

That Plant Fucker



September 2020

Rules for the Autumnal Equinox



Worship fallen leaves

Cook a warming stew to fend off the chill

Bake a fruit pie or 4

Drink a hard apple cider or 4

Layout treats for the blackbird

Plant sage and yarrow

Have a heart-to-
heart with your
favorite pumpkin

Contemplate the light
and dark within you

Get burned at
the stake for
being a witch

Merry Mabon!





OKRA

Ever since COVID-19 restrictions began, I've been craving okra. Before, I'd eaten it breaded and fried from the Luby's steam trays. But since March, I've been eating it "plain" - sautéed with olive oil, often with garlic.

My grocery runs are prompted when certain supplies run low - eggs, half and half, apples, okra.

Perhaps I'm subconsciously readying my palate with the three food staples for weathering the apocalypse in Houston: chard, purple hull peas, and okra.

“Plain” Okra

Some Okra (fresh or frozen) – whatever your usual portion is. Mine is the amount that will cover the bottom of my largest frying pan in a single layer.

Olive oil – enough to coat said frying pan

Garlic – to taste, mine is 2 large or 3 smallish cloves

Salt – to taste

Optional add-ins – boiled potatoes, leftover cooked meat

1. Heat your frying pan. When hot, add the olive oil.
2. Add the okra and salt, cook until light brown and almost soft.
3. Add the chopped garlic, cook until garlic has mellowed.
4. Add the optional mix-ins, cook until heated.
5. Eat.

Control

Do I have control? Like over my life, my decisions? I believe the answer is no. I have just enough free will to give the illusion of control. But control lies elsewhere. I don't know if people or things or Gods wield this control. Knowing who holds control doesn't change reality.

At first, I thought I'd lost something that I used to have, or that most people have. But I never had it. I am part of a long tradition of noncontrollers.

Should I revolt? Resist my pre-determined destiny? Zig instead of zag. Or is my revolt also scheduled?

Shameless plugs

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