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"PEAK PACKED AND PICKLED"
BY ISLAND DANGER (PG 1-3)
INSTA: @ISLANDDANGERCREATES

"AT LEAST ONCE A SEASON..."
BY IMDR3AM1NG (PG 4)
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"COYOTES"
BY KARMIN (PG 5-6)
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**"HOW A RABBIT
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JULY 2026

Peak Packed and Pickled

Fridge pickles may change contents with the seasons as things go in and out of availability, but they remain a constant in my kitchen year round as my best weapon against an exhausting day of vending. From mid-May through the end of August is when they tend to be at their most varied. A recent impromptu gathering at my apartment for dinner lead me to serve a spread of pickled things from classics like red onions and jalapeños, to more funky options like pico de gallo with pickled garlic scapes and cucumber pickles with smoked ancho chili. This is definitely another one of those flexible base recipes that's intended for many uses, you could even use it to make some condiments to go with dishes suggested in last month's issue!

One inexpensive booster to these if you have the availability to pick it up is whole spices, especially if you have access to bulk sections where you can just grab what you need in small amounts. Despite an often scary price per pound tag, a few pieces per jar of pickles is plenty to impart the flavors desired and a tablespoon or two's worth of whole items will usually ring up for a touch over the minimum the scale can measure.



Pickle Brine

Ingredients

- ☆ 3/4 cup apple cider vinegar
- ☆ 1/2 cup white vinegar
- ☆ 1 cup water
- ☆ Salt and sugar to desired ratio, typically 2-3 Tbsp each as a starting point.

Instructions

- ☆ Boil the solution until salt and sugar dissolve, pour over veggies, herbs, and spices in a sanitized jar, seal and move to fridge to marinate for at least 24 hours. Most items will be at flavor and texture peak between days 2-5, but last up to 2 weeks in the refrigerator.

Tips

- ☆ Vegetables like carrot and radish will last closer to 3-4 weeks, especially if cut into sticks or thicker rounds.
- ☆ Firmer onions and waxy pepper types will also have a slightly longer shelf life than a more watery vegetable like cucumber.

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V Tear and share! Cut along this line to free the extra copies, use the margin to tape a new card in later! V

Canned Chaos - What else can be pickled?

*Nearly all vegetables and fruit can be pickled! Some popular examples of pickled fruits include grapes with mint and spicy pineapple and jalapeños

*A little whole spice goes a long way, some suggestions include peppercorns, clove, allspice, star anise, mustard seed, and dehydrated peppers. Pouring the brine in hot will allow these ingredients to steep and release their flavors without making them a pain to pick out later.

*Garlic cloves are great for flavoring the pickles, but can also be a great addition itself to chicken and tuna salads, or can be used in place of fresh garlic in baked goods.

*Tannins can help keep pickles crispy longer. If available, fresh grape, oak, black tea, and bay leaves are often readily available sources. Dried is less effective but more frequently present in the average pantry.

Canned Chaos - What else can be pickled?

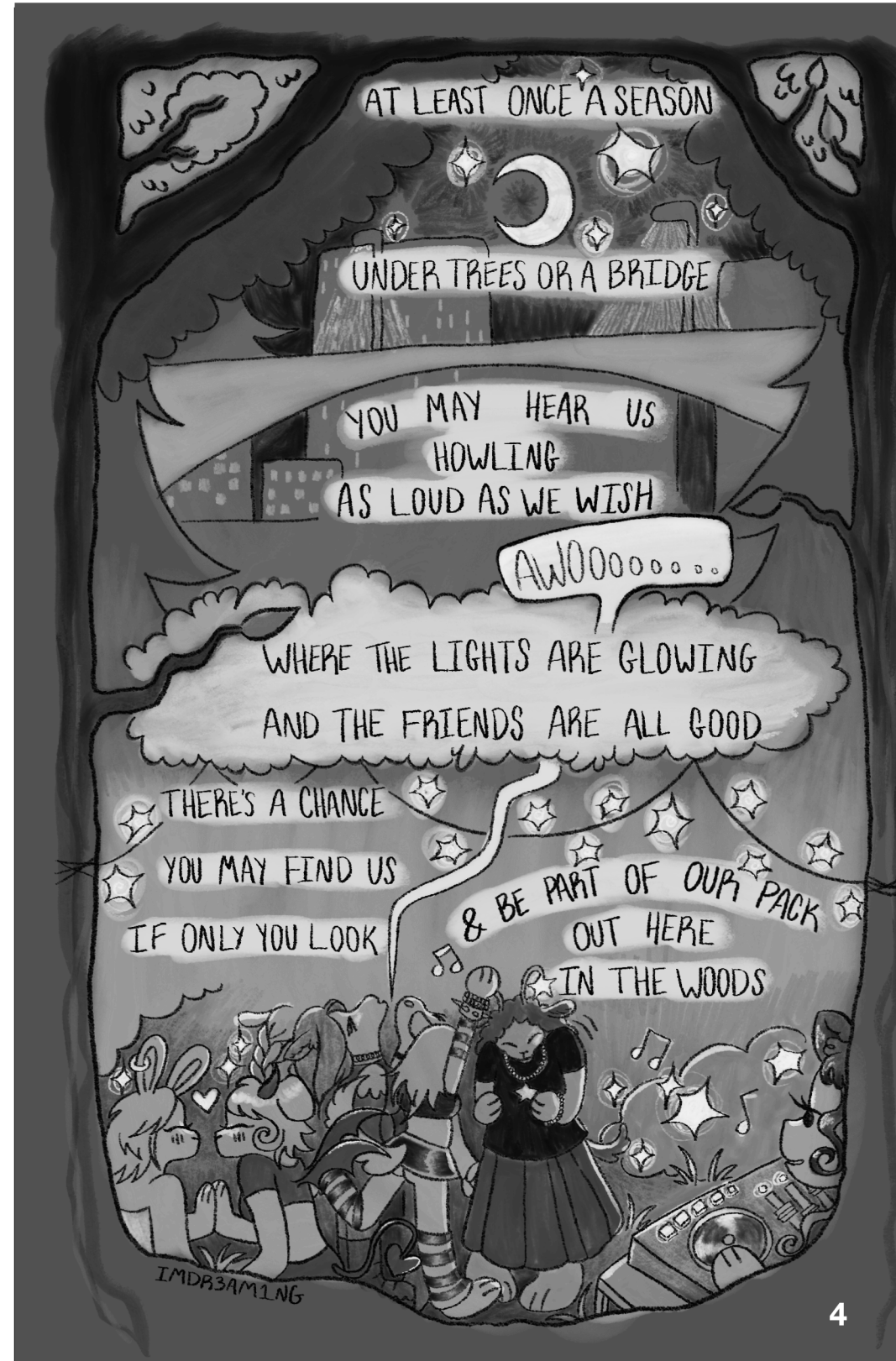
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* Author's Note - This is more applicable to a canned pickle (hot processed, shelf stable) vs a fridge pickle (perishable, cold stored) Some folks swear by it, might help extend shelf life on softer veg.



Coyotes

Dropping to the ground, on all fours.
A creature caves into longstanding feral desires.
Stoked by a fire that smoldered for a lifetime,
deep within the confines of the body and skin.
The fire erupts, scorching through the human shell.
Long past the point of containment
and free of such burden.

Stretching forward, digging claws into a previously
unscathed earth.
Coyote pulls back in, slowly adapting to a new form.
Leaving its first mark on a world it's ready
to explore.
Coyote has no desire to hunt yet, for lifelong
cravings have been fulfilled.
An insatiable hunger, now satisfied by a hunt
lasting many moons.

"Do I... remember you? I do..."
Coyote's snout spoke, scents whirling,
in and out of a twitching nose.
Coyote's eyes gaze into those of packmates
standing near.
Different sets, all illuminated by the same
glowing embers and desires of animalistic nature,
coyote once encompassed deep within.



Packmates chattered something amongst themselves.
Speaking in resolute tones, unwavering in practice.
Coyote's ears perked up, catching the sounds of
communication now only understood by tone.
Its pack surrounding it, answering a calling.

Tendons start to stray, relearning placement.
Finding new motion like a stray dog
in search of a home.
Hands reshaping into paws, pads growing
in the wake of palms.
Mouth to maw, a snout bulges out with teeth
growing sharper than the daggers of any trivial woes
from an erstwhile life.
Spines extend into tails, wagging slowly
while gaining feeling.

Yip Yap Yap Yip Yop Yip
Sang the song dogs.
Raw, staccato howls cried out into the night.
Long, loud, internal. Full of liberation and joy.

The pack rejoiced, rubbing up against each other's
pelts.
Dancing around like the flames that once
erupted from inside.

We are Coyotes.



JULY-2026-Digital AGE // THEPIAN

since I could remember, I wanted to run on grass and crunch food with my long jaws. crying to my mothers, how ashamed I felt at six asking to eat the ground and addressed by my wolf name, which changed weekly. When I found myself alone with a computer and when those feelings found me again, I used my paws and nose to find others on the internet who said they felt the same: a distinct sensation, deep sorrow and longing for physical traits or landscapes that should be yours but aren't. you were born in a city.

during recess you get in trouble for walking on the outer grass on the track, you need to walked on the marked and paved parts of the field. You also get in trouble for forming an almost out like wolf pack game at recess. all the kids followed and each day gathered awaiting to take their role in the game. for you it's not a game, why do they follow? even you get in trouble for food and crawling at each day.

stock room
Body

al werewolf spells

Google Search

I'm Feeling Lucky

EPS 10

shutters room - 4263



I am not alone
with my
physical form.
Though I will
this gift to be
my

2016 and googling "werewolf spells". finding a pack on forums, we m-shift and report back our findings.

games like wolf quest make me feel whole. I spend most of my off time roleplaying as a wolf.

participating in social media or communicating with others online allowed me to connect with others and showed me I truly wasn't alone or making things up.

though this same place that helped me become,

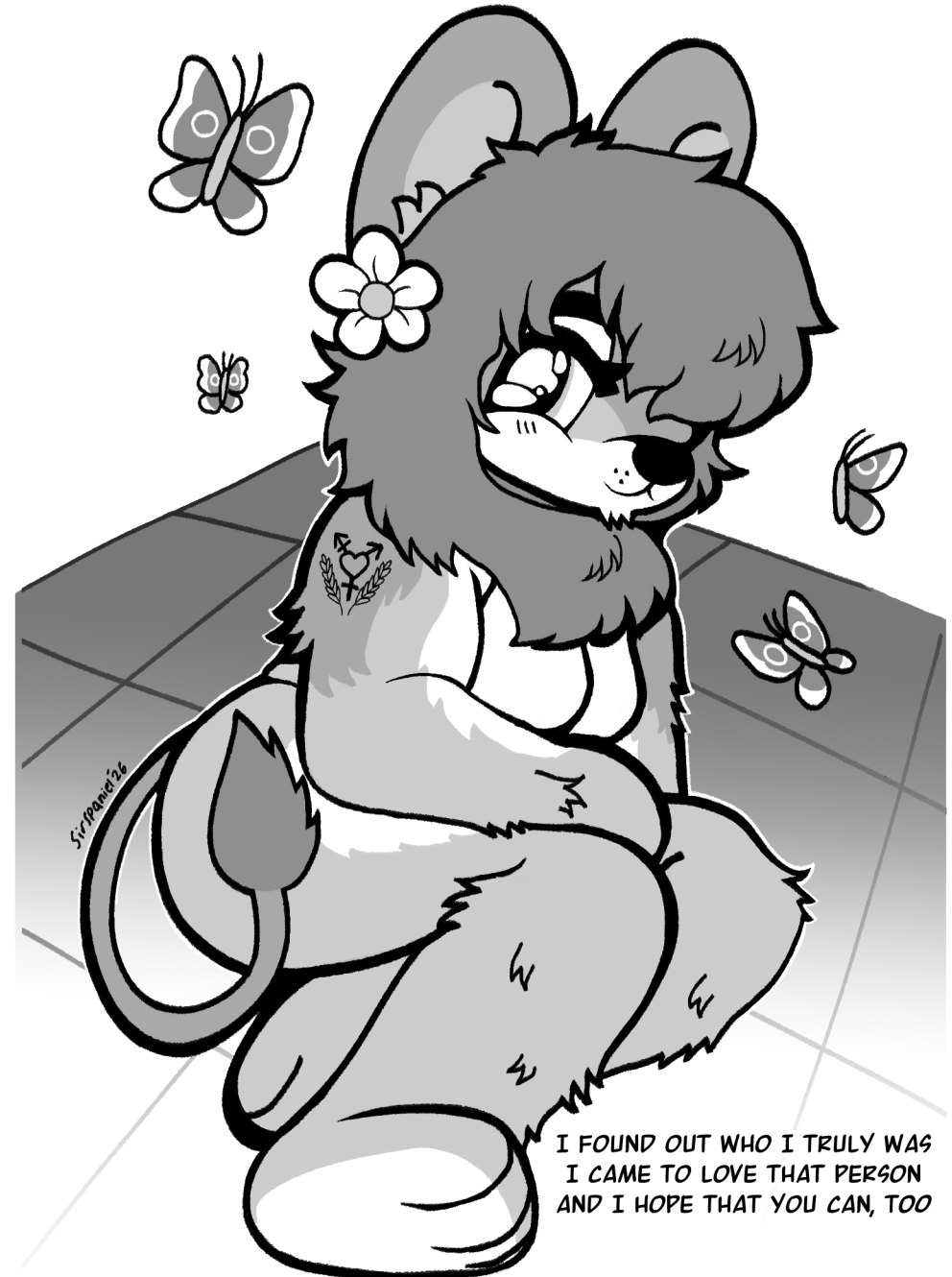
so,etimes I feel to animal to use my phone



v-v-v Frandog Blue 13-26



WHOLENESS, COMPLETENESS, & AUTONOMY



HOW A RABBIT MAKES HIS MAC



A Zine by
Serzi ☺

@doctornattoPet
on Insta

Step 1: Boil Water



Step 2:
Put macaroni in



Step 3: Stir
~8 mins



Step 4: Strain



Step 5:
Add the rest of the
ingredients!



Step 7:
Put them
all in...



Step 6: Gather all your
favorite toppings...



Step 8
Mix
some
more...



Step 9: Watch the
Sunset & enjoy ☺



>°)))<

SWIMMING



SUMMERS

