

Love What You Love Podcast

Episode 37: Cannabis with Zach (PotQuest)

April 20, 2021

Welcome to *Love What You Love*; I'm Julie Rose. I'm insatiably curious about people and the world around us, and absolutely in love with passion and unselfconscious enthusiasm. Every other week I geek out with someone about the thing that they love, and then I share it with you.

Welcome back! Or, Welcome! The weather has just been stupid nice around here. There's just something about getting out in the sunshine, seeing how many different shades of purple there are in the flowers festooning the yards in your neighborhood or a nearby park. Hearing scores of different birdsongs in just one block. Feeling the breeze on your face. It doesn't heal the wrongs of the world, that's for sure. But it does put some courage back in your heart. I think we're all needing some of that healing, lately.

Speaking of the healing power of nature, let's meet this week's guest. He's an expert in, and advocate for, cannabis, and just a super, super nice dude. Zach has worked in the medical cannabis industry for many years and is a passionate advocate for cannabis in all its forms. A few years ago, he started a Twitch channel called PotQuest, which aims to promote cannabis culture and provide insight, education, and community.

In this chat, we talk: the difference between CBD and THC, Ötzi the Iceman, who can use medical cannabis, the rise of cannabis culture, cannabis and community, and so much more. So find out why Zach loves cannabis and why you might learn to love it too.

Julie: Hey, Zach. Thank you so much for joining me today!

Zach: Thank you for having me, Julie.

Julie: You've got a channel on Twitch called PotQuest. You've been doing it for about three years, and the intention is to introduce folks to cannabis culture beyond "getting high and playing video games." So, what is cannabis culture? Can you explain that for us?

Zach: Cannabis culture, it's vast, I believe, mostly revolving around everyone's appreciation of the plant and how it impacts us directly and indirectly. A lot of us look towards the hippie era, getting together and rolling a joint, smoking, and changing the vibe and stuff, but it's grown immensely into much more. Like, I'm part of the medical cannabis culture, and what we do with self-sufficiency in gardening, making your own medicine, that's only a fraction of what's out there in regards, you know.

There's been so many new highlights as the legalities have changed for cannabis. We're starting to see more out there online, folks sharing their own experiences, not just with cannabis as medicine, but highlighting the cultivation, all of these new gadgets and stuff that we're using to partake in the cannabis and the different ways that you can partake in it and stuff.

Julie: So cannabis culture is... it's not just the experience of, you know, the THC or whatever, but there's more around it. Can you talk a little bit more about, like, what is under the umbrella of cannabis culture?

Zach: With the legal cannabis that's coming out, and that's the part that I'm a part of... Growing up, myself, I've always been around legal cannabis, and the folks that are my

mentors... Like my mentor himself is somebody that would be considered a legacy grower, someone who's been involved with cannabis before the legalities and stuff and seen that culture that was present before it was openly embraced by, like, mainstream society. He's 64, he had witnessed the hippie era, and it's just amazing to connect with him and many others online and hear their experiences of what it was like before we had really opened the doors for everyone to explore this as we do now.

Julie: So how many states in the United States is cannabis legal right now? Even for recreational or medical?

Zach: There are over, I believe, 11-13 that are recreational and over 30 that have some form of medical cannabis, and it's still ever-changing. I think New York is the latest that's happening right now. It looks like within a week they're looking to pass recreational cannabis.

Julie: Now, what has tipped the balance here, you know? I mean, when I was growing up, it was like, "Ooh, pot, it's a gateway drug," or whatever. And then suddenly, however many years later, it's available for people in lots of states just to smoke or take however they want. So what was the tipping point?

Zach: Oh, goodness. I believe somewhere around, like, when we started looking at medical cannabis again. It was pretty interesting to see, like... In the States, we had cannabis... In our past, the colonies had introduced it. The king at the time that was bringing the colonists over wanted everybody to produce hemp, and it was something that was becoming a staple for the society then. And as soon as we separated from England and became our own colonies and started developing as a country, somewhere down the line it became a commercialized product for, like, fabric and stuff.

And once it started to teeter towards becoming something that was sustainable, like it started to compare to the fuels that we were using for vehicles in the 1900s and stuff, they were going to start using it to create biofuels. So there was this point where once it reached that level, capitalism cracked down. They started changing the infrastructure, making things illegal again. The *Reefer Madness* era came about, and that's something that's still prevalent to this day. Even people around me still have this idea, like, "Smoking's bad and it's going to lead to bad decisions and stuff."

It was pretty interesting. California was actually one of the first states after all of that, where it was part of the hemp industry and legal in the early 1900s, they were the first to make it illegal, and then make it legal again once they looked at it from the medical perspective in 1996.

Julie: I seem to recall reading somewhere that marijuana was put on the... It was like a government list of illegal drugs, but there was a controversy behind marijuana even being on that list at all.

Zach: Yeah, there really was no major indication as to why that was put on there. I think it was... Looking back at it, it's totally something that was geared towards... Like I was saying, they were trying to put a veil over the fact that it was something that was becoming positive and beneficial, and they demonized it, essentially. There was that *Reefer Madness* era coming about when they decided to put together Nixon's Controlled Substance Act.

Julie: Forgive my ignorance, but hemp... Is it the same plant as marijuana, cannabis?

Zach: Yep! Hemp is a derivative of cannabis. There's a couple of different kinds of cannabis. Hemp is just a form of cannabis that's a high producer of CBD, cannabidiol.

Julie: Oh. Now, the colonists brought it over... Were they using it strictly for the hemp, or were they also smoking it?

Zach: It was something that was... I was trying to look into that. They were using it for smoking, but it was mostly used for the production of, like, paper and fibers. It was interesting because they were actually given the opportunity in some places like Virginia and Massachusetts, I believe, to use that hemp to pay taxes. And they probably were taking the time to just partake. Yeah.

Julie: Interesting. So now, what's the right terminology, and what kind of stigma is attached to some of these words? So like, is it cannabis? Is it weed? Marijuana? Pot? Is there a preferred terminology?

Zach: It's really up in the air. I think myself and a lot of our friends that are regular users, it's a matter of intent. Like, I see myself calling it pot, weed, cannabis, all the time. I call it cannabis a lot when I talk about it to friends to enlighten them on scientific terminology and whatnot. And yeah, it's more so just whatever's clever.

Julie: Let's step back and find out, when did you start getting interested in it? What's your origin story?

Zach: Oh my, yeah. My parents told me when I was young that if I were to do drugs and alcohol as a minor, it would totally affect me later in life. So I didn't even bother with it until I was 19, in my own home. And my younger brother, 18 at the time, wanted to come over and chief it with my friends, and they were like, "Here, come on. Try it out." And yeah, I got to smoke it for the first time, and I actually ended up taking too big of a hit, coughing, and throwing up and stuff. It was so bad. I tell that story to my friends all the time. It was a very interesting sensation. Definitely a changer.

And I dabbled with it here and there. Eventually, I met with more folks in our community that were actually gardening and using it for medical benefit. And from there we started to work with people in our community to just learn more about the plant.

Julie: Got it. And when you say your community, is that, like, a cultural community? Or where you live? Or both?

Zach: Where I live, yeah. Over here, I'm in a small town in Riverside County, and it's more tight-knit because we've just been a smaller populous for so long. There were a few of our elders... like my friend's uncle is totally a dude growing a bunch in his backyard. So eventually we just saw, and he was asking for help, so it became one of those things; helping out our friends.

Julie: You worked for seven years for a licensed medical co-op. So how did you go from smokin' a little weed in your apartment or house, helping out some elders in the community, to actually working in the medical cannabis community?

Zach: It ended up being a random interaction between my neighbor and me. I had moved into a new community, and I had met my neighbor, and had seen what he had been putting together. This gentleman had been operating this co-op and the main facility, essentially on his own with a few folks that would come in here and there and try and

assist him. And as I began to hang out with him more and take it in, I had asked if he needed assistance with some of that stuff, and just moved from there.

In 2013 he had actually experienced a car accident and was incapacitated, and there were very few people that were willing to come up and help him with his cannabis project. At the time he actually had a major garden that was in the middle of harvest, so he just had a bunch just sitting there. So from that point on, I just stepped up and took the lead.

Julie: So you did that for seven years. What were you doing? What was your role as part of this co-op?

Zach: My major role is the Propagation-Vegetative Cycle Specialist; that's how I've described it to people. I had started plants for other people. My role was to take care of this room that we call the Veg Room, the Mother Room, in which we would host plants that were growing perpetually in the vegetative cycle, which is more focused on, like, the green growth, stalks, stems, leaves; versus the flowering growth, which finishes the plant.

And so, a majority of my time was spent producing anywhere from a few hundred clones a week to, like, 500 for the rest of our co-op. Other members were also licensed medical cultivators. They would sponsor us providing the supplies to continue to grow, and in return for that, we would give them the plant starts that were grown in the vegetative cycle so that they could finish them in the flower cycle. So for these folks that are sponsoring our co-op, they would receive this plant start that was already partially grown through one stage, so it's a shorter growth cycle for them.

Julie: The flowers is the part that people ingest as medicine?

Zach: Mm-hmm.

Julie: Oh, okay. Got it. And how easy is it to propagate? Are they pretty easy-to-grow plants?

Zach: Honestly, I always tell folks, it's easy to grow but it's different when you want it to grow how you want it to grow.

Julie: [laughs] Sure. So what do you mean by 'how you want it'? What's the difference?

Zach: There are a lot of folks that strive to manipulate the growth so they can get the most flower out of the plant as they can. So they just try and do things so that they can make sure the plant gets enough light, or if they're giving it the appropriate amount of food so they can, essentially, increase yield of trichomes. The trichomes are produced from the plant; the trichomes are actually something that's produced by many plants to protect them from the UV rays of the sun. And the cannabis trichomes produce the cannabinoids that are getting us high.

Julie: So what is the difference between CBD and THC?

Zach: Okay, so cannabidiol, CBD, does not have the same psychoactive properties as THC, tetrahydrocannabinol. So you're going to get more of the relaxation, you're actually not going to have that heavy high or any of that. It's more so something that... They've shown it to help battle inflammation, anxiety, muscle aches, and all that kind of thing. It doesn't actually give you that other effect like the THC does.

Julie: Got it, so then you can propagate plants for those particular qualities?

Zach: The hemp plant, essentially, is the cannabis plant that has been bred with itself so much in an incestuous way that it pretty much has eliminated the production of THC itself.

Julie: Oh, so if you're getting, like, a CBD oil or whatever, it's most likely created from a hemp plant?

Zach: Yep. There will be... They talk about that as industrial hemp. Industrial hemp will, guaranteed, have less than .03% THC.

Julie: What are all the different ways that you can get cannabis, and what kind of trends are you seeing?

Zach: Oh my goodness, there are so many manners in which you could intake the cannabis these days. It starts with combustion of flower, then there's vaporizing the flower as well. Instead of using fire, you would use a heating element to pretty much bake it and inhale the vapor. There's also the concentrates made by the flower. Topicals, tinctures, salves, edibles, which some of those can be taken externally or orally. I've seen some sprays and stuff. I have also seen transdermal patches.

I've purchased an industrial hemp transdermal patch and I used it while I was flying from Maine back to California, and that was, like, such a relief for the long flight. Something like that, I would definitely recommend.

Julie: You know, with any explosion of an industry, there's some good producers and some not-so-good producers. So should people go straight to their local co-op, or can you trust online things? How would you direct consumers?

Zach: I would definitely look to the companies that provide the most information. Transparency is key. And with products, there's a lot that's going on that is behind the veil. There are some mainline companies that will provide cannabis and, like, all you'll get out of it is the strain name, how much is there... We were just going on about trends; the trend that I've been following and that's been a major one as of late is the cannabis concentrates. And it's been evolving since legalization, and given more time, people have been trying to work with the plant in different ways to improve yield, improve their experiences by getting the most out of it, and getting these concentrates has been a big thing.

Like, hash itself is technically a concentrate of cannabis flower. You're taking the accumulative trichomes and partaking in that, versus the trichomes and the plant matter of the flower.

Julie: Forgive me. I'm not sure I know what hash is. Can you explain what hash is?

Zach: Hash is something that we've totally acquired from the plant, like for hundreds of years people have been able to collect hash from the cannabis plant. Essentially, there's temple hash, Buddhist temple hash from Nepal is very popular. These Buddhist monks would take the live plant and just strip it with their hands, and the trichomes, while they're fresh and sticky, would accumulate on your hands like a waxy layer. And so you would take that and rub it together and get good ol' chunks of that, and you too could combust that. And that's a higher concentrate of the trichomes - the cannabinoids, terpenoids, flavonoids - than partaking in the flower itself.

Julie: This is probably... I hate to just throw this one at you, but how long have humans been using cannabis?

Zach: Oh gosh, thousands of years. I think one of the things I always point to is the Iceman that they found, the dude lying face down on his back? He had cannabis on him.

Julie: No, really?! In what form? Was it flowers, or was it hash? Or what...?

Zach: Just flowers. We were talking about that the other day. It's very interesting. The human body has the endocannabinoid system in it, like, naturally. We are naturally supposed to be partaking in the cannabis and stuff. But it wasn't until recently, the last few hundred years, maybe a thousand years, that we actually developed ways in which we could combust the flower or partake in it beyond just, you know, grazing the plant like a natural animal.

Julie: Interesting. So you're saying humans evolved along with cannabis and they've been eating the plant or whatever for a long time.

Zach: Yeah!

Julie: That's fascinating. So, has it always been considered medicine? Or did people also consider it, you know, something fun to do?

Zach: I think it was first used... Like, our first recorded uses of it were for ritualistic purposes, for ceremony.

Julie: So what is the difference in experience between, like, smoking, versus tinctures, versus... Is there, like, a practical effect? And is there a different kind of cultural experience?

Zach: Oh yeah, definitely. I always tell people that our experience with cannabis is very unique. It's personal. Chemical makeup, diet, metabolism, mental and physical health, exposure... the manner in which you intake it. The cannabis itself is so unique. Like I was saying, there's the cannabinoid content, the terpenoid content, flavonoids, and we had just mentioned those two very popular ones, CBD, THC, there are tons of cannabinoids that are found within the plants as well. And the combinations of them give us different effects. They call it the 'entourage effect'.

When you are smoking the cannabis and you're consuming it orally, you're getting a totally different sensation. You are actually engaging different parts of your endocannabinoid system in your body. Like smoking it goes through your system differently through the lungs and the blood. Your body breaks down what you consume orally and there's bacteria in our gut that are interacting with that as well. So that alone is an indicator of different effects.

When you smoke it, it's nearly instantaneous and could last potentially up to an hour or so. And when you consume it orally it takes a little bit of time for your body to break it down and metabolize, but it could last much longer, like eight hours to a full day, potentially, depending on what you consume.

Julie: And so are there, like, designer combinations or strains that have been created for specific, you know, "I want to fight nausea so I take this kind," or, "I want to feel that heady high but I don't want to be tired..." There's different strains?

Zach: Yep. There are totally different strains. We've looked at it mostly as, like... We were calling it indica and sativa, and then there's hybrids. The indica strains were notorious for giving you a physical high, a body vibe, versus the sativas giving you a heady high and changing your clarity in thought and stuff like that. The hybrids could have any

sensation in between. So there have been folks that have bred certain strains that could give you certain effects.

I've seen things like indica with CBDs involved, like 50/50 indica CBD is what's been labeled on the bag. It's also like I was saying about the terpenoids. The terpenoids and the cannabinoids, the combination of those alone give you different sensations. And some of those terpenes also affect sensations that would give you the high, if you will.

Julie: There's a lot of anecdotal evidence about cannabis helping with certain medical conditions, like nausea and things like that. Have there been, like, peer-reviewed medical journal articles that investigate these more anecdotal claims?

Zach: Not here. Unfortunately, like you were saying... I was just telling that to people as well. My own experience is anecdotal evidence compared to what we accept through clinical trials and studies where there's a control. And we only have had a handful of them in the States, and the only thing they looked at was the effects of smoking cannabis flower versus tobacco, and the results were obvious about what happened with that.

We're looking to countries like Israel, who are doing studies. And I'm sure that they have more clinical studies and documentation on, like, the benefits of cannabis. There's the ICCI, International Cannabis Cannabinoids Institute, and they have a lot of studying done and articles in regards to how we are affected by cannabis and the endocannabinoid system.

Julie: The lack of that in the US has just... There's just been such a stigma for so long.

Zach: Mm-hmm. The legalities. They were telling me, essentially because cannabis... marijuana THC is on the Schedule I status of the Controlled Substance Act. We cannot do anything with it in regards to studying it medically. No clinical trials will be made until they bring it down to Schedule III.

Julie: I'm sure there's been a push over and over for it to come off of Schedule I, but is there any concerted effort right now to do that?

Zach: There was a bill that was presented, the MORE Act, last year. They tried to bring it to... I think it was that the House passed it and they needed the Senate to approve it, and at the end of the year they just didn't vote for it. They didn't bother voting on it at the end of the year, the bill got wiped, so they had to reintroduce a new one this year. So that's in the works. Fingers crossed.

Julie: So taking it off of Schedule I, do you think it would clear the way for other states to approve it recreationally?

Zach: Absolutely.

Julie: We say there's medical marijuana in 30 states, but the availability varies widely, doesn't it?

Zach: Oh yeah, absolutely. I'm in California with medical cannabis since '96, and we still have what they call in the industry 'dry cities', where there is lack of availability of cannabis within a 60-mile radius.

Julie: Tell me a little bit about your Twitch stream. You started, like, three years ago. Were you on Twitch before, or did you come onto Twitch specifically to do this stream?

Zach: I totally was a viewer before I streamed on Twitch. I was using Twitch as my entertainment while I was doing my cannabis work. I had been doing the harvesting and working with my friends, and it was just something, like, "It's either this or have Bob Marley blasting for 12 hours." It was really interesting to see. I had witnessed there, like you had mentioned... Cannabis was around on Twitch, but it was mostly people just hanging out, smoking, and being leery about it as well. It was still something that was, like, walking on eggshells on the internet, to be able to broadcast that for yourself.

Julie: Your stream is about educating, and you show... You're actually cultivating... you're doing your propagation work on stream, right?

Zach: Yes, over the past few years I've just been sharing the entire process. There were days we'd just go into my bedroom and I would water the plants, inspect them, talk about their status. We would take starts, and check in on my buddy and the rest of the gardens, and just talk about examples. I've been sharing my example of DIY, and that's been a major thing, versus other folks. I've had great success in sharing how it could be done without really relying on, like, going and buying expensive brand-name products to get it done how they say it should be done.

Julie: Brand-name products, like growing materials, or...?

Zach: Yeah, like people always saying, like, "Oh you need this light. It's the best light," or, "You need to be using this line of supplements. It's the best." It's just something that ends up being... you know, if you just understand how it happens, the science behind it, the equipment doesn't matter.

Julie: Did you have a background in botany at all before you started?

Zach: No. I'm totally just a self-starter. While I started my work with the co-op, at the same time I was running another facility. I was a general manager at this lavender farm in California that's organic. So, while I was working there they gave me the opportunity to take seminars and... My big thing was learning about the soil and microbiology. So I got a chance to work with, like, master gardeners and a few that were learning about the soil food web. So I got to go and play with the dirt over there. We actually took the time to take soil samples and look at the microorganisms in the soil samples, and take notes, and try and work with it to improve how we can grow our different things that we had there.

Julie: Do you foresee yourself doing what you're doing now for a long time? Or do you see yourself doing other things in the botany world as well?

Zach: I'm hoping to do more, just in general. I love gardening. I have so much going on with the plant life. I'm just looking to improve my relations with nature.

Julie: What have been the benefits and the challenges of streaming what you stream on Twitch?

Zach: I've really enjoyed the idea of having the discussion live. There's always been hiccups in regards to what we do with... the discussion of cannabis culture, cultivation, and stuff with folks that just, kind of, summarize things. And it's been something where people share their experience solely versus taking in other people's experience as well.

When we opened the doors for the stream and started talking about our experience, there were other people that were wanting to connect and share their own, and it just blew up into the whole community. There are a lot of people that I engage with that I look to, to see their example as well as my own. It's become a thing where we're getting a lot more peer-to-peer review. That's been one benefit.

The other problem is the conflict of interest. I have so many people that are willing to debate things. They want to be vague and demanding. I get people that are, like... they see me in the middle of my work and they want to be like, "Oh, you should be doing it *this* way instead." It's just like, "Okay..." You get that... you broadcast for an eight-hour period, you can get that kind of commentary a lot.

Julie: So how many days a week are you broadcasting?

Zach: Essentially almost every day.

Julie: For eight hours a day?

Zach: Yeah.

Julie: Wow! That's some stamina!

Zach: It's been nice to get down. I do all sorts of things now. We do our gardening, and then I'm doing other types of engagement. Right now I'm doing a couple charity fundraisers and selling beef jerky.

Julie: In your experience with just cannabis in general, what has been the most surprising thing about your experience?

Zach: The diversity. I think it was something that when everyone gets into it we just have this very basic idea of cannabis. And as I've learned more about actually growing the plant and understanding it, it's a very complicated thing.

Julie: Diversity in terms of how it can be used?

Zach: Oh yeah. How it can be grown, used, how people go about it with life. I'm always telling people - I'm extremely unbiased - there's more than one way to grow cannabis, process cannabis, and intake cannabis. There's so many ways you can consume it, smoke it...

Julie: Who is using cannabis these days?

Zach: Personally, working at my co-op and stuff, I have a bunch of friends that are retired law enforcement, and folks that have been in government, and there are some that are still working that are partaking in it, and they are fully-functioning, socially acceptable human beings. I myself, you know, I get people that look at my cast and they glance at my work for a moment and they just see an image, but they don't see the work behind what we do. That's a big one.

Julie: Is there, like... especially for medical cannabis, is there kind of a minimum age where it's good or useful? Like, kids who are in chemotherapy, are they given cannabis? Can they be?

Zach: I am all for medical cannabis for those in need and recreational cannabis for responsible adults. I have seen positive benefits from cannabis use, even for terminally ill babies. The place where I go to get my med card renewed, the nurse there was always talking about, "My favorite part of the job is making IVs for the babies."

Julie: Aw!

Zach: They do. They extremely benefit from it. Vice did a wonderful documentary on that with a few children that were partaking in it, and it's something where... like I said, it's stigmatized because everybody immediately goes to, "Your child shouldn't be smoking!" and it's not really that. They're taking tinctures for medical benefit. And for some of those, they're doing, like, CBDs. And like what we discussed earlier, it's something that is totally not affecting like people perceive when they talk about cannabis.

Julie: Are there some other misconceptions... I'm sure there are, but what are the other misconceptions about cannabis that absolutely drive you bonkers that you want to, kind of, bust?

Zach: There's the idea of the anxiety weed. People keep coming up to me and telling me, like, "I have this anxiety weed. I smoke it and it gives me anxiety." And I tell them, "I'm sorry, that's you. You have a pre-existing condition and cannabis is a catalyst for your pre-existing condition."

We were talking about the cultural impact. I know people that have major anxiety smoking cannabis and it makes it worse when they smoke cannabis. Not because they were anxious before, but because the idea of inebriating themselves on cannabis, that idea of "Reefer Madness" in mind, like it's bad, their parents told them it was bad. So, that is a major impact on their anxiety when they smoke it, and the idea of being seen while partaking will give them anxiety versus anything else.

Julie: How about some other misconceptions that you hate?

Zach: I'm always talking to folks in the international community and they want to speak to me about cannabis from legal places in California and compare it to their cannabis that they get shipped overseas. And I have to tell them that the cannabis at the store, the companies that provide that cannabis, are not smuggling cannabis overseas. So, you're getting a fake product. And people internationally keep coming up to us and being like, "I got this from California." It's like, "Honestly, it probably isn't from California." It could be from anywhere.

Julie: If someone's listening who wants to get started with cannabis, either growing it or using it - and they're in a place where they can do that - where would you suggest that they start?

Zach: Definitely the internet. There's a few places; like I always mention NORML, ICCI, a few books looking at... like what Ed Rosenthal has out there, *The Cannabible*, *Marijuana Grower's Handbook*, and just learning about plants in general. I have a lot of people that always talk about wanting to grow organically, naturally, so we were like, "Hey, check out *Teaming with Microbes*." That's a pretty good start.

Julie: If someone was, like, a beginner in terms of actually taking cannabis, is there, like, a strain or a particular type that you recommend to get started with that's, kind of, like a way to ease in?

Zach: I don't know... Yeah, that's always... It's such a personal journey thing. I've totally met people that I would smoke, and they would partake in something where it's like, "I cannot have a lot of this. It's extremely potent for me." So, it's really hard to make that

recommendation. I always tell people, like, “Do you want to smoke or consume something?” and then give recommendations for the type of cannabis to intake.

Julie: Got it. Cool. So they should watch your Twitch stream and maybe send you a chat if they have a question.

Zach: I’m always about that. I have folks that I’m like, “We could talk about it if you want to get into the details...” It’s easier to break it down.

Julie: Well, Zach, thank you so much for taking so much time to talk with me today and educating me. This has been a real pleasure. Thank you.

Zach: Thank you for having me, Julie. It was a really nice talk.

I learned so much! Huge thanks to Zach for his time, his passion, and his expertise. You can find Zach at PotQuest.live, Twitch.tv/PotQuest, and as OfficialPotQuest, [@OffPQ](https://twitter.com/OffPQ), on Twitter. Of course, I’ll include these links, as well as links to Zach’s favorite nonprofits in the show notes.

Just a reminder that you can find this podcast on Instagram [@LoveWhatYouLovePod](https://www.instagram.com/LoveWhatYouLovePod), and on Twitter, [@WhatYouLovePod](https://twitter.com/WhatYouLovePod), and the website is LoveWhatYouLovePod.com.

All of the transcripts for *Love What You Love* are available for everyone on the website. Thanks to Emily White, transcription wizard and proprietress of The Wordary. If you need transcripts, reach out to her at Emily@TheWordary.com. The music for *Love What You Love* is called “Inspiring Hope” by Pink-Sounds. A link to that artist is included in the show notes.

As always, thank you so much for listening. Let’s hang out again soon.

Links:

Find Zach on PotQuest.Live, Twitch.tv/PotQuest, and [Twitter](https://twitter.com/OffPQ)

Zach’s Favorite Nonprofits

[Funny Farm Rescue](#)

[Habitat for Humanity](#)

My Favorite Nonprofits:

[Asian Americans Advancing Justice](#)

[Hispanic Federation](#)

[Humane Society of Silicon Valley](#)

[NAACP Legal Defense and Educational Fund](#)

[Native American Rights Fund](#)

[Student Press Law Center](#)

[Town Cats](#)

[World Central Kitchen](#)

We're on [Patreon!](#)

Hang out with me on [Instagram](#) and [Twitter](#)

Check out my books at [JulieKRose.com](#)

LWYL Music: [Inspiring Hope by Pink-Sounds](#)

Transcribed by Emily White: [Emily@TheWordary.com](#)