Operation extraction

Cannabis 2.0 drives demand for extracts
FEATURES

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Publisher
David Wylie

Contributors
Jenny Neufeld
David Trifunov
Manos Vezyrakis

Web writers
Lauren Edwards
David Fernandes
Jaimie Miller-Haywood
Don Plant
Simon Gerard

On the cover
Vitalis Extraction Technology COO Pete Patterson gives the oz. a tour of the company’s manufacturing operation. Story on page 8

Photography inside by the oz., Jenny Neufeld, Instagram and Adobe Stock.

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An ounce of info goes a long way

By David Wylie

My interest in cannabis reignited after I suffered a major concussion and back injury in a mountain bike crash. Cannabis helped me to recover by easing the pain when the painkillers I was prescribed ran out. It also helped to rest my mind.

To show my support for the legal industry, I was one of the first in line when Spiritleaf opened the first licensed cannabis store in the Okanagan.

Kiel Richer was the very first person to buy legal cannabis in the Okanagan. He bought one gram orders of Donegal from Tweed, Great White Shark from San Rafael ’71 and Mountain Kush from Peak Leaf.

“It’s pretty exciting,” he told me.

“It’s very helpful to have something so close to home and buy locally, supporting local entrepreneurs. "You know exactly what you’re getting is the big thing with me, especially with sativa or indica."

While Spiritleaf is a national retail franchise, the friendly neighbourhood cannabis store is owned and operated by local Vernon residents Sarah and Carson Ballantyne.

“We’re super excited. It’s a career change for the both of us. We’ve always been passionate about the cannabis industry so it’s nice to be involved in a big way,” says Carson.

I’ve had the privilege of getting to know Carson and Sarah, as well as many others in the local cannabis industry.

I echo the excitement of being part of the industry and the passion to see it flourish.

I’d ask that all readers of the oz. join us in supporting local businesses — local people — who have risked their time, finances and future to help share legal cannabis in a responsible and safe way.
Get high, then get 42,000 feet high

You can smoke and vape cannabis at Vancouver and Kelowna airports, but at most other major cities in Canada it’s a no-no to get high and fly.

If you want to get high before flying, you need to take off from BC. Don’t expect the same privilege at Canada’s other airports or you may end up dropping your stash in the airport trash. Here’s a list of airports where you can — and can’t — smoke or vape.

**Vancouver**
Smoking and vaping cannabis is allowed on Vancouver Airport property in designated areas, located outside the terminal.

**Kelowna**
The same policies apply at Kelowna International Airport. If you want to smoke or vape cannabis, you can at designated smoking areas outside the terminal building.

**Toronto**
Toronto Pearson isn’t as pot friendly. The airport prohibits cannabis smoking or vaping anywhere on airport grounds. Though that may not be forever: “We will continue to monitor the implementation of cannabis legislation across Canada and evolve our policies as necessary,” says the airport.

**Calgary**
Smoking or vaping cannabis is also a hard no at Calgary airport. It can’t be consumed anywhere on airport property.

**Montreal**
In La Belle Province, cannabis use isn’t allowed anywhere on the Montreal airport site. This policy respects the local laws of the municipalities bordering the airport site.

**Halifax**
Cannabis use is prohibited at Nova Scotia’s Halifax Stanfield airport, including the areas outside the terminal building designated for tobacco smoking.

**Winnipeg**
While Winnipeg airport doesn’t allow recreational cannabis on its property, it does allow medicinal cannabis, as long it’s eight metres from any building.

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**First hit**
Rise of the machines

By David Wylie

I t started with ‘Frankie’ — the very first Vitalis extraction machine.

Named after Frankenstein, the machine still works, humming to life when you plug it in and turn it on.

The unassuming machine has been retired to one of the company’s main offices in Kelowna. Vitalis Extraction Technology co-founder and Chief Operating Officer Pete Patterson helped build it, and he showed it off with pride during a tour of the facility.

“My mom grew cannabis when I was a kid,” he laughs. “I’m no stranger to it. When the MMAR Licensing scheme came out in the early 2000s, I helped her get one of those licences so that she could grow under that program. And then that was it for me. I didn’t have any more participation in it.”

All three of the company’s co-founders, including Joel Sherlock and James Seabrook, ran industrial hemp and hops through Frankie to test because they didn’t have a cannabis licence.

Three years on, the company’s tech has come a long way.

Patterson figures Vitalis-built machines have extracted terpenes and cannabinoids from close to one million pounds of cannabis all around the world. In fact, extraction is the backbone of Cannabis 2.0, with edibles, topicals and concentrates — things like shatter and vape cartridges.

Companies will be relying on their extraction tech to run reliably and nearly non-stop.

“This industry is moving so fast,” says Patterson.

“These pieces of equipment are the heartbeat of their revenue stream. Being that, they want it running all the time, but they also want to try new things, and try things that are going to be able to create some new products.”

One team had a Vitalis machine running 90 days, 24 hours a day.

“We’ve got a machine that is practically bulletproof now — which is great, especially when these things are producing $2,000 to $10,000 an hour for our customers. From a revenue perspective, they always want it running.”

Vitalis has grown consistently since it started in 2016. Now employing more than 100 people, it has spread out over several offices in Kelowna.

Vitalis has sold more than 150 sophisticated CO2 extraction machines — two or three now every week. The R200 is about 15-feet tall.

“At imposing as that is, Vitalis is working on manufacturing even larger machines. They are planning to make a 750-litre vessel — and can stack four of them side by side for 3,000-litre capacity.

“There is so much biomass out there that needs to be processed that we just need to make some much bigger machines,” says Patterson.

Vitalis is also looking at the possibility of making smaller extraction equipment, geared toward the craft cannabis market. Cannabis 2.0 makes this a promising market.

Patterson says the Vitalis adventure began for him when fellow founder, Sherlock, brought an opportunity to him to write a business plan for a private equity fund operating in the legal cannabis space. They started to work together and Patterson says he and Sherlock noticed a disconnect in the market.

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“Automation is going to be more important. As we see some of the big food factories out there, that’s where this industry will be going. These systems, over the next five to 10 years, they’ll look very, very different.” — Pete Patterson

With growth; it has a global sales and service team including the U.S., South America, Australia, and Europe. They have big plans to continue scaling the organization.

At their Kelowna manufacturing facility, crews assemble the machines. They each have approximately 3,500 individual components on an extraction machine, of which about 1,900 are specifically engineered and manufactured by Vitalis.

Patterson estimates Vitalis contributes to the region’s economy, spending about $6 million to $7 million annually in the region’s local economy.

“In fact, extraction is the backbone of...
Vitalis has an internal team dedicated to supporting our customers’ Good Manufacturing Practices (GMP), a term that comes from the pharmaceutical world. It carries accountability, traceability, cleanability (to prevent cross-contamination).

“It’s definitely focused on medical,” says Patterson, adding Vitalis’ GMP team are industry experts with a wealth of knowledge to contribute.

The needs of the cannabis industry require the same demand for consistent results, including data protection and a way to distinguish and trace different lots.

As for the future, Patterson says scaling up will be key.

“The automation is going to be more important. As we see some of the big food factories out there, that’s where this industry will be going. These systems, over the next five to 10 years, they’ll look very, very different.”

How CO2 extraction tech works

Vitalis systems use CO2 as the extracting solvent. Biomass is packed into a large vessel where liquid CO2 is pumped over it.

What’s extracted depends on the heat and pressure applied. Cooler levels strip the material of flavourful terpene profiles and cannabinoids, while hotter levels extract fats and waxes.

The CO2 gas is refrigerated back to a liquid and reused up to nine times in an hour.

“People always ask, is it gooey when we’re done?” he says of the initial raw material. “It’s really just a fibrous material left over. Bone dry.”

All the moisture is removed and ready to be used to make vape refills, concentrates, topicals, beverages, foods, and whatever other formats creative entrepreneurs can imagine.

“It’s pretty cool what you can pull out,” says Patterson.
Further, government will decide on a case-by-case basis if products are following the rules.

Maybe you should just make your own? Why not, it’s not that hard — well, not really that hard.

Cooking without weed can be challenging, yes, and adding herb to your spices brings another layer into play entirely.

But by following these expertly screened tips, you could soon get baked — or, baking.

Jeff the 420 Chef is the source for all things sticky and delicious. He suggests knowing your dosages beforehand, and provides a handy-dandy online calculator for helping you determine them.

He tells Vice.com that amateur and professionals alike need to aim for 10 mg of THC per serving.

It’s not a contest to see who can produce the most powerful space cake. “If you want to have a good experience, you should aim for that,” he suggests.

Find him at Jeffthe420chef.com.

Eating weed will take longer to hit you, and then it won’t release for a while.

If you’re new to cooked cannabis, ensure you’re prepared. Clear your schedule after you clear the countertops for your marathon Mary Jane cook-off.

“When you inhale cannabis — whether through vaping or smoking it — the onset is usually between 10 to 30 seconds and the effects will last a couple of hours,” Shekhar Parmar, the CEO of Harvest Medicine, tells CBC.

“When you eat it, the onset will take 30 minutes to an hour to kick in, but it will last between four and eight hours.”

It’s also incredibly individual. Don’t be surprised if you’re waiting two hours for any lift, and a buzz that lasts eight hours is on the extreme end of high.

We get it: you want to know exactly what went into your hash oil, so you’ll cook it yourself.

Don’t be surprised if you’re waiting two hours for any lift, and a buzz that lasts eight hours is on the extreme end of high.

We get it: you want to know exactly what went into your hash oil, so you’ll cook it yourself.

But that’s going to be hard. You’re probably not ready to make your own. Chef Jeff insists on clean cannabis, and says you should, too.

“By baking, you’re basically getting a much purer flower to start with and later to infuse into your butter or oil,” he tells Vice.com.

It will likely stink up your kitchen, so be prepared for that.

Buying cannabis oil is about as easy as buying dried weed, and gives you a wicked head start.

“Oil comes ready to go,” says Parmar, the Harvest Medical CEO. “You can basically drop it into anything that you can buy from even Safeway, and now it’s a medicated product.”

Just remember not to substitute 1/2 cup canola oil with 1/2 cup canna-oil; you might really mess up the dosages.

Don’t overheat your herb. Keep the oven temperature below 350 F, well below.

If you are happy with your bud butter or your oil, you can start adding it to your favourite recipes.

“Any recipe works, and that’s what usually blows people’s minds,” chef Amy Brown tells Chatelaine.

“When people ask for brownies, I’m like, ‘Please, stop. We’re past that.’”

E

dibles made by the experts are expected in Canada by mid-December, meaning if you want Christmas cookies that really "ding dong merrily on high," you’ll have that chance.

But as with all things government, those edibles must follow strict regulations: child-proof and plain packaging, they can’t be seen as appealing to children, and can’t contain nicotine, caffeine or alcohol. Or, if that’s too complicated for you: boring.
Our Ellementa Gatherings are not industry networking events for women. They are Women’s Circles where women share & gain wellness wisdom.

~ Aliza Sherman, CEO, Ellementa

Ladies – You’re invited to join us on the 3rd Tuesday every month. Find out more at ellementa.com/gatherings or follow us on FB: EurekaConnections

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Get noticed
**What’s hot and what’s not**

**Mango Haze by Color**

Sticky and sweet, Mango Haze from Color is full of squishy, dense buds, including one of the nicer sized ones we’ve gotten from LPs. The sativa-dominant, high-CBD offering has Northern Lights lineage. Buds are dark green and resinous, with a good peppering of orange pistils. It’s a fairly balanced strain, with 5% THC and 8.5% CBD.

The effect is calming and sociable. It doesn’t linger on for hours, instead easing into a clarity. Do expect to get hit with a serious case of munchies.

**Houseplant Sativa**

It smells like grandpa’s coat. But you know what? I wanna wear it.

Tweed’s Moonbeam indica is a met-aphorical furry leopard print coat that you bought from the thrift store and wore to the club. It’s that old pair of jeans that you feel like they were made just for the shape of your ass. The smell and taste have been politely described as earthy. But it’s more like an old tweed coat. The effects are long lasting and calming.

**Moonbeam by Tweed**

Vibrant spongy buds will woop ya in the nose with the smell of fresh sweet grass. Light and fluffy buds are pleasant to the touch, like squishy moss. It’s a fluffy and pillow-like after grinding and packs down nicely when rolled; it smokes nice and slow, with a smooth finish.

**Wappa by 7ACRES**

The sativa-dominant, high-CBD offering arrived in a comically large box, so big that the BC Cannabis Store needed a larger box than usual to ship it — like babushka dolls. The payoff was disappointing. It was underweight, clumsily machine-trimmed and bouncing around in a bunch of shake.

**Sense by Solei**

A little bit goes a long way with Delahaze: The first time hitting this sativa by San Rafael ‘71, we had to put it down halfway through because it was so potent. The product has 23% THC and mists you with its haze.

Taking a deep whiff, you’re hit with sweet pine. The appearance was disappointing — the buds were small and there was a lot of shake.

**Delahaze by SR ‘71**

The smell and taste have been politely described as earthy. But it’s more like an old tweed coat. The effects are long lasting and calming.

**Chemdawg by Seth Rogan**

An offering from Aphria’s budget brand Solei, Sense is a solid product. The packaging is simple, unique and elegant. The buds are sweet and fragrant, with a peppery pop. It’s a tangy hybrid with a potent psychoactive punch. Sense produces a happy feeling, more like an old tweed coat. The effects are long lasting and calming.

**Off the cuff**

**A quick catch up**

Cannabis has been legal for a year now in Canada.

No, the sky hasn’t fallen; emergency rooms haven’t been overwhelmed with pot overdoses, there’s been no marked increase of people driving high, and the streets aren’t filled with smoke.

Here’s a short history of the past year in cannabis.

**CANNABIS CONSUMERS**
The biggest benefit is, of course, no more prohibition. Those who have been convicted in the past of possession can be pardoned fast and free. Consumers have more choice, better information, and (some) reassurances that their products are protected. Normalization is happening.

**Retailers**
A lucky few legal stores have their licences, as many retailers continue to go through the financially (and emotionally) exhausting licensing process. Illegal stores have been facing an ongoing crackdown, but mail-order marijuana is still going strong. Stores on Indigenous land remain a grey area.

**Producers**
It’s clearly been a learning curve to grow cannabis on such a commercial scale. From a consumer perspective, quality and value have been hit and miss. Certain producers have developed a cult-like following and others have developed a group of dedicated haters and whistle-blowers. With limited freedom to brand, current popularity is often determined by word of mouth.

**Investors**
Investors have been mauled by a bear market — everything from the CannTrust debacle; fears over vaping; short-ages in major markets; mould and bug controversies; etc. On average, those investing in the top 10 largest cannabis producers have seen a negative return of 57% says the Financial Post. Few have been spared.

**Home growers**
Scrolling through Instagram, it seems home growers have had a lot of fun dipping their green thumbs into the experience of growing weed alongside their tomatoes and sunflowers. (That is, when their cannabis plants aren’t being chopped down by police.) There are still few legal sources of seeds and clones from which to choose.

**Politics**
Throughout the federal election campaign, cannabis was on the back-burner. Nobody was opposed to it, but nobody was in favour of it either. Most parties didn’t even give it a line in their platform. This, despite the fact that the sector has created a remarkable number of jobs and investment over the past few years.

**Corporate**
Top execs were fired and another stepped down. Canopy Growth CEO Bruce Linton was turfed in the summer — he then went on a public termination tour. CannTrust came under siege over numerous scandals and dropped the anvil on their top brass: CEO Peter Aceto and chairman Eric Paul. Supreme Cannabis CEO John Fowler resigned in what appeared to be an amicable split.
Can you get lifted on the chairlift?

By David Trifunov

Just because it’s been legal for a year now, don’t think you can smoke and ski.

Both Big White and Silver Star survived their first winters after legalization with minimal interruptions or changes, their representatives tell the oz.

Having said that, however, they want skiers to know smoking is still strictly controlled atop the hills regardless of what’s in that pipe.

“It’s been a non-issue,” Trevor Hanna, Big White’s vice-president of hospitality, says. Big White didn’t have to adjust its policies or change its enforcement, he says.

“No more than policing smoking policies,” Hanna says. That’s primarily what he had expected a year ago, telling the oz. last October that Big White wasn’t worried.

“We have a no-smoking policy inside the resort, anyways,” he says.

About three years ago — as it began unveiling more summertime attractions — the resort area adopted a smoking ban to help control the threat of wildfires.

It doesn’t matter what you smoke, or how you smoke it, and it doesn’t matter that there’s little threat of forest fires from December to March.

Across the valley at SilverStar, the experience was much the same as Big White’s.

“There were no significant challenges and it seemed to go smoothly,” Ian Jenkins, sales and marketing director, writes in an email. “Our policy seemed to work well with both guests and staff, and we will continue to promote our smoke-free environment with specific designated smoking areas.” That policy, specifically?

“In the interest of promoting a safe, healthy and beautiful environment, SilverStar Mountain is smoke free. A specific, designated “smoking area” is available within the village.”

– Ian Jenkins

“I’m hoping there’s going to be some moderation and some understanding as to how the policy actually affects Canadians.” He also suggested legalization has made it possible to talk about — and enforce — responsible use of pot.

“We’re just having a more open conversation about it,” he says. He did admit, however, there would be additional concerns for Big White staff. “The challenge we’re going to have, quite honestly, is going to be enforcement,” Hanna says, pointing specifically to edibles.

Bartenders and servers are trained to restrict alcohol use to intoxicated guests, and that becomes a greater challenge if someone has swallowed a gummy or brownie at the bar. “Just like everybody, we’re trying to find our way on how this is really going to affect us,” Hanna says.

“Let’s be real, though, skiing and smoking are more than just friends, so this will be a different winter atop ski resorts across Canada. Won’t it?” Hanna wasn’t so sure cannabis would force any changes.

“This sky isn’t falling,” he says.

“In the interest of promoting a safe, healthy and beautiful environment, SilverStar Mountain is smoke free. A specific, designated “smoking area” is available within the village.”

– Ian Jenkins

Instagram @silverstarmtnresort

By David Trifunov

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Money can’t buy online influence, so cannabis companies will have to earn it

In the emerging cannabis industry, the social media influencer is proving to be a key piece in a key position. Getting a cannabis name out there is hard. You can’t do it the usual way with marketing. Ad laws in Canada for cannabis are strict; more like tobacco and less like alcohol.

It’s a strange juxtaposition. Our feeds are peppered with Canadian Club ads but nothing from Tweed. We know what craft beer to buy but not craft cannabis. We get flyers for products and pricing at liquor stores but not for BC Cannabis Stores. While money can’t change hands under The Cannabis Act, companies who can harness positive vibes, build their social media following — and earn valuable mentions from those on social media will have an upper hand.

We are poised for a battle for hearts and minds. For cannabis, 2020 will likely be the year of the influencer. When weed was illegal, dispensaries breaking the law could advertise. Now, those who are doing it legally can’t even buy a TV or radio ad. With traditional advertising currently stymied, cannabis companies are seeking out places to reach new customers. Shine the spotlight on social media influencers.

At a time when Facebook, Instagram and Twitter ad accounts are getting banned because the post contains a reference to cannabis, influencers with an organic audience are the knights on the chess board. When you’re running a cannabis business, there are limitations on promoting your brand.

Here are three ways you can legally promote pot:

**Your website**

Make sure your site is optimized for mobile — that’s how the majority of people will visit you. Have the basic info about your company readily available. Try to answer the who, what, where, when, why, and how.

Other strong sources of content for your site are an active blog that you use to market on social media, an about section with a call to action, and a page for writers and reporters to crib info. Cannabis sites are required by law to take steps to show they’re intended for a 19+ audience.

**Other websites**

Once you have compelling content on your site, don’t hog it. Make sure others are using your articles and photos; get them talking about your brand and reciprocate by talking about theirs, too.

**19+ publications**

Advertising in a publication that’s subscription-based for 19+ and distributed where only adults can access them gives you more freedom in what you can say. Magazines are one of the very few places cannabis advertisers can really get creative.

The same rules as magazines apply for email newsletters for adult audiences.

– The Media Playbook

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Under the influence

Battle over hearts and minds
I thought that a citrus flavour would
compliment the cannabis syrup well
so I created what I came to call Citrus
Sunset Kombucha using the following
ingredients:
• 12oz plain booch
• 2 1/2 teaspoons cannabis syrup
• 1/4 teaspoon orange zest
• 1/2 teaspoon orange juice

Pour into the container you use for
your second ferment (I have had the
most success with large flip top bottles)
and allow to sit until the flavour is to
your liking. I left my batch to flavour
for three days and it was perfect, sweet
and citrusy with a calming quality.

Jenny Neufeld is the founder of
Kameleon Kombucha. Find her on
Instagram: @kameleonkombucha.

For those who are looking to enjoy
the benefits of cannabis but are not
keen on smoking because of the effects
on the lungs, kombucha is a great alter-
native delivery system. Kombucha and
cannabis may seem like an odd pairing
but they are quite complementary as
both are known to be good for the gut.
I was interested to find that making
cannabis kombucha is actually a simple
process.

To get started I used a recipe I found
online that required infusing a simple
syrup with cannabis, which you then
add to your kombucha.

The original recipe was for a lot more
cannabis syrup than I was prepared to
make so I used the following amounts:
• 4 grams cannabis — you can use
any type and this is a great place
to make use of any trim or other less
desirable buds you may have
• 1/2 cup water
• 1 1/2 teaspoons organic sugar
• 1 1/2 teaspoons vegetable
glycerin

To get the most from your cannabis
and unlock its effects you need to
decarboxylate it.

Decarbing is not difficult and takes
little effort. Break up the buds into
smaller bits, spread them out on a
cookie sheet lined with parchment
paper and slow roast them in the oven
at 225 F for 45 minutes. I used an oven
thermometer to independently verify
the temperature to ensure the cannabis
wouldn’t scorch.

When your cannabis is ready to go,
bring the water to a boil in a saucepan,
add the sugar and dissolve, then gently
stir in the cannabis. Reduce the heat
and allow to simmer for 30 minutes.
Incorporate the vegetable glycerin and
cook for 10 more minutes, then remove
the pot from the heat and allow the
mixture to cool.

The next step is to strain out the
cannabis remnants. I used cheesecloth,
that I tied into a type of bag, hanging it
over a bowl in the sink to accomplish
this. I let it sit for at least 30 minutes
and squeezed the cloth out after that to
ensure every last drop made it out.

“I was interested
to find that
making cannabis
kombucha is
actually a simple
process.”

Spotlight on the syrup
The cannabis syrup we
made using the featured recipe
is versatile.
For this batch, we used three
grams of San Rafael `71
Tangerine Dream sativa
(15% THC) and
one gram of Spectrum
Cannabis high-
CBD Blue (8%
THC/8% CBD).
The deep
red colour was
definitely a
surprise.
In the future,
we plan to play
around with differ-
ent strains to get
a sense of flavours and
different amounts to get a
better sense of effects.
Using other strains, like
Mango Haze or chocolate
fondue, could be perfect for
your DIY ideas.

From bottom left:
Cannabis on a baking tray.
A SCOBY fermenting;
Pouring cannabis syrup and
booch into a bottle for its
second ferment; orange
zest is a common flavouring
agent; cannabis syrup drips
into a bowl.

From bottom left: Cannabis on a baking tray.
A SCOBY fermenting; Pouring cannabis syrup and
booch into a bottle for its second ferment; orange zest is a common flavouring agent; cannabis syrup drips into a bowl.

Buzzed booch
By Jenny Neufeld

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thermometer to independently verify
the temperature to ensure the cannabis
wouldn’t scorch.

When your cannabis is ready to go,
bring the water to a boil in a saucepan,
add the sugar and dissolve, then gently
stir in the cannabis. Reduce the heat
and allow to simmer for 30 minutes.
Incorporate the vegetable glycerin and
cook for 10 more minutes, then remove
the pot from the heat and allow the
mixture to cool.

The next step is to strain out the
cannabis remnants. I used cheesecloth,
that I tied into a type of bag, hanging it
over a bowl in the sink to accomplish
this. I let it sit for at least 30 minutes
and squeezed the cloth out after that to
ensure every last drop made it out.
The flavours worked. The citrus and cannabis go really well together. It’s very mild, but complex. I’m not sure if I got stoned off of it, but I fell asleep after.”

– JB

“You’ll have had the opportunity to enjoy edibles and beverages, and concentrates, oh my!”

Send us your thoughts on Cannabis 2.0 to be included on our letters page(s) in upcoming editions. That will enter you into draws for cool stuff.

write@okanaganz.com

By the time you get the next oz. ...

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Fluff

The inaugural batch of Citrus Sunset Kombucha, a collaboration between Kameleon Kombucha and the oz.

“It’s fresh and the orange flavour pops. The bright sweetness makes this feel like a treat and it goes down a little too easy. The effect is a gentle relaxant, drawing me to bed, rocking me sleep.”

– DW

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Shower thoughts

When you’re a kid, you don’t realize you’re also watching your mom and dad grow up.

The Internet both almost killed off the postal service with email and then made it more needed than ever with online delivery.

Whoever created the tradition of not seeing the bride in the wedding dress beforehand saved countless husbands everywhere from hours of dress shopping and will forever be a hero to all men.

The night before a day off is more satisfying than the actual day off.

Dad jokes

Today, my son asked “Can I have a book mark?” I burst into tears. He’s 11 years old and he still doesn’t know my name is Brian.

Of all the inventions of the last 100 years, the dry erase board has to be the most remarkable.

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My wife has this weird OCD where she arranges the dinner plates by the year they were bought. It’s an extremely rare dish order.

Two drunk guys were about to get into a fight. One draws a line in the dirt and says, “If you cross this line, I’ll hit you in the face.” That was the punchline.

– Reddit

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Known around the world for our cannabis

By Manos Vezyrakis

I’m a Greek immigrant who came to this wonderful country two years ago and I’m loving it. Let me tell you why. Canada is famous to outsiders for many things, vast land expanses, lakes, its friendly people and, of course, the cold. But to avid cannabis users like myself, Canada — and more specifically British Columbia — is famous for the top-notch weed that sprouts from its blessed land.

BC Bud is known the world over. So obviously coming here in late 2017 and getting to try the local weed was one of the many things to be excited about. As we all know, weed became legal nation-wide in October 2018. Before that I was getting my weed supply the same way everyone else was at that time... not from a legal cannabis store, obviously (haha).

I never really bought from the black market partially due to its illegality, its “hit or miss” ratio, and that I didn’t really know anybody I could buy from. So I don’t really have any Canada stories about weed prior to legalization. But I do have Greece and U.K. stories about it. In both these countries, weed is illegal, so to get what I needed, people that I had nothing in common with save for the fact that we both smoked weed.

All of this is in the past now, as Canada has paved the way by being the first Western country to fully legalize weed on a federal level nation-wide. (The U.S. doesn’t count at this point as some states have legalized it and others haven’t.) Pretty soon, other countries like the U.K. and Switzerland will follow, first medicinally and then, hopefully, recreationally.

I would also like to take a moment to say that in my opinion “medicinal weed” and “recreational weed” are one and the same. What do I mean? You see for decades there was a stigma (still is to an extent) a “reefer madness” mentality, if you will. So when people where pitching the positive medical benefits of cannabis they just had to overemphasize the medicinal aspect of it to make it more appealing. Because, you know, smoking it just to get “high” just wasn’t good enough of an excuse. And hence, “medical cannabis” was born.

Fast forward to 2001 when Canada legalized medicinal cannabis you could get it with a prescription from a doctor (which was also a first step for full legalization 17 years down the road). That gave rise to myriad cannabis stores across the country, which are now illegal, unless they have a new licence — so for me, medical and recreational are one and the same. All cannabis is medicinal no matter where you got it from, and all cannabis can be used recreationally.

I’m glad that people don’t have to be afraid anymore of being arrested, or that they can now buy a clean product grown in a supervised facility with government approval and the regulation of Health Canada.

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An ounce of info goes a long way

Covering cannabis in the Okanagan Valley

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