

# MaryJane's Cluck™

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

September 2011

Life made us FRIENDS, MaryJanesFarm made us SISTERS!

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## {HELLO FROM SISTER #1} with MaryJane



I'm often asked why I don't have a blog, so I got to thinking ... about YOU!

What if you could count on me seven days a week for a quick pick-me-up post?

What if that included an easy recipe every Friday, just in time for your weekend fixings?

What if I used it as an opportunity to roll up my shirt-sleeves and give my funny bone a workout? "Silly Nanny," my grandgirls say.

Here's where you'll find me (and, on occasion, my daughter and granddaughters) giving back to YOU every day of the week: [www.raisingjane.org](http://www.raisingjane.org).

MaryJane

All 11 of my journal categories (below) are penned in honor of us girls and that letter of the alphabet we've all laid claim to, **G**. My goal is to gladden your heart and add some glisten to your life.





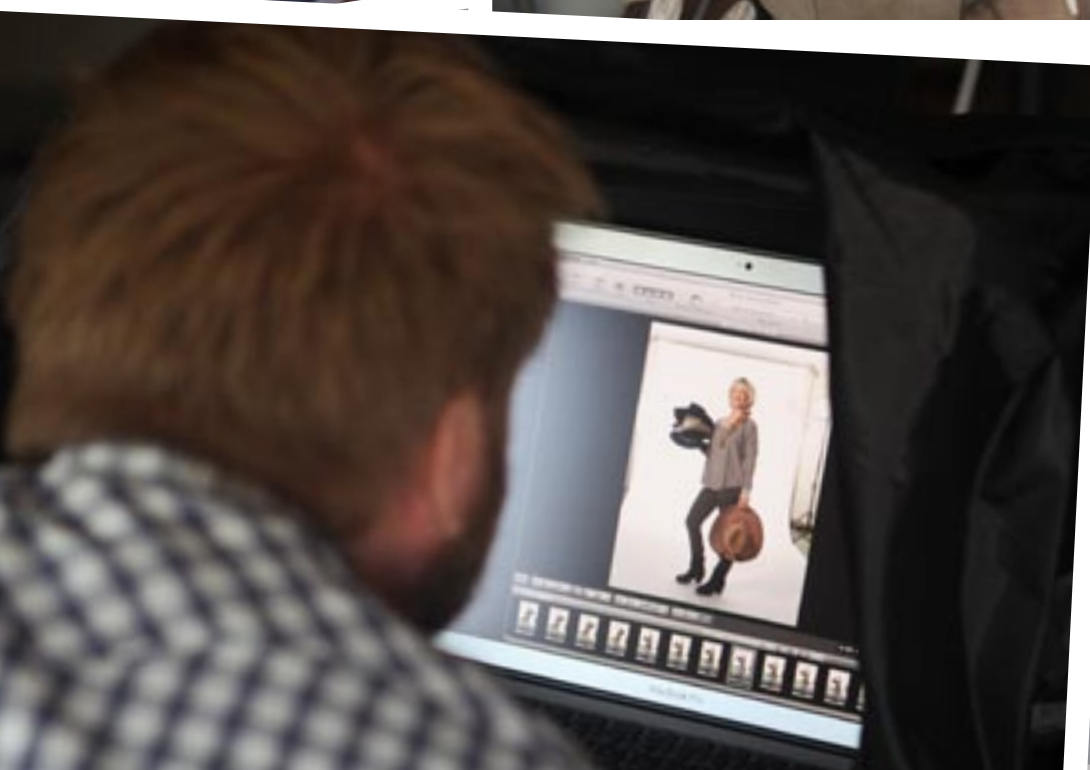
# Sisters... Get ready to cast your vote for jobs in rural America!

Here's how: *More Magazine* sent a crew to our farm recently for photos because they're going to feature my **Project F.A.R.M.** (First-class American Rural Made) in their November issue. Make sure your subscription to **More Magazine** is current!

I will be one of 10 innovators featured who have found ways to create jobs for women. Next summer, you can vote for the job genius whose work impresses you most. The winner will get a boost from *More Magazine*: \$20,000 donated to her organization.

Our photographers were on hand to capture the moment. I especially loved the "groomer" they sent. My comment after their photography crew left? "Wow, my coat is so shiny and healthy-looking now." What woman wouldn't love being preened (queen) for the day?

PROJECT  
**FARM**<sup>TM</sup>  
First-class American Rural Made









# 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



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).

September has a few plans for us. And we’re hoping we’ll get to meet quite a few of you!

You may have already heard, but the second annual Creative Connection Event ([www.thecreativeconnectionevent.com](http://www.thecreativeconnectionevent.com)) is this September 15–17 at the beautiful Crowne Plaza Hotel in St. Paul, Minnesota.

TCC is a women’s conference and market filled to the gills with information on promoting your business, with 100 different hands-on workshops in cooking, knitting, sewing, jewelry making, crochet, creative writing, paper crafts, photography, food styling, book publishing, painting, baking, and cheese making. Social networking and business panels will focus on the practical details of setting up, running, and marketing your business.

Clearly, it’s full of something for every one of our Sisterhood members. Mom was the keynote speaker last year. I came home inspired and full of ideas.

“We are in the midst of a creative revolution,” said Nancy Soriano, with F+W Media. “One that speaks to women at all levels of creativity, whether they are following their personal passion or aspiring to launch a business. This event connects them to the larger community and gives them the tools to help accomplish their goals.”

## THE CREATIVE CONNECTION

SEPTEMBER 15-17 2011 • ST. PAUL, MN • THE CROWNE PLAZA

**MaryJanesFarm FOOD DAY**  
Saturday, September 17th  
CLICK TO FIND OUT MORE!

**THESE FOODIES WILL...**  
offer Unique Classes  
Share Secrets  
Conduct Panels  
and much more

**BOASTS TOP FOOD...**  
Experts  
Chefs  
Bloggers  
and Authors

**CLASSES INCLUDE...**  
Bread Baking  
Party Planning  
Food Styling  
Vegan & Gluten-Free Eating  
among many others

**DO NOT MISS THIS DELICIOUS DAY!**





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

# MARYJANES FARM

Join us this year! MaryJanesFarm is offering an array of food classes, from soups to cupcakes to parties to cheese-making to food photography. Mom will be teaching sourdough bread-making, which makes my mouth water just thinking about it. And of course, the list for the rest of the weekend is equally amazing! And the Handmade Market, open Friday and Saturday, is possibly the best place to do your holiday shopping for this season.

If you haven't yet registered for the event, do so at [www.thecreativeconnectionevent.com](http://www.thecreativeconnectionevent.com). We look forward to seeing you there.

Following our crafty creative adventure in St. Paul, we are off to Salem, Oregon.

Mountain Rose Herbs ([www.mountainroseherbs.com](http://www.mountainroseherbs.com)) is hosting their first annual RootStalk festival ([www.rootstalkfest.com](http://www.rootstalkfest.com)) this September 22–25 at the Oregon 4-H Center on 300 acres of old-growth forested land just outside of Salem, Oregon.

This benefit festival for Cascadia Wildlands is offering a fabulous array of classes touching on sustainable living, herbal medicine, wilderness skills, urban farming, homesteading projects, and more. Mom is teaching “Living an Everyday Organic Lifestyle” and is looking forward to sharing a few tips. And if you haven't done all your holiday shopping, Mountain Rose Herbs products and more will be sold at the Vendor Bazaar. I can't wait! The morning yoga classes sound lovely, and an organic food court will keep us nourished. And don't forget to top it off with the masquerade ball Saturday evening. No worries if you don't have a fancy feathered masquerade mask, they'll be offering a class on making them beforehand.

Mountain Rose Herbs started planning RootStalk over a year ago with the intention of offering education, fostering community, and supporting local non-profits. They've also committed to donating ALL of their proceeds to Cascadia Wildlands ([www.cascwild.org](http://www.cascwild.org)).

“We are excited to see the community come together to celebrate and share this unique experience while supporting the critical work Cascadia Wildlands is doing to defend our ecosystems. It's going to be really powerful,” said Irene Wolanski, Marketing Director for Mountain Rose Herbs.

I am excited to attend the festival. Please do join us. Hopefully I'll meet you at the morning yoga class!





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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.

## Savoring "Savor Idaho"

Wine, food, gardens ... I just couldn't see a single thing wrong with volunteering at the third annual Savor Idaho event a few weekends ago ... and I was right. It was a beautiful, sunny Sunday at the Idaho Botanical Gardens when I helped wineries and restaurants set up their wares in anticipation of the 900 guests who would descend upon the gardens at 2 o'clock in the afternoon.

One unexpected advantage of helping schlep all the wine and food to the various tents was the "sneak preview" this offered me ... a chance to see what Idaho wines would be offered and what delicious dishes would accompany those libations—savory meatballs made of local beef, hand-crafted Idaho cheese, salads made of organic mixed greens, homemade breads. The selection of wine and food was impressive.

But, as is often the case at events like this, there was one standout in the crowd. For many, it was simply because of curiosity; for others it was the freak factor; and for people like me, it was a genuine appreciation for the culinary creativity. There, in the middle of this gourmet event, were trays of gorgeous potato chips ... dipped in dark chocolate, topped with crispy bacon, and sprinkled with a generous helping of artisan salt. Well, color me happy! I am not a sweets person, so this savory, bite-sized package of chocolaty, bacony goodness just couldn't find a better audience.

To further enhance an already idyllic situation, the wineries within eye-shot of the chips were making sincere recommendations about which wine would be best be paired with the "chocolate chips." I was too excited to retain the details, but my favorite pairing was a lovely local pinot noir and the unlikely star of this event ... the chocolate potato chip with bacon.





## Featured Recipe

### Chocolate Dipped Chips with Bacon

5 oz potato chips  
11.5 oz chocolate chips  
2–3 bacon slices, cooked crispy and crumbled

1. In a double boiler, melt chocolate chips, stirring frequently.
2. Dip chips into the melted chocolate. Transfer to a cookie sheet covered with parchment paper.
3. Before the chocolate cools, sprinkle chips with bacon crumbles. Cover and refrigerate until ready to eat.



“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”

– Doug Larson





# Garden

*Bloom Where You're Planted*

# Gate



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



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

## Divide and Conquer

This time of year, it is hard to get excited about the perennial border. We are busy getting ready for back-to-school, putting up our fruits and veggies, and a million other autumn tasks. Alas, NOW is the perfect time to revisit the perennial border, and for several reasons.

First, right now it's obvious what needs to be changed. You've become all too familiar with the parts of the flower garden that just aren't working. The iris clump has outgrown itself and the center has died out ... the shrub that is far too rangy for its current home ... the aster that goes from fabulous to flailing in three days because it desperately needs divided ... the black-eyed Susans that need to be corralled and brought back into line (I've got them in a million places and I don't remember doing that!).

Second, this is an excellent time to move most perennials. All but a handful of them are happy to make the move between now and September 15. Iris, peonies, daylilies, poppies, blanket flower, penstemon, yarrow, and phlox will have plenty of time to get settled into their new home, sending out new roots before going dormant in the autumn. Roses and warm season grasses—the ornamental grasses such as maiden grasses and reed grasses—resent being relocated in the fall; wait until spring—they don't have enough time to settle in before going dormant.

And lastly, the bulb catalogs are showing up in the mailbox right now. I am longing for more Darwin hybrids (they last the longest of the tall tulips) and I want/need/must have some more of the species tulips. How about another 100-200-300-500 tommies—tommasianas, or woodland crocus? You'll need to make room for them. (Tip: Use wooden chopsticks from carryouts to mark the placement of new bulb plantings. Write the name of the bulb on the stick with indelible marker and tuck it in the ground so you will remember where you wanted to plant and what you planted there. If you have bulbs to share, now is the time to separate the clumps and divide them, as well.

You may end up with lots of extra divisions of those gorgeous plants. What to do with them? How about a farmgirl "end of the garden season" plant exchange? I put the word out to my fellow gardeners and girlfriends. And sometimes, I'll just put the extras at the end of my driveway with a "free to good home" sign. Every last plant seems to trot off on its own.

“Flowers are the music of the ground  
From earth's lips spoken without sound.”

— Edwin Curran





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

# MARYJANES FARM







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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.

## French General

I want to share a special place to order materials for your creative projects. French General is a shop in my old neighborhood of Silver Lake in Los Angeles. The hilly streets are lined with romantic Spanish-style bungalows, avocado trees, and a thriving farmers' market. Our neighbors were designers, musicians, dancers, and artists. It is the kind of place that urges you to live beautifully.

French General's proprietress, Kaari Meng, is a perfect example. She is an author and designer who travels to France to shop for vintage notions, beads, and ephemera. Kaari returns with a crafter's treasure trove. Back at home, she puts together jewelry kits and tins of findings to pass on to her customers. Looking around French General's [website](#), you can see both current offerings and items that have previously sold. I ordered one of Kaari's bracelet kits; it arrived wrapped inside a lovely glass-topped tin. The instruction card made it easy to jump right in, including both explanations and photographs. To complete your bracelet, you will also need a few pair of small needle-nosed pliers, a wire cutter, and strong glue. You can buy these there as well, if you don't already have them.

Kaari creates each kit herself, and you can order them individually or join one of her jewelry clubs. To join, you subscribe for 6 or 12 months. Un, Deux, Trois Jewelry Club is a monthly club in which members receive a necklace, bracelet, and earring kit. The Botanical Jewelry Club, which is also a monthly club, sends members a floral-inspired charm-bracelet kit. If you would rather come up with your own combinations, you can order sets of beads sorted by color or theme along with findings like brass headpins, chains, and ear wires.

On another crafty note, if you are attending The Creative Connection in St. Paul, Minnesota, September 15-17, be sure to catch the MaryJanesFarm Food Day. At the "Making Bread the MaryJane Way" workshop, MaryJane and Meg will teach you to bake sourdough bread that will make your mouth water! French General's Kaari Meng is also offering two workshops with Wendy Addison on making a bracelet or necklace and exquisite keepsake boxes.





# MARYJANES FARM

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





# Make it Easy

Happy Hearts  
Make Light Work

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



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

## Brooch Pillow or Pinkeep

It's that time of year again when red-winged blackbirds flock together. As their numbers grow, you'll see them perched everywhere! This one landed on an old-fashioned sewing pillow. I thought he looked rather quaint, so I let him be. You can make your own pillow in a couple of hours. I chose to park a collection of brooches on my pillow, but you might like to use yours for pins and needles.

There are so many options for materials for this project! I made my pillow from an old quilt block. I then added vintage crochet pieces and old buttons. Here are a few other ideas: tan linen for both bird and pillow—very earthy and monochromatic; use jute to gather one end shut instead of sewing it closed. How about floral bark-cloth for the pillow and indigo calico for a bluebird? Here is a fall decorating idea: Make a flock of six blackbirds and hang them in a large tree branch, then place it in a pottery jug. You can either hang the birds on the branches from a tie-string or stitch each bird onto a clothespin and clip them to the branches.





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

## You'll need:

Two 7" x 11" pieces of fabric  
 A 5" x 9" piece of black fabric (double thickness)  
 Two buttons (for eyes)  
 Embroidery floss or fine pearl cotton (for the branch of bittersweet)  
 Polyester stuffing  
 Needle & thread, button thread, soft-sculpture needle  
 Elmer's glue  
 Brown acrylic paint

**How To:** (\*Use a 1/4" seam allowance)



1. Sew your pillow together (leaving one end open), then turn it right side out and stuff it firmly. On the open end, turn raw edges, and using a straight stitch, gather it closed tightly. Knot your thread. Cover the hole with something fun ... like a fabric yo-yo, a large button, or a crochet piece.
2. Add whatever else you like or stop here. I stitched on a length of old crochet trim and then stitched some vintage buttons on it. Set aside.
3. Using the bird pattern here, enlarge it to the size you want (mine was 8" x 4 1/2"). Trace around the pattern, adding 1/4" all around for seam allowance, and cut it out. Turn right sides in and sew the bird together, leaving a hole at the bottom.
4. Make tiny careful clips on curves so that the bird's curves will be smooth. Turn the bird out and stuff him firmly. I like to use the blunt end of a crochet hook for a stuffing tool. Stuffed items ought to be hard to the touch and very smooth, not lumpy. Just be careful not to poke the seam out.
5. Stitch the opening shut. I chose to embroider a spring of Bittersweet on my blackbird, since the colors are good and it is that time of year. But you could stitch a patch of red on his shoulder that looks more like the real thing. This bird and the stitchery used is primitive by intent, so you don't have to be an accomplished embroiderer!
6. Sew the bird's eyes on. Stitch and wrap thread around the bird's beak. Repeat until you have what looks like a couple of layers. Mix a dab of Elmer's glue and a dab of brown acrylic paint together with your finger and then carefully rub some on the beak until it is well saturated. Let dry about 20 minutes.
7. Stitch and secure the bird on the pillow with button thread and a soft-sculpture needle (long). It is kind of a wrestling match, but *Just Do It!* Go around the bottom of his body, pulling the thread tight. Repeat as often as needed so that the bird sits up straight. Pat and tamp down your pillow until the form is good.





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.

## Savoring Summer

Summer can almost become lost in the seemingly endless flurry of backyard barbeques, harvesting, canning, drying and preserving crops, camping trips, outdoor music concerts, visits to the local swimming hole, and family road trips. Sometimes, it seems as though not enough time remains to relax and leisurely enjoy the summer itself. In September, as the weather begins to wane in preparation for autumn, take a few minutes to relax and enjoy the fleeting rays of summer's warmth before autumn arrives. Since these recipes contain ingredients and aromas that evoke and reflect the warmth, energy, and essence of summer, they are also wonderful for uplifting the mind, spirit, and body during cold and gloomy winter days!

### Fresh Bath Bouquets

*One of the simplest, yet most delightful, bath treatments! If you have a bounty of fresh flowers and herbs in your garden, save a few sprigs for this decadent and medicinal bathing experience. Taking baths during the summertime may seem counterintuitive, but on cooler nights or mornings, baths are relaxing and soothe sore muscles that have been overexerted by summer activities.*

Pick fresh herbal sprigs from the garden. Some favorites include Calendula, Chamomile, Echinacea, Eucalyptus, Lavender, Lemon Balm, Lemon Verbena, Peppermint, Red Clover, Rosemary, Sage, Spearmint, Thyme, and Oregano. Bundle the botanicals with twine, and hang under the faucet, allowing water to run through the herbs. Once the tub is full, you can allow the herbs to float freely in the bathtub or simply enjoy their beauty as they hang from the faucet.

### Lavender & Lemongrass Bubble Bath

*Homemade bubble bath is not as bubbly as commercial varieties and the suds don't last very long, but it is completely natural and is so much gentler on the skin. Bathing in the aroma of Lemongrass and Lavender is refreshing and sure to lift the spirits! This blend is perfect for all ages.*

1/2 cup liquid Castille Soap  
1 T liquid Vegetable Glycerin  
1 T Epsom salt  
1 t organic Jojoba oil  
30 drops organic Lavender essential oil  
10 drops organic Lemongrass essential oil

Mix all ingredients together and pour directly into running water.







## **Tangerine & Ylang Ylang Body Oil**

*Refreshingly light with a hint of citrus and sweetness, this is a perfect oil for the summertime. Pour a little directly into bathwater, massage into the skin after bathing, or apply whenever skin feels a little dry.*

1/2 cup organic Apricot Kernel or Sweet Almond oil  
60 drops Tangerine essential oil  
10 drop organic Ylang Ylang essential oil

Pour all ingredients into a glass bottle and roll between palms to distribute the oils evenly.

## **Late Summer Perfume**

*Dab this luscious blend onto pulse points after bathing. It has a wonderful aroma of flowers, citrus, and summertime sweetness that is especially useful during times of stress, anxiety, irritability, or depression.*

20 drops citrus essential oil of choice or a blend of Sweet Orange, Grapefruit, Mandarin, and/or Tangerine  
8 drops organic Lavender Essential Oil  
5 drops organic Cinnamon leaf Essential Oil  
4 drops organic Cedarwood Essential Oil  
3 drops organic Ylang Ylang Essential Oil  
1 t organic Jojoba Oil

Drip all essential oils into a glass bottle and roll between palms to evenly mix the oils. Add Jojoba oil and roll again. Add additional essential oils if you desire a stronger perfume.

## **Late Summer Aromatherapy Spray**

*The same blend as above, but in a convenient aromatherapy spray that can be spritzed around the home or used as a body mist to refresh and uplift the spirits.*

8 drops organic Lavender Essential Oil  
5 drops organic Cinnamon leaf Essential Oil  
4 drops organic Cedarwood Essential Oil  
3 drops organic Ylang Ylang Essential Oil  
3 oz water  
1 oz Witch Hazel Extract

Pour water and Witch Hazel Extract into a 4-oz bottle with a mister top. Add essential oils and roll between palms to evenly mix. If you desire a stronger aromatherapy spray, simply increase the amount of essential oils used. The recipe can be easily doubled, or you can just add extra of whichever oils you like the best to create your own special blend!

## **St. Germain Cocktail**

*Sip on this delectable cocktail while blissfully soaking in the sun's warmth! St. Germain is an incredible liqueur made in France from freshly handpicked Elderflowers. The flavor is absolutely captivating, sublime, and indescribable—like nectar. This is St. Germain's signature cocktail from their [website](#).*

2 parts Brut Champagne or Dry Sparkling Wine  
1 1/2 parts St. Germain  
2 parts Sparkling Water or Club Soda

Fill a tall glass with ice. Add Champagne first, then St. Germain, then Club Soda. Stir completely. Garnish with a lemon twist, making sure to squeeze it to release the essential oils into the glass. Enjoy!





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



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



## The First Inkling

Before the changing angle of the sun stirs you into an autumn mood, flocks of blackbirds gather together, making their shift into fall mode. Mature red-winged blackbirds and their brown-speckled wives show their children where to find sunflower and thistle seeds in our feeder. My farmgirl pal, Michele, makes a flat feeder out of recycled barnwood, and she told me that birds too shy to come to a feeder will brave a flat feeder—even the shy Meadowlark. I mounted the feeder she gave to me on our deck rail. The red-wings were the first to discover it. Then, the mourning doves came. How I love to watch birds at a feeder. It is as mesmerizing as a crackling fire ... and so relaxing.

In June, I've discovered red-winged blackbird nests in tall grass next to the creek in the lower pasture behind our house. Their springtime song of romance is instantly recognizable. Now, they sing no more. They busy themselves feasting in preparation for fall migration.

The other day, we were helping neighbors gather cattle and my friend, Anita, was riding next to me and made the comment that blackbirds had begun to flock. Autumn is my favorite season, and the mere mention of this first inkling of fall stirred my spirit. I love the changes of seasons, but I admit that I as I've gotten older, the winter change that I long for is to see it finally surrender. But late spring and early fall ... ahhh, now there is where my heart delights.

As I write this, I'm looking forward to a day trip with a gaggle of farmgirls. We're going to a nearby town that has long been known for roadside farmers' market stands. My first trips to the Spearfish Valley farmers' market stands happened when I was just a girl. Flocks of blackbirds on telephone wires and going to the farmers' market in August and September are annual rites of fall around here. Soon to be added to the list is our second annual apple-picking safari. Is there a time of year filled with more light-hearted enthusiasm than harvest time? Not for me. No wonder the blackbirds flit about with joyful energy.

Now there is a crisp coolness in the mornings, and soon the Bittersweet will decorate fences along country roads. Drying vines await hands eager to weave them into wreaths. Gather up the Indian corn and open wide the gate to autumn!





*“Blackbirds are the cellos  
of the deep farms.”*

– Anne Stevenson

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

## **Little Merlita**

by Shery Jespersen

A red-winged Merlita graces my tree,  
A spry little fellow as ever could be,  
His eyes: so alert, his feathers: so black;  
long is his tail, so glossy his back,  
He feasts in a tray of sunflower seeds,  
An October journey hurries the need,  
First is his kin to hint autumn is nigh,  
They make dot-to-dot puzzles in afternoon  
skies,  
Then, one frosty morning,  
Merlita leaves us to the frost and the gale,  
His hasty departure is a harbinger tale.

## **The Blackbird**

by Alfred Lord Tennyson

O blackbird! sing me something well;  
While all the neighbors shoo thee round,  
I keep smooth plates of fruitful ground,  
Where thou may warble, eat, and dwell.





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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.

Make Mine  
GREEN

## Harvest Washing

The harvest season is when gardens and grocery stores are overflowing with fruits and vegetables. It is also the perfect time to stockpile your kitchen with produce for canning, pies, and dried foods. However, unless your produce is organic, you need to consider that your potatoes, tomatoes, and strawberries most likely have grown up in pesticide- and herbicide-laden fields. Although your fruits and vegetables look clean and shiny at the store, they are covered with bacteria and chemicals. I often see people sampling the produce while walking through the store, and I cringe to think how many different hands have handled the produce in the garden, warehouse, and store.

Just because you cannot see what is covering your produce, chances are bacteria such as listeria, salmonella and E. coli may be lurking about, whether they are organically grown or conventionally grown. One local organic-store worker told me that the same people that handle the conventional produce also handle the organic produce. So just because your produce is organic, residue from the workers' hands is most likely on your fruits and veggies too.

In order to do away with potential food-borne illnesses, insects, and chemicals, you should properly wash your fruits and vegetables in the most efficient way. Using water alone will not remove harsh chemicals and pesticides. I have found several natural recipes to thoroughly wash and remove these unwanted stowaways. But first, there are some handling procedures you might want to consider. For instance, it is important that you thoroughly wash your hands before handling your produce so you do not transfer any bacteria from your hands to your food. I would recommend using natural products or making your own to wash your fruits and veggies, thus avoiding the addition of any other chemicals to the food. Using a vegetable brush, brush the skins, rinds, and stems to remove the dirt and residue that accumulate there. Even if you do not eat the skins or rinds, bacteria and pesticide residues can get trapped in the crevices and transfer to your cutting board and hands. After washing and using the brush, I like to soak my fruits and vegetables in a natural wash for about two minutes. Here are my favorite recipes:



## **Produce Wash**

1 part distilled white vinegar  
3 parts water

## **All-purpose Produce Cleaner**

1 cup water  
1 cup distilled white vinegar  
1 T baking soda  
20 drops grapefruit seed extract

## **Produce Spray**

1 part 3% hydrogen peroxide  
1 part distilled white vinegar  
1 part pure distilled water

Mix ingredients in a dark spray bottle. Spray produce thoroughly, let sit for 2 minutes, and rinse.

For more information on properly washing your produce without adding chemicals to the mix, [click here](#).







# The Scoop

MaryJanesFarm News

## The Scoop from MaryJanesFarm

### Indexes Available!

*MaryJanesFarm* Magazine Index in pdf form available for searching and downloading! The index covers issues back to MAY/JUNE/JULY 2008 (She's A Keeper). New magazines will be indexed as they are released.

[CLICK HERE](#) to download the *MaryJanesFarm* Magazine Index.

We also now have all the back issues of *MaryJane's Cluck* available for download on our website.

[CLICK HERE](#) to read the back issues of *MaryJane's Cluck*.

[TIP] Use the search/find tool in your browser to look up keywords in the Magazine Index and the back issues of the Cluck.

### Farmgirls Unite!

If you are hosting a farmgirl event, open to all farmgirls, send the event description, date, location, and contact info to [megan@maryjanesfarm.org](mailto:megan@maryjanesfarm.org). Megan is going to start a calendar to keep Sisters up-to-date on upcoming gatherings.

If you're a Sisterhood member, [click here](#) to download a FREE Farmgirls on the Loose logo!

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

(Fun logo ideas: frame it, use it for transfers on shopping bags, totes, and pillows, or make it into a sticker for your Airstream trailer!)





# MARYJANESFARM.TV

the scoop continues ...

## MaryJanesFarm.TV

Head on over to [www.maryjanesfarm.tv](http://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](http://www.maryjanesfarm.tv) website (upon approval). Send them to: MaryJanesFarm/Merit Badge Videos, Box 8691, Moscow, ID 83843. Include your e-mail address and the badge earned so we can let you know when it will go live. (You still need to apply online for approval of badges, but don't hesitate to shoot videos of ANY badges you've earned in the past. And sorry, we can't return the DVDs you send.) Think Farmgirl "U" Tube and get those cameras rolling!





## Farmgirl Chatter

**What are farmgirls chatting about?**

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

.....

### **Keeping in Touch: How 'bout painting a refrigerator? Submitted by vintagediva1**

Has anyone done this? I am moving into a new home, not new, but new to me. I love the kitchen except for the really boring fridge, so I'm thinking of ways to make it more farmgirl. Just above the backsplash, I am papering with a row of fruit-crate labels, and most everything I have is accented in red. Do you think I could paint a refrigerator BARN RED?? Has anybody done this or have any tips for me? **Give your tips here.**

### **Keeping in Touch: Women Farmers Make Front Page! Submitted by sonshine4u**

Our local newspaper, the *Star Tribune*, had a front-page article all about women farmers called "Women Farmers Are Taking Root." **Check it out!**

**Leave comments here.**

### **A Farm of My Own: If given the choice... Submitted by farmmilkma**

Would you rather buy a "farm" that is turn-key, ready to move into, everything is fine with the house ... but it needs some money put into it to make it a self-sufficient place (as in the "farm/garden" part of it) ...

Or would you rather buy a "farm" that is totally ready to go for self sufficiency (the "farm/garden" part is all set to go), but the house and other buildings need a LOT of work to move into?

Where would you rather spend your money? This is the issue we will be dealing with in the near future, and I wanted some farmgirls' opinions. **Register your choice here.**

### **A Farm of My Own: Energy/resource-savings for the ideal home? Submitted by Ale**

What energy or resource savings things would you do for your ideal home?

I am starting to think about what I would really like to have for our home just in case we are lucky enough to build our own house. I would like to position the home on the land so we can make use of solar heating during winter. I want an attached, permanent greenhouse on the southern side, which will also be a sun room. The greenhouse will have permanent, earthen planters to absorb solar heat and we will have solar tiles to also absorb and hold heat. There will be windows between the house and the greenhouse, so in the winter we can open the windows during the day and get the benefit of natural heat and humidity, and at night and in the summer, we can close the windows and draw insulating blinds to keep the house at the right temperature.



## the chatter continues ...

I would like to have a grey water reclamation system where our bath and laundry water will be routed to an outside tank that will have a slow leach field in our garden.

I also plan on having a gentle slope to the garden so water at the top will slowly make its way down to the bottom as well.

I would dearly love to have solar panels, and even a windmill!

I would like to have the northern part of our house partially buried in a hillside to give natural insulation. The house should also have an open floor plan so the central fireplace or wood stove can warm as much of the house as possible.

What do you ladies think? What would you have? Have you ever drawn up blueprints in your daydreams? **Share your dreams here.**

### **Across the Fence: Can we talk generators? Submitted FieldsofThyme**

Any suggestions on buying a generator? After another long night of no power, we need a backup plan to save the freezer foods. I would love to hear what has worked well for you, or what has not worked well, and best places to shop for these. **Give advice here.**

### **Across the Fence: I can't believe it! Submitted by arabianhorselover**

It has been such a long time since I have been on the forum. I have had so many things going on in my life lately. I have some wonderful news to share: I just sold two of my mares to Israel. This is something that I have dreamed of being able to do (to be an international seller) from the time my first foal hit the ground six years ago. She is one of the mares going, and her maternal sister is also going. What a great accomplishment for my farm! Maybe this will get my foot in the door to sell more overseas. The market here is very bad for selling and maybe overseas people are taking advantage and buying here. I had an offer to also buy their mom but had to refuse the offer, as I love her so and she is my best baby-maker. We have started the process and they should be leaving in about another week and a half. I am very excited, but my heart will be broken, as Johara was the first foal born on my farm. I will miss her very much.

**See pictures and leave comments here.**

### **Barnyard Buddies: Sick Goats ... Submitted by Megan**

Ok, I have two fainting goats, and one has CL. I don't know what that stands for, but I know it deals with the lymph nodes. Can anyone help with a reason for this or any insight on helping it heal? **Give advice here.**

continued ...



{tips, inspiration, &  
just plain fun!}

## the chatter continues ...

### **Barnyard Buddies: Our first egg ... Submitted by violetrose**

We were blessed with our first chickie egg this morning! Not sure which of our girls layed this little egg. We have 2 Black Copper Marans, 2 Silver Wyendotts, 3 Americanas, 1 DeKalb Amberlink, 1 Rhode Island Red, 1 Plymouth Partridge Rock, 1 Buff Orpington. 1 Black Sex Link ... a very pretty and colorful flock of Chickie Girls. Love them! :)

**Comment here.**

### **Cleaning Up: Do you ever cheat on your laundry? Submitted by Alea**

After you have done a load of whites, red, blacks, and blues, you look down and see a half of a load of blacks and half of a load of blues ...

Do you ever just throw them in together? Or even worse ... whites with some colors just to get them done? I really only have a chance to do laundry about once or maybe twice a week, and I know that if I don't get the loads done, they just sit there. So sometimes I cheat and throw stuff together that shouldn't be together. Anyone else do this just to get it done? **Comment here.**

### **Cleaning Up: Cleaning Hardwood Floors ... Submitted by HollyG**

Fellow farmgirls ... I've scoured the Internet for years trying to find a product that will meet my needs. Help? I have factory-finished hardwood flooring. I can't be more specific due to lack of info, but it's real wood, 3/4" thick, that has been stained and pre-finished prior to installation (which my DH and I did ourselves). Now, some years later, I'm having trouble cleaning it. I vacuum, dust-mop, but need some deep-cleaning in my kitchen and high-traffic areas. I can't find a thing that works. I've used Bona, which is okay, but leaves footprints. I'm currently using Minwax, which leaves a dull residue. In a bind, I spot-cleaned a spill with Windex—talk about slick enough to kill someone—but quickly wiped it away. I can find things that will clean, but nothing that won't leave a dull or oily residue. Any advice? Before you suggest, water is a MAJOR no-no. I have bevelled boards, which means each side is cut to make a "V" between them. I can keep the dust and grit out, but not water. And, considering it caused permanent damage to our bodies to install it house-wide, we want to baby it all we can. Now ... advice? Thanks!

**Give advice here.**





## the chatter continues ...

### **Farm Kitchen: Happy Canning! Submitted by Ingrid**

Had a great canning week. I put up 60 lbs of cukes for dill pickles, 25 lbs of tomatoes for stewed tomatoes, and did 5 pints of peas and 6 pints of green beans. Also made 8 jars of blackberry jam that I picked wild. I love the way the jars all line up on the counter cooling before I put them in the canning shed. What a great feeling to know there is always food to eat. **Comment here.**

### **Garden Gate: Lavender... Submitted by katmom**

Don't toss out your lavender stems ...

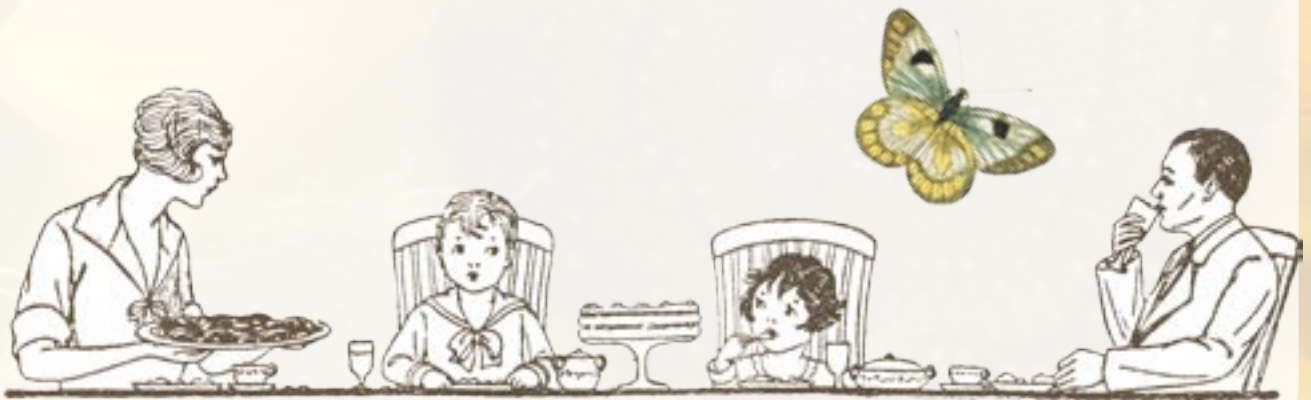
I stash mine to use in the firepit as kindling, and while I was de-budding some of my lavender, it dawned on me that some of you may not take advantage of using the dried stems for your BBQ and firepits. I bundle and dry my lavender in smaller bundles and hang them on a portable clothing drying rack for faster drying. I also use jute that can be tossed in the firepit along with the stems. **Comment here.**

### **Parenting & Farm Kids: What kind of mother are you? Submitted by Dusky Beauty**

This seemed like a fun topic. I'm curious what fictional mom you identify your parenting style with. I just realized the last time I watched Green Gables that I \*am\* Marilla Cuthbert, only a little less stubborn.

I'm a tough woman, and I can be very strict, and I can be exasperated by "foolishness." But the lessons I give my children are rooted in a deep love. Even if I'm not overly mushy or sentimental, I make sure they know how proud I am of their accomplishments and how much I care for them. My faith is my backbone, and I have strong opinions that I am not easily swayed from, and I have no trouble telling a busybody like Rachel Lind off ;).

**Share what kind of mother you are here.**





# Farmgirl Sisterhood

## News

## 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](http://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.



## September FARMGIRL SISTERHOOD SPECIAL

The first 10 sisters to successfully earn all three levels of our new Merit Badges will be rewarded with a **two-year subscription** to *MaryJanesFarm* magazine. Once you've earned your badges and you're ready to claim your prize, e-mail [meritbadges@maryjanesfarm.org](mailto:meritbadges@maryjanesfarm.org).

And for those of you who sew, all of **our apron patterns are half off** during the month of September—just type in your Sisterhood number during check-out. Find our apron pattern special [here](#).





## Merit Badge Details: Farmgirl Legend

### Become a Legend in Your Own Time!

There are now two ways to become a **Farmgirl Legend**. Become a "Schoolmarm" when you complete all the badge requirements in any one category. For example, in Each Other, you would need to complete the beginner, intermediate, and expert levels in Community Service, Community Action, Public Service, Lend a Hand to Families, Lend a Hand to Farm Families, Little Squirts, Plant It Forward, Connecting Growers and Eaters, Farmgirl Gratitude, Get 'er Done, Farmgirl Spirit, Families Forever, and Entrepreneurial Spirit.

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

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







## Exclusive for Sisters!

### 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



## Merit Badge Awardees

**Alexia Gordon**, drlex1995 #3303

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

**Amanda Cortright**, mandymarie20 #2070

Beginner badge: Build It Green / Make It Easy

Beginner badge: Going Green / Cleaning Up

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Get It Together / Farm Kitchen

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: Get It Together / Farm Kitchen

**Anneke Penn**, Annekepenn #3391

Beginner badge: Cross-Stitch / Stitching & Crafting

Beginner badge: Backyard Farmer / Garden Gate

**Barbara Roberts**, Healthy Eating #2237

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Nellie Make-do / Stitching & Crafting

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

Beginner badge: ChillOver ComeOver / Farm Kitchen

Beginner badge: The Secret Life of Bees / Garden Gate

Intermediate badge: Community Action / Each Other

Intermediate badge: Little Squirts / Each Other

Intermediate badge: Build It Green / Make It Easy

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

Intermediate badge: ChillOver ComeOver / Farm Kitchen

Expert badge: Community Action / Each Other

Expert badge: Buttoned Up / Stitching & Crafting

Expert badge: Build It Green / Make It Easy

Expert badge: In the Garden / Make It Easy

Expert badge: ChillOver ComeOver / Farm Kitchen

Expert badge: Shopping Green / Cleaning Up

**Bea Campbell**, quiltingbea #2575

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Knitting / Stitching & Crafting

**Breanna Helgesen**, Breanna #2507

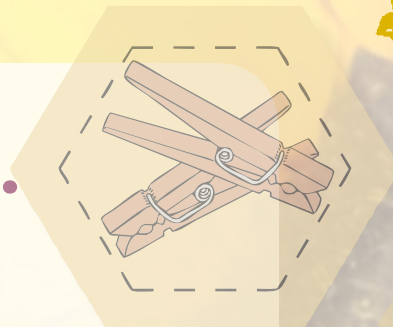
Beginner badge: Know Your Roots / Each Other

**Caron VanSlyke**, Caron #254

Beginner badge: Civic Heritage / Each Other

Intermediate badge: Civic Heritage / Each Other

Expert badge: Civic Heritage / Each Other





*“Hem your blessings with thankfulness  
so they don't unravel.”*

– Unknown

## Merit Badge Awardees

**Carrie Meerwarth**, Carrie M #147  
Expert badge: First Aid / Outpost

**Christine Garard**, cgarard #3133  
Beginner badge: What's Your Beef? / Garden Gate  
Beginner badge: Know Your Food / Farm Kitchen

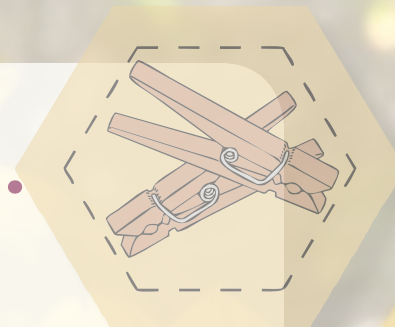
**Cindy Neel**, #3070  
Beginner badge: Farmgirl Spirit / Each Other

**CJ Armstrong**, ceejay48 #665  
Beginner badge: Civic Heritage / Each Other  
Beginner badge: Cross-Stitch / Stitching & Crafting  
Beginner badge: Icing on the Cake / Farm Kitchen  
Intermediate badge: Community Action / Each Other  
Intermediate badge: Cross-Stitch / Stitching & Crafting  
Expert badge: Community Action / Each Other

**Colina Washburn**, rubyleesmom #3408  
Beginner badge: Shopping Green / Cleaning Up

**Crystal Halliwell**, metrohippymom #3197  
Beginner badge: Sew Wonderful / Stitching & Crafting  
Intermediate badge: Sew Wonderful / Stitching & Crafting  
Expert badge: Entrepreneurial Spirit / Each Other

**Dawn Mathews**, thethankfulgoat #3383  
Beginner badge: Forage for Food / Farm Kitchen  
Beginner badge: Bustin' Out / Farm Kitchen  
Beginner badge: Self Sufficiency / Farm Kitchen  
Beginner badge: Get It Together / Farm Kitchen  
Beginner badge: Unprocessed Kitchen / Farm Kitchen  
Beginner badge: Icing on the Cake / Farm Kitchen  
Beginner badge: Gaining Ground / Garden Gate  
Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: Heirlooms Forever! / Garden Gate  
Beginner badge: Entrepreneurial Spirit / Each Other  
Beginner badge: In the Garden / Make It Easy  
Beginner badge: Build It Green / Make It Easy  
Intermediate badge: Entrepreneurial Spirit / Each Other  
Intermediate badge: Heirlooms Forever! / Garden Gate  
Expert badge: Entrepreneurial Spirit / Each Other  
Expert badge: Heirlooms Forever! / Garden Gate



continued ...





## Merit Badge Awardees

**Denise Meister**, Denisemgm #1976  
Beginner badge: Cross-Stitch / Stitching & Crafting

**Donna Demaris**, Alaska Donna #3186  
Intermediate badge: Community Service / Each Other

**Donna Kimball**, #2431  
Beginner badge: Quilting / Stitching & Crafting  
Beginner badge: Embroidery / Stitching & Crafting  
Beginner badge: Carp-hen-try / Make It Easy  
Beginner badge: Aprons / Stitching & Crafting

**Dori Onnezi**, #3265  
Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Nellie Make-do / Stitching & Crafting

**Eileen Eckhardt**, ellimae #3384  
Beginner badge: Going Green / Cleaning Up  
Beginner badge: Shopping Green / Cleaning Up

**Elizabeth Baker**, woolgirl #1947  
Beginner badge: Disconnect to Reconnect / Outpost  
Beginner badge: First Aid / Outpost  
Beginner badge: Buttoned Up / Stitching & Crafting

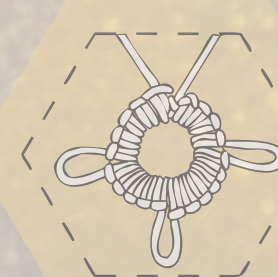
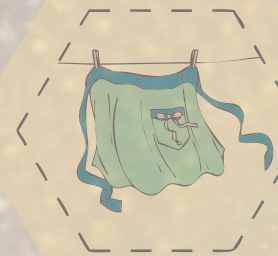
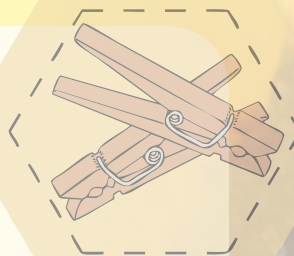
**Georgie Bender**, Georgie #2538  
Beginner badge: What's Your Beef? / Garden Gate  
Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Connecting Growers and Eaters / Each Other  
Beginner badge: Buttoned Up / Stitching & Crafting  
Intermediate badge: What's Your Beef? / Garden Gate

**Jacqueline Ferri**, Jackie Ferri #1664  
Beginner badge: Aprons / Stitching & Crafting

**Janet Ceaglske-Muhich**, #3229  
Beginner badge: Shopping Green / Cleaning Up

**Jamie Crosby**, jcrosby2019 #3323  
Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: Shopping Green / Cleaning Up

**Janelle Muhlenkamp**, jtink84 #3179  
Beginner badge: Nellie Make-do / Stitching & Crafting





*“Life isn't about finding yourself. Life is about creating yourself.”*

– Unknown

## Merit Badge Awardees

### Jennifer Morris, #2052

Beginner badge: Gaining Ground / Garden Gate

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

### Jody Andrews, #3346

Beginner badge: 'Out There' Women / Outpost

Beginner badge: Sew Wonderful / Stitching & Crafting

### Jo'Lee Tarkon, alkorhol #3189

Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Buttoned Up / Stitching & Crafting

### Julie Felton, FarmDream #3069

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

Beginner badge: Community Service / Each Other

Beginner badge: Aprons / Stitching & Crafting

### Justine Thompson, Jthomp #2904

Intermediate badge: Get It Together / Farm Kitchen

Expert badge: Get It Together / Farm Kitchen

### Kate Lange, #862

Beginner badge: Shopping Green / Cleaning Up

### Kim French, french08 #2997

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

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

Beginner badge: Heirlooms Forever! / Garden Gate

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Lend a Hand to Farm Families / Each Other

Beginner badge: Plant It Forward / Each Other

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Connecting Growers and Eaters / Each Other

Beginner badge: Going Green / Cleaning Up

Intermediate badge: Bustin' Out / Farm Kitchen

Intermediate badge: Lend a Hand to Farm Families / Each Other

Intermediate badge: Going Green / Cleaning Up

### Kim Hazelrigg, kimarie91 #3147

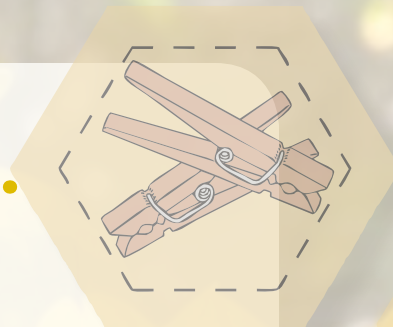
Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Tatting / Stitching & Crafting

### Kristina Nelson, FieldsofThyme #800

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

Beginner badge: Tatting / Stitching & Crafting



continued ...



## Merit Badge Awardees

Beginner badge: Stargazing Chicks / Outpost  
Beginner badge: What's Your Beef? / Garden Gate  
Beginner badge: Cross-Stitch / Stitching & Crafting  
Beginner badge: Nellie Make-do / Stitching & Crafting  
Intermediate badge: What's Your Beef? / Garden Gate  
Intermediate badge: Entrepreneurial Spirit / Each Other  
Intermediate badge: Nellie Will-do / Stitching & Crafting  
Expert badge: Farmgirl Spirit / Each Other  
Expert badge: Backyard Farmer / Garden Gate  
Expert badge: What's Your Beef? / Garden Gate  
Expert badge: Farmgirl Gratitude / Each Other  
Beginner badge: Icing on the Cake / Farm Kitchen

### **Kristi Groth, Kristi #3407**

Beginner badge: Shopping Green / Cleaning Up

### **Laurie Conner, Montrose Girl #1597**

Beginner badge: Ink Slinger / Stitching & Crafting  
Intermediate badge: Ink Slinger / Stitching & Crafting  
Intermediate badge: Entrepreneurial Spirit / Each Other

### **Lisa Bramblet, CABuffaloGal #2705**

Beginner badge: Gaining Ground / Garden Gate  
Intermediate badge: Gaining Ground / Garden Gate

### **Marlene Cryar, Marlee #3127**

Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Secret Life of Bees / Garden Gate

### **Mary Fitzpatrick, #3232**

Beginner badge: Quilting / Stitching & Crafting

### **Megan Corwin, mcorwin #3285**

Beginner badge: Shopping Green / Cleaning Up

### **Michelle Praught, meshako #3074**

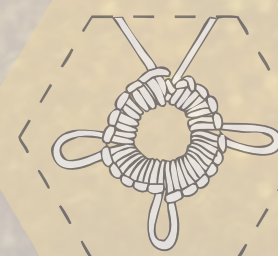
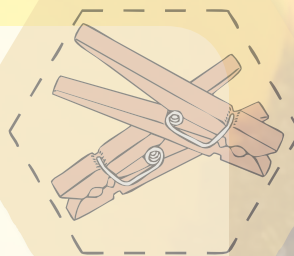
Beginner badge: Bee Good to Your Mother Earth / Garden Gate  
Beginner badge: Buttoned Up / Stitching & Crafting

### **Mistianne Guzman, mirly #3262**

Beginner badge: Crochet / Stitching & Crafting

### **Montana Baker, Farmarette of Kyria Baker #991**

Beginner badge: Lend a Hand to Families / Each Other  
Intermediate: Lend a Hand to Families / Each Other





*“Always do your best.  
What you plant now, you will harvest later.”*

– Og Mandino

## Merit Badge Awardees

**Nancy Boyd**, NancyOH1 #2508

Beginner badge: Tatting / Stitching & Crafting

Intermediate badge: Buttoned Up / Stitching & Crafting

**Nancy Smith**, minismith #1991

Beginner badge: Crochet / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

**Nicole Christensen**, texdane #1155

Beginner badge: Organic on a Budget / Farm Kitchen

Beginner badge: Unprocessed Kitchen / Farm Kitchen

Intermediate badge: Organic on a Budget / Farm Kitchen

Intermediate badge: Unprocessed Kitchen / Farm Kitchen

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

Expert badge: Organic on a Budget / Farm Kitchen

Expert badge: Unprocessed Kitchen / Farm Kitchen

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

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

**Paula Black**, Sheepless in Seattle #2953

Beginner badge: Aprons / Stitching & Crafting

**Paula Ricketts**, Sister Ricketts #3354

Beginner badge: Heirlooms Forever! / Garden Gate

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Going Green / Cleaning Up

Beginner badge: Woman-at-Arms / Outpost

Beginner badge: Forage for Food / Farm Kitchen

Beginner badge: Know Your Roots / Each Other

Intermediate badge: Heirlooms Forever! / Garden Gate

Intermediate badge: Going Green / Cleaning Up

Expert badge: Heirlooms Forever! / Garden Gate

**Peggy Smith**, forever young #1815

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

Beginner badge: Farmgirl Gratitude / Each Other

Beginner badge: Shopping Green / Cleaning Up

**Rachael Bott**, Rachael #1451

Beginner badge: In the Garden / Make It Easy

Beginner badge: Backyard Farmer / Garden Gate

Intermediate badge: In the Garden / Make It Easy

Expert badge: In the Garden / Make It Easy



continued ...

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“ Don't be afraid to  
go out on a limb. It's  
where all the fruit is. ”

– Shirley MacLaine



## Merit Badge Awardees

### **Rain Klepper**, Rain K #3381

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Forage for Food / Farm Kitchen

Intermediate badge: Quilting / Stitching & Crafting

Intermediate badge: Forage for Food / Farm Kitchen

Expert badge: Forage for Food / Farm Kitchen

Beginner badge: Sew Wonderful / Stitching & Crafting

Intermediate badge: Sew Wonderful / Stitching & Crafting

### **Rebecca Steimer**, Gingerskeeper #3266

Beginner badge: Shopping Green / Cleaning Up

Intermediate badge: Shopping Green / Cleaning Up

### **Scarlett Winters**, silver3wings #2044

Beginner badge: The Secret Life of Bees / Garden Gate

Intermediate badge: Unprocessed Kitchen / Farm Kitchen

Expert badge: Bustin' Out / Farm Kitchen

### **Shari Swartz**, sharikrsna #607

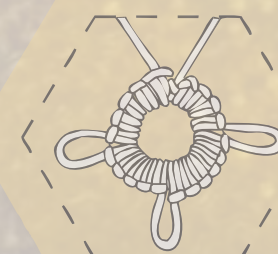
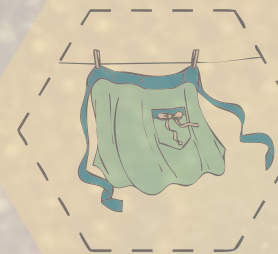
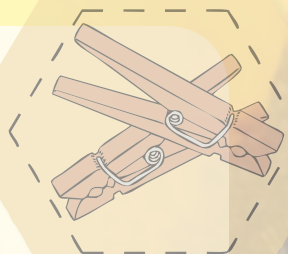
Intermediate badge: Aprons / Stitching & Crafting

### **Sue Smerud**, #2964

Beginner badge: Quilting / Stitching & Crafting

### **Winifred Nielsen**, Red Tractor Girl #3109

Beginner badge: Crochet / Stitching & Crafting





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

– C.S. Lewis

*Drum Roll, please!*

**Farmgirl of the Year 2011**

*Kristina Nelson*

(chatroom: FieldsofThyme/Sister #800)  
Merit Badges earned to date: 109!!!



**Click here** to see Kristina's  
"Pioneer Woman at Heart" blog.

and visit our **"Ranch Farmgirl!"** blog for more on  
Kristina's favorite flower ... the sunny Sunflower.





## 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.







# Farmerettes & Young Cultivators

## **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.



# Farmerettes & Young Cultivators

## Merit Badge Awardees

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

**Abigail Choquette**, Young Cultivator of Jamie Crosby #3323  
Beginner badge: It's In The Bag / Cleaning Up

**Ana Hoot**, Young Cultivator of Debbie Wines #2625  
Beginner badge: Weaving In And Out / Stitching & Crafting  
Intermediate badge: Weaving In And Out / Stitching & Crafting

**Elizabata Wilber**, Young Cultivator of Tammy Burger #2495  
Beginner badge: Trash Talk / Cleaning Up  
Expert badge: Weaving In and Out / Stitching & Crafting

**Emily Nelson**, Young Cultivator of Kristina Nelson #800  
Beginner badge: Lean On Me / Out There Kids  
Beginner badge: Thank You! / Each Other  
Beginner badge: Families Forever / Each Other  
Beginner badge: Make It Fruity / Farm Kitchen

**Evelyn Garard**, Young Cultivator of Christine Garard #3133  
Expert badge: Let's Go To Town / Each Other  
Beginner badge: All Buttoned Up / Stitching & Crafting  
Intermediate badge: All Buttoned Up / Stitching & Crafting  
Expert badge: All Buttoned Up / Stitching & Crafting

**Kaitlin Nelson**, Young Cultivator of Kristina Nelson #800  
Beginner badge: Rethink Your Space / Make It Easy  
Beginner badge: Make It Fruity / Farm Kitchen

**Lauren Onnezi**, Young Cultivator of Dori Onnezi #3265  
Beginner badge: It's In The Bag / Cleaning Up

**Lily Garard**, Young Cultivator of Christine Garard #3133  
Expert badge: Let's Go To Town / Each Other  
Beginner badge: All Buttoned Up / Stitching & Crafting  
Intermediate badge: All Buttoned Up / Stitching & Crafting  
Expert badge: All Buttoned Up / Stitching & Crafting

### What's a Farmerette?

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

### 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.

### Farm Kitchen, All Dried Up

Raising young children provides many opportunities to focus on food. When they first start eating solids, we take our time finding the most wholesome food we can; and as they mature, we are able to teach them how to choose these things on their own.

This month, my young cultivator completed her All Dried Up badge. We started off sampling our kitchen herbs and discussing their uses. Bella likes nutmeg and oregano and dislikes bay leaves and red pepper flakes (and yes, she insisted on tasting moderate amounts of each). We talked about how cooking with herbs can change a food's flavor or add heat to a dish.

My mama called as we were still putting the herb jars away and invited us to a workshop at Medicine Circle Eco-Retreat in Priest River, Idaho. The workshop covered the harvesting and use of wild edible and medicinal plants. Sometimes the universe decides to totally support the project you are working on, and this was just that sort of thing.

The next weekend, we hopped in the car to meet Mama for a rare girls-only trip. We began our day at Medicine Circle by meeting our hosts, David Kirchhof and Becky Kemery. Becky had us begin by digging up Evening Primrose starts in her permaculture garden, harvesting poppy seedpods, and learning about the various yurts and teepees people stay in when they visit Medicine Circle. David stepped in and helped Isabella with the intermediate step of her badge when he taught us about mints of all kinds, and we went through the steps necessary to take chocolate mint from the garden to the teapot.

The amazing thing about this weekend was the zeal with which my little 7-year-old worked among adults. She was eager to learn about the plants and how to use them, and Becky, David, and the other adults present were wonderful mentors to her. When you teach your children how to care for themselves and the Earth, they respond with the reverence and joy that results from good labor.

To learn more about the folks at Medicine Circle, go to [www.themedicinecircle.org](http://www.themedicinecircle.org).

### Tea Making Made Simple

Cut a stem of mint six inches up from the base of the plant. Strip an inch or two of leaves from the cut end and use a rubber band to secure five or so stems together. Now take a paperclip, fold it open, and hook one end to the rubber band. The other end now has a hook that you can use to hang your herbs. David says the easiest way to dry herbs is in a dark, dry room; take a clothesline and string it across the room to hang your bundles on. After the mint dries, strip the leaves from the stems and store them in a glass jar until you get thirsty. Mint is a wonderful herb for relaxation and treating upset tummies.



# 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](http://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](http://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.'"

A large photograph on the right side of the page. It shows a woman with blonde hair, wearing a white t-shirt and khaki pants, sitting in a field of tall green grass. She is smiling and looking towards a brown cow that is standing next to her. The cow has a purple halter. In the background, there are green bushes and a dark wooden building with a gabled roof.

# Happy SUMMER



# Magazines, Books, & More



Our Oct/Nov issue, "Imagine a Place," will hit newsstands on Sept 13. In it, you'll "imagine a business" when you meet the women of Gooseberry Patch, imagine your dream farm, talk turkey, make your first quilt, assemble an emergency preparedness kit, and more.

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

If you have a subscription, you should receive your magazine by about Sept. 5. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you don't receive your magazine by then or soon after, you can call our publisher's subscription department at 800-476-4611 to check on your delivery.

## MaryJanesFarm 2012 Calendar

**COMING SOON!** Our 2012 Calendar will be available for purchase in December. 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:

- September 5 ~ Labor Day
- September 8 ~ International Literacy Day
- September 9 ~ Wonderful Weirdos Day
- September 11 ~ Grandparents' Day | Patriot Day
- September 13 ~ International Chocolate Day
- September 16 ~ Stepfamily Day
- September 17 ~ Citizenship Day
- September 18 ~ Wife Appreciation Day
- September 21 ~ International Day of Peace
- September 23 ~ Autumnal Equinox: First Day of Autumn
- September 25 ~ Gold Star Mothers' Day | Good Neighbor Day
- September 28 ~ Rosh Hashanah Begins (at sundown)
- September 29 ~ National Women's Health & Fitness Day
- September 30 ~ Rosh Hashanah Ends (at sundown)

### Magazine "Goodies" on the MJF Website

"For those who are looking for the magazine portion of the website, here is the place to find additional patterns, instructions, recipes and such! Yum!" – Alee, Farmgirl Sister #8

To find the goodies, [click here!](#)







## Magazines, Books, and More continues ...

### *SPECIAL: 3-Book Bundle*

MaryJane's books are all bundled up for Summer. Buy them together and save \$15! *MaryJane's Ideabook, Cookbook, Lifebook; MaryJane's Stitching Room; and MaryJane's Outpost.* **Click here.**

### *Gift Items*

Inspire yourself or inspire a friend with tote bags, Sisterhood memberships, candles, dolls, and other gifts from MaryJane. From the kitchen to the campfire, there's something special here for every farmgirl-at-heart. **Click here** to shop our gift items.

### *Product Shop*

Don't forget to visit our "Product Shop" ... **Click Here.** You will find everything from beautiful organic bed sheets and bed sets to aprons, chocolate and over 60 organic instant or quick-prep meals and desserts as well as much, much more!



If you know of someone who may be interested in receiving this newsletter, send their e-mail(s) to us at [sisterhoodhopeful@maryjanesfarm.org](mailto:sisterhoodhopeful@maryjanesfarm.org) and we'll e-mail them a sample issue.

For other questions or general inquiries, e-mail [FarmgirlSisterhood@maryjanesfarm.org](mailto:FarmgirlSisterhood@maryjanesfarm.org).

**Over 1,300 Farmgirl Chapters have been started in all 50 states  
and 8 countries with 3,444 Sisterhood members —  
growing stronger every day!**