



CENTRAL COAST CHAPTER CRFG

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Chapter Website:

<https://www.crfg-central.org>

Facebook page:

[Facebook-CRFG-Central Coast](#)

YouTube Channel:

<https://www.youtube.com/@californiararefruitgrowers718/videos>

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Next Meeting:

Linn's Farm (at the old store)

When:

August 9th, 2025

Schedule:*

12:30-1:00: Set up crew.

1:00 - 1:30 pm: Socializing, refreshments.

1:30 pm: Meeting begins

3:30 pm: Clean up

*Times are tentative and subject to change. Please check the chapter calendar webpage close to the event for updates:

<https://www.crfg-central.org/calendar>

Announcements



Upcoming Demonstration Orchard Workdays:

Saturday, November 1st,
2025: 9am-12pm

Bring:

Aaron Linn will be our host, and will give us a presentation and lead us on a tour of the Linn farm.

Location & Parking:

6275 Santa Rosa Creek Road, Cambria, CA

Plenty of parking on site. There will be CRFG signs to guide you.

Additional Info:

The public is welcome!

From Linn's website:

"Since 1979, Linn's has been growing crops and creating food products. When they opened their first restaurant in 1988 in San Luis Obispo, followed only months later by the Cambria restaurant in 1989, their farm became more directly involved in supplying products to be served to restaurant customers. In addition to the many crops they grew, they built a 10,000 square foot greenhouse, which allowed them to radically augment their fresh produce offerings. Truly, Linn's was "Farm-to-Table" before that phrase was popularized."

For more information about Linn's, please visit Linn's website:
<https://www.linnseats.com/our-farm>

Our Best CRFG Manners While Visiting Homes, Nurseries, Growers, etc.

1. We never bring pets to meetings/tours and we never even ask if we may!
2. We do our best to use public facilities or our own restroom before the meeting.
3. We do our best not to ask to go inside the hosts' home.
4. We never pick fruit, flowers, foliage, weeds, seed pods and we never even ask.
5. We do our best to car pool and park with great respect to our host and the neighborhood.
6. We never talk when our host is talking. We do our best to stay up close when given a tour.
7. We never "take over" the tour and tell everyone how we do it at our home!!
8. We have thoughtful questions but try not to ask questions that embarrass our host.
9. We do our best to help our host feel good, feel appreciated. We clean up our mess.
10. We stay on the path, with our host ...and never go walking around on our own unless given permission by the host.
11. At the end of the tour, we make a special effort to thank the host. We "gather up" and have some sort of "closure" to the tour.
12. We even write thank you notes when we get home, especially if we asked a lot of questions, were impressed, were surprised, were treated well. We write thank you notes even when we are not the leader.

July Meeting

Article and Photos By Jenny Weaver & Tom Sheldon

Saturday July 12, 2025 Fruit Tasting Meeting

It was a lovely day in the newly groomed fruit orchard. We tasted lots of delicious home grown fruits and homemade treats made with fruit.

Manny, co-chair, started the meeting by welcoming several new attendees. We hope they come to more meetings!

Tom kicked off a discussion about cannabis with three questions:

- 1) Who knew we were going to talk about growing cannabis and using CBD? Several people raised their hands.
- 2) Who thinks it's a weird topic for a CRFG meeting? A few more raised their hands.
- 3) Who thinks cannabis is "evil"? A couple of people raised their hands.

We thought the cannabis topic would be interesting since most of us grow more than just fruit, and growing cannabis is now legal. Plus, many of us are dealing with the aches and pains from working in our gardens and don't like the side-effects of using pharmaceutical drugs such as Ibuprofen.

While we did indeed think that discussing cannabis at a fruit-growers' meeting was a little weird, members and the board agreed it would be a good topic, especially given the CRFG Mission Statement:

"The purposes of CRFG shall be to encourage and further public and scientific research, education and preservation of plants worldwide that have edible seeds, fruit, leaves, stems or roots."

If you are not familiar with what is going on in the world of cannabis right now, here are some quick points (thanks to Perplexity.ai).

- There are basically two types of cannabis products, those that get you high (THC), and those that don't get you high (CBD, CBG). We focus on the latter, which has benefits such as sleep enhancement, pain relief, reduction of inflammation, relaxation, and more.
- It's legal to grow up to 6 cannabis plants in California with each county providing some restrictions. More info about this further down.
- You can make your own CBD tinctures, jello and creams from the cannabis you grow.

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- You can also buy cannabis products at dispensaries, but you'll pay a premium over growing and making your own.
- While cannabis can be smoked, more practical delivery methods are tinctures, topical lotions, and gummies.
- Cannabis is a most interesting plant. It produces over 400 different molecules, with at least 100 known cannabinoids such as THC and CBD.
- Humans (and all mammals) possess an endocannabinoid system and we produce our own cannabinoids that circulate in the body to regulate physiological processes such as appetite, pain sensation, mood, and so on.
- There are two main cannabinoid receptors, CB1 (brain and nervous system) and CB2 (throughout the body).
- This system is easily affected by ingesting cannabis product, and plants are being grown that target specific receptors.
- Researchers, plant specialist, and pharmaceutical companies are advancing their extraction methods to better isolate specific cannabinoids, even reaching pharmaceutical-grade purity. It is now possible to produce extracts with well-defined profiles that ensure reliable effects for medical use.

Members were very open to this topic. There were a lot of questions and discussions. Some shared stories about the personal use of CBD for various maladies and even cancer. Many doctors are supporting its use especially for pain management. These days, if you bring the topic up with your doctor, they are likely to be open to it as we have found with our doctors.

We (Jenny and Tom) must admit that we have not grown any cannabis or attempted the extraction methods discussed here, but we learned a lot from the talk and by doing more research online while writing this article. We have tried CBD gummies that have been purchased at CVS and Sprouts, as well as the local legal dispensaries. Our wish was to get better sleep and relief from inflammation. We are very happy with the results. It simply works for us.

It's often mentioned that a little THC is necessary with any cannabis product to enhance its effects. We researched this on Perplexity.ai and found that CBD combined with THC helps to moderate some of the side-effects of THC, but not the other way around. Here's a quote from the research paper found by Perplexity.ai:

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“At low to moderate doses, some studies indicate CBD can modulate the effects of THC, potentially reducing negative side effects like anxiety or panic and improving tolerability. For instance, CBD may blunt some psychoactive effects of THC, but direct evidence of THC enhancing the specific effects of CBD (such as CBD’s anti-anxiety, anti-inflammatory, or anticonvulsant properties) is limited.”

You can find CBD-only products at CVS pharmacies, supermarkets, and even hardware stores. These products are labeled for sleep enhancement and pain relief and have zero THC. If you go to a dispensary that is licensed to sell nearly all cannabis products, you are going to find a variety of mixtures (THC, CBD, CBG) that are designed to provide a variety of effects. The staff is often knowledgeable enough to suggest a product for your specific needs.

It’s interesting that Big Pharma is not doing more research and development into cannabis compounds, but this may be because there is no money in it for them. The regulations are high and inconsistent across the country. It was mentioned that current regulations on commercial growers and markets make cannabis products very expensive which is fueling a black market of unregulated and potentially contaminated products.

Just the next day The Tribune had an article titled Statewide cannabis tax hike hits SLO dispensaries as legal market struggles. On July 1, the state excise tax for cannabis increased from 15% to 19%. In SLO City, dispensaries are responsible for collecting the State excise tax of 19%, County tax of 6% and City of SLO tax of 8.75% which comes to 33.75%.

Grow your Own

When it comes to growing your own, the most common way to get started is to buy seeds online. There is a huge variety of “strains.” You can buy seeds that are highly specific in their effects. These seeds can be expensive, some costing \$15 or more, however, the seeds purchased online have been “feminized” so they always produce female plants which is preferred because they have higher concentrations of beneficial cannabinoids.

Cannabis plants can be grown indoors, outdoors, or hydroponically. If grown indoors, grow-lights and fans are required. The plants are prolific growers, but you have to watch out for fungi and pests. While commercial growers are regulated in their use of pesticides, black market cannabis is a problem due to potentially high use of non-regulated chemical use.

Another thing to be aware of when growing your own is the skunk-like odor that may irritate your neighbors.

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The best time to plant seeds is in February. Then by August, the plants start flowering and you can probably harvest by September.

The plants need to be dried for 7-10 days, then the flowers are separated and placed in a bag or jar where they “cure” for anywhere from 2 to 8 weeks. Occasionally, the bag or jar is “burped”, meaning that it’s opened to release gases and excess moisture and let fresh air in.

Once the flowers have been cured, the cannabinoid compounds are ready to be released. This requires heat or other methods. There is no benefit is eating raw flowers. Decarboxylation is the process where cannabis is exposed to heat, which shifts the cannabinoid compounds into their active forms, such as THC and CBD. For example, ground cannabis can be heated in an oven at 220–240°F for around 30–45 minutes before making edibles.

Many people prefer to make tinctures. The process is to mix the ground flowers with 120 proof alcohol and let it sit for a few days before straining it. The mixture is then slightly heated to evaporate alcohol. This produces a thick tar-like paste that can be mixed with MCT (from coconut oil). You can put a small drop under your tongue though the taste may be unpleasant, or you can mix it with food such as Jello.

Growing your own is recommended because you can monitor the whole process and deal with the pests in a way you think is best.

More Information

Here is a little background and explanation of terms.

From Perplexity AI:

“Medical Use

1996: Cannabis cultivation became legal for medical purposes after California voters approved Proposition 215 (the Compassionate Use Act). This allowed qualified patients and their caregivers to grow cannabis for medical needs, provided they complied with local laws.

Recreational Use

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November 8, 2016: California voters passed Proposition 64, also known as the Adult Use of Marijuana Act (AUMA). This made it legal for adults 21 and over to grow, possess, and use limited amounts of cannabis for recreational purposes.

Adults 21+ were permitted to grow up to six cannabis plants per residence for personal recreational use.

The law became effective immediately for home cultivation, while retail sales began on January 1, 2018."

It is legal to grow 6 Cannabis (*C. indica* and *C. sativa*) plants per household in the state of California. Counties and cities are allowed to make their own regulations that may be more strict than California's laws. If you live in an unincorporated part of the County of San Luis Obispo, cannabis is not allowed to be grown outdoors while the City of San Luis allows it outside, but it must be in the back yard and out of view from others. Pismo Beach does not allow the growing of cannabis. It is important to know what your jurisdiction's regulations are! Specific regulations can be found on the appropriate government websites.

What is CBD, THC, CBG?? From Perplexity

CBD is short for cannabidiol. It's from the cannabis plant. CBD is related to tetrahydrocannabinol (THC), but it's not psychoactive, so it doesn't make you "high" like THC does. CBD is easier to find in the U.S. than THC, but each state has different laws and restrictions on selling CBD.

Growers have crossed *Cannabis sativa* and *Cannabis indica* to get varieties or strains that have different qualities and amounts of CBD, CRG or THC.

CBD comes in many forms, including oils, extracts, patches, vapes, and topical lotions, and it's said to have various health benefits. It's also the active ingredient in Epidiolex, the first medication made from a marijuana ingredient approved by the FDA to treat epilepsy."

CBG from Perplexity

"CBG stands for cannabigerol, a non-psychoactive cannabinoid found in the cannabis plant. It is often called the "mother of all cannabinoids" because its acidic precursor, cannabigerolic acid (CBGA), is the source molecule from which major cannabinoids like THC and CBD are synthesized as the plant matures.

Key points about CBG:

Non-psychoactive: Does not cause intoxication or a "high" like THC.

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Low natural abundance: Typically found in small amounts (about 1%) in mature cannabis plants because most CBG is converted to other cannabinoids during growth. Potential therapeutic properties: Research suggests CBG may have analgesic (pain-relieving), anti-inflammatory, antibiotic, neuroprotective, and potential anticancer effects. It may also help lower intraocular pressure and support immune health.

Mechanism: CBG interacts with the body's endocannabinoid system and other receptors involved in mood, pain, inflammation, and appetite regulation.

Distinct from CBD and THC: CBG is non-intoxicating like CBD but acts through different mechanisms and may have unique effects.

CBG is gaining interest for its potential health benefits, but clinical research is still in early stages and its safety profile is not fully established."

HEMP from Perplexity

"Hemp refers to varieties of the cannabis plant specifically cultivated for industrial and commercial purposes such as fiber, seeds, oil, paper, textiles, biodegradable plastics, and more. Unlike marijuana, hemp is bred to have very low concentrations of the psychoactive compound THC, and usually higher levels of CBD.

The genus of hemp is Cannabis, and the primary species used for industrial hemp is Cannabis sativa L.. There is some botanical debate about the broader classification within the cannabis genus, but for all industrial purposes, Cannabis sativa is recognized as true hemp.

Hemp is legally and botanically distinct from "drug-type" cannabis (marijuana) mainly because of its chemical makeup and permitted THC content, not inherent anatomical differences"

DECARBOXYLATING from Perplexity

"Decarboxylating cannabis for extracting CBD is the process of using heat to convert cannabidiolic acid (CBDA), the natural form of CBD in raw cannabis or hemp, into cannabidiol (CBD), the active and more bioavailable cannabinoid used in most consumer products"

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