

The background features a soft, pastel-colored wash in shades of pink, purple, and blue. Overlaid on this is a faint, light blue illustration of a person's torso, showing the shoulders, chest, and upper abdomen. In the lower center, there is a detailed drawing of a pink flower with five petals, each marked with dark spots. The flower has several long, thin stamens extending from its center.

# That Plant Fucker

September 2019



# equinox haikus

SPECIFICATIONS

\$ 32

## or "equikus"

The wheel turns dark night  
God's eye shines in waning light  
Marigold orange bright

Hello balanced day  
Take me out of Summer hell  
Fall opens slowly

Red squash marigold  
Golden apple-brown cider  
Second harvest light



# Queen Mushroom

Joanie was flabbergasted. She had never seen the queen in the wild. All she had ever know of the Reishi was the tame, domesticated queen in the grow houses.

Deep in the primeval forest. The air cool and heavy and damp. She knelt to see the glory for herself. Joanie dared not finger the mushroom precariously attached to the maple though the burgundy varnish begged to be touched.

For Joanie, seeing Queen Reishi in the wild was a religious experience. Like visiting the Wailing Wall or Mecca.

Seeing the beauty, Joanie wondered why people worshiped in churches, temples. God was here in the forest. Living in the Reishi.



# Mushroom Retro

Remember when the Portobello was the starlet? The new up-and-comer in the explosion of gourmet foods that was the 1990's. The same decade that brought 'new' foods roasted red peppers, sun-dried tomatoes, and varietal coffee.

The Portobello came to us, the giant cousin of our white button. It was more of everything than the button mushroom. Meatier, umami-er. The perfect size to fill our hamburger bun. The new 'mushroom burger'.

But she's not fashionable now. She's not an oyster, shiitake or exotic morel. I too have been guilty of neglect. Too sophisticated to enjoy our nostalgic classics.









# Portobello Mushroom Burgers

4 portobello mushroom caps  
1/4 cup balsamic vinegar  
3 tablespoons olive oil  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 tablespoon minced garlic  
salt and pepper to taste

Scrape out the gills from the underside of each mushroom. Place the mushroom caps in a shallow dish. In a bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes, turning twice.

Preheat the broiler.

Place the mushrooms on a wire rack with a cookie sheet underneath and broil 5 to 8 minutes on each side, or until tender. Brush with marinade frequently.

Top the mushrooms with your favorite hamburger fixin's like grilled onions, red onion, real cheese, avocado. Serve with or without a bun.



# Rant

In this issue, I wrote about Reishi as the star of her story (sorry Joanie). Reishi has been used as a medicine for centuries. A powerful medicine that anyone could ostensibly forage for free. Medicine was of the people. But that's not our reality today. Often our first inclination is to take medicine that is controlled by others. How did this happen?

Somewhere we went from folk medicine using plants (and magic) to treat disease to burning witches for treating disease with plants. More recently "better living through chemistry" was the paradigm and anything else was just hippy burnout fringe thinking. But now the explosion of information that is the internet allows us to curate our own medical philosophy.

But we are out of practice with plants. What was once common folk knowledge is now centuries-old stories told through the telephone game. We have to relearn our medicine of the people. And pharma? Their mantle as the ultimate paragons of our personal health is shaken. So, pharma has resurrected the proven tactic of burning the witches. 'You use plants to create health and heal disease?' Heathen.





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