



SWOP- CANNABUTTER INSTRUCTIONS

One ounce of Salad Bowl Mix (medical cannabis in the form of shake, sugar leaf, small, airy, broken buds or left over trimmings) to one pound of butter will produce almost a pound of cannabutter that, for most people will be extremely potent, super effective and very long lasting! Anything more than an ounce per one pound of butter is over-kill and will not be absorbed efficiently by the butter.

You can add more butter to your mix to make it milder and produce more medicated butter - however, this will make a big, hot-buttery mess to deal with (not fun). We have found it easier to make strong butter and adjust our recipes accordingly. For example if a recipe calls for two sticks of butter, use half medicated butter and half regular butter. The end result is a great tasting product that is not too strong and remains very, very effective. - *Good luck, and GET COOKING!*

If this is your first time making or using cannabutter – PLEASE READ THIS CAUTION:

Take it slow and easy. Making cannabutter for the first time is as easy as following directions. Ingesting it - and trying to figure out the right dose - the first time, is an entirely different issue.

When you smoke medical cannabis (hopefully in a vaporizer) the effects are felt within seconds. It is absorbed through the lungs and immediately transferred into your bloodstream. When you ingest medical cannabis, it has to go all the way through your digestive system before it is introduced into the bloodstream. Depending on your metabolism, this may take anywhere from 30 minutes to an hour before the effect is felt.

Learn from other's mistakes!

The most common mistake for a first timer is to eat a medicated brownie (or what ever) and only wait 15 or 20 minutes before taking another dose, assuming they had not taken enough. Feeling no effect, they reach for another brownie or two (yikes!). By about the time the first brownie kicks in, our misguided first timer will be in for an extremely intense and long lasting medicated journey.

Over medicating is never fun, and sometimes can be a little scary. Remember, even if you do over medicate beyond your comfort level, medical cannabis will never harm you. Not one person in all of time has ever been hurt or died because of medical cannabis use. Ever. You may be uncomfortable, but even in a worse case scenario - you will always be safe.

To avoid any problems, simply be patient and wait at least an hour to evaluate how you feel and judge for yourself if you need more medicated goods. Then and only then try a LITTLE more and wait another hour.

One of the other interesting benefits from ingesting medical cannabis over smoking it is the effects last and stays with you a lot longer.

Some people have found an excellent balance between eating a little in the morning and a little at night and supplementing throughout the day with just one or two hits from a vaporizer - this helps provide an all day relief routine that does not rely entirely on smoking. Try it! See how it works for you.

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SWOP is proud to be a founding member of the



Mix it up and bring it to a boil - then simmer.



Let it simmer for at least three hours - or longer.



Prep your cheesecloth and strainer.



Work the butter and salad Bowl Mix. Work it good.



Work, work, work the cheese cloth Then some more!



From the top: the Good, the Bad and the Ugly.

Step 1:

You first need to procure your supplies. For this venture, you will need a large stockpot, large mixing bowl, coffee grinder*, SWOP Salad Bowl Mix, cheesecloth, big spoon and one pound of good butter.

- When it comes to selecting the butter, choose the one that has the highest percentage of fat content. THC binds readily with fat. Therefore, the more fat, the more THC the butter can hold.

Step 2:

The next step is to grind up your Salad Bowl Mix using the grinder*. Use a coffee grinder to get everything super fine! The more you agitate it, the better. After grinding it all up, dump it into the pot with your butter and add a few quarts of clean filtered water.

Step 3:

Bring the pot to a boil, and then reduce to a simmer and cover. Now wait. The longer the better however, anything over six hours is overkill. We recommend four to five hours with a minimum of three. Stir often! Do not leave your simmering pot unattended and never let it stick to the bottom and burn!

Step 4:

After the mixture has simmered for an ample amount of time, it may be removed from the heat and prepared for separation. Unfold your cheesecloth and drape it over the wire strainer on top of a large mixing bowl, then pour the mixture into the cheesecloth/strainer

and let it cool for about a half hour. After it has cooled enough for you to handle it, gather the corners of the cheesecloth and twist them together to form a knot on the top of your ball of plant matter and butter. It is important to take your time and really work this ball to squeeze excess moisture/butter from the plant matter and into the bowl, as it will generally retain a lot. Do this until all the matter has been separated from the liquid. Hint: Just when you think you have squeezed enough, squeeze it about a dozen more times, or until nothing more comes out.

Step 5:

You should be able to see a layer of liquid butter floating along the top of the bowl. It must now be solidified in order to extract it from the water. To do so, simply set the bowl in the freezer until the top (**Good**) layer becomes hard and the bottom (**Ugly**) water/waste product layer freezes.

Step 6:

After it has frozen hard remove the frozen chunk from the bowl. You will see a clear line dividing the butter from the waste. Carefully separate the two layers with a butter-knife. Once separated, rinse the bottom of the slab (**Bad**) of cannabutter with warm tap water to remove any impurities that stick to it. Once rinsed you can cut it up and place the butter into containers for future use. Cannabutter you choose to use right away should be placed in the refrigerator. The rest should be stored in your freezer until you need it.

** For less cannabis flavor and color, skip the coffee grinder and simply break the buds up by hand and throw it all in the pot. Make sure to use the longest time possible to simmer this less refined mixture. Also work the cheesecloth ball less. you won't get as much butter, but the butter you do get will have far less plant matter in it.*

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