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2018-10-09 Discover the powerful natural properties of CBD Cannabidiol (CBD) oil is quickly becoming one of the biggest trends in beauty and wellness, as top athletes, celebrities, and doctors embrace its anti-anxiety, antioxidant, and pain-relieving properties. A powerful anti-inflammatory agent, this non-psychoactive compound of the cannabis plant can benefit the body and skin in myriad ways. Using the latest science and drawing from the knowledge of leaders in the health and wellness world, this book is a one-stop lifestyle resource for all things CBD, including how to pick a high-quality product and what

you need to know before you take CBD for the first time. Thirty appealing recipes—from CBD-infused popcorn to ginger tonics to chocolates—help readers incorporate CBD into their daily routine. Recipes include: CBD-Infused After Dinner Drink Skin-Brightening Probiotic Face Mask Adaptogenic Hot Chocolate Using the latest science and drawing from the knowledge of leaders in the health and wellness world this book is a one stop lifestyle resource for all things CBD including how to pick a high quality product and what you need to know

2012-11-13 Written for all levels of skill, The Ganja Kitchen Revolution celebrates not just the effects of cannabis, but the myriad of unique flavours that come with it. This mammoth recipe collection explores a whole host of culinary influences and pairs every recipe with a cannabis strain whose flavour complements the dish. Deliciously exotic global dishes include, Indian Mango Lassis, English Buttermilk Currant Scones, German Meat Loaves and Japanese Green Tea Mochi Ice Cream. Also includes dosing chart and labels dishes suitable for restricted diets. This mammoth recipe collection explores a whole host of culinary influences and pairs every recipe with a cannabis strain whose flavour complements the dish

2024-06-11 Make your own marijuana-based desserts, candies, and sweet-and-salty treats! Eating or ingesting marijuana rather than inhaling it gives a longer, more-powerful high, spares your lungs, and allows you to partake in private. This makes it perfect for

patients who need steady relief from pain, or for those who just want to add marijuana to food for enjoyment. Marijuana Edibles demystifies the edibles cooking process, covering the most popular extraction methods and helping you make your own delicious cannabis-infused edibles at home. Here's what you'll find in this fun and fascinating cookbook:

- Recipes for 40 different perfectly-dosed, delicious treats—each featuring beautiful photography
- Recipes ranging from cookies and bars, to chocolates, truffles, cakes, and frozen treats, including several vegan and gluten-free options
- Tips on the equipment you'll need to make your infusions, with detailed guidance on how to decarb your cannabis and how to calibrate your infusions
- Instructions for cooking with infusions and for making simple, single-serving edibles for quick ingestion

Marijuana Edibles demystifies the edibles cooking process covering the most popular extraction methods and helping you make your own delicious cannabis infused edibles at home

2014-11-10 Wake & Bake: a cookbook is a colorful and silly guide to cooking and baking with cannabis. Inside, you will find more than 60 recipes complete with photos, stories about hippie communes, useless factoids and quotes from famous people about marijuana. This book was designed with the home cook in mind. Wake & Bake includes step-by-step recipes, using common tools and healthy ingredients, to show you how to make incredible edibles in your own

home. Just whip up a batch of Green Monster Oil, pick a recipe, bake and get baked. Wake & Bake features organic, dairy free, gluten free and vegan recipes and substitutions for using conventional ingredients. No matter your dietary habits or sensitivities, you can bake using Wake & Bake. This second edition is packed with bonus recipes, advanced cannabis oil tutorials, and spell-checked text. What an improvement! Using common tools and ingredients this book shows you how to make incredible edibles in your own home

2017-10-31 The essential book on CBD as medicine This practical, accessible guide to using CBD-dominant cannabis contains a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating a number of health conditions with remarkable results and low to no psychoactivity or negative side effects. CBD (cannabidiol) is a component of cannabis that can provide relief for conditions such as seizures, pain, inflammation, anxiety, depression, arthritis, and a number of other issues. This book offers guidance on various forms of the medicine such as oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts. The information is organized by health condition and also by recommended CBD-rich strains, which do not produce the highs associated with THC. With dosage suggestions, potential side effects and contraindications, and the pharmacology of the plant, this is an essential guide for both doctors and patients looking for a nontoxic

alternative to opiate-based pain medications and other pharmaceuticals. While cannabis has been used for medicinal and recreational purposes for thousands of years, only in the last fifty years have scientists begun to shed light on the chemistry of the plant and its interactions with the human body. Research has led to the discovery of a whole new system in the body, the endocannabinoid system, which plays a role in mediating functions such as appetite, immunity, mood, pain response, and memory. The authors present case studies, interviews with doctors who prescribe cannabidiol products, and the latest research regarding other active phytocannabinoids and terpenoids present in cannabis that are being studied for medical use. They also address the difference between CBD products derived from industrial hemp or in a lab, versus those made from medical marijuana using the whole plant. In addition to offering the most up-to-date and comprehensive information on CBD-dominant cannabis therapy for humans, this book is the first to offer guidance for using the medicine for animals, with suggestions for dosage and delivery and useful forms and strains for common health issues in pets. Finally, the authors take a look at the future of cannabis medicine, charting trends in the legalization movement and suggesting how CBD might be used to fight the opioid epidemic. The essential book on CBD as medicine This practical accessible guide to using CBD dominant cannabis contains a wealth of information for both first

time explorers and experienced patients who want to know more about safely treating a

2020-03-27 I have an insatiable sweet tooth. I also know the vast health benefits of CBD oil. The marriage of these two ideas led me to write this book for you. I wanted a healthier way to give in to my craving for sugar while also trying to shed some excess baby weight. It seems like an impossible dream, right? My husband and I love to travel. When we do, I absolutely love to sample the local cuisine. I like to eat as the locals eat and party like the locals party. In my travels and in my search for the perfect (and fun) dessert, I have found over 40 Marijuana-enhanced desserts from around the world. I personally firmly believe in the healing power of CBD oil and in partaking the fun psychotropic effects of THC found in cannabis - BUT - I cannot stand smoking! It makes me sick to my stomach! My desire to lose weight and live a healthy lifestyle after having the baby drove me to conduct extensive research. I tried searching the internet for sweet edibles that did not have adverse health effects, but I was unsuccessful. It turned out that anything sweet means more sugar into the body. One day, I read an article about cannabidiol and its health benefits. This article opened my eyes to the possibility of preparing sweet treats while at the same time enjoying the healthy lifestyle I desired. In essence, I found that cannabidiol is very effective in controlling appetite and also helps people lose weight, among other benefits.

Essentially, this book is ideal for any person who wants to enjoy the benefits of cannabis without having to smoke or consume it directly. Furthermore, this book is also ideal for those who like trying out new cooking recipes. In this book, I am going to: Help you understand the benefits of CBD and THC in detail. Introduce you to CBD and THC delicacies and their benefits Teach you how to prepare over 40 different types of edibles using THC and CBD. Teach you how to extract CBD and THC Teach you how to shop for your cannabis products and where to buy them. Finally, I will show you all the side effects of the products and help you find a way of using CBD without exposing yourself to the risks. Please feel free to take a look at the table of contents to make sure you know what you're getting with this fun and unique cookbook. Essentially this book is ideal for any person who wants to enjoy the benefits of cannabis without having to smoke or consume it directly Furthermore this book is also ideal for those who like trying out new cooking recipes

2016-12-17 Cannabis Cosmetics:Hemp Oil Healing with Soap and Lotion Recipes for your Small BusinessMake all your favorite bath and body products with the healing properties of hemp oil and its healing cannabidiol. The recipes in this book are directly from the creations of Thermal Mermaid and are crafted to be easy do-it yourself creations that result in products that are the commercial quality sold at your favorite bath stores. Hemp Oil products are

popular and increasingly requested at Thermal Mermaid craft tables. Add these items to your small business product line.Enjoy the following recipes :
 * Hemp Soap* Hemp Lotion* Hemp Skin Salve* Hemp Shampoo & Conditioner* Hemp Body Butter* The Hemp Bubble Bar* The Hemp Massage Bar* Hemp Sugar Scrub* Hemp Salt Scrub* Hemp & Clay Face Mask* Soothing Shaving Lotion
 The recipes in this book are directly from the creations of Thermal Mermaid and are crafted to be easy do it yourself creations that result in products that are the commercial quality sold at your favorite bath stores

2021-05-25 Never before has a book been compiled on cannabis brands and the consumers they appeal to. Once an underground commodity, with legalization in more and more states and countries, cannabis is now marketed under a variety of national brands, each with its own unique approach to targeting consumers. The global legal cannabis market was valued at US\$17.7 billion in 2019 and is expected to reach US\$73.6 billion in 2027. Celebrities, athletes, politicians, and large corporations alike are investing and competing in this fast-paced industry. But what makes a cannabis brand successful? What techniques do companies use to brand and market their products? What segments have been established? In *Branding Bud: The Commercialization of Cannabis*, David Paleschuck answers these questions, digging deep into this evolving industry to uncover

what both small companies and large corporations are doing to introduce their products to the hearts and minds of cannabis consumers. The results of his exploration may surprise you. Branding Bud showcases the exciting range of products that cannabis consumers will be able to buy in a local dispensary once legalization comes to their state. The book offers a comprehensive overview and contextualization of this new segment, examining the multitude of emerging brands, their creative assets, and the strategies behind them, and the political, legal, and cultural aspects of cannabis that inform the brand landscape of today. This book is a must-read for entrepreneurs, investors, marketers, designers, and anyone interested in the rapidly growing cannabis industry. -- David Paleschuck This book is a must read for entrepreneurs investors marketers designers and anyone interested in the rapidly growing cannabis industry David Paleschuck

2021-04 This is a cookbook written by fans for fans: Fans of cooking. Fans of bringing new twists to proven recipes. And yes, fans of LEVO, the premium kitchen appliance for ensuring that your butter's better; that you don't spoil your oil; that you unleash delicious possibilities with every batch of infused herbs, without the time or mess of traditional methods. Some of these recipes are our own. Some were contributed by fans. Others are well-known recipes inspired by cooking enthusiasts and seasoned chefs. ALL of them promise good,

clean, sense-pleasing kitchen fun. We've infused spirit and taste into every recipe. Whether for medical use, recreation, both or neither, LEVO turns prose into poetry by uplifting the taste and quality of any recipe. This is a cookbook written by fans for fans Fans of cooking

2020-06-09 Manage anxiety, insomnia, and more with this easy-to-use beginner's guide to making your own CBD-infused drinks, snacks, and topical products. CBD oil, or cannabidiol, is a nonpsychoactive compound found in cannabis that has the ability to treat many common health issues, including anxiety, depression, chronic pain, and inflammation. The Essential CBD Cookbook acts as a resource to incorporate CBD oil into your diet, including information on the different forms of CBD, general CBD usage, dosing, and health benefits, plus more than 65 recipes that anyone can try. Readers will be able to make CBD juices, smoothies, savory and sweet snacks, and even beauty products that promote health and healing for the mind and body--no special equipment required--including: CBD Coconut Cake CBD Strawberry Chia Smoothie CBD Golden Beet Hummus CBD Bath Soak The Essential CBD Cookbook has something for everyone, whether you're looking to reduce anxiety, treat insomnia, or just enjoy a calming, healthful treat. The Essential CBD Cookbook acts as a resource to incorporate CBD oil into your diet including information on the different forms of CBD general CBD usage dosing and health benefits plus more

than 65 recipes that anyone can try

2021-05-25 **2021 Readable Feast Awards, Honorable Mention** 125 mouthwatering recipes featuring CBD, hemp, and THC from organic farmers, award-winning chefs, artisans, and food producers across the country. More than a cookbook, *The Art of Cooking with Cannabis* is a valuable resource for new inspiration and excitement surrounding cannabis, food, and responsible consumption. Tracey Medeiros introduces the reader to dozens of organic farmers, award-winning chefs, artisans, and food producers who are leading the green revolution by doing their part to demystify cannabis and its culinary use. Individual profiles contain stories from the book's contributors who come from rural and suburban communities and bustling cities across this nation. These folks have generously shared their personal struggles and successes which have led them to understand the many health and wellness benefits of the cannabis plant and its important role in society. From chemistry to culinary, the book contains 125 mouthwatering recipes, such as: Chicken Kale Meatballs with Cherry Tomato and Pesto Sauces from Chef Jordan Wagman Avocado Mash with Nori and Cucumber from Chef Michael Magliano CBD-Infused Vegan Gluten-Free Miso Broth from Jessica Catalano THC- and CBD-Infused Smoked Cheddar with Green Chili Stone-Ground Grits from Chef Kevin Grossi Sh'mac and Cheese from Carly Fisher Vegan No-Bake Cashew Cheese Cake

from Chef Maria Hines Simple and beautifully presented spirit-free and spirit cocktails such as "The 700 Club" and "Rebellious" are also featured in the cookbook from contributors including Entente Chicago and Prank Bar. Recipes are divided into three categories—CBD, Hemp, and THC—each adapted to meet the reader's cooking and tolerance levels. Insightful sidebars offer informative tips and "how-to" guidance, helping the cook to use cannabis with ease and confidence. From chemistry to culinary the book contains 125 mouthwatering recipes such as Chicken Kale Meatballs with Cherry Tomato and Pesto Sauces from Chef Jordan Wagman Avocado Mash with Nori and Cucumber from Chef Michael Magliano CBD Infused

2024-01-09 Welcome to the future of beverages! Infusing cannabis into drinks can be done in a variety of ways. Learn all about it as you craft delicious cocktails, smoothies, lattes, and spirit-free mixed drinks. Maybe you're curious about CBD or perhaps you've tried a store-bought sparkling cannabis drink already. Either way, you're here because you're ready to learn the ins and outs of making deliciously infused drinkables. This guide, written by Jamie Evans (author of *The Ultimate Guide to CBD*), will serve as the go-to resource for anyone interested in incorporating phytocannabinoids into a variety of recipes. Inside, you'll start your journey with infused mixology. You'll learn the most essential how-tos and infusion methods, including decarboxylation and

heating techniques for those who want to do it all. Different from other books in this category, this book offers something to both beginners and experts--and crucially, to both those who only want to use CBD and those who want to infuse with THC--presenting many approaches to enhancing drinks. From adding CBD oils and tinctures to a variety of recipes to crafting more complex cannabis libations behind the bar, you can choose the path that's right for you. Recipes include: Basic infusions: Infused bitters, shrubs, honey, sour mix, simple syrups, and an alcohol-based tincture Coffee and tea: Pumpkin Spice Latte, Butter Coffee, Turmeric Latte, Summer Berry Palmer, Ginger Lemon Hibiscus Iced Tea, Masala Chai Tea Juices, shakes, and smoothies: Green Goddess Canna-leaf Juice, Garden of Eden Juice, Chocolate Banana Protein Shake, PB&J Shake, Superfood Smoothie, Vitamin CBD Smoothie Spirit-Free Mixed Drinks: Raspberry Rickey, Sparkling Rosemary Greyhound, Fuzzy Ginger Fizz, Apple Spice CBD Mule, The Jolly Cranberry, Infused Feisty Mary Cocktails: Blood Orange Aperol Spritz, Spicy Melon Margarita, CBD Limelight, Strawberry Lime Shrub Soda, Blackberry Bramble, Pisco Papaya Sour, Laid Back Manhattan, Toasty Toddy And many more! With an exploration of cannabis terpenes, this book also provides the author's signature techniques for evaluating cannabis aroma and flavor profiles to curate flavor pairings. As a Wine Enthusiast 40 Under 40 Tastemaker and Certified Specialist of Wine, Jamie applies the

same sensory evaluation techniques she used in the wine world to cannabis, helping readers fine-tune their senses to better understand it as an ingredient--and use it to craft the perfect infused drinks. Including recipes and tips from leading industry experts, this book has it all. This guide written by Jamie Evans author of *The Ultimate Guide to CBD* will serve as the go to resource for anyone interested in incorporating phytocannabinoids into a variety of recipes

2019-03-20 CBD JunkieCBD Oil Ruled Diary Hemp Lined-Paper Journal Medical Marijuana Log Book Anxiety & Pain Relief Notebookby Medical CBD JournalsFilled with lined paper this to-do-list book will help you manage your daily plan effectively. You will be able to well manage your time, well manage your tasks and well manage your day. With smart design, you can use this to-do-list planner anywhere you prefer - your workplace, your home, or school. The cover is matte laminated softcover, which in general looks more professional and elegant. The paper weight is 60 lb, most popular quality office copy paper, so it can prevent ink leakage for a certain level. Write all your important tasks, activities, and daily schedule in this journal and plan your entire day. 6x9 is the perfect size for handling. With matte finish and high quality white paper, this makes up to be the best journal you can get to plan your everyday routine. Maintaining a writing journal is a healthy activity. With smart design, you can use his

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2022-08-30 Homemade edibles are cost-effective, discreet, and delicious! This practical cookbook is the go-to resource for the cannabis curious of all levels and offers approachable ways to incorporate a variety of cannabinoids into your routine. With step-by-step instructions and colour photos, you'll also get pro tips for safely handling and labelling your confections. Get inspired to create your own special gummies and candies that are even better than your

average dispensary-bought treats! Take your cannabis cooking skills to the next level and get your sugar fix with this ultimate cookbook. Homemade edibles are cost effective discreet and delicious

2019-03-05 Get healthy, not high. Discover the calming, pain-relieving effects of CBD oil and try recipes for delicious CBD-infused edibles and DIY self-care products. CBD oil, or cannabidiol, is a nonpsychoactive compound found in cannabis that boasts serious health benefits for your mind and body. It's been shown to effectively alleviate pain, lessen anxiety, reduce inflammation, and improve overall well-being. Get the facts about CBD oil, and experience the benefits of this healing product with edibles and self-care products you can make yourself and customize to meet your needs. Dr. Rachna Patel, a recognized expert in the field of medical cannabis, separates fact from fiction in *The CBD Oil Solution*, sharing everything you need to know about CBD, including: Explanation of CBD oil--what it is, how it works, and how it differs from THC What ailments can be treated with CBD oil--and how to decide if CBD is right for you What to consider when purchasing CBD oil, including how to read a product label Information on proper dosing and use More than 40 recipes and remedies--from drinks and desserts to lotions and lip balms--that can be customized for your needs. Dr. Rachna Patel a recognized expert in the field of medical cannabis separates fact from fiction in *The CBD Oil*

Solution sharing everything you need to know about CBD including Explanation of CBD oil what it is how it works and how

2018-09-13 Cannabis Candy & Dessert Cookbook Learn to Decarb, Extract and Make Your Own CBD & THC infused Candy from Scratch Through the legalization of marijuana in various states in recent years along with various positive media coverage including TV series like Weed by Dr. Sanjay Gupta and the hundreds of medicinal marijuana-related books out there, I am sure most of you already know that Marijuana is not what we used to think of it. It is much more than that. It can be used as medicine for various illness and diseases (mostly the CBD part of marijuana) while the THC can reduce pain and suffering among cancer patients. But this book is not about how marijuana can heal your discomfort, instead, it is about how to consume marijuana when you can't consume it the conventional ways as most people do. If you are like me, then I am sure you dislike smoking and want to stay as far away as possible. But I still want to enjoy this natural miracle we call marijuana. Unlike most other books, I will show you how you can make edibles that are delicious with just CBD or with THC or with both. So there is something for everybody. This book is the fruit of five-year long research trial, error and success, so don't worry, I have passed the trial and error phase, and the results are in this book so you can enjoy from the very first try. By professional, I used to be the assistant chef

at a casino in Vegas, so naturally, I started thinking about how we can consume weed without actually smoking it. After a lot of research, trial and error, I came up with a great way to enjoy the goodness of this amazing plant which also soothes my sweet tooth craving. I not only show you how to make many yummy candy and scrumptious dessert, but I also show you how you can pick the right strain and do the decarboxylation. I also show you how to take the actual cannabis and extract the THC and CBD and make everything from scratch. You will love this book if you enjoy sweet and savory dessert and candy and I am sure 80% people in this world have at least one sweet tooth. So, here it is, enjoy. In this book, I show you: What is THC & CBD Edibles Benefits of Cannabis Edibles Effects of Cannabis Edibles Proper Dosage Difference between CBD & THC Edibles How to Prepare to make these Edibles How and where to buy Cannabis Oil 4 Key Benefits of CBD Edibles The Daily Serving Sizes How to avoid CBD Scams How to pick the right Strain How to do a proper Decarboxylation 4 Popular Decarboxylation Methods How to Extract Cannabis Oil How to Make Tincture, Cannabutter and Corn Syrup Adequate Dosage and Testing I also share 19 of my most favorite candy and dessert recipes that you will enjoy making from lollipops, Gummies to Crème Brule to Chocolate Mousse and so much more. In this book I show you What is THC CBD Edibles Benefits of Cannabis Edibles Effects of Cannabis

Edibles Proper Dosage Difference between CBD THC Edibles How to Prepare to make these Edibles How and where to buy Cannabis Oil 4 Key

2021-08-02 Brewing with Cannabis introduces the convergence of marijuana and brewing in the modern craft beer movement. Explore the varied history of how the cannabis plant became federally illegal and dive into both historic and current laws on decriminalization and legalization of cannabis in the U.S. Learn about the agriculture and biology of cannabis, unique characteristics of the plant, and the similarities between cannabis and hop plants. Find out all that is needed to successfully grow cannabis plants in the comfort of your own home (where state legal). Examine the active components of cannabis and the chemistry of how they interact with beer. Discover how to decarboxylate THC-A into the fully psychoactive form of THC and learn methods of adding cannabis and CBD to non-alcoholic beer and homebrew for different effects. Delve into how and why the plant produces compounds such as cannabinoids and terpenes, how they function, and how to incorporate them into beer recipes. Both homebrewers and professional brewers will be inspired by a wide-range of extract-based and all-grain recipes they can adopt or use as guidance when creating non-alcoholic beer or homebrew. Designed as a practical guide to use in brewing, the final chapter will inspire readers on how the discovery of new cannabinoids and terpenes may be used in

the future. This book will be especially useful to brewers seeking information on the responsible and state legal of use of cannabis in brewing. This book will be especially useful to brewers seeking information on the responsible and state legal of use of cannabis in brewing

2016-06-01 Craft your own cannabis-infused cocktails and drinks with this collection of 75 recipes from The Cocktail Whisperer Warren Bobrow. Cannabis Cocktails, Mocktails & Tonics teaches you everything you need to know about using cannabis in both cocktails and mocktails—and how to do it safely and effectively. Learn the essential instructions for de-carbing cannabis to release its full psychoactive effect. Explore the history of cannabis as a social drug and its growing acceptance as a medicinal. Look beyond cocktails and create successful tonics, syrups, shrubs, bitters, compound butter, and exotic infused oil to use in any drink. With recipes to enhance every sippable moment of your life: Start your day with coffee, tea, and milk-based cannabis beverages for healing and relaxation. Get your afternoon pick-me-up with gut-healing shrubs and mood-enhancing syrups. Soothe the fevered brow with cooling lemonades and sparking herbal infusions. Chase the chill away with a rum-based warmer or a rich, chocolatey concoction. Relax at the end of a good meal with an after-dinner herbal-based cannabis drink. The options are endless with Cannabis Cocktails, Mocktails & Tonics! Then

have an after dinner herbal based cannabis drink for relaxation at the end of a good meal The options are endless with Cannabis Cocktails Mocktails and Tonics

2018-10 If You Simply Want to Know the Basics of Today's Cannabis Landscape... One of the most popular topics of discussion and debate today is the use of cannabis. In recent years we have seen the expansion of the availability of both medical and recreational cannabis across the United States and, like many adults, you are probably curious about what cannabis is and isn't. Is cannabis the same thing as marijuana? Are marijuana and hemp the same plant? Can you really use cannabis and not get high? What are the possible health benefits of cannabis? How is it responsibly consumed? What should I tell my kids about cannabis? What's fact, what's fiction, and what's simply a cliché? These and other questions are addressed in Cannabis Essentials: A Field Guide for the Curious. In a clear, brief, and objective format, author Rob Mejia will help you to learn the basics needed to navigate this ever changing landscape. Mejia has spent the last five years listening to and learning from the many diverse voices involved in the world of cannabis--from dispensary owners and budtenders to medical patients, growers who happen to be nuns, cannabis chefs, hemp oil producers, journalists, and more. Their personal and illuminating stories, featured throughout the book, bring the discussion about cannabis to life-- and you will never again think of

cannabis in the same way. Cannabis Essentials: A Field Guide for the Curious is your own personal cannabis concierge to help you explore this new world of opportunity and possibility. Among the many topics covered, it will guide you through: Why cannabis was vilified and became essentially illegal in the US in 1937 when it had been accepted medicine for centuries How other parts of the world are embracing cannabis Why the use of cannabis is a social justice/racial justice issue and what we can do about it What medical conditions respond best to cannabis and why cannabis medical research in the US is severely hampered How to visit a dispensary and how to find the cannabis strain that works best for you What are the many ways that cannabis can be responsibly consumed and what are the advantages and drawbacks of each type of use How to cook with cannabis Recipes that work well with cannabis infusions Lists of helpful websites, references, and revealing cannabis factoids Challenges and opportunities in the cannabis world going forward If you are ready to start your cannabis journey, or understand the landscape before heading out, Cannabis Essentials: A Field Guide for the Curious will keep you secure, knowledgeable, and prepared to embrace your cannabis curiosity. Combined with these personal and illuminating stories the valuable guidance in this book will soothe your curiosity and clarify your perception of cannabis page 4 of cover

2018-11-06 Bring a new herb into your kitchen with this tasty unique collection of recipes for bite-sized, low-dose sweet and savory cannabis edibles. This cookbook ventures boldly beyond pot brownies with delicious and unique baked confections as well as innovative savory treats. Designed for bakers and cooks of all skill levels, *Edibles: Small Bites for the Modern Cannabis Kitchen* includes simple recipes like spiced superfood truffles and roasted beet hummus, alongside more advanced recipes like artisanal marshmallows and Gruyère & green garlic gougères—all brought to life with vibrant photography. Complete with instructions for creating master ingredients such as canna butters, oils, honey, and maple syrup, as well as information on dosage and portions and the science of cannabis, this cookbook slash baking book gives cannabis newbies and connoisseurs alike the info they need to create an easy, safe, and delicious edibles experience. • A DIY recipe book for beginner and advanced cannabis bakers • Contains detailed

information on correct dosage and portions • Provides tips, tricks and tools of the trade Author Stephanie Hua is the founder and chief confectioner of the popular gourmet edibles line, Mellows, and co-author Coreen Carroll is a winner on the Netflix television series *Cooked with Cannabis*, executive chef, and cofounder a dining pop-up, *Cannaisseur Series*, which hosts curated cannabis and culinary experiences, events, and workshops. Those who like *The Easy Cannabis Cookbook: 60+ Medical Marijuana Recipes for Sweet and Savory Edibles*, *Bong Appétit: Mastering the Art of Cooking with Weed*, and *Marijuana Edibles: 40 Easy and Delicious Cannabis-Infused Desserts* and other cannabis cookbooks will want to add *Edibles* to their collection. • Delightful addition to any foodie's book shelf • Thoughtful gift for anyone who enjoys cooking, baking, and eating edibles • Cannabis-curious cookbook collectors will appreciate these unique recipes Bring a new herb into your kitchen with this tasty unique collection of recipes for bite sized low dose sweet and savory cannabis edibles