

## HOW TO MAKE CANNABIS FOODS AND MEDICINES

**Cannabis Tincture:** 1 pint 120 proof or stronger gin, vodka, or grain alcohol, or brandy. 32 grams dry weight (approx. 1 1/8oz) cannabis (dry preferred).

**STEP 1:** Chop the herbs finely. Place in clean dry glass jar. **STEP 2:** Pour the liquid over the herbs, completely covering, plus an additional 2-3 inches of liquid. If the herb material swells up and becomes uncovered, add more alcohol. **STEP 3:** Place the jar in a dark place. **STEP 4:** Stir gently once a day. Do not use metal or wood, use glass or plastic to stir. **STEP 5:** When you have let your tincture sit for 2 or more weeks, put in a place with good ventilation and leave the lid off to allow 10-20% of the alcohol to evaporate off. **STEP 6:** Strain the solid material out using a plastic coffee cone (no metal). You can use cheesecloth, muslin or a paper filter to line the cone. Keep the liquid and compost herbs. Rebottle into a dark bottle (light tends to break down the THC), and label. **ALWAYS LABEL YOUR BOTTLES FOR SAFETY.** Store tinctures in a cool, dark closet, and if possible in the dark amber bottles (available at your local health food store). Keep tincture away from light and heat. **Dosage:** The dosage will vary with the strength of the tincture, size and condition of the person. Strength of the tincture varies depending upon the strength of the herbs, ratio of herb to liquid and length of time in preparation. Tinctures may be administered directly under the tongue, or diluted in tea or water or juice. If you want to avoid ingesting the alcohol, add the tincture to boiling water, remove the water from the heat source and let it sit for five minutes uncovered to evaporate the alcohol. It is suggested that you start with a small dosage (1/2 tsp) and experiment until you achieve the results you are looking for.

**Cannabis Liniment:** A liniment is an external application that is rubbed into the skin. Liniments are for external use only. **BE SURE TO LABEL “FOR EXTERNAL USE ONLY”.** Two methods: **1.)** Follow tincture recipe but use rubbing alcohol. **2.)** Boil the cannabis root in water until you have a concentrated mixture, then add the rubbing alcohol. This is an old folk remedy for arthritis and sore muscles.

**Cannabis Capsules:** Buy empty capsules at the local health food store or pharmacy. Get a size convenient for you to swallow. Make a paste of 1 gram ground marijuana, one drop of liquid lecithin, and just enough olive oil to make a paste on the dry side. Stuff the bottom part of the capsule with the paste. Put the capsule together and store in a cool, dry place until ready to use. 1 gram should make four capsules.

**Cannabis Butter:** Ingredients: 2 sticks of butter (8 oz.), 16 ounces water (2 cups), 32 grams leaf (approx. 1 1/8 oz.), break into fine pieces. Heat water and butter together in a pot. Add cannabis and stir occasionally, simmering for about half hour. Strain leaf from mixture, refrigerate. Butter will solidify at the top of the water. Discard water. Cannabis butter is ready to use in your favorite recipe, on toast or under the tongue for a quicker effect. It is easy to ingest too much cannabis when using it orally because it takes about an hour or so to get the full affect, so start with a small amount first.

**Cannabis Tea:** Simply bring water to a boil as for any tea, add small amount of cannabis either fresh or dried, let it sit covered for about 15 minutes. It is best to combine with other teas of your choice to provide a better taste. Add milk and honey to taste. Some people use stems as well as leaf or bud.