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FOOD

for thought

editor's
NOTE

FOOD PLAYS SUCH A HUGE ROLE IN ALL OF OUR LIVES. ON THE MOST BASIC LEVEL, WE NEED IT EVERY DAY TO SUSTAIN OUR BODIES...BUT OBVIOUSLY, ITS SIGNIFICANCE EXTENDS FAR DEEPER THAN THAT. FOOD IS AN EXQUISITE WAY TO ENRICH OUR ENJOYMENT OF LIFE: WE CELEBRATE OUR BIRTHDAYS WITH A SLICE OF CAKE, REWARD OUR ACHIEVEMENTS WITH A FANCY MEAL, RELIEVE THE DAY'S STRESS WITH A GLASS OF WINE, AND INDULGE OUR SENSES WITH A SHARP CHEESE OR A SAVORY SAUCE.

But, as we all know, food also has the means to do us harm. Eating the wrong foods—such as those that are too high in sugar, cholesterol, saturated fats, chemicals, and preservatives—can lead to severe health issues like heart disease and diabetes. And eating excessively can lead to obesity, addiction, depression, and other serious conditions.

That's why it's so important to remember that the right foods can also act as natural medicines, alleviating or undoing many of the problems that poor eating habits may cause—without resorting to potentially dangerous pharmaceuticals. In this regard, cannabis can play a crucial role. By responsibly infusing cannabis into our diets, we can help stave off certain physical and mental health conditions (particularly stress, one of the most pervasive causes of our ailments) while simultaneously enhancing the flavors and aromas of our food and promoting a healthy appetite. It's for this reason that edibles have become such a large part of the burgeoning cannabis market. California's new regulations will be imposing significant changes on how cannabis edibles are produced, packaged, and consumed. But if it ever gets too confusing, just remember this: you always have the option of making your own infused food safely at home.

As the great poet and playwright Oscar Wilde famously said, "Everything in moderation, including moderation." So enjoy life's little indulgences and intoxications...just don't make a habit of them.

Highest regards,



A handwritten signature in black ink that reads "Bobby Black".

Bobby Black
SoCAL EDITOR
@BOBBYBLACK

**"Everything
in moderation,
including
moderation."**

OSCAR WILDE

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Inked Up

Art

Using the human body as a canvas for artistic and religious expression is a practice that dates back over five millennia—and it's one that only seems to have grown more popular in recent decades. Now, the Natural History Museum of Los Angeles is paying tribute to that rich tradition with its latest exhibit, *Tattoo: An Exhibition*.

The exhibit features several educational videos, a slew of original paintings and classic “flash” sheets (tattoo designs on printed paper that typically hang in tattoo parlors), and some super interesting anthropological artifacts. Think: an inkpad used 250 years ago to tattoo Jerusalem pilgrims with candle soot and wine and an electric stencil pen by Thomas Edison—the model the first electric tattoo guns were based upon. The showcase also includes various needles and knives from around the world that have been used to drill ink into

skin for centuries. Within the exhibit, there's also a functioning tattoo parlor where visitors can watch live demonstrations—or even get inked themselves (advanced reservations are required).

Along with the historic tools, cultural ceremonies, and stylistic influences explored in the exhibit, the show also highlights SoCal's local tattoo scene. An extra 3,000 square feet of new material is devoted exclusively to the City of Angels.

Southern California has played a profound role in tattoo culture. Dr. Lori Bettison-Varga, president and director of NHMLA, explains that the area is the birthplace of several pivotal tattoo movements.

Long Beach is the home of the oldest continually running tattoo parlor in the continental US. Originally opened in 1927 by famed traditional artist Bert Grimm (who would eventually become the first inductee into the Tattoo Hall of Fame), the shop was later taken over by fellow tattoo legend Bob Shaw. Now named The Outer Limits Tattoo & Museum shop, it's run by SoCal native Kari Barber—one of the world's most revered tattoo artists. The exhibit also features SoCal native Freddy Negrete, considered one of the fathers of the revolutionary black-and-gray, fine-line style of body art. These prominent California ink-slingers are but the latest links in a long lineage of ancient artists, many of whom are contextually showcased in the exhibit.

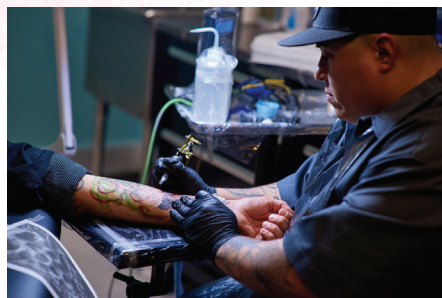
Bettison-Varga explains: “Tattoo provides a special opportunity for our community to explore an often-misunderstood art form and shed light on the history and traditions of tattooing around the world and right here at home.”

Tattoo: An Exhibition runs until April 15, 2018 at the Natural History Museum of Los Angeles. For more info, visit NHM.ORG.

— BOBBY BLACK



PHOTOGRAPH BY JAKE VERZOSA



PHOTOS BY MARIO LOPEZ, COURTESY OF NHMLA

Wacky, Wonderful Warhol

Best known for his iconic portraits of Campbell's soup cans, absurdist artist and filmmaker Andy Warhol is revered as one of the primary pioneers of the pop-art movement. Employing the mediums of photography, film, and silkscreen painting (among others), Warhol's works celebrated commonplace objects and everyday people, drawing inspiration from then-unusual sources like Hollywood and Madison Avenue in an attempt to break down the barriers between high art and pop culture commercialism.

The Revolver Gallery, located at Bergamot Station in Santa Monica, is a space devoted entirely to the eccentric artist's life and works. The gallery's main exhibit, which launched a year ago this month on the 30th anniversary of Warhol's death and is extended indefinitely (despite what the website says), is entitled *Andy Warhol: Revisited—30 Years Later*. Curated by the gallery's owner Ron Rivlin and director Korbin Coskey, this comprehensive collection features more than 200 pieces of Warhol's art spanning over three decades—including some of his most famous works, such as the aforementioned soup cans and some legendary portraits of Marilyn Monroe, Elvis, and Mick Jagger. Some of these are among the most expensive paintings ever sold.

Along with the paintings, the exhibit showcases some of Warhol's cooler personal possessions: a 1974 Rolls Royce Silver Shadow, a set of Keith Haring drawings depicting him as a cartoon mouse, and a rare 1964 plywood

concert CALENDAR

A brief listing of some of the top shows in and around Los Angeles this month.

2/1 Lewis Black <i>Largo</i>	2/9 Zebra <i>Whiskey A Go Go</i>	2/22 The Spinners <i>The Canyon (Santa Clarita)</i>
2/1 Shakira <i>Forum</i>	2/10–2/11 One Love Cali Reggae Festival <i>Queen Mary Events Park</i>	2/23 Dark Star Orchestra <i>Saban Theater</i>
2/1 The Killers <i>Staples Center</i>	2/10 Cheech and Chong <i>Santa Clarita Performing Arts Center</i>	2/24 Black Rebel Motorcycle Club <i>Fonda Theater</i>
2/2 Fetty Wap <i>Belasco Theater</i>	2/10 John Oates <i>Troubadour</i>	2/23 The Spinners <i>The Rose (Pasadena)</i>
2/2 The Crystal Method <i>Glass House Concert Hall</i>	2/16 Mike Gordon <i>Teragram Ballroom</i>	2/23 Bulletboys <i>Whiskey A Go Go</i>
2/3 Demetri Martin <i>Theater at Ace Hotel</i>	2/17 Lotus <i>Fonda Theater</i>	2/24 The Spinners <i>Saban Theater</i>
2/5 Fetty Wap <i>House of Blues – Anaheim</i>	2/17 Queens of the Stone Age <i>Forum</i>	2/24 Metalachi <i>DiPiazas (Long Beach)</i>
2/6 Shakira <i>Honda Center</i>	2/18 Chicago <i>Thousand Oaks Civic Arts Plaza</i>	2/26–2/27 Van Morrison <i>Wiltern Theater</i>
2/9 Drive by Truckers <i>El Rey</i>	2/21 Styx <i>The Rose</i>	2/27 Black Label Society <i>Fonda Theater</i>
2/9 Fu Manchu <i>Troubadour</i>	2/22–2/23 G Eazy <i>Wiltern Theater</i>	2/28 Celebrating Bowie <i>Wiltern Theater</i>
2/9 Keith Sweat <i>Microsoft Theater</i>		

Campbell's Tomato Juice Box once owned by renowned fashion designer Halston.

Whether you're a die-hard Warhol fan or even just a curious art lover in general, it's definitely worth paying Revolver a visit—especially considering that admission is free, though a reservation is required and visits are limited to 30 minutes.

What: *Andy Warhol: Revisited—30 Years Later*

Where: Revolver Gallery | Bergamot Station
2525 Michigan Ave. D4, Santa Monica

Price: Free (with reservation)

Info: WARHOLREVISITED.COM

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THE NEW NORMAL

sensi
buzz

PIPING HOT **coffee**

For decades, the slang term “hippie speedball” has been used to describe the practice of combining coffee and cannabis. Now, that invigorating intersection is taken in an intriguing new direction with the invention of the brew pipe, or Bripe.

The Bripe is the brainchild of best friends and partners Tim Panek and Craig Hall, who met while trekking in the jungles of Costa Rica. Wishing he could enjoy a great shot of coffee while out adventuring without having to drag along any bulky or complex equipment, Panek decided to create a simple, compact brewing system that could easily fit into his backpack. He approached Hall with the idea, and he loved it. A few prototypes and an \$18,000 IndieGoGo campaign later, and the Bripe was born.

Here’s how Briping works: First, you place the filter into the small copper pipe, add ground coffee or tea, then water, and stir. Next, you heat the exterior of the Bripe using a handheld blowtorch for until it reaches 185°F (one to three minutes). Place it on the stand and let cool for one to two minutes. Add milk and/or sugar if desired, and then simply sip through the stem of the Bripe, and voilà: you’ve just dabbed your first cup of coffee.

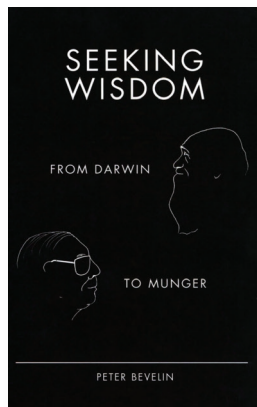
The Bripe Kit retails for \$59.95 and includes the Bripe, reusable filter, cooling plate, thermometer, coffee tube, hand torch and carrying case. Find it at BRIPING.COM. —BB



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Seeking Wisdom: From Darwin to Munger by Peter Bevelin (PCA Publications)

Let's face it—we could all use some help in making better decisions. *Seeking Wisdom* explains that you don't have to be a genius to be successful, you just have to understand the big ideas that underlie our reality. Now in its third edition, this book presents those big ideas in a practical manner that can easily be applied in every area of

our lives, from business and investments to personal relationships. Throughout human evolution, neural connections that produced useful behavior for reproduction and survival have prevailed. However, many of these connections/behaviors may no longer be useful in the modern age—some can even be dangerous. *Seeking Wisdom* teaches us that by developing certain habits and eliminating fundamental errors from our thinking process, we can better understand the psychology of our misjudgments and develop clearer, more rational decision making skills.

—ENIGMA VALDEZ

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BARELY LEGAL

The sale of cannabis to adults over the age of 21 became legal in Los Angeles when the Adult Use of Marijuana Act went into effect on January 1. So why were there so few shops selling it?

It was an uncharacteristically chilly morning in West Hollywood, but that didn't seem to deter the nearly two dozen people who lined up along Santa Monica Boulevard outside Alternative Herbal Health Services (AHHS) as early as 6 a.m. on January 2 to be among the first Angelenos to legally purchase recreational cannabis in West Hollywood. (Retail sales of cannabis became legal in California on January 1, but retailers in West Hollywood waited until January 2 to open at the request of the city.) The very first sale in LA County was made to Hanford Council Member Francisco Ramirez, who had travelled over two hours for the high honor. According to AHHS owner Jason Beck, the general mood of people in the shop that morning was "excited, excited, excited."

As the hours went by, that excitement only grew—as did those lines, stretching out the door and down the block. A similar scene played out just down the block at fellow WeHo dispensary MedMen. It was a historic day for the both the city and the nation, and *CBS This Morning*, among a slew of other major media outlets, was on site to chronicle the happenings.

As we know from witnessing cannabis legalization roll out in other states, there's nothing surprising about long lines to buy legal weed on day one. What is surprising, however, is that AHHS and MedMen were two of the only four shops in all of Los Angeles County per-

mitted to sell it. Much like those eager cannabis consumers, the rest of the county's dispensaries would be forced to wait. While the Adult Use of Marijuana Act (AUMA) officially went into effect on January 1, 2018, Los Angeles had not yet finalized its regulations or started issuing local licenses to cannabis shops. California law requires that businesses have local approval and a state license before they can begin to sell cannabis commercially, so the vast majority of Los Angeles applicants won't gain approval for legal sales for three or more weeks. So why were these four shops allowed to sell before anyone else? Simple: location, location, location.

While most of Los Angeles has been dragging its feet for years, West Hollywood has, from early on, been one of the most progressive cities in the state regarding cannabis. Unlike every other city in the county, WeHo passed an ordinance as far back as 2007 authorizing the four collectives permitted within its city limits to operate legally. No other city in LA County has ever issued any licenses—thus far, all of the dispensaries in these areas have been working under the auspices of Proposition D, a voter initiative approved in 2013 that grants "limited immunity" from prosecution to an indefinite number of shops that met the city's specified criteria. Similar to The Netherlands' *gedoogbeleid* policy, the existence of the stores is tolerated but not legal.

LA COUNTY'S HUNDREDS OF
POT SHOPS ALL FACED A
**DISTRESSING
DILEMMA**

STAY OPEN AND CONTINUE TO SELL CANNABIS,
RISKING A POSSIBLE CRACKDOWN FROM LAW
ENFORCEMENT, OR CLOSE THEIR DOORS UNTIL
THEIR LICENSES WERE APPROVED—A MOVE
THAT COULD COST THEM MILLIONS IN LOST
CUSTOMERS AND REVENUES.



Since West Hollywood is operating under a different set of rules than Prop D, its shops were preapproved for state licensing, authorizing adult use retail sales to begin on a temporary basis starting on January 2.

But this procedural issue poses a more significant problem for LA's pot shops than just a delay in adult-use sales. Thanks to AUMA's guidelines, any dispensary operating after January 1 without a license—whether recreational or medical—is technically in violation of state law. LA County's hundreds of pot shops all faced a distressing dilemma: stay open and continue to sell cannabis, risking a possible crackdown from law enforcement, or close their doors until their licenses were approved—a move that could cost them millions in lost customers and revenues.

For dispensary owners, anxiety was high over New Year's Eve weekend, with social media chatter indicating that the United Cannabis Business Association (UCBA) was in discussions with both city and state officials regarding the legal status of the 70 shops the organization represents. On December 29, 2017, a vote of the UCBA board determined that it would be in the shops' best interest to remain in good standing with the state by closing until the licenses came through. Jerred Kiloh, UCBA president and owner of the Prop D-compliant shop Higher Path, began informing his patients and employees of the bad news. The next day, however, the decision was reversed after the group's attorneys reassured the majority of the board that there was enough legal recourse to allow certain dispensaries to continue to operate. City officials made assurances that Prop D compliant dispensaries would continue to enjoy limited immunity until they obtained temporary approval, and they would receive priority status in the licensing process under a new measure called Proposition M.

"If you are in good faith working with your local government to obtain a permit and not in violation of a local ordinance, the state is not likely to focus its enforcement powers on you," attorney Ariel Clark, chairwoman of the LA Cannabis Task Force, told dispensary owners in an email.

CALIFORNIA
WILL
GENERATE
ABOUT

\$5.2

BILLION

IN REVENUE FROM CANNABIS SALES
THIS YEAR—AROUND \$1 BILLION OF
WHICH WILL GO TO STATE AND CITY
GOVERNMENTS.

Not all shops were willing to take that risk, though, and some chose to close temporarily. A tough decision, no doubt, but arguably the safer one, although it makes little sense for the city to go after shops operating in compliance. Law enforcement is understaffed, more serious crimes are on the rise, and officials are in desperate need of new revenue streams to supplement the city's budget. It also seems unlikely that the state would crack down on the very businesses agencies are working to license. Then again, with a prohibitionist pitbull like Jeff Sessions in charge of the US Justice Department, one can never tell what might happen.

Uncertainties like these are unlikely to stand in the way of dispensary owners used to operating in a legal gray area—especially when so much money is at stake. *Forbes* magazine projects that California will generate around \$5.2 billion in revenue from cannabis sales this year—around \$1 billion of which will go to state and city governments, courtesy of the 15 percent excise and 7.5 percent sales taxes. California will be the largest cannabis market in the world, and Los Angeles will be the most significant market in California. As a result, many of those who are savvy enough to secure a seat at the table today are on track to become tomorrow's new marijuana moneymakers—a truth understood all too well by Beck, who's shop saw close to 420 customers by the end of that first day of recreational sales.

"This is a great day for the city of Los Angeles, and it's only the beginning," he says. "We're all excited for the future and to see where all of this goes."



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LIKE BUTTER

How cooking with cannabis changed my life for the better.

In a previous life, I founded a cannabis-centric news and culture site called *The Cannabist* at the *Denver Post*. Yeah, I was the marijuana editor you might have seen on *Colbert Report* or *The View* or CNN or MSNBC, and my goal with *The Cannabist* was to create a site that would cover the news and features of legal marijuana with the same fervor and standards my colleagues employed to cover other industries, be it oil and gas or education.

And so in addition to our breaking news reporting and coverage of the ever-evolving government regulations in those early days, we also dove deep into dissecting the culture of cannabis on the precipice of legalization.

How had the act of consumption changed in the modern era? What strain was best for introspection and creativity? And how was marijuana being used in the kitchen, both as inspiration and ingredient?

Once I connected with a talented Oregon chef who would pen the site's cannabis-infused recipes, I knew we had to start her culinary column with a rock-solid recipe for cannabutter, a.k.a. the building block of most infused cooking. Once we had cannabutter and cannabis-oil recipes up, we could expand into the fun stuff—from brownies to smoothies, lasagnas to tacos.

Little did I know. A few months later, our cannabutter post was the top-ranked article page on the site. A few years later, same thing. At one point along the line I recognized that we needed to capitalize on all that

traffic by embedding a smart how-to video into the popular post to increase our value to readers and their time spent with us. Since we were a small team, I knew we'd likely end up shooting that video in my kitchen.

And again: little did I know. It turns out making cannabutter for the first time ended up changing my consumption patterns entirely, and it also changed my relationship with the plant.

FROM STORE-BOUGHT TO HOMEMADE

I'm lucky because, in my house, my wife does most of the grocery shopping while I do most of the cannabis shopping. I enjoy checking in with my favorite medical dispensary or ducking into a new recreational shop. It's research, and I pride myself on being familiar with new brands, products, and retail environments.

Since I primarily consume edibles, I spend most of my time on that side of the display, asking budtenders questions about specific ingredients, extraction methodologies, and customer reviews. Sometimes they have answers; sometimes they don't.

But on that particular cannabutter-making day I was on the hunt for an ounce of cannabis flower—an affordable sativa, since we were shooting the video in my kitchen and I was serving as the video's star (read: glorified hand model). Once I secured a \$99 recreational ounce at a local shop I'd never frequented before, I met my producer at the house for the video shoot.

A few weeks later, the video was edited and em-

HAVING **HOMEMADE CANNABUTTER** IN THE FRIDGE IS MORE REWARDING THAN I EVER THOUGHT IT WOULD BE.



RICARDO BACA

is a veteran journalist and the founder and original editor-in-chief of *The Cannabist*. His content agency Grasslands works primarily with businesses and individuals in the cannabis and hemp industries on thought leadership and messaging via thoughtful and personalized content campaigns.

bedded on the site—all was great on the work front. Yet at home, my cannabutter remained untouched in a Tupperware on the top shelf of my refrigerator. I wasn't used to having cannabutter at the ready, and it was actually my wife who first dipped into it. I was flying to San Diego to interview Willie Nelson on his tour bus when she texted:

"Decided to have a low-key night in. Making some cookies. How much of this cannabutter should I use? :)"

I directed her to another story we'd written to help home chefs properly dose their homemade edibles, but she'd already moved on with her makeshift recipe. "I eyeballed it, and used half cannabutter and half regular butter." I laughed and shared the text with my producer, who was standing next to me at the airport.

"Looks like she's in for a fun night," he correctly predicted.

We landed in California to hilarious texts from my

lady, who was intensely high while walking the dogs around the park and getting existential with podcasts.

TAKING OWNERSHIP OF THE INFUSED EDIBLE

But her chocolate oatmeal cookie experiment was only the beginning. We evolved from baking to tossing the cannabutter into hot pasta with some garlic and oil, and the experimentation only got more rigorous from there. After a few successful dishes, we realized we could try just about anything with the butter.

In fact, it became a regular question when the fridge door swung open for dinner: "Infused or not tonight?"

Having homemade cannabutter in the fridge is more rewarding than I ever thought it would be. While we're not hurting for consumption options in many legal markets, the butter opens up our possibilities even more—and many of those options are much healthier and simpler than what you can buy in the stores.

When a friend told me she keeps a cannabis-infused

olive oil handy at home because she prefers it to the sugars and fats present in most store-bought edibles, it opened my mind to the idea of DIY cannabis foodstuffs. Now I see where she's coming from, and then some.

Not only can I more carefully formulate and shape my desired edible experience with my cannabutter stash, but I can also answer many of the questions that often perplexed budtenders. I know the specific ingredients, and I know how it was extracted—because I made it from scratch.

When you can use cannabis flower you yourself grew from seed or clone, even better. In the same way that growing marijuana completely transforms your relationship with the plant, the same is true when you begin cooking with cannabis.

And perhaps the biggest surprise, especially for a cannabutter rookie who rarely shops for flower: having a Pyrex of cannabutter in the fridge will save you money—a lot of money, as it turns out.

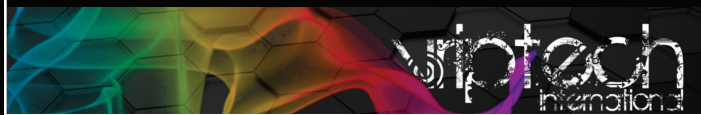
CLEAN HEAT



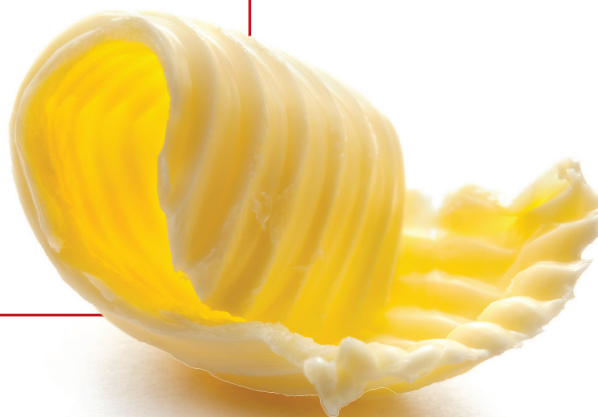
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that's a conservative estimate based on a strain containing only 10 percent of THC.

Don't get me wrong, as I still love well-made gummies and some of the gourmet chocolate options we're starting to see in pot shops. But I also feel so damned empowered by my newfound ability to make my own infused edibles, and save some money and piece of mind along the way.

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*Leafly.com data indicates
the typical range is 13-23%.

SAVOR THE JOURNEY

Skip the tip at one of LA's most innovative new eateries.

Sandwiched between a healing crystal shop and a hot yoga studio on the über-trendy main drag of Glendale Boulevard in Atwater Village, Journeymen is a new restaurant concept from Chef David Graham Wilcox—a restaurant industry veteran formerly of Gjelina in Venice and Mill Valley Beerworks in the Bay Area. Since Wilcox opened the space during the first week of August 2017, it has gained attention not only for its food but also for its innovative service model that eliminates tax and gratuity in favor of a European-feeling flat-fee system.

Entering the restaurant, I found Wilcox dutifully at work on the bread for the evening's service—slapping and forming a massive ball of super wet dough into loose bundles on a scale. "I've been improving this recipe for a long time, and I feel like I'm finally getting it right," he says with a sly smile. It's clear from his pace that he's done this process a time or two before. As we talk, the giant dough pile quickly turns into more than a dozen well-shaped balls dusted with flour. As he works, I ask how he got his start in cooking and became a chef. He replies: "It was actually selling weed that got me into it."

"When I was in my early twenties in Michigan, I had all this spare time on my hands and decided to do something productive with it," he elaborates. "So my thing became learning how to grow food. I went and worked on a tiny farm. They didn't pay me anything,

but when I left at the end of the week, they would insist I take a bunch of vegetables with me. I'd fill up my truck and throw dinner parties all weekend. I was already into cooking, but it was just a hobby. That's when it turned into more than that."

After the tragic death of his sister, Wilcox left the Midwest and the weed business. He bought a one-way bus ticket to San Francisco and booked a standby flight to Hawaii, where he ended up living in a tent in the jungles of Kauai. It was there that Wilcox's cooking became more than just a hobby. He landed a job in a professional kitchen at a Kauai sushi restaurant, where he worked long hours so he could advance professionally and pay the bills while also trying to spend time with his young son, Uriah (now 15).

As the father of a young daughter myself, work/life balance is something that I think about constantly. Much like chefs, many cannabis industry professionals work long hours in high-stress environments. They often find themselves overburdened and looking for relief. Wilcox, a veteran of the restaurant world, has



Chef David Graham
Wilcox prepares for
the evening service.

watched so many young cooks fall into the cliché of turning to alcohol to deal with the demands of the job.

His advice? “Don’t drink to cope; smoke weed instead. Stay healthy mentally, physically, emotionally. Make a point of it. And don’t be an asshole.”

“It takes you so much further just being kind and nice to people,” he continues. “It’s a stressful job, but there are better ways to deal with it. Don’t take it out on people, and don’t work in places where it’s taken out on you.”

This refreshing ethos and positive attitude pervade his entire restaurant and service style. Wilcox runs the kitchen with the casual authority of an older brother, working constantly as he keeps an eye on the activities going on around him and warmly answering and directing staff members as they approach him with questions. The staff move about fluidly from the kitchen to the dining area, making it hard at times to know who is working where. This is a very intentional structure, however. Wilcox explains that the restaurant’s concept is rooted in transparency and personal development.

“The name itself is a derivative of the term ‘journeyman,’ which refers to someone who has completed their mentorship and can now actually practice the craft they have been studying and apprenticing. Rather than having a divided team of front and back of the house, we worked to create a unified team. We share our business model with our employees. Instead of running numbers behind closed doors, we share it with everyone. That way, as we are training, we are creating employees that know how to do everything and also know what it takes for the restaurant overall to be successful. If it’s a busy night and a server is making \$300 and

cooks are just working extra hard and still making \$10 to \$12 per hour, that’s bullshit. So we decided to roll what would be gratuity and tax into one price point.”

The restaurant also focuses heavily on its ecological impact. That means being proactive about making a difference by not only purchasing local ingredients (Wilcox sources almost everything locally at farmers markets) but also setting up systems with the people they work with to not create waste.

“Our guys that we get spices, beans, and grains from: we created a system with them where instead of sending us stuff in

THE MEAL IS
{excellent}
FROM START
TO FINISH,

and dishes such as chickpea salad, turnips and ham, mocilla—a blood sausage making its menu debut that night—and duck confit offering several unexpected flavors, all progressing wonderfully to dessert and sweet wine.



RY PRICHARD is cohost of hit cannabis cuisine show *Bong Appétit* on the Viceland network and co-creator of food/drink/cannabis pairing project TerpQuest.

plastic bags, we bought containers and share them back and forth,” he explains. “We’re saving money to buy silicone lids for all our pans and containers so we never have to use plastic wrap again. And as of now, we have only one trash can in the restaurant and it doesn’t fill up daily. Our goal is to get it down to none.”

As I sit down to my meal, the server hands me the menu along with a sushi-style ordering card. On the back of the card, Journeymen lists a measured and expertly cultivated wine and beer list curated by general manager Guy Tabibian that’s intended to be perused while enjoying some of the finger foods available from the open kitchen’s bar, such as house-marinated olives and Chef David’s incredible aforementioned bread with cultured butter. Despite being revised daily, the menu feels cohesive, and each dish speaks to Wilcox’s experienced eye for flavor and simplicity.


The meal is excellent from start to finish, and dish-

es such as chickpea salad, turnips and ham, and mo-cilla—a blood sausage making its menu debut that night—and duck confit offering several unexpected flavors, all progressing wonderfully to dessert and sweet wine. Having the tax and gratuity already included in the prices makes for a very stress-free and quick closeout process.

Journeymen is now open seven days a week for dinner, with brunch service on Fridays, Saturdays, and Sundays. With the upcoming additions of a hand-cranked meat slicer for charcuterie and cheese, as well as a proper oyster bar, Journeymen is set to take tastebuds to some exciting places in 2018.

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How to **DEAL** with
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hack *the* munchies

by **ROBYN GRIGGS LAWRENCE**

IF YOU'VE EVER SMOKED A STRONG **indica**, YOU KNOW THE MUNCHIES. THEY'VE BEEN A THING SINCE HUMANS FIRST BEGAN USING CANNABIS. IN FACT, PEOPLE IN ANCIENT CHINA AND INDIA DRANK CANNABIS TEA AS AN APPETITE STIMULANT, AND THIS REMEDY SHOWS UP MANY TIMES IN MEDICAL AND PHARMACEUTICAL TEXTS THROUGHOUT THE AGES.

We've known for thousands of years that ingesting cannabis can inspire hunger. Only recently, though, have we begun to understand why—and it comes down to THC, the cannabinoid (chemical compound) found in cannabis plants responsible for the psychoactive properties. THC stimulates dopamine production, making eating more pleasurable. Scientists have also found that THC acts on receptors in the hypothalamus to produce the hunger-stimulating hormone ghrelin. In a 2014 study published in *Neuroscience Nature*, researchers found that THC fit into the olfactory bulb of mice's brains, enhancing the smell—and therefore taste—of food, causing the rodents to eat more.

So, we can take heart. It's not our fault when we devour an entire bag of Paqui Spicy Queso chips with queso dip, a package of Milano double-milk chocolate cookies, a carton of Häagen-Dazs chocolate peanut butter ice cream, two Diet Cokes, and a box of gluten-free cheddar cheese crackers (because they were the only things left). We can't control the THC that's controlling our brains.

The only thing we can control is how we react to this phenomenon, a welcome effect for people who have lost their appetite to wasting disease or chemotherapy but a scourge of varying degrees for those watching our waists and our wellness (most of us).

First, be informed. THCV, a close cousin to THC, is an up-and-coming cannabinoid because scientists have discovered it has appetite-suppression capabilities. *Real Housewives* star Bethenny Frankel is using that information to develop Skinnygirl diet-conscious cannabis (announced in 2015 but still not launched), and GW Pharmaceuticals has filed a patent to use THCV to control insulin levels.

To prevent the munchies, find cannabis with the highest THCV content you can (strain suggestions on page 24). Appetite-suppressing THCV is most abundant in landrace African sativas, but cannabinoid content varies from grower to grower and harvest to harvest. To ensure THCV-rich cannabis, seek out strains that have been lab tested.

Second, be prepared. When the munchies hit, there is nothing more heavenly than a visit to 7-Eleven,



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with its gleaming cases of high fructose corn syrup and pizza rolls, shelves stuffed with pork rinds and Hot Tamales. The snack-filled store would be paradise if it weren't for the inconvenient truth that the food there makes you fat and sick. Keep yourself out of the aisles of temptation by cleansing and restocking your kitchen.

{ MUNCHIE-FREE } strains

BLACK BEAUTY

This sativa-dominant hybrid with a pineapple-like aroma has a 2:1 ratio of THCA:THCV and produces a fast-acting, euphoric high.

DOUG'S VARIN

The first strain bred to contain massive amounts of THCV, this rare sativa with a piney-citrus aroma has a THCA:THCV ratio of 5:4, with a whopping 15 percent THCV and a significant amount of myrcene, the terpene that rushes concentrated THC and THCV to the brain.

DURBAN POISON

The THCV content in this pure African sativa with a spicy-sweet aroma ranges between 0.2 and 1.8 percent, fueling productivity and focus.

MOBY DICK

THCV is present in this strong sativa with a sweet-citrus aroma that delivers a powerfully uplifting high.

JACK THE RIPPER

THCV is present in this lemon-scented sativa that makes you feel talkative and invigorated.

PINEAPPLE PURPS

The THCA:THCV content in this sativa-dominant strain with a sweet pineapple aroma can be as high as 3:1, giving it a THCV content of more than 4 percent. Grab this euphoric strain when you can; it isn't easy to find.

POWER PLANT

THCV is present in this African sativa with a spicy aroma that inspires and uplifts.

RED CONGOLESE

THCV is present in this African sativa with a sweet floral aroma that energizes and uplifts. (It's been called "the cocaine of cannabis.")

Anton Chekhov said if there's a pistol in the first act, it will be fired in the second. It's the same in your kitchen. If there are Hot Pockets in the freezer, you will eat them when you're high. Stock up instead on healthy whole-food snacks that satisfy 7-Eleven-caliber cravings without the sweet-salty pistol whip of guilt.





beat the {MUNCHIES}

GET BUSY » Practice yoga, climb a rock wall, knit, play a video game or the piano. With your head and hands busy, you'll think less about food.

DRINK WATER » You need to do this anyway. Keep your water bottle with you at all times. Flavor it with chunks of fruit or sip on seltzer.

DRINK COFFEE OR GREEN TEA » Caffeine dulls appetite, and you can keep yourself amused trying all the different varietals and varieties of coffee and tea now available. You can add a little honey to shore up your blood sugar—but a white chocolate mocha, even with skim milk and no whip, defeats the purpose.

CHEW GUM » Sometimes your mouth just wants to be busy. Chew sugar-free gum sweetened with xylitol, a natural corn alcohol that won't spike blood sugar.

YEAH, NO FRIES » Researchers have found that one taste of fatty food signals the brain and gut to want more. You really can't have just one.



Healthy Snacks YOU WON'T HATE

AIR-POPPED POPCORN

Eating popcorn keeps your hand moving and your mouth chewing with a lot fewer calories than a bag of chips. Skip the butter and spritz with a little olive or sesame oil instead, then keep it interesting with creative seasonings: chili or curry powder, garam masala, dill weed and lemon zest, cinnamon, Sriracha and lime zest, truffle oil, malt vinegar, bullion powder, white vinegar and sea salt, Mexican hot chocolate mix, or matcha green tea powder.

CELERY

The vegetable is fun to crunch, great for cotton mouth, high in fiber and vitamins C, A, and K—and has six calories per stalk. Celery's a great vessel for all sorts of delicious dips and toppings. Peanut butter is the classic, as long as you don't mind its 16 grams of fat per serving. Try these alternatives instead: toasted sesame oil and sesame seeds, olive oil and capers,

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Frozen Greek Yogurt with Nuts and Berries {SERVES 4-6}

This is great when you really want a carton of Chubby Hubby. Greek yogurt is creamier, has a quarter of the carbs, and twice the protein of regular yogurt. You can use any variety and combination of yogurt, nut butter, fruits, and nuts. If you use plain yogurt, you might want to mix in a couple tablespoons of honey or maple syrup. You could even sprinkle in some mini dark chocolate chips, but that's kind of cheating.

- * 2 cups Greek yogurt, any flavor
- * 1/2 tablespoon sesame oil
- * 1/2 tablespoon nut butter (ALMOND, CASHEW, PEANUT)
- * Pinch of sea salt

OPTIONAL:

- * 1/2 cup berries or fruit (BLUEBERRIES, STRAWBERRIES, MANGO)
- * 1/4 cup toasted nuts (HAZELNUTS, ALMONDS, PECANS)

- Line a baking sheet with aluminum foil or waxed paper. Chop fruit and nuts into small pieces.
- Spoon yogurt onto baking sheet. Spread evenly into a quarter-inch layer.
- In a small bowl, whisk together sesame oil and nut butter. Drizzle over yogurt.
- Sprinkle remaining optional ingredients over yogurt and finish with sea salt.
- Freeze 5 to 6 hours or until firm. To eat, break into pieces.

Dip It Good {MAKES 3 CUPS}

Let's be honest. Even when we call them crudité, vegetables are pretty boring. That's why we serve them with buttermilk ranch dip at parties. That secret sauce is a fat trap, though—you might as well be eating ice cream. Try dipping carrots, celery, peppers, snap peas, broccoli, and cauliflower in this low-fat vegan version instead. (You need to soak the almonds overnight and let the dip thicken for two hours or more in the refrigerator, so plan ahead.)

- * 1 1/2 cup unsweetened almond milk
 - * 1 1/2 cup cashews
 - * 2 tablespoons white wine vinegar
 - * 2 cloves garlic
 - * 2 tablespoons fresh parsley
 - * 2 teaspoons onion powder
 - * 2 teaspoons salt
 - * Ground black pepper to taste
- Place cashews in a small bowl and cover with almond milk. Cover bowl and refrigerate overnight.
 - Combine cashews and almond milk with remaining ingredients in blender and blend until smooth.
 - Transfer to a bowl, cover, and refrigerate for at least two hours or overnight.



horseradish and lemon zest, feta and mint, hummus, baba ghanouj, miso paste, tapenade, bean dip, or salsa.

FROZEN GRAPES

The ultimate natural popsicle, frozen grapes are simple to make and fun to pop in your mouth. Remove the stems, place grapes on a baking sheet lined with waxed paper or aluminum foil, and freeze for four to five hours. One cup has 100 calories.

VEGGIE CHIPS

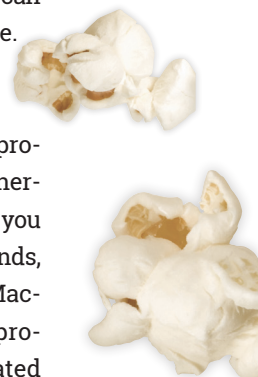
Get your veggies and a salt fix, too. You can pay a fortune for low-calorie, low-carb potato chip alternatives at Whole Foods, or you can make them yourself in minutes. Toss two handfuls of chopped kale, spinach, cabbage, ultra-thin radish slices, or another slivered vegetable (go wild!) with extra virgin olive oil, salt, and pepper. Place on a baking sheet lined with aluminum foil and bake at 300° F for 20 minutes.

GREEK YOGURT

Low-calorie, high-protein Greek yogurt has a thick, creamy texture and is a great source of calcium, potassium, protein, zinc, B vitamins, and probiotics. You can also use it in place of sour cream and mayonnaise.

NUTS

Nuts are way better for you than chips, and they provide heart-healthy fat, protein, fiber, vitamins, minerals, and antioxidants—but you won't lose weight if you down a bag every night. Eat nuts judiciously. Almonds, cashews, and pistachios are lowest in calories. Macadamias and pecans are high in fat and low in protein. Nuts roasted in oil may contain hydrogenated fats and fewer nutrients. **S**



ROBYN GRIGGS LAWRENCE

is the author of *The Cannabis Kitchen Cookbook*.

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The long-lauded relationship between **CANNABIS & SEX** is now being investigated by scientists and capitalized on by companies.

Picture it: HUNDREDS OF PEOPLE GATHERED ON THE THIRD FLOOR OF A DOWNTOWN LOS ANGELES BUILDING ON A LATE SEPTEMBER EVENING. SOME WOMEN ADORNED IN LACE AND LEATHER STRAPS WALKED AMONG THE CROWD, WHILE OTHERS WEARING ORNATE FLOWER CROWNS BLINDFOLDED AND TICKLED WILLING ATTENDEES WITH FEATHERS. REIKI HEALERS PRACTICED RESTORATIVE MAGIC ON PEOPLE'S BODIES, MASSEUSES DOLED OUT MEDICATED MESSAGES, AND CANNABIS CONSULTANTS FROM MALIBU'S 99 HIGH TIDE DISPENSARY WORKED BEHIND A BAR ROLLING JOINTS. THIS WAS THE SCENE AT "ZEN AND KUSH: SACRED SENSUALITY," AN EVENT THAT CELEBRATED THE POWER OF THE HERB AND ITS RELATIONSHIP TO THE SENSES. THOUGH UNIQUE, THIS GATHERING ILLUSTRATES A MUCH LARGER TREND IN THE CANNABIS WORLD THAT'S NOT ONLY IMPACTING SOCIAL EVENTS BUT ALSO INFLUENCING PRODUCT LINES AND, MORE IMPORTANTLY, INSPIRING SCIENTIFIC INVESTIGATION: THE EFFECT OF CANNABIS ON SEXUALITY.



For centuries, cannabis proponents have claimed that marijuana is an aphrodisiac that enhances sexual pleasure. Today, scientists are putting those claims to the test.

New research published in the *Journal of Sexual Medicine* found a chemical link between orgasm and cannabis on the molecular level. A study found that masturbating to orgasm stimulates the endocannabinoid system—the biological system in mammals that helps regulate everything from body temperature to blood sugar levels and rewards behaviors such as eating, physical exercise, and social interaction. The endocannabinoid system interacts with cannabinoids found in the cannabis plant, including THC and CBD, thanks to receptors called CB1 (located mostly in the brain and spinal column) and CB2 (predominantly found primarily on white blood cells as well as the tonsils and spleen). CB1 receptors favor binding with the endocannabinoid called anandamide—a neurotransmitter nicknamed the “bliss molecule.” (Anandamide’s root word, *ananda*, is Sanskrit for “joy” or “bliss.”) Because cannabis also contains anandamides, the same CB1 receptors that are triggered when we work out or go for a run, the ones that produce the famed “runners high,” are also triggered when we consume THC.

The goal of this study was to investigate plasma endocannabinoid levels before and after masturbation in healthy male and female volunteers. The MDs behind the research aimed to see if there was any truth in the theory that pot enhances sexual pleasure. As it turns out, cannabis does make sex feel better, just not for the reasons we previously believed. Before this assessment, it was commonly thought that anandamide was released during orgasm, so, in turn, many believed THC was the cannabinoid contributing to heightened enjoyment. However, the study found humans in a state of orgasm release the endocannabinoid 2-Arachidonoylglycerol (2-AG), which is a neurotransmitter that binds to CB2 receptors and plays a part in mood, metabolism, immune function, sleep, and neuroprotection, among other things. Like anandamide, 2-AG is also found in the cannabis plant. The researchers found that healthy individuals who masturbated to orgasm produced elevated levels of 2-AG, not anandamide, thus concluding 2-AG plays the lead role in the reward aspect of sexual arousal and orgasm.

A somewhat related study by the same journal released in October 2017 looked at the association be-

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tween cannabis use and sexual frequency in the United States. The study focused on about 28,000 women and 23,000 men around age 30. It found that women who use cannabis daily have sex 7.1 times a month on average; women who don’t use it average 6 times. For men, it’s 6.9 times a month for those who imbibe, 5.6 times for those that don’t. The conclusion? People who use cannabis tend to have more sex.

The relationship between cannabis and sex isn’t just a wet dream for researchers. Ashley Manta is a professional sex educator, writer, and relationship coach credited with coining the term “cannasexual,” which she defines as anyone who mindfully and deliberately combines sex and cannabis to deepen intimacy and enhance pleasure. Manta is one of the cannabis industry’s leading proponents for bringing the plant into the bedroom.

At a recent pot “play party” she hosted for adventurous, consenting adults, she provided a cannabis strain high in CBD for guests to smoke. The reason: to help enhance the sensuality of the gathering.

“Products that are a little higher in CBD are what I recommend for the bedroom,” Manta says. “They take the edge off anxiety. They get you out of your head and into your body, and they won’t get you as high in a cerebral way—it’ll be more body focused than a THC-only strain.”

As demand for cannabis-related sexual enhancements begins to grow, more and more companies are crafting product lines designed to enhance sensual experiences. Dosist (a California-based company formerly known as hmbldt) makes prefilled vape pens that deliver targeted experiences. Available in varieties such as Arouse, Passion, and Bliss, each vape pen contains a THC-forward, CBD-rich formula with a blend of terpenes (essential oils) designed to naturally enhance arousal in the user. Lord Jones, a brand of fine cannabis confections and topicals, offers Dark Chocolate Sea Salt Caramels. The stellar low-dose candy is designed to deliver an invigorating multisensory experience—a sweet addition to foreplay indeed.

Full-extract THC and CBD massage oils such as the 3:1 blend by Papa and Barkley can enable partners to establish strong intimacy. Infused massage oils can help relax muscles and relieve tension without delivering any psychoactive effects. Meaning they won’t get you high.

“Couples so often jump to the sex and skip over all the yummy warm up and connection, like looking into each other’s eyes, breathing together, and feeling their bodies touching, which can be so powerfully sensual,” Mantra explains. “Using cannabis for sex is really about slowing down and taking your time—not getting stoned out of your gourd and then having sex.”

Cannabis-based lubricants are another ideal way for carnally minded canna-curious couples to experiment. The products, which also are free of psychoactive effects, are designed for use on the genitals, which—due to a high concentration of blood vessels—are extremely receptive to cannabinoid absorption.

One high-quality lube that has received rave reviews from both newbies and long-time cannabis users alike is Awaken by Foria. Derived from kava root, cacao, and hemp, Awaken was created to benefit women’s health and well-being by opening the door to natural, euphoric pleasure, according to the product description on the company’s website, where

people can order the THC-free product for shipment—even to states without a recreational cannabis market. In states like California, Foria Pleasure is available at select dispensaries. The blend of coconut and cannabis oils works with the body’s natural systems to promote relaxation and increase blood flow for a potent therapeutic-aphrodisiac effect. For some

As demand for cannabis-related sexual experiences grows, more companies are crafting product lines designed to


elevate

SENSUAL EXPERIENCES.

women, it may help reduce physical tension and discomfort, creating the space necessary for sensual experience or restorative rest. For others, it may increase arousal, promote natural lubrication, and heighten sensation—making orgasms fuller, more intense, or easier to achieve.

Another product that may help women curate a more cosmic climax is entirely cannabinoid-free: Ganja Vibes’ Mary Jane vibrator, which is made in the shape of a fan leaf. The design is not merely gratuitous, however, as each leaf tip is strategically spaced to stimulate sensitive areas of the female anatomy and help induce orgasm. But the toy may offer something a bit more meaningful than just getting off. According to Ganja Vibes founder Heather Schnurr, it’s also about having fun in the boudoir.

“It allows couples, whether they use cannabis or not, to bring communication and humor back into the bedroom,” says Schnurr. “It’s a toy that your partner won’t be intimidated by. In fact, many clients are men who buy it for their girlfriends.”

Anyone who’s wondering what to give their romantic partner for the lovers’ holiday that falls in the middle of February, consider a cannabis-centric gift. With the growing array of offerings designed to take blissful encounters to new heights, curious couples can safely experiment while finding new ways to enjoy each other—and the plant. 

sky ROCKETS IN FLIGHT

Looking for a family-friendly way to spend an out-of-this-world afternoon? The California Science Center's got you covered.

For nearly two decades, the space shuttle *Endeavour* ferried astronauts into orbit on missions to rescue satellites, service the Hubble telescope, and supply the International Space Station. Named after an 18th-century English exploring ship, *Endeavour* was the fifth and final orbiter built for NASA right here in Southern California. First launched in September 1992, the *Endeavour* flew 25 missions and spent nearly 300 days in space before being officially decommissioned in June 2011. Following its retirement, the shuttle was flown to LAX then transported through the streets of Los Angeles and Inglewood to the California Science Center at Exposition Park, where it has remained on public display since October 2012.

Plans to construct a new 200,000-square-foot permanent home for *Endeavour* are in the works. When completed, the new Samuel Oschin Air and Space Center will allow the craft to be displayed vertically alongside a fuel tank and rocket boosters as if it were poised for one final takeoff. In the meantime, you can see it—as well as its companion exhibit, *Endeavour Together: Parts & People*—in the Samuel Oschin Pavilion. Tickets are just \$2, and reservations are highly recommended.

What: *Endeavor*

Where: California Science Center,
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