

# MaryJane's Cluck™

spring

*dreaming*

March 20, 2009



## A word from your Sisterhood Coordinator

### **Disconnect to Reconnect ... there has to be a merit badge in here somewhere ...**

This week as I was tooling around the back roads, singing at the top of my lungs to my car radio and enjoying the beautiful orange glow of the full moon and the evening stars against the blackest sky I had ever seen, out of nowhere, everything went quiet. The alternator in my car went out. I will readily admit that I am, by all definitions, a very independent farmgirl; however, even if only for a brief moment in these situations, I find my mind flashing back to all the old fairytales of damsels in distress and of their rescues, and wishing my Prince Charming would swoop in on his beautiful white stallion to save the day. Of course, when I finally snap out of it, I kick into "farmgirl mode" and work on finding my way out of whatever situation I find myself in.

After spending a couple of hours exhausting all of my "farmgirl ingenuity," and not finding success in any of the attempts (grease-stained hands and face, no cars passing, no cell signal, no one home at the "nearest farmhouse," etc.), I decided to settle in, thinking that at some point someone would miss me, like in the morning when there was no breakfast, or when my princes (my husband and sons) discovered their favorite shirts weren't washed. So I hatched a plan to open up my laptop to use as a light and write some letters that I had been putting off for way too long. About 45 minutes into my "new plan," I was mentally patting myself on the back for getting this much-neglected assignment nearly completed, and while stretching, I moved the car seat back to readjust my comfort level. To my utter SHOCK, my Internet services popped up. Can you believe it? I HAD INTERNET! Balancing the computer in such a way that, had there been onlookers, they would have questioned my sanity, I desperately tried not to lose the connection. I sent my SOS via e-mail, and within 45 minutes, I was rescued. My fair maiden and fellow farmgirl Wendi (whom I e-mailed via Facebook, of all things) called my Prince Charming, who quickly saddled up his white stallion (oh, I mean car) and came to save me.

As I looked back on my fate-imposed disconnect, I couldn't help but go back to the calmness I felt sitting there in the dark, letting my mind rest on the task of letter writing. Memories came flooding back as I wrote; the only sounds were the pen against the paper, the occasional owl, and my own laughter. Disconnecting was like taking my own little mini-vacation. While I may not have chosen the experience in that moment, I was grateful it had presented itself.

Here is a link to other farmgirls that love letter writing: [Click Here](#)

*Gene' Shoem*



Find out how to earn merit badges: [Click Here](#)

MARYJANESFARM





## Featured Farmgirl

Theresa Ann Babylon (chatroom name: TheresaB)

Theresa is a Colorado farmgirl. She lives on a quarter-acre suburban lot with her husband, Jeffery, and their three kiddos; Seth, Ethan, and Becca. Theresa is a stay-at-home, home-schooling mom who has lived in eight different states but no other country as of yet. So far, her "farm" consists of a dog, a cat, and 10 new baby chicks.

When asked about her passions, she openly shares that besides her cherished roll as wife and mom, she is passionate about "unearthing the lost art of womanhood." She defines it as "the ability of any woman of any age to connect with the ingrained desire to create." Theresa goes on to say, "Caring for animals, baking bread, growing your own food, crocheting, knitting, sewing, weaving, etc. ... all bring life to something that wasn't there before, and in the act of creating we all bring forth life, whether we parent or not."

Theresa is multi-talented, but many of us know her through her beautiful handiwork in her "Sisterhood Dolls" (above). These exquisite pieces of art are hand-crocheted, with each piece removable. Being the proud mother of one of the dolls myself, I can tell you they bring great joy, as the love is apparent in every stitch.

Sisterhood Doll Sale: [Click Here](#)

Recently, Theresa challenged members of the Farmgirl Connection chatroom to "Warm Up America." The challenge was to have farmgirls crochet individual squares and send them to her, to be stitched together to create quilts for those in need. There is still a little time to get squares to Theresa; the details are in her original post.

Warm Up America: [Click Here](#)

Theresa's favorite quote, from Mother Theresa, is: "The good you do today will often be forgotten; do good anyway." The best advice anyone has ever given her (her mama): "No matter what happens, you are never all dried up; there is always fresh life in you."

If you have a farmgirl you would like to see featured or if you would like to be featured, please **e-mail me** at [Rene@MaryJanesFarm.org](mailto:Rene@MaryJanesFarm.org).



## The scoop from MaryJanesFarm

### CAN YOU HEAR THAT?

It's the ROAR of the 1920s returning to the Palouse!

**MaryJane's Farm Fair July 3-5, 2009**

For more information: [Click Here](#)

► Turn to page 9 for a Henhouse/Chapter farmgirl challenge!

Talk to other farmgirls about their plans to attend: [Click Here](#)



### New Deal on Organic Flour

I've learned that not all flours are created equal. Even though there are some great organic whole-wheat and rye flours available, good organic white flour—the flour I recommend for initially creating a sourdough starter (mother)—is hard to find. Trust me on this. It's like the difference between a garden tomato and one purchased in a grocery store. I want you to use flour with good rise (gluten content) that performs like a champ, tastes extraordinary, and is undeniably fresh.

[Click Here](#)

Join in our lively sourdough discussion at [breadthemaryjaneway.org](http://breadthemaryjaneway.org).







## The farm scoop continues ...

### Look Who's Coming to Dinner

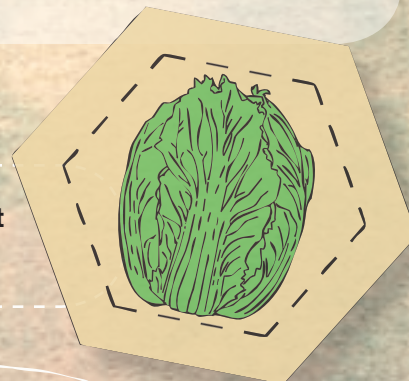
Join the growing movement of Americans who will celebrate the arrival of spring this year by hosting an Earth Dinner™, a new tradition that gathers friends and loved ones around the table for a fresh, seasonal meal made from local, sustainably produced ingredients and conversation that connects us to our food, the Earth, and each other. MaryJanesFarm has partnered with Organic Valley to promote the Earth Dinner challenge.

What do you do? You plan a dinner with your chapter or friends or people in your community using organic foods from your area as dinner. It can be as big or as small as needed ... and it can be all prepared or you can ask people to bring dishes for a potluck. Organic Valley has provided an "Earth Dinner" card game for us to hand out free of charge to farmgirls who sign up through this thread ... all we ask is that you sign up, host a dinner, and then post details of your event.

We thought it would be fun to see how many farmgirls could host a dinner during the week of April 20 (in honor of Earth Day, April 22). But while we have designated the week of April 20 as Farmgirl Earth Dinner Week, hosting a dinner anytime during the year or around holidays is the goal.

For more details and for some great ideas, check out the website <http://www.earthdinner.org>. If you want to sign up to host an Earth Dinner in your home or community, **click here** to add your name to the thread and e-mail me your address so I can send you the Earth Dinner cards. For those in the Sisterhood, consider your "Bustin' Out" badge in the process.

Click here to find out  
about merit badges!





## Farmgirl Chatter

### What are Farmgirls chatting about?

Check it out at The Farmgirl Connection link [here!](#)

### Farm Kitchen

On the "Bread the MaryJane Way" thread, there are many "yummy" tried-and-true sourdough recipes. Follow the link below and look for Willowtreecreek's (Julie Kohl) post on page 57 for a reference list of where to find them. [Click Here](#)

To keep things simple, if you have questions or comments about sourdough, please post them on the "[Bread the MaryJane Way](#)" thread. Thanks for your cooperation.

[Farmgirl Cookbook Available: Click Here](#)

### Garden Gate

Join the "Hunt for Bees" posted by City Chick. [Click Here](#)

By watching and recording the bees on sunflowers in your garden, you can help us understand the challenges that bees are facing. We'll be sending out annual Lemon Queen sunflower seeds in early March 2009 ... just in time to plant!

- \* It takes less than 30 minutes.
- \* It's easy.
- \* Free sunflower seeds for planting.
- \* No knowledge of bees required!

Enter your bee counts online or send us your paper form. We would love to have you join us; let's help our most important pollinators together!

If you signed up in 2008, we will send you seeds again this spring. We'll send you an e-mail this winter to confirm your mailing address, and if you respond, your seeds will go out in late March or early April. We love having beekeepers participate!







## more chatter ...

### HomeSafeHome

What could be better than flowers that are safe to eat?  
**Click here** to find out what farmgirls are planting.

Hello Ladies,

Our farm specializes in edible flowers and plants. I was curious if anyone had any questions or could suggest/request favorite recipes? Now that it is the season to plan gardens, I thought it might be a great time to talk flower eating.

Nude Food Farm ~ Heide  
Grown so good,  
Dressing is Optional.



### Keeping in Touch ~ Dandelion Coffee Anyone?

Farmgirl "QueenofQuiteALot" (Dalyn) reports that she would like some:

I saw in the latest MJF magazine that someone had made and drank the dandelion coffee MJ talked about in her last book. Well, we did too!

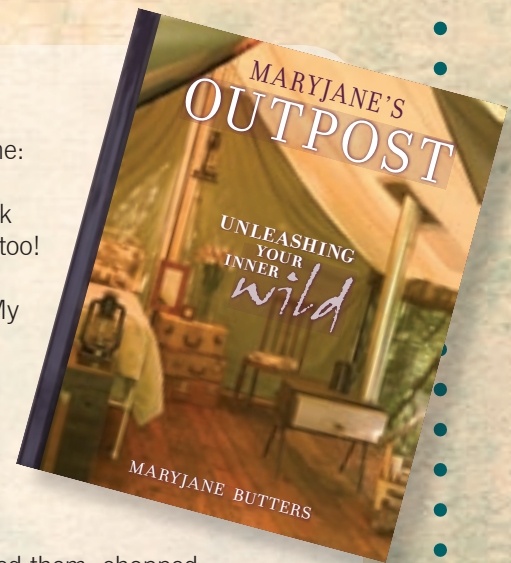
We have a small homeschool co-op, and the boys are all reading "My Side of the Mountain" and learning life/outdoor skills this year. We were discussing for a couple weeks eating wild foods, and I brought in "MaryJane's Outpost" book because it has such great pictures of some wild edibles. The class copied the recipe for dandelion coffee in their notebooks because they were so excited about the idea of being able to drink "coffee" that we mammas would actually allow!

Then my youngest son dug up dandelion roots from our yard, cleaned them, chopped them, and then we roasted them and ground them. The next class, we took our dandelion coffee grounds and brewed a pot for the class. I brought in steaming cups with cream and sugar, and the boys thought they were really special! They all loved it, and plan on doing it again.

The next plan is looking for spring cattails to gather for pickling. Who would have thought MaryJane could inspire a bunch of 10-year-old homeschool boys?!

Dalyn

Join in on the discussion. **Click Here**







## Featured Recipe

From *MaryJane's Ideabook, Cookbook, Lifebook:*  
*For the Farmgirl in All of Us*

### MaryJane's Half-Cup Pemmican

Note: Traditional pemmican contains meat, but my version is vegetarian.

- 1/2 cup golden raisins
- 1/2 cup pitted dates
- 1/2 cup figs (stems removed)
- 1/2 cup almonds
- 1/2 cup cashews
- 1/2 cup walnuts
- 1/2 cup pecans
- 1/2 cup wheat germ
- 1/2 cup wheat bran



MaryJane's Half-Cup Pemmican surrounded by syringa, the state flower of Idaho.

- 1/2 cup whole-wheat flour
- 1/2 cup powdered milk
- 1/2 cup honey
- Water to moisten



Preheat the oven to 375°F. Combine the fruits and nuts in a mixing bowl. Mix the wheat germ and bran, flour, and powdered milk together and add to the fruit and nut mixture a little at a time, alternating with the honey. Add just enough water to moisten and pour into a buttered pan. You can use an 8x8 pan, a 9x7 one, or two small loaf pans; the recipe is very forgiving. Bake for 30 minutes. When cool, slice into bars or break apart and wrap.

## more chatter ...

**Keeping in Touch ~ Saving the Heritage Chicken**  
[Click Here](#)

Hi ya'll,

I want to say that heirloom gardening has hit a special place in my heart, but so have heritage breeds of chickens. Like our seeds, they have been replaced by hybrids with the commercial operations emphasis on production birds.

Heritage chickens are the chickens you would have found on farms hundreds of years ago. Several of them are near extinction. "Heritage livestock, like heirloom seeds, are now recognized as an important part of our country's history and regional heritage—the living equivalent of our grandmother's quilts." (From *Chicken Breeds A to Z*)

I am looking for some of the Buff Orpington chickens. It is considered the Marmaduke of the chicken world. It was developed in Orpington, England, in the 1880s. If anyone has information on some for sale, please let me know.

Thanks,  
Savanna (Rita)





## even more chatter ...

### Outpost ~ Farmgirls on the Loose

"More of us than not dream of a little trailer all our own that we can hook up to and meet up with our farmgirl sisters all over. What a perfect picture: farmgirls on the loose."

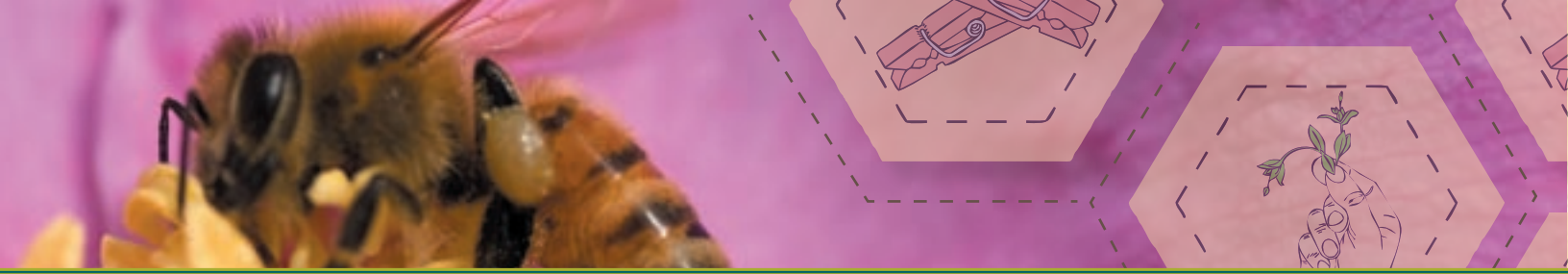
Original post by Farmmommy: [Click Here](#)

If you are truly interested in being a part of "Farmgirls on the Loose," please sign up here! Granted, this is just the beginning, but we have to start somewhere!!! I live in Texas, but you DO NOT have to live near me to be a "Farmgirl on the Loose" ... you can even start it in an already-established chapter! I'm trying my hardest to drum up interest in my local area, as well as calling in gals from all over my great state and surrounding states. If you'd like to be a part of this but do not belong to a chapter or there is not a farmgirl chapter in your area, now would be a great time to start one!!! Feel free to PM or e-mail me if you would like more detailed information. I have unlimited long distance and am able to call you and discuss in person if you'd like!!! I believe that this can

be a truly amazing group with an awesome purpose and would love to have "Farmgirl Fever" sweep through our great country, even if it is one little farmgirl at a time!!!! I also feel that we should all have a bumper sticker for our trailers or motorhomes that says "Farmgirl Fever - Catch It!" Ok gals ... start signing up!!!! And remember, you don't have to have a trailer, it can be a motorhome, tent, your own car, or a girlfriend's rig!!







MARYJANES FARM

## Farmgirl Sisterhood News

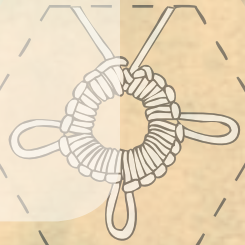
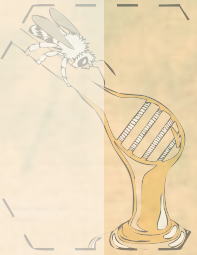
Earning badges this week are ([Click here for photos and details](#)):

Nicole (Farmerette of Carrie Meerwarth) has earned her beginner level embroidery badge ~ her sampler is absolutely adorable. *Great job Nicole!*

Carrie Meerwarth  
Cheryl Severeide  
Jenny Beasley

Farm Kitchen – Expert Badge, Busting Out  
Stitching and Crafts – Beginning Badge, Apron  
Stitching and Crafts – Beginning Badge, Quilting  
Cleaning Up – Intermediate Badge, Going Green  
Garden Gate – Beginning Badge, Bee Good to Mother Earth  
Stitching and Crafts – Beginning Badge, Embroidery  
Stitching and Crafts – Intermediate Badge, Embroidery  
Stitching and Crafts – Beginning Badge, Apron

Debra Swan



### Henhouse/Chapter Farmgirl Challenge [Click Here](#)

MaryJane's 2009 4th of July Farm Fair ("Buggy, Barter, and Boogie") is just around the corner, and all the plans are coming together. We want to invite you to participate in the event whether you can be there in person or not. Sunday, July 5, MaryJane will be hosting a luncheon at Settler's Creek organic farm in Coeur d'Alene, Idaho (home of MaryJanesFarm Store). We are looking for farmgirls, chapters, and henhouses to adopt tables. You and your farmgirls will need to think up a farmgirl theme, put the items into a box, and mail them to Settler's Creek to be set up for the event. Or if you will be coming in person, feel free to bring the items with you, and we will collect them Friday night at the store. Each table seats eight guests. Make sure your farmgirl/chapter/henhouse name is boldly stated for all the guests to see.

We will keep a list of farmgirls/chapters/henhouses that are adopting a table and farmgirls can sign up to sit at those tables when they register. We will have fun little prizes for the most creative table, for the chapter whose table tickets are sold first, for the most tickets sold, and more. So you will want to encourage farmgirls to sit at "your" table. Knives, forks, and cups are all provided; you just need to worry about the decorations (tablecloths, centerpieces, etc.). To get on the list, please e-mail me or leave a message on the thread above and I will e-mail you the address and details. Let the games begin! ...



## the clucking continues ...

**Bees Without Borders ~ Tales of Our Traveling Baby ~ Bee Haven Maven**  
**Click here** to join in.

Up to this point, I have called her BeeBee ... and I guess I will continue to call her that until such time as she has a proper name.

Well, today our beautiful BeeBee arrived at Bee Haven Acres. She has button eyes and is about 25 inches long. She is wrapped in a cozy crocheted afghan that her first "Momma" Linda (Yarnmamma) made for her. In the next few days, she will be given some hair and a journal and sent back on her travels. Before she leaves, she will be introduced to some of the critters here at the farm ... complete with pictures! I hope to have her back in the mail and off to another gal in about a week.

She is so excited to be getting a beautiful face and clothes very soon. Her official "birthday" will be the day that her face is complete.

Visit my blog at: [www.sewonandsewfourth.blogspot.com](http://www.sewonandsewfourth.blogspot.com)

Visit our farm at: [www.beehavenacres.blogspot.com](http://www.beehavenacres.blogspot.com)

Aprons and other fun things for sale at: [www.honeybeez.etsy.com](http://www.honeybeez.etsy.com)





## more clucking ...

**City Chicks and Friends ~ March Gathering**  
**Click here** to join in.

Hi there all you Farmgirls out there, both near and far!

Are you all about ready for this winter to be over? I know I am. I have been reading through a great little book I picked up at the Tractor Supply Store this week. It was a special one published by the editors of Hobby Farms magazine; it is all about Heirloom Farming. **Here is a link to the actual book** in case you are interested. It is a great informative read. Of course, this made me remember how far behind I am in planning the garden; not to mention the fact that I want to start two more out back. So I have been perusing the Seed Saver and Baker's Creek catalogs with heightened anticipation of what I can realistically get planted and what I want to plant.

Well, now that we seem to be out of the woods for any real dangerous icy road conditions, we will be starting our gatherings back up. Our next gathering will be at Prairie Piece Goods down in Old Town Florence. Well, actually they will be opening up special for us that day and we will be able to have a look-see at all their vintage goodies. The owners recently opened up a new antique store across the street and that is where we will actually be meeting to visit for a while. They have a darling little sitting area there, and it is much more open and, dare I say, cluttered. For the life of me, though, I cannot think of the name of it and I was just there. Although I just love rummaging through all the fabrics and lace. Celeste, I saw a ton more Kitchen Klatters with your name on them!!

So if you plan on meeting with us on the fourth Monday of March, which is the 23rd, please send me off a quick e-mail letting me know. It will be from 6:30-8:30 or 9 p.m. I will be providing a yummy snack of some sort. I thought I heard someone was hoping for pie!!

Christina  
Farmgirl Sister #195  
<http://justacitychick.blogspot.com/>





## Magazines, Books, and More

### April/May 2009 issue of *MaryJanesFarm*

Our April/May issue, Glamour Camping, has just hit newsstands, and is being shipped to subscribers now. In it, you'll find lots of recipes for summer's first crops (organic of course!), a feature article about Sisters on the Fly, lots of gardening (including a how-to for a "moveable garden"), and projects that include a quilted bath mat, crocheted and knitted rugs, an oilcloth tablecloth, and even a portable "glamping cot." You'll also find a fun article titled "Farmgirl Buzz: I feel most like a farmgirl when ..." featuring quotes from our Farmgirl Connection members.



### MaryJanesFarm 2009 Calendar

There's still time to get your third annual MaryJanesFarm Calendar! Each month's top page features a full-color image from our farm and each calendar page includes dates, holidays, inspirational sayings, lunar phases and fabulous farmgirl culture. This is a Project F.A.R.M. (First-class American Rural Made) product. All 26 pages are printed here at the farm on 8.5"x 11" card stock and are bound with black spiral wire—unfolds to approximately 17" high by 11" wide. \$10. [Click here](#) to order it!

### "MaryJane's Everyday Organic" Newspaper Column

Want to help MaryJane spread the farmgirl spirit? Get in touch with your local newspaper (letter, phone call, visit) and nudge them into carrying her column, "MaryJane's Everyday Organic." Let them know you're on board and why—that you're someone who cares, who dares, and most importantly, who loves to share what MaryJane represents for you; that you want to see more of what MaryJane has put voice to; that her simple solutions for buying less, eating better, and getting more out of life are something you'd like to see them carry.

#### Here's the little bit of info you'll need:

"MaryJane's Everyday Organic" weekly column is distributed by United Feature Syndicate, the same people who bring you features like Miss Manners, Sense & Sensitivity, Animal Doctor, Peanuts, and Dilbert. Newspapers can **e-mail** [lwilson@unitedmedia.com](mailto:lwilson@unitedmedia.com) to find out more. Good luck, and let MaryJane know WHO you contacted and WHEN by **dropping her a line** at [column@maryjanesfarm.org](mailto:column@maryjanesfarm.org).

#### "MaryJane's Everyday Organic" is running in The Salt Lake Tribune!

Check it out online every Thursday. [Click Here](#)

And you can look at the "More Home News" list on the left side of the page to read past columns.



## Magazines, Books, and More continues ...

### Magazine "Goodies" on the MJF Website

"For those who are looking for the Magazine portion of the website, here is the place to find additional patterns, instructions, recipes and such! Yum!"

~ Alee, Farmgirl Sister #8

To find the goodies, **click here!**



### Gift Items ...

Inspire yourself or inspire a friend with books, journals, note cards, and other gifts from MaryJane. From the kitchen to the campfire, there's something special here for every farmgirl-at-heart.

**Click here** to shop on our website.

And don't forget to visit our "Product Shop" ... **Click Here**

There, you'll find everything from organic bed sheets to beautiful bed sets to aprons to dolls to candles to chocolate to over 60 instant or quick-prep meals and desserts to much, much more!



René Groom, Sisterhood Coordinator

MaryJanesFarm • Moscow, Idaho

You can contact René on her cell 509-778-1494 or her office phone 509-786-2887  
or **e-mail her** at [rene@maryjanesfarm.org](mailto:rene@maryjanesfarm.org).

**Over 772 Farmgirl Chapters in 48 states and 7 countries  
and 27 Henhouses with 531 Sisterhood members ~  
growing stronger every day!**