



Your Guide to Cannabis Infusions

If you have dietary restrictions or edibles aren't yet available to you, you can infuse your own oils to use when cooking!

Edibles create more intense effects than other methods

Eating cannabis provides a much different experience than smoking or using it sublingually.

When cannabis is ingested, it must be processed by our liver before taking effect, and our liver converts Delta-9-THC into 11-Hydroxy-THC. **11-Hydroxy-THC's molecular structure is smaller than Delta-9-THC, which allows it to more easily enter our bloodstream and nervous system. 11-Hydroxy-THC is also able to better bind to our CB1 receptors than Delta-9-THC.**

This means that you can have a more intense psychotropic or "high" experience when you ingest cannabis than when using other methods of consumption.

Edibles last longer than tinctures or smoking — up to 7-48 hours!

When you ingest cannabis, **it can take anywhere from 45 minutes to 4 hours for you to feel the effects, and those effects can last anywhere from 4 to 7 to 24 or even 48 hours, depending on your dose and what else you've eaten.**

This can make edibles great for anyone who needs deep, long-lasting relief throughout the day or night.

Dosing Homemade Edibles

The calculation on page 2 can give you a good estimate of potency, but there's really no way to know exactly how much THC is in your infusion. Because of this, it's important to consistently measure each dose and track your experience.

When measuring your dose, **keep in mind that cannabinoids settle in oil based on their weight.** To avoid some doses being more potent than others, consider:

- Cutting a vertical section from your jar of butter or other solid oil rather than scraping off the top
- Measuring solid oils into a silicon mold immediately after infusing, when the cannabinoids are still evenly dispersed throughout the oil
- Using a measured dropper for liquid oils, shaking the bottle before use

How to use your infused oils

Whether you're making brownies, scrambled eggs, granola, salad dressing, or hummus, you can use an infused oil to replace some or all of the original oil in your recipe. **Just be mindful when dosing!**

When cooking with your infused oils, you want to make sure that they don't get so hot that they destroy the cannabinoids you've worked hard to activate and infuse.

- **When using your oil on a stove top,** keep your temperatures low, at around 200°F and never above 250°F.
- **When baking,** 350°F is considered safe (your food's internal temperature will never get as hot as the oven itself), but you can play it safe by baking at 340°F.

You can also infuse oils like MCT or jojoba for use in **skincare** products such as lip balms to bath scrubs and body butters.

Calculating Potency

Unless you invest in an at-home THC tester, there's no way to know exactly how potent your infusion is. You can, however, do a calculation to get a rough estimate of potency.

1 Multiply grams of flower used by **1,000** to convert to milligrams (mg)

$$3.5 \text{ grams} \times 1,000 = 3500\text{mg}$$

This gives you the total mg of flower used in your infusion.

2 Multiply total mg by **% THC** (or more accurately, THCA) in the flower

$$3500\text{mg} \times 20\% \text{ THC} = 700\text{mg}$$

This gives you the total potential mg of THC from step two by **90%**

3 Multiply the total potential mg of THC from step two by **90%**

$$700\text{mg} \times 90\% = 630\text{mg}$$

Only about 75-87.7% of THCA converts into THC during decarboxylation.

4 Divide the total mg THC by your number of **servings**

$$630\text{mg} \div 24 \text{ tsp.} = 26.25\text{mg THC/tsp}$$

This gives you the potency of each serving; if you infused 1/2 cup of oil, you have 24 tsp.

Tips for Getting Started

When ingesting THC for the first time, start with a microdose of 2.5mg and wait at least 12-24 hours before using more. If you didn't feel the desired effects, increase your dose by 1mg of THC each time you consume until you find your best dose.

Play it safe with each new batch, starting slow and documenting your experience. Visit our website to download our free cannabis journal pages!



How to Make Your Own Cannabis Infusion

What you'll need:

- Oil of choice (liquid or solid)
- Dried cannabis flower
- Cheesecloth or metal strainer
- Digital thermometer

1 Choose an oil

Cannabinoids (such as THC and CBD) are lipid soluble, meaning that they bind to fat. **This allows you to infuse cannabis with any oil or fat, such as butter.** The oil you choose is up to you, depending on how you plan to use your infusion.

2 Prepare your herb

Weigh out how much cannabis you're using in order to get accurate dosing calculations. **Grind up your buds to a medium or coarse consistency** (not too fine or it won't strain out of your oil as well).

3 Decarboxylate or “activate” your cannabis

In its raw form, cannabis has very little to no THC or CBD — instead, your plant material has THCA or CBDA, which are acidic versions of these cannabinoids that aren't able to bind as well to our endocannabinoid receptors. In order to be converted from THCA into THC or CBDA into CBD, cannabis must be heated. This process is called decarboxylation or “activation.” **THC, CBD, and other cannabinoids activate at different temperatures.**

THC activates between 200-265°F.

We like to toast at 245°F for 20 min.

CBD activates between 230-290°F.

We like to toast at 245°F for 30 min.

Keep in mind that decarboxylating your cannabis is optional; acidic cannabinoids such as THCA, CBDA, and CBCA all have their own therapeutic properties. Skipping this step is also a great option for anyone who wants to experience the benefits of cannabis without feeling “high.”

Steps for Decarboxylating

Preheat your oven to 245°F, or whatever temperature activates the cannabinoids you want to activate (see above for more information).

- **If smell isn't a concern for you,** cover a baking sheet or other oven-safe tray with parchment paper to keep the cannabis from sticking to the pan. Bake for 20 minutes.

- **If you want to minimize smell,** you can decarboxylate your cannabis in a mason jar. Be sure your jar doesn't have a rubber seal on the lid as it can melt in the oven. Place your mason jar on top of a damp, folded towel on your baking sheet to keep the jar from rolling or burning the herb. Bake for 60 minutes, shaking the jar every 15 minutes using an oven mitt.

4 Infuse your oil

1. Add oil and decarboxylated flower to your mason jar.
2. If you have a double boiler or crockpot, now is the time to use it. Put your jar inside the basin and fill with water so that it's at least as high as the mixture in your jar.

If you don't have either, you can roll up 4 pieces of tin foil, as shown in photos on our blog, and place them in the bottom of a pot to elevate your jar away from the heat. This prevents the oil from burning and the jar from breaking.

3. Place the jar in the water before turning on the heat. This will help raise the temperature of the jar slowly so that it doesn't break.

Allow to simmer for 6-8 hours, stirring every 30-60 minutes. With a crockpot, 4-6 hours usually does the trick. If using a double boiler or the makeshift pot method described above, leave it for 6-8 hours.

4. Use a thermometer to make sure the temperature stays between 180-200°F.
We left our makeshift double boiler on low, checking it regularly to make it sure it didn't get too hot. Be sure to add more water to your pot as it evaporates throughout the infusion process.

5. Once jar is cool enough to touch, strain your infusion through a few layers of cheesecloth into another clean, dry jar.

You can squeeze the cloth to get the most oil possible — but know that this will likely result in more small particles ending up in your infusion. If this bothers you, you can strain it again through an unbleached coffee filter.

6. Label and store your oil in a cool, dark place. Be sure to keep infused butter in the fridge!