

EVENTS

January 14 (Wednesday)
East Bay ASA Meeting
Oaksterdam Student Union
1915 Broadway
Oakland, CA

January 19
Martin Luther King Jr. Day
Organicann and Oakland Organics will be open, and come on in for our holiday special!

January 23 – 25
HempCon San Jose
Friday: 3:00pm – 9:00pm
Saturday: 11:00am – 9:00pm
Sunday: 11:00am -9:00pm
San Jose Convention Center
436 S. Market St. San Jose, CA

Daily Discounts:

TUES/THURS/SUN
Senior Citizens & Veterans Discount
10% OFF Entire Purchase

EDIBLE WED AND SAT
All \$8 Edibles are 2 for \$12
All \$10 edibles are \$8

EVERY FRIDAY
Students with Current Student ID
10% OFF Entire Purchase

EVERY SUNDAY
Bring Coupon Receipts In For
10% OFF Any One Item

**Daily discounts valid on select products.
See store for details.*

Hours:
Mon.–Fri., 10am–7pm
Sat.–Sun., 10am–6pm

PAIRING OF THE MONTH

Banana Split and the Cherry Pie Natural Pen

If you used up all of your lively energy during the holidays, Banana Split may just be what you need to pick you back up. It has an immediate happy, talkative effect that smoothly transitions into a relaxed body and mind over a period of a few hours. This can be a nice way to reduce your stress, and still feel social. For times when you need maximum relaxation, try combining smoking Banana Split with use of the Cherry Pie Natural Pen. Cherry Pie is notable for being an effective pain reliever and stress reducer. The sweet, hash flavor of the Banana Split flowers pairs pleasantly with the peppery fruit character of Cherry Pie CO2-extracted oil. For a



carefree and very comfortable combination, there is nothing better than Banana Split and the Cherry Pie Natural Pen.

RECIPE OF THE MONTH

Stoner's Resolution Smoothie

Ingredients:

1 ½ cups almond milk
¼ cup almond butter
2 tablespoons plain Power Honey
1 tsp or more ground cinnamon, to taste
1 peeled frozen banana, chopped

Directions:

Simultaneously blend first four ingredients until just combined. Then, add the banana, and blend until smooth. Start the New Year off right with a healthy, protein and pot-packed snack!



EDIBLE OF THE MONTH

Natural Cannabis Co. Blueberry Green Tea

\$10

(3 bags per pack. 1 dose per bag)

For a stronger effect, add a splash of milk, a drop of alcohol, or a teaspoon of honey. These are all THC-soluble and help to activate the effects of cannabinoids. There is nothing more soothing than a cup of cannabis tea!



Organicann Premium Medical Cannabis can be found at the following locations:

Organicann 301 East Todd Road, Santa Rosa
Oakland Organics 721 Broadway, Oakland



NATURAL CANNABIS CO

HIGH ART

an annual arts challenge hosted by
JUXTAPOZ

**2ND ANNUAL
HIGH ART THEME:
"Shapes, Patterns, Doodles,
Sacred Geometry
Time and Numbers"**

Entries accepted from February 11 to March 9, 2015
Winners Announced at our 4/20 Celebration!

NATURAL CANNABIS CO

visit naturalcannabis.com/highart for more information

Tip of the Month/Know The Law

Cannabis and Glaucoma

Medical marijuana is recommended by doctors for so many ailments, and one of the most well-known reasons for cannabis treatment is glaucoma. January is glaucoma awareness month. Glaucoma can refer to a number of different eye deterioration diseases that are characterized by excessive pressure on the optic nerve, known as intraocular pressure or IOP. The primary goal of treating most cases of glaucoma is to lower this pressure. Inhaling or ingesting cannabis does just that. However, this effect only lasts for about 3-4 hours, so for this reason many patients find they get their best results from combining cannabis use with traditional pharmaceutical drugs meant to treat IOP. As always, discuss marijuana as medicine for your glaucoma with your doctor to see if it a reasonable course of treatment for you.

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CULTIVATING WISDOM™ **JANUARY CULTIVATING TIP**

Preserve and Repurpose

January is a quiet month for patient/cultivators recovering from the arduous harvest season. However, if you were buried in buds during the Fall, chances are you still have a large supply of both flower and trim, maybe more than you can smoke alone. This is a good time to focus efforts on preservation and other ways of utilizing your prolific outdoor harvest. To keep prime buds in good condition, it is recommended that you keep them in a cool, dark space in glass jars or sealed in plastic storage containers, if preferred. Also, try incorporating leftover leaf and small bud into edibles, tinctures or even topicals. Recipes can be found in our book selection at OrganiCann or Oakland Organics, as well as in our monthly newsletter!

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oakland-organics.com

"Write it on your heart that every day is the best day in the year." - Ralph Waldo Emerson



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