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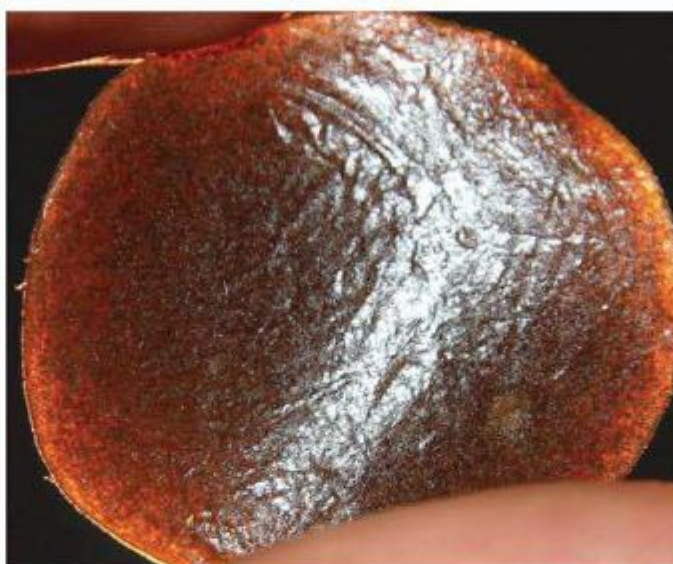
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Very pure water hashish indicates careful procedure and thorough cleaning of captured resin.

and the 32-gallon barrel and plywood wouldn't be necessary. Also, no lid is needed if you're willing to hold the mixer by hand for 30 minutes).

First, dried leaves and trimmings were soaked in a basin in very cold water for 30 minutes, during which we stirred the mass several times to ensure that all the leafy material got thoroughly wetted. After filling the 32-gallon barrel almost to capacity with water and getting it sufficiently cold, we placed the wetted material into the hanging 150-micron cleaner bag to about one-quarter to one-third full (any more would be difficult to process well).

After placing the beaters through the holes in the bucket lid, we attached the hand mixer (or drill) to the beaters, secured the lid atop the bucket, and then ran the mixer continuously to agitate the material in the cleaner bag. We used a drill with a long bit and beater attachment to occasionally agitate material in the lower reaches of the bag. After agitating the material for about 30 minutes, we would lift out the cleaner bag and remove the spent leaf material, add fresh wetted leaf, and repeat the procedure until all of the material had been processed.

Most of the resin glands and tiny debris that passed through the 150-micron screen settled to the bottom of the 32-gallon barrel. We emptied the barrel slowly by pouring the water through the 50-micron cleaner bag, which we held over the second 5-gallon bucket, capturing any resin glands still suspended in the water. Then we scooped the resin sediment mass from the bottom of the barrel and, after placing it into the 50-micron bag, washed it repeatedly with clean, very cold water to remove the smaller debris.

Recovered resin must be thoroughly dried; otherwise, it will spoil and may become moldy. Always remember: *Never press wet resin!* Instead, spread the resin out on an absorbent surface (such as layers of coffee filters on top of towels) in a *dark*, well-ventilated and very dry area for a day (or longer) until it's completely dry. While it's drying, periodically chop the clumps of resin into smaller pieces to expose new surface area so that all of the water evaporates.

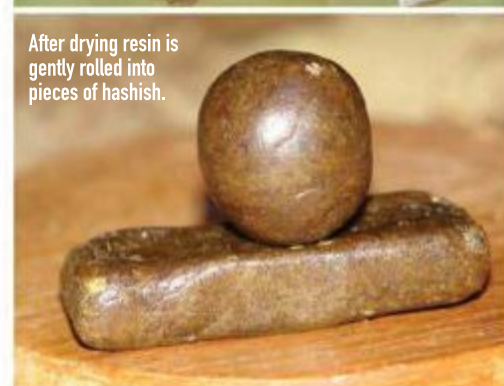
This procedure can be added to and refined using several different screen sizes between 50 and 150 microns; the 50-micron bag can also be attached below the 150-micron bag to capture the resin directly. But the procedure explained here

(also see CS16) is the basic process for capturing a sizable amount of resin glands from material that is often discarded, and from which a very potent hashish can be made. Homegrowers who use this procedure generally wait until they've amassed a large quantity of manicured leaf trimmings—enough to justify spending several hours devoted to processing. You can store the dried leaf trimmings in airtight containers in a dark place or, for long-term storage, in a freezer.

For the frequent processing of large amounts, a washing machine can be used to automate



Various levels of micron bag resin drying after cleaning.



After drying resin is gently rolled into pieces of hashish.

the extraction process. Use a machine that has a manual drain—preferably one that also agitates in alternating directions. It's best to use a machine that will be dedicated to resin extraction or that was built for this purpose. Place the small buds and trim leaves into a large-mesh sack like an oversize tea bag (approximately 200 microns in pore size) to between one-third and one-half full, leaving ample room inside for the material to move freely. Fill the washing machine with ice and cold water and run it on a 15- to 20-minute agitation cycle. Remove the wet bag and allow the solution to settle for a few minutes. Drain the resin glands accumulated at the bottom of the washer drum into a basic-mesh cleaner bag (or into several bags that will isolate the resin into gradations by gland size). And there you have it!

Many present-day *charas* makers have begun to identify certain varieties of cannabis that yield much more resin powder than others, either by wet or dry sieving. This is because some strains emerge from the water-extraction process with more of their essential oils intact and yield a much more flavorful hashish (mmm ... yummy). So think outside the box and, above all, have fun! ✨

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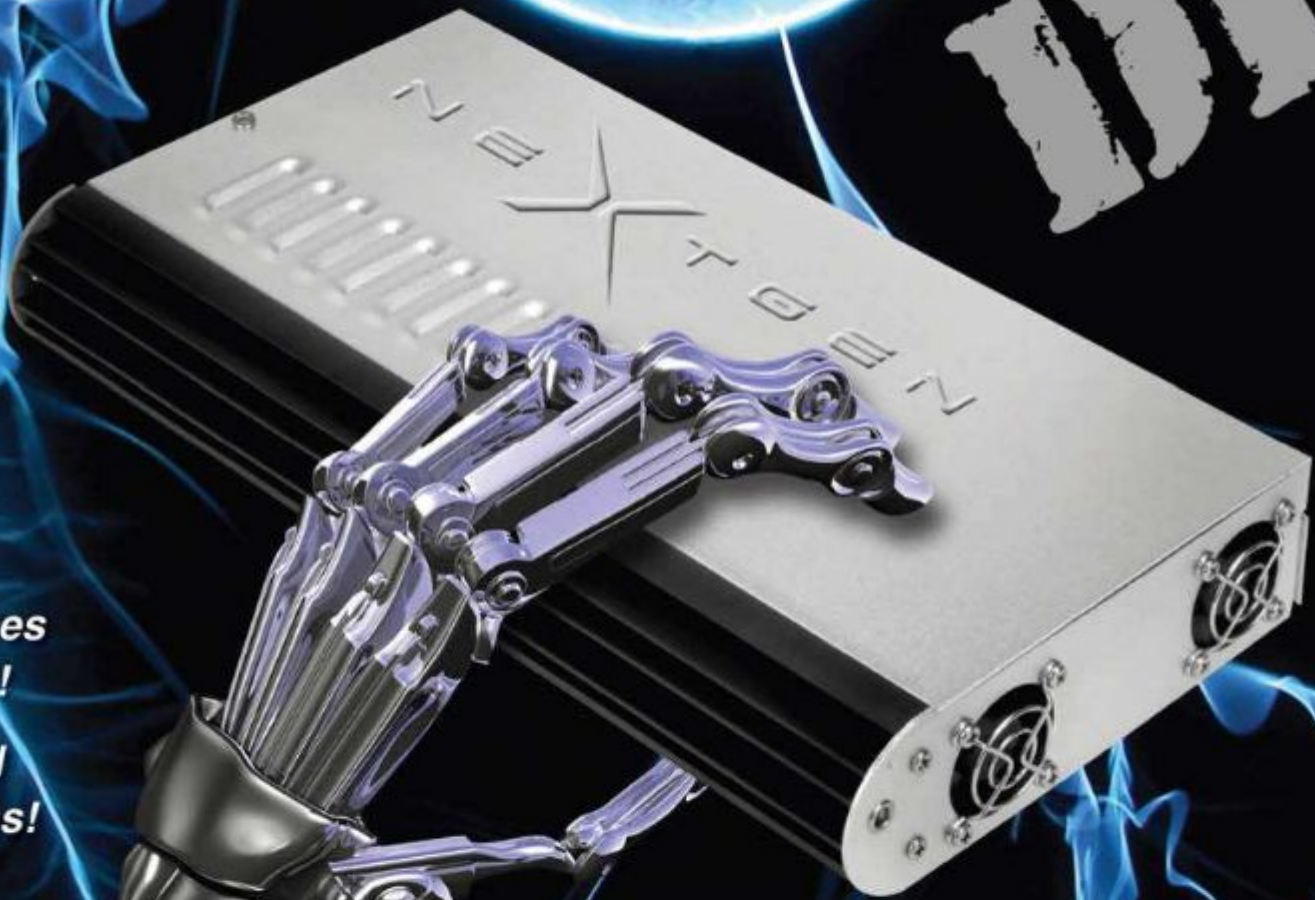


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Bud brothers  
Damian Marley  
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# DISTANT RELATIVES

An Interview with Damian "Jr. Gong" Marley and Nas. By Chris Simunek • Photos by Duke Lobos

A few weeks before it hits the market, *Distant Relatives*—the new album by Damian Marley and Nas—cranks from the speakers in HIGH TIMES' top-secret bunker, where a photo shoot has commenced involving the two stars and about a pound of foot-long colas. What might have appeared an odd pairing at first—the youngest son of Jamaica's reggae king and a hip-hop powerhouse from the streets of New York—turns out to click effortlessly. Recorded in LA with a real band, the album finds Damian and Nas meeting on an organic common ground between their two genres, while delivering what could prove to be the crossover hit of the summer.

When you look at the recent string of successes in both men's careers, it really starts to make sense. Damian Marley was the first reggae artist to win two Grammy Awards on the same night for 2006's *Welcome to Jamrock* (which features Nas guesting on the tune "Road to Zion"), while Nas has been topping the *Billboard* charts for over 15 years, most recently with his untitled 2008 album. Since the two were already friends, teaming their disparate styles wasn't so much an experiment as an inevitability.

*Distant Relatives* started out as an EP, then grew to a full-length album thematically centered on Africa. It's some positive-thinking stuff, and as we all sit down to talk, a chorus of female voices fills the air, singing: "My generation will make a change ...."

**So tell me how the collaboration works between the two of you. I'm wondering how it all comes together?**

DAMIAN: It's a process [between] the team of musicians that I work [with]—more of an organic process where we let the music lead us to wherever. Emotion ... the beats lead us. If we start something and we like it, then we follow that direction. Each song has a different story of how it started, but it is an organic, creative process.

**How did you guys meet?**

DAMIAN: Well, we met on tour for the first time in 1996. My brothers and sisters were also on the tour. And I was there watching.

**You guys meet a lot of people, but you don't do records with all of them. What's the common ground?**

NAS: I mean, I like what he talks about. I listen to his stuff, and I'm like, *Damn*—I never thought of that. Or like, 'I never thought of it that way.' He comes across with some shit that makes you think.

**Tell me about the title, *Distant Relatives*. I assume that's about Africa being the birthplace of your ancestors?**

NAS: It means just exactly what it say—you don't even have to look too deep into it. Because it's not just hip-hop or reggae, or just me and him, but that we are all related—the *human* family. Sounds corny sometimes when artists say some shit like that, but it's weird ....

**I saw the promo video with Oliver Stone [part of the electronic press kit for *Distant Relatives*], and he's sitting there smoking a joint. How did that come about?**

NAS: It's a very gangster situation—you know, good people vibing.

DAMIAN: We have a friend, and he is also a friend of Oliver's. This friend invited Oliver to come to Jamaica.

**The War on Drugs has been used to incarcerate more black Americans than any other group in the US. I was wondering: Do you think there's a racist element to the War on Drugs?**

NAS: I don't "think" there is, and "thinking" it, really—everyone *knows* there is. Everybody *knows* that, unless they're living in a world where they don't want to pay attention to what's going on. Or they don't care.

**With Africa as the central concept of this record, can you tell me what it is about Africa that you're trying to say? What are some of the themes?**

DAMIAN: The themes are from all different aspects of life—really not only to Africa, but to everyone. I mean, as you said earlier, the "distant relatives" and all of that relating to Africa—everyone's ancestors come from there, not just ours. That is a part of the theme of Africa within music, on many different levels. The album used many different instruments and rhythms. I think the reason why is, we need to have people to have conversations about Africa. We need awareness about Africa.

**Did you learn anything about Africa doing this project?**

DAMIAN: Lots of stuff. Lots of real situations.

**Give me one.**

DAMIAN: I read a book on what it was like to be a child soldier. Then I met someone that was a child soldier. That is something I got to learn a lot more about.

**Do you see the attitude towards marijuana in this country changing?**

NAS: Definitely.

**Do you have any thoughts on that?**

DAMIAN: In the first place, it is a little presumptuous for man to legalize it. But also, you will have a lot less youths who have a criminal record just for smoking a joint. You know what I mean—I worry a lot everyday just because I smoke herb. I wouldn't have a problem otherwise if I didn't have to worry about the herb. There are a lot of people who become criminals just for smoking herb, and it is unjust.



A bud in the hand is worth two in the bush.

**DAMIAN: I worry a lot everyday just because I smoke herb. I wouldn't have a problem otherwise if I didn't have to worry about the herb.**

Our money says, "In God we trust," so outlawing the herb created by God seems to be a fundamental hypocrisy right there.

DAMIAN: From what I understand, some of the forefathers of the American government, George Washington and the others, grew hemp.

Have either of you ever been busted for herb?

NAS: Which time? I remember in the '90s, we used to smoke blunts outside more freely. Then Giuliani changed the streets of New York in a big way, where it became a serious police state. In a lot of ways, I can understand why—I mean, he definitely made the streets of New York a lot safer. But I remember the difference from everybody smoking in the streets freely to, in the late '90s, it was a serious problem. You know what I mean? So yeah, I've been getting harassed for weed for years. I probably had one incident in the past couple of years—but it hasn't been that bad.

Did you guys smoke herb when you were making the record?

DAMIAN: Of course! [both laugh]

Do you find it helps songwriting?

DAMIAN: Yeah.

NAS: Yeah, songwriting is like—it would be hard, but when you're smoking, you feel like you're doing the regular thing. Like it is right there with you, as a rhythm of your normal day. If I stop smoking, I think sometimes I can think in a different way. I don't know which one is better, smoking or not smoking, but when it comes to songwriting and writing some shit, the whole feeling is right.

You've both done a lot of collaborative work throughout your careers—I'm just wondering what is special or unique about this project.

NAS: What's special about the project? Well, for me and Damian, this is the first *album* that we [both] did with another artist. That was crazy, because I didn't know what to expect. You think it's one way, but you wind up finding out that it has its own way—that the songs write themselves. I think we had so many different ideas that we could have kept on recording for a longer time, just because of the ideas that were coming. And you're used to your own ideas ... but when you put them together, you got two brains. Two different sets of creative minds.

You both started playing music at a very young age. Was there a song or artist that made you re-



Where there's smoke, there's fire.

ally to want to be a singer?

NAS: Are we singers?

Musicians.

NAS: Tons. All different genres—it could have been everything from the Mary Jane Girls to the Jacksons to Sinatra.

You were listening to Sinatra in Queensbridge [the housing project in Queens where Nas grew up]?

NAS: Yeah, well, I sang his version of "New York, New York" when I graduated elementary school, so ... and other than that, "My Way." It was playing



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on the radio—somehow, some way, you heard that record. I actually named a song “My Way” on my *Lost Tapes* album ‘cause of that Frank Sinatra song I heard when I was a kid. So, you know, all the different kinds of music—you’d be surprised what kinds of music people are into. There’s all kinds of music that stay with me.

Have you ever smoked a chalice [the sacramental Rasta water pipe]?

NAS: Yeah. I like it. It is not the everyday thing. It’s like clean—don’t plan on driving after that.

Do you guys find that there’s a spiritual element to smoking herb, or is it just for kicks?

DAMIAN: No, there is a spiritual element to it. As you know, I am a Rasta, and it was a sacrament.

How about you, Nas?

NAS: Definitely—because the ancients smoked it, and they were historic figures. People all over, on every continent—that shit’s by Solomon’s grave. Everywhere. People before my time that I feel in tune with when I smoke sometime—there’s this thing that takes over, this Zen. It’s real right.

Is there any reference to herb on the album?

DAMIAN: Yeah.

NAS: Yeah.

Could you tell me?

DAMIAN: One is like, “I got the ganja. I got the ganja!”

**NAS: ‘Everywhere we go, we always seem to hook up with the right people. We love to hang out in that atmosphere.’**

I was reading some of the comments you’ve made regarding the album, and you say it represents change, which of course is Barack Obama’s key word. With Africa being the central theme of the record, I was wondering if that played into it at all?

DAMIAN: It is not so much about Obama as it is about the people who elected him. The people are ready for change; Obama happens to be the way they expressed that. The globe is reaching a stage of awareness right now through all kinds of communications.

When you’re touring, which cities have the best herb?

DAMIAN: Whichever city we are in, whatever we happen to bring.

Come on, there has to be more to it than that. There must be one city that you know has the *shit*.

NAS: Well, everyone knows that California is no joke. You got some good shit in New York, too. Everywhere we go, we always seem to hook up with the right people. We love to hang out in that atmosphere. ✦

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The fishing boats of Greenwich Beach.



## THE ROAD TO ACCOMPONG

CONTINUED FROM PAGE 52 judge. In a recent interview, Blake had said that he was afraid the Jamaican police were going to kill him, but in the end, it was a heart attack.

Chinna says he has some business to do down on Greenwich Beach and invites Brian and me along. I throw my bathing suit on under my pants and head out. When we get there, however, I feel pretty stupid, because Greenwich Beach is a destitute little fishing village sandwiched between the Port of Kingston, with its giant cranes lifting shipping containers off the boats, and an oil refinery that belches out a constant billow of smoke that, when the wind decides to upset you, blows in your face. We're on the outskirts of the most bombed-out ghettos in the city—places where, despite the odds, men both righteous and not made names for themselves that are known around the world. Down the block is Trench Town, where Bob Marley got his start, and past that is Tivoli Gardens, where the Shower Posse got theirs.

Late last year, there was a chemical spill in the harbor. Three hundred tons of sulfuric acid poured into the water, killing thousands of fish, eating holes in the bottoms of Greenwich Town's fishing boats, destroying what was already a meager but honest trade here. Chinna grew up across the street in Greenwich Town and is planning a big concert in a couple weeks, hoping to pump some money back into the community. He's come to measure the ground for the stage and discuss the details. Of course, this takes several hours and a whole lot of domino games—not to mention some chalice.

Brian and I walk down an alley lined with rusted tin shacks that I believe are equipment sheds until Brian informs me that they are people's homes. Wooden boats are turned upside down at the water's edge, hand-painted, including one covered in red, gold and green, with the Lion of Judah on its side.

A Rasta comes up to us carrying a plastic jug of fish tea, which is just what it sounds like: a clear broth of salty brine. When he asks us if we're going to be in town for the concert, we inform him that, unfortunately, we're leaving tomorrow. The man pours us two Styrofoam cups' worth and tells us, as if answering a question we might have in the back of our minds, not to worry, we are welcome here. The man is fighting his own battle—no judge is ever going to force whatever company destroyed these wa-

ters to compensate those who had made their living from them—but he paused long enough to offer us this delicious elixir, and I feel lucky and a little amazed at the hospitality I continue to encounter on this island.

I can't tell you the secret that makes Jamaica so different than any other place on Earth I've ever visited. I'm a

middle-class white guy from Long Island; what do I know? I suspect it has to do with character. On that note, I will leave you with a quote regarding character from a man who knew this island pretty well, the great freedom fighter Marcus Garvey, himself a descendant of the Maroons who had planted the first seed of resistance in its fertile soil so long ago:

"The chance of rising above the level of unfortunate men is for everyone who will ennoble himself by forcing out the good that is in him. What good you have in you, please bring it out. Nature never made you so soul-less, so character-less, as not to have some virtue that can be brought to the surface. Lazy, timid, awkward, character-less Jamaican, realize that you have something in you that is worthwhile. Search yourself and find it. It is a noble character that may mean a nobler life to be lived for the blessing of humanity. After reading this, make up your mind to come out of yourself and let the world know you and of you. You can do it." ✨



Marcus Garvey Lives!

# DISCOVER HOW THIS EASY WAY OF BOOSTING YOUR PLANT'S ROOTS GETS YOU BIGGER HARVESTS!

**Y**ou're about to discover how easily you can enlarge the power dimensions of your plant's roots and guarantee yourself bigger harvests with custom-designed microbially active supplements ...

These powerful supplements create ideal root zone environments better able to intake nutrients ... resist stress and diseases ... and your roots stay stronger because beneficial microbes break down old root material, providing nutrition while enabling roots to repair themselves and create new tissue.



*Root mass of tomato plants, same seed, same age, same number, harvested after 42 days of growth. Plants on left received VooDoo Juice.*

Plus, microbes help oxygen to penetrate more into your roots ... capture nitrogen ... and help pump more phosphorus into your plants.

The question has now become...what is the best way to install beneficial microbes into your hydroponics root zone?

To answer this question, Advanced Nutrients scientists conducted a multi-phase research project on a unique suite of beneficial microbes contained in VooDoo Juice. They discovered, when used as directed, VooDoo Juice provides:

- Faster-developing roots on your seedlings, transplants and clones
- Your roots have more branching, root density, root mass
- Increases in your root size up to 117%
- Faster, more efficient intake of nutrients, saving you time and money
- Your plants give faster growth, larger flowers
- Your roots are more resistant to heat, stress, drought, nutrient burn and other common problems.



## Fast Facts

### PRODUCT TYPE:

Beneficial Bacteria Root Booster

### GARDEN TYPES:

VooDoo Juice has been specially designed for use with all hydroponics, sphagnum, coco coir and soil growing mediums. VooDoo Juice has been developed for use with any and all hydroponic, aeroponic, drip irrigation, NFT, flood & drain, drip emitters and continuous liquid feed growing systems.

### WHEN TO USE:

Early Veg Phase, Early Flowering, Cloning, Transplanting, Growing from Seedlings

### MIXING DIRECTIONS:

Use 2 mL per Liter during weeks 1 through 2 of your flowering phase, and during weeks 1 through 2 of vegetative growth.

### GROWER EXPERIENCE LEVEL:

Hobbyist, Expert, Professional and Grand Master Growers

### COMPANY FOUNDERS' NO-RISK, 100% MONEY BACK GUARANTEE:

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**HIGH TIMES**  
PRESENTS

*Jorge Cervantes*

# ULTIMATE GROW

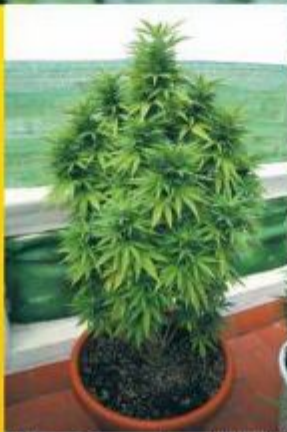
## COMPLETE BOX SET



Acclaimed international ganja guide Jorge Cervantes proudly presents this Collectors' Edition Box Set, which includes his first two best-selling DVDs for HIGH TIMES, plus a brand-new bonus disc featuring never-before seen garden tours and growing tips, hilarious outtakes, advice on how to build a wheelchair-accessible garden, a video biography and Jorge's definitive guide to Amsterdam.

Disc One, *Ultimate Grow: Indoor Marijuana Horticulture*, gets you started with a complete overview of the cannabis plant and its lifecycle. Disc Two, *Ultimate Grow: Hydroponic Cannabis Indoors & Organic Marijuana Outdoors*, features Jorge on a magical tour of the best gardens in his home country of Spain.

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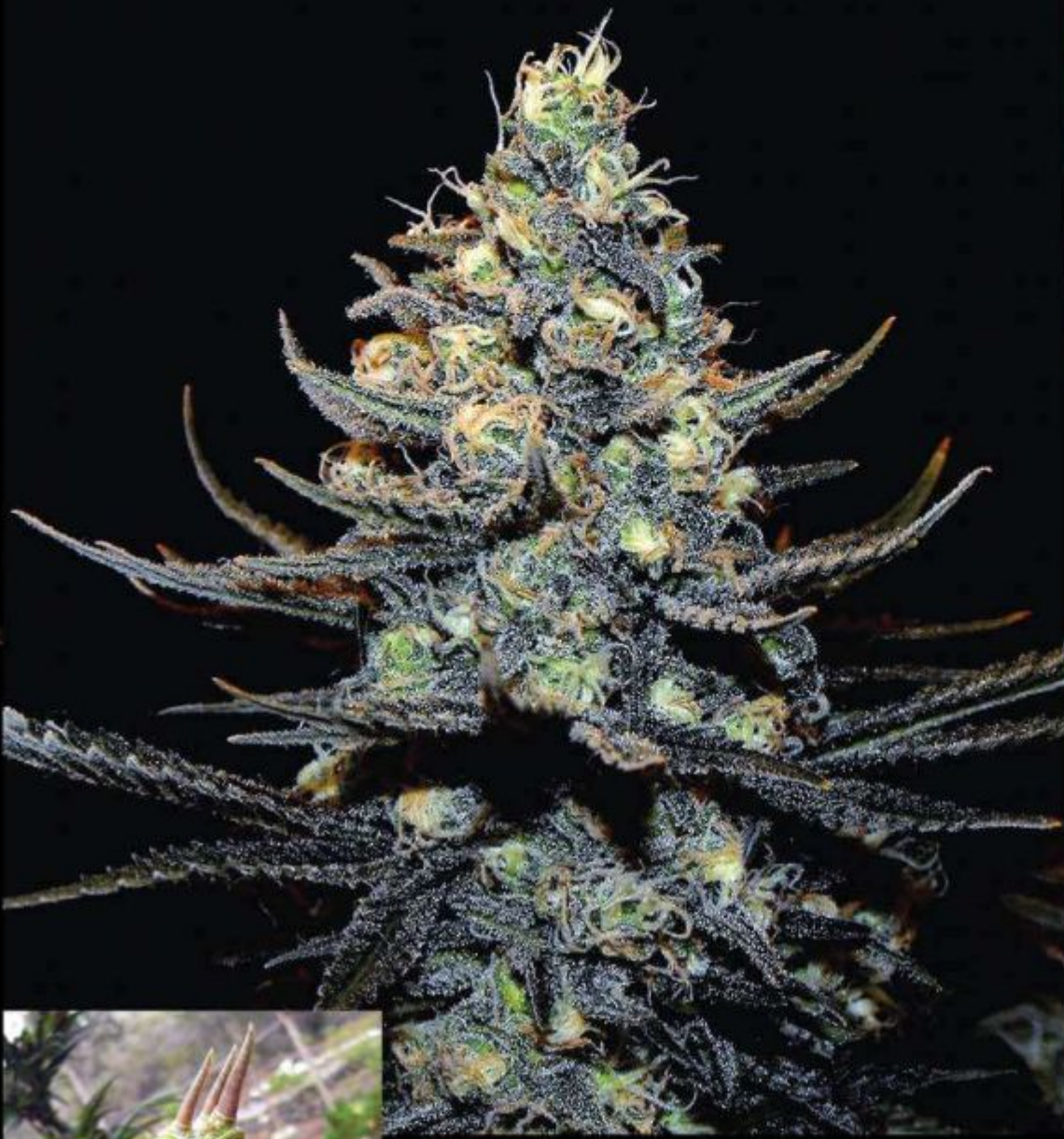
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I have here my 220-watt T5 fluorescent grow with Nirvana Seed Bank's Snow White Fem, organically grown and fed using nothing but simple techniques. I got 7 ounces dried from this system with a five-week veg and eight-week flowering period (97 days from sow to harvest). I like showing people that you can get great yields off of T5s with the proper grow style. You don't need a 600-watt light to keep you medicinally happy for months to come!—D. Fresh & SeeM



**SHABBOS BOWL (above)**

Here's a shot of my peace pipe. Mazel tov!—Mauve

**FIRED UP (below)**

Hey, guys! Thought you could appreciate these pics of some amazing Sour D, Lemon Skunk and Cindy 99 in some pots I made just for the occasion.—Harrison



**KARMA CHAMELEON**

From the Big Island of Hawaii, taken during the unrelated tsunami scare. We have a different type of guard dog here, and he blends in well! Natural pest control and security against sandwich-pounding Fidel!—Dirk





# GROW MICRO BLOOM

IF YOU WANT THE BIGGEST, MOST COLORFUL, MOST AROMATIC, AND MOST IMPRESSIVE FLOWERING POSSIBLE, HERE'S HOW GRAND MASTER GROWERS FORCE MORE NUTRIENTS INTO

## High-Profit Plants, Incredibly FAST!

R.K. is a grand master grower of high profit plants from Santa Rosa, California. For over 15 years he used the same 3-part General Hydroponics fertilizer in his 20-light grow room.

But luckily, R.K. heard about a brand-new 3-part formula ... and ... he had a lot of clones he could afford to try a new fertilizer on. Although he was sceptical, he decided to test this new scientist-developed formula against the fertilizer he had been using for over fifteen long years in a straight up, head-to-head, growing test.

And the results amazed him ...

*"... Right off the bat, it was easy to see that my clones grew faster, they were greener and stronger, and they were ready for flowering about two weeks earlier.*

*"My bloom cycle was more productive ... I used less fertilizer overall ... and got better growth and yield. I guess I learned to keep an open mind and to always look for the best way to do something, not just the way you're used to. Now, Grow-Micro-Bloom (GMB) is the solid foundation for my 20-light garden!"*

### Why Big-Time Growers Of High-Value Plants Demand A Superior 3-Part Formula

While a premium 2-part formula like our Connoisseur is actually the most effective way to precisely dial in the exact nutrients and ratios your plants need ... many growers enjoy the simplicity of an easy-mixing 3-part formula ... and they still want the most effective formula possible.

That's why they demand only the best when it comes to:

- Using 3-part formulas specifically designed for their high-value plants ...
- Using formulas with the absolute best and most potent nutrients and ratios ...
- Using the most advanced, state-of-the-art, "carrier molecules" to ensure their plants get the maximum amount of nutrients in the least amount of time ...
- Using the formulas which have been proven, in multiple scientific studies, to get more color, more aroma, more size, and more potency from our plants ...
- And using formulas which are not only highly-advanced and easily customizable, but easy to mix and use ...

In fact, Grand Master Growers have found Grow-Micro-Bloom (GMB) from Advanced Nutrients is the only 3-part formula on the market which meets all these criteria. Here's why the others don't measure up ...

### The 3 Biggest Problems With Other 3-Part Formulas

If you've been growing for any amount of time, these three problems

will be very familiar to you:

**Big Problem #1:** Most 3-part formulas are NOT made for the types of plants we grow because you'll discover they're about the same as the little \$3.50 bottles of granulated fertilizers the average homeowner uses on their garden flowers. They're made in generic ways with generic ingredients.

**Big Problem #2:** Is directly related to the fact other 3-part formulas are not made for high-value plants like ours ... and that is ... they're hard to mix and monitor and are the direct cause of many of your plant growing problems.

Many include artificial dyes of an unknown amount and molecular structure which could harm your plants (instead of harmless, organic dyes) ... they don't have the right PPM or pH ... they burn roots ... they don't feed plants the right nutrients leading to slow growth and reduced harvests ... and they may contribute to other growing problems. The bottom line? They basically wreck crops and waste your garden's potential!

**Big Problem #3:** If you're using other, different, formulas ... even if ... you do manage to get a formula with nutrients which are good for you plants (which, as you've seen, most don't have) ... then ... you're probably still wasting most of those nutrients because those formulas don't have carrier molecules to drive those nutrients straight into your plants faster and more efficiently. This is actually a big problem because most of your nutrients are not getting into our plants which wastes your money ... and ... this causes longer crop cycles which wastes your time. But it doesn't need to be this way ...

### Here's How GROW-MICRO-BLOOM (GMB) Is Actually 5-Products-In-One!

The fact of the matter is: GMB offers you more value for your money than any other 3-part formula on the market and it's simply because you get 5-products-in-one with this formulation.

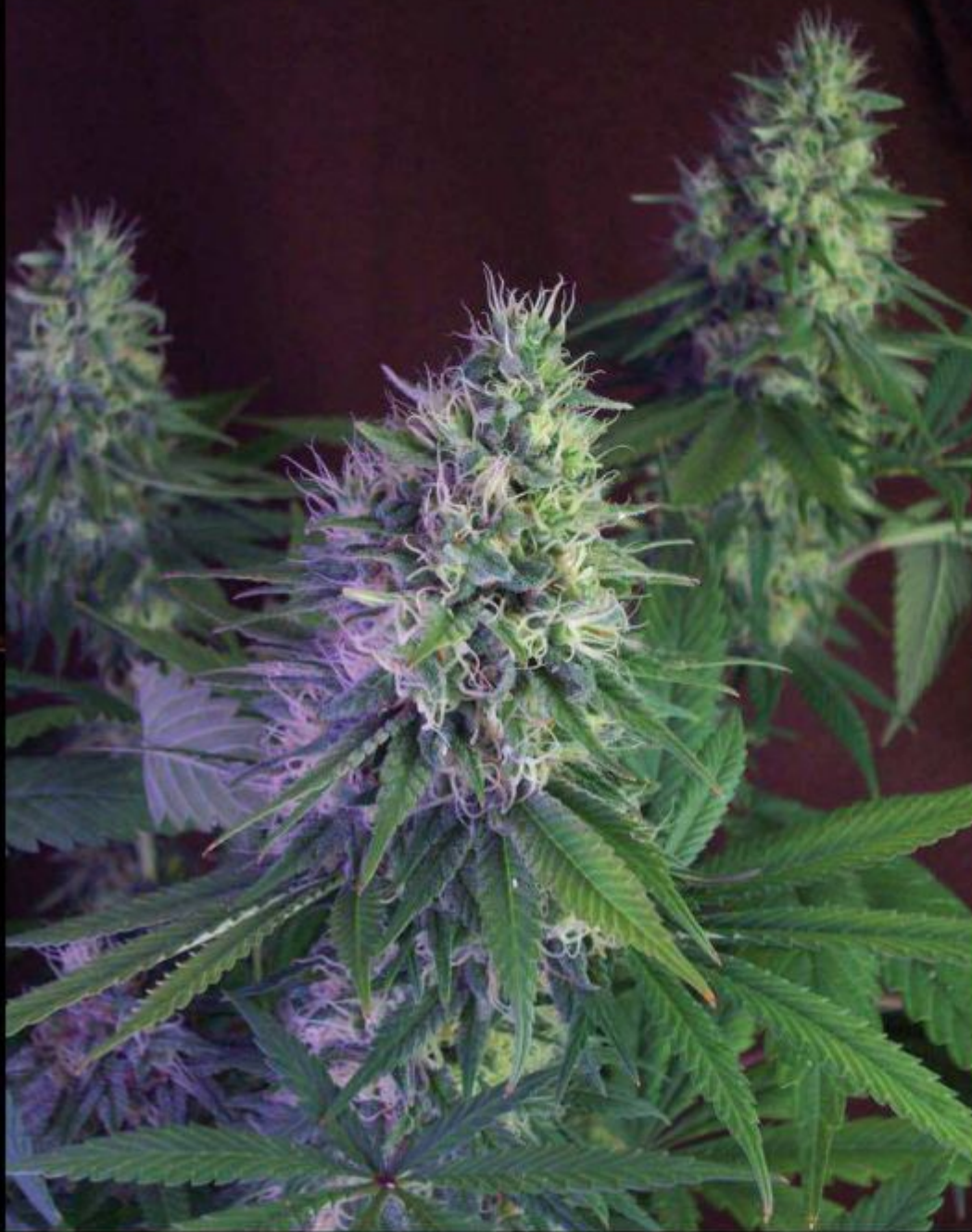
Here's how ...

- GMB now contains Wet Betty which is an organic surfactant that lowers the surface tension of your water, allowing easier spreading and uptake of nutrients into your plants.
- The second ingredient is humic acid which provides natural carrier compounds that transport nutrients and vitamins into your plants more efficiently, so they grow faster and have stronger cellular processes.
- The third ingredient is fulvic acid which gives you quicker nutrient absorption, nutrient transport, and more cellular metabolism. Together, these two acids work synergistically to maximize the time your plants spend in bloom.
- The fourth ingredient in GMB is the highly-potent bud-potentiating nutrients themselves that feed your plants exactly what they need for fast, high-powered growth and impressive finishing harvests.
- And the fifth and final ingredient is the specialized "chelates" we've already talked about that get these high-powered nutrients into your plants as fast and as efficiently as possible!

**COMPANY FOUNDERS' NO-RISK, 100% MONEY BACK GUARANTEE:** If for any reason you're not absolutely delighted, we'll refund all your money back it's that simple.



Advanced  
Nutrients



### GET HEADY

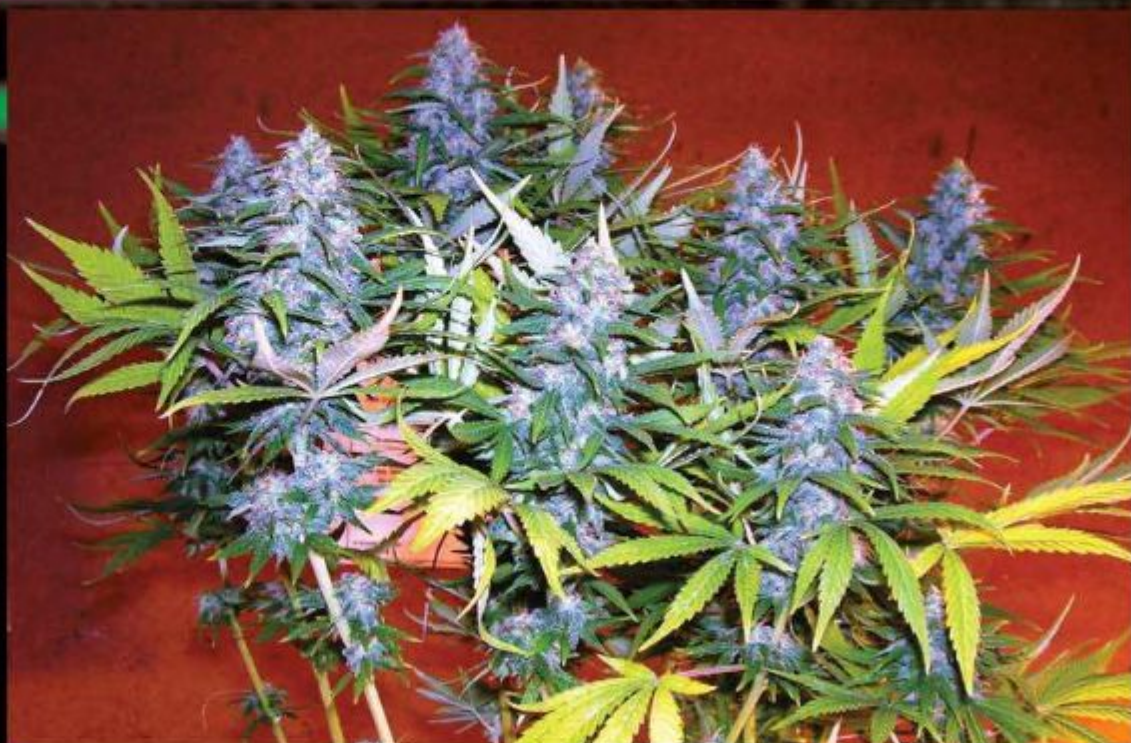
This strain is an all-organic Southern Lights grown from beans that I got in Toronto. It's an NYC Diesel/Sensi Star cross. The taste is delicious and strong, like lemon-lime mixed with fuel, and it has an uplifting sativa high that's borderline psychedelic. Hope my girls make it into the mag!—T. Headies

### FARM LIVING (above)

Hello, HIGH TIMES! MauveFarmer is here again to update you on my organically grown cannabis! Here's a picture of my Bubblicious plant in full flower. It's grown under a 600-watt HPS. I hope you all enjoy these beautiful pix!—MF

### COLA CLUSTER

Here is a photo of Blueberry from Dutch Passion Seeds at 42 days of bloom (about half ripe). Grown indoors and bio-organically.—Shovel-handle in Vermont





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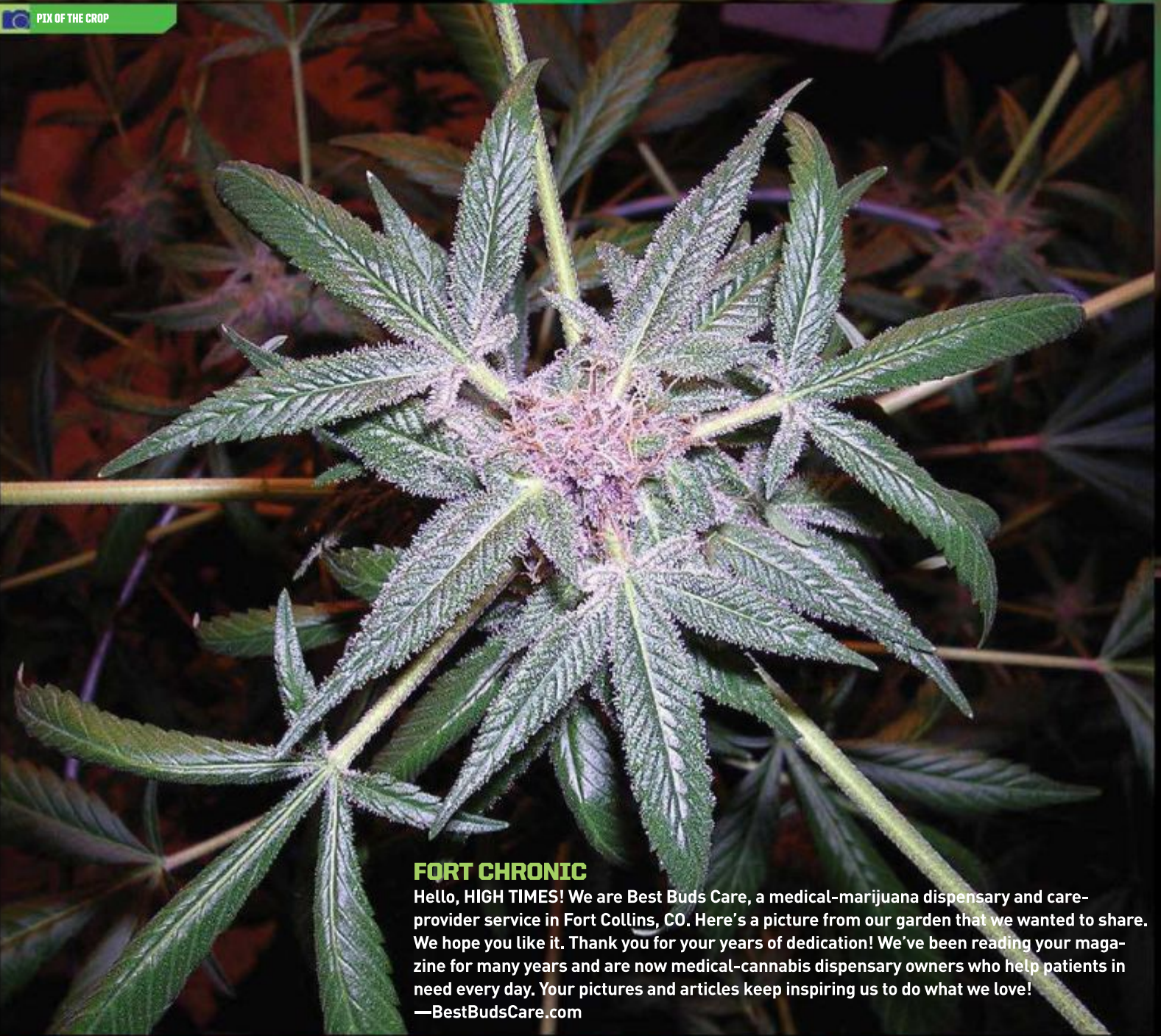
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**FORT CHRONIC**

Hello, HIGH TIMES! We are Best Buds Care, a medical-marijuana dispensary and care-provider service in Fort Collins, CO. Here's a picture from our garden that we wanted to share. We hope you like it. Thank you for your years of dedication! We've been reading your magazine for many years and are now medical-cannabis dispensary owners who help patients in need every day. Your pictures and articles keep inspiring us to do what we love!  
—BestBudsCare.com



**BACKYARD BONANZA**

I grew these in my backyard in pots, because my backyard is all cement and only about 12' by 20'. I ended up with 10 plants altogether—not bad for such a small area—and they turned out to be some killer weed. I couldn't have grown them without your help. I learned to do the best I could with what I have, all thanks to the articles and helpful hints in your magazine. So thanks, HIGH TIMES! Keep up the good work and keep the info coming. I love your magazine, and I love my weed! From your loyal reader and stoned friend.—Mark

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.

# SENSI BLOOM

## The Bodybuilding Secret That Gives Your Plants Bigger, More Potent Buds!

In the sport of bodybuilding, athletes supplement with amino acids to help fuel muscle growth because they're the essential "building blocks" on which protein growth is based.

But your plants can benefit from the addition of amino acids too! That's why the 4th ingredient in this one of a kind 2-part base nutrient is amino acids. These amino acids are the building blocks of proteins that fuel metabolic pathways for enhanced floral and essential oil production.

Ingredient #5 is, of course, the actual plant-maximizing nutrients themselves. But, you should know ...

## How To Get The Optimal Amounts of Micro and Macro Nutrients For a Bigger Yield

To ensure your plants get the most out of the nutrients you're feeding them, the scientists rely on chelation to enhance absorption. In fact, this 5-in-1 formula contains the optimum number of chelated macronutrients that your plants need for faster growth and bigger blooms.

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## How This New Plant Growing Technology Maximizes Your Bloom Phase So You Get A Huge Harvest You Can Be Proud Of

This team of respected scientists and their graduate assistants worked around the clock to ensure this nutrient worked unlike any other:

- You get earlier flowering with more budding sites ...
- You get a shorter internode length and more buds per stem ...
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However, in developing this advanced 2-part bloom fertilizer – Sensibloom — this team of scientists went the extra mile!

## The Ideal Ratios, Already Dialed In For You ...

It's a known fact that the further you move away from feeding your plants their ideal nutrient ratios, potency and yield rapidly deteriorate.

You see, your plants use a small amount of phosphorus during flowering, but what they really love to use is nitrogen and potassium. The scientists at Advanced Nutrients discovered this only after taking thousands of weekly tissue samples from buds, stems, leaves and roots of many varieties using gas chromatography analysis throughout all phases of plant growth.

Other nutrient companies are over-using phosphorus in hydroponic bloom fertilizers. And to compound problems, they use high levels of ingredients like mono ammonium phosphate (MAP) or diammonium phosphate (DAP). These substances are what give some plants their harsh taste.

But the good news is: with Sensibloom you're guaranteed to have the correct nutrient ratios for your plants!

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What's more: you'll never have to worry about pH issues again because these scientists have completely eliminated the need for pH-PPM metering or even adjusting pH levels with their patented pH-Perfect™ Technology.

All this in effect means it is now possible for even the most inexperienced hydroponics rookie to start experiencing "pro level" juicy yields and buds!

## The "Secret" 5 Part Plant Maximizing Formula and How Science Ensures Get You Bigger, Juicier Buds From Your Plants Because of It!

Ingredient #1 ensures that the nutrients in this formulation get into your plants as quickly as possible. It's an organic surfactant called Wet Betty and it does something every plant grower wants ...

... Surfactants are wetting agents that lower the surface tension of a liquid (in this case, nutrient-rich water) allowing easier spreading and uptake of nutrients into your plants. Which of course means your plants will get the organic nutrients they crave faster and more efficiently than ever before — which greatly increases your plant's bloom yield.

Ingredients #2 and #3 are humic and fulvic acids. These organic acids give your plants an edge when it comes to growing quicker, stronger, and bigger ... with less stress ... than with any other formulation. Here's how .

The humic provides natural carrier compounds that transport nutrients and vitamins into plants more efficiently, so your plants grow faster and have stronger cellular processes. In addition, the fulvic here gives you quicker nutrient absorption, nutrient transport, and more cellular metabolism. Together, they work synergistically to maximize the time your plants spend in bloom.

And ingredient #4 completes the package because it's ...

BY NICO ESCONDIDO

# EVERYTHING MEDICAL & MORE

Welcome to our 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 *Cannabis Clinic!*

## Lifetime Achievement for the Ages

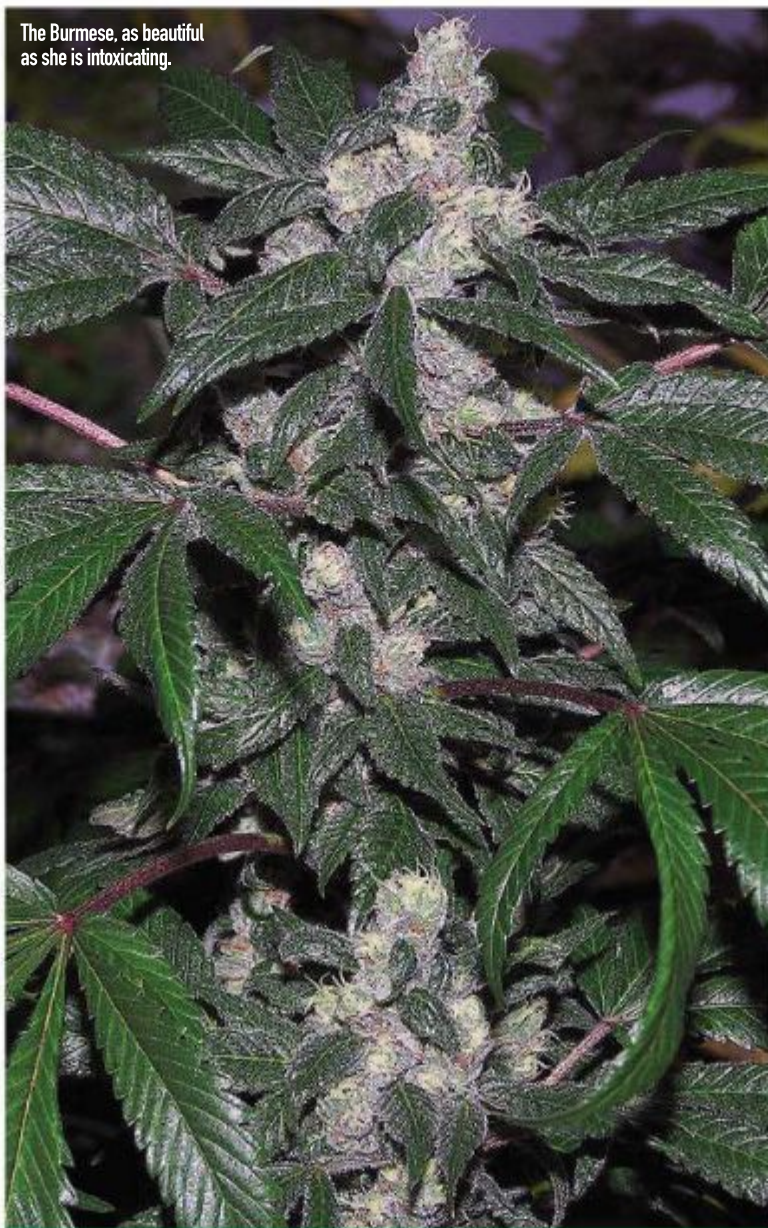
As has become customary here at HIGH TIMES, when we happen upon the perfect candidates, we like to profile them in our Cannabis Clinic column as an example of all that is right and good in the world of cannabis.

Vancouver Island Seed Company (VISC) is one of the longest-standing seed companies in North America, and this occasion not only marks their myriad contributions to our industry and, more specifically, our cause, but also our deep sense of gratitude for their work in bringing us literally decades of fine cannabis genetics. We can honestly say that there are no finer people in the Cannabis Kingdom than the husband-and-wife team of Greg and Kat, the founders and owners of VISC.

Though they started the seed company circa 1993, Greg's been cultivating cannabis for over 35 years, and Kat has always been a large part of everything he did—probably more so than even Greg knew. After all, as the saying goes, behind every great man, there's an even greater woman, and Kat's gracious nature and talented eye behind the camera are an integral part of what VISC has accomplished. One look at the couple together and it's clear there's more to this partnership than just good medicine.

Greg and Kat exemplify what it means to persevere under a prohibitive political climate and the decades of unrest that have surrounded our sacred plant. Together, they've been a model and an inspiration to those of us who want to know exactly how people can raise a family and be responsible to their children (as well as their country) while practicing what some might call a form of civil disobedience. It takes a lot—not only

The Burmese, as beautiful as she is intoxicating.



## MEDICINAL STRAIN OF THE MONTH

# The Burmese

A fabled strain whose exact origin is unknown (but, as the name suggests, has been speculatively placed in or around the country of Burma—present-day Myanmar—or Thailand), the Burmese strain used medicinally today is largely of *sativa*-dominant lineage. What is known for a fact, however, is its ability to produce some of the sweetest-tasting smoke and uplifting highs out there.

While a lot of Burmese variants exist that were actually hybridized at some point to create seeds and perhaps a heavier-yielding version, there are still a few true lines out there that are close to pure *sativa*. These lines are excellent for both medical and recreational uses. Medicinally, the Burmese is used to fight anxiety, depression and, in certain cases, learning disabilities such as attention-deficit disorder (ADD).

The Burmese is an easy-to-grow strain and does well both indoors and out, though outside she can really strut her stuff and pack on heavy yields. The high is potent and quick—an especially popular characteristic among patients.

as growers or even parents, but as human beings—to stand up for what you believe in, to rise above that which is unfair or wrong and ultimately succeed. That's why we choose to honor Greg and Kat here as people and as friends, not just

as excellent marijuana breeders.

However, as far as their work goes, it's not enough simply to say that they're experts in the field of cannabis genetics. Greg and Kat have exhibited true care in the projects they undertake, living and

working on a mountainous island whose climate is often described as a temperate rainforest biome. That amounts to a unique, if not downright difficult, climate in which to grow—let alone breed—marijuana. But in the end, that's exactly why VISC excels, as the climate has forced them to make genetic selections that have resulted in some of the world's hardest, most durable and potent cannabis strains to date—strains that are bred to be resistant to mold, disease and a slew of outdoor pests, and which can yield *big* at higher altitudes.

Put simply, if you want to understand Greg and Kat's work, all you have to do is read their motto: "Grow and help the world grow, too."

**It takes a lot—not only as growers or even parents, but as human beings—to stand up for what you believe in.**

On a personal note, I'd like to relate one last sentiment. I first met Greg and Kat on one of my very first travel assignments for HIGH TIMES. I remember being particularly struck by their honesty, openness and hospitality—not to mention I was elated that, despite what some might call a "generation gap," our ideals lined up so perfectly that I wondered if our spirits weren't somehow intertwined from previous lifetimes or even some future yet to come. (And yes, I really had those thoughts.) But as a young man who already knew everything there was to know, I figured this was only the beginning of a long career at HIGH TIMES in which I would surely encounter plenty of other individuals who were just as right-minded and wonderful as Greg and Kat ....

Well, if there's one thing I've definitely learned over the past few years, it's that I don't know everything. Case in point: To this day, I have yet to meet anyone like this most beautiful duo. And believe me, I have met some truly astounding people—but no one has ever touched me the way Greg and Kat did that weekend up on Vancouver Island. Not even close.

Much love and respect to you and yours, Greg and Kat. We wish you the best. 🌿

Got medical questions? Pass 'em over to Nico at [nico@hightimes.com](mailto:nico@hightimes.com).



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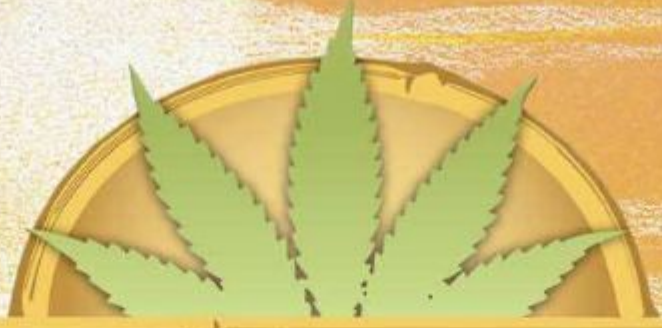
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WHOLESALE INQUIRES WELCOME

# CHEEBA CHEESECAKE

Spring is in the air. It's time to stop and eat the flowers. By Ashley Boudreaux

This key-lime cheesecake is my culinary prostration to the divine bliss of springtime in New Orleans. The season's as fleeting as a tender honey-suckle blossom, and yet we revel in it; the temperate breezes under the chartreuse canopies of oak justify our toleration of brutish, damp winters and hell-on-earth summers. It affords inspiration in every quarter: Plants explode in riots of color, the sky is California blue, and the ever-present smell of dynamic decay gives way to the complex fragrance of life in renewal—if only for a short while.

America? We *are* your tropics! We live life at our own pace and are immutably tied to the very land that sinks beneath us. And if you haven't been here before, you should come in the spring, because no one has yet precisely articulated the incredible perfection of this place when all the heady, multitudinous layers of corporeal and spiritual sensation converge into one quivering, shimmering, ephemeral season.

This cheesecake comes as close as anything to capturing that sweet vibrancy. I found the inspiration for it on a perfect afternoon in an elegantly shabby 150-year-old Creole restaurant just off Jackson Square. On a crowded 19th-century bordello-style mahogany back bar was a bottle of Crème de Violette liqueur. When I asked the barkeep what the hell he could make with *that*, he handed me a gin-based concoction from 1916 called “the Aviation” (but he used lime instead of lemon). Bad things happen when I



The kindest cheesecake you'll ever eat.

drink gin, so I generally avoid it, but the drink totally matched my groovy lavender nail polish. It was the bright cacophony of spring in a glass, complex, fragrant—think delicately balanced margarita with a hint of flowers on the exhale and you're getting

close. The floral notes muted the juniper and melded to become something altogether different. I've been thinking about it ever since. Weird.

I wanted to re-create that moment of bliss in a morsel of food, and I was also ridiculously excited about doing something with violet liqueur, citrus and ganja—until I realized just how challenging it can be to acquire Crème de Violette. I can get my hands on some, but can our readers in Topeka, KS? I have my (nagging) doubts. But hey, if you *can* find some, toss it into the mix in place of the vanilla extract and then buckle your taste buds in for a hell of a ride.

Anyway, Crème de Violette aside, after much head-banging and tinkering, I came up with this cheesecake. The subtle interplay of the pinene in the ganja and the bright hint of key lime juxtapose brilliantly against the sweet floral notes of real vanilla, much like the juniper, citrus and violet do in the Aviation. That's because both marijuana and gin have a noticeable flavor profile of pine due to a terpene called alpha-pinene, and they also have a terpene found in citrus called limonene. Makes sense, right? Citrus + floral + pine = the perfect balance of springtime flavors.

If only the cheesecake matched my nail polish .... ✨

## FLYING-HIGH CHEESECAKE

### For the crust

10 grams quality ganja shake  
1 stick unsalted butter  
2 tbsp water  
1 cup graham-cracker crumbs  
¼ cup sugar  
9-inch springform pan

### For the filling

16 oz cream cheese, softened to room temperature  
1 cup sugar  
3 eggs  
2 tbsp key-lime juice  
1 tsp real vanilla extract  
zest of 1 large lime

Combine butter, ganja and water in a double-boiler; cover and simmer on low for 45 minutes. Strain well and cool for 10 minutes—this should render approximately six tablespoons of ganja butter. In a large bowl, combine the graham-cracker crumbs and ¼ cup of sugar. Add butter and mix well with clean hands. Firmly and evenly press the ganja-butter/graham-cracker mixture onto the bottom and sides of a nine-inch springform pan. Definitely use one of those—mine cost \$5 new at the grocery store, and you absolutely need one of these contraptions in your life. Chill the crust in your freezer while you prepare the filling and preheat your oven to 300°F.

To make the filling, combine the cream cheese and one cup of sugar using an electric beater or food processor. Add the eggs in one at a time, then slowly add the key-lime juice, vanilla (or violet liqueur) and lime zest. Pour the filling into the chilled crust, cover with foil, and bake for 35 to 40 minutes at 300°F. Remove from the oven to cool, then chill in the fridge overnight. The next day, heat a butter knife under running water, pat it dry completely, and use it to quickly loosen the crust from the edge of the springform pan before unlatching it. Then drizzle the pie with honey and sprinkle with more lime zest. Stones 10.

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# NORML TAKES MANHATTAN

After a successful citizen campaign, NORML places interactive ads in New York's Times Square.

Times Square in New York City is a showcase for advertising and branding like no place else in the world. So NORML was both shocked and overjoyed when a major media company contacted us in January and offered steeply discounted rates to run a 15-second ad 18 times a day for a period of 60 days on the largest electronic billboard in Times Square.



Pro-pot billboards in the Big Apple.

After a quick scramble to raise the necessary \$15,000 in funding to create the ad and purchase the unique ad space under tight deadlines, NORML signed a contract and submitted the ad for approval to the billboard's ultimate owner, CBS Outdoors. And, as has often been the case in the cannabis-law reform movement, after *soliciting us* to do business, a major media corporation then developed cold feet right at the last minute. This happened for the umpteenth time when CBS rejected our 15-second animation extolling the virtues of actually controlling cannabis through legalization and taxation.

The reason that CBS provided to NORML for this decision: The company does not accept politically oriented ads. Miffed, NORML contacted some allies in the media, including HIGH TIMES, which broke the story of our being denied the ability to place an ad promoting cannabis-law reform by the same corporation that, on that very weekend, aired a controversial anti-abortion ad during the Super Bowl. Later, it was revealed that CBS Outdoors had also accepted provocative anti-abortion billboard ads in Georgia—and that CBS was ultimately responsible for pro-cannabis TV shows like

the popularly acclaimed Showtime series *Weeds*.

So much for not being political! After NORML put out its own press release confirming CBS's rejection of the contract and ad, the political-action organization Change.org contacted us about placing a petition online to put some pressure on the company.

Within a few weeks, 10,000 concerned citizens contacted CBS and demanded that the company be consistent when it comes to accepting political ads. Public pressure—including threatened boycotts and media inquiries—soon brought CBS back to the bargaining table, where an agreement was reached allowing the ad to begin a bonus 80-day run in Times Square on March 14.

As part of this agreement, on April 20, NORML switched out the first ad for another 15-second animation highlighting the astronomically high level of minor cannabis arrests in New York City, where over 40,000 people annually face arrest and fines—and, shockingly, 90 percent of those pinged by cannabis prohibition in Gotham are minorities.

Many thanks to HIGH TIMES, Change.org, and the thousands of supportive citizens who contacted CBS and created a (hopefully) lasting change in the cannabis-law reform movement's ability to advertise through mainstream-media outlets, thereby educating the masses about the alternatives to cannabis prohibition.—Allen St. Pierre, Executive Director of NORML. Visit [norml.org](http://norml.org) or call (888) 67-NORML. To view the animated ads, type "Times Square" into the internal search engine at [norml.org](http://norml.org).

## Ask Dr. Mitch



Dr. Mitch, You said a guy would have to smoke two pounds of pot to get a lethal dose. Has anyone ever done this?

G. Reaper

Hi G., The estimate for the lethal dose of any drug is an extrapolation from animal data, which means it's just a guess, and a fuzzy one at that. The point is that a dose of cannabis capable of killing someone from toxicity is far beyond what even the biggest stoner in the universe could ever smoke.

Do you think federal marijuana prohibition will end in our lifetimes?

H. Slingerman

Hi H., I think I'll actually get to tell my grandkids stories of cannabis prohibition, just like the ones my grandma told me about alcohol prohibition. Even so, we have to pitch in and spread the word wherever and whenever we get the chance. It's only going to happen if we donate to the cause, financially and otherwise. We've still got to do the work.

What do *sativa* and *indica*, the names for the two types of cannabis, really mean?

Thumb 420

Hi Thumb, There are actually three species of cannabis—the one barely anyone ever mentions is *ruderalis*, a short, shrubby plant. Many folks believe that *sativa* means "cultivated," but the poor high-school teacher who had to beat Latin into me taught that it also means "satisfied." *Indica* simply means "from India."

I heard that if a guy's mom smoked when she was pregnant, he'll have a lower sperm count. Is that true?

W. Jacoba

Hi W., It's true for cigarettes—at least three studies have shown that the sons of women who smoked cigarettes have various problems with their sperm when they reach adolescence. There hasn't been any work of this type done on marijuana.

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](mailto:420research@gmail.com).

## FREEDOM FIGHTER

### MEDICAL MOMS Treating childhood autism with medical marijuana.

This month's Freedom Fighters are two mothers raising awareness of medical cannabis as a treatment for severe childhood autism.

Mieko Hester-Perez received national attention after being featured on ABC's *Good Morning America* as a parent who uses medical cannabis to treat her autistic son. At one point, her 10-year-old was dangerously underweight: "You could see the bones in his chest. He was going to die," she recalled on the nationally syndicated morning show. "My son had self-injurious behaviors. He was extremely aggressive ... he was a danger to himself and others." But a few hours after giving her son a cannabis-infused brownie, she saw a major change in his eating habits and behavior. "Marijuana balanced my son," Hester-Perez said.

In May of 2009, Marie Myung-Ok Lee revealed a similar experience, bravely publishing a long article on *Slate.com* called "Why I Give My 9-Year-Old Son Pot." Her son's illness was causing aggressive, even violent outbursts; he chewed holes in his shirt and suffered from other major debilitating behaviors. But the effects of medical cannabis, Lee wrote, were life-changing: "Since we started him on his 'special tea,' J's little face, which is sometimes a mask of pain, has softened. He smiles more." Months later, she updated the story with tales of her continued success using the cannabis treatment.

Lee also wrote: "It's strange, I've come to think, that the virtues of such a useful and harmless botanical have been so clouded by stigma." It's a stigma that has caused these two women to face accusations of bad parenting for "getting their kids stoned." Fortunately, both are now part of the growing NORML Women's Alliance, which you can learn more about by visiting [norml.org](http://norml.org).—Russ Bellville and Sabrina Fendrick  
Russ Bellville hosts NORML's daily audio podcast at [stash.norml.org](http://stash.norml.org).



Mieko Hester-Perez



Marie Myung-Ok Lee

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# The Power to Change the World

The International SSDP Conference in San Francisco inspires students to fight for change.



Christopher Pezza  
at the 2010  
International SSDP  
Conference in San  
Francisco.

**'The most important part of a conference like this is the bonding that takes place between people from all different cultures.'**

process of getting involved in politics. Also, many SSDP chapters exist in communities with fairly harsh drug laws, and when students from these places get to see a medical-marijuana dispensary up close for the first time, it's like seeing pigs fly.

The conference schedule was rigorous, but the tone was positive and upbeat; it kept us active for nearly the entire weekend, and every moment was an incredible learning experience for me. In my opinion, the most important part of a conference like this is the bonding that takes place between people from many different walks of life. I had an idea of what to expect, but the reality surpassed my imagination tenfold. Picture 500 ecstatic young people sharing experiences and making friendships, all of them united by a common will to fight back against the Drug War. A common theme at the conference was that "the War on Drugs is a war on us." To many people there, it is simply inconceivable that such an irrational policy can be allowed to continue in this day and age—because to wage war against a society's youth is to wage war against the love and hope that are the future of this world.

SSDP members are volunteers, and the only profit we reap is the impact that we can have and the friendships we develop. The energy of people from so many different backgrounds uniting for a common cause—to reduce, if not eliminate, the social harms caused by the War on Drugs—is incredibly inspiring and has led me to one conclusion: This community has the power to change the world. ✨

*Christopher Pezza is the SSDP chapter president at Front Range Community College in Longmont, CO.*

I first got involved with SSDP in 2003, after I was arrested as a minor for possession of a small amount of marijuana and denied financial aid for college as a result. For young people involved with the cannabis culture (and discriminated against because of that), it often

seems difficult to make significant change. I was lucky to find a group of like-minded students at the University of Rhode Island; it was there that I discovered my passion and lost my activist virginity to Students for Sensible Drug Policy. One notable event that I participated in was a protest in which we served an eviction notice on the DEA at their office in Boston. Of course, such an action will seem ridiculous to some people, and yet it helped reveal to me the opportunities for communicating our points to the general public.

In 2004, I moved to Boulder County, CO, where, in the spring of 2009, I founded an SSDP chapter at Front Range Community College. Our chapter has worked for the past year to educate the student body about the significant harms caused by drug prohibition and how students can get involved in the legislative process while still having fun. We've also reached out to our local medical-marijuana community to learn the political perspectives of those working to allow patients access to cannabis as a medicine.

Then, along with two other members of the Front Range chapter, I was given a grant to attend this year's International SSDP Conference in San Francisco, which was held in March 2010. This was my first conference of any kind, as well as one of the most amazing experiences of my life. The SSDP community is unique in that we are composed of activists who are mostly between the ages of 18 and 25. The energy of this age group is exciting and enhances the

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# electricity basics

A serious look at powering your growroom. By Hugh Jiëlder



Good grow security starts with being smart and safe with your power.

## Start Here: Risk Management

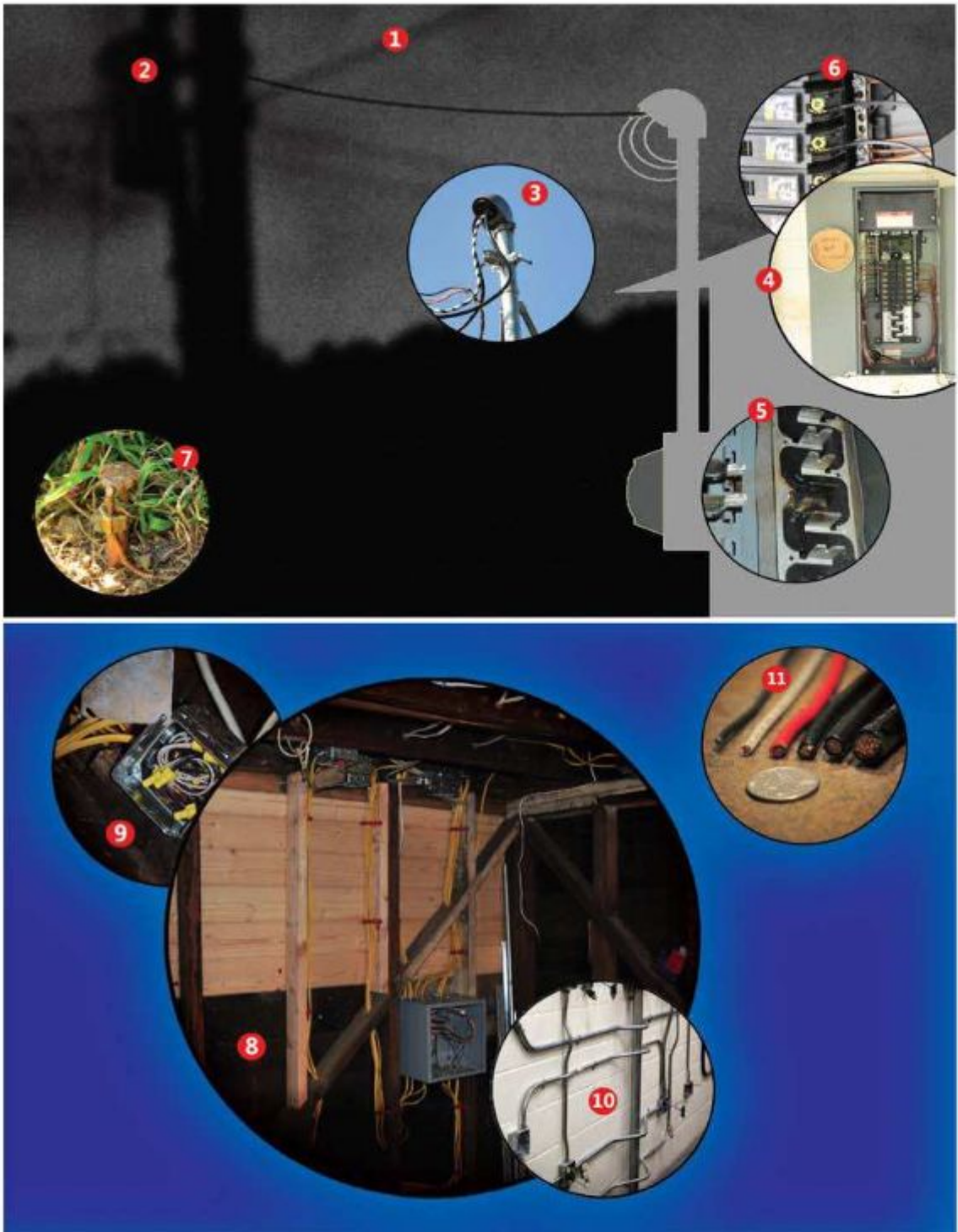
There is risk in everything we do. Although our minds often focus on particular risks that captivate us but pose little actual danger, our ability to survive and thrive depends heavily on our ability to recognize and deal with the most important risks. The good news is that the process of growing cannabis offers the possibility of strengthening a person's risk-taking skills. The key here is to view unexpected grow-operation snafus essentially as failures to focus on the proper risk. Any grower who learns to successfully maneuver through all the various unexpected problems that tend to plague grow ops can, over time, develop a keen sense for risk management, provided that he (or she) is organized, curious and eager to learn.

Given the extraordinary power consumption associated with indoor grow ops, electricity can never be too far from the top of any grower's list of concerns. Electrical codes exist to manage the inherent risk associated with such large-scale power consumption. In a way, all 890 pages of the National Electric Code represent lessons learned from American tragedies spanning more than 100 years. Strict adherence to the code will help growers to shift their focus from fire and electrocution hazards to all the other

non-electrical risks that growers take on every moment of their lives.

The most serious and successful growers out there know they have to make a choice: either learn the code themselves in sufficient detail to do their own certifiable electrical work, or cultivate a strong relationship with a licensed electrician. Since high-quality electrical work can cost thousands, some growers make the mistake of trying to short-change their electrician. They fail to realize that the electrician will consider their prior payment history when the grower makes an emergency request for help. Indoor growers should treat their electricians as if they have the power of God to shut down their operation in an instant—because they do. The frugal philosophy that keeps grow ops profitable can burn down houses and kill people when it's misapplied to wiring.

Only a select few growers will ever actually learn the electrical code. And yet, growers must possess a sufficient grasp of electricity to properly identify promising grow properties; to quickly diagnose the seriousness of an emerging electrical issue; and to fully appreciate the level of risk they're taking on at any given moment due to power consumption.



## What Is Electricity?

Over time, scientists and engineers have learned how electricity behaves. As we know from the mathematical models known as Maxwell's equations, if we could somehow see electrons, their collective movements would resemble the behavior of an incompressible, weightless fluid guided by material conductivity. Wherever this imaginary fluid accumulates, a pressure-like force tries to disperse it along the most electrically conductive paths.

James Maxwell discovered that positive and negative electrical charges can be mathematically represented as our imaginary fluid's sources and sinks. Materials with different susceptibilities to electricity and magnetism (also known as *conductivity*) represent the various available fluid pathways. In the absence of an electric current (i.e., movement), electrical conductors can be represented as regions of uniform "pressure" where our imaginary fluid is still. When this pressure builds, the presence of a nearby conductor can provide the fluid pathways necessary to permit a current.

This analogy works so long as the fluid cannot be compressed. In other words, every cubic centimeter of space always contains the same amount of this hypothetical fluid, no matter how fast the fluid is moving. If you can picture this invisible fluid when working with electricity, then you'll better understand how electricity behaves.

## Alternating Current

*Alternating current (AC)* is the rhythmic back-and-forth alternation of electric flow. AC is essentially a fluctuating *direct current (DC)*. This rhythmic flow can actually exhibit different resistances to the flow of electrons at different frequencies. To distinguish this dynamic AC resistance from the more static DC resistance, engineers use the term *impedance*. To give an example, a coil of wire will tend to resist the current more at high frequencies, whereas capacitors will tend to resist the current more at low frequencies.

It may seem unusual that the electric grid runs on AC, given that alternating current is far more dangerous to handle than direct current. But there's a reason for this: As it's transmitted, electricity loses energy in proportion to the current squared. In other words, the power loss will be four times greater if the current is doubled. Since power is the product of voltage and current, stepping up to high-voltage AC cuts the amount of current and therefore the amount of power lost. The fact is, were we to transmit the voltages we need to run our devices (120 and 240 volts) over miles of distances using DC, it would require such heavy wires that we'd go broke paying for all the copper.

## LEGEND: The following key will identify important components of electricity usage in the diagrams above.

1) Utility Power Lines: Long-range distribution lines run 4,600 to 33,000 volts AC.

2) Utility Transformer: Steps the voltage down to 240 volts AC.

3) Weatherhead: Where the utility's responsibilities end and the customer's responsibilities begin. This weatherhead is supported by bracing just in case something falls onto the line.

4) Breaker Panel: With cover removed; panels should be installed somewhere dry.

5) Evidence of heat stress on a breaker panel

6) Breakers: The silver bar of screws is the panel ground bar. Notice that the wires going into the breakers and ground bars are held in place with screws.

7) Copper Ground Rod Stake: One of these rods provide a

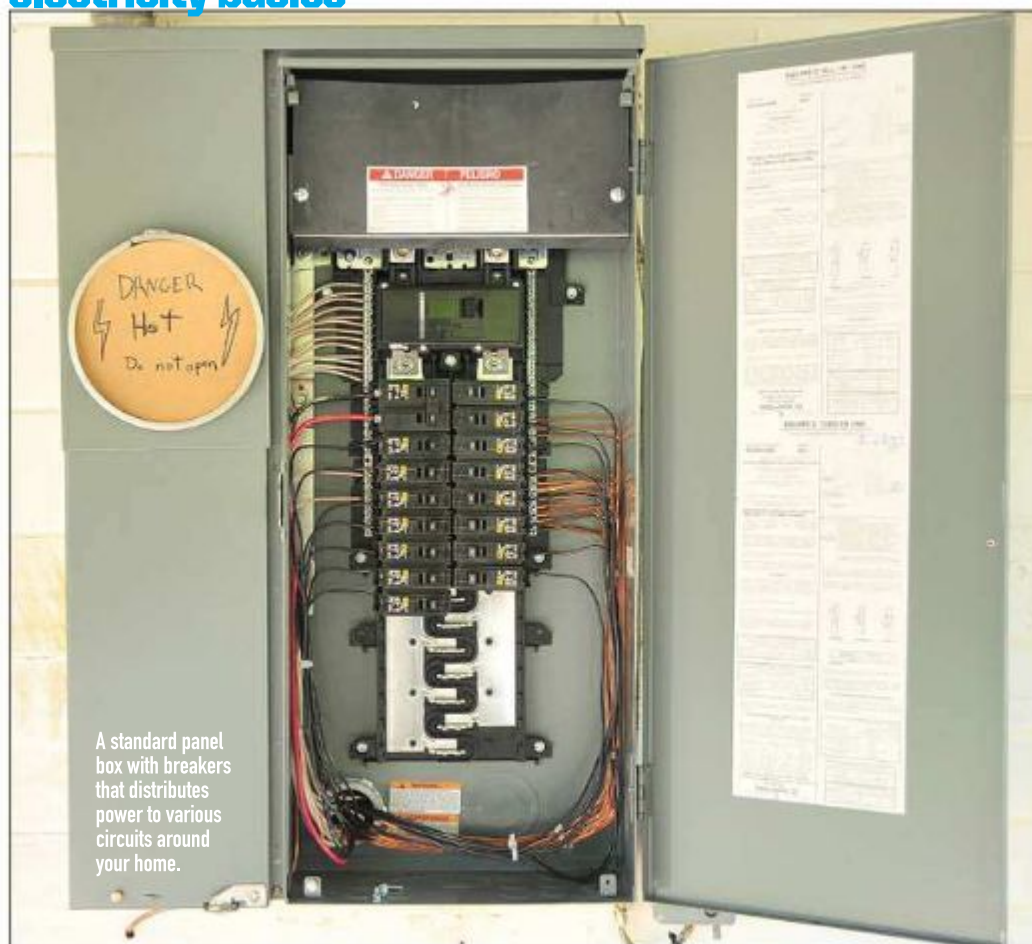
connection into the Earth for grounding purposes. The panel should also be grounded to any plumbing and electrical conduit.

8) Primary Junction Box: A large junction box is installed on the opposite side of the wall. All wires are run such that they can rest behind drywall.

9) Smaller Junction Boxes: Where wires must be joined together, code dictates the installation of smaller junction boxes accessible from outside of the drywall.

10) Conduit Maze: When wires are run outside of drywall, or within an industrial setting, they should be protected by metal conduit. Conduit raceways should never be filled beyond 40%.

11) Wire Sizes: Larger wire sizes are denoted by smaller gauge numbers. From left to right: 12, 10, 8, 6, 4 and 2 gauge wires.



A standard panel box with breakers that distributes power to various circuits around your home.

## 120 vs. 240 Volts

Now let's look at the path that electrons take before they're turned into the photon fuel that your plants require to generate sticky buds. Along the way, we'll cover some specific issues that tend to pop up in grow systems.

In the United States, the electricity that feeds from the power utility's transformer to each house provides 240 volts of available voltage (which is your "fluid pressure"). You actually get three cables in the US: two 120-volt signals that are "out of phase," and a return path back to the utility for any unused residual power. Many appliances—including grow lights and ballasts—are more efficient and generate less heat in the 240-volt configuration, and this reduction in heat generally extends an appliance's lifetime.

Most homes today come with 100 amps of available amperage from the transformer. This is your "fluid flow potential," and it determines how many appliances you can run. (A typical warehouse, by contrast, might receive 400 amps.) As a reference point, a typical 600-watt, 120-volt ballast may consume around five or six amps; run at 240 volts, its amperage would be halved.

When it comes to discharging electrical current through the human body, there's an important difference between 120 and 240 volts. At 120 volts, the current will freeze the muscles through which it flows. If the circuit is through the arms, for instance, the entire upper body can become incapacitated; the heart may struggle to maintain its rhythm; and a person may have great difficulty crying out for help. Onlookers may not even realize that the person is being electrocuted, as his last facial expression will be frozen on his face. In this particular circuit, the feet may still be able to break the connection—

so if you're working with electricity and a person appears frozen, you should push him away from the wires by charging into him. 240 volts is more like an explosion: It can stop a person's heart and simultaneously launch him away from the site. Also, the cell damage from a 240-volt discharge is far faster and more extensive than with 120 volts.

## Wires and Breakers

From the power mast above a home, the electrons flow directly into an array of breakers within a breaker box. Breaker boxes are sized according to the power service supplied by the utility (100 amps, 200 amps, etc.).

Wires in an electrical system that heat up above the ambient temperature typically indicate a problem of some sort, a potential fire risk and even wasted electricity. (And remember that wasted juice is wasted money.) Also, undersized wiring can present a larger resistance to the flow of electrical current, which results in an undesirable voltage drop along the length of the wire. In a general sense, it's always safer to use thicker wire than the code requires, since such wire presents less resistance to the flow of electrons and, thus, less power is wasted.

Unfortunately, the undersizing of wire is pretty common in grow ops. Some growers will try to power a 1,000-watt ballast using thin 14-gauge wire. Over time, this can stress out a magnetic-coil ballast's capacitors. The thicker diameter of a 12-gauge wire has a lower, more appropriate AC impedance for such a load. Tables exist to help guide electricians on the copper-wire size necessary to keep a particular electrical current from heat-stressing the wires.

Heat stress can actually physically turn the

breaker or ground bar screws over time. This is problematic for another important reason: It creates a spark gap between conductors that electrons will accumulate at before jumping across. Loose connections make the voltage and current inconsistently available to appliances, which will damage them over time. The resulting arcing also damages the wire at the point of the spark gap. It's not uncommon for the plastic sheathing around wires to bubble and even hiss as it melts from the heat of the sparking. Heat-stressed wires must be replaced to be safe again, since their conductivity is diminished over time by the stress.

Breakers exist to automatically shut off the flow of electricity when the power starts discharging out of control. This prevents both fires and electrocution. Breakers will flip from either excessive line heat or excessive electrical current.

Breakers come in different sizes (15 amp, 20 amp, 50 amp, etc.) because appliances differ in terms of their safe electrical flow. For instance, 30 amps would be a typical peak-current rating for an electric dryer, meaning that if the dryer were to malfunction and start pulling more than 30 amps, the breaker would trip and cut off the flow. The sooner that a short circuit is registered by the breaker, the faster it can be shut off—especially in the event that a human body is the transmission medium. We've come to view the risks of AC as acceptable for the sole reason that breakers protect us from a never-ending electrical discharge.

What this means is that breakers must be sized appropriately for the devices (such as grow lights and ballasts) that are connected to them. Furthermore, if the amperage that we expect the appliance to conduct routinely exceeds 80% of the breaker's trip current, then the breaker will probably flip at random times even in the absence of an actual problem. And that, obviously, defeats our purpose, insofar as it makes any grow system unpredictable. After all, your plants would wonder what sort of crazy world you've created for them if the sun randomly refused to rise.

The electrical code also demands that wires running through a living space must be physically protected. For a residential setting, wires can be run behind drywall (but wherever wire junctions occur, there must exist a junction box accessible through the drywall). In more industrial settings—like a grow op—the code dictates that wires should be run through metal conduit tubing (a.k.a. "raceways"), which is typically accessible outside of the drywall. Since the conduit is always electrically grounded, it can shield the grower from an accidental discharge as long as the ground is good. Many growers make the mistake of overtaxing these conduit raceways, which causes them to overheat. Past 40% of their fill capacity, the conduit can heat sufficiently to actually trip the breakers.

Conduit is useful to growers because, once it's installed, wires can be removed or added without disassembling the conduit structure. Fresh conduit runs can even be added to existing conduit mazes in larger living complexes, usually without attracting any scrutiny, if the bending style and overall appearance of the existing conduit is sufficiently emulated.



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A typical magnetic coil ballast. From bottom left, clockwise: capacitor, igniter, power input receptacle and transformer coil.

### Magnetic-Coil Ballasts vs. Digital Ballasts

The older magnetic-coil ballasts are nice insofar as they're simple: Their components tend to fail in a typical order—namely, the capacitor, then the transformer and finally the igniter. This simplicity of design means that they're easy to service by the grower's electrician or even some grow shops.

However, magnetic-coil ballasts have a tendency to buzz or hum as they age. These ballasts contain wire-coil transformers that recondition the power into a voltage and current optimized for grow bulbs. At the factory, the transformer is coated with a shellac varnish, which is baked on in order to strengthen the magnetic coil and keep it from vibrating apart. Over time, this coating naturally degrades. To silence the buzzing that results, a grower has to either replace the transformer with an identical newer component, or have a shop that works on electrical motors recoat the transformer with the original shellac. A buzzing ballast isn't just a grow-light issue—it's also a potential security problem. Both neighbors and law-enforcement officers may misdiagnose a buzzing ballast as a source of dangerous electrical arcing. Growers who place the buzzing ballast onto flammable soundproofing material in an attempt to silence it can actually compound the risk of fire.

This is one reason why the newer digital (a.k.a. electronic) ballasts represent a revolution long worth having. It's a logical progression for the grow industry, as the added digital control has already led to useful computer-like functionality, more efficient operation and a more stable output. But the trade-off is that these units are not serviceable like the old magnetic-coil ballasts. In fact, some of them are actually encased in resin-like materials, as evidenced by their weight. Growers who switch to the newer digital ballasts should consider stockpiling spare ballasts and bulbs in case of failure, as malfunctioning ballasts will have to be sent back to the manufacturer for replacement.

In their more efficient 240-volt configuration, electrons discharge through the ballast into a long copper stake that must be driven deep into the ground. Using the utility-supplied neutral return line as a ground for the newer digital ballasts will probably turn your pretty new gear into a bunch of expensive bricks. As a rule of thumb, with 240 volts, the Earth's ground must always be your neutral; there is no return to the power company!

Heated wires can lead to hot ballasts, but ballasts might be hot for many reasons. Stacking ballasts above one another can also do it, and so can a poor ground connection. If grounding is the most probable cause, the electrician will likely try to add a secondary ground as close to the ballast receptacles as possible.

In the same way that growers now use infrared laser thermometers to measure plant-canopy temperature, a smart grower will keep an eye on ballast temperatures using the same inexpensive device. Although ballasts will surely differ in their typical temperatures, a digital ballast operating at 140°F is probably too hot. By recording such data points in a log, the grower can better gauge the health of his (or her) electrical system.

### Bulb Problems

Growers should also use a light meter to regularly check bulb performance. Even if the meter isn't precisely designed to test a particular bulb, changes in bulb output can be observed by comparing these values over time. Since these levels will vary dramatically with distance and the ballast's warm-up time, the values should be recorded 10 or 20 minutes after firing up for a specific bulb-to-meter distance. Record the values in a log so that trends can be monitored. Dramatic changes in the lumens warrant a simple test: repeat the measurement after plugging the bulb into another identical ballast in order to identify the cause of the problem.



Digital ballasts like these on the wall are changing the bulb industry and making power usage more efficient.

### Electric Buds

At the point where the electrons are converted into photons, the electrical grid ends and plant biology begins. But don't make the mistake of thinking that the *electricity* ends there. Electricity is *everywhere*.

In fact, the photons induce a mirrored electrical current within the cannabis plant, which the plant then uses to generate psychoactive cannabinoids and terpenes. Cannabis users, in turn, ingest these molecules in order to stimulate electrical activity within their own brains. Since humans tend to preserve and promulgate those genetic strains that induce the most interesting or useful mental and physiological effects, there exists a fascinating (and by now quite mature) symbiotic relationship between the human and the cannabis plant that is mediated with the flow of electricity.

In a sense, growers make a living by converting store-bought electrons into positive human health, emotions and creativity. And so long as growers heed the electrical code that keeps this otherwise dangerous conversion safe, the process couldn't possibly be more beautiful to observe and understand. James Maxwell would surely be amazed by the things we've done with his incompressible, weightless fluid. ✨

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Healthy root systems look bone white with many root hairs.

**For huge harvests, create a root system below ground that feeds the massive buds above. Story & photos by Erik Biksa**

Massive yields from strong plants are made possible by large, healthy root systems and airy growing mediums. The rhizosphere (root world) does much more than just anchor plants—it provides the necessary substrate to deliver the water and nutrients required for healthy plant growth. Productive and healthy root systems occur in aerobic and biologically active environments. This means the roots, as well as the healthy microorganisms surrounding them, are living in an oxygen-rich environment. Root systems suffer in an oxygen-depleted environment because the biological life that surrounds them (said to be *anaerobic*) is not beneficial for plants.

Warmer temperatures are a common condition for indoor-growing environments. This actually cuts down the availability of oxygen at the roots, exacerbating anaerobic conditions that, combined with wet conditions, may produce plant diseases. The severity of the infection can range from a reduction in yield and quality to total crop devastation.

These infections occur because the conditions produce higher populations of anaerobic bacteria and fungi (bad guys) than aerobic bacteria and fungi (good guys) in the root zone. The rhizosphere is like a parking lot for microbes—there are only so many spots available, so if it's filled with desirable microorganisms, the bad guys won't have anywhere to park and stay. By introducing populations of highly specific, *beneficial* bacteria and fungi to the roots and grow medium, growers can ensure a healthier balance of microorganisms that actually assist the plants in several different ways:



Beneficial bacteria help roots process nutrients quickly and easily.



Voodoo Juice from Advanced Nutrients encourages good fungal colonization.

Bigger root systems are created because the beneficial microorganisms not only target the roots but also grow as an extension of the plants' own root system. This greatly increases the surface area for the absorption of water and nutrients to provide better growth rates and yield potential.

The root system will be protected by a healthy layer

of beneficial fungi and bacteria. The species are specially selected for their ability to attack and consume the unfriendly microorganisms that infect and destroy roots rather than symbiotically assist them.

Different fungal and bacterial species perform a wide range of beneficial functions, including the production of natural growth hormones and enzymes, protein synthesis, the production of vitamins for plants, and improved nutrient availability.

The super strains of bacteria and fungi produced by Advanced Nutrients' laboratories are the result of a careful process to determine which microorganisms perform best for cannabis growers. From there, a subspecies is isolated once it's been shown to outperform others within its own species. Finally, the isolate is reproduced, concentrated, and held in a state of suspension until it's diluted and introduced to the plants' roots via waterings.

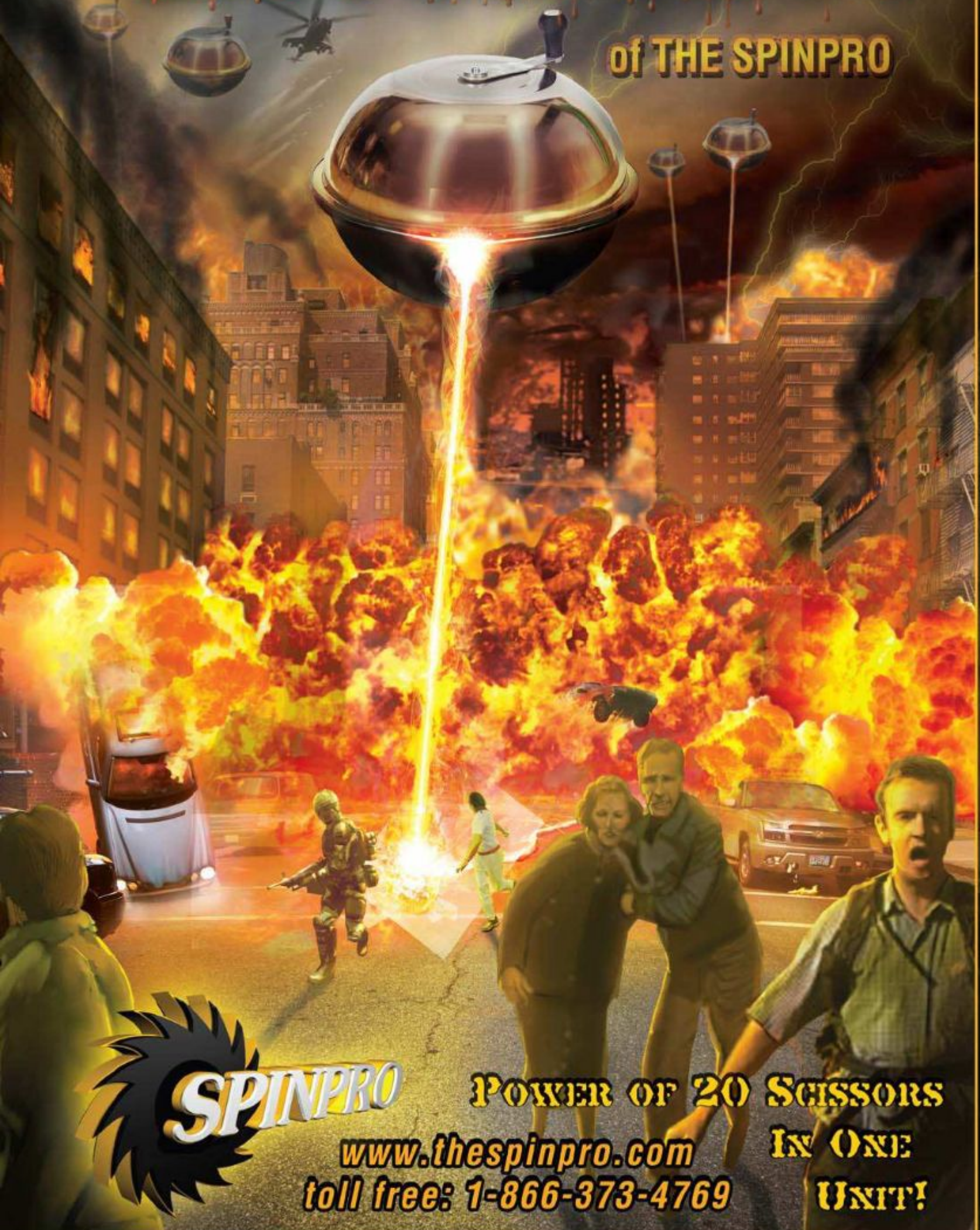
After the application of products like Voodoo Juice, Piranha and Tarantula containing these super strains of beneficial bacteria and fungi, the differences can be seen in your plants within 48 hours. Once colonization begins, plants appear more vibrant, growth rates are increased, and the root system is visibly larger and surrounded by the fuzzy white hairs that are formed as a part of this beneficial relationship.

By adding the right types of microorganisms to your feeding program, you help build the framework that supports bigger yields and better quality. ✨

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BY ERIC SCHONER



### GREENER GLASS

With all the new *green* products appearing on the market these days, you may find yourself asking, “Where’s the eco-friendly smoke gear?” Well, if you’re tired of inhaling the potentially harmful chemicals left over in your favorite bowl or bong, **Green Glass Cleaner** may be just the thing for you. This all-natural and environmentally friendly cleaner will make hitting your favorite piece (whether glass or ceramic) as smooth as the day you bought it. Available in both 8- and 16-ounce sizes, Green Glass Cleaner is a highly useful product for any avid smoker.

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*Contact: Green Glass Clean, [greenglassclean.com](http://greenglassclean.com)*



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*Price: \$69.99*

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### CIGA-WHAT?

Tired of one-hitters that don’t exactly measure up? Then check out the **Cigalike**, a new product from IYQ Glass that reinvents the standards of the traditional one-hitter. Each Cigalike is crafted from top-quality heavy-wall Pyrex glass and comes with a carrying case (available in a variety of colors ranging from black to hot pink) and a cleaning rod. But perhaps the best feature is the Cigalike’s innovative mouthpiece cap with a built-in screen—a welcome change for those (like us) who prefer to avoid the taste of kicked ash. Durable and discreet, this is the perfect cigarette look-alike, ideal for shows or a quick toke in the park.

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*Contact: IYQ Glass, 262-949-1521, [iyqg.com](http://iyqg.com)*



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## DEAR DANKO

ANSWERS BY DANNY DANKO

### HOW MUCH WATER?

How often am I supposed to water my pot plants, and when do I start adding liquid nutrients to my solution?

*Anaheim Angel*

Dear AA,

Plants need to be watered differently based on how old they are and how much of a root system they have developed. Young plants with a smaller root system require less water more frequently, while larger, more established plants need a full soaking every day. Flowering plants also take up more water than vegetating plants in order to supply enough fuel to build buds.

If you're using containers, one good rule of thumb is to pick up each individual container after watering to get an idea of how it feels when full. Then, once the first few inches of mix at the top have dried out, pick it up again to get a sense of the container's weight without much water. Eventually, you'll be able to tell exactly which plants need water (and how much they need) and act accordingly.

As for nutrients, plants in soil mixes can usually go a few weeks with plain water before you'll need to start adding vegetative nutes that are higher in nitrogen (N). Hydroponically grown plants will need at least a mild nutrient solution

from the moment they show roots. Once you've decided to flower your plants (soil or hydro), you'll need to start adding flowering nutrients higher in phosphorous (P) and potassium (K).

### SHORT SEASON

What's a good strain to grow here in the drier foothills of California? Our season ends sooner than everywhere else.

*Evan R.*

Dear Evan,

Your best bet is to go with an *indica*-dominant plant with a flowering time of 60 days or less; however, you can also find some nice *sativas* that will finish before the frost sets in. Most strains are a hybrid of the two types that should finish in time for you to harvest. However, you should avoid strains with "Haze" in their name, as these plants typically grow wispy and take a longer time to mature than you can afford with your altitude and weather.

### WHAT SPECTRUM?

Should I change my light spectrum during the vegetative stage? If so, what would you recommend?

*Sean T.*

Dear Sean,

With high-intensity discharge (HID) lighting, most growers recommend metal-halide (MH) lamps during the vegetative stage and high-pressure sodium (HPS) lamps for flowering. However, don't let this discourage you from growing if you have only one type of light; I've seen great harvests pulled off by people using either one throughout the vegetative and flowering stages.

The most important thing is to provide your plants with enough light. Once you've gotten a few indoor seasons under your belt, you can begin to explore the options of using separate spectrums and even mixing them for more optimum growth. In the meantime, focus on providing enough lumens throughout all of your plants' growth stages to produce fat, sticky buds. Good luck!

### SASQUATCH SINSEMILLA

I once saw a cannabis "tree" on a Spanish website that was able to produce about 25 kilos of flowers! I haven't been able to find this monster again no matter how many hours I spend on the Web. Would you please give me some information about this in order to develop some examples for a liberalization project in Uruguay? Thanks in advance. Regards,

*Rodney A.*

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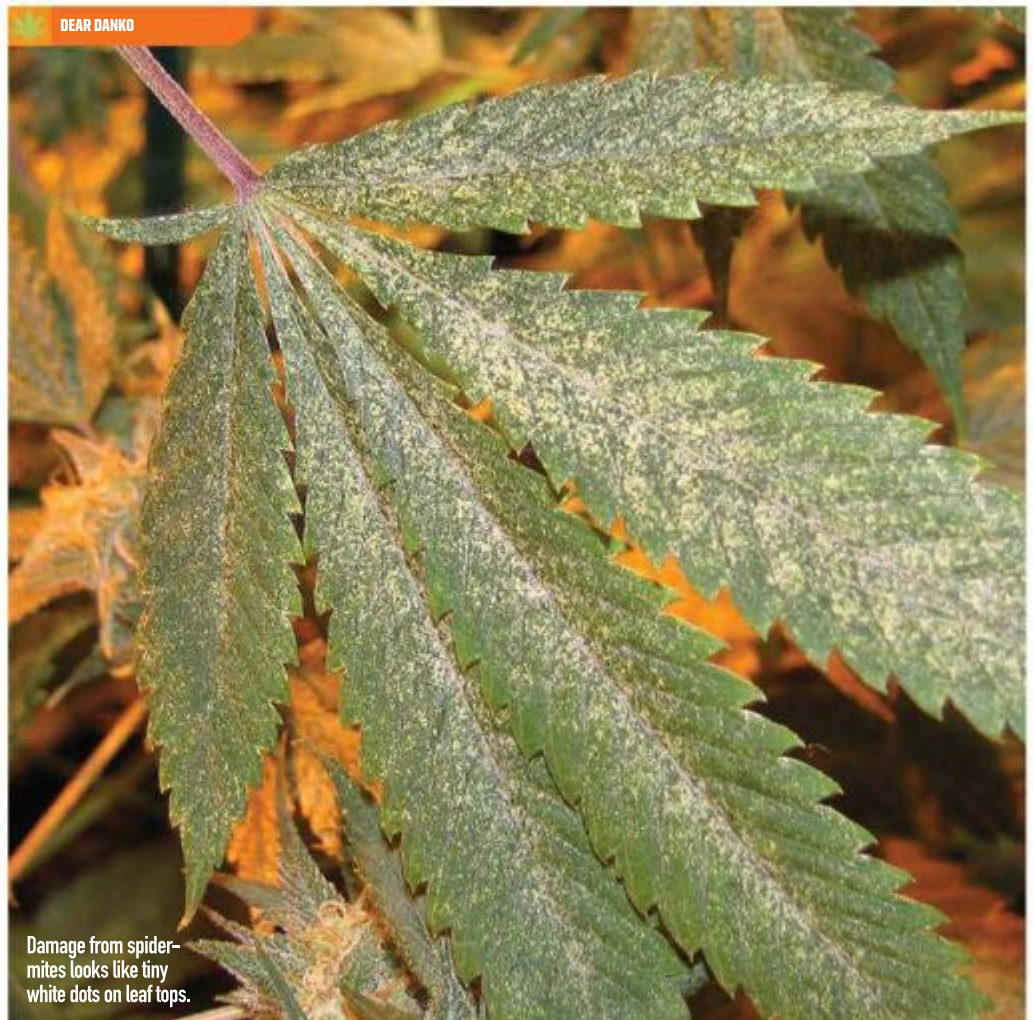
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Damage from spider-mites looks like tiny white dots on leaf tops.

Dear Rodney,  
Sounds like a tall tale to me: 25 kilos is 55 pounds, and that's an extremely large amount to harvest from one plant—much more than I believe is possible. On the other hand, I have seen many different strains produce up to 10 pounds (4.5 kilos) of dry buds when grown in full sunshine with the proper care and feeding.

On a recent trip to Northern California, I witnessed many of these marijuana monsters in various organic gardens. The plants were started indoors and transplanted outside as big bushes already, so they were able to grow into huge outdoor trees. They were also foliar-fed with aerated compost tea in order to boost their metabolism and growth.

### WHAT MITE I DO?

Danny, I'm about to lose my mind! I've found spider mites on my beloved Sensi Star mother plants, and I don't know how to get rid of them—I've already attacked them with three different types of spray and brought in ladybugs as well as predator mites. After a few weeks, they always come back and seem even tougher than before, if you can believe it. I don't want to go nuclear (a.k.a., drop a toxic fogger bomb), and I pride myself on organic methods, but I'm at the end of my rope. Please help!

*Compost Tim*

Dear Tim,  
Sounds to me like you're running out of options. Your plants may be just too bushy, with enough hiding spots for the tiny mites and their eggs to survive your attacks and regroup. Instead of dropping the bomb, you may have to take a few

cuttings, kill the moms and start over in a sterilized room.

Once you're sure the clones you've taken from the moms have rooted, get rid of the infested plants, all the soil, and everything else in the mother room where mites could hide. Then make a bleach solution (10% bleach, 90% water) and go to town with a mop, covering every possible inch of surface area in the room with it (after removing the lights, ballasts and any other equipment, of course).

Also, dunk the cuttings frequently in a mild organic miticide solution such as neem oil and water and make sure they're free of mites before introducing them back into your grow space. With a freshly sterilized room and fewer places for these pests to hide, you should be able to stay mite-free—or at least control their population—for years to come.

### SALTY DOG

I just started clones in an 18-gallon tote using Clonex clone solution. Now I'm getting a white residue on the lid and clones. The pH level is good, and the problem looks like a salt buildup. I used 150 milliliters of Clonex and 8 gallons of water. Am I doing something wrong?

*Heather*

Dear Heather,  
You're correct that the problem is a salt buildup, but it's not directly being caused by the Clonex solution; I suspect you're using "hard" water for your cloning purposes. Hard water, which contains sodium and heavy metals, is more likely to build up alkaline salt deposits on your lid and clones. Use purified or distilled

water as the basis for your cloning solution and you shouldn't see any more salty residue buildup. Also, use cold water and let it rise to room temperature instead of using hot water and letting it cool—hot water contains more rust as well as sodium and calcium deposits and sediment.

It also sounds like you may have a low humidity rate that, in turn, will lead to more evaporation in your reservoir. Bring in a humidifier to raise the level of water in the air and put less stress on your cuttings as they root.

### SPROUT AND ABOUT

I'd like to know what's the best way to sprout seeds? I've tried using moist napkins in a Ziploc bag in a dark, warm area. That worked for a few seeds, but with most of them, the root started to come out and then turned to mush and deteriorated (due to too much moisture, I believe). I've been told that to toughen seeds, I should freeze them and then thaw them out several times, but I haven't had any luck with this. I only have a few seeds left of a strain I'd like to start, and they're not feminized, so I'm in a pickle. I would like to know what method you've found that has the most success (i.e., without the risk of the seeds drying out or being too moist and the root rotting off shortly after sprouting?). Thanks!

*Mysteries in Michigan*

Dear MM,

The easiest way I've found to sprout seeds is to plant them directly into the mix you plan to grow them in. If you're using a soilless mix, simply wet the mix until it's moist and then poke a hole (about half an inch or so). Place the seed in the hole and then tamp it down, making sure it's covered and surrounded by moist mix. Within a few days, a seedling will appear already firmly ensconced in its growing medium. This works the same for rockwool or coco growers as well.

### GROW-ROCKS FOLLOW-UP

I read your answer regarding "Cleaning Grow Rocks" in the April 2010 issue, and I'd like to add a few of my techniques to your informative advice. I like to boil my grow rocks in water for a good spell, all the while ladling the stones around to remove stuck-on debris. After straining the stones and giving them another rinse, I repeat the whole process until they're as clean as possible.

Secondly, this should be done even with brand-new stones fresh from the bag, to remove the residue that builds up on them from rubbing together during the shipping process. (Don't believe me? Then put some into a clear glass of water and you'll see for yourself why you wouldn't want them in your system without a good rinse.) My personal rule of thumb: When I feel satisfied that the rocks are clean, I give them one more rinse just in case. You can then use the dirty flushed water in your yard on plants, trees and lawn.

Thanks for everything you do and keep up the good work!

*Pea-Gravel Boiler*

Dear PGB,

Thanks for sharing your cleaning technique with our readers! Hydroponic growers who don't want to clog their pumps and dripper systems are ad-



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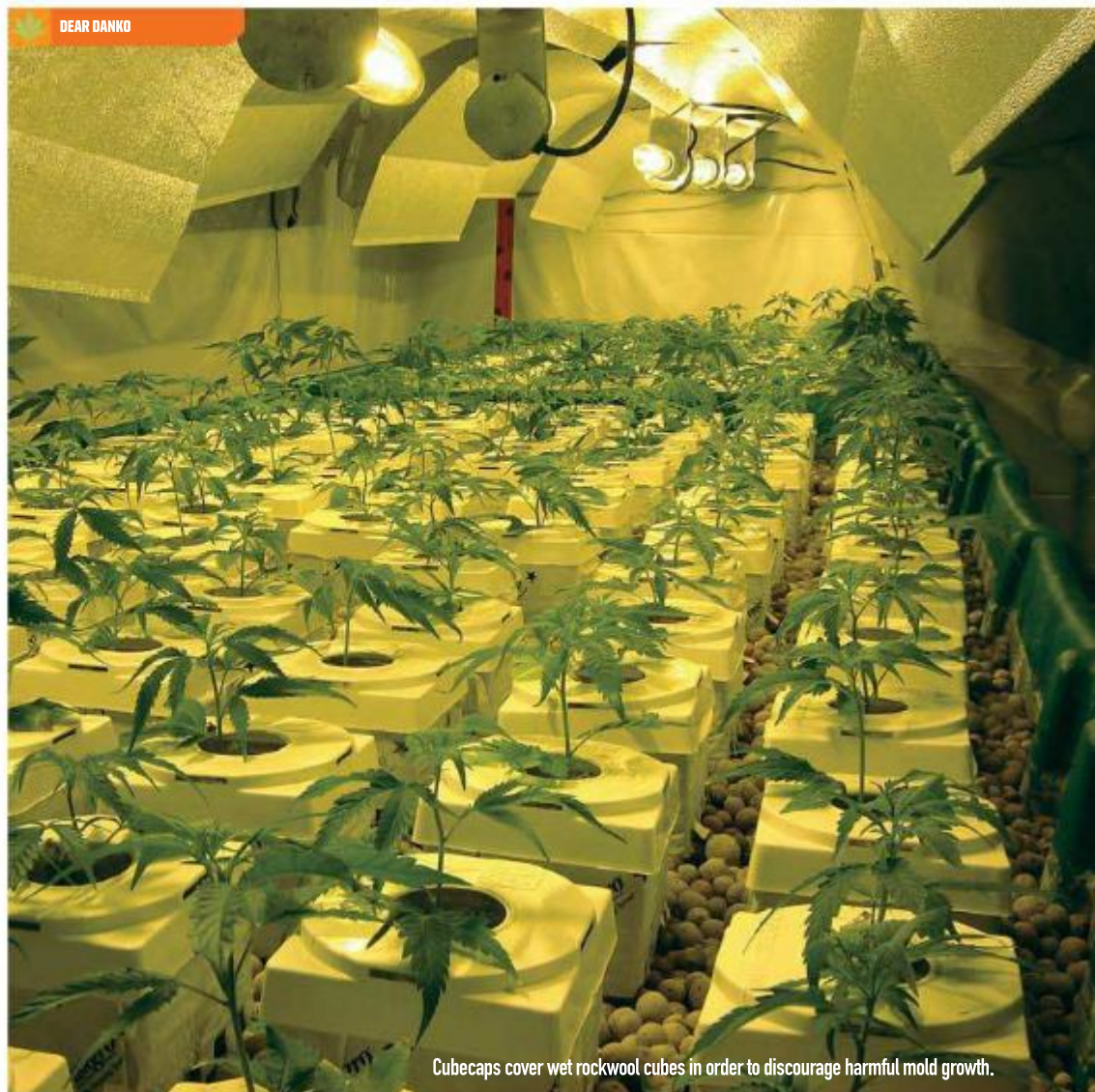
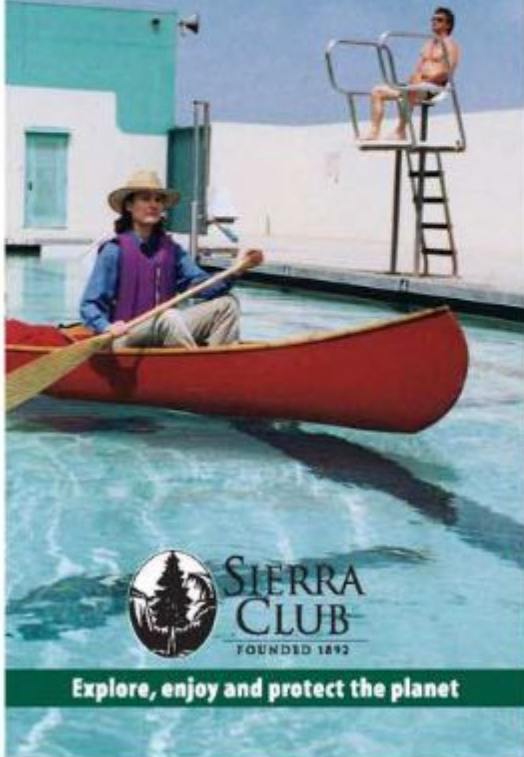
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vised to always soak and rinse new grow rocks until the rinse water runs clear. When recycling those rocks for multiple uses, boiling will help loosen organic material from the surface and the interior of the rocks, as well as killing off any bacteria or pathogens that may have been present in the earlier system.

**ALGAE AWAY**

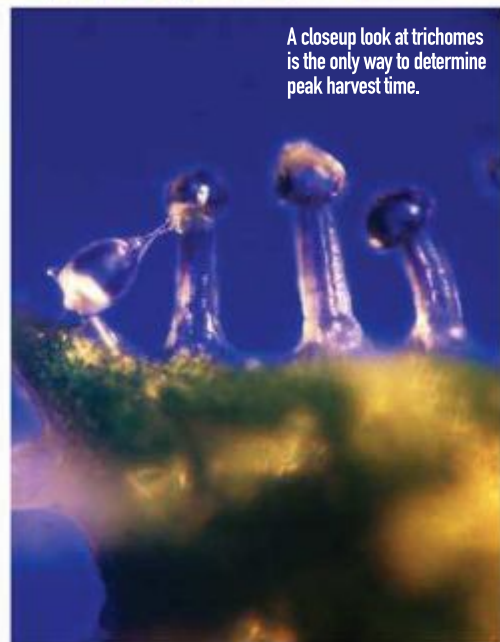
My rockwool slabs keep developing a slimy green algae on them. Is this bad for my plants and their roots, and if so, how can I get rid of it? Thanks!

*Green Envy*

Dear GE,

Contact with water and light is causing the algae to grow on the surface of your slabs. The problem is that the algae and your plants' roots are now in competition for many of the same nutrients, so this is robbing your plants of some of their food. Also, the algae can eventually cause problems for their supporting stems as well as induce fungi. It also provides the perfect breeding ground for annoying fungus gnats.

Depriving the rockwool of light is your best solution to this problem. You can either create your own covers using tinfoil or some other kind of opaque and waterproof material, or you can purchase products designed for this purpose, such as Cube Caps ([cubecap.ca](http://cubecap.ca)), plastic covers that come in a variety of sizes (3-inch, 4-inch and 6-inch). The company even has new Drip Caps made specifically for individual drip systems.



A closeup look at trichomes is the only way to determine peak harvest time.

**FLOWERING TIME**

I've been growing and reading HIGH TIMES for nine years now, and I've always wondered if flowering time starts when you induce the 12/12-hour light/dark photoperiod, or does it begin when the plant has started shooting out hairs? Your loyal reader,

*Jon C.*

Dear Jon,

Flowering time begins on the day you induce flowering by cutting the amount of light in your cycle from 18 hours or more to just 12 hours

COURTESY OF CUBECAP, COURTESY OF GREEN HOUSE SEEDS

per day. Therefore, if your plant has a flowering time of 56 days, you should expect to harvest eight weeks from the day that you begin this light cycle.

Keep in mind that different phenotypes mature at different rates, so you may have to determine your harvest date using a magnifying loupe instead of a calendar. The flowering times listed by seed breeders are estimates based on previous results, and unscrupulous breeders will even list shorter times in order to market their seeds to impatient farmers. Also, setbacks during the growing process can lengthen the amount of time it takes for a plant to mature.

Always determine your particular harvest time based on your observation of the gland heads on the trichomes. A close look can determine the exact point at which these previously clear heads begin to turn cloudy, indicating true ripeness.

### FROSTY FREEZE

Recently, you answered a question from a Montana reader by stating that cannabis will not tolerate frost. It's true that many varieties suffer in cold weather, but some of us growers have selectively and successfully bred plants that can tolerate the cold.

I've harvested plants high up in the Adirondack Mountains (the coldest place in the continental US) right through October and into early November. What's worse than frost is damp weather above freezing, which promotes mold.

Here's my way to determine which plants are the hardiest for cold weather: Start with *indica*-dominant genetics and plant your seeds as soon as the ground thaws around April. The warmer days and cold nights will give you an early indicator of hardiness. When they begin flowering in early July, remove (by cutting off with scissors—don't uproot!) any but the most vigorous females and the best males.

By late July, the females will be well pollinated and the males can be removed as well. Starting in September, start picking the seeded buds as they ripen (*not* whole plants). If you leave a few lower branches to go as late as possible, you can easily determine which plants will be the hardiest from your seeds. Hope you'll pass along this tip!

Swamp Boy

Dear SB,

Thanks for the tip, though I have yet to see a cannabis plant that can survive more than just a very short period of frost. I feel for farmers high in the mountains or in extreme northern climates, who have to worry about their pot plants freezing and dying before they reach maturity. Anything we can do to make our cultivars more tolerant (without sacrificing potency and odor, of course) is a step in the right direction in my book. Luckily, we're working with an already hardy plant that's been able to spread itself from the highest mountain ranges to some of the lowest desert regions on Earth. Growers should always remember to tailor their strains and techniques to their unique region in order to maximize their harvests. ✨

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Check out the hottest new products in the September issue!

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## 12TH ANNUAL S.T.A.S.H. AWARDS

Each year, HIGH TIMES rolls out the honors for the most Significant Technological Advances in Secretive Horticulture. Our Cultivation Department has scoured the planet, visiting hydroponic shops, cultivation-industry trade shows, state-of-the-art indoor horticultural labs and remote guerrilla ganja farms, always in search of the best new equipment to ease your burdens and increase your harvests. Find out which products made the grade in 2010.

### THREE EASY GARDENS

Start growing now with this incisive cultivation report geared to beginners looking for the best options. Learn the pros and cons of soil versus hydroponics, and check out three easy setups that will get you up and growing quickly, safely and simply.

### ORGANIC PEST CONTROL

In the second installment of this year's pest-control series, we focus on organic ways to defeat insects and diseases in the growroom. Hugh Jielder covers a wide range of scourges, including spider mites, powdery mildew and bud rot, offering growers the best ways to prevent, contain or eradicate these pests safely and efficiently.

### SMALL-SCALE GREEN REVOLUTION

Visit a sleek indoor cannabis garden designed using the principles of industrial agriculture, including tips and tricks you can apply in your own growroom.

### INSIDE THE MEDICAL-DISPENSARY SCENE

Is California really the "Wild West" of medical marijuana? A more objective look reveals that our entire national health-care system could learn a lot from the very best medical-cannabis dispensaries in the Golden State.

### KENTUCKY FRIED STORY

Managing editor Natasha Lewin goes southern on her down-home visit to the Blue (and green) Grass State. Meet the four-time gubernatorial candidate Gatewood Galbraith, a pro-pot activist and Friend of Willie, and bet the farm on the Kentucky Derby.

### HURRAY FOR HUGHLEY!

Comedian D.L. Hughley drops in for a rollicking conversation on his unique comic rollercoaster. One of the Original Kings of Comedy, D.L. makes you think—but you'll laugh your ass off, too!

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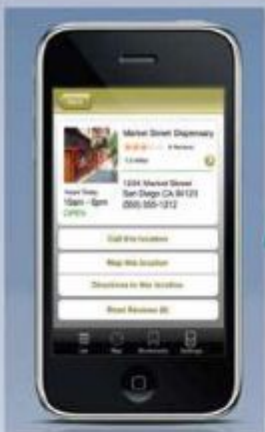
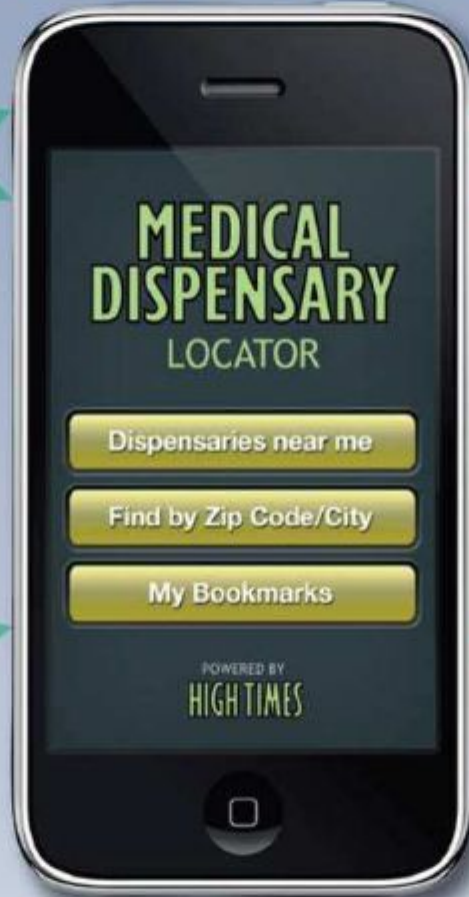
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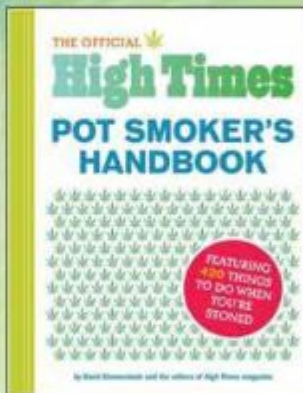
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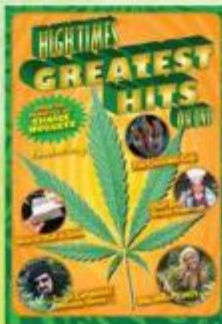
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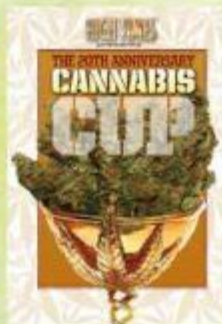
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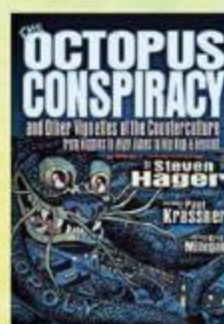
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## POSTERS

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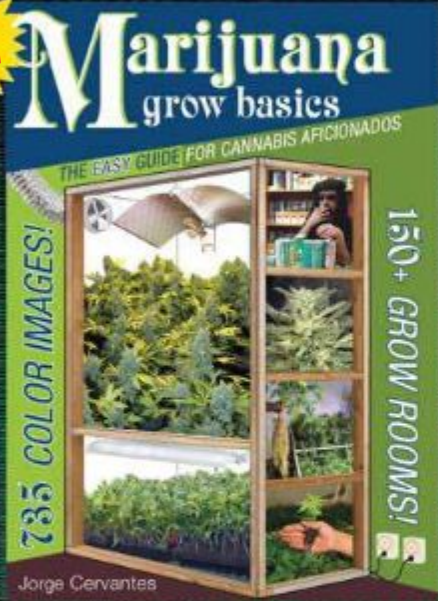
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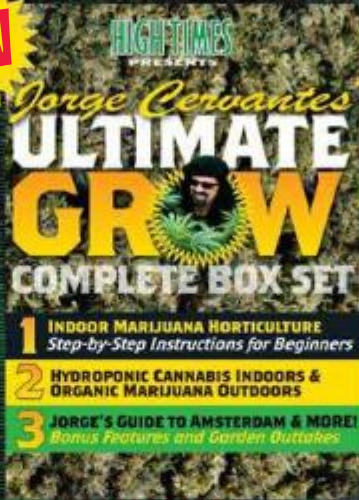


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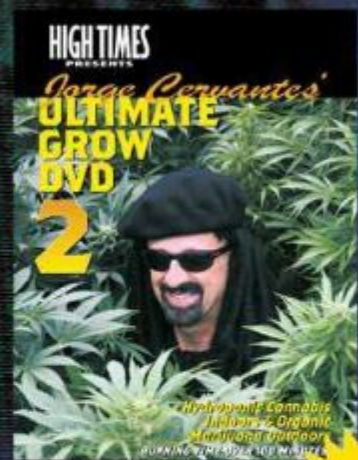
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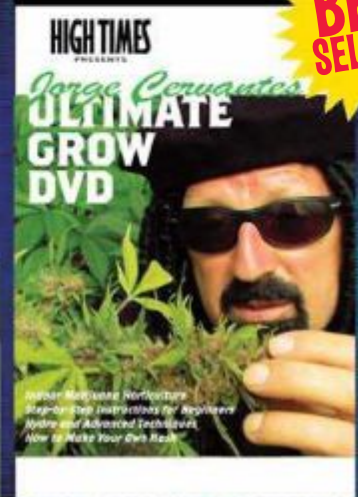
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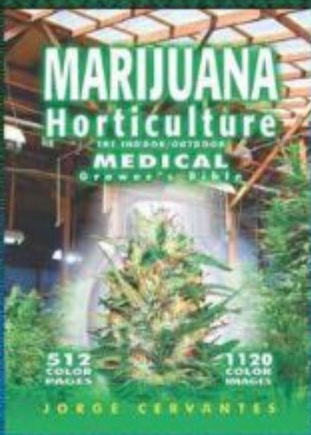
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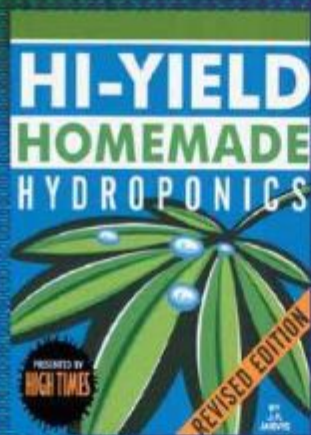
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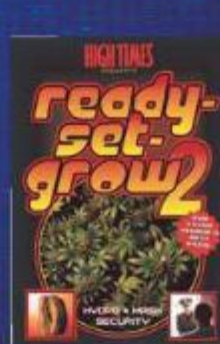
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 20 joints a day keeps the doctor away!

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10 **STONER ARMY!**

20 **LOVE THE POT!**

29 **Free Lil Wayne**

30 **HERALD**

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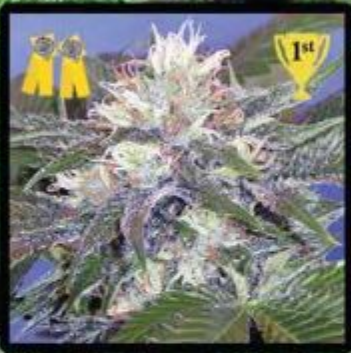
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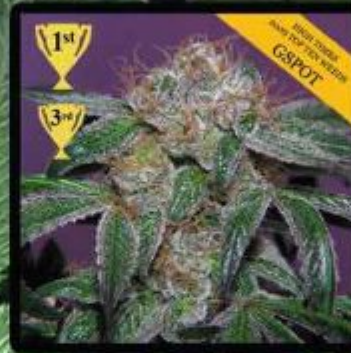
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420



Lady Liberty



GSPOT



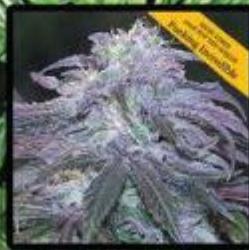
Burmese



Blackberry



Gold



Fucking Incredible



Mother



British Columbian



Kat



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