

That
Plant
Fucker



June 2022

Bad Poem

Litha


Let's have a traditional
Litha bonfire!

Mark the solstice of heat

It's 105°

After dark, silly!

It's still 90°



Queen
Comfrey's
Royal
Decrees:

Bones shall knit in my presence

Sores must close at my command

All Oxidants shall be neutralized

I order burnt flesh to mend

Lungs will exorcise their
corruption at the wave of my hand

Alcohol Intermediary Method For Topical Herbal Oils

Weigh out approximately 1 oz. dried organic herb(s). Using a blender, coffee grinder, or bullet grinder, grind into coarse powder (Don't grind too fine, or it will be difficult to strain later).

Transfer ground herbs into clean jar with tight fitting lid.

Measure out 1/2 oz. whole grain alcohol (like Everclear) or vodka.

Pour alcohol into jar with ground herbs.

Use a fork to work together, or put lid on and shake to disperse the alcohol through herb material—it should be the consistency of nice soil or damp beach sand.

Set aside for at least 24 hours to allow the herbs to macerate in alcohol.

Put damp herb material into a standing blender.

Add approximately 8 oz. of carrier oil, measured by volume or weight. Add more as necessary to cover well and ensure herbs are moving around in blender.

Blend until blender jar is warm to the touch, about 5 minutes.

Place a good-sized mesh strainer over heat-safe glass bowl. Line strainer with cheesecloth or fine muslin.

Pour herb-infused oil through lined strainer and use the cheesecloth or muslin to squeeze out as much of the oil as possible from herbs.

Oil should keep a year or more when stored in cool, dark, dry place.

Doctrine of Signatures

Comfrey – veining on
the leaves resembles
cells.

Hey, look, comfrey heals
wounds and bones, which
are made of cells.







Birthday Rant

Time marches ever forward

Until one day you're dead

But time still keeps moving
forward

But you don't give a shit

Or you probably don't give a
shit

Shameless plugs

Subscribe to That Plant Fucker:
<http://eepurl.com/gvKkbT>

For printed copies, email me at
wonderfullife2012b@gmail.com

If you enjoyed this zine, you can
Buy Me a Coffee
<https://ko-fi.com/sabinagartler>