

TRICHOMES

From a Growers Perspective

What Are Trichomes?

When growers say they want to make cannabis buds “sparkle” with trichomes, what are they talking about? The answer is: that ‘frosty’ quality that makes bud look like it might be *too* potent. As cannabis plants mature in the flowering stage, their buds become covered with what looks almost like a dusting of glitter or frost, which can improve their overall appearance.

When you look really closely at cannabis buds, you can see what looks like thousands of tiny translucent mushrooms. In nature, these glandular stalked trichomes are believed to be used by the plant to repel insects, protect the buds from UV damage and produce essential oils that have various effects.

The “glitter” that grows on buds is called *trichomes* and they contain THC and other cannabinoids. They give cannabis its unique mental and body effects.

Trichomes that are long and thin without a “head” are actually *cystolithic hairs* and do not contain significant levels of cannabinoids.



Many other types of plants besides cannabis produce trichomes, including many aromatic herbs like mint and rosemary. These plants produce essential oils in their trichomes which are used to deter insects and protect the plants from other stressors, just like cannabis plants!

Several different types of flowers, as well as many aromatic herbs like mint and rosemary use trichomes to produce essential oils that attract/repel certain bugs and otherwise protect the plant. In this picture, the flowers and leaves of meadow sage (salvia) are covered in trichomes.



As a cannabis grower, you can actually look at the trichomes on your buds and get a good idea of when they have reached peak potency. The colour and shape of the trichomes allow you to harvest your cannabis at the exact right time to achieve the effects you're looking for.

You can find more information here: <https://www.growweedeasy.com/make-buds-sparkle-with-more-trichomes>