

MaryJane's Cluck™

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

Sun-Kissed

August 2010

Circumstances made us FRIENDS, MaryJanesFarm made us SISTERS!

CONTENTS

Hello from Sister #1	1
Each Other.....	3
Farm Kitchen.....	4
Garden Gate.....	6
Stitching & Crafting	7
Make It Easy	9
Outpost	14
Cleaning Up	16
The Farm Scoop.....	17
Farmgirl Chatter.....	19
Sisterhood News.....	23
Merit Badge Awardees.....	27
Farmerettes & Young Cultivators ..	36
Sisterhood Special.....	37
Magazines, Books & More.....	38

Hello from Sister #1

Make Believe

I'm on the road as I write this. When I check in back home, my grandbabies are fine, and my other new additions—a little palomino filly and a miniature Jersey heifer and bull (Nutmeg, Daisy, and Milky Way)—are all fine too. Carol is watering my greenhouse, my husband is taking care of my animals, and one of our neighbors is helping harvest this year's bumper crop of blueberries. (Garlic harvest starts the minute I get home.) Life at the farm is just as I left it—my reward for having children who work alongside me and a husband who fills in for me when I'm away.

For dinner, I indulged in room service so I could continue typing notes from today's interview. (Local organic chicken, served with a roasted ruby and golden beet salad topped with mache and goat cheese, then smothered in orange hazelnut vinaigrette. Do you believe it? Twenty years ago, I wasn't sure I'd live to see the day when organic chicken would show up on room-service menus.)

I just finished two days taping/interviewing Emil Keck's brother, Ellis Keck, a retired Baptist minister. For those of you who've read my books, you know who Emil Keck was to me (Forest Service supervisor, irascible mentor) and now outback legend to legions of people who've heard of him or who were lucky enough to have known him, or in my case,

continued ...

MARYJANES FARM





continued ...

privileged enough to have worked with him. All these years (Emil died in 1990 at age 77), I've longed to know more about his background. What about his upbringing created such a remarkable ruff, gruff, and tuff unstoppable man who also possessed a "marshmallow heart"—words today from Ellis' wife describing her husband (and, for sure, the Emil I knew), whose ancestors fled to the steppes of Russia on the eve of the Bolshevik Revolution and then eventually again to the plains of North Dakota, settling into a sod hut with only a handful of tools and many mouths to feed.

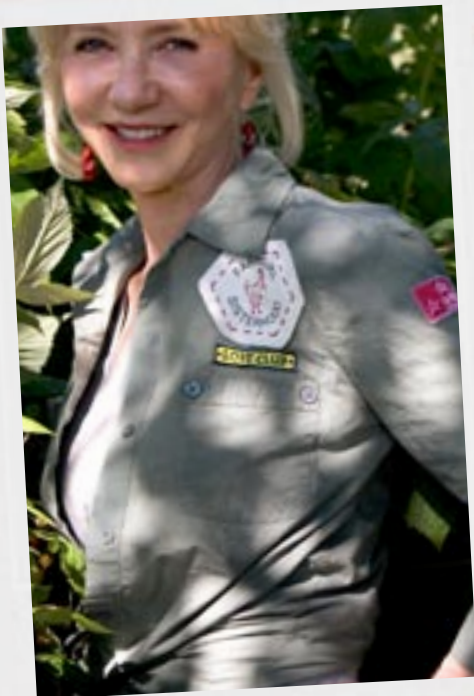
Even though Emil lived the last decades of his life in Idaho's Selway-Bitterroot Wilderness, he excelled at creating community. Whether orchestrating a crew for putting out a forest fire, playing an impromptu game of baseball, or handling the grim task of locating bodies from the Selway River after a plane carrying a dozen Forest Service employees went down, he knew what made people tick. And after today, it's clear his brother, a much-loved pastor, was of an identical mold, cut from the same cloth. Both of them, and I suspect all the Kecks, excelled at bringing out the best in people—not in a coddled way, but in a "get-your-arse-in-gear, there's-work-to-be-done" kind of way.

Whether building barns or bridges, there's really only one choice—put ourselves in gear, team up, pull. And even though our challenges today are different from those confronting the immigrant Kecks, the work is clear. Instead of frozen livestock and unforgiving winter winds, our challenges are frozen hearts and the unrelenting coldness and harshness that breeds the opposite of community, the flip side of "together" and "with" and "for."

I'm determined to make "believe" a better world. And I know you're with me on that. Dreams are contagious. They spread. And that's why we're here. I'm so very pleased to be part of a Sisterhood that gives big returns, big smiles, big heartedness. What we ARE, the world of tomorrow will BE.

Mary Jane ♥

About my shirt: I raced into a discount clothing store just before closing looking for a suitcase strap. As I walked past a clothing rack, I saw what looked like a shirt from my childhood. Made to look like a Girl Scout shirt but for adult women, the shirts had emblems, one of them "Love Club." I sewed my Sisterhood badge right above "Love Club," and now I'm thinking what fun it would be if we all had the option of special shirts to wear when we gather. I'll get to work on it. Meanwhile, I'm going to sew a few more badges on mine. (I picked up a shirt for my daughter too.) What do you think the requirements should be for earning a Sisterhood "Love Club" badge?





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 3-year-old and 1-year-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).

Campin’ in Kansas

When my dear farmgirl friend in Kansas proposed that I take her Emporia State University Leadership Program on a camping trip, I was ecstatic. Number one, I’d get to return to Kansas—a place I hold very dear to my heart, as I spent my newlywed year there and we bought our first little home on a cobblestone street. Number two, I’d get to spend some time with old friends. And number three, we’d get to do it camping!!

Now, I’ve been camping since well before I can recall. I’ve hiked up many a mountain with my belongings on my back. I’ve proudly taken both my girls camping on more occasions than I can count already, at 3 years old and 1 year old. I’ve cooked on a campfire for large numbers—nothing like a family reunion with everyone sleeping in tents. But, I have never been solely in charge of a large group ... and college students, nonetheless!

Always up for new adventures, I signed up. We planned, shipped, coordinated, and I arrived in Kansas ready for one on a humid 90-degree day. We experienced one adventure after another, some more printable than others, and the students hadn’t even arrived yet. But all 11 of them arrived ready to go. We hiked just two miles, with some leadership-building challenges along the way. Midway through the hike, they were required to find 15 colored rings. But when they arrived at the end, they had only 12. With a choice to hold hands for the remainder half mile of their hike or to go back and get the last three rings, they opted to travel back. Forty-five minutes later, we heard them coming. Around the corner they came, holding hands and singing “Lean on Me”! They held hands for the rest of our trek.

They were a great crew, and they learned a good deal, ranging from starting and tending a campfire to tent set up to where and how to relieve themselves outdoors. Nature created a few good challenges for us, and we created a few of our own. But on the way out, it seemed a consensus that they would have enjoyed a longer camp. We had succeeded! And it seems I left a bunch of 18- to 22-year-olds in Kansas wanting to experience more of the outdoors. Little do they know, I probably learned more than they did, and it was one of the most precious things I’ve done in my life. Life doesn’t get a whole lot better than old friends, new adventures, and the outdoors.



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

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.



Grilling Time

I love grilling vegetables during the summer. My standard fare includes asparagus, zucchini, yellow squash, mushrooms, and more. But during a recent trip to my Aunt Jayne's house in Phoenix, we threw something new on the barbie ... yams!

Unlike my previously mentioned veggies, yams require you to take several steps before you actually put them on the grill, but it's worth it for the added flavor. You must first bake the tubers until they are *just* done. I like my yams nice and mushy on the inside, but in this case, you'll have a mess on your hands if you cook them that long.

When they're done baking, let them cool completely, and then slice them about 1" thick. Next, coat them with olive oil and sea salt. Then ... it's grillin' time. Since the yams are already cooked, the grilling process really just adds another layer of flavor. Make sure they get some nice grill marks on each side and transfer them to a serving platter.

We had our grilled yams with a (non-Thanksgiving) turkey dinner, and they were delicious. But it's what happened the following day that I really want to share with you. I was flying back home when I got an exciting text from my aunt. She'd taken our leftover yams and created an amazing salad.

Now, I'll be honest ... I don't have the patience to go through all of these steps *just* for the salad. But what I *will* do is grill extra yams next time and follow Aunt Jayne's lead ... reserving those leftovers for her Yummy Yam Salad!



“ Grilling takes the formality out of entertaining.

Everyone wants to get involved. ”

– Bobby Flay

recipe, next page ...

farm kitchen

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

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

Featured Recipe

Yummy Yam Salad

Place in a large bowl:
3 cups grilled yams, cut into cubes
1/8 cup sweet onion, peeled and diced
1/4 cup golden raisins
1/3 cup pecans, chopped

Mix together, chill for about an hour,
and toss with yam mixture:
1/3 cup light mayonnaise
1/2-1 T honey
Dash each of cinnamon, salt, and pepper



For amazing nutritional facts about yams and many other types of foods,
[click here](#) to visit the website *Self Nutrition Data: Know What You Eat*.

Grilled Yams

1. Pierce yams a few times with a fork. Bake on a cookie sheet at 400°F until done, but still firm (about 45 minutes).
2. Cool completely Cut into 1" slices.
3. Coat slices with olive oil and place on a medium-hot grill. Check regularly.
4. Turn when grill marks have seared into the yams.
5. Cool completely before cutting for salad.

There are 600 species of
yams and some species
have been known to grow
to the incredible size of
6 feet!

fun
fact



MARYJANESFARM

garden gate

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

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.

“... no one sees the garden as vividly, or cares, about it as passionately, as the child who grows up in it. ”

– Carol Williams

Dog Days Are Upon Us

This is the time of year I find myself sick and tired of gardening. I can barely believe I am writing this for you to see, but it's true. It happens to me every year. When the temperature spikes to 100, it's all I can do to drag myself out to “wrastle” the spotted spurge and the prickly lettuce. Yeah, yeah, yeah, I know ... it's only a *dry* heat.

When I stopped to ponder this dilemma—garden girl tires of gardening—I realized I'd best figure out how to come to terms with August. It's not going away. I have plenty to be grateful for. I am NOT putting up 100 quarts of tomatoes, green beans, or corn without air conditioning. I am NOT baking bread for 200 sandwiches at a fire camp. I have it made in the shade, air conditioner at my finger tips, sunshades for my patio, and plenty of ice. So, I've made a list of reasons to CELEBRATE August.

- It's about the bounty of fresh-from-the-vine tomatoes. Lunch, dinner, in between—fresh, warm tomatoes. Sliced, eaten whole, chunked. With or without mozzarella and basil and a generous grinding of fresh pepper and coarse salt. And bruschetta pomodoro—you cannot do this in February unless you are in another hemisphere.
- Fresh basil. It never tastes as good from the store. You can tuck a plant here and there. I like to tear it over warm tomatoes.
- Fruit. So much fruit. Delicious, juicy fruit. Peaches from the farm stand or the orchards nearby. Nectarines. Hermiston melons from Oregon. We wait all year for Hermiston melons. Italian prune plums for chutney and jam. Eating plums and nectarines till the juice runs down your chin and then your arm. Fruit and more fruit. Slice and freeze a gazillion peaches for summer goodness in January. You'll be glad you did.
- Fresh cukes and sliced Walla Walla onions, bathed in vinegar, water, salt, and pepper with crushed ice. Goes very well with those 'maters.
- Corn. OMG! Fresh corn on the cob several times a week. Give me corn! Corn cut off the cob and frozen for fried creamed corn in the darkness of winter. Put away extra.
- It's time for pickle making. Bread and butters and dills and the heady scent of fresh dill in the kitchen!
- Good books, naps, and county fairs.

Bring it on, August!



stitching & crafting room

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

STITCHING & CRAFTING with Rebekka Boysen-Taylor To earn a Sisterhood badge in our **STITCHING & CRAFTING** category, [CLICK HERE](#)



Rebekka Boysen-Taylor, (Sister #40) was born in Spokane, Washington, right around the time Mount St. Helens blew her top. She studied Geography at Portland State University and taught grade school in the Bronx and inner-city Los Angeles. She lives with her family on the Palouse. As a stay-at-home mama to two organically growing little ones, Rebekka rounds out her organic lifestyle by volunteering at the Moscow Food Co-op, working as an instructor for MaryJane's Pay Dirt Farm School, embracing a DIY ethic, winning blue ribbons at the county fair, and living simply.

A Simple Notebook

I admit it, I make lists ... grocery lists, to-do lists, lists of places to visit, and lists of places I have been. These lists end up in all kinds of places, from the bottom of my purse to the front of the fridge ... and some even find their way into the lint trap of the dryer. Sticky notes and old receipts work in a pinch, but some lists are more important than that. Some lists mark watershed events in our lives or document special times. All this list-making has me hooked on small notebooks. They are the perfect vessel for lists of importance. The least expensive ones at my favorite stationery store run \$3. So I decided to try making my own. The other day, my daughter invited three of her best friends over to begin their studies as Young Cultivators, earning merit badges from MaryJanesFarm. To keep track of the badges they are working on, I wanted to give them each a special notebook with farmgirl style. I kept them simple so the girls can decorate the covers on their own.

To make a notebook, first decide on a size. The notebooks I made are approximately 4 1/4" x 5" finished. Using a small stack of 8 1/2" x 11" hemp paper, along with a grocery bag for the covers, I was able to stitch up five notebooks in half an hour. I cut the cover pieces out of my grocery bag using decorative edge scissors—this piece should be 8 1/2" long by 5" wide. Then cut six pieces of the 8 1/2" x 11" paper in half so that all the papers are 8 1/2" long x 5 1/2" wide. These two stacks will each make a 12-page book when folded. Fold the paper and the cover in half and put them together; your cover should be slightly bigger than your pages. Now you can hand-sew the binding using a sturdy needle and three strands of embroidery floss. I used a running stitch in turkey red. You can also use your sewing machine to stitch along the center fold. I have made notebooks using scrapbook paper or thin cardboard for the covers. Try making them in various shapes and sizes for different uses. Decorate them or leave them plain.

Let the children in your life fill notebooks with their stories and doodles. Keep one in your purse for jotting down directions and lists. I am tucking a few in the car for our big camping trip to the redwoods this year. We can all take turns writing and drawing along the way, creating a tangible reminder of our travels together.



photo, next page ...

stitching & crafting room

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

STITCHING & CRAFTING with Rebekka Boysen-Taylor To earn a Sisterhood badge in our **STITCHING & CRAFTING** category, [CLICK HERE](#)

continued ...

“Creativity is an expression of a woman’s heart and soul, a way of seeing the world and of telling the world about what you have seen.”

– Jo Packham



make it easy

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

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.

“Seeing a woman wear an apron lets you know she loves to create. Her creations may be pies or paintings or pottery, but she also produces an aura of comfort, ease, and curiosity. You just naturally think, “What is she making?””

— Jeannie Pierce

“Cuteful Two-fers”

When something is useful AND cute, what do you call it? Cuteful! To my way of thinking, decorative goodies are even better if they work for a living. To me, a garden gate hung on the barn is decorative. Even if it is no longer doing what it was intended to do, I like working-class objects or once-useful items for decorating. It's a farmgirl thing. Utilitarian items can be prettied up with a little farmgirl style added to the mix.

This edition's "Make It Easy" projects are quickies, and you get "two-fers"! The first item, a candle holder, doesn't require directions. It's just an idea that might ask you to take a trip to an antique store or the flea market to hunt up a vintage metal measuring cup. You might want to do as I did and paint the measurements with acrylic paint. Then just add a bow of vintage fabric, making sure it is NOT in the path of the candle flame. Shown is one of MaryJane's candles inside the cup. The glow is warm and cozy, and this farmgirl-style candle holder looks great anywhere.

Item #2 is totally cuteful also. Just your basic whisk broom, but she's wearing her Sunday-go-to-meetin' clothes. You can buy this tried-and-true household tool in almost any hardware store. Make two—one for your kitchen and one for the garden shed.

Supplies:

whisk broom
3 1/2" strip of calico fabric (I used a MaryJane design)
strip of old lace
2 small pieces of calico or homespun fabric to make 2 yo-yos
2 old buttons
hot glue gun
needle and thread
brown acrylic paint
small-bristle paintbrush
scissors



continued ...

make it easy

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

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

continued ...

1. Whisk brooms can vary in size, so wrap and then measure the length of your calico strip around the broom (as shown). You'll later fold and then overlap the ends about 1/2". Measure and cut. Do the same for the band of lace. I used an old piece of crocheted lace.
2. Cut out your circles of fabric and stitch up your yo-yos. The yo-yo size should be about 1/4–1/2" wider than the buttons you use. When you cut out your circle, make it twice the diameter of the button and add 1/4" seam allowance.
3. I used vintage 1940s plastic buttons, and I opted to paint one like a sunflower. You can find such buttons easily and inexpensively on eBay.
4. Sew your buttons onto the yo-yos and set them aside.
5. Make a paint "wash" using the brown paint with 2 parts paint to 1 part water. Very lightly brush the liquid around the top of the broom head and repeat on the bottom. This is to make the broom look "antiquey." I also brushed a little paint on the metal parts too. Let dry.
6. Fold over the top of your calico about 1/2". Center it on the front of the broom. Smear hot glue onto the broom and carefully press the fabric into place, being mindful that the glue will be HOT. Don't use a lot of glue, a little goes a long way. Do this all the way around, then fold in the raw edges and the corners to suit your eye. Repeat this process with the lace of your choice, arranging it pleasingly as a border piece.
7. Apply hot glue to the back of the yo-yos and press them into place.
8. I trimmed the bristle ends with scissors to round off the edges. It not only makes the broom look older, the broom also works better if it is trimmed up.



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.

Making Botanical Perfumes & Colognes

Did you know that most perfumes and colognes are manufactured using synthetic chemicals, even petroleum? Many of these ingredients do not need to be listed on the labels, but are known allergens, hormone disruptors, and irritants. The majority have never even been studied for cosmetic use! This is pretty scary, but the good news is that we can easily create our own perfumes and colognes from natural ingredients. Not only are they safer, but many botanicals also have therapeutic properties that are grounding, energizing, relaxing, stimulating, uplifting, and balancing. True, these fragrances will need to be reapplied more often than their chemical counterparts, but they are much better for our minds *and* our bodies. If in need of a little sprucing up during the day, carry a small bottle of your favorite aroma in your purse. You can even make special formulas like a relaxing blend for stressful situations or something energizing for afternoons that drag. The options are endless. Below are several blends that I have played around with, but feel free to concoct your own special recipes.

Orange Spice Cologne

A warming, spicy, and exotic blend that will lift spirits; invigorate senses; and alleviate stress, mental fatigue, and tension. The aroma is delightfully reminiscent of chai tea.

1 organic cinnamon stick
25 organic whole cardamom pods
15 organic cloves
1 organic vanilla bean, cut into small pieces
zest of 1 fresh organic orange
8 oz vodka

Crush spices in a mortar and pestle. Combine with vanilla bean pieces, orange zest, and vodka in a glass Mason jar. Cap tightly and shake once or more per day. After 2–6 weeks, strain the spices and pour the infused liquid into a glass bottle with a mister top. Simply add more spices if you desire a stronger cologne.



continued ...

make it easy ... with

mountain rose herbs®
.com

continued ...

Citrus Cologne

A fresh citrus scent with herbal notes, this uplifting aroma is stimulating and revitalizing.

zest of 1 fresh organic lemon
zest of 1 fresh organic grapefruit
organic basil essential oil (or other essential oil of choice, examples: chamomile, lavender, or peppermint)
8 oz vodka

Combine lemon and grapefruit zest in a glass Mason jar and add vodka until the liquid rises above the zest by at least 1". Cap tightly and shake once or more per day. After 2–6 weeks, strain out the zest and pour the resulting cologne into a glass bottle with a mister top. Add 2 drops of essential oil for each tablespoon of finished cologne. Add more essential oil if you desire a stronger cologne.

Fresh Floral Cologne

This relaxing cologne can be made with fresh blossoms straight from the garden. The flowers help ease depression, anxiety, stress, insomnia, hyperactivity, irritability, tension, and exhaustion.

fresh or dried organic rose petals
fresh or dried organic chamomile flowers
fresh or dried organic lavender flowers
8 oz vodka

Combine all ingredients in a glass Mason jar and add vodka until the liquid rises above the flowers by at least 1". Cap tightly and shake once or more per day. After 2–6 weeks, strain the flowers and pour the resulting cologne into a glass bottle with a mister top.

Woodland Perfume

I love this blend! It truly smells like the forest. Uplifting, grounding, meditative, and comforting.

4 drops spruce essential oil
2 drops organic fir needle essential oil
2 drops organic rosewood essential oil
1 drop organic vetiver essential oil
1 drop organic bergamot essential oil
1 tsp organic jojoba oil

Drip all essential oils into a glass bottle and roll between palms to evenly mix the oils. Add jojoba oil, and roll again. Add additional essential oils if you desire a stronger perfume.



continued ...

make it easy ... with



continued ...

Sweet Summer Perfume

A relaxing and warming floral blend. Especially useful during times of stress, anxiety, irritability, or depression.

- 10 drops organic lavender essential oil
- 5 drops organic chamomile essential oil
- 4 drops organic cardamom essential oil
- 1 drop organic cedarwood essential oil
- 1 drop organic rose geranium essential oil
- 1 tsp organic jojoba oil

Drip all essential oils into a glass bottle, and roll between palms to evenly mix the oils. Add jojoba oil and roll again. Add additional essential oils if you desire a stronger perfume.

Refreshing Perfume

Rejuvenating, uplifting, energizing, and stimulating. This blend is good for mental clarity, lack of focus, and fatigue.

- 13 drops organic peppermint essential oil
- 13 drops organic rosemary essential oil
- 5 drops organic lemon essential oil
- 5 drops organic sage essential oil
- 5 drops organic juniper berry essential oil
- 1 tsp organic jojoba oil

Drip all essential oils into a glass bottle and roll between palms to evenly mix the oils. Add jojoba oil and roll again. Add additional essential oils if you desire a stronger perfume.

Amber Resin

The smell of amber is incredible—alluring, earthy, and warming. Created from a mixture of aromatic resins and oils native to India, it is a simple way to adorn yourself with a natural fragrance. Simply rub the resin chunks directly onto your skin for a scent that will linger for hours.

Roses are red, violets are blue, perfume is sweet and so are you.



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.

Speed Goats

Goats are popular in the farmgirl camp ... milk goats, meat goats, fleece producers, and even those kept purely as pets. My “goats” are quite different. They run—they **really** run! My “goats” aren’t really goats, and they’re not really mine—they were here long before humans discovered them roaming the Great Plains. The discovery of *Antilocapra Americana* (pronghorn antelope) is credited to the Lewis & Clark expedition.

Only the African cheetah possesses greater speed than the pronghorn. Therefore, the antelope is the second fastest land animal in the world. However, unlike the sprinting cheetah, the pronghorn can sustain 60 mph or greater for several miles. They have huge hearts for their small size and very large lungs. They also have large, high-set eyes that give them a 320-degree field of vision. In addition, they have an excellent sense of smell, making them well-equipped to evade predators. Like most wild animals, they’re most vulnerable to predation when very young or weakened by illness.

The pronghorn is the only surviving member of his family. Although referred to as goats, they’re not closely related to them. Antelope travel in bands. In the summer, does and fawns live in small groups. The bucks travel in bachelor bands until breeding season. In winter, they band together in large herds.

Antelope RUN. They run to flee, they run to play, they run to get from point A to point B. That is how they’re designed, and it takes precious little for them to break into an all-out run. Hunters know well what a challenge it is to hunt this elusive animal. A *real* antelope hunter is the bow hunter. Now that is patience personified. You’ve gotta be really close to bag an antelope with a bow—not an easy feat!

We don’t allow hunting on our property close to home. Hunters have thousands of acres of government land on which to hunt. I like to provide a safe haven for the antelope; I cherish and admire my oldest neighbors. They know they are safe here, and they’ve become very comfortable around me. I don’t have much of a zoom on my camera, so what you see in the photos here is the actual distance between us.

My great uncle, “Slim,” ranched in southeastern Wyoming many years ago, and once while he was riding, he discovered a newborn fawn standing next to its dead mother. Perhaps she hemorrhaged after giving birth. Anyway, Slim tucked the tiny fawn in his jacket. “Billywhiskers” was given to the family’s three brown Swiss milk cows to raise.


continued ...

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

– Winston Churchill



outpost



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](#)

continued ...

Antelope, unlike deer, domesticate quite easily. That fact made them “exotic” pets of choice at the turn of the century. Cowboys often saw them as babies while going about their ranch work a’horseback—and still do today. The famous Western photographer, Charles Belden, had an antelope as a pet.

Billywhiskers was castrated because it was clear that he was bonded to the only life he knew and Slim felt he would be safer if he was a “gelding,” and wouldn’t be called to wander due to nature’s call to breed. Slim’s daughter also fashioned a red vest for Billy to wear during hunting season. Billy took it upon himself to be the milk-cow shepherd. He escorted them to pasture in the morning and brought them home at milking time. It was an odd sight, seeing a full-grown buck antelope lying near the back door of the ranch house like he was a pet dog. He “greeted” car visitors with skepticism and went right to the driver’s side to inspect the visitor. He wasn’t threatening once you got out of the car, but due to his possibly confrontational attitude, he warded off all but the most determined traveling salesmen. Billywhiskers lived to a ripe old age. I count myself fortunate to have known such a unique animal up-close and personal.

“Speed goats” are my neighbors. We respect each other’s space and lifestyle. Here in Wyoming, there’s plenty of room for all of us to have a “home on the range.”

“Cattle ranching is what we do for a living, but my favorite meal is venison, not beef. Chicken-fried antelope steak, green beans from the garden, and mashed potatoes with milk gravy made from the drippings ... Mm-Mmmm! Serve it all up with a jar of pickled beets and, well, it just doesn’t get any better than that. ”

– Shery Jespersen



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.

Make Mine
GREEN

Internal Cleansing

In the summer months, when there is more time to do things for yourself, why not try something beneficial for your health and cleaning regimen? Internal cleansing, better known as colonics, is a great way to flush out any harboring toxins and eliminate any decayed fecal matter from your intestines. In a sense, you are cleaning from the inside out!

It is said that the average human being has between 10 to 40 pounds of fecal matter in their colon. And claims have been made that leftover fecal matter and toxins can contribute to many ailments. Our history tells us that the Egyptians believed that toxins from decomposition moved into other areas of the body, creating illnesses. Others expanded on that idea, and microbiology seemed to support the autointoxication theory. A popular doctor from the early 1900s, John Harvey Kellogg, founder of the Kellogg cereal company, promoted the idea of colonics and lectured to other physicians the many benefits colon therapy had on his patients and their conditions. However, as laxatives grew popular, colon cleansing took a back seat.

We have now approached a more green and holistic era, where people are more assertive in looking for ways to improve their health and well being. Many people use colon cleansing as a way to detox and cleanse themselves from the inside out. Advocates of colon hydrotherapy believe that fecal matter can accumulate and harden in the colon. They believe this buildup of fecal matter may prevent the absorption of nutrients and lead to constipation. Constipation then can allow harmful colon bacteria and yeast to grow, causing toxins to be absorbed into the bloodstream.

I, myself, had never heard of colonics until three years ago. I began to get proactive in my healthcare and looked into alternative practices. This led me to Clearwater Colonics, a local colonics clinic in Lewiston, Idaho.

(If you're new to colonics, visit their website, clearwatercolonicttherapy.com, for more information.) Susann Clark is the owner and operator of the clinic and has been in the medical field since 1980. She is a strong believer in colonics and has some wonderful personal stories of how it has changed her life and the lives of others. Some immediate benefits to the cleanses are increased energy, memory, and digestion. Better bowel elimination and sleep can also be attributed to colonic therapy. I realize colonics may not be for everyone, but I've witnessed the benefits firsthand. If it is true that our bodies are like machines, and machines run better with regular oil changes, then maybe we, too, should flush "clean" our systems every 3,000 miles or so.



The Scoop from MaryJanesFarm

Indexes Now Available!

We now have a *MaryJanesFarm* Magazine Index in pdf form available for searching and downloading! The index covers issues from MAY/JUNE/JULY 2008 (She's A Keeper)—JUNE/JULY 2010 (Sentimental Journeys). New magazines will be indexed as they are released.

[CLICK HERE](#) to download the *MaryJanesFarm* Magazine Index.

We also now have all the back issues of *MaryJane's Cluck* available for download on our website.

[CLICK HERE](#) to read the back issues of *MaryJane's Cluck*.

[TIP] Use the search/find tool in your browser to look up keywords in the Magazine Index and the back issues of the Cluck.

Farmgirls Unite!

If you are hosting a farmgirl event, open to all farmgirls, send the event description, date, location, and contact info to megan@maryjanesfarm.org. Megan is going to start a calendar to keep Sisters up-to-date on upcoming gatherings.



MARYJANESFARM.TV



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.

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 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](#)!

A Farm of My Own: What is your ideal creative workshop like? Submitted by Bonnie Ellis

Where do you create? Where would you like a space to create? My ideal workspace would be outside of my house (although attached), so I could be free from phone calls. It would be large enough for my sewing machine and sewing stuff on one side and painting and messy stuff on the other. Probably a small barn would do it. Plenty warm in the winter and cool in the summer. Lots of bulletin board space to hang up my ideas. Lots of windows to let in the light. A wood stove in the middle with two cozy chairs, a braided rug for my cats. Lace curtains on one side and tool boards on the other. How about you? Click [here](#) to share your ideas.

Across the Fence: Line Drying. Submitted by SheilaC

Our new house has a dryer that doesn't dry, so my husband has built a nice clothesline for us. The clothes look so nice out there in the wind, and they smell great too, but ... they feel SO stiff when they're dry!! And all the little fuzzes and dog/cat hairs, etc. that spread onto the clothes in the wash cycle just dry onto the clothes when they're line-dried, and then are hard to get off. Any suggestions would be appreciated!! Thanks! Click [here](#) with suggestions.

Barnyard Buddies: All Things Dairy (Goats or Cows). Submitted by kristin sherrill

I thought we might need to have a dairy thread going here, since there are so many of us that have goats and cows. And we are always needing advice and help on one thing or another. So why not start a dairy area? Anyone interested? We can talk all we want about our favorite girls. I'll start.

I have 3 Lamanchas and 1 Nubian. They range in age from 3-7. They are all due to kid around the end of March. I am hoping for more girls this year. We had 13 kids last year and only 2 were does. So I keep rubbing their bellies and talking to the "girls." I have been milking goats going on 5 years now. I love it. I milk by hand. I have 3 stanchions, so that makes it easy. Last year, I had 7 I was milking. Four is still a lot and I may end up selling 1 more. One of the does is half Toggenburg and her milk last year was not that good. So y'all join in and let's talk dairy here. Click [here](#) to join in.

Cleaning Up: Mice... eek! Submitted by carolbrigid

I have a mouse in my kitchen, under the sink. Also I noticed mouse droppings in my basement!! OH NO ... does anyone know the best way to get rid of mice?? I'm never had this problem before. Thank you all. Click [here](#) with suggestions.

Entrepreneurship: Any veterinarians here? Submitted by Country Girl 06

Anyone here in the vet business? I have a couple more years left to get my bachelor's degree in music, but I still would like to go to vet school after I graduate. Anyone know anything about what you do in vet school or what I have to look forward to? I know they don't really care what your bachelor's degree is in as long as you are caught up on the basic biology and chemistry hours. Is this true? Click [here](#) to reply to topic.

Raggedy Ann in a Barbie World ...



the chatter continues ...

Farmgirl Fashion: Raggedy Ann in a Barbie World. Submitted by Fiddlehead Farm.

Does anyone else ever feel like a Raggedy Ann stuck in a Barbie-doll world? I saw this saying painted on a sign and it made me think and laugh. I feel like this all the time. I wear clothes that are comfortable and usually secondhand. I love shopping at Goodwill and other used clothing stores. I look like a farmgirl most of the time, but I am OK with that. On the rare occasion that I go shopping with one of my girlfriends, I am appalled. The clothing in the malls is just gaudy, poorly made and expensive! What is up with all those baby-doll cut shirts? I wore those when I was pregnant! And don't even get me started on the little girls who look like mini-hookers. We have truly become a materialistic and disposable society. Much to the dismay of my girlfriends ... I will just stick with Raggedy Ann! Click [here](#) to reply to topic.

Gathered Up: Challenges with Weight Loss. Submitted by chick-chick.

I have a lot trouble loosing weight. I loose, I gain, over and over. Right now I am gaining ... a lot. Would anybody be interested in a friendly weight-loss challenge?

Maybe we could use the forum to encourage and motivate each other. We could post pounds lost (but don't have to share our starting weight, unless you wanted to), share strategies, activities, and recipes. Anything to keep each other going on our weight-loss challenge. Anybody want to join me? Click [here](#) to join in.

Herbal Wisdom: Comfrey Salve Recipe. Submitted by emsmommy5.

Several of you have asked for the comfrey salve recipe ... here it is ...

Comfrey Salve

Heat olive oil just to the boiling point in a stainless-steel or glass pan. Add herbs of your choice and simmer, covered, for about 3 hours. If you are using fresh herbs, leave the lid off for the first 30 minutes so the water can evaporate. If you are using bark or roots, place these in the oil first and simmer for 1 1/2 hours before adding additional leaves and flowers.

Honestly ... my "mixture" is based on the herbs I have. Comfrey is the main herb. I am just sure to have enough oil in the pan to cover the herbs. It usually takes more than a pint because I make big batches so there's enough to share with friends.

After the mixture is ready (I usually can tell because all the herbs get kind of crispy and it smells "done"), strain off the herbs. Melt in beeswax. About 1 1/2 ounces per pint of oil. I also add 1/2 tsp tincture of benzoin or some vitamin E so the salve doesn't have to be refrigerated.

You **can** use coconut oil instead of beeswax, but I have found it needs to be kept in the fridge to stay solid. The salve with coconut oil is in my cupboard—more as a lotion. To test for consistency, put a small amount of salve on a metal spoon and put in a cup in the fridge. If it is not thick enough when cooled, add more beeswax. I also keep back a bottle with just the oil and no beeswax. This is used as a muscle rub or other "oil" need. Works the same. (continued)

the chatter continues ...

(continued) Just isn't thick. You can use a multitude of herbs in the salve beyond just comfrey. Here's the list of the healing salve I made in the spring batch this year ... Comfrey, Chickweed, Yarrow, Oregon Grape, All-Heal, Mullein, Lavender, Shepherd's Purse, Red Clover, Benzoin, and Vitamin E.

I would encourage you to look up the uses and benefits of the herbs when you are making the decision to put them in your salve. You can use comfrey alone or mix with others based on what you want it for. I make mine as a general healing salve, which seems to cover most of the needs our family has!

If you have questions, please let me know!! Click [here](#) with questions.

Herbal Wisdom: Uses for Rosewater. Submitted by prariehawk.

I've been reading about herbs and their medicinal/cosmetic uses, etc., and I bought a bottle of rosewater. I'm curious as to how many uses there are for it—can I use it as a toner by itself? It says it can be used to add subtle flavor to food—how much is safe to use? Can it be added to potpourri? Does it have any medicinal uses? It smells nice, but what am I supposed to do with it? Click [here](#) with suggestions.

Make It Easy: Fabric Dyeing?? Submitted by Tanna.

Hi ladies! A couple of years ago, I bought a beautiful tie-dye skirt. I love it. It is really long, comfortable, cool, and wears well. Even has pockets! I could wear it every day. I bought it at a festival and have never seen the guy that sold it to me again. I found the same skirt online in white, ready to dye. I would love to have a few in different colors, not necessarily tie-dyed, with some shirts to match. I've never thought about dyeing clothing. I don't really want to be thinking about it, honestly. I've got enough going on without adding to the list of projects. It's just so hard to find great clothing.

Have you dyed your own clothing? What do you recommend? Is it hard? Should I just try to find someone to dye it for me? If that is the case, do you know someone that would do that? Click [here](#) with suggestions.

the chatter continues ...

Stitching & Crafting Room: Knitting with Children. Submitted by MerryHeartSister.

I found circular knitting needles at Hancock Fabric on sale for 75% off. I had been wanting to use the Waldorf education philosophy in part. Knitting is started very young for boys and girls. It helps to make stronger connections between the two halves of the brain. I was able to get 5 sets for the children for \$2–3 apiece, and the pair that I got for my niece were wooden.

I've started teaching them basic cast on and knit stitches. I would like for them to have a quick, easy project to give them a sense of accomplishment and motivation to learn more. The smallest thing I have done is a dishcloth. Four of the 5 are boys, so I'll need something that's not too girly. Any ideas? Click [here](#) with suggestions.

Outpost: New Farmgirls on the Loose Logo. Submitted by Gabe.

The results are in! With a total of 1,487 Chapter members and other interested farmgirls casting their votes in the poll, it has been decided, by popular demand, that the new Farmgirls on the Loose logo will be ... The pickup truck and trailer! And by no small margin...

Pickup truck and trailer: 1157 (78%) | Tractor and trailer: 330 (22%)

Sorry, Mr. Tractor. You just weren't sexy enough.
The Farmgirls have spoken.

For those of you who don't know what I'm talking about ("what is he blathering on about!!?"), we sent out a poll this past weekend to help ourselves decide what the new Farmgirls on the Loose logo would be.

If you missed out and would like to be in on future notices about these sorts of shenanigans, you can join our mailing list by providing your e-mail in the "Join our mailing list" box on our homepage at www.maryjanesfarm.org, and then click the box next to "Other Announcements & Promotions" to add yourself to that list. Click [here](#) to see topic.

If you're a Sisterhood member, you can get a FREE Farmgirls on the Loose logo!

After following the link below, enter your Sisterhood number, and this password: FGLoose (case-sensitive)

Three different logo sizes are provided.

Download them here.

(Fun logo ideas: frame it, use it for transfers on shopping bags, totes, and pillows, or make it into a sticker for your Airstream trailer!)



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 Squirrels, 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](#).



... 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 in-the-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!

Farmgirl Sisterhood Lapel Pins



Project: Turn your Farmgirl Sisterhood Badge into a Lapel Pin!

Supplies:

Farmgirl Sisterhood badge fabric square, 1" pin backs (available in craft stores), scissors, ruler, pencil, embroidery thread and needle, embroidery hoop, sewing thread and needle, lace, Pellon/Peltex double-sided fusible ultra-firm stabilizer (available in fabric stores), iron, and ironing board.

1. Using an embroidery hoop, embroider your badge with the colors of your choice.

2. Cut out your badge as shown from the fabric square, beginning at the side of the fabric because you will need to use the corners of the fabric later.

3. Lay the badge along the edge of the fabric and trace around it with a pencil. A ruler may be helpful when tracing around your badge.

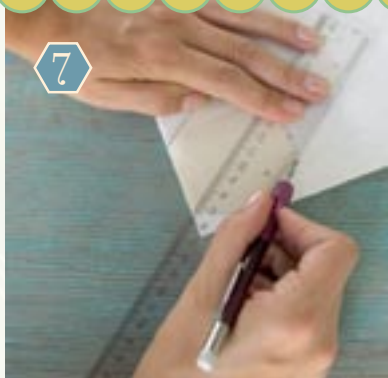
4. Cut out the hexagon that you traced in step 3.

5. Trace a second hexagon that is smaller. Using a ruler, measure and draw a line that is 1/2" in from all sides.

6. Cut out the hexagon along the inner line you drew. (The smaller hexagon should match up with the dashed red line on the Farmgirl Sisterhood badge.)

continued ...

continued ...



7



8

7. Lay your sheet of Pellon on a table and place your smaller hexagon against the rough side. Using a ruler for straight lines, trace around the edge with a pencil. Press firmly so lines will show.

8. Cut the hexagon out of the Pellon.



9

9. Place a 1" pin back on the small fabric hexagon near the top and stitch to secure. (See "pin back" package for reference at bottom of page.)



11

10. Sew lace onto your badge to cover up the rough edges, creating a dart/tuck at the edges, 1/2" from edge, so dashed line still shows.



10



11. Upper Left: Embroidered Badge
Upper Right: Badge Backing
Lower Left: Pellon,
Lower Right: Lapel Pin Backing



12



13

12. Using white/cream thread, stitch large hexagon onto the embroidered badge following your lace stitch line, stitching through all layers.

13. Place Pellon hexagon on back of embroidered badge and place small fabric hex w/pin on top of Pellon. Follow the ironing instructions on the Pellon sheet to fuse pieces together.



Woo-Hoo!

Merit Badge Awardees

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

Alberta Brigich, Lady Jane #1351

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Sew Wonderful / Stitching & Crafting

Annie Wong, njaw09 #1736

Beginner badge: Buttoned Up / Stitching & Crafting

Annette Shaw, mamashaw #1372

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Plant It Forward / Each Other

Beginner badge: Quilting / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

April Choate, sonshine4u #658

Beginner badge: Community Service / Each Other

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Intermediate badge: Crochet / Stitching & Crafting

April Johnson, April Showers #972

Beginner badge: Quilting / Stitching & Crafting

Betsy Bollen, TexBetsy #1444

Beginner badge: Community Service / Each Other

Beginner badge: Farmgirl Gratitude / Each Other

Carrie Meerwarth, Carrie M #147

Beginner badge: Self-sufficiency / Farm Kitchen

Beginner badge: 'Out There' Women / Outpost

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Little Squirts / Each Other

Beginner badge: Build It Green / Make It Easy

Beginner badge: Outstepping / Outpost

Intermediate badge: 'Out There' Women / Outpost

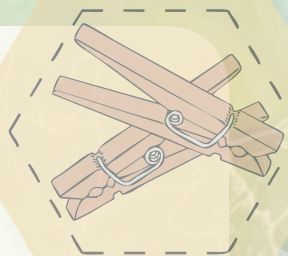
Intermediate badge: Self-sufficiency / Farm Kitchen

Intermediate badge: Gaining Ground / Garden Gate

Intermediate badge: Horse Dreams / Garden Gate

Intermediate badge: Little Squirts / Each Other

Intermediate badge: Build It Green / Make It Easy



“When our eyes see
our hands doing
the work of our
hearts, the circle
of creation is
completed inside
us, the doors of our
souls fly open, and
love steps forth to
heal everything
in sight.”

– Michael Bridge

continued ...

Merit Badge Awardees

Expert badge: 'Out There' Women / Outpost
Expert badge: Self-sufficiency / Farm Kitchen
Expert badge: Shopping Green / Cleaning Up
Expert badge: Buttoned Up / Stitching & Crafting
Expert badge: Heirlooms Forever! / Garden Gate
Expert badge: Bee Good to Your Mother Earth / Garden Gate
Expert badge: Safe Toys / Stitching & Crafting

Casie Brigich, SassyCasie #1352

Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Aprons / Stitching & Crafting
Intermediate badge: Sew Wonderful / Stitching & Crafting

Cassie Jean McClelland, cjeanjellybean #1356

Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Backyard Farmer / Garden Gate
Christine Dobbertien, mi.bees #1757
Beginner badge: The Secret Life of Bees / Garden Gate

Cindy Blommer, CindyLou's #1770

Beginner badge: Shopping Green / Cleaning Up

CJ Armstrong, ceejay48 #665

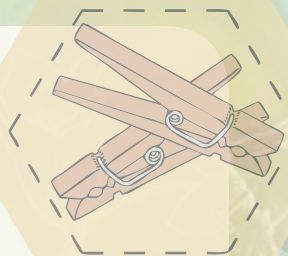
Beginner badge: The Secret Life of Bees / Garden Gate
Beginner badge: Farmgirl Shutterbugs / Each Other
Beginner badge: Green Energy / Cleaning Up
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Intermediate badge: Bee Good to Your Mother Earth / Garden Gate
Intermediate badge: Horse Dreams / Garden Gate
Intermediate badge: The Secret Life of Bees / Garden Gate
Expert badge: The Secret Life of Bees / Garden Gate

Cynthia Christen, Lineshack farmgirl #1570

Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Little Squirts / Each Other
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up

Darcy Tietjen, Darcy #1674

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Backyard Farmer / Garden Gate



“Motivation
is when your
dreams put on
work clothes.”

— Author Unknown



continued ...

Merit Badge Awardees

Debbie Bosworth, dandelionhouse #1199

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

Beginner badge: Disconnect to Reconnect / Outpost

Debra Swan, Debra Swan #462

Beginner badge: The Secret Life of Bees / Garden Gate

Intermediate badge: In the Garden / Make It Easy

Expert badge: In the Garden / Make It Easy

Diane Rathje, CountryPotter #1641

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: 'Out There' Women / Outpost

Dionne Ruff-Sloan, TeaPriestess #1690

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Crochet / Stitching & Crafting

Elizabeth Chamberlain, Farmhousegirl #1747

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Get It Together / Farm Kitchen

Elizabeth Hillman, BookMouse #1422

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Elizabeth Thums, prairie_princess #1505

Beginner badge: Sew Wonderful / Stitching & Crafting

Gail Torchio, olivelily #1174

Beginner badge: 'Out There' Women / Outpost

Beginner badge: Sew Wonderful / Stitching & Crafting

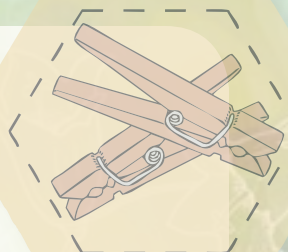
Heather Richards, Heather Nicole #1473

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Crochet / Stitching & Crafting

Intermediate badge: Buttoned Up / Stitching & Crafting



“Let’s work for a culture in which the incisive intellect, the willing hands and the happy heart are beloved. Then our daughters will have a place where all their talents will be appreciated, and they can flourish like green trees under the sun and stars.”

– Mary Pipher, Reviving Ophelia

continued ...

Merit Badge Awardees

Jeanne Mutziger, supernaynay #1883

Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: In the Garden / Make It Easy
Beginner badge: Crochet / Stitching & Crafting

Jennifer Thornington, jstforewe #1890

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

Jessica Oakes, joakes1111 #910

Beginner badge: Farmgirl Gratitude / Each Other

Joan Van Roo, Tourguidejoan #1413

Beginner badge: Know Your Food / Farm Kitchen
Intermediate badge: Shopping Green / Cleaning Up

Joyce Speidel, Wyoming Lookout #979

Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Community Service / Each Other
Intermediate badge: Community Action / Each Other

Judy King, patchworkpeace #932

Beginner badge: In the Garden / Make It Easy
Beginner badge: 3 R's Rule (Reuse, Recycle, Revive!) / Garden Gate
Beginner badge: Forage For Food / Farm Kitchen
Intermediate badge: 3 R's Rule (Reuse, Recycle, Revive!) / Garden Gate
Intermediate badge: In the Garden / Make It Easy

Karen Tzikas, Karen Tzikas #1769

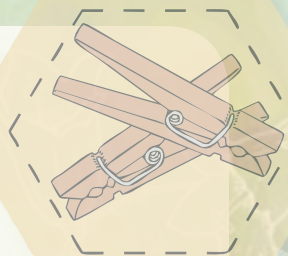
Beginner badge: Knitting / Stitching & Crafting

Katherine Osborn, KanMogirl #1349

Beginner badge: Community Service / Each Other
Beginner badge: Sew Wonderful / Stitching & Crafting

Kathleen Lorentz, KathleenL #1620

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



continued ...

Merit Badge Awardees

Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Quilting / Stitching & Crafting
Beginner badge: Bustin' Out / Farm Kitchen
Beginner badge: Heirlooms Forever! / Garden Gate
Beginner badge: The Secret Life of Bees / Garden Gate
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Families Forever / Each Other
Beginner badge: In the Garden / Make It Easy
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: Safe Toys / Stitching & Crafting
Intermediate badge: Get It Together / Farm Kitchen
Intermediate badge: What's Your Beef? / Garden Gate
Intermediate badge: Bustin' Out / Farm Kitchen
Intermediate badge: Families Forever / Each Other
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Knitting / Stitching & Crafting
Intermediate badge: Quilting / Stitching & Crafting
Intermediate badge: Buttoned Up / Stitching & Crafting
Expert badge: Bustin' Out / Farm Kitchen
Expert badge: Shopping Green / Cleaning Up
Expert badge: Get It Together / Farm Kitchen

Kristina Nelson, FieldsofThyme #800

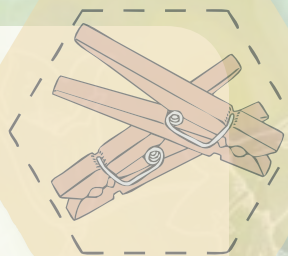
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: The Secret Life of Bees / Garden Gate
Intermediate badge: Get It Together / Farm Kitchen
Expert badge: Get It Together / Farm Kitchen

Kyria Baker, Kyria #991

Beginner badge: Gaining Ground / Garden Gate
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Lend A Hand to Families / Each Other

Laurie Lemieux, Montrose Girl #1587

Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: Know Your Food / Farm Kitchen



“My ideas of living in the country and my ideas of work are entwined. Where one begins the other does not end, and often they bleed into one another until they can't be told apart.”

– Charles Finn,
Farm Romance & Adventure

continued ...



Merit Badge Awardees

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

Beginner badge: Green Energy / Cleaning Up

Beginner badge: Buttoned Up / Stitching & Crafting

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

Beginner badge: Going Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Gaining Ground / Garden Gate

Intermediate badge: Get It Together / Farm Kitchen

Intermediate badge: Know Your Food / Farm Kitchen

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

Expert badge: Shopping Green / Cleaning Up

Linda Stark, rhinomom2 #237

Beginner badge: Embroidery / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Lindsay Troyer, Lindsay Troyer #1548

Beginner badge: Embroidery / Stitching & Crafting

Beginner badge: Connecting Growers and Eaters / Each Other

Loyce Krogel, traildancer #1272

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Gaining Ground / Garden Gate

Beginner badge: Disconnect to Reconnect / Outpost

Marcy Lundy, Marcy #170

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Entrepreneurial Spirit / Each Other

Intermediate badge: Entrepreneurial Spirit / Each Other

Margarette Allen, Mea #1732

Beginner badge: Shopping Green / Cleaning Up

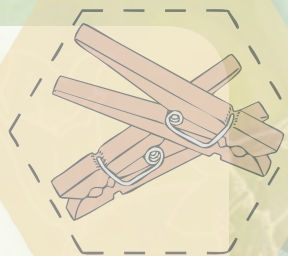
Marilyn Edlund, Edlund33 #1100

Beginner badge: Tatting / Stitching & Crafting

Beginner badge: The Secret Life of Bees / Garden Gate

Melissa Bailey, MissLiss #724

Beginner badge: The Secret Life of Bees / Garden Gate



continued ...



Merit Badge Awardees

Melissa Shirk, Melissa Shirk #1750

Beginner badge: Backyard Farmer / Garden Gate

Meredith Van Wieren, #1782

Beginner badge: Quilting / Stitching & Crafting

Patricia Seaton, pseaton #1776

Beginner badge: Community Service / Each Other

Rali Burleson, Rali #1679

Beginner badge: Nellie Will-do / Stitching & Crafting

Robin Armstrong Miller, birdie71 #1301

Beginner badge: Get It Together / Farm Kitchen

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

Intermediate badge: Get It Together / Farm Kitchen

Intermediate badge: Backyard Farmer / Garden Gate

Expert badge: Get It Together / Farm Kitchen

Expert badge: Shopping Green / Cleaning Up

Expert badge: Backyard Farmer / Garden Gate

Rose Lynn, christmasgal #1486

Beginner badge: Farmgirl Gratitude / Each Other

Ruby Slider, narjay #1663

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

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Horse Dreams / Garden Gate

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

Beginner badge: Little Squirts / Each Other

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

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

Beginner badge: Farmgirl Gratitude / Each Other

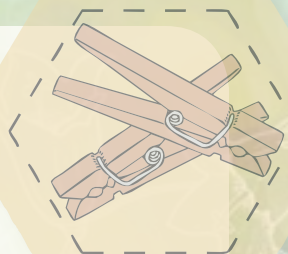
Intermediate badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Get It Together / Farm Kitchen

Intermediate badge: Little Squirts / Each Other

Expert badge: Get It Together / Farm Kitchen



“

I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when die, for the harder I work the more I live. ”

– George Bernard Shaw

continued ...

Merit Badge Awardees

Rusty McHale, Rusty #1572

Beginner badge: Heirlooms Forever! / Garden Gate
Beginner badge: Going Green / Cleaning Up
Beginner badge: Community Action / Each Other
Beginner badge: In the Garden / Make It Easy
Beginner badge: Horse Dreams / Garden Gate
Beginner badge: Nellie Will-do / Stitching & Crafting
Intermediate badge: Quilting / Stitching & Crafting
Intermediate badge: Connecting Growers and Eaters / Each Other
Intermediate badge: Bustin' Out / Farm Kitchen
Intermediate badge: Horse Dreams / Garden Gate
Intermediate badge: Nellie Make-do / Stitching & Crafting
Expert badge: Shopping Green / Cleaning Up
Expert badge: Aprons / Stitching & Crafting
Expert badge: Crochet / Stitching & Crafting
Expert badge: Knitting / Stitching & Crafting
Expert badge: Sew Wonderful / Stitching & Crafting
Expert badge: Get It Together / Farm Kitchen
Expert badge: Self-sufficiency / Farm Kitchen
Expert badge: What's Your Beef? / Garden Gate
Expert badge: Buttoned Up / Stitching & Crafting

Sally Roeser, dragonfly #1668

Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Little Squirts / Each Other

Sherrilyn Askew, Sherri #1350

Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Embroidery / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate

Stephanie Orr, OrrShine #1545

Beginner badge: The Secret Life of Bees / Garden Gate

Suzanna Buchanan, sbbuchanan #1715

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

continued ...



Straw. Rhubarb

Apricot
Jam

Pear Ginger
Jam

Rhub
Ja

Merit Badge Awardees

Tanya Murphy, Turtlemoon #1737

Beginner badge: Make It! / Make It Easy
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Going Green / Cleaning Up
Beginner badge: In the Garden / Make It Easy
Beginner badge: Little Squirts / Each Other
Beginner badge: Horse Dreams / Garden Gate
Beginner badge: Green Energy / Cleaning Up
Intermediate badge: Going Green / Cleaning Up
Intermediate badge: Little Squirts / Each Other
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Knitting / Stitching & Crafting
Expert badge: Going Green / Cleaning Up

Teresa Woodson, Kangarookate #1506

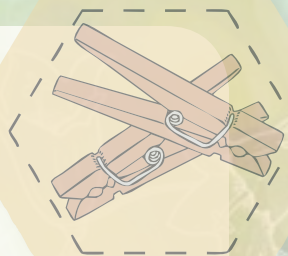
Beginner badge: Quilting / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Intermediate badge: Quilting / Stitching & Crafting

Theresa Atkinson, atkinst2 #1632

Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Nellie Will-do / Stitching & Crafting

Vickie Hill, vintagevickie #252

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



“
Let your working
ideas go for a
picnic—sometimes
the fresh air and
ant bites are just
what they need.
Many great ideas
were bitten a little
at the beginning.”

— Carrie Latet

Farmerettes & Young Cultivators

Woo-Hoo!

Merit Badge Awardees

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

Emily Nelson, Young Cultivator of Kristina Nelson #800
Beginner badge: Gone to the Birds / Garden Gate

JunFen Freihammer, Young Cultivator of Joan Van Roo #1413
Beginner badge: All Dried Up / Farm Kitchen

Kaitlin Nelson, Young Cultivator of Kristina Nelson #800
Beginner badge: Gone to the Birds / Garden Gate

Lily Thornington, Young Cultivator of Jennifer Thornington #1890
Beginner badge: All Buttoned Up / Stitching & Crafting
Intermediate badge: All Buttoned Up / Stitching & Crafting
Expert badge: All Buttoned Up / Stitching & Crafting

Marlayna Thornington, Young Cultivator of Jennifer Thornington #1890
Beginner badge: All Buttoned Up / Stitching & Crafting
Intermediate badge: All Buttoned Up / Stitching & Crafting
Expert badge: All Buttoned Up / Stitching & Crafting

Stephanie Hatton, Young Cultivator of Kristina Nelson #800
Beginner badge: Thank You! / Each Other
Beginner badge: Let's Go To Town / Each Other
Beginner badge: Bloom Where You're Planted / Garden Gate

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.**



“The mother’s heart is the child’s schoolroom.”

– Henry Ward Beecher



AUGUST FARMGIRL SISTERHOOD SPECIAL

10% off

YOUR TOTAL
MaryJanesFarm
PURCHASE

(see details below)

Shop MaryJanesFarm® online here

Shop Mountain Rose Herbs® online here

FOR THE MONTH OF AUGUST

- Farmgirl Sisterhood members that place an order with Mountain Rose Herbs in the month of August will receive a 10% discount on orders from MaryJanesFarm. Both orders must be placed in the same month.
- Discount Information: To receive your 10% discount when placing an order with MaryJanesFarm, simply **click on this link** and let us know both your Mountain Rose Herbs order number and your Sisterhood number.



QUESTIONS? Call us at (1-888-750-6004)





Magazines, Books, and More

Our Aug/Sept issue, "Lay of the Land," is on newsstands now (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 2011 Calendar

Stay tuned for our fifth annual MaryJanesFarm Calendar—**COMING THIS FALL**. 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".

Current Holidays:

August 01 ~ Friendship Day/Girlfriends' Day
 August 08 ~ Happiness Happens Day
 August 11 ~ Ramadan
 August 15 ~ Best Friends' Day
 August 21 ~ Senior Citizens' Day
 August 26 ~ Women's Equality Day





meet our bloggers



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; Libbie Zenger blogs from the rural perspective; Paula Spencer gives you the suburban viewpoint; Cathi Belcher shouts-out from her mountain top, and Shery Jespersen shares the ranch view from Wyoming. You can click to our farmgirl blogs right on our home page (www.maryjanesfarm.org). While you're there, sign up for our e-mail blog alerts and recipe of the week.

city FARMGIRL



Rebekah Teal is a farmgirl who lives in a large metropolitan area and brings you our **City Farmgirl Blog**. She's a lawyer who has worked in both criminal defense and prosecution, and she has been a judge, a business woman, and a stay-at-home mom. She's not only "down-home" citified, she's a true-blue farmgirl ... in a pair of stilettos!

"Mustering up the courage to do the things you dream about," she says, "is the essence of being a farmgirl." Learning to live more organically and closer to nature is Rebekah's current pursuit.

rural FARMGIRL



Libbie Zenger is a small-town farmgirl who writes our **Rural Farmgirl Blog** and lives in the high-desert Sevier Valley of Central Utah with her husband and two little farmboys—as well as 30 ewes, 60 lambs, a handful of rams, a milk cow, an old horse, two dogs, a bunch o' chickens and two cats. She lives on a 140-year-old farm, in a farmhouse built by her great-great-grandfather, and tries to channel her grandmothers.

Libbie says, "When I found MaryJanesFarm, I found a new sort of sisterhood—one in which hard work, 'heart' work and handwork are truly valued, appreciated, and shared."

suburban FARMGIRL



Paula Spencer writes our **Suburban Farmgirl Blog**. She's *Woman's Day* magazine's "Momfidence" columnist and a contributing editor of *Parenting*; the author of *Momfidence!* and a collaborator on eight other books, including *The Happiest Toddler on the Block*; and a senior editor of Caring.com, a leading eldercare resource. Best and not least, she's a mom of four.

Paula's lived in five great farm states, though never on a farm. She's nevertheless inordinately fond of heirloom tomatoes, fine stitching, early mornings, and making pies. And sock monkeys.

mountain FARMGIRL



Cathi Belcher, who pens our **Mountain Farmgirl Blog**, lives in the White Mountains of New Hampshire. As a "lifelong learner," she fiercely values self-reliance, independence, freedom, and fresh mountain air. She's also a multi-media artist, with an obsession for off-grid living and alternative housing. Cathi is married to her childhood sweetheart, and owns and operates a 32-room mountain lodge.

"Mountains speak to my soul, and farming is an important part of my heritage," says Cathi. "I want to pass on my love of these things to others through my writing."

ranch FARMGIRL



Shery Jespersen, Wyoming cattle rancher and outpost writer, shares the view from her saddle in our **Ranch Farmgirl Blog**. Shery is a "leather and lace cowgirl" who's been horse-crazy all of her life. Her longtime love is Apple Pi "Dolly" Rose, a 20-year-old Morgan otherwise known as "The Best Darn Horse in the Universe."

Her other interests include "junktiques," creating eclectic "make do" arts and crafts, collecting antique china, and cultivating mirth.

Being a farmgirl isn't *where* you live, but *how* you live!

www.maryjanesfarm.org





Magazines, Books, and More continues ...

SPECIAL: 3-Book Bundle

MaryJane's books are all bundled up for summer. Buy them together and save \$15! *MaryJane's Ideabook, Cookbook, Lifebook; MaryJane's Stitching Room; and MaryJane's Outpost.* **Click here.**

Gift Items ...

Inspire yourself or inspire a friend with books, journals, note cards, and other gifts from MaryJane. From the kitchen to the campfire, there's something special here for every farmgirl-at-heart.

Click here to shop our gift items.

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

Click Here

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



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

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

**Over 1052 Farmgirl Chapters in 48 states and 8 countries
and 46 H with 1942 Sisterhood members ~ members ~
growing stronger every day!**