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Chip Baker: All right, here we are again. The Real Dirt podcast with Chip Baker. On today's dirt we are coming to you live from the Amazon or you might not get it live. We're recording it live from the Amazon. You can hear the jungle noises around us. There's birds and crickets and like ...

Jessica Baker: Mosquitoes.

Chip Baker: Mosquitoes. Today's guest on the Real Dirt podcast is Jessica Baker. Jessica is a renowned herbalist and Doctor of Chinese medicine. She has pioneered many applications of Western and Chinese medicine and is considered an authority throughout the country. Jessica teaches throughout the country continuing education classes for essential oils and Chinese medicine. Besides that, she's also my life long partner and wife. Hello, Jessica.

Jessica Baker: Hello, Chip.

Chip Baker: This is a ... We've tried to get Jessica on the podcast many times. I'm glad we finally got it all together. This whole week or wow, 10 days we've been at an ayahuasca retreat. Ayahuasca is a plant medicine that is native to South America, specifically Peru. We're near the Colombian border of Peru up a little side shoot of the Amazon and at Refugio Altiplano. Our friend Kelly Green, aka Sparkles lifelong mission has been to be here. No, normally we talk about weed and that's what we're going to talk about today, but we're going to mix it up with a little bit of herbalism, Chinese medicine, medicinal plants, and we'll probably talk about some this and that. So Jessica, can you tell me your earliest memory of cannabis and what that was?

Jessica Baker: My personal memory or just hearing cannabis?

Chip Baker: Yeah, that's a personal memory. I mean, marijuana, weed, wacky, whatever.

Jessica Baker: Well, like many of us, I was exposed to the DARE programme as a child.

Chip Baker: And that didn't work.

Jessica Baker: And that obviously did not work so I was exposed because of DARE but I was also exposed because it was known that several members of my family smoked cannabis. Not my parents, per se, but uncles and aunts and just ... It was there but I didn't comprehend that it was a plant. That actually didn't come until after I smoked it which seems kind of funny to me now as an herbalist that that was completely in my realm of like this is a plant. I knew or what I had heard was it was a drug and that even the family members of mine who smoked it were-

Chip Baker: Drugging.

Jessica Baker: They were drugging and they actually were drug addicts. Cannabis was not the only thing they consumed and so I had just put it all together with all the other drugs and alcohol.

Chip Baker: So many people do that and I thought it was the same way. I thought it was like heroin because of DARE and my parents, right, it wasn't a plant, it wasn't a plant.

Jessica Baker: Yep, so that was my first memory and then I got into high school and I moved near my grandparents and my cousins for the first time living near them. One of my favourite cousins smoked weed and I dissed her all the time and told her she was running away or just all of the things that I just didn't understand, really. Then my senior year in high school, I had a boyfriend, I had one high school boyfriend and he cheated on me and I was really fucking pissed and he didn't like-

Chip Baker: Typical high school shit.

Jessica Baker: Yeah, exactly. So he hated all things alcohol or drug related and so I told my cousin Amy I wanted a cigarette and I wanted to smoke pot and so I did and I started smoking both pretty much around the same time.

Chip Baker: Rebellion, that's what brought you.

Jessica Baker: Yeah, yeah, rebellion against a boy, basically and then I was enticed by the ganja, you know. That was kind of my start.

Chip Baker: So cousin Amy smoked you out?

Jessica Baker: Cousin Amy, no actually-

Chip Baker: You just asked.

Jessica Baker: Yeah, we talked about it. The first smoke out though was with some people I worked with in Chattanooga. I worked at an indoor playground for children and it was like a New Year's Eve Party and I smoked a little and then that's when I went to my cousin Amy and was like, "Okay, now, I want you to get me high."

Chip Baker: Right, oh yeah. Can you remember what that was like when you decided that it wasn't a quote unquote drug, it was a plant? Did you know it was a plant then still?

Jessica Baker: No, I still don't think it registered.

Chip Baker: That it was a plant.

Jessica Baker: That it was a plant. I think what started registering was seeing the brick of weed, this is the nineties in the south and seeds and stems and it started connecting but really it didn't fully ... I didn't fully get it until CAN, the Cannabis Action Network.

Chip Baker: The Cannabis Action Network, that's right. Me and Jessica met in what year?

Jessica Baker: 1994.

Chip Baker: 1994, University of Georgia Cannabis Action Network.

Jessica Baker: Chip was the president.

Chip Baker: I was the president of CAN

Jessica Baker: I went trying to score a sack.

Chip Baker: So Jessica went to try and score a sack. There wasn't a sack there, but we met that day, fell in love immediately. It took us a few years before we really started going out, but we became fast friends immediately and started consuming vast quantities of cannabis together.

Jessica Baker: And it was your education on hemp and cannabis and fibre and food and fuel and smoke and [crosstalk 00:07:15] that's really when it became clear.

Chip Baker: At the time we really had to like ... There wasn't acceptance on cannabis use so we talked about hemp a lot in the Cannabis Action Network.

Jessica Baker: Mostly hemp because the medical cannabis scene was not started yet.

Chip Baker: And it was still considered inappropriate.

Jessica Baker: And we thought we'd get arrested.

Chip Baker: We all thought we'd get arrested, something like that. We had a really happening group and we did a lot of great things together. I remember one of the things we did, this is great and I'll admit to it now, is we were actively involved in fighting against the propaganda. Somehow, I believe [Kevin Applin 00:08:07] gave me the idea, he was Cannabis Action Network out of New Orleans at the time and the idea was that we should go to the health department at UGA and steal all of their literature that was anti-cannabis. It was just awful propaganda.

Jessica Baker: Such lies.

Chip Baker: They were saying that your DNA changed [crosstalk 00:08:37] all this-

Jessica Baker: You'd be infertile.

Chip Baker: Infertile.

Jessica Baker: Or sterile or whatever.

Chip Baker: Jessica really thrived at this.

Jessica Baker: I really liked that part.

Chip Baker: She would go in and her and her roommate Nina would go in and either complain

about a health issue because you had to actually go talk to the guidance counsellor [crosstalk 00:09:03] was subversive, right? We stole all the pamphlets on cannabis, they were lame. The pamphlets are gone, they can't give it out to anybody, right? We also replaced them with some of our own pamphlets.

Jessica Baker: Yes, we had our own fliers and stuff.

Chip Baker: Own fliers and I remember getting caught for that, you remember that?

Jessica Baker: I don't.

Chip Baker: The leader of the health department called me up-

Jessica Baker: Oh, of course.

Chip Baker: They had this series of master's students and teachers and they literally just whipped my ass, right? Blah, blah, weed's bad, weed's bad. I mean they were just on me, I couldn't argue with them at the time, but they also told me how pissed they were because they didn't have any more money to reproduce that literature. When they told me that I knew we had done the right thing, right? So we stepped up our game, right, and went to the library. We stole all the books that were propaganda. We just got rid of them. I worked at libraries for a long time and I knew how to pull out the magnetic device that tracked the books when you went in and out of the library. So we'd pull out those devices and just threw them away, right? That was incredibly awesome. Do you remember the hemp for paper?

Jessica Baker: Yes, yeah, all those stickers?

Chip Baker: The stickers and the phone calls?

Jessica Baker: The phone calls.

Chip Baker: The print centre.

Jessica Baker: Remind me. Too much cannabis smoking.

Chip Baker: We put out these fliers that said call this number for hemp paper.

Jessica Baker: Oh, yeah.

Chip Baker: Don't you remember that? And it was to the school print shop and they couldn't answer the fucking phone enough. They got hundreds of hundreds of phone calls to where they also approached us and said you've got to stop this. We'll get hemp paper, how do we do it, right. That's when I knew we were starting to win a little bit. They got hemp paper and they said it was too expensive and we got them a source. They even bought some from us, right. It was incredible-

Jessica Baker: So funny.

Chip Baker: Incredible, incredible days. You were involved in one of the best things we did back then, though. We got the dorms to stop calling the police for smoking weed.

Jessica Baker: I still almost got kicked out of the dorm for smoking weed and roller skating through the hallway at 4:00 AM on another substance, but yeah, it's funny. I forget about these things.

Chip Baker: Oh man, that was one of the best moments right there.

Jessica Baker: I thought you were going to say the Rainbow Coalition march. We went on with Jesse Jackson, that was pretty dope.

Chip Baker: Yeah, so Rainbow, there was a lot of information, a lot of ... Police have always ... How do I phrase this? There's been police brutality in the South for a long time, especially against minorities and people of colour. I can't remember the guy's name, but he had some mental breakdown and walked out of his house naked-

Jessica Baker: He was on PCP.

Chip Baker: No, that's what the cops said he was on PCP.

Jessica Baker: Remember ... Oh no, that's right. They said he was on PCP [crosstalk 00:13:04] but he was having a psychotic break.

Chip Baker: He was having a psychotic break and he was just literally walking out and he was naked and the cops killed him. Two cops shot him, killed him and Jesse Jackson really took the issue and I'm not sure if the Rainbow Coalition was already formed or ...

Jessica Baker: It was already formed but I think they just decided to have a big march.

Chip Baker: A big march.

Jessica Baker: In Atlanta.

Chip Baker: In Atlanta and it was one of the first, it was really big, man, it was really big. One of the first like that.

Jessica Baker: There were tonnes of people there.

Chip Baker: We show up on this five mile march or something that we did, Jesse Jackson led the marchers. We had been training with the Green Panthers. Do you remember the Green Panthers? The Green Panthers, they took notes out of the Black Panthers' playbook and taught us about civil disobedience. How to organise at marches and rallies. We made a bunch of signs.

Jessica Baker: And there were like a handful of us, I think four or five of us went.

Chip Baker: It was Alana, Jessica, it was always Alana and Jessica. Always Alana and Jessica and maybe Dave.

Jessica Baker: Cheese dick? Sorry.

Chip Baker: Sorry Dave if you're listening to this, that was one of your nicknames, but you were just so suave, right? We made up all these signs and passed them out and they were cannabis related signs, right, a lot of them were.

Jessica Baker: Yeah, they were.

Chip Baker: A lot of them were cannabis related signs. That was one of the first times we were out in public with [crosstalk 00:14:53] right. I kind of remember the police tried to search us.

Jessica Baker: Yeah, we definitely were one of the very few white people there.

Chip Baker: Yeah, there was like five white people there and it was us, right, that weren't cops.

Jessica Baker: Yeah, that weren't cops, exactly.

Chip Baker: Right, right. We got so many people that came up to us at that and supported the cannabis-

Jessica Baker: And thanked us for being there.

Chip Baker: And thanked us for being there and we were calling it cannabis back then, too. We immediately picked up on that. Marijuana is a racist term, [Jack Care 00:15:32] he told us that, right? Right.

Jessica Baker: I remember there was a band playing at some restaurant and they started playing Get Up, Stand Up by Bob Marley and everybody was so excited.

Chip Baker: Totally, get up, stand up. That really reinforced our activism, our cannabis activism and it was in the South so there wasn't that much cannabis so that was how we got ...

Jessica Baker: Not very much good cannabis.

Chip Baker: Or, I mean, at all.

Jessica Baker: Or cannabis in general, yeah.

Chip Baker: It was 1990s, the early 90s, man, Operation Green Merchant had just happened a few years before where they suppressed all of the grow stores and the seed sales in High Times and the equipment sales, mail order sales. They suppressed all of that and so access was really, really difficult. It was also at the same time there was a

joint effort in the late 80s, early 90s with a campaign against marijuana planting in northern California that further suppressed the supply, right. Up until then, you could pretty much just plant weed outdoors and get away with it, there was nobody looking for it up there, up in northern California. Wow, memory lane.

I think this is a good point to take a break, this is the Real Dirt with Chip Baker and Jessica Baker. We'll be right back. These new episodes are made possible through some really awesome partnerships. We want to form long term relationships with other entities who have similar goals. Thanks to Grower's Soil, a line of soil and nutrients manufactured and developed right here in Colorado. Also, thanks to Cultivate Colorado with two stores in the Denver metropolitan area. Cultivate has one of the largest selections of indoor horticultural equipment in the known universe. Stop by if you have any growing needs. Grow your dreams, cultivate your legend.

All right, and we're back. Getting eaten alive by mosquitoes.

Jessica Baker: Definitely eaten alive.

Chip Baker: Right, we sitting in a traditional style Peruvian building. Interesting, if you're in it, it has a yurt-type shape. There's one, two, three, four, five, six like eight walls here, there's two floors. This is all like post beam wooden construction, the slats that are the walls have a quarter inch gap in all the slats. I guess that allows the shrinking of the wood. There is mosquito netting, there's mosquito screen. It's open air, really, it's all screened in. There's monkeys coming here and bugs-

Jessica Baker: Palmetto bugs.

Chip Baker: Palmetto bugs, flying cockroaches. It's a really cool place to be.

Jessica Baker: It's very much like our house in California, the shape of it.

Chip Baker: Yeah.

Jessica Baker: I mean, our house is pretty luxury, but just the shape of it.

Chip Baker: Yeah, totally, totally.

Jessica Baker: The yurt style.

Chip Baker: The yurt style, it's not two stories. Anyway, eaten alive by mosquitoes. You can hear the jungle sounds at night. I'd like to talk to you about medicinal uses of cannabis in traditional Chinese medicine.

Jessica Baker: Okay, yeah. Cannabis is one of the oldest cultivated crops in China. Some people say it is the oldest or the first cultivated crop in China. I don't know if that's true, but definitely lots of evidence of at least 10,000 years of human cohabitation, cultivation, evolution, whatever you want to call it with cannabis.

Chip Baker: Some of the archaeological evidence is astounding. It's literally found in the oldest archaeological sites in China, right? Hemp seeds, ashes, cannabis ashes, tinctures preparations, all of that can be found.

Jessica Baker: All of it. And the textiles and everything.

Chip Baker: The textiles, absolutely.

Jessica Baker: It was their plant for so much, the literal food, fibre, medicine, sacrament, whatever you want to call it. Like much of the literature from China, we have these old texts that we use in Chinese medicine that are 2,000 years old. Shennong is the divine farmer, they call him and he, depending on who you talk to, was either from 25,000 years ago or more or less, all the books say something different. He is the father of agriculture, animal husbandry, and cannabis. Cannabis is almost in its own little category, I think, because it was used for so much and in the old text, they talk about cannabis being a very ... One of our superior plants that helped us astrotravel ... Made sure that it promoted our highest self, it allowed us to reach our full potential and something they called make the body light, which a lot of people now will just translate as it helps with weight loss.

But really it was about, I know, I'm like, that's really deep, people. It was really about the creating that light, exactly, like Scythians and stuff.

Chip Baker: Right.

Jessica Baker: Yeah.

Chip Baker: One of the things that came from hash was the extraction of seed. One of the ways they developed hash, it's theorised, is the extraction of seed. If you can imagine, there's a cannabis field and people observe animals eating buds looking for the seeds, right, because they're very rich, protein rich, high in amino acids. They then noticed the animals get high, right, because even though cannabis and THC has to be oil soluble, the hemp seed, the cannabis seed is super rich in oil. That was how, it's theorised, that humans observed it, right, is through animal behaviour.

Jessica Baker: Which is how we learn so much.

Chip Baker: Right, right, right. So then imagine like oh going to extract hemp seed, right, and either you're cooking it out or you're beating it, right, and you're going to get the resin-

Jessica Baker: On your hands.

Chip Baker: On your hands, right? Eating it was the first way that people got high because now they're extracting the seeds, right, beating them in their hands, grinding it up to get the seeds and then just eating handfuls of seed with the resin on it, right? So that's the logical way that people discovered cannabis, right, discovered the psychoactive

effects of cannabis. Then that went to the hand rubbing of the plants in order to extract the hash, right?

Jessica Baker: Yep.

Chip Baker: It was like a really logical way that it all happened, right? In India, to this day, they still make hash this way. They take their hands and they rub it up and down the buds and they go through the big field of wild grown hash or wild grown cannabis and just rub it, just rub it and extract the resin from the buds without harvesting it. Fresh, live, the original live-

Jessica Baker: The original live resin.

Chip Baker: Resin and then make the temple balls. That's where the temple balls came from.

Jessica Baker: Memories of the temple balls.

Chip Baker: Hey, let's take another right there. This is Chip Baker, Jessica Baker with the Real Dirt.

I've got to give incredible thanks out to Denver Normal. They're an organisation that advocates for the rights of every marijuana consumer in the mile high city while also creating long lasting partnerships with local businesses that share our value. Thanks Denver Normal, it takes people like you to really make a change.

And we're back, we are getting eaten alive. Oh, shit.

Jessica Baker: Chip never gets eaten by mosquitoes so for him to be eaten you know they're bad.

Chip Baker: We're going to carry on this podcast as long as we can. We do have an appointment with the shaman in a little while. It's been an incredible week here at Refugio Altiplano. Ayahuasca is plant based medicine that's used traditionally throughout the Amazon, throughout South America, now through the world. There's been tonnes and tonnes of research and information on ayahuasca the past several years. Me and Jessica have made fun of, okay I've made fun of people getting high on it and just having the hallucinatory effects. Our friend Kelly Green, aka Sparkles, he's been coming down here for 18 years and bought this place like three or four years ago and has been trying to get me to come. I've wanted to come down here with him because I knew how traditional it was. I knew that he had traditional Shipibo shamans, I knew about their songs, I knew about their training and I've always wanted to come to this type of event as opposed to doing it in someone's living room or in some space in the city.

If that's your gig, I'm not going to discount it. Everybody can get the medicine however they can get it. However, I think there's a lot of hallucinatory drug use of the plant. There's a lot of combinations of what people consider ayahuasca to be.

Jessica Baker: Right, because traditionally it is ayahuasca and chacruna, the female and the male

energies and we heard the creation story and it was beautiful, but some lodges will put in datura or-

Chip Baker: San Pedro.

Jessica Baker: San Pedro or campo or other additives that they just said ... Other plants that maybe give you some sort of hallucination or stimulation.

Chip Baker: Designer drug.

Jessica Baker: As Jose was telling us today, the medicine is the ayahuasca and the chacruna and that gives you everything you need and not just a drug like experience. It is the medicine.

Chip Baker: Absolutely. So the chacruna has the DMT compound in it, it's a leaf and the ayahuasca is a vine. I'm not even going to try to pronounce the Latin name of it.

Jessica Baker: Oh, oh the banisteriopsis caapi.

Chip Baker: Right. We witnessed how they made the product. We've seen them collect it, we've been through the forest with the shamans and they've educated us about it. It's been a really incredible, incredible experience, but what we both noticed is this is a multi day ceremony experience and it's-

Jessica Baker: Not for the faint of heart.

Chip Baker: Not for the faint of heart. It takes two weeks of a special diet and then we flew from Denver to Houston to Lima, overnighed in Lima. Lima to Iquitos, overnighed in Iquitos and then an hour boat ride up the Amazon to this incredible, incredible 900 acre preserve. Incredible journey to get here, no caffeine, no sugar, no weed.

Jessica Baker: No weed, we have not smoked cannabis now in-

Chip Baker: Three weeks.

Jessica Baker: Three weeks or more.

Chip Baker: A long time, it seems like.

Jessica Baker: It seems like a long time, but as much as I love cannabis, I was using it like the drug that it's not.

Chip Baker: We puff heavy.

Jessica Baker: We puff heavy and it was definitely dulling of senses and not even ... Really not appreciating it for the medicine that it is and just kind of using it as a crutch.

Chip Baker: Absolutely.

Jessica Baker: I work with all plants so it's interesting to see my own relationship with cannabis and how it wasn't in a healthy place, but using my being an herbalist as an excuse to keep smoking it the way I was smoking, you know, and so it's been really good to just be able to have this experience with ayahuasca and really, almost deepen my love for cannabis so much that I know I don't need it as much.

Chip Baker: You know, one of the things about Jose our shaman here, Jose and Daniel, they said today that they only believe using just the ayahuasca and the chacruna leaf because it's not so hallucinogenic and it can be.

Jessica Baker: Oh, dude.

Chip Baker: It can be.

Jessica Baker: Let me just tell you, it can be.

Chip Baker: But what we've noticed is that you can just take a sip and it will take your mind there, but it's the songs of Jose. He sings in Spanish and Daniel, he sings in Shibipo and these songs are ancient songs that are passed down through generations and hundreds of years.

Jessica Baker: Thousands of years.

Chip Baker: Thousands of years, thousands, ten thousands of years.

Jessica Baker: Who knows how many years?

Chip Baker: These songs are the healing powers. It's not solely the ayahuasca and I believe that I don't see how you could get the effects without the songs.

Jessica Baker: You know maybe, I was thinking about this earlier because we've been talking about this like it's the songs, it's the songs and Jose did say today it's the ayahuasca as well. It's all of it because she is the mother of all plants, really.

Chip Baker: Yeah, but that's also when he said doesn't believe in the hallucinogenic application of it.

Jessica Baker: Exactly.

Chip Baker: I'll tell you the first night it was pretty goddamn hallucinogenic.

Jessica Baker: Oh, I mean, I feel like two out of three nights so far have been the highest I have ever been in my life with the visuals and the moments and just the realisations and really, what I get out of the ayahuasca is they are deprogramming years and years and years and hundreds of years and all of the lies Christianity told us and all of the lies we've been told by everything, media, our parents, because they don't know any better, their parents. It's like deprogramming of all the lies we've been told

about who we are. Our relationship with the plants and with the planet and it's been really eye opening to see that these are things that I've thought about in meditation and working with other plants, but this is like, at least for me, there is no denying the wisdom of this plant.

Chip Baker: Eye opening, for sure. It's kind of like a volume, here's a great explanation of it, I think. You've got your favourite band, Jerry Garcia is singing help on the way and you can listen to it and 10. You can turn the volume up to 11 or you can hear the same song at a very low volume and that's the aya. The first night, I drank a half a cup of fresh made, like cut off the vine, made the day before, and it was pretty strong. It was pretty strong, maybe too strong to be able to really receive the message, I got it. Second night a quarter cup, the message was clearer, more clear to me on the quarter cup. Last night, I had a half a cup again and the message was clear, but I don't think I need that much.

Jessica Baker: I swear I got like two sips last night and was just floored, floored and flying.

Chip Baker: Yeah, I just need to open the door a little bit to see the light. I don't have to like-

Jessica Baker: Bust out the sensors.

Chip Baker: Yeah, totally, right. Got some great plant medicine here. One of the really cool things we've done here is walk around the forest and saw all of the plants that are used for medicinal healing. We went to the marketplace and saw the herbs and bought some herbs. Got a great compound for mosquito bites.

Jessica Baker: El sangre de grado, the blood of the dragon.

Chip Baker: And just the herbalism here is incredible. We've taken flower baths and seen what the sap of what tree is good for stomach ailments and the one that's good for liver ailments and-

Jessica Baker: Good for everything.

Chip Baker: The noni.

Jessica Baker: We got to see noni.

Chip Baker: We found a noni patch and we looked for some wild Colombian cannabis but we never were able to find that and that's just how that goes.

Jessica Baker: We'll have to go to Colombia for that.

Chip Baker: We're going to have to go, yeah, right, right, right. So Jessica's got a book coming out.

Jessica Baker: I have a book coming out. I'm in the developmental phase of editing right now. It's called Plant Songs which I just think is hilarious because I didn't even drink

ayahuasca yet and I already am singing with plants and hearing their songs. It's just interesting to see that so much of these songs, the icaros are songs of the plants and the plants healing and they will literally infuse with these songs with healing plants. That's basically what my book is about is 16 different plants, 16 chapters and just kind of following my life from childhood to now with plants and how they've inspired me or the lessons that I've learned from them infused with Chinese herbalism, Western herbalism. References from other, Culpepper, who was an herbalist in the 1600's, Galen, Theophrastus, all of them from ancient Greek to as much information as I could find. It's kind of all weaved together into these stories of how plants are here, basically, to heal us.

Being here has really just reminded me that that's exactly what's going on. There were times writing my book where I'm like, this just seems kind of weird and crazy and am I making this stuff up? And then being here with the shamans and hearing their songs and their stories, it's like no, man, I was just tapped into that ancient knowledge.

Chip Baker: Absolutely, so tell us about the cannabis chapter.

Jessica Baker: The cannabis chapter was one of the most difficult for me to write.

Chip Baker: Really?

Jessica Baker: At first it was the most easy and then my editor, Jason, was just like, "We need more of your personal story in this, in the cannabis chapter." I realised I had left a lot of my personal story out from being traumatised from 20 years-

Chip Baker: PTSD.

Jessica Baker: Of Humboldt county and living in the Emerald Triangle and-

Chip Baker: Law enforcement, eradication.

Jessica Baker: Law enforcement, eradication, hearing-

Chip Baker: Friends going to jail.

Jessica Baker: Yeah, all of it, just hearing all of their stories. That is one thing that I'm still working on in the book is the cannabis chapter and trying to figure out what my own personal stories I can infuse in there more because I think it's important for my own healing and for everybody else who lived through eradication like that. Just hearing their stories and hearing the other stories of the people here have made, it just makes healing easier when you hear somebody else's story.

Chip Baker: Well, you've been writing the book for a couple of years. It's going to be out early 2018?

Jessica Baker: Yeah, maybe even by the end of this year, who knows?

Chip Baker: Oh, okay.

Jessica Baker: It depends on as long as I can keep up with my deadline and then when it gets over to the publisher they say that can only take a couple months, so it could be out by the end of the year. If not, it will by 2018.

Chip Baker: It's the end of July right now, August. Awesome, well we're going to take another break and when we come back we're going to talk about Jessica's favourite cannabis strains. We're going to get a grow tip, we're going to get a weed story on the Real Dirt this is Chip Baker, Jessica Baker.

Denver Normal is an organisation that advocates of every marijuana consumer in the mile high city while also creating long lasting partnerships with local businesses that share our values, a deep love for the community, the cannabis plant, and a commitment to educate our audiences. Thanks Denver Normal.

That's right, we're back, this is the Real Dirt with Chip and Jessica. Tonight Jessica's on guitar, mosquitoes are on me, sweat is pouring like the river Amazon. Let's see, last we were speaking about your favourite strains, Jess. Let's talk favourite strains.

Jessica Baker: Favourite strains.

Chip Baker: Favourite weed strains.

Jessica Baker: Favourite chemovar of cannabis.

Chip Baker: Cultivars?

Jessica Baker: Chemovar, cultivar.

Chip Baker: I can't say I've heard chemovar.

Jessica Baker: Chemo.

Chip Baker: Chemo, chemovar.

Jessica Baker: Chemovar, chemovar. Let's see, first of all, I'm just going to say that I'm not going to say indica or sativa because as we know, those are pretty arbitrary terms at this point. My favourite strains are something called Jasmine, which is from the 90s that we are bringing back to life and-

Chip Baker: Tell us the Jasmine story.

Jessica Baker: Okay, the Jasmine story, well-

Chip Baker: Tell us a good Jasmine story, how about that?

Jessica Baker: I can't tell you the Jasmine story.

Chip Baker: Tell us what Jasmine is.

Jessica Baker: Jasmine is silver haze golden boy. Golden boy is some Hawaiian strain, or what we were told was an Hawaiian strain.

Chip Baker: We never got a clear answer on that.

Jessica Baker: We never quite got the answer on that, but-

Chip Baker: I've heard Ontario, I've heard Bay area ...

Jessica Baker: The initial seeds came from Vancouver.

Chip Baker: Right, from Mark Emery.

Jessica Baker: Mark Emery at BC ... What was that called back in the day? BC ...

Chip Baker: What was that called back in the day? Mark Emery ...

Jessica Baker: That shop he had.

Chip Baker: Yeah, before he went to jail for a years.

Jessica Baker: On Hastings.

Chip Baker: He had the Cannabis Culture magazine, right?

Jessica Baker: Yep. And they had, it wasn't a podcast, they had like a television channel or something.

Chip Baker: Pot TV.

Jessica Baker: Pot TV and so it's this amazing that just had this leaf that is like blue green colour that I haven't really seen on any other cannabis plant and just the buds were like, how did your cousin Paul describe it the first time he say it? That it came from some other planet or something.

Chip Baker: Alien. It's very dense. It has that bubba-like darkness to it. It's very calyx oriented that swells up, the calyxes swell up-

Jessica Baker: The calyxes just swell.

Chip Baker: It gets rock hard and-

Jessica Baker: And like oozes.

Chip Baker: Oozed resin and outdoor the buds will get as big as corn cobs and you can break them open.

Jessica Baker: They're like golden in the middle.

Chip Baker: It's golden inside just like kernels of corn. There's a few other strains I remember doing that. One was called Sunflower, that was some of the first outdoor we got from Humboldt and it had that similar thing. You broke open a nugget, like crack it open like corn and you could see the huge calyx on it, huge full seed pods.

Jessica Baker: So Jasmine's one of them.

Chip Baker: Why is it your favourite?

Jessica Baker: You know, that's a hard question. I love the smoke, I love the colour, the smell, the way it makes you feel. It was just one of those it was like enlightening.

Chip Baker: It's a very heavy incense smell.

Jessica Baker: Very heavy incense and some people thought it was too heavy, but for me it was really like up. I didn't really get-

Chip Baker: If you survived the first like 15 minutes of it it would pick you up.

Jessica Baker: That's true, good point.

Chip Baker: But there's hybrids of that coming back around.

Jessica Baker: Yes.

Chip Baker: We're excited about that.

Jessica Baker: We are excited, we'll see what the next incarnation is.

Chip Baker: [inaudible 00:48:06] friends and people who have stored seeds and cracked them.

Jessica Baker: Kept it alive.

Chip Baker: To some degree, right, right.

Jessica Baker: Well, you know, the babies of it. So then my other favourite would be, well one of my favourites would be the original Train Wreck, none of the Afwreck crap that has-

Chip Baker: Or Arcata Wreck.

Jessica Baker: Or the Arcata Wreck, none of that crap.

Chip Baker: Or E-32 or any of that shit.

Jessica Baker: The original where it is like pure, just petroleum smell-

Chip Baker: Thin leaves.

Jessica Baker: Thin leafed, tall, lanky.

Chip Baker: Thin stem, falls over, hard to grow.

Jessica Baker: But just strong. It was like-

Chip Baker: Paranoid high.

Jessica Baker: But obviously I like those really strong highs, it's kind of what the theme of this is and then Sour D. I mean, I love Sour Diesel, man, it's just, again, not the easiest to grow. Some people don't even like to grow it, but again, I think I just like petroleum smelling weed.

Chip Baker: The fuel.

Jessica Baker: I like the fuel.

Chip Baker: The strong, yeah, right, right.

Jessica Baker: And it just kind of keeps going and going and if you do love it, man, it will produce.

Chip Baker: Yeah, she's a beauty. Why do you think that Sour Diesel, of all those strains like Sour Diesel's the one that stayed? I mean, '91, '92, first introduction of that strain, why do you think it stayed? People don't grow Trainwreck anymore.

Jessica Baker: I think just the demand was so high and that's why it stayed, because you can still sell it.

Chip Baker: Why do you think the demand is high?

Jessica Baker: Because rapper rapped about it? I don't know. I mean, I think definitely having bunch of people rap about it helped.

Chip Baker: It has really good colour, it's light colour, it's a really consistent strain. It's one of those things people can identify by smell and look. Rappers rapped about it in the marketing.

Jessica Baker: I just have to say, not being able to smoke as we talk about all this is kind of funny.

Chip Baker: Yeah, totally.

Jessica Baker: Because all your other podcasts they're like smoking out and we're not smoking

out.

Chip Baker: We don't smoke out all the other podcasts. All the Tony don't smoke OG podcasts. If you haven't downloaded Tony don't smoke OG podcast, it's weed snobbery with me and my good buddy Tony and a few other guests.

Jessica Baker: T300.

Chip Baker: T300 and 225 and THC Farmer and a couple great, great people are on that podcast. Those are your three favourite strains? Or just three named?

Jessica Baker: Let me see, those might be my top three. I'm trying to think, well I really like Pineapple just for a whole nother reason. That was just fun to see outside and short and squat and totally uplifting high.

Chip Baker: Yeah, totally.

Jessica Baker: Yeah, I'm going to say those are my top three.

Chip Baker: So we've spoke about our cannabis enthusiasm and our history together the past 20 plus years with cannabis and each other. Things have changed, things have changed. Let's talk about the good and the bad. Man, I'm just getting eaten up still or maybe it was that walk in the jungle we just took.

Jessica Baker: We took an awesome jungle walk. Okay, but, the good and the bad of the changes. The good is people don't feel like criminals anymore.

Chip Baker: Well, in a few states.

Jessica Baker: In a few states.

Chip Baker: No, no actually, all over the country people think it's legal now, even if it's not.

Jessica Baker: That's true, the whole dynamic of the stoner mentality changed. I think that some ganja farmers have also gotten a little bit more respect for what they do because now they're providing like a commodity instead of a quote unquote drug.

Chip Baker: Or a high that ... The value of the crop has dropped so many people what were involved with it currently have heart.

Jessica Baker: Well, some of them do.

Chip Baker: Well, it's different when it's \$1000 a pound as when it's \$5,000 a pound, because me and you started out ...

Jessica Baker: Yeah, but if you're going to just grow 2000 or 3000 pounds, it may not have the heart, you just want a little bit more.

Chip Baker: Grow 2,000 pounds at \$1000 a pound, right, you just made \$2 million. In 1995, you had to grow 500 pounds to make \$2 million. That's my point is that because the people are growing more it means that their heart's in it more because they're making less money. It takes way more to grow 1,000 or 2,000 pounds than 500 pounds. You can grow 500 pounds by yourself. Yeah, yeah, yeah, I know.

Jessica Baker: You actually can.

Chip Baker: It's a bold statement, but it can be done. Okay.

Jessica Baker: I think those are positives. The bads are a bunch of people are breeding shitty strains and bad seeds and passing around like horrible ... There's so much better weed out there but you go to a dispensary and it's just crap, no offence.

Chip Baker: There is bunch of BC bud in the country again.

Jessica Baker: That's kind of a shame. We were having this really high standard and now the standard is just dropping and people are like, "I'll just go get some mediocre weed and go eat at McDonald's." That's like ... I feel like we could elevate that culture a little bit more about quality over quantity. [crosstalk 00:54:30] And quality over just whatever that you think is the best but actually being, having some standard that's not just your egotistical standard because you think you grow the best.

Chip Baker: Yeah, what's that saying about wine? Sell no wine before its time.

Jessica Baker: Yeah, harvest no weed before its time.

Chip Baker: Harvest no weed before its time because that the one big problem-

Jessica Baker: Is everyone's harvesting early [crosstalk 00:54:57].

Chip Baker: Doesn't matter if it's an eight week or 11 week strain.

Jessica Baker: They don't understand that each strain needs its own time-

Chip Baker: Own specific attention. It's also a name game, don't you think?

Jessica Baker: Yeah, but the names are stupid and mean nothing.

Chip Baker: I agree, but for instance in Colorado everybody's got 77 strains because they claim that their customers demand a variety.

Jessica Baker: They don't demand that much variety.

Chip Baker: No, they buy some shitty weed and they're like, "Oh, I didn't like that, I'm going to buy something else." And they buy some more of your shitty weed and they're like, "Oh, I didn't like that." And that spurs it. If you've got fucking top five weed, people are going to buy that shit because it's the top, it's the best. I know maybe some of

the analytics don't support it but that's because people are looking at it wrong.

Jessica Baker: Okay, sorry, just to back track on other favourite weed, Neville's Haze.

Chip Baker: Oh, Neville's Haze.

Jessica Baker: Because it's ugly, it takes forever, you get no yield off it, but man you are just soaring.

Chip Baker: Soul pounding high, totally.

Jessica Baker: Sorry, that just popped into my head.

Chip Baker: I remember that and the Ghost Trainwreck Neville's Haze cross, that shit was great. People still grow that.

Jessica Baker: Oh, I'd like to have some of that, hint, hint, to whoever is growing it.

Chip Baker: Yeah, it's out there. DNA put that out for a while through their Reserva Privada sub brand of theirs.

Jessica Baker: The bad is also these, you go to the trade shows and it's just that 18 year old mentality of scantily crass [crosstalk 00:56:51] or not only like the ego, but it's just they think sex sells and it's like man, people want sophistication. They don't want a sleazy girl in a tight dress.

Chip Baker: Everybody wants a sleazy girl in a tight dress, but you can be sophisticated about it.

Jessica Baker: It's just so sleazy and just so not mature and it's like come on dude, we have ... If you're going to act like you have respect for this mother plant cannabis, man, have respect for the ladies.

Chip Baker: No doubt, dude, no doubt. People are really trying hard with cannabis and I say this all the time, people have their magic. They come into our store, Cultivate Colorado, they call me and they're like, "I got this special, magic, magic, magic thing that I do that makes my weed better." And almost all the time the weed isn't better, it's this magic that they claim to have.

Jessica Baker: It's their ego. They can't see past the fact that they think they did it better. We all have our ego, man, don't get me wrong. I have been there.

Chip Baker: That's what keeps me going.

Jessica Baker: And I may go there again, I'm just saying, let's really like pump up the standard. Another bad, what I call the pink shirts. They are the Google and Yahoo or executives or just whoever you were from your whatever job you had before and now you have money and you want to invest and you know nothing about the plant. You throw millions of dollars into something ignorantly and arrogantly and

then you walk around in your suit and you're like, "I'm so cool." And you don't really know anything about it and you don't really seem to care about the plant or the love of the medicine or anything, it's just your next profit. Which again, is fine, we live in a capitalist society, but at least educate yourself.

Chip Baker: Have some respect.

Jessica Baker: And have some respect.

Chip Baker: The wine industry, for instance, you get people with millions of dollars that roll into the wine industry and they educate themselves on it with real education and know what's going on and have true desire over it. So many people involved with cannabis are just there for the cash. Yeah, it's a good profit margin, even if it costs \$500 a pound, you can make money on it. Man, the lack of respect for sure. I think one we come from is people respected it so much because of what it gave you.

Jessica Baker: It was your livelihood, it was everything.

Chip Baker: It was your livelihood. You could go to jail forever for it and it's that like fight, that strain, that struggle that develops an admiration for it and so many people now are involved in the cannabis industry that never had to run from the police [crosstalk 00:59:49] bail their friends out or see families that they knew-

Jessica Baker: They weren't the freedom fighters, man, the freedom fighters deserve the respect not just like, oh, well now it's legitimate and I can do it better because it's legitimate and I'm not a criminal.

Chip Baker: It's just not true man, it's just not true. So many people, we're just bagging right now, so many people get this, they smoke a joint and they say, "I can make a million dollars with this shit." And I've seen it happen, 100%. I've seen people do that, but for the plant we would all be much better off if we didn't have the monetary aspects of it so much and that people did it for the quality, did it for the plant. They did it for the development, they did it for the R and D, they did it for the medicine.

Jessica Baker: Yep, absolutely.

Chip Baker: Let's talk about the good since we've been bagging.

Jessica Baker: Okay, since we've been bagging. Again, back to the good, the fact that [crosstalk 01:01:06] people don't necessarily have to go to jail forever. They get their life back, they can be proud of what they do. They can talk about what they do. People are being converted like the pink shirts, which is always a positive thing. A lot of those people will embrace the plant and cannabis has a way of enticing you and making you fall in love with her. I think that is definitely going to happen.

Chip Baker: She's a sexy bitch.

Jessica Baker: Just the lies and the shame and the guilt and the fear can really just go away for a lot of people which I think it awesome, especially in the California model how they're legalising, Humboldt county for instance is really kind of embracing ... Hey, if you've been doing this before, now come get your permit and we'll help you. Whereas before, Humboldt county was very negative towards cannabis growers, now they are really embracing the people in their community and it's about time because a lot of money was not spent in the community and Humboldt county kind of became a shit show. It's the wild west and there's a bunch of drugs and problems and violence and-

Chip Baker: The county's poor, poor.

Jessica Baker: The county is poor although they have billions of dollars in the cannabis industry and that being funnelled into the county is going to be amazing.

Chip Baker: Absolutely.

Jessica Baker: That goes for all counties that embrace it.

Chip Baker: Yeah, we saw it happen in Denver. We saw how the development took off between literally 2009 and 2017, it's growing today, it was fast track until 2014-15, but people made money and the number one investment people make is in real estate. They buy a second home, they buy a second business, they buy a second warehouse. That infrastructure really has multiplying effects.

Jessica Baker: Absolutely. And the schools and the fire departments and everybody benefits in the end.

Chip Baker: I wonder if that's why the fire department's so pissed off in Colorado or Denver is because they don't get enough money from it.

Jessica Baker: Probably.

Chip Baker: And the schools are getting all the money. Maybe that's what we should do or Denver should do is start diverting some of the money to the fire department. I understand they're the public safety wing, but they give people the most problems.

Jessica Baker: They're hard asses.

Chip Baker: Yeah, totally, totally, totally. I'll probably get some backlash over that one, but hey you know ...

Jessica Baker: The truth hurts sometimes.

Chip Baker: The truth hurts. When you roll in and you're like, "Oh, you've got to fix this." And you fix it and then six weeks later they roll back in and it's like, "Oh, yeah, you've got to fix this, too." And then six weeks later they're like, "You've got to fix this, too." It's like they know you've got to fix all this shit when they see it.

Jessica Baker: So just say it all at once.

Chip Baker: Just say it all at once and stop the harassment. We just keep on bagging, where's the good?

Jessica Baker: I've been talking about the good, Humboldt county, all the money.

Chip Baker: I know, we just went back to bagging though.

Jessica Baker: You went back to bagging.

Chip Baker: Okay, okay.

Jessica Baker: Okay, more good things ... More good things is more people smoking cannabis. More people using CBD. More people excited about terpenes. Just like really exposing the fact that it's just not THC or just CBD, but it's all of the constituents of the plants that are providing the medicine, providing the high, providing the experience, providing the connection. I just think all that's amazing.

Chip Baker: Oh, I remember in 2008 when I started ... Well, in 2008 I had employees with Royal Gold, I started the Royal Gold in 2006, but I remember in 2008 we had marketing campaign and I put hey, our technique increases terpene levels and my employees thought I was making-

Jessica Baker: It up.

Chip Baker: The word terpenes up. They had never heard of it and now it's commonplace.

Jessica Baker: Oh yeah.

Chip Baker: Right.

Jessica Baker: And the last year terpene is the buzz word. I even got asked to write that article in Aromatherapy Journal for those of you who don't know, aromatherapists, we have known about terpenes forever because they are in all plants.

Chip Baker: Not just [crosstalk 01:05:26].

Jessica Baker: Well, not all plants but definitely high in all of the aromatic plants and so basically an aromatherapy journal wants to talk about cannabis because of the terpenes. It was a great opportunity for the aromatherapists to learn about cannabis and for cannabis enthusiasts, stoners, whoever to really understand that hey-

Chip Baker: More complex.

Jessica Baker: It's a complex plant with a lot of constituents, but also other plants have it too. It's not this mystical, magical thing that only belongs to cannabis, because we really,

my hope for cannabis future and legalisation and just acceptance is that we realise it as a plant and there are tonnes of other plants medicines that we can use and we don't have to latch on to just one as the be all panacea that's going to cure everything. We need all the plants for that.

Chip Baker: Whether it's ayahuasca or cannabis.

Jessica Baker: Or lavender or peppermint or lemongrass, whatever it is, they are all going to provide some value.

Chip Baker: Right, oh yes, spray that bug bite.

Jessica Baker: Speaking of lavender, man, lavender for bug bites and itchy skins, burns, it's amazing.

Chip Baker: You know, I think I'm going to have to take a lavender bath. Hey, let's take a quick break right there. This is the Real Dirt. Download this and other episodes on [therealdirt.com](http://therealdirt.com) or you can check us out on iTunes, the Real Dirt podcast.

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Jessica Baker: That's what you get.

Chip Baker: Totally, that's what I get. Give me a weed story, Jess.

Jessica Baker: Weed story ... Okay, there are so many good weed stories. Oh, this is a funny one and since I got away with it I can totally talk about it.

Chip Baker: Oh, shit, what thing did you get away with and are talking about right now?

Jessica Baker: This is the trip to Maui.

Chip Baker: Oh, shit, this is great. What year was this?

Jessica Baker: This was definitely pre 9/11 because TSA, that wasn't happening and so it must have been '99.

Chip Baker: It was, yeah.

Jessica Baker: So me and two of my really good friends, Val and Kristy were going to Maui to visit another friend of ours named Tracy and of course, we're going to be gone like 10 days and I was definitely going to bring weed because I did have my 215, my

medical cannabis card and so I wore these pair of pants that had metal buttons and I didn't notice. For some reason back then I just put the weed in my pocket which is not-

Chip Baker: In probably like a sandwich bag, too.

Jessica Baker: Oh yeah, I think I had tripled up the sandwich bag or something. We're going through security and my button gets beeped in the fricking metal detector. They do the wand over me and it keeps beeping and I'm like, "Shit, that's the pocket with the weed in it." So they're like, "What's in this pocket?" And I'm like, "Nothing." They're like, "No, there's something in this pocket." So I like busted out and there's like-

Chip Baker: You pulled out the sack of weed.

Jessica Baker: I pulled out the sack of weed, it's probably an ounce or so, you know.

Chip Baker: Hell, a quarter pound, knowing you.

Jessica Baker: No, it was probably like an ounce, maybe like an ounce and a half.

Chip Baker: A Dutch ounce, it was a Dutch ounce, 100 grammes.

Jessica Baker: Then we are ... My friends are just looking at me and everyone at the plane is looking at me, everyone through the security and so I-

Chip Baker: All the people on the plane.

Jessica Baker: All the people on the plane are there and it's getting ugly and they're like, "Well, this is illegal." I was like, "No, no, I have my 215 card." It had expired like a few days before and I was like, "Ugh." And there are these two male cops and a female cop and they're like, "What should we do? What should we do?" And I'm like, "Hey, I think it's legal in Hawaii, too, right?" I was just trying to bargain with them and these guys were totally trying to be dicks and this female cop who was obviously the alpha just said, "Take it and go. Just walk away." I put it in my pocket, I walk away and the guys are trying to stop her and she's like, "Nope, let her go." Oh, that's a wind storm.

Chip Baker: Wind storm going on.

Jessica Baker: So they let me go and everyone on the plane sees this happen and they are just like ... Everyone is as excited as I am, right? And then my other two girlfriends, they had ganja food, so they're over there eating ganja food while I'm dealing with these cops-

Chip Baker: Trying to get rid of the evidence.

Jessica Baker: So then they see it and we're like, "Woo." And all these people are like, "Did they

just ley you go?" All these strangers are like, "Did you just get away with that?" I was like, "I totally just got away with that. You want a ganja cookie?" So then we dosed some people on the plane with ganja brownies or whatever they were.

Chip Baker: You're passing out ganja food on the plane on the way to Hawaii.

Jessica Baker: So we're passing out ganja ... The plane to Hawaii was like a party. I didn't drink at the time, still don't much, but I definitely didn't drink then and it was a party on the plane and I think part of it was the fact that every one was so stoked that I just got away with something.

Chip Baker: It was so new back then.

Jessica Baker: It was so new, that was just like ... I have never been thankful for a cop before.

Chip Baker: Was that in San Francisco?

Jessica Baker: This was in San Francisco at SFO and it was beautiful.

Chip Baker: You guys were so happy.

Jessica Baker: We were so happy.

Chip Baker: Jessica became a cult hero among her friends after that for a while.

Jessica Baker: Then, of course, we get to Maui and it's all epic and we smoke all our weed and we have to get more and it was good. It was just overpriced. Bring your own.

Chip Baker: Oh, hell, that's great, that's a great story. I think that's one of my favourite ganja stories with you.

Jessica Baker: It's a good one.

Chip Baker: Yeah, I've got a good one though, the Canadian border.

Jessica Baker: I'll let you tell this one.

Chip Baker: Me and Jess had been camping out in the car up in Canada and-

Jessica Baker: Total hippies.

Chip Baker: Total hippies like every night we'd smoke a joint in the car-

Jessica Baker: In the car.

Chip Baker: Right and had no idea we were stinking out.

Jessica Baker: Or maybe we just didn't care.

Chip Baker: So we're leaving, we're driving back and into the US, was it a rental car?

Jessica Baker: Yeah.

Chip Baker: Okay, and going back to the US and we get pulled over for search, secondary. The dog was all over the car or something a little basset hound. So they're like can I break your balls over the weed smell? And we're like, "Look dude, we don't got any weed. We got anything that smells like weed. We smoked a joint." It was legal there.

Jessica Baker: Yeah, we were like, "Why would we bring Canadian weed back? California weed is better." Remember? We told him that.

Chip Baker: Yeah, yeah, yeah, right, right, right. We're going back to Humboldt, right, right. So these cops were trying to scare us and they started to separate me and Jess and Jess just stood these like two huge fucking neanderthal cops down. Just looked them down, they wanted to search her, they wanted to question her.

Jessica Baker: I showed him my prescription.

Chip Baker: I was like, "We don't have no weed."

Jessica Baker: I showed him my prescription and they're like, "Well, you look healthy, what's your medical condition?" And I said that that was confidential information between me and my doctor and that they had no right to ask me about basically about my health and they got kind of confused over that and again, a female cop was there just smiling because she was just smiling.

Chip Baker: She knew the guys she worked with were dicks and Jessica was totally putting these guys into place.

Jessica Baker: And I was like so young.

Chip Baker: They kept like trying to this, that, this, that and she was like, check mate, right, right, right.

Jessica Baker: It's easy when you've been lying to cops since you were nine years old.

Chip Baker: And we didn't have anything on us.

Jessica Baker: I know, we definitely didn't.

Chip Baker: We just smelled like a little weed and we knew.

Jessica Baker: We probably smelled like a lot of weed.

Chip Baker: Yeah, totally, totally, totally, but they didn't even search us in the end. We were like, they didn't even search us.

Jessica Baker: No, because the dog probably didn't like ... Whatever they were looking for the dog didn't sniff out a specific area of the car probably because it was just diffused through the car.

Chip Baker: I remember looking at it and I don't think the dog smelled it out. I think this is a common police thing, they just run the dog around and like, "The dog indicated."

Jessica Baker: Right.

Chip Baker: Right.

Jessica Baker: And you know, in Canada, they just don't want hippies there. They really only want you in there if you've got money to spend.

Chip Baker: And it was US cops who were doing this.

Jessica Baker: Oh yeah, because it was the way back in.

Chip Baker: The US cops, right, right, right.

Jessica Baker: Which we just know how they are.

Chip Baker: Yeah, totally, border patrol. That was a fun one. We used to go to Canada a bunch, we haven't been there in years.

Jessica Baker: Well, no, we were just there last year in Vancouver, remember? After Alaska.

Chip Baker: Oh yeah, yeah, yeah.

Jessica Baker: Just a night though.

Chip Baker: Just a night though, right, right, right. That's a good weed story. We go to the medical dispensary there and they say, "Oh, you have to have a Canadian prescription." So I asked the guy, I said, "Well, is there some place we don't have to have a prescription?"

Jessica Baker: They sent up down the road.

Chip Baker: Surprisingly there was a whole nother place down the street, you know, a whole nother store that you could buy it without having the prescription or they didn't care. The woman is describing the weed and in typical Canadian fashion, love you Canadians. It was like an alternate universe up there, it's not quite the same as the US but it's real similar. She says, "Oh, yeah, these are OG and this means ocean grown so like it'll have a slight salty ocean taste."

Jessica Baker: We just looked at her like, "Did we understand that correctly?"

Chip Baker: In the US, they'll put kush behind the strain to give them more of a sales base. So it might not actually be OG kush but they'll put orange kush or diesel kush or purple kush just behind the name, kush behind the name, but in Canada, this place it was all OG in front of the name.

Jessica Baker: Hilarious.

Chip Baker: OG Trainwreck.

Jessica Baker: Oh, the weed we bought there was so bad.

Chip Baker: It was so bad, I remember that, I remember that, but you get what you get when you're on tour, so to speak.

Jessica Baker: That's true.

Chip Baker: All right, how about grow tip coming from a plant perspective.

Jessica Baker: From a plant perspective, you know, kind of what we touched on earlier is look at the plant as an individual and see what it needs, not you decide you want to grow 10 different strains and then you're going to be like, "Okay, I want to harvest this all on the same day." Without even looking to see what the plant ... Look for the cues in the plant. Some need more water, some need more fertiliser, some need more light, some need staking up more, some need 12 weeks, some need nine.

Chip Baker: So what do you say to the people how say, "Well, it's a commercial operation, you can't do that?"

Jessica Baker: If you know what you're doing you can.

Chip Baker: I like that, I like that graded simple answer. Let me ask you this then, if you've got seven different strains with seven different requirements that you're growing, how do you deal with it?

Jessica Baker: I would say you have maybe seven different reservoirs if they're going to be that different, if they're going to be that different. And maybe if you don't know what the plant is going to do, grow a little bit of it first before you try to do this [crosstalk 01:18:56] huge garden, figure out, exactly. Or maybe instead of just thinking you're the best grower, maybe ask people their experiences with it.

Chip Baker: You mean like Google or other growers?

Jessica Baker: No, like other growers. Definitely don't ask Google.

Chip Baker: There's some information out there.

Jessica Baker: I'm sure. I don't know, I'm not as much of an internet junkie so ...

Chip Baker: Who you calling a junkie?

Jessica Baker: I don't know if I've ever even Googled cannabis anything.

Chip Baker: Really?

Jessica Baker: I mean, I live with you. You're my Google. Another grow tip is just love the plant man, don't just think it's like all about you and this plant is just there to provide for you, because you're there to provide for the plant too. When you have that ... Chip has this great symbiotic relationship with cannabis of just like, man, he can read the plants. The plants really respond to him. I mean, he'll touch something and make it look like he just man handled it and the plants just bends. I'll touch a stem and it like snaps off in my hands sometimes and he's like, "Don't be so rough." And I was like, "I was just so gentle." So you know, it's really about communicating with the plant.

Chip Baker: No, you communicate with plant.

Jessica Baker: I do, but you know, I communicate with a lot of plants, cannabis is like your plant. Cannabis is my plant, too, but, you know, I think you guys must have evolved from the same seed or something.

Chip Baker: What is your favourite plant then in the plant kingdom? Oh, I know what it is, but why don't you tell our audience what your favourite plant is?

Jessica Baker: What's my favourite plant? I kind of feel like that mom who can't say that they have a favourite child, but-

Chip Baker: I'm going to say one of Jessica's top plants is nettles.

Jessica Baker: Nettles is definitely one of my top plants, yep, nettles is one of my top plants.

Chip Baker: Why?

Jessica Baker: Rose.

Chip Baker: Let's talk about nettles, why do you like nettles so much?

Jessica Baker: I like nettles, one, because if you don't pay attention to them they will sting the fuck out of you. They're like your reminder to pay attention to what's going on, but they're really nutritive, tonnes of iron and calcium and micronutrients and you can eat it, you can drink it, well steam it, you can't eat it raw. You can make nettle lasagna. Nettle soup is like the most delicious thing on the planet. You just feel like nurtured.

Chip Baker: All that vitamin A.

Jessica Baker: And just so much chlorophyll, the whole is just like the epitome of green it nettle. You make a tea and it is just like, green.

Chip Baker: What's with the histamine or antihistamine properties?

Jessica Baker: Yeah, the histamine reaction. So the stinging creates like an irritation so if people have arthritis or something, sometimes they'll even hit themselves with the stinging nettle and it can ... I'm not exactly sure what's going on but it really does help with that pain. It also helps with all sorts of dermatitis and it's just a great plant, but it's hard to have a favourite because now, ayahuasca might be one of my favourites now that I know it's the mother of all plants, it truly, truly is. The whole Amazon man, this is definitely where life begun so the more I learn the plants down here, I'm sure I'll have more of these favourites.

Chip Baker: Yeah, it just blows me away that out of the thousands and thousands and thousands and thousands of vines and thousands and thousands and thousands of leafy plants, that somewhere along the way, natives picked two plants that weren't food sources and put them together as a medicine.

Jessica Baker: Okay, well first of all natives didn't do that, but the plants told them what to do and the creation story of ayahuasca and chacruna, we talked about a little bit. There were a couple, they were a medicine man and a medicine woman that were married and they eventually healed all the people with their knowledge of the plants in the earth and just probably all sorts of astral, whatever healing they were doing. The man died and they buried him and the villagers would tend to his grave and then years and years later the woman died. They buried her beside the man and tended to the grave, cried over it. Everyone was now really sorrowful for it. Oh, so when the man died too, all of his power went into the woman so then she had the power of both her husband and herself.

Then when she passed, they tended their graves and cried over it and then one morning there was the chacruna plant growing where they buried the man and there was the ayahuasca vine where they buried the woman. Basically, these plants told them that this was the medicine of them together. So when you blend the chacruna with the ayahuasca you get the power of both the yin and the yang or the man and the woman and that is how the people knew to put them together was because they embodied the medicine people of their tribe.

Chip Baker: I love the story. There's so many things interesting about it. One that I find is interesting is it's a matriarchal story.

Jessica Baker: Like all ancient traditions matriarchal.

Chip Baker: Two is the ayahuasca vine is what they call the medicine. The DNT is actually in the chacruna leaves and the vine allows us to process it. Is the vine and MAO inhibitor?

Jessica Baker: I believe so.

Chip Baker: Okay.

Jessica Baker: I believe so and I think that's why you can't be on St. John's wart or anti depressants when you take it.

Chip Baker: Right, right, so the interesting part is the locals here and the shamans, they say it's the ayahuasca that's the power.

Jessica Baker: Because it's the divine mother.

Chip Baker: Yeah.

Jessica Baker: I would like to read up on that and actually see what, at least the scientists say is happening there because I am curious. I've never actually, I haven't looked into it enough to see what kind of reaction is happening with the plants together.

Chip Baker: Yeah, well that's what's going on is it allows the ayahuasca, the chemicals in it allow us to hold onto the DNT longer than a few moments, right.

Jessica Baker: So it prolongs it.

Chip Baker: Because the DNT, you only are able to, your body absorbs it immediately and just like that. It absorbs it immediately and digests it so to speak where the ayahuasca allows you to hold onto the DNT for periods of time.

Jessica Baker: It's definitely somehow doing that through the digestion because it is a very ... Whatever neurons that are happening between the brain and the gut is definitely happening.

Chip Baker: I don't know, I think that something else happened. I mean, I like the story. I think that it's [crosstalk 01:26:48].

Jessica Baker: Gringo says something else happened.

Chip Baker: Gringo says something else happened. Chip's theory is that-

Jessica Baker: Who time travelled?

Chip Baker: Chicken and the egg, right? I believe that someone either now or in the past or in the future eating ayahuasca, taking ayahuasca time travelled, astralprojected themselves back in time to the first people and showed them how to use it.

Jessica Baker: Oh, that's pretty heavy.

Chip Baker: Totally.

Jessica Baker: I will say ayahuasca I definitely travelled to other planets this week.

Chip Baker: People talk about it.

Jessica Baker: I mean it was absolutely true [crosstalk 01:27:30] we lifted off, we came back, I had this whole like, I don't want to get into it. That's a whole nother topic, but yeah, that shit's strong. So maybe it was a time travel, but I, as a plant person and as a medicine woman, I really like the other story. I like the creation myth story, you know, it's beautiful, romantic and just, it feels right, it feels right. You know, definitely back in the day we were more in touch with everything. We communed with every single thing so why wouldn't these plants in body and spirit lead the way for how we can heal because really when you are with true shamans like Jose and Daniel here, man, they are here to heal the world. That is really what we all need.

Chip Baker: They are shamans for sure.

Jessica Baker: They are here to heal the world. Their whole joy is turning people onto themselves and how great they are so they can be better people for everybody else.

Chip Baker: They don't like cannabis.

Jessica Baker: I think they, because too many people use it as a drug.

Chip Baker: They say it's dulling.

Jessica Baker: And it is dulling to the senses.

Chip Baker: And to the ayahuasca.

Jessica Baker: And to the ayahuasca, yeah, yeah. For them ayahuasca is the mother, the mother of all of us, whether that's plant, animal or human. Man, that's why they don't want anything to dull the mother because they want that direct connection with the divine.

Chip Baker: Mm-hmm (affirmative), yeah.

Jessica Baker: And maybe it also wasn't one of their ... Like in China, it is one of their oldest, oldest cultivated crops and maybe that's just not the case for this culture.

Chip Baker: No, I mean it's not native to here, it was imported.

Jessica Baker: So that's why, it's not their native plant, you know.

Chip Baker: They've got much stronger shit.

Jessica Baker: Yeah, they're like, "Oh that? That ain't shit compared to the mother."

Chip Baker: Right, right, right. What's the tobacco they smoke here?

Jessica Baker: Mapacho.

Chip Baker: Mapacho, which is nicotiana rustica, the original tobacco plant, right, that's from here.

Jessica Baker: I know, I feel like maybe we should take some home. I won't become a tobacco smoker.

Chip Baker: Do you think we're going to get a rain storm here?

Jessica Baker: Yeah, I think so.

Chip Baker: I think it's coming up, man.

Jessica Baker: That means the mosquitoes will get enlivened.

Chip Baker: Yeah, totally, totally. Let's listen to it for a second. Here the thunder in the distance. All right, well it's been a great episode of the Real Dirt, I've wanted to interview this guest for a period of time. Thanks for joining us, if you like this episode of the Real Dirt please download it at [therealdirt.com](http://therealdirt.com) or the Real Dirt podcast on iTunes. Please subscribe to our internet or our email list for special offerings and additional content. You can also check Jessica out at Baker Botanica and ...

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Chip Baker: [Jessicabakerlac.com](http://Jessicabakerlac.com), licenced.

Jessica Baker: Acupuncturist.

Chip Baker: Acupuncturist, right, right. All right, well this has been the Real Dirt, thanks Jessica.

Jessica Baker: Thanks, Chip.

Chip Baker: I want to thank you all for joining us today on the Real Dirt. I'd like to thank our sponsors Cultivate Colorado, Denver Normal, Cutting Edge Nutrients, Care By Design, Craft Cannabis, Baker Botanica and you the listener, thank you so much for giving me your time and attention and listening to this conversation with Jessica Baker, my wife, she's an incredible plantologist. Normally at this point I say how much I've learned about our guest through our conversation, I get blessed with this conversation with her all the time. Thanks again for joining us, download this and other episodes on [therealdirt.com](http://therealdirt.com) or look for us on the Real Dirt podcast on iTunes. Thanks again, see you next week.

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