

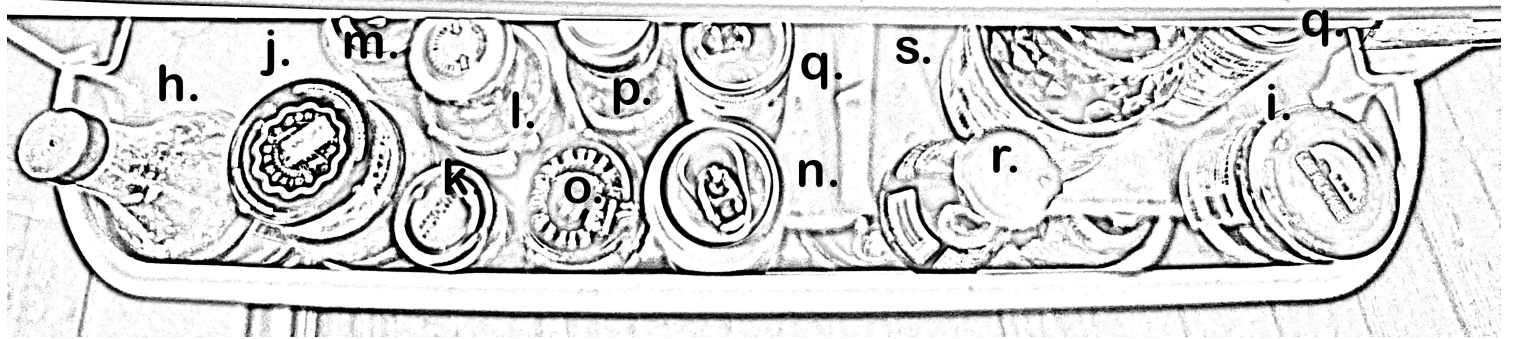
**AN  
ANECDOTED  
TOPOGRAPHY  
OF  
FRIDGE  
(AFTER  
SPOERRI)  
NOVEMBER 3 2025**

"I've written some lyrics to your Cloudcuckooborough, a lot of fine  
dithyrambs and some maiden-songs, and — you know, the Simonides trick."  
—Aristophanes

**TOP**

**SHELF,**

**DOOR**





a. where garlic goes to die

b. where batteries cheat death (supposedly: does this work?). Duracell 9V and AA (Guaranteed 5 years); Rayovac AAA8 (12 Year Power Guarantee Advanced Alkaline *Fusion*(tm), Made in the USA (with US and global parts in fine print)

c. the vinaigrettes of summer

Should have gotten rid of months ago; 11-9-25, scoop out coagulated oil, mustard and vinegar and put in USED OIL jar on counter. As the ecologists say "there is no such thing as throwing out" so this jar is just one more waystation for the oil, which I will eventually freeze before putting in the trash. After washing, I see that the vinaigrette has corroded a hole through the metal lid.

d. obligatory Chinese mustard (free packet: Double Hi Brand, the word "SPICY FOOD" in Chinese), next to Japanese mustard (S&B Prepared Wasabi in Tube), next to French mustard (Three Little Pigs *Trois Petits Cochons Moutarde à L'Ancienne*. Expired? But it is "*à L'Ancienne*!"), next to truffle-infused hot sauce ("Truff") with a black gem screw top (clearly an impulse purchase).

There is no ordering on my part that determines this coincidence of mustards. It *must* be themselves.

e. Arm & Hammer (The Standard of Purity) Pure Baking Soda.

How do you distinguish between the baking soda that is absorbing all the odor of the fridge and the baking soda you use for baking? This disturbs me. 100 + Uses. Change every 30 days. EXP2026-12.

f. Two "Vive" immunity boosters, ginger and turmeric.

Silver bullets for flu, but also probably here as add-ons to get "free delivery."

g. this shelf is the *memento mori*

**MID-  
SHELF,  
DOOR**



**(THE PURGATORY OF SAUCES)**

h. Louisiana's Pure CRYSTAL Hot Sauce.

Superior to McIlhenny Co. (Avery Island, LA) TABASCO Brand Hot Sauce

And here, I feel, I must give a rating of hot peppers and sauces in my kitchen:

1. Sichuan Peppercorn. Banned by the FDA for most of my life, and not even used that frequently in middle-of-the-road Sichuan restaurants, this is the most used pepper in my kitchen. Kept in a mason jar, and then crushed in marble pestle. JM took me to my first real Sichuan restaurant outside Los Angeles in 2011.

2. Trader Joe's ITALIAN BOMBA HOT PEPPER SAUCE Fermented Crushed Calabrian Chili Peppers. (see oo.) I have been in Calabria a few times, and so believe me when I say that TJ gets it right.

2b. Adding as an afterthought, since it had been pushed to the back of the middle shelf, interior, Mrs. Renfro's GHOST PEPPER SALSA (see ss.)

3. HUY FONG Sriracha. Face the product away from person(s) and valuable items. Overplayed, but perhaps worth it. The hot sauce with the hot sauce merch. The sturdy rooster, gradually reducing its red with every squeeze. I'm still not quite happy with the sugar content, and the fact that if one forgets to shake it you get a depressing rivulet of watery Sriracha pre-cum.

4. CRYSTAL is better, but I always forget it's in the fridge. And the question arises, should these be refrigerated? I do not care enough about the Sriracha to put it away, and hence it gets more use because . . . a species of contempt for the familiar? Same for the FIRELLI (see below).

5. Pul biber (frequently mixed with honey or agave glazes)

6. Red Pepper Flakes

7. Taiwan Black Bean Crisp Chili Oil, used often in the past, now not so much. (see bbb.)

8. Italian Casa FIRELLI Hotsauce Parma (ITALY). Gimmicky.

9. "TRUFF." Also gimmicky (see top shelf, door)

i. LEE KUM LEE Black Bean Garlic Sauce.

The Chinese characters and included QR code give mostly redundant info, although the description of the scent flickers, seems to challenge the computer's ability to translate more tenuous sensations: from black bean and garlic, to mulberry-scented, to fragrant plum brocade.

j. HERDEZ Roasted Salsa Verde, Medium. CON TODA CONFIANZA. (Parrots and Quetzalcoatl on background pattern.)

k. Private Selection Imported NON-PAREIL Capers (Authentic TURKISH CAPERS) Distributed by the Kroger CO. (Islamic geometry on background pattern.)

A gentleman is never without capers, as they can bring sophistication to any meal, says the magazine chef within me. A favorite comfort meal combines sautéed onions, baked beans, anchovies, herbs de Provence and capers.

1. PRIMAL Kitchen KETCHUP Organic and Unsweetened. (The word "ketchup" is tall, on vaguely southwestern pattern). "Eat like your life depends on it" —Mark Sisson, Founder.  
*Ingredients with Integrity. Let's cook & Connect!*

m. OLIPOP Banana Cream: A New Kind of Soda(tm) Plant Powered; Microbiome Approved.  
"Cream pie in a can."

First tasted OLIPOP while nursing a headache outside of Bozeman, MT.

n. OLIPOP Ginger Lemon: A New Kind of Soda(tm) Plant Powered; Microbiome Approved  
"Combines both Caribbean and European mulling spices."

Still too sweet to drink often, these both have sat there for a while. Purely medicinal.



o. MAILLE (1747) Dijon Original.

Mostly used for Dijon Salmon, which I have given up on and now simply slather salmon with . . .

p. PRIMAL Kitchen ORIGINAL BUFFALO SAUCE made with AVOCADO OIL "Eat like your life depends on it."—Mark Sisson, Founder. *Ingredients with Integrity. Let's cook & Connect!*  
... and bake at 420.

q. La COLOMBE Coffee Workshop DRAFT LATTE (ESTD 1994) Double COLD BREW (with oatmilk frothy and creamy 130 calories). 2x.

This is my current beverage-of-choice before 4 hour seminars.

r. KIKKOMAN NO PRESERVATIVES ADDED TRADITIONALLY BREWED SOY SAUCE.

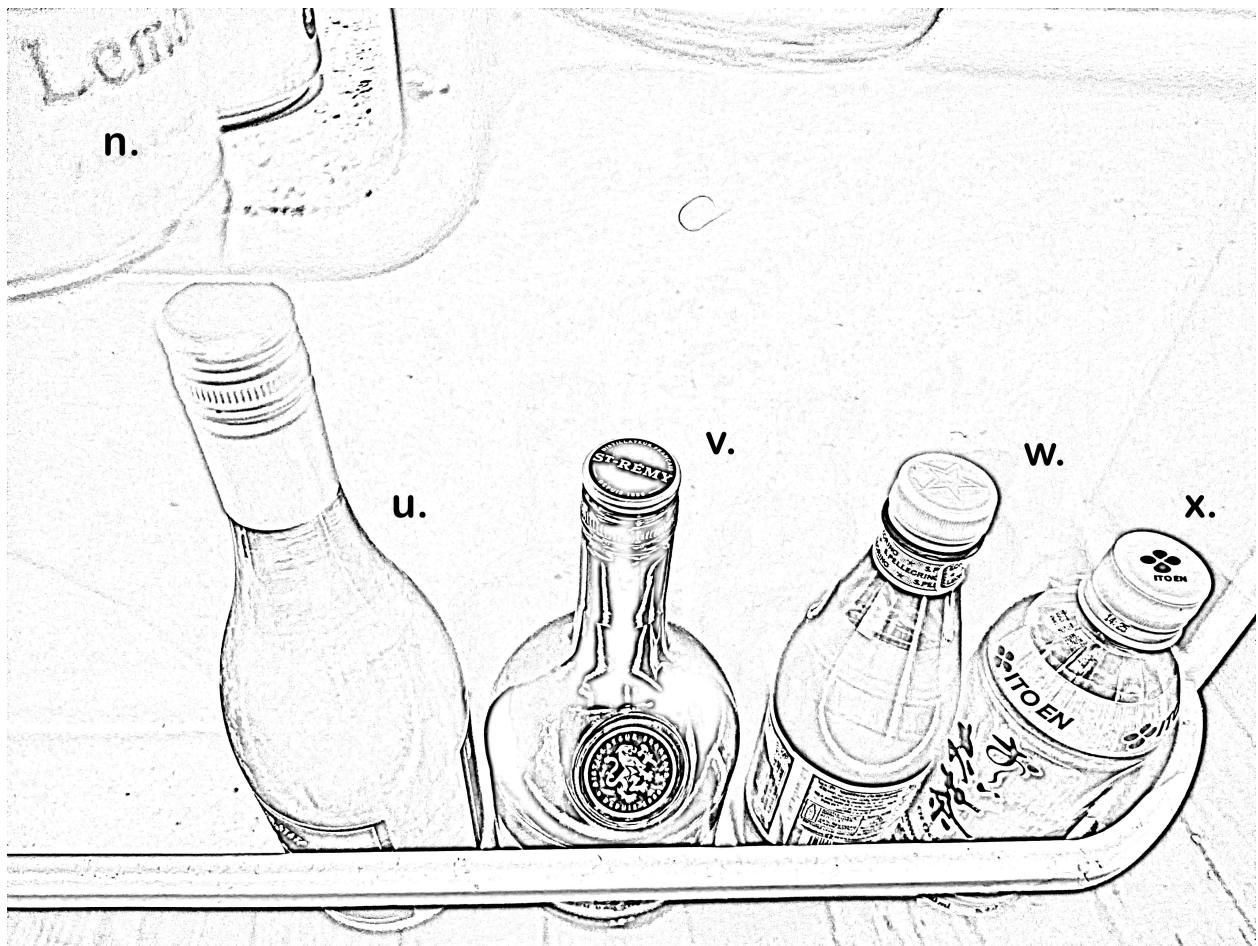
The classic, in teardrop 5 oz. glass with red cap. Perhaps this should be on the counter for more use, but at least Kikkoman alerts us "Refrigerate After Opening . . . For Quality."

s. Trader Joe's Organic 100% Pomegranate Juice from Concentrate. 32 oz.

Used for a raspberry cashew cake in summer, it belongs to the category of things that seem like they should have long ago been thrown out. And yet, the date of expiration is MAY 01 2026. I open it, and there is an audible sigh of accumulated gaseous material. Sipping, it seems OK, although a touch fermented. The label tells us "Pomegranates are infamously tricky to open and eat . . . So we've juiced them for you!" The difficult fruit of the underworld, reduced to simplicity, but not quite dead yet. How many seasons are left to us?

t. disaffiliated cloves of garlic (2x)

**BOTTOM  
SHELF,  
DOOR**





**(THE LONG WEEKEND)**

u. Washington State 2022 SONDER.\*

Given to me by my brother CdB on his last visit here, I forget when. However, for at least 30 years I can count on one hand how many times I was able to see him, including taking him to see *Mulan* in 1998, which we both enjoyed. So, while I can't remember last time he visited, I see him more frequently since he moved to Bellingham, and thus keep less track of the where and whens.

White wine is not my go-to, so this has sat on the bottom shelf for a while . . . at least since May. I haven't had any alcohol since then (and when the last houseguest came—RF of CT—he was offered a bottle of red, gifted by KP for my 57th birthday the month previous). I hate any language that moralizes consumption or non-consumption, and that's very hard to do around alcohol. The discourse around not-drinking has been "captured" by AA, so that if you don't use it, you are somehow in denial. There are so many things like this, aren't there? I like to think of it as a health reset, or detox, something I've regularly done over the summer but have lapsed in the past couple chaotic years. Having just made my way through some stressful traffic (11-8-25), I'm having m. (OLIPOP "Cream pie in a can") instead of the more common glass of wine, although I would rather consumption in general be motivated more by joy than stress. I later rewatch *Marathon Man*, which ends with Dustin Hoffman making Lawrence Olivier eat diamonds at gunpoint.

\*A word invented by John Koenig in his 2009 book *Dictionary of Obscure Sorrows*.

v. ST. RÉMY (Distillateur Français Depuis 1886) VSOP.

I do love brandy, to the extent that I find other alcohols unnecessary. A key ingredient in Crock-Pots of *vin chaud* during the holidays (I put red wine, brandy, spices and agave in mine).

w. One 16.9 FL OZ oz. bottle S. PELLEGRINO BOTTLED AT THE SOURCE, SAN PELLEGRINO TERME (BERGAMO) ITALY \*\*\*\*\*SPARKLING NATURAL MINERAL WATER WITH CO2 ADDED\*\*\*\*\*1899. (And written barely legibly on a wavy background that seems both literally and metaphorically a "watermark," some assurance against fakery, like you would see on a bank note: "Born in 1899, S. Pellegrino is an icon of the Italian lifestyle and one of the world's most renowned sparkling natural mineral waters, appreciated by sommeliers and top chefs. With its gentle bubble and its perfect mineral balance S. Pellegrino inspires you to savor life and enhance every moment. Serve chilled at 46 to 50°F." Below this, the unidiomatic indication of expiration comes off as a little YOLO: "BEST IF USED BY END."

(These green bottles litter the house, accumulating especially by the bed, a sip while reading at night and in the passenger footwell of the car, the beverage of choice during the 25-mile commute to work. In fact, a 12-pack case that was delivered today is still out on the stoop, as I have been thus far been too lazy or busy to bring it in, 11-10-25. A touch of the miraculous in the everyday, the Saint it's named for—at first, I think there's no saint called "St. Pilgrim" but there are at least 3!—is the patron saint of all manner of life-threatening diseases. Recalling that Bergamo was the epicenter of COVID in Europe.)

x. ITO EN Oi Ocha Unsweetened Green Tea 16.9 fl oz. "Oi Ocha (oh-ee oh-cha) means 'Tea, Please!' in Japanese."

After a long stay in the fridge (it used to be a more frequent staple), I have chilled in a yunomi with dinner (11-10-25), and before throwing the bottle out, notice the haiku below the deposit redemption info:

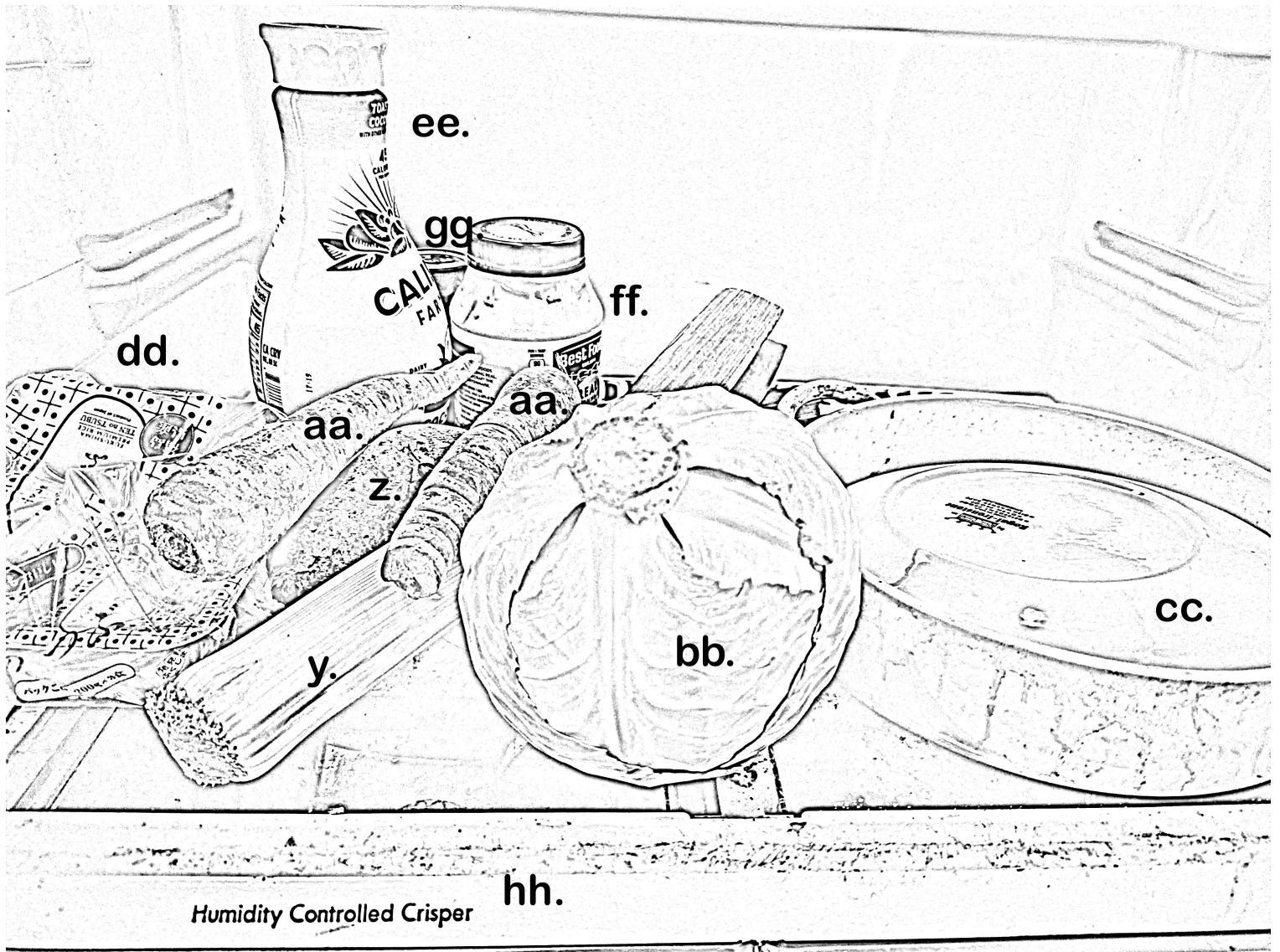
Our time is short

Treat each day like it's your last

Breathe deeply and smile.

BY BOB CORMIER

**BOTTOM  
SHELF,  
INTERIOR**





**(DINNER TONIGHT, OR  
MAYBE TOMORROW)**

   *Cras Tibi*   

y. one giant leek.

Part one of soup ingredients for tonight (11-3-25), in process now, but likely not eaten until tomorrow and then through the rest of the week, and maybe frozen so also eaten at points unknown. Bought at MacPherson's, a semi-enclosed produce stand that has recently changed hands, and I have been wary of both the new prices and quality. This summer, a bag of mealy in-season peaches (4 or 5 total) was \$10, all unusable, and I vowed never to return. But I do have a soft spot for this location, if only because it reminds me of the beginning of Otto Preminger's *Laura*, the spindly Waldo Lydecker speaking to the detective from his opulent bathtub, "Mark McPherson! The siege of Babylon, Long Island. The gangster with the machine gun. Killed three policemen. I told the story over the air and wrote a column about it. Are you the one with the leg full of lead—the man who walked right in and got him?" "Yeah." "Well, well. Hand me my robe, please." (Devastating reverse-shot as Lydecker gets out of tub and the detective snickers at what he sees. It is only now that I realize the Freudian implications of this memory's cohabitation with the giant leek—one of great price and low quality.)

z. one beet that is shaped like a sweet potato.

Another Freudian condensation? But this one is harder to decode. The beet arrogates (I was about to say "aggrogates") all to itself so that, without really thinking it through, this soup has become a borscht. On 11-12-25, more than a week later, and after a few meals using it, I add a half a quart more of vegetable broth to the borscht, reheat and then put on top of couscous, and also add some sautéed rainbow chard, with some ss. to drink. Nine days is much longer than the suggested freshness window, but it is fine (I wonder at this, then add "soups with high acid content" to Google search of "how long will soups stay in fridge," and voilà, this accounts for the discrepancy, although it is still pushing it.) There is still some left, which I will freeze.

aa. two large carrots.

In elementary school, I was almost put into a special program for children with speech impediments because when tested on the word carrot, I simply thought it was so easy that it must be a trick question. A sudden vertigo, caught between Elmer Fudd and the French. The fragile boundary between writ and rot.

bb. one cabbage.

As I grow older, I feel I have been lucky enough to master the art of cooking "grandmotherly," an art difficult for its simplicity. One cannot follow a recipe. It is usually unplanned, the refrigerator's intelligence becomes emergent. Perhaps cabbage is a good place to start, but not required. Start with enough oil to have a golden sheen rise to the surface? Maybe. It is hard to pin-point any "tenets." Between taking stock of the fridge and writing this entry, the cabbage has been split, part ensouped, part enfolded.

cc. left-over savory galette still in ceramic pan, covered with plate.

With carrots, mushrooms, onions, shallots, lemon zest, lemon juice, pancetta, balsamic vinegar in Trader's Joe's pizza dough. Finished last slice while cooking soup. Penultimate (pan-ultimate?) slices eaten with SL before going to see Peter Sellars opera across town over the weekend (11-1-25).

dd. microwavable rice: Google translation of label: Fukushima HEAVEN'S LUMP. Delicious Even When Eaten.

It was 10pm by the time I finished the soup on 11-3-25, started late because I was stood up for a dinner date, so I just had a few tablespoons of borscht, with some roasted pumpkin that did not make it into the soup because of the beet's aggregation of broth. On top of a quarter package of HEAVEN'S LUMP.

ee. CALIFIA Farms Dairy Free Soy Free TOASTED COCONUT with other natural flavors  
COCONUT & Almond Blend 0 Sugar Not a Low Calorie Food.

They say the flavor is "blissful." This has become perhaps a permanent replacement for a non-dairy milk I frequently have bought by the box (see yy.), but which I have cooled to. It has been very hard to find a good non-dairy replacement since Edensoy became scarcer years ago. The last time I bought real milk in a jug was in a bodega in Milwaukee, WI down the street from St. Casimir church, and I was always attentive to the expiration date. Because real milk expiration dates are so *absolute*, I was compelled to imagine what life would be like at that particular date stamped in purple on its neck. 30 years ago now.

The Califia containers seem to approximate the Platonic milk jug of youth, but with a shapelier, computer-calculated form. There is an erotics to it. They have "won" the design game. The expiration date is March 2026. Cheating time.

(Worth noting that the makers of Califia are banking on the association of California with a type of eternal life, but yet at least one jar of condiments in this fridge has the ubiquitous and buzzkill California Proposition 65 warning label.)



ff. Best Foods Mayonnaise

What Hellman's is called on the West Coast. Late night 11-6-25, spoon of ff. with bbb.

gg. One can of V8 Original/100% VEGETABLE JUICE 2 1/2 Servings of VEGETABLES. — THE ORIGINAL—PLANT-POWERED DRINK®.

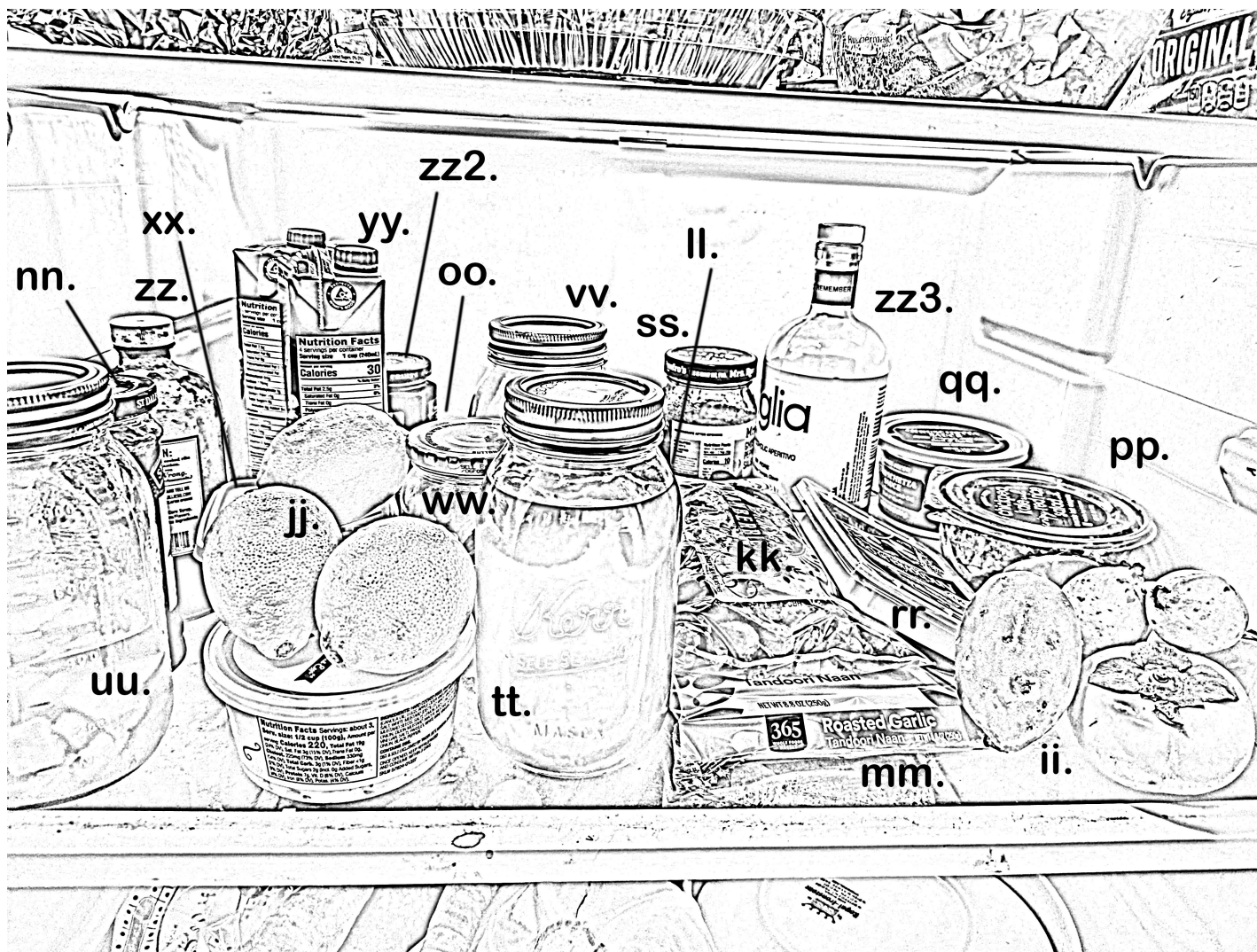
Another tenant that has overstayed (although still will not expire until spring 2026). It may have been there for a year already. Why is it never appetizing? Because it is always pushed beyond arm's reach? At the bottom, in the back, the *ultima thule* of fridge-space.

**HUMIDITY  
CONTROLLED  
CRISPER**

**(I HAVE NO IDEA HOW OR IF THIS WORKS)**

hh. onions, two netbags (one black, one red), one in each bin

**MIDDLE  
SHELF,  
INTERIOR**



ii. exotic fruits, various.

A total crap shoot, but MacPhersons suddenly had a lot of these available, as if it were already Christmas. Persimmons have always let me down (either too slimy, or not ripe enough), although I was partially inspired to purchase some because of an easy Instagram recipe for a persimmon mousse (from one of the many nonna influencers I see in my feed. FYI, favorite Instagram chefs: @pierceabernathy, @fitgreenmind, @jonahreider).



See also:

[https://www.academia.edu/113999019/Myths\\_of\\_Attention\\_What\\_Online\\_Cooking\\_Tutorials\\_Can\\_Tell\\_Us\\_About\\_Experimental\\_PDF\\_Literature?fbclid=IwAR0V8JTV9Jo6Hbpf60YVibrzoYSRPKrWgNKbuxbJRTZHbAc9F6LqE0VjQJ8](https://www.academia.edu/113999019/Myths_of_Attention_What_Online_Cooking_Tutorials_Can_Tell_Us_About_Experimental_PDF_Literature?fbclid=IwAR0V8JTV9Jo6Hbpf60YVibrzoYSRPKrWgNKbuxbJRTZHbAc9F6LqE0VjQJ8))

While waiting for the soup to cook, I add Hershey's Dark Unsweetened Chocolate powder to one of the persimmons, the more expensive strain, perfectly ripe, then blend in a ceramic yunomi from Daiso, using an immersion blender. This works well. The other two much cheaper persimmons are still hard. There are a few small guavas in this pile that have a marvelous scent, but turn out to be mostly seed. And a prickly pear, which I cut up after a walk-jog in the cold rain on 11-6-25: nice red flesh, still very "seed forward." Surprised it cut all the way through (misremembered and thought it was more like an avocado). It seems to enjoy it you must simply swallow the seeds whole (?).

After a shower, I spoon out the rest of the prickly pear, and put it in a mortar with some salt and pepper. While grinding down the fruit and seeds with a pestle, I put my mom on speaker phone. The issue of the seeds raises the specter of cracked teeth (I got my first crown last year—or maybe two years ago now—after my tooth with a 70s-era amalgam broke while eating an everything bagel), and the day before I had a dentist appointment where the hygienist was throwing around the word "disease" a little too liberally. My mom is a retired dental hygienist, and so is a good check against bullshitting West Coast doctors who want to line their pockets with unnecessary procedures. I still retain her old boss as my preferred dentist in Belvedere, NJ. He's frequently told me that many of the doctors I see out here don't know what they are talking about. I put the smashed prickly pear on a buttered English Muffin. It might be better as a compote, either with the seeds strained out or decomposed by the heat.

Late night 11:15pm, 11-7-25, after gym, cut into cheaper orange persimmon. Pleasing. Put the remaining half in Rubbermaid.

Evening 9:26pm, 11-10-25, after Italian class, save last guava from perdition in the back of the fridge where it has rolled. Scoop out fruit with an espresso spoon, and with bits of apple mash in mortar. In microwave, melt an expensive artisanal chocolate I didn't particularly like (GOODIO "It's All Good" Craft Chocolate Licorice & Sea Buckthorn 53% CACAO STONE GROUND IN FINLAND), drizzle on top and freeze. Now we're getting performative!

(Somewhere I have a list of all the terms philosophers have come up with for their own particular types of aphorism. Adorno calls his "dwarf fruits.")

jj. lemon 3x.

One crucial tenet to grandmotherly cooking is to always have a repertoire of fresh ingredients available (tomatoes, lemons, basil) without necessarily planning to use them. Even if they rot, it is better to have them on hand, on the off-chance they will be of use. But of course, the four-dimensional skill of the fridge concerns being able to bring the right ingredients in alignment before they go bad. (As of 11-12-25 still haven't used all three lemons, so it might be time for the proverbial lemonade.)

My Italian teacher on Zoom tells me (11-5-25) of the dishes called *ricetta vuota frigo*. Emptying-the-fridge meals. The grandmotherly cook circles the void to return to the zero that is constantly replenished.

11-15-25, the lemons, still unused, are looking like they could use a facial, the experiment is drawing to a close (the refrigerator looking completely different from the start date, sparser, more rational, renewed), and so I make a guacamole with new avocados, juice one lemon, add garlic (new), salt and h1.. I decide to bring out Truff (which I now notice has recently expired) for a cameo appearance. I spread on a flour tortilla with tomatoes, and eat this instead of the expected dinner out. Stood up\* again by the same person (who, by the way, suggested the dinner out; I would have much preferred eating in and whittling away at ingredients).

This shelf is the age-gap discourse.

\*The definition of "stood up" is perhaps broad here, as I was messaged beforehand, but even if I was not waiting at the door of the restaurant in the rain looking at my watch (the archetypical image), I think it counts when you are left without enough time to make new plans for Saturday evening and must acquiesce in a Grandmotherly way, or move on. Worth noting that we use "stand up" in English, where in Italian it is to sit down, or rather have one's ass planted, "Piantare in asso," a corruption of "Piantare in Nasso," referencing Theseus' abandonment of Ariadne on the isle of Naxos.



kk. Trader Joe's Fresh CRANBERRIES Grown in Wisconsin USA.

My grandmother, however, did not have at her disposal TJ's or other such grocery stores, the bounty of the 21st-century supply chain. If cranberries, it was cranberries-in-a-can that came out retaining the impression of the ribs of the tin. She lived in the hyperreal more than I did. Once the smaller grocers closed downtown, she had the "Food Basket," down the street from her house in Forks. Which subsequently became "Food Lane," then "Laneco," before slumping back into a Dollar Store. There is now a Weis a few more miles down Sullivan Trail, and a Wegman's in Nazareth.


My recipe for cranberry sauce: boil one bag of 12 oz cranberries with one cup orange juice, 1/2 cup agave, grated orange peel, ginger. Boil OJ and agave first, add cranberries and return to boil, reduce heat 10 min, add orange and ginger, let cool at room temp.

I freeze the bag on 11-15-25, because I don't see myself using it until December.

## II. ORGANIC 3 GRAIN TEMPEH (A Vegan Protein Powerhouse).

11-7-25, early *pranzo*-ish dinner around 4pm. I consider the borscht in the periwinkle Creuset, but then see a Rubbermaid of cut carrots and mushrooms that will go bad soon, so I sauté tempeh with mushrooms, carrots and onions from the red net bag (Wild West ONIONS, Packed by EASTERDAY FARMS PRODUCE COMPANY PASCO, WA 99301), with oil, balsamic vinegar, salt and pepper (note that KP has gotten me into balsamic vinegar; even though I never liked it, I now have a sense of the full variation of its tastes and textures. The one I am using now has a helicopter pouring a line of vinegar into an olive tree and calls itself "archival": I almost threw it out, having survived in storage after 3 moves, but then looked into its shelf life and figured it would be usable still). I consider putting the tempeh sauté on top of the borscht, but then see that there is one naan left. Naan is so easy to burn in the broiler, so I will have to keep my eye on it, or I will be left with none naan. I catch it at a low brown, spread with microwaved roast pumpkin from another Rubbermaid, and then lay down the tempeh mixture. I then go into the other room to watch a Criterion Collection DVD of *Yi Yi* I've had on top of my TV for a while—yes, I still have a TV with a top, a QUASAR CRYSTAL VISION Series VideoViewer—at first not knowing it was *Yi Yi*'s 25th anniversary (which means, I calculate, that I saw it when it first came out in 2000). I am inspired to put it in today because earlier on twitter someone writes about how its director Edward Yang quit his computer programming job in Seattle and moved back to Taiwan to become a filmmaker after seeing *Aguirre, Wrath of God*. However, the aspect ratio is all wrong and the soundtrack strikes me as dated, and so I fall asleep in a food coma for a couple hours after only watching 5 minutes. In other viewing consumption, I have been watching 30ROCK again, and I always thought the jokes about Liz Lemon's eating habits (not to mention Jack's drinking) were disingenuous, as they clearly are none-the-worse for all that, an instance of "having their cake and not eating it too." I'm more sympathetic to the neurotic, but admirable self-control of someone like Bryan Johnson, who posted this today (11-8-25). . .



**Bryan Johnson**   
@bryan\_johnson

Follow

Things we're measuring: DNA, cellular aging, metabolism, proteins, methylation patterns, epigenetics, microbiome, hormones, metabolites, brain activity, and organic acids. Listed out:

Apolipoprotein A-1, Coenzyme Q10, Cystatin C, Dihydrotestosterone (DHT), Interleukin-10 (IL-10), Interleukin-6 (IL-6), Leptin, Lipase, Lithium, Lp-PLA2 activity, Matrix Metalloproteinase-9 (MMP-9), Myeloperoxidase (MPO), Oxidized LDL, p-tau217, Prolactin, Testosterone, Thyroid panel with TSH, Free T4, Total glutathione, Tumor Necrosis Factor- $\alpha$  (TNF- $\alpha$ ), VEGF, Erythropoietin (EPO), LDL-P, LDL-C, HDL-C, Triglycerides, Total cholesterol, HDL-P, Small LDL-P, LDL size, Large VLDL-P, Large HDL-P, VLDL size, HDL size, LP-IR score, WBC, RBC, Hemoglobin, Hematocrit, MCV, MCH, MCHC, RDW, Platelets, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Immature granulocytes, Glucose, BUN, Creatinine, eGFR, BUN/Creatinine ratio, Sodium, Potassium, Chloride, CO<sub>2</sub> (bicarbonate), Calcium, Total protein, Albumin, Globulin, Total bilirubin, Alkaline phosphatase, AST, ALT, Iron, TIBC, UIBC, Iron saturation, Ferritin, Insulin, Hemoglobin A1c, Homocysteine, Uric acid, GGT, Amylase, Zinc, Magnesium, Vitamin B12, 25-hydroxy Vitamin D, IGF-1, Cortisol, Estradiol, LH, FSH, DHEA-S, Urinalysis (specific gravity, pH, color, appearance, leukocyte esterase, protein, glucose, ketones, occult blood, bilirubin, urobilinogen, nitrite, WBC [hpf], RBC [hpf], epithelial cells, casts, bacteria), Albumin/Creatinine ratio (random urine), Apolipoprotein B, Lipoprotein(a), PSA total, Rheumatoid factor (RF), ANA by IFA, ABO/Rh typing, Lead, Citrate, cis-Aconitate, Isocitrate,  $\alpha$ -Ketoglutarate, Succinate, Fumarate, Malate, Pyruvate, Lactate, 2-Hydroxyglutarate, Hydroxymethylglutarate, 3-Methylglutaconate, 2-Methylsuccinate, Formiminoglutamate (FIGLU), Methylmalonate (MMA), Xanthurenate, Kynurenate, Quinolinic acid, Homovanillate (HVA), Vanilmandelate (VMA), 5-Hydroxyindoleacetate (5-HIAA), 3-Hydroxyphenylacetate, 4-Hydroxyphenylacetate, 4-Cresol, Hippurate, Benzoate, Phenylacetate, Indoleacetate, p-Hydroxybenzoate, Pyroglutamate,  $\alpha$ -Hydroxybutyrate,  $\beta$ -Hydroxybutyrate, Glucurate, 8-Hydroxy-2'-deoxyguanosine (8-OHdG),  $\alpha$ -Tocopherol,  $\beta$ -Carotene, Glutathione, Cysteine, Methionine, Taurine, Glycine, Serine, Threonine, Alanine, Valine, Leucine, Isoleucine, Phenylalanine, Tyrosine, Tryptophan, Telomere length, Relative telomerase activity, Total Motile Count, Sample Volume, Concentration, Motility, Morphology, DNA methylation age, Bacteroides fragilis, Bacteroides vulgatus, Faecalibacterium prausnitzii, Akkermansia muciniphila, Roseburia spp., Eubacterium rectale, Lactobacillus spp., Bifidobacterium spp., Escherichia coli, Clostridium difficile, Enterococcus faecalis, Candida albicans, Saccharomyces boulardii, Prevotella copri, Ruminococcus spp., Methanobrevibacter smithii, Blautia spp., Proteobacteria spp., Firmicutes/Bacteroidetes ratio, Calprotectin, Secretory IgA, Beta-glucuronidase, Butyrate, Propionate, Acetate, DNA methylation levels at CpG sites associated with biological aging, Glucocorticoid receptor methylation (NR3C1), SIRT1 methylation, MTOR methylation, Oxidative stress response genes (NFE2L2 promoter methylation), Cortisone, DHEA, Pregnenolone, Progesterone metabolites ( $\alpha$ -pregnanediol,  $\beta$ -pregnanediol), Estrone (E1), Estriol (E3), 2-Hydroxyestrone, 4-Hydroxyestrone, 16 $\alpha$ -Hydroxyestrone, 2-Methoxyestrone, 2-Methoxyestradiol, Androstenedione, Etiocholanolone, Androsterone, 5 $\alpha$ -DHT, 5 $\beta$ -Androstenediol, Epinephrine metabolites (metanephrine, normetanephrine), Melatonin (6-hydroxymelatonin sulfate), Arabinose, Citramalic acid, 2-Hydroxyphenylacetic acid,  $\alpha$ -Hydroxyisobutyric acid, Hippuric acid, Phenylacetic acid, Indoleacetic acid, Brain age score, Functional connectivity strength, Global connectivity index, Hemodynamic response amplitude, Hemodynamic response latency, Resting-state oxygenated hemoglobin (HbO) concentration, Resting-state deoxygenated hemoglobin (HbR) concentration, Total hemoglobin (HbT) concentration, Oxygen saturation (O<sub>2</sub>Sat), Cerebral blood volume (CBV), Cerebral blood flow (CBF), Neurovascular coupling index, Prefrontal cortex oxygenation, Parietal cortex oxygenation, Temporal cortex oxygenation, Occipital cortex oxygenation, Task-evoked hemodynamic response (HbO/HbR), Temporal autocorrelation of hemodynamics, Functional brain network modularity, Inter-regional coherence, Brain lateralization index, Oscillatory power (slow cortical fluctuations), Phase synchronization index, Mean reaction time (during cognitive tasks), Reaction time variability, Heart-rate variability (HRV), Resting heart rate



3.6K



1.8K



13.7K



6.2M



Post your reply

mm. 365 Whole Foods Market Roasted Garlic Tandoori Naan.

I must say I'm annoyed that these now have only two per pack, at the same price for which they used to sell maybe four or five (?). I have really stopped buying them because of that, and so its presence here is an exception.

nn. St. DALFOUR France Four Fruits Fruit Spread.

11-8-25 after yoga, eaten on spoon with (non-refrigerated) TEDDIE 100 years since 1925 All Natural SUPER CHUNKY PEANUT BUTTER (I notice there is a Keith Haring image in the lower left corner "BEST BUDDIES," a charity), while finally cooking pumpkin pepitas (which ended up burning after all), and putting a few Frozen Coconut Shrimp in to bake (2 lb. bag, 365 Whole Foods). After taking the shrimp out of the oven, I decide to put a dollop of St. DALFOUR Four Fruits along with p. in the baking dish as dipping sauces.

oo. Trader Joe's ITALIAN BOMBA HOT PEPPER SAUCE Fermented Crushed Calabrian Chili Peppers.

Here's my attempt to transcribe some cabalistic graffiti found in Cosenza, Calabria:

12eme Siecle> Dr. Kurt SALMon> MARioñn and @CHE^TERENIS^oTTto COURIR J/ERO>  
E=MCrom>SA W=MC>Siméon 800000 AnS>FaiT>n.F PRé PRé Prénom  
>PHiLLiPe/n.F./Prénom=Nom de famille> NAPLeS 2042>un LionHeaRT/un PorTe Clé/un  
IRON-MAN DeBois L'eau TOTO THoR Will ACD SPidrmAn Drake BLACKMAX Exeter>  
Le Roi H. Or

1184 Bobcat

ADolPHe Geiger

CARoLI Lewis

Robert Redford 1984

Le Louis II de † NAPLeS

RimATz vi

- Leo

3W RW

NA

HoT

LoNDon Am Ne0 4497 casTiGLione/MonTeLeone

NoTre-DAME

de France

20000 \_\_\_\_\_MAXXI KG#7

\_\_\_\_\_  
ORG

TooC

Anno

LeonARdo 1€ Iron-SPider

Lion HEART

H(SyL

yni VIII CruAuté

pp. TJs Chickpea, Kale and *crispy* Red Rice Salad.

I usually take this to work for night classes. The chickpeas at the bottom are not enough of a dressing, so I put TJ Calamari on top, including all the oil. The *crispy* red rice in a separate plastic bag is a bizarre touch.

qq. TJs Bruschetta Sauce, Roma Tomatoes with Oil, Basil & Garlic.

TJ Fail, hiding in the back of the fridge, thrown out after today's Zoom meeting with grad applicants (11-10-25). I have perennial trouble with the Italian "ch" in this word (not because I can't but simply because it is so commonly mispronounced in English by Italian-Americans that my mind opts for the vernacular). I search online for perhaps an equivalent in the other direction (Italians not able to say the "dge" sound in "fridge"?) and instead find "What does my Italian aunts fridge say about her?" on r/FridgeDetective, a Reddit dedicated to pictures of the inside of people's refrigerators.



rr. FruitsDeMer (The Finest Choice for Marinated Seafood) CELEBRATING OUR 30 YEAR ANNIVERSARY READY TO EAT Anchovies in Oil Mediterranean Style All Natural Wild Caught Omega 3.

I think if I were actually in the Mediterranean, these would be immediately eaten, an easy protein after a long touristic walk, maybe with fresh bread and tomato, instead of sitting in the fridge for months as it has, perhaps awaiting a special *hors-d'oeuvre* moment for guests that never arrive. It didn't even make it into the puttanesca last night because it is the tangy type of pickled anchovies, not the salty canned typed that is more apropos. The expiration date is not until mid-December, but I decide to open as a snack (11-10-25) after eyeing a PDF of Walter Benjamin's "Unpacking My Library," in which the similarities between unpacking the library and taking stock of one's fridge are not as profound as the differences (that you don't eat books may be central to their melancholy aspect. Am I melancholizing the order of the fridge?). After unpacking my anchovies, I rewrite the Anatole France quote on the essay's second page to read: "The only exact knowledge there is . . . is the knowledge of the date of expiration and the ingredients of food."

I toast an English muffin, butter and put two anchovies atop each (each fillet is inexplicably connected to another at the tail, so the question of whether they are one or two is moot; same for the English muffin, which split becomes plural), with a line of Ghost Salsa between the two fillets on each of the muffin(s). In the butter spread I put some of the garlic I roasted the previous night in a novelty mini-Creuset (good for nothing other than roasting individual bulbs of garlic). This was a good local hard-neck garlic I bought the last time I was in Bellingham (what was the variety called? It could be the one called "Music"), not zombie supermarket garlic, of uncertain provenance and age and increasingly unreliable.

The Internet tells us, "all true garlic is a relative of the lily."

ss. Mrs. Renfro's GHOST PEPPER SALSA HOT<sup>2</sup> Pioneering. Award-Winning. Homegrown. Mrs. Renfro's pioneering flavors have earned global acclaim. Founded in a little garage in Fort Worth, Texas, by Mr. and Mrs. George Renfro in 1940, we're still run by the Renfro kids and grandkids. SAUCY FACT: Behold, the salsa of warriors, in some parts of Assam, the ghost pepper is called nôga zôlôkia, believed to be after the fierce Naga warriors.

tt. Kerr "SELF-SEALING" MASON jar, iced tea with 3 teabags of HIBISCUS Superflower Tea  
*Caffeine-Free Nigerian Hibiscus* —NATURAL HIBISCUS— The Republic of Tea.  
Refilled again after dinner of left-overs (see ll.) on 11-10-25.

uu. Kerr "SELF-SEALING" MASON jar, raw ginger tea and lemon.

I boiled this ginger maybe while it was still summer (?) and because I didn't consume immediately (and also added lemons), I sip with hesitation, although am still hesitant to throw it out, knowing how hard it is to boil down ginger without burning off all the water by inattention, and instinctively knowing that it probably shouldn't spoil so soon. By contrast, I will fearlessly drink a fire cider that has been mulling in the non-refrigerated cupboard for a year (I recently finished the last batch, marveling at its longevity, and a new one is waiting for maturity: apple cider vinegar, raw horseradish, jalapeño peppers, cinnamon sticks, anise stars, blood orange, ginger, sichuan peppercorns). So, I ask Google "are there more germs in the fridge than in the . . .?" (I wait for autocomplete. The word they use is "pantry.") In addition to finding a multitude of fridge versus counter debates that confirm or contradict some of my own practices, the AI overview tells me that "Yes, a dirty refrigerator can have more germs than a pantry." In re: Mason jars and germs, I used to do the whole canning process for Asian pears in my front yard, and have given up on that as being too tedious, but not before doing one *laissez-faire* year of pear sauce without jar sterilization (which worked fine). I would normally be enjoying that harvest, but in addition to no longer having the patience for canning, I have become more suspicious of possible industrial contaminants in the soil (my house of fifteen years is near a superfund site, in an "environmental justice community" where it is said my life expectancy is lower just for living here), or maybe I am just tired of having to compete with the birds and the squirrels.

vv. Kerr "SELF-SEALING" MASON jar, iced tea with one large 7qt. size teabag of SPORTea with Green Tea, Vitamin C, Electrolytes & Siberian Eleuthero Root ENERGIZE YOUR DAY! THE ULTIMATE DAILY BEVERAGE!® \*Mind\*Body\*Spirit EVEREST Expedition Official Beverage. "SPORTea® never failed to give me the life I needed under the harsh conditions we were exposed to on Everest." –Dave Saas, Everest Expedition Leader. SPORTea®'s energy is HIGH QUALITY ENERGY. SPORTea® makes you feel good because it helps your body operate more efficiently. It is ENDURANCE BUILDING and long lasting. It's like putting a premium grade oil in your car, no new parts but the existing parts work more efficiently, they last longer, and you get better gas mileage. . . Only traces of caffeine, which in this quantity will positively stimulate the nerve endings but WILL NOT OVERLOAD YOU.

I often tell the story of how I survived grad school without coffee. This was the secret, and I have been drinking it regularly for 30+ years.

ww. 356 Whole Foods Market *Organic* Kosher Dill Sandwich Slices.

The word "pickle" is nowhere to be seen. Sell by August 2025, but still good. I add more vinegar to cover the exposed tops of the so-called "sandwich slices" just in case.

xx. earth balance Original Buttery Spread 77% Vegetable Oils Certified Vegan.

A ConAgra brand, part of a publically traded company [NYSE: CAG], that has seen a stock plummet of almost 20 points in the past year, and trading at decade lows. In afterhours trading (11-15-25) it is at 17.47. The stock ticker page on CNBC gives me the opportunity to click on a livestream of the Stacy Keach-narrated documentary American Greed.

yy. Almond Breeze almondmilk 50% MORE CALCIUM THAN DAIRY MILK NO SUGAR ADDED UNSWEETENED Vanilla with other natural flavors. Ken and Jason Chandler Growers for 3 Generations How we make a difference: California Almond Growers have REDUCED their water usage by 33% for every 1 lb. of almonds grown. Almondmilk produces 78 % LESS carbon emissions than dairy milk. We partner with Project Apis m. to help HONEYBEES THRIVE before, during and after the almond bloom.

I'm noticing that the labeling is in full compliance with previous FDA guidelines forced by dairy lobbyists to detail the nutritional difference from cow's milk, even though those recommendations were overturned in 2023. They even have "almondmilk" as one word throughout, as if a workaround for complaints that non-dairy milk cannot justifiably call itself "milk." The portmanteau becomes a new species of drink. There is one quart opened, one unopened and chilling and three on top of the fridge. The open quart could have been in there since August. Saturday evening (11-15-25), I am fully prepared to throw it out, but decide on a taste, and it seems like it was just opened yesterday. Like an incorruptible saint.



zz. LILLIE'S SMOKY® BARBEQUE SAUCE MEMPHIS-STYLE SWEET No. 22 This Memphis-style sauce is sweet and mild with a dash of smoke. Why No. 22? Visit our restaurants or LilliesQ.com for the full story. Hint: It's the place that put us on the map. USE ON: We love it on slow cooked ribs and smoked chicken. But really you *Can't Go Wrong*.

It's very hard to find BBQ sauce without High Fructose Corn Syrup, although this one still has a high sugar content so I may have given in to "treat myself."

zz2. JEAN FRANÇOIS Four Fruits An Old French Recipe 100% Issu Des Fruits QUALITÉ DE Luxe.

I almost did not list this, fudging fridging completion, wanting to end this section at zz so that the next section could start with aaa apples, why not, and giving into mild fictive liberties while composing this document (since transcription veers into the subjective when anecdote is allowed, when time + left-overs=history: this is the infinity in Spoerri's ostensibly "trapped" tables), but the fact that JEAN FRANÇOIS is almost a doppelgänger of ST. DALFOUR requires some reflection as to why JEAN FRANÇOIS has undeservedly been relegated to oblivion beyond arms' reach, at the back of the middle fridge, whereas ST. DALFOUR gets a front row. Unlike the spindly and austere jar of ST. DALFOUR, JEAN FRANÇOIS is well-built and squat like a fat friar wondering the bosc to collect his fruits. It is more generous and velvety, and easier to eat with any size spoon (I am now doing with TEDDIE, see ll.) Bought in the imported food section of HOME GOODS.

Since this type of project is not without its clerical errors . . . Here's zz3.

zz3. Figlia NON-ALCOHOLIC APERTIVO. 001. FIORE. Rose, Bitter Orange, Clove (black Helvetica type on white label). Red band around neck: MOMENTS YOU WANT TO REMEMBER. Side label: TOAST WITH INTENTION: Fiore bottles the lushness of Italian gardens and the energy of sidewalk dinners in New York City. It is an ode to the spritz, a token of leisure and a reminder to take your time. Sideways text: FIGLIA Noun\* /fiʎa/ fee-le-ya English translation: daughter. 1. A tribute to the power of family—the given and the chosen. A community built for honest conversations. To offer a seat at the table and lend an ear. To serve the good stuff and talk about the hard stuff. To laugh, cry and think together.

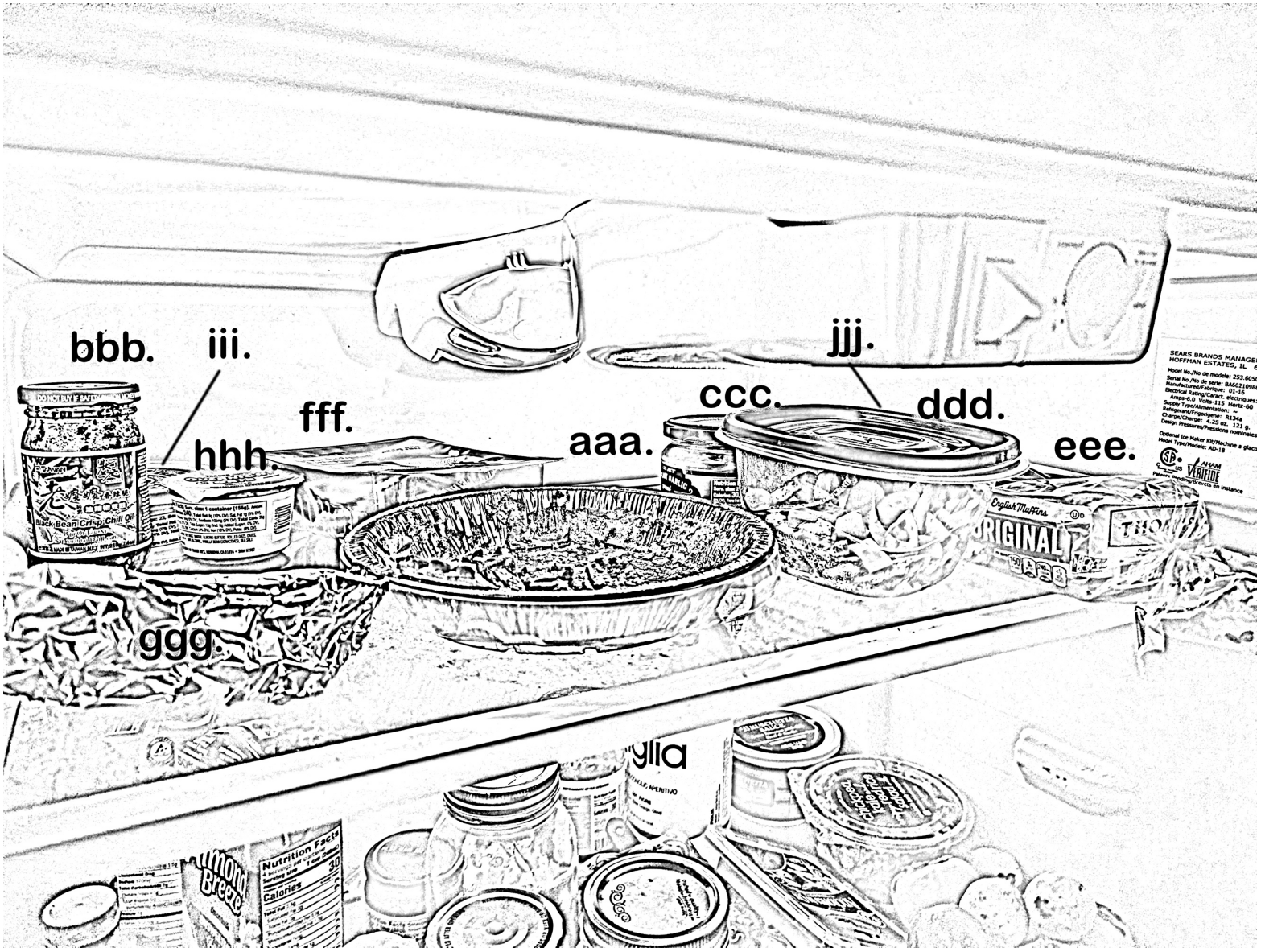
(I suddenly think it would be funny if each sentence were an alternate definition of "daughter," especially since two are nouns and three are verbs.)

This was given to me as a gift (Christmas? Birthday?) by KJ and AMC the *last* time I stopped drinking, which makes it another long wayfarer in the fridge, well past its expiration date (not indicated, except for a note that says "ENJOY WITHIN FOUR WEEKS OF OPENING"). Maybe I kept this last sip if only because the bottle was a nice presence. Late afternoon 11-16-25, after which I tell myself I will not have more time to work on this project, I decide to finish the bottle. Four weeks has expanded into maybe two years, but this last sentimental bit still seems fresh (as much as a drink with a bitter profile can be said to taste "fresh", when in fact it is infused by aging). I reflect on the fact that after this exacting inventory not one thing in the fridge was found to be beyond consumption, despite labels claiming the contrary. (A few hours later, while cooking a chicken soup—carrots (new), celery, bb., hh., ggg., hl., salt, basil, chicken breast, vegetable stock—can report a *mild* uneasiness in the stomach.)

I cut the Figlia with a half-empty bottle of w. left at my computer desk, and drink while reflecting on what form this catalogue needs to take. At first, as impressions accumulated, I thought that the most apt way to present this would be dense text with little spacing (as it was first set down), a species of the unreadable. Like most experimental PDF literature, the reading experience should perhaps be one of quick scanning rather than immersive reading. The reader delves into various corners only if it suits them (very much like the logic of the fridge), and if no one reads? . . . The Berkelean problematic of the fridge light's existence. Neither pure description nor overweening elaboration, the prose is its own exercise of perception. But as I work through this prose, however frigid, I do sense that I have by force of habit given in to some type of readability and even have imposed somewhat of an arc (or network) of redemption and return. And so I may try to aerate the text more, introducing legibility but also to put an end to the many clerical errors that resulted from having entries so closely packed that the alphabetical key often lost track of itself. But there is no need for perfect exactness, the killer of all improvisatory spirits, the *élan vitale* of the grandmotherly cook.

10 PM. I must admit, that expired sip took me out a little bit. After laying on the couch doing the Sunday NYT Puzzle and then scrolling, I take some Pepto Bismol.

**UPPER  
SHELF,  
INTERIOR**



bbb.

iii.

fff.

aaa.

ccc.

ddd.

eee.

hhh.

jjj.

ggg.

SEARS BRANDS MANAGE:  
HOFFMAN ESTATES, IL. 6  
Model No./No. de modelo: 253.805R  
Serial No./No. de serie: BAC22109R  
Refrigerator/Refrigerador: 61-16  
Electrical Rating/Características eléctricas:  
Amperage/Amp.: 15.0 Volts/Volts: 115 Hertz/Hz: 60  
Supply Type/Alimentación: -  
Refrigerant/Refrigerante: R134a  
Charger/Cargador: 4.25 cu. 121 g.  
Disposer/Procesador: none/notas  
Optional Ice Maker/Hogeladora de hielo  
Model Type/Modelo: AD-18  
SP VERIFIED  
Factory Sealed for Your Protection

aaa. apple pie

This is an easy fall go-to, but I made the mistake of using a premade crust that had been in the freezer too long. I eat about half of it—the filling is good despite the intractability of the crust—until I admit failure and throw it out on 11-9-25. With asian pears or apples, I usually mix the cut fruit with lemon juice, lemon zest, agave and a little flour. Maybe cranberries. It's an adaptation of a Moosewood Cookbook recipe, but from one of the later cookbooks ("new classics") after the struggle to take back the brand from Mollie Katzen. Next to the recipe for a "simple apple pie" is a picture of the new authors enjoying a meal but seeming to gloat, rapacious, drunken I hate it, since Katzen is a hero of mine, and their grins look diabolical, as if they have just deposed the nuisance.

bbb. MASTER Brand Taiwan Black Bean Crisp Chili Oil. Shelf life: 3 years. California Proposition 65 Cancer and Reproductive Harm WARNING.

Other than the aforementioned CA65 warning, cancelling out the generous shelf life as it were, the only other notable aspect of this crisp chili oil is that I feel it is much better than the more popular Lao Gan Ma or Old Godmother brand (as posted to CT by CM on 11-15-25), and can be translated either as Top Scholar Granny or Spicy Crispy Old Lady of the Top Scholar.



ccc. TJ's EGGPLANT GARLIC spread with sweet red peppers.

11-14-95. Exhausted all day, and after an early dinner of leftover fff., have a late snack (10pm), open a new jar of eggplant spread and put that and ff. on half a flour tortilla, with a glass of banana milkshake with frozen rasberries and ee. on the side. This eggplant spread is very good, however I've noticed it spoils unexpectedly quickly after opening, so having opened it I now must be alert, the clock is ticking.

ddd. Rubbermaid with carrots and mushrooms (see borscht 11-3-25).

eee. Easy-to-Split THOMAS' THE ORIGINAL NOOKS & CRANNIES ENGLISH MUFFINS.

According to the Oxford English Dictionary, the British regional meaning of "muffin" is the primary one, whereas, the North American meaning of muffin ("A small, usually sweet sponge cake, baked in a cup-shaped container. Frequently with modifying word indicating the flavour or additional ingredients") is secondary. That makes "English Muffin" a tautology. Thomas' is an American company owned by Bimbo Bakeries USA. The OED cites the following usage dates:

1703

A *Moofin*, a wheat cake baked upon a bake-stone over the fire, as oat-cakes.

1747

To make Muffings and Oat-Cakes.

1766

I freely will own I the Muffins preferr'd To all the genteel Conversation I heard.

1787

A face..That boasts no more *expression* than a muffin.

1802

We..can trace the dirt in it to having read it at Tea with [bu]tterd muffins, or over a Pipe.

1886

I eat a large plateful of hot buttered muffins about an hour beforehand.

1888

'Mowffin', a generic name for tea bread in all its varieties.

*a*1903

[W. Yorkshire] *Muffin*, bread baked in small round cakes as distinct from ordinary loaves.

1937

*Raised muffins*..A good old-fashioned change from the modern quick muffin.

1956

I was after the muffin of the muffin-man, the floury, yeasty affair that has to be properly toasted and buttered before it is eaten.

1970

Muffins are made with milk, butter, flour and yeast and are toasted, buttered and served hot.

1990

Muffins are essentially free-form crumpets, but the batter is heavier.

fff. TJs VEGAN SPINACH & CASHEW RAVIOLI Thin stuffed pasta with Spinach & a velvety Cashew filling.

Even though I notice its expiration is not for a couple weeks, and there are a few more items on the verge, I opt for this 11-9-25, Sunday night, in the mood for a puttanesca sauce. Leftovers on Sunday seems wrong.

ggg. CITTERIO (1878, MILANO) Cubetti ALL NATURAL \*Minimally Processed. No Artificial Ingredients. UNCURED PANCETTA. half-used and wrapped in foil.

This is not a vegan fridge.

hhh. TJs OVERNIGHT OATS gluten free VANILLA ROLLED OATS SOAKED IN AN ALMOND BEVERAGE.

I get up later than usual and miss yoga because electromagnetic storm news last night suckered me into driving around looking for northern lights, which supposedly would be visible across half of the US. I'm scrolling through Instagram past a post with an Italian priest giving a benediction for fruits and vegetables, in between videos of Joan Collins lost and frustrated because of barricades on the streets of London, and a Thai man combining fishing pants with formal wear for a 1920s look. "Thank you Lord for the escarole, thank you Lord for the pumpkin and the *cachi alla vaniglia*": so that's what the harder, more orange persimmons are called. I am inspired to go get the half that's still in Rubbermaid (getting close to the slimy consistency that I more associate with them), and mix the vanilla persimmon into a bowl with overnight oats (11-12-25).

A few moments later I see that Bryan Johnson, who seems to be getting manic after introducing shrooms into his controlled consumption earlier this week, has tweeted: "Sometimes I think you're right and this whole thing has gotten out of control and I need to chill."

iii. AMERICAN MADE ORGANIC MISO SINCE 1979 NOW CERTIFIED PLASTIC  
NEUTRAL TRADITIONAL RED MISO MASTER® ORGANIC PREMIUM MISO-AGED 1  
YEAR Naturally Aged Using Traditional Japanese Techniques, Artisanal Hand-Crafted Koji, and  
Domestic Organic Beans and Grains. Organic Yesterday, Organic Today, Organic Tomorrow!

This guy with the hachimaki always finds himself in the furthest back corner of the fridge.  
Expired 7/10/25 but still seems good, and here we reflect on the many products that congratulate  
themselves on their aging process, yet still trafficking in expiration dates.



jjj. TJ's EGG SALAD Made with Cage Free Hard Cooked Eggs\*\*

\*\*Hens are free roaming inside a barn.

## **(AFTERWORD)**

What remains?

In this record of hastily inscribed ephemera, I have decided to leave out the freezer where the ironies of life-extension of left-overs complexify or harden into uninteresting certainties. I only recently trusted these certainties though, incredulous that a meal could be saved for months later. Or perhaps it was an aesthetico-moral question: even if it could be done, *should* it be done?

I have also decided to leave out the potentially encyclopedic commentary on notes, bills and advertisements held to the face of the fridge by magnets, and the less literary oven mitts held to its side by the same.

The top of the fridge, very hard to clean (for some reason it gets dusty and gunky at once, perhaps picking up ambient grease from the oven beside it), cases of seltzer and cases of "milk" go. Their bottles, cans and quart-cartons, then, head downward a handful at a time. Also there: a hand-held fire extinguisher.

One a last note regarding the interior. In the top left corner of the inside door, the manufacturers of this refrigerator (SEARS Kenmore) thought it necessary to dwell on the archaism of a butter dish. It is empty and there is no good use for this space.

