

# beer&weed.

A MAGAZINE WITH REFINED TASTE

SPRING  
25

A group of seven women are posed in a room that appears to be a bakery or a music practice space. On the left, a woman in a yellow dress holds a white cake decorated with yellow flowers. Next to her, a woman in a red shirt holds a whisk. In the center, a woman with blonde hair and glasses sits on a yellow stool, holding a black bass guitar. To her right, a woman in a leopard print shirt stands, and another woman in a black t-shirt with a 'BIKINI KILL' graphic stands on the far right, holding a blue electric guitar. The background shows shelves with various items, including a sign for 'GUMMY CUBES' and a display of cakes.

## REWRITING THE RECIPE

**WOMEN ARE THE SECRET INGREDIENT  
ELEVATING EDIBLES AT POT + PAN  
AND IN THE MUSIC SCENE**

### **+GET IN THE BOAT**

IS HE A FISHERMAN  
WHO GROWS, OR A  
GROWER WHO FISHES?

### **+GREEN IS GOOD**

HOW TO SMOKE  
SUSTAINABLY

**PLUS: SPOSE IS  
APPARENTLY INTO  
SOCCER NOW?**



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

# UPCOMING SHOWS

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

MAR  
22

**CLASH OF THE TITANS**  
**RADIOHEAD VS PINK FLOYD**



MAR  
28

**CAVE IN**  
**GLACIER**

APR  
4

**KOOL KEITH**  
**PUNK RAP TOUR**

APR  
11

**CLASH OF THE TITANS**  
**SMASHING PUMPKINS VS SOUNDGARDEN**



APR  
24

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MAY  
9

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JUN  
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## FEATURES



### GREEN IS GOOD

**FIRST PERSON | PG. 11**

Have you seen the wildfires ripping through LA? Miss Rolling Stoner thinks it's time to smoke sustainably — and she'll show you how.



### BAKING MEETS BUD

**COVER STORY | PG. 12**

Pot + Pan Bakery takes its weed-baking seriously. Becca Abramson talks with their founder and Executive Chef about turning up the heat.



### TERPS UNHOOKED

**RIDE ALONG | PG. 16**

Elm Cultivation grower and fisherman (or was it fisherman and grower?) Eric Sprague goes reel deep with Daniel Padell on the high seas.



### BREAKING THE MOLD

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Have you been paying attention to the folks playing metal on local stages recently? Frank Gallagher looks into why there are so many more women nowadays.



### LET'S GRO!

**DIRT DIVA | PG. 28**

Don't worry: You've got plenty of time. But the Dirt Diva says you better make a plan and stick to it if you want amazing organic weed to harvest in the fall.

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**Pg. 27** | Spose is apparently into soccer now?

# EMBRACING CANNABIS LOUNGES

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HOW THEY CAN BE A CATALYST FOR MAINE'S TOURISM RENAISSANCE



AS MAINE CONTINUES TO CARVE ITS NICHE IN THE CANNABIS INDUSTRY, THE CONVERSATION AROUND ESTABLISHING CANNABIS CONSUMPTION LOUNGES HAS GAINED INCREASING MOMENTUM. IT'S BECOMING MORE EVIDENT HOW THESE ESTABLISHMENTS CAN TRANSFORM A REGION'S CULTURAL AND ECONOMIC LANDSCAPE, BASED ON CITIES THAT HAVE ALREADY ADOPTED THESE LAWS. BY EMBRACING CANNABIS LOUNGES, MAINE STANDS POISED TO ENHANCE ITS TOURISM APPEAL, OFFERING UNIQUE EXPERIENCES THAT COULD REDEFINE ITS HOSPITALITY SECTOR.

Since the legalization of recreational cannabis in 2016, Maine has witnessed a steady growth in its cannabis market. However, consumption is predominantly restricted to private residences, with public use remaining illegal. This limitation poses challenges, especially for tourists who may not have access to private spaces for consumption. The absence of designated public venues not only restricts consumer freedom but also represents a missed opportunity for the state's tourism and hospitality industries.

## LEGISLATIVE EFFORTS TOWARD ON-SITE CONSUMPTION

Recognizing this gap, Maine's legislators have initiated discussions to introduce licensed cannabis consumption lounges, finally. Representative David Boyer has sponsored Legislative Document 1952, proposing the establishment of "cannabis hospitality establishments." These venues would offer controlled environments where adults can consume cannabis, akin to brewpubs that allow patrons to sample and purchase craft beers. Boyer emphasized that such spaces would provide tourists — who often face restrictions in hotels and rental properties — a safe and legal place to enjoy cannabis. This initiative aligns Maine with 12 other states (plus D.C.!) that have embraced on-site consumption to enhance their tourism offerings.

## INSIGHTS FROM GLOBAL CANNABIS DESTINATIONS

I have recently visited cannabis lounges in Las Vegas, Amsterdam, and Spain and can tell you that the transformative impact of these establishments is strong. In Amsterdam, "coffeeshops" have been integral to the city's identity for decades, attracting millions of tourists annually. These venues offer more than just a place to consume cannabis; they serve as cultural hubs where locals and visitors converge, fostering a sense of community and shared experience. Packed throughout the day and night, the lounges are bustling with people purchasing and consuming not only cannabis products but food, beverage, T-shirts, and other items.

Similarly, Las Vegas has seamlessly integrated cannabis lounges into its entertainment landscape. These establishments provide tourists with safe, regulated environments to consume cannabis, often complemented by live entertainment, dining, and educational experiences. The result is a diversified tourism portfolio that appeals to a broader audience, boosting both visitation and spending.



## FIRST PERSON : EDITOR'S NOTE

Spain's cannabis social clubs offer a unique model, operating as private, member-based organizations. These clubs emphasize responsible consumption and community engagement, often hosting events, workshops, and cultural activities. The sense of belonging and exclusivity they offer has become a significant draw for tourists seeking authentic local experiences.

### ECONOMIC IMPLICATIONS FOR MAINE

The introduction of cannabis lounges in Maine could serve as a catalyst for economic growth, particularly within the tourism sector. Studies have shown that cannabis tourism can lead to increased tax revenues, job creation, and a surge in ancillary businesses such as hotels, restaurants, and retail outlets. For instance, a 2020 study highlighted that Denver, Colorado, experienced approximately \$130 million in new hotel revenues following the legalization of recreational cannabis.

The introduction of cannabis lounges in Maine could serve as a catalyst for economic growth, particularly within the tourism sector

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The integration of cannabis consumption lounges into Maine's tourism strategy presents a unique opportunity to invigorate the state's economy and cultural landscape. Drawing inspiration from global destinations that have successfully embraced this model, Maine can position itself as a forward-thinking, inclusive destination for cannabis enthusiasts. By prioritizing responsible implementation and community engagement, the state can ensure that this initiative benefits both residents and visitors alike, ushering in a new era of tourism and hospitality.



WORDS / CODY DELONG  
EDITOR-IN-CHIEF

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MAINE  
WOMEN'S  
CONNECTION

THIS JUST IN

# BREAKING: ILLEGAL THINGS ARE ILLEGAL

Viewers of Channel 6 WCSH heard a story recently about a traffic stop in South Portland that “led to a significant drug bust, drawing attention to a growing concern — illegal drugs being disguised in what appears to be legal marijuana packaging.”

Oh ho! That does seem concerning. Then, however, we heard the “drugs were stored in bags designed to resemble common snack foods, such as Skittles, Cinnamon Toast Crunch, and Welch’s Fruit Snacks.” You might be thinking, “Wait a second…” And you’re right! “You can’t sell that kind of packaged marijuana product in a legal cannabis store,” the coppers told Channel 6.

So, in what way, exactly, did they appear to be legal marijuana packaging? Oh, that’s right, they didn’t. “There was no connection to licensed dispensaries.” And then a woman named Lee Anne Dodge, from SoPo Unite, said this is worrisome for “young people who may unknowingly come across these substances.”

It’s true: We should probably stop allowing the sale of Skittles, because drug dealers might use the packaging to store their fentanyl.



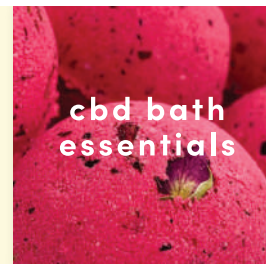
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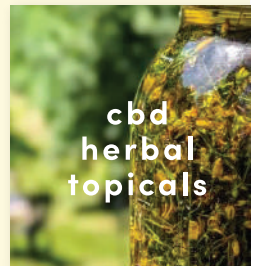
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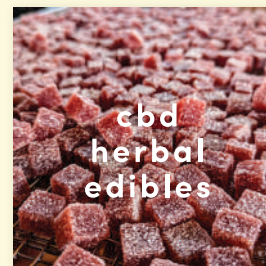
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# A THIN CRUST OF SEAFOAM

We don't know about you, but there are certain times after smoking cannabis where we could use a snack. Maybe even a slice. And it seems like Richard Petron, owner of Seafoam Cannabis in Wiscasset, is hip to this phenomenon. In February, he opened the brand-new Liberty Pizza, conveniently right next door to his cannabis shop, on Route 27.



While his weed joint is a medical establishment, the pizza joint is for everyone, and Petron plans to specialize in New York-style, thin-crust pizza. As he was investigating the pizza business in general, he told The Lincoln County News, he found that ingredients matter, and so decided to source from the well-known Portland distributor Micucci's, originator of the famous Portland Slab.

Apparently, he had never heard of a stromboli before this undertaking, but will now offer them at the new restaurant. No weed on the pizza, though. Don't even ask.

## DESERT ISLAND BEER

It's an interesting question to consider: If you were going to be stuck on a desert island, with just a single beer available to you for the rest of your days, which one would you pick? For Matt Allyn, in a recent issue of Men's Journal, it's the Allagash White.

"Allagash White checks many boxes," he writes. "It's crisp and thirst-quenching. It has enough body to let me know I'm not drinking seltzer but not so much that I feel like I just drank a cookie. It's also among the most complex beers that's widely available. At its base are gentle layers of oats, wheat, and barley. Then, the natural spice profile of Belgian-style yeast blends with added coriander and orange peel. While some breweries add too much spice — which tastes as subtle as a kick to the shin — Allagash keeps it gentle."

It's not like this is some bold choice, as the beer wins awards all over the place — in fact, the Boston Globe published a piece called "How Allagash White Conquered the World" in February — but it's always nice for a Maine beer to get some more national recognition. And, of course, the question in Maine should really be, "If you were stuck on Mount Desert Island for the rest of time, which beer would you pick?" And, in that case, you've gotta pick the Bar Harbor Real Ale from Atlantic Brewing. For proximity's sake.



## DOES AUBURN NOT LIKE BEER?

Folks who'd bought tickets to the April 12 Auburn on Tap event, to be held at the Norway Savings Bank Arena, got a notice a couple of months out that the event was canceled, without explanation. Generally, that happens when no one's buying tickets. Too bad!

By all reports, the Portland on Tap event, also organized by Townsquare Media, which owns a number of radio stations in Maine, went great in early February, with lots of happy tasters.

Tickets were \$55 for four hours of sampling, \$38 for three hours. Too much? Heck, that's only like two pours in Portland nowadays, right? Just kidding! But maybe Auburn is a little bit of a different marketplace.



## Weed for Sneaker Heads

Nothing says you can only sell cannabis in your cannabis shops. Usually, stores offer a selection of logo'd swag, some bongs and rolling trays, that sort of thing. But Vintage Cannabis in Gardiner is taking it one step further: It's a '90s memorabilia spot, too.



Owned by four sneaker heads, sports fans, and general lovers of collectibles, you'll find everything at Vintage from first-gen Nintendo games to hard-to-find trading cards, sports jerseys to flat brims. And they've got a wall of sneakers that for a select few will remind them of a little slice of heaven.

You can wear Jordans to formal events now, ya know.

Did they open the place because their wives collectively wanted them to get their shit out of the living room? Possibly! But that doesn't mean you can't take advantage.

## WHEN THE PUCK DROPS

In what's becoming an annual rite of Spring, Thompson's Point's skating rink in Portland hosted in March the Maine Brewers' Guild Brewers' Hockey Tournament, pitting teams from Allagash, Baxter, Orono, Oxbow, and Nonesuch River against each other in a round-robin match up.

Lasting all day — 10 a.m. to 5 p.m. — we suspect most of the fans showed up for the beer and snacks provided by Base Camp, which serves the location that Thompson's Point has developed into one of Portland's hottest winter spots.

Who won? Sorry, we were a little tipsy by the end of it and weren't really paying attention. Good times, though!

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FIRST PERSON : SCHIPANI SHARES

# MAKING THE FIRST MILE PILGRIMAGE

WORDS & IMAGES / SAM SCHIPANI



**IN MY ADULT LIFE, I HAVE NEVER LIVED ANYWHERE AS LONG AS I'VE LIVED IN MAINE. I'M ROUNDING OUT MY SIXTH YEAR IN THE PINE TREE STATE AFTER SPENDING ALMOST AS MANY YEARS HOPPING FROM PLACE TO PLACE EVERY SIX MONTHS.**

One of the most profound pleasures I've found in staying put is being able to develop traditions with my friends and community. I have a few that I really love, like seeing the beach ball drop off the highest building in Bangor's downtown at New Year's, gathering all our apartment-dwelling friends to hand out candy on our porch at Halloween, and hosting ridiculous annual candlepin bowling parties. But perhaps the tradition I love the most is our annual trip way up north to the Long Lake Ice Fishing Derby — and our accompanying annual pilgrimage to First Mile Brewing, in Fort Kent.

It all started during the pandemic. My then-boyfriend (now-husband) was excruciatingly antsy and decided to pick up a few hobbies — namely, fishing. Cute, right? Well, my husband isn't the type of person who does anything halfway. Within months, he went from not knowing the difference between a trout and a salmon to spending every afternoon practicing his cast in a local park, and tying flies in the waning evening light.

When winter rolled around, ice fishing (or ice drinking, as many Mainers call it; highly recommend the Shipyard Explorer, a hazy white IPA that'll warm your bones and

happens to have the perfect can art for the occasion) was a natural extension of his newfound passion. As restrictions started lifting and anxieties easing, he wanted to share the joy of ice fishing with other Mainers, and with our friends, by signing up for an ice fishing derby.

Again, no halfway with this man. He wanted his first derby to be the Long Lake Ice Fishing Derby, the state's largest, four hours north in St. Agatha.

Luckily, I am always game for an adventure — and so are our friends. We planned our first trip to the derby in 2021, and we've been going ever since. One year, we even made the trip a few days after getting back from sunny Florida to celebrate our engagement, and made it to both ends of Route 1 in the same month.

I can tell you from experience that, after a long day on the ice in the freezing cold, it's hard to motivate yourself to do anything. But somehow, after that first day of fishing in the derby, we always find a way to muster up the will to go to

First Mile Brewing (even if the snow is several feet deep, a la our derby trip of 2022).

First Mile Brewing may seem like a strange destination brewery. Though it has the novelty of being the only brewery on the first mile of Route



## FIRST PERSON : SCHIPANI SHARES

### ◀ FROM PAGE 9

1, it's a tiny, simple joint, and it doesn't exactly have a cult following (though I may start one).

To me, though, it's perfect. First Mile Brewing has an unreplicable genuine combination of community, quirk, and heart. Every year we go, there is a community musician putting on the show of their life to a crowd of young and old alike. We've met new families with kids passing through on their way to Canada, exchange students from China, and people who have lived in Fort Kent their entire lives, all enjoying a pint.

“ First Mile Brewing has an unreplicable genuine combination of community, quirk, and heart.

Plus, they have damn good beer. The rich, creamy Harry Porter is one of my favorite Maine-made dark beers (and bonus points for the millennial-friendly punny name), and the effervescent La Creme Biere is one of the only cream ales I actually enjoy (am I the only one that thinks they usually taste like wet bread? Maybe?). Every year, the brewers also come up with something new and fun for us to try. Last time we went, they had recently released (or

at least since the last time we'd been) their Rolling Coal Oatmeal Nitro Stout, which had no business being as smooth and chocolatey as it was. They even have a seemingly infinite rotation of housemade craft hard seltzers if that's your preference (which it is for my husband — this beer babe did not marry a beer boy, believe it or not).

Of course, First Mile's product is available at beer purveyors across the state, but it's not the same as going to the brewery and experiencing the immaculate vibes for yourself. And nothing completes a cold day on the ice like a beer in your belly.

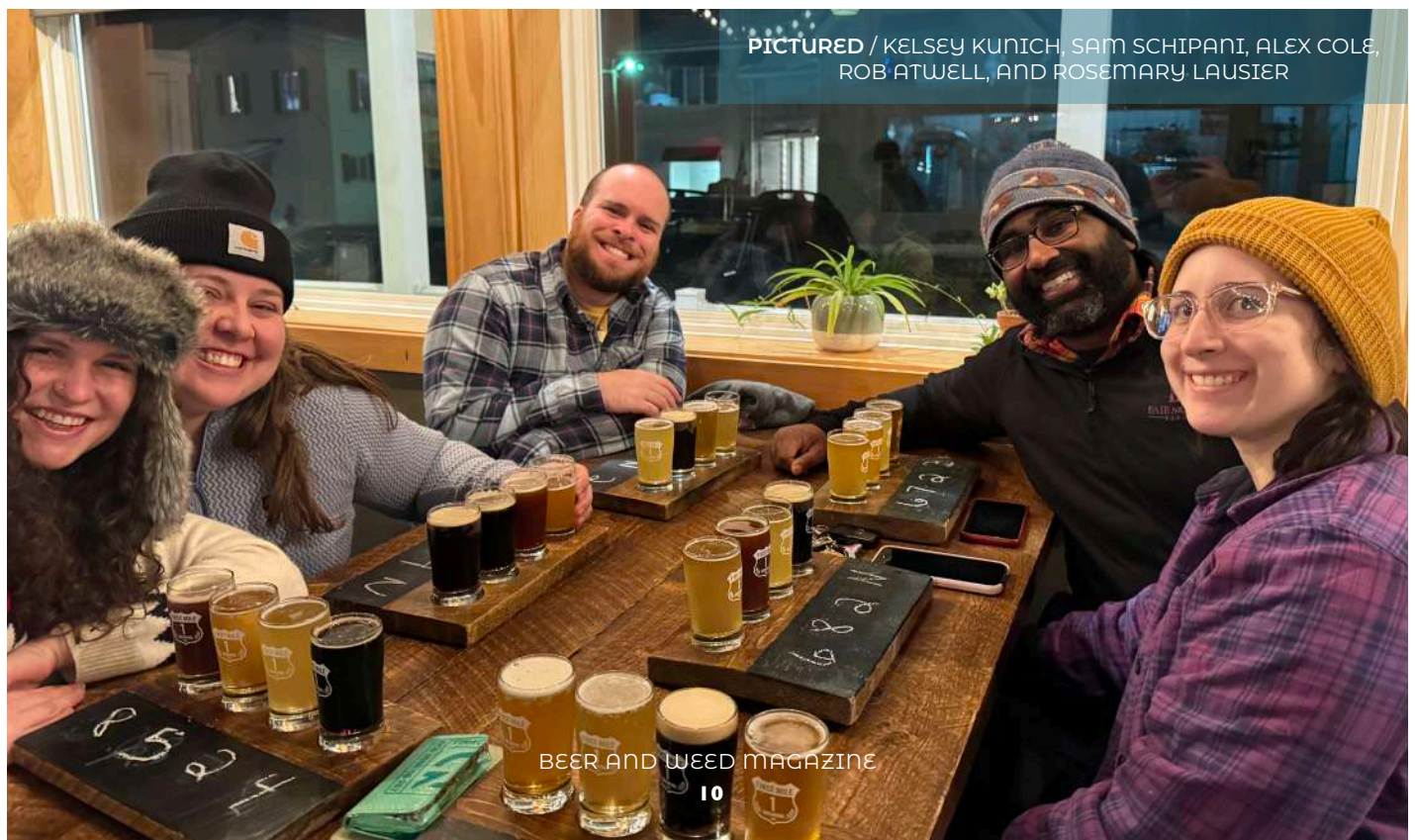
I'll be on the ice again this January for our fifth year going to the derby — and, of course, at First Mile Brewing after that. Maybe I'll see you there.



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PICTURED / KELSEY KUNICH, SAM SCHIPANI, ALEX COLE,  
ROB ATWELL, AND ROSEMARY LAUSIER





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FIRST PERSON : MISS ROLLING STONER

# CANNABIS CLIMATE CRISIS

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EVERY DAY CHOICES CAN  
CHANGE THE WORLD

**IF YOU LIVE UNDER A ROCK, ESPECIALLY IN CALIFORNIA, PLEASE DOWNLOAD WATCH DUTY AND GET RIGHT OUT FROM UNDER IT, BABE! YOU'RE IN AN EVACUATION ZONE.** It's January 9, 2025, and that's how it has felt for pretty much everyone here in Los Angeles. It's sobering, and it's heavy. It tastes like thick smoke full of toxins and homes big and small being ignited in a matter of minutes. It's frightening and howling, and it's a weary look into what is actually happening to our planet. We've watched on our phones as places all around the world suffer increasingly frequent and harrowing natural disasters. Disasters that burn down people's lives into ash. Ash that floats into the water and poisons the stream, that I then evaporate at least half of in a pot on the sink, in Studio city. And the cycle continues, on a global level. And listen, I didn't originally want to write my article for this lovely B&W fresh edition surrounding something so dark, but my original ideas don't feel as impactful for me to write about right now. I want to talk about cannabis and how it impacts the planet.

These disasters, they're truly devastating. I want to take a solemn moment, before I go into ideas that inspire me, to grieve for those who have lost their entire lives in these fires. There's nothing that can be said right now that will make that conclusion of events any easier to swallow, or to deal with.

When things of this catastrophic level happen, it always leads me to think about ways I can make the world a better place, especially environmentally. We know there are solutions out there, and we already have the technology to change the world! But there are choices we make every day that can change the world in little ways. For instance, where do you get your weed from? When you're shopping for bud, have you ever considered the origins of it, before purchasing? There are a few things you may not have considered about a cannabis company before purchasing that could have a big impact on your own personal greenprint on the Earth!

## CANNABIS' CARBON FOOTPRINT

This first category is an umbrella term and a lot of things contribute. A carbon footprint is the amount of carbon dioxide and other carbon compounds emitted because of consumption of fossil fuels by a person, place, or in this case, corporation. So basically, the carbon dioxide build up that is accelerating climate change to these extreme levels at such a fast pace is often contributed to by these massive corporations. Understanding their carbon footprint can be a powerful way

to dictate your dollar's vote when you're purchasing.

So, if you're looking for a fantastic gummy brand, that's widely available and tasty, look no further than Wyld! These gummy gummies were actually the first to be Climate Neutral Certified. They work to offset their carbon emissions by setting science-aligned targets and purchasing carbon credits.

## GREEN GROWING, GROWING GREEN

When you're thinking about cannabis production, what comes to mind? Is it a dewy greenhouse, foggy in the windows with moisture? With happy little hippies roam the aisles, muttering "oh that's amazing bud, man" to each other, like Shaggy from Scoobie Doo? That's how I imagine it, at least. And I want to support a cannabis company that considers their long-term impact on the environment around them. I also want to support a company that uses ethical labor, pays fair wages to their employees, and practices thoughtful approaches to everything they touch. This means I'm looking for them to grow good green, from every angle.

For a popular brand with delicious flower and adorable packaging, and which also focuses heavily on Earth-healthy practices, try Pure Beauty. There are no nasty pesticides involved in their grow process, and they actually use helpful little critters to keep the plants healthy and safe. Using earthworms and roly-polies to protect their plants

# BAKING MEETS BUD

## ORIGIN STORY

### INSIDE MAINE'S RETRO CANNABIS BAKERY

WORDS / BECCA ABRAMSON | IMAGES / POT + PAN

STEPPING INTO POT + PAN KITCHEN IN PORTLAND'S WOODFORD'S CORNER FEELS MORE LIKE VISITING A RETRO CAKE SHOP THAN A DISPENSARY — AND THAT'S ENTIRELY THE POINT. FROM THE 1950S-INSPIRED PERSIMMON AND CREAM AWNING TO THE SMEG REFRIGERATOR BEHIND THE COUNTER, EVERY DETAIL IS THOUGHTFULLY CURATED TO SHAPE A ONE-OF-A-KIND, FOOD-FORWARD CANNABIS EXPERIENCE. "WHAT WE'RE DOING IS UNIQUE IN THE INDUSTRY, NOT ONLY IN MAINE BUT ACROSS THE ENTIRE COUNTRY," CEO DUNIA KHUDAIRI SAYS. "IT FEELS REALLY EXCITING."

When you learn the details behind the organization, it all makes sense: Pastry-lover Tara Canaday, a Berklee alum and culinary school grad, ran her own cake shop on Boston's North Shore before moving to Portland and opening a mobile macaron cart on the Eastern Prom. Around 2020, she saw a Craigslist ad for the Executive Chef position at Pot + Pan. Khudairi and the company's founder, Keri-Jon Wilson, were seeking out a culinary mind to help lead product development for Pot + Pan's line of low-dose edibles. With Canaday on board, the trio began wholesale production, first out of their current retail space in Woodford's Corner — which they quickly outgrew for production purposes — then, out of a facility in Riverside near Allagash Brewing (they opened the retail storefront in June of 2024).

Each member of the Pot + Pan leadership team comes from a different background, and that's part of what makes the dispensary unlike any other. Wilson is the group's connection to Maine and the cannabis industry; she was producing small batches of edibles for medical cannabis companies starting in the early 2010s. Khudairi, a self-proclaimed "product geek," hails from the fashion and design world in New York City. Her product and merchandising experience played a crucial role in developing Pot + Pan's brand, from scaling and packaging to telling the story of responsible low-dose consumption. Tara Canaday is the friendly, approachable face of the company, taking center stage in the aforementioned storytelling (find her in videos on the company's website





## ORIGIN STORY

and social media) and leading the culinary aspect of the business.

Having grown up on a farm in Florida, Canaday always felt drawn to the food world. “My mom was constantly in the kitchen, and I loved cooking and baking with her,” Canaday says. “When I went to [Berklee School of Music], I was always the one bringing snacks and wacky baked goods to rehearsal or studio sessions.” Upon finding out she was pregnant at the end of college, Canaday decided she didn’t want to raise her daughter while performing on the road. “The only other thing that I was passionate about was cooking and food, so I immediately went to culinary school and completed an accelerated pastry program where I fell in love with European and French-style baking in particular,” she explains. Working in several Boston kitchens — and running her own baking ventures in Boston and Portland — gave Canaday direct culinary experience that she could translate to the cannabis industry. In addition to high-quality chocolate bars, flavorful gummies, and intricate bonbons, she leads Pot + Pan in offering single-serving bundt cakes infused with 5 mg of rapid-release THC. “People are really excited about our cakes, and we’re looking into other fresh baked goods and some more shelf-stable treats,” Canaday teases, adding that some of these new products will make it onto shelves in the retail shop this year.

Instead of focusing solely on cannabis trends, Canaday and the Pot + Pan team follow food trends like seasonal flavors (the pumpkin spice chocolate bar was a huge success in the fall) and New England hits like iced coffee (“My friends down south don’t understand the concept of drinking iced coffee in the middle of winter,” Canaday laughs). The team takes flavor R&D seriously — it can take upwards of six months from a product’s inception until it’s signed off by leadership and can begin production. “I like to look through

”

Education is key for the company because many people who have had a bad initial experience with cannabis are intimidated, hesitant, or unlikely to try consuming it again. Pot + Pan’s solution is to offer an indica, sativa, 1:1, hybrid, and vegan option in every dosage (2.5 mg, 5 mg, and 10 mg), made from Maine-grown cannabis



old cake books from when I owned my shop in Boston, and we’ll find something that sounds delicious,” Canaday says. “I’ll start by making the inspiration so we can taste it and really nail down what flavor profiles we want to hit. It usually takes multiple rounds of tweaking until we decide the world needs this product, and then we’ll infuse it with cannabis.” After that, the product goes through rigorous potency testing, followed by the design and packaging process.

Clearly, it’s not as simple as it seems on the surface. “At the end of the day, we’re really focused on the flavor, not just on getting people super stoned,” Canaday says.

“There’s a very specific cannabis culture that exists today, and there’s a large group of people that aren’t being spoken to,” Khudairi notes. “We’re trying to speak to them by using phrases like ‘Toss the Taboo,’ and eliminate the idea that there are things we can’t or shouldn’t talk about.” Education is key for the company because many people who have had a bad initial experience with cannabis are intimidated, hesitant, or unlikely to try consuming it again. Pot + Pan’s solution is to offer an indica, sativa, 1:1, hybrid, and vegan option in every dosage (2.5 mg, 5 mg, and 10 mg), made from Maine-grown cannabis. The sheer number of options may seem overwhelming at first, but it means everyone can find their own appropriate dose and no one is limited to a

## ORIGIN STORY

### ◀ FROM PAGE 13

specific flavor or product based on its potency.

"For the longest time, 10 mg was considered an entry dose," Khudairi says. "When we started offering 2.5 mg doses, people laughed at us. They thought there wasn't a market for it and that such a low dose wouldn't do anything. Over the last five years, we've found that there are plenty of recreational consumers who prefer smaller doses." Khudairi compares low dose edibles to low-ABV drinks like a session ale: "Some people like being able to consume more than one, and some people just truly enjoy how they feel after a single low dose." Another key reason Pot + Pan emphasizes accessibility to low dose products is because, to put it simply, breaking a larger dose edible into pieces is a terrible food experience. "Years ago, people were buying 10 mg edibles and just taking a tiny bite at a time, which is no way to have a consistent experience," Khudairi says.

Providing access to low dose edibles is only part of Pot + Pan's approach; an equally important focus is on cultivating the feeling of nostalgia. The brand's 1950s Americana aesthetic speaks especially to locals, since "Maine is a state

where people have been living for eight or nine consecutive generations," Khudairi says. Canaday's connection to nostalgia is a direct result of her journey to the Pine Tree State: "I grew up in Florida, eventually moved to New England, and fell in love with refined, traditional European baking," she explains. "Together, it translates into edibles that feel really familiar to people." Her favorite product, the lemon bundt cake bar, is based on an old southern lemon cake with a tangy drizzle. "There's something so comforting



### ◀ FROM PAGE 11 / CANNABIS CLIMATE CRISIS

and turn their soil, they lean on practices as old as dirt itself. Their mission statement regarding the planet is to, "never put profits over a clean and beautiful Earth," and I think we can all agree about that.

## COMMUNITY CONTRIBUTION

How someone behaves when they make more money than they've ever dreamed of says a lot about them. The same goes for the actions of a corporation, and it is a massive part of climate change. You may think that a humanitarian based issue is unrelated to the issue at hand in this piece, but I would disagree with you. I think human beings are essential to consider when you distinguish what is harmful to the environment, but especially when you consider the people who climate change will impact the most severely. How a company behaves in their community is directly correlated with how they behave toward the Earth itself.

Verano Holdings, which is a Chicago-based cannabis company and dispensary, focuses on providing financial aid for members of the grow community serving prison time for cannabis-related sentences. Many of those locked up for growing or selling weed have found themselves incarcerated because of racial bias and financial inability. By providing financial aid for these folks, Verano Holdings gives back to the community who originated the practice of distributing

cannabis, and supports justice for those unlawfully held.

## HOW'S IT PACKAGED?

The final category, but maybe the most obvious, is how something is packaged. Are they using excessive bubble wrap? Do they take two hours to open because there are four layers of plastic? Or do they use recycled plastic, keep the bubble wrap to a minimum, and maybe, if you're lucky, have compostable packaging? Considering the waste alongside the consumable is a good way to think green when buying green.

Stone Rose is a sustainably focused company growing up in NorCal. Their packaging is 99% recyclable and made from ... get ready for it ... a whopping 100% post-consumer recycled goods.

These are just a few of the categories and companies who are doing their part in the fight for our planet. There's so many ways for these corporations to earn our vote, which we cast every time we purchase our weed. **From bud to gummies, concentrate to drinkables, from sea to shining sea. Our beautiful planet is one of a kind, and gives us so much green. Of so many strains.**

FIRST PERSON / WORDS & IMAGES / MARIS



## ORIGIN STORY



PHOTO / CODY DELONG

and nostalgic about it that brings me back to making cakes with my family as a kid,” Canaday says.

In addition to the infused cakes, the neon “Fresh Baked” sign in the window, and the Americana atmosphere, there’s something different about Pot + Pan’s retail shop: There are plenty of non-weed products. “There’s a huge opportunity to sell more than cannabis in a cannabis store,” says Khudairi. “Much like weed, baking can appear really overwhelming. Tara has this incredible baking background, so we’re stocking products like baking tools, cake boards, springform pans, and piping supplies that you can’t really find anywhere else in the area. We’re excited to get people excited about baking.”

What’s next for these innovators in food-forward edibles? “People need to just keep an eye on us. Our windows are going to keep changing; we’re growing and pushing and building what it means to have Pot + Pan in your life,” says Khudairi. Canaday adds, “As someone who was scared to talk about my cannabis consumption for a long time, I’m really excited to continue making it a joyful experience for others.”

After all, the worst thing that happens when consuming a 2.5 mg dose, Khudairi laughs, “is that you had an amazing dessert, and you want more.”

### POT + PAN

646 Forest Ave, Portland, ME  
[www.potandpan.com](http://www.potandpan.com)



WORDS / BECCA ABRAMSON  
 CONTRIBUTING WRITER





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FEATURE : RIDE ALONG

# THE OLD TERPS AND THE SEA

## GETTING A DAY ON THE WAVES WITH ELM CULTIVATION

WORDS & IMAGES / DANIEL PADELL

### THE SIGN READS, "WORKING WATERFRONT PARKING ONLY."

"This must be the place," I think to myself, the only one here on a quiet late autumn morning. It's still dark out — Orion shines above me, an early ambassador of wintertime — and I know there won't be many more trips out on the water as the fishing season draws to a close. A classic lobster buoy tree stands at one end of the pier, shimmering in the moonlight reflecting off of Wells Harbor. My mind wanders to the generations of fishers and boats who've come and gone, who've watched the same stars glinting off the same tide, a unique and quintessentially Maine scene. I'm awoken from my early-morning daydream by a flash on the frosted railing, cast from the headlights of the pickup truck approaching behind me.

"What's up man, ready to fish?" asks the same cheery voice I've come to know from flower and rosin deliveries. Out of the truck jumps Eric Sprague, the sturdy and bearded man-behind-the-brand at Elm Cultivation, a small-batch medical cannabis company out of Wells. He's a guy who seems to be at home among the gently swaying fishing boats as he unpacks the trappings of a day on the waves: gas cans, coolers, waterproof gear, rods outfitted with rigs, snoods,

and hooks, and, lastly, an enormous plastic tub, sloshing with ice. "We filling this thing today?" I ask, slapping the lid of the tub and sizing up the 1975 Grady White Hatteras, wondering where everything will fit. "That's the plan" Eric replies, as we each grab an end and shuffle down the ramp with it.

The 140-horsepower Suzuki motor rumbles to life and we leave the sleepy dock, past boats and shoreline cottages and the long jetty leading out of the harbor, out into the open ocean. The dockside lampposts are soon far astern, and the only lights to be seen are the mellow full moon sinking toward the horizon behind us and a blazing white headlight peering out into the dark ahead, occasionally illuminating an icy splash of seawater. We are on our way out to Platts Bank, a bumpy 40-mile ride, and it's going to take a little while.

So, who is Eric, is he a fisherman who grows, or a grower who fishes? "That's a tough question," he says, adjusting our course in the dim glow of the navigation system. "Fishing will always be my first love, but I spend an equal amount of time growing as I do on the water." He's been cultivating since 2019, honing his growing skills and developing a taste for legacy strains, particularly those with funky and unique



## FEATURE : RIDE ALONG

terps that aren't readily found in today's market. "They're nostalgic to me," he says. "I really love the effects from these strains. A lot of smokers never got to truly experience these terps."

The autumn harvests are cut and headed for processing, leaving Eric's sights set on the seeds of springtime. "I've got some The Church from Buds by Bissel, some Fondue Cheese from Little Lake Valley. I've got Vietnamese Landrace crossed with Lemon Skunk, also some Cindy 99, remember old school Cindy 99?" He seems to have a penchant for the pungent as he lists off his coming crop. "There's a lot of cheese — Kosher Cheese, Papaya Cheese, three or four others, almost 400 seeds." Most of it will end up as the small batch live hash rosin he's become known for, a product uniquely suited to Eric's one-man operation. "It gives you transparency in what you're producing," he says of his single-source Afghan Cheese, "it gives you total control and allows you to do smaller washes."

”

He's been cultivating since 2019, honing his growing skills and developing a taste for legacy strains, particularly those with funky and unique terps that aren't readily found in today's market. "They're nostalgic to me," he says. "I really love the effects from these strains. A lot of smokers never got to truly experience these terps."

Before long, the sunrise begins painting the sky with streaks of red and gold while the moon melts into our wake. The profound coincidence distracts me from noticing the long line of boats dotting the horizon, a tuna fleet hunting the deeper waters further offshore. They've been at it for hours already, overnighting in their cabins, a feature this modest craft can't boast. Still, she's a proud vessel — the first of her line with a center console, just enough to hide from the wind and spray.

I briefly recall something about "red skies in morning, sailor take warning," when Eric, spying the tuna fleet, explains to me just how useful those enclosed cabins can be. "It was like four in the afternoon, we got about 12 miles offshore and you could see it — as far north and south you could see it coming, just this wall of water." He continues: "As soon as it



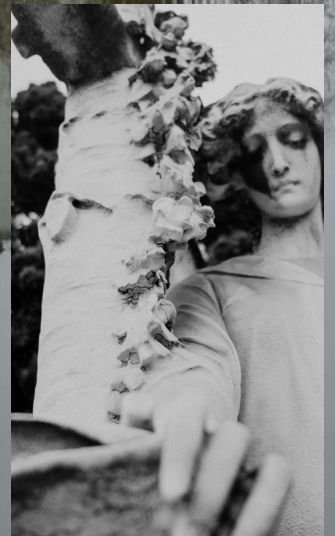
hit, it went to like five footers, it was the nastiest ride home and we're all huddled up inside," he imitates the terrified noises they made and breaks off into the laughter of memory, "and it's raining sideways, coming through every crack and crevice in the pilot house. It was really gnarly."

Today seems much calmer than that, despite the advice offered by an ominous nursery rhyme. We've reached Platts Bank, a double-topped underwater feature that attracts a large number of boats over the course of the day. "What makes it unique," says Eric, "is we have every species. We get a lot of migrations that come through; we're the turnaround point for stripers — they come all the way up to us and then work their way back down south, which I think is really cool." We drop our lines on a school of pollock at about 220 feet and he teaches me about "squidding," a technique to make our plastic lures look irresistible to our quarry by reeling up 10 feet or so, and then dropping back down.

After a little while, and having not caught many keepers, we begin to drift around. "Maybe it's the full moon, does that change their habits at all?" I wonder out loud. "I don't know, it either means really bargin' fishing, or we just won't catch anything at all," replies Eric. The other boats wandering between the various rises and ledges on the navigation display seem to be faring no better, each one angling for the best spots on Platts.



# TRAVELLING FOR MARIJUANA





## PHOTOS

WORDS & IMAGES / CODY DELONG

OVER THE PAST COUPLE OF MONTHS, I'VE HAD THE CHANCE TO VISIT TWO EUROPEAN DESTINATIONS RENOWNED FOR THEIR MARIJUANA CULTURE: AMSTERDAM AND SPAIN. In both places, cannabis is deeply embedded in everyday life and treated with a relaxed, almost casual approach. Smoking lounges are readily available, and while California weed is regarded as top-tier, I found that local strains—like Amsterdam's Super Silver Haze—were even more impressive. If you're an avid smoker, I highly recommend making the trip to one or both of these places for a unique experience that differs greatly from what we have here in Maine.





## FEATURE : RIDE ALONG

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When asked if the fishing boats out here tend to get along, he draws a stark contrast between the fishing and growing communities. “When we [growers] have a problem, we come together and we fight, that’s why our regulations have stayed the same way they are,” he explains. “But with fishing everybody argues with everybody, and nobody can come to a compromise on anything — the charter captains hate the commercial boats, the commercial guys hate the charter guys, everybody hates the long liners because they’re just taking everything, or the harpoon guys — guys, just get along! We all just have to sit down at the table and come to a consensus and work together.”

Still, Eric is up before dawn to fish these revered waters. What is it that keeps drawing him out here? “I think it’s the history, I think it’s the people. Most of these fishing families are four to seven generations, there’s seventh generation lobstermen out here,” he says, gesturing broadly at the lobster buoys scattered around us, bobbing among the whitecaps. The wind is beginning to pick up, and a long line of heavy cloud cover is blowing toward us from the east, riding a weather front and scattering the distant tuna fleet.

We turn west back toward the shore, riding with the wind on our 40-mile return trip, only a handful of fish in the once-promising tub. That’s just how it is, I suppose, as the Maine fisheries try to navigate the pressures exerted by not only the changing market, but also the all-encompassing effects of climate change and the resultant shifts in sea life migration patterns. The snowy peak of Mount Washington rises out of the sea as we approach the shore, then the

jetties of Wells Harbor and those same sleepy cottages lining the dockside, the sun in our eyes as we pull alongside the dock.

So, what happens beyond the shoreline, do the skillsets and resources translate into cultivation practices? “Absolutely,” Eric says, pulling the tub onto the pier and processing our humble haul into fresh filets. Nothing is wasted, and the remains will be further broken down through a fermentation process into nutrients for the greenhouse. “It breaks down to create a stable nitrogen; whereas what we usually feed our plants with, it’s easy to over or underfeed, but with this type you can’t really do either,” he tells me while carefully cleaning the workstation.

“So, it’s like a little bit of the Maine fisheries are there in your harvests?” I ask, gazing back out over the water. “Exactly.”

**John Buchan once said, “The charm of fishing is that it is the pursuit of what is elusive but attainable, a perpetual series of occasions for hope.” The sun sets behind me and I begin to grasp a wisp that elusive, attainable feeling — a feeling that the fisheries of the future, the strains and terpenes of the past, and all of Maine’s beloved homegrown industries are in the hands of a mindful and capable new generation — an occasion for hope, indeed.**



WORDS / DANIEL PADELL  
CONTRIBUTING WRITER







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### New England Cannabis Convention

**When:** March 21-22

**Where:** Hynes Convention Center in Boston, MA

Serving as the “annual meeting of the northeast cannabis industry” since 2015, NECANN Boston is considered THE must-attend event for every facet of the cannabis industry.

It's the largest B2B cannabis convention in the northeast (2nd largest in the US), featuring 300+ exhibitors, 9,000+ attendees, 60+ programming sessions, the NECANN Cup awards, the Blunt Brunch Women's Lounge, and a full programming track dedicated to the blossoming psychedelics industry.

With over 100 licensed cultivators, retailers, and brands exhibiting (and hundreds more attending), it's by far the largest gathering licensed operators, buyers, and decision makers for the East Coast cannabis market.

It's the place where deals get done, investors find opportunities, entrepreneurs find capital, new careers are started, and knowledge and education on every topic

is available. Whether it's exhibiting or walking the floor, NECANN Boston is a one-of-a-kind opportunity to network with industry-leading businesses, gain educational insights from thought leaders, discover the latest technologies, trends, and brands. Don't miss out, register today!



[necann.com/boston](https://necann.com/boston)

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### Farm to Patient Vol VI

**When:** Mar 22, 2025 @ 12 P.m.

**Where:** OG Cannabis @ Eliot, ME

It's been a long time coming, and we are thrilled to run this event back! Join us on Saturday, March 22nd, 2025

[www.eventbrite.com/e/farm-to-patient-vol-6-tickets-1259732466719](https://www.eventbrite.com/e/farm-to-patient-vol-6-tickets-1259732466719)

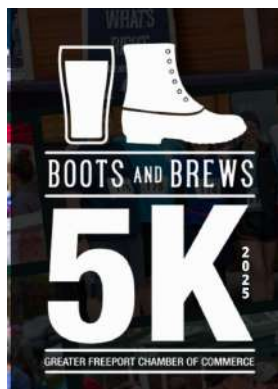
## EVENT LISTINGS

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#### Boots and Brews 5k

**When:** May 17, 2025@ 10 a.m.  
**Where:** Downtown Freeport, ME

This annual event celebrates Freeport's rich shoemaking heritage, once famously home to over 30 boot factories, including the iconic L.L. Bean. Runners will enjoy a scenic 5K route that starts and ends in downtown Freeport, immersing themselves in the vibrant atmosphere of this coastal gem.



[www.bootsandbrews5k.com](http://www.bootsandbrews5k.com)

#### Oddity By The Ocean 4

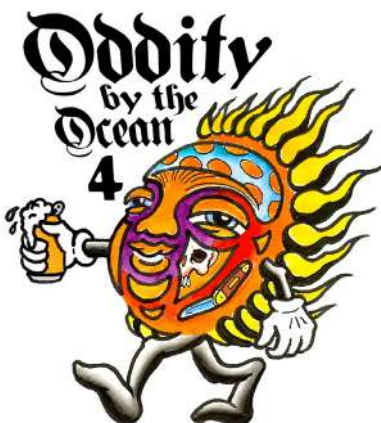
**When:** Jun 7, 2025@ 12:00 PM  
**Where:** Odd By Nature Brewing in York, ME

Come celebrate with unlimited craft beer samples and 4 hours of music at Odd By Nature Brewing's 4th Anniversary Bash!

Grab tickets now for June 7th, 2025, and be prepared for another unforgettable experience. Get ready to be surprised with live performances by Jakob Nowell From Sublime and 3 other yet to be named national bands, paired with unlimited samples from 44 breweries and mouthwatering food from some of your favorite vendors.

Both VIP and General Admission Tickets are very limited for this years festival.

Don't miss out on southern Maine's largest music and craft beer festival and raise a glass to four years of unforgettable memories. Join us as we celebrate another year of incredible music, world class craft beer, and fantastic vibes at Odd By Nature Brewing.



[www.oddbynaturebrewing.com](http://www.oddbynaturebrewing.com)

#### Wavy Days Beer Festival

**When:** Jun 28, 2025@ Noon  
**Where:** Thompson's Point, in Portland, ME

Mast Landing Brewing Company's Wavy Days Festival is a multi-day celebration that brings together exceptional breweries from across North America. The weekend centers around Wavy Days Beer Fest on Saturday, June 28, from noon to 4 p.m. at Thompson's Point in Portland, Maine. A ticket includes an unlimited\* sampling of beers from 60+ breweries, a special Wavy Days tasting glass, access to food trucks, live music, local vendors, and more!



[wavydaysfest.com](http://wavydaysfest.com)

#### The 4th Annual Maine Womens Cannabiz Symposium

**When:** July 18-20, 2025  
**Where:** Corinth, ME

Join us for our 4th year of connecting women in Maine's cannabis industry for a fun 3 day camp out!

[www.eventbrite.com/e/the-4th-annual-maine-womens-cannabiz-symposium-registration-1100661952529](http://www.eventbrite.com/e/the-4th-annual-maine-womens-cannabiz-symposium-registration-1100661952529)



## EVENT LISTINGS

### Back Cove Music & Arts Festival

**When:** August 2 + 3, 2025

**Where:** Payson Park, Portland, ME

Portland goes big this summer, August 2 & 3, at Payson Park for two days of live music, local art, and more in Portland's iconic Back Cove. The official lineup include Jack White, Andre 3000, Thee Sacred Souls, St. Paul & the Broken Bones, Turnpike Troubadours, and many more! Maine artists include Weakened Friends and the Oshima Brothers.

[www.backcovefestival.com](http://www.backcovefestival.com)

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AVAILABLE AT

# BREAKING THE MOLD

A GROWING NUMBER OF FEMALE-FRONTED BANDS ARE  
REDEFINING THE SOUND AND CULTURE OF SOUTHERN MAINE'S  
music community



WORDS / FRANK GALLAGHER | IMAGES / CODY DELONG AND OTHERS

**PRETTY MUCH ANY WEEKEND, MAINE'S MUSIC VENUES WILL OFFER LIVE MUSIC FANS A SMORGASBORD OF KICK-ASS ROCK SHOWS, FEATURING EVERYTHING FROM THREE-CHORD PUNK BANDS TO JAZZ-INFLECTED ART ROCK COMBOS TO CLASSICALLY INFLUENCED DEATH METAL OUTFITS, AND EVERYTHING IN BETWEEN. BUT WHATEVER SHOW YOU GO WITH, THE ODDS ARE GOOD THAT AT LEAST ONE OF THE ACTS ON THE BILL — AND TRUTH BE TOLD, PROBABLY MORE — IS GOING TO FEATURE A WOMAN FRONTING THE BAND.**

Not all that long ago, the local music scene in southern Maine seemed to be a boys club. And, make no mistake, there are still plenty of men doing their thing in greater Portland and beyond. But scan the live-music listings in the Bollard's weekly email or the PortlandNoise Insta feed and it becomes clear: There's a burgeoning cadre of talented women fronting rock acts around town these days. Bands like Euphemia, Vices Inc., Sorrowfuse, Viqueen, Misery Whip, Red Eft, Alma June & the Persian Cats, Bait Bag, and ADLT GRRL, to name but a few, are all fronted by hard-rockin' musicians who just happen to be women, and all of them are making a name for themselves as solid acts that consistently deliver top-drawer rock action.

Dev Atwood, who's been hosting the Music from 207 show on Portland's WCLZ 98.9 FM for more than a year now, says

that just a few short years ago, it seemed like women on stage, let alone out front, were a novelty, not just locally, but nationally, as well.

No longer.

In fact, there are so many female-fronted acts working the clubs and putting out compelling new music that she recently put together an episode of her show featuring some of the best local bands fronted by women.

"In the past, acts like Vixen or The Runaways weren't taken seriously. They were a novelty," Atwood said. "It doesn't feel like a novelty anymore, and, right now, the propulsion of female-fronted music in Portland is so visceral, you can feel it zooming past you. It's all around, and it can't be ignored."

Nor should it, she says, given where we are both culturally and politically in the country right now — a feeling borne out by the experiences of the women on the front lines in the local scene (and you might have noticed it during the Grammys this year, too).

Gina Brown, the lead singer for Portland's Euphemia, has been playing gigs in Portland for more than a decade. In the past year or so, though, Euphemia seems to have hit its stride. The band spent the summer playing a series of



## FEATURE : INVESTIGATIONS

high-profile gigs to growing audiences, and their debut, self-released record, *Euphemia*, was recently called out by Bull Moose, with eight stores throughout the state, as the top-selling record by a Maine band in 2024.

”

Right now, the propulsion of female-fronted music in Portland is so visceral, you can feel it zooming past you. It's all around, and it can't be ignored.

On stage with *Euphemia*, a five-piece outfit that trafficks in a powerful, garage-band snarl, Brown exudes a confidence in the material and her ability to deliver the goods that demands attention from even the most casual observer.

But Brown says the notion that a woman can write and

perform hard rock music as well or better than a man still comes as a surprise to some with astonishing regularity, even if it doesn't happen as often as it used to.

Portland's music scene, Brown said, is strong and very supportive of artists regardless of gender, "but I've had men come up to me after a show and say, 'Hey, sweetheart, that was pretty good, who writes your songs?' They have a hard time believing that it's me."

Alexa "Lex" Rae and Courtney Cavanagh are a married couple who together constitute one half of *Viqueen*, a righteous thrash/hardcore ensemble that arrived in Portland via Austin, Texas, and the Bay Area back in 2019, just before the pandemic hit. The Portland scene, they said, is fertile ground for women who want to rock.

"There's a lot of bad-ass women in Maine," Lex said, "and it makes it more natural that they'll get into it. Maine is punk as shit. There's just a good scene here, a great hardcore scene. In bigger cities it can be kind of a boys-club vibe."

By way of illustrating that point, Cavanagh recalled a show they played back in California, before landing in Maine.

TO PAGE 34 ►



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# A HEART-SHAPED SOCCER BALL



**I'M REALLY EXCITED TO SEE A SOCCER GAME THIS SPRING. I'M SORRY. I MEANT: I'M REALLY EXCITED TO SEE A SOCCER "MATCH" THIS SPRING. I HAVE TICKETS. I BOUGHT THEM IN THE FALL OF 2024 BECAUSE I WAS WORRIED THEY'D SELL OUT, I WOULD SEE IT ON INSTAGRAM, AND I'D BE JEALOUS OF EVERYONE THERE.**

Will the game be good? Will it be fun? Who knows? I've always loved soccer but this particular soccer team has actually never played a real match. They didn't even have players when I bought the tickets. One could argue that it makes no sense. But did I also buy the jersey? Yes. Yes I did.

I'm talking about Maine's super-buzzy, first-ever pro soccer team, Portland Hearts the Pine. Their USL (United Soccer League) home opener in May at the renovated Fitzpatrick Stadium in Portland is likely to be a sold-out frenzied event. The stands will be decorated with sweatshirts, scarves, jerseys, and hats for a team that literally didn't exist when the merchandise was sold. It will be loud and probably emotional. But why?

Why does anybody care about a team that hasn't played a game? Since when do people in Maine care about soccer? What is it about this team?

Maine has had minor league sports teams before, obviously. Yet, the level of enthusiasm, sheer merch sales, and advanced ticket sales is unprecedented. Why isn't it like this with the Portland Sea Dogs? Why is it almost never sold out at the Maine Mariners game?

The real answer involves psychology, history, and other topics far above my pay grade, as local rapper and weed dealer. Although, I think I kinda get it.

Traditionally, soccer has not been one of the four horsemen of American pro sports. Major League Soccer (MLS) still sits at the table adjacent to the cool kids table where MLB and the NHL hang, where the NBA and NFL eat money for lunch. The New England Revolution plays to a usually-half-empty Gillette Stadium. Comparatively, Patriots games are packed.

However, the tide could be about to turn for soccer in the United States. American enthusiasm about soccer has never been higher. The U.S. women's team has risen to world

domination over the previous two decades. One of Earth's most famous people, Lionel Messi, recently joined our MLS. The Philadelphia Eagles stadium last summer was packed to the last row in the sky, full of Americans, who came to see English Premier League clubs Arsenal and Liverpool play a meaningless friendly match up close. American stars have invested in European soccer (Lebron at Liverpool, Tom Brady at Birmingham, Ryan Reynolds at Wrexham, etc.). There's even a hit TV show (Ted Lasso) about a soccer coach of a made-up Premier League Club.

To top it all off, the World Cup, soccer's biggest stage, arrives in North America in 2026. Venues across the continent, including Gillette Stadium, will host sold out matches of the best men's teams in the world. Though the U.S. men's team has traditionally sucked, hosting the World Cup in NFL stadiums across the country will showcase the massive enthusiasm Americans have for soccer.

The truth is, many of us grew up playing soccer. There have always been soccer pitches at every high school in America, even if we call them "fields." My life as a boy and a teenager involved a horrifically smelly Nike duffel bag with shin guards, cleats, and grassy socks in it. I wasn't good but I loved to play. And, like me, most Mainers who grew up after a childhood of soccer have had no outlet to express that history.

In recent years, there have been signs. A bar opened in Portland called the Portland Zoo that advertises beer and soccer on TV. The previous World Cup drew hundreds to watch a big TV in Monument Square in the winter. But we've never had our own team. We've had to defer our fandom to the New England Revolution or Liverpool or, in my case, Watford (who I've learned are basically the New York Jets of English football). Until now. Everything changed with Portland Hearts of Pine.

Team owner Gabe Hoffman-Johnson and his associates have done a masterful, authentic job branding a "club" for all Mainers to join. If you've followed their journey on Instagram or elsewhere, the brand has expressed an emotional story about Maine's love for authenticity and unsatiated love for soccer. **And somehow they got me buying tickets for something to be proud of before the team even scored its first goal.**



WORDS / SPOSE  
CONTRIBUTING WRITER

# LET'S GRO!

## GETTING YOUR ORGANIC OUTDOOR GROW FROM SEED TO SOIL

WORDS & IMAGES / DIRT DIVA

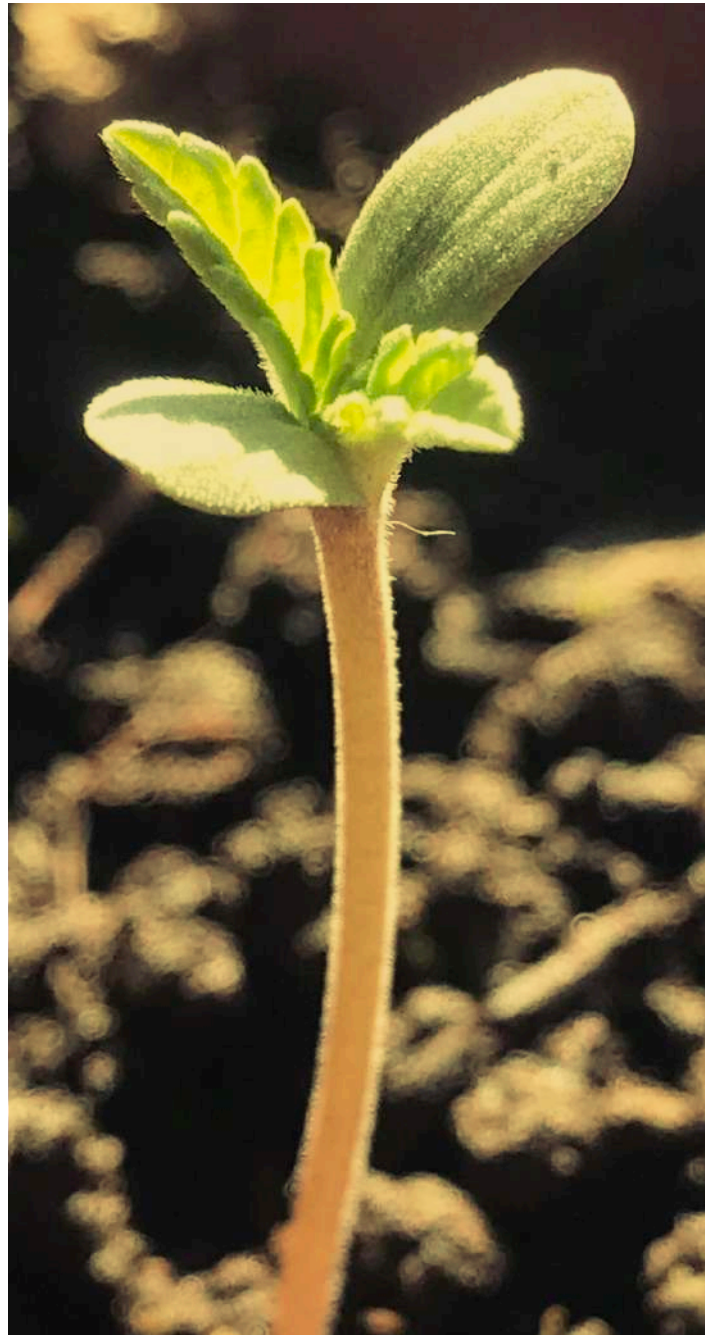
**CICERO ONCE WROTE, "IF YOU HAVE A GARDEN AND A LIBRARY, YOU HAVE EVERYTHING YOU NEED." I'M THINKING THAT LAUGHTER, A BOWL, MATCHES, AND MUSIC ARE ALSO NICE TO HAVE AROUND.**

With the world teetering on disbelief and anxiety with the "hoo-ha" state of affairs in our neighborhoods — from sea to shining sea — it only makes tactical common sense to head outdoors, where gardens of cannabis, herbs, fruits, flowers, and vegetables will engage us with sunny delights of scent, sight, touch, sound, and general good vibes.

Yeah, I don't know how to figure out the digital narrative of what's going on in current world events, attempting to persuade us that this, that, and the other makes sense. I'm skipping out on that chatter to find inspiration and fun in one another's laughter, under the influence of good weed during these freaky contemporary issues in the world around us. Sheesh — even without the influence of weed, one's existentialist thoughts must be popping when one feels the apprehension of the here and now. Going offline every day and heading outdoors with like-minded peeps gives a wonderful and broader perspective, metaphorically speaking, to plant a seed and grow a new part of the brain that is fruitful (kinda like how plants are heliotropic, turning towards the sun).

Let's just say that between now and harvest season the riddles that may be presented to us could test our approach and stamina in everyday concerns. The feeling I get in my stomach, concerning our autonomy, seems to be calling for fundamental elements of creative attention. It just might start with two big puffs of stashed flower, outdoor clean-grown weed, to put some finesse in juggling ideas for a productive and happy direction.

Those of us who wish to enjoy the amazement of organic growing are likely conjuring ways to create more time for a healthier lifestyle and to replenish the weed stash. Think you don't have time? There's always time to make room for a garden of clean grown weed, with the benefits of cash saved, along with an incredible amount of organic





recreational and medicinal resources created from your very own labor of love. And spending time outdoors should increase your impulse to figure out your time schedule to plant a seed that will deliver a crop of joyful wellness.

Here at Beer & Weed Magazine, our monthly publication has now become a seasonal publication, and this first 2025 issue appears at the true solar new year, when the sun enters into the Spring Equinox, aka Aries season (the ruler of get up and go, Mars), between March 21 and 23 each year.

At the beginning of March we note how nature seems to be playing with us at a stop-and-go pace, leaving us to wonder in which direction these forces are moving. Each 24 hours, as the Earth revolves once upon its own axis, it vibrates with life, propelling us into the continuous pattern of the potential, where life is a conscious awakening. Listen ... maybe you can hear the Ohm.

### GETTING STARTED: SEEDS AND CLONES

Keep the faith, warmth is on the way. March leads us closer into the next growing season. If you really want to grow some cannabis, you can do this, all it takes is a few seeds and your attention; just ask anyone who grew a formidable weed plant for the first time last year!

The first signs of mud season here in the Northeast give us plenty of time to research and sketch out visions for our garden nous. Take the time to visit libraries, bookstores, and dispensaries with your handy backyard growing notebook, jotting down ideas and energizing your intention to grow some weed while life in the cold exits.

Most everyone has the capacity to generate relaxing or energy-inducing cannabis for the price of an organic seed. Here in Maine, there are ample retail and online opportunities, or just google to order photoperiod cannabis seeds anywhere in the world. Any photoperiod strain that harvests as late as mid November has been demonstrated to produce fantastic flowers in the Northeast; heavy frosts do happen in November, so get your plants in the ground sooner than later.

Cannabis thrives outdoors. Photoperiod strains are intended for outdoor cultivation because the strain relies on the natural daylight rhythms to mature flowers for autumn weather's grand finale. Most feminized seeds are photoperiod and are highly favored if you are looking for buds without seed, as they are convenient and productive.

Autoflower seeds do not have photoperiod genes. They are bred to complete their growing cycle in around 12 weeks. Autoflower cannot be cloned or pruned, and they are very

sensitive to damage, due to the short vegetation period, but they are ready to harvest in two months and can be a discreet dwarf weed plant, which is great if you want to hide them on your patio (or use them as a kitchen plant if you've got a window with a lot of light).

You can also buy clones, so you don't have to focus on the magic of seed germination, especially from many medical dispensaries. However, clones do not have a tap root like seedlings do, which makes it difficult to handle the weight of the flowers, and the roots can be compromised due to possible insect infestation or fungus — not knowing their source — which may threaten the health of your garden. You really need to trust your provider.

Growing seedlings from seeds allows you to have a complete understanding of its roots, is less expensive, and will harvest a larger yield. So whatever the bean you seek, it can be found with easy effort. The hard part is deciding which strain to choose from a myriad of Indica, Sativa, and hybrid genetics, but budtenders can help you with that.

**This list of vital intel is our local industry of weed professionals where you can walk or drive to buy seeds:**

- **OMG Cannabis**, on India St., in Portland
- **Hi-Lo Dispensary**, on Route 26, in Poland
- **River Driver Cannabis**, at either their Brunswick or Lisbon location
- **Coastal Cannabis**, on Route 1, in Damariscotta
- **Origins Cannabis Company**, in Manchester
- **Brothers Cannabis**, at any of their three locations in Bangor
- **Meristem**, in Southwest Harbor
- **Seed and Soil Farm**, in Monroe (these folks are organic growers who sell their own seed brand and seedlings)
- **Theory Wellness** in Bangor, South Portland, and Waterville
- **Sweet Relief Shop**, in Northport
- **Caniba Naturals**, in Portland and Farmington
- **BlueSky**, in Farmington
- **Matterhorn Apothecary**, in Turner
- **Cannabis Farmers Union**, in Oxford
- **207 Genetics**, in East Sebago
- **Cannabis Seed Bank of Maine**, in Farmington
- **North Atlantic Seed Co.**, in Waterville

The latter part of March can be fun for wake-and-bake adventure: Searching out working sugar shacks for pancake breakfasts and then checking out local cannabis bean suppliers makes a great day trip. For a great resource to locate some local sugar shacks where you can feast and then hit up some recreational spots, check out our past March issues from 2021 and 2022.



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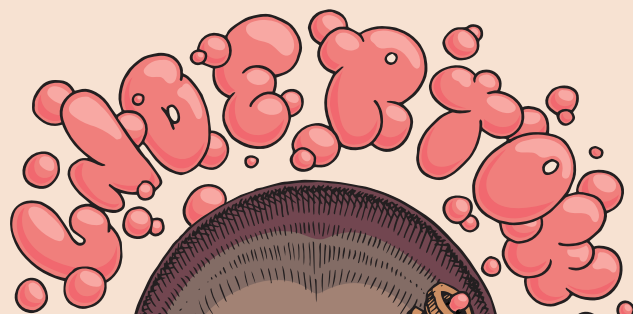
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## GETTING STARTED: PLANNING YOUR GROW AND PLANTING

Stepping into Earth Day, the month of April here in 2025 is where you can make your dream a reality. Coming to terms on what you truly can manage is key, though. Will it be a patio garden, raised beds, or a space of land in your backyard? Remember, planting your seedlings in full sun is a must! They definitely need at least 6-8 hours of direct sunshine to keep them productively strong and healthy.

Anyhow, it's time to begin to prepare our garden soil, scouting out the area for possible insect or other troubles, adding organic matter (perhaps you already did, this past fall); hoeing and ridding weeds before amending soil with 6" of quality compost will suppress weeds from popping up.

Mid-April is prime time to germinate cannabis beans. No need for any fertilizer when you are germinating your seed, nor when your seedling is small; compost naturally releases nutrients and gradually adjusts as soil temperatures warm up. Use a pot with holes for drainage in loosely packed soil. One bean per pot. Make an indentation in the center of the soil and place your seed upon it, take a pinch of soil and firmly cover the bean. If you suspect bean thieving mice, cover the seed with a glass then remove when it sprouts.

Oh, and clean out any old pots before you plant, to make sure there aren't any leftover micro-organisms.

Place the pot in a warm area indoors (cannabis seed prefers mid-70s soil temperatures to germinate), keep the soil moist to germinate, and throughout the grow. It usually takes 3-5 days until the bean pops; when it does, give it a warm place inside where it receives sunshine all day. When your little seedling has 2-3 sets of healthy leaves, it will flourish being outdoors during warm days; set an alarm to bring it back indoors at dusk.

Seedlings need a lot of sunshine, circulating warm air, and enough water to keep the soil moist, but not soaking wet.

Note: No need to feed the seedlings (fertilizer at this tender age will burn the root system and kill it) until May, when it's best to feed the sweet little weed plant some composted sun tea. I favor North Country Organics Pro-Gro 5-3-4; it is a very good organic choice of fertilizer, with a perfect balance of high-quality organic sources of nitrogen, phosphorus, and potassium. I am in awe of North Country Organics Pro-Gro 5-3-4 & Pro-hemp 5-3-9 to apply later in the growing season, as the colas are developing, benefiting them with more potassium. The 50-pound bags are about \$30. Might as well grab one if you're going to be at the greenhouse.

April is preparation time for your backyard garden, even if it doesn't yet exist. Rent a small tiller if you want to carve out a plot of your land, or you can use a spade and hoe to break the ground, turning the soil to remove all grass and weeds. Smoke some flower and get your Mars on because you gotta do some work, and it's bliss because time flies and you won't get fired for being high on the job.

If you've already got a plot, consider the no-dig, no-till route to eliminate weeds before they get started: Mow the area if needed, cutting back existing plants to soil level and removing large debris. Next, smother the ground with flattened brown cardboard boxes or, black and white newspapers and grass clippings overlapping to block out sunlight completely. Then thoroughly soak it with water.

Follow that up with a 6" application of quality compost. The compost will further decompose and function both as nutrients and mulch. By the time it is time to plant your seedling, you have the advantage of your garden area being weed- and grass-free throughout the growing season, with considerably less weeding needed.

If you don't have a crazy problem with an overgrowth of weeds and have already been working your composted garden soil, you probably know weed seeds most likely will begin to pop in your cannabis/veggie garden area before the end of May. You may still want to use the black and white newspaper method, utilizing lawn clippings as a heavy mat, to suppress weed seeds from turning into weed seedlings (the uninvited kind). Be sure to overlap and wet down both paper and or just wait a few days after some rain to use your hoe and clean out the weeds before topping with quality compost to serve as a nutritious mulch.

## GETTING STARTED: MOVING OUTDOORS

By May it will be time to move those sweet little seedlings you've been cultivating into the outdoors. Having been enriching and refining the soil's texture by recycling organic matter into your backyard garden, you're all set.

Prepare a compost/Pro-Gro sun tea in a five gallon bucket by using a 3:1 ratio of aged animal/vegetation — such as horse, cow, sheep, goat, fish hydrolysate, or kelp — compost, Pro-gro 5-3-4



## DIY : DIRT DIVA

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fertilizer, and water blending to an amber color. Set it out in the sun, periodically stir within a 24-48 hour period, and stir well before applying. Use this stinky but nutritious fertilizer to nurture your month-old seedlings. It encourages a vibrant vegetation of healthy fan leaves, just what you are aiming for during the vegetative stage.

The rule of thumb is to keep fertilizer from touching the plant or burning the root system. So gently baby spoon feed your 4-5 week old seedling using keen judgment on the amount given, which will increase as you witness her beautiful development during the vegetative stage. Let the sunshine, water, warm air, and happy vibes bring healthy growth to your plants.

The month of May is 31 days long, totally enough time to sow some seeds or purchase an already established organic cannabis farm seedling or clone plant while we continue to prepare our gardens. Healthy soil repays you way more than the effort it involves.

Remember, planting your seedlings in full sun is a must! They definitely need at least 6-8 hours of direct sunshine; choose a 12' square area for each cannabis plant you're going to transfer the seedlings to. Give your cannabis plant a healthy amount of space from surrounding plants, the branches will want room.

Technically, by law, your plants shouldn't be visible to passersby on the road.

Firmly placing stakes before you transplant the seedlings will keep from injuring their young and tender roots. This sturdy support will keep the branches from breaking off from the stalk in strong autumn wind and rain — or from the weight of your resin-loaded flowers! Staking your weed plant encourages the flowers to stand vertically at the end stages of their growth, which allows sunshine and airflow to keep mold from developing.

Be sure to wash your hands, especially if you handle tobacco, whenever touching your weed plant. Cannabis and tomatoes are highly susceptible to Tobacco Mosaic Virus (TMV), which will seriously cripple your weed plants. I have had good luck placing my cannabis right in the center to absorb full sun, and sorting my herbs, fruits and veggies in quadrants.

Keeping your tomato plants a good distance from your outrageous weed plants is important, as they will compete for sun and space at the peak of their growth.

On the borders of your garden, planting sunflower, corn, tomato plants, or a screen of climbing beans will be beneficial. They grow tall and shield your weed plant from damaging winds. The border plantings will camouflage your cannabis plants from sight as well, possibly from human predators for instance, if that's a consideration for your location.

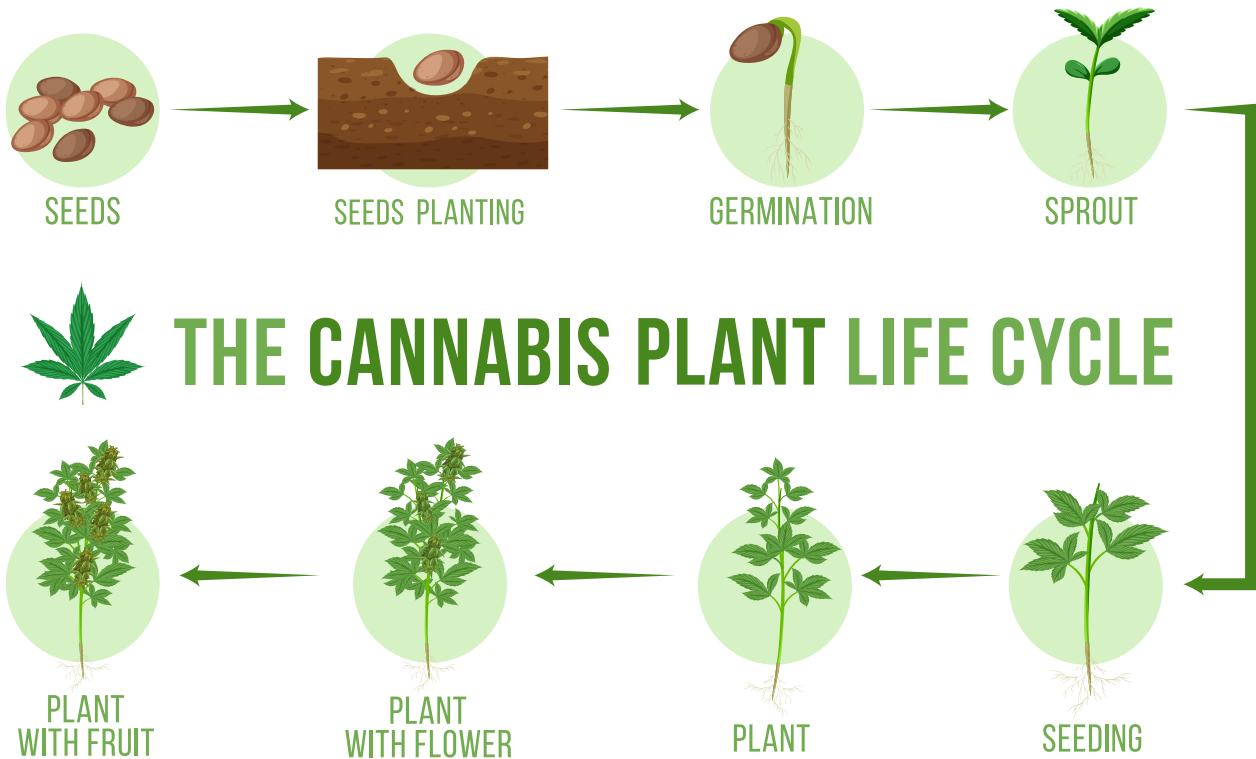
When you're actually doing the planting, dig a hole as wide as your seedling is tall and a tad more, scratch the base and sides of the soil, water the hole with a healthy amount of compost Pro-gro 5-3-4 sun tea, and mix it really well into the composted soil making sure it is wet but not flooded. Take your cannabis seedling and slightly wet it before removing it from the container, to allow a smooth release.

Place your fingers around the plant in an upside-down position, release it from the container, with the weight of the soil and roots held by the palm of your hand and the stem and leaves beneath. This tender removal is giving extreme care to not stress out the root system.

Place the roots and 2-3" or so of the stem into the hole. This can be the tricky part. You may plant the stem partially in the soil because weed plants can tend to get a bit leggy. Use your discretion here to support the plant yet not encourage rot as you position your composted soil around your seedling.







## THE CANNABIS PLANT LIFE CYCLE

When planting your weed plant, think of a cup and saucer; your seedling being your cup and the saucer is the water steward for the supply of water to the roots. You do not want soil packed up around the stem in a mound, where the water runs off and away from the root system. Press the soil to secure the roots and resemble the saucer theory. Apply another dose of sun tea, let it pool in the “saucer.”

Try not to over-water your weed. It should be plenty wet from your planting. The weed seedling will have a bit of a transition time from the transplant adventure. Give her a couple days and she will perk up.

Keep her roots moist. Be sure to feel three or so inches below the surface of the soil to check moisture levels. Sun and wind have a way of drying soil quickly; however, overwatering will suffocate the oxygen levels in her root system. Too little water will stress her out and stunt her growth. Keep an eye out for the condition of her leaves, they indicate the state of her wellbeing.

Feeding her with the Pro-gro/compost sun tea will give her extra nutrients for the vegetative growth during the next 90 days or so.

### MAINTAINING YOUR GROW

Caring for your weed seedling into the vegetative stage is the initiative for the next couple of months. Use a scratching

tool to aerate the compost at the base of the plant to mix in nutrients and allow water flow and to keep from generating mold. Structure the water steward saucer to feed her adequately.

Check both sides of her leaves and in the crux of her branches for pests. Smoosh and squish them or give them a light spray mix of neem oil, Dr. Bronner's peppermint Castile soap, and water for a few evenings to get rid of them.

All your organic effort enhances your backyard's ecosystem biodiversity by creating a healthy environment even for the soil microbes. We need to protect this microbe world from herbicides, fungicides and from the sun.

I love flowers as a cover crop. Not only are they pretty to admire, but giving a collection of varied plant life provides an attraction and need for beneficial pollinators, birds, and insects. Cover crops help inhibit weeds, too, granting you more free time to enjoy watering and tending to your garden while benefiting everything above and below the surface.

**Take pictures, journal the date and strains and everything in between to share how you encourage your thriving backyard cannabis to have a happy and bountiful grow!**



WORDS / KATHRYN SHAY  
CONTRIBUTING WRITER

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"We got a lot more shit about being women on the west coast," she said. "There was a show we played in San Jose, in this tiny, little shithole bar, they didn't even have a stage, and some guy was like, 'Hey, who's this? The Dixie Chicks?' We changed our set around and started with the heaviest stuff we had, and later on, he changed his tune. It's nice to be able to back it up."

Thankfully, she said, that kind of thing hasn't really happened in Maine.

"The scene in Maine is in such a good place right now," Lex said, "and that can be such an empowering thing for women."

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**”** The scene in Maine is in such a good place right now, and that can be such an empowering thing for women.

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Laura Cowie, the lead singer of southern Maine's Sorrowfuse, said the response to their progressive hard rock sound has been overwhelmingly positive, as well, among both men and women. That said, though, more than a few women have reached out to her after shows to let her know that the lyrics she writes and the songs the band puts together have connected.

"I think it's a sign of the times," Cowie said. "Women are feeling liberated to break out and not be constrained by genre."

And it is precisely that lack of constraint that speaks to the increase in bands fronted by women.

Paul Gauer, who curates the Maine Brews & Music Reviews Facebook page, said he's seen the number of Maine acts led by women spike from around 25 percent to nearly 50 percent in the last year or so.

And that's not just good for women; it's good for music in Maine as a whole.

**"There absolutely has been an increase in the number of female solo acts, as well as female-fronted acts, in the post-pandemic years," Gauer said. "Women are working across all genres, and nothing is off limits, and the more diverse the Maine music community becomes, the stronger it will be."**





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