**Trending: Edibles are gaining popularity among Minnesota teens**

Cannabis can be taken into the body in many different ways, the most common are smoking, vaping and edibles. Edibles have been gaining popularity since Minnesota approved the adult consumption of cannabis earlier this year. Edibles contain dried cannabis or cannabis infused oils that are added into foods, most commonly baked goods or candies/gummies. When consumed as an edible, cannabis is often stronger and has less predictable effects compared to smoking or vaping. This is because the edible must work its way through the digestive system, which delays the effects. When cannabis is smoked or vaped the effects felt by the user occur in a matter of minutes, but edibles can take as long as 30 minutes to an hour to feel the effects. This can lead the user to ingest more and/or higher doses to feel the expected high. Additionally, the effects of edibles last much longer, sometimes upwards of 6-12 hours, depending on the amount ingested. Teens are drawn to edibles for their ease of use, there is no smell and they can be ingested prior to events without drawing any suspicion. Additionally, edibles are being marketed to teens in Minnesota with appealing flavors like Grape Punch, Sour Apple and Pineapple Express. For more information please contact Candi Davenport MS, LADC, cdavenport@relatemn.org.