

# MaryJane's Cluck™

Monthly Sisterhood Newsletter ... where the braggin' begins!

## November, 2009

Circumstances made us FRIENDS, MaryJanesFarm made us SISTERS!

MARYJANESFARM

### Hello from Sister #1

I've been deliriously happy and grateful the last couple of months over something that is well, mmmmmm, kind of unmentionable.

"She isn't!" (Carol's voice.)

Yes, I am. I'm going to share my feelings of gratitude (after all, it *is* the month to give spoken thanks) for my new indoor private flush toilet, the one I've lived without for 23 consecutive years, 30 total. I feel a little bit like the woman I heard about who couldn't reach her clothesline so she moved a stool around all her life. I should have done it sooner, but new septic regulations came with a price tag that was close to \$10,000. That's a lot of money when merely moving a stool will get the job done. (Word play is such fun.)

Now, you didn't think for a minute to write TOILET in your gratitude journal, did you? The next time you have to ... be grateful, give thanks whenever you:

– answer a knock on your door and you AREN'T holding a bucket of your "night waters" about to find their way into your compost heap. (Urine is full of nitrogen, speeding up the decomposition of things like egg shells and last week's lentil loaf—the food experiment that DIDN'T make it into public domain.) I've also referred to "it" (when asked by a guest if they could carry my bucket for me) as "Oh this? It's JUST a bucket of LALA," (liquid activator), adding "no problem a'tall, I've got it COVERED."

**continued ...**



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– wake up in the middle of the night with ... not your dreaming self so much in mind, but number two taking center stage; however, FIRST you DON'T have to pull on your boots, layer up, find a flashlight, walk down 22 snowy and/or icy steps with winter winds howling at you as you stumble along a dark path (another 35 steps) slipping in the snow thinking "SOMEDAY I will have it easy like everyone else."

Everyone else. Isn't that always what keeps us from true gratitude? "Others" have it better—better health, more money, less worry, more vacation days ... Well, I'd like to point out something you've probably missed when you're feeling less than queenly—your throne! The next time I'm forgetting gratefulness for all the little things that make my life easier, my reminder is now only a few steps away.

Mary Jane 

### Farmgirl Blog Alert!

We're excited to announce two new Farmgirl blogs: Wyoming cattle rancher and outpost writer (rider) Shery Jespersen shares the "view from her saddle" in our new **Ranch Farmgirl Blog** on Fridays. Paula Spencer, *Woman's Day* magazine "Momfidence" columnist from North Carolina, brings you our new **Suburban Farmgirl Blog** on Wednesdays.

Our regulars, **City Farmgirl** Rebekah Teal (Tuesdays) and **Rural Farmgirl** René Groom (Thursdays), are still tapping away at their keyboards. You can click to all of our farmgirl blogs right on our **home page**. As a Sisterhood member, we've automatically added your name to our e-mail blog alerts. Next up: weekly e-mail recipes/projects (Mondays) and merit badge how-to videos—stay tuned, we're filming one today!





## A word from your Sisterhood Coordinator ...

### Beg, Steal, and Barter

It is a blessing to have friends that are different from yourself, as it stretches you—encourages you to do things that you might not normally do. My girlfriend, Linda, recently got me hooked on yard sales. I have to admit, before now, I have not been “all that big” on the weekly pilgrimage. I would rather just donate to the local thrift store, then scour their shelves for great finds. I was rather content with my system, not having to walk into unknown territories or fight the weather or get out early to beat the serious dealers. However, after weeks and weeks of hearing about her conquests, I decided I would join her on one of her excursions.

With a little uncertainty and a lot of trepidation, I was off. I suppose it would only be fair to say, I decided to join her after all the begging for her loot left me empty-handed. Not that she wouldn't share, as she is a very giving person, but rather she felt this was something I needed to experience for myself. For months, she had been telling me ... well bragging, really ... about all the great things she was finding on her Friday-morning outings, and I was beginning to feel a little jealous of her bounty. (Not that jealousy should be the motivator for change, but really ... how much can one girl take? After all, it was not easy watching her unload her loot: vintage lace, rolls of burlap, tatting string, and more.)

When it became clear that begging was not going to get my hands on her loot, I decided to take a crack at it. Boy, was I surprised at how much fun I had. On my first day “out,” we hit the mother lode. As we pulled into a couple's yard and wandered around their garage, I found many great things for my new vintage trailer: vintage toaster, \$3; vintage fan, \$5; and a whole box of enamelware pots for \$5 (THE WHOLE BOX!). What a steal, I told myself and everyone that would listen outside earshot of the seller. I learned a lot about bartering from her that day as well, as the front seat of her pickup was loaded down with eggs. A win-win she says: “I need to get rid of them, and they are getting rid of something too; we both win.” It reminded me that people are buying what we have SOMEWHERE ... it may as well be from us. I have walked away from that experience taking great pride in knowing that I have stocked my trailer with lightly used items and saved my family a HUGE amount of money in the process. We couldn't help but chuckle at the end of the day, as I was the most reluctant of the bunch going into the adventure and came home with the most stuff. We need one another for so many reasons, and in this case, it made me richer—both in my pocketbook and in my experiences. **Click here** to check out bartering farmgirl style ...

*Gene' Shoem*  
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).



My dear friend, Bonnie, and I are celebrating our anniversary with a dinner date this week. We’ve known each other for only one year, but it feels like forever. Unbelievably, we met on an airplane. I was returning home from a bridal shower—the last of my college girlfriends to tie the knot. As I sat down in my assigned seat next to yet another stranger, I gave her that polite “I am about to sit way too close to you for a couple of hours and have no clue who you are” SMILE.

She looked back at me and said, “Well, it’s pretty unfair to board an airplane with a cinnamon roll and no extra forks.”

It took me a moment to adjust to this woman who clearly wasn’t following standard airplane etiquette. But I caught up fast. “Yeah, well, why don’t you complain to the person eating peanut M&M’s I could smell when I boarded?” She laughed out loud (an infectious laugh I’ve come to love) and said she’d already finished the bag. As our plane left the ground, we started chatting. (This was after I offered to split my Cinnabon roll with her. She’d get the fork, I’d eat my half with my fingers.)

By the time we landed, we’d covered it all. She had a 2-year-old also, was finishing her graduate degree, contemplating the status of her marriage, on and on. We exchanged phone numbers at baggage claim and laughed about how funny it was to pick up a BFF (best friend forever) on an airplane.

I left wondering if she’d call. Or should I call her? I don’t remember who did call first, but since then, we’ve celebrated the birth of my second child, our birthdays and our children’s birthdays, her graduation, and her new job at our local university. Sadly, this week I am delivering our slightly used futon to her new “post-divorce” apartment. The good news? It’s official. We’re friends through thick and thin.

I continue to follow Bonnie’s lead, saying a sincere hello or striking up a conversation here and there just in case I’m smiling at the person meant to be my next BFF.

(P.S. If reading about cinnamon rolls has created a craving, find our delicious Sticky Bun recipe on p. 7.)





## farm kitchen



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**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.



I live in a charming 1910 Craftsman-style bungalow, complete with a big porch and a picket fence. Until very recently, it contained a dirty little secret. For all my tidiness, organizational skills, and decorating style, my basement was a total embarrassment.

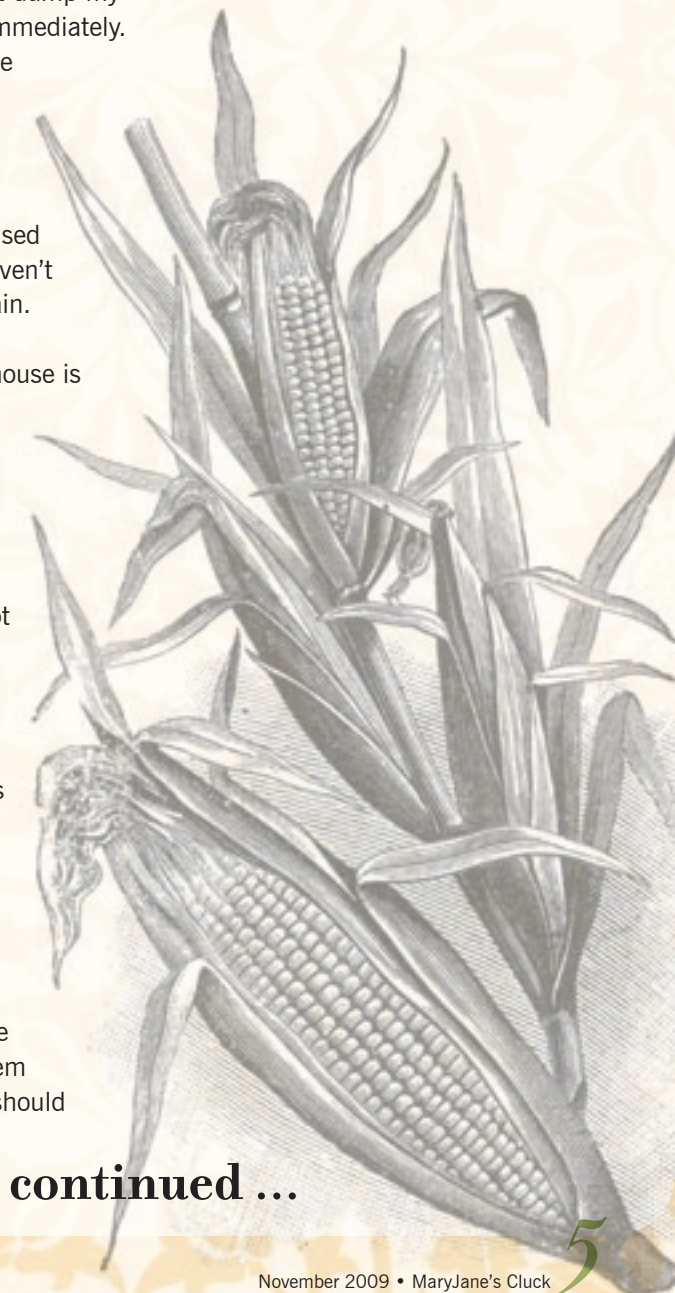
It's not a nice basement to begin with; it's creepy, smelly, and cobwebbed. Because I dread spending time down under, I'd just dump my storage items and vacate the premises immediately. It's been the Achilles heel of an otherwise comfortable and functional home.

After nine years, I finally found motivation. I spent a long, dirty, sweaty weekend removing 30 cans of partially used paint and boxes and boxes of things I haven't seen for years and never want to see again.

Then ... I swept. The foundation of my house is sandstone, which sloughs! So, sweeping can make a non-asthmatic have a full-on attack. It was a downstairs dust storm! But once the dust settled, I reorganized the remaining items, added some homey touches, and suddenly discovered a respectable 200-square-foot addition to my home.

The afore-mentioned motivation was to create a root cellar. It's November and I want to reap and keep the fall harvest as long as possible.

My basement is consistently cool, but not as chilly as a true root cellar, which should range from 35–40°F. Because of this (and because it's my first year), I plan to keep a careful eye on my produce section and see how long I can make them last. Under the perfect conditions, they should stay fresh 3–6 months.



continued ...



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

## continued ...

I've got the potatoes and carrots nestled in a bed of straw, apples lounging in a wooden basket, garlic and onions on the wooden shelf, and an entire chili-pepper plant hanging by its roots from the rafters. It smells earthy and divine. I can't believe I'm saying this, but now it's my favorite room in the house.

### Root-cellar Hash

¼ cup olive oil	1 large sweet potato, peeled and diced
2 garlic cloves, minced	1 large onion, peeled and quartered through root end
4 large beets, peeled and diced	½ t Spanish smoked paprika
2 potatoes, diced	salt and pepper to taste
2 carrots, peeled and diced	¼ cup chopped parsley
2 parsnips, peeled and diced	

Preheat oven to 350°F. Mix oil and garlic in small bowl. Place next 6 ingredients on a baking sheet. Pour oil/garlic mixture over; toss to coat. Spread out vegetables in single layer. Sprinkle generously with paprika, salt, and pepper. Roast until tender and golden brown, stirring occasionally, about 1 hour. Transfer vegetables to platter. Sprinkle with chopped parsley and serve immediately.

### Root-cellar Storage:

Cabbage .....	3-4 months
Brussels Sprouts .....	3-5 weeks
Jerusalem Artichokes.....	1-2 months
Carrots.....	4-6 months
Chinese Cabbage .....	1-2 months
Eggplant .....	1-2 weeks
Parsnips.....	1-2 months
Rutabagas.....	2-4 months
Squash .....	4-6 months
Radishes.....	2-3 months
Tomatoes .....	1-2 months
Cauliflower.....	2-4 weeks
Broccoli .....	1-2 weeks
Beets.....	4-5 months
Pumpkins.....	5-6 months
Potatoes.....	4-6 months
Turnips .....	4-6 months







## Featured Recipe

From *MaryJane's Everyday Organic Newspaper Column*



### Straight-from-the-peel Applesauce

- |                                      |                      |
|--------------------------------------|----------------------|
| 3–4 lbs apples                       | $\frac{1}{2}$ t salt |
| 1 T cinnamon (more or less to taste) | 4 strips lemon peel  |
| 1 t molasses                         | juice from one lemon |
| 1 cup water                          |                      |

Peel, core, and quarter the apples. (Add the peels to your compost pile!) Put all ingredients into a large pot, cover, and bring to boil. Lower heat and simmer for 20–30 minutes. Remove from heat and remove lemon peels. If you like chunky sauce, use a fork or potato masher to mash the cooked apples. If you want smooth sauce, run the cooked apples through a food mill or blender. You can eat it hot or chilled. To freeze, cool the sauce completely, pack it in rigid freezer containers with at least 1 inch of room at the top, and freeze up to a year.

“True, it takes a bit longer to make your own applesauce than it does to open a jar, but time in the kitchen is well spent, and there is nothing left over to toss in the trash or recycling bin.” — MaryJane







## Featured Recipe

From *MaryJaneFarm* "Farm Kitchen"  
Special Recipe Issue

### MaryJane's Sticky Buns (Yield: 12 sticky buns)

For syrup:

- 1 cup butter, melted
- 1/2 cup honey
- 1 cup brown sugar
- 1 cup pecans, chopped
- 2 tablespoons grated orange rind

For dough:

- 2 cups Budget Mix™
- 2 tablespoons brown sugar
- 1/2 cup cold butter, cut into 1/2-inch pieces
- 1 cup buttermilk

For filling:

- 1 cup chopped pecans
- 1/2 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons butter, melted

1. Preheat oven to 450°F. Lightly spray or oil a muffin pan.
2. Syrup: In a small bowl, mix together the syrup ingredients. Spoon the mixture evenly among the muffin cups.

3. Dough: In a separate bowl, mix together Budget Mix and brown sugar.
4. Using a pastry blender or fork, cut in the butter until it resembles coarse meal. Make a depression in the center of the mix to receive the liquid.
5. Pour in buttermilk and mix with a wooden spoon until dough forms.
6. On a lightly floured surface, knead dough shape into a 16-inch square.
7. Filling: combine pecans, brown sugar, cinnamon, and nutmeg. Brush dough with the melted butter and sprinkle with the nut mixture. Roll jelly-roll style. Using a sharp knife, cut into 12 slices and place one in each muffin cup. Place muffin cup on a cookie sheet to avoid drips.
8. Bake for 13 minutes, or until golden brown.
9. Invert the pan immediately onto a large platter so the glaze runs down over the buns. Serve hot.



### My Budget Mix™ is versatile!

Order my "Farm Kitchen" special baking issue and get more than 50 original recipes using my Budget Mix. It's a way of eating that anyone (urban, suburban, or rural) can benefit from. Not only is it a time and money saver, it's a reputation builder! (Also available in gluten-free.) **Order here.**



## garden gate

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**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.

### Going au Naturel

No, not nekkid! I am referring to "in a natural state." When it's time to decorate for autumn and the holidays, I start shopping for supplies in my garden. I treat my big summer patio containers just like a vase on a table. Remember the mantra: "fillers, thrillers, and spillers." I grab my Felco pruners and a basket and head for the perennial borders. Because my house exterior is made of a pinkish Arizona stone, I tend to gravitate to a burgundy scheme. Mostly and sometimes.

Ornamental grasses in gold and rust or even green add softness and can be considered one of the thrillers. They bring movement and height to an arrangement. Like beacons, their blond, dried seed heads are held high. I stick clumps of these directly into the potting soil where the annuals spent their summer showing off. You may want to pre-tie the clumps with a rubber band so they are more stable. If you have some curly willow pieces, they would look great here too.

Wander around, looking for bark, berries, and branches, and pat yourself on the back for getting a head start on next year's pruning. Nandina berries are gorgeous, and will hang on their stems until after Christmas. (Hint: the harder you prune your nandinas, or heavenly bamboos, the more berries you will have next year.) The ferny foliage of nandina adds a real zing with its fluorescent pink and red edges.

You get a bonus for using branches of oakleaf hydrangea—the burgundy leaves come with big clusters of dried cream flower panicles. The hydrangeas are good fillers and look especially nice with white or creamy brown pumpkins. I simply stack the pumpkins so they are stable and work around them. Find yourself a half dozen or

**continued ...**







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## continued ...

more of the white Baby Boos, drill a hole in the bottom of each, and then pop them onto the end of a bamboo stick or other twig. Then you can tuck them into the pot anywhere you need a little something extra. Don't tell anyone my secret, but when Thanksgiving has come and gone, I replace the Boos with apples and pomegranates.

Scout the neighborhood for other bits and pieces, a sprig here and a clipping there. The bare twig branches of red or yellow dogwood shrubs give a nice upright element to your bouquet. Spilling over the edges of any container, Boston ivy (not truly an ivy) or real ivy is charming. The fuzzy heads of staghorn sumac earn their keep in these arrangements, bringing a dusky red to your color scheme. Orange cotoneaster berries, beauty berry (a luscious purple), dried sunflower heads, ornamental corn, swan-necked gourds, Chinese lanterns, clippings of laurel, anything and everything can be used in your arrangements.

Don't forget the little accents and exclamation points. Perfect for this are the dark little nubbin seed heads of the black-eyed Susan. You can use quite a few and still leave a feast for the birds.

After Thanksgiving, I cook and freeze any and all of the edible pumpkins and squash. Last year, I gave about 20 pounds of the produce to the food bank and another big box of fresh baking pumpkins to my yoga pals. The wildlife will get the dried-up apples and seed heads. Dried leaves and branches are chopped up for the compost pile. And once again, we have completed the circle of life in the garden.

“Autumn is a second spring when every leaf is a flower.”

— Albert Camus





## stitching & crafting room



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**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.

I admit it. Each fall, I am drawn to new sparkly things. Maybe it's all the pre-holiday advertising or the darker evenings. Whatever the reason, this urge isn't sending me straight out to the mall; instead, I have a little drawer full of ribbons and findings I have saved just for this season. It is so satisfying to take pieces you already own and rework them into unique new designs, and it doesn't cost much at all. This week, six of my girlfriends and I planned a sushi dinner at a great restaurant downtown—we wanted to dress up for each other and laugh late into the night. In honor of our night out, I decided to make a new bracelet using a stunning vintage brooch.

I set out to make the bracelet around lunchtime, and by mid-afternoon it was ready to wear. You can make one with just your sewing machine and a few basic supplies; this is a simple beginner project. Find some rich velvet ribbon about an inch wide at your local fabric shop (or maybe you have some handy from your saved gift wrap) along with a large toggle-style clasp, large split jump rings, fray check, and some thinner ribbon or rickrack to use as an accent. If you buy a little more than you need, you can save the leftovers to start a little drawer of your own. Now, find your brooch and you are ready to start. No brooch? They have great reproductions at craft stores now or you can use some vintage buttons, beads, or a stray clip-on earring as your centerpiece instead.

First, measure your wrist and add 2" to that measurement. Make nice clean cuts on each end of the ribbon and use fray check to keep the cut edges neat. Once the fray check has dried, you can fold each end under  $\frac{1}{2}$ " and stitch across a little more than  $\frac{1}{4}$ " in from the end. Slide the jump rings through the loops you made at each end and attach the toggle clasp to the rings using small needle-nose pliers (these can be found at your local bead store or craft store). If your bracelet is a bit too big, at this point, make pin tucks to shorten it; this looks great and gives the ribbon added structure. You can sew on some decorative ribbon along your stitching lines at the ends to fancy it up. I used wide rickrack on mine in the same color as my ribbon to add more texture without making it too busy. Now pin your brooch in the center and let her shine! The girls all raved about mine. Next, one in each of my favorite shades—that way I have only to pin the brooch onto one that compliments my outfit and away I go.



(Find instructions for making rickrack earrings like the vintage ones pictured at left on our chatroom [here](#).)





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**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.

## Make a Cowgirl Wall Pocket

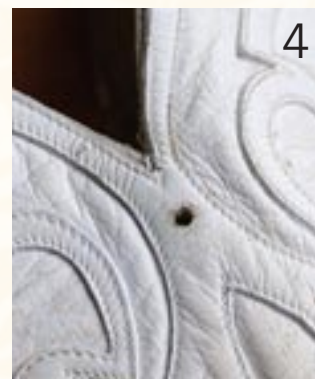
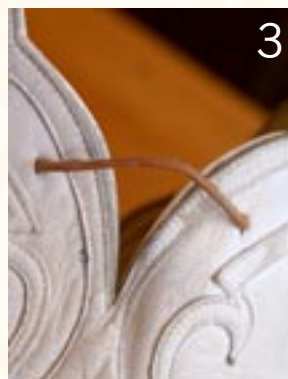
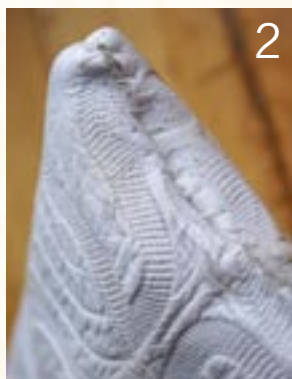
In my part of the world, worn-out cowboy boots aren't hard to come by. If you don't have an old pair handy, they can be purchased very inexpensively at a thrift store. This project can be finished in an afternoon. If you use both boots, you can keep one and give the other as a gift. Your imagination can fill the wall pocket with many different things ... kitchen utensils, flowers, evergreen branches, wheat, paintbrushes, etc. If you put fresh flowers in the boot, use a heavy freezer bag to contain the water and flowers. This Western-style "vase" looks darling near a porch entry or anywhere else in a cozy farmgirl's home.

### YOU'LL NEED:

a pair of old cowboy boots  
fine-gauge metal wire  
wire-cutting pliers  
ribbon or lace trim  
decorative pendant  
2 buttons

heavy-duty button thread  
needle  
heavy-duty scissors  
awl or leather-punch tool  
leather cord or ribbon

1. Cut off the bottom part of the boot with heavy-duty scissors.
2. There are two options here: A. Sew the bottom shut (photo 2). B. Using a leather-punch tool, punch holes about  $\frac{1}{4}$ " apart all the way around the bottom and lace the boot shut (leaving your knots inside).
3. Using a leather punch tool, punch two holes on the back side of the boot for a hanger and insert about 6" of leather cord into the holes, knotting on the inside of the boot and making the hanger loop about  $1\frac{1}{2}$ " wide (photo 3). Trim ends.
4. Punch another hole in the front of the boot about  $\frac{1}{2}$ "- $\frac{3}{4}$ " down from the top (photo 4).



continued ...





## make it easy

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

### continued ...

5. Take a small piece of your wire and thread it through one of the old buttons and the pendant loop and then poke the wire through the hole in the boot (photo 5).

6. Then place your other button on the ends of the wire and twist the wire so the decorative 'goody' is secure (photo 6). You can use so many fun vintage things for the pendant; use your imagination.

7. Tie your ribbon or lace on by easing it in behind the pendant. Make a bow, trim the ends, and you're done!





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mountain rose herbs®  
.com



Irene Wolansky is the Marketing Director at Mountain Rose Herbs. Born and raised on the Oregon coast, Irene spent her childhood learning about beekeeping, growing and preserving fruits and vegetables, building forts in the forest, and going on adventures with her dog. She has many interests, which include making her own body care products, mushroom harvesting, gardening, arts and crafts projects, nature photography, mead and beer making, camping, herbal medicine, baking, traveling, hiking, and spending time with her boyfriend and friends. **Click here** to visit Mountain Rose Herbs on the Web.

## Make Your Own Lip Balm

I made lip balm for the first time when I was in college and was instantly hooked! Not only is it surprisingly easy and inexpensive to make, it's also a great gift for friends and family. Within 10–15 minutes, you can make enough lip balm to fill 15 or more lip-balm tubes for under \$3! I use all organic or wild-harvested ingredients because I don't like to put chemicals or pesticides on my lips.

### Basic Lip Balm Preparation (recipes below)

1. Coarsely chop the beeswax, or use beeswax pastilles. Place beeswax, butter, and oils in a small pot or glass Pyrex measuring cup and gently heat in the top of a double boiler until the beeswax and butters have melted.
2. Once melted, remove from the stovetop and add essential oils and Vitamin E oil.
3. Immediately pour the mixture into lip-balm containers (the recipes below will fill 10 lip-balm tubes). You can purchase lip balm tubes and jars from Mountain Rose Herbs, or you can reuse glass or plastic containers.
4. Allow to cool completely before placing caps onto the lip-balm containers.
5. Your lip balm is finished! You can now add labels, ribbons, twine, or any other decorative elements.
6. If you feel as though your lip balm is too soft, re-melt it and add more beeswax. If it is too hard, re-melt and add more oil. You can also adjust your recipes with the seasons: harder lip balms are better for the summer, and softer lip balms are better for the fall and winter months.

### Peppermint Cocoa Lip Balm

*Refreshing, cooling, and nourishing.*

- 1 T cocoa butter
- 2 T sweet almond oil
- 1 T avocado oil
- 1 T plus 1 t beeswax
- 12–15 drops peppermint essential oil
- A few drops of Vitamin E oil (optional, but recommended)

Experiment by creating your own recipes! As a general rule, use 3 parts of carrier oil to 1 part of beeswax (do not include butters in your calculations since they are solid at room temperature). Add essential oil at your discretion, a general amount is 2 drops per container, but this varies depending upon the essential oil used. Less is better when it comes to essential oils; you don't want to end up with lip balm that will sting or irritate your lips.

### Mandarin Nutmeg Lip Balm

*Sweet, citrusy, and warming with a hint of spice.*

- 1 T mango butter
- 2 T sunflower oil
- 1 T olive oil
- 1 T plus 1 t beeswax
- 15 drops Mandarin essential oil
- 5 drops nutmeg essential oil
- A few drops of Vitamin E oil (optional, but recommended)







Shirley Hudson of Spokane, Washington, has been designing craft patterns for 11 years and has over 130 patterns in her line, ranging from sweet Raggedy Anns to prim vintage decor. Shirley is providing these patterns to Farmgirl Sisterhood members for free, and has many more e-mail patterns for sale on her website. Visit her at **[www.hudsonsholidays.com](http://www.hudsonsholidays.com)** and read her blog at **[hudsonsholidays.blogspot.com](http://hudsonsholidays.blogspot.com)**



**Click to download  
your free pattern!**



**Click to download  
your free pattern!**





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.



## Be Ye Prepared

Wilderness camping can be a character-building experience in addition to being enjoyable. You'll likely learn a lot about creative problem solving and the art of preparedness. The latter of the two is the best teacher regarding the first if the latter has not been mastered. A camping trip will tell you many things about yourself (and others), so it can be enlightening as well. All in all, the beauty of the wilderness and the personal growth possibilities will undoubtedly make for memorable vacations with plenty to giggle about.

Some of my favorite childhood memories are of camping trips or hunting trips. Sleeping in a covered wagon during a wagon train when I was 9, going hunting with Dad and Grandpa, thinking how pretty my mom was through the light of a campfire. The list continues to grow because there are few things I enjoy more than camping. For me, add horses to the trip and it just doesn't get any better!

I fondly recall a camping trip to the Big Horns. We went with friends and shared a pack horse. My husband has started and broke horses since he was a lad, and on this trip he opted to take a horse that was a “bad actor.” Lynn thought a trip to the mountains would make a better citizen out of the horse.

We unloaded at a remote trailhead and were ready to ride out when Lynn's horse blew up. Lynn told us he'd better head on up the trail and he'd come back down to meet us later. I don't know what happened for the first miles of that horse's education, but I do know he was in for a weekend of character building.

Oh, the scenery! Bluebells standing two feet high—much larger than those that hide in the shelter of sagebrush down on the plains. The trail was painted with Indian paintbrush, lupine, and a variety of other wildflowers. A queen never had a prettier path of flowers strewn before her. The beauty of the mountains in early summer is humbling. I could feel insignificant if it were not for my belief that this beauty was made for us to enjoy. I felt little, but lovingly important.

As expected, Lynn met us on the trail. His horse looked like he'd received a needed lesson in humility. So, with Lynn in the lead, we continued on peacefully up the trail listening to the pack horse in the rear breaking branches as he made his way through the low-hanging branches.

**continued ...**



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

“Between every two pines is a doorway to a new world.”

— John Muir



## continued ...

Late in the afternoon, the trail got rocky and tight. As we turned a corner, Lynn's horse jerked and froze. There stood a UFO—an “unidentified female object”—and was she a sight! One of two backpackers, she was as frightened of the horse as the horse was of her. The visual: string bikini, mirrored sunglasses, hiking boots, white salve on her nose, and a very large backpack. She flapped her arms up and down and squealed, “I'm sorry, what do I do? What's wrong with him?!” Lynn, a master of dry wit, calmly addressed her by saying, “It's okay, lady, relax, he's just never seen that much skin before!” Her husband burst out laughing and we soon learned more about our new friends.

Come to find out, they were newlyweds who had embarked on an adventure into the wilderness for their honeymoon. I need to draw your attention to an earlier point—preparedness—in this case, the lack thereof. Our young couple had been out for three days and the honeymoon was in danger of being over early. They didn't have enough food, water, or various other essentials—and no toilet paper. I mention the last item because TP doesn't get nearly the recognition it deserves.

The young lady was parched. She clearly needed a drink, so Lynn asked her if she'd like a glass of tea ... or a Bloody Mary. She lowered her sunglasses, looked over them in disbelief, and said, “You have Bloody Mary mix out in the middle of nowhere?!” Lynn replied, “Sure, do you want a stalk of celery with it?” She smiled, and we knew we would have company for the night.

We belly-laughed at the long tale of woes they had accumulated on their three-day trek. The kids were obviously in love, but I noticed that the look on the girl's face when looking at her “beloved” was similar to Lynn's horse, who by this time had a whole new view of himself and his place in the world. This brand-new wife had started learning about which roles each spouse would fit into better. She smiled and stated that she would be in charge of packing for all future vacations. The revelation came to her the night before inside a very leaky, borrowed tent while ice-cold water dripped off the end of her nose. The art of preparedness can be learned no other way.

The horses were hobbled and the boys brought fresh cutthroat trout back from the lake for supper. With lemon slices tucked inside, then wrapped in bacon and foil, they cooked over the fire. I unpacked the panniers and brought out fruit and brownies. Our newlyweds tried not to eat like cavemen, but they were ravenous! Their candy bars and freeze-dried seaweed (as she called it) had run out the afternoon before. When the young bride was full, she looked content, scooted closer to her groom, and said softly, “I hate you.”

The rest of the weekend read like any other nice camping trip. But, for one young couple, the memories of a wilderness honeymoon will undoubtedly be told and re-told ... to their grandchildren, I hope. The moral of this story is not profound, but it is important: BYOTP. Always bring your own—never assume.





## 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](http://www.cleangreenocs.com).

Make Mine  
GREEN

November is one of the busiest months of the year for women. While preparing for the holidays, entertaining company, and cooking scrumptious meals, we also have to remember to keep our house neat and tidy. One of the quickest ways to make sure your home looks great is to concentrate on the floors and carpets. Nothing says clean like sparkling floors and fresh-smelling carpets. However, whether you are looking to clean your carpets yourself or professionally, you should look into choosing the safest way to effectively clean them without potentially harming yourself, pets, and loved ones. (CHEC) Children's Health Environmental Coalition, has a wealth of information about the dangers of chemicals in carpet cleaners and other cleaners used in homes. Because carpets are sometimes difficult to clean, commercial carpet cleaning agents often contain a mass of potentially harmful ingredients and chemicals. These include perfluorocarbons, acids, fragrances, carcinogens, and neurotoxins. In fact, Kelly Preston, spokesperson for CHEC, believes there is a possible connection between Kawasaki's Syndrome and children who had been exposed to professional carpet cleaning.

So how does one avoid the harmful effects of traditional carpet cleaning? Simply, choose green always and every time. Protect yourself and your family by reading ingredients and opting for natural products. There are a wide variety of natural carpet cleaning products from companies like Seventh Generation, Citrasolve, and Ecover that do a great job without compromising your health and the environment. Also, if you are looking to clean your carpets professionally, choose an organic carpet-cleaning company or a chemically free one. Make sure to find out the ingredients used in their

solutions or have them use yours instead. However, if you are looking to clean your carpets with a rented machine, be sure to flush out the machine several times with hot water and 30 drops of grapefruit seed extract (GSE) to remove any picked-up bacteria, chemicals, debris, etc. It is best to thoroughly vacuum your carpets before you have them cleaned and try concentrating on the edging where the dust, hair, and debris build up. Most vacuums come with an attached wand that really give your carpets a detailed look. If you are looking to remove odors in your carpet, try adding a ½ cup of vinegar to your solution while cleaning. It is safe, natural, and does a terrific job of getting rid of unwanted odors.

continued ...





## cleaning up

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

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

### continued ...

However, if you do not have the time to clean your carpets and company is coming, quickly mix together some baking soda with a few drops of your favorite essential oil, sprinkle it around the carpet, and let it sit. After 30 minutes, vacuum it up and focus on the edging of your carpet for a manicured look. Your carpets will look and smell great while you will have the satisfaction of knowing you made a healthy choice for your home and the environment.

### 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](http://www.ecos.com))







## Young Cultivators



### Cookie Cutter Lacing Cards

by Rebekka Boysen-Taylor

As mama to two young children, I love having old-fashioned games and toys in my purse, just in case. My daughter is always looking for a project and my son is twice as busy. Come November, you will often find me waiting in line at the post office or canning the last applesauce of the year. When my attention is elsewhere, I need new, inexpensive ways to keep my kids entertained.

My favorite purse distraction right now is a set of simple lacing cards. Lacing introduces basic sewing skills to young boys and girls, along with improving their fine motor skills. It encourages them to be creative and to carefully undo their work when the inevitable tangles occur. Learning to untangle yarn early on minimizes frustration and builds the skills needed to work with yarn or rope in the future. I have paid big bucks for fancy lacing toys in the past and they were worth every penny, but I needn't have spent a dime. Making them, as I do now,

with recycled cardboard means the kids can always have a new shape, and if I carry a nice beeswax crayon or two with me, they can decorate the unprinted side as well. "A Child's Dream Come True" in Sandpoint, Idaho, is a great source for beeswax crayons, wool yarn, and other natural art supplies. You can find them online at [www.achildsdream.com](http://www.achildsdream.com).

To make your Cookie Cutter Lacing Card, you will need some large cookie cutters (or be willing to freehand your shape), a hole punch, some cereal boxes from the recycling bin, child-safe scissors, and some pretty ribbon or yarn. Kids can trace their favorite cookie cutters and cut them out carefully (start with simple shapes like pumpkins, stars, and trees and work your way up to gingerbread girls and boys).

**continued ...**







66

A 3-year-old child  
is a being who  
gets almost as  
much fun out of a  
\$56 set of swings  
as it does out of  
finding a small  
green worm.”

—Bill Vaughan

## continued ...

Once you have your shape cut out, take the hole punch and make one hole every  $\frac{1}{2}$ " or so around the perimeter of your shape. Now wrap a yard or so of thin ribbon or yarn around the card. You will want to make a few extra while you are at it to tuck away for later. Having young guests over for a holiday dinner? Make these as place cards that will keep little hands busy or tuck them into the kids' suitcases for a trip to Nana's house. They are nice gifts for older siblings to make for little brothers and sisters. Older children will enjoy sewing several lacing cards together to build 3D shapes like boxes, barns, and houses. Start with five squares of the same size and make a box by sewing them together along the edges.

When you see how it works, you will be making a variety of shapes and containers in no time. (Shhh, don't tell them that they are also boosting their geometry skills.) If you have a heavy-duty hole punch, you can use milk jugs as your material instead—these will last longer and have the advantage of being waterproof.







Real Hug!

## more for Young Cultivators ...

Check out Magic Mama Music ([www.magicmamamusic.com](http://www.magicmamamusic.com)). MAGIC MAMA performs ORGANIC HIP HOP and WORLD BEATS for the whole family. Through her music, MAGIC MAMA delivers an empowering and hope-filled message of love and respect for all and inspires creative thinking and Earth-friendly actions.

Magic Mama Music, LLC is a values-led, mother-owned business that “considers the environmental impact of our actions and continually strives towards greater ecological sustainability and harmony with all our relations.”

Magic Mama is an “eco-edu-tainer” who specializes in music, art, and environmental education and performs original acoustic music. She tours the continent in her 1979 VW Dasher grease car with “Snarly Gob,” “Spiri Lena,” and “Sir Vis.” Off-stage, Magic Mama can be found growing organic food and wildflowers, home-schooling her two children, sewing CAT HATS, making art, and playing music.

We found her CD delightful for kids and adults alike!



“Kids dance before they learn there is anything that isn't music.”

— William Stafford



# eating healthy



## more for Young Cultivators ...

Here's a fun and educational worksheet from Chickin Feed, "Building Healthy Habits One Coop at a Time." Chickin Feed believes that your little chickens (children) need to learn at an early age how to eat well—about what they NEED to make their growing bodies healthy. Chickin Feed's innovative products will help your modern family keep nutrition a priority. **Click here** to visit them on the Web.

Powered by Chickin Feed . . . On a mission to help raise a Nutritionally Literate Generation

You've eaten straight from the farm • Put a check mark on foods that are **MADE FROM** things grown on a farm • Which of the Farm Critters like the same foods as you?

Presenting the Farm Critters from

## FARM GRUB

a feed tale...

find out more @ [www.chickinfeed.com](http://www.chickinfeed.com)

Check out these great sites for info on REAL FOOD, how & where it's grown, and getting it into schools!

[www.slowfoodusa.org](http://www.slowfoodusa.org) | [www.localharvest.org](http://www.localharvest.org) | [www.farmtoschool.org](http://www.farmtoschool.org)

egg

☐ DUCKIE likes:  
Fish and Peppers  
(draw a line to put them in her belly!)

☐ LIL CHICKIN likes:  
Carrots and Milk  
(put them in his belly!)

☐ LA VACA likes:  
Beans and Rice  
(put them in her belly!)

☐ FARMER GOAT likes:  
Broccoli and Celery  
(draw a line to put them in his belly!)

☐ HORSE likes:  
Pears and Tortillas  
(put them in his belly!)

☐ PIGGLES likes:  
All the Rest  
(put them in her belly!)

Check off the animals you have seen in person

☐

Protein (Fish/Meat/Beans)
Calcium/Dairy
Fruits
Veggies
Grains/Bread/Pasta

Can you draw a line to each food in the following groups?

BUILDING HEALTHY HABITS  
one coop at a time

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## The Scoop from MaryJanesFarm

The WSDA Small Farms and Direct Marketing Program is hosting an information-packed, women-farmer roundtable on November 20 from 12–4 p.m. at the Spokane County Extension Office (222 N. Havana, Spokane WA 99202). Join the free-flowing discussion to discuss what works and network with local women farmers at all stages in their careers. State and regional agencies and organizations will be on hand to provide resources and share information.

The roundtable features topics including:

- USDA RMA insurance & AGR-Lite
- Business planning tools
- Energy alternatives
- Farm succession planning

Roundtables are free and generously funded by the USDA Risk Management Agency. Space is limited so that everyone has a chance to participate.

To RSVP or for more information, please contact:

Colleen Donovan at (509) 306-0059 or [comodono@gmail.com](mailto:comodono@gmail.com) or  
Patrice Barrentine at (360) 902-2057 or [pbarrentine@agr.wa.gov](mailto:pbarrentine@agr.wa.gov)

### November Holidays

November 2	Full Moon
November 3	Election Day
November 4	Chicken Lady Day
November 5	National Men Make Dinner Day
November 7	Sadie Hawkins' Day
November 11	Veterans' Day
November 13	World Kindness Day
November 15	American Recycles Day
November 16	International Day of Tolerance
November 17	Homemade Bread Day
November 19	Great American Smoke Out
November 24	Celebrate Your Unique Talent Day
November 26	Thanksgiving Day
November 27	Buy Nothing Day

Dates taken from MaryJanesFarm 2009 Farmgirl Calendar. To order our 2010 calendar, [click here](#).





## the farm scoop continues ...

My wife, Ashley, and I found out that we have a little girl on the way! She's all set to arrive on Feb. 13. I just wanted to share with y'all!  
– Brian Ogle, MaryJane's son

*Congratulations  
Brian & Ashley*



## Christmas is on the way!

Check out our great selection of Project F.A.R.M. Christmas stockings made by Miss Wilma of rural Kentucky. **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 live in the #1 jobless area of Ohio. It was on the news last night that Mansfield, Ohio, and the surrounding area has the highest unemployment rate of all Ohio. I would like to give back by hosting a Mitten Tree for children that 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 upload pictures.

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 & Richland Counties. Thank you for your help! If anyone can make this happen, it's farmgirls like you!!! For more details, or to contact Dawn, [click here](#):

### Farmgirl Barter: Wanted: Old Snapshots, Submitted by Emilee Gettles

Does anyone have some old black and white photos or early color photos that they would like to barter? I'm interested photos from 1900-1960. :) Thanks! To reply, [click here](#).

### Farmgirl Barter: Cookie Cutters, Submitted by Ga Girl

I am still going through things trying to sort out things I just don't use or need, so here is another item I thought you girls might be interested in. I have 11 plastic and 7 metal cookie cutters; most are Christmas, but not all. Just give me a holler if you are interested. Blessings, Karen. If you would like more details on the barter, [click here](#):

### Farmgirl Barter: Iris Bulbs to Barter, Submitted by cajungrammie

I have some beautiful white iris, and some iris that are purple. I want to barter for goat's milk soap or lavender, dried or fresh. For more details on how you can trade for the iris bulbs, [click here](#):

### Marketplace: Homemade Holiday Finds

Are you looking for great holiday gift ideas? Be sure to check out all the things made by your fellow farmgirls! Just [click here](#).





## the chatter continues ...

### **Farmgirl Chapter Chatter: MaryJane's Cluck Newsletter**, Submitted by farmmom22

I just gotta say the new newsletter is wonderful, as always! It just keeps getting better and better with each issue. Thanks so much to everyone who works hard to put it together, and give yourselves a pat on the back because it is the best one yet!

### **Farmgirl Chapter Chatter: Special Visitor René**, Submitted by idcityrose

Well, WOW! Our chapter, Mountain Farmgirls of Idaho City, had a special treat for our meeting on Wednesday. René Groom spent all day with us, getting a special tour of the town, meeting tons of people, and, we hope, having a great time. We started at farmgirl Kara's house with homemade cinnamon rolls, fresh peaches, and espresso, and then a tour of her most delightful home. Kara added a greenhouse and a yurt this year, with the yurt becoming a small business highlighting farmgirl homemade/homegrown products. René had a tour of farmgirl Margaret's pottery studio and heard all about her wonderful plans and products she is working on. Then a visit to all the historic buildings (Kara has keys to many buildings that are not open, including the museum). After several hours, René got a chance to regroup before our meeting at 5:30 p.m. We have a special farmgirl who does not live here but has a completely furnished house that she lets us use when we have visiting farmgirls. At our meeting, René was presented with a beautiful work of art by farmgirl Dee, a fascinating photo album that unfolds kind of like a slinky. René took enough pictures of us to fill it up. We had a wonderful visit, great food, great people—it was just the best! René is the most delightful person who is the perfect person for the job she has. Everyone felt like they had known her for years. Much laughter ended our meeting. What a perfect time we had. THANK YOU, RENÉ!!!

Hmmmmmm???? Where will she show up next?

### **Welcome Wagon**

We have so many new farmgirls, so please stop by and give them all a big farmgirl welcome ... You can give your big farmgirl howdy **here**.

### **Across the Fence: The Country Wave**, Submitted by MagnoliaKathy

When we first got married and were headed down the back roads to my parents' house, someone waved at me and I waved back. My then-city-slicker husband asked, "Do you know them?" I said, "No," and when it happened again, he said, "Why are you waving at people you don't know?" I explained it is the polite country thing to do. Now, 25 years of waving later, he gets a bit ornery when he waves and the other person doesn't wave back. His usual comment is, "I wish those city slickers would move back to Houston or learn how to be polite!" I just smile ...







## the chatter continues ...

**Across the Fence: Do you think Farmgirls color their hair?** Submitted by 1930'sgirl

This summer, 1930'sgirl asked us this question, and here we are almost five months later still clucking about it ... must have hit a nerve! What do you think? Are you truly a Farmgirl if you color your hair? I say YES! Some of my friends think that you cannot really be a true Farmgirl with artificial color in your hair. I do not imagine it is the healthiest behavior in the world ... but it does not change my values in other areas. I would love to hear your opinions. Wanna cluck too? Just [click here](#).

**Across the Fence: Farmgirl Visits & Porta Potties Too,** Submitted by Katmom

Ok, what are a couple of farmgirls to do? ... Firemama popped over for a quick visit and dropped off a sweet MJF pillow that she made for me. I Love It! Thank you, girlfriend. So as we are chatting, we got on the subject of Julia's porta potty [put temporarily in place in Julia's front yard during a construction project]. Only our Julia is wonderfully free-spirited enough to decorate her porta potty—it is a hoot! Hahaha, we love ya, Julia! And well, ya know what that means—with keys in hand, we dashed out the door and drove up the road to Julia's to see her porta potty and to drop off some Princess Fairy Dust for the girls ... Julia is sooooo sweet. And I have said it before and will say it again: If she ever leaves her front door unlocked, I am coming over and stealing her retro stove ... it is soooo darn awesome! Anyhow, we got to see the kiddos' artistic work along with some of Julia's (wink wink) artwork ... and to take a picture of the haunted porta potty! lololol! The kiddos were such a delight, and even with us cutting into their lunchtime, they were happy and inviting to us to come play with them. "Old Henry" [Julia's farmhouse] is definitely a home filled with love, joy, merriment, and childhood energy. I love how good I feel when I am there visiting. Hugz. Catch more of the giggles by [going here](#).

Julia's "haunted porta potty" ... SPOOKY!







## the chatter continues ...

**Weather Report: The old timer said ...** Submitted by CherryMeDarling  
that we are in for a cold winter because the hornets' nest the hubs just removed from my azalea was so close to the ground. Anyone else ever heard this particular weather lore? Or anything similar? My grandmother says that if you see woolly worms in summer, that means a cold winter. And I've 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 laying down? To add your weather lore, [click here](#).



### Family Matters: Thankful for Our Families

Submitted by 5 Acre Farmgirl

Is it only me, or are there others who are thankful for their families, in-laws, and others? Yes, all of them may drive one nuts, but are there those who are thankful regardless?

If you would like to post about being grateful for your family, [click here](#) and join in on the Thanksgiving!

### Here's to Your Health: Elderberry Syrup, Submitted by Calicogirl

Does anyone use this? I have been considering buying some (or making it if I can find a recipe). I was wondering:

- How effective is it?
- Is it something that you should use daily or when starting to feel under the weather?
- Does anyone have a recipe?

Thanks, girls :)

Are you wondering what the farmgirls think? Just [click here](#) to find out. Find out what MaryJane thinks in her "Everyday Organic" newspaper column about elderberries [here](#).







## Farmgirl Sisterhood News

*from the henhouse...* (Click [here](#) to cluck back!)

**Bees Without Borders:** Hey, ladies, Alee wants to know; "How is your fall going?"

**Farmgirl Philanthropy:** TheresaB is encouraging us to make chemo caps for "Knots of Love."

**Farmgirls of the Heartland:** Wende posted pictures of our fun time together.

**MJ's Heirloom Mavens:** We are looking for a new Queen...can it "bee" you???

**Mountain Chicks:** I have a project idea. I am not sure what anyone will think of this, but I had to share. When Michelle Obama moved into the White House, she planted a garden. I thought this was really a cool example for her to set. Though pundits have had many comments about it, the garden has produced more than 400 lbs of veggies this year. My thought was to send something to Michelle thanking her for her "Farmgirl" example. (chaddsgirl)

### Official Farmgirl Sisterhood Members: It's "ON" the bag ... from René

Taking a page from Farmgirl of the Year Carrie M, I chose to sew my badges on my bag. I love this denim bag, as it holds a ton of stuff and has a zipper. All the badges, buttons, and yo-yos are, of course, added. I have 23 badges (some just Beginner, some Intermediate, and some Expert) ... ALL FUN!



Okay... Now it's your turn. ... [Go here](#) to post your pictures.





## more Farmgirl Sisterhood News

Wondering what else is going on over at the Henhouses? If you aren't yet a Sisterhood member, sign up today and then e-mail **Brianogle@MaryJanesfarm.org** and he will set you up in the Henhouses..

If you would like the opportunity to have your business, life, or blog featured in the Cluck, please contact René at **rene@maryjanesfarm.org**. She is ready and eager to hear your story!

### 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.





# Woo-Hoo!

## Merit Badge Awardees

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

**Alyssa Reid**, Alee #8

Beginner badge: Get It Together / Farm Kitchen

Intermediate badge: Get It Together / Farm Kitchen

Expert badge: Get It Together / Farm Kitchen

**Amanda Hatton**, (Farmette of Kristina Nelson #800)

Beginner badge: Backyard Farmer / Garden Gate

**Anna Jurik**, Prairie Chickadees #595

Beginner badge: Grow Where You're Planted / Garden Gate

Beginner badge: Shopping Green / Cleaning Up

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

**Beverly Sherman**, KMop #799

Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Quilting / Stitching & Crafting

**Carol McElroy**, Lessie Louise #680

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Sew Wonderful / Stitching & Crafting

**Chelsea Watson**, C.W. #577

Beginner badge: Knitting / Stitching & Crafting

**CJ Armstrong**, ceejay48 #665

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Embroidery / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Intermediate badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Quilting / Stitching & Crafting

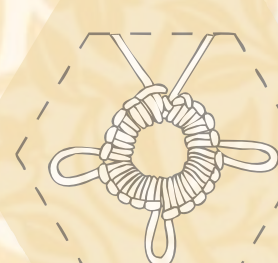
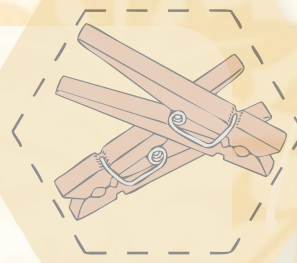
Intermediate badge: Get It Together / Farm Kitchen

Expert badge: Aprons / Stitching & Crafting

Expert badge: Quilting / Stitching & Crafting

Expert badge: Shopping Green / Cleaning Up

Expert badge: Get It Together / Farm Kitchen





## the clucking continues ...

**Emily Nelson**, (Farmette of Kristina Nelson #800)

Beginner badge: Backyard Farmer / Garden Gate

**Gail Springman**, gspringman #486

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Bee Good to Your Mother / Garden Gate

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: In the Garden / Make It Easy

Intermediate badge: Heirlooms Forever! / Garden Gate

Expert badge: In the Garden / Make It Easy

**Kimberly Ann Devlin** (Miltimore), Cherrypie #225

Beginner badge: Bee Good to Your Mother / Garden Gate

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Grow Where You're Planted / Garden Gate

Beginner badge: Heirlooms Forever! / Garden Gate

Beginner badge: The Secret Life of Bees / Garden Gate

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

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Farmgirl Gratitude / Each Other

**Kristina Nelson**, FieldsofThyme #800

Beginner badge: Backyard Farmer / Garden Gate

**Kaitlin Nelson**, (Farmette of Kristina Nelson #800)

Beginner badge: Backyard Farmer / Garden Gate

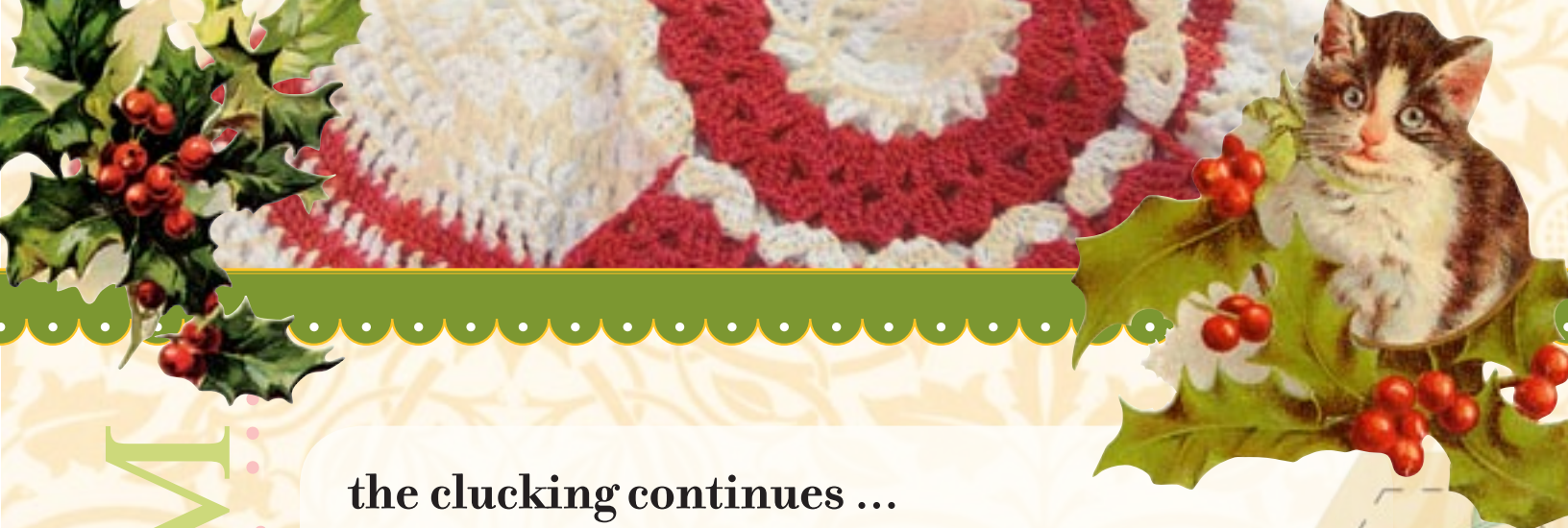
**Libbie Zenger**, Libbie #10

Beginner badge: Public Service / Each Other

Intermediate badge: Public Service / Each Other







## the clucking continues ...

**Melissa Bailey**, MissLiss #724

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Nellie Will-do / Stitching & Crafting

**Michele Blumberg**, seasister #739

Beginner badge: Shopping Green / Cleaning Up

**Stephanie Hatton**, (Farmette of Kristina Nelson #800)

Beginner badge: Backyard Farmer / Garden Gate

**Tammy Bradshaw**, Tammyb #541

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Farmgirl Gratitude / Each Other

**Tracy Roop**, Yarngirl #736

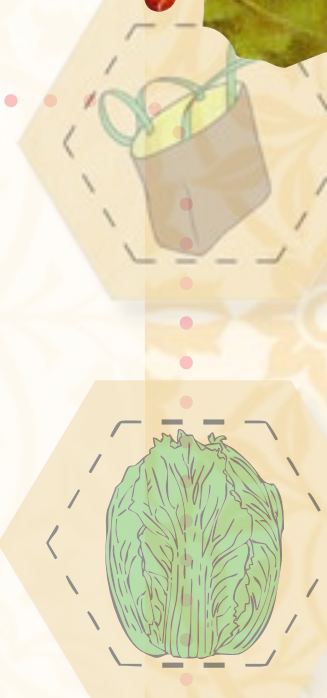
Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Shopping Green / Cleanin

“ Sometimes  
imagination  
pounces; mostly it  
sleeps soundly in  
the corner, purring. ”

– Leslie Grimutter







## Farmgirl Sisterhood Special

**Hello, Farmgirl Sisters! It's the November Farmgirl Sisterhood Special!**

This Sisterhood Special comes just in time to help you get the jump on gathering up all your gifts for the holiday season.

We're putting our entire line of **Lotions and Potions**, as well as Jo Davidson's **Merry Christmas and Happy New York CD**, on sale. With these great gifts stashed in your closet and savings of 16% stashed in your purse, you'll be "ready for the holidays!" (That's your cue for the secret discount code for this month.)

This round, we're also including a free Scrappy Paper-pieced Hotpad pattern made from **MaryJane's fabrics** with orders over \$50 (while supplies last)! Make them as extra little somethings to give away, or as extra little somethings for your own kitchen while preparing all your holiday dinners.

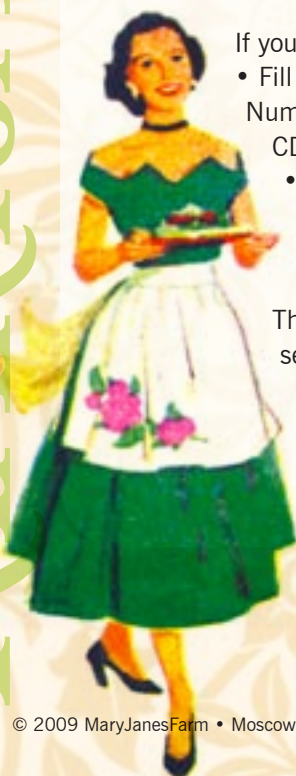
Offer is good for the month of November. You can call your order in to us (1-888-750-6004) or place it on the Web at [www.maryjanesfarm.org](http://www.maryjanesfarm.org).

If you're ordering online, please:

- Fill in your Sisterhood number in the "Sisterhood Number" field before adding the Lotions & Potions or CD to your cart.
- Then, on the last page during checkout, fill in the "Coupon Code" field with "ready for the holidays!" and apply it to your order.

Those steps will ensure that you receive your special discount. Remember, the secret discount code is "ready for the holidays!"

There's no need to order or note the hotpad pattern—we'll remember to throw them in while supplies last!







## Magazines, Books, and More

### December/January 2010 issue of *MaryJanesFarm*

Our December/January issue, "Old Fashioned Christmas," is on newsstands now. In it, you'll learn to make an organic holiday dinner in just 2 hours, craft a gingerbread farm, find ideas for the holidays beyond red and green, make a place for every tool, 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 gift giving. 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 organic 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](mailto: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](mailto:rene@maryjanesfarm.org).



**Over 885 Farmgirl Chapters in 48 states and 7 countries  
and 40 Henhouses with 850 Sisterhood members ~  
growing stronger every day!**



# Holiday ideas ...

MARYJANESFARM



**Sushi Basket**  
Everything you need to make sushi, including instructions.

**EDEN.** Order Gift Baskets  
[www.edenfoods.com/gifts](http://www.edenfoods.com/gifts)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	Tom's Birthday	4	Work Party
8	9	10	Dinner with John & Judy	12
13	14	15	Wendy's Party	HANUKKAH
20	21	22	CHRISTMAS EVE	25
27	28	29	30	CHRISTMAS

**EDEN® Gift Baskets**  
A thoughtful gift for any occasion or simply to let someone know you care. Pure food that purifies in many gift configurations, your note included, simple to do.  
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or call toll free 888.424.3336

**Soup's On Basket**  
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