



Cannabis Water
DECOCTION RECIPE

1 gram ground [\(dried, cured\)](#) Cannabis flower (high CBD, high TCH or equivalent THC:CBD)

2 cups distilled water (500 ml)

Saucepan

[Small](#) Wire mesh [sieve or strainer](#)

Timer

** Do not add lemon to water. Agave or honey sweeteners are OK*

** Potency will remain stable up to 3 days in refrigerator*

1. Bring water to [low rolling](#) boil in saucepan
2. Add ground Cannabis flower
3. Simmer for 20 minutes, set timer.
4. Strain liquid through wire mesh strain to remove the ground flower (Do not use paper filter)
5. Cool and separate remaining water into three equal doses (approximately ½ cup each dose - [there likely will have been some evaporative loss during the boiling step](#))
6. Drink one dose (½ cup) 1-3 times per day with or after meals