

# Highlander outdoors



Carolyn Langdon shows a participant how to trim a cannabis plant. Photo by Meagan Secord.

## Just another plant

By Meagan Secord

Owner of Wild Edibles Haliburton Carolyn Langdon is teaching people about cannabis plants and how to grow them.

For the amateur botanist, cannabis plants are just another plant to grow in the garden and learn about.

"To gardeners, the marijuana plant is just another plant in the ground," she said.

The eight-person group spent the afternoon of July 13 learning how to "cut" or "clone" the clippings of cannabis plants in order to grow more.

"It's really a question of are you able to grow your own and get a better quality? The answer is yes," she said.

That's not all attendees learned. Discussions were also had around eating plants, weeds and roots from the natural environment and what plants are good for the human body.

John Dynes, one of the attendees, commented on how pharmaceuticals are a new addition to the health field and should not be used as frequently as they are.

"One thing people forget is the main medical establishment has only been around for 100 years or so," he said. "But natural medicine has been around a lot longer than that."

The group spoke about their experiences with main stream drugs and some of them started taking the course because of bad memories with pharmaceuticals. Others took an interest as gardeners.

The next Wild Edibles session is about cannabis harvesting and curing on September 7.

People who are interested can contact Langdon at [windfallfoodforest@gmail.com](mailto:windfallfoodforest@gmail.com).

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Haliburton County is dedicated to protecting the health of our beautiful environment, and green cleaning practices are a critical part of our efforts.

For example, antibacterial cleaning products may seem like a good idea, but they kill the good bacteria in septic tanks that break down waste. Many of the products marketed as green are "green-washed" - they have some green properties, but they're not the best solutions. When septic tanks function properly, the enzymes break down wastewater, and the resulting clear (effluent) flows into the bed where it percolates into the soil -- our lakes. The more the clean...

fixtures that will save money over time. Look closely for hidden assets, such as old hardware that can be refinished. Gather design and product ideas so you can budget wisely and give your designer, engineer and/or contractor a clear idea of what you want.

Consider whether you want to do some of the work yourself (see our section on The Dos and Don'ts of DIY).

For more extensive projects, you may require a designer to prepare the necessary plans.

issues such as drafts in winter. Involve all members of the household. Describe your goals,



Consider refinishing existing features and purchasing energy and water conservation fixtures that will save money over time. Look closely for hidden assets, such as old hardware that can be refinished. Gather design and product ideas so you can budget wisely and give your designer, engineer and/or contractor a clear idea of what you want.

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