

MARYJANES FARM®

Sister Issue



August 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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Carol



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Hello from Sister #1



Meritorious Sister

I am so very pleased to announce our Farmgirl Sister of the Year! Meet Winifred Nielsen, AKA Winnie to many of you.



1. How did you discover the Sisterhood and when?

I saw a December issue of *MaryJanesFarm* on the newsstand at Tractor Supply and the cover had a young girl dressed as St. Lucia. Because of my husband's Norwegian background, I had celebrated St. Lucia's Day with my girls. So I was intrigued as to how *MaryJanesFarm* fit in with the holiday. I bought the magazine and devoured it several times over ... and immediately declared myself a farmgirl at heart.

2. You've made lasting Sisterhood friendships along the way and seem to love The Farmgirl Connection swaps a lot. Tell us more!

After exploring your website, I read up on the Sisterhood and Connection and joined. Everyone is very friendly and supportive on **The Farmgirl Connection**. Plus, I love the diversity of ages and experiences of the women who share. It has been a great way to meet so many interesting and talented people who have much to contribute. I tried a few swaps and was immediately hooked. They are so much fun! Making things and trying to meet the creative theme of the swap is pure fun and enjoyment for me. Plus, I have received many beautiful handcrafted items, which I cherish and enjoy using. Everyone is so generous!! Whenever farmgirl mail arrives, a certain husband is always stopping by just in case some chocolate appears!

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

My family unit of two grown girls and hubby of 35 years; creating healthcare training programs for high school students and then successfully hiring them at the hospital; working with our local workforce board to use federal grant monies to create programs for at-risk teens that introduce them to healthcare careers and provide extra tutoring for academic needs to be eligible to enter the community college at high school graduation.





Reaching out to young people who just need some extra help is very rewarding. When they move forward with their lives, there's no better feeling! We all need encouragement and sometimes a few basics in our "toolboxes" to get the traction needed to succeed.

4. What does your future life look like now that you're officially retired?

We hope to have travel opportunities to see more of our country and more places in Europe. I am thrilled to have time to learn new skills like knitting, simple vegetable gardening, keeping mason bees and honeybees, and reading on topics I have longed to have time to dig into.

5. You're a world traveler. Tell us where you've been in the last year.

Starting in July 2013, we visited Idaho (where I got to meet you at your lovely store in Coeur d'Alene!), Yellowstone National Park, and the Grand Tetons. Then in August, we took a trip to Norway and Finland. While we were there, we saw hubby's second cousin in Oslo, which was wonderful. They shared old family photos of the homesteads of grandfathers and others who did not immigrate to America. The fjords are beyond imagination in their beauty! In late April 2014, we went to the Netherlands and Belgium for 16 days. It was tulip time, and I must say I never knew tulips came in so many beautiful colors and sizes. The old windmills and 16th-century cities were also amazing. It was another fantastic adventure! Next up? We are booked on a tour for New Year's in Iceland. We hope to see the Northern Lights while we are there, too. I need to knit a few more pairs of wool socks before we go, as I think this Florida girl is going to need them big time!!

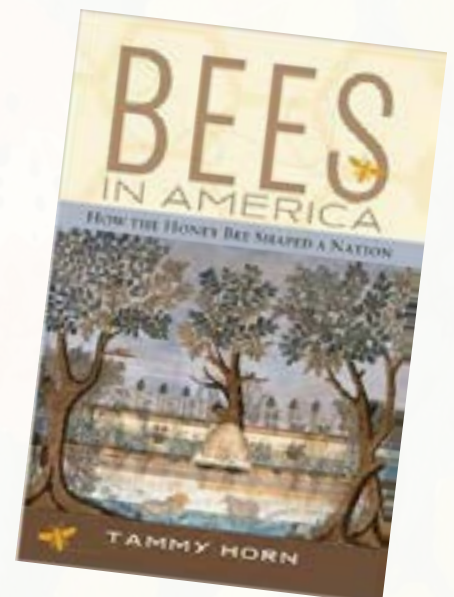
6. What traditions have been passed down in your family?

Growing up, our family celebrated all of the holidays and birthdays. When I had a family, I did the same and added lots of Norwegian Christmas traditions to our routines. Of all that we did, my girls still love Halloween and Norwegian Christmas celebrations best. Carved pumpkins are a must, as well as decorating the porch and dressing up for handing out candy.

For Christmas, making St. Lucia buns kicks off the family holiday. Next comes getting a live tree up with all of the homemade Norwegian and Scandinavian ornaments. Also, we make Nana Olsen's Sandbakkels with her old tins and Jukekake (sweet bread with cardamom) for Christmas morning breakfast.

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

Gosh, I guess: *Bees in America*, *The Language of Flowers*, *Meadow Brook* (by MaryJane Holmes), *Women's Land Army in WWII Britain*, and working on the *Women's Land Army of America in WWI*.



continued ...

Every Sister Has a Story

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8. What about you makes you smile?

What makes me smile? When I successfully make something pretty or delicious; when I watch animals and birds just be who they are doing funny and adorable things; when I think about how I helped someone who needed help.

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

I would put the money in various trusts that help and support the following: animal and sea mammal protection; education for children around the world; seed money to support young women entrepreneurs; programs in third-world countries that focus on sustainable agriculture to help them get rid of famine and land devastation; supporting political issues and candidates I believe in; and programs that teach children about healthy eating and eco-gardening aimed at helping students be healthier and also consider careers in agriculture.

10. What person has helped you most in life?

This is hard for me because many people have helped me have more confidence, compassion, and courage. The list includes my parents, many teachers in school and college, a few nursing supervisors, family members, and friends. It has truly taken a village to raise this farmgirl. And I can say the need for help continues!

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

I would show some of my knitting I learned to do last winter and my revival of embroidery skills. I have been working on lots of fun dishcloths and giving them away as gifts.

12. What's one thing about you few people know?

I want to live in an old renovated log cabin with a view of the mountains. My sister Peggy, who is 87, and I talked about this yesterday together.





We had talked about this dream, she reminded me, back in the early 1990s, but neither of us was in a position to make it happen. My sister just moved into one of those aging facilities and she still has mixed emotions about if it is what she wants. She told me yesterday that if her kids and financial planner had left it all up to her, she would have moved to that log cabin on top of a mountain and called it a day! Maybe I won't let that hope pass me by, either. Stay tuned.

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

I have a habit of listing out things I want to complete each week. Each day, I go to the gym, think about what I can make for a fresh and healthy dinner, and then I choose what I can do from my list of what needs to get done and what I want to do. This helps me stay on track and not forget to do important things because I am all caught up in some fun project or good book.

Let's give Winnie a loud and raucous round of clucking!!!!!!

Mary Jane 

P.S. Every year about this time, our selection committee comes up with a unique way to pamper the Sister we choose to serve as FSOTY. For Winnie, we knew she loved my latest book, *Milk Cow Kitchen*, so much so that she asked if we would send her the milk-bottle tabs we designed for my Milk Cow Kitchen fabric so she could turn them into coasters.

Wouldn't it be fun to make her a quilt using my fabric, we brainstormed (see p. 10)?

Stay tuned for photos once it's done! Today, as I write this, I'm washing (and then ironing) enough fabric for two quilts, one for me and one for Winnie.



continued ...



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You, too, can
make a quilt
like the one
that Winnie
is getting.

For more
details and
a pattern,
see p. 29.



Quilt is 58" x 72".

MILK COW KITCHEN

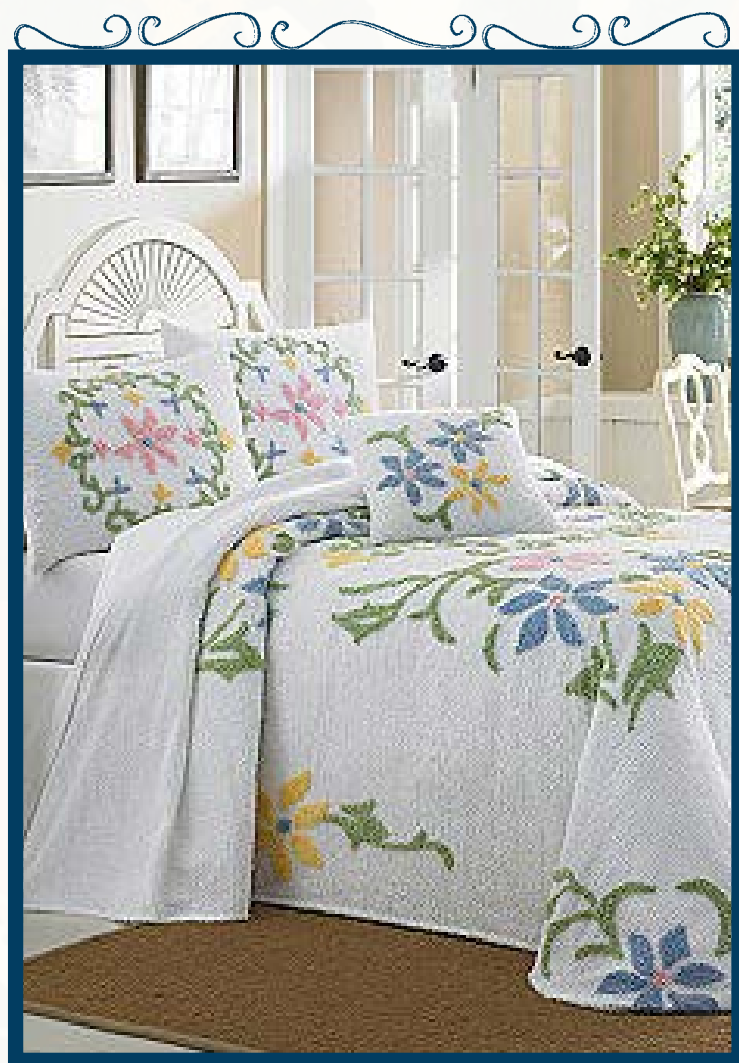
by MaryJane 
moda

Also, for her bed, we let her choose from our line of bedding. She chose a new set of sheets, mattress cover, and our multi-colored chenille bedspread.

To top it all off, she hinted ... no, asked ... for one more thing (farmgirls are notoriously ... determined?☺) Here's the e-mail that grabbed us in the solar plexus, causing us to say YES!!! to her request.

"Hello, MaryJane, from Chicago!!

I am so very excited and honored to be FSOTY! Since the first news that I had been selected FSOTY, I have been thinking a lot about what this means to me. First of all, I am honored to be chosen and very excited about the award. Then I started thinking about how the role of people chosen at local events in communities (like zucchini festival queen, strawberry festival queen, etc.) usually means the person spends the next year serving their community as needed. The title comes with responsibilities that promote the community and support positive needs. At the Farmgirl Connection, we have this huge virtual community from coast to coast and above the border into Canada. So, it seems like I should do something to promote and help our community of farmgirls. For example, maybe I contact and send a card to every new person who joins the Sisterhood? Maybe I use those cute postcards shown in your online store to write a personal note of welcome? Maybe I do something for a specific group of, say, Farmerettes or a Hen House? I have years of experience in public speaking and doing training events (I was a nurse educator for many years and spoke to communities about hospice care). I would love to brainstorm other things you might wish you had time for in relationship to building and supporting the Sisterhood.



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All of the gifts are so generous and special! Wow, I am happy to receive any of them!! But MaryJane, you know what I want more than anything in this world? I want to touch and see with my eyes real people and things. Here is what I wish for:

1. See your farm and meet the team members.
2. See the cows and milking barn and maybe even pet Rose Etta, if she's willing.
3. See the building that was the store in Moscow where you sold your first goods and milk. I just loved that store and always wanted to go and visit. I just want to touch it.
4. I want to see Joe Barron's flour mill and touch it.
5. I want to see the old schoolhouse where Megan had her rehearsal dinner that got rained on.
6. I want to see Emil Keck's white shirt he gave you.
7. I want to see some of the views that you share in your blog. Those hills and landscapes!!
8. I want to sit in the Plum Pit.

I just want my love of all things Farmgirl Sister to be real and not just in my head and on paper.

Thank you again for so much friendship and fun. My life has been touched in many wonderful and positive ways from your efforts to reach out to women like myself. Without a doubt, my life is richer from that single magazine purchase one December day in Tractor Supply!"





So next year, on my 62nd birthday, the first week of May (May 6 to be exact), Winnie will be driving up our lane in a rental car, all the way from Florida.

Why not this summer? Well, this summer we have our farm torn apart, literally, installing new sewer, water, and electrical lines in order to turn our summer B&B into a year-round B&B, complete with winterized cabins, each unit sporting a flush toilet and small kitchenette.

If all goes as planned, we'll let Winnie cut the ribbon on one of our new B&B units. If not, we'll put her in one of our more-than-slightly-fatigued wall tents, but we know for a fact she won't mind because as I write this, she's visiting another Sister a few hours north of us ... who lives in a wall tent. Here's the photo that pinged my inbox a few minutes ago. We love you, Winnie!!!!!!



"Love and kisses, MaryJane, from me and Kellie at the **WallTentStudio** in beautiful north IDAHO!! Hope you are doing well and that your summer construction projects are humming along without too many snags."





Big welcome to our new and renewing Sisterhood members!

Alice Minasian
Amber Jennings
Amber Stone
Amy Thompson
Andrea Mitchell
Aurore Stubbs
Barbara K. Baird
Brandi Ferry
Carol Farrell
Carrie Lawrence
Cathy Hudson
Cathy Wright
Cecily Rae Faith
Cheryl Bridges
Cheryl Oliver
Cheryle Duffy-Lehrer
Chris Sanchez
Christina Marsden
Christina O'neal
Cindy Meier
Cindy Cope
Cindy Foote
Connie McCaffery
Cynthia Hunter
Dana May
Deb Hillard
Deb Killion
Debbie Tegart
Deborah Becicka
Deborah McClure

Denice Ramsey
Diana Gibson
Donna Lettsome
Dorene Fox
Earline Simmons
Faith Scott
Heather Burke
Heather Raycroft
Heidi Heuerman
Isabelle Norris-Carlton
Jackie Mochan
Jacqueline Bates
Jaimey Bates
Janet Doran
Jasmine Pantuso
Jean Austin
Jenna Bincarowsky
Jennifer Hunter
Jennifer Gabris
Jennifer Everton
Jennifer Papenberg
Jenny Bishoff
Joan Brogan Wipf
Joy Elick
Judy Covey
Judy Campbell
Karen Cuendet
Karen Abrahams Turner
Kathleen Kee
Kathleen McDonough

Kathy Brooks
Kim Stotts
Kim Hazelrigg
Kim Hostetter
Kim Gibbons
Kimberley Thomas
Laura Spencer
Lillian Schantz
Linda S. Larson
Linda Ferry
Lisa Holderman
Lisa Hoover
Lisa Seaman
Mary Johnson
Mary Fietek
Mary Gabel
Mary Whatley
Mary Jane Cosden
Marybeth Gardner
Melissa Havemann
Melissa Kunze
Michele McElwee
Michelle Drayton-Fisher
Irene Cecilia Falcomer
Mollie Pietrosanto
Monica Huber
Nancy Boyd
Nancy Coppock
Nancy January
Patricia Miller

Patty Byrd
Peggy Smith
Rachael Bott
Rali Burleson
Robin Marshall
Sam Smith
Sara Heck
Sarah Bolinger
Shannon Hudson
Shannon Fayle
Shefa Nola Benoit
Sheila Waldoch
Sheri Ezekiel
Sherry Jackson
Sue Ryder
Sue Coron
Susan Decker
Susanne Bender
Suzanne Miller
Sylvia Hunt
Tina Shank
Valdeane Odachi
Viola Pilkington
Vivian Varela
Whittney Chaney
Yavonne Tudischo



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

– Author Unknown

Merit Badge Jewelry

For our newcomers and especially for those who enjoy earning Merit Badges, I thought I'd re-run a story I wrote about the inspirational Annie Oakley. Following on pages 16–21 are instructions for turning your Merit Badges into jewelry.



Annie Up, Sisters!

Always on the prowl for something playful, I couldn't resist displaying my Farmgirl Sisterhood Merit Badges the same way Annie Oakley shared her prowess.

A household name when I was growing up, Annie, born in Ohio in 1860, is one of the best-known figures of the Old West. But what did I really KNOW about the back story of the famous Miss Oakley, other than whenever I hit a target dead-center, my father, a man of guns, would say, "Good job, Annie!" Vaguely, I knew she was a skilled sharpshooter who traveled the vaudeville circuit at the turn of the century.

What I didn't know was that at the age of 9, her Pennsylvania Quaker father died and she and her siblings were sent to an orphanage (known back then as "the county poor farm"). She was able to rejoin her mother at the age of 13, hunting quail and rabbits for food, something she'd been doing since she was 6 years old. Like a modern-day entrepreneur, Annie talked local restaurants and hotels into buying the game she shot. By the time she was 15, she had paid off the mortgage on her mother's farm.

Already becoming famous by the age of 21, she signed up for a sharpshooter contest against the traveling show marksman Francis Butler. When he couldn't best her, they instead married.

Less than five feet tall and weighing roughly 100 pounds, she wore fringed skirts, embroidered blouses, and a variety of felt hats. She began her show by standing on a galloping horse and shooting the flames off a revolving wheel of candles. In one of her acts, Annie flipped a playing card into the air and perforated it five or six times as it fell—thus, any punched ticket, like a theatre ticket punched with a hole to prevent it from being resold, has traditionally been called an "Annie Oakley." I've finally solved the mystery of why my father called his hole-punched decks of playing cards his "Annie Oakleys." (Once Las Vegas was done with a deck, they punched a hole in the center of every card and then sold the decks as souvenirs.)

Annie continued to set records into her 60s, but she was also involved in women's rights issues and charitable causes, giving most of her money away, in particular to young women that she personally mentored. Throughout her career, Annie not only taught thousands of women how to shoot (and hold their heads high), but she also filed lawsuits against male newspaper magnates that libeled her.



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In the early 1900s, sensational stories sold well, so Annie was accused of everything from a cocaine habit to theft to prostitution. She spent years winning all but one of 55 libel suits, collecting less in judgments than her legal fees. But for Annie, defending a woman's reputation justified the loss of money.

In 1922, two years after women won the right to vote, Annie was injured in a railroad accident, suffering paralysis, but fully recovered after enduring several painful surgeries. In 1924, she was again setting records, and in a contest in North Carolina, she hit 100 clay targets from 16 yards.

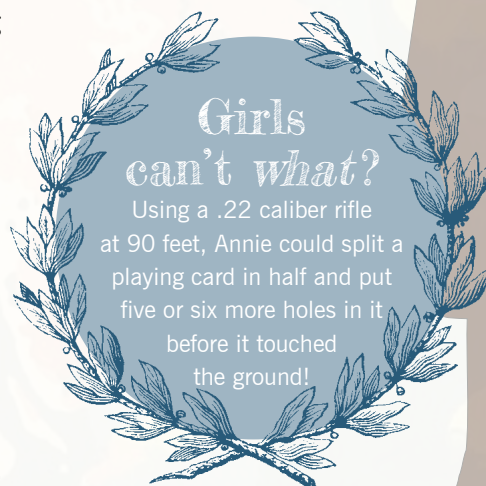
Madly in love with Annie throughout their marriage, her husband, Frank Butler, was so distraught when Annie died at the age of 66 in 1926 from pernicious anemia, he stopped eating and died 18 days later.

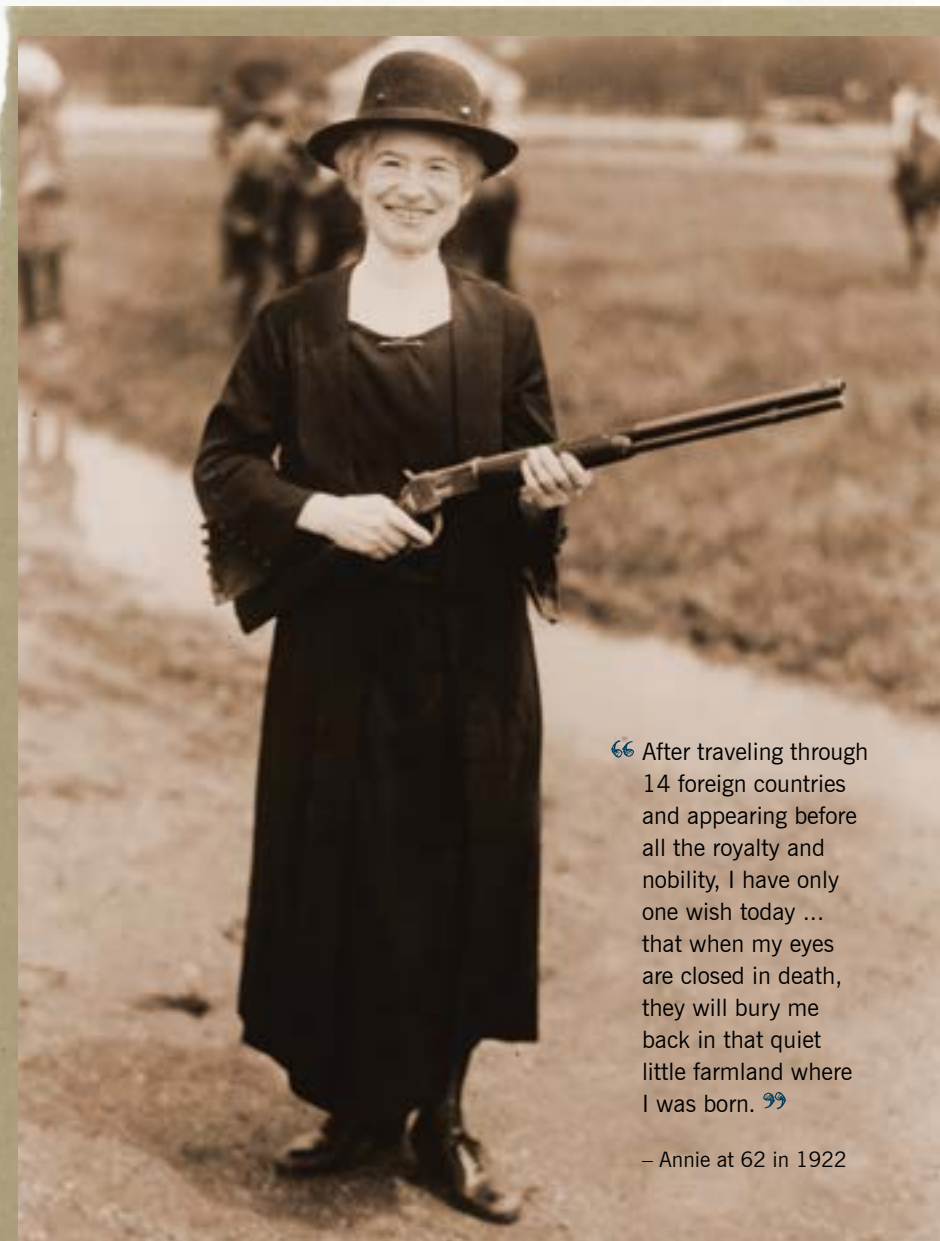
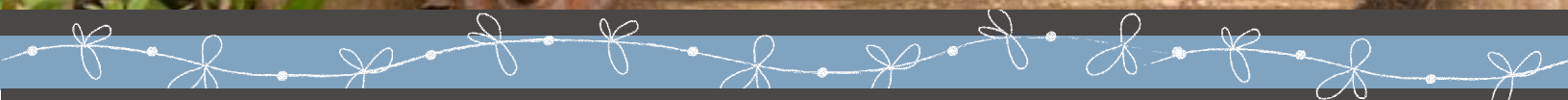
"Annie Get Your Gun," a fictionalized version of Annie and Frank's lives, became an Irving Berlin Broadway hit in 1946, with Ethel Merman as Annie, and then again in 1999, starring Reba McEntire.

Since February 2008, farmgirls and their Young Cultivators have earned over 8,586 Merit Badges for all the world to see (find a complete list of our Merit Badge Awardees at www.farmgirlsisterhood.org). Not only are their meritorious accomplishments given public accolades here in our monthly Sisterhood newsletter, but they're also given a link to a printable 4" badge specific to every accomplishment. (Already, we have some "sharpshooters" who've earned more than 250 badges!) Typically printed on muslin and then stitched to jackets or shoulder bags, made into wall hangings, or sometimes quilts, I'm thinking there might be other sisters, like me, who want to turn their badge insignias into necklaces, bracelets, chest medals, ring or earring signets, or even aglets and stampede straps!

On the following pages, you'll find specifics about how I created my Annie Oakley Sisterhood Merit Badge couture.

*"Aim your
sights
high."*





“ After traveling through
14 foreign countries
and appearing before
all the royalty and
nobility, I have only
one wish today ...
that when my eyes
are closed in death,
they will bury me
back in that quiet
little farmland where
I was born. ”

– Annie at 62 in 1922

continued ...

Make Your Own Farmgirl Sisterhood Merit Badge Jewelry



Farmgirl Sisters and their Young Cultivators have earned a whopping 8,586 Merit Badges to date (see a complete list of our Merit Badge Awardees at www.farmgirlsisterhood.org). (Already, we have some “sharpshooters” who’ve earned more than 250 badges!) Here’s how I turned my badge insignias into jewelry—you can make necklaces, bracelets, chest medals, ring or earring signets, or even aglets and stampede straps! Using a few basic jewelry tools, the Internet, and a visit to my local craft store, I took my badges (that arrive in an e-mail when earned/approved) and sized them down. You can size your badges yourself using this step-by-step process, or take your jpeg files to your local copy shop and have them do it for you. If you have other ideas on how you like to resize and color your badges, feel free to share your ideas on our **Farmgirl Connection Chatroom**.

1. Download your jpeg badge file (right-click (PC) or command-click (Mac) the image, then choose “Save Picture As...” or “Save Image As...”). Save them to your computer somewhere you can find them again (like the desktop).
2. My design team knew how to color them on the computer using Paint or Photoshop, but when left to my own devices, colored pencils worked just fine. I left many of mine black and white, aiming for that vintage, somewhat industrial, frugal, farmish look.
3. Open Microsoft Word. Click “Insert,” “Picture,” “From File,” and select the badge image to insert. Select one of the corners of the badge image. Using Word’s rulers for size reference (under toolbars), resize your badge the desired amount by clicking, holding, and dragging.
4. To make a circle cutting template around your badge, you will need to select “Insert,” “Shapes.” Select the oval shape, and while holding your shift key down, drag until the circle is the correct size for your badge. Click the paint bucket on the drawing toolbar while your circle is selected, and click “no fill” to make your badge visible through the circle.
5. Print and enjoy!





For Scrabble tiles, I found the best quality and most reliable gear on **Etsy**. First, I brushed the paper badge with a thin layer of matte-finish Mod Podge to seal the paper, then I let it dry. You will use Mod Podge for all of these jewelry crafting projects; it works as both a glue and a sealer. Next I cut out my paper badge insignia and brushed the blank side of the Scrabble tile with Mod Podge and placed the paper badge onto it, gently working out any air bubbles with my bone folder (find at your local craft store.)

After it dried, I placed a self-adhesive square epoxy dome on top of the badge insignia and used a bone folder to remove the air bubbles. Next, I glued a metal bail (see left) on the lettered side using a 24-hour clear epoxy. Finally, I attached it to my chain necklace using a jump ring.



Bone Folder



For smaller, round bezel cups (my favorite), I turned to scrapbooking supplies for the most economical source. Idea-ology™ "Type Charms" (the stickers that come in the package look like typewriter keys, but I used my badge insignias instead) are sold in packages of 16 that include self-adhesive round epoxy domes that insert into each cup and sell for around \$8 (50¢ each). Available at **Michael's** or [online here](#).

I think the 1/2" diameter size of this charm is good because of the price and availability. Soon, we'll all be *charming*! (You can go a more expensive route using bezel cups made from sterling silver and filled with liquid clear casting epoxy. You can **purchase supplies here**, or Google "sterling bezel cups.")



Sterling Silver Bezel Cup



continued ...

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continued ...



Look to **Jill Schwartz** for a line of jewelry embellishments for adding non-badge charms to your necklace. I used a variety of charms from her line, as well as Industrial Chic, Lost & Found, Pearls & Pumps, Bella Boho, Forged, Blue Moon, and Black Lace. If you haven't discovered the jewelry aisle in your local craft store yet, head on out. There may be other lines or new lines available online or in stores near you by the time you read this.



Picking through the above lines of jewelry makings, I also Mod Podged my badge insignias onto any flat surface I could find, adjusting the size accordingly. I even used a locket from the Industrial Chic line for my main hexagonal Sisterhood Badge (inside are photos of my grandchildren). Note the cool safety pins you can buy that don't have the bottom double curl.



Or buy a button-making machine.

Merit Badge Buttons



Industrial Chic's ring blank didn't come with a self-adhesive resin dome, so I picked up some EasyCast to make my own. First, I followed the Mod Podge steps and gave the badge an extra coat to protect it from losing color and let it dry. I chose a well-ventilated area and covered the surface I was working on with wax paper. Next, I put on gloves and eye protection. Following the EasyCast instructions that come with the kit, I mixed my EasyCast and poured it into a squeezable condiment bottle with a spout (like a mustard container). I put the ring upright in a vice and gently squeezed the EasyCast onto my "bee kind to mother earth" badge that was nestled inside. (If you don't have a vise, you could use a bowl of uncooked rice or make jigs out of foam-core board or styrofoam.) Lastly, I covered the ring with a box while the EasyCast was hardening to protect it and followed the EasyCast instructions for proper clean up.



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).

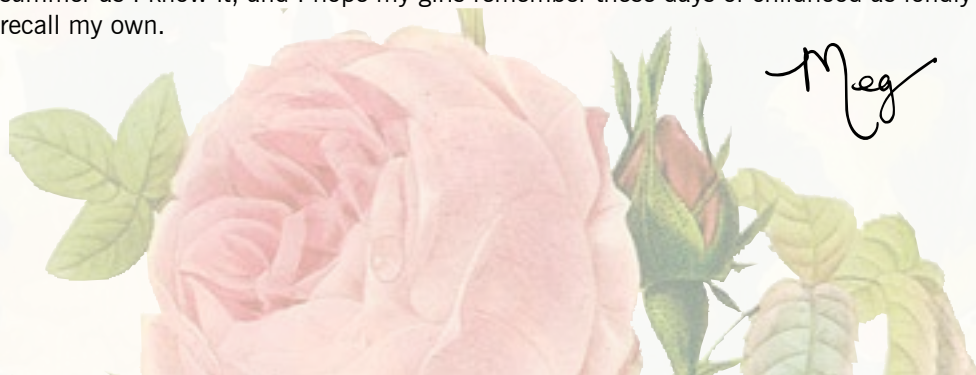
Ah, a Summer Picnic ...

This past spring, I vowed to spend more time with my children when summer arrived. Not just *near* them, but actually doing things with them—just us. Girl time. Somehow, back then, I envisioned a very low-key summer. But, with t-ball most evenings, swim lessons most days, and play dates thrown in, summer is flying by. The Saturdays we aren’t camping are reserved for family bike rides to the farmers’ market and with routine laundry, food, and cleaning thrown in, we’re still mighty busy.

My own childhood summers were filled with wonder and wander and not so much scheduled busy-ness. In the early summer, my days were spent creek jumping while the creeks were still running high. Creek jumping was a game my brothers and I played. It began with us jumping the creek beds at their narrowest sections, and then challenging each other to leap wider and wider sections until the loser missed and ended up swimming. As the summer ripened, we’d move on to bike rides, forts, and hide-and-seek for hours as we roamed our five-acre “fair game” acreage. One of my favorite summer memories is the time I found an awesome fallen tree that I fit under perfectly. I would hide there for what seemed like hours. My seeking brothers would reluctantly declared me the winner when I finally moseyed back down the hill to our big wrap-around porch to rub it in that, once again, I ruled the game.

Almost every one of those carefree afternoons included a picnic. Nothing fancy. Just some of Mom’s homemade bread and whatever we could score from the fridge and run out the door with. But the picnic made our day, bringing us together in a momentary truce over good food and filling our bellies with the fuel needed for more outside play.

So, in the midst of this summer’s bustle, we’re pausing for more picnics, too. We gather up some summery napkins, simple snacks, buckets for berry picking, and our good boots for playing in the deep grasses at the farm. I realize now that a picnic is like pushing a magic “pause” button. Time slows down, and the moments glow. At last, it’s officially summer as I know it, and I hope my girls remember these days of childhood as fondly as I recall my own.



Meg



Sister Loves

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

Kristi's
PICKS
(JUST A CLICK AWAY)



MAIL-ART MAVEN
(SISTER #4314)

Every farmgirl knows that raising a family often means a lot of time spent in the kitchen. Cooking is not my favorite chore on the list, so I'm always looking for ways to have a little more fun while I'm doing it. Here are a few gadgets that I thought might elicit some efficiency, as well as a smile.

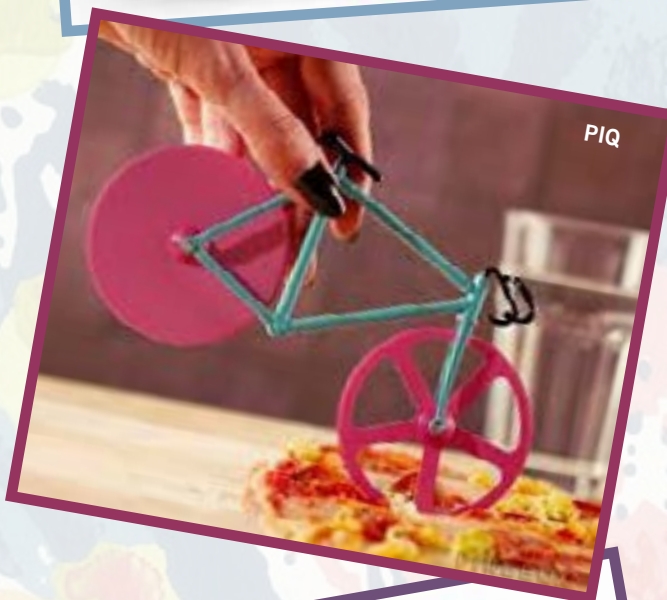
Luminaire



Williams-Sonoma



PIQ



Sur la Table



Bed Bath & Beyond



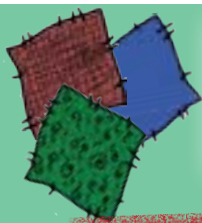
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Bialetti Shop



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



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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 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.

Kids Say the Darndest Weirdest Things

Kids are sweet. Children are adorable. Munchkins are hilarious. Rugrats are amusing. But let's face it: sometimes they're also odd, strange, and downright creepy.

Oh sure, they tell endearing stories and utter cute phrases throughout the day, but occasionally ... well, occasionally, they freak me out.

There's a fine line between delightful and bizarre, and I don't know about you, but my children have crossed it once or twice.

Actually, they don't just cross it, they pole vault over it with reckless abandon, chuckling maniacally as they go and twirling their mustaches.

My middler, Anna, was a stubborn child, with quick-witted responses that are normally reserved for mature adults, not tiny imps. We were accustomed to the sporadic oddities that would come out of her, but we were not prepared for this one:

Taking a swimming lesson at the age of 3, she retrieved a water ring. But not only did she retrieve it—oh, no—she came up out of the water with it on her head, like a halo. Then she shouted across the pool, “*I am the angel of fear!!*”

Yeah, her swim career was cut short, as mommies everywhere removed their offspring from the pool.

And that's nothing compared to some of the things my son has solemnly told me. Just yesterday, when musing over the benefits of a bedtime snack, I offered him a tortilla roll-up with cream cheese and brown sugar. Raising his arms above him, he chanted (nope, not simply said ... not calmly replied ... he **chan**ted), “*May the glory of this descend upon me!!*”

I've seen *Rosemary's Baby*. *Children of the Corn*. *Invasion of the Body Snatchers*. *The Bad Seed*. I ordered several well-behaved and **perfectly normal** small humans. Where's my receipt?

For sale: two absolutely adorable, but slightly terrifying, children.

Cheap.



FOR SALE

*2 absolutely adorable, but
slightly terrifying, children.*



Sister Loves

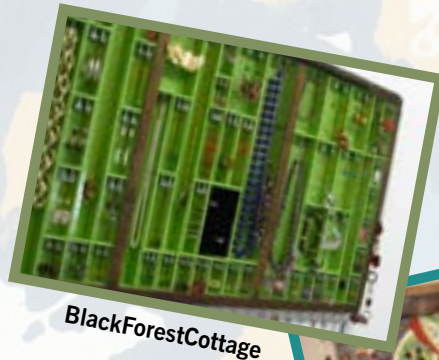
{ our favorites ... just a click away! }

Carol's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,
UKULELE ENTHUSIAST
(SISTER #3)

I've been itching to organize my jewelry. I love handmade jewelry and brightly colored beads, and have tons of pretty pieces that I could enjoy more if I put them on display instead of tossing them into little bowls covering the top of my dresser. So I've been looking for display ideas. I already had a screen-covered frame to hold some of my earrings and necklaces, but I found the earrings hard to remove from the little squares of wire on the screen and I needed more storage space. On Pinterest, I saw that someone had hung their earrings on an old cheese grater. Bingo! I just happened to have an ultra-cute but hard-to-use "grater girl" that I found at a secondhand store. Now, my favorite earrings are hanging handily on my gorgeous girl and I can enjoy them even when I'm not wearing them! I had another lightbulb idea for my bracelets when I spotted an old wooden pop-bottle crate just hanging out in my closet. Voila! The little cubbies are the perfect size for rigid bracelets, and I added cup hooks around the sides and bottom for flexible bracelets. If you're not inclined to make your own jewelry displays, here are some great finds from Etsy.



BlackForestCottage



AubreyLynBoutique



PrincessOfMirkWood



HeartNotIncluded



SplintersAndNails



ECosmicCreations



moda MILK COW KITCHEN

by Mary Jane ♥

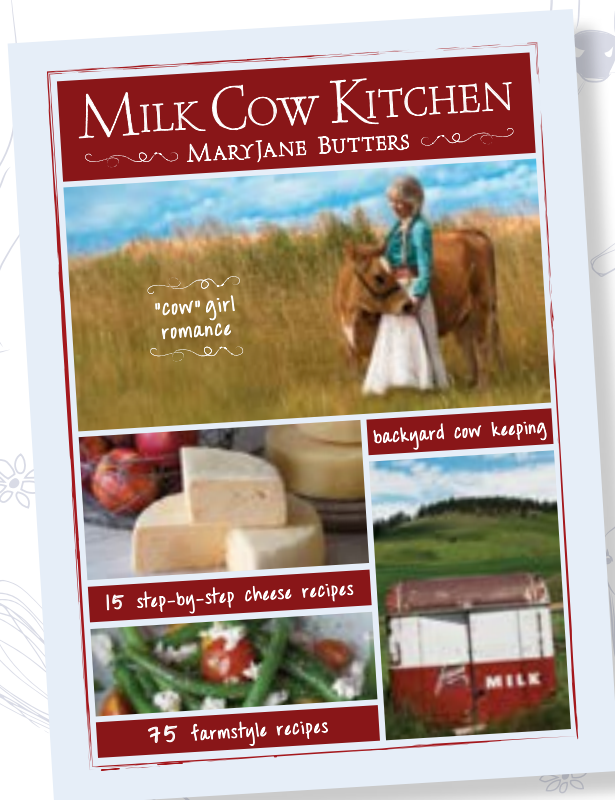
Any day now, my shipment of Milk Cow Kitchen fabric will arrive at the farm (we'll let you know the minute it arrives by posting it for sale on our website [HERE](#)). In the meantime, here's an adorable quilt (58" x 72") you should pencil onto your list of things to do.

With every purchase of my Milk Cow Kitchen fabric, we'll include a copy of the pattern for free. How way moo-l is that! I'm up for two quilts, one for me and one for Winnie, **Farmgirl Sister of the Year 2014**. And the first person to send us a photo of their finished Milk Cow Kitchen quilt will get a free copy of my book, *Milk Cow Kitchen*. Stitchers, get ready!!!!





MILK COW KITCHEN



My recipe for moo-cow love is 400 pages long with more than 1,100 photos (phew!) that guide you through 75 fuss-free, farmstyle recipes, in addition to 15 step-by-step, super-simple cheese-making recipes that *really* work, plus how-to details for keeping a pet milk cow on your suburban half acre, a backyard lot in town ... or at least the fantasy of a someday cow grazing outside your kitchen window.

MaryJane ♥



\$35/available spring 2014
wherever good books are sold
or online at Amazon.com



backyard cow keeping how-to
75 farmstyle recipes
15 step-by-step cheese recipes
milk cow décor



Sister Loves

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



MARYJANE
CEO (QUEEN BEE)

My little farm here in northern Idaho is surrounded by fertile hills bursting with wheat. The soft-white winter wheat (think pastry flour) has turned golden now, and the hard-white spring wheat (think bread flour) is beginning to transform into fields of gold. That sent me on a quest for handmade items celebrating this golden harvest.



And doesn't every farmgirl need ... a "harvest rat"?



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

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.

Homeschool Fails



Part of my homeschooling calling, if you will, is to make the rest of you homeschooling mommies and daddies feel better about yourselves. When you're having a rough day and want to throw in the towel (or throw little Junior on the nearest yellow bus), here are some true-life instances that will make you realize you are still in the running for Homeschool Parent of the Year (because, obviously, I'm out of the race).

- On the first day of "school," my fifth-grader and sixth-grader wrote (in Sharpie) on the fronts of their brand-spankin'-new notebooks, their subjects: "Whriting," and "Writting." I considered quitting.
- My 11-year-old, in a rare fit of independence, refused—flat out refused—any help in locating Egypt on a map. Each time I tried to utter anything, she would flip out and shout, "I can do it myself! I've almost got it!" It was a map of America. That was a really long day.
- When I was hastily trying to get the girls to memorize the times tables, I kinda misplaced the toddler. But it was okay, because the Baptist minister found him in the backyard. Naked. Contentedly peeing in the fire pit.
- We skipped spelling this year. That makes it 11 years in a row! (Going for the World's Record).
- Once, my middler wrote a whole book report! Yes! In Gnommish. I was forced to give it an A, seeing as how it could have been the best book report in all the land. If you're a gnome.
- We do a lot of religious theology at my house, but don't let that intimidate you. It usually goes something like this: Eldest daughter shouts, *I hate these socks! They're holey!* Helpful middler daughter slyly says, *"You don't like them?"* Eldest, *"No! I hate everything holey!"* Middler, *"MOMMMMMMM! Cora hates Jesus!"*
- So, yes. If you think you are ruining your kids, well, take a look at my house. And maybe come over for a play-date. I live to serve.







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 Alina, 1).

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.

Raspberry Ice-Cream Cake

My youngest daughter, Alina, had her first birthday at the end of July. Instead of staying home on her birthday, we decided we would take her camping (her first trip!) and have her birthday party the following weekend. In order to give us all a chance to unwind from our big camping trip, I wanted to have a cake ready and waiting for the party. One of Alina's favorite places is the raspberry patch that surrounds our old chicken coop. As soon as the raspberries came on, she was quick to figure out that she could pick the red berries herself. If I let her, she would eat the berries until her tummy ached, and then eat some more. Our raspberries and all of the milk we have been enjoying from the farm inspired me to make this decadent ice-cream cake. I baked the cookies first (you can find the recipe in the "For Whom the Bell Jingles" Dec/Jan 2014 issue of *MaryJanesFarm*), and then got to work on the ice cream. I found that it was easy to make this cake, because it only demands 15 or so minutes at a time, which is about all I can manage these days between chasing around my adventurous 1-year-old and very active 4-year-old!

Raspberry Swirl & Cookie Crumb Ice-Cream Cake

Prep Time: 45 minutes, plus 24 hours total chilling time

Cook Time: 45 minutes

Makes: 9" cake

Vanilla Ice Cream

- 4 cups milk
- 9 egg yolks
- 1 1/2 cups sugar
- 1/2 t salt
- 2 cups cream
- 2 t vanilla extract

Raspberry Sauce

- 4 cups fresh or frozen raspberries
- 1 1/2 cups plus 2 T water, divided
- 1/3 cup sugar
- 2 T cornstarch

Crust & Topping

- 1 lb soft sugar cookies, crumbled and divided (about 4 cups)
- 7 ozs white chocolate
- 1/3 cup cream
- fresh raspberries for garnish





1. Make ice cream: In a medium pan over medium heat, whisk together milk, egg yolks, sugar, and salt. Cook until slightly thickened (about 15 minutes), stirring constantly. Remove from heat; stir in cream and vanilla. Refrigerate overnight.

2. After preparing the ice-cream base, prepare raspberry sauce: In a medium saucepan, combine raspberries and 1 1/2 cups water. Bring to a simmer over medium heat and cook for about 5–8 minutes, stirring frequently. Place a fine mesh sieve over a bowl and strain juice from seeds and pulp. Discard seeds and pulp and place juice back in saucepan.

3. Add sugar and bring to a simmer. In a small bowl, whisk cornstarch and remaining water together and whisk into juice. Continue to simmer until mixture has thickened and is no longer cloudy; remove from heat and refrigerate overnight.

4. The cake will be made one layer at a time, allowing enough time between each for the cake to set and the ice-cream maker's freezer bowl to re-freeze. For the first layer, line the bottom and sides of a 9" springform pan with wax paper. Add half of the soft crumbled sugar cookies to the pan (about 2 cups). Using a tamper or the bottom of a glass, compact cookie crumbs to form a crust.

5. Process half of ice-cream base (about 3 1/2 cups) in an ice-cream maker according to the manufacturer's instructions.

6. Once ice cream is churned, pour about half of the ice cream into the pan, making sure the wax paper stays in place. Add half of the raspberry sauce (about 1 1/4 cup), and then remaining ice cream. Swirl ice cream and raspberry sauce with the tip of a knife, smooth top of cake, and freeze until solid (about 8 hours).

7. After 8 hours, remove cake from pan, place on a serving platter, cover, and freeze. Repeat process with remaining cookie crumbs, ice cream base, and raspberry sauce for second layer.

8. When second layer is solid, remove from springform pan, and place on top of the first layer.

9. In a double boiler over low heat, melt white chocolate and cream together. Pour over top of cake, using the tip of a spoon to encourage chocolate to drip down the sides. Smooth top and freeze until ready to serve.

10. The cake will need to sit at room temperature for about 15 minutes prior to serving. Garnish with fresh raspberries, if desired.





Outpost

Unleashing Your Inner Wild



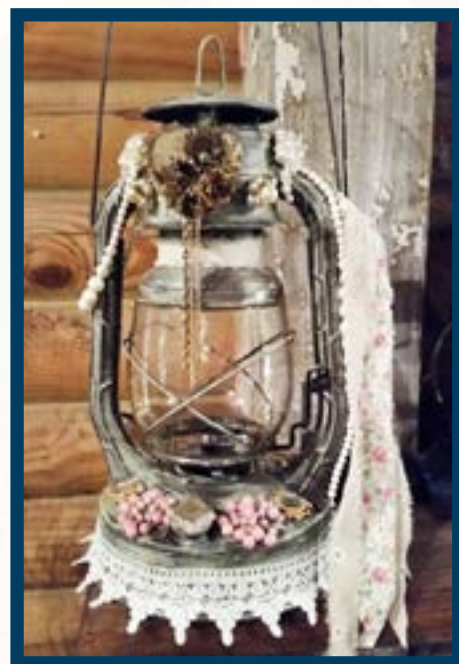
{OUTPOST} with MaryJane | to earn a Sisterhood badge in our {OUTPOST} category, [CLICK HERE](#)

Glampers on the Loose

Have you joined MaryJanesFarm **Glampers on the Loose** (7,255 members and counting) on Facebook yet? Take a peek at some of the fun ideas you'll find there!



trailer transformations



creative inspiration



great finds





outdoor décor



glamping adventures



indoor décor



glamper cookies



↖ outdoor décor ↗



↖ outdoor flower shower ↗



↖ hand-painted art ↗



glamping cupcake stand ↗



glamper birdhouse ↗



↖ inside décor

Mary Jane 

Garden Gate

Bloom Where You're Planted



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

Overnight Zucchini Pickles

Prep Time: 15 minutes

Cook Time: 10 minutes

Makes: 2 pints

8 ozs zucchini (about 2 1/4 cups), sliced 1/4"-thick (we used a mandolin to crinkle-cut ours)
1/4 red onion, peeled and thinly sliced (about 1/2 cup)
2 sprigs fresh dill
4 garlic cloves, peeled and coarsely minced (about 4 t)
1/2 t mustard seed
1/8 t ground turmeric
1 1/4 cups white distilled vinegar
4 t sea salt
2 T honey

1. Add zucchini and red onion to a small bowl, mix together, and set aside.
2. Evenly divide dill, garlic, mustard seed, and turmeric between two one-pint canning jars. Evenly divide zucchini and onion mixture between jars and set aside.
3. In a small saucepan, combine vinegar, salt, and honey. Whisking frequently, cook over medium heat until salt is dissolved and vinegar is steaming. Remove from heat and pour brine into jars.
4. Screw on jar lids and refrigerate overnight. Enjoy!

MaryJane 

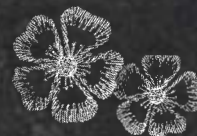




Stitching & Crafting Room



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.

Le Bonheur des Dames: The Happiness of Ladies

Take a day-trip to Paris and gather ideas for your next project at **Le Bonheur des Dames**. You can view their online catalogs from home to find inspiration for embroidery, cross-stitch, and sewing projects.

I was lucky enough to visit Paris in person! When my daughter, Isabella, was in kindergarten, I promised her that if she applied herself in school, I would try to take her on a trip anywhere in the world when she was 10. I started squirreling away \$10 and \$20 bills. And thanks to a love for the Madeline books, Bella's pick was Paris. A month before she turned 11, we were on our way, just the two of us!

On our first day in Paris—in a jet-lag-induced fog—Bella and I walked along the Promenade Plantée, three stories up. We enjoyed the views of Parisian apartment buildings and the absence of traffic or noise from the street below. The park was built along a section of converted rail line in 1988 and boasts fountains, insect habitats, and lush plantings. Below, in the Viaduc des Arts shops, is Le Bonheur des Dames—the name sweetly translates to The Happiness of Ladies. It was certainly a happy find for my daughter and me. Inside the light and airy shop, large tables are filled with embroidery, sewing, and cross-stitch kits, as well as an impressive selection of linen fabric and trims. The upstairs loft is open to the shop and is home to a beautiful classroom space. I fell in love with their collection of small sewing scissors, but I brought home a linen needlecase and a canning-lid cover embroidered with simple, but precise, stitches. Now that we're home, I keep looking through the catalog—the blue-toned cross-stitch samplers are appealing and I'm daydreaming about making a tablecloth covered in delicately embroidered vegetables and fruits.



Sister Loves

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

Karina's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER
(SISTER #4)

In the November *Sister Issue*, my picks were all about organizing with a decorative appeal. One of my picks was how to turn an old crate into an ottoman. Well, I just happened to have three crates hanging around, so I grabbed my tools (and my very helpful husband) and got to work making my own ottomans. I am happy to say that the finished products not only look good, but are perfect for organizing! Check out the how-to steps and pictures from **Decorating Ideas Made Easy**.

Our finished ottoman.



We installed strips of plywood on the bottom of the lid so it wouldn't shift around.



We stained our crates to give them a finished look.



To see more detailed instructions and how-to photos, visit **Decorating Ideas Made Easy**.



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](#).

Make a Birdbath



I decided the local birds needed a birdbath, but I didn't want to spend a lot of money on one, and being the crafty person I am, I decided this terra-cotta pot version would be just the thing for my yard and my birds. My flower beds are bordered with natural, red-colored sandstone in irregular sizes and shapes, and this birdbath would have a natural look to it that would fit in nicely. (You can also paint it with acrylic paints with acrylic sealer.)

It now sits in one of my flowerbeds, surrounded by daylilies, shasta daisies, columbines, and coneflowers.

You'll Need:



- three terra-cotta pots in graduated sizes: 12", 14" and 16" (You can use other sizes as well; just make sure they stack together nicely.)
- one 20" terra-cotta saucer (or at least 4" larger than the largest pot)
- construction adhesive (I used Liquid Nails Heavy-duty Construction Adhesive, making sure it could also be used for exterior application. It comes in a tube that fits into a caulking gun.)

Turn the pots upside-down and stack them with the largest pot on the bottom and the smallest on top, making sure they're level. Mark lightly on two sides at the top of the overlaying rim and match up marks when you glue the pots together. (If you plan to paint them different colors and/or designs, use the marks to ensure that the paint decorations won't be hidden.) After painting, apply the acrylic sealer to all surfaces. Using the construction adhesive in a caulking gun, apply adhesive around the insides of the rims and stack them together, matching up marks. Apply adhesive on the bottom surface of the top pot to adhere the saucer to the stacked pots, making sure it's level. After your birdbath is dry, find a favorite spot to put it, fill it with water, and have fun watching the birds enjoy it!







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 Columbine 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.

Easy Herbal Hair Rinses

Have you heard of the “no ‘poo” movement? It’s definitely not my favorite term, but the philosophy behind it is worth exploring. It refers to the droves of people turning away from using expensive commercial shampoos and conditioners. These products often contain harsh synthetic fragrances, sodium laureth sulfate, propylene glycol, and other creepy ingredients that come from mystery labs around the world. We trust that these products will make our hair gorgeous and drench ourselves in weird chemicals without knowing how they affect our overall health. Plus, think of the millions of plastic bottles that end up in the recycling bin, or worse, from all of the hair products we use.

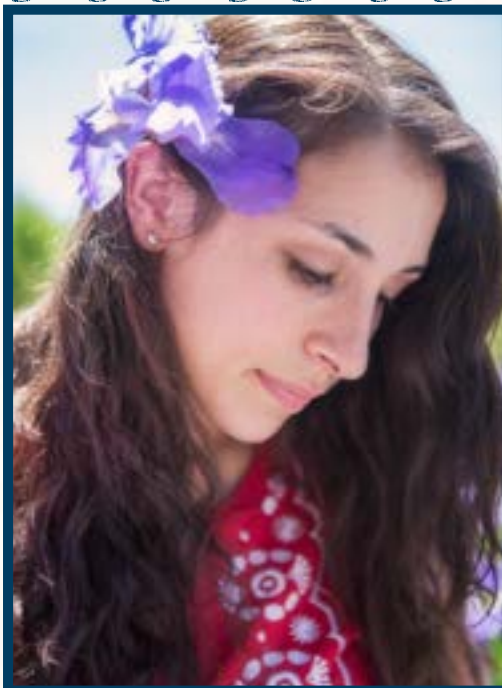
But ... you HAVE to use shampoo, right? Nope!

We’ve been told to “lather, rinse, and repeat” for decades now—and with dreams of healthy, shiny, flowy, bouncy perfection, we have complied. But what happens? The first day after a wash, your hair is kinda frizzy and dried out. On the second day, it’s looking

pretty good. By the third day, it’s a crazy greasy mess again and time to shampoo.

This cycle happens as your scalp desperately tries to maintain balance.

Most shampoo strips your hair of sebum, which is the natural oil produced by sebaceous glands to help condition and protect each strand. When it’s completely washed away, your glands sound the alarm bells and produce even more sebum to compensate for the sudden loss of protection. Using gentle cleansers and washing less often allows your body to function the way it was meant to ...



Going “no ‘poo” is a different experience for everyone, depending on your natural hair and scalp condition. I have very fine, curly hair with a normal to dry scalp, so the transition was super easy for me. I started using the Chamomile Rose rinse recipe below just once a week. My hair immediately looked so much healthier and had more body and shine.



continued ...

Nettle Lavender Rinse

2 1/2 cups organic nettle leaf tea, brewed strong
5 drops organic lavender essential oil
1 t baking soda

Nettle is a wonderfully strengthening tonic herb for hair. Its high mineral and vitamin content nourishes all hair types. Lavender essential oil is calming and helps normalize both dry and oily scalp conditions, and its anti-microbial and anti-inflammatory nature makes it a nice choice for irritated or sensitive scalps too. This formula is perfect for all hair colors and types.



Rinse Directions

- Using a covered pot, decoct your herbs for 10–15 minutes. I generally use 1/4 cup of herbs per cup of water.
- Strain out the herbs and combine your herbal infusion, essential oils, and baking soda together in a glass jar. You want the baking soda to be completely dissolved and well mixed. Optional: add 1/4 t organic virgin coconut oil for dry hair.
- Allow to cool to body temperature.
- Pour over dry hair or soak hair in the mixture for at least 5 minutes. Massage the scalp gently using a circular motion.
- Rinse out with clean running water.
- You can follow the herbal rinse with an apple-cider vinegar rinse if you'd like, which is a really popular method, but I usually skip it.

Feel free to experiment with other herb and essential oil combinations. For more information and guidance about what herbs are good for hair care, check out **Naturally Healthy Hair** by Mary Beth Janssen.



“One must have sunshine, fresh
air, and a little flower.”

– Author Unknown





Cleaning Up

The Work of Our Hands



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

Money-saving Tip: The Chatroom Scores Again!

I tried to give you this tip for making washing soda in **June's Sister Issue** as an ingredient in my homemade oxygen cleaner, but I couldn't get the recipe to work. But thanks to Nini, Sister #1974, we now have a good recipe for making your own washing soda! Read our conversation from **The Farmgirl Connection** to find out how:



From Ninibini (Farmgirl Sister #1974), June 7:
Hi girls!

Many of you probably know about this already, but just in case, I thought I'd share ...

The one major setback for me in making homemade laundry soap was that I hadn't been able to find washing soda anywhere locally. Problem solved! I did a little research online and found that I can make it myself using regular baking soda! WOW! AWESOME! Here's how:

Place a layer of parchment paper on a cookie sheet. Pour baking soda on top and spread evenly. Two cups worked perfectly for me!

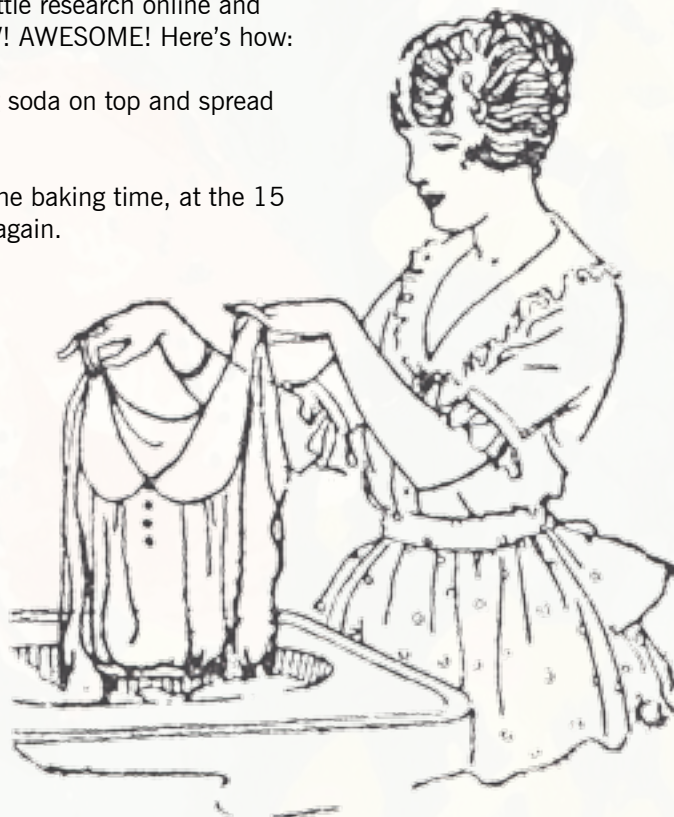
Bake in 400 degree oven for about 1/2 hour. Half-way through the baking time, at the 15 minute mark, stir it up right in the pan and spread it out evenly again. Finish baking for 15 minutes more.

You'll know when it's done because the consistency of the soda will change. Prior to cooking, the baking soda will be powdery and slightly shiny. When it has turned into washing soda, it becomes more grainy and dull.

Just use the amount you need for your recipe and store the rest in a well-marked container for future use.

I'm so excited to finally try this next week. I've had such great success with Nellie's laundry detergent, but have really wanted to give making my own a try. Now I can! Easy peasy!

Hugs,
Nini, Farmgirl Sister #1974





From MaryJane (Farmgirl Sister #1), June 11:
Good morning!

Carol found this tip on the Internet and I felt the same excitement you do, but I could not, for the life of me, get it to work. Baking soda "dissolved" in water is cloudy, and washing soda dissolved in water is perfectly clear and dissolves easily—baking soda, not so much. I couldn't get my oven-baked baking soda to turn/look granulated, even after 3 hours! And when I put it in water, it still looked and acted like baking soda to me. Let me know if it works for you and I'll go back to the drawing board. Maybe I did something wrong. I tried a 400°F oven for 30 minutes, then 1 hour, then 2 hours and then 3, without any change at all. I did stir it a couple of times, thinking that might do the job. Help!

MaryJane

From Nini, June 11:

MaryJane,

I just did it, and it worked for me! I had forgotten to post that about 15 minutes into the baking cycle, you need to stir it up. I don't know if that made a difference in your batch or not, though. I have adjusted the recipe.

Anyhow, I took pictures:

This is the baking soda, right out of the bag, spread in the pan:



This is the final product, fresh out of the oven:



continued ...



continued ...

And a couple of close-ups of the pre-baked baking soda:



Here are the close-ups of the final product:



I don't know if you can tell from the picture, but it's much more grainy, and definitely doesn't feel powdery like it did before I baked it.



Further, when I went to wash it off of my hands, it felt a little bit slippery/slimy, unlike when I washed the regular baking soda off of my hands.

Now, I'm not sure what regular washing soda looks like, because I've never been able to find it here in the stores. I will say that this stuff I just made is not at all as grainy as the Nellie's Washing Soda I have been using lately. Having said that, though, I did a little research and found an explanation of how the regular baking soda is turned to washing soda when it is baked (**Penniless Parenting**):

"The difference between baking soda and washing soda is water and carbon dioxide. Seriously. Baking soda's chemical makeup is NaHCO_3 (1 sodium, 1 hydrogen, one carbon, and 3 oxygen molecules). Washing soda's chemical makeup is Na_2CO_3 (2 sodium, 1 carbon, and 3 oxygen molecules). When baking soda is heated up to high temperatures, it breaks down to become washing soda, water steam, and carbon dioxide."

The water/steam and carbon dioxide are released during cooking, and what you have left is the washing soda.

Hugs,
Nini



I also did take a spoonful of the baked washing soda and dissolved it in a glass of water. It dissolved perfectly clear.

Thanks to Nini, I now have a recipe
for making my own washing soda as well as
my earlier recipe for **homemade oxygen cleaner**.

Mary Jane

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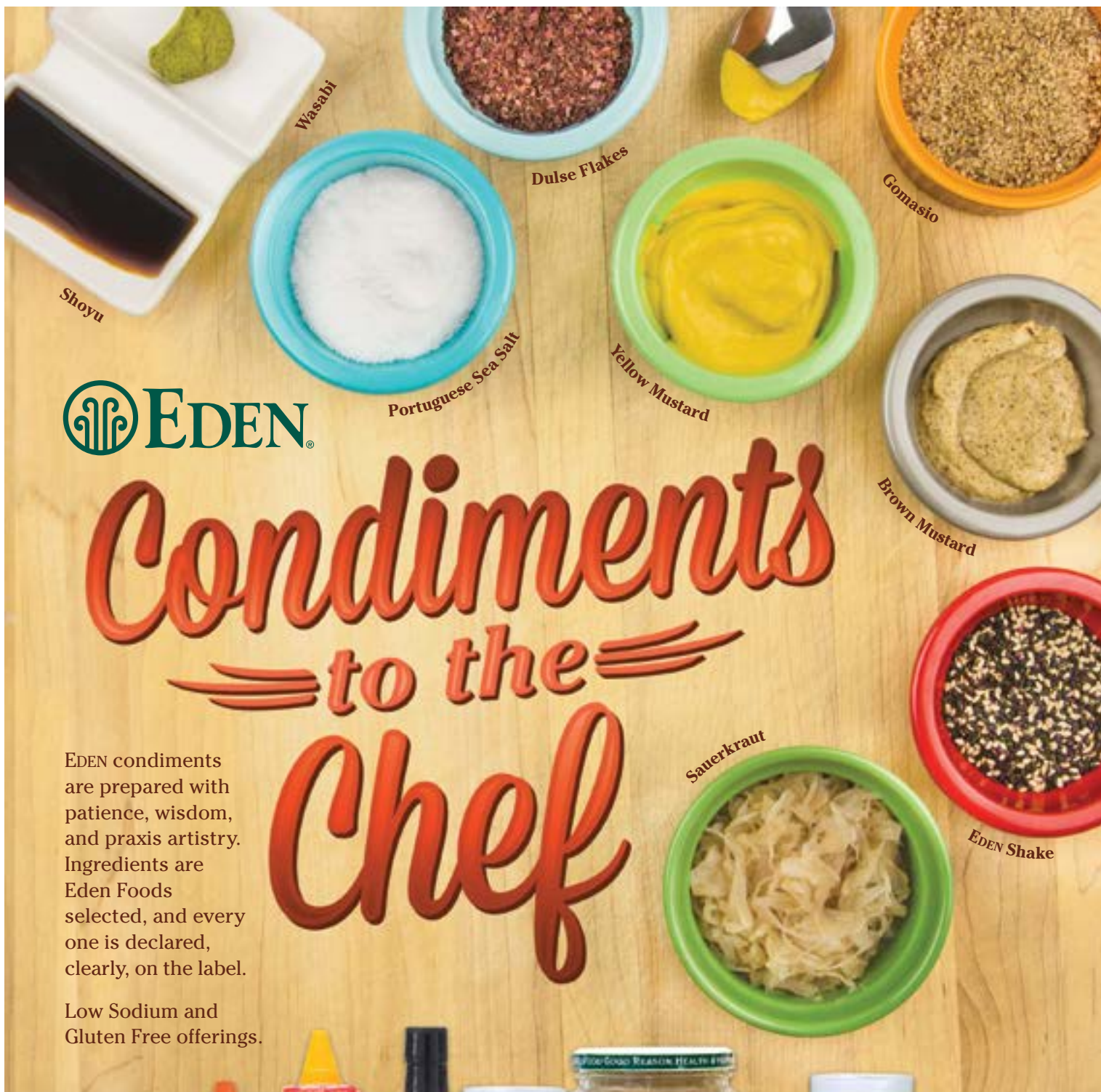
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Index Available!

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. 65)

If you're a Sisterhood member, **click here** to download a FREE Glampers on the Loose logo!

Enter your Sisterhood number;
password is: Glampin (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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August Sister



20%
OFF

see page 65
for details

Get Your Sister Hoodie On!

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

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

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

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

hood Special

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

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

Choose
from:

1



2



your Sisterhood
Number HERE

3



4



continued ...

August Sister

continued ...

Made in USA

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

Item Details:

hood with drawstring
full front zipper
two front pouches

Women's Sizes

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

Colors



Please note:

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

Laundry instructions:

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

Meg is wearing
a size small

HPS
(high point shoulder)

BUST
(1" below armhole)



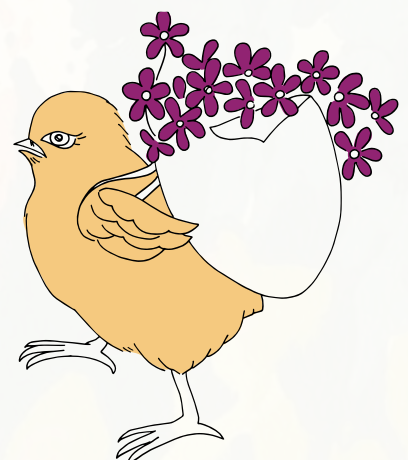
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10 restaurants.
Rhythm & Blues
By the Sea.



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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

Across the Fence: Just popping in to say hello! Submitted by Buttercup

Hi!! It has been forever and a day since I have been here! I see so many many “new” names and smile at the ones I know!

SO much has happened in the last few years! I am back from our wanderings of the Earth, at least for a bit, and we are getting settled in Vermont! Those that told me years back I would love it here were right!! Of course we didn't come the first time around, but when it came time to return, what a nice surprise! Vermont was a choice we had and took!

continued ...



continued ...

I am finally on some land like I dreamed, living in an old farm house, complete with barn and milk house, and looking forward to slowly updating and remodeling this house into a home and then moving on to a mini hobby farm of my own!!! It finally happened!!

A quick catch up—I had Gram for 5 years. She went to her final rest in September of 2013. Our second oldest DS we almost lost due to an extremely sudden onset of type I diabetes. And my “surprise” has an orphan disease which has been hard ... but what a fun little ds he is!! (And through it all some of my farmgirl friends were the greatest and best!) So now we all are doing well, and by the end of September, we will have DS 21, DS 18, DD & DD 14, and little caboose 5!! Not sure how I survived the past 5 years, but here I is!! :)

I am so looking forward to catching up with those I know and getting to know those I don't! Some of the greatest and best friendships I have were people I met right here! I am hoping this post finds all of you well and having enjoyed your Fourth holiday!

Hugz! Share your story [here](#).

Across the Fence: Favorite decorating theme. Submitted by levisgrammy

What is your favorite type of décor? Country, Primitive, Shabby Chic, Farmhouse? Thought it would be fun to share how we decorate our homes. Some of mine is Country with a lean toward Vintage Farmhouse. But I like Primitive, too.

How about you? Share your favorite décor [here](#).

Barnyard Buddies: Clean chicken eggs. Submitted by Terre

I am a farmgirl at heart and have bought fresh brown eggs for years. Recently, I bought eggs from a new local man. The eggs were so covered with chicken poo and straw cemented to them that they smelled. I had to soak some of them just to loosen it so I could wipe them clean. My new egg man said that he recommends storing eggs just as he gave them to me because this keeps the enzyme coating on them to stay fresh longer. I have never heard of this in all the years I have bought. Is this true or just a shortcut in not having to clean? I am concerned about e-coli, so I did clean them and found very beautiful brown eggs. I appreciate my farmgirls weighing in on this. Thank you. Give your advice [here](#).



A peek inside MaryJane's Airstream.





Cleaning Up: Cleaning exterior window trim for painting?

Submitted by artfulsister

I am looking for a non-toxic way to prepare the mildewy window trims before painting. They are not too dirty, just seem to have a film of mildew all over, some areas a bit heavier. Any ideas on a good cleaner I can mix up in my kitchen?

Thanks! Share your ideas [here](#).

Farm Kitchen: Cheese molds and cloth. Submitted by Southern Farmgirl

Yesterday I made chevre—it was a long, but easy, process. What is everyone using for molds for soft cheese and are you using cheesecloth or muslin? Do you re-use yours? Do you wash it in regular detergent? Any help would be appreciated. Share your experience [here](#).

Farm Kitchen: Freezing Food. Submitted by Dare2BUniquelyMe

Some fruits and vegetables don't hold up well to canning, but freeze beautifully. I like to use frozen blueberries in muffins so that my muffins don't turn blue when I mix them and I get whole berries when I take a bite. Frozen raspberries are easier to clean than fresh ones and are perfect in margaritas.

I usually package my fruits in 2-cup measures, so I don't have to measure again when I thaw them, as they lose juice when they thaw.

I also like to freeze some vegetables as well, like shredded carrots for carrot cake and shredded zucchini for zucchini bread. I shred everything in big batches and package based on the quantities for the different recipes so that when I make these foods later, I have a lot less prep work. Nothing like fast food at your fingertips to leave you more stitching time. :) Share your story [here](#).

Farm Kitchen: Pitting cherries. Submitted by Ninibini

Eghads, girls...

Yesterday, I got a screaming good deal on cherries and bought about 20+ pounds of them to make into cherry pie filling, dehydrated cherries, and maybe even some brandied cherries for Christmas gifts. Only problem was, I don't have a cherry pitter. I found online that there are a few ways to do this without a special tool, but let me tell you, they are not what they are all cracked up to be!



continued ...



continued ...

First, I tried holding a cherry over the mouth of a clean bottle, and then stomped the thick end of a thick wooden skewer through it. That really didn't work so well. I still had to "fish around" for the pit and then wiggle it out of the cherry into the bottle. I then tried the recommended chopstick, but that was no good, either. This method just wasn't happening for me.

Next, I tried scooping out the pit with a clean paperclip. Basically, you twist the clip so there are two hooked ends, and then use the smaller end, sticking it down into the cherry, hooking the pit and popping it out. What a crock. Three mushed cherries later, my fingers were already sore, so I moved on to option number three.

I took a small metal icing cone—the kind you use with a pastry bag when decorating a cake—and placed it on a napkin, point side up, in a small plate (to catch the juices). I poked one end of the cherry a little bit, just to break the skin, then flipped it to the other end and pushed the pit through. This was pretty effective, I have to say, but to be honest, a lot of juice was lost onto the napkin, and quite a few cherries broke in half or open—this did NOT keep all the cherries intact in one whole piece. About two hours later, I had a whopping six pounds of cherries pitted, then decided I needed a break. I couldn't feel my hands or fingers because they were so numb. But truthfully, this method really did work.

I had found another method online that said you basically break them open like you would a garlic clove by slamming the flat end of a knife on the cherry, and then you can remove the pit. I just couldn't fathom mashing up cherries like that and then trying to make a nice pie or gift out of them.

SO ... I decided to give up and buy a cherry pitter online. I didn't buy the kind that does one at a time because it looked like after a while I'd lose feeling in my hands that way. Instead, the one I bought has a suction base which will hold it sturdy to the table, then basically I can put a whole handful of cherries in the top, and process them one at a time by pushing down on a plunger. I'm really hoping this works because my-oh-my, do I still have a lot of cherries to go!

Do any of you have any cherry-pitting secrets that would make life easier? I'd be thrilled to hear about them! Share your tips [here](#).





Garden Gate: Composting question. Submitted by country roads

I've read that it's ok to put tea bags in your compost pile, but is it ok for coffee filters too? Also, my pile doesn't seem to be doing anything yet. It's been almost a full month. Is it too soon to see any changes? Give your advice [here](#).

Garden Gate: Help with droopy roses! Submitted by Autumn

My fiancé and I brought home Climbing Joseph's Coat rose about two months ago. The plant finally started budding a little over a week ago, and today we have our first bloom! I was so excited to see it this morning, but somehow, in just a few hours, all of the buds and the bloom are now drooping. What causes this? I haven't found much online. Why the rapid onset?

I checked the soil, and it is still moist (we had rain yesterday evening). The weather is a fair bit warmer today than it was yesterday—it's sitting at around 29°C. We keep the rose in a pot because it's smaller and we're hoping to transplant it next year. It sits on the deck where it gets at least six hours of full sunlight a day. We water it as needed and give it fertilizer bi-weekly. Is the rose just going through shock from the higher temperatures? I don't want to lose it so soon—it's hardly bloomed!

Any help is greatly appreciated! Share your ideas [here](#).





Are you prepared for an emergency?

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

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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 6,011 (and counting), we've earned an amazing number of Merit Badges so far—8,586 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
~~~~~





# Merit Badge Awardees



## Merit Badge Awardees

### **Amanda Mathis: Andi #5199**

Beginner badge: Cleaning Up / Water Conservation

Intermediate badge: Cleaning Up / Water Conservation

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

Intermediate badge: Each Other / Know Your Roots

Expert badge: Each Other / Know Your Roots

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

Beginner badge: Cleaning Up / My Fair Farmgirl

Intermediate badge: Cleaning Up / My Fair Farmgirl

Expert badge: Cleaning Up / My Fair Farmgirl

### **Courtney Robbins: FolkHearts #4840**

Beginner badge: Garden Gate / Backyard Farmer

Beginner badge: Garden Gate / Bee Good to your Mother Earth

Intermediate badge: Stitching & Crafting / Crochet

Intermediate badge: Stitching & Crafting / Knitting

### **Dawn Cox: #4676**

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

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

### **Erica Sullivan: #5694**

Beginner badge: Each Other / Blogging

### **Jodi Chen: Prairie Princess #4440**

Beginner badge: Each Other / Blogging

### **Kimberly Lore: #5962**

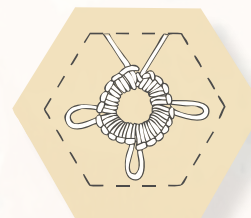
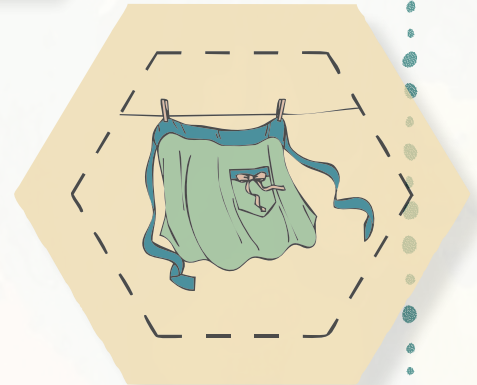
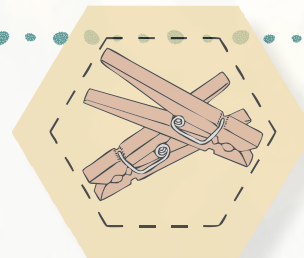
Beginner badge: Cleaning Up / Going Green

Beginner badge: Cleaning Up / Recycling

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Each Other / Little Squirts

Intermediate badge: Cleaning Up / Going Green



continued ...





Intermediate badge: Cleaning Up / Recycling  
 Intermediate badge: Cleaning Up / Shopping Green  
 Intermediate badge: Each Other / Little Squirts  
 Expert badge: Cleaning Up / Going Green

**Mary Steitz: #5651**

Beginner badge: Each Other / Civic Heritage  
 Beginner badge: Farm Kitchen / Get it Together  
 Beginner badge: Garden Gate / Bee Good to Your Mother Earth  
 Beginner badge: Stitching & Crafting / Quilting  
 Intermediate badge: Stitching & Crafting / Quilting

**Sarah Hall: mrssarahhall #5223**

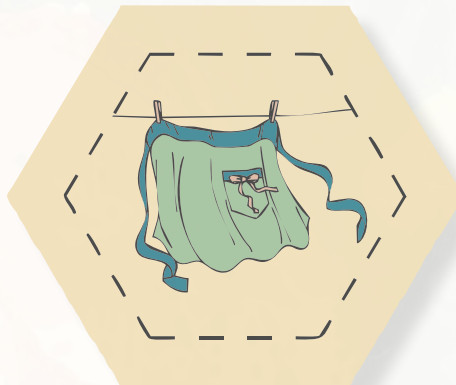
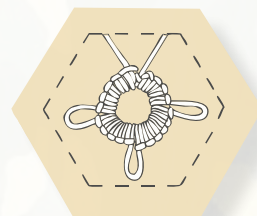
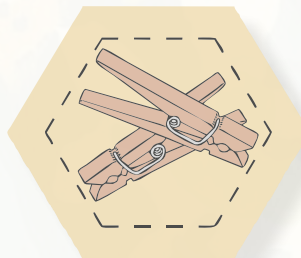
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 Beginner badge: Garden Gate / The Secret Life of Bees  
 Beginner badge: Make it Easy / In the Garden  
 Beginner badge: Make it Easy / Music  
 Beginner badge: Outpost / Disconnect to Reconnect  
 Beginner badge: Outpost / Glamping  
 Beginner badge: Stitching & Crafting / Aprons  
 Beginner badge: Stitching & Crafting / Cross-stitch  
 Beginner badge: Stitching & Crafting / Knitting  
 Intermediate badge: Stitching & Crafting / Aprons  
 Intermediate badge: Stitching & Crafting / Cross-stitch  
 Expert badge: Stitching & Crafting / Cross-stitch

**Sarah Spruill: #5499**

Beginner badge: Stitching & Crafting / Origami

**Sherrilyn Askew: Sherri #1350**

Beginner badge: Garden Gate / Putting Away for Winter  
 Beginner badge: Make it Easy / Light the Way  
 Beginner badge: Outpost / Knotty Farmgirls  
 Beginner badge: Outpost / Rocks & Minerals  
 Beginner badge: Outpost / Wild Game  
 Expert badge: Each Other / Farmgirl Gratitude  
 Expert badge: Stitching & Crafting / Safe Toys



continued ...





continued ...

**SuZan Brown: imascholar2 #4394**

Beginner badge: Stitching & Crafting / Knitting

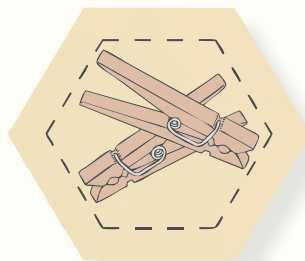
**Terry Steinmetz: teryouth #3600**

Beginner badge: Make it Easy / Light the Way

Expert badge: Each Other / Community Service

Expert badge: Outpost / Glamping

Expert badge: Stitching & Crafting / Quilting



**Wendy Kay Skovo: WendyFlower #4700**

Beginner badge: Garden Gate / Backyard Farmer

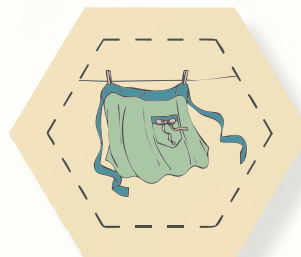
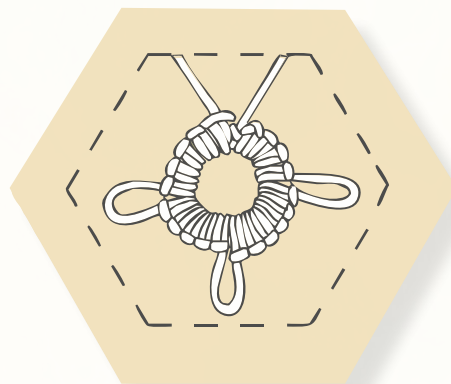
Beginner badge: Garden Gate / Herbs

Beginner badge: Garden Gate / The Secret Life of Bees

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

Intermediate badge: Garden Gate / Herbs

Intermediate badge: Garden Gate / The Secret Life of Bees







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# Farmerettes & Young Cultivators



## 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.

### Crafting with Kids

In June, I enthusiastically bought kid-craft supplies, but in late July, I catch myself asking, "Didn't I just buy you \_\_\_\_\_? Where did it all go?" With just a little glue, felt, and water, we can revive the crafting basket just in time for the last few weeks of summer. The crafts below take advantage of the summer sun to speed drying time and keep little hands busy.

#### Stiffened Felt

I recently discovered a new medium for kid crafting: stiffened felt. Stiffened felt is sturdy material that can be used for all sorts of kid crafts. It is especially good for making into little sculptures. You can order pre-made stiffened felt online, or you can make your own by dipping wool felt in a solution of school glue and water (using a 1-to-1 ratio). As you remove the felt from the liquid, gently squeeze the excess moisture out and dry flat before using. To use as a building set, cut the felt into simple shapes and then cut 1" slits in the felt that will allow the pieces to interlock.

#### Paper Making

Soak ripped-up toilet-paper bits in water to create a pulp. Press the pulp onto a small screen. You can make a screen with an old picture frame with screen-door material stapled inside. Take the paper off the screen and press in decorative leaves, pressed flowers, grasses, or glitter as desired. Lay flat to dry before using as a bookmark or book cover.







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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Read 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 quilling, and more in the current issue of *MaryJanesFarm*. Our Aug/Sept issue (Yesteryear) hit newsstands on July 15. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here](#)!







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# Meet our Bloggers

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

Farmgirls are tapping away at their keyboards to bring you news from the homefront, no matter where you live or what your interests. Rebekah Teal, a former judge, writes about being a farmgirl in the city; Alexandra Wilson blogs from the rural perspective; Nicole Christensen gives you the suburban viewpoint, 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!

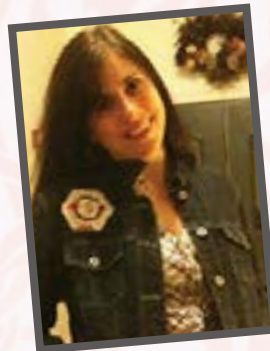
Mustering up the courage to do the things you dream about, she says, is the essence of being a farmgirl. Learning to live more organically and closer to nature is Rebekah's current pursuit.

## 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.”

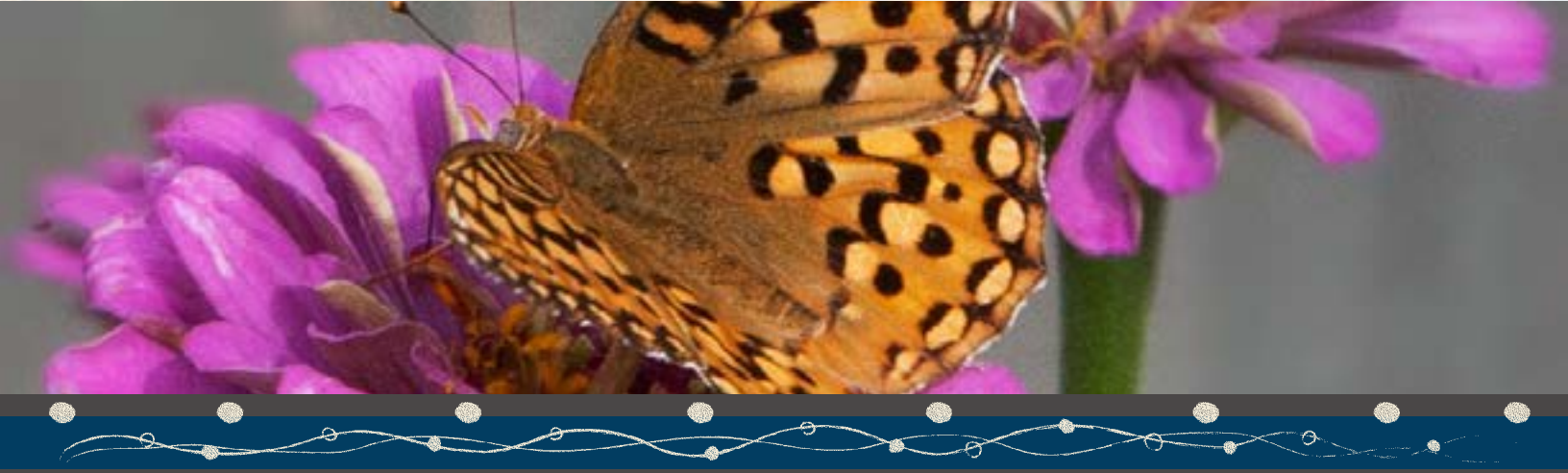
## beach FARMGIRL



**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.’”





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suburban farmgirl

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## Nicole's Favorites

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### Deep Conditioning Mask

It's August already! We're midway through summer. August in Connecticut can be really hot and humid. This year, it's been raining ... buckets, in fact. Wet weather may make a lush garden, but for hair, it brings on the frizzies! You don't need long hair to battle with frizz. Curly or straight, the adorable bob haircuts so popular now need to be sleek, not frizzy, to look best. In the last decade, thousands of anti-frizz products burst on the market, promising us beautiful, frizz-free hair no matter the weather or hair type. However, most anti-frizz products, including shampoos, conditioners, treatments, and serums, all rely heavily on silicones to deliver results.

There are two types of silicones: water-soluble and non-water-soluble. The most common one used in hair products is dimethicone, which is non-water soluble. Various studies show inconclusive results as to whether the silicones in hair products are safe for the environment or not. But as a farmgirl looking to live a more natural, organic lifestyle, I don't want a product that may *not* be earth friendly, or one that's filled with chemicals!

Silicones are a temporary fix to fighting the frizzies because they sit "on top" of hair strands to make hair appear healthy. Used everyday, they build up, causing hair to be dull, lifeless, or even greasy-looking. In addition to the environmental factor, because many silicones are *not* water soluble, they *need* to be removed from hair with sulfates, something that's being taken out of conventional products, and not used in natural or organic ones. If you're using a sulfate-free shampoo along with a silicone-based styling or finishing product, the product's going to build up.

My hair-saving grace on a humid day is by Alba Botanica. I love their new **Hawaiian Deep Conditioning Minute Mask, So Smooth, Gardenia Intense, Anti-Frizz Treatment**. This thick, quick-to-use, deep-conditioning mask helps smooth and detangle my hair, erasing summer fun-in-the-sun damage without weighing it down. It's made without heavy silicones, phthalates, parabens, synthetic fragrances, sulfates, or animal products. I use it in place of my regular conditioner once a week or on rainy days. With its argan oil, plant-based keratin, and certified-organic seed oils like sunflower and jojoba, my hair is nourished, sleek, and frizz-free—even in humid weather. The natural gardenia scent makes me think of summer vacation, yet doesn't overpower. It comes in a generous 5.5-oz jar at \$8.99. My daughter loves it, too. Alba Botanica Hawaiian Deep Conditioning Minute Mask, So Smooth, Gardenia Intense, Anti-Frizz Treatment is my back-to-school, make-it-a-frizz-free, good-hair-for-picture-day pick! The line also has a leave-in anti-frizz serum; find both at your favorite health, mass merchandise, or grocery store, or at **AlbaBotanica.com**.

.....



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# Magazines, Books & More



Our Aug/Sept issue (Yesteryear) 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 have received your magazine by about July 10. (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:

August 1 ~ National Girlfriends' Day  
August 3 ~ Friendship Day, Sisters' Day  
August 8 ~ Happiness Happens Day  
August 9 ~ National Garage Sale Day  
August 10 ~ S'mores Day  
August 15 ~ Best Friends' Day  
August 17 ~ National Thrift Shop Day  
August 19 ~ World Humanitarian Day  
August 21 ~ Senior Citizens' Day  
August 26 ~ Women's Equality Day  
August 29 ~ More Herbs, Less Salt Day

August  
Sisterhood  
Special!  
(see p. 60)

### 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!**



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