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Walnuts in Baked Goods Are Great—Stones in Beans Are Not

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WALNUTS IN BAKED GOODS ARE GREAT—
STONES IN BEANS ARE NOT

Bend a stem of grass, a spear
of light-green light, meticulous proof of food
each leaf as it pings back into sharp shape,
as a leg, as thought kicking down a bright lane.

Meat-head soup, a porridge of the mind—
it's fine, it's fine. Bread and butter. Warm.
Needn't have a sausage—headless chicken lies down
on gravel, wet and bright its many-pebbled thought.

Heave a loaf of bread to hungry children.
Like rats they scurry, in the dirt.
Grit adheres to the flesh-appealing bread.
Shaft of grain. Arc of grass. Nice toss.