

MaryJane's Cluck™

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

July 2011

Life made us FRIENDS, MaryJanesFarm made us SISTERS!

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{HELLO FROM SISTER #1} with MaryJane

News from the Farm! (really our B&B)

Our B&B season has been perfect so far, made extraordinary last week. Two couples, one of the four a pastor, purchased our honeymoon package. That means they were greeted with champagne and chocolate, enjoyed a hot outdoor bubble bath every evening, and were served breakfast in bed in their tents.

My daughter, Meg, who has always wanted to be a wedding planner, pampered them big-time once she found out they were here for a 20-year vow renewal.

Meg and Kim spent the entire afternoon setting up a surprise candlelit altar lined with bouquets of yellow roses. (We have thousands of roses in bloom.)

The bride cried. The groom blushed.

Afterward, my daughter said to me, "Mom, when someone tries that hard to make their lives good and right, they deserve to be pampered."

Amen.

MaryJane



Here's Meg's darlin' daughter taking time to smell the roses.



Each Other

In the Shelter of Each Other



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

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



Megan Rae (Sister #2) grew up “on the farm”—MaryJanesFarm. She attended Gonzaga University and received a bachelor’s degree in Journalism. After marrying her college sweetheart, they moved to Kansas and bought their first home on a cobblestone street. Her love for writing, editing, and well, her Mom, finally brought her back to the farm. Raising her 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).

A Chick Shower!

It’s that time of year: those adorable little furry chicks are lightening everyone’s mood. Their little chirp, chirp is such a sweet sound. And the farmgirls in the Prairie Moon Cabin Chapter are full of sweet ideas!

When the Prairie Moon Cabin girls learned that their Allison had never had a baby shower (she has one grown child), they got to thinking. As soon as she brought home her new chicks, they scheduled a chapter meeting at her house and ... SURPRISE, A CHICK SHOWER! Of course, they went with a chicken theme. Kim made valances with chickens on the fabric for Allison’s new coop. Allison received everything from books titled *Eggs in Purgatory*, *A Cackleberry Mystery* and *Fowl Play* to egg-gathering baskets.

And all the eats were egg-stravagant! Potato salads and deviled eggs are delicious this time of year. And most desserts contain eggs, including the adorable cake that Pam made for Allison. They even threw in a few shower games, not so eggy, but more on the cheesy side—like the old standby, “See how many words or phrases you can make out of another word or phrase,” the phrase being “Chicks Rule.”

And finally, each and every member of the Prairie Moon Cabin girls got to name a chick.

I had the privilege of meeting Lorraine, Prairie Moon Cabin Chapter member, while Mom and I were on our recent travels, and I am certain any party thrown by Lorraine and her fellow members would be a fun one! As she said about the chick shower, “And they’re all getting so big now—we’re all so proud.”





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

MARYJANES FARM



“We can see a thousand miracles around us every day.
What is more supernatural than an egg yolk
turning into a chicken?”

– S. Parkes Cadman



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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.

Cabbage Soup ... the dish, not the diet!

Okay ... show of hands: Who's subjected themselves to the cabbage-soup diet in an effort to lose weight fast? My hand is high in the air ... as is the hand of my friend, Brooke.

I've bragged about Brooke before; she's a classically trained chef who had a dessert featured in *Gourmet* magazine. So imagine my shock when I dropped by her house the other afternoon and there, on the chef's stove, was a steaming pot of cabbage soup!

"You are *not* on the cabbage soup diet!" I insensitively declared. Well, she sheepishly admitted she was. I not only felt like a heel, but shortly thereafter, I had to eat my words as I ate her *delicious* soup!

The pan on Brooke's stove contained something that looked and smelled nothing like the slop I used to choke down in my quest to "lose 10 pounds in 7 days." In fact, it smelled amazing! Brooke's creation has a distinctive Asian flare, more like chow mein than the "classic" cabbage soup.

Don't get me wrong; I am pro-cabbage, pro-soup ... even pro-cabbage soup. But those of you who raised your hand in response to my opening question can surely relate to that tipping point in the cabbage-soup diet where you cannot bear one more bite of that wretched soup.

Well, set aside your past experiences (and set aside the diet while you're at it) and reacquaint yourself with this flavorful and healthy pot of goodness. Brooke's soup transcends any previous prejudices you might have.

Brooke's Cabbage Soup

- 1 t sesame oil
- 8 oz mushrooms, sliced
- 1 cup celery, diced
- 3/4 cup carrots, diced
- 1 cup onion, peeled and diced
- 2-3 cloves garlic, peeled and finely diced
- 1 red bell pepper, diced
- 1 T soy sauce
- 1 T fish sauce*
- 8 oz cabbage, shredded
- 3-4 cups chicken or vegetable stock
- cilantro to taste
- salt and pepper to taste

Featured Recipe

1. Heat oil in a large soup pot. Add mushrooms and sauté for about 5 minutes. Add celery, carrots, onions, and garlic. Cook for 3–4 minutes, stirring occasionally.
 2. Add red pepper, soy sauce, and fish sauce and cook for 1 minute. Add cabbage and stock.
 3. For a slightly crunchy soup, simmer for about 15 minutes. Add cilantro and salt and pepper to taste.
- * "Fish sauce does not smell good at first," says Brooke. "But it is the key to making this soup taste great!"





Garden

Bloom Where You're Planted

Gate



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



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

“Green blades of grass and warbling birds, children that gambol and play, the clouds of heaven above.”

– Walt Whitman

The Birds and the Bees and the Flowers and the Trees ...

... and the butterflies. All of these components make up the magical web of the natural world. As for your little corner of the world, what magnificent creatures make magic where you live?

Here's a terrific website: www.pollinator.org. Beautifully organized and searchable by zip code, you can download regionally specific planting guides for creating a garden area rich with nectar and pollen. The site makes recommendations for incorporating native plants specific to your area, as well as useful flowering perennials and shrubs for “generalist” pollinators. Habitat and nesting information is there as well.

I reside in the “Intermountain Semi-Desert Province,” and I love the list of native plants they recommend for my area: penstemons, currant bush, wild phlox, and Nuttall's violet. I have them all! Plus, I have the recommended roses and lavenders for the “generalists.” And while I knew pollinators were important for pollinating crops, I was not aware that food crops—tomatoes, watermelons, eggplant, and blueberries—give back to nature as a food source for the flittering critters, too.

Check out this website, too: **Beautiful Wildlife Garden**. A team blog, these gardeners are all about “habitat gardening.” In addition to the pollinators, they plant to encourage visiting bats, frogs, and a few things that slither. Better than me when it comes to slither.

Many farmgirls' gardens have already become Certified National Wildlife Habitats, but if you are interested in knowing more about providing water, food, and cover for nesting/resting, check out their extensive website of information. They have a great Wildlife Gardens Flickr photo group with absolutely gorgeous photos of newts, gators, turtles, fritillaries, and newborn red-bellied woodpecker chicks. Wow!

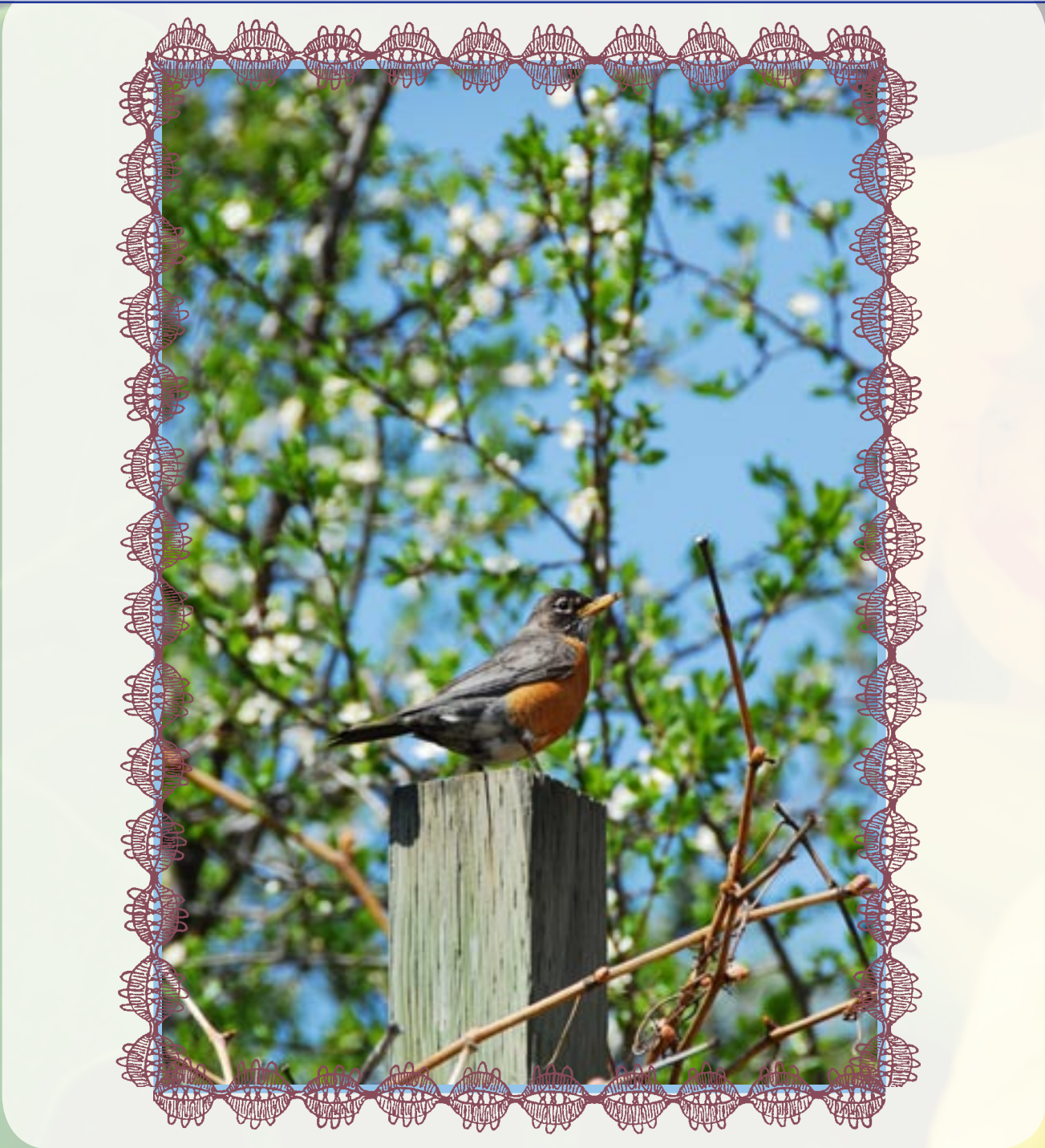
Is nature cool or what?





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

MARYJANESFARM



Women Transforming Our Food System



We first met Lisa Kivistik when we featured her off-the-grid B&B in our Oct–Nov 2010 issue. In our current issue, we introduce you to her new cookbook, *Farmstead Chef*. Here, Lisa keeps us updated on the latest happenings in her world.

A leading national advocate for championing the inspiring story of women transforming our food system, Lisa Kivistik serves as a distinguished Kellogg Food & Society Policy Fellow and founded and directs the Rural Women's Project, a venture of the Midwest Organic and Sustainable Education Service (MOSES) that supports women farmers and food entrepreneurs. She and her family run **Inn Serendipity Farm and Bed & Breakfast** outside Monroe, Wisconsin, completely powered by renewable energy and considered among the "Top Ten Eco-Destinations" in North America.

Her culinary focus on organic, local, and seasonal cuisine earns recognition in publications from *Vegetarian Times* to *Country Woman* and inspired the new cookbook co-authored with her husband, John Ivanko, *Farmstead Chef*. Lisa and John also co-authored the award-winning books *ECOpreneuring* and *Rural Renaissance* and she writes for *Hobby Farm Home*, *Hobby Farms*, *Edible Madison*, and *Renewing the Countryside*, a non-profit organization showcasing rural entrepreneurial and agricultural success stories. Lisa writes a column spotlighting national policy issues for the Women, Food & Agriculture Network (WFAN) and is organizing a national summit to support more women in sustainable agriculture taking on leadership roles: Cultivate 2012: Creating Collaborative Opportunities for Women in Sustainable Agriculture to Transform our Food System.

Plate to Politics:

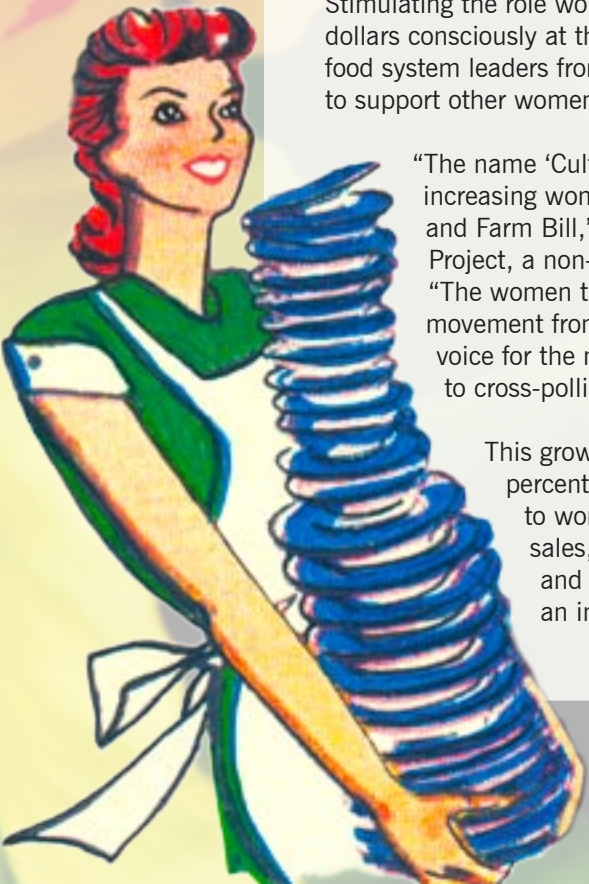
New Initiative Cultivates Women Leading Food System Change

By Lisa Kivistik

What's the key ingredient to increasing healthy, fresh, local options for everyone's family plate? Stimulating the role women play in that process, from planting seeds in the field to spending our dollars consciously at the grocery store or farmers' market. In May, a diverse group of thirty women food system leaders from across the country gathered in Wisconsin to do exactly that: champion ways to support other women leading the sustainable agriculture revolution leading to good food for all.

"The name 'Cultivate 2012' stems from the fact that next year will be a pivotal year for increasing women's leadership and voice around food issues through the next election cycle and Farm Bill," explains Liz Johnson, National Director Rural Leadership for The White House Project, a non-profit aiming to advance women's leadership in all communities and sectors. "The women that gathered at Cultivate 2012 represented a cross-section of this inspiring movement from different generations, geography, cultures, and communities bringing forth the voice for the millions of women nationwide committed to a healthy food system and starting to cross-pollinate new solutions."

This growth of women taking on changing our food system is evidenced in a 30 percent growth rate in new women farmers, according to the last USDA ag census, to women fueling unprecedented growth of areas like farmers' markets, organic sales, community gardens, and school lunch reform. Sharing innovative ideas and in collaborative spirit, these women gathering at Cultivate 2012 represented an impressive range of backgrounds, such as Lydia Villanueva, a Latino farmer





organizer from the Texas Panhandle; Severine von Tschanner Fleming, a beginning farmer advocate and producer of the film “The Greenhorns”; and Aurora Conley, a tribal leader working to preserve native strands of wild rice in northern Minnesota. The group included distinguished authors, leaders of national grassroots organizations, policy analysts, political activists, farmers, and academics—all of whom, together in one room, dove into the historic opportunity to make a huge impact on our current and future national food system.

“While we’re pleased to have achieved our goal of building a strong national coalition of women leaders in the sustainable agriculture movement, this gathering more importantly initiated collaborative projects and next steps toward concrete change in the next 18 months,” adds Leigh Adcock, Executive Director of the Women, Food & Agriculture Network (WFAN), a national non-profit empowering women dedicated to sustainable agriculture. “‘Cultivate 2012’ provided the starting point and initial gathering to launch a larger ‘Plate to Politics’ initiative that will inspire and involve increasing numbers of women across the country.”

Key projects for “Plate to Politics” include:

- Develop a national database collecting and championing the inspiring stories of women farmers and food activists across the country and connect these women with leadership opportunities.
- Educate Congressional leaders on policy issues of importance to women in sustainable agriculture.
- Create an informational toolkit and resources to educate and inspire voters on food issues.
- Support and further develop the authentic, positive message of this movement prioritizing health, economy, and food in the media.

“The core of this work roots in a deep and collaborative commitment to social and racial justice that drives the action agenda we developed, including perspectives from rural and urban, women of color, young women, native women, immigrant women, and elders,” sums up Lisa Kivist, director of the Rural Women’s Project for the Midwest Organic and Sustainable Education Service (MOSES) author of *Farmstead Chef* and *Ecopreneuring*. “A long-standing strength of this movement roots in our shared intensely collaborative, progressive and innovative passion toward working together to steward our world for our children and families, a vision that will spark a dynamite harvest of change throughout 2012 and beyond.”

The Plate to Politics website, www.platetopolitics.org, will serve as a way for you to join this movement and hear about these initiatives and involvement to come. One immediate opportunity is a Midwest-based workshop series this summer for women farmers and food activities held on women-owned farms: *In Her Boots: Sustainable Farming for Women, By Women*. See the MOSES Rural Women’s Project site for more info and dates/locations: www.mosesorganic.org/womensproject.

Ask any organic farmer what cultivates a healthy harvest and most likely they’ll credit the health of the soil, a soil filled with an abundant diversity of nutrients and living organisms.

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.

Beeswax Candle Making

It is estimated that bees fly a collective 150,000 miles and eat 10 pounds of raw honey to make just one pound of beeswax. This resulting wax has been used for centuries to illuminate homes with its sweet smell and warm light. The last time I stopped by the store to buy votive candles, I was struck by the high price of even the most basic candle. Since I use beeswax to make lip balms and body products, I thought I would try to pour my own candles. It was easier than I expected!

Gather some containers to hold your candles—try old teacups, jars, or tins. I had a set of glass votive holders at home, the ones I had been looking to refill anyway. They were originally used at a best friend's wedding, so they are sentimental. I ran to my local craft store and bought a set of thick wicks with metal discs at the bottom to keep them steady as the wax dries. Buy your beeswax from a local honey farmer or from Mountain Rose Herbs [here](#).

Using a double boiler, melt a big chunk of beeswax. I used a little less than a pound to fill five fat votive containers and a little jar. It takes a long time to melt enough wax to fill several containers, but be patient. You can order beeswax pastilles instead of block beeswax from Mountain Rose Herbs, and I hear this speeds up the process considerably.

Bring the wax to its melting point of around 145°F, but not much beyond that to preserve the natural scent and color. Some people I talked to after making my own candles advised me to heat the containers slightly before pouring so that the wax cools as slowly as possible, to help prevent cracks. My candles were fine without this step, but if your kitchen is chilly, you may want to give it a try. Once your wax is melted, place a wick in each container and carefully pour. I added some lavender flowers and a bit of essential oil to my candles, but this step is up to you. Beeswax candles will burn cleanly and make lovely gifts, so make a few extras while you are at it.





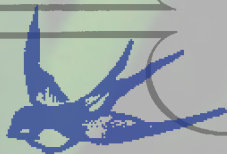
{STITCHING & CRAFTING} with Rebekka Boysen-Taylor | to earn a Sisterhood badge in this category, [CLICK HERE](#)

MARY JANE'S FARM



“How doth the
little busy bee
improve each
shining hour,
And gather honey
all the day from every
opening flower! ”

— Isaac Watts



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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.

Rustic Birdhouse

My farmgirl pal, Michele Hieb, is a fellow bird lover, and she's become locally famous for her rustic birdhouses. She recycles weathered or leftover lumber for the basic structures. The finishing touches are what make her birdhouses so whimsical and charming. She often uses rusty, corrugated tin for roofing and rusty odds and ends for perches and added embellishments. Like what, you ask? Old doorknobs, bent spoons or forks, rusty hinges ... small "pieces of the past" that you'd find in a junk pile or dollar box at an auction.

Michele made this birdhouse for me, and since I collect blue marble enamelware, she made the birdhouse roof out of an old pie plate. The perch is an antique garden claw. Cute! The construction is simple, and one of the side pieces swings out for easy cleaning. Any old metal pie plate will do (standard size is 9"). The plain type is very inexpensive and easy to find at secondhand stores. Enamelware will run a little higher; expect to pay between \$5-\$15, depending on the condition of the plate.

Supplies:

Part of a 1" x 6" board
Nails
Something for the perch (even a long nail will work)
9" metal pie plate

Directions:

First, the dimensions that you'll need to cut your board into:

Two front pieces: 5 1/2" x 12"

Two sidepieces: 3 1/2" x 12"

Bottom pieces: 4" x 4"

With a hole saw, make a hole about 1 1/2" in diameter on the front piece. Once you've cut your board up and made the opening, nail the pieces together, beginning with nailing the side pieces onto the back piece. Then, add the bottom piece. The "clean-out door" piece will be fitted into place last.



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

You want the door to fit snugly, but not so tight that you can't pull it open when the birdhouse is completed. You might want to sand down the sides a wee bit if the fit is too tight. Nail only the top sides of this piece to the front pieces (this makes it like a hinge). The bottom of the door is nail-free. If your door piece is a little too loose, simply pound a small bent nail into the side piece so that you can use it as a moveable keeper—it will slide over the door and keep it closed.

Place the pie plate on top and hammer two nails into the tops of the front and back pieces. If you have an enamelware plate, you might want to drill the holes into it first to avoid chipping the enamel.





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.



Natural Sunburn Relief

It's easy to underestimate the power of the sun, especially when busy playing, gardening, swimming, picnicking, hiking, and enjoying activities in the outdoors. The next time that you wind up with a sunburn, try these simple, homemade remedies utilizing herbs and natural elements. Not only are they simple to whip up in a jiffy, but the botanical ingredients are known for their ability to offer relief, assistance, and healing. (Note: Before using any of the tips or suggestions in this article, make sure to cool off the sunburned area with a cool shower or with compresses, drink plenty of water to prevent dehydration, and only use moisturizers that are alcohol- and perfume-free. In case of a severe burn or blistering, consult with a doctor before using any of these recipes.)

Aloe After-Sun Spray

Aloe Vera Gel is one of the very best ingredients for burns; it offers immediate relief, shortens recovery times, and hydrates the skin. It can be used alone, but is even more powerful when combined with medicinal Calendula, gentle and relaxing Lavender, cooling Peppermint, and anti-oxidant rich Vitamin E Oil.

2 oz Aloe Vera Gel
2 oz organic Calendula Hydrosol
15 drops organic Lavender essential oil
5 drops organic Blue or Roman Chamomile essential oil
2–5 drops organic Peppermint essential oil
10 drops Vitamin E Oil

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

Baking Soda & Lavender Paste

Baking Soda is extremely beneficial for treating sunburn and alleviating itchy skin, while Lavender is soothing and healing.

1/4 cup Baking Soda
1 1/2–2 T organic Lavender Hydrosol
5 drops organic Lavender essential oil

Mix all ingredients until a medium-thick paste forms. Apply gently to the skin and allow to dry. Once finished, rinse off carefully without irritating sunburned skin. Makes 1 treatment.

Green Tea Compress

Green Tea is a powerful anti-oxidant and may be applied topically before and after sun exposure. Green Tea has been shown to help reduce skin inflammation and redness, protect skin cells, and to assist with the adverse effects of UV radiation exposure. It naturally contains tannic acid, theobromine, and polyphenols—all of which ease and repair sunburned skin. Aside from applying Green Tea externally, try sipping on the cooled or iced tea throughout the day to further take advantage of green tea's beneficial properties.





To create a compress from green tea, make an infusion by pouring boiling water over organic loose-leaf tea and allow to infuse until cool. Once it has cooled, strain out the leaves and reserve the liquid. Soak a clean cloth in the infusion and place on the sunburned skin for 5–10 minutes at a time. This process may be repeated several times a day.

Oatmeal & Herb Bath

Oatmeal is a wonderfully soothing ingredient for sunburns, especially with the addition of these calming, therapeutic, and aromatic herbs.

- 2 cups organic Oatmeal
- 1/4 cup Baking Soda
- 1/2 cup organic Chamomile flowers (fresh or dried)
- 1/2 cup organic Lavender flowers (fresh or dried)
- 1/2 cup organic Calendula flowers (fresh or dried)
- 2–4 T organic Green Tea leaves

Place all ingredients in a muslin bag or cheesecloth, tie under the bathtub faucet, and draw a lukewarm bath (hot water will dry out and irritate the skin). Soak for 10–15 minutes. Allow the bag filled with oatmeal and herbs to float freely around the tub.

Peppermint & Green Tea Cooling Mist

Peppermint is very cooling to the skin and helps provide instant relief for irritated and hot skin. Incorporating Green Tea into the blend helps reduce inflammation, redness, and the adverse effects of UV radiation exposure.

- 6 oz distilled water
- 2 T dried organic Peppermint leaf
- 1 t organic Green Tea leaves
- 1–2 drops organic Peppermint essential oil (optional)

Pour boiling water over the Peppermint and Green Tea leaves, and infuse until cool. Strain out the leaves, and pour the remaining liquid into a 4-oz spray bottle. Add the essential oil (if using) and shake to combine all ingredients. Mist directly on sunburn for relief. Use within 1–2 days, or store in the refrigerator up to 1 week.

Yogurt After-Sun Relief

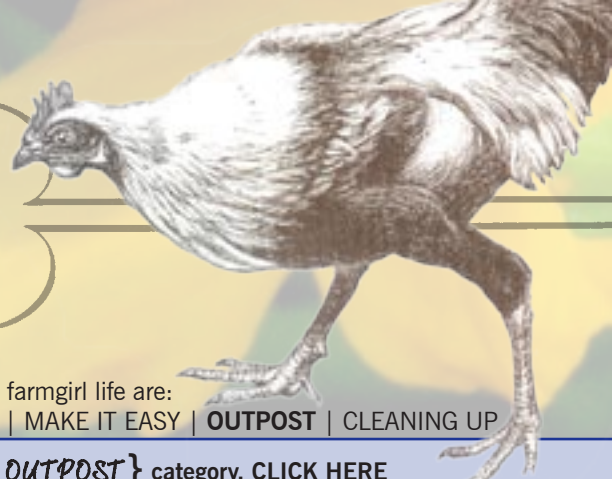
Yogurt contains enzymes and acids that sooth, cool, and reduce irritation. Adding Aloe Vera Gel and Lavender essential oil further increases the healing and soothing properties.

- 4 oz plain organic or homemade yogurt
- 1 oz Aloe Vera Gel
- 15 drops organic Lavender essential oil

Mix all ingredients in a small bowl until combined. Apply directly to sunburned areas and allow to dry. Once finished, rinse off with cool water. This process may be repeated as often as desired.

Cheers to a healthy summer!





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



Shery Jespersen (Sister #753), Wyoming cattle rancher and outpost writer (rider), shares the "view from her saddle." Her longtime love is Apple Pi "Dolly" Rose, a 20-year-old Morgan otherwise known as "The Best Darn Horse in the Universe." In our Make It Easy section, Shery also shares her other love, "make do" arts and crafts.

Summer Symphony

Winter is the quiet season when Earth sleeps. I liken spring to when members of the orchestra arrive one-by-one to the symphony hall. They take their seats, prepare their instruments, and warm up for the performance. Have you ever been to an outdoor symphony concert? You know ... the old-fashioned, band-shell sort. In a word, delightful!

Summer is a blissful mix of noise and peace, busyness and balmy solitude. Birdsong starts and finishes each day. I hope you pause long enough to enjoy both. Their songs are the perfect waker-uppers and nighty-night relaxers. Birds are the stars during daylight hours, while the insects provide the night music. Crickets strum their fiddles and the serenade of chubby toads sound like Celtic drums.

For the past two summers, I've devoted myself to doing whatever I can to attract more birds (and pollinating insects). I built a large, natural-looking flower bed that also sports a couple of trees and shrubs. It's crowded, but I like it that way! My "junk" garden was expanded this year via the arrival of another rusted-out livestock tank. I also mounted a few more birdhouses. In addition, I wired an old, dead cedar tree to posts nearest the birdhouses. They give the birds more places to perch. Mountain Bluebirds and Tree Swallows are the current residents. The other day, while I was working outside, I noticed Mr. & Mrs. Bluebird busily watching over their babies that had just left the nest that morning. All day long, the parent birds helped their youngsters learn about the world around them. For my part, I made sure my cats stayed inside. I also had my camera handy and was thrilled to be able to photograph the baby bluebirds. On day one, they had no fear of humans. By day two, they were much more savvy.

We have many other summer birds: Meadowlarks, Kildeer, Lark Buntings, Barn Swallows, Nighthawks, Kingbirds, Goldfinches, Robins, plus a variety of prairie-loving Sparrows. A pair of Tree Swallows took up residence in the birdhouse nearest my workroom window. They're bold little creatures, and the male watched me from his perch while I hastily snapped a photo of their eggs. The female left the nest to get a bite to eat.

This is what we wait all winter for ... the summer symphony and having way too much to do. Summer seems too short at the onset. I'm always a bit overwhelmed with what I need and want to do before the sun shifts in September. But by summer's end, the busyness makes autumn a season to look forward to. Gardeners will no longer be hose and canning-jar slaves.

“Be like the bird in flight that pauses a while on boughs too slight, feels them give way beneath her, yet sings knowing that she has wings.”

— Victor Hugo



"The bluebird carries the sky on his back."

— Henry David Thoreau

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

But, for now, I'm happy and grateful to be hip-deep in the concert that is summer. Tchaikovsky's 1812 Overture is often the popular and perfect musical accompaniment for an Independence Day fireworks finale. July is the peak of summer, and I hope that you and yours enjoy a bountiful, beautiful, and busy summer. May your busy days result in the best kind of tired at their end. Open a window near your bed, slip into cool sheets, sink into your pillow, and let the night breeze and crickets take you to summer slumberland.



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

Clean Up Your Mouth!

One of the first things you notice about a person is their smile. It seems like every commercial nowadays is trying to sell you a product to produce the whitest, brightest smiles. However, there are effective natural ways to keep your choppers and gums clean and healthy, in addition to brightening your smile. Since poor oral hygiene is linked to various illnesses, it is best to follow proper health care to keep your mouth happy and healthy.

Vitamin C is an effective way to combat many gum diseases. I have heard of using it topically for certain gum diseases, as well as increasing the intake of it in your daily diet. A friend of mine applies vitamin C topically to her canine friends' gums as well, and swears by its effectiveness for their gingivitis. Do your research on vitamin C and learn about its medicinal purposes for oral hygiene.

Although various traditional dental-care products abound in the stores, I think most natural products found online give better results and are better for you. For cleaning your teeth and to remove plaque and yellow stains, I like to make a paste with baking soda. My daughters and I partake in this ritual daily and swear by its whitening and cleaning abilities. Simply take a little baking soda and mix a few drops of water to it to make a consistent, paste-like solution. Use this paste on your toothbrush and brush your teeth like you do with ordinary toothpaste. If you want additional cleaning power, you can add a little food-grade hydrogen peroxide to the paste.

Here are several other natural recipes to keep your mouth healthy. Remember, a healthy mouth is a happy mouth!

Homemade Mouthwash

1 cup water
4–8 drops of any combination of essential oils, preferably those with antibacterial properties such as tea tree, peppermint, spearmint, almond, or clove oil
pinch of sweetener

In a small water bottle, add 1 cup of water, 4–8 drops of essential oil of your choice, and a pinch of sweetener, if desired. Shake well before using.

Toothpaste Booster

Apply 2 drops of any antibacterial essential oil such as tea tree, peppermint, or clove to your regular toothpaste and brush normally.

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

Anti-bacterial Gum Irrigator

Add 3 or 4 capfuls of food-grade 3% hydrogen peroxide to your Waterpik system with the desired amount of water. Use the Waterpik normally to disperse the solution in between your teeth and gums. Not only will the solution thoroughly clean your teeth and gums, it will clean your Waterpik machine as well.

Natural Pain Relief

Since ancient times, clove oil has been used as an instant therapy for toothaches. Apply sparingly to the painful area. Clove, being analgesic in nature, will reduce the soreness.

Bad Breath Eliminator

Half a lemon, mixed with a glass of water then gargled and swished in the mouth, is an effective natural way to combat bad breath. Drinking pineapple juice or black tea can do the trick, too.

In addition to these natural homemade recipes, be sure to brush your teeth and floss at least twice a day, see your dentist regularly, and remember to smile! For more information on natural oral health care remedies, Click [here](#).





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. 22 for upcoming events.)

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 Sisterhood

Events

Women of the Wild West Road Trip Submitted by ceejay48

Dear Farmgirl Sisters,

On behalf of all of us who will be traveling and getting together on the Women of the Wild West/Farmgirls on the Loose Road trip (June 28–July 9), please pray for:

- safe travels for all
- vehicles to run like they are supposed to
- everyone will stay healthy
- gatherings/activities and get-togethers
- the friendships
- our impact in/on the communities we will be visiting

Follow our trip here. Thank you soooooo much!

News from MaryJanesFarm: Farmgirls on the Loose Submitted by Carrie M

The hills are alive with the sound of ... a Farmgirls on the Loose adventure! I am working with the Trapp Family Lodge in Stowe, Vermont, to organize a work gathering for any gals interested in a Farmgirls on the Loose adventure! The tentative date is the week of August 7–12.

This is the lodge that was settled by the vonTrapp family of *The Sound of Music*. I visited the lodge today and it is beautiful! The vonTrapps chose a spot with scenery that is reminiscent of Austria. With this lovely scenery before me, I enjoyed a hamburger made from beef that was grown on the hillside of the lodge. The walls of the lodge are covered with drawings and watercolors, some with scenes from the musical, some with scenes from Maria's autobiography. The lodge plays regular showings of a documentary entitled "The Real Maria" throughout the day, as well as a feature film each evening. They start the day with coffee and tea in the dining hall, and enjoy tea and cookies in the afternoon. A deli/bakery is on location, as well as an outdoor center, gift shop, and fitness center. They even have a pianist in the lounge come evening. Please **express your interest here** and I will keep you all updated on the details as we work them out. I assure you all, the view and atmosphere are worth the trip!

“Sisters function as safety nets in a chaotic world simply by being there for each other.”

– Mary Montagu



Farmgirl Chatter

What are farmgirls chatting about?

Check it out at The Farmgirl Connection link [here!](#)

.....

HomeSafeHome: Making your drawers smell good for free ... Submitted by jpbluesky

Do you all get free samples of perfume and fragrances in the mail, maybe tucked in with your statements or with a catalog? If you peel back a portion of the paper, you can smell the fragrance being advertised.

At our house, we open them and tuck them in the bottom of our underwear, t-shirt, and clothing drawers. They give a subtle, nice scent to your clothing. We do the same thing with scented soaps. Before using them for bathing, we store them in our clothing drawers, and they make the clothes smell so nice! See post [here](#).

HomeSafeHome: Making up for NO counter space/cabinet space! Submitted by walkinwalkoutcattle

I live in a 1900s farmhouse. That being said, I have NO counter space/cabinet space. I have quite a bit of cooking stuff, so I've got a storage problem like you wouldn't believe. Our basement is not finished, so I can't really store stuff down there.

Enter: The plastic table!!!!!!!

I bought a nice table for camping/outdoor stuff/farmers' market. I decided to buy a really cute tablecloth and just bring it into the kitchen so I can at LEAST have some more lateral space to store stuff. I also bought one of those vertical organizing shelving units at Costco and put that in our laundry room. What a lifesaver!

Those are a few of my "solutions" until we can get money to do a kitchen makeover. What do you all do?

I actually saw a dresser turned into a kitchen table (right) and immediately thought of the extra dresser I have out in one of the storage buildings. I am SO doing this! See post [here](#).

A Farm of My Own: Clotheslines? Submitted by walkinwalkoutcattle

I'd love to see pictures of people's clotheslines. I'm going to put mine up soon, and I'd love to have some tips/examples! I think I'm going to use high tinsel, as we've got tons of it from fencing, and I think I'm going to nail a basket with holes in the bottom for the pins to one of the posts... See post [here](#).





the chatter continues ...

A Farm of My Own: Why do you love where you live? Submitted by Dusky Beauty

I thought this would be a fun thread to talk about what it is about the state/region we live in that makes it such a great place to be a farmgirl. If you're planning to move soon, maybe toss in some positives of where you're at now with some wish lists for your future homestead region. I'll go first (makes sense, since I'm starting the thread, huh?).

Arizona/rural Phoenix is a great place for a hobby farm. The growing season is second to none and lasts pretty much year-round if you employ typical "fall" and "early spring" cold-season practices during winter. With strategic shade and diligent watering, you can even get veggies and fruits through the very hottest parts of summer, plus you can grow any tropical variety of produce you fancy.

Acreage is pretty inexpensive outside the metro, and you never have to look at a snow shovel again. We have very long days, and the warm weather is easy on aging people and animals. (I have elderly horses and a dog that are a lot more vigorous here than I think they'd be in a colder place.) That said, it's pretty health friendly if you are sensitive to dampness. Cost of living is quite low; cost of livestock is quite low.

There's a lot to do in the Phoenix metro area, and Vegas, LA, and Mexico are all less than 3 hours away if you want more travel and excitement (or more options for shopping animals/vehicles/whatever).

Banks are anxious to get houses sold, so I hear it's pretty easy to buy property in the area too.

For the future, I really miss rain. I hope the next place I live will also have a good gardening climate, but quite a bit more rain. I'd also like more rural neighbors into "neighboring." There's no reason for anyone in my zip code to come together, and as a result, we all live isolated on our 5- and 10-acre plots, which I suppose is also a "pro" in many ways! :D See post [here](#).

A Farm of My Own: I did it! Submitted by chickenladycris

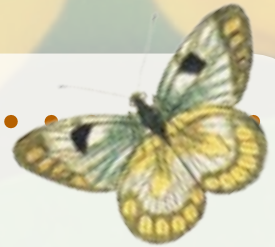
Remember the cool barn made of pallets a couple of issues back? Well, I made one (with help from my handyman, Jack, as he has the construction know-how)! I used a 10 x 10 Shelterlogic shed-in-a-box, plywood, trim boards, and reclaimed windows purchased at the area ReStore. It came out really cute, and I'm using it to house my rabbits in the backyard. On hot days, I hang a big box fan in the open half of the Dutch door so the rabbits get fresh air and stay cool and comfortable. They seem very happy in their new digs! See post [here](#).



continued ...



{tips, inspiration, &
just plain fun!}



the chatter continues ...

A Farm of My Own: Butchering chickens? Submitted by FieldsofThyme

We are taking our chickens to butcher tomorrow. Should I feed them this morning and take the food away tonight and just leave them water? This is the first time we have raised our own meat chickens. Respond to post [here](#).

Barnyard Buddies: Bull vs Steer Submitted by Kristin sherrill

Well, I never got Chuck castrated. He is a little over 3 months. The guy that said he'd do it never did. I have asked several times and will not ask again. I am a little bit upset with him. So anyway, as of now, Chuck is a bull calf and will probably stay that way. I don't know what else to do. He's already about close to 150 pounds. I can't catch him. I wish now I had just banded him when he was little.

I was talking to the guy who has the bull I used to breed Mazie, and he says I do not want a bull. But is it too late to have it done? And how will it be done? Can't I just leave it alone and just send him to the butcher when he's big enough? I am going to go ahead and band two of my bucklings in a few days. But I can handle them by myself.

What are y'all's thoughts on bull versus steer meat?

I think the worst part of this would be that he could breed his mother, Mazie. But I could separate them when he's about 7 or 8 months old. See post [here](#).

Barnyard Buddies: Feeding baby ducks Submitted by Dusky Beauty

My duck book suggests feeding new hatchlings a mixture of equal parts cornmeal, flour, and wheat bran instead of packaged duckling food. I wonder if anyone knows if baby cereal wouldn't be good for them? I have several boxes of Gerber rice and multigrain that my baby won't eat anymore and to my mind, it seems like that would be a good use for it. Click [here](#) to share suggestions.

Cleaning Up: Sunscreen stains on fabric Submitted by campchic

Does anyone know how to get sunscreen stains out of fabric? Click [here](#) to share suggestions.

Cleaning Up: Yellowed Dress ... any ideas to restore? Submitted by FishieLPK

I found a dress in my closet that I wore when I was 2 years old, but it's turned yellow after 19 years of just sitting there. My mom suggested I put it in a bowl with peroxide and water, but it didn't really do anything, and neither did Borax. Do you guys have any suggestions as to how to get the dress back to its original white color? Click [here](#) to share suggestions.

Cleaning Up: How do you get old rust off vintage cast iron? Submitted by Dusky Beauty

Ladies, my mother has some lovely cast-iron pieces like bacon and cookie presses that should be out on display instead of hidden in a cupboard, but they've had a heavy layer of rust on them since



the chatter continues ...



I was a child. Any ideas on how to dissolve it off? See post [here](#) (and see our rust-removal method below).

Cooking with Cast-iron: Resurrect a Beyond-Hope Rusty Cast-Iron Skillet (from *MaryJanesFarm*, "Plum Easy," June/July 2009)

Use a drill with a coarse 2" crimped wire cup brush bit to remove corrosion. Go over the surface with fine-grit sandpaper. Then wash the pan in hot, soapy water. (Use soap this one time only because once your pan is seasoned, you don't want the soap to break down the lovely smooth "cure" you're about to create.) Rinse and dry completely. Preheat your oven to 350°F. Now rub a thin layer of oil over the iron, both inside and outside the pan. Organic shortening works like a charm. Good quality salt-free lard works also. Once it's oiled up, place the pan upside down on the top shelf of the oven so the oil doesn't pool up in the pan. Place a baking sheet on the bottom shelf to catch any drips. Bake for one hour, then turn the oven off and leave the pan inside until it's cool. When you pull it out, the surface will shine.



Farm Kitchen: German BakeOver Submitted by woolgirl
I love the Budget Mix, and I especially love BakeOvers! I made this one with potatoes, sauerkraut, brats, Swiss cheese, and some stone ground mustard. Yum! See post [here](#).

Farm Kitchen: Baked Potatoes on the Grill Submitted by SarAvery
I made this awesome recipe last night and just had to share. After baking a potato, cut it in half and scoop out the insides into a bowl. Mash with cheddar cheese and set aside. Brush the potato (both sides) with melted butter and garlic. Place on grill (scooped side down first) for a few minutes, then turn over. Fill with the scooped-out potato and cheese mixture, place back on the grill, and cover until the cheese is melted. Add bacon and a dollop of sour cream. Serve :) This was my first time grilling potatoes. Can't wait to try more variations. See post [here](#).

Holidays: 4th of July—frugal fun suggestions needed!!!! Submitted by cowgirlandboys
I know it is coming up quick, but we have found ourselves in an awesome new neighborhood with awesome new neighbors and I thought I would ask if anyone had any suggestions for cheap ideas to celebrate 4th of July in a fun, farmgirl way? Click [here](#) to share suggestions.

Be sure to wear safety goggles while working on any project that could result in eye injury. Elvex: Safety with Style, has a line of safety glasses just for women—smaller, safe, *and* stylish! www.elvex.com/safety-glasses-for-women.htm

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. 34). 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 1,267 Farmgirl Chapters have been started, located in all 50 states and 8 countries with 3,238 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 Squirrels, Plant It Forward, Connecting Growers and Eaters, Farmgirl Gratitude, Get ‘er Done, Farmgirl Spirit, Families Forever, and Entrepreneurial Spirit.

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

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





NEW Merit Badges for Farmgirl Sisters!

.....

MAKE IT PRETTY for Make It Easy:

Beginner: Using pencil or colored pencils, reproduce an image by drawing it.

Or design a simple collage.

Intermediate: Learn how to paint with watercolors or acrylics and produce at least four paintings. Visit an art museum or participate in an art walk.

Expert: Learn how to paint with oils. Learn how to frame and wire your own paintings. Enter your paintings in a gallery or a show or other public viewing venue.

INK SLINGER for Stitching & Crafting:

Beginner: Read Strunk and White's *The Elements of Style*. Write a two-page story (500 words) utilizing correct grammar, spelling, and punctuation. Have a friend or family member edit the story and return it to you for corrections.

Intermediate: Read two how-to books regarding writing short stories, novels, or poetry. Choose your genre: children's literature, fantasy, mystery, nonfiction, woman's literary fiction, etc.

Expert: Read two books in the genre you chose and write a short human-interest piece in your chosen genre. Then write at least 20 pages in your chosen genre—this could be 20 pages of poetry, a 20-page short story, 20 pages of nonfiction, or the first 20 pages of your novel.

CIVIC HERITAGE for Each Other:

Beginner: Travel to the city in which you were born or raised, or to the city you live in or near now, to tour a local museum. While you are there, think of how life was for those who came before you.

Intermediate: Use your trip to the local museum to inspire you to find a local figure to research. Visit where they lived or where they were active in the community. Give a presentation to your local Farmgirl Chapter about the person you chose. If you don't have a local chapter, share with Sisters on the chatroom or write a letter to the editor about how that person made a difference in your town.

Expert: Visit any re-enactment, or volunteer to be a part of a re-enactment. If there are no re-enactments nearby, find the oldest non-residential building in town. Then go to the public library and search through the microfiche files or old photo archives to find the oldest photo of the building. Compare and contrast the two buildings to see how the years have changed it. If you can go inside the building, make note of the differences, such as ceiling height, doorway size, knobs, and building materials.

ICING ON THE CAKE for Farm Kitchen:

Beginner: Study and learn cake-decorating basics: filling the decorating bag, correct decorating bag position, using couplers, and all other basics (find basics at www.wilton.com/decorating). Using the same website, study and learn all categories under "Decorating Cakes" or read a Wilton cake-decorating beginner's guide or take a cake decorating class.

Intermediate: Create your own basic cake-decorating kit using the techniques you learned in the beginner badge. Use your cake decorating tools to bake and frost one cake for any occasion. This could be a chapter member, family member, or friend's birthday or other special occasion. Make your own frosting and use at least three different frosting tips or designs.

Expert: Enter a cake in your local fair or donate one for a cake auction. (Research the parameters for your local fair before beginning. There are often multiple categories, such as application of icing, difficulty of technique, theme, and flavor.) Get as creative as possible.

CROSS-STITCH for Stitching & Crafting:

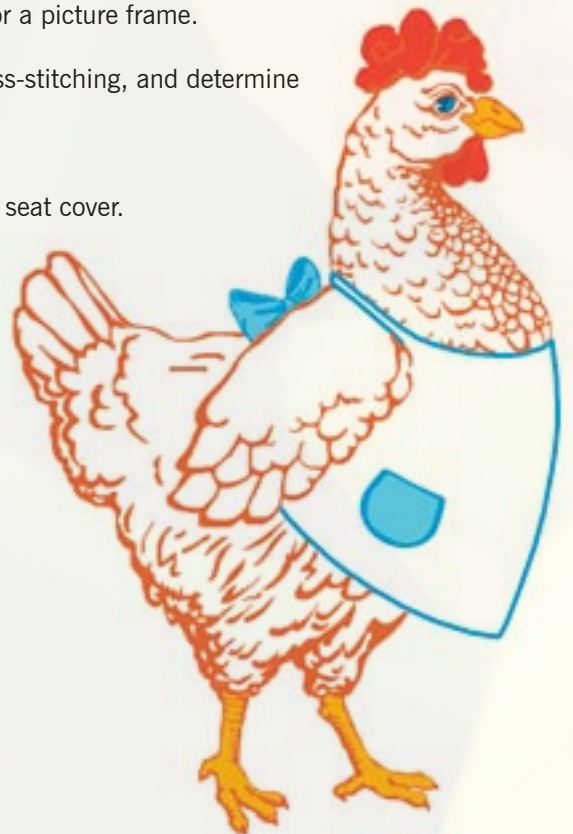
Beginner: Learn to cross-stitch.

Start with a simple project like a bookmark or a border for a picture frame.

Intermediate: Learn about different fabrics to use for cross-stitching, and determine how many stitches per-inch you would like your project to contain.

Cross-stitch a more advanced project like a pillowcase or seat cover.

Expert: Design your own template to cross-stitch for a large project, such as a comforter or wall hanging.





NEW Merit Badges for Young Cultivators!

ENERGIZE ME for Cleaning Up:

Beginner: Count the things in and around your house that rely on energy for use. Make a list of how your food is kept cold, how the car starts, and how you stay warm. Not only do cars and light bulbs need energy, you do too! What gives you energy and keeps you working?

Intermediate: Visit a dam or a wind farm with your mentoring Sister. Take a tour with a guide that can explain the way the power of water supplies electricity.

Expert: Conduct your own energy experiment at home. Some suggestions are: build a model of a dam, make a battery using lemons, or “bend” running water with static electricity. You can find instructions for many science projects at your local library or through the Department of Energy and the Environmental Protection Agency’s websites.

BIG KID NOW for Each Other:

Beginner: Research what you want to be when you grow up. Go to the library and pick out a book that explains what a day-in-the-life of that profession is like.

Intermediate: Dress up as what you want to be when you grow up and give a presentation to your family on what you learned and why it is the best job. (You can keep your costume for Halloween.)

Expert: Shadow a family member, friend, or person that works in the career path you want when you grow up. Hang out with them for a day or visit them with your mentoring Sister to see what they do. Can you see yourself doing their job? What is your favorite part about what they do?

MAKE IT FRUITY for Farm Kitchen:

Beginner: With your mentoring Sister, go berry picking at a local farm or CSA.

Intermediate: Find out how to preserve whole fruit by drying it. Look up ways to store it in airtight containers, and make room in a cool, dry, dark place for storing.

Expert: Make your own fruit leather.





GREEN THUMB KIDS for Garden Gate:

Beginner: Try a fruit or vegetable that you would not normally eat. Talk with your mentoring Sister about why you do or don't like it. Identify your favorite fruit or vegetable.

Intermediate: Visit a local u-pick farm or a farmers' market. Look for your favorite fruit or vegetable. Discuss why it is or isn't there and why the organic version is better for you.

Expert: Plant your favorite fruit or vegetable in a garden or in a container (strawberries, peas, and spinach are all easy to grow). Learn how to take care of your plant organically. Your reward? Yummy, healthy vegetables!

PUT ME IN COACH! for Make It Easy:

Beginner: Cut out TV time by joining a sports team for a season or taking lessons in baseball, soccer, horseback riding, karate, bowling, or tennis.

Intermediate: Go to a game of your favorite sport (high school, college, or professional) with a parent. Discuss the discipline and practice that it takes to get to that level in your sport.

Expert: Continue with your sports team or lessons for a second season and get a friend to join or participate with you.

PARK PLACE for Outpost:

Beginner: Go to a local park and pick up a bag full of trash or weed any areas that need maintenance.

Intermediate: Identify 3–5 indigenous trees or plants in your park by both their common and Latin names.

Expert: Contact your local park service and ask where you could plant a tree in your area. (This would be great activity for Arbor Day or Earth Day.)

LITTLE SCRAPPERS for Stitching & Crafting:

Beginner: Take pictures on a family vacation or a day trip with parents or grandparents and print them out to scrapbook later.

Intermediate: Gather the materials for putting together a scrapbook (minimum of three pages), including your photos, markers, and paper. Include the favorite things you did on your family vacation or day trip.

Expert: Share your scrapbook with the people you went on your trip with. Teach a friend how to scrapbook.

... 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 —

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

CARRIE earned a beginner Outpost merit badge in Woman-at-Arms. "Over the last six weeks, I attended the 4H Shooting Sports program with my daughter and I have successfully earned my hunting certificate with a score of 98 on my certification test! I'll take that Woman-At-Arms badge, please!"

DONA earned a beginner Each Other merit badge in Entrepreneurial Spirit. "One of my dreams is to start a photography business from our farm home. I've been working hard at my photography for the past months/years and decided to get more serious with it this year. I can visualize my dream in the near future as I work harder and harder each day."

"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 Awardees

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

Amanda Henning, mamahenning #2492

Beginner badge: The Secret Life Of Bees / Garden Gate

Amber Noah, AmberNWichita #2992

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

Beginner badge: Backyard Farmer / Garden Gate

Amy Dement, Amy Dement #3107

Beginner badge: Going Green / Cleaning Up

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Going Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

Ann Myers, Ohioann #3129

Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Entrepreneurial Spirit / Each Other

Expert badge: Entrepreneurial Spirit / Each Other

Barbara Roberts, Healthy Eating #2237

Beginner badge: Lend A Hand to Families / Each Other

Beginner badge: Know Your Roots / Each Other

Beginner badge: Little Squirts / Each Other

Beginner badge: Farmgirl Grammar / Each Other

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Going Green / Cleaning Up

Beginner badge: Green Energy / Cleaning Up

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Unprocessed Kitchen / Farm Kitchen

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

Beginner badge: Gaining Ground / Garden Gate

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Heirlooms Forever! / Garden Gate

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

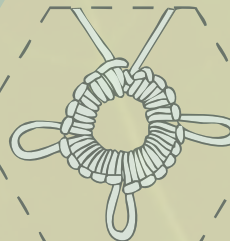
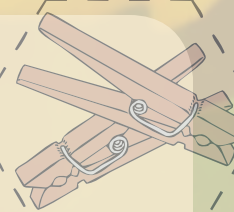
Beginner badge: Horse Dreams / Garden Gate

Beginner badge: In the Garden / Make It Easy

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting



“Shoot for the moon.
Even if you miss, you'll land
among the stars.”

– Brian Littrell

Merit Badge Awardees

Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Get It Together / Farm Kitchen
Intermediate badge: Unprocessed Kitchen / Farm Kitchen
Intermediate badge: What's Your Beef! / Garden Gate
Intermediate badge: In the Garden / Make It Easy

Bea Campbell, quiltingbea #2575

Beginner badge: Horse Dreams / Garden Gate

Carrie Goad, Homestead Dreams #3028

Beginner badge: Farmgirl Gratitude / Each Other

Carrie Meerwarth, Carrie M #147

Beginner badge: Stargazing Chicks / Outpost

Intermediate badge: Stargazing Chicks / Outpost

Intermediate badge: Weaving / Stitching & Crafting

Expert badge: Weaving / Stitching & Crafting

Expert badge: Stargazing Chicks / Outpost

Cassilynn Brown, #2945

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Christine Murphy, Cmurphy #3102

Beginner badge: Shopping Green / Cleaning Up

CJ Armstrong, ceejay48 #665

Expert badge: Gaining Ground / Garden Gate

Daniela Bergmann, dixierose #3066

Beginner badge: Going Green / Cleaning Up

Debi Chandler, herb19355 #2515

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Backyard Farmer / Garden Gate

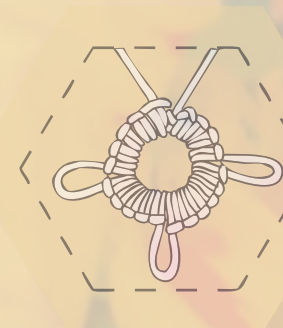
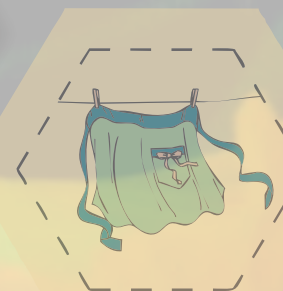
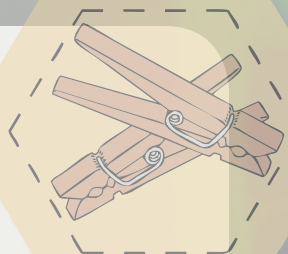
Beginner badge: Gaining Ground / Garden Gate

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Diana Vermillion, momofsome #2454

Beginner badge: Woman-at-Arms / Outpost



continued ...



Merit Badge Awardees

Beginner badge: Heirlooms Forever! / Garden Gate
Beginner badge: First Aid / Outpost
Beginner badge: In the Garden / Make It Easy
Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: Safe Toys / Stitching & Crafting
Beginner badge: Quilting / Stitching & Crafting
Intermediate badge: Build It Green / Make It Easy
Intermediate badge: What's Your Beef? / Garden Gate
Intermediate badge: Let's Get Physical / Make It Easy
Intermediate badge: Safe Toys / Stitching & Crafting
Expert badge: Shopping Green / Cleaning Up

Emily Hack, alterationsbyemily #2951

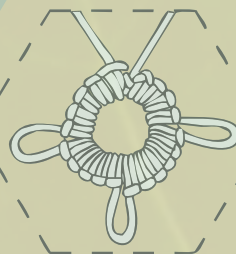
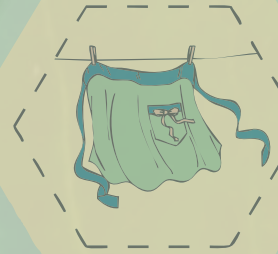
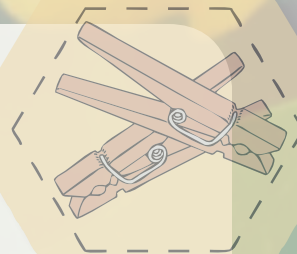
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Bustin' Out / Farm Kitchen
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Grease Chicks / Make It Easy
Beginner badge: Going Green / Cleaning Up
Beginner badge: Green Energy / Cleaning Up
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: I Should Have Been in Movies / Each Other
Beginner badge: 3R's Rule (Reuse, Recycle, Revive! / Garden Gate
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Backyard Farmer / Garden Gate
Intermediate badge: Entrepreneurial Spirit / Each Other
Intermediate badge: Unprocessed Kitchen / Farm Kitchen
Intermediate badge: Buttoned Up / Stitching & Crafting
Intermediate badge: Get It Together / Farm Kitchen
Intermediate badge: Grease Chicks / Make It Easy
Expert badge: Backyard Farmer / Garden Gate
Expert badge: Get It Together / Farm Kitchen
Expert badge: Shopping Green / Cleaning Up

Gracee Brooks, Countrygramme #2938

Expert badge: Know Your Roots / Each Other

Heather Arnett, harnett72 #3087

Beginner badge: Unprocessed Kitchen / Farm Kitchen



“Dream as if you'll live forever,
live as if you'll die today.”

— James Dean

Merit Badge Awardees

Janet Pinter, owwlady, #3128

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Know Your Roots / Each Other
Beginner badge: Let's Get Physical / Make It Easy
Intermediate badge: Know Your Roots / Each Other

Jennifer Nino, JenzaLynn #2830

Beginner badge: The Secret Life of Bees / Garden Gate
Beginner badge: Gaining Ground / Garden Gate

Joanna Fedewa, Tansyshy #907

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

Joan Van Roo, Tourguide Joan #1314

Intermediate badge: Secret Life Of Bees / Garden Gate

Jonna Nesbella, Scout #2452

Beginner badge: Woman-at-Arms / Outpost
Beginner badge: ChillOver ComeOver / Farm Kitchen
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Quilting / Stitching & Crafting
Intermediate badge: Get It Together / Farm Kitchen
Expert badge: Shopping Green / Cleaning Up
Expert badge: Get It Together / Farm Kitchen

Joy Lujan, #3169

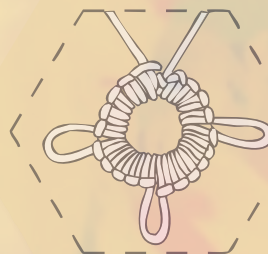
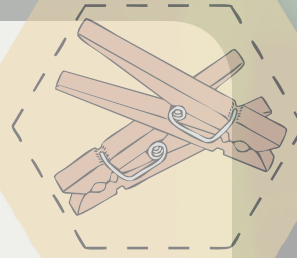
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Disconnect to Reconnect / Outpost

Julie Felton, FarmDream #3069

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Entrepreneurial Spirit / Each Other
Beginner badge: Knitting / Stitching & Crafting

Kate Martin-Moran, chickadoodle_km #2958

Beginner badge: Buttoned Up / Stitching & Crafting



continued ...



Merit Badge Awardees

Kathie Tate, mamakat #1554

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Community Service / Each Other

Katrina Tylee, KatTylee #3214

Beginner badge: Grease Chicks / Make It Easy

Beginner badge: Shopping Green / Cleaning Up

Kimberly Moore, momx10 #3076

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

Beginner badge: Going Green / Cleaning Up

Beginner badge: Forage for Food / Farm Kitchen

Beginner badge: Know Your Roots / Each Other

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

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

Kim French, french08 #2997

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: First Aid / Outpost

Beginner badge: Build It Green / Make It Easy

Beginner badge: Backyard Farmer / Garden Gate

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Get It Together / Farm Kitchen

Intermediate badge: Build It Green / Make It Easy

Intermediate badge: Horse Dreams / Garden Gate

Expert badge: Get It Together / Farm Kitchen

Expert badge: Horse Dreams / Garden Gate

Kim Hazelrigg, kimarie91 #3147

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Buttoned Up / Stitching & Crafting

Kristin McNamara, fmg1mac #3176

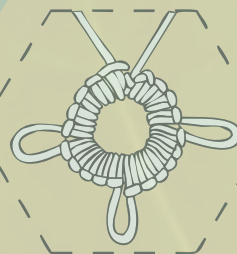
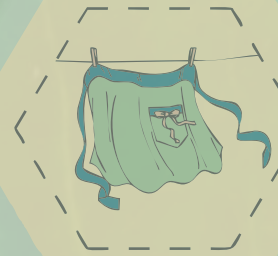
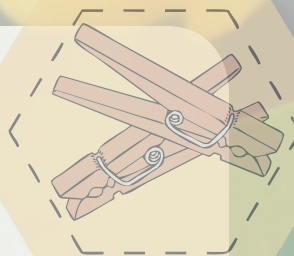
Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Shopping Green / Cleaning Up

Kristina Nelson, FieldsofThyme #800

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

Beginner badge: Knitting / Stitching & Crafting



“Every accomplishment starts
with the decision to try.”

– Unknown

Merit Badge Awardees

Intermediate badge: 3R's Rule (Reuse, Recycle, Revive!) / Garden Gate
Expert badge: Farmgirl Grammar / Each Other

Krystle Townsend, countrymommy85 #2595

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

Beginner badge: In the Garden / Make It Easy

Beginner badge: Disconnect to Reconnect / Outpost

Intermediate badge: Heirlooms Forever! / Garden Gate

Intermediate badge: Disconnect to Reconnect / Outpost

Expert badge: Heirlooms Forever! / Garden Gate

Laurie Conner, Montrose Girl #1587

Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Carp-hen-try / Make It Easy

Intermediate badge: Unprocessed Kitchen / Farm Kitchen

Expert badge: Get It Together / Farm Kitchen

Expert badge: Grease Chicks / Make It Easy

Lisa Bramblet, CABuffaloGal #2705

Beginner badge: Going Green / Cleaning Up

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Connecting Growers and Eaters / Each Other

Beginner badge: Public Service / Each Other

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Forage for Food / Farm Kitchen

Beginner badge: Unprocessed Kitchen / Farm Kitchen

Beginner badge: Heirlooms Forever! / Garden Gate

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Forage for Food / Farm Kitchen

Intermediate badge: Heirlooms Forever! / Garden Gate

Expert badge: Heirlooms Forever! / Garden Gate

Lisa Hargon-Smith, Boots #1647

Beginner badge: Connecting Growers and Eaters / Each Other

Beginner badge: Farmgirl Shutterbugs / Each Other

Beginner badge: Knotty Farmgirls / Outpost

Beginner badge: Self-Sufficiency / Farm Kitchen

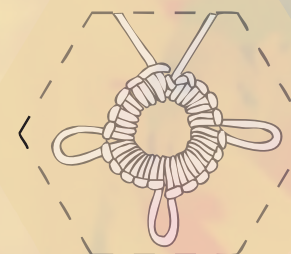
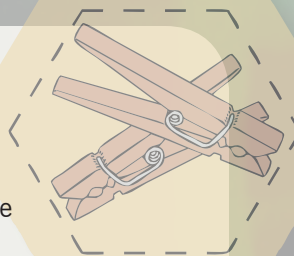
Intermediate: Buttoned Up / Stitching & Crafting

Loretta Praught, rafeel #3079

Beginner badge: 'Out There' Women / Outpost

Beginner badge: In the Garden / Make It Easy

Beginner badge: Outstepping / Outpost



continued ...



Merit Badge Awardees

Lorrae Moon, Moonshines #1649

Beginner badge: Make It! / Make It Easy

Beginner badge: In the Garden / Make It Easy

Intermediate badge: Scrapbooking / Stitching & Crafting

Intermediate badge: Knitting / Stitching & Crafting

Mari-lyn Lobinsky, lucylobo511 #2571

Beginner badge: Gaining Ground / Garden Gate

Beginner badge: Unprocessed Kitchen / Farm Kitchen

Marsha Gulick, Osagegypsy #2988

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Farmgirl Gratitude / Each Other

Meagan Johnson, dazed81 #1255

Beginner badge: Carp-hen-try / Make It Easy

Intermediate badge: Carp-hen-try / Make It Easy

Intermediate badge: Backyard Farmer / Garden Gate

Expert badge: Carp-hen-try / Make It Easy

Merrie Jayne Rheingans, MerrieJayne #3190

Beginner badge: Shopping Green / Cleaning Up

Michelle Praught, meshako #3074

Beginner badge: In The Garden / Make It Easy

Beginner badge: 'Out There' Women / Outpost

Beginner badge: Outstepping / Outpost

Natalie Isvarin-Love, natalielove #2994

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Community Service / Each Other

Nicole Luther, nicolebeannelutherq #3217

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Shopping Green / Cleaning Up

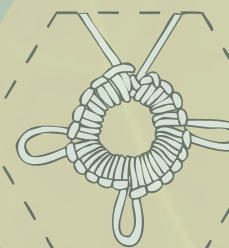
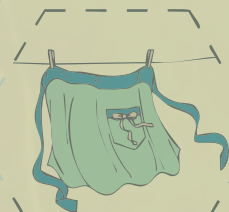
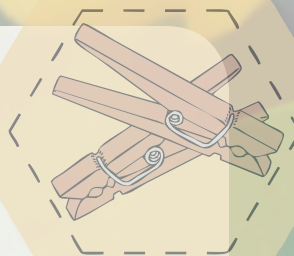
Beginner badge: Buttoned Up / Stitching & Crafting

Pam Osmuss, posmuss #3056

Beginner badge: Get It Together / Farm Kitchen

Paula Black, Sheepless in Seattle #2953

Beginner badge: Buttoned Up / Stitching & Crafting



“Never, never, never, never give up.”

– Winston Churchill

Merit Badge Awardees

Pilar Stevens, retasos2 #2498

Beginner badge: Self Sufficiency / Farm Kitchen

Beginner badge: Sew Wonderful / Stitching & Crafting

Rebecca Harzewski, #2719

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Intermediate badge: Knitting / Stitching & Crafting

Robin Luich, duckmama #1720

Beginner badge: Farmgirl Gratitude / Each Other

Expert badge: Aprons / Stitching & Crafting

Ruby Slider, narjay #1663

Beginner badge: Grease Chicks / Make It Easy

Intermediate badge: Grease Chicks / Make It Easy

Expert badge: Grease Chicks / Make It Easy

Sandra Vining, Flower lady #2650

Beginner badge: Going Green / Cleaning Up

Sarah Schweitzer, Sarahkaylpn #2914

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Unprocessed Kitchen / Farm Kitchen

Intermediate badge: Unprocessed Kitchen / Farm Kitchen

Scarlett Winters, silver3wings #2044

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Plant It Forward / Each Other

Beginner badge: Gaining Ground / Garden Gate

Beginner badge: In the Garden / Make It Easy

Beginner badge: Know Your Roots / Each Other

Intermediate badge: Get It Together / Farm Kitchen

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

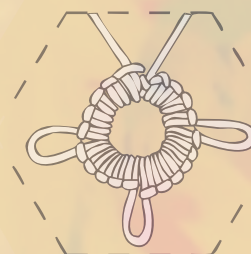
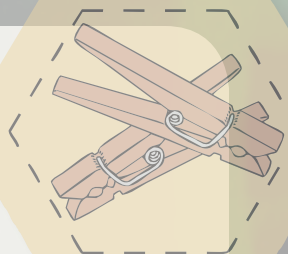
Intermediate badge: Know Your Food / Farm Kitchen

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

Shasta Forrester, Shastasue #2715

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Little Squirts / Each Other



Merit Badge Awardees

Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Little Squirts / Each Other

Sheri Jenkins, #3016

Beginner badge: Gaining Ground / Farm Kitchen
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Nellie Will-do / Stitching & Crafting
Beginner badge: Backyard Farmer / Farm Kitchen
Beginner badge: Unprocessed Kitchen / Farm Kitchen

Sherry Buck, sweettea59 #2215

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

Stephanie Hatton, Farmerette of Kristina Nelson #800

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

Sue Frelick, Sunshine_Sue #2133

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

Susan Davis, sidavis #3073

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

Susan Chenoweth, Coloquilter #2648

Beginner badge: Entrepreneurial Spirit / Each Other

Susan Smithburg, #2122

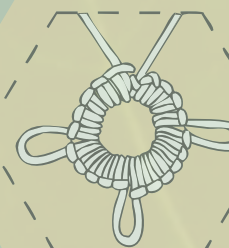
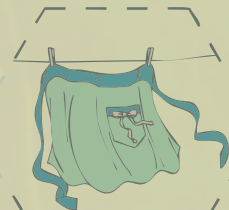
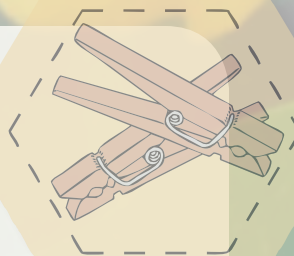
Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: Shopping Green / Cleaning Up
Intermediate badge: The Secret Life of Bees / Garden Gate

Tamara Burger, GrammyTammy #2495

Beginner badge: Farmgirl Spirit / Each Other
Beginner badge: Little Squirts / Each Other

Tanya Murphy, Turtlemoon #1737

Beginner badge: Know Your Food / Farm Kitchen
Beginner badge: 3R's Rule (Reuse, Recycle, Revive!) / Garden Gate



*“Enthusiasm is excitement with inspiration,
motivation, and a pinch of creativity.”*

– Bo Bennett

Merit Badge Awardees

Beginner badge: What's Your Beef? / Garden Gate
Beginner badge: The Secret Life Of Bees / Garden Gate
Expert badge: Shopping Green / Cleaning Up
Schoolmarm: Cleaning Up / Farmgirl Legends

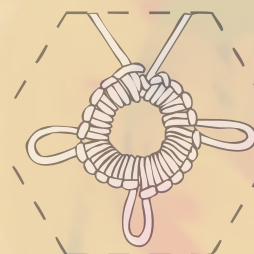
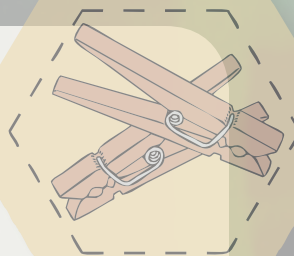
Theresa Atkinson, Theresa Atkinson #1632
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Crochet / Stitching & Crafting

Tiffany Medina, Tiffany Medina #3148
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Crochet / Stitching & Crafting
Intermediate badge: Get It Together / Farm Kitchen

Tracy Gilchrist, Camismommy #2883
Beginner badge: Secret Life Of Bees / Garden Gate
Intermediate badge: Secret Life Of Bees / Garden Gate

Valerie Stiner, #2292
Beginner badge: Safe Toys / Stitching & Crafting
Beginner badge: Quilting / Stitching & Crafting
Beginner badge: Embroidery / Stitching & Crafting
Beginner badge: Nellie Will-do / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting
Intermediate badge: Safe Toys / Stitching & Crafting
Intermediate badge: Quilting / Stitching & Crafting
Intermediate badge: Sew Wonderful / Stitching & Crafting
Expert badge: Quilting / Stitching & Crafting

Winnie Nielsen, Red Tractor Girl #3109
Beginner badge: Unprocessed Kitchen / Farm Kitchen
Beginner badge: Aprons / Stitching & Crafting
Intermediate badge: Unprocessed Kitchen / Farm Kitchen
Intermediate badge: Aprons / Stitching & Crafting





Farmerettes & Young Cultivators

Merit Badge Awardees

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

Emily Nelson, Young Cultivator of Kristina Nelson #800
Beginner badge: I Did It My Way / Make It Easy
Beginner badge: Weaving In and Out / Stitching & Crafting
Beginner badge: Trash Talk / Cleaning Up
Intermediate badge: Trash Talk / Cleaning Up

Evelyn Garard, Young Cultivator of Christine Garard #3133
Beginner badge: I Did It My Way / Make It Easy

Lily Garard, Young Cultivator of Christine Garard #3133
Beginner badge: I Did It My Way / Make It Easy

Rebekah Bramblet, Young Cultivator of Lisa Bramblet #2705
Beginner badge: Gone To The Birds / Garden Gate
Beginner badge: Know Your Food / Farm Kitchen
Beginner badge: It's In The Bag / Cleaning Up
Intermediate badge: Gone To The Birds / Garden Gate
Intermediate badge: Know Your Food / Farm Kitchen
Intermediate badge: It's In The Bag / Cleaning Up
Expert badge: Gone To The Birds / Garden Gate
Expert badge: Know Your Food / Farm Kitchen
Expert badge: It's In The Bag / Cleaning Up

What's a Farmerette?

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

Click here to find out more.

What's a Young Cultivator?

Young Cultivators are girls and boys between the ages 6 and 13. They can work with Farmgirl Sisterhood members to earn badges, but have their own unique program. **Click here to find out more.**

Woo-Hoo!



“Only as high as I reach can I grow, only as far
as I seek can I go, only as deep as I look can
I see, only as much as I dream can I be.”

— Karen Rave

Merit Badge Awardees



just
wanna
have
fun



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July 2011 • MaryJanesFarm • Cluck



Young Cultivators Group

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

The Go Bag

Over the course of this summer, your family will likely hit the road once or twice. Whether you are heading to the lake for a day or the city for a week, I have a few ideas to keep your young cultivators happy. Instead of packing the usual heap of toys, limit each child to one backpack for all personal items (clothes and shoes can be packed separately). Here is what went in the kids' bags on our last road trip:

- unlined artist's notebook with a pencil or pen
- box of watercolors or colored pencils
- tape (the kids loved taping clippings from our travels in their notebooks)
- egg carton, for storing treasures found along the way
- card game for older children
- memory game for younger children (find instructions to make your own below)
- three books
- one baby doll or stuffed animal for small children
- child-sized pillow
- water bottle
- snacks like dried fruit, nuts, and carrot sticks

Does this list seem too sparse? It does not include the usual toys my kids play with at home—they were surprised that they could not drag Legos along (they get lost in seconds outside the house) and curious about why we did not bring sand toys for the beach, but they didn't miss a thing after we pulled out of the driveway. They used sticks and shells to dig in the sand and told each other silly stories. With a limited selection of flexible items, they had some choices, but not too many. If you are camping, add a headlamp and binoculars to your list. A trip to the city might call for a camera and a subway map. We were able to travel without our portable DVD player by taking along a book on tape the whole family could enjoy. Our lives as caretakers of young children are so short; we have only so many childhood memories to make with our kids. So keep it simple and enjoy each other!

Watercolor Memory Game

To make your own watercolor memory game, grab a set of round or square wooden tiles (I found mine at our local craft store) and mark several matching pairs so that each tile has a match, but not more than one. Make sure your paint color does not come close to the edge or it will be seen when the tile is face down. Stitch up a simple drawstring bag or use a small canning jar to store your tiles.



Farmgirl

JULY

SPECIAL

2011

Sisterhood

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CHILLOVER® POWDER
REG. PRICE: \$17.95



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1/4 LB. OF BULK
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Looks like gelatin. Tastes like gelatin. But it isn't. It's better! My innovative Chillover® Powder is for all the people who grew up loving gelatin desserts but gave up on them, knowing their animal origin. It sets up in half the time gelatin does. It seals in flavors more quickly. And it doesn't melt at room temperature. Once you try it, you'll never go back!

Chillover® Strawberry Jam

2 lbs. strawberries, washed, hulled and crushed
to yield 4 cups crushed berries
2 cups organic cane sugar
2 packets MaryJane's Chillover® Powder

1. Combine crushed strawberries and sugar in a large pot. Bring to a boil, stirring to dissolve sugar.
2. Sprinkle and stir Chillover Powder into liquid and boil rapidly for 3 minutes, stirring constantly.
3. Remove from heat and can in sterile jars (refer to a canning manual for complete canning instructions).

Chillover® Raspberry Jam

Substitute raspberries for strawberries.

Chillover® Blackberry Jam

Substitute blackberries for strawberries.

IT'S A WAY OF EATING
THAT ANYONE (URBAN,
SUBURBAN, OR RURAL)
CAN BENEFIT FROM.



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FARMGIRL SISTERHOOD MEMBERS ONLY
OFFER GOOD THROUGH JULY, 2011

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, Shery Jespersen shares the ranch view from Wyoming, and Debbie Bosworth writes from the beach. 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."

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

www.maryjanesfarm.org

NEWS FROM THE HOMEFRONT ...

whether that home is

city, rural, suburban,
mountain, ranch, or beach



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.



beach

FARMGIRL



Debbie Bosworth left her lifelong home in the high desert of northern Nevada 10 years ago and washed up on the shore of America's hometown, Plymouth, Massachusetts, where she, her "beach-bum Yankee" husband of 20 years, and her two homeschooled kids are now firmly planted.

"I found a piece of my farmgirl heart when I discovered MaryJanesFarm. Suddenly, everything I loved just made more sense! I enjoy unwinding at the beach, writing, gardening, and turning yard-sale furniture into 'Painted Ladies'! I'm passionate about living a creative life and encouraging others to 'Make Each Day their Masterpiece.'"

Happy SUMMER



Magazines, Books, & More



Our Aug/Sept issue, “Nifty Thrifty,” is being sent to subscribers now and will hit newsstands on July 12. In it, you’ll find cool summer desserts, learn how to sew simple t-shirt skirts, make a fence with our Fencing 101 article, and more!

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

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

MaryJanesFarm 2011 Calendar

Our 2011 Calendar is available for purchase [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:

- July 01 ~ Canada Day
- July 04 ~ Independence Day
- July 07 ~ Tell the Truth Day
- July 17 ~ National Ice Cream Day
- July 18 ~ National Hug Your Kid Day
- July 23 ~ Gorgeous Grandma Day
- July 24 ~ Parents’ 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 Summer. Buy them together and save \$15! *MaryJane's Ideabook, Cookbook, Lifebook; MaryJane's Stitching Room; and MaryJane's Outpost.* **Click here.**

Gift Items

Inspire yourself or inspire a friend with 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 1,267 Farmgirl Chapters have been started in all 50 states
and 8 countries with 3,238 Sisterhood members —
growing stronger every day!**