

# A Quick Start Guide for Cannabis Flower Consumers in Legal Markets

## Start with Flower

There are two primary ways to consume cannabis, inhalation and ingestion. Smoking flower, when guided by our flower dosing guide, provides the most control in generating a great experience that is customized to your individual preferences.

## Strains

Cannabis flower is available in thousands of different strains and three broad categories of sativa, hybrid, or indica. These categories have become synonymous with describing the perceived effects of a strain-- sativa strains are uplifting and indica strains are sedating. Although sativa and indica are useful classifications to describe the physical characteristics of a cannabis strain, they do little to help us predict its actual effects.

## Cannabinoids

The effects of cannabis are caused by cannabinoids, which are produced in trichomes primarily on the flowers of female plants. These trichomes give cannabis its signature frosted, crystal-covered appearance.

Cannabis produces over 100 different cannabinoids. The two most important are THC and CBD. THC gets you high, while CBD is non-psychoactive and a common focus of medical cannabis research.

The flower produced commercially today contains 10-30 times more cannabinoids than the flower being sold in the US in the 1960's or the plant in its natural state.

## Terpenes

Terpenes are found throughout nature, and are responsible for the aroma of citrus, lavender, pine, and more. A variety of terpenes occur in cannabis, giving different strains their identifying smell and flavor.

## Selection and purchase

Cannabis labels can be difficult to interpret. The two numbers you want to look for are Total THC

and Total CBD. We recommend flower that is about 12-18% Total THC and, if you can find it, 1-2% Total CBD. The chemical composition of cannabis changes with time. Search for flower that was recently harvested.

## Consumption

We recommend a cannabis kit with five components:

- Glass pipe or bubbler
- Screens
- Grinder
- Scale accurate to 0.001 grams
- Matches or lighter

Refer to our flower dosing guide to learn our recommended starting dose based on the potency of your chosen flower.

## Tolerance

Smoking more than 1-2 times per week will cause traces of THC to remain and accumulate in the body. Over time frequent consumers can build a tolerance to THC which requires increasingly larger doses to get high. If this happens, taking a week or longer break brings tolerance levels back to normal.

## Storage

Store cannabis in an air-tight container in a dark and cool environment. Properly stored cannabis flower remains safe to consume almost indefinitely, but gradually occurring changes in its chemical composition become significant after about one year. Cannabis should be stored where it is not accessible to children and pets.

## Laws

Cannabis laws vary greatly by state. Some common laws to be aware of include:

- Public consumption: cannabis should only be consumed in a private setting.
- Open containers: unsealed cannabis should be transported in the trunk of your vehicle, and not handled in public.
- Travel: cannabis should remain in the state it was purchased.