

How to Make Cannabis Foods and Medicines

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

Step 1: Chop the herbs finely. Place in a clean, dry, glass jar. **Step 2:** Pour the liquid over the cannabis herbs, completely covering them, plus add an additional 2-3 inches of liquid. If the herb material swells up and becomes uncovered, add more alcohol. **Step 3:** Place the jar in a dark place. **Step 4:** Stir gently daily with a glass or plastic utensil. **Do not use metal or wood.** **Step 5:** When you have allowed the tincture to sit for two or more weeks, put in a place with good ventilation and leave the lid off to allow 10-20% of the alcohol to evaporate. **Step 6:** Strain the solid material out using a plastic coffee cone (non-metal) by lining the cone with cheesecloth, muslin or a paper coffee filter. Keep the liquid and get rid of the herb matter by composting it. Rebottle the tincture in a dark glass bottle (light breaks down the THC), and label it. **ALWAYS LABEL YOUR BOTTLES FOR SAFETY, AND KEEP AWAY FROM CHILDREN!** Store tinctures in a cool, dark closet, and, if possible, in dark amber bottles (available at your local health food store). Keep tinctures away from light and heat. **Dosage:** The dosage will vary with the strength of the tincture, size and condition of the person. Strength of the tincture varies depending upon the strength of the herbs, ratio of the herb to liquid, and length of time in preparation. Tinctures may be administered directly under the tongue, or diluted in tea, water, or juice. If you want to avoid ingesting the alcohol, add the tincture to boiling water, remove the water from the heat source and let it sit for five minutes uncovered to evaporate the alcohol. It is suggested that you start with a small dosage (1/2 teaspoon) and experiment until you achieve the results you are looking for.

Cannabis Liniment: A liniment is an *external* application that is rubbed into the skin. **Liniments are for external skin use only. BE SURE TO LABEL "For External Use ONLY."** There are two methods to make liniments. **Method 1:** Follow the tincture recipe, but use rubbing alcohol. **Method 2:** Boil the cannabis root in water until you have a concentrated mixture, and add rubbing alcohol. This is an age old folk remedy for relief of arthritis and sore muscle pain.

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

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

Cannabis Tea: Simply bring water to a boil as you would for any tea. Add a small amount of cannabis to the boiling water, either fresh or dried. Remove pan from heat and cover to steep for about 15 minutes. Combine with the tea of your choice for added flavor, and add milk or honey to taste. Tea can be strained as you prefer.