

Jorj Heyman /
DIET FOR A SMALL PLANET

used to think
of all the direct supply
industries , like fishing
as the last free & useful work

its all become colored
in my mind
silver , like mercury
traces in foods

and these tasks we choose ,
for money , or even simpler —
for meals this nite ,

are warped , in some way
self-destructive , to bring
to ourselves , to others
poisons , made beyond our reach

so much world / motion
in & out , to be grasped

so much less
to choose
things / actions / lie still
earth around us

taking
back