



Penny Barthel

Author & Educator

www.pennybarthel.com

Substack: @thecannabiscgardener

IG: @smallgardencannabis

penny@pennybarthel.com

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. 45 – 60 minutes suggested

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. 60 – 90 minutes suggested

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. 30 – 45 minutes suggested



Penny often teaches at: Berkeley Herbal Center, 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)

Penny Barthel (The Cannabis Gardener, 2021) is a writer, educator, speaker, & certified cannabis horticulturist. She serves on the board for Berkeley Herbal Center. 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 SF Chronicle Backyard Magazine, 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.

