



It's Fall, Y'all!

The spookiest thing about this year is that it's already October! While many people are packed up because of the pandemic and unsure how Halloween will play out we're keeping it crisp and celebrating "Crop-tober" at Hit It Pass It with fresh nugs and good buds.

Check out our seasonally inspired recipes and crafts and be sure to follow along with Hit It Pass It on Facebook and Instagram for extras!

www.hititpassit.com
www.facebook.com/hititpassit
www.instagram.com/hitit_passit

Upcycle Dispensary Packaging

GLOWING CREATURE CONTAINERS



SUPPLIES:

Clean Dispensary Jar
Paint Brush
Scissors
Glue
Translucent Glitter or Tissue paper
Black Paper
Fake Candle Votive
Optional: Floral moss, ribbon,
twine, charms

DIRECTIONS:

1. Clean jar
2. Paint inside of jar with an even coat of glue
3. Cover glue with glitter or tissue paper to diffuse light
4. Cut silhouette from black paper of desired creature i.e. fairy, mermaid, dragon, insect, pumpkin
5. Glue silhouette inside jar and let dry
6. Insert votive into jar
7. Poke holes in the lid (so your creature can breathe and light can escape)
8. Close jar with lid, do not seal permanently so votive can be turned on and off

**Optional: For more flare, add floral moss to the bottom of the jar or decorate the lid with ribbon, twine, fabric or charms as desired.*

High-Quality Recipes

Make Infused Caramel Apples and Pumpkin Spice Lattes

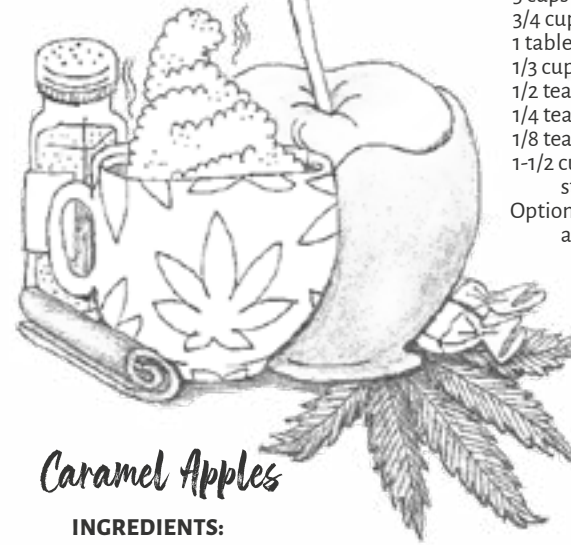
Pumpkin Spice Latte

INGREDIENTS:

3 cups 2% milk
3/4 cup canned pumpkin
1 tablespoon infused coconut oil
1/3 cup packed brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon ground nutmeg
1-1/2 cups hot brewed espresso or
strong brewed dark roast coffee
Optional: Whipped cream and
additional nutmeg

PREPARE:

Place first 6 ingredients in a large saucepan. Cook and stir over medium heat until heated through. Stir in hot espresso. Pour into warm mugs. If desired, top with whipped cream and additional nutmeg.



Caramel Apples

INGREDIENTS:

8 large tart apples
8 wooden chopsticks for handles
1 cup infused butter
2 cups packed brown sugar
1 cup light corn syrup
1 (14 ounce) can sweetened condensed milk
2 teaspoons vanilla extract

PREPARE:

1. Prep everything beforehand. Lay out your parchment paper on a baking sheet and put toppings in bowls before even turning on the stove.
2. Boil water in a large saucepan. Remove wax from apples by dipping in the boiling water for a few seconds and then wiping down with a paper towel. Once the apples have cooled, insert chopstick firmly through the stem to act as a handle.
3. In an empty saucepan stir butter, brown sugar, corn syrup, and sweetened condensed milk together over medium-high heat stirring constantly until it starts to boil. Reduce heat to medium. Stir constantly to prevent burning or approximately 25-30 minutes. Remove caramel from heat and stir in vanilla extract when a teaspoon of the syrup forms a firm ball when dropped in a glass of cold water.
4. Quickly, dip each apple into the hot caramel to completely coat the apple and about 1/2 inch of the wooden handle. Sprinkle apples with any desired toppings while still hot. Let caramel apples cool on the parchment paper. Use caution, caramel is very hot.

Yummy! Yummy!

Dos and Don'ts of Dabbing

Cannabis has come a long way since legalization. Most of us old school stoners are used to consuming it by smoking or eating it so when someone brings up doing dabs we can be a little lost. We get the point of a pen, for quick subtle hits but when you break out a dab rig and a blow torch we get a little twisted around.

For all the older folks like me who might be new to the concept of concentrate here's a couple of dos and don'ts you should know when you decide a dab will do ya.

DO

Know how your dabs were made – There are several different processes used to extract THC and make concentrates. Some of these use chemicals like butane, CO2 or alcohol others use machines, ice or heat. How it's processed can affect the taste, the texture, the burn and the buzz. Knowing how the dabs were made allows you to skip processes that might result in a headache or a "burnt plastic" taste.

DO

Keep tools/equipment clean – Just like gross water makes your bong hits taste funky, dirty dab rigs and tools will negatively affect the quality of your hit. Depending on the amount of use do a deep clean monthly, weekly... or daily. Use a Q-Tip to swab your banger after each hit and share safely by swiping your dabber's mouthpiece with an isopropyl alcohol wipe after each person hits it.

DO

Use the right tools – The type of dabs you're doing determine the tools you will need. Stickier dabs need a pointier dab tool and crumblier ones work better with a scoop. Carb caps are another piece that have several variations and different functions. Ask the supplier at your local smoke shop what will work best for you.

DON'T

Underestimate the potency – Because dabs are highly concentrated THC and cannabinoids, they often test between 69-90% THC for comparison, most flower tests around 18-25%. This means dabs will smack you in the head QUICKLY! Make sure that you don't need to drive, operate heavy equipment or perform brain surgery any time soon after dabbing.

DON'T

Forget how hot it gets – Dabbing requires a much higher heat than typical flower smoking. It involves blowtorches and heating glass to outrageous temperatures! It seems like common sense to say, "It's hot don't touch it!" but remember we're talking about stoners and high doses of THC here. Everything is extremely hot... the torch, the rig, the nail, even the dabs themselves. Even quick contact with any of these could result in 2nd to 3rd degree burns or worse. If it comes to letting something fall and break or absent mindedly reaching out to catch it... let that sucker drop.

DON'T

Waste Dabs – Getting the most out of your concentrate is a science. If the banger is too hot it can burn up all the good stuff before it gets to your lungs. If it's too cold you won't get the full burn. Aside from regulating temperature, this is one of those situations where size really does matter. Too big a dab might mean you won't be able to clear it and result in having to blow out the stale smoke left in the chamber.

The most important thing you can **DO** is ask a bunch of questions. **DON'T** be afraid to admit how little you know. Your budtender is there to help you learn and give you the info you need to make good choices.



Colossians 4:5-6

Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.



October is National Breast Cancer Awareness Month

Right now, the world is full of divisions. So many things separate so many people: politics, socioeconomic status, religion, race, gender, pumpkin spice...

It seems like people can argue about absolutely anything.

But there is one thing that everyone everywhere can agree on and that is: **FUCK CANCER!** This week, a dear friend lost her battle. So please take a moment to stop the fighting and lift up the beautiful daughters she left behind. Lift up all the people who have lost their battles. Lift up the people still fighting and lift up all the family and friends who love and support them. Fly high, Jilly.

See you on the other side.

An Un-Cross Word



DOWN

1. Popular terpene found in hops
2. Augmented Reality abbr.
3. For weed, not soup
4. Synonym for weed
5. Drew smoke into the lungs
7. Cannabis smoking event
8. Same as 12 Across
9. Infamous hijacker Cooper
10. Integrated circuit abbr.
11. Used to smoke dabs
14. Boob
17. ___ Sho'
18. Bong ___
21. Concept of perfection
23. Wintery sounding strain
25. Plant byproduct
26. George Takei decay, "___ my!"
29. Ironic strain name
30. Aroma
35. 1988 Tom Cruise film
37. Coast or soap
39. Rage
40. Marijuana Reform Org
41. Human ___
43. Rural street for short
48. Devilish Powerpuff Girls' villain
53. Ageless actor Paul ___
54. Happen
55. Government Org in charge of Drug Safety
56. Color for submarine
57. Pretenders
61. Another term for dank
63. Dab tool
66. Aviation state abbr.
68. Thread starter abbr.

ACROSS

2. Stomach Muscle
4. Mathematical constant 3.14159...
6. Surprised sound
8. Water based grow set up
11. In Reference abbr.
12. Synonym for weed
13. main psychoactive compound in cannabis
14. "___ but a scratch," Black Knight
15. Circle segment
16. Melmac alien
18. Feeling from Cannabis
19. "Let It ___" Beatles song
20. Rick Simpson ___ (RSO)
22. Hit ___
24. Inexperienced user
28. Hitchhiker Arthur
29. "___ if!" Cher Horowitz quote
31. Blew out smoke
32. Happen together at the same time and speed
33. Bible belt direction abbr.
34. Leader of the Sunshine Band
36. short-term job
38. Matthew McConaughey car
42. Eternity
44. Ingredient in some sushi
45. Pass ___
46. Toy cars
47. Strain with "Lights"
49. Band: ___ GO
50. Mountain abbr.
51. 1999 Katie Holmes movie
52. Social Distortion Song
58. "___ Da!" reveal exclamation
59. Old-school music storage
60. Place to play
62. Sleepy weed classification
64. Onion-like vegetable
65. Young dude
66. ___ Dirty Bastard
67. Half of Supernatural duo
68. Either
69. Back to the Future 2 board
70. Verb for bottles or houses
71. Spab mantra "___ Fucking What"



Cannabis Trivia

1. How many deaths have been recorded from a cannabis overdose?
2. When was cannabis made illegal in the United States?
3. Which famous musician was buried with their guitar, bible and some cannabis?
4. True or False: Cannabis plants don't grow over 12 ft tall.
5. How much does cannabis prohibition cost the US each year?

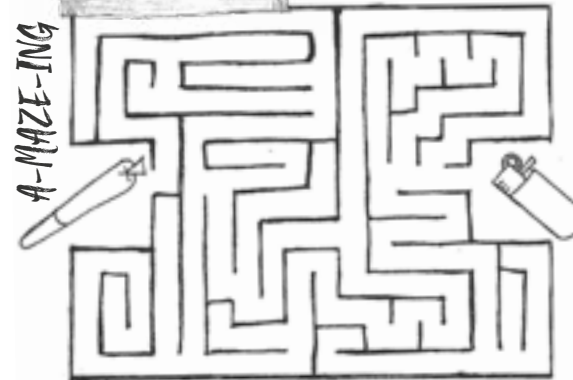


Terp Jumble

Unscramble these popular terpenes to find a chill message.

A LOL LOIN O _ _ _ _ O _ _
 MEER NYC _ _ _ _ _ O
 NO REPTILE O _ _ _ O _ O _
 Secret Message: _ _ _ _ _

A-MAZE-ING



Fun!
 Fun!
 Fun!

Quick Cannabis Themed Costumes



POT HEAD - Channel your inner Johnny Appleseed and swap your hat for some cookware. You'll have an easy, affordable and "punny" cannabis-themed costume by simply putting a pot on your head.

WEED BROWNIE - Whip up a sweet canna-costume quickly with a brown (or green) T-shirt, a brown skirt or shorts and brown knee highs. The finishing touch is a brown sash emblazoned with stoner merit badges and your troop number... 420. Don't have a brown sash per say? You can cut one out of a white cotton pillow case and stain it by soaking it in coffee.

High-Comedy:

HOW DO FISH GET STONED?



FROM SEAWEED

Answers

TRIVIA: 1. Zero 2. 1937 3. Bob Marley 4. False 5. More than \$17.5 billion dollars
 JUMBLE: Linalool, Myrcene, Terpinol, Message: COOL!!

Higher-Scopes



HAPPY BIRTHDAY, LIBRA!

Like a nice high-quality hybrid, Libras are people pleasers. They are well balanced and try to get along with everyone. Some of the most social smokers, you won't need scales when a Libra stoner's around because they are always going to make sure everyone gets a fair share and a green hit.



It's time to celebrate YOU! Spark up that super strain you've been saving for a special occasion.



You are not responsible for everyone else's buzz. A dab of self-indulgence will go a long way.



Smoke or toss that stale stuff you've been holding on to for too long. Your buzz will be much better if you wash your bong.



Don't overindulge. Find a smoking routine that lets you still be productive and stick to it.



You're an elite smoker but is the high worth your efforts? Observe and adjust your routine as needed.



Stop using weed as an excuse to get out there and shine. Own your awesomeness and others will see it too.



Your circle is losing their shit so you need to step up and spark up the blunt that will calm everyone down.



Maybe it's time for a tolerance break. Clear your head before making a big decision.



Hey stoner, you've come a long way. Be grateful you're not smoking that schwag stuff anymore.



Listen to what your inner stoner is telling you. Don't get so high you can't hear or remember your gut response.



Skip social smoke seshes if it's too draining. Your friends will hold your place when you're ready to return to the rotation.



Delve into deep thoughts as you get stoned and you'll find new paths toward finding your passion.

Yoganya



Bhujangasana
aka Cobra Pose

STRIKE THE POSE:

1. Lie stomach-down flat on the floor with your legs straight back, toes pointed and pressed firmly on the floor.
2. Plant your hands on the floor under your shoulders and tuck your elbows in towards your body.
3. As you inhale, straighten your arms, lifting your chest off the floor as high as you can while keeping your hips and legs on the floor. Press your hips down but don't tighten your butt.
4. Pull your shoulder blades back and puff out your chest but don't push it forward. Make sure the bend in your back is distributed evenly throughout the spine and not concentrated in any specific area.
5. Breathe easily while holding the pose for 15 to 30 seconds. On exhale, release the pose back to the floor.

PURPOSE: Open the heart, Create Calm

LEVEL: Beginner

BENEFITS:

- Strengthens the spine
- Stretches chest and lungs, shoulders, and abdomen
- Firms the buttocks
- Improves menstrual irregularities
- Elevates mood
- Stimulates abdominal organs
- Helps relieve stress and fatigue
- Opens the heart and lungs
- Soothes sciatica
- Therapeutic for asthma

CAUTIONS:

- Back injury
- Carpal tunnel syndrome
- Pregnancy

VARIATIONS:

Avoid doing this pose on the floor if you are stiff or pregnant. Instead, secure a chair against a wall, place your hands on the front edge of the seat and balls of the feet on the floor to do the pose.

Don't overbend your back. Keep your elbows bent until you have practiced enough to do the pose with your arms fully extended.

Vocabulary Word

BOWDLERIZE

verb BOHD-ler-ize

1. as in literature, to expurgate (something, such as a book) by omitting or modifying parts considered vulgar
2. to modify by abridging, simplifying, or distorting in style or content

Exempl: *Hit It Pass It* remains an independent self-published counter-culture cannabis zine so that no one can bowdlerize its original message or intent



6 Quick Cleaning Tricks for Stoners

It's too easy to get stoned and put off until tomorrow what really should be cleaned up today. It's all good though, just clean smarter not harder when it comes down to it. So, spark up a sativa dominant hybrid and try these tricks stoners should use to keep their space clean and safe.

1. GET A WASHABLE AIR FILTER – If you smoke inside your home you know how quickly your air filters get all gross and sticky. If you're a heavy smoker and especially if you have pets or lots of people in your house, you might want to consider making the switch to washable air filters. Initially the expense will seem greater but in the long run, not having to purchase new filters and being able to wash them more frequently will be better for your budget and your health.

2. DUST WITH FABRIC SOFTENER SHEETS – Smokers know how quickly dust can pile up in the house. An affordable alternative to dusting with more expensive electromagnetic cloths and cleaning supplies, is to use fabric softener sheets instead. Even if you don't use dryer sheets for your laundry, you can score a pack of them at the dollar store to soften the blow to your budget while leaving your house dust free and smelling Downy fresh.

3. CLEAN MICROWAVE WITHOUT SCRUBBING – Crusty caked on munchie mess in the microwave can be a major buzz kill. Instead of swearing and scrubbing like a maniac nuke a clean damp sponge on HIGH for 2 minutes. This will kill all the bacteria and you can use the sponge or a wet cloth to easily wipe down the mess with little elbow grease required.

4. NO MORE PET HAIR IN YOUR POT – If you have a bunch of pets it seems inevitable that their hair will wind up in your pipe at some point, especially when they are shedding. Instead of making that awful face when confronted with the awful taste of burning hair, prep your smoking space by rubbing it down with rubber gloves. Pushing rubber against the fabric of your couch and clothes generates elasticity and grabs even the stubborn strands.

5. FRESHEN UP FURNITURE THAT IS FUNKY – Upholstery can be one of the main culprits in clinging to stale smoke and making your space smell like a roach filled ashtray. Combat it by combining water, vinegar and an essential oil like lavender or eucalyptus in a spray bottle and misting the couch and curtains after heavy smoke sessions.

6. SAFELY REMOVE GLASS SHARDS – Unfortunately breaking glass is an inevitable part of smoking cannabis. RIP Atomic Bong. The only thing worse than losing your favorite glass piece is when you (or worse your pet) get cut while you're trying to clean it up. Instead of simply sweeping up the mess, press a piece of bread around the area where the shatter occurred. This will get all the little tiny pieces without jabbing your feet or fingers.

These cleaning hack will work, but truth be told, the best advice is to smoke outside and clean up messes immediately before they get set in and crusty.



Senior Stoner Statistics

A BOOM IN BOOMER CANNABIS USERS

63% of Boomers (born 1946-1964) and **65% of Gen X** (born 1965-1980) are in favor of legalizing Cannabis

– Pew Research

Older adults commonly report they use medical cannabis for:
NEUROPATHY, INSOMNIA, PAIN AND ANXIETY

– Harvard Medical School

Among those aged **65 to 69 years**, cannabis use increased from 4.3 percent to 8.2 percent in men and from 2.1 percent to 3.8 percent in women

– Pew Research

Adults **65 years and older** who reported using marijuana use **INCREASED BY 75%** from 2.4% in 2015 to 4.2% in 2018

– JAMA Internal Medicine

Since 1996, **31 STATES** have legalized medical marijuana, while 11 states and Washington D.C. also have legalized recreational use.

– PR Newswire

Dream Interpretation

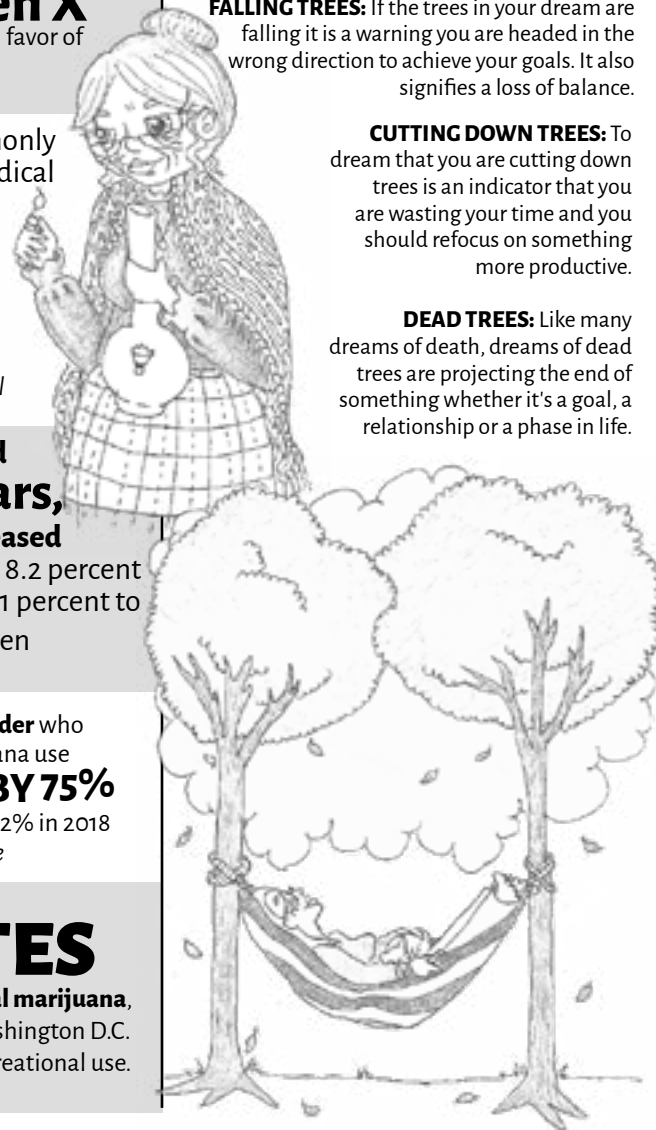
TREES: Dreaming of trees symbolizes goals and dreams in the context of growth, light and hope.

It is considered a good omen because they signify protection, strength and stability. Trees can also be a vision of family relationships and connections, like the family tree. Seeing trees in different states can mean different things.

FALLING TREES: If the trees in your dream are falling it is a warning you are headed in the wrong direction to achieve your goals. It also signifies a loss of balance.

CUTTING DOWN TREES: To dream that you are cutting down trees is an indicator that you are wasting your time and you should refocus on something more productive.

DEAD TREES: Like many dreams of death, dreams of dead trees are projecting the end of something whether it's a goal, a relationship or a phase in life.





HIGH-light

FIND THE HIDDEN PICTURES

- | | | | |
|-----------|---------|-----------|------------|
| Apple | Cat | Kite | Spear |
| Banana | Comb | Ladybug | Spoon |
| Bee | Couch | Latte | Sunglasses |
| Bone | Cupcake | Milkshake | UFO |
| Butterfly | Fish | Pumpkin | Umbrella |
| Candy | Fork | Seashell | |

Want to help keep the fun going?

Join the smoking circle & help the content keep coming out, get cool products and merch, or even a trip to Vegas...

Patreonize Hit It Pass It!

www.patreon.com/hititpassit



*DISCLAIMER

www.hititpassit.com
www.facebook.com/hititpassit
www.instagram.com/hitit_passit