

# CANNABISACTUS

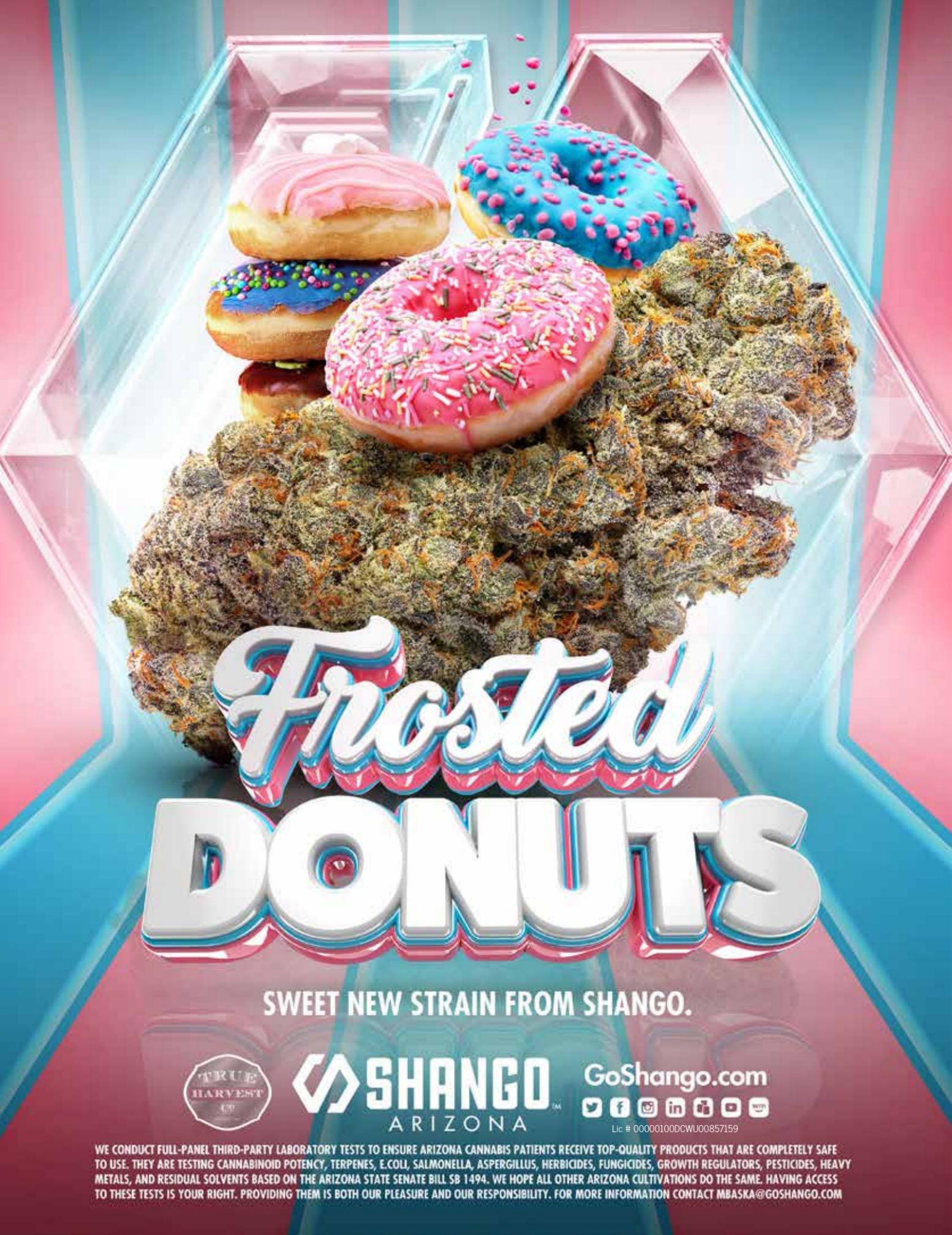
SEPTEMBER 2022  
SEASON 05 EPISODE 09  
CANNABISACTUS.COM



aeriz  
AEROPONIC  
CANNABIS

Pets & Pot:  
Some Advice  
THC Infused  
Cherry Shrub  
Interview with  
**Lawrence  
Lawson**  
of Aeriz Extraction

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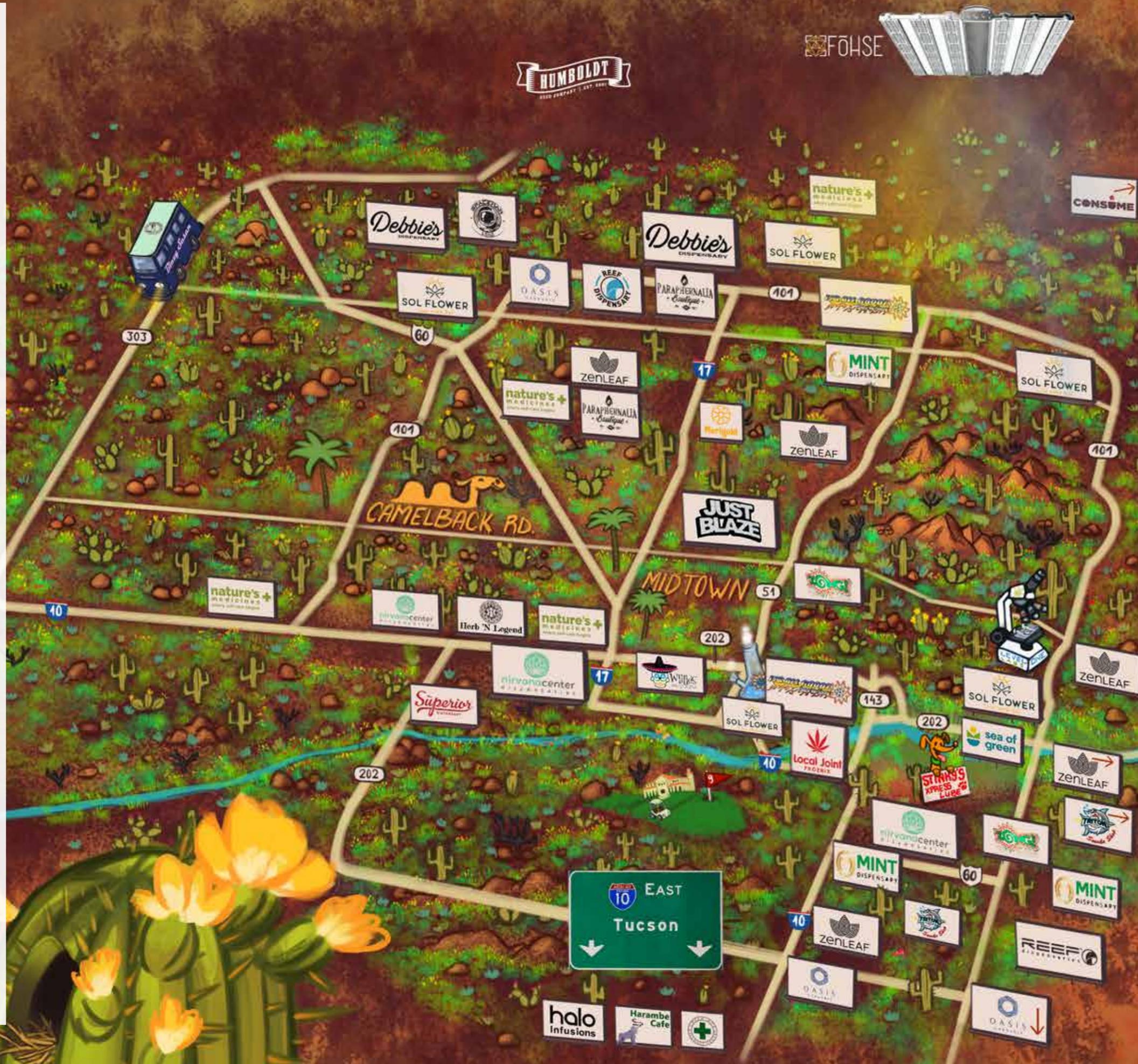
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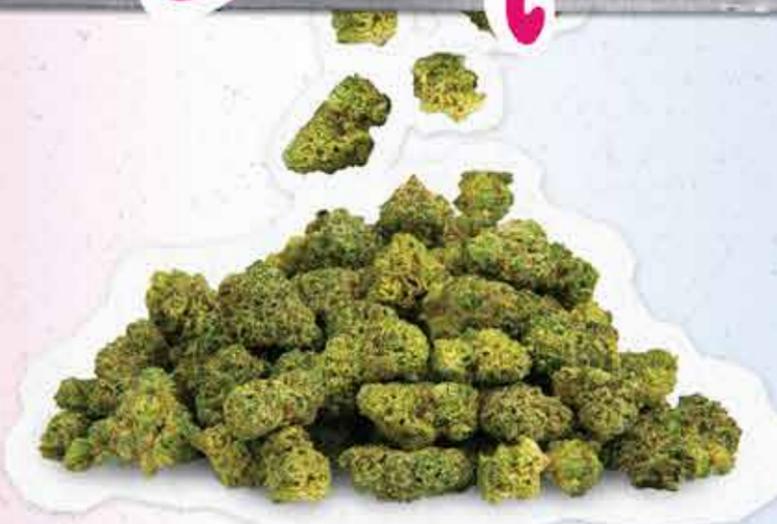
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# CANNABISCACTUS

SEASON 05 EPISODE 09  
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On September's cover, we are featuring Lawrence Lawson from Aeriz Aeroponic Cannabis. Aeriz is not only the largest aeroponic cannabis operation in existence, but they have been a part of the Cannabis Cactus family since beginning in Arizona. We are thrilled to showcase their methods, their products, and their commitment to the community and operating with a sustainable carbon footprint. Find our interview with Aeriz extraction operations director, Lawrence Lawson, starting on page 40.

This past month, Tommy Chong accepted his Lifetime Achievement Award at the Las Vegas Cannabis Conference, in an iconic celebration put on by Fohse Lighting. In an epic speech, Tommy Chong told the tale of his story as a cannabis consumer, his background of federal arrests and his fight to legalize the plant, and about being a part of the legal industry. Editor-in-Chief Michael Cassini had the honor of attending the ceremony, and connecting with the legend himself over joints and laughs and pudding cups.

Every month, we strive to bring readers even more priority information about the cannabis industry and beyond, including a new column this month about cannabis policy from veteran weed politics and parenting writer Brittany Findlay. Find her column about Brittney Griner's fight, and cannabis regulations in Russia and how they compare to the struggle to legalize in the USA, on page 38. Cannabis Cactus is also proud to celebrate Hispanic Heritage Month, which lasts from September 15th through October 15th, in collaboration with Hippy Chicks edibles and many other incredible Latina and Latino-owned companies.

As always, you can find Cannabis Cactus in a magazine around your neighborhood (always free, never prickly!), and digitally on our website, app, and social media. Stay high!

With gratitude from Cannabis Cactus Media,  
Michael Cassini, Founder & Editor-in-Chief  
Mike@cannabiscactus.com  
Heidi Keyes, Director of Marketing & Civic Engagement  
Heidi@cannabiscactus.com  
Mike@cannabiscactus.com

Office: 623-695-1011  
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Lawrence Lawson of Aeriz Extraction,  
Read article on p. 40.  
Photo credit Mike Cassini

# Cannabis Cactus News

LOCAL / NATIONAL / INTERNATIONAL

CANNABIS / COMMUNITY / CREATIVITY



STUDIES SUGGEST CANNABIS CAN MAKE SEX MORE ENJOYABLE

IMAGE CREDIT/@romiyusardi

## SPANISH AUTHORITIES ISSUE OFFICIAL 'GELATO' WARNING

A recent raid on a small black market cannabis farm in Toledo, Spain has led to an official government warning about a "new drug called Gelato" that is much more "potent and dangerous than normal cannabis" that is typically consumed in Spain. As you might have already guessed, Gelato is nothing more than a strain of cannabis, not some new fad drug that nobody knows what's in it. Gelato is not really new and is definitely not "more dangerous than normal cannabis. The Gelato strain comes from California and has been in Spain for years. Mainstream media has also echoed the official warnings in various news reports and articles which explain that this "new drug" is nothing like "normal cannabis" and is sweeping through Spain. Cannabis advocates have labeled this propaganda.

## NY ISSUES DISPO LICENSES TO CONVICTS

New York will become the first state to offer its first batch of dispensary licenses to applicants who have previous cannabis convictions. This differs from most states with legalized recreational weed, as they generally only allow those with a medical license to obtain a rec license. The intention of the state's Marijuana Regulation and Taxation Act is stated to be in line with social equity, with the intention of removing excess barriers that typically create an unfair advantage for corporations and large companies. The first retail dispensaries are expected by the end of year.

OCT 29 | HARAMBE CAFE  
**ABRACADABRA HALLOWEEN BASH**

Halloween Costume Party **ENTERTAINMENT:** Magician, Balloon artist, Juggling, Dab Bar Access, Smoking Patio, 30+ MEGA RAFFLES. Costume Contest winners- 1st, 2nd, 3rd place + best couples costume. **FOOD:** Dinner by Casa Milano; Halloween Punch, water, coffee and light desserts provided. **GIFTS:** Mary Jane T-shirt, Cactus Tote, Photo Booth, Mega Raffle Ticket.



Recommended Listening: *Thinking* by Louis Cole

## CANNABIS MARKETING COURSE COMING TO UNIVERSITY

The Haworth College of Business at Western Michigan University is offering a new cannabis marketing course starting in spring 2023. WMU Haworth's food and consumer packaged goods marketing program is one of the top food marketing programs in the country and will now include legal cannabis. The class will focus on the history of cannabis, ethical and responsible marketing, consumer traits, retail channels and more. The new course is designed to equip students with the necessary tools and background to successfully enter the cannabis industry. Find more information or enroll at [wmich.edu](http://wmich.edu).

## ARIZONA EVENTS

**SEP 18 11am - 6pm**  
Cannafest 2022  
@155 W Hampton Ave, Mesa, AZ 85210

**SEP 24 All Day**  
Nirvana Center, Phoenix 6yr anniversary  
@Nirvana Center, Phoenix

**OCT 1 5pm**  
Tonic Block Party  
@Union Station

**OCT 29 6pm - 10pm**  
Abracadabra Halloween Party  
@Harambe Cafe

tonic

\$1 from every Tonic sold in Arizona during the month of October will be donated to the Wendt Breast Cancer Program at St. Joseph's Foundation. All donations go towards ensuring our community members have access to the best breast cancer care possible, allowing more patients to receive life-saving treatment!

## AZ CANNABIS DEALS

**SEPTEMBER Marigold Dispensary**  
Labor Day weekend (9/2-9/5) - 25% off Aeriz; Fig Farms 2 8ths & pre-roll for \$80 | Mondays - Aeriz 8th BOGO; 15% off Melted | Daily in September - \$10 Aeriz pre-rolls until 11am

**SEPTEMBER Stinkys Xpress Lube**  
Bring your dog. Get \$5 off

**SEPTEMBER The Mint Dispensary**  
Now Delivering from the Infused Kitchen, visit [Mintdeals.com](http://Mintdeals.com)

**SEPTEMBER The Superior**  
Spend \$50 Get free 1g PreRoll; \$10 off \$100 new MMJ; BOGO Big Bud farms Cartridges; Buy 2 Hash Chocolate Bars, Get one Free; 10% new out of state

**SEPTEMBER Lokee Vape**  
15% off purchase, use code CC15, visit [LokeeVape.com](http://LokeeVape.com)

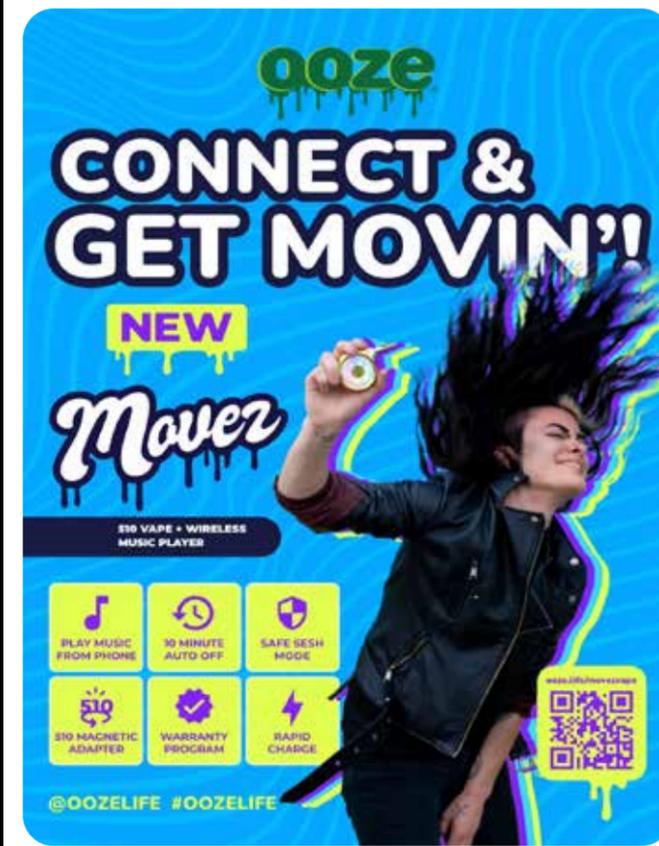
**SEPTEMBER Zong Glass**  
10% off for students, MMJ, and Cannabis Cactus Readers

**SEPTEMBER Debbie's Dispensary**  
In-House 8ths: \$25 Mon-Thurs; \$20 Fri-Sun

**SEPTEMBER Triton Smokeshop**  
Discounts for Veterans, Seniors, FA/DA cardholders, & Medical Patients

**SEPTEMBER Nirvana Center**  
BOGOS & RAFFLES, (6 yr anniversary event on September 24)

Want to list your events or deals here?  
Reach out: [cactus@cannabiscactus.com](mailto:cactus@cannabiscactus.com)



# Pot & Pets

by Kelly Mahoney

I live with an anxious dog. This little chi-weenie hates the same things many dogs hate: thunder, gunshots, fireworks, car backfires, etc. Unfortunately for him, we live in the Texas hill country where the 4th of July and New Years' firework celebrations seem to last all month, with plenty of noise to cover the gaps in the off time. This sweet little dude is my roommate's dog and, for example, during a big thunderstorm, he'll shake, pace, and try to hide in the deepest, darkest corner he can find. Until the next big noise scares him out and the process repeats. In an effort to help calm his nerves and help him sleep, his owner has taken to giving him CBD oil before big storms or firework-heavy holidays. On a purely anecdotal level, the CBD does seem to help him relax and eventually fall asleep somewhere visible, which is absolutely a plus, but it got me thinking: how do cannabis products affect our pets? With more access to cannabis across the country for human consumers, access has also increased for their canine and feline companions.

As a sidebar, this article will mostly revolve around domestic companion pets. More specifically, cats and dogs. This isn't an effort to disregard my lizardfolk, bird people, and rodent fans. I see you, exotic pet lovers, and I respect your commitment. While we've made significant strides in understanding the human endocannabinoid system and the benefits of cannabis for people, there is little evidence to support these same benefits in our beloved cats and dogs.



## What We Know

As an adult, I've been both a dog and a cat owner and in my experience, my dogs were always way more curious about my cannabis than my cats were. In fact, I have a dog named after the first cannabis plant I brought home and trimmed while he was a puppy and continuously tried to steal nugs from me. His name is Diesel. He used to insist on a lap seat during our smoking time and when he was over it, he would leave to play with the other dogs, all as uninterested in what we were up to as he was interested. Diesel is not the first dog I've known who seems to be overly curious about my cannabis and I doubt he'll be the last, as dogs are often known for their curiosity - and proclivity to eat pretty much anything.

What do we know about cannabis and our pets? Well, first and foremost - and maybe I forgot about it but this felt like news to me - the endocannabinoid system (ECS) is "common to nearly all animals except the Phyla Protozoa and Insecta". This means that with the exception of the single-celled animals called protozoa and insects, all animals - vertebrates and invertebrates - have been found to have an ECS. And that means that your dog, cat, ferret, lizard, or pet leech also has an ECS. While we know that these animals all have an endocannabinoid system, it's important to understand how it functions in regard to individual species in order to safely administer cannabis products to our pets, and that's where the complications start.

Well, I suppose it's less of a complication so much as it's just a lack of scientific evidence and regulatory oversight.

So, your dog and your cat both have an endocannabinoid system. Now what? Aside from that, it seems like what we know about what the ECS does for each species is a resounding shrug. The veterinary community has taken the federal legalization of hemp in 2018 to push for further research into cannabis, particularly CBD products, and the possible benefits it may have for our pets. For now, we at least have a little basic information to work with.

It is believed that the ECS in our pets works similarly to our own, playing a part in regulating bodily processes and functions, like appetite, sleep, pain and inflammation, motor control, and more. CB1 receptors, which are mostly found in the central nervous system, and CB2 receptors mostly found in the peripheral nervous system, bind with the endocannabinoids your body produces and cannabinoids found in the cannabis plant and send signals that help your ECS regulate these different functions. The difference between us and our pets seems to lie in the distribution of those receptors, specifically in our dogs.

THC, which is the primary psychoactive compound found in cannabis, primarily binds with CB1 receptors. In dogs, these receptors have been found in higher numbers in the "hind brain structure", which includes the cerebellum, brain stem, and medulla oblongata. What this means for our canine friends is that the effects of THC can be more dramatic and possibly dangerous.

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## "Marijuana Toxicosis"

I'm sure we've all seen at least one video of someone's doge looking zoned-out, rocking back and forth, because they got into a stash they shouldn't have, but have you ever heard of "marijuana toxicosis"? I hadn't, and to be completely honest, it was a little difficult for me to not dismiss it outright. As a cannabis consumer, I've heard every lie about how "dangerous" cannabis can be and have spent years and years praising cannabis for its safety. But, I reminded myself that I'm not a veterinarian and knowledge is important, so I kept doing my research.

Most commonly reported in dogs, "marijuana toxicosis" occurs when a pet ingests cannabis. Usually an accident, they ingest either homemade or commercial edibles, concentrates, or plant matter and can experience a range of adverse effects. These effects can range from lethargy and lack of coordination to incontinence and slowed heart rate. Dogs may also experience something called "static ataxia", a unique neurological reaction to THC exposure that is believed to be a result of the high number of CB1 receptors in the cerebellum. The swaying and inability to stand still I've seen in countless "stoned dog" clips now seems attributable to static ataxia.

While "marijuana toxicosis" sounds particularly dangerous, there are steps you can take to help your pet out of this bad trip. First and foremost, it's important to contact your vet. Just like people, different amounts can affect your pets differently and it's important to consider not only underlying conditions your pet may have but also adverse reactions based on what your pet consumed. For example, your vet will likely have to treat the dog who ate a brownie differently than a dog who got a hold of plant matter.

The age and size of your dog as well as the amount of product consumed can all help your vet decide on the best ways to proceed.

It's also important to note that synthetic cannabinoids can result in more severe signs of "marijuana toxicosis", such as aggression or tremors, and may be treated, medically, as poisoning.

Depending on your dog, symptoms can range from a sleepy pup with dilated pupils and extra drool, all the way to dribbling urine, hypothermia, vomiting, and tremors. These symptoms can last 18-24 hours for most dogs and can often be treated in the hospital with medications, temperature regulation, and IV fluids. In more severe cases where higher amounts of or more concentrated forms of THC are ingested, vets may administer charcoal to induce vomiting and stop the absorption of more THC into the bloodstream.

Most dogs recover in 24-36 hours, but it may take up to 72 hours for your pup to make a full recovery. Again, recovery often hinges on just how much THC that dog managed to get into its system.

According to my sources, there have been 2 reported deaths associated with dogs eating edibles made with "butter with concentrated THC", but there was no further information on these cases.

The general consensus, for now, is that THC isn't very good for your dog and if you are giving your pet cannabis products, the THC content should be under 0.3% to avoid toxic doses.

Kelly Mahoney worked at a medical cannabis Co-op with her mother, Laura Mastropietro, helping new patients acquire their medical cards and advising on strains and methods. Diagnosed at a young age with spinal muscular atrophy, she is a medical cannabis patient and advocates for the incredible benefits, and downright fun, of cannabis. She now lives in a prohibition state as a cat mom and gamer wife.

*The veterinary community has taken the federal legalization of hemp in 2018 to push for further research into cannabis, particularly CBD products, and the possible benefits it may have for our pets. For now, we at least have a little basic information to work with.*



## CBD and Your PET

While THC is generally something to be avoided for your pets, CBD products are abundant. I can remember cannabis pet products all the way back to my earliest days in the cannabis community, though whether those were primarily CBD products escapes me. Regardless of my failing memory, the federal legalization of hemp, and subsequently CBD products, in 2018 opened the market for even more CBD products for you to give to your ailing pets.

Just as your pet's endocannabinoid system works similarly to the human ECS, giving your pet CBD may help manage anxiety, seizures, chronic pain, and inflammation. The prevailing issue isn't that CBD, and other cannabinoids found in cannabis products besides THC, may help our pets with certain issues, it's that there is a lack of regulation within the industry. A lack of regulatory oversight has resulted in cases where labels are inaccurate when it comes to THC or CBD content in the product, or there may be pesticides or additives that may be harmful to your pet. Third-party verification can be a useful resource when vetting - no pun intended - CBD products for your furry friends.



## Doggie Bag

The takeaway here is that we're still in the very early stages of learning all that cannabis can do not only for us, but for the pets that we love as well. All we can do for now is use the knowledge and the tools we've already amassed to make the best decisions for our furry friends we can. If you're considering cannabis as an option for your pet, make sure to speak to your vet first.

Recommended Listening: *Brush Your Pet's Hair* by The Wiggles

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# INFUSED PIZZA & GARLIC KNOTS



**Yield:** 1 Large & 2 Personal Pizzas

**Prep Time:** 1½ - 2 hrs

**Bake Time:** 10 - 15 minutes

**Tools Needed:** 1 - 2 pizza pans, crockpot, small mason jar, foil, bowls, whisk, fork or pizza docker, pizza cutter

## Ingredients

- 2 jar Romanelli's Pizza Sauce, 16 oz
- 2 Romanelli's Frozen Pizza dough ball, 20 oz
- 1 bag Shredded Mozzarella cheese, whole milk
- 1 Aeriz Dablicator (900mg - Durban Poison), Use whatever strain you want
- ½ cup Olive Oil
- ¼ cup Butter, softened
- 1 tsp Basil, dry
- 1 tsp Oregano, dry
- 1 tsp Parsley, dry
- 3 tsp Garlic, minced
- 1 Bell pepper, chopped/sautéed
- ½ bag Pepperoni
- ½ cup Any extra toppings you desire
- ¼ cup Cornmeal
- 1 cup Flour

Did you make this pizza snack? Post a photo with **#CannabisCactusRecipes**. We love to see your work!

If you have any questions, send me an email at [rubyredconfections@gmail.com](mailto:rubyredconfections@gmail.com) or find me on Instagram or Facebook [@RubyRedConfections](https://www.facebook.com/RubyRedConfections)



by Dorothy Lawson  
@rubyredconfections

With fall season quickly getting back into swing, I'm thinking pizza and garlic knots. How 'bout you? My favorite place since I've been a little girl has always been this cute Italian deli. I usually go for their cannoli's or cookies! Just recently, they started canning their own pizza sauce and about a month ago, I noticed that they also have frozen pizza dough. And what do you know, it's amazing! The house smells like a cute Italian deli and it is absolutely delightful. This month, you'll learn how to infuse Aeriz's new Dablicator oil into an infused olive oil that will make the pizza sauce medicated. The Dablicator oil is great for dabbing and for making tarantula joints out of. On the flip side of medicating, it's already activated which makes it great for infusing, saving time. You can choose to make a 100mg pizza or a 1000mg pizza, that part is pretty much up to you. The syringe has dosage notches, each notch is 50mg, so you know how much you're using. You'll infuse this into the olive oil, then this infused olive oil is mixed into the pizza sauce. You can use this sauce for the pizza sauce and garlic knots, but if you want a large pizza and garlic knots, get 2 dough balls. After getting your pizza supplies, remember to drop by Marigold dispensary to get the newest Aeriz drops and make sure to pick up a Dablicator or two. They're kinda fun to use and you'll likely want to make a medicated pizza again very soon! Buon appetito!

## Instructions

1. Think about how medicated you would like for the pizza and marinara sauce to be. This recipe makes 2 large pizzas or 4 personal pizzas or 2 personal pizzas with a batch of 16 garlic knots. Know that if you are making stronger dosage pizza it would be best to infuse more concentrate instead of using more olive oil in your pizza sauce. For this recipe, you'll need to infuse 1 Dablicator. More if you want a higher dose, less if you want a lower dose. Consider what dosage is right for you before you do anything and make a note.
2. First you'll need to infuse your Dablicator oil into your olive oil. You will need a crockpot, set it on low and make a water bath. Fill the crockpot with just enough water to cover the height of the oil you are infusing. Add the olive oil to the mason jar and add 1 Dablicator to the oil. Cover the jar with foil and place into your warm water bath. Cover the crockpot in foil to keep the heat in. Cook and mix periodically for 15 hours, so that the concentrate fully dissolves and the oil looks uniform in color. Your oil is now ready to use.
3. Preheat oven to 550° F. You will have a potency loss baking at 550° F, just keep that in mind. You want to be sure to heat the oven that high, so that you get a nice crunchy crust. Whisk together the jar of pizza sauce with your infused olive oil, so that the oil is fully mixed. Reserve ½ of the sauce for garlic knots, if you're making those or for dipping the crust. Dust the pizza pan with cornmeal.
4. If you are making garlic knots, cut the dough in half. Place dough in flour before stretching and oil your hands with olive oil. Stretch the dough by pinching your index finger and thumb together on opposite sides of the dough and then stretching, until you have stretched the dough to about 10" for a personal pizza or about 16" for a large pizza. Place dough onto pizza pan. Make small holes in your dough with a docker or a fork. Top the pizza dough evenly with your medicated pizza sauce. Next top with mozzarella cheese and whatever toppings you crave. If you're making garlic knots too, dust the pizza pan with cornmeal, then punch down the dough and cut the dough into strips. Roll the strips into a long rope, then knot the dough. For the garlic knots, top and brush with minced garlic and butter.
5. Pop in the oven and bake pizza for 10 - 15 minutes and garlic knots for 8 - 10 depending on your preference. Check half way through and rotate if needed.
6. Serve and enjoy!

**Dairy-free:** omit the cheese! We routinely cover the entire pizza in pepperoni instead!  
**Toaster Series:** Bake garlic knots a ¼ batch at a time. Freeze the rest for later!

Recommended Listening: *Gimme Some Pizza* by Nathy Peluso

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# Sour Cherry Shrub

by Warren Bobrow

I want to talk to you about Shrubs, no - not shrubberies. That's another topic entirely. The drink that I'm calling attention to is called a Shrub because it is acidulated. In plain words, it has vinegar added to the mix. Why? Mostly because in the day before electricity, foodstuffs would go bad quickly and with stomach-churning consequences.

Isn't the original idea of a cocktail supposed to quell the sour stomach?

Now the early apothecary featured many curatives to alleviate the sour gut. Food was usually the culprit here. Without refrigeration, food borne illness was prevalent and usually fatal.

But everything is not doom and gloom. The addition of vinegar to a craft cocktail for instance, preserves the other ingredients in the drink, as well as offering a panacea to the gut.

Many people take a tablespoon of apple cider vinegar before bed, to aid in digestion. I offer a cocktail that contains the Italian version of vinegar, made from the must that's left over after wine making is finished. This combination of grapes is never thrown out because mere drops of the

stuff command stellar prices. They call it balsamic vinegar and it's a pricey commodity.

Added to a craft cocktail, the layers of flavor balance out the tangy qualities of the vinegar itself. A true shrub is fermented. Sometimes bartenders don't have enough time to go through an entire fermentation period for their Shrub. In this case I recommend the use of white balsamic vinegar in addition to the other ingredients. The subtle sweetness along with the tangy quality of the vinegar is gorgeous with mint, fruit, vegetables, or even tomatoes. All delicious in a craft cocktail.

The Spiced Cherry Shrub - enlightened by your favorite strain of decarbed cannabis.

With their tart, crimson flesh, and their finger - staining juices, cherries are the very embodiment of late summer and the early fall months. They do have a short growing season, so this shrub is easiest when you start with freshly pitted fruit. It takes about a month to really come into a well-crafted Shrub.

## The Spiced Cherry Shrub

### Ingredients

- 1-2 pounds of dark red cherries, pitted and picked over for stems and pit fragments
- 1 cup Demerara Sugar- that's the funky sugar!
- 2 teaspoons Chinese Five-Star Powder
- Zest of a Meyer Lemon
- 1 Cinnamon Stick
- 1 Cup Sweet Balsamic Vinegar infused with 1oz of the DeCarbed Cannabis of your choice (I used the Levo2 for my infusion)

### Process

1. To a Ceramic (glazed, please) bowl, add the cherries with the other ingredients
2. Place in a cool/dark location covered securely with a cheesecloth and a ceramic plate over that
3. Let sit in your kitchen pantry for one or two days
4. Strain the fruit out of the mixture and set aside
5. Press the fruit to release all the secrets, combine with the vinegar mixture and bake muffins with the pressed fruit
6. Cover the bowl and refrigerate for about a week
7. Heat the mixture to just simmering and turn of the stove, let cool
8. Add the Shrub to rum punches, cook it down to be a concentrated cherry tincture and add to recipes. It's got an ounce of weed in it. Be careful!



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# THIS IS HOW WE ROLL



## Mimi, Leti, and Bernardo

**Ages:**  
22, 24, 23

**Location:**  
Merida, Mexico

Mimi is originally from Rome, Italy, but has been living in Merida for 7 years. I've known her for 3 years. I invited her for an interview and she brought her 2 friends with her, so we made it a group interview. Leti and Bernardo are both from Merida.

### What do you do for work?

**Mimi:** Right now I just smoke weed, and I'm cooking Italian food, and cookies for sale.

**Leti:** I'm working at an Italian restaurant, cooking.

**Bernardo:** I am a translator for a company in Spain. I translate from Italian to Spanish.

### And for fun?

**Mimi:** I like to cook and smoke weed with friends.

**Leti:** Sing, Dance, I love to sing Karaoke. Every Monday I go to the bar and sing karaoke. My go to song is I will Survive.

**Bernardo:** Listen to music, watch anime. My favorite right now is One Piece.

### Currently listening to:

**Mimi:** Right now, I'm listening to Miley Cyrus, all of her albums.

**Leti:** Willow Smith, Aleman (A Mexican rapper) and Miley Cyrus, but her Hannah Montana era.

**Bernardo:** Kendrick Lamar, his last album

Interview by Gabriella Giannini

Recommended Listening: *Savior* by Kendrick Lamar

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### Best music when high?

**Mimi:** Heavy Metal and Screamo

**Leti:** Techno, but like dark techno, really trippy, but I also like listening to Disco and hip hop

**Bernardo:** Hip hop mostly, but sometimes just the soundtrack of the game I'm playing.

### What is your favorite way to consume cannabis?

**Mimi:** Joints, I'm always smoking joints. My favorite is blunts, backwoods and swisher sweets.

**Leti:** I like joints, and I like bong. Sometimes I mix tobacco in my joints, or flowers like bugambilia or rose. I pick them myself, clean them, dry them, and smoke them. Sometimes I like a good old gravity bong too.

**Bernardo:** My favorite is the blunt, but everyday I smoke the bong. It's the easiest, fastest.

### So you roll your own?

**Mimi:** yeah, I roll in like 4 or 5 seconds. I make my own tips.

**Leti:** Yes, I do take my time with my joints. I have a metal chopstick that I use to shape the paper so it's perfectly straight. Then I add the filter. I add my granddad mix. I love my joints to be perfectly straight.

**Bernardo:** Yes, but I don't have style, I roll whatever style. Mimi showed me a new way to make a joint with cat ears.

### Do you have a favorite strain?

**Mimi:** You cannot be sure what you're buying here. But I think it depends on the mood.

**Leti:** I think I've stopped caring because like Mimi said, you can't really be sure what you're buying, unless it's from a trusted friend's plant. But as long as it looks good and is cheap, I'm ok with it.

**Bernardo:** As long as it doesn't give you a bad trip, or make you paranoid.

### Do you have any personal cannabis rituals?

**Mimi:** In the morning, before breakfast, and before cooking I take 2 bong rips. In the evenings we walk out to the mountain and go smoke. There are snakes and tarantulas out there, but it's our new ritual.

**Leti:** I wait until after 12 am when everyone is already asleep at my house. And then I smoke out the window and I either watch a TV series or youtube videos.

**Bernardo:** Wake and bake.

### Do you have a favorite codeword for being stoned?

**Mimi:** pachequeando

**Leti:** Pacheca

**Bernardo:** Pacheco



### Best / strangest stoned food combo?

**Mimi:** I was making teriyaki, and I added too much sugar, so it ended up being so sweet, too sweet. The best food was this big ass focaccia that we made for his birthday. It was cake sized. I added garlic, rosemary and tomatoes on the top and some onions and sesame seeds. It was so crunchy and then fluffy on the inside.

**Leti:** I don't remember my worst food combination, but my best food, I actually made with Bernardo. It was a Gansito (a small cake) with Marzipan on top. It was a combination of efforts and still today, one of my favorites, you can get something creamy like peanut butter in between then you dust the top with the mazapan. I wanted to make some pasta alfredo but I didn't have everything I needed, so I just improvised. I used cup noodles, cream, and some manchego cheese. I put it all in the pan, and it all just came out as one piece, like super thick, all the noodles stuck together.

**Bernardo:** You know I'm high every day, but the best thing we made was a lemon cheesecake, on the top we put some strawberries and blackberries and a little whipped cream on the side.

### Favorite cottonmouth remedy?

**Mimi:** Sour skittles, it makes your mouth water so much.

**Leti:** Sour gummies too.

**Bernardo:** Squinkles!

### Favorite movies when stoned?

**Mimi:** Mad Men. I've seen it 4-5 times through, and Modern Family, and Bojack Horseman, some more nature stuff and some shows about cooking with weed.

**Leti:** The Good Place, I also like watching reality shows like Hell's Kitchen, Spiderman: Ultimate Spideverse, is really fun to watch high, and La Rosa de Guadalupe. It's so funny. Also youtube video essays, or vloggers like Mina Lee

**Bernardo:** I like to watch Youtube videos or cartoons, like anime.

### Favorite smoking accessory?

**Mimi:** A bong or a one hitter.

**Leti:** Takis, fuego. The purple bag. You can smoke in the takis like a one hitter. But I also have a pipe that looks like lipstick.

**Bernardo:** The bong. I don't have many accessories to smoke.

### Any funny stories buying weed?

**Mimi:** My friend was trying to sell me some of his weed one time and we were going to meet by the music shop. My mom picked me up and I was like, "Mom, I need you to drive me around 2 blocks, I need to buy something. The guy got in the car with me and my mom and he was like "Oh, hi. Is that your mom? Hi Tia, do you want some weed?"

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### What's the strongest High you've ever experienced?

**Mimi:** I have 2 times. The first is when I smoked with your partner Adam. I really needed to smoke a joint and I was out on a ranch and we ended up meeting you guys. And Adam and I smoked in front of my mom. The second time I was eating this hamburger and fries, and this guy offered me a dab of wax, and then a bong rip, and then I found out that there was weed in the burger bun, in the meat and everything. I was so high.

**Leti:** Bernardo was actually with me. It was my strongest trip with weed. We got some beers from the store and then ended up at the house of a friend of a friend, and they had a moonrock. I was walking around on my tiptoes, I was floating. I wandered around for a while trying to get out of downtown, looking for landmarks while driving around. I finally turned down this street, and then suddenly there were police behind me flashing their lights, and I realized I was going in the wrong direction. I turned around and thankfully they didn't stop me. I finally found the way back home.

**Bernardo:** I ate a brownie this one time, normally they don't affect me so much. I was just washing dishes and all of a sudden it hit me. I got so dizzy and needed to lie down for some time. Mimi ended up showering with me because I was so high.

**Mimi:** I was tripping with him. It was so strong.



### Tell me your favorite stoned memory.

**Mimi:** For my last birthday, I bought a lot of weed and rented a house in centro. We ate lobster and potatoes. It was so great to be with friends, and eat good food together.

**Leti:** My favorite was the one time when I smoked the moonrocks.

**Bernardo:** The brother of a friend gave me a few nugs and he told me this is Wiz Khalifa's weed. I invited a friend to smoke it with me and we smoked it and we started to shake, we got so high. It was really good shit.

### Dead or Alive, your ultimate smoke sesh guest list?

**Mimi:** Miley Cyrus, and Snoop Dogg (Tio Snoop), Aleman, and Leti, and Leonardo Divinci, and maybe Giotto and maybe if she was a stoner, then my nonna. She has a lot of crazy stories from the war.

**Leti:** I'd like to smoke with my cousin. I haven't seen her in a long time and Shakespeare or Edgar Allan Poe.

**Bernardo:** Definitely Snoop Dogg, and I'd like to see Gordon Ramsey high, or maybe I would smoke with a monk, and maybe a comedian, or Tupac.

### Are you craving anything right now?

**Mimi:** A pizza and maybe a soup or a salad or a frappe. I think about a lot of food. I crave a lot of stuff.

**Leti:** I'm also craving pizza, pasta, or ramen, red velvet cake. Or a good onion soon.

**Bernardo:** An ice cream sandwich.

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## DESCRIPTION

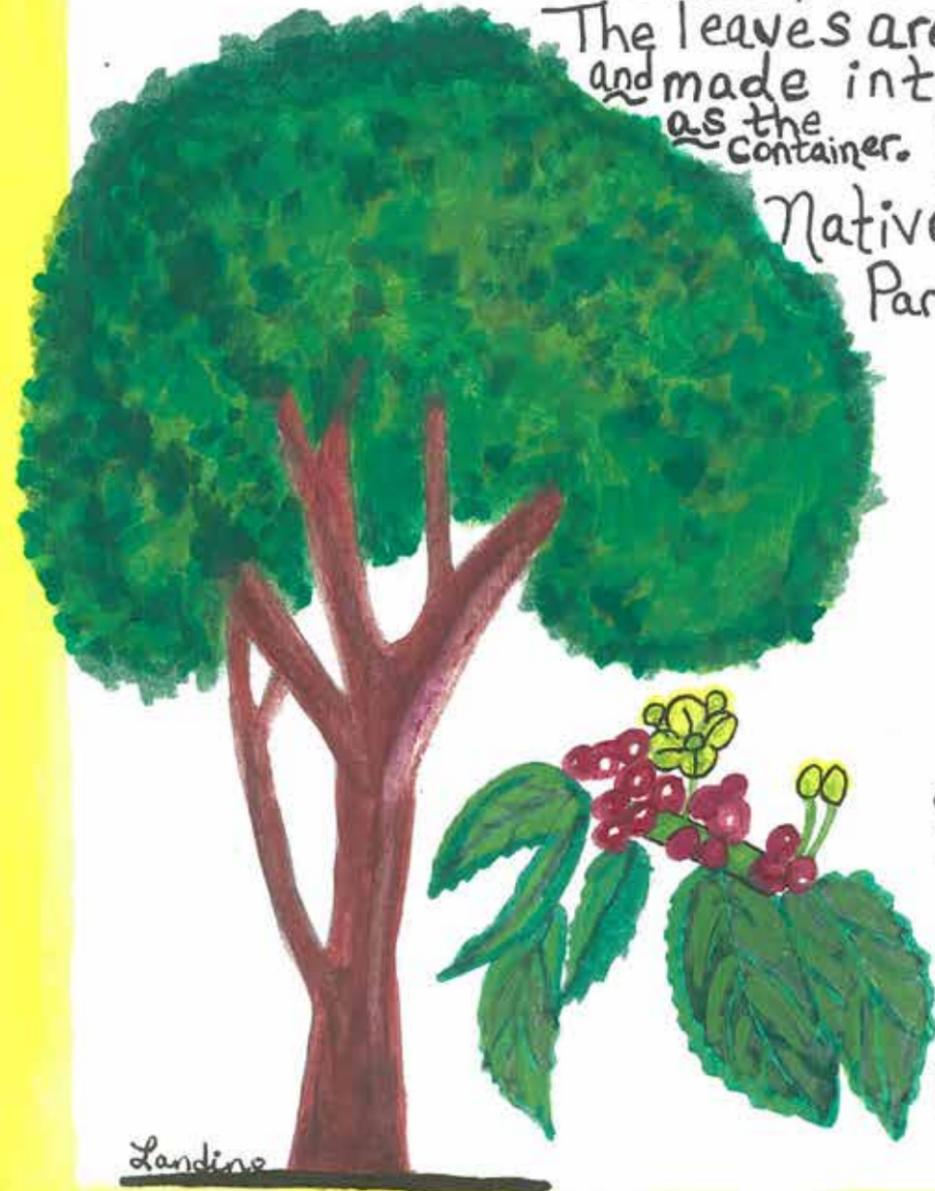
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# Patterns

Have you ever noticed that the more you look for something, the more of it you see, like out-of-state license plates, a certain color, or specific numbers? The human mind developed to find patterns for our survival. Animal patterns for hunting, plant growth patterns for farming and signs of danger for our survival. What if these pattern searching parts of our mind are not always beneficial in our current state of our species? This month I want to talk about the benefits of our pattern finding, some examples of some sticking points, and then a suggestion on how we move forward.

In early humanity, identifying these patterns were critical for our survival, both individually and as a species. The more a specific pattern is triggered, our mind naturally creates a wider pathway, like widening the freeway. This allows for things like muscle memory, where we have trained a physical movement pattern repeatedly until it feels natural to have that reaction to the trigger. The same is true for thought patterns as well, whether these are patterns of low self-esteem, fear, and . While there is a positive side to our minds' ability to work with these patterns, there are also extreme challenges as well.

We can get stuck in patterns of our own making, formed through our experiences. In order for our minds to identify patterns, it must apply

labels to everything. Applying labels like good, bad, need, enemy, or many others whether the label is true or not. These labels can be applied after being activated by a completely unrelated trigger. If we see someone on the street tapping their foot, that motion could remind us of a person from our past who was not trustworthy or hurt us. Now we label this person as dangerous or bad, and begin to feel fear all over someone tapping their foot to the beat of a song. These patterns may not always be to our benefit and can be causing us to recreate undesired or even neurotic behaviors. So how can we begin to work with our patterns?

I have found for myself that recognizing that I am driven by these patterns, starts to slowly unweave themselves. I begin to see myself react and then I see why I responded how I did and can begin to question my own woven patterns. Trying to begin letting go of my attachments to my beliefs and thought patterns, I find that when I look at the person tapping their foot again and see it as it is, I can begin to hear

the music playing that they're keeping the beat to. My fear of that person is suddenly obviously unjustified and quickly fades. This month I want to challenge us to try to recognize our own patterns and begin to question them. Inhale deeply what is happening around us and exhale our patterns that are no longer serving us.

By Rev Jeff Lanier



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# Mexico

## A Cannabis Traveler's Guide

by Heidi Keyes



As with much of the world, cannabis legalization in Mexico seems to be in a tenuous space, with a lot of gray area regarding what you can and can't do. Mexico has made headlines in the last few years with its intention to recreationally legalize cannabis in order to curb cartel violence. In 2018, the Mexican Supreme Court struck down cannabis prohibition, stating that its ban since 1920 violated its citizens' constitutional rights. I asked Gabriella Giannini, an American ex-pat living in Mexico, about the current state of legalization, and she said that "legal weed is still very much on the table here in Mexico. As of now, you can carry 5 grams for personal use. A couple of years ago, they started granting some permits to possess and grow for personal use, but full legalization was put on hold until 2022. If it passes, cannabis will be recreationally legal and people will be able to carry up to 28g and grow up to 6 plants for personal use".

That doesn't mean that you can just walk into a dispensary and purchase cannabis anywhere in Mexico, though. Legalization has been slow to happen, and where shops and lounges pop up, it seems to be the work of local activists who are often soon shut down due to "licensing" issues, although no licenses really exist. As someone who has been in the legal recreational cannabis industry since its inception in Colorado in 2014, I can confirm that this kind of circular push-and-pull is unfortunately very common. If you're looking to purchase cannabis in Mexico City, it's going to be a challenge. I don't recommend crossing international borders with any sort of product (a legal PSA!), so you're likely going to have to make a friend to get what you need in La Ciudad.

If not being able to get your product turns you off to a destination (I don't blame you!), then Mexico City might not be for you. But for us, it was an incredibly affordable destination for food, drinks, history, and adventure, so we decided to give it a shot... and thankfully, we had some local connects to guide us through our journey with a joint or two.

We stayed in the Juarez neighborhood of MDMX. This spot is described by locals as an up-and-coming neighborhood between El Centro (which is the historic center, and hosts the town square with the largest market in the city and the Metropolitan Cathedral, built in 1573) and Roma Norte, a hip spot for food, drinks, and nightlife. Our Air BNB was only \$200 for a WEEK (and 2 bedrooms, at that!). It wasn't luxury, but it was certainly a great location, and filled with locals, family parties, and music.

The apartment was also right next to the San Juan Market, which is listed as one of the best in Mexico City, and is a traditional Mexican market specializing in gourmet and exotic foods. Take a stroll through the market, and you suddenly won't be certain what country you're in as you're offered fried crickets at one booth and fish the size of your leg at another. You can sit and have a glass of wine and a plate of sopas, right next to a shop that sells only raw whole chickens. It's a really cool experience for buying snacks and crafts, and talking to locals who are there every day. I'm not a super fluent Spanish speaker but I'm always trying to get better, so I'm constantly looking for ways to practice conversations when I travel!



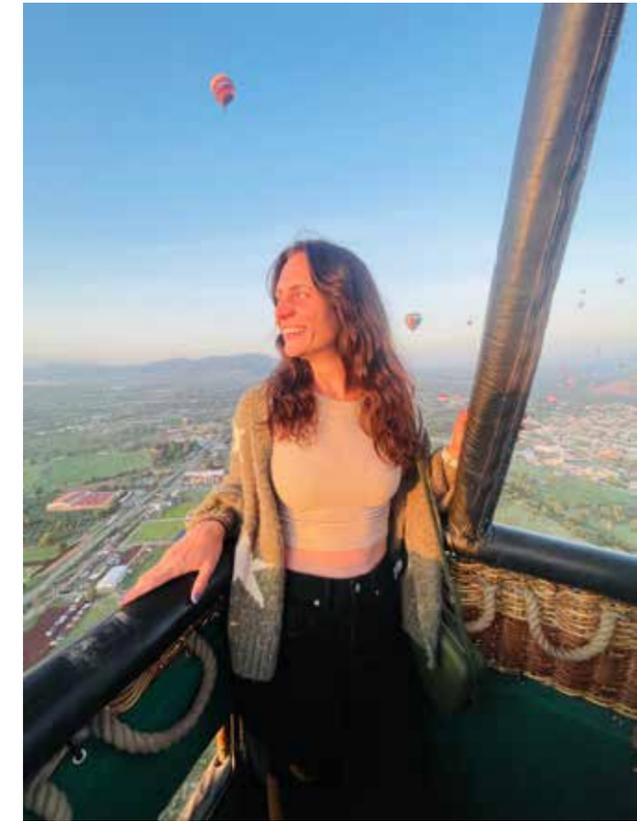
We're cannabis users primarily, but we also love to have great food and drinks when we're traveling, so we checked out a new local hot spot called Hanky Panky. This is a speak-easy that you'll enter through an unassuming local taco shop, but is gorgeous and funky inside, and offers delicious cocktails and even more beautiful presentation. This was also in the Juarez neighborhood, but our favorite spot nearby was Boca Roja, a wine and tapas bar started recently by Alejandro, who was born in Mexico City, grew up in Santiago, Chile, and returned several years ago to realize his dream of opening a restaurant. This was the only place we went to twice, and we were thrilled not only with the delicious wines and tapas, but the ability to have several drinks and a full meal for under \$20 per person. The atmosphere was lively, the local artwork was fantastic, and Alejandro and his team are exceptional hosts. I always love a business owner who is involved, and he is behind the bar serving food and washing dishes with the rest of his team, while also making great recommendations for your next glass of vino. While you're in the neighborhood, grab a coffee at local cafe Cicatriz, and either sit outside and enjoy in their courtyard, or browse one of the adorable surrounding vintage shops, bookstores, or plant shops, like Querencia.

A Mexico City MUST-DO is the port of Xochimilco, a canal system where locals live and work, and also come to party with tourists. No reservation is needed, and upon arriving at the docks, you'll be presented with a range of boat captains who will pilot your boat of up to 15 people for \$20/hour. We only had 2 people in our group, so it was a bit more expensive for us, but still COMPLETELY worth it! These canals are the remains of a vast water system built by ancient Aztecs, and are now filled with boats of party-goers, vendors of crafts, food, and drinks, and even mariachi bands who will board your boat and play you a song for a couple of bucks. A gigantic Tecate and some grilled elote will only set you back a few dollars as well (buying them from a boat floating by is so fun!), and you can bring your own food and drink on board if you choose. Xochimilco is about a 45 minute and \$11 Uber ride from the city center, so I recommend hitting the neighborhood of Coyoacan on the way home. This is the infamous artistic neighborhood where Frida Kahlo lived. You can visit her former home, which is now a museum of her work, for around \$20. Afterwards, it's fun to grab food and drink (and churros... we got churros every night, and had a running competition about which spot was our favorite!) while listening to music around the square.

I'm not a huge fan of tours, as I like planning things on my own time with options that are often a tad more affordable, but our favorite event of the trip was our hot air balloon tour over Teotihuacan with the company Flying Pictures Mexico. For around \$150 round-trip, Flying Pictures will pick you up with a private driver at 5:30am, and you'll fly to the outskirts of the city to jump on a hot air balloon around dawn. As the sun comes up, you'll have the incredible experience of seeing the ancient city of Teotihuacan, a vast archaeological site built around the year 1300. In its heyday, it was the largest city in the pre-Columbian Americas, and it is absolutely mind-blowing to see its remaining pyramids and structures from above. Dozens of other balloons full of adventurers also surrounded us, which was an amazing sight. I'm afraid of heights, so I was extremely happy to be able to enjoy a quick smoke and an edible before taking off... I nearly chickened out, but I'm so glad I did it, as it was one of the most incredible experiences of my life. Your tour even includes a champagne toast, flight certificate, breakfast, AND a trip into the ancient city sight after. This is a half day trip that I cannot recommend enough!

**A few tips:** Although it is helpful to know a little bit of Spanish, it is definitely possible to get around Mexico City without knowing any of the language, as most people speak a bit of English and are also very friendly. Most restaurants do accept credit cards, but pesos are required for many other purchases. As someone who often gets sick when I travel, I did unfortunately lose an entire day to illness, but having charcoal pills (just a few dollars on Amazon!) definitely helped me get back to feeling better quickly!

Much of Mexico City is my favorite thing: getting high and just wandering around to see what you'll find. We found so many great places to grab a snack, markets to explore, and secret spots to take a break in a bustling, loud, and busy city that never seems to sleep. Mexico City is safe, beautiful, historical, and offers SO many options in the way of food, culture, and just getting a little bit out of your comfort zone for a new adventure. Saludos, and hasta luego!



Read all of Heidi's travel guides at [cannabiscactus.com/travel](http://cannabiscactus.com/travel)

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# Pot & Politics

## What You Need to Know about Brittney Griner



BY Brittany Findlay

At 31 years old, standing a solid 6 feet and 9 inches tall without her shoes, Brittney Griner's social media shows her to be a mostly playful person, a dedicated athlete, and an adoring partner to her loving wife Cherrille. At the start of 2022, the two-time Gold Medal Olympian was this close to celebrating a full decade with the Women's National Basketball Association as a player for the Phoenix Mercury.

Sadly, in an unfortunate pivot typically reserved for blockbuster movies, Griner will now be adding "Russian Inmate" to her list of notable life experiences. No one saw that plot twist coming. But what exactly did she do, and was her punishment warranted and equivalent to what anyone else caught with cannabis in Russia would have been dealt?

Before the Russian attack on Ukraine began, on February 17, 2022, Brittany Griner was arrested for bringing illegal cannabis concentrate into Russia. For years Griner has played basketball with the Russian Premier League when she isn't in season with the Mercury here in the United States. Honestly, the Russian Premier League pays hundreds of thousands better than what she makes in the WNBA, though still nowhere near as good as she'd be paid if she were in the NBA, go figure. She was returning to Russia once again, for yet another season with UMMC Ekaterinburg, when the discovery of about 0.7

grams of cannabis concentrate was located in her carry-on luggage at the Sheremetyevo International Airport in Moscow. Less than 1 gram total, but cannabis is fully illegal in Russia. In a hurry to pack for her trip, Brittney claimed she unknowingly used a bag that had two vape pens in it.

In a sympathetic, yet conservative statement made by her Russian team UMMC Ekaterinburg, affectionately known as the Foxes, officials showed support for the player while being careful not to condone Griner's law-breaking behavior.

"We have known Brittney Griner only on the positive side for 7 seasons, during which she was one of the leading players in our team. Brittney regularly successfully passed all stages of sports and medical control of international and Russian authorities, she has never been subjected to any disciplinary sanctions during the years of playing for our team. For

all members of our team, what happened to Brittney was an absolutely unexpected and extremely unpleasant event."

The United States was being urged to appeal to Russia to #FreeBrittney. But this wasn't a movie...No one was there to save her, and this definitely wasn't the court Griner was used to spending time in. She was facing a total of 10 years of imprisonment in a Russian penal colony. A guilty verdict seemed inevitable to anyone informed and everyone was saying that fighting it was going to be a lost cause. So, after guidance from her team Griner pleaded guilty to the charges on July 7.



Judge Anna Sotnikova accepted Griner's guilty plea. Speaking before the sentencing was handed down on August 4th, Greiner said,

"I want to apologize to my teammates, my club, my fans and the city of (Yekaterinburg) for my mistake and the embarrassment that I brought on them." Griner continued, "I want to also apologize to my parents, my siblings, the Phoenix Mercury organization back at home, the amazing women of the WNBA, and my amazing spouse back at home."

The judge made it clear that she believed Griner had broken the law intentionally and a fine of 1,000,000 Rubles, or about \$16,000, would ultimately be attached to her punishment. And how much time would Brittney spend in prison in Russia? 9 years, said Judge Sotnikova. 3, 285 days for less than one gram of cannabis concentrate. Just short of the 10 year maximum, she might just turn 40 in there.

After the news broke, the WNBA released a short statement regarding Griner: "The unjust decision today is what it is, unjust. It is a terrible blow."

And the Phoenix Mercury followed suit, saying: "We love and support Brittney and at this time our main concern is her safety, physical and mental health, and her safe return home."

Not to be outdone, President Joe Biden had this to say about the sentencing: "Today, American citizen Brittney Griner received a prison sentence that is one more reminder of what the world already knew: Russia is wrongfully detaining Brittney," Biden said. "It's unacceptable, and I call on Russia to release her immediately so she can be with her wife, loved ones, friends, and teammates."

...Well, that sure is an interesting stance Joe, considering the truth and consequences of being caught with cannabis concentrate in say...Texas is pretty on par with the Russian punishment. Sure, Cannabis is legal in several states in the U.S., but in Texas, if you are found to be in possession of 1-4 grams of a cannabis concentrate you are up for a third degree felony - which carries a sentence of 2-10 years in prison and a fine of up to \$10,000. 2 old vape pens accidentally packed in your carry-on luggage in Texas, with the wrong TSA agent, and you could be going to the big house instead of on your vacation. Get a lawyer. Or better yet - just avoid Texas.

Though, to be real, it might not actually matter which state you're caught in, legal or not, because cannabis remains federally illegal and the security of legalization for cannabis users lies with the federal government downgrading - even removing - cannabis from its place as a Schedule 1 drug. But what about other American prisoners in Russia? A lot of supporters of Griner say she's been unfairly treated because she is a woman, or because she is black. The family of American Marc Fogel, a white man aged 61 years old, might argue that he is worse off than Griner. Marc had been living happily in Russia for almost 9 years, teaching at a school attended by the children of US, British, and Canadian diplomats. In August of 2021, returning to Russia from a trip abroad, he was found to be in possession of cannabis - concentrates and a few buds of flower. He was accused of intention to sell to his students and found guilty, landing himself 14 years imprisonment in a hard-labor camp. His sister is worried for him, Marc has had back surgeries, shoulder surgeries, and hip replacements over the years (which is why he chose to medicate with cannabis) and just isn't cut out to live in a work colony. Her brother has already been there a year and she's afraid he will die before his 14 years are up.

Brittney Griner however, has a chance to come home, much sooner than Marc and sooner than her 9 year sentence. Given her elevated status as a celebrity athlete, the 'powers that be' are discussing a prisoner exchange - one where Russia will hand over Griner and fellow prisoner (no - not Marc), former Marine Paul Whelan, who was arrested for and accused and convicted of spying on Russia in 2018 and sentenced to 16 years in 2020. In return, the United States will release a prisoner named Viktor Bout, a Russian arms dealer serving 25 years in a United States Penitentiary for conspiring to sell weapons to a U.S.-designated foreign terrorist group, among several other similarly related charges.

I think many people reading this would agree that Brittney Griner and Marc Fogel don't deserve to spend much, if any time, in jail for a relatively small amount of cannabis. We would also likely agree that the 40,000 or so people currently incarcerated in the United States for non violent cannabis-related crimes really shouldn't be rotting away in jail either. Where's the national outrage there? If all those prisoners played professional basketball would there be an easier exit from the prison system for them too?

What does the Cannabis Cactus Court think? Should Brittney Griner have been arrested? She did break the law... should she be punished for that or allowed to collect a Get Out of Jail Free card?

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# Aeriz Extraction

*The most valuable tool in the room is the experience of the operator.*

*Foreword by Michael Cassini*

Founded in 2016 and headquartered near Chicago, Illinois, Aeriz remains the largest aeroponic cannabis operation in existence. By 2018, vertical operations expanded into an Arizona facility that, by our observations, is clinically clean and committed to long-term sustainability. Aeriz reduces their carbon footprint by using sustainably sourced paper packaging. In 2021, the Aeriz board of directors committed to further environmental action by partnering with Pachama, a purpose-driven company modernizing forest carbon credits through forest projects that remove CO2. In this article, we introduce the Arizona extraction team who, like wizards of alchemy, have the creative task of processing cannabis flower into liquid gold. Aeriz prioritized acquiring a talented cannabis extractor along with the top of the line extraction equipment for their Arizona facility. Among the expensive machines, the most valuable tool in the room is the experience of the operator, Lawrence Lawson. We sent our writer Arturo Delgado, a longtime Aeriz fan himself, to cover the exclusive interview about Aeriz extractions with Lawrence Lawson of Aeriz.



Recommended Listening: *Aero* by athena

# Aeriz Extraction

**Live resins are made by taking fresh frozen cannabis and running it in a closed loop system to extract the oils and terpenes from the plant material, where it is then purged of solvents leaving a high quality extract (...)**



*Written by Arturo Delgado*

As some of you may know, I'm from the Chicagoland area. Ironically, one of our favorite companies, Aeriz, was started in my home state - but that is not where I first got to try their wonderful products. 2016 was a busy year. I had just moved here to Phoenix and the only Aeroponic cannabis brand in the U.S. was born and made a quick move by expanding here to Phoenix, Arizona. Aeriz began pumping out some really great flowers in the Southwest, but I got really big on dabbing around that time. If you know about the cannabis extract scene then you know high-quality, high-terpene extracts, especially diamonds, sauces and sugars, were a rarity in Arizona dispensaries at that time.

Aeriz must have noticed this and found the perfect candidate, Lawrence Lawson, to build a top notch cannabis extractions lab. Lawrence was already producing quality live resins for a licensed dispensary that I had already been shopping with and loyally buying his products. The funny thing is that what attracted me to that dispensary to begin with was their high-end extracts. They were one of the few around that time producing quality live resins and diamonds and sauce, so I guess it's safe to say that I have always been a fan of the work Lawrence has done.

The Aeriz extract division started about four years ago as basically a one man show. Walking into the current facility for the first time, Lawrence saw a butane extractor with some pieces sitting out that were not yet attached and five pricey vacuum ovens sitting out on the floor. They had a BR Instruments distillation machine on order but it had not arrived yet. The distillation system not only makes distillates but is used to do a final cleaning on their CO2 oil to make sure it is completely free of solvents. After weeks of building tables, equipment and cleaning the lab, Lawrence had Aeriz ready for production.

What always made me a fan of their extract line is that it is all high quality. You will hardly ever see shatter on the shelves, as they mostly produce live resins and now live rosins. Live resins are made by taking fresh frozen cannabis and running it in a closed loop system to extract the oils and terpenes from the plant material, where it is then purged of solvents leaving a high quality extract - most often times as sugar wax, although I have seen quite a few strains in Diamonds and Sauce as well. Live rosin is made by taking fresh frozen cannabis just like live resin, except it is agitated in ice water to knock off trichomes, which are then collected and freeze dried where it now becomes hash. Once you have the hash you press it using different micron bags and a rosin press which creates nice solventless extracts.

Another thing to note is that Aeriz is a single source facility. This means everything they produce in extract comes from their aeroponic grow in the same facility. A lot of extract companies, even if they do grow their own, still source cannabis from other grows to run in their systems. For example, Aeriz could probably purchase fresh frozen cannabis material from a number of companies and produce a ton of strains, but they don't. They choose to use materials grown by them, which to me also ensures the freshest and best quality especially with our AZ heat. When a grower has to transfer fresh-frozen material to a different facility miles away there is always risk of temperature changes in the flower. Every product Aeriz makes comes from the same facility and transferring flower from the harvest rooms to the freezer or lab is done very quickly.

You might be asking yourself: how can one man produce so many award winning products? The answer is that it's no longer a one man show - it's a handpicked team. Lawrence has been fortunate enough to build a great team whose members truly love the plant and care about their craft. Aeriz's extract lab is now a team of four that produces quality concentrate products and supplies dispensaries throughout the entire state of Arizona. It's pretty amazing to me that just four people are producing so many different quality products, so I definitely had to get some background information on the crew to share with you all.

After going through some helpers at the beginning, Jonathan began working in the lab and has now been a member of the team for about three and a half years. He joined Aeriz with about 2 years prior industry experience. Jonathan was actually one of Lawrence's team members from the previous facility who decided to make the transition to Aeriz not long after Lawrence did. Jonathan's job is basically managing the lab's daily operations. If Lawrence needs to be elsewhere or isn't in the lab at that moment, John can take care of just about any issue and has knowledge of all the machines and processes, so he can help out whenever necessary. Jonathan is more of a dabbler himself, and after asking his favorite strain, he immediately said the 8" Bagel (a new GMO cross) was phenomenal. I did get the opportunity to try the Live Resin and the new Live Rosins they are now producing. Both are highly recommended and are reviewed in depth on [cannabiscactus.com](http://cannabiscactus.com).

The third member of the team, Katie, was at a station operating a machine capping the new 'Dablicators' filled with Full Spectrum Hash Oil or FHSO, which is one of their newer products, containing activated CO2 extracted oil inside an easy dosing applicator. After being in the cannabis industry for about six years, Katie started at Aeriz about three and a half years ago. She worked in the trimming and harvesting department, then inventory, and then delivered to dispensaries, before making her way into the lab last year. When she is not working in the lab, Katie also works part-time at Marigold Dispensary. Katie said she really enjoys working with the company, so she tries to help out as much as she can and sees every experience as an opportunity to learn. Katie does not discriminate against different types of consumption; she loves both flower and concentrates equally. And finally, to her credit, Katie is the one hand washing all the live cannabis material to make the hash that's pressed into beautiful rosin. Make sure you visit Katie at Marigold, where you can shop the best selection of Aeriz rosins. Her favorite strain currently is *GMO*.

The fourth and newest member of the team is Tyler. Tyler has been in the industry for about two years, and actually got his start at Aeriz. Tyler started as a hand trimmer, then worked his way up to packager and plant inventory before finding his home in the lab. He started by helping out with the live resin process, but now works in the CO2 lab where all the CO2 (FSHO) Full Spectrum Hash Oil is made, as well as where the strain-specific terpenes are extracted. Coming from the flower part of the facility, Tyler has always found himself more of a flower guy, but working in the lab and getting a whiff of all those terps, especially the new *GMO* live hash rosin, has him transitioning into more of a dabbler. When asked his favorite strain, he said *Rainbowz* and 8" *Bagel*, which are both new strains from Aeriz.

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# Aeriz Extraction

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Before heading out, I had to ask Lawrence if he had a particular favorite, and although he had some difficulty choosing, he seemed to settle on one of their older strains - *Gorilla Dasha*, which they barely see in the extraction lab because the flower is so pretty as-is. He also recommended the *8" Bagel*, which I must say is phenomenal. Aeriz has continued raising their standards with new improvements, some of which are already on the market, like new packaging for flower and extract. Retail flower will be sold in glass jars and extracts will be sold in solid white jars with embossed tops, to make sure no light penetrates the glass. This prevents light from altering the rosin, and keeps flowers as fresh as possible. With thirty active strains and eight more coming soon, we can expect more classy products from Aeriz. With any luck, every new strain offered in flower will hopefully be available in concentrated form.

I would personally like to thank Lawrence and his team for giving me the opportunity to discuss Aeriz hash products and to learn more about the people behind a brand that I truly love. I can say with confidence that Aeriz is one company who has never disappointed me when it comes to their cannabis extract production. They, hands down, make some of the best cannabis live resin concentrates I have

ever had and the new hash rosin strains are also phenomenal. I would also like to thank Lawrence for the parting gifts. He gave me a gram of *GMO* rosin and a *Gorilla Cookies* FSHO Dablicator. *GMO* is easily among the best solventless extracts in the state of Arizona, and I will confidently bet money on that. The versatility and ease of use of the FSHO dispenser was super convenient. You can read our FSHO Dablicator review at [cannabiscactus.com](http://cannabiscactus.com) if you're thinking of buying an extract product that is easier to dose and ingest.

If you are looking for either of these products, they are available at Marigold Dispensary, the home of Aeriz. My aunt, who passed away last September, loved Aeriz *Lava Cake* and *Ice Cream Cake*. Living in Illinois, she unfortunately was unable to try the concentrates from the Arizona team but Aeriz will always hold a special place in my heart because she loved their flower. It's especially fitting that I am asked to write this article exactly a year after her passing.

Check out the *Ice Cream Cake* review in this month's 'Cactus Approved' review section. Thank you to Lawrence and Aeriz, and special thank you for reading my work. Stay High everyone!



# Cactus Top 3 Picks

Reviews by Arturo Delgado - @tookie\_terpenestein.

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AEROPONIC  
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## 1. *GMO Live Hash Rosin* \$60 a gram

*GMO* has always been a favorite of mine from the team over at Aeriz and is available in both flower and Live Resin. Live Hash Rosin has never been available until now. The smell was of pure garlic and onions, with a slight mellow mushroom trailing off the back end. The flavor is phenomenal, everything one would expect from a good *GMO* with a nice gassy twist. The effects were strong, hard hitting and long lasting. A must try for all Hash Heads across the Valley. Definitely nice to see another dope team producing good hash in AZ.



## 2. *8" Bagel Flower* \$45 an 8th

After interviewing Lawrence from Aeriz and hearing about the new *8" Bagel* strain, I just had to try it. This strain was created by crossing the classic *GMO* with *Project 4516*. The result is this new phenomenal strain that actually smelled like an everything bagel. The *GMO* brought the garlic and onion where the *Project 4516* seemed to bring a nice grainy earthiness. Truly a unique strain, I have never smelled or tasted anything like it. The flavor started with garlic but smoothed out into a subtle earthiness that was quite pleasant. The effects were strong and a little more on the relaxing and sedative side. I cannot wait to try this strain in Rosin form.



## 3. *Jenny Kush Live Resin* \$45 a gram

Forrest Gump said "Me and Jenny go together like peas and carrots." I may love Jenny as well, but not peas and carrots; I'm sure glad this Live Resin from Aeriz did not smell or taste like either of those. This *Jenny Kush* from Aeriz was a very sweet and flavorful choice. Being a perfectly balanced hybrid, the effects were a great mix, being both relaxing and uplifting. This strain will not leave you feeling tired or groggy whatsoever instead you will find yourself feeling a nice euphoric cerebrally uplifting buzz.



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# Canna Get Some Help?

...YES

Shane Stanford

## Me getting over it in 4 easy steps



Today is today and tomorrow is tomorrow. A lot of people get by like this. They get by day to day, minute by minute. This could be because of several reasons, but the leading reason in the United States is depression. At the beginning of 2019 8.4% of Americans were diagnosed or had admitted to being depressed. That number has drastically increased. The current percentage of Americans that are depressed is at an all time high of 23.2%. This could be because of the huge medical crisis (Covid-19) we all went through or it could be things like death, finances, divorce, job, illness, or even a personal upsetting life moment. Several things in our lives can cause depression, but there are things out there that can help us when we are feeling down and out. There are people out there that can help us. But before we drive too far down the helpful roads lets chat a lil more.

When you think of depression, what do you think society portrays it as? What do you portray it as? Well most think and go to a couple assumptions, like can't get out of bed, eating buckets of ice cream, crying all day, and self harm. But is that really what it looks like? Or is that what the media made us believe and see? Well I can speak from firsthand experience. Granted it's only my experience and take but it's a real one it's not media portrayed. I've struggled throughout my life with depression for several reasons and I bet for those of you who know me and follow me on social media you couldn't tell or even notice when I was down and out. Depression can be masked with comedy, staying busy, and being the life of the party. Yea it sounds a bit confusing right? Well let's look at Robin Williams. He was one of the greatest comedians and comic actors who hid and battled his severe depression with his comedy. Like Robin Williams said "I think the saddest people always try their hardest to make people happy because they know what it's like to feel absolutely worthless and they don't want anyone else to feel like that." It honestly couldn't have been described or said any better in my opinion. We know how it feels to be alone, worthless, scared, etc. Robin Williams also had quite a few jokes about weed. Some of the best if I might say so myself, but not only did he joke about weed but he also was a big advocate for it. He realized the medical benefits well before it was legal in any state.

Well Robin wasn't the only one who figured that out well before mainstream did. I personally have used cannabis for several reasons, for quite some time now too. One reason being mental health. Yup that's right we're all not perfect! We all have our problems, issues, and/or demons. In other words we all have closets with things in them. Well... I've learned if you hotbox the closet it makes things easier to cope with and deal with. LOL. JK but not really. I mean seriously look back at a time you weren't feeling the happiest or most MOTAvated. (Yup I just used the word mota, lol) Anyways when those times happen, well let me start off by saying this if you use cannabis and those times happen what's one of the first things you turn to? For me it's a few nice fat Zong bong rips or even nice fat zig zag hemp wrap blunt. Either way whatever you choose to smoke that's typically the first thing we go to. That is because the chemicals found in cannabis work phenomenally well with the chemicals within our body and mind. That's a whole other story though. I'll get into that another month. But anyways back to depression and cannabis. Most of us have known it's truly a medicine, but the "man" wouldn't admit it for years. So, many were forced to self medicate and so many never had the opportunity. Until now! So this is the time we need to speak up and teach. We need to let the world know we aren't perfect and neither are they. We need to educate others on the amazing benefits of cannabis. As a long time pothead, stoner, cheifer, toker, smoker, whatever you wanna call it I feel we have that responsibility. The responsibility to teach and pass on the knowledge and experience we've obtained over the years and even decades we've smoked.

Some may have noticed I went m.i.a for a few months. I am human. I was dealing with and am still dealing with some heavy sh-t, but I can honestly 100% say cannabis has kept me and others safe through this chaotic time. So no matter what's happening in your life you can get through it and cannabis can definitely help you and if it isn't and you need someone to chat with reach out to the Crisis Hotline at 1-800-273-8255, www.988lifeline.org, or even hit my Instagram @\_nm\_bearded\_man where all on this earth together.

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# Sour Strawberry Pie #7



By Jordyn Yates, the creator of the Gas Pass & the award winning *Hippy Chronicles* Podcast.

*Sour Strawberry Pie #7* is a "sativa" lovers dream. It is a cross between *Strawberry Kush* and *Grape Pie*. The strain is full of flavor, it produces a very smooth smoke and the high leaves you on the fuzzy side. For a guy like me who is not a fan of "sativas", the *Pie* impressed me. Sooo, let's talk about it, shall we?

GENETICS: *SOUR STRAWBERRY KUSH*  
*X GRAPE PIE*  
BRED BY: *CANNARADO*  
CULTIVATED BY: *GAS PUMP FARMS*  
AVAILABLE AT: *NIRVANA CENTER*

## LOOK & PRESENTATION

I could tell this strain was special when I laid my eyes on it. Like dew on the grass, the trichomes shimmered as the light touched them. And every inch of the buds were coated in them. Below that thick coat were hues of light purple with a touch of avocado green. The fact that Gas Pump Farms puts their flower in a clear jar is a plus as well. The structure of the buds impressed me as well. This strain definitely earned a 5 in the looks and presentation category.

## SMELL & FRESHNESS

As I opened the jar, the nose was not as potent as one would imagine. All I could smell was the sour and it was very faint, but I knew not to panic. As I started to break the buds down, I noticed they were a tad but dry. However, the smell did improve. It didn't only get stronger but I was also getting notes of strawberry. The smell of sour and strawberry was quite unique and got the taste buds watering. I was actually looking forward to smoking it. Score wise, I had to give it a 4 out of 5 due to its lack of freshness.

## FLAVOR

From the moment I sparked the blunt, those strawberry terps came out strong. The combination of the blunt and weed smoke took me down memory lane. It reminded me of those strawberry cream life savers. My buddy said it gave him cereal milk vibes, Fruity Pebbles to be exact. As I exhaled the smoke, I was able to pick up on the sour terpenes. Seeing as I am not a huge fan of the sour terps, I appreciated that they were more on the backend. It definitely made for a good smoke and I felt it definitely deserved a 5 in the flavor category.

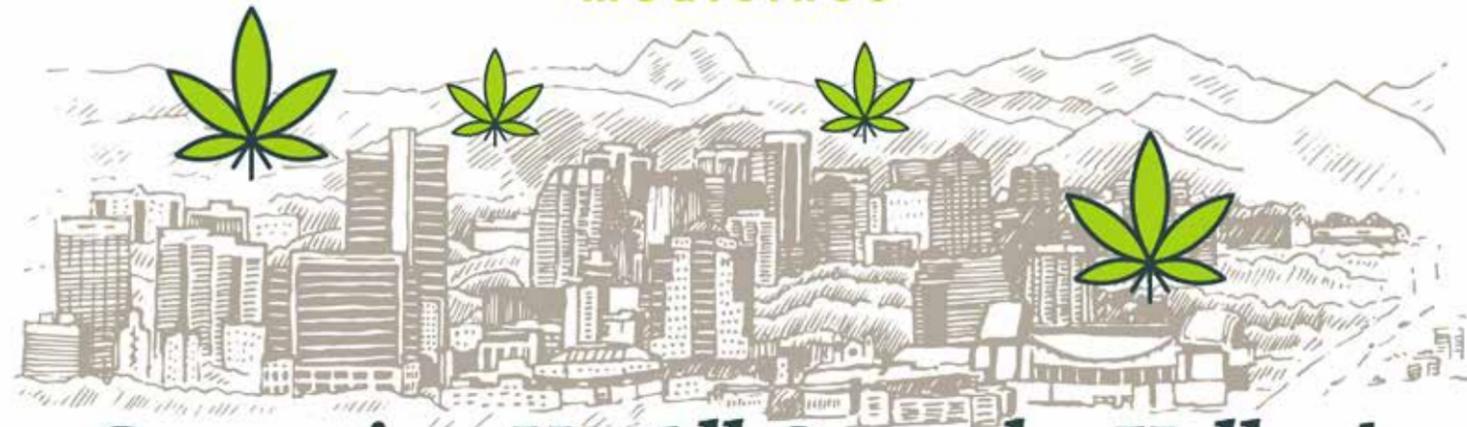
## GAS OR PASS

After going through and checking the scores, I can confidently give this strain its Gas Pass. Even with the one 4, it still met the criteria to get its stamp. Most importantly, I truly enjoyed my experience before, during and after I smoked this strain. For a "sativa" I am highly impressed and wouldn't mind smoking it again. I highly recommend getting your hands on this one if you love your "sativas."

Recommended Listening: *strawberry chainsaw* by JAWNY



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- Carmen Toma, Founder



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# Canna We Talk?

## Cannabis & Lyme's Disease



by Kimberly Landino, ND

Being a native of Connecticut, I have known people who have been diagnosed with Lyme's disease and it can be a very debilitating disease. The disease gets its name from the small town of Lyme, Connecticut that is right on the Connecticut river. In the mid 1970s, adults and children from this town began experiencing arthritis symptoms. In the 1980s, it was discovered that the symptoms were caused by the bacteria of species *Borrelia* that lives on the black-legged deer tick that infected people in Lyme, Connecticut. The diagnosis of Lyme's disease is made from a blood test, observation of the patient and gathering information about the patient with regard to travel to any wooded areas where Lyme's disease is present.

Tens of thousands of people who live in Connecticut, get diagnosed with Lyme's disease yearly. The mid western United States is also another area where Lyme's disease is present. It is present in wooded areas and in tall grasses. Lyme's disease is one of those illnesses that can take a long time to diagnose and treat. That little tick can change people's lives.

In 2019, these states had the highest rates of Lyme's disease: Pennsylvania, the New England states, New York, Delaware, Virginia, West Virginia, Minnesota and Wisconsin.

Out here in Arizona, I have seen several patients who have Lyme's disease and they contracted it in a different state. Their story is very similar: it took their doctors months, sometimes years to find the right diagnosis. The bacteria that lives on the tick that causes people to be ill can create symptoms in people that are common symptoms as well as unusual, weird symptoms that can affect many organs and parts of the body at once or overtime. The pain, fatigue, body aches and a list of other symptoms along with the frustration of seeing many medical doctors, acupuncturists, nutritionists, physical therapists, rheumatologists to help with arthritis, massage therapists and others, the disease can take a toll on a person. Many times laboratory blood tests and other tests are normal, yet the person feels pretty ill.

*Ixodes scapularis*, commonly known as the deer tick or black-legged tick, and in some parts of the US as the bear tick is most active during the cooler months of the year.



### Common symptoms at the beginning of Lyme's disease:

1. The person was bit by a deer tick. If this happens, remove the tick with tweezers and then see a doctor
2. A small bump/bug bite can show up on the skin at the tick site
3. Where the bite occurred, a red bull's eye pattern can develop
4. Fever, chills
5. Headache, body aches
6. Swollen lymph nodes

### Common symptoms months to years after being infected with Lyme's disease

1. Neurological symptoms like Bell's Palsy where the face can be paralyzed or inflammation of the brain, memory issues
2. Numbness, weakness in arms, legs and muscles
3. Muscle movements that are impaired
4. Heart issues: irregular heart beat, heart attack symptoms
5. Liver issues
6. Fatigue, brain fog
7. Arthritis and painful joints
8. Symptoms felt throughout the body

### Ways to prevent being bit by a tick while outdoors:

- Wear long sleeved shirts, pants, socks, closed toe shoes and a hat
- Use insect repellent like an essential oil blend easily found in stores
- After being outside, take off clothes, shake them outside and shower and inspect skin for anything out of the ordinary

On the August 12, 2022 Real Time with Bill Maher show, the guest, Ross Douthat, a New York Times columnist who contracted Lyme's disease after moving to Connecticut, and now author of the book, *The Deep Places*, spoke about his 6 year long journey of dealing with his diagnosis of Lyme's disease and being on an antibiotic for many years. He is trying to get the word out there to people as well as to the medical professions that Lyme's disease is still something that needs to be considered as a diagnosis when people have strange all-over symptoms.

Can cannabis help with Lyme's disease? Cannabis can help the pain associated with arthritis, muscle pain and fatigue as well as insomnia. A cannabis product that is high in terpenes can provide antibacterial support when taken internally, while a medicated topical on sore muscles can offer local pain relief. It is up to the individual diagnosed with Lyme's disease if cannabis is appropriate. Some people may not want to put cannabis in their bodies at this time, while others may receive comfort from cannabis.

Recommended Listening: *The Tick Theme* by Doug Katsaros

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# CACTUS APPROVED

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Recommended Listening: *Häikäisy oot vaan* by Juha Kansa & Etelän Tahdit

## Cherry Walnut Oatmeal Cookie | 30mg THC Halo Infusions | Where: Halo Cannabis



This cookie was good enough to eat, whether it's infused or not. Chunks of walnut and cherries are generously sprinkled in this homemade-tasting cookie. You'll have plenty of time to enjoy the flavor before this slow jam kicks into a full symphony of cannabis effects. Total time to feel effects was between 90-120 minutes, with a half life of about six hours. The onset delay was worth it, because the high lasts so much longer with digestible baked goods like this. Generally beverages and gummies will kick in much faster but the half life is much shorter. This product is unique, and along with their Peanut Butter cookie, Halo Infusions has by far the best cookie product line we have tried. By Michael Cassini - @cannabiscactus

## Tropicana Cookies | Sativa Pre Roll Jeeter | Where: Nirvana Center

After getting ready for work this morning, I remembered I saved myself a little wake n' bake treat... it was a nice lil' Jeeter pre-roll, Tropicana cookies! It smelled like orange terps upon opening the container. That orange juice smell alone was intoxicating, so I sparked it up! It had a nice flavor to it, and the burn was perfect. By the time I started work at @nugjewelz studio, I was 100% awake and ready to start the day! I gotta say, Jeeter puts out a really great product. The packaging is effective and cute. The terps they use are the best smelling and tasting I've tried in a while. I honestly can't wait to try some more of their strains/flavors, like the honeydew and the grapefruit romulan... I've heard some great things about those two. At this point, you can find Jeeter pre-rolls just about anywhere, but you can definitely head to The Mint to get yours. Tell them the Cactus sent ya! By Courtney Baker - @bake.gets.baked



## Frozen Grapes | Strain Specific THC Distillate MFUSED | Where: Jars Dispensary

Most distillate cartridges use a blend of terpenes to try to create a profile similar to a certain strain, but this is often hard to accomplish, and can leave an unnatural taste in your mouth. *Bubblegum* is an actual cannabis strain that I enjoy very much, but I don't want to buy a cartridge that tastes like actual bubblegum candy. The natural cannabis terpenes within the plant itself are not only the flavor molecules, but they are the molecular compounds that give us our different desired effects in cannabis such as uplifting, euphoric, or sedative. Similarly here, I enjoy the strain *Frozen Grapes*... but don't want a cartridge tasting like some sort of artificial grape vape juice. MFUSED uses cannabis-derived terpenes to re-infuse into their THC oil after distillation. This means the plant that the oil is made from, is getting the same terpenes added back that were extracted from it. This makes for optimal natural flavor and effects, which is what I really want from all cannabis products. If you're a cartridge person, go ahead and try one with some actual cannabis terpenes in it like this one from MFUSED. It has a beautiful smooth flavor, and less harsh vapor. By Arturo Delgado - @tookkie\_terpenestein



## J Case | Water Proof Joint Case Lokee | Where: Lokeevape.com

Not only does Lokee Vape sell the coolest vape batteries (check out last month's reviews), they have some other pretty cool accessories too, one being their aluminum joint case! This baby is airtight and waterproof, which makes it great for tubing on the river or getting caught in the rain while camping. I smoke mini Swishers, and they fit in here perfectly! This case is also durable and discreet; perfect for hiking so I don't ruin my blunt in my pocket... been there, done that, but now never again with my Lokee joint case. You can find Lokee in many smoke shops across the state, and you can even find their products at Debbie's Dispensary locations! By Courtney Baker - @bake.gets.baked."



## Spicy Milk Chocolate Bars | 50mg THC Hippie Chicks | Where: Valley Wide

Being born in El Paso, Texas, and my dad being from Juarez, I remember enjoying many Hispanic traditions as a kid, especially around the holidays. Every Christmas Eve, my family would make tamales, and we would invite friends and family to pray with our rosaries around the Christmas tree and enjoy some of Abuelita's nice warm hot chocolate. Hippie Chicks brought these memories back with just a bite of their spicy chocolate, which will only be available through September into October to Celebrate Hispanic Heritage month. This truly brought me back to my childhood, sipping hot chocolate with cinnamon and marshmallows, and sitting around a grand fern just enjoying the simpler times. Maybe I'll try it in S'more next! By Arturo Delgado - @tookkie\_terpenestein

## 'Shorty' Bong | Waterpipe- \$79.99 Bambabong | Where: bambabong.com

This bong is available in several sizes to fit your coffee table or bedside table. Made of natural bamboo, it comes with a glass downstem and bowl secured by bees wax. The bottom of the bong even has extra bees wax, for when it needs applied for a tight seal. It's easy to clean, and great looking for any living room smoking setup. By Michael Cassini - @cannabiscactus



## Bubba Kush Root beer | 100mg THC Keef Cola | Where: The Mint Dispensary

Who doesn't love a classic root beer? Add some THC in the mix and it's even better. A nice refreshing beverage that tastes just like an original root beer will pair well with any snack or meal you desire (especially pizza and wings from The Mint Cafe). With this being a liquid, I feel the effects much quicker than your normal edible. If you haven't tried one of these, do yourself a solid and make a root beer float with it... you won't be disappointed. By Arturo Delgado - @tookkie\_terpenestein.



## Zenergy | 1G Cartridge Balance Effects | Where: Oasis Dispensary

These cartridges are a bit different from what you're used to seeing. Usually they are just distillate, live resin or live rosin, but this particular cartridge is a blend of THC distillate oil with CBG cannabis oil derived from cannabis, not hemp, as well as all natural cannabis-derived terpenes to provide the best benefits possible. The CBG creates energetic and invigorating effects that will definitely help get your day going. Available at many dispensaries valley wide, we picked this up from our friends at Oasis. By Arturo Delgado - @tookkie\_terpenestein.



# CACTUS APPROVED

Recommended Listening: *Someday It'll All Make Sense* by Bill Anderson, Dolly Parton



**Unwind | 5-pack Pre Rolls Sneakers | Where: The Giving Tree**

Sneakers exploded on the pre-roll scene with attractive aluminum tins, containing pre-roll joints filled with half a gram of whole flower. This "Unwind" pack is a nice heavy indica smoke with plenty of flavor. The Boveda pack inside each tin ensures the joints are fresh. I truly enjoyed the flavor and effects of these little joints, and the slotted tin and the Boveda pack really elevate Sneakers above other pre-roll choices. By Michael Cassini - @cannabiscactus

**Sour Apple Nectar | 100mg THC Nebula Nectars | Where: The Mint Dispensary**

This syrup is available in Tucson and Phoenix and is produced from Nebula Nectar's full spectrum medicine. Go light on your first pour, or try a spoonful (like Mary Poppins says). This spoonful of Sour Apple flavored sugar definitely helps the THC medicine go down. If you want to go with a heavier dose, this syrup mixes especially well with any creative drink recipe, soda or tonic water. I picked up this bottle at The Mint Dispensary in Tempe. By Michael Cassini - @cannabiscactus



**Horchata | Prepacked 1/2 Oz Mohave | Where: Debbies**

Horchata is a strain I have only been able to try a few times, so I was excited to see this was available in AZ... the 3 times I found it previously were when I was visiting California. I saw this available at Debbie's, so had to try it as Mohave grows some of the best cannabis in the state. They had a half ounce, and because it was a Monday, medical patients get 25% off Mohave products! With a nice structure and good looks, the smell really didn't impress me at first. Once I broke it down, that all changed. The smell of vanilla mixed with a spicy earth came pouring out of the grinder. The taste matched the smell, and the effects were well balanced. It's a perfect strain to enjoy any time of the day. By Arturo Delgado - @tookkie\_terpenestein.



**'Mind' Cannabis Capsules | 10 x 10 mg THC Kindred | Where: The Giving Tree**

It's nice to not have to eat an edible or smoke to get medicated, and I have always enjoyed the convenience of capsules. These 10 mg capsules come in a bottle of 10 pieces, equaling out to 100mg per container. The capsules are small, making them easy for storage and mobility. The Mind series is vegetarian, gluten-free, and sugar free, and focused on giving you an uplifting and energetic cerebral experience. By Arturo Delgado - @tookkie\_terpenestein.



**Infused Pizza | 100mg THC Mint Cafe | Where: The Mint Dispensary**

It's really nice to be able to get actual food that's medicated, instead of just sweets or snacks. The Mint is truly a one stop shop for any cannabis consumer, but what if I told you that you didn't even have to leave your home? That's right! The Mint now provides delivery of traditional cannabis products, as well as infused edibles prepared at the Mint Cafe. This means you can now have your favorite infused hot foods made fresh and delivered right to your door. The pizza was a nice size, and cut into 10 pieces with 10 mg THC a piece. Definitely give them a call when you want some munchies delivered. By Arturo Delgado - @tookkie\_terpenestein.

**Donny Burger | 90u THCA and Rosin Sauce Superior Extracts | Where: The Superior Dispensary**

Although we have seen this strain from the same grower, this is the first time we have reviewed it being extracted by our good friends over at The Superior Dispensary. 90u rosin is made by using 90u bags to separate the head of the trichome from the rest of the plant material. This produces the highest quality level of live Rosin. This particular sample was Donny Burger Rosin sauce as well as Donny Burger mechanically-separated THCA Chunks. This makes for an extremely potent extract. This Donny Burger reeked like GMO and tasted like it as well. The effects were strong and sedative. Not for the novice smoker. By Arturo Delgado - @tookkie\_terpenestein.



**Infused Hot Wings | 100mg THC Mint Cafe | Where: The Mint Dispensary**

Hot wings are one of my favorite foods of all time... I honestly could probably eat them everyday and not get tired of them. If those same wings can help me catch a buzz, that's an added bonus. When those wings are delivered to my door, that's truly something special. Luckily for us all, The Mint has started doing deliveries and that also includes items from the cafe such as pizza, wings and tacos. The flavor is comparable to any pizzeria chain and very affordable, as you only pay for the medication used to infuse your meal. Go ahead, kick back and relax, put on a movie and get stoned while having some dinner. This will be great for the upcoming football season. By Arturo Delgado - @tookkie\_terpenestein.



**Sour Diesel | Full Spectrum Rosin Oil Superior Extracts | Where: The Superior Dispensary**

This Full Spectrum Rosin Oil is fully activated and can be used a few different ways. Since it's activated, you can cook with it or even eat it as is. Although many strains seem to be very terpy or acidic in flavor when ingesting them orally, this Sour Diesel was actually quite enjoyable. The easy applicator string also makes it easy to add to bowls or joints and even dab right on your rig or electronic devices. Truly a unique product that is way more effective and beneficial than your usual distillate syringe. By Arturo Delgado - @tookkie\_terpenestein.



# CACTUS APPROVED

Recommended Listening: *Mahna, Mahna* by Cake

**Dosi Dos | Live Hash Rosin Jam**  
**C-REX | Where: Green Med Wellness Center**

I was impressed with this solventless jam from C-Rex down in Tucson, available from our friends over at Green Med Wellness Center. I love rosin jams because they seem to be some of the most flavorful as well as able to hold stability through fluctuating temperatures (and we all know how extreme temps are in AZ). This is extremely important to me because stability helps hold original terpene content, and terpenes hold the flavor as well as the effects we all seek. This *Dosi* was more gassy than expected but very pleasant and the effects were strong but well balanced, euphoric for the mind and slightly relaxing for the body. It's a good strain to get you over that midday hump. By Arturo Delgado - @tookkie\_terpenestein.



**Frosted Donuts | Flower**  
**Shango | Where: Harvest Dispensaries**

Who doesn't go nuts for donuts, especially when it's *Frosted Donuts* from our friends over at Shango. The *Frosted Donuts* is one of the best strains I've tried that's grown locally. Truly the whole package, this strain has the looks and smell, and it smokes great. Creamy but gassy, like a *Gelato* mixed with an OG, it just smacks you in the face. The nugs are absolutely covered in trichomes with a nice color and structure. The flavor was sweet and creamy with slight hints of gas and the effects strong. Definitely a more sedative strain I recommend for nighttime use. By Arturo Delgado - @tookkie\_terpenestein.



**Cherry Punch | Prepacked 8th**  
**Verano | Where: Zen Leaf Dispensary**

Introducing *Cherry Punch*, a *Purple Punch* crossed with a *Cherry AK-47* from Symbiotic Genetics, grown locally by Verano. The nose has both some old school earthy AK vibes and some blackberry wine type terps from the *Purple Punch*. The eighth was 4 total nugs with one really nice medium/large one. All the nugs were dense but never cracked from my squeezing. The buds are a lighter forest green, but have darker spots all over it, almost giving it some purple hues. Trichomes in a mossy pattern coat the inside and the outside of the nugs. The effects were hybrid; it leaned towards being a functional indica for me. I felt it in my eyes and face but the brain wasn't too affected. By Evan Tanguy - @azdank.



**Paw Print | CBD Pet Treats**  
**Luna Scrubs | Where: Green Med Wellness Center**

Made of only six ingredients, these CBD treats are extremely simple, healthy, and effective. Ms. Pickles, who you may have seen on our Instagram, really seemed to enjoy them! Although she is a bit of an older dog, she is very energetic and always wants to tag along anywhere the boss man and I go. She seemed a bit stressed after spending a long day out with Mikey, but I gave her just 2 of these treats and about 20 minutes later, she was as mellow as could be and looked a bit stoned... or maybe I was. Either way, we ended up having a pretty chill night on the couch, all thanks to these CBD treats and My Suavecito Cake from Green Med. By Arturo Delgado - @tookkie\_terpenestein.



LUNA SCRUBS

**Jack's Kush Boomstick | Infused Pre Roll**  
**Stix Preroll Co. | Where: Oasis Dispensary**

Crossing *Jack Herer* and *Master Kush* makes for the perfectly balanced strain. Now roll it up and infuse it with concentrate, and you're in for a treat. It's a small joint that packs a punch, but at 40 percent THC, I wouldn't say it's overbearing... it definitely hits harder than your normal joint, though! *Jack's Kush Boomstick* is perfect for that extra midday kick. By Arturo Delgado - @tookkie\_terpenestein.



**Walking Stix | Infused Pre Roll**  
**STIX Preroll Co. | Where: Oasis Dispensary**

Packed with a full gram of flower, these joints are the perfect walking stick for your favorite hiking trail or right at home on the couch. Oasis Dispensaries are home to many retail cannabis brands along with some of their own amazing house brands. This *Walking Stix* pre roll joint tasted fresh and the effects were strong as well. *Walking Stix* come in many seasonal strains that are all great but my current favorite from the lineup is the *Wedding Cake*. If you want to kick it up another notch, go for the *Boom Stix*, which are infused with 40% THC extracts for an extra kick. I picked this joint up at the Oasis Dispensary Bell Road location in Glendale, a beautiful store with a variety of inventory to choose from and unrushed service. By Michael Cassini - @cannabiscactus



**Cooling recovery | Muscle Topical Stick 1349mg**  
**Polite | Where: staypolitehemp.com**

This rub sends soothing cool vibes to muscles suffering from chronic injuries or long days at work. The topical was easy to apply after a shower, allowing open pores to deliver blends of CBG, CBN and CBD medicine directly to my bloodstream. Polite offers warming topical formulas to complement the cooling formula; both sell for about \$60 online. Find their hemp-inspired muscle relief at staypolitehemp.com. By Michael Cassini - @cannabiscactus.



**Strawberry | Distillate Cartridge**  
**Secret Orchard | Where: Oasis Cannabis**

You may remember my review for the pineapple-flavored Cartridge by Secret Orchard, but I think I like this one even better. As I have said before, I do not care about indica, sativa or even the strain name. I just like to catch a buzz discreetly while enjoying some flavor. These carts by Secret Orchard allow me to do just that. With authentic strawberry flavor this one hit nice and smooth, and tasted phenomenal. I think I will keep going to Oasis to pick these up. They have also helped me decrease my nicotine vaping which is a great thing. By Sharon Peters.



**Cotton Candy Gelato | Flower**  
**QCC x 5 Points LA | Where: Back Pack Boyz LA**

I wish more cannabis brands here in AZ did collaborations like in Cali. This particular collab brings together a breeder originally from the midwest, and another from LA, to produce some of the finest cannabis in California (or anywhere). Weed doesn't get much better than this. QCC, who is now in LA, teamed up with 5 points to create a unique flavor combination. If you are from the midwest, you know strains like *Bubblegum* and *Cotton Candy* are classics. *Gelatos* have seemed to gain a lot of popularity on the west coast. Now, combine them and it's a hit! This *Cotton Candy Gelato* had a very unique, sweet candy like scent with that creamy *Gelato* on the back end. The flavor was phenomenal with a tad more creaminess than sweet. The effect is strong and potent, but extremely well balanced. I smoked this 8th in less than a day. It was just that good. I look forward to Visiting California again soon and scooping some of this as well as their *Cotton Candy Dulce*. By Arturo Delgado - @tookkie\_terpenestein.



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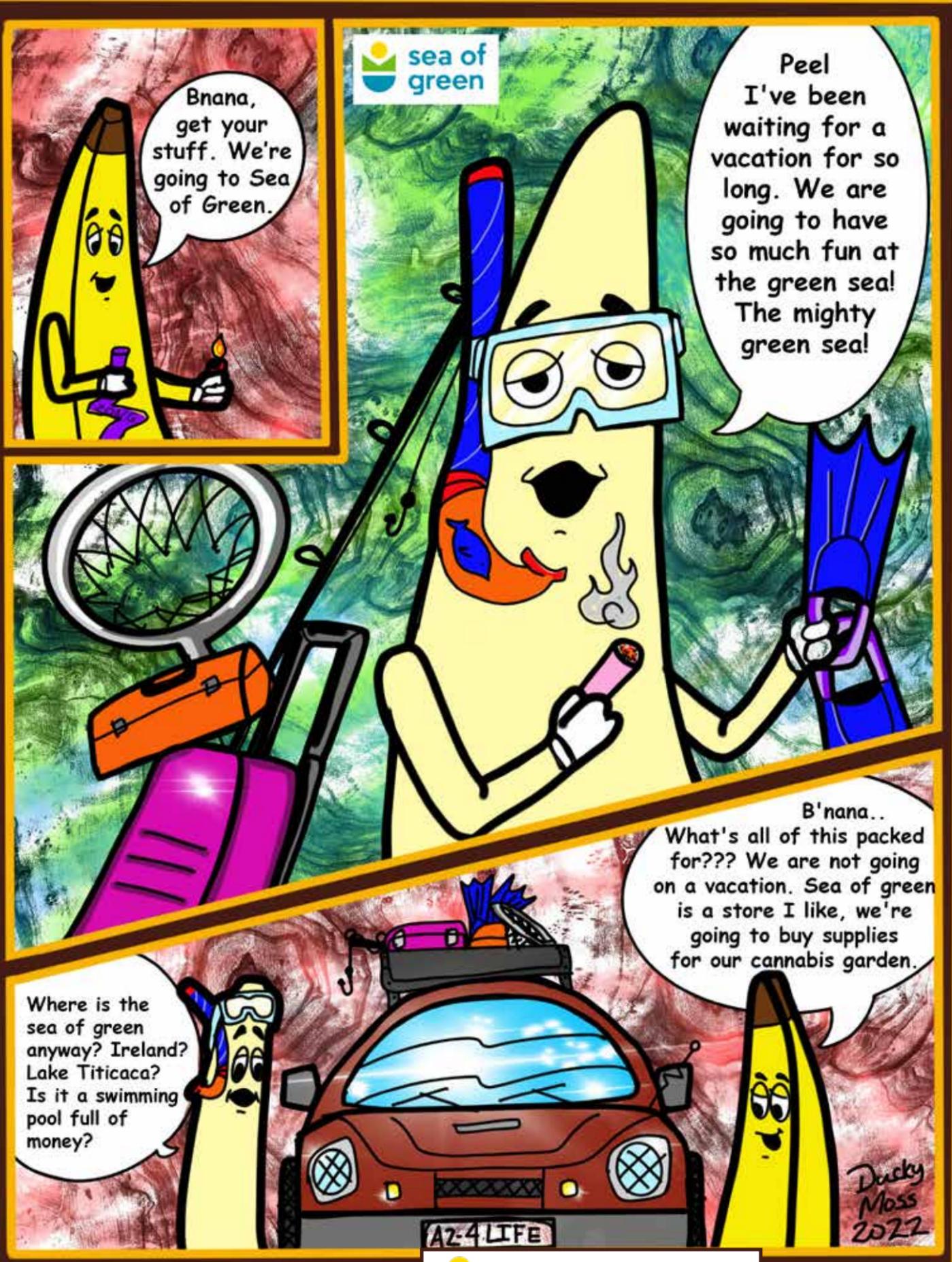
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Peel  
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B'nana..  
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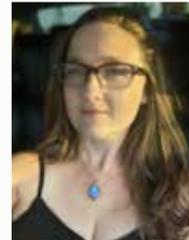
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Ducky Moss



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Jeff Lanier



Jordyn Yates



Joseph Cassini



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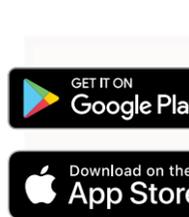


Michael Woodall



Warren Bobrow

## Our Staff



For advertising or partnership opportunities please contact Michael Cassini.

Mike@cannabiscactus.com  
cactus@cannabiscactus.com

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