

# TOP 4 CANNABIS TINCTURE MYTHS EVERYONE BELIEVES

BY SCOTT GALBIATI

*Featuring Bonus Quick Wash Tincture Recipe*



**CULINARY SOLVENT**

POT STILL REFINED BY THE NORTHERN MAINE DISTILLING COMPANY



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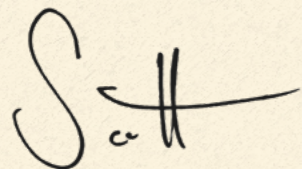
Dear Reader,

There are misconceptions about making cannabis tincture that result in wasted time, money, effort, and energy. My eBook discusses and disproves the top 4 cannabis tincture myths that everybody believes. The truth is that making a cannabis tincture at home using alcohol is quicker and easier than you might think, requiring no special equipment or training to get started.

Have you ever made coffee or tea? Yes? Congratulations! You are already an experienced tincture-maker, in that you have already practiced all the steps that we will go through to make tincture.

How much do you shake your coffee pot when the auto drip is dripping? How long does your tea bag steep, rounding up to the nearest minute? On the topic of time, when discussing tincture with folks, I always await eagerly for them to mention how long they plan to, or already have, let their tincture sit (infuse). More often than not I am met with confused blinks when I explain that the tincture they started 1.5 moon cycles ago was finished infusing approximately 1.45 moon cycles back. Responses are often then incredulous, especially if there was expectation they still had another 2 moon-phases before intense shaking of the jar and then waiting some more...

Fortunately, wasted time and other common mistakes can be avoided with the sharing of a little bit of information. This eBook intends to do just that. Get ready to save time, money, effort, and energy by making potent cannabis tincture from scratch in under 20 minutes.

-  (AKA Mr.Tincture)

*P.S. Remember, start small. Please see my bonus quick wash recipe included in the back, formatted for printing and filing away or bringing with you to the countertop.*



**MYTH #1:** Tinctures require a long time to reach “done”. Tinctures that infuse for long periods of time (days to months) are more potent than tinctures that infuse for only a few minutes.

**REALITY:** Cannabis tinctures are finished infusing after approximately 20 minutes.

**MR. TINCTURE SAYS:**

Cannabis tinctures don't require a lot of time thanks to nature's design of the cannabis leaf and flower. 100% of the cannabinoids (THC, CBD, and many more) exist on the outside of the leaf, specifically in the white crystals called trichomes. Trichomes are the plant's factories where cannabinoids are produced and stored. By dissolving the trichomes into pure food grade alcohol, all the cannabinoid properties and effects will be transferred from the cannabis leaf into the alcohol.

Because trichomes and the cannabinoids they contain are super soluble in 200 proof alcohol and the alcohol does not need to transfer into and then out of the leaf, cannabis tinctures will begin to exhibit properties of the cannabis plant in as little as 30 seconds. Most folks opt for the 3-minute quick soak, which seems to capture most (not all) of the trichomes while capturing minimal chlorophyll (green). Full extract soaks are recommended to go for 10 minutes. Tinctures that soak for 10 minutes and over will have fully extracted the soluble components out of the cannabis plant, including chlorophyll and naturally occurring vegetable waxes and oils. All of these additional extracted components are safe, natural, and sought after by many tincture preparers.

**CONCLUSION:**

On average, the alcohol in your tincture has fully dissolved all available cannabinoids after about 10 minutes. Waiting up to 20 minutes will ensure a full soak and full extract. If you happen to be one of those folks who has a tincture going from 2-60 days ago, you can go get it right now, it's definitely at full cannabis potency, I promise.



**MYTH #2:** Frequent agitation (shaking, stirring, etc.) helps an infusion infuse better and is required to make the whole thing work.

**REALITY:** Making tincture with 200 proof ethyl alcohol is a chemical process, not a mechanical one. There is no benefit gained by agitating the alcohol and cannabis mixture while infusing.

**MR.TINCTURE SAYS:**

A gentle shake to mix, and ensure that your 200 proof alcohol has covered the entirety of your cannabis, is all the agitation that is necessary for an effective tincture infusion. Shaking or stirring extra won't hurt, but you'll be spending time and energy without a return on your investment. Do you shake your tea when it's infusing or your coffee while it's dripping? Probably not. The same principle applies with making tincture.



See our blog for tips to prepare your cannabis for tincture: [www.CulinarySolvent.com/tincture](http://www.CulinarySolvent.com/tincture)

**CONCLUSION:**

Shaking is only necessary to ensure coverage of your alcohol over and around your plant material. There is no known benefit to shaking or stirring while the tincture is infusing.



### **MYTH #3:** Cold and/or hot temperatures will improve my tincture.

**REALITY:** Cannabinoids and trichomes are very soluble in ordinary room temperature 200 proof alcohol.

#### **MR. TINCTURE SAYS:**

Tinctures don't require special temperature techniques or settings to reach peak outcome. Temperature does not affect potency of the tincture. However, introducing cold to your tincture process has some other benefits and is explained in the next paragraph. Heating tincture is not required for making tincture and is not recommended. Abundant care should be exercised whenever considering the use of heating devices including hot plates, heating mats, crock pots or rice cookers for recipes that convert tincture into concentrated oil, like Rick Simpson Oil.



Visit our blog post on Rick Simpson Oil for more information: [www.CulinarySolvent.com/RSO](http://www.CulinarySolvent.com/RSO)

#### **A WORD ON COLD**

Reducing temperature can add benefits to your tincture in the form of flavor and color. Cold temperatures will literally freeze the minute amounts of water still present in your cured cannabis. This water is only present inside the plant, and so ice crystals will trap chlorophyll and plant waxes that can discolor or flavor your tincture. Trichomes exist on the outside of the leaf and are thereby not trapped in this freezing process. Trichomes and their cannabinoids remain very soluble in ethanol, even down to temperatures below minus 50 degrees Celsius. If the entire system (including alcohol, cannabis, jars, bowls, filters, utensils, everything) is kept way below freezing for the entire duration of the tincture infusion process, then the results will be a golden tincture with optimal clarity and minimal chlorophyll present. Chlorophyll is safe to consume but is reported to offer a "bitter" flavor to the final tincture. There is no known benefit to reducing chlorophyll beyond affecting the flavor of the tincture.

#### **CONCLUSION:**

From Florida to Maine, whatever is room temperature for you is already the perfect temperature for infusing potent cannabis tincture.



**MYTH #4:** Alcohol is “just alcohol” when it comes to making your tincture.

**REALITY:** Not all “alcohols” are created equal. When choosing an alcohol for making cannabis tincture, the alcohol’s proof, raw material, and distillation method should all be considered.

**MR.TINCTURE SAYS:**

When seeking out your alcohol for tincture, first and foremost ensure the alcohol in hand is only non-denatured ethyl alcohol which also goes by non-denatured ethanol. Ethanol is an alcohol but not all alcohols are ethanol and only ethanol is food safe alcohol. Non-denatured means no additives. Only non-denatured ethanol is safe for making tinctures.



Culinary Solvent is 100% non-denatured ethanol.

Please consider these three important alcohol properties when choosing your non-denatured ethanol for making cannabis tincture:



## PROOF

“Proof” is a measure of an alcohol’s strength and represents the amount of alcohol in a solution. 200 Proof means 100% ethanol. 100 Proof means 50% ethanol. Ethanol bottled and sold at 190 proof, including popular beverage brands like Everclear<sup>®1</sup>, contains 95% ethanol. The other 5% always represents water. Because trichomes and the cannabinoids they contain are NOT water soluble, there is no purpose to making cannabis tincture with anything other than 100% ethanol.



Culinary Solvent 200 Proof is 100% ethanol, perfect for making cannabis tinctures.

1 Everclear<sup>®</sup> is a registered trademark of Luxco, Inc.



After making your tincture, dilute the 100% ethanol content with water or other non-alcohol liquids to make the tincture more palatable.

## RAW MATERIAL

Different raw materials impart different properties on the final alcohol they create. Even at 200 proof, it is possible to quickly discern the originating raw material by quickly smelling the liquid. Cane ethanol offers a molasses–burnt–sugar aroma with a sweeter than most flavor profile. Grape ethanol announces its presence as soon as you open the container, the notes of grape peel, pulp, leaf and stem are all contained within the abundant palate when tasted. Wheat ethanol has a bready body (as you would expect) that migrates to moss and fresh earth. The flavor profile of wheat is typically more spicy than most.

Corn ethanol however is special. Corn ethanol provides the most neutral nose of all raw materials for making ethanol. The neutral nose is followed by a neutral palate, with a hint of sweetness on the tongue as the brain tries to figure out WHAT you’re tasting—it’s not bitter, not sour, not spicy, nor umami, and so after some nanoseconds of comparing the 5 basic categories of taste the brain settles on “sweet”.



Culinary Solvent is distilled from 100% corn to provide the most neutral base spirit available for making cannabis tincture.



## DISTILLATION METHOD

Most 200 proof alcohol today is distilled in large industrial factories using a column reflux still. Such equipment is capable of creating hundreds of gallons per hour of high proof ethanol, and this efficiency comes at a tradeoff of quality.

Conversely, pot stills operate on fixed batches of spirit to be distilled. Fixed batches permit the actual capture and isolation of not just remaining impurities, but also the capture of the distillation "heart". The heart is the middle of the run; it's the time when the still is outputting the purest product. Fancy automated systems don't run pot stills, a master distiller (human) is in charge of operating the stills and deciding when to start collecting hearts for bottling.



Culinary Solvent contains only hearts from the stills we own and operate.

### CONCLUSION:

200 proof ethanol distilled from corn and refined using the pot still method delivers the best neutral base alcohol for creating superior cannabis tinctures.





## WHO MAKES CULINARY SOLVENT

### MEET SCOTT AND JESSICA

*owners & founders*

The Northern Maine Distilling Company

It all began with a college business plan to turn Maine potatoes into super-premium vodka. We (Scott Galbiati and Jessica Jewell) met while pursuing degrees in engineering from Rensselaer Polytechnic Institute in upstate NY. In 2006 we moved back to Maine and got married at the family camp on Grand Lake in Aroostook, County.

That original business plan, first draft completed December 2004 and revised through 2009, guided us in building the Northern Maine Distilling Company from the ground up. Like all real startups, we had some changes along the way, including switching from potatoes to 100% corn and relocating from the family farm to an abandoned airport hanger in Houlton, Maine. Then in 2013 we moved the operation to our current location in Brewer, Maine. While intently focused on creating pristine neutral food grade ethanol, we are still able to offer a diverse line up of beverage and non-beverage products.

# HOW TO MAKE A BASIC CANNABIS QUICK WASH TINCTURE USING 200 PROOF ETHANOL

Tinctures are a mirror of the quality ingredients they once contained. Limiting the amount of time the liquid and herb will be combined reduces the amount of chlorophyll also infused. Follow this quick wash recipe for making a great basic cannabis tincture.

## EQUIPMENT & INGREDIENTS

- One (1) – glass “mason-style” jar with a new lid that seals tightly
- Stainless steel fine mesh strainer
- Large stainless steel or glass bowl
- Long handled metal spoon
- 14 grams (a “half-ounce”) of dried, cured cannabis
- 8 fl oz 200 proof food grade ethanol



Important (optional) step before you make your cannabis tincture. If you are seeking tincture with the psychoactive effects of smoking cannabis, you must first heat and cool the cannabis material in a controlled process called “decarboxylation”. Check out the how-to for “decarbing your cannabis” on our website: [www.CulinarySolvent.com/decarboxylate](http://www.CulinarySolvent.com/decarboxylate)

## RECIPE STEPS

1. **Combine:** 1/2 ounce of dried cannabis with 8 fl oz of 200 proof food grade ethanol. Use a spoon to push material down into the liquid, or if using an especially bulky herb, add a little more food grade ethanol so that all plant material is submerged. Do not add water.
2. **Agitate:** Stir or shake briefly to ensure total coverage of alcohol across all cannabis leaves and stems.
3. **Wait:** Set jar of tincture aside in a cool, dark place for up to 3 minutes.
4. **Strain:** Pour contents of jar into fine mesh strainer. Using a spoon, gently press pile of botanical to release last amounts of liquid. Retain liquid, discard botanical.
5. **Done:** This basic cannabis tincture is finished.

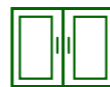
## STORING FINISHED HERBAL TINCTURE

### CONTAINER



Store in an amber glass bottle with tightly sealed lid. Dropper bottles are not recommended for long term storage.

### STORAGE LOCATION



Cool and dark like a cupboard or refrigerator door. Okay to store alcohol based tincture in the freezer.

### ESTIMATED SHELF LIFE



Use within 1–3 years.