

# Cannabis Flower 101: Everything You Need to Know

August 11, 2023

Member **Heidi Urness** (Seattle) was quoted in an article titled “Cannabis Flower 101: Everything You Need to Know” for the Cannabis Regulator Blog. As more states continue to legalize marijuana, both medically or recreationally, new products and different forms of consumption are making their debut, and it is important to understand the basics.

**Pro Tip:** *“Be careful because a lot of brands are trying to include a high amount of THC in their products because they’re finding that it sells,” Heidi Urness, Co-Chair, Cannabis Practice Group at **McGlinchey Stafford**, said. “For newer users, make sure you go for something with a lower THC percentage. You can enjoy cannabis without taking it to the extreme, so find something that works with your body. And I would find that with lower THC.”*

Read the full article [here](#).

## Related people

Heidi Urness