

MaryJane's Cluck™

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

FEB
2011

Life made us FRIENDS, MaryJanesFarm made us SISTERS!

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Hello from Sister #1

Life-giving Sisters

There are days when you start out feeling down for no good reason. Maybe your hair falls flat, you stub your toe, or while you were making breakfast, you burnt your last English muffin. The funny thing is, it's also on days like this that you're capable of realizing you're one of the luckiest women in the world. All you have to do is pick up the phone and dial a friend whose smile reaches through the receiver. Goofy girlfriend that she is, she might start singing to you ("Mama said there'll be days like this, there'll be days like this, my mama said...") and while you're laughing, you'll notice that life has been turned right-side-up again. There is simply no substitute for girlfriends. That feeling can't be bought in a pill or forced. It can't be faked. And the best part is, it has the power to pull us through when the going gets tough.

As part of the wisdom we gather over time, I believe that older women begin to reawaken to their inherent need for the company of friends. We understood this necessity as schoolgirls, back when we impulsively linked arms and shared our secret hopes and dreams. But as soon as today's go-getter girls start barreling through the years of career building and parenting, they begin to devote less time to nurturing friendships with other women, and as gal pals fall by the wayside, a do-it-all mom can find herself feeling downright lonely. Husbands? Often, they're awesome partners, ready and willing to shoulder a woman's whims and woes. But even the most super of hero husbands can't always fill the

“I can live without money, but I cannot live without love.” – Judy Garland



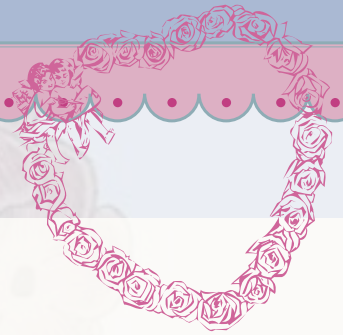
Friends first, editorial staff of *MaryJanesFarm* magazine second, Carol and MaryJane.

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are you connected?



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empty place that a female friend once occupied. All gender bias aside, there really is something special about woman-to-woman communication. We just *get* each other. It doesn't matter if we're worlds apart in politics, religion, language, or economic status. There's a deep and undeniable commonality among women, and it lends itself to the most incredible spark of love and laughter, not to mention the been-there-felt-that breed of empathy that not even the most understanding man can muster.

As if the good vibes we get from friends aren't enough reason to celebrate, there is a trove of research out there confirming that friendship is extremely beneficial to our health—more so than exercise, weight loss, or dropping harmful habits such as smoking. The support of friends not only helps quell depression, but also helps us ward off stress-induced illnesses from the common cold to cancer. The Harvard Medical School Nurses' Health Study, one of the most definitive studies to date on older women's health, found that the more friends women have, the less likely they are to develop physical impairments as they age, and the more likely they are to be leading a joyful life.

The question is, if female friends are so vital to our health and happiness, then why does it often seem so hard to stay connected with other women? According to Ruthellen Josselson, co-author of *Best Friends: The Pleasures and Perils of Girls' and Women's Friendships*, "Every time we get overly busy with work and family, the first thing we do is let go of friendships with other women. We push them right to the back burner. That's really a mistake because women are such a source of strength to each other. We nurture one another. And we need to have unpressured space in which we can do the special kind of talk that women do when they're with other women. It's a very healing experience."

Instead of putting off a get together until a special occasion arises, try incorporating friendship into the smaller spaces within an ordinary day. Go grocery shopping in tandem. Walk the family dogs. Meet for coffee before work. My daughter, Meg, has a friend without a washing machine, so she comes over once a week to do all her laundry while they chat and fix dinner for their three kids (it's husbands' night out). Sharing the most mundane tasks allows us to also share thoughts and feelings we have in common. When time is ultra-tight, friendships can be kept alive and well with gestures as quick as a handwritten postcard or a phone call. One undeniable boon of the technological age is that women can find an outlet from isolation through social networks online. Want proof? Just look at what our Farmgirl Sisterhood has become and the connections made on our chatroom. "It feels like family," writes AngiKay in Alaska. "We can be ourselves, be accepted, and not be judged. We share ideals, hobbies, and experiences. It's friendship, and it feels like home."

“ Instead of putting off a get together
until a special occasion arises, try
incorporating friendship
into the smaller spaces
within an ordinary day. ”

MaryJane 

Annie at 62 in 1922

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).

Re-Gifting Party

This time of year, it always feels so good to purge. Maybe it’s all the consuming that happens over the holidays. Maybe it’s the neat little stack of new treasured items I found beneath my Christmas tree. Maybe it’s because my mom ALWAYS made us clean our bedrooms during the week after Christmas and pass along old stuff before we could add new items to our stash.

For whatever reason, it feels good to pass along some items I no longer have use for, thinking of it as maybe a bit of pre-spring cleaning. And, admittedly, I also have a few items I received for the holidays that I know would be more appreciated by others, like the very cute little package of margarita mix that came in an adorable polka dot cloth bag. In my cupboard, it would gather dust, but I have a girlfriend who I know will love it.

Plus, I’m always looking for a good excuse to get together with my gal pals. After the pace of the holidays, the slow of January and February tends to drag on. So ... something simple ... how about a Re-Gifting Party? You might think no one will want the items you no longer want, but I’ve seen Mom load the back of her car with clothes and watched her girlfriends dive in head first. I’m thinking, rather than a trunk party, we will gather for tea and muffins. This is as much about an excuse to get together as it is to get rid of something old and come home with something “new.”



“We are not to throw away those things which can benefit our neighbor. Goods are called good because they can be used for good: they are instruments for good, in the hands of those who use them properly.”

— Clement of Alexandria

Farm Kitchen

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

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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.

Sunday Pizza

As a child, I grew up in the Midwest, the meat and potatoes epicenter of the food world. It was the 1970s and, much to my dismay, my conservative mother mysteriously adopted the hippie health-food craze.

While my friends were enjoying sugar-coated cereal from the grocery store, I was eating homemade granola. While other mothers adorned their kitchen window ledges with knickknacks, our window sill was harboring jars of sprouting sprouts and a yogurt-making machine.

My one reprieve was Sunday night ... ohhhh how I loved Sunday night!

Following church, Mom would spend all day preparing homemade pizza. She started by making the dough from scratch (albeit, whole-wheat dough from time to time). She'd make her own sauce. Then, she'd use a new-fangled kitchen gadget called a "food processor" to slice and dice and grate all the healthy toppings.

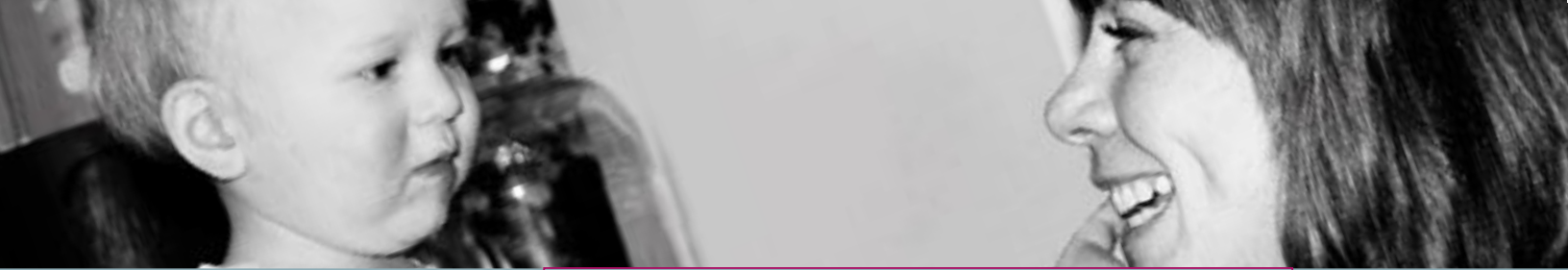
This was also the one day of the week when I was allowed to drink soda and watch television while I ate! Ohhhh how I loved Sunday night!

Many a decade has passed since my childhood days, and I've long since turned into my mother. Sprouts, yogurt, granola ... bring it! And make it organic while you're at it.

As Mom's birthday approached this year, my sister had a brilliant idea. We would pay homage to our mother's renegade rural roots by serving her most memorable treats. We enlisted the assistance of my 2-year-old nephew to help create Mom's signature dish.



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“You better cut the pizza in four pieces because I’m not hungry enough to eat six.”

– Yogi Berra

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On a Sunday night, we devoured homemade pizza; salad filled with seeds, nuts, and sprouts ... and a birthday side-order of homemade granola to go. Thanks to my sister’s sweet tooth, we also threw in Mom’s awesome grasshopper pie and no-bake cookies ... it was a birthday celebration, after all!

Our biggest treat was watching Mom slowly catch on to our plan, dish by delicious dish. Ohhhh how we loved that Sunday night!

Mom's no-bake cookies ♡



awesome grasshopper pie



recipes next page ...

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Featured Recipe

Sunday Night Pizza

Dough

1 t active dry yeast
2/3 cup warm water
2 cups unbleached all-purpose flour
1 t salt
olive oil for the bowl

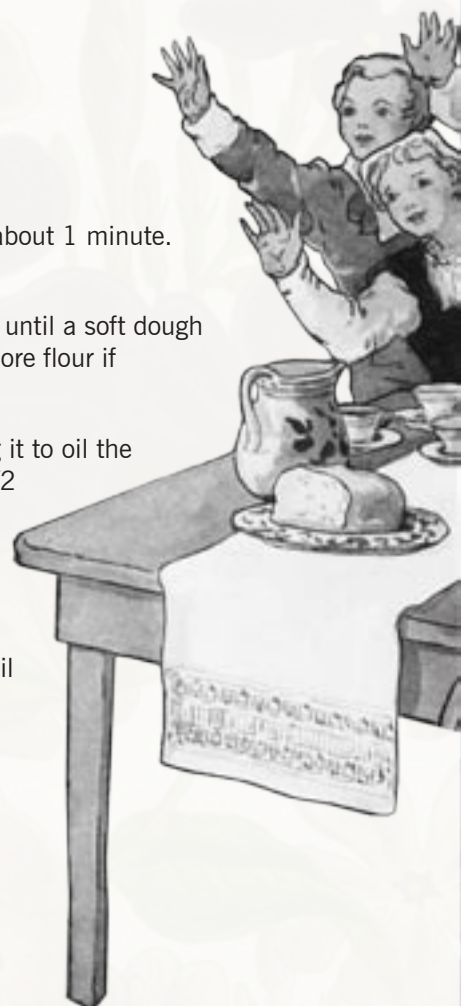
1. Sprinkle the yeast over the water. Let stand until the yeast is creamy, about 1 minute. Stir until the yeast dissolves.
2. In a large bowl, combine flour and salt. Add the yeast mixture and stir until a soft dough forms. Turn the dough onto a lightly floured surface and knead (adding more flour if necessary) until smooth and elastic, about 10 minutes.
3. Lightly coat a large bowl with oil. Place the dough in the bowl, turning it to oil the top. Cover with plastic wrap and let rise until doubled in bulk, about 1 1/2 hours.
4. Flatten the dough with your fist. Cut the dough into 2 pieces and shape the pieces into balls. Flatten the dough slightly. Dust the tops flour. Place the balls of dough on a floured surface and cover each with wrap, allowing room for the dough to expand. Let rise 60 minutes, or until doubled.

Makes dough for one 12-inch pizza or two 9-inch pizzas.

Sauce

15 oz can tomato sauce
6 oz can tomato paste
1 whole garlic clove, crushed
1 t dried basil
1/2 t dried oregano
1/4 t salt
Pinch of cayenne pepper

1. Mix ingredients in a saucepan. Simmer on low for 1/2 hour. Remove garlic clove and spread sauce on pizza dough. Top with your favorite veggies, meats, and cheeses. Bake at 450°F until crust is brown and cheese is melted, about 20 minutes.



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.

The Year of the Sunflower at Ranch du Bois

I have been toying with this notion for a few years, and decided it was now or never to make it a reality. I am going to plant big patches of dark-maroon sunflowers around Ranch du Bois. Yes, I am. I've already purchased packets of Cinnamon Sun, Chocolate Cherry, Moulin Rouge, and a big mixed packet called Drop Dead Red.

I'll be in Seattle for the Northwest Flower and Garden Show February 24 and 25 with a mission, to seek and purchase seeds for these varieties: Apricot Twist, Velvet Queen, Cherry Rose, Prado, and Double Dandy. I am giddy about Double Dandy, described in the Territorial Seed Catalog as a dwarf double with dark centers. It grows just 2 feet tall! Can you imagine how those will look in containers?

Do I sound like a gardener who's been stuck in the house too long? Whose garden plans are getting a little wild? You are so right. We have at least three more months of cold weather here. **Gasp.** I was out sneaking around in the garden in my nightgown this morning, thinking (foolishly) that **maybe** the daylilies would be showing their little lime-green nubbins. Nope. No peonies either. There are, however, promising tiny pinkish gray rosettes where the Black Jack sedums are rumored to be planted.

Yes, I've checked the apricot and apple trees for swelling buds. Checked the Harry Lauder's Walking Stick for signs of life. Note to readers: dangles on the walking stick are getting longer, a very good sign. Checked the hellebore for new buds. And, low and behold, **FAT BUDS** are bravely poking pink-tinged heads above the declining, reclining leaves of last year's plant.

Back to the seed catalogues, websites, and notebook. I just did some basic math. If there are a minimum of 30 seeds per packet, and I get all these varieties (and I've already got two each of Chocolate Cherry and Cinnamon Sun). That's 330 sunflower plants, give or take a few for the critters. And to think, it's only the first of February and we are just getting started! Another garden year, just around the corner – now, that is something to cluck about!



“Bring me then the plant that points to those bright Lucidites swirling up from the earth, And life itself exhaling that central breath! Bring me the sunflower crazed with the love of light.”

- Eugenio Montale

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.

Re-creating Cashmere

I recently inherited two slightly moth-eaten cashmere sweaters from my mom. She couldn't wear them anymore and didn't have the heart to toss them out, so I thought I would try my hand at reusing them.

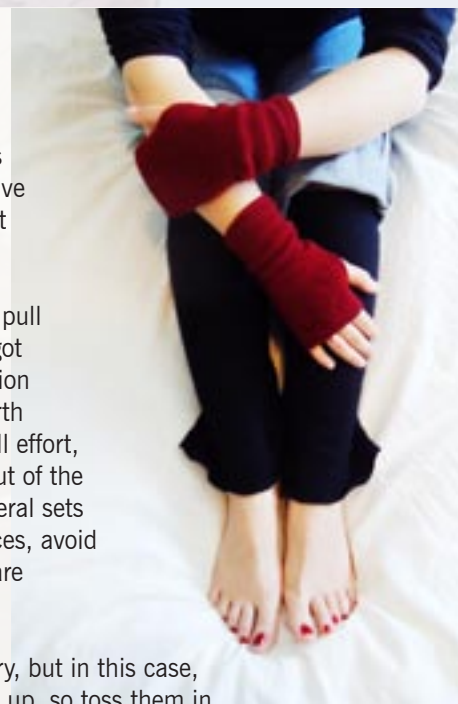
For these projects, you will need a few cashmere sweaters, so pull old ones out of your closet or head to your local thrift store. I got lucky at mine and found one XXL sweater in the women's section that provided lots of material, but even small sweaters are worth bringing home. Look for 100% cashmere. For a relatively small effort, you can yield several different finished projects per sweater. Out of the three I used, I made a set of legwarmers, eye pillows, and several sets of cashmere arm warmers. When you are cutting out your pieces, avoid holes and try to take advantage of finished edges so that you are hemming as little as possible.

Generally, you should hand-wash cashmere and lay it flat to dry, but in this case, you want to shrink your finds any amount before you cut them up, so toss them in your washing machine and then dry them.

Once your cashmere is laundered, cut the arms off. These will make a nice pair of legwarmers. I cut mine 17" from the wrist, but this measurement depends on the length of your lower leg, so measure from just under the knee to your ankle to determine your length. Once you make the cut on each arm, you simply zigzag stitch around the cut edge (this will be the bottom) and you have a simple, but luxurious, set of legwarmers.

Now, on to the body of the sweater. To make arm warmers, which are essentially fingerless gloves, you will need to cut out rectangles that are 7" by 8 1/2". Using a zigzag stitch, sew the cut sides. Fold the rectangle in half so that it is 3" by 8 1/2", right sides together. Starting at the hand end of the arm warmer (usually the finished seam that was the bottom of the sweater), stitch along the edge for 1". Now pick up the needle, move your arm warmer forward 2", and then stitch along the rest of the edge. This creates the thumbhole. Flip your arm warmer inside out. Repeat for the second arm warmer.

If you have any cashmere left over, make yourself a luxurious eye pillow and fill it with flaxseed and lavender or chamomile. You can also make lovely beanbags for children using your scraps.



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.

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

-Lao Tzu

Itty-bitty Twig Bed

In 1983, I bought several pieces of handmade pine and willow “twig” furniture. I first fell in love with all things woodsy when I was a wee lassie playing in a homesteader’s log cabin on my grandparent’s ranch. Much later in life, I discovered that “cabin-cottage” décor appeals to many. Enjoying a cozy vacation cottage on the lake or a cabin in the woods is dear to American hearts. Eclectic “campy” décor blends perfectly with the outdoorsy branch of the farmgirl family tree. Originally, I thought my twig chairs and tables would find their way to the porch. However, 28 years later, I still can’t kick them outside. For me, bringing the outside *in* was the whole idea!

My love of woodsy items found a place in my vocation as a doll and teddy bear artisan. After all, dolly needs a bed too. Without further delay, here is a bed of twigs for your little darling’s dolly. Or, just make one “for pretty” to add a campy feel to *your* cozy cottage.

Supplies:

To make the bed:

Fresh, supple twigs (not dead twigs)
for the bent-work
Twigs for the bed frame
Several tiny 1/2" nails, hammer
Pruning nippers and/or a small saw
Measuring tape or ruler

To make the bedding:

Wool or polyfill
Fabric scraps
Paper (to make heart-shaped pillow pattern)
Needle, thread, pins, etc.



continued ...



make it easy



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continued ...

Twig Bed Directions:

In the winter, let your twigs warm up a little so that they're pliable.

Using a small saw and/or nippers, cut your twigs. These measurements are approximate.

Results may vary since your branches surely will.

Cut eight headboard and footboard cross-pieces – 6 1/4" long x about 1/2" around.

Cut four bed slats – 10" x about 1/2"

Cut two footboard posts – 6" x about 1/2"

Cut two headboard posts – 10" x about 1/2"

Cut about 6-10 small accent twigs for the "bent work." Leave them longish.

Depending on the softness of your twigs, you might want to soak them in warm water for 20 minutes or so. Play with the twig trim pieces to see how you want them to lay, then cut them accordingly.

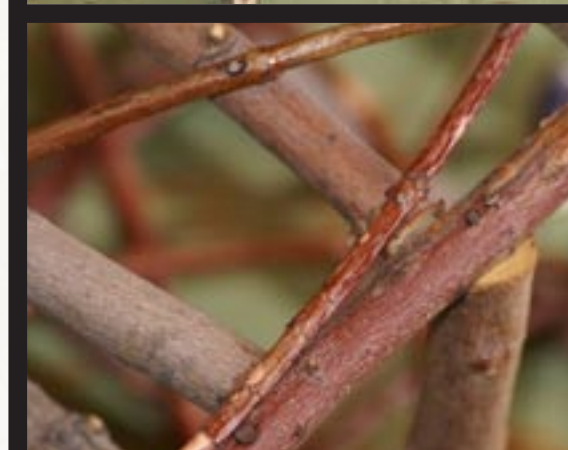
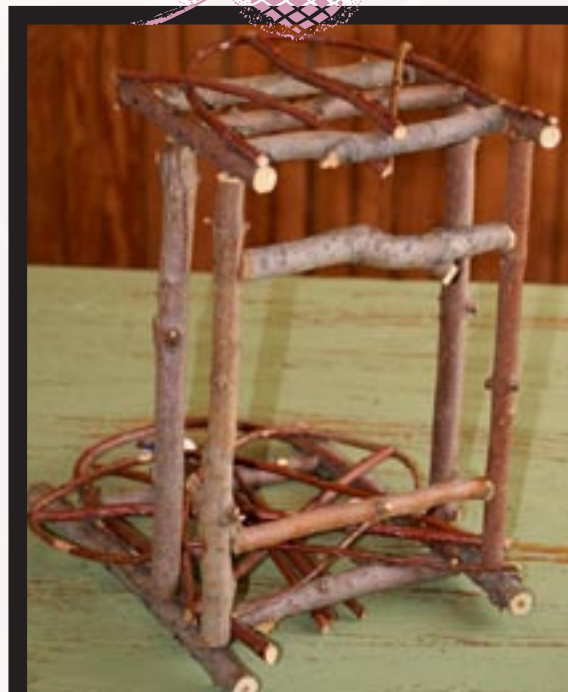
Assemble the headboard and footboard frames first using your tiny nails and a hammer. Refer to photos for visual aids. Then put them together by using the "slats."

Bedding Instructions:

Make a 4" heart pattern out of a folded sheet of paper. Repeat and make a 2" heart. Place the patterns on two layers of fabric and cut your heart pillows out. I prefer hand-sewing to a machine. With right sides in, stitch up the hearts, stuff with roving or polyfill, and sew the openings shut.

Trim the large one with a vintage button. To attach the small heart to the headboard, sew it on by taking a couple of wraps around the center twig. Secure with a knot in the heart.

Cut a 3" x 5 1/2" rectangle out of two pieces of fabric (to make a pillow). Stitch it, stuff it, and add trim of your choice. Tear a piece of fabric into a 12"x 20" sheet. Cut two pieces of ticking to make the mattress – 10 1/2" x 8". Sew it up just as you did to the pillows. I added a piece of an old quilt for the bed topper. If you can do the same, turn the raw edges in stitch around the perimeter.



Make it Easy

VALENTINE'S DAY PROJECT BONUS

“For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul.”

– Judy Garland

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Valentine “folk-heart” necklace

If you're a farmgirl who enjoys making beaded jewelry, here's a fun and inexpensive project that you can make in less than an hour. Pearls dress down just as beautifully as they dress up. Real pearls are **very** inexpensive to buy nowadays ... about \$3-5 for a 16" strand of quality, freshwater pearls (the kind used in this necklace). I prefer a natural “baroque” shape as opposed to perfectly round. Ebay offers a huge selection and the best prices. There are also lots of faux brass charms and pendants on Ebay. Or if you're lucky, you might have a good bead shop nearby.

Supplies:

Needle-nose pliers and wire-cutting pliers.
One strand of size 7 or 8 mm pearls (buy two strands if you want extra length and more pearls to make a matching bracelet).
“Faux” brass heart charm (the one shown is about 2-3") or the style of charm you prefer.
Floral cabochon (optional—you may not need a “cab” on the charm you find).
Beading wire, two crimp beads, two crimp covers.
Seed beads in color(s) that complement your color scheme. I used matte black and “old gold.”
Four brass bead caps.
Three or so accent beads for the closure loop.
Brass-tone jump ring (to hang heart from).
Concho button or a vintage button with a loop back. Size: about 1" or so.

The How-to:

Before cutting the bead wire, determine how long you want your necklace to be. Make it about 3" longer than needed (for the closure loop).

Put the crimp bead on the wire and place the end of the wire through the button loop and then back through the crimp bead. Press the crimp bead and secure the cover. Place a bead cap on the wire and put your first pearl on after it, then a seed bead. Refer to photo for a visual aid. Repeat and use seed beads as spacers, changing colors as shown.

When you get to the middle of the necklace, put a bead cap over the pearl as shown in photo, put the jump-ring in the pendant hang-hole, then put your pendant on the necklace. Proceed up the other side as you did before. Right before you get to the crimp bead, place an accent bead on the wire, then the crimp bead. Now, make a beaded closure loop (as shown) with seed beads and tiny accent beads. Make the loop at least twice the diameter of the button. Before you press the crimp bead, put the loop over the button to make sure it won't be too tight. Make it a little bigger than it needs to be. Now, press the crimp bead and finish with a crimp cover. You're done!

This lovely piece looks “pricey,” but it isn't. For farmgirls, fancy and frugal go together like peaches and cream.



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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 Cold and Flu Remedies

During the cold winter months when our bodies are vulnerable to colds and flu, herbs can help keep us healthy. Many herbs have antibacterial and antiseptic properties that help the body resist germs and infection; others boost the immune system and shorten recovery times; and some herbs can be used to naturally treat, soothe, and relieve cold and flu symptoms including sore throats and nasal congestion. Keep these herbal remedies in your home medicine chest and you'll have them on hand whenever you need them!

Herbal Vapor Balm

Interestingly enough, two of the common active ingredients in commercially-made vapor rubs are eucalyptus essential oil and menthol. But, the classic ointments also contain things like petroleum and turpentine oil. Luckily, we can make a homemade version utilizing all-natural elements and botanicals!

- ½ cup organic olive oil
- ½-1 t organic menthol crystals
- 1 oz beeswax, coarsely chopped or use pastilles
- 15 drops organic eucalyptus essential oil
- 10 drops organic peppermint essential oil
- 10 drops organic rosemary essential oil
- 2 drops organic tea tree essential oil
- 2 drops organic thyme essential oil

Heat the olive oil and beeswax in a double boiler until the beeswax has melted. Remove from heat and allow to cool a little. Add menthol crystals (½ t for a gentler balm, 1 t for a stronger product) and essential oils, stir, and quickly pour into jars. Immediately place lids loosely over the jars so that the oils do not escape. This balm will last indefinitely, I have some that I made seven years ago and it is still effective! Note: The menthol crystals may be irritating when inhaled, so use in a well-ventilated area or wear a mask if needed.



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Elderberry Syrup

Elder is one of our favorite wintertime herbs! This botanical has a long history of use, and researchers have recently proven that the berries are effective against eight strains of influenza, prevent infection, and shorten recovery times. Not only is it believed that elder may be superior to vaccines in preventing the flu, but it does not cause the same side effects! Elderberry syrup is a proven remedy for preventing and recovering from the flu, colds, excessive mucus, sore throats, and contains large amounts of antioxidants, potassium, beta carotene, calcium, phosphorus, and vitamin C.

- 1 cup fresh or 1/2 cup dried organic elderberries (harvest blue or black, avoid poisonous reds)
- 3 cups water
- 1 cup raw local honey
- 1 organic cinnamon stick, 3 organic cloves, and a pinch of dried organic ginger root or fresh grated organic ginger (optional)

Place berries, water, and spices in a saucepan. Bring to a boil, reduce heat, and simmer for 30 minutes. Smash the berries to release remaining juice and strain the mixture. Allow liquid to cool and stir in honey. Will last for 2-3 months stored in the fridge.

Take a tablespoon daily to ward off illness and a teaspoon every 2-3 hours while sick. For children under 2, add the syrup to hot water to kill any microbes in the honey. You can even drizzle the delicious syrup over pancakes, yogurt, or ice cream!

Steven's Osha Pastilles

This recipe is courtesy of our Quality Control and Laboratory Manager, Steven Yeager. In addition to his work at Mountain Rose Herbs, he has also been teaching at the Columbines School of Botanical Studies for 13 years. These pastilles are great for sore throats and after a long night of singing or howling at the moon!

- 1 gram organic acacia (gum arabic) powder
- 4 grams organic sugar (Steven uses maple sugar)
- 3 grams osha root powder
- 1 gram organic licorice root powder
- Water or herbal extract/tincture of your choice



continued ...

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continued ...

Combine and mix dry ingredients in a bowl. With a 1 oz glass dropper, add one dropperful of water at a time to the bowl. (Steven likes to use osha root or elecampane root tincture instead of water). Keep adding one dropperful of water or tincture until the mixture holds together in a clump, similar to the consistency of cookie dough. Be careful not to add too much liquid. Form into small pastilles/lozenges/stars/hearts etc. Keep the shapes small, as the pastilles will be strong! These are medicinal, not candy. Coat the outsides with additional licorice root powder if desired. Allow to dry on a screen or plate for a few days. Store in a glass jar.

Herbal Steam

Simple to make, this old-fashioned remedy is a favorite therapy for quickly and effectively relieving sinus congestion.

- Herbs or essential oil of organic chamomile, eucalyptus, peppermint, rosemary or thyme.

Use any of the above herbs or essential oils, or create a blend. Place 2-3 T of dried herbs or 1-2 drops of essential oil into a large ceramic or glass bowl. Boil water and pour over the herbs or essential oil, immediately placing a towel or lid over the bowl so that the oils being released do not escape. Steep for 5 minutes (skip this step if using essential oils). Place the bowl on a table or other surface where you can comfortably sit and hold your face over the bowl, covering your head and the bowl with a large towel to make sure that no steam can escape. Make sure to keep your eyes closed and breathe deeply to inhale the therapeutic properties. Steam for 5-10 minutes.

Happy Medicine Making!



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.

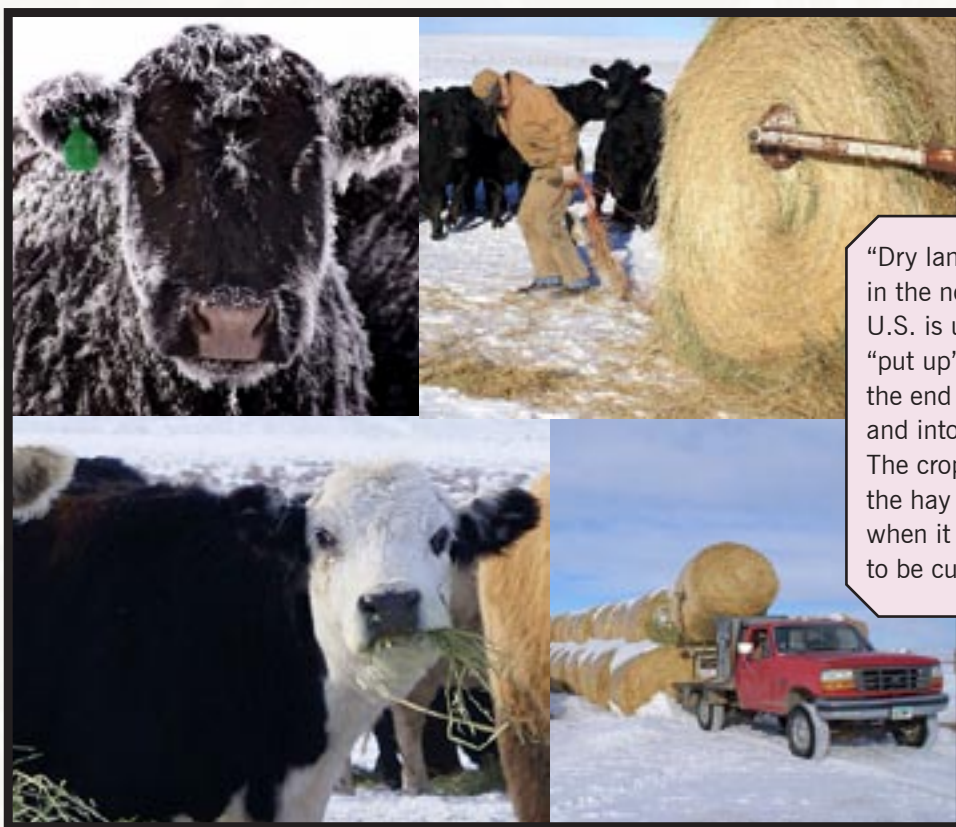
“Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth and happiness.”

– Thomas Jefferson, 1787

Measured In Miles

Play on words ... “twine after twine, twine and twine again, twine stands still, land before twine, once upon a twine.” Plastic baling twine holds our hay together. Without it, feeding large amounts of hay to livestock in the winter would be very hard to do. Ask any elderly rancher. Feeding livestock in the old days was sometimes an all day affair.

You might ask why sisal twin isn’t used (because it *is* biodegradable). The reason is that sisal isn’t hardy enough. It breaks easily and rots very quickly, resulting in the bales falling apart. That makes handling large bales with equipment impossible. Sisal is fine for small bales, but not for today’s 1,200 pound hay bales.



“Dry land” hay in the northern U.S. is usually “put up” toward the end of June and into July. The crop tells the hay farmer when it is ready to be cut.

continued ...

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

– Winston Churchill

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 ...

Problem: Once used, the twine needs to “go away.” We burn ours. Not ideal, but you’ve got to get rid of it. In a previous issue of *MaryJanesFarm*, I saw a crocheted shopping bag made of baling twine. Brilliant idea. I thought I would share with you a photo essay about the life and times of baling twine ... from field to stack to feeding, etc. Little known ag fact: Hay is one of the most important crops in the world.



Large round bales are the most common kind for feeding range cows. A bale feeder mounted to a truck or tractor is used to roll out the hay. The bale is first dropped to free the iced-up twine from the bale. The twine is then rolled up and later thrown into a “burn pit”.

We have very good grass, but not suitable for haying. Our cattle are fed hay from December until early April.



Editor's Note:

There are several companies now, notably Patagonia, that make fleece jackets from recycled plastic bottles. Any entrepreneurs needing a business idea? How about hunting jackets, vests, and hats made from used baling twine?

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.

Olive Oil Not Just For Cooking

Since managing an organic cleaning business, I am always looking for natural ways to go beyond traditional cleaning methods. One thing I like to concentrate on in the kitchen is making appliances, sinks, countertops, and stainless-steel surfaces sparkle and shine.

I have found one of the most valuable products to use in the kitchen apart from cooking is olive oil. A little dab of olive oil on anything stainless steel, followed by some light buffing with a paper towel, removes marks and handprints while lending an instant shine. I have worked for hours with some over-the-counter products designed for stainless steel and still see haze, marks, and smudges. However, with a sponge or paper towel full of olive oil, coupled with some light buffing, you can turn any drab stainless-steel surface into a shiny, new-looking work of art.

You can also use olive oil on almost any type of kitchen sink or countertop. After cleaning with an all-purpose cleaner, I like to apply a little olive oil and then lightly buff it out with a paper towel to reveal a beautiful finish. I would not recommend using it on glass surfaces, as this usually leads to streaking. However, if you have granite, stone, or wooden surfaces, you will be surprised how shiny and new your olive-oiled surfaces look.



photo©iStockphoto.com/Larish

Make Mine
GREEN

In addition to kitchen surfaces, I have found olive oil to work on window seals, baseboards, and some molding. It can also be applied to your kitchen hardware hinges and metal brackets. Although I cook with organic olive oil, any brand of olive oil works just fine for cleaning. Nowadays, I find myself using my olive oil to whip up a fantastic MaryJane's recipe while cleaning with it at the same time. Cheers to olive oil!

Mary Janes Farm

The Scoop from MaryJanesFarm

Indexes Now Available!

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.

(See p. 21 for an upcoming event.)

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!](#)

.....

Keeping in Touch: Housing Advice. Submitted by CountryLisa72

Sometime within the next year or so, I would like to get a place of my own ... just not sure what would be good for me. Here is my take on each. Trailer: decreases in price; condo/townhome: deals with home association; apartments: paying someone else's mortgage; house: yours to do what you please and you own it. Click [here](#) to share your input.

Farmgirl Swap: MAIL ART: "Fresh Start for 2011" Submitted by ceejay48

A new year has come, and we will be starting fresh and new for 2011 with MAIL ART. If you are not sure what mail art is, I invite you to check out the 2010 forum thread titled "Mail Art-New for 2010." There, you can see pictures of mail-art pieces that have been sent/received throughout the year of 2010.

Currently participating mail artists have been sent a "RENEWAL" e-mail from me. If you are active and received that e-mail, please respond if you wish to "renew" for 2011.

NEW MAIL ARTISTS: Here is the place to sign up to participate in Mail Art.

THERE ARE TWO STEPS to signing up:

FIRST STEP: Post that you wish to participate.

SECOND STEP: Send me the following information in an E-MAIL:

- your mailing address
- your e-mail address
- your "real" name
- your forum name
- your birth date (please include the year if possible)
- your favorite color, ONE choice only.

NOTE #1: Please do not post personal information. It is a public forum and can be read by anyone and we don't want your personal information compromised. Send to me via E-MAIL.

NOTE #2: Both steps are necessary before I can officially sign you up.

MAIL ART works like this: You would make an original piece of your choice (as long as it is positive and in good taste) every month to send to another mail artist.

- You SEND to a different person each month
- You RECEIVE from a different person each month
- The person you SEND to is NOT the same person you receive from.
- MAIL OUT DEADLINE: the 15th of each month.

I make the mail-out "round" lists and e-mail you with the name and address of the person you send

the chatter continues ...

to each month. You get to ENJOY a lot of different creativity, "meet" many new farmgirl friends, and have a TON OF FUN!!!!

And, if you have ANY questions, please don't hesitate to ask. You can e-mail me with any questions.

LOOKING FORWARD TO ANOTHER YEAR OF "MAIL ART"!!

CJ Armstrong ... Coordinator/Organizer. Click [here](#) to go to topic.

Official Farmgirl Sisterhood Members: 2011 Road Trip – Women of the Wild West

Submitted by Wende

If you have a great idea for a Wild West experience, please submit your thoughts. Last year, we had a great time with the Laura Ingalls Wilder Museum tours and she is one of the original "Women of the Wild West." She is listed in the book of the same name.

There is so much this farmgirl experience can offer, so stay tuned for upcoming announcements and invitations to the Farmgirls on the Loose events.

Fort Bridger, Wyoming, in the SW of Wyoming. The Cowgirl Museum in Fort Worth, Texas, to include the Stockyards. Moscow, Idaho.

These are three ideas so far. Get your GPS out and let's go. Click [here](#) to submit your thoughts.

News from MaryJanesFarm: Muffin Recipe on p. 93 of the new issue Submitted by SusanScarlet Recipe says 375 degrees, but for the life of me I can't find the length of time to bake them. Has anyone else made them?

Carol's response:

Oh my gosh, girls, I'm SO, SO sorry! I completely omitted the baking time on these two recipes, and our proofreader didn't catch it. I'm hoping you subscribers here on the chatroom will see this message and be able to use our great muffin recipes, and we'll just hope the rest of the subscribers will write to us. You should definitely try these recipes—they're amazing! MaryJane worked her little heart out on these recipes in our bunkhouse "test kitchen" for four whole days, resulting in the very best unique muffins we've ever tasted!

Each recipe should be baked for 25-30 minutes, or until a toothpick inserted into the center comes out clean.



E G G S

MARYJANES FARM

the chatter continues ...

News from MaryJanesFarm: 2011 Bed & Breakfast Season! Submitted by Meg

It's official! We are taking reservations for Summer 2011! Space is limited, as we will be finishing up construction of the facility when not serving our guests, but we are so looking forward to the 2011 season!! For details, please visit our B&B website [here](#). **E-mail** or call me (208-882-6819) to make a reservation or answer any questions you might have. Click [here](#) to see topic.

A Farm of My Own: Farm Dreaming Submitted by artfulsister

Hello all. I am new here and so delighted. I have a lifelong dream of living sustainably on my own land. The tricky part is, I am somewhat disabled. I have had small gardens where I lived all my life, and absolutely loved it. Now though, as I am older, the disability is making it much harder to garden very much.

My dear hubby knows of my farm dreaming. He knows it is really important to me, but he is concerned that I will not be able to do anything, and that work will just pile up. Probably, but should that stop my dream from coming true? I dream of living sustainably, of canning, (which I could still do), of planting heirloom seeds ... having space around me. I have some ideas as to how I could still have a farm, a small one.

Are there any of you out there that have been able to have your farm dream even though you may have physical challenges? I appreciate your help. Click [here](#) to offer advice.

Across the Fence: I Just Watched Food Inc!!!! Submitted by natesgirl

I am still seething this morning from that movie last night! I barely slept at all! I had nightmares all night! I was unable to see the movie when it first came out. I couldn't find it anywhere. Then my hubby signed us up for Netflix a few days ago and there it was. It was on the instant download list!

So I decided to watch it after the kids went to bed. And I watched it in total shock and terror! I was completely mortified with the info that I could retain.

I have always suspected some of the things I saw, but not really believing it at the same time. Ya know what I mean? It's easy to say things like, 'the government is keeping me from getting ahead' when you don't have any proof, and it's more of a cop-out type statement. But then when the reality of it actually happening is right in front of you, it's scary. I knew processed food was bad and that we should grow all our own stuff, but when it was put in my face just how bad it was, I was terrified!

I may seem cold or whatever, but the mass production of food animals and the mass butchering didn't bother me. I know that this country demands large amounts of meat and there isn't that many places supplying it, so that is to be expected. It was the unsanitary processing and chemical growth of the animals that really messed me up. I suddenly realized at the end of that movie what we were really eating! The meat animals are all sick, very sick. The plants are not just GMO, but are sterile. Sterile plants are dead. They can't reproduce, they're dead. We are eating sick animals and dead plant matter. Living beings need healthy, living food sources. We don't seem to have that anywhere!



the chatter continues ...

I'm rambling and babbling. Sorry. I still can't fully grasp what I learned and saw. I am so baffled at how this all came to be and why nothing is being said or done. I just feel like I'm in shock.

What are the rest of you doing about this for your families? Is there a way to protect yourself without having to buy a ton of acreage and try to farm it all yourself? Click [here](#) to share your ideas.

Barnyard Buddies: Shearing When?? Submitted by Nigella

I got my first fiber sheep for Christmas this year!!! She's a Jacob sheep and she won champion at the Puyallup Fair (Washington's state fair)! I'll have to see if I can post a pic for you girls, I really think she's beautiful :). Anyway, my mom and husband surprised me with a visit to a farm and I got to pick her out of a flock of 30+. I'm a knitter and want to get into shearing and spinning.... Anyway, what I'm wondering is, I think the lady we bought her from said that they shear and do hooves in January, but that can't be right, can it?? When do you girls shear? Click [here](#) to respond to topic.

Barnyard Buddies: Rabbits Submitted by Mama Jewel

The newest edition of MJF was very timely... I've been thinking about angora rabbits for the pet aspect, the poop for compost, and the fur for hand spinning on a drop spindle to knit with! Has anyone made yarn with rabbit fur using *only* a drop spindle? Also, our humane society has a rabbit that they're calling a "mixed breed." The rabbit has longish fur and looks very much like part angora. Do you think I would be able to brush and use its fur for making yarn, or am I in fantasy land? (LOL). Click [here](#) to answer topic.

Farm Kitchen: 2011 Kitchen Challenge Submitted by JojoNH

Okay, so I was fussing in my kitchen the other night ... trying to find the lid that fit a container ... more lids than containers, hmmm how does that happen? This inspired me to give myself a challenge for 2011 ... To re-organize my kitchen for better functionality ... Starting with those darn containers!! So each month I am tackling something different. January is for clearing out and matching up. So, if I no longer need it, use it or it's missing parts ... it's out of here!! It will either be re-purposed, repaired, or disposed of. How about you? Are you up to the challenge? Just 10 minutes each day in the kitchen until the task is complete. Are you in?? Click [here](#) to respond to topic.

Farm Kitchen: Beets! Submitted by Calico Hen

This was a "new to me" way to prepare beets and it is delicious! Roast whole beets for one hour at 350 °F. (leave 1" of the stems on the beets and wrap the whole beet in aluminum foil). Remove the foil and blanch so outer skin falls off the beet. Slice the beets and place on a shallow dish. Sprinkle with balsamic vinegar, dust with feta cheese, and broil for a few minutes until the cheese looks like it will begin to melt. Oh my, these beets were wonderful. Click [here](#) to see post.



the chatter continues ...

Farm Kitchen: Dehydrators: which do you recommend? Submitted by Penny Wise

I live alone and am thinking seriously of buying a dehydrator for this coming summer's bounty. I really don't know much about them and don't have lots of money to spend or lots of room to store, however, I know that I want one—electrically powered. I don't want to buy one tooooo small but I don't have room or need for the whoppers! Please share your input—good or bad—of dehydrators you have used. Share your input [here](#).

Farm Kitchen: Grocery Challenge Submitted by msdoolittle

I know this isn't anything that hasn't been done before, but I'm doing a Grocery Challenge for the month of March. I am asking people to record their food spending for the entire month of February so we can see how much you spend in a normal month, and then try and have a Frugal February by couponing, cooking at home, and avoiding eating out when possible. Anyone interested? I'd love to have some people join along. I know 2 months is a big commitment, but it sure has opened my eyes to what I have spent. Click [here](#) to respond to topic.

Farmgirl Fashion: Wedding Ring Submitted by woolgirl

I sadly have gained weight since we were married, and my engagement ring and wedding band no longer fit. We bought a plain gold band for me to wear instead of getting my rings re-sized, kind of incentive to get back into shape. (Though we got married when I was in the military, and before child, so I don't think I will EVER be back to that weight! Haha!) I have actually taken a liking to the plain band though. It suits me better, just plain. What do you wear for your ring? Do you wear a set? Just a band? Nothing at all? Click [here](#) to comment.

Garden Gate: Views from the kitchen window Submitted by shabbymys

My farmgirl view is the last of the tomato harvest along with snow on her fence. Please share your winter view from the kitchen window. Click [here](#) to share.



Gathered Up: Gather up for the Farmgirl Good News Report! Submitted by Ninibini

I was just "talking" with Melody in another forum and realized that we need to remind ourselves that there is a LOT of good in this old world of ours. THERE IS! And I said, "Wouldn't it be great to have a 'Good News' report solely dedicated to uplifting, encouraging, and enlightening? Only reports of good things—no matter how small they seem to be—something new, uplifting, encouraging, and inspiring from the Farmgirls every day!" Who better to pull this off than us Farmgirls!?

So here you go, girls—this is your forum to spread a lot of good, old-fashioned Farmgirl cheer. Post whatever it is—big or small! Whatever has made you smile today! Post something every day! Let's keep this going FOREVER! Most importantly: Let's do this FARMGIRL STYLE!!!

Are you with me, girls!? Click [here](#) to share your good news.



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. 28). 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 1,163 Farmgirl Chapters located in all 50 states and 8 countries with 2,624 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.

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 16 new badges for you to earn (we do this on Jan. 1 and July 1 each year).





Farmgirl Sisterhood News

Merit Badge Updates: NEW BADGES!!

Twice yearly, in January and July, we make any necessary updates to badges and introduce new badges. For those of you who like to keep a printed record of all the badges, go to the pdf document for all the badges [here](#) and look for individual pages for the new badges.

And the new badges are (drum roll, please!):

Farmgirl Legends:

Farmgirl Guide
Chapter Leader
Chapter Guru

Each Other:

Farmgirl Grammar
Know Your Roots

Farm Kitchen:

Unprocessed Kitchen

Make It Easy:

Carp-*hen*-try
Grease Chicks
Let's Get Physical

Outpost:

First Aid
Stargazing Chicks
Woman-at-Arms

Stitching & Crafting:

Scrapbooking
Spinning
Dyeing for Color
Weaving

Click [here](#) to read more and find out how to earn these new badges—just look for the new titles in the list of badges.



... 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



JOIN UP TO JOIN IN

EARN MERIT BADGES

(think Girl Scouts for grownups) for stitching, cooking, gardening, carpentry, community service, and more!

What do close to 3,000+ women have in common?

MARYJANE'S FARMGIRL SISTERHOOD

We are Sisters—a sisterhood of farmgirls. We're country, we're city, and every texture and stripe in between. It's not at all about where we live, but how we live. We stay in touch in an active online chatroom, where 500 new posts are added daily, and form in-the-flesh Farmgirl Chapters and even virtual chapters called Henhouses. We love to share stories, to craft, to garden, and to nurture the next generation of Farmerettes and Young Cultivators. And when our work is done, we get together to go camping, fishing, and "glamping" as Farmgirls on the Loose. Learn all about us!

WWW.FARMGIRLSISTERHOOD.ORG



BONUS

Farmgirl Sisterhood members can watch exclusive how-to videos about earning merit badges at www.maryjanesfarm.tv

ANNA earned a beginner Each Other merit badge in Entrepreneurial Spirit. "I finally opened my real-estate firm, after years of planning and wishing. Thanks for the motivation I needed—I have already recruited two new agents!"

CINDY earned a beginner Each Other merit badge in Farmgirl Spirit. "I welcomed a new neighbor, a single woman who moved here from out-of-state. My kids and I made her a cake and cookies and gave her info on local farmers' markets and stands. We are now great friends."

"Henrietta" is the Farmgirl Sisterhood's official logo. She symbolizes the "can-do" attitude of being a farmgirl.

I'm not nuts;
I'm a
farmgirl!

— Julie, Louisiana



Woo-
Hoo!

Merit Badge Awardees

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

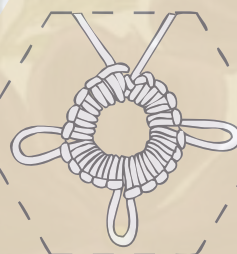
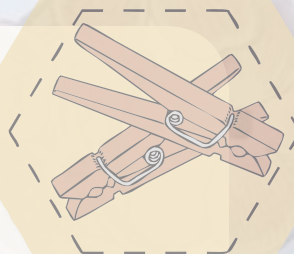
Amanda Henning, mamahenning #2492
Beginner badge: Shopping Green / Cleaning Up

Amelia Woodcock, ruralsweetheart #1960
Beginner badge: Farmgirl Gratitude / Each Other

Belinda Purvis, BPurvis #837
Beginner badge: Farmgirl Spirit / Each Other
Beginner badge: Going Green / Cleaning Up
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Quilting / Stitching & Crafting
Beginner badge: Homespun Christmas / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: Community Service / Each Other
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Know Your Food / Farm Kitchen
Beginner badge: Families Forever / Each Other
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Nellie Will-do / Stitching & Crafting
Intermediate badge: Farmgirl Spirit / Each Other
Intermediate badge: Going Green / Cleaning Up
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Sew Wonderful / Stitching & Crafting
Intermediate badge: Community Service / Each Other
Intermediate badge: Community Service / Each Other
Intermediate badge: Families Forever / Each Other
Intermediate badge: Know Your Food / Farm Kitchen
Intermediate badge: Get It Together / Farm Kitchen
Intermediate badge: What's Your Beef? / Garden Gate
Expert badge: Community Service / Each Other
Expert badge: Families Forever / Each Other

Brittany Lamotte, Muffet #2429
Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Embroidery / Stitching & Crafting

Carol Stover, Gidgitmom #2559
Beginner badge: Knitting / Stitching & Crafting



“The greatest good
you can do for another
is not just share your riches,
but to **reveal** to him, his own.”

- Benjamin Disraeli

continued ...

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Merit Badge Awardees

Carrie Meerwarth, Carrie M #147

Beginner badge: Organic on a Budget / Farm Kitchen

Beginner badge: BakeOver MakeOver / Farm Kitchen

Intermediate badge: Organic on a Budget / Farm Kitchen

Intermediate badge: BakeOver MakeOver / Farm Kitchen

Expert badge: Organic on a Budget / Farm Kitchen

Expert badge: BakeOver MakeOver / Farm Kitchen

Catherine Griffin, cajungal #76

Beginner badge: Going Green / Cleaning Up

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Green Energy / Cleaning Up

Chelsey Lewallen, #2097

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Embroidery / Stitching & Crafting

Christine Johnson, Babynurse #831

Beginner badge: Farmgirl Gratitude / Each Other

Intermediate badge: Bustin' Out / Farm Kitchen

Expert badge: Bustin' Out / Farm Kitchen

CJ Armstrong, ceejay48 #665

Beginner badge: Get 'Er Done / Each Other

Beginner badge: Community Action / Each Other

Beginner badge: Grease Chicks / Make It Easy

Beginner badge: Let's Get Physical / Make It Easy

Beginner badge: First Aid / Outpost

Beginner badge: Woman-at-Arms / Outpost

Beginner badge: Scrapbooking / Stitching & Crafting

Intermediate badge: Gaining Ground / Garden Gate

Intermediate badge: Get 'Er Done / Each Other

Intermediate badge: I Should Have Been in the Movies / Each Other

Intermediate badge: Connecting Growers and Eaters / Each Other

Intermediate badge: Grease Chicks / Make It Easy

Intermediate badge: Woman-at-Arms / Outpost

Intermediate badge: First Aid / Outpost

Expert badge: Get 'Er Done / Each Other

Expert badge: Homespun Christmas / Stitching & Crafting

Expert badge: Knotty Farmgirls / Outpost

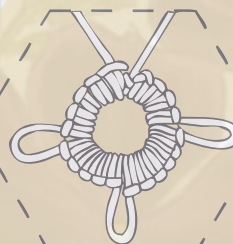
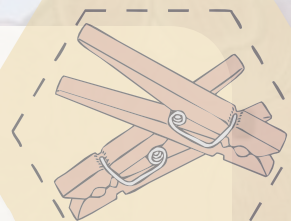
Schoolmarm: Outpost / Farmgirl Legends

Daizy Bailes, Daizy #1093

Beginner badge: Going Green / Cleaning Up

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Backyard Farmer / Garden Gate



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Merit Badge Awardees

Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: Horse Dreams / Garden Gate
Beginner badge: The Secret Life of Bees / Garden Gate
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Backyard Farmer / Garden Gate
Intermediate badge: The Secret Life of Bees / Garden Gate

Dawn Christiansen, dchristi #1006
Beginner badge: Quilting / Stitching & Crafting

Debbie Bosworth, dandelionhouse #1199
Beginner badge: Get It Together / Farm Kitchen
Intermediate badge: Get It Together / Farm Kitchen

Debbie Brown, rileybrown #2007
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Horse Dreams / Garden Gate

Debbie Fischer, Blessed In Colorado #1582
Beginner badge: Crochet / Stitching & Crafting

Debra Amon, farmliving #2182
Intermediate badge: Aprons / Stitching & Crafting

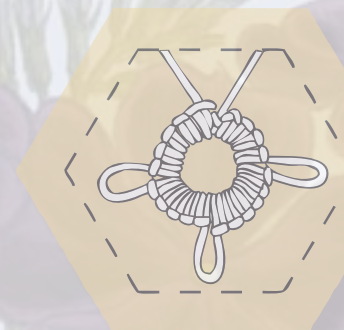
Dee McDaniel, deemc54 #2441
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Get It Together / Farm Kitchen

Diana Vermillion, momofscum #2454
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Farmgirl Gratitude / Each Other

Elizabeth Thums, prairie_princess #1505
Beginner badge: Going Green / Cleaning Up
Intermediate badge: Going Green / Cleaning Up

Fiona FixMitchell, labohemefiona #689
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Sew Wonderful / Stitching & Crafting

Gail Springman, gspringman #486
Beginner badge: ChillOver ComeOver / Farm Kitchen



“Truly great friends
are hard to find,
difficult to leave,
and impossible to forget.”

- G. Randolph

continued ...

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Merit Badge Awardees

Beginner badge: Homespun Christmas / Each Other
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: The Secret Life of Bees / Garden Gate

Ginger Bayless, #468

Beginner badge: Shopping Green / Cleaning Up

Heike Boehnke-Sharp, GoddessintheGroove #2245

Beginner badge: Going Green / Cleaning Up

Janese Ballard, #1460

Beginner badge: Community Service / Each Other
Beginner badge: Lend a Hand to Families / Each Other
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Intermediate badge: Community Service / Each Other
Intermediate badge: Lend a Hand to Families / Each Other
Expert badge: Community Service / Each Other

Jennifer Drogalis, rosie.the.riveter #2522

Beginner badge: Knitting / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Disconnect to Reconnect / Outpost
Beginner badge: Buttoned Up / Stitching & Crafting
Intermediate badge: Knitting / Stitching & Crafting
Intermediate badge: Buttoned Up / Stitching & Crafting
Expert badge: Knitting / Stitching & Crafting

Jennifer Greenfield, draidoirmna #752

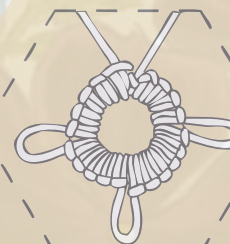
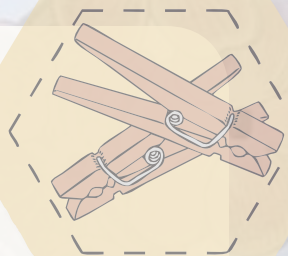
Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: Knitting / Stitching & Crafting

Jennifer Miller, jennifer #2433

Beginner badge: Bee Good to Your Mother Earth / Stitching & Crafting

Jessi Dutton, jessi #2289

Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Disconnect to Reconnect / Outpost
Beginner badge: Homespun Christmas / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Forage for Food / Farm Kitchen
Beginner badge: Gaining Ground / Garden Gate
Intermediate badge: Forage for Food / Farm Kitchen



continued ...



Merit Badge Awardees

Jessie Yonkovit, Jessie Mae #134
 Intermediate badge: SafeToys / Stitching & Crafting

Jill Arthur, Clickinchicken #1989
 Beginner badge: Sew Wonderful / Stitching & Crafting
 Beginner badge: Buttoned Up / Stitching & Crafting

Joana Vaughan, jojonh #556
 Beginner badge: Get It Together / Farm Kitchen

JoAnn Mitchell, joianm #2379
 Beginner badge: Shopping Green / Cleaning Up
 Beginner badge: Get It Together / Farm Kitchen
 Beginner badge: Horse Dreams / Garden Gate
 Beginner badge: In the Garden / Make It Easy
 Beginner badge: Make It! / Make It Easy
 Beginner badge: Disconnect to Reconnect / Outpost
 Beginner badge: Sew Wonderful / Stitching & Crafting
 Beginner badge: Buttoned Up / Stitching & Crafting
 Intermediate badge: Get It Together / Farm Kitchen

Jonna Nesbella, scout #2452
 Beginner badge: Shopping Green / Cleaning Up
 Beginner badge: Quilting / Stitching & Crafting

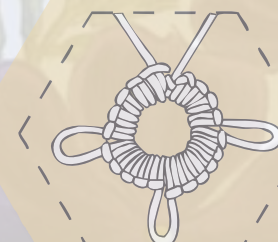
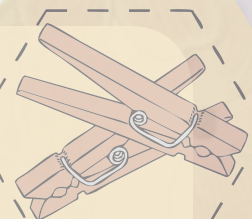
Judy Bowsher, Jubow #2497
 Beginner badge: Buttoned Up / Stitching & Crafting
 Beginner badge: Get It Together / Farm Kitchen

Kathleen Lorentz, KathleenL #1620
 Beginner badge: Homespun Christmas / Stitching & Crafting

Kathy Cross, #2422
 Beginner badge: Get It Together / Farm Kitchen
 Beginner badge: Shopping Green / Cleaning Up
 Beginner badge: Going Green / Cleaning Up
 Beginner badge: Backyard Farmer / Garden Gate
 Beginner badge: Gaining Ground / Garden Gate
 Intermediate badge: Shopping Green / Cleaning Up

Kathy Smothers, kathyjane #2565
 Beginner badge: Going Green / Cleaning Up
 Beginner badge: Shopping Green / Cleaning Up

Katie Burkhardt, #2094
 Beginner badge: Shopping Green / Cleaning Up
 Beginner badge: Aprons / Stitching & Crafting



“Promise me you’ll
 always remember:
 You’re braver than you believe,
 and stronger than you seem,
 and smarter than you think.”

- A. A. Milne

continued ...

Merit Badge Awardees

Kristina Nelson, FieldsofThyme #800

Beginner badge: Grease Chicks / Make It Easy

Intermediate badge: Self-sufficiency / Farm Kitchen

Expert badge: Horse Dreams / Garden Gate

Expert badge: Crochet / Stitching & Crafting

Expert badge: Green Energy / Cleaning Up

Krystle Townsend, countrymommy85 #2595

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Get It Together / Farm Kitchen

Intermediate badge: Buttoned Up / Stitching & Crafting

Kyria Baker, Kyria #991

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Laura Hughes, Morning #1915

Beginner badge: Pay It Forward / Farm Kitchen

Laurie Lemieux, Montrose Girl #1587

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

Beginner badge: Build It Green / Make It Easy

Beginner badge: Scrapbooking / Stitching & Crafting

Beginner badge: Grease Chicks / Make It Easy

Beginner badge: First Aid / Outpost

Intermediate badge: Build It Green / Make It Easy

Intermediate badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Quilting / Stitching & Crafting

Intermediate badge: Grease Chicks / Make It Easy

Liana O'Bannon, Liana #2333

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Linda Calhoun, #2116

Intermediate badge: Community Service / Each Other

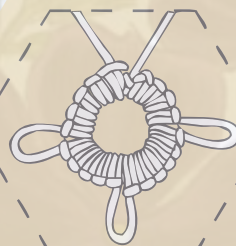
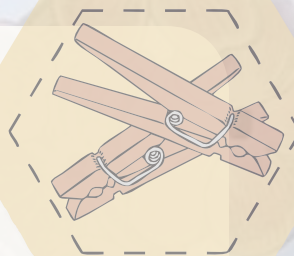
Lindsay Crowson, Lindsay C #1452

Beginner badge: Shopping Green / Cleaning Up

Lindsey Kirby, AmeliaLin #1998

Beginner badge: Quilting / Stitching & Crafting

Expert badge: Backyard Farmer / Garden Gate



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Merit Badge Awardees

Lisa Grzeskowiak, #892

Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Quilting / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Entrepreneurial Spirit / Each Other
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Quilting / Stitching & Crafting
Intermediate badge: Backyard Farmer / Garden Gate
Intermediate badge: Self-sufficiency / Farm Kitchen
Intermediate badge: Entrepreneurial Spirit / Each Other
Expert badge: Quilting / Stitching & Crafting
Expert badge: Backyard Farmer / Garden Gate
Expert badge: Self-sufficiency / Farm Kitchen
Expert badge: Entrepreneurial Spirit / Each Other

Lorrae Moon, moonshines #1649

Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Scrapbooking / Stitching & Crafting
Beginner badge: Get It Together / Farm Kitchen

Marie Hilliard, horselover #2214

Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Community Service / Each Other
Beginner badge: Horse Dreams / Garden Gate
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Embroidery / Stitching & Crafting
Beginner badge: Disconnect to Reconnect / Outpost

Margaret Freyer, #2314

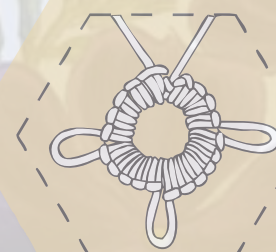
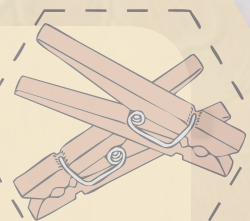
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting

Megan Salter, HondaRebelGirl #1383

Beginner badge: Entrepreneurial Spirit / Each Other
Beginner badge: Homespun Christmas / Each Other
Intermediate badge: Entrepreneurial Spirit / Each Other
Expert badge: Entrepreneurial Spirit / Each Other

Melissa Snead, mellee #2143

Beginner badge: Crochet / Stitching & Crafting



“Don’t walk in front of me;
I may not follow. Don’t walk
behind me; I may not lead.
Just walk beside me
and **be my friend.**”

- Albert Camus

continued ...

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Merit Badge Awardees

N. Susan Harmon, susanharmon #1958

Beginner badge: Little Squirts / Each Other

Intermediate badge: Little Squirts / Each Other

Intermediate badge: Aprons / Stitching & Crafting

Nancy Smith, minismith #1991

Beginner badge: Farmgirl Gratitude / Each Other

Nora Noltensmeyer, Bobbette #1079

Beginner badge: First Aid / Outpost

Beginner badge: Let's Get Physical / Make It Easy

Pamela Schenck, fudsy #1599

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

Patricia Nickols, #2414

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Pilar Stevens, retasos2 #2498

Beginner badge: Shopping Green / Cleaning Up

Rebecca Tando, Henny Becca #1952

Beginner badge: Homespun Christmas / Stitching & Crafting

Remi Davis, Cibola #2547

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Shopping Green / Cleaning Up

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

Beginner badge: Community Action / Each Other

RoDonna Carson, kymomma4 #2361

Beginner badge: Shopping Green / Cleaning Up

Rose Lynn, christmasgal #1486

Beginner badge: Little Squirts / Each Other

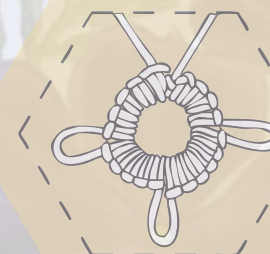
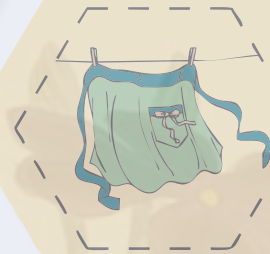
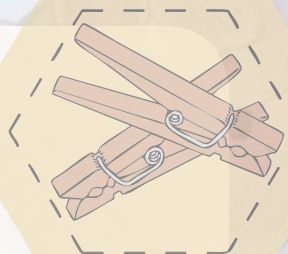
Beginner badge: 3R's Rule (Reuse, Recycle, Revive!) / Garden Gate

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Homespun Christmas / Stitching & Crafting

Ruby Slider, narjay #1663

Beginner badge: Homespun Christmas / Stitching & Crafting



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Merit Badge Awardees

Rusty McHale, Rusty #1572

Beginner badge: 3 R's Rule (Reuse, Recycle, Revive!) / Garden Gate
 Beginner badge: Gaining Ground / Garden Gate
 Beginner badge: Grease Chicks / Make It Easy
 Beginner badge: First Aid / Outpost
 Beginner badge: Woman-at-Arms / Outpost
 Beginner badge: Carp-hen-try / Make It Easy
 Intermediate badge: Tatting / Stitching & Crafting
 Intermediate badge: Homespun Christmas / Stitching & Crafting
 Intermediate badge: In the Garden / Make It Easy
 Intermediate badge: Green Energy / Cleaning Up
 Intermediate badge: Lend A Hand to Families / Each Other
 Intermediate badge: Organic on a Budget / Farm Kitchen
 Expert badge: Nellie Make-do / Stitching & Crafting
 Expert badge: Homespun Christmas / Stitching & Crafting
 Expert badge: Tatting / Stitching & Crafting
 Expert badge: Bustin' Out / Farm Kitchen
 Schoolmarm: Stitching & Crafting / Farmgirl Legends

Sallie Dee Walker, Sallie Dee #441

Beginner badge: Quilting / Stitching & Crafting

Scarlett Winters, silver3wings #2044

Beginner badge: Farmgirl Gratitude / Each Other
 Beginner badge: Bustin' Out / Farm Kitchen
 Beginner badge: What's Your Beef? / Garden Gate
 Intermediate badge: Bustin' Out / Farm Kitchen

Shari Swartz, sharikrsna #607

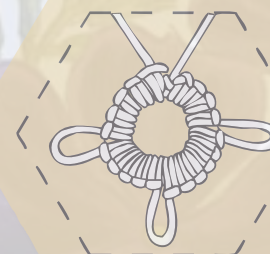
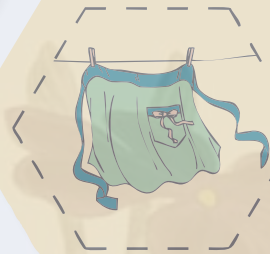
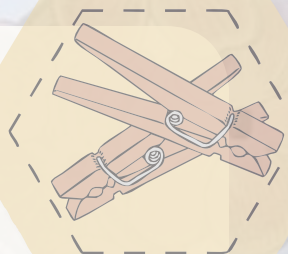
Beginner badge: Aprons / Stitching & Crafting

Shauna Actis, #1049

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

Stacy Keely, Stacy K. #896

Beginner badge: Homespun Christmas / Stitching & Crafting
 Beginner badge: Knitting / Stitching & Crafting
 Beginner badge: Crochet / Stitching & Crafting
 Beginner badge: Outstepping / Outpost
 Beginner badge: In the Garden / Make It Easy
 Beginner badge: Community Service / Each Other
 Beginner badge: Lend A Hand to Farm Families / Each Other
 Beginner badge: Going Green / Cleaning Up
 Beginner badge: Shopping Green / Cleaning Up
 Intermediate badge: Quilting / Stitching & Crafting
 Intermediate badge: Buttoned Up / Stitching & Crafting



“My friends are my estate.”

- Emily Dickinson

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Merit Badge Awardees

Intermediate badge: Know Your Food / Farm Kitchen
Intermediate badge: Bustin' Out / Farm Kitchen
Intermediate badge: Going Green / Cleaning Up
Intermediate badge: Shopping Green / Cleaning Up
Expert badge: Safe Toys / Stitching & Crafting

Stephania Papi, #2123

Beginner badge: Shopping Green / Cleaning Up

Stephanie Orr, OrrShine #1545

Beginner badge: Know Your Food / Farm Kitchen

Sunny McDonald, Mtnsunshine #914

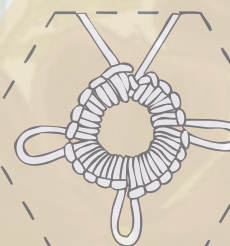
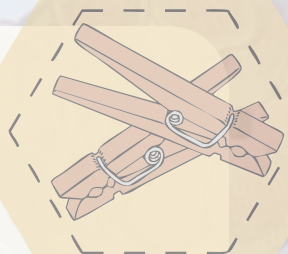
Beginner badge: Little Squirts / Each Other
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Plant It Forward / Each Other
Beginner badge: Community Service / Each Other
Beginner badge: Community Action / Each Other
Beginner badge: Public Service / Each Other
Beginner badge: Lend A Hand to Families / Each Other
Beginner badge: Connecting Growers and Eaters / Each Other
Beginner badge: Entrepreneurial Spirit / Each Other
Beginner badge: I Should Have Been In the Movies / Each Other
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: The Secret Life of Bees / Garden Gate
Beginner badge: Disconnect to Reconnect / Outpost
Beginner badge: Crochet / Stitching & Crafting
Intermediate badge: Community Service / Each Other
Intermediate badge: Community Action / Each Other
Expert badge: Community Service / Each Other
Expert badge: Community Action / Each Other

Susan Baxter, farmgirl #2448

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

Susan Smithburg, lawrmom #2122

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



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Merit Badge Awardees

Beginner badge: Build It Green / Make It Easy
Beginner badge: Sew Wonderful / Stitching & Crafting
Intermediate badge: Sew Wonderful / Stitching & Crafting

Tamara Burger, GrammyTammy #2495

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

Tammy Austin, Tammy Marie #2309

Beginner badge: Crochet / Stitching & Crafting

Tiffany Caruso, Avonfemme #2203

Beginner badge: Homespun Christmas / Stitching & Crafting
Beginner badge: Knitting / Stitching & Crafting

Trina King, #1999

Beginner badge: Entrepreneurial Spirit / Each Other
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Horse Dreams / Garden Gate
Beginner badge: Homespun Christmas / Each Other
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting

Valerie Oliver, Valgirl7 #2356

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

Valerie Stiner, #2292

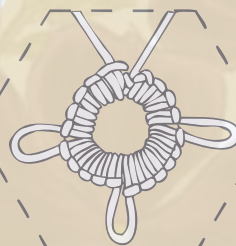
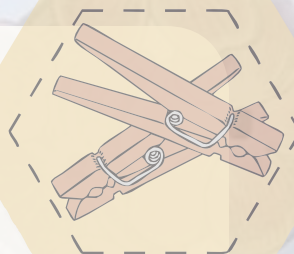
Beginner badge: Sew Wonderful / Stitching & Crafting

Vickie Garver, 13Grandma #2316

Beginner badge: Crochet / Stitching & Crafting
Intermediate badge: Going Green / Cleaning Up

Vicky De Luca, Vicky De Luca #2398

Beginner badge: Shopping Green / Cleaning Up



“Friendship is unnecessary, like philosophy, like art ... It has no survival value; rather it is one of those things that give value to survival.”

- C.S Lewis

Farmerettes & Young Cultivators

Merit Badge Awardees

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

Autumn Hughes, Young Cultivator of Laura Hughes #1915
Beginner badge: Let's Go To Town / Each Other

Dalton Austin, Young Cultivator of Tammy Austin #2309
Beginner badge: All Buttoned Up / Stitching & Crafting
Intermediate badge: All Buttoned Up / Stitching & Crafting
Expert badge: All Buttoned Up / Stitching & Crafting

Elizabata Wilber, Young Cultivator of Tammy Burger #2495
Beginner badge: Weaving In and Out / Stitching & Crafting
Beginner badge: All Buttoned Up / Stitching & Crafting
Intermediate badge: Weaving In and Out / Stitching & Crafting
Expert badge: Weaving In and Out / Stitching & Crafting

Isabella Stevens, Young Cultivator of Tammy Austin #2309
Beginner badge: All Buttoned Up / Stitching & Crafting
Intermediate badge: All Buttoned Up / Stitching & Crafting
Expert badge: All Buttoned Up / Stitching & Crafting

Lauren Encinas, Young Cultivator of Melanie #2432
Beginner badge: All Dried Up / Farm Kitchen
Beginner badge: All Buttoned Up / Stitching & Crafting

What's a Farmerette?

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

Click here to find out more.

continued ...

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.**



Woo-Hoo!



Merit Badge Awardees

Maggie Grace Odle, Young Cultivator of Tammy Austin #2309

Beginner badge: All Buttoned Up / Stitching & Crafting

Intermediate badge: All Buttoned Up / Stitching & Crafting

Expert badge: All Buttoned Up / Stitching & Crafting

Ramiro Burrell, Young Cultivator of Ginger Bayless #2468

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

Tori Stevens, Young Cultivator of Tammy Austin #2309

Beginner badge: All Buttoned Up / Stitching & Crafting

Intermediate badge: All Buttoned Up / Stitching & Crafting

Expert badge: All Buttoned Up / Stitching & Crafting



“Each day of our lives we make deposits in the memory banks of our children.”

– Charles R. Swindoll, The Strong Family

Young cultivators Group

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

A Place for Everything, Family Style

After the hustle of the holidays and ringing in a new year, you might find yourself a little short on creativity. To start this year anew, our biggest project at home is to create one space in which to store all of our art supplies.

During December, my daughter and her friends earned their first badges from the farm. We printed out the badges and the girls decouaged them onto bottle caps using lots of glitter and sparkle Mod Podge. They could not have been prouder.

As I was cleaning up afterward, I began to think about giving these and other regularly used supplies a more organized home. My itty bitty house has several spots where supplies congregate, and most are not readily accessible. My kids do have a small art area in the kitchen for drawing, but when they want to paint, glue, or construct, they need Mama or Daddy to help them gather supplies. Our plan is to create a single spot for all of the child-friendly art supplies and to organize them so that they are easy to find and return.

Depending on the space you have available, your storage solution could be an armoire or cabinet, bookshelves attached to the wall, or vintage file cabinets. A cupboard or armoire will work best in our space, so my husband and I are keeping our eyes peeled at local thrift stores for something well-built but inexpensive. For storing smaller items, we are using labeled canning jars ... shells, sequins, bottle caps, beads, buttons, and the like. Larger items like paper, scissors, and fabric scraps will find their way into a mix of labeled clear plastic bins and baskets. My daughter is on a fancy writing kick, so she will create the labels. My son likes to organize things into groups, so he will be in charge of filling the containers.

Depending on what your family uses most often, you might need space for a sewing basket and fabric, clay, scrapbooking, or knitting supplies. Inspired by my son's preschool, I also plan to include a clothesline stretched between two hooks on a wall for hanging finished paintings to dry with clothespins. While you are at it, buy a small can of chalkboard paint and turn the back of a door or a spot on the wall into a chalkboard for family notes or drawings. We completed this project a few years back on the front of our pantry doors, and I can't think of \$5 better spent.



February

Farmgirl Sisterhood Specials

Exclusive Offer!

20% OFF

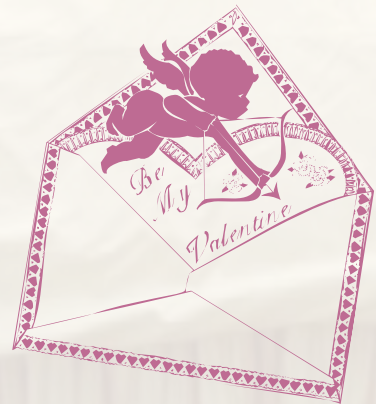
MaryJanesFarm **Bed & Breakfast**

(For Farmgirl Sisterhood Members Only)
(2-night minimum stay.)

For Reservations or Questions

(Call or e-mail the farm at 208-882-6819 or bb@maryjanesfarm.org)

Offer good through the month of February.



Calendar Sale!

25% OFF

MaryJanesFarm **Calendar**

(For Farmgirl Sisterhood Members Only)

To Purchase Click **Here**

Offer good through the month of February.

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; Nicole Christensen 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



Nicole Christensen, our current **Suburban Farmgirl Blogger**, calls herself a "knitter, jam-maker, and mom extraordinaire". Born and raised in the great state of Texas, she now resides in suburban New England in picturesque Connecticut, just a stone's throw from New York state.

Married for 18 years to her Danish-born sweetheart, Nicole has worked in various fields and has been a world-traveler, entrepreneur, knitting teacher, and homemaker, but considers being a mom her greatest job of all. Loving all things creative and domestic, Nicole considers her life's motto to be "Bloom where you are planted."

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 Feb/March issue, Shelter from the Storm, hit newsstands on Jan 11. In it, you'll find organic cupcake recipes, instructions for building a barn from pallets, basics for growing blackberries, ideas for journaling your dream farm and making decor from discards, and more.

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

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

MaryJanesFarm 2011 Calendar

Our 2011 Calendar is available for purchase at a discounted price of \$11.25 (that's 25% OFF) for the month of February. This offer is good for Sisterhood Members only. Purchase your very own copy **here!** 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:

- February 01 ~ Freedom Day
- February 02 ~ Groundhog Day
- February 03 ~ Chinese New Year
- February 12 ~ Lincoln's Birthday
- February 14 ~ Random Acts of Kindness Week/Valentine's Day
- February 16 ~ Single-Tasking Day
- February 21 ~ Presidents' Day/Washington's Birthday
- February 24 ~ National Chili Day

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 Valentine's Day. 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 tote bags, Sisterhood Memberships, candles, dolls, 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.

Product shop

Don't forget to visit our "Product Shop" ...

Click Here. You will find everything from beautiful organic bed sheets and bed sets to aprons, chocolate and over 60 organic instant or quick-prep meals and desserts as well as 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 1,163 Farmgirl Chapters in all 50 states and 8 countries with
and 46 Herd 2,624 Sisterhood members — members ~
growing stronger every day!