



PINE HILL FARM

HEMP INSPIRED WELLNESS

WHAT'S NEW AT PINE HILL FARM?



By now you may have heard our exciting news! We've been chosen to speak at the American Cannabis Nurses Association annual conference this October in Albuquerque, New Mexico! At this 3-day conference, we will have the opportunity to educate other healthcare providers about the endocannabinoid system. We're excited to be involved in the much needed research surrounding this plant medicine, but now even more thrilled to be part of the education that is so critical to breaking the stigma and advancing acceptance of the cannabis plant as a valid and legitimate herbal medicine option.

On the farm front, we've started our seeds, the ground continues to receive TLC from farmer Jon, and the ladies of Pine Hill Farm are making appearances at local markets Wednesdays through Saturdays, with a few pop up events here and there. You may even see a couple of other generational farm family members at markets this season! Go easy on them, they're learning:)

LET'S TALK: ECS!

The human body has an endogenous cannabinoid system called the endocannabinoid system (ECS). Endocannabinoids are like your body's own version of cannabis. Anandamide (AEA) and 2-arachidonoylglycerol (2-AG) bind to the cannabinoid receptors CB1 and CB2. The CB1 receptor is distributed in brain areas associated with motor control and emotions, in the adipose tissue, pancreas, liver, GI tract, skeletal muscles, heart and the reproduction system. The CB2 receptor is mainly expressed in the immune system regulating its functions.

Mouslech Z, Valla V. Endocannabinoid system: An overview of its potential in current medical practice. *Neuro Endocrinol Lett.* 2009;30(2):153-79. PMID: 19675519.

DID YOU KNOW?


The 2AG cannabinoid is endogenous to the human body and very present in breast milk. Ever wonder why babies are smiley and relaxed on a full belly of breastmilk?

CONNECT

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UPCOMING EVENTS

- 5/23 9am-3pm:
Sun Prairie Makers Market
- 6/5 & 6/6: Holy Hill Art
Farm Market

Wednesdays: Dousman Market

*Thursdays: Lake Geneva Market,
Burlington Market*

*Fridays: Williams Bay Market, Rockford
Market*

Saturdays: Oconomowoc Market

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses♥

Meet Shelley of Crimson Kitchens & Gardens! With a mission of sprout-to-spoon, Shelley offers delicious homemade soaps using raw milk from her dairy farm, seasonal starter plants, and organically grown vegetables. This girl even cans fruits/jelly, veggies, salsa, pickles, and more! Support this amazing homesteader, check out her facebook page! www.facebook.com/crimsonkitchenandgardens/