

MARYJANES FARM®

Sister Issue

July 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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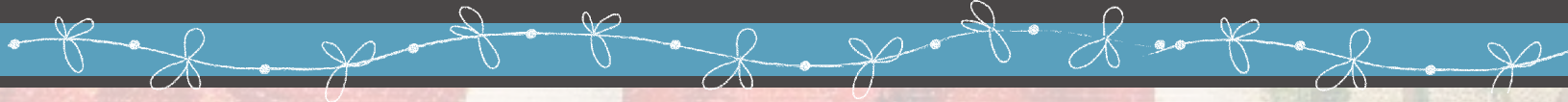


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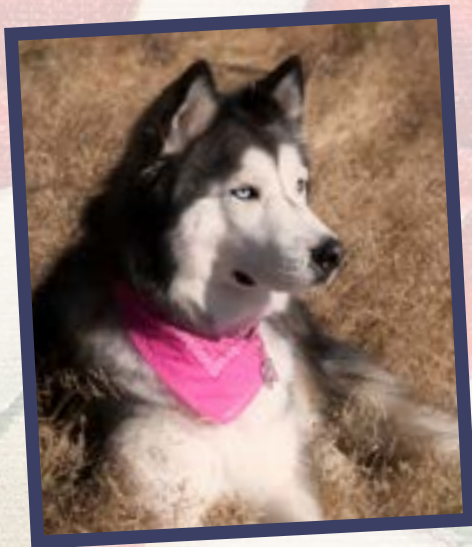
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Sister Loves

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

What girl doesn't love to shop, even if all you can afford is some window shopping? 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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Carol



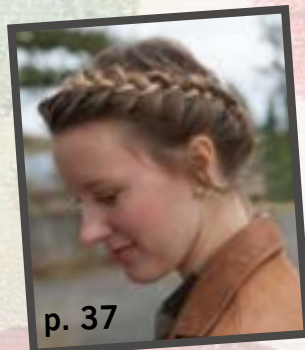
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Hello from Sister #1



Real Butter's Best

When I was growing up, I knew nothing of store-bought butter—those smooth, rectangular sticks stacked four to a box. I didn't have a clue. But that's not to say we didn't eat butter, because we most certainly did. We savored it. The butter that graced our table was something special. Not only was it creamy and delicious, it was handcrafted using the cream from my uncle's small dairy. My mother knew the simple secret of turning fresh, liquid cream into a delicately salted spread that would make your mouth water. I guess you could say I was born into butter, which we always used with traditional reverence, and so I never questioned whether or not it was good for me. But of course, it was. And even a smidgen of butter was a whole slice of heaven.

That's why I refused to get flustered when, in the last few decades, a veritable war broke out over butter. Amid rising rates of heart disease, possibly due to the overconsumption of increasingly processed foods, the media started bombarding us with the idea that butter was just plain bad. I sat back in disbelief as an entire market developed around this stuff called margarine, which was supposed to be better than butter. In an attempt to satisfy our butter-lovin' palates, big food companies started conjuring up various concoctions consisting of highly processed vegetable oil, flavorings, and colors to convince us that we were getting the good stuff, only heaps healthier. But I didn't buy it—I couldn't. Having been raised on homemade butter, pure and simple, I just couldn't get my taste buds around this “new and improved” product.

And so I continued, once I had a family of my own, to milk Rosie, my own cow, skimming her sweet, heavy cream to make butter as my mom had taught me. Needless to say, it was no surprise to me when two weeks ago, *Time Magazine* joined the choir that butter isn't all bad. In fact, it's mmmmm good for you.

Like other commercial dairy and meat products, the best butter comes from animals that are fed a wholesome, natural diet. For cows, this means grass. Grass is what cattle are designed to eat, and it's full of nutrients that get passed along into the cream of the cow. According to Jo Robinson, author of *The Omega Diet* and *Why Grassfed is Best*, grass-fed (or pastured) cows produce milk with significantly more omega-3 and omega-6 fatty acids than their grain-gorging counterparts.





Grass-fed butter also contains more vitamins, trace minerals, and fatty acids, which help guard against breast cancer and other types of cancers.

The cholesterol content of butter shouldn't be cause for alarm, either, since we're now discovering that cholesterol isn't as bad as it's purported to be. Cholesterol is essential to the health of many of our bodily systems, and it's downright necessary in terms of a child's development.

When did the war on cholesterol start?

Time says to look to 1955, when President Eisenhower had a heart attack in office, half of all deaths in the country were due to heart disease, and fearful Americans were looking for an answer. (It seems important to note that President Eisenhower had a four-pack-a-day cigarette habit until 1949, and nearly half of American adults were regular smokers at that time.) Enter Dr. Ancel Keys, a physiologist known for developing K rations for World War II soldiers. Keys spent years developing his Seven Countries Study (a study that's been referenced more than a million times), looking at diet and health in populations around the world. His conclusions landed him on the cover of *Time* in 1961 and at his urging, resulted in the American Heart Association recommending for the first time that Americans cut down on saturated fats in their diets. But we now know that Keys picked only information that supported his theory, leaving out countries like France and West Germany, who had diets high in fat but low in heart disease, to say nothing of Eskimos, who lived on extremely high-fats diets from their practice of eating seal blubber but had nearly zero incidence of heart disease.

Due largely to Keys' flawed study, the saturated fats in red meat and butter became what my new *Time Magazine* calls "public-health enemies Nos. 1 and 2." As we were told to cut back on animal fats, we were also encouraged to eat more carbohydrates.



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Enter fake butter and highly processed foods, with very little change in heart disease statistics (it's still the leading cause of death in the U.S., more than all cancers combined), and skyrocketing incidences of diabetes and obesity.

As a result, one in four Americans over the age of 45 are now taking cholesterol medicine at a cost of nearly 19 BILLION dollars annually.

We're now learning that fats weren't the problem, and cholesterol isn't the villain. Cholesterol is manufactured naturally by our bodies, mostly in our livers, but all our cells are capable of manufacturing it. It has several important functions: the formation of cholic acid, used to make bile salts; the production of adrenal and reproductive hormones; and helping the skin to remain water tight. But perhaps its most important function is to help our bodies' immune systems to bind toxins, reduce inflammation, and protect brain and nerve tissues from chemical damage. High cholesterol levels are indicators of inflammation in the body. When our arteries become inflamed, cholesterol jumps in to fight the inflammation and forms a kind of patch over the artery walls, which can then collect calcium and other minerals—the "hardening of the arteries."



Treating the cholesterol levels instead of treating the cause of the inflammation is just another example of treating the symptom instead of the cause. There are a variety of causes for inflammation—environmental chemicals like chlorinated drinking water, gluten intolerance, bad lifestyle choices, food preservatives and dyes, processed foods, the list goes on. Here's an example: Every year for my life-insurance policy, I'm required to have a physical exam that includes a cholesterol re-check. About four years ago, my cholesterol numbers started to rise (and also my insurance premiums—never a good thing!). I was perfectly healthy in every other way. I stumbled across a story in the magazine *Living Without*, written by a tri-athlete about my same age who had the same problem. He went gluten-free, and a year later, his cholesterol levels were back to normal. I decided to follow suit. I'd never had tummy upsets from eating gluten, but I've read enough about cholesterol to know gluten could be the thing creating inflammation in my body, triggering it to fight back with cholesterol. Three years later, I'm happy to report my insurance premiums are back where they should be and I've eliminated something from my diet that was taxing my immune system. No statin drugs for me! Besides, I've heard horror stories about statin drugs giving women a permanent case of brain fog.

Because real butter hasn't been tampered with, it supplies cholesterol in just the right proportion.

Now this good news about butter doesn't mean we should slather a stick on every crusty roll and ear of corn we eat. The key is to treat butter like they did in the old days. A precious pat here, a guiltless pinch there. That's how butter was meant to be enjoyed.

When looking to buy top-notch butter, consider Organic Valley (OrganicValley.coop) or Pastureland (Pastureland.coop). Both offer pastured organic butter, and Organic Valley also offers cultured butter, which is slowly ripened to sweetness using live cultures (those good-for-you probiotics also found in yogurt).

Of course, nothing beats homemade butter, so if you have access to a happy, pastured cow and a copy of my book, *Milk Cow Kitchen*, you can make your own using my recipe that's straight from Mama Butters' breakfast table.



Mary Jane 

Every Sister Has a Story

Carrie Lawrence



Carrie is a master seamstress who has left a career in theatre costuming to start a small entrepreneurial venture with her partner, Roger, creating Victorian adventure wear for the historically minded outdoor enthusiast (**BrassBobbin.com**). In between all that, she might be on weed duty in the garden, hunting for eggs in the hen yard, keeping an eye out for her backyard bees, and if the day permits, enjoying a big cup of tea and a good book, or possibly knitting.



What are the three things you are most proud of in your life?

1. Staying in a management position when a really ugly situation came up and I had to continue to work with a couple of the people who began it. It was extremely stressful and difficult, as I was the person who had to make the changes first. Eventually, they also made some changes in their approach and working together became possible. The easy road would have been to just leave the situation altogether. What I learned was that it's not enough to train people about how to *do* the work, it's as important to show them how *to* work.
2. Two of my former college students recently opened an alterations shop that won a business startup award through the University of Idaho Business Department, and it's already showing steady success. I did a little consulting, but they did all their homework themselves, and it's paid off, big time. It's a lot like watching kids grow up and leave home.

3. Leaving what I would call a "safe," but "corporate" academic job. I know there were a few people who were really concerned about it—but I've been surprised at how supportive most people have been about the choice. It's a bit scary being in charge of everything, but it's becoming liberating.

What does your future life look like?

To be working a small farmstead—self sustaining, as much as possible—and working/developing our small business.

What traditions have been passed down in your family?

1. Pancakes on Saturday morning, which we still do when we are all spending time together.
2. Everyone takes turns opening Christmas gifts so we all can watch. Sure, it takes a long time that way, but it's far more satisfying to see people's reactions than to race through it.
3. Cookies are much better if you make them at home than buy them from a store.
4. Reading and getting books from the library is a really good way to spend family time. Growing up, we used to go every week, or every other week. I don't think I liked it all the time then, but I really appreciate it now.



5. Eating meals together, whenever it was possible. My mom insisted that we eat at the table when we were all home (even though there were night classes and sports that often didn't make that possible). This was also something I found tedious as a teenager, but reflecting on it now, I feel really "off" if we're at home and eating, but not together—it's such a great time to communicate.

What's a good book you've read lately?

Life After Life, by Kate Atkinson. It's the best piece of fiction I've read in the last eight months.

What about you makes you smile?

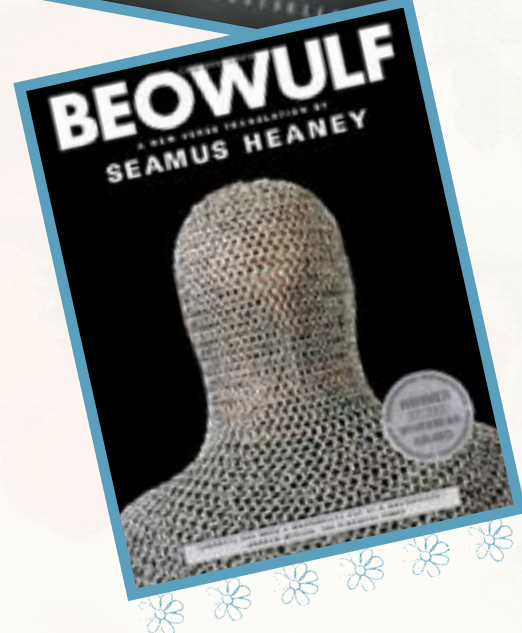
Crazy chopstick hair (I use all kinds of hair sticks to put up my long hair: chopsticks, knitting needles, metal pins, etc. ... some of them are pretty far out or goofy). The ones that make me smile the most are bamboo sticks with sushi on the ends—sushi on a stick, if you like.

What would you do with a million dollar check, coming to you all in one fell swoop from an anonymous donor?

Invest in real estate (I learned that from my grandparents). Also, we would work on creating a homestead place where we could host crafting weekends or camps. Since my partner works in leather and I work in fabric, it's challenging to teach these techniques away from our workshops. We often get requests for hands-on workshops at shows, but it's not practical. We'd love to create a space where people could tent out, RV, and even have a guest cabin or two so that people attending the workshops could be on-site. Having meals together can also be a great place to learn about what other people do in an unstructured way.

What person has helped you most in life?

Bea Tennesen. We were colleagues for a year during a time of transition for me. I learned an amazing amount about being a good teacher from her, and I learned a great deal about myself as well. Bea really tells you how she sees it, and there were some things that I took for granted about myself and my talents and abilities that she sort of put under a microscope for us to take a look at. That all sounds pretty clinical, but it really took place over the course of a year in bits and pieces. It totally changed how I viewed my career—knowing that I could reach and deserved to reach the bar that was set high. She's one of my best friends now.



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If today was your day for show 'n' tell, what would you bring to share?

Two old photographs I just picked up at a local antique shop. One has women riding astride, looking like they are wearing split skirts, and the other is a wall tent with a group of women and children just "doing their thing." Both were taken before WWII.

What's one thing about you few people know?

This is what I can tell you about me in public that most people don't know (there are all kinds of things most people really don't *want* to know!). I have an extra tooth, right in front, that I had as a baby tooth, and to everyone's surprise, the adult tooth came in too. Both my mother and grandmother had extra baby teeth as well. Most people don't notice this about me for years, if ever.

What are three things that show up most on your to-do list?

If you mean on a regular rotation, they would be: bake bread, do laundry, and clean the house. If you mean things I put on the to-do list but never actually get to, so that they keep getting put back on the list, that would have to be: figure out how to make lingerie well (like a basic bra); finally read *Beowulf*; and get through my mending pile—all of it, so there's nothing left in the bin.







Big welcome to our new and renewing Sisterhood members!

Alexandria Park
Amanda Whitten
Amber Minor
Amber Noah
Amy Reichert
Amy Lund
Ashley Wallace
Barbara Underwood
Barbara Gower
Bernadette A. Saliski
Bette Axiak
Brenda Davis
Brooklyn Declusin
Carissa Reid
Carol Rothrock
Carol Cox
Catherine Vande Braak
Christa Gower
Cindy Clausen
Clarice May
Colleen O'Brien-Miller
Cyndee Scherer
Cynthia McCormick
Danyel Treece
Deborah Powell
Deborah Klann
Debra A Facer
Denise Brice
Denise Betz
Devin Snow

Donna Branch
Emilie Nicklawsky
Emily Slomski
Gail Butkus
Gail Duke
Gina McKnight
Heather Pidcock
Heather Jackson
Heatherlynn Martin
Jacqueline Ferri
Jacquelyn MacKinnon
Jane Barrett
Janet Hunley
Janis Shook
Jennifer Porter
Jennifer Mackey
Jennifer Prior
Joanna Green
Judith Miller
Judy Torola
Judy Pemberton
Julia Briggs
Kaaminii Stroh
Karen Montoya
Kathi Havey
Kathy Barclay
Katrina Tylee
Kelly Wall
Kim Gammill
Kim Watson

Kimberly Lore
Kristen Silvers
Laura Tinker
Lenora Ovenshire
Linda Stark
Linda Woodruff
Linda Plattner
Linda Gasaway
Marcia Neigebauer
Marcy Sumoski
Maria Chamorro
Marlene Cryar
Mary T. Jason
Mary Sue Wysocki
Maureen Duden
Megan McIntyre
Meghan Wright
Melanie Peterson
Melissa Holman
Melody Hawrysio
Michelle McCawley
Nancy Marshall
Nancy Beers
Neal Midkiff
Nikki Hurlbut
Pamela Czurak
Pat Mitchell
Paula Bellchamber
Rebecca Sorrell
Rebekah Engebretson

Roxanne Ward
Ruth Yarbrough
Sarah Hall
Shari Doty
Sharon Mc Claskey
Stacy MacLaren
Stephanie McMillan
Stephanie Smith
Stephanie Orr
Susan Moxley
Susan Christin
Susan Dahlem
Susan Johnson
Suzan Steele
Tamatha Kaplan
Tanya Murphy
Tanya Spoon
Tarecia Manselle
Teresa Clerc
Terri Newman
Toni Reams
Twigs Wakeman
Victoria Crawford
Vivian Liotta
Wendy Richardson

“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 7-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).

Summer Bike Rides

There’s something rather magical about a summer bike ride with the breeze on your face. Whether it’s at a leisurely pace or as fast as you can go, bike riding brings out the carefree kid in us all. Remember when you were a child and you first learned to ride without



training wheels? I vividly recall yelling at my dad as he let go and I continued to peddle down the short, straight stretch of our gravel road at the farm. My first bike was red, a blazing shade of pure freedom. My brothers and I used to ride down the lane and play in the creeks for hours. Ah, the independence of riding on our own! It made the whole world seem bigger because we could hop on and fly as far as our feet could pedal.

Every time I get on my bike these days, those footloose feelings of childhood come rushing back. With a push of the pedals, I can leave it all behind for just a bit, and I love it that my own little ones can join me now. My 5-year-old likes to pedal

as hard as she can so she can jump the curb as fast as she can, and my more cautious 7-year-old makes it steadily all the way up our big hill (which I can barely accomplish, and I have gears!).

If you haven’t been on a bike lately, maybe this summer is the perfect time. Does my little embroidered plaque inspire you to get back in the saddle? On the days I don’t get out for a bike ride, this plaque reminds me to add some “carefreeness” to the rest of my world. It works wonders to keep my heart young!

Meg



Sister Loves

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

Kristi's PICKS (JUST A CLICK AWAY)



MAIL-ART MAVEN
(SISTER #4314)

No matter how much our family looks forward to the free and lazy days of summer vacation, I know it's only a matter of time before I hear the words "I'm bored." When my kids have exhausted their summer arsenal, I plan to be prepared with this list of "Boredom Busters" that don't involve electronic gadgets.



claraandmacy



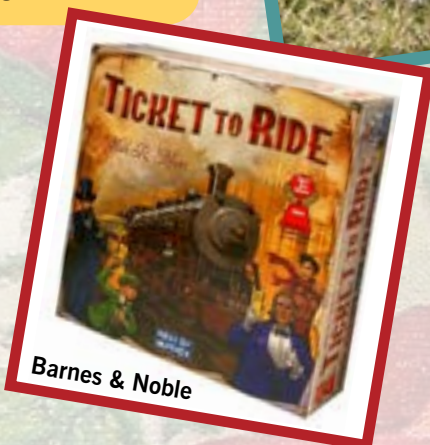
TheHaynesHousehold



FibersOfHome



babycakes



Barnes & Noble

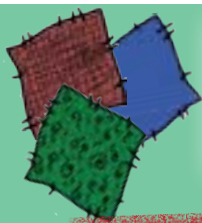


White Mountain Puzzles



Amazon

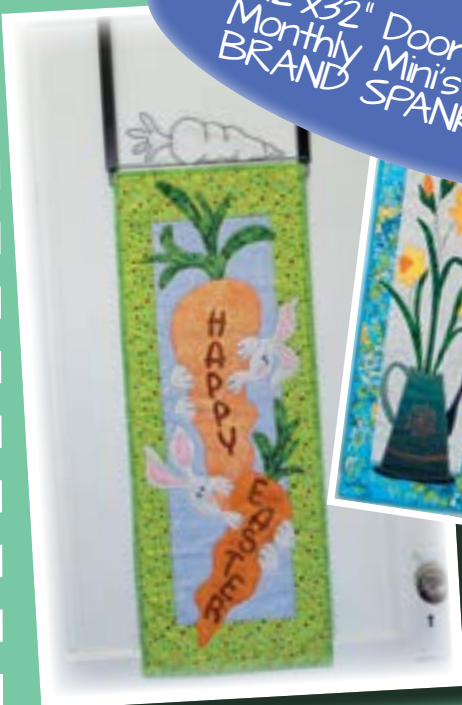
You can visit Kristi's picks
by clicking on the photos.



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to choose from! Yowza)



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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.

What Happens When Moms Shop

Shopping was fun a dozen years ago, when I went either alone or with a pal, I had spending money, my body was pre-babies, and Def Leppard was playing in the mall. Wait. That was more than a dozen years ago. Are you telling me the '90s weren't last decade? It's like the '90s went through a mysterious worm hole, a rip in the time and space continuum. Can I get an Amen?

Anyway, my point is, shopping gets trickier once you've had munchkins. Think you're prepared? Let's review.

Jeans shopping. Basically, there are two cuts of jeans to be found: so low-cut that the zipper itself is approximately two centimeters long, or so high-waisted you'll think you fell through that worm hole yourself and came back to 1986. The problem with the low-cut variety is that we mommies have what we lovingly refer to as a muffin top, from cookin' dem babies. My muffin top slow-baked three critters, and now it appears to have a lovely streusel-like topping. Finding jeans is hard. Like, algebraic equation hard. The other day, while jeans shopping—or as I like to call it, *Ruining 2014*—the only success I had was with a pair of jean capris. Let's face it, what woman *doesn't* want her legs to appear shorter, am I right? I plan to tuck them into boots in the winter and no one needs to know my calves are cold.

Brassiere shopping. Another scary part of shopping while being a mommy is the fact that you have to take your kiddos with you. Nothing illustrates the terrifying aspect of this more than bra shopping. Last time I took my son, age six, we had to leave because in the lingerie aisle he shouted, "Look at the size of these boobies, Mom! Whoa! I didn't know you had to BUY your boobies, Mom!" Then I had to hiss, "Stop touching those! We're leaving!"

Swimsuit shopping. Actually, this is mind-numbingly awful whether or not you have offspring, so I've just decided not to get emotionally involved with my swimwear this year. Can I get it on with a minimum of tears? Check. Is everything locked and loaded and in its proper place? Amen. Can I remove said suit when it's wet from the pool without getting stuck somewhere in the space between dressed and undressed, feeling as though I've achieved my "burn"? (As they say in the exercising/athletic world. At least I think that's what they say. I don't really exercise. Hence, the problem with swimsuits.)

If all this shopping sounds overwhelming to you, do what I do: bake cookies instead.

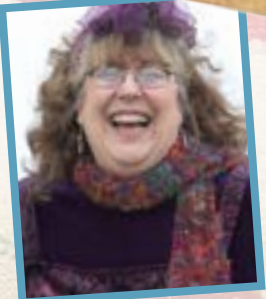




Sister Loves

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

Carol's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,
UKULELE ENTHUSIAST
(SISTER #3)

Have you discovered **Zulily.com**? It's a treasure chest of "sale events" that last just 72 hours ... or less. You'll find clothing for women and kids, home décor, and more ... all priced to sell. Lots of unique styles (how about this lime-green retro velvet office chair?), lots of plus-size, lots of kitsch, lots of cute! The down-side is you'll have to wait 2-4 weeks for most shipments (you place your order, it's shipped from hundreds of companies direct to Zulily, then Zulily ships to you). The up-side is that anything you order in a 24-hour period is shipped for just one \$8.95 shipping charge, even though the items will be shipped to you from Zulily in separate shipments as soon as they arrive there. At the least, Zulily provides lots of fun window-shopping. I'm hooked! Take a look at some of today's favorites ...



pine/rattan storage bench: reg \$312/Zulily \$230



red caftan: reg \$30/Zulily \$15



retro velvet office chair:
reg \$420/Zulily \$240



50s-style dress: reg \$86/Zulily \$37



blown-glass garden ornament:
reg \$45/Zulily \$25



little girl's dress:
reg \$62/Zulily \$35



Tony Lama boots:
reg \$251/Zulily \$110



embroidered dress:
reg \$52/Zulily \$30

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



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. 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.



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to go

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Sister Loves

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



MARYJANE
CEO (QUEEN BEE)

I love magpies. Often seen perched on fenceposts or on the backs of my Heritage Jersey cows, they're year-round residents of my farm, and their glossy, iridescent, blue-black feathers are always a welcome sight. Cousins to the crow and jay, they're smart and crafty—one of just a few animal species known to be able to recognize themselves in a mirror. The male and female work together to make colossal, domed nests (around 48" high by 40" wide) that can take up to 40 days to build. And like a traditional human couple, they apparently choose the building site together, then the male takes charge of exterior construction while the female works on the interior—"feathering her nest," so to speak, with mud and grass. Apparently, I'm not alone in my admiration of magpies—here are just a few of the many kinds of artwork I found on Etsy honoring this noble bird.



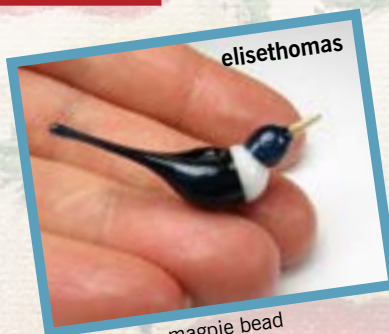
photo print



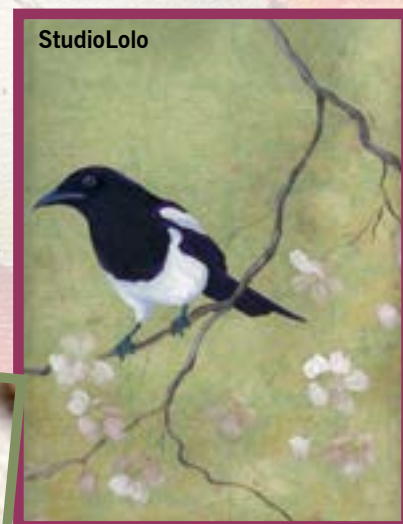
magpie with treasure earrings



art print



magpie bead



art print



earrings



needle felted magpies



magpie lavender sachet



art collage

SUMMER REPELLENT SPRAY

Each summer we go on camping trips, forest hikes, long bike rides, and enjoy berry picking, barbecues, and picnics...until the buzzing begins. Keep those pesky blood suckers away and enjoy your time outside! This spray contains catnip hydrosol which can actually be just as effective as commercial chemical repellents, without the nasty side effects from toxins like DEET. Smells great too!

INGREDIENTS

8 oz organic catnip hydrosol
20 drops organic cedarwood essential oil
20 drops organic lavender essential oil
10 drops organic lemongrass essential oil
10 drops organic lemon essential oil

DIRECTIONS

Slowly drip each essential oil into the hydrosol, counting with care as you go. Mix all ingredients in the bottle by shaking vigorously. Shake well before each use and reapply as often as needed.


mountain rose herbs
800.879.3337
certified organic
1 FL OZ (30 ML)



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 homeschooled and 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.

A Well-Rounded Homeschooler

Being well-rounded is a goal we most likely all have for our children. We want them to be good at everything, or at least we do when they're shiny and new. After that, our standards lower just a tad. During middle school years, we just want them to shower occasionally and speak with a modicum of intelligence instead of grunting for food like a zoo animal.

I think we tend to forget that no one is perfectly well-rounded. Case in point: Yours Truly. I can bake excellent scones, but I can't recall most fifth-grade math. I know all the lines to *Les Miserables*, but I will never earn the orange pie-shaped wedge for the Sports category in Trivial Pursuit. I'm a decent housewife, but when it comes to gardening, most plants seek their graves immediately rather than deal with me.

So I've tried to remember this when homeschooling. My daughter can't be excellent and a straight-A student at all subjects, and that's okay.* There are going to be areas where she struggles, and areas where she excels. (Unless she's in middle school, and then there aren't areas where she'll excel because middle-school students' brains have turned into pudding. Don't fret too hard, because the pudding is temporary, and once the hormones settle down, you'll get your human child back. Or so I'm told.)



On any given day, we can be doing seventh-grade language arts and fourth-grade science. Or maybe it's high-school-level literature and sixth-grade pre-algebra. Whatever the subjects and levels and talents and gifts in your household may be, relax and teach *where* they are to *who* they are. They won't come out perfectly well-rounded, and that's okay. The best pancakes are the interesting-shaped ones. Not that I'm saying you should eat your children. Hmm. I'm not sure where I was going with that.

*If your daughter *is* a straight-A student in all subjects, please don't tell me. You're ruining my theory. Also, you're very intimidating and you make me want to eat potato chips and sulk.





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.

Blackberry Yogurt Pops

During the summer, we love to make Popsicles at my house. Normally, this process involves unceremoniously scooping our favorite flavored organic yogurt out of the container and into Popsicle molds. Then we pop them in the freezer and walk away. While perusing the aisles of my local craft store, I spotted some striped and polka-dot lollipop sticks (**Wilton colored lollipop sticks**, Amazon.com). I thought they would make fun Popsicle sticks. But it felt like these sticks were meant for more than our usual plain yogurt pops. At the risk of sounding adventurous, I suggested to my 4-year-old that we make our own yogurt mixture with fresh summer berries. Naturally, she jumped at the idea, and in just slightly more time than our usual Popsicle ritual, we had delicious, perfectly flavored, sweetened Popsicles. While we were devouring them, I thought we might take it a step further and suggested that we dip a few in chocolate. My suggestion was met with an indignant "Why, Mom? They're already really good!" When my 4-year-old says something is really good *without* chocolate, I know I have a winner!

Easy Blackberry Yogurt Pops

Prep Time: 20 minutes, plus 4 hours freezing time

Cook Time: 8 minutes

Makes: ten 3-oz Popsicles

6 ozs fresh blackberries (about 1 1/2 cups)
1 1/4 cups Greek yogurt
4 ozs cream cheese (about 1/2 cup)
3/4 cup coconut sugar

1. Add blackberries, yogurt, cream cheese, and coconut sugar to a food processor or blender and pulse until smooth.
2. Evenly divide mixture between ten 3-oz Popsicle molds. (I used a Norpro Ice Pop Maker, Amazon.com, which makes ten 3-oz pops at a time, and just left the top part off so I could use the lollipop sticks.) Remove any air bubbles from molds and clean up any spills. Place Popsicles in freezer.
3. After about 1 1/2 hours, place a Popsicle or lollipop stick* in the center of each mold. Freeze until set (about 2 1/2 hours).

* If you're using lollipop sticks in lieu of Popsicle sticks, take care that they stay dry when removing from the molds. They're less sturdy than regular sticks and can't handle aggressive treatment.





Outpost

Unleashing Your Inner Wild



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

The Dog Days of Summer

Summer is in full swing, and who can deny the urge to play? The trouble is, it can be tough to find time to actually drop everything and head for the hills. What we all need is a good excuse to get OUT, and if you're a dog owner, you have the perfect alibi. In an age when **doctors are writing prescriptions for nature time**, you can think of your dog as your own private (albeit furry) therapist. Dogs are ever-eager trail blazing companions, and their enthusiasm is catching. Let your dog lead the way—out the door and into the wild. Your legs will love you for it, and your spirit will follow suit. But before you dash out to the woods, or even the local park, here are a few trail-tested tips for staying safe and having fun.



Share the Road

For the sake of safety, courtesy, and your own sanity, it's a good idea to keep your dog on a leash. Free-roaming pooches can pester—or, heaven forbid, harm—other hikers, kids, or dogs. Plus, it's a dog's natural instinct to chase and harass wildlife. You can give your dog a sense of freedom by using a retractable leash, which allows you to rein her in when needed. FYI: many national and state parks don't allow dogs on trails, so before bringing your buddy to these destinations, visit **Find A Dog-Friendly Hike** to be sure she's welcome.

Scoop Poop

There's no pretty way to put it. Nobody wants to, er, *encounter* a pile o' poo on the path, so it's Golden Rule time. Poo unto others? Okay, maybe not, but disposal is a "must-do." Ziplock bags are ideal scoops when a trash can is nearby. Simply turn the bag inside out and use it as a "glove" to pick up the poop. Carefully invert the bag and zip it up—no mess. In the backcountry, you can bury your dog's waste as you would your own (at least 200 feet away from trails, camps and water sources).



Take Water Breaks

If you'll be hiking in an area without clear, flowing water for your dog to drink, bring a bottle big enough for both of you and a **collapsible bowl** that clips to your belt or backpack. Hot July days pose a dehydration risk for both people and dogs, so each time you stop for a drink, give her one too.

Scout and Sniff

Now, here's the fun part! Your dog has a delightfully sensitive sniffer, so she can clue you in to hints about wild inhabitants of the area. She might turn up a turtle in the leaves along the trail or snuffle about a tree trunk to tell you that a squirrel is perched in the branches above. Your dog may also lead you to tracks recently printed by passing paws or hooves. Print out a handy reference like the New Hampshire Fish and Game Department's free **Pocket Guide to Animal Tracks** to help identify the prints of several species nationwide. True, tracking wild things won't get the laundry done or meet that looming deadline, but it will refresh your mind like magic, making it easier to tackle your to-do list when you return home.

MaryJane 



Garden Gate

Bloom Where You're Planted



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

A Garden of Fragrance

A fruitful food garden is every farmgirl's dream-come-true (and hopefully, it's coming true for you as we speak!). But there's another sort of garden fantasy tickling my fancy this month. Instead of fruit—or veggies, as the case may be—this fantasy is all about fragrance.

The sweet scent of lilacs and honeysuckle, the pungent aroma of marigolds, the heady perfume of jasmine as night falls ...

"Gardens are highly personal creations, and as important as color, height, texture, rhythm, surprise, and all the thousand other design attributes, figuring fragrance into the mix is surely just as important for some of us," says Marie Hofer, Gardening Editor of HGTV.com. "Sublime scents can trigger sweet memories, and add great romance and ambiance to a space. At the very least, it's a pleasant extra dimension that can continue long after the sun goes down and the garden disappears into the dark."

I especially love the idea of fragrances that "bloom" when the sun sets because that's when a gardener can truly sit back and bask in the glory of her labors. During the day, it can be nearly impossible to recline and revel among the lush leaves and buds—that is, *bugs*—oh, and those weeds! See what I mean? No matter how beautiful, there's always *one more thing* that needs to be tended. But as shadows settle among the pots and rows, edges soften and details blur. What remains is a gift to reward the gardener's good work: the gift of fragrance.

There's a dazzling array of aromatic shrubs, vines, herbs, annuals, and perennials—even trees—that can be planted to perfume your garden, depending on your hardiness zone. **OurGardenGang.com** offers a **lush list of fragrant flowering plants** to set your plans in motion, but if you aren't familiar with a particular plant's perfume, you might want to sniff your way around a local nursery or garden store to identify smells that delight your senses.





Boost Your Bouquet

- Many flowers are most “scentuous” when lightly touched, so try planting phlox, lilac, peonies, or thyme along walkways where passerby can stir their perfume.
- Plan for sequential blooming so you can enjoy fragrance from late summer **through fall** (and again next spring).
- Cover a patio arbor or trellis with fragrant vines like clematis or wisteria so floral fragrances surround you as you relax for the evening.
- Another trick to “capturing” your plants’ perfume is to situate them against a wall, fence, or bank of shrubbery where their scent won’t be so easily carried away on the wind.



- Include a number of night-blooming flowers, as your zone allows, to lend a sense of magic in the moonlight. Jasmine, tuberose, gardenia, moonflower, and flowering tobacco take their cue from the darkness and are sweetly scented to lure nighttime pollinators, which rely on smell rather than sight to find flowers.

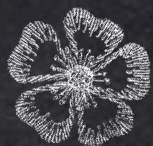
Fragrant Garden Inspiration

For a whiff of inspiration, many botanical gardens around the country offer sublime sensory experiences. Here are a few of the most famously fragrant:

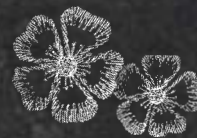
Brooklyn Botanic Garden’s Alice Recknagel Ireys Fragrance Garden
Atlanta Botanical Garden
Seattle Garden Club Fragrance Garden
Fort Worth Botanic Garden
Norfolk Botanical Fragrance Garden
San Francisco Botanical Garden of Fragrance
Denver Botanic Gardens

Mary Jane 

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.

Stitching for Baby



When the kids were young, I had a business sewing "essentials by a mama for a mama." I made everything from baby slings to children's clothing, but the thing I made most often was a simple set of nursing pads and burp cloths. I love that you can make a set out of just a yard or two of soft flannel.

To make your own, choose two yards of coordinating fabric. Prewash the flannel, toss it in the dryer, and iron it.

Each burp cloth is made with two rectangles measuring 16" x 9". You can make burp cloths that are the same on both sides or with each side in a coordinating fabric. With right sides together, stitch most of the way around, leaving enough space (3-4") open to turn the cloth inside out when you're done. (It helps to use a knitting needle at the corners as you turn it inside out.) To finish, sew 1/4" in from the edge all the way around.

To make the nursing pads, begin with a long, 5"-wide strip of flannel four layers thick, with right sides facing out. Trace circles using a coffee mug or a small Pyrex bowl as your template (3-4" across is perfect for a nursing pad). Stitch twice around the outer edge of each circle using a zigzag stitch and cut away any loose threads.



Sister Loves

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

Karina's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER
(SISTER #4)

The summertime sunshine is finally here and my wardrobe is pleading for something new. While I was browsing one of my favorite stores, I fell for this beautiful summer dress. What's a dress without some fun accessories to go with it? Check out all of these fun items and more at **Maurices.com**.

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





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 or Reiver's Rest, their new trailer, wearing CJ's tricked-out aprons. CJ makes the world a MUCH better (and properly aproned) place! See CJ's creations at [FarmFreshAprons](#).

Farmgirl Beverage Glasses

I've seen these glasses in stores—they're usually called "redneck wineglasses" and are quite pricey. I think they're a perfect project for a repurposing, upcycling farmgirl. And they're great for summer events such as a barbeque on the patio or a summer luncheon/tea. I've made several of these glasses and just love them because they're sturdy, fun, and unique. You can generally find the supplies at thrift stores—look for candleholders or bud vases that you like and small canning jars (you can even use canning-jar lids on your canning-jar glasses).

It's important to look for vases or candleholders that have a good surface area at the top so they will adhere well to the bottom of the jars. The surfaces need to be even with somewhat of a flat lip, and it's always a good idea to position the jar you want to use on top to be sure they'll bond well together. If you're using a glass candleholder, it's fun to drop an assortment of colored beads or marbles into the depression for the candle to jazz up the glass a bit.



All items need to be clean and free of cracks or nicks. Use E6000 adhesive—it's widely available in craft stores; it dries clear; and so far, the glass I use all the time as a water glass has held up well. (This adhesive has a strong odor. I recommend planning your project well ahead so that the odor can dissipate before using or gifting the glasses.) Run a bead of adhesive along the top surface of your base and another bead around the bottom of the jar. Let sit a few seconds and then put the two parts together, making sure the jar on top is nice and even. I let them sit for a few minutes and then place a heavy book on top to weigh them down while they dry and cure, about 24 hours.

As you can see in the photos, I've used candleholders, a bud vase, and different jars. There are so many creative options for these glasses!





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 Columbines 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.

Herbal Iced Tea Recipes for Summer Hydration

As the days grow hotter, who doesn't love a cold glass of iced tea? It's the most refreshing treat to help you beat the summer heat. Here are a few of my favorite herbal teas that not only taste divine, but also keep you healthfully hydrated all summer long!

Hiker's Iced Tea ❀❀❀❀❀❀

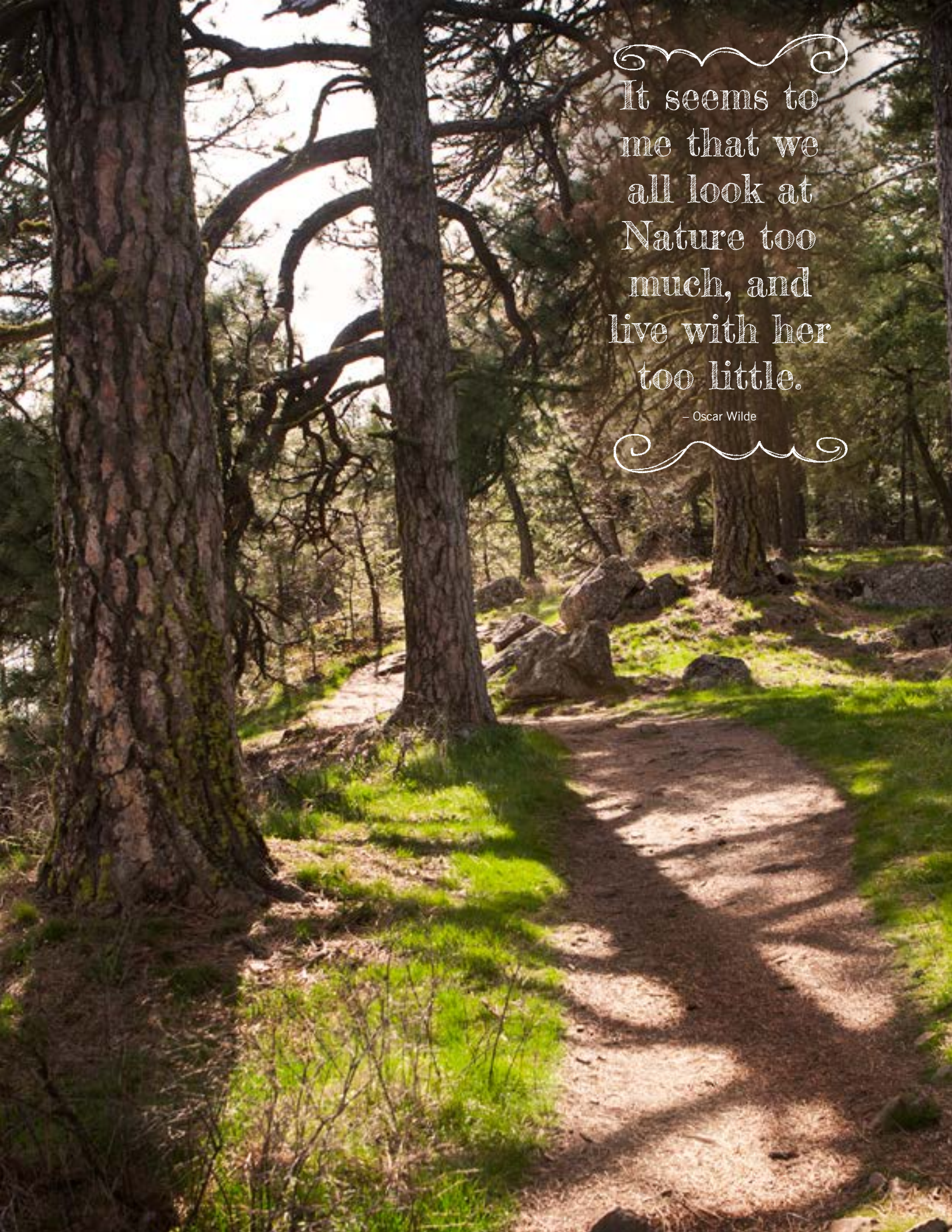
This delicious iced tea is the perfect treat to quench your thirst and restore electrolytes, vitamins, and minerals during a long hike in the forest or after a hot day digging in the garden. I like to take a cold quart with me when heading out for an adventure in the mountains seeking blooms, berries, and birds, but this nutritive tea really is wonderful whenever thirst strikes.

- 1 part organic nettle leaf
- 1 part organic red clover blossoms
- 1 part organic alfalfa leaf
- 2 parts organic peppermint leaf
- 1/8 t per brewed quart Himalayan pink salt



Mix all of the herbs together and store in an airtight container. Steep 1 cup of the herbal blend per quart of hot water overnight and add 1/8 t of mineral-rich Himalayan pink salt to the tea as it cools. Refrigerate or pour over ice for a replenishing drink.





It seems to
me that we
all look at
Nature too
much, and
live with her
too little.

— Oscar Wilde

Lemon Iced Tea Pops



- 1 pint organic **Mango Ceylon Tea**, brewed strong and sweetened
- 1 pint organic **Lemon Tea**, brewed strong and sweetened
- Fresh-squeezed juice from 2 organic lemons



Cleaning Up

The Work of Our Hands



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

Cleaning Your Barbeque Grill

Would you lift the lid on your barbeque grill and let me take a peek?

(How's that for putting you on the spot?!?)

Seriously, though, it is the rare Weber that sparkles in July—especially if it's been grilling up good grub since spring. More often than not, grills have crunchy, black grates and bellies full of ash by now.

Cleaning the grill is a task so intimidating that it's often put off until fall (if at all), but it's not actually as hard as it looks, and it's well worth the effort. A clean grate makes grilling a whole lot easier. Your meat and veggies don't stick, and that means you won't scrape charred chunks of last Saturday's lemon-pepper tuna steaks into tonight's barbeque sauce as you're flipping your chicken.

See what I'm saying?

Now, I'm not going to tell you to douse your grill in a caustic chemical and forget it until next time. The technique I prefer isn't *that* "easy," but doesn't pose a health risk for your family, your lawn, or your local watershed either. And if you make a habit of cleaning the grill each time you use it, you'll avoid the dreaded end-of-season chore of chiseling off a thick layer of carbonized crud. This method will work for gas grills, too.

I'm a fan of two grill tools that may be new to you. To clean the grate, I like the **Charcoal Companion CC4510 Grill Scraper** instead of a wire brush (I've heard too many scary stories about people ingesting wire bristles in their burgers).





For scraping the inside surfaces of a grill, a **hardwood dough scraper** works wonders without scratching metal and porcelain surfaces like an ordinary putty knife. Each tool costs less than 10 bucks!

To perform routine grill cleaning, you'll need:

- grill and dough scrapers
- an old washcloth or clean rag (less waste than paper towels and more sturdy)
- grill tongs
- refined safflower, sunflower, almond, avocado, or grape-seed oil (these "high-oleic" oils are better suited to high heat than unrefined oils and resist rancidity).

Here's how:

1. Begin while the grill is still hot from cooking, or preheat for 15 minutes.

2. Scrape the grill grate with the Charcoal Companion scraper, removing large chunks and crust. Flip the grate with your tongs and repeat on the bottom side.

3. Moisten your washcloth with oil. Rub the oily cloth over the grill grate to remove leftover soot and grime. Flip the grate upright again and repeat. The oil will help prevent food from sticking the next time you grill.

4. When the grill has cooled, remove the grate and empty the remaining coals and ashes (remove briquettes, lava rocks, or metal flame shield from gas grills).

5. Use the dough scraper to remove blackened debris from the lid, "belly" (or gas grill cook box), and other components. If the jets on your gas grill are clogged, carefully clean them with a stiff toothbrush. Reassemble the grill and air dry before closing the lid.

6. To keep your grill looking pretty on the outside, use a sponge and warm, soapy water to scrub her down and remove greasy residue. Rinse well and towel dry for maximum shine.



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. Megan will keep Sisters up-to-date on upcoming gatherings.

Upcoming Events:

Stranded in Morro Bay, Morro Strand State Beach, Morro Bay, CA, October 16–18, 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!)





daily entries fresh from the farm



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July Sisterhood

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Glamping



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Farmgirl



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July 2014

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STRANDED IN MORRO BAY

VINTAGE TRAILER RALLY & TASTING

October 16, 17 & 18, 2014
Morro Strand State Beach,
Morro Bay, CA

Register online at www.ccspa.info
Questions: Call 805.748.8278

12 wineries.
10 restaurants.
Rhythm & Blues
By the Sea.



MORRO STRAND STATE BEACH,
MORRO BAY, CA



Farmgirl Sisterhood

Share in the Fun!

Farmgirl Chatter



What are farmgirls chatting about?

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

Farmgirl Calendar

Stranded in Morro Bay, Vintage Trailer Rally & Tasting, Morro Strand State Beach, Morro Bay, CA, October 16–18, 2014

ALL events optional, but plan to have fun!

12 wineries
10 restaurants
Rhythm & Blues by the Sea

Register online at CCSPA.info

Camp with us:

3 nights, 1 camper: \$220

Ticket price includes a single spot for three nights, and the following for one camper:

- three breakfasts
- welcome happy hour on Thursday evening
- beverages for camper potluck/s'mores cookoff on Friday night
- BBQ lunch on Saturday
- wine-tasting event on Saturday night

Farmgirl Chatter

A Farm of My Own: We Bought a Small Farm! Submitted by MayFay

I am so happy that I don't know what to do with myself. We got the base-model, economy-sized farm, but it is a farm. It's nestled among much grander properties. We don't move in until next month, so everyday brings another exciting idea of what to do with my farm.

I know how to raise and preserve food and can even deal with the East Texas drought (where the farm is), but thinking about raising chickens makes me feel like someone who hasn't been around babies who just got handed one to hold. I don't want to "drop" my chickens or other livestock.

continued ...



continued ...

I have no experience with farm animals, but my dreams of fresh eggs and fresh milk spur me to learn. But it still scares me. It's a wonderful thing that this forum has so many real farmers who share their experiences. I admire you all so much! Share your experience [here](#).

Barnyard Buddies: Chicken and egg question. Submitted by Marybeth

No not which came first ...

We have 6 chickens—4 Buffs and 2 Marans. Lately, well several months now, one of the Marans (I don't know which one) is laying a tiny egg—almost every day. They both used to lay nice large eggs so I know she can do it. Marans lay dark eggs. Real pretty. The tiny eggs have no yolks. My question is, WHY?! Why does this happen and will it resolve itself? Help me please. Give your advice [here](#).

Barnyard Buddies: Dear neighbors, no I'm not crazy ... Submitted by texdane

Just protecting my chicken babies! The other day I was sitting down to a phone call with my brother when I saw movement in the brush in front of the house. I realized it was the big, red fox we all keep seeing around the neighborhood. I threw down the phone, ran around to the front, and came out the front door, hoe in hand, in my pajamas no doubt. I screamed, "Get outta here!" That fox had his snout ready to eat my chickens! He jumped ten feet in the air, high tailing it to the woods. Right before he got to the woods, he stopped and turned, looking me right in the eye. I think he thought, "I'll be back!" Or "Hey, last time I was here, you were taking my pictures!" Or maybe he thought I was one crazy human. Hey, those are MY chickens, and a farmgirl's gotta do what she's gotta do, right? Share your story [here](#).

Cleaning Up: Carpets. Submitted by LaLa

Okay,

DH and I don't have a vacuum. I tried finding one on Craigslist, no dice. We can't exactly afford one right now, though I am going to try to set aside \$20 next check for a sweeper (yes, I know they don't work as well).

Pets and us track into the house. All but 2 rooms are carpeted. Any suggestions or ideas for getting miniscule dirt off carpets? I mean, there's the old bender-down-n-pick-it-up or there's a broom (which doesn't work) ...

We regularly clean the carpets with spray and a brush (clean up after pets), but that just by itself isn't cutting it. Any ideas? Share your ideas [here](#).





Cleaning Up: Musty cupboards. Submitted by mandymarie20

Does anyone know how to get a musty smell out of your cupboards? I have wood or fake wood cupboards. I think they are from 1960s–80s, They are not the original cupboards from my 1929 home because I can still see the marks on the ceiling where the old cupboards used to reach. The previous owner did not know when they were from. The smell comes when the seasons change. Now that it's summer, they're smelling again. I clean my cupboards regularly and don't keep food in them. I don't see any damage or stains on the wall from cracks or weather damage. Give your advice [here](#).

Farm Kitchen: Food memories. Submitted by stephaniesmith

I spent most of Sunday making bread and butter pickles to stock the pantry. The smell of the pickling spices filled my home, and I was instantly transported back to my Grandma Helen's kitchen, watching her make endless jars of delicious treats for our entire extended family.

Which smells, tastes, sounds send you back to another time? What are your favorite "food memories"? Share your memories [here](#).



continued ...



continued ...

Farm Kitchen: Rose Hip Jelly. Submitted by DandeeRose

Anyone ever make this? Or know anything about rose hips? I have a rose bush and I wanted to make some, but the “seed pods” on my roses are green. When I look at recipes online, they are all orangish or red ... Share your recipes [here](#).

Garden Gate: Garden walkways. Submitted by gramadinah

My garden walkways are very slick and I need some ideas on what to put down. Anyone? Give your advice [here](#).

Make It Easy: So ... I didn't have a funnel ...

Submitted by FebruaryViolet

I made violet vinegar this year for Mother's Day gifts (along with violet jelly) and I bought these lovely little carafes to put it in, but the opening of the bottle was too small to simply pour it in from the straining bowl. Knowing my funnel went by the wayside some time ago, I went looking yesterday at 5 different stores. No funnels. Even in the automotive section. Discouraged, I tried one more place and um ... I'm not paying \$11 for a funnel.

I save all my old broken teapots. Don't ask why, I just do. They're all old, English made and I hate to part with them, even if they have various chips, cracks, etc...so I cleaned one out really good, then poured the violet vinegar into the teapot and used the spot to pour into the bottle!

And it worked!!! No spills of the precious homemade vinegar and now, I don't have to stress about a funnel. Share your ideas [here](#).



Outpost: I'm Junk Gypsying a 34' 5th-wheel trailer. Submitted by Wendy Flower

I know it's not cute and not vintage. I'm going to have a cute vintage trailer just for me, but hubby had a 34'-long 5th-wheel trailer-type RV that was all yucky inside—tacky, run-down modern stuff, dirt, and a couple mice. I'm not sure you want to see some of the before pictures I took. Gag. But I just had to share that I'm beginning this project and loving all the ideas I have, yet I'm having so many ideas that it's going to be hard to stick to just one theme! Right now it's just clean, clean, clean. Then it will be paint, paint, paint. Followed by re-upholstery. So I'm trying to decide, do I go Gypsy, or Cowgirl? Goddess? Indi? Hippy? Honey-bee theme? Dedicate to my Great, Great Grandmother? Boudicca Celtic Medieval?



Check back later to find out and see pics. Share your thoughts [here](#).

Outpost: Campers. Submitted by princesspatches

I have been scouring Michigan for the perfect “little” camper to restore for hubby and me. He, of course, thinks I’m crazy for wanting an older camper, without the luxuries of the new ones.

As of yet, I have not found the perfect one within my frugal price range and ability to be able to do all the work myself ... hehe.

I would love to see pictures of everyone’s campers/glampers. I want to be able to show hubby my ideas. And I know all of you gals have great ideas and vision.

So round-up and show-off your glampers!!! Share your pictures [here](#).

Stitching & Crafting Room: Coasters, Mug Rugs, Cup Caddies ... Submitted by katmom

Whatever you choose to call them—coasters, mug rugs, cup caddies—I think they are sweet ... I have seen all kinds of cute versions on the Internet and in cute shops ... so I finally sat down and created my version ... I posted pictures on my blog, but here is the general gist of what I stitched up.

I used bits of scrap fabric, and I used wool felt for in between the top and bottom layer of fabric ... The little cross-stitched flowers are from a salvaged damaged linen ... and I used my embroidery machine to stitch on the recipient’s name ...

So (or should I say, sew) easy ...

Now to go make one for me... oh, and one for my mommy. Share your ideas [here](#).

Stitching & Crafting Room: Vintage crochet booklets—I just can’t stop! Submitted by CherryPie

I have a serious addiction to vintage crochet booklets. Those thin little pamphlets from the ‘40s-’60s, they call to me. I have yet to make something from one of them—I don’t do a lot of work with thread and that is mostly what they are, but boy, I sure do like to look through them. Anybody else addicted to these bad boys? We could flash our stash. Share your interests [here](#).





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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 5,965 (and counting), we've earned an amazing number of Merit Badges so far—8,526 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.





Exclusive for Sisters!

Sisterhood Necklace

We've partnered with Elaine Tolson of Washington to offer this lovely bit of vintage-style jewelry—for Sisterhood members only. Your necklace will be emblazoned with your own unique Sisterhood number, setting your braggin' rights in stone. Whether you wear it as a secret code for those in-the-know, or as a conversation starter about the Sisterhood, is up to you. **Click here to order yours.**



Hello Elaine!

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

Thank you again,
Mary Bronson



Elaine!!!

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

Kindness counts,
Kim



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a return
to what
dresses
were
always
meant
to be
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# Merit Badge

## Awardees



### Merit Badge Awardees

**Amanda Mathis: Andi #5199**

Beginner badge: Cleaning Up / My Fair Farmgirl

**Amber Warfield: awarfield #4582**

Beginner badge: Garden Gate / Heirlooms Forever

**Carole Prevost-Meier: ceridwen #3610**

Beginner badge: Cleaning Up / Home Insulation

Beginner badge: Cleaning Up / Recycling

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Each Other / Know Your Roots

Beginner badge: Make it Easy / Relaxation

Beginner badge: Stitching & Crafting / Buttoned Up

Intermediate badge: Cleaning Up / Recycling

Intermediate badge: Stitching & Crafting / Knitting

**Courtney Robbins: FolkHearts #4840**

Beginner badge: Stitching & Crafting / Buttoned Up

Beginner badge: Stitching & Crafting / Crochet

Beginner badge: Stitching & Crafting / Knitting

**Mairi O'Sullivan: #5644**

Beginner badge: Garden Gate / Herbs

Beginner badge: Garden Gate / Weather

Beginner badge: Make it Easy / In the Garden

Beginner badge: Stitching & Crafting / Buttoned Up

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Garden Gate / Herbs

Intermediate badge: Garden Gate / Weather

Intermediate badge: Stitching & Crafting / Sew Wonderful

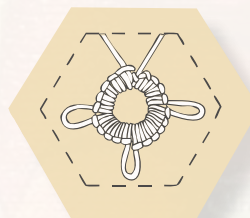
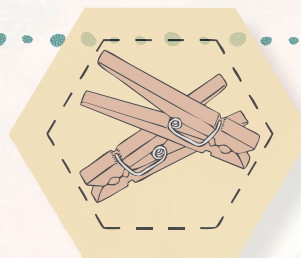
**Marti Seelye: Marti732 #2684**

Beginner badge: Stitching & Crafting / Crochet

**Mary Duffel: Madelena #3153**

Beginner badge: Outpost / Disconnect to Reconnect

Intermediate badge: Outpost / Disconnect to Reconnect



continued ...





**Peggy Smith: forever young #1815**

Beginner badge: Garden Gate / Herbs

Beginner badge: Each Other / Relaxation

**Sarah Baker: sariejack #5926**

Beginner badge: Garden Gate / Horse Dreams

**Sharon Schrader: #4109**

Beginner badge: Garden Gate / 3 R's Rule

Beginner badge: Garden Gate / Heirlooms Forever

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

Intermediate badge: Cleaning Up / Going Green

Intermediate badge: Garden Gate / Heirlooms Forever

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

Expert badge: Garden Gate / Heirlooms Forever

**Sherrilyn Askew: Sherri #1350**

Beginner badge: Farm Kitchen / Organic on a Budget

Beginner badge: Garden Gate / Grow Where You're Planted

Beginner badge: Make it Easy / Grease Chicks

Beginner badge: Make it Easy / In the Garden

Intermediate badge: Cleaning Up / Going Green

Intermediate badge: Cleaning Up / My Fair Farmgirl

Expert badge: Farm Kitchen / Bustin' Out

Expert badge: Garden Gate / Heirlooms Forever!

**SuZan Brown: imascholar2 #4394**

Expert badge: Each Other / Entrepreneurial Spirit

**Tanya Murphy: turtlemoon #1737**

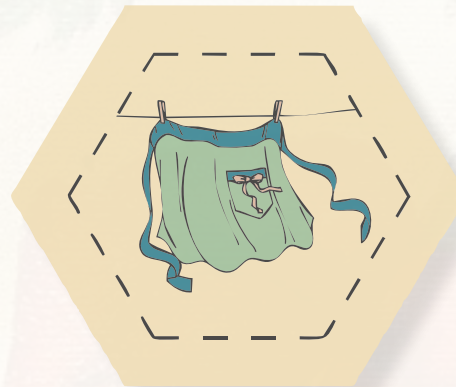
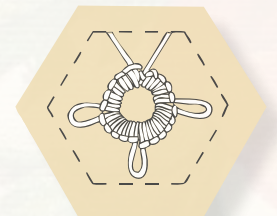
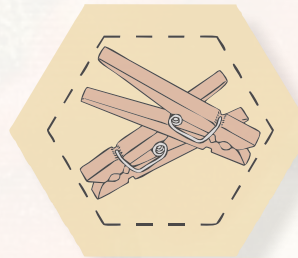
Beginner badge: Farm Kitchen / Cheesemaking

Beginner badge: Garden Gate / Putting Away for Winter

Beginner badge: Garden Gate / The Secret Life of Bees

**Valene Brewer: #5897**

Beginner badge: Stitching & Crafting / Buttoned Up



continued ...





continued ...

**Vicki Johnson: #5773**

Beginner badge: Cleaning Up / Recycling

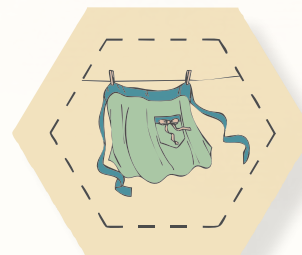
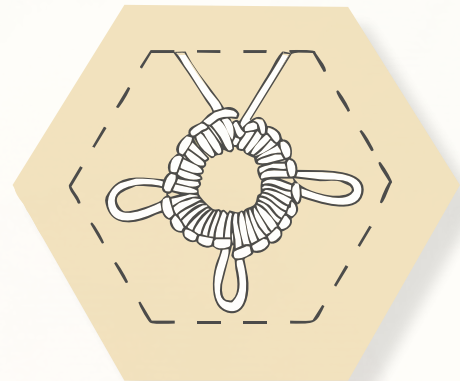
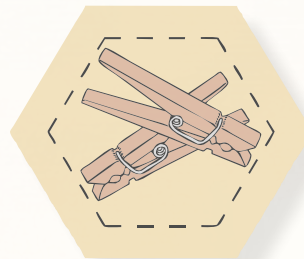
Beginner badge: Each Other / Plant it Forward

Intermediate badge: Cleaning Up / Recycling

**Winnie Nielsen: Red Tractor Girl #3109**

Beginner badge: Garden Gate / The Secret Life of Bees

Intermediate badge: Garden Gate / The Secret Life of Bees







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# Farmerettes & Young Cultivators

## Merit Badge Awardees

**Olivia Baker:** Young Cultivator of Sarah Baker #5926

Beginner badge: Garden Gate / Horsing Around

Intermediate badge: Garden Gate / Horsing Around

Expert badge: Garden Gate / Horsing Around



### 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.

### Camping with Kids

Every summer, our family heads to a favorite river spot to camp. When we had babies, we brought along a pack-n-play, baby carrier, portable high chair, bags overflowing with baby accessories, and cloth diapers. It was ridiculous, but seemed necessary. There we were in the woods, with most of what we used at home. My husband perfected the art of car packing, and for years, there wasn't an inch of unused space.

By the time my daughter was 6 and my son was 3, we had whittled down the packing list considerably, trading the toys for a child-sized tent from **Cabela's** that they played in while we cooked and sat near the campfire.

Now my children are 10 and 7, and I'm happy to say that we are traveling *much* lighter. The kids each bring a pillow, book, and one stuffed animal or toy. Beyond those basics, I usually bring along a "kid kit" of small items to pull out when a distraction is needed.

On a recent camping trip, I made each child a notebook by using part of a grocery bag as the cover and copy paper as pages. To make your own, cut out a "cover" a little larger than your copy paper, punch two holes along the folded edge of the bag for the binding, punch coordinating holes in the copy paper, and use a twig to secure the pages. Add a selection of crayons or pencils in natural colors to encourage budding botanists. I also added a few metal puzzles from the dollar store to my kit, along with aluminum flashlights for nighttime reading.







IN 1997, I took over stewardship of The Barron Flour Mill, a four-story, 124-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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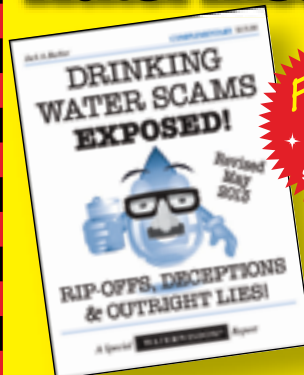
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# Meet our Bloggers

*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, and has just welcomed the newest member of her family, baby Ava Maureen. Alex 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 close to 20 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.’”





suburban farmgirl

## Nicole's Favorites



### Organic Lipstick

I love summer color! Everything inside and out is brightest this time of year. Even my favorite summer clothes echo nature's colorful hues. In summer, I love a fun pop of color on my lips, too.

Nothing can brighten my mood like a new lipcolor! Most of the time, I stick with my favorite—tinted, natural lip balms and shiny glosses—but in hot humid weather, they just won't do. Gloss in summer feels sticky and lip balms slide off like melting popsicles. I need staying power ... but I don't want to sacrifice my organic lifestyle for fashion.

Almost all lipsticks on the market are petroleum based. Studies performed on lipstick have also shown a high concentration of lead, and no matter the brand of conventional lipstick, most likely the color comes from chemical dye. With my coloring, I look best in blue-based pinks, plums, and reds, yet I'm sensitive to FD&C blue dyes. Having plump lips from an allergic reaction is *anything* but beautiful! Not only do we ingest what we put on our lips from eating and drinking, but the thin skin on lips absorbs much of what's applied on them.

So what does a glam farmgirl do? Look for a more natural product, of course! Easier said than done: some lipsticks dried my lips, or the color would separate after wearing (one fruit-based product left me with a blueberry-colored ring around my mouth)! Others had an "off" taste, or the colors were just dull.

Happily, I've found a natural, organic lipstick that delivers! **Colorganics Organic Hemp Seed Oil Lipstick** offers a rainbow of fun and classic lipstick colors with a USDA-certified organic base and natural mineral-based color pigments. My lips feel soft from organic beeswax, non-GMO vitamin E, and organic jojoba and hemp seed oils. While the color goes on slightly lighter than appears in the tube, it's shimmery and beautiful, staying on despite summer's heat. My color pick this summer is Red Shine, a medium hot-pink shade. With 32 color choices, there's something for everyone. Best of all, Colorganics Organic Hemp Seed Oil Lipstick contains no petrochemicals or synthetic dyes.

Don't let the \$17 price tag alarm you. This lipstick *lasts*. I don't have to reapply it often, yet my lips don't dry out like with conventional long-lasting lipsticks. It's the perfect apply-and-go summer lipcolor. Find Colorganics Organic Hemp Seed Oil Lipstick at your favorite health-food store (where I got mine), or on their website at **Colorganics.net**, with free shipping in the USA.





# MaryJanesFarm Marketplace



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For more information, including a complete listing of thousands of participating products, please see [www.nongmoproject.org](http://www.nongmoproject.org)



# Magazines, Books & More



Our Aug/Sept issue (Yesteryear) will hit newsstands on July 15. In it, you'll find out about heirloom veggies—bite-size solutions to seed patents, learn why omega-3s are one supplement every woman should know about, meet a photographer who documents the vital role women play in agriculture, discover the astounding art of quilting, and more!

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

If you're a subscriber, you should receive your magazine by about July 10. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you don'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:

July 4 ~ Independence Day  
July 6 ~ World Kiss Day  
July 7 ~ Global Forgiveness Day,  
Chocolate Day  
July 12 ~ Simplicity Day  
July 20 ~ National Ice Cream Day  
July 21 ~ Global Hug Your Kid Day  
July 23 ~ Gorgeous Grandma Day  
July 24 ~ Cousins' Day  
July 27 ~ Parents' Day, Aunties' Day  
July 30 ~ Father-in-Law Day

July  
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!**



**5,965 Sisterhood members and  
8,526 Merit Badges earned —  
growing stronger every day!**