Guide to Juicing and Freezing Raw Cannabis

Juice and leaves are sensitive to heat, light, and air. Minimize contact.

Juice is not recommended for people with gall bladder or kidney disease, as per Dr. William Courtney.

What you will need:

- 15-20 hand size shade leaves and stems plus 2 immature buds. (This is ideal, you can use whatever you have.) CBD peaks in plants between 70-90 days.
- Juicer
- Distilled or Reverse Osmosis water (1-5 gal.)
- Small, opaque glass bottle with tight lid
- Ice cube trays if freezing
- Fruit juice or other liquid for flavor

The Juicer: IMPORTANT

Type – Twin Gear Masticating (not Centrifugal), low RPM, able to do wheatgrass. $400-$500 Amazon, Green Power, Green Star, Craigslist.

* Using a blender or the wrong type of juicer can heat the juice which will activate the THC which will get you uncomfortably high for many hours. It will also destroy the benefits of the raw juice.

The Leaves:

As fresh as possible. Get rid of the slimy ones. Just as you would with any vegetable.
Store in refrigerator crisper drawer in green bags up to 10 days without rinsing.
Preparation - sort, rinse, and then soak for 5 min. in RO or distilled H2O. (No chlorine)

Juicing:

Feed leaves and small stems at a pace that suits your juicer. If it binds up, use reverse to free it. As soon as you have your daily dose add some water or juice and pour into glass bottle. Place it in the refrigerator. (Daily dose is approx. 3 Tbsp. of CannaJuice.) Divide your daily dose into 3-5 portions to take during the day. (With a meal or something like milk for better absorption) More juice is not necessarily better as the body can only absorb a certain amount.

How long will it last?

Up to 3 days in refrigerator
6-12 months frozen depending on the type of freezer

If you are Juicing to Freeze:

Pour undiluted juice into ice cube trays as you go, and freeze immediately. This minimizes oxidation.
Once frozen, transfer to freezer bags. Date the bags and rotate your stock.

Things to avoid:

Heating the juice will activate the THC and get you uncomfortably high. (A very unpleasant experience)
Undiluted juice can irritate the throat for some people when used daily. Dilute with something.
Freezing the leaves before juicing makes it hard to juice. Still viable but slimy.

How to transport frozen cubes:

Roll sealed plastic bag of cubes in a thick layer of newspaper. Roll that up in a towel. Fit tightly into an ice chest. Lay additional towels on top to fill air space. (No other ice is needed) They will keep several hours in a moderate environment.