

MARYJANESFARM®

Sister Issue

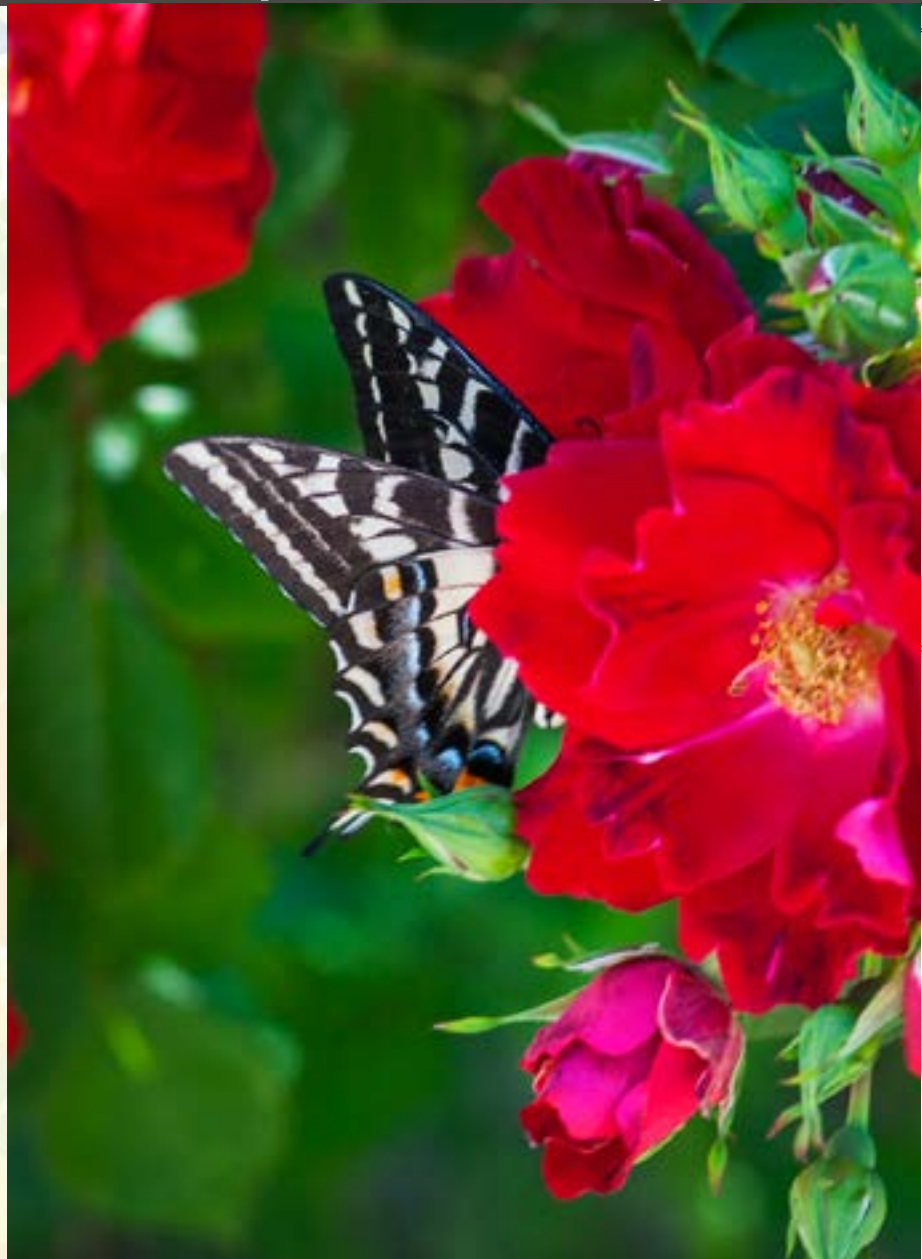


July 2015

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



© 2015 MaryJanesFarm • Moscow, Idaho

Contents

{ just a click away! }



6 HELLO
from Sister #1



10
EACH OTHER
Craft a Ribbon Flag
with Megan



14
EACH OTHER
with Melyssa Williams



8
WELCOME
new and renewing sisters



20
HOMESCHOOLING
with Melyssa Williams



22 FARM KITCHEN
Refrigerator Oatmeal Bars
with Ashley



24

OUTPOST

Skipping Rocks Like a Girl with MaryJane and Portable Solar Lights with Sandi O'Connor



28

GARDEN GATE

There's an App for That



30

STITCHING & CRAFTING

Quilt Bouquets



36

MAKE IT EASY

with CJ
Potholder Scissors Case



38 MOUNTAIN ROSE HERBS

Summertime Skincare: Natural Recipes for Gorgeous, Glowing Health

continued ...

Contents continued ...



continued ...



42
CLEANING UP
Craft the Perfect Cutoffs

50
**SISTERHOOD
SPECIAL**
Outpost Pouches



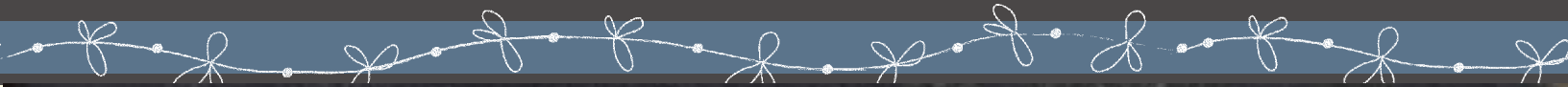
66 **SISTERHOOD
NECKLACE**



68 **MERIT BADGE
AWARDEES**



54
FARMGIRL CHATTER



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.



p. 12

Kristi



MaryJane's Picks

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



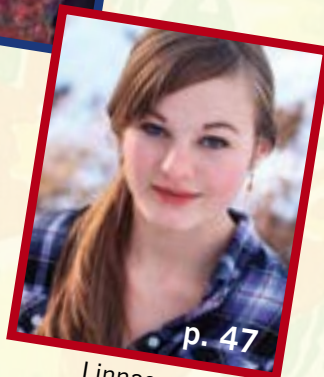
p. 43

Karina



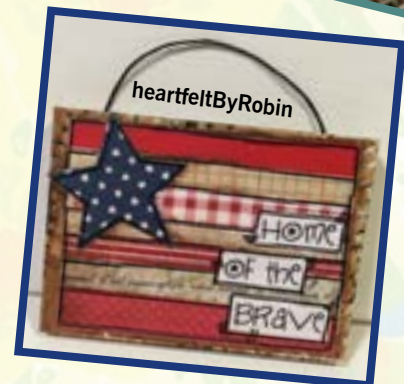
p. 16

Carol



p. 47

Linnaea



Hello from Sister #1



Crazy Nest Lady

Not many folks can resist baby animals, and baby animals who happen to also be orphaned can pull oh-so-hard on our heartstrings. Katie Deline-Ray, whose friends refer to her as “the crazy nest lady,” hasn’t been able to resist that pull and has responded in her own unique way.



Katie creates soft, sturdy, adorable little nests, which she donates to wildlife rescue groups to use for sick, injured, and abandoned animals. Her nests are a great success, and now she and her army of 250 volunteers donate nests to 60 wildlife rescue groups from Canada, the U.S., Australia, Ireland, and the U.K. Her non-profit, **Wildlife Rescue Nests**, asks only that the rescuers try to provide a picture of the recovering babies that use the nests.

Katie also shares all of her patterns so that anyone with a love for yarn can get involved. If you’re interested in lending a hand, visit **Katie’s Facebook page**, where you can learn about the project, find patterns and instructions, and access a list of rescue groups who would be delighted to receive your finished work.

MaryJane 



Photo by Rideau Valley Wildlife Sanctuary
via Wildlife Rescue Nests



Photo by Wildlife Rescue Nests





Big welcome to our new and renewing Sisterhood members!

Amy Reichert
 Anna Wolfe-Perez
 Barbara Lambert
 Barbara Gower
 Bette Axiak
 Brenda Davis
 Brooklyn Declusin
 Caitlin Hargett
 Carmela Gonzales
 Carrie Lawrence
 Cassidi Shingleton
 Catherine Vande Braak
 Cecily Rae Faith
 Celeste McAllister
 Cheryl Villebrun
 Cheryl Rodgers
 Christa Gower
 Clarice May
 Cynthia Arent
 Danyel Treece
 Deborah McClure
 Deborah Klann
 Deborah A. Lawrence
 Deborah Freedman
 Debra Swan
 Denise Betz
 Denise Godwin
 Diane Kasperzak
 Gail Duke

Gina McKnight
 Ginger Harman
 Hallie Anne Day
 Heatherlynn Martin
 Jacqueline Ferri
 Jane Hudson
 Jeanette Williams
 Jennifer Follestad
 Jennifer Koenig
 Jenny Power
 Joan Hendrix
 Joanna Green
 Johnda Tompkins
 Judith Miller
 Judy Garrigues
 Judy Pemberton
 Julia Briggs
 Kaaminii Stroh
 Karen Montoya
 Karen Ryan
 Karen Zduriencik
 Katerina McFadden
 Katherine Roach
 Katherine Tolentino
 Katrina March
 Kay Tilton
 Kelly Wall
 Kelly Gay
 Kelly-jo Riker

Kim Pedley
 Kim Gammill
 Kristina Smith
 Lara Webb
 Laura Staley
 Lianne Eriksson
 Linda Stark
 Linda Plattner
 Linda Fraile
 Linda Atkins
 Lois Hightower
 Loran Watkins
 Lore Hill
 Lynn Shields
 Lynnell Fulkerson
 Marcia Neigebauer
 Marianne Skeens
 Marlys Horning
 Mary Sue Wysocki
 Maureen Duden
 Megan McIntyre
 Meghan Wright
 Melanie Peterson
 Melanie Villarreal
 Melody hawrysio
 Michelle McCawley
 Nancy Marshall
 Niomar Murphy
 Pamela Czurak

Pamela Crowe
 Pat Mitchell
 Peggy York
 Penny Windler
 Rebekah Engebretson
 Rhonda Cavaliere
 Rita Abrams
 Ronda Clements
 Ruth Yarbrough
 Sandra Giraud
 Sarah Hall
 Shari Doty
 Shirley Feurer
 Stacy Keely
 Susan Christin
 Susan Trudeau
 Suzan Steele
 Sylvia Hunt
 Tamara Coyne
 Tamatha Kaplan
 Tammy Trayer
 Tanya Spoon
 Tracy Everhart
 Wanda Abeyta
 Wendy Beach
 Whittney Chaney

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

— Author Unknown



Each Other



In the Shelter of Each Other



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



Megan Rae (Sister #2) grew up “on the farm”—MaryJanesFarm. She attended Gonzaga University and received a bachelor’s degree in Journalism. After marrying her college sweetheart, they moved to Kansas and bought their first home on a cobblestone street. Her love for writing, editing, and well, her Mom, finally brought her back to the farm. Raising her 8-year-old and 6-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).

Craft a Ribbon Flag ★★★★★★★★

I’m a big fan of the Fourth of July. I know there’s much to be improved upon (and most certainly debated) when it comes to our country. But I’m proud to support the centuries of hard work that have gone into building this place. From 1776, when Betsy Ross sewed the first flag of an independent America, to the current buzz surrounding next year’s presidential election, there have been struggles, strife, sacrifices, and triumphs. Through it all, the flag remains the unifying symbol of this dauntless country’s freedom, and, like the independent spirits we are, we Americans each celebrate it in our own way.

So this Fourth of July, my family is having a few friends over. We’ll enjoy much too much potato salad, BBQ, watermelon, and endless games of croquet and bocce ball. We’re planning to finish off the evening with a few tame fireworks, my mother’s cherry pie, and my dearest friend’s flag cake (a cake decorated in raspberry stripes and blueberry stars).

And I will proudly hang my flag, thankful for another beautiful Independence Day with dear friends and loved ones, for this rich soil that grows our food, for the land we get to call home because of hundreds of years of hard work.

My version of the flag is simple because I am passing it on to you just four days before you might need to make it! Using all my scrap pieces of red and white ribbon and lace, I cut them the same length and hot-glued them to a stick. I then stenciled a few white stars on a piece of frayed denim and hot-glued that as well. Simple and festive, farmgirl style! Enjoy your own celebrations, and Happy Fourth!

Meg





Sister Loves

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

Kristi's
PICKS
(JUST A CLICK AWAY)



MAIL-ART MAVEN
(SISTER #4314)

Fordite speaks deeply to my love of recycling. These beautiful, "accidental" faux gemstones are the result of overspray on automotive assembly lines back in the day when we used to spray cars by hand. The layers of paint built up in the tracks on the line and were baked over and over with the cars in very hot ovens to create these amazing swirls and bright colors. We've moved on to automation now, so these gems won't ever be made again, and I think wearing one or two would be like wearing a piece of history.



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

Goodness, Gracious.

Once Again
Nut and Seed
Butters are
Non-GMO



At Once Again, we love what we do, and we know you'll love this *Chocolate "Sh-moothie"* recipe! To learn more about us, visit our site and check us out on your favorite social network.

MANUFACTURER'S COUPON • EXPIRES 1/31/17

DO NOT DOUBLE



Save 80¢

on any 16 oz. jar of
Once Again Sunflower Seed Butter!

Void if altered, copied, sold, purchased, transferred, exchanged, or where prohibited or restricted by law.

RETAILER: Once Again Nut Butter will reimburse you the face value of this coupon plus 8¢ if submitted within the effective dates. Cash value 1/100 cent. Send to: Once Again Nut Butter, P.O. Box 407, MPS Dept No. 772, Cinnaminson, NJ 08077

0044082-000009



5

44082 00080

5

Chocolate "Sh-moothie"

Find Once Again products at your local co-op or natural products store.

- | | |
|--|---|
| ¾ cup silken tofu | 1 tbsp Once Again Organic Lightly Sweetened Sunflower Seed Butter |
| ¾ cup frozen banana slices | ¾ tsp vanilla extract |
| 2 tbsp unsweetened vanilla almond milk | |
| 1 tbsp unsweetened cocoa powder | |
| 1 tsp agave nectar | |

Vegan
Gluten Free



Scan this QR code
for more recipes!

Need a long lasting source of fuel that will keep you full and satisfied all morning? Look no further. This recipe is named a "sh-moothie" since it is protein-packed and more like a chocolate shake's healthy cousin—14 grams of protein with the indulgent sense of dessert!

Place all ingredients in a blender and purée until smooth. Serve immediately in a chilled glass.

Note: It is important to use frozen bananas in this recipe since there is no added ice. Frozen bananas also result in the creamiest milkshake-like texture.

NUTRIENTS PER SERVING (1 servings): **CALORIES:** 375, **TOTAL FAT:** 13.7g, **SAT. FAT:** 2.0g, **CHOLESTEROL:** 0mg, **SODIUM:** 80.1mg, **CARBS:** 54.7g, **FIBER:** 6.5g, **SUGARS:** 34.2g, **PROTEIN:** 14.2g.

© Once Again Nut Butter, 2014

www.OnceAgainNutButter.com





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.

Mom Friends

The other day, the Hubs and I were watching television, in our jammies, in bed, probably with a handful of crackers, which is pretty much how we roll. Rollin' in Cheezits. It makes our sheets feel like a salad bar, but such is life. I'm probably the only person who snuggles in deeply with her blankie, lulled to la-la land by the scent of Colby, but heck, if that's wrong, I don't want to be right.

Anyway, it struck us as we wrestled over the last crumb that we didn't have any friends. How did this happen? We used to have friends. Back in the day, as they say. Before our lives were quite so consumed with work and children and such.

As kids, it's difficult enough to make a buddy, but it mostly comes down to bravado and sharing your snacks. As you age, it's not socially acceptable to smack anyone or pull their hair or demand their lunch money in order to show that you want to be bosom buddies.

BFFs. They're hard to come by. My personal creed has been to make one per decade and then threaten them that if they ever die and leave me, I will ... uh, well, I'm a little vague on the details. But I'd be super sad.

Seeing as how I'm in my late 30s, if you do the aforementioned math, you'll see that I should have three and one half friends. This is pretty accurate. The one half of one friend is among those acquaintances who just may be THE NEXT BEST FRIEND OF THIS DECADE. Of course, I can't decide until the last rose is given and until they've seen me without hair products or in labor, maybe both. Then and only then, is the title of Bestie bestowed. It's a prestigious honor that





not just anyone can handle, as it involves the holding of my purse when I use a public restroom, allowing me to be a second mom to your kid, holding phone conversations with me that have eleventy-seven interruptions, and telling me I look skinny. Applications available. Just ask.



Sister Loves

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

Carol's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,
UKULELE ENTHUSIAST
(SISTER #3)

Summer's here and the time is right for dancin' in the streets! And with a pair of these ultra-cute sandals I found on Etsy, you'll have the perfect dancin' shoes. Now, just paint your toes, shut down the traffic, pull out the turntables, and spin yourself a street party.

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



CreateYourStyleBySS



AfricanHeritageGifts



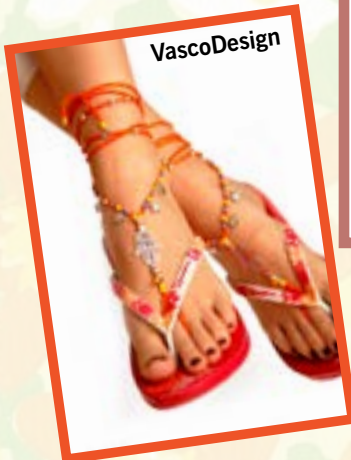
Bonklbiza



GiftsWithAStory



VascoDesign

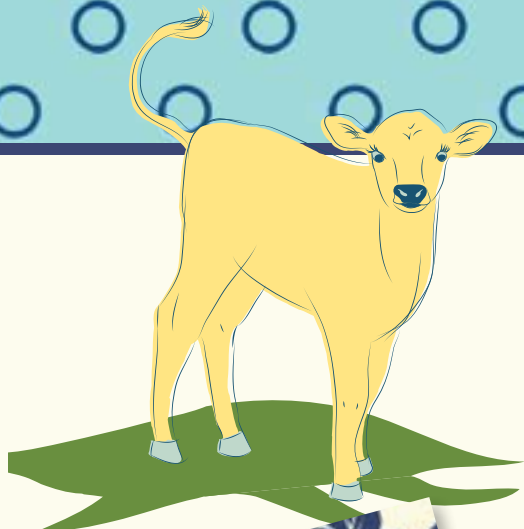


MouMouFashion



ElinaLinardaki





moda MILK COW KITCHEN

FABRIC by *Mary Jane* ♥

With every purchase of my Milk Cow Kitchen fabric (available at MaryJanesFarm.org), we'll include a free copy of the 58" x 72" milk-can quilt pattern shown below. You'll find a list of the fabric you'll need to make the quilt under the fabric's product description.

For a video tutorial that shows how to turn my Milk Cow Kitchen fabric into an adorable kitchen towel, go to YouTube.com and type in "Fat Quarter Shop hanging hand towel." My fabric is also available at FatQuarterShop.com and your local quilt shop.

DON'T DELAY! SUPPLIES ARE LIMITED.

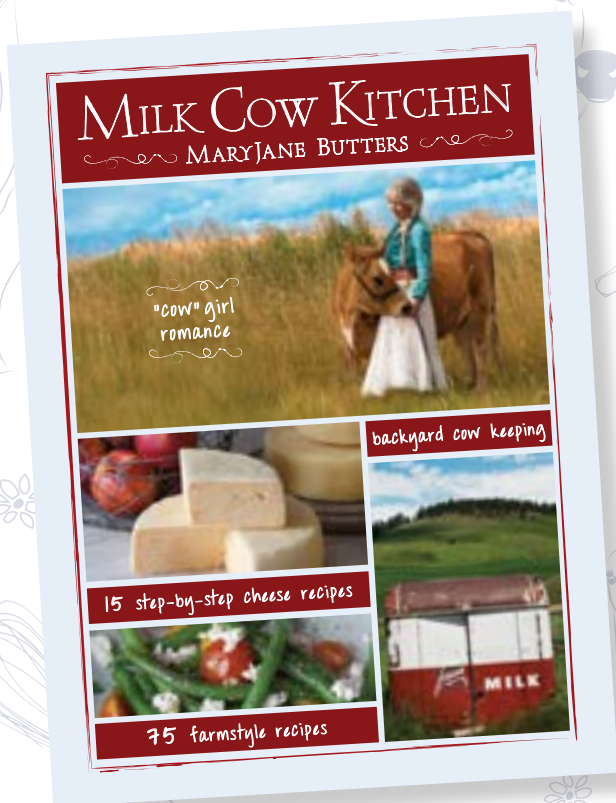




“In her fifth book, MaryJane covers just about everything cows and dairy. If you can make it past the food and cheese recipes without needing to eat, you’re a better “cow”girl than I. But the real gem of the book is the hooves-up, how-to advice on keeping a healthy, happy, backyard cow. Whether you’re a city-dweller or country gal, longtime cow-owner or recently ruminating on the idea of adding a cow to your life, I promise you have something you can learn from *Milk Cow Kitchen*. ”

– Laurel Bake, Dexter milk cow owner

MILK COW KITCHEN



My recipe for moo-cow love is 400 pages long with more than 1,100 photos 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



autographed copies available at
MaryJanesFarm.org

\$35/available wherever good books are sold



“The recipe section of the book is chock-full of easy-peasy milk and cheese recipes, topped off with a ton of meals to make with your freshly homemade dairy goods. And the pictures—oh my, the pictures! ”

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



“Eye candy extraordinaire! But, there’s more to it than that. This is the first book I’ve found that really tells you HOW to “have a cow” without having a full-fledged farm ... and there are oodles of recipes, including 15 cheese recipes that I’m dying to try—even before I bring home a cow! ”



“Part coffee-table book with gorgeous photography and beautiful cows, part cookbook with step-by-step instructions on making nearly any kind of cheese you can think of, and part how-to manual on buying/raising/milking a cow, this book is an invaluable reference for anyone considering raising milk cows ... or living vicariously through those who do! ”



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 Confessions

I have vacuumed up Legos, hair bands, twist ties, stickers, erasers, jewelry, and coins instead of picking them up.

I will load up sixty-eleven grocery bags up and down my arms, shout at small children to get out of the way, knock my funny bone on the van, be unable to close the hatchback, press the garage-door button with my nose, and give myself a hernia all to save another trip to the garage.

If the cheese molds, I cut off the moldy part and don't tell anyone and serve it anyway. This also goes for jam. And pretty much anything else.

I make my kids make their beds, but I don't always make mine.

I'd rather have a clean house than a good homeschooling day.

I've decided I will never, ever, ever learn the 7s and 8s in the times tables without having to count backwards or forwards from $7 \times 7 = 49$ so one more 7 must be 56, so therefore ... etc. I have decided to be okay with this.

I will also never, ever, ever learn which planet revolves the sun or vice versa. All I know is $7 \times 7 = 49$ and Pluto is no longer a planet. I probably should hire math and astronomy teachers.

As homeschoolers, I feel a weird pressure for the children to look acceptable in public, but my particular mantra is this: If my kids' clothes are cute and clean, I don't worry about their hair being combed. If their hair is cute and clean, I don't worry about what they're wearing.





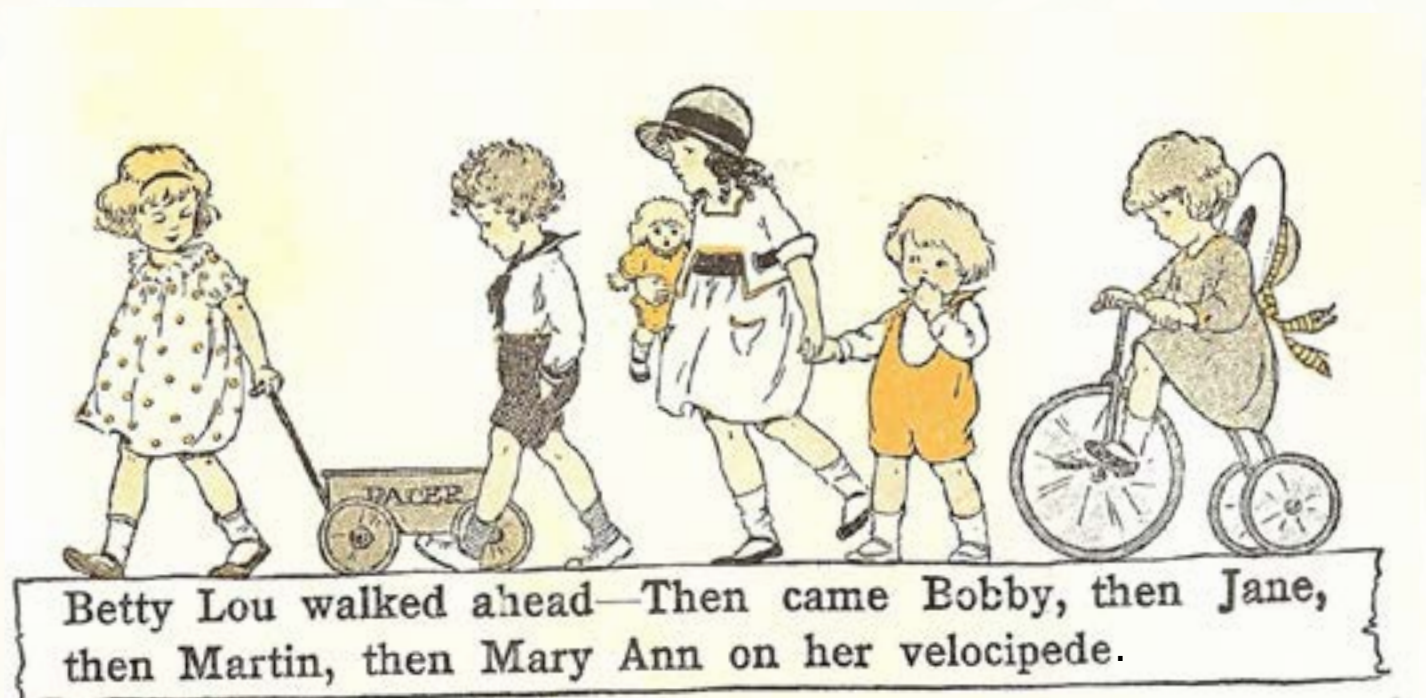
I don't brush my teeth before bed every night, even though I preach the opposite to my kids. Don't judge. I've never had a cavity. But now I'm seriously afraid of running into you because I worry you will be squinting at my chompers.

I don't make my kids wash their hands after every single potty trip. And I've never used the tissue-paper dispenser that's meant for gift-wrapping the toilets in a public restroom.

I know I'm supposed to enjoy letting small humans bake with me, but if I'm really honest, I prefer to do the baking myself and then deliver the beaters to them. I think this may get my Homeschooling Mom card revoked.

I had to borrow nine crumpled dollar bills from my Middler in order to put some gas in the car. It was embarrassing. Luckily, she knows nothing about the concept of interest (because I teach her math). HA!

I don't think my kids know our address. This is probably important info they should ideally know, eh? Yeah. I should get on that.





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, 5, and Alina, almost 2).

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.

Refrigerator Oatmeal Bars ★★★★★★

During these early days of summer, it's an almost daily occurrence that I can barely get my girls dressed before they rush out the door to play. Breakfast isn't even in the equation (until a half hour later, when they realize they're famished). I want to encourage their enthusiasm for outdoor play, but I also want to make sure their bellies are full. I started thinking about granola bars, which steamrolled into no-bake refrigerator oatmeal bites (convenient for on-the-go snacking), without sugar, oil, or eggs. Within an hour of landing on the idea of using MaryJane's ChillOver Powder to stabilize them, I had a trial batch cooling on my counter. After a few modifications and tweaks to the recipe, I had a batch that I was eager to hand out to my girls as they dashed out the door.

Oatmeal Bars

Prep Time: 15 minutes, plus 30 minutes cooling time

Cook Time: 25 minutes

Makes: 48 squares

- 1 3/4 cups thick rolled oats
- 1/2 cup finely shredded coconut
- 1/4 t whole brown flax seeds
- 1/2 cup dried blueberries
- 12 ozs dates (about 24 dates), pitted
- 1 1/4 cups apple juice
- 3/4 t cinnamon
- 1/8 t salt
- 1 1/4 t **MaryJane's ChillOver Powder**
- 1/2 cup pecans, chopped



1. Line a large baking sheet with a silicone baking mat or parchment paper.
2. In a large, dry skillet over medium heat, toast oats, stirring frequently. Once oats are mostly toasted, add coconut and flax seeds and toast until coconut is light golden brown. Remove from heat, cool slightly, and transfer to a medium bowl. Add blueberries, mix well, and set aside.
3. In a food processor or blender, pulse dates, apple juice, cinnamon, and salt into a smooth paste. Transfer to a medium saucepan and bring to a boil over medium heat. Once mixture is boiling (continuing to stir will help keep mixture from sputtering), sprinkle in ChillOver Powder and boil an additional 3 minutes.



4. Pour date mixture into oat mixture and mix well. Pour onto prepared baking sheet, and form into a 10" x12" rectangle. Press pecans into the top, and cool for 30 minutes, or until set. Cut into 48 squares, arrange in single layers placed between sheets of wax paper. Keep refrigerated.





Outpost

Unleashing Your Inner Wild



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

Skip Rocks like a Girl

For some reason, the age-old summer pastime of rock skipping has been regarded as male territory. A certain masculine mystique seems to surround the sublime slip of solid stone across shimmering water. As if boys are born with the knack.

Pu-lease.

Sister, if you've never skipped a rock, then it's high time for you to get in on the action, and while there's a bit of technique to master (practice, practice), there is no top-secret code to crack.

Here's how it's done:

1. Select a fairly flat stone that fits in the palm of your hand. Triangular-shaped stones are ideal, but circles and ovals will do the job too.
2. Hold the stone between your thumb and middle finger, curling your index finger along the edge.
3. Stand near the water with the non-throwing side of your body angled slightly forward.





4. Hurl your stone-holding hand forward, throwing out and down simultaneously (at about a 20 degree angle to the water's surface). The downward force will help the stone "bounce" off the water repeatedly.

5. A quick release is better than a super-hard throw because the faster the stone is spinning, the better it will skip. Try to snap your wrist upon release, spinning the stone as it takes flight.

Don't believe you'll ever get the hang of it? Watch **this video** of a little girl who has mastered skipping. If she can do it, you can too.

A tidbit of trivia:

The Guinness record for the highest number of skips is 51, set in 2007 by Russell "Rock Bottom" Byars. There's nothing stopping you from shooting for 52!





Outpost

Unleashing Your Inner Wild



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



Sandi O'Connor, Sister #3956 says, "I've always loved travel and had a lifelong dream of owning a travel trailer. It was only natural that I began posting as the Travelin' Sister #3956 on **Glampers on the Loose!** My husband and I, who live in coastal Massachusetts, bought our first trailer four years ago, and before I could even think about what was happening, we became immersed in the whole travel trailer culture. We've met wonderful people and made friends for life. Traveling several times a year to meet with friends has become something we look forward to while we're still working. Someday, we'll join the 'on the road' culture and see what it's like to be out for months at a time!"

Portable Solar Lights

I don't usually do crafts, but I am borrowing this idea from the last time hubby and I were out camping. We were at a beach state park with zero, nada, amenities. Only self-contained rigs were allowed; there were no showers, limited bathrooms, and no dump stations or electricity. One very savvy person had a wonderful idea that I promptly stored in my memory bank and am sharing with you here.

This project is simple, portable, and very economical. It's easily used at a tent or RV site, or even in your own backyard. It requires solar-power light stakes that are found everywhere and offered at very reasonable prices; I've seen them as low as \$1 each. I carry several in our travel trailer due to the different situations we encounter at each campground, like no outside lighting or overhead street illumination. But, I've sometimes had difficulty pushing our solar lights into hard gravel or clay ground. This project takes care of that problem!

You'll need large, empty coffee cans with lids and as many lights as you wish, one per coffee can. The fun part is decorating the outside of the coffee can with a paper you like, or a more permanent application with designer duct tape. I tried to find tape with flamingos, because we have an Airstream and that seems to be a universal symbol, but locally, I found my favorite color combination of pink and orange.

Simply wrap the duct tape in layers around the can, or wrap the can in a favorite paper, securing the loose ends with paste. Wrap the can, then fill it with sand, harvested from a local beach or home improvement center. You could also use rocks, but the arrangement would need to be fully assembled with each use because the rocks would shift if you disassemble the cans each time you travel.





1. Decorate your can.
2. Fill with sand.
2. Cut an X into the center of the plastic lid with an Exacto knife (each cross cut about 1" long).
3. Assemble a solar lamp, if needed, and insert the base into the X in the lid, plunging it into the sand inside the can.

Voila! You have a decorative, portable solar light that can be placed wherever you need it. You can pull out the light stick when you're ready to travel, and with the top on the can, nothing should spill out.



Garden Gate

Bloom Where You're Planted



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

There's an App for That

Trowel, shears, gloves, apps. Wait ... apps? Who would've thought that the gardener's belt would come to include technological tools? But, as with countless other aspects of daily life, apps can offer at-your-fingertips info and assistance, making your gardening efforts more efficient and effective.

Here's a handful of garden apps to add to your kit:

LikeThat Garden

With the **LikeThat Garden** app, you can take a photo of a flower or plant that strikes your fancy and learn its identity so that you can snap up some seeds or starts for your own garden (you can access the photo and search history each time you activate the app). Also, you can click to pull up the plant's Wikipedia page, where you can find out more about its zone and growing needs. Seeking similar-looking plants? LikeThat Garden will give you those too. This app is free (yay!) for iOS or Android.



GardenMinder

GardenMinder is a gardening app and garden planner for mobile devices and tablets. It sends out weekly alerts and reminders that are tailored to the crops you grow and where you live. It also offers dozens of how-to articles, tips, and a plant encyclopedia of the most popular vegetable crops. You can create your own Garden Journal with notes, before-and-after photos, weather notes, and records. The app is a joint venture between Gardener's Supply and Green Mountain Digital of Woodstock, Vermont. It is free from iTunes for iOS and \$1.99 for Android from Amazon and Barnes & Noble.

GKH Gardening Companion

The **Gardening Know How Gardening Companion** iPhone app (soon to be Android-friendly) gives you the ability to create your own personalized garden resource by hand-picking from thousands of articles, photos, and videos covering all things



garden, from companion planting to troubleshooting. You'll get automatic weather updates and reminders for to-do tasks. You can also track your garden's progress, compare results to last year's garden, and keep your own gardening journal with pictures you can share via e-mail, Facebook, Twitter, and Pinterest.

Bugs in the Garden

Quickly ID common North American bugs in your garden with **Bugs in the Garden**, available at iTunes. Realistic illustrations and photos of both adults and larva (caterpillars and grubs) allow speedy identification, and accompanying advice will help you assess damage and manage pests.

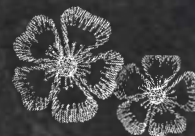
Mary Jane ♥



Stitching & Crafting Room



Stitches of Fun & Laughter!



{STITCHING & CRAFTING} with Megan Rae | to earn a Sisterhood badge in this category, [CLICK HERE](#)

Bloom “Wear” You’re Planted: Pillowcase Bloomers

YOU’LL NEED:

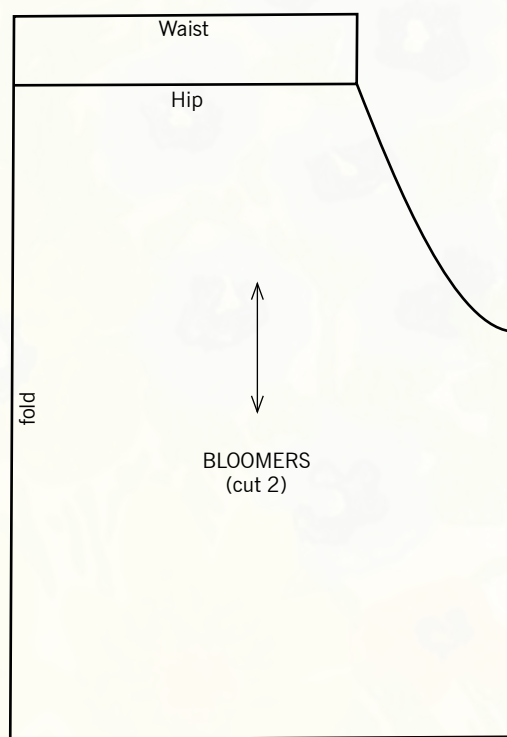
2 pillowcases
5/8"-wide elastic (enough to comfortably fit around waist plus 1 1/2")
basic sewing supplies

Note: Pillowcases vary in size, so check that the width of two together is large enough to fit around your waist and hips with no more than 1' of excess. Fabric can be evenly added or removed from side seams for custom fit.

1. Open end and one side seam of each pillowcase, press, and cut out pattern pieces (cut at waist line if you want your bloomers to sit at the waist or at hip line if you want them to ride lower).
2. With right sides together, pin one crescent upper edge to corresponding edge of other pillowcase, stitch. Repeat for other side.
3. Pin one side of pillowcase's straight inseam to other side of same case; stitch to form bloomer leg. Repeat for other side. Press all seams.
4. Turn under waistband edge 1/2" twice; press. On wrong side of waistband, adjust waist size by stitching 1/8" from top and bottom edge of stretched elastic. Turn right side out.
5. Optional: If your pillowcase has a lacy decorative edge, you can gather the legs by using a #13 needle to weave ribbon around each leg a few inches up from the bottom hem.

Tip: You can easily turn a pillowcase (or two, depending on your size) into a half-slip using this same technique.

MaryJane ♥



EXCLUSIVE MARYJANESFARM PATTERN

Copyright © MaryJanesFarm. Not for commercial use; home use only.

To enlarge this pattern, take it to your local FedEx Office—we're told that every FedEx Office has an oversize B&W machine. First, make a copy of this page at 100%. Then cut out the pattern along the dotted lines. Feed the pattern into the machine printed side down with the star going through first, aligned against the edge of the alignment sticker on the machine, and set it to enlarge to 800%. This enlargement should cost approximately \$6.



Before ...





MARYJANE'S™

home

MARYJANESFARM®



Busy Bee

MaryJane's Home is now available at:



BON-TON ♦ Boston Store

♦ Carson Pirie Scott ♦ Elder-Beerman

♦ Herberger's ♦ Younkers ♦ Bergner's

Exclusively sold in Canada at

Sears®

There's no place
like home.

Manufactured under a license agreement with Peking Handicraft, Inc. MaryJanesFarm® and MaryJane Butters® are registered trademarks of Farmgirl Trading Company L.L.C. All rights reserved.



moda

ONCE UPON A CHICKEN

FABRIC by Mary Jane ♥

With every purchase of my Once Upon a Chicken fabric (available at MaryJanesFarm.org), we'll include a free copy of the 56" x 70" feather quilt pattern shown below. You'll find a list of the fabric you'll need to make the quilt under the fabric's product description. My fabric is also available at FatQuarterShop.com and your local quilt shop.

DON'T DELAY! SUPPLIES ARE LIMITED.

Did you know? Chickens are the oldest domesticated animal ... and there are now more chickens on Earth than people.





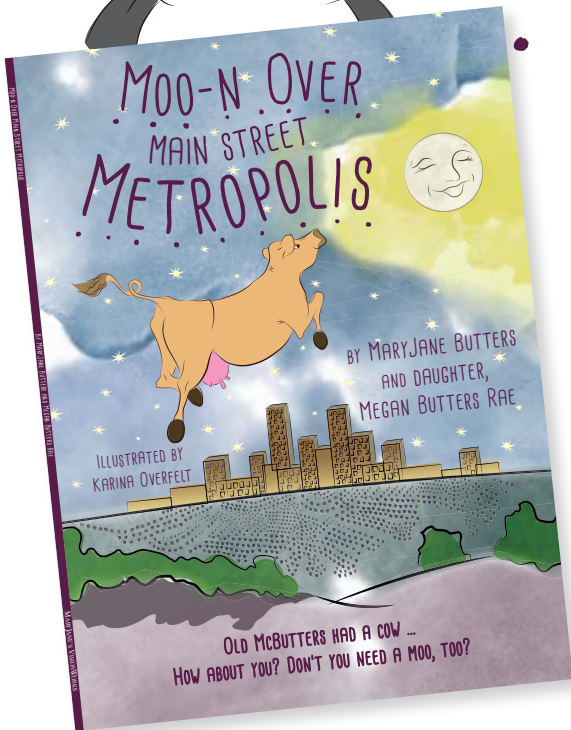
Moo-n Over Main Street Metropolis

It's about time! MaryJane and daughter, Megan, have finally written a children's book, illustrated by Karina Overfelt—a 34-page cowpanion to MaryJane's fifth book, *Milk Cow Kitchen*. Give or get the gift of this adorable adventure story about a milk cow named Sally O'Mally, who finds love in the home of a single mom and her daughter who never gave up hope that someday, they'd have a backyard milk cow.

Includes 5 reader-to-child educational pages that are jam-packed with conversational questions, including an irresistible hands-on project.

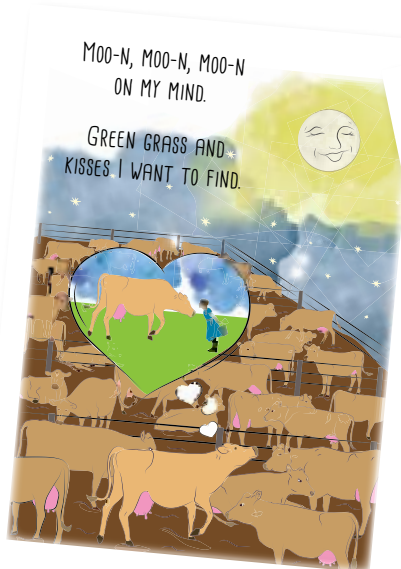
To ORDER A COPY FOR ONLY \$9.89,
GO TO MARYJANESFARM.ORG

While you're there, pick up a copy of MaryJane's *Milk Cow Kitchen*, a 400-page cowpendium with 1,100 how-to photographs that detail everything you need to know to keep a 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.



“ Move over dogs, cats, and hamsters—milk cows are making the ‘moo-ve’ to be your next household pet. With songs to sing, fun facts, and colorful illustrations, *Moo-n Over Main Street Metropolis* is a wonderful reader-to-child experience that connects children to their food, one milk cow at a time. ”

— Suzanne Gibbs Taylor, Creator of BabyLit®





“ All the good ideas
I ever had came to me
while I was milking a cow. ”

- Grant Wood



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](#).

Potholder Scissors Case ★★★★★★★★

As a seamstress, I have several pair of dressmaker shears and a pair of pinking shears that didn't come in cases. I've looked at different options for cases, but most were just not right or too expensive. Then I discovered I could make them from a simple potholders! They would be padded for added protection, have a hanging loop for the convenience of hanging in my sewing area, and I could make them any color and trim them any way I wanted. So I'm sharing this project with you this month, just in case your scissors need a case. This is a quick and easy project, and these cases would make great gifts for family or friends.

You'll need:

- A potholder with a hanging loop. I used 7"-square potholders. They can be any color or pattern you like—the possibilities are unlimited!
- Rick-rack, lace, buttons, or any other trim you choose (or you can leave them unadorned).

I wanted to make a case for my pinking shears, so I wrapped the potholder around them to see how it would fit and where to make the folds. After laying it out flat, I sewed rick-rack along the edge all around the side that would be the outside of the case. I started and ended sewing near the center of the side that would be on the top, overlapping the rick-rack ends just a bit. After sewing the rick-rack on, I folded it back into the "cone" shape I wanted to fit the sheers and, using a zig-zag stitch, top stitched the top edge of the potholder to the edge of the fold underneath. I sewed a second zig-zag stitch to reinforce this area. When I finished sewing the case into a "cone," I added buttons over the rick-rack ends to hide them. Now, my pinking shears have their own little padded case that I can hang in my sewing area.







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

Summertime Skincare: Natural Recipes for Gorgeous, Glowing Health

When light cracks the clouds after months of cold, rainy days here in Oregon, I head out to soak up the sun. Whether out to browse at the Saturday Market, rock lounging atop Spencer Butte, or biking along the river path, I revel in sunlight.

A healthy dose of Vitamin D can make you feel energized, but too much of a good thing can lead to unwanted consequences like sunburns, wrinkles, and cell damage. We all know that protecting our delicate epidermis is important, especially during the bright summer months, so here are a few super-easy skincare recipes to keep your skin hydrated and nourished naturally.

Two Step Mask: Green Clay and Lavender Honey

If you've been slathering on the sunscreen all day, this mask duo will help absorb dirt and residue from your pores first with French green clay, and then lock in the skin-healing benefits of lavender and moisture from the wonderful humectant properties of honey.

Step 1: Green Clay Mask

2 t French green clay
1-2 t water, organic hydrosol, or herbal tea





Mix together in a small bowl until a nice paste forms. Apply a light layer on the face, making sure to avoid the delicate skin area around the eyes and mouth. Leave on until the mask feels taut and dry, and then rinse off with cool water.

Step 2: Lavender Honey Mask

2 t organic lavender-infused honey

To infuse the honey, fill a Mason jar 1/4 full with dried, organic lavender flowers. Top with honey, stir, and cap with a tight-fitting lid. Place in a sunny windowsill and turn the jar over once per day. Infuse for a week or longer, and then strain. Using your fingers, spread the infused honey on your face and gently massage. Leave on for 15–30 minutes and rinse off.

Rejuvenating Skin Serum

After your mask treatments, feed your skin some lusciously protective and plumping oil. This serum will penetrate your skin cells to help repair mature, dry, or damaged skin, lessening those wrinkles caused by smiling at the sun. This oil blend absorbs quickly and leaves skin super soft.

Carrier Oil Base

2 oz organic macadamia nut oil
1 oz organic rosehip seed oil
1/2 oz organic pomegranate seed oil
1/2 oz organic tamanu oil
1/2 t vitamin E oil

Essential Oils

25 drops organic lavender essential oil
10 drops organic carrot-seed essential oil
5 drops organic ylang-ylang essential oil

Pour all carrier oils together in a glass bottle and roll between your palms to mix. Carefully drip each essential oil into the carrier base and roll again to mix. Invert the bottle several times and roll again. Use a coin-sized amount as a facial serum or all-over body oil each day.



continued ...



Soothing Sun Spray

If the power of the sun stings your skin, you'll want to reach for astringents first. Using an oil-based cream to moisturize a burn can actually create a barrier that holds in the heat that you want to cool. This formula is great at drawing out that heat.

organic witch-hazel extract
organic green-tea leaves
organic calendula flowers or cleavers
organic peppermint hydrosol
aloe vera gel

Fill a Mason jar 1/2 full with a mixture of equal parts green-tea leaves and calendula flowers or cleavers. All three herbs can also be used. Pour witch-hazel extract over the herbs and fill to the top of the jar. Cap, shake well, and infuse for 4–6 weeks before straining.

When needed, mix 4 oz of the herbal witch-hazel extract infusion with 2 oz of peppermint hydrosol and 1 oz of aloe-vera gel in a spray bottle. Shake well and spray generously on over-sunned skin several times a day until the heat subsides. Keep refrigerated for an added cooling effect.







Cleaning Up

The Work of Our Hands



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

Craft the Perfect Cutoffs ★★★★★★★★★★

The tomboy in all of us longs for those bygone days of summer when we were free to run wild, climb trees, ride bikes, wade streams, and build forts—carefree as we were cute in our custom cutoff jeans (made by Mom, of course). We may not be able to recapture those moments, but we can certainly wax nostalgic by crafting our own upcycled tomboy fashion statement: embellished cutoffs, farmgirl style.

It all starts with the perfect pair of jeans. Not your favorite pair, mind you, because a fabulous fit in full-length jeans does not necessarily translate terrifically into shorts. The trick? Size up before you snip.

Here's the skinny ...

1. Head to the local thrift store and pick out a pair of well-worn, soft denim dungarees that are about two sizes bigger than you normally wear in jeans. The extra room will give your shorts a flatteringly vintage fit with the luxury of lived-in comfort.

2. Before you even begin to reach for the scissors, measure your desired inseam (generally at least 3 inches for farmgirls of a certain ... maturity). If in doubt, err on the side of long rather than short because you can always cut them, but you can't add fabric. Mark this measurement on each inseam with chalk, then measure and make a slightly higher mark on each outer seam—again, your preference—to create an angled and undeniably feminine hemline. Using a ruler, connect the marks on each leg with a chalk line for foolproof cutting.

3. Cut each leg with your sharpest shears, saving the legs for another project. Try the shorts on to make sure their length is to your liking. If so, it's time for flare. The simplest way to jazz up your jean shorts is old-fashioned fringe, which is accomplished by washing and drying (100 percent cotton denim makes the best fringe). If you're inspired to get a bit craftier, check out these blog posts for DIY doll-up ideas:

- **DIY Lace-Hemmed Shorts**
- **Fourth of July (American Flag) Shorts**
- **Leopard Print Shorts**
- **Dip-dyed Ombré Denim Shorts**

Photo by shlala via Flickr.com



Photo by Robert Sheie via Flickr.com

MaryJane ♥

Sister Loves

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

Karina's PICKS (JUST A CLICK AWAY)



GRAPHIC DESIGNER
(SISTER #4)

This past month, my husband and I bought new mountain bikes. We love to take them out on trails, but sometimes we just like to go for an afternoon bike ride around town. Here are some fun accessories I found that can be used for trail, casual, or both.



REI



Sheryl Salisbury

treesizeverse



EHworks



Competitive Cyclist



REI

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

SISTERHOOD SUPPLIES

Raising Jane® Pantaloons

(Sister Loonies)

Now available
on our website!



Price: **\$87.50**

click **here** to order

Every woman "needs" a bit of handmade farmgirl cuteness peeking out from underneath her aprons, skirts, dresses, and pinafores. Or for that matter, to wear alone, as is! Sisters, don't be late to rate "looney" by showing up in a pair of our Raising Jane vintage-style underoos for that romantic rebel-Jane-lacy look or your practical-Jane-doing-laundry look, or even better, the Jane-flower-farmer look.

Inventing a pattern for our Sister Loonies took us two months. Why? We wanted a fitted elastic back, just big enough to easily get them on and off, but not so big they made your big bigger, if you know what we mean. We also wanted the front of them to be flat and ungathered. In other words, flattering. Who wants a front that's poofy? Made from 100% cotton with a generous organic cotton voile ruffle, we've sized these for every body type we can think of, from XS to 3XL, so there's no excuse not to join the Sister Loonies movement.

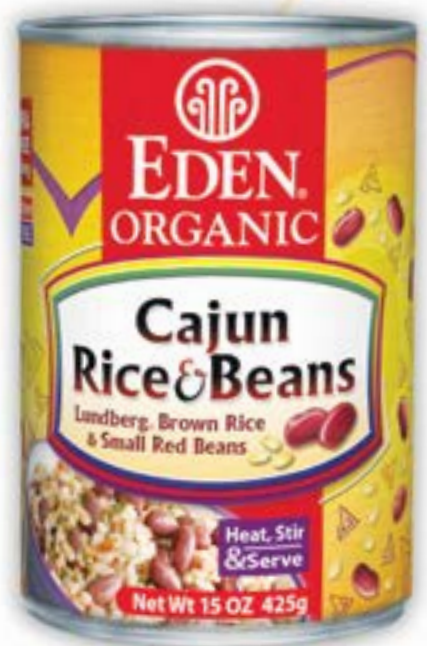
PROJECT
F.A.R.M.
First-class American Rural Made







Put EDEN[®] in the pantry



Over 400 Pure & Purifying
foods and 1,130+ free recipes
edenfoods.com



Sister Loves

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

Linnaea's
PICKS
(JUST A CLICK AWAY)

Amazon.com



Amazon.com



SeedGeeks



MountainLilyFarm



NicoleMarilyn



Since fresh herbs are so much better than dried, I've always wanted to grow my own. With these easy growing kits, even a failed gardener like me could eat freshly grown parsley, oregano, thyme, rosemary, and more. Meanwhile, these two cookbooks will teach me how to mix spices for all kinds of flavor combinations!

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

Amazon.com





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.

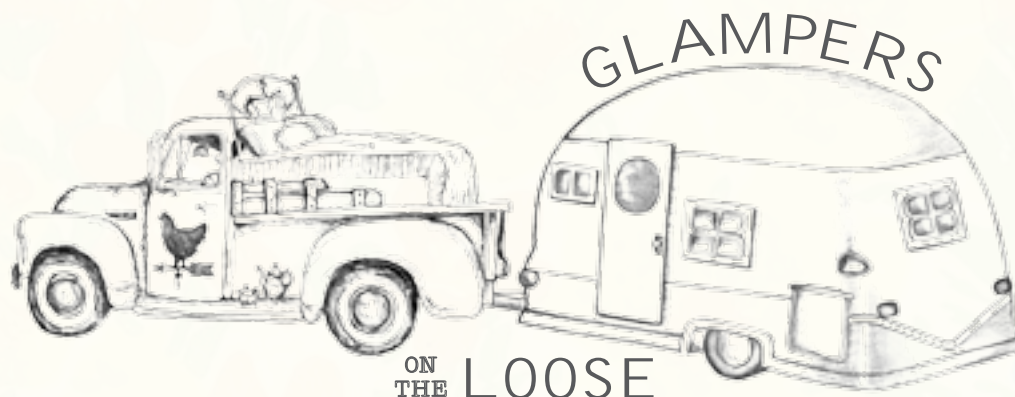
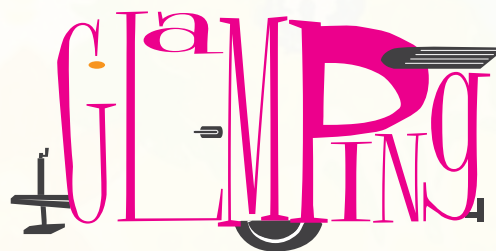
Upcoming Events:

Mitten Kitten Glampouts, MI, July 10–14 and August 7–10, 2015 (see p. 54)

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



Brought to you by:
MARYJANESFARM®



To find out more,
scan here with
your smartphone.



July Sisterhood

Breakfast Frittatas



20% OFF
MaryJanesFarm
Outpost
Egg Meals

[click here to order](#)

In order to receive your 20% discount on Outpost pouches, you'll need to either call or e-mail Brian.

1-888-750-6004

brianogle@maryjanesfarm.org

FREE SHIPPING

on any order over \$50

(U.S./Domestic orders only)

50

July 2015

© 2015 MaryJanesFarm • Moscow, Idaho

ood Special



Bac'un & Egg
Scrambler



Egg & Cheese
Scramble



Exclusive to **MaryJane's Farmgirl Sisterhood** members only.
Offer applies to UPS Ground and Standard Post only.
When checking out, log in to your account to receive free shipping.
For questions, call Brian at 1-888-750-6004.



Hillside Homestead a historic farmstay nestled in the hills and orchards of Leelanau and just minutes from Lake Michigan. Experience an authentic 1910 farm. We offer B&B style lodging; each of our 3 guest rooms has a queen size bed & private bathroom. We also offer Historic group dinners and cooking classes! We feature local foods and historic recipes. And twice a year we have free family friendly events, contact us for more info!



Susan Odom 231-271-1131
www.hillsidehomestead.com

20% OFF Best Remedies

Since 1910



Get your health back in order fast with Botanic Choice® natural herbal remedies! Hundreds to choose from. Since 1910 only the BEST will do...Guaranteed or your money back.

Save an extra 20% when you visit...

BotanicChoice.com/ALTMED1
 Superior Quality • Exceptional Values

©2014 Indiana Botanic Gardens, Inc.

There's an app for that!

Purchase

MARYJANESFARM®

for your iPad®, iPhone®,
or iPod touch®



Available on the
App Store

[www.maryjanesfarm.org/
magazine-app.asp](http://www.maryjanesfarm.org/magazine-app.asp)

powered by



Expand Your Holistic Health Knowledge

PROGRAMS

- Aromatherapy
- Health & Wellness
- Herbal Medicine
- Holistic Nutrition
- Nationally Accredited Training Program
- Diabetes Lifestyle Coach (coming Fall 2015)
- AAS & MS Degrees

Interested in top tools and organic supplies for wellness?

Use discount code **MJF2015** to take 20% off* at the
 ACHS College store apothecary-shoppe.com.

Accredited ONLINE Holistic Degrees & Training

800.487.8839 achs.edu

Contact us today! *Federal financial aid available to those who qualify.*



ACCREDITED MEMBER OF DEAC | 5940 SW HOOD AVENUE, PORTLAND, OREGON 97239

*Discount applies to regularly priced items only. Not applicable on Practical Lab Kits collection. No backorders. Cannot be combined with other offers. Not available retroactively. Discount available on orders placed online, by phone, or in store.



Design Your Cookbook

The Most Comprehensive Online System!

Your entire cookbook order, from start to finish, can be completed online at...

www.gandrpublishing.com



- 1 Enter your recipes
- 2 Design your book
- 3 Submit your order

✓ Fundraising Made Easy!
✓ And Great For Families!

Visit our website today to...

- Request or download a free guide
- View pricing & free design options
- Choose your cookbook cover from dozens of predesigned features

800-383-1679

G&R Publishing, Waverly, Iowa



Farmgirl Sisterhood

Share in the Fun!

Farmgirl Chatter



What are farmgirls chatting about?

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

Farmgirl Calendar

Mitten Kitten Glampout

When: July 10–14, 2015, Friday to Monday

Who: Lindy Brown from Paddle the Mitten

Where: Mitten Kitten Glampout, Young State Park, Boyne City, Michigan

How: e-mail inquiries to Lindy@paddlethemittensup.com or 810-626-8923

Website: PaddleTheMittensUp.com–2015 Events

Voted one of the United States' most beautiful lakes, Young State Park sits on the shores of Lake Charlevoix. Join us for 4 days of enjoying the sandy beach, sun, fresh water, and sisterhood. Area attractions and activities include yoga, good food, hiking, sightseeing, stand-up paddling the Jordan River, stand-up paddle yoga on Lake Charlevoix, shopping in Boyne City, and antiquing at Deer Creek Junk in East Jordan. Nighttime campfires on the beach under the sapphire black sky with brightly shining stars. Ages usually range from 30s to late 60s (you must be 21 years of age); we are a unique and diverse group. All activity levels are welcome. I honestly can say that I have never had anyone not enjoy their time on my "retreats." As we get closer to February, I will have prices and details. Early RSVP is suggested—our Glampouts sell out fast!

Two types of camping:

1. Bring your own camper or tent and join us at our main base camp.
2. Stay in the 1965 vintage Airstream or our glamped-out bell tent (space limited).

Mitten Kitten Glampout

When: August 7–10, 2015

Who: Lindy Brown from Paddle the Mitten

Where: Mitten Kitten Glampout, Leelanau Peninsula, Michigan

How: e-mail inquiries to lindy@paddlethemittensup.com or 810-626-8923

Website: PaddleTheMittensUp.com–2015 Events

Voted one of the United States' most beautiful places in America by *Good Morning America*, join your guide, Lindy, for a memorable weekend. From early morning yoga, stand-up paddling, hiking, sightseeing, wine tasting, and enjoying the

continued ...



local fresh farm fare, you will not be disappointed to join this Glampout. We will be Glamping and renting a house for those who are coming from out of state or do not have a trailer. I also will have the bell tent available. This is one of our most popular weekends of the year. Ages usually range from 30s to late 60s (you must be 21 years of age); we are a unique and diverse group. All activity levels are welcome. I honestly can say that I have never had anyone not enjoy their time on my “retreats.” As we get closer to February, I will have prices and details. Early RSVP is suggested—our Glampouts sell out fast!

Three types of accommodations:

1. Bring your own camper or tent and join us at our main base camp.
2. Stay in our glamped-out bell tent (space limited).
3. Stay in our Mitten Kitten-approved comfy and cozy beach house.

Farmgirl Chatter

Across the Fence: ID of quilt pattern ... please! Submitted by melody

On Saturday, hubby and I scour the local thrift stores. I found this almost complete lap quilt in a pattern that I am unfamiliar with. I need some help identifying it ... I'm usually pretty good about that, but the little triangles off to the side have me stumped!

Any ideas, girls? I'm thinking some kind of variation of “Antique Tile?”

I know I can count on you to come up with the right pattern, as I will be holding a drawing at an air base reunion in July. I came out of retirement to make oodles of hand-crafted soap, and I will be bringing my rag rugs as well. Hadn't planned on bringing any quilting, but stumbled across this little “patriotic” gem and thought that this would be perfect for the Primitive American theme I will going with for my table. Share your thoughts [here](#).



Cleaning Up: Liquid/gel dishwasher detergent? Submitted by krissy

I saw the thread about the homemade dishwasher detergent cubes, but we are on a septic tank system and aren't able to use powders. Does anyone have a liquid detergent recipe that actually works? Share your recipe [here](#).

Farm Kitchen: Farmgirl recipe SOS – quinoa. Submitted by texdane

So, I love to cook. I will cook/bake anything. My family isn't finicky, either. However, in an attempt to replicate a quinoa salad, I failed. “Epic Fail,” as my 12-year-old puts it. It was gross. No one ate it. We ate cereal!

Anyway, now I have a big bag of organic quinoa and need to have some way to fix it. Help a farmgirl sister out! Got any good recipes? Please share your recipes [here](#).

continued ...



continued ...

Farm Kitchen: Can you recommend a good juicing machine? Submitted by edlund33

I am about to be overwhelmed with a bumper crop of red currants. Last year, I froze them but I still have plenty of them left in the freezer. So I am thinking about investing in a juicing machine so we can enjoy fresh fruit juices. In addition to the currants, we raise strawberries, blueberries, raspberries, italian plums, apples, nectarines and apricots. And, of course, garden vegetables. So I want to find a machine that is versatile. What kind of machine do you use? What do you like/dislike about it? Any suggestions or insight is much appreciated. Share yours [here](#).

Garden Gate: Strawberries. Submitted by chickensforme

Hello ladies,
I am having a problem with my strawberries. Even with netting over them something is still eating them. Is there anything else I can do to save my strawberries? Share your advice [here](#).

Garden Gate: Compost question. Submitted by prariehawk

I used my new charcoal grill last night and tonight, I dumped the ash into my compost bin. Then I remembered that I'd used lighter fluid on the charcoal. Will it hurt the compost? I'm guessing the lighter fluid burns off and shouldn't affect the compost very much. Are there other uses for the leftover ashes? Share your advice [here](#).

Garden Gate: Birds not going to feeders. Submitted by textdane

I usually have tons of birds at my bird feeders. Bought a new bag of feed, filled them up...not a one bird at either feeder for days! Could the seed be bad? How would I know? Or could it be hawks or other predators around? What do you all think? I am perplexed at this. Never had it happen. Share your advice [here](#).

Stitching and Crafting Room: How do you show off your merit badges? Submitted by Texas Senorita

I'm sure this question has been posted before, but since I am new, I would like to know how most of you prefer to show off your merit badges. Share your ideas [here](#).

Farm Kitchen: Ashley's recipe in the newsletter. Submitted by textdane

This morning, the Sisterhood newsletter came in my email while I was drinking coffee, so I treated myself to a leisurely morning before getting busy. Ashley's recipe for the sandwich spread on page 24 caught my eye.





I had everything in it on hand. Made it for lunch. I used my Nutribullet that was already on the counter, so it was super easy to whip up. Oh. My. Goodness. It is scrumptious! A keeper for sure.

Don't ya love finding a new recipe that you really like? Share your thoughts [here](#).

Barnyard Buddies: Organic feeds. Submitted by levisgrammy

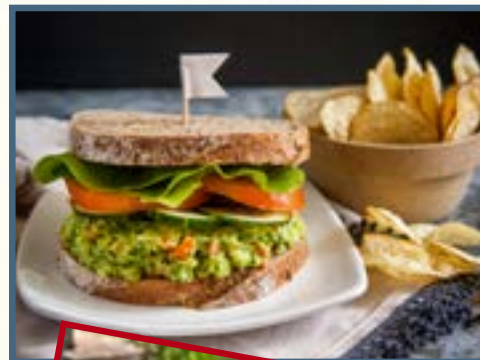
So glad to have found organic feed for my hens. Tractor Supply carries it now and I did some research on it and the brand. It is a bit more expensive, almost twice as much but at least I will know what they are eating and what goes into the eggs we are eating. Anyone else use organic feeds? Share your thoughts [here](#).

Holidays: July 4th. Submitted by Bonnie Ellis

What kind of decorations do you use for Independence day? What do you do to celebrate? Share your ideas [here](#).


Barnyard Buddies: Me and my bees. Submitted by cajungal

Here's me in my bee suit. I bought an extra large to accommodate my large bosom but this thing is so big the crotch hangs down to my knees. I painted some cute pics on the box and the word 'enter' with an arrow...just to make sure they knew where the door is. Here's a frame with my precious little creatures. I just love my bees. Share your story [here](#).



Girl Gab

GirlGab.com



the world as
our garden

the place where
girlfriends gather
to gabble, gush,
and gadabout ...




lessons in
herbalism



food from scratch



farmgirl pets



farmgirl love

Find MaryJane's farmgirl bloggers—city, rural, suburban,
ranch, mountain, and beach—at GirlGab.com. You'll also
find daily posts from 130 (and counting) sister blogs.

To find out more,
scan here with
your smartphone.



Brought to you by:
MARYJANESFARM®





MARYJANE'S CHILLOVER® POWDER

GELATIN ALTERNATIVE



Stabilized whipped cream is a light and delicate frosting for cakes, cupcakes, and layer cakes, and it can be whipped up ahead of time to top pies, cobblers ... really, anything you can think of. Unlike plain whipped cream, stabilized whipped cream keeps its shape over time instead of melting or deflating. When making this recipe, the key is to slowly sprinkle in our ChillOver Powder while whisking to avoid any clumps, and to keep whisking during the 3-minute simmer time.

STABILIZED WHIPPED CREAM

PREP TIME: 10 MINUTES,
PLUS 2 HOURS CHILLING
COOK TIME: 8 MINUTES
MAKES: 4 CUPS

2¼ cups cream, divided
½ t vanilla
¼ cup honey
¼ cup water
1¼ t MaryJane's ChillOver Powder

1. Add 2 cups cream and the vanilla to a medium bowl or stand mixer; set aside.
2. Bring honey and water to a simmer in a small saucepan over medium heat; slowly sprinkle in ChillOver Powder and continue to simmer for 3 minutes, stirring constantly. Remove from heat and whisk in remaining cream.
3. Begin whipping cream. Add honey mixture just before soft peaks form, then continue to whip into stiff peaks.
4. Pipe cream onto your baked goods and refrigerate for 2 hours to set.

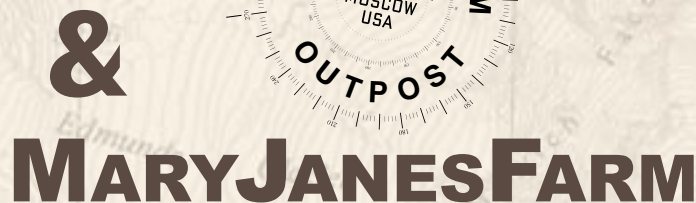


Looks like gelatin. Tastes like gelatin. But it isn't. It's better!

My innovative ChillOver® Powder is for all the people who grew up loving gelatin desserts but gave up on them, knowing their animal origin. It sets up in half the time gelatin does. It seals in flavors more quickly. And it doesn't melt at room temperature. Once you try it, you'll never go back!

**To order, call 888-750-6004
or go to MaryJanesFarm.org**

* You'll find several jam recipes using our ChillOver Powder in the magazine section of our website: MaryJanesFarm.org/Recipes-Patterns-Instructions



Here's a delicious way to help Mary Janes Farm help veterans help disaster victims.

“Your food made our day in the Philippines!”

I just wanted to let you know that we love your products. We were on the ground in Tacloban, Philippines, four days after the typhoon hit, doing relief work and setting up operations for our teams out there. Conditions that first week were challenging and extreme. We never complained, and your instant (just add water) pouches of food sure helped. We ate the awesome Outrageous Outback Oatmeal in the mornings and fought over the Shepherd's Pie in the evenings. We didn't have the luxury of taking a lot of them, but when the 15 of us were able to sit down to eat them, it was all smiles. Thank you! ”

— Kirk Jackson, TeamRubiconUSA.org



When we received the above e-mail and photo from Kirk Jackson of Team Rubicon, a veteran-focused disaster relief organization, we were humbled and pleased that our just-add-water organic meals found their way to the Philippines after the devastating typhoon in 2013. We also knew we wanted to help this great organization carry on their inspiring and important work.

So we teamed up with the Team: For every 3-lb box of our emergency food you buy (15 to 25 servings, depending on entrée), **we donate two single-serve pouches of food to Team Rubicon** to help feed them when they travel to help those in need. Each box of emergency food contains one 3-lb bulk oxygen-free mylar bag of our just-add-water organic meals for emergency preparedness long-term storage. Shelf life: 15+ years.



one
**3-lb
bulk box**
for you
=
two
**single-serve
pouches**
for
Team Rubicon



Why Prepare?

Natural disasters—floods, fires, earthquakes, tornadoes, and windstorms—affect tens of thousands of people every year. One week of emergency food is needed in order to ride out most disasters. That's a minimum of three meals per person per day for one week. Do the math and then get ready!

Why Eat Organic?

Surviving any kind of disaster is stressful. Why compound your burden by eating bad food? You need nourishment, not the mindless calories found in most preparedness meals that are overly laden with salt and preservatives; laced with pesticides, herbicides, and fungicides; and formulated using genetically modified ingredients.

Team Rubicon & MaryJanesFarm

The Mission

Team Rubicon unites the skills and experiences of military veterans with first responders in order to rapidly deploy emergency response teams, oftentimes arriving on the scene before traditional aid organizations.

MaryJanesFarm helps feed Team Rubicon's emergency response teams by donating two pouches of food for every box of emergency food sold. That's where you come in. Every time you buy a box of our emergency food, you're feeding Team Rubicon.

Team Rubicon Saves Lives

Since its creation in January 2010, Team Rubicon has impacted thousands of lives—in Haiti, Pakistan, the Philippines, and here at home most recently during Hurricane Sandy; the tornadoes in Moore, Oklahoma; and massive flooding in Colorado. Team Rubicon reaches victims outside the scope of where traditional aid organizations venture.

Team Rubicon Engages Veterans

Thousands of U.S. military veterans, many returning home after fighting 10 years of war, find a renewed sense of purpose for their skills and experiences through Team Rubicon.



MaryJanesFarm just-add-water organic meals—everything from instant pastas and rice to soups to breads to desserts—are perfectly complemented by the BioLite Camp Stove (BioliteStoves.com) that boils water with nothing but twigs. And, by converting heat into electricity, it can also charge your flashlights, phones, and other gadgets while you cook.

Product of USA

EcoPouch® Packaging



Our unique pro-environment **EcoPouch® Packaging** has offset 1,547,955 sq ft of aluminum foil since 1996. **That's 58 tons of landfill waste avoided!**

for a hefty dose of inspiration, watch Team Rubicon on YouTube.com/TeamRubiconUSA

MaryJanesFarm | 888-750-6004 | MaryJanesFarm.org

★ ★ TIME FOR A LITTLE ★ ★ TEA PARTY?

.....
★ BREW SOME ORGANIC ★
★ HERBAL GOODNESS

.....
AND FILL YOUR
CUP WITH PURE
BOTANICAL
★ FUN! ★
.....




mountain rose herbs
.com

ENJOY OUR 60+ ORGANIC HERBAL TEA BLENDS HANDCRAFTED SINCE 1987.



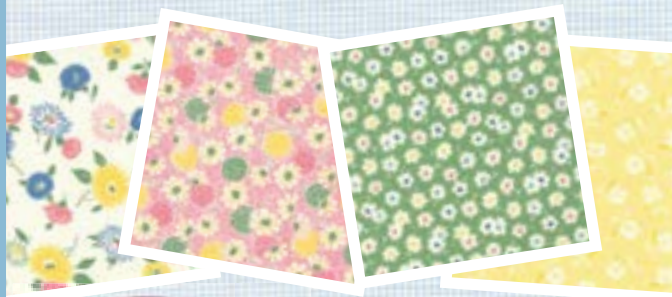
Our sentiments exactly!

This adorable 8" x 8" plaque, printed on canvas and stretched on a wood block edged with burlap, is available at BraveGirlsClub.com. Sisters Melody and Kathy believed there needed to be a place where women could go to feel supported and never alone, no matter what struggles they were having. They wanted to create a place full of good news, good people, good ideas, good adventures, and good times—a place where they could teach women that no matter what curveballs life handed them, they were going to be okay. Get a daily dose of Brave Girl magic by subscribing to the free Brave Girl Daily Truth e-mail affirmation messages—a little present the girls have been giving the world five days a week since 2009. Also sign up for Brave Girl Camp Art + Life Retreats, take online empowerment classes, encourage other Brave Girls with the Brave Girl Truth Card Exchange, and more. Read all about Brave Girls Club in the "Yesteryear" Aug/Sept 2014 issue of *MaryJanesFarm*.

The #1 **PFAFF** exclusive
dealer in the **WORLD!**

OFF with code
15% MJFmag15
ends 10-31-15

Shop in-store and online at
**Oklahoma's largest
quilt shop!**



www.quiltnow.com

101 S. Main St., Hennessey, OK, 73742
(405) 853 - 6801



OUTDOOR TIN SIGNS

by artist Sarah Hudock

PO Box 172, Newfane, Vermont 05345

NURTURE • YOUR • CALLING



"I'm not only learning about
nutrition, I'm learning
about treating people with
integrity and care."

Ellie Freeman, MS (2013)

**Create a
Healthier World**

Degrees Include:

- Naturopathic Medicine
- Public Health
- Psychology
- Nutrition

BASTYR UNIVERSITY

Learn more:

Bastyr.edu/Explore

855-4-BASTYR

Seattle • San Diego

New!!!
The
**Vermont
Bun Baker!**



Woodstove
Bake Oven
Broiler
Cook-Top
Hot Water*

ALL IN ONE!

Available with
and without
Soapstone

www.VermontWoodStove.com

802-468-8800

Vermont Marble, Granite, Slate & Soapstone Co.

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 6,487 (and counting), we've earned an amazing number of Merit Badges so far—9,234 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 our **Facebook** account. Updates for all things glamorously glamping 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





shabby apple



vintage-inspired clothing with quality & style
~~~~~ shabbyapple.com ~~~~~



~~~~~  
a return
to what
dresses
were
always
meant
to be
~~~~~





# Merit Badge Awardees



## Merit Badge Awardees

**Andrea Houck: teehee80 #6259**

Beginner badge: Outpost / Woman-at-arms

**Cheryl Villebrun: #353**

Beginner badge: Each Other / Blogging

Beginner badge: Stitching & Crafting / Crochet

Intermediate badge: Each Other / Blogging

Intermediate badge: Stitching & Crafting / Crochet

Expert badge: Each Other / Blogging

**Cj Armstrong: ceejay48 #665**

Expert badge: Each Other / Farmgirl Jubilee

**Dawni Everett: #6113**

Beginner badge: Farm Kitchen / Cheesemaking

**Emily Race: Simply Satisfied #3591**

Beginner badge: Outpost / Fishing

Beginner badge: Stitching & Crafting / Buttoned Up

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

Intermediate badge: Outpost / Fishing

Expert badge: Each Other / Blogging

Expert badge: Outpost / Fishing

**Ginger Harman: #6451**

Beginner badge: Each Other / Blogging

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

Beginner badge: Make it Easy / Relaxation

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Each Other / Blogging

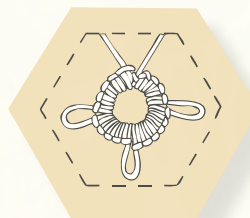
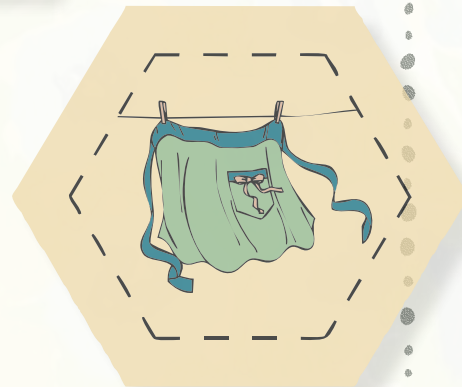
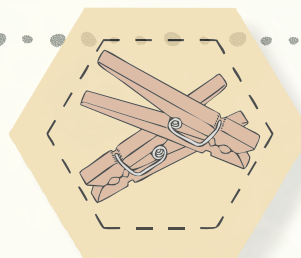
**Jennifer Chappell: #6346**

Beginner badge: Cleaning Up / Shopping Green

**Joanna Green: Joanna #5965**

Beginner badge: Each Other / Know Your Roots

Intermediate badge: Each Other / Know Your Roots

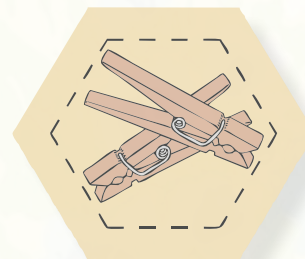






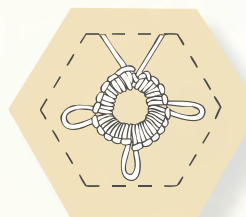
**Joy Rebello: #2267**

Beginner badge: Farm Kitchen / Get it Together  
Beginner badge: Garden Gate / Horse Dreams  
Beginner badge: Outpost / First Aid  
Beginner badge: Outpost / "Out There" Women  
Beginner badge: Stitching & Crafting / Sew Wonderful



**Kathleen Bobbitt: NixKat #3447**

Beginner badge: Garden Gate / Herbs  
Intermediate badge: Garden Gate / Herbs



**Katie Wright: #5600**

Beginner badge: Stitching & Crafting / Crochet  
Beginner badge: Stitching & Crafting / Embroidery  
Intermediate badge: Stitching & Crafting / Crochet  
Intermediate badge: Stitching & Crafting / Embroidery  
Expert badge: Stitching & Crafting / Crochet  
Expert badge: Stitching & Crafting / Embroidery

**Rachel Cotney: BeautifulBibliophile #6448**

Beginner badge: Cleaning Up / Shopping Green  
Beginner badge: Each Other / Farmgirl Grammar  
Beginner badge: Stitching & Crafting / Buttoned Up  
Beginner badge: Stitching & Crafting / Nellie Will-do  
Beginner badge: Stitching & Crafting / Origami



**Shannon Hudson: hudsonsinaf #5349**

Beginner badge: Cleaning Up / Green Energy  
Beginner badge: Cleaning Up / Recycling  
Beginner badge: Each Other / Community Service  
Beginner badge: Garden Gate / Backyard Farmer  
Beginner badge: Garden Gate / Bee Good to Your Mother Earth  
Beginner badge: Garden Gate / Birds  
Beginner badge: Garden Gate / Herbs  
Beginner badge: Garden Gate / Horse Dreams  
Beginner badge: Garden Gate / What's Your Beef?  
Intermediate badge: Each Other / Community Service  
Intermediate badge: Garden Gate / Herbs  
Expert badge: Each Other / Community Service  
Expert badge: Garden Gate / Herbs

continued ...





continued ...

**Sherrilyn Askew: Sherri #1350**

Beginner badge: Outpost / Glamping

Intermediate badge: Garden Gate / 3 R's Rule

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

Intermediate badge: Outpost / Disconnect to Reconnect

Expert badge: Outpost / Knotty Farmgirls

Expert badge: Stitching & Crafting / Basketry

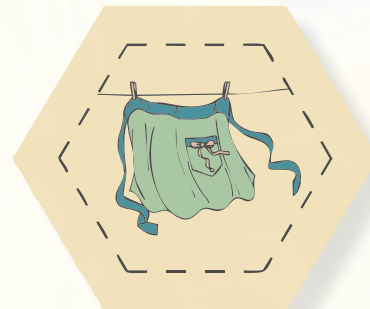
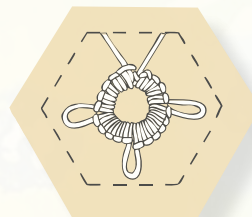
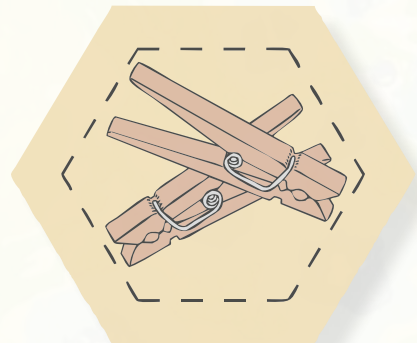
**Wendy Beach: WSBeach #6344**

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

**Rebecca White: Beccalou #6430**

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Stitching & Crafting / Sew Wonderful









# Farmerettes & Young Cultivators

## Merit Badge Awardees

### *Young Cultivators*

**Abigail Beauchene:** Young Cultivator of Jackie Beauchene #6270

Beginner badge: Stitching & Crafting / All Buttoned Up

Beginner badge: Stitching & Crafting / Weaving in and Out

Intermediate badge: Stitching & Crafting / All Buttoned Up

Intermediate badge: Stitching & Crafting / Weaving in and Out

Expert badge: Stitching & Crafting / All Buttoned Up

Expert badge: Stitching & Crafting / Weaving in and Out

**Tabitha Korab:** Young Cultivator of Jackie Beauchene #6270

Beginner badge: Stitching & Crafting / All Buttoned Up

Beginner badge: Stitching & Crafting / Weaving in and Out

Intermediate badge: Stitching & Crafting / All Buttoned Up

Intermediate badge: Stitching & Crafting / Weaving in and Out

Expert badge: Stitching & Crafting / All Buttoned Up

Expert badge: Stitching & Crafting / Weaving in and Out



### 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

### Young Cultivators

Our Young Cultivators are continuing to work on several badges simultaneously.

Why? Because it's summer!

We've decided we want to be outside as much as possible, so we end each session with only 15 minutes of stitching and embroidery (work that can wait until winter).

The first thing we did was head to our flower patch for a bit of science and plant physiology. How did we do that? We brought our flowers back inside and put them into vases of food-dye-colored water so that a few hours later, the veins of each flower would clearly show up. What an amazing network of veins a flower has in order to drink water and transport it to its very tippy tips.

See more photos on the following pages.

*MaryJane* 



continued ...



# Farmerettes & Young Cultivators

continued ...











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.

AVAILABLE IN

**UNBLEACHED WHITE • WHOLE WHEAT • GLUTEN FREE**

## BUDGET MIX™ ALSO COMES GLUTEN FREE.

YOU'LL FIND RECIPES FOR BISCOTTI, BISCUITS, BREADS, BREAKFAST DISHES, BROWNIES, CAKES, CREPES, COOKIES, MUFFINS, PIE CRUST, QUICHE, AND MORE, INCLUDING MY SIGNATURE FARMGIRL BAKEOVER™ AND FOLDOVER™.



# MARYJANESFARM

888-750-6004 • MARYJANESFARM.ORG



## My BUDGET MIX™ IS VERSATILE!

YOU'LL FIND 15 RECIPES INSIDE EACH BOX AND MORE SPRINKLED THROUGHOUT MY BOOKS AND MAGAZINES.

Order my "Farm Kitchen" special recipe issue and get more than 50 original recipes using my Budget Mix. It's a way of eating that anyone (urban, suburban, or rural) can benefit from. Not only is it a time and money saver, it's a reputation builder! My mother was the Budget Mix queen, baking her magic every day from a 10-gallon flour tin beneath our kitchen sink.

To find out more,  
scan here with  
your smartphone.





# Coming Soon to a Magazine Near You

Our Aug/Sept issue (The Experiment) will hit newsstands on July 14. In it, you'll find lots of recipes—from ice-cream sundae toppings to unique flavor pairings; make colorful fabric coasters; get ideas for camping like a girl; learn to fashion a simple swing from barrel staves; organize a food swap; discover gel-plate printing; and more. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here!](#)





Organic!

# MaryJanes

## FARM

INSTANT POUCH COOK® MEALS

Even though I live on a farm, I have days when I like convenience food.

**Fast food that isn't junk.**

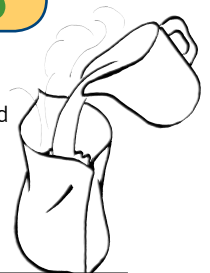
Food that's organic and tastes fantastic. Even though it's not fresh from the farm, it's made from foods that are.

On nights when you don't have the energy to even chop up some veggies (you know those nights),

**I'm really there for you.**

All you need is one of my instant Pouch Cook meals. Simply add boiling water directly to the stand-up package, fold the top down, and wait a few minutes. No need to be a hiker, no backpacks ... pure farmgirl. Most of my Farmhouse meals contain two standard servings, and they're unlike anything you've ever tasted. I promise. It's that good!

“My family LOVES your instant organic meals! I enjoy the Couscous & Lentil Curry, my husband loves your Alfredo Pasta with the Garlic Pesto Fry Bread, the kids are wild about Chilimac, and we all love the skillet-bake Brownies! Thank you, MaryJane! ” – Annie, Colorado



MARYJANESFARM.ORG





# FOLKWEAR®



#254 - SWING COAT

## SEWING PATTERNS FOR A VINTAGE LIFESTYLE



See our timeless patterns adapted from  
vintage fashion and ethnic costume  
at [www.folkwear.com](http://www.folkwear.com)

*patterns with timeless style*

## TIMELESS CHARM GIFTS

*Home Decor with a Rural Twist*



Order Annual Catalog Subscription for \$5  
& Get Coupon for \$10 Off  
319-656-3044 [timelesscharm.com](http://timelesscharm.com)

**Travel with others in  
the AG Industry!**



## Hawaii Four-Island Agricultural Tour

**13 days from \$1999\***

Departs Wednesdays & Fridays in January. Experience a true tropical paradise with perfect climate, stunning scenery and exquisite beaches while visiting the islands of Oahu, Kauai, Maui and the "Big Island" of Hawaii. Sightseeing includes **Pearl Harbor** and Waikiki Beach on Oahu; enjoy an entertaining cruise on the Wailua River to romantic Fern Grotto and visit a **Noni Fruit Plantation** on Kauai; visit Lahaina, the old whaling capital and Maui Gold Pineapple Plantation on Maui; and on the "Big Island," a Macadamia nut factory, Orchid Nursery; **Volcanoes National Park**, Fish Farm, Mountain Thunder Coffee Plantation and more.

\*PPDO. Plus \$199 tax/service/government fees. Add-on airfare available.



Call toll-free for details!

**1-888-635-8980**

[www.ymtvacations.com](http://www.ymtvacations.com) Promo code EF155912

**Contains "natural"  
berries and herbs?**



**What's wrong with this picture?**

When we say  
"raspberries",  
we mean it.



**Terressentials®**

Certified Organic Skin and Body Care

Free Shipping Special:  
[www.terressentials.com/maryjane.html](http://www.terressentials.com/maryjane.html)



## Certified Organic Feed & Supplements

**Happy birds start with healthy feed  
and supplements.**

Modesto Milling sells certified organic feeds, supplements and minerals that promote the well-being of your favorite feathered friends.

Our unique formulations have evolved over decades to meet the dietary and energy needs of birds during the various stages of their lives.

We ship anywhere. Get your personalized quote today at: **800-897-9740** or  
[modestomilling.com/maryjane.html](http://modestomilling.com/maryjane.html)



## Shuttercraft

*Realize the true beauty of  
authentic wood shutters.*



Mortise and tenon red cedar.  
Moveable & fixed louvers, raised panels,  
board & battens, cutouts, arches & more.  
Full painting service and hardware.  
Interior styles also available.  
Family Owned - Made in USA  
**(203) 245-2608**  
[www.shuttercraft.com](http://www.shuttercraft.com)



# 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 over 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.’”



Have you met  
our new  
Ranch Farmgirl?

Stop in and  
say hello and  
welcome here!

ranch  
FARMGIRL



**Dori Troutman, our Ranch Farmgirl Blogger,** is the daughter of second-generation cattle ranchers in New Mexico. She grew up working and playing on the ranch that her grandparents homesteaded in 1928. That ranch, with the old adobe home, is still in the family today. Dori and her husband always yearned for a ranch of their own. That dream came true when they retired to the beautiful green rolling hills of Tennessee. Truly a cattleman's paradise!

Dori loves all things farmgirl and actually has known no other life but that. She loves to cook, craft, garden, and help with any and all things on their cattle farm.



suburban farmgirl

## Nicole's Favorites

### Shampoo

My friend and farm sister, Jackie, always looks impeccable. The same goes for her hair. Whether she's sporting a chic short cut or she grows it longer, Jackie's dark, glossy hair always looks great (reminding me of another chic brunette named Jackie from America's history—always well-coiffed and elegant). For the past several years, my friend Jackie has raved about her favorite shampoo, but I had been hesitant to try it, since I had never used anything like it before.

My daughter and I have very thick hair that we both keep long. For me, it eliminates bad hair days and frequent trips to a salon when a precision cut starts to grow out (I did that for years, but now I like everything "simpler"). Between the two of us, we go through a lot of shampoo, especially now that summer's in full swing. We swim, garden, and go to the beach. Sometimes we end up shampooing more than once a day!

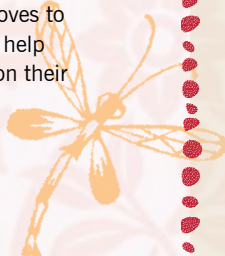
Family friends own a lake house several hours away, and often invite us to join them for a getaway. I feel a bit embarrassed because we look like we're moving in as opposed to visiting for a few days. "Travel size" shampoo bottles don't work—I can go through one just washing my hair one time. We pack a big, extra bag just to carry large bottles of shampoo and other hair supplies.



I also use a hair dryer, and sometimes other heat appliances, too. All that outdoor activity in the sun, heat styling, and frequent washing can take a toll on my hair and make it dry. Then there's the frizz that comes with July humidity. When my usual go-to shampoo was out of stock at my favorite store, I decided to try the shampoo Jackie has been raving about: J.R. Liggett's™ Old Fashioned Shampoo Bar.

100% detergent free, this simple wonder contains no preservatives, GMOs, or animal products. It looks like a regular soap bar, but is made specifically for the hair, using "an old New England Bygone Era Recipe." Each bar is hand cut; no two bars look exactly alike. There are six enticing, natural formulas (I chose the Herbal formula). There's nothing synthetic, and the bars are made with earth-friendly ingredients like saponified olive, coconut, and organic palm oils and lavender and rosemary. I was pleasantly surprised by the wonderful lather and how easily it rinses out. My hair doesn't feel "stripped" the way it can with conventional shampoos, and looks healthy and shiny. My husband uses it now, too. It doesn't weigh his short hair down and keeps his dry scalp comfortable.

J.R. Liggett's™ Old Fashioned Shampoo Bar is perfect for travel and can fit right in my purse. What a space saver for glamping farmgirls, too! Priced at \$7.49 for a 3.5-oz bar, it outperforms and outlasts big ol' bottles of liquid shampoo. Find yours at health-food stores, Whole Foods, or at [JRLiggett.com](http://JRLiggett.com).







## THE FOLK SCHOOL CHANGES YOU.



Engaging hands and hearts since 1925. Come enjoy making crafts and good friends on 300 natural, scenic acres in western North Carolina.

**JOHN C. CAMPBELL FOLK SCHOOL**  
folkschool.org 1-800-FOLK-SCH  
BRASSTOWN NORTH CAROLINA



4-20  
Hens



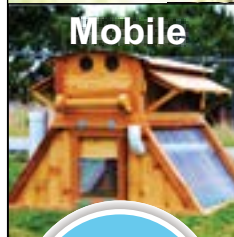
## Handmade Cedar Chicken Coops

### All 4 Models Feature:

- ▶ 100% Premium Cedar Lumber
- ▶ Predator Resistant Strong
- ▶ Built to Last Painted or Not
- ▶ Ultra-Easy Hen Care
- ▶ No-Poop Water & Feed Options
- ▶ Ships FedEx to Your Door
- ▶ Hot & Cold Climate Proven

Walk-In

Mobile



Ranchette



Backyard



LIMITED TIME  
**SPECIAL  
OFFERS**  
available

**Urban Coop Company**  
Find your inner farmer

**UrbanCoopCompany.com 877-741-COOP**



## Wildly Good for the Planet

Our company was founded on the notion that there is only one way to fish – sustainably. Our 100% pole and troll method results in minimal by-catch and ensures that your purchase of delicious Wild Planet tuna supports small-scale fisheries worldwide. Together, we can be the stewards of a healthy marine environment.

100% sustainable fishing – our Wildly Good promise. Learn more at [wildplanetfoods.com](http://wildplanetfoods.com)







MARYJANE'S™

*organic*

## WHY ORGANIC?

Organic cotton is safer for you, for farmers, for your children, and for the environment. My 325 thread count percale sheets feel softer, smell cleaner, and are more hypoallergenic. Not only do they coordinate with the bed sets in my MaryJane's Home collection, the fitted sheet has deep corners that fit even the thickest of mattresses.

farmgirl ingenuity • beauty • humor • honesty

## WHY PERCALE?

In a percale sheet, yarns are woven one over and one under each other to produce a tighter, higher-quality weave than that of standard sheets. Percale sheets are longer lasting, hold up better to washing, and are smoother. They also have that crisp, old-fashioned, delicious feel from an era gone by when sheets were built to last.



**Fred Meyer®**



MARYJANES FARM®



# MaryJanesFarm Marketplace



**DO YOU HAVE A PRODUCT OR SERVICE YOU WOULD LIKE TO PROMOTE? PLACE A CLASSIFIED AD HERE AND SELL TO FARMGIRLS NATIONWIDE!**  
**Call Brian 1-888-750-6004 OR EMAIL**  
**advertising@maryjanesfarm.org**

## CONCERNED ABOUT GMOS?



If you'd rather not eat products containing genetically modified organisms (GMOs), you're not alone. The Non-GMO Project's non-profit third party verification program empowers you to have an informed choice. Non-GMO Project Verified products have met rigorous, transparent standards for GMO avoidance, including testing of all GMO risk ingredients.



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

At **Orchard Farm** all of our products are made from scratch



with fair trade, organic oils, and homegrown botanicals.  
 Visit: [www.orchardfarmsoap.etsy.com](http://www.orchardfarmsoap.etsy.com)

## American Garden Tools

[www.AmericanGardenTools.com](http://www.AmericanGardenTools.com) 800-294-1951.  
 Incredibly durable and exclusively American-Made Garden tools and accessories. The best American-Made gifts to give yourself and others.

## Project F.A.R.M.

Buying something made by hand from someone you "know" is our concept of how the world should be. Become one of our Project F.A.R.M. sellers and become part of a powerful rural movement.  
[iris@maryjanesfarm.org](mailto:iris@maryjanesfarm.org)

## Composting Worms

**RED WORMS**(*Eisenia Fetida*) perfect for composting. \$26.00 per pound, five pound limit per order. Free Shipping. Greenway Farms of Georgia, 1100 Beasley Rd., Roberta, GA 31078.  
[www.greenwayfarmsofga.com](http://www.greenwayfarmsofga.com)

## Earth Worms

[www.GreenGregsWormFarm.com](http://www.GreenGregsWormFarm.com) Bedrun Redworms – 5,000/\$42, 10,000/\$65, 20,000/\$118, 50,000/\$280. Postpaid. Fishing, Composting, Gardening. Greg Allison, 112 Stilwell Drive, Toney, AL 35773. Free "How To Guides" included. **256-859-5538**

## European Garden Tools

**The Marugg Company** European-style scythes, snaths, and sickles. Free catalog. P.O. Box 1418, Tracy City, TN 37387. [www.themaruggcompany.com](http://www.themaruggcompany.com)

## Fertilizer

**NEPTUNE'S HARVEST ORGANIC FERTILIZERS:** Extremely effective. Commercially proven. Outperform chemicals. Wholesale/retail/farm. Catalog. 800-259-4769 [www.neptunesharvest.com](http://www.neptunesharvest.com)

## Health Aids

### WHO'S SLEEPING WITH YOU TONIGHT?

Nontoxic Kleen Green stops bedbugs, scabies, lice, and mites fast! Safe for children and pets.

Fast, confidential shipping. 800-807-9350

[www.kleengreen.com](http://www.kleengreen.com)

## Health & Beauty

**FREE ESSENTIAL OIL GUIDE & NATURAL PRODUCTS CATALOG.** 170 pure essential oils. Large selection of blends, liniments, creams, rubs, cosmetics, diffusers, and supplies. 800-308-6284.  
[www.AromaTherapeutix.com](http://www.AromaTherapeutix.com)

## Organic Beehives

**QUALITY TOP BAR** Bee Hives for easy backyard beekeeping. Raise Bees, process your honey the natural, organic way. 270-703-5877.  
[www.organicbeehives.com](http://www.organicbeehives.com)

## Business Opportunities

**GREEN HOME BUSINESS.** Make a living while making a difference working from home. P/T or F/T. Flexible hours. No large investment. [www.EcoTeamUnited.com](http://www.EcoTeamUnited.com).

## YOUR AD HERE

Call Brian  
 1-888-750-6004



# Magazines, Books & More



Our Aug/Sept issue (The Experiment) will hit newsstands on July 14. In it, you'll find lots of recipes—from ice-cream sundae toppings to unique flavor pairings; make colorful fabric coasters; get ideas for camping like a girl; learn to fashion a simple swing from barrel staves; organize a food swap; discover gel-plate printing; and more.

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

If you're a subscriber, you should have received your magazine by about May 5. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you didn't receive your magazine, you can call our publisher's subscription department at 800-476-4611 to check on your delivery.

## MaryJanesFarm *Calendar*

Our **2015 calendar** is still available. Each month's top page features a full-color image from our farm and each calendar page includes dates, holidays, inspirational sayings, lunar phases, and fabulous farmgirl culture. This is a Project F.A.R.M. (First-class American Rural Made) product. All 26 pages are printed here at the farm on 8 1/2" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

### Current Holidays:

July 1 ~ Canada Day  
July 4 ~ Independence Day  
July 5 ~ Build a Scarecrow Day  
July 7 ~ Chocolate Day  
July 12 ~ Simplicity Day  
July 15 ~ Cow Appreciation Day  
July 19 ~ National Ice Cream Day  
July 20 ~ Global Hug Your Kid Day  
July 23 ~ Gorgeous Grandma Day  
July 24 ~ Cousins' Day  
July 26 ~ Parents' Day  
July 30 ~ Father-in-Law Day

July  
Sisterhood  
Special!  
(see p. 50)



**6,487 Sisterhood members and  
9,234 Merit Badges earned —  
growing stronger every day!**