



re:seed

Hi Friends!

We are so excited to bring you this first issue of re:seed. We began this journey simply as a practice of documenting our ideas, conversations, and resurfacing passions.

It has now become a space for us to explore our mission of archiving ecology through the lens of collective experiences. We want to share what's bringing us serenity and use it to reconnect with each other and our planet.

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We are *Matt and Melat*. We met in 2017 while students at the same college. We are eager to explore the insights held by the land and uncovered by the people who have come before us. Our intentions for this publication are that it is soothing, informative, and a two way conversation. Reach out to us with your thoughts, insights, and inspirations!

We want to hear your stories! So don't be shy if you have an idea for a topic or want to collaborate with us.



SLOW KNOWLEDGE

Knowledge grows like a tree, lessons passed down through time, widening like rings, thickest in times of flourish, change, and discovery. Everything we know has been translated from sensation to understanding to belief. The freshest knowledge extends thin with few leaves while our oldest knowledge is rooted, existing as physical laws and sensory facts that we don't question. What our ancestors tested and learned comes from direct experience and inherited reflexes. Once repeated enough, a habit becomes instinct.

This tree has been built by memory and testimony. Even scientists trust in assumptions made by those that came before them, depending on a lineage of integrity and clarity. The way power projects onto this legacy threatens truth

being truly crowd sourced. The memory and testimony of tyrants can often be the most recognized and immortalized. So when we lose whole societies to destruction or decay, glittering parts of this tree are pushed into darkness, away from the light that connects us to their wisdom.

But life always finds a way and so does information. Old truths eat away at us until we face them. Accessing this knowledge with agency is a constant practice. This project is a way for us to rediscover the sweet and healing details people long before us left behind for us to enjoy and find comfort in.

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The information we have access to today is a miracle. A testament to ingenuity. Never before have we been better connected, better informed, better served. But we also have never been so blind, so dependent, and so short sighted. It can sometimes feel like we are in the twilight of our collective age. That while beauty still exists, we see its slow decay. The sensation of being a part of something chaotic yet harmonious mirrors being ravaged by a cancer that will one day consume itself. The sun is setting and we still want more, faster, cheaper.

More than a century of human will and industry have razed cultures. Where once the passing of years was a testament to progress, now fresh virality seems to decide what is important. Patterns that once connected us to our community and family have been severed as a sacrifice for something bigger and possibly greater.

But who is there to remember the old ways that still deserve attention? Who will be there to tell us that we have tried this before and it didn't work. Who will champion the "moral of the story" instead of a reflection of a shadow of a lesson?

Who will separate the knowledge from the wisdom, the slowly grown and trusted ways? Is this the evolution we were destined for or is this fast-knowledge setting us off course? Can we find a way to climb down the cliff instead of jumping down?

We want to re-imagine a means to dip into the old ways. A moment of freedom from paradigms that have indoctrinated us. If this is the age of information then there must be intentional curators, neo-sages help pass along the details we can't forget.

In doing this we believe we will be able to re-center community and the circularity. Survival cannot be our only priority as capitalism turns us against one another. We can lean on each other, thrive together, and share in the fruit of our labors.

Knowledge can become power, but wisdom requires discernment no matter the shift it causes. Discernment is a collective decision. Collective learning must be open and accessible, if it is to become as sharp as the years that forged it.



# Seed Divinity

“The day you  
plant the seed  
is not the day  
you eat the fruit.”

- Fabienne Fredrickson

restoration

resilience

renewed

reimagining

rewiring

remembering

reciprocity

reflection

relationships

rematriating

recentering

reclaiming

as a teacher

rooted in diversity

hope and healing

the possibilities of our senses

our minds to accept paradox of change

and honoring lineage of spirit

sowed across the globe

on the living context of stories

as coiled knots and webs

songs of nourishment

agreements of protection

our thread in the tapestry

reconciliation and rediscovery

Seeds are a vessel of creation

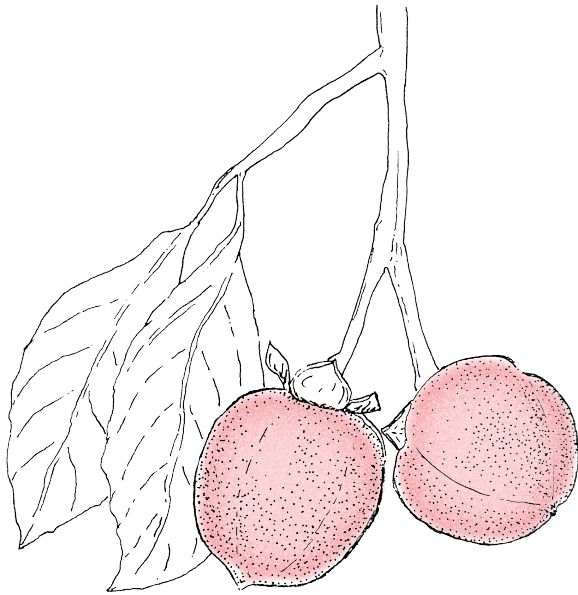
Altars of ancient information

Championed designs for life

Dirt and divinity are

intertwined

The following pages present trees  
that lead us to explore patience,  
gratitude, and well being.



divinity

# Persimmon *Diospyros*

also *D. kaki* (Asian persimmon)  
*D. virginiana* (American persimmon)

**Family:** *Ebenaceae*

**Genus:** *Diospyrus* [from Greek phrase for God's fruit]

- ✦ The word persimmon is from pasiminan or pessamin meaning 'dry fruit' in Powhatan, an Algonquian language
- ✦ Persimmon is considered a berry (we found out tomatoes are also technically berries)
- ✦ Male and female flowers are produced on separate trees with both growing on the same tree in rare instances.
- ✦ Persimmon wood is used to make drumsticks, long bows, golf clubs, and billiard cues.

Divination is a practice of seeking sacred knowledge. And one of the most comforting ways we can do this is by finding meaning and inspiration in the small, simple things in our daily lives. When we first started talking about this project, we wanted to name our zine Persimmon. The spiritual history aligned so well with what we needed to hear in that moment.

Persimmons are a reminder that guidance can be found in various parts of the natural world. American persimmons are found in the southeast, where Matt and I grew up. Persimmon flowers are pollinated by insects and the wind then bear fruit at 6 years old. While the trees grow wild, their wood and fruit have been harvested intentionally and used by Indigenous people for ages.

In the Ozarks, persimmon were used to predict the weather. This was done by cutting one of its seeds in half and inspecting the white piece inside. If it was spoon-shaped, the winter would bear heavy wet snow and if it was fork-shaped, winter would be mild with light snow. When cut in half, the eight-pointed star in

the middle of a persimmon was thought to represent cosmic order. In Buddhism, this center also symbolizes the Noble Eight-Fold Path of transformation. Korean folklore also speaks of the power of dried persimmons to scare away tigers or even soothe a crying child. Persimmons are a reminder to pay attention and be conscious of signs and signals. This awareness combined with patience yields rewards especially in a time of transition.

## Persimmon Pudding

- 1 cup pureed persimmons
- 1 egg
- 1 1/4 cups sugar
- 1 cup flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1 tsp vanilla
- Dash of nutmeg
- 1 1/4 cups milk
- 2 tbsp butter, melted

Mix all ingredients in bowl and bake in 9x9 on 325 for 50 min.

abundance



# Mulberry

Moraceae

also M. alba [white]  
M. rubra [red]  
M. nigra (black)

**Family:** Moraceae  
**Genus:** Morus

- ✦ Native to northern China and India but now cultivated globally
- ✦ The quick release of its pollen is the fastest known movement in the plant kingdom as its stamens launch at over half the speed of sound
- ✦ Mulberry trees are a centerpiece in the silk industry as silkworms feed on white mulberry leaves
- ✦ Can grow and thrive in various types of environments and can thrive in subarctic regions, acidic soils, and even high elevations

In northeast Georgia where we grew up, red mulberries can be found lining the streets. The berries color the sidewalks and their pollen coats cars. Nothing about mulberry is understated.

As a testament to the richness of life, mulberry trees are a pioneer species, organisms that are the first to enter ecosystems that have been left barren due to a disaster like a fire. They can grow over 70 feet tall and live to be 125 years old. A mature mulberry tree produces hundreds of pounds of berries annually. The Romans brought black mulberry trees everywhere they invaded and spread their use as treatment for diseases of the mouth and lung. Sweet and fresh, they are often used in baking, fermented into wine, or dried for teas.

Mulberry as an icon of abundance and fulfillment encourages us to be generous and enjoy the fullness and vitality of our existence. Nature provides us with immeasurable gifts and in return, we must share the unique blessings we have been granted and ensure access to resources is equitable.

Abundance can only be sustainable in a framework of balance and insight. Through gratitude, we can have a clear vision of what we have and need.

Illusions of scarcity can lead us towards greed and competition but interdependence reminds us that we can meet each other's needs. This project has helped us recognize that and we hope reading this can do the same for you.

## Mulberry Sharbat

2 cups mulberries  
2 cups of water  
1/2 cup brown sugar  
1/2 tsp rock salt

1. Combine the mulberries, rock salt, and jaggery powder in a small pan. Add water.
2. Bring the mixture to a boil and let it simmer on low heat for 15 minutes
3. Blend mixture once cooled.
4. Cool, strain, and enjoy.



healing



# Hawthorn *Crataegus*

also *C. monogyna* [common]  
*C. pinnatifida*  
*C. cuneata*  
*C. mexicana*

**Family:** *Rosaceae*

**Genus:** *Crataegus* [from Greek word for strength]

- ✦ Small trees and shrubs. Flowers are bisexual, radially symmetrical with spiral shoots.
- ✦ Source of food and shelter for birds and mammals - seeds spread through bird droppings
- ✦ Flowers feed insects looking for nectar.
- ✦ Found in northern hemisphere everywhere from Asia, Europe, North Africa to North America.
- ✦ Hawthorn comes from the old English word "haw" meaning hedge, combined with thorn.

Hawthorn is an ancient species that has been recognized for its healing properties for centuries. The tree and its fruits have a storied past of providing healing for the spiritual heart as well as the bodily one. Heart tonics using Hawthorne are found in Chinese, Native American, and European cultures. The hawthorn berry is known as a tonic herb for the cardiovascular system and when consumed regularly can improve circulation and oxygen intake by our hearts.

We were really excited to come across this heart elixir recipe found on the next page just in time for Valentine's Day. We chatted about what in our hearts we wanted to be healed and what we want to let go of and woke up the next morning feeling a little lighter!

The little berry is seen as offering comfort to an aching heart. Its warm and soothing taste

rebuilds and offers hope as we begin a new journey. Hawthorn cleanses the heart replenishes the body with nourishment.



Mexican Ponché

Hawthorn symbolized hope for the Kutenai people in the American northwest as it usually blooms around May 1st promising the beginning of summer. They used its berries for food and medicinal purposes. Chinese cultures also rely on Hawthorn leaves, flowers and fruit for making medicinal teas. Other uses of the berry include jellies, jams, candy, wine, tonics, and tinctures.

Hawthorn is an example in balancing both strength and softness. It helps us honor the innate connection to who we are at our core by showing how gentleness can be cultivated through healthy boundaries.



산사춘  
Sansachun

Korean  
Hawthorn  
wine

# Follow Up + Sources

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# About the cover



We stumbled upon the topic of crown shyness during one of our convos and it seemed a perfect point of inspiration to tie in with this issue.

Crown shyness can be observed in camphor trees, eucalyptus trees, and black mangrove trees to name but a few.

Scientists who observed this pattern state that like most other evolved species, these trees have developed sophisticated systems for measuring light, telling time, and sensing.

One theory states that the trees perceive different forms of light. If a tree senses too much light being reflected off a nearby tree, it knows not to grow in that direction. In this way it creates a pattern that maximizes resources and minimizes harmful competition.

Crown shyness is an act of symmetry, a visualization of respect, a symbol of autonomy and interdependence at the same time.

Harmony. Symbiosis. Ecological balance.

We made this delicate image our cover because it reminded us of moments when we have been stuck in our heads or lost touch of the possibility and beauty available to us as a guiding and healing force. There is competition but there is also another option. Connection, collaboration, mutual aid, nurturance, grace.

[Deeper Dive: Read [Mechanical Abrasion and Intercrown Spacing](#) by Francis E. Putz, Geoffrey G. Parker and Ruth M. Archibald]