

# What is Decarboxylation, and What are Some of the Methods Used?

Cannabis ingestion is common across the world. Interest has piqued in how cannabis can be beneficial around homesteads.

People may want to create edibles or cannabis-infused oils for their usage. The cannabinoid acids that get people high must be activated for this to occur. Therefore, it is essential to understand decarboxylation, ensuring that the cannabinoids are activated and ready for use.

## What is decarboxylation?

Decarboxylation is a chemical process that involves the removal of a carboxyl group and the release of carbon dioxide. This process alters the chemical structure of the cannabinoid structure to activate the raw cannabis into a potent form. During this process, it is essential to ensure that while the marijuana ingredients such as natural cannabis (THCA) are converted to the intoxicating version (THC), the other beneficial elements such as CBD are retained.

## Three different methods of decarboxylation

### 1. Baking

Decarboxylation can quickly occur when exposed to heat, which is why this method is among the most common ways to achieve the results in a home environment.

The first step is to preheat the oven to 220-230 degrees Fahrenheit.

Secondly, break the buds into smaller pieces.

Next, spread the cannabis on a baking sheet in a baking dish.

Next, place in the oven for about 30 minutes, then remove and leave to cool before use.

### 2. Using a mason jar

This is another convenient method of decarboxylation. It needs careful observation as the procedure is performed openly with flames and glass.

One must ensure they have a mason jar, pot, and water.

The first step involves grinding the cannabis plant into the mason jar and firmly fastening the lid.

Secondly, fill the pot with water up to about halfway and place the mason jar inside.

The third step is to heat the pot low to avoid explosion. This is done for about 90 minutes.

One then keeps checking that there is no water escaping for the process to be effective.

### 3. Sous Vide

This is a costlier but also effective method of decarboxylation. This method uses water and heat as well.

One needs a sous vide machine, a large pot, and a vacuum sealer.

The first step is to fill a tub with warm water.

Secondly, insert the sous vide machine inside, setting around 200 degrees Fahrenheit.

Thirdly, place the cannabis in the vacuum sealer and leave it in the water for 90 minutes.

After this, remove the bag and let it cool for 15 minutes, after which it is ready for consumption.

## **To decarb or not to decarb?**

It is important to remember that there is misinformation and myths about decarboxylation. Therefore, thorough research needs to be done to avoid doing it incorrectly. Once one understands this, it becomes enjoyable to relish their creations of cannabinoids and consumption preferences.