

“Dosage is number one for controlling your experience,” he says. “When you’re gauging your dosage with a joint, you’re not looking to cough. You want this, overall, to be a pleasurable experience.”

I pick out a 0.6-gram pre-rolled joint of “Critical Mass CBD” from SugarTop Buddery. The joint comes in a white, sealed-up little plastic baggy. It’s almost clinical but aesthetically just-so, in keeping with Moss Crossing’s overall vibe, which is something like a plant shop mixed with an Aveda Salon.

With all the changes in pot law, it occurs to me I’m not even sure where I can smoke my purchase. Banks says it needs to be private property. But you don’t have to just smoke weed. Moss Crossing also sells edibles, and Banks tells me there are things to look out for if you choose the edible route.

“Five milligrams of THC — it will hit you a little different than a joint,” he says. “You might feel something in about 30 minutes, maybe more. One of the main things to be careful of is that you don’t overdo it. How an edible hits you can be overwhelming, so err on the

side of going light — giving it that full activation time.”

I pick a hybrid, strawberry-chocolate flavored edible from Wyld, a producer of cannabis edibles located in Clackamas. Banks assures me a nibble of this will help me

relax, but I’ll still be able to go to work in the morning. It comes in a little pouch that looks something like a tea bag.

I live in a no-smoking condo, so I’m going to have to save the joint for a special occasion. I did take a tiny nosh of the edible before bed — mindful of Banks’ advice to take it slow. It tastes and looks like a little candy treat, so be careful if you have children in the house.

After that, I tried to put it out of my mind, as opposed to sitting around wondering, “Do I feel it now?” I wanted to let the feeling come to me instead of concocting it in my brain, and it did creep up on me: a warm, relaxed, clear-headed sensation — a little like wine or beer but more full-body. I slept better than I’d slept in days.

In the end, whether you choose to smoke or to eat, Banks says it’s not a competition.

“You’ve got nothing to prove,” he says. “This is your experiment. You can go at it at whatever pace you like. You’re not showing off. Don’t rush it. Pacing yourself is number one.” ■





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