



PINE HILL FARM

WELLNESS COLLECTIVE

+ market

WHAT'S NEW AT PINE HILL FARM?

Hello June! Our entire USDA certified organic farm (approx 75 acres) has been seeded/planted, including our small 2 acre plot of hemp. Now the fun begins with daily field walks, natural pest control, weeding, etc. We typically release predator insects, such as green lacewings or preying mantis, to control soft bodied insects which are damaging to the hemp plants. We've also been busy cleaning up and beautifying the 6th generation homestead in preparation for a Pine Hill Farm family high-school graduation party! Go Oconomowoc Raccoons!

Even more exciting is our store's expansion to 200 W. Main Street in Watertown (across from the library), just a block down from our current space. In this new space, we'll be expanding our local market, have a dedicated area for our popular wellness workshops, and room for our exciting events, like local vendor product samplings and wine tastings! Construction has begun and we anticipate the move happening in just a couple of weeks!

The Pine Hill Farm line of high quality hemp products keeps getting better and better. We are so thrilled that June marks the launch of our new CO2 extracted CBD oil in our newest flavors of Harvest Berry and Orange Dream. Our functional supplement gummies are now available in a variety of flavors with L-Theanine and L-Tyrosine for stress/anxiety and melatonin for sleep. Stay tuned as we continue to expand this line of functional supplements with CBD for symptom management and overall health.

Finally, we invite you to visit our website to learn more about our BioScan SRT screening to identify root cause solutions for optimal health. For more information or to schedule a consult, please email info@thepinehillfarm.com or visit our website.

LET'S TALK: CBD FOR MENSTRUAL CRAMPS

A 2021 research review showed that up to 91% of women of reproductive age experience menstrual pain, with up to 29% of women experiencing severe pain.

CBD can be beneficial for women to help alleviate symptoms that they face during their periods. CBD can help in controlling menstrual pain, reducing bloating, and stabilizing mood.

A 2019 review of studies into CBD as a treatment for PMS showed that cannabis may be helpful with chronic and acute pain relief, and cannabis in the form of THC and CBD may provide relief for similar symptoms.

DID YOU KNOW?

There are records of Queen Victoria using CBD during her reign of England. She reportedly used CBD to help deal with menstrual cramps. Her personal physician Sir J. Russel Reynolds advocated the use of cannabis to alleviate the pain she faced during her periods.

CONNECT

Store: (920) 390-4462

Email: info@thepinehillfarm.com

Visit: www.thepinehillfarm.com

  @thepinehillfarm



UPCOMING EVENTS

- Saturday & Sunday 6/4 & 6/5, 9am-4pm, Holy Hill Art Farm
- Wednesday 6/15, 9am or 5pm, Skin Care Workshop & Free Skin Assessment from our medical esthetician
- Thursday, 6/23, 9am or 5pm, Urban Poling Demo & Walking Group with Dr. Cochran/ Doctor Physical Therapy



SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses ♥

Meet Dakota, the owner of Shop Rosie Bee! Dakota is Pine Hill Farm's newest collaborator as she will be making our brand new CBD infused bath bombs! Dakota chooses ingredients that your skin will love, with no harsh chemicals or unnecessary ingredients, safe for the entire family. Next time you're near Pardeeville, stop by her unique, artisan store! Check out her stunning bath and body products online at <https://shoprosiebee.com/>.