



PINE HILL FARM

HEMP INSPIRED WELLNESS

WHAT'S NEW AT PINE HILL FARM?



Harvest is complete! Plants are off the field and hanging to dry in a temperature and humidity controlled environment on our farm. After 4-5 weeks of hanging and monitoring moisture content, we shuck the dried plants and package them up to send to our processor. From here it is converted into crude to make a variety of products including oils, gummies, salves, and more. Our plants look amazing this year and we feel this may be our best harvest yet!

DRUM ROLL...we're excited to share that Pine Hill Farm secured the PERFECT, unique space for our "wellness collective + market" in our hometown of Watertown! Opening in December 2021, we'll be integrating other like-minded holistic professionals in this space. You'll find a diverse selection of high quality wellness-related products, unique and fun shopping items with some local vendor spotlights including Sweet Poppy Too, Bakers Man Cookies, Brickhouse Mercantile, and Present Not Perfect. We'll have a regular line up of free education workshops, private consultations, and other special events in our uplifting environment. Thank you for your patience to all of our clients who have persistently encouraged us to open a space of our own. We're excited to work with you on a more intimate level.

Just a reminder that through November 11th (Veteran's Day), 30% of every bottle of sublingual oil sold online will go directly to our friends at Sierra Delta (service dogs for vets)!



CONNECT

Call/Text: 414-737-4100

Email: thepinehillfarm@gmail.com

Visit: www.thepinehillfarm.com

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LET'S TALK: ENDOCANNABINOID SYSTEM!

On October 18th, we'll be speaking at the American Cannabis Nurses Association annual conference where we'll educate other health professionals on the endocannabinoid system (ECS). This complex system was first discovered in the 80's and is responsible for whole body homeostasis. CBD awakens the ECS receptors to regulate a wide range of body functions and processes, including sleep, mood, reproduction, inflammation, and immune response.



UPCOMING EVENTS

- 10/3: 9am-3pm
Lake Mills Fall Festival
- 10/9 & 10/10: 9am-4pm
Holy Hill Art Farm Market
- 10/18-10/20: ACNA conference.

Thursdays: Lake Geneva Market

Saturdays: Oconomowoc Market



DID YOU KNOW?

CB1 receptors are primarily located in the central nervous system while CB2 receptors are found in the peripheral nervous system, especially immune cells. This is why CBD can have such positive effects systemically for symptoms like anxiety, insomnia, and arthritis.

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses♥

Meet Emily & Abbie from *Present Not Perfect!* These super mamas are an art therapist and special ed teacher with a passion for normalizing family mental health through intentional art and play. They make a variety of practical tools accessible through sensory play and hands on learning.

Check them out at www.presentnotperfectllc.com