

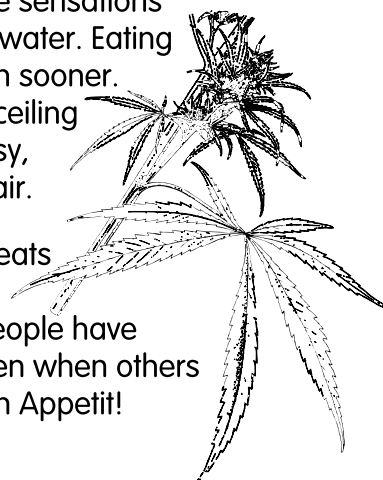
When eating pot treats start with a small dose, not on a full stomach. Wait at least an hour before trying more, no matter how good they taste!

Because it takes time to digest pot goodies, the stone is delayed and lasts longer than when you smoke a joint. Set time aside to enjoy the dreamy trip. Don't drive while stoned.

Eating pot will give you a body stone. You might twitch or your muscles may cramp. You might get body rushes or have a heightened awareness of your heartbeat or breathing.

Don't panic if you find the sensations too intense. Relax, drink water. Eating can help you come down sooner. If you lay down and the ceiling spins and you feel queasy, take a walk in the fresh air.

Never feed friends pot treats without first telling them the ingredients. Some people have unpleasant reactions even when others feel only mild effects. Bon Appetit!



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Molasses-Ginger Cookies

Ingredients: 2/3 cup brown sugar, 2 cups canola oil, 1 egg, 1 1/3 cups molasses, 2 tsp vanilla, 6 cups flour, 5 tsp baking soda, 5 tsp ginger, 3 tsp cinnamon, 2 tsp nutmeg, 2 tsp salt

Mix brown sugar and wet ingredients. Sift together dry ingredients and blend into mixture. Knead, add a little flour if too sticky. Refridgerate. Pinch into small balls of dough and roll them in white sugar. Place on greased cookie sheet and bake 10 minutes in a 375°F oven. Makes 80 cookies.

www.walnet.org/rosebud/

Rose Bud Productions. May, 2001



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Bakin' Shake

The active ingredient in pot (THC) dissolves in butter, vegetable oil, and shortening, but not water. Baking pot treats is a good way to use lower quality pot like shake (smaller leaves, twigs with resin crystals on them, small or fluffy buds).

Fill a pot with **dry** shake and pour oil or melted butter or shortening over it until its covered. Heat oil until shake starts to change colour from greenish to brownish, but don't let the shake fry. If using butter, be careful, it burns easily. Turn heat off and let stand until cool enough to handle. Strain out shake while oil is still warm and runny. Use cheesecloth if necessary. Repeat the process using the same oil two or three times to make your product more potent.

When baking cookies, brownies or cakes replace the oil, shortening or butter in the recipe with your pot butter or oil.

Always clean up right away, and don't leave pot products around where kids or pets could eat them.

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