

DECEMBER 2023

The Seed

A MONTHLY NEWSLETTER

FROM CEDAR VALLEY FARMS

28th Edition

HIDDEN CODE CLUE:

IF YOU WANT TO SAVE BUT NEED A HINT, LOOK FOR YOUR CODE IN A MINT!

Staying in "Mint" Condition

The holidays are among us, and with each new season, we crave the traditional activities, foods and drinks, smells, and aesthetics. Often, the thought of achieving all the details of your perfect holiday can be overwhelming. One way to sail through it all smoothly while adding a sprinkle of the season is to combine CBD with the refreshing herb of peppermint. The two share many wellness perks and when combined, they can provide all you need to stay jolly this holiday.

We've swirled CBD and peppermint into a few magical, minty moments just for you!

Stress Reduction

The aroma of peppermint is often used in aromatherapy due to its calming and stress-relieving effects. Likewise, CBD is notorious for its abilities to create a natural calm and carry away anxiety and stress.

MINTY MOMENT: Take a hot shower using a peppermint

body wash. As you emerge from your steamy sanctuary, massage our CBD Relief Topical onto your neck and shoulders and send stress out with the snow.



AMAZING, COST-EFFECTIVE BODY WASH OPTION - SOLD AT WALMART!

Mental Clarity

The invigorating scent of peppermint is known to improve mental clarity and concentration by refreshing the mind and boosting alertness. In fact, peppermints are often offered to students before testing to promote clear thinking. Likewise, CBD's calming potentials allow for distracted thoughts to dissipate leaving only a laser focus.

MINTY MOMENT: Make a hot cup of peppermint tea or drop a couple peppermints into your favorite cup of coffee. Then, dispense our CBD Nano Blend into your drink. Enjoy decorating or holiday shopping with only the perfect ideas in mind!



FIND PEPPERMINT TEA AT ANY LOCAL GROCER

Respiratory Health

The menthol content in peppermint can help open airways and relieve congestion. Similarly, our CBD Relief Topicals and Roll-Ons contain menthol in their formula. With anti-inflammatory properties and menthol, CBD and peppermint can make a great duo

when sick this season! **MINTY MOMENT:** Add peppermint essential oil to your diffuser and massage our Relief Topical on your chest for respiratory relief!



Peppermint Oil in Diffuser

CBD RELIEF TOPICAL

Merry & Bright

Beauty and warmth radiate from the holidays; however, when the winter winds blow, they reveal dry, cracked skin that is anything but shiny and bright. You're in luck though, because Cedar Valley Farms' CBD Moisturizing Body Lotion will leave skin sparkling with just one application. It's the perfect solution to dazzle guests in your cocktail dress or snuggle close with smooth skin after doing hours of manual labor out in the blistering cold. Confucius once said, "Everything has beauty, but not everyone sees it." This season, make your skin's beauty obvious to everyone. Gift yourself or anyone on your list this year with our CBD Moisturizing Body Lotion. Check out all the gifts it has wrapped up inside below!



Alleviates redness or swelling, fights against wrinkles and aging, regulates oil production, maintains skin moisture



Accelerates skin's cell turnover rate, creates radiant complexion, promotes even skin tone, minimizes pores, maintains firmness, treats acne



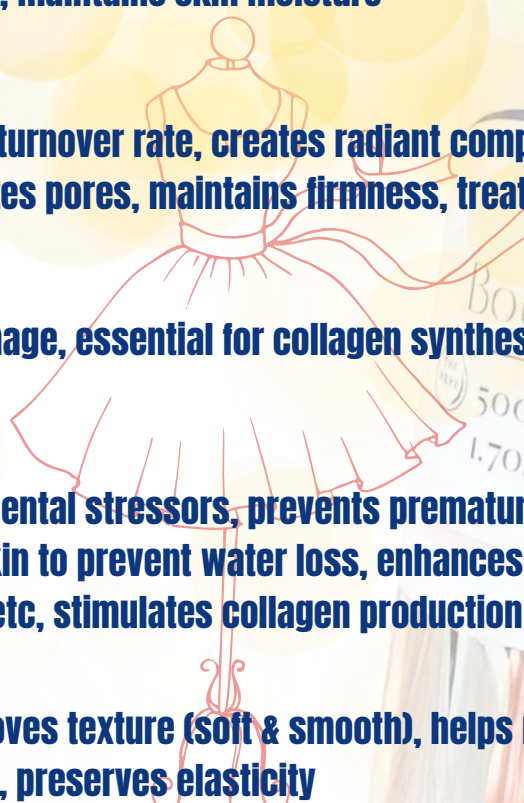
Prevents skin from damage, essential for collagen synthesis, improves brightness



Protects from environmental stressors, prevents premature aging, forms protective barrier on skin to prevent water loss, enhances skin's healing of wounds, scars, burns, etc, stimulates collagen production



Retains moisture, improves texture (soft & smooth), helps regenerate tissue, supports sensitive skin, preserves elasticity



Click to Make it a Gift!



GIFT WRAPPING!

We've found another way to alleviate some stress in your life during the busy holiday season! Cedar Valley Farms can be your one stop shop for gifting this year! Not only can you find a unique gift for those you care about when you shop our natural wellness line, but now you can have it gift wrapped too! It's simple; just select "Gift Wrapping" under 1 selected item online for only \$1 and consider it done! All items will be wrapped together with just a 1X selection of "Gift Wrapping" unless otherwise noted. Spread genuine joy by giving the gift of feeling good physically and mentally. Choose from our all-natural, THC-Free or Full-Spectrum options like gummies, tinctures, topicals, or even an item from our pet line! Wellness makes a perfect gift for anyone on the list!

Choosing the right wellness product requires evaluating an individual's preferences, problems, habits, and sometimes even career details. If you want to give the gift of wellness but aren't sure of all the personal details of the receiver, choose a Cedar Valley Farms Gift Card! *Note: Due to payment regulations with CBD, we can only offer physical gift cards. When you purchase this item online, you will receive a physical gift card in the mail. The gift card can be redeemed by either using it in person at Cedar Valley Farms or by calling in to place your order over the phone.

GIFT CARDS!

CVF SWAG!

This just in...NEW Cedar Valley Farms swag! If you're wanting something to keep you warm and cozy this winter and you love Cedar Valley Farms, look for these two new winter must haves! Contain your inner heat and grab all the attention when you walk out wearing our new CVF beanie hat! Before you leave, brew your favorite winter drink, infuse with CVF's CBD Nano Blend Tincture, and pour it right into your new CVF coffee mug to take out and sip in the snow!

Both items are available for purchase online, in store, or may just end up in your package as a surprise when we sporadically choose to show customer love this season!





Wellness Wonderland

This past November brought another general election to Ohio, which included a couple issues that stirred up a whirlwind of confusion, frustration, and quite the hubbub in some areas. One of those issues, as many of us know, was Issue 2, which resulted in allowing commercialization, regulation, legalization, and taxation of the adult use of cannabis or what is better known as marijuana.

The passing of this issue has brought many questions and perhaps uncertainty amongst our followers, supporters, and customers in regard to what that means for hemp and CBD here at our farm. Instead of wandering around in a wellness wonderland, we want to reassure you of our values and mission at Cedar Valley Farms.

OUR PRIORITY

Just as it was before the passing of Issue 2 and as it will always be, our number one priority is providing natural wellness. In conjunction, we take pride in offering safe, natural remedies that are grown with our own hands and with complete transparency along the way. We highly value the multitude of health benefits from hemp-derived CBD, and that will never change.

THE DIFFERENCE

Although derived from the same plant, there is a difference between hemp and marijuana. Hemp contains a low THC content while marijuana is known for a higher amount of THC. THC is the component within the plant that with a higher potency can cause psychoactive feelings. Despite these tendencies, there has been medical value found in marijuana; however, CBD is perhaps more notorious for its wellness properties.

OUR FUTURE

With our facility being GMP certified, it allows for us to consider utilizing our site in versatile scenarios. Whether we someday add a “greener” line to our wellness products, or allow for outside, reputable growers or manufacturers to use our space, we have a variety of options. Regardless of what the future holds, wellness will ALWAYS be our focus.

A TIME FRAME

Rules and licensing guidelines will have to first be established by the government before we would even begin heading down another avenue, which could be at least nine months or even longer if lawmakers amend Issue 2. For now and for always, you can rest assured; CBD is a main focus here at CVF.