

MaryJane's Cluck™

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

Apple Cider

October
2010

Life made us FRIENDS, MaryJanesFarm made us SISTERS!

CONTENTS (click on titles)

Hello from Sister #1	1
Each Other	6
Farm Kitchen	8
Garden Gate	10
Stitching & Crafting	11
Make It Easy	12
Outpost	18
Cleaning Up	20
The Farm Scoop	22
Farmgirl Chatter	24
Sisterhood News	28
Merit Badge Awardees	31
Farmerettes & Young Cultivators ..	37
Sisterhood Special	41
Magazines, Books & More	44

Hello from Sister #1

Galvanizing a Nation

(Reprinted from MaryJanesFarm magazine, Dec-Jan 2010)

I wouldn't say I cry easily. Sure, I cry at movies and I cry sometimes when I read the news. And I can cry when I feel inexplicable happiness. (I love it when THAT happens.) Or sadness. But often, when others around me are crying, I'm dry-eyed. Maybe going public will help diminish the one trigger that turns me into a complete, blubbing cry-baby—embarrassingly so. In fact, I usually show up for my “cry” in a big, floppy hat wearing sunglasses.

Casting my ballot does it every time. The minute I pull into the parking lot to exercise my right to vote, that tight feeling starts in my chest, heads up to my nose, then out my eyes like a cloudburst. The only explanation I've come up with goes something like this: The women on my mother's side were suffragists. It was illegal for them to do what I get to do: vote (or hold public office). Instead, they were thrown into jail or suffered persecution, even bodily harm. Their desire to vote turned them into outcasts. In some cases, it ruined their marriages, their lives. Somehow, in an unscientific DNA kind of way, they are still here, with me, of me. They want me to know; they want me to FEEL.

Boy, howdy. For all the tension that exists surrounding who to vote for, who will win, who is honest, who isn't, whether voting matters, the red and the blue, and ballots gone missing, I am completely without judgment in that moment. Not before or after, mind you, but walking into that booth, surrounded by so many people, people going

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Vintage galvanized metal ballot box, complete with lock and key.

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out of their way to come, all of us together, all of us doing one thing, the same thing, I am moved to a sentimentality much bigger than me and my singular vote.

So, there you have it—earning my little “I Voted” sticker is quite an ordeal for me. Sir Winston Churchill once said, “The best argument against democracy is a five-minute conversation with the average voter”... or one look at me. Seriously, someone in my past **STRONGLY** believed that voting is a civic sacrament, a thing of mysterious and sacred significance, and that I needed to feel the rapture of its baptism over and over again.

MaryJane ♥



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VOTES FOR WOMEN

ALICE PAUL



Why Women Should Vote

(from e-mail circular)



Do you know the story ...

of our mothers and grandmothers who lived only 90 years ago? Remember, it was not until 1920 that women were granted the right to go to the polls and vote.

Beginning in early 1917, a small but determined group of militant suffragists led by Alice Paul began picketing the White House, urging Woodrow Wilson to support a Constitutional amendment to give women the right to vote.

“

Women, go your ways! Seek not to beguile us of our imperial privileges. Content yourself with your little feminine trifles—your babies, your benevolent societies and your knitting—and let your natural bosses do the voting. Stand back—you will be wanting to go to war next. We will let you teach school as much as you want to, and we will pay you half wages for it, too, but beware! We don't want you to crowd us too much. ”

—Mark Twain, 1867



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The women were innocent and defenseless, but they were jailed nonetheless for picketing the White House, carrying signs asking for the vote. And by the end of the night, they were barely alive. Forty prison guards wielding clubs and their warden's blessing went on a rampage against the 33 women wrongly convicted of "obstructing sidewalk traffic."



They beat Lucy Burns, chained her hands to the cell bars above her head, and left her hanging for the night, bleeding and gasping for air.



They hurled Dora Lewis into a dark cell, smashed her head against an iron bed, and knocked her out cold. Her cellmate, Alice Cosu, thought Lewis was dead and suffered a heart attack. Additional affidavits describe the guards grabbing, dragging, beating, choking, slamming, pinching, twisting, and kicking the women.



Thus unfolded the 'Night of Terror' on Nov. 15, 1917, when the warden at the Occoquan Workhouse in Virginia ordered his guards to "teach a lesson" to the suffragists imprisoned there because they **dared** to picket Woodrow Wilson's White House for the right to vote. For weeks, the women's only water came from an open pail. Their food—all of it colorless slop—was infested with worms.

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When one of the leaders, Alice Paul, embarked on a hunger strike, they tied her to a chair, forced a tube down her throat, and poured liquid into her until she vomited. She was tortured like this for weeks until word was smuggled out to the press.



Helena Hill Weed, Norwalk, Conn., serving 3-day sentence in a D.C. prison for carrying the banner, "Governments derive their just powers from the consent of the governed."

So, some women won't vote this year because ... why, exactly? We have carpool duties? We have to get to work? Our vote doesn't matter? It's raining?

Find a copy of the HBO's movie, *Iron Jawed Angels*. It is a graphic depiction of the battle these women waged so that we can pull the curtain at the polling booth and have our say. The actual act of voting can become less personal for us, more rote. Frankly, voting can often feel more like an obligation than a privilege. Sometimes it's inconvenient. What would those women think of the way we use, or don't use, our right to vote? It is jarring to watch Woodrow Wilson and his cronies try to persuade a psychiatrist to declare Alice Paul insane so that she could be permanently institutionalized. And it is inspiring to watch the doctor refuse. Alice Paul was strong, he said, and brave. That didn't make her crazy. The doctor admonished the men, "Courage in women is often mistaken for insanity."

For their sake—and ours—please **remember to vote.**



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).

Completely Inspired

Upon returning from the fabulous **Creative Connection**, I was inspired to create and promptly headed to our local craft store. I was on a mission to tackle my dusty scrapbook. Also, I have an upcoming Halloween party to decorate for. After meeting a variety of crafty gals at the Connection, I am decorating a bit differently this year. Why not stop in at the fabric store and fill my entire house with all variations of Halloween-inspired fabric ... ripped strips hanging from the banister, white tulle forming spider webs in the corners ... and how about something black and see-through eerily draped about? And a fabric-scrap wreath at the front door sounds like a good welcome.

But beyond the inspiration overflowing at the Creative Connection Event (if there is any way you can attend next year, you just must), something else happened for us while in Minnesota. Sister #658 invited us to the River Valley Farmgirl Chapter meeting our last night there.

I must say there is something about meeting fellowette sisters. Maybe it’s just our personalities, but it seems as though there is an implied commitment beyond casual friendship. In fact, it is similar to the commitment I have with my siblings—the one that says I will love them unconditionally—when they’re helpful, funny, ridiculous, cranky, silly ... And that is exactly how it felt as soon as Mom and I stepped out of the car to meet April, Sister #658, who was there to greet us with open arms. We had a ridiculous amount of fun. First, we met everyone. Next, we ate the best meal we’d had all week. I sat there with my plate filled to the brim with salads brought by all the Farmgirls, a bowl of scrumptious chili made by April, a cup of hot apple cider, and a cold Farmgirl beer. Perfect.

And talk about silly. As I was attempting to videotape a makeshift runway for our apron fashion show, I kept tearing up. I felt completely at home—and to think, they were just as silly as me! The neighbors may have thought we were crazy, but what a hoot—I loved every minute of that hour with our new friends. So, here I am, feeling completely inspired. The crafts were amazing, but the friendships ... indescribable!

Click here to read what the Twin Cities Daily Planet reporter wrote about the River Valley Farmgirl Chapter meeting she attended along with MaryJane and I in Minnesota. The article has a link to a YouTube video she shot, along with plenty of photographs, but **here’s a link** to a longer video she shot of their apron fashion show. Don’t miss it – it’s a hoot!

see photos, next page ...





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farm kitchen

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



Alyson Oüten (Sister #100) is a farmgirl, trapped in a city-girl career. A two-time Emmy-award-winning reporter, Alyson spent 20 years in the hustle and bustle of television news. Alyson recently hung up her microphone and parlayed her professional experiences into a new career as Corporate Communication Strategist for the international semiconductor company, Micron Technology. 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. "It's my happy place!" she says.

Friendship Pasta

Even though I'm a "farmgirl at heart," I admittedly don't have a garden. My yard is simply too shady to successfully grow sun-starved produce.

But I have a bevy of friends who always over plant their little plots of garden ground. That makes this time of year especially sweet. I reap all the fruits of *their* labors ... without having to lift a finger. I am eternally grateful and I truly try to honor their efforts by gobbling up as much fresh produce as I can and then freezing and canning the excess. It was during one of these recent binges that I realized how many hands and hearts had gone into my dinner ... a veggie-packed pasta dish.

At its core is a simple and forgiving pasta salad that my mom (and my sister and I) have been making for decades. The beauty of this recipe is that you can literally dump your produce drawer into it and create a different and wonderful flavor each time.

What you see below simply reflects the garden-fresh veggies I had on hand, but I encourage you to be creative and brave! In addition to a constantly rotating list of vegetables, I will occasionally throw in little chunks of hard salami or tangy cheese. Don't limit yourself ... let your inner garden goddess be free!

I would like to give thanks and credit for the following ingredients:

- Cherry tomatoes from my sister's garden
- Yellow grape tomatoes from my mother's garden
- Traditional and lemon cucumbers from a neighbor's garden
- Yellow squash from a co-worker's garden



recipe,
next page ...

farm kitchen

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Featured Recipe

Friendship Pasta Salad

1 lb whole wheat penne pasta
 3 T oil
 1 cup vinegar
 ½ cup sugar
 1 t salt
 1 t pepper
 1 t prepared mustard
 1 t garlic powder
 1 cup cherry tomatoes
 1 cup yellow grape tomatoes
 1 cup cucumber, diced
 ½ cup lemon cucumber, diced
 ½ cup yellow squash, diced
 ½ cup black olives, sliced
 2 T parsley, minced



Boil pasta according to package directions. Drain and rinse with cold water. Transfer pasta in a large mixing bowl. Add tomatoes, cucumber, squash, and black olives. In a small mixing bowl, whisk oil, sugar, vinegar, salt, pepper, mustard, and garlic powder. Pour over pasta mixture and stir. Refrigerate overnight. Best served the day after it's made (or the day after that...or the day after that). Sprinkle with parsley just before serving.

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

“I want my food to know itself before it knows my mouth. I want some slo-o-o-o-ow food... with all the love cooked in.”

—Greg Brown

garden gate

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GARDEN GATE with Mary Ann Newcomer To earn a Sisterhood badge in our **GARDEN GATE** category, [CLICK HERE](#)



Mary Ann Newcomer, (Sister #246) is a MaryJane Farmgirl, living in Boise, the capital of Idaho. Her great grandparents' homestead was established in 1899 on the Palouse prairie and is still in the family. She learned to cook, garden, can, and sew with her grandmother. Never without a garden or, at the very least, a shelf of plants in an apartment, she followed her passion to become an Advanced Master Gardener, a director of the Idaho Botanical Gardens, and a scribe, scout, and speaker for all things gardening.

“Gardening is any way that humans and nature come together with the intent of creating beauty.”

– Tina James

Autumn is Officially here

I'm just back from a trip to the Dallas Arboretum. Every fall, they bring in thousands of pumpkins and squash for their Harvest Festival. It's a true "pumpkinolooza!"

They've created a delightful Storybook Pumpkin Village with four pumpkin houses based on children's stories. The Tom Thumb pumpkin patch will have more than 40,000 pumpkins for kids to take home. You can get lost in the maze made of hay bales and check out the straw ponies. Every walkway and corner is decorated with pumpkins and gourds.

Autumn is also the best time for planting tulips. The soil is still workable, the days not too cold for digging, and there's still a nice selection of spring-blooming bulbs at your local nursery.



Try at least one new kind of bulb this year. Maybe it will be the small delightful species tulips. Or how about a new patch of tommies? Tommies are the darling tomasinianus, heirloom crocus perfect for naturalizing. If squirrels are a problem, go for the daffodils and tommies, since critters seem to stay away from them.



And don't overwhelm yourself—digging to plant bulbs is a lot of work. Resolve to dig just a few large holes, 18- 24 inches in diameter and the correct depth for the bulbs you have chosen. Plant a bunch of crocus in one hole (15 to 25 per square foot, 40 or so for this size hole) and a bunch of daffodils in another (8 to 12 per square foot, 18 for this size hole) Toss them in and leave them in their random arrangement. Never ever EVER plant bulbs in rows like soldiers. Now, cover them with soil and call it good. You've just hidden a bouquet for next spring!

stitching & crafting room

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



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

Pillow Talk

This summer, my husband, Erik, and I took our kids on a classic car-camping trip. We drove from the rolling hills of Idaho through the Oregon desert to the Redwood Coast of California for a few days in the woods with good friends. This was a low-budget trip, so most of our fun was of the homemade variety—we cooked our own food, did lots of exploring, and slept well. I decided to make unique pillowcases for us to use on the trip, doing away with any debate about whose pillow was whose. They are a nice reminder of our time on the road now that we are home.

I let my husband and kids choose their own fabrics from the scrap pile. I also pre-washed the fabrics. The body of the pillowcase on a standard pillow is 28" x 22". You need two panels cut to this size to make your pillowcase. You also need a 3"-wide border in another fabric. To make this, you will cut two 6" x 22" strips. Begin by ironing your 6" strips in half lengthwise with the right sides showing. Now you have two 3" x 22" strips for your border. Pin these strips to the right side of your 22" x 28" pieces along a 22" edge with the cut edges of the fabric touching. Now stitch on the borders, iron the borders open, and pin the two pieces together. Match up the folded edges of the borders and stitch around the three cut sides of your fabric with right sides together. Now turn your pillowcase inside out and slip it on.

You can make covers for any size pillow, just measure it and add an inch or so for the seams. Once I was comfortable making simple pillowcases, I tried one with multiple border pieces in various widths using a variety of MaryJane's fabrics. The result was luxurious. Lining up all those layers is just a little more time consuming, but definitely worth the effort!



make it easy

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



Shery Jespersen (Sister #753) is a Wyoming cattle rancher who's been horse-crazy all of her life. Shery is a leather and lace cowgirl. Her other interests include "junktiques," creating eclectic "make do" arts and crafts, collecting antique china, and cultivating mirth.

“Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.”

—John Muir

Autumn Vine Wreaths

Our local MaryJanesFarm Chapter just held it's monthly "hen party" the other night. The evening affair included organic dining, wreath making, a crackling campfire, hot cocoa, **and** roasted marshmallows (on Chokecherry branches). My friend, Anita (the hostess), and I had picked grapes and thinned the vines a week prior; we made wreath forms right then and there. Then they were set aside to dry and to wait for our wreath-making get-together.

This Make It Easy project is a general how-to. The wreath that I made (see photo) is the most simple of all of them because I wanted to take a lot of photos. My sister "hens" made spectacular wreaths—each beautiful in their own right. Lisa opted to arrange her dried "naturals" in a wall basket instead.

By porch light, moonlight, and a campfire, we spent the evening in autumn bliss, enjoying our gal-pals and making fall wreaths. You can too! There is still time to have your own wreath party. If you don't have grapevines, use woodbine or hops—any vine will do. To dress up your wreath in "naturals," go to the pasture and woods for supplies. Overlook nothing as a possible "goodie." Just be careful to avoid poison ivy and oak.

You'll need:

Vines—fresh and supple are best

Dried flowers, grass, grain, Indian corn, leaves, etc.

Glue gun, wire, or jute cord

Snipper pliers, hot glue gun, and glue sticks

1. Begin with a length of vine about 6' long. Decide what size of wreath you want and form a circle. Tuck the vine end inside the other side and then take a wrap about halfway around. Tuck the rest of the vine inside the circle and pull it snug. Start again with another vine and repeat this process until you get your desired look and thickness.



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make it easy

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

continued ...

2. Now, arrange your dried materials in a “dress rehearsal.” Get an idea of what you want and then choose things that cover and/or tuck in nicely next to their neighbors. Once you’ve got the vision, carefully apply the hot glue and press each item in place. Use just enough hot glue to secure things. Hot glue is messy and hard to “un-do” —especially when using delicate dried naturals.



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3. If you want to make my stuffed “farmy” heart for your wreath, just cut a 3” x 3.5” heart pattern from a folded piece of paper. Add $\frac{1}{4}$ ” for seam allowance. I used a small-grid homespun plaid so that I could sew a mock cross-stitch word on it. Choose your own word, but eyeball the piece to make sure your word will fit. I wanted the word to look primitive. If you want a more classic look, choose linen and stitch “real” cross-stitch alphabet letters. I also added a tiny button to the red cross-stitched heart. To secure the stuffed heart to the wreath, I sewed it onto the vines with tough button thread. Enjoy!



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Irene Wolansky (Sister #1144) is the Marketing Director at Mountain Rose Herbs. Born and raised on the Oregon coast, Irene spent her childhood learning about beekeeping, growing and preserving fruits and vegetables, building forts in the forest, and going on adventures with her dog. She has many interests, which include making her own body care products, mushroom harvesting, gardening, arts and crafts projects, nature photography, mead and beer making, camping, herbal medicine, baking, traveling, hiking, and spending time with her boyfriend and friends. **Click here** to visit Mountain Rose Herbs on the Web.

Herbal Hair Care

Homemade hair-care products are simple and inexpensive to create while also being gentle and nourishing for the scalp and hair. They do not have the synthetic ingredients and chemicals often found in commercial products; instead they rely upon botanicals and other pure ingredients to give you healthy hair and scalp. Not only can you harvest many of the ingredients from your garden, but you can customize the recipes so that they perfectly fit your specific needs. After using your own products, you will notice that your hair and scalp will feel more healthy and balanced with increased body, luster, silkiness, and shine. The majority of hair products commercially available, even among those touted as all-natural, contain synthetic detergents, fragrances, petrochemicals, and known allergens. These ingredients are harsh, stripping natural oils from the hair and scalp and resulting in imbalances to the scalp and hair. By making our own hair care products, we can help repair the health of our hair and scalp—all while saving money!

Herbal Shampoo

Homemade shampoo is not as thick or lathering as store-bought varieties, but it will effectively clean hair with nourishing ingredients and botanicals. Because this shampoo is so much gentler, you can expect that your hair will not feel as squeaky-clean after washing. This is because it will not be stripped of its natural oils.

8 oz water
3 oz liquid Castile soap
1–2 T dried organic herbs of choice
(see list, following)
20–60 drops essential oil (see list below)
1/4 t organic jojoba or olive oil (use more for dry hair or may omit for oily hair)

Make an herbal infusion by pouring boiling water over the herbs, cover, and allow them to steep for at least 4 hours. Strain the herbs out and pour the reserved liquid into a bottle, then add Castile soap and oils. Your herbal shampoo is now ready to use. Always shake well before use, since the contents will naturally separate.



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Oil Treatments

Oil treatments are a great way to naturally condition, soothe, balance, cleanse, and invigorate the hair and scalp. Leaving hair soft, shiny, and silky, they are excellent for treating damaged, dry, dull, or frizzy hair and scalp conditions. A few drops of either of these recipes can also be used to tame those dry or wild-looking locks.

To use, pour a little oil into your palm and massage it into your scalp and hair. Add as much as needed, making sure to thoroughly coat your hair and scalp. Leave in for at least 30 minutes, the longer the better. I like to wrap my hair back into a bun and leave the oil in all day, washing it out at night. Once finished, be sure to shampoo the oil out completely. Don't worry if your hair still feels a little oily after washing; it should absorb the residual oil as it dries. Heat deepens the oil's penetration of the hair shaft, enhancing its benefits. Harness heat's effects by sitting in the sunshine, by a woodstove or fireplace, or in a sauna. Or treat yourself to a hot-oil treatment by gently warming the oil to 100°F and massaging it into your hair and scalp. Pull your hair back, cover it with a shower cap or plastic bag, and finally wrap up with a thick wool cap to help retain heat. Leave head covered for at least an hour, then shampoo out.

Basic Hair Oil

To create, simply pour 1 oz organic jojoba or olive oil into a bottle and add 10-30 drops essential oil of your choice (see list below). Shake before using to blend the oils.

Herbal Infused Hair Oil

Jojoba oil infused with botanicals has all of the benefits listed above, but is even more therapeutic. It will take a few weeks to infuse, but the resulting oil will be worth the wait! To make, place 8 oz organic jojoba or olive oil and 3 or more T dried organic herbs (see list below) in a glass jar, cap tightly, and infuse for 3-6 weeks. Shake the jar daily. Once infused, strain the herbs from the infused oil. The infused oil will last for at least a year if properly stored in a cool, dark place.

Hair Rinses

Hair rinses are simple to make, and they naturally condition the hair and scalp. They soften, add shine and body, and enhance natural highlights. To create an herbal hair rinse, simply pour 2 cups of boiling water over 3 or more T of dried organic herbs (see list below) and allow to infuse for 8 hours or overnight. Strain herbs from the liquid (you can gently warm the liquid if you'd like). To use, slowly pour the rinse over your head, making sure to massage the infusion into your hair and scalp. Keep a large bowl under your head to catch the liquid and reapply. Repeat several times, and either rinse out or allow to dry.



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Herbal Vinegar Rinse

Vinegar rinses have the same advantages as water-based hair rinses, and they also help restore hair's pH balance. Vinegar is beneficial for oily hair, itchy scalp, dandruff, dull hair, and other scalp conditions. To make, place 3 or more T dried organic herbs (see list below) and 8 oz organic apple cider vinegar in a glass jar, cap tightly, and infuse for 3-6 weeks. Shake the jar daily. Once infused, strain the herbs out. To use, apply 1-2 T herbal infused vinegar to damp hair and scalp and thoroughly massage in, then rinse out with water. Or, you can use the method described above by combining 1 T herbal vinegar with 1 cup water, followed by a thorough rinse with plain water. The infused vinegar will keep for at least a year if stored properly in a cool, dry area.

Natural Hair Coloring

Did you know that you can use a plant to dye your hair? Henna naturally colors the hair; it's made from the powdered leaves of the desert shrub plant *Lawsonia*. Henna comes in a variety of colors, including black, mahogany, various shades of brown, red, burgundy, and marigold blonde. In addition to adding color, Henna will coat hair, seal in oils, and tighten the hair cuticle to give hair a rich and healthy shine. Henna's effects will last up to 3 months. You can also use herbs to encourage natural highlights, see the list below for more information.

Herbs for Hair Care

Normal hair: Basil, Calendula, Chamomile, Horsetail, Lavender, Linden flowers, Nettle, Parsley leaf, Rosemary, Sage, Watercress

Dry hair and scalp: Burdock root, Calendula, Chamomile, Comfrey leaf, Elder flowers, Horsetail, Lavender, Marshmallow root, Nettle, Parsley leaf, Sage

Oily hair and scalp: Bay leaf, Burdock root, Calendula, Chamomile, Horsetail, Lemon Balm, Lavender, Lemon peel, Lemongrass, Nettle, Peppermint, Rosemary, Thyme, Witch Hazel bark, Yarrow leaf and flower

Scalp conditions (dandruff, sensitive skin, inflammation, itchiness, dermatitis): Burdock root, Calendula, Chamomile, Comfrey leaf, Eucalyptus, Horsetail, Lavender, Marshmallow root, Nettle, Oregano, Peppermint, Rosemary, Sage, Thyme

Hair loss/thinning: Basil, Nettle, Rosemary, Sage

Golden highlights: Calendula, Chamomile, Lemon, Sunflower petals

Dark highlights: Black Tea, Black Walnut hulls (crushed or chopped), Comfrey root, Nettle, Rosemary, Sage

Red highlights: Calendula, Henna, Hibiscus flowers, Red Clover flowers, Rose hips, Red Rose petals

Essential Oils for Hair Care

Normal hair: Carrot seed, Cedarwood, Chamomile, Clary Sage, Cypress, Geranium, Juniper, Lavender, Lemon, Orange, Rosemary, Sage, Sandalwood, Thyme, Ylang Ylang.

Dry hair: Carrot seed, Cedarwood, Chamomile, Clary Sage, Geranium, Jasmine, Lavender, Orange, Rosemary, Sandalwood, Ylang Ylang.

Oily Hair: Basil, Bergamot, Cedarwood, Chamomile, Clary Sage, Cypress, Eucalyptus, Geranium, Juniper, Lavender, Lemon, Lemongrass, Orange, Peppermint, Rosemary, Sage, Tea Tree, Thyme, Ylang Ylang.

Scalp conditions (dandruff, sensitive skin, itchiness, inflammation, dermatitis): Cedarwood, Chamomile, Clary Sage, Cypress, Lavender, Lemon, Marjoram, Myrrh, Orange, Patchouli, Rose, Rosemary, Sage, Thyme, Tea Tree, Ylang Ylang.

Hair loss/thinning: Basil, Cypress, Lavender, Lemon, Peppermint, Rosemary, Sage, Thyme, Ylang Ylang.

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.

“My friendships with women give me a deeper experience of myself.”

— Amy Lawrence. 1889

The Farmy Night Life

Our latest MaryJanesFarm Chapter “hen party” reminded me of an old disco song, “I Love The Night Life.” Why, you might ask? Well, our merry little band of farmgirls (the High Plains Sage Hens) made autumn wreaths and partied by the light of the silvery moon!

The evening included making grapevine wreaths and dinner and dessert by the campfire. We all drove out to the Shepperson ranch—seven miles on paved highway and another seven on gravel. Our hostess was Anita Shepperson. She and I picked about 30 pounds of grapes a week ago (courtesy of a friend who didn’t want the grapes). In addition to taking home a harvest of lovely grapes, we also thinned the vines and made several wreaths for the “hen party.” Anita provided most of the dried florals and homegrown oats and wheat.

First, we sat down to a beautifully decorated table and said grace—offering thanks for the meal, the hostess, the evening, and the addition of three more sisters to our flock. The meal menu was true to harvest-time. I made bruschetta from my tomatoes to go with Anita’s homemade grilled bread (with homemade butter!). The main course was corn chowder that included homemade sausage and garden potatoes. Fresh spinach provided a green bed for the juicy bruschetta dip, and next to that on my salad plate was homemade cheddar cheese. We also sipped homemade wine. There were “party favors” too—pint jars of peach jam. Then we headed outside for the craft project (read all about it in my “Make It Easy” column).

We dressed our grapevine wreaths on the patio. The weather: perfect. When darkness fell, the full moon offered her all. Anita built a fire for “mood lighting” and for hot cocoa and marshmallows. She even cut and sharpened chokecherry branches for the marshmallows.



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 ...

A more glorious evening of farmgirl fellowship couldn't have been scripted any better. Brenda summed it up best when she said that our fun was not focused on "worldly" things—just good friends, good food, enjoying every particle of those two items, and squeezing it all into a few hours in the evening.

One year ago, I hosted our first farmgirl hen party, and I'm not kidding when I say that my life hasn't been the same since. MaryJane's philosophy about "womenfolk" nurturing healthy social ties with each other really struck a chord. Our lives *really are* changed. Once a month, we're fluffed up from the inside out by something as simple as shutting the world out and letting our friends all the way in. **The moral of the story: make time for friends.** If you can, do it in the dark by firelight. Oh, and one more thing ... don't forget the marshmallows.

warmth &
friendship



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

Cleaning with Hydrogen Peroxide

Who knew that a drugstore product costing less than \$1 could be so effective at cleaning almost everything? I have been using hydrogen peroxide for many years to sanitize my toothbrush and then swishing the peroxide around in my mouth. MaryJane says her father had her gargle with diluted hydrogen peroxide if she was getting a sore throat. And for whitening teeth, MaryJane rinses and swishes with equal parts water and peroxide for 30-60 seconds every morning. She doesn't rinse her mouth afterward for about 10 minutes. My father, who is in his 80s and has all of his teeth, swears by hydrogen peroxide to prevent periodontal disease and keep his teeth pearly white. Be careful when using peroxide not to get it into your eyes. In addition to cleaning your teeth, I have been amazed to find that peroxide is so effective in many other cleaning areas. Since having transitioned into the cleaning industry over the last few years, I now use hydrogen peroxide to clean everything from countertops to carpets to toilet bowls.

Understanding what makes hydrogen peroxide so effective is life-changing. Hydrogen peroxide is created in the atmosphere when ultraviolet rays from the sun hit oxygen in the presence of moisture. It is basically the same chemical makeup as water, but with an extra oxygen atom. Because of this, it breaks down quickly and harmlessly into oxygen and water. And there are different types of hydrogen peroxide, ranging from 3% to 35%. I use 35% food-grade hydrogen peroxide, in general, for everything. (The other grades tend to have some stabilizers in them, but can be just as effective for external purposes.) And since I buy my peroxide in bulk, it cuts the cost down dramatically. When using 35% food grade peroxide, you need to dilute it properly, as advised, to avoid any skin irritation and injuries.

The properties of of hydrogen peroxide are known for being antibacterial and antifungal, killing mold and mildew. You can use 3% hydrogen peroxide to spray down showers, countertops, bathtubs, doorknobs, walls, sinks, windows, mirrors, garbage pails, refrigerators, cutting boards, toilets, and appliances. In addition, you can use hydrogen peroxide to clean your vinyl and tile floors, add to the laundry, and spot-clean carpets. However, you want to be careful when applying peroxide to certain materials and colored fabrics, for it acts as a bleaching agent and can discolor if not properly diluted. One of the best spot and carpet cleaners I have found is comprised of hydrogen peroxide and bergamot from Seventh Generation and costs roughly \$7. However, to keep costs down, experiment making your own cleaning products with peroxide. One solution I have created is a toilet-bowl cleaner using hydrogen peroxide, baking soda, and tea-tree oil to sanitize and remove stubborn stains. The trick is leaving it sit for approximately 20 minutes to let the bleaching agents take effect. Hydrogen peroxide can also be used in the dishwasher, by adding 2 ounces or more of 3% peroxide to the regular washing formula to sanitize and clean dishes thoroughly.

continued ...



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 ...

Besides cleaning, hydrogen peroxide can be used to disinfect things around your home, like toothbrushes, dish scrubbers, dental retainers, loofahs, bath items, sponges, toilet brushes, thermometers, etc. You need to just spray it on and allow the bubbles of oxidation to subside, then repeat. One of my favorite ways to use hydrogen peroxide is in the laundry to whiten and brighten clothes and remove stains. Just remember to use hydrogen peroxide in the same way you would use bleach, as it has the properties to lighten and fade dark colors.

It is fascinating how such an inexpensive product can be used for so many cleaning projects. So pick up a bottle or two at your local store and experiment using peroxide for your cleaning needs.

For more information on how to clean with hydrogen peroxide, visit the website ehow [here](#).



“Farmgirls get dirty
and they clean up
pretty.”

— Ann Forrester.

Farmgirl Chapter Leader, Belmont. Michigan

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 back to MAY/JUNE/JULY 2008 (She's A Keeper). 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.

If you're a Sisterhood member, **click here** to download a FREE Farmgirls on the Loose logo!

Enter your Sisterhood number;
password is: FGLoose (case-sensitive)

(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!)



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.

MaryJane ♥

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: Am I crazy or adventurous? ... you decide :-D. Submitted by hsmommel

I haven't been on here since I joined because about the same time my husband got called for a job interview in VA (we live in NE WI), and well, a tentative job offer (hopefully the call with his start date this week), and as such, we have working our fannies off trying to get stuff done around the house to sell it.

So, as we've been working, we've been talking, researching, and we want land! We want a place to garden, a place to have animals, etc ... so, we decided that we want to buy a few acres (3-5) in VA, and if we have to camp on it until we can build our yurts ... yes, I said yurts (www.pacificyurts.com). Our kids are completely on board, and well, we are definitely not afraid of adventure. So would love to know what anyone else thinks. More so because I'm looking for feedback, insight (maybe someone else out here has done something similar), things we may need to think about, etc. I'm excited about doing this, and I know I'll forget to consider something, but ... well, I think you get the idea.

Click [here](#) for suggestions.

Across the Fence: I'm so proud of myself! Submitted by lilwing

So I actually started juicing today ... I threw apples, carrots, kale, spinach, celery, and melon in the juicer (all organic) ... it turned out yummy ... but I had leftover pulp ... I didn't want to just throw it away ... and I remembered I had MJF gluten-free flour ... so I concocted up a bread from scratch using the pulp ... the dough was a little dry so I also put some goat milk in, just a half a cup ... I baked it and YUMMY! it is GREAT. LOL. Click [here](#) to comment.

Barnyard Buddies: New Flock. Submitted by kathyjane

I am so excited! We have spent the last 4 days refurbishing an old shed into a chicken coop, and tomorrow we are getting up before dawn to head to the local sale barn to get a small flock of birds!!! I plan to start out with 6 hens and a rooster and adding to the flock in the spring. The best part about all this is that so far we have spent \$0 dollars on the coop renovation! Everything we have used for construction is salvaged material that we picked up this summer for free. I am so happy!!!! Next, I want a milk cow!!! Click [here](#) to comment.

Cleaning Up: what to do with bad soap? Submitted by LenaSassafrass

So several months ago, I had a go at making some goats milk soap ... didn't work. I think I put way too much lye in it because it has a strong smell of lye still. I had greased a Tupperware container and had used that as my basic soap mold. Now that I know for sure that soap will not saponify, how should I dispose of the bad batch? I just don't know if putting it in the garbage is okay to do? I'm going to try my hand at making soap again since hubby bought a much nicer digital scale for me to use ... the other one was pretty old and hard to calibrate! Click [here](#) with suggestions.



the chatter continues ...

Garden Gate: Ideas for a kids' garden club. Submitted by textdane
Hi Farmgirls! My daughter is in third grade and wants to join her school's new "Garden Club." I talked to the mom who is running it, and I am going to be helping, too. She is looking for ideas, and after telling her about the Sisterhood, told her I'd start a thread to see if you all had any ideas or experience you could pass us. The kids range in age from kindergarten to fourth grade. She had a problem last year getting the kids to weed, so I suggested 5-10 mins of weeding to start and whoever picked the most weeds got a little prize (pencil, sticker, seeds, etc). She thought, too, of planting lettuce and herbs and making a salad. There is a compost heap, and she said the "butterfly garden" needs help. This isn't funded through the PTA, so they don't have a lot to work with. Any ideas? Share your ideas [here](#).

Garden Gate: Yum ... soup from the backyard. Submitted by Homekeepn
Well, the hubs and I made a big pot of cabbage soup yesterday. We harvested, of course cabbage, then potatoes, carrots, and onions from the garden. The celery was not ready yet, so that was store bought. The day was cool and overcast, so the hubs decided to light the woodstove. Wonderful warmth from the soup and the woodstove. The house was so warm and cozy that I felt like baking. I made two pumpkins breads with chocolate chips. My first use of pumpkin for the season. Mmmmm, very yummy. What a great feeling knowing that such a satisfying day came from our own hands and the backyard. Click [here](#) to comment.

Herbal Wisdom: Flea meds? Submitted by Cindy Lou
Buying flea meds for our 3 dogs is expensive and I don't like the toxic chemicals on them or near me. Does anyone have an herbal solution that works for your pets? Click [here](#) with suggestions.

Herbal Wisdom: Chronic Urinary Infections. Submitted by Tina Kay
I was wondering if anyone would know what herbs or concoctions would help someone with chronic urinary infections? She (my mum) has taken cranberry capsules, and drank juice. She gets them very badly, all the time. She is so tired of being on antibiotics, but is in this vicious circle. Anything would help, Thanks! Click [here](#) with suggestions.

Holidays: Anyone thinking holiday menus yet? Submitted by Annika
I am!!! I just pulled out all of my favorite cookbooks and holiday books and am looking to break away from tradition this year a bit. With the likelihood of a pumpkin shortage this year due to the blight, I'm thinking a warm baked custard for Thanksgiving instead. I'm also going to try to get a naturally raised "wild" turkey if I can afford one!

Let's share favorite ideas and recipes for a super farmgirl holiday season! With money being tight for a lot of people (including us!), I think a lot of us are having to be more creative with our holiday menus.



the chatter continues ...

For instance, you can use some other squashes and or sweet potatoes/yams to make a similar tasting and yummy pie (My paternal granddad was from Little Rock and made a delicious sweet potato pie!) if pumpkin is scarce in your area due to the pumpkin blight.

I always make a chicken liver mousse and a Brie baked in a crust for starters, along with fresh fruit and veggies and crackers. I'm trying to think of something to jazz up the traditional goodies! Hmmmmmmmm ... Share ideas and recipes [here](#).

Make It Easy: Homemade candles - questions :) Submitted by ruralsweetheart
Okay, I really want to make a couple homemade candles for Christmas presents, but I've never done it. Could anyone give me some information on homemade candle making? What you use, how much it costs? Etc. Thanks for any help! Share your ideas [here](#).

Nifty Thrifty: T-shirt yarn. Submitted by sewsweet
Just found this [tutorial](#) about making t-shirt yarn out of your old t-shirts! I never considered that you could do this, but of course you can! Anyway, I'm now saving my old tees for yarn and hope to make something cool out of them. Just thought I'd share. Click [here](#) to comment.

Outpost: Splitting wood. Submitted by FieldsofThyme
How many of you have split a cord of wood by yourself? I have split wood 2 days and I have yet to stack a full cord. Just curious. Click [here](#) to comment.

Parenting & Farm Kids: Nature's One (Baby's Only) Formula. Submitted by tatersgirl913
I have a 2-week old-son and I'm having difficulties breast feeding. He is taking 2-3 ozs a feeding, and even when I pump I'm getting 1-1 1/2 oz max. I was researching some formula options and MJF's recent magazine said that Nature's One is a great organic formula with no DHA and ARA added. I am just sickened by the fact that I cannot exclusively breast feed, but I also don't want my little guy to not be well-nourished. This really upsets me (I barely go 2 hours without crying).

Anyone use Nature's One and have comments? Also, a side question on pumping: How long should I pump? I pump 10 minutes and get a steady flow of milk and then nothing. I try to pump 20 minutes, but the second half it seems that nothing comes out. Thanks! Share your suggestions [here](#).

Reading Room: Favorite Book turned Movie. Submitted by knittinchick
Hey sisters! I've lately been reading a lot of books turned movies, and I want to know what your favorite book turned movie is, and which you liked better (it's obvious the book is always better, but some may disagree:) Mine is *The Secret Life of Bees* by Sue Monk Kidd. It



the chatter continues ...

is a semi-Christian book, it sends a good message, and it's a good read. I liked the movie, but they did change a few things from the book. Either way, I liked the book better. Now what about you? Click [here](#) to respond to topic.

Stitching & Crafting Room: Time to Sit-n-knit!! Submitted by Littleredd

A few years ago, I was new to the area and started my own knitting circle. We're now 50 strong, and every Monday night we meet (chicks with sticks) and make things for ourselves, for friends, for Christmas, and charity. As the season changes into fall, I find myself desperately wanting to just sit and knit. The wool in my hands, the needles clicking away ... but this also seems the busiest time to me. What about you? Does anyone out there have a fiber addiction like I do? What are you knitting for Christmas? I've got a pair of socks that kinda comes with me everywhere I go. Click [here](#) to respond to topic.

Stitching & Crafting Room: Crazy Quilt - Info and guidance. Submitted by Simply Ann

Not a quilter, but would like to start a crazy quilt. Any suggestions on websites to view and what is needed to get started? Also information on hand-stitching patterns. Not looking to make a big investment, I try to use old clothing and what I can get from a thrift store. Any ideas suggestions or advice will be appreciated. Click [here](#) with suggestions.

Farm Kitchen: My first trip to farmers' market. **Submitted by the butchers wife**

I'm working on a couple of merit badges. So today I went to my first farmers' market, actually two different ones. I purchased all the food I need for the entire week for ... drum roll please ... \$20! And this even includes bread and pasta and a beautiful bouquet of flowers. Why, oh why, isn't there a farmers' market revolution happening?

Not only was it a great social event, but I was putting money in the hands of my neighbors and local farmers. Also, I'm saving money in my pocketbook. And let's be honest, it's going to help my chubby waistline as well. My discovery of the farmers' market was bad timing, though; there's only a few more weeks left in the season.

But here's my question to you all ... How does a person start a farmers' market? We don't have one in my small town, but we need one. If anyone can give me some insight or resources to help me investigate the idea further, that would be wonderful. **Weigh in here.**





Join in the fun—join the Farmgirl Sisterhood!

When you add your name to the Farmgirl Sisterhood, you will receive a consecutive number according to when you signed up (for example, Farmgirl Sisterhood Member #750). Once you're officially signed up, we'll mail your official Farmgirl Sisterhood badge depicting an adorable aproned hen, our official logo, ready to wear or embroider, and an official Farmgirl Sisterhood certificate signed by the Queen Bee herself. We also offer for purchase a Sisterhood necklace customized with your unique number (see p. 30). Over on the Farmgirl Connection chatroom, you'll get a special hexagonal Farmgirl Sisterhood designation by your name. In addition, you'll start receiving The Cluck newsletter—packed with project ideas, news, and tips—each month; you'll be eligible for "Members Only" special product offers from MaryJanesFarm; and you can start earning Farmgirl Sisterhood Merit Badges right away (think Girl Scouts for grown-ups) and post photos and narratives of your projects on our website (braggin' rights). In other words, you'll be strutting your farmgirl skills for all the world to see! Members are also the only ones permitted to mentor Farmerettes (farmgirls-in-training between the ages 14–18) and Young Cultivators (girls and boys between the ages 6–13) and work with them to earn badges. But if you're not inclined to earn merit badges, there are plenty of other benefits to joining up. Whether it's cooking, stitching, gardening, make-it-yourself projects, going green, cleaning up, or just getting together, you'll gather with other farmgirls for lots of fun! **Click here** to purchase your Sisterhood membership.

and ...

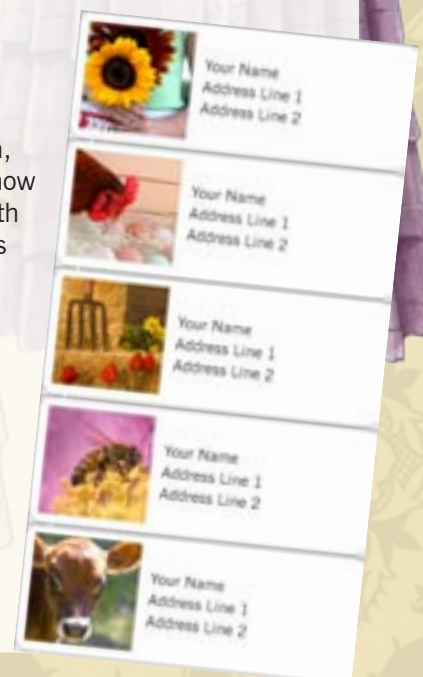
Start or Join a Farmgirl Chapter

If you're yearnin' to meet up face-to-face with other farmgirls in your area, start or join a Farmgirl Chapter. MaryJane is proud to say that there are now over 1,097 Farmgirl Chapters located in all 50 states and 8 countries with 2,140 Sisterhood members — growing stronger every day!! These groups consist of diversified, talented, caring, creative, like-minded women just like YOU! This is truly the best sisterhood to be found anywhere!

Click here to join in.

Membership Bonus

When you join the Farmgirl Sisterhood, renew your membership, or buy a new membership for a friend, you'll receive 150 personalized return address labels **FREE** for the month of October.



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**.



... more Farmgirl Sisterhood News

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 ...



Hello Elaine!

Hi, my name is Veronica and you made a charm for me.
It is a Farmgirl Sisterhood charm necklace and I just had to e-mail you.

First off, I never expected such quality and attention to detail. When I saw my name on the package, I thought it was from someone I knew! Then when I opened the package and saw the little burlap pouch, I smiled and my daughter (who is 3) said, "Mama, what's that?" Then, when I pulled out the necklace, I literally gasped.

It's so beautiful! I knew what it would look like from a photo on the MaryJanesFarm website, but this necklace exceeded my expectations. I loved the length of the chain. I have bought some necklaces on Etsy.com and I'm always disappointed that the ball chains are soooo short. The charm looks small to me on the website, so when I saw it, I was like, this is the perfect size!

I just wanted to thank you personally for such detail and the obvious love you put into your craft. Are you on Etsy? I'm definitely sharing your website with all of my friends. And I am most definitely going to be buying another charm(s) from you in the future.

Thank you again, and I feel like I got a bargain for this necklace.

Sincerely,
Veronica Laviolette

Woo-
Hoo!

Merit Badge Awardees

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

Adrienne Wilson, addybelle #906

Beginner badge: Horse Dreams / Garden Gate

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

Beginner badge: Community Service / Each Other

Beginner badge: Farmgirl Shutterbugs / Each Other

Amelia Woodcock, Ruralsweetheart #1960

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

Amy Kingery, powhatan #1765

Beginner badge: Community Action / Each Other

Beginner badge: In the Garden / Make It Easy

AnnaLena Seemann, svenskamma #361

Beginner badge: Farmgirl Shutterbugs / Each Other

Beginner badge: Buttoned Up / Stitching & Crafting

Anna Vaagen, vaagen #2074

Beginner badge: Entrepreneurial Spirit / Each Other

Carol Johnson, carolj #1823

Beginner badge: Farmgirl Gratitude / Each Other

Carrie Meerwarth, Carrie M #147

Beginner badge: Green Energy / Cleaning Up

Intermediate badge: Green Energy / Cleaning Up

Expert badge: Green Energy / Cleaning Up

Schoolmarm badge: Cleaning Up / Farmgirl Legends

Catherine Biderman, urbanchickie #1370

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

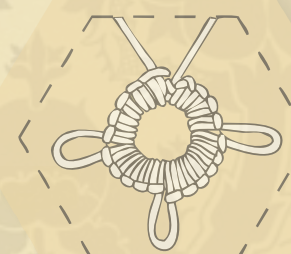
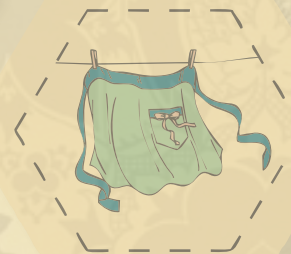
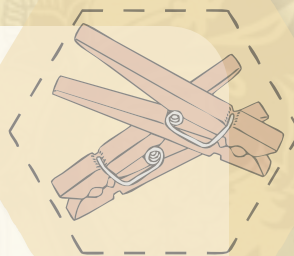
Cheri Gardiner, moshiko #2069

Beginner badge: Community Action / Each Other

Christine Johnson, Babynurse #831

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Shopping Green / Cleaning Up



continued ...



Merit Badge Awardees

Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate
Intermediate badge: Buttoned Up / Stitching & Crafting

Christy Harrill, MerryHeartSister #1951

Beginner badge: Horse Dreams / Garden Gate
Beginner badge: The Secret Life of Bees / Garden Gate
Expert badge: Shopping Green / Cleaning Up

Cindy Stephens, gironaroof #592

Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Farmgirl Spirit / Each Other
Intermediate badge: Get It Together / Farm Kitchen
Intermediate badge: Farmgirl Spirit / Each Other
Expert badge: Get It Together / Farm Kitchen

CJ Armstrong, ceejay48 #665

Beginner badge: Going Green / Cleaning Up
Intermediate badge: Going Green / Cleaning Up
Expert badge: Going Green / Cleaning Up
Expert badge: Green Energy / Cleaning Up
Schoolmarm badge: Cleaning Up / Farmgirl Legends

Darcie Hamilton, sixhens #2038

Beginner badge: Backyard Farmer / Garden Gate

Denise Cheney, dycheney #992

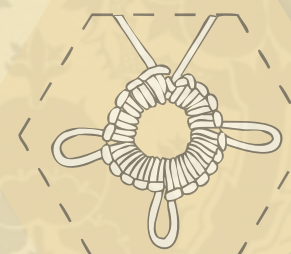
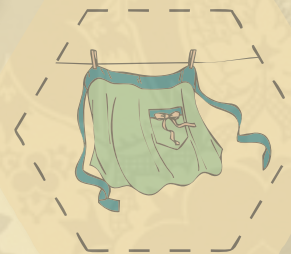
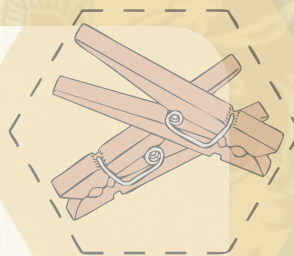
Beginner badge: The Secret Life of Bees / Garden Gate

Denise Meister, Denisemgm #11976

Beginner badge: Farmgirl Shutterbugs / Each Other
Beginner badge: Quilting / Stitching & Crafting

Diane Rathje, CountryPotter #1641

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



continued ...

Merit Badge Awardees

Elizabeth Chamberlain, Farmhousegirl #1747
Beginner badge: Backyard Farmer / Garden Gate

Georgiaberry Mobley, Georgiaberry Mobley #782
Beginner badge: Get It Together / Farm Kitchen

Heather Boykin, oneroomschoolmarm #1860
Beginner badge: Nellie Will-do / Stitching & Crafting

Heidi Jackson, Heidi Jackson #1946
Beginner badge: Going Green / Cleaning Up
Intermediate badge: Going Green / Cleaning Up

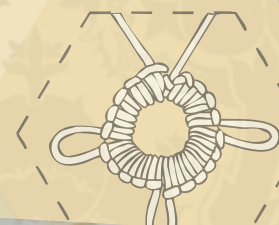
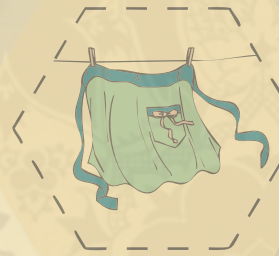
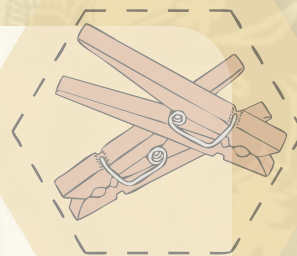
Jamie Dotson, #2023
Beginner badge: Knitting / Stitching & Crafting

Janie Edwards, janiee #390
Intermediate badge: Get It Together / Farm Kitchen

Jennifer Jill Greenfield, draidoirmna #752
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: Heirlooms Forever / Garden Gate
Beginner badge: In the Garden / Make It Easy

Jessie Yonkovit, JessieMae #134
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: 'Out There' Women / Outpost

Kristina Nelson, FieldsofThyme #800
Beginner badge: Embroidery / Stitching & Crafting
Beginner badge: 'Out There' Women / Outpost
Beginner badge: Outstepping / Outpost
Beginner badge: Families Forever / Each Other
Beginner badge: Light the Way / Make It Easy
Beginner badge: Build It Green / Make It Easy
Beginner badge: Green Energy / Cleaning Up
Intermediate badge: Disconnect to Reconnect / Outpost
Intermediate badge: 'Out There' Women / Outpost
Intermediate badge: Light the Way / Make It Easy



continued ...

Merit Badge Awardees

Intermediate badge: Build It Green / Make It Easy
Intermediate badge: Crochet / Stitching & Crafting
Intermediate badge: Green Energy / Cleaning Up
Intermediate badge: Families Forever / Each Other
Expert badge: Disconnect to Reconnect / Outpost
Expert badge: Build It Green / Make It Easy
Expert badge: Families Forever / Each Other

Kyria Baker, Kyria #991

Intermediate badge: Entrepreneurial Spirit / Each Other
Expert badge: Entrepreneurial Spirit / Each Other

Laura Hughes, Morning #1915

Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Horse Dreams / Garden Gate

Laura Woodhouse, LauraJane #2005

Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Sew Wonderful / Stitching & Crafting

Laurie Lemieux, Montrose Girl #1587

Intermediate badge: The Secret Life of Bees / Garden Gate

Linda Douglas, lindadouglas #2117

Beginner badge: Horse Dreams / Garden Gate
Beginner badge: The Secret Life of Bees / Garden Gate
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Get It Together / Farm Kitchen

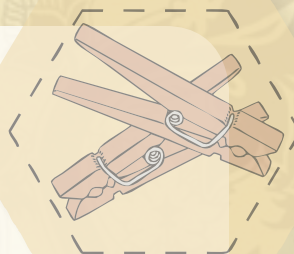
Linda Stark, rhinomom2 #237

Beginner badge: Nellie Will-do / Stitching & Crafting

Lindsey Kirby, AmeliaLin #1998

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: Backyard Farmer / Garden Gate
Intermediate badge: Get It Together / Farm Kitchen
Intermediate badge: Backyard Farmer / Garden Gate
Expert badge: Get It Together / Farm Kitchen

continued ...





Merit Badge Awardees

Liz Taylor, leilaht #1932

Beginner badge: Sew Wonderful / Stitching & Crafting

Loyce Krogel, traildancer #1272

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Embroidery / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Get It Together / Farm Kitchen

Intermediate badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Mary Riensche, Red Headed Farm Girl #1975

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: The Secret Life of Bees / Garden Gate

Melissa Bailey, MissLiss #724

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Going Green / Cleaning Up

Beginner badge: Know Your Food / Farm Kitchen

Intermediate badge: Horse Dreams / Garden Gate

Intermediate badge: Going Green / Cleaning Up

Expert badge: Going Green / Cleaning Up

Melissa Kunze, hsmommel #1836

Beginner badge: BakeOver MakeOver / Farm Kitchen

Monique Bergeron, Rigardengirl #1838

Beginner badge: Shopping Green / Cleaning Up

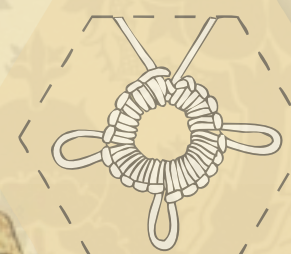
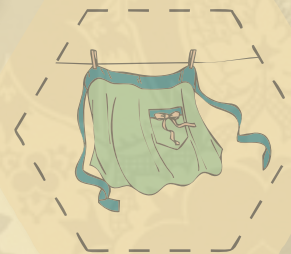
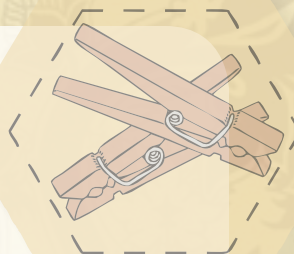
Intermediate badge: Shopping Green / Cleaning Up

N. Susan Harmon, susanharmon #1958

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Sew Wonderful / Stitching & Crafting



continued ...



Merit Badge Awardees

Patricia Aicken, Columbine #1465

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Lend a Hand to Families / Each Other

Rebecca Tando, HennyBecca #1952

Beginner badge: Aprons / Stitching & Crafting

Rejena Girton, Rejena #2059

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Entrepreneurial Spirit / Each Other

Intermediate badge: Backyard Farmer / Garden Gate

Intermediate badge: Entrepreneurial Spirit / Each Other

Expert badge: Backyard Farmer / Garden Gate

Expert badge: Entrepreneurial Spirit / Each Other

Ruby Slider, narjay #1663

Beginner badge: BakeOver MakeOver / Farm Kitchen

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Embroidery / Stitching & Crafting

Beginner badge: 'Out There' Women / Outpost

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Knitting / Stitching & Crafting

Scarlett Winters, #2044

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

Sherrilyn Askew, Sherri #1350

Beginner badge: Quilting / Stitching & Crafting

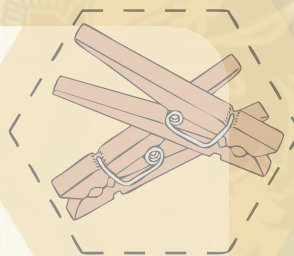
Intermediate badge: Aprons / Stitching & Crafting

Starletta Schipp, star-schipp #1927

Beginner badge: Know Your Food / Farm Kitchen

Stephanie Orr, OrrShine #1545

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



Woo-Hoo!

Farmerettes & Young Cultivators

Merit Badge Awardees

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

Abby Fulgham, Young Cultivator of Janet Ray #1865

Beginner badge: It's In The Bag / Cleaning Up

Intermediate badge: It's In The Bag / Cleaning Up

Intermediate badge: Trash Talk / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Adrienne Forsythe, Young Cultivator of Christy Harrill #1951

Beginner badge: It's In The Bag / Cleaning Up

Alexandra Cole, Young Cultivator of Christy Harrill #1951

Beginner badge: It's In The Bag / Cleaning Up

Intermediate badge: It's In The Bag / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Alex Ewing, Young Cultivator of Christy Harrill #1951

Beginner badge: It's In The Bag / Cleaning Up

Intermediate badge: It's In The Bag / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Autumn Hughes, Young Cultivator of Laura Hughes #1915

Beginner badge: Horsing Around / Garden Gate

continued ...

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.**





Merit Badge Awardees

Davy Harrill, Young Cultivator of Christy Harrill #1951

Beginner badge: Horsing Around / Garden Gate

Intermediate badge: It's In The Bag / Cleaning Up

Intermediate badge: Trash Talk / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Isabella Taylor, Young Cultivator of Rebekka Boysen Taylor #40

Beginner badge: Table Talk / Farm Kitchen

Beginner badge: Weaving In and Out / Stitching & Crafting

Beginner badge: All Buttoned Up / Stitching & Crafting

Beginner badge: Families Forever / Each Other

Intermediate badge: Weaving In and Out / Stitching & Crafting

James Harrill, Young Cultivator of Christy Harrill #1951

Intermediate badge: It's In The Bag / Cleaning Up

Intermediate badge: Trash Talk / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Joy Payne, Young Cultivator of Christy Harrill #1951

Beginner badge: It's In The Bag / Cleaning Up

Intermediate badge: It's In The Bag / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Julia Branen, Young Cultivator of Rebekka Boysen Taylor #40

Beginner badge: Families Forever / Each Other

Beginner badge: All Buttoned Up / Stitching & Crafting

Beginner badge: Table Talk / Farm Kitchen

Beginner badge: Weaving In and Out / Stitching & Crafting

Intermediate badge: Weaving In and Out / Stitching & Crafting

Kennedy Ashmore, Young Cultivator of Christy Harrill #1951

Beginner badge: It's In The Bag / Cleaning Up

Intermediate badge: It's In The Bag / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Madeline Schab, Young Cultivator of Rebekka Boysen Taylor #40

Beginner badge: Table Talk / Farm Kitchen

Beginner badge: All Buttoned Up / Stitching & Crafting

Beginner badge: Families Forever / Each Other

Beginner badge: Weaving In and Out / Stitching & Crafting

Intermediate badge: Weaving In and Out / Stitching & Crafting



Merit Badge Awardees

Matt Fulgham, Young Cultivator of Janet Ray #1865

Beginner badge: It's In The Bag / Cleaning Up

Intermediate badge: It's In The Bag / Cleaning Up

Intermediate badge: Trash Talk / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up

Mia Berry, Young Cultivator of Amy Berry #1934

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

Montana Baker, Young Cultivator of Kyria Baker #991

Expert badge: All Buttoned Up / Stitching & Crafting

Savannah Cole, Young Cultivator of Christy Harrill #1951

Beginner badge: It's In The Bag / Cleaning Up

Intermediate badge: It's In The Bag / Cleaning Up

Expert badge: It's In The Bag / Cleaning Up





Young Cultivators Group

Rebekka Boysen has started a Young Cultivators group. She'll be reporting on their activities in future issues.

This summer, I began working with MaryJane's Young Cultivators Merit Badge program. Whether you work with one child or more, the joy of learning through doing is undeniable. Our Young Cultivators group includes my 7-year-old daughter and two of her friends from school.

Starting your own Young Cultivators group requires minimal preparation. I began by choosing a time to meet, for just one hour. Before the kids came over, I thought of some simple, healthy refreshments and chose three badges for the kids to work on. I made sure I had my materials ready ahead of time. In my case, a handful of buttons and notebooks covered our first meeting. We began work on the All Buttoned Up badge at the beginner level. To complete this activity, each Young Cultivator collects 25 or more unique buttons. I shared a few buttons, several for each girl to start their own collection. They sorted them out evenly, suggesting ones their friends might like. I also passed out simple handmade notebooks to keep track of their progress. We spent about 30 minutes at the kitchen table together. The girls and I snacked on hot cocoa and strawberries while talking about what badges seemed interesting for future meetings. Then they went outside, climbed into my daughter's tree fort, and whispered to each other for the half hour that remained.

Future meetings have kept to the original timeline, but now as soon as the girls arrive, I help them apply for badges they have completed on the computer. This step takes a few minutes per badge and allows the children to reflect on what they have learned. Once MaryJanesFarm sends the actual badges back to my e-mail, I print them out and send them along to the girls. It has been three months and the kids are still working hard to earn badges ... and with no adult cajoling! They are planning upcoming badges and are following their own interests. The badges are fun and they are helping my Young Cultivators gain independence and an increased sense of usefulness. Since starting the program, my daughter has planned several family game nights and sets the table every night. She knows her own worth and works harder to help out than before.

Last week when we met, I taught the girls to braid. Seeing their reactions, you might have thought I shared something truly monumental. They were ecstatic. Looking back, something special did happen. I gave them time, attention, and a skill they can use a dozen different ways. They returned the favor with expressions of wonder and accomplishment. It feels good to be a farmgirl on days like that!

Great badges to start with include...

- All Buttoned Up
- Weaving In and Out
- Families Forever
- Table Talk



October

FARMGIRL SISTERHOOD SPECIAL

20% off

MARYJANE'S CHILLOVER® POWDER

GELATIN ALTERNATIVE

Looks like gelatin. Tastes like gelatin. But it isn't. It's better!

My innovative ChillOver® Powder is for all the people who grew up loving gelatin desserts but gave up on them, knowing their animal origin. It sets up in half the time gelatin does. It seals in flavors more quickly. And it doesn't melt at room temperature. Once you try it, you'll never go back!

Available in packages and bulk.



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www.maryjanesfarm.org/Recipes-Patterns-Instructions

* Or get a free Honeybun ChillOver recipe from our Recipe of the Week:

www.maryjanesfarm.org/recipe-project/recipe-20101004.asp

To order,
call 888-750-6004
or go to
www.maryjanesfarm.org
Use coupon code: **Chillo**

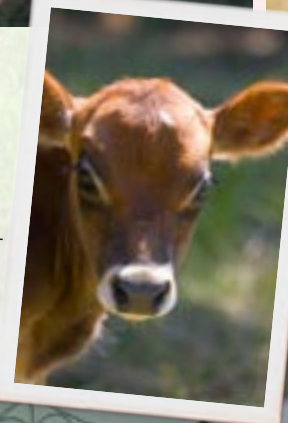
Farmgirl Sisterhood Photo Contest

Let the Photo Contest Fun Begin!

We thought it would be fun to give you girls a chance to exercise your creative talents through a photo competition. To learn more, click [here](#). We've received some great submissions, so keep them coming! The photo competition ends November 15, so you still have time to join.



Have fun
and let your
imagination
run free!



Last issue, we also told you about a photo contest being held at the Midwest Apron Gathering on Sept. 18. The photo at right is the Best of Show winner. [Click here](#) to see a slideshow of all the winners.





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

Our Oct/Nov issue, "Attitude of Gratitude," hit newsstands on Sept. 14. In it, you'll read about "yoga cowgirls" and off-the-grid living, make easy crowd-pleaser one-dish meals, learn MaryJane's secret to growing great garlic, take a foraging trip to bring the outdoors in, and more.

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

If you have a subscription, you should have received your magazine by about September 1. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you haven't received your magazine, you can call our publisher's subscription department at 800-476-4611 to check on your delivery.

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:

October 1 ~ National Diversity Day
 October 2 ~ World Farm Animals' Day
 October 8 ~ National Children's Day
 October 10 ~ National Cake Decorating Day
 October 11 ~ Columbus Day
 October 15 ~ Bosses' Day
 October 16 ~ Sweetest Day
 October 24 ~ United Nations' Day
 October 24 ~ Mother-in-Law Day
 October 31 ~ Halloween

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!](#)



Magazines, Books, and More continues ...

SPECIAL: 3-Book Bundle

MaryJane's books are all bundled up for fall. 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 1,097 Farmgirl Chapters in all 50 states and 8 countries with
and 46 Herd members ~
2,140 Sisterhood members —
growing stronger every day!