



# Penny Barthel

## Author & Educator

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## Select topics for speaking engagements

### **Cannabis in the Garden: a New Story for an Ancient Herb**

This photograph-rich presentation begins by exploring the fascinating historical, political, botanical, medicinal and horticultural realms in which *Cannabis sativa* exists. We then explore cannabis in the context of the garden: cultivating, harvesting and enjoying this beautiful, healing master herb. This presentation works well with Q & A immediately following.

### **Cannabis 101: Understanding Cannabis for Health and Enjoyment**

This is an interactive deep dive into the many ways to enjoy cannabis for health and enjoyment without the unintended consequences of improper usage. Participants will learn about the endocannabinoid system, cannabinoids and terpenes, and how to best utilize cannabis for its various health & mood enhancing properties. We explore different cultivars of cannabis, various consumption methods, onset & duration, and the most common reasons folks enjoy cannabis. Participants leave ready to shop at a dispensary or create their own recipes at home.

### **Growing Cannabis in the Garden: from Seed to Harvest**

This popular class is all about growing cannabis in the garden, and appeals to gardeners of all levels. The class can be focused on Growing or Harvest only class for more specificity and personalized Q & A. Participants leave with the knowledge and inspiration to grow cannabis in their home gardens.



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**Penny often teaches at:** San Francisco Botanical Garden, Berkeley Horticultural Nursery, Flowerland Nursery, Flora Grubb SF & LA, Summer Winds Nurseries, Sloat Garden Centers, Fig Earth Supply, Tansy, Creatures Coffee & Plants, Westbrae Nursery, Latinx with Plants

### **Select past events:**

Marin Garden Club, The Great Grow Along, Berkeley Herbal Center Curriculum, Herbal Society of America, Western Division, Berkeley Town and Gown Club, Urban Garden Center (NY, NY)

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**Penny Barthel** (The Cannabis Gardener, 2021) is a writer, educator, speaker, & certified cannabis horticulturist. Penny believes that cannabis belongs in the garden, bringing health and joy to those who grow this remarkable plant. Penny has been featured in the LA Times, Sunset Magazine, Growing Weed in the Garden (Abrams, 2020) and has partnered with cannabis seed breeders and nurseries to share her love of cannabis with the public. Penny resides and gardens in the San Francisco Bay Area.

