

That
Plant
Fucker



September 2022

Bad Poem

Fall Equinox Haikus

Somewhere summer ends
I want to be where that is
Muggy Texas flashbacks

There are holy people
For whom heat is a grand thrill
They can fuck off now

Can you have enough
Sun for an entire lifetime?
Requirement met now



Introducing the
newest herbal
superstar:
Stinging Nettle

3,500 years
in the making.

While she's had her
die-hard fans, she's
come to the attention
of the herbal
glitterati in recent
years.

A nutritive herb for
our unwholesome
times.

Stinging Nettle Crisps [chips]

A bowl full of young nettle leaves

2 tablespoons oil of your choice

1 teaspoon salt

1 teaspoon crushed red pepper flakes

Freshly ground pepper

2 tablespoons nutritional yeast



Wash and dry the nettles, stripping the leaves from any stem.

Combine all the seasoning ingredients in a large bowl. Toss in your leaves so they get a good coating.

Place the nettles on a baking sheet in a single layer. Note the leaves will still sting at this stage, so take care and DON'T be tempted to try one yet! (Cooking the leaves will denature the sting).

Bake in a low oven at around 130C [266°F] until they crisp up. How long the nettle crisps take will depend on how much moisture is in the leaves. Turn them over once during the cooking time.

Doctrine of Signatures

Often growing near stinging nettles are plants, like dock or purslane, that provide remedy to the sting. How's that for God giving you some help?





St. Hildegard von Bingen Feast Day

September 17th

Celebrate St
Hildegard's
beneficence with a
writing exercise.



Use the quote below as a
prompt to write a short
story, poem, or essay:

“All of creation
is a song of
praise to God.”

Rant

What is mourning? A process? A state? An action? What are the plants that help with that process/state/action?

The smell of roses - a reminder of a different life.

The smell of my fingers after running them across the rosemary bush - reminding me that life still has joy.

All are helpful but only secondary to the healing power of time, forgiveness, and buying more plants.

Shameless plugs



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