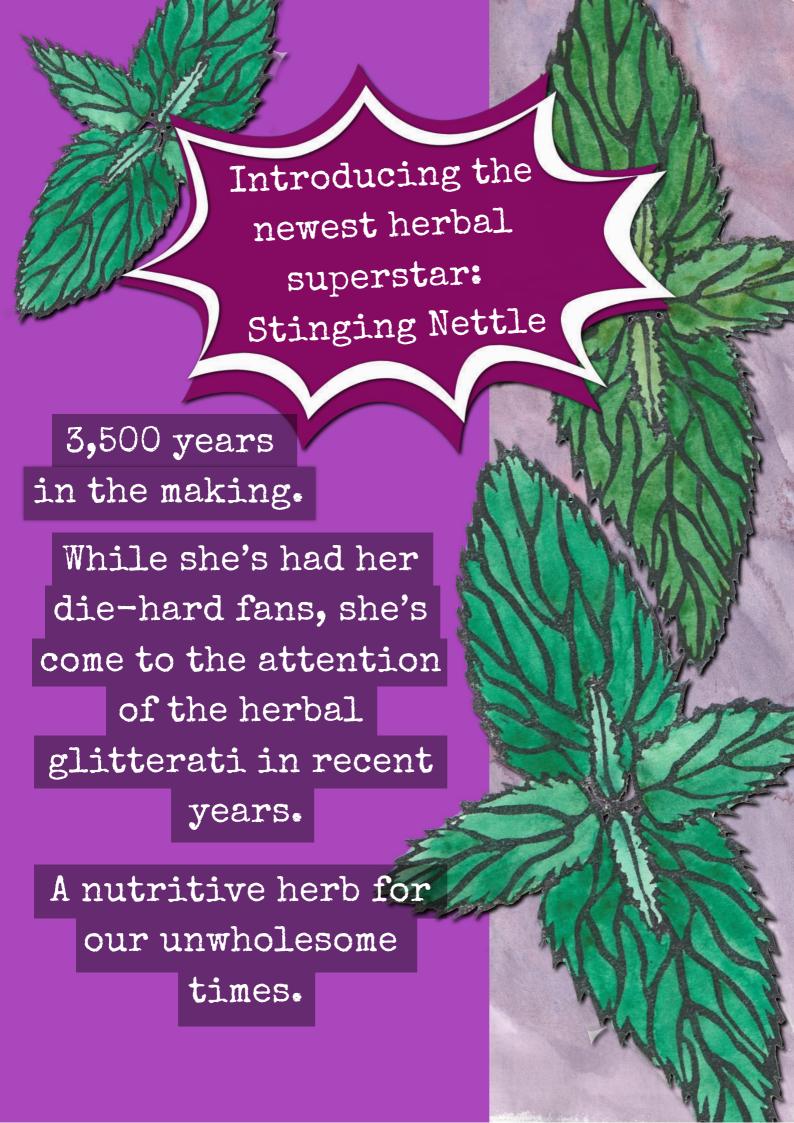


Fall Equinox Haikus

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



Stinging Nettle Crisps [chips]

A bowl full of young nettle leaves

- 2 tablespoons oil of your choice
- l teaspoon salt
- l teaspoon crushed red pepper flakes

Freshly ground pepper

2 tablespoons nutritional yeast

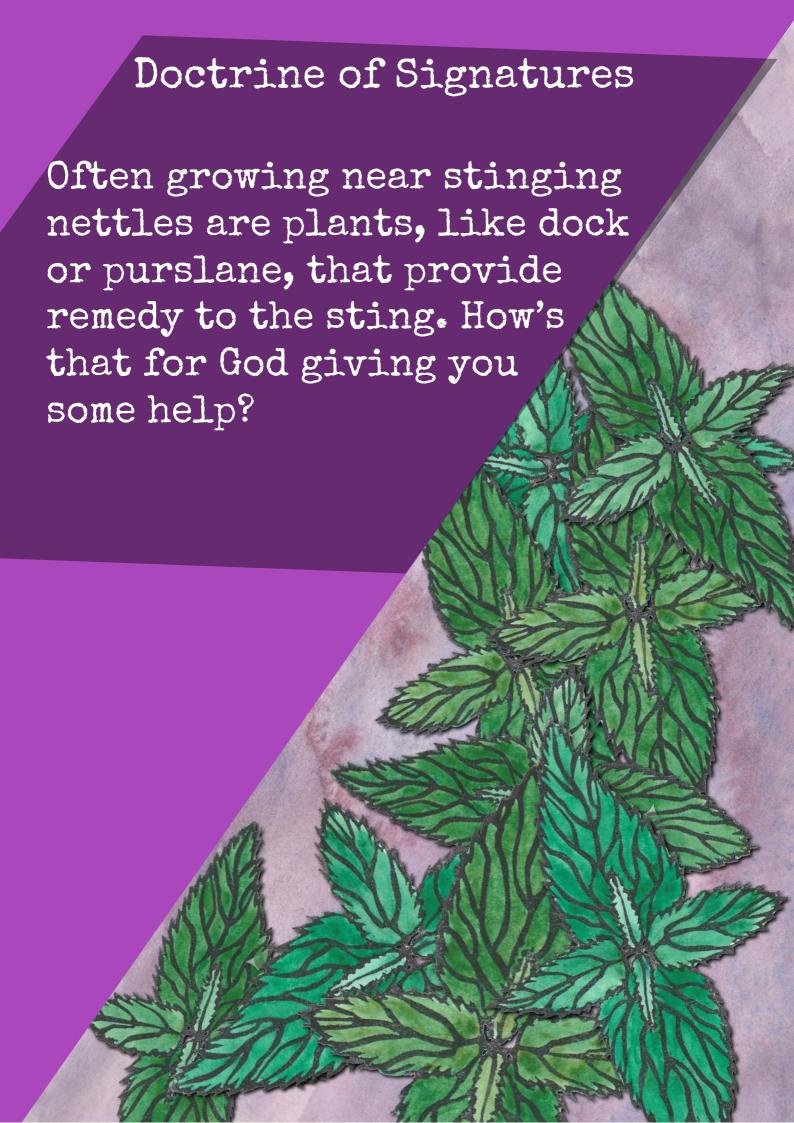
Wash and dry the nettles, stripping the leaves from any stem.

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 1300 [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.

Source: https://craftinvaders.co.uk/stinging-nettle-crisps-a-delicious-healthy-snack/?utm_sq=ffj9syqkfx





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.





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

(c) 2022 Sabina Gartler