



*Recipes*  
FOR INSTANT RELIEF



Years ago, a friend handed me an orange and suggested that I eat it in the shower. I sat there waiting for the punchline, thinking it was some weird sex thing. Suffice to say, I did not eat that orange in the shower.

A while back, when I was in a compulsory hotel quarantine and experiencing mild cabin fever, I was given an orange with my meal. I finally ate an orange in the shower. Instant relief. I was free. Free from the stickiness, free from the acidity revealing my otherwise imperceptible papercuts, free from wondering "what is it like to eat an orange in the shower?"



Tiffany Luk

## Our Soothing Garden

Every morning  
one of us disturbs the birds  
sunbathing on the balcony  
when we water our garden  
"Sorry birds  
I'll be out of your way soon"  
A little reminder that the garden  
is for everything living

Soil a bit dry  
I water  
lightly come the breezes  
bitter melon pats me gently with its leaves  
pigeons take flight off and back again  
as if the melon vines a home to them



Birds feeding each other worms  
blooming han mun rice flowers  
bougainvillea a neighbor's gift  
Worm families making compost their home  
Smell from shiso, cuban oregano and mint  
Learning new herbs from weeds growing

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All these moments when watering the garden  
Always getting healed before going to work

*"Creating a relationship with the wild, inside and out can sustain us in even the darkest moments."*  
*The Prisoner's Herbal, p.14.*