

BY NICO ESCONDIDO

EVERYTHING MEDICAL & MORE

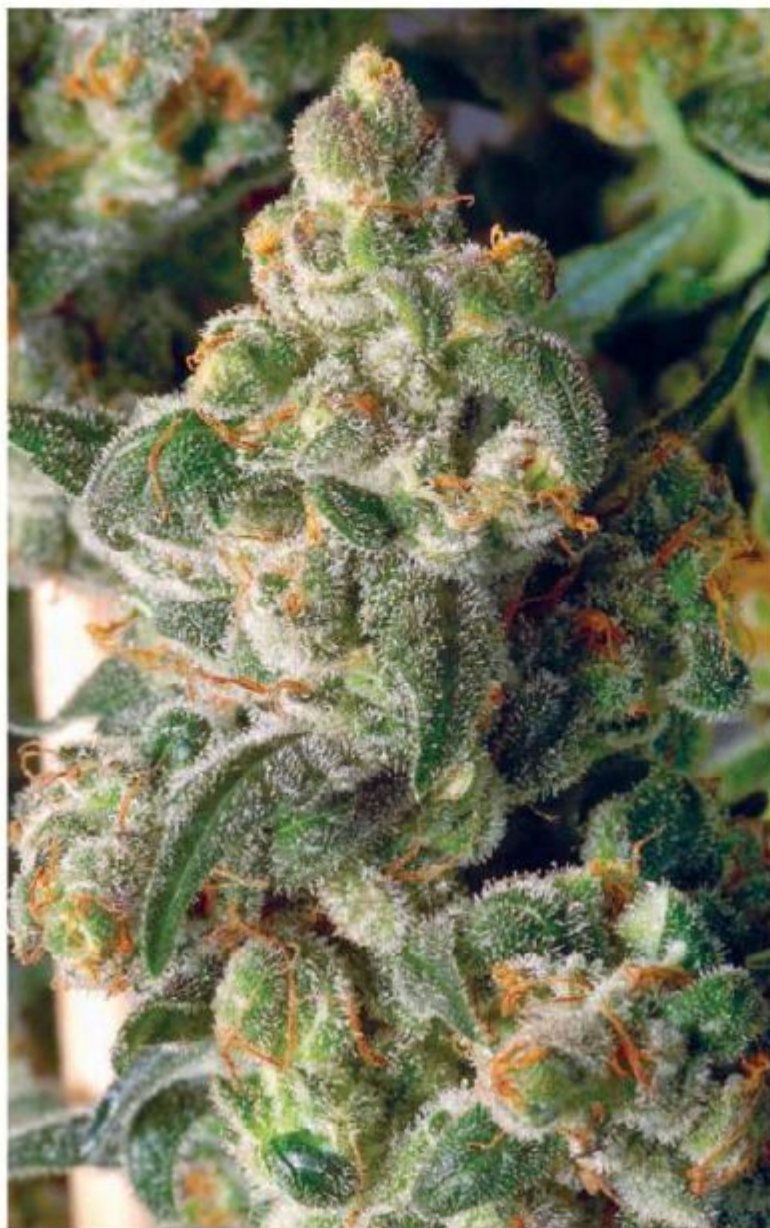
Welcome to our latest mini-section, devoted wholly to medicinal strains, news, uses, developments, activism, politics ... everything and anything, really, that is medically related to marijuana. This is your new *Cannabis Clinic!*

New Studies Find Cannabis Helps Prevent Alzheimer's Disease

It's becoming evident with each passing year that cannabis—a drug long blamed for various forms of dementia, including memory loss—is actually more of a solution to these problems than the cause. In studies recently released, it turns out that marijuana is actually able to help ward off Alzheimer's disease—a degenerative and terminal form of dementia that currently affects some 4.5 million Americans—as well as other forms of age-related memory loss.

Alzheimer's disease destroys brain cells, disrupting memory and cognitive capacity. At a November meeting of the Society of Neuroscience in Washington, DC, researchers from Ohio State University reported that THC (tetrahydrocannabinol) can reduce inflammation in the brain and even stimulate the formation of new brain cells. Around the same time, in an issue of the *Journal of Biological Chemistry*, neurologist David Teplow of the University of California, Los Angeles, reported that polyphenols—naturally occurring components of red wine—block the formation of proteins that create toxic plaques in the brain. In addition, these substances can reduce the toxicity of existing plaques, thereby reducing cognitive deterioration.

At Ohio State, researchers led by psychologist Gary Wenk are studying whether THC produces similarly protective effects. They found that after being administered a THC-like synthetic drug, elderly rats performed better on a memory test than a control group of non-medicated rodents. In some of the



MEDICINAL STRAIN OF THE MONTH: BLUEBERRY

Bringing back the *indicas*, this month's Cannabis Clinic features a true classic. From its unfathomable taste to its pungent aroma to its potent sedative effects, **Blueberry** is an excellent choice for treating certain chronic illnesses like glaucoma and depression. Loss of appetite, nausea, muscle spasms and mild joint aches are just a few of the symptoms that the **Blueberry** strain treats particularly well.

Developed in the Pacific Northwest in the '90s by DJ Short of Legends Seeds, this strain won Best *Indica* in the Seed Company category at the Cannabis Cup in 2000. That's not surprising, considering that the Blueberry's effects are particularly euphoric for a stony *indica* variety. And while its potency level isn't overwhelming, the Blueberry has enough juice to override many of the negative affects associated with bodily ailments.

For chemotherapy patients as well as those suffering from muscular dystrophy, this strain provides pain relief and muscle massage without knocking them out. Look for well-cured and well-flushed buds for the best effects, and remember that this strain is better as medicine when it's grown organically rather than with synthetic nutrients.

rats, the drug apparently lowered inflammation in the hippocampus, the region of the brain responsible for short-term memory. It also seems to have stimulated the generation of new brain cells.

"When we're young, we reproduce neurons and our memory works fine," said Ohio State psy-

chologist Yannick Marchalant, a co-author of the report. "When we age, the process slows down, so we have a decrease in new cell formation in normal aging. You need those cells to come back and help form new memories, and we found that this THC-like agent can influence creation of those cells."

These studies suggest that scientists are gaining a clearer understanding of the mechanics of memory deterioration and discovering some promising approaches to prevention. Based on this research, such approaches may include a new legal drug derived from marijuana that could be used to slow down the effects of Alzheimer's disease.

New Jersey Supports Citizens

Looking to become the 14th state in America to allow the medical use of marijuana to its ill or dying citizens, the New Jersey State Senate's Health, Human Services and Senior Citizens Committee recently voted Bill S119 out of committee by a 6-1 margin. The bill will now move to the full senate for a vote, provided the senate president posts it on the agenda.

The New Jersey Compassionate Use Medical Marijuana Act would benefit patients suffering from a debilitating disease—defined as cancer, glaucoma, HIV and AIDS—or chronic illnesses that cause "wasting syndrome, severe or chronic pain, seizures, and severe and persistent muscle spasms." Patients would need a written recommendation from their doctor, as well as a signoff by the state Department of Health and Senior Services, which would issue identification cards confirming their participation. These patients would be exempt from criminal prosecution by the state for possessing up to six plants and one ounce of usable marijuana, according to the bill.

The 14 states that have already enacted medical-marijuana laws are Alaska, California, Colorado, Hawaii, Maine, Maryland, Michigan, Montana, Nevada, New Mexico, Oregon, Rhode Island, Vermont and Washington. While the victory is only a small step forward in New Jersey, there are a number of other states currently battling for the rights of their sick constituents by working toward medical-marijuana laws, among them New York, Massachusetts and Minnesota.

Your voice, phone calls, and letters to your state senators and assembly members are an invaluable part of this process—so stand up for the cause if you can! For more information, visit drugpolicy.org or norml.org. ✨

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

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Ganja, Grunge and Gumbo

Louisiana meets the Pacific Northwest to stew over a revitalized classic.

This fast and easy ganja-gumbo recipe for two was provided courtesy of a farmer named Michael, who once strangled Kurt Cobain over a fifth of Jägermeister on a dark and riff-filled evening. It wasn't random: Nirvana's first Seattle gig was as the opener for Michael's band, Blood Circus, and both were on the Sub Pop label. They were, in effect, the Godfathers of Grunge. So after Cobain weaseled the majority of Michael's rider-mandated bottle of Jäg one night while the latter was onstage, Michael finished the set and then choked him. It had to be done.

While he may have raged back at the dawn of the plaid-and-smack era, these days our guest chef is laid-back in an eco-epicurean, gritty-Zen-rocker sort of way. After years of toiling and excelling in both the culinary and cultivation worlds, he's gearing up to move to Belize, where he plans to build environmentally sustainable affordable housing with Super Adobe construction methods. Cool.

Michael's from an island in Washington, so I initially had some misplaced regional doubts about the integrity of his gumbo-cooking method. We Louisianans invented the dish, and we're predominantly Catholic party animals—therefore, not many of us can get away with cooking for only two people. Big gatherings plus the ubiquitous progeny inevitably result in cauldron-like swamp pots of simmering goodness stirred with spoons the size of boat oars. So I was naturally suspicious of the whole concept of feeding only two. Must be a Pacific Northwest thing, I thought to myself; they must be so isolated, what with all that rain and salmon and angst over which fabulous strains to smoke.

Furthermore, until now I've rarely seen anything fast or easy about making gumbo. It generally involves baiting up some crab traps with chicken necks, driving to the seafood joint



Ganja gumbo.

to buy fresh shrimp, and then waiting in trepidation for the inevitable battle with the angry crabs that have become entangled in their wire-mesh doom. It also requires laboriously conjuring up some roux, crossing my fingers, doing the gris-gris dance and hoping it'll all turn out okay, or at least consistent. Because where I live, everyone's a gumbo critic, and the bigger the pots, the more critics you attract. Plus, although there are dozens of ways to make gumbo, if someone tells you there are no hard and fast rules, they lie. LIE!

First, you have to make the roux. (If you don't, it's just soup.) Next, add the Holy Trinity: onions, bell peppers and celery in equal measures, diced. You can use okra, or you can use filé (pronounced *fee-lay*—powdered sassafras leaves), but you can't use both: Bad things will happen if you do. I don't know what bad things precisely, but it must be so, since nobody mixes okra and filé. Other than that, it's anybody's game—you can throw in beer, squirrels, leftover turkey, whatever. Most people just use some combination of chicken, sausage and seafood, though.

And Michael? You totally nailed this one. The next bottle of Jägermeister is on me.—Ashley Kennedy

GANJA GUMBO FOR TWO

- ¼ cup green pepper, diced
- ¼ cup onion, diced
- ¼ cup celery, diced
- 1-3 grams ganja (depending on potency)
- 1 pinch each of dried oregano, thyme and rosemary
- Cajun spices and cayenne to taste
- 1 tbsp minced garlic
- 4 cups chicken stock
- ½ cup okra, sliced
- 1 chicken thigh, cooked and diced

- 1 Andouille sausage (approximately 5 oz)
- 1 small gumbo crab (top shell, lungs and intestines removed)
- 4 large shrimp
- 5 oz fish, cubed in 1-inch pieces

- Roux
- 2 tbsp oil (not olive)
- 2 tbsp flour

DIRECTIONS: Heat the soup pan with oil, but not too hot. Add flour, whisking constantly over low heat until it turns caramel brown with a nutty (not burnt) smell. Never stop stirring: If you stop stirring the roux, you will destroy the gumbo. Add peppers, onions, celery, garlic, ganja and spices with a touch of stock to sauté in the roux. Continue slowly adding stock to thin the mixture as needed. Add meat and seafood. Simmer on low heat for 25 minutes. Serve over rice. Stones 2.

Note: Personally, I'd rather combine the ganja with the oil *before* adding the flour, but this was still a righteous dish. 🌿



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WATERING THE GRASS ROOTS

NORML needs you to help us grow.

The movement to change cannabis laws, like all social-reform movements, will succeed *only* when enough concerned citizens get involved and invested at the grassroots level. Nothing's more inspiring or effective than an individual willing to put at stake his or her public reputation by volunteering and organizing other like-minded stakeholders to become involved in their own liberation.



Take the high road by joining NORML!

When it comes to cannabis-law reform, NORML chapters are at the vanguard of social and political organizing. As the largest grassroots organization involved in this struggle, NORML embraces, identifies and attracts cannabis consumers of all ages, while educating the general public about the crucial need for reform nationwide. It's no wonder that nearly every pro-cannabis reform confab or "protestival" since the 1970s—from Seattle's mega Hempfest to Boston's longstanding Freedom Rally to Portland's ever-growing May Day celebration—has been supercharged by the support of one of NORML's 135 state affiliates.

Also, since 1970, hundreds of thousands of college students have learned much more from NORML than simply how to get baked in their dorm room without the RA busting them, or where to contact a competent criminal-defense attorney. Rather, three generations of college-bound cannabis consumers have learned about the plant's myriad uses as a safe, nontoxic therapeutic, as well as it being the most utilitarian, eco-friendly industrial plant known to humans (i.e., the non-psychoactive strains of cannabis historically known as *hemp*)—all by doing little more than strolling into the Student Union one day and coming upon the NORML booth.

Festooned with cannabis-related iconography,

NORML's beloved logo and a dedicated activist or two, NORML chapter booths and tables serve as a magnet for discussion about the alternatives to cannabis prohibition. More importantly, these crucial exercises in stakeholder and community outreach have many times resulted in the recruiting of outstanding citizens who have gone on to a lifetime of involvement as NORML supporters and cannabis-law reform advocates.

In fact, there are few workers, leaders or major contributors in the drug-policy reform movement who didn't first cut their teeth as NORML chapter members. To maintain this strong connection to the needs and wants of cannabis consumers, at least half the members of NORML's large board of directors are usually current or former chapter leaders. And now, with the Democrats taking political control in Washington amid a tightening national economy, it's the perfect time for you to make the leap and "come out" as a cannabis consumer, medical patient, hemp devotee or lover of liberty!

If you're not a member of your local or state NORML chapter, please visit norml.org and click on "NORML Chapters," or call the national office toll-free for a listing. If there are no NORML chapters in your area, I strongly encourage you to gather a couple of your like-minded friends, family members and co-workers and found one. Starting a certified NORML chapter is easy, fun, important and—best of all—empowering.—Allen St. Pierre

Allen St. Pierre is the executive director of NORML. You can contact NORML at norml.org or 888-67-NORML.

FREEDOM FIGHTER

GUARDIAN ANGELA

Angela Goodhope makes news in Montana.

It's not every day that you meet someone whose very name perfectly embodies a unique quality found within that individual— but that's exactly the case with Montana's own "angel of good hope."

The aptly named Angela Goodhope has been working for cannabis-law reform in the state for over 10 years. In addition to organizing the Global Marijuana March several times in the past decade, she now serves as the field director for a statewide nonprofit that she co-founded, Citizens for Responsible Crime Policy (CRCP), and as the vice president of the Montana Hemp Council (MHC).

In 2006, Angela was a spokeswoman and signature-campaign manager for I-2, a controversial ballot measure that asked local officials to treat adult marijuana offenses as their lowest law enforcement priority. The initiative was approved in November 2006 by 56 percent of the voters in Missoula County, with some urban precincts reporting over 80 percent support.

Goodhope has been serving on the I-2 Community Oversight Committee ever since, pressuring local officials to heed the public's clearly stated intentions. Her leadership in cannabis-law reform in Montana has given us all reason to be hopeful. And she's just getting started.—ASP

Contact the Montana chapter of NORML (led by John & Heather Masterson) at <http://www.montananorml.org/>.



Angela Goodhope

Ask Dr. Mitch



Dr. Mitch,
Is it possible for someone to smoke pot for the first time and not get high?

Mayor of Crazy Town

Hi Mr. Mayor,
Sure—lots of folks don't get high the first time they use cannabis. Scientists once thought the plant created some type of wild and unpredictable psychoactive effect that people grew more sensitive to over time and with repeated use. Turns out experienced users just know how to hold their hits better, whereas first-timers are much worse at determining how much to inhale and how long to hold it, often making the initial effects small or nonexistent.

Dr. Mitch,
How much money could the US make if marijuana were taxed and regulated?

Al GREENspan

Hi Al,
Harvard economist Jeffrey Miron wrote a chapter on this very topic in my book *Pot Politics* (Oxford University Press). His best estimate—including the money saved in law enforcement man-hours as well as actual tax revenue—was \$10 billion per year. That's \$10,000,000,000! Just to give you a feel for how big that number is, if you spent it at the rate of \$1 a second, the money would last you over 316 years.

Dr. Mitch,
We all know that the Marijuana Tax Act essentially made pot illegal in the US in 1937, but were there local laws against the plant before that? If so, where?

Harry DeCamp

Hi Harry,
States with big immigrant populations passed such ordinances first. California's law appeared on the books in 1915, with Texas following suit in 1919. Perhaps because Mormon missionaries started bringing cannabis back from their trips to Mexico, Utah also prohibited the plant in 1915. Check out the late, great Charles Whitebread's book *The Marijuana Conviction* for more details.

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

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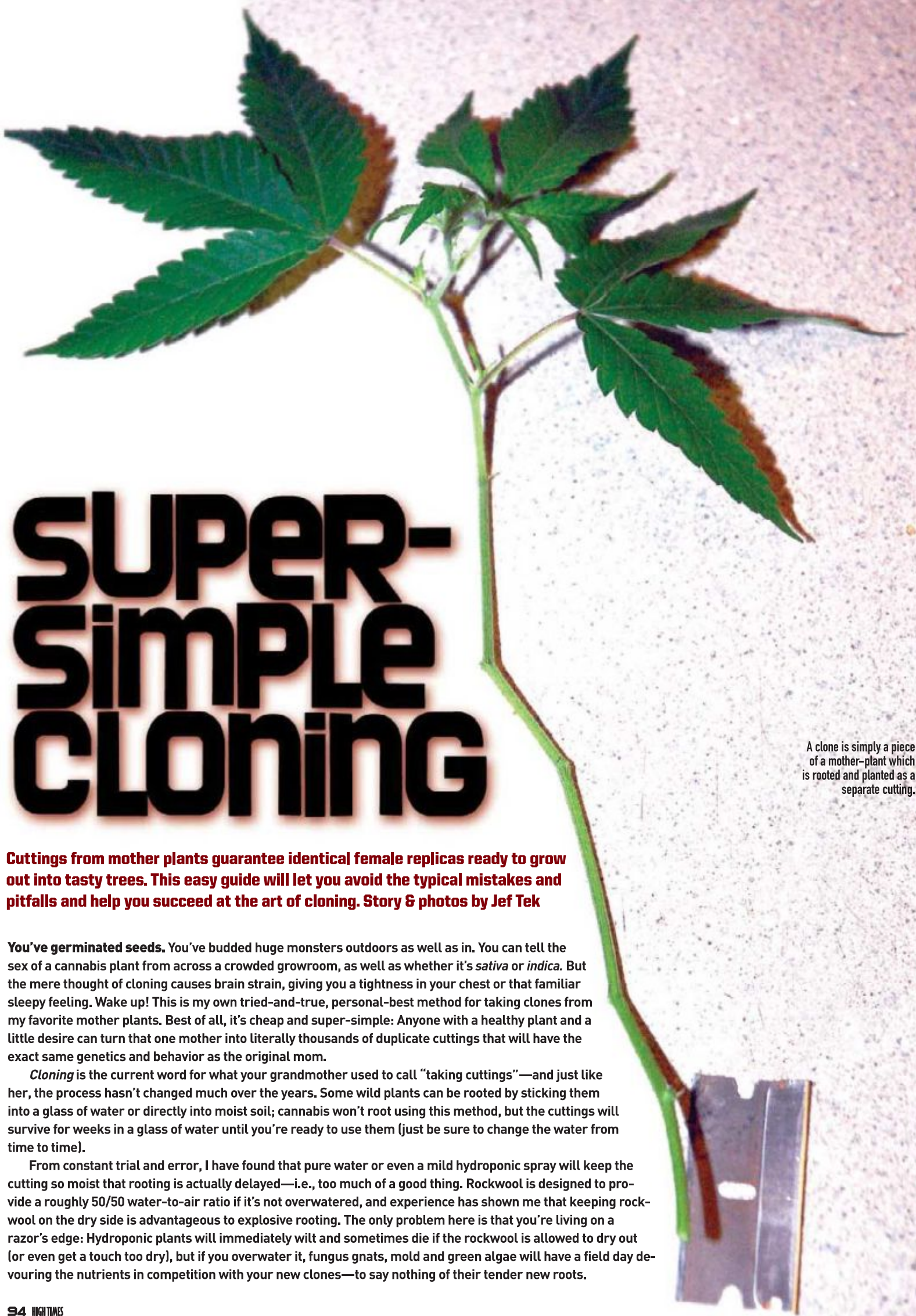
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SUPER-SIMPLE CLONING

A clone is simply a piece of a mother-plant which is rooted and planted as a separate cutting.

Cuttings from mother plants guarantee identical female replicas ready to grow out into tasty trees. This easy guide will let you avoid the typical mistakes and pitfalls and help you succeed at the art of cloning. Story & photos by Jef Tek

You've germinated seeds. You've budded huge monsters outdoors as well as in. You can tell the sex of a cannabis plant from across a crowded growroom, as well as whether it's *sativa* or *indica*. But the mere thought of cloning causes brain strain, giving you a tightness in your chest or that familiar sleepy feeling. Wake up! This is my own tried-and-true, personal-best method for taking clones from my favorite mother plants. Best of all, it's cheap and super-simple: Anyone with a healthy plant and a little desire can turn that one mother into literally thousands of duplicate cuttings that will have the exact same genetics and behavior as the original mom.

Cloning is the current word for what your grandmother used to call "taking cuttings"—and just like her, the process hasn't changed much over the years. Some wild plants can be rooted by sticking them into a glass of water or directly into moist soil; cannabis won't root (using this method, but the cuttings will survive for weeks in a glass of water until you're ready to use them (just be sure to change the water from time to time).

From constant trial and error, I have found that pure water or even a mild hydroponic spray will keep the cutting so moist that rooting is actually delayed—i.e., too much of a good thing. Rockwool is designed to provide a roughly 50/50 water-to-air ratio if it's not overwatered, and experience has shown me that keeping rockwool on the dry side is advantageous to explosive rooting. The only problem here is that you're living on a razor's edge: Hydroponic plants will immediately wilt and sometimes die if the rockwool is allowed to dry out (or even get a touch too dry), but if you overwater it, fungus gnats, mold and green algae will have a field day devouring the nutrients in competition with your new clones—to say nothing of their tender new roots.



Be sure that your rooting medium is moist before inserting the cut end.

WHAT TO DO?

First, forget about expensive, finicky and non-recyclable rockwool altogether: It's itchy and bitchy when it comes to over- or underwatering. And forget those jiffy-style peat pucks as well, the ones that come compressed and swell up in water—they work fine as far as it goes, but only offer 1.5 to 2 inches of contact area for roots to form from the newly cut stem. Also, both rockwool and peat pucks need a tray-and-dome setup, and those 10-by-20-inch plastic trays aren't very durable. Sure, if you're planning to grow for a little while and then quit, these minor expenses won't be enough to make or break you (and no, I didn't say "wake and bake"). But when you've been growing for a decade or more, you start to see areas where you can cut costs without cutting quality. And sometimes these cost-cutting and time-saving ideas will make for healthier, happier plants—more so, even, than the expensive ways.

Here's one of them. Get yourself some 20-ounce plastic beer cups. They're usually red, sometimes blue, and the staple ingredient of any successful keg party—plus they cost about five bucks for a few hundred, and they're the key ingredient in this super-simple cloning method.

Next, get yourself a bag or bale of Pro-Mix HP or any other peat-based soilless mix (like Sam's Club potting soil). This is all you'll need—except for a razor blade or sharp scissors to make the final cut, and your favorite liquid nutrients.

Most rooting hormones, from Superthrive to willow bark, contain NAA (naphthylacetic acid), a hormone that regulates plant growth, while indole butyric acid (IBA) is the leading hormone used to promote the formation of roots in plants. Dip'N Grow utilizes both, and I've been using it exclusively for



years. But it's up to you to decide your needs and budget; this extra stuff is optional and not imperative at all.

The final choice you have to make is whether or not to poke holes in the bottom of your cups. If you don't have a drill—or you just don't feel like it—then don't. Fuck it! I said this method was super-simple, didn't I?

First, fill your cups to the top with soilless mix. Then cut a long-stemmed clone from your mother plant. Take a whole lower branch—these are chronologically the oldest and will root the fastest. Trim off all the lower branches on a stem at least 6 inches long, but preferably 9 or more inches long. You can even use a 12-inch-long clone by simply bending the stem without breaking it, putting the loop into a cup and then filling the cup with soil. As long as you have a growing top and at least two fan leaves, the clone will prosper.

Once each cup is filled with soil and you've inserted your cutting, simply water it with 4 ounces of half-strength vegetative-growth food/water solution. Water each cup evenly and then place it a few inches beneath a fluorescent light.

In a week or two, the cuttings will have started to root. Fertilize the plants lightly; when they start to grow bigger, you can give them a full-strength fertilization before transplanting them into the next-size container. This method is great whether you have only one or two clones to maintain or want to do hundreds at a time. If you drill holes in your cups and put trays under them, you can also water from the bottom for even better root growth. With a minimum of 5 inches of stem touching moist soil, the little plant will just about continue growing while busting roots. Humidity domes aren't necessary here, either: The plant is still pulling moisture from the stem, so the leaves aren't trying to suck water from the air (thereby delaying proper root formation).



Moisture keeps clones from drying out and dying.



Once rooted, transplant into bigger containers.



Vigorous roots ready for transplantation.



Misting helps clones maintain proper moisture levels.

WHY IS THIS METHOD SO VERSATILE?

A rockwool tray has to be filled all at once, whereas my method will accommodate any number of plants. If you're cloning several varieties and growing them out in a kind of communal area, you'll find that different strains use nutrients and water at different rates, which means that some will spread their roots into the slower-growing strains' area—and by labeling the individual cuttings, you run the risk of damaging them. But with my method, the cups can be easily labeled, and as soon as the new clone outgrows its cup, you can transplant it readily into any desired substrate. You can even rinse the roots vigorously under water if you want to transplant it into a totally hydroponic system.

Look, I've tried every method out there, and even though one man's garbage is another man's gold, there's just nothing to be gained by constantly reinventing the wheel. From the start, I've tried to rely on only the easiest methods and most readily available supplies—exotic soils, nutrients and equipment only spell trouble in my line of work. You have to be flexible when you run out of rockwool on a Sunday night with a handful of healthy cuttings going to waste. There's no room for such mistakes, especially when each cutting provides the medicine to keep you healthy, happy, and able to share the fruits of your labors with others.

I like sharing, and I really like healthy clones. When they get over- or underwatered or there's a nutrient imbalance, I feel sick for my plants. By carefully watching and monitoring many different growing methods, I've evolved away from using harmful rockwool to peat pucks and back again, constantly searching for a primo cloning method that involves minimal stress on my plants. Try this one out for yourself and you'll see how easy it is. I guarantee it: If you do this once, you'll be hooked, and you will never fear the word "clone" again.

Peace and Buds, Jef Tek. 🌿

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Contact: Jonathan Adler, 800-963-0891, jonathanadler.com



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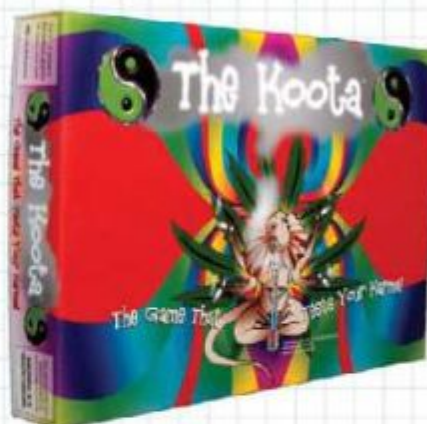


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Price: € .99 (euro)

Contact: i-spliff.com



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Contact: The Koota Game, thekootagame.com

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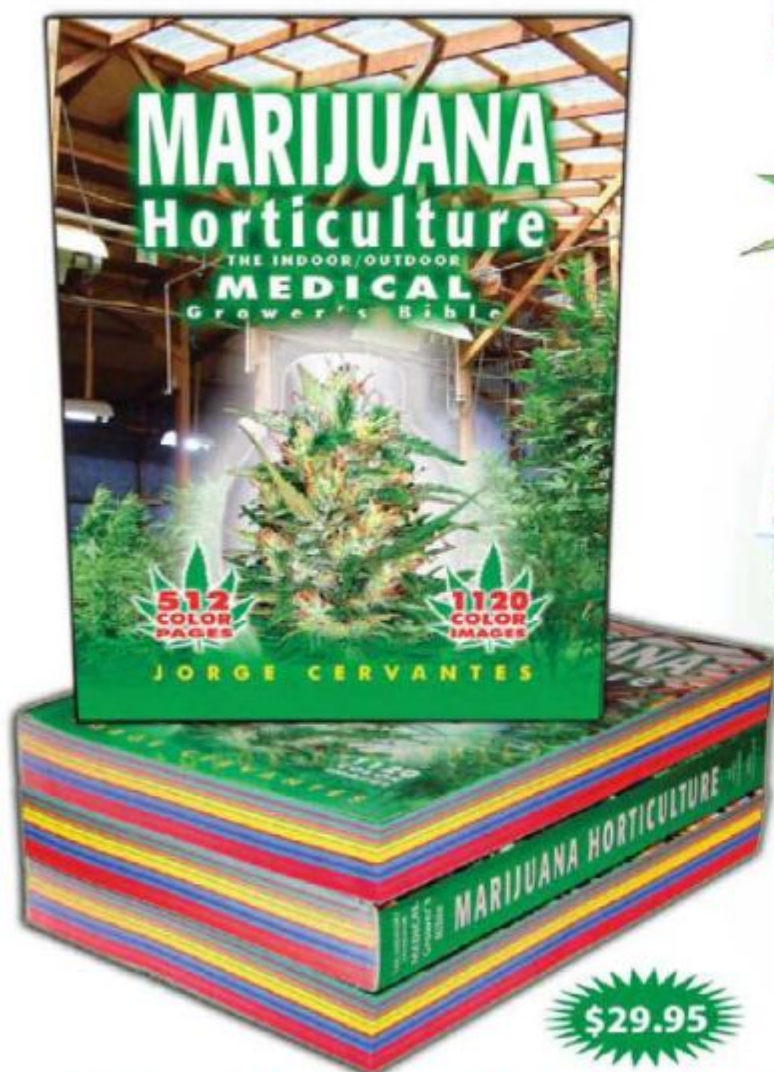
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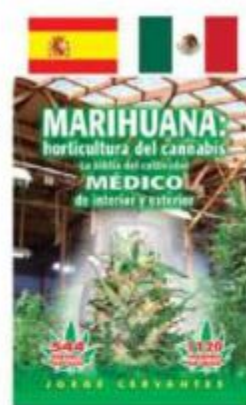


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ALL YOU NEED TO GROW

ANSWERS & PHOTOS BY JORGE CERVANTES

The tallest plants in this garden are about 40 inches (1 meter) tall. Flowering was induced with a 12/12-hour light schedule when the plants were 18 inches tall.

Note: Some of the photos in this column are taken from *Marijuana Grow Basics: The Cannabis Aficionado's Easy Grow Guide* (\$21.95, Van Patten Publishing, available June 2009).

MEDICAL STRAINS

I just got my new *Marijuana Horticulture* bible. Wow! I've been doing this over 10 years, and I still learned a lot from your book. I've been looking for a list of flowering times for different strains, and I haven't found much out there. Also, do you know of a list of strains that are categorized by their medicinal uses (pain, seizures, nausea, etc.)? I'm growing medicinally, and this kind of resource would be invaluable.

Bones
Via Internet

Dear Bones,

The interesting thing about medicinal cannabis is that its real benefits appear to be found in the essential oils, or *terpenes*, produced by specific strains. These terpenes impart the specific aroma and taste that distinguish each cultivar.

Terpenes are different from cannabinoids. THC (tetrahydrocannabinol), the best-known cannabinoid and the mind-bending active ingredient in cannabis, is a stable molecule and consistent throughout a plant when it's properly grown. There are about 60 different cannabinoids besides THC found in marijuana.

Cannabis, which is the only plant that produces cannabinoids, also produces up to 200 different terpenes. These essential oils—complex molecules that are found in many other medicinal plants—also have therapeutic and aromatic properties. The specific number and ratio of cannabinoids and terpenes produced by cannabis are determined by the particular genetics of each strain, which must be grown in optimum conditions to achieve its full genetic potential.

Studies show that except for THC, the cannabinoids are not psychoactive by themselves. However, these cannabinoids do play a role in the way that THC affects us. If we change the mix of cannabinoids and terpenes, we can also alter the way those molecules—especially THC—will affect us. Unfortunately, we lack controlled scientific studies about the cannabinoid and terpene content of specific stabilized strains and their medicinal effects. To date, researchers have managed to compile such lists using only empirical observation and patient reports. Two such lists are available at greenpassion.org/f11/medicinal-strain-database-6781/ and rollitup.org/medical-marijuana/18304-disease-specific-mmj-strain-list.html. Information on the only government-sanctioned cannabis-seed company in Canada, Finest Medicinal Seeds, can be found at finestmedicalseeds.com. You should also check out treatingyourself.org for more current information.

SHORT PLANTS

I'd like to find out more about growing marijuana indoors, especially about keeping the plants at a very small size. I would also like to know how short the plants can be grown and how much labor is required to do this. I'm referring here to not letting the plant grow above 75 centimeters.

Francis
Via Internet

Dear Francis,

Thanks to modern technology and dedicated cannabis breeders around the world, you have options for meeting your goal that were not available a few years ago. Short plants that top out at 75 centimeters (30 inches) are easy to find and grow these days. A few strains that grow well as short plants are Biddy Early and Burmese from Magus Genetics; Mr. Nice, Afghani #1 and Silver Pearl from Sensi Seeds; and Euphoria and Orange Bud from Dutch Passion. In general, look for *indica*-dominant strains that grow less than 40 inches (1 meter). Induce flowering in the seedlings as soon as they show pre-flowers, after about eight weeks of growth. Some plants might be too tall at this point to induce flowering; in that case, take clones of the known females. Once they're rooted, transplant and grow them under 24 hours of light until they're 8 to 9 inches tall, then induce flowering with a 12/12-hour day/night light schedule. The plants will elongate



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Short plants are easy to grow. These clones are topping out at 30 inches (75 centimeters). The buds are thick because they get plenty of light!

and continue their growth, but will finish flowering before they're 30 inches tall. In the Sea of Green (SOG) and Screen of Green (ScrOG) growing methods, clones are planted very close to one another, and flowering is likewise induced when they're 8 to 9 inches tall.

You can also lower the profile of your garden and move the light closer to the ceiling. To lower your garden's profile, set the pots on saucers on the floor. Fasten a metal (aluminum) heat shield to the ceiling above the light; this will allow you to move the light closer to the ceiling. If you're growing in a small space, you can also use compact fluorescent lamps (CFLs) to provide adequate light with little heat.

THIS IS A TEST

Jorge, I need your help! I've just taken a class at Oaksterdam, and we bought your books for the class and referred to them for our take-home final exam.

The question I'm wondering about went as follows:

Cannabis plant cuttings root best at:

- a) 85°F and 65% humidity
- b) 60°F and 65% humidity
- c) 95°F and 75% humidity
- d) 90°F and 50% humidity.

None of them appeared right to me, but the correct answer was supposedly a). What would you have put down?

Caroline
 Via Internet

Dear Caroline,
 You know what happens when you ask three different growers the same question? You get at least five different answers. But that's the beauty of growing: Everyone does it differently.

You probably went on a tour of the cloning room at the medical dispensary where you took

the class. If it's the same room that I saw last year, the correct answer is a), because of the conditions in the room. To be honest, the room actually flipped me out a bit, but it continues to produce rooted clones in less than 10 days. I myself prefer to grow clones with higher humidity—90% to 95% the first few days, and after that it can decrease a bit. I also like to keep the temperature around 75°F to 80°F. When the soil or rooting medium is heated to 80°F and the room temperature is kept at 75°F, the rooting also happens quickly. But now that you're growing yourself, you have the chance to experiment and find out what works best for you!

PYTHIUM CONTROL

Would using a supersonic fogger (5 microns, I believe) in an enclosed water reservoir with the roots hanging above create too high a level of humidity inside the reservoir and lead to pythium? My garden has succumbed to pythium multiple times, and so far the only thing I haven't eliminated is the fogger.

Kevin
 Via Internet

Dear Kevin,
 It looks like pythium is alive and well in your growroom! Pythium wilt (a.k.a. damping-off) also attacks seedlings and clones, rotting them at the soil line and impairing root development. It's caused by a combination of factors, including fungi already present in an unsterile rooting medium, overwatering and/or maintaining a soggy grow medium, and excessive humidity. You can usually avoid the disease by controlling soil moisture, though in your case this is impossible. Too much water is the biggest cause of damping-off.

The first thing you need to do is to wash every surface, nook, crevice and cranny in your growroom with a 5% bleach solution. Spray all cracks

and borders with the solution to ensure that you've killed the disease. Also, you need to make sure that the room is completely pest-free, since pests can spread pythium.

Keep the germination temperatures between 70°F and 85°F (21°C to 29°C). Damping-off is also inhibited by bright light, so grow your seedlings under a high-intensity discharge (HID) light rather than fluorescent bulbs. Keep the fertilization to a minimum during the first couple weeks of growth. Germinate your seeds between clean, fresh paper towels and move them into soil once they're sprouted. Don't plant the seeds too deeply, and cover them with soil only to the depth of the seed. Use a fresh, sterile medium and clean pots to guard against harmful fungus in the soil.

You should always keep the nutrient solution below 68°F to discourage pythium and other problems. You can also run Pythoff (flairform.com.au/Products/pythoff.htm) in your solution to keep it clean. You can prevent pythium wilt biologically with applications of Polygangron (*Pythium oligandrum*) granules. Bak Pak or Intercept can be applied to the soil and water, while Deny or Dagger—forms of the bacterium *Burkholderia cepacia*—can be applied to the seeds. Epic, Kodiak, Quantum 4000, Rhizo-Plus, System 3 and Serenade also work to suppress many causes of damping-off. Chemical solutions include dusting the seeds with Captan—but avoid using benomyl fungicide soil drench, because it also kills beneficial organisms.

GROWING FAT BUDS

Thanks for answering my questions in the past, and especially for the info at the website you gave me. Now I have another one: Why do some buds *not* get big and fat? I hope you understand what I mean and can answer it.

Kokos N.
Via Internet

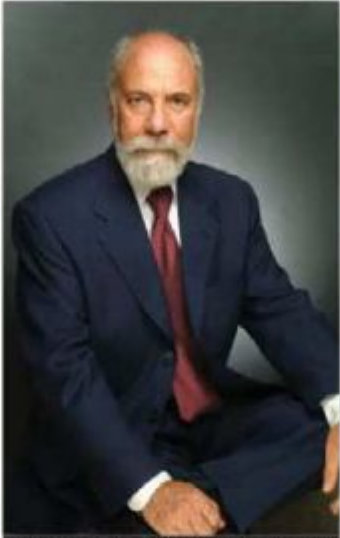
Dear Kokos,

There are many reasons that buds don't get big and fat. Once you know that the genetics of your plant will produce big, fat buds, it's up to you, the grower, to make it happen. To be sure about the genetics, always grow F1 hybrid seeds, which can be found in any quality seed catalog and are the strongest and fastest-growing.

Culture, or how the plant is grown, is the other half of the equation. In general, the more ideal the growing conditions and the less stress a plant suffers, the healthier that plant will be, including producing bigger and fatter buds. So you have to set up a growroom with ideal conditions. The temperature should stay around 75°F during the day and 65°F to 70°F at night. The humidity level in the vegetative room should stay around 60%, and in the flowering room around 50%. A good vent fan in the growroom will keep fresh, CO₂-rich air in contact with the foliage.

Plenty of HID light with an efficient reflective hood will also be necessary; hang one 400- to 600-watt lamp per square meter (40 by 40 inches) of growroom floor space. You'll also need an efficient hydroponic or soil growing system. Stick to the same fertilizer brand for the entire crop and carefully follow the manufacturer's instructions. If you have any problems at all with the fertilizer

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schedule, contact the store where you bought it and ask the people there for help: Often, the solutions to poor growth have to do with local water conditions.

But always remember this general rule: If you keep the conditions in your growroom optimum and consistent, you'll grow healthy plants and harvest big, fat buds!

MAKING FEMINIZED PLANTS

I'm from Argentina and a newbie to growing cannabis. I've had two harvests so far: One was Paraguaya—the local compacted (not flower-style) marijuana—and the other was Super Skunk from Sensi Seeds. (My friend in Madrid sent me the seeds.) I bought your bible, and now I'm in the process of learning *jeje*. My question is this: Where can I find Stamen-It! hormone spray or a similar one to buy on the Internet? I want to try to develop some feminized seeds from an El Niño that a friend gave me.

*Abrazo,
Pablo H.
Argentina*

Dear Pablo,

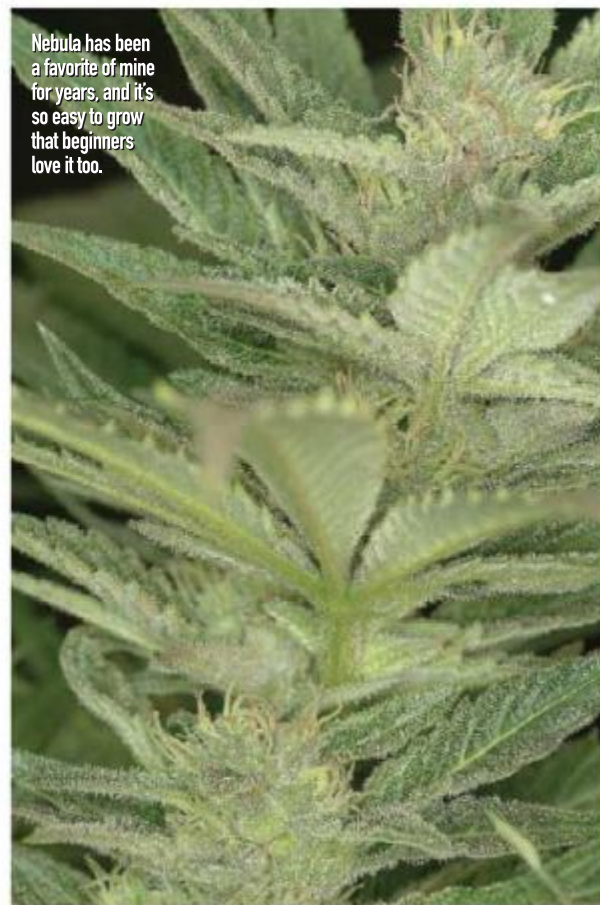
Feminized seeds have certainly swept the European market during the last three years: Now, more than 80% of all seed sold in Europe is feminized. These days, everybody is either making feminized seeds or wants to know how to make them!

You can chemically induce female plants to form male flowers with the application of products such as eliteXelite (or gibberellic acid, which is dangerous and quite unpopular) or silver thio-sulfate solution (STS), from chemicals used in photography. But your best bet is Stamen-It!, which induces male flowers. You can purchase it via this email address: plantaegenomic@live.co.uk. Or you could go to cannabis.community.forums.ozstoners.com and search on the term "eliteXelite": There you'll find exact instructions on how to make STS, which is then applied to plants to induce sex reversal from female to male, and to create male pollen-bearing flowers on female plants. In general, pre-flowering female cannabis plants are sprayed with diluted STS and then induced to flower with the 12/12-hour day/night light schedule. Pollen-bearing male flowers can be harvested in 35 to 40 days with most strains.

If you don't want to use chemicals and have a degree of patience, you can also practice master grower and breeder Soma's "Rodelization" method. You will find the instructions at boards.cannabis.com/grow-faqs/34027-somas-version-making-feminized-seeds.html.

BEGINNER STRAINS

Hello, Jorge—supreme beginner here. I was just wondering what kind of *indica* strain would be perfect for a small soil operation in my closet? Also, about inhaling: Is it true that the longer you hold it in, the more potent the effect of the hit? And how about using a metal grinder on kind bud:



Nebula has been a favorite of mine for years, and it's so easy to grow that beginners love it too.

Does it destroy the resin beads when you grind the nug up?

Thanks for all your service to the world, and hopefully one day the idiots in Washington will finally catch on.

*Kai
Via Internet*

Dear Kai,

Great indoor beginner strains include Nebula (from Paradise Seeds), Power Plant (Dutch Passion), Northern Lights (Sensi), Chocolope (DNA Genetics), Northern Flame (Secret Valley), Himalaya Gold (Green House), AK-47 (Serious) and Cheese (Homegrown Fantaseeds)—and there are many more!

Yes, the longer you hold a hit of marijuana smoke in your lungs, the more you absorb it. When you take a hit of very potent marijuana, it will expand in your lungs, and this is what makes many people cough. You may not realize it at first, but the longer you hold that cannabinoid-rich smoke in your lungs, the more it expands.

QUALITY OUTDOOR BUDS

What strains do you suggest to get the most flavor growing outdoors? I've noticed a major difference in taste with pot grown indoors versus out. How do I bridge the gap?

*P. Caliente
Via Internet*

Dear P.,

Indoor crops are sheltered and protected from the harsh outdoor environment, which means that buds and their resin glands remain intact. Wind, rain and other environmental factors are the main things to consider when growing quality bud outdoors: The wind will beat the shit out of your buds, knock the balls off resin stalks and erode precious resin. Wind degradation of buds will definitely lower the quality and alter the in-

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Best Medical Song

tensity of the high. The majority of mind-bending cannabinoids are located at the union of that little ball with the resin stalk (i.e., the trichome). When buds are jostled around and pounded by wind and rain, these fragile little balls fall off the stalk; this exposes the cannabinoids and terpenes (essential oils) to the air, which causes them to degrade. When they've degraded sufficiently, many of the terpenes will disperse into the air, decreasing the potency further. All of this adds up to a weaker overall high.

So if you're growing outdoors, plant in sheltered areas, or build a wind block if your plants are exposed. Remember, a permeable wind block made from the surrounding foliage creates an efficient barrier and is discreet enough for security. Extreme fluctuations in temperature will also inhibit growth and degrade resin: Temperatures below 50°F and above 85°F are not advisable, especially if they fluctuate more than 30 to 35 degrees in 24 hours.

Soil and alimentation (i.e., nourishment) are also very important to ensure that your plants achieve their full genetic potential. Make sure your planting holes are well aligned with plenty of slow-release organic fertilizers and composts along with native soil. Grow only organically.

If you live in a growing environment with a long season and very little wind (i.e., you can harvest in November), definitely choose a Haze-based plant. Utopia Haze (Barney's), Neville's Haze Mango (Mr. Nice), Super Silver Haze and Super Lemon Haze (Green House), Northern Lights #5 x Haze and Sweet Haze (DNA Genetics), Haze x Heaven (Owl's Production) and De la Haze (Paradise) are at the top of the list. Other than that, I suggest growing the strains you like to smoke, as long as they do well outdoors. A few of my favorite outdoor strains are Jack Herer (Sensi), Jorge's Diamonds #1 (Dutch Passion) and Shark Shock (Mr. Nice).

If you want to enjoy the fruits of your labor in less than three months, plant flavorful, feminized, auto-flowering strains like Skyryder and Criticalryder. These two strains are guaranteed to flower in less than 90 days. The most critical period for these plants is the first three weeks: If the plant becomes sick, it has no time to recover, since it will be harvested in another 40 to 45 days. So make sure to baby these tough little plants for the first three weeks, and you'll be paid back with an ounce or more (30-plus grams) of connoisseur-quality bud. ✨

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

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GARDEN CALENDAR

OUTDOORS

April kicks off the first frost-free growing season in much of America. Check with your local County Extension Agent to learn the last average day of frost, or you can hit this site: victoryseeds.com/frost/. You can move plants outdoors in many warmer climates now, but they should still be protected with a plastic greenhouse or covering.

Shop for seeds now and buy them before stocks run low. Look through your seed collection and select strong, dark, hard, well-formed seeds to germinate. Keep extra seeds for future planting in a cool, dark, dry place in an airtight container. You can still purchase seeds in retail shops in Canada, Holland, Spain, the UK and Italy (though Italian stores have been feeling some heat from the authorities lately). But there's nothing like a personal trip when purchasing a lot of seeds.

Start tilling new and old grow patches. Always be on the lookout for more new grow sites. Walk around with a folding shovel to sample soil and remove weeds. Tote a backpack full of peat moss or compressed coco bricks to amend heavy clay and sandy soils. Also add rock powders and slow-release organic fertilizers. You should prepare the soil a month or two before planting.

Plants need at least five hours of bright midday sunlight to yield a respectable crop. Grow sites must be secure and have good soil and a source of water. (Keep in mind that water weighs 8 pounds per gallon and is difficult to haul.)

Plant flowering clones outdoors or in a greenhouse and harvest a spring crop. Harden off plants by moving them outdoors or to the greenhouse for a few hours daily until they become accustomed to the harsher climate. Even though the days are progressively longer, plants that have been flowering a month indoors can finish flowering outdoors. Buds will grow bigger under natural sunlight.

Take clones and germinate seeds to plant outdoors for the summer season; they can be planted when they're 6 to 12 inches tall. Be sure to harden plants off by moving them outdoors into a greenhouse for a few hours daily. It will take them about a week to get used to their new conditions. Once they're hardened off, they can be transplanted to a remote garden.

The Wall-'o-Water keeps small



Grow seedlings indoors now to transplant outdoors this month and next. Bury seedlings and clones deep—up to the first set of leaves—when transplanting.

plants safe in temperatures below freezing; search for it on burpee.com and you'll find several reviews. You can start plants a month or two earlier when using a Wall-'o-Water.

Harvest spring crops! If you took the time to plant a crop two months ago, you'll be enjoying the fruits of your labor now.

INDOORS

Open the windows and air the place out! Temperate spring weather is here, so take advantage of all that fresh air. Spring cleaning is upon us now, and it's a great time to remove any rubbish or signs of cultivation in and around your grow area.

Outdoor weather will affect the atmosphere in your growroom: Gardens behind sun-baked outer walls and roofs experience hot days and cool nights. Make sure walls and ceilings are well insulated and vented. Excess humidity after the lights go out will be a common problem now.

Central heating systems get turned on less frequently these days. This could affect the humidity levels in your house and growroom. Watch them closely: Keep the humidity around 60% in the vegetative room and 50% in the flowering room.

Pests and diseases get around more easily as the temperature climbs outdoors. Be sure to change your clothes and shoes before entering your growroom after being outside. A little bit of hygiene now will prevent many problems from developing later.

Inspect foliage for pests and diseases. Look on leaf undersides for spider mites and their eggs; also check for discoloration and any other signs of trouble. A 10x to 30x handheld microscope really helps to identify populations of pests and diseases. Exterminate most pests (including spider

mites) with Whidmire's Exclude: It contains a natural, potent encapsulated pyrethrum. Apply it three times at five-day intervals.

Scrub out the hydroponic reservoir and fill with fresh new solution. Use graph paper or a calendar to chart nutrient pH, EC (ppm) and usage levels. Compare the results to previous months when the weather was colder. You may find that plants tend to use more water now. Adjust the solution accordingly.

Check the pH and EC (ppm) in both soil and hydroponic gardens regularly. Check the runoff water as well—if it has a pH much different than the input solution, or if the EC is the same or higher, then there are salts built up in the growing medium. This means the containers will need to be flushed to leach out the toxic buildup. Flush containers with three times the volume of a mild nutrient solution to the quantity of substrate. Taking this trouble now will save your plants many problems in the future, meaning that it's time well spent.

Neighbors become more active as the weather gets warmer, so it's a good time to review your security. Take a stroll outside around the perimeter of your growroom and pay special attention to the sounds of fans turning on and off, humming ballasts, light leaks, or any evidence of an indoor growroom in the garbage. What about fragrance: Is there the slightest trace of cannabis? Be sure to direct your air-conditioner runoff indoors.

Take clones two to three weeks before harvest. Germinate seeds about two months before harvest so they're ready to move into the flowering room.

Harvest!

Clean room thoroughly and move in the next crop of clones. 🌿

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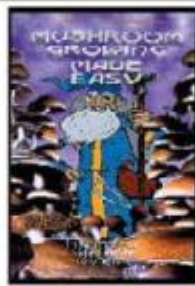
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WATER BEAR

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Learn how to save both money and the planet while growing the greatest, "greenest" ganja on Earth. Senior editor David Bienenstock reports from deep inside the greenery as he returns to Northern California's Namaste Center for Sustainable Ganja Farming. Get detailed instructions on conserving energy and collecting rainwater, brewing your own compost tea, planting "nitrogen-fixing" cover crops, building your own worm box—and even how to have your gorgeous ganja fully certified as organic!

VICTORY IS OURS!

According to top figures in California's medical-marijuana community, we've won. Yeah, you heard right: The war is over! Now it's just a matter of implementing these laws and protecting our rights. Senior editor Dan Skye shares the good news. Also, a doctor who writes medical-marijuana recommendations for patients describes his practice. Plus: Coverage from the San Francisco and Santa Cruz Cups.

CANADA ON THE RISE

Our neighbors to the north are responsible for producing some great pot. Still, confusion, conflicting laws and an infuriating lack of courage on the part of lawmakers have stalled its public acceptance. Find out about the current cannabis climate in Canada. Special bonus: We name the top pot in the provinces.

MICHAEL REYNOLDS, A.K.A 'THE GARBAGE WARRIOR'

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PLUS: Marijuana heals mental illness; Hemp houses: The future of home construction.

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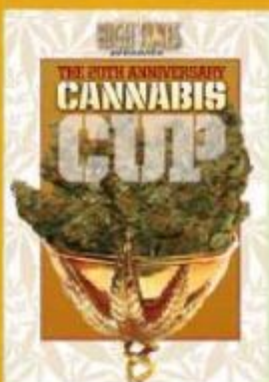
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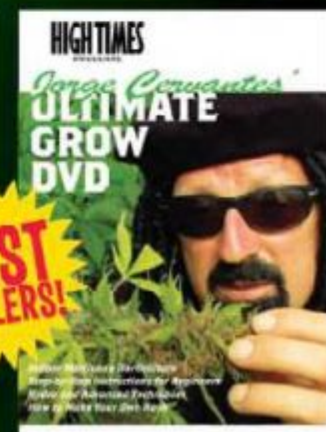


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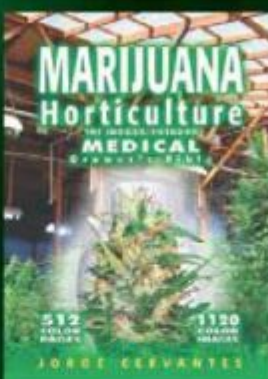
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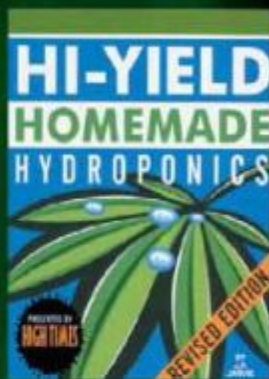
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6 CHICO: STILL THE #1 PARTY SCHOOL

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8 CANNABIS TV

9 TAKE A HIT OF KNOWN FELONS
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10 DONT FIGHT UNITE PUT DOWN THE GUNS & PICK UP A PIPE PEACE IS WHAT WE NEED STOP THE FIGHT AND SMOKE SOME WEED!
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11 John Doe RADID .COM

12 HIGH ALTITUDE
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13 Cannabislocator .COM

14 VOTE YES ON 420

15 CHUCK NORRIS JOKES
(I.E. "THERE IS NO THEORY OF EVOLUTION, JUST A LIST OF CREATURES CHUCK NORRIS HAS ALLOWED TO LIVE," "CHUCK NORRIS IS SO FAST, HE CAN RUN AROUND THE WORLD AND PUNCH HIMSELF IN THE BACK OF THE HEAD," ETC.)

16 RUMORS OF MY DEATH ARE HIGHLY EXAGGERATED
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17 MARIJUANA Music Awards
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18 STYX ROCK BAND
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19 APRIL 20, 2009 SHOULD BE TOSS YOUR SEEDS ON GOVERNMENT PROPERTY DAY
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20 BRUCE LEE

21 North Carolina SKUNK BUD

22 I SMOKE 1,000 JOINTS A YEAR

23 ABBA

24 TIME FLIES WHEN YOU'RE HAVING RUM

25 I 'JUANA BE A HIPPIE AND I 'JUANA GET STONED!

26 Searams Win

27 BETER BEER BULLETT THAN PISEN

28 EARLY TO BED AND EARLY TO RISE MAKES ONE BAGEN UNDER THE EYES

29 HE WHO STAYS ON TOILET IS ON TOILET IS ON POT HIGH ON POT

30 BLAZING ONE AFTER ANOTHER
KARATE CLASS

31 C'MON MAN... PASS ME A HIT!

32 I Maybe left-handed but I'm always right!

33 "DID YOU EVER NOTICE THAT YOUR OWN FARTS DON'T SMELL HALF BAD?"
-GEORGE CARLIN

34 TODAY IS YESTERDAY'S TOMORROW AND TOMORROW'S YESTERDAY

35 ALWAYS FORGIVE YOUR ENEMIES- NOTHING ANNOYS THEM SO MUCH!
OSAMA BIN LADEN

36 AGE IMPROVES WITH WINE

37 GROWING OLD IS MANDATORY
GROWING UP IS OPTIONAL

38 TWO THINGS ARE INFINITE: THE UNIVERSE AND HUMAN STUPIDITY! AND I'M NOT SURE ABOUT THE UNIVERSE.
-ALBERT EINSTEIN

39 SHUT THE DUCK UP!

40 THINGS AREN'T WHAT THEY USED TO BE AND PROBABLY NEVER WAS!
-will Rogers

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WANT TO SEE YOUR IDEA IN THE TOP SPOT NUMBER 1 ON THE POT40 LIST? PAGE 2!

POT40 COMING BY JOHN HOLMSTRAHM

1	2	3
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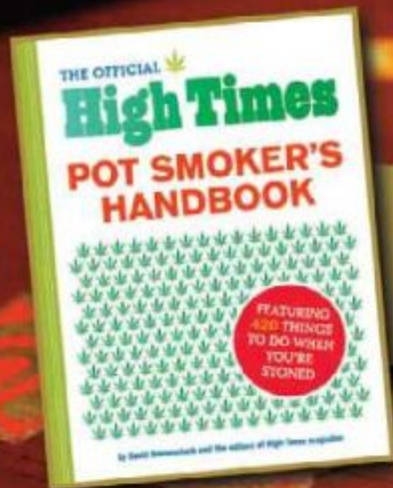
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