



MaryJane's CluckTM

Summer

daze

August 1, 2009

A word from your Sisterhood Coordinator ...

We are family ... I see all my sisters in me ...

As I prepare this month's newsletter, I am just returning from Organic Valley's Kickapoo Country Fair in La Farge, Wisconsin. Prosserfarmgirl Linda Atkins and I attended the weekend event. During the weekend, I was again struck by how many of us girls connect with what it is to be a MaryJane's farmgirl. I have seen it time and time again. The misty eyes, followed by the comments of "how it is everything I ever dreamed of being." MaryJane is that perfect sister who has pioneered the path, and somehow in doing so has given each of us "permission" to find or to release the farmgirl within. This weekend at Kickapoo was no different. While there were many, I specifically recall Jillian, a beautiful young mom whose excitement was not only palpable, but contagious, as she returned with friends in tow. Linda and I listened as they dreamed out loud, verbalizing all the sister-friends they would invite to the new chapter they would start. I found myself giving her the same advice that I have given so often ... "Just jump in; don't worry about having the perfect plan. Just get started and, as MaryJane would say, "let it grow organically"—and if it is watered, it will grow. As I travel around to events, this much I do know. We are family of sorts ... sisters ... and I can see all my sisters in me.

Click [here](#) to start a chapter of your own
or to join a chapter in your area.

Gene' Shoem



MARYJANES FARM

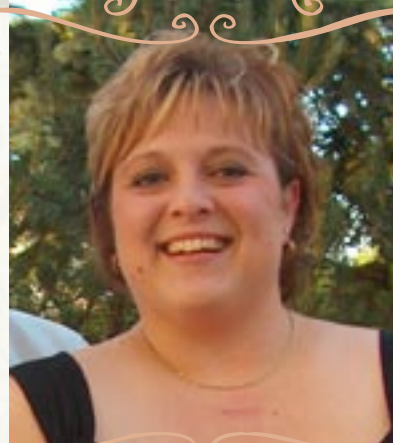




Congrats!

Featured Farmgirl

Lynn McGinnis



Forum ID: Weedy Ways

Profession:

By Trade/Education: Consulting Herbalist;

By Day: Sales Division Administrative Associate of a real estate office;

By Night: Secretary/Treasurer of my husband's business;

By Choice: Watkins Associate, Nature's Sunshine Distributor, Arbonne Consultant, Celiac Disease/Gluten-Free Advocate, volunteer for a local gluten-free information and support group, and member of many organizations to help the cause, including Celiac Sprue Association and Celiac Disease Foundation, as well being involved with the National Foundation of Celiac Awareness.

Why do I hold so many hats? For the passion I feel that living healthier can be easier and obtainable if there is someone to speak up and offer wise choices.

Married: Yes—September will be 14 wonderful years (18 together!).

Children: No children

Favorite Flower? Tulip

Why? Tulips are fresh, edgy, colorful and happy!

What is your passion (besides hubby and kids and other family members)? My passions are herbs, natural remedies, and gluten-free living. I love playing in the dirt and getting filthy from head to toe. I am in total relaxation and de-stress mode when I'm digging in the dirt! I grew up on a dairy farm; I think that embedded the love of dirt in my blood!

Favorite Quote: "Be kinder than necessary because everyone you encounter is fighting some kind of battle."
~ Anonymous

Best piece of advice anyone has ever given you ... and who gave it? Do what your heart is telling you.
~ My husband

(continued)



More from Lynn ...

What are your dreams for the future?

I have many dreams; I add to them daily and I dream about dreaming! Without dreams, hopes, and aspirations, it would be a dull life!

I would love for the awareness and understanding of Celiac Disease and gluten-free living be second nature for us all. To be able to visit any food-related facility and not have an issue with the products' ingredients or cross-contamination and becoming ill, and to be able to work with the facilities on how to keep their clients/customers safe. To be able to work with many manufacturers whose products could very easily be gluten-free without much, if any, additional expense, which would lead to higher sales/profits for them. To have the time to dedicate to each person who needs some help getting through their diagnosis and the changes in their life due to Celiac Disease or gluten intolerance. To be able to give encouragement and eliminate the fear of using substitute/alternate ingredients and have the final gluten-free product come out as good as ever—it doesn't have to be hard, nor does it always need to be fancy!

I dream for the world to be more self sufficient; utilize an herb for its properties, flavors and overall benefits; grow something you can eat and relish in its freshness; give up the pollutants in one's life—choose alternate cleaning products without harsh chemicals, fumes, and detrimental health effects. I dream for many of our health issues to be remedied naturally without harsh drugs and their side effects, which create additional issues within the body.

I dream for the time and continued knowledge to create a year-round garden throughout my yard and home that can be enjoyed for nourishment and medicinal properties, as well as a place of solitude and relaxation.

I dream for a healthier tomorrow! I dream to always and continually learn and grow from each person I encounter in life.



“Dreams are today’s answers to tomorrow’s questions.”

~ Edgar Cayce



The Scoop from MaryJanesFarm

Our Buggy, Barter & Boogie 2009 Farm Fair was a great success and hailed as a major economic boost to the seven small eastern Washington towns that participated. Store owners and community leaders reported record attendance and profits in their towns. We estimate that 4,000 to 5,000 people participated, about 1,000 of which were farmgirls who came from out of the region. Jackie Strack, owner of St. Elmo's Antiques in Palouse, Washington, said: "I was flabbergasted. I never dreamed we would get so many people, and all were so nice and they all wanted to come back. These people came from all over—I talked to people from New York, Oregon, Boise—and they spent lots of money. Every business involved benefited. We usually close at 5 p.m., but we stayed open until 7:30 because the people kept coming. This was well beyond our expectations. It was awesome!" Look for lots of Farm Fair photos in the Oct-Nov issue of the magazine.



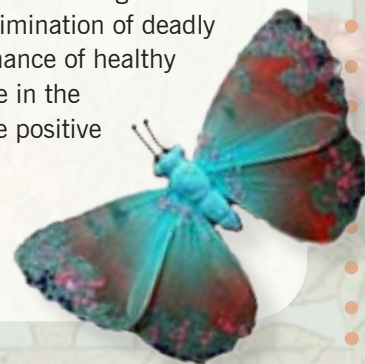
Want to share the "Farm" with your sister-friends but aren't quite sure how? **Click here** to watch a video and listen to MaryJane tell her story in her own words:

MaryJanesFarm is highlighted in the **August issue of Sunset Magazine**. Buy a copy at your local bookstore or check out their website for details **here**.

Pay Dirt Farm School Classes

Pay Dirt Farm School is our non-profit educational program offering farm apprenticeships and classes in farming and gardening, stitching, crafting, cooking, and more. The program provides practical experience for individuals who value common sense and introduces them to the operations of an organic farm. The school's mission is to cultivate organic farmers and eaters. The school was founded with the belief that the elimination of deadly pesticides, herbicides, and chemical fertilizers, along with the maintenance of healthy living soil and the rebuilding of local communities, all play a major role in the development of individuals whose thoughts, dreams and actions create positive change. Pay Dirt classes are now being offered at both the Coeur d'Alene store and the Moscow store, as well as at the farm.

For a complete list of classes for 2009, **click here**.





Farmgirl Chatter

What are farmgirls chatting about?

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

Welcome Wagon

So many new farmgirls ~ Welcome to you all!

Check them all out here.

Book Ideas: 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 from. 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—and 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 too!

Be true in heart.

Terre, Indiana

Click here to hear more stories.

HomeSafeHome: When the lights go out ...

Are you prepared? In all my rooms, including the bathroom, I have a candle with a book of matches. The kitchen, living room, and upstairs sitting room have oil lamps as well. A flashlight at the head of the bed and one right next to the telephone are always at the ready, but what about the basement? Never gave it a thought until yesterday's turn of events left me standing at the far corner without any light. No flashlight was handy ... not even a match. So today I will outfit the basement with light sources placed in "easy to get to" locations for the future. How about you ... are you ready for an episode of complete darkness?

Joanna #566 (JojoNH), New Hampshire





the chatter continues ...

Keeping In Touch: Ransacked the Shack

Today, a friend and I went to an old homestead shack on another friend's ranch. It is wayyyy out in the country and we're already in a remote area by most folks' standards. We were given permission by the ranch owner when we were helping them brand their calves in June to come back out and explore his family's old homestead buildings and the junk scattered about. We were excited to get Project Ransack the Shack underway! We loaded up our tools and off we went with our 20-foot trailer in tow. The weather was perfect. Coyotes, skunks, barn swallows, and other wildlife had taken up residence in the old homestead shack years before our arrival. The same was true for the two old dugout shelters in the side of the hill. Wildlife invented the word 'repurpose'. My farmgirl pal and I went home with a lot of vintage goodies. My stash included a very primitive table which I'll paint and distress, old tins and jars, and a wonderful iron bed frame. All it needs are glass finials on its four corners, but I think I'll try using antique doorknobs as the finials. We emptied tins of coffee and flour that had never been opened and have been in the shack since the late 1940s. Many things were not in good enough shape to salvage. What a grand adventure we had! Afterward, we went out for lunch on the way home. We were dirty, gratified, and satisfied. We'll give our old foundlings new life in new homes.

Shery Jespersen, Reata Rose Ranch, Wyoming

Keeping In Touch: A Farmgirl Challenge

Most of us think of charity during the holidays. I know for me it's about the only time I remember to give to those who are less fortunate. However, those less fortunate aren't just down on their luck during Christmas. They go without in the spring and summer too. I keep thinking of all these kids that might have to go without lunch this summer when they get it fed to them at school. I also have on my mind some near and dear single moms struggling because they just lost their jobs. So, I thought it'd be neat to do a ... **FARMGIRL FOOD DRIVE**. You have from now until Sept. 30 to donate food to your local food bank, shelter, etc. It doesn't matter if it's canned or fresh—although I bet some fresh veggies would be welcome (hint, hint, Mavens!). The challenge is to donate 10,000 pounds nationwide. For those of you overseas, we will keep track of those records as well. I want you to weigh the bags, boxes, whatever, and send me the poundage amount via e-mail or post them right here. I will keep track of the numbers and post them on the forum this fall. Who knows, there might even be a prize to who donates the most food ... So lets "farmgirl up" and feed some peeps! Er, I mean, people!

Dawn #279, MJ's Heirloom Mavens-QMD

To see how you can get involved, [click here](#).



the chatter continues ...

Farm Kitchen: Pasture-Raised vs. Commercial Farmed

Sisters, as I type this, I am feeling sick. Literally. As in, I-think-I-might-need-to-stop-typing-and-head-for-the-bathroom sick.

I sat down a little while ago to “knock off” what I thought would be an easy badge: the “Garden Gate, What’s Your Beef?” badge. It looks really easy printed out on a page, doesn’t it? Just do some poking around on a website and write a few lines. No problem ... can do it in my sleep.

Boy howdy, was I wrong.

Like your typical Midwesterner, I have been raised on beef, poultry, and pork. And like your typical city-dweller, all of that beef, poultry, and pork came from the grocery store. It was wrapped neatly in little plastic trays covered with cling film. I remember going grocery shopping with my mom and horrifying my kid sister by showing her the cuts at the end of the meat case ... tripe, liver, and, worst of all, TONGUE. Our family was a meat-eating machine. Meat was the centerpiece of practically every meal I can remember. Spanish rice with beef. Chicken and broccoli casserole. Pork sausage and sauerkraut. Meatloaf. Our vegetables came out of a can, and our meat came from a shrink-wrapped styrofoam tray. I never questioned it.

As an adult, I followed the same culinary traditions my mother did. I shopped at a regular old grocery store and bought the same kinds of foods she did. It wasn’t until recently—obese at age 30 and in declining health—I even thought about the correlation between what goes in my shopping cart and how much time I spend feeling like poo. I tried dieting, but it’s just not for me. Most diets in this country are counter-intuitive. We cut out sugar and replace it with calorie-free but cancer-causing sugar substitutes. We cut out fat and replace it with chemically engineered compounds. We cut out healthy whole grains and fresh vegetables and replace them with factory-produced shakes and bars. It was for that reason I started searching for an alternative, and that’s how I found MaryJanesFarm.



I learned how to do things a different—I think better—way than my mother did. I started shopping at the food co-op. I joined a CSA. I started thinking about where food that ends up in my mouth came from. But the changes I made were relatively easy. Instead of going to Kroger for fruits and vegetables, I go to the East Lansing Food Co-Op or the farmers’ market. I buy my bread from a local baker. But my meat, eggs, and dairy still come from the grocery store.

Until today.

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the chatter continues ...

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I visited the website www.eatraw.com. One thing I learned surprised me. The other thing I learned shocked me. I had no idea that grass-fed and pastured livestock actually produced a better product. I thought an egg was an egg, whether the chicken was running around someone's yard or whether it was raised on a commercial farm. Same thing with beef. I never considered that, just like me, cows are affected by what they eat. So, bonus for everyone. Healthy cow = healthy meat = healthy me.

But, following a link from that organization's website, I found a video so graphic and disturbing it made me physically ill. I never thought about what kind of treatment animals in commercial farms received. This video opened my eyes. Chickens missing most of their feathers and pecking at each other in crowded cages while standing on their deceased brethren. Pigs kept in crates so small they cannot turn around. Cows too sick to stand being stabbed with prods, pushed, kicked, punched, and lifted and dragged to slaughter by front-loaders. I'm still haunted by some of those images. Also shocking were some of the articles I read. One was about a study that concluded that you could feed chickens GROUND-UP TELEPHONE BOOKS, CATALOGS, AND JUNK MAIL instead of real food. What a dreadful proposition!

I'm an animal lover. My dog and cat are like my children. When they are sick, I worry. I do everything in my power to keep them safe, healthy, and happy. Along the same lines, I feed squirrels and birds. I'm like a kid in a candy store at a petting zoo. Sometimes, I even get teary when I pass roadkill on the highway. And it nearly broke my heart to see the treatment that commercial farm animals receive ... all so that I can pay less money at the grocery store. Buying animal products raised in such a cruel and inhumane way made me accomplice to the abuse. I would no sooner kick a sick cow than I would push a person off a cliff, but here I am—giving my money to people who do it for me.

I don't think I've gone vegetarian—although I think that I may be passing on hamburgers and hot dogs for a while. I'm not so naive that I don't understand that in order for me to have a roast on the table, a cow must die. My husband definitely won't go meat-free, and since I have to cook for him too, animal products are going to continue finding their way to my fridge. BUT NO MORE COMMERCIALLY FARMED MEAT. I refuse to be part of the problem and contribute my hard-earned cash to heartless corporations who think profit at any cost is acceptable. Yes, I'll still eat meat. But the burger on my grill is going to be made from a cow that spent her days on earth grazing in a field, looking up at the sky, standing with her friends, and met her maker knowing peace.

Now, if you'll excuse me, I'm off to find a pasture-based farm and offer my humble thanks and appreciation to my future dinner ... in person.

Jessie Mae
Farmgirl Sisterhood #134

Featured Recipe

From MaryJane's
Ideabook, Cookbook, Lifebook



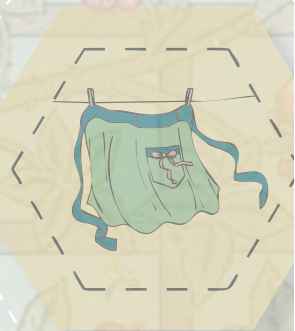
Zucchini Salsa

You always discover your tried-and-true friends when you try to give away your zucchini! Serve this salsa in a hollowed-out zucchini boat.

- | | |
|-----------------------------------------|----------------------------------|
| 1 cup zucchini, finely chopped | 1/4 cup red onion, chopped |
| 1 T salt | 2 cloves garlic, crushed |
| 2 cups fresh tomatoes, chopped | 2 T fresh oregano (or 1 T dried) |
| 1 cup fresh sweet corn | 1 T ground cumin |
| 1 cup red bell pepper, chopped | 1/4 t ground nutmeg |
| 1/2 cup Anaheim chilies, finely chopped | |

Mix together the zucchini and salt and let sit for about an hour.
Drain and stir in the remaining ingredients.





Farmgirl Sisterhood News

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Congratulations to Carrie Meerwarth for achieving the honor of the 2009 Sisterhood Farmgirl of the Year. This is a title that is hand-selected by our Queen Bee. Carrie has earned **47 badges** (count 'em, 47!!) to date and her daughters, Ashley and Nicole, have earned a total of 13 badges. Carrie was given a special farmgirl badge and certificate at the July 5th Farm Fair dinner at Settler's Creek Organic Farm. Way to go, Carrie!

To learn more about Carrie, [click here](#).

Woo-Hoo! This month's Sisterhood Badges go to (drum roll please):

A farmgirl in the MaryJane Sisterhood 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.

Cheryl Severeide, K-falls Farmgirl #309
Beginner badge: Make It Easy / In the Garden

Lisa Gessaman, Sister Love #630
Beginner badge: Cleaning Up / Shopping Green
Intermediate badge: Cleaning Up / Shopping Green

Lara Falcone, lara916 #327
Beginner badge: Stitching & Crafting / Knitting

Audrey Beth Kirk, faransgirl #572
Beginner badge: Each Other / Farmgirl Gratitude

Tammy Bradshaw, Tammyb #541
Beginner badge: Cleaning Up / Shopping Green
Intermediate badge: Cleaning Up / Shopping Green



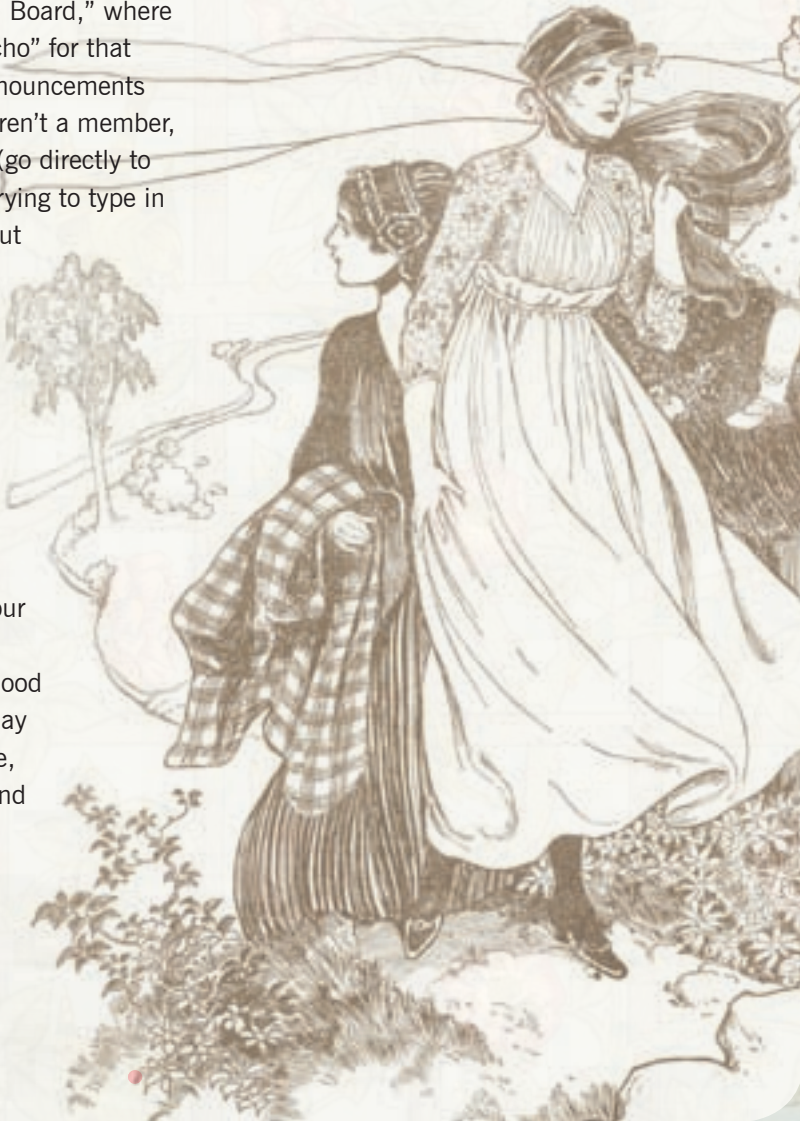
the clucking continues ...

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 view the henhouses.

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

August/September 2009 issue of *MaryJane's Farm*

Our August/September issue, *Makin' Hay*, is on newsstands now. In it, you'll find seven ways to preserve the harvest, unique ideas for horse trough gardening, projects for crafting with twine, and even instructions for making a homemade tent that you can decorate in romantic farmstyle.

[Click here](#) to subscribe to *MaryJane's Farm* magazine.

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!](#)

"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.



MARYJANESFARM

Magazines, Books, and More continues ...

SPECIAL: 3-Book Bundle

MaryJane's books are all bundled up for summer reading. Buy them together and save \$15!

MaryJane's Ideabook, Cookbook, Lifebook; MaryJane's Stitching Room; and MaryJane's Outpost. **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 our gift items.



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 827 Farmgirl Chapters in 48 states and 7 countries
and 33 Henhouses with 681 Sisterhood members ~
growing stronger every day!**