

MARYJANESFARM®

Sister Issue

August 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

“Sisters share a special friendship
that lasts a lifetime.”

— Author Unknown



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{ just a click away! }



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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.



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MaryJane



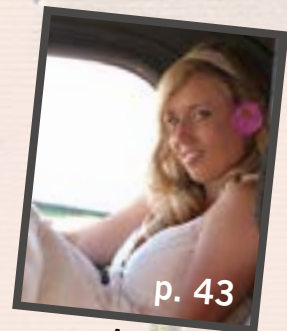
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Megan



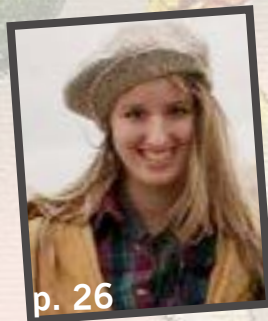
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Saralou

Hello from Sister #1



Take time to DRY the roses ...

"Potpourri is a symbol of the things we hold onto throughout our lives, little things we cherish," writes Shery Jespersen on our Ranch Farmgirl Blog (www.rfgblog.maryjanesfarm.org). "I've made potpourri for many, many years. It lets me bring the outside inside. Each little petal, flower, twig or natural trinket is like a pleasant thought or a memory. I have a large birch-bark basket whose sole purpose is to collect my sentimental coffee table 'mulch'. Every year or so, I toss out the old stuff and start over with a fresh batch and then add to it over the year ... pine cones and flowers from trail rides, roses from my beloved, etc, etc."

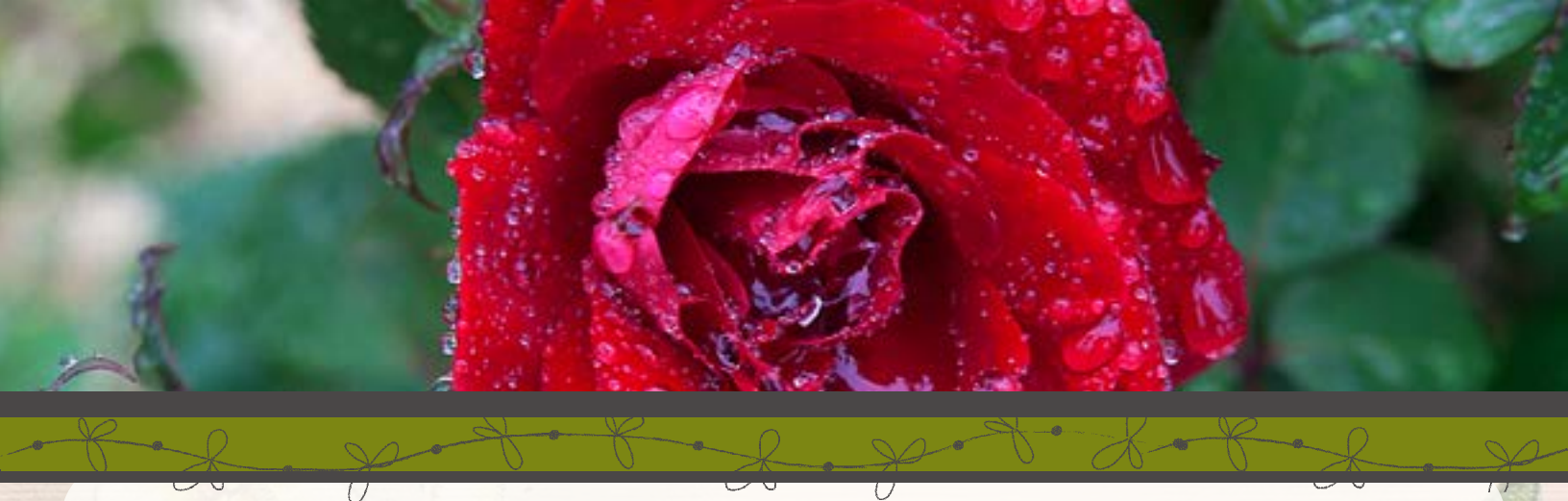
Shery's metaphor is perfect, don't you think? Potpourri, in all its understated loveliness, can provide so much more than mere room perfume, particularly when you make it yourself. By gathering, mixing, and coaxing sumptuous fragrances from bits and pieces of nature, we also create a ritual to remind ourselves how to best cultivate our own lives. It's all about picking stuff that pleases us and using that variety to brew peace and pleasure for ourselves and those around us.



"Beautiful Wear" by
magnoliapearl.com



Don't toss your summer bouquets! To quick-dry petals, buds, and leaves, simply spread in a single layer on a baking sheet and place in the sun or in a warm oven.



What's in a Name?

Before potpourri was a synthetically perfumed staple in discount stores, it was a labor of love that originated sometime around the dawn of history (traces of rose-petal potpourri have been found in excavations of ancient Egypt). But with a dollop of art and a pinch of science, potpourri-making became a wildly popular pastime in 17th century France. Starting with delicate flowers in the spring and elaborated upon with herbs and other sweet-smelling tidbits throughout the summer, potpourri was a sort of recycled garden in its own right. As the months passed, the gathered goodies would wilt and ferment in a crock (much like sauerkraut!). In the fall, Victorian practitioners would add salt, spices, and natural scent stabilizers before unveiling their creation to the air. This process spawned the French term “potpourri,” which actually means “rotten pot”!

Some modern potpourri enthusiasts still employ a process of fermentation to create their scent-sations, but there are simpler ways to go about it that don't require rotting. Whether you're a fan of dried potpourris or the fresh “simmer-on-the-stovetop” variety, I have two redolent recipes that are guaranteed to please this coming holiday season. But now is the time to gather what you'll need. You can experiment with collecting some of the sweet-smelling ingredients that linger in your yard, the woods, or a friend's waning flower garden. To supplement your local harvest, order quality components that are organic and/or wild harvested from Mountain Rose Herbs (www.mountainroseherbs.com). They also offer bulk quantities for those of you who are already thinking “Christmas gifts!”

Garden Potpourri

- 3 cups dried rose petals
- 2 cups lavender buds
- 1 cup dried lemon verbena
- 1 T ground allspice
- 1 T ground cinnamon
- 1 T whole cloves
- 1/2 cup anise star pods
- 2 T powdered orange peel
- 2/3 cup orris root powder (This powdered root of the iris plant acts as a natural scent fixative to prolong the fragrance of your ingredients, not to mention, it smells heavenly.)

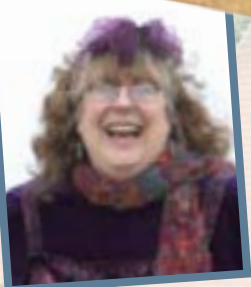
Combine all ingredients in a large crock or jar with a tight-fitting lid. Seal and store for 6 weeks in a dark, warm place (your water-heater closet or a cabinet next to the oven). Gently shake the jar contents daily. After 6 weeks, transfer potpourri portions to decorative jars or sealed bags that can be gifted or opened when you wish to send sweet smells throughout your home. Close container to recharge scent, or add a few drops of your favorite essential oil on occasion.

Mary Jane 

Sister Loves

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

Carol's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,
UKULELE ENTHUSIAST
(SISTER #3)

I found this month's favorites at countingyourblessings.com when they posted on our International Glamping Facebook page. They have some fancy, frilly, fabulous items like tags, paper decorations, and even a few fanciful clothes! FARMGIRL FUN!

You can visit Carol's picks by clicking on the photos.



LUSH UPTOWN

BY *erin* michael

**BACK
BY POPULAR
DEMAND**

ARRIVING JULY
2013

moda



modafabrics.com





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Order your Cat Crib today! Your kitty will love you for it. www.catcrib.com

See more pictures of kitties enjoying their Cat Crib at: pinterest.com/catcrib

DISCOUNT

Use coupon code "MaryJanesFarm10" during checkout at CatCrib.com for an extra 10% off your order!



Big welcome to our new and renewing Sisterhood members!

Alice Minasian
Alicia Razvi
Amanda Schrack
Amber Stone
Angela Wartel
Ann Keefe
Anne Giselle Marks
Anne Powers
Anni Ryan Meyer
Aurore Stubbs
Barb Keefe
Barbara K. Baird
Belinda Mordhorst
Bonnie Ellis
Brenda Fischer-Dennehy
Brenda Fish
C M Noble
Carol Harrington
Casey Comstock
Catherine Clements
Cecily Rae Faith
Cheryl Luce
Cheryl Turner
Chris Sanchez
Christina Hudson
Christina Southerland
Christina Marsden
Christy Rasmussen

Cindy Cope
Cindy Meier
Connie McCaffery
Cynthia Hunter
Dahl Currington
Dana Owens
Dani Langstaff
Danyel Treece
Darla Armstrong
Darlene Litton
Dayla Ahrens
Debbie Platt
Debbie Tegar
Debi Morrison Chandler
Debra Guillozet
Debra James
Dee Shoemake
Diana Poulton
Diana Gibson
Diann Fisher
Dietra Davis
Dominique Nichols
Donna Gordan
Donna Scanlon
Eileen Bouvier
Ella Deutschman
Erica Schveighoffer
Erin Chartier
Fawn Taylor

Fonda L Davis
Gina McKnight
Heather Heitz
Heather Cobden
Heidi Heuerman
Helena Perry
Irene Cecilia Falcomer
Jackie Henry
Jackie Becker
Jacqueline Ferri
Jaimey Bates
Jan Fusco
Jane Hudson
Jane Munoff
Janet Doran
Jean Pilch
Jean Austin
Jeanna Morgan
Jennifer Knox
Jennifer Gentile
Jennifer Prior
Jenny Bishoff
Jerri Conard
Jessica Donabauer
Jo Buehrle-Colapietro
Joann Brogan Wipf
Jody Lewis
Joy Elick
Joyce Jaros

Judy Fisher
Julie M. Vicknair
Karen England
Karen Cuendet
Kathleen Kee
Kathryn Hazelett
Kathy Rooney
Kathy Bacon
Kathy Zandhuisen
Katie White
Kellie Morris
Kelly Behr
Kelly Wall
Kim Johnston
Kim Stotts
Kim Gammill
Kimberley Thomas
Kristen Braybrooke
Laura Williamson
Le Vern Burbach
Leah McGough
Linda S. Larson
Linda Langstaff
Linda Olivera
Linda Hoover
Linda Willett
Linda Cole
Linda Goebel
Linda Ledue



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

— Author Unknown



Lisa Thielfoldt
Lisa Rountree
Lisa Bicknell
Lisa Harris
Lisa Hoover
Liz Meseke
Lori Evesque
Lori Graham
Lorrae Moon
Lynn Mossbrucker
Margaret Gale
Marina Glagolev
Marjorie Bennett
Melanie Peterson
Melissa Kunze
Michelle Wieler
Miranda Pace
Miriam Tolliver
Nadine Feldman
Nancy Sullivan
Nancy Berger
Nancy Boyd
Pam Watros
Pat Mitchell
Pat Gstalder
Patricia Miller
Patricia Bemis
Patricia Waldbillig
Patsy Frasier
Patsy McCluskey

Patty Byrd
Paulette Heitz
Penny McGee
Rae Bankson
Robyn Trampusch
Sara Heck
Shanda Lord
Shannon Hudson
Shannon Chumadevsky
Sheila Whited
Sheila Sandquist
Shellee Fioravanti
Sherry Jackson
Stella Huff
Sue Ryno
Sue Rhea
Suzanne Miller
Sylvia Hebel
Tanya Murphy
Terri Burr
Terrie Lea Coleman
Theresa Barger
Toni Degner
Toni Reams
Tosha West
Traci Simless
Tracy Gilchrist
Vickey Oxendine
Wendy Davis
Wilma Gibson



Sister Loves

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

Megan's
PICKS
(JUST A CLICK AWAY)



STAFF WRITER / EDITOR
(SISTER #2)

Somehow, the end of summer is near and I am gearing up for school lunches again. Having reusables for lunch packaging was a life-saver last year. It also helped me gauge what my daughter ate because she didn't have any reason to wander past the garbage and brought the leftovers home.

You can visit Megan's picks by clicking on the photos.



Mels Sells



Genuine Thermos Brand



Klean Kanteen



maxandozzies



Pottery Barn



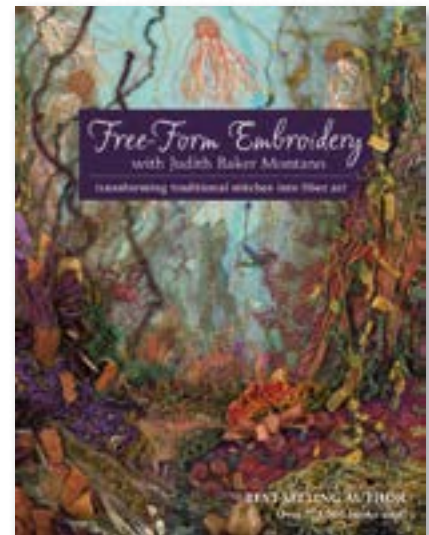
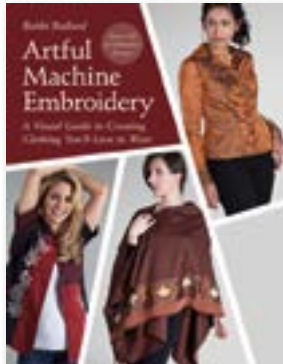
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- so affordable - patterns retail at \$7-9 each + over 130 designs to choose from.
- **HEY! You just found great holiday gift ideas!**

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 4-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).

Family Dinner

Family dinner is still a big deal at our house. I don’t always make something that takes hours, but if we’re all there for dinner, we all sit together and enjoy the meal and each other’s company. I mean, as much as you can with a 6-year-old and a 4-year-old.

I know we aren’t supposed to merely ask how their day was because they’ll just answer “Good.” Well, what gives? It’s true, little kids don’t get the whole “how was your day” concept, but if we don’t get in the habit of chatting at dinner now, we’re probably going to be hard-pressed to talk them into it as teenagers.

We recently enjoyed dinner with another family and have adopted their technique. We’ve been having such fun with it. Since I think it’s rather brilliant and so adorable, I thought I’d better share it.

One person starts by asking another person what was the *worst* part of their day. While the person takes the time to respond, she/he is not interrupted. Once she/he is done, they ask another person at the table, until everyone has shared the worst part of their day. Then, the last person asks the next person the *best* part of their day until everyone has had the chance to share the best parts.

The 6-year-olds have added the *imaginary* worst and best part of their days, which is also super-adorable, and it’s fun to hear what they come up with. My Mia said just last night that she had s’mores with a dinosaur around the campfire as the best part of her imaginary day.

This does a variety of things besides getting us talking, like helping a young child sort out what they like in life versus what they don’t. It’s important to start with the worst and end on the positive note. And when a child says the best part of their day was cuddling with you on the couch, I’d say the “each other” part of dinner couldn’t be any better.

Meg

“In every conceivable manner,
the **family** is the link to our
past and the bridge to our future.”

— Alex Haley





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](#)



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.

Kid Translations

Translating and being bilingual in the language and nuances of kid-dom is a perilous skill, but one that is both teachable and learnable. The accents and dialects are all very similar, whether you live in Kentucky, Paris, or Timbuktu. Here is a basic guideline for understanding your whippersnappers and translating their peculiar tongue.

When Mom says, "No!" the child hears,
"Please ask again and again, and one more time, and this time, could you say it so much louder and perhaps throw yourself prostrate on the ground?"

When Mom says, "Maybe," it can be translated into the child's language as, "Never in a million years, plus 20."

Mom says, "We will talk about this when we get home."
Child hears, "You are going to GET it when we get home!"

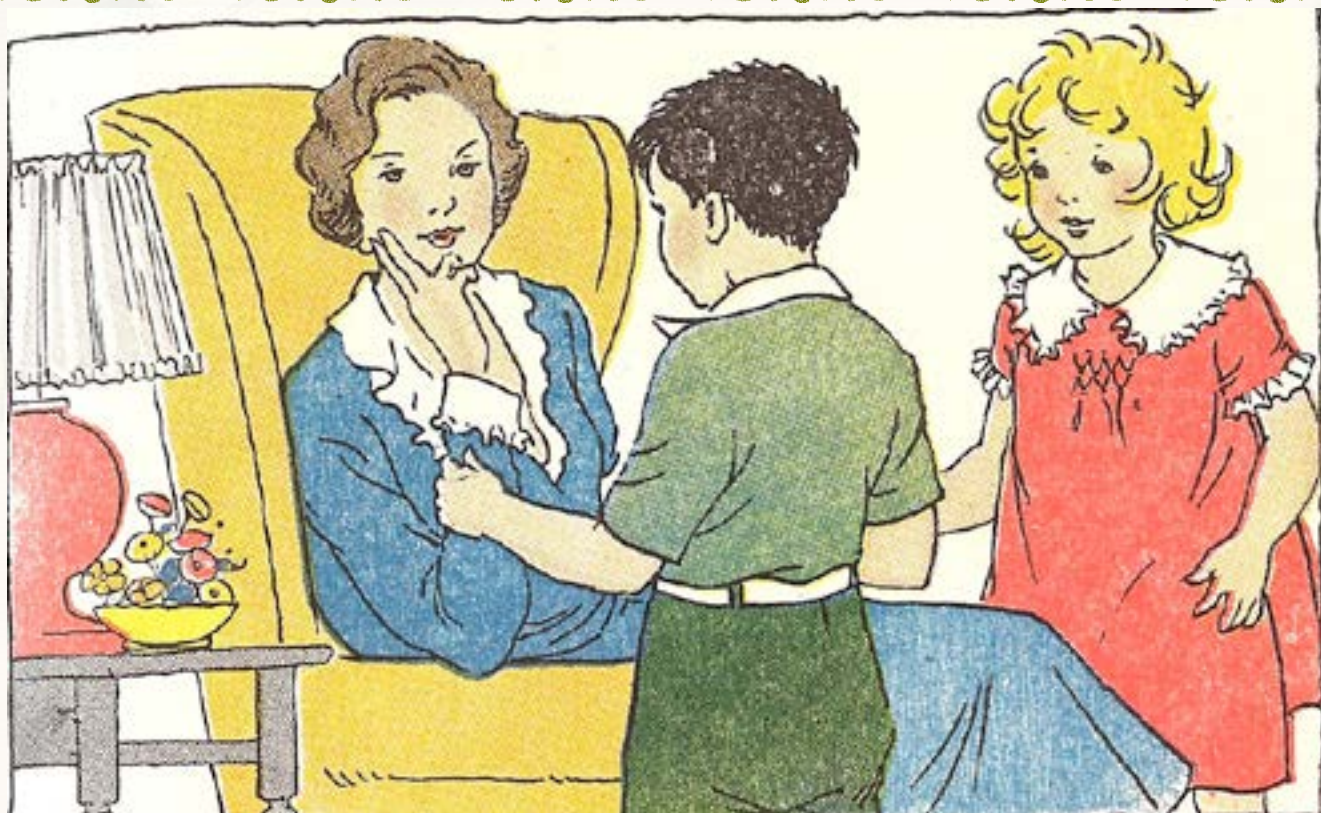
Mom: "You get what you get and you don't throw a fit."
Child's translation: "You're eating spinach for dinner. Deal with it."

Mom: "Go clean your room."
Child's translation: "Go clean your room while your siblings get to eat ice cream, ride ponies, hit piñatas full of candy and sparkles, and relax."

Mom: "Maybe next time, okay, sweetie?"
Child's translation: "Five thousand years from now, I might buy you that toy."

Mom: "Because I said so."
Child's translation: "Because I don't actually have a good reason for making you do this, I just want to say no."





Mom: "Sit still."

Child's translation: "Hang onto your hat because you're about to be bored out of your gourd."

Mom: "When I was a kid ..."

Child's translation: "Yadda, yadda, yadda. Blah, blah, blah. Etc., etc., etc."

Well, I hope this helps you newbie parents understand the little monkeys. They are a strange breed, an odd assortment, a different species altogether, if you will, but remember:

Just like any relationship, communication is key.

Sister Loves

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



GRAPHIC DESIGNER
(SISTER #6)

I love projects that find a use for things you normally wouldn't think to use. These paint-swatch projects are fun, easy, and very inexpensive. They will have you raiding your local paint store to get your hands on as many swatches as you can. The photos all link to corresponding tutorials. I hope you enjoy these as much and I did!



Colour Lovers



Plenty of Colour



Colour Lovers



Kids Kubby



Colour Lovers

You can visit Saralou's picks
by clicking on the photos.

CALENDULA

(*Calendula officinalis*)

NATURAL

ORGANIC



Sunny and familiar, the Calendula blossom is dear to gardeners and herbalists around the world. From the ancient Mayans to medieval European monks, this cheerful herb has provided nutritious food, powerful medicine, and golden fabric dye for ages. A member of the Asteraceae family, the Calendula we grow today is a cultigen of its wild Mediterranean ancestor and has been fashioned through centuries of human preference. Also known as Pot Marigolds, these yellow-orange flowers are greatly valued for their extraordinary anti-inflammatory wound healing and skin rejuvenating abilities.

Traditional Preparations

Calendula can be used as a compress, poultice, extract, or tea. Infusing the dried flowers in oil produces a versatile healing ingredient for creams, lip balms, and other skin formulas.

Herbal Curiosities

Garlands and crowns made with these beautiful and spirited flowers can be found gracing the sacred statues of Hindu gods and goddesses in temples throughout India.

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."

Homeschooling Styles

There are probably as many different homeschooling styles and approaches to teaching out there as there are homeschooling parents and children who do them, but they can basically be boiled down to a handful of general methods. And if you had to try to label them, the most common ones could be characterized as "Traditional Classroom," "Religious," "Classical," "Unschooling," "Tutored," "Internet or Curriculum-based," "Unit Studies," "The Charlotte Mason Approach," or "Eclectic" (which would be a little bit of everything thrown in when the need arises!).

The approach you take should largely be determined by your children's learning styles and by how you are most comfortable teaching. This means that you may teach differently to each of your children, or eventually find that what once worked well, you may now want to shelve in favor of another method that will work better for everyone as time goes on. But lest you get all flustered with so many choices available to structure your homeschool day, look at it instead as an opportunity to gear your child's studies to their particular needs, with lots of options ready and waiting as you and your kids change and grow.

Are you most comfortable with structure and discipline? Do you have a child who likes boundaries and rules to follow?

If so, the traditional classroom approach might be a good fit for you. I had several friends who had designated "classrooms" set up in their homes, with desks in a row, a chalkboard on the wall, and an American flag up front and center to which they pledged every morning at 8:30 sharp. Subjects had specific times, and tests and homework were standard fare. Many families tend to start out very structured like this and relax over time as they get more comfortable; others find that this is the way to go for them for the long haul.

Homeschoolers who follow a religious approach often find themselves following a more traditional classroom style of learning. Many choose a highly structured, faith-based curriculum from which to teach that supports their religious views. A few examples



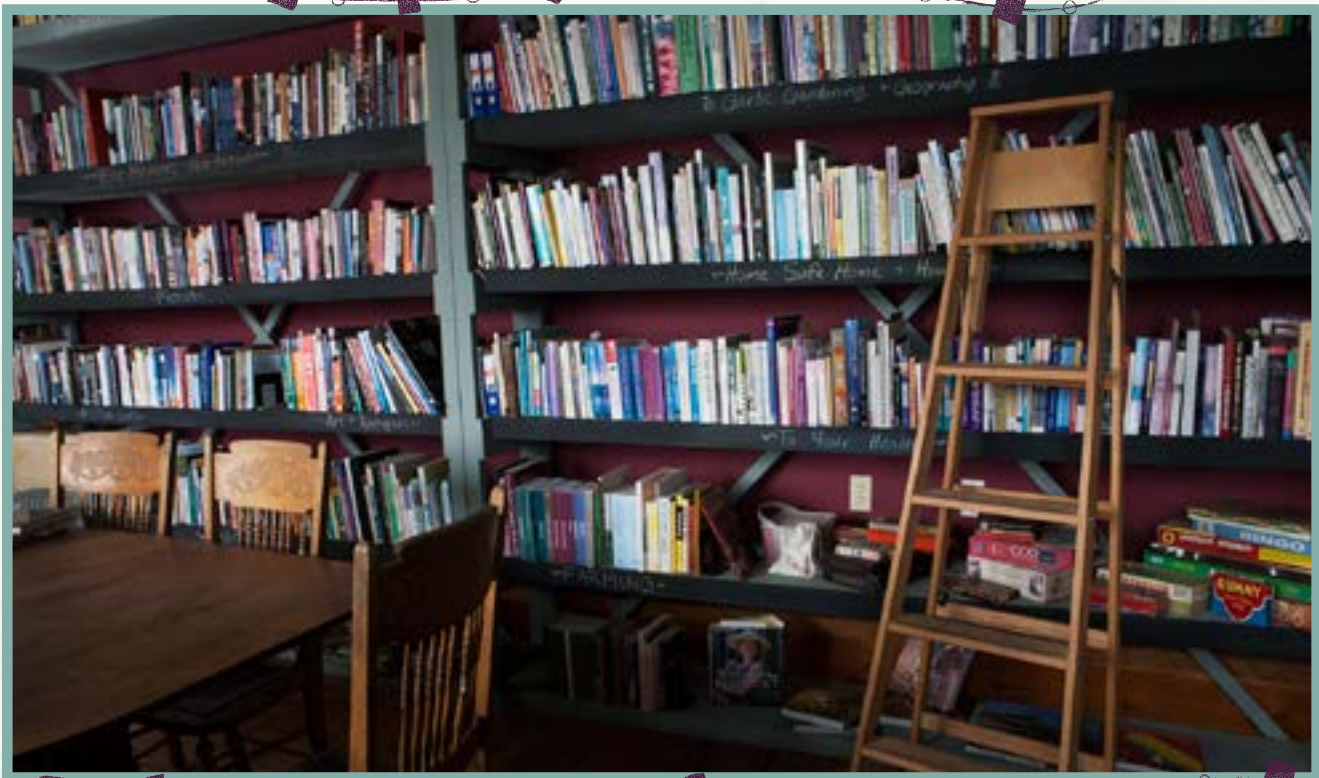


of these are A Beka, Sonlight, Alpha Omega, and Bob Jones. Parent/teachers tend to be authority figures in this form of homeschooling and learning situations are formalized and strict.

There are pros and cons to a traditional classroom approach. The structure takes the guesswork out of daily schedules and is easier to plan for. The scope and sequence of each grade level will be covered without any gaps or omissions, and children tend to get a good, rounded education that covers all the basics. Reporting to the state authorities is black and white and relatively simple.

The cons include the loss of spontaneous, “teachable moments” in a highly structured atmosphere. Also, the tendency is to teach to the curriculum and subject matter and not so much to the uniqueness of the child. Free-spirit, artistic types are often not given a lot of time or free reign to express themselves creatively. Children learn the curriculum without necessarily being able to explore tangential subjects that intrigue and delight them.

No matter what form your homeschooling takes, being organized is a definite plus. Next time, we’ll take a look at a polar opposite, a method many call “Unschooling.”





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 a new baby just arrived.

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.

Huckleberry Cheesecake Bars

Every year when I was growing up, toward the end of July, my family would go huckleberry picking. While I enjoyed the activity, getting to our destination was always problematic. Since the best huckleberry picking was always in the mountains, that meant driving up narrow logging roads. Unfortunately for me, I happen to be terrified of narrow mountain roads, so I would be in the back seat with white knuckles, breaking out in cold sweats for the entire drive, trying not to look out the window down into the pine-tree-filled abyss. Once we finally stopped, the mountain air with the crisp smell of the pines was so refreshing and relaxing that I often forgot about the stressful drive and happily searched for a huckleberry bush. In good years, we would bring home gallons of huckleberries and freeze them to enjoy throughout the year.





Cheesecake Bars



PREP TIME: 40 MINUTES, PLUS 3 HOURS FREEZING

COOK TIME: 10 MINUTES

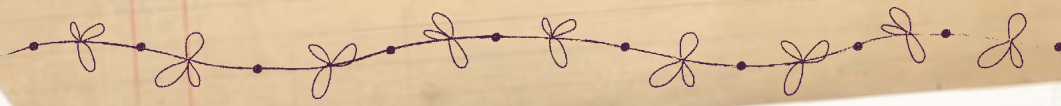
MAKES: 12 SERVINGS

Crust

- 2 cups ground graham crackers
- 3 T sugar
- 10 T butter, melted

Filling

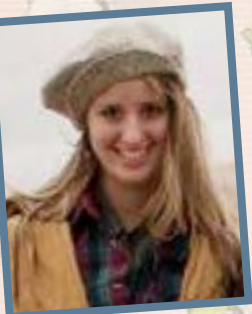
- 2 cups huckleberries, fresh or frozen
- 3/4 cup sugar, divided
- 1 t MaryJanes ChillOver Powder
- 12 ozs cream cheese, softened
- 1 1/2 cups Greek yogurt
- 1 t vanilla
- 1/2 t almond extract
- 3/4 cup whipping cream

1. In a medium bowl, combine ground graham crackers, sugar, and butter. Press into the bottom of a 9" x 12" jelly-roll pan and set aside.
 2. In a small saucepan, combine huckleberries and 1/4 cup sugar. Bring to a simmer over medium heat, sprinkle in ChillOver Powder, and simmer for an additional 3 minutes. Remove from heat and set aside.
 3. In a medium bowl, combine cream cheese, yogurt, vanilla, and almond extract; blend until smooth.
 4. In a small bowl, whip cream into soft peaks and gently fold into the cream cheese mixture.
 5. Remove about 1/3 of the filling and refrigerate until step 8.
 6. Stir huckleberry mixture into the remaining cream cheese mixture and pour over the graham cracker crust.
 7. Smooth out the top and freeze for 1 hour.
 8. After an hour, top with reserved cream cheese mixture and freeze for another 2 hours.
- 

Sister Loves

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

Karina's PICKS (JUST A CLICK AWAY)



GRAPHIC DESIGNER
(SISTER #4)

It seems like we have been planning for years (really it's only been months), but it's finally here. On August 3, my fiance and I are getting married! I'm excited to share some of the ideas we picked to use at our wedding.

You can visit Karina's picks by clicking on the photos.



the guest
book



Walmart

Artesenias



the wedding
favors



RhysandRaesCreations

the flowers



the jewelry



the cake topper

woodland
manufacturing



daily entries fresh from the farm



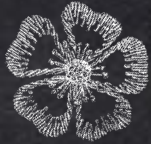
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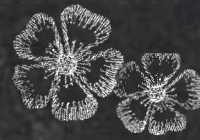
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Stitching & Crafting Room



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.

A Year of Knitting

Harvard scientists discovered in a study on the effects of knitting that doing it lowers your heart rate by 11 beats per minute. Other studies have shown that knitting works like meditation to relieve stress and increase calm. In my busy life as a wife, mama, teacher, writer, and homemaker, I keep a mental list of things that help me stay balanced when I start to get frazzled. It seems more and more like knitting should be on that list along with yoga, hiking, reading, giggling with my family, and taking long soaks in the tub. I like the idea of a portable calm I can access without making it to a class or changing my schedule. I have already mastered the art of knitting through long meetings, which helps me to tune in and listen. The problem is that I knit in intense bursts and then I set my needles down for a month or more. This summer, I set a new knitting goal: I will complete a project a month for a year and (hopefully) grow as a knitter. I am using patterns and yarn from the talented people at Mountain Colors Yarn in Montana. Mountain Colors yarn is amazing, hand-painted, and oh-so-soft. **Paradise Fibers** is a family-owned, incredibly fun yarn shop in my hometown of Spokane, Washington, and you can order a subscription to the Mountain Colors Yarn Club on their website for a year of knitting Zen!







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.

Postcard Frames

Antique postcards are very popular collectibles. I started collecting them years ago after looking through a box of them given to my father by his aunt. Some collectors focus on certain themes or postcards by named artists such as Raphael Tuck and Catherine Klein (famous for her flowers and birds). My favorite era for postcards is the turn of the (last) century, right around 1900. I can't hone in on a favorite theme; I collect whatever tickles my fancy. That said, I do have a few "pet" themes that I'm drawn to. Pansies, horse shoes, cottage scenes, Christmas, and Easter. Aside from the lovely vintage imagery, the most interesting parts of the old postcards are the letters from the sender.

Antique postcards are easy to store, but displaying them can be somewhat of a challenge. Like other collections, they're most attractive in the decorative sense when grouped. Recently, I saw a vintage frame in a magazine that was used to display family photos and I thought, "Hey, something similar could work for my old postcards!" Finding vintage frames is easy, and they're very inexpensive. There are stacks of them at secondhand shops.



Newer ones that aren't visually appealing can also easily be upcycled with a little paint, faux aging, ribbon or jute, clothespins, and chicken wire. The how-to is super easy! I had two frames stashed in a closet. The old "gold leaf" frame was perfect as is. I just added tiny nails on each side of the back and tied jute onto the nails to make loose swags to hang the postcards from. The old wire hanger was original and I liked the look.

The other frame was also gold, but newish. It received a sparse coat of apple-green paint. Some of the paint was rubbed off while still wet. When dry, a little Old English Scratch Cover was rubbed on and then rubbed off here and there. Chicken wire was attached to the back. Simply measure the inside back of the frame, cut a piece of wire to fit into the groove, staple-gun the wire into place, then fold over the ends of the wire. Add a bracket hanger to the back to finish.



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“Hi MaryJane,
My name is Linda Stritzel and I'm the one attached to this jar of jam! 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

ChillOver Strawberry Jam

2 lbs strawberries, washed, hulled, and crushed to yield 4 cups crushed berries
2 cups organic cane sugar
2 packets MaryJane's ChillOver Powder

1. Combine crushed strawberries and sugar in a large pot. Bring to a boil, stirring to dissolve sugar.
2. Sprinkle and stir ChillOver Powder into liquid and boil rapidly for 3 minutes, stirring constantly.
3. Remove from heat and can in sterile jars (refer to a canning manual for complete canning instructions).

ChillOver Raspberry Jam

Substitute raspberries for strawberries.

ChillOver Blackberry Jam

Substitute blackberries for strawberries.

❖ You'll find recipes in every box. For more ChillOver recipes, buy our "8th Issue, Farm Kitchen" at www.maryjanesfarm.org/backissues.asp.



Looks like gelatin. Tastes like gelatin. But it isn't. It's better!

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Sister Loves

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

MaryJane's PICKS

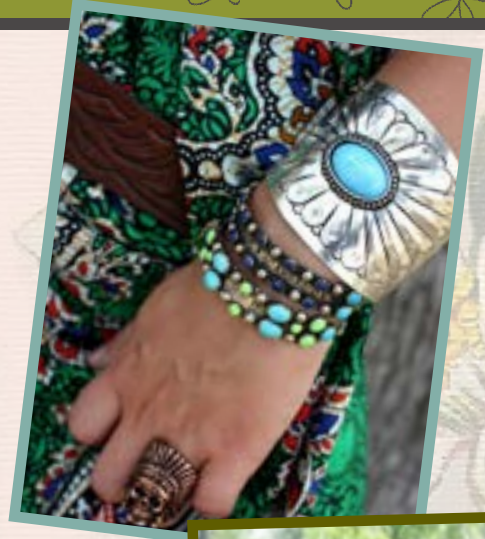


CEO (QUEEN BEE)
(SISTER #1)

Miranda Lambert's The Airstream Song

"Sometimes I wish I lived in an
Airstream
Homemade curtains, lived just
like a gypsy
Break a heart, roll out of town
'Cause gypsies never get tied
down"

Ahhh, Miranda Lambert, you
had me at Airstream! My picks
this month are from the lovely
Junk Gypsies, Amie and Jolie,
and to everyone who wants to
hit the unabashed open road.
Let's dud-up and go cruisin' ...
just like a gypsy.



You can visit MaryJane's picks
by clicking on the photos.





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.

Light, Lovely Lemon Balm

Chances are that this weedy plant is already established in your garden or yard, but did you know just how beneficial lemon balm is? With its cheerful lemony aroma, vibrant green color, charming white flowers, and light refreshing flavor, this herbal is a perfect representation of summertime!

Lemon balm (*Melissa officinalis*) has been used since before the Middle Ages for its medicinal properties, especially to help calm, relax, promote restful sleep, and lift the spirits. A member of the mint family (which explains why it spreads so easily), lemon balm is native to Europe, but now grows all over the world.

Lemon balm is most known for its antiviral, antibacterial, and nervine properties. Studies have shown that this bothersome weed helps reduce anxiety and promote sleep, especially when combined with other calming herbs like chamomile, hops, or valerian. Studies have also revealed that lemon balm elevates the mood, increases calmness, and assists with alertness. Externally, studies have suggested that lemon balm helps heal cold sores caused by the herpes simplex virus. In these studies, participants applied cream containing lemon balm to cold sores, and noticed significant improvement in redness, swelling, and reduced healing time. In addition, lemon balm has been studied and shown potential for improving cognitive function and the possibility of assisting with Alzheimer's disease, HIV, indigestion, and insomnia.



With the bounty available in our gardens and yards, there's no excuse not to use this weedy herb! One of the simplest and tastiest ways to enjoy the lemony goodness of lemon balm is with a simple sun tea made with fresh clippings. Add sprigs of peppermint for an especially refreshing tea, perfect for uplifting the spirits and revitalizing the body on hot summer days. Or make tinctures, elixirs, pesto, facial steams, and popsicles, or simply crush the leaves and inhale the fresh lemony fragrance.

Enjoy the summer!





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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To find out more,
scan here with
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Outpost

Unleashing Your Inner Wild



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



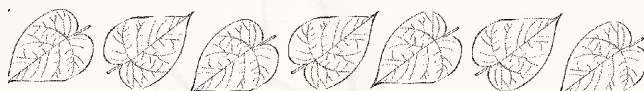
Shery Jespersen (Sister #753) is a Wyoming cattle rancher who's been horse-crazy all of her life. Shery is a leather and lace cowgirl. Her other interests include "junktiques," creating eclectic "make do" arts and crafts, collecting antique china, and cultivating mirth.

The Great Farmgirl Glamp-Out

Last year about this time, my farmgirl pals and I got our glamper act together, and by summer's end, we each had a vintage camper. We were late on the glamping calendar, though; summer was over by the time we got our glampers road ready. So we talked about summer 2013 and promised each other to get rolling, literally. I am happy to report that we kept our farmgirl promise. In mid-July, we went glamping! We live in a great area for this hobby. The Black Hills are visible from our back door.

The farmgirls and I wanted to give "rustic" glamping a go. No hook-ups and a more primitive setting, which is generally more private. On the morning of our departure, we learned that our glamping destination had been infested with rattlesnakes. Several campers, fishermen, and hikers had been bitten. Well, the heck with that! We quickly regrouped, and Donna had the brilliant idea to go to the Spearfish Hatchery Campground (in South Dakota), which is just 45 minutes away. A glamper's paradise awaited us. There were large shade trees, lush green grass, fire pits, a babbling brook, and five spots that allowed us to park easily and together. The sound of rushing water served as our lullaby for two nights. We shopped for antiques during the day, and each of us scored fun finds for our glampers. We dangled our tired feet in the stream and we dined in camp. One of the side dishes served with beef fajitas that Anita prepared was MaryJane's Bare Burritos packet meal. I ordered several packets just for glamping. Just add boiling water and you can eat in five minutes. Everyone agreed that they were surprised at how "real" the freeze-dried meal looked and tasted. Delicious!

The location was perfect, the company also. We so enjoyed being able to have a "glampfire" at night. There is a fire ban in the National Park areas. For you glampers out there that travel far and wide, I highly recommend this campground! It is close to town,

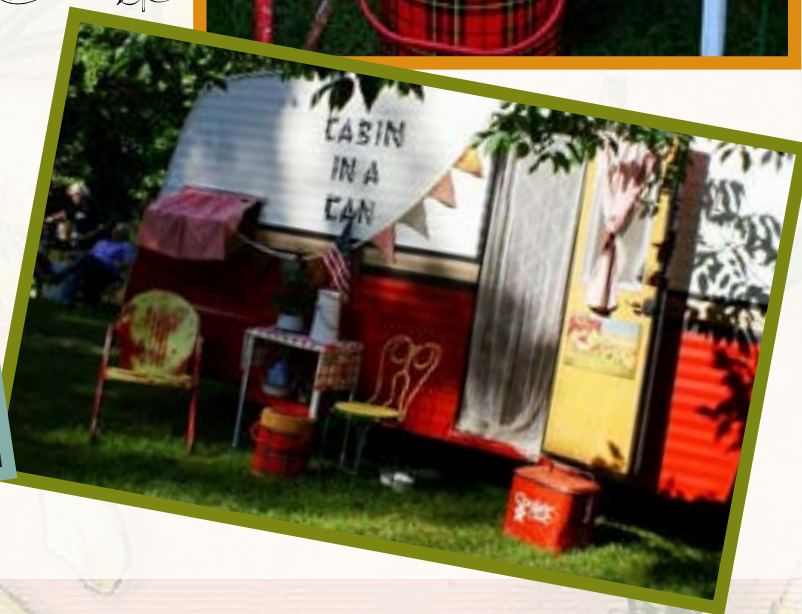


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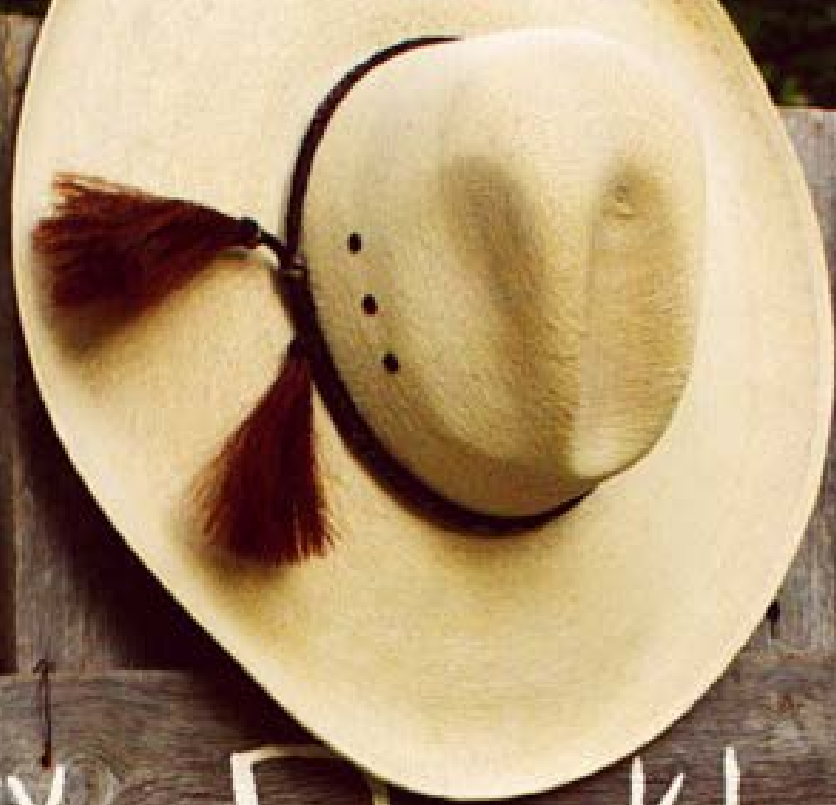


but feels like you're out in the boonies. It's right off of I-90 and the campground offers full hook-up sites as well as rustic spots for trailers and tents. Get your glamp on! We did!

P.S. We had sooo many walkers stroll by and take photos of the glampers and most politely asked to see more. Of course, we love to "show and tell." Some folks would just smile as they drove by and give us a thumbs up. One elderly fella hollered out his car window, "Love 'em!" Four different women had their smart phones with them and looked up *Glamping with MaryJane* at Amazon while we visited. Two of them ordered right then and there! Our tent neighbor and her husband said that they come out to this campground every summer and that next year, they hope to have a glamer too! So we were able to do a little glampsite PR for the cause!



continued ...



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continued ...





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Sister Loves

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



MULTIMEDIA PRODUCER
(SISTER #42)

Do you speed through clean-up like an Indy car racer in the Daytona 500? If you're like me, and you take corners with RPMs raring, changing fluids and tightening your mop grip with no concern for that squeaky-clean, slip-tastic floor ... I've got some products that will rev your engine. With Meyer's as my pit crew, my place is even safe enough for the five-second rule!



You can visit Ace's picks by clicking on the photos.



Cleaning Up

The Work of Our Hands



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

Washateria

This month's "Cleaning Up" entry came from Kathryn (magnoliakathy) in Magnolia, Texas, on the **Farmgirl Connection**. None of us northern farmgirls here at the farm had heard this cute southern term for "laundromat." According to Wikipedia, "Washateria is an alternate name for laundromat, especially in Texas. The first washateria so named was opened in 1936 in Fort Worth, Texas, by Noah Brannen."

Washateria Memories

1970s

I lived at Ft. Hood, Texas, back when you only got paid once a month, so the washaterias were very busy the first week of every month. All of us did our laundry, visited, and watched our kids, it was a social event.

1990s

Home washer has parts on order and two grandkids (4 yrs & 5 yrs) visiting. Load up the truck, kids, dirty clothes, washing supplies. On the way, the 4-yr-old says, "MeeMaw, are you poor?" Michael had never been to a washateria and thought only poor people went there.

2013

My annual trip to wash the big stuff: quilts, comforters, blankets. I am alone, doing a word search and remembering. Michael lives in Washington D.C. now, has a great job, and is happy. So am I with my memories.







The Scoop

MaryJanesFarm News



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:

Glamping, West Bend, Wisconsin, September 20–22, 2013 (see p. 51)

Glamping, Bedias, Texas, October 18–20, 2013 (see p. 51)

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!)



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a return
to what
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August Sister

Sweet Lena Iris

Pallida Androfertila

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Sisterhood Special

Bring me home to the spot you found
And plop me right there into the ground.

I enjoy the sunlight and shade too
There is not much wrong that you can do,

Try to pamper me with bone meal and hay
But don't worry, I'll grow for you anyway.

Too much water makes me rot,
Some days I just like it hot.

I'm fine by myself and I don't need a mate
There will be more of me soon ...
Just you wait!



History of Sweet Lena Iris

Martin Holland was 50 years old when he received a handful of iris rhizomes from his mother Lena, which he planted. When they bloomed, their fragrance captivated Martin. He began growing and multiplying them until he had a farm full of irises, something like 6,000. The American Iris Society recognized Martin's iris as a new variety in their registry, and so he was allowed to name it. Martin called his iris the Sweet Lena, after his mother.

When Martin was no longer able to take care of his iris patch, he passed his Sweet Lena irises along to MaryJanesFarm.

I love growing irises because I don't have to be uptight; they plant anywhere! Clay, mud, gravel ... sometimes I plant them deep, sometimes not. They always thrive. Sometimes they get water, sometimes they don't. I never fertilize. Rodents and deer won't eat them. Rodents have slowly eaten most of my tulips and other bulbs. But irises seem indestructible in these parts. No disease.

I like to empower people to try most anything and take away all the "shoulds," especially with farming and gardening. I rarely dig up and separate my irises like I'm "supposed" to do. Once, in August, someone gave me some "Root Beer Iris" (they smell like root beer). I didn't get them out of their paper sack and in the ground until November. They were all shriveled up and lightweight. BUT THEY GREW, all of them. So, hey! If you want to grow irises, just give it a whirl!

(Exclusive to **MaryJane's Farmgirl Sisterhood** members only. Offer applies to UPS Ground and Standard Post only.)
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farmgirl ingenuity • beauty • humor • honesty

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MARYJANESFARM®



Farmgirl Sisterhood

Share in the Fun!

Farmgirl Chatter



What are farmgirls chatting about?

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

Farmgirl Calendar

Glamping, West Bend, Wisconsin, September 20–22, 2013, Submitted by bboopster

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, one-car-garage-size cabin, and hopefully by then, a composting toilet. TeeHee!!! We already have a fire pit 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 Chit Chat!!! 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! For more information, click [here](#).

Glamping, Bedias, Texas, October 18–20, 2013, Submitted by arabianhorselover

It's time to start getting ready for the Glampout! This year's theme is Hawaiian Luau. We have some new ladies interested in the Glampout and I have added them to our group. So far, I have bought a bunch of decorations to decorate with. I couldn't resist! I found them at the Dollar Tree and they had a bunch of luau things. We are now on a burn ban, so hope we get some rain between now and Oct. so we can have a campfire. For the new ladies, we do a homemade item that we put in a bag and put them all together and we take turns picking out a gift (bag). Does anyone have something they would like to share on Saturday during the day?

I know Shannon has something planned for us. Oh, and Shannon, please bring your dishcloths and scrubbies to sell. Mom and I both want some of them. If you have anything that you make and would like to sell, please feel free to do so. We can set up a table this year for that. Just put a tag with a price and your name so we know who to pay for it. On Saturday evening, we will have our luau. It will take the place of our prom this year. Any suggestions on food for the weekend? I can do the main dish for Sat. night like I normally do. Do we want to do egg tacos for Sunday morning? Don't be shy. I am always up for new ideas and suggestions.

Don't forget to decorate your tent or camper for the prize for the best decorated! I am already getting the prize together for it! :) I will also ask our food pantry what they need this year and let you all know what to donate.

I am so excited! I can't wait for Oct. to get here. If it is still hot in Oct., we can also swim, so bring your suits with you just in case. Can't wait to meet our new ladies, too! Welcome to our group. You will be meeting some really nice ladies when you come. For more information, click [here](#).



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Farmgirl Chatter

Across the Fence: Rosie the Riveter: A Beloved American Icon. Submitted by Ninibini

One of my favorite—and America's most famous—icons has always been Rosie the Riveter. A familiar kindred spirit from first sight, over the years, there have been many times when I've heard her unspoken encouragement whispering in my ear. I have especially felt her strength of conviction whenever people have told me things I've wanted to do "simply couldn't be done." Ha! Not so! If Rosie could do it, then surely, so could I—there was no stopping either one of us when we set out to accomplish our missions! I am, after all, woman: Hear me roar! <Meooow ... LOL!> Whenever I hear words designed to discourage and sway me from the path of my goals, my resolve becomes like Rosie's steely muscle, and my response always echoes hers: "I Can Do It!" And sure enough, our dear Rosie has always proven to be right. As Grandma always said, "You can do whatever you set your mind to do, with the help of God." To her blessed wisdom, I would only add, "And with Rosie's resolve and a Farmgirl's ingenuity!" ;)



This past weekend, my family and I had the privilege of visiting Pittsburgh's wonderful Heinz History Museum. Imagine my thrill to turn a corner only to find my beloved friend Rosie there, with her curly locks tied back in her steadfast bandana, her tenacious bicep flexed with determination, and her glamorous yet resolute eyes proudly reaching out over her decisive chin to greet me with a long-awaited "Atta girl!" She took my breath away. (My son's, too—only he took pause, thinking her pose meant something entirely different than "Yes We Can!" He thought it was more of an affront akin to telling one where he or she could go! LOL!)

Anyhow, the museum allows pictures to be taken, so I wanted to share the exhibit with all of you. See it [here](#).

Barnyard Buddies: First time with chickens. Submitted by KatTylee

I get chicks this week! I've never had chickens before. My little brooder is all ready for the call that they are here. I feel a little silly, but I'm very excited. I've had ducks before and I grew up with all sorts of critters, but never chickens. Share your experience with chickens [here](#).





Family Matters: Funny Pet Names and Sayings ... Submitted by Ninibini

Ooooooh, man ... I'm giggling again ...

I just wrapped up a text session with my son and swear I heard him groan the moment I signed off, "Huggy huggy to my lil' love buggy!" LOL! I know ... I shouldn't be so "Mo-o-om!" embarrassing. I can't help it. I still see him as a little boy sometimes, and I always want him to know that Mommy loves him, especially during these turbulent teen years. I'm sure I'm not winning any points with that particular saying, though. The silence on the cell phone afterwards was deadening. I'm such a mean mom. Tee hee ... Oh well, I'm sure I'll hear about it when he gets home. But it's not like I say it in front of anyone to embarrass him, for Heaven's sake! LOL! Guess I'm going to have to make cookies or muffins or something to sweeten his mood ...

I also call my hubby "Woobie." You know, like the name the little boy gave to his security blanket in the movie "Mr. Mom." He's my warm, loving security blanket—my Woobie. It drives the man absolutely nuts. Depending upon when and how I use the term, though, it either makes him cringe or smirk. Let's just say a little humor and a funny face goes a loooong way.

Another thing is, I always seem to hear my grandma's voice singing in my heart in different situations. The other day, my son had a once-in-a-lifetime opportunity offered to him, and without even giving it a thought I said, "Well, you know, if you do decide to do that, it's just another feather in your cap, bud." He looked at me like I had two heads. It's funny how Grandma's words just come to the surface. She is always with me, and I find that quite comforting—even if it blows my son's mind sometimes.

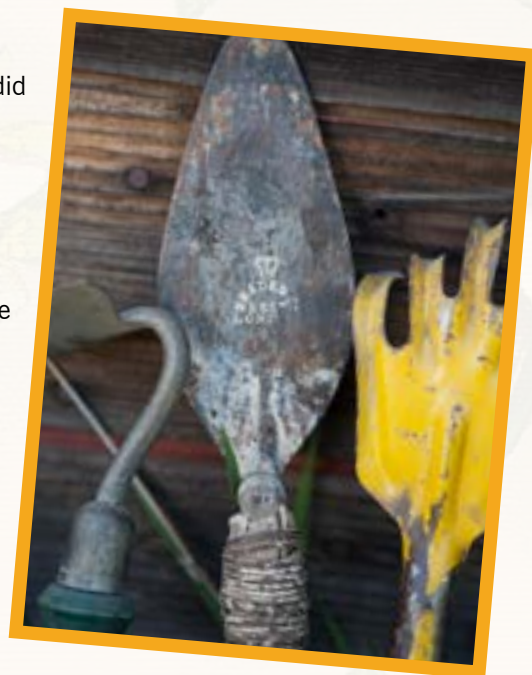
I've got a million of them, to be sure. But I'm wondering what other funny pet names you have for your loved ones and any sayings you're known for ... How did you come up with them? Where did they come from? Let's spread the giggles! Share your funny pet names [here](#).

Farm Kitchen: Hot Banana Pepper Recipes? Submitted by Ninibini

SO excited! Just came in from the garden and have about a dozen huge hot banana peppers for dinner, with tons more on the way! I usually make my mother-in-law's recipe for Lamb-stuffed Hot Banana Peppers, and then I can the rest. This year, however, I've got an abundance coming in already—and you know how the story goes—these are the gifts that keep on giving! YUM! The problem is, I don't really have any other good recipes for them! SO, will you please share your favorite banana pepper recipes with all of us? Share your favorite recipe [here](#).

Farm Kitchen: Sauce for stir-fried veggies. Submitted by jenne.f

I've started stir-frying cut-up veggies from the garden as they become available. They turn out so good, but I was thinking it would be nice to have a light sauce on them like they do in the restaurants. I have been adding a little tomato sauce and topping it with whatever cheese I have. But I'd like to try something different. Can anyone share their ideas with me? Share your ideas [here](#).





continued ...

Farmgirl Fashion: Need a bag for my head. Submitted by texdane

So, DD and I went to the hairdresser that I've gone to for 11 years. Sometimes I am not quite happy with a cut, but she is still the best I've ever been to. Normally she almost leaves my bangs a little too long, but that's okay, I like them long and brushed to the side. But this time, she gave me little-kid, straight-across, baby-bob bangs! I feel ridiculous! I have a love/hate thing with bangs anyway. All women like to look younger, I guess, but I'm not sure toddler bangs is the way to go ...

Ever gotten a bad cut? At least it's summer, and in two weeks, they will be just right! Hee Hee. Share your experience [here](#).

Garden Gate: Tree Swing. Submitted by Bella

My husband gave me a tree swing for my birthday. He hung it on our big old oak tree and I'm loving it. I feel like a kid again! Swinging can be very therapeutic, relaxing, and just plain fun. Share your story [here](#).

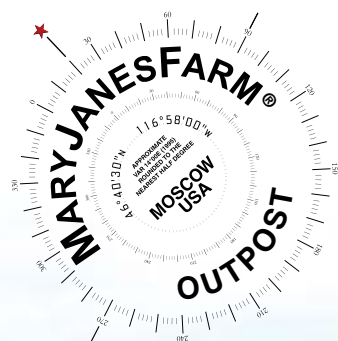
Garden Gate: Cucumbers. Submitted by shelbyc

Could anyone tell me what causes my cucumber plants in my greenhouse to have kind of powdery grey spots on the leaves? They all have lots of tiny cucumbers coming on so far. On another note, we had a touch of frost July 13, can you believe that? My potatoes and beans all got touched a bit. :-(Share your advice [here](#).

Garden Gate: Peonies?????? Submitted by Crafter

I have a friend whose house burned to the ground. YIKES! He and his wife decided not to rebuild there; they are selling the lot. Their peonies are still going strong. He said I could dig them up if I wanted to, but they are over 20 years old. Does anyone know what is the best way to transplant them or even if it is possible?? Share your ideas [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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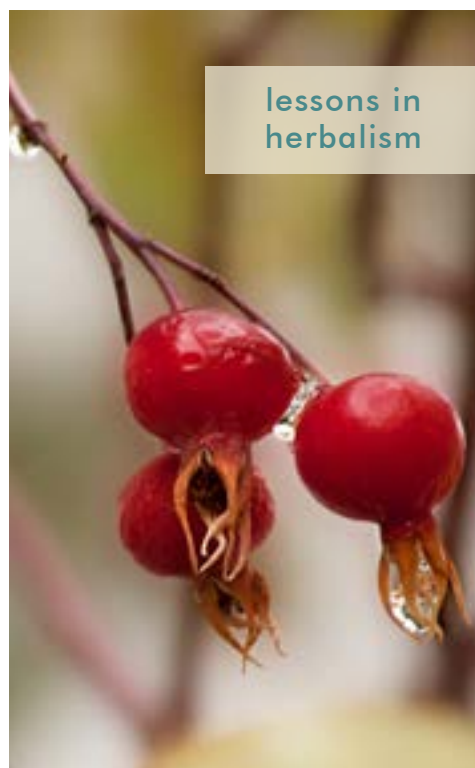
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lessons in
herbalism



farmgirl love

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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 5,518 (and counting), we've earned an amazing number of Merit Badges so far—7,301 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 darn 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





Merit Badge

Awardees



Merit Badge Awardees

Amanda Mathis: Andi #5199

Beginner badge: Farm Kitchen / Unprocessed Kitchen

Amanda Schrack: AmandaOfficialis #5269

Beginner badge: Garden Gate / Herbs

Amanda Shuey: Heffy #3767

Beginner badge: Cleaning Up / Going Green

Beginner badge: Cleaning Up / Shopping Green

April Choate: sonshine4u #658

Farmgirl Legend: Chapter Guru

Beginner badge: Make it Easy / In the Garden

Beginner badge: Outpost / Glamping

Intermediate badge: Outpost / Glamping

Expert badge: Outpost / Glamping

Bette Axiak: Bette #4157

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Each Other / Greatest Generation

Beginner badge: Farm Kitchen / Self Sufficiency

Beginner badge: Garden Gate / Backyard Farmer

Intermediate badge: Farm Kitchen / Self Sufficiency

CJ Armstrong: ceejay48 #665

Expert badge: Farm Kitchen / Cheesemaking

Carol Johnson: carolj #1823

Beginner badge: Cleaning Up / Shopping Green

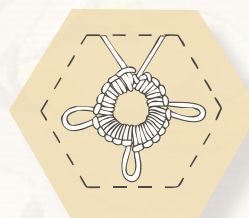
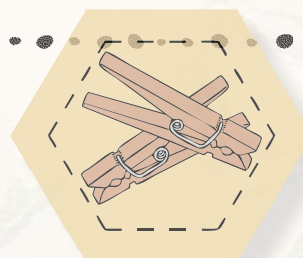
Beginner badge: Stitching & Crafting / Crochet

Intermediate badge: Cleaning Up / Shopping Green

Expert badge: Cleaning Up / Recycling

Cynthia Graziani: CindyG #4735

Beginner badge: Outpost / Outstepping





Erin Chartier: Kbmom24 #5276

Beginner badge: Each Other / Blogging

Beginner badge: Garden Gate / Backyard Farmer

Gina McKnight: HorseSister #5281

Beginner badge: Each Other / Blogging

Intermediate badge: Each Other / Blogging

Expert badge: Each Other / Blogging

Helena Perry: Elen of the Hedge #5345

Beginner badge: Farm Kitchen / Get it Together

Jacqueline Ferri: Jackie Ferri #1664

Beginner badge: Stitching & Crafting / Knitting

Intermediate badge: Stitching & Crafting / Knitting

Expert badge: Stitching & Crafting / Knitting

Katrina Peabody: katnip05 #2763

Beginner badge: Cleaning Up / Recycling

Intermediate badge: Cleaning Up / Recycling

Expert badge: Cleaning Up / Recycling

Kim Ward: #5088

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Outpost / Wild Game

Beginner badge: Outpost / Woman-at-arms

Intermediate badge: Outpost / Wild Game

Expert badge: Outpost / Wild Game

Lisa Seaman: Red Dog #5107

Beginner badge: Each Other / Blogging

Beginner badge: Stitching & Crafting / Knitting

Beginner badge: Stitching & Crafting / Sew Wonderful

Lynne Parmenter: #5089

Beginner badge: Garden Gate / Herbs

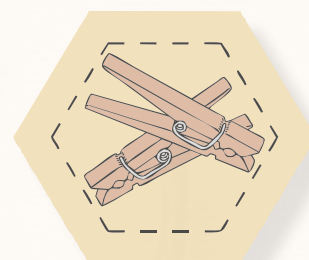
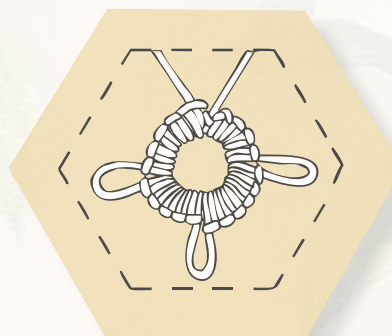
Intermediate badge: Garden Gate / Herbs

Expert badge: Garden Gate / Herbs

Margaret Gale: maggielou79 #5335

Beginner badge: Garden Gate / Backyard Farmer

Beginner badge: Garden Gate / Gaining Ground



continued ...



continued ...

Maria Chamorro: Marie_Angelique #3030

Beginner badge: Garden Gate / Herbs

Intermediate badge: Garden Gate / Herbs

Missy Durant: OrganiGal #5271

Beginner badge: Cleaning Up / Going Green

Beginner badge: Garden Gate / Birds

Beginner badge: Stitching & Crafting / Embroidery

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Cleaning Up / Going Green

Norma Hart: njhart #1661

Beginner badge: Farm Kitchen / Pay it Forward

Intermediate badge: Farm Kitchen / Pay it Forward

Rebecca Riccio: ladybek9756 #4932

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

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

Sarah Hall: mrssarahhall #5223

Beginner badge: Garden Gate / Herbs

Beginner badge: Stitching & Crafting / Nellie Make-do

Intermediate badge: Garden Gate / Herbs

Expert badge: Garden Gate / Herbs

Tammy Whitney: TammyW #4946

Beginner badge: Stitching & Crafting / Buttoned Up

Terry Steinmetz: teryouth #3600

Beginner badge: Cleaning Up / Recycling

Beginner badge: Each Other / Farmgirl Gratitude

Beginner badge: Farm Kitchen / Bustin' Out

Beginner badge: Farm Kitchen / Forage for Food

Beginner badge: Farm Kitchen / Icing on the Cake

Beginner badge: Garden Gate / The Secret Life of Bees

Beginner badge: Make it Easy / Relaxation

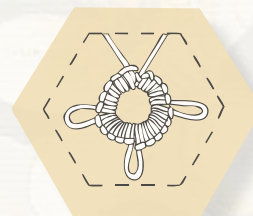
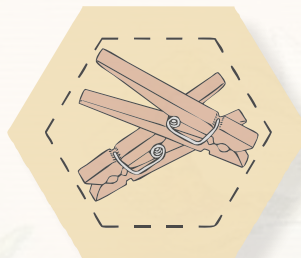
Intermediate badge: Cleaning Up / Green Energy

Intermediate badge: Cleaning Up / Recycling

Intermediate badge: Each Other / Community Service

Intermediate badge: Farm Kitchen / Get it Together

Intermediate badge: Garden Gate / Birds





Farmerettes & Young Cultivators

Alice Holland: Young Cultivator of Suzanne Holland #828

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

Beginner badge: Cleaning Up / Trash Talk

Beginner badge: Each Other / Community Service

Beginner badge: Farm Kitchen / All Dried Up

Beginner badge: Farm Kitchen / Icing on the Cake

Beginner badge: Farm Kitchen / Make it Fruity

Intermediate badge: Cleaning Up / Trash Talk

Intermediate badge: Each Other / Community Service

Intermediate badge: Farm Kitchen / All Dried Up

Intermediate badge: Farm Kitchen / Icing on the Cake

Expert badge: Cleaning Up / Trash Talk

Expert badge: Farm Kitchen / All Dried Up

Expert badge: Farm Kitchen / Icing on the Cake

Alyssa Kerschke: Young Cultivator of Eliza Kerschke #5103

Beginner badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Farm Kitchen / Icing on the Cake

Expert badge: Farm Kitchen / Icing on the Cake

Bailey Tolliver: Young Cultivator of Miriam Tolliver #5280

Beginner badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Farm Kitchen / Icing on the Cake

Expert badge: Farm Kitchen / Icing on the Cake

Jacob Gale: Young Cultivator of Margaret Gale #5335

Beginner badge: Each Other / Let's Go to Town

Jessie May Hoover: Young Cultivator of Lisa Hoover #4313

Beginner badge: Garden Gate / Green Thumb Kids

Intermediate badge: Garden Gate / Green Thumb Kids

Expert badge: Garden Gate / Green Thumb Kids

Lily Holland: Young Cultivator of Suzanne Holland #828

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

Beginner badge: Cleaning Up / Trash Talk

Beginner badge: Each Other / Community Service

Beginner badge: Farm Kitchen / All Dried Up

Beginner badge: Farm Kitchen / Icing on the Cake

Beginner badge: Farm Kitchen / Make it Fruity

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.**





Intermediate badge: Cleaning Up / Trash Talk
 Intermediate badge: Each Other / Community Service
 Intermediate badge: Farm Kitchen / All Dried Up
 Intermediate badge: Farm Kitchen / Icing on the Cake
 Expert badge: Cleaning Up / Trash Talk
 Expert badge: Farm Kitchen / All Dried Up
 Expert badge: Farm Kitchen / Icing on the Cake

Luna Wolfe: Young Cultivator of Katrina Bogdon #4763
 Beginner badge: Farm Kitchen / Icing on the Cake
 Beginner badge: Farm Kitchen / Make it Fruity
 Intermediate badge: Farm Kitchen / Icing on the Cake
 Intermediate badge: Stitching & Crafting / All Buttoned Up

Olivia Chediak: Young Cultivator of Lisa Hoover #4313
 Beginner badge: Garden Gate / Green Thumb Kids
 Intermediate badge: Garden Gate / Green Thumb Kids
 Expert badge: Garden Gate / Green Thumb Kids

Sterling Schaffner: Young Cultivator of Amber Schaffner #5102
 Beginner badge: Farm Kitchen / Icing on the Cake
 Intermediate badge: Farm Kitchen / Icing on the Cake
 Expert badge: Farm Kitchen / Icing on the Cake





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.

Sunprinting

When our family heads out on vacation, we don't pack lots of toys for the kids. Once we are away from home, they are thankfully able to make their own fun by and large. I do try to bring one or two special things to pull out when we need a distraction. On our recent trip to Alaska, I slipped a package of Sunprint paper into my bag for an easy, fun project. Sunprint paper is a blue, UV-sensitive paper that was developed by teachers at the Lawrence Hall of Science at UC Berkeley in the 1970s. The paper captures the outline of an item when it is placed on the paper and set out in the sun for 2–5 minutes. It is a cool alternative to pressing the plants we found in the coastal rainforest and taught us a little about science as well. The kids made prints of plants, shells, and feathers they gathered. Several turned out so well that we will frame a series of them as a memento of our trip. As the mama in charge, I loved this project because it took up very little space, cost under \$6, and did not require anything other than water and a dish, making clean-up a snap. Take advantage of the hot August sunshine to make a few prints with your Young Cultivator!

Lawrence Hall still sells its Sunprint paper to fund science and mathematics education. They offer sets perfect for one child or a group.



Coming Soon to a Magazine Near You

Don't judge this book by its cover ... it's a purse! We'll show you how to make one in the next issue of *MaryJanesFarm*. Our October/November issue (Turning the Page) will hit newsstands on Sept. 17. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe **here!**





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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

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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

Perfect Conditioning Spray for Summer Hair

It's August already? Time sure flies when you're having fun! You'll find my family outside this month more than ever—swimming, gardening, and going to the beach. My daughter and I both have long, thick hair, and all that sun, wind, and fun can leave our hair feeling dry and damaged, while the humidity can make us bonkers with bad cases of the frizzies!

Fairy Tales Rosemary Repel Leave-In Conditioning Spray keeps the damage at bay and banishes frizz, no matter the season! Fairy Tales offers a whole line of all-natural, organic hair care for children. I first bought the rosemary conditioning spray for my tween daughter to fight knots and tangles, but it's become one of my favorite products, too. Many conventional hair products contain ingredients that weigh my hair down, making it feel greasy, or they contain harmful parabens and other nasty chemicals, much of which dry my hair out even more. Fairy Tales Rosemary Repel Conditioning Spray keeps hair shiny, soft and tangle-free. The scent is fresh and natural without being overpowering. The organic rosemary, citronella, tea tree, and peppermint oils repel gnats and other insects that conventional, heavily-perfumed hair products attract. The formula also repels lice, making it a great choice for back-to-school at the end of the month. Priced around \$11 for 8 ounces, my daughter and I buy ours at our favorite local hair salons, but you can also find Fairy Tales Rosemary Repel Leave-In Conditioning Spray on the Web at sites like drugstore.com or amazon.com.



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Magazines, Books & More



Our Aug/Sept issue (Sunday Drive) hit newsstands on July 16. In it, you'll find recipes for sun ovens, campfires, and canning in the city; meet a great-grandmother who's taken to the road in her vintage trailer; learn to host a craft retreat; make a terrarium; and more.

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

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

MaryJanesFarm Calendar

Our **2014 calendar** is in the works. Each month's top page features a full-color image from our farm and each calendar page includes dates, holidays, inspirational sayings, lunar phases, and fabulous farmgirl culture. This is a Project F.A.R.M. (First-class American Rural Made) product. All 26 pages are printed here at the farm on 8 1/2" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

Current Holidays:

August 1 ~ National Girlfriends' Day
 August 4 ~ Friendship Day, National Kids' Day, Sisters' Day
 August 8 ~ Happiness Happens Day
 August 9 ~ Book Lovers' Day
 August 10 ~ S'mores Day, National Garage Sale Day
 August 15 ~ Best Friends' Day, National Relaxation Day
 August 17 ~ National Thrift Shop Day
 August 19 ~ World Humanitarian Day
 August 21 ~ Senior Citizens' Day
 August 26 ~ Women's Equality Day
 August 29 ~ More Herbs, Less Salt Day
 August 31 ~ Eat Outside 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!](#)



**5,518 Sisterhood members and
 7,301 Merit Badges earned —
 growing stronger every day!**