

I ♥ GROWING  
MARIJUANA

By Robert Bergman

# MARIJUANA EDIBLES

10 easy to follow recipes included



ROBERT BERGMAN



# HOW TO MAKE YOUR OWN MARIJUANA EDIBLES





## CREATING MARIJUANA EDIBLES YOU LOVE

Edibles are not only strong—they're also incredibly convenient. They can be easily taken anywhere, and for many—produce a deeper, total body high than any other method of consumption. The challenge is, many edibles are expensive or loaded with ingredients you don't want to be eating. This ebook will show you how to make your own, even stronger and tastier edibles, containing nothing you wouldn't want to eat and YOU will love.

So many people worldwide enjoy a multitude of benefits marijuana provides, however not everyone wants to smoke it and would rather find other ways to enjoy this herb. The smoke from marijuana can be detrimental to your health and well-being.



For those who aren't smokers, we have good news! You can receive the health benefits of marijuana in more ways than one. Marijuana can be consumed as oil, cooked or even baked into an edible treat. For you, edible marijuana may be heaven sent.

Now, most likely you want to produce quality, strong weed, but it is vital that you remember that the THC found in marijuana must be activated for you to benefit from all your marijuana has to offer you. If this process doesn't occur, then making marijuana edibles is useless. In most cases THC is activated immediately once the plant is smoked, vaporized or burned. However, when dealing with edibles and tinctures, things are quite different and requires a different process.





I am going to share some exciting ways you can get a good strong high while being conscious of the amount of money you have to spend to achieve this. There's nothing better than improving your well-being, feeling a state of ecstasy while saving your precious dollars.

Let's start learning how to create some awesome marijuana edibles you will LOVE with your own unique twist.

## REASONS TO MAKE MARIJUANA EDIBLES?



People have quite a few reasons why they may want to eat marijuana. Some simply prefer this method due to not liking to smoke, while others like to explore all options for marijuana consumption. Whatever your reason, one thing's for sure, the benefits are great. Let's discuss a few reasons someone would want to make marijuana edibles.

Eating marijuana means you will get to experience a much longer high than smoking it for example. Using marijuana this way means your high will develop in a much smoother fashion. So if you use weed for medical purposes and plan to have a high that lasts for an extended period of time, edible marijuana just might be your best bet.

Edible marijuana bypasses everything and goes straight to the source, which is your digestive system. This is quite the opposite of what happens when you smoke weed, so it creates a very different reaction - which is important to understand.







When you cook with marijuana, it will have more of a physical influence over your body and mind, instead of the usual psychoactive response you get from other forms of consumption. Cooking with marijuana makes your daily range of possibilities much greater. Consider the fact that you can do more throughout the day since it is easier to control just how high you get and depending on the edible marijuana method you choose, carrying along with you is an option as well.



## MAKING MARIJUANA COOKING OIL

Quite a few people want to cook with marijuana products which in this case I strongly suggest making marijuana cooking oil. Many people have never considered this option and quite frankly it is quite the flexible means for using marijuana. You can put the oil in almost anything be it, desserts, veggies and various sauces.

### **BENEFITTING FROM MAKING MARIJUANA COOKING OIL**

When you make your own cannabis cooking oil, you get to determine what goes into it so there is no confusion about what is in your oil. You will know exactly how it was made since it is your own creation. To make it even better, you get to decide how you are going to tweak your recipe to make a unique version of marijuana cooking oil. This way you can get the exact taste and results you like without worrying about what other unknown additives or chemicals may be in your edibles.



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### **TIME AND EXPENSES FOR MAKING MARIJUANA OIL**

It is no surprise that many people would be concerned about time and money when it comes to making marijuana edibles. This is a subject definitely worth discussing because it could be a deal breaker for some.







You will need specific tools to lessen the amount of work you have to do during this process. The more prepared you are by having the right appliances, the more you can accomplish. You can reasonably expect to spend eight hours creating your marijuana cooking oil.

Now there is a certain amount of money you may have to dish out when making this oil so it is a good idea to have this in mind ahead of time. It is best to understand that this is not a cheap process. Before jumping into this head first, consider the fact that you will need a good quantity of product - so this could easily become a costly option for marijuana consumption. You can expect to shell out a large amount of money right from the beginning just to get started.



## MARIJUANA COOKING OIL RECIPE

Because there are various ways to make marijuana cooking oil, you definitely want to be sure you are clear about what type of oil you are making. You need to think about what oils you are going to use and how well they can help create the results you desire. Each cooking oil has properties that work well or not so great with high heat and, therefore, affect your ability to activate THC. For instance, coconut oil is known to have a high amount of fat which makes it perfect for activating THC. However, canola is the way to go when using extremely hot temperatures.

### INGREDIENTS:

- Marijuana – the part of the plant you use is completely up to you.
- Your preferred cooking oil (Canola, Coconut, grapeseed oil, etc...)



#### APPLIANCES:

- Slow cooker or saucepan
- Strainer
- Any type of grinder or food processor



#### INSTRUCTIONS:

##### Step 1

Grind your marijuana really well. Remember you can use any part of the plant including the whole plant itself to make this oil. Choose what works best for you.

##### Step 2

You will want to use a rate of oil to marijuana that is about 1:2. You do not have to use this measurement if, for instance, you would rather have a larger amount of marijuana to oil.

##### Step 3

Heat up both the marijuana and your preferred oil together in order to disintegrate the marijuana. Do this on a low temperature. It will take several hours for the THC to activate. Doing it this way ensures that the no burning occurs and the active ingredients are not ruined because the temperature is too high.

There isn't one way to accomplish THC activation. If you are using a double-boiler, it is best to cook your ingredients on low for 6-8 hours. Stir the mixture infrequently. Cooking in a saucepan requires no less than 3 hours frequently stirring with the temperature on low. With a saucepan, you have to stir often to prevent burning. To lessen the chances of burning, add just a little bit of water to your pan. You can also use something like a crockpot, which in that case you will need to do this for at least 6 hours up to about 3 days stirring from time to time.







#### Step 4

Drain the oil through the strainer and place it in right location. Get rid of any remaining marijuana plant. Your marijuana cooking oil will be good for at least 2 months or even longer if you keep it stored in a cool place.

It is always best to never cook your marijuana oil on high heat to prevent burning and make sure your THC activation occurs. Also, never microwave the oil, instead it's best to only cook it on a low temperature setting.



# MARIJUANA BUTTER

Did you know you could make marijuana butter? Well, if you didn't know about it, you are in for a brand new treat. This butter is another way to eat marijuana and absorb all the goodness this herb has to offer.

Just like the cooking oil, you need to make it so that the THC is activated without burning. Now, it is important to realize that getting the benefits of marijuana butter takes longer than consuming it in other forms. However, the good thing is when you do eat this all the good benefits will hit you at one time.



Photo by Alex Lau

For instance, if you smoke marijuana you will feel the effects much faster, however, it takes longer to reach its full potential. Keeping this in mind, you may want to take it slow when consuming marijuana butter until you can measure the amount that works best for you. It is suggested that you allow about 45 minutes between eating marijuana to get a good idea of how it influences your mind and body. That way you will know just how much you want to consume for optimal results.







## TIME AND EXPENSES FOR MAKING MARIJUANA BUTTER

When you look at the difference between creating marijuana cooking oil versus the butter, marijuana butter is much faster to make. All it takes is 30 minutes put together, in comparison to 2-3 hours for creating marijuana cooking oil. So, if you don't have a lot of time on your hands, this option is an excellent choice!

While it may not take long to make marijuana butter, the cost is still quite pricey. It still requires about the same amount of marijuana and overall product to make the butter. So, you still want to save your pennies.

### MARIJUANA BUTTER RECIPE

#### INGREDIENTS:

- Good for making 5 ounces of butter
- 5 fluid ounces water
- 5 ounces of ground leaves, or 5 grams of ground marijuana

#### APPLIANCES:

- Saucepan
- Grinder
- Strainer





## INSTRUCTIONS:

### Step 1

First, start off by combining the butter and water in a saucepan, heating it up. Next, you will want to stir in the marijuana.

### Step 2

Allow this mixture to stew approximately 30 minutes, stirring infrequently. Once this is done, strain the ingredients to get rid of any leftover marijuana.

### Step 3

Store the mixture in the refrigerator while still in the saucepan until the marijuana butter hardens. After the butter is hard, pour out the remaining water and you now have delicious marijuana butter ready to use however you see fit.

### Step 4

You can keep your butter in a sealed container or even place it in saran wrap. Store the butter in the refrigerator at all times. This should last at least 3 or 4 weeks and if you want it to last longer, place it in the freezer, which could give you up to 6 months of use.







## MAKING MARIJUANA MILK AND CREAM

If you love eating ice cream and drinking milkshakes as much as I do, you will enjoy not only the delicious taste of these treats but you get to add a splash of marijuana healing to the mix. When you want to make something like milkshakes and ice cream, marijuana cream or milk is the way to go.

### Time and expenses for making marijuana milk and cream

To add a weed kick to your milk and cream, you are going to spend roughly the same amount of time as you would need for creating marijuana butter. While you will need a large amount of marijuana, it will only take 30 minutes to prepare it. Now that is a plus!



### MARIJUANA MILK AND CREAM RECIPE

#### INGREDIENTS:

- 5 fluid ounces of milk or cream
- 5 ounces of ground leaves, or 5 grams of ground weed (your choice)

#### APPLIANCES:

- Saucepan
- Grinder
- Strainer





INSTRUCTIONS:

### Step 1

Start off by slowly heating the cream or milk in a saucepan. Do not let it start boiling. Next, you will grind the marijuana and combine it with the milk or cream. Then lightly stir the mix.

### Step 2

Your mixture needs to cook on low heat without it boiling for 30 minutes. Stir the combination infrequently. Once this is done, strain, then cool the mixture and store it in the refrigerator.







## WHAT ARE MARIJUANA TINCTURES?

Another really great way to indulge in the healing qualities of marijuana is by using tinctures. This is another way to enjoy marijuana without having to smoke it. With this method, you are primarily consuming your marijuana as a liquid.

Now for a little history on tinctures. This isn't necessarily a new invention. Back in the day marijuana tinctures were a form of low-cost medical practice that made it simple to benefit from this herb. While this method of marijuana usage used to be popular, you will rarely see this in more modern times considering very few people have even the slightest clue what these are.



### What to do with tinctures

One question you may have right now is how do we use tinctures to our benefit? Usually, many people will put them under the tongue to manage how much they are consuming. Also, placing it under the tongue is the quickest way, in terms of edibles, to absorb marijuana and receive all the effects immediately.

With tinctures, you have the luxury of adding various flavors to make it quite tasty. You can also increase or decrease the amount you consume simply by adding more drops until you can feel the high on the level you want.





## What's better, smoking, eating or tinctures?

As I mentioned before some people just aren't smokers but they still love or may even need marijuana. And when you want to avoid the potential dangers of inhaling smoke, edibles becomes a lot more appealing. However, due to how quickly effects take place with smoking that truly is the best way to get the maximum results. Another way to get results in seconds is by using a vaporizer.

So now let's do a comparison of consuming edibles versus tinctures. When eating marijuana, you may have to wait for roughly anywhere from 45 minutes to an hour and 30 minutes to know how it's going to affect you. You just aren't going to be easily able to tell when your high is coming down, which can be a downfall depending on what you have planned for the day or the type of experience you were looking to have.

But don't fret, tinctures are here to save the day! When you use tinctures, you absorb the marijuana much faster without ever having to inhale smoke. You have the choice of adding tinctures to your food, using a teaspoon or even a dropper. This way you can better gauge how much marijuana you are consuming.

If you want to carry it on your person and use some of it during the day, this is no problem since they are small enough to go in your purse or even your pockets if you put it in a little bottle.

## Where to purchase tinctures

For those of you who have the pleasure of living in a location where marijuana is legal, tinctures are more readily available. You can get 100 drops worth in a little bottle for just \$20. This price isn't bad at all and quite affordable. The average dosage of a tincture is about 3-4 drops per use. However, if you prefer to concoct your own tinctures and are ready to try your hand at this, keep reading for instructions on how to do this.







# MARIJUANA TINCTURE RECIPE

## INGREDIENTS:

- Marijuana
- A small glass jar (mason jar) with a lid
- 90% or more pure grain alcohol
- One brown medicine bottle with an eyedropper to protect your concoction

## INSTRUCTIONS:

### Step 1

The best way to determine how much marijuana to use is to have a rate of 1 gram of marijuana to 1 fluid ounce of alcohol. The most you want to do is 6 grams of marijuana to 1 fluid ounce. I suggest not overdoing it if this is your first time.

### Step 2

Chop the marijuana and let it sit out to dry. Believe it or not you do not want to use fresh weed when creating tinctures.

### Step 3

Mix your alcohol and marijuana in a glass jar. Allow this mixture to soak for somewhere between one day up to 10 days. As you become more comfortable with making tinctures, you will have a better idea of how long you should let the solution soak. It really all depends on your personal preference.

### Step 4

Next, strain the mixture to remove the plant residue then pour it into a brown medicine bottle with an eyedropper lid. The brown bottle is a form of protection from the damage sunlight can cause. This breaks down the THC in the marijuana.





## LEGALIZING EDIBLE MARIJUANA

With the numerous amount of information coming out about the benefits of marijuana for your health and well-being, it was only a matter of time before legalization became widespread. The limitations on marijuana use have dissolved more and more over the years.

We know that smoking marijuana for medical purposes becoming legal is definitely helping people worldwide, but making the extraction of marijuana in non-dried forms lawful is even better news. People who need marijuana for medical purposes can now explore a variety of ways to get it in their system.

The more options for consuming marijuana, the better. Now in Canada, you are able to bake with it or add it to a drink instead of just smoking marijuana. This all began thanks to an event that happened in 2009 where a baker working at the Cannabis Buyers Club of Canada was accused of drug trafficking and possession of marijuana.

Luckily, he was set free which led to Canada's government being given the opportunity to reconsider their marijuana laws. The case ended up being tried in the Supreme Court and now Canadians have the chance to consume medical marijuana in more than one form. Now that the courts completely threw out those very limiting laws around marijuana we are free to enjoy medical marijuana in our beverages and food.

To add to the many reasons why someone would need medical marijuana, it is also known to be very helpful with HIV, seizures and Crohn's disease. This just adds more fuel to the argument for the need to legalize the various way we consume marijuana. The courts made a very exciting decision to toss out the laws stating having non-dried marijuana were somehow a challenge to health and safety.







The difference between how Canada and the U.S. handle medical marijuana is the fact that, in Canada, doctors are responsible for deciding who gets to use it, while in the U.S., there are laws that vary from state to state around marijuana use. In some states, marijuana is completely legal and are profiting from people using it. The state most welcoming of marijuana use is Colorado, where they have stores that sell marijuana in many forms - including edibles. Colorado has made millions of dollars in just one year from marijuana legalization.

Breaking down the restrictions on marijuana use has opened the doors for medical marijuana users to have the ability to legally purchase and create their own marijuana edible concoctions to their liking.



Now it's time to put on your creative baking hat and try out some new ways to make healthy marijuana treats. Who doesn't love being able to curb your hunger, satisfy your taste buds and get a good quality high at the same time!

**If you are ready to try out some great marijuana recipes, such as tasty marijuana ice cream, soothing cannabis chicken pot pie, and fun to eat weed-filled Belgium waffles, visit our blog.**

