

# MARYJANES FARM®

Sister Issue

April 2014

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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# 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? Here's where we treat 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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Kristi



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# Hello from Sister #1



## In this Sister Issue ...

Megan shows you how to make a ca-ute tea wreath for your first spring tea party ... Kristi dreams about the perfect handmade garden chair ... Melyssa waxes eloquent about How to Dress Your Octopus ("Wrestling a little child into clothing when all he wants to do is finish his half-completed project of taking over the free world is a little like trying to put an octopus into fishnet tights.") ... Carol shows you why she's the queen of kitschy garden art ... Saralou shares her favorite coconut-oil products ... Melyssa pens another entertaining homeschool anecdote ... Cathi takes a more serious approach to homeschooling with free educational resources you should know about ... Ashley skips right over spring fever with her I'm Dreamin' of Summer Pasta Salad ... learn Greener Choices for Kids' Jewelry and how to make "hiking bracelets" with fresh flowers ... I share some gorgeous scarves with handmade embellished edges ... satisfy the secret gardener who longs to sprout with our simple One-pot Tomato Garden ... Karina shares her favorite illustration styles ... Rebekka shows you how to make beautiful, easy pillowcases with my Bee My Honey fabric ... CJ makes "gumball" storage jars from flowerpots ... Erin shows you how to savor the colorful blossoms of spring year-round with her plant press project ... learn how to repel moths naturally ... Rebekka helps you make "doll slings" for your babies' babies ... Nicole shares her favorite blush ...

And in every issue ... we always welcome new Sisters, share what farmgirls are chatting about on the Farmgirl Connection, announce farmgirl events, celebrate Sisters who've earned new Merit Badges, preview what's coming in the next magazine, and more!

Mary Jane 







## Big welcome to our new and renewing Sisterhood members!

Abbi Hastings  
Amber Klein  
Amy Butts  
Andee Dekofsky  
Andrea Rosser  
April Whitehair  
Barbara Baldinelli  
Barbara Coulson-Stamm  
Bea Cleveland  
Becky Rolf  
Beverly Gamache  
Binny Marwaha  
Bobbie Glick  
Brenda Fish  
Brenda Marino  
Brianna Wild  
Candace Martens  
Carla Chase  
Carol-Sue McIlhargey  
Carrie Williams  
Cathy Pyle  
Chinalynn Minor  
Christine Slaughter  
Christine Wolfe  
Christine Clark  
Connie Riley  
Corinne Gilbreath  
Cynthia Leonard  
Dana Sperry

Darlene Richardson  
Deb Mason  
Deborah Irion  
Demaree Hoover  
DJ Varon  
Donna Nowak  
Doreen Lee Bailey  
Eileen Stone  
Elizabeth Crick  
Elizabeth Margoluis  
Elizabeth Wullenweber  
Frances Boyd  
Gentry Parker  
Heather Hansen  
Heather Smith  
Jacque Boren  
Jamie Jachimiec  
Jane Bodo  
Janet Swearingen  
Janice K. Sturgill  
Janice Mainini  
Jen Daniels  
Jennifer Lee  
Jeri Hensley  
Jessica Stanze  
Joan Nordquist  
Jodi Russell  
Joyceanna Archie  
Judy Savastano

Julie Stancato  
Katherine Osborn  
Kathryn Fitzgerald  
Kathy Beachy  
Kathy Wood  
Katrina Peabody  
Laila Sunday  
Laurie A. Loomis  
Lina Redmond  
Linda Gabler  
Linda Wilkey  
Linda Lancaster  
Lis Larsen  
Lisa Birkner  
Lisa Withers  
Lydia Jame  
Lynda Gribek  
Marie Westphal  
Marilyn Keurajian  
Marjorie Bernoudy  
Marsha Willcox  
Mary Steitz  
Mary Jane Dunn  
Mary Waters  
Mary Beth Stone  
Mary Kay Torres  
Melissa Mack  
Michele Browning  
Michelle Johnston

Monica Wagenbach  
Nancy Winn  
Nancy Wallace  
Nicola Bassett  
Paula Andrews  
Rachel Smith  
Robin Glover  
Robin Opitz  
Roxane Rahl  
Ryan McLay  
Sally Matlock  
Samantha Hughes  
Sandra Lamb  
Sandra Weinrauch  
Sarah Koeneman  
Shawna Ellsworth  
Shelagh Quigley  
Sherri Carmichael  
Starletta Schipp  
Stephanie Schaefer  
Stephanie Cavitch  
Sue Robinson  
Tamara Oster  
Tammy Schneider  
Tara Weckerly  
Teresa Julian  
Teri MacIntosh  
Tish Brandt  
Vickie M. Krueger



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

— Author Unknown



# 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 5-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).

## Tea Party

Tea party for two? Maybe four, or maybe more! It’s that time of year. The sun is out and the ground has thawed. The roads are feeling a bit more manageable, and I’m feeling a little more social. Yes, it’s time to get together and hear how everyone fared this winter.

Of course, I could also use a good excuse to dust, clean the windows, and put away a few of these little piles that seem to have slowly stacked themselves over the winter months. The holidays were my last real excuse to tidy up, and then the long months of hibernation set in. Now it’s time for a little spring clean with a tea party in mind. I can’t wait to fill the house with laughter and share a warm cup of tea. “Pass the honey, and do tell your funniest holiday mishap!”

So, to help us all get in the spirit of the newly blooming season, here’s a little tea-party wreath for inspiration. Cut a simple form from cardboard, glue fabric pieces (I used Mom’s new Bee My Honey fabric, p. 15) to both the cardboard and clothespins, then glue the clothespins to the cardboard and add your tea bags. It can hang as a wreath and it can also sit as a centerpiece.

Cheers!

*Meg*



### THE TEA PARTY

A LITTLE girl asked some kittens to tea  
To meet some dolls from France;  
And the mother came, too, to enjoy a view  
And afterwards play for the dance.  
But the kittens were rude and grabbed their food  
And treated the dolls with jeers,  
Which caused their mother an aching heart  
And seven or eight large tears.

J. G. FRANCES







# Sister Loves

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

Kristi's  
**PICKS**  
(JUST A CLICK AWAY)



MAIL-ART MAVEN  
(SISTER #4314)

As spring marches on and my garden chore list grows, I find myself dreaming of a comfy place to rest when my work is done. A unique, handmade chair, tucked in a shady spot among my flowers, would provide a welcome respite.



SameAsNever



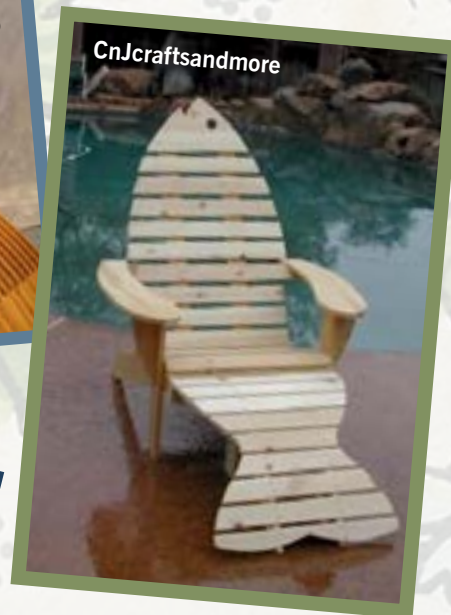
ChugwaterStudios



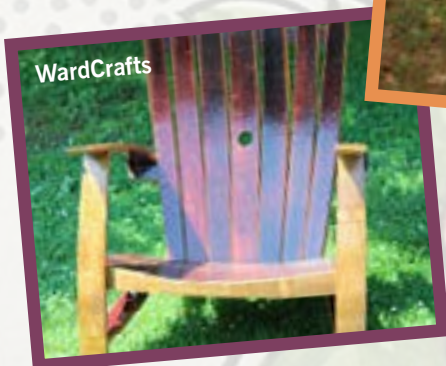
CailaguaHammocks



Foxwoodshop



CnJcraftsandmore



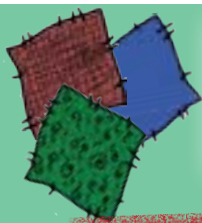
WardCrafts



CapFurniture

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

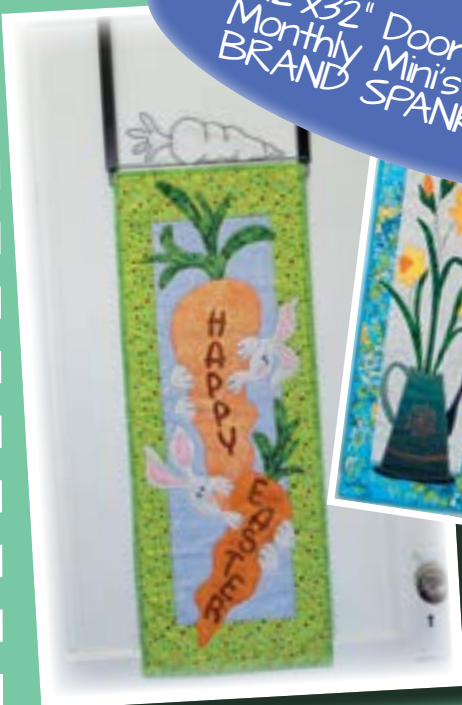




# Patch Abilities, Inc.

## Refreshingly "do-able" mini quilts

12"x32" Door Banners  
Monthly Mini's Series #7  
BRAND SPANKIN' NEW!!!!



### What makes our patterns "refreshingly do-able"???

- small projects easily finish in 1 day!
- use fusible applique method - so easy peasy, you don't have to be an experienced quilter - beginner friendly
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- hangers & embellishments available with each pattern.

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to choose from! Yowza)



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designs)



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# 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 [ShadowsGray.com](http://ShadowsGray.com).

## How to Dress Your Octopus

I love toddlers. Love their squishy, cookie-scented faces. Love their Cheerios breath. Love their dirty paws and tear-stained, drippy eyeballs. Love their attention spans of gnats and their tear-free-shampoo locks of love. And when they're little—leave 'em where you put 'em kinda little—they're dang fun to dress. But once they develop motor skills and a sense of independence, my short career as fashion designer comes to an abrupt halt.

I have two choices:

Let toddler dress himself. This works only if you never plan on leaving your house and emerging anywhere in public. "Public" tends to stare when someone comes at them with a Batman Halloween mask, football pajama bottoms, rain boots, an inside-out and backwards shirt, and a feminine scarf (which oddly enough, kinda *does* pull the whole ensemble together).

OR:

Pick out adorable outfit. Try convincing kid to wear it. (Good luck.) The tags are scratchy. The pants are the wrong color. They're too long. Too short. There's no Elmo on the front. The shoes aren't good. The socks aren't soft. Etcetera.

Wrestling a little child into clothing when all he wants to do is finish his half-completed project of taking over the free world is a little like trying to put an octopus into fishnet tights. The arms are akimbo, the legs are flailing, and your head will be smacked more times than you can count. In fact, my head will be used at any given time as a hand rest, foot rest, arm rest, flotation device, landing pad, and a place to put crackers.

Putting his Flintstone feet into proper shoes always poses a pickle as well. It's really difficult to get square-shaped feet into oblong-shaped shoes. My fingers will be smashed, my hair will be yanked out, my tongue will be bitten from holding back questionable exclamations, and I haven't even gotten to the tying part yet. This is why I don't fight the flip-flops in February thing.

But at least he's a boy. Boys can go shirtless. Shirtless is the new shirt. That's my story and I'm sticking to it.







Raising  
children is  
a creative  
endeavor ...  
an art  
rather than  
a science.

— Bruno Bettelheim





# Sister Loves

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

Carol's  
**PICKS**  
(JUST A CLICK AWAY)

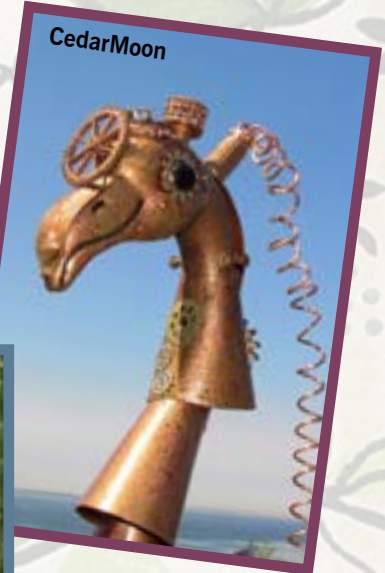


GRAPHIC DESIGNER,  
UKULELE ENTHUSIAST  
(SISTER #3)

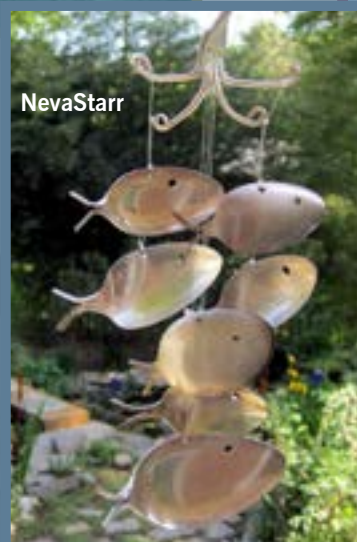
I have a small front yard with limited sun due to three giant trees. So it's all about yard art at my house ... painted wooden girls holding planter boxes, bird baths, wagon wheels, antique cultivators, doodads, and all kinds of planters—from vintage teapots and pans to large, colorful ceramic pots. (Yes, it's easy to tell people which house is mine.) My next project? A bottle bush! Here are my favorite Etsy finds for purchase or inspiration.



Musicbox4u



CedarMoon



NevaStarr



NorthWindMetalArt



EclecticArtsDesign



BigCountryIronWorks



HucksterHaven





moda

# BEE MY HONEY

by Mary Jane ♥

The beleaguered honeybee needs our love now more than ever. "Won't you *Bee My Honey*, oh tiny wee one? Come look," I whisper. "This year, I've planted extra honeysuckle, dozens of butterfly bushes, patches of phlox, and a field of clover for your nectar needs. Your journey is long and hard; let us help!"

For every yard of my new *Bee My Honey* fabric that is sold, I'm able to continue supporting the important work of [TheHoneybeeConservancy.org](http://TheHoneybeeConservancy.org). Thanks for bee-ing the change with me!

Ask for my 100% cotton *Bee My Honey* fabric at your favorite quilt store, February 2014 or online at [FatQuarterShop.com](http://FatQuarterShop.com).





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days ahead...



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# Sister Loves

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

Saralou's  
**PICKS**  
(JUST A CLICK AWAY)



GRAPHIC DESIGNER  
(SISTER #6)

I have become completely obsessed with coconut oil for cooking and for beauty products after reading this [article](#). I've made some of the DIY products on my own and also found some for sale on Etsy. My favorite is the coconut oil body scrub. This scrub makes your skin silky smooth and smell amazing! And it's simply coconut oil and sugar!!!

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



FranKramerOrganics



meadowmuffin2010



DolcediCocco



Earth's Way



BeeHappyLife



# CITRUS COCONUT LIP BALM

---

## *Ingredients*

2 Tbsp organic sunflower oil  
1 Tbsp organic coconut oil  
1 Tbsp organic cocoa butter  
1 Tbsp plus 1 tsp pure beeswax  
20-25 drops organic citrus essential oil.  
Choose 1 or create a medley: grapefruit,  
mandarin, orange, or tangerine  
A few drops of Vitamin E oil

---

## *Directions*

Coarsely chop the beeswax or use beeswax pastilles. Place beeswax, cocoa butter, and oils in a small pot or glass Pyrex measuring cup and gently heat in the top of a double boiler until the beeswax and butters melt. Remove from the stovetop and add essential oil and Vitamin E oil. Immediately pour the mixture into lip balm tubes or jars. Allow to cool completely before placing caps onto the containers.



800.879.3337





# Each Other



Homeschooling with Melyssa



{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 [ShadowsGray.com](http://ShadowsGray.com).

## Homeschooling by Texts

Once upon a time, my eldest whippersnapper spent approximately a million hours writing up the family's homeschooling schedule. She was all business and had to do it on the computer, which was really getting in the way of my Facebooking time. I tried to tell her I needed the computer to pin educational, homeschool-y things on Pinterest and then never actually implement them, but she wouldn't get off the chair and give me a turn. She organized all their subjects so that they wouldn't overlap; for instance, when C is doing math, A is doing science, etc.

*"Who is doing science?" I argued. "I'm not doing science! I don't even require science in this here homeschool of mine!"*

*"We like it," Whippersnapper said.*

Great. What's next? Underwater Basket Weaving? French? Philosophy? MATH?

So then I started panicking a little, because achievement testing was right around the corner. I know my kids are smart. I also know tests don't prove anything. I also know that public schools teach according to tests and that's sorta not fair, cuz I don't. I also know no one will ever know their scores, not even the state of Oregon, who evidently makes you take them but then never actually asks for the results. But you have to have 'em just in case they storm your house and drag your offspring off by their pigtails and demand that you begin teaching French and Philosophy and Math immediately. You have to be prepared. Homeschoolers are a paranoid bunch because sometimes we worry it's still 1982 and we could be thrown in jail.

I texted my mom for a little moral support during my small moment of over-reacting irrationally. Here's our conversation:

*Me: I'm really freaking out about the girls having to be tested next year. I feel like I'm on trial. Did you feel all this pressure when you homeschooled me?*

*Mom: Drive by the local high school and remember this truth: "I can't do any worse." Repeat as necessary.*

*Me: Ok. But still! What if they look like morons by other homeschoolers' standards?*

*Mom: Settle down, Sparky.*





Me: *I was looking up sample tests today. Anna is going to panic and spell her own name wrong.*

Mom: *You need to read some articles about the stupidity of standardized testing. Memorize and chant parts as needed.*

Me: *I KNOW THEY DON'T MEAN ANYTHING, BUT I STILL WANT THEM TO ROCK THEM!!!!*

Mom: *You must let go.*

Me: *Can't. Let. Goooooooooooooooooooo.*

Needless to say, my hour of need was smacked into shape by Mama Smartypants, who homeschooled back in 1982 and thinks we all have it way too easy these days. Humph.

Anyway, I figure Whippersnapper has things all under control and I can go back to Facebook now. I had to seriously reprimand her for getting up early all week and for finishing yet another science textbook. Sheesh. Those things don't grow on trees, and I do not appreciate math before 8 a.m. Actually, I don't appreciate math at 3 p.m. either.

I guess I have to drive by the local high school now. Bye.





# 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.”

## Fabulous FREE Education

Free education? An oxymoron if ever there was one! Although some folks might be under the misconception that public education is “free,” most of us know there is no such thing as a “free lunch” (at school or any other place!). Everything costs, and somebody always pays.

In our little town here in New Hampshire, the cost of sending one student to the public grammar school (K–6) is \$33,000 per year. My, my ... what I could have done with that amount of cash for every year I homeschooled each of my four children! (In my case, that comes to about \$676,000 over the course of the K–12 years!) Alternatively, can you imagine if a parent could invest each child’s portion that they are saving the school district by schooling at home ... and then give it to him or her as a graduation present? Instead of coming out of college drowning in debt, kids could then put themselves through a higher educational channel of their own choosing, be it college, traveling the world, doing research on something they are passionate about, or starting a business! Such a thing could truly change the world and the floundering economy.

One of our sons recently graduated from Johns Hopkins University. Fortunately, he had a scholarship for some of it, because tuition alone was \$280,000 for a four-year undergraduate degree. Our daughter has been pursuing a four-year art degree at the Maine College of Art to the tune of almost \$50,000 a year. Can you imagine how long it will take an art student to pay back that amount, plus interest?

Obviously, the education bubble will have to burst in the near or not-too-distant future, just as the housing market did in the last decade, and the health and medical fields are about to. It doesn’t take a genius to see that these things are just not sustainable the way they’re currently structured. That’s why finding online resources that ARE truly free and available to all is such a huge blessing! Today, we’ll talk about my two top picks of the growing number of free educational resources you should know about: the Khan Academy and TED Talks.

“You cannot help but learn more as you take the world into your hands. Take it up reverently, for it is an old piece of clay, with millions of thumbprints on it.”

– John Updike





**Khan Academy**, named after MIT and Harvard graduate Salman Khan, started in 2006 as personal online math tutoring for his much-younger cousin, who needed more teacher-focused attention than she was getting in her classroom. Khan soon found that not only his cousin, Nadia, benefited from the short, concise lessons, but that her friends were soon clamoring for them as well. Thus started Khan Academy, a non-profit educational website whose mission statement is to provide “a free, world-class education for anyone, anywhere.” Although the website started with just a few basic math lessons in algebra and geometry, it soon branched out to include higher mathematics such as trigonometry, calculus, and science.

Today, it features thousands of educational resources, including a personalized learning dashboard, over 100,000 exercise problems and quizzes, and more than 4,000 mini video-lectures via tutorials on YouTube. A few of the subjects covered are: history, medicine, finance, physics, chemistry, biology, astronomy, economics, cosmology, organic chemistry, American civics, art history, and computer science, with new courses being added all the time. All resources are available for free to anyone around the world who has access to the Internet. According to Wikipedia, Khan Academy reaches about 10 million students per month and has delivered over 300 million lessons.

We have often supplemented our children's lessons with tutorials from the Khan Academy website with great success from both the teachers' and our students' perspectives. I even go there myself quite frequently to learn new and interesting things. Salman Khan no longer works his day job as a hedge-fund analyst—his online website has become an international phenomenon, attracting the notice and financial backing of people with clout like Bill Gates. An interesting story of how this amazing resource has grown exponentially and is changing the face of modern education can be read in a wonderful book by Khan called *The One Room Schoolhouse: Education Reimagined*.

If this sort of thing excites you, then you'll be equally impressed with another online phenomenon you can use with your homeschoolers called “TED Talks.” **TED** is an acronym that stands for Technology, Entertainment and Design.



continued ...



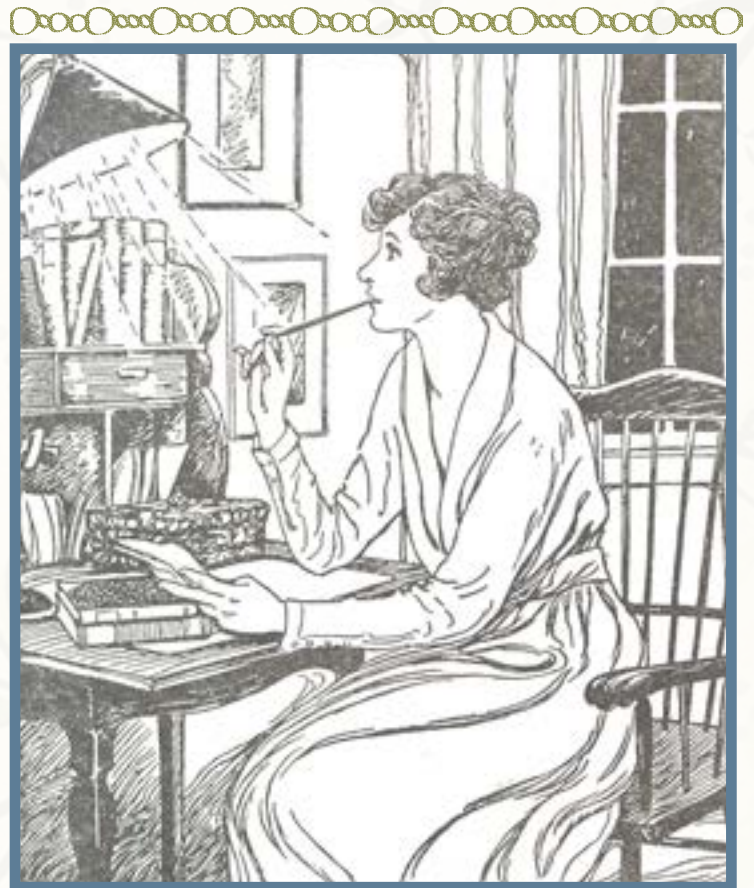


## continued ...

Initially, the speakers came from fields of expertise covered by the concept of this acronym, but the impressive roster of presenters has broadened to include everyone from scientists, philosophers, musicians, philanthropists, politicians, and even someone who shares a better way to tie your shoes! Basically, TED, whose subtitle is “Ideas Worth Spreading,” is a set of global conferences held on almost every conceivable subject. Speakers are given a maximum of 18 minutes to present their ideas in the most innovative and engaging ways they can. These talks are streamed to the Internet and can be accessed for free by anyone with access to the Web. A few past presenters include Bill Clinton, Jane Goodall, Malcolm Gladwell, Al Gore, Gordon Brown, Richard Dawkins, Bill Gates, Bono, Google founders Larry Page and Sergey Brin, and many Nobel Prize winners.

TED's mission statement begins: “We believe passionately in the power of ideas to change attitudes, lives, and ultimately, the world. So we're building a clearinghouse that offers free knowledge and inspiration from the world's most inspired thinkers, and also a community of curious souls to engage with ideas and each other.” And this is truly what they do!

With only one child left in the nest these days, we have used TED Talks frequently in our homeschool curriculum. Several times a week, my husband, son, and I each find a TED Talk of our choosing that sounds interesting to us. It can be on ANY subject—we have no rules or criteria for picking them. Each of us then shows the presentation we've chosen, and with the remote close at hand to allow time for discussion where it seems appropriate, we all learn from three interesting speakers on a variety of subjects in just under an hour. I have discovered some truly eye-opening lectures that have, indeed, inspired our family's personal world!







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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# Farm Kitchen

Where the Cookin' Begins!



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



Ashley Ogle (Sister #2222) was born and raised in northern Idaho, and has always had an intense interest in anything kitchen. Shortly after marrying MaryJane's son, Brian, at the historic one-room schoolhouse his grandfather attended, Brian and Ashley moved back to the farm and began renovating the 1890 farmhouse that both Brian and his grandmother grew up in. And in keeping with tradition, they're raising their family in the same house (two little girls: Adria, 4, and baby Alina).

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.

## Pasta Salad

People talk about getting spring fever this time of year. I hear ya! But what seems to afflict me more than anything is summer fever. I really do enjoy spring, but if I'm being really honest, it just brings me one step closer to what I really crave—summer. The sun starts shining and I am instantly dreaming of long summer nights; of crickets and campfires; of barbecues; and of life in easygoing, carefree summer mode. I know, I know, life can't be a perpetual summer, but that doesn't mean I can't dream about it, right? So, as usual, we get our first glimpse of sun that feels warm and I'm already thinking burgers and pasta salad. I love pasta salad for its simple versatility. This particular recipe is loaded with all the flavors that remind me of summer. Enjoy!

### *I'm Dreamin' of Summer Pasta Salad*

Prep Time: 30 minutes, plus 3 hours chilling time

Cook Time: 25 minutes

Makes: 8–10 side servings

- |     |                                       |
|-----|---------------------------------------|
| 10  | ozs (about 3 cups) penne              |
| 1   | head garlic, peeled and minced        |
| 2   | t olive oil                           |
| 2   | cups fresh spinach, diced             |
| 1   | cup fresh parsley, minced             |
| 2   | sprigs fresh rosemary, minced         |
| 1/2 | cup marinated artichoke hearts, diced |
| 1/2 | cup sun-dried tomatoes                |
| 1/2 | cup feta, crumbled                    |
| 1/3 | cup Kalamata olives, halved           |
| 2   | T capers                              |
| 1/2 | cup ranch dressing                    |
| 1/2 | t pepper                              |



1. In a large saucepan, cook penne into boiling water until al dente; drain.
2. In a small skillet over medium heat, cook garlic in olive oil until golden brown.
3. Add penne, garlic, spinach, parsley, rosemary, artichoke hearts, tomatoes, feta, olives, and capers to a medium bowl.
4. Toss with ranch dressing and pepper. Cover and refrigerate for at least 3 hours.



“ In cooking, as in all the arts,  
simplicity is the sign of perfection.”

– Curnonsky







# Outpost

## Unleashing Your Inner Wild



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

## Greener Choices for Kids' Jewelry

What little girl doesn't like jewelry? Donning fancy dress-up duds and sparkling accessories creates a charming fantasy of grown-up sophistication. Besides being playful and pretty, though, wearing jewelry is a simple hands-on way for a blossoming lady to begin crafting her own identity. As she adorns herself in pendants, beads, and bangles of her choice, she is etching out an idea of who she is, a sense of her own unique style. Just like t-shirt designs and the color of her shoe laces, jewelry is part of portraying her inner personality as she defines how she wants to present herself to the rest of the world. Having raised a daughter, and now a grandma of blooming beauties, I've seen this phenomenon firsthand. And so, naturally, I was more than a little concerned by a news story I read about children's jewelry. It seems that every time we buy an inexpensive necklace or charm bracelet for the kids we love, we may actually be exposing them to a serious health hazard. Despite a federal ban on the use of toxic lead in children's jewelry that went into effect a couple of years ago, overseas companies have found a way to keep their costs low by substituting another dangerous heavy metal in dime-store jewelry: cadmium.

An investigation by *The Associated Press* examined various pieces of children's jewelry sold by major chain stores in November and December of 2009. Several items contained greater than 10 percent cadmium by weight, and a few were as high as 91 percent. This is a big deal because cadmium is poisonous, ranking No. 7 on the U.S. Centers for Disease Control and Prevention's priority list of the 275 most hazardous substances in the environment. It is particularly hazardous to kids because they're more apt to put trinkets in their mouths.



Granted, it's easy to blame the manufacturers, but it's ultimately our responsibility as American consumers to demand better products, and it all starts with refusing to buy into the current problem. Once we've put the brakes on buying contaminated jewelry, there are proactive steps we can take to protect our kids and support a greener economy at the same time.





## Out with the Old

The Consumer Product Safety Commission recommends discarding all your kids' costume jewelry. But instead of throwing it away or passing the danger to others, find a recycling location that handles heavy metals at **Earth911.com**. Obviously, this drastic action isn't going to go over well with the little lady whose jewelry box you're emptying, so be prepared to cheer her up with an intriguing do-it-herself alternative ...



### Hiking Bracelet

Wrap a piece of 2"-wide duct tape around your child's arm, sticky side out. While she's walking along the trail, she can gather flowers, leaves, and other little treasures and stick them to the bracelet. Back at home, see how many acquisitions you can identify and have a science lesson.

## Create the New!

Giving a girl the go-ahead to make her own jewelry is akin to the timeless proverb about teaching a man to fish. Give her jewelry, and she'll dazzle over it for a day; teach her to create jewelry, and she'll have a treasured skill for life. The cool thing about jewelry-making is that there's very little know-how needed. With a few simple supplies and a dash of creativity, she'll create her own style. Stock up on the following bits and pieces, and let your girl go wild:

**Necklaces and Bracelets:** Skip the chains altogether and get creative with natural twine, yarn, and embroidery thread. Whether weaving friendship bracelets or stringing pendants, there are tons of unique and colorful options that avoid potentially toxic metals.

**Beads:** The best beads are those made of natural materials with no glaze or coating. Crystal beads, coated beads, and even some glass beads can contain heavy metals as well. Shop for wood, seeds, coral, bone, stones, and shells. Find your own or check out the tantalizing array of hand-picked pretties available at **StoneMe**. Acrylic beads are also non-toxic, and they come in every color of the rainbow. Locate a bead shop close to you at **BeadShopFinder.com**

**Earrings:** Find earring hooks, hoops, studs, clip-on components, and more at **FireMountainGems.com**. Play it safe by sticking with sterling silver, niobium, titanium, stainless steel, or high-karat gold.

continued ...





## continued ...

They are the least allergenic metals and the least likely to leach toxins. Avoid pewter, nickel, chrome, white gold, plated metals, and any metal jewelry that doesn't reveal its contents.

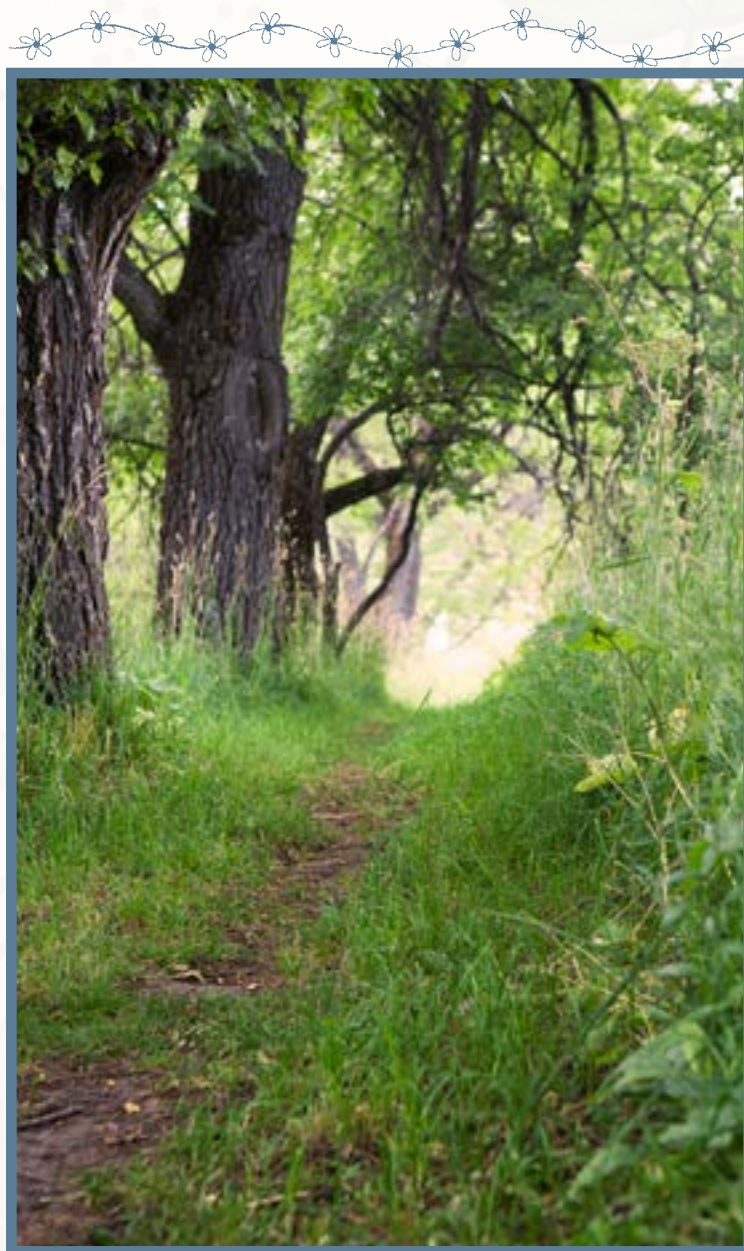
*Jewelry pliers:* This little tool is essential for the budding jeweler. There are a handful of different styles, so consider giving your girl a variety pack like the **Beadsmith 7-Piece Mini Jewelry Tool Kit** (\$13.75 at **Amazon.com**).

*Ideas and Inspiration:* These priceless gems can be found free online. Learn all sorts of simple tips and tricks by exploring the lessons and projects available at **Beadage.net**. Dig deeper into the art of all-natural jewelry-making by picking up a copy of *Jewelry from Nature: 45 Great Projects Using Sticks & Stones, Seeds & Bones* by Cathy Yow.

## Buy the New! .....

A new line of jewelry for girls who twirl their hair, chew their pencils, like to fidget, or just want to be stylish! Tween Bling jewelry was designed by Alice and Julia, two tween girls in Maryland with a love of fashion and creativity. It's made from a totally safe silicone that doesn't have any yucky chemicals like phthalates, PVCs, BPAs, lead, or latex. It's soft and flexible so you can pull on it, play with it, even stick it in your mouth. Tween Bling comes in lots of different colors and designs and every necklace has a breakaway clasp. Some of their jewelry is even scented so you can stay focused in school! Tween Bling is dishwasher safe and federally approved, **SmartMomJewelry.com**.

MaryJane 





# Sister Loves

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



MARYJANE  
CEO (QUEEN BEE)

One of the great things about Etsy is that it opens doors to shopping around the world. I recently found a scarf I loved that had gorgeous hanging medallions around its edges, creating an added dimension to the standard neck wrap. When I searched for more, I wondered why I kept finding results from Turkey. Turns out, handmade embellished edges are traditional to Turkish scarves, where women have been embroiled in a "headscarf controversy" for decades. With the intent of "modernizing" the country, a law was enacted in the 1920s banning women from wearing headscarves while working in the public sector or attending school. Ever since, there have been passionate protests on both sides of the debate. Women aren't so different the world 'round—we like to make our own choices!



ScarfMood



Pillowcoversect



Sena'sShop



EleganceScarf



MyBirdsongDesigns



ReddApple



MyBirdsongDesigns

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







## Small Wonder: The One-pot Tomato Garden



The current chatter about growing our own food has a way of inspiring the farmer in all of us, no matter how deeply the instinct may be buried by our busy, modern lifestyles. Who doesn't want to savor the freshness and flavor of goodies grown right at home? The veritable fruits of the labor are certainly useful, and yet the dirt-digging and weed-pulling aspects of gardening can be tough to schedule. But what if I told you there's an easier way to satisfy the secret gardener who longs to sprout from your soul? It can be done! By paring down the overwhelming task of full-scale gardening into one pot, you can give rise to your inner farmer and have a taste of the homegrown harvest you crave.

Of all the garden plants you can grow in a container, perhaps the most tantalizing is the tomato. Not only does it burst with flavor, it's versatile as well. From salads to sauces, the tomato does the trick like nothing else. Plus, there are few plants that are as beautiful. Watching the dainty yellow flowers of your lushly scented plant give way to crimson fruit is truly a wonder to behold.

Small tomatoes like cherries and grapes are well-suited to container growing. They tend to be hardy and produce bountiful crops, and they mature faster than their beefy cousins. But there are so many types to choose from. Which is the right one? The important thing is to stick to organic, heirloom varieties because they're tastier, more nutritious, and grown using ecologically sound practices. I've been particularly charmed by one variety that's truly unique:

the currant tomato—a rare, wild ancestor of today's more common tomato. The beauty of this plant's tiny, scarlet gems is as likely to stir you as their intensely sweet and piquant flavor. The tomatoes are perfectly round and berry-sized, about 1/2-inch to 3/4-inch in diameter. They grow in clusters that just beg to be plucked and nibbled fresh from the plant. But they're also perfect for tossing with salads, sprinkling in a pita sandwich, or sun-drying to make tasty tomato "raisins." Plus, they freeze nicely for easy storage until you're ready to use them in a sauce.

If I've whetted your appetite for a succulent, one-pot tomato garden, then get ready to go for it. Don't worry if you've never even had a houseplant. By following a set of simple steps, your thumb will be as green as the next gardener's, guaranteed!

### *Here's what you need:*

- Organic currant tomato seeds from **Southern Exposure Seed Exchange, Victory Seeds, Baker Creek Heirloom Seeds, or Territorial Seed Company.**
- Three small (2-inch) planting pots or other small containers with holes in the bottom for drainage.





- Soil starter mix from your local garden-supply store.
- An **EarthBox** container garden, or make your own container using my instructions [here](#).

### *Here's what you do:*

Fill your small pots with soil starter mix.

Plant one seed in each, about 1/4-inch deep. Tamp soil gently and water well. Keep your starter mix moist, but not soggy. Germination (sprouting) should occur in 5–10 days.

When seedlings are about 3 inches tall, it's time to transplant. You can transplant all three into your larger container or pick one for yourself and give the others as gifts. Transplant according to the instructions for your EarthBox or the homemade container garden.

Tomato plants love lots of sun, so place your plants on a deck, porch, or south-facing windowsill where they can bask all day long. Turn plants occasionally so all sides get a fair share of light. Fertilize regularly but lightly, beginning about two weeks after transplanting. One of my favorite brands of fertilizer can be found at **BradfieldOrganics.com**. There are other options at **PlanetNatural.com**.

The currant is a “vining” tomato that will continue to grow even after producing flowers and fruit, so it will need some support. Three or four tomato stakes connected by twine will work, but you can also opt for a handy premade trellis like the **Stake It Easy**, which extends taller and wider as plants grow.

When your flowers begin to bloom, help Mother Nature along by tapping the larger, side branches with your finger to encourage pollination. This is especially important if your plant is kept indoors, away from natural pollinators like bees.

There are few things in life as exciting as seeing the first, tiny bulbs of fruit appear in your garden. Within about 70 days of planting, your currants should be ripe for the pickin'. And currant tomatoes will continue to produce fruit through the fall, so enjoy a long and plentiful one-pot harvest!



*Mary Jane* 



# Sister Loves

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

Karina's  
**PICKS**  
(JUST A CLICK AWAY)

annasee



ParadaCreations



GRAPHIC DESIGNER  
(SISTER #4)

Lately, I've been inspired by different illustration styles. Here are some fun illustrations that caught my eye while I was browsing. These are great ideas for a gift or just something fun to hang on the wall.

New Zealand



DesignCloud

PrintableRandoms



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



PrintableQuirks

tinykiwiprints







daily entries fresh from the farm



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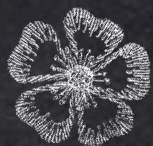


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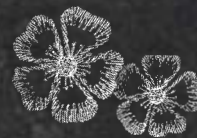




# Stitching & Crafting Room



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.

## Bee My Honey Pillowcases

Spring cleaning at my house has been focused on the linen closet. I'm not sure how I acquired so many flat sheets and so few pillowcases, but it's one of the many mysteries of domestic life! Luckily, making pillowcases is a simple and fun sewing project. MaryJane designs her own beautiful fabrics for Moda, and I just love their weight and feel. Right now, the Bee My Honey collection (see p. 15) is my favorite—it has just the right mix of geometric prints, traditional florals, and classic colors.

To make a pair of standard pillowcases, you'll need:

two 54" x 22" panels in main color (Bloomsday in Honey Gold)  
four 9" x 22" strips in secondary color (Honey Dipper in Goodnight Soon)  
four 6" x 22" strips in accent color (Honeycomb in Galvanized Grey)

1. Fold and iron the 9" strips and the 6" strips in half lengthwise with the right sides showing. These will be your border strips.
2. Layer a 22" edge of your main fabric with a folded 3" strip and then a 4 1/2" strip. Pin together, right sides facing. Stitch along the rough edge and iron open. Repeat for the other 22" edge of the main fabric.
3. Fold in half with right sides together, pin, and stitch along the sides, leaving the fancy edge of the pillowcase open. Snip any loose threads, turn inside out, and press one final time. Sleep tight!











# Make it Easy



*Happy Hearts Make Light Work*

{MAKE IT EASY} with CJ Armstrong | to earn a Sisterhood badge in our {MAKE IT EASY} category, [CLICK HERE](#)



CJ Armstrong (Sister #665) was our 2010 Farmgirl of the Year, and she's the one woman we know who's capable of stealing anyone and everyone's heart. CJ and her sidekick daughter, Robin, can be found in campgrounds around the country glamming up their tricked-out tent, wearing CJ's tricked-out aprons. CJ makes the world a MUCH better (and properly aproned) place! See CJ's creations at [FarmFreshAprons](#).

## Gumball Jars

I've made many of these cute gumball look-alike projects for gifts, and they're great for just about anything you want to put in them. The two pictured here are mine, and I decided the red one would be great for some of my buttons, while the "piano keys" one holds candy. Some of them have been painted and decorated for use in a bathroom for cottons balls or such, or in a kitchen for cooking gadgets, tea bags, etc.

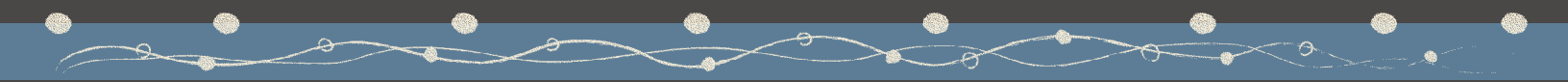
The components can be any size you desire, but I've always used these sizes:

- terra cotta pots: 6" in diameter at top, 5 1/4" high
- terra cotta saucers: 4" in diameter
- glass globe (I used Libbey brand): opening is 3 3/8" in diameter, bottom is 3" in diameter and just about a perfect fit for the bottom of the terra cotta pot
- E6000 glue, which works best on glass and terra cotta. It has a very strong odor, so I recommend planning ahead on this project as much as possible to allow the odor to dissipate before using or gifting.
- spray paint in colors of your choice, as well as clear for spraying over finished project to seal and protect (or use Mod Podge)
- embellishments, buttons, trims, paint for artwork, items to decoupage ... anything that suits your fancy
- wooden ball with flattened area on one side for the lid knob (I used knobs that are 1 1/2" in diameter at the widest part)

Brush the terra cotta pot and saucer to clear off any clay dust or dust and apply spray paint. It's not necessary to spray the inside of the pot unless you wish to do so, but do spray the entire surface of the saucer, which will become the lid. After you're satisfied with the paint application, then start decorating and embellishing it anyway you wish. When I use ribbon or rickrack trim around the edges, I like to glue a button over the area where the ends meet to cover that, as well as help keep the ends from coming unglued.

You'll want to completely finish decorating the pot and the lid before any assembly, including painting the knob. After the decorating/embellishing is completed, spray with clear finish to seal and protect. Mod Podge can also be used for decoupage items on and to brush over to seal and protect, but I just find it easier to use clear spray paint. Last step is to glue the glass globe/bowl onto the pot and the knob onto the lid, using the E6000 adhesive, allowing it to dry and cure before using. After that, fill it up and enjoy!









Erin McIntosh is the Marketing Manager at Mountain Rose Herbs. Born and raised in the sunny Florida swamps, Erin now makes her home in the evergreen Pacific Northwest, where she studied herbalism, botany, and ethical wildcrafting at the Columbian School of Botanical Studies. She spends her days crafting culinary recipes, making botanical illustrations, gardening, hiking, foraging for wild edibles, photographing pretty flowers, and formulating herbal medicine in the magnificent Oregon Cascades.

## Make a Plant Press

The frosty, bloomless months of winter offer their own charms as mosses, lichens, and mushrooms pop from every moist nook under the forest canopy, but who doesn't long for the sun-filled beauty of handpicked wildflowers? The colorful blossoms of spring and summer can be enjoyed year-round with one simple tool that's easily crafted during a lazy afternoon at home.

Plant presses have been used for hundreds of years to dry and preserve specimens for safe travel across vast continents and rough seas. Explorers would guard their botanical treasures like gold, hoping to return home with a variety of floral curiosities for later identification, taxonomic cataloging, and even cherished supplies for artwork.

Presses can be small enough to carry in your hiking pack; perfect for collecting herbaceous plant leaves, roots, and flowers as you wander; or they can be made large enough to press a towering *Verbascum thapsus* from your garden, root to flower. It's important to press flowers as soon as possible after picking them to avoid wilting and improve your results.

You should also make note of the plant's common name, Latin name, location, height, habitat, abundance, date, and other valuable information that can fade from memory and leave you stumped when you're finally ready to use your pressings. This also offers a wonderful opportunity for research and study of the medicinal, edible, rare, and poisonous plants that live near you. For the rare (and some of the poisonous) plants you find, be sure to take a photo rather than make a pressing and then document the location so you can observe and protect those plant communities.

Your dried flowers, leaves, ferns, and roots can be mounted in glass for display, placed in papier-mâché crafts, used to make stationary and scrapbooks, or to adorn homemade candles. Another fun project would be to document your favorite wild or garden plants in a home herbarium. To do this, simply arrange your specimens on acid-free paper with all of the pertinent harvesting information and glue or cover with contact paper to conveniently catalog your prized pressings.

“You don't have to wait for someone to bring  
you flowers—plant your own garden.”

— Author Unknown





## Cardboard Plant Press

There are several ways to make a plant press. The easiest and most economical choice can be constructed beautifully with materials from your recycling bin. This press would also be the perfect handmade gift for the crafter or plant lover in your life.

### You'll need:

several old newspapers  
corrugated cardboard  
two pieces of wood  
two straps with buckles that can be secured: belts, canvas straps, light bungee cords, rope

1. Fold individual sheets of newspaper along the normal folding creases. These folded sheets will become your blotters.

2. Cut the cardboard to fit your folded newspaper blotters. This will save you the time and trouble of cutting every piece of newspaper to size. You'll want the zigzag corrugation to run through the width of your cardboard, not the length, to allow for maximum airflow.

3. Assemble your press by placing three single sheets of folded newspaper on top of one piece of cardboard, and then continue by layering another piece of cardboard, three more individual sheets of folded newspaper, and another piece of cardboard. Repeat this process until you've reached your desired stack.



continued ...





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4. Next, sandwich your stack between two pieces of wood that measure about the same size or 1/2" larger than the cardboard. You can decorate the wood boards with paint, markers, or decoupage if you're feeling extra crafty.

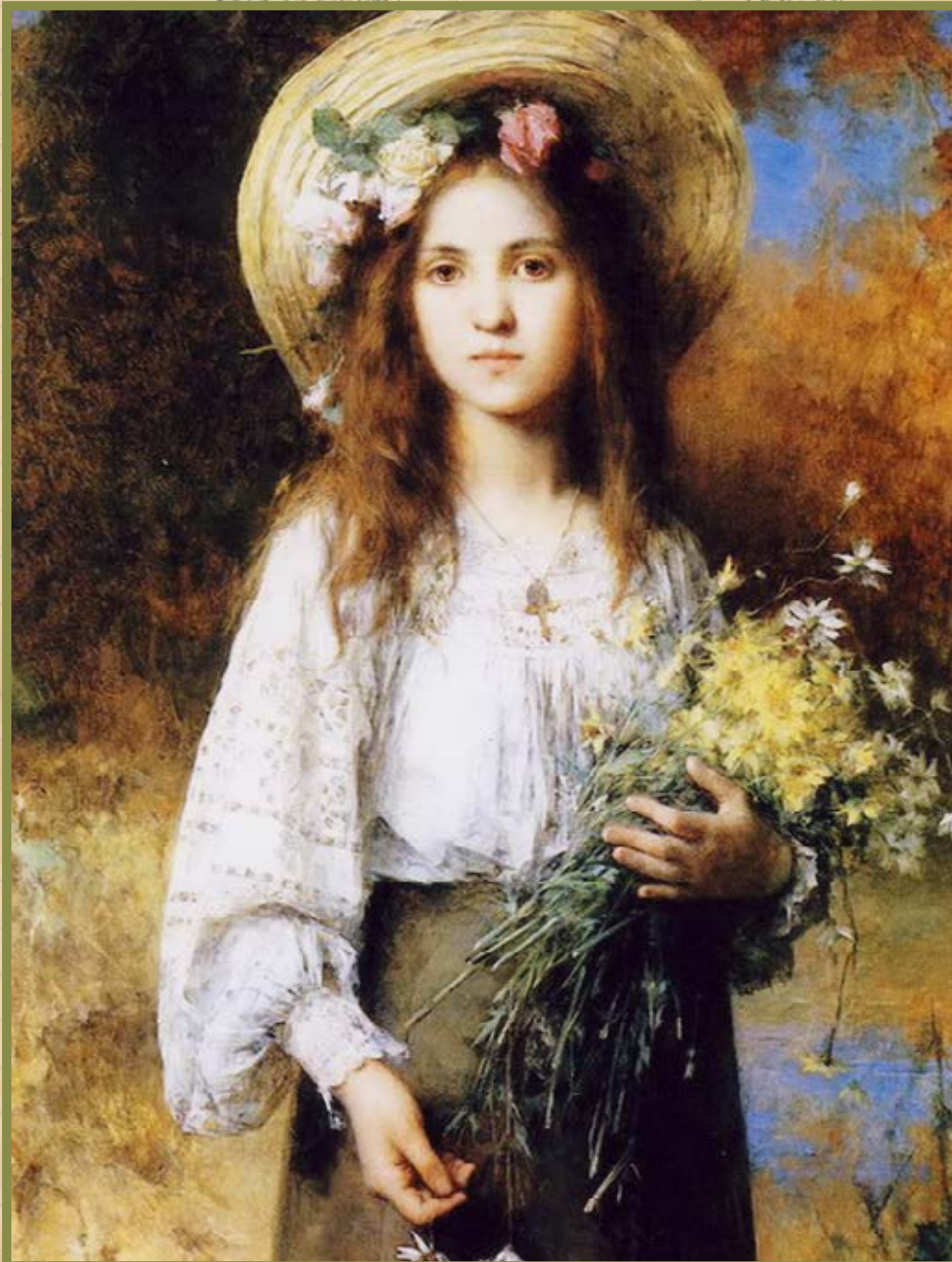
5. Secure two straps around the width of the boards to hold it all together. Old belts work perfectly—just keep in mind that the press doesn't need too much pressure to work well.

Once your press is completed, it's time to harvest your specimens; remove dirt with a dry brush; and if desired, dissect them to isolate the characteristic botanical organs. Next, open your press to find the first set of folded newspapers. Select the middle sheet of newspaper and unfold. Position your plant material on the newspaper without overlapping and refold the sheet to cover. Plants with long stalks can be bent into a zigzag to fit in your press. Make sure there's a blotter underneath the sheet containing the herbs and replace the top blotter sheet along with the cardboard. Repeat until you've pressed all of your plants. Each pressed plant should be tucked between two blotters and separated by cardboard.

Allow the plants to set for one day and then open your press to adjust the delicate petals and leaves that may be curled or crooked. Most plants will be dry and ready to use within one week's time, but they will happily wait in the press until you are ready to honor them with creativity or study.











# Cleaning Up

*The Work of Our Hands*



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

## Move Out, Moths!

Most of us regard our closets, drawers, and storage nooks as sacred personal space, so it's a rude awakening when these private places are invaded—particularly when we find that the intruders have been boring holes through our wool, cashmere, and other beloved fabrics. You know the culprits. Small and seemingly benign with their harmless fluttery wings, clothing moths can wreak havoc on a wardrobe before you even realize what you're up against. Not even bedding, flooring, or curtains are safe.

Such desperate times do, indeed, call for desperate measures. The trouble is, desperation often causes us to reach for the first available commercial product that promises to solve the problem. In the case of clothes moths, the common “cure” has long been mothballs. They're easy to come by, and because they're so common, it's easy to assume they're the best defense. But there's a definite downside to convenience. That pungent odor we associate with moth-free closets is actually pesticide vapor. Mothballs are little nuggets of hazardous fumigants like naphthalene, which destroys red blood cells (particularly in children and pregnant women) and p-dichlorobenzene, which can damage organs and induce anemia. Not the kind of stuff you want permeating your clothing.

The good news is that there are other options, *better* options. And the more we turn to alternative solutions, the less “alternative” they will become! In the case of clothes moths, the first step in dealing with the problem is to arm yourself with a little knowledge about your adversary.

## *Do You Have a Moth Problem?*

The sight of a moth in your home is not necessarily cause for panic. Most of the moths we see are not clothes-consuming varieties. According to Bruce Walsh, professor of ecology and evolutionary biology at the University of Arizona, there are some 15,000 moth species in the U.S., and only two feast on fabric. Because clothing moths prefer to hang out in dark, undisturbed corners of houses, we're even less likely to spot them. Their telltale holes are often the first sign of infestation. Adult moths, which are about 1/4-inch wide and dull brown in color, lay eggs that hatch their fabric-eating larvae. The 1/2-inch caterpillars spend about 10 days fattening up on animal fibers they find. Wool, fur, silk, feathers (down), natural felt, and leather are all on the menu. Other signs that clothing moths may have invaded your home are small web cocoons within folds of fabric, in corners, or at the junction of walls and ceilings.







## Clean Up and Clear Out

Meticulous cleaning is the best line of defense against clothing moths. The moths, along with their eggs and larvae, can be killed by laundering fabrics in a 120-degree wash cycle. Be sure to wash clothing or other materials from secondhand shops before putting them away because they may bring moths into your home. Even though moths don't generally eat cotton and synthetic materials, they may lay eggs in them, so wash everything to be safe. For fabrics that can't be washed in hot water, freeze the fabric for two weeks to effectively kill larvae and eggs.

Once you have cleared out closets and drawers, vacuum them thoroughly, making sure not to miss the corners, to remove any remaining eggs and larvae that may remain. It's also a good idea to vacuum along baseboards, underneath furniture, and inside vents where dust tends to accumulate and may attract moths. Whether you've found moths in your home or not, it's wise to store animal-fiber materials in dry, airtight containers or sealed bags to keep moths at bay.

## Natural Repellents and Traps

Contrary to popular belief, cedar closets or chests alone are not going to moth-proof your home because they don't maintain an effective concentration of cedar oil to bother the moths. Fresh aromatic cedar chips in a mesh bag or an absorbent cloth soaked with cedar oil (try **MountainRoseHerbs.com**) can help repel or even kill moths if stored with clothing in an airtight container. Sachets of lavender, rosemary, vetiver, rose petals, and dried lemon peel can also deter moths if kept fresh and pungent in sealed storage spaces.

Natural attractant traps called pheromone moth traps lure male clothing moths to sticky strips that emit mating pheromones. They can be used to trap existing moths or to monitor those places in your home that might be vulnerable. These non-toxic traps don't kill eggs and larvae, but they do attract and kill male moths, putting a dent in reproduction. Buy USA-made traps online at **EarthEasy.com**.



Did you know that a cedar chest used as a moth deterrent loses its effectiveness over time as its oils evaporate? Putting cedar chips in any kind of perforated container (colanders covered with a plate for walk-in closets and tea balls for dresser drawers or chests) and then refreshing them once a month with a few drops of cedar wood oil will keep your clothes moth-free.

Mary Jane





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

## Upcoming Events:

**Farmgirls on the Loose Get-a-Way, Brown County State Park, Nashville, IN, May 30–June 1, 2014, (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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were  
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meant  
to be  
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# April Sisterhood



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48

April 2014

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# Good Special

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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.

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## Farmgirl Chatter



**What are farmgirls chatting about?**

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

## Farmgirl Calendar

**Farmgirls on the Loose Get-a-Way, Brown County State Park, Nashville, IN, May 30–June 1, 2014**

ALL events optional, but plan to have fun!

Friday, May 30: Check-in, you will need to reserve your own campsite. Our group will be camping in Buffalo Ridge Electric Campground. I will have 30 individual bags to give you with what is going on in the surrounding area and Indiana. Friday evening around 5 p.m., we will have a crockpot dinner for any farmgirls who would like to join us. If you would like to bring a crockpot meal/dessert etc., that would be great! The more the merrier, plus some good eatin'! Please bring plate and fork, plus a drink.

Saturday, May 31: We will do a Dutch-oven breakfast—if you have a recipe you just love, bring the fixins along to fix at our campsite, around 9 a.m. Please bring plate and fork, plus a drink. Hiking and/or swimming. Trip into Nashville, IN, 11 a.m. This is only a few minutes from the State Park. There are tons of the cutest shops and restaurants, plus lots of artists who display their works.

Crafting: Farmgirl coaster or any craft anyone else would like to present.

Glamping Prom Night: Saturday night at the Seasons Restaurant. I will ask about reservations for a large group. This is also really close to the park. Please let me know ahead of time if you plan to attend (restaurant needs our numbers).

Sunday, June 1: Morning get-together to share our Indiana Glamping Experience, 10 a.m. We could do a breakfast pitch-in if everyone is in favor of doing so. Say our farewells, "UNTIL WE MEET AGAIN." Happy trails, farmgirls!

Contact: Farmgirl Linda Sue at [mcallenml@gmail.com](mailto:mcallenml@gmail.com), (812) 988-5245

## Farmgirl Chatter

**A Farm of My Own: Is a move to Idaho in our future? Submitted by Joylowa**

Greetings Fellow Farmgirls,

After having lived in the Midwest most all of our lives, the time has come to move on. We have known for about 10 years that this day was coming, and have spent a fair amount of time camping our way through a lot of the U.S. looking for a place to call home. About 3 years ago, we visited friends in Idaho southwest of Stanley and fell in love with Idaho. We have spent a total of about 6 months since all over Idaho in all seasons. It is the one place my hubby and I feel totally at home, and keep coming back to as we continue to ponder.

continued ...





## continued ...

We are both teachers. I was offered a position last summer at a small school, but was unable to take it at the time due to some family obligations. I know the physical features/climate/etc. vary greatly. We live pretty simple, homebound lives and ideally would like to live in a small, remote town. (I have dreamt of teaching in a one-room schoolhouse since college.) We have no children and pretty much no ties.

My questions (in no particular order):

1. What Idaho-specific questions do we need to ask ourselves to make this decision?
2. How do people native to Idaho really feel about outsiders coming in to make a new life? (This question stems from the one "interesting" encounter we had while fixing a flat tire on a fire road. It didn't scare us off, just made us more curious.)
3. Anything else you think we might need to consider?



Thanks so much for any input you could give. Give your advice [here](#).

### **A Farm of My Own: Lost Plastic Dome ... Submitted by LaLa**

Hi ladies!

It's my first time gardening without the direct assistance of a more seasoned gardener. Plus, I am in a different state with a slightly different climate.

DH and I started some seeds using the Jiffy Greenhouse with a plastic dome top. We have pets, 3 of whom are cats, so we were concerned about leaving the boxes indoors 100% of the time. We don't have any sunny or warm spaces that are not taken over by a pet.

According to the directions on the greenhouses, the lid is to stay on, and they are to be placed in a warm space, NOT in direct sunlight. We have a shady spot on our porch where we've been keeping them by day until the sun starts to go down. Then we put them in a closet until the next day (to keep pets out of them).

I brought the boxes in about an hour ago. One dome lid was carried off by the wind, despite the paper-weights we put on top. I looked all over the yard, and even at my neighbors' yards and cannot find it. What do I do? The florist shop nearby is closed, or I'd ask if they could provide a replacement. Share your ideas [here](#).





### Across the Fence: Farmgirl Anniversary! Submitted by TeresaJ25

I can't believe that I have belonged to this wonderful Sisterhood for 4 years! I think back to where I was 4 years ago, and I have grown and learned so much!

I never would have imagined how much my life would change just from reading a magazine that my dear friend (laurentany) passed along to me. In this particular issue, there was an article about owning and raising backyard chickens. I closed my eyes and KNEW this magazine was just what I needed. It had everything in there that, unknown to me at the time, was missing in my life. Living in typical suburbia, there is a sense that you should live the "typical suburban life," which is who has the nicest \_\_\_\_\_ (fill in the blank with any of the following: lawn, house, car, family ...). But I never felt like I fit in, although all my life I've lived here.

MaryJanesFarm and all you wonderful, thoughtful, talented, amazing Sisters, you have enriched my life in ways that not many people could possibly understand!

I am blessed with the friends I have made, the skills I have learned, and the knowledge I have gained.

Thank you, MaryJane. I'm sure you hear it often, but I hope you know how much the Sisterhood means to so many of us.



Tell us what the Sisterhood means to you **here**.

### Barnyard Buddies: Baby chicks-suggestions? Submitted by hudsonsinaf

Hi all! We decided to get chicks here in our little neighborhood. Mind you, we are clueless when it comes to critters. Well—not clueless, but definitely inexperienced. Right now, we have our 6 chicks (4 Easter-egggers and 2 Australorps) in my bathtub on a couple inches of bedding. The heat lamp is set up on one end, with the temp around 90 degrees. Their feeder and waterer is set up. How long do we keep them there? They are only a few days old, so I am guessing a couple months!?!? My hubby and boys are going to build an A-frame movable coop. I'm excited and nervous at the same time! Give your suggestions **here**.

continued ...





continued ...

**Barnyard Buddies: Need help with goats ... Submitted by Lavender Rose**

My husband suggested we get a goat for milking. I have lots of questions, since we have never had a goat before. First of all, I started to read the thread about everything dairy and decided it was too much information to sort through.

Here some questions I have:

Where would a good place be to start learning about raising goats? Is there a good book out there or a website that would be trustworthy?

Would it be best to have more than one goat? Would a couple of goats produce enough milk for a family of three adults? We drink milk every day.

What kind of equipment would be necessary for raising and milking?

Which breed would be best?

I would appreciate any help that any of you would be willing to give me. Give your advice **here**.



**Barnyard Buddies: Rude Rooster. Submitted by Madinet85**

I am at my wits' end with my rooster. I feel like every other time I go into the chicken coop, he spurs me. I'm tired of feeling scared of going into my own chicken coop. Does anyone have any ideas of calming him down short of making soup? He does a good job keeping an eye on the girls, so I'd like to keep him around. Share your ideas **here**.

**Cleaning Up: Clothes not clean enough. Water or soap? Submitted by Lisa\_P**

I've been using homemade detergent (fels/borax/washing soda) for a couple years, and it seemed to be working okay. My whites aren't as clean as I'd like them to be. I'm wondering if it's the detergent, or if it might be something to do with the water? I moved about a year ago, and we now have water straight from a spring. Is this something to do with hard or soft water? I'm not really sure what I have. Should I switch back to another detergent? Share your thoughts **here**.

**Farm Kitchen: Need easy and fast recipes for family coming. Submitted by Cozynana**

What are some of your favorite easy and fast meals you feed your family when they come to visit? My daughter and family are coming, and I am tired of the same old things I usually fix. I need fast and easy. Just had surgery and want something I can prepare ahead, freeze, or put in fridge so the work is done and I can take it easy while they are here. They will help me, but hate to spend all our time together cooking. Share your recipes **here**.





### **Garden Gate: Need some advice & looking for tips. Submitted by HoosurCrafts**

I am trying to figure out how to make a compost bin. I was given some wood taken off a pontoon boat. Any suggestions would be a great help to me!

Also, I really want an olive tree. I have been unable to get some seeds. If anyone might have some, I could swap and send you some seeds that I have in trade.

One last thing (I am so sorry): I am in desperate need of wisteria seeds. Any color is fine! I will gladly send some other seed to swap.

Thank you so much for your time! Give your advice [here](#).

### **Garden Gate: New smaller garden. Submitted by Killarney**

We had beautiful weather today, 75 and sunny! So my hubby got the garden tilled! It is a start. It has been years since I had more than a patio garden, so I am excited! I got the Earth Machine Backyard Composter. I really like it—easy to use and I read great reviews about it for small gardens. Share about your garden [here](#).

### **Garden Gate: Raised Deer-resistant Beds. Submitted by artgirl** Hi ladies!

I don't have a green thumb, but would love to start growing a garden to take a little off the grocery budget and get the kids involved in a project together. The problem ... we have beautiful deer, a whole family of them, and they graze in our yard and we let them have all of the pears on our tree. It's not our favorite kind ... they're hard pears, meant for cooking. Anyway, we love the deer and rabbits, BUT the last garden we tried got gobbled up before it could sprout good. Is there a way to create an economical enclosure and raised beds?

Thanks ladies! Give your advice [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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and gadabout ...



lessons in  
herbalism



food from scratch



farmgirl pets



farmgirl love

Find MaryJane's farmgirl bloggers—city, rural, suburban,  
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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 **GirlGab.com** was featured. (This is my favorite daily pleasure. I LOVE GirlGab!)

As ladies of the Sisterhood, now numbering 5,843 (and counting), we've earned an amazing number of Merit Badges so far—8,286 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, **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.











# Merit Badge

## Awardees



### Merit Badge Awardees

#### Farmgirl Legend:

**Mary Jo Boyd: Quiltsister413 #5559**

Legend badge: Chapter Leader



**Amanda Childress: msdoolittle #1390**

Beginner badge: Cleaning Up / My Fair Farmgirl

Beginner badge: Farm Kitchen / Get it Together

Intermediate badge: Farm Kitchen / Get it Together

Expert badge: Farm Kitchen / Get it Together

**Amanda Mathis: Andi #5199**

Beginner badge: Farm Kitchen / Pay it Forward

Beginner badge: Outpost / First-Aid

Intermediate badge: Outpost / First-Aid

**Amber Warfield: #4582**

Beginner badge: Each Other / Farmgirl Gratitude

**Ann Woody: Ann Woody #4665**

Beginner badge: Farm Kitchen / Get it Together

Beginner badge: Stitching & Crafting / Buttoned Up

**Beverly Gamache: #5778**

Beginner badge: Stitching & Crafting / Sew Wonderful

**Brianna Wild: #5774**

Beginner badge: Stitching & Crafting / Aprons

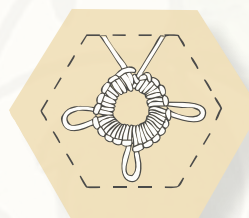
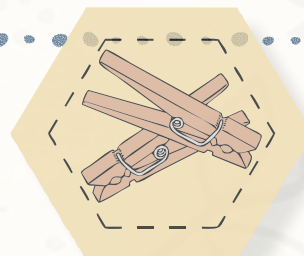
**Christy Harrill: MerryHeartSister #1951**

Beginner badge: Garden Gate / Birds

Beginner badge: Stitching & Crafting / Nellie Will-do

Intermediate badge: Stitching & Crafting / Buttoned Up

Expert badge: Stitching & Crafting / Crochet



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### **CJ Armstrong: ceejay48 #665**

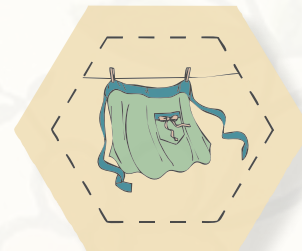
Beginner badge: Cleaning Up / Home Insulation

Beginner badge: Garden Gate / Putting Away for Winter

Intermediate badge: Cleaning Up / Home Insulation

Intermediate badge: Garden Gate / Putting Away for Winter

Expert badge: Garden Gate / Putting Away for Winter



### **Corri Riebow: Pariscreekfarmgirl #5663**

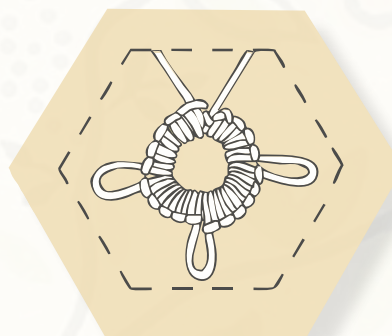
Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Garden Gate / Herbs

Beginner badge: Stitching & Crafting / Buttoned Up

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Stitching & Crafting / Buttoned Up



### **Debbie Cox: #5585**

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Stitching & Crafting / Knitting

Intermediate badge: Cleaning Up / Shopping Green

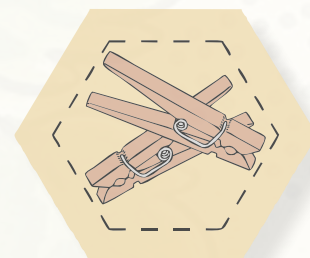
### **Emily Rose Yost: EmilyRoseBud #5070**

Beginner badge: Make it Easy / Make it Pretty

### **Erin McBride: notathreatinsight #3762**

Beginner badge: Stitching & Crafting / Origami

Intermediate badge: Stitching & Crafting / Origami



### **Jacinda Jenks: fairlady #5732**

Beginner badge: Garden Gate / Backyard Farmer

Beginner badge: Garden Gate / Birds

Beginner badge: Stitching & Crafting / Origami

Beginner badge: Stitching & Crafting / Safe Toys

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Stitching & Crafting / Aprons

Intermediate badge: Stitching & Crafting / Buttoned Up

### **Jen Daniels: Jen D #4930**

Beginner badge: Outpost / "Out There" Women

### **Joan Anthony: ijjie #849**

Beginner badge: Cleaning Up / Going Green

Intermediate badge: Cleaning Up / Going Green





**Juanita Massey: needy #1020**

Beginner badge: Cleaning Up / Going Green

**Lauren Sorgaard: rodsannie #5705**

Beginner badge: Farm Kitchen / Recipes

Intermediate badge: Farm Kitchen / Recipes

**Leigh Anne DuChene: Holistic Farmgirl #5719**

Beginner badge: Cleaning Up / Going Green

Beginner badge: Cleaning Up / Green Energy

Beginner badge: Cleaning Up / My Fair Farmgirl

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Each Other / Entrepreneurial Spirit

Intermediate badge: Cleaning Up / Going Green

Intermediate badge: Cleaning Up / My Fair Farmgirl

Intermediate badge: Cleaning Up / Shopping Green

Intermediate badge: Each Other / Entrepreneurial Spirit

Expert badge: Cleaning Up / Going Green

Expert badge: Cleaning Up / My Fair Farmgirl

Expert badge: Each Other / Entrepreneurial Spirit

**Lissa Napora: weavingthefuture #5730**

Beginner badge: Each Other / Blogging

Beginner badge: Farm Kitchen / Unprocessed Kitchen

Intermediate badge: Cleaning Up / Recycling

Intermediate badge: Each Other / Blogging

**Maritza Tribble: mtribble #5099**

Beginner badge: Garden Gate / Gaining Ground

Beginner badge: Garden Gate / In the Garden

Beginner badge: Garden Gate / What's Your Beef?

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

Beginner badge: Stitching & Crafting / Quilting

Intermediate badge: Garden Gate / Backyard Farmer

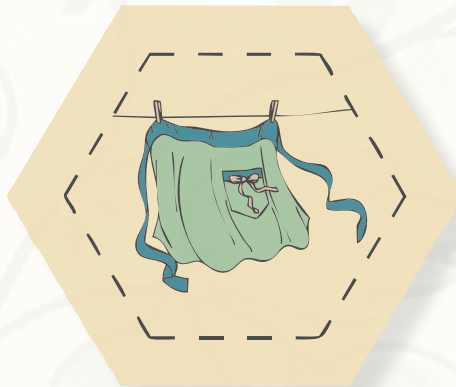
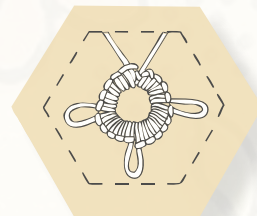
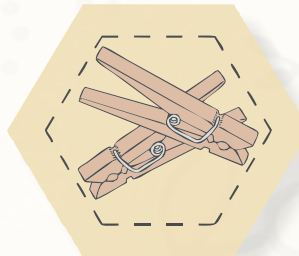
Intermediate badge: Make it Easy / Let's Get Physical

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

**Mary Jo Boyd: Quiltsister413 #5559**

Beginner badge: Each Other / Farmgirl Spirit

Beginner badge: Stitching & Crafting / Knitting



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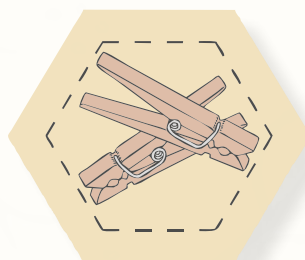


## continued ...

Intermediate badge: Each Other / Farmgirl Spirit  
 Intermediate badge: Stitching & Crafting / Knitting  
 Expert badge: Each Other / Farmgirl Spirit

### **Nikki Hurlbut: #5131**

Beginner badge: Cleaning Up / Shopping Green  
 Intermediate badge: Cleaning Up / Shopping Green  
 Intermediate badge: Stitching & Crafting / Aprons



### **Peggy Smith: forever young #1815**

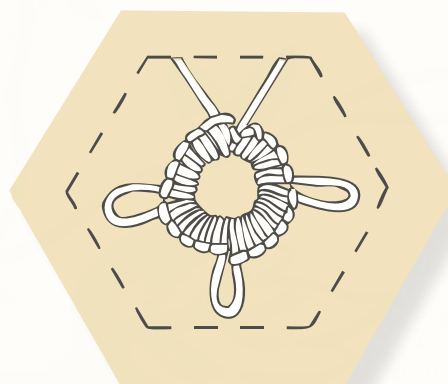
Beginner badge: Stitching & Crafting / Safe Toys

### **Rachael Cook-Leonard: beansprout75 #5733**

Beginner badge: Each Other / Blogging

### **Robyn Barney: Lakeviewgram #5664**

Beginner badge: Each Other / Blogging



### **Serena Theiss: #5747**

Beginner badge: Stitching & Crafting / Aprons

### **Shelly Schrader: ShellyS #5481**

Beginner badge: Garden Gate / Gaining Ground  
 Intermediate badge: Farm Kitchen / Get it Together  
 Expert badge: Cleaning Up / Shopping Green  
 Expert badge: Farm Kitchen / Get it Together

### **Sherrilyn Askew: Sheri #1350**

Beginner badge: Cleaning Up / My Fair Farmgirl  
 Beginner badge: Garden Gate / The Secret Life of Bees  
 Intermediate badge: Cleaning Up / Green Energy  
 Intermediate badge: Each Other / Farmgirl Grammar  
 Intermediate badge: Garden Gate / The Secret Life of Bees  
 Intermediate badge: Garden Gate / Weather  
 Intermediate badge: Garden Gate / What's Your Beef?



### **Stephanie Lauth: #5699**

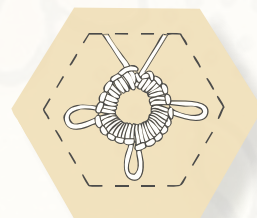
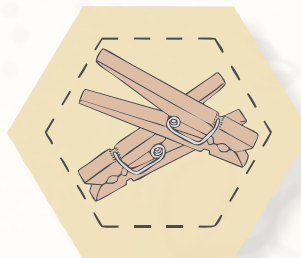
Beginner badge: Make it Easy / Make it Pretty  
 Beginner badge: Outpost / "Out There" Women





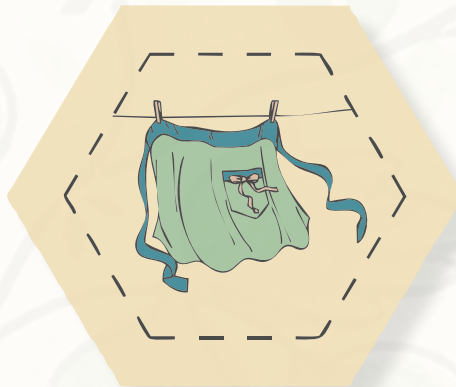
### **Suzanne Holland: Suzanneh #828**

Beginner badge: Cleaning Up / My Fair Farmgirl  
 Beginner badge: Each Other / Blogging  
 Beginner badge: Farm Kitchen / Recipes  
 Beginner badge: Garden Gate / Herbs  
 Intermediate badge: Cleaning Up / My Fair Farmgirl  
 Intermediate badge: Cleaning Up / Shopping Green  
 Intermediate badge: Each Other / Blogging  
 Intermediate badge: Farm Kitchen / Recipes  
 Intermediate badge: Garden Gate / Herbs  
 Expert badge: Cleaning Up / My Fair Farmgirl  
 Expert badge: Each Other / Blogging  
 Expert badge: Farm Kitchen / Recipes  
 Expert badge: Garden Gate / Herbs



### **Teresa Julian: TeresaJ25 #1348**

Beginner badge: Each Other / Entrepreneurial Spirit  
 Beginner badge: Farm Kitchen / Know Your Food  
 Beginner badge: Farm Kitchen / Unprocessed Kitchen  
 Beginner badge: Garden Gate / Backyard Farmer  
 Beginner badge: Garden Gate / Gaining Ground  
 Beginner badge: Garden Gate / Heirlooms Forever!  
 Intermediate badge: Each Other / Entrepreneurial Spirit  
 Intermediate badge: Farm Kitchen / Know Your Food  
 Intermediate badge: Stitching & Crafting / Crochet  
 Expert badge: Each Other / Entrepreneurial Spirit



### **Vicki Johnson: #5773**

Beginner badge: Farm Kitchen / ChillOver ComeOver  
 Beginner badge: Farm Kitchen / Get it Together  
 Beginner badge: Make it Easy / Let's Get Physical  
 Beginner badge: Stitching & Crafting / Scrapbooking  
 Intermediate badge: Farm Kitchen / Get it Together  
 Intermediate badge: Stitching & Crafting / Buttoned Up  
 Intermediate badge: Stitching & Crafting / Scrapbooking  
 Expert badge: Stitching & Crafting / Buttoned Up



# Farmerettes & Young Cultivators

## Merit Badge Awardees

**Edmund Orr:** Young Cultivator of Stephanie Orr #1545

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

Beginner badge: Stitching & Crafting / All Buttoned Up

**Imogen Riebow:** Young Cultivator of Corri Riebow #5663

Beginner badge: Garden Gate / Gone to the Birds

Beginner badge: Stitching & Crafting / Toys

Intermediate badge: Garden Gate / Gone to the Birds

**Vivian Orr:** Young Cultivator of Stephanie Orr #1545

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

Beginner badge: Stitching & Crafting / All Buttoned Up

### 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.

### Doll Slings

As a new mama, carrying my baby in a sling was essential, so much so that I made slings to sell at our farmers' market. My friends' babies rode around in slings too, and then, amazingly, were old enough to need doll slings for their baby dolls. So I made those, as well. Last month, Meg called me with a special request: matching doll slings for her girls! She and her family were heading to the big city, so Mia and Stella needed slings to carry their dolls around town.

My doll-sling pattern is a nice way to encourage imaginative play that honors the art of caregiving. To make a doll sling, cut out a 44"-long elongated football shape that comes to a point at each end. It should be 18" wide at the widest part. While I was making them, I kept thinking that they were so simple—heck, Stella could have made one herself. To make a child-sewn version, Meg suggests using fleece instead of cotton so little ones can skip the hemming step altogether. If your sling fabric is cotton, do hem around the outside edge. Next, create a dart of sorts on each side of the sling at the widest part. This creates a deeper sling to help keep dolly inside. I overlapped about 1 1/2" of the fabric and stitched it in place along the hemline. Finally, fold the sling in half lengthwise with right sides out and tie the pointy ends together as you adjust the fit.



continued ...





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Read about a savvy, 17-year-old food blogger whose whole family has gone gluten-free and sample her tasty recipes for Flaky Pie Crust, Pull-apart Cinnamon Bread, Two-layer Cheesecake, and more. Meet the artist behind those cute Curly Girl cards and products, find repurposing ideas for Grandma's screen doors, and more in the current issue of *MaryJanesFarm*. Our April/May issue (April Showers) hit newsstands on March 11. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here](#)!

“José and Laura were licking their fingers with that absorbed inward look that comes only from whipped cream.”

— Katherine Mansfield



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two-layer  
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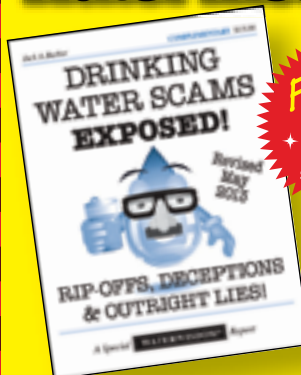
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# Meet our Bloggers

*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, and Debbie Bosworth writes from the beach. You can click to our farmgirl blogs right on our home page ([MaryJanesFarm.org](http://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.”

## 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.’”





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suburban farmgirl

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## Nicole's Favorites

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### ZuZu Luxe Blush

April's here and it's finally spring! Time to put away heavy clothes and dark colors and think of lighter palettes. As the weather warms up, I can't wait to be outside more every day. While I always protect my skin daily with natural sunscreen or a cute hat, I love that natural, rosy glow cheeks get in warm weather from all the fresh air and outdoor activity. However, as women age, skin can naturally lose color, and after a long, harsh winter like we've just experienced, my already fair skin can look really pale. That's why my pick for April is ZuZu Luxe Blush.

One of the hardest beauty products for me to switch from conventional to natural has been blush. I find many natural and mineral-based blushes look streaky or muddy-looking when applied. Their colors tend to be harsh or too orange for my blue-based undertone. I once tried a natural coconut-oil-based cream blush, but was disappointed when the color was too pale and wore off quickly. I am thrilled to find **ZuZu Luxe Blush** in Nymph, a soft orchid color that's just right for the season and my fair skin. There are six beautiful shades for any skin tone. I love the silky consistency ... it's not the least bit dry-looking. The product sweeps on without streaking or going on heavy and has just the right amount of shimmer without being too sparkly for every day. The ZuZu Luxe line is made by Gabriel Cosmetics, pioneers in natural beauty products. Certified vegan, gluten-free, and made with all-natural ingredients and essential oils, ZuZu Luxe is available in most organic health and grocery stores, or online at [GabrielCosmeticsInc.com](http://GabrielCosmeticsInc.com). At \$21.50, it's a bit of a beauty splurge, but it's so pretty and doesn't need frequent touch-ups.



Lighten up for spring with a touch of mascara, a pretty gloss, and a sweep of ZuZu Luxe Blush on cheeks for a beautiful, radiant glow.

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# Magazines, Books & More



Our April/May issue (April Showers) hit newsstands on March 11. In it, you'll find lots of yummy gluten-free recipes, meet the artist behind Curly Girl cards, learn why walking is nature's best remedy, get new ideas for decorating Easter eggs, and more!

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

If you're a subscriber, you should have received your magazine by about March 5. (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 **2014 calendar** is still 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 2 ~ National Day of Hope  
April 7 ~ World Health Day  
April 10 ~ National Farm Animals Day  
April 13 ~ Scrabble Day  
April 14 ~ International Moment of Laughter Day  
April 15 ~ Tax Day, World Art Day  
April 18 ~ Good Friday  
April 19 ~ Husband Appreciation Day  
April 20 ~ Easter Sunday  
April 22 ~ Earth Day  
April 23 ~ National Picnic Day  
April 25 ~ Arbor Day  
April 29 ~ International Dance Day

April  
Sisterhood  
Special!  
(see p. 48)

### 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!](#)



**5,843 Sisterhood members and  
8,286 Merit Badges earned —  
growing stronger every day!**