Mary Jane's Cluck

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



Circumstances made us FRIENDS, MaryJanesFarm made us SISTERS!

Hello from Sister #1

Merit Badges Are the Cat's Meow!

In a recent issue of *The New York Times Magazine*, I read an article by Rob Walker about computer techies who earn merit badges. (I've since written the author, telling him all about us meritorious sisters.) In his piece, he said, "I can't think of a more sweetly upbeat response to a turbulent culture than an actual grown-up sporting a merit badge ... it all makes sense, since [earning merit badges] comes with a chaser of nostalgia and widespread reluctance to completely put away childhood things."

Meritorious rewards are no longer for the birds (or Girl Scouts). Our loading dock at the farm is a busy place—semi-trucks and tractors coming and going, plenty of employee foot traffic, and a UPS truck arriving daily—but unbelievably, a nesting wren has staked her claim to our dock on a set of shelves that, over time, have haphazardly been our repository for funky bird houses and bird nests—found or given, some of them fake, including three fake birds.

Yesterday, my husband noticed bits of straw and other nesting materials being "swept" off the shelves and onto the dock. Wind? Then, every time he walked by on his way to the farm office, "someone" continued to bump two of the smaller fake birds onto the floor. After he had picked them up a dozen times, he put two and two together. "Oh no," he said, "a woman has moved onto my turf and ... she's moving furniture and cleaning up!" I jokingly grabbed the bigger, heavier, gaudy bird that was perched in a nest in the far back, and set it out front. Within a few minutes, we watched as a tiny, tiny wren

continued ...



CONTENTS

Hello from Sister #1	1
Each Other	3
Farm Kitchen	. 4
Garden Gate	. 7
Stitching & Crafting	. 8
Make It Easy	
Outpost	14
Cleaning Up	16
The Farm Scoop	18
Farmgirl Chatter	21
Sisterhood News	25
Magazines, Books & More	41

To be refreshed by a morning walk or an evening saunter ... to be thrilled by the stars at night;
TO BE ELATED OVER A BIRD'S NEST OR A WILDFLOWER IN SPRING—
these are some of the rewards of the simple life. ** - John Burroughs

Ap.

flew in and wrestled it off the edge of the shelf. Using the edge of her apron, she wiped the sweat off her brow and then stood back, hands (wings) on her hips, and took a well-deserved pause to inspect her work toward earning our "Cleaning Up" merit badge.

Our precious little wren story triggered more stories. My favorite was Denali's. "Last night my parents were sitting on the porch with my cat of 10 years at their feet. 'Denali, your cat is getting old and hardly hunts anymore.' Jokingly, they said, 'She needs to earn her keep.' The next morning, they opened the door to four dead voles and half a woodpecker placed just so. "Stocking Up" badge? Given a farmgirl's love of her barnyard buddies, opening up the Sisterhood to our animal friends just might have merit.



Marylane



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

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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-yearold 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).

Fire Up Your Appetite

It's grilling season! In the Northwest, we refer to our grilled meals as "barbequed" this or that. When my husband and I lived in Kansas, my best Kansas farmgirl friend and her hubby kindly reminded us every time we called our get-togethers a "barbeque," that we were, in fact, grilling. Well, what's the difference?? A big one, apparently, having mainly to do with the length of time the meat is cooked. An entire pig is "barbequed." And since we seem to have so little time these days with two little ones, my husband and I stick to "grilling."

We do a lot of it. Without pots to clean afterward, I'm always happy to enjoy something deliciously, but simply, grilled. We do it the old-fashioned way, with coals and chimney, but the flavor stays the same—pretty darn good. And I'm just as happy with a juicy steak as I am with grilled veggies. In fact, I pretty much like most anything grilled. Have you ever grilled fresh pineapple? Marvelous. Strawberries too, but those are best grilled in one of those little specially designed grilling contraptions that flip easily.

The thing about grilling is how good it smells—the anticipation whetting your appetite. When a neighbor grills and the aroma wafts through my yard, I always wonder what they'd do if I just happened to stop in. But these days, I'm the neighbor doing most of the grilling, leaving the rest with THEIR mouths watering.

So we've vowed to set a table on the back deck next to our Weber as often as possible this summer. (We have a funky little picnic table that I keep adorned with a tablecloth.)

There's something about grilling that feels casual and easy, perfect for inviting a few guests over. If you grill the main dish and have your friends bring a side dish, throw some asparagus or veggies on the grill, and you've come up with the perfect summer feast. Add some grilled fresh fruit for dessert, and you're a downright fancy-pants hostess!



farm kitchen

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FARM KITCHEN with Alyson Outen 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 Craftsmanstyle 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.



Kickstart

In the constellation of hometown restaurants, The MilkyWay was a shining star. It had an eclectic and delicious menu ... it had a clean and contemporary décor ... and it was one of my favorites. But, like so many other restaurants and retailers, it was a casualty of the economy. The MilkyWay closed its doors in downtown Boise in April of 2008.

Much to my surprise, I received an e-mail just last week from the restaurateurs, with a clever concept to begin anew. She wants to open another restaurant and is targeting her capital campaign at patrons such as me. "Essentially, it's about getting donations. In turn, we give 'thank you' gifts for helping to support our endeavor," said restaurateur Andrea Maricich. They're using a website called **kickstarter**, which was designed for this very purpose. All those entrepreneurial souls out there trying to make movies, trying to do community projects, or trying to open restaurants can raise funds in a grassroots, yet global, way.

Andrea Maricich and her talented team are hoping this online option will generate the initial money needed to open the "Salt Tears Eating House" (the name is an anagram of her two previous restaurants). "We think the name is a little poignant, a little bittersweet and a little funny, too."

The restaurant concept, says Maricich, is a "French Bistro" without stressing the "French" too much. They plan to focus on simple, high-quality menu items, in a comfortable setting, at reasonable prices. In exchange for my \$100 donation (you can make smaller or larger donations), I will receive: two \$30 bottles of wine, two \$25 ration tickets (food) and a 5% discount for 1 year.

Will it work? Who knows. The restaurant business is as fickle as they come ... and the economy is still struggling. But I appreciate Andrea's passion, I like the originality of her fundraising, and I want to support this local business. Most of all, I'm hoping I can leverage my donation by insisting Andrea include a MilkyWay favorite on the new menu ... jalapeño shrimp bites! That sounds French, doesn't it?

Milky Way Jalapeño Shrimp Bites with Tomato Peach Chutney

This is one of our favorite little bite foods that, when properly deseeded, are not too spicy for anybody (even mom!). The chutney is served as a dip. They also pair well with a little chive sour cream. May we suggest making a lot, they will disappear quickly. We hope you enjoy!

-Andrea & Mitchell "Milky" Maricich. This recipe is very simple. It can be prepared the day before and grilled right before serving. The recipe for the jalapeños themselves is only for one—multiply as necessary. Don't be shy. We promise they will go surprisingly fast!

recipe, next page ...

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Featured Recipe

Milky Way Jalapeño Shrimp Bites with Tomato Peach Chutney

1 each large fresh jalapeño

1 piece Monterey Jack cheese, cut to approximately, 1" x 1/2" x 1/4"

1 shrimp (16/20 size), deveined and sliced in half lengthwise

1/2 slice smoky bacon

skewers, soaked in water

Tip: When working with jalapeños, it is advisable to wear gloves.



- 1. Cut the top and the bottom off of the jalapeño. Slice it lengthwise on one side (use gloves), just to open the pepper, not to cut it in half. Carefully, open the pepper and scrape or cut out the seeds. Roast the deseeded jalapeños for 15 minutes at 400°F to soften.
- 2. When cooled, place the piece of cheese beside the shrimp half and enclose it in the jalapeño. If the jalapeño should break when you wrap it in the bacon, it will be fine. Wrap the pepper tightly in the bacon and skewer. Several should fit on each skewer, leaving a bit of space in between.
- 3. If grilling, grill on medium heat until bacon is crispy. If baking, bake at 350°F on a roasting rack for approximately 15 minutes, or until bacon is crispy.

Chutney recipe, next page ...



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

FARM KITCHEN with Alyson Outen To earn a Sisterhood badge in our FARM KITCHEN category, CLICK HERE

Featured Recipe

Tomato Peach (or Apricot) Chutney

This recipe makes approximately 2 cups chutney. It also can be made in advance. Serve warm or room temperature.

2 lbs fresh plum tomatoes, chopped

5 cloves garlic, minced

1/2 cup onions, minced

1 oz olive oil

1/4 lb dried peaches, (or dried apricots) chopped

1/4 cup cider vinegar

3/4 cup sugar

1/4 T yellow mustard seeds

1/4 T black mustard seeds

1 bay leaf

1/4 t white pepper

1/2 t salt



1. Sauté onions and garlic in the olive oil until clear. Add the tomatoes and peaches and simmer for 5 minutes. Add the rest of the ingredients and simmer on low heat until the chutney has thickened.

CHUTNEY originated in India and varies in texture from a smooth paste to a chunky consistency. The recipes are treasured and handed down from mother to daughter.







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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.

Sometimes, when I am working in my garden, when the day is hot and still, I am transported to another world ... ,

-Anonymous

Fair Game

Farmgirls, unite and conquer! How many ribbons can we bring home from our county fairs? Do you raise herbs? Flowers? Put up preserves, pickles, and corn relish? Bake bread, cookies, pies? Raise goats, chickens, or ponies? How are your sewing skills? Got some fine handwork to share?

These "back to basics" domestic skills and projects are honored every summer and fall at our county fairs. Have you ever noticed that Mable Jones (my fictional participant) seems to always sweep the canning category with 72 ribbons including Best of Show? No doubt she's good, but over the years, I've noticed Mabel has no competition. The number of entries is waning. But it's the perfect venue for showing your stuff!

Go online to download your local county fair guide for information on submitting your entries. In my county, it's called a "premium" book. There are a gazillion categories; you can enter as many as you like. Awards and rewards are many. Bragging rights and ribbons

for win, place, or show ... you can take home cash and prizes ... refine that favorite apple pie recipe. In some categories, it's as simple as entering three perfect stems of basil, or petunias, or dill! It's a gentle competition, a chance to participate in a great community event, and a way to renew public interest in the skills and domestic arts of the Farmgirl Sisterhood.

Make some pretty labels and lid covers for your jams and pickles. Got a favorite "best in show" recipe for a certain bread or pie? Enter it! Start fussing over those gorgeous dahlias or perfect herbs in your garden. Are you growing the biggest cantaloupe in four counties? Take it to the fair! Then, mark your calendars for the event and remember to wear your Farmgirl badges when you go. Let's show 'em how we do it!



stitching & crafting room

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

STITCHING & CRAFTING with Rebekka Boysen-Taylor To earn a Sisterhood badge in our STITCHING & CRAFTING category, CLICK HERE



Rebekka Bovsen-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.

Lost and Found

When it comes to creative pursuits, think reuse, repurpose, and reinvent. Take this month's project, for example—a necklace made from old jewelry cast offs. I suppose you could make this necklace from all new materials, but since I salvaged bits and pieces from my own broken jewelry, it has personal history and character that can't be bought. Lost and found in the very best way.

INCE

Recently, my good friend, Dawn, and I took our four kids camping on beautiful Lake Coeur d'Alene. We laughed, played, hiked, and talked about all the twists and turns our lives have taken since we met six years ago when our girls were just weeks old. The company of a good friend, along with the time and space to daydream and watch our kids play, was a wonderful way to kick off the summer. In true farmgirl fashion, I wore my favorite enamel earrings. Camping or not, I like a little sparkle. Well, wouldn't you know it—I lost one somewhere along the way. Normally, I would have tossed the lone earring into a dresser drawer with the hope that the mate would show up. This time around, I decided to take the remaining earring and turn it into something new to remind me of the weekend.

First, I removed the earring hook and added a silver jump ring that would allow the charm to hang from a chain. I adore the crisp robin's egg blue color of the enamel and I thought it might look nice on a delicate silver chain that I've had for years. It was a good match, but I wanted something a little more interesting. So, I looked around the house and found a pearl from a much-loved, but broken, necklace that had a large enough hole to slip the chain through. Next, I removed the jump ring that attaches the clasp to the end of my necklace chain.

Holding the jump ring steady with a pair of pliers, I took another pair of pliers and used them to open the ring away from me. I slipped the end of my chain off the ring, strung the pearl on it, replaced the jump ring, and closed it. If you pull the jump ring wide so it looks like a C when open, it will be hard to close properly. Instead, open the two ends away from one another sideways. With the addition of a gold-toned charm that I picked up at our local beading store, I was able to finish my necklace for under \$5. It feels great to wear bits and pieces that I have loved for years. Taking things apart is a fantastic teacher. You learn how pieces are put together and can modify what you have to better suit your style. This approach to crafting is light on your wallet and the Earth's resources, allowing you to turn lost or broken items into new treasures.

stitching & crafting room

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

STITCHING & CRAFTING with Rebekka Boysen-Taylor To earn a Sisterhood badge in our STITCHING & CRAFTING category, CLICK HERE

continued ...



To think creatively, we must be able to look afresh at what we normally take for granted. ??

- George Kneller



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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.



Please Pass the Roadapples

This month, let's go to the barnyard and then to the kitchen, with one thing to keep in mind: a sense of humor will be needed. "A rose is a rose by any other name" and so is an equi-terd. You can call these "Roadapple Cookies" many things; pick your favorite ... meadow muffins, nag nuggets, barn biscuits, prairie berries, horse doo'ouvres.

If you're not a horse-person, hook up with one to help you with this recipe's "soft sculpture" requirements. After you've carefully followed the recipe guidelines, you'll be proud to have re-created a perfect still life display of "roadapples" for your lucky guests. If they're kids, there will be squeals of delight at the wonderful grossness. But, rest assured, these no-bake cookies are delicious and nutritious! So, without further a-doodoo ...

Roadapples

- 2 12-oz. packages chocolate chips
- 2 12-oz. packages butterscotch chips
- 2 cups ground oatmeal
- 6 cups ground corn chex-type cereal
- 1 cup roasted wheat germ or plain wheat bran
- 1/2 t salt
- yellow and green food coloring
- 1. Melt chips, add dry ingredients. Add food coloring drop by drop, mix and keep adding coloring until the batter color is a lovely shade of manure. Mix until smooth and the batter is stiff. It works better if it is on the cool side.
- 2. Lay out a couple of large sheets of wax paper on cookie sheets.
- 3. In order to create the perfect pile, you need to mold each cookie to look like the real deal. Nag nuggets are oval in shape with a slight bend in the middle about 2.5" x 3". The number of cookies may vary a little, but the result will look like they came from a well-fed horse and you'll have enough for an appetizing (?) pile.
- 4. Arrange the cookies on the wax paper and chill. In the meantime, arrange a scattering of clean hay, straw, or shavings on a large platter. Cover it with plastic wrap. When the cookies are firm, arrange the pile to look as if they were naturally deposited. Chill until shortly before serving.

A farmgirl friend who owns a menagerie of various farm animals (and who is an expert in agri-terdology) pointed out that this recipe could easily cross species. If you're into sheep or rabbits, start making your cookie pile a week early! The milkmaid's version would be the easiest as it would only require a quick drop from a footstool to create the perfect "cow pie" splat. This, my friends, is true farmgirl fare...to be served with a smile and eaten with joyful abandon.

*Hint: children love making these!







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.

Summertime Remedies from the Garden

Summertime activities like hiking, gardening, and camping often result in sore muscles, cuts, scrapes, insect bites, sprains, sunburns, and other discomforts. Luckily, you can treat yourself to homemade herbal remedies straight from your garden! These simple recipes can turn classic herbs into medicinal preparations that soothe, heal, and rejuvenate. Rosemary and Thyme are natural pain relievers with antiseptic properties, plus Rosemary increases circulation. Lavender, Calendula, and Chamomile are calming, anti-inflammatory, and healing, making them useful for treating minor abrasions, cuts, and scrapes. Peppermint and Eucalyptus are refreshing, cooling, and relieve soreness. Sage helps deodorize feet and can be used as a disinfectant for minor cuts and abrasions. Oregano is one of the best herbal antiseptics available and has been used historically for aching muscles and spider bites. How amazing that we can grow all of this medicine right in our own gardens!

Calendula, Lavender, & Shea Butter Balm

A soothing and healing balm. Rub into sore muscles or apply to minor cuts, scrapes, insect bites, rashes, chapped skin, and other skin irritations.

3 oz Calendula-flower infused herbal oil*

1 oz Shea Butter

½ oz Beeswax

20 drops organic Lavender essential oil

Melt beeswax, Shea Butter, and Calendula oil over a double boiler until melted, then remove from burner and mix in the Lavender oil. Quickly pour into tins or glass jars and allow to cool thoroughly before using or capping jar.







continued ...

Herbal Massage Oil

This botanical-infused goodness accelerates healing times and soothes aching muscles, sprains, and areas that are inflamed or swollen.

4 oz herbal infused oil*—choose one or a combination: Calendula, Chamomile, or Lavender

- 10 drops organic Peppermint essential oil
- 10 drops prganic Rosemary essential oil
- 5 drops prganic Eucalyptus essential oil
- 5 drops prganic Juniper Berry essential oil

Pour all ingredients into a glass bottle and roll between palms to distribute the oils evenly. Massage into sore and tender muscles. If in a pinch, organic extra-virgin olive oil may be substituted for the herbal infused oil oils, but it will not have quite the same medicinal effects.

*Making Herbal Infused Oils:

Place herbs in a clean, dry glass jar. If using fresh herbs, then wilt them first for 12 hours to remove most of the moisture (too much moisture will cause the oil to go rancid), cut into small pieces, and crush with a mortar and pestle before adding to the jar. You can skip these extra steps if your herbs are dried. Pour olive oil into the jar, making sure to cover herbs by at least 1" of oil so they will have space to expand. Stir well and cap the jar tightly. Place the jar in a warm, sunny windowsill and shake once or more per

day. After 4–6 weeks, strain the herbs out of the oil using cheesecloth. Make sure to squeeze out every precious drop of oil! Pour into glass bottles and store in a cool dark place.

Herbal Liniment

Herbal liniments offer instant relief for pain, inflamed muscles, bruises, and sprains.

rubbing alcohol

fresh or dried herbs—combine any of the following: Calendula flowers, Chamomile flowers, Eucalyptus leaves, Lavender flowers, Peppermint leaves, Rosemary, Thyme, or Oregano.

Chop herbs finely and place in a clean glass jar. Cover thoroughly with rubbing alcohol and cap with a tight-fitting lid. Place the jar in a warm area and shake daily or as often as possible. After 4–6 weeks, strain the herbs out using cheesecloth and pour the remaining liquid into glass bottles with mister tops. When properly stored in a cool dark place, the liniment will keep almost indefinitely. Make sure to label the liniment for "External Use Only".



July 2010 • MaryJane's Cluck





continued ...

Aloe Vera, Lavender, & Peppermint Sunburn Spray

Aloe Vera and Lavender offer immediate relief, shorten healing times, and are soothing while Peppermint is cooling and refreshing.

4 oz organic Aloe Vera gel15 drops organic Lavender essential oil10 drops Vitamin E oil2-5 drops organic Peppermint essential oil

Mix all ingredients, pour into a 4-oz bottle, and apply to the skin as often as desired. Store in refrigerator to increase the cooling effect upon the skin.

Milk & Oatmeal Herbal Bath

Nothing feels better on sore muscles than a peaceful soak in a bathtub!

- 1 cup organic Milk
- 1 cup organic Oatmeal
- 1 handful fresh Chamomile flowers or 2 T dried
- 1 handful fresh Lavender flowers or 2 T dried
- 1 sprig fresh Rosemary or 1 T dried

Place oatmeal and herbs into a cloth or muslin bag and tie under the tub faucet. Turn hot water on and allow it to run through the bag so that the bathwater will be infused with the healing properties of the herbs and oatmeal. Once the bathwater has reached desired temperature, pour the milk directly in. You can continue to use the bag like a washcloth and rub it along your skin, especially in areas that need some extra care!

Herbal Foot Soak

Soak those tired "dogs" with this rejuvenating and therapeutic blend of salt and herbs fresh from your garden.

1/2 cup Epsom Salts

1 t Olive Oil

Sprigs of fresh Chamomile flowers, Eucalyptus leaves, Lavender flowers, Peppermint leaves, Rosemary, Thyme, or Oregano. If fresh herbs are unavailable, substitute with dried herbs or a few drops of essential oil.

Boil water and pour over herbs, then add salt and olive oil. Once the water has cooled to a comfortable temperature, soak feet for as long as desired. For an even more luxurious experience, place a few smooth stones into the bottom and gently roll your feet over the stones to naturally massage and relax them.



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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.



"Dreamhorse"

Some farmgirls aren't yet horse owners, but are working toward that end and longing for the horse of their dreams.

I know the dream well. As a young girl, I wished on a falling star. I was on a hunting trip with Dad and Grandpa and I was assigned the cab of the pickup to sleep in. They had gone to bed in a tent. I sat there peering out into the night. Some falling stars are a momentary streak that you're not even sure you saw. However, this one fell from the heavens with a very long and fiery tail. It was my star and I made a wish with sincere, childlike faith. There was but one wish at that time in my life...a horse. I didn't know enough about good horses at that age to know what I needed, but the one who answers wishes does. Not long afterward, I had a snow-white Welsh pony perfectly suited for me. She was my first dreamhorse, but not the last.

"Dolly" came into my life 30 years later. She was another testimony in support of "heart prayers." Patiently and impatiently, I had waited for her for many years. When the hunger had all but gone away, she came to be mine. After almost 20 years together, she's still in very good health, but I don't ask as much of her. She owes me nothing.

As a rancher, I'll need another reliable mount soon. I dreamed of that horse 12 years ago. I told myself color doesn't matter. Character is much more important. Okay, I lied. I **do** have a favorite color ... chocolate flaxen. I bred for it twice and failed. I then told myself, "That's your reward for vanity." But, did I give up? No, I just hid it on the back burner. Years later, I bred a buckskin mare and said that it didn't matter what color the foal would be, nor did gender matter. Uh-huh, sure.

Eleven months later at 2 a.m., I was looking in amazement at a beautiful palomino filly and another answered 'heart prayer' ... laid before me like a gift, wrapped in gold. I wept. I named her in honor of my grandpa, my horse mentor. He was the last generation of the "horse soldiers," and even when he was very old, he whistled his favorite tune while gardening or fishing. The old cavalry song, "She Wore a Yellow Ribbon," filled the name box on the Morgan Horse registration form.

It takes years for a foal to become a reliable steed. The seasons come and go and the years with them. The training process begins when a young horse is about 3 years old, and it's another three before they're "finished."

continued ...

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

- Winston Churchill

outpost

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OUTPOST with Shery Jespersen To earn a Sisterhood badge in our OUTPOST category, CLICK HERE

continued ...

Last week, "Ribbon" (now 3) and I went on our maiden voyage! It was our first trip to the ranch. She feels young and narrow under me. She hasn't mastered balance yet, but she's steady as a rock in her mind. My dreamhorses, each and every one, have been just what I needed. I think my new one will be just right for a gal with snow-white hair. Ribbon seems to have natural confidence at a time when I'm trying to hold on to mine as an aging rider.

I don't know if there are horses in heaven, but I do know that is where dreamhorses come from. If you're hankering for a horse, keep the hanker warm and your hankie handy.





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.

Tricks of the Trade

Every good contractor knows that he or she must have the right tools to get the job done, and the same premise should be applied when cleaning. I have found that with the right tools or tricks of the trade, my cleaning jobs run smoother and more efficiently. In addition, having these few certain items can make an impossible work load more manageable and less time consuming.

My tricks of the trade are: pumice stones, drywall screens, fine steel wool, trigger sprays, and the magic eraser. These products are very simple to use, inexpensive, and found in many local hardware stores.

Pumice stone, being the first in line, is probably the most organic way of cleaning—virtually cleaning everything from tubs to sinks to toilets. However, they do dissolve pretty quickly and need to be replaced periodically. Also be careful not to use them on lacquered finishes that will scratch.

Second on the list, and my new favorite product to use, is the 220-grit drywall screen. This simple screen used for drywall is amazing at cleaning off rust, hard-water stains, and rings around the tub and toilet, by just applying gentle pressure with water. You can virtually turn an old, worn-out, stained tub, sink, or toilet into a sparkling white gem after repeated use with the drywall screen. Be careful, though, with new, lacquered, and glossy fixtures that can be scratched with vigorous scrubbing.

Another trick to clean off soap scum on shower doors, steel handles, and walls is to use grade #0000 fine steel wool. Applied lightly with a little water, it removes even the toughest soap scum and water spots. You can also use this product on glass and mirrors, then use it to shine up all your silver knobs, spouts and drains. I have used every product on the market to try and remove water spots on shower doors to no avail, and then found out the steel wool does the trick in minutes. After lightly scrubbing, wipe down with a paper towel with a little vinegar on it, and you will have a sparkly door, window, or silver fixture in seconds.

Another trick I have found is that with the right stream nozzle on an all-purpose cleaner, you can get to all the hard-to-reach places while cleaning without ever having to scrub at all. The strong stream from the nozzle can get into the hardest-to-reach places inside the brackets on and behind toilets and can clean them without even using a brush. It is like having a mini pressure washer with each spray from the nozzle. Find a good-quality one and make sure it is sturdy and has a powerful stream.





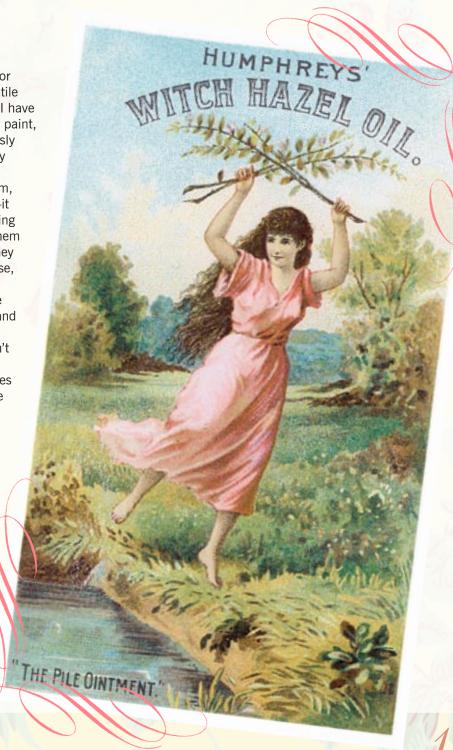


According to MaryJane, the seven aspects for living the farmgirl life are:
EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | CLEANING UP
CLEANING UP with Toni Salerno To earn a Sisterhood badge in our CLEANING UP category, CLICK HERE

continued ...

Another trade secret to our industry for fast and easy cleaning is a very versatile product, the Mr. Clean magic eraser. I have seen the most stubborn stains of ink, paint, grease, or grime come up so effortlessly that it did not feel like cleaning. Every time I use one of those erasers, I feel like an infomercial each time I exclaim, "Wow, I can't believe it erased that—it is amazing!" Another reason I like using the erasers is because you can use them on any surface without hesitation. They will remove almost any stain with ease, are biodegradable, and require only wetting with water. Magic erasers are less expensive when bought in bulk and can be used over again with rinsing. Cleaning can be a chore, but it doesn't have to be. Hopefully, these tricks of the trade will have you down the aisles of the hardware store and off to some serious, determined cleaning that is fast and furious.

Happy cleaning!



July 2010 • MaryJane's Cluck

The Scoop from MaryJanesFarm



You could be the next Farmgirl Sister of the Year!

It's a great honor to be named Farmgirl Sister of the Year, to say nothing of the perks.

Carrie Meerwarth, Farmgirl Sister of the Year 2009, was gifted a free trip to last year's Farm Fair, held at MaryJane's Old Mill in Oakesdale, Washington.

CJ Armstrong, Farmgirl Sister of the Year 2010, was gifted a beautiful MaryJanesFarm bed set (photo below.) Our Farmgirl Sister of the Year is chosen at the discretion of the Queen Bee, MaryJane, partially based on Merit Badges earned, farmgirl spirit, community service, and more.



"MaryJane's Home" Bed Sets

Check out our latest scrumptious bed sets. The 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. Then fall under the farmgirl spell with our 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.







the scoop continues ...

Henhouses

We are implementing some changes to the "virtual chapter" section of our chatroom (Henhouses). In an effort to conserve server space, we are doing a little clean up. We designed the Henhouses to be an active community and, to that end, we have gone through and removed any of the Henhouses that have had no activity for the last year. We are also going to monitor the activity of individual Henhouses from here on out. If it looks like a particular Henhouse has had no new postings within three months, we will send out an e-mail to the "Hen Honcho" to see if there is some way for us to help get the conversation flowing again. If we don't hear back from the Hen Honcho within a week or two, we will remove the inactive Henhouse at that time. The other change in regard to Henhouses is that we're going to take a 2–3 month break from creating new Henhouses (it's very time consuming on our end). But not to worry, there are a lot of existing Henhouses that Sisterhood members can still join. If you see one or more that pique your interest, simply send an e-mail to henhouses@maryjanesfarm.org saying that you'd like to join a Henhouse. We'll forward it to the Henhouse Chapter Leader(s). Don't forget to tell her a little bit about yourself and ALL the names of the Henhouses you'd like to join. Over on our main chatroom (The Farmgirl Connection), sisters and non-sisters alike are crafting, stitching, baking, reading, teaching, swapping it up, and bartering the day away. In other words, our chatroom is where we're solving ALL the world's problems, and every willing hen is needed, welcomed, and appreciated. So if you aren't already clucking away in one of our virtual chapters (Henhouses), there's still plenty of room for you on our regular chatroom. You can jump in by starting a new thread or simply pitch in on any of the hundreds of new conversations that start every day. It's all good. It all works! Don't "henitate" to give us a call if you have any questions.

Farmgirls on the Loose

Stay tuned ... in the upcoming issue of our magazine, Oct–Nov, Attittude of Gratitude, you'll find a feature about the recent Farmgirls on the Loose prairie pilgrimage across six states to the Laura Ingalls Wilder historical sites organized by Wende (Sister #660). Farmgirls spent time at all the sites giving back to their mentor by performing community service.



Mary Janes Farm.

the scoop continues ...

MaryJanesFarm.TV

Head on over to **www.maryjanesfarm.tv** and check out our new Farmgirl "U" (University) 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.

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** 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 vidoes 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!







What are farmgirls chatting about?
Check it out at The Farmgirl Connection link here!

Cleaning Up: Cleaning Up Challenge 2010! Submitted by Alee

Last year, we had some GREAT challenges for cleaning up. Each day, I will post a new challenge; feel free to jump in at any time, then at the end of the day or at the start of the next day, come back and let us know how the challenge went for you!

Today, we are going to start out in the with our main junk drawer. Some of us have more than one junk drawer, so lets pick the messiest and clean it out. Get it as organized as is possible, wipe out any crumbs or messes that might be at the bottom, etc. If you have time and more than one junk drawer, tackle another for extra brownie points! Click **here** to join in.

Entrepreneurship: Price for Homemade Jelly?? Submitted by DebbieSue

I have been picking cherries off my trees and I will be able to make a lot of cherry jelly to sell at the Farmers' Market this season, along with other things! What price would you gals suggest for a small 1/2-pint jelly-jar size? Considering I pick the cherries, buy sugar and pectin, and then there are the jars ... not to mention my time, etc.? I want to be fair, but it is a lot of work ... What would you charge? Click **here** to reply.

Farmgirl Fashion: Clothes for us "petite" people? Submitted by Woodswoman I usually just call it "short," but anyway ... I'm only 5 feet tall (yes, exactly), and lots of times I see clothing I love, like the patchwork skirt on another posting. Often, though, the cool, funky clothing doesn't come in petite sizes.

Anyone have any favorite stores/websites for buying petite clothes? I'd especially like to hear about any websites—I like shopping from home in my pj's way better than going to the store! Thanks! Click **here** with suggestions.

Farm Kitchen: Cheap Summer Recipes, Submitted by Farmmilkmama Since we are **really** watching our food budget now, I'm looking for some ideas for tasty recipes for suppertime that are appropriate for summertime. We eat a lot of one-dish casseroles and soups when it's cold outside. But now when the weather is warming up ... any creative suggestions? My food budget is \$50–75 a week. Click here to add a recipe.

the chatter continues ...

Gathered Up: Best 4th of July Activities and Games, Submitted by Cozynana Anyone want to share any fun activities, events, and games they have experienced on the 4th? Looking for adult and kids. Click **here**.

Garden Gate: I'm losing all my tomato plants, Submitted by LakeOntarioFarmgirl
I am having a problem with my tomatoes and peppers. They are beautiful one
day, and the next, look like wilted noodles. I am losing the ones that I planted in pots. It is not
a watering issue. Here in Texas, we have had very little rain and I am hand-watering. Sunday,
I watered, and my tomatoes were beautiful. Yesterday, I go out to the tomatoes and my biggest
prettiest plant is draped over its stake on its last leg. I don't know what it is. I lost all but three of
my pepper plants. But my potting soil was fresh this year. I did not reuse any. I have had some
people tell me it is in the compost. I had to purchase compost this year. Click here to reply.

Here's to Your Health: Kombucha, Submitted by Alee

Kombucha is actually a SCOBY, which basically means it's a symbiotic relationship of certain yeasts and bacterias that create a membrane around themselves. The sweet sugar tea it lives in fuels its metabolic reactions, which help synthesize several vitamins, amino acids, and compounds that are good for the body (help flush toxins from the system, for example). By the time it has processed for up to a month, it should have used up all the sugar in the sweet tea, and some diabetics even say it helps control their blood sugar. It will make the remaining Kombucha tea slightly carbonated. Click **here** to read more.

Herbal Wisdom: Mosquito Repeller, Submitted by debtea2

I have been trying everything to keep those little buggers from biting with not much luck, then it was a little warm and I spritzed myself with a lavender, orange, and peppermint essential oil mist, and low and behold, not one bug bite ... amazing! Click **here** to read more.

Nifty Thrifty: Thrift Store Fabric, Submitted by lilliesfarm

Not long ago, I was very disappointed when I walked into our local Walmart and saw that they had done away with their fabric department. I used to buy my fabric there all the time, as well as other sewing and craft supplies. Last week, I decided to visit another fabric store and was shocked by the high prices on their fabrics. I thought to myself, "How in the world can a person afford to buy fabric here?" It was then I decided I was going to do the thrifty thing about fabric. I did some shopping at one of our local thrift stores and noticed a wide variety of dresses that were made from all sorts of beautiful prints and patterns of fabric as well as solid colors. My mind was made up, and I knew that if I looked hard enough I would surely find all the craft fabric I needed. These old dresses would find new life in my crafts. Not to mention all the assortment of old blue jeans I could use to make frayed denim quilts. Problem solved, thanks to thriftiness! I just love it when a plan comes together!

the chatter continues ...

Nifty Thrifty: Reusing Denim, Submitted by HollyMaeberry

I have been discovering creative ways to reuse denim from jeans that have been worn, outgrown or found at a thrift store.

First, I cut 5" squares from the darkest denim and created a "quilt" for my kids. I used inexpensive blankets as batting and fleece as the backing. I am using the blanket binding that is "satin" to finish them off. They are tied and therefore nice and comfy/heavy.

Second, I have created great little backpacks. My daughter, when she was 2, insisted on carrying the diaper bag, but it was just too big for her. So I took some old jeans and created a little backpack that could hold her diaper, a few wipes (in a zip-lock bag), and her sippi cup. She LOVED it. I then created the pattern for make larger backpacks. They have been quite a hit as gifts! I'm looking forward to selling some this summer at craft fairs. Anyway, I am always looking for more ideas for things to make from old jeans and denim. It's all good:) Click here to see topic.

Parenting & Farm Kids: Picky Eater, Submitted by February Violet

I'm dealing with a picky 15-month-old. The advice the gals have given me on here has been wonderful—simply not to make a thing out of it. And it seems to be in line with what my pediatrician tells me, too. She said kids are largely self regulating, and will eat what they like and enough of it—if you fight with him, he's going to buck, plain and simple. It's not worth it later on!

I think the pb&j is fine, because at least he's getting protein—what about pb & banana or pb & honey to shake it up? Homemade pizza is a great way to get some "hidden" veggies in him, too. Mix grated carrots, zucchini, etc. into the tomato sauce (pureed pretty fine so he won't know) and you've got plenty of vitamins. The dairy from the cheese is good, too. What about yogurt? My little one loves it, so I also freeze it for "popsicles." Another way to get fiber and good things in her without her knowing.;)

It will take a bit of effort, but creativity goes a long way. With my little girl, it's quesadillas. Or grilled cheese. She will eat the "belly" out of grapes and nibble on carrots, but it never amounts to 3 whole carrots or anything like that :) I usually hide really thinly sliced apples in her grilled cheese and quesadillas, and make Cornish pastries for her to nibble on. She's a carb queen, so if the food is surrounded in bread or some sort of crust, she's game. She's absolutely, positively not a meat eater, so we don't even try anymore. She will, now and again, nibble on a homemade chicken strip, but it's a RARE thing. Like the other girls told me here, you simply can't stress about it. There are supplements and things to help out, too. Click here to add your story.



the chatter continues ...

Stitching & Crafting Room: Embroidery and Cross Stitch, Submitted by kittykill

Any embroiderers out there? What about cross-stitchers? I LOVE embroidering. My favorite is to tint the fabric with crayons and then stitch around it. I collect vintage patterns and post them on my blog. Click **here** to see some of my work. What are you working on? Do you have any favorite patterns? I'm currently working on Russian nesting dolls for a swap which you can see on my **blog**. Click **here** to reply.

Try This: Beauty Products, Submitted by Zereen

My face is picky and really dry, so I use brown sugar,maybe 1/2 a cup with a tablespoon of soy milk (vanilla). You want the brown sugar to be kind of pasty. If you add too much milk, the mixture will become runny. The two mixed together smell great and work perfectly with my skin (it exfoliates). I do this about 3 times a week. I'm vegetarian; that's why I use soy milk. Click **here** to add your tips.

Try This: Aching/Sore Muscles?? Submitted by ceejay48

Several years ago, a co-worker gave me a cloth bag with white beans in it and told me to use it as a "heating pad." I put it away for a long time, and then, at some point in time, started using it on sore, aching muscles in my back and neck. WOW!!!! I used it so much, I finally had to throw it out ("wore out" the beans). But I made a new one ... I LOVE IT!!!! In my work as a caregiver for a person with a brain injury, and with outside work, there are many times when I need that relief! Heat it in the microwave and apply—works wonders!!!! Click **here** to see topic.

Outpost: Favorite campfire cooking recipes? Submitted by CherryPie I'd love to read some favorite campfire cooking recipes. I'm getting my plans together for summer campouts and I need some ideas. Thanks! Click here to add your favorite recipe and find others.

Outpost: There are Texas Farmgirls out there wanting to do a campout!! Submitted by MaryLD

Or a slumber party with tents in my backyard! Or yours! We are game, so write back if you are! We need to pick a date and a location. It's going to be in the fall so we can really plan. My blackout dates are Sept 26–Oct 12 and Oct 24–31. How about you??

We can eat, drink (non-alcoholic ok) and be merry, take hikes, fish, rent a boat, do our crafting, etc. If we meet at my house, we can ride horses. Does anyone know how to do Dutch oven cooking? We have a firepit and a pool. Let's see how much room is in my vehicle if we travel. But if we meet here, I have tents to lend. Click **here** to join in.



in the Market

Farmgirl Sisterhood News

Merit Badge Updates:

Become A Legend In Your Own Time!

There are now two ways to become a **Farmgirl Legend**. Become a "Schoolmarm" when you complete all the badge requirements in any one category. For example, in Each Other, you would need to complete the beginner, intermediate, and expert levels in Community Service, Community Action, Public Service, Lend a Hand to Families, Lend a Hand to Farm Families, Little Squirts, Plant It Forward, Connecting Growers and Eaters, Farmgirl Gratitude, Get 'er Done, Farmgirl Spirit, Families Forever, and Entrepreneurial Spirit.

Once you become a "Schoolmarm," the next step is to become a "Head Mistress" when you obtain the Schoolmarm title in **ALL** categories.

When you become a Schoolmarm or a Headmistress, you will be awarded a certificate and your new lofty title will be applied to your Farmgirl Connection chatroom I.D.

We've also added four new badges for you to earn (we do this on Jan. 1 and July 1 each year). You can now earn badges for "Green Energy" in the Cleaning Up category, for "Knotty

Farmgirls" in the Outpost category, and for "Farmgirl Shutterbugs" and "I Should Have Been in the Movies" in the Each Other category. And for those of you who like to print out the badge requirements, we'll have updated pdfs available soon. Find complete instructions for becoming a Farmgirl Legend and for earning the new badges **here**.

Sisters are different flowers from the same garden.

- Author Unknown



... more Farmgirl Sisterhood News

Updated Sisterhood Brochures available for download. Print out a few and keep them in your purse—they're great conversation starters. **Click here** to download a printable pdf.

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 inthe-know, or as a conversation starter about the Sisterhood, is up to you. **Click here to order yours.**

FYI: We're working on earrings and a charm necklace with small, round "charms" that represent the Merit Badges you've earned. Stay tuned ...



New Bloggers Coming Soon

And here's some really great news: MaryJane is putting together a roster of bloggers just for sisters ... stay tuned for Crafty Sister, Video Sister, Stitchin' Sister, Carpenter Sister, and more!

Woochao!

Merit Badge Awardees

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

April Choate, sonshine4u #658

Beginner badge: Shopping Green / Cleaning Up Beginner badge: Gaining Ground / Garden Gate

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

Ashley McConnell, knead2garden #1677

Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Gaining Ground / Garden Gate Beginner badge: Going Green / Cleaning Up

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: In the Garden / Make It Easy

Betsy Bollen, TexBetsy #1444

Beginner badge: Shopping Green / Cleaning Up Beginner badge: Disconnect to Reconnect / Outpost Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: Buttoned Up / Stitching & Crafting Beginner badge: BakeOver MakeOver / Farm Kitchen

Beverly Sherman, KMop #799

Beginner badge: In the Garden / Make It Easy

Carla Garner, phonelady #1186

Beginner badge: Nellie Will-do / Stitching & Crafting

Carolyn Biediger, #1503

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Little Squirts / Each Other
Beginner badge: Forage for Food / Farm Kitchen
Beginner badge: Pay It Forward / Farm Kitchen
Beginner badge: Bustin' Out / Farm Kitchen
Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: In the Garden / Make It Easy
Beginner badge: 'Out There' Women / Outpost
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Embroidery / Stitching & Crafting
Beginner badge: Disconnect to Reconnect / Outpost





Intermediate badge: Shopping Green / Cleaning Up Intermediate badge: Forage for Food / Farm Kitchen Intermediate badge: Pay It Forward / Farm Kitchen Intermediate badge: Bustin' Out / Farm Kitchen Intermediate badge: Self-sufficiency / Farm Kitchen Intermediate badge: Get It Together / Farm Kitchen Intermediate badge: 'Out There' Women / Outpost

Intermediate badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting Intermediate badge: Embroidery / Stitching & Crafting Intermediate badge: Disconnect to Reconnect / Outpost

Expert badge: Shopping Green / Cleaning Up Expert badge: Bustin' Out / Farm Kitchen Expert badge: Self-sufficiency / Farm Kitchen Expert badge: Get It Together / Farm Kitchen Expert badge: 'Out There' Women / Outpost

Expert badge: Sew Wonderful / Stitching & Crafting

Expert badge: Aprons / Stitching & Crafting
Expert badge: Disconnect to Reconnect / Outpost

Carrie Meerwarth, Carrie M #147

Beginner badge: Nellie Will-do / Stitching & Crafting Beginner badge: Nellie Make-do / Stitching & Crafting Intermediate badge: Nellie Will-do / Stitching & Crafting Intermediate badge: Nellie Make-do / Stitching & Crafting

Expert badge: Nellie Will-do / Stitching & Crafting Expert badge: Nellie Make-do / Stitching & Crafting

Chelsea Watson, c.w. #577

Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: Backyard Farmer / Garden Gate

Cheryl Eki, cheryleki3 #1472

Beginner badge: Shopping Green / Cleaning Up Beginner badge: Going Green / Cleaning Up

Beginner badge: The Secret Life of Bees / Garden Gate

CJ Armstrong, ceejay48 #665

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

Beginner badge: Make It! / Make It Easy

continued...



July 2010 • MaryJane's Cluck

mmmmm

Merit Badge Awardees

Beginner badge: Build It Green / Make It Easy Beginner badge: What's Your Beef? / Garden Gate Beginner badge: Gaining Ground / Garden Gate Intermediate badge: In the Garden / Make It Easy Intermediate badge: Make It! / Make It Easy Intermediate badge: Build It Green / Make It Easy

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

Intermediate badge: What's Your Beef? / Garden Gate Intermediate badge: Pay It Forward / Farm Kitchen

Expert badge: Make It! / Make It Easy

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

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

Cynthia Christen, Lineshack farmgirl #1570

Beginner badge: Knitting / Stitching & Crafting Beginner badge: Buttoned Up / Stitching & Crafting Beginner badge: Sew Wonderful / Stitching & Crafting Intermediate badge: Buttoned Up / Stitching & Crafting

Debra Swan, Debra Swan #462

Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: Quilting / Stitching & Crafting Intermediate badge: Quilting / Stitching & Crafting Intermediate badge: Buttoned Up / Stitching & Crafting

Expert badge: Quilting / Stitching & Crafting Expert badge: Backyard Farmer / Garden Gate

Dianna Morris, annaid41 #1534

Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: Farmgirl Gratitude / Each Other Expert badge: Aprons / Stitching & Crafting

Elizabeth Montgomerv. #725

Beginner badge: Shopping Green / Cleaning Up Beginner badge: Gaining Ground / Garden Gate Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Sew Wonderful / Stitching & Crafting

Giselle Borowicz, scottdeerie #1659

Beginner badge: Connecting Growers and Eaters / Each Other



Beginner badge: Horse Dreams / Garden Gate Beginner badge: Crochet / Stitching & Crafting

Beginner badge: The Secret Life of Bees / Garden Gate

Jenny Bishoff, jennypb #1686

Beginner badge: Shopping Green / Cleaning Up

Joanne Nasser, jodi #1125

Intermediate badge: Quilting / Stitching & Crafting Expert badge: Quilting / Stitching & Crafting

Joan Van Roo, Tourguidejoan #1413

Beginner badge: Bustin' Out / Farm Kitchen Beginner badge: Farmgirl Gratitude / Each Other

Joyce Speidel, Wyoming Lookout #979

Beginner badge: Shopping Green / Cleaning Up

Juanita Massey, Needy #1020

Beginner badge: Nellie Will-do / Stitching & Crafting

Judy King, patchworkpeace #932

Beginner badge: What's Your Beef? / Garden Gate Beginner badge: The Secret Life of Bees / Garden Gate Beginner badge: Heirlooms Forever! / Garden Gate Beginner badge: Know Your Food / Farm Kitchen Beginner badge: Get It Together / Farm Kitchen

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

Judy Torola, JudyT #599

Beginner badge: Sew Wonderful / Stitching & Crafting

Karla Upton, Miss Karla #1576

Beginner badge: Backyard Farmer / Garden Gate

Karla Visser, karla #1426

Beginner badge: Farmgirl Gratitude / Each Other Beginner badge: Horse Dreams / Garden Gate Beginner badge: Entrepreneurial Spirit / Each Other

Expert badge: Get It Together / Farm Kitchen



July 2010 • MaryJane's Cluck



Kathleen Lorentz, KathleenL #1620

Beginner badge: Shopping Green / Cleaning Up Beginner badge: Sew Wonderful / Stitching & Crafting Intermediate badge: Shopping Green / Cleaning Up Intermediate badge: Sew Wonderful / Stitching & Crafting

Kerma Hopewell, mimi kerma #1009

Beginner badge: Gaining Ground / Garden Gate Beginner badge: Crochet / Stitching & Crafting

Kristen Myers, Kristen Myers #1642

Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Horse Dreams / Garden Gate

Kristen Silvers, crazey*dazey #1645

Beginner badge: Shopping Green / Cleaning Up

Kristina Nelson, FieldsofThyme #800

Beginner badge: Disconnect to Reconnect / Outpost Beginner badge: Farmgirl Gratitude / Each Other Intermediate badge: In the Garden / Make It Easy Expert badge: Buttoned Up / Stitching & Crafting

Laurie Lemieux, Montrose Girl #1587

Beginner badge: Shopping Green / Cleaning Up Beginner badge: Bustin' Out / Farm Kitchen Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: The Secret Life of Bees / Garden Gate

Lindsay Troyer, Lindsay Troyer #1548

Beginner badge: Going Green / Cleaning Up Beginner badge: Heirlooms Forever! / Garden Gate Intermediate badge: Heirlooms Forever! / Garden Gate

Lisa Birkner, Lisa Marie #1196

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

Marcy Lundy, Marcy #170

Beginner badge: Community Service / Each Other Beginner badge: Embroidery / Stitching & Crafting





Any woman alone without friends to sustain her, to nurture and support, to hold with loving arms, like a single thread, is weak. But the weaving, the loving, the nurturing of others, the networks of friendship makes her strong.

- Barbara, 1994,

The Kinship of Women

Marie Bucher, reereebee #1627

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

Martha Koukios, Martha K #508

Beginner badge: Horse Dreams / Garden Gate Beginner badge: Shopping Green / Cleaning Up

Melissa Bailey, MissLiss #724

Intermediate badge: Shopping Green / Cleaning Up Beginner badge: Bustin' Out / Farm Kitchen

Rali Burleson, Rali #1679

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

Rene Robinson, #950

Beginner badge: Safe Toys / Stitching & Crafting

Robin Armstrong Miller, birdie71 #1301

Beginner badge: Going Green / Cleaning Up Beginner badge: Families Forever / Each Other Beginner badge: Farmgirl Gratitude / Each Other Beginner badge: Horse Dreams / Garden Gate Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Aprons / Stitching & Crafting Beginner badge: Sew Wonderful / Stitching & Crafting Intermediate badge: Aprons / Stitching & Crafting

Robin Griffin, shepherdess #1519

Beginner badge: Knitting / Stitching & Crafting

Robin Montoni, #1485

Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Going Green / Cleaning Up Beginner badge: Farmgirl Gratitude / Each Other Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Connecting Growers and Eaters / Each Other Intermediate badge: Sew Wonderful / Stitching & Crafting Intermediate badge: The Secret Life of Bees / Garden Gate





** The friendly cow, all red and white, I love with all my heart; She gives me cream with all her might, To eat with apple-tart. **?

- Robert Louis Stevenson

Merit Badge Awardees

Intermediate badge: Going Green / Cleaning Up Intermediate badge: Get It Together / Farm Kitchen

Expert badge: Going Green / Cleaning Up Expert badge: Get It Together / Farm Kitchen

Rose Lynn, christmasgal #1486

Beginner badge: Crochet / Stitching & Crafting
Beginner badge: In the Garden / Make It Easy
Beginner badge: Build It Green / Make It Easy
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Plant It Forward / Each Other
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting

Beginner badge: The Secret Life of Bees / Garden Gate Beginner badge: What's Your Beef? / Garden Gate Beginner badge: Pay It Forward / Farm Kitchen Beginner badge: Bustin' Out / Farm Kitchen

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

Beginner badge: 'Out There' Women / Outpost Beginner badge: Embroidery / Stitching & Crafting Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Forage for Food / Farm Kitchen

Ruby Slider, narjay #1663

Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: Buttoned Up / Stitching & Crafting Beginner badge: Going Green / Cleaning Up Intermediate badge: Going Green / Cleaning Up

Rusty McHale, Rusty #1572

Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Quilting / Stitching & Crafting
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Families Forever / Each Other
Beginner badge: Nellie Make-do / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Build It Green / Make It Easy
Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Get It Together / Farm Kitchen

ate



Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: 'Out There' Women / Outpost Beginner badge: ChillOver ComeOver / Farm Kitchen Beginner badge: Disconnect to Reconnect / Outpost Beginner badge: What's Your Beef? / Garden Gate Beginner badge: Embroidery / Stitching & Crafting Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Self-sufficiency / Farm Kitchen Beginner badge: Little Squirts / Each Other Beginner badge: Outstepping / Outpost

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Pay It Forward / Farm Kitchen

Beginner badge: Bee Good to Your Mother Earth / Garden Gate Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Entrepreneurial Spirit / Each Other Beginner badge: BakeOver MakeOver / Farm Kitchen Beginner badge: Organic on a Budget / Farm Kitchen

Beginner badge: Connecting Growers and Eaters / Each Other

Beginner badge: Farmgirl Gratitude / Each Other Beginner badge: Know Your Food / Farm Kitchen Beginner badge: Tatting / Stitching & Crafting Beginner badge: Safe Toys / Stitching & Crafting Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Lend a Hand to Families / Each Other

Beginner badge: Plant It Forward / Each Other
Intermediate badge: Little Squirts / Each Other
Intermediate badge: Families Forever / Each Other
Intermediate badge: Self-sufficiency / Farm Kitchen
Intermediate badge: Get It Together / Farm Kitchen
Intermediate badge: What's Your Beef? / Garden Gate
Intermediate badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Crochet / Stitching & Crafting
Intermediate badge: Knitting / Stitching & Crafting
Intermediate badge: Buttoned Up / Stitching & Crafting
Intermediate badge: ChillOver ComeOver / Farm Kitchen
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Know Your Food / Farm Kitchen
Intermediate badge: Pay It Forward / Farm Kitchen
Intermediate badge: Shopping Green / Cleaning Up







The merit of originality is not novelty; it is sincerity.

Thomas Carlyle



Sally Roeser, dragonfly #1668

Beginner badge: Disconnect to Reconnect / Outpost Beginner badge: Sew Wonderful / Stitching & Crafting Beginner badge: Gaining Ground / Garden Gate

Shayna Palmer, mrsdirtdoctor #1371

Beginner badge: Shopping Green / Cleaning Up Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Aprons / Stitching & Crafting Beginner badge: Gaining Ground / Garden Gate Beginner badge: In the Garden / Make It Easy Intermediate badge: Aprons / Stitching & Crafting Expert badge: Aprons / Stitching & Crafting

Stephanie Orr, OrrShine #1545

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

Susan Pace, IrishHarp #1230

Beginner badge: Quilting / Stitching & Crafting Beginner badge: The Secret Life of Bees / Garden Gate

Teresa Woodson, Kangarookate #1506

Beginner badge: Horse Dreams / Garden Gate

Theresa Atkinson, atkinst2 #1632

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

Tina Dennis, dreamingofafarm #1355

Beginner badge: Sew Wonderful / Stitching & Crafting

Victoria Montoya, EastTXFarmgirl #549

Expert badge: Shopping Green / Cleaning Up

Wendy Deckman, Anne-girl #1565

Beginner badge: Backyard Farmer / Garden Gate Beginner badge: What's Your Beef? / Garden Gate Beginner badge: Community Service / Each Other







Come along inside...We'll see if tea and buns can make the world a better place.

- Kenneth Grahame



Farmerettes & Young Cultivators

Merit Badge Awardees

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

JunFen Freihammer, Young Cultivator of Joan Van Roo #1413

Beginner badge: Weaving In and Out / Stitching & Crafting

Beginner badge: Table Talk / Farm Kitchen

Trisha Miller, Young Cultivator of Lori Miller #1404

Beginner badge: All Buttoned Up / Stitching & Crafting

What's a Farmerette?

Farmerettes are young farmgirls-in-training between the ages 14–18. They can earn the same Merit Badges as adult Sisters, so long as there is a Farmgirl Sisterhood member nearby to work with them.

Click here to find out more.

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.



When you look at a cupcake, you've got to smile. ***

- Anne Byrn





FREE! SISTERHOOD water bottle

The first 50 women that renew/purchase a Sisterhood membership for themselves or a friend will receive a free Sisterhood water bottle (pictured at left). Limit 1 per customer.

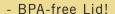
Sisterhood Membership

- \$20/year until July 15, 2010 after July 15, \$25*
- Call us at (1-888-750-6004) OR

Order Membership **here** Renew Membership **here**

Water Bottle

- Regular price \$18
- Ongoing special Sisterhood price,
 20% OFF (\$14.40)
- Fill in the "Coupon Code" field during checkout with WATER-BOTTLE and apply the code to your order (not case-sensitive.)



- Stainless-steel Body
- Carabiner Clip for Easy Transportation
- Curvy, Feminine Shape

We're on a mission to fuel our sisters with toxin-free water!

......

*Why is membership going from \$20 to \$25? Good question, and we have a ready answer. Growing pains. We need a better system for approving and then tracking our growing load of merit badges ... and we want to bring the how-to aspect of farmgirl skills onto video in a much bigger way; offer an array of FUN discount specials like those in this issue of the CLUCK; grow our "Farmgirls on the Loose" program; create a travel budget for MaryJane and Megan to attend Sisterhood events; and last but not least, hire more help so that we're not here late at night cutting fabric for badges, printing brochures, and answering your many e-mails, etc. Thank you, thank you for your understanding and support as we dive head first into the challenges and opportunities that our ground-swell Sisterhood movement has sent our way!

The adorable dish-soap bottle apron pictured above was sent to us as a gift from Marie Bucher ("reereebee," Sister #1627) and we thought it fit our water bottle perfectly. Ca-ute!

*Not included with water bottle.

July 2010 • MaryJane's Cluck



MaryJane hand-delivers vintage apron to Michigan sisters

My visit to Michigan was everything I hoped for and more. I am blessed to be given the occasional opportunity to step briefly out of my life and into the lives of women who send me back to my farm with a suitcase full of memories—vivid snapshots of lives well-lived. So happy to share planet Earth with the women of Michigan!!! I will cherish forever

the 19 women who attended my class on ragrug making; the 50 who joined me for lunch at the B&B where I was staying; the family who runs the B&B (over-the-top impressive—I think I'm in love!); the dinner (lovage soup sipped with the hollow stalks of the lovage plant, followed by homemade rosemary and lavender truffles—made by a local food caterer whose business name is "Dinner with the Mrs." and so divine I saved several to bring home to Carol and Denali; the Gaudette family, who hosted me (I KNOW I'm in love); and we mustn't forget the little doggie rescued on our way for a tug-boat ride during the blue hour—super vivid scenery! Lucky, indeed, am I.

Picture this: Tracey (Sister #114) takes me to her backyard to see her rescued beehive, really a massive tree trunk held up by two fence poles and plopped in the middle of one of her flower beds. With her own brood in tow (four ADORABLE children), she walks right up to it, and soon she's surrounded by bees that obviously TRUST her good soul as she comments, "I think getting the tree here resulted in only one bee sting. They are the most peaceful of bees." (The back story is: someone was cutting down a large tree when



they noticed it was full of honeybees, so they called the island's only beekeeper ... Tracey Gaudette to the rescue!



Picture this: It's still very early in the morning. The sun isn't up yet. I've just had an early morning bath in a claw-foot bathtub that sits almost in my bedroom in a very old historical house (after a long, good night's sleep) when I hear what I think is a tractor outside. "Nah, it must be some kind of lawn mower." I look out my opened second-story window to find myself SMITTEN by a woman who is driving a vintage FORD tractor onto the grass below my window. After she jumps off to inspect its



continued ...

location, I holler down, "WOW," and she says "Good morning, I thought you'd like to use my tractor for photos today." She runs a landscaping business and collects vintage heavy machinery. She proceeded to list them for me: backhoe, tug boat ...

And the reason I went to Grosse IIe (pronounced gross eel), Michigan? Tracey won first place in our 2008 Christmas Tree decorating contest, all of her ornaments made, of course, from beeswax. Her business name? Island Gold. Indeed.

The weather was perfect for our outdoor class and luncheon, but pouring rain when I left the following morning at 5 a.m. My driver proceeded to then entertain me with the stories of all the famous people he's chauffeured around Michigan: Rachael Ray, Tom Cruise and Katie Holmes, CEOs who fly in on private jets, etc. Happy to be just me, but like I told my Michigan sisters, it isn't about me, it's about WE!!!!! Thank you, Michigan. Thank you, Tracey. My trip was perfect. I flew home so very CONTENT, knowing the likes of you Mitten Sisters exist out there in the world!

Marylane

MaryJane, Proud Farmgirl #1 Plowin' Thru \sim giving aprons a good wrap for 45 years and counting \sim



P.S. In the photo on the previous page, I'm wearing a blouse that Alice "Aeminasian" of Connecticut (Sister #12) gave me when I met her and her Farmgirl Chapter members in NYC and a button necklace made by our endlessly crafty "Rebekka Mae" of Idaho (Sister #40). Her work appears regularly here in the Cluck, see p.8.

Tracey G adds: "That day, we started a list of Michigan Farmgirls who would like to participate in the Michigan Traveling Apron. I will get back to you in a little over a week with the info of who to contact to be included. The more the merrier!

Click here to stay tuned.

In the next issue of the Cluck: cool how-to tips for displaying your badges and turning them into lapel pins.

SISTERHOOD APPAREL

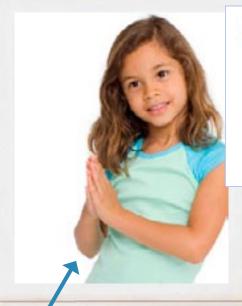
Special Offer for Sisterhood Members only while supplies last!!!

FARMGIRL T-SHIRTS AND TANK TOPS



Unisex T-shirt, teal w/brown logo 100% cotton, American made Sizes XS-3XL Price: \$22 + shipping Sisterhood price: 20% OFF

(17.50 + shipping)



CERTIFIED FARMGIRL



Logo for tops

Sist

100% cotton, American made Sizes XXS–2XL Price: \$20 + shipping Sisterhood price: 20% OFF (\$16 + shipping)

Women's ribbed tank top, teal w/brown logo



Tank Detail

Children's rib cap-sleeve T-shirt, lime and teal w/brown logo

100 % cotton, American made Sizes 2-year, 4-year, 6-year, 8-year, 10-year, 12-year Price: \$20 + shipping

Sisterhood price: 20% OFF (\$16 + shipping)

To order, please call 888.750.6004 or e-mail Megan here.



Magazines, Books, and More

Our Aug/Sept issue, "Lay of the Land," will hit newsstands on July 13 (if you're a subscriber, see note below about delivery). In it, you'll find out how to make canvas quilt rugs and a hammock from vintage curtains, find 6 farmhouse dinners and 7 "lambitious" Sunday suppers, find out how to have fruit trees of your own, and more.

Click here to subscribe to *MaryJanesFarm* magazine.

If you have a subscription, you should receive your magazine by about July 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 our publisher's 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 $8^{1}\!\!/_{2}$ " x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17". **Click here** to order.

Current Holidays:

July 04 ~ Independence Day

July 07 ~ Tell the Truth Day

July 11 ~ Total Solar Eclipse

July 18 ~ National Ice Cream Day

July 19 ~ National Hug Your Kid Day

July 23 ~ Gorgeous Grandma Day

July 25 ~ Parents' Day



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 farmgirlat-heart.

Click here to shop our gift items.

And don't forget to visit our "Product Shop" ... Click Here

There, you'll find everything from organic bed sheets to beautiful bed sets to aprons to dolls to candles to chocolate to over 60 organic instant or quick-prep meals and desserts to much, much more!



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

For other questions or general inquiries, e-mail FarmgirlSisterhood@maryjanesfarm.org.

Over 1031 Farmgirl Chapters in 48 states and 8 countries and 46 liwith 1,743 Sisterhood members ~ embers ~ growing stronger every day!