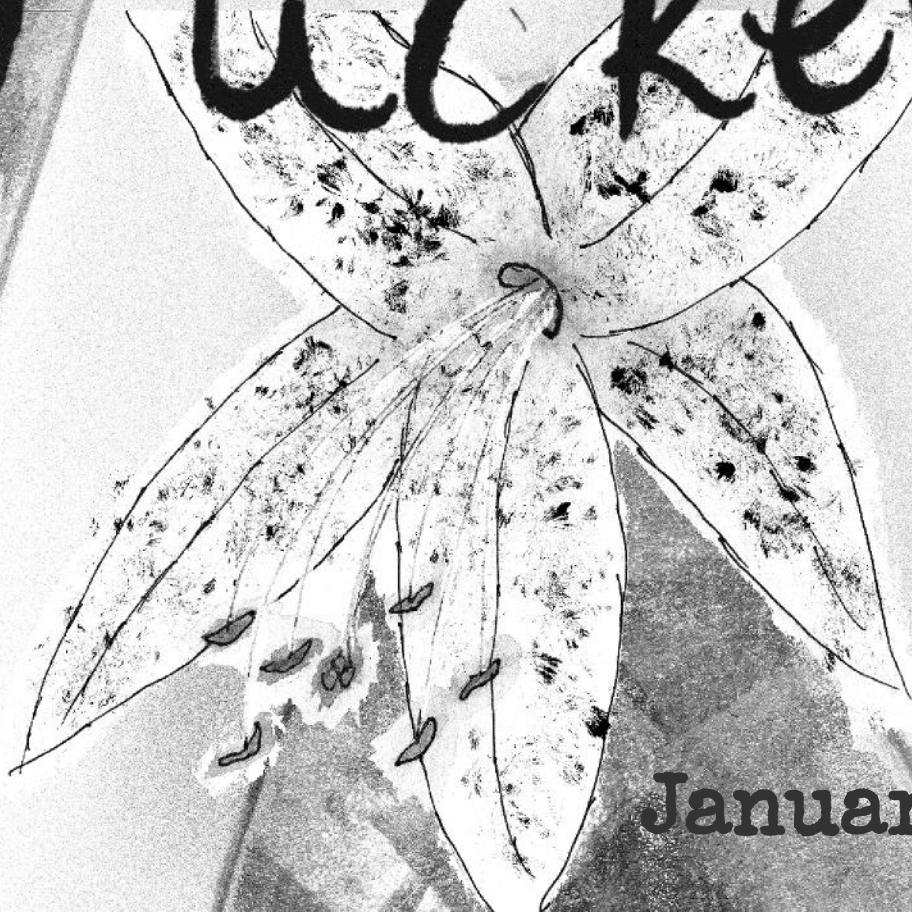


# That Plant Fucker



January 2020

# Bad Poem

Do you create  
NEW YEAR'S Resolutions?

NO

Is it because  
you realize  
Creating unrealistic  
goals on an  
arbitrary time-  
frame is  
pointless?

YES

GREAT!

NO

Is it  
because of  
your clinical  
depression  
and you  
understand  
the world is  
pointless and  
existence  
meaningless?

YES

I don't  
understand  
you at  
all.

YES

Do you abandon  
them after a few  
weeks?

YES

NO

Do you  
abandon them  
after a few  
months?

YES

NO

## Botanical Spotlight: Loofah

January is often about new beginnings (even if we quickly abandon those new beginnings for old habits). Then what better botanical spotlight than the humble loofah as it removes our old skin for fresh new.

How many know that loofah comes from a plant? What it's not a sea vegetable? Nope, it's actually a gourd: *Luffa aegyptiaca* and *Luffa acutangula*. Slow growing - it needs a long growing season. Perfect for tropical, subtropical, or whatever swamp climate Houston has. A throwback to a simpler time in our exfoliation obsession. An exfoliator you can compost.



## 7 Uses for Loofah

These ideas have not been tested and may, in fact, be completely ridiculous.

1. spa scrubber

2. cat toy



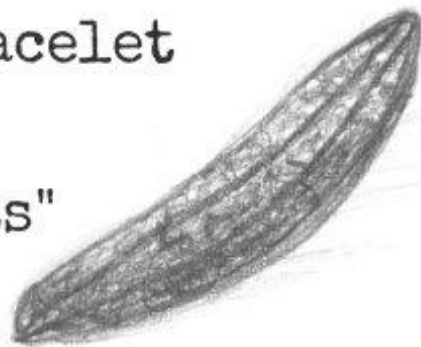
3. dish scrubber

4. tiny pool noodle

5. sex toy for the masochist

6. avant-garde bracelet

7. packing "peanuts"



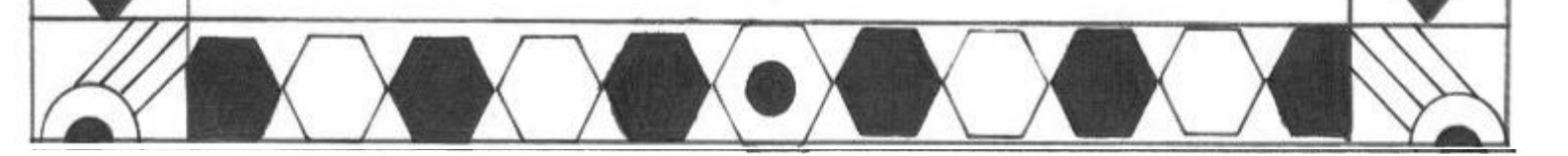


## Rant

I get depressed in January. Not depressed in a "hairdryer-in-the-bathtub" way. But down in a "holidays-and-fun-times-are-over" way.

January for me is not about new beginnings but mourning the end of the year. My "new beginnings" feeling doesn't usually show up until March when Spring is springing into a new cycle.

As loofahs are meant to slough away old skin, maybe January is time to slough away the past year in anticipation of new growth. Ooh, maybe we make spring resolutions instead of New Year's resolutions.





**Shameless plugs**

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