

MaryJane's Cluck™

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

March, 2010

Morning Dew

Circumstances made us FRIENDS, MaryJanesFarm made us SISTERS!

MARYJANES FARM

Hello from Sister #1

It's women who ...

This spring, when the movers and shakers in my hometown of Moscow, Idaho, got together to plan a ground-breaking sustainable local food production summit, more than two-thirds of the committee members were women. When the steering committee of Buy Local Moscow meets to support locally owned businesses and strengthen our local economy, 10 of the 11 committee members are women. When the board of the Palouse-Clearwater Environmental Institute (the organization I founded 24 years ago) gets together, 70 percent of its members are women.

Do you see a pattern here? It's women who take that extra step to sign up, join in, hold hands, support each other, and attend meetings. Perhaps, due to our ties to children and the future, women are envisioning ways to bring sustainability and green values into our communities. And maybe due to traditional female strength in building relationships, women are forming alliances and working together for real change. In Moscow, it's women who are making a difference today.

That should be no surprise. In frontier Idaho, women were valued partners, and the state was among the first to support equality for women. Women could vote in Idaho for more than two decades before the passage of the 19th Amendment in 1920. Ever since Moscow was established in 1876, women have been a civilizing influence, the social force behind the creation of parks, schools, and more.

continued ...



In 1990, nine of the last 10 members of the Worthwhile Club, founded in 1929, met at their monument.

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USED OVER 1,000 YRS.
ARRIVING HERE JUNE 21, 1655.
GOV. L.L. STEVENS RECORDED
THE FIRST HISTORY OF MOSCOW AREA.
ERECTED BY THE WORTHWHILE CLUB 1926

continued ...

Take Moscow's library, for example. Moscow was less than a decade old in 1885, when the Women's Reading Room Society gathered a few dozen books and opened a tiny library upstairs in a commercial building downtown. Six years later, two local women's organizations, the Pleiades and the Ladies' Historical Club, joined forces to harness public support and raise the funds to construct a public library. In 1906, the library opened, thanks to the women of Moscow.

But town women were not the only active ones. Rural women in the region were also banding together to do good work. They created women's clubs to support their local school districts, and almost every one of the small rural schools scattered around the region had one. Just over Paradise Ridge from my farm was one of my favorite groups: the Worthwhile Club. In 1929, six women established the club, agreeing on the motto, "Our name and our aim are the same." By the mid-1930s, 35 women were paying dues and meeting twice monthly. Sure, they got together for fun and to talk about their biggest passions—family, gardening, and handwork—but they also raised money for the school and local charities (including an orphanage and a school for disabled children) and made quilts for farm families who lost their homes in fires. They also placed the monument shown at left at the site of the Mount Tomer School. The plaque remains today, even though the club itself has disbanded, a victim of changing demographics and changing times.

Moscow is not the only community where women are leading social change. Women make these differences across Idaho, our nation, and around the world. The pivotal role of women around the globe is the focus of a new best-seller and much-talked-about book, *Half the Sky*, by Nicholas D. Kristof and Sheryl WuDunn. They argue that women are critical to meaningful social change in developing countries around the world. They give endless examples of positive change that results when women take action. The authors discovered that developing nations that facilitated that power and invested in women's health and autonomy reaped profound social and economic benefits.

"In my town, it's women who ..."

(Click [here](#) to post inspiring stories and photos of women in *your* town!)

Mary Jane

Helping Hands

In the Oct/Nov 09 issue of *MaryJanesFarm*, we reported that a million more Americans volunteered in 2008 than did so the previous year. Recently, the U.S. Bureau of Labor Statistics announced that 63.4 million people volunteered at least once between September 2008 and September 2009—an increase of about 1.6 million over that same period in the previous year. The report also showed that about one in four Americans volunteer and that most of the increase was thanks to women!

A word from your Sisterhood Coordinator ...

I have heard it said that “luck” is when preparation meets opportunity. If that were true, then I would have to say that I believe in luck. For me, preparation comes in the form of curiosity and a desire to know more, while opportunity seems to be everywhere when one is really looking. An ancient saying tells us, “When the student is ready, the teacher will come.” Certainly, that has never been truer than it is in my life as Sisterhood Coordinator. In my 46 years, I have discovered one truth about me, and that is that I am the most alive when I am learning something new.

Being challenged is one of the many reasons that I enjoy the Farmgirl-Sisterhood Merit Badge Program. It has allowed me to show off what I can already do when earning one badge, while stretching me to learn something new with the next.

I have found that finding quality teachers for any given activity here on the farm is not too much of a challenge, especially with our flock of farmgirls. So one is almost forced to admit that it is “lucky” for us that we have the Farmgirl Connection, as it is the opportunity that luck needed. More and more of us are rising to the challenge of the Merit Badge Program, and in the doing, showing the little ones in our lives what it is to take on new challenges.

I have loved the recent e-mails from “sisters” sharing how much fun they are having with both the Farmerette and Young Cultivators Programs, and I am so impressed with what is being passed on to the other generations. Being in the Sisterhood, for me, isn’t just about earning badges, but rather about learning and mastering skills that I can pass on.

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I love feeling as if I were part of a carefully crafted quilt that has a common thread passing through it. Knowing that the “stitches” I add are a permanent imprint that will rest alongside all the other farmgirls that came before me and with me, and that as a new generation learns these skills, our imprint says we were here. Maybe preparation and opportunity does make us lucky ... or maybe farmgirl “luck” should be spelled b-l-e-s-s-e-d.

For more information on the Young Cultivators, Farmerettes, or Sisterhood Merit Badge Programs, [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).

This time of year, I always start to feel a bit stir-crazy. My kids aren’t the only ones that could use a bit more fresh air and some time with their pals. Since the fresh air issue will remain a challenge for a few months still, I’ve come up with a plan for being with pals.

I am vowing to give my friends and myself something to look forward to in March. I’ve punched the numbers, done the math, and I think it will work and we’ll all have a good time. My invite will read something like this ...

Ready for a bit of fun, some laughter, and good company?

Who needs an excuse to get together? I’m having a (child-free) party!!

What to bring: board games, your own drink, and an appetizer to share.

And ... (this is the really exciting part for all our friends with kids) ... we’re getting a sitter ... here ... at my house. I know a sitter who is excited to hang with our kids, feed them dinner, let them watch a movie, and keep them entertained while we play some Taboo, Scattergories, Apples to Apples, etc. So, if you are bringing your child/children, please bring some \$\$ to add to the pot for sitter services.

We are looking forward to seeing you all!

My goal is to keep it simple enough that everyone can join in. We’ll see how it goes. If anything, it’ll get some good laughs and I am always up for those. I scheduled it the second Saturday of the month because it sounds catchy, and if it does work, then we’ll have game night every second Saturday of the month! When it’s too warm inside, we’ll move game night to the back deck. Why miss out on a good thing?!



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.



Duck Eggs

I'm a big egg eater. Nearly every morning, I crack one into a frying pan; plop it on a piece of dry, grainy toast; and applaud myself for eating a healthy, protein-packed breakfast. Until recently, it never occurred to me that my morning staple didn't have to come from a chicken.

A few miles from my house, tucked into the foothills east of Boise, is Morning Owl Farm. The title is a bit of a misnomer ... it's not the owls that draw attention; it's the hundreds of darling ducks waddling all over the property. Mary Rohlfing recently gave me a tour (and the following interview) of her certified organic farm, beginning with her oft-said motto: "Once you go quack, you never go back." Mary sells her eggs (\$5/dozen) at her farmstand from May through early October at Morning Owl Farm, 7020 Pet Haven Lane, Boise, ID 83716. Visit Morning Owl Farm [here](#).

How many ducks do you have? We have 250 ducks. They're called "Golden 300" ducks because they lay 300 eggs per year.

What's the difference between duck eggs and chicken eggs? Duck eggs have a larger yolk and more fat and cholesterol, but they're also higher in protein and vitamins A and D.

Are you surprised by the demand for your product? Yes! Demand far outstrips our ability to satiate it. We go back and forth about the possibility of expansion to meet that demand, but what we'd really love to do is encourage other people to raise ducks on their farms.

How big of a supplier is your farm? We probably have 99.5% of the local market. We are sole supplier for our local co-op and many restaurants. We get specialty requests from chefs throughout the state. We also get requests from around the country. Two weeks ago, we got a call from Pennsylvania, but we can't ship there because it's too cost prohibitive. I usually try to find someone in their area who can provide them with eggs.

How can people search for duck eggs in their area? Visit Local Harvest [here](#) and type in duck eggs. It asks for your location and will show you what's available where you live.



continued ...

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

continued ...

Eggs: Duck vs. Chicken

Once you crack the egg, you can see the difference ... a deeper, richer yolk and a transparent white. But Mary also highlights the nutritional differences:

Protein: 8.97g vs. 8.5g
 Calcium: 45mg vs. 39mg
 Iron: 2.7mg vs. 1.46mg
 Thiamin: 109mg vs. .061 mg
 Niacin: 140mg vs. .043mg
 B6: 175mg vs. .084mg
 B12: 3.77mg vs. 1.08 mg
 A: 930ui vs. 364ui



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

continued ...

I tried several recipes with duck eggs, but my recommendation is to simply fry or poach the eggs for your first sampling. This way, you can truly taste the egg. But don't limit yourself to breakfast. I serve mine on a simple salad of mixed greens with light vinaigrette.

Alyson's Vinaigrette

- 1 garlic clove
- 1 T Dijon mustard
- 2 T white wine vinegar
- ½ cup extra virgin olive oil
- ½ t salt
- ½ t pepper

Crush garlic clove with the flat side of a knife, but don't mince or chop it. Put the crushed clove into a "shakable" container. Add mustard, vinegar, oil, and seasonings. Shake to emulsify. Remove garlic before serving. The flavors intensify as the dressing sits.



Tip

Clean up messy baked-on pan drippings easily by using one of those little hard rubber spatulas made for cleaning dough off your cutting board.

Featured Recipe

From *MaryJanesFarm* "Ladyslipper" issue

Greek-Style Stuffed Peppers

- 1 T oil
- ½ cup minced onion
- ½ lb lean ground beef or ground chicken
- 3 cloves garlic, minced
- 1 large egg
- 1 cup plain yogurt
- 1½ t salt
- ½ t pepper
- ½ cup dry breadcrumbs
- 2 cups cooked rice (or 4 cups rice if omitting meat)
- 1 cup feta, crumbled
- 1 tomato, seeded, cored, and diced
- 2 T fresh lemon juice
- 1 T dried oregano
- 2 T fresh basil, chopped
- 4 bell peppers with tops cut off, seeded



1. Preheat oven to 475°F.
2. Heat oil in a skillet over medium-high heat. Add onion and cook until softened, about 5 minutes. Add ground beef or chicken and cook until no longer pink, about 4 minutes. Add garlic and cook until fragrant, about 30 seconds. Remove from heat and allow to cool slightly.
3. In a large bowl, whisk together egg, yogurt, salt, and pepper. Add cooled meat mixture; stir in remaining ingredients. Mix well with hands.
4. Spoon mixture into peppers. Place peppers in a tube pan, bundt pan, or 8" x 8" baking dish and cover with foil. Bake for 35 minutes. Remove foil and bake for another 10 minutes until peppers are crisp-tender and filling is hot.

“In cooking, as in all the arts, simplicity is the sign of perfection.”

— Curnonsky

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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.

“March is a month of considerable frustration—it is so near spring and yet across a great deal of the country the weather is still so violent and changeable that outdoor activity in our yards seems light years away.”

—Thalassa Cruso

I Believe

“One can’t believe impossible things,” said Alice. “I daresay you haven’t had much practice,” said the Queen. “When I was your age, I always did it for half-an-hour a day. Why, sometimes I’ve believed in as many as six impossible things before breakfast.”

Make this your mantra for March. Heck, make it your mantra for every single day.

Right now, I am reading it and saying it out loud a couple times of day. As I write this, the snow is coming over the mountains and descending into the valley. I understand, completely and sanely, there is not a thing I can do to hurry Spring into my life, but I am so weary of the wintery gray days. I’ve been out on my knees inspecting the tiny golden buds of the crocus. Two are up. I see the hellebores are fat and pink and promising. The dark stems of the potted apricot tree are stubbled with tiny nubbins-soon-to-be-blossoms. Therefore ...

I believe there will be a time in my garden when the tomatoes are full and fat and red and ripe and I won’t be able to keep up with them.

I believe there will be a time in my garden when I can pick a huge bouquet of purple German bearded iris and the smell of grape bubble gum will fill the house. I won’t care if they drip purple puddles on my table.

I believe there will come a moment in my garden when I am standing there eating those fat golden soft warm apricots and marveling at their smooth-as-silk skin, the glory of their golden flesh.

I believe I will be grinning from ear to ear as I witness the first buds on my six variety pear espalier in a few months.

I believe I will be hot and sweaty and reeking of vinegar, garlic, and dill, all the while wondering what the hell I was thinking when I ordered not 20, but 40 pounds of pickling cukes.

I believe this will be my best gardening year ever and the pickles will get put by, the jams all jammed, the cherry cordial will multiply on its own, and the peaches frozen for a dozen more pies.

I believe!



stitching & crafting room

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

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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.

A Place for Dreams

Most of us live ordinary lives that are often routine and occasionally sublime. With our feet firmly planted in daily tasks, we can leave room for wild dreams and adventures. Lately, I daydream about Paris. I imagine wandering through the city's art galleries and flea markets, taking the train to Normandy to visit small farms and villages. What a luxury it would be to sit at a café watching the city bustle for an afternoon. Who knows what it would be like to visit Paris ... but that isn't actually the point.

My interest in Paris began when I found a photo taken by my grandfather, Norman, in the 1960s on his way to Korea as an Army Intelligence Officer. It is a black and white shot of the Eiffel Tower, and it has been on my fridge for years awaiting a permanent home. I often wonder what he did after taking that classic picture—did he step into a café for lunch or take a stroll along the Seine? I don't get very far these days with little ones underfoot—daydreaming from my kitchen window is my current mode of travel. In a moment, I can be off on a new adventure without missing the simple life I love at home.

This month's project is all about honoring our daydreams. When an empty chocolate box ended up in our recycling bin, I pulled it out, resolving to turn it into a memento box. I ordered an ephemera pack from Bird Song Studios that contained old sheet music and pages from vintage French texts to line the inside of my box after painting it with a gold metallic paint and letting it dry. I used Mod Podge to decoupage the papers to the inside of the box and covered the lid with vintage wallpaper as well.

Now that I had a fresh canvas, I made a black-and-white copy of my grandfather's photo on beautiful hemp paper and decouped it onto an old playing card that serves as its frame. I added the word "daydream" stamped in red onto craft paper and decouped it onto the lid as well. With the addition of a few old buttons and glitter, my box was done, and now it holds old photos of my grandmother, a delicate silk flower, and some dried lavender from my mom.



Perhaps one day, I will put a small envelope inside to save money for that trip to Paris, but for now, I am happy to have a special place for my dreams.

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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.

“Sewing fills my days, not to mention the living room, bedroom, and closets.”

— Author Unknown

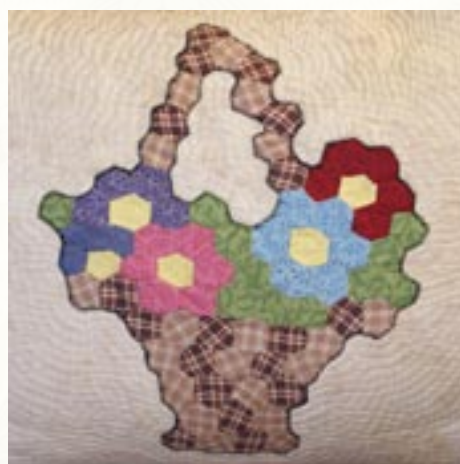
Shery's Prairie Posies

A variation of an old-time favorite, "Grandma's Flower Garden," is featured in this basket of flowers (shown as a quilted 14" x 18" pillow). Once the flower basket is pieced together, it can be finished in a variety of ways. Instead of a pillow, you might choose to make a hot pad suitable for a large casserole dish. Other options include putting the flower basket on the back of a jean jacket, a farmgirl apron, a tote bag, or a girl's sundress. Let us know what you do with it and send us your photos.

The flower basket pillow as shown was hand-sewn throughout. It is very easy and uses only one pattern piece. The pillow is an ideal 'lap work' project that can fit into a handbag. Work on it while you have bits and pieces of time on your hands—waiting for appointments, kids' ballgames, etc.

Supply List (for pillow)

- 1 yard muslin fabric (I tea-stained mine)
- Scraps of vintage-looking calico (for flowers)
- Two colors of brown plaid homespun (for basket and border)
- Natural-colored quilting thread
- Black sewing thread
- Batting, stuffing
- Graph paper



continued ...



make it easy

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Directions: (Refer to photos on previous page for visual aids)

1. The graph paper you will use is standard size: 1 square equals $\frac{1}{4}$ ". Draw the flower basket octagon pattern on the graph paper. You may wish to trace your paper pattern onto plastic (recycle a leftover container lid) so that it can't be damaged like a paper template. The octagon pattern size is about the size of a quarter.
2. Trace around your pattern onto the basket and flower fabrics. Refer to the photo for the numbers of each color needed. Cut out your pattern pieces and remember to add $\frac{1}{4}$ " beyond the pattern piece for a seam allowance.
3. With needle and thread, hand-stitch the pieces together. It really doesn't matter where you begin; I started at the bottom of the basket. Finger-press the seams as you go to make the basket and flowers flatten a little. When you've finished piecing the basket of flowers, spray with water and press it with a hot iron. The finished basket will measure 9" x 11" approximately.
4. Pin and appliqué the basket onto the surface of the muslin piece, 18½" x 22" (or the optional project you've chosen). Use a blanket stitch or traditional appliqué (no stitching is visible on the outside border).
5. Make a 14" x 18" pillow from muslin that will fit into the pillowcase. Stuff it and stitch it closed. Set aside.
6. Pin the 14" x 18" piece of batting onto the back of muslin fabric. Load your needle with quilting thread and start quilting by first stitching the insides of the flowers, and then make an "X" inside the bottom of the basket. Now you're ready to "stipple" quilt outside the basket. Make rows of quilting about $\frac{1}{4}$ " apart and begin by stitching entirely around the edge of the basket about four rounds. Smooth out the surface and re-pin as you go. Don't be "legalistic" about where you stitch after this phase. Envision the rest of your quilting as a ripple effect and refer to the photos. Relax and just follow the ripples until you reach the edges.
7. Cut 3" wide strips of calico or homespun (long enough to fit both ends of the muslin piece) if you wish to add a border to the pillow; the strips will finish to be 1½" wide when sewn on. The pillow flap simply folds over the back of the pillow. You might choose to add lace or large rick-rack as a border instead of fabric.
8. Stuff pillow into the case. Hand-wash pillowcase, air dry on flat surface.

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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.



Facials at Home

Give yourself a luxurious facial at home! This is especially fun to share with your girlfriends, and you will love how soft and radiant skin your skin will be afterwards. Try to set aside some time for a facial once per month, but once per week would be even better.

Wash your face with cold water before beginning. If wearing makeup, you can remove it naturally with jojoba oil or hazelnut oil.

Step 1: Exfoliate

Facial scrubs exfoliate the skin, scrubbing away dead skin cells. Some facial scrubs can be rough on the skin, but this recipe is gentle and soothing.

Rose and Oat Facial Scrub

- 1 T organic old-fashioned rolled oats
- 1 T organic raw almonds
- 2 t dried organic rose petals
- 1 t Rhassoul clay

Grind oats, almonds, and rose petals in a clean coffee grinder until finely powdered. Sift through a mesh screen to remove larger pieces; larger pieces may be too abrasive for the delicate facial skin. Add Rhassoul clay, mix thoroughly, and store in a glass jar. To use, mix 2-3 t with water, milk, cream, flower water, or tea until a smooth paste forms. Massage the scrub onto your face with fingertips, then rinse with cool water.

Step 2: Steam

Facial steams are amazing for your skin. They moisturize, relax muscles, plump wrinkles, eliminate toxins, dislodge dirt from pores, and are good for circulation.

I love taking a stroll through my garden and picking fresh herbs to use in a facial steam. You can also use dried herbs, especially in the winter months when fresh herbs may not be available. Create different herbal combinations depending on your mood and skin care needs. Lavender, chamomile, roses, calendula, and lemon balm are relaxing and calming to the skin. They are good for all skin types and are well suited for dry, mature, and sensitive skin. Rosemary, sage, peppermint, thyme, lemon verbena, and eucalyptus are refreshing and help with congestion. They are best for normal-oily skin types.



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Herbal Facial Steam

Place 2-3 T of dried herbs or 3-5 sprigs of fresh herbs into a large ceramic or glass bowl. Boil water and pour over herbs, immediately placing a towel or lid over the bowl so that the oils being released from the herbs do not escape. Steep for 5 minutes. Place the bowl on a table or other surface where you can comfortably sit and hold your face over the bowl covering your head and the bowl with a large towel to make sure that no steam can escape. Make sure to keep your eyes closed and breathe deeply to inhale the therapeutic properties of the herbs. Steam for 10 minutes.

Step 3: Mask

Facial masks are used to deeply cleanse the skin. Clay masks pull excess oil, dirt, toxins, and impurities from pores, while honey masks are hydrating and wonderful for dry or mature skin.

Sometimes I desire the cleansing properties of a clay mask, but my skin feels dry. In these instances, I will do a short clay mask for 5-7 minutes and then follow it with a honey mask. This makes my skin feel fresh and hydrated!

French Green Clay

To use, mix 1-2 t with water, flower water, tea, yogurt, cream, or milk. Apply a light layer on the face, making sure to avoid the delicate skin area around the eyes and mouth. Leave on for 10 minutes or until the mask feels taught and dry, then rinse off with cool water. For delicate or dry skin, you may only want to leave on for 5 minutes.

Honey

Using your fingers, spread onto your face and gently massage with fingertips. Leave on for 15 minutes or longer (you can't overdo this treatment), then rinse off using lukewarm water.

Step 4: Tone

Toners help to adjust pH levels, remove any residues left on the skin after cleansing, and moisturize. This recipe will create a calming, hydrating, and healing herbal facial toner.

Soothing Facial Toner

- 4 oz distilled or filtered water
- $\frac{1}{8}$ cup organic rolled oats
- 1 t dried organic chamomile flowers
- 1 t dried organic lemon balm leaves
- 2 dried organic calendula flowers

Boil water, pour over oats and herbs, and steep until cool. Strain, and place in a 2-oz bottle with fingertip mister. Store in a refrigerator for up to a week to ensure freshness. Shake before each use.



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continued ...

Step 5: Moisturize

Facial oils nourish the skin at a deep cellular level. They are a perfect alternative to facial creams, which often contain chemicals and preservatives. The recipe below is for a rich and healing facial oil ideal for mature, dry, or damaged skin. The ingredients have been shown to help prevent wrinkles, scars, and stretch marks. If you are in a pinch, then plain rosehip seed oil or pomegranate seed oil are superb when used by themselves.

Rejuvenating Facial Serum

½ oz organic rosehip seed oil
¼ oz dried organic jojoba oil
¼ oz organic pomegranate seed oil
Dash vitamin E oil (around ¼ tsp)
10 drops organic lavender essential oil
6 drops organic Roman chamomile essential oil
3 drops organic helichrysum essential oil
2 drops carrot seed essential oil

Drop essential oils, vitamin E oil, and rosehip seed oil into a 1-oz glass bottle and roll bottle between your palms to evenly mix the oils. Top with other oils and roll again. Use daily for best results.





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.



Farmgirls Packin’ Iron

Northeast Wyoming is now home to a Farmgirl Sisterhood chapter! We’re called the “High Plains Sage Hens.” Our flock of hens has held four monthly meetings. We take turns hosting “Farmgirl Night” and we plan a group activity or bring “lap work.” It’s a toss up as to what we do more of ... working or yakking.

At our last meeting, we enjoyed an artisan bread workshop led by farmgirl extraordinaire Anita Shepperson. Beforehand, she served us supper ... chicken soup, plus three kinds of bread, homemade butter, pickled carrots and beets, and home-brewed wild-plum wine. She then gifted us with heart-shaped, split-oak baskets filled with cookies and truffles—all of which she made.

After our bread workshop, Anita put the dough away (to be baked the next day). Her husband, Jerry, then taught us basic gun safety and showed us his collection of firearms. Jerry is a lifelong rancher and hunter and fully embraces his Second Amendment rights (the right to bear arms). Jerry’s patient instruction was a true-blue farmgirl learning experience.

I freely admit to needing firearm education. A few years back, I was enraged at Brer Fox for nearly decimating my 40+ free-range flock of laying hens. I arrived home to discover fresh carnage all over the barnyard and driveway. I barely knew how to operate my husband’s .357 Magnum pistol, but I stormed into the house and back out with one thing in mind: putting an end to the murderous red varmint that ran into our barn to hide! He was behind some lumber in a dark corner and I could barely see him. I fired and the ‘hand cannon’ about knocked me off my feet! Although I missed the fox, I did manage to put a plate sized hole in the barn, which let in enough light for me to get him on the second shot. Funny now, however, it was not so fun explaining to the barn builder (aka, my husband) who thought a .22 might have been a more appropriate choice. Ya’ think?!

So popular was our farmgirl firearms seminar that we’re planning a part-two outdoor clinic in the spring. Picture, if you will, apron-clad farmgirls packin’ iron and shooting paper plates off of fence posts.



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.

Baking Soda Magic

Cleaning up can get expensive when you have to buy a different product for various cleaning tasks. However, when you find a product that can handle many cleaning needs, you can get a lot done and save extra money. I have found a product that does just that: save money and handle many cleaning jobs.

My favorite cleaning product is baking soda because it is such a universal cleaner, non-toxic, and so inexpensive. Some of the ways to use baking soda for cleaning in the kitchen are: scrubbing pots, pans, sinks, and counters. You just add a little water to the baking soda to make a paste and apply a little pressure in a circular motion. You will find this will get out the toughest of grime. Baking soda is also great in the bathroom for sinks, toilets, tubs, and tile. You will be amazed how well baking soda works without the harsh smells other chemical cleaners have.

Another way to use baking soda effectively is by deodorizing. You can sprinkle a little onto carpets, or use inside garbage pails and litter boxes. I have found that baking soda in my washing machine really improves my liquid detergent for cleaner, fresher clothes.

One interesting way to use baking soda is for personal care because it helps reduce the number of toiletries I need in the bathroom. I have found baking soda can be used for many different personal needs. Here are just a few:

- ½ cup into your tub for a refreshing bath and foot soak
- 1 t into your shampoo once a week for fuller hair
- 3 T combined with 2 T of water for a fresh face wash
- ½ t combined with toothpaste to whiten and clean your teeth
- ¼ t sprinkled into your shoes to keep them smelling new



Make Mine
GREEN



Young Cultivators

What's a Young Cultivator?

Young Cultivators are girls and boys between the ages 6 and 13. They can work with Farmgirl Sisterhood members to earn badges, but have their own unique program. [Click here to find out more.](#)



MaryJane's Garden Scrapbook

My collection of vintage scrapbooks created by children, including the one put together by my mother-in-law when she was a young 'un, is an absolute treasure. Long before scrapbooking became a billion-dollar industry, it was a common pastime for children. Garden scrapbooks are worth reviving because discarded magazines are everywhere! It's a simple hobby. All you need to get your child started is a good pair of scissors (blunt-tipped if they're too young for pointed), a blank book, and some glue. Here's an entry from Ruth's, my mother-in-law. I can't do her entire book justice here, but the "clip art" in her book has been of value to my designers repeatedly for brochures and more. So, help your child create a family heirloom by letting them clip out photos or drawings of veggies, flowers, and barnyard critters. Cut and paste, old-timey style!

“...you'd be surprised to find my garden pasted in a book!”



More children's projects like this are available in *MaryJane's Outpost* book.

[Click here to buy!](#)



Featured Farmgirl

Connie McCaffery, Sister 673



Forum ID: naturemaiden

Married? Yes

Children? two boys

Favorite flower? Lilac

Why? The beauty and aroma are intoxicating

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

My passion is gardening. I have been obsessed with nature since I was a little girl. I love growing plants from seed and watching them grow. I love the morning sun on my face and the coolness of the earth under my bare feet.

Favorite Quote: "You laugh at me because I am different; I laugh at you because you're all the same."
– Author unknown

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

"Just let it go, let it drop to the ground." (regarding troubles in life)

A dear friend, Margaret Lightfoot, said this to me one day. I think of her words often, and they have helped to remind me to let the insignificant things go. We just cannot let every little thing in life bother us.

What are your dreams for the future?

It would be wonderful to see my product line (see next page) take off this year and be successful. As I get older, I am finding that I want to live a more simple life, to get rid of the "excess." My dream would be to "permanently" settle somewhere rustic, and to live a simpler life. And to grow most of my own food, and to be as self-sufficient as possible.

continued ...

continued ...

Nature Maiden Handcrafted from Nature

Below is a picture of my *Nature Maiden* products.
Please visit me on the **web**—**just click here!**



The Scoop from MaryJanesFarm

Thanks to MaryJanesFarm Computer Maestro, Gabe, when you go to ANY Sisterhood page on our website, you will see the menu below:

**What's the Farmgirl Sisterhood? | Logo Rules | Earning Merit Badges
Farmgirl Sisterhood Flyer | Farmgirl Sisterhood Brochure**

You can now click on Farmgirl Sisterhood brochures and flyers and print them off for your chapter meetings or events. Click **here** to download our Sisterhood Brochure.

News from MaryJanesFarm: Our newest farmgirl!!

I get to be the gushing auntie!! My brother, Brian, and his amazing wife, Ashley, just welcomed adorable little Adria Ruth!! Born at home on Valentine's Day.

Both mama and baby are healthy and happy.
Brian is a very proud papa ... and if I do say so myself, they make beautiful babies!!

MaryJane's daughter,
Meg



Current Holidays:

March 2 ~ Read Across America Day
March 11 ~ Johnny Appleseed Day
March 13 ~ Thank a Chicken Day
March 14 ~ Daylight Savings Time Begins (spring ahead)
International Ask a Question Day
March 25 ~ Wear a bandanna today!
March 29 ~ Passover Begins

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



Farmgirl Chatter

What are farmgirls chatting about?

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



Across the Fence: Spring Fling 2010. Submitted by deeredawn

Harvest Thyme Farm is gearing up once again for our second Annual Spring Fling, Heirloom Seed Sale & Plant Swap! I am looking for local vendors who would like to bring something different to our show. Booth space is \$10. You need to supply your own table, chair, etc, however, your refreshments will be free and there is a goodie bag (think Oscar swag bag on a farmgirl level) for each of you.

Setup is between 9-10 a.m., which will give us ample time to visit with each other and do some pre-event swaps. I am also looking for anyone that would like to do a presentation on beekeeping, candle making, starting herbs indoors. and so on. There is a lot of advertising going into this; I've already started advertising on a Cleveland local food forum as well as Facebook. I plan on local paper ads as well.

If we do experience rain, I will try to have the barn for us to set up in. Space is limited. I encourage you all to bring tents. Last year was a good start. I'd say we had about 50-75 outsiders wander in. I'm hoping for 3 times that this year.

Please e-mail me for more information. A lot of farmgirls will be in town for this. You can camp on my property or I can direct you to local hotels. If you choose to stay the night, we can do a cookout in the evening, potluck style. Let me know if you're interested and I will help you out in any way possible.

For more details, [click here.](#)



the chatter continues ...

Across the Fence: What old-fashioned things do you do? Submitted by maggie14

Well, for me:

1. I sew a lot by hand.
2. I do dishes by hand.
3. I iron my clothes.
4. I write letters.
5. I make my own dog food by hand.
6. I bake lots of our breads, cookies, etc.
7. I clean our floors the old-fashioned way by getting down on my hands and knees.
8. We grow our own wheat for bread making.
9. I make popcorn on the stove (we don't have a microwave).
10. We grow and dry our own fruit.
11. When the weather's nice, we dry our clothes outside.
12. I milk my goats for milk so we always have fresh milk.
13. I make cheese .
14. I'm learning to make our own soap.
15. We cut and stack our own firewood.
16. We build our own things like our goat shed, greenhouse, etc.
17. I write a diary!!!

[click here](#) to go to topic.

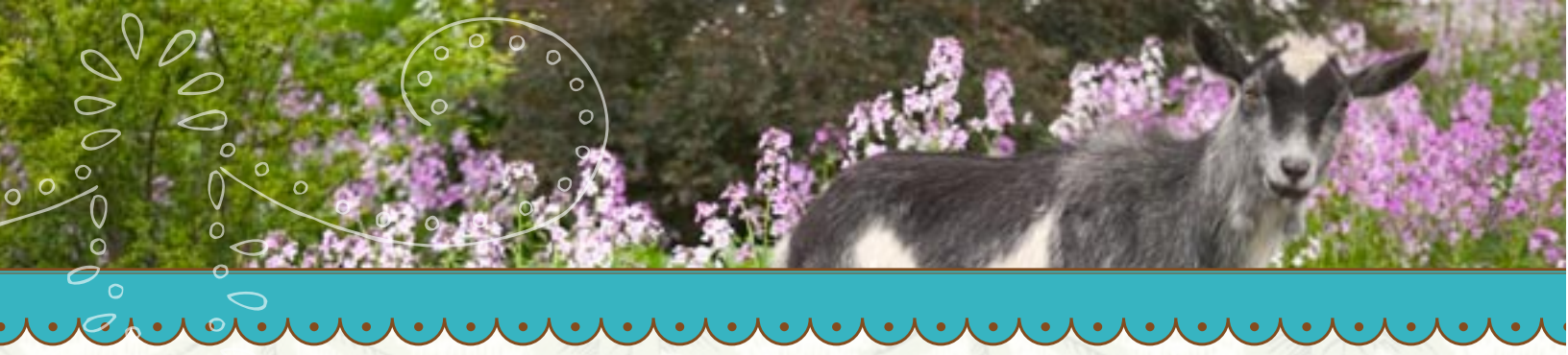
Across the Fence: Co-sleeping with baby. Submitted by babysmama

Do any of you mamas co-sleep (or have co-slept before)? I wrote a post on my blog about it and would love to hear your comments. Click [here](#) to go to topic.

Across the Fence: Jane Austen Recipes. Submitted by maggie14

Hi Ladies. I am offering Jane Austen recipes again!!! All you have to do is e-mail me your "snail mail" address! Thanks so much!! Find out how to get yours by clicking [here](#).





the chatter continues ...

Barnyard Buddies: All Things Dairy (Goats or Cows). Submitted by kristin sherrill
I thought we might need to have a dairy thread going here since there are so many of us that have goats and cows. And we always need advice and help on one thing or another. So why not start a dairy area.

Anyone interested? We can talk all we want about our favorite girls. I'll start.

I have three Lamanchas and one Nubian. They range in age from 3-7. They are all due to kid around the end of March. I am hoping for more girls this year. We had 13 kids last year and only two were does. So I keep rubbing their bellies and talking to the "girls."

I have been milking goats going on 5 years now. I love it. I milk by hand. I have three stanchions, so that makes it easy. Last year, I had seven I was milking. Four is still a lot and I may end up selling one more. One of the does is half Toggenburg and her milk last year was not that good.

So ya'll join in and let's talk dairy **here**.

Cleaning Up: Soap-making Advice. Submitted by Canadian farmgirl
My goal for 2010 is to learn how to make soap! I have bought the book *The Soap-maker's Companion* by Cavitch, and I have a question: Can you use an electric mixer that is not a stand mixer? I only have a portable (two-beater) one that you have to hold onto while using it.

Any other advice for a rookie soap-maker? I am going to use a wooden cutlery tray from my dining room buffet (you can remove the dividers) as my mold, and line it with parchment paper. Would this work ok? If things go well, I plan to make a wooden loaf-type mold.

Please share your advice **here**.



the chatter continues ...

Farmgirl Fashion: What's your signature scent? Submitted by Prairie Princess

Mine is Vera Wang 'Princess' ... and I also love, love, love rosewood essential oil from time to time. Do you have a favorite scent for a particular mood? I usually dab on the rosewood oil when I need a bit of courage ... interviews, work challenges, etc.... Click [here](#) to go to topic.

Garden Gate: Kitchen gardens. Submitted by Mary Ann Newcomer

Are you doing anything new in your garden this year? I am especially interested in what you might be growing to EAT and if you are trying new seeds or techniques. I am adding two new raised beds (36" high) in the sunny hot part of my lawn. Saying goodbye to a little more turf and making it actually produce for my efforts. Click [here](#) to go to topic.

Herbal Wisdom: Dill 2010, Herb of the Year. Submitted by chessie

As the International Herb Association gets ready to release its newest Herb of the Year publication, Dill 2010 (to which I am a contributor), I wonder if any of you want to discuss dill and its uses. What I want to know is ...Do you love and use dill? If so, do you use it mostly fresh, dried, or the seed? Do you grow dill? What do you make with it?...Pickles, of course, count. Looking forward to hearing what you say! Click [here](#) to go to topic.

Parenting & Farm Kids: Introducing a Little Farmboy. Submitted by CRshelpmeet

Little Charles Richard IV made his arrival yesterday at 5:10 in the morning. :) He weighs 7 lbs, 11 oz, and is 20½" long. Everyone is doing great! He's a big eater and loves to snuggle. Thank you, everyone who has kept us in your prayers, as we have gone through our journey and now here is our little destination. :D
hugs,
Jessie

Send Jessie and Charlie your love [here](#).





Farmgirl Sisterhood News

from the Henhouses

... (Click [here](#) to cluck back!)



Please check out the changes made to the Sisterhood pages as well as additions to the Sisterhood badges and the Young Cultivators by clicking [here](#).

Farmgirls on the Loose - UPDATES, Submitted by Wende
(see more information about Farmgirls on the Loose on the next page)
Click [here](#) to go to the official and updated blogspot for Farmgirls on the Loose.

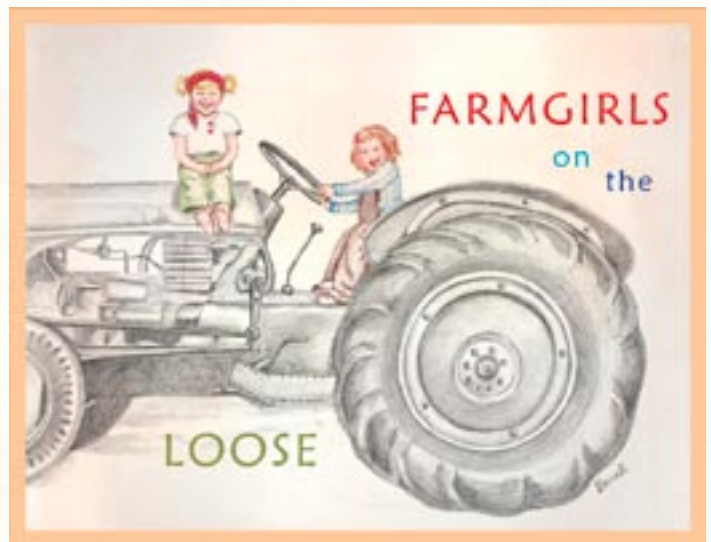
Also a blog on the Farmgirl Chapter Chatter. Read different responses there.

Accommodations - lodging, camping, B&B's or farmgirl sister home stays will be posted later when we know how many will be joining the tour.

We need to know if you have your very own camper or tent or if you will be staying in hotels/motels B&B's or with sister home stays along the way. You will need to make your own reservations at each location. All information will be posted or emailed.

Thanks again. Get your travelin' aprons ready!! For more details click [here](#).

Click [here](#) to download a free PDF "Farmgirls on the Loose" illustration that you can print and frame or use as a transfer for pillows, aprons and more!





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Farmgirls on the Loose: Laura Ingalls Wilder. Submitted by Wende

A few months ago, we tossed around the idea of a Prairie Pilgrimage to the Laura Ingalls Wilder Museums and Home sites. Well, after much consideration and cabin fever) I have been looking into this project. This will require some feedback from anyone interested. This will be a ZIG-ZAG across the prairie states. The zig and the zag are important for travel/convoy. This is how the trail rendezvous will work. Anyone is invited to join the trail at anytime. Reservations must be made in advance! No exceptions for this. You will be responsible for getting to and from point A to point B to point C, etc...You will be responsible for all of your own expenses, gas, etc...For those who do not have campers or tents, hotels/motels will be suggested in close proximity. There may be a bus tour involved on some of the sites.

We MUST plan "giving projects" along the way. We will have this figured out before the tour. Donations such as clothing, food pantries, etc. Something to give back to the community. We will be seeing 6 designated sites. There will scheduled stops along the way for additional museums and parks. This need to be planned as a group as well.

Like mentioned before ... Anyone can join and drop out at any time. You must decide how much of the tour you can do or want to do. This will be a great opportunity to meet up with pen pals, blog pals, family (if you wish), and to meet new friends and farm sisters. Each chapter is welcome to plan a night of activities, food, and fun. There will be pre-announced contests along the way.

In De Smet, SD, there is a scavenger hunt with pre-purchased tickets from the museum. We can have a board game night, craft night, learn a new craft night, and planned potlucks, etc...Starting in De Smet, SD, to Walnut Grove, MN, to Pepin, WI, to Burr Oak, IA, to Independence, KS, and finally to Mansfield, MO. I know that Pepin is the birthplace, but for traveling sake, this will help with the zig zag. We will try to make the best recommendations for everything from road travel, restaurants, camping and hotels.

We will try to make the best recommendations for everything from road travel, restaurants, camping and hotels. There will be a phone tree for everyone on the trail so we do not lose anyone. There will also be waivers and contact information to be filled out by everyone. Safety first. Anyone interested in the idea, please contact me as soon as possible so we can start a **blog site (see it here)**, and those not able to join us can read about our travels and enjoy the photos as if they were eating dust on the trail with us. Click **here** to go to topic.

If you have a farmgirl event, please remember to post it on the **forum**.





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.

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!

Sisterhood Necklace

We've 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. **Click here to order yours.**

Front



Back



Woo-Hoo!

Merit Badge Awardees

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

Adrienne Wilson, Addy731 #906

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: In the Garden / Make It Easy

Angela Labbee, naturebug #1063

Beginner badge: Forage For Food / Farm Kitchen
Beginner badge: 'Out There' Women / Outpost
Beginner badge: Quilting / Stitching & Crafting
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Build It Green / Make It Easy
Beginner badge: Aprons / Stitching & Crafting

April Johnson, April Showers #972

Beginner badge: Organic on a Budget / Farm Kitchen
Beginner badge: Crochet / Stitching & Crafting
Intermediate badge: Crochet / Stitching & Crafting

Beth Kirk, Faransgirl #572

Expert badge: Aprons / Stitching & Crafting

Beth LeRoy, BlackHorseFarm #1159

Beginner badge: Horse Dreams / Garden Gate

Beverly Sherman, KMop #799

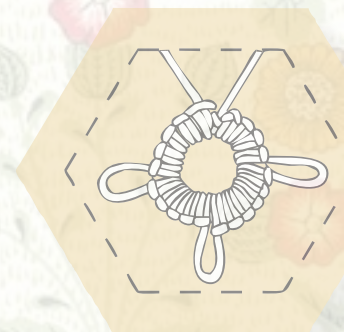
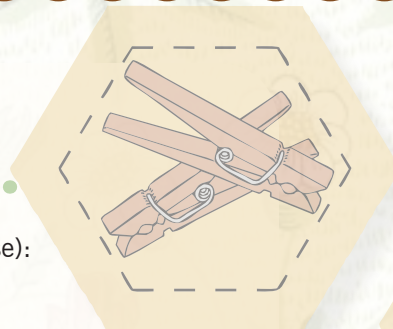
Beginner badge: Disconnect to Reconnect / Outpost
Beginner badge: Heirlooms Forever! / Garden Gate
Beginner badge: Little Squirts / Each Other
Beginner badge: BakeOver MakeOver / Farm Kitchen

Brenda Becker, North Rose #711

Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting

Candy Conrad, Candy C #977

Beginner badge: Aprons / Stitching & Crafting



continued ...

Merit Badge Awardees

Carrie Meerwarth, Carrie M #147

Intermediate badge: Embroidery / Stitching & Crafting

Expert badge: Crochet / Stitching & Crafting

Expert badge: Embroidery / Stitching & Crafting

Christina Clark, cjclark #1067

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Quilting / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Christine Veert, northernkid #955

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Going Green / Cleaning Up

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Embroidery / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

CJ Armstrong, ceejay48 #665

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Community Service / Each Other

Beginner badge: Families Forever / Each Other

Beginner badge: ChillOver ComeOver / Farm Kitchen

Beginner badge: Safe Toys / Stitching & Crafting

Intermediate badge: Backyard Farmer / Garden Gate

Intermediate badge: Community Service / Each Other

Intermediate badge: Families Forever / Each Other

Intermediate badge: ChillOver ComeOver / Farm Kitchen

Intermediate badge: Safe Toys / Stitching & Crafting

Expert badge: Backyard Farmer / Garden Gate

Expert badge: Community Service / Each Other

Expert badge: Families Forever / Each Other

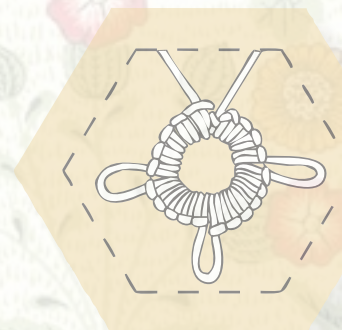
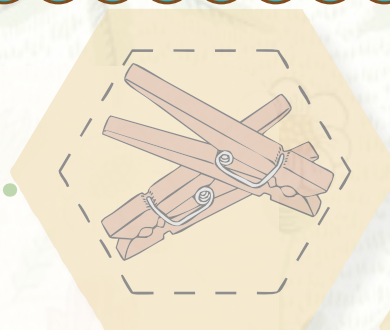
Expert badge: ChillOver ComeOver / Farm Kitchen

Expert badge: Safe Toys / Stitching & Crafting

Deana Miller, dmiller2003 #1118

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up



continued ...

Merit Badge Awardees

Donna Partridge, indypeartree #1123

Beginner badge: Knitting / Stitching & Crafting

Elizabeth Harper, odd betty #1047

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Safe Toys / Stitching & Crafting

Gail Springman, gspringman #486

Beginner badge: Going Green / Cleaning Up

Intermediate badge: Crochet / Stitching & Crafting

Intermediate badge: Get 'er Done / Each Other

Hallie Harris, Hallie #1112

Beginner badge: Shopping Green / Cleaning Up

Heather Burke, HeatherB #662

Beginner badge: Shopping Green / Cleaning Up

Heather Wemhoff, HeatherWemhoff #405

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Get It Together / Farm Kitchen

Intermediate badge: Entrepreneurial Spirit / Each Other

Expert badge: Entrepreneurial Spirit / Each Other

Irene Mele, #1027

Beginner badge: Crochet / Stitching & Crafting

Jennifer McIlvee, cntrychic76 #957

Beginner badge: Aprons / Stitching & Crafting

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

Jessica Oakes, joakes1111 #910

Beginner badge: Aprons / Stitching & Crafting

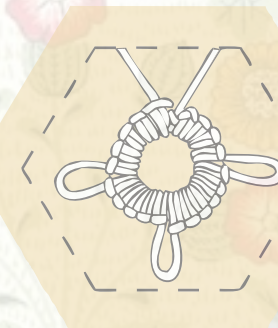
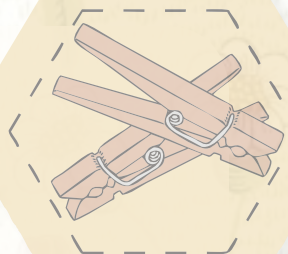
Juanita Massey, needy #1020

Beginner badge: Nellie Make-do / Stitching & Crafting

Karen England, chessie #89

Beginner badge: Backyard Farmer / Garden Gate

Intermediate badge: Backyard Farmer / Garden Gate



continued ...

Merit Badge Awardees

Karen Galindo, RaspberryBee #915

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Kathy Johnson, feralKat #911

Beginner badge: Aprons / Stitching & Crafting

Kimberly Galbreath-Fleming, missgive #927

Beginner badge: Buttoned Up / Stitching & Crafting

Kyria Baker, Kyria #991

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Farmgirl Gratitude / Each Other

Intermediate badge: Shopping Green / Cleaning Up

Expert badge: Shopping Green / Cleaning Up

Margo Schultz, #515

Beginner badge: Quilting / Stitching & Crafting

Melody Tigo, coffeemom #833

Beginner badge: Going Green / Cleaning Up

Rise St Arno, Rodeorise #597

Beginner badge: Knitting / Stitching & Crafting

Shari Dodd, Ms. Hannigan #1158

Beginner badge: Backyard Farmer / Garden Gate

Stacy Keely, Stacy K. #896

Beginner badge: Safe Toys / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Embroidery / Stitching & Crafting

Beginner badge: Know Your Food / Farm Kitchen

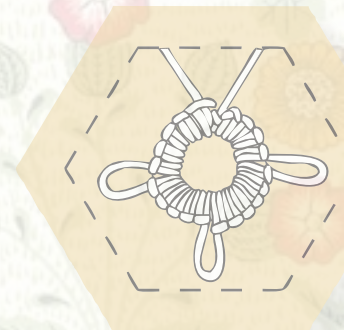
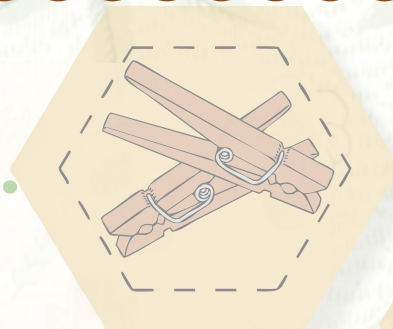
Beginner badge: Bustin' Out / Farm Kitchen

Intermediate badge: Sew Wonderful / Stitching & Crafting

Susanne Bender, josy #467

Intermediate badge: Knitting / Stitching & Crafting

Intermediate badge: The Secret Life of Bees / Garden Gate



continued ...

Merit Badge Awardees

Tracy Roop, yarngirl #736

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Quilting / Stitching & Crafting

Intermediate badge: Get It Together / Farm Kitchen

Victoria Montoya, EastTXFarmgirl #549

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Intermediate badge: Homespun Christmas / Stitching & Crafting

Wende Wagner, Wende #660

Beginner badge: Lend a Hand to Farm Families / Each Other

Beginner badge: Farmgirl Spirit / Each Other

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Lend a Hand to Farm Families / Each Other

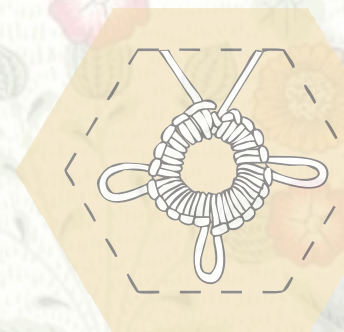
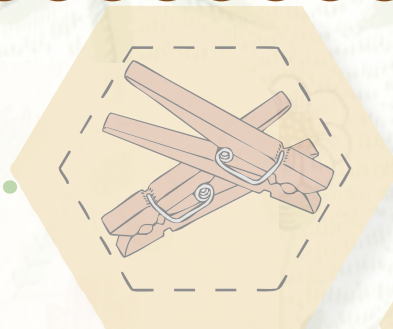
Expert badge: Lend a Hand to Farm Families / Each Other

Yvonne Hamilton, yquiltsalot #1074

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting



Farmgirl Sisterhood Special

mmm...peaches

BakeOvers

SAVE BIG ON BakeOver crusts • SAVE TIME ON dinner and dessert!

25% off FARMHOUSE POUCHES • **15% off** DO-IT-YOURSELF BULK.

Remember these COUPON CODES during checkout:

- **BAKEOVER POUCHES**

(for **25% off** Farmhouse size pouches of BakeOver mixes)

- **BAKEOVER BULK**

(for **15% off** Do-It-Yourself bulk, Budget Mix in boxes and bulk, and the BakeOver Sampler)

...and remember my **oneskillet** rule:

DINNERS are always, without fail

4 cups vegetables (6 cups for large)

3 T butter or oil (6 for large)

1 Farmhouse pouched mix (2 for large) →

DESSERTS are just as easy.

4 cups fruit (6 cups for large)

3 T butter or oil (6 for large)

1 Farmhouse pouched mix (2 for large) →

* You can top your **oneskillet** DINNER with any of our BakeOver mixes

- Budget Mix
- Gluten-free Budget Mix
- Black Bean Corn Bread
- Buttermilk Biscuits
- Chili Batter Bread
- Corn Bread
- Focaccia Bread
- Garlic Pesto Fry Bread
- Shepherd's Pan Bread

* You can top your **oneskillet** DESSERT with any of our BakeOver mixes

- Budget Mix
- Gluten-free Budget Mix
- Brownies
- Buttermilk Biscuits
- Corn Bread
- Scones w/Walnuts & Orange Peel
- Hot 'n Creamy Cereal
- Outrageous Outback Oatmeal



BakeOvers

continued...



continued...

Bake Overs

See the **BakeOver Sampler** for everything you'll need to get started making **BakeOvers**.

(Please note, coupon code **BAKEOVER BULK** applies to the sampler for a **15%** discount.)

For more information, read our "**How to Make a BakeOver**" page.

Don't forget the special "Farm Kitchen" issue of MaryJanesFarm magazine for lots of BakeOver and ChillOver recipes. To order **click here**.

You can call your order in to us (1-888-750-6004) OR order online at **www.maryjanesfarm.org**

If you're ordering online, please:

1. Fill in your sisterhood number in the "Sisterhood Number" field before adding the BakeOver mixes to your cart.
2. Then, on the last page during checkout, fill in the "Coupon Code" field with **BAKEOVER POUCHES** if you're buying Farmhouse, or **BAKEOVER BULK** if you're buying in bulk, buying Budget Mix, or buying the sampler (you'll need both coupon codes, if you're buying a mix of items) and apply the code(s) to your order.

❁ Offer good through March 31st.

Farmgirl Sisterhood membership has its rewards!

Questions?

Please call 1-888-750-6004, 9am to 5pm PST Monday–Friday or e-mail **iris@maryjanesfarm.org**





Magazines, Books, and More

In our April/May issue, "Garden Secrets," you'll find recipes for heirloom vegetables and grains (even homemade condiments) and for those "classic" dessert faves like whoopie pies and cream-filled cupcakes - all with organic ingredients! You'll also read about rooftop gardening and building soil fertility and learn the basics of weaving and paper making.

Click here to subscribe to *MaryJanesFarm* magazine.

If you have a subscription, you should receive your magazine around March 11. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you don't receive your magazine within about 10 days after this date, you can call the subscription department at 800-476-4611 to check on your delivery.

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

You can still order 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 spring. 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 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 941 Farmgirl Chapters in 48 states and 8 countries
and 46 Henhouses with 1196 Sisterhood members ~
growing stronger every day!**