, in a mixture of soil and organic nutes.

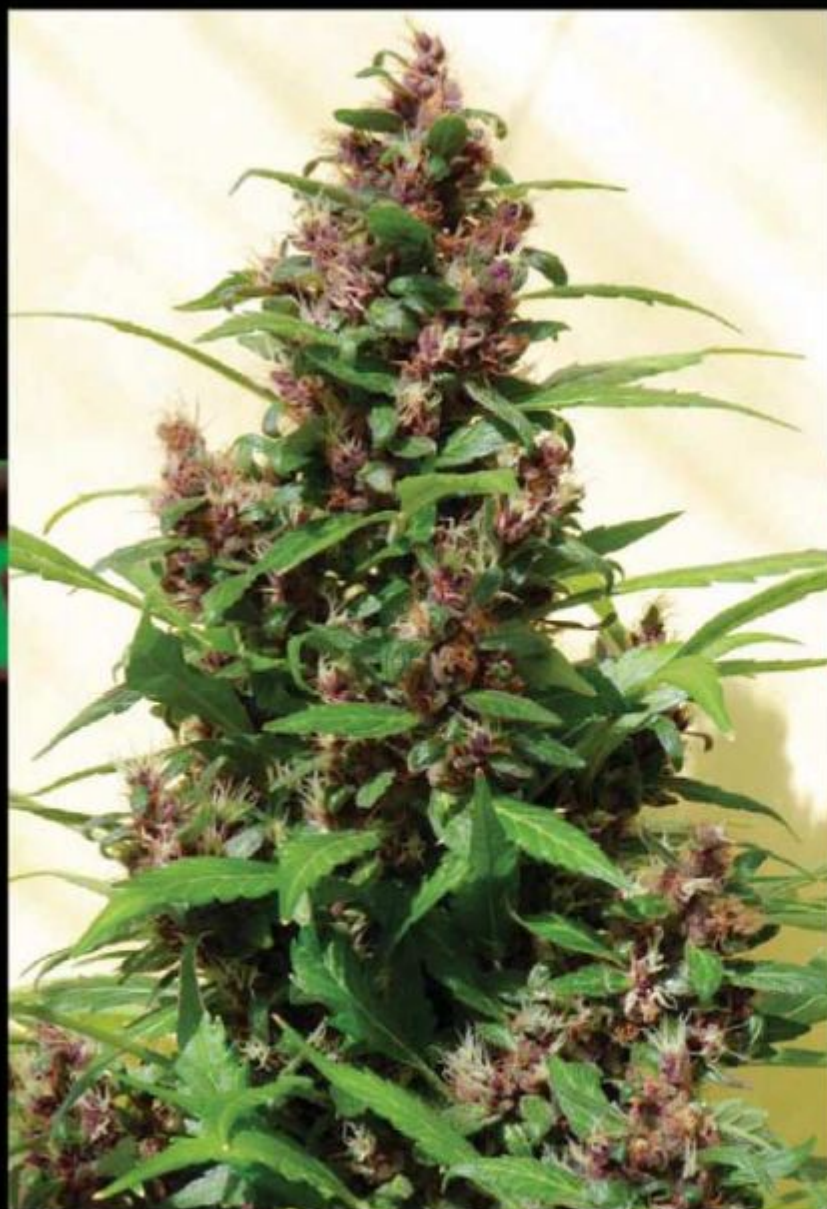
—Growing Slow





FLOWER POWER (above)

This delicious Mazar plant with orchids in the background came from the five free seeds that marijuana-seeds.nl sends with every order.—South Bay Ray, Big Island of Hawaii (also known as the Orchid Isle)



CANDY, I CAN'T LET YOU GO (above)

This is a pic of my Candy Shiva plant.—Nunyabizness Sameasmyfirstname

HOPE SRINGS ETERNAL (left)

Out of 10 feminized Holland's Hope seeds I bought, one was purple. It had a very strong pine/mint smell and taste. The stone was awesome and it was just beautiful to look at.—Meloyelo in Hawaii

Pix of the Crop is reader-driven. Your submissions make all the stoners of the world dream of kind nugs. Send pictures (no Polaroids), tips, questions and stories to: HIGH TIMES, 419 Park Avenue South, 16th floor, New York, NY 10016. Digital photos can be e-mailed to mailbag@hightimes.com and must be hi-res for publication. Remember, by submitting photograph(s) you thereby grant permission to the publisher to reprint photograph(s) in HIGH TIMES, as well as in any other Trans-High Corp. publication.

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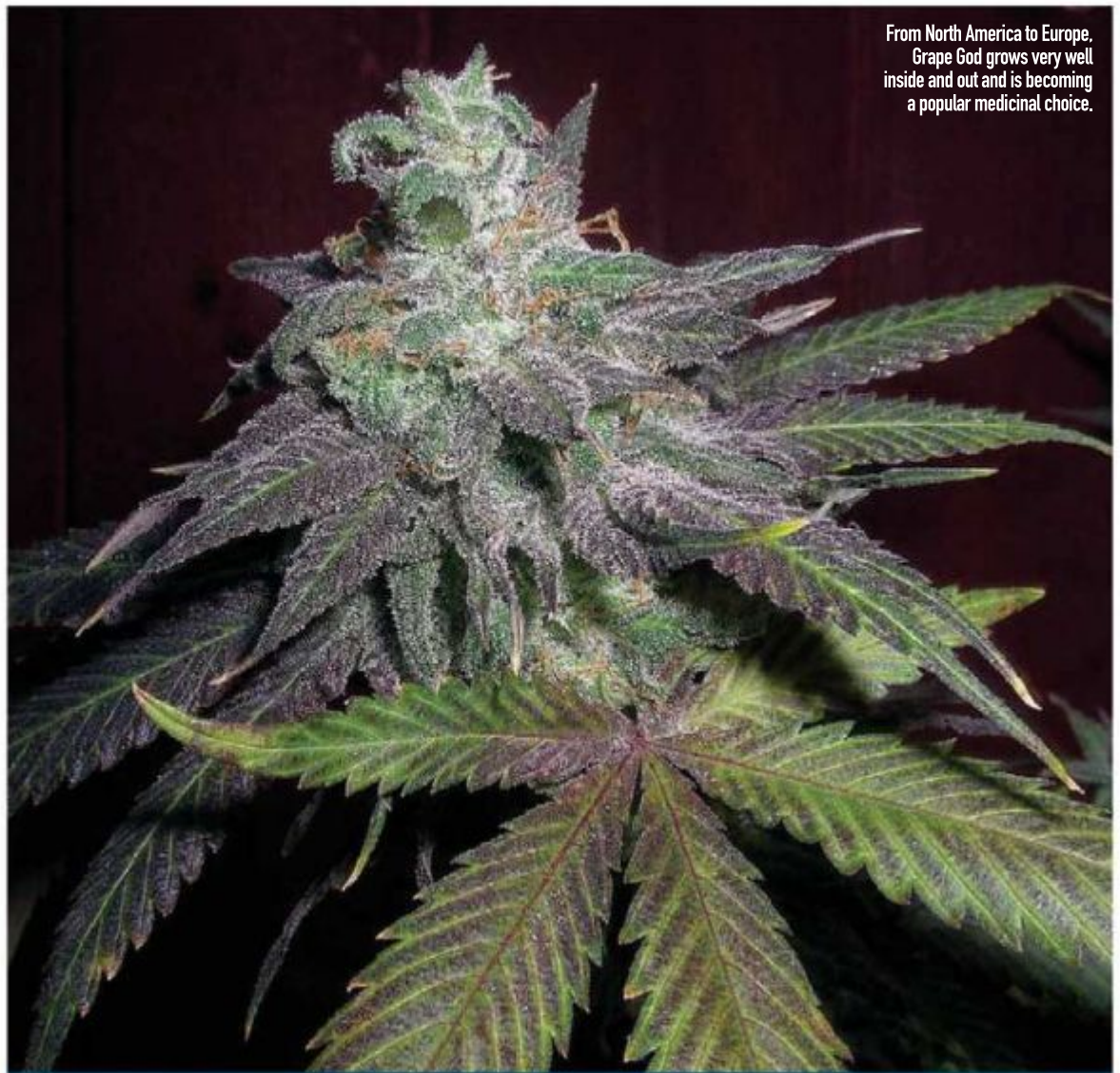
Welcome to our latest mini-section, devoted wholly to medicinal strains, news, uses, developments, activism, politics ... everything and anything, really, that is medically related to marijuana. This is your new *Cannabis Clinic!*

PHYTIVA PHARMACEUTICALS

Continuing our research into the medical and applied uses of cannabis, we've discovered another patron saint of the cause seeking to develop further medicinal applications and extend their scope. Phytiva Pharmaceuticals' recent advances have opened the door to producing and commercializing a variety of effective whole-plant, cannabinoid-based pharmaceutical products with a wide range of important applications.

Although cannabis has been used medicinally for thousands of years, little was known until very recently about how it actually worked. Some uses of cannabis are well known, such as alleviating nausea and stimulating the appetite of people with wasting diseases like cancer and AIDS. Phytiva's angle isn't just finding new medical uses, but also new methods of ingestion. For example, the company has already developed a cannabis lozenge, as well as a marijuana-based topical cream that naturally mends the skin—and even stops the otherwise-incurable “flesh-eating” bacteria MRSA.

Phytiva is the brainchild of prominent medical-marijuana patient Steve Kubby, Dr. Robert Melamede of the University of Colorado at Colorado Springs and Richard Cowan, former director of NORML. Initially, the company will operate primarily in Canada, as that country has already approved the use of cannabis extracts in medicine (such as Sativex, the spray developed by the UK-based GW Pharmaceuticals—ironically, Sativex remains illegal in England). Phytiva is in the early stages of raising capital and dealing with government regulatory requirements, but it has already begun conducting unofficial preliminary trials of its proprietary



From North America to Europe, Grape God grows very well inside and out and is becoming a popular medicinal choice.

MEDICINAL STRAIN OF THE MONTH: GRAPE GOD

Our latest medicinal strain of the month hails from Canada and is now being extensively cultivated throughout parts of Europe—most notably in the south of Spain—as well as in California and the northeast United States. Grape God, a descendant of the legendary God Bud, is a pure *indica* variety with high levels of potency and taste. She flourishes outdoors and finishes quickly, making her a favorite for medical growers who prefer shorter grow cycles with little trade-off on yield.

Developed in British Columbia by Next Generation Seeds, the Grape God is the result of combining the God Bud strain with the Grapefruit line. The selection process spanned multiple generations and resulted in the attributes that best define this strain: copious amounts of resin production, excellent flavor and short flowering cycles with large yields. She does well in many climates and excels in greenhouse grows.

Outdoors, the Grape God finishes in late September/early October; indoors, she finishes in 50 days! An excellent sedative, Grape God is often used for pain relief, muscle relaxation and stimulating appetite.

cannabis lozenges with patients at the Vancouver Island Compassion Society, targeting those with pain and sleep disorders.

Dr. Melamede laid out Phytiva's main goals: “We want to provide a reproducible pharmaceutical-grade product for people not interested in smoking—a product they can get at pharmacies the way they do everything else, covered by their insurance.” The superiority of the lozenge over the alcohol-based Sativex spray is that repeated Sativex use can cause throat irritations, and some patients need to avoid (or simply don't want to consume) alcohol. The Phytiva lozenge soothes the throat while simultane-

ously providing many of cannabis's other healing benefits.

Steve Kubby's presence gives Phytiva another distinct advantage, since Kubby has used medical pot to survive inoperable pheochromocytoma, a rare form of adrenal cancer. Due to its rarity, pharmaceutical companies haven't found it profitable to develop drugs that would fight Kubby's cancer. The same strategy will be employed with a cannabis cream to treat MRSA (methicillin-resistant *Staphylococcus aureus*, or “Mersa”), the so-called flesh-eating bacteria that has proven highly resistant to conventional antibiotics.

Melamede is optimistic regard-

ing Phytiva's sustained success: “We want to work with the government—all governments—to accomplish their stated aim of providing medicine that's not smoked.”

Is this the future of marijuana use across the globe? Will smoking the fine herb be eradicated as more and more companies seek to tie governments' hands with science? Or is this merely one more way of proving that cannabis is a benign and beneficial substance—regardless of whether you take a pill or smoke a joint?

Only time will tell ✨

Got medical questions? Pass 'em over to Nico at nico@hightimes.com.