

Farmer, Doctor, CBD
Saturday April 18th 10am-5PM, Seeds of Solidarity Farm
A special opportunity and inspiring workshop. Sign up soon, space limited.

Learn how you can grow high CBD (cannabidiol) cannabis for health and happiness in this day-long workshop at Seeds of Solidarity Farm in Orange MA. Three-decade farmer Ricky Baruc, co-founder of Seeds of Solidarity Farm is nationally recognized as a leader in no-till, regenerative farming methods that produce healthy soils, crops, and people. From seed to harvest, he will share his success growing outdoors, including cultivating probiotic, fertile soil and using all organic methods without huge expense or inputs. The workshop will also include a conversation with Dr. Alan Weiner who will share his knowledge as a medical doctor regarding the impact and benefits of this ancient plant.

CBD is widely available commercially, but consumers have few details about how or where the product is grown; much of what is being consumed is from China with quality unknown. Why not grow your own CBD bud if you use it? Massachusetts residents over age 21 are legally allowed to grow up to six cannabis plants at home for their own use. Cannabis has been cultivated throughout recorded history, used as a source of fiber, food, seed oil, and for ceremony. Although cannabis is often thought of for its psychoactive constituent THC, the plant is known to contain more than 500 compounds, among them at least 113 cannabinoids. Now, a range of available varieties means you can grow high CBD cannabis plants with little to no THC, but other qualities beneficial to body and mind. Environmentally, and especially through no-till methods, cannabis is a great plant to remove carbon from the atmosphere towards mitigating the impacts of climate change. You will leave this workshop with what you need to know to begin growing your own plants this season using agroecological methods, be it in containers, gardens or small greenhouses.

This day-long workshop on April 18th will focus on growing methods from seed to harvest. This is not a hemp policy or licensing workshop. Medical information on CBD will not be participant-specific, but offered to enhance general knowledge. A farm-fresh lunch is included, with optional CBD tea and salad dressing!

Sign up soon, as interest is strong and spots are limited.

\$125 includes the day-long workshop and lunch. **To reserve your spot**, send a check for the full amount or a deposit (of \$50) payable to Ricky Baruc. 165 Chestnut Hill Road, Orange, MA 01364 Due to limited space, deposits are not refundable but your space in the workshop can be transferred to a friend if you wish. Participants must be over 21.

A second workshop on August 29th will focus on drying, storage, and making products from your harvest.

Presenter Bios:

Ricky Baruc is a long-time vegetable and garlic grower and a licensed hemp grower. His passion as a farmer is to enhance the life in the soil, and teach others to grow crops using climate resilient, low-cost techniques.

Dr. Alan Weiner worked as a family physician for twenty years, and now works in the field of addiction medicine.