



NETWORK FEEDBACK

PHALARIS STENOPTERA: A NEW POTENT SOURCE OF TRYPTAMINES?

A couple of years back, I was sent a small number of seeds for *Phalaris stenoptera* (= *P. aquatica* var. *stenoptera*) along with packets of a number of other *Phalaris* species for growing-out and testing in my greenhouse. I didn't get around to growing-out and testing the *P. stenoptera* until winter of 1998–1999. This particular strain had been grown-out by others and chromatography showed it to be the *P. stenoptera* with the highest DMT content of any of the grasses tested. Since I had already isolated a very potent strain of a DMT-containing *P. brachystachys* from Greece (and I had a number of these plants growing in my greenhouse), I decided that this plant would be my subjective basis for comparison with regard to both potency and quality of the *P. stenoptera*'s DMT content. My method of preparation for all the DMT-containing grasses is to run the fresh grass blades through a motorized wheatgrass juice machine, then spread the liquid out into glass baking trays and set the trays into a dehydrator until the liquid is dry. The dehydrated residue is then scraped up, powdered in a nut grinder, and stored in pint jars. Whenever I am ready to ingest any of these materials, I simply put the powder into gelatin capsules and swallow them with water. I do a similar boiled extract with ground-up *Peganum harmala* seeds, and in this manner I am able to avoid the entirely nauseating scenario of drinking those nasty, bitter brews.

After I planted about 25 *Phalaris stenoptera* seedlings and they were fully mature, I figured that they would be ready for their first harvests in about 5 more months. At the 4-month period I had an unexpected surprise—they all began sending up seed-heads. I have never had this happen to me before in the dead of winter in my greenhouse with any other species of *Phalaris*, all of which usually send up seed-heads in the spring or mid-summer. Also, I have never been able to produce much more than 30–50 seeds per year from any of my other plants; greenhouse conditions simply did not encourage adequate pollination, even when I helped the plants out artificially.

This strain of *Phalaris stenoptera*, however, ended up producing about an ounce or so of seed—anywhere from 3 to 5 thousand seeds. I have not yet tested them for germination, but based on previous experience with these types of grasses, I expect that it will be 90% or better. This is a real plus for this plant in my book, because now I have plenty of seed for sale and to send to friends and companies in the seed network. Growing these grasses from seed is by far the easiest method for the clumping types of grasses. (The *P. arundinacea* strains are better spread by runners, as this way the clones should have a similar tryptamine content as the mother plant, since genetically they are the same plant.)

Once I had a powdered *Phalaris stenoptera* juice-extract encapsulated and ready to go, I did a small number of comparison tests with my known potent *P. brachystachys* extracts. Subjectively, I could not tell any difference whatsoever between the two extracts, either in potency or quality. I have sent some of this extract off to be chromatographed, hoping to verify the “DMT-only content” that has been alleged for this particular strain. My impression is that the extract is as potent as any I have tried, and the effects were typical to plants containing only DMT. Leaf production of the *P. stenoptera* is at least twice that of my *P. brachystachys* per cutting, and the added plus of prolific seed production makes this grass a very good choice for people living in warm climates with mild winters, or for those who have greenhouses. This grass might be grown in a pot with soil next to a window indoors, although when I tried this with a *P. brachystachys* a couple of years ago, the plants rapidly became root-bound and died or ceased growth entirely. You just never know until you try it; I did succeed in doing this with *P. aquatica*, which grows in pots just fine. — B. GREEN, NM

