

# MaryJane's Cluck™

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

August  
2012

Life made us FRIENDS, MaryJanesFarm made us SISTERS

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{HELLO FROM SISTER #1} with MaryJane

Announcing the 2012 Farmgirl of the Year ...

Emily Hack, Sister #2951



I am proud as can be to introduce you to fellow Farmgirl sister and our fourth ever Farmgirl of the Year, Emily Hack.

When we chose Emily as this year's Farmgirl of the Year, **she had earned an impressive 77 merit badges**—and since then she's earned seven more! So, with a grand total (as of the time I'm writing this, maybe more by the time you're reading it) of 84 merit badges, Emily has certainly earned this recognition.

What's even more impressive is that Emily has earned all her badges in just a little over a year. That means she's been racking 'em up (or sewing them on) at a rate of over five per month. Emily says she loves earning badges because of the sense of accomplishment it provides. "It's a wondrous feeling," she says. "I have always loved to learn things that I wasn't exposed to as a child, and doing this with MaryJanesFarm gives me new goals to work for."

continued ...



I bet you're as curious about our newest Farmgirl as I was, right?

Emily was born in Pittsburgh, PA, and now lives in York, PA, with her husband Richard, their two small children Bridget and William, and their little Scottish terrier, Gracie. She loves sewing, baking, and writing, and hopes to one day pass an appreciation for those things along to younger women by becoming a home economics teacher.

Emily learned to sew when she was in middle school and has been doing it ever since. "It's my real passion in life," she told me. She also likes to quilt, which she's been doing since college. She loved sewing so much that she left college to join her family's business of altering bridal gowns and formal wear. "It was there that I learned how the body curves and how to put patterns together," she says.

Her passion for creativity and sewing eventually led her to the world of costuming, a hobby that she and her husband enjoy together. She also makes civil war gowns, aprons, jewelry, and baby and maternity items (she sells a few of her things on her **Etsy shop**). And she makes clothes for her children. Whew—her sewing machine needs a merit badge of its own!

Emily found MaryJanesFarm last year when she was looking for some help with her vegetable garden. "I'm a newbie gardener," she says. "I started some cucumbers indoors and they died when I transplanted them outside—I think I shocked them. I was looking around online for some advice and found answers to all my homesteading questions in the Farmgirl chatrooms."

Emily's astounding Farmgirl efforts will be well-rewarded. The "prize package" changes each year, and this year we're loading Emily up with what we think a fantastic Farmgirl like her deserves. In addition to becoming a lifetime member of the Farmgirl Sisterhood, she'll receive:

- A lifetime subscription to *MaryJanesFarm* magazine including all back issues except those sold out
- A Farmgirl Sisterhood necklace
- All of my books, including my new one (that's not even out yet!), *Glamping with MaryJane*, and any future books I publish
- A MaryJanesFarm 2013 calendar
- A \$500 gift certificate to use on our online store
- A set of my organic bed sheets
- A package of Farmgirl fun surprises

I'm so glad you found us, Emily, and a huge congratulations on being the 2012 Farmgirl of the Year. Keep on earning those badges, sister!

*MaryJane* ♥



Look what I found on **GirlGab**!

I am so inspired by the sisters of the **Mountaineer Sisterhood** in Barbour County, West Virginia. I love everything—from their spunky logo (a sassy modern take on Rosie the Riveter) to their lovely and powerful mission of helping women improve their lives and the lives of their families and communities. Finding their posting brought so much joy to my heart. Thanks so much, sisters! Big farmgirl hugs from me to you!

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“One busy, hectic afternoon in my house, I sat down to take a quick peek at *Glamping*. Over two hours later, I was still reading, blissfully lost in MaryJane’s beautiful world. I’m dying over this book. **I absolutely, positively LOVE IT!**”

– REE DRUMMOND

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# Each Other

In the Shelter of Each Other



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

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



Megan Rae (Sister #2) grew up “on the farm”—MaryJanesFarm. She attended Gonzaga University and received a bachelor’s degree in Journalism. After marrying her college sweetheart, they moved to Kansas and bought their first home on a cobblestone street. Her love for writing, editing, and well, her Mom, finally brought her back to the farm. Raising her 5-year-old and 3-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).

I thought this issue of “Each Other” could be a big farmgirl shout-out to our fabulous SHOPGIRLS! The women that work in our two retail stores (in Coeur d’Alene and Moscow, Idaho) are our family. If you’ve been in one of our stores in the last few years, then you’ve probably met them. They are beyond fabulous! Patsy, Sue, and Jordan in Coeur d’Alene, and Colleen, Lori, and Christy in Moscow.

Here’s a little insider info on these fantastic farmgirls:

## Coeur d’Alene

## CREW

• patsy cameron •

Patsy is our store manager in Coeur d’Alene and has worked there since we opened. She says she knew from the moment she met Mom that she’d love working at the store—and we definitely love having her there.

In true farmgirl spirit, Patsy (along with her husband at the time) built her own dream home, a log cabin, when she first moved to Idaho over 30 years ago.

“When you build something yourself, you tend to build exactly what you want,” she says.

She raised her daughter there, preparing meals from fish they caught themselves in Lake Coeur d’Alene and veggies they grew in their garden.







**Patsy is a shopgirl, farmgirl ... and singing sensation!** She was music director at the North Idaho Center for Spiritual Living for over 13 years, and still loves everything about music and singing—we even sell her CDs in the store.

Recently, a little birdie told us that Patsy didn't have a pair of cowgirl boots that were comfortable enough to stand in all day while she greeted customers and worked in our store. Luckily, we happen to know of a fabulous place to buy a good (and adorable) pair of boots—right down the hall from our store. It's called **The Painted Pony**. I immediately called them to engineer a new pair of surprise boots for Patsy. We just can't seem to find enough ways to express how much we appreciate all that Patsy has done for us. She is one hardworkin' girl—she **DEFINES** farmgirl! And now she looks the part perfectly in her apron (required attire at our stores, of course!) and her brand-new cowgirl boots.

You deserve it, Patsy!



*Dear Dad,  
I'm really  
not really  
but Bob is  
I don't  
thank y  
first 3 days  
giftcard!!  
actually the  
it took hour  
for me - the  
for photo  
Bedding! I  
them VERY  
I feel so  
You are the  
friends and  
Thank you  
Love, Patsy*

Dear ones,

I'm really NOT sleeping in them, but Bob is a little worried!

I don't even really know how to thank you for this?! I spent the first 3 days just showing everyone the gift card! I was so excited!! Then the actual shopping experience—ahhhh—it took hours! Jordan came looking for me—she got worried! Then home for photos on my grandma's crochet bedding! I may have dozed off in them VERY BRIEFLY! @ I feel so loved and appreciated (and spoiled)! You are the most amazing employers & friends and I am so GRATEFUL for you! Thank you so much!!

Love, Patsy

continued ...





• sue reince •

It's the simple life for our Sue. She loves it. Knitting, gardening, spending time with her husband of 30 years, and walking Phoebe, her 14-year-old beagle, is how she most enjoys spending her time. But there's an adventure-seeking side to Sue as well. Since moving to Idaho from California 18 years ago, **she has camped at a Montana dude ranch** with her family, **gone on a cruise to the Panama Canal** with her girlfriends, **and visited Hawaii a few times** with her husband. Simply awesome Sue may enjoy the simple life, but she also knows how to capture every opportunity that comes along.

Besides working behind the counter, Sue also sews aprons for our customers by special order, who praise her work (just as we do!).

Thanks so much, Sue!



• jordan udy •

Jordan holds a special place in my heart because she has been nanny to my daughters, Stella and Mia, even traveling with us when we hit the road to do appearances with Mom. We first met Jordan when my husband, Lucas, was her high school basketball coach. She has grown up so much since then! She now studies at North Idaho College and hopes to be a medical assistant specializing in pediatrics—and if her nanny skills are any indication, she'll be great at this. Stella and Mia love her!

**Jordan is an avid scrapbooker who always has her camera at the ready. And this self-proclaimed country girl has some impressive tractor-driving skills.** Ever heard of a bank-out wagon? It's a huge wagon attached to a tractor during harvest to transport wheat from combine to truck—and Jordan can drive one. (If you've never seen or helped with harvest, just trust me, this is an impressive skill!)

From tractors to aprons (is she a farmgirl or what?!), Jordan says she loves working at our store. Like both Patsy and Sue also said, she adores her co-workers and says they have tons of fun working together.

Big hugs, Jordan!





## TEAM *Moscow*

Lori Becker's shopgirl status is total serendipity. At about the same moment we decided to advertise for help for Thursdays, Lori came to us looking for work. But only every Thursday. Not only did we think it was going to be tough to find someone willing to work only one day per week, Lori thought it was going to be next to impossible to find a job with such tight parameters. But as luck would have it, Lori, the principal of a small Catholic elementary school in the nearby town of Colton, Washington, was told that because of budget cuts, they were going to cut her job back to four days per week. How we found her and how she found us is one of those while-visiting-over-the-picket-fence stories. A neighbor of ours, who is a good friend of Lori's, suggested she contact us. Voila! As it turns out, Lori is part of a mother-daughter team. Daughter Christy minds the store on occasion also. And they both help us with crafting and sewing projects when they aren't also busy taking care of their family farm.

Lori and Christy are true farmgirls. Lori and her husband raised their five children on a farm just outside of Moscow that has been in the family for several generations. Although Christy is currently living in town while she finishes up her degrees in Public Relations and Crop Science at the University of Idaho, Lori is pretty sure she'll be moving back to the farm when she's done.

Life on the farm is idyllic for Lori. **"There's not much I don't love about being out there,"** she says. **"It's so quiet. There's no one to bother you—and no traffic! It was a great place to raise my kids. And I love to garden, so I have a giant garden."**

Besides the family, farm residents currently include cattle, sheep, horses, ducks, and chickens.

Lori and Christy are both crafters. Christy loves beadwork and making jewelry, and Lori spends her time quilting and sewing. They also both agree that interacting with the customers is the best thing about working at Sweet Dreams. "It's wonderful to hear the stories of the women that come in," says Lori. "They love MaryJane and what she does and it's just fun to visit with them."

It was fun visiting with Lori and Christy too!

• lori & christy becker •



continued ...



# DOWN ON THE FARM



## • colleen christensen •

When you ask Colleen how she ended up at MaryJane's Sweet Dreams, you might be surprised at her answer. **"My purple nail polish!"** she says with her characteristic big smile. She was working at a local fabric store when Mom popped in to buy supplies. For those that don't know, Mom is a sucker for bright, funky nail polish, so she noticed Colleen's right away and they struck up a conversation. The rest is farmgirl history.

Colleen is a tomboy, loving mother, sewer extraordinaire, rollerblader, belly dancer, adrenaline junkie, crocheter, and all-around adorable person. She grew up in Southeastern Idaho, but her heart is torn between Florida and Tennessee—one for the "loud, crazy, wild" storms and one for the loving people and beautiful, historical sites. Her sons led her back to Moscow when they attended the University of Idaho, and she has settled in nicely, even staking out some favorite summer hikes and swimming holes.

As for working at Sweet Dreams, Colleen says her favorite product is the new cream-top milk—produced right here at our farm and delivered fresh to town (it IS amazing!). When she's not tending to customers, Colleen puts her excellent sewing skills to use by making knickers for our online store, and stitching and crafting projects for our magazine.

Thanks, Colleen!

SO, THREE CHEERS FOR THE MOST FARMGIRL FUN SHOPGIRLS WE KNOW!



Thank you for all your hard work  
and thoughtful care.  
WE COULDN'T DO IT WITHOUT YOU!



Meg



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# Farm

Where the cookin' begins!

# Kitchen



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

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**{FARM KITCHEN}** with Ashley Ogle | to earn a Sisterhood badge in our **{FARM KITCHEN}** category, [CLICK HERE](#)



Ashley Ogle (Sister #2222) was born and raised in northern Idaho, and has always had an intense interest in anything kitchen. Shortly after marrying MaryJane's son, Brian, at the historic one-room schoolhouse his grandfather attended, Brian and Ashley moved back to the farm and began renovating the 1890 farmhouse that both Brian and his grandmother grew up in. And in keeping with tradition, they've begun to raise a family in the same house—their daughter just turned 2.

Whether it was watching her mother cook while she was a baby or simply growing up learning that good food nurtures not just people, but relationships as well, cooking remains an important part of Ashley's life. Last year, she came to work at MaryJanesFarm as a recipe developer/food stylist, and now spends each day inventing and preparing the delicious food you see in our magazines and websites.

## Mini Lemon Bar Tarts

I love lemon bars. I love them so much that when I make a batch, I will eat an entire pan before I realize what I have done. The problem is that my husband loves lemon bars too, and I will snatch all of them up before he gets a chance to try more than one. After years of him discovering a pan filled with crumbs and powdered sugar, I decided that the recipe needed an upgrade. This recipe is a gentle reminder to myself to share, and chill out a bit. I hope you like it too!





## MINI LEMON BAR TARTS

PREP TIME: 17-20 MINUTES PLUS 2 HOURS CHILLING

COOK TIME: 30-35 MINUTES

MAKES: TWO 4½" TARTS

### Crust:

⅓ cup flour  
 2 T powdered sugar  
 ⅛ t salt  
 1 lemon, zested  
 3 T cold butter

### Filling:

⅓ cup freshly squeezed lemon juice  
 ¼ cup sugar  
 1 T flour  
 1 egg  
 raspberries and powdered sugar for garnish



**\*Special Equipment:** Two 4½" tart pans

1. Preheat oven to 350°F. In a food processor, combine flour, powdered sugar, salt, and lemon zest. Pulse to combine. Add butter and mix until dough forms. Divide dough in half, and press each half into the bottom and up the sides of each tart pan.
2. Place tart pans on a cookie sheet and bake for about 7 minutes, or until the dough looks slightly dry. Cool for about 10 minutes before filling tarts.
3. In a small bowl, whisk together lemon juice, sugar, flour, and egg. Pour filling into tart pans. Bake for 22-25 minutes, or until the center puffs up and the filling jiggles slightly when moved.
4. Transfer to a wire rack to cool for about 45 minutes, then move them to the refrigerator to cool for about 1 hour and 15 minutes.
5. Scatter raspberries over the tops and dust with powdered sugar.





# Garden

*Bloom Where You're Planted*

# Gate



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

## A Feast for the Senses

The allure of flowers is irresistible. Their delicate fragrances beckon, and their colors are candy to the eye. But have you ever considered nibbling a flower's tender petals, just to find out if their taste is every bit as tantalizing? If so, read on. It just so happens that there is a rainbow of secret flavors within a common backyard flower garden that is just waiting to inspire an entirely fresh array of hand-harvested fare throughout the summer to come.

### Incredible and Edible

As their gorgeous colors suggest, flowers are actually high in vitamins and minerals, and they offer a piquant variety of flavors ranging from spicy to nectar-sweet. While flowers have been eaten throughout the ages, they were particularly popular during the Victorian era. One fanciful recipe of the time called for a peck of flowers pounded with ladyfingers, three pints of cream, 16 eggs, and a little rosewater to create "fairy cakes" that were baked with a sprinkling of sugar on top.



Recently, flowers have been reappearing in gourmet cooking. The finest restaurants are reinventing the art of floral food, scattering violets atop savory salads, infusing baked goods with hints of rose, and searing meats in succulent crusts of lavender petals. But you needn't be a professional chef in order to revel in the romance of flowers. Most edible petals are easy to find—you may even be growing them in your garden already. Common candidates for the kitchen include: nasturtium, chamomile, hibiscus, lavender, marigold, tulip, rose, dandelion, day lily, sage, squash, violet, Johnny jump-up, and yucca. These flowers and many more can be found on the following Web charts, which give comprehensive information about edibility, flavor, and cautions:

Edible Petals Glossary: [www.epicurean.com/articles/edible-flowers.html](http://www.epicurean.com/articles/edible-flowers.html)

Edible Flower Chart: [www.whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm](http://www.whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm)

As with any wild-growing foods, it's best to introduce flowers into your diet slowly and in small quantities, trying one species at a time. This way, you can keep track of any digestive upset or allergic reactions that might occur. In general, it's best to avoid any flowers that you can not positively identify as edible; flowers growing by the roadside; flowers from florists, nurseries, or garden centers; and flowers grown with pesticides.



## How to Harvest

Ideally, edible flowers should be picked in the morning, just after the dew has dried. For best flavor, look for fully open flowers, and steer clear of any that are damaged, wilting, or brown. Like fruits and vegetables, flower flavor can vary depending on environmental conditions, soil types, and cultivars. Flavor can also fluctuate during the growing season, and from one year to the next. Simply sample a petal from one or two flowers before collecting larger amounts to make sure you're happy with your harvest.

Flowers are most attractive and flavorful when used fresh from the garden. Short-stemmed flowers should be harvested no more than 3 to 4 hours before use. If you can't use them right away, place the blossoms in a plastic bag between layers of damp cloth, and store in the refrigerator. Long-stem flowers can be placed in a container of water and stored in a cool location. When you're ready to use your flowers, test one for colorfastness in water (some may discolor when wet). If the test flower holds up well, you can gently wash the rest to remove dirt and check for insects. At this point, you might also want to remove the pistils and stamens because their pollen content can detract from the flavor of the flowers and may also increase the odds of allergic reaction. If your recipe calls for petals only, then pluck each petal at the base where it was attached to the flower.

## Flower Feasts

There are countless ways to incorporate flowers in your food, whether you want to fancy up cool drinks and salads with whole blossom beauty or mince petals into otherwise ordinary dishes. Think lavender lemonade, stuffed squash flowers, rose-petal scones, lilac syrup, and pansy crisps. I guarantee you'll never look at a backyard flower bed the same way again.

Once your world is in bloom again, visit your flower patch for edible petals to top your salads. Because they're small, they don't need to be cut or chopped, just pulled off the stem. Enjoy the petals of common flowers like pansies, sunflowers, roses, hollyhocks, calendula, lilacs, and bachelor buttons.







# Stitching & Crafting Room

Stitches of Fun & Laughter!



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



Rebekka Boysen-Taylor, (Sister #40) was born in Spokane, Washington, right around the time Mount St. Helens blew her top. She studied Geography at Portland State University and taught grade school in the Bronx and inner-city Los Angeles. She lives with her family on the Palouse. As a stay-at-home mama to two organically growing little ones, Rebekka rounds out her organic lifestyle by volunteering at the Moscow Food Co-op, working as an instructor for MaryJane's Pay Dirt Farm School, embracing a DIY ethic, winning blue ribbons at the county fair, and living simply.

## Lavender Wand

When I was in high school, my mama and her best friend, Linda, taught me to make woven lavender wands. Every summer since, I have made them, given them away, and tucked them into linens. On our last camping trip, I stuck a bundle of fresh lavender in the car. I love making things next to the campfire. I went a ball of un-dyed twine, along with the ribbons I normally use. The finished twine wand lets the lavender blossoms peek through—lovely!



### make your own



#### What you'll need:

- Freshly harvested lavender (approx. 33 stems per wand)
- Twine
- Ribbon





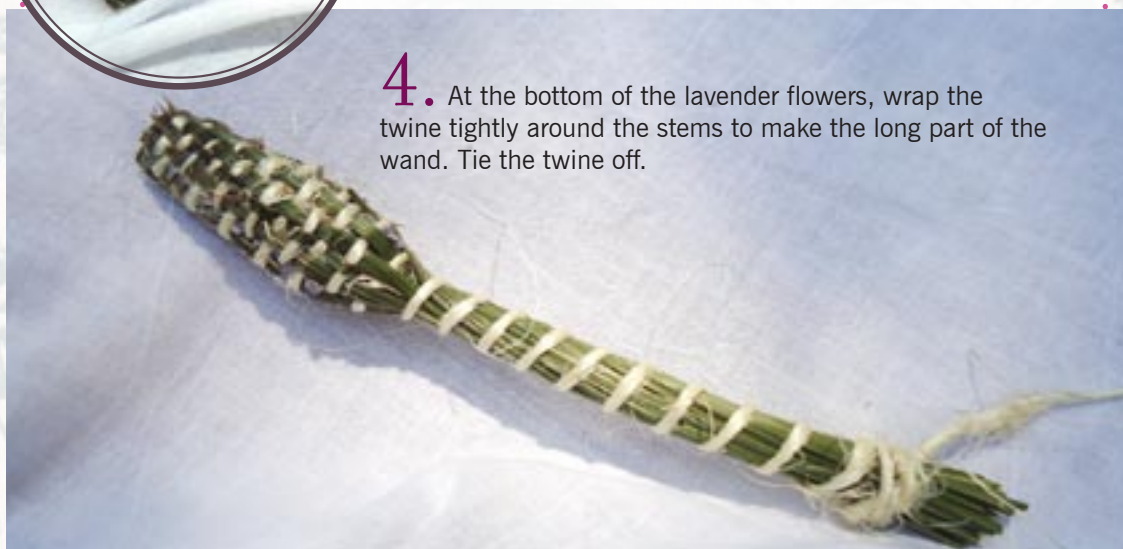
**1.** Strip the lowest flowers and leaves from each stem and tie them into a bundle at the lower end of the remaining flowers. You will need one yard of twine. Trim the top of the lavender if you like. (Keep the trimmings and add them to sachets—they smell amazing.)



**2.** Fold the stems over the twine in groups of three all the way around.



**3.** Weave around the wand, pulling the twine tight as you go. Go under three, over three, and repeat. If the count is off along the way or a stem breaks, do your best to keep the pattern going. No one will notice if there are small mistakes.



**4.** At the bottom of the lavender flowers, wrap the twine tightly around the stems to make the long part of the wand. Tie the twine off.





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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.

## Upcycled Glamper Message Board

I discovered that part of the adventure in being a new Glampers owner is finding and making needful items and decorative "glampy" goodies. One of the recent items I made for my newly furnished camper is a trash-to-treasure message board.

**Items used:** a vintage metal TV tray, an old perfume bottle, an udder salve tin, a package of magnets, super glue, and hearts that I stitched up.

The cost of this project for me was \$3 (the cost of the tray at a garage sale). I found the little bottle and the udder salve tin in a junky box of ranchy odds and ends that my husband bought at an auction. You know the kind of box I mean—they throw a bunch of usually filthy junk in a cardboard box along with one good item so that they can get rid of more stuff.



### Here's how to make this super-easy project:

Drill four small holes in the corners of the tray. (You'll need four small, very short screws because camper paneling is usually thin.) Then just super glue the magnet backs onto whatever little doodads you come up with for decorative magnets and attach the board to the wall.





gone glamping,  
leave me a *message* ...

MARYJANESFARM







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.

## Making Herbal Liniments



Simple to make, herbal liniments are a great element for any home herbal medicine cabinet.

Liniments offer instant relief for pain, inflamed muscles, bruises, and sprains. Depending on which botanicals are included, liniments may benefit a variety of conditions including sore and inflamed muscles, joints, circulation problems, arthritis, rheumatism, sprains, strains, and bruises.

Liniments may also be formulated to warm or cool. Warming herbs like Black Pepper, Cayenne, or Ginger can be added to stimulate blood circulation and assist with arthritis, pain, stiffness, and conditions aggravated by exertion or cold weather. Cooling herbs like Peppermint or Menthol

crystals are useful for swelling, inflammation, and areas that are hot due to sprains, bruises, and other injuries.

### Herbal Liniment

#### Ingredients:

- Rubbing Alcohol or other menstruum of choice. \*See note below.
- Fresh or dried herbs. Combine any of the following: Arnica, Black Pepper, Calendula flowers, Cayenne, Chamomile flowers, Comfrey, Eucalyptus, Ginger, Lavender flowers, Oregano, Peppermint, Rosemary, St. John's Wort, Thyme, or Yarrow.
- Optional additions: Menthol crystals and/or essential oil(s) of choice.

1. Chop herbs finely and place in a clean glass jar. Cover thoroughly with rubbing alcohol or other menstruum of choice, and cap with a tight-fitting lid. Place the jar in a warm area and shake daily or as often as possible.

2. After 4–6 weeks, strain the herbs out using cheesecloth. If desired, add Menthol crystals (will dissolve in alcohol) and/or essential oil(s). Pour the liniment into dark glass bottles. Make sure to label the liniment for “External Use Only.”





3. When properly stored in a cool dark place, the liniment will keep almost indefinitely. To use: gently rub onto skin and allow to evaporate. Careful not to rub too hard or vigorously as this can cause irritation.

\*Note: Rubbing alcohol is typically used to make liniments because it extracts the therapeutic herbal constituents, rapidly penetrates and evaporates from the skin, and is an all-purpose antiseptic and disinfectant used after physical exertion. You could also use Vodka, Witch Hazel Extract, or Vinegar as a solvent. Basically, you'll need a menstruum to extract the properties of the herbs which will absorb quickly and deeply to penetrate skin. If alcohol alone is too harsh or drying on your skin, try mixing it with Witch Hazel Extract or Vinegar until you find a medium that works for you.

## Kloss's Liniment

Available in Rosemary Gladstar's book *Medicinal Herbs: A Beginners Guide*, this very old and strong recipe was first published by the famous herbalist Dr. Jethro Kloss in his classic book *Back to Eden* in 1939. This liniment is useful for reducing inflammation of the muscles, cleansing wounds, and soothing insect bites. Instead of Goldenseal, you can also substitute Chaparral or Oregon Grape Root. According to Rosemary Gladstar, who has been using this recipe for over 30 years, this is one of the finest disinfectant remedies you'll ever have on hand.

### Ingredients:

- 1 ounce Echinacea powder
- 1 ounce organically grown Goldenseal powder (may substitute Chaparral or Oregon Grape Root)
- 1 ounce Myrrh powder
- ¼ ounce Cayenne powder
- 1 pint Rubbing Alcohol

1. Place the powder in a jar and cover with rubbing alcohol (a food-grade alcohol can be used, but rubbing alcohol seems to work best), leaving a good 2-inch margin above the herbs. Cover with a tight-fitting lid. Place the mixture in a warm location and let it sit for 4 weeks.

2. Strain and rebottle. Label the bottle clearly for "External Use Only".

For more information, watch our video on making herbal liniments [here](#).

Click [here](#) for step-by-step instructions and recipe for making Kloss's Liniment from our friends at [LearningHerbs.com](#).





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.

## Stoking the Fire

Deeply insightful people are those whose best ideas might seem to be ahead of their time and later prove to be timeless. Dr. Luther Gulick and his wife, Charlotte, were two such visionaries. In 1910, the Camp Fire organization (better known for many years as *The Camp Fire Girls*) held their first meetings in Vermont. "Camp Fire" was chosen because Dr. Gulick believed that around a campfire is where the sense of community first began. The Camp Fire goal was and is to nurture the steward's heart in our youth. In creating a burning desire to serve the human community, our planet also benefits. The campfire *within* is where the spark comes from and then travels outward.

In 1913, the "Blue Bird" program was officially introduced for younger girls. It offered creative play and education that emphasized the importance of serving the community and caring about our world. In 1960, the Camp Fire Girls celebrated its 50th anniversary with the "She Cares ... Do You?" program. During the project, Camp Fire Girls planted more than two million trees, built 13,000 birdhouses and completed several other conservation-oriented tasks. In 1975, the Camp Fire organization welcomed boys.

Many American women (and men) have fond childhood memories of summer camp. The early-to mid-1900s was a golden age for recreational camping. It was a family affair, as Americans took to the open road and headed for wooded campgrounds to spend quality time together away from domesticity. In addition, many children looked forward to spending a few to several weeks away from home at summer camp. There were all kinds of organizations that sensed the value of children spending much of their summer outside—learning, exercising, having fun. I could barely sleep the night before I left for 4-H camp!



While at camp, kids (like me) learned crafts and outdoor skills ... swimming, archery, etc. Camp was a school of sorts, but there was one special ingredient that left a forever impression on kids. Camaraderie—the sense of community. It was stirred and nurtured even in our little cabins and in the activities in which we participated. We just thought we were having fun. Therein is the deepest lesson of all (I think). Helping the person next to you while you toil *together* is or ought to be enjoyable.



# KUMBAYAH



Serving others and meeting needs beyond *self* is its own reward, and it is the very heartbeat of community service.

Nurturing and teaching kids can happen anywhere. But something magical happens when they learn outside. There is no substitute for fresh country air. Contemporary research supports this. The bad news: today's children spend less time outside than ever before and their mental and emotional well-being is as much in jeopardy as their physical health. Dr. Gulick knew what he was talking about and today's like-minded leaders of children know this also: with or without wholesome preparation, today's children are tomorrow's leaders. Now, *that* is a sobering thought.

Staring into a campfire, roasting marshmallows, singing *Kumbayah*, surrendering oneself to the night sounds as they sing you to sleep under the stars ... it is not a luxury, but rather a key ingredient in overall wholeness. The song *Kumbayah* was a black gospel melody from the 1930s. It spread from campfire to campfire across America like a wildfire. The message is succinct, "Come by here, my Lord, come by here." It then details expressions of the heart ... crying, laughter, singing, needing, and praying. A campfire isn't a half circle. It is a *complete* circle, and that is the underlying message of the song. To be whole is a body, mind, and soul affair. Furthermore, we are not designed to be or to serve alone. The need for communing runs deep, and the best place to renew and rediscover who we really are is the church of the meadow, creek, and mountain vale ... the first church. *Kumbayah* is not intended to be a solo, which is why Joan Baez invited her audience to sing with her as if everyone was sitting around a campfire. The result: thousands of voices lifted heavenward like flames—the kind that warm, not harm. The broader lesson for our children and the reminder to us is as clear and as clean as a mountain stream. May the circle in the song be unbroken.





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

## Controlling Household Mold Naturally

No matter what climate we call home, our houses are vulnerable to a nasty invader: mold. Its unsightly black and green blotches are the bane of anyone's housekeeping effort, but the effects of mold on our health are even more troubling. As we become increasingly aware of the importance of indoor air quality, it's apparent that repelling mold is critical to maintaining a healthy home environment. Mold has been linked to a rise in asthma rates over the past 20 years, and it has been shown to contribute to weakening the immune system. According to a Mayo Clinic study, mold is a leading cause of multiple respiratory problems and a contributor to nearly 100% of chronic sinus infections! This is an issue that we can't afford to ignore, but if you're eco-minded like me, then it doesn't make sense to employ toxic chemicals to fight mold. Fortunately, there are natural methods to kill and control mold that are easy to come by, inexpensive, and often more effective than commercial products.

### What is Mold?

Mold is a general term for a type of fungus that includes many varieties. Generally, "mold" refers to fungal growth on moist organic matter, and "mildew" describes mold growing on fabric. Spores from any type of mold—not just the infamous "black mold"—can potentially cause allergic reactions similar to cold or flu, including fatigue, coughing, headaches, irritated eyes and nose, congestion, and scratchy throat.

**In order for mold to take root and thrive, it requires 5 basic ingredients: air, a food source, a surface to grow on, suitable temperatures, and moisture.**

Excess moisture is the number one contributor to mold growth, but removing any one of its requirements will deter it. Since mold can exist in dormancy for years, though, it can continue to grow if the right conditions return.

Mold has become more problematic in recent years due to changes in home construction. Energy efficiency has become paramount, so we value sealing our houses up tight. Great for our pocket books, but the ensuing lack of fresh air and sufficient ventilation increases indoor air pollution and mold growth.



**Did you know?** Bleach does **NOT** kill mold, but vinegar and baking soda, teamed up, prevent re-growth.





## plan of **attack**



There are 3 steps to take when tackling mold in your home:

### 1. **Identify sources of mold.**

- Look for black, gray, brown, or green patches on surfaces within your home. Important places to check include ceilings and walls, under sinks, along window sills and doorways, around sinks and showers, the drip pan under the fridge, and basements.
- Check towels, bath mats, shower curtains, wash cloths, and dish sponges.
- Trust your nose. If an area of your home smells moldy, it probably is.

### 2. **Alter the environment to discourage mold growth.**

- Promote air flow by opening windows and doors (even occasionally during the winter).
- Keep furniture a couple of inches away from walls.
- Contact a heating/cooling specialist to inspect and clean your air conditioner, furnace, and ducts.
- Clean out the refrigerator drip pan regularly.

### 3. **Remove and kill as much mold as possible.**

- Regularly launder towels, bath mats, and shower curtains. Pitch the plastic shower curtains and liners. Natural fiber curtains like hemp will repel mold and can be thrown in the wash. Shop for natural curtains at [www.pristineplanet.com](http://www.pristineplanet.com).
- You can kill molds and bacteria *and* extend the life of your dish sponges by boiling them for a few minutes once a week.
- Use a HEPA vacuum to clean floors and furniture.
- Bleach will NOT remove mold. Because its chemical structure prevents it from penetrating porous materials like dry wall, grout, and wood, bleach can't reach roots of mold growing below the surface. When you spray a porous surface with bleach the chemical sits on top, killing some visible mold, but the water in the solution soaks deeper and actually encourages further mold growth. For a safer and more effective approach, try these natural mold killers:
  - **Vinegar and Baking Soda**  
Fill a spray bottle with white vinegar, spray moldy surfaces, and let it dry. Wipe clean, using more vinegar as needed. Repeat every few days to prevent re-growth. You can also mop with vinegar or add a couple of cups to a load of laundry. Add a teaspoon of baking soda to vinegar to further combat mold and their odors.
  - **Peroxide**  
Fill a spray bottle with hydrogen peroxide and use the same way as vinegar. Since it's a bleaching agent, it can help fade mold stains, but be sure to spot test surfaces to make sure desired colors don't fade.
  - **Borax**  
Borax, a natural stain and odor fighter, also works to kill mold. Mix a borax-water solution of 1 cup borax per gallon of water. Use a sponge or brush to scrub the solution into moldy surfaces, and wipe clean. Find Borax in the laundry detergent section of your supermarket.





# The

MaryJanesFarm News

# Scoop

## 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](mailto:megan@maryjanesfarm.org). Megan will keep Sisters up-to-date on upcoming gatherings.

## Upcoming: Minnesota glamping event (see p. 26).

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!)







# AUGUST

## Sisterhood Special



# 20% off

### BUDGET MIX

Unbleached & Whole Wheat, 10 lb & 20 lb only

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**“FARM KITCHEN SPECIAL” RECIPE ISSUE**  
includes tons of Budget Mix recipes

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### ALL-IN-ONE TOTE BAG SPECIAL

includes 2 lbs Budget Mix,  
“Farm Kitchen Special”  
recipe issue, apron pattern,  
& cute farmgirl tote bag



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(Exclusive to Sisterhood members. Offer applies to UPS Ground and Parcel Post only.)

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For questions, call Brian at 1-888-750-6004



## Farmgirl Chatter

What are farmgirls chatting about?

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

### Outpost: Glamping Adventure in Minnesota! Ya'll Are Invited. Submitted by sonshine4u

In honor of MaryJane's new book, *Glamping with MaryJane*, our chapter of farmgirls is hosting a glamping weekend adventure on my farm. Bring your tents, your campers, and join in on the fun September 13–16, 2012. We are located 45 miles south/west-ish of Minneapolis.

This is the same weekend as the **Junk Bonanza**, as well as our local "Farm Pride" parade on Saturday. We'll be marching farmgirl style in the parade spreading the farmgirl love and having a blast hanging out the rest of the weekend on our farm.

It will be primitive glamping, as we aren't set up to run electricity and water to all your beautiful campers, but we think you might be able to rough it for a few days of fun! :) There are also local hotels and B&Bs if you'd rather glamp that way too. Tents are also another option, as that is what me and my girls will be doing that weekend! **Find more details here.**

Farmgirl Hugs, April

### A Farm of My Own: Just starting out. Submitted by Speckled01

We moved from the city of Tampa, FL, to 40 acres in Booneville, Arkansas, a year and a half ago. I am at the point of trying to decide what to do. I want to stop working in town and devote myself to our land. It is a huge undertaking and there are so many options.

Honestly, my biggest fear is that I will get isolated and that is not good for me. How did y'all go about planning your farms and how do you deal with isolation? Can't wait to hear some suggestions. Share them **here**.

### Across the Fence: I need to downsize. Submitted by City Chick

I have so many things that are just cluttering up my life. Magazines, books, cookbooks. etc. Then there's the craft materials. What do I really want to concentrate on? Embroidery, crochet, jewelry making, scrapbooking ... the choices are endless and I probably have the craft materials for them as well. I feel like all this stuff is overwhelming me and I need to focus. That would cut down on the cluttered feeling, as well as me feeling overwhelmed. I can't do it all. How do I decide? Share your advice **here**.

### Across the Fence: 7 random things about myself. Submitted by Catherine L

I started to post this in the Swap section, but decided it would fit better here. I thought it might be fun to swap 7 random things about ourselves with each other. I saw this on a blog and thought it might be interesting.

7 random things about me:

1. I love rainy days and the cozy feeling I get.
2. My chickens act more like pet dogs than chickens sometimes.





3. I like watching old TV shows from the '60s and '70s, the latest being "The Virginian."
4. One of my pet peeves is when someone brushes their teeth and doesn't wash out the sink.
5. When I hang up my clothes, the hook of the hanger must go to the left when looking at the front of the garment.
6. I like cooking, but hate cleaning up.
7. I love Jesus.

List your 7 random things [here](#).

**Across the Fence: American Girl Dolls. Submitted by textdane**

Anyone else watching the premiere of the new American Girl doll movie tonight? We are making an event out of it here. (My dd, okay ... me too) loves AG and has several of the dolls. She just bought Kit Kittredge that she's wanted forever with her birthday money from all the grandparents. My DH got her "McKenna" at Christmas and that is what the movie is about tonight. Her best friend is sleeping over and I am making them homemade pizzas. It's on NBC tonight. Anyone else watching? Any other moms love AG too? Gush your love of American Girl [here](#).

**Across the Fence: Baby Ducklings. Submitted by dmeyer**

Well, I went out to feed the ducks and received a pleasant surprise. Our momma Muscovy duck that had been sitting on eggs finally had babies. There were 13 of the cutest ducklings running around. It took a while of fighting off mom, but we were finally able to catch all the babies. Now they are in the house under a heat lamp until they are big enough to be sold. Join the excitement [here](#).

**Barnyard Buddies: Guard animals, Submitted by SandraM**

I was wondering if anyone has used dogs, llamas, or donkeys as guard animals. If yes, can you share your experience? Share it [here](#).

**Barnyard Buddies: Snakes in chicken pen ... Submitted by Ga Girl**

I need advice on keeping snakes out of the chicken pen. We have a swamp behind our house, and this year has been really bad for snakes. Anywhere between 2-3 snakes per week are entering the coop. We have dogs and even put a donkey near the pen with no success. I am so upset because they are getting more eggs than we are. I work a full-time job, so I can't go up there 3 or 4 times a day like I need to. Any ideas? Give your tips [here](#).

**Barnyard Buddies: Goat fencing question. Submitted by FieldsofThyme**

Cost is a factor, so we are looking for the least expensive posts to use. Wooden or t-posts? My hubby may have found wooden ones for \$3 each. Any suggestions? We have 48-inch-high goat fencing and need about 55 posts. Share your suggestions [here](#).







### **Family Matters: I Love My Husband! Submitted by Ninibini**

Last night, I really was taken back when I looked in the mirror. My mom is right—I AM starting to look more like my grandmother every day! That's not a bad thing, of course—my Grandma was a very pretty lady and I'm not a vain person, but the new lights in the bathroom really reflected the "true me" vs. the me I used to see under the old-fashioned lighting we recently replaced. My crow's feet are starting to show a little more prominently, and our family jowls are starting to settle a bit more comfortably in place now that I'm "middle aged." I was also a little surprised to see that the texture of my skin is changing a bit. I'm definitely starting to look a bit more matronly than I thought. It's okay, I told myself—this is life!

While heading out to the mall to pick out a suit for our son (we have a wedding today, and the suit we bought him last year is not even close to cutting it), I flipped down the visor to block the setting sunlight, and gasped. The mirror on the visor revealed even more telltale signs of my aging. My husband asked what was wrong. I replied, "Oh, nothing... It's just my mom said I'm starting to look more like my grandmother, and I think she's actually right." He chuckled, and that was that.

Then while our son was in the dressing room whining about having to try on EVERYTHING, I passed by the aisle mirror under that horrible store lighting and went, "Oh my..." My husband said, "What?" I replied, "You know, I know I'm 46, and I should be prepared for transforming into the next phase of life, but I'm not ready! I still feel like a girl inside, but I'm beginning to really age! Look at me! What am I going to do? How am I going to slow this down? I can't use all those anti-aging products—I'm allergic to everything!" You know what he said? Without batting an eye, he said, "You will do this just as you do everything else ... gracefully. And you will always be beautiful to me."

I was so taken back by what he said, I started to well up in tears. Wasn't that the sweetest thing to say? I love my husband ... may he live forever and always be at my side! Share your comments [here](#).

### **Farmgirl Fashion: It doesn't exist!!! Submitted by emtfarmer**

At least not in my world! Is there such a thing as a *comfortable bra*?! Seriously, I'd love to get some recommendations. Must have: straps that will stay up and at the end of the day won't make you say, "bras should be outlawed"! I can't wait to hear your thoughts! Join the discussion [here](#).

### **Farm Kitchen: Canned Lemons!!! Submitted by nubidane**

From "Quarter Acre Farm," I canned six jars of lemon slices. The recipe calls for layers of lemon slices and salt, processed for 10 minutes. After this has marinated for a week or two, the rind can be utilized. It can be used for a piccata, salad, soup, pasta, or anything that calls for a lemony flavor. I can't wait to see how this tastes. And yes, those are the Tattler lids. My third year using them, and the rubber rings still seal like a charm. Anyway, I am excited about the lemons—apparently the canning process REALLY brings out the lemon flavor. See the picture [here](#).







### **Garden Gate: It's So Hot Jokes ... Submitted by Ninibini**

Hi girls -

Feeling as miserable today as I am? I like to approach misery with humor as much as possible ... won't you join me? Here are a few of my favorite "It's so hot" jokes ...

It's so hot ...  
the birds are using potholders to pull their worms out of the ground!

It's so hot ...  
potatoes are cookin' underground ... all you have to do is pull one up, and add butter, salt, and pepper!

It's so hot ...  
farmers are feeding their chickens crushed ice to keep them from laying hard-cooked eggs!

It's so hot ...  
the cows are giving evaporated milk!

It's so hot ...  
corn stalks are producing popcorn!

It's so hot ...  
the devil was at the hardware store buying air conditioners!

It's so hot ...  
the devil decided to take the day off.

Got any more, girls? We could all use a good laugh on a day like today! Stay cool! Continue the list **here** with your 'hot' jokes.

### **Garden Gate: Bird Photo Album. Submitted by FieldsofThyme**

I started to print photos of birds in our area and place them in a photo album. The kids are helping label pages also. They are really enjoying it too. See the album **here**.

### **Off the Grid/Homesteading Skills: Winter Preparations Submitted by MrsTracy**

I know we just got into summer, but there has always been something in me that calls me to start preparing for the upcoming winter. Am I alone in this? I'm feeling it more this year than any other time. I'm really a novice, though, when it comes to true preparation such as stocking up, laying by, and getting ready.

What are some of the things you do throughout the summer and autumn months to get you ready for the long, cold winter? Share your tips **here**.



# Girl Gab

Have you seen the wondrous array of content and heartfelt sharing on [girlgab.com](http://girlgab.com)? Updated every day at 3 p.m. PST, so you can count on fresh content every day of the week. Farmgirl Sisters are amazing. Come read our personal blogs, all in one place now.



MaryJanesFarm  
Gabbers & Gushers

MaryJane Butters  
Raising Jane Farmgirl

Rebekah Teal  
City Farmgirl

Alexandra Wilson  
Rural Farmgirl

Nicole Christensen  
Suburban Farmgirl

Shery Jespersen  
Ranch Farmgirl

Cathi Belcher  
Mountain Farmgirl

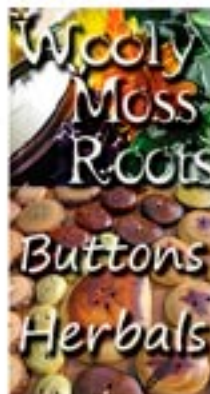
Debbie Bosworth  
Beach Farmgirl



Posted on Quilting Adventures by Carole Prevost-Meier, Sister #3610



Click to E-mail  
Us for More Info



## Who's Gabbing and Who's Gushing

because the house was jealous

Posted on July 19, 2012 by Amy Dingmann, Sister #1086



I've been talking a lot lately about Big Red, her fabulous makeover and how we got it all done.

Well...Someone was a little jealous.

Our house, built in 1967 (which is not the original farmhouse for this property) was getting just a little pouty looking at her older, almost hundred year old sister getting all gussied up.

"Hey!" she said, "I'm almost fifty, ok? How about a little love over here?" ...  
[Read more --](#)

## why we love the Kindle

Posted on July 19, 2012 by Amy Dingmann, Sister #1086



When birthdays rolled around this year, my husband and I decided we'd buy each other Kindle Fires. Neither of us had ever owned an e-reader before and we were pretty darn pumped to get with the times and try this whole "new" e-book world out.

But here's the thing.  
We can never find our Kindles.  
We also cannot find our children, oddly enough.  
Oh wait, here they are. Together ... [Read more --](#)

## GirlGab.com Blogs

- Alice Minasian, Sister #12  
Alice's Wonderful Life
- Alisha Grinus, Sister #3338  
No Red Lipstick
- Amanda Childress, Sister #1390  
My Little Country
- Amber Conger, Sister #3912  
Refinery Industrial Revelations
- Amy Dingmann, Sister #1086  
A Farmish Kind of Life
- Amy Dingmann, Sister #1086  
The Hmmm ... schooling Mom
- Amy Malaise, Sister #2744  
Crafting by Candlelight
- Amy Marquardt, Sister #3706  
Far North Farmgirls
- Amy Marquardt, Sister #3706  
Marquardt Health Coaching
- Andrea Furber, Sister #4019  
Things I get to do today
- Angela Croissant, Sister #2808  
Lazy Jo Ranch
- Ashley Montague, Sister #3466  
My French Religion
- Bay Woodyard, Sister #2613





## Unhappy Hops

Posted on July 19, 2012 by Andrea Fieber, Sister #4019



I thought they could do it. Squirrels don't swim. Ducks don't climb trees. Why I thought my hops could spiral up the trellis posts is beyond me--now.

Hops grow in our area. I've seen them, beautiful trees of verdant vines going up 12 feet or more. What I didn't know is that they like to grip a tiny support like twine, and they cannot hang on to a 4x4" post. The whole vine spine feels like a mini rasp, designed to catch on anything small and rough, allowing the vine to climb up and up ... [Read more](#) --

## LESSONS LEARNED: TOMATO CAGES AND FRIENDSHIP!

Posted on July 19, 2012 by Cameron Kempson, Sister #3813



Last night, a handful of us headed over to the community garden at our church.

You see, our woman's group decided to become the seed planters, literally and figuratively speaking, for a new ministry with and in the community where we live. It is a "baby step" project with commitment, faith, and dreams that will carry it beyond this first year of poor soil, weeds and groundhogs ... [Read more](#) --

## Ginger Cream Scones

Posted on July 19, 2012 by Candy Conrad, Sister #977



The scones have become very popular at the Farmers' Market! :)

I make six or seven different types each week and always sell out. These are my favorites. They are spicy with ground ginger and chunks of crystallized ginger and the turbinado sugar on the top gives them a nice finish. This recipe uses my Baking Mix ... [Read more](#) --

## Making a List

Posted on July 19, 2012 by Catherine Love, Sister #1801



Just this today- 10 Real Ways You Could Really Be the Change in the World

As I make lists for our mission trip, I'm making another based on this post. Making a few changes here. How about you? Join in and Be the Change ... [Read more](#) --

## Summer's Perfect Pair

Posted on July 19, 2012 by Catherine Love, Sister #1801



Juicy, warm from the sun, tomatoes  
fresh picked basil  
organic extra virgin olive oil  
sea salt  
freshly ground black pepper  
slice or halve tomatoes depending on size and variety

chop basil and sprinkle over tomatoes  
drizzle with olive oil  
season with sea salt and pepper to taste ... [Read more](#) --

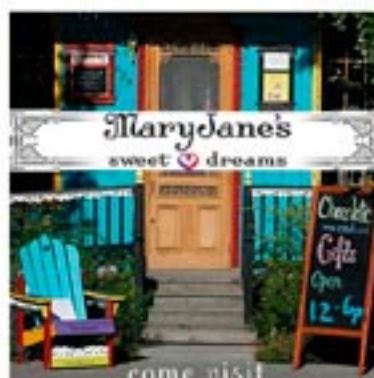
## The Chicken Whisperer

Posted on July 19, 2012 by Christine Jones, Sister #4010



Go girls! They've done it! We're finally at full production. Yesterday and today I've collected four eggs. That's 8 eggs in two days. So awesome! I had the best omelet this morning and I'm looking forward to marry many more.

A by-product of the whole chicken flock experience...apparently Elena is turning into a junior chicken whisperer. She loves the "peeps" and feeding them by hand is a favorite activity. So far Rosie and Penelope love her the most. But wouldn't you know they have always been the tamest of the four, so I'm not really surprised ... [Read more](#) --





# Farmgirl Sisterhood

## Merit Badges



### 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 sooooo 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

## Sisters Celebrate!

Summer is a busy time of year at the farm! After listening to some input from our Sisters, we have decided not to create any NEW merit badges this summer. Instead of giving our Sisters new badges to work on, we've decided to give you all some time to review and work on the badges we already have, and maybe get you inspired to finish up some you have started. The next round of new badges will return in January.

## KEEP UP THE GOOD WORK!

### Merit Badge Awardees

**Catherine DeWitz**, AnnieinHenderson #3655

Beginner badge: Nellie Make-do / Stitching & Crafting

**CJ Armstrong**, ceejay48 #665

Beginner badge: Fishing / Outpost

**Connie Cowan**, SisterSue #4238

Beginner badge: Green Energy / Cleaning Up

Beginner badge: Crochet / Stitching & Crafting

**Deborah Meyer**, Country Girl Forever #4099

Beginner badge: Rocks and Minerals / Outpost

Beginner badge: Aprons / Stitching & Crafting

Intermediate badge: Rocks and Minerals / Outpost

Expert badge: Rocks Minerals / Outpost

**Diane Kasperzak**, Didi #3657

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

**Eve Kammerdiener**, Farmerette of Anita Kammerdiener #4035

Beginner badge: Entrepreneurial Spirit / Each Other

Beginner badge: Recipes / Farm Kitchen

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Woman-at-Arms / Outpost

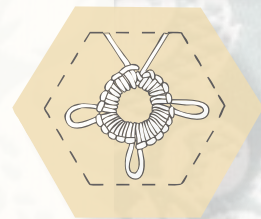
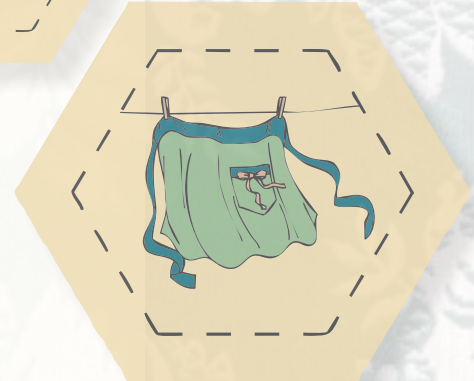
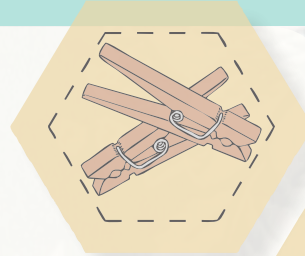
Beginner badge: First Aid / Outpost

Intermediate badge: Recipes / Farm Kitchen

Intermediate badge: Woman-at-Arms / Outpost

Intermediate badge: First Aid / Outpost

Expert badge: Farm Kitchen





“*Housekeeping* ain’t no joke.”

– Louisa May Alcott

## Merit Badge Awardees

**Gwendolyn Kok**, Gwendolyn #4252

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

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

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

**Julia Riach**, #4210

Beginner badge: Embroidery / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: First Aid / Outpost

Intermediate badge: Crochet / Stitching & Crafting

Intermediate badge: Embroidery / Stitching & Crafting

Intermediate badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Aprons / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Intermediate badge: First Aid / Outpost

**Kari Workman**, Kari22 #4322

Beginner badge: Knitting / Stitching & Crafting

**Kristi Groth**, Kristi #3407

Beginner badge: Community Service / Each Other

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

Beginner badge: Woman-at-Arms / Outpost

Intermediate badge: Community Service / Each Other

**Kristina Nelson**, FieldsofThyme #800

Beginner badge: Woman-at-Arms / Outpost

Intermediate badge: Knitting / Stitching & Crafting

**Leah McCoy**, Lyndell #4236

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Backyard Farmer / Garden Gate

**Lee Anne Johnson**, LeeAnne #4280

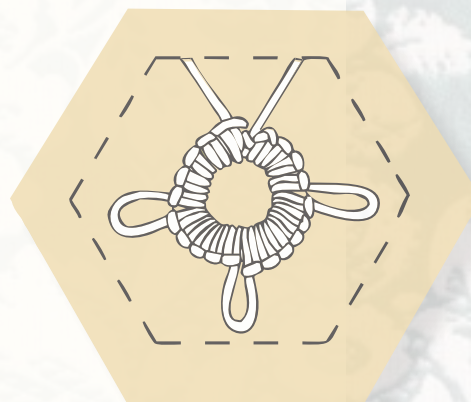
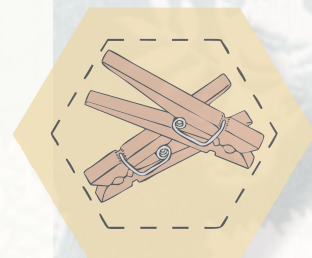
Beginner badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Buttoned Up / Stitching & Crafting

**Madison Hamby**, Farmerette of Lesley Hamby #3930

Beginner badge: In the Garden / Make It Easy

Beginner badge: Woman-at-Arms / Outpost



continued ...





# Summertime and the livin' is easy.

## Merit Badge Awardees

**Mary Livengood**, mamalivengood #4128  
Beginner badge: The Secret Life of Bees / Garden Gate

**Nancy Oliver**, Farmgirls over 50 #4284  
Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Unprocessed Kitchen / Farm Kitchen

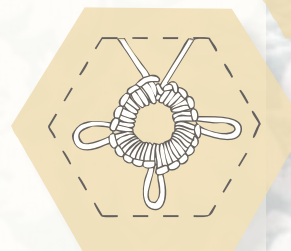
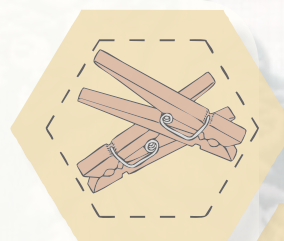
**Nicole Christensen**, texdane #1155  
Beginner badge: Blogging / Each Other  
Beginner badge: Birds / Garden Gate  
Intermediate badge: Going Green / Cleaning Up  
Intermediate badge: Blogging / Each Other  
Intermediate badge: Birds / Garden Gate  
Expert badge: Going Green / Cleaning Up  
Expert badge: Blogging / Each Other  
Expert badge: Birds / Garden Gate

**Pamela Lobaugh**, Sugar Girl #4235  
Beginner badge: Disconnect to Reconnect / Outpost  
Beginner badge: The Secret Life of Bees / Garden Gate  
Beginner badge: Grease Chicks / Make It Easy  
Beginner badge: Know Your Roots / Each Other  
Beginner badge: In the Garden / Make It Easy  
Beginner badge: Green Energy / Cleaning Up  
Beginner badge: Ink Slinger / Stitching & Crafting  
Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Make It Pretty / Make It Easy

**Paula Black**, Sheepless in Seattle #2953  
Beginner badge: Quilting / Stitching & Crafting

**Sharon Schrader**, #4109  
Beginner badge: Crochet / Stitching & Crafting

**Tamara Burger**, Grammytammy #2495  
Beginner badge: Know Your Food / Farm Kitchen





## Merit Badge Awardees

**Terry Steinmetz**, teryouth #3600

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up



**Thelma Adams**, Thelma #3568

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

**Tracy Gambrell**, geotracer #1088

Beginner badge: Scrapbooking / Stitching & Crafting

Beginner badge: First Aid / Outpost

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: Recipes / Farm Kitchen

Beginner badge: Birds / Garden Gate

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Cross-Stitch / Stitching & Crafting

Beginner badge: Make It Pretty / Make It Easy

Beginner badge: Get It Together / Farm Kitchen

Beginner badge: Greatest Generation / Each Other

Beginner badge: Going Green / Cleaning Up

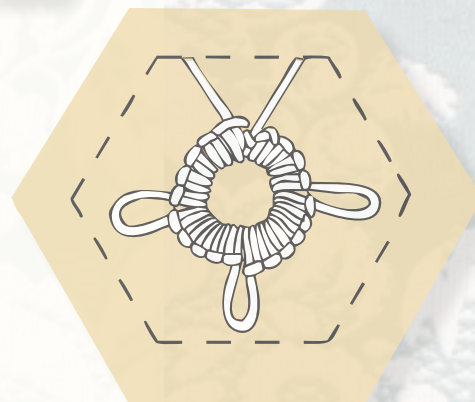
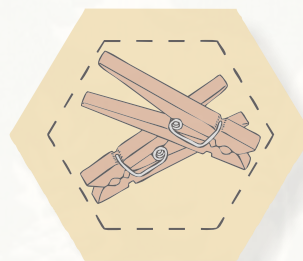
Beginner badge: Little Squirts / Each Other

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Disconnect to Reconnect / Outpost

Intermediate badge: Buttoned Up / Stitching & Crafting

Intermediate badge: Recipes / Farm Kitchen





# Farmerettes & Young Cultivators

## Merit Badge Awardees

**Jamie Riach**, Young Cultivator of Julia Riach #4210

Beginner badge: All Tied Up / Stitching & Crafting

Beginner badge: Little Scrappers / Stitching & Crafting

Intermediate badge: Weaving In and Out / Stitching & Crafting

Intermediate badge: All Tied Up / Stitching & Crafting

Intermediate badge: Little Scrappers / Stitching & Crafting

Expert badge: Weaving In and Out / Stitching & Crafting

Expert badge: Little Scrappers / Stitching & Crafting

**Kayla Riach**, Young Cultivator of Julia Riach #4210

Beginner badge: All Tied Up / Stitching & Crafting

Beginner badge: All Buttoned Up / Stitching & Crafting

Beginner badge: Little Scrappers / Stitching & Crafting

Intermediate badge: All Tied Up / Stitching & Crafting

Intermediate badge: All Buttoned Up / Stitching & Crafting

Intermediate badge: Little Scrappers / Stitching & Crafting

Expert badge: All Buttoned Up / Stitching & Crafting

Expert badge: Little Scrappers / Stitching & Crafting

**Megan Riach**, Young Cultivator of Julia Riach #4210

Beginner badge: All Tied Up / Stitching & Crafting

Beginner badge: All Buttoned Up / Stitching & Crafting

Beginner badge: Little Scrappers / Stitching & Crafting

Intermediate badge: Horsing Around / Garden Gate

Intermediate badge: All Buttoned Up / Stitching & Crafting

Intermediate badge: Put Me In, Coach! / Make It Easy

Intermediate badge: All Tied Up / Stitching & Crafting

Intermediate badge: Weaving In and Out / Stitching & Crafting

Intermediate badge: Little Scrappers / Stitching & Crafting

Expert badge: Horsing Around / Garden Gate

Expert badge: All Buttoned Up / Stitching & Crafting

Expert badge: Weaving In and Out / Stitching & Crafting

Expert badge: Little Scrappers / 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.**



*Waa-hoo!*





## Young Cultivators Group

Rebekka Boysen-Taylor, our Stitching & Crafting columnist, also coordinates a Young Cultivators group. She'll report on their activities here and in further issues.



### Bonus Badge

Today, our Young Cultivators group earned the beginner and intermediate Make It Fruity badges. To be honest, it was a very happy accident. I called up the mama of two of my Young Cultivators to invite them to harvest cherries with us, and to *please* bring their food dehydrator along. The cherry tree next door is loaded with deep red fruit and I am working overtime to jam, freeze, and dry it. We got to picking, and one of the girls asked if there was a badge for this—turns out there is! With our baskets full, we headed back home, pitted the cherries, and tossed them in the dehydrator. I don't always write about specific Young Cultivator badges, sometimes I have a simple project to share instead. Today reminded me that I want you to know how special these badges are to my kids. They don't cost a thing, are honestly earned, and after several years of working on them together, it hadn't occurred to me that the girls could be earning them as a part of our daily lives rather than at a planned event. We can finish up the expert level of the badge easily by making fruit leather together another day—we will make a big batch for school snacks. Every once in a while, you may want to skim through the list of Sisterhood and Young Cultivators badges—your farmgirl habits may have you earning more than you think!





# 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; Alexandra Wilson 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



**Alexandra Wilson** is a budding rural farmgirl living in Palmer, Alaska—the agricultural seat of the last frontier. Alex is a graduate student at Alaska Pacific University, pursuing an M.S. in Outdoor and Environmental Education. She is focused on developing a program to inspire young women to become beginning farmers. She lives and works on the university's 700-acre educational farm. When Alex has time outside of graduate school, she loves to rock climb, repurpose found objects, cross-country ski on the hay fields, travel, practice yoga, and cook with new-fangled ingredients.

## 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.'"

# Lazy days of summer





# Magazines, Books, & More



Our Aug/Sept issue, “Best of Show,” hit newsstands on July 10. In it, you’ll find fanciful quilts and Victorian stitchwork, learn how to braid garlic, read about the impact organic cotton is having in India, find tips on how to quiet a barking dog, and more.

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

If you have a subscription, you should have received your magazine by about July 10. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you didn’t receive your magazine, you can call our publisher’s subscription department at 800-476-4611 to check on your delivery.

## MaryJanesFarm 2013 Calendar

Our 2013 Calendar will be available soon. 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 1/2" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

### Current Holidays:

- August 3 ~ National Watermelon Day
- August 5 ~ Sisters Day
- August 7 ~ National Lighthouse Day
- August 8 ~ Sneak Some Zucchini onto Your Neighbor’s Porch Day
- August 9 ~ Book Lover’s Day
- August 10 ~ National S’mores Day
- August 13 ~ Left Hander’s Day
- August 21 ~ Senior Citizen’s Day
- August 26 ~ Women’s Equality Day
- August 29 ~ More Herbs, Less Salt 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 ...

### *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!

exclusive sisterhood special on p. 25



Check out our all-in-one tote bags. Each bag contains 2lbs Budget Mix (unbleached white or whole wheat), "Farm Kitchen Special" recipe issue with Budget Mix recipes, and apron pattern. The cute farmgirl tote comes in two different fabric patterns.



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 1,392 Farmgirl Chapters have been started in all 50 states  
and 8 countries with 4,411 Sisterhood members —  
growing stronger every day!