

What is Cannabis?

Cannabis is a complex plant that contains over 400 unique chemical entities, many of which are cannabinoids and terpenes. Although cannabis has been cultivated for over 6,000 years, for uses such as textiles, medicine, and food, our current knowledge on its pharmacological properties is based on studies that have taken place only since the end of the 19th century. Furthermore, due to the widespread prohibition on the plant and its compounds, modern research has been hampered until recently – thus we are living now in a very exciting era where new information on the potential benefits of cannabis are being published rapidly.

The Cannabis Plant

The cannabis plant has two main subspecies, *Cannabis indica* and *Cannabis sativa*, each with unique physical characteristics. Indica-dominant strains are short plants with broad, dark green leaves. Indica plants are native to higher elevation areas in Asia, such as the Hindu Kush Mountains. Sativa-dominant strains are usually taller and have thin leaves with a lighter green color. Sativa plants are native to more tropical regions in Central and Southeast Asia. Varieties that are native to a certain area are called landraces and are the building blocks for the different varieties seen today. In last few decades, both amateur and professional horticulturalists have been selectively cross breeding varieties of cannabis, which has led to an enormous amount of available unique strains. Many of these strains contain a combination of sativas and indicas, creating what is known as a “hybrid”.

Cannabis Cultivation

At Theory, we cultivate cannabis in very controlled environments to create the ideal conditions that allow our plants to thrive. By controlling the humidity, temperature, lighting, CO2 levels, nutrients, airflow, and pruning techniques, Theory is able to allow each strain of cannabis to reach its maximum genetic potential. Additionally, we implement strict and extensive sanitation protocols to ensure that no potential contaminants ever enter our facility.