

Bread and Butter

By **Gayle Brandeis**

for Michael

I often wonder how people figured
things out—simple things like bread
and butter. How did the first person know
to grind and knead and bake,
to milk and skim and churn?
How did someone realize they could soak
olives in lye or let grape juice ferment
inside casks of oak? How, when
we first leaned toward each other,
did our tongues know to touch
before our brains knew
we were going to kiss at all?

“Bread and Butter” by Gayle Brandeis from *The Selfless Bliss of the Body*. ©