

MaryJane's Cluck™

... where the braggin' begins!

October, 2009

MONTHLY SISTERHOOD NEWSLETTER CHOCK FULL OF EVERYTHING MARYJANE

MARYJANES FARM

Hello from Sister #1

With this issue, I'm going to lean on that old-time preamble spoken when something special is about to be hatched: "There's not a bit of tellin' ..."

If you've ever been around laying hens, you know that when a hen lays an egg, all clucking breaks loose. So here goes: There's not a bit of tellin', but I've been sitting on a big surprise, actually several surprises. Several "sisters" have joined me on a regular basis to bring you the latest and greatest clucking ... where the braggin' begins. You'll read their bios as you turn the pages, along with the first of their offerings under all seven aspects for living the farmgirl life that also mirror the categories of our merit badges. As an official dues-paying member of our Farmgirl Sisterhood, you're going to start seeing more make-it-herself projects, recipes, tips, hints, and heartfelt essays in every monthly issue of the Cluck. You'll also continue to hear from René Groom, our Sisterhood Coordinator. And of course, you'll be hearing lots of loud clucking when merit badges are earned. So cluck up!!!! Strut your stuff, sistah, you've earned it.

The other surprise that I can't sit on any longer is our upcoming "Little Farmer" program for boys and girls, ages 7-13. Our existing Farmerette program for young women ages 14-17 works in tandem with our adult Sisterhood program, but some of our sisters (thank you, Georgiaberry Mobley and RubyJunes) thought we also needed something formal and structured for the younger set. Stay tuned, it's in the works. **Click here** to read more.

MaryJane ♥

P.S. If you know of someone who may be interested in receiving this newsletter, send their e-mail(s) to us at sisterhoodhopeful@maryjanesfarm.org and we'll e-mail them a sample issue.



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A word from your Sisterhood Coordinator ...

Le Fall
is falling ...
all around

With the cooler weather returning to some parts of the country, it seems that my attentions are moving to more "indoor projects." While I still have gardens to put to bed, cold frames to plant, and tools to winterize, my mind is already plotting which projects and badges I hope to complete this fall and winter. I cannot keep my mind from racing with the knowledge that our traditional "home-spun Christmas" is getting closer by the day, as some of my "creations" still need to be completed. I am glad that I canned a few things, made sachets or wands with my lavender, and dried some fruit along the way, as it all makes it easier to throw together a gift basket or two for those last-minute Christmas parties. On a recent cool evening, I snuggled on the sofa browsing through the pictures I have taken this summer and fall that will end up as cards and stationery for the writers in the family. With so much going on, I find that keeping a notebook on my desk to write down all the activities and potential badge submissions allows me to stay organized until I can type it all into the MaryJanesFarm Sisterhood site and submit it for a badge or two. I hope you are keeping track of your adventures as well. For a complete list of badges and their requirements, make sure to **click here**.

Gene' Shoom

Sister #185



each other

According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | CLEANING UP

EACH OTHER with Megan Rae To earn a Sisterhood badge in our **EACH OTHER** category, [CLICK HERE](#)



Megan Rae (Sister #2) grew up “on the farm”—MaryJanesFarm. She attended Gonzaga University and received a bachelor’s degree in Journalism. After marrying her college sweetheart, they moved to Kansas and bought their first home on a cobblestone street. Her love for writing, editing, and well, her Mom, finally brought her back to the farm. Raising her 2-year-old and 7-month-old farmgirls and working alongside her husband, mother, and family is the perfect lifestyle mix for Megan. She rounds it out with travel across the country to visit her five dearest college girlfriends who she loves with all her heart (they’ve all been in each other’s weddings), her stepsister in New York City (the perfect excuse to slip into a pair of stilettos), and one of her favorite farmgirls that she met when she lived in Kansas (scheduled around working the cows, of course).



Okay, so I have known for quite some time that this year was the year I would turn the big 3-0. Well, it still caught me by surprise the morning it occurred. Maybe it was because I was up most of the night with my sick 7-month-old. Or maybe it was because my 2½-year-old was really cranky because she was up most of the night because my 7-month-old was up most of the night. Or maybe it was because someone ate the last piece of peach pie I had made earlier in the week.

Just excuses, really. Everyone says a birthday becomes less of a big deal as you get older, but that can’t really be true. That’s just their cover, right? Mine sure felt like a big deal. Is it because folks are less apt to celebrate at this age? I decided early on that day to celebrate. A lot and often and on all occasions.

For my birthday this year, my sister (stepsister all the same), my dearest farmgirl friend, and my newly passed-the-bar lawyer friend met up for dinner—just a simple dinner at a local restaurant, out on the patio, a nice glass of wine. But we were THOSE girls, laughing, a’hootin’, and hollering. Oh my, we had a grand time doing nothin’ all that special or hard—just enjoying each other’s company.

If you figure how often a 2-year-old laughs on any given day and how easily it improves their mood, well, I just know we ought to be laughing more as adults. And if I’m going to prevent this age thing from sneaking up on me, I’m going to get together with my girlfriends more, often, whenever possible, and LAUGH.

If you aren’t having a birthday in the near future, someone is. Just think how pleased your favorite actress, musician, or inspirational woman would be if she knew you’d celebrated her birthday.



farm kitchen

According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | **FARM KITCHEN** | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | CLEANING UP

FARM KITCHEN with Alyson Oüten To earn a Sisterhood badge in our **FARM KITCHEN** category, [CLICK HERE](#)



Alyson Oüten (Sister #100) is a farmgirl, trapped in a cosmopolitan career. In addition to gardening, she digs deep into stories with her investigative shovel as a television news reporter in Boise, Idaho, and has won two Emmy awards. Alyson lives in a 1910 Craftsman-style bungalow in downtown Boise. She spends as much time as possible cooking for friends and preening and pruning her cottage garden. Alyson is a regular guest at our wall-tent bed and breakfast, where she soaks up our little piece of paradise in a bath under the stars. "I found heaven!" she says.



It's the garden gift that keeps on giving! As my friends become overwhelmed with their tomato crops, they're bringing their treasures to me. Beefsteak, cherry, heirloom ... you name it!

I am famous for my personal "save the food" campaign. I simply cannot let food go to waste. Since tomatoes don't have the best shelf life, I take challenges like this very personally. Canning them for winter stews and sauces seems like such a perfect solution, but I don't have time right now ... and tomatoes need someone with time right now. So, I'm gonna dry the little guys. It's a low-maintenance option that not only preserves the tomatoes, but intensifies their flavors and makes them downright gourmet!

I cut up all my cherry tomatoes and set them outside to sunbathe. This is a time-consuming process, but it doesn't really require much of your time. You slice the tomatoes in half, put them cut-side up on a screen, sprinkle with salt, cover with cheesecloth, and let them bake *au naturel* until they are completely dry but still pliable. Depending on the size of your tomatoes and the weather conditions, this will take several days. They need to come inside at night so the dew and the nocturnal critters don't foil your efforts.



While my cherry tomatoes embrace the "slow food" movement outside ... I'm expediting things by drying all my larger tomatoes in the oven. I put the halved tomatoes on a cooling racks and sprinkle with salt and dried Italian seasonings. My oven has a dehydrator function, but if yours doesn't, just put it on the lowest setting and go about your daily chores. Since I had a variety of sizes, mine took 24 hours to dry. Once they're done, pack in plastic bags and store in a cool, dry location or place in glass jars, fill with olive oil, secure with a lid, and store in the refrigerator for up to three months.

Romas are generally the preferred variety for sun drying because they have more "meat" and fewer seeds. But this time of year, if you can get your hands on organic homegrown goodies, don't be picky. It's better than letting them die on the vine or rot on your countertop. If you're more motivated by money, think of it this way ... sun-dried tomatoes at my local co-op run about \$1.50 per ounce. I just saved \$25!

Featured Recipe

From *MaryJanesFarm* "Simply Bee" issue
Feb–March 2009



Warm Chocolate Honey Torte MAKES: 8 servings

½ cup butter	2 T all-purpose flour
1 cup (6 oz) semi-sweet chocolate morsels	1 T finely-ground coffee
½ cup honey	½ t baking soda
4 eggs, separated	¼ t salt

Line the bottom of 9-inch springform pan with waxed paper. In a medium saucepan over low heat, melt butter; stir in chocolate morsels. Remove from heat; continue stirring until chocolate is melted. Gradually add honey, stirring to blend. Lightly beat egg yolks; whisk into chocolate mixture. Stir in flour, coffee, baking soda, and salt. In a large bowl, beat egg whites until soft peaks form. Fold ¼ of egg whites into chocolate mixture. Stir lightened chocolate mixture into remaining whites; do not over mix. Pour mixture into prepared pan. Bake at 325°F for 45 minutes or until toothpick inserted into middle comes out clean. Cool 5 minutes. Invert cake onto plate; remove paper. Serve with whipped cream and berries.

“Keep a cinnamon stick in your honey pot to drizzle sweetness into your tea.”

– MaryJane Butters





garden gate

According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | FARM KITCHEN | **GARDEN GATE** | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | CLEANING UP

GARDEN GATE with Mary Ann Newcomer To earn a Sisterhood badge in our **GARDEN GATE** category, [CLICK HERE](#)



Mary Ann Newcomer, (Sister #246) is a MaryJane Farmgirl, living in Boise, the capital of Idaho. Her great grandparents' homestead was established in 1899 on the Palouse prairie and is still in the family. She learned to cook, garden, can, and sew with her grandmother. Never without a garden or, at the very least, a shelf of plants in an apartment, she followed her passion to become an Advanced Master Gardener, a director of the Idaho Botanical Gardens, and a scribe, scout, and speaker for all things gardening.

“All of the flowers of all the tomorrows
are in the seeds you sow today.”

– Proverb

I am thrilled to be an “official” member of the Farmgirl Sisterhood and oh-so-happy to stroll with you through the garden gate.

October is all about harvests and big fat punkins, cornstalks, acorns, and autumn leaves. The growing season is over for most of us, but there are a few things I like to do to keep in touch with the seasons and the rhythms of Mother Nature.

One of the easiest, important, and most pennywise rituals of autumn is before you, farmgirls. Besides jammin' and cannin', another harvest is at hand. It's time to gather flower and vegetable seeds for next year: calendula, hollyhocks, honesty (silver dollar), coreopsis, jewels of Opar, cleome, flowering tobacco, marigold, and those brilliant-colored zinnias you so loved in September. You can find me poking around in the garden looking for some straggling columbine seeds and maybe a few more of those luscious gray poppy seed heads. I'll rattle them for the miniscule seeds and save the gorgeous orbs for a tiny vase on my desk.

Store your seeds in a cool, dark, dry place, carefully labeled. Seeds of eggplant, tomatoes, tomatillos, squash, and melons need a little more care and processing, but the rewards are delicious. Heirloom tomatoes and flowers are ours to savor, thanks to generations of thoughtful gardeners before us. You can find detailed information for processing vegetable seeds at the International Seed Saving Institute's website [here](#).

Be sure to leave some seeds in place for wildlife and other “beneficials”—particularly, the birds and pollinators. Joe Pye weed, sedums, sunflowers, and corn make up the winter pantry for the critters. Remember, too, ornamental grasses are glorious in winter. Let them stand.

One more thing (there's always one more thing, right?): It's time to plant spring-blooming bulbs. It never ceases to amaze me that under those little crispy brown tunics waits a storehouse of glorious color. Try some of the little species tulips this year and maybe a few dozen more crocus.

Remember, seeds and gardens are all about tomorrow.



stitching & crafting room

According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | FARM KITCHEN | GARDEN GATE | **STITCHING & CRAFTING ROOM** | MAKE IT EASY | OUTPOST | CLEANING UP

STITCHING & CRAFTING with Rebekka Boysen-Taylor To earn a Sisterhood badge in our **STITCHING & CRAFTING** category, [CLICK HERE](#)



Rebekka Boysen-Taylor, (Sister #40) was born in Spokane, Washington, right around the time Mount St. Helens blew her top. She studied Geography at Portland State University and taught grade school in the Bronx and inner-city Los Angeles. She lives with her family on the Palouse. As a stay-at-home mama to two organically growing little ones, Rebekka rounds out her organic lifestyle by volunteering at the Moscow Food Co-op, working as an instructor for MaryJane's Pay Dirt Farm School, embracing a DIY ethic, winning blue ribbons at the county fair, and living simply.

When the leaves start to fall and the pumpkins are ripe on the vine, I find myself scanning the events page of my local paper. Some gals might be looking for a free concert or the last garage sale of the season, but I am looking for fresh apple cider. If there is a pressing within an hour's drive, you can bet I will be there with empty jugs ready to fill. There is just nothing that compares to fresh-pressed cider, and my kids love to get in on the action by washing apples or turning the press. My friend Rich says that the "squeezins" are just what we need to nurse us through the winter cold season, and the scent of hot cider in the air is pure comfort to me.

When friends come calling in October and November, I will usually have a pot of spiced cider on the stove to share. Last year as I was brainstorming for a last-minute fall gift, I discovered hot cider's perfect handmade compliment—the spiced drink coaster. Set a steaming mug down on one of these handcrafted coasters and breathe in the scent of cinnamon and cloves.

To start your own spiced drink coaster, take a strip of cotton fabric 40" long and 3" wide and fold it lengthwise with the right sides of the fabric together to make a tube. (If you use a light-colored fabric, expect a bit of a tea-stained effect from the cinnamon you'll put inside.) Stitch down one end and across the long edge with a $\frac{1}{4}$ " seam allowance, leaving the other end open. Turn your tube inside out and fill it, using a kitchen funnel, about $\frac{3}{4}$ full with a mixture of 1 cup flax seeds, $\frac{1}{4}$ cup whole cloves, and $\frac{1}{2}$ T cinnamon. Stitch the remaining end closed. Now comes the fun part: distribute the filling evenly and coil the tube around on itself like a snail while you hot glue it into place.



Along with a jug of fresh cider or a tin of good tea, these coasters make wonderful fall gifts. With a little creativity, you can make bigger versions to use as trivets for the bakers in your life. Substitute the spices for herbs like lavender and chamomile to suit a different mood. Be sure to make one for yourself while you are at it—you deserve to enjoy the pleasures of the season!

make it easy

According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | **MAKE IT EASY** | OUTPOST | CLEANING UP

MAKE IT EASY with Shery Jespersen To earn a Sisterhood badge in our **MAKE IT EASY** category, [CLICK HERE](#)



Shery Jespersen (Sister #753) is a Wyoming cattle rancher who's been horse-crazy all of her life. Shery is a leather and lace cowgirl. Her other interests include "junktiques," creating eclectic "make do" arts and crafts, collecting antique china, and cultivating mirth.

Farmgirls have a long history of being frugal. Today's farmgirls are no different, and we look for opportunities to recycle and repurpose reusable paper goods, plastics, and glass. Glass jars are excellent for storing all kinds of things, from nails to noodles. When you "doll them up" a little, they're decorative and make wonderful gift containers. Let your imagination fill them with whatever tickles your fancy.

Dress up old or new glass jars very simply with this short list of supplies and a little farmgirl ingenuity. Vintage jars are fun, but new jars can look old by way of an easy aging technique (see below). Vintage looking water-slide decals can be found easily online (I buy mine on eBay).

You'll need:

- Clean glass jars
- Shallow bowl of warm water
- Acrylic paint
- Small paintbrush
- Water-slide decals
- Scissors
- Ceramcoat sparkle glaze
- Ceramcoat antique medium
- Paper towels
- Clear spray sealant (I use Krylon gloss finish)



continued ...



make it easy

According to MaryJane, the seven aspects for living the farmgirl life are:

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MAKE IT EASY with Shery Jespersen To earn a Sisterhood badge in our **MAKE IT EASY** category, [CLICK HERE](#)



“There are
no rules.
Just follow
your heart.”

– Robin Williams

continued ...

Directions:

1. Water-slide decals are mounted on special paper; cut the decal out with scissors.
2. Place decal in a bowl of warm water for about 30 to 45 seconds (until decal will slide on backing paper).
3. Position backing paper on the jar and slide the decal off onto the jar, easing the paper out from underneath the decal. For a short period, you will be able to slide the decal around if any repositioning is needed. With your fingers, gently smooth out trapped air bubbles.
4. Let dry fully before handling (about 20 minutes).
5. While decal is drying on the jar, you can paint the lid. Apply two coats of paint on old zinc lids or new lids; let dry. You can hurry the drying process along by using a hair dryer. Apply one coat of Ceramcoat 'Sparkle Glaze' to the lid rim; let dry.
6. Apply one coat of spray sealant to the lid. Let dry, then apply decal to lid just as you did to the jar.
7. If you prefer an antique look for the jar lid, use a paper towel and lightly rub the acrylic antique medium on it in a "here and there" fashion.
8. When both the jar and lid are dry, apply a coat or two of the spray sealant.
9. If the jar is a gift, fill it with your choice of goodies and add a ribbon and a handmade gift tag.



make it easy



Reusable Bags by Diane Potter

You probably already use reusable shopping bags when you go to market. But why not go a step further, and make your own reusable plastic bags and netting produce bags? Here, seamstress Diane Potter of Moscow, Idaho, shows you how:

Reusable Plastic Bags

YOU'LL NEED:

1 yard 54"-wide 8-gauge clear vinyl (available at most fabric stores)—
enough for 4 bags
rotary cutter, mat, and ruler (optional)
basic sewing supplies

1. Cut 4 pieces of the clear vinyl, 13" x 36".
2. Fold one piece of the vinyl in half lengthwise, and stitch long sides together using a $\frac{1}{4}$ " seam allowance, making sure to backstitch at ends.

Reusable Produce Bags

YOU'LL NEED:

1 yard 54"-wide mosquito netting (available at www.sailrite.com, item #111MN or www.seattlefabrics.com)—enough for 4 bags
rotary cutter, mat, and ruler (optional)
basic sewing supplies

1. Cut 4 pieces of the mosquito netting, 13" x 36".
2. Fold one piece of the netting in half lengthwise, and stitch long sides together using a $\frac{1}{4}$ " seam allowance, making sure to backstitch at ends.
3. Turn bag inside out. Stitch long sides together again using a $\frac{1}{4}$ " seam allowance, making sure to backstitch at ends. (The second set of side seam stitches will enclose the raw edges from the first set of stitches, making a French seam.)
4. Turn bag right side out. Fold top edge of bag under $\frac{1}{4}$ " two times towards the inside and topstitch around top.



outpost



According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | **OUTPOST** | CLEANING UP

OUTPOST with Shery Jespersen To earn a Sisterhood badge in our **OUTPOST** category, [CLICK HERE](#)



Shery Jespersen (Sister #753), Wyoming cattle rancher and outpost writer (rider), shares the "view from her saddle." Her longtime love is Apple Pi "Dolly" Rose, a 20-year-old Morgan otherwise known as "The Best Darn Horse in the Universe." In our Make It Easy section, Shery also shares her other love, "make do" arts and crafts.

As a cattle rancher in Wyoming, I spend quite a bit of time on horseback, and it lets me think while I work. Plans born between a blue sky and a good horse are often my best. Dreams need air to breathe.

Dealing with details while riding a galloping horse is an old friend. A dilemma that frustrates daydreaming perfectionists pesters me also. Creative souls hold "cluster dreaming" close at bay. The demands of daily life surround us as we gaze out into the pasture where goals and dreams flock like blackbirds in autumn. While I contend with what must be done, I try to catch every little blackbird, committing it to memory.

Yesterday, we were moving cattle to autumn pasture. The wind swept past me, blowing my horse's mane forward. I thought how similar it was to feeling that sometimes my dreams and I get lost in the wind, left behind in mundane chores. I was then reminded of the "meadow days" of summer, grateful days. Still moments filled with birdsong where you can dream and work at the same time. Perhaps the wind and the meadow are better friends than I know. They coexist in peace, and therein is a new resolve.

I've felt a change of weather being nigh ... both inwardly and in the autumn sunshine. It came in the way of MaryJane inviting me ride with her, so to speak. From my isolated outpost in Wyoming, I began my journey as a farmgirl sharing in the work of encouraging others to dream while they work. As the wind whistles by, farmgirls make plans while working peaceably in the moment. Susan Ashton's song, "Taking My Time," reminded me that the "dream seeds" we plant today are in no rush. Our garden will bear fruit at the proper time.

Carried on the wind is a whispered message: Cowgirl, stay behind your cattle and your dreams. There's reward for patient endurance. Life and wind are fast, but take your time. You'll need every minute.



the view
from my
saddle



cleaning up

According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | **CLEANING UP**

CLEANING UP with Toni Salerno To earn a Sisterhood badge in our **CLEANING UP** category, **CLICK HERE**



Born and raised in Florida, Toni Salerno (Sister #197) left her city life as a Theatre Director/Teacher to live a more holistic, serene life in Idaho. Five years ago, she found her dream home in Troy, Idaho, and embraced the Palouse way of life. Now, Toni and her husband, Adam, and their four daughters own Clean Green, an organic cleaning service. This company specializes in chemical-free cleaning using their own line of environmentally safe products. Visit their website at www.cleangreenocs.com.

In fall, most people carry out the usual routine of getting out the warm clothes in exchange for putting away the summer clothes. This season, why not take the opportunity to declutter and disinfect using a three-step program in preparation for those winter months when you spend most of your time indoors? In a sense, you will be getting a jump start on the traditional spring cleaning and improving the air quality in your home at the same time. The Environmental Protection Agency estimates that indoor air quality is 50–100 times worse outside. But with this fall cleaning program, you can improve the air quality in your home significantly.

Instead of buying those overpriced, chemically laden disinfectants, there are some great recipes for green cleaning products at www.womenandenvironment.org. As with all products, make sure to test out a small piece of your fabrics first before applying. An air freshener and sanitizing recipe that can be used to disinfect surfaces, fabrics, carpets, and the air is a solution comprised of:

- 1 cup distilled water
- 1 cup lemon juice
- 30 drops grapefruit seed extract (used to sterilize surgical tools in Europe)
- 2 T baking soda
- 10–20 drops tea tree oil
- 10–20 drops essential oil (peppermint oil is great for an overall fresh smell)

In order to make this fall cleaning program efficient and easy, here is a three-step approach (think of it as the 3 D's: DECLUTTER, DISINFECT, DECORATE).

Step 1. DECLUTTER: You will need three bins labeled “TRASH” (Recycle), “DONATE,” and “KEEP.” Choose a room that needs some TLC, probably a room you are likely to spend a lot of time in, and begin decluttering by removing everything in that room. Completely clear out all the knick-knacks, accessories, and decorations by putting them in the appropriate bins. Remember: We spend half our lives collecting things and the other half trying to get rid of them. Now is the time to declutter your life!

Step 2. DISINFECT: Now that the room is clear, you can dust, vacuum, and disinfect using a sanitizing solution to kill germs on surfaces, furniture, and fabrics. Also use the sanitizer to freshen and clean up the air. Nothing feels better than a freshly cleaned, sanitized room.

continued ...

cleaning up

According to MaryJane, the seven aspects for living the farmgirl life are:

EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | **CLEANING UP**

CLEANING UP with Toni Salerno To earn a Sisterhood badge in our **CLEANING UP** category, [CLICK HERE](#)

continued ...

Step 3. **DECORATE:** This is the fun part, now that you have a clean, blank canvas to work with. Enjoy putting your room back together using the items you have put in the bin labeled “KEEP.” However, make sure you dust and sanitize each item before putting it back into the room. Hint: You might even want to rearrange the furniture around a little and redecorate.

Take a deep breath of the freshly cleaned air and enjoy your newly decluttered, disinfected, and decorated room. After using this fall cleaning program, you are going to have your home in tip-top shape in no time. For more information on decluttering, check out an hysterical book by a farmboy who learned the lessons of being a homemaker in *Clutter Be Gone* by Don Aslett.

Win this basket of green cleaning supplies!

Be the next person to earn an expert-level Sisterhood badge in Cleaning Up / Going Green and win a basket chock full of green cleaning supplies.

(Must complete beginner-level badge and intermediate-level badge in order to qualify for expert-level badge.)

Click here to find out how to earn your badge.

(Goodies kindly provided by Earth Friendly Products, www.ecos.com)



“There is a garden in every childhood, an enchanted place where colors are brighter, the air softer, and the morning more fragrant than ever again.”

— Elizabeth Lawrence



Little Farmers ...

Making Tea with Kids by Rebekka Boysen-Taylor

There's just something about the ritual of making tea—the whistle of the kettle and the warmth of the cup in your hands. This year in particular, we are staying closer to home and enjoying life's simple pleasures—and they are not reserved for adults alone.

My daughter has always loved the occasional fancy tea party, but lately we are making both sun tea and hot tea daily. Tea making has helped us enjoy more quiet moments together as we go through our busy days. This month, try making herbal tea with your little farmerette or farmer as a nutritious and inexpensive alternative to juice.

I like to start simple, perhaps just a few sprigs of fresh mint from the garden. Take them inside and steep them for five minutes in a teapot with boiling water. Remove the mint, let it cool off a bit, and have a cup of this refreshing tea with cucumber cream cheese sandwiches for a light snack. (If you cut the sandwiches out with a fun cookie cutter, they disappear much faster!)

Branching out from the most basic of teas, you can give your little one a lesson in weights and measures by visiting your local food co-op and finding the bulk herb section. Start by looking at several different types of herbs, talk about how they look and smell, and predict which will taste good as tea. Some great herbs for children's tea and their nutritional attributes are: spearmint (great hot or cold), peppermint (b vitamins, calcium and potassium, also good for upset tummies), rosehips (vitamin c, iron), nettle (chlorophyll and beta carotene), and lemongrass (good for digestion).

Try making a few different blends by choosing a tablespoon each of two or three different herbs and mix them in a small canning jar for storage. To make the tea, put a teaspoon or two of your tea blend into a small muslin pouch or a tea infuser. If you are making sun tea, set a quart jar of filtered water and your tea in a sunny spot to steep for a few hours. Remove the tea when it is done and store it in the fridge. I find that a gallon of sun tea costs me a few minutes and less than 25 cents.

continued ...





“Each day of our lives we make deposits in the memory banks of our children.”

— Charles R. Swindoll

continued ...

You can fill an eco-friendly water bottle or thermos with tea for your child's lunchbox at school or a trip to the park. For hot tea, take your muslin bag or tea infuser, add a teaspoon of your tea blend, and place in your mug. Pour hot water into your cup and steep for 5 minutes, remove the herbs, and drink once it is cool enough for sensitive little lips.

These simple teas are also wonderful as gifts for children to give. My kids cut and then dry bunches of mint from our garden each year to share with Grandma and they are so proud to say they made her tea from start to finish. I am not a trained herbalist; I am a mother, and I use herbs that are generally regarded as safe for children, but please consult your child's doctor or naturopath if you are trying something with your child for the first time.





more for Little Farmers ...

Hello MaryJanesFarm!

Wow! I just found out about your magazine via a woman in Alabama, and further Web digging revealed a wonderful world that I've had to tear myself away from. I'm definitely sharing your world with lots of other moms I know.

I would like to introduce my company: Chickin Feed. I'm busy trying to raise a generation of kids (my chickins) that know how to eat well. Locally, we manufacture a Nutrition Tracking Board that helps little chickins learn about nutrition and mark off what they should eat each day, and we've written a book that I know you will love.

Please take a look at our website (make sure to turn up the speakers) if you have a minute and let me know if you might like more info! **Click here.**

Thanks,
Leslie Smith Grant
President & Mother Hen
CHICKIN FEED, LLC
leslie@chickinfeed.com



“I've been in the Wellness profession since 1986 and this is the best tool I've seen yet to help individuals and families eat more nutritiously!”

Gail Winston, RN, MSN
Director of Health Promotion/The Wellness Center
DeKalb Medical, Decatur, GA





Featured Farmgirl

Bonnie Ellis, Sister #298



Forum ID: Bonnie Ellis

Profession: mom, art and nature teacher, quilt-maker, homemaker, and gardener

Married? Married for 47 years to a wonderful man, gardener, bonsai and Koi expert; and a retiree from 37 years of teaching art.

Children? We have two boys, ages 40 and 43. (Both are in the computer field.)

What is your favorite flower? Love-in-a-mist

Why, you may ask? I love the soft color and delicate foliage, which reminds me of life.

What is your passion (besides hubby and kids and other family members)?

I am passionate about making commemorative quilts (because I love to record history in fabric for others), collecting small barns, and being on MaryJane's website.

Best piece of advice anyone has ever given you ... and who gave it?

"If you can't say something nice, don't say anything at all," said by Bambi's mom.

What are your dreams for the future? I hope to be an influence on

younger people who are trying to live the MaryJane life.



by Bonnie Ellis

“History is a symphony of echoes heard and unheard. It is a poem with events as verses.”

– Charles Angoff



The Scoop from MaryJanesFarm



Coeur d'Alene

MaryJanesFarm Store in Coeur d'Alene, Idaho, celebrated its one-year anniversary on August 28. A second store, MaryJane's Sweet Dreams, is now open in Moscow, Idaho. **Click here** for additional information on both locations.



Moscow

“Eat, drink,
and be scary!”

— Author Unknown

October Holidays

October 2	National Diversity Day
October 2	World Farm Animals' Day
October 8	National Children's Day
October 10	National Cake Decorating Day
October 11	Wear your slippers all day!
October 12	Columbus Day
October 16	Bosses' Day
October 17	Sweetest Day
October 18	New Moon
October 24	United Nations' Day
October 25	Mother-in-Law Day
October 31	Halloween

Dates taken from MaryJanesFarm 2009 Farmgirl Calendar. To order our 2010 calendar, **click here**.



the farm scoop continues ...

Pay Dirt Farm School Classes

Pay Dirt Farm School is our non-profit educational program offering classes in farming and gardening, stitching, crafting, cooking, and more. The program provides practical experience for individuals who value common sense. 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.

Knit a T-Shirt Rug

Re-purpose your old t-shirts into plush rugs just in time for fall. It only takes seven large shirts to make one quickly knitted rug, and you will love the results. This is a beginner class. Bring your own t-shirts.

Instructors: Katy King

- Skill level: Beginner
- Class Fee: \$20
- Supplies: Handouts included
- Time: Saturday, October 17, 12:30–3 p.m.
- Location: MaryJane's Sweet Dreams store, 425 S. Jackson St., Moscow, Idaho

Button Jewelry

Use vintage buttons to create simply fabulous accessories. You will learn to make chic drop earrings, rings, and necklaces with a modern twist. This is a beginner class that even experienced jewelry makers will enjoy.

Instructor: Rebekka Boysen-Taylor

- Skill level: Beginner
- Class Fee: \$25 plus \$15 for supplies
- Supplies: Handouts included
- Time: Saturday, November 7, 12:30–3 p.m.
- Location: MaryJanesFarm Store, Plaza Shops, 210 E. Sherman, Coeur d'Alene, ID

For a complete list of upcoming classes and who to contact, [click here](#).





the farm scoop continues ...

MaryJanesFarm Organic Grass-Fed Beef

Because your family deserves the best and safest meat, I've teamed up with friends in Wyoming to bring you dry-aged USDA inspected beef. For ordering info, [click here](#).



Our News & Awards

It was a big fall for MaryJanesFarm in the news ...

Allure Magazine's August issue included our magazine in their "Beach Hot List." A question posed to supermodel Carolyn Murphy (the face of Estee Lauder) got this response: "I read this on the beach to get ideas for my mini-farm."

AND

CBS' *Early Show* featured the "glamping" experience at MaryJanesFarm.

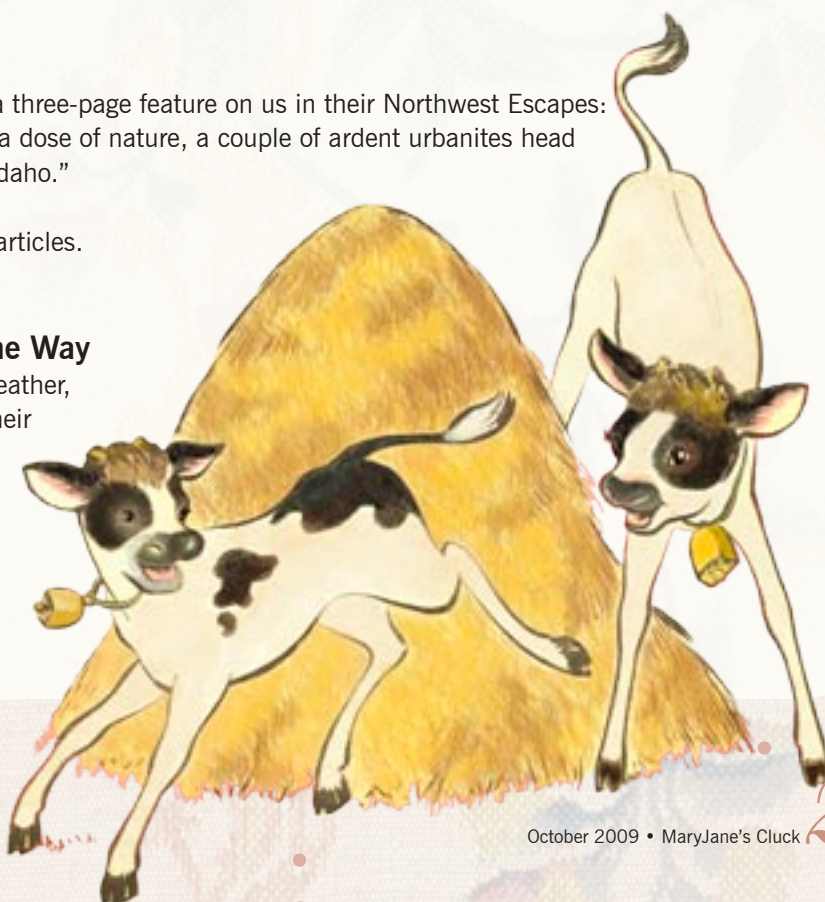
AND

Sunset Magazine ran a three-page feature on us in their Northwest Escapes: "Fun on the Farm: For a dose of nature, a couple of ardent urbanites head for the golden hills of Idaho."

[Click here](#) to read the articles.

Bread the MaryJane Way

With changes in the weather, farmgirls are back in their kitchens baking up a storm. To get into the bread-making mood, [click here](#).





Farmgirl Chatter

What are farmgirls chatting about?

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

Keeping in Touch: The Mitten Tree Submitted by deeredawn

I simply cannot wait to do this. Maybe it is the crispness in the air, or the leaves that have already turned and fallen off the tree outside my living room window ... I am ready for fall. As most of you know, we are up to 4,000 lbs of food donated worldwide to local food banks. It is because of your generous spirits that other people are eating homegrown food this summer. I am an Heirloom Maven, and that thought alone makes my heart soar! I trust that your giving spirit will last throughout the year, and I am encouraging that through ... the Mitten Tree. I live in the #1 jobless area of Ohio. It was on the news last night that Mansfield, Ohio, and the surrounding areas have the highest unemployment rate of all Ohio. I would like to give back by hosting a Mitten Tree for children who may not have a simple set of mittens this winter. I have a large tree that I am placing in my dining room that I will decorate with donated mittens and such, and I will upload pictures of them. I am asking for a simple donation of mittens, hats, or scarves. They can be a handmade labor of love or a store-purchased item. I will be donating these to the "Pumphouse Ministries" of Ashland and Richland counties. Thank you for your help! If anyone can make this happen, it is farmgirls like you!!! You can get additional information on the Mitten Tree by [clicking here](#).

Book Ideas: Decorating Your Barn

Submitted by Bonnie Ellis

I just got back from southern and central Iowa. Many of the barns have a separate painted quilt block mounted on them. Have you thought about putting one up? It is a lot of work, as some of them are 8' square. However, I am going to put one up called "Hole in the Barn Door." I will take a picture when it is finished.

Do you decorate your barn? What is the name of the farm? How old is the barn? What are the painted scenes? Find out, gals, and let us know. Enter the conversation [here](#).

You can read more about this topic in the Tried-n-True Oct/Nov issue of *MaryJanesFarm* on p. 66.





Wish it • Dream it • Do it

MARY JANE'S FARM

the chatter continues ...

A Farm of My Own: What is your simple joy today?

Back in January, Poverty Girl started this thread with:

"I just got back from going for a walk with my 2-year-old daughter down our dusty dirt road where I came across some rose hips. They have been there all winter, but today they really brought joy to my heart. It has been a long cold winter, and we probably will not see spring until May 1, I kid you not, it seems we go from winter straight into summer!! Maybe the reason they seemed so different to me today, was that I took the time to look, maybe because my daughter and I were together, just the two of us; maybe the sun hit them just right. Whatever the reason, I enjoyed them and wanted to share. I know it has been a hard year for many people, and it is so easy to get down and in a frump, so I just wanted to know, what simple joy have you experienced today?"

Farmgirls have kept this topic going all year, and whatever the season, we can all find inspiration in their simple joys. To read more, [click here](#).

Weather Report: The Old-Timer said ... Submitted by CherryMeDarlin

that we are in for a cold winter because the hornets' nest the hubby has just removed from my azalea was so close to the ground. Has anyone else ever heard this particular weather lore, or anything similar? My grandmother says that if you see woolly worms in summer, it means a cold winter. In addition, I have heard that if bees collect more honey than usual, that means a cold winter. And what is that one about a storm coming if you see cows lying down?

[Read or share here.](#)

Try This: Rag Curlers! Submitted by Sharikrsna

Has anyone ever made and used rag curlers? I LOVE them! I have stick-straight hair that is very resistant to perms, curling irons, just about everything. Therefore, I made rag curlers, and I put them in after I wash my hair, and sleep on them. In the morning, I have WAY curly hair. The curl stays in until I wash my hair again. Just cut 1" x 12" flannel strips, roll your hair up in them from the ends, and tie at the scalp. Note: if you try this, do not brush it, or it will become frizzy. OMG.

Instead of
counting your
days, make your
days count!

— Author Unknown



Fresh
EGGS 10¢
Doz.

the chatter continues ...

Across the Fence: HELP!!! What would MaryJane do????? Submitted by Julia Hayes
Sorry to throw your name around, Queen Bee, but believe me, I need some serious farmgirl help!
Click here to read all about it. (You will not want to miss this thread.)

Gathered Up: Farmgirl Round-ups Submitted by RuralFarmGirl
We have had so many wonderful ideas and plans circling around lately of farmgirls organizing "Round-ups" that I wanted to try to post them all in ONE location. I was fortunate enough to get to go out to Ohio for Deere Dawn's event and what a treat that was. I loved meeting the Ohio girls and seeing how amazingly talented and gifted they are. However, of course, I would always love to get to do a repeat performance and drop in every now and again when you all are throwing these shindigs, so I am asking you to HELP me "round them up." If you are planning an event, please post it here or e-mail me so that I can get it on the schedule of events. If we at MaryJanesFarm can send you Sisterhood brochures or help in any way, please let me know. We want to support you and your efforts as best we can. Just send an e-mail to: rene@maryjanesfarm.org.

Click here to add your event.





Farmgirl Sisterhood News

There are many new Henhouses that have recently opened. If you are not yet a member of a Henhouse (or virtual Farmgirl Chapter), please visit the Henhouse forum, make your choice (or choices) of which one(s) you want to join, and e-mail Brian at the farm, who will “unlock” the Henhouse door for you: BrianOgle@maryjanesfarm.org.

You could join together with other Sisterhood members in groups like:

- A Bunch of Country Swappin’ Gals
- Aprons of the Adirondacks
- Back to the Land
- Bees Without Borders
- City Chicks & Friends
- Farmgirl Philanthropy
- Gluten Free Farmgirls
- Junkin’ Farmgirls
- The Book Worms
- The Writers Nook

and more ... or start your own!

Check out the henhouses here.

“

I’ve found an entire Sisterhood that believes in the same things that I believe in. I now feel like I have tons of friends. Even though I live in a semi-rural area, it has become very urbanized and upscale, and I cannot embrace that ‘buy, buy, buy’ mentality. Thank goodness for my farmgirl sisters and my real sisters who understand and encourage me to let the real me shine through.” – Michele, Michigan

“

I have so much more confidence and I’m not afraid to ‘put myself out there.’ I’ve learned to be open-minded and open-hearted. I’ve learned the value of hard work and learned to relish the joys hard work returns. MaryJane’s Sisterhood has given me purpose, strength, beauty, and structure at a time I desperately needed it most.” – Dawn, Ohio





Farmgirl Sisterhood News

Free Gift

Join the Farmgirl Sisterhood now or renew your membership and receive a free copy of *MaryJane's Stitching Room* book. Spread the word to all your friends, or better yet, buy a membership for them. It's okay to renew early, too!

(Offer is good for the month of October. No need to order or note the free *Stitching Room* book when ordering or renewing your membership; we'll remember to add it for you.)



New Sisterhood Necklace

We'd also like to announce our new Sisterhood necklace! We've just partnered with Elaine Tolson of Washington to offer this lovely bit of vintage-style jewelry—for Sisterhood members only. Your necklace will be emblazoned with your own unique Sisterhood number, setting your braggin' rights "in stone." Whether you wear it as a secret code for those in-the-know, or as a conversation starter about the Sisterhood, is up to you.



Merit Badge Awardees

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

Jennifer Mitchell, jennwmitchell #286

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Apron / Stitching & Crafting

Beginner badge: What's Your Beef? / Garden Gate

Angela Muller, farmallgrl #337

Beginner badge: Apron / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Apron / Stitching & Crafting

Jennifer Smith, head barn goddess #605

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Community Service / Each Other

Jessie Yonkovit, JessieMae #134

Beginner badge: What's Your Beef? / Garden Gate

Marianne O'Brien, peacebird #661

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Backyard Farming / Garden Gate

Jeanne Key, jeannek #655

Beginner badge: Backyard Farmer / Garden Gate

Victoria Montoya, EastTXFarmgirl #549

Beginner badge: Embroidery / Stitching & Crafting

Alyssa Reid, Alee, #8

Beginner badge: Horse Dreams / Garden Gate

Lori Schmalz, squirrelefeathers #640

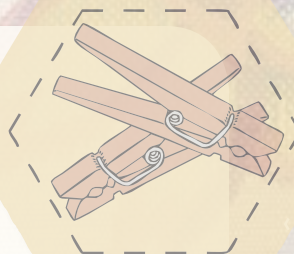
Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Sew Wonderful / Stitching & Crafting

Debra Swan, Debra Swan # 462

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: In the Garden / Make it Easy



the clucking continues ...

Ingrid Schoolkate, Ingrid #475

Beginner badge: Bee Good to Your Mother Earth / Garden Gate

Blair Gunberg, blair #695

Beginner badge: Going Green / Cleaning Up

CJ Armstrong, ceejay48 #665

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

Cheryl Villebrum, Tapestry #353

Beginner badge: Button Up / Stitching & Crafting

Intermediate badge: Button Up / Stitching & Crafting

Gail Springman, gspringman #486

Beginner badge: In the Garden / Make it Easy

Beginner badge: 3 R's Rules (Reuse, Recycle, Revive) / Garden Gate

Beginner badge: Gaining Ground / Garden Gate

Intermediate badge: 3 R's Rule (Reuse, Recycle, Revive) / Garden Gate

Tanna Griffiths, tanna #644

Beginner badge: Knitting / Stitching & Crafting

Fiona FixMitchell, labohemefiona #689

Beginner badge: Shopping Green / Cleaning Up

Carrie Meerwarth, Carrie M #147

Intermediate badge: Heirlooms Forever / Garden Gate

Marianne O'Brien, peacebird #661

Intermediate badge: The Secret Life of Bees / Garden Gate

Expert badge: The Secret Life of Bees / Garden Gate

Melissa Bailey, MissLiss #724

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting



the clucking continues ...

Jennifer Porter, arabianhorselover #561
Beginner badge: Apron / Stitching & Crafting

Lora Rosencrans, FARMALLchick #358
Beginner badge: Connecting Grower with Eaters / Each Other

Tracy Roop, yarngirl #736
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Plan it Forward / Each Other
Beginner badge: Crochet / Stitching & Crafting

Lara Falcone, lara916 #327
Beginner badge: Apron / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up

Vicki Meeds, pearlsnjeans #120
Intermediate badge: Apron / Stitching & Crafting
Expert badge: Apron / Stitching & Crafting

Sharalyn Paetz, angora girl #341
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Families Forever / Each Other
Beginner badge: Backyard Farming / Garden Gate

Donna Rae Barrow, donna rae #593
Beginner badge: In the Garden / Make it Easy
Beginner badge: The Secret Life of Bees / Garden Gate
Beginner badge: Going Green / Cleaning Up

Nancy Marshall, nancym #159
Expert badge : Entrepreneurial Spirit / Each Other

Kim Miltimore, cherrypie #225
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Backyard Farming / Garden Gate





Magazines, Books, and More

October/November 2009 issue of *MaryJanesFarm*

Our October/November issue, Tried-n-True, is on newsstands now. In it, you'll learn to make homemade crackers and yogurt, relive our Farm Fair with beautiful photos, make a backyard wildlife sanctuary, restore your heirloom quilts, and more.

[Click here](#) to subscribe to *MaryJanesFarm* 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!](#)

MaryJanesFarm 2010 Calendar

A new year is fast approaching, and to help you begin planning it out, here's our fourth 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 8½" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

[Click here](#) to order.





Magazines, Books, and More continues ...

SPECIAL: 3-Book Bundle

MaryJane's books are all bundled up for fall 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!

If you know of someone who may be interested in receiving this newsletter, send their e-mail(s) to us at sisterhoodhopeful@maryjanesfarm.org and we'll e-mail them a sample issue.

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.



**Over 870 Farmgirl Chapters in 48 states and 7 countries
and 39 Henhouses with 790 Sisterhood members ~
growing stronger every day!**