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Live a Little More

Basic Cannabis Terminology

Let's start with some basic cannabis terms to help get you up to speed.

Adult-Use

Adult-use is a term used to describe cannabis and access to cannabis for adults (21+ in most places). The term is used to differentiate between medical use and recreational use for everyday wellness and fun.

Bud

A nickname for cannabis flower. It refers to the bulbous flowers that are dried, cured, and smoked.

Budtender

The person who serves you at a cannabis dispensary and helps guide you towards the right product. At our shops we call them Wellness Advisors.

Cannabinoids

A group of natural chemical compounds produced by the cannabis plant that give cannabis its range of physical and mental effects. THC and CBD are the two most common cannabinoids.

Cannabis

Cannabis, also called marijuana, pot, weed, and various other slang terms, is a unique plant that produces psychoactive, medicinal, and therapeutic effects.

CBD

Short for Cannabidiol, **CBD** is one of the primary cannabinoids found in cannabis along with THC. Unlike THC, CBD is clear-headed. Which makes it attractive to those who want the medical and therapeutic benefits of cannabis without altering their mind state.

CBG

Short for Cannabigerol, **CBG** is a cannabinoid found in cannabis that has gained a lot of interest recently. CBG is not as common as THC or CBD. The medical potential of CBG is thought to be helpful with inflammation, glaucoma, and even slowing cancer from spreading.

CBN

Short for Cannabinol, **CBN** is another cannabinoid found in cannabis that is formed as THC degrades. It shows potential as a sleep aid and as a way to stimulate the appetite.

Clones

Clones are clippings from cannabis plants that are used as starter plants. They are identical genetic replicas from the plant they are taken from, they ensure the sex of the plant, and save time when compared to growing cannabis from seed.

Cola

Cola is the term for the main flowering cluster on a cannabis plant.

Concentrate

Concentrates are cannabis extracts made by concentrating the resinous oils of the plant. These products contain the concentrated profile of the plant's cannabinoid and terpene content. These preparations offer you all the enjoyable aspects of cannabis, like its taste and the way it makes you feel, without the plant's leaves and vegetation.

Cultivar

Another name for a cannabis strain. A plant variety that has been developed for cultivation using selective breeding is known as a cultivar. Different types of cannabis cultivars are bred to emphasize characteristics like their smell, flavor, and chemical profile.

Dab

A dab is the process of instantly vaporizing cannabis concentrates on a heated surface known as a nail or banger. The term dab and dabs may also refer to the raw extract itself.

Dispensary

A retail store location where you can access cannabis for medical or recreational purposes.

Distillate

A thick amber oil distilled from the cannabis plant. Distillate is a purified cannabis oil that strips the plant down to its most basic compounds, generally THC or CBD, removing impurities and flavors in the process. Distilling cannabis often purifies its cannabinoid profile down to a much narrower spectrum, highlighting only THC or CBD instead of a more complete, whole-plant profile.

Edibles

An edible is any food or beverage that's been infused with highly concentrated cannabis extract.

Eighth

Short for 1/8th ounce, a standard weight that cannabis flower is sold in. 3.5 grams = 1/8th oz

Extract

Extracts are cannabis oil products that have been concentrated using hydrocarbon solvents like butane and CO2 to produce a rich amber oil.

Flower

The common form of cannabis is the dried flower. Its resinous, dried flowers contain the highest natural concentrations of cannabinoids like THC and CBD, the psychoactive compounds that give cannabis its effects like THC and CBD.

Smaller flowers are often referred to as popcorn buds (see POPCORN) and finely ground flower prepared for rolling joints is known as shake.

Hash

Hash, short for hashish, is a term for the concentration of the sticky resin glands that have been separated and collected by hand using screens.

Hemp

Hemp is cannabis without the THC, less than 0.3% according to law. Traditionally it was bred and used for its fibers. Today much of the world's hemp crop is utilized for its high-CBD content.

Hybrid

A classification of cannabis genetics that feature both indica and sativa genetics. These cultivars offer a balance between relaxing and uplifting effects.

Indica

Varieties of cannabis originating in the mountainous regions that grow with a short, bushy stature and large, thick leaves. Indica plants have a shorter flowering cycle than their sativa counterparts and are generally appreciated for their deeply relaxing effects.

Joint

A cannabis cigarette. Ground cannabis rolled in a paper that is ready to be smoked.

Kief

A collection of the plant's resin glands, known as trichomes. Kief falls off the plant when it is ground or handled which is why many grinders feature a kief screen that can be used to collect the kief for use later.

Liquid Live Resin

Liquid Live Resin (LLR) Crafted from premium fresh frozen flower, liquid live resin is a high-terpene, full-spectrum cannabis oil. The gentle extraction process preserves the full plant profile, delivering superior aroma, potency and flavor compared to distillates. Ready to use in vape form.

Nug

Short for nugget, Nug is a slang term for cannabis flowers because the bulbous buds resemble small nuggets, like a collection of a precious mineral. Also see **BUD**.

Oil

A sticky amber substance extracted from the cannabis plant that contains the resins of the plant, also called hash oil.

Papers

Short for rolling papers, papers are specialized thin paper wraps used to roll cannabis into joints and pre-rolls.

Popcorn

Popcorn is a nickname for small buds that form on the lower branches of the plant. It is typically sold at a discounted rate compared to the top-shelf buds harvested off the main branches of the plant and is a great option for people who like to roll their own joints or cook with cannabis.

Pre-rolls

Another word for a joint (see Joint), pre-rolls are pre-rolled cannabis cigarettes.

Recreational Use

Recreational use (see Adult-use) refers to cannabis consumption for pleasure. Unlike medical use, recreational use does not target specific medical ailments or symptoms though it may still produce therapeutic effects.

RSO

Short for Rick Simpson Oil, RSO, is a sticky concentrated cannabis oil that is typically consumed orally or applied directly to the skin. Cancer patient Rick Simpson used his homemade preparations to combat his own cancer which is why this type of product bears his name.

Sativa

Varieties of cannabis originating in warmer equatorial regions that grow tall and skinny in stature with long, thin leaves. Sativa strains have a longer flowering cycle than their Indica counterparts and are appreciated for their uplifting effects.

Shake

Flower is sold as buds that are commonly smoked or vaporized. Typically, flower is sold in three varieties: fuller-sized buds, popcorn buds that are smaller in size, and shake—which is loose flower.

Strain

A strain is a unique genetic variety of cannabis. Each time cannabis strains are bred together to create a new variety a new strain of cannabis is born. A few popular examples of strains are Blue Dream, Sour Diesel, and Northern Lights. Also see Cultivar.

THC

Tetrahydrocannabinol, or THC, is the primary psychoactive compound that cannabis produces. It is known for producing euphoric effects.

Terpene

Terpenes are a diverse group of organic compounds produced by plants. Terpenes give cannabis its variety of aromas and flavors as well as modulate the effects of cannabinoids like THC and CBD by working together in what's known as the entourage effect. Common terpenes include: Myrcene (also found in mangoes), Caryophyllene (also found in cracked pepper) Linalool (also found in lavender), and Pinene (also found in rosemary).

Tincture

Tinctures are liquid cannabis elixirs that can be taken orally or easily added to food and drinks.

Trichome

Translucent mushroom-shaped glands on the cannabis plant that are sticky to the touch and give it its frosted white appearance. Barely visible to the human eye, these small hair-like glands produce and store the essential oils of cannabis that contain the cannabinoids and terpenes responsible for the flavors and effects of cannabis.

Topical

Cannabis topicals are products like creams and lotions that are infused with cannabis and applied directly to your skin. They are often used for sore muscles, inflammation, and localized pain management.

Vape

Cannabis vapes are a popular and simple way to consume cannabis oil easily and discreetly. Vapes are prefilled vaporizer cartridges or pods. When paired with a battery these small devices allow you to vaporize cannabis concentrates without combusting the plant. They come preloaded with various types of cannabis oil and allow you to enjoy cannabis at the push of a button. Vapes are fast-acting, discreet, easy-to-use, and make dosing simple. While some recent reports have called the safety of vaping into question, any vape purchased at Sunnyside* features only compliant cannabis oil without harmful additives or illegal cutting agents.



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