

# HOME GROWN

## newsletter



### Meanwhile, back on the farm...

We've been busy planning some exciting events for **2024**. Mark your calendars and stay tuned for more details.

**MARCH**

**HER Flowers  
Camp AYA**

**APRIL**

**420 FUnDraiser**

**MAY**

**CannaBliss Fest**



Now available from Litt Lizzy Farms

**CBD OIL CAPSULES**  
300mg | 30 count | \$54.99

**SEA MOSS CAPSULES**  
30 count | \$33.50

**RAW SEA MOSS**  
\$9.99 per ounce

**NEW  
ARRIVAL**

Visit our market for more info.

**Must be 18+ years old to purchase CBD products**

## Black Friday DEALS

Enjoy **20% OFF\*** select items including:

OILS  
TEAS  
GUMMIES  
SEA MOSS  
SOAPS  
SPICES

\*11/24 - 12/1 only



[www.LittLizzyFarms.com/market](http://www.LittLizzyFarms.com/market)



# HOME GROWN

## newsletter



### CBD OIL

#### Litt Lizzy Farms

Made in Leesville, SC.



**ORGANIC.** Extracted from hemp flower cultivated without any pesticides, sprays or synthetic fertilizers.



**SAFE.** Non-psychoactive, non-addictive. No additives or preservatives. Contains <.03% THC.



**EFFECTIVE.** Great for helping manage chronic pain, reducing inflammation, relieving anxiety & more.

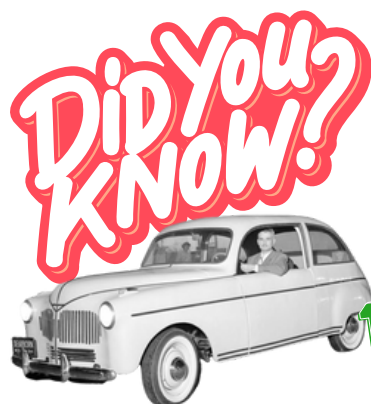


**EASY TO USE.** Add to your food/drink, apply to your skin, or place under your tongue for 5 seconds before swallowing.



www.LittLizzyFarms.com

# SALE!



In **1941**, Henry Ford's **Ford Motor Company** developed a **plastic car** that ran on **hemp** and other plant-powered **fuels**. The fenders and body, made entirely of hemp, were thought to be **10X** stronger than **steel**.

## 4 FAQs ABOUT

(FREQUENTLY ASKED QUESTIONS)

# CBD



### WILL IT GET ME HIGH?

**NO.** Cannabidiol aka CBD is a *non-psychoactive* compound derived from the hemp (*Cannabis Sativa-L*) plant. CBD does not cause a 'high' and is not addictive.



Litt Lizzy Farms is a family-owned hemp farm in Leesville, SC. Since 2022 Litt Lizzy Farms has been permitted by the state of South Carolina to grow hemp.

Licensed 4B 2020B

### WHAT BENEFITS DOES CBD OFFER?

#### RELIEF FROM

**PAIN + INFLAMMATION**  
**ANXIETY**  
**INSOMNIA**  
**DIGESTIVE ISSUES**

#### SAFE

**NON-PSYCHOACTIVE**  
**NON-ADDICTIVE**  
**ORGANIC**



**Relieves Pain**  
**Reduces Inflammation**  
**Improves Sleep**  
**Relieves Anxiety**  
**Improves Circulation**  
**Treats Skin**  
**Improves Mood**  
**Anti-bacterial**  
**Anti-oxidant**

CBD is not intended to diagnose, treat, cure or prevent any disease.

### HOW CAN I USE CBD?

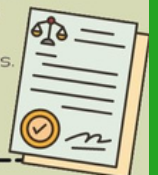
You can consume CBD several ways.

**TOPICALLY** - apply to the skin  
**ORALLY** - add to food and drink  
**SUBLINGUALLY** - place under the tongue before swallowing  
**SMOKING** - burn for inhalation



### IS IT LEGAL?

**YES** The Agriculture Improvement Act of 2018 legalized the regulated production of hemp. Litt Lizzy Farms' hemp products have been cultivated within USDA and SCDA standards and regulations.



WWW.LITTLIZZYFARMS.COM



# HOME GROWN

## newsletter



### Meet The Farmer



Born and raised in Columbia, SC, Ruben is a US Air Force veteran, husband, father, and farmer. After retiring from a 32-year career in telecommunications, Ruben's desire to begin farming hemp was fueled by a lifetime of gardening at home for his small family.

As Farm Manager, Ruben has cultivated nearly a dozen strains of cannabis and a variety of produce including: collard greens, onions, blackberries, lavender, and sage.

In his spare time, Ruben enjoys fishing, gardening, studying genealogy, spending time with his family, and working on his beloved Ford F-150.



*Ruben Calloway*

## Thank you!

Your generosity is greatly appreciated.

THANK YOU for your support of our boutique hemp farm.

a Family-owned + Veteran-Owned  
+ Woman-Owned small business

#GrowFundMe



CLICK to donate