

# MaryJane's Cluck™

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

May 2010

*Mother's Love*

Circumstances made us FRIENDS, MaryJanesFarm made us SISTERS!

## Hello from Sister #1

### New Mountain Farmgirl Blogger

Farmgirls are tapping away at their keyboards to bring you news from the homefront, no matter where you live or what your interests. Rebekah Teal, a former judge, writes about being a farmgirl in the city; René Groom blogs from the rural perspective; Paula Spencer gives you the suburban viewpoint; Shery Jespersen shares the ranch view from Wyoming, and soon, Cathi Belcher will write about life in the mountains. Watch for Cathi's new blog later this month. You can click to our farmgirl blogs right on our **home page**. While you're there, sign up for our e-mail blog alerts and recipe of the week.



Cathi is an old-fashioned "MaryJane Farmgirl" with a pioneer spirit who lives in the White Mountains of New Hampshire. As a resident of the "Live Free or Die" state, she fiercely values self-reliance, independence, freedom and fresh mountain air ... and is a huge proponent and believer of Lifelong Learning. Happily married to her childhood sweetheart of more than 40 years (a few of them "uphill climbs"), she has had plenty of time to "reinvent" herself ... from museum curator, restaurant owner, baker, homeschool

mother, and conference speaker, to post and beam house builder and entrepreneur. Through all these experiences, though, writing has been a common thread, and she has considered herself first and foremost a "Writer" since she announced that fact to the world in the 2nd grade. Her other passion is innkeeping—she and her family currently operate a 32-room mountain lodge. Cathi's specialty has evolved into offering weekend workshops of special interest to artsy and outdoorsy women at her rustic log cabin in the mountains.

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"Mountains speak to my soul ... just as MaryJane did when I first discovered her books. I got everyone's attention in the bookstore that day when I spontaneously and passionately blurted out, 'Oh my gosh ... I AM this book!' That's a moment and a feeling I think all my farmgirl sisters can relate to!"

Cathi says, "Farming is an important part of my heritage, and I want to pass on this love of the land, this connection we have to the Earth, to my friends, my family, and those I can touch through my writing. Mountain farming has its own particular challenges, but I delight in trying to turn them into opportunities from which we can all learn and grow."

### Following, read a sample of Cathi's writing about Mother's Day:

As Mother's Day approaches (and don't forget that many of us farmgirls juggle children as well as baskets of eggs!), I can think of no better gift to share with our families than the love of the land and an appreciation for where our bountiful gifts of the Earth come from. I have deeply fond memories of spending childhood days down on my grandparents' farm, a place in the foothills of the Catskill Mountains of New York called Derrydale. My siblings and I spent three whole summers there while our mom worked on her master's degree. It was heaven for us to "ride" down the long corridors of the chicken coops in the big rolling feed bin, corn mash wedged between our toes, as Grandfather fed the hens. It was even more magical to help him collect the eggs in baskets, still warm to the

touch! This was a commercial operation in the days long before mechanization, and we must have slowed him down for sure ... but he was so patient! He helped us raise our own little ducks and geese from eggs one summer, tiny fluff balls of soft delight—though soon enough they would show US who was boss in the farmyard and decimate poor Grandmother's lawn! My favorite farm "chore," however, was raising orphaned lambs, which for some reason were abandoned by their mothers more often than you might think. It was almost a yearly occurrence in the large flock, and

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we were thrilled to be able to feed those adorable spring babies warm, fragrant milk from a rubber-tipped glass bottle. We would even sleep nearby to hear their bleating if they got cold or hungry in the middle of the night. Those sights and smells are memories deeply ingrained in my being to this very day. At the mere smell of wood shavings and chicken feed, I am instantly a wide-eyed 8-year-old again ... Such things are precious gifts, indeed, to pass on to future generations—and Mother Hens, you are affecting the future much more than you know!

I overheard someone say recently that when you get three generations removed from a farm, the result is a total lack of common sense. Truer words were never said! Whole generations of young people are growing up not knowing how things work or how to fix them; where things come from, or the satisfaction of a hard day's work and a good night's sleep. That's why, when our home-schooled children were growing up, one of the most important subjects in our yearly curriculum was "Uncle Eddie's Farm." (And one of our most important "teachers" was Uncle Eddie himself, self-taught farmer extraordinaire, who has more common sense and wisdom than almost anyone I know!) In spite of the fact that we lived on our own little homestead, for more than 10 years, we drove the nearly 20 miles down to Pine Hill Farm, where a few days a week, my kids transplanted seedlings in the greenhouse while snow still blanketed the ground. They helped him plant the fields with tender shoots each spring, picked and weeded vegetables



on summer mornings, and manned the roadside farm stand until frost claimed the last of the pumpkins in the fall. This was an education every bit as valuable as our academic subjects ... but there's so much to tell you about Pine Hill Farm, that bountiful topic is best saved for another day...

In the meantime, I want to tell you how much I admire all my fellow farm-sisters who are keeping this way of life alive and well for their families in so many different ways. Whether you live in a city and keep a windowsill



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garden, or farm in a big way in the bread basket of America, keeping these earth-connections alive and well in ourselves and our children is essential! So many of them know only the computerized version of farming ... silly electronic games that occupy their thoughts and waste their time without the slightest connection to the real world. Don't get me wrong ... I love technology. I think computers are fantastic tools, but they are the means to an end, a source for information, NOT an end in themselves.



Last winter at our inn, I discovered a very scary thing. Over the Christmas vacation, I noticed a steady stream of little children lining up to use the computer that we make available for our guests in the lobby. I had never seen such a line-up of little ones before, and it suddenly occurred to me that this had been going on for days. Indeed, that computer seemed to have more power than the Pied Piper himself! These children all seemed to be on a mission, and some were helping others to log on to something, so I finally asked what all the excitement was about. I learned that these kids all owned virtual stuffed animals that they had "adopted," and they had to check in online every day to "feed them," "grow them food," and even "sell it" at a virtual market to "buy" other things for their "pets."

I couldn't help but feel sad for a generation of children who might never know what it's like to raise a real animal, dig in the earth, get dirt under their fingernails, and pull up their very own vegetables! (I'll never forget "Bee's" amazing picture with her carrot in the April/May issue of MaryJanesFarm—what an image!!) That's what I'm talking about ... the experience of real connections to the earth ... and that's what farmgirls do best! Keep up the good work, gals! We're planting the kinds of seeds that will produce a continual harvest. Happy Mother's Day to you all.

– Cathi Belcher

Stay tuned for Cathi's "view from the mountains" ... coming soon!

*Mary Jane* ♥








## A word from your Sisterhood Coordinator ...

Spring brings with it ... spring cleaning at my house. While I am in the process of the cleaning, I don't like it much, but I always love that moment right after I am done. The one where you flop onto the closest chair, look around you, and take that huge sigh that just says it all. Every year, I ask myself the same question: "How is it that one family can somehow accumulate so much in such a short time?" I have been more motivated this year than I have in the past to thin "things" out. I know that there are families in our valley that have needs, deep needs, and I, for one, am determined that things won't sit in my closets just wasting away when they can be getting put to great use.



During the cleaning process. I was particularly thankful for all the wonderful "natural" cleaning recipes that we "sisters" have shared on the Farmgirl Connection chatroom and in the Sisterhood Newsletter ... I found myself using many of them, and even chuckled when my kids walked through the door and asked me what I was pickling when they smelled the vinegar (it is always about food with boys).

As I sit here looking around the house, taking it all in, I am satisfied with the accomplishment. Two large bags of clothing dropped off at the local secondhand store, kitchen cupboards cleaned out, my drapes are once again clean and crisp, our windows need decals stuck on them to protect the birds from trying to fly into them, the carpets are fresh, the floors scrubbed, and my bath towels swapped out—the old ones in the rag box and the new ones in the linen closet. With those chores behind me, my mind quickly jumps to the next things on my list. I see some glampin' in my future and some bare toes in the garden!

*Rene' Shoem*

Sister #185

“ I only wish that I could come into your home and sit at your kitchen table each morning and talk of our common problems, though I could never solve them! I am no great brain, just a neighbor and friend ... Mrs. Homemaker, I think you're the most wonderful person on earth! You are the very backbone of family life. ”

— Heloise, Heloise's Housekeeping Hints





## 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).

## Mother’s Day

I have this rather silly shirt that I bought years ago and still wear proudly each year at this time. It is a simple white cotton shirt and states only three words: I LOVE MOM. The month of May always makes me feel like I ought to state these three words loudly—on a billboard, scrawl them in the dirt, or holler them in an echoing canyon. I soooooo love my mom, and sometimes I feel like I just go about life without taking the time to really let her know. So this silly little shirt is my way of reminding my mom and proudly letting everyone else know this truth.

Ever since I was a little girl, I have always taken the gift part of Mother’s Day very seriously. I have no idea why. My mother must have instilled it early on. There is a marvelous Renaissance Fair, featuring thousands of handcrafted items, that takes place here the weekend prior to Mother’s Day, and I have always been so pleased with my little findings for her. I will admit they have not always been her style. One hangs on my wall because she gifted it back to me; another time, I found one of my gifts in the barn covered with a layer of dust!

But in recent years, I am certain I have finally perfected my Mother’s Day honoring. It helps greatly that she now has granddaughters. My daughter and I have taken to hand-making a gift for “Nanny Jane” every year. Last year, we painted pottery, and it was beyond precious to watch my daughter’s face as she meticulously painted a vase so many colors it was close to a brown blob by the time she was finished. This year, my youngest might even be of some help—now that she is all grown up at the ripe old age of one. It’s perfect that I get to honor the day for not only for myself and spend it with my daughters, but, so far, Nanny Jane has never raved more about gifts given to her. So this will be the fourth year running I’ve gotten it right. And I’ll be wearing my silly shirt when I do.





# 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.



## First Impressions

"You never get a second chance to make a first impression."

Technically, that's true. But philosophically, I disagree. I think you have numerous occasions to create or recreate a first impression.

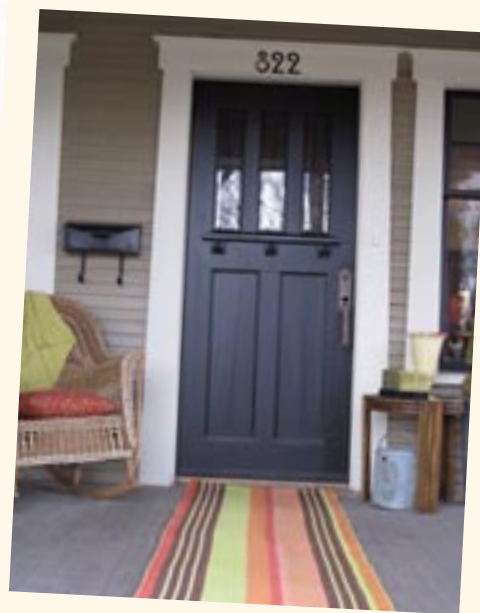
That's something I take into consideration when I entertain. The first impression starts the minute my guests get out of their car. Thanks to its 1910 construction, my old house offers a lot of charm without any assistance from me. But rolling out the brightly striped welcome mat and adding complimentary colors throughout the front porch just make it even more inviting. No matter the season, I try to (at least temporarily) place flowers or greenery right under the doorbell.



It's not all about fluff and flowers, though ... for

me, the housekeeping needs to extend to the exterior. My front porch always needs a good sweep and my black mailbox and front door are magnets for eye-level dust. I have to remind myself to give it a good swipe with a damp cloth in the hours before my guests arrive.

Whether I'm entertaining inside or out, I try to create an ambiance of warmth without being overt about it; subtle music, flickering candles, open bottles of wine.



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## farm kitchen



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### continued ...

Those impressions should easily segue into the meal. Whether it's a simple, rustic menu or fancy and refined, I try to have at least one star of the show. It can be a salad, entrée, or dessert, but one of those needs to elicit an "ohhh" or an "awww." While it doesn't affect the flavor, that "WOW" factor can affect the experience.

I frequently combine beets and pears for an appetizer or salad. You can effortlessly toss them in with some greens, add vinaigrette, and serve. OR ... you can carefully construct your meal's first impression. With a little more effort, slice the beets and pears into circles, marinate separately, and then stack them. It's dramatic, it's delicious, and it leaves a lasting "first" impression.



“To remember a successful salad is generally to remember a successful dinner; at all events, the perfect dinner necessarily includes the perfect salad.”

George Ellwanger, *Pleasures of the Table*, 1902

recipe, next page ...



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## Featured Recipe

### Beet and Pear Napoleons

PREP TIME: 25 minutes

SERVES: 6

- 2 medium red beets, scrubbed
- 2 large Anjou pears (ripe, but firm)
- 1 bunch arugula
- 1 large Granny Smith apple
- mixed greens

Special equipment:  
a 1-inch round  
cookie cutter

#### VINAIGRETTE:

- 1 T Dijon mustard
- 2 T minced shallot
- 1 t sugar
- 1/4 t salt
- 1/8 t black pepper
- 1/4 cup white-wine vinegar
- 1/3 cup extra-virgin olive oil



1. Preheat oven to 450°F.
2. Wrap beets in foil and roast until tender, about 1 1/2 hours. Let stand until cool enough to handle, and then slice crosswise into 1/4"-thick rounds. Cool completely.
3. In a small bowl, mix together all vinaigrette ingredients. Divide vinaigrette evenly between 2 small bowls or plastic bags.
4. Cut pears lengthwise around core into 1/4"-thick slices. Cut out 18 rounds from slices using cookie cutter and put in one bowl of vinaigrette.
5. Cut out 18 rounds from beet slices and put in other bowl. Toss pears and beets with vinaigrette to coat well.
6. To assemble, put 1 beet round on each of 6 plates and top with one small arugula leaf. Top with 1 pear round, then another arugula leaf. Repeat, layering 2 more times. Discard vinaigrette used for beets.
7. Toss mixed greens with some of remaining vinaigrette and place around each Napoleon.
8. Just before serving (so it doesn't brown), finely grate apple into a bowl. Spoon a heaping teaspoon grated apple on top of each Napoleon. Drizzle with more vinaigrette if desired.





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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.

“In the garden, my soul is sunshine.”  
— Author Unknown

## Over the Garden Gate

I think of this writing space as a place for conservation and discovery amongst farmgirl gardeners. I'll tell you what great garden things blow my skirt up and hope you'll tell me what you are lovin' in the garden this year. Let's keep the banter and ideas flowing.

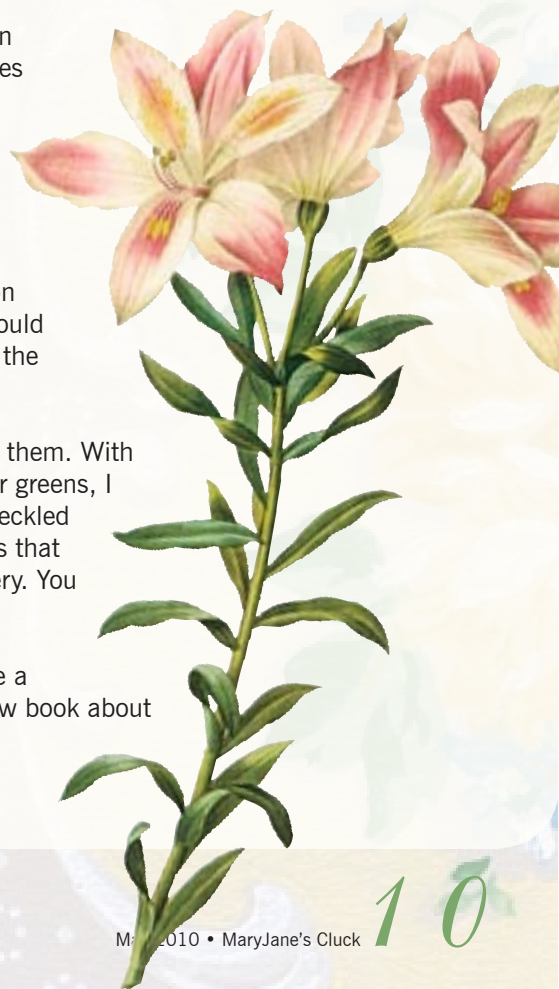
From the local library, I picked up *Hot House Flower and the Nine Plants of Desire*, by Margot Berwin, a fun novel for the nanosecond of time when I am not living in the garden or at my desk. Oh, and *Root Cellaring: Natural Cold Storage of Fruits and Vegetables* by Mike and Nancy Bubel. I have an honest-to-Pete root cellar under my house (built in 1959). It's dry and cool and right now is full of an odd assortment of sporting goods, canned pickles, and jams.

I've fallen head over heels for lilies. Martagon and other species of lilies are the candelabras of the plant world. I've gone so far as to remove a little more turf (shhhhhhh, don't tell the husband) and tucked them in the bed that gets afternoon shade.

Blueberries are hot here this year. After spending an entire afternoon researching blueberries and varieties suitable for my region (the Intermountain West), I wrote a handout for a local nursery's Saturday blueberry class. Two days later, while interviewing a gardener whose "Bohemian Paradise" garden (her description) will be on our local garden tour this year, I learned about her two faves: Herbert and Ivanhoe. These were not even on my radar. Hey, if they grew well for Gabby, they should do just great in my garden. I am tucking them into the ornamental border.

I can't resist salad greens—growing them or eating them. With 14 different packages of seeds for lettuce and other greens, I should be good for most of the growing season. Speckled Troutback and Red Sails are just two of the lettuces that said "BUY ME." So did Amsterdam Seasoning Celery. You can smell its celery-ness right through the packet.

How does your garden grow this year? Do you have a new favorite plant or garden passion? A favorite new book about gardening or gardens? Share.





# 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](#)

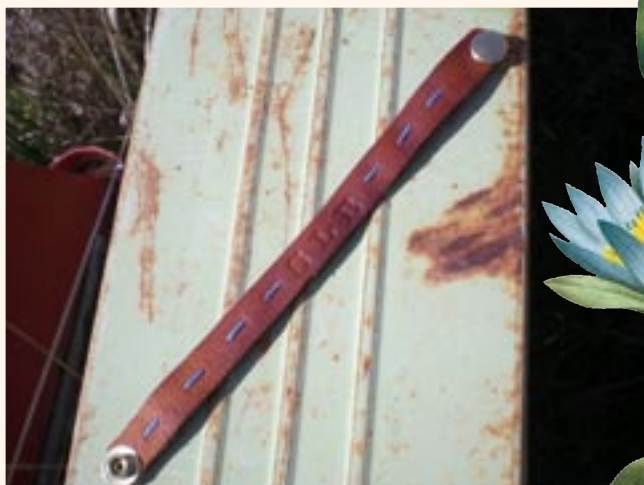


Rebekka Boysen-Taylor, (Sister #40) was born in Spokane, Washington, right around the time Mount St. Helens blew her top. She studied Geography at Portland State University and taught grade school in the Bronx and inner-city Los Angeles. She lives with her family on the Palouse. As a stay-at-home mama 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.

## ID Bracelets, Farmgirl Style

(and no, I don't mean branding!)

Looking through a favorite jewelry catalog recently, I noticed the resurgence of ID bracelets. Modern-day insignias and messages can be engraved onto metal, stitched into cloth, or stamped onto leather. Leather is a nice material to work with, and I decided to make a soft cuff bracelet. To make one yourself, get out a bit of leather and the supplies listed below. You can purchase small pieces of leather at your local craft store if you can't find an old jacket or scrap to repurpose; just avoid suede and super-soft leathers, as they will not hold the stamps as well.



### Supply List:

Leather  
Scissors  
Hammer

### Tools (I found mine at Michaels)

Mini Punch Kit (I used the biggest punch in this set)  
Line 20 Snap Fasteners (these are your snaps; the kit I purchased had both gold and silver tones)  
Alphabet Stamp Kit

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 ...

Once you have your leather, it is time to measure and cut. Whatever your wrist size, add 1 1/4" for the proper length (for a 6" wrist, you need about a 7 1/4" length). You can make the cuff any width you like, but 1/2" is the minimum you need to accommodate the snap fastener. Think of your first bracelet as an experiment. You will get the hang of it, but this may happen on your second or third try. Just have a bit of extra leather on hand. Using your mini punch set, make a hole at each end, where you will add your snap fasteners. This punch set is also great for adding holes to belts or purse straps. Now, add the fasteners according to the instructions. Your bracelet can snap on and snap off and is now ready for embellishment. Wet the bracelet with a damp cloth, but don't soak it through, and lay it out on a firm surface for stamping. Start with the middle letter to keep things centered and hammer down on each letter die a few times to set the stamp. After you are done with the initials or words, you can add embroidery thread in a running stitch down the center of your bracelet for a little color if your leather is thin enough. You will have created a one-of-a-kind piece of jewelry that will improve with time! Just like Mom.





## make it easy

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

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



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.

### Peace & Quiet

Farmgirls find joyful contentment in the little things. Sometimes it is spying the first courageous buttercup or finding the perfect "junktique" accessories for a birdhouse you're making ... or the simple mention of a dear friend's name. Words are usually very little things—pieced together increments of communication that are as much a part of our modern-day daily existence as water and air. We take them in, digest them, and move on. Sometimes, though, we linger so that the words soak in a little deeper ... like soft, slow rain.

The best and most meaningful words are the kind we ought to share frequently—and we shouldn't be stingy with them. This month's "Make It Easy" project conveys a soothing message and a gentle reminder. Stitch up this simple sewing project in a variety of ways. Shown here is an 8 1/2" x 11" hot pad. Other ideas include 'freestyle' stitching the phrase onto pillowcases by using 'turkey' red embroidery thread. Upsize the scale by adding more Xs to each letter. Or make a pillow front instead of a hot pad and use white muslin and



continued ...



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

### continued ...

'30s-era fabrics for a wider border and a ruffle. This little "quilt" could hang on the wall of a vintage "glamping" trailer and pull double duty in the itty-bitty kitchen.

**Supply List** (Dimensions of the pieces of fabric are larger so that you have plenty of "extra."):

10" x 12" piece of Osnaburg or muslin

10" x 12" piece of cotton batting

12" x 14" piece of print fabric (I used a stripe)

fabric marking pen or lead pencil

embroidery needle

embroidery floss in the colors of your preference (I chose brown, tan, mustard, pale red, and pine green)

3" piece of red wool or cotton fabric

quilting thread

needle

leftover coffee or tea (for age staining)

1. Pin the Osnaburg fabric, batting, and backing fabric together.
2. Draw your "Peace & Quiet" and cherry branch onto the fabric. I used a dime coin for the cherry pattern. Each letter is 1 1/2" tall. Practice on a sheet of paper until you're happy with the look and scale. It does not have to be perfect. The look is intended to be homemade and a little primitive. Refer to the photo as a guide.
3. Load your embroidery needle with 2-3 strands of embroidery floss and cross-stitch the letters.
4. Do the same for the cherry branch and leaves. Cut out your 'cherries' and stitch them into place.
5. I 'stipple' quilted this piece in rows and filled in the center in random style as needed so that the middle section didn't puff up too much.
6. Trim the border fabric and fold over and inward ... top and bottom, then the sides. Tuck the raw edges in about 1/4". Fold the corners in a mitered fashion (or straight edges if you prefer). Using a blanket stitch or a fancy feather stitch, go around the border edge and hide the knot inside when you're done.
7. If you like a 'loved for a long time' look, immerse the piece in leftover coffee or strong tea, then gently squeeze out the liquid, lay it out flat, and let dry.





make it easy ... with

mountain rose herbs®  
.com



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.

## Vanilla, An Exotic Treasure

Did you know that vanilla beans come from gorgeous orchid flowers? Growing vanilla is truly labor intensive. Every orchid must be hand-pollinated by farm workers who carefully transfer the pollen from the anther to the stigma of the flower. The vanilla flower has a very short life span, and only blooms for less than a day. This means that the growers have to inspect their plantations daily for open flowers to pollinate.

Six to nine months after pollination, the long green pods begin to turn yellow at their tips, which means that they are ready to be harvested. The beans are picked and then cured for three to six months on drying racks in the sun and in special conditioning rooms. During this time, they develop the dark color, rich aroma, and delicious flavor that we all know and love.

Aside from culinary use, we can also harness the intoxicating aroma of vanilla for body care recipes. What could be better than adorning ourselves with the exquisite scent of orchids?



continued ...



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## continued ...

### Vanilla-Infused Body Oil

A delectable vanilla-infused oil that can be used for massages or as a moisturizing body oil.

- 2 organic vanilla beans
- 1 cup organic jojoba oil

Slice vanilla beans lengthwise and cut into small pieces. Place in a glass jar, cover with oil, cap, and shake well. Store in a sunny and warm windowsill for 1–2 months and shake daily. When the oil has reached the desired strength, strain the vanilla beans out using cheesecloth and pour the infused oil into a bottle. You can even make a more concentrated version of this oil to use as a natural perfume!

### Vanilla Aroma Spray

A delightful aromatherapy spray that can be used around the house or misted directly onto the skin or hair as a natural perfume. It also makes a wonderful facial toner!

- 1 oz witch hazel extract
- 3 oz water
- 2 t organic vanilla extract (Make your own! See recipe following.)

Pour all ingredients into a 4-oz glass bottle with a mister top and shake well. Shake before each use, as contents will naturally separate, and be careful not to spray over light-colored furniture or clothing!

### Vanilla-steeped Witch Hazel Extract

Splash your face with this natural astringent in the morning to help cleanse oil from the skin, decrease bags under eyes and skin puffiness, and to reduce pore size.

- 2 organic vanilla beans
- 8 oz witch hazel extract

Slice vanilla beans lengthwise and cut into small pieces. Place in a glass jar, cover with witch hazel extract, cap, and shake well. Store in a cool, dark place for 2 weeks and shake daily. When the blend has reached the desired strength, strain the vanilla beans out using cheesecloth and pour the liquid into a glass bottle.



continued ...



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## continued ...

### Vanilla & Honey Body Scrub

This scrub smells scrumptious and will exfoliate your skin, leaving it soft and smooth.

- 3/4 cup organic granulated sugar or fine sea salt
- 1/4 cup plus 1 T organic apricot kernel oil (or other carrier oil of your choice)
- 1 T honey
- 1 t organic vanilla extract (Make your own! See recipe following.)
- 1/4 t powdered organic vanilla beans (optional)

Combine sugar and powdered vanilla beans in a bowl. Add oil, honey, and vanilla extract. Mix well. Package in jars and enjoy!

### Homemade Vanilla Extract

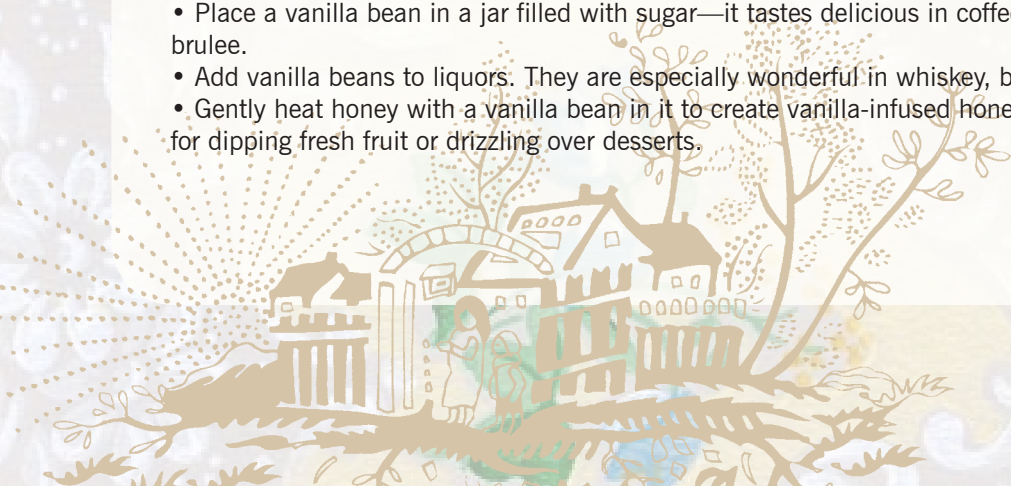
Making your own vanilla extract is extremely easy, and is much less expensive than purchasing it.

- 3-4 whole organic vanilla beans
- 1 cup brandy, vodka, or bourbon

Split vanilla beans lengthwise with a knife, leaving the seeds inside intact. Place vanilla beans in a jar, cover with alcohol, and cap tightly. Agitate the mixture by shaking the jar daily for 4–6 weeks. You can infuse the vanilla beans for as long as you would like, and add new vanilla beans to make a stronger extract. Once that the flavor of the extract has reached the desired strength, strain the vanilla beans out and bottle the resulting extract. To make the bottles even more alluring, you can insert a vanilla bean into each bottle. Vanilla extract will last indefinitely, and will become even more aromatic and flavorful as it ages. Homemade vanilla extract may be used in exactly the same manner as commercial vanilla extract.

Other ideas for using vanilla beans:

- Infuse vanilla beans in sea salt to create naturally scented bath salts or for culinary use.
- Place a vanilla bean in a jar filled with sugar—it tastes delicious in coffee or sprinkled over crème brulee.
- Add vanilla beans to liquors. They are especially wonderful in whiskey, bourbon, or vodka.
- Gently heat honey with a vanilla bean in it to create vanilla-infused honey. Simple and delectable for dipping fresh fruit or drizzling over desserts.





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.



## Me & My Hoss

Spring is, without question, the busiest time of year for ranchers. The other day when I was riding, I noticed an anthill that was a busy hub of activity—much more so than late in the summer. The ants were scrambling all over each other. Their activity looked hectic, as if they were lacking a plan. But looks are deceiving. I could relate to the ants. Like them, we have plans too, so many right now that we feel a bit overwhelmed.

In addition to the usual busyness of calving, we’re re-siding the house, painting it, adding an addition, and landscaping. Oh, and a large raised-bed garden! The “Make It Easy” project that I stitched up for this edition of *The Cluck* was a timely reminder for the maker!

We’re not the only ones who work hard this time of year. Our horses do, too. They’re a necessity in our line of work, and they make our job easier and enjoyable. I ride every day out in the clean, crisp air of Wyoming and I get to call it “work.”

“Harley” is the featured steed in this piece (top, far left, and below), and he is a son of my beloved mare, “Dolly.” The curious observer might ask what Harley’s typical work day is like? Well, first off, my husband wrangles the horses into the corral. Then, we pick our mounts for the day. Whoever is chosen gets a meal of grain while being brushed and saddled. The bridle comes next, and then we’re off to see what the cows have done since we rode the day before.

Our daily ride during calving season consists of riding anywhere from 6–12 miles, depending on several factors. Harley and I look for newborn calves or calving cows that may have problems. If all goes well, it just turns into a pleasant outing. I use the opportunity to look at wildflowers and take photos. Harley stands by and eagerly nibbles on luscious new grass. Would some of you agree that there is something very comforting about listening to herbivores grazing?

When our ride is done, I curry Harley and he loves it since he’s shedding heavily now. Then, he saunters off, looking for a place to roll. A good roll with groans of relaxation is as enjoyable for me to watch as it is for the horse. Horses are such remarkable creatures ... noble and funny, a dog you can ride, always amazing, marvels of design, great communicators, simple and yet complex. My life wouldn’t be MY life without them. The smell of a horse to me is as sweet as that of a rose.



“No hour of life is wasted that is spent in the saddle.”

– Winston Churchill



## 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).

### Polish It Up

One of my favorite things to do while cleaning is to polish wood, stone, metal, and many other surfaces. When everything is sparkling, shiny, and new looking, it makes the room look sensational. Many times, my only weapon to polish with is a microfiber cloth and olive oil. After my home is dusted, vacuumed, and clean, I will take my polishing cloth dabbed with olive oil and make my rounds. I wipe down everything from my stone coffee tables, baseboards, wooden stair railings, and fake plant leaves to my metal candle holders. The oil brings out the luster and shine on many surfaces and seems to give the appearance of a richer color. You will want to test a small area of any surface first before applying large amounts of oil. And you might want to wipe it down afterwards with a dry cloth to avoid streaking if you have applied too much. Below are two recipes for furniture polish that are inexpensive and eco-friendly.

Beware though, polishing wood can become addicting, and once you see how effortless and fun bringing out the luster in your wooden cabinets, tables, and counters can be, you might not know when to stop. But the good news is, the polishing protects and preserves your wood and can add years to the finish!

#### Homemade Furniture Polish

For varnished wood, add a few drops of lemon oil into a 1/2 cup of warm water. Mix well and spray onto a soft cotton cloth. The cloth should only be slightly damp. Wipe your furniture with the cloth, and finish by wiping once more with a dry soft cotton cloth. For unvarnished wood, mix two teaspoons each of olive oil and lemon juice and apply a small amount to a soft cotton cloth. Wring the cloth to spread the mixture further into the material and apply to your furniture using wide strokes. This helps distribute the oil evenly.



Make Mine  
GREEN

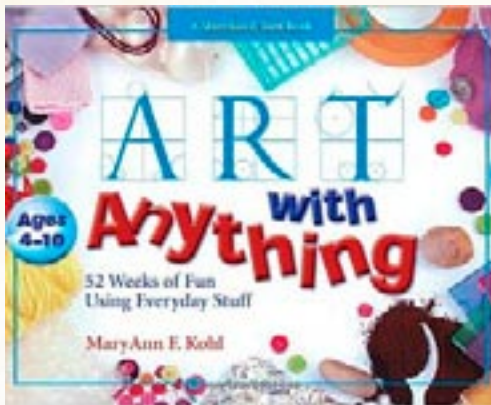




## Young Cultivators

### 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.](#)



### Materials:

coffee dough ingredients: used, dry coffee grounds, flour, salt, cool liquid coffee  
 bowl, spoon or fork  
 waxed paper  
 butter knife  
 small toys or objects to make impressions in the dough

## Art from Everyday Stuff

Let your child channel his or her creative spirit and find new ways to use common household items with art projects from the new book *Art with Anything: 52 Weeks of Fun Using Everyday Stuff* by MaryAnn Kohl.

With 52 weeks of fantastic art projects using ordinary materials, *Art with Anything* provides a year of creativity, imagination, and fun! This new book uses best-selling author MaryAnn Kohl's mantra, "It's the Process, Not the Product" to explore making art from everyday materials, including address labels, fabric scraps, hole-punch dots, junk mail, leaves, rocks, salt, and many more! Perfect for children ages 4–10. Available May 2010 from **Gryphon House Publishing** (or you can pre-order from **Amazon** now).

Here's just one of her fun projects:

### Coffee Impressions & Fossil Slabs

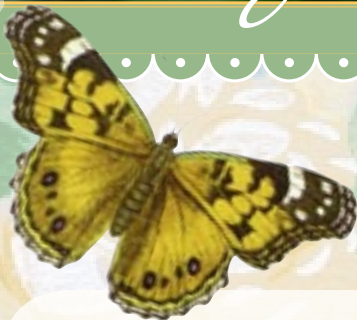
Save coffee grounds to enjoy for fragrant, textured art explorations and creations.

- In a bowl, mix together 1 cup used, dry coffee grounds, 1 cup flour, 1/2 cup salt, and about 1/2 cup cool coffee (add just enough liquid coffee to form a pliable dough). Knead the dough and then flatten on waxed paper.
- Use a butter knife to cut slabs of dough large enough to make impressions with objects.
- Press objects firmly into the dough to make impressions. Let the slab dry overnight. When dry, imagine that the slab of dough is rock and the impressions are from fossils.





# Congrats!



## Farmgirl of the Year 2010

CJ Armstrong, Sister #665

This month's Featured Farmgirl is also our Farmgirl of the Year 2010! CJ is a devoted Merit Badge fan—she's earned 63 merit badges to date!

**FORUM ID:** ceejay48

**MARRIED:** To Bill on December 28, 1968. We will celebrate our 42nd anniversary this coming December. He is as solid as a rock!!! He allows me to be ME!!!!

**CHILDREN:** Daughter Robin, who is married to Jim, lives in Glendale, Arizona, and is a first-grade teacher. She is also my "best friend" and has just recently joined the Farmgirl Connection and Sisterhood. YAY!! Son Jeremy lives in Cortez, Colorado, with a 24/7 caregiver. He was born with Down Syndrome and has the opportunity to live in a situation where he is not totally dependent on us. He is quite active and spends Sundays with us, as well as other special times. He has a great sense of humor and is a dancer extraordinaire!!

**FAVORITE FLOWER:** Colorado Columbine

**WHY?** It speaks to the nature of our Creator in its exquisite beauty and design and also speaks to the idea of grace and strength in strenuous conditions. It grows wild in the harsh mountain climate of our Rocky Mountains. When I see them growing in the mountains ... well, I am refreshed and encouraged!

**WHAT IS YOUR PASSION?** (besides hubby and kids and other family members)

Music is my passion! The only thing I've been doing longer than playing the piano is breathing, having started piano before starting school. I am an accomplished pianist and also give piano and vocal music instruction. I have taught music theory, basic music reading, have directed church choirs of every age level and have led praise and worship in church services with my husband. Other passions include sewing, paper-crafting, gardening, camping, hiking, and sitting on my deck watching the sun come up. I am also passionate about the breast-cancer events I do with my daughter and my daily, many-year history of power walks! I am also passionate about my heritage of and living the life of a farmgirl.



continued ...





“  
I dream to continue  
to cherish my farmgirl  
heritage and roots,  
practicing a lifestyle that  
is simpler, more careful,  
and one that provides  
more joy in meaningful  
relationships ... and  
laugh, dance, and  
sing!!!!”



## continued ...

**FAVORITE QUOTE:** “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your path straight.” Proverbs 3:5-6

“Those who wait on the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint.” Isaiah 40:31

### **BEST PIECE OF ADVICE ANYONE HAS EVER GIVEN YOU . . . AND WHO GAVE IT??**

“If you believe that your decisions and/or actions were the right ones, then do you don't have to defend yourself!” This has served me well over the years in many, many painful situations. This was given to me by a Christian woman who has known me all my life. A woman of class, quiet strength, grace, beauty and a woman with a heart for the Lord.

**WHAT ARE YOUR DREAMS FOR THE FUTURE?** I dream that my life has been and will continue to be one that demonstrates the love of Christ. I dream that my family will continue to want to know, love, and serve the Lord even more. I dream that my creative pursuits will blossom and grow, providing a good income, and I dream the same for my husband. I dream that the lives of my adult children will be blessed, full and happy in the Lord. I dream that the life-threatening needs of the children (and their families) of the world will be met by more of us who have the ability to give; that we all can be less self-indulgent and uncaring. I dream to continue to cherish my farmgirl heritage and roots, practicing a lifestyle that is simpler, more careful, and one that provides more joy in meaningful relationships ... and laugh, dance, and sing!!!!





## The Scoop from MaryJanesFarm

### Our Website Gets a Facelift

We're giving the **shopping section** of our website a makeover! It will be more user-friendly and will alleviate those confusing estimated shipping charges you've likely seen on your orders. Our previous software only gave the option of shipping via UPS, and small orders, like Sisterhood memberships or apron patterns, were estimated at the UPS minimum package charge. But our new software allows you to choose either UPS or the U.S. Postal Service to allow for more accurate shipping estimates. It also has an improved search function and will allow us to post photos that you can zoom in on to see all those ca-ute farmgirl details (this won't happen right away, as Gabe will have to spend lots of time loading larger photos of all the products).

### New Bed Sets

MaryJane's Home announces two scrumptious new bed sets. The new Cottage Hill collection captures the timeless pleasures of a weekend at the cabin—from long walks in the woods to lazy nights by the fireplace. The collection features traditional detailing and a rustic blend of gingham, plaid, and floral patterns. Enjoy a cottage getaway every day, and a farmgirl experience that's fanciful and unforgettable. Fall under the farmgirl spell with our new Enchanted collection. Time-honored floral designs come alive with ruffled trim and beautiful cross-stitched embroidery that conjure classic everyday living. The result is a charming collection that enriches the home and inspires the heart. Because when you can realize your heart's desire, that's a fairytale come true. Find them **here**.

### Current Holidays:

May 1 ~ May Day, Join Hands Day  
 May 4 ~ National Teachers' Day  
 May 5 ~ Cinco de Mayo  
 May 9 ~ Mothers' Day  
 May 10 ~ Armed Forces Day  
 May 15 ~ International Day of Families  
 May 16 ~ Wear Purple for Peace Day  
 May 31 ~ Memorial 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!







## Farmgirl Chatter

**What are farmgirls chatting about?**

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

**Keeping in Touch: Mindful Eating**, Submitted by SunshineDoc

Hello Farmgirls! I feel a little shy chatting without eye contact—but MaryJane's magazine and words touch my true farmgirl roots so deeply, I've got to jump on the wagon. Organic was not a word I knew—it was just how we lived on the two-acre, self-sufficient farm where I grew up. It was what was done. Clean out the cow and horse barn, the chicken coop, and the pigeon aviary—and dump the stuff where it did some good. Take the scraps from the garden produce and feed the animals. Save every little scrap for whatever else it might be good for.

It was a way of life.

I've gone through many cycles since then, but always, always, I've had something growing—in a pot if need be—but something I could cut and bring to the table. It was an essential way of my life. This kept me grounded through medical school and other endeavors.

And then—when I started seeing patients in the clinic—I became increasingly aware that the LACK of this sort of life was the root of so much of what ails people! Fast forward. I've devoted my life, now, to the discussion and teaching of the most basic of health practices—which, when properly executed, starts to feel like a spiritual practice. Paying attention. Slowing down. Avoiding poisons (in their MANY forms!). Eating true to nature. And—my most recent book, *Mindful Eating* (see [www.maryannwallace.com](http://www.maryannwallace.com)). So simple. So sane. And so helpful.

I hope to hear from you. I hope to have an impact for true health that returns us to our roots. Let me know what you think! Joy to you!

Being mindful is a way of life—and health.

Mary Ann Wallace, MD

(Chatroom name: SunshineDoc)

To join in the discussion, [click here](#).





## the chatter continues ...

### **Marketplace: New batch of Dandelion Jelly Listed**, Submitted by Aunt Jenny

On my Etsy! The kids and I are excited to finally have dandelion season here. Most people hate them, but we LOVE dandelion jelly. The kids do the flower gathering and I do the jelly making ... and we all enjoy the jelly. It is like "sunshine in a jar" according to my youngest son!

Jenny in Utah

Proud Farmgirl sister #24

visit my little online shop at: [www.auntjenny.etsy.com](http://www.auntjenny.etsy.com)

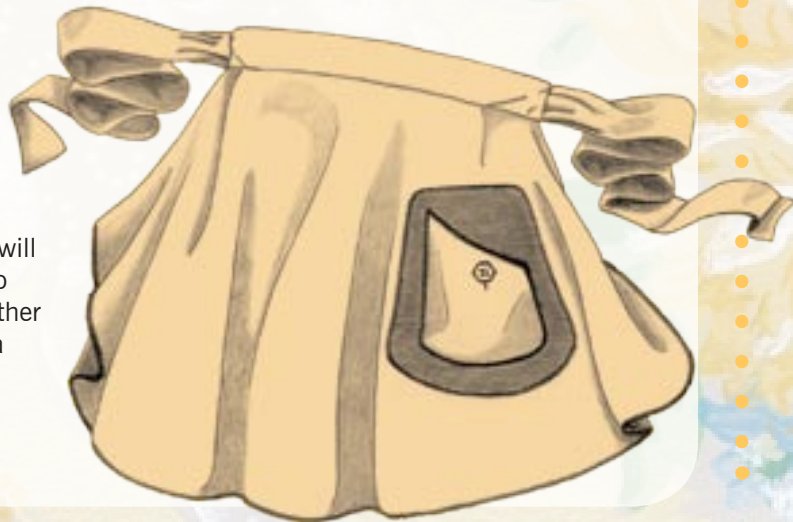
### **Marketplace: Farmgirl Products USA**, Submitted by Patti Anne

Hey farmgals ... just wanted to update you all ... the official [farmgirlproductsusa.com](http://farmgirlproductsusa.com) site is paid for and underway as of this last week. Yeah! Our web designers are starting bright and early Monday morning to get the ball rolling and approximate 6 weeks for setup and design.....and then another 2 weeks to work out all the bugs. So, we are looking at mid-June to be able to sell our wares to the world as farmgirls united! I have this ever-growing list of vendors that have sent me their information already and I thank you. I invite anyone else from the MaryJane farmgirl group to do the same and am offering to wave the signup fee for the first 100 farmgirls to sign on. We are a little less than halfway there ... but I am looking to have at least 100 vendors to open this site with, so when we go live our customers will have plenty of products to choose from. Next week, I will begin to research and make contact with the many other farms and products across the United States ... but I wanted to extend this initial offer to all the MaryJane farmgirls who are my sisters and have inspired me thus far. Want more details? **Click here.**

### **A Farm of My Own: Need a Cute Farmgirl Name**, Submitted by clothedinscarlet

OK ... I'm so jealous of all of you cute farmgirls with your cute little farmgirl names like MaryJane and SadieMae and AnnaBeth and BillySue, and I've decided I need a farmgirl name of my own (hence my putting this post in "A Farm of My Own"—what's a farm without a farmgirl name?). So, be kind and make it cute, but someone give me a name that will be my official farmgirl name. I will add it to my signature so I can be cute like all the other real farmgirls. Anyone else wish they had a farmgirl name?

Got a name you can suggest? **Add it here.**





## the chatter continues ...

### **Across the Fence: Lessons in Hankies,** Submitted by birdie71

I am a first-grade teacher in the middle of Phoenix. My class consists of mostly Hispanic children. I would also say that most of these kids have not much of a clue about farm life or even old-fashioned things. I wear a waist apron (ones hand-crafted by my mom and that match my outfit for the day) every day, and this last week, I decided to quit using Kleenex and start using hankies. Every day, I put a clean hankie in my apron, and then at the end of the day, put it in the laundry with my clothes. One day this week, my kids inquired about the corner of something sticking out of my apron. I don't remember what they called it, but it was a wonderful time to have a lesson. I taught them what hankies were for ... of course, this was an easy lesson because we are already recycling and making choices in our classroom to preserve our Earth. It was a precious time!

### **Across the Fence: Where does your apron hang?** Submitted by Peachy

I'm finding my apron collection is growing rapidly these days, and they're hung here and there, but all in sight so I can always admire them! Where do you hang your aprons? Are there any unique ideas out there for displaying and also keeping them readily available for use?

Where does your apron Hang? **Add your comment here.**

### **Barnyard Buddies: All Things Bees**

Submitted by MeadowCrone

If you do bees, please tell me your favorite place for supplies and information.  
Want to talk bees? **Go here.**

### **Cleaning Up: Cleaning with vinegar and essential oils**

Submitted by prairie\_princess

I always mop the floors with vinegar.  
I ran across this tip somewhere along the way: add 6 drops of essential oils to your vinegar/water mixture and it will smell wonderful! I love using lavender, lemon, or a mixture of both ...





## the chatter continues ...

### **Family Matters: Celebrating Aria,** Submitted by Julia

Please join me in celebrating my beloved daughter, Aria, who after more than 2 years, has finished her chemotherapy!!! I want to take this moment to express my deepest gratitude and thanks to MaryJane, who has provided this forum for so many of us to share our stories—the good, the bad, the beautiful, and the ugly. Here, we witness the trials and triumphs of life. We are able to share and see that life is also about death sometimes and the mysterious process in between. This is a very human place, and each and every one of you reading my posts, writing to me, posting comments and the like, have played an integral part in our success. To read Julia's complete post, [click here](#).

### **Garden Gate: Barehanded Gardener,** Submitted by graciegreeneyes

I own several pairs of garden gloves, some that were lovely gifts, but every time I go out to weed, at some point in the process, I end up shedding my gloves so I can feel the dirt better. I end up looking like an urchin all year because my hands never get all the dirt out of them—I try to think of it as a farmgirl accessory :) Today was a good day because I got my hands dirty! Does anybody else garden barehanded? **Weigh in here.**

### **Garden Gate: Talking to Worms,** Submitted by AlyssaMarie

I don't know if anyone else does this, but I was out in my garden clearing out old weeds and I happened to find several gorgeous earthworms! I said to my little friends, "Why hello there! I am excited to see you! Welcome to early spring! Make sure to stick around because exciting things are to come and I know you'll enjoy it here in my garden!" It's so exciting that at the end of winter you can return to your garden and have a reminder that the soil is still alive!

### **Farm Kitchen: Violet Jellies ... who is making theirs?**

Submitted by KarrieAnn  
With the abundance of wild violets in my area and the discussion about violet jelly **on this thread** started by FebruaryViolet, I went ahead these past two days and made some jelly with the recipe from Prairieland Herbs. ([Click here for the recipe.](#)) I made 16 6-oz jars! **Show off yours here.**







## Farmgirl Sisterhood News



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

**Attention Farmgirl Sisterhood Members:**

CHICKS wanted for the Farmgirls Southwest Henhouse!

~ CeeJay

[Click here for details.](#)

**Official Farmgirl Sisterhood Members:** Who is interested in the Farmgirls on the Loose tour??

~Wende

[Click here for details.](#)

“Sisters are different flowers  
from the same garden.”

– Author Unknown





## ... 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.**





# Woo Hoo!



## Merit Badge Awardees

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

**Amy Wilson**, pumpkinvine #119

Beginner badge: In the Garden / Make It Easy

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Community Action / Each Other

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Connecting Growers and Eaters / Each Other

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

**Angelyn McLain**, blueshelties #906

Beginner badge: Sew Wonderful / Stitching & Crafting

**Annika Laurea-Wood**, Annika #13

Beginner badge: Heirlooms Forever! / Garden Gate

**April Johnson**, April Showers #972

Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

**Beverly Sherman**, KMop #799

Beginner badge: Light the Way / Make It Easy

**Carla Garner**, phonelady #1186

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Aprons / Stitching & Crafting

**Cassie McClelland**, cjeanjellybean #1356

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

**CJ Armstrong**, ceejay48 #665

Beginner badge: Nellie Make-do / Stitching & Crafting

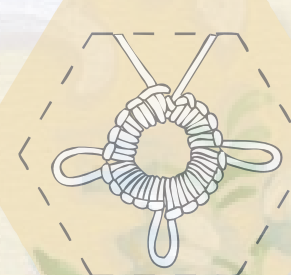
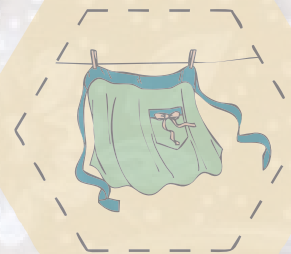
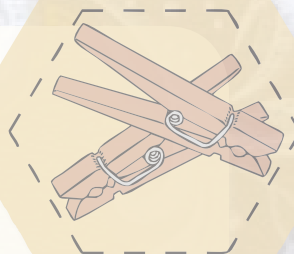
Beginner badge: BakeOver MakeOver / Farm Kitchen

Beginner badge: 'Out There' Women / Outpost

Beginner badge: Little Squirts / Each Other

Beginner badge: Public Service / Each Other

Beginner badge: Plant It Forward / Each Other



continued ...





## Merit Badge Awardees

Beginner badge: Lend A Hand to Farm Families / Each Other  
Intermediate badge: Little Squirts / Each Other  
Intermediate badge: 'Out There' Women / Outpost  
Intermediate badge: Nellie Make-do / Stitching & Crafting  
Intermediate badge: Outstepping / Outpost  
Intermediate badge: Public Service / Each Other  
Intermediate badge: Lend A Hand to Farm Families / Each Other  
Expert badge: Outstepping / Outpost  
Expert badge: 'Out There' Women / Outpost  
Expert badge: Nellie Make-do / Stitching & Crafting  
Expert badge: Lend A Hand to Farm Families / Each Other

### **Courtney Driver**, CountryLuv #1338

Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: Light the Way / Make It Easy  
Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Quilting / Stitching & Crafting

### **Debbie Hughes**, bdhughes #1223

Beginner badge: Little Squirts / Each Other  
Beginner badge: Disconnect to Reconnect / Outpost

### **Debra Butland**, debbiebee #934

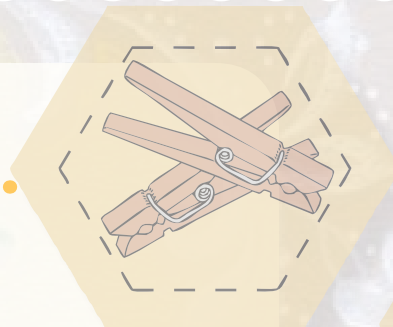
Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: Embroidery / Stitching & Crafting  
Beginner badge: Crochet / Stitching & Crafting  
Beginner badge: Knitting / Stitching & Crafting  
Intermediate badge: Aprons / Stitching & Crafting  
Expert badge: Aprons / Stitching & Crafting

### **Delicia Noble**, delicia #959

Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: The Secret Life of Bees / Garden Gate

### **Gail Springman**, gspringman #486

Beginner badge: Farmgirl Spirit / Each Other  
Expert badge: Going Green / Cleaning Up



“I can think all  
I want, but it's  
not going to  
bake me a cake,  
or make me the  
universe, All I  
can do is get up  
and live.”

– Author Unknown

continued ...



## Merit Badge Awardees

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

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Farmgirl Spirit / Each Other

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: The Secret Life of Bees / Garden Gate

Intermediate badge: Farmgirl Spirit / Each Other

Intermediate badge: Buttoned Up / Stitching & Crafting

**Holly Barrett**, echinaceabarr #402

Beginner badge: Farmgirl Gratitude / Each Other

**Jennifer Crenshaw**, shoerswife1 #1280

Beginner badge: Knitting / Stitching & Crafting

**Jennifer Mowery**, barefootmama #1260

Beginner badge: Going Green / Cleaning Up

**Joana Fedewa**, TansyShy #907

Beginner badge: Knitting / Stitching & Crafting

**Joanne Nasser**, Joanne nasser #1125

Beginner badge: Quilting / Stitching & Crafting

**Judy King**, patchworkpeace #932

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Little Squirts / Each Other

Intermediate badge: Aprons / Stitching & Crafting

**Kathleen Cofer**, jackieb #1175

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Sew Wonderful / Stitching & Crafting

**Kristina Nelson**, FieldsofThyme #800

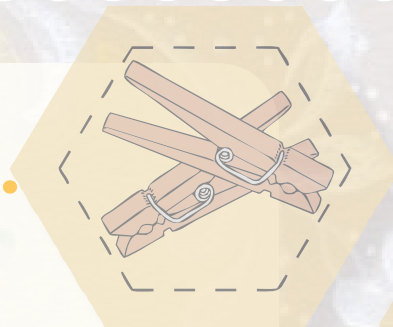
Beginner badge: Community Service / Each Other

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up



continued ...





## Merit Badge Awardees

**Kyria Baker**, Kyria #991

Beginner badge: Aprons / Stitching & Crafting

**Laci Wilcox**, foxywilcox #1381

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Shopping Green / Cleaning Up

**Linda Smith**, connorsmommy1 #1008

Beginner badge: Lend A Hand to Families / Each Other

**Linda Unger**, Katie-Linda #1252

Beginner badge: Aprons / Stitching & Crafting

**Lisa Long**, elisa in the woods #1202

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

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

**Lois Gray**, necobia #1271

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Lend A Hand to Families / Each Other

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

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Aprons / Stitching & Crafting

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

**Lori Selby**, nightengale #1288

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

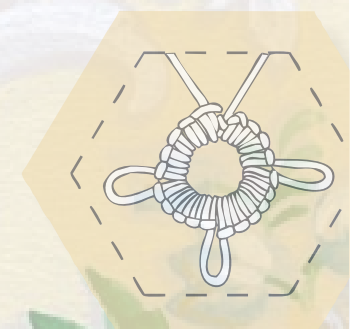
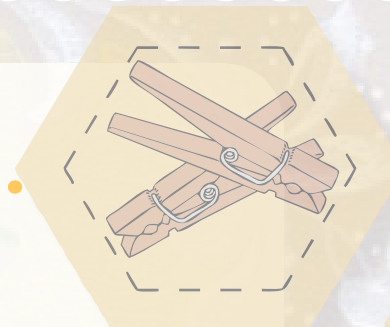
Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Sew Wonderful / Stitching & Crafting

**Loyce Krogel**, tralldancer #1272

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up



“The kitchen  
is a country in  
which there  
are always  
discoveries to  
be made.”

– Grimod de la Reyniere

continued ...



## Merit Badge Awardees

**Luanne Bailey**, beekeepersgirl #691

Beginner badge: Farmgirl Gratitude / Each Other

**Marcia Simonds**, Child in Harmony #1183

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Bustin' Out / Farm Kitchen

Intermediate badge: Shopping Green / Cleaning Up

**Nicole Christensen**, texdane #1155

Beginner badge: Knitting / Stitching & Crafting

**Robin Armstrong Miller**, birdie71 #1301

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Gaining Ground / Garden Gate

Intermediate badge: Shopping Green / Cleaning Up

**Sandy Underwood**, sannieu #1059

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

**Sherrilyn Askew**, Sherri #1350

Beginner badge: Going Green / Cleaning Up

Beginner badge: Shopping Green / Cleaning Up

**Siobhan Walker**, clothedinscarlet #1110

Beginner badge: Little Squirts / Each Other

Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

**Stacy Keely**, Stacy K. #896

Beginner badge: Aprons / Stitching & Crafting

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

Beginner badge: Heirlooms Forever! / Garden Gate

Intermediate badge: Safe Toys / Stitching & Crafting

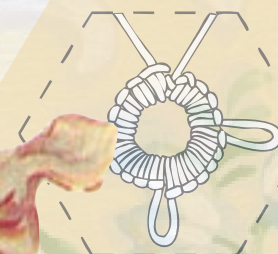
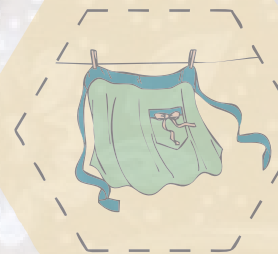
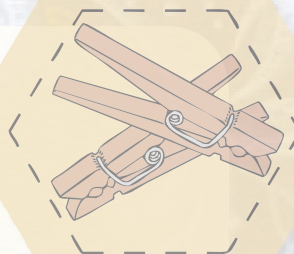
**Tina Dennis**, dreamingofafarm #1355

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Shopping Green / Cleaning Up



“Farmgirls  
get dirty  
and they  
clean up  
pretty.”

— Ann Forrester,  
Farmgirl Chapter Leader,  
Belmont, Michigan

continued ...



# Young Cultivators

Woo-hoo!

## Merit Badge Awardees

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

**Kaper Greenfield, Young Cultivator of Laurie Greenfield #1163**  
Beginner badge: Trash Talk / Cleaning Up

**Kierra Mowery, Young Cultivator of Jennifer Mowery #1260**  
Beginner badge: It's In the Bag / Cleaning Up





## May Farmgirl Sisterhood Special

# 20% discount

ON

## Allen Butters' Hide-Away Cutting Board



To see a complete description of this handy mounted cutting board,  
**CLICK HERE**, then choose "Utensils."

### TO ORDER:

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

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

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

- Fill in your Sisterhood number in the "Sisterhood Number" field before adding the Cutting Board to your cart.
- Fill in the "Coupon Code" field during checkout with CUTTINGCOSTS and apply the code to your order.

*Special good through May 31.*







## Magazines, Books, and More

Our June/July issue, "Sentimental Journeys," will hit newsstands on May 18 (if you're a subscriber, see note below about delivery). In it, you'll find out how to bring home your first goat and make cheese with its milk, plant a memory garden or a vertical garden, make ice cream without an ice-cream maker, weave a garden hat, stitch up a cowboy-boot purse, and more!

[Click here](#) to subscribe to *MaryJanesFarm* magazine.

If you have a subscription, you should receive your magazine by about May 10. (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](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 984 Farmgirl Chapters in 48 states and 8 countries  
and 49 Henhouses with 1,444 Sisterhood members ~  
growing stronger every day!**