

# Eat Your Weed

## The Ultimate Guide to Cannabis Edibles

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E L E V A T I O N





## **An Introduction to Edibles**

**Weed edibles are cannabis-infused foods and beverages designed to deliver the plant's effects through digestion rather than inhalation. From chewy gummies and brownies to seltzers and even gourmet chocolates, today's edibles market is full of flavorful, functional options.**

**People often choose edibles for their ease of dosing, long-lasting effects, and the option to consume discreetly without smoke or odor. They're also easy to make at home, which is why many patients and DIY enthusiasts alike turn to homemade recipes.**

**In this guide from Elevation, we'll walk you through the world of edibles – exploring the different types available, how to make some infused foods at home, the science behind the consumption, and tips for enjoying them safely and effectively.**

# All About Edibles: Understanding the Decarboxylation Basic

Cannabis edibles are an incredibly convenient and delicious way to eat your weed, but the process isn't as straightforward as you'd think. Trust us, if you go and take a bite of your cannabis flower as is, you won't feel any effects.

That's where decarboxylation comes in. This chemical process activates the cannabinoids in cannabis, particularly THCA, by converting it into THC through heat. Without it, your edibles will lack potency and the psychoactive effects you're probably looking for.

All cannabis has to go through a process of heating to activate the cannabinoids and compounds present in the flower. The precursor to THC, tetrahydrocannabinol, is THCA – so when flower is heated (whether through smoking, vaping, or baking), the cannabinoid THCA releases a carboxyl group, which converts it to THC. Once this transformation happens, you're able to consume the decarbed THC and experience its psychoactive effects.

## How to Decarboxylate Cannabis

If you're interested in learning how to make edibles at home, you must master the simple science of decarboxylating cannabis first. Here's how:

1. Grind up the amount of weed you will use for your edibles (be sure to dose properly). Place it on a foil baking sheet in the oven, make sure the ground up flower is evenly spread and not in clumps.
2. Heat for about 30-45 minutes at around 220-245°F.
3. Once this temperature and time frame has been reached, take out the baking sheet and let the flower cool completely.
4. Properly store your decarboxylated cannabis flower in a cool, dry place until its ready to be infused.



### Common Mistakes to Avoid:

- Overheating – This can degrade cannabinoids and terpenes.
- Skipping the grind – Whole buds don't decarb evenly.
- Inconsistent oven temperature – Use an oven thermometer for accuracy.
- Storing while warm – Let it fully cool to avoid mold or condensation.

## How to Infuse Oil or Butter

After decarboxylating your cannabis flower, you will need to create a cannabis oil infusion for the edibles.

Cannabinoids like THC and CBD are fat-soluble, meaning they need to be consumed with fat to be properly metabolized and act effectively in the body.

Many at-home edible makers will infuse a cannabis oil using a fat soluble, such as oil or butter. Then, that infused fat or oil can be mixed in with the other edible ingredients being used.

The process of infusing your decarboxylated flower into a fat-soluble ingredient is a simple process:

1. Choose your fat: coconut oil, butter, olive oil, ghee, or even nut butters work great.
2. Place your fat in a jar or heat-safe container.
3. Add the decarbed cannabis (use about 1 cup oil to 7–10 grams of flower).
4. Submerge the jar in a saucepan of water, maintaining a low simmer around 130–150°F.
5. Let it infuse for about 1–2 hours, stirring occasionally.
6. Strain with a cheesecloth.



### Tips for a Successful Infusion

Strain carefully to avoid wasting oil — squeeze the cheesecloth gently to extract without adding bitterness from excess plant matter.

Store properly in a sealed jar in the fridge or a cool, dark cupboard. This infusion can last several weeks.

Label your infusion clearly and keep it out of reach of kids or pets.

Use your infused oil in recipes like cookies, salad dressings, or savory meals. Avoid overheating it (keep under 300°F) to preserve potency.

## Using Distillate Instead of Flower

If you want to make edibles at home but don't have cannabis flower – another extracted form of this plant makes an excellent ingredient! Distillate oil is a form of cannabis extraction that can be easily infused when baking your own edibles.

Distillates are highly refined extracts that undergo a solvent extraction process to isolate cannabinoids, such as THC or CBD, in an oil form. They're flavorless and odorless, making them ideal for mixing directly into batters or sauces.

Distillate oil for edibles is best used when:

- You want precise dosing and stronger potency.
- You don't want the “weedy” flavor from flower infusions.
- You don't prefer the process of decarboxylating flower.



### Dosing Tips with Distillate Oil

When purchased at a dispensary, most distillate syringes are marked with milligrams.  
A single gram of THC distillate typically contains 800–950mg THC.

Use a milligram calculator: for example, if your recipe makes 10 brownies and you use 100mg total, each serving is about 10mg THC.

Mix the distillate thoroughly into warm oil or butter for even distribution.

## Buying Edibles Instead

If you want to make edibles at home but don't have cannabis flower – Compared to flower, edibles are a totally different ball game. When you eat an edible, whether it's a gummy, infused soda, or chocolate bar, THC has to pass through your digestive system and liver before it enters your bloodstream.

Edibles are digested and metabolized just like any other food you eat.

- The liver metabolizes THC into 11-hydroxy-THC, a compound that's more potent and longer-lasting than the THC you absorb from smoking.

Because this process takes time, the onset of edibles can range from 30 minutes to 2 hours, depending on various factors of your body, like your metabolism, when and what you ate prior, your THC tolerance, and more.

Once edibles take effect, the experience can last anywhere from 2 to 4 hours, making them ideal for long-lasting relief or extended relaxation.

Edibles are a great cannabis product choice for:

- No smoke or smell
- Precision dosing
- Exploring new flavors and effects without inhaling
- Available in fun ratios like THC:CBD, CBG:THC, or even microdose blends designed for focus, sleep, or creativity, which is something you just can't get from flower alone.



### Tips for Consuming Edibles

**Start Low, Go Slow:** Consider this the #1 rule for all cannabis products! Begin with a low dose (2.5-5mg THC) and gradually increase as needed. Remember, patience is key – effects take time to set in.

**Understand Onset and Duration:** Due to the way edibles are digested, the onset and duration of effects may vary based on an individual's tolerance and metabolism. The onset of effects can be anywhere from within 45 minutes to 2 hours. *Be mindful of the onset time and how long the effects may last to plan your edibles experience accordingly.*

**Stay Hydrated:** Drinking water can help alleviate potential dry mouth and other potent effects associated with edibles consumption.

**Choose Trusted Brands:** If you're shopping for edibles near you, opt for products from reputable brands to ensure quality and accurate dosing. Check the label for the brand's COA (Certificate of Analysis) to learn about the specific contents and dosages of the edible.



## Buying Edibles Instead (Cont.)

# What If I Ate Too Much?

Overconsumption of edibles can lead to discomfort, but it's not known to be fatally dangerous. If you've consumed too many THC edibles, remember these tips:

- Find a quiet, calming space to rest.
- Sip water and eat a small snack.
- Take deep breaths or try grounding techniques.
- Consider taking CBD—it may help reduce THC's intensity.
- Call a trusted friend or support line if needed.

## Buying Edibles at a Dispensary

Perhaps you don't prefer to DIY your edibles. Fear not! Edibles at a dispensary are a great alternative for convenience, precision, and variety.

At Elevation, we offer an extensive selection of edibles tailored to your needs:

- 1:1 THC:CBD edibles for balanced effects and lower intoxication.
- CBN or THC-only options designed for evening relaxation and sleep.
- **Strain-specific options** like infused chews and chocolates that deliver the full spectrum of cannabis compounds.

Cannabis edibles at Elevation offer more precise dosing, targeted effects and cannabinoid blends, and flavors or foods that are difficult to replicate at home.

- **Total THC per package vs. per serving** — make sure you know the dosage you're eating!
- **Cannabinoid breakdowns** on product labels show whether it includes CBD, CBN, or others.
- **COAs (Certificates of Analysis)** confirm testing for potency, residual solvents, and safety. Scan the QR code or visit the brand's site to learn more.

## **Final Takeaways About Cannabis Edibles**

**Cannabis edibles are a powerful, flavorful, and smoke-free way to enjoy cannabis, but they require respect and mindfulness. Whether you're making them at home or purchasing from an Elevation dispensary, be sure to always dose carefully, understand how your body reacts, and give yourself time to feel the effects before consuming more.**

### **Remember:**

- **Store all edibles in clearly labeled, child-proof containers.**
- **Keep out of reach of children, pets, and anyone unaware of their contents.**
- **When in doubt, start low and go slow.**

**Ready to experience eating your weed?  
Browse the Edibles category on our dispensary menu  
and order online or for pick-up today.**

*For canna-curious questions or product recommendations,  
visit an Elevation dispensary location. Our team is always  
here to help guide your edibles experience.*