



HARBORSIDE



CANNABIS CONCIERGE

FIELD GUIDE



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Cannabis Concierge Field Guide

Interested in learning more about cannabis but don't know where to begin?

We have assembled this **Top 5 Things to Know** to help light the way for your cannabis journey.

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NOTES

How Cannabis Works

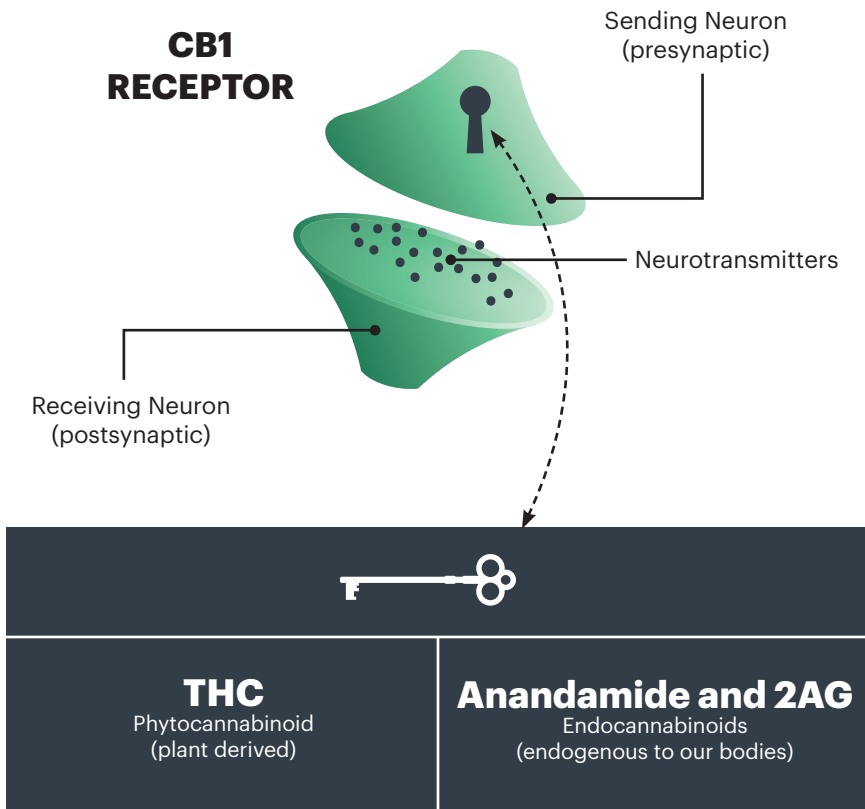
Cannabis can provide a wide array of effects to the user due to the *combined* functions of cannabinoids, terpenes, and bioavailability. After reading this section you'll understand how categorizing the effects of cannabis is not as simple as the commonly used Sativa/Indica/Hybrid method.

The Endocannabinoid System (ECS)

Every person (every species of mammal actually) has their own specific **Endocannabinoid System** (or ECS) which is made up of receptors that run throughout the body and are connected to the nervous system.

Cannabinoids, which are compounds found in cannabis, react differently to the receptors in the ECS which end up producing varying types of effects to each specific user.

CELL RECEPTOR AND CANNABINOID KEYS



THE ECS

The two main types of ECS receptors are CB1 and CB2:

CB1 receptors are predominantly found in the brain and central nervous system

CB2 receptors are predominantly found in the immune system and the gastrointestinal system

CB 1

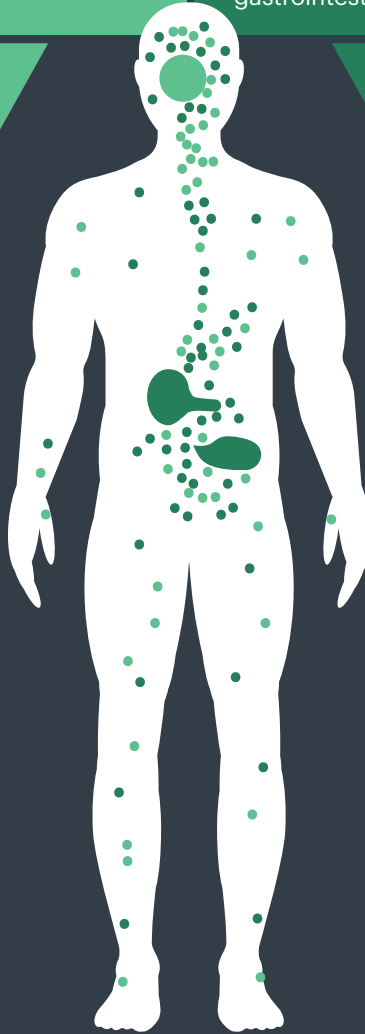
CB1 Receptor Targets:

Motor Activity
Thinking
Motor Coordination
Appetite
Short-term Memory
Pain Perception
Immune Cells

CB 2

CB2 Receptor Targets:

Gut
Kidneys
Pancreas
Adipose Tissue
Skeletal Muscle
Bone
Eye
Tumors
Reproductive System
Immune System
Respiratory Tract
Skin
Central Nervous System
Cardiovascular System
Liver



CB1 receptors tend to trigger psycho-active and possible pain-relieving effects when activated, whereas CB2 receptors tend to trigger possible anti-inflammatory properties when activated—however, CB1 and CB2 receptors can be found in the respective opposite areas of the nervous system as well.

The Entourage Effect

The “Entourage Effect” is the theory of how a cannabis plant’s specific make up of cannabinoids and terpenes work together to determine overall physical and mental effects when activating receptors in the ECS. All cannabis plants contain many different types of cannabinoids and terpenes, however the effects are mostly regulated by the few which are most apparent. For example, we know that some strains are uplifting while possibly pain relieving, whereas some may help you quickly wind down for bed, and others may just lightly take the edge off of your day while keeping you social.

Cannabis can provide a wide array of different feelings. Typically Sativa-dominant plants are stereotyped as being stimulating with a “head high” whereas Indica-dominant plants are stereotyped as providing a relaxation inducing “heavy body high”—this all however is an oversimplification. Some people may have the opposite reactions to Sativa and Indica plants due to their personal ECS. By understanding the properties of different cannabinoid and terpene combinations you will be better able to judge how specific strains will affect you personally.

Potency Isn’t Everything

As cannabis companies have been touting skyrocketing percentages of THC, many users have rushed to their local dispensary shelves in search of the strain with the highest percentage. However, studies have shown that THC percentage is not the sole component within the desired effects of cannabis—if THC is the engine that moves a car forward, then terpenes act as the steering to a specific direction.

Cannabinoids

Let’s take a look at cannabinoids. There are at least 113 different cannabinoids in cannabis but we are going to focus on four: THC, THCA, CBD, and CBN.

THC (Tetrahydrocannabinol): AKA the one that gets you “high”

Unlike the other three compounds which are non-intoxicating, THC is the one that will make you feel “high”. But, THC has many other important effects as well. THC may relieve swelling, nausea, appetite-loss, and additionally may act as a sleep-aid in lighter amounts. THC may also help as a mood-enhancer.

CBD (Cannabidiol): AKA the one that makes you “calm”

CBD is a non-intoxicating compound found in cannabis that has been causing quite an exciting stir in the wellness community. CBD may help put one’s worried mind at ease without any intoxicating effects. Some have found that CBD provides relief for certain types of pain such as muscle-tightness and swelling. Researchers are also looking into the possibility of CBD being used as a seizure reducer in children.

THCA (Tetrahydrocannabinolic Acid)

Though not as widely renowned as THC or CBD, THCA is a non-intoxicating compound that exists predominantly in undried cannabis. THCA becomes THC when the compound is heated to the point just before combustion—a process known as decarboxylation. Research into THCA is still in its early stages, however some have found it useful in providing relief for muscle stiffness, joint stiffness, nausea, and appetite loss. Researchers are currently looking into the possibility of THCA being a neuroprotectant. THCA is most commonly found in Live Resin (which we'll discuss in the **concentrates** portion of this guide).

CBN (Cannabinol)

CBN is typically a byproduct of THC after it goes through decarboxylation (aka subjecting the compound to higher temperatures). CBN is very, very minimally psychoactive and most likely non-intoxicating. Cannabis products with higher levels of CBN may help contribute to more of a sedative yet non-intoxicating effect. CBN has a handful of similar qualities to CBD—what sets it apart is that it may just help you wind down a little more.

A close-up of glandular trichomes on a cannabis leaf. Glandular trichomes are where cannabinoids and terpenes are produced.



Terpenes

Terpenes are aromatic oils which are released by the plant's *trichomes*. There are hundreds of known cannabis terpenes out there but we only need to focus on a few of the most commonly found and noticeable for this guide.

Terpene	Found In Strains Such As	Found In Other Plants Such As
Myrcene Myrcene is the most commonly found terpene in medical and recreational cannabis. Myrcene has an earthy aroma with a subtle sweet flavor. Myrcene may be useful for those looking for help with physical and mental relaxation, as well as a possible sleep-aid.	OG Kush, White Widow	mangoes
Limonene Known for its occasional citrusy scent and flavor, Limonene is a very common terpene in cannabis. Many strains try to bring attention to their Limonene content by using the prefixes "lemon" or "sour". Limonene may be useful for those looking to boost their overall frame of mind while reducing stress. Many strains that contain Limonene are considered "uplifting".	Sour Diesel, Jack Herer	lemons, limes
Linalool Linalool has a floral earthy aroma that helps characterize that signature "cannabis smell". Linalool may be useful for those looking for stronger relaxing, sleep-aiding, and sedative qualities.	Granddaddy Purple, Amnesia Haze	lavender
Pinene Like the sound of its name, Pinene is known for its "piney" aroma. The two subtypes of Pinene are Alpha-pinene and Beta-pinene. Alpha-pinene is currently being studied for its possible neuroprotective effects. Pinene may be useful for those looking to soothe stress or nervousness. Pinene is also known to have possible anti-swelling properties.	Blue Dream, Harlequin	pine needles, parsley, basil
Caryophyllene (aka beta-Caryophyllene) Caryophyllene is characterized by a spicy and woody essence. Researchers are looking into its effects directly to the ECS which may help aid in pain relief. Caryophyllene may be useful for those looking to calm nervousness as well as those looking for pain relief.	GSC	cinnamon
Alpha-bisabolol Alpha-bisabolol has a gentle soothing floral aroma. Alpha-bisabolol may be helpful for those looking for pain relieving and anti-swelling properties in their terpenes.	Headband	chamomile

Terpene	Found In Strains Such As	Found In Other Plants Such As
<p>Trans-nerolidol Trans-nerolidol is known for its warm floral citrusy yet woody essence. May be useful for those looking for anti-swelling and mildly relaxing properties in their cannabis.</p>	Skywalker OG	jasmine
<p>Humulene (aka alpha-Caryophyllene) Humulene is known for its hops-like scent. Researchers are currently looking into its possible anti-carcinogenic properties. May be useful to those looking for anti-swelling and pain-relieving benefits in their terpenes.</p>	Headband, GSC	hops
<p>Eucalyptol A less-common cannabis terpene, Eucalyptol possesses a mint-like refreshing essence. May be useful for those looking to relieve pain.</p>	Super Silver Haze	eucalyptus
<p>Delta 3 carene Delta 3 carene has a foresty aroma (and a very exciting name). Delta 3 carene is frequently researched for possible bone health properties. May be useful to those looking to reverse swelling and memory loss.</p>	AK-47	cedar trees
<p>Camphene Camphene has an earthy damp woody essence. Researchers are currently studying possible cholesterol lowering effects from Camphene. Camphene may be useful to those looking for pain-relieving, anti-swelling, and calming properties in their terpenes.</p>	Strawberry Banana	nutmeg
<p>Ocimene Ocimene has a pleasant earthy citrusy aroma and provides a light sweet flavor. May be useful to those looking for an uplifting effect in their terpenes.</p>	Clementine, Dutch Treat	kumquats, orchids
<p>Borneol Borneol has a minty earthy like essence. Used widely in traditional Chinese medicine. May be useful to those looking for relaxation without sedation. Borneol may also be useful for its possible pain relieving and anti-swelling properties.</p>	Golden Haze	ginger, thyme
<p>Terpineol Terpineol is known for its floral yet fruity aroma with a fresh herbally flavor. May be useful to those looking for heavier relaxing properties in their terpenes.</p>	White Widow, GSC	lilacs

Terpene	Found In Strains Such As	Found In Other Plants Such As
<p>Geraniol Geraniol has a wonderful florally citrus-like smell—similar to citronella. Research is currently underway into its possible antispasmodic, neuroprotectant, and antibacterial properties. May be useful to those looking for soothing and sedative properties in their terpenes.</p>	Great White Shark	geraniums
<p>Valencene Valencene is known for its incredible citrusy flavor and aroma—it's named after Valencia Oranges! May be useful to those looking for an energizing boost as well as anti-swelling properties in their terpenes.</p>	Tangie	Valencia oranges
<p>Terpinolene Terpinolene has a fresh foresty aroma. Terpinolene is known to aid in relaxation and sleep. Researchers are looking into its potential antibacterial, anticarcinogenic, and antifungal properties.</p>	Pineapple Kush	sage, cumin

Bioavailability

The more **bioavailable** the dose, the lower the quantity of cannabis you need for its effects.

Put simply, **bioavailability** is the percentage of cannabinoids and terpenes that reach the bloodstream to activate ECS receptors as opposed to being absorbed by other parts of the body which are far less reactive. Different consumption methods (which we'll get to later in this guide) determine different levels of bioavailability:

- ♦ Inhalation of cannabis provides the highest percentage of bioavailability with THC averaging at 30% and CBD averaging at 30-35%
- ♦ Edibles are roughly 4-12% bioavailable for THC and max out at 20% for CBD
- ♦ Tinctures are rated at an overall cannabinoid bioavailability of 10-20%, though some tincture manufacturers claim higher levels in their products

Some manufacturers claim to boost their product's bioavailability by utilizing certain compounds and methods in production to help deliver cannabinoids and terpenes more effectively.

Sativa/Indica/Hybrid Explained

Pretty much every cannabis product you will come across is derived from a **hybrid** strain. When cannabis products are labeled **sativa** or **indica** they really mean **indica-dominant** or **sativa-dominant** (with very, very, rare exceptions). The original "pure" **sativa** or "pure" **indica** strains fall into the **landrace** category which are strains that are indigenous to the earth. **Landrace** strains are frequently confused with **heirloom** strains—which are **landrace** strains that have been cultivated outside of their native environment, and essentially are considered slightly less "pure" due to slightly different characteristics caused by a non-native environment.

Sativa

- ♦ Taller
- ♦ Narrower Leaves
- ♦ 10-16 week flowering cycle
- ♦ Grows better in warmer climates
- ♦ Lighter/airier buds
- ♦ Leaves usually have a lighter color palette
- ♦ Indigenous to: South America, Central America

Indica

- ♦ Shorter
- ♦ Wider Leaves
- ♦ 8-12 week flowering cycle
- ♦ Can withstand colder climates
- ♦ More condensed buds
- ♦ Leaves usually have a darker color palette
- ♦ Indigenous to: Afghanistan, Pakistan, India

Enter The Hybrid...


Humans have been using cannabis for thousands of years, and since the 19th century, humans have bred cannabis plants for more ideal growing traits. In the 1960's growers started sourcing cannabis plants from different areas of the world to create strains that could grow easier, yield more flower, and could produce more **cannabinoids** and **terpenes**. Though **landrace** and **heirloom** strains are rare and highly sought after, it is **hybrid** strains that are more potent.

Hybrid

- ♦ Predominantly 6-10 week flowering cycles (though sometimes longer)
- ♦ More apt to their environment
- ♦ Higher potency due to selection and breeding

Takeaways

By taking into account the properties of cannabinoids and terpenes while also being aware of bioavailability you will be able to find the product that hits just right for you in the ideal moment—you will be able to better avoid the strains that make you feel anxious, make you sleepy when you don't want to be, and make you full of energy when you're just trying to wind down.



Remember, this is your journey.

How To Use Cannabis

There are many different methods to taking cannabis. In this section we will go over the four main mediums of cannabis consumption while also discussing various subcategories and differences in approach, tools, and effect.

In this section we will dive deep into the methods of:

- ◆ Inhalation
- ◆ Edibles
- ◆ Tinctures/Sublinguals
- ◆ Topical Application

Pro Tip: You can always take more, but you can't take less. Always start small when trying a new method or strain of cannabis.

Inhalation

By inhaling cannabis, the cannabinoid THC enters the bloodstream in seconds. Inhalation is the fastest way to feel "high". Inhalation can be broken down into two categories: **smoking** and **vaping**. Cannabis can be inhaled from either flower or concentrate form (we'll discuss **concentrates** shortly).

Smoking

This method is defined by igniting your cannabis flower and breathing in the smoke that comes from it.

Smoking Methods

There are many different ways to "smoke" cannabis, we'll look into a few methods.

Joints

Joints are cannabis buds that have been ground up and rolled into rolling papers. You can buy already rolled joints known as **pre-rolls**.

Infused Pre-Rolls

Like the name suggests, Infused Pre-Rolls are joints that have been blended with additional ingredients such as kief or concentrates for an additional boost in flavor or potency.

Pipes

A **pipe** is a small portable tool usually made from glass or wood (or many other materials—such as an apple) that consists of a bowl-like section where ground up cannabis buds are placed and ignited with an additional mouthpiece section to inhale from. The bowl and mouthpiece are connected by a small whittled-out air shaft.

Water Pipes/Bubblers/Bongs

Similar to **pipes** but less portable and more fragile. Water pipes have a small chamber that fresh water is placed into to cool the smoke from the ignited cannabis. This makes the smoke less harsh to inhale.

Vaping

Vaping is a slightly different method than smoking. In vaping, a vaping-

device is used to heat the cannabis to a temperature close to but below combustion. This turns the active terpenes and cannabinoids into a vapor that can be inhaled for a fast delivery.

Vaping Methods

There are many different ways to **vape** cannabis, let's check out a few.

Vaporizers

Vaporizers are devices that heat cannabis flower or concentrate to the point below combustion. They range in size from handheld to desktop. **Desktop vaporizers** usually plug into a wall, whereas portable **vape pens** are usually battery powered. **Vape pens** are handheld discreet pen shaped tools used to vaporize cannabis oil and are powered by either a reusable or disposable battery. Some **vape pens** may contain a compartment for cannabis flower instead of for concentrate.

“The Dab Rig”

A **dab rig** consists of a specifically designed tool for heating cannabis concentrate on a flat surface with a heated up nail-like tool, and inhaling through a pipe-like mouthpiece. Dabbing is for more advanced cannabis users and is not recommended for those who are new or intermediately experienced with cannabis—as these effects may be overwhelming.

What Are Concentrates?

Concentrates consist of flower that has been processed by filtering out most of the excess plant materials to create a concentrated form of the specific cannabinoids and terpenes desired. Concentrates are generally more potent than unprocessed flower.

Here are a few examples of **concentrates**:

Kief

Kief is a collection of **resin trichomes**, aka the most terpene and cannabinoid condensed product of the cannabis plant can be molded together for a sticky naturally processed concentrate. Perfect for adding a little extra kick to a bowl, joint, or vaporizer. You can collect kief by grinding your flower with a cannabis grinder then unscrewing the bottom compartment from your grinder which will collect kief over time through a mesh screen.

Suggested Consumption Method: Sprinkle into pre-roll or cannabis bowl

Hash

Hash is created by either condensing kief or chemical extraction. Hash is a more condensed and more potent form of concentrate than kief. Hash can be dabbed, vaped, smoked, and even cooked into edibles.

Suggested Consumption Method: Crumble into pre-roll or on top of bowl, or use hash pipe, or cook into an edible

Shatter

Shatter is a very strong highly concentrated form of cannabis

that resembles broken glass. Usually a yellowy transparent brown appearance that can occasionally appear close to clear. Shatter is created using butane or other solvents to extract cannabinoids and terpenes. Shatter can be consumed by using a “dab rig”.

Suggested Consumption Method: Dab rig

Wax

Is a very sticky concentrate usually made by butane extraction. Wax can be dabbed, drizzled on top of a “bowl” of flower, or inhaled via a vaporizer.

Suggested Consumption Method: Can be inhaled via dab rig or a vape pen with a concentrate adapter, can be added to a pre-roll too

Crumble

A type of wax that is hard but brittle and sand-like as opposed to sticky and waxy. Best for placing on top of a bowl or in a vaporizer.

Suggested Consumption Method: Sprinkle on top of a water pipe bowl, or use a dab rig

Live Resin

A concentrate made from cannabis flower before it has been dried. Due to its extraction technique, Live Resin usually contains more of the original flavors and aromas of the plant than other concentrates. Usually extracted by flash freezing with liquid nitrogen. Live Resin (like Live Rosin) usually holds the highest amount of THCA found in cannabis products.

Suggested Consumption Method: Dab rig or vape pen concentrate adapter

Rosin

A concentrate extracted via a chemical-free heat based technique using dried cannabis. Rosin can be smoked, vaped, or “dabbed”.

Suggested Consumption Method: Crumble into bowl, dab, or use a vape pen with a concentrate adapter

Live Rosin

Same as Rosin but extracted from undried fresh cannabis. Live Rosin is usually one of the more expensive types of concentrate. Live Rosin (like Live Resin) usually holds the highest amount of THCA found in cannabis products.

Suggested Consumption Method: Dab rig

Sauce

Aged shatter that becomes gooey over its aging process. This process usually creates a more potent concentrate than before. Best used with a “dab rig”.

Suggested Consumption Method: Drip into bowl, dab, or vape pens with concentrate adapters

Edibles

Any cannabis infused food or beverage is considered an **edible**. The cannabinoids within **edibles** are absorbed through the process of digestion within the gastrointestinal system. Cannabis infused **edibles** can range from chocolate bars to gummies to soft drinks to cooking oils—and beyond! Edibles provide the easiest method to consuming cannabis.

Edibles take anywhere from 20 minutes to a few hours to kick in. The effects of edibles are generally stronger and longer lasting than inhalation, with the exception of “dabbing”.

Why do edibles produce a stronger “high”? When THC (aka delta-9-THC) goes through the digestive process and reaches the liver, metabolites, molecules produced by the body during digestion, react with THC to create **11-hydroxy-THC** compounds. **11-hydroxy-THC** can be upwards of ten times more potent than typical **delta-9-THC**. Though your body will manufacture some **11-hydroxy-THC** compounds while inhaling cannabis, the quantity at which it is produced is a small fraction of what is manufactured by the digestive process.

Start low, and go slow. The effects of edibles can seem intense to some if too much is consumed at once.

Sublinguals

Sublinguals are cannabis products that deliver cannabinoids to the bloodstream via mucous membranes under the tongue. Sublinguals are most commonly produced in the form of Tinctures. Examples of lesser-common sublinguals include sprays, strips, and tablets. Sublinguals are great for those wanting to use cannabis discreetly while also not wanting to feel the additional psychoactive effects from the 11-hydroxy-THC process.

Tinctures are dropper bottles that contain a cannabis infused medium such as glycerin, coconut oil, or alcohol (alcohol tinctures are illegal in CA). The medium is used to extract the cannabinoids and terpenes from a cannabis plant creating a strong concentrated liquid that can be dropped under the tongue. The cannabis infused medium then enters the bloodstream through the mucous membranes under the tongue. Simply place the recommended dosage of droplets under your tongue and keep it there as long as bearable. Tinctures usually take about 10-40 minutes to onset. Once you swallow the remainder of the tincture, the leftover cannabinoids will adventure down to your digestive system to be handled like an edible.

Sublinguals: All **tinctures** are **sublinguals** but not all **sublinguals** are **tinctures**. Sublinguals are any cannabis product that enters the bloodstream from under the tongue. Examples of lesser-common non-tincture sublinguals include **sprays, strips, and tablets**.

Tinctures and Sublinguals are great for those wanting to use cannabis discreetly while also not wanting to feel the additional psychoactive effects from the **11-hydroxy-THC process**.

Topicals

Topicals are cannabis products that deliver cannabinoids and terpenes through the skin. Unlike the previously mentioned methods, topical application provides no intoxicating effects and is primarily used for possible pain-relieving and muscle relaxing properties. Topicals can come in many forms such as patches, creams, sprays, gels, massage oils, bath bombs—and more.

Cannabis Safety

We understand that this section may not be as sexy as comparing terpenes or concentrates, however, it is still absolutely critical for your cannabis education. In this section we will discuss how to safely use cannabis.

- ♦ Cannabis is best used in your own home
- ♦ Don't use cannabis in a car
- ♦ Start low, and go slow
- ♦ If using outside of your home, make sure you are aware of your surroundings
- ♦ Mindfulness is extremely important to your cannabis experience—by having a solid grasp of your surroundings you can avoid negative experiences that may lead to paranoia—which is not fun
- ♦ Do not operate heavy machinery while under the effects of cannabis

Possible Side-Effects of Cannabis

This section may seem like a major buzzkill—but by understanding its possible side-effects you can better navigate your cannabis journey.

- ♦ Products high in THC can boost anxious feelings in people who take more of a dose than they are used to—can't say this enough—start low, go slow
- ♦ Higher doses of cannabis can possibly impair short term memory—we don't recommend using cannabis right before work or school
- ♦ Cannabis can reduce physical and mental reaction times—good to keep in mind when using outside of the safety of your own home
- ♦ Dry mouth—not a bad idea to stay hydrated

Make Sure Your Cannabis Has Been Tested!

Regulated cannabis (i.e. cannabis purchased legally) is subject to a very strict code of testing and quality control. Legal cannabis is not allowed to be exposed to mold, pesticides, or other toxic compounds.

Unregulated cannabis (i.e. underground market cannabis) is not subject to such testing.

Look for the testing label on your product. This will ensure that you will not be exposed to molds or other toxic compounds. All products carried at Harborside are meticulously tested for safety and quality.



How To Store Cannabis

- ◆ Make sure your cannabis is stored safely away from children or pets
If you think your pet has gotten into your “stash” and is having symptoms—be honest and upfront with your veterinarian
- ◆ Store flower in glass jars, keep out of sunlight, and store under 75 degrees Fahrenheit
- ◆ Store different strains separate from each other
- ◆ Refrigerate any edibles that advise you to do so—make sure to label what it is so that no one accidentally eats it
- ◆ Keep your product away from moisture as best as possible to prevent mold
- ◆ Don't forget to read the label of your product for proper storing methods



Cannabis & The Law

Although we dive into the many healing and enlightening aspects about it in this guide, cannabis is still federally considered a “Schedule I” controlled substance.

Cannabis prohibition has deep roots in early 20th century racism—fueling the prison industrial complex and ripping apart families.

There has been an ongoing trend with every new election cycle of more and more states legalizing cannabis for **medical** or **recreational** use. However, federally, cannabis is still illegal. Here in California for example, a pinnacle state for cannabis, it is illegal to consume cannabis on any federal land or park.

Every state has its own specific laws and processes for **medical** and **recreational** users that are ever evolving. Since legalization is such a recent process, it is best to stay up to date with your state’s Medical and Recreational cannabis rules and regulations.

Traveling With Cannabis

Although you can find many articles and testimonials discussing loopholes, cannabis is completely illegal to transport over state lines. Also, since the TSA is a federal agency, we do not recommend flying with cannabis.

When driving, it is best to transport cannabis in your trunk. Especially if any of your product packaging is unsealed/tampered.

Drive High and You’ll Get A DUI

If you have been using cannabis, we strongly suggest that you do not operate a motor vehicle. Cannabis can possibly impair one’s driving ability—so for the sake of your community, don’t do it. On the other hand, getting pulled over while still feeling the intoxicating effects of cannabis can land you a very expensive DUI.

How To Legally Use Cannabis In California

- ◆ You must be over 21 years old
- ◆ 18-21 year olds can only use cannabis with a physicians recommendation—but it is not up to you to be their cannabis provider
- ◆ It is illegal to smoke cannabis in public areas, so we highly suggest you use it in the privacy and safety of your own home—or a close friend’s home
- ◆ **Don’t smoke in your car!** That could make you a target of a DUI if pulled over and your vehicle smells like cannabis
- ◆ If driving with cannabis, keep it in your trunk!
- ◆ Do not operate heavy machinery on cannabis

Conclusion

We hope this field guide comes in handy for your cannabis journey. There's no one-size-fits-all strain, method, or experience, this canna-trip is uniquely yours.

Let's review our **Top 5 Things to Know** about cannabis:

1. How Cannabis Works

- ◆ In this section we go over:
 - ◆ *The Endocannabinoid System (or ECS)*—consisting of CB1 and CB2 receptors, this wiring connects to the body's nervous system and can determine how cannabis affects you specifically
 - ◆ *The Entourage Effect*—the theory of how a plant's specific make up of cannabinoids, terpenes, and bioavailability work together to determine specific effects when they encounter the ECS
 - ◆ *Cannabinoids*—the two main types concerning cannabis are THC and CBD, the secondary two are CBN and THCA
 - ◆ *Terpenes*—aromatic oils secreted by the plant, in this section we go over the main types of terpenes, their traits, and their effects
 - ◆ The truth behind *Indica, Sativa, and Hybrid* cannabis

2. How to Use Cannabis

- ◆ In this section we go over cannabis consumption methods, such as:
 - ◆ Inhalation
 - ◆ Edibles
 - ◆ Sublinguals
 - ◆ Topicals

3. Cannabis Safety

- ◆ In this section we go over:
 - ◆ How to use cannabis safely
 - ◆ Importance of testing labels
 - ◆ How to avoid a bad time

4. How To Store Cannabis

- ◆ In this section we go over:
 - ◆ How to store cannabis for maximum freshness and potency
 - ◆ Make sure to store cannabis away from children and pets

5. Cannabis & The Law

- ◆ In this section we go over:
 - ◆ Cannabis prohibition is deeply rooted in racist policing
 - ◆ How to stay off police radar

Never hesitate to reach out to our staff with any questions when you visit your local Harborside!

Can't decide on your next purchase?

Our Harborside Product Matchmaker Quiz will help you find the best match to suit your mood. All you need to do is answer a few quick questions. We factor in terpene profiles, cannabinoid potency, preferred consumption methods, and more.

Take the quiz here: shopharborside.com/product-matchmaker-quiz/



Need further cannabis assistance?

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Glossary

11-hydroxy-THC

Result of ingesting cannabis, this metabolite is relatively more psychoactive than standard Delta-9-THC. 11-hydroxy-THC is the reason edibles can have stronger effects than most inhalation methods.

Bioavailability

The percentage of cannabinoids and terpenes that will reach the bloodstream to activate ECS receptors as opposed to being absorbed by other parts of the body which are less reactive. The more **bioavailable** the dose, the lower the quantity of cannabis you need for its effects.

Bong

Type of free standing **water pipe**. Characterized by a vase like shape, bongs help pull and station larger doses of water chilled cannabis smoke to inhale.

Bubbler

Type of handheld **water pipe**. Similar to a standard pipe but with a small water chamber to filter cannabis smoke for a smoother inhale.

Cannabinoids

Chemical compounds found in cannabis such as: THC, CBD, THCA, and CBN. Found predominantly in the cannabis plant's **trichomes**.

CB1 Receptors

Predominantly found in the brain and central nervous system, tend to trigger psychoactive effects and possible pain-relieving effects when activated by **cannabinoids**.

CB2 Receptors

Predominantly found in the immune system and the gastrointestinal system, tend to trigger calming and anti-swelling effects when activated by **cannabinoids**.

CBD

Non-intoxicating cannabinoid found in cannabis. Known for its nerve soothing and anti-swelling properties.

CBN

Byproduct of THC after being subjected to higher temperatures. CBN is very minimally psychoactive and most likely non intoxicating. Effects are similar to CBD but CBN is possibly more sedative.

Clone

A clone is a young female plant that has been cut and raised from a mother plant with ideal genetics. Easiest starting point for cannabis cultivation.

Cola

Small flower that buds at the very end of any cannabis stalk.

Cured (curing cannabis)

Process after **drying** that makes sure cannabis is properly dried and aged with excess moisture removed for ideal flavor, aroma, cannabinoid profile, terpene profile, and smoking experience.

Dab Rig

Device geared towards concentrate inhalation. Concentrate is placed on the flat surface of the dab rig and combusted via close contact with a nail-like tool that has been heated up by a blow torch or high powered lighter. The vapors from the concentrate travel through the chambers of the dab rig and out through its mouthpiece.

Delta 9

Nickname for delta-9-tetrahydrocannabinol, a psychoactive cannabinoid usually referred to as “THC”.

Dried (drying cannabis)

Process of hanging or laying out cannabis buds in a temperature controlled room to remove moisture.

Edibles

Cannabis infused food or beverage that delivers THC or CBD to the bloodstream via the gastrointestinal tract.

Endocannabinoid System

System of CB1 and CB2 cannabinoid receptors that run throughout the body and are connected to the nervous system.

Entourage Effect

The theory of how a cannabis plant’s specific make up of cannabinoids and terpenes work together to determine overall physical and mental effects when activating receptors in the ECS

Fan Leaves

Part of the plant used to capture sun for photosynthesis. The iconic cannabis leaf.

Flower

The resin-bearing flower (or *bud* or *calyx*) from a female cannabis plant that has been *dried* or *cured*. This section of the plant contains the majority of the active compounds: *cannabinoids* and *terpenes*.

Greenhouse Grown

Cannabis grown in a greenhouse sources most of its energy from the sun with some artificial UV light supplemented. Greenhouse cultivation is usually a more environmentally sustainable option. Strains that may not be built for the surrounding outdoor climate can still receive natural UV, creating more developed terpene profiles.

Heirloom

Landrace strains that have been cultivated outside of their native environment.

Hybrid

The term refers to a range of cannabis plants that fall between Indica and Sativa. Hybrid strains are cannabis strains that have been bred to be more apt to their environment, bred to contain higher potency, and bred to be able to develop within shorter growing cycles. However, almost all strains (with very rare exceptions) that are purchasable at dispensaries are technically hybrids.

Hydroponically Grown

Cannabis grown in a nutrient rich solution rather than soil. This usually allows for a faster vegetative state and possible higher potency.

Indica

Usually characterized by a pain relieving spacey couchlock high. However, the more accurate characteristics of Indica are:

- ♦ Shorter
- ♦ Wider leaves
- ♦ 8-12 week flowering cycle
- ♦ Can withstand colder climates
- ♦ More condensed buds
- ♦ Leaves usually have a darker color palette
- ♦ Indigenous to: Afghanistan, Pakistan, India

Indoor Grown

Indoor cannabis is cultivated using artificial UV lights in a controlled environment. Strains that may need a specific climate or soil are able to be cultivated any time of year and in any location with the proper equipment. Indoor growing is usually less environmentally friendly than outdoor or greenhouse growing.

Infused Pre-roll

Joints that have been blended with additional ingredients such as kief or concentrates for an additional boost in flavor or potency.

Joints

Cannabis flower that has been ground up and rolled with rolling papers for a cigarette like smoking device. You can buy already rolled joints widely known as *pre-rolls*.

Kief

A collection of *resin trichomes*, aka the most terpene and cannabinoid condensed part of the cannabis *flower* which can be molded together for a sticky naturally processed concentrate.

Hash

A more condensed and potent form of concentrate than kief. Created by either condensing kief or chemical extraction.

Landrace

Strains that are indigenous to the earth, rather than strains that were formed out of crossbreeding.

Live Resin

Concentrate made from cannabis flower before it has been dried.

Outdoor Grown

Cannabis grown outdoors with the sun as the only light source. Usually provides the most robust terpene profile.

Non-intoxicating

A trait of cannabis that means it won't get you "high" or impair functions—however it may still send psychoactive responses, though without impairment.

Non-psychoactive

A trait that means it will neither impair nor provide any psychoactive responses to the brain. CBD for example is non-intoxicating, but it is psychoactive. THC is both psychoactive and intoxicating.

Pipe

A **pipe** is a small portable tool usually made from glass or wood that consists of a bowl-like section where ground up flower is placed and ignited with an additional mouthpiece section to inhale from. The bowl and mouthpiece are connected by a small whittled-out air shaft.

Pistils

The “hairs” of the plant, used to collect pollen.

Pre-roll

A joint that has been pre-rolled.

Sativa

Usually characterized by an upbeat mentally adventurous creative head high. However, the more accurate characteristics of sativa are:

- ♦ Taller plants
- ♦ Narrower leaves
- ♦ 10-16 week flowering cycle
- ♦ Grows better in warmer climates
- ♦ Lighter/airier buds
- ♦ Leaves usually have a lighter color palette
- ♦ Indigenous to: South America, Central America

Shatter

A very strong highly concentrated form of cannabis that resembles broken glass. Usually a yellowy transparent brown appearance that can occasionally appear close to clear. Shatter is created using butane or other solvents to extract cannabinoids and terpenes. Shatter can be consumed by using a “dab rig”.

Soil Based Grown

Cannabis grown in soil rather than a solution or other mediums.

Soilless Grown

Cannabis grown in a solution or other mediums with the exception of classic soil.

Sublinguals

Sublinguals are any cannabis product that enters the bloodstream from the mucous membranes under the tongue.

Sugar Leaves

Tiny leaves that help fortify the flower, sugar leaves have the highest concentration of trichomes on the plant.

Terpenes

Terpenes are aromatic oils which are released by the plant’s **trichomes**.

THC

Cannabinoid found within the trichome that provides intoxicating effects as well as possible pain-relieving and mood-enhancing effects.

THCA

A non-intoxicating compound that exists predominantly in undried cannabis. Some have found it useful in providing relief for muscle stiffness, joint stiffness, nausea, and appetite loss. Researchers are currently looking into the possibility of THCA being a neuroprotectant. THCA is most commonly found in Live Resin.

Tinctures

Tinctures are dropper bottles that contain a cannabis infused medium such as glycerin, coconut oil, or alcohol (alcohol tinctures are illegal in CA). The medium is used to extract the cannabinoids and terpenes from a cannabis plant creating a strong concentrated liquid that can be dropped under the tongue. The cannabis infused medium then enters the bloodstream through the mucous membranes under the tongue.

Topicals

Cannabis products that deliver cannabinoids and terpenes through the skin. Unlike the previously mentioned methods, topical application provides no intoxicating effects and is primarily used for possible pain-relieving and muscle relaxing properties.

Trichomes

Resin secreting glands that contain higher concentrations of cannabinoids.

Trimming

The act of removing excess plant matter from cannabis buds.

Vape

The act of vaporizing cannabis for inhalation.

Vaporizer (desktop)

A device that has to be plugged into a power outlet to heat cannabis flower or concentrate/oil to the point below combustion for cannabis inhalation.

Vaporizer (pen, vape pen)

A battery powered device that will heat cannabis flower or concentrate/oil to the point below combustion for cannabis inhalation.

Water Pipe

A pipe that usually has a small chamber for fresh water to cool the smoke from the ignited cannabis.

Wax

A very sticky concentrate usually made by butane extraction. Wax can be dabbed, drizzled on top of a "bowl" of flower, or inhaled via a vaporizer.

HOPS-LIKE

PINEY

FORESTY

SPICEY

WOODY

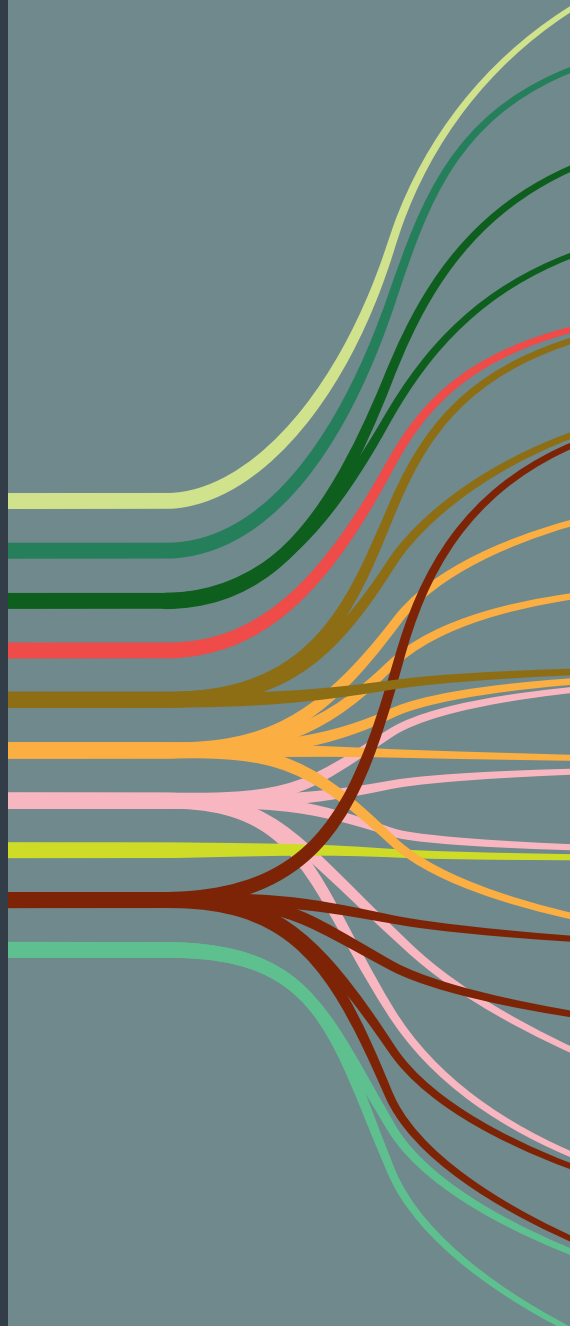
CITRUSY

FLORAL

FRUITY


















EARTHY

MINTY



TERPENES

Terpenes are aromatic oils which are released by the cannabis plant. There are hundreds of known cannabis terpenes out there but we only need to focus on the most common and noticeable few for now.

HUMULENE (AKA ALPHA-CARYOPHYLLENE)	page 6
Found in strains such as: Headband and GSC.	
Found in plants such as: hops	
PINENE	page 5
Found in strains such as: Blue Dream, Harlequin	
Found in plants such as: pine needles, parsley, basil	
TERPINOLEN	page 7
Found in strains such as: Pineapple Kush	
Found in plants such as: sage, cumin	
DELTA 3 CARENE	page 6
Found in strains such as: AK-47	
Found in plants such as: cedar trees	
CARYOPHYLLENE (AKA BETA-CARYOPHYLLENE)	page 5
Found in strains such as: GSC	
Found in plants such as: cinnamon	
CAMPHENE	page 6
Found in strains such as: Strawberry Banana	
Found in plants such as: nutmeg	
LIMONENE	page 5
Found in strains such as: Sour Diesel, Jack Herer	
Found in other plants such as: lemons, limes	
VALENCENE	page 7
Found in strains such as: Tangle	
Found in plants such as: Valencia oranges	
TRANS-NEROLIDOL	page 6
Found in strains such as: Skywalker OG	
Found in plants such as: jasmine	
GERANIOL	page 7
Found in strains such as: Great White Shark	
Found in plants such as: geraniums	
TERPINEOL	page 6
Found in strains such as: White Widow and GCS	
Found in plants such as: lilacs	
OCIMENE	page 6
Found in strains such as: Clementine, Dutch Treat	
Found in plants such as: kumquats, orchids	
MYRCENE	page 5
Found in strains such as: OG Kush, White Widow	
Found in other plants such as: mangoes	
ALPHA-BISABOLOL	page 5
Found in strains such as: Headband	
Found in plants such as: chamomile	
LINALOOL	page 5
Found in strains such as: Granddaddy Purple, Amnesia Haze	
Found in other plants such as: lavender	
BORNEOL	page 6
Found in strains such as: Golden Haze	
Found in plants such as: ginger, thyme	
EUCALYPTOL	page 6
Found in strains such as: Super Silver Haze	
Found in plants such as: eucalyptus	

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