

MaryJane's Cluck™

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

November
2012

Life made us FRIENDS, MaryJanesFarm made us SISTERS

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{HELLO FROM SISTER #1} with MaryJane

This month, we continue to welcome new and returning Sisterhood members; in Each Other, daughter Megan gives thanks; DIL Ashley shares her famous holiday dinner rolls in Farm Kitchen; in Garden Gate, I share tips for welcoming winter's birds; you'll learn how to use chalkboard cloth for adorable reusable gift tags in Rebekka's Stitching & Crafting Room; Shery shares her Spiced Apples recipe and Irene tells us all about Hawthorn in Make It Easy; Shery writes about training horses in Outpost; and I write about "Refreshing Your Face" in Cleaning Up. This month's Sisterhood Special brings you deep discounts for holiday gift-giving on books, chocolates, aprons, pillows, towels, Christmas stockings, and wine bag sets.

I had a fantastic time in Houston launching my new GLAMPING fabric at the Quilt Market from the comfort of a trailer brought into the convention center! (Make sure your local quilt/fabric shop contacts **MODA** fabrics to have some on hand.) I met a few Sisters in person for the first time and reconnected with Sisters I haven't seen for years. Always wonderful!

On Saturday, November 3, meet me at a book signing at the Costco in Coeur d'Alene, Idaho, for my new book, *Glamping with MaryJane*, from noon to 1:30 p.m.

MaryJane





Big welcome to our new and renewing Sisterhood members!

Wendy Wombles
Elizabeth O'Donnell
Trudy Wawak-Umscheid
Jenne Frederick
Susan Aue-Schneider
Kelly Stave
Denice Webb
Jimmie Berg
Margarette Jones
Heidi Gulden
Deana Trawick
Lori Kleban
Darcel Shelman
Aubrey Gilbertson
Mary E. Rainer
Lorraine Michael
Florence Muma
Sarah Davenport
Lindsay Eifert
Ariel Zakariasen
Patricia Jeans

Amber Poirier
Angie Bate
April Cornwell
Bev Raney
Nancy Alemany
Heather Fuhrman
Barbara Delaney
Karen Hatler
Jodie Cromer
Karen Johns
Kyla Hill
Dorinda Ponce
Corey Romanski
Freda Wright
Tiffany Massie
Becky McGuire
Gina Hein
Kate Lugliani
Linzee Kull McCray
Zipporah David
Tammy Helg

Tami Jo Clutter
Sherry Dixon
Laura M. Siegert
Connie Warren
Christina Williamson
Jade Williamson
Sherry Buck
Dorothy J Sparks
Brenda Critell
Gretchen Halbach
Janet North
Nan Roberts
Royann Black
Tamara Jarrow

Paula Harris
Phyllis Garcia
Amanda Cortright
Jeanie Hornbuckle
Ann Haas
Debbie Main
Gayle Keir
Robin Morningstar
Christina Hudson
Vickie W. Lipps
Melissa Warner-Talcott
Thelma Adams
Sandra Clark
Jana Hughes





MARY JANE'S FARM



Each

In the Shelter of Each Other

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).

Giving Thanks

November is, of course, all about giving thanks. I love this concept and this time of year, so I make sure I spend quite a bit of time pondering the things I’m thankful for in my life.

This year, I was thinking I might start an additional tradition. I’m going to do one thing this month that makes someone else thankful. No strings attached, but gives them something to be thankful for. No gift giving, but something that takes some time and truly lets them know I care about them. It’s easy to pay attention to all the things your friends and family daydream of.

So if you hear a friend or loved one mention ...

- “Wouldn’t it be great to have someone clean your entire house?”
- “I wish I knew someone to babysit for a date night that doesn’t cost an arm and a leg.”
- “Wouldn’t it be wonderful to finally get that bedroom painted?”
- “Wouldn’t you love to learn to sew?”
- “It would be awesome to get all my windows washed.”

... take note, that could be your opportunity to truly “give” thanks.

I am going to pick something that makes someone’s life a little easier. Join me in GIVING the gift of thanks this year.

A handwritten signature in cursive script that reads 'Meg'.

*Thanksgiving, after all,
is a word of action.*

— Author Unknown



MARYJANESFARM

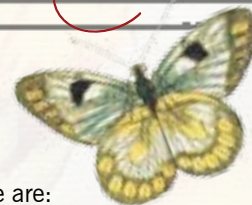




Farm

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 is now 2 1/2.

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, books, and websites.

Holiday Dinner Rolls

The holiday season is fast approaching, which means it's time for me to dig out my tried-and-true dinner roll recipe. The menus for family holiday dinners may change year to year, but the one thing I can always count on is that they will include dinner rolls and I will be making them. At this point, it is moot to ask what I should bring—the answer is always the same: "Your rolls, of course!" I can't complain. I have always loved baking bread. Time consuming as it is, there is something grounding and relaxing about kneading the dough, waiting for the rise, and my favorite part, pushing it back down and shaping dozens of little rolls—not to mention the smell of baking bread filling the air.





Ashley's Holiday Dinner Rolls

Prep Time: 45 minutes plus 2 1/2 hours rising

Cook Time: 20–25 minutes

Makes: 36 rolls

- 2 packages active dry yeast
- 1/2 cup plus 1/2 t sugar, divided
- 1 cup milk
- 2 eggs
- 1/3 cup warm water
- 1 1/2 t salt
- 11 T butter, divided
- 6 1/2 cups flour

1. In a large bowl or stand mixer bowl, combine yeast, warm water, and 1/2 t of sugar. Let stand for 10 minutes, or until yeast is foamy.
2. Meanwhile, in a small saucepan, combine remaining 1/2 cup of sugar, salt, milk, and 8 T butter. Heat over low heat, stirring frequently until the sugar is dissolved and the butter begins to melt. Remove from heat.
3. Test the milk to make sure it isn't too hot for the yeast—it shouldn't feel hot on the back of your wrist. Pour the milk mixture into the yeast; add eggs and about 2 cups of flour. Stir (or mix using a hand or stand mixer) until combined. Slowly work in remaining flour. After all of the flour has been added, knead the dough for at least 10 minutes.
4. Melt the remaining 3 T butter, and brush the inside of a bowl with it. Form the dough into a large ball and place it in the bowl. Brush the top with butter (save remaining butter for step 6), cover with plastic wrap, and set it in a warm place to rise for 1 1/2 hours, or until it is more than double its original size.
5. To test the rise, poke the bread with your finger—if the indentation stays, it is ready; if the dough bounces back, let it rise a little longer.
6. Once the dough has risen, press it down completely. Preheat oven to 350°F, and lightly butter two cookie sheets. Form the dough into balls slightly larger than golf balls. Place on cookie sheets, leaving about 1" of space around each roll. Brush the top of each roll with remaining melted butter. Cover loosely with plastic wrap and let the rolls rise in a warm place for 1 hour.
7. Bake for 20–25 minutes, or until tops are golden brown and rolls sound hollow when lightly tapped. Transfer to a cooling rack to cool completely.



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](#)

Welcoming Winter's Birds

If you've ever paused beside a window in wintertime, warm coffee cup in hand, and watched a sprightly flock of songbirds flitting among the branches of your backyard, you have been blessed. There is no trove of precious gemstones as spectacular—or as heart lifting—as ruby-red cardinals, lapis jays, and citrine goldfinches. It doesn't matter how gray the day, even the most weary winter spirits are bound to take wing while watching such bright and busy little bodies. That's why feeding them is not just a gesture of goodwill, but also a guiltless pleasure, a lavish indulgence. With the simple act of filling a feeder, we extend an unspoken invitation to these amazingly accessible wild creatures, and their sustenance becomes our privilege.

Although birds are remarkably adept at surviving the harshest winter conditions by foraging in the wild, feeders offer much easier pickings than frozen fields and forests. From dawn till dusk, songbirds are focused on fueling up to fight the cold, eating up to three quarters of their body weight each day in order to endure long, frigid nights. If you'd like to help your feathered neighbors weather the winter and pamper yourself with the daily delights of backyard birdwatching, here are a few ideas to get you started.

Find Your Feeder

Bird feeders come in every size, shape, and style under the sun. If you're looking for something artful to complement your landscape, visit The Birdhouse Chick (thebirdhousechick.com) to find feeders crafted of wood, gourds, copper, and even stained glass. They're gorgeous!

But if you'd rather save money and turn a little trash into treasure, you might enjoy building your own bird feeder. Gather up a few clean, dry household containers—milk jugs, coffee cans, pie tins, or water bottles!

Fill It Up

Bags of birdseed are easy to come by, but before buying, consider this: according to the Smithsonian Migratory Bird Center, roughly 67 million birds are killed annually from pesticide exposure on U.S. agricultural lands, and that's likely the tip of the iceberg. The full extent of bird fatalities due to pesticides is difficult to determine because most deaths go undetected. When we buy commercially grown seeds and grain to feed our backyard buddies, we're not only exposing them to pesticide-laden products, we're also supporting an industry that is ultimately harmful to bird species worldwide. Our choices, and the dollars we spend, make a difference.

If you'd like the convenience of buying pre-made seed mixes, **Wild Wings Organic Bird Foods** offers certified organic seeds free of chemical additives and preservatives. But making your own organic bird feed is an easy and inexpensive alternative. Purchase bulk organic seed from your local food co-op or visit Nature's Choice Essentials (www.organicbirdfood.com) find over 30 varieties of "Nutcracker Sweets," organic seeds that can be mixed and matched.



MARYJANES FARM



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In general, black oil sunflower seeds are preferred by most backyard birds, including cardinals, finches, juncos, nuthatches, grosbeaks, titmice, chickadees, jays, woodpeckers, and sparrows. This seed has a high meat-to-shell ratio, is high in fat, and is easy for small birds to handle and crack. Safflower, corn, and millet are also crowd pleasers that make good additions to a seed mixture.

Suet (a “cake” of fat and seed) is another feeding option that provides energy-rich nutrition. Organic suet is available from **Naturalgiftcreations.com**, or make your own. I love the **simple suet idea shared on my website chatroom**. A woman and her grandchildren roll pine cones in peanut butter and birdseed, and then they hang them from bright ribbons on “Christmas trees” outdoors.

Just remember to keep your feeder neat ‘n tidy to prevent illness and the spread of disease. If seed or suet starts to go bad, dump it in the compost bin (away from bird access), scrub the feeder, and refill with fresh food.

Watch, Love, and Learn

Birdwatching is practically guaranteed to inspire an interest in learning about each uniquely feathered friend who visits your feeder. If you have never attempted to identify birds before, this is a fun opportunity to brush up on your observation skills. The experts at the Cornell Lab of Ornithology recommend keeping a pencil and notebook beside your birdwatching window. When you spot an unfamiliar bird, jot down everything you see, from size and shape to markings and behaviors. If you can do this while you are still looking at the bird, all the better. With notes in hand, consult “The Common Feeder Birds Poster,” available for free downloading at www.birds.cornell.edu/pfw/FreeDownloads.htm, or a field guide such as Peterson Field Guide to Birds of North America by Roger Tory Peterson.

Project Feeder Watch

Project FeederWatch is a winter-long survey of birds that visit feeders at backyards, nature centers, and community areas in North America. Anyone with an interest in birds can participate. The data that FeederWatchers collect help scientists track movements of winter bird populations and long-term trends in bird distribution and abundance.

Want to Help?

As a FeederWatcher, you will periodically count the birds you see at your feeder from November through early April. Then, you’ll report your bird counts to scientists at the Lab of Ornithology either via their website or on mail-in paper data forms. Learn more about how to count birds for Project FeederWatch in the instructions section of their Web site www.birds.cornell.edu/pfw.

MaryJane 

Stitching & Crafting Room

Stitches of Fun & Laughter!



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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.

Chalkboard Cloth Gift Tag

This year, I am working to create beautiful reusable gift wrap using affordable materials: burlap, craft paper, ribbons, and strips of cloth that are too lovely to end up in the garbage bin. Then I'll personalize each gift with homemade chalkboard cloth tags.

We have always reused gift bags and tissue paper, but the result can look less than thoughtful when the gifts sit together under the Christmas tree. To make things look more cohesive, I am starting with the basics: burlap fabric bags, craft paper bags, and boxes. Then I can dress them up for any occasion. For my son's birthday, I will add strips of cloth printed with vintage fire trucks as ribbons and a shiny red paper tag with his name stamped in vintage letters on the back. That tag can be reused this Christmas with a different ribbon.

While I was thinking about this gift wrap project, I came across a yard of jute upholstery webbing (available at **JoAnn Fabric and Craft Stores**) with red stripes ... sturdy, simple, the perfect backing for a chalkboard cloth tag!





Gift Tag

- Chalkboard cloth (or use a scrap of thin cardboard)
- Jute upholstery webbing
- Fabric strip (or wide ribbon)

To make your gift tag, rip an 18" long strip of fabric and layer it with a rectangle of jute webbing. Run one line of stitching down the middle of the jute to secure it. Attach a chalkboard cloth rectangle to the jute, stitching around the edges with white thread.



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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.

A Gift of Apples

Creating special homemade gifts comes natural to farmgirls. We know that, whatever the gift might be, the real treasure is the labor of love that went into it. During the upcoming holiday season, we play hostess to our friends and family and we also enjoy the hospitality of the same company. Sending loved ones home with an edible gift that they might have enjoyed at your table fits the festive mood of Thanksgiving. Taking a decorated jar of an edible delicacy to a dinner you've been invited to is also farmgirl perfect. To make the gift even more fun, tie a vintage spoon or fork to the jar with a colorful ribbon. (Old silver-plated pieces of tableware at antique stores are often less than \$1.)



You might remember that last month, I told you about going with my farmgirl pals on an apple-picking safari. Since then, I've eaten them fresh, made pies and crisps with them, and just the other day, canned the last of them. I've loved spiced apple rings since I was a wee lassie ... you know, the lovely, red gems that are served on special occasions with roast meats. Like most things, homemade is even better! Fresh apples are abundant this time of year. With a little forward thinking, you can prepare a nice cache of ready-to-take gifts for the holiday season. Round up about a bushel basket of apples, the kind that hold their firmness (I used *Prairie Spy*), and set aside a shelf in your pantry for sparkling jars of ruby-red spiced apples.

To dress up the jars as gifts, make circles of calico, place fabric circles on the lids, then screw the rings back on. Make gift tags from vintage-style retail tags and cut a very small apple in half to make a stamp. Poke the seeds out and dry the flat side dry with a paper towel, then pour a little red food coloring in an old jar cap and use it as an ink well. Dab your apple "stamp" in it and test it on scratch paper. You don't want the apple too wet with ink. Practice a few times until you're happy with the image. Label the tag appropriately and tie it around the rim of the lid with jute, ribbon, or baker's twine. If you want to add an ID label, I use old lined paper and tear strips off to make tags. I attach them with a little Elmer's glue smeared on with my fingers. They wash off easily later.

*In the spirit of "waste not, want not," I feed apple cores to my horses. They love them! You can also cook the cores in the microwave until they soften, add a little water, cover them, let cool, and feed to your chickens.



Shery's Spiced Apples

Makes: 7-8 quarts or 16 pints

- 12-13 pounds apples
- 8 cups sugar
- 4 T whole cloves
- 2 t natural red food coloring (optional)
- crystalized ginger (2 pieces per jar)
- 1 1/2 cups apple cider vinegar
- 8 cups water
- 1 cup cinnamon candies
- 6 t cinnamon
- cinnamon sticks (1 stick per jar)

You can peel and core your apples to make traditional apple rings. But I streamline the process by not peeling the apples and just cutting off chunks down to the core. Either way, place the apples in a large crock of water with 1/2 cup vinegar in it to prevent the apples from browning. Meanwhile, combine remaining ingredients (except for ginger and cinnamon sticks) in a large pot and bring to a boil, stirring regularly. Drain apples, add to pot, reduce heat to low, and cook for at least 15 minutes, stirring often. Turn off heat. Spoon apples into sterilized jars (pack them firmly, but do not mash them down). Add 2 pieces crystalized ginger and 1 cinnamon stick to each jar. Spoon hot liquid into the jars up to the neck. Process quart jars for 20 minutes or pints for 10-12 minutes.





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.

Hawthorn for the Heart

Introduction

Hawthorn is the most well-known herb for the heart. This member of the rose family has white to brownish flowers, deeply lobed, and rose-like leaves, brown woody stems, and yellowish-brown to wine-red fruit that is oval, wrinkled, and berry-like (actually a pome). Commonly used in teas, tinctures, and capsules to treat the heart, the legends surrounding hawthorn trees go back centuries—especially in Europe and the British Isles. Hawthorn has long been used as a food and medicine in Europe; particularly Germany, Austria, and Switzerland, where it ranks as one of the most popularly used botanical medicines, especially for treating declining heart function. Many clinical studies have been conducted on hawthorn over the past 20 years with great promise.



*Marke the
faire blooming of
the Hawthorne tree
Who finely cloathed in a
robe of white, Fills full
the wanton eye with
May's delight.
— Chaucer*

History

The most famous hawthorn in Britain is the Holy Thorn of Glastonbury, which grows at Glastonbury Tor, the supposed resting place of King Arthur. According to legend, the tree was grown after Joseph of Arimathea, upon arriving at Glastonbury Tor, thrust his staff into the ground, and from this the tree grew. Although the original is no longer there, several of its supposed descendents still grow there. When it blooms during the winter, a sprig is traditionally sent to the Queen, who is said to decorate her breakfast table on



Christmas morning. Thomas the Rhymer, a 13th century mystic and poet, was said to have met the Fairy Queen underneath a hawthorn tree. Particularly sacred is any grove with oak, ash, and hawthorn, as it is said this is where the fairy folk reside.

The hawthorn tree is a symbol of love and the union of couples in marriage, and is one of the sacred trees of the Wiccan religion. And if on May Day, one was to bathe in the dew of hawthorn leaves and blossoms, one's luck, health, and beauty was said to increase exponentially for the following year.

Medicinal Summary

Berries: Hawthorn berries are antispasmodic, cardiac, diuretic, sedative, tonic, and vasodilator. Like hawthorn leaves and flowers, hawthorn berries have a hypotensive effect, as well as acting as a direct and mild heart tonic. The traditional use of hawthorn berries is the treatment of weak heart combined with high blood pressure. The berries are also used to treat a heart muscle weakened by age, for inflammation of the heart muscle, for arteriosclerosis, and for nervous heart. The effect of hawthorn berry on these heart conditions is not immediate; it may be necessary to take the herb for 4 to 6 weeks to see results. Leaf and flower preparations may work faster, but hawthorn berries are better for some specific problems. A specific use for hawthorn berries is the treatment of orthostatic hypotension, a sudden loss of blood pressure caused by moving from a seated position to a standing position. Orthostatic hypotension can cause temporary loss of consciousness, and is a common complication during the first few weeks of medical treatment of high blood pressure with beta-blockers. A tincture made from a combination of hawthorn berries and camphor will not eliminate orthostatic hypotension, but it will reduce it enough that it does not cause swooning or fainting. Another often-overlooked use of hawthorn berries (this time as a tea) is treatment for irritable bowel syndrome. Making a cup of tea with no more than a half-teaspoon of crushed, dried berries can relieve the constipation and gas associated with the condition. Kampo (Japanese herbal) medicine often uses crushed hawthorn berries with other herbs to treat colitis diarrhea caused by Crohn's disease, and various conditions causing rectal bleeding.

Leaf and Flower

Hawthorn leaf and flower, like hawthorn berries, are antispasmodic, cardiac, diuretic, sedative, tonic, and vasodilator. Like hawthorn berries, hawthorn leaves and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic. There is considerable clinical evidence that hawthorn leaves and flowers are an effective treatment for mild coronary insufficiency, when there is pressure and tightness in the chest accompanied by a slow heart rate and symptoms of congestive heart failure. The flavonoids in the leaf and flower improve circulation in the heart and increase the myocardium's ability to withstand oxygen deprivation. Leaves and flowers from the species of hawthorn used in Traditional Chinese Medicine (*Crataegus sinaica*) stimulate the immune system to fight infection.



continued ...



continued ...

Harvesting

You can use the berry, leaf, flower, and stem from the hawthorn tree. Hawthorn berries, leaves, and flowers can be made into tinctures, teas, or encapsulated. However, never consume the seeds! They are poisonous, and must be removed or strained from all final preparations. When making jellies and other cooked preparations, simply strain out the seeds after cooking the berries down. Berries can be harvested from September through mid-December, and flowers may be picked in the spring.

For harvesting tips, please refer to a plant identification book. If you're interested in learning more about hawthorn, its uses, and recipes, here is some more information:

Eat the Weeds, "*Hawthorn Harvest*": <http://www.eattheweeds.com/the-crataegus-clan-food-poison-2/>

Methow Valley Herbs. "*Hawthorne for this little heart of mine*": <http://methowvalleyherbs.blogspot.com/2010/04/hawthorne-for-this-little-heart-of-mine.html>

Susun Weed, "*Take Heart from Hawthorn*": http://www.susunweed.com/herbal_ezine/November08/healingwise.htm

HerbMentor Video "*Hawthorn Berries, an artistic study*": http://www.youtube.com/watch?v=c_tOBji9SgI





Recipe: Hawthorn Berry Elixir

A fun and tasty medicine that can be shared with friends, added to cocktails, or drizzled over ice cream—and it makes a wonderful and healthful holiday gift!

Ingredients:

- fresh or dried hawthorn berries
- brandy or other liqueur of choice
- honey (preferably local, raw, and organic)
- optional: 1 organic cinnamon stick, a few cloves, and ginger

How to: Fill a glass jar half full with fresh hawthorn berries or 1/4–1/3 full with dried berries. Pour brandy and honey into the jar at a 50:50 ratio, and stir all contents until the honey has dissolved into the liquor. If you'd like to add a little spice, add a cinnamon stick, a few cloves, and some ginger. Place a tight-fitting lid on top, and shake the jar. Place in a warm, dark place and shake the jar daily or as often as you remember. The elixir will be ready in 2–4 weeks. Strain out the hawthorn berries, seeds, and spices (if added), and pour the strained elixir into amber glass jars. Label the bottles, and enjoy! Take a few drops or a dropper-full whenever desired.



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



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

It's Complicated

With horse training, there's no substitute for time. Cutting corners has a 100% rate of failure. Cheating is especially evident in the results you get with an equine student. Horse training is a character-building experience for the teacher, from the time you pick up the reins until you retire them.

There are certain truths that apply to all horses. Then, you need learn that beyond basic guidelines, every horse is an individual. Also, breeds vary from one another. The old adage, "A horse is a horse," is balderdash. For me, the breed I get along with best is the Morgan. I like how they think, move, and look.

My grandfather was the last of the cavalymen ... and my mentor. He mounted me on excellent "finished" horses, and because of that, I knew nothing of training. However, as a young adult, I eagerly took up being a student of horsemanship. Fearless confidence is the greatest tool that my horseman grandpa passed on to me. As I learned later, a generous amount of ignorance isn't the best second ingredient for most would-be trainers, but it worked for me. It lent the first ingredient more staying power when I faced challenges. The third essential ingredient for successful horse training is patience. "The most successful horse trainers are not always the most talented, but they're always the most patient." (Eitan Beth-Halachmy, Cowboy Dressage.)

Seven years ago, I bred a mare for a palomino filly (my last training project) and got one! Her registered name is "She Wore a Yellow Ribbon," after Grandpa's favorite cavalry song. Training began with her first breath. I was the first being she saw outside her mother's womb, and I spent the next hour applying "imprint training"—which I'd done with nearly every foal we raised. Years passed and Ribbon graduated from baby training to the saddle. She's now entering the phase where I don't have to do ALL of

the thinking. We're late. You see, our training schedule got detoured. Remember that I said each horse is different. So is every training project.



It's complicated. First, she injured a leg. Then, I did. Add two years for us both to heal. Plus, now I'm older and the "fearless confidence" went AWOL. Then, this past spring, another obstacle came up. We were trotting along and got tangled up several loops of barbwire hidden in

MARYJANES FARM



tall grass. She didn't buck, but I came off as she "goat hopped" around trying to free herself. She wasn't injured, but the knee I had surgery on got a little bent up in the fray and my rump was covered with cactus. It scared the bejeebers out of both of us. If you've lost confidence due to an accident, you know how hard it is to reclaim. Ribbon and I both knew that something awful might reach out and get us! Fear nagged me to hire someone to ride her through the "gooseyness." But, I knew that WE had to work through it. So, I prayed ... a lot ... and I think we're over the hump.

I now have a new kind of confidence: grateful steadiness. I have to work for it now, but it is do-able and I'm much more thankful for a good ride on a young horse. You'd think if I had an ounce of common sense, I'd leave well enough alone, right? Yeah, but ... A dear friend that I "cahootinized" with when we were both breeding horses gave me a sweet 2-year-old filly (closely bred to my beloved old "Dolly"). Okay, I'm a sucker. I have no defense, so I'll just share a fitting comment from an old horseman friend of mine, "I've spent most of my money on horses. The rest I just wasted."

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**

Refreshing Your Face

Any farmgirl-at-heart understands that the key to beauty is living well. Whether your passion is scaling mountaintops, tending a garden or basking in a backyard hammock, you know that when your spirit is satisfied, it sparkles in your eyes and glows on your cheeks. Fresh, clean, energized—these are the qualities that come from fulfillment, the qualities that cosmetics can only attempt to copy. But if you treat your body and soul with TLC, you'll begin to find your own natural radiance beneath the artificial pigments and powders. Sure, it can take time to get truly comfy with the idea of “baring” your face, but embrace the process of shedding the old to reveal the new—no matter how many years you've lived in your skin.

I am charmed beyond words each time I see the soft, smooth curve of my granddaughters' cheeks. Their young skin is so supple, so unblemished by time. But even a life well lived changes our skin over the years. Influences from the outside world, plus the effects of what we put into our bodies, determine the health and resilience of our skin. We can make the absolute best of the skin we have today by boosting the factors that nourish our overall health—and booting the ones that don't.

Egg Whites



Egg whites that have been beaten can be used as a facial mask to make your skin appear smoother and tighter. It works because the proteins in the egg constrict as they dry on your face, pulling at the top layer of your skin. After the egg whites have dried, wash the mask off and you'll be washing off old loose skin cells from the top layer of your skin.

There are four factors that significantly affect the appearance of your skin, and the great news is that there are simple steps you can take to improve each and every one.

Diet

This is a big one. We've all heard it before: our skin is our biggest organ. So you can't expect it to thrive when you treat it poorly. What foods make skin happy? High-quality protein is critical. (Hot dogs and bologna don't count.) I'm talking organic eggs, organic poultry and beef, wild game, and fresh-caught fish. One fabulous fat you can include in your daily fare is unrefined olive oil, which is full of the omega-3 fatty acids that are vital to skin's elasticity and moisture. Forgo sugar and white flour in all their incarnations (bread, pasta, sweets) and bulk up on fountain-of-youth nutrients from fruits and veggies, instead. And, of course, drink plenty of water. Eight to 10 glasses will do it most days, but if you're exerting yourself, drink more.

Fitness

No matter how healthy your diet is or how many supplements you take, you can't replace the body-boosting power of motion. It's not about the weight-loss battle; it's about vitality. Our bodies were meant to move and to work, so we tend to wither when we fall into sedentary ruts. And it's no surprise that our skin reflects this lack of movement. Exercise in any form,

whether it's weight training or building fences, will get your blood pumping. You move oxygen through every inch of your body, you sweat out impurities and you firm. All of that clean, positive energy coursing through you can't help but create a vibrant complexion.

Sleep

I admit that I don't always get eight hours of beauty sleep. All too often, I'm up at wee hours, scribbling down thoughts I don't want to lose or brainstorming my next task. But I can also tell you firsthand that a lack of sleep results in a less-than-glowing look. Tiredness can make your skin puffy, exacerbate dark circles under the eyes, and contribute to blemishes. Unhealthy hormones rear up as a result of stress, and sleep is often the only true cure. So even if your body doesn't require a full night's sleep, make sure you get enough to feel rested and energized in the morning. And if you don't, a quick cat nap during the day can work wonders to refresh your face.

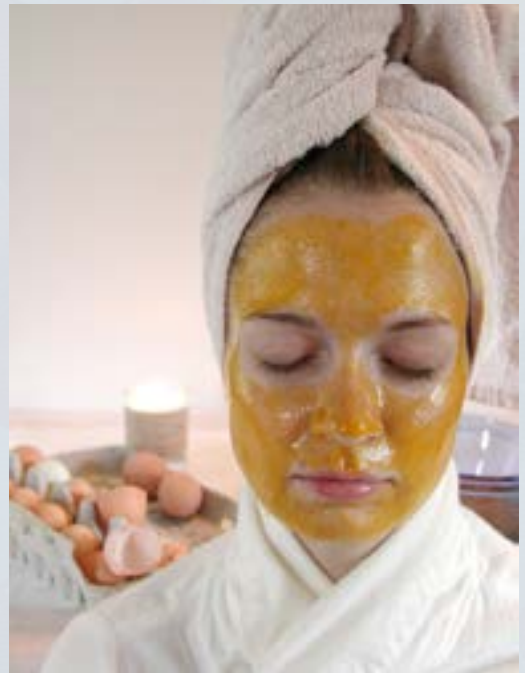
Weather

You won't catch me complaining about the weather (I've just never seen the point), but I realize it does impact my skin—for better or worse. The experts say that sun is the skin's worst enemy. Damage caused by ultraviolet rays is cumulative, showing up in spades as we age. I love to be out in the sunshine, so I make sure I've got a wide-brimmed hat handy. It guards my face from too much exposure, and I can always take it off if I want to. Even when the sun's not shining, a cold snap or gusty day can chap your skin, sapping it of moisture and making it look, well, weathered. It's a good idea to drink extra water on super-dry days, and wearing natural moisturizing products can further help protect skin from becoming parched.

My all-time favorite sunscreen is created by **Juice Beauty**. No lotion can do it all, but if you have a handle on a healthy lifestyle, healthy skin care products make it easier to maintain fresh-looking, hydrated skin.

MaryJane 

Egg Yolks



You can also apply an unwhipped egg yolk as a mask. Let it dry, then rinse. The vitamin A in the yolk helps clear your skin and reduces pore size.



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 search/find tool in your browser to look up keywords in the Magazine Index and the back issues of *The Cluck*.

Farmgirls Unite!

If you are hosting a farmgirl event, open to all farmgirls, send the event description, date, location, and contact info to megan@maryjanesfarm.org. Megan will 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!)



NOVEMBER

Sisterhood Special

30% OFF Holiday Items

.....

Holiday Apron Set

Includes: apron, potholder & hot pad



Wine Bag Set

Includes: wine bag & cocktail napkins



More! ►

on next two pages

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Includes: Cardinal, "Happy Holidays,"
"Let it Snow," and Lodge Path



Christmas Stockings

Project F.A.R.M.
handmade by Miss Wilma



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Includes: 4 piece guest towel set



Glamping with MaryJane

Get your *Glamping* book [here!](#)

3-Book Bundle

Ideabook, Stitching Room, and Outpost
Get your 3-Book Bundle [here!](#)



Chocolate Collection

Get your chocolates [here!](#)



Farmgirl Chatter



What are farmgirls chatting about?

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

Across the Fence: Don't ya just love it when ... Submitted by Annika

Don't ya just love it when your sweetie has been away and finally makes it home and you remember all over again why you fell in love with them in the first place? Share your story [here](#).

Across the Fence: Organic Food: Does it bother others? Submitted by texdane

Just wondering ... does anyone else find that by eating organic, you make some others around you annoyed, even angry? I just don't get it. It happens to us all the time. I don't preach to others, but if you come to my house, I make organic food. If you ask me about it, I will tell you I eat organic and why. Going organic has been a life-saver for us, and we are not spending a fortune on medicine and antibiotics like we used to. It's been over a year since my daughter was on an antibiotic, and in three years, that was the only one! Anyway, our eating organic angers some of my family (who do not live with me or pay my bills, by the way). And some of my friends act like we are silly or that my daughter is deprived in some way. (Trust me, she's not. She gets plenty of treats—if you look, you can find an organic version of just about anything). One friend called and said she was at a store and found a canned good on sale cheap, would I want her to pick me up a case? I said no thank you, was very polite and thanked her for thinking of me. She got snarky and asked, "Why ... because it isn't organic?" Well, yes, that was the reason. I don't judge her, but I feel like she judges me. Her child has hyperactivity issues, yet, she eats Pop Tarts every day for breakfast! Then yesterday at the store, the checkout clerk looked at my organic groceries and snipped, "Organics are just an excuse for people to spend more money!" Here in CT, the difference in price is miniscule, and often organics are cheaper. And there are those who say I must live on "sticks and leaves." Not so. I don't say anything at other people's homes, or judge their food. So what gives? Do you run into this, too? Thanks for letting me vent. Respond about your experience [here](#).

Across the Fence: At what age did you feel you know who you are? Submitted by goneriding

I'm in middle-middle age and just recently have I come to the conclusion I'm actually comfortable with myself and know who I am. Not just to have friends who do things with you, but to be able to have convictions and not be afraid to state them. To know which jewelry you like (taken with steampunk for some reason), which flowers, not be afraid to lose "friends" by being yourself, to see through the bull-pucky of fakes and not care about them, being comfortable with or without religion, the whole nine yards. I like old-fashioned morals and values, but can tweak them as needed but happier with "rules." Changing my hair color because it was sorely needed. Now I'm brown-headed instead of blonde, for the first time in years.

I may be a little inarticulate with this, but I hope my thought is coming through. So, at what age did this all descend on you and you knew it was right?? Share your thoughts [here](#).



Across the Fence: Friendly Fire, Submitted by Mikki

I broke down and now have a warm fire in the fireplace. It's a cold, rainy day here in Southern Indiana. Just going to knock the chill out and enjoy some "friendly fire" ... a warm fire is so inviting and such a friend on a cold rainy day. :) Share about your experience [here](#).

Barnyard Buddies: Hubby wants a "bacon" pig ... Submitted by Annika

Can anyone advise me on raising a single "bacon" pig? What are the easiest to manage breeds and is there a preference for one or the other for the leanest bacon? The man loves his bacon, and I thought I'd look into it with a little advice. Share your advice [here](#).

Barnyard Buddies: It's a girl!! Her name is "Siobhan"... Submitted by ceejay48

Our Longhorn heifer named "Snowflake" gave birth to a sweet little heifer calf yesterday. My hubby named her "Siobhan" (pronounced "shah-von") ... it's an Irish name. I think she is just the cutest little thing, with perky "freckles." Mostly white, but with some of typical Longhorn reddish markings. Share your story [here](#).

Barnyard Buddies: To light or not to light ...

Submitted by Woodswoman

I have chickens for the first time this year, although I did have them when I was a kid. They just started laying within the past few weeks. I'm trying to decide if I should give them extra light during the winter or not. I read in one of the chicken books I have that you can give them additional light during the winter so you get eggs. But, they evolved to slow down laying during the shorter days, so that might be better for them—more natural. What do you all think? And, what do you chicken owners do? Give your advice [here](#).

Cleaning Up: Cleaning Out an Old Bottle, Submitted by jenne.f

While driving thru Amish country yesterday, I found a vintage brown Watkins vanilla bottle at a thrift shop! This will be perfect for the vanilla I plan to make for Christmas. Most of the dirt on the bottle cleaned up easy. The inside has a little griminess. How can I get it really clean? The bottle top is narrow, so I will not be able to scrub it out. Also, I will need a cork for the top. I know I have seen them, but where? Craft store, hardware, kitchen store? Share your advice [here](#).



continued ...



*Sisters are different flowers
from the same garden.*

– Author Unknown

continued ...

Farm Kitchen: Kitchen tools you canNOT live without? Gramadinah

I need a fabulous gift for a bride's shower. They are one of the only couples that have not had their own house before marriage, so I thought a good vat of kitchen tools would be a good gift. Mine is a melon baller, I use it for lots of things. What off-the-wall thing can you not live without? Share about kitchen tools [here](#).

Farm Kitchen: Kale, Submitted by Kristin sherrill

At the market the other day, a lady was cooking some kale. She had diced onion and garlic, chopped walnuts, and dried cranberries. She sauteed them til tender, then added kale. This is SO good, y'all! And so easy too. So go out in the garden and grab some fresh kale and try this. Right now! It's that good. Share your thoughts [here](#).

Farmgirl Fashion: Finding time to sew, Submitted by neeter302

Would fellow sisters share their thoughts on how they find time to sew? I know if you want something badly enough, you find a way. I wistfully dream of finding time to sew, and it just doesn't happen. I work full-time and life is so hectic, there's just no TIME! Let's face it, if you carve out time for ANY hobby, something else has to go. Partially done projects sitting in a pile are tugging at me. I'm having a hard time fitting it into an already hectic schedule. Please share what you do to find time to sew. Share about sewing [here](#).

Garden Gate: FALL Gardens ... Submitted by Peg Graham

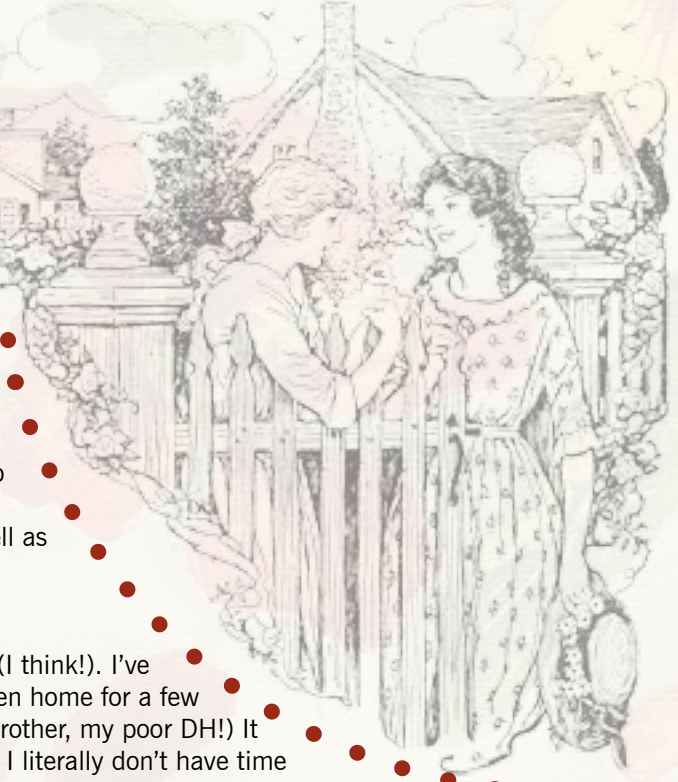
What do you plant in the fall and do you get seeds from a catalog/store/friend??? I always plant a spring/summer garden, but trying to organize myself to get somewhat of a FALL garden, if possible. Not sure what to do and need ideas.

This is what I want to plant:

Kale
Peas
Peppers, Purple Beauty
Peppers, Jalapeno
Beans
Spinach
Herbs
Sweet Marjoram
Chamomile
Catnip
Basil
Chives

(btw...I live in Chesapeake, VA ... so first frost is like December). Share your ideas [here](#).





Holidays: Counting down to Christmas, Submitted by Penny Wise

Today is officially 3 months til the big day! Since I now live very close to my kids and grands, I want to do what I can to establish some “traditions” ... they range in age from 5 to 15. I would love to hear what traditions you maybe have either with kids, or especially with grands, as we near the holidays. These can be activities as well as gifts ... before the day or on the day ... Share your traditions [here](#).

Off the Grid/Homesteading Skills: Downsizing & Simplifying

Folks, I'm having a mid-life crisis, not in a bad way, in a good way (I think!). I've been going through some changes, and with recent surgery, I've been home for a few days and had time to do some serious life-changing thinking. (Oh brother, my poor DH!) It has dawned on me during my usual busy-ness and hectic lifestyle, I literally don't have time to think, let alone read, pursue any hobbies, or just enjoy life. Like being on autopilot, just go through the motions working at a job I can't stand to pay for crap I don't need. Huge mortgage payment on a big house, nice new car costing a small fortune in monthly payments. I find myself “therapy shopping,” trying to buy happiness because I'm miserable. Seriously, I'm not feeling sorry for myself and don't expect anyone else to—I'm happy to finally wake up and realize what needs to be done, and raring to go after it (after recoup from surgery). Some people are forced to make these changes because of the economy. I'm considering taking some pretty drastic measures, completely voluntarily, selling my car and the house and MAJORLY downsizing and getting back to the country. My life is filled with too many things and stuff ... wanting to de-clutter, downsize, and simplify in a big way. It can't happen overnight, but I've got to start taking baby steps toward the goal of a happier, simpler life. My first being, to reduce spending, paying off credit cards, then socking away \$\$ for some acreage in the country. I've done little things over the years, but need to do so much more—make my own soap and laundry soap, canning, and freezing. Tell me your experiences and what you've been through in making major lifestyle changes, and pray for me to be successful in this life-changing journey. Share about your journey [here](#).

Girl Gab

Where sisters share.

Have you seen the wondrous array of content and heartfelt sharing on 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.



MaryJane's Farm
Gobblers & Gushers

MaryJane Butters:
Raising Jane Farmgirl

Rebekah Teal
City Farmgirl

Alexandra Wilson
Rural Farmgirl

Nicole Christensen
Suburban Farmgirl

Sherry Jaspersen
Ranch Farmgirl

Cathi Reicher
Mountain Farmgirl

Debbie Bosworth
Beach Farmgirl



Posted on Savory Le Jardin by Nancy Smith, Sister #1091

Who's Gabbing and Who's Gushing

Down at the Honk N' Gobble

Posted on October 29, 2012 by Amanda Childress, Sister #1390

Jason was tapping his horn to attempt to get our perennially late child to get in the car ... [Read more](#)

lessons learned: storms, trees, and being rooted in faith

Posted on October 29, 2012 by Cameron Kempson, Sister #3813

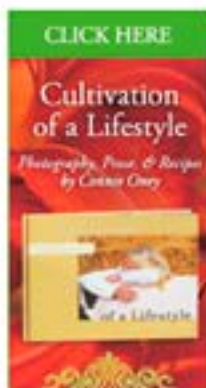


I am sitting here at my kitchen table this morning peer out into the darkness. The storm is coming, and the early morning sky remains a shade of violet blue ... [Read more](#)



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	Alsha Grinnis, Sister #3338 No Red Lipstick
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	Amanda VanDusen, Sister #4117 The Adventures of Billy and Maudie
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	Amy Marquardt, Sister #3706 Far North Farmgirl
	Amy Marquardt, Sister #3706 Briar House Wellness
	Andrea Fyber, Sister #4019 Things I get to do today
	Angela Croissant, Sister #4888 Lazy Jo Ranch
	Angie Bala, Sister #4623



Team McArthur Yard Sale Fundraiser

Posted on October 29, 2012 by Carrie Goad, Sister #3028



Luckily, the weather held out for us despite being cloudy and overcast the entire day. We had a steady flow of yard sale patrons for a majority of the time ... [Read more](#)

This Little Piggy...

Posted on October 29, 2012 by Christina O'neal, Sister #1847



We took the boys over to a local organic farm that raises and sells pastured pork ... [Read more](#)

Retro: Apron or Bonnet?

Posted on October 29, 2012 by Dolly Sarrio, Sister #3883



How about both! ... [Read more](#)

Monday Morning Wash Day

Posted on October 29, 2012 by Dolly Sarrio, Sister #3883



... [View more](#)

Boho Camp.6 post 4

Posted on October 29, 2012 by Elaine Tolson, Sister #45



If someone wanted to accuse me of over-indulging my fish gals, I would proudly exclaim 'Guilty!' ... [Read more](#)

Get out the butter & brown sugah', we are cooking SOUL food!

Posted on October 29, 2012 by Heike Boehnke-Sharp, Sister #2245



This has to be one of my favorite recipes ... [Read more](#)

Family Funny ~ You've Been Shrink Wrapped

Posted on October 29, 2012 by Kristina Nelson, Sister #800

I have one regret - not getting pictures ... [Read more](#)

Seaside Milk Ring Christmas Tree Ornament

Posted on October 29, 2012 by Kristina Nelson, Sister #800



These are easy to make, but take a few days to dry ... [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 Squirrels, Plant It Forward, Connecting Growers and Eaters, Farmgirl Gratitude, Get 'er Done, Farmgirl Spirit, Families Forever, and Entrepreneurial Spirit.

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

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





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

Merit Badge Awardees

Angela Landis, QueenBee Angela #3795

Beginner badge: Unprocessed Kitchen / Farm Kitchen

Beginner badge: In the Garden / Make It Easy

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

Beginner badge: Going Green / Cleaning Up

Beginner badge: Connecting Growers and Eaters / Each Other

Angie Bate, Beavercreek #4633

Beginner badge: Blogging / Each Other

Intermediate badge: Blogging / Each Other

Expert badge: Blogging / Each Other

Barbara Roberts, Healthy Eating #2237

Beginner badge: Light the Way / Make It Easy

Intermediate badge: Light the Way / Make It Easy

Intermediate badge: Outstepping / Outpost

Expert badge: Light the Way / Make It Easy

Callie Christofferson, FaithfulchickWI #4166

Beginner badge: Scrapbooking / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Carol Norwood, Carol #3886

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Homespun Christmas / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Scrapbooking / Stitching & Crafting

Intermediate badge: Quilting / Stitching & Crafting

Christina Marsden, #4411

Beginner badge: Gaining Ground / Garden Gate

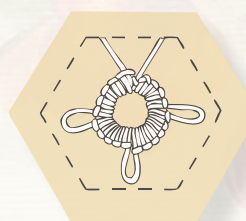
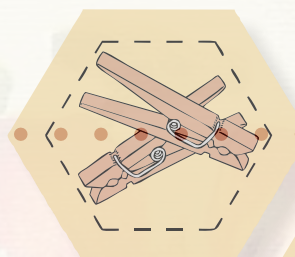
Christine Deal, Drafty #2099

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Farmgirl Shutterbugs / Each Other

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Woman-at-Arms / Outpost





CJ Armstrong, ceejay48 #665

Expert badge: Fishing / Outpost

Darla Armstrong, cowgirlup@21 #4391

Beginner badge: Horse Dreams / Garden Gate

Elizabeth Baker, browneyed girl #3756

Beginner badge: Sew Wonderful / Stitching & Crafting

Emily Plunkett, #4276

Beginner badge: Buttoned Up / Stitching & Crafting

Emily Race, Simply Satisfied #3591

Beginner badge: Water Conservation / Cleaning Up

Beginner badge: Self-sufficiency / Farm Kitchen

Beginner badge: Civic Heritage / Each Other

Intermediate badge: Self-sufficiency / Farm Kitchen

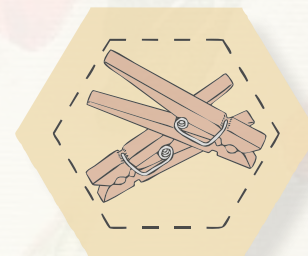
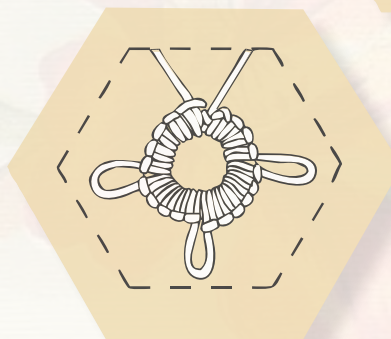
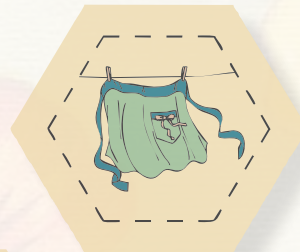
Expert badge: Self-sufficiency / Farm Kitchen

Holli Herndon, #4262

Beginner badge: Shopping Green / Cleaning Up

Kristina Nelson, FieldsofThyme #800

Expert badge: Self-sufficiency / Farm Kitchen



continued ...

continued ...

Kyla Hill, HoneysuckleHill3 #4640

Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Make It Pretty / Make It Easy
Beginner badge: Icing on the Cake / Farm Kitchen
Intermediate badge: Buttoned Up / Stitching & Crafting
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Icing on the Cake / Farm Kitchen

Linda Van Ausdell, vanavista #4347

Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Birds / Garden Gate
Intermediate badge: Aprons / Stitching & Crafting

Mary Turnbull, MsMaryRN #3331

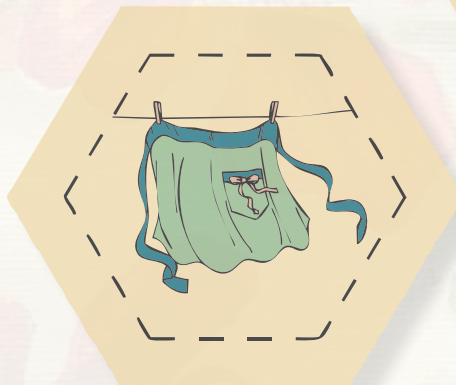
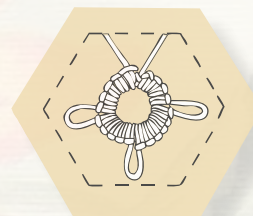
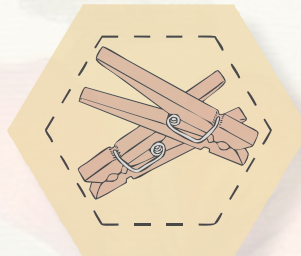
Beginner badge: Shopping Green / Cleaning Up

Paula Harris, PaulaRae37

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Entrepreneurial Spirit / Each Other
Beginner badge: Greatest Generation / Each Other
Beginner badge: Bustin' Out / Farm Kitchen
Intermediate badge: Entrepreneurial Spirit / Each Other
Expert badge: Entrepreneurial Spirit / Each Other

Peggy Smith, forever young #1815

Expert badge: Bustin' Out / Farm Kitchen
Expert badge: Greatest Generation / Each Other





Rachel Nelson, Yart #1081

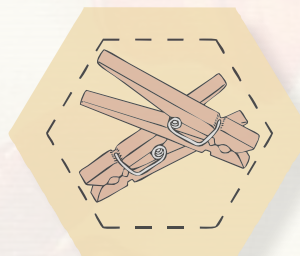
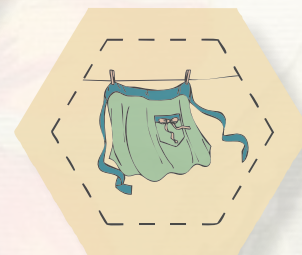
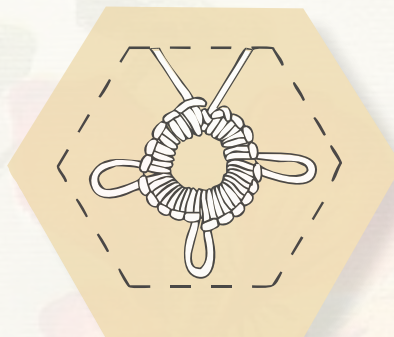
Beginner badge: Gaining Ground / Garden Gate
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: In the Garden / Make It Easy
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Woman-at-Arms / Outpost
Beginner badge: First Aid / Outpost
Intermediate badge: Green Energy / Cleaning Up

Tami Linamen, #4029

Beginner badge: Quilling / Stitching & Crafting

Thelma Adams, Thelma #3568

Beginner badge: Plant It Forward / Each Other
Beginner badge: 3 R's Rule / Garden Gate
Beginner badge: Grow Where You're Planted / Garden Gate



Farmerettes & Young Cultivators

Merit Badge Awardees

Annika Choate, (Young Cultivator of April Choate #658)

Beginner badge: Horsing Around / Garden Gate

Beginner badge: Make It Fruity / Farm Kitchen

Beginner badge: Table Talk / Farm Kitchen

Beginner badge: Community Service / Each Other

Beginner badge: It's In the Bag / Cleaning Up

Intermediate badge: Make It Fruity / Farm Kitchen

Intermediate badge: Table Talk / Farm Kitchen

Ariel Choate, (Young Cultivator of April Choate #658)

Beginner badge: Horsing Around / Garden Gate

Beginner badge: Make It Fruity / Farm Kitchen

Beginner badge: Table Talk / Farm Kitchen

Beginner badge: Community Service / Each Other

Intermediate badge: Make It Fruity / Farm Kitchen

Intermediate badge: Table Talk / Farm Kitchen

Avery Bate, (Young Cultivator of Angie Bate #4633)

Beginner badge: Icing on the Cake / Farm Kitchen

Intermediate badge: Icing on the Cake / Farm Kitchen

Expert badge: Icing on the Cake / Farm Kitchen

Ella Grace Ediger, (Young Cultivator of Shannon L. Ediger #4336)

Beginner badge: Table Talk / Farm Kitchen

Joy Lorene Ediger, (Young Cultivator of Shannon L. Ediger #4336)

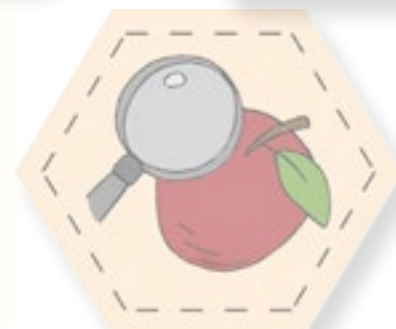
Beginner badge: Table Talk / Farm Kitchen

What's a Farmerette?

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

What's a Young Cultivator?

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



Woo-Hoo!





Young Cultivators Group

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



Spoonflower

We can only save so many of our children's works of art; after all, construction paper as a medium has its limits. The next time your child creates a masterpiece, turn it into something more lasting. Last month, I learned about an online shop where you design your own fabric by uploading a digital image. My son drew this happy little fellow, and in about 10 minutes, we were able to order fabric in his design! We took a picture of his artwork with my smartphone and uploaded it to my computer. Then we went to **www.spoonflower.com** and, using the create tab, we uploaded his picture and were able to play around with how the pattern repeated. There are tools that allow you to edit your image if you are so inclined, and you can order your custom-made print on fabric (cotton, silk, or linen blend), wallpaper, or wall decals. Sample swatches are \$5. Online, you can play around with the size of your pattern and view your design prior to ordering. We chose a yard of cotton fabric, and it arrived in the mailbox in just a few days. It is important to take a very crisp photo, and a scanner can produce even better results (try your local copy shop), but don't let technology get in the way if you don't have access to one. Keep the pattern simple—a black line drawing on a white background is a good way to start.



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). While you're there, sign up for our e-mail blog alerts and recipe of the week.

city FARMGIRL



Rebekah Teal is a farmgirl from a large metropolitan area who recently made her dreams come true by moving to a farm. Given her dyed-in-the-wool city-girl background, she still writes 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—and she shares her adventures on our **Rural Farmgirl Blog**. 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

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. Debbie writes our **Beach Farmgirl Blog**.

"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.'"

THANKFULNESS

springs
FROM LOVE

- William C. Skeath



Magazines, Books,

& More



Our Dec/Jan issue ("Self Rising") will hit newsstands on Nov. 6. In it, you'll find recipes for winter soups, fabulous fruitcakes, and no-knead bread; make simple burlap wreaths for the holidays; read about knitting with dog hair; see gorgeous art dolls; and more.

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

If you have a subscription, you should have received your magazine by about November 1. (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 Calendar

Our **2013 calendar** is now available! 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:

- November 1 ~ National Men Make Dinner Day
National Author's Day
- November 4 ~ National Chicken Lady Day
- November 6 ~ Election Day
- November 11 ~ Veterans' Day
- November 13 ~ World Kindness Day
- November 15 ~ America Recycles Day
- November 16 ~ International Day of Tolerance
- November 17 ~ Homemade Bread Day
- November 22 ~ Thanksgiving Day
- November 23 ~ Buy Nothing Day
- November 24 ~ Celebrate Your Unique Talent Day
- November 30 ~ Drink Hot Cocoa Today!

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!" – Alea, 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!



Check out our all-in-one tote bags. Each bag contains 2 lbs 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 addresses to us at sisterhoodhopeful@maryjanesfarm.org and we'll e-mail them a sample issue.

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

**Over 1,238 Farmgirl Chapters have been started in all 50 states
and 8 countries with 4,649 Sisterhood members —
growing stronger every day!**