

SUMMER 2026

Abide





Deep Roots

ABIDE AND WHOLEHEMP'S ROOTS ARE DEEP – THEY STRETCH BACK TO 1998 WHEN WE GREW OUR FIRST LEGAL CANNABIS (IN THOSE DAYS HEMP) CROP - OUTDOORS OF COURSE! FOR WELL OVER 25 YEARS, WE HAVE BEEN INVOLVED IN THE CANADIAN HEMP AND CANNABIS INDUSTRIES THROUGH OUR BUSINESSES, ORGANIZATIONS WE HAVE STARTED & SUPPORT AND A VARIETY OF RESEARCH PROGRAMS. CANNABIS IS OUR PASSION.

We source our hemp from a select group of farmers who have perfected the art of growing premium quality high CBD and CBG flower. We grow our own balanced and high THC flower organically and regeneratively at our farm in the beautiful Trent Hills. Our products are all full spectrum, whole plant products which in addition to the principal cannabinoids contain other trace cannabinoids and terpenes which together have a synergistic effect commonly known as the entourage effect.

We produce all of our products by hand in small batches and if there are ingredients other than cannabis you can count on there not being many, and that they are all botanical. When you purchase ABIDE and WholeHemp products, you can buy with the confidence that you are supporting environmentally friendly local farmers growing cannabis in the most sustainable manner possible - sungrown outdoors - and a producer with decades of knowledge and the highest levels of quality.



Single Strain

Mango Sapphire Haze

1:1 HYBRID

MANGO SAPPHIRE HAZE

Mango Sapphire Haze is the perfect balanced strain. A cross between Mango Sapphire x Mango Haze, Mango Sapphire Haze has a deliciously fruity aroma and flavour, with notes of exotic fruits: mango, coconut and citrus. Total Terpenes: 3.9% Caryophyllene, Myrcene and Humulene.

NEW! 28g | 8-10% Total THC
10-12% Total CBD

3.5g | 8-10% Total THC
10-12% Total CBD



NEW!

MANGO SAPPHIRE HAZE PRE-ROLLS

Mango Sapphire Haze is the perfect balanced strain also available in 5 & 10 x .35g pre-rolls! It's a cross between Mango Sapphire x Mango Haze with a deliciously fruity aroma and flavour. Enjoy notes of mango, coconut and fresh citrus. Total Terpenes: 3.9% Caryophyllene, Myrcene and Humulene.

5 x .35g | 8-10% Total THC | 10-12% Total CBD

NEW!

10 x .35g | 8-10% Total THC | 10-12% Total CBD



Lemon Sapphire

2:1 HYBRID

LEMON SAPPHIRE

The THC dominant balanced Lemon Sapphire is a cross between Lemon Skunk & Mango Sapphire. The smell is earthy and sweet with hints of fresh forest. Total Terpenes: 3.6% Caryophyllene, Myrcene & Humulene.

NEW! 28g | 14-16% Total THC
6-8% Total CBD

3.5g | 14-16% Total THC
6-8% Total CBD



NEW!

LEMON SAPPHIRE PRE-ROLLS

Abide's Lemon Sapphire Pre-Rolls features 5 & 10 x .35g tight pre-rolls with a THC dominant balanced cross between Lemon Skunk & Mango Sapphire. The smell is earthy and sweet with hints of fresh forest. Total Terpenes: 3.6% Caryophyllene, Myrcene & Humulene.

5 x .35g | 14-16% Total THC | 6-8% Total CBD

NEW!

10 x .35g | 14-16% Total THC | 6-8% Total CBD



OG Haze

21% THC SATIVA

OG HAZE

Abide's OG Haze is a bright sativa sungrown organically at our certified farm in the picturesque Trent Hills.

OG Haze delivers the perfect old school high with a potency of 21% THC. Total Terpenes: 4.4% Caryophyllene, Terpinolene & Myrcene.

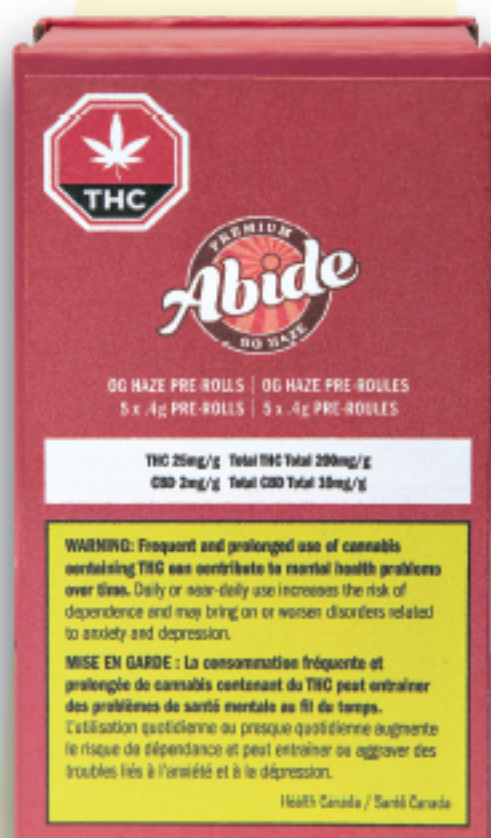
3.5g | 20-22% Total THC
0-1% Total CBD



OG HAZE PRE-ROLLS

ABIDE OG Haze Pre-Rolls deliver the perfect old school high with 21% THC. Each pack contains 5 x .35g pre-rolls packaged in an eco-friendly, recyclable cardboard box. Total Terpenes: 4.4% Caryophyllene, Terpinolene & Myrcene.

5 x .35g | 20-22% Total THC | 0-1% Total CBD



Blueberry Bliss

21% THC HYBRID

BLUEBERRY BLISS

Abide's Blueberry Bliss is a high THC hybrid cross of Blue Gelato and MAC1. A delicious Blueberry profile that delivers a potent smoke with a delicious fruity flavour. Total Terpenes: 3.0% Caryophyllene, Terpinolene & Myrcene.

3.5g | 20-22% Total THC
0-1% Total CBD



BLUEBERRY BLISS PRE-ROLLS

Abide's Blueberry Bliss is a high THC hybrid cross of Blue Gelato and MAC1, sungrown organically by ABIDE at our farm in the picturesque Trent Hills. Blueberry Bliss Pre-Rolls* deliver a consistent 21% THC smoke with a delicious Blueberry profile. Total Terpenes: 3.0% Caryophyllene, Terpinolene & Myrcene.

5 x .35g | 20-22% Total THC | 0-1% Total CBD



Pink Lemonade

23% THC INDICA

NEW!

PINK LEMONADE

Pink Lemonade is a high THC craft flower with a delicious full flavour indica leaning cross between Lemon Skunk and Pink Kush with notes of lemon and grapefruit. Pink Lemonade has a delightful sweet, floral, citrus, and mint aroma.

**NEW! 28g | 22-24% Total THC
0-1% Total CBD**

**3.5g | 22-24% Total THC
0-1% Total CBD**



PINK LEMONADE PRE-ROLLS

Pink Lemonade is a tasty, full-flavored indica-dominant hybrid, combining the zesty Lemon Skunk and the smooth Pink Kush. It offers refreshing notes of lemon and grapefruit. 5 x .35g tight pre-rolls conveniently ready to enjoy in an eco-friendly, recyclable cardboard box. Total Terpenes: 4.6% Caryophyllene, Myrcene, and Humulene.

5 x .35g | 22-24% Total THC | 0-1% Total CBD



High Five

Variety Pack



Abide's High Five Pre-Roll Pack is a great way to sample our Five single strain offerings of Pink Lemonade, Blueberry Bliss, OG Haze, Lemon Sapphire and Mango Sapphire Haze. Each pack includes 5 x .35g sungrown pre-rolls of 5 different flavours and cannabinoid profiles in a nice collection to enjoy.

Pink Lemonade | 22-24% Total THC | 0-1% Total CBD

Blueberry Bliss | 20-22% Total THC | 0-1% Total CBD

OG Haze | 20-22% Total THC | 0-1% Total CBD

Lemon Sapphire | 14-16% Total THC | 6-8% Total CBD

Mango Sapphire Haze | 8-10% Total THC | 10-12% Total CBD



1:1 (9% THC : 11% CBD)
Mango Sapphire Haze



2:1 (15% THC : 7% CBD)
Lemon Sapphire



21% THC
OG Haze



21% THC
Blueberry Bliss



23% THC
Pink Lemonade

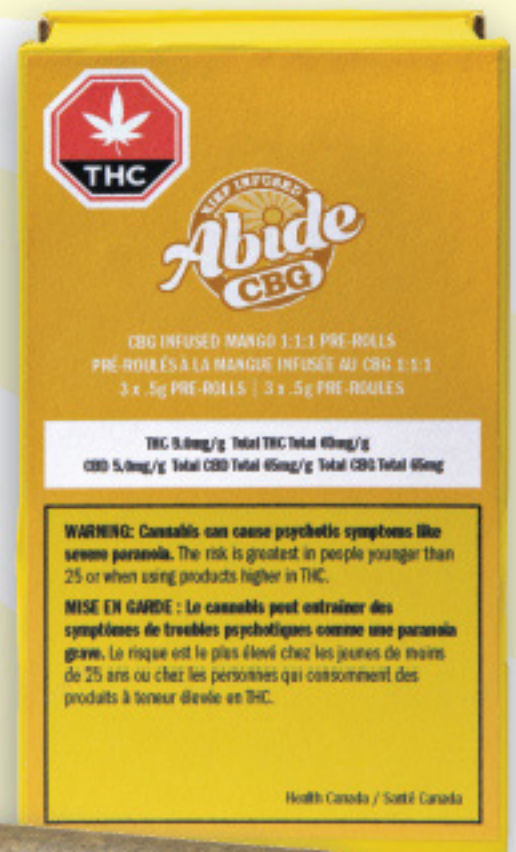
CBG Infused

NEW LOOK!

CBG INFUSED MANGO 1:1:1 PRE-ROLLS

Each package contains 3 x 0.5g CBG Kief Infused Mango Pre-Rolls. Made from premium organically sungrown flower infused with CBG kief delivering a balanced 5+% CBG lift.

3 x .5g | 50-80mg/g Total THC | 50-80mg/g Total CBD
50-80mg/g Total CBG



NEW LOOK!

CBG INFUSED OG HAZE PRE-ROLLS

Each package contains 3 x 0.5g CBG Kief Infused OG Haze Pre-Rolls. Made from premium organically sungrown flower infused with CBG kief delivering a classic THC pre-roll experience with 5% infused CBG lift.

3 x .5g | 140-200mg/g Total THC | 0-10mg/g Total CBD
40-60mg/g Total CBG



CBG INFUSED PINK PRESS

Abide's CBG Pink Press is a single strain, old school pressed hash made exclusively with our organically sun grown Pink Lemonade dried flower and an extra dash of CBG.

NEW! 2g | 330mg/g Total THC | <0.7mg/g Total CBD
55mg/g Total CBG



Oils & Cream

20:10 FULL SPECTRUM OIL

Abide's 20:10 Full Spectrum THC Oil contains 600mg of THC (20mg/ml) and 300mg (10mg/ml) of CBD. It is made by infusing organic sunflower oil with sungrown OG Haze and Premium CBD flower all in a 30ml reusable amber glass bottle.

30ml | 600mg/bottle Total THC
300mg/bottle Total CBD



THC SOFTGELS

Abide Full Spectrum THC Gelcaps contain 10mg of full-spectrum THC and 5mg of CBD infused organic sunflower oil per gelcap in a recyclable amber glass jar.

15 Caps | 10mg/cap Total THC | 5mg/cap Total CBD



CBD+THC CREAM

Our CBD+THC Cream is made with shea butter and infused organic sunflower oil. It's a perfect 1:1 balance of full spectrum CBD and THC with all botanical ingredients.

45g | 125mg/jar Total THC
125mg/jar Total CBD

