

MaryJane's Cluck™

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

August 2011

Life made us FRIENDS, MaryJanesFarm made us SISTERS!

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{HELLO FROM SISTER #1} with MaryJane

Farmgirl of the Year 2011

We've chosen our 2011 Farmgirl of the Year!! But before I unveil who she is, I have to say again and again and again:

2009 FOTY Carrie Meerwarth

(chatroom: Carrie M/Sister #147 See Carrie's blog [here.](#))

and

2010 FOTY CJ Armstrong

(chatroom: ceejay48/Sister #665 See CJ's blog [here.](#))

have been everything I dreamed of in a Farmgirl of the Year ... and more.

Much more.

Many million times MORE!

continued ...





Way down deep in the very core of how they live their lives (and during their reign as queen of farmgirls), Carrie and CJ represent the finest in sisterhood spirit. Our collective longing for community needs inspiring leaders, and that's what our Farmgirl of the Year is all about—leadership, community, family, love, charity, compassion, and a commitment to living with a full purpose of heart.



I first met Carrie in 2009 when we flew her out to Idaho for our Farm Fair, and I recently met CJ when she traveled here with her awesome daughter, Robin (birdie71/Sister #1301), for our Farmgirls on the Loose Tea/B&B.

I did. I fell madly in love both times.

2011 drum roll.

Bugle call.

Trumpet.

Cooptop Snort. Hoe-down Holler. Woot. (Okay, I'm a farmgirl.)

Our 2011 Farmgirl of the Year is:

Kristina Nelson!!!!!!!!!!!!!!

(chatroom:FieldsofThyme/Sister #800) Merit Badges earned to date: 96!!!!



MARYJANESFARM



MARYJANESFARM
THE AMERICAN ORGANIC ORIGINAL™

SEPT
17

MaryJanesFarm Day
20 food and cooking
classes

What's that I hear?

SaWeet. It's a big round of CLUCKing.

Okay, her reward?

Kristina gets to choose from these three options:

TCC pass (see website [here](#)) this September—includes two days of classes either in the handmade category or food classes sponsored by MaryJanesFarm, where MaryJane and daughter, Meg, will be teaching, *and* a \$500 travel voucher!

or

B&B stay at MaryJanesFarm 2012: two nights, along with a \$500 travel voucher. (See our B&B website by clicking the picture on the right.)

or

Permanent MJF staff writer position with the CLUCK (includes serving as our guest editor next May). In our monthly CLUCK, she'll serve as our roaming columnist, providing inspiration in one of four categories: Make It Easy, Farm Kitchen, Garden Gate, or Cleaning Up.

No matter what option she chooses, she'll also be invited to be a blogger on **our new website here**.

Dearest Kristina,

YOU GO GIRL!!!!!!

MaryJane 

[Click here to see Kristina's "Pioneer Woman at Heart" blog](#)



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).

Sisterhood Tea Party

You know it’s a farmgirl gathering when ...

... you can hear the laughter down the lane
... there are more hats, aprons, and boots than there are people
... it includes a campfire
... and way too much yummy food!

From the moment the gals arrived, from Sister #40 (Rebekka Mae stopped down the lane to make the bouquets) to Sister #3277 (Barbara was actually celebrating her birthday with her daughter and granddaughter at our Bed & Breakfast that weekend and joined our Sisterhood after the fun they had—welcome Barbara!), I felt at home. I know I was at home, but I was really, *really* at home in my heart. I can’t explain why friends visiting from Arizona, Colorado, Missouri, Wisconsin, Washington, and Idaho make me feel more at home, but that’s the case.

We celebrated three birthdays, exchanged plenty of handcrafted gifts, good conversation flowed, and we shared a whole lotta laughs. And I’ll be the first to admit, their departure brought on the tears. What an amazing group of women I get to be a part of ... all bringing something different and unique to the table, yet poured from the same mold. Thanks, girls! I loved, loved, *loved* meeting you all!

Farmgirl hugs ...

“A PARTY IS ALWAYS FUN,
BUT A FARMGIRL PARTY ...
NOW THAT’S A REAL PARTY.”

— Denali Struble









A FARMGIRL'S VISION
GIVES THE WORLD HOPE
FOR RENEWAL,
CREATIVE VISION
IN THE MOMENT,
AND STRENGTH
FOR THE FUTURE.

– Denali Struble



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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.

Finding "Fortytude"

If I had written the soundtrack to *The Sound Of Music*, Julie Andrews would have listed Sunday brunch as one of her "favorite things." As often as our busy schedules will allow, my best friends and I gather at one of our homes for a morning of delicious food, hot coffee, and rich conversation.

Most recently, that conversation centered on a book many of us had read called *Fortytude* (see website [here](#)) written by Sarah Brokaw, a therapist whose famous father is former NBC newsman Tom Brokaw. *Fortytude* is designed to inspire and empower women who are in the general vicinity of the big "four-oh." But its message reaches well beyond the 40s, as it aims to de-stigmatize aging.

"As we say goodbye to our youth, we lose our carefree sense of being immortal and having all the time in the world to figure out our lives," says Brokaw. "This book's purpose is to help us remove our hands from our eyes and face our fears—and moreover, to transcend them. The truth is that our 40s can be a decade of loss, but those years also hold the potential to be a time of tremendous gain."

My circle of friends falls smack dab in the middle of Brokaw's target audience, mid-30s to mid-40s. Among us are married mothers, divorcees, and a gal who's engaged to be married. Our careers range from a volunteer-a-holic stay-at-home mom to crazed corporate career women. And, 10 years ago, many of us did not picture ourselves where we are today.

As we sipped coffee and ate Rumana's Polenta Egg Casserole, we talked about where life had taken each of us ... some of us were more content than others. But none of us were that pleased with that reflection in the mirror ... that nagging reminder of fading youth.

"We can't deny the fact that we age," says Brokaw in her book. "No matter how hard we try to remain youthful, we are getting older. Aging is simply part of the natural and beautiful cycle of life, as sure as the seasons changing."

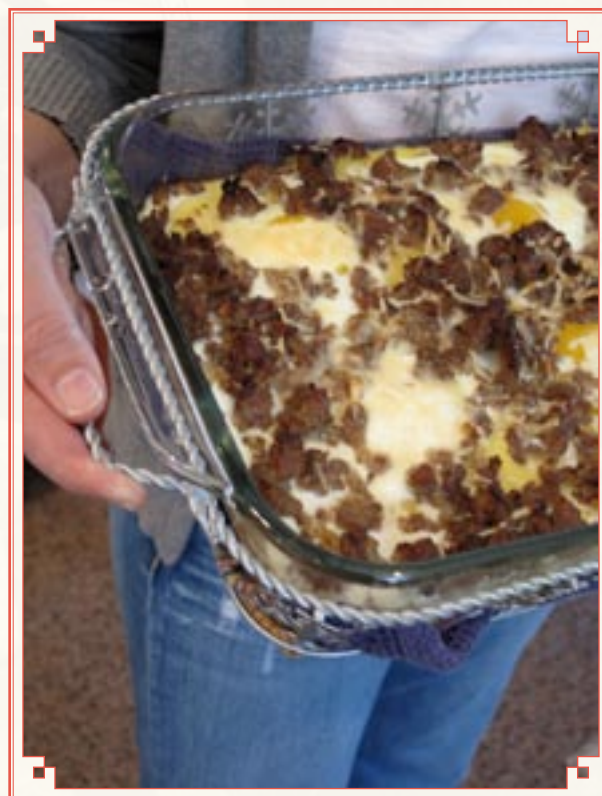
This is something I've heard MaryJane say repeatedly ... often times because she's saying it to me! I've never known anyone to embrace age and aging with such unapologetic gusto as MaryJane, and I thought of her often as I read this book.

While it may not make my wrinkles fade or significantly alter the course of my aging life, there is one thing of which I am certain as I attempt to embrace my personal Fortytude: gatherings with friends—like Sunday brunch—can energize my soul and suspend my woes like nothing else.

Polenta Egg Casserole

- 1 T plus 2 t olive oil, divided
- 1/3 cup onion, finely chopped
- 4 cups water
- 1 cup cornmeal
- 1/2 t salt
- 6 oz Italian turkey sausage, casing removed
- 1/2 cup fontina cheese, shredded
- 1/2 cup Parmesan cheese, grated, divided
- 6 eggs

1. Preheat oven to 350°F. Coat a 9" x 13" baking pan with cooking spray.
2. Heat 1 T oil in a large saucepan over medium heat. Add onion and cook until softened, but not browned, about 2–3 minutes.
3. Add water and bring to a boil. Gradually whisk cornmeal into the boiling water. Add salt and cook over medium heat, whisking constantly, until polenta bubbles, about 1–2 minutes. Reduce heat to low and cook, whisking frequently, until very thick, about 10–15 minutes.
4. Meanwhile, heat the remaining olive oil in a large skillet over medium heat and add sausage. Cook, stirring and breaking the sausage into small pieces with a spoon, until no longer pink and lightly browned, about 4 minutes. Drain, if necessary, and transfer to a cutting board. Once cool enough to handle, chop finely.
5. When polenta is done, stir in fontina cheese and 1/4 cup Parmesan cheese. If polenta is too stiff, add small amounts of water to thin it to a thick, but not stiff, consistency. Spread polenta in prepared pan.
6. Make six 2"-wide indentations in the polenta with the back of a tablespoon. Break eggs, one at a time, into a small bowl and slip one into each indentation. Scatter the sausage on the polenta and sprinkle the remaining 1/4 cup Parmesan cheese over the eggs.
7. Bake for 15 minutes, then broil until the egg whites are set, about 2–4 minutes. Let stand for 5 minutes before serving.





Garden

Bloom Where You're Planted

Gate



According to MaryJane, the seven aspects for living the farmgirl life are:
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{GARDEN GATE} with Mary Ann Newcomer | to earn a Sisterhood badge in our **{GARDEN GATE}** category, [CLICK HERE](#)



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

Water, Water Everywhere ... How Much Is Enough?

This is the question I am asked most often, and the single biggest problem I run into with my gardening friends.

As we move into the dog-days of summer, stifling hot in some places, dry or humid depending on where you are planted, getting the right amount of water on your garden beds is critical. Deep, regular watering is a must for maintaining healthy, lush, perennial plantings. Where I live—in the sagebrush steppes of Idaho—as many plants die of overwatering as from not enough water. Light, frequent sprinklings are harmful to the perennial garden because small amounts of water are delivered only to the top inch or two of soil. The deep, anchoring roots of the plants will not receive enough moisture to support the whole plant.

How do you know when to water or how much to water? There's a cheap and easy way to tell. Stick your finger into the soil next to one of the plants, to a depth of 3–4 inches. If that soil is dry, it is time to give the planting area a deep, thorough soaking. It takes approximately 1 gallon of water to soak one square foot of soil to a depth of 4–6 inches, the primary root zone for most perennials. Plants will thrive with 1–2 inches of water per week; especially if they are well established, planted in good soil, and mulched properly with 2–3 inches of organic mulch. Good garden soil, when watered deeply, will retain that moisture for several days.

Drip irrigation and soaker hoses are much more efficient at delivering water than sprinkler systems. Sprinklers, especially overhead types, are only 40–50% efficient when it comes to getting the water into the soil. Drip irrigation and soaker hoses have a 90% efficiency rating. If you have a soaker or drip system, turn it on and check a spot at the very end of the hose system. When the soil at that end is damp at a depth of 4–6 inches, you have delivered enough water to the garden.

Watering is best done on an “as needed” basis. Hotter weather, rainfall, cloud cover, and amount of daylight will all affect your garden's water needs. Getting the right amount of water on your garden will be good for your plants—and great for your pocketbook, too.



• Moscow, Idaho



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

MARYJANESFARM



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.

DIY Knitting STARTING AT THE BEGINNING, OR WHY I MAKE MY OWN NEEDLES ...

Listen, there are lots of lovely knitting needles for sale out there, but it costs less than a dollar to make your own set, so you may as well give it a try. To make your own needles, you will need a pencil sharpener, some hardwood dowels from the craft store in the desired diameter (the fatter the yarn, the fatter the needle), as well as some medium- and fine-grit sandpaper. You can also use bamboo skewers, since they already have a point on one end. If you are using a dowel, you will create a point by sharpening one end of your dowel and then sanding it with the medium-grit sandpaper into the desired shape. Look at a set of knitting needles to get an idea of the proper angle. Once you have your point, continue to sand the end with medium-grit sandpaper to take away any sharp point.

Now, use the fine-grit sandpaper to smooth the entire needle. When you have sanded your needle so that it is completely smooth, finish it with a beeswax wood polish. To measure the size of your finished needles, use a knitting-needle gauge. The gauge is a metal or plastic tool with holes that correspond to each needle size—you try the needle in each hole until you find its correct size. To finish the ends of fatter needles, grab some acorn caps and a hot-glue gun. For smaller diameter needles, you can make custom-fit caps with fimo clay: shape the end piece, fit it carefully on the needle, remove it, and bake according to the directions on the package. Once it is done baking and cooling, glue the cap on. Another option is gluing a few stacked buttons to the ends of your needles. To make a set of double-pointed needles, skip this step and create five needles with points on each end.

Break your new needles in with a simple project. I make basic cotton dishcloths by casting on 30 stitches and then knitting for 30 rows. These are great in the kitchen or bath and last for years. Sometimes I switch to a different yarn in the middle of my dishcloth to add stripes—this is a good way to use up a stash of leftover cotton yarn.





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

*Knitting is very conducive
to thought. It is nice to
knit a while, put down
the needles, write
a while, then
take up the
sock again.*

– Dorothy Day



Make it Easy

Happy Hearts
Make Light Work

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

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



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

Make Your Own Farmgirl Show

Farmgirls are talented! They love to work with their hands, and each busy hen has a unique set of skills. Such is the case with our Sisterhood members. We are the "High Plains Sage Hens" from Upton, Wyoming. We began getting together regularly once a month a couple of years ago. This past spring, we talked it over and decided to have a farmgirl show! Our goal was to offer for sale many of the things we each enjoy making. Offering a variety of handmade goods was an easy part of the equation, since we all enjoy making so many different things. I thought maybe you and your sister hens might like to do the same, so I'm offering up a few of the how-to items on our list.

Location: We chose to use the front room of my parents' old hardware store building. You could opt to use the garage, driveway, and yard of one of your fellow farmgirls. As part of the outward appeal, dress up the outside of the location—yard, building, the end of the driveway—so that some **cool stuff** will grab the eye of passersby. Potted flowers, funky junk, a homemade sign, an American flag, etc.

Promotion: A friend offered a great idea: tape a sign to my car, list a few of the items, and park the car on the curb so as to draw attention. I had used the same sign on the showroom window the week prior. Make flyers and post them in places that farmgirls frequent: feed-supply stores, salons, grocery stores, health-food stores, breakrooms, etc. Save a jpeg of your ad image and e-mail it to friends and ask them to pass it on. I also placed a photo ad in our local paper. We've decided to do seasonal shows. The next one will be in October.

Visual Merchandising: Displaying your goodies is SO important. Good display draws attention to the merchandise without being a distraction. It sets the tone and flavor. We used our own furniture, vintage junk, and tree branches for our display props. Just the day before, my elderly cousin had given me a small, rusty wheelbarrow and two circles of old loopy fence—those worked perfectly for the entry table.

We included some secondhand goods. Create color schemes and let that be your guide. Colorizing really pulls things together that might not otherwise have anything in common. If you need some height, put a little table on a big table or stack old wooden boxes. Release your inner child; smooch and drape old linens around, under, and on things.

Administration: Elect a primary cashier (or two). If there is a mistake, then only one (or two) people are involved in a possible problem. Any old box will do for a cash drawer—like an old toolbox, lunchbox, or cigar box. Get a receipt book with duplicate copies. Have some sacks on hand for sold items. You might want to make a master list of the girls involved so you can record the sales. I opted to keep it simpler in our last show and just





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

write initials before the sold item on the receipt. I tallied the sales after the show. The whole point of this article feature is to “make it easy,” and whatever you can do to simplify the project, you’ll be better off for it. After all, it’s supposed to be fun!

Payments: We live in a small town, so I don’t have a problem with taking checks. But you might want a cash-only payment plan. Also, nowadays, you can pay online in a jiffy via a cell phone. If you know how and your customer does too, you’re in business! After the show, tally your sales and pay your farmgirls. After the show, kick back and have a toddie and a cookie. You can then decide if you actually made any money or spent your earnings as a result of buying from each other.



continued ...







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.

Healing with Calendula

Calendula is one of my very favorite herbs. The cheerful orange and yellow blossoms look gorgeous in the garden and have incredible healing properties. My first experience with calendula was during college when a friend developed an uncomfortable and embarrassing rash on her face. She diligently applied a cream prescribed by her doctor, but after several frustrating and miserable weeks, the rash had only become worse and was spreading. Wanting to help somehow, I consulted my herbal books and prepared a bottle of calendula-infused olive oil for her. Neither of us had much faith in it, but she was willing to try anything. I was beyond awestruck when she excitedly called a few days later to let me know that the rash had not only improved, but was almost completely gone! This was the first, but certainly not the last, time that I have witnessed the awesome curative properties of calendula.

Calendula officinalis, also known as pot marigold or garden marigold, has been used for centuries to heal wounds and skin irritations. Calendula has anti-inflammatory, antimicrobial, astringent, antifungal, antiviral, and immunostimulant properties, making it useful for disinfecting and treating minor wounds, conjunctivitis, cuts, scrapes, chapped or chafed skin, bruises, burns, athlete's foot, acne, yeast infections, bee stings, diaper rashes, and other minor irritations and infections of the skin. Plus, it stimulates the production of collagen at wound sites to help minimize scarring and assist with stretch marks. This versatile botanical can be incorporated into baths, creams, compresses, washes, salves, ointments, massage oils, baths, facial steams, tinctures, and teas. It is also gentle enough to use for babies, children, or animals. Internally, gargling with calendula-infused water may ease a sore throat, sores in the mouth, and inflammations in the mouth and throat.



Not only is calendula a wonderful healing and medicinal herb, but it is also a lovely and useful plant in the garden! Calendula repels many common garden pests, including aphids, eelworms, asparagus beetles, and tomato hornworms, and is a companion plant for potatoes, beans, and lettuce. Plus, it grows quickly and is easy to cultivate from seed. The fresh, vibrant petals can be used to color butter, cheese, custards, sauces, or sprinkled atop salads, cakes, and sandwiches.



Calendula Herbal Oil

This medicinal oil is simple to prepare and has so many uses. The gentle, soothing, and healing oil is perfect for cradle cap, diaper rash, chapped or chafed skin, bruises, and sore or inflamed muscles. The oil can be used alone, or incorporated into salves, massage oils, lip balms, ointments, creams, and lotions.

Organic olive oil
Organic calendula flowers

1. Place calendula flowers in a clean, dry glass jar. If using fresh calendula, wilt for 12 hours to remove most of the moisture (too much moisture will cause the oil to go rancid) before adding to the jar. Pour olive oil into the jar, making sure to cover the flowers by at least 1" of oil so they will have space to expand. Stir well and cap the jar tightly.
2. Place the jar in a warm, sunny windowsill and shake once or more per day.
3. After 4–6 weeks, strain the herbs out using cheesecloth. Pour the infused oil into glass bottles and store in a cool, dark place.

Heat method: I prefer to infuse oils utilizing the solar or folk method described above, but heat can be applied if you need the oil quickly. To prepare, follow step 1 from above, but place the olive oil and calendula flowers in an uncovered container. Warm over low heat at approximately 100° F for at least 3–5 hours, the longer the better. A yogurt maker, double boiler, or inside the oven with a pilot light on are all effective ways to heat the oil; just make sure to check the temperature occasionally to ensure that the oil isn't getting too warm. Once the oil has infused, strain out the herbs using cheesecloth and package the infused oil into glass bottles.

Calendula Salve

A soothing and healing salve. Rub into sore or inflamed muscles, apply to minor cuts, scrapes, insect bites, rashes, diaper rashes, stretch marks, chapped lips, chafed skin, bruises, and other skin irritations.

4 oz calendula-flower-infused herbal oil (from above recipe)
½ oz beeswax
20 drops organic lavender essential oil (optional)

Coarsely chop the beeswax or use beeswax pastilles. Melt beeswax and calendula oil over a double boiler. Once melted, remove from burner and stir in the lavender essential oil. Pour into tins or glass jars. Allow to cool thoroughly before using or placing caps on the jars.

Calendula & Shea Butter Lip Balm

This nourishing lip balm is made from healing ingredients that soothe dry and chapped lips.

1 T shea butter
3 T calendula herbal oil (from above recipe)
1 T plus 1 t beeswax



10–15 drops essential oil of choice
A few drops of vitamin E oil

Coarsely chop the beeswax or use beeswax pastilles. Place beeswax, butter, and oil in a small pot or glass Pyrex measuring cup and gently heat in the top of a double boiler until the beeswax and butters have melted. Once melted, remove from the stovetop and stir in the essential oil and vitamin E oil. Immediately pour the mixture into lip balm tubes or small containers. This recipe will make approximately 1 1/2 oz of lip balm, enough to fill 10 lip balm tubes, six of your 1/4-oz plastic jars, or three 1/2-oz tins or plastic jars.

Healing Calendula Spray

A healing spray that can be misted on burns, insect bites, rashes, minor cuts and scrapes, bee stings, inflammations, bug bites, or used as a medicinal and soothing facial toner for acne or other skin irritations.

4 oz organic calendula flower water (hydrosol)
15 drops organic lavender essential oil
10 drops calendula herbal extract/tincture (optional)

Mix all ingredients together and pour into a 4-oz bottle with a mister top. Use as often as desired!

Calendula Compress

A soothing and medicinal treatment that's effective and simple to prepare. Calendula compresses can be applied to burns, cuts and scrapes, bee stings, bug bites, inflammations, and other skin irritations. They can even be used on animals with minor skin conditions or injured paws.

Pour 1 cup boiling water over fresh or dried calendula flowers, cover, and allow the mixture to cool to room temperature. Once cooled, strain out flowers and reserve the remaining liquid. Create a compress by soaking a clean cloth in the herbal infusion and placing it on the skin. This process is gentle and may be repeated several times a day.







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

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



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



Farmgirl Profile: Anita Shepperson, Wyoming

Since "The Cluck" focuses on the Farmgirl Sisterhood, I thought I ought to follow suit and introduce you to one of my "sisters," Anita Shepperson.

Anita grew up on a ranch in the "golden triangle" of central Montana. She could drive grain-farming equipment and single-handedly cook meals for a work crew before the age of 12. Her family raised beef cattle and kept dairy cows. They also raised chickens for eggs and meat and they had a large garden. Anita learned the art of home canning when she was barely old enough to look over the kitchen countertop. Life on the ranch wasn't all work, though. She recalls going on many a camping trip that always included fishing or hunting.

Fast forward. Little has changed, except Anita's location. She now lives in northeast Wyoming with her husband, Jerry, and together they raise cattle and sheep. They live about 15 miles south of us. With marriage, Anita added "shepherdess" to her resume. Her husband favors sheep over cattle (if he had to choose), and she took to taking care of sheep like she does everything else—with gusto. Not surprisingly, she taught herself to clean and card wool, then spin and knit. She made luxurious mittens this past winter for the members of our little flock of Farmgirl Sisters (High Plains Sage Hens).

It would be a lot easier to make a list of the things that Anita *doesn't* make or involve herself in, but here are some of her accomplishments. She has a two-acre garden that includes fruit trees and grain. She makes split-oak baskets, soap, cheese, butter, quilts, and knitted and crocheted items. She milks one or two cows and raises chickens and turkeys for eggs and butchering. She also enjoys watercolor painting and horseback riding. There's more, but I'll stop there!

Anita is also very involved in community activities: church youth group, the local history society, and our county's mounted search and rescue organization (see her parade photo).

Anita walks the talk when it comes to living up to her motto: "You can be all that you imagine if you're willing to work." Recently, I asked her if she might make a large basket for me to put pillows and blankets in. She knocked on my door a few days later with it (see photo). Anita's heart is as big as the state she calls home and as golden as a sunflower. She's a farmgirl to the marrow, and I'm blessed to be her friend.



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

MARYJANES FARM



Cleaning

The Work of Our Hands

Sp

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

EACH OTHER | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | **CLEANING UP**

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



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

Make Mine
GREEN

The Wonder Product: Coconut Oil

Coconut oil has always been in my kitchen; however, since researching its benefits, I have moved it into my bathroom, cleaning cupboard, and medicine cabinet. Kevin Trudeau, author of the famous book, *Natural Cures "They" Don't Want You to Know About*, suggests that if you could only take one supplement or vitamin, coconut oil would be the one he would recommend. Turns out that coconut oil not only is beneficial to your body internally when you cook with it, but it can also be used to clean various parts of yourself as well. So, what is coconut oil and what does it really do for us? Coconut oil is a sweet-smelling extraction from the flesh of the coconut and is used widely in food, cleaning, and cosmetic products.

This universal ingredient can be used for hair care, skin care, stress relief, weight loss, increased immunity, maintaining cholesterol levels, proper digestion, and a myriad of other health benefits. Why it is so beneficial to us is because of the presence of lauric acid, capric acid, and caprylic acid with antimicrobial, antioxidant, antifungal, and antibacterial properties. So it's understandable why it is mixed with Castille soap in many cleaning products for its antibacterial benefits. However, I recently found online testimonials about coconut oil being extraordinary for cleaning stone tiles; shining up various leather items; and surprisingly, as an environmentally friendly stain remover for greasy, waxy, or fat-based stains.

Although cleaning is part of my trade now, I tend to use coconut oil more for the beauty cleansing benefits it has for me. I remember using coconut oil during my entire pregnancy to avoid stretch marks and keep my skin supple. I was amazed how it worked, and made even my barefoot-lovin' feet smooth and soft. So then I started using it as a face moisturizer, only to find out it had anti-aging properties, too. Coconut oil soon became my new favorite, and I began to investigate further about this miracle product. I have learned that many islanders know of its beauty secrets and use it as a hair cleaner and toothpaste. Filipinos in the provinces still brush their teeth with a mixture of coconut oil and baking soda, and they say their breath is as fresh as it can be. That's because coconut oil destroys bacteria that causes bad breath, tooth decay, and gum disease. This fabulous coconut oil can even be used to soothe and heal nasty canker sores.

For hair care, I was surprised how beneficial this fatty acid is to the hair. Unlike other oils used in shampoo formulations, coconut oil helps minimize protein loss during washing to keep each hair strand strong. Coconut oil keeps protein loss at a minimum because of its close association with hair proteins. Reports of coconut oil counteracting hair loss and even promoting hair growth are fairly common. Below is a great moisturizing and conditioning recipe using coconut oil for naturally cleaning the hair. You will need one jar of virgin coconut oil and a shower cap.



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

Directions to healthier and fuller hair:

- Shampoo your hair with a natural product without all the harsh chemicals and let your hair dry until slightly damp.
- Apply a quarter-sized amount of virgin coconut oil to your palms and rub your hands together. The heat from your hands will instantly melt the coconut oil, coating your palms and fingers with the oil. You can use more oil if you have longer hair.
- Run your fingers through your hair to coat your hair with the oil. Your hair will look slick and shiny from the oil. If you use too much, it will take longer to rinse out.
- Take the plastic shower cap and cover your hair to keep your hair in place and retain the heat to increase absorption.
- Leave on for about one hour, then remove the plastic shower cap and rinse your hair. Your hair will feel thick and full right after this 60-minute treatment.

Click [here](#) for more information on the incredible benefits of coconut oil.





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 seach/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. 35 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 Chatter

What are farmgirls chatting about?

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

.....

HomeSafeHome: Ants Submitted by ginghamed ginnie

Could someone help me? I am being overrun with ants! Offer advice [here](#).

HomeSafeHome: Dust Mite Allergies—Energy Reduction Submitted by quilting_kate

Does anyone have any Ideas how I can reduce my energy expenditure?

Here is my scenario: I have dust mite allergies. So, I have to wash all of my bedding in HOT water then dry them on high heat. This is supposed to kill the dust mites and reduce the allergens in my bedding. I have stretched out the pillow, mattress pad, and comforter to every 2 weeks—that is about as far as I can push it. The sheets are done on a regular weekly schedule.

I would really love to reduce the amount of energy I am using, but don't want to be feeling sick all of the time, either. Share helpful suggestions [here](#).

Across the Fence: County Fair Time Submitted by Cindy Lou

It's county fair time here, starting in the middle of a terrific wave of heat and humidity. Its fun for me to find that we are involved enough now to find it is once again just about the busiest week of the year. Through our kids' growing-up years, we were so busy with 4-H. I remember that I loved it more than I did as a kid myself. Now I help with open-class exhibits, one day of taking in entries, one of assisting the judge in our area and displaying, a shift or two overseeing the building, and then returning the entries at the end of the week. I work mostly in the needlework department. I LOVE meeting the people who bring their exhibits; the creativity and skills they share are delightful. I love seeing people who are rightfully proud of their accomplishments and those of family and friends.

When I was supervising the building, a guy asked for help finding his friend's entry, a bird picture. When he mentioned they were both clients at a group home, it helped us find it in the section for those with disabilities—it was actually the Reserve Champion of the section! She had also brought a painted rock, and a lady who overheard our conversation called us to the crafts section to find that one. He was so excited, almost in tears, and in a hurry to let her know how well she had done. He thanked me, but the joy he felt made that totally unnecessary.

I got to visit with the baking winner from the elementary class, a little guy who is probably about 8 years old, a guy who had gotten four blue ribbons on five exhibits in the wine section, a lady who entered in the foods category to encourage her niece (and they both got blues), and a young woman who brings award-winning jewelry and has now started sewing—it was fun to see her scouting out the competition in that area. I didn't show anything myself this year, but saw so many wonderful ideas to try. See post [here](#).

the chatter continues ...

Barnyard Buddies: Goat question—need help! Submitted by maggie14

Hi Girls! How much would you charge to have your buck breed two does? I am at a complete loss. There is this sweet lady, she has four young children, she works at home, and next month she is getting two does that she would really like to breed to one of my bucks. What would you charge her? Thanks for any help! Offer advice [here](#).

Barnyard Buddies: Wrens built a nest in the basket on my door! Submitted by FebruaryViolet

I always have this thing for the wee wrens about my house. Every now and again, a house wren will slip in through the eaves somewhere, but now they've decided we're a safe place to raise their little brood!

A few weeks back, I was going to change out the faux forsythia and pussy willows in my old hanging basket on the front door, when I happened to see a wren flit down inside. I watched her most of the day, bringing twigs and little bits of dog hair and other things, and it was clear she was nesting. So we let them be. Thought you might enjoy some pics! The babies have hatched and they make the most delightful chirps when we open the door to leave or come in! I count only two, but there could be more. Her nest is rather deep, so who knows! See post [here](#).

Barnyard Buddies: Are these happy Longhorns, or what??

Submitted by ceejay48

You may have seen pics of our Longhorns in previous threads, but I wanted to share these with you, taken yesterday morning (Wed. 7/21) as I returned from my morning power walk. See more photographs [here](#).

Barnyard Buddies: What is your favorite breed of chicken?

Submitted by HeirloomMomma

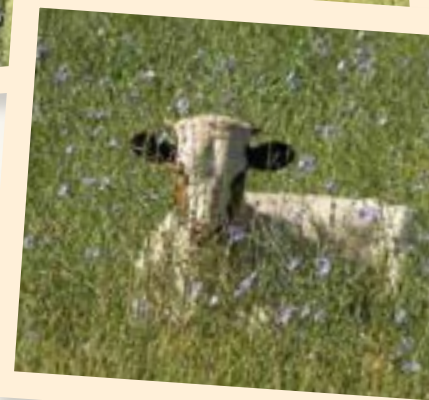
I am raising bantams, and wondering what is everyone's favorite breed of chicken that they raise, or have raised? We all raise them for different reasons: pets, hobbies, eggs, meat ... I like chickens that lay an average amount of eggs, but I want those that are quiet and gentle! My favorites to this point are the Orpingtons and the Wyandottes. Share your thoughts [here](#).

Family Matters: Farmgirl Baby Announcement Submitted by

Alterationsbyemily

Hello Ladies,

I have been missing from the forum for right around a week now and I am very happy to say that my son came into the world last Tuesday night (19th). I was a VBAC, and it went better than imagined. Here is how my day went:



continued ...

{tips, inspiration, &
just plain fun!}

the chatter continues ...

8:00 am: Castor oil omelette. My DH had me eat one. I couldn't finish half of it until I called it quits. (this equaled about 1 T of the oil)

9:15 am: Arrive at Jo-Ann Fabrics, not going into labor, let's make a civil war gown ...

10:40 am: Go to the mall and drop my DD off at Tumble Town (babysitter with a jungle gym at the mall) and start walking. After one lap of the mall, I was having the same labor pains that I had been having for 5 weeks, but now 3 minutes apart.

11:30 am: Sat down at the food court and drank a large sweet tea, putting my feet up and etc. to see if it was false labor. Nope, it continued. We then, after drinks, started walking again. I noticed that I had intense pressure now at 2 minutes, and would walk VERY slow during each pain.

12:20 pm: Called the doctor and he said, "It's pretty busy, come get checked out, but be aware if it feels the same, you might just go home."

1:15 pm: Arrived at the hospital and I was dilated 2 cm, doctor said, "Hook her up to a monitor and we will check you in a bit."

2:50 pm: Rechecked me and I was 2.5 cm and very effaced, then the magic phrase came, "Let's break your water and see what you do."

4:00 pm: My doctor broke the water and I got some of the narcotic type drugs ... I was really loopy.

5:30: I was asking for the epidural, got another check and I was 4 cm.

8:00 pm: Doctor shift change, Dr. H. came in and said, "Let's just check you to see where you are."

I was fully dilated and ready to push. She then asked me if I wanted to push through it or wait for the 'feeling to push.' I opted to wait for the feeling.

9:30 pm: I started pushing.

10:09 pm: My new little man came into the world.

I was so happy that I didn't need any pitocin or a repeat C-section. I could walk after 40 minutes.

Just an FYI side note for my C-section, I got 2 spinal blocks and I couldn't walk for 2 days, the doctors thought that they had paralyzed me.

So I would like to introduce all my farmgirls to William Gerald Hack, my son. Here is the picture we used for the birth announcement. I wish all the other farmgirls here who are pregnant that your delivery goes as good as or better than you hope and pray for. See post [here](#).

Farm Kitchen: Ugh. Squash. Lots of different types! Help me! Submitted by FebruaryViolet
We joined a CSA and it's been wonderful, but the last 3 picks ups (weekly) have been mainly



*I have spread my dreams beneath your feet.
Tread softly because you tread on my dreams.*

– W.B. Yeats

the chatter continues ...

squash. While I like summer squash, it's only me that will eat it and I'm feeling a little bit squash inundated. There is patty pan, zucchini, and several other summer squashes that I don't know what to do with. Does anyone have a favorite recipe they can share? How long do they store? Share your recipe ideas [here](#).

Farm Kitchen: Freezing potatoes?

I was wondering if anybody knows if you can freeze raw, cut potatoes? And, if so, do they work well and taste OK after you unfreeze them and cook them? I know there are frozen, processed potatoes you can buy at the store, but I wasn't sure if they use some preservatives to keep them "fresh" while frozen, so to speak. Thanks for any advice anyone can give me on this! Share advice [here](#).

Farm Kitchen: Dehydrator recommendations?

Would like some feedback about which dehydrator to purchase. Don't want to spend a ton, but would like one that others have had some success with. Click [here](#) to respond to post.

Farm Kitchen: Canning and baking and cleaning... Submitted by Kristin sherrill

I am pooped! Been at it since early morning. I had to take a break. Kansas and I broke beans last night. This morning, I canned 7 quarts. One broke right when I put it in the canner. Makes me so mad! Then while that was in the canner, I peeled peaches and Kansas cut them up for me. So I got 7 quarts of peaches. Then after they were done, I used the hot canner water to put the tomatoes in. We got them all cut up and I added peppers, onions, garlic, and herbs to make sauce. I got 5 quarts. Then I started to clean out the canning pantry in the laundry room. I was running out of pint jars. I had lots of pickled okra and peppers from 3 years ago. So I threw all them out and am washing jars right now. I have tons of applesauce left from a few years back. So I decided to make applesauce muffins. They just got done. I think I will have to make them once a week to use all that up. I will be making more in the fall from all my apples.

Yesterday, I left a note on the door of the people who bought my friend's house. They have the very best blueberries ever. And I have been driving by and seeing all the ripe berries just sitting on the bushes. I almost just went a few times to pick without asking. They have not moved in yet. SO I left a note. The lady called yesterday about 3:30 to say she would be glad for me to come pick as many as I wanted. I said I would be glad to pay for them, but she said no. So I jumped in the car and went down there right away and picked 2 gallons in about half an hour. So I put 7 more quarts in the freezer. That's my next project, getting the freezers rearranged to get more in them.

So what's going on in your kitchens today? Respond to topic [here](#).

Farm Kitchen: I need your expertise Submitted by camiesmommy

My aunt, who is 77, recently suffered a stroke. She lives with my mom, who is 85. Neither are ready to give up their independence, but my mom is just not up to cooking every night. I have offered to go

continued ...



{tips, inspiration, &
just plain fun!}

the chatter continues ...

to their home and cook, in addition to making casseroles that can be frozen. I've been cooking from scratch all my life, but don't typically freeze ahead. Do you know if cream soups, sour cream, and/or mayo freeze so long as they have been mixed in with other ingredients? Any suggestions would be helpful. Share your suggestions [here](#).

Farm Kitchen: The BEST tomato award goes to ... Submitted by the butchers wife
The Black Cherry tomato!!! The seeds came from Baker Creek Heirloom Seeds. It's a purple variety with a really rich, sweet, smooth taste. AND it grows like wildfire. Tonight, we compared our black cherry tomatoes to cherry tomatoes from the store, and honestly, there is no comparison. The store-bought tomatoes were sour and bitter and inedible in a side-by-side taste test. (It was very official.) I honestly would have never guessed there would be such a difference, but trust me, there is.

So, Ladies ... tell me which tomato wins your BEST tomato award??? (so I can start planning for next year). Click [here](#) to share.

Garden Gate: How much weeding time do you spend? Garden Report Submitted by Alea
I was kind of counting on some of my plants shading out some of the weeds—it didn't happen. So now I am out there weeding, and I think they are laughing at me!! I spent about 30 minutes weeding yesterday and only cleared what my hands could reach without having to move much.

I figure I will get the plants that have grown and then make a firm rule to go out and hoe every night to keep the soil too disturbed for serious plant growth.

I also caught that nasty sneaky bindweed trying to infiltrate my corn!! Yuck! I HATE bindweed!! I consider it very evil. I just wants to destroy everything in it's path. GRRR.

But on a positive note, my grape tomatoes are producing and they should be turning red any day now. My regular tomatoes are growing and the green is starting to lighten up. I wonder if these tomatoes are more on the small side? They seem to be rushing towards maturity and are smaller than a tennis ball. That's fine with me if that is the case.

My carrots are up but still have a long way to go. I will most likely be growing carrots all winter inside, since less sprouted than I had anticipated. I must have had bad seed or something.

My Swiss chard is producing for me like you would not believe. I am quite impressed! I need to add in kale next year too!

My cabbages are enjoying the extended light and are starting to get down to the business of producing heads. It is so exciting to see them doing so well. I must say, cabbage is one of the most satisfying garden vegetables that you will ever grow!!



“Cows are my passion. What I have ever sighed for has been to retreat to a Swiss farm, and live entirely surrounded by cows—and china.”

– Charles Dickens

the chatter continues ...

My pumpkins are starting to flower, and I might even have some pumpkins starting to form! YAY! They better hurry, or they might not make it in time!

My bell peppers are doing okay. I have one lone pepper forming that is recognizable, but I have seen some flowers come and go, so I am sure they will start producing more peppers soon.

The watermelon is still working on producing flowers. It better hurry up and get with the program. I may end up having to greenhouse the end of my garden. We'll see how it goes.

The corn is almost knee-high now! It was ankle-high at the 4th of July, but I think it got the message that it was behind and it better hurry up “or else.”

The cucumbers and cantaloupe experiment in the container garden (an old wash basin) seem to be doing well, and I see lots of flowers!!

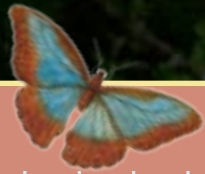
I have only gotten TWO small misshapen strawberries from my plants this year. A watering inconsistency issue, I am sure. I am hoping for more, as they should be everbearing.

I think that's pretty much it. I hope everyone's garden is doing well!! Click [here](#) to see post.

Across the Fence: You Know You've Gone Farmgirl When ... Submitted by Dusky Beauty
We've all had those sobering moments when we realize there's no getting around the fact that we are farmgirls, and no one but another farmgirl would completely understand. Share your true stories!

I know I've gone farmgirl when ...

1. I keep baby farm animals in the warmest room of the house. And if that happens to be my bedroom, so be it.
2. When my cousin posts a bird feeder she made out of an Arizona Green Tea can on Facebook, her “friends” call it redneck, and I not only leap to her defense, I write down the directions, because I think it's just an awesome idea.
3. When I save ‘garbage’ like scrap boards, wire, newspaper, and milk jugs. Not because I'm a hoarder, but because I know I will need those items.
4. When I am more excited over possibly winning *Mother Earth News's* heritage chicken starter kit and Tractor Supply Co.'s gift certificate than I am for entering *Redbook's* sweepstakes for a Jamaican vacation and airfare.
5. When a butt-kickin' windstorm comes up, I run out to move my potted veggies into shelter and make sure my corn is still standing up before even shutting my windows (as of 5 minutes ago). Click [here](#) to go to post.



August FARMGIRL SISTERHOOD SPECIAL



FREE!! SISTERHOOD water bottle

The first 50 women that renew/purchase a Sisterhood membership for themselves or a friend will receive a free Sisterhood water bottle (pictured at left). Limit 1 per customer.

Sisterhood Membership

- \$20/year
- Call us at (1-888-750-6004)

OR

To order or renew your membership click [here](#)

Water Bottle

- Regular price \$18
- Ongoing special Sisterhood price,
60% OFF (\$7.20)
- To receive discount order [here](#).

- BPA-free Lid!
- Stainless-steel Body
- Carabiner Clip for Easy Transportation
- Curvy, Feminine Shape

We're on a mission to fuel our Sisters with toxin-free water!



The adorable dish-soap bottle apron pictured at left was sent to us as a gift from Marie Bucher ("reereebee," Sister #1627), and we thought it fit our water bottle perfectly. Ca-ute!

***Not included with water bottle.**

Farmgirl Events Sisterhood

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 sometime in August.

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 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. 38). 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 1,288 Farmgirl Chapters have been started, located in all 50 states and 8 countries with 3,341 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.



Dear MaryJane,

Hi! This is a note I would like you to print in your next MaryJanesFarm magazine. On June 17th, 2011, I was admitted to the hospital for major surgery on my carotid artery. I was in for nine days. In those days, I must have received over 25 cards with prayers, well wishes, hugs, and kisses from so many farmgirls! I am still in awe. They have never even met me, and the kindness and beautiful cards they sent me helped to get me up and about. I can't express my gratitude and thank you enough. May God bless each and every one of the farmgirl Sisters and all they put their hands to.

Most sincerely,

Mary Ellen Lester #3173



... 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 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





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.

Merit Badge

Woo Hoo!

Awardees

Merit Badge Awardees

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

Arline Nash, picketfence #3206

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Barbara Roberts, Healthy Eating #2237

Beginner badge: Know Your Food / Farm Kitchen

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Disconnect to Reconnect / Outpost

Beginner badge: Build it Green / Make It Easy

Beginner badge: First Aid / Outpost

Beginner badge: Pay It Forward / Farm Kitchen

Beginner badge: Entrepreneurial Spirit / Each Other

Intermediate badge: Know Your Food / Farm Kitchen

Intermediate badge: Bustin' Out / Farm Kitchen

Intermediate badge: Farmgirl Gratitude / Each Other

Intermediate badge: Green Energy / Cleaning Up

Intermediate badge: Buttoned Up / Stitching & Crafting

Intermediate badge: First Aid / Outpost

Intermediate badge: Pay It Forward / Farm Kitchen

Intermediate badge: Entrepreneurial Spirit / Each Other

Expert badge: Know Your Food / Farm Kitchen

Expert badge: Bustin' Out / Farm Kitchen

Bea Campbell, quiltingbea #2575

Beginner badge: Knitting / Stitching & Crafting

Candace Hostetter, sweettea #3135

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Crochet / Stitching & Crafting

Carrie Goad, Homestead Dreams #3028

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

Carrie Meerwarth, Carrie M #147

Beginner badge: Public Service / Each Other

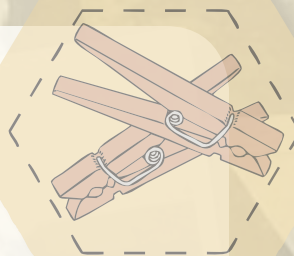
Intermediate badge: Farmgirl Spirit / Each Other

Intermediate badge: Public Service / Each Other

Expert badge: Farmgirl Spirit / Each Other

Expert badge: Woman-at-Arms / Outpost

Farmgirl Legends/ Chapter Guru



*“Every great dream begins with a dreamer.
Always remember, you have within you the strength,
the patience, and the passion to reach for the stars
to change the world.”*

– Harriet Tubman

Merit Badge Awardees

Christine Garard, cgarard #3133

Beginner badge: Shopping Green / Cleaning Up

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

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Expert badge: Shopping Green / Cleaning Up

CJ Armstrong, ceejay48 #665

Intermediate badge: Stargazing Chicks / Outpost

Expert badge: Little Squirts / Each Other

Expert badge: Stargazing Chicks / Outpost

Crystal Halliwell, metrohippymom #3197

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

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

Beginner badge: Entrepreneurial Spirit / Each Other

Intermediate badge: Entrepreneurial Spirit / Each Other

Debbie Wines, debbiesuew #2625

Beginner badge: Crochet / Stitching & Crafting

Denise Meister, Denisemgm #1976

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Self Sufficiency / Farm Kitchen

Beginner badge: Gaining Ground / Garden Gate

Beginner badge: Horse Dreams / Garden Gate

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

Beginner badge: Stargazing Chicks / Outpost

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Unprocessed Kitchen / Farm Kitchen

Intermediate badge: Self Sufficiency / Farm Kitchen

Intermediate badge: Buttoned Up / Stitching & Crafting

Emily Hack, alterationsbyemily #2951

Beginner badge: Self Sufficiency / Farm Kitchen

Expert badge: Community Service / Each Other

Elizabeth Baker, woolgirl #1947

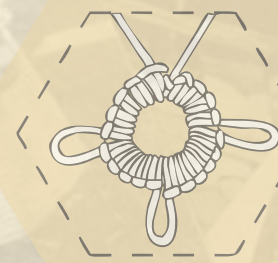
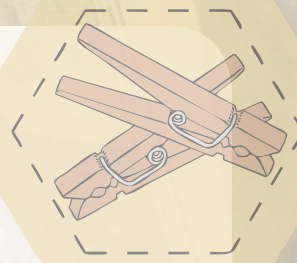
Beginner badge: Crochet / Stitching & Crafting

Beginner badge: BakeOver MakeOver / Farm Kitchen

Intermediate badge: BakeOver MakeOver / Farm Kitchen

Gail Marla Soloranzo, marla97015 #3152

Beginner badge: Farmgirl Gratitude / Each Other



continued ...

45

Merit Badge Awardees

Gail Springman, Klamath Falls Charming Chicks #486

Intermediate badge: Get er' Done / Each Other

Expert badge: Heirlooms Forever! / Garden Gate

Georgie Bender, Georgie #2538

Beginner badge: Gaining Ground / Garden Gate

Gracee Brooks, Countrygramme #2938

Beginner badge: Going Green / Cleaning Up

Intermediate badge: Going Green / Cleaning Up

Helena Weber, HelenaMarie #3029

Beginner badge: Backyard Farmer / Garden Gate

Jamie Crosby, jcrosby2019 #3323

Beginner badge: Going Green / Cleaning Up

Janelle Muhlenkamp, jtink84 #3179

Beginner badge: Embroidery / Stitching & Crafting

Janet Pinter, owwlady, #3128

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Spinning / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Crochet / Stitching & Crafting

Jennifer Drake, guerin #919

Beginner badge: Going Green / Cleaning Up

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Community Service / Each Other

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: ChillOver ComeOver / Farm Kitchen

Beginner badge: BakeOver MakeOver / Farm Kitchen

Beginner badge: Self Sufficiency / Farm Kitchen

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Self Sufficiency / Farm Kitchen

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Community Service / Each Other

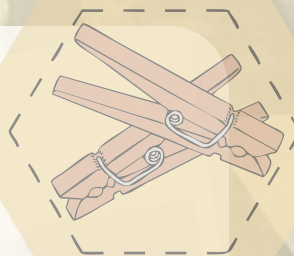
Intermediate badge: Going Green / Cleaning Up

Expert badge: Going Green / Cleaning Up

Expert badge: Shopping Green / Cleaning Up

Expert badge: Community Service / Each Other

Expert badge: Self Sufficiency / Farm Kitchen



“The future belongs to those who believe in the beauty of their dreams.”

– Eleanor Roosevelt

Merit Badge Awardees

Joanna Fedewa, Tansyshy #907

Beginner badge: Aprons / Stitching & Crafting

Jo'Lee Tarkon, alkorhol #3189

Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Julie Felton, FarmDream #3069

Beginner badge: Crochet / Stitching & Crafting

Katrina Tylee, KatTylee #3214

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: “Out There” Women / Outpost

Intermediate badge: Shopping Green / Cleaning Up

Kim French, french08 #2997

Beginner badge: Gaining Ground / Garden Gate

Kim Hazelrigg, kimarie91 #3147

Beginner badge: Aprons / Stitching & Crafting

Kristin McNamara, fmgImac #3176

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

Kristina Nelson, FieldsofThyme #800

Beginner badge: Heirlooms Forever! / Garden Gate

Beginner badge: ChillOver ComeOver / Farm Kitchen

Beginner badge: BakeOver MakeOver / Farm Kitchen

Intermediate badge: ChillOver ComeOver / Farm Kitchen

Intermediate badge: Heirlooms Forever! / Garden Gate

Intermediate badge: BakeOver MakeOver / Farm Kitchen

Expert badge: Bustin' Out / Farm Kitchen

Expert badge: Forage for Food / Farm Kitchen

Expert badge: ChillOver ComeOver / Farm Kitchen

Expert badge: BakeOver MakeOver / Farm Kitchen

Loretta Praught, rafeel #4079

Beginner badge: ‘Out There’ Women / Outpost

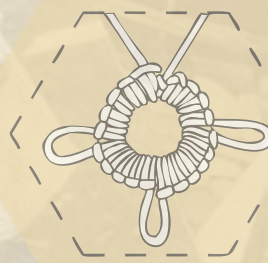
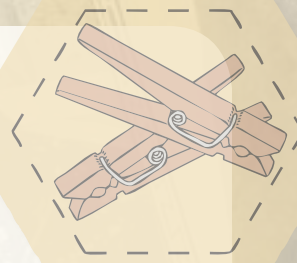
Beginner badge: In the Garden / Make It Easy

Beginner badge: Outstepping / Outpost

Beginner badge: Disconnect to Reconnect / Outpost

Margarette Allen, Mea #1732

Beginner badge: Disconnect to Reconnect / Outpost





Merit Badge Awardees

Melissa Havemann, lissak78 #581

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Little Squirts / Each Other

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Little Squirts / Each Other

Intermediate badge: Shopping Green / Cleaning Up

Michelle Praught, meshako #3074

Beginner badge: Disconnect to Reconnect / Outpost

Michelle Weiler, MichelleW #3271

Beginner badge: Sew Wonderful / Stitching & Crafting

Monica Elliot, #737

Beginner badge: Quilting / Stitching & Crafting

Intermediate badge: Quilting / Stitching & Crafting

Expert badge: Quilting / Stitching & Crafting

Patty Byrd, TheByrdHaus #1840

Beginner badge: Going Green / Cleaning Up

Paula Black, Sheepless in Seattle #2953

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Secret Life Of Bees / Garden Gate

Pilar Stevens, retasos2 #2498

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: "Out There" Women / Outpost

Rachael Bott, Rachael #1451

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Community Service / Each Other

Beginner badge: Green Energy / Cleaning Up

Beginner badge: Going Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Green Energy / Cleaning Up

Intermediate badge: Going Green / Cleaning Up

Expert badge: Shopping Green / Cleaning Up

Expert badge: Green Energy / Cleaning Up

Expert badge: Going Green / Cleaning Up

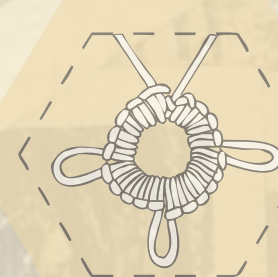
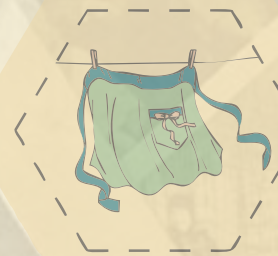
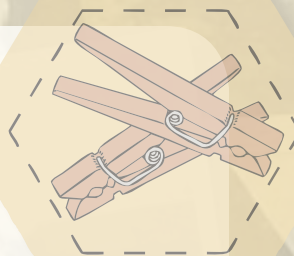
Rebecca McGinnis, Sister Becky #2598

Beginner badge: Tatting / Stitching & Crafting

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Get It Together / Farm Kitchen



*“Reach high, for stars
lie hidden in your soul.
Dream deep, for every dream
precedes the goal.”*

– Pamela Vaull Starr

Merit Badge Awardees

Remi Davis, Cibola #2547

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

Beginner badge: Going Green / Cleaning Up

Stephanie Arend, Thumper #3005

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Nellie Will-do / Stitching & Crafting

Beginner badge: Get 'er Done / Each Other

Stephanie Orr, OrrShine #1545

Beginner badge: Gaining Ground / Garden Gate

Teleka Holbrook, tholbrook #2426

Beginner badge: Shopping Green / Cleaning Up

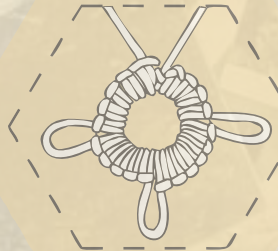
Tiffany Medina, Tiffany Medina #3148

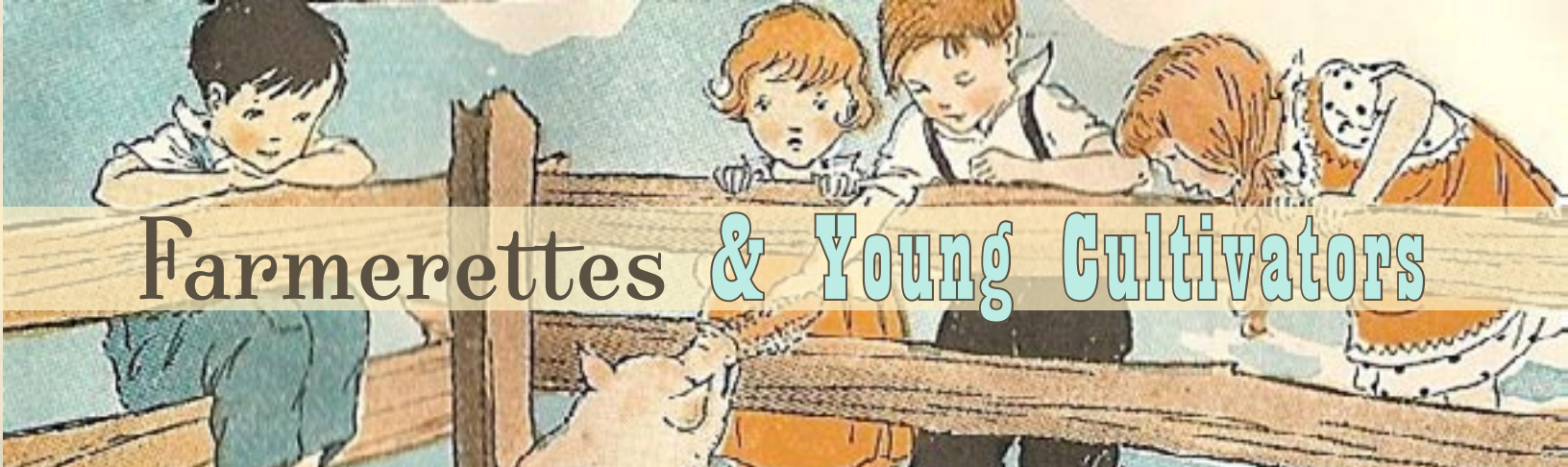
Beginner badge: Knitting / Stitching & Crafting

Intermediate badge: Knitting / Stitching & Crafting

Valerie Fein, vmfein #2619

Beginner badge: Quilting / 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: Rethink Your Space / Make It Easy
Intermediate badge: All Buttoned Up / Stitching & Crafting
Expert badge: All Buttoned Up / Stitching & Crafting

Evelyn Garard, Young Cultivator of Christine Garard #3133
Beginner badge: I Did It My Way / Make It Easy
Beginner badge: Let's Go To Town / Each Other
Intermediate: Let's Go To Town: Each Other

Lily Garard, Young Cultivator of Christine Garard #3133
Beginner badge: Let's Go To Town / Each Other
Beginner badge: Out There Kids / Whistle While You Work
Intermediate badge: Let's Go To Town / Each Other

Madeleine Fakenbridge, Young Cultivator of Monica #737
Beginner badge: It's In the Bag / Cleaning Up
Beginner badge: Table Talk / Farm Kitchen
Intermediate badge: Table Talk / Farm Kitchen

Sarah Holbrook, Young Cultivator of Teleka Holbrook #2426
Beginner badge: Shopping Green / 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!



Young Cultivators Group

Rebekka Boysen coordinates a Young Cultivators group and reports on their activities here and in future issues.

Savoring Lazy Days

As this summer winds to a close, we have been making rather slow progress on our badges. I think that is as it should be. August is full of family time and lazy afternoons. One of my fondest childhood memories is sitting in a shady corner of our front yard making clover chains with my mom. We would spend countless hours each summer on a blanket finding shapes in the clouds while we made clover necklaces and crowns. As a parent looking back on my favorite moments, I can see how intentional my mom was about creating these simple rituals. As adults, we tend to get caught up in our daily grind. When we do have time to spend with our families, we might plan a trip or a big event. While big to-dos have an important place, I think we may be overlooking the value of unplanned days. Setting aside time to “just be” stirs up our own nostalgia for the things we loved as children. On a recent hot summer day, our Young Cultivators group sat in the shade in my backyard. The kids learned to make clover garlands, anklets, and crowns. We sipped lemonade, dipped our toes in the kiddie pool, and watched the clouds roll by. An afternoon well spent, though we didn’t “do” a thing.

To make your own clover crowns:

Start by gathering a pile of clover blossoms, keeping the stems as long as possible. One inch in from the end, put the stem between your nail and thumb and pinch it, creating a slit about 1/2 inch long. Thread another stem through the slit and repeat (I leave about 1/2 inch of stem below each slit so that I won’t easily pull the flower through). If you are making a closed shape like a crown or bracelet, the first flower in your chain should be on the small side, since it will need to fit through the slit you make in the last flower in the chain. Once you are comfortable with a basic chain, try alternating between clover leaves and clover flowers. You can also make double chains. If you can’t find clover nearby, try daisies or lavender.

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," was sent to subscribers and 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 have received your magazine by about July 1. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you didn't receive your magazine by that 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:

August 01 ~ Ramadan Begins | Girlfriends' Day
August 07 ~ Friendship Day | Sisters' Day
August 08 ~ Happiness Happens Day
August 13 ~ National Garage Sale Day
August 15 ~ Best Friends' Day
August 17 ~ National Thrift Shop Day
August 19 ~ National Aviation Day
August 26 ~ Women's Equality Day | National Secondhand Wardrobe Awareness Day
August 30 ~ Log Cabin 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*, *Lifeblog*; *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 1,288 Farmgirl Chapters have been started in all 50 states
and 8 countries with 3,341 Sisterhood members —
growing stronger every day!**