

MaryJane's Cluck™

spring dreaming

April 17, 2009

A word from your Sisterhood Coordinator

The 3 R's (Recycle, Reuse, and Revive)
Or is that 4? (Reborn)



"What is it with you and scrap piles?" my husband asks. As I glance over at him, I can tell that he is sincere. He isn't judging or condescending, he just really wants to know. As I search for the answer, I can vaguely hear the flood of questions that follow: "Why is it you can't seem to pass by a "free wood" sign and keep moving? Or you'll dig through an old box of fabric, looking for who knows what? And has there ever been a basket filled with lace and ribbon that is safe when you are around?" As my eyes catch his, the best that I can do to offer him an answer is to shrug my shoulders and smile. "That's what I thought" he says, as he shakes his head and offers that half-crooked smile of his back at me.

The more I thought about his questions that afternoon, the more my mind wandered to all the things that I love. Things like a quilt made from worn-out clothing, every square telling a story—like my husband's flannel shirt that was his favorite gardening companion until it was nearly threadbare, or an old worn-out pair of jeans once worn by my boys, where the size of the little pocket reminds me of how tiny they all once were. There are my garden boxes that we built from the wood ripped from my friends' home during a recent remodel, some of the boxes filled with wildflower seed from fellow Farmgirl Maven Deere Dawn and the Papa Ott's morning-glory seeds from farmgirl Kelly that beckon me to think of the Mavens every time I walk by. More recently, it is my newly finished chicken coop that we constructed using some of the old barn wood from my in-laws' old barn, with memories in each plank. And if truth be told, I would choose an old home over a new one any day of the week, as I love the stories that I imagine are there, their roots firmly intact in my mind and their history in my care. I love that it all has a past. It has touched the hands and the hearts of those that I love and that love me—visual proof, perhaps, that we are all connected in so many tangible ways.



Even now, I can't come up with a satisfactory explanation for my love of softly used things. I guess it is just a part of me, that part of me that loves to recycle, reuse, and revive—the giving back of life to potentially forgotten items or finding new life for old things once thought used up. I think it is the part of me that those who love me secretly love the most. I have a plaque that defines my name as meaning "reborn," so maybe I have it right ... It is just a part of who I am.

Click here to find out how you can earn meritorious recognition using the 3R's—recycle, reuse, and revive.

Gene' Shoem



Featured Farmgirl

Heide Strange Sky Lambert (chatroom name: NudeFoodFarm)

Heide Strange Sky Lambert, better known to those in the Farmgirl Connection as NudeFoodFarm, is a relative newcomer to the Farm.

Not that one would easily know that, as she has jumped right in, making it seem as if she has always been here. She is also very active in her local Farmgirl Chapter, Prosserfarmchicks, where she is known for her generous spirit and willingness to share her knowledge and enthusiasm about all things “farmgirl.”

Heide is married and has two little girls. She and her husband have a small organic farm, where they focus on edible flowers and garden greens—hence the name NudeFoodFarm. When asked, Heide will tell you her favorite flower is the sunflower, and graciously offers her reason: “They tower over the weeds,” she explains. “They feed so many birds (and us), they take in little water, and offer a lot of shade. Their tall stalks trellis sister vines, and at the end of it all, they triumphantly bow to winter, ushering in the next season and quietly holding out for a huge burst of rebirth in the spring.”

Heide approaches everything in her life with passion and zeal; however, there is a special place in her for issues surrounding women’s health and well-being. She finds great pleasure in celebrating the diversity of women basking in their cultures and traditions. Her favorite quote comes from Marianne Williamson: “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” Heide believes strongly that few of us have even tapped our true potential, and she openly shares her heart on the Farmgirl Connection thread, “Are you taking care of yourself?”

To read from her posts, [click here](#).





The scoop from MaryJanesFarm

Magazine Content Discussion

You asked for it and here it is! You'll now find a place to discuss each issue of *MaryJanesFarm* magazine on The Farmgirl Connection chatroom under "MaryJanesFarm Products & Merchandise." We'll make a topic for each issue, and make each one "sticky," so the current issue will always appear at the top of the list of topics.

Click here to go to the Farmgirl Connection thread.

MaryJanesFarm Store Class: Memory Mini-Quilts April 18

Made entirely from second-use fabrics, MaryJanesFarm will show you how to make an "eco" quilt that is the ultimate in recycling, using a variety of embellishments, baubles, and buttons to make it uniquely yours. Discover new ways to showcase your memories.

Instructors: Rebekka Boysen & René Groom

Skill level: Beginner

Class Fee: \$20

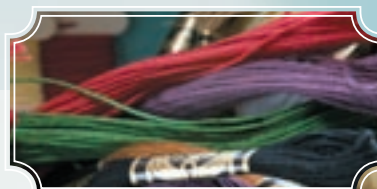
Supplies: Kit fee \$5 (includes background piece of fabric for making a mini-wall quilt, an assortment of vintage doilies and laces, etc.). Bring old photos, doilies, pieces of old quilts, lace, hankies, table linens, buttons, etc.

Time: Saturday, April 18, 10 am–12:30 pm

Location: MaryJanesFarm Store, 210 E. Sherman, Coeur d'Alene, ID

Payment can be made at the time of class, but please register by e-mailing rene@maryjanesfarm.org so that we are prepared for you.

For additional Pay Dirt Farm School classes, **click here**.





The farm scoop continues ...

Plan on attending MaryJane's 4th of July Farm Fair!

I thought I would tempt you a little with a picture of Settler's Creek ... If you are making plans to attend our Farm Fair, you won't want to forget to purchase your tickets for the Sunday, July 5, event ... it is a MUST! We have so much fun planned during this event on Farm Fair weekend. You will be treated to a great lunch of MaryJanesFarm grass-fed beef kabobs, corn on the cob, organic greens, fresh fruit, endless ice tea and lemonade, and MaryJane's famous strawberry shortcake. We will have vendors that are exclusive to the Coeur d'Alene area, live music, plenty of room to dance, and a very special guest speaker ...



Tickets are \$30 and MUST be pre-purchased!!!

Click here to purchase your ticket.

For additional information, **click here**.

Look Who's Coming to Dinner!

Earth Day is April 22, and if you are looking for a way to celebrate, click on the link below and read the thread. See how MaryJanesFarm has teamed up with Organic Valley in a fun and unique way to link the garden to the table. **Click here**.



Click here to find out about merit badges!



Other Fun MaryJanesFarm Holidays in April

Did you know that April 18 is Husband Appreciation Day? And that April 20 is Wear Cowgirl Boots Day?

For more details on fun days you might not know about, **click here**.



and even more farm scoop ...

Farmgirl/Chapter/Henhouse Challenge

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, folks, 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 at rene@maryjanesfarm.org and let the games begin!



Magazine Back Issues

Did you know that we now have two bundles of back Issues of *MaryJanesFarm* magazines? **Click here** for all the details.



Farmgirl Chatter

What are Farmgirls chatting about?

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

Farmgirl Places to Visit

I would love for MJ's next book to include some great farmgirl places to visit (besides the farm, of course). Here in Missouri, you can't get any more farmgirl than Laura Ingalls Wilder's home in Mansfield. It is a four-hour drive from St. Louis or three hours from Kansas City, and well worth the trip. Not only do you get to tour her main house (the kitchen is absolutely fascinating), but also that of the rock house (built for her and her husband by their daughter for their "old age"). The museum features many of Laura's possessions, like her sewing (she was quite good with a needle) and her cookbook put together with leftover pages of her husband's business books. There are several family items from her mother and in-laws. There are also many items belonging to Rose Wilder Lane, who is an absolute farmgirl in her own right (she would not accept a ration book during WWII because she believed every good American should be able to grow most of their own food—and she did! She was retirement age during the war). The gift shop has lots of neat items such as kits for putting together rag dolls and other children's toys and copies of writings by both Laura (besides the *Little House* books, she also wrote a column for the local paper from a farmwife point of view) and her daughter, Rose. Neatest things I found were little glueable book-owner slips with Laura's picture and signature. Very cool place, cheap to get in, and lots of opportunity to get some exercise (Missouri hills!). This is only one of the many very cool farmgirl places that is fun to visit, and maybe being featured in MJ books would give them the much-needed press they need to stay open during these times of economic strain felt by nonprofits like this *Little House* reservation.

Happy Trails!

Rachael, Farmgirl Sister #535

[Click here](#) for more Farmgirl recommendations on great places to visit.

What brought me to MaryJane's?

Hi! I found out about you because my husband is a hiker in the Grand Canyon and I picked up his catalog that he uses to order his "trail food." I found real people and a lot of interesting articles in the catalog. So he would order the food year after year and I would take his catalog when he was done. One day I discovered a website address in the catalog, and the rest is history! He's hiked across the Grand Canyon three times. He is getting ready to go again this fall with one of our sons and he likes MaryJane's foods!

Be true in heart.
Terre in Indiana

If you enjoy reading about how Terre found MaryJane, you'll love hearing more stories.

[Click here.](#)



the chatter continues ...

Farmgirl Feeling Right at Home!

Hi Ladies,

I'm a new member of the Farmgirl Sisterhood and feeling very pleased to be a part of such an amazing group!

I live in Port Orchard, Washington, and have a small hobby farm consisting of goats, chickens, ducks, dogs, cats, and anything else that ends up on my doorstep needing a home! I enjoy gardening, but am interested in really making my land be productive. I enjoy the benefits of living near the many nearby lakes by kayaking and exploring our beautiful countryside. Just today, my husband and I went clamming at the nearby Penrose Park—what a treat! I have a son and three step-daughters as well. I also work at our regional library and LOVE to read! I am eager to join in all the fun of glamping and anything else you all think up!

I'm privileged to make your acquaintance, ladies!

Mary Jane Dunn, JustBeeingMJ, Farmgirl #537

Birthday Farmgirls

Happy birthday to our April farmgirls!!! We hope your day is filled with sunshine and warmth!

Naomi Michelle ... April 2
Karen and Joyfulmama ... April 7
Rosebud74a, Traceyg, and Sandra ... April 11
Local Chick and Farmgirl1 ... April 12
Christine ... April 13
CRShelpmeet ... April 19
Katmom ... April 20
Utahfarmgirl and Huckelberrywine ... April 21
HammondFarm ... April 22
73gypsy and Cindy ... April 25

MaryJane's daughter,
Meg
megan@maryjanesfarm.org





even more chatter ...

New Hatches

I'm a grandma!!!

My daughter, Tracy, and Malachi had a beautiful baby boy at 8:04 pm last night! Grayson Porter weighed in at 7 lbs 8 oz and 19 1/2 inches, with lots of black, wavy hair. What a blessed day!

He was not due until the 30th, so he took us all by surprise. She started having contractions on Easter, but her water did not break until 3:30 am Monday, and she headed to the hospital at 7 am. Everything went well, and we are all super happy! He wanted in on some other birthday celebrations I guess, as my birthday was the 11th and his mom's grandnephew was 2 on his birthday.

Off to clean her house and prepare some freezer food for the week.

Find your joy and live it.
Karen (kpaints) FG #377





and more chat, chat, chatter ...

Keeping in Touch ~ Saving the Heritage Chicken continues ... Endangered Livestock Breeds

Click [here](#) to read what farmgirls are chatting about.

A list of endangered livestock breeds can be found at www.albc-usa.org. That's the American Livestock Breeds Conservancy, and they provide a great newsletter to members. It's worth joining even if you don't raise livestock.

We raise heritage Golden Laced Wyandotte chickens. They were originally bred in our area (WI), and they are super hardy for our climate. They are fantastic parents, great layers, and have very flavorful meat. They are gentle and beautiful. We are doing our best to preserve this national treasure. We have people request our eggs ALL the time, because of the difference in quality, size, and flavor (of course, the chickens are fed organic feed, so that helps)! The roosters are quite docile as well. We could not be more pleased.

We also have a few Black Australorps, which carry the Orpington genes, and they are lovely, too ... but our breeding focus is on the Wyandottes.

If everyone who kept chickens could make room for at least a few rare heritage breeds, what an awesome effort would be made in preserving them. We get our stock from www.mcmurrayhatchery.com and have always received super-healthy chicks. GOOD LUCK!

Even though we don't breed anything other than chickens, we support breeders of heritage livestock with our "additions," and thereby maintain a heritage farm and try to raise awareness of breed diversity. Our pride and joy is our Mammoth Jackstock jennet (huge donkey), Tikki, as well as our Jacob sheep. We love it when passers-by slam on their brakes to look at our four-horned, spotted sheep, and the giant "horse" with the foot-long ears!

Heritage poultry, livestock, and seeds are subjects very near and dear to my heart.
Stasia (StasiaSpins)

Find more photos of Stasia's animals [here](#).



Featured Recipe

From *MaryJane's Outpost:
Unleashing Your Inner Wild*

Healthy Corn Doggies (6 muffins)

- 1 c flour
- 1/3 c sugar
- 1 c cornmeal
- 2 t baking powder
- 3/4 t salt
- 1/3 c butter, cold, cut into 1/2-inch pieces
- 1 c vegetables, steamed and pureed (we used beets for one batch, carrots for another, and kale for the third)
- 1/2 c juice (or cooking liquid from vegetables)
- 1 egg, slightly beaten



Don't forget
the spread!

Honey Mustard Spread (approx 3/4 cup)

- 1/2 c butter, softened
- 2 T dijon mustard
- 2 T honey

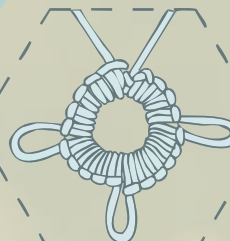
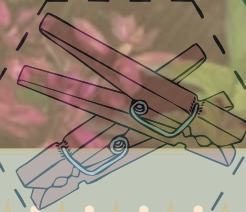
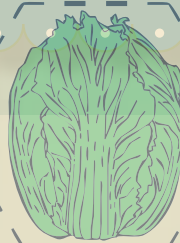
In a small bowl, mix all
ingredients until well
combined.

Preheat oven to 425°F. Lightly oil a corn-shaped cornbread pan or muffin tin or use paper liners. Combine dry ingredients in a medium bowl. Cut in butter with a pastry blender. Combine vegetables, juice or cooking liquid, and egg. Stir into dry ingredients until just combined. Pour into pan or tin, filling 2/3 full. Bake for 25 minutes, until tops begin to brown.





Farmgirl Sisterhood News



Woo-Hoo Sisters!

A Woo-Hoo Sister is, by all definitions, a Farmgirl that goes deeper; challenging herself and others to accomplish more than each had ever dreamed. She wears the “badge” of sisterhood proudly, giving back to her family and her farmgirl community. She is easily defined by her actions. She is indeed a farmgirl, mastering all the tasks a farmgirl must know in order to keep the farmgirl movement alive. She is indeed a special gift, as she has taken up the cause and will be ready to pass on her knowledge as she is called upon to do so.

Hats off to MaryJane’s Woo-Hoo Sisters:

Laura M. Siegert	Cleaning Up – Beginner Badge – Going Green Stitching and Crafting – Beginner Badge – Apron
Tasha-Rose Mirick	Stitching and Crafting – Beginner Badge – Sew Wonderful Stitching and Crafting – Intermediate Badge – Sew Wonderful Stitching and Crafting – Intermediate Badge – Apron
Gail Springman	Garden Gate – Beginner Badge – Heirlooms Forever Stitching and Crafting – Intermediate Badge – Apron Cleaning Up – Intermediate Badge – Going Green
Merry Amann	Stitching and Crafting – Beginner Badge – Button Up Stitching and Crafting – Beginner Badge – Sew Wonderful
Pamela Cook	Stitching and Crafting – Beginner Badge – Button Up

Wondering what badges YOU can earn? Get the low-down: [Click Here](#)

MJ Heirloom Mavens/Companion Gardening

As most of you know, I’ve been pretty busy lately. Hatching season is getting underway, and I’m left too tired to talk, type, or text. BUT, since my royal presence has been lessened, I’ve been mavenly involved in other ways. Like what I’m about to present to you. Although it’s a copy, I wanted to share with you a companion garden layout. This is what I will be following this spring.

Dawn (deeredawn)

To see the complete list of plants, [click here](#).

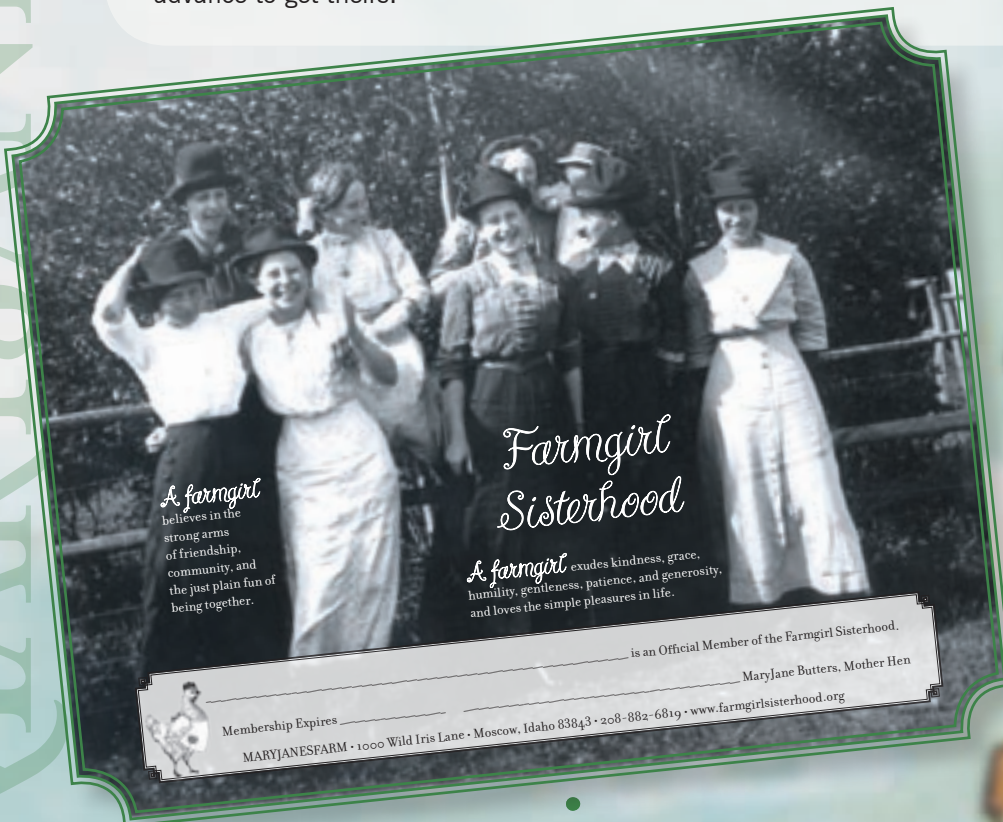


the clucking continues ...

Farmgirl Chapter Henhouses

Here's where official members of the Farmgirl Sisterhood have set up "henkeeping" in our online "Henhouses." Our Henhouses give chapter members a place to meet online to chat, post photos, share instructions, tutorials, and more just for their own chapter. Each Henhouse has a "Bulletin Board," where a designated "Head Hencho" for that chapter posts chapter announcements and events. Even if you aren't a member, you can view these sites (go directly to the discussions without trying to type in a password at the top), but only official Farmgirl Sisterhood members will have access to post in their chapter's cyber Henhouse.

Click here to purchase your Sisterhood membership. If you're already a Sisterhood member and love to display your Sisterhood certificate, you'll really love our second and third-year renewal certificates! In fact, some of our Sisters have even purchased their renewals in advance to get theirs!



Magazines, Books, and More

April/May 2009 issue of *MaryJanesFarm*

Our April/May issue, *Glamour Camping*, is now on newsstands and has been shipped to subscribers. 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.



[Click here to subscribe to *MaryJanesFarm* magazine.](#)



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 to find out more. Good luck, and let MaryJane know WHO you contacted and WHEN by **dropping her a line** at 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

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or **e-mail her** at rene@maryjanesfarm.org.

**Over 761 Farmgirl Chapters in 48 states and 7 countries
and 27 Henhouses with 567 Sisterhood members ~
growing stronger every day!**