Mary Jane's Cluck

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

vember 2011

Life made us FRIENDS, MaryJanesFarm made us SISTERS!

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{ HELLO FROM SISTER #1} with MaryJane

For our newcomers and especially for those who enjoy earning Merit Badges, I thought I'd re-run a story I wrote about the inspirational Annie Oakley. Following on pages 4-7 are instructions for turning your Merit Badges into jewelry.

Annie Up, Sisters!

Always on the prowl for something playful, I couldn't resist displaying my Farmgirl Sisterhood Merit Badges the same way Annie Oakley shared her prowess.

A household name when I was growing up, Annie, born in Ohio in 1860, is one of the best-known figures of the Old West. But what did I really KNOW about the back story of the famous Miss Oakley, other than whenever I hit a target dead-center, my father, a man of many guns, would say, "Good job, Annie!" Vaguely, I knew she was a skilled sharpshooter who traveled the vaudeville circuit at the turn of the century.



What I didn't know was that at the age of 9, her Pennsylvania Quaker father died and she and her siblings were sent to an orphanage (known back then as "the county poor farm"). She was able to rejoin her mother at the age of 13, hunting quail and rabbits for food, something she'd been doing since she was 6 years old. Like a modern-day entrepreneur, Annie talked local restaurants and hotels into buying the game she shot. By the time she was 15, she had paid off the mortgage on her mother's farm.

Already becoming famous by the age of 21, she signed up for a sharpshooter contest against the traveling show marksman Francis Butler. When he couldn't best her, they instead married.

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My mother was perfectly horrified when I began shooting and tried to keep me in school, but I would run away and go quail shooting in the woods or trim my dresses with wreaths of wildflowers.

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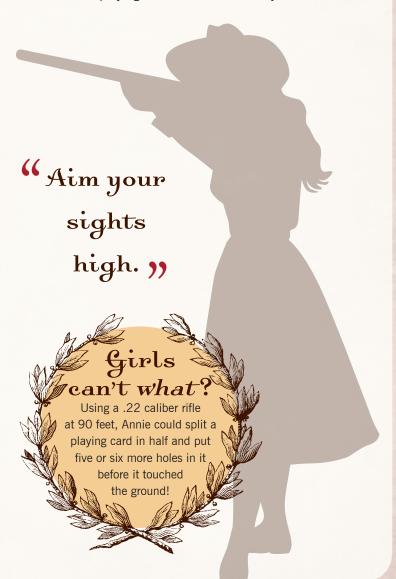
Less than five feet tall and weighing roughly 100 pounds, she wore fringed skirts, embroidered blouses, and a variety of felt hats. She began her show by standing on a galloping horse and shooting the flames off a revolving wheel of candles. In one of her acts, Annie flipped a playing card into the air and perforated it five or six times as it fell—thus, any punched ticket, like a theatre ticket punched with a hole to prevent it from being resold, has traditionally been called an "Annie Oakley." I've finally solved the mystery of why my father called his hole-punched decks of playing cards his "Annie Oakleys."

Annie continued to set records into her 60s, but she was also involved in women's rights issues and charitable causes, giving most of her money away, in particular to young women that she personally mentored. Throughout her career, Annie not only taught thousands of women how to shoot (and hold their heads high), but she also filed lawsuits against male newspaper magnates that libeled her. In the early 1900s, sensational stories sold well, so Annie was accused of everything from a cocaine habit to theft to prostitution. She spent years winning all but one of 55 libel suits, collecting less in judgments than her legal fees. But for Annie, defending a woman's reputation justified the loss of money.

In 1922, two years after women won the right to vote, Annie was injured in a railroad accident, suffering paralysis, but fully recovered after enduring several painful surgeries. In 1924, she was again setting records, and in a contest in North Carolina, she hit 100 clay targets from 16 yards.

Madly in love with Annie throughout their marriage, her husband, Frank Butler, was so distraught when Annie died at the age of 66 in 1926 from pernicious anemia, he stopped eating and died 18 days later.

"Annie Get Your Gun," a fictionalized version of Annie and Frank's lives, became an Irving Berlin Broadway hit in 1946, with Ethel Merman as Annie, and then again in 1999, starring Reba McEntire.



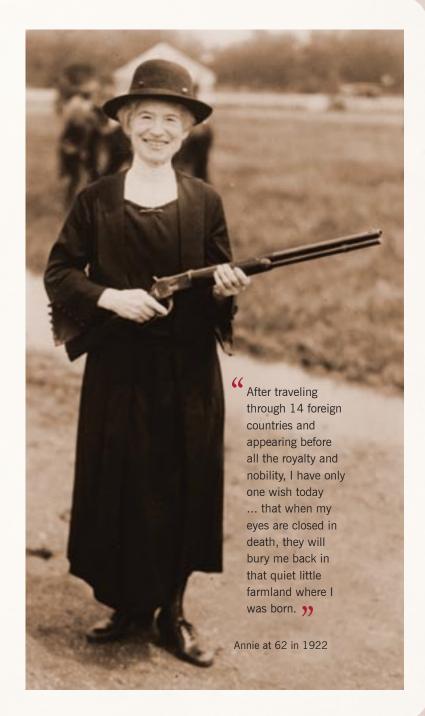


Be an Annie Oakley in your own right, flaunting Merit Badge couture.

Since February 2008, farmgirls have earned over 4,442 Merit Badges for all the world to see and their Young Cultivators have earned 332 (see a complete list of our Merit Badge Awardees at www.farmgirlsisterhood.org). Not only are their meritorious accomplishments given public accolades here in our monthly Sisterhood newsletter, but they're also given a link to a printable 4-inch badge specific to every accomplishment. (Already, we have some "sharpshooters" who've earned more than 200 badges!) Typically printed on muslin and then stitched to jackets or shoulder bags, made into wall hangings, or sometimes quilts, I'm thinking there might be other sisters, like me, who want to turn their badge insignias into necklaces, bracelets, chest medals, ring or earring signets, or even aglets and stampede straps!

On the following pages, you'll find specifics about how I created my Annie Oakley Sisterhood Merit Badge couture.



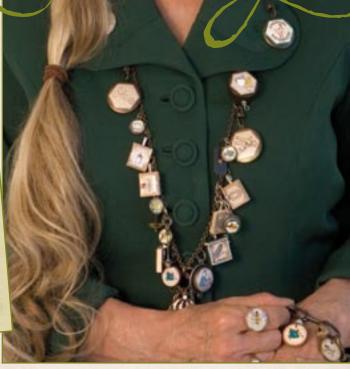


MAKE YOUR OWN

Farmgirl Sisterhood







Farmgirl sisters have earned a whopping 4,442 Merit Badges to date, and their Young Cultivators have earned 332 (see a complete list of our Merit Badge Awardees at www.farmgirlsisterhood.org). (Already, we have some "sharpshooters" who've earned more than 200 badges!) Here's how I turned my badge insignias into jewelry—you can make necklaces, bracelets, chest medals, ring or earning signets, or even aglets and stampede straps! Using a few basic jewelry tools, the Internet, and a visit to my local craft store, I took my badges (that arrive in an e-mail when earned/approved) and sized them down. You can size your

badges yourself using this step-by-step process, or take your jpeg files to your local copy shop and have them do it for you. If you have other ideas on how you like to resize and color your badges, feel free to share your ideas on our **Farmgirl Connection™ Chatroom**.

- 1. Download your jpeg badge file (right-click (PC) or command-click (Mac) the image, then choose "Save Picture As..." or "Save Image As..."). Save them to your computer somewhere you can find them again (like the desktop).
- 2. My design team knew how to color them on the computer using Paint or Photoshop, but when left to my own devices, colored pencils worked just fine. I left many of mine black and white, aiming for that vintage, somewhat industrial, frugal, farmish look.
- 3. Open Microsoft Word. Click "Insert," "Picture," "From File," and select the badge image to insert. Select one of the corners of the badge image. Using Word's rulers for size reference (under toolbars), resize your badge the desired amount by clicking, holding, and dragging. If you make a mistake while resizing, simply hit the "Reset Picture" button on the picture editing toolbar and start over ("View," "Toolbars," "Picture").
- 4. To make a circle cutting template around your badge, you will need to again select "View," "Toolbars," "Drawing." Select the oval shape, and while holding your shift key down, drag until the circle is the correct size for your badge. Click the paint bucket on the drawing toolbar while your circle is selected, and click "no fill" to make your badge visible through the circle.





For Scrabble tiles, I found the best quality and most reliable gear on Etsy. First, I brushed the paper badge with a thin layer of matte-finish Mod Podge to seal the paper, then I let it dry. You will use Mod Podge for all of these jewelry crafting projects; it works as both a glue and a sealer. Next I cut out my paper badge insignia and brushed the blank side of the Scrabble tile with Mod Podge and placed the paper badge onto it, gently working out any air bubbles with my bone folder (find at your local craft store.)

After it dried, I placed a self-adhesive square epoxy dome on top of the badge insignia and used a bone folder to remove the air bubbles. Next, I glued a metal bail (see left) on the lettered side using a 24-hour clear epoxy. Finally, I

attached it to my chain necklace using a jump ring.

Bone Folder

For smaller, round bezel cups (my favorite), I turned to scrapbooking supplies for the most economical source. Idea-ology™ "Type Charms" (the stickers that come in the package look like typewriter keys, but I used my badge insignias instead) are sold in packages of 16 that include self-adhesive round epoxy domes that insert into each cup and sell for around \$8 (50¢ each). Available at **Michael's** or **online here**.

I think the 1/2" diameter size of this charm is good because of the price and availability. Soon, we'll all be *charm*ing! (You can go a more expensive route using bezel cups made from sterling silver and filled with liquid clear casting epoxy. You can **purchase supplies here**, or **Google** "sterling bezel cups.")

Sterling Silver Bezel Cup



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ALPHATRICAL NI

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Look to Jill Schwartz for a line of jewelry embellishments for adding non-badge charms to your necklace. I used a variety of charms from her line, as well as Industrial Chic, Lost & Found, Pearls & Pumps, Bella Boho, Forged, Blue Moon, and Black Lace. If you haven't discovered the jewelry aisle in your local craft store yet, head on out. There may be other lines or new lines available online or in stores near you by the time you read this.



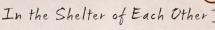
Picking through the above lines of jewelry makings, I also Mod Podged my badge insignias onto any flat surface I could find, adjusting the size accordingly. I even used a locket from the Industrial Chic line for my main hexagonal Sisterhood Badge (inside are photos of my grandchildren). Note the cool safety pins you can buy that don't have the bottom double curl.





Industrial Chic's ring blank didn't come with a self-adhesive resin dome, so I picked up some EasyCast to make my own. First, I followed the Mod Podge steps and gave the badge an extra coat to protect it from losing color and let it dry. I chose a well-ventilated area and covered the surface I was working on with wax paper. Next, I put on gloves and eye protection. Following the EasyCast instructions that come with the kit, I mixed my EasyCast and poured it into a squeezable condiment bottle with a spout (like a mustard container). I put the ring upright in a vice and gently squeezed the EasyCast onto my "bee kind to mother earth" badge that was nestled inside. (If you don't have a vise, you could use a bowl of uncooked rice or make jigs out of foam-core board or styrofoam.) Lastly, I covered the ring with a box while the EasyCast was hardening to protect it and followed the EasyCast instructions for proper clean up.







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



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-yearold 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).

dainty daisies

Still working on that handmade holiday thing? I have a suggestion ...

dainty daisies! I met the lovely Michelle Pieterick very briefly at The Creative Connection. I say briefly because she was a tad busy. Her beautiful handmade skirts were calling everyone's name. For me, it's really nice to buy that special someone a clothing item and it's highly unlikely I'll have a chance to make something myself ... and then there's always the issue of sizing. There seems to be no consistent method of sizing these days. Unless, of course, the gift you gift is a wrap skirt and fits a wide gamut of women.

Now we've seen a lot of wrap skirts over the years, but these are in the beautiful and verywell-made category. A skirt that doesn't bunch up anywhere or ride funny anywhere or do anything other than fit you just the way a skirt should fit you. Did I mention very well made? And such cute fabric choices!

Back to Michelle ... the woman behind the skirt. Michelle and her sisters grew up as queens of the Halloween Costume Contest every year. With the help of her mother and grandmother, Michelle, her sisters, and her dolls always out-costumed everyone.

After a move and switch to becoming a stay-at-home mom to two little ones, she made the call to borrow her mother's 1950s sewing machine.

"I've dabbled in other crafts and have always enjoyed making things, but the connection I made with that sewing machine really changed my life," Michelle says of her love for sewing.

And so dainty daisies began in 2001. Starting out with an Etsy shop and farmers' market booth, she's been a brick-and-mortar storefront since 2007. She continues to sell her one-of-a-kind wrap skirts and hair accessories on her Etsy shop. If you are ever in the neighborhood, do stop in to say hello (and do a little shopping) at dainty daisies, 219 Market St., Oshkosh, Wisconsin 54901.

I am sure she'll be there, because as Michelle puts it, "I breathe, sleep, and dream about my business! It is my passion ... my life!"



 ${\it EACH\ OTHER}$ with Megan Rae | to earn a Sisterhood badge in our ${\it EACH\ OTHER}$ category, CLICK HERE











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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 Craftsmanstyle 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.

More is More

Sometimes more is more. When you walk into a restaurant with a great salad bar, what is it that impresses you? Typically, it's the sheer volume and variety of well-stocked salad splendor.

I often apply that same principal to large-scale, casual dinner parties.

One of my favorite, easiest, and most impressive secrets is the "gourmet" taco bar. It never fails to wow and it is so simple to prepare. Not only that, it easily accommodates vegetarians, vegans, and gluten-intolerant guests and kids! And ... you don't need a precise headcount to pull this off. But again, the key to success is having oodles of options!

This fall, I deployed my trusty taco bar at a birthday party I hosted for my friend, Annie. I was expecting between 15–25 people, and the guest list included members from each of the aforementioned special dietary groups.

It was a huge hit! Some guests made tacos, as planned. Others made salads out of the ingredients. Still others opted for more of a nacho-style meal.

I'm going to share with you my taco bar items, but please just use this as inspiration! Think out of the box, go crazy, don't hold back!





Featured Recipe

Taco Fiesta Bar

- *Tortillas (flour and corn ... for the gluten-free friends)
- *Ground beef
- *Grilled chicken, sliced
- *Rice, cooked (obviously!)
- *Cheese, grated

Mixed greens (Lots!! This allows those who don't

want a taco to make a killer salad!)

Beans (I use pinto and kidney beans)

Peppers (red, green, yellow, orange), chopped

Corn (fresh or canned)

Onions, diced

Cilantro, diced

Jicama, shredded

Salsa

Guacamole

Avocados, sliced

Limes, quartered

Tomatoes, diced

Sour cream or Mexican crema

Black olives, sliced

Jalapenos, sliced

Pumpkin seeds

Corn chips

*Leftovers? All of these items freeze beautifully for future use.



Alyson was destined for the kitchen at an early age. Here she is at age 3, cleaning up.



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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.

Promises, Promises! and naturalize.

There's still time to pick out and plant some beautiful bulbs for next spring. I think bulbs are right up there as one of the wonders of the plant world. Fleshy little things, some dry, some in brown papery tunics, they hold such promise for the next gardening season. And if you choose them carefully, they will return time and again. Many will actually multiply

If you have issues with deer and rodents, your best bet will be to plant daffodils and anything from the allium family. Daffs are poisonous to critters, and they seem to know to leave them alone. Alliums are in the onion family, and for the most part, wild critters don't care for onion breath. Purple Sensation has even reseeded around here, and I welcome that. They are easily plucked out of the border if you don't like where they show up.

At Red Butte Botanical Garden, they combined the white allium, Mt. Everest, with some early yellow daylilies. They also planted some of the blue variety, allium azureum, with white roses and yellow daylilies, creating an eye-catching combination. I think they would look good mingled with yellow roses, too.

I have become particularly smitten with the Sicilian Honey Lily (nectoscordum bulgaricum) and their pretty little dangling bells of purple/green and cream. They really show off next to red peonies and mingled with the dark ninebarks, Summerwine, Diabolo, and Little Devil. I struggled for years to get Honey Lilies to grow here. I finally called Brent Heath, of Brent and Becky's Bulbs in Virginia, and he recommended planting them at least as deep as their package instructed, and THEN adding three more inches of mulch on top of that. Presto! They were gorgeous.

Choose single late and species varieties of tulips if you are hoping they will return for a few years. Sadly, tulips are not always reliable from year to year. The species varieties are very short, but they multiply nicely and work especially well in rock gardens. A couple of my all-time favorite single lates are World Expression and Perestroyka. Both have returned for five years running in my garden.

Plant some nice clumps of these spring flowering bulbs now, before the snow flies. Come spring, when you need it most, you will be rewarded with bursts of color and blooms. I promise.





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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.

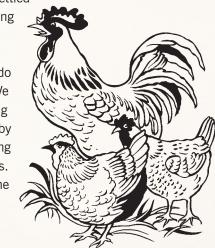


Brooder Light Chandelier: Another Work In Progress

Winter and its cold, dark nights are with us again. I love curling up by the fire with leaf piles in the backyard and homemade soup on the stove. But making soup has been tricky since we moved into our house five years ago. Our kitchen is so very basic that no thought at all was put into lighting. There are two small overhead lights, but no under-counter lighting. Over the past few years, my husband and I have chopped many vegetables on our dark counters and resolved to do something about the situation when we finally found the time. We considered a hard-wired fixture, but the investment in time and money seemed daunting.

In preparation for this winter, I decided to add a hanging light fixture over the kitchen sink. We raised three chickens last spring, so I happen to have a brooder light fixture that wasn't in use. A quick trip to the hardware store provided some chain to hang the light from and a low-wattage chandelier bulb. My husband added a hook in the ceiling and we hung it in place. To make the fixture into a chandelier, I bought a few packages of acrylic prisms from the craft store. I used thin florists' wire to attach them to the bulb guards, along with some small crystal beads. I like the finished project well enough, but I consider it still in progress. In my perfect kitchen, I would use vintage crystal prisms, but purchasing so many at once is cost prohibitive. So I settled

on what I could afford for now, and I will start collecting the real thing so I can swap them out later. It is easy to get frustrated reading about "dream" home improvements, but the truth is that most of what we do in our homes and apartments is about catching up. We are trying to make our days run more smoothly, solving practical problems with a little style in the mix. Start by deciding what problems you need to solve in your living space and take your time thinking of creative solutions. You will spend more time, save more money, and come up with unique solutions you can live with.



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





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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 horsecrazy 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.

Squash & Willow Lantern

"November kindles the last flame on the hearth of the year." ~ William Quayle

Nothing creates a cozier ambience better than candlelight. An autumn table is the perfect setting for a seasonal centerpiece that combines both the fruit of the harvest and a flickering flame. This handmade "lantern" is made from materials from your yard and garden. Add a quart canning jar and you have country elegance at its best. For your Thanksgiving spread, make one for a small table or three for a long harvest table. A single lantern is also at home on a porch to welcome visitors in the fall or on an end table as an accent.

You can make the base of the lantern from a fresh squash (or pumpkin) or a dried one. I had a dried "Turk's Turban" squash on hand, and the directions offered here will be for the dried version. If you use a fresh squash, you won't have to touch up the color as with the dried squash. The wreath sitting on the squash is made from small, supple branches. I used willow, but just about any fresh twig will do. If you don't have something like that with which to create the wreath, try tall grass. You can soften it by soaking it for a bit in warm water.

This project is child-friendly. Your little ones can enjoy an outing to find the materials and help you gather and they can also help clean out the squash, etc. They will enjoy and appreciate the beauty of the lantern much more if they have something to do with its creation.







You'll need:

- One "Turk's Turban" squash or a short and squatty pumpkin—like the tan-skinned "New England Cheddar" variety. The size is negotiable, but try to find one about 8–9" in diameter.
- Sharp knife (to cut a hole in the squash)
- Spoon (to scoop seeds out)
- Natural bristle paintbrush
- Pumpkin-colored acrylic paint (I used Ceramcoat "Terra Cotta")
- Nippers (to cut branches)
- Semi-gloss spray sealant
- Gravel (to fill squash cavity)
- Wide-mouth, 1-qt canning jar
- Ribbon or jute trim
- Fine gravel or lentils to place the candle on (I used ground seashells)
- Votive or tea-light candle

Directions:

The squash: Your squash actually sits upside down. The cap and stem is removed and discarded. A dried squash fades as it dries, so I painted mine to return the natural "living" color to it. You only need about 2 T of paint. Dab your paintbrush in it so that the paint doesn't drip. You don't want full coverage—just some color and streaking that is characteristic of the squash. Let it dry and then spritz it lightly with acrylic sealant. When it is dry, fill the cavity nearly full with gravel.

The wreath: Cut an armful of branches from 24" to about 36" long. Begin a circle with the first branch, hold firmly, lay another branch on top, and weave it over and then under the first circle. (Be sure the inside diameter of the wreath will be large enough to fit easily around the jar.) Repeat the weaving throughout, poking the ends in between other branches. (It gets easier as you go.) Add other branches where needed to even out the thickness and leafiness. Quit when the wreath is about 2" thick or when it looks right to your eye. To tidy it up, clip off ends of branches that look out of place.

The jar: Fill the jar with enough gravel so when the jar sits down into the squash, you can see the candle easily (about halfway). I tied some jute around the rim of the jar to dress it up a little, and since fresh rosehips were on hand, I tied them on also. If you do something similar, just be sure nothing flammable is near the heat produced by the candle. Place the candle down into the jar. Set the jar into the squash cavity and place the wreath down onto the squash, over the jar.

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 ${MAKEITEA8Y}$ with Shery Jespersen | to earn a Sisterhood badge in our ${MAKEITEA8Y}$ category, CLICK HERE



Bonus Project: Anita Shepperson's HUGE woven basket

This project is based on the fact that the creator is already familiar with basket making.

Materials needed:

3 lbs of 1/2" flat coiled reed One coil of 3"-round reed Two 6" bushel basket handles. Walnut dye Paintbrush

Basket spokes:

Cut 20 pieces of reed 56" long and 24 pieces of reed 52" long.

Form base:

Lay spokes out in a basket-weave pattern and measure to be sure base measures $20" \times 24"$. Secure base with the 3"-round reed; twine the reed around the edges.

Begin weaving the basket. Stand spokes up and weave with 1/2" flat reed in an over/ under pattern. Weave until basket is 6 1/2" tall, rounding corners as you go. Add two rows of twining. Weave five rows of basket weave and then two more rows of twining.

Continue weaving; start to gently pull spokes together as you near the top to reduce the size of the basket opening. Weave until the basket measures 15" tall.

Form rim with 1/2" flat reed and rim filler. Insert handles and secure rim and handles with 1/2" flat reed. Dye basket with walnut stain and a paintbrush (or your own color choice). Let dry.

This basket is very large and can be used for a variety of things. For example, blankets and pillows for the porch or family room, loose wool for spinning. Use your imagination!



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JARY JAINES HARIN





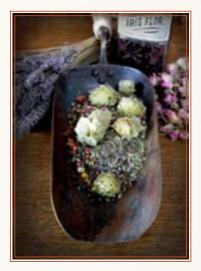


Irene Wolansky (Sister #1144) is the Marketing Director at Mountain Rose Herbs. Born and raised on the Oregon coast, Irene spent her childhood learning about beekeeping, growing and preserving fruits and vegetables, building forts in the forest, and going on adventures with her dog. She has many interests, which include making her own body care products, mushroom harvesting, gardening, arts and crafts projects, nature photography, mead and beer making, camping, herbal medicine, baking, traveling, hiking, and spending time with her boyfriend and friends. Click here to visit Mountain Rose Herbs on the Web.

Herbal Sleep & Dream Pillows

What type of dreams do you desire? Soothing, vivid, full of adventures or romance, or do you wish for deep, calm slumber? Simple to prepare, sewing aromatic herbs into small pillows can help bring peaceful sleep, enhance dreams, and encourage dream memory. The practice of placing herbs under one's pillow dates back centuries, and was originally done to protect against evil, calm bad dreams, foresee the future, bring good dreams, or conjure a lover into one's life. No matter the reason, herbal pillows are beneficial for adults, children, and pets.

To prepare an herbal pillow, first select a piece of fabric, preferably cotton or another natural fiber. This is the perfect opportunity to use leftover fabric scraps, vintage pillowcases, bandanas, or scarves. Wash and dry the fabric, and cut it into whatever shape you wish. Squares and rectangles are simplest, but you can also sew whimsical animal pillows for children and other fun, inspired forms. Next create a blend of sleep or dream inducing botanicals from the lists below or craft your own mixture with fragrant herbs that you find especially calming, relaxing, or that evoke nostalgic, pleasant memories. With the right sides of the fabric together, stitch along the edges, making sure to leave an unsewn space along one side. Once finished stitching, flip the pillow out through the unsewn space, and fill with your herbal blend. Finish the pillow by



sewing the open area shut. For a sewing-free option, use cotton muslin bags or scraps of fabric tied tight with twine or yarn. Sleep and dream pillows can be tucked inside, under, or next to pillows where they will emit their fragrance throughout the night.

Sleep Pillows

Sleep pillows are great for all ages and for those who have a difficult time falling asleep. For a blend that encourages deep sleep, blend any of the following organic herbs:

Catnip: Relaxing, helps bring deep sleep.

Chamomile: Calming, relaxing, and said to keep bad dreams away.

Hops: Relaxing and brings peacefulness.

Lavender: Soothing, relaxing and eases headaches.

Lemon Balm: Relieves stress, anxious and nervous feelings, insomnia, stress, and headaches.

Rose petals: Brings warmth and love.

Rosemary: Traditionally used to bring deep sleep and keep away bad dreams.

Sweet Marjoram: Calms restlessness and nervousness.



Dream Pillows

Dream pillows are for those who want to enhance their dreaming or wish to remember their dreams. To create a blend that encourages dreaming, blend any of the following organic herbs:

Catnip: Relaxing, helps bring deep sleep.

Chamomile: Calming, relaxing, and said to keep bad dreams away.

Cloves: Brings warmth and an exotic feeling to

dreams, add only 2-4 per pillow.

Hops: Relaxing and brings peacefulness.

Lavender: Soothing, relaxing and eases headaches. **Lemon Verbena:** Uplifting, used to add "lightness" to dream blends.

Mugwort: Greatly enhances lucid dreaming and helps with remembering of dreams.

Peppermint or Spearmint: Enhances clarity and vividness in dreams.

Rose petals: Brings warmth and love, may be used to evoke romantic dreams.

Rosemary: Traditionally used to bring deep sleep and keep away bad dreams.

Pet Blends

MARYJANESFARN

Yes, you can make pillows for your favorite furry friends too! Not only will the aroma appeal to your pet, but these herbs are also known as natural flea deterrents.

Cats:

Catnip, Chamomile, Pennyroyal, Valerian – These herbs have a fragrance that cats enjoy, plus they help deter fleas.

Dogs:

Eucalyptus, Lavender, Pennyroyal, Rosemary, Thyme, Wormwood – Dogs like the aroma of these herbs and they help keep fleas away.

Sweet dreams!



Dutpost The Work of Our Hands

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.



We Call It Fall

Seasons. Some people follow them very closely, while others pay attention to weather goings-on to plan events, recreation, their work commute ... or simply deciding what to wear on a given day.

If you're into agriculture, the weather, the seasons, the soil, and you are intimately connected to one another. Each season involves a to-do list—before, during, and after that particular season. While working on the needs of the end of a season, your chores segue seamlessly into the next. There is no real downtime, even in winter. You simply work on other things that winter allows you the time for.

Now it is late autumn ... November. Most, if not all, of our fall work is done. What remains for us on the ranch is shipping our calves. The hay is stacked and ready for winter. My garden is resting. My pantry shelves bring a smile to my face when I open the door and see tidy rows of jars filled with colorful canned goods. And I have time to enjoy the great outdoors in a more leisurely fashion. I linger long and thoughtfully, in joy and in resignation.

Soon, I'll surrender most of my freedom to go where I please and when I want to go. But, for now, I'm soaking up every last bit of light and warmth that my favorite season offers. And, we are near the end of it. Fall, when the "fingers of leaves weaken and their hearts lose courage," according to author William Quayle.

I've wondered if fall and autumn are the same. I think not. Autumn is a soft kind of warm, filled with colors in that spectrum. Fall, on the other hand, is when you take the change more seriously. Jackets and gloves come out to work and play with fallen leaves.

You cannot help but ache a little when the leaves turn from flame to sullen brown under a gray sky. Yet fall is a season of hope. In it, you see Nature setting down its plans for spring. Flower seeds drift on the wind and settle in hidden places and autumn litter. Trees stand stripped to the skin, bare-naked. Shrubbery is emptied of leaf and fruit. After the feverish work of summer, the earth rests.

Every area of our country has a different story to tell about fall. Our story is mostly about grass, with the exception being where the prairie meets the foothills. The latter is home to pine, oak, and aspen. But right here where I stand is the land of grass, the wide, high plains where millions of acres of grass meet the horizon in every direction.



 $\{DUTPOST\}$ with Shery Jespersen | to earn a Sisterhood badge in our $\{DUTPOST\}$ category, CLICK HERE

The variety of grass species that live here is as impressive as the wide-open spaces on which they grow. The soil composition changes frequently, as does the amount of moisture given to an area. Grass seed and other plants make their homes in places they find most pleasing. As a whole, the high plains autumn is gloriously beautiful, but in a subtler way than wooded areas. The grasses make their own color statement after they are frostbitten. Like leaves that fall, the grass also fades to sullen hues. They *look* like the quiet before the storm.

To me, blades of grass are land-bound leaves. And, when is any leaf not a miracle? When grass is growing, it is a carpet of life. When leaves are sleeping, they become a blanket under which the flowers sleep. And, above the now-tan grassy fields, crows sing.

Yes, I said sing. I think they know something we tend to forget. They're happy. They sing, albeit not melodiously, but they do sing. Their song? I'm guessing its title may be "Thanksgiving." How appropriate if that were so and how unsurprisingly like Nature to offer a lesson to thoughtful watchers of the seasons. The natural world can always be relied upon to offer praise and thanksgiving at the perfect time. Let us follow suit and sing along.



Reaning

The Work of Our Hands



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.

Make Mine GREEN

Fridge Cleaning

It's turkey time again and the perfect time to clean out your fridge in preparation for the big gobbler and leftovers. And don't wait until you're busy with all the preparations; organize and sanitize it before heading out to the store for your holiday shopping. Start by looking for items that have expired or are no longer edible. Move your garbage can next to the fridge and begin tossing old leftovers into it. Compost what you can, and remember to rinse and recycle your plastic, glass, and paper containers. You can also make more room in the fridge by condensing all your condiments if you have doubles. Remove the items you want to keep and put them on the counter (you can place items that spoil quickly, like dairy products, in a small cooler while you clean).

Next, fill up your sink with warm water and Castile soap and begin removing the shelving and drawers. Have a couple of good rags and some magic erasers handy, along with a chemical-free, all-purpose cleaner. You want to stay away from chemically laden cleaners while handling food and cleaning your fridge. A quick recipe for an all-purpose cleaner is:

1/2 cup distilled water

1/2 cup distilled vinegar

3 T Castile soap

20 drops grapefruit-seed extract

With your rags and magic eraser in hand, you can efficiently wipe up spills in no time. If you have a dust buster nearby, you can eliminate repetitive cleaning by sucking up all the crumbs that have accumulated in the fridge. You can also use an old toothbrush to get into cracks and crevices. Your drawers and shelving can be washed in the sink with soapy water, then dried.

When you're done washing, it's easy to get your fridge back to like-new condition. If you have a white fridge, a magic eraser will remove the toughest of stains and also the dirt and grime that collects on the handle. Then it's time to put everything back in order in preparation for the holiday groceries and mouthwatering dishes. The last step is to put in a brand-new box of baking soda in the back of the fridge to help eliminate and absorb moisture and odors.

Whether you get around to cleaning any other area in your kitchen or not, you and your guests can be thankful this holiday season to see that your refrigerator is cleaned and sanitized.



 $\{CLEANING\ UP\}\$ with Toni Salerno $|\$ to earn a Sisterhood badge in our $\{CLEANING\ UP\}\$ category, CLICK HERE

HARR





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!

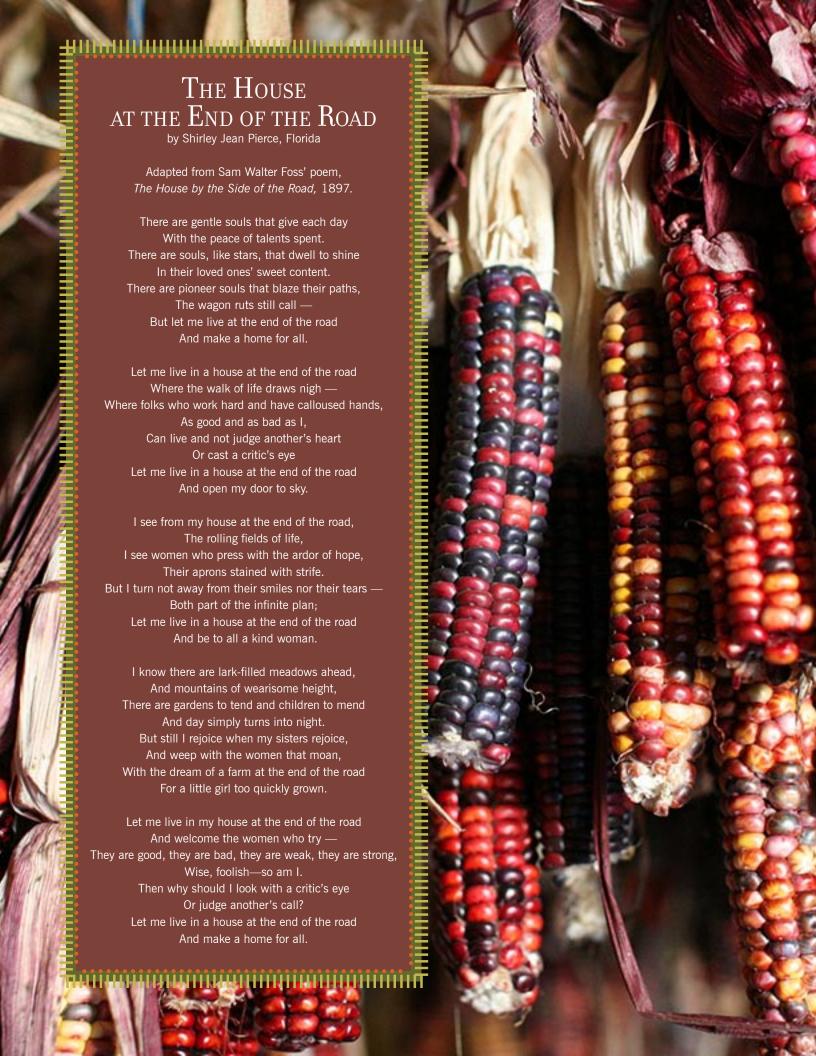
If you are hosting a farmgirl event, open to all farmgirls, send the event description, date, location, and contact info to megan@maryjanesfarm.org. Megan is going to start a calendar to keep Sisters up-to-date on upcoming gatherings.

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!)

ON LOOSE or The Loo





Farmgirl Chatter



Keeping in Touch: Live every day... Submitted by Heartbroken farmgirl

A friend of mine opened his wife's underwear drawer and picked up a silk paper-wrapped package. "This, he said, isn't any ordinary package." He unwrapped the box and stared at both the silk paper and the box. "She got this the first time we went to New York, 8 or 9 years ago. She never put it on; she was saving it for a special occasion. Well, I guess this is it."

He got near the bed and placed the gift box next to the other clothing he was taking to the funeral home. His wife had just died. He turned to me and said, "Never save something for a special occasion. Every day in your life is a special occasion."

I think those words changed my life.

Now I read more and clean less.

I sit on the porch without worrying about anything.

I spend more time with my family and less at work.

I understand that life should be a source of experience to be lived up to, not survived through.

I no longer keep anything "for a special occasion."

I use crystal glasses every day.

I wear new clothes to go to the supermarket if I feel like it.

I don't save my special perfume for special occasions; I use it whenever I want to.

The words "someday" and "one day" are fading away from my dictionary.

If it's worth seeing, listening to, or doing, I want to see, listen to, or do it now.

I don't know what my friend's wife would have done if she knew she wouldn't be there the next morning, this nobody can tell. I think she might have called her relatives and closest friends. She might call old friends to make peace over past quarrels. I'd like to think she would go out for Chinese, her favorite food. It's these small things that I would regret not doing, if I knew my time had come. Each day, each hour, each minute is special. Live for today, for tomorrow is promised to no one. The tears I shed then watered the flowers I harvest now. Join the conversation **here.**



Keeping in Touch: Songs that tell a story. Submitted by prariehawk

My favorite song that tells a story is "El Paso" by Marty Robbins. I love story songs. I also like "The Wreck of the Edmund Fitzgerald" by Gordon Lightfoot and "Come Dancing" by the Kinks. Story songs really stir the imagination—it's like watching a movie in my head when I hear a good story song. What's your favorite song that tells a story? **Tell us here.**

A Farm of My Own: Getting more by wanting less. Submitted by Annika

This is likely going to be a long ramble, but here she goes ... I've been disabled by several health problems since 2002 and have lived through a lot of uncertainty and rough times. About five years ago, I bought a nice newer manufactured home from a friend, and though I had to pare down a lot going from a large three-bedroom four-plex to a much smaller place, I am glad that I did. There is a lot of social stigma about living in a "mobile home," but I own it outright. I pay for insurance and taxes, and its mine—no messy mortgage to keep me awake at night. But while we live only a few miles out in the county, my hubby has been wanting to move back to town. I do not! We had horrible problems with loud, 24/7, partying, drunken neighbors for years, and I'd rather live in a culvert than go back to town. Well! Just a few weeks ago, we went to visit my husband's brother and his wife down in Boise and it was just so loud down there. And I used to live in Seattle/LA/Portland/SF!!!!! I'm strictly a country girl now!!!

So, now my sweetie is on my side of thinking that, for sanity's sake, we need a few acres, a big garden, a flock of chickens, a mini cow, and a lot of trees! I've always wanted to build or find a nice big farmhouse, but I have had to face the reality that I just am not going to be able to afford a bigger house AND a few acres of land, even with my eventual inheritance from my dad. I am letting the big farmhouse dream change into a "be happy with the home that you have, love it and take good care of it because you own it outright" reality!! When the time comes to move it to our own property, I want it to be in very best possible shape. I will happily admit that I love my little home, with its large master bath, nice big bedroom and big window seat, kitchen island, vaulted ceilings, Pergo flooring, airy sky-lit living room, and the back bedroom transformed into a computer room/library!! It is no more but really no less than I need. I'd rather have 5 to 10 acres of peace and quiet anytime! Join the conversation here.

Barnyard Buddies: Light for chickens in winter. Submitted by StrawHouseRanch

I'm still working through what I need to do for my girls this winter. One of the things I've heard and read about is to turn a light on in the morning to encourage the chickens to rise and shine and lay their eggs before we head off to work. I don't intend to run an electric cord out to the coop to power a light bulb, but I was thinking about using a battery-powered or better yet, solar-powered light source like a camp lantern. My question is, do they react to any particular kind of light differently than others or is it just light in general, and how bright does the light need to be in your experience? We are up at 4:30 a.m. and out the door by 7 a.m. Is it too rude to go flip on a light at 4:30 a.m. to wake up the chickens? **Give advice here.**

continued ...



the chatter continues ...

Barnyard Buddies: Livestock Guardians, Submitted by YakLady

Do any of you farmgirls use guardians on your property? If so, what do you use? Llama? Donkey? Dogs? What predators are your guards effective against? I'd love to read your stories:)

I have a single LGD currently, he's an Anatolian Shepherd/Great Pyrenees cross. He's going to be getting a pure ASD partner in December. She was just born:) Since Dierks' arrival, we have suffered zero predation losses to the goat herd. His first week home (at 7 weeks old), he alerted to a black bear sow who hopped into the back yard to go after my buck. I chased her off and he only suffered skin-deep wounds to his back legs. Quite impressive for a puppy. He broke through a fence in the barn to chase a fox out of the baby pen, and he has helped us find treed 'coons to eliminate them. He's been worth every penny and then some, for sure! **Tell your story here.**

Barnyard Buddies: Tibetan Yaks, Submitted by YakLady

I'm super new here, but I figured I could post some info and pics about my yaks for anyone interested.

Tibetan Yak - Bos grunniens, "the grunting ox."

Some general info:

Uses: Meat, Hide/Leather, Fiber, Milk, Pack, Pull, Ride (Yes, they can carry up to 20% of their body weight as cargo.)

Often mistaken for Scottish Highlander cattle due to their long coats and horns, but Yak are not cattle (Bos taurus).

Hybrids of yak X cattle are viable. The male offspring are sterile, while the female offspring are fertile.

Yak grow slower than production beef cattle and mature to about two-thirds the size. They can live over 20 years in captivity, and cows can still produce calves into their 20s.

Some yak breeders boast that they eat a third that of beef cattle—that's if you want skinny yaks. Ours actually eat about half the hay of beef cattle.

In winter, the yak grow a soft down coat that they blow in the spring. This can be harvested and turned into yarn. Yak yarn is very expensive because it's rare and labor-intensive to get properly cleaned and de-haired (the longer guard hairs can't go into the yarn).







the chatter continues ...

There are only three pattern types found in North America.

"Black" - Gray nosed, black hair

"Imperial" - Black nose and body hair

"Royal" - Piebald pattern of black and white

The marking pattern of white on the legs, head, etc. is called "trim." **Discuss this topic here.**

Barnyard Buddies: Rooster Behavior Not in Books, Submitted by textilelover

Our rooster has started "ostracizing" some of the hens from our small (8) flock. Nothing has changed in almost a year—same rooster, same hens. He doesn't allow them to eat with the flock or free range with them. The most recent hen being shunned is our oldest and his long-time sidekick. I can't find an explanation anywhere! Any ideas? **Share your answers here.**

Cleaning Up: Too much of a good thing. Submitted by Rosemary

Like a lot of you, I use homemade laundry soap, made from grated Fels Naptha, borax, and washing soda. I try to remember to use only 1/4 cup for a large load, and usually I shake it up in a quart jar that I fill with water from filling the washing machine, then dump that in before adding clothing, towels, or whatever.

I've been using felted-wool dryer balls instead of a vinegar rinse because our washer doesn't have a water softener cup and it's a pain to catch the rinse cycle in time to add vinegar by hand. Maybe that's the reason, but lately, I have the feeling there's soap residue on everything.

So here's your multiple choice question. Which is the moral of this story?

- a) Use even less soap than 1/4 cup (2T for smaller-sized tubs);
- b) Woman-up and time your life around rinse cycles so you can get some vinegar in there to be sure the rinse cycle gets all the soap out;
- c) Go back to using store-bought laundry soap;
- d) Use something else once in a while, just as hair stylists suggest you do when washing you hair, to counteract product buildup;
- e) Get a maid and let HER worry about it.

I'm fond of "e" above, but too bad :) Discuss this topic here.

Farmgirl

SPECIALS

Sisterhood

It's that time of year again! Time for bringing in the harvest ... and that includes a 2012 farmgirl wall calendar. But for our Sisters, we've sweetened the deal. If you buy our signature 2012 farmgirl calendar anytime during the month of November, we'll toss in a handy-dandy travel/purse calendar along with the sweetest little refrigerator magnet you've ever seen.







magnet is 1" in diameter

Click here to order your 2012 farmgirl calendar set

size: 11" x 8 1/2" opens to 11" x 17"

Pssssst. Don't forget to write "Farmgirl Calendar" on your holiday shopping list. If you buy five at once, we'll give you **10% off.** Just think, five calendars, five travel/purse calendars, and five magnets for gifting to girlfriends. Sa-weet.

Quote Totes

Designed by MaryJanesFarm Graphic Designer Alicia Baker

Inspire yourself and others with a quote tote.

We ARE in canvas now, Tote-o!

Only \$9.85 each Regular Price \$18.95



All totes are made in the U.S.A. from 75% recycled cotton canvas. 12 1/4" wide x 17" tall, 6" gusset

12 1/4 Wide X 17 tail, 0 gust

Choose from the following:

- Friends don't let friends use plastic bags. (red)
- "It's a job that's never started that takes the longest to finish." J.R.R. Tolkien (blue)
- "You must be the change you want to see in the world." Mahatma Gandhi (green)

I noticed a lot of reusable totes were lightweight, flimsy, and basically just advertising for grocery stores. I wanted strong, durable totes. I also love inspiring quotes, so the idea for quote totes was born.

- Alicia Baker



Supplies are limited. Click here to order.

Farmgirl News Sisterh

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.

While it's still a little early, we are brainstorming some new badge ideas for 2012. What kind of new badges would you like to see?

Here are a few of the ideas that we have received from you so far:

Wild Game Harvesting

Family Recipes, Traditions

Storing Food for Winter

Music

Basket Weaving



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November 2011 • MaryJane's Cluck

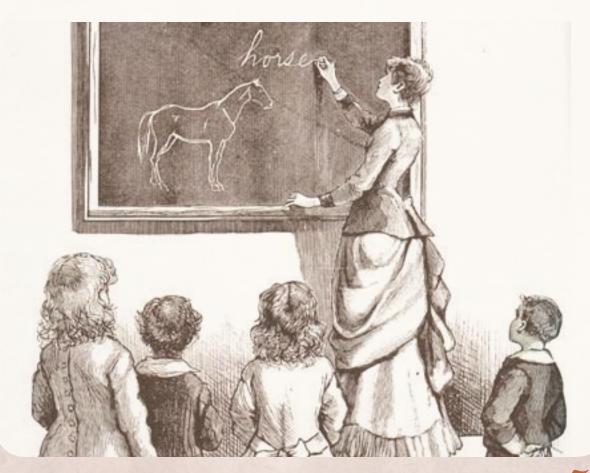


Become a Legend in Your Own Time!

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.

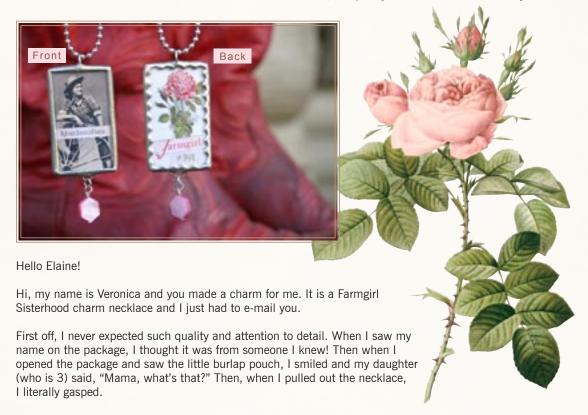




Exclusive for Sisters!

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.**



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

November 2011 • MaryJane's Cluck

Merit Badge

Merit Badge Awardees

Angela Coffman, Quilting Angie #3445 Beginner badge: Shopping Green / Cleaning Up Beginner badge: Buttoned Up / Stitching & Crafting

Ashley Meerwarth, Farmerette of Carrie Meerwarth #147 Beginner badge: Buttoned Up / Stitching & Crafting Beginner badge: Disconnect to Reconnect / Outpost

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

Beginner badge: Outstepping / Outpost

Intermediate badge: Buttoned Up / Stitching & Crafting Intermediate badge: Lend a Hand to Farm Families / Each Other Expert badge: Lend a Hand to Farm Families / Each Other

Expert badge: Quilting / Stitching & Crafting

Bea Campbell, #2575

Beginner badge: Make It Pretty / Make It Easy

Breanna Helgesen, Breanna #2507

Beginner badge: Embroidery / Stitching & Crafting

Carrie Meerwarth, Carrie M #147

Expert badge: Cross-Stitch / Stitching & Crafting Expert badge: Spinning / Stitching & Crafting

Cathy Pyatt. Cottagefarmgirl #2655

Beginner badge: Icing on the Cake / Farm Kitchen Intermediate badge: Icing on the Cake / Farm Kitchen

Charlene Kirsch, LilSnip #3451

Beginner badge: Self-sufficiency / Farm Kitchen

CJ Armstrong, Ceejay48 #665

Intermediate badge: Make It Pretty / Make It Easy Expert badge: Icing on the Cake / Farm Kitchen

Colina Washburn, Rubyleesmom #3408 Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Backyard Farmer / Garden Gate

Debi Chandler, Herb19355 #2515

Beginner badge: Horse Dreams / Garden Gate Intermediate badge: Horse Dreams / Garden Gate Expert badge: Horse Dreams / Garden Gate









"Act as if what you do makes a difference It does. >>>

- William James

Merit Badge Awardees

Debora Carr, Debi Carr #1983

Beginner badge: Aprons / Stitching & Crafting Intermediate badge: Crochet / Stitching & Crafting Expert badge: Crochet / Stitching & Crafting

Elizabeth Landin, Dragonfairie #657

Beginner badge: Quilting / Stitching & Crafting

Emily Race, Simply satisfied #3591

Beginner badge: Shopping Green / Cleaning Up

Gail Springman, Gspringman #486

Beginner badge: Connecting Growers and Eaters / Each Other

Beginner badge: Get It Together / Farm Kitchen Beginner badge: Disconnect to Reconnect / Outpost Intermediate badge: Farmgirl Spirit / Each Other Intermediate badge: Disconnect to Reconnect / Outpost Intermediate badge: Get It Together / Farm Kitchen

Expert badge: Farmgirl Spirit / Each Other

Jamie Ray, Glitter Girl #3574

Beginner badge: Build It Green / Make It Easy

Jamie Sweeney, SunnyJam #2504

Beginner badge: What's Your Beef? / Garden Gate Beginner badge: Farmgirl Grammar / Each Other

Janet Ceaglske-Muhich, Sewquiltgirl #3229 Beginner badge: Knitting / Stitching & Crafting Intermediate badge: Knitting / Stitching & Crafting

Expert badge: Knitting / Stitching & Crafting

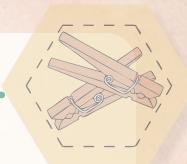
Justine Thompson, JThomp #2904

Beginner badge: Cross-Stitch / Stitching & Crafting Beginner badge: Carp-hen-try / Make It Easy

Deginner bauge: Carp-hen-try / Make it Easy

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Families Forever / Each Other
Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Knitting / Stitching & Crafting
Intermediate badge: Self-sufficiency / Farm Kitchen
Intermediate badge: Knitting / Stitching & Crafting
Expert badge: Self-sufficiency / Farm Kitchen









Merit Badge Awardees

Kristi Groth, Kristi #3407

Beginner badge: The Secret Life of Bees / Garden Gate

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

Kristina Nelson, FieldsofThyme #800

Beginner badge: Dyeing for Color / Stitching & Crafting Intermediate badge: Ink Slinger / Stitching & Crafting Intermediate badge: Make It Pretty / Make It Easy

Intermediate badge: Homespun Christmas / Stitching & Crafting Intermediate badge: Nellie Make-do / Stitching & Crafting Intermediate badge: Dyeing for Color / Stitching & Crafting

Expert badge: Cross-Stitch / Stitching & Crafting Expert badge: Ink Slinger / Stitching & Crafting Expert badge: Self-sufficiency / Farm Kitchen Farmgirl Legends Badge / Farmgirl Guide

Lisa Bramblet, CABuffaloGal #2705

Beginner badge: Disconnect to Reconnect / Outpost Beginner badge: Build It Green / Make It Easy Beginner badge: The Secret Life of Bees / Garden Gate

Lori Manapat, Manapoohcrew #3369

Beginner badge: Shopping Green / Cleaning Up

Loyce Krogel, Traildancer #1272

Beginner badge: Little Squirts / Each Other

Beginner badge: ChillOver ComeOver / Farm Kitchen Beginner badge: BakeOver MakeOver / Farm Kitchen Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Outstepping / Outpost

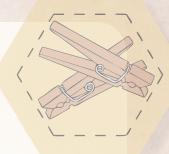
Beginner badge: 'Out There' Women / Outpost Beginner badge: Going Green / Cleaning Up Beginner badge: Backyard Farmer / Garden Gate Beginner badge: Horse Dreams / Garden Gate

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Build It Green / Make It Easy Beginner badge: Crochet / Stitching & Crafting Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Scrapbooking / Stitching & Crafting
Beginner badge: Nellie Will-do / Stitching & Crafting
Intermediate badge: Entrepreneurial Spirit / Each Other
Intermediate badge: Quilting / Stitching & Crafting
Expert badge: Get It Together / Farm Kitchen
Expert badge: Entrepreneurial Spirit / Each Other









"A house is not a home unless it contains food and fire for the mind as well as the body. ">>

- Margaret Fuller

Merit Badge Awardees

Norma Santiago, #3579

Beginner badge: Shopping Green / Cleaning Up

Peggy Smith, Forever Young #1815

Intermediate badge: Ink Slinger / Stitching & Crafting Intermediate badge: Buttoned Up / Stitching & Crafting

Pamela Drake, Shelly May #3497

Beginner badge: Crochet / Stitching & Crafting Beginner badge: Buttoned Up / Stitching & Crafting Beginner badge: Sew Wonderful / Stitching & Crafting

Penny McGee, Acelady02 #3433

Beginner badge: Woman-at-Arms / Outpost
Beginner badge: Little Squirts / Each Other
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Going Green / Cleaning Up
Intermediate badge: Woman-at-Arms / Outpost
Intermediate badge: Little Squirts / Each Other

Intermediate badge: Sew Wonderful / Stitching & Crafting Intermediate badge: Shopping Green / Cleaning Up Intermediate badge: Going Green / Cleaning Up Expert badge: Woman-at-Arms / Outpost

Scarlett Winters, Silverwings #2044 Beginner badge: Build It Green / Make It Easy Intermediate badge: Build It Green / Make It Easy

Tamara Burger, GrammyTammy #2495 Beginner badge: Cross-Stitch / Stitching & Crafting Intermediate badge: Knitting / Stitching & Crafting

Valerie Thompson, Merry Sunshine #2224
Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate
Intermediate badge: Crochet / Stitching & Crafting





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



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

Camille Coffman, Young Cultivator of Angela Coffman, #3445 Beginner badge: Make It Fruity / Farm Kitchen

Emily Nelson, Young Cultivator of Kristina Nelson, #800 Intermediate badge: Rethink our Space / Make It Easy

Elizabata Wilbur, Young Cultivator of Tamara Burger, #2495 Beginner badge: Whistle While You Work / Out There Kids

Kaitlin Nelson, Young Cultivator of Kristina Nelson, #800 Intermediate badge: Rethink our Space / Make It Easy

Rheanna Coffman, Young Cultivator of Angela Coffman, #3445 Beginner badge: Make It Fruity / Farm Kitchen

Waa-cHaa!



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.







Young Cultivators Group

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

New Member

After a summer hiatus, our Young Cultivators group is meeting again, and we have a new member! The little sister of one of our cultivators just turned 6, and we are happily welcoming her. Working with a variety of ages is challenging as a facilitator, so I thought I might offer up a few ideas to make planning easier for those of you in the same boat.

Create opportunities for older children to help the younger kids. Children learn so much from other children—they have a language all their own. The older child's understanding increases as they teach and apply what they have learned. In our case, the older girls are sharing their experiences earning badges and being good friends to one another.

Think of ways to present the same general material to kids with varying levels of difficulty. For example, if your group wanted to build a tree fort, the different options might look something like this:

- 1. Draw the fort you want and help to gather materials.
- 2. Create a drawing with a materials list and use a hammer and nails to assemble non-structural features.
- 3. Make a blueprint of your fort with specific measurements for materials. Work with an adult to build the support structure for your fort.

In the end, each child is able to work on the tree fort. Think ahead about what each child is capable of and be flexible once your badge or project is underway.

Provide ample time for relaxation and play as a group. Unstructured time is a precious commodity and is a *must* for children. Balance it out with physical activity and have fun together. One goal I have for our Young Cultivators group this year is to participate in a ropes course together. Going a little outside our comfort zones will bring the kids closer and give them the experience of problem solving as a group.

It is such a pleasure to see these children welcoming a new member. To hear them talk to her about how much they love being Young Cultivators is the icing on the cake for me. I am

tickled to see what our group has become and interested to see where it goes when the three little brothers of our other members turn 6.



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 selfreliance, 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





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.'"

You may have noticed that our rural farmgirl has been on hiatus. Watch for her return this month.



Magazines, Books,



& More

Our Dec/Jan issue, "Come All Ye," will hit newsstands on Nov. 8. In it, you'll read about a "farm to fork" dinner, find out how Equal Exchange is working to create a more just food system, make homemade soap, craft wild wreaths, create dinners with leftover ham, and more.

Click here to subscribe to *MaryJanesFarm* magazine.

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

MaryJanesFarm 20/2 Galendar

AVAILABLE NOW! Our 2012 Calendar is available for purchase. 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 $8\frac{1}{2}$ " x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

Current Holidays:

November 1 ~ National Authors' Day

November 3 ~ National Men Make Dinner Day

November 4 ~ National Chicken Lady Day

November 5 ~ Sadie Hawkins' Day

November 6 ~ Daylight Savings Time Ends (fall behind)

November 8 ~ Election Day

November 11 ~ Veterans' Day

November 13 ~ World Kindness Day

November 15 ~ America Recycles Day

November 15 America Necycles Day

November 16 ~ International Day for Tolerance

November 17 ~ Homemade Bread Day

Great American Smokeout

November 24 ~ Celebrate Your Unique Talent Day

Thanksgiving Day

November 25 ~ Buy Nothing 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 Fall. Buy them together and save \$15! MaryJane's Ideabook, Cookbook, Lifebook; MaryJane's Stitching Room; and MaryJane's Outpost. Click here.

Gift Items

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

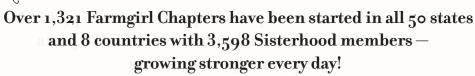
Product Shop

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



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

For other questions or general inquiries, e-mail FarmgirlSisterhood@maryjanesfarm.org.



November 2011 • MaryJane's Cluck