

COMPLETE GUIDE TO CBD

cannabis cultivation | cbd extraction

FROM POWERBLANKET AND NORTH SLOPE CHILLERS



**NORTH
SLOPE
CHILLERS**

powerblanket



CONTENTS

- 1 WHAT IS CBD?
- 2 A BRIEF HISTORY OF CBD
- 3 CBD TODAY
- 4 GROWING CANNABIS
- 9 CBD EXTRACTION

WHAT IS CBD?



Cannabidiol (CBD) is one of 113 known cannabinoids found in cannabis plants. While CBD as we know it has been around for over 70 years, it has recently skyrocketed in attention and popularity. Unlike THC (another cannabinoid found in cannabis plants), CBD does not cause an altered mental state and may even have huge potential for medical applications. While limited research has been done on CBD, many are hopeful that as research progresses, CBD will become a more readily-available treatment option for issues like epilepsy, pain management, anxiety, depression, and even cancer.

A BRIEF HISTORY OF CBD



1946

Dr. Walter S. Loewe conducted tests that supported the theory that CBD didn't cause an altered mental state.

1960s

The first CBD oil designed for therapeutic use was released by the British Pharmacopoeia

2013

Charlotte Figi, a girl who suffered from chronic seizures, all but eliminated her seizures using high-CBD strain cannabis; her story gained national attention.

2018

The "Hemp Farming Act of 2018" made hemp (THC < .3%) legal to grow as ordinary agriculture nationwide

1940

CBD was first extracted by chemist Roger Adams.

1946

Dr. Raphael Mechoulam documented CBD's three-dimensional structure.



1980

Dr. Raphael Mechoulam conducted research that supported the theory that CBD could treat epilepsy.

2017

the FDA advisory panel approved the CBD medication Epidiolex to treat two forms of childhood epilepsy.



CBD TODAY

Some experts say that evidence for CBD's benefits is scant. Most claimed benefits of CBD have only been evaluated by one or two human studies and most studies do not compare results to a control group. Some researchers argue that any beneficial effects could simply be a placebo. Furthermore, it's unclear which specific biochemical interactions are affected by CBD.

This scant evidence, however, is not necessarily because CBD is ineffective; there simply hasn't been enough reputable research conducted. Many are confident that continued CBD research will confirm the widespread claims of its medicinal potential. Taking the time to establish a reputable CBD business now could put your well ahead of others as CBD research moves forward.

CBD IS COMMONLY USED TO...



REDUCE PAIN AND
INFLAMATION



ELIMINATE
SEIZURES



TREAT ANXIETY
AND DEPRESSION



PREVENT CANCER
FROM SPREADING

LEGALITY

While CBD is legal across the US, states have varying limitations on its use. Where limitations exist, the most important factor in determining legality is whether the CBD is extracted from hemp or marijuana. Make sure you are familiar with your state's laws regarding CBD cultivation and usage.

GROWING CANNABIS

High-quality CBD products begin with high-quality cannabis! Understanding the nature of cannabis plants and following proper growing techniques will ensure you're producing the most potent buds possible.

Seeds for or shoots of high-CBD strain cannabis can be found online or, where they're legal, at local cannabis dispensaries.

HEMP VS. MARIJUANA



hemp



marijuana

The terms "cannabis", "hemp", and "marijuana" are used fairly interchangeably; however, it's important to understand the differences between the three.

"Cannabis" is the family of plants the hemp and marijuana fall under. Hemp has much higher CBD levels than marijuana and low THC levels (typically less than 0.3%). Marijuana is lower in CBD and much higher in THC (can be anywhere from approx. 10-16%).

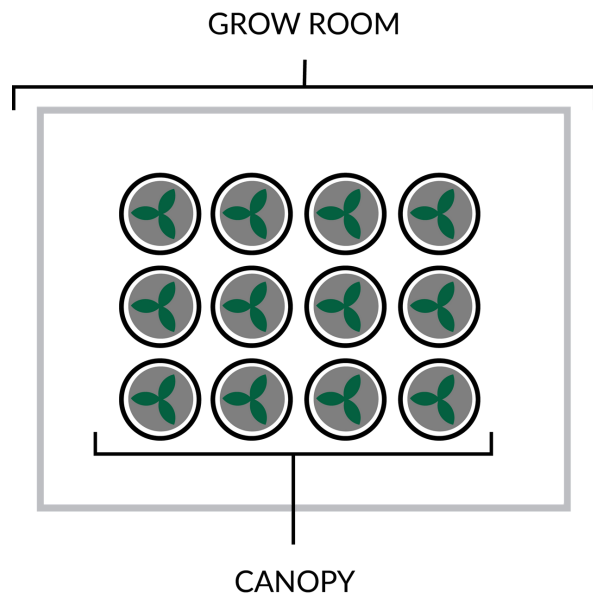
MOST POPULAR STRAINS OF CANNABIS AND THEIR CBD:THC RATIO

CHARLOTTE'S WEB 20:1
SWEET AND SOUR WIDOW 1:1
STEPHEN HAWKING KUSH 2:1
SOUR TSUNAMI 1:1
RINGO'S GIFT 24:1

HARLEQUIN 5:2
CANNATONIC 3:1
HARLE-TSU 20:1
CANNE-TSU 22:1
PENNYWISE 1:1
ACDC 20:1

CANNABIS GROWING CHECKLIST

Whether you're just starting to grow cannabis or are a seasoned professional looking to revamp their setup, all the information and gadgets and gizmos available can seem overwhelming. Specific needs will vary depending on your location, the strain you're growing, and the size of your operation. Following this checklist will help you determine the requirements for your setup.



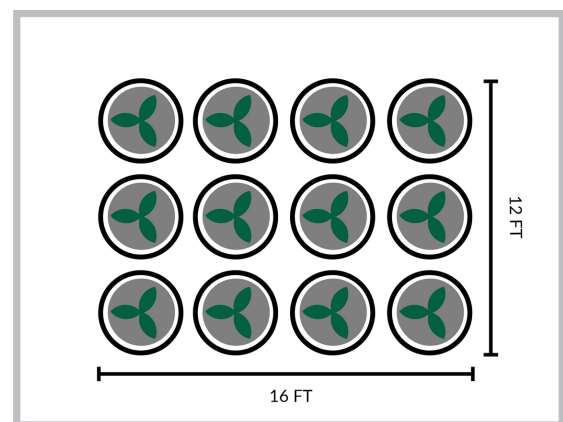
☐ GROWING SPACE

First, you'll need to determine where you'll set up your grow space. Your options fall under two categories: **Grow Rooms** and **Grow Tents**. Grow rooms require more planning and handiwork, but typically offer much more space.

Within your grow area is your **canopy**- the specific area your plants will be growing.

☐ GROW LIGHTS

There are a few options for grow lights including LEDs, CFLs, and HIDs. Any will work fine; what's most important is that you have enough lighting. Your grow area will require approximately 65 watts of light per 4 sq feet (or per plant). To calculate the total wattage requirement for your grow space, follow these steps:



1. Calculate the area of your canopy (LxW)

ex. $12 \text{ ft} \times 16 \text{ ft} = 192 \text{ ft}^2$

2. Divide by 4 ft^2

ex. $192 \text{ ft}^2 / 4 \text{ ft}^2 = 48$

3. Multiply by 65 w

ex. $48 \times 65 \text{ w} = 3,120 \text{ w}$

□ TEMP + HUMIDITY

Temperature and humidity are significant contributing factors to nutrient absorption and overall plant health. They can be adjusted as needed via heaters, cooling units, humidifiers and dehumidifiers. Measurements for each should be taken at least twice a day using a thermometer/hygrometer. Measurements should fall in the following ranges:

- **Temperature:** 65 ° F- 80 ° F
- **Humidity:** 60-70% for young plants, 40% for flowering plants



□ pH + NUTRIENTS

The pH (acidity) and nutrient levels of plant grow water can make all the difference in overall plant health.

- A pH meter will measure the acidity; levels that are too high or low will disrupt nutrient absorption and damage roots. Shoot for pH levels between 5.5 and 5.8.
- Nutrient levels can be measured with either a TDS (total dissolved solids) meter or EC (electrical conductivity) meter. TDS measurements should fall between 750 and 1500. EC readings should fall between 0.8 and 2.0



□ AIR FLOW

Good air flow prevents stunted growth, strengthens branches, and helps with temperature and humidity control. A good air flow system should include the following:

- An exhaust vent near the top of your grow room or tent
- A vent for fresh, cool air to enter from the bottom of your grow room or tent.
- At least two fans pointed at the top and bottom of your grow space.





GROW SYSTEM (SOIL OR HYDROPONICS)

Once you have your grow room set up with the proper tools to create a cannabis-friendly environment, it's time to set up your grow system! Growers can choose between a traditional soil setup and a hydroponics (soil-less) system. Plants grown in soil systems obtain nutrients from the soil, while hydroponically grown plants are suspended in a nutrient solution. Let's take a quick look at the pros and cons of each:

Soil

- Requires less regulation
- More forgiving
- Better for beginners
- Lower yield
- Slower growth

Hydroponics

- Allows for precise regulation of nutrients
- Faster growth
- Larger yield
- Easy to overfeed plants
- Less forgiving
- Plants require extra support

STEP UP YOUR GROWING GAME

Don't let hydroponics scare you! Once you get the hang of it, it's pretty simple and, when done properly, it will yield bigger crops of larger, more potent buds. Additionally, hydroponics allows for the integration of growing technology that makes cultivation more precise. For example, Flux Wrap from North Slope Chiller can be wrapped around nutrient solution reservoirs; Flux wrap is a top of the line cooling blanket that will keep the nutrient solution (and, consequently the very important root zone) at ideal temps for maximum nutrient absorption. Perfect root temperatures can be the difference between a decent yield and the most beautiful crop of high-quality buds you've ever seen.

FluxWrap Standout Features

- Proprietary multi-channel fluid path creates maximum flow with minimal pressure
- Lightweight compact design
- Elastic strap design ensures good thermal conductivity between blanket and drum
- Full coverage cooling and the option for full coverage heating when adjusting fluid temperature
- Blanket conforms to drum or tote to maintain thermal contact over uneven surfaces



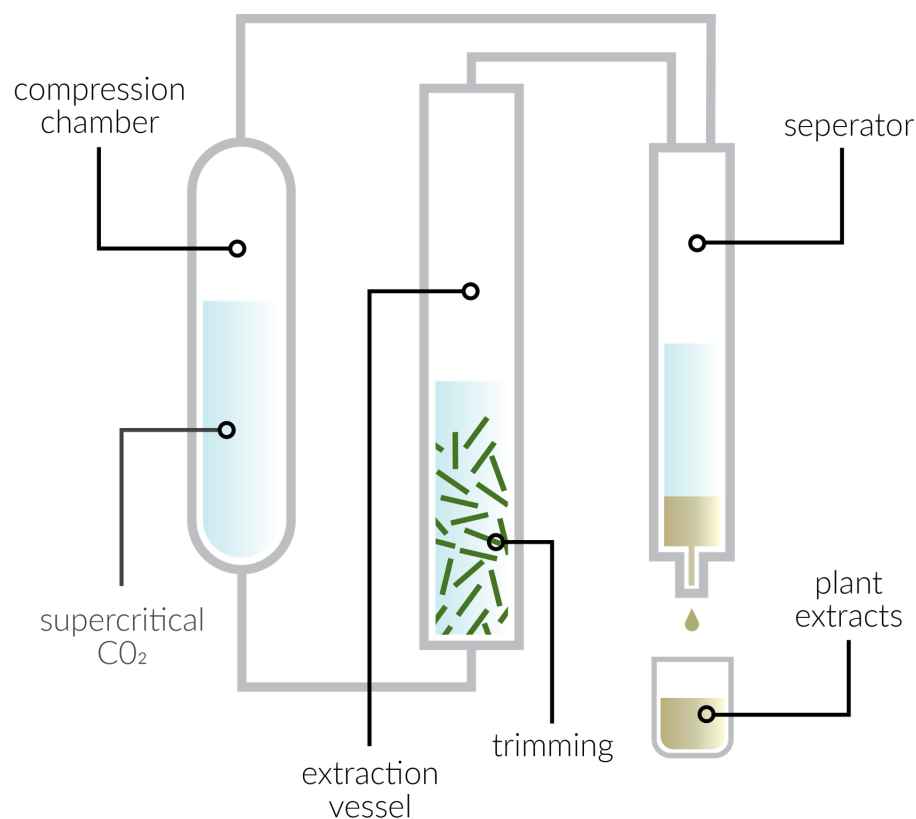


CBD EXTRACTION

When CBD oil is ingested, only 20% of it is absorbed. This means that for CBD to be effective, the CBD extraction process must be carried out carefully. There are several options for removing cannabis plant extracts from the plant materials; to be effective, however, each approach must begin with a CBD-rich plant material

An important step in any extraction method is **decarboxylation**. Put simply, decarboxylation is heating the cannabis to activate the cannabinoids (CBD and THC). Most commonly, this is done at lower temperatures over longer periods of time to help preserve terpenes.

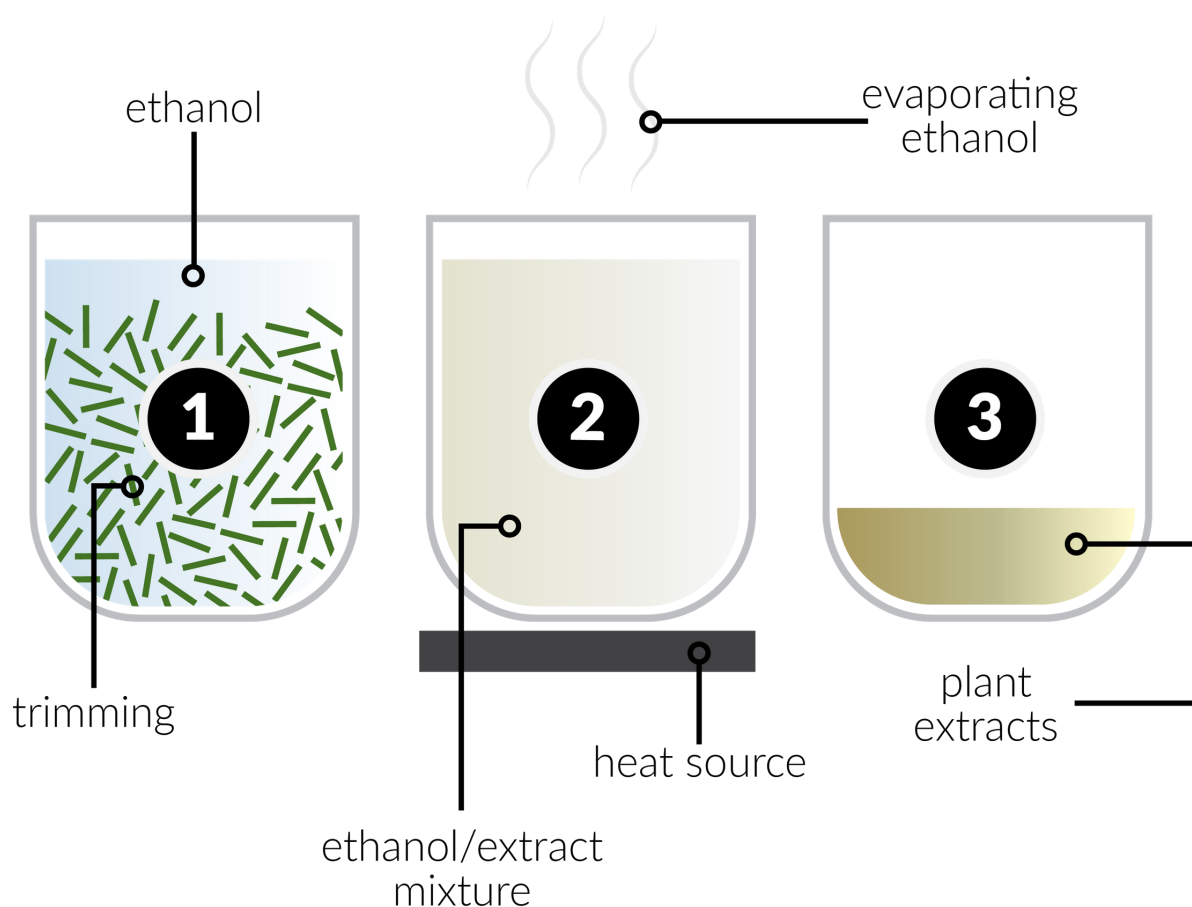
Let's take a quick look at some of the most common CBD extraction methods and the pros and cons of each.



CO₂ EXTRACTION METHOD

The CO₂ Extraction method uses supercritical carbon dioxide to pull phytochemicals from cannabis plants. Supercritical materials are not quite a liquid but not quite a gas and possess the properties of both. This state is ideal for plant extraction because supercritical CO₂ can move through materials like gas and dissolve materials like a liquid. This method is expensive and technical but yields some of the highest-quality results. **CO₂ extraction typically follows these steps:**

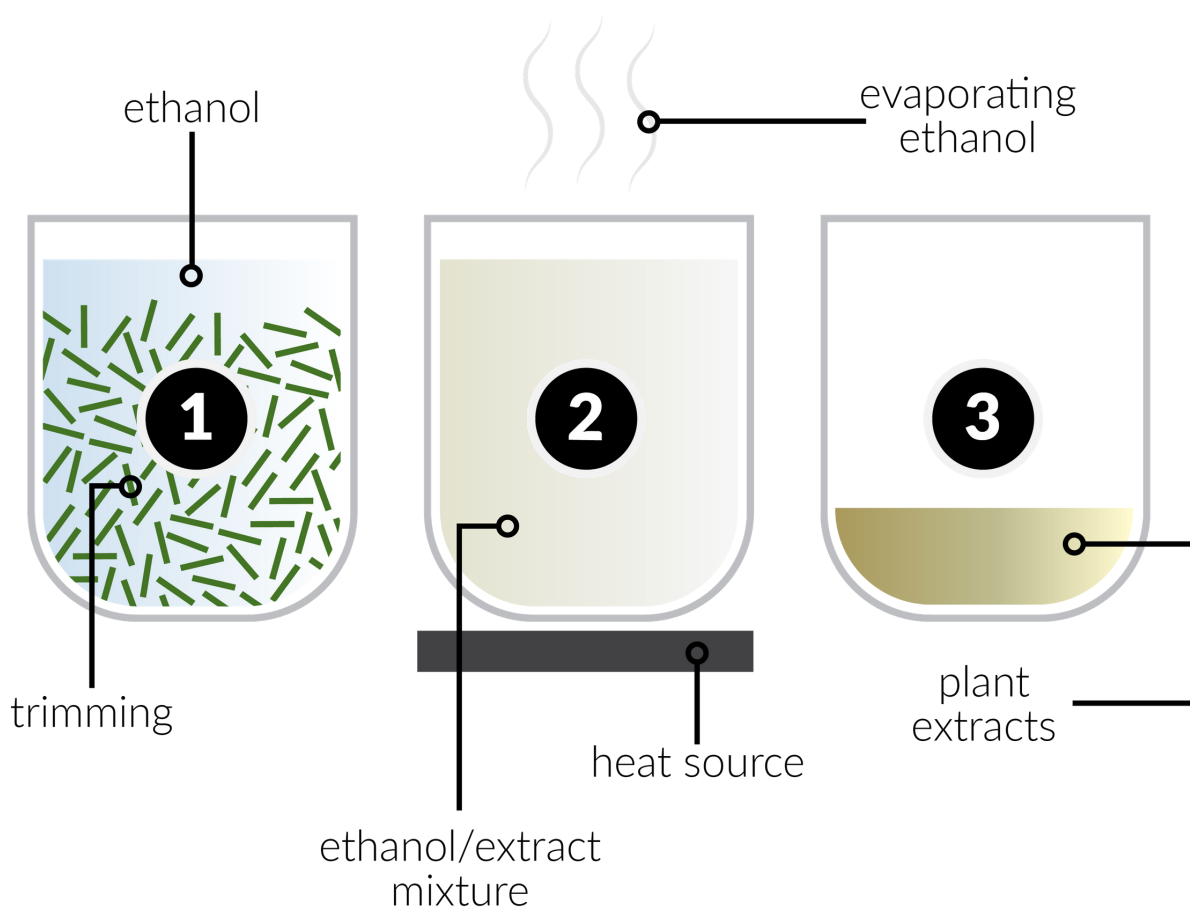
1. The CO₂ is prepared in a compression chamber. First, CO₂ gas is turned into a liquid; this is done by dropping the temperature to under -69°F and increasing the pressure to over 75 psi. Next, the temperature and pressure are both raised until the liquid becomes supercritical.
2. The supercritical CO₂ passes through cannabis trimmings in an extraction chamber where it dissolves and collects extracts from the plants.
3. The CO₂ / extract solution then enters a lower-pressure separator chamber. The lower pressure causes the CO₂ and plant extracts to separate. The CO₂ returns to the CO₂ chamber and the cannabis oil is drained from the separator.



SOLVENT EXTRACTION METHOD

This simple extraction method works by using ethanol as a solvent to remove extracts from cannabis plant trimmings. This method is simple and inexpensive but is more likely to denature the cannabinoids. It usually looks something like this:

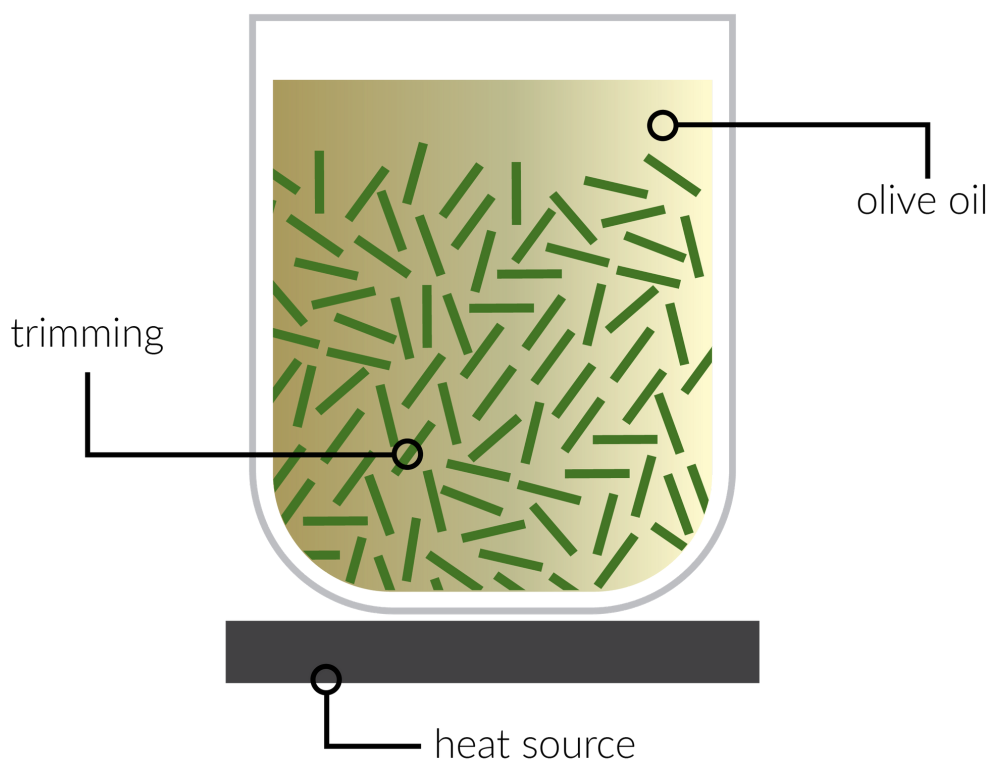
1. Ethanol is added to trimmings and mixed for a couple of minutes to allow the ethanol to dissolve extracts from the plant materials.
2. The ethanol is strained from the trimmings.
3. The ethanol/extract mixture is slowly heated until all ethanol evaporates and only the plant extracts remain.



ICE WATER EXTRACTION

Ice water extraction creates a powdery resin extract often referred to as “hash” or “bubble hash.” This is another fairly inexpensive process but can sometimes be labor intensive. There are several variations to this method, but they all follow these general steps:

1. Finely-chopped plant trimmings are mixed with either ice or dry ice. This step is supposed to help separate extracts from the plant material.
2. Water is added to the ice and trimmings and the entire mixture is strained through a mesh bag. (Often, the mixture is strained multiple times through progressively smaller-micron mesh bags until the purest-possible extracts are obtained)
3. The extracts settle at the bottom of the strained mixture. The excess water is drained from the top and the extracts are left to dry until they become powdery.



OLIVE OIL EXTRACTION

This technique results in cannabis-infused oil, not pure cannabis extract. It can be done with just about any type of oil or butter (not just olive oil) which is then used for cannabis-infused cooking. It follows these two simple steps:

1. Cannabis plant trimmings are placed in olive oil (or any other cooking oil) and warmed for 1-2 hours.
2. The infused oil is strained from the plant trimmings.

DECARBOXYLATION: TEMPERATURE MATTERS!

Without proper temperature control during processing, cannabis and cannabis extracts aren't going to do much for you. All cannabinoids contained within the trichomes of raw cannabis flowers have an extra carboxyl ring (COOH) attached to their chain. Until it's decarboxylized, THC is THC-A and CBD is CBD-A. TO access any of the impressive benefits associated with CBD, the cannabis MUST be **carefully** heated at some point.

CBD-A ▶ *DECARBOXYLATION* ▶ **CBD**

Why carefully? If not adequately heated , the cannabinoids will not be activated. If overheated or heated too quickly, the cannabinoids can become denatured and stinky.

TOTAL TEMPERATURE CONTROL

Powerblanket offers the best of the best when it comes to total temperature control. Our products are easy to install and remove and won't disrupt your current process. Additionally, our products are made to order and can be customized to fit your specific needs. If you'd like more information, you can give us a call at 888.316.6324.

