

Bad Poem

The Power of Three*

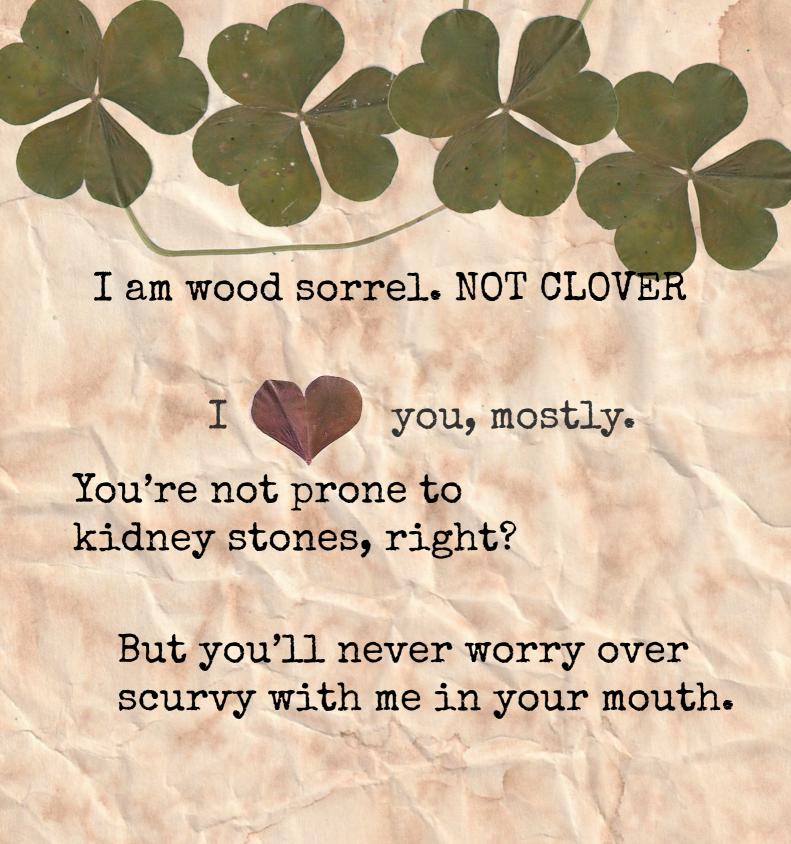
Father, past, maiden, life

Son, present, mother, death

Holy Ghost, future, crone, rebirth



*unless there are four





Wood Sorrel, Yukon Gold & Egg Salad with Shallot Vinaigrette

2 medium Yukon Gold potatoes, scrubbed and baked then cubed

1 small head of butter lettuce, washed, dried and torn into bite-sized pieces

Handful of fresh dill, rinsed and dried, stems removed, roughly torn

2 cups wood sorrel, washed and dried with any tougher stems removed

2 hardboiled eggs, peeled and sliced

1/4 cup shaved Parmesan cheese (optional)

For the vinaigrette

1/4 cup organic olive oil

1/4 cup white balsamic vinegar (you can also use red

wine vinegar or lemon juice)

2 tsps honey or maple syrup

2 tsps Dijon mustard

1 small shallot, finely chopped

1 tsp sea salt

Several grinds of black pepper

- 1. Make the vinaigrette Mix all the ingredients together until it looks homogenized. Taste and adjust the flavors and seasonings as needed.
- 2. Compose the salad. Lay the lettuce leaves out on the plates, top with the cubed, warm potatoes, sliced eggs, fresh dill and wood sorrel then dress it all

generously.

https://www.thegardenofeating.org/2015/06/wood-sorrel.html



Doctrine of Signatures Wood Sorrel

If a plant gives us an indication of its qualities, the heart-shaped leaves of wood sorrel should stimulate uses for the heart—an invigorating cordial medicine.

OR



A heart shape is an analog for the kidney. Oxalic acid in the wood sorrel binds with calcium and could form kidney stones. So maybe the sort-of kidney shape is a warning, not an invitation.



A Rant In Threes

Deaths come in threes, or so people say. But we only talk about patterns when there is one. Unpatterned randomness is quickly forgotten.

When there is no pattern, we create one. Orderly, meaningful, controlled patterns. We are NOT incidental insects in an uncaring universe.

The alternative is Chaos. Chaos is danger, death, change. Three fates that panic our primal parts.



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