

SEPTEMBER 2023

The Seed



IF SAVINGS IS YOUR MISSION, LOOK FOR A CODE THAT REFLECTS THIS EDITION!

A MONTHLY NEWSLETTER

FROM

CEDAR VALLEY FARMS

Refreshing Relief - Boost Your *Body*

If getting back into the routine is a bit of a drag and you're already craving some relief or a seasonal refresher in one way or another, you guessed it...we're sending CBD to the rescue. The switch of a season is a good time to clean the slate, start over, and pursue a personal pick-me-up. Some suggestions that might sound familiar are things like manicures, pedicures, massages, or a full day at the salon or spa. Once you get those in the books, let us help you level up your personal pampering package.

CBD Massage

Schedule a massage to release the tension and stress that has built up over time and perhaps more recently due to attempts to get back in the swing of crazy schedules, routines, and constant communications. Don't stop there...grab a bottle of our CBD Massage Oil to take with you or schedule at The Salt & Serenity Grotto in Wooster who offers our oil as an add on service to any massage!

BENEFITS OF A CBD MASSAGE

Improved Sleep

Deeper Muscle Relief

Depleted Worries

Enhanced Relaxation

Decreased Inflammation

Increased Skin Hydration



CBD MANI-PEDI

Following a season of working in the garden, pulling weeds, or simply maintaining your daily hard-labored job, overworked hands and tired feet of both women AND men could benefit from taking a load off and reveling in relief with a mani-pedi. Take this fall refresher to the next level too by bringing our CBD Relief Topical to your next appointment. Reduce tension, send away soreness, and decrease inflammation. You'll be walking out on cloud nine.

ESSENTIAL FOR WOMEN and MEN!



A MUST TRY!



Stimulate Your Soul

Refresh 25



After taking time to give your body a boost, finding some seasonal activities to take part in is always stimulating for the soul as we turn the calendar page and slip on into September. Unsurprisingly, we've found the perfect place for CBD to exist in each of these quite fitting festivities. Check 'em out, and start planning!

TOWN TRADITION

SEPT 9-14

Can you taste the elephant ears? Can you hear the bleat of the goat or the victory bell of a carnival game won? Can you feel the whoosh of air from The Sea Dragon? Can you see the crowds of people with laughter and smiles spread across their faces? Can you smell the sizzling sausages or the hay and sawdust from the animal barns? You guessed it...the WAYNE COUNTY FAIR is back, and Cedar Valley Farms will be there! Find us and ask how we can help guide you to the perfect CBD solution for YOU!

COZY COFFEE

Explore a new, cozy coffee shop or visit your all time favorite to indulge in the sensation of their seasonal sips. Squeeze a drop of our 1,000 MG Nano Blend Tincture in your cup to keep your body and mind on cozy mode all day long.*Product does NOT cause drowsiness, just good vibes and is THC Free!

OUTDOOR DOGA

Yoga is a great way to destress and refresh both body and mind. Take it outdoors to accentuate rejuvenation by breathing in the smells of the season. Take it another notch up by bringing your pup along for some quality canine connection. Our relief topicals will keep you comfy while our pet treats or tincture will give your dog a dose of wellness too!

CONSTELLATION CAMPOUT

With ideal temperatures and starlit skies, ditch the mundane end of evening slouch on the couch to the staggering steps back to bed, and plan a camp out under the stars. Take time to enjoy the tranquility of the night while gazing at the moonlit masterpiece. Smoothly slip into a snooze after a CBD Nighttime Gummy. Enjoy a peaceful night's sleep without feeling groggy in the AM!



Ease Your *Mind*

CBD = CALM, CLEAR MIND ✨ COMFORTABLE MUSCLES & JOINTS ✨ FOCUSED, JOYFUL SPIRIT

Understanding CBD goes far past just defining it as a cannabinoid. "Cannabinoid" may not even clarify much for most people. However, the more you know about CBD as far as what it is, what it does, how it's made, if it's legal, and how to shop for it is crucial to making the best decision for you and your well being. Take a glance at some of these common questions surrounding the often misunderstood molecule and ALWAYS feel welcome to reach out to us with your own questions!

Which Type of CBD Product is Most Effective?

Full-Spectrum products will be most effective due to the Entourage Effect, which states that when CBD and THC are working together, there are better results.

Whichever type of product you're considering, check the MG of CBD to ensure it's on the higher end to achieve better results.

Which Type of CBD Product Works the Fastest?

As far as internal CBD products, tinctures (or CBD Oils) will work the fastest when dispensed sublingually. The CBD will enter directly into the blood stream as opposed to going through digestion first with products like gummies.



Do Businesses Need a License to Sell CBD?

No. Businesses wishing to sell CBD products do not need a hemp license or any type of CBD specific license to sell these products.

Those wishing to cultivate and/or process the crop would need to acquire a hemp license.

Is CBD Legal?

YES. The Farm Bill of 2018 legalized industrial hemp (CBD products) that contains less than 0.3% THC.

All Cedar Valley Farms' products follow this guideline, are labeled accordingly, are 3rd party lab tested, and have COA's for proof.

What is a Substantial Amount of CBD in a Product?

Many CBD products sold in grocery or convenient stores contain very low amounts of CBD, making them ineffective.

Look for at least 35 MG CBD per serving (NOT per bottle) to expect to see results.



Spice up Your Life

CBD fits right in with the spices of the season. Some of the most favorite flavors of fall carry benefits quite similar. Incorporating CBD into seasonal living this September should provide an overflow of wellness for your mind, body, and soul.

Add some spice to your life, and don't forget the CBD!

Cinnamon



Along with the warmth this spice adds to a wide range of recipes, it also possesses potential anti-inflammatory properties. CBD and Cinnamon seem quite fond of comfort.

Also similar to CBD, Ginger is known for its potential to boost immunity and soothe digestion, just right for this time of year.

Ginger



Turmeric



A relative of ginger, turmeric is known for adding flavor and color to many foods. It contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties, again sharing the potential health benefits of CBD and so suiting for the season.

Last but not least, along with being everyone's favorite latte and dessert, pumpkin is a rich source of vitamins and fiber. Combine with CBD and take your nutrition to the next level.

Pumpkin



There are numerous health benefits nature has to offer if we become aware. The results from natural remedies may often seem more subtle and often people don't realize how much better they feel until they cease use or are without them. Unwanted side effects are often absent from a natural approach, another benefit. Our bodies were made to heal; discover the potential nature has to help this season.