

MaryJane's Cluck™

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

There's just something special
about a woman in a hat.

MARCH
2011

Life made us FRIENDS, MaryJanesFarm made us SISTERS!

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{HELLO FROM SISTER #1} with MaryJane

The Power of a Smile

I've felt it, and I know you have, too. The power of a complete stranger to transform your reality using nothing more than a simple smile.

When it happens, it's completely unexpected. You're momentarily taken aback. Who was that? Do I know her? You flash a smile back. Did I reciprocate in time? Did she see it?

You're suddenly giddy, picking out targets left and right, bestowing friendly grins far and wide—paying it forward. I'll smile at him ... and her—not too much, eyes slightly lowered. I don't want anyone thinking I'm strange. Oh, and him! You're a veritable Santa Claus, giving cheer out of the goodness of your heart, for no other reason than it was given to you.

You feel centered and alive. Boundlessly kind. Renewed with purpose and vigor for the day. And, strangely ... powerful and FREE.

Why is it that something so seemingly meaningless as a stranger's smile can restore our sense of control in an otherwise chaotic and dizzying world?

Well, unsurprisingly, I have a theory.

continued ...



{Hello from Sister #1} with MaryJane

continued ...

We go around in little independent bubbles, all day long, all week long, all year long, taking care of business and just trying to scrape by. But after a while of doing just enough, we miss the everyday kind of human connections that fuel us. 'Course, we don't really perceive that's what's wrong with us.

All we know is that life's taken on a gray and mediocre form lately. We've become vulnerable, pessimistic, fault-finding, and blame-placing. Our troubles hit us harder. The headlines make us worry. We go looking for bad news, and pass it on. When the weather forecaster says the weather's going to be "bad," we feel inexplicably overwhelmed and darn near ready to burst into tears. Then we shrug our shoulders and say something sarcastic like, "It figures!" We hurry to work and make sure to tell all our co-workers that bad weather is on its way.

Then out of nowhere, somebody smiles. A smile—the universal sign for love, trust, generosity, friendliness, and anything and everything that's right in this world. And it's not just any somebody—it's a somebody who doesn't know you. It's a somebody who's taking a chance on you. A somebody who trusts, without a guarantee or even a hint, that you're good, honest, and worth the time and effort. And furthermore, that you deserve to know. Imagine that.

The invisible bucket in your soul labeled "personal connections," the one that took so long to empty, is suddenly full—no—spilling over. The joy makes your face flush and your neck prickle. Despite the hurt and the skepticism we carry around with us, our walls are down in a flash. Our perspective has shifted. Maybe we can tackle the day, we think. Maybe we can do the things we've always wanted to do.

We feel good. And because we are good, we want everyone else to feel that way, too, and we pass it on. Imagine all the lost souls who've been put back on their paths because of a smile. Imagine the domino effect of thousands of lives catapulting to better choices and more happiness.

I recently watched the movie "Thirteen Conversations About One Thing." The film pulled together the seemingly separate lives of a group of strangers, all of them seeking happiness. In the struggle to hold onto success, power, independence, and the requisite 18 inches of personal space, they'd become resentful of others, disconnected from the world, and anything but happy. I won't spoil the plot for you, but I will tell you that it reinforces what we've secretly known all along: we're never really alone. We're all in this together. Isn't that what really makes us happy?



{Hello from Sister #1} with MaryJane

Life's little bumps and knocks never quite go away. But you know, sometimes the weather forecaster is wrong. Sometimes, when we're not expecting it, someone turns on the sun.

MaryJane 



MARYJANE'S FARM

Each

In the Shelter of Each Other

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 4-year-old and 2-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), and one of her favorite farmgirls that she met when she lived in Kansas (scheduled around working the cows, of course).

Ta-Da!

I’m always looking for ways to gather with my girlfriends while getting something accomplished. In other words, changing something “to-do” to “ta-da!”

Last spring, one of my ta-da’s happened when I joined a roller-derby team. Exercise is forever on everyone’s list of things to do, but I dread it. Well, no longer. Not only do I get exercise, I get a weekly dose of didya hear and doya know so-and-so.

The mere mention of a new woman-owned craft business in town grabbed my attention, so I got in touch. Megan Hansen is one crafty chick. She’s a stay-at-home mom with two young girls and a passion for anything scrappy. Her scrapbooks are amazing, handmade pieces bound by things like her grandfather’s old leather belt ... stunning. There’s a reason she has a wall of County Fair ribbons and won Best of Show!

But the very best part? She’s come up with a brilliant idea for sharing her talents with others. Twice a month, she offers a class in her home. Each class includes a craft project, from scrapbooking to refinishing furniture. The three hours also includes dinner and drinks. So I signed up. She served crock-pot lasagna (with salad, of course) and offered a nice selection of wines and juices. Once we dished up, we wandered downstairs to her craft room. I was in heaven!

Megan taught us how to make an adorable scrapbook out of a recycled Starbucks coffee cup. I really enjoyed being part of that flow of ideas that happens when women seat themselves around a table, glue guns in hand. I left her home nourished, content, and full of friendship, in addition to checking my mother-in-law’s birthday gift off my list. She’ll be receiving a cute little Starbucks coffee-cup photo album.



{EACH OTHER} with Megan Rae | to earn a Sisterhood badge in our {EACH OTHER} category, [CLICK HERE](#)

Megan has also taught children's, themed, and holiday classes. She's happy to create "make and takes" or kits for take-home. She's also currently working on a few scrapbooks that area folks have commissioned her to create. I was so inspired by her ideas and so enjoyed meeting all the other like-minded gals that I signed up for her photo-box class this month. I cannot wait!

If you live in our area, please feel free to contact Megan via phone (509.336.4854) or **e-mail** for her schedule. She also posts a schedule on her Facebook page, Megan Hansen. If you don't live in our area and have a few skills up your sleeve, do what she did and offer a few classes to friends and family and see where it takes you!





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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.

A Friend In Need

A dear friend of mine had reconstructive breast surgery last week following a double mastectomy. She's in her mid-40s with two small children and a fantastic husband. When you take mom out of the mix for several weeks, it can wreak havoc on routines.

Like so many of her other friends, I wanted to lend a helping hand by making and delivering meals. But to do so most effectively, you need to know and respect the eating habits of those you're serving.

First, I know spicy food isn't good for post-op patients because the digestion can be a bit delicate. Add to that the kid-factor. My meals-on-wheels needed to be palatable to a 5-year-old and an 8-year-old. But it gets a little more complicated in this family; they don't eat red meat or pork, but it's important to provide a protein-packed meal for my friend's energy and recovery.

And just one more obstacle: most, but not all, of the family members shy away from dairy.

I wanted to make sure the dishes would have "staying power," food that would be good served warm or cold over the course of several days. And I wanted it to be substantial enough that it could feed all the friends and family who dropped by with well wishes.

After much deliberation, I turned to my favorite super grain, quinoa. Already rich in protein, fiber, magnesium, and iron, I supplemented the quinoa with two types of beans, a veggie, herbs, and subtle spices. For the dairy lovers in the group, I included feta cheese on the side.

One of the trickiest parts of feeding a friend is coordinating with all the others who want to do the same. You don't want the recipient of all this love to be overwhelmed or underwhelmed by food volume.

Through this process, I discovered a brilliant website that does all the scheduling work for you. TakeThemAMeal.com was started four years ago and provides an interactive schedule of meal deliveries, a way to communicate dietary needs and restrictions, and a place to add what you plan to deliver.

"We made TakeThemAMeal.com to help one family we care about deeply," say the founders Adina Bailey and Scott Rogers. "Once the site was finished, we realized that meal scheduling is done not just when tragedy strikes, but when babies are born, when friends are receiving medical treatments, and in so many other situations."

The website and the recipe were both a success, as was my friend's surgery. She is now well on her way to cancer-free recovery.



Featured Recipe

Quinoa with Beans and Cilantro

- 1 T vegetable oil
- 2 cups onions, peeled and diced
- 2 cups yellow bell pepper, diced
- 2 cups quinoa
- 2 t ground coriander
- 1 t ground cumin
- 1 t salt
- 3 cups water
- 1 15-oz can black beans, drained
- 1 15-oz can garbanzo beans, drained
- 1/2 cup diced fresh cilantro, divided
- feta cheese, crumbled

1. Heat oil in a heavy medium saucepan over medium-high heat. Add onions and pepper; sauté until they begin to soften, about 5 minutes. Stir in next 4 ingredients.
2. Add water and bring to boil. Cover, reduce heat to medium-low, and simmer until quinoa is almost tender, about 14 minutes.
3. Add beans and 1/4 cup cilantro; cook uncovered until heated through and liquid is fully absorbed, about 3 minutes.
4. Transfer to bowl; sprinkle with remaining cilantro and cheese, if desired. Can be served warm or cold.

{For amazing nutritional facts about many different types of foods, **click here** to visit the website *Self Nutrition Data: Know What You Eat.*}



I turned to my favorite super grain, *quinoa*. Already rich in protein, fiber, magnesium, and iron...



Garden

Bloom Where You're Planted

Gate



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

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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.

Garden Dreamin' ... Stay Tuned!

My basket is full, full, FULL of gorgeous, tempting, colorful, and inspirational seed catalogues. Where do you start? Where do you stop? Here's a way to whittle the list to a manageable size.

I go ahead and make my big ol' long list of all the stuff that sets my hair on fire: long striped eggplants, orange eggplants from Turkey, blue squash, big red warty (thing) squash, Cinderella pumpkins, giant Russian white tomatoes, yellow pear tomatoes, Sungold tomatoes, juicy-slurpy beefsteak tomatoes, yellow beans, purple beans, green beans, speckled dragon beans, Lazy Housewife beans, blueberries, pink blueberries, greens and more greens. And it goes on.

The reality of it: I am a farmgirl in the city, and I don't have room for all of those plants, and certainly not enough space to grow the vegetables and fruits I want for preserving.

I practice growing bountiful, beautiful borders, where you tuck tomatoes and eggplants and trellises of pole beans right next to the roses and daylilies and such. Still, I do not have enough room. How does the winter-crazed gardener reconcile her "cabin-fever" lists with the sweaty reality of August?

I go back through the list and highlight the stuff I know I want for summer suppers. Fresh slicing tomatoes, basil, herbs, and leafy things for salads get prime real estate. Greens are tucked everywhere, in large containers and flower pots right along with the flowering annuals. Our raspberries are in a hedge, and grapes sprawl across our rusty fence. Fruit trees are espaliered flat against the foundation of the house and trained on a fence.

We recognize our time and space limitations, so bushels of the paste and sauce tomatoes and pickling cukes are ordered from a friend who gardens organically on five acres. I love to freeze corn, so I buy burlap sacks of eight or nine dozen ears at a time from another friend. For some reason, we've never grown a decent cantaloupe or watermelon. We'll buy locally grown ones at the corner fruit stand.

This leaves just enough room to experiment with a white tomato, the orange eggplant, and any other juicy new vegetable or fruit that throws itself into my arms at the plant





{GARDEN GATE} with Mary Ann Newcomer | to earn a Sisterhood badge in our {GARDEN GATE} category, [CLICK HERE](#)

MARYJANES FARM

swap and sale. I think eggplants have some of the prettiest blossoms of any annual on the market. The plan is to plant several in a huge patio container and play off those purple blossoms with more purple and gold.

Is there any garden space left? Well, just enough for all those sunflower seeds I bought last month in a winter flurry. All eight packets. Stay tuned.



Stitching & Crafting Room

Stitches of Fun & Laughter!



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{STITCHING & CRAFTING} with Rebekka Boysen-Taylor | to earn a Sisterhood badge in this 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.

Blank Canvas

In anticipation of spring, I am making hand-stitched cards. They are less fuss than you'd think and leave a lasting impression. The embroidery gives each card a unique touch. You can make your own cards out of heavy paper or buy them pre-made with matching envelopes. I always have a basket of white cards on a shelf in my kitchen. They come in packages of 50 for around \$10 from the craft store and have dozens of uses. My kids make cards for the neighbors, and I affix photos to them for family and friends. Lately, I started drawing in graphite pencil and embroidering over my sketches. I began with a single, lone leaf and progressed towards more detailed scenes of birds and branches. If you need inspiration, look to Swedish or Nordic textiles for their clean lines and timeless designs. I typed "Scandinavian embroidery" into Google and found a treasure trove of images.

To make the chickadee card, sketch a simple branch adding a few leaves here and there. Now add a bird or two somewhere on your branch. Keep your sketches clean, just outlines, really. When you are ready to sew, choose two or three colors of embroidery floss and a sharp needle. You will use two strands at a time, stitching over your drawing to highlight the branch in one color and the birds in another. Before you embroider, condition the thread with Thread Heaven so that it slides easily through the paper. You will need to use more force than you would on fabric, being careful not to bend the card. If your card is white or light in color, make sure your fingers are clean before you start. (Trust me on this.) Perhaps your next card will have a branch with a nest (make French knots in robins' egg blue thread to represent eggs). Glue a rectangle of pretty paper on the inside of the card to hide the stitching once you are done. Now here comes the best part: send it to someone special. Fill the blank space with your latest giggles, gaffes, or great ideas. Drop it in the mail and enjoy the satisfaction of reaching out and sharing your creativity.



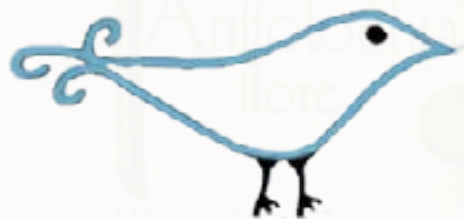


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*“She watched and taught the girls
that sang at their embroidery frames
while the great silk flowers grew
from their needles.”*

– Louise Jordan Miln, *The Feast of Lanterns*



MARYJANESFARM

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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.

"One of the advantages of being disorganized is the joy of discovery."

— A.A. Milne

Extreme Make-over

Many of our grandmothers were homemakers during the Great Depression and World War II. My mother was a small child in that era, and although it was a tough time for nearly everyone, she has fond memories. When you have less, you appreciate what you **do** have and you find big joy in small pleasures. Therein lies a lesson. That is how we ought to live regardless of the level of prosperity in our lives (or the lack of it).

Long after the hard times had passed, making do was a lifestyle habit that never left my grandparents. So ingrained was the old saying, "Use it up, wear it out, make it do, or do without." That brings us to this month's project: having fun with "extreme makeovers" for old potholders.

Gathering up a flock of castaway potholders is easy. Rummage sales and secondhand stores have piles of longtime residents. Old potholders are not pretty, but they're still functional. "Waste not" is our mantra. With a good washing and a little creativity, these humble servants of the kitchen can be upcycled into fashion conscious re-treads ... farmgirl style.

Supplies:

Old potholders (not the crocheted type)

Needle, pins, scissors

Button thread, embroidery floss, pearl cotton, or a heavy-gauge thread

Buttons, rick-rack, ribbon

For fabric, I used vintage-looking prints on one side of the potholders and stripes or plaids on the other. Plain, natural-colored cotton looks lovely and "organic." Use matching thread and add a shell or antler button on a corner.

Directions:

Lay a potholder on both pieces of your fabric and pin in place. Cut around the potholders, leaving about 1/2" of seam allowance. A thicker, quilted type of potholder requires more seam allowance than 1/2".

Place right sides of fabric together, pin, and stitch. Leave a 3" hole at a corner (to turn it out). I hand-sew many things because I like the homespun look, but a machine would



{MAKE IT EASY} with Shery Jespersen | to earn a Sisterhood badge in our {MAKE IT EASY} category, [CLICK HERE](#)

MARYJANES FARM

make quick work of this project. Clip the raw edges here and there, especially on curves. Turn it out and finger-press seams by rolling the seam back and forth between your thumb and index finger. Roll up your potholder and slip it into the opening. Smooth it out and pin.

With button thread, hand-sew the opening shut, turning the raw edge in as you go. Insert a hang loop here if you wish and add a button. Use any kind of leftover ribbon you might have on hand (rick-rack is very cute). Load an large-eye embroidery needle with a heavier gauge thread like pearl cotton. I chose a natural color. Don't knot the ends. I used a double strand, but you don't need to. Make it **long**. Now, insert the needle into the potholder to make ties. Evenly space the ties. Pull the strings tight and tie a double knot. Trim ends. You might like to embroider an initial or an image onto the front. I like a "primitive" stitch. Simply use a running stitch with one color of pearl cotton and then go back and weave another color of embroidery floss through the running stitch loops. You can create a "chain" if you then make another trip down through the opposite side.





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

Did you know that vitamins and minerals can be obtained naturally from herbs? To prepare a nourishing infusion, simply place 1–2 handfuls in a glass quart jar, fill to the top with boiling water, cap tightly, and steep overnight. Strain in the morning and sip throughout the day. Aside from the nutrients, you will also receive a great energy boost! Not only will this make you feel great, but it is so much better than any fortified energy drink laden with sugar, artificial flavorings, additives, colors, synthetic sweeteners, and other nasty ingredients. In addition to vitamins and minerals, herbs can also provide additional healing benefits such as boosting the immune system, and naturally toning and balancing our entire bodies.

{ Vitamins }

VITAMIN A: Enhances immunity, prevents eye problems and skin disorders, important in bone and teeth formation, protects against colds and infection, slows aging process.

Herbal Sources: Alfalfa, borage leaves, burdock root, cayenne, chickweed, eyebright, fennel seed, hops, horsetail, kelp, lemongrass, mullein, nettle, oat straw, paprika, parsley, peppermint, plantain, raspberry leaves, red clover, rose hips, sage, uva ursi, violet leaves, watercress, yellow dock.

VITAMIN B1 (Thiamine): Promotes growth, improves mental attitude, aids digestion, helps strengthen nervous system and prevent stress.

Herbal Sources: Alfalfa, bladder wrack, burdock root, catnip, cayenne, chamomile, chickweed, eyebright, fennel seed, fenugreek, hops, nettle, oat straw, parsley, peppermint, raspberry leaves, red clover, rose hips, sage, yarrow, and yellow dock.



VITAMIN B2 (Riboflavin): Needed for red blood cell formation, aids growth and reproduction, promotes hair, skin and nail growth, important in the prevention and treatment of cataracts.

Herbal Sources: Alfalfa, bladder wrack, burdock root, catnip, cayenne, chamomile, chickweed, eyebright, fennel seed, fenugreek, ginseng, hops, horsetail, mullein, nettle, oat straw, parsley, peppermint, raspberry leaves, red clover, rose hips, sage, yellow dock.

VITAMIN B3 (Niacin): Essential for proper circulation and healthy skin, increases energy, aids digestion, helps prevent migraines.

Herbal Sources: Alfalfa, burdock root, catnip, cayenne, chamomile, chickweed, eyebright, fennel seed, hops, licorice, mullein, nettle, oat straw, parsley, peppermint, raspberry leaf, red clover, rose hips, slippery elm, yellow dock.

VITAMIN B5 (Pantothenic Acid): Enhances stamina, prevents anemia, helps wounds heal, fights infection, strengthens immune system.

Herbal Sources: Alfalfa, burdock root, nettle, yellow dock.

VITAMIN B6 (Pyridoxine): Needed to produce hydrochloric acid, aids in absorption of fats, and protein, mildly diuretic, helps prevent kidney stones, helpful in treating allergies, arthritis, and asthma.

Herbal Sources: Alfalfa, catnip, oat straw.

VITAMIN B12 (cyanocobalamin): Helps prevent anemia, protects nervous system, improves concentration, aids digestion.

Herbal Sources: Alfalfa, bladder wrack, hops.

VITAMIN C (ascorbic acid): Helps calcium and iron formation, enhances immunity, helps prevent cancer, aids in production of anti-stress hormones, antioxidant required for proper tissue growth and repair, and adrenal gland function.

Herbal Sources: Alfalfa, burdock root, cayenne, chickweed, eyebright, fennel seed, fenugreek, hops, horsetail, kelp, peppermint, mullein, nettle, oat straw, paprika, parsley, pine needle, plantain, raspberry leaf, red clover, rose hips, skullcap, violet leaves, yarrow, yellow dock.

VITAMIN D: Essential for calcium and phosphorous utilization, prevents rickets, needed for normal growth of bones and teeth, helps regulate heartbeat, prevents cancer and enhances immunity, aids thyroid function and blood clotting.

Herbal Sources: Alfalfa, horsetail, nettle, parsley.

VITAMIN E: Antioxidant which helps prevent cancer and heart disease, prevents cell damage, reduces blood pressure and promotes healthy skin and hair.

Herbal Sources: Alfalfa, bladder wrack, dandelion, dong quai, flaxseed, nettle, oat straw, raspberry leaf, rose hips.

VITAMIN K: Promotes healthy liver function, helps bone formation and repair, increases longevity.

Herbal Sources: Alfalfa, green tea, kelp, nettle, oat straw, shepherds purse.



continued ...

{ Minerals }

CALCIUM: Builds and protects bones and teeth, helps maintain regular heartbeat, prevents muscle cramping.

Herbal Sources: Alfalfa, burdock root, cayenne, chamomile, chickweed, chicory, dandelion, eyebright, fennel seed, fenugreek, flaxseed, hops, horsetail, kelp, lemongrass, mullein, nettle, oat straw, paprika, parsley, peppermint, plantain, raspberry leaf, red clover, rose hips, shepherd's purse, violet leaves, yarrow, yellow dock.

CHROMIUM: Vital in the synthesis of glucose and the metabolism of cholesterol, fats and proteins, maintains blood pressure and blood sugar levels.

Herbal Sources: Catnip, horsetail, licorice, nettle, oat straw, red clover, sarsaparilla, wild yam, yarrow.

COPPER: Converts iron to hemoglobin, protects against anemia, needed for healthy bones and joints.

Herbal Sources: Sheep sorrel.

GERMANIUM: Helps fight pain, detoxify the body, and keep immune system functioning properly.

Herbal Sources: Aloe vera, comfrey, ginseng, suma.

IODINE: Needed in trace amounts for a healthy thyroid gland, and to help metabolize excess fat.

Herbal Sources: Calendula, tarragon leaves, turkey rhubarb.

IRON: Essential for metabolism, and the production of hemoglobin.

Herbal Sources: Alfalfa, burdock root, catnip, cayenne, chamomile, chickweed, chicory, dandelion, dong quai, eyebright, fennel seed, fenugreek, horsetail, kelp, lemongrass, licorice, milk thistle seed, mullein, nettle, oat straw, paprika, parsley, peppermint, plantain, raspberry leaf, rose hips, sarsaparilla, shepherd's purse, uva ursi, yellow dock.

MAGNESIUM: Prevents calcification of soft tissue, helps reduce and dissolve calcium phosphate kidney stones, helps prevent birth defects, improves cardiovascular system.

Herbal Sources: Alfalfa, bladder wrack, catnip, cayenne, chamomile, chickweed, dandelion, eyebright, fennel, fenugreek, hops, horsetail, lemongrass, licorice, mullein, nettle, oat straw, paprika, parsley, peppermint, raspberry leaf, red clover, sage, shepherd's purse, yarrow, yellow dock.

MANGANESE: Minute quantities of this mineral are needed for healthy nerves, blood sugar regulation, normal bone growth, and thyroid hormone production.

Herbal Sources: Alfalfa, burdock root, catnip, chamomile, chickweed, dandelion, eyebright, fennel seed, fenugreek,



ginseng, hops, horsetail, lemongrass, mullein, parsley, peppermint, raspberry leaf, red clover, rose hip, wild yam, yarrow, yellow dock.

MOLYBDENUM: Small amounts of this mineral are required for nitrogen metabolism, supports bone growth, and strengthens teeth.

Herbal Sources: Red clover blossoms.

PHOSPHOROUS: Needed for teeth and bone formation, nerve impulse transfer, normal heart rhythm, and kidney function.

Herbal Sources: Burdock root, turkey rhubarb, slippery elm bark.

POTASSIUM: Regulates water balance, and muscle function, important for health nervous system and regular heart rhythm.

Herbal Sources: Catnip, hops, horsetail, nettle, plantain, red clover, sage, skullcap.

SELENIUM: Provides an important trace element for prostate gland in males, protects immune system and helps regulate thyroid hormones.

Herbal Sources: Alfalfa, burdock root, catnip, cayenne, chamomile, chickweed, fennel seed, ginseng, garlic, hawthorn berry, hops, horsetail, lemongrass, milk thistle nettle, oat straw, parsley, peppermint, raspberry leaf, rose hips, sarsaparilla, uva ursi, yarrow, yellow dock.

SULFUR: This mineral helps skin and hair, fights bacterial infection, aids liver function, disinfects blood, protects against toxic substances.

Herbal Sources: Horsetail.

VANADIUM: Needed for cellular metabolism and formation of bones and teeth, improves insulin utilization.

Herbal Sources: Dill.

ZINC: Promotes growth and mental alertness, accelerates healing, regulates oil glands, promotes healthy immune system, and healing of wounds.

Herbal Sources: Alfalfa, burdock root, cayenne, chamomile, chickweed, dandelion, eyebright, fennel seed, hops, milk thistle, mullein, nettle, parsley, rose hips, sage, sarsaparilla, skullcap, wild yam.

This information was obtained from Cori Young's article "Nourishing Daily Brews." To view the original article, see: www.susunweed.com/herbal_ezine/May05/healingwise.htm



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.

"The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope."

— Barbara Kingsolver

The Longing Season

About mid-January, outdoorsy farmgirls (and laying hens) feel the symptoms of cabin fever and being cooped up. Later, in April, when buttercups shake the snow off their wee yellow bonnets, spring fever surges within. Currently, I'm stuck between the two. This time of waiting has no cliché, so I'm giving it one: the season of longing. And, to me, it feels like the longest of all.

Some of you are paging through seed catalogs or deciding what kind of chicks you're going to order. Others are sketching out plans for extending the garden ... where to put asparagus, how much territory you're going to give strawberries, wondering what kind of squash to try. Me, I'm hankering for trail rides in the nearby foothills. My farmgirl gal-pals caught the bug, too. I have gentle horses for a few of them who aren't avid riders. So we're set and dreaming of riding through the birch and aspen, fingering the ferns as we go, stopping for a picnic and lying in the tall grass while the horses rest.

While lying in the grass, you can talk to each other, but you can't see who you're talking to ... only the ladybug patrolling a wild geranium near your feet. What about a pillow for your head? A saddle blanket works in a pinch. The musky aroma of horse sweat and the fragrance of green all around is, for me, a little bit of heaven. Our lunch will be a potluck offering of easy-to-pack farmgirl fare that will travel in the saddlebags. Anita will pack a bottle of her homemade wine. In my saddlebags is an old paperback book with a heavy rubberband around it to press wildflowers in. Wild lilies are beautiful with or without you, but more so I think when they have someone to show off for. This is my daydream, my longing.

Then, I look out the window. The thawing of deep snow and ice is probably a month away. Then we'll be in mud up to our shins. After seven years of drought, I swore I'd never curse mud again. After the mud, green will **finally** return to the scene. Wild sweetpeas will make me feel like I am once again a little girl picking a bouquet as large as her fingers will fit around. Hearing that very first meadowlark's song in April gives an instant feeling of elation and relief. The cold and weary hope for spring melts quietly, like the last patches of snow on the northern side of the hills. It just ... goes away ... little by little ... as subtly as when the first flakes of snow appeared. Oh, how I long for it.

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

— Winston Churchill



{OUTPOST} with Shery Jespersen | to earn a Sisterhood badge in our {OUTPOST} category, [CLICK HERE](#)

MARYJANESFARM



Cleaning

The Work of Our Hands

Sp

According to MaryJane, the seven aspects for living the farmgirl life are:
EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | **CLEANING UP**

{CLEANING UP} with Toni Salerno | to earn a Sisterhood badge in our **{CLEANING UP}** category, [CLICK HERE](#)



Born and raised in Florida, Toni Salerno (Sister #197) left her city life as a Theatre Director/Teacher to live a more holistic, serene life in Idaho. Five years ago, she found her dream home in Troy, Idaho, and embraced the Palouse way of life. Now, Toni and her husband, Adam, and their four daughters own Clean Green, an organic cleaning service. This company specializes in chemical-free cleaning using their own line of environmentally safe products. Visit their website at www.cleangreenocs.com.

Make Mine
GREEN

Cup of Joe—More Than a Caffeine Booster

Over 117 million people worldwide drink coffee every morning. It is the mildly stimulating effect of the caffeine that keeps people looking forward to their morning pick-me-up cup of java. But it is incredible how talented coffee really is and what else it can be used for.

Coffee is made from the seed of a cherry from an evergreen tree that grows in a subtropical belt circling the globe, including Latin America, the Caribbean Islands, Africa, the Arabian Peninsula, and Indonesia. The coffee plant produces cherries that contain two seeds—what we know as coffee beans. The cherries are picked and the seeds are removed, roasted, packaged, and shipped to local stores and coffee shops.

I know many of us wish we would have bought stock in Starbucks long before they got so successful. However, when it comes to cleaning, repairing, deodorizing, and skin care, who knew coffee would be gaining so much attention? I had heard of some uses for coffee here and there, like sprinkling it in your garden. However, when I saw my husband take freshly brewed coffee and apply it to some scratches on our wooden floors that disappeared instantly, I knew it was a worthy subject. So here's to recycling those coffee grounds and adding another reason for brewing coffee.

For years, people who want to stain pine furniture, scratched floors, and other wood crafts naturally have been using brewed coffee. To make a floor or furniture scratch repair paste, simply take coffee grounds mixed with water and then apply with a Q-tip. You can also use brewed coffee, as my husband did, but I think the grounds offer you a stronger color that may last longer. I have found coffee makes an excellent dye for coloring Easter eggs too.

As for cleaning and deodorizing, you can use used coffee grounds to remove tough grease on dishes or floors. Coffee grounds act as an abrasive and can be used as a scouring agent. Flush them down your drains to clean the pipes as well. To remove unwanted food smells inside the fridge or freezer, dry the coffee grounds in the oven on a cookie sheet and then put them in a bowl in your fridge. Or fill old nylons with the dried grounds and tie off the ends. Hang them in closets to absorb odors. In Hollywood, the latest craze has been using coffee grounds in soaps and a coffee ground paste as cellulite remover; however, I am more familiar with using coffee



{CLEANING UP} with Toni Salerno | to earn a Sisterhood badge in our {CLEANING UP} category, [CLICK HERE](#)

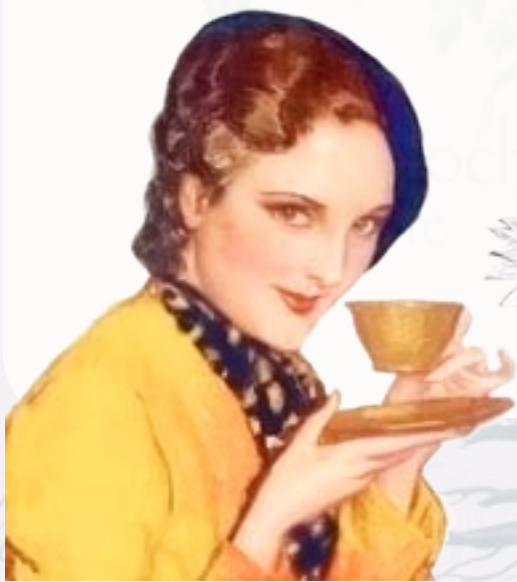
MARYJANE'S FARM

grounds for a skin dermabrasion and a facial pack similar to a mud pack. The caffeine in coffee has the ability to remove redness, tighten skin, and erase fine lines. To learn more about the benefits of coffee for skin care, click [here](#).

For hair care, try cleansing with freshly brewed, lukewarm coffee. Brunettes, especially, can benefit from rinsing their hair in coffee because it brings out the dark luster. Darker redheads can also use coffee to rejuvenate the color of their hair and add a richer, deeper color. Steep used coffee grounds in 2 cups hot water for 15 minutes or so and then rinse through hair for a darker, more vibrant shine.

By far, the most incredible use for coffee is for cleansing the liver and pancreas. This involves the use of an enema filled with room-temperature coffee. Studies have shown that coffee has the ability to remove toxins from the liver and pancreas. Some reports show many ailments and diseases being reversed by the removal of toxins from the bloodstream and organs. This form of cleansing is meant to be used in conjunction with a healthy organic diet and juicing plenty of fruits and vegetables. As with any treatment, it is best to consult your doctor or holistic health care provider before you use a coffee enema. For more information, check out one of the many websites on this subject, such as [this one](#).

I find it fascinating that such a small bean can have so many uses and benefits to the world. So, the next time you brew a pot of coffee or get ready to throw out your coffee grounds, you might want to apply this extra jolt of java to one of the cleaning projects or tasks mentioned above.





The Scoop

MaryJanesFarm News

The Scoop from MaryJanesFarm

Indexes 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. 25 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!](#)

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Home Safe Home: Orange Vinegar Tutorial Submitted by Kathyjane

Wanted to share this fabulous non-toxic all-purpose cleaner. Click [here](#) to get the recipe.

Home Safe Home: The best way to label baskets for storage Submitted by latepmcreations

I just spent two and a half days organizing my linen closet. My kids love to make forts ... out of sheets and blankets. Nothing gets folded and put away properly! So here are my three new ways to keep it neat: 1) baskets for several items that don't seem to do well on the shelves (old pillow cases, old sheets—for forts, togas, ghost costumes, etc., old washcloths and hand towels, traveling toiletries, etc.); 2) all blankets/comforters are folded long-ways and rolled up like sleeping bags—with an old belt buckled around them; 3) all sheet sets are put together into one of their own pillowcases. My sustainability plans for this new-found neatness are my favorite: I hung a small belt rack on the inside of the closet door so that when you take a blanket out, you hang the belt up and re-use it when you put the blanket back. My teenaged son had several belts in his room he's outgrown, and I got several from the thrift store. My very favorite idea is to buy plastic-sleeved nametags—the kind that pin on. I write the item to be stored on the nametag card, slide it into the sleeve, and then pin it to the baskets. It works like a charm! I can take the pin out and use string/ribbon/twine through the two holes that the pin goes through in the plastic sleeve and just tie it onto the wire shelves of my closet to label parts of the shelving! I looked for hours online for labels for shelves and baskets. I finally figured out that I needed something large enough that my family will see and acknowledge when they put stuff back into the closet, that would allow me to quickly/easily change the label as needed, and that was reasonably priced. They were at Office Depot. I get so pumped by a tidy linen closet in a family of six (four kids)! Click [here](#) to comment.

Home Safe Home: Home Safety Checklist Submitted by Libbie

I'm working on a disaster preparedness program for our town these days, and I found this great household checklist from the New York State Department of Health. See [here](#). I think it would be a great thing to incorporate into spring cleaning this year - it goes room by room, just like I do when I do heavy cleaning. While not everything applies to every house, there are some really good tips. Keep safe! Click [here](#) to view post.

Keeping in Touch: What are you doing to cut corners? Submitted by Laura Marie

I know there are some posts that Alea made about challenging ourselves to save money, but besides grocery shopping and planning meals for the family, how are you all cutting corners? I'm not as bad as a lot of people, but I'm finding it hard to make ends meet, and I'm not sure what exactly it's going to take. I'm ready to put myself on a money diet. I have debt I need to take care of and I have bills that I don't want to turn to debt. So what are you doing to cut corners? What is helping you? Farmgirl hugs! Click [here](#) to give advice.



the chatter continues ...

Official Farmgirl Sisterhood Members: 2011 Road Trip – Women of the Wild Submitted by Wende
(Also posted in Outpost.)

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 see post.

MaryJanesFarm Products and Merchandise: For MaryJane or anyone else who knows the answer
Submitted by coffeemom

I just bought some ChillOver powder. I haven't used it yet, but I want to try it for strawberry preserves. My question is, can I use it for freezer preserves? I always make freezer preserves and I need to know if this will work. Thanks! Click [here](#) to give advice.

A Farm of My Own: Advice on Farmyard Layout Submitted by Calico Hen

We are building our new farm, one building at a time. We are taking it slow and want everything well thought out. I would love to hear any farmgirl advice on the location of house in respect to outbuildings; the driveway reaching outbuildings first and the house last? We will be working with the water department next month concerning location of the well and septic. What has worked well for you and what would you do differently with your farm? Click [here](#) to offer suggestions.

Across the Fence: Spring is coming!!!!!! Submitted by thehatlady

Have just spent the last 10 minutes or so watching the geese fly north—they were so beautiful. The sun was reflecting off their feathers and it made them look like stars against the azure sky. They were really high, but they were a sight to see. Just had to let you all know Spring is coming!!! Spring is coming (as I jump up and down)! Love ya all. Click [here](#) to see topic.



{tips, inspiration, & just plain fun!}

the chatter continues ...



Across the Fence: What is the one thing you will not give up? Submitted by batznthebelfry
Hello my dear Hens ... I am curious to find what is the one thing you have that you just will not give up ... it can be anything that is in your house, garage, barn, or shed. Me? Well, it's a 1930s pedal sewing machine that I got at a secondhand store in Branson, Missouri, way back in 1983. The lady let me pay \$1 a week until I got it paid off (\$85). This is not the heavy-framed, metal-stand type like a Singer ... It's an off brand that was made for Montgomery Ward. It has traveled through 25 moves in college, and been in Arkansas, Georgia, and now Massachusetts ... My now husband doesn't get that even though I haven't used it in a while, I will not sell it/give it away/junk it ... I tore the whole thing apart, wood frame included, and cleaned, oiled, and wood-glued this baby ... I love using it when I make heavy-duty quilts like with wool and denim ... since the pedal attaches to the wood frame instead of metal (like a Singer), it's very noisy to all but me ... you can hear this puppy through the floor ... lol. Click [here](#) to comment.

Barnyard Buddies: Anyone have bunny advice? Submitted by latepmcreations
My daughter wants a bunny. We live in the suburbs with about 62 acres of woods that back up to our neighborhood and my backyard. I think we'd have to keep the bunny inside. Everything I've read says that bunnies can be litterbox trained, but between the chewing and scratching, they ruin the house pretty quick. I am a mom of four kids w/ no houseplants and no pets except frogs and fish. Tell me what you think. Share your thoughts [here](#).

Cleaning Up: Getting diesel/grease out of clothes Submitted by countrymommy85
My husband was a mechanic, and he still fixes all of our own vehicles. He accidentally got diesel fuel on his clothes. I washed them with my own laundry soap from the recipe I got off the forum (the dry powder kind, but I used Fels instead of Castile). Well, the smell didn't come out. Anything else I can do to get the smell out naturally? Before, I could get a heavy-duty detergent, but I don't have that anymore and I don't want to buy it again because it's not natural.

I am going green, so I need to find natural/organic alternatives to getting the grease and fuel smells out of his clothes. Any advice? Thanks. Share your advice [here](#).

Farm Kitchen: Lemon Peels? Submitted by HollyG
There was a post in another forum about drinking lemon water daily. It listed the benefits and is convincing enough that I'm going to give it a try. Being a rather frugal person, what else can I do with the peels? I don't want to compost them all. I'm just starting my bed and don't want to overwhelm it with a lemon or more a day. Is there a way to save the zest or even the peel for recipes? I do have a dehydrator I can employ if I need it. I've only used things fresh and don't know about the shelf life—or preparation process. Any tips will be appreciated! Click [here](#) to share tips.



the chatter continues ...

Garden Gate: Grape Plants Question Submitted by longbeachfox

I recently bought some starts of grapes. We live on the WA coast. Does anyone know if it is OK to plant them now, or should I wait till all chance of frost is over? Last year, we went nuts with berries and have them all fenced in for deer ... the bear likes them too 🐻... actually, my old dog, Molly, liked them too. I have asparagus starts too and was wondering about them ... Help! 🐶

Click [here](#) to share advice.

Garden Gate: Ants in my Pants Submitted by TeJo

... and everywhere else! Anyone have ideas on how to get rid of ants in raised beds? Preferably in an environmentally friendly manner? I live on, basically, a granite outcropping covered by an ant farm. So they're pretty much everywhere, but strangely enough don't come in the house. My raised beds are rampant with rampaging ants that cover me in a heartbeat, and as much as I hate bothering any of the local critters, they just aggravate me to death. Any suggestions would be greatly appreciated. Click [here](#) with suggestions.

Make It Easy: DIY hospital gown Submitted by walkinwalkoutcattle

So, for the birth of my daughter, my mom and I made a hospital gown. I took the pattern linked to this site [here](#).

It was such a huge hit! I made mine out of a black fabric with small pink polka-dots, and we put a ruffle (WHAT A PAIN!) on the bottom. The ruffle probably took more time than the gown itself! My poor mom HAD to have the ruffle fall "just so." LOL. I bought some pre-made bows that matched pink ribbon, and safety-pinned one on the bottom near the ruffle. The ribbon went around my waist, and it was so cute. We even made a headband and attached the other bow to it to keep my hair back. Every nurse coming on-shift came in to see it! If you have a loved one going in for surgery or that is going to have a baby, I HIGHLY recommend making them a gown. It was so nice not having to wear their gowns. I was able to put Velcro on instead of ties, and felt much prettier. Feeling pretty made me feel more confident and helped add such a special touch to the whole event. Click [here](#) to see post.

Nifty Thrifty: Need help with cheap curtain ideas. Submitted by cowgirlandboys

We are moving to a new house which has all new thermal windows (awesome, thank you God!) and we need to make some curtains on the CHEAP. My decor is of a '50s retro style, if that helps. Any suggestions for something sweet and easy, simple and cheap for a variety of sizes? Thanks, thanks, thanks my favorite farmgirls! Share your suggestions [here](#).

Nifty Thrifty: Pillowcases are a great source of fabric! Submitted by katmom

OK, speaking of Nifty Thrifty ... Don't overlook pillowcases as a great source of fabric ... oh, the things we can make from them ... 😊 Aprons ... if the edge/hem is fancy or has stitchery, you will already be ahead of the game ... one standard pillowcase can make a half apron, so all you will need is a contrasting or complimentary fabric for the ties and pocket ... and if you have two



{tips, inspiration, & just plain fun!}

the chatter continues ...

.....

matching pillowcases, then you can make a full apron easy peasy ... 🍌 And YoYo's—you can make a gazillion of them! A child's sundress ... or play clothes or dolly clothes ... not to mention, market totes, mini pillows, and well, you get the idea. Think of pillowcases as yesteryear's flour sacks ... Hmmm, I think I need a thrift fix so I can buy some pillowcases ... :) Click [here](#) to see post.

Outpost: Favorite Camping Spots ... Submitted by mndreamer

One of these days, I hope to do a bunch of travelling with my camper and was just wondering where your favorite camping spots are. Click [here](#) to respond to topic.

Parenting and Farm Kids: Cloth diapering question ... Submitted by rschaaf

I recently started using cloth diapers on my 3-month-old foster son. I found some cloth diapers from Mother Ease (I really like them). They are terrycloth material. The only problem is that they rub my son on his sack and it's got a little raw spot. Not bad, but none the less, chafed. I change him every 3–4 hours and he wears a disposable at night. Should I change him more often or is there something I can put in the diaper that isn't so rough? I have to use the extra liner anyway. It has a terry side and a flannel side. I thought about putting the flannel side next to his skin. I also thought about getting some of that fake wooly material since it seems to wick moisture ... I save about 25 cents each time I don't have to use a disposable, so I'd like to keep up the trend. Any thoughts? Click [here](#) with suggestions.

Stitching and Crafting Room: Making Hand-bound Journals/Books Submitted by eggfarmgirl

Hello Ladies !! I decided it would be too confusing to have a page on Journal Making and Art Journal techniques together. So here is where we can talk and share about the Journal Making side of it. I will start with a list that I use ... and ideas for using recycled materials for your journals. I will also be showing you a few different binding techniques that I enjoy using and that are relatively simple to use. Here's a list of things you need to create a hand-bound journal...

1. Paper to make your signatures with (this is a grouping of 2–6 folios—a piece of paper folded in half) ... If you want a lightweight one, use card stock (Walmart has it for around \$5 in a color you enjoy). For heavier journal pages, I recommend using 100# watercolor paper or 140# paper. But you can make your first one using whatever paper you have—even brown paper bags.
2. Two pieces of heavy cardboard or binders' board (I order this online at dickblick.com, as I am in the middle of nowhere with no stores close to me)
3. Something to cut or tear your pages to the size you want for your journal.
4. One heavy curved needle or straight needle ... upholstery needles work great. I use the curved, as it is much easier ... but we will use both to show the difference.



the chatter continues ...

5. Binding cord, dental floss, or heavy upholstery thread.
6. Whatever you would like to cover your boards. Paper, cloth, recycled receipts, mail, flyers ... whatever makes you smile!!!
7. Glue to use to attach things to your covers.

That is all we will need to start with. I am off to take more pictures, as I am currently making a new journal. I am so excited to share this with my farmgirl sisters!!! Woo hoo!!! Time to play!!!

Oops ... I realized while creating and photographing the journal I am making that I forgot some important tools!!! LOL!! Without one of them, this would be really hard!!

8. A thick, old phone book
9. An awl, ice pick, or something you can use to make holes through your signatures and covers.

Click [here](#) to go to topic.



Farmgirl Sisterhood

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 1,187 Farmgirl Chapters have been started, located in all 50 states and 8 countries with 2,750 official 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.



Merit Badge Details: Farmgirl Legend

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 new badges for you to earn—see p. 33 (we do this on Jan. 1 and July 1 each year).



... 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.**



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

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.

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



Merit Badge

Woo Hoo!

Awardees

Merit Badge Awardees

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

Amanda Henning, mamahenning #2492

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Ann Hughes, msneedlept #1011

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Crochet / Garden Gate

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Knitting / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Crochet / Garden Gate

Anna Howard, earth mama #2700

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Gaining Ground / Garden Gate

Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Homespun Christmas / Stitching & Crafting

Intermediate badge: Entrepreneurial Spirit / Each Other

Expert badge: Entrepreneurial Spirit / Each Other

April Choate, sonshine4u #658

Beginner badge: Community Action / Each Other

Bea Campbell, quiltingbea #2575

Beginner badge: Buttoned Up / Stitching & Crafting

Becky Wietzke, #2673

Beginner badge: Sew Wonderful / Stitching & Crafting

Belinda Purvis, BPurvis #837

Beginner badge: Heirlooms Forever! / Garden Gate

Beginner badge: BakeOver MakeOver / Farm Kitchen

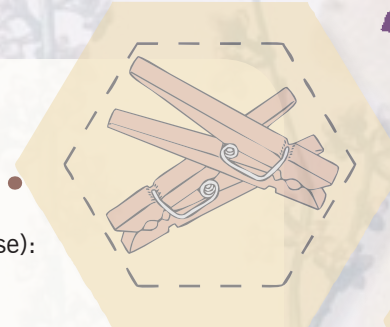
Beginner badge: Organic on a Budget / Farm Kitchen

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Horse Dreams / Garden Gate

Intermediate badge: Heirlooms Forever! / Garden Gate

Intermediate badge: Organic on a Budget / Farm Kitchen



continued ...

“When you do nothing, you feel overwhelmed and powerless.
But when you get involved, you feel the sense of hope
and accomplishment that comes from knowing
you are working to make things better.”

— Pauline R. Kezer

Merit Badge Awardees

Beth Pierce, Tree Sister #2755

Beginner badge: Horse Dreams / Garden Gate

Carrie Meerwarth, Carrie M #147

Beginner badge: Grease Chicks / Make It Easy

Beginner badge: Community Action / Each Other

Intermediate badge: Grease Chicks / Make It Easy

Intermediate badge: Community Action / Each Other

Intermediate badge: Lend A Hand to Families / Each Other

Expert badge: Grease Chicks / Make It Easy

Expert badge: Community Action / Each Other

Expert badge: Lend A Hand to Families / Each Other

Cheryle Duffy-Lehrer, shabbymys #604

Beginner badge: Self-sufficiency / Farm Kitchen

Beginner badge: Nellie Will-do / Stitching & Crafting

CJ Armstrong, ceejay48 #665

Beginner badge: Tatting / Stitching & Crafting

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

Expert badge: Grease Chicks / Make It Easy

Dana Josh, #1129

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

Dawn Bruce, daisydawn #2531

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Buttoned Up / Stitching & Crafting

Dawn Perry, windswept #2493

Beginner badge: Shopping Green / Cleaning Up

Debbie Brown, rileybrown #2007

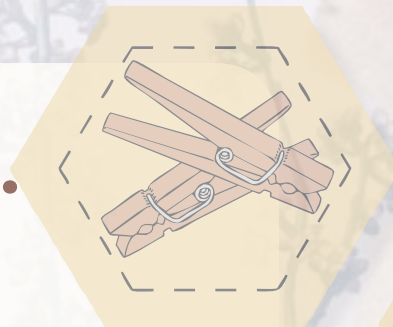
Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Get It Together / Farm Kitchen

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

Beginner badge: Going Green / Cleaning Up

Intermediate badge: Aprons / Stitching & Crafting



Merit Badge Awardees

Debbie Henkle, dhenkle #1527

Beginner badge: The Secret Life of Bees / Garden Gate

Dee McDaniel, deemc54 #2441

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Know Your Food / Farm Kitchen

Beginner badge: Heirlooms Forever! / Garden Gate

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Farmgirl Gratitude / Each Other

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Get It Together / Farm Kitchen

Intermediate badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Denise Meister, denisemgm #1976

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Farmgirl Grammar / Each Other

Intermediate badge: Knitting / Stitching & Crafting

Intermediate badge: Farmgirl Grammar / Each Other

Expert badge: Farmgirl Grammar / Each Other

Diana Vermillion, momofscum #2454

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Little Squirts / Each Other

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Backyard Farmer / Garden Gate

Intermediate badge: Shopping Green / Cleaning Up

Faye Brown, #2216

Beginner badge: Community Service / Each Other

Gail Springman, gspringman #486

Beginner badge: Safe Toys / Stitching & Crafting

Ginger Bayless, #468

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

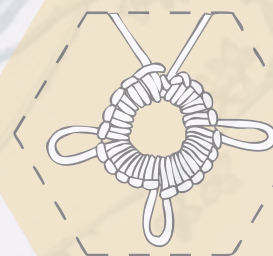
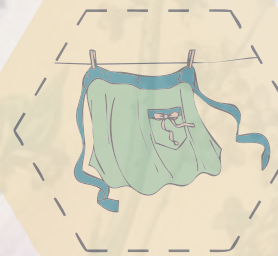
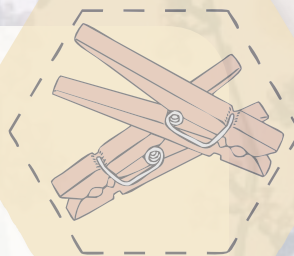
Intermediate badge: Sew Wonderful / Stitching & Crafting

Jill Arthur, Clickinchicken #1989

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Crochet / Garden Gate

Beginner badge: Shopping Green / Cleaning Up



continued ...

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“Believe and act as if it were impossible to fail.”

— Charles F. Kettering

Merit Badge Awardees

Judy Bowsher, Jubow #2497

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Scrapbooking / Stitching & Crafting

Kathleen Horton, Kat38 #2695

Beginner badge: Going Green / Cleaning Up

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Scrapbooking / Stitching & Crafting

Kathleen Lorentz, KathleenL #1620

Beginner badge: Know Your Food / Farm Kitchen

Beginner badge: Embroidery / Stitching & Crafting

Kathy Smothers, kathyjane #2565

Intermediate badge: Going Green / Cleaning Up

Kim Wingert, #2164

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Quilting / Stitching & Crafting

Kristina Nelson, FieldsofThyme #800

Beginner badge: Bustin' Out / Farm Kitchen

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

Intermediate badge: Bustin' Out / Farm Kitchen

Krystle Townsend, countrymommy85 #2595

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Woman-at-Arms / Outpost

Beginner badge: Heirlooms Forever! / Garden Gate

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

Beginner badge: Sew Wonderful / Stitching & Crafting

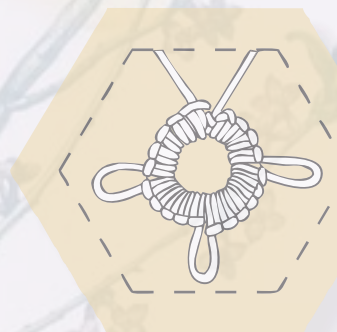
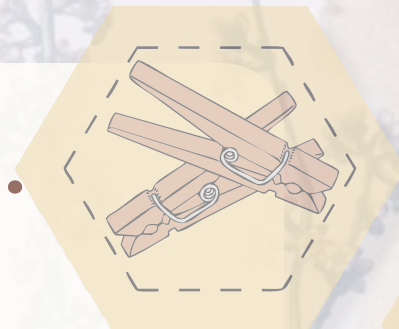
Beginner badge: Farmgirl Grammar / Each Other

Beginner badge: Going Green / Cleaning Up

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

Beginner badge: Bustin' Out / Farm Kitchen

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



Merit Badge Awardees

Intermediate badge: Woman-at-Arms / Outpost
Intermediate badge: Horse Dreams / Garden Gate
Expert badge: Woman-at-Arms / Outpost

Leigh-Ann Whitten, Ms. Treadle #1178
Beginner badge: Woman-at-Arms / Outpost

Linda Schram, Prayin granny #1375
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Knitting / Stitching & Crafting
Intermediate badge: Shopping Green / Cleaning Up
Expert badge: Shopping Green / Cleaning Up

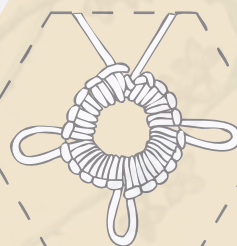
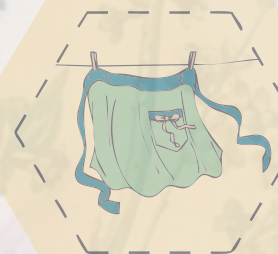
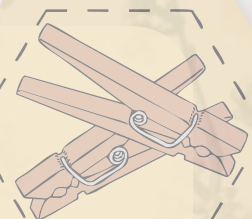
Llahoma Jackson, homerbug #2653
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Embroidery / Stitching & Crafting
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Community Action / Each Other
Beginner badge: Knitting / Stitching & Crafting

Mari-Lyn Lobinsky, LucyLobo511 #2571
Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Embroidery / Stitching & Crafting

Marie Hilliard, horselover #2214
Beginner badge: Lend A Hand to Farm Families / Each Other
Beginner badge: Little Squirts / Each Other
Beginner badge: Families Forever / Each Other

Melissa Bailey, MissLiss #724
Beginner badge: Homespun Christmas / Stitching & Crafting
Intermediate badge: Homespun Christmas / Stitching & Crafting

Michele Preston, batznthebelfry #2622
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: First Aid / Outpost
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Going Green / Cleaning Up



continued ...

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*“High achievement always takes place
in the framework of high expectation.”*

— Charles F. Kettering

Merit Badge Awardees

Nancy Marshall, nancym #159

Beginner badge: Scrapbooking / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: 'Out There' Women / Outpost
Beginner badge: Let's Get Physical / Make It Easy
Beginner badge: Self-sufficiency / Farm Kitchen
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Let's Get Physical / Make It Easy
Intermediate badge: Self-sufficiency / Farm Kitchen
Expert badge: Let's Get Physical / Make It Easy

Patricia Nickols, #2414

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Horse Dreams / Garden Gate
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Knitting / Stitching & Crafting

Pilar Stevens, retasos2 #2498

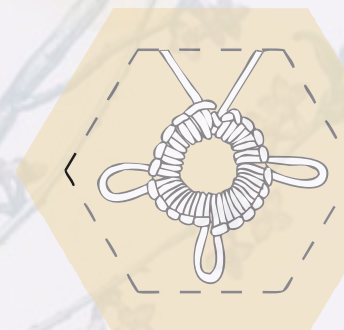
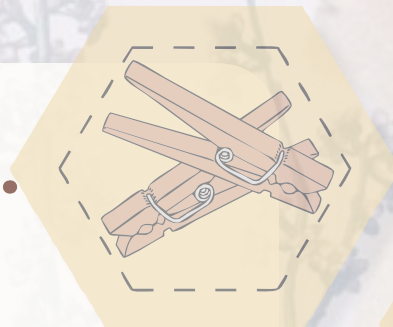
Beginner badge: Community Service/ Each Other
Beginner badge: Little Squirts / Each Other
Intermediate badge: Shopping Green / Cleaning Up

Rebecca Tando, Henny Becca #1952

Beginner badge: Backyard Farmer / Garden Gate
Intermediate badge: Aprons / Stitching & Crafting

Regina Wasson, familygirl #1023

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Families Forever / Each Other
Beginner badge: Forage for Food / Farm Kitchen
Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Farmgirl Shutterbugs / Each Other
Beginner badge: BakeOver MakeOver / Farm Kitchen
Intermediate badge: Families Forever / Each Other
Intermediate badge: Forage for Food / Farm Kitchen
Intermediate badge: Self-sufficiency / Farm Kitchen
Intermediate badge: Get It Together / Farm Kitchen
Expert badge: Get It Together / Farm Kitchen
Expert badge: Forage for Food / Farm Kitchen



Merit Badge Awardees

Remi Davis, Cibola #2547

Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Build It Green / Make It Easy
Beginner badge: Crochet / Stitching & Crafting
Beginner badge: First Aid / Outpost
Beginner badge: 'Out There' Women / Outpost
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Let's Get Physical / Make It Easy
Intermediate badge: Shopping Green / Cleaning Up

Rene Robinson, #950

Beginner badge: Make It / Make It Easy

Rusty McHale, Rusty #1572

Beginner badge: Farmgirl Grammar / Each Other

Sarah Smith, SarahSmithGiles #2654

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

Shari Dodd, Ms. Hannigan #1158

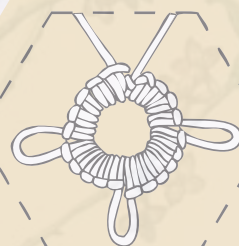
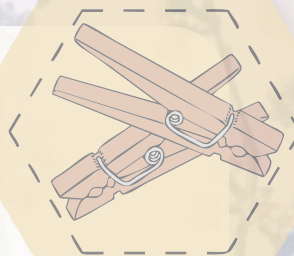
Beginner badge: Buttoned Up / Stitching & Crafting

Sunny McDonald, Mtnsunshine #914

Beginner badge: Going Green / Cleaning Up
Beginner badge: Green Energy / Cleaning Up
Beginner badge: Lend A Hand to Farm Families / Each Other
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Families Forever / Each Other
Beginner badge: Forage For Food / Farm Kitchen
Beginner badge: Organic on a Budget / Farm Kitchen
Beginner badge: Pay It Forward / Farm Kitchen
Beginner badge: Bustin' Out / Farm Kitchen
Beginner badge: Horse Dreams / Garden Gate
Beginner badge: Build It Green / Make It Easy
Beginner badge: Woman-at-Arms / Outpost
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting

Tamara Burger, GrammyTammy #2495

Beginner badge: The Secret Life of Bees / Garden Gate



continued ...

"It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

— Leonardo da Vinci

Merit Badge Awardees

Beginner badge: BakeOver MakeOver / Farm Kitchen
Beginner badge: Pay It Forward / Farm Kitchen
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Scrapbooking / Stitching & Crafting
Beginner badge: Farmgirl Shutterbugs / Each Other
Intermediate badge: Sew Wonderful / Stitching & Crafting
Intermediate badge: Buttoned Up / Stitching & Crafting
Intermediate badge: Pay It Forward / Farm Kitchen

Terri Heinz, artfulsister #2550

Beginner badge: Farmgirl Gratitude / Each Other

Tommily King, #2165

Beginner badge: Going Green / Cleaning Up

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Trina King, #1999

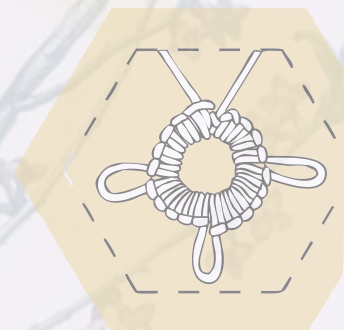
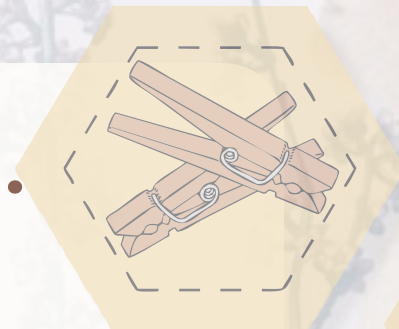
Intermediate badge: Entrepreneurial Spirit / Each Other

Vickie Garver, 13Grandma #2316

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Crochet / Stitching & Crafting



*an **apple** a day
keeps the doctor away*



Farmerettes & Young Cultivators

Merit Badge Awardees

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

Dalton Austin, Young Cultivator of Tammy Austin #2309
Beginner badge: Weaving In and Out / Stitching & Crafting
Intermediate badge: Weaving In and Out / Stitching & Crafting

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

Ella De Luca, Young Cultivator of Vicky De Luca #2398
Intermediate badge: It's In The Bag / Cleaning Up

Isabella Stevens, Young Cultivator of Tammy Austin #2309
Beginner badge: Weaving In and Out / Stitching & Crafting
Intermediate badge: Weaving In and Out / Stitching & Crafting

Joshua De Luca, Young Cultivator of Vicky De Luca #2398
Intermediate badge: It's In The Bag / Cleaning Up

Maggie Grace Odle, Young Cultivator of Tammy Austin #2309
Beginner badge: Weaving In and Out / Stitching & Crafting
Intermediate badge: Weaving In and Out / 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!

*“Never tell people how to do things. Tell them what to do
and they will surprise you with their ingenuity.”*

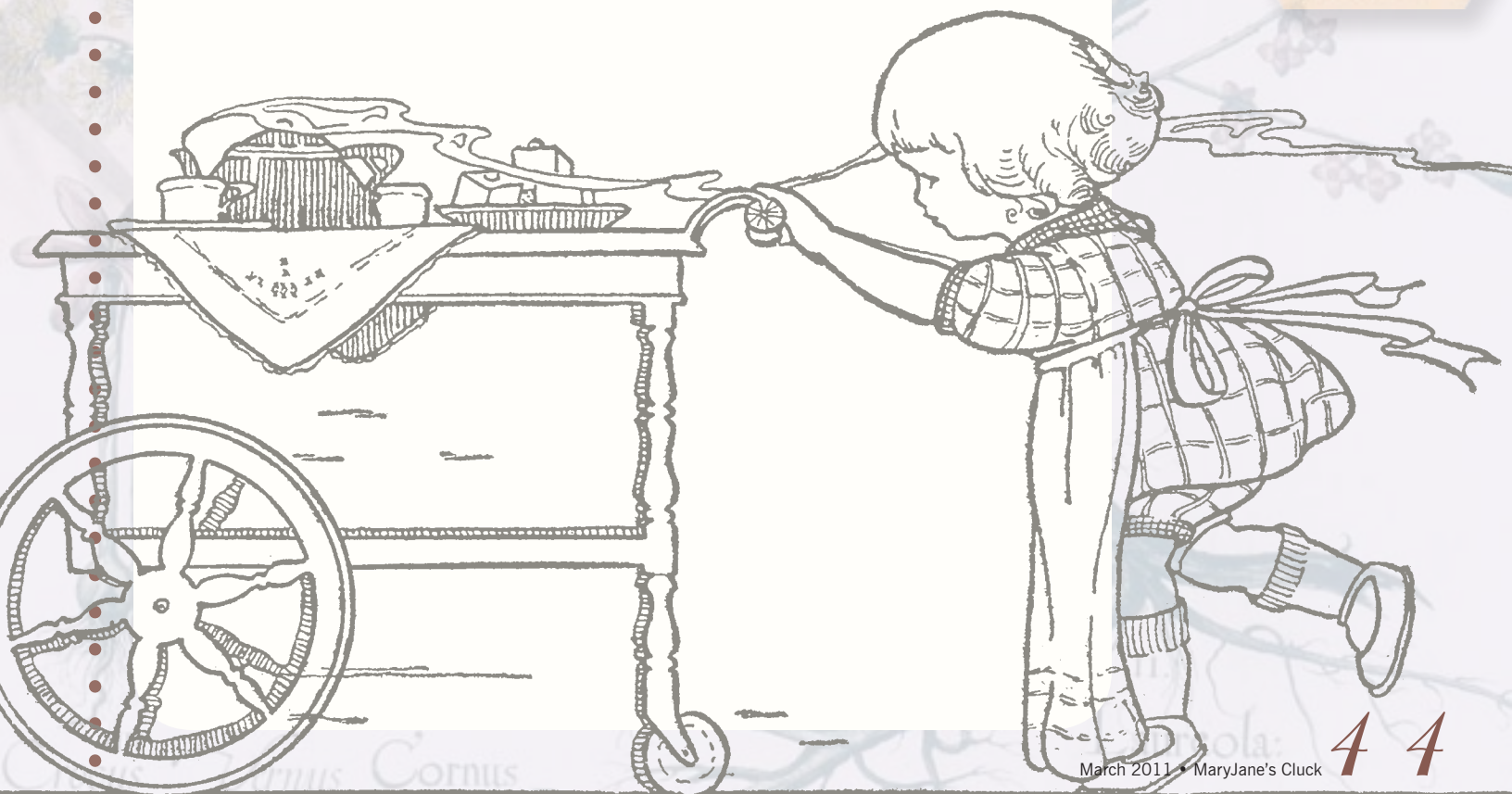
– General George Smith Patton, Jr.

Merit Badge Awardees

Ramiro Burrell, Young Cultivator of Ginger Bayless #2468
Intermediate badge: It's In The Bag / Cleaning Up

Samantha Stevens, Young Cultivator of Tammy Austin #2309
Beginner badge: All Buttoned Up / Stitching & Crafting
Beginner badge: Weaving In and Out / Stitching & Crafting
Intermediate badge: All Buttoned Up / Stitching & Crafting
Intermediate badge: Weaving In and Out / Stitching & Crafting
Expert badge: All Buttoned Up / Stitching & Crafting

Tori Stevens, Young Cultivator of Tammy Austin #2309
Beginner badge: Weaving In and Out / Stitching & Crafting
Intermediate badge: Weaving In and Out / Stitching & Crafting





Young Cultivators Group

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

The Art of Appreciation

This month, my Young Cultivators turned their attention toward the people that make their lives special. In earning their Thank You badges, the kids had three main responsibilities. First, they kept track of things to be thankful for each night, then they began an ongoing gratitude project for their teachers. Finally, they threw a tea party for their younger siblings (they are each the oldest in the family). They picked out special tea cups that were just right for each child at the thrift shop and reserved a little room at a local café. Each child was in charge of bringing a snack and a decoration. We had edible hibiscus flowers, cut vegetables with hummus, tangerines, and almonds. The girls brought strands of white lights, flowers, and cards for everyone. Something unexpected and very special happened when these girls came together to celebrate their little brothers. They were thankful, but what's more, they were proud of their roles as older siblings. When one child was asked what she taught her brothers, she replied "I taught the boys how to eat with their mouths closed." Another shared that she taught her brother to use his imagination! The last moments of the party were spent making Get Well cards and a "Tea Party to Go" for a Young Cultivator and her sister who were at home sick. If you are trying to decide what badge to try next, I highly recommend the Thank You badge. There is no skill more central to human happiness than the art of appreciation. Cultivate it. *Each Other.*

Thank you!

Beginner Level

- Write or draw in a gratitude journal daily for two weeks.

Intermediate Level

- Express your gratitude in a letter or a drawing to the public servants of your town, such as the police, firefighters, your mail carrier, your dentist or a doctor, or someone else you know who's done things for you or your family. (If you are younger, a picture says a thousand words.) Instead of a letter or drawing, you could offer your mail carrier some lemonade on a hot day, or you and a group of friends could go to your local fire department and wash their fire truck. Be creative.

Expert Level

- Do something to show your appreciation for your family. Help your parents make dinner; have a day of helping with your younger siblings; give a special gift to your older siblings or your grandparents; or do other things that show how much you appreciate them.



A Farmerette's Diary

Horse Dreams

When I was in North Carolina last fall attending several Farmgirl Chapter meetings, I met a remarkable Farmerette named Heather McElravy. Heather, 14 years old, sings opera! After I picked my jaw up off the ground, I noticed her eyes really lit up once we started talking horses. Below are some of her diary entries she shared with me, but her solution for having a horse of her own is worth sharing with other young girls. Cowgirl hats off to every young woman who longs for a horse of her own. Ride it out! You'll get there. – MaryJane

Dear Diary,

Today I went out for my 9:30 a.m. riding lesson. I ride a 14.2 hh dark chestnut Cob pony named Phantom. I've been riding him for about eight years. Phantom and I are a great team. He is real lazy sometimes, so I have to push him to do what I want him to do. I remember my first lesson with him. He was too tall for me to groom and the saddle was too heavy for me to lift or put on, so my riding instructor, Alexa (whose family owns the stable where he is kept), had to help me out. When I finally got on, I felt like I was on top of the world and still do! I've loved horses all my life—even at 18 months old, I was pointing at horses and ponies. When I was about 4, I rode ponies at the fairgrounds. When I was 6, I started taking lessons with Alexa and Phantom. My lesson today was real fun, Phantom and I cleared some jumps and cantered. After the lesson, we went on a nice long trail ride around Alexa's property. I can't wait until our next lesson.

Dear Diary,

Today I went to the barn, but instead of riding in the ring, Alexa, Phantom, and I went across the street to see a newborn colt named Oliver. I was real exited when Alexa told me the foal had been born, but was even more exited when she said we were going to see him. Alexa, Phantom, and I crossed the street and went to Lady and Oliver's pasture. We were soon accompanied by the mare and colt's owner. The colt was very cute and had a bay coat and long wobbly legs with a huge star on his forehead. As I rode toward the barn, I thought about how much I would love to have a horse of my own. I decided I would think of a plan to get my very own horse. I knew it would be tough because I can't just want a horse, I have to be able to love and support it. Between veterinarian bills and boarding costs, owning a horse is expensive. When we got back to the barn, I untacked Phantom and hosed him off to cool him down, then put him in his stall to rest.

Dear Diary,

About a week ago, I decided I wanted a horse of my own, so I researched boarding costs, vet bills, and other things I would need and here is what I found:

Boarding cost: \$550 per month

Blacksmith: \$30 - \$80 every eight weeks

Vet: \$200 - \$300 per year



MARYJANES FARM



Equipment I'll need:
Grooming set: \$45
Bridle: \$20
Girth: \$23
Halter and Lead Rope Set: \$11

I already have a saddle, thank goodness, because those can range anywhere from \$200 to \$1,000 or more! Other than all this, I will have to make time to take care of the horse. Horses are a lot of work, but I am ready for it!

Dear Diary,

I told my parents I want a horse a few days ago and showed them all the information I had gathered. But my parents said we can't afford it right now. I'm really sad, but I will not give up. Horses are my life, and even though I don't have one now, I will one day, I just know it!

In the meantime, I spend time on a website called **www.howrse.com**. I play a virtual reality game where I buy, sell, breed, train, and "care" for horses. They have several chatrooms where we talk, ask questions, share knowledge, and make trades. Many of the players are adults, so there are plenty of discussions about real horses and rescue operations.

"There's just something about the outside of a horse that is good for the inside of a person."

— Winston Churchill



Horses haven't always been so expensive to keep, or my goodness, even available virtually online! Way back when Carol Hill, *MaryJanesFarm* lead designer, was a rodeo queen, little girls and horses were as common as mud pies.



Young Cultivator
Garden Gate:
"Horsing Around" Badge
[Click Here.](#)

March

Farmgirl Sisterhood Special

We'd like to invite you to tea!!

When my mother announced TEA! we'd all come running. From the pitcher she'd just carried outside, she'd pour freshly brewed hot tea over ice cubes piled high into special tall glasses. With a fresh sprig of mint floating on top, we'd grab a spoon, add some sweetener, and then join her for a porch sit—family nourishment in more ways than one. But I suspect her favorite teas were those when she sat with just her girlfriends sharing recipes, child-rearing thoughts, hair-do tips, community to-do lists, and undoubtedly a secret or two.

To that end,

if you order at least \$100 from any of our DIY bulk foods during the month of March, you'll not only get 10% off your bulk order, we'll also enclose a FREE tea party kit

(retail value \$63). Find our DIY bulk [here](#).

(During checkout, type in HIGH TEA under "Order Comments.")

In your girlfriend tea kit, you'll get:

6 fill-in-the-blank invitations and table place cards

6 *MaryJanesFarm* magazines (our choice)

Two 4 oz. bags of loose-leaf Mountain Rose Herbs organic tea
(our choice: one each herbal and caffeinated)

50 individual press-and-go tea bags

Here's what we're imagining:

six farmgirls gathered together for tea with maybe bonnets and gloves, a table set with fresh flowers, a tray of special desserts, and for sure, six aprons close by for divvying up the tea and bulk food before heading home, having just preserved a bit of yesterday for tomorrow.

While we wish we could actually join you for tea

and meet the members of your new impromptu "buying club," we'll be there in spirit.

Don't forget to send photos of your time together! And if you have any questions at all about our bulk foods, give my son, Brian, or daughter, Megan, a call at 888-750-6004.



Press 'N Brew tea bags are the perfect solution for brewing loose leaf tea. Free of dioxins and glue, they've been whitened naturally with hydrogen peroxide. Ideal for packaging your own tea blends, bringing your favorite tea along while traveling, and a fun, convenient way to share your custom blend with others. Name it and claim it! Simply fill bag with tea and press an iron along the open end to close.

MaryJane
March 2017 • MaryJane's Club

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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, & More



Our April/May issue, "Sister Act," is being sent to subscribers now and will hit newsstands on March 15. In it, you'll read about raising chickens indoors (think nappies!), organic potluck ideas, unique lamps made from discards, how to convert your lawn to garden space, and more.

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

If you have a subscription, you should have received your magazine by about March 5. (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 [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:

March 02 ~ Read Across America Day
 March 08 ~ International Womens' Day | Shrove Tuesday
 March 09 ~ Ash Wednesday
 March 11 ~ Johnny Appleseed Day
 March 13 ~ Daylight Savings Time Begins (Spring Ahead)
 March 14 ~ International Ask a Question Day
 March 17 ~ Campfire Girls' Day | St. Patrick's Day
 March 19 ~ Purim Begins (at sundown)
 March 20 ~ Purim Ends (at sundown) | First Day of Spring
 March 21 ~ National Common Courtesy 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 Spring. Buy them together and save \$15! *MaryJane's Ideabook*, *Cookbook*, *Lifebok*; *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 1,187 Farmgirl Chapters have been started in all 50 states
and 8 countries with 2,750 Sisterhood members —
growing stronger every day!