



Education

How Much Is An Eighth Of Weed?

A gram, a quarter, an ounce — what does it all mean? Here's a visual guide to the most common cannabis measurements and quantities.

By **Lauren Wilson** · Nov 30, 2018



If you're new to buying and consuming cannabis, it might seem like there's a whole new language to learn. The cannabis world **has its own vernacular**, and part of that revolves around weights and quantities.

While the legal medical market in Canada generally deals in grams, you might have also purchased, or heard references to, cannabis in "eighths," "quarters," "halves" or "ounces."

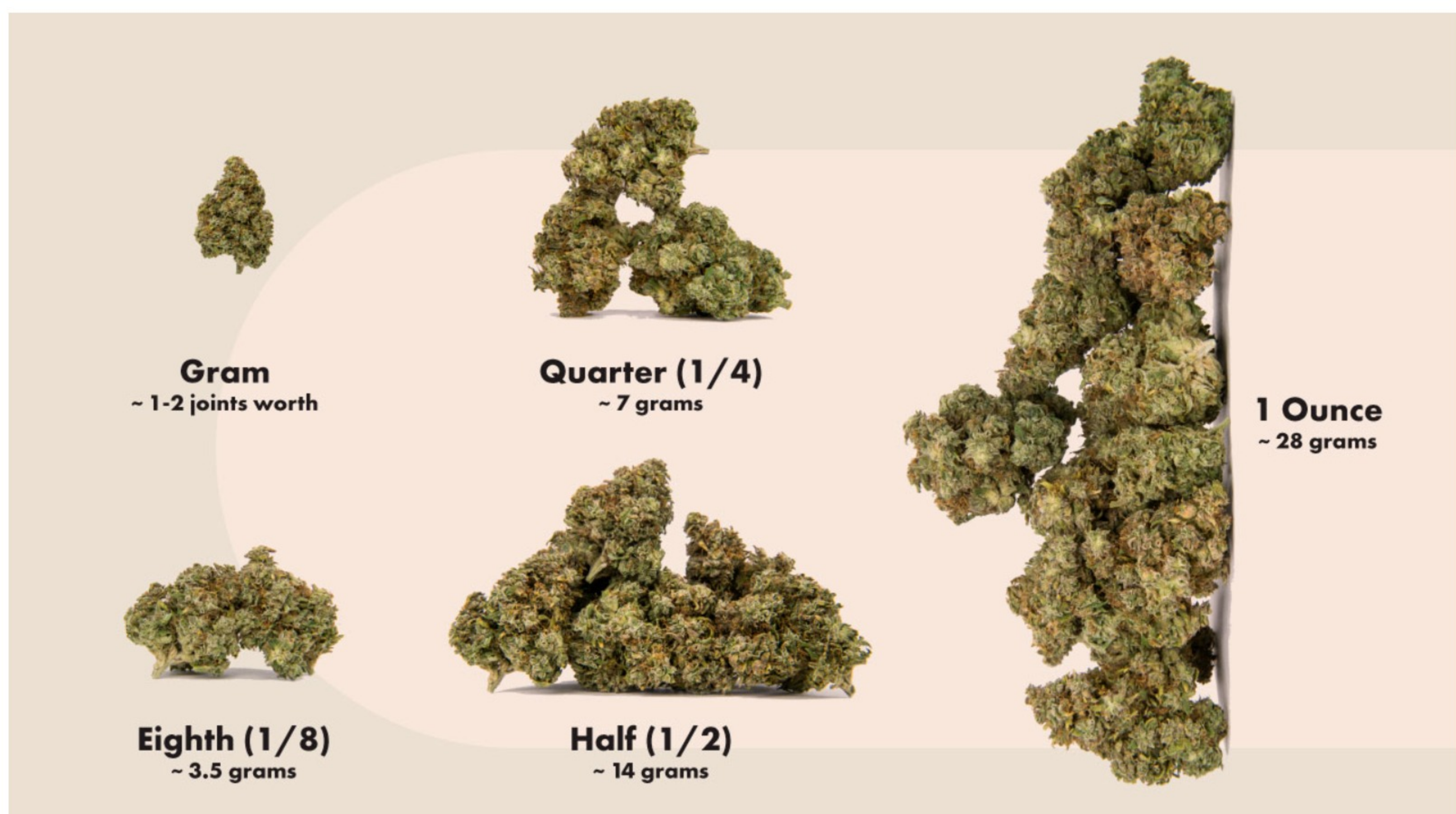
What's an eighth of weed?

The "eighth" refers to 1/8th of an ounce. Since an ounce is 28.35 grams (most often rounded to 28 g for convenience when it comes to selling cannabis), one-eighth equals about 3.5 g.

To simplify the math:

- An "eighth" = 3.5 g
- A "quarter" = 7 g
- A "half" = 14 g
- One ounce = 28 g

What does an eighth of cannabis look like?



Product pictured is Rio Bravo (Wabanaki) from [Edison Cannabis Co.](#)

David Bienenstock, author of *How to Smoke Pot (Properly): A Highbrow Guide to Getting High* and co-host of the podcast *Great Moments in Weed History*, offers a nifty little trick for visualizing an eighth: "An eighth fills the bottom of a standard Ziplock sandwich baggie about two inches high."

How much weed do people buy at a time?

Most consumers typically buy in ounce increments or lower, but as a point of reference cannabis is also sold by the:

- Quarter pound (4 oz, or 112 g)
- Half pound (8 oz, or 224 g)
- Pound (16 oz, or 450 g)
- Kilogram (1,000 g)

If you're new to cannabis, you might not have a point of reference when purchasing — whether it be in grams or eighths/quarters/halves or full ounces. Most hand-rolled joints tend to be between half a gram to 1 gram, which means an eighth should get you around three to five. But how long will a joint last you?

Every person is different as far as tolerance goes. But generally speaking, new cannabis users might only need a few puffs to get the desired effect — a full joint might last you a while.



A good rule of thumb when consuming cannabis, whether flower or any other delivery method, is to aim for the minimum effective dose. In other words, the minimum amount to get the relief or effect you're looking for. Over time, you can develop a tolerance to cannabis that may require you to increase this amount. So as the old adage goes, "start low and go slow."

If you plan to **make your own edibles** at home, you might want to buy a larger quantity. Many recipes call for half an ounce to one ounce per pound of butter, for example, when making **cannabutter**. How much cannabis you use should depend on the potency of the cannabis and how potent you want the butter to be.

A good digital scale that measures in grams or fractions of a gram would also be a handy tool for your cannabis toolbox.