



# Chard: An Official Apocalypse Plant of Texas

Human: It's fucking hot here

Chard: I can dig it

Human: Seriously

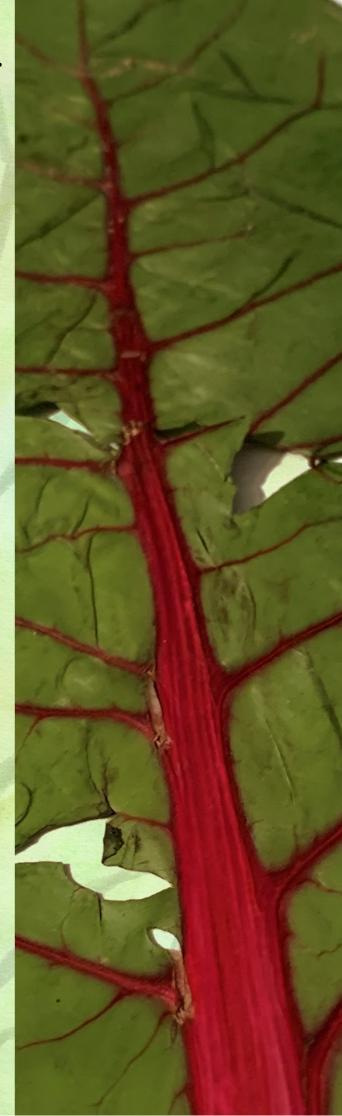
Chard: Mellow out

Human:

Chard:

Human: I'll just snip a couple of stalks

Chard: Groovy



## Sauteed Swiss Chard

- Swiss chard a
   bunch or two
- · Cooking fat
- · Garlic, to taste
- Apple 1 small or 1 large
- · Balsamic vinegar, to taste

- Wash the chard
   Chop the chard. Eat
- the stems, don't eat the stems
- 3. Heat a pan add fat, example olive oil, bacon fat
- 4. Add chard, salt
- 5. After 8 minutes, add chopped garlic
- 6. After 3 minutes, add chopped apples
- 7. Add balsamic vinegar
- 8. After 30 seconds, eat
- 9. Develop a smug sense of self-satisfaction for eating something as healthy as chard



## The Doctrine of Signatures

"Nature marks each growth...according to its curative benefit." Paracelsus

If the look of the plant indicates its benefit, what is chard's?



It kinda looks like veins.

Well, it does
have lots of
Vitamin K,
which is
necessary for
your blood to
clot. So maybe
there's
something to
this
"doctrine of
signatures."



### Rant

### How to help the bees

I ask myself, 'what can I do to help the bees?' There they go fliting in the air, sleeping in flowers, pollinating my harvest.

My best inspiration is to shepherd them. Build them a hive. Guard them as a shebear does her cub.

Take back my bees. Take back my power.

and
because
it's
August,
here are
kittens
and
bubbles





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