



Cultivating Cannabis

Transcript – Making Products with Your Harvest

Welcome to Module Eight: Making Products with Your Harvest. I love getting into the kitchen and crafting beautiful creations with my plants. I'm thrilled to share a few basic recipes and techniques so that you can enjoy cannabis in lots of different ways. Now that you have all this beautiful cannabis; grown, dried, cured and stored, this module is just to help you find a couple fun things to do with it to increase your usage of cannabis and the different ways you can gift it to your friends.

So, we're going to talk about just a couple things out of infinite products you can make. In the resources file, I've linked some books that go on and on about all the many possibilities, but for this module, we're just gonna cover one important thing called decarboxylation, oil infusions, turnings those oil infusions into a salve or a balm and making an alcoholic tincture. So why make these products? I'm sure you can see lately on the shelves, especially the CBD products that are everywhere. You can make these same kind of products at home. You can ensure a higher quality than most of the manufacturers out there and you'll have all these wonderful gifts for your friends.

So, to get us started, your cannabis will need to be decarbed is what the short term is for decarboxylation. This is to help activate the THC and CBD and some other cannabinoids that don't become active or in the form that we want to use them in until they have been heated. So you can read all about decarbing on some links I sent on the resource file as well if you want to get into the science of it and the particulars, but the general understanding is to grind up your cannabis flower and put it in the oven for around 240 degrees for 30 minutes. I like to do mine a little bit lower and longer, so I would prefer to stay more around 190 for 45 minutes to an hour. That's just my personal preference; I don't have any science behind that I just love plants so much and the thought of cooking them at 240 hurts my feelings a little bit. So, I would stick with what the professionals recommend here to activate those properties at 240 for 30 minutes.

You can decarb your cannabis flower in a toaster oven as well, but I usually prefer a real oven because the temperature is a little bit more stable. Toaster ovens can kind of be all over the place, but if you have a toaster oven and you trust it's temperature or you can monitor that in some way, it's a really great way to go and very convenient. Now to our oil infusions. Oil is a great way to extract the cannabinoids that we want from cannabis because they are fat soluble. What you're going to need is a cup of oil; whatever you have around or whatever you like, olive oil, jojoba oil I really, really like, apricot oil is really love if you're doing a massage with it or anything like that. It's really light. I really also like coconut oil and it's a lot more solid at room temperature when you're done without having to add anything else for your salve. We'll talk about that a little bit later. One cup of dry cannabis flower. This ended up equaling about a quarter to a half of an ounce, depending on how much you ground it up. And also, you can move this depending on your tolerance for THC if that's a marijuana that you have cultivated. So, we need a slow cooker, we need a mason jar and we need either cheese cloth or a fine strainer for the end.

This is what some of the finished coconut oil infusions look like when they have solidified to room temperature. So, for our oil infusion. These are your steps; please pause this or take a screen shot so you have this information later. You want to take your already decarbed flower, so you've already gone through that process and it's ready to go. You want to take that flower and put it into a mason jar and cover that with oil. So, we're looking at, like before, somewhere around a cup of flower, but it's about a half an ounce to an ounce and then you cover that with a cup of oil. Now you can change these ratios depending on the size of your jar and how much cannabis you have and like to infuse. Put a lid on the jar and set it in your slow cooker in enough water to completely cover the oil line. Keep the slow cooker on keep warm. Usually low is too hot, so we really don't want to boil the oil. We want it to stay nice and warm, but not burn; that

oxidizes and really ruins oils and can ruin your crop. It'll still have some good properties to it, but it'll lose a lot of its value, so watch that temperature. If you don't have a thermometer, a good way to tell is if you stick your finger in the oil and you can't hold it in there for ten seconds because it's too hot, then it's probably too hot. Sometimes with a slow cooker, you'll have to kind of go from keep warm to off to get in this setting, but that depends on your cooker.

So, you'll want to let this infuse for three to six days. Most resources say three; I prefer, again, a longer steep on those things. Once that process is finished, you can strain it through your mesh strainer in your kitchen or cheese cloth or anything you have that's a good strainer and then store it in a glass mason jar or any other storage container that's airtight and leak-proof that you have available. At this point, you're done with your oil infusion. You have your cannabis oil; you can use this to rub all over your body or put it in cute little jars and give to your friends with nice labels. But at this point, you can also decide to turn the oil into a salve or balm, and you can do this anytime later, so you don't have to do it all at the same time.

I'm gonna run through those one more time. Step one, fill your mason jar with your decarbed cannabis and oil. Let's say one gram to one cup: one gram cannabis to one cup of oil. Step two, put your mason jar into your crock pot water bath. So, it's a crock pot filled with water and then your mason jar in it. Do be careful during this next step. As you're infusing it in your crock pot, the water's going to be evaporating and you're gonna wanna keep making sure the water stays full. In addition to that, make sure you're adding in warm water because if you add in cold water to your warm glass mason jar, what's gonna happen? It's gonna crack. So, we need to -- that has happened to me too many times, too many times. Don't do it or learn your lesson and do it like I did but check that water regularly and when you add more water, add warm water. So, we're going to infuse this oil in this crock pot for three to six days, between 95 and 105 degrees. Check the water regularly. You could also do a solar infusion in the summer which I really like to do which is just leaving the same oil out in the sun. It usually takes a lot longer; we're looking at like two weeks, but it's a really lovely way to infuse oils. Your step five is to strain the mark out of the menstruum. The mark is going to be the cannabis in this case; it could be any herb. This is how you would do any other herbal oil infusion. You'll strain it through your cheese cloth or your strainer. The menstruum is the oil, so you're gonna keep the menstruum and discard the marc. This is great for your compost pile. I know it has a little oil in it, but that wouldn't bother me, or you can give it to your chickens if you have those guys in the backyard; those ladies running around. They will love this oil.

Now it's time to turn your infused oil into a salve or balm. All you need to do on your stovetop or even in your slow cooker, it takes a little longer, you wanna warm your cannabis oil on very, very low; only enough to start getting it warm. If you're doing one cup of oil, you'll do four ounces of either wax or cocoa butter or shea butter. So be aware that wax is the hardest of these, shea butter being the softest and so you can play with these numbers depending on how hard or soft you want your final salve to be. Sometimes I'll go as little as two ounces of wax and as much as six or seven ounces of shea butter depending on what I'm creating. So really have fun and play with that. There's no right, exact way to do it. Stir this until the wax or shea butter or cocoa butter has been combined and then remove it from the heat and pour it into your salve jars. This is just a great photo example of a friend that I know. This is his first time making the CBD salves and waited too long to start pouring. So you really want to pour while warm and if you're doing a big batch, you might need to rewarm your salve before you start pouring it because once it starts to solidify it's really hard to get into those little jars. And you'll just make a big mess and it'll be a lot of time cleaning. Again, another lesson that I enjoyed learning and I hope to not learn it anymore and maybe you don't have to learn it the way I did, or you do and that's great too.

Okay, now we are off to another product, making an alcohol tincture. So simple. Folks at home, if you haven't made a tincture before, it's really is a great, wonderful way to preserve your medicines and strengthen them and make them all patched up nice to gift or to travel with. So, I use about one ounce decarbed cannabis flower. I'll cover with two cups alcohol. Most of the resources say to use the higher proof alcohol, the Everclear and vodka and things like that. We have a really nice local biodynamic distillery nearby, so I really prefer to use their brandy. It's so delicious and I feel like it makes a really, really nice tincture with the cannabis flower. Alcohol of your choice cover your cannabis with your alcohol and put it into a sealed mason jar. Store this in a dark place and shake it every day for two weeks to two months. I like to do it for one moon cycle, so around 30 days. Really up to you, you can go in at two weeks. You can look at it, you

can taste it and see if it's where you want it to be or you can continue to wait. So, you just want to shake it every day. At that point, you're going to strain it just like you strained your oil through cheese cloth or through a fine mesh strainer. Then you're going to bottle it, definitely label it cause it'll be hard telling what this is except for the smell and off you go.

But don't be afraid of the term tinctures or extract; they're so easy to make and this goes for all plants not just cannabis. Well, that is the short of it for you today. Have fun and enjoy your cannabis journey. I've loved being with you over these last eight modules. Don't forget to check the resources file for those books I recommended that have lots of other creations if you're into making things at home. You can make bath salts and lotions and creams and butters and on and on it goes. So have fun with this crop. I hope to join you again for other herbal courses in the future. Happy growing TGN.

This brings us to the end of our time together during this course. I hope you've learned all that you need to know to feel confident cultivating your own cannabis at home. I'm Stephanie Syson with The Grow Network. Thanks, and we'll see you soon.