

# MaryJane's Cluck™

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

April, 2010

*Spring is in the air*

Circumstances made us FRIENDS, MaryJanesFarm made us SISTERS!

MARYJANESFARM

## Hello from Sister #1

Dream it.

When my children were young and full of make believe, I'd hear them off in the other room prefacing their pretend play with, "Let's say ...," or "How about ...," or "What if ...". And off they'd go on an adventure—the front of a file cabinet the controls of a ship at sea, our living room a library full of patrons (the couch the parking lot), or SOMEHOW their bodies landing safely after jumping from one piece of furniture to the next without touching the floor because it was HOT LAVA! from an erupting volcano. That world of theirs, child play, full of pretend, isn't something we should be done with when we grow into adulthood. In fact, I think it's the very stuff that creates the adult opportunities that come knocking on our doors. What if ... I had a farm of my own? Let's say ... I have a flower business delivering bouquets to office workers on a regular basis? A bakery? How about ... a milk cow named Lila? What if ... I had a garden to stroll through with my morning cup of coffee? How about an outdoor bedroom? A greenhouse?

I've watched "Alee," sister #8, chatroom member with 19,000 posts!, properly Alyssa, pretend her life into reality over and over again. When I first met her while shopping at our local Jo-Ann Fabric store, she was young, unmarried, pregnant, and impossibly poor, but FULL of fantasy, dreams, and hope. I ended up offering her a job-at-home job so she could at least have that part of her dream—be at home with her new baby. I've come to love the way Alee, without blinking an eye, will state on our chatroom things like, "When I get married ..." (She got married.) "When I get my show horse ..." (She now has a show horse.) "When I move to Montana ..." (She moved to Montana.) "When I get out of this apartment and find a house ..." (She moved into a house with room for a garden.) "When I buy my

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farm ... when I build my straw-bale house, when I ..."  
And off she goes, all of it real, all of it doable, all of it about to BE.

If creating our day-to-day reality is simply a function of how we talk to ourselves and then to others, why do we get so stuck sometimes? How do we change those negative loops that keep us going round and round, saying to ourselves things like, "I can't." "The world won't let me." "I can't afford it." "I've been wronged again." "What if I fail?" If it's as simple (and as hard) as how we THINK and talk to ourselves, then a good starting place would be a safe place to pretend, a public place with playmates who GET the pretend thing, a place where we can STATE to the world things like, "When I get my farm ...," "When I start my business ...," "What if ...." A sisterhood where positivity reigns (essential to the process); a gathering where women plug away, one merit badge at a time, creating new habits, new thoughts, new communities, eventually JUMPING ... hoping a piece of furniture appears.

I am loving, *loving*, LOVING our Sisterhood as it unfolds, a safe place where we can pretend to our hearts' desires—one Etsy shop, one merit badge, one milk cow at a time. Welcome, new sisters, and THANKS for sharing in MY dream.

Now.

What if ... our Sisterhood grew to enormous proportions? Thousands and thousands of women? What if we started a separate place on our Web, maybe Facebook or Twitter, for a Sisterhood show-n-tell where women meet briefly, almost spontaneously, in coffee shops worldwide, to maybe show off their handwork and badges and pitch in for a pastry or two, nothing formal. Check out [www.sketchcrawl.com](http://www.sketchcrawl.com), a worldwide gathering of urban sketchers who meet up to show off the city scenes they've sketched.

How about this? It's looking like my daughter and I might be in New York City this spring. Know of a good street corner or coffee shop where we can meet up? Be on the lookout for two bewildered, out-of-place farmgirls, one of them blond and middle-aged, the other young, vibrant, and dark-haired, both wearing Sisterhood badges.

P.S. For some fascinating reading, **click here to read** "How to Be Brilliant" by Annie Murphy Paul—a review of a book I'm going to buy called *The Genius in All of Us: Why Everything You've Been Told About Genetics, Talent, and IQ Is Wrong* by David Shenk. Anyone want to meet up virtually to talk about the book? **Let's meet here.**

Pretend it. Dream it. It will come.

Mary Jane



## A word from your Sisterhood Coordinator ...

Spring is met with the usual excitement in the little valley where I live. The warmer days have brought us all outdoors for an opportunity to get our fingers into the soil. It seems our attention has turned to the garden these days, yet experience tells us that spring is unpredictable, and in a moment's notice, our beautiful valley full of fruit trees could be outlined in smudge pots and the whirring of orchard fans to keep the frost at bay. The fruit from my young apricot tree has been a victim of frost the last couple of years, so this year, I am prepared.

Signs of new life are everywhere here. Chicks and baby calves; blooms and raspberries coming to life; my rhubarb that is already huge; and, of course, allergies. Then, of course, there are those silly tulips. Don't get me wrong—tulips are like the RED flag of spring in my yard, RED being the operative word. Since the only flowers that are invited into my yard are white, yellow, and purple, the fact that a HUGE patch of red tulips keep showing up every spring has become a little bit irritating to me. At this point, they seem to be taunting me, as every fall, I think I have gotten every bulb, just to have them show up every spring and invite several of their friends to join them.

It is the newness of the season that excites me the most. It is as if someone hands over a clean slate and a new chance to try again—a do-over of sorts. Another opportunity to practice what you learned last season. So head on over with me to the Farmgirl Connection and in through the **Garden Gate**; I can't wait to hear about everyone's adventures this spring.



*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).

## Easter is best celebrated with two key ingredients: kids and eggs.

There is something really adorable about kids running around peeking beneath flower petals and behind rocks, then filling their baskets with colorful edible goodies. We have this priceless picture of me as a little girl grinning from ear to ear with both front teeth missing, holding up my prized basket of eggs. It’s precious to watch the littlest toddling ones beam with pride upon finding just one egg for their baskets.

Then there’s the egg preparation. Of course, there is the digging through my garage to find last year’s plastic eggs to fill with little chocolate goodies. I know that the plastic isn’t the best route, but I’ve been using this same batch for years. I am sure the kids will be on to me someday. “Why do you need all the plastic eggs back, if the Easter Bunny brings us new ones each year?” I guess I’ll worry about that when the time comes.

In the meantime, we have plenty of farm eggs to dye, too. Over the years, I’ve actually found that I prefer dyeing brown eggs. Their hues, once dyed, are so pretty. We make such a mess and it takes hours. But placing dozens in the fridge in the end with the anticipation of the Easter Bunny’s visit is well worth it.

Last, but certainly not least, are the shirred eggs. Shirred eggs have become as important as the rest of the Easter eggs at our house. This is my mom’s recipe that we serve to our bed and breakfast guests and they are delicious! I’d say, “so good, you can’t stop eating them,” but it is more like, “So rich and fabulous, you only need one to experience perfect contentment.” Last year, a girlfriend had a huge brunch potluck and egg hunt at her house, and I was so pleased to bring shirred eggs to share. I made a couple dozen and they were just about all gone when it was time to head home for naps.

So enjoy, and Happy Easter!





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### Featured Recipe

#### Shirred Eggs Florentine

PREP TIME: 5 minutes

COOK TIME: 20–25 minutes

SERVES: 4

Gather together:

- 4 wide-mouth half-pint canning jars
- 1 glass baking dish
- 4 t melted butter
- ¼ pound fresh spinach
- 4 T heavy cream
- 4 eggs
- 4 T Parmesan cheese
- salt, pepper, nutmeg



1. Preheat oven to 325°F
2. To the bottom of each jar, add: **1 t melted butter**
3. To the bottom of each jar, place: **8 small spinach leaves**
4. Make a slight indentation in the spinach and crack into each jar: **1 egg**
5. Sprinkle with: **1 T Parmesan cheese**
6. Pour on top of each egg: **1 T heavy cream**
7. Season with: **salt and pepper, adding a pinch of nutmeg if desired**

Place all four jars in glass baking dish. Pour 1 cup water into baking dish, surrounding jars. Place baking dish on middle rack in preheated oven and bake for 20–25 minutes, or until eggs are set.



“If I didn’t start painting,  
I would have raised chickens.”

– Grandma Moses, *American Artist*, 1860–1961



# 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.



## Cakewalk

Three of my best friends were born within three weeks of one another. We used to celebrate their birthdays with an annual spa trip, but who can afford that these days? So this year, I invited everyone to my house for a light dinner—an ostensibly modest affair. What they *didn't* know is that earlier in the week, I'd invited over a different friend (Brooke) ... one who would help me make this birthday celebration most memorable.

Brooke Bennett is a professional pastry chef who trained at the California Culinary Academy in San Francisco. One of her divine desserts was featured in *Gourmet Magazine* (do I know how to pick good friends, or what?!). Armed with her little bundt pans, wine, champagne, fresh fruit, and a zest for all things delicious, Brooke led me on an afternoon adventure, teaching me how to transform plain birthday cakes into show-stopping gourmet centerpieces.

First, we baked the cakes in mini-bundt pans, which instantly elevated them to something exceptional. "It's an excellent change from a traditional frosted and filled cake," Brooke told me. "It really lets the flavor of the cake shine through and provides a great base to add seasonal fruit, sauces, or ice creams." And ... fruits, sauces, and creams we most certainly did add!! Brooke's finishing touches are what really "take the cake"!

For Carolyn, it was chocolate cake injected with chocolate ganache and topped with Zinfandel-marinated raspberries and crushed toffee. For Ranae, it was yellow cake with champagne sabayon and balsamic strawberries. And for Kate, who foolishly told me she wasn't much of a cake person, it was lemon poppy-seed cake accented with lemon curd and fresh whipped cream. (Guess who's suddenly a cake person!)

It took some time and effort, to be sure, but the guests of honor felt so, well ... *honored* with their gourmet customized cakes.



continued ...

## farm kitchen

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

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#### Zinfandel Marinade For Raspberries

- 1 bottle Zinfandel wine
- $\frac{3}{4}$  cup sugar
- 3 black peppercorns
- Rind of 1 orange

1. Combine all ingredients in a saucepan and bring to a simmer. Cook until reduced by  $\frac{1}{4}$ . Remove from heat and cool. Refrigerate until cold.
2. Place raspberries in marinade overnight.

#### Champagne Sabayon

Yield: 5 cups

- 8 large egg yolks
- $\frac{1}{2}$  cup sugar
- 1 T brown sugar (optional)\*
- Pinch salt
- $\frac{3}{4}$  cup Champagne
- 1 cup heavy whipping cream

1. Fill a large bowl one quarter full of ice water.
2. Combine egg yolks, sugars, and salt in a large stainless-steel bowl. Whisk in the Champagne. Place over a pot of boiling water and whisk vigorously for about 10 minutes until it is thick and tripled in volume. The sabayon should mound a little when whisk is lifted.
3. Immediately put the bowl over the ice bath and whisk until cold.
4. Put the cream into the bowl of an electric mixer. Using the whisk attachment, whip on high speed until soft peaks form. Fold the whipped cream into the sabayon. Refrigerate until ready to use. \*Brooke likes using a touch of brown sugar if she's serving this with strawberries, which we did.



### continued ...

“Four out of five farmgirls like chocolate,  
the food of love. The fifth farmgirl is fibbing.”

– MaryJane Butters



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### Balsamic Strawberries

- 1 pint cored and quartered or sliced strawberries
- 1 T brown sugar
- A few drops high-quality aged Balsamic vinegar

1. Toss strawberries in sugar until it coats and dissolves. If it isn't sweet enough or the strawberries are sour, add more sugar. Then add a few drops of Balsamic vinegar. Adjust to taste.

### Lemon Curd

Yield: 2 cups

- 10 large egg yolks
- 2 large eggs
- 1 cup sugar
- 1 cup freshly squeezed lemon juice
- Zest of 2 lemons

1. Place the egg yolks, eggs, and sugar in stainless-steel bowl. Whisk them together and then stir in the lemon juice and zest.
2. Put the bowl over a pot of simmering water and stir continually with a rubber spatula. When the curd begins to thicken, stir with whisk. Cook the curd until very thick, about 5–8 minutes.
3. Strain the curd through a fine strainer into a plastic or glass container and cover with plastic wrap directly on the surface of the curd in order to prevent a skin from forming. Refrigerate curd for several hours, until cold.





## 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.

“He who loves a garden still his Eden keeps, perennial pleasures plants, and wholesome harvest reaps.”

— Amos Bronson Alcott

## My List of Garden Must-haves for 2010

I am making every attempt to be a more sensible gardener. No, really, I am. I'm also an incorrigible list maker. I've decided, dear reader, to combine the two ideas in something I call “*My List of Garden Must-haves for 2010.*”

1. Sun Gold cherry tomatoes—prolific, gorgeous, tasty, produces early and until the hard frosts of November. Last year, they were the best-performing tomato in our garden at Ranch du Bois. The brilliant gold fruit color makes this a great plant for the ornamental border.
2. Hardy geranium Rozanne, a beautiful, periwinkle-blue flower in my garden, with billowing clouds of blossoms from the first of June until late autumn. No down time in the blast-furnace heat, low water requirements, tough as nails. For good reason, this was selected Perennial Plant of the Year, 2008. I test drove just a couple last year. I think I need a half dozen more.
3. Pennisetum Red Head. The description claims bronze leaves with smoky-rose seed heads that form in midsummer. Just 3" x 2". Ornamental grasses are showy and very low maintenance. This one is good in USDA Zones 6-9. I think it would look great with the Rozanne. I am going to tuck a couple in here and there.
4. Philadelphus Belle Etoile: We live in Idaho and do not have a twig of our Idaho state flower, syringa (*Philadelphus lewisii*), in the garden. This is a mock-orange (*philadelphus*) hybrid, with large, white, fragrant flowers that can take full sun or part shade. The plan is to plant one of these hybrids and one of the native variety.
5. More Penstemons. Especially Midnight Blue. Midnight has a great reputation as a long-blooming hummingbird magnet. Works for me. They have to have really sharp drainage and should only be mulched with gravel. Too much water is a no-no (music to my ears).
6. I'd love to grow cherries. We've had great luck with espaliered (tightly trained) apples. Last year, we added a couple of six-armed espaliered pears. Each arm is a different variety. Wouldn't it be fun to grow the very cherries you need for cherry brandy? Oh, something to shop for!

I've made my list and checked it twice. Let's see if I can stick to it.



## 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.



It is day three of nursing my two sick kids. I usually savor these moments ... runny noses or upset tummies and my kids wanting me within arm's reach. We break from the daily grind, curl up in bed, and rest. This flu season was different: all sickness, no down time.

Running from one catastrophe to the next, I found myself in need of something to ease my frayed nerves. I wanted a project that could be set down at a moment's notice, something easy to do from the couch or bedside. After looking through my sewing basket, I settled on a handful of bright embroidery thread, a needle, and a plain white tea towel. I began embroidering along the edge of my tea towel. First a running stitch, then some French knots (my favorite), and so on. I didn't bother with an embroidery hoop since I was working in long, skinny rows, and it turned out just fine.

Sometimes, we get carried away with making everything perfect, having all the right supplies, mastering difficult techniques. While that has its place, it feels good to just sit down and get started, not knowing where you will end up. I pulled out my favorite stitching guides from the farm: the embroidery stitch sheet that came with my Farmgirl Sisterhood badge and Meg's exquisite sampler guide. Click [here](#) to see. I tried some new stitches, along with the more familiar. The best part of the whole project is that the one thing lingering on my to-do list was a wedding gift for my cousin, Emily, and her darling husband. As I washed and folded the tea towel, I realized that, paired with some delicious biscotti, honey, and good tea, it made for a very sweet breakfast in bed. Not only had this project allowed me to find some calm from the storm, it helped me to tap into the creative space that usually falls by the wayside in times like these. I emerged from my sewing sessions refreshed and ready for the next disaster.

I hope that one day, these two newlyweds know the joys and challenges of raising babies together. And if Emily calls me, stir crazy from tending to sick kids, I will urge her to take a moment for herself and grab a needle and thread.



continued ...



# 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](#)

## continued ...

### Embroidery Organization Tip

Instead of trying to pull your embroidery thread from the skein, hoping it stays neat, slip it out of its packaging and wrap it around a postcard. I cut notches every  $\frac{1}{2}$ " along both sides of my card to keep the thread in place.

This is a great way to organize thread for a specific project, and the cards are cute as can be stored in a recipe box. To remember the official color of your thread, just write the number from the label on the postcard next to the thread.





## 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](#)



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.

## Victorian Horseshoes

I collect antique postcards from the early 1900s. They're often embossed and lavishly decorated with flowers, fauna, cottages, and other quaint themes. The artwork is deliciously genteel. My *favorite* postcards feature a decorated horseshoe. To this day, a horseshoe is a well-known symbol of good luck. Horseshoes were also a popular old-time image for a friendly greeting. Vintage postcard horseshoes were generously embellished with flowers and ribbon.

Since we have several horses, we've got old horseshoes in the barn. I put two and two together, and here are the results! These gussied-up Victorian horseshoes fit farmgirl home décor to a T. If you don't have ready access to horseshoes, look up a farrier or a riding stable in the phone book and call them. Or, click [here](#) to barter online with other farmgirl horse owners at MaryJane's Farmgirl Connection website.

### Supply List

Used horseshoes (the rustier, the better)

Hot glue gun, glue sticks

Fine metal wire (the rusty folk-art kind)

Various artificial flowers

Vintage looking or antique ribbon and lace

Lichen or Spanish moss (the latter can be found in craft stores)

\*Note: I especially love antique reproduction velvet flowers and leaves.

Click [here](#) to go to eBay, where you can find many varieties.

continued ...

“A hundred men may make an encampment, but it takes a woman to make a home.”

— Chinese Proverb





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

### continued ...

#### Directions: (Refer to photos for visual aids)

1. Cut about 12" of wire, double it over, wrap it around the top of the horseshoe (as shown) and make a small loop for hanging. Slip the ends under the wrapped wire and clip off the excess.
2. Depending on the flowers you have to work with, you may wish to wire them on first and then secure with hot glue, or you might be able to just glue them in place.
3. When you have your flowers and leaves glued into place and have added a bow if you choose to include one, you can fill in the "holes" by gluing bits of lichen or Spanish moss in the little nooks and crannies. You made not need to do this, but it does help to hide the stems and hot glue.

You can make lovely Christmas-themed horseshoes, too, and they make inexpensive gifts that require minimal make time. I gather pale-green, ground-growing lichen from our pasture. You might find some on your walks in the woods. Brainstorm and embellish your horseshoes with all kinds of "found objects" provided by Mother Nature.





make it easy ... with



Irene Wolansky (Sister #1144) 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.

## Herbal Infused Oils

Simply infusing oil with herbs will transform them into healing, soothing, and relaxing medicinal preparations. There are several ways to infuse oils, but my favorite is the Folk or Simpler's Method, which relies upon the sun to naturally infuse the oil with the goodness and essence of herbs. You can utilize countless herbs; listed below are some of the most popular choices. Other carrier oils may be used, but jojoba oil and olive oil are wise choices because they have a long shelf life and are suitable for a variety of applications.

### Folk Method for Solar Infused Oils

- Place herbs in a clean quart jar. If using fresh herbs, wilt them first for 12 hours to remove most of the moisture (too much moisture will cause your oil to go rancid), cut into small pieces, and crush with a mortar and pestle before adding to jar. You can skip these extra steps if your herbs are dried.
- Pour oil into the jar, making sure to cover herbs by at least 1" of oil and leaving at least ½" of space at the top of the jar so that the herbs will have room to expand. If your herbs soak up all of the oil, then pour more on top to ensure that the herbs are well covered.
- Stir well and cap the jar tightly.
- Place the jar in a sunny and warm windowsill, and shake once or more per day.
- After 4–6 weeks, strain the herbs out of the oil using cheesecloth. Make sure and squeeze every precious drop of oil out!
- Pour into glass bottles and store in a cool dark place. The oil should keep for at least a year.
- Feel free to combine herbs or infused oils to create special blends.



continued ...



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mountain rose herbs®  
.com

## continued ...

### **Arnica Oil**

*An indispensable oil for the external treatment for physical trauma, sprains, bruising, and other injuries.*

*Use immediately after strenuous exertion or injury to prevent, relieve, and reduce swelling, bruises, and pain.*

- organic arnica flowers
- organic olive oil

### **Calendula Oil**

*One of my favorite oils with a myriad of uses. Oil infused with calendula flowers is wonderfully healing and is suitable for sensitive skin and for babies. It helps clear complexions and heal cuts, scrapes, insect bites, diaper rash, and inflammations. This definitely should be a staple in everyone's home!*

- organic calendula flowers
- organic olive oil

### **Floral Oil**

*An aromatic oil that will lift the spirits and smells divine. Apply to the skin after a shower or bath, or during a massage. The oil will be moisturizing, soothing, relaxing, and calming to the skin.*

- organic rose petals, lavender flowers, or chamomile flowers
- organic jojoba oil

### **Rosemary Oil**

*Stimulating oil for hair treatments, sore muscle massage oil, or even for culinary use! A hot oil treatment with rosemary-infused oil is wonderful for dry or damaged hair, dandruff, and other scalp conditions.*

- organic rosemary leaves
- organic olive oil

### **Relaxation Oil**

*A fragrant blend of relaxing herbs. Use after a nighttime bath or shower to help with relaxation, tranquility, and sleep. Or rub on temples at night before retiring to bed.*

- A mixture of organic hops, chamomile flowers, and lavender flowers
- organic olive or jojoba oil

### **St. John's Wort Oil**

*This red-colored oil made from freshly gathered St. John's wort is anti-inflammatory and can help speed the healing of wounds, bruises, varicose veins, swellings, sunburns, bee stings, nerve damage, scrapes, diaper rash, pain, and mild burns. It is also frequently used as a breast massage oil, especially after radiation treatments.*

continued ...



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mountain rose herbs®  
.com

## continued ...

*St. John's wort grows readily along roadsides and disturbed areas, but make sure to only harvest it from clean areas where pesticides are not sprayed. This oil must be crafted with fresh flowers because the medicinal hypericin compounds (which cause the oil to turn red) will degrade once the herb has dried.*

- fresh St. John's wort tops gathered when the flowers are beginning to open. Use a combination of approximately 70% flowers to 30% leaves.
- organic olive oil

Other herbs to infuse:

- cayenne peppers – Used for pain, muscle aches, and arthritis.
- cedar tips – For treating fungal infections and skin irritations.
- chickweed – Skin disorders, psoriasis, eczema, minor burns, rashes, and other skin irritations.
- comfrey root and leaf – Deeply healing, used for wounds, bruises, and skin-cell proliferation.
- goldenseal or Oregon grape root – Antibacterial, used for treating wounds and skin conditions.
- lemon balm – Soothing for the skin, and good for cold sores.
- mullein flowers - A classic oil used to soothe, relieve pain, and fend off ear infections.
- myrrh gum – Antiseptic, used for scrapes and cuts.
- peppermint – Great for massaging into sore muscles.
- plantain – Soothes and helps speed the recovery process of damaged skin, blisters, insect bites, and rashes.
- poke root - A powerful woman's ally traditionally used for mastitis and breast lumps.
- thyme - A strong antiseptic used externally for cuts and scrapes, and it is great for sore muscles.
- yarrow – Used for cuts, scraps, rashes, and for minor cases of eczema.





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.

## They’re Back ... Again

The Wyoming Game & Fish Department seeded Canada Geese in this area in the 1990s. Ten years ago, the geese were struggling because of heavy predation due to an over-population of coyotes and fox. Knowing this, I was delighted to discover that a pair of geese had taken up residence on a reservoir in one of our pastures close to home.

I was tickled their nest was so close. It would be easy to watch the much-hoped-for goslings. Unfortunately, my old nemesis, “Brer Fox,” was watching too. I’ve cursed that little red varmint many times for helping himself to my hens!

Two weeks went by, and the goose had produced a dozen eggs. Then one night, I heard an awful ruckus ... geese honking for half an hour. The next day, I knew why—they’d been robbed of several eggs. Every night, the thief returned. A few days later, with my binoculars, I could see that only two eggs remained. That was all I could stand! I had two Silkie hens wanting to set, so I rescued the last two eggs. I could’ve gotten in trouble, but I went with “the spirit of the law” rather than the “letter of the law.” Fortunately, the Game Warden agreed.

I gave each hen a goose egg and they eagerly pulled the huge eggs underneath themselves. Thirty days later, the goslings hatched out! I gave both goslings to one hen. What fun I had watching them. That Silkie hen was as proud as she could be of her BIG babies and she was a wonderful mother. The goslings used our road as a runway when learning to fly and “mama” would run frantically after them. Once the goslings could fly, they visited their real parents, and in the fall, they left with them. The parent geese weren’t able to raise their babies, but my little hen and I did. I felt like a champion. I never expected to see “my” goslings again.

Fast forward. This year marks the ninth annual return of the gander I raised (and his mate). They let me know they’re back by vocalizing and they walk up to our deck and beg for bread. Soon they will move on to a nearby reservoir, where they raise their young. Every year, their return feels like a miracle. Last year, the gander’s legs were entangled with fishing line, and although I had helpers, we were unable to catch him.

I grieved that he was probably doomed. Not so! The geese returned right on schedule this year and he is free of fishing line. How that happened, I’ll never know. I wept when I saw him. Whenever “Nature” can overcome man-made problems without aid, it is a huge victory. The return of “my” geese has become a much-anticipated annual sign of spring for me.





## 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

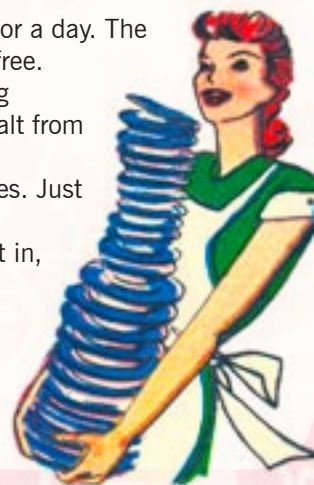
Toni isn't advocating that you go out and actually BUY Coke for cleaning, but her tips came in handy for me when I was left with a few packs of Diet Coke—the remains from a film crew that stayed here for seven days in my B&B. It actually posed quite a dilemma for me. I didn't want to give it to anyone who drinks the stuff, in other words, support their "habit." I didn't want to pour it down my drain; my farm is self-contained—in other words, the ingredients would stay here, probably permanently. I even contemplated disposing of it at our county's next hazardous waste collection day. But I could get behind using it to actually CLEAN something. Although it's probably better to leave Coke on the store shelf and instead, head on over to the vinegar and baking soda aisle for your cleaning needs. Actually, Toni has a new line of organic cleaning supplies, just launched here in Moscow, Idaho. AND, she and her family (and their fabulous "castle" home) are going to be featured on MTV's "Teen Cries" on Tuesday, April 6—check it out. —MaryJane

### Cleaning with Coca Cola?

We all know that Coca Cola isn't good for us, but did you know the soft drink can be great to clean with? The ingredients in Coca Cola are highly acidic, with phosphoric acid PH level of 2.8, causing it to be one of the most versatile cleaners around. I recently came across this information and had to try it for myself. What I discovered is that Coca Cola is good for cleaning everything from toilets and tires to blood and oil stains on concrete. Here are some interesting ways to use Coca Cola for cleaning:

- For hard-to-remove burned material on pots and pans, try boiling Coke in the pan for a few minutes, and like magic, you will have a shining pan.
- To remove oil or blood stains on concrete, pour Coke on the soiled area and let it sit, then rinse off.
- You can also clean your tile grout by pouring a can of Coke over the grout and letting it sit for a minute, then wiping off.
- Clean your tea kettle by putting a liter of Coke in it and letting it settle for a day. The next day, rinse and wipe out your kettle. It should be de-scaled and dirt free.
- Construction workers know that by adding a can of Coke to the washing machine, they can remove even the toughest of grease, grime, and asphalt from clothing.
- Another good use for Coke is to remove battery corrosion on car batteries. Just pour a can of Coke on the car battery.
- And the next time you have a toilet to clean, grab a can of Coke, pour it in, and let it sit for about an hour. The citric acid in Coke removes stains, even on vitreous china.

Find more wacky uses for Coca Cola [here](#).







## Young Cultivators

### What's a Young Cultivator?

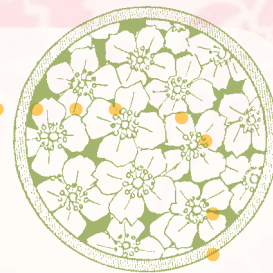
Young Cultivators are girls and boys between the ages 6 and 13. They can work with Farmgirl Sisterhood members to earn badges, but have their own unique program. [Click here to find out more.](#)



## Quilting with Paper

by "forgetmenot" Judith, The Farmgirl Connection

Yesterday's after-school class made a paper quilt. The backing was newspaper. Each child took a piece of white paper and drew with markers, crayons, or whatever, his/her version of a sunflower or whatever else they wanted. We bound it all together with bright green duct tape and hung it on the wall. It's beautiful and colorful! The kids loved it! Amazing what kids can do in 40 minutes!!!







## Don't Forget to Celebrate Earth Day!

### Some fun ways to celebrate with kids

- Go on a Nature Scavenger Hunt
- Feed the birds
- Plant a tree (not dead roses)
- Take them to the Zoo or Aquarium

### Fun for teenagers and parents

- Watch PBS's documentary *Earth Days* on Facebook! Join thousands of other Facebook users on April 11 as they gather to watch *Earth Days*, showing on Facebook before its television broadcast on April 19, and get a chance to interact with the filmmaker and PBS's *American Experience* executive producer Mark Samels in real time. This 102-minute film, directed by Robert Stone, is brought to you by PBS's *American Experience* and has been on a film festival and 40-city theatrical tour for the last year.

- See *Oceans*, Save Oceans  
Disney, partnered with the Nature Conservancy, presented the film *Earth* on Earth Day 2009 and planted 2.7 million trees in Brazil's greatly depleted rainforest (one for each ticket sold during its opening week). This year, the partners bring *Oceans* to the big screen on Earth Day, 2010. Featuring spectacular never-before-seen imagery captured by the latest underwater technologies, *Oceans* offers an unprecedented look beneath the sea in a powerful, yet enchanting, motion picture. A portion of each ticket sold during opening week (April 22–28) will go toward saving coral reefs and establishing new marine protected areas in the Bahamas.



Kids and Earth Day are a good fit. Kids believe anything is possible!







# Earth Day 40<sup>th</sup>/Enviro-Tote 20<sup>th</sup> ANNIVERSARY CHALLENGE!

Save American Jobs • Use Enviro-Tote Bags • Made from American Materials with American Hands

**Problem:** Forgetting to bring your reusable bags when going to the grocery store.

**Challenge:** From March 15th-April 22nd (Earth Day), remember to bring at least 1 reusable bag to the grocery store to pack your canned goods in. Many plastic bags are wasted when packing canned goods. Try just one Enviro-Tote. You'll be amazed at how convenient carrying these heavy items can be.

**REWARD:** Post your story on our blog and Enviro-Tote will send you a FREE Cheapy Tote™ bag! Pictures are fun and encouraged.



Boat Bags



2 6pk juice cans  
4 48oz cans  
2 16oz juice cans

Grocery Bags



2 large Coffee cans  
12 16oz cans

Cheapy Tote™ Bags



2 6pk juice cans  
1 48oz juice can  
4 16oz cans

continued ...





# Earth Day 40<sup>th</sup>/Enviro-Tote 20<sup>th</sup> ANNIVERSARY CHALLENGE!

continued ... Use Enviro-Tote Bags • Made from American Materials with American Hands

Look how much a Medium Grocery Bag holds!

**BEFORE**



**AFTER**



We opened Enviro-Tote 20 years ago in Earth Day's 20th anniversary year. Whether you've been buying your tote bags from us since 1990 or are new to our company, we will prove to you that buying AMERICAN MADE is more than merely spending money on a product. You are investing in the USA philosophy of unmatched quality, fair labor guarantees for our workers and families, and ongoing inexpensive advertising for your organization. All this from advertising on an Enviro-Tote!

I invite you to visit and shop from our store: [www.enviro-tote.com/shopping/products.asp](http://www.enviro-tote.com/shopping/products.asp). Here you will find many other bags made by our company. Let us custom print or design a bag for you- that's what we do best. Let the quality of your logo be reflected on a quality Enviro-Tote!

~Nancy Sampo, President



Responsible Tote Bags, Made in U.S.A.

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- Buy Direct from the Manufacturer
- Fair Labor Association Approved
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## Featured Farmgirl

Carol McElroy, Sister #680



**Forum ID:** Lessie Louise

**Married:** To Drew, and we celebrate 25 years in August. Since it is our Silver Anniversary, we are going to buy an Airstream camper!

**Children:** I have three children. Damien, my free spirit, lives in Sacramento with his girlfriend, Leah. Lacey, my only daughter, is finishing her degree in psychology and plans to join the Peace Corps. Liam, a junior in high school, plans to be a welder and possibly join the military. I also have 3 dogs, 3 cats, and a flock of the smartest chickens you would ever want to meet!

**Favorite flower?** There are two I *have* to have in the garden: morning glories and teddy bear sunflowers. **Why?** The morning glories remind me of my grandmother, who grew them on a trellis on the porch. The teddy bears just make me smile. Such a happy flower.

**What is your passion?** There are many things that I am passionate about.

At work, I am passionate about my patients. As a labor and delivery nurse, it is very important to me that my patients get the birth experience they want.

Our military. I am grateful every day that our young men and women serve our country, and I support them every way I can.

I am very passionate about my garden. I like getting in the dirt, knowing that the food I grow feeds my family. I love being able to bake our bread, fix all our meals. I love that we are self sufficient. I don't need a Walmart down the street to survive.

Animal rights. I have been learning more and more about how animals are treated and introduced into our food. I cannot believe that it is okay to feed cows chewing gum at a feedlot and let them stand knee deep in their own waste. When did that become all right? I wish more people were aware of how animals are treated and we could put a stop to the inhumane treatment of all animals.

continued ...



## continued ...

I am also passionate about reusing and recycling. Why can't we reduce, reuse, recycle, and respect? Our Earth is our children's future, and we need to be careful and keep it safe. I like to find things and repurpose them. And that ties into my love for thrift stores, garage sales, and antiques stores.

And most recently, hockey! We have a new Central League Hockey team called the Missouri Mavericks and we go to every game. It is a lot of fun and something my hubby and I can do together.

**Favorite Quote:** "How sweet it is to love someone, how right it is to care." It's a line from a John Denver song.

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

This was a hard question to answer, because everyone wants to give out advice. But my 97-year-old grandfather has the best advice: follow the Ten Commandments.

### **What are your dreams for the future?**

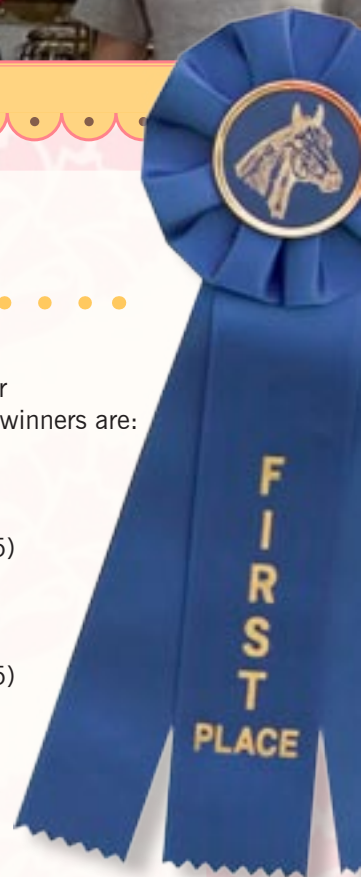
If you were to ask my family, they would say I dream of world peace! I have several dreams; the most important is that my children are good people, and are happy and successful in their lives.

I dream that Drew and I celebrate the next 25 years together healthy and happy and take that Airstream all across America. Our first plan is to visit all the Presidential Libraries.

I dream that we, as a nation, will become more responsible in protecting our environment. That we don't destroy land just to put up a new shopping mall when there is an empty one sitting 1–2 miles down the road. That we are conscious of wildlife habitats when we build new subdivisions. It breaks my heart when developers tear up land so quickly that there is no place for the animals to go, and then people complain that there are too many geese or foxes in the area. We don't need to live in 4,000-square-foot homes just to store our "stuff" in order to be happy. I believe we have become too materialistic. I would like to see us be happy and fulfilled with less and simpler things. I hope that we can keep a healthy balance between us and nature.

And finally, I dream that in this world of constant change and technology, we do not lose sight of who we really are. I don't want the world to get so caught up in sending a text to someone that they miss the sunset or seeing their children play. I was recently watching a group of moms and their children in the waiting room in a doctor's office. Every one of those moms was on the phone or texting, and no one was talking or reading to their children. One little boy was trying to show his mom something, and she did not pay any attention to him. I dream that we don't become so connected to technology that we can't connect as people; that it is okay to stay home and play with your kids or plant a garden, it is okay to turn off the TV to read a book.





## The Scoop from MaryJanesFarm

### Young Cultivators Badge Artist Winners and Honorees

We would like to thank the Young Cultivator Artists who submitted their artwork for consideration in our recent Badge Art Contest. We are proud to announce that the winners are:

#### Each Other | Families Forever

1st Place • Kaylee Thompson, age 12, daughter of Lisa Thompson (sister #953)

Honorable Mention • Grace Billman, age 9, daughter of June Billman (sister #545)

#### Each Other | Thank You

1st Place • Kaylee Thompson, age 12, daughter of Lisa Thompson (sister #953)

Honorable Mention • Grace Billman, age 9, daughter of June Billman (sister #545)

#### Garden Gate | Horsing Around

1st Place • Grace Billman, age 9, daughter of June Billman (sister #545)

#### Out There Kids | Lean On Me

1st Place • Daniel Thompson, age 9, son of Lisa Thompson (sister #953)

Honorable Mention • Grace Billman, age 9, daughter of June Billman (sister #545)

To see the contest rules and send congratulations to the winners, click [here](#).

### Current Holidays:

April 1 ~ April Fool's Day

April 2 ~ Good Friday

April 4 ~ Easter

April 7 ~ World Health Day

April 16 ~ National "Wear Your Pajamas to Work" Day

April 17 ~ Husband Appreciation Day

April 21 ~ Administrative Professionals' Day

April 22 ~ Earth Day

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





# MARYJANESFARM.TV



the scoop continues ...

## MaryJanesFarm.TV

Head on over to [www.maryjanesfarm.tv](http://www.maryjanesfarm.tv) and check out our new Farmgirl "U" Sisterhood Merit Badge videos. (Search through the list for those that are underlined—those are links to completed videos.) Also, our new "DIY Magazine Projects" has a video of paper guru Jaime Whitney demonstrating how to make beautiful paper out of junk mail as a companion to her how-to pages in the April/May 2010 issue of our magazine. And for a bit of escape, enjoy our "Farm Romance" videos.

Farmgirl "U" is for YOU—the gal who still giggles with her girlfriends and craves vine-ripened tomatoes, homemade jams, and healthier living in general. (Let's not forget simple pleasures in particular.) And you were born with enough curiosity that continuing to learn is a must. In can-do, will-do "I can do this!" fashion, we are slowly offering how-to videos that match our written Merit Badge requirements. So take heart, visual learners, we heard you loud and clear! But be patient, our list of videos-yet-to-be-completed tells us we have about a year's worth to shoot. Stay tuned! We're hard at it.

*Mary Jane* ♥

P.S. Don't be shy! If you have a video camera, don't hesitate to put yourself, a Farmerette, or a Young Cultivator in front of it describing how a particular badge was earned. They can be sent to us on a DVD as a .mpeg file for inclusion on our [www.maryjanesfarm.tv](http://www.maryjanesfarm.tv) website (upon approval). Send them to: MaryJanesFarm/Merit Badge Videos, Box 8691, Moscow, ID 83843. Include your e-mail address and the badge earned so we can let you know when it will go live. (You still need to apply online for approval of badges, but don't hesitate to shoot videos of ANY badges you've earned in the past. And sorry, we can't return the DVDs you send.) Think Farmgirl "U" Tube and get those cameras rolling!





**DOODLESPARK** cards are the brainchild of a mother-daughter duo who use their drawings to keep in touch, to spark their creativity, and to cultivate their friendship. Mailed back and forth for many years, their drawings have grown with time, reflecting the process of adding to each other's artwork. Sold in mixed sets of 6 note cards and envelopes, each card carries the Doodlespark story on its back.



the perfect  
*Mother's Day*  
gift

Doodlespark cards are printed  
in the USA with soy inks on  
100% post-consumer recycled paper.

[Click here to  
VISIT DOODLESPARK](#)



[PHASE 1]



[PHASE 2]



[PHASE 3]

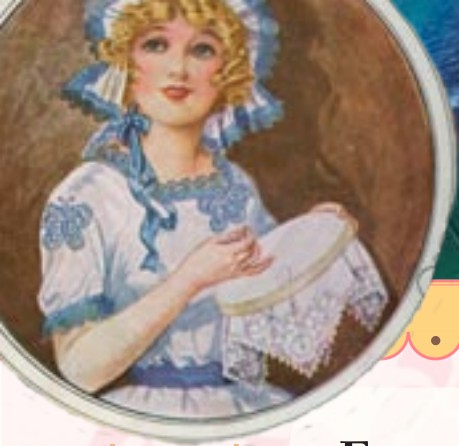


[PHASE 4]



[PHASE 5]





## Farmgirl Chatter

### What are farmgirls chatting about?

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

### Farmgirl Swap: Because of Friends. Submitted by Wildflower

After giving this a lot of thought, I wanted to get the opinion of other farmgirls...I know we do a lot of swaps but...I would love to do a "Friendship Care Package" exchange...We could do it every 2 months or every 3 months...whatever you all decide...and keep the same partner or swap...Sign ups will end April 12 and partners will be posted that week!!! Click [here](#) to go to topic.

### Marketplace: Sewing Services Available. Submitted by JoJoNH

That's right, I am available to help with your sewing needs. To all farmgirls that contact me through here, shipping will be free! So whether you need an apron, quilt, pillows, tote bags, bloomers, skirt ... whatever your needs are, including mending, just drop me an e-mail or post directly [here](#). Hope to hear from you soon!

### Farmgirl Chapter Chatter: Chapters Special Events List.

Don't forget to check out the Special Events List for Chapters to find out what is going on in your area. Click [here](#) for details.

### Outpost: Making decks into another living space. Submitted by Perennial

Farmgirls continue to chat about converting their decks into additional living space. To add to the conversation or to gather up ideas, just go [here](#).

### Outpost: Fishing. Submitted by Laura Marie

My roomy and I want to go fishing. All I know about fishing is when I went with my dad when I was a little girl. And well...I would sometimes put the worm on the hook and put it in the water and wait. My dad was the one who took the fish off the hook, gutted the fish, and everything else that needs to be done. So I decided today that I would go and buy what I think are basic items for a tackle box. Besides the fishing pole that I got from my dad, I have hooks. Each paycheck, I will buy one item to help with my tackle box. I don't know when I plan on actually going fishing, but roomy and I plan on going for a day. I found out that a fishing license is only \$14 for one day. Not bad. So here is my question: do any of you farmgirls have any fishing advice for this farmgirl? I'm going to start looking for a beginner book. I know it sounds crazy, but I sat in the fishing aisle and didn't know where to start!

Check out my new blog and follow along with my city adventures!

Follow her adventures or lend her some farmgirl fishing advice by clicking [here](#).





## the chatter continues ...

**Try this: Rag curlers.** Submitted by shariksrna

With spring in the air and curls seen on the runways, farmgirls are returning to their roots. Click [here](#) to join in on the discussion.

**Try this: Natural clogged drain solution.** Submitted by dandelionhouse

To unclog a bathtub or sink drain the natural non-toxic way, boil a full kettle of tea until it is steeping hot! Pour 1/2 or 3/4 of a box of baking soda down the drain, followed by the hot boiling water... repeat if necessary... this has worked well for us in our bathtub, as my daughter and I have thick curly hair! Give it a try! Click [here](#) to go to topic.

**Weather Report: You can tell spring is almost here when.....** Submitted by Beekeepersgirl

The black bears start coming out of hibernation and scavenging for food. I had a very large black bear on my front porch on Sunday trying to get the birdseed out of my feeder. I knocked on the window, and he just looked at me and went back to eating my birdseed! Let her know how you know spring is on the way, by clicking [here](#).

**HomeSafeHome: Got toilet paper rolls?** Submitted by Montrose Girl

If you need to start seedlings early, cut an empty TP roll in half and fill with dirt. You can tie four or so together with twine to help them stay upright. Maybe some of you have seen this or mentioned it before, but as we begin to get excited about planning this year's garden, you might want to start saving those TP rolls. For more of the discussion, click [here](#).





## Farmgirl Sisterhood News

**Sisterhood Brochures** available for download. Click [here](#), then scroll to the bottom of the page.

### Stitching & Crafting Room: Merit Badge Work.

Submitted by Ceejay48

Just thought I would share a picture of some of the merit badges I've completed. Since the badge for each category is the same design for all three levels, I decided I didn't want to make a separate badge for each level of the same design. I also wrote on the lower left edge that name of that category using a fine-tip "Millennium" pen.

Instead, I decided to sew a button on the lower right edge for each level I have earned. Some of the ones pictured have only one button ... I haven't submitted applications for more than the beginner level.

And for "Buttoned Up," I decided to sew actual buttons on instead of embroidering button designs. With "Quilting," I used some pieces of favorite fabrics and applied them with Wonder-Under onto the badge instead of embroidering the quilt designs. The buttons on the Quilting Badge are in a different spot and a bit harder to see. Anyway, just wanted to share ... I have more that I'm working on and will be submitting more applications as well.

THANKS FOR LOOKING!!! CJ

From the barefoot farmgirl  
in SW Colorado  
sister chick #665







## 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](mailto: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](mailto: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







## Merit Badge Awardees

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

### Adrienne Wilson, Addy731 #906

Beginner badge: Community Action / Each Other  
Beginner badge: Little Squirts / Each Other  
Beginner badge: Plant It Forward / Each Other  
Beginner badge: Quilting / Stitching & Crafting  
Beginner badge: Get It Together / Farm Kitchen  
Beginner badge: Families Forever / Each Other  
Beginner badge: Lend a Hand to Families / Each Other  
Beginner badge: Bustin' Out / Farm Kitchen  
Beginner badge: Get 'er Done / Each Other  
Intermediate badge: Shopping Green / Cleaning Up  
Intermediate badge: Sew Wonderful / Stitching & Crafting

### Anne Schmidt, aschmidt #772

Beginner badge: Tatting / Stitching & Crafting  
Intermediate badge: Tatting / Stitching & Crafting  
Expert badge: Tatting / Stitching & Crafting

### Annika Laurea-Wood, Annika #13

Beginner badge: Sew Wonderful / Stitching & Crafting

### Ann Lierz, Ann Bernadette #847

Beginner badge: Quilting / Stitching & Crafting  
Beginner badge: Crochet / Stitching & Crafting  
Beginner badge: Buttoned Up / Stitching & Crafting  
Intermediate badge: Quilting / Stitching & Crafting

### April Johnson, April Showers #972

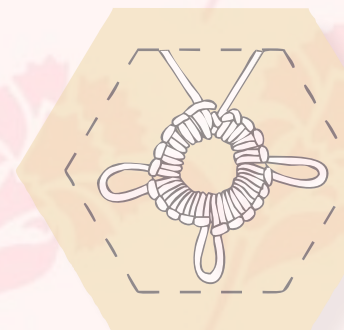
Beginner badge: Quilting / Stitching & Crafting

### Beth Fedorko, Beth From VA #1207

Beginner badge: Gaining Ground / Garden Gate  
Beginner badge: In the Garden / Make It Easy  
Beginner badge: Shopping Green / Cleaning Up

### Beth LeRoy, BlackHorseFarm #1159

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



“

The rain falls down...  
The wind blows up;  
I've spent  
all the pennies  
in my old tin cup.  
Use it up,  
wear it out,  
make it do,  
do without!

”

– Father Fox's Pennyrhymes

continued ...



## Merit Badge Awardees

### Carla Garner, phonelady #1186

Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Get It Together / Farm Kitchen

### Christine Veert, northernkid #955

Beginner badge: Pay It Forward / Farm Kitchen  
Beginner badge: Knitting / Stitching & Crafting  
Beginner badge: 'Out There' Women / Outpost  
Beginner badge: What's Your Beef? / Garden Gate  
Beginner badge: Get It Together / Farm Kitchen  
Beginner badge: Crochet / Stitching & Crafting  
Beginner badge: Heirlooms Forever! / Garden Gate  
Beginner badge: Horse Dreams / Garden Gate  
Intermediate badge: What's Your Beef? / Garden Gate

### CJ Armstrong, ceejay48 #665

Beginner badge: Lend a Hand to Farm Families / Each Other  
Beginner badge: Nellie Will-do / Stitching & Crafting  
Beginner badge: Disconnect to Reconnect / Outpost  
Beginner badge: Outstepping / Outpost  
Intermediate badge: Lend a Hand to Farm Families / Each Other  
Intermediate badge: Nellie Will-do / Stitching & Crafting  
Intermediate badge: Disconnect to Reconnect / Outpost  
Expert badge: Lend a Hand to Farm Families / Each Other  
Expert badge: Nellie Will-do / Stitching & Crafting  
Expert badge: Disconnect to Reconnect / Outpost

### Daizy Bailes, Daizy #1093

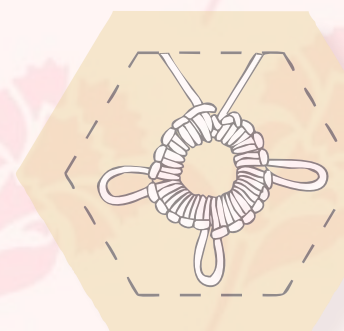
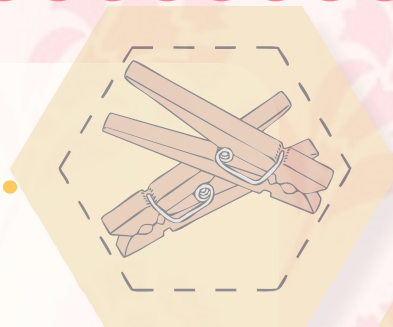
Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Shopping Green / Cleaning Up

### Debbie Hughes, bdhughes77 #1223

Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Knitting / Stitching & Crafting  
Beginner badge: Quilting / Stitching & Crafting

### Elisha Andrews, Elisha Ann #1232

Beginner badge: Shopping Green / Cleaning Up



continued ...



## Merit Badge Awardees

### **Heather Neuharth, Heather.Eleanor #1304**

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Buttoned Up / Stitching & Crafting

### **Janie Edwards, janiee #390**

Beginner badge: Aprons / Stitching & Crafting

### **Jennifer Crenshaw, shoerswife1 #1280**

Beginner badge: Shopping Green / Cleaning Up

### **Jennifer Mowery, barefootmama #1260**

Beginner badge: Shopping Green / Cleaning Up

### **Juanita Massey, needy #1020**

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Sew Wonderful / Stitching & Crafting

### **Karen LeRoy, Catnana #1124**

Beginner badge: Backyard Farmer / Garden Gate

### **Kimberly Galbreath-Fleming, missgive #927**

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

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

Intermediate badge: Pay It Forward / Farm Kitchen

### **Kim Luxton, cherrypit #1308**

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Community Action / Each Other

Beginner badge: Knitting / Stitching & Crafting

Intermediate badge: Crochet / Stitching & Crafting

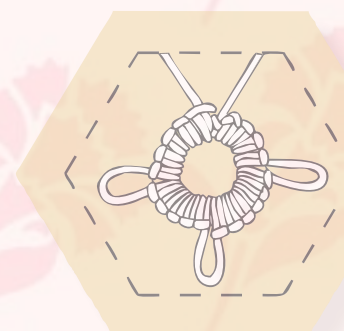
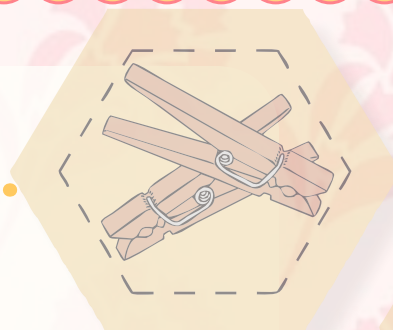
Intermediate badge: Community Action / Each Other

Intermediate badge: Knitting / Stitching & Crafting

### **Kristie Norwood, Bugabee #1165**

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Crochet / Stitching & Crafting



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

— Author unknown

continued ...



## Merit Badge Awardees

### **Kyria Baker, Kyria #991**

Beginner badge: Crochet / Stitching & Crafting

Intermediate badge: Get It Together / Farm Kitchen

### **Laurie Greenfield, BoiseGardenGirl #1163**

Beginner badge: Going Green / Cleaning Up

### **Lois Gray, necobia #1271**

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

### **Marcia Simonds, child in harmony #1183**

Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Horse Dreams / Garden Gate

Intermediate badge: Entrepreneurial Spirit / Each Other

### **Martha Weichman, Wellswillow Marcie #1114**

Beginner badge: Community Service / Each Other

### **Michele Kirkman, vintagediva1 #463**

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Organic on a Budget / Farm Kitchen

Beginner badge: Get It Together / Farm Kitchen

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Knitting / Stitching & Crafting

Expert badge: Knitting / Stitching & Crafting

### **Michelle Standley, jascelle #1132**

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Buttoned Up / Stitching & Crafting

### **Molly Greenwood, #789**

Beginner badge: Shopping Green / Cleaning Up

### **Nancy Brennan, N@n #661**

Beginner badge: BakeOver MakeOver / Farm Kitchen



continued ...



## Merit Badge Awardees

### **Nicole Christensen, texdane #1155**

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

### **Rise St Arno, Rodeorise #597**

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Knitting / Stitching & Crafting

Expert badge: Knitting / Stitching & Crafting

### **Rose Coffman, HorseLady #965**

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Get It Together / Farm Kitchen

Intermediate badge: Horse Dreams / Garden Gate

Expert badge: Horse Dreams / Garden Gate

### **Sarah Flehmer, chaddsgirl #639**

Beginner badge: Aprons / Stitching & Crafting

### **Shari Dodd, Ms. Hannigan #1158**

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Knitting / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Expert badge: Shopping Green / Cleaning Up

### **Staci Wickard, staci860 #973**

Beginner badge: 'Out There' Women / Outpost

### **TJ Wierenga, Hens at Home #813**

Beginner badge: Knitting / Stitching & Crafting

### **Victoria Montoya, EastTXFarmgirl #549**

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: The Secret Life of Bees / Garden Gate

### **Wende Wagner, Wende #660**

Beginner badge: Horse Dreams / Garden Gate

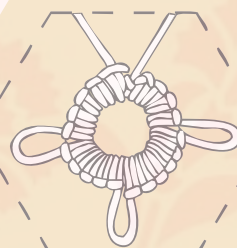
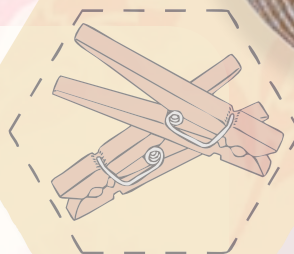
Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

### **Yvonne Hamilton, yquiltsalot #1074**

Beginner badge: Quilting / Stitching & Crafting

Intermediate badge: Quilting / Stitching & Crafting



“

Farmgirl livin’  
makes for a more  
cheerful person,  
no matter where  
you are. It’s hard to  
describe in words  
what that means—  
you just know; you  
just live it. ”

– Michaela Rosenthal



# Young Cultivators Woo-Hoo!

## Merit Badge Awardees

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

**Cassandra Richardson, Young Cultivator of Jerusha Richardson #1268**  
Beginner badge: It's In the Bag / Cleaning Up

**Kaylee Thompson, Young Cultivator of Lisa Thompson #953**  
Beginner badge: Thank You! / Each Other

**Montana Baker, Young Cultivator of Kyria Baker #991**  
Beginner badge: Thank You! / Each Other  
Beginner badge: All Buttoned Up / Stitching & Crafting  
Beginner badge: All Dried Up / Farm Kitchen  
Beginner badge: It's In the Bag / Cleaning Up  
Intermediate badge: All Buttoned Up / Stitching & Crafting







## FARMGIRL SISTERHOOD SPECIAL

WE'RE OFFERING A

**30%  
DISCOUNT**

ON ALL GAIL KESSLER FABRICS:

- **Garden Fresh Collection** (Click [here](#) to view)
- **Lilliana Collection** (Click [here](#) to view)

**ACT FAST!**

- Yardage quantities are limited (yardage available is listed for each fabric.)

**TO ORDER**

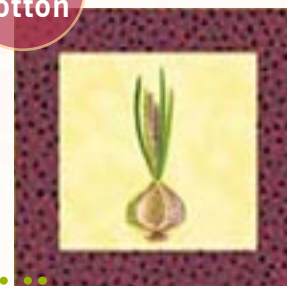
Call us at (1-888-750-6004) **OR** order online at [www.maryjanesfarm.org](http://www.maryjanesfarm.org)

**Coupon Code is:** GailFabrics (not case-sensitive)

**If you're ordering online, please:**

- Fill in your Sisterhood number in the "Sisterhood Number" field before adding the Fabrics to your cart.
- Then, on the last page during checkout, fill in the "Coupon Code" field with GAILFABRICS, and apply the code to your order.

*Special good through April 30.*



**Garden Fresh**

by Gail Kessler | Ladyfingers Studio  
(not actual size)

**Lilliana**

by Gail Kessler | Ladyfingers Studio  
(not actual size)

**100%  
cotton**

**100%  
cotton**





FRESH  
IN THE NEWS

## 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 have received your magazine around March 11. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you didn'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](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 e-mail her at [rene@maryjanesfarm.org](mailto:rene@maryjanesfarm.org).

**Over 965 Farmgirl Chapters in 48 states and 8 countries  
and 46 Henhouses with 1,341 Sisterhood members ~  
growing stronger every day!**