

MUNKEY BIZ

ISSUE 4



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High HappyMunkey Family! Happy March & Happy Women's Month! This month we want to honor all the amazing Women in our lives, as well as all the amazing women tearing it up in the Cannabis Industry! In this issue you take a trip with us up to Boston for the NCIA Seed to Sale Expo, get down with the Happy Munkey crew for the www.HappyMunkey.com Website Launch Party, learn a tasty chicken & kale meatball recipe, check in with "My Cannabis Accountant" to get an in-depth history on the industry chokehold that is 280E, discover how Cannabis is Feminine Power with Estefania Valencia, take a Blunt Walk with Rafael, and much much more!

Now we wanted to take the time for a little public health service announcement. In the midst of all the coronavirus pandemonium going around globally we at Happy Munkey wanted to address the craziness and give y'all a few hygienic tips to consider incorporating into your cannabis consuming rituals. Cannabis is a social plant, whether you smoke it, dab it, or eat it, there are plenty of ways a direct-contact transmission of a virus can occur. Viruses like coronavirus are spread through direct contact. In times like these, let's not be naive to germs we are spreading by sharing our cannabis. We are by no means health officials, and truly cannot predict the severity or lack thereof when it comes to coronavirus, but nonetheless we feel it is important for people to be conscious about their health and the health of the communities we share.

- 1) Please wash your hands multiple times a day! If you're following the right steps, 20 seconds should be enough time to thoroughly cleanse your hands of potentially harmful pathogens.
- 2) Consider using a joint holder or silicone MouthPiece for communal sesh's. Even if it is using your hand as a makeshift pipe, the goal is to avoid sharing bodily fluids.
- 3) Regularly clean your glass! Studies show that using an unclean bong can expose you to more germs than a toilet seat!
- 4) Try to minimize / avoid sharing drinks and food with others. This one is pretty simple, the more you share with people the more you are likely to catch something.

We hope we didn't scare y'all too much! We truly thank you for your support, it means the world to us at Happy Munkey that you've taken the time to read and experience "Munkey Biz"! Enjoy the rest of the issue! Stay safe and meet you all here at the same place, next month!

LETTER FROM HAPPY MUNKEY



HAPPYMUNKEY PODCAST HIGHLIGHTS



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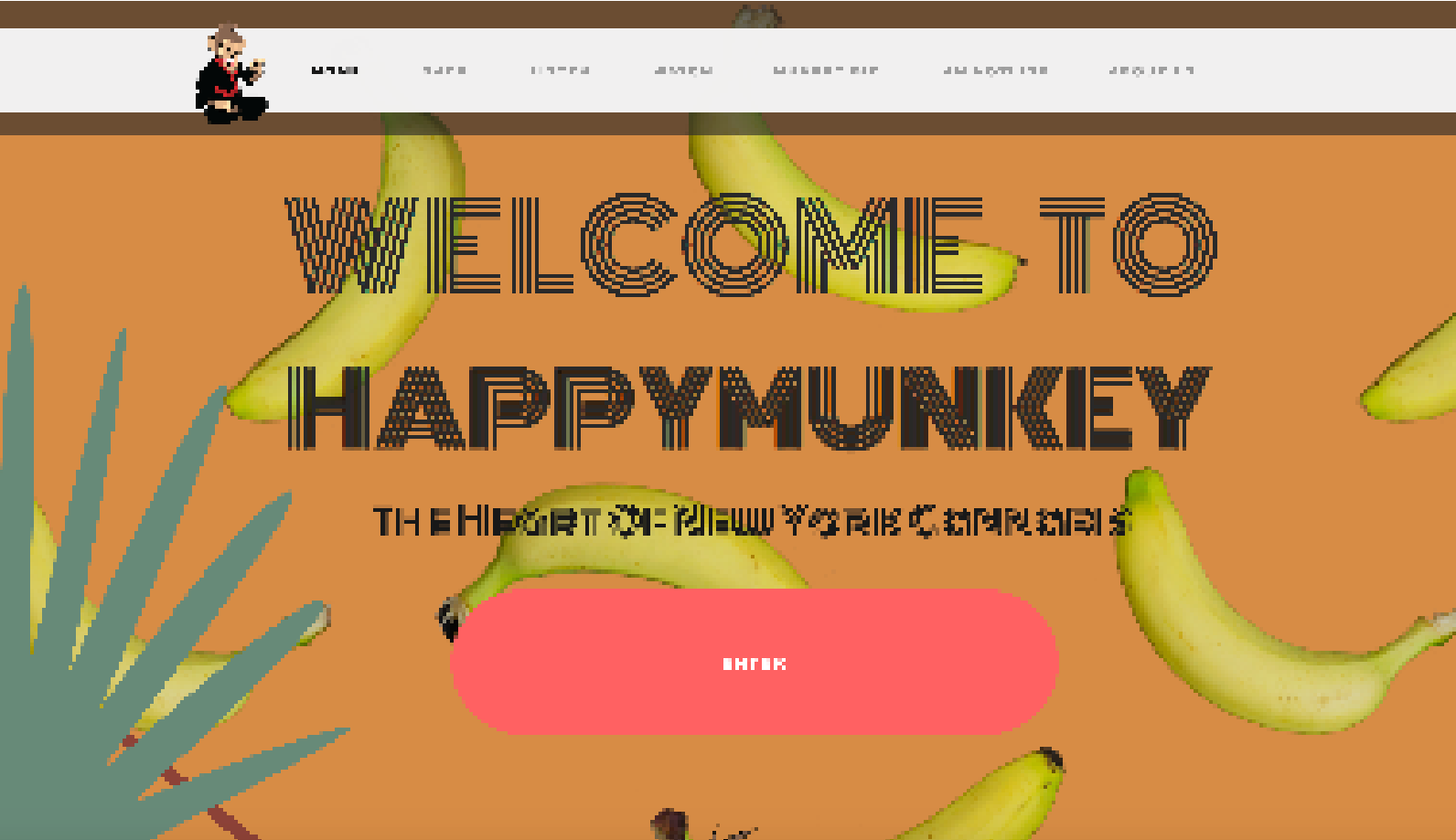
SPOTIFY

SOUNDCLOUD



This Month on the Happy Munkey Boulevard we are celebrating Women's Month by bringing you five amazing interviews with goddesses of the Cannabis Industry! We start off the month with a conversation with Dasheeda Dawson, CEO of The WeedHead™ & Company and author of top-selling workbook, How to Succeed in the Cannabis Industry.

Make sure to tune in every Monday @4:20PM for the newest episodes of the Happy Munkey Podcast!



WWW.HAPPYMUNKEY.COM LAUNCHES IN BOSTON!

By David Hernandez

This past month the Happy Munkey Crew launched www.HappyMunkey.com our interactive hub for all things Happy Munkey! Designed by Sofya Levina, Arian Walker and David Hernandez the website finally has created a centralized place for all the amazing moving parts that the Munkey consists of! Proudly claiming the title of “The Heart of New York Cannabis” the site gives you a portal into the magic Happy Munkey has been able to create over the last three years.

By clicking the “Listen” tab, you are transported to the Happy Munkey Boulevard where you can tune into the latest episodes of the “HappyMunkey podcast” with all of your favorite guests like Uncutt Art, Dasheeda Dawson, Jamie Pearson, Freeway Ricky Ross & many more! The “Shop” tab, highlights the long anticipated “Munkey Mart” section for users to seamlessly order all their favorite Happy Munkey merchandise! At the moment we have a few of our staple merchandise items up, but stay

tuned as we have a bunch of surprises in store for the Spring! The “Watch” tab turns on Happy Munkey TV, our youtube channel filled with exciting, funny, and envelope pushing visual content! If you are not already following us on Youtube and TheWeedTube, do yourself a favor and get on that NOW! The “Munkey Biz” tab is where you can find the current, as well as past issues of Munkey Biz, the amazing monthly newsletter you are reading at this very moment! The “HM Hotline” is the place where you can write or call in to send a message to us at Happy Munkey headquarters! We do listen to and read your responses so please keep them coming, we absolutely love to hear from our Happy Munkey Family! Next we have the “About Us” section of the website, where you can get a glimpse at the whole Happy Munkey team making everything work from behind the scenes to front and center! Lastly there is one more section dropping sometime this March called “Peanut Gallery”, where you will be able to find curated photo albums of all our Happy Munkey adventures over the years. So stay tuned & please take a look at the site and send us any and all feedback!

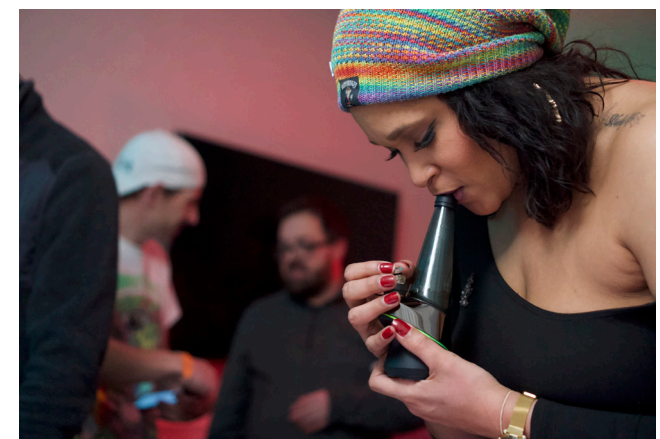
When considering how we wanted to launch our website and welcome in the new chapter of Happy Munkey, the team couldn’t help but want to do something we had never done before. So we decided to kill two birds with one stone, and paired our first trip up to Boston as team for the NCIA Seed to Sale Expo and our website launch event! So the team packed our bags and trekked



up to Boston for the first time, not only to explore the Hynes Convention Center but to spread the Happy Munkey Vibes all across Beantown! Our team spent the convention catching up with all the companies pushing the dial forward in the cannabis industry, and handing out personal invitations to our launch event at an undisclosed nearby location!

The launch event kicked off just after the convention floor was closed and within minutes of opening our doors we had our first guests ready to kick it Happy Munkey style! As people entered

they were greeted by a welcoming display of our Happy Munkey Art and a QR code poster that allowed for effortless access to the newly launched Happy Munkey website. Once upstairs our guests could relax and mingle with a joint or Puffco in hand, making it a chill and enjoyable after





Brand Ambassador Spotlight

Meet Mr. Puffington @MrPuffingtonNYC

Meet Mr. Puffington, our brand ambassador/content consultant at HM. Coming from The Highbridge area of the Bronx is Happy Munkey Brand Ambassador Fresh Puffington aka "Mr Puffington". He is an educator, entrepreneur, Cannabis Cup judge, championship roller and dab connoisseur. As an avid Jeremy Scott Adidas collector he can be spotted wearing sneakers with tails or wings attached to them. He prefers smoking concentrates over flower. His favorite dab rig is his PuffCo Peak so he can always take dabs on the fly. When he does consider flower, his creative rolling projects (such as cross joints or a smokeable scorpion) are sure to be a conversation piece at any event on the New York cannabis scene. He has won various NYC rolling competitions with his rolling skills to attest to that. He loves purple buds specifically.

What is your favorite strain?

My current top 3 favorite strains are Forbidden Fruit, Gelato 33 aka "Larry Bird" and Chiquita Banana.

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LEAVE US A VOICEMAIL**

YOU COULD BE FEATURED IN OUR NEXT PODCAST!

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MONTHLY ACCOUNTING & TAX ADVICE

by MCA ACCOUNTING SOLUTIONS MYCANNABISACCOUNTANT.COM

MONTHLY ACCOUNTING & TAX ADVICE

Do you operate a Cannabusiness that is plant-touching? If so, you have most likely heard about Internal Revenue Code 280E and how it can have a devastating effect on a legal cannabis business that deals directly with the plant.

- **What is IRS Code 280E?**

Internal Revenue Code 280E is a law that was specifically written for businesses that file taxes that are involved in criminal and federally illegal activities, but still need to file income taxes. The law disallows the deduction of normal operating business expenses when calculating a company's taxable income at the end of the year.

- **How does this affect businesses that operate in the legal cannabis industry?**

Companies that are plant-touching (retailers, growers, processors) are not allowed to deduct actual, necessary expenses that they incurred during the year to run their business. Some of these expenses may represent the biggest costs to operate a business including Advertising Costs, Salaries, Transportation and Delivery Costs, Licensing and Professional Fees and many others.

By not allowing a deduction for these expenses, a business in the cannabis industry ends up paying taxes on income that they technically did not really earn. On paper, and in real life, a company can lose money but then end up owing a six-figure tax bill to the IRS due to not being able to accurately deduct their actual costs of doing business.

- **Where did this crazy law come from?**

In 1975, Jeffrey Edmonson, a Minnesota resident who was self-employed in the trade/business of selling amphetamines, cocaine and marijuana, filed a tax return for the 1974 tax year to include his income from these illegal activities. This was done to be in compliance with the IRS law that all income, regardless of source or legality, must be reported and then have taxes paid. When he filed this tax return, he included all of the income derived from his product sales the prior year (1,100,000 amphetamine tablets, 100 pounds of marijuana and 13 ounces of cocaine) – but also deducted all of his business expenses incurred including the cost of his product, travel costs, telephone expenses and part of his home rent due to the home office he ran his illegal businesses from. He even reported an ending inventory of 8 ounces of cocaine that had gone unsold during the year.

The IRS initially denied all of his deductions by claiming that he was dealing in an illegal trade (selling federally illegal narcotics) and therefore was not entitled to the normal deductions other law-abiding businesses took on their tax returns. Edmonson's attorneys successfully argued that the 16th amendment in The Constitution allows all taxpayers to deduct their Cost of Goods Sold from their Gross Income when calculating their taxable income, so the court allowed most of the deductions to remain.

Although Edmonson won his case and was allowed to use his expenses as deductions on his tax return, the IRS was not very happy with the Tax Court's decision and a few years later enacted IRS Code 280E, which was initially supposed to apply to drug dealers like Edmonson, but actually applies to businesses dealing in all federally scheduled controlled substances. This is how the law became applied to Cannabis and now is an issue for all companies that operate within the legal industry but touch the plant in part of their daily operations, even in states where Cannabis has been made legal.

- **Is there a solution?**

The best solution is having a proper 280E strategy in place for your Cannabusiness. This can be accomplished by making sure that you have the best professional team (Accountant, Lawyer, etc.) in your corner that are both knowledgeable and experienced in the Cannabis space to properly advise your company. Unfortunately, 280E will be an issue until we have federal legalization, but with the right guidance, steps can be taken to mitigate the impending tax effect on your company.

Important Upcoming Tax Deadlines

March 16, 2020 – S-Corporation Tax Returns and Partnership Tax Returns Due
April 15, 2020 – C-Corporation Tax Returns Due
April 15, 2020 – Individual Tax Filing Deadline



Happy Munkey's Bob Marley Birthday Tribute

By David Hernandez

The Happy Munkey Team had a blast at "The 24th Annual Bob Marley Birthday Tribute" put together by CCB Reggae All-Stars at the famous Sony Hall In Midtown New York City! We celebrated Bob Marley the only way we know how to, by enjoying the beautiful cannabis plant and most importantly having a GOOD TIME!

The good vibes were in the air and CCB Reggae All-Stars didn't miss a beat! With soulful renditions of "No Woman, No Cry" to upbeat hits like "One Love" the energy in the room was nothing short of Irie! We appreciate the support and were honored when the stage shouted the Happy Munkey Movement! Happy Birthday Bob, We know you'd be proud!



Cannabis is Feminine power

SANNAOHANA WELLNESS

CANNABIS IS FEMININE POWER

THROUGHOUT THE WHOLE MONTH OF MARCH, AMERICA COMMEMORATES WOMEN IN HISTORY, THEIR ROLE AND CONTRIBUTIONS TO HUMAN RIGHTS, EQUALITY AND SOCIAL PROGRESS. WE WOULD LIKE TO TAKE IT A STEP FURTHER AND SUGGEST THAT WE TAKE SOME TIME TO CELEBRATE NOT ONLY WOMEN IN HISTORY, BUT THE POWER OF THE FEMALE IN ALL OF ITS FORMS. AS CANNABIS CONSUMERS, IT IS IMPORTANT TO REALIZE THAT FEMALES ARE NOT JUST INFLUENTIAL IN THEIR HUMAN FORM, THE UNIVERSE ALSO GIFTS US WITH FEMININE POWER IN BOUNDLESS EXPRESSION. ANIMALS AND PLANTS ALIKE CONTAIN THE SAME NURTURING, LIFE CREATING, INTUITIVE FEMININE QUALITIES WE SEE IN WOMEN, AND THEY ARE JUST AS INFLUENTIAL, IF NOT MORE. IN FACT, THERE ARE MORE PARALLELS BETWEEN WOMEN AND THE WEED YOU SMOKE THAN YOU MIGHT REALIZE.

IN LAST MONTH'S ISSUE WE DISCUSSED THE MANY WAYS CANNABIS CAN HELP HEAL OUR PLANET FROM HUMAN IMPACT. FROM BEING A PLANET DETOXER BY ABSORBING TOXINS FROM THE AIR AND THE SOIL, TO HELPING REESTABLISH THE EARTH'S NUTRIENTS AND MICROBIOME, THE CANNABIS PLANT IS EARTH'S TOP, RENEWABLE NATURAL RESOURCE AND IT IS BY FAR THE MOST NOURISHING AND PROLIFIC CROP THAT HAS THE POTENTIAL TO SAVE OUR PLANET. IT'S FERTILE AND NURTURING QUALITIES ARE FEMININE IN NATURE AND ARE IN PARALLEL WITH THE SAME CHARACTERISTICS WE SEE IN GREAT MOTHERS. LIKE THE CANNABIS PLANT, MOTHERS ARE NURTURING, THEY GIVE UNCONDITIONALLY AND HAVE A MAGICAL HEALING TOUCH, THEY ARE FORGIVING AND CLEAN UP AFTER US. IF YOU LOOK AT THE EFFECTS OF SMOKING CANNABIS, THEY ALSO RESEMBLE FEMININE TRAITS, YOU MAY FEEL RELAXED, PRESENT WITH A CALM MIND AND WILLINGNESS TO GO WITH THE FLOW.

WHAT YOU ARE EXPERIENCING WHEN YOU SMOKE IS THE POWER OF FEMININE ENERGY.

FEMININE ENERGY IS A RESTORATIVE AND RECEPTIVE ENERGY. ON THE OPPOSITE, MASCULINE ENERGY IS A STRONG AND ACTION-DRIVEN ENERGY. FOR EXAMPLE, IMAGINE GOING WITH THE FLOW, TAKING IT ALL IN AND SIMPLY BEING, VERSUS BEING IN A STATE OF CONTROLLED FOCUS AND ACTION. THIS IS ALSO KNOWN IN ANCIENT CHINESE PHILOSOPHY AS YIN AND YANG. THEY ARE BOTH COMPLEMENTARY FORCES THAT INTERACT TO FORM A BALANCED AND DYNAMIC SYSTEM IN WHICH THE WHOLE IS GREATER THAN THE INDIVIDUAL PARTS. ONE CAN'T EXIST WITHOUT THE OTHER.

WE ALL HAVE FEMININE AND MASCULINE ENERGY FLOWING THROUGH US, AND THE GOAL IS TO HAVE A BALANCE. THIS IS WHY CANNABIS FEELS EXTREMELY BALANCING FOR US, ENERGETICALLY, WE LIVE IN A VERY MASCULINE ENERGY DOMINANT SOCIETY AND IT BECOMES DIFFICULT FOR US TO LET GO OF THE ACTION AND JUST BE. WITH THE HUSTLE AND BUSTLE OF THE EAST COAST, IT IS NO WONDER THAT NYC IS ONE OF THE TOP CANNABIS CONSUMING CITIES IN THE WORLD!

HOW DOES CANNABIS HELP US LET GO?

FOR ONE, THE CANNABIS FLOWER BUD WE SMOKE GROWS FROM A FEMALE PLANT. THE BUD CONTAINS THE HIGHEST CONTENT OF PHYTOCANNABINOIDS IN THE ENTIRE PLANT. THESE PHYTOCANNABINOIDS INCREASE IN RESPONSE TO STRESS AND ARE SECRETED BY THE FLOWER AS A THICK STICKY RESIN. THEY ARE CONSIDERED BIOLOGICAL ACCESSORIES CREATED AS A DEFENSE MECHANISM AGAINST PESTS AND OTHER STRESSORS. THE MORE STRESSED THE PLANT THE MORE IT WILL PRODUCE PHYTOCANNABINOIDS SUCH AS THC AND CBD IN ITS FLOWERING BUDS. INTERESTINGLY ENOUGH THESE PHYTOCANNABINOIDS MIMIC OUR OWN BODIES CANNABINOIDS AND THEY INTERACT WITH RECEPTORS THROUGHOUT OUR BODY THAT ARE PART OF THE ENDOCANNABINOID SYSTEM (ECS). THE ECS IS A BALANCE SYSTEM IN OUR BODIES THAT IS INVOLVED IN CONSTANT COMMUNICATION AND BIOLOGICAL FEEDBACK WITH THE REST OF THE BODY'S SYSTEMS. WHEN THERE IS STRESS THE ECS IS IN CHARGE OF HELPING THE BODY ADAPT TO THAT STRESS AND RESTORE BALANCE, BRINGING THE BODY BACK TO HOMEOSTASIS. IN OTHER WORDS, CANNABIS HELPS US FIND BALANCE ENERGETICALLY AND PHYSIOLOGICALLY.

INDEPENDENT OF OUR SEX, THE FEMININE FORCE LIVES IN EACH AND EVERY ONE OF US, IT IS A HEALING RESTORATIVE ENERGY FLOWING THROUGH US AND IT IS JUST AS IMPORTANT AS THE MASCULINE FORCE FOR BALANCE.

SO FOR THIS MONTH OF MARCH CELEBRATE THE FEMININE POWER WITH US BY ACKNOWLEDGING YOUR FEMININE ENERGY, ESPECIALLY AFTER YOU SMOKE SOME CANNABIS. NOTICE HOW SHE MAKES YOU FEEL, RESTORING AND NURTURING YOUR BODY, MIND AND SOUL.

SANNAOHANA WELLNESS

@SANNACBDYOGA



ALBANY CANNABIS LOBBY DAY ROUND 2

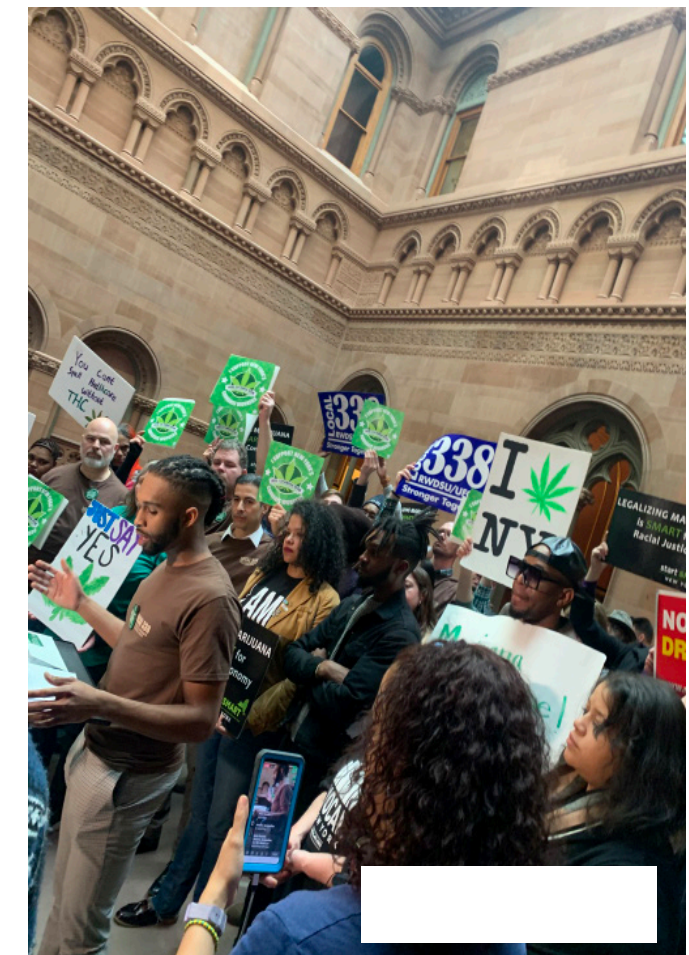
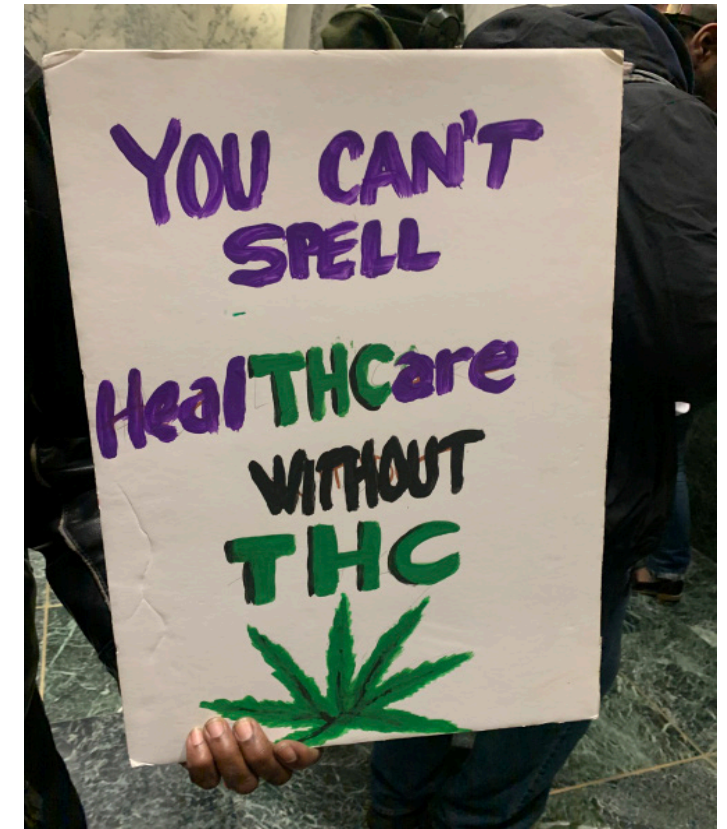
By David Hernandez

This month the Happy Munkey Crew headed back up to Albany for the 2nd START SMART New York cannabis lobby day of the 2020 legislative session! This time led by our legendary Happy Munkey brand ambassador Jose Rose, we jumped on buses leaving from Union Square at the bright and early time of 6:30AM. Just like last month the busses were filled with people eager to get up to Albany and have their voices heard! Once we arrived at in Albany we convened in the capital dining room and then sorted ourselves into groups based on constituency. From there we had meetings with our representatives in which we were able to share our concerns and reasons why recreational cannabis needs to be passed in the budget this April. The lobby day came to a fiery close with a press conference on the famous Great Western Steps.

If you have the opportunity to make it to Albany please do! There is not one cannabis voice, and while we all share a love for the plant our vision of a cannabis future are not all the same. This month is the final push to get your voice heard on the importance of passing recreational adult-use cannabis laws passed in New York State! So far our efforts have not been in vain, and the traction is mounting in Albany! This past month Governor Andrew Cuomo embarked

on a multi-state cannabis tour, geared toward informing and educating the Governor on what the legal states have done, what worked, and what hasn't worked. Truly showing a step in the right direction for cannabis legalization in the state. And just this last week newly appointed New York Cannabis Drug Czar Norman Birenbaum went on record saying, "This is the right thing to do for public health and public safety... The reality of the situation is we have adult-use cannabis today, The problem is it's not regulated". Unlike last year where the momentum ultimately balked before the final budget vote, support for cannabis to stay in the budget has continued to blossom!

The final vote is on April 1st, but the budget essentially gets finalized by the last few days of March. Our next trip up to Albany will be on March 11th for the "Women In Cannabis Lobby Day", so please reach out if you would like to find out how to get yourself a spot on the bus, or how to get more involved!



The Jose Rozay Strain Of The Month!

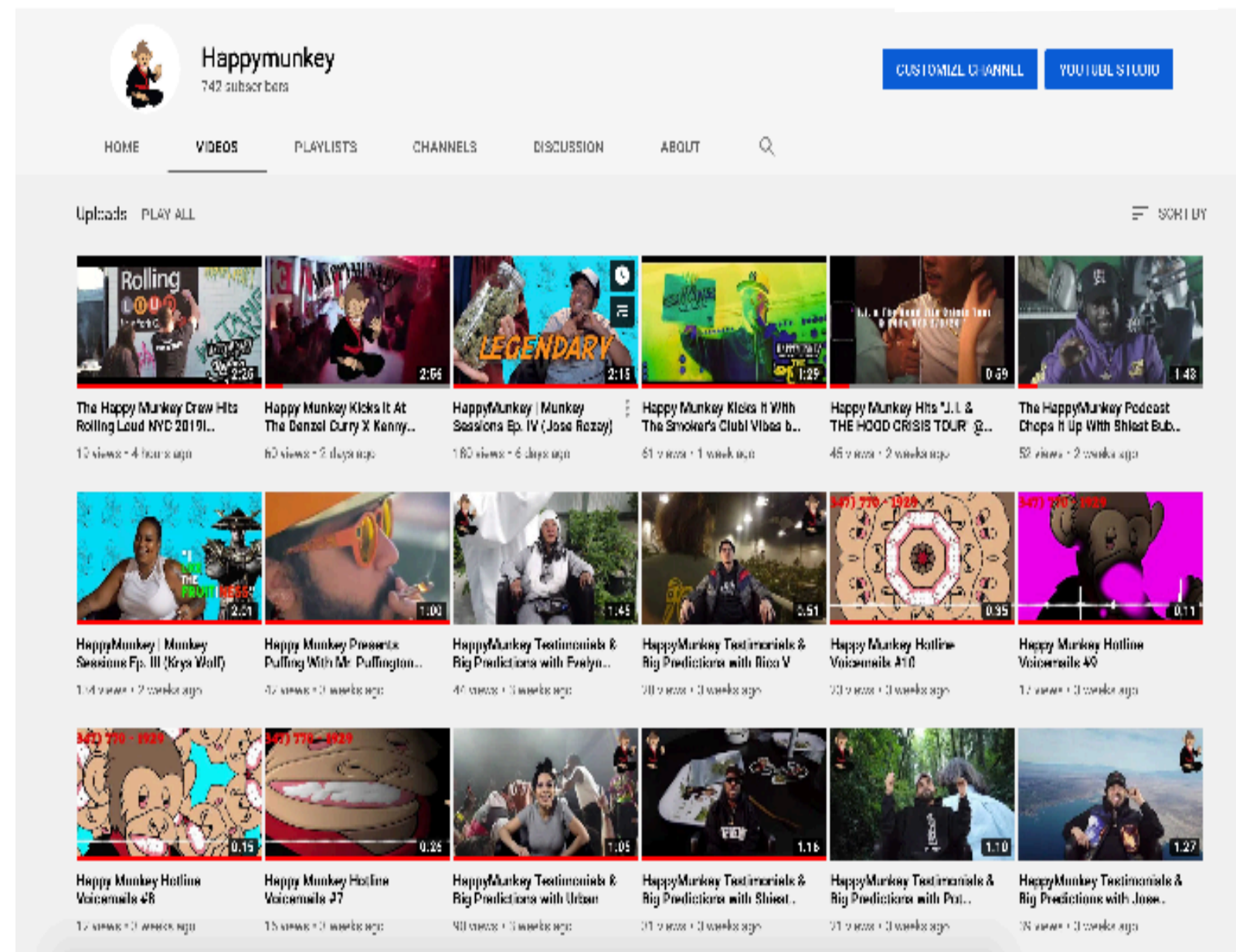


Haze is the Rozay Strain Of The Month for the month of March. Growing up in the Washington Heights Uptown part of Manhattan I was practically raised around the haze strain. Due to the high volume of Haze usage In Washington Heights it was labeled the home of the Haze. Literally the first strain I have ever smoked, and it is one the most THC-potent strains that cannabis has to offer. Haze gives you a hazy, uplifting, euphoric high while allowing the user to remain physically active. It is said that Haze is the most grown 100% sativa hybrid in the world, appreciated for its characteristic taste and smell. The history of the haze strain is pretty hazy itself. Said to be originally grown by the haze brothers in the 1970s with a cross breed of a Columbian strain and a Mexican strain. Though some say the “Haze Brothers” never existed and give credit to “Sam The Skunkman” for traveling with seeds to Holland and introducing them to Neville Schoenmaker who ran the seed bank of Holland. Over time many other different haze strains were developed like the Super Silver Haze & the famous purple haze. They say that in some Amsterdam coffee shops if you know wheret to look, you can still find descendants of the first haze plants from Neville. Still to this day haze is still one of the most popular sativa hybrid strains in the world and certainly one of my favorites to enjoy.

Have you had the opportunity to try this magical strain???



HAVE YOU FOLLOWED HAPPY MUNKEY ON



WHAT ARE YOU WAITING FOR?

TERPENE FAQs



Caryophyllene

AROMA

Pepper
Spicy
Woody
Cloves

Potential Medical Value

Treatment of:

Ulcers
Pain
Anxiety

Also found in...

Black Pepper
Cinnamon

Linalool

AROMA

Floral
Lavender

Potential Medical Value

Treatment of:

Insomnia
Inflammation
Neurodegeneration

Also found in...

Lavender

Cannascopes

March 2020

ARIES

Strain: Green Crack

Horoscope: It is time you take THAT leap. You've BEEN contemplating it for a while. The time is NOW! I see the [Green] light.

TAURUS

Strain: Obama Kush

Horoscope: Be aware of Red Flags. If you see or feel them, stay grounded, choose wisely & stay away.

GEMINI

Strain: AK-47

Horoscope: It's ok to take your shot. But please do not take 100. Know when it's time to take a different one.

LIBRA

Strain: Northern Lights

Horoscope: No matter what disruption you may have recently gone through or may go through, the way to heal is to listen deep into your heart. Always remember to love yourself first...then others.

CANCER

Strain: Alaskan Thunder Fuck

Horoscope: You know the things you have been putting off & possibly complaining about? Stop procrastinating & just Do it!

LEO

Strain: Candyland

Horoscope: Being more spiritual will have you facing & healing past mistakes that my have you guilt tripping yourself. Forgive (yourself) in order to pounce on your next idea.

VIRGO

Strain: Jack Herer

Horoscope: Your gut feeling has BEEN hinting towards a decision that has to be made. What ever it may be, listen to your given gift...Intuition. It knows.

SCORPIO

Strain: Larry OG

Horoscope: You have a huge heart, but the more you invest your time & love in others and things that you know won't flourish, the more you will burn yourself out. Instead, value your SELF WORTH. Do YOU, 101% first.

SAGITTARIUS

Strain: Maui Wowie

Horoscope: Seems like there may be something you had your eye on & it either did not happen or may not. Either way, It is time that you take a break from it & focus on time to yourSELF...Vacation perhaps. Hmmm.

CAPRICORN

Strain: 9LB Hammer

Horoscope: It is time you switch gears & move away from a person or situation. Take a stance to focus on yourSELF. No one else will value you , like you would 101%

Aquarius

Strain: Kosher Kush

Horoscope: Seems like the main focus is you. Nurture yourSELF by being more active. It is one body, one life & your health should come first. Take the initiative to put your health first.

PISCES

Strain: Sour Tsunami

Horoscope: Sooo, it seems like your food consumption is the main focus for you fishies. Be more aware of the things you are eating. You will struggle if you neglect your health & diet. Healthy body + mind = Successful life.



BLUNT WALKS WITH RAFAEL

When ever I travel I like to go prepared, whether it be to the corner store or in this case to Boston. Yup your guy Ralph ended up hitching a ride to Boston with the Happy Munkey team to the NCIA conference, and I brought my good ole' fashion Pentax 35mm camera with me. We were staying in an Airbnb in Dorchester, and I knew as soon as we landed I had to explore the neighborhood. Sadly we arrived very late at night so it had to wait till the next morning.

As soon as the sun started to come up, I was in my room breaking out my kit. Now I'm no master roller or anything but hand me a Dutch Master and I can make magic. So I roll up twice with some Jack Herer in the inner leaf of a Dutch and on my way out, I got a smoking buddy to come along with me. Tech King, our resident "king of tech" and fellow photographer, matched my blunts with two spliffs. Now with four cannons on our hands, we were ready to go.

In Boston it is recreationally legal to consume cannabis but being that it still is not federally legal, cops can still hassle you about smoking weed. So please be careful and vigilant of your surroundings, you don't want to be bothered & you also don't want to bother other people. Be considerate especially when smoking around / in parks and other family oriented areas.

That being said, as soon as we left the Airbnb we sparked one of the blunts and went up the block with cameras in hand. Just 2 blocks up was Ronan Park a decent space with no one around, so Tech King and I decided that this was going to be our smoke spot. Plus it was perfect for some photos, so why not kill two blunts with one stone.

As we scope out the basketball courts for some shots, we bump into a kindred spirit rolling up on the sidelines, so we gave him the curtesy head nod of smokers recognition, and kept it pushing. The courts were surrounded by fences full of vines and neighboring houses, which was perfect for some landscape shots. By this point the first blunt was long gone, so we lit one of Tech King's spliffs. The way Tech King rolls, he adds Grabba (which is a cured dark tobacco leaf) to the joint, which adds a tobacco kick to the hit. Some may refer to it as a spicy spliff, but for someone that smokes blunts it is not too foreign.



Tech King and I ended up walking past this large baseball field to a small observation deck-type area. At the top of this hill you could see all the way to Dorchester bay which provided a nice backdrop for some portraits. With Tech King as my model, I shot away as we as we blew through the spliff. By now we were high as ever, so we sat down in one of the mini baseball dugouts while I reloaded a roll off film into my camera.

We spent an hour and change walking up and down the park, so just to get it over with and to maximize our high for the rest of the day we decided to save the remaining blunt and spliff..

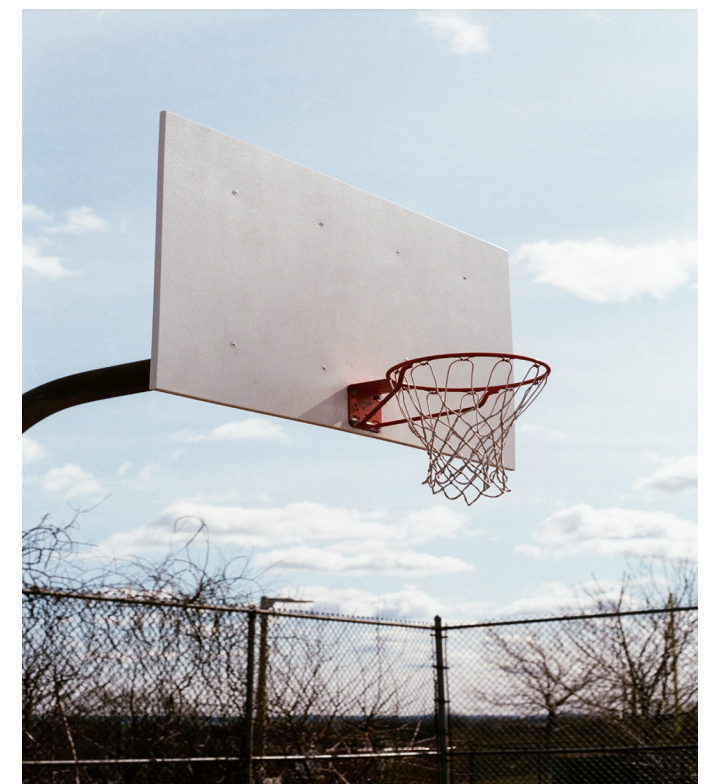
Who am I kidding we smoked the last of it, and used them as props for the rest of the shots. Just as the smoke was ending coincidentally so was my roll of film. Which was perfect because the munchies were kicking up something fierce, so Tech King and I cut our adventure short in pursuit of the food.

Boston was such a welcoming place for weed, and the warmth of the cannabis community I experienced there was amazing. Though I didn't get a chance to venture out more into Boston or dine on any of the local Haitian or Cape Verdian dishes that everyone told me so much about, I definitely see myself going back very soon to fit that all in.

So on that note, Thanks for taking another walk with me, and stay high and stay safe in these streets.

-Rafael Hernandez

@RafaelHPhotos



Chicken & Kale Meatballs In Spicy Tomato Sauce



Recipe By Chef Nicole

Ingredients For The Sauce

1 15oz can of diced tomatoes 2 tbsps chopped kale 1 sliced jalapeño 1 oz fresh orange juice

Directions For The Sauce

- 1.) Purée 1 15oz can of diced tomatoes with 2 tbsps chopped kale, 1 sliced jalapeño and 1 oz fresh orange juice
- 2.) Add purée to a medium sauce pan and let simmer on medium-low heat for 20-30 mins

Ingredients For The Meatballs

1 cup lacinato kale, finely chopped	1 shallot chopped	1 tbsp infused oil
1 small jalapeños chopped	1 lb ground chicken breast	Salt and pepper to taste
1/2 teaspoon poultry seasoning	1/2 teaspoon lemon pepper	1/2 teaspoon dried parsley

Directions For The Sauce

- 1.) Heat 1 teaspoon olive oil in a skillet. Add kale, shallots and jalapeño and sauté over medium heat for 5 mins. Remove from heat and cool to room temperature.
- 2.) Season ground chicken with spices, add room temperature vegetable blend and mix to combine.
- 3.) Heat a tsp of olive oil in the skillet, form chicken into 2 inch meatballs (by hand or with a scooper) and place into skillet. Brown meatballs on med-high heat for 3 mins each side.
- 4.) Transfer meatballs to a baking dish, pour sauce over the meatballs and bake on 425 for 25 mins.
- 5.) Serve with your favorite pasta or zoodles.

ART





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BTS



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You can reach us at info@happymunkey.com with any questions, concerns, suggestions!

