

HAWAII MEDICAL CANNABIS NEWSLETTER

The Science

Know Before You Grow, Part 3: Post Cultivation

When your cannabis plant's life cycle is almost over, it's time to harvest, dry, and cure the flower buds.

How to tell when it's time to harvest

- The best time to harvest is when the trichomes on the flower buds change from clear to milky white and some amber.
- One indication of the plant being ready for harvest is that the pistils and stigmas (the hair-like parts on the buds) change from white to reddish orange.
- Another indication is that the sugar leaves around the bud start to yellow and wilt. Do not look at sugar leaves when looking for changes in the trichomes' colors.
- The absolute best method to know when your plants are ready to harvest is to use a jeweler's loupe or magnifying glass to take a closer look at the trichomes.

Different cultivators may choose to harvest at different times, based on trichome colors, which can give different effects.



Follow these steps to harvest



- Cut the plant. Use clean, disinfected scissors or shears to cut the plant into smaller branches.
- Remove fan leaves, which are the bigger leaves, from the branches. You can either trim all the leaves off prior to drying, called wet trimming, or after drying, which is called dry trimming.
- Hang the branches. The plant can be cut into smaller branches. Ensure a side stem is available to create a natural hook. Hang upside-down in a cool, dark room, with plenty of ventilation and space between branches. You can use hangers or racks. Use fans to circulate air around the plants to reduce the chances of mold growing.
- Keep the temperature around 60°F with 60% humidity. You can check the temperature and humidity using a hygrometer. Slow dry your flowers for best quality, otherwise, cannabis may become too harsh to use.



hygrometer

Safety tip: If your cannabis gets moldy, there is no way to fix it, and the cannabis must be thrown out. Consuming mold is incredibly risky and not good for your health.

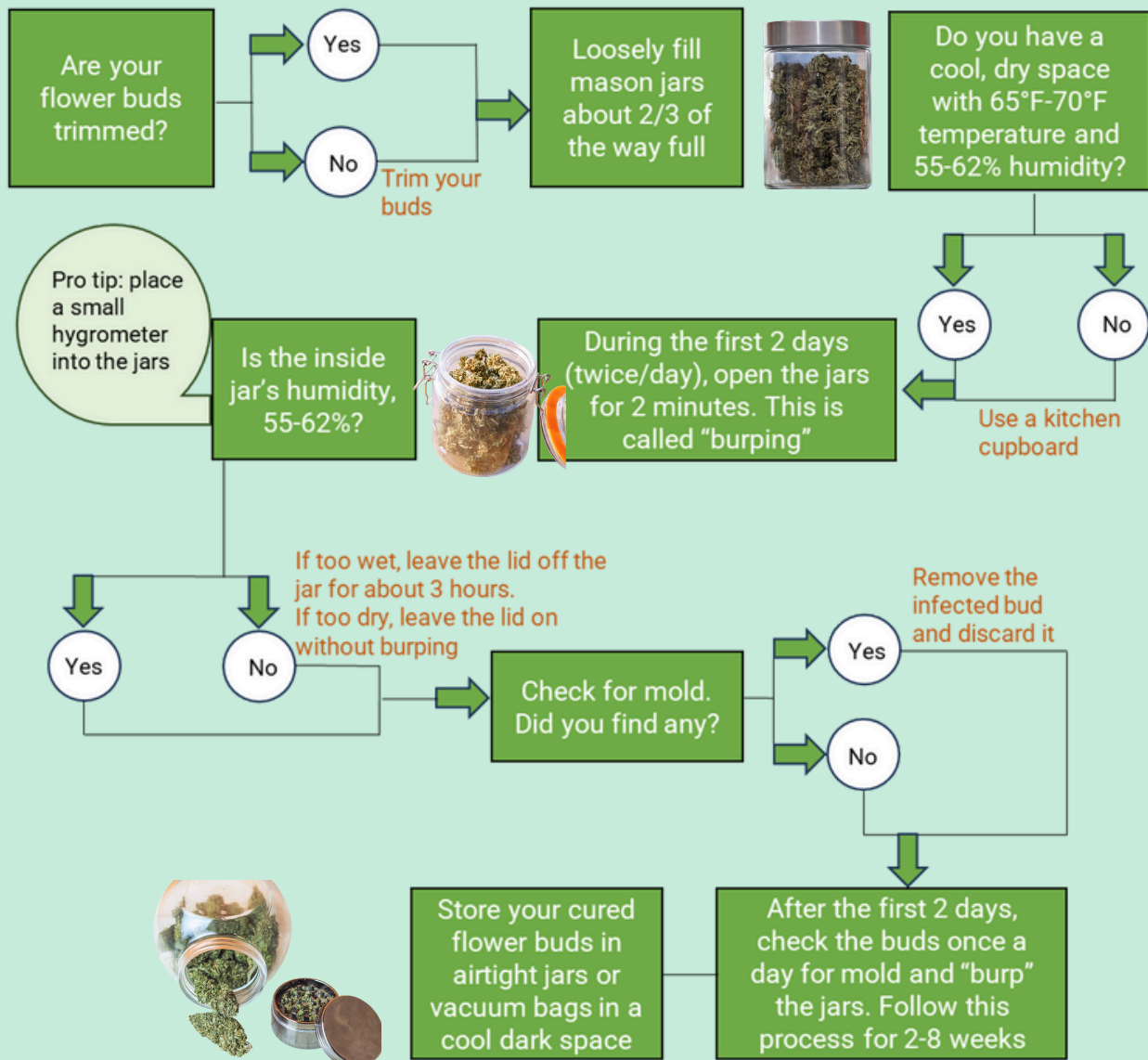
Allow the buds to dry

- It takes about 7 to 14 days for the buds to dry. Some cultivars can take up to 3 weeks or longer.
- The flower buds are dry when the stems snap easily. If the stems bend, you need to give them more time to dry.
- For those seeking precision, you can use a moisture meter, such as those used for wood. Ideally, the moisture content of dried cannabis should be 8-12%.



The art of curing

After your cannabis flower buds are dry, you can start curing them. Proper curing can take 4 weeks or longer. Many growers think curing is the most important part of growing cannabis. Curing means carefully drying the buds to preserve cannabinoids and terpenes, while stopping mold and bacteria from growing. It also gets the buds ready to store and use. Below is a flow chart to help you cure your flower buds.



Knowing when cannabis buds are done curing involves a combination of sensory checks and careful monitoring. Here are some signs to look for:

- Buds should have a rich, distinct smell that's indicative of their cultivar. If the aroma is grassy or hay-like, they likely need more curing time. Properly cured buds will not smell musty or moldy.
- Buds should feel dry to the touch on the outside but still have a slight sponginess when gently squeezed.

Possible Cannabinoid to Drug Interactions*

Cannabinoids can interact with different medicines, changing how they work in your body. This happens because cannabinoids can affect liver enzymes, especially ones in the cytochrome P450 (CYP) family, which help break down many drugs. These interactions might cause:

- Increased drug levels, making the medicine's effects and side effects stronger.
- Decreased drug levels, making the medicine less effective.

Here are some examples of how cannabinoids and medicines can interact, why it happens, and what it might do.

| DRUG | EXAMPLE | CANNBINOID | ENZYME | EFFECT | POSSIBLE OUTCOME |
|--|--|-----------------------|------------------|---------------------------------|--|
| Anesthesia | Propofol | Multiple cannabinoids | CYP2B6 | Increase risk of complications | Slowed breathing, choking/blocked airway, changes in blood pressure, increased post-surgery pain |
| Antidepressants | SSRI inhibitors like Amitriptyline | Multiple cannabinoids | CYP2D6 | Increase levels of medication | Dizziness, confusion, serotonin syndrome (rare) |
| Antiepileptic medications | Carbamazepine, Topiramate | CBD | CYP2C19 | Increase levels of medication | Drowsiness, enhance seizure control |
| Antifungal medications | Ketoconazole | THC | CYP3A4 | Increase levels of cannabinoids | Drowsiness, dizziness, psychoactive experiences |
| Antipsychotics | Haloperidol, Clozapine | Multiple cannabinoids | CYP2D6 CYP3A4 | Increase levels of medication | Drowsiness, dizziness, confusion |
| Blood pressure medications | Beta-blockers like Metoprolol, calcium channel blockers like Diltiazem | Multiple cannabinoids | CYP2D6 CYP3A4 | Increase levels of medication | Changes in blood pressure, heart rate, dizziness, fainting |
| Blood thinners | Warfarin | THC/CBD | CYP2C9 CYP3A4 | Increase levels of medication | Severe bleeding |
| Opioids | Morphine, Oxycodone | Multiple cannabinoids | CYP2D6 | Increase levels of medication | Drowsiness, slowed breathing, enhance pain relief |
| Sedatives and sleep medications | Benzodiazepines like Xanax | Multiple cannabinoids | CYP3A4 | Increase levels of medication | Drowsiness, dizziness, confusion |

*Source: medscape.com and drugs.com

Key Takeaways:

- People taking medications or herbal supplements that may interact with cannabinoids should consult their healthcare provider to ensure safe administration and adjust dosages if needed.
- Let your healthcare provider know prior to surgery if you use cannabis.
- There are drug interaction websites that may be utilized to check your medications and herbal supplements.

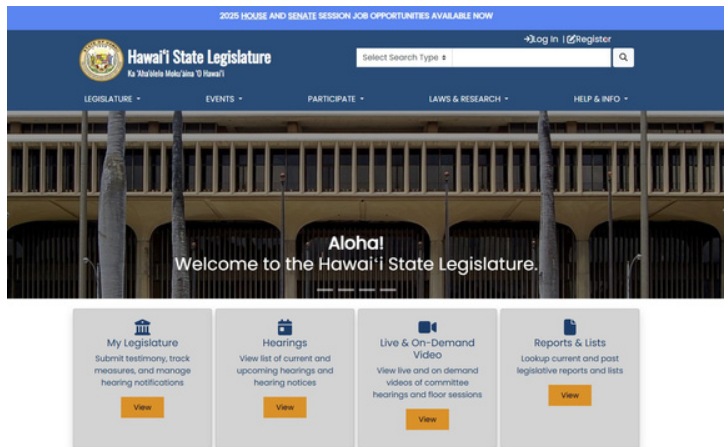
Hawai'i State Law

Participating in the legislation process – Your voice matters

Medical cannabis patients have the power to shape cannabis laws and policies by actively engaging in the legislative process. By sharing personal experiences and insights, you can help legislators create laws that support patient needs. Participation begins by setting up an account on the Hawai'i State Legislature website. Here you can track bills, submit testimony, and stay informed on relevant legislative issues. Speaking respectfully and clearly helps to educate and build relationships with lawmakers, ensuring that patient voices are not only heard but also valued in the decision-making process.

This is how you can get started:

- Hawai'i State Legislature's [website](#)
 - o Create an account by registering
 - o Review [FAQ](#)
 - o Become familiar with website
- [Public Access Room](#) (PAR)
 - o Sign up to receive newsletters
 - o Review "Overview of the Legislative Process"
 - o Watch videos on PAR's YouTube [channel](#)
- Review Citizen's Guide [pdf](#)



Hawai'i State Legislature home page: <https://www.capitol.hawaii.gov/home.aspx>
General Information and FAQs: <https://www.capitol.hawaii.gov/faq.aspx>
Public Access Room: <https://lrb.hawaii.gov/par/>
Citizen's Guide: <https://www.capitol.hawaii.gov/citizensguide.aspx>
Public Access Room YouTube Video: <https://www.youtube.com/@hawaiipublicaccessroom/videos>
(808) 587-0478 par@capitol.hawaii.gov

Identification tags required for medical cannabis plants

All registered patients must place identification tags on each of their medical cannabis plants that clearly show their 329 registration number and expiration date. For more guidance on proper plant tagging refer to ([HAR 11-160-31\(b\)](#)).



Waterproof Gorilla Tape (folded in half)



Waterproof Gorilla Tape (folded with solid color insert)



1/4" x 24" Cable Ties

Important reminder

Please note that starting on January 1, 2025, caregivers may no longer grow cannabis for a patient.* Also, a location or grow site cannot be used by more than five (5) patients to cultivate cannabis. These changes will happen pursuant to section [HRS §329-130](#).

*Certain exceptions apply