

That
Plant
Fucker



November 2022

Bad Poem

Thanks for the lifeblood
Into and out of my heart
Is all else gravy



Greek Mountain Tea is My Medicine from Divinity

Dried flower husks, oblong leaves clinging to long round stalks. In my fever woozy, I cram six or seven, maybe eight (counting is hard) into the mason jar. The boiling water comes next, spurring orphaned leaves and flowers to float on the poured water current, finally coming to rest afloat the surface of my tea. I still need to wait half an hour. I'll go lie down. Relief from ache, sneeze, fever will come but not for another thirty minutes. I'll rest my eyes and dream of unfettered breathing.



Ravani with Chamomile & Greek Mountain Tea Syrup



For the cake

4 large eggs, at room temperature

1/2 cup sugar

1/2 cup of olive oil/vegetable oil

1 teaspoon pure vanilla extract

3/4 cups (140 g) fine semolina flour

1/2 cup (70 g) all-purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

zest of half a lemon/orange

For the syrup:

4-5 Chamomile tea bags or a handful of Greek Mountain tea

juice of half of a lemon

1/2 cup sugar

1 cup honey

1 and 1/4 cups of water

Preheat the oven to 350 °F, 180 °C. Brush a 9-inch round springform pan with olive oil and line with parchment paper.

Make the cake batter: Combine the eggs and sugar in a large mixing bowl and beat for 3-4 minutes until pale and frothy. Add the olive oil and vanilla extract and beat together. Combine the dry ingredients in a bowl and whisk together. Add the dry ingredients to the wet ingredients in 2-3 batches and beat on low speed until incorporated. Transfer the cake batter to the prepared baking pan and bake on the center rack for about 30 minutes or until a toothpick inserted in the center comes out clean.

Make the Syrup: Bring the water to a boil and add the tea. Steep for 5-7 minutes, and then strain the tea. Add the liquid back to the pan along with the sugar and lemon juice. Bring to a boil and stir until dissolved. Remove from the heat and stir in the honey until dissolved. Add the tea leaves and stems back into the pot so it can steep until the cake is ready. As soon as the cake comes out of the oven, poke it a few times with a toothpick and pour the warm syrup all over the cake. Wrap some aluminum foil on the bottom and sides of the baking pan so that the syrup does not leak out and create a mess. Allow the cake to absorb all of the syrup—about 1 hour at room temperature or overnight in the refrigerator. Remove the cake from the pan and set it on a serving dish with coffee or tea.

Enjoy!

Source: <https://www.dimitrashedishes.com/ravani-with-chamomile-greek-mountain-tea-syrup/>

Doctrine of Signatures



“Nature marks each growth... according to its curative benefit.”

Paracelsus

The wrapped-up ‘snug-as-a-bug’ look of the flowers mimics our tendency to wrap ourselves in warmth and comfort when we have a cold or flu.*

*Please don't look for a citation for this signature; I pulled this out of my ass. Thanks for nothing, internet.



Rant

Food Supply

Our food supply is polluted. I can't even grasp how much. The organic kale I buy from the grocery store may be just as much garbage as the dandelions that grow along the freeway. I like the farmers market - nice, local produce. But that is a luxury. A luxury of healthful food that is probably still lower in magnesium than the produce our ancestors ate. I want a garden. A real homestead garden. A fuck you to all the conglomerate food producers. This is also a luxury.

Shameless plugs

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