For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. For someone who doesn’t understand, growth, it would look like complete destruction. –Cynthia Occelli

January 1, 2014 Recreational marijuana was legalized under Amendment 64 of the Colorado Constitution. Shortly after, the Pueblo City Counsel tried to enact arbitrary and bogus regulations that violated those constitutional rights. This is when The Colorado Cannabis Growers Association was formed and relocated to Walsenburg in the former Free Mason lodge. TCCGA is based on three main pillars: 1) Grower Advocacy. 2) Community Service. 3) Scholarships. Cont. on pg 2

HISTORICAL FACTS ABOUT CANNABIS

The history of cannabis is long and confusing, and only in the past 80 years has the possession of cannabis been a crime. Luckily, here in Colorado cannabis has become fully legalized for both medical and recreational use. Despite the victory at home, many states are still debating whether they should decriminalize cannabis. While it may seem like a new issue here in the West, cannabis has been considered a medicine in India, China and the Middle East for around 4000 years. In China it was used to treat all manner of conditions from malaria to pain. It took a long time for cannabis to be used as a medication in the west but it is well known...Cont. on pg 2
HUERFANO THE MARIJUANA PROMISE LAND CONT.

The Association is also dedicated to improving the safety and education of residents and by supporting the education of the children within our community. On July 22, 2015, The Colorado Cannabis Growers Association assembled a large group and fought at city council to get a commercial marijuana grow moratorium lifted, and did so successfully, opening the door for new recreational/medical marijuana businesses in Huerfano County. Thus far the city of Walsenburg/Huerfano County has already approved over 100 commercial marijuana greenhouse sites. This will likely create 2,500 jobs in a county of 6,711. County marijuana laws require that a minimum of 50% of the commercial marijuana employees reside in Huerfano County. This will bring around two thousand young residents, likely Democratic due to the support democrats have given cannabis lately and will be likely be active voices in the future for further legalization & support within the industry. In addition, the school’s will benefit from the workers sending their kids to school and local businesses will reap the rewards of more residents because they will be working young families that spend money locally. This small town will be making history as it prepares to become the largest legal marijuana grow development in the US. TCCGA looks forward to seeing this community develop into a true marijuana promise land.

HISTORICAL CANNABIS FACTS CONTINUED...

that Queen Victoria was prescribed it to relieve her pain. Towards the end of the century, its usage in western medicine faded with the invention of the syringe. Injected drugs took effect faster and cannabis (which couldn’t be dissolved in water and thus injected) and fell out of favor.

Another well known fact is that the founding fathers grew hemp. While it is unclear as to whether any of the founding fathers actually used the drug recreationally, it is fact that George Washington, Thomas Jefferson and others grew hemp, as documented in their own diaries. Jefferson imported seeds from China, while Washington notes that he was attempting to get his gardeners to separate the female cannabis seeds. Some suggest that maybe Washington’s insistence on separation of the crop implies he used it medicinally to treat his renowned tooth aches. Another cannabis win was the Hemp for Victory campaign which happened during the Second World War, when imports of hemp were restricted, meaning that marine cordage, parachutes and other military essentials were in short supply. The government responded by distributing free cannabis seeds and allowing men to defer the draft if they agreed to stay home and support the war effort by growing hemp. By 1943, American farmers had harvested 375,000 acres of hemp. Whether you believe it or not, there’s no denying that cannabis has been a significant part of our history and will continue to be in the future.
For many people, growing cannabis is both an art and a science. They spend years learning and revising their techniques with the aim of achieving the maximum possible yield from their crop. This introductory article is part 1 of a series of articles aimed to educate new growers about cannabis. This is a quick introduction explaining the five stages that a marijuana plant will go through during its life and future articles will go through each stage in detail. Germination, seedling, vegetative, flowering and finally harvesting. Stage 1: Germination- It all starts with a seed. Sometime with a clone. Most growers prefer to use clones as it guarantees both the sex and strain of cannabis you are growing. Seeds can be more risky as you have to remove any male plants before they are mature to prevent your flower from being seeded later on.

We always recommend that new growers start with clones. If you do want to germinate a cannabis seed, you can do so by soaking the seeds 24-30 hours prior to planting to soften the shell, making it easier to sprout. Once your seed is soaked, place seeds between moistened paper towels. Tip the plate to drain off excess moisture. Wait for the seed to sprout, you can plant knot side up about 1/4” into a soil mixture once your rootlet is about 1/2” long. We recommend using a high quality soil and small pot purchased from your local hydroponics store. As soon as the seed is planted, you should introduce a regular lighting schedule to avoid stress (16-20 hours of light per day) using a T5 or other low wattage light, keeping the soil moist and only watering when the top of the soil is dry. Continued on pg. 4

---

**CANNABIS LIFE CYCLE & GROWING TIPS**

- **Security:** Always keep plants in locked enclosed structures, away from people & animals. It is especially important to consider an air filter if you are growing indoors or in a populated area. The best policy to discourage theft is to stay quiet about your valuable property.

- Don’t overwater or over-nutrient your plants!

- Make sure you have all the supplies you’ll need to grow indoors before you start germination.
5 STAGES OF GROWTH CONT...

Stage 11: After germination and planting, you should continue with the same light routine and maintain cleanliness and good air circulation. After a few days, the first leaves should begin to grow, and over a couple of weeks the plant should begin to grow strong. Stage IIII: Vegetation - After seedlings increase to a reasonable size, you will be able to carefully transfer them to a larger pot where the plant can grow in size and strength. The key to this stage is maintaining a consistent environment (light cycle, air flow, water levels & nutrients) for the plants and eliminating as much stress as possible. Stage IV: Flowering - The flowering stage is where the result of your hard work will begin to pay off. By changing the light cycle to 12 hours on, 12 hours off, the plant will be tricked into thinking it is autumn and time to flower. For those wanting to grow outdoors, it can be rewarding but a longer process. **Left to grow naturally, marijuana can produce even better yields than indoors and flavors are often said to be more intricate.** For those people who prefer things more natural, it is also possible to grow marijuana outdoors in a 100% organic way.

Strain selection is an especially important factor when planning for outdoor growing. Some plants are heartier in colder weather and may have better yields if selected based on the climate you are in. Another major factor when considering outdoor growing is your county/city laws that may prohibit outdoor growing completely and/or the visibility of your grow. No one should be able to see your cannabis growing “with the naked eye” according to Colorado law, so it is important to consider the best hidden location for your plants in addition to the best location lighting. In the initial stages of flowering especially and most critically, if you started from seed, you will need to pay particular attention to the joints of the branch to determine the sex of the plant. Female plants will grow sets of 2 pistils (or hairs) from the joints and typically have far greater yields. Many marijuana growers completely destroy male plants at this point. The length of this flowering stage varies but you should begin to see the flowers and buds building up with crystals providing you an indicator on when it is close to harvest. Stage V: Harvesting - During the flowering stage you will have noticed the “snow-like” trichomes on your buds. The best way to figure out when to harvest is to study these trichomes under a 100x magnifying glass and harvest when they are midway between white and amber in color. After harvesting, you are only left to trim, dry and cure your product. Stay tuned for a more in depth look at Phase 1 & how to treat various problems seen in cannabis.
WHY DOCTORS WANT MARIJUANA LEGALIZED

As more than 10 states currently consider bills to legalize medical marijuana and 21 other states including Washington DC have already passed laws legalizing marijuana, the majority of doctors say that medical marijuana should be legalized nationally and that it can deliver real benefits to patients. This information based on a new survey released by WebMD/Medscape, a website for health professionals which surveyed 1,544 doctors from more than 12 specialties across 48 states.

The survey found solid support for those legalization efforts, with most doctors agreeing that medical marijuana should be an option for patients. Solid data on marijuana’s health benefits are lacking due to the federal government’s designation of marijuana as a “Schedule I” substance, a designation used for the most dangerous drugs having “no accepted medicinal use and a high potential for abuse.”

But as state after state legalizes marijuana, doctors have gained nearly 2 decades of anecdotal evidence about its effects. Apart from the medical miracles CBD users have claimed, there are dramatic stories about families moving to Colorado, also known as “marijuana refugees” for special strains of marijuana to treat their children’s seizure disorders and to escape the persecution for trying to find alternative medicine’s have led to stronger calls for research. In addition to seizure disorders, medical marijuana is often used to treat chronic pain from injuries or medical conditions such as cancer, nausea from medication, and multiple sclerosis. There is compelling evidence that cannabis holds exciting scientific discoveries that remain to be seen. Continued on pg. 6

CAN CANNABIS HELP SUICIDAL VETERANS?

Suicide rates are lower in areas where medical marijuana is available. The study, co-written by professors from Montana State, San Diego State, and the University of Colorado at Denver, analyzed 17 years worth of studies and concluded that in states with legal medical marijuana, the suicide rate for all ages across the board were down by 5% and that males aged 20-29 had decreased suicide rates by 10.9%. This may the answer to help our country’s heroes...
WHY DOCTORS WANT TO LEGALIZE CANNABIS CONT.

Cannabis and the unique chemical compounds produced by the plant, called cannabinoids, have been at the center of one of the most exciting—and underreported—developments in modern science. Research on marijuana’s effects led directly to the discovery of a molecular signaling system in the human brain and body, the endocannabinoid system. This system plays a crucial role in regulating a broad range of physiological processes: hunger, sleep, inflammation, stress, blood pressure, body temperature, glucose metabolism, bone density, intestinal fortitude, reproductive fertility, circadian rhythms, mood and much more. More than 100 unique cannabinoids have been identified in cannabis; of these, the best known is tetrahydrocannabinol (THC), marijuana’s principal psychoactive component. In addition to the phytocannabinoids produced only by the marijuana plant, there are endogenous cannabinoids that occur naturally in the human brain and body (our “inner cannabis,” so to speak), as well as potent synthetic cannabinoids created by pharmaceutical researchers. In October 2003, the federal government awarded the Department of Health and Human Services a patent titled “Cannabinoids As Antioxidants and Neuroprotectants,” which states: “Cannabinoids...are found to have particular application as neuroprotectants, for example in limiting neurological damage following ischemic insults, such as stroke and trauma, or in the attenuation of a wide range of pathological conditions (including hypertension, colitis, neuropathic pain and opiate withdrawal) by preventing or delaying the enzymatic breakdown of endogenous cannabinoids.

Cannabidiol (CBD), a non-psychoactive component of the cannabis plant, is generating quite a buzz among medical scientists and health professionals. Nothing else is able to help treatment-resistant epileptic children with Dravet syndrome and related disorders. CBD shows promise that it may also help treat cardiovascular disease, diabetes, depression and psychosis. Preclinical studies indicate that CBD can shrink malignant tumors, alter gene expression, improve insulin sensitivity, normalize irregular heartbeat and protect the brain against alcohol poisoning. A truly gifted compound, with a wide spectrum of action, CBD and the cannabis plant show promise as a treatment for many pathological conditions in the future.
NATIONAL ADVOCATES: REPRESENTATIVE ALLEN PEAKE

Witnessing the slavery and imperialism being carried out by government during the mid-nineteenth century, Henry David Thoreau was compelled to apply his transcendental philosophy to challenge the fallacies of the state. Civil Disobedience is one of the greatest American texts, and was a prime influence for Martin Luther King Jr., who who said, “One has a moral responsibility to disobey unjust laws.” Civil disobedience is a familiar concept to those who realize that government does not possess greater wisdom and justice than the individual man simply because it is the government. As Thoreau wrote, we have a duty to resist when the state is recognized as an agent of injustice. This is sometimes even embraced by those working within the system. Rep. Allen Peake, a Georgia lawmaker and the author of Georgia’s latest Medical Marijuana bill, House Bill 722, admitted that he defies unjust cannabis prohibition by bringing medical cannabis into Georgia from states where it is legal, such as Colorado. He recently delivered medical cannabis to a mother whose son suffers from seizures. “I got a text this morning from the mother of a young child who I delivered product to,” said Peake, “and the heartfelt thanks from this mother, the difference in the child— the increase in cognitive ability, the reduction in seizures, has been worth every bit of risk that I’ve taken.” Georgia residents have just begun their struggle to gain the freedom to treat their medical conditions with a plant. The biggest news at the American Epilepsy Society conference was a landmark study showing that cannabis extract vastly reduces seizures in children. Cont. on page 9
NATIONAL ADVOCATES: REP. ALLEN PEAKE CONT.

Despite its wide range of medical application, this wonder drug is denied to people in more than half the United States and is still completely banned by the federal government as a Schedule 1 drug with “no currently accepted medical use.” In the face of such injustice, some are moving to states with legal medical cannabis, some continue to suffer, and some engage in civil disobedience. Allen Peake is a model of virtue among advocates and routinely visits former Georgians who now live in Colorado so they can treat their conditions without fear of criminal charges. “Listen, I made a commitment to these families when I got involved, that I was willing to do whatever it took to make sure they had access to a product from a reputable manufacturer. I’ve made good on that promise. If it involved civil disobedience, it’s been absolutely worth it,” said Peake. Despite Georgia’s first steps to decriminalize medical cannabis, others are left turning to the black market to get their medicine due to conditions not accepted under the latest medical bill. An Atlanta mom is having to resort to the black market to get cannabis for her daughter, who suffers from violent autistic episodes. She showed a heartbreaking video to the local news station of the father trying to restrain his 5 year old daughter to stop her from severely biting herself. After trying 30 supplements and medicines unsuccessfully, cannabis has been the only medicine to help stop these violent attacks, allowing their daughter to engage in normal tasks. Mike Buffington is editor of the Jackson County Herald, a self-professed conservative and father to a 21 year old son who suffered seizures for 15 years. He wrote a column called I’m Growing Marijuana, stating “My pot plant is really something of a civic protest against absurd state policies that prevent children who suffer from seizure disorders from getting help. He plans to track his indoor grow progress as he goes, understanding that his one plant could cost him a misdemeanor. Although no cops have come knocking, these acts of civil disobedience will undoubtedly be met with resistance and it is our hope that the tide against these agents of injustice are already too powerful to stop the change that’s coming. Thoreau would be proud.
LENDING THE COMMUNITY A HELPING HAND

Last month, The Colorado Cannabis Growers Association’s volunteers, Grow Generation and Campbell’s Flowers worked on an amazing Spring cleaning community service project at the Gardner Elementary School. Over a dozen volunteers from TCCGA came out to clean up debris, leaves, trash, branches, and dead trees. Many dangerous items including railroad ties with large nails were removed, improving safety for students. The County pitched in a hand and brought a dump truck to the school to fill with branches from pruned trees. In addition, three full dumpster loads of trash were hauled off. Grow Generation, a hydroponics & grow store donated over $3000 of organic nutrients, soil, lights, books and other items to the school’s greenhouse. Campbell’s Flowers of Pueblo donated trays of flowers and Kush County Rec donated volunteers, pots and vegetable seeds for the students. Volunteer greenhouse instructor Johnnye Mullen and Gardner School Principal Pam Levie were very excited to receive these greenhouse supplies and support for the greenhouse project that was restarted by Johnnye earlier this year. Both The Colorado Cannabis Growers Association as well as Grow Generation made an ongoing commitment to provide volunteers and more greenhouse supplies to Huerfano County school’s in the future as we continue our community service efforts. TGGAs latest community service project is a joint effort to raise funds and save La Clinica from taxes and to reopen the building to serve as a CBD & THC community information resource center. Although the exact details for the plans are being worked out through the Board of Directors, several TCCGA volunteers showed up last Thursday, excited to get the community service project started and spent all day cleaning up the exterior of the facility. If you are interested in helping the clinic or community service, please contact Travis Nelson at 719-890-4424 to learn more.
Welcome to the Recipes Corner! This where you will find the basics of cooking with cannabis starting with infused oil. This series will include recipes for infused butter, edibles & cannabis classics. All products are intended for adults 21+ only and should be stored out of reach of children & teens. Do not consume edibles and drive. If you have a recipe you’d like to share, please email ccgassociation@gmail.com!

Quick Marijuana Cooking Oil:

Equipment Needed:
- Slow Cooker, with temp. gauge
- 2 c. Olive or Vegetable Oil
- 1 oz. Cannabis buds (mid-grade, crumbled )
- 1- 8oz bottle water

Steps:
Place oil in slow cooker on low. After 20 minutes add cannabis buds. Observe buds, if not loosely covered in oil, add more oil 1/2 cup at a time until covered. Cook for 6 hours on low, stirring every hour. Strain into a Mason Jar. Return plant matter to slow cooker and add water. This extracts the remaining oil off the plant matter. Stir and cook two additional hours. Strain into separate mason jar and place liquid mixture in freezer. Once frozen, extract oil from top of water.