

Remedies

Grass spouting through ice
means it's the seeds time
to spout
the wild chamomile.

At night soak parsley seeds
so it roots itself
and grows
inside the trench of its birth.

As the sun rises
break the small finger
off the ginger
and plant one inch deep.

On full moons they meet
for wailing women,
plucked, crushed, boiled
into tight, sealed pots.