

OCTOBER 2023

# The Seed

A MONTHLY  
NEWSLETTER

FROM  
CEDAR VALLEY FARMS

26th  
Edition

CODE:  
No tricks were added  
to this special brew:  
look for a treat that's  
just for you!

## UNSOLVED MYSTERIES!

Even though it's spooky season, choosing to upgrade your overall wellbeing with CBD shouldn't leave your mind lurking in the dark. Solving some of these common suspicions about this mysterious, yet magnificent cannabinoid can leave things a lot less foggy for you.

### IS CBD ADDICTIVE?

CBD is not considered addictive and does not produce cravings nor withdrawal symptoms. There's also very low risk of overdose on CBD.

### WILL I GET HIGH ON CBD?

CBD is NOT psychoactive nor will it cause funny/high feelings. The low (less than 0.3%) THC content eliminates this.

\*This excludes Delta-8, 9, & 10 products.

### IS CBD MARIJUANA?

CBD & THC (compound in marijuana) are not the same cannabinoid. CBD must have less than 0.3% THC to be legal. THC in marijuana ranges from 5-30% or higher.

### HOW WILL CBD HELP ME?

CBD is a natural remedy notorious for providing aid to anxiety, inflammation, and maintaining an overall healthy state of being. \*Often, it takes up to 2 weeks of regular use to see these results.

## Veering from the Unnatural

Natural remedies take a different approach to healing. CBD doesn't harshly hit you with effects or put your organs at risk of other problems with regular use. Instead, it gently jives with your body through your Endocannabinoid System and softly sets you into a better wellbeing.

This is why we often hear our customers say they don't realize the powerful impact CBD was making on their life until they are without it. This discovery is soon followed by their certain return for natural nourishment. CBD will not alter your personality or natural state of being; expect your physical or mental discomforts to dissipate and solely the positive, pure YOU to remain.

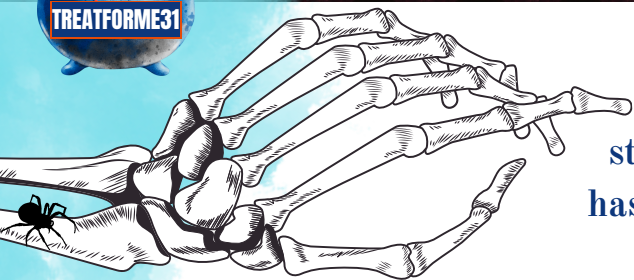
### A Grave Discovery!

“I didn't realize how much the CBD was working until I stopped taking it.”



# Seasonal

# Strains



You may have a tight grasp on CBD in general, but do you know what the word, “strain” means in terms of hemp? A strain in the context of hemp refers to a specific variety that has been selectively bred to have particular characteristics or traits such as the plant’s appearance, CBD or THC levels, aroma, taste, and even growth patterns.

CBD hemp flowers are divided into three overall strain categories: Indica, Sativa, and Hybrid. Indica strains are known for relaxing, calm, and peaceful effects while Sativa strains are best known for uplifting, inspired, energetic feelings. Hybrid strains are a cross between the two and generate a focused yet relaxed awareness.



A plethora of individual strains lie under each of these three main categories and acquire their own, individual characteristics. Often, the names these strains are given can be quite preposterous. For example, if you’re looking for thrills and chills, you may want to select from this seasonal strain list.

**VOODOO**

**Relaxation and mood enhancement**

**GHOST OG**

**Soothing, euphoric effect**

**PENNYWISE**

**Relaxing properties**

**FRANK’S GIFT**

**High CBD, relief from various ailments**

**BLACK MAGIC**

**Dark appearance, mild, calming effects**

Note: Most strains can be cultivated as “hemp” as long as they do not exceed 0.3% THC and can then be manufactured into CBD products.



# CBD & Spice & Everything Nice

Much like CBD provides a natural calm, we seem to “autumn”atically be enveloped in a feeling of comfort and coziness when autumn drifts near. One of the main ingredients within the recipe of fall is food!

## Recipe CBD INFUSED PUMPKIN SPICED ENERGY BITES

- 1 cup Peanut Butter
- 1/2 cup Pumpkin Puree
- 1 tsp Vanilla Extract
- 1/2 cup Maple Syrup
- 1 1/2 cups Gluten Free Rolled Oats
- 1/4 cup Chia Seeds
- 1 Tbsp Pumpkin Spice
- 1/2 cup Dark Chocolate Chips
- 1 1/2 - 2 droppers of your choice of Cedar Valley Farms' CBD Tincture

<https://allthehealthythings.com/pumpkin-spice-energy-bites/>

Check out these CBD Infused Cozy Concoctions!



1. Add the peanut butter, pumpkin purée, maple syrup, vanilla extract, & CBD oil to a mixing bowl & use a wooden spoon to stir until well combined.
2. Next, add oats, chia seeds, choc chips, & pumpkin pie spice to bowl. Stir until well combined.
3. Place the mixture in freezer for 15 - 20 min to chill & firm.
4. Remove dough from freezer & use a cookie dough scoop to scoop dough & then use your hands to roll into balls. Store bites in an air-tight container in fridge or freezer.

## Recipe CBD INFUSED APPLE TEA CAKE

- ¼ cup of melted coconut oil
- ¼ cup of your preferred milk
- 1 cup flax seed
- 1 cup flour
- ¼ cup maple syrup
- 2 apples, diced finely
- ½ tsp. cinnamon
- 2 tsps. vanilla extract
- 1 pinch of baking soda
- 2 tsps. baking powder
- 1 ½ cups of granola with nuts
- ½ cup of coconut flakes
- 1 full dropper (or more) of your choice of CVF CBD Tincture

<https://ebdrethink.com/blog/must-have-cbd-tea-recipes/>



1. Set oven to 350 degrees.
2. In a sizable mixing bowl, combine the coconut oil, milk, maple syrup, vanilla, cinnamon, and sliced apples. Mix in the CBD oil. Important: At this stage, stir thoroughly for a few minutes to ensure the CBD oil is distributed evenly throughout the mixture.
3. Add the flour, baking soda, coconut flakes, baking powder, flax seed, and the granola mixture. Combine thoroughly after mixing.
4. Place in a 9 × 9 buttered pan. Use a spatula to spread.
5. Bake for 45 minutes or until a toothpick comes out easily.
6. Cool before serving.

TREATFORME31



# Too Cool for Ghouls

Another crucial component to conjuring in all the good feels of the season is engaging in the customary festivities and of course adorning yourself in the traditional fall fashion. Don't fret; we've infused hemp and CBD into activities and outfits that are sure to be your favorites, and they'll have you too cool for any ghoul you'll meet!

OHIO HAUNTED HOUSE GUIDE:  
<https://www.ohiohauntedhouses.com/>

## WHAT TO DO

#1 Weekend Wagon Ride & Cider Sips!



Take a hay wagon ride around the countryside to view the colorful foliage and breathe in the cool, fresh fall air. Find a farm that offers this option to pick out your pumpkin decor instead of just buying them at the store.

TRY HERE: Stoney Creek Farm  
14826 Stratton Rd, W. Salem, OH

Take some CBD Infused Hot Apple Cider with you to stay warm on the inside while feeling the chilly, autumn breeze blow against your skin. Instant autumn invigoration!

**"HAY NOW!"**  
Out with the hay, in with the hemp!

Did you know: Hemp produces significantly fewer dust particles than straw, wood shavings, or hay. Hemp also helps keep mold and mildew at bay longer than common bedding materials, making it a great alternative to keep animals warm and clean. If you're prepping your own fall wagon ride, try hemp bales instead of straw!

## WHAT TO DO

#2 Chilled Out Thrills!



If you still like the idea of a haunted house, but hate to admit that it's too much fright for your night, take a dose of some CBD to calm your anxieties and enjoy a chilled out thrill. Don't let a ghoul steal your cool!

## WHAT TO WEAR

Hemp Hoodie Have To!



SHOP PATAGONIA HEMP:  
<https://www.patagonia.com/shop/collections/hemp-clothing?prefri-new&prefri-isNew>

Did you know that the famous, Patagonia brand has a hemp clothing line? From kids, to adults and all genders they offer a wide selection of shirts, shorts, pants, socks, sweatshirts, and more all made from hemp! Hemp clothing has 4 X the strength of cotton, doesn't weaken when washed, retains color better than any other fabric, and breathes excellently.

