

How to Pack A Bowl/Glass Spoon

A Member Liaison recently told me that she is often asked by members, how to pack a bowl. So, the following is a description on how to successfully pack a bowl/glass spoon.

But first, you need to choose some flower. Flower is also known as weed, bud, marijuana, ganja, pot, herb to name a few. At Summit we refer to the Cannabis medicine as flower. When deciding on flower to smoke you will need to consider if you want a Sativa or Indica dominant strain.

What is your goal? If you want a head effect, energy, uplift, creativity, during the day then a Sativa dominant strain will be best for you. If you desire to smoke at night for sleep, calm, relaxation and desire a body effect then an Indica dominant strain will be most appropriate. You'll also need to think about the potency of the THC. You may also decide you would like to try a high CBD strain.

If cost is a consideration for you, then you want to consider our Tier 1, 2 and 3 Flower Menus. Tier 1, is the most expensive but offers the highest quality. Tier 2 quality is better than average. Finally, Tier 3 offers the most affordable pricing and delivers good quality. It's where you will always find our high CBD strains!

Now that you have chosen a flower to smoke, you need to pack your bowl/glass spoon

Essentials you will need.

- Flower! Break up with hands or use grinder
- Glass bowl/spoon
- Grinder (optional)
- Heating element)

Breaking Down The Flower: Why and How

Why?

- ❑ Ground flower will deliver the most even and smooth smoke possible by maximizing homogenous airflow in your glass bowl/spoon
- ❑ * Note: for anyone who prefers their flower very finely ground, (i.e. you utilize grinder and do not break up with your hands) you may find it necessary to use pipe screens; drop into bottom of bowl before adding the flower. Leave screen in the bowl for a few uses.

How?

- ❑ Place bits of dried flower in your herb grinder, push buds down, place grinder top on and twist back-and-forth until it feels cleared out
- ❑ Unscrew the “second chamber” of your grinder (i.e. the middle part) to view your finely ground cannabis
- ❑ *Remember to use screens if needed; you want to avoid ingesting burning cannabis
- ❑ Break buds apart gently and place in your bowl (if you did not grind) ❑ Put cannabis flower into bowl; pack it *lightly at the bottom* and more **densely on top** so that the flower maintains a steady burn.

You Are Now Ready!

Thanks to the collaboration of a couple Member Liaisons, Brenna and Cassidy.

