

# The Seed

A MONTHLY  
NEWSLETTER

FROM  
CEDAR VALLEY FARMS



**CBD CAN GUIDE YOU BACK TO THE ZONE, BUT 1ST FIND YOUR CODE IN A MEGAPHONE!**



## Reestablishing Routines

Although there is still plenty of summer fun to be had in the month of August, it also signifies the season starting to gently wind down as many begin to think about the one thing that households either anticipate or dread...going back to school. With that said, going back to school requires us to reestablish a slightly more rigid routine, making it a great time to add CBD into your daily wellness regimen.



Whether you have children heading back to the classroom, or you, yourself, are a scholarly soul, or you just seem to follow suit with the rest of society, getting back into the swing of things requires aspects such as a clear focus, quality sleep, and perhaps even some exercise to release tension when the day is done. CBD can provide exactly what you need in each of these vital areas.

When you add CBD to your daily wellness regimen, you will be surprised at the difference it can make in your life through body and mind. It's important to note that taking a hit-and-miss approach won't quite cut it to achieve ultimate results. CBD requires regular, daily use to enjoy all the perks of the plant. Start this season with a new, improved you!



## ROUTINE ROLL CALL

Great choices to achieve wellness everyday!

### COMFORT CALLER

### FOCUS FINDER

### SLEEP SUMMONER

### PET PLEASER



CBD RELIEF TOPICALS & ROLL-ONS

FULL-SPEC 5,000 MG CBD TINCTURE

FULL-SPEC CBD NIGHT GUMMIES

CBD PET TINCTURE & TREATS



# Grill and Chill

## CBD Infused Corn on the Cob



Another fun and easy way to slip CBD into your schedule is to infuse it into one of your favorite meals or drinks. Since eating corn on the cob is quite a regular routine this time of year, we've chosen a mouthwatering Mexican Street Corn recipe that naturally infuses CBD wellness into your guaranteed buttery bliss of oblivion.

Husk, Craft Your Corn, Eat, Repeat!

### CBD INFUSED MEXICAN STREET CORN

#### INGREDIENTS:

- 4 Ears of Corn
- 1/4 Cup Mexican Crema
- 1/4 Cup of Mayonnaise
- 1/2 Cup Cotija Cheese Crumbles
- 2 Cloves of Garlic, crushed (or finely minced)
- 1/4 Teaspoon of fine Sea Salt
- Juice and Zest of 1 Lime
- 1/4 Cup of Cilantro, finely chopped
- 1/2 Teaspoon of Chipotle Chili Powder
- 4ml Cedar Valley Farms CBD Tincture (of your choice)



#### INSTRUCTIONS:

1. Heat grill to 400 degrees F.
2. Grill corn with husks on or off.
3. **FOR HUSKS ON:** let corn soak in water for 10 minutes before grilling.
4. **FOR HUSKS OFF:** lightly spray each cob with cooking spray.
5. Place corn on grill and grill for roughly 12 minutes, turning the cobs 1/4 turn every 3 minutes.
6. Mix the topping sauce by stirring together the crema, mayonnaise, cotija cheese, garlic, lime zest and juice, tincture, and cilantro.
7. Generously top each corn cob with the cheese mixture, sprinkle with a bit of chipotle chili powder, and top with a bit of extra cotija cheese and cilantro.
8. Indulge immediately!

TINCTURES MAKE IT EASY  
TO ADD CBD  
TO ANY KITCHEN CONCOCTION!





# Spreading CBD *Across* the States



**New Locations Worth a Look**



From grocers to groomers to salons, spas, drive thru's and of course health and wellness stores, Cedar Valley Farms is making a more profound presence in a variety of 60 plus retailers across Ohio. Recently, however, we've added two new locations that are definitely worth the drive or possibly even flight as they skip over and out of Ohio lines. Navigate what's new below!



## **OGLEBAY RESORT**

**465 Lodge Drive, Wheeling, WV 26003**



Located in Wheeling, West Virginia, this gorgeous resort with loads of luscious land and rolling hills includes dining, golf, zoo adventures, spa services, endless adventures, and various lodging. At their West Spa, you will now find Cedar Valley Farms' CBD Massage Oil available during your massage services. You'll also have the option to purchase CVF Relief Products in the retail area of the spa to continue in your cocoon of comfort.

## **'TWEEN WATERS ISLAND**

**RESORT & SPA** **15951 Captiva Drive, Captiva, FL 33924**

This is one of the few establishments in the Captiva and Sanibel island area that has accomplished restoration and functionality following the tragic Hurricane Ian. Not only are they up and running; they too are offering Cedar Valley Farms CBD Wellness Products such as our CBD Massage Oil, available to add on to services at their spa. Also like Oglebay, you can get your own CVF CBD Relief Topicals to take with you to send soreness out to sea so you can truly enjoy your vacation in comfort!







# Back to School

# with CBD



Who can buy and use CBD? Ohio does not set a minimum age for buying CBD products. However, CBD stores and dispensaries in the state usually have age restrictions for their shoppers. Some vendors may require CBD buyers to be over the age of 18. As for Delta-8, 9, or 10 products, a consumer must be over the age of 21 years. <https://ohiostatecannabis.org/cbd>

Additionally, it is always a good idea when thinking of beginning a regular CBD regimen to discuss it with your health care provider. Once you decide a natural approach with CBD is right for you, follow the guide below to choose products that will ace any task at hand.

## ASSIGNMENTS:

**NOTE: Our wellness line includes both THC Free and Full Spectrum options; neither of which produce psychoactive feelings.**

### QUALITY SLEEP

Full Spectrum or Isolate Night Gummies contain CBD and 5 MG of Melatonin to help you achieve regular, quality sleep each night without feeling groggy in the AM.



### CLEAR FOCUS

Our CBD Day Gummies have been known to provide a clear mind and ease daily worries; however, our "NEW kid on the block"- **Full-Spectrum 5,000 MG CBD Tincture** - is guaranteed to clear a path of laser focus you've only dreamed of. You'll feel good inside and out with these all stars.



### PHYSICAL COMFORT

Whether you struggle to move as quickly as you'd like in the AM or need to solve soreness at your end-of-day workout, our CBD Relief Topicals & Roll-Ons earn an A+ for their results and extra credit for their extensive list of uses!



### PEACEFUL PETS

Pets are sensitive to changing routines and can feel anxious when their family is stressed from chaotic mornings and rushed around evenings. They can also experience separation anxiety when you're gone more often. Our CBD Tincture & Treats will restore their peace while you reestablish your routines.

