

Capsules Made Simple

And by now, I've developed an even easier method of preparing oil for use in Canna Caps than the one in my original article:

Grind the cannabis to coarse powder. I call this "small particle size".

Put it at the bottom of the cooking vessel (I use a [mini Crock-Pot](#)).

Add enough liquid [coconut oil](#) to cover the cannabis.

Heat at 180°F to 220°F for 2 or 3 hours, mixing and stirring every 15 to 20 minutes.

Let the mixture cool to about 100°F, then filter and load into #0 capsules ([see the original article](#) for

details; I'm using the smaller-size capsules now).

Careful readers will notice that I left out a step that is always done first when making edibles:

decarboxylation. If you don't decarboxylate the cannabis — especially when working with leaves — the THC

won't be activated and you won't get high.

Bingo.