

MARYJANES FARM[®]

Sister Issue

April 2013

With some
added pluck,

we came up with this easy way to click (er, cluck) your way back to the farm in between magazine issues. As with any nesting hen, we prefer to accomplish our work with regularity. That's why, if you're an official member of **MaryJane's Farmgirl Sisterhood**, our Sister Issue (formerly **MaryJane's CLUCK**) will be showing up in your e-mail box on the first day of every month (well, except for January, because we head henchos take a much-needed break every December). With a cluck-cluck here and a click-click there, we're here for you just when you need a sisterly cyber hug the most. Let the braggin' (er, clucking) begin!

Life made us
FRIENDS,
MaryJanesFarm
made us
SISTERS



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{ just a click away! }



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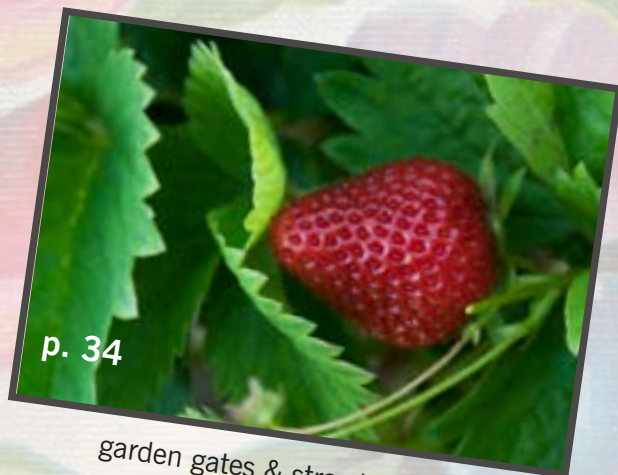
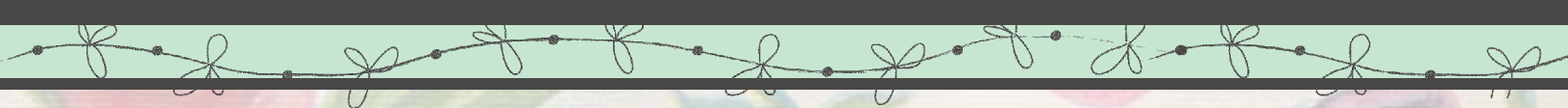
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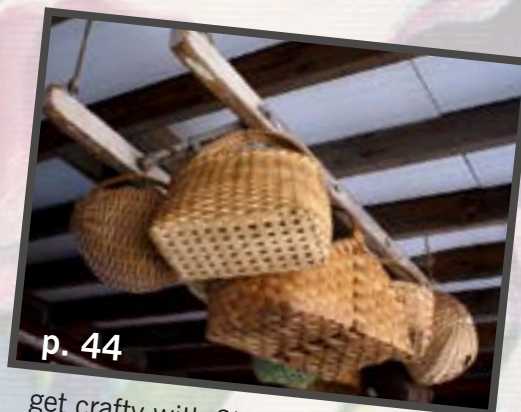


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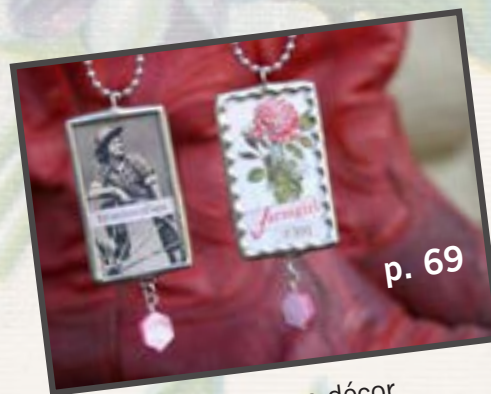
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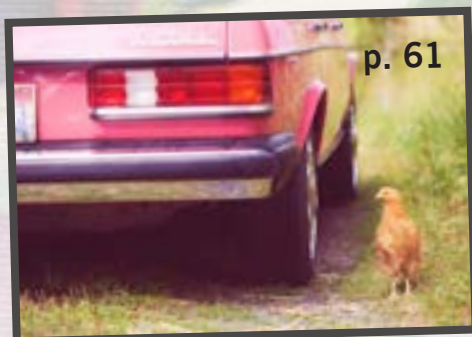
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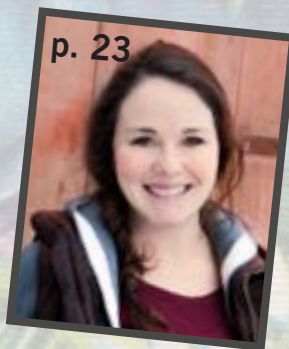
Sister Loves

{ staff picks ... only a click away! }

What girl doesn't love to shop, even if all you can afford is some window shopping. In this, and future issues, we're treating ourselves and our readers to the things we love most. Come shop with us! Our favorites are only a click away.



MaryJane



Molly



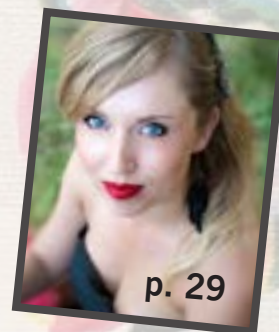
Megan



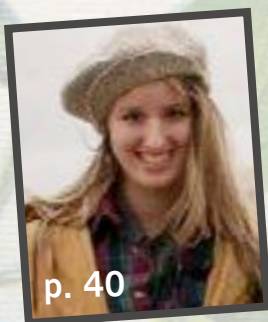
Carol



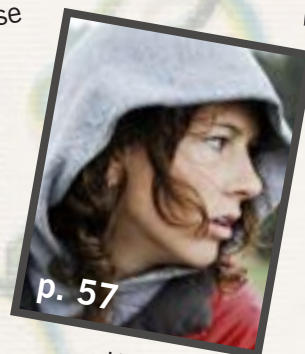
Louise



Ace



Karina



Kim

Hello from Sister #1



A Stitch in Time?

Hmmm ...

Take a gander at this ginchy gizmo that gives new meaning to that old saying.

It's called the **365**, and it's a clock. No, it's a knitting machine. Well, really, it's both. The 365 knits 24 hours a day, 7 days a week (and I think it keeps time, too, though I can't say for certain). Tick, stitch, tock, stitch ...

"365 is stitching the time as it passes by," explains its creator, Norwegian artist Siren Elise Wilhelmsen. "It is knitting 24 hours a day and one year at the time, showing the physical representation of time as a creative and tangible force. After 365 days, the clock has turned the passed year into a 2-meter long scarf. Now the past can be carried out in the future and the upcoming year is hiding in a new spool of thread, still unknitted."

Poetic, don't you think?

Following a similar thread, here's another "knifty" invention ...

Like 365, the "**Rocking-Knit**" reinvents an ordinary object as a modern-day multitasker. You may **remember me saying**, "I'm convinced there's nothing a good rocking chair CAN'T do."

Case in point:

Rocking-Knit is a rocker designed to lull you into relaxation while simultaneously knitting a beanie—perfect for the go-getter who's compelled to produce results, even when she's at rest.

Watch this dandy in action at right.

So, what do you say, knitters ... will these bright ideas make their way to the big time?

MaryJane ♥





© Miriam Lehnart 365 Knitting Clock

365 Knitting Clock



© Damien Ludi & Colin Peillex

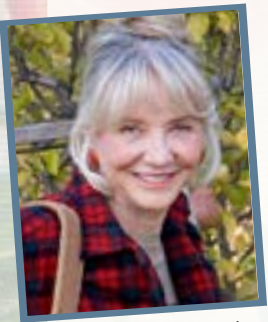
Rocking-Knit



Sister Loves

{ our favorites ... just a click away! }

Mary Jane's
GLAMPING
FABRIC



CEO (QUEEN BEE)
(SISTER #1)

My Glamping fabric finally landed in online stores and quilt shops a couple of weeks ago, so we got out our crafting supplies and created an array of April bouquets. Find Glamping online at fatquartershop.com or inquire at your local quilt shop. Happy Spring!



DIY Fabric Flowers How-to *Rolled Rosettes*

YOU'LL NEED:

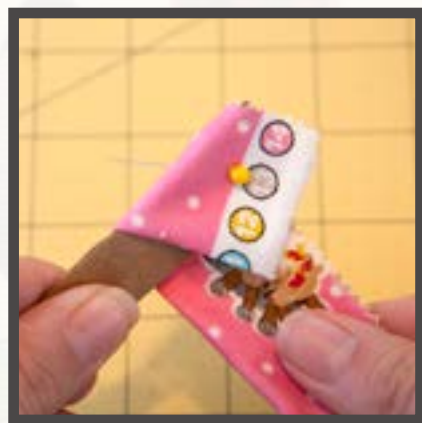
- fabric
- scissors
- pins
- pencil
- hot glue gun
- buttons
- wire
- wire cutters
- cardboard
- iron



1. Tear a strip of fabric 2 1/2" by about 40-45" or use fabric from a Glamping Jelly Roll, MaryJane Butters for Moda Fabrics (40-2 1/2" x 44"). Fold the strip in half; press.
2. Cut a piece of cardboard 1/2" x 20". Pin the folded fabric strip to the cardboard and begin wrapping it around on an angle, not too tight. Secure the other end with a pin and press. Once completely cooled, slide the cardboard out. Re-form any misshapen spots and press again.
3. To form the rosette, roll the strip around a pencil, starting at one end. Secure the end of the fabric with a dab of hot-glue. Attach a button to the center front of the flower with hot-glue.
4. Cut a 5-petal fabric flower about 1 1/2" in diameter. Punch a small hole in the center.
5. Cut an 18" piece of wire. Push it through the hole in the 5-petal flower. Place a dab of hot glue on the underside of the flower; attach the wire end onto the back of the flower.



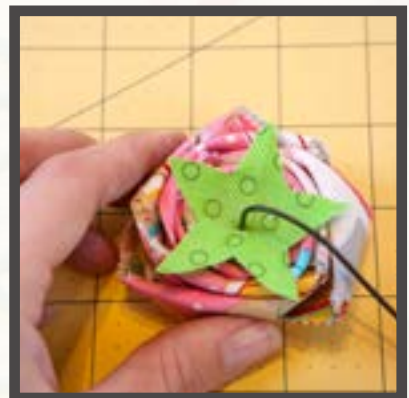
14-gauge black annealed mechanic's wire



step 2



step 3



step 4

continued ...

Sister Loves

continued ...

continued ...

Button Daisy (large, 4-petal)

YOU'LL NEED:

- fabric
- scissors
- needle and thread
- hot glue gun
- buttons
- wire
- wire cutters



1. Cut 4 circles 5" in diameter or use fabric from a Glamping Charm Pack, MaryJane Butters for Moda Fabrics (42-5" squares) Fold circles in half.
2. Run a gathering stitch along the raw edges of all half-circles with the same thread, starting at the bottom of one, pulling tight at the top, then starting at the bottom of the next. This will connect the petals.
3. Snip thread and tie the ends together to secure petals.
4. Attach a button to the center front of the flower with hot glue.
5. Cut a 1" fabric circle.
6. Cut an 18" piece of wire. Bend one end of the wire to create a flat surface for the flower. Place a dab of hot glue on the underside of the flower; attach the wire end onto the back of the flower. While glue is still hot, cover wire end with 1" fabric circle.





Button Daisy (small 6-petal)

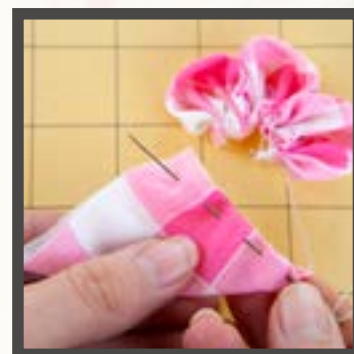
YOU'LL NEED:

- fabric
- scissors
- needle and thread
- hot glue gun
- buttons
- wire
- wire cutters



1. Cut six 2 1/2" squares of fabric or use fabric from a Glamping MINI Charm Pack, MaryJane Butters for Moda Fabrics (42-2 1/2" squares). Fold squares in half diagonally.
2. Run a gathering stitch along the raw edges of all half squares with the same thread, starting at the bottom of one, pulling tight at the top, then starting at the bottom of the next. This will connect the petals.
3. Snip thread and tie the ends together to secure petals.
4. Attach a button to the center front of the flower with hot glue.
5. Cut a 1" fabric circle.
6. Cut an 18" piece of wire. Bend one end of the wire to create a flat surface for the flower. Place a dab of hot glue on the underside of the flower; attach the wire end onto the back of the flower. While glue is still hot, cover wire end with 1" fabric circle.

step 2



continued ...



continued ...

a Rose is a Rose (folded edge or zigzag petals)

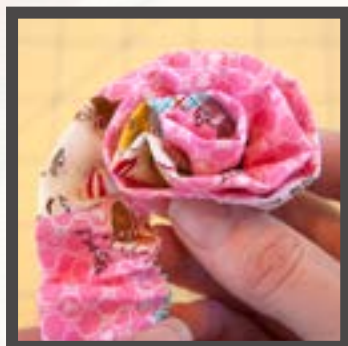
YOU'LL NEED:

- fabric
- scissors
- needle and thread
- hot glue gun
- buttons
- wire
- wire cutters
- sewing machine
- felt



1. Tear a strip of fabric 2 1/2" by about 40-45" or use fabric from a Glamping Jelly Roll, MaryJane Butters for Moda Fabrics (40-2 1/2" x 44").
2. Fold strip of fabric in half widthwise.
3. Depending on whether you want the raw edge or folded edge to show, run a gathering stitch along either the edge. Gather fabric by pulling on one end of thread.
4. Start wrapping the fabric from one end around itself, forming a circle.
5. Secure the end of the fabric strip with a dab of hot glue.
6. Cut a 1" in diameter circle from felt. Hot glue the felt circle to the bottom of the flower.
7. Cut an 18" piece of wire. Bend one end of the wire to create a flat surface for the flower. Place a dab of hot glue on the underside of the flower; attach the wire end onto the felt circle.

step 4





Glamper Pom-Pom Garland

YOU'LL NEED:

- fabric
- hot glue gun
- scissors
- twine



1. Cut ten 2 1/2" squares of fabric or use fabric from a Glamping MINI Charm Pack, MaryJane Butters for Moda Fabrics (42-2 1/2" squares).
2. Pinch the center of one the square to form a petal. Place a dab of hot glue on the bottom. Press petal onto the center of a second fabric square.
3. Continue with remaining petals, working your way to the outer edge of the base square.
4. Fold the flower in half toward the back and glue together, pressing firmly.

To make a pom-pom garland, glue 6 pom-poms onto a 6' length of twine, spacing evenly.



continued ...

13



Pom-Poms

YOU'LL NEED:

- fabric
- scissors
- hot glue gun
- wire
- wire cutters



1. Cut sixteen 5" circles for the petals or use fabric from a Glamping Charm Pack, MaryJane Butters for Moda Fabrics (42–5" squares).
2. Cut one 1" circle for the bottom of the flower.
3. Pinch the center of a circle to form a petal. Place a dab of hot glue on the bottom. Press petal onto the center of the 1" circle.
4. Continue gluing petals, working your way to the outer edge of the 1" circle.
5. Cut a 1" circle from a different fabric.
6. Cut an 18" piece of wire. Bend one end of the wire to create a flat surface for the flower. Place a dab of hot glue on the under side of the flower; attach the wire end onto the back of the flower. While glue is still hot, cover wire end with 1" fabric circle.



Origami Flowers

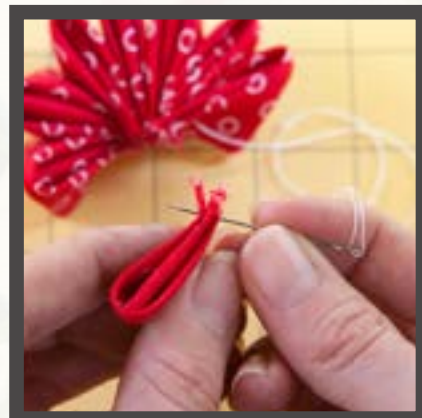
YOU'LL NEED:

- fabric
- scissors
- needle and thread
- hot glue gun
- buttons
- wire
- wire cutters



1. Cut eight 2 1/2" squares of fabric or use fabric from a Glamping MINI Charm Pack, MaryJane Butters for Moda Fabrics (42–2 1/2" squares). Fold squares in half diagonally.
2. Stitch through the folded layers to secure.
3. Set the finished petal aside and repeat for the remaining squares.
4. Sew a running stitch through bottom corner of all eight petals to create a flower.
5. Attach a button to the center front of the flower with hot-glue.
6. Cut an 18" piece of wire. Bend one end of the wire to create a flat surface for the flower. Place a dab of hot glue on the underside of the flower; attach the wire end onto the back of the flower.

step 2



Sister Loves

{ our favorites ... just a click away! }

Carol's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,
UKULELE ENTHUSIAST
(SISTER #3)

I'm on a search for new boots or shoes, and while I was at my favorite "store," Etsy.com, I thought I'd look there. Who knew so many people were making fabulous handmade shoes?! And while you might think that handmade shoes would be outrageously expensive, think again ... my favorite leather pair is only \$66! AND ... "made just for you" might be the perfect solution for a perfect fit!

JUST DREAMIN'!



FUN!



LUSH UPTOWN

BY *erin* michael

BACK
BY POPULAR
DEMAND

ARRIVING JULY
2013

moda



modafabrics.com



Morning Flower

MaryJane's Home is now available at:



Home sweet home!

BON-TON  *Boston Store*

 *Carson Pirie Scott*  *Elder-Beerman*

 *Herberger's*  *Younkers*  *Bergner's*

Exclusively sold in Canada at

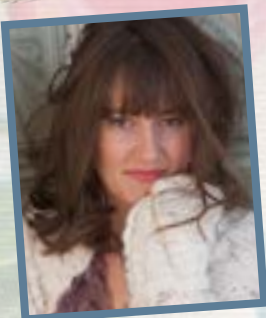
Sears

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Sister Loves

{ our favorites ... just a click away! }

Megan's
PICKS
(JUST A CLICK AWAY)



STAFF WRITER / EDITOR
(SISTER #2)

I can completely immerse myself in the planning of a party, from the initial theme to the final logistics. My favorite part is that moment when the first guests arrive. Prior to that moment, I am busy perusing the Web for DIY stuff and/or the perfect accent to my party.



FOUR RACES TODAY!
**FIRST ANNUAL
KENTUCKY
DERBY
LOUISVILLE
JOCKEY CLUB
MAY 17, 1875**



Big welcome to our new and renewing Sisterhood members!

Amber Conger
Andrea Furber
Angela Vargas
Anita Knupp
Ann Mackenzie
Anna Muschell
Autumn Day
Barbara Floyd
Barbara Williams
Barbara Wilcher
Becky Rolf
Beth Jones
Breanna Helgesen
Brenda Towsley
Brittany Ross
Cari Lee Crane
Carla Terry
Carol Ashley
Caroline Creef
Carol-Sue McIlhargey
Carrie Meerwarth
Carrie Hargrave
Cassandra March
Cassie Kailey
Catherine Love
Catherine Livingston
Catherine Blount
Cathy Pyatt

Chantal Johnson
Cheralee Stover
Chris Green
Christine Cantin
Christine Hoffman
Christy Schaeffer
Connie Riley
Cora Jo Ciampi
Cristine May
Cynthia Durbin
Cynthia McCormick
Cynthia Arnold
Danielle Aust
Darlene Richardson
Darlene Ricotta
Dawn Maloney
Deanell Sandoval
Deborah Cornett
Deborah Matthews
Debra Esposito
Demaree Hoover
Diana Smith
Donna Switzer
Donna Ricciardi
Elaine Deromanis
Elizabeth Crick
Elizabeth Bowling
Frances Zuelke

Ginny Zombek
Heather Wright
Heather Boo
Holly Anthony
Jamie Jachimiec
Jane Kowieski
Jane Fritch
Janet Jones
Janice Kruger
Jeanna Morgan
Jeannie Jessup
Jen Daniels
Jennifer Bedell
Jenny Simpson
Jeny Dowlin
Jessica Rutledge
Jessica Sherman
Johnelle Lamar
Judy Gifford
Julie Stancato
Julie Hofmann
Julie Michel
Julie Mesdag
Justine Thompson
Karen Spires
Karen Schoening
Karen Lyons
Kari Brown

Karin Weaver
Katherine Osborn
Kathleen Smith
Kathleen Horton
Kathy Beachy
Kaye Derrick
Kellie Wheelan
Kelly Morgan
Kim Reineke
Kimberly Noah
Kimberly Johnson
Kimberly Jacobson
Kristi Santamarina
Laila Sunday
Landy Westphal
Laura Bales
Laura Kitchings
Laurel Wise
Lauren Fach
Laurie Bernbeck
Leigh-Ann Whitten
Linda Cole
Linda Pimley
Linda Berg
Lisa Bramblet
Lisa Stephenson
Lisa Birkner
Lyn Szabo

“A true friend
reaches for your hand
and touches your heart.”

— Author Unknown



MARYJANES FARM

Lynda Taylor
Lynn Chebanyuk
Margaret French
Maria Thomas
Maria Day
Marie Westphal
Marilyn Keurajian
Marilyn Black
Marjorie Bernoudy
Mary Lynn Bernhard
Meghan Wright
Melissa Soucy
Melissa Osborn
Melissa Bergman
Melissa Lang
Melyssa Williams
Michele Browning
Michele Scroggins
Michelle Garwood
Monica Wagenbach
Nancy Diercks
Nancy Claeys
Nancy A. Brown
Paet Burcham
Peggy Hohnstein
Penelope Lujan
Penny Precopia
Rebecca Forgy
Rebecca Riccio

Rosemarie Diederick
Sandi O'Connor
Sara Rankin
Sarah Stehr
Sarah Houlihan
Sherrelle Cartwright
Sherrilyn Askew
Shirley Morlan
Skye French
Sonia Zuk
Stefanie Bellano
Stephanie Lamey
Susan McNiesh
Susan Dahlem
Suzanne Lucas
Sylvia Ekdahl
Tamara Oster
Tammy Schneider
Tara Weckerly
Teresa Julian
Teresa Kent
Teri MacIntosh
Tina Bracy
Tosha West
Vickie M Krueger
Victoria Montoya
Wendy Lapeyrolerie
Yvonne Miskimon





Each Other



Don't Let Your Babies Grow Up to Be Mamas

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



We first "met" Melyssa Williams when we resoundingly chose her essay (Family Outings and Other Tales of Woe) for the Reader's Write section of the April/May 2012 issue of *MaryJanesFarm* magazine. I eventually met her in person at a book signing. Going forward, we've officially signed her on to write a regular feature, "Don't Let Your Babies Grow Up to Be Mamas." Now YOU can fall in love with her humor as much as we have.



Melyssa Williams (Sister #161) was a homeschooler back in the day. She spent a perfectly ridiculous amount of time reading and writing, usually in a tree, sometimes with pet chickens. Now she stays out of trees, but still reads and writes. There are three small fry in her house that refer to her as Mom, and keeping in tradition, she puts them in trees with good books. She is the author of the *Shadows* trilogy for Young Adults, and can be reached at www.shadowsgray.com.

Potty Training Fail

I'm not OCD about a lot of things; I'm the mom who lets her babies eat all the dirt their little hearts desire. Mud pies are good for the soul, I'll tell you!

But toilets have the capability of grossing me out.

Unfortunately, I have a man-child who has been fascinated with the ol' loo since he could toddle to it on his chubby legs.

And he insists on hugging the thing in order to flush it. We're talking straddle it, both arms akimbo, drawers down, face unbearably close to the very pot. I can tell him till I'm blue in the face to pull up his big boy undies, stand aside, and then flush with one finger, but it ain't gonna happen. He has to make out with the toilet.

It's bad enough at home, but it's worse when we are in a public restroom. You know the stalls built for faeries and elves? Seriously, I'm 5'3" and I have a heck of a time fitting in there. Closing the door almost causes me to fall in the bowl. Which would be ... grodie.

Seems like a good idea to flush with the lid down to control the spray but they don't have lids! You can't even leap away like a gazelle because the stupid toilets flush on their own now. Who invented these things? There is no possible way to get out of the way, and even if you could jump, you'd have your skivvies down to your ankles. (And no one wants to see that.) Also, you'd probably trip on your purse that you had to set down on the four inches of floor space in the stall because the purse hook is busted.

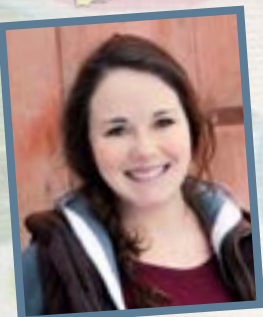
So, in case you're in a hurry to potty train and be done with diapers, don't be. It's overrated.



Sister Loves

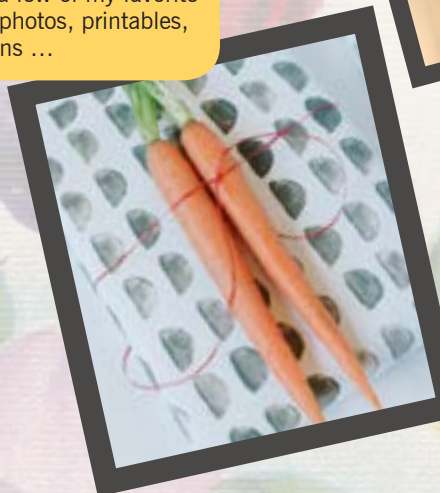
{ our favorites ... just a click away! }

Molly's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER
(SISTER #1867)

I find inspiration by mixing the vintage, funky, and modern. Take a historic photograph, add a sketchy font, place a green cow on top of it, and you have yourself some uniquely beautiful art. Here are a few of my favorite fonts, colors, photos, printables, and inspirations ...



Each Other



In the Shelter of Each Other



{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 6-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).

Repurposed Wall Art

The stairs to our upstairs bedrooms are essentially in the foyer of our house. I love the openness this creates. I don’t love that the first wall a guest sees is the one leading up the stairs, because I have two little children that walk those stairs all day, and putting anything on the wall seems a little foolish. So that wall has remained empty for the three years we have cherished our home. And yet it is the very first thing someone sees upon entering ...

A glass frame just seems like it will end up in pieces on the steps and any piece of important canvas will just end up with handprints. But something must hang on that wall ... something that’s not fragile or expensive ... something repurposed ... something that costs me the price of about two yards of fabric—on sale even.



I found two old canvases with artwork that no longer suited my fancy. Then I invested in just two yards of fabric (on sale!) and used a staple gun to simply staple the fabric to my old worn canvases. The sale fabric I picked needed a little pick-me-up, so I also painted some wooden R’s for a monogrammed look. (Hint: Push a couple of push pins into the back of each letter so the letter doesn’t sit flush on your painting surface. This allows you to paint the front and all edges of your letter at once without it sticking to the surface. When dry, simply remove the pins and use a glue gun to adhere the letters to your fabric canvas.)

My wall is finally presentable and should stand the test of children. If not, I’ve only invested in two yards of fabric (on sale!).

Meg



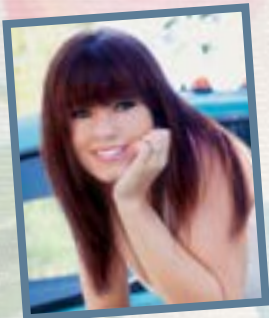
MARYJANES FARM



Sister Loves

{ our favorites ... just a click away! }

Louise's
PICKS
(JUST A CLICK AWAY)



PHOTOGRAPHER & DIGITAL
IMAGING SPECIALIST
(SISTER #1862)

Spring is finally here, and there's nothing better than getting a new dress that suits the season. With added accessories that I absolutely love—and, of course, a pair of cowboy boots—this cowgirl fashionista is ready for the bloom of spring!





Bold, Beautiful, and Organically Divine

Like any good culinary artist, perfection of the finished masterpiece lies in the seasonings used, and this is why the line of Epicurean Organics from Mountain Rose Herbs remains the first and only choice for the country's most discerning chefs.

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Each Other



Homeschooling with Cathi



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



Cathi Belcher (Sister #1295), 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."

Home Education: What are My Choices? Is It Legal?

When it comes to education, "one size doesn't necessarily fit all." Today, we'll address two of the first questions people usually ask in regard to homeschooling. To cut to the chase, we DO have a choice in how we educate our children ... and yes, it IS legal!!

Growing up in these freedom-loving United States, we have many choices, such as public, private, Waldorf, Montessori, and charter schools. They all have something to offer, but they also have some drawbacks: costly tuition, large classroom size, inefficient teacher-student ratios, and generic instruction that can't account for different learning styles or abilities, to name just a few. There are many ways your child could get "lost in the crowd" in such settings, and that's why this remarkable thing called homeschooling is every bit as legit—and in many ways, far superior—to the traditional classroom. It's not for everyone, but if the fit is right for your family, it will open doors that you never knew existed!

Homeschool pioneers such as John Holt, Gregg and Sono Harris, the Pearls, Raymond Moore, and others (all amidst tremendous social resistance and legal threats at the time) helped pave the way for us to teach our children at home today.

Homeschooling is now legal in all 50 states, but the regulations vary from state to state. Do a web search for your particular state to see the specific requirements you must satisfy. Most states also have homeschool support groups that can help steer you in the right direction. An excellent resource is the HSLDA, or the Home School Legal Defense Association, which offers legal counsel. Now that you can rest assured that you're not breaking the law, next time we'll address the most commonly asked question in any homeschooling discussion: "What About Socialization?"

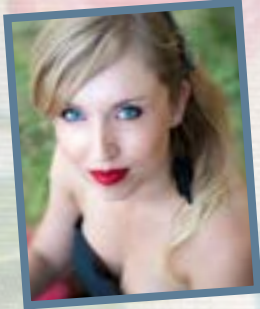


“The mother’s
heart is
the child’s
schoolroom”

— Henry Ward Beecher

Sister Loves

{ our favorites ... just a click away! }



MULTIMEDIA PRODUCER
(SISTER #42)

I graduated from Washington State University and live with my cat, Rascal, in the wilds of Viola, Idaho. When not shooting food photography, I bartend for the local hooligans, shuck corn, shoot squirrels, and knit beer cozies. Here are a few things that tickle my fancy.



Glamping Greeting Cards

Over tea one morning, my husband and I were talking about our plans for International Glamping Weekend, June 1 & 2, 2013. As I listed all the event descriptions coming in, he said, "Well, you'll know you've arrived when Hallmark offers a card about it."



"Why wait on Hallmark?" I thought. Here are three cards for you to print and send to all your glampin' galfriends. To keep up on what's happening, go to **InternationalGlampingWeekend** and join us for some **Facebook** fun.

Mary Jane ♥



international glamping weekend
5x7 Folded Photo Card

Inside Text:

international glamping weekend
june 1-2, 2013
Campers camp in tents,
glampers glamp in style.
Happy Glamping!

GLAMPERS have s'more FUN ...
5x7 Folded Photo Card

Inside Text:

... on international glamping weekend
june 1-2, 2013
Happy Glamping!

**where's the campground at?
who's going to tell molly
not to bring the preposition?
... grammar queen.**

5x7 Folded Photo Card

Inside text:

international glamping weekend
june 1-2, 2013
Happy Glamping!

shabby apple



vintage
clothing
with
quality
& style.



a return
to what
dresses
were
always
meant
to be.



Farm Kitchen

Where the Cookin' Begins!



{ FARM KITCHEN } with Ashely 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 3 and another baby is on the way.

Ashley works 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.

Gluten-Free Angel Food Cake

Ever since I was a little girl, strawberry shortcake has been my favorite cake. I can remember requesting it every year for my childhood birthday parties. Unlike many childhood fancies, I have not outgrown this one. Now, not only do I love to eat it, I love to make it. I can remember the first time I made angel food cake, equipped with the dented pan my Nanna had just given me, which had been passed down from her grandmother; I was ready to get to work. I remember being skeptical as I began to whip up the egg whites, but was amazed how they really did turn white and formed peaks. After carefully folding in the flour, I spooned the batter into the ungreased pan (against my better judgment), and waited while it baked. After the cake was finished, I was hooked; and I've been making angel food cake in my trusty pan for years with ease. That is, until last year, when I thought I would try to make a gluten-free version using coconut flour. Unfortunately, as soon as I began folding in the coconut flour, the egg whites deflated. I baked the cake anyway, and it tasted okay, but it wasn't the fluffy, spongy cake that I love. This year, I am revisiting the gluten-free version, but instead of coconut flour, I used gluten-free oat flour, and I have enlisted baking soda to give the cake a touch of leavening help without affecting the flavor or texture.

Prep Time: 35 minutes

Cook Time: 30 minutes

Makes: one 9" cake

- 12 egg whites, at room temperature
- 2 t cream of tartar
- 1 t almond extract
- 1 cup sugar
- 1 cup oat flour
- 1/4 t salt
- 1/4 t baking soda





Directions:

1. Preheat oven to 350°F. Line the bottom of an angel food cake pan with parchment paper. In a large bowl or stand mixer, beat egg whites until frothy. Sprinkle in cream of tartar and almond extract. Once the eggs turn white, slowly add sugar. Continue to whip eggs until stiff peaks form.
2. In a small bowl, combine the oat flour, salt, and baking soda. Gently fold the flour mixture into the egg whites, and spoon into an ungreased angel food cake pan.
3. Bake for 30 minutes and immediately transfer pan to a cooling rack. After the cake has cooled, run a knife along the outer edge and the inner ring of the cake to loosen it, and carefully remove the cake from the pan. Serve with strawberries and whipped cream.



Garden Gate

Bloom Where You're Planted



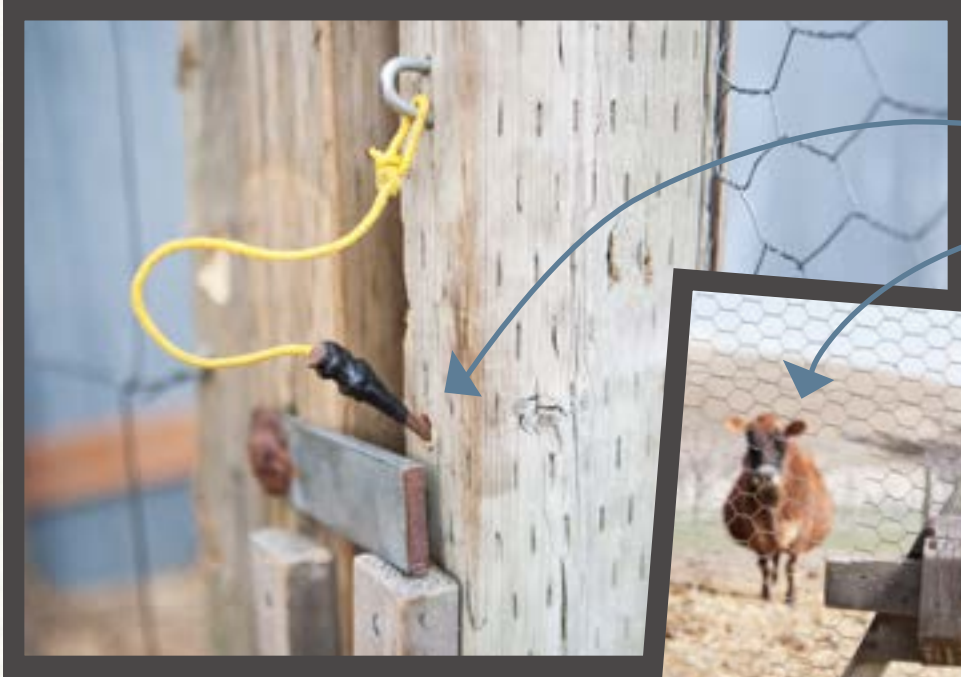
{ GARDEN GATE } with MaryJanesFarm | to earn a Sisterhood badge in our { GARDEN GATE } category, [CLICK HERE](#)



“ In the garden, my
soul is sunshine. ”

– Author Unknown





Our girls have figured out how to flip this gate open—hence the nail pin.



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35

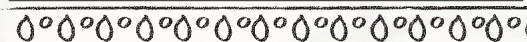
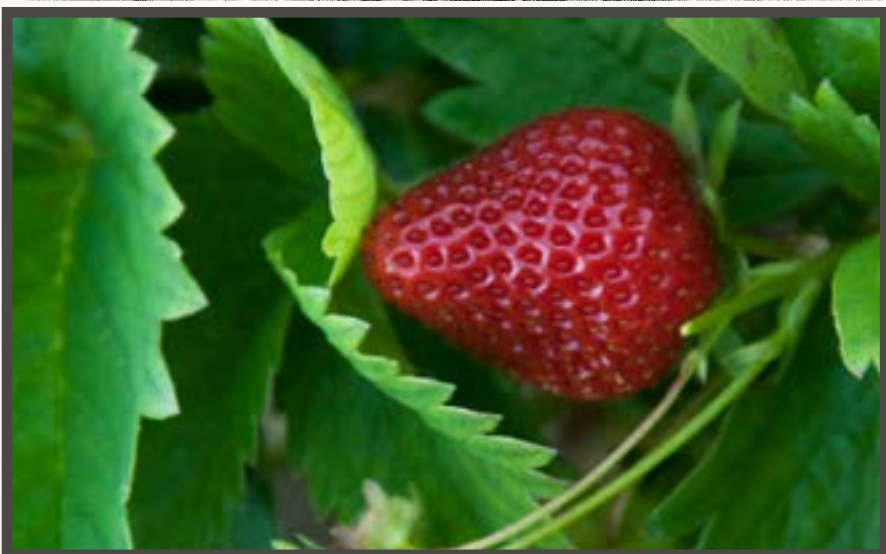


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Did you know gardening can whiten your teeth?

This past Saturday, I fertilized my strawberry patch. Easter weekend seemed like the perfect weekend for renewal. Every year, right after the snow finally melts, I dig into my stash of trusty organic **Bradfield Fertilizer** and then, while singing "Strawberry Fields Forever," I give my strawberry patch a new lease on life. Did you know that strawberries have long been used to naturally white teeth because their malic acid content helps remove stains from enamel? Why use commercial whiteners that contain questionable ingredients when you can brighten your smile with strawberries? Mash one strawberry with a pinch of baking soda, and you get a stain-buffing paste that can be safely used once a week. Spread it on a soft-bristled toothbrush, brush gently onto teeth, and leave the paste in place for about 5 minutes. Afterward, rinse and brush with toothpaste.

Speaking of toothpaste, when was the last time you stopped to read the ingredients on your tube of toothpaste? We're getting pretty good at scanning



food labels, but it may also be time to change the way you clean your teeth. I took a peek at a tube of popular toothpaste and was more than a little concerned by the contents. Among the chemicals listed, each of which poses one health risk or another, was triclosan. This chemical is touted as an antibacterial agent (read: pesticide) that will reduce oral bacteria, preventing gum disease. But what the labels don't report is that triclosan has been linked to cancer, hormone disruption, and liver damage. Not the kind of stuff you want in your mouth day after day, particularly when it is also known to accumulate in the body over time.

Perhaps the even bigger issue at hand is that the personal hygiene industry



has led us to believe that we must wage war on our bodies in order to keep them healthy. In the case of toothpaste, our mouths are portrayed as battlefields in which we're helpless to maintain cleanliness unless we attack the rampant germs with harsh disinfectants. Personally, I'm much more inclined to compare the mouth to a garden, a place where proper nourishment and a little chemical-free TLC will cultivate a balance that is both healthy and clean. To this end, I've come up with a list of ways to safely nurture our teeth and gums so that we won't be gardening in our dentures when we finally retire and can dawdle in our strawberry patches ALL DAY.

Homemade Toothpaste

Toothpaste needn't be a complex concoction. In fact, you can make your own simple formula for a whole lot less money than the store-bought variety. Try this recipe to keep your entire mouth in tip-top shape:

In a small bowl, mix 1 teaspoon baking soda, 1/2 teaspoon fine sea salt, and 1 drop of essential oil such as peppermint, clove, or cinnamon. Add a few drops of tap water and stir to form a paste. Dip your brush into the paste and use like any other toothpaste. The dry ingredients and essential oil can be mixed in larger quantities and stored in the medicine cabinet to be mixed with water as needed.

Wait to Brush

After eating, our mouths become more acidic, which, in turn, softens our tooth enamel and makes it susceptible to damage by toothbrush bristles. So it's best not to brush for about an hour after a meal.

Get Fluorine from Fresh Food

Fluorine is a natural trace element found in foods like herbs, avocados, cabbage, seaweed, and tea. When we eat these foods, our bodies convert the fluorine, fortifying bones and tooth enamel. The form of fluoride in toothpastes and city drinking water, however, is different (it's actually industrial waste) and has potentially harmful effects on health, and too much of



continued ...

37





continued ...

it is highly toxic (hence the poison-control warnings on toothpaste labels). The bottom line is that if your diet consists of a variety of whole foods, you're likely getting all the fluorine your teeth need. Think parsley! That's the reason it's used as a garnish on plates. But if you feel the need for a boost, nibble even more fresh parsley, or coriander, or mint leaves on occasion. These greens also work to gently cleanse the mouth and sweeten breath.

Try Tea for Your Teeth

Did you know that moistened tea bags can soothe canker sores, irritated gums, and toothaches? They can even be used to stop bleeding after a tooth extraction. What's more, because tea contains naturally occurring fluorine (green offers twice as much as black), it also impedes the growth of cavity-causing bacteria in plaque. And don't fret over tea-stained teeth; just rinse your mouth with water after drinking tea. The tea doesn't actually stain your enamel, just the plaque that builds up on top of it.

Renew and Reuse Your Toothbrush

Rather than sending your toothbrush to the landfill, soak it in undiluted vinegar overnight every couple of weeks to kill bacteria and extend its lifespan. And the next time you need to buy a new one, consider purchasing a **Preserve Toothbrush**. This brush is made from recycled Stonyfield Farm yogurt cups, and it can eventually be sent back to the manufacturer for recycling in a postage-paid return envelope.

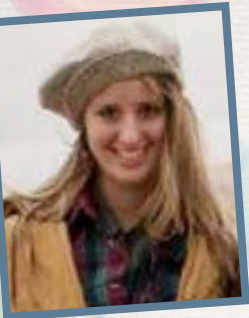
Mary Jane 



Sister Loves

{ our favorites ... just a click away! }

Karina's PICKS (JUST A CLICK AWAY)



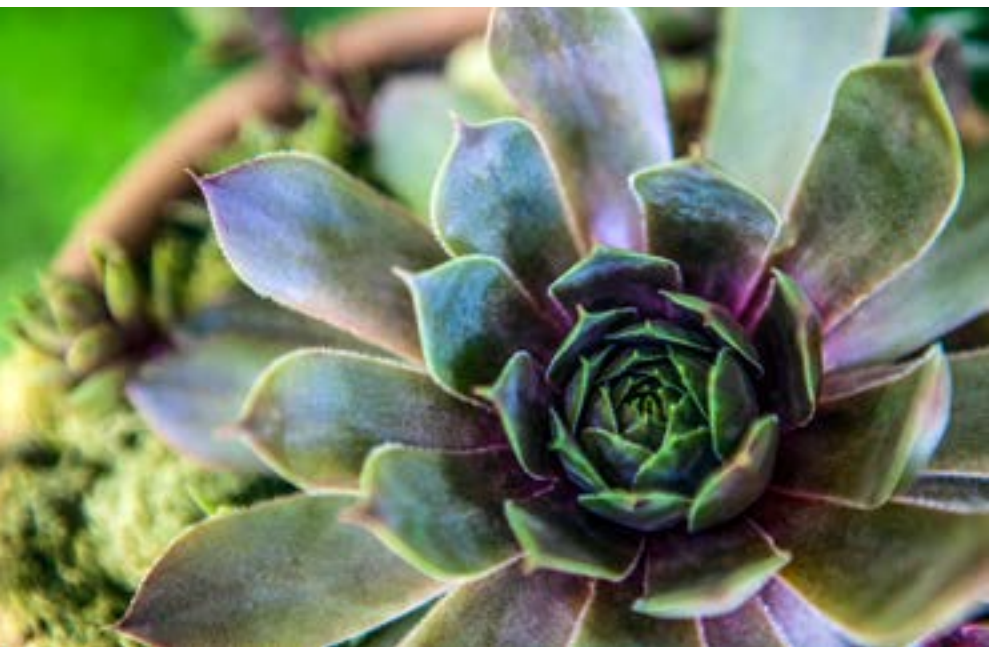
GRAPHIC DESIGNER
(SISTER #4)

I'm a small-town girl from Salmon, Idaho. My wedding next August will be outside, surrounded by mountains. I have always loved anything that has vintage inspiration behind it. Lately, my creative juices have been flowing with ideas for our save the dates. Here are some fun ideas that I found as inspiration.





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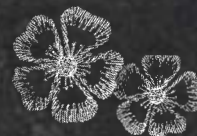
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Stitching & Crafting Room



Stitches of Fun & Laughter!



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



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

DIY Silk Wrap Bracelet

Etsy is a constant source of inspiration, and as a maker of things, I am often caught between wanting to support independent crafters and the desire to DIY. This month's bracelet strikes a happy medium between the two. I ordered my supplies from some very crafty folks on Etsy, and then assembled them into a one-of-a-kind bracelet right here at home.

The supplies are easy to customize—you need hand-dyed silk ribbon, hand-stamped initial charms in letters that mean something to you, and a wire-wrapped pearl or two (Stacy at **Mountain Blue Eye Jewelry** will make you whatever combination of metal and pearl you like). My bracelet includes a puka shell from my honeymoon. You can include a shell, charm, or even a subway token from a special trip.

No matter what you choose to add, your bracelet will be lightweight, comfortable, and unique. The nice thing about ordering jewelry components from Etsy is that you don't need any special tools or techniques to assemble your bracelet. You may want to buy a few different silk ribbons so that you can change the look of your bracelet on the fly. The ribbon is pre-edged and is super soft on your wrist. The variegated colors are super fun too! Once all of the bits and pieces have arrived, simply slip them onto the ribbon, wrap it around your wrist and tie it in a bow, and off you go!

Supplies

Mountain Blue Eye Jewelry: wire-wrapped pearl

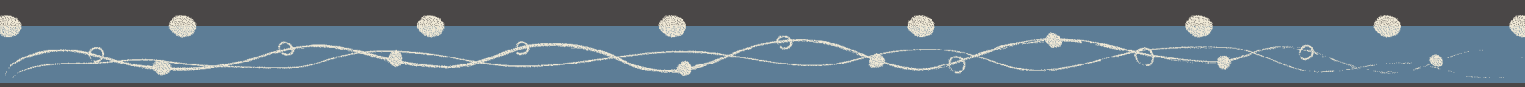
Cherry and Violet: hand-stamped charms in silver and gold filled

Supplied by HFG: hand-dyed silk ribbon



“ Find what inspires you, put your own spin on it, and try to create it. ”

— Amy Reeves





Make it Easy



Happy Hearts Make Light Work

{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.

Ladder Mania

Farmgirls have a peculiar affection for utilitarian objects. We even think they're elegant in a rustic sort of way. Not everyone would adoringly gush at the sight of a bountiful bouquet of old-fashioned flowers tucked into a watering can, but a farmgirl would. We also have a quirky love of vintage garden tools, pitchforks, and ladders. A small step-ladder can morph into the cutest bedside table you ever saw. Just add an old clock and a handful of daisies poking out of a blue canning jar.

Taller ladders also have plenty of decorative applications in the home. You can make a bookshelf out of a hinged ladder (just add a few boards). Or suspend an old orchard-style ladder from the ceiling to hang baskets or dried flowers from. My farmgirl pal, Michele, gifted me with "half a ladder" to hang from the rafters in my porch. I thought you might like to know how to do the same thing. My intention was to hang my collection of handmade baskets from the rungs. If you plan to hang heavier items from your ladder, you'll have to take that into consideration when choosing heavier C screws and hang hooks.

You'll need:

- small-gauge hemp rope or lightweight chain
- eight 2" long C-screws
- drill, needle-nose pliers, wire nippers, tie wire

Drill four holes into the top-side ends of the ladder—about 2" in from the ends. Make the holes slightly smaller than the diameter of the screws. The screws will go in much easier if you do this, but you don't want them to be loose. Now, twist the C screws into the holes until the open end of the C faces the inside of the ladder. Make sure you tighten the screw to the end of the thread lines. You'll need the pliers to tighten the C screws.

Next, plan where you'll need to place the other C screws into the ceiling beams. Your situation will be different than mine, but you can look at my photos and mime the idea to fit your needs. Tighten the C screws into place and decide how low you want the ladder to hang. Measure your rope approximately and give yourself some wiggle room on the length.





Tie a knot and slip it onto the C, then tighten. Now, hang it in place on the two C hooks and tie off on the other side when you're happy with the look of it. Measure the other piece of rope so that it will match the first side. Tie your knots good and tight. Hang the ladder as shown. It is adjustable, but stable. Balance the ladder side-to-side as needed.

To make hang-hooks for lightweight objects like baskets, cut several pieces of tie-wire 6" in length. Curl the ends into tiny loops by using your needle-nose pliers. Take hold of the end and take a tiny wrap. Repeat on the other end. I made 10 S-hooks in 15 minutes.

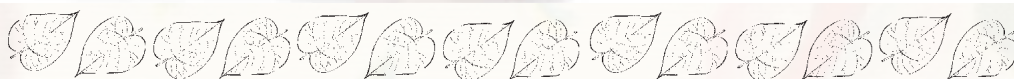
Now, wrap one end of the wire around something round—I used the neck on a watering can. An old pop-bottle neck would work also. Turn it around and do the same to the other end until you get an S shape. I like heavy-gauge tie wire because it's pretty strong and very adjustable.





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.

Burdock Herb-infused Witch Hazel



This recipe is such a convenient preparation that either can be used alone or incorporated into cosmetic and medicinal recipes. And it couldn't be simpler to make!

Witch hazel extract is produced from the leaves and bark of the North American shrub witch hazel, *Hamamelis virginiana*. It has astringent, antiseptic, anti-inflammatory, antimicrobial, antibacterial, antifungal, and anesthetic properties, making it an invaluable ingredient for many different medicinal and cosmetic preparations.

I especially love using herb-infused witch hazel as a facial toner, often incorporate it into facial wash recipes, and a small dab works great on blemishes. Beneficial for all skin types from oily to dry and mature skin, witch hazel is often used as an aftershave, to



cleanse oils from the skin, remove make-up, decrease bags under eyes and skin puffiness, reduce pore size, and to minimize varicose veins. Medicinally, witch hazel extract is often applied as a compress or added to bath water to assist with bedsores, bruises, eczema, insect bites, hemorrhoids, poison ivy or oak, bruises, sore muscles, swelling, psoriasis, cracked or blistered skin, diaper rash, windburn, and sunburn. Athletes sometimes rub witch hazel extract onto their arms or legs limbs prior to workouts to help prevent muscle strain, or after a workout to help relieve soreness.

Remarkably, this botanical has been used medicinally throughout history. The Native Americans applied poultices of witch hazel leaves and bark to treat hemorrhoids, wounds, painful tumors, insect bites, and skin ulcers. They also made witch hazel infusions for conditions including cuts, colds, heavy menstruation, tumors, and eye inflammation. In addition, witch hazel was used in folk medicine for backache, and internally for diarrhea, nervousness, nosebleed, vaginitis, and venereal disease.

Herb-infused Witch Hazel

Witch Hazel Extract Infusions, from left to right: Lavender & Rose Petal; Sage, Peppermint & Rosemary; and Lemongrass with Sencha Green Tea Leaves.

What you'll need:

- Witch Hazel Extract

It's best to use a high-quality organic witch hazel extract. Commercial witch hazel extracts usually contain more alcohol than actual witch hazel, and have only been distilled once. However, true witch hazel extract (like the one offered by Mountain Rose Herbs) has been double distilled, and contains 86% witch hazel extract and only 14% alcohol. This makes it more soothing than the versions found in stores, and it lacks the alcohol sting and scent.

- Herb(s) of Choice

Here some favorites, but feel free to be creative! You can infuse just one or can make a blend: Basil, Calendula, Chamomile, Elder flowers, Green Sencha Leaf tea, Lavender flowers, Lemon Balm, Lemon peel, Lemon Verbena, Lemongrass, Nettle leaf, Orange Peel, Peppermint, Rose petals, Rosemary, Sage, Red Clover flowers, Vanilla beans.



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Directions:

1. Place the dried herbs in a glass Mason jar, and cover completely with the witch hazel extract. Make sure that the witch hazel extract covers the herbs by at least 1–2" to account for swelling once that the herbs become hydrated. If the herbs swell and rise above the witch hazel extract, simply add more witch hazel extract until they are fully submerged.
2. Cap tightly and place in a cool, dark place like a cabinet or closet.
3. Allow to infuse for at least 2 weeks, shaking the jar daily or as often as you remember. You will notice that the witch hazel will quickly take on the scent and color of the herbs.
4. Once finished, strain the herbs out using cheesecloth or a fine cloth. Pour into a clean bottle, label, and enjoy!
5. Your herb-infused witch hazel extract can be used as a facial toner, to clean minor scrapes, as an aftershave, as a soothing sunburn relief spray, an itch relief for bug bites and other itchy areas, and much more. Or, it can be incorporated into your cosmetic and medical preparations. To create an especially lovely facial toner, mix it with an equal part of hydrosol and add a few drops of essential oil (optional). A small amount of vegetable glycerin may be added for dry and mature skin types.

Some precautions:

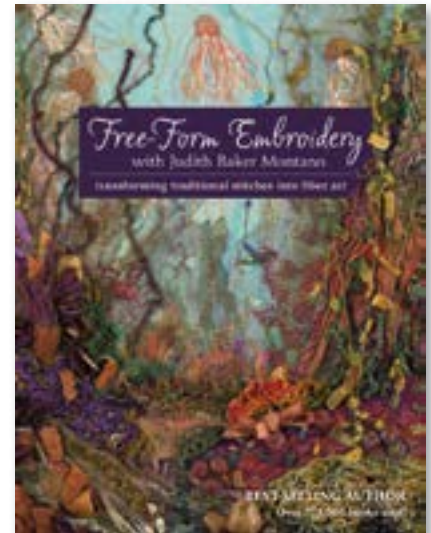
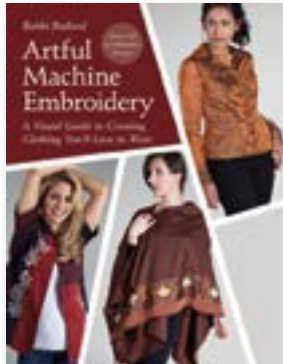
The FDA has approved witch hazel distillate as safe for external use in skin care products. Avoid using witch hazel extract close to the mucus membranes or in the eyes, as it contains a small amount of alcohol. It is best to use on this product on unbroken skin. External use of witch hazel extract could result in minor skin irritation for some people. Do not use on serious burns, cuts, or other wounds.



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IN 1997, I took over stewardship of The Barron Flour Mill, a four-story, 116-year-old building on the National Register of Historic Places. Joseph Barron, the third-generation miller who spent his life there milling grains, eventually pioneered the first certified organic flour in the Northwest. I created this easy-to-use organic baking mix in honor of Joseph and all the frugal farm women who served their families wholesome food ... on a budget.

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Outpost

Unleashing Your Inner Wild



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

Wild and Free Spring Salad! Purslane (*Portulaca oleracea*)

Description

Purslane grows flat along the ground with rubbery reddish-green stems branching in every direction. The thick, fleshy leaves are oval shaped and grow close to the stem (no leaf stalks). Tiny bright yellow flowers bloom only in late summer and fall in the morning sunshine.

Health Benefits

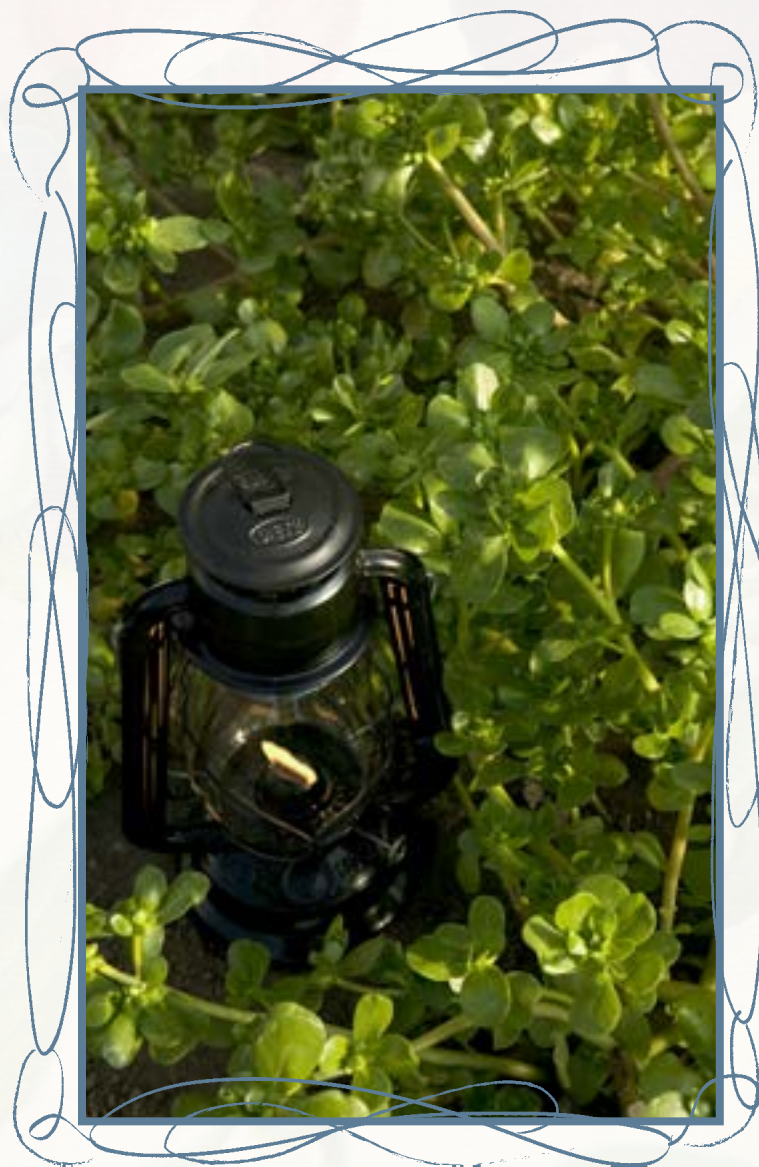
Purslane is a terrific plant source of omega-3 fatty acids and iron. It is also high in vitamin C and contains beta-carotene and calcium.

Harvesting

Purslane grows from late spring to fall on sunny ground that has been disturbed, like an area that has been tilled for a garden, but can also be found growing in partial shade. The entire plant is edible, but if only the leafy tips are gathered, the plant will continue to grow and replace the tips for picking again. Safety tip: snap a stem, and if there's white milky sap inside, it could be a poisonous plant that resembles purslane—DON'T eat it. Purslane stems have clear, watery liquid inside like an aloe vera plant.

Preparation

Purslane can be washed, eaten raw or cooked, and served just like spinach. The leaves and sweet-and-sour stems make tasty salad greens. Chopped purslane can be used as a thickening agent in soups, it's delicious sautéed in butter, and the thick stems make excellent mini-pickles.



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Indian Cucumber and Purslane Salad

(4 servings)

- 4 medium cucumbers, peeled, seeded, and chopped into 3/4-inch pieces
- 2 c purslane, leaves only
- 1/4 c finely chopped cilantro
- 1/4 c finely chopped onion
- 1 t cumin seeds, toasted
- 2 T vegetable oil (I prefer sunflower oil)
- 2 T rice vinegar
- 1/2 t salt

Place the cucumbers, purslane, cilantro, and onion in a bowl. Toast the cumin seeds in a small, hot saucepan until fragrant, about 1 minute. Combine seeds with the oil, vinegar, and salt. Toss with the vegetables and serve.

or dice and
serve with
fried eggs



MaryJane 



“ If we can teach our children to honor nature's gifts, the joys and beauties of the outdoors will be here forever. ”
– Jimmy Carter



“ Why have men always possessed an exclusive right to a sense of humor? I believe it is because they live out-of-doors more. Humor is an out-of-doors virtue. It requires ozone and light of the sun. And when the new woman came out-of-doors to live and mingled with men and newer women, she saw funny things, and her sense of humor began to grow and thrive. The fun of the situation is entirely lost if you stay at home too much. ” – Lilian Bell, 1897





Cleaning Up

The Work of Our Hands



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

Cleaning Up Your Diet

Spring cleaning isn't just for closets anymore, girls. This year, think how great it will feel to clean up your diet, too. First order of business: a sweetener sweep.

Sugar cravings are the bane of many women's diets. Being hooked on a cycle of sweetness leaves you tired, stressed, achy, overweight, and at risk for a slew of serious health problems down the road.

It's not a matter of weakness, and it's not as simple as the proverbial "sweet tooth." Research is mounting that proves a critical connection between sugar and brain chemistry. As former FDA Commissioner Dr. David Kessler explains in his book, *The End of Overeating*, sugar can trigger the same effects in the brain as highly addictive drugs like amphetamines and cocaine.

Not surprisingly, most sweet fixes are fueled by processed product additives like bleached white sugar and high-fructose corn syrup (HFCS). What's wrong with fructose? Fructose is the sugar found naturally in fruit (apples are about 7% fructose, and because fruits also contain fiber, they metabolize more slowly—a good thing). Most sweeteners, from sugar to honey, contain a mixture of fructose and glucose. But high-fructose corn syrup is 55% fructose, which can cause insulin resistance, raise triglycerides, and even result in liver disease. Unlike glucose, fructose cannot be used for energy by our cells; it can only be metabolized by the liver, and too much can result in problems.



And if you've started using raw agave nectar, thinking it's a healthy alternative, think again. Turns out, it's neither "raw" nor a "nectar," but instead is a product that's as highly processed, and as potentially dangerous, as HFCS. Producing this sweetener from the root starch of the agave plant is much the same as converting corn into HFCS, a chemical process that results in a liquid of 70–90% fructose, almost twice that of HFCS. Crafty marketing claims tell us that agave is a traditional Mexican "natural" sweetener, but the traditional miel de agave is made from boiling the sweet sap of the agave plant for hours until a maple-syrup-like concoction results. Like other highly refined sugars, commercial agave nectar is not as sweet as it may seem.

Artificial sweeteners are even more dangerous than high-fructose products. The FDA and the CDC have received thousands of complaints, including deaths, related to the use of aspartame since it hit the market in 1981. There are tons of documented symptoms associated with aspartame and its counterparts, neotame and sucralose, including: headaches,



heart palpitations, joint pain, weight gain, tachycardia (heart racing), breathing difficulty, seizures, rashes, anxiety attacks, hearing loss, nausea, depression, blindness, memory loss, and nerve damage. Yikes, right?

What about xylitol? Sugar alcohols like xylitol, erythritol, and mannitol aren't exactly unnatural (they originate with plant material), but you can't pluck them from your garden, either. These scientifically processed sweeteners are part of our sweep because they stimulate diarrhea and exacerbate existing irritable bowel symptoms like bloating, cramping, flatulence, and diarrhea. Xylitol is also poisonous to dogs, making many pet owners reluctant to keep products containing it in the house at all.

But wait—don't throw your hands up just yet! There are a number of non-sugar sweeteners that can safely complement a squeaky-clean diet.

Honey does a body good—its antioxidants protect your heart, it's been shown to improve memory and reduce anxiety, and it can even lower your cholesterol. And eating honey local to your area can help you ward off seasonal allergies.

Stevia, a plant native to South America, has been used for centuries as a natural sweetener. In fact, when artificial sweeteners were shown to have carcinogenic effects in the 1970s, Japan began producing stevia commercially for use in food and soft drinks, including Coca Cola. Stevia extract is 30 times sweeter than sugar, but it has no calories and doesn't affect blood glucose levels. It has even been shown to enhance glucose tolerance and help regulate blood sugar, making it an excellent choice for diabetics. Look for SweetLeaf brand stevia extract in powdered or liquid form at health food stores. A little goes a LONG way—you only need a tiny pinch to sweeten a cup of tea. Cooking with stevia can be tricky because you have to balance the missing bulk of sugar, but fabulous recipes are available on Pinterest and **Stevia.com**.

Another excellent source for organic natural sweeteners is **Glory Bee Foods**. In addition to honey, Glory Bee offers coconut sugar, maple crystals, malted barley, brown rice syrup, and other sweeteners. Not all of them are low calorie, but their moderate effects on body chemistry make them much more beneficial to our health.

Of course, who can stay away from sugar entirely? Remember what your grandma said: "Moderation!"

MaryJane 





Index Available!

We have all the back issues of *MaryJanesFarm Sister Issue* available for download on our website.

CLICK HERE to read back issues.

[TIP] Use the search/find tool in your browser to look up keywords in back issues.

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.

Upcoming Events:

Lindsborg, KS: Farmgirls on the Loose, May 2–5 (see p. 61)

West Bend, WI: Glamping Weekend, September 20–22 (see p. 61)

Walla Wall, WA: Vintage Market featuring Cool Finds & Sassy Salvage, June 14–15 (see p. 61)

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 trailer!)



Sister Loves

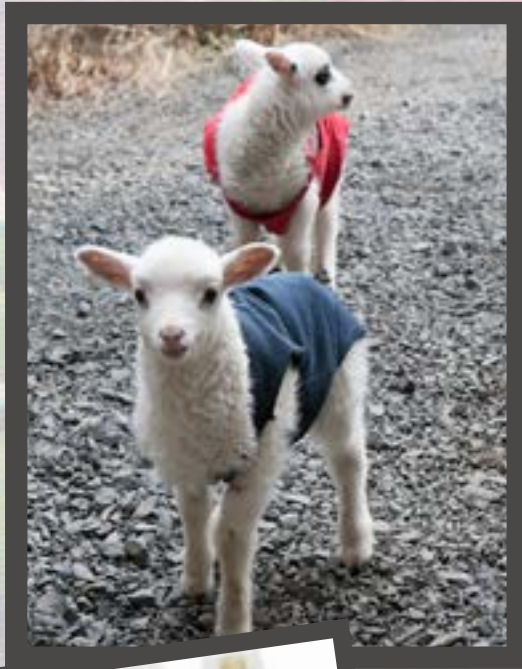
{ our favorites ... just a click away! }

Kim's
PICKS
(JUST A CLICK AWAY)



LIVESTOCK MANAGER
(SISTER #666)

It's finally spring and the air is filled with the sounds of birds singing, bees buzzing, and little hooves following along behind me wherever I go. My absolute favorite part of spring is raising bummer lambs. A bummer lamb is one whose mother can't or won't raise it. These cute little balls of fluff have to be bottle fed if they're to survive. Many sheep farmers simply don't have the time, so they sell them. For less than \$100 and sometimes, if you're lucky, FREE, you can bring home joy, laughter, smiles, and fun, all wrapped up in a woolly bundle. While bummer lambs can be raised in a barn, I prefer bringing them inside for their first month as the MOST adorable house pet EVER! All it takes is diapers, bottles, and a bag of milk replacer. You can also add a farm-themed Carhart onesie to help hold that diaper on. Prepare yourself for cuteness overload. My lambies love to be held and cuddled, even falling asleep sometimes in the arms of visiting youngsters. Like I said, ADORABLE!





April Special

buy-one, get-one **FREE**

buy a Sisterhood membership or renewal and get one free, in time for Mother's Day, the 12th of May

here's what's in the Sisterhood packet



Farmgirl Sisterhood Certificate



certified Farmgirl bumper sticker



MaryJanestFarm magnet



Farmgirl Sisterhood badge



Farmgirl Chapter Card



during checkout...

on our website, tell us how to allocate your memberships in ORDER COMMENTS. Something like: "Add 1 year to my membership, please. And the 2nd free year will go towards the membership I bought for my friend and here's her name/address/e-mail," or "Add both free years to my membership, please," etc. Or call my son, Brian, at the farm and he can take your information, 888-750-6004.

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farmgirl ingenuity • beauty • humor • honesty

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MARYJANESFARM®



Farmgirl Chatter



What are farmgirls chatting about?

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

Farmgirl Calendar:

Lindsborg, KS: Farmgirls on the Loose, May 2-5

It's time for the Farmgirls on the Loose to follow the yellow brick road and go to Lindsborg, Kansas, "Little Sweden USA," the land of the Wild Dala, Swedish meatballs, shopping and more! We'll be glamping along the Smoky Hill River from Thursday, May 2, to Sunday, May 5, 2013. Click [here](#) to learn more

West Bend, WI: Glamping Weekend, September 20-22

Calling all WI, IL, MN, and everyone else ... I would like to do a Glamping weekend here at my place in West Bend, WI. September 20-22. Weather here in Wisconsin will still be very nice. We have room for Campers and Tents; we have a small 1-car garage-size cabin and hopefully by then, a composting toilet. TeeHee!!! We all ready have a firepit for cooking and every other luxury we need. Crafting classes and a trunk sale, along with games, and I am sure LOTS of YUMMY FOOD and Farmgirl Chitchat!!! West Bend has a wonderful Farmers' Market on Saturday morning and close-by antique shops, resale shops, and lakes for fishing. Hope to see you all in September! Click [here](#) to learn more.

Walla Walla, WA: Vintage Market featuring Cool Finds and Sassy Salvage, June 14-15

There is a large area for campers to park and there will be no charge for Farmgirls on the Loose who will be "glamping" (but no trailer hook ups). Tours of farmgirl trailers encouraged! There will be food trucks and vendors selling merchandise or handcrafted items of a vintage nature. For more information and to make reservations for your camper spot, go to www.loveofjunk.com. You may also apply to be a vendor for this event.

Contacts: Barbara Floyd, Sister #4882, barbara@countryregister.com,
Rene Groom, Sister #185, renegroom@centurylink.net

Farmgirl Chatter:

Barnyard Buddies: What is your chicken's name and why?

Submitted by Joianm

Crazy Daisy. She wanders off, then freaks out when she realizes she's alone. She runs all over as if something is chasing her, but nothing is there. Preciousness in a feather coat. Share your chicken's name [here](#).



continued ...



continued ...

Barnyard Buddies: Beet pulp for horses and donkeys? Submitted by Luzu

I have a mini horse, two mini donkeys, and an old grandpa standard donkey. Just wondering if they can have beet pulp and how to feed them? I'm looking for something to add to their hay that's not too expensive, but still good for them. Feed prices are just awful, as I'm sure you all know. A guy at the Big R store told me that some people are buying straw and adding molasses to feed their cows. Just breaks my heart! Anyhoo, if anyone knows anything about beet pulp, please let me know. Share your experience [here](#).

Barnyard Buddies: Any fellow bird watchers? Submitted by KuntryKlucker

Hi all, I am new here and just love it!! I live out in the country and enjoy lots of bird watching. I take pictures of many of them as a hobby. Here are a few that I have taken. Share your photos [here](#).



Barnyard Buddies: Treating Dog's Warts/Moles. Submitted by Bella

My 13-year-old beagle has several moles and/or warts. Because of a previous blood-related illness, our holistic vet does not want to surgically remove them. She was treating them with herbal combinations up until the time my dog developed high blood pressure. Actually, I couldn't tell that those herbal concoctions helped one bit and I was paying for each and every application. I feel so sorry for my little Darcy, as she has one huge mole that hangs on the side of her mouth. Last night, after I gave her a baby carrot, I saw blood all over the place. She'd bit the mole. I freaked out, but did get everything under control. In today's paper, I read in the column "Dr. Fox, Animal Doctor" that apple cider vinegar can be applied to warts. There was a testimony from a dog owner who had used it on her Cocker Spaniel. Any thoughts on this or other ideas on how to remove these growths? Share your advice [here](#).

Barnyard Buddies: Pigs and fermented grains? Submitted by Kristin Sherrill

I went ahead and got two more pigs. I called about them a few days ago. Then started having nightmares. Almost called and told them I couldn't get them. But I did. Went today. My granddaughter, Kansas, begged to go with me. So off we went. Had to go up Lookout Mt. then down the other side. Then up Sand Mt. and across it. When we got to the farm, there were some kids there. A little girl about Kansas' age on a four-wheeler. They took off on that. Then I got to pick out the pigs. Her husband had to come load them. I got to hold their 3-month-old sweet little baby girl. I got two males. They are around 50-60 pounds. Part Berkshire and Yorkshire.

On the way home, with all the windows down, Kansas said she didn't think she'd go with me the next time I got pigs. It was SO nasty stinky. And the poor pigs got car sick! There must have been onions in the scraps they got before getting in the car. It was really gross. Poor Kansas was in the back seat too.

Anyway, the guy works at a brewery and gets all the spent grain and feeds it to their pigs. They love it. I have heard of people doing this. And a guy that got milk from me last year works at another brewery in Chattanooga. I was going to see



if I could get some from them. I also got on the list at a really good bakery in Chattanooga for their old breads. I did get a 5-gallon bucket of the grains to give to the pigs.

Now, I was just looking at a blog of a girl in Oregon. She has started fermenting grains and feeding them to her meat chickens, milk cow and goats, laying hens, and pigs. They seem to be thriving on this. So I am going to try it. All you do is pour any type of grain in a 5-gallon bucket or larger, cover with water to 3-4" over the grain, add about a 1/2 cup of raw ACV, and loosely cover. Let it sit until it bubbles and feed to the animals like you normally feed them. Has anyone ever tried this? She says it raises the protein percentage around 6-8% and saves her a ton of money. I'm going to town tomorrow and getting some Bragg's ACV and making a bucket.

Just wondered if anyone else does fermented grains? Share your experience [here](#).

Farm Kitchen: Pastry cloth? Submitted by FieldsofThyme

This may be a dumb question, but could I make my own pastry cloth? What material does it use? I don't have one, and now that I am getting back into making homemade bread (sandwiches, etc), I would love to have one. Give your advice [here](#).

Garden Gate: Does anyone else have spring fever? Submitted by KuntryKlucker

I have spring fever so bad. I just cannot wait till it gets warm outside so I can play in the dirt and plant flowers and plants. I have my veggie garden started in the kitchen window in seed pots. Plants are all coming up and looking great. My flower beds are weeded and ready for a new layer of mulch. I have flower gardens planned and ready for planting. Veggie gardens are tilled and ready for the new growing season. Share your story [here](#).

Herbal Wisdom: Comfrey/plantain salve. Submitted by Shawneefarmgirl

I thought of making a salve from these herbs. While looking up comfrey, it said not to use on broken skin. I thought it was a first aid cream that you could use on cuts, stings, burns, and such. Now I am confused. I do know that if it is a puncture-type wound, you should not use this for healing. What, then, would I use for cuts? Help me out, girls!! Give your advice [here](#).

Make It Easy: Displaying family heirloom hankies. Submitted by ceejay48

I was given a lot of hankies that belonged to my sister-in-law, my oldest brother's wife. She had many, many hankies, and after she passed away, my brother let her sisters have ones they wanted and then let me and my daughter have some. Quite a few, actually.

Then, a couple years ago, my mother-in-law, who is still living but in a nursing home situation, bedridden, and not "with us," gave me all of her hankie collection (this was before her current state). They are all so beautiful, soft colors, bright colors, different sizes, shapes, etc., and I've been thinking about a way to ENJOY them without having them stashed away in a box or drawer. So, I took three cup hooks and screwed them into the wall just below the ceiling over the



continued ...



continued ...

bi-fold closet doors in our bedroom. Then I tied 3/8-inch grosgrain ribbon to the cup hooks, and using tiny, pastel-colored clothespins, hung some of the hankies on the ribbon. They are in a place where they won't get disturbed but are very visible for enjoyment. Since this isn't permanent, I can change the hankies out to different ones, different color schemes, or whatever. Share your ideas [here](#).

Make It Easy: Crochet thread holder. Submitted by FieldsofThyme

On yesterday's island-wide garage sale day, I bought an accordion-style towel rack for 25 cents. I mounted it above the inside of my bedroom closet door to hold my crochet threads. At first, I thought I would need longer pegs on it, but they hang at the edge of the cardboard tube and do not fall off. What a deal, and what a nice way to get my threads off the floor and up into unused space (I have to be very creative in my old farm house). Share your creative projects [here](#).



Outpost: Trailer Aprons. Submitted by katmom

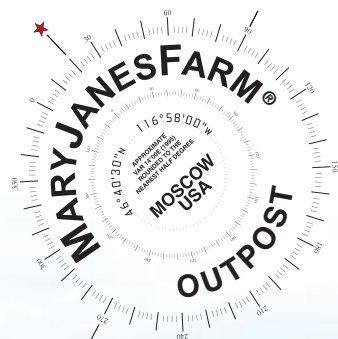
I have two aprons in my Serro Scotty trailer ... one is a blue and white dotted Swiss apron, and the second has Scotty dogs all over it. In my "Farmgirl on the Loose" trailer, I have a fruit-pattern apron and a red gingham apron. And now ... I have my first of two aprons for "Tin Cup," our 1965 Silver Streak trailer! Share your story [here](#).

Outpost: Backyard Glamper Party – Arizona 2013 – PHOTOS!!!

Submitted by ceejay48

03/24/13: Check out our pics on the last few pages of this thread. It's been a fun, FUN, FUN time! See more photos [here](#).





Are you prepared for an emergency?

MaryJane's just-add-water organic meals—everything from instant pastas and grains to soups to breads to desserts—are available in 3-lb bulk oxygen-free bags for emergency preparedness long-term storage. Shelf life: 15+ years; breads: 5–8 years.

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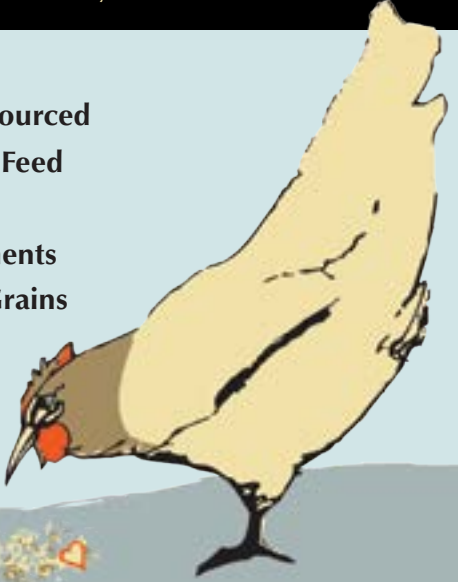
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Farmgirl Sisterhood



Social Media

I'm doubling back to make sure you're aware of all the social media happenings at MaryJanesFarm, because you won't want to miss a thing—especially the moment when YOU'RE the sister featured on one of our Facebook pages simply because you're just so farmgirl awesome or you've earned a badge or your blog post from our Sisterhood blogging community over at **www.GirlGab.com** was featured. (This is my favorite daily pleasure. I LOVE GirlGab!)

As ladies of the Sisterhood, now numbering 4,945 (and counting), we've earned an amazing number of Merit Badges so far—6,765 total! We've recently started alerting earned Badges daily on our MaryJanesFarm **Facebook** page. We started out alerting just the expert-level earners, but decided recently to alert all levels AND add photos if you include them. We're just so durn proud! Can you hear the clucking?

My blog, **www.raisingjane.org**, is a little bit more of the fun and frilly that you've come to expect from MaryJanesFarm, and is my outlet for conversation in between magazines.

If you're a Facebook or Twitter kind of gal, you'll find my posts teased on my **Twitter** account and my **Facebook** account. Updates for all things glamorously glampifying for International Glamping Weekend can be found **here**, at its Facebook fan page.

Facebook and Twitter not your thing? Then, our **Pinterest** page can keep you up-to-date with recipes, projects, products, and beautiful images captured here at my farm.





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!

Thank you so much for my beautiful charm. I received it last week and have enjoyed wearing it and showing it to my friends and family. Can't wait to get our Chapter off the ground here in Cherry Valley.

Thank you again,
Mary Bronson



Elaine!!!

Thank you so very much for the beautiful Farm Gal necklace!!! I beyond love it! I really feel part of something grander when I wear it. You made my day when I opened my little burlap bag, truly.

kindness counts,
Kim



Sister Hoodies



Get Your Sister Hoodie On!

I'm a hoodie aficionado. The first thing I do when I get ready for some down time is evacuate my bra, put on a baggy cotton shirt, some loose tights, comfy socks, a pair of **Tom's shoes**, and a HOODIE!!!! But not all hoodies are created equal. Some are a bit too heavy and stiff, especially after they've been washed the first time. Some are too thick and bulky. Those hoodies that are partially synthetic, pill over time. (Gross.) Some are too tight or too short in the arms, or baggy going into the banding on the waist. Some are ...

See what I mean? I'm a hoodie fussbudget. Speaking of budget, I went on a mission. I wanted to come up with a 100% *organic* hoodie that didn't cost a fortune and met all my fussy particulars. I wanted it in several different colors to suit my mood and the season (I wear a hoodie in all four.) I wanted ...

There I go again. Fussy. When I finally came up with my dream hoodie, my husband said, "You should share them with your Sisters and call them Sister Hoodies." (Now you know why I love him.)

Here SHE is ... and with a SISTERHOOD embellishment thrown in (for you to attach). Read on ...





With your Sister Hoodie, you'll receive one washable 4 1/2" printed muslin square, some embroidery floss, and a needle. For now, we have four different embellishment choices (below). Then, you decide where to announce your Sister Hoodie uniqueness! Think top of arm, middle back, lower sides (for the more trendy, groovy Sisters—I mean younger), lapel, or why not, she even looks **"good in the hood."**

One last thing: Because each hoodie is a custom order, please be patient with us. It may take a couple of weeks before we can ship it, but we'll let you know the minute it's on its way to you.

Choose
from:

1



2



your Sisterhood
Number HERE

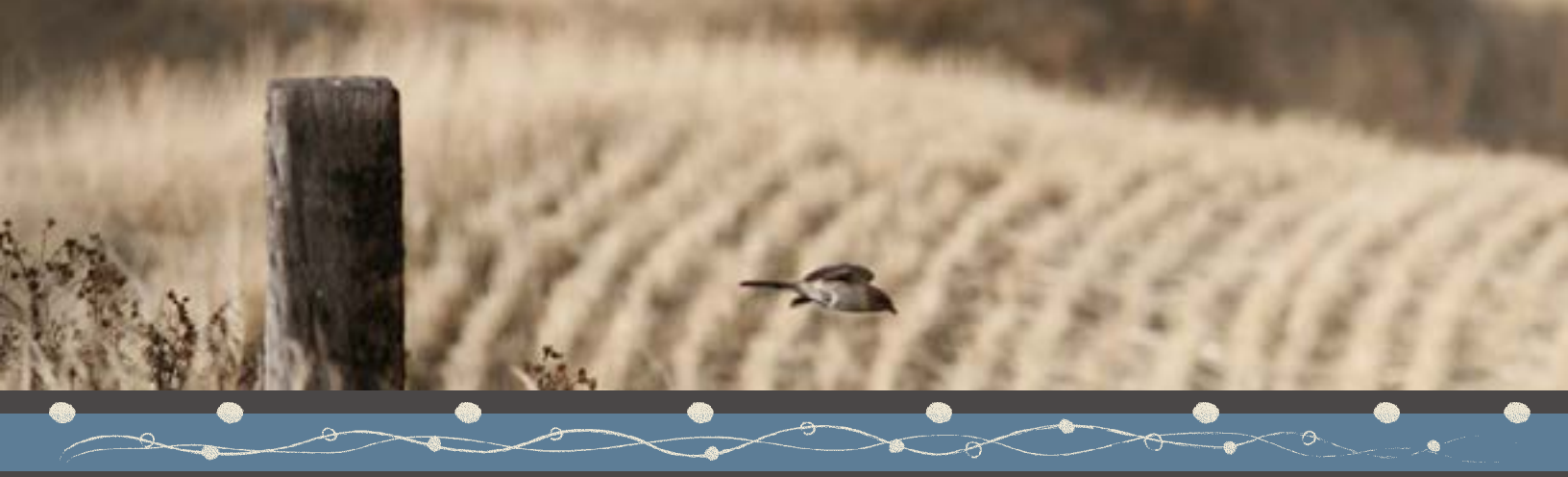
3



4



continued ...



continued ...

Made in USA

Certified 100% ORGANIC COTTON fleece combed ring spun 7.2 oz/sq yd.

Item Details:
hood with drawstring
full front zipper
two front pouches

Women's Sizes

	S	M	L	XL	2XL
Front Body Length (from HPS)	27"	28"	29"	30"	30"
Bust Measurement (1" below armhole from armhole to armhole, NOT around chest)	19.5"	21.5"	23.5"	25.5"	27.5"

Colors



Please note:

- Front Body Length could vary 1" up or down in length.
- Chest Measurement could vary 1/2" up or down on width of chest.
- Because dye lots may vary, color matching on all shipments not guaranteed.

Laundry instructions:

Cold wash, like colors.
Line dry preferred or dryer/very LOW heat.

Meg is wearing a size small

HPS
(high point shoulder)

BUST
(1" below armhole)

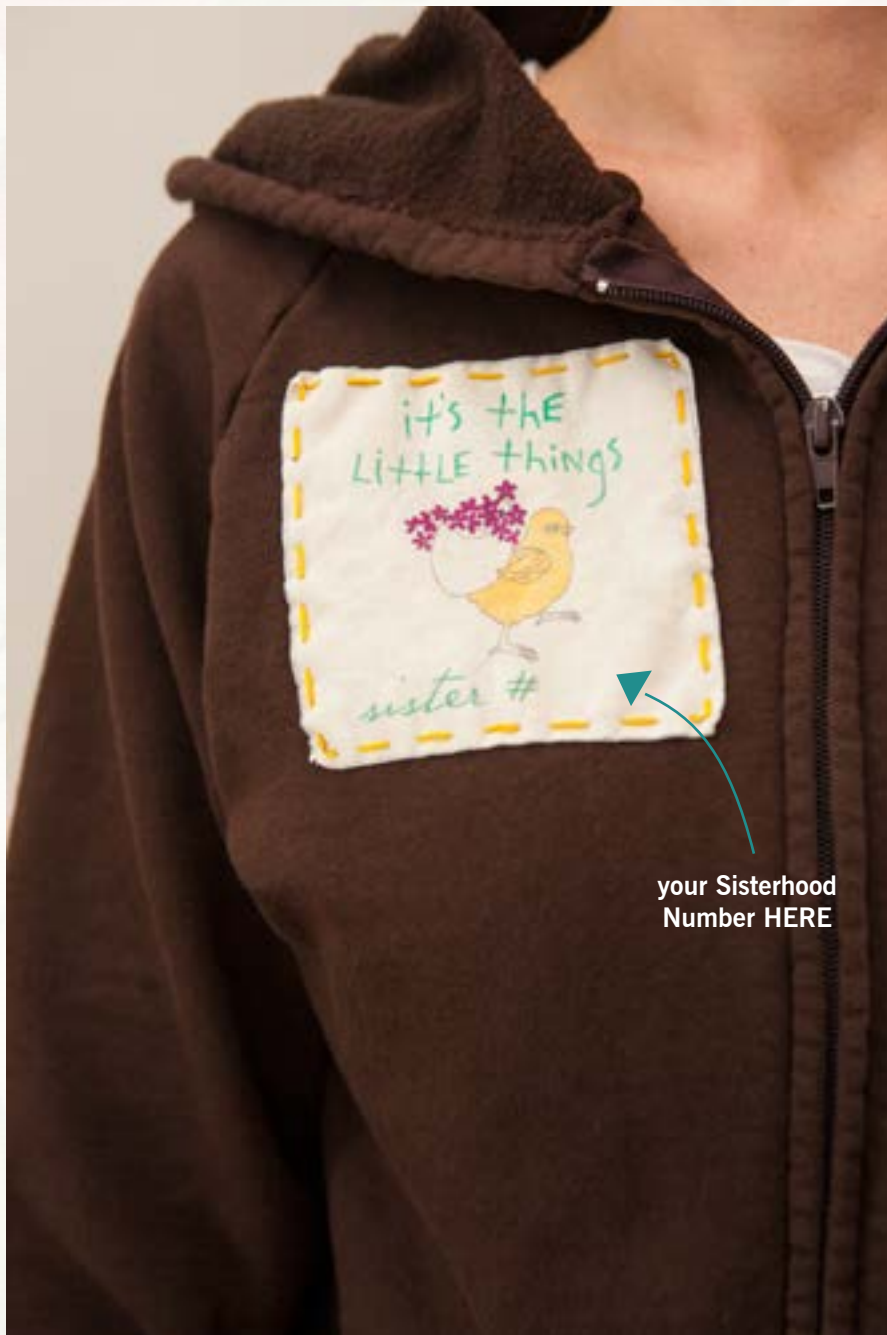




Order your Sister Hoodie!

(CLICK HERE)

P.S. Don't forget to give us your
Sisterhood Number.





Merit Badge

Awardees



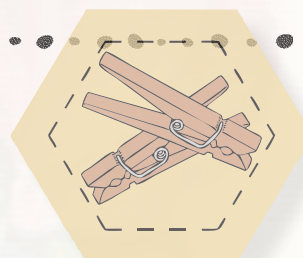
Merit Badge Awardees

Alison Bayne: MumtopianAlly #4833

Beginner badge: Each Other / Blogging

Beginner badge: Stitching & Crafting / Aprons

Intermediate badge: Each Other / Blogging



April Choate: sonshine4u #658

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

Intermediate badge: Make it Easy / Let's Get Physical

Bea Campbell: quiltingbea #2575

Intermediate Level: Stitching & Crafting / Quilting



Christine Andrade: mtcs777 #4612

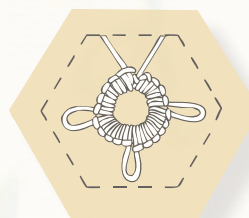
Beginner badge: Stitching & Crafting / Knitting

Intermediate badge: Stitching & Crafting / Knitting

Expert badge: Stitching & Crafting / Knitting

CJ Armstrong: ceejay48 #665

Expert badge: Garden Gate / Herbs



Christina Marsden: #4411

Beginner badge: Garden Gate / Backyard Farmer

Darla Armstrong: cowgirlup@21 #4391

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

Intermediate badge: Make it Easy / Let's Get Physical

Dawn Perry: #2493

Beginner badge: Cleaning Up / Recycling

Intermediate badge: Cleaning Up / Recycling

Intermediate badge: Farm Kitchen / Forage for Food



Deborah Meyer: dmeyer #4099

Expert badge: Each Other / Blogging

Denise Meister: Denisemgm #1976

Beginner badge: Each Other / Languages/Culture



Beginner badge: Garden Gate / Herbs
 Beginner badge: Make it Easy / Relaxation
 Beginner badge: Make it Easy / Music
 Beginner badge: Cleaning Up / Recycling
 Intermediate badge: Cleaning Up / Recycling

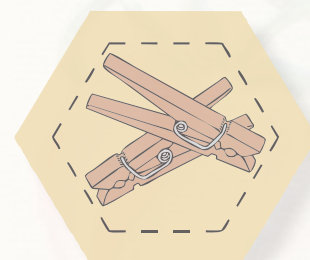
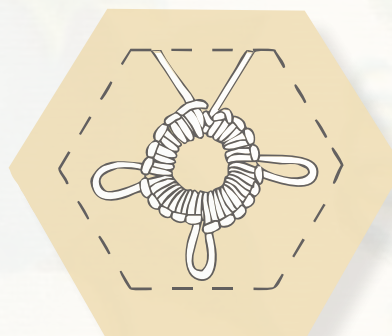
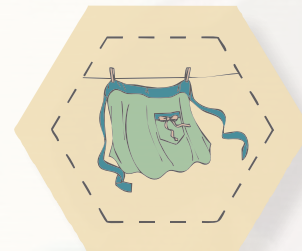
Elizabeth Crick: madinet85
 Beginner badge: Cleaning Up / Shopping Green

Emily Hack: alterationsbyemily #2951
 Beginner badge: Stitching & Crafting / Origami
 Beginner badge: Stitching & Crafting / Knitting
 Beginner badge: Stitching & Crafting / Tatting
 Beginner badge: Garden Gate / Herbs
 Beginner badge: Garden Gate / Heirlooms Forever
 Beginner badge: Make it Easy / Make It!
 Beginner badge: Make it Easy / Relaxation
 Intermediate badge: Farm Kitchen / ChillOver ComeOver
 Intermediate badge: Garden Gate / Secret Life of Bees
 Intermediate badge: Stitching & Crafting / Quilting

Heather Smith: hsmith #4844
 Beginner badge: Each Other / Blogging
 Beginner badge: Garden Gate / Herbs
 Intermediate badge: Each Other / Blogging
 Expert badge: Each Other / Blogging

June Chichizola: #4294
 Beginner badge: Stitching & Crafting / Scrapbooking

Karen Price: kkprice #411
 Beginner badge: Each Other / Community Action
 Beginner badge: Each Other / Blogging
 Beginner badge: Each Other / Farmgirl Spirit
 Beginner badge: Each Other / Entrepreneurial Spirit
 Beginner badge: Each Other / Farmgirl Grammar
 Beginner badge: Farm Kitchen / Recipes
 Beginner badge: Farm Kitchen / Self-Sufficiency
 Beginner badge: Garden Gate / Backyard Farmer
 Beginner badge: Garden Gate / Herbs
 Beginner badge: Garden Gate / The Secret Life of Bees



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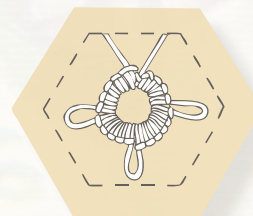
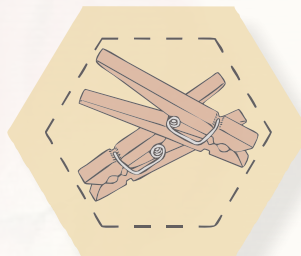


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Beginner badge: Garden Gate / Gaining Ground
 Beginner badge: Garden Gate / Horse Dreams
 Beginner badge: Make it Easy / Light the Way
 Beginner badge: Make it Easy / Make it Pretty
 Beginner badge: Make it Easy / Relaxation
 Beginner badge: Outpost / First Aid
 Beginner badge: Stitching & Crafting / Sew Wonderful
 Beginner badge: Stitching & Crafting / Crochet
 Beginner badge: Stitching & Crafting / Knitting
 Beginner badge: Stitching & Crafting / Buttoned Up
 Beginner badge: Stitching & Crafting / Scrapbooking
 Beginner badge: Stitching & Crafting / Spinning
 Beginner badge: Stitching & Crafting / Cross-Stitch
 Beginner badge: Stitching & Crafting / Origami
 Beginner badge: Each Other / Languages - Culture
 Beginner badge: Stitching & Crafting / Homespun Christmas
 Intermediate badge: Stitching & Crafting / Buttoned Up
 Intermediate badge: Stitching & Crafting / Crochet
 Intermediate badge: Stitching & Crafting / Cross-Stitch
 Intermediate badge: Garden Gate / Herbs
 Intermediate badge: Farm Kitchen / Recipes
 Intermediate badge: Each Other / Entrepreneurial Spirit
 Intermediate badge: Each Other / Farmgirl Spirit
 Intermediate badge: Each Other / Community Action
 Intermediate badge: Each Other / Blogging
 Intermediate badge: Make it Easy / Relaxation
 Expert badge: Garden Gate / Herbs
 Expert badge: Each Other / Blogging
 Expert badge: Stitching & Crafting / Crochet
 Expert badge: Stitching & Crafting / Buttoned Up
 Expert badge: Each Other / Farmgirl Spirit
 Expert badge: Each Other / Entrepreneurial Spirit

Katrina Bogdon: ourhealingroots #4763
 Beginner badge: Each Other / Blogging

Katrina Smith: Kat-Nina #4813
 Beginner badge: Farm Kitchen / Get it Together
 Beginner badge: Stitching & Crafting / Embroidery

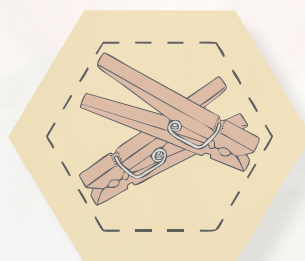




Beginner badge: Each Other / Farmgirl Gratitude
 Beginner badge: Make It Easy / Make It Pretty

Kristina Nelson: FieldsofThyme #800

Beginner badge: Farm Kitchen / Cheesemaking
 Beginner badge: Stitching & Crafting / Weaving
 Beginner badge: Outpost / Glamping
 Intermediate badge: Farm Kitchen / Cheesemaking
 Intermediate badge: Make it Easy / Relaxation
 Expert badge: Make it Easy / Relaxation



Lauren Fach: farmgirlontheridge #4898

Beginner badge: Cleaning Up / Shopping Green
 Beginner badge: Cleaning Up / Water Conservation
 Beginner badge: Cleaning Up / Recycling

Loran Watkins: Loran #2471

Beginner badge: Each Other / Blogging
 Intermediate badge: Each Other / Blogging
 Expert badge: Each Other / Blogging

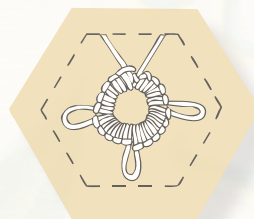


Lori Day: #4829

Beginner badge: Stitching & Crafting / Cross-stitch
 Beginner badge: Make it Easy / Let's Get Physical

Lyn Szabo: Iszabo #4905

Beginner badge: Garden Gate / Birds
 Intermediate badge: Garden Gate / Birds



Mary Duffel: Madelena #3153

Beginner badge: Stitching & Crafting / Sew Wonderful
 Intermediate badge: Stitching & Crafting / Crochet

Sarah Jose: SarahJ #116

Beginner badge: Stitching & Crafting / Knitting

Shari Dodd: Ms. Hannigan #1158

Beginner badge: Farm Kitchen / Know Your Food
 Intermediate badge: Farm Kitchen / Know Your Food
 Expert badge: Farm Kitchen / Know Your Food

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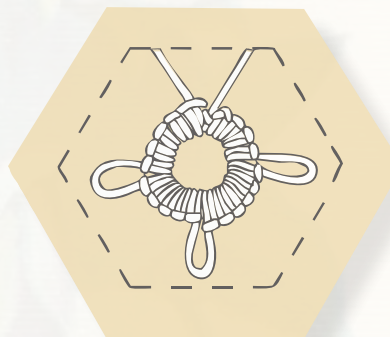
Sherrilyn Askew: Sherri #1350

Beginner badge: Garden Gate / Gaining Ground
 Beginner badge: Garden Gate / Backyard Farmer
 Beginner badge: Garden Gate / Herbs
 Beginner badge: Farm Kitchen / Cheesemaking
 Beginner badge: Farm Kitchen / Unprocessed Kitchen
 Beginner badge: Make it Easy / Build it Green
 Intermediate badge: Garden Gate / Herbs



SuZan Brown: imascholar2 #4394

Beginner badge: Each Other / Entrepreneurial Spirit
 Intermediate badge: Each Other / Entrepreneurial Spirit



Tami Erwin: mrschupa #4684

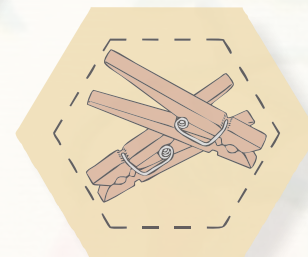
Beginner badge: Stitching & Crafting / Aprons
 Beginner badge: Stitching & Crafting / Sew Wonderful

Teri Henningsen: TeriSue #4773

Beginner badge: Each Other / Farmgirl Gratitude

Tiana Hodge: hodgelodge #4817

Beginner badge: Cleaning Up / Water Conservation



Victoria Montoya: EastTXFarmgirl #549

Beginner badge: Each Other / Entrepreneurial Spirit

Wendy Darnielle: Wdarnielle #4858

Beginner badge: Stitching & Crafting / Crochet

Whittney Chaney: neeneee #3203

Beginner badge: Cleaning Up / Shopping Green





Farmerettes & Young Cultivators

Young Cultivators

Jalisy Hodge: Mentoring Sister #4817
Beginner badge: Garden Gate / Green Thumb Kids

Elaine Seibert: Mentoring Sister #4773
Beginner badge: Each Other / Let's Go to Town
Beginner badge: Garden Gate / Horsing Around
Beginner badge: Stitching & Crafting / Toys



Woo-Hoo!

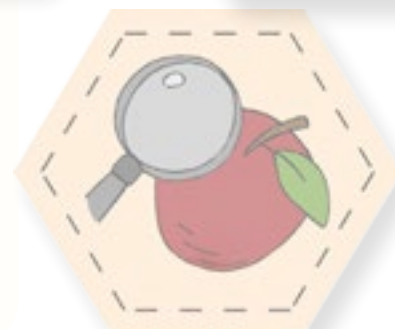


What's a Farmerette?

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

What's a Young Cultivator?

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





Young Cultivators Group

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

Salt Dough Eggs

It is spring, and fresh, local eggs are back in season here in Idaho. My kids have been enamored with eggs lately, so we mixed up a batch of salt dough and made eggs to paint over Spring Break. To make your own salt dough, add 1 cup warm water to 1 cup salt. Let it rest a few minutes until the salt begins to dissolve, and then mix in 2 cups of all-purpose white flour. (We tested this recipe with whole-wheat flour, but the dough didn't stick together as well.)

Once the dough is ready to knead, toss it onto a floured cutting board, knead, and roll it out with a rolling pin. To form an egg, take a bit of tin foil and scrunch it up to create a firm base shape. Now layer sections of the dough over the foil until you have covered the entire egg. Run a moistened finger over any cracks to smooth them out. Place your salt-dough eggs onto a cookie sheet and pop them in the oven at 200°F for a few hours. Once your eggs are hard, remove them from the oven and allow them to cool before decorating with craft paint. Make sure that you paint all sides of your salt-dough egg to seal it.

Other great uses for salt dough include making tiny animals, play foods, bugs, and larger circles with a small child's handprint pressed into the dough.





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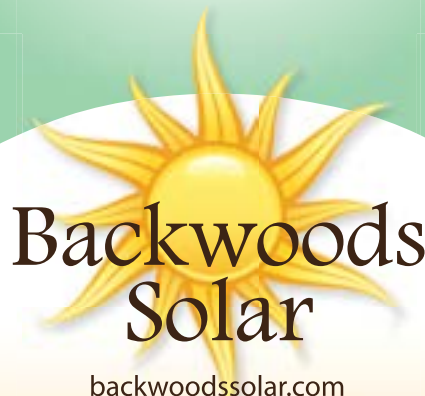
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Meet our Bloggers

Being a farmgirl isn't where you live, but how you live!

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 (the occasional) 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.”

NEWS FROM THE HOMEFRONT ...

whether that home is
city, rural, suburban, mountain,
ranch, or beach

www.maryjanesfarm.org



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.'"



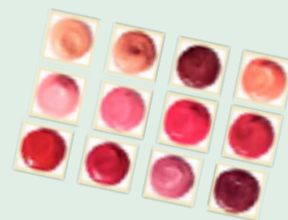
Nicole's FAVORITES

suburban
FARMGIRL



Who doesn't love a fun new lip color? It's the one beauty product I can't live without. I've heard it said that the average woman eats from four to nine pounds of lip color in her lifetime! Whether or not that's true, it does make me think about what goes on my lips. I've always had a love affair with lipstick and gloss, from that very first tube of rosy pink my mom let me buy as a tween from the five-and-dime. Natural lip color has been one of the hardest products for me to convert to, so when Burt's Bees announced their new 100% natural lip gloss (\$9), I couldn't wait to try it! This colored gloss in a tube is the perfect, natural alternative

to petroleum-based lip products. Shiny without being sticky, it delivers sheer, yet "build-able" color that doesn't separate on my lips. There are 12 sparkly colors with names like "Fall Foliage" and "Ocean Sunrise." I picked up "Nearly Dusk," a go-with everything mauve; "Starry Night," a shimmery dark plum; and "Rosy Dawn," a perfect spring pink. You can find them at Target, CVS, your local grocer, or on the **Burt's Bees' website**.



IN THE *spring*,
AT THE END OF THE
DAY, YOU SHOULD
SMELL LIKE *dirt*.

— Margaret Atwood

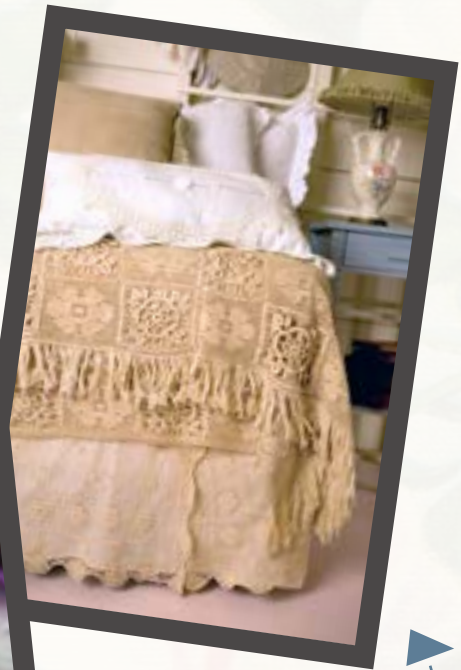
Coming Soon to a Magazine Near You

I'm such a tease ...

Now, haven't we all been told not to judge a chair by its cover, especially when you can paint the fabric a different color? I kid you not. I'll show you how in the next issue of *MaryJanesFarm*. Also, chalkboard décor, rebel quilting, DIY bedskirts, E-Z homemade feta cheese, and wading-pool gardening. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here!](#)



Wading-pool Gardens



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Spicy Black Bean Cups
w/ Fresh Corn Salsa

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GELATIN ALTERNATIVE

“

Hi MaryJane,
My name is Linda Stritzel and I'm the one attached to this jar of jam! I live in a rural area near Robertsville, Missouri. I love gardening, cooking, sewing ... Oh, what the heck, I just love LIFE! I was so excited when I found your magazine. It's been very inspiring to me. I feel a connection with every page, front to back.

It's strawberry season here in Missouri, and I was looking for an easy way to make low-sugar strawberry jam. I love using the whole fruit. I was thumbing through my favorite *MaryJanesFarm* magazine—the one with the ChillOver recipes—and I thought, 'Why can't I make jam with MaryJane's ChillOver powder?'

So I came up with this super-easy jam recipe. The results were amazing. I actually like it more than traditional pectin recipes—I didn't realize how much flavor pectin robs from the fruit! The color, taste, and texture are perfect. I'll be sure to have plenty of ChillOver powder ready for the next jam season!

”
Your Midwest farmgirl,
Linda

✱ You'll find several jam recipes using our ChillOver Powder in the magazine section of our website:
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Magazines, Books & More



Our April/May issue ("Mother Lode") hit newsstands on March 12. In it, you'll find recipes for canning-jar syrups and desserts; get ideas for a handcrafted baby shower; see amazing hexagonal quilts (made by a man!); meet some fascinating Farmer Janes; and more.

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

If you have a subscription, you should have received your magazine by about March 15. (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:

April 1 ~ April Fools' Day
April 3 ~ National Day of Hope, National Walking Day
April 7 ~ World Health Day
April 10 ~ National Farm Animals Day
April 14 ~ International Moment of Laughter Day
April 15 ~ Tax Day
April 16 ~ National Library Day
April 18 ~ National Wear Your Pajamas to Work Day
April 20 ~ Husband Appreciation Day
April 22 ~ Earth Day
April 23 ~ National Picnic Day
April 26 ~ Arbor Day
April 27 ~ National Tell a Story Day
April 30 ~ National Honesty 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!](#)



**4,945 Sisterhood members and
6,765 Merit Badges earned —
growing stronger every day!**



Until next time ...

We love coming up with ideas like the farm-themed return address labels in our last issue. But we especially love hearing from you!

Greetings Brian,

A note to thank you for my MJF Sisterhood membership renewal package I received today. I began smiling the minute I saw where the package was from, then a bigger smile at the photo on the outside of the folder, again bigger seeing your post-it note regarding the fancy padded envelope. Final happy face—looking at my new certificate AND adorable return address labels. I will be the envy of all of my Farmgirl Sisters with these.

Julie Mesdag



Wondering who Brian is?
Go back to the sidebar on
p. 32 to find out.