



Laurie Wolf, a chef from New York who now lives in Oregon City, helps people make edibles with her Canna Kit.

# COOKING *with* CANNABIS

PHOTO AND STORY BY CASSIDY WHITE

Laurie Wolf has been involved in nearly every aspect of the food industry. She's a trained chef from New York, a food stylist, the author of multiple cook books, including "Herb: Mastering the Art of Cooking with Cannabis," and now successfully running her own business, helping people make their own edibles.

Wolf is qualified in more ways than one to participate in the cannabis industry. As I mentioned earlier, she's a trained chef, but maybe more crucial than that, she really believes in what she's selling.

Wolf was diagnosed with epilepsy and spent most of her life struggling with epileptic seizures and auras. However, since she started using cannabis two years ago, she hasn't had a single seizure or aura. Wolf explained the importance of cannabis by saying, "For some people, this allows them to get off drugs like Vicodin and Hydrocodone, like literally be done with all those crazy strong pain killers."

Although cannabis is now legal for recreational use in Oregon, there are still

strict parameters surrounding it. For example, dispensaries are only allowed to sell seven grams of cannabis per customer and it's currently against the law to sell edibles.

This is where Wolf's business comes in. Wolf and her soon-to-be-daughter-in-law Mary started up "Laurie and Mary Jane" and together created the Canna Kit. The Canna Kit is an all-inclusive kit that provides the legal seven ounces of cannabis, a small cheesecloth gunny sack, a jar to hold the canna-butter and a step

by step pamphlet on how to make canna-butter. However, the kit isn't limited to only canna-butter. With this kit, canna-oil and canna-coconut oil can be made as well. Canna Kits can be found at local dispensaries for around \$40.

Once the canna-butter or oil is made, it can be used as a substitute. That way, nearly everything made with butter or oil can now become an edible.

Wolf was kind enough to share some of her favorite recipes with us.

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