

# MARYJANES FARM®

Sister Issue

August 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



**12**  
**EACH OTHER**  
Make a Glamping Journal  
with Megan

**18**

**EACH OTHER**  
with Melyssa Williams



**10**  
**WELCOME**  
new and renewing sisters



**24**  
**HOMESCHOOLING**  
with Melyssa Williams



**26 FARM KITCHEN**  
Summer Simplicity  
with Ashley





28

## OUTPOST

Campfire Storytelling  
with MaryJane  
and Queen Anne's  
Lace with  
Sandi O'Connor



32

## GARDEN GATE

Late Summer  
Sumac-ade



34

## STITCHING & CRAFTING

Find Your Piano's  
Re-Purpose



42

## MAKE IT EASY

with CJ  
Recipe Collection Holder



## 44 MOUNTAIN ROSE HERBS

How to Make Liquid  
Stevia Extracts

continued ...



# Contents continued ...



continued ...



46

CLEANING UP

Harvest Knots

54  
SISTERHOOD  
SPECIAL  
MaryJane's Fabric  
Collections



70 SISTERHOOD  
NECKLACE



72 MERIT BADGE  
AWARDEES



58

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. 16

Kristi



MaryJane's Picks

I'm feeling so grateful after working on my Farmgirl Gratitude Merit Badge (p. 6), that I thought I'd browse on Etsy to find a few ways to display my gratitude for all to see.



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



p. 20

Carol



p. 51

Karina

Gratitude Journal





# Hello from Sister #1



## MBA Jane

This issue, I'd like to shine the spotlight on MBA Jane. The adorable, always humorous Merit Badge Awardee Jane (MBA Jane for short) is my way of honoring our **Sisterhood Merit Badge program**, now with 6,571 dues-paying members who have earned an amazing number of merit badges so far—9,327 total! If you haven't met Jane yet, read her bio [here](#).



When I first started the Merit Badge program back in 2008, I had the idea to shoot how-to videos for each badge. As you can imagine, that quickly became too time-consuming. Trying to fit in a video series between milking cows; packaging food; running a B&B; gardening; and designing a magazine, books, fabric, housewares, and more was just a little daunting. (We did shoot 16 videos; if you'd like to see those, click on the "how to" link on our [video page](#).)

Then, I thought we'd ask MBA Jane to pose for photos for each badge, which she graciously did until she ran out of cute outfits for her photos. After all, a girl can only be caught on camera in the same outfit so many times! But even though MBA Jane has retired

from her modeling career, she still pens her thoughts as she works on each Merit Badge for my **Raising Jane Journal**. We hope she inspires and amuses you; she's quite a card, that little MBA Jane.

For this issue, I'd like to give you a preview of MBA Jane's post about earning the Farmgirl Gratitude Expert Level Merit Badge, since her letter says it all. Actually, I couldn't have said it better. It's uncanny how much we think alike ...

Take it away, MBA Jane!!!

-----  
For this week's **Each Other/Farmgirl Gratitude Expert Level Merit Badge**, I expressed my very own Farmgirl Gratitude, open-letter style.

I wanted to hold up some large pieces of white paper with poetical and important words in permanent marker, or maybe pour some ice on my head or something, but I figured, hey, a good, old-fashioned letter is the way to go, Jo.







No drama here! (Never said *that* before.)

*An Open Letter to My Favorite Things*  
(Singing to the tune of *These Are A Few of My Favorite Things* optional. But encouraged.)

*Moonbeams on gardens, and ice cream with peaches,*

*Sweet tea with cookies, and library books in niches,*

*Reusable shopping bags filled with all that life brings,*

*These are a few of my favorite things.*

*Tractors as rusted art, my upcycled porch swing,*

*Organic and homemade and garden-grown everything,*

*Fresh air while hiking and glamping while camping,*

*These are a few of my favorite samplings!*

*When the health's good,*

*When the air's clean,*

*When I'm planting trees ...*

*I simply remember my favorite things ...*

*And then my farm life is a breeze!*



continued ...





continued ...

Okay, maybe I haven't earned my Expert Level Merit Badge in Poetical Poetry, but hey, I got ya singing, didn't I? And don't even pretend you weren't channeling Maria and spinning in a circle, be honest. von Trapp it up!

Now pass me my sweet tea (local honey, of course; it's the bee's knees), put up your feet on my upcycled porch swing, and pen your own open letter of gratitude. Your heart will thank me!

-----  
One thing I'd like to add to MBA Jane's list ... ALL OF YOU! I'm endlessly grateful for all my Farmgirl Sisters—thank you from the bottom of my heart!!!

*Mary Jane* ❤️











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

Abby Lovett  
Alberta Dawes  
Alexandria Park  
Alice Minasian  
Amanda Mathis  
Amy Grossman  
Anette Theopolos  
Angie Bunch  
Anne Sykes  
Anne Carey  
Annette Ericsson  
April M Choate  
Ashley Wallace  
Aurore Stubbs  
Becky Messer  
Bee Benson  
Betsy Kapp  
Beverly Sherman  
Brenda Burt  
Brian Ogle  
Carol Cownie  
Carol Jean Fritz  
Cathy Hudson  
Cecilia Early  
Cheryl Murray  
Christina O'neal  
Christina Smith  
Christina Owen  
Christine Pena  
Cindy Cope  
Cindy Laurance  
Cindy Meier  
Cindy Clausen  
Connie McCaffery  
Crystal Miller  
Cynthia Thornton  
Cynthia McCormick

Dahl Currington  
Darlene Litton  
Deanna Stirmel  
Deb Hillard  
Deborah Riggs  
Debra Ratliff  
Debra Piper  
Deidre Collette  
Denise Brice  
Diana Gibson  
Dianne Buckman  
Dina Strawn  
Emma Hobbs  
Faith Scott  
Gabriele Beck  
Gail Karls  
Gail Butkus  
Heather Burke  
Jacqueline Vanasse  
Jacquelyn Difiore  
Janet Doran  
Jennifer Hunter  
Jennifer Mackey  
Jenny Power  
Jessica Onstead  
Joann Brogan Wipf  
Jolene Ormonde  
Jordan-elizabeth Keith  
Joy Elick  
Joy McKee  
Judy Weichbrodt  
Judy Campbell  
Kara McFall  
Karen Hart  
Katherine Panella  
Katie Robillard  
Katie Wagstaff

Kelly Baehler  
Kim Hostetter  
Kimberley Thomas  
Laura Goldsmith  
Laura Robinett  
Leah McCoy  
Leanne Phillips  
Linda Adams  
Linda S. Larson  
Linda Hoenigsberg  
Lisa Hoover  
Lisa Zalepa King  
Lisa Howard  
Lori Kump  
Lorie Riegle  
Lydia Marinez  
Marcy Sumoski  
Margo Rudder  
Marlene Cryar  
Marti Johnson  
Mary Brabston  
Melinda Barnette  
Melissa Orr  
Melissa Kunze  
Michele McElwee  
Milessa Winward  
Miss Irene Cecilia  
Falcomer  
Morgan Wilson  
Nancy Faulkner  
Nancy Boyd  
Nancy Silva  
Nancy Adams  
Nancy Thompson  
Nikki Hurlbut  
Pam Shipley  
Pamela Bergmann

Pamela Schmidbauer  
Patricia Warren  
Patti White  
Peggy Rowe  
Racheal Cantin  
Rachelle Evitt  
Rhonda Miller  
Robertta Hunt  
Rosemarie Malizia  
Roxanne Ward  
Ruth Schneider  
Ruthie Hirsch  
Sandra S. Oakley  
Sara Heck  
Sharon Robitille  
Sherry Jackson  
Shimrit Hanes  
Stella Huff  
Stephanie Guevara  
Susan Decker  
Susan Schneidmiller  
Susanne Bender  
Suzanne Ramsburg  
Suzanne Miller  
Tani Lynne Schaefer  
Theresa Daniels  
Tina Dublin  
Toni Reams  
Twana Plum  
Victoria Weyforth  
Victoria Crawford  
Virginia Slaughter  
Vivian Varela  
Wanda Jean Holding  
Wendy Fisher  
Whitney Tabis  
Zane Hall



**“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).

## Glamping Journal

Looking for some way to preserve precious time spent glamping with my hubby and little ones, I recently decided to keep a journal. Once I decided, though, my idea of a journal got a tad carried away ... a project for the whole family. Yes, I want both my kids to add their drawings and little snippets. How special is that? Maybe it’ll be so cute, I’ll even convince my husband to jot something down. Awww (I know). I also realized that one journal had potential to cause some bickering between my sweet girls over whose turn it was to contribute. So making this little “tag journal” is my solution. There’s room for more tags or less, but it allows us all to work on it at the same time. Journal night by the campfire? That’s making memories in itself!

And I can’t wait to leave it in the camper, so each year on a new trip, we can peruse through it and be reminded of the fun we’ve had previously.







## You'll Need:

- scoring board (optional, but you'll love it once you try it out!)
- 10 pieces of cardstock
- 2 pieces of chipboard
- stack of tags (you can always add more later)
- glue stick
- scissors
- hole punch
- something to bind the journal together (fabric scraps, ribbon, lace, etc.)

1. Start with 10 pieces of cardstock cut to 9" x 7".

2. On the scoring board, place a piece of cardstock vertically so the 7" side is at the top and score a line at 6 1/2".

3. Turn the cardstock once so the 9" side is across the top and score a line at 6".

4. Turn again to the 7" side and score a line at 6", but stop when you reach the line you created in the previous step.

5. The bottom portion will be your pocket. At the first score line up, snip in until you reach the 1/2" score line. Repeat on the other side. Remove a little "v" of cardstock at each corner of the pocket to lessen the bulk when it's folded.

6. On the side with the 1/2" score line, remove all the material above your snip line, from the pocket to the top.



continued ...





## continued ...

7. Fold the edges of the pocket in, bring the bottom up, and glue down. Repeat this process for 5 pieces of cardstock.

8. For the next 5 pieces of cardstock, fold the pocket to the opposite side of the cardstock so that the 1" score line is on the right of the pocket instead of the left.

9. Now glue the pockets back to back. This step also adds to the sturdiness of the pages.

For the cover, I cut down two pieces of chipboard to 6 1/2" x a smidge over 6". My tags measured 6 1/4", and I wanted them to peek over the top of the book, but if you prefer the tags be hidden, simply cut your covers to 6 1/2" x 6 1/2". Score each piece at the 1" score line; this will allow you to bend the cover to open the book later. Then cover them in your choice of fabric or cardstock.

To bind the book, I punched three holes in the same location on the pockets and the cover and then ripped strips of MaryJane's Bee My Honey fabric and threaded them through the holes to hold the whole thing together.

I used the leftover strips of fabric to decorate the cover, as well as threaded a tiny piece of fabric through a button to form the zero in 2015. The other numbers were created with a stencil and a black Sharpie. I also tied fabric strips to each of the tags and glued strips to my pockets and distressed all of my edges with a little blue and red ink.

*Meg*



Your cardstock should look like this after step 6.









# Sister Loves

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

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



MAIL-ART MAVEN  
(SISTER #4314)

I'm fortunate to have a few tall ceilings in my house where beautiful lights can shine down from above. The problem is the previous owners had an affinity for big-box store décor, so nothing at all exciting is happening up there. I'm dreaming of changing my ambience, with a little help from a few amazing glass and ceramic artists, of course.

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

BohemiaMade



ClayCafe

MarbleCityGlassworks



Nostalgianmore



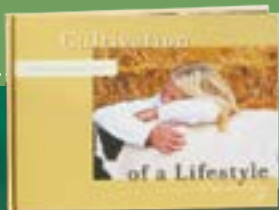
RockGlassandCeramic



ProvidenceArtGlass







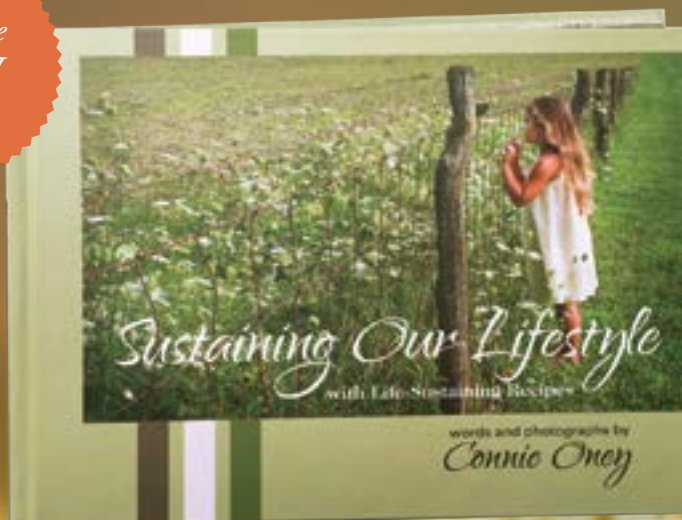
From the author of *Cultivation of a Lifestyle*

*Words and Photographs  
by Connie Oney*

# Sustaining Our Lifestyle

*with Life-Sustaining Recipes*

Own the  
**NEW**  
book!



**MARYJANE**

*described Connie's last book as ...*

"... the written preservation of the agrarian lifestyle that is the backbone and root crop of American life as we know it ... words so strong your heart will ache, in that good, old-fashioned way that only summers on the farm can give you. It's the journey of a lifeline."

*To learn more about Connie and her books go to [ConnieOneyPhotography.wordpress.com](http://ConnieOneyPhotography.wordpress.com).*

*Available at Amazon.com. Coming soon to your favorite book retailers!*





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

## Potty Training

Once upon a time, this mama watched an episode of Oprah that mentioned that toilets spray their contents in a six-foot radius when you flush them.

Umm ... I am not OCD about a ton of stuff, especially dirt/grime/bugs/snakes/germs-type stuff. I have kids. I have boys. I'm the mom who lets her babies eat all the dirt their little hearts desire. Mud pies are good for the soul, I tells you!

But that sorta grossed me out. (The toilets, not the mud pies.)

Unfortunately, I have a boy, a man child, a wee human who has been fascinated with the ol' loo since he could toddle on his chubby legs to it. He used to flush all sorts of things down there. Mostly deodorant caps. The occasional Superman action figure. Lunch. He doesn't do that anymore because he uses the toilet for what it's designed for, which you'd think would be great.

Except ...

he has to hug the thing in order to flush it. We're talking straddle it, both arms akimbo, drawers down, face unbearably close to the very pot. I can tell him till I'm blue in the face to pull up his big-boy undies, stand aside, and then flush with one finger, but it ain't gonna happen. He has to ... er ... make out with the toilet.

And my toilet isn't gross. I have myself plus my teen army of two to clean it regularly.

But Walmart doesn't. And 7/11 doesn't. The park certainly doesn't.

And even when he's not in there with me (because he's standing under the hand blow dryer with a dreamy look on his face, letting his golden locks fly free), I still get grossed out because *those stalls are built for fairy children and elves*. Seriously, I'm 5'3" and not hugely overweight, and I have a heck of a time fitting in there. Closing the door almost causes me to fall in the bowl. Which would be grodie.

So you're supposed to flush with the lid down—according to The World According to Oprah—but they *don't have lids!* So the next best alternative is to jump at least six feet away as you push down the flusher, right? Well, no, you can't do that because the stupid toilets *flush on their own now*. Who invented these things? He obviously didn't watch Oprah. There is no possible way to get out of the way when there is no lid to close, and even if you could jump up fast enough and break through the door, you'd have your skivvies down to your ankles. And no one wants to see that.





Also, you would trip on your purse that you had to set down on the four inches of floor space in the stall because the purse hook is busted.

In case you couldn't tell, my five-minute run to Walmart took 40 minutes because my son had to do #2 twice. And that is why I share my dissatisfaction with automatically flushing toilets and Oprah and her impossible-to-follow advice with you. And also why I think you should delay potty training as long as possible.





# Sister Loves

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

Carol's  
PICKS  
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,  
UKULELE ENTHUSIAST  
(SISTER #3)

These gorgeous creations I found on Etsy are inspiring me to gather my cache of doilies, find a quick tutorial on hand-dyeing, and stitch them up into something fabulous!

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



Ishawfield



IrinaCarmen



IrinaCarmen



LuvLucyArtToWear



AllThingsPretty



SparrowDesignGroup



ByKatDesigns

20

August 2015

© 2015 MaryJanesFarm • Moscow, Idaho





*Making memories*

rural financing for your place in the country

[FindFarmCredit.com/tree](http://FindFarmCredit.com/tree)



FARM CREDIT

Loans for:  
Farms and Ranches • Ag Production • Agribusiness • Country Homes • Recreational Property



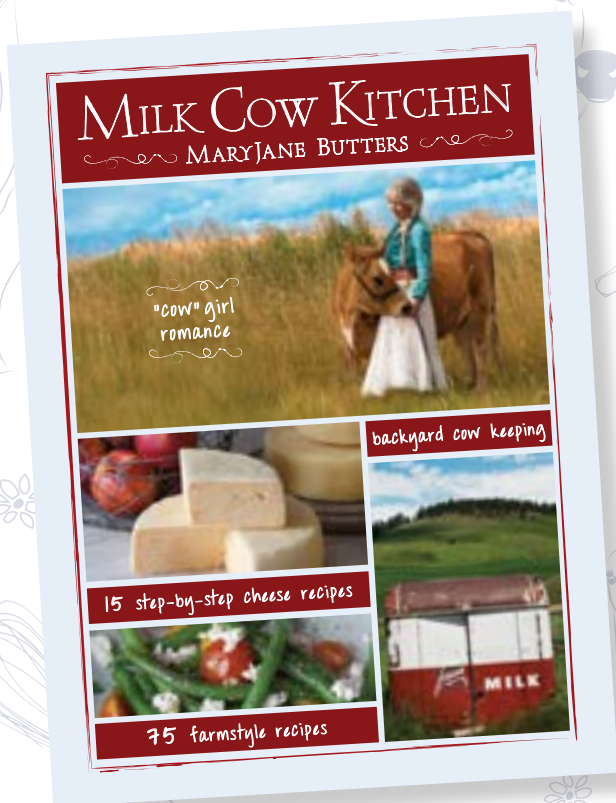




“In her fifth book, MaryJane covers just about everything cows and dairy. If you can make it past the food and cheese recipes without needing to eat, you’re a better “cow”girl than I. But the real gem of the book is the hooves-up, how-to advice on keeping a healthy, happy, backyard cow. Whether you’re 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](http://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](http://ShadowsGray.com).

## Cheapskate Mommies

When you're a mommy, you learn to save money. And when you're a homeschooling mommy, you really, really learn to save money. I have saving pennies down to an art form (though that makes me sound like I have oodles of it in my bank account, and I don't want to mislead you: there's nothing in there but spider webs, crickets, tumbleweeds, and \$11).

One handy-dandy cheapskate tip that I like to use is a little-known secret called craigslist. Oh, you've heard of it? Well, I bet you haven't risked your life and limb for it like I have ...

One of my best finds on craigslist was a beautiful, all-wood, scalloped-trim dresser. I nearly died in several heart-stopping moments as I traveled to pick it up. Alone. Not recommended, but sometimes a good deal erases my brain cells. The dresser was lovely and worth it. But some dingbat had painted it a not-so-lovely shade of diarrhea brown. No problem, says I, we'll buy the cheapest white paint on the market and that'll be that.

Well, I thought I bought the "paint and primer in one" deal, but I did not, and the diarrhea turned the weirdest shade of Pepto-Bismol pink. A second coat did not solve this predicament. I was in a pickle. Also, I was out of paint. Anyway, at this point, I was really getting annoyed with myself and had to go buy primer. Then I had to go buy more paint. Then I was really high on fumes and started painting unicorns and sunbeams everywhere.

So when you're me, this is how you buy a used dresser to save bunches of dough:

1. Risk your life and almost become a skin sweater for craigslist sellers in remote locations. Spend \$15.
2. Paint with the cheapest paint possible. I bought a small can for \$10 because I actually had two dressers to paint. The other dresser had to be painted because it had been owned by smokers. Smokers who evidently crawled *inside* their dresser to do their smoking.
3. Go back to Lowes.
4. Buy primer. \$5.





5. Whine a little.

6. Start to enjoy the fumes. Hum a little Doors.

7. Go back to Lowes. \$10 more.

8. Finish with spray paint.

Bask in the glory that is your \$15 \$50 dresser. Easy as pie! Except I may or may not have killed a couple brain cells.

Pretty sure I wasn't using them anyway, so no loss.







# 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.

## Summer Simplicity

When I moved out of my parents' house and into my first apartment, I was excited to set up my own little home. When I went shopping, I found a print in vibrant blues, yellows, and reds of a little village full of people busy at work. On the back of the print, there was a caption about Chinese peasant art. It was described as a celebration of simplicity that seeks to bring vibrancy and detail to simple, everyday things. I bought it, and it has moved with me all these years, although now it's tucked away in storage. I hadn't specifically thought about it for quite some time, until the other day.

I had just finished a batch of cheese here at the farm and was sweeping the bunkhouse floor, getting ready to mop. As I moved the broom across the familiar floor, I was thinking about recipes I wanted to create next, what I had on deck for the next issue of the magazine, what to make for this month's *Sister Issue*, and so on. Then it hit me: I've done this exact thing over and over. In fact, it seems to me that my most productive thinking happens when I am sweeping, cleaning, organizing, or rearranging. I love to clean and organize, but never really thought about *why* I love these acts. Then I thought about my picture of the happy village, and realized that although it doesn't hang in my kitchen anymore, the message still resonates in everything that I do. Perhaps I bought the picture because it spoke to a part myself that I had yet to realize was there, or perhaps seeing it daily for so long instilled in me a desire to create that happy little village for myself. It's not flashy or exciting, but it's honest. I wonder what life would be like without the ability to celebrate the simple things and glean happiness from those.

In my mind, summer is a vibrant celebration of simplicity. Although summer can be filled with exhausting and consuming work, most of my happiest and fulfilled moments have been born out of days full of just that kind of work. It's empowering, and absolutely worth celebrating. In regard to food, I can't think of anything more simple or joyful than plucking a juicy tomato from the vine and biting into it. So this month, I don't have a recipe, but a suggestion: If you haven't already, steal a moment to pick the juiciest tomato you can find from your garden, or if not there, then your local farmers' market—just make sure it's been warmed by the sun, and bite into it. You can sprinkle it with a little salt and pepper if you want, but really, just take a moment to revel in the simple, joyful fruits of summer.











# Outpost

## Unleashing Your Inner Wild



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

## Campfire Storytelling 101

What is it about a campfire that stirs our primal desire to share stories? Undulating flames and crackling coals seem to possess a primal power that beckons our spirits back toward a simpler time when we huddled together, backs to the dark night, and wove a sense of community with good old-fashioned yarns.

"Most people feel a little bit vulnerable around a campfire," Minnesota storyteller Doug Wood tells Bill Vassler of **Westside Toastmasters**. "As night is dropping down, your senses are heightened. You're not too sure what the sounds are in the night. You're a little bit worried about, say, bears. People are ready to hear stories, and to use their imaginations to participate in them. So you take that atmosphere and it enables you to create some magic with campfire stories."

But in this age of spoon-fed stories from TV and the Internet, the idea of actually *telling* a homespun tale can be more than a tad intimidating. If asked to tell a story right now, spur-of-the-moment and off-the-cuff, would you take a crack at it or cringe?

Alas, many of us would fall into the "cringe" category.



Photo by J.smith via Wikimedia Commons

The good news is that it doesn't take a ton of practice to perfect (or at least primp) your storytelling skills. If you're feeling brave, brush up on the time-tested tips below, and then put 'em to the test. Invite a big bunch of friends over for a bonfire. When you hush the group to spin a spooky, silly, or sentimental story, you'll send them over the moon with delight. This kind of entertainment never goes out of style!

### Keep it Simple

The death of many a great story has been an overly complicated plot. Forget the 400-page psychological thrillers you've read; the best campfire tale is more closely related to a fable. Stick to a single thread of thought. The fewer side roads you take, the more riveted your audience will remain.

### Stick to Standard Structure

In other words, make sure your story has a beginning, middle, and end. This classic arc has become a staple of storytelling because it serves to keep the audience engaged from start to finish. Ideally, the beginning will open with a catchy line, grabbing attention from the get-go, then launch the events to come. The middle generally encompasses a





journey or unfolding of events that lead to a climax of action. This is where the real “story” happens. And the end should include a surprising twist, punchy punchline, or tidy tie-up that brings listeners home from their virtual voyage.

## *Get Creative*

This may sound like the hard part, but relax and tap into your imagination as you draw inspiration from the world around you as well as stories you’ve heard. “The easiest way to add a new twist to old favorites is to aggregate plot points from your personal favorites,” suggests Vassler. “If for instance, you’re telling a story about a lonely winter’s hike in the wilderness, you can throw in the Jack Frost character and create a dilemma similar to ‘A Night in Sleepy Hollow.’”

## *Speak Up and Slow Down*

A gifted storyteller knows how to use her voice to captivate an audience, and this is where practice really pays off. The four key elements in her bag of vocal tricks are:

- Projection: speak in a commanding tone without hurting listeners’ eardrums.
- Enunciation: speak clearly and pronounce your words with precision.
- Variation: bring characters alive by giving them unique voices, and display emotion in your tone (if it’s a scary moment, for instance, allow your voice to quaver).
- Speed: effective storytelling is reserved in its pace, like an expert rider reining her horse back from a full gallop, so don’t be afraid to speak slowly and pause frequently for effect.

## *Be Mindful of Little Ears*

Scary stories can be too disturbing for youngsters (and their mommas), so make sure your topic is age- and audience-appropriate before diving in.

Now, to make a long story short, check out these Web references for more storytelling tips and plot ideas ...

**Why We Love Campfire Stories—And How to Tell a Good One**  
**Ultimate Camp Resources**  
**5 Story Ideas for the Campfire**  
**How to Tell Scary Campfire Stories**  
**Coleman Creepy Campfire Tales App**







# 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!"

## Queen Anne's Lace

Queen Anne's lace, or wild carrot, is a native wildflower herb, a common plant found in dry fields and ditches everywhere. Legend has it that it earned its common name from Queen Anne of England (1665–1714). The large flower itself resembles lace, and a small red bloom in its center, which attracts insects, represents a drop of blood from Queen Anne pricking her finger while making lace.

All parts of the flower are edible, but make sure you have the correct flower. If it doesn't smell like carrots, you may have something else that could be harmful to ingest. My interest in this beautiful flower, other than in vases, is jam. I've been making this delicate-tasting jam for more than a few decades. When given as a gift, I always get rave reviews and a request for the recipe. It truly is like no other in taste, and since Queen Anne's lace only grows during the summer months, I call it ...

## Summer on Toast

(makes 8 half-pint jelly jars)

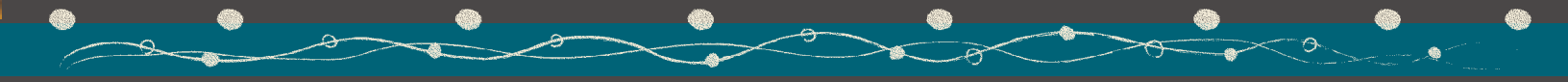
- 7 cups water
- 30 large Queen Anne's lace flower heads
- 2 packages Sure-Jell
- 7 1/2 cups sugar

Bring water to boil. Remove from heat. Add Queen Anne's lace flowers to water and let steep to make a strong tea. Let sit 10 minutes, then strain and measure 6 cups of tea. Add Sure-Jell to tea and bring quickly to a hard boil, stirring constantly. Add sugar all at once, cook, and stir. When mixture returns to hard boil, cook and stir for one minute longer. Remove from heat, skim, pour into sterilized glasses, and seal.

I hope you'll try this recipe, I know you'll enjoy it as much as I do!









# Garden Gate

Bloom Where You're Planted



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

## Late Summer Sumac-ade

In August, gardens are at the height of their gustatory glory. By now, you've probably indulged in some succulent fresh salads, complete with tomatoes, as well as squash, peas, sweet corn, beans—maybe even melons—from your own plot or the local farmers' market. But alas, with such satiation can come an urge to wander, stray ... seek out something just a little ... *wilder*.

So, if you're finding yourself fantasizing about foraging on the other side of the picket fence, look no further than a common roadside attraction: sumac.

You've probably seen it—deep red cones of small, tightly clustered, slightly fuzzy berries growing on shrubby trees amid rows of sharply elliptical leaves that turn flaming red in the fall. And if by chance you knew this plant's name, you may have unjustly dismissed its berries as poisonous. "Poison sumac" is a well-known term, even though few people actually know what it is. Poison sumac (*Toxicodendron vernix*) has white berries (as many toxic plants do, including poison ivy), and it is generally harder to find.

But red sumac varieties (*Rhus* genus) are all edible, and August is the perfect time to harvest and juice their berries to make a rosy-pink "ade" (technically, a cold beverage made from water, fruit juice, and sweetener). Sumac-ade. Sumac-ade? It doesn't roll off the tongue quite as easily as "lemonade," but those who've tried it think the drink is just as tasty.



Photo of edible red sumac  
by Muggwort17 via Wikimedia Commons





## How to Harvest

Harvest berry clusters this month as soon as they turn red. Ideally, harvest before or a few days after rain storms so that their tantalizingly tart flavor (attributable to malic acid) is not diluted. Use a stout pair of scissors or garden pruners to clip 15 to 20 bright, healthy berry clusters from the stems. Place clusters in a basket or bucket, which will fill quickly. Sumac has no thorns, but your hands may get sticky while clipping, so you may want to wear a pair of gloves.

## Making the Ade

Back home, put clusters in a large pot and cover them with a gallon of cool water, weighing the floating clusters down with a heavy plate or lid. Let them sit for eight hours or even overnight (longer soaking time will yield a sourer sumac-ade).

After soaking, strain the ade through cheesecloth or other cotton cloth into a pitcher to make sure that none of the tiny hairs from the berries make their way into the drink.

Sweeten your sumac-ade with sugar, honey, maple syrup, or stevia to taste. Enjoy a glass over ice if you like, and refrigerate the rest as you would lemonade.

To learn more about preserving sumac berries for later juice and other uses, visit **Rose's Prodigal Garden**.

P.S. As with any new food, it's a good idea to try just a little at first and wait an hour or so to rule out any sensitivity or allergic reaction.

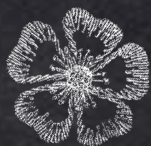
MaryJane 



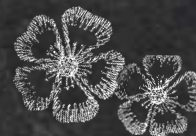
Photo of edible red sumac by M. Readey via Wikimedia Commons



# Stitching & Crafting Room



Stitches of Fun & Laughter!



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

## Find Your Piano's Re-Purpose .....

A while back, Krystle (Wisconsin) posted on our chatroom:

"I just got an old piano—it's not a valuable antique, but it is made to look like a solidly built piano. We looked at it and found that a bunch of the keys are actually broken off and it had been taken apart, maybe to restore it or something. Since it's not worth fixing up to actually use as a piano (as I intended on doing in the first place), I don't want it just sitting around as a decorative piece, since I want a usable piano. Overall, it is in decent shape, just the internal parts are messed up. Does anyone have any ideas to repurpose it instead of just burning it or throwing it in the dump?"

Great minds think alike! A couple of months prior to the message showing up on my chatroom, my husband casually mentioned that he and our son had started taking apart his family piano rather than move it. When I gave him *that look*, he was quick to explain, "It doesn't stay tuned, it's heavy, and I think the house was built around it."

"Can you take it apart carefully and save everything?" I asked. That's when I got *his look*.

With his piano in pieces and only a tiny room on my top floor to work with, I created a special granddaughter nook to be used exclusively for sewing and singing.

As it turns out, there are a lot of unwanted pianos in the world. I called "Dan the Piano Man" in Spokane, Washington, and he said, "Sweetheart, I have eight pianos in my warehouse you can have for free if you'll come and get them." In my own hometown, I found GrandAmericanPiano.com, and as it turns out, the owner of that business has already been featured on HGTV, showing how to turn an old piano into a chair. And since I've been on this repurposed piano crusade, I've heard of many uses beyond shelving—one woman turned a grand piano into the granddaddy of coffee tables by shortening the legs.



MaryJane 





*Here are a few of the ways my piano found its re-purpose:*

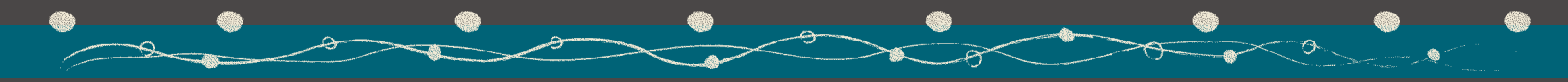
*a coffee table*



*an end table*







shelves







## artwork

(I glued the piano keys to a piece of painted 32" by 36" plywood framed in black.)

## a frame

And the very last piece of piano became a frame to hold my husband's brass tractor plates he's been saving for 50 years.







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](http://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](http://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.





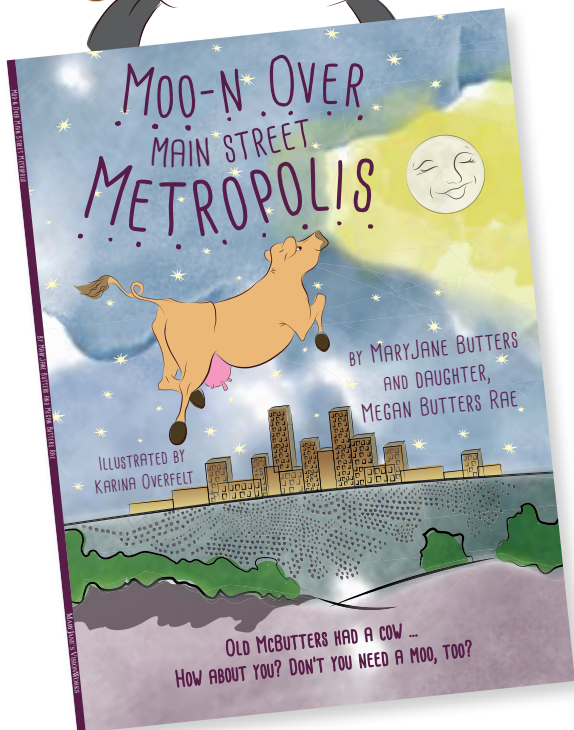


# Moo-n Over Main Street Metropolis

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](http://MARYJANESFARM.ORG)



“ 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®

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.



NOW AVAILABLE  
ON iBOOKS

**Note:** To view this book, you must have an iPad with iBooks 2 or later and iOS 5 or later, or an iPhone with iOS 8.4 or later, or a Mac with OS X 10.9 or later.

THE ANTS GO  
MARCHING  
ONE-BY-ONE,  
MOO-RAH, MOO-RAH ...





“ 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](#).

## Recipe Collection Holder

This is a fun project that I've used more than once for get-togethers that involved sharing food and recipes. The idea is to collect recipes from the dishes served and have a handy holder to keep them in.

First, I asked participants to type or hand-write their recipes on paper that could be cut into 3" x 5" cards and to bring enough copies for everyone. I also asked that each person put their name; city; state; and Farmgirl Sisterhood number, if they had one, on the back of the cards.

Then, we made the holders at the get-together. This is a fun project to work on together with your guests. You'll need to either provide all of the supplies or ask each guest to bring some items they'd like to use and then just provide things like hole-punches and adhesives.

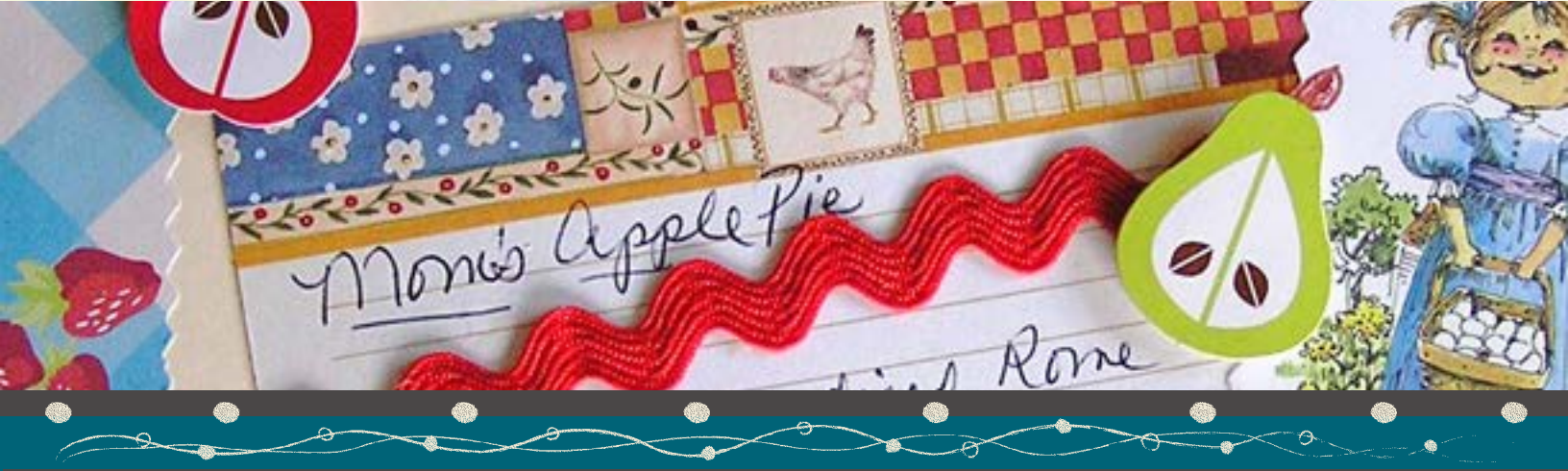
*For the holder, you'll need:*

- 8 1/2" x 11" cardstock, in any color or print you like
- 1" square or circle punch
- clip art, photos, and graphics of your choice to decorate the outside of the holder
- ribbon for the "thumb notch"
- rick-rack, ribbon, buttons, stickers, and any other embellishments you desire
- glue runner and glue stick for adhering paper decorations
- Aleene's 7800 All-Purpose Adhesive for adhering embellishments



Fold the cardstock in half widthwise so you have a holder that measures 5 1/2" tall and 8 1/2" wide. Using the square or circle punch, punch only 1/2 circle or 1/2 square on one edge of the holder opening, which will be your "thumb notch." Close the 5 1/2" tall ends by either gluing with the glue runner along the very edge, stapling about 1/4" from the edge, or stitching with a sewing machine about 1/4" from the edge. Using about 3 1/2





to 4" of 1/4-1/2" ribbon, form a loop and staple the ends on the edge of the opening opposite the "thumb notch."

I like to use decorative-edge scissors to cut my graphics out. Using a glue runner and glue stick, decorate to your heart's content with any or all of your selected graphics and embellishments. In my papercrafting experience, I find that glue stick alone doesn't hold up very long. I run the glue runner along the edges and in the center, then use the glue stick over the entire surface. I recommend using Aleene's 7800 All-Purpose Adhesive for securing buttons, rick-rack, and similar items on the holder. This adhesive does not have an immediate set, so I press the item under or between books for a few hours to allow the adhesive to set.

I love my recipe collections, and they allow me to remember, with fondness, the occasion, the food, and the friends!







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.

## How to Make Liquid Stevia Extracts

Over the past few years, stevia leaf has become a favorite alternative to sugar and other highly caloric sweeteners. How cool is it that a tiny green leaf can offer such a powerful boost of sweetness and is also easy to use, versatile, and a great alternative to traditional sweeteners? With so many expensive and highly processed stevia products on the market, making your own extract as a dietary ingredient is the best way to go. Plus, you only need a few drops to sweeten up a recipe, so that means you'll have a good supply around if you make even a half pint of extract.

Native to South America, stevia has been used for centuries to sweeten all sorts of food and beverages and is believed to be one of the sweetest substances found in nature, rating 30 to 300 times sweeter than sugar! With no calories and very little bitter aftertaste (some compare it to licorice root), stevia is an excellent alternative sweetener to sugar for teas and other recipes. Interesting to note, most commercial stevia, which is a white crystalline powder, is actually a refined dried powdered extract of stevia, not the whole leaf.

With a light hand, you can add a pinch of the dried leaf to tea blends for a little hint of sweetness. You can also add a drop or two of extract to a cup of hot tea or experiment with using some in a pitcher of iced tea or in herbal popsicles. This is a nice option for kiddos when you're looking for a sweet treat before bed without the sugar high.

### Basic Stevia Extract Recipe

organic dried stevia leaf  
vodka  
glass pantry jar

Fill a clean glass jar 1/4 to 1/3 full with stevia leaf. Cover the herb with vodka to the very top. Allow to steep for 24–48 hours, taking care not to let it extract any longer than that to avoid bitterness. Strain and bottle in amber glass with a dropper.



### Vanilla Stevia Extract Recipe

Chop 1 organic vanilla bean and add to strained stevia extract. Allow to infuse for 2–6 weeks. Strain and bottle in amber glass with a dropper.





## Orange Stevia Extract Recipe

Fill a jar 1/3 full with organic dried orange peel. Cover completely with strained stevia extract. Allow to infuse for 1–4 weeks, tasting along the way. Strain and bottle in amber glass with a dropper.

### More flavors to try:

- Lavender Flowers
- Lemon Peel
- Grapefruit Peel
- Cacao Nibs
- Cinnamon Sticks
- Rose Petals
- Peppermint Leaf
- Classic Chai
- Ginger Root







# Cleaning Up

*The Work of Our Hands*



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

## Crafting Harvest Knots



Throughout England, Scotland, and Ireland, the harvests of August were traditionally celebrated with both joyous fanfare and small, intimate rituals. One such custom, designed to bind hearts in the spirit of the harvest, is the charmingly crafty harvest knot.

During the weeks of grain cutting, traditionally performed by women, lovers exchanged braided “knots” of wheat straw or corn husks as tokens of affection. Women commonly wore them in their hair, and men would pin them to buttonholes.

“Harvest knots were easily made using as little as two strands of wheat or corn that were twisted between finger and thumb until the end then twisted in a decorative loop before tying both ends together,” explains the **Armagh County Museum** in Northern Ireland.

Like so many little rituals from the past, there’s no good reason to leave them in the dust as we barrel toward the future. Reviving this comforting custom is simple and may make your late-summer garden harvest taste even sweeter.

Want to try?

A simple but lovely starter version of the harvest knot is the 4-Straw Compass Plait (also known as a Countryman’s Favour), which can be varied in style.

You’ll need four wheat or grass straws with heads still attached and twine or ribbon. If your straws are dried, place them in hot water and leave them to soak overnight so that they become more flexible (green grasses should be pliable enough without soaking). Peel off any leaves along the stalks. Then follow the detailed instructions (with diagrams) for an easy 4-Straw Compass Plait at [StrawCraftsmen.co.uk/pdf/Countrymans\\_favour.pdf](http://StrawCraftsmen.co.uk/pdf/Countrymans_favour.pdf).

To learn the technique of knot-tying in action, check out the **Wheat Weaving: Love Knot Tutorial** video posted by a handy gal who calls herself The Woodland Elf.

Now, do tell—who will receive your first harvest knot?



Photo by Renata via Wikimedia Commons

*Mary Jane* ♥







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



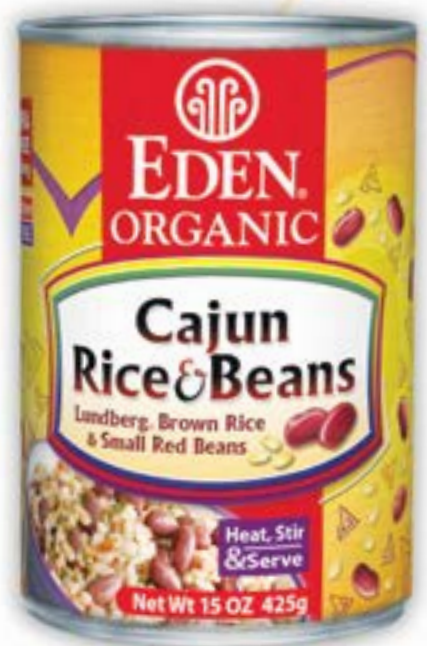








# Put EDEN<sup>®</sup> in the pantry



Over 400 Pure & Purifying  
foods and 1,130+ free recipes  
[edenfoods.com](http://edenfoods.com)





# Sister Loves

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

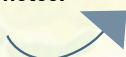
Karina's  
**PICKS**  
(JUST A CLICK AWAY)



GRAPHIC DESIGNER  
(SISTER #4)

Quite often, I find myself browsing Etsy just to look at all the new handmade items. I'm always inspired by the amount of creativity. My favorite shop that I found recently is **SAS Creative** on Etsy. I can't get enough of their beautiful papercut designs. One of my favorite things about **SAS Creative** is that most of their designs are downloadable, so you can actually print and cut them out yourself.

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







## Index Available!

We have all the back issues of *MaryJanesFarm Sister Issue* available for download on our website.

**CLICK HERE** to read back issues.

**[TIP]** Use the search/find tool in your browser to look up keywords in back issues.

## Farmgirls Unite!

If you are hosting a farmgirl event, open to all farmgirls, send the event description, date, location, and contact info to [megan@maryjanesfarm.org](mailto:megan@maryjanesfarm.org). Megan will keep Sisters up-to-date on upcoming gatherings.

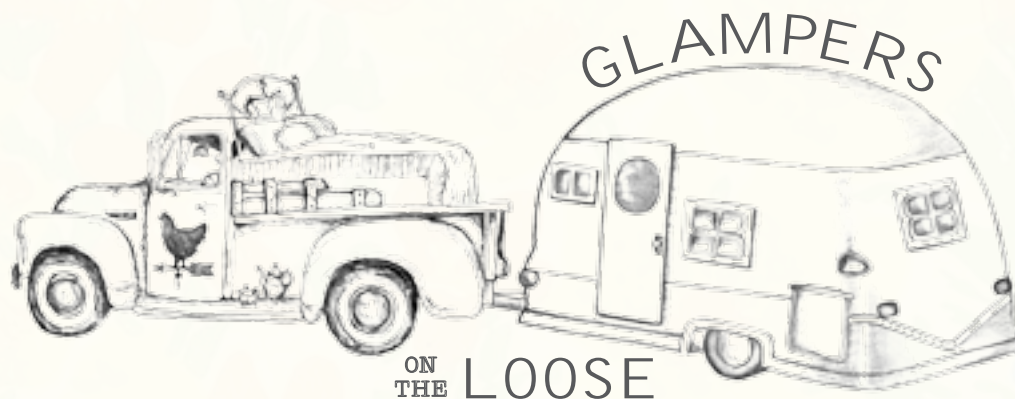
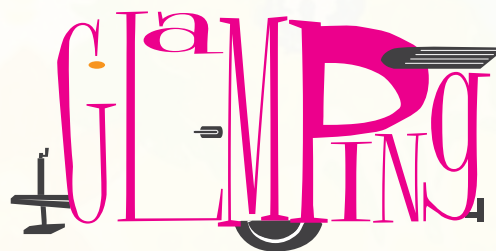
## Upcoming Events:

**Mitten Kitten Glampouts, MI, August 7–10, 2015 (see p. 58)**

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.





# August Sister



## 50% OFF MaryJane's Fabric Collections

My newest line of fabric from MODA, "Once Upon a Chicken," will be arriving any day now.

In order to make room, we're clearing out my older fabric lines by cutting their cost in half. That means that you can pick up any in-stock Milk Cow Kitchen, Glamping, or Farmgirl Collection fabric from my website for half price!

Now is the perfect time to add to your collection, pick up the yardage to finish that quilt for your family's newest arrival, or (my personal favorite) make an apron or seven!

[click here to order](#)

**FREE SHIPPING**

**on any order over \$50**

(U.S./Domestic orders only)



# Sisterhood Special

Milk Cow Kitchen  
Collection



Glamping  
Collection



Farmgirl  
Collection



In order to receive your 50% discount on fabric, you'll need to either call or e-mail Brian.  
1-888-750-6004 • [brianogle@maryjanesfarm.org](mailto:brianogle@maryjanesfarm.org).

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](http://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](http://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

**PIXELMAGE™**

**TRANSFORM  
 YOUR PASTIME  
 INTO  
 YOUR LIVELIHOOD**

**THE FARM TO MARKET HANDBOOK**

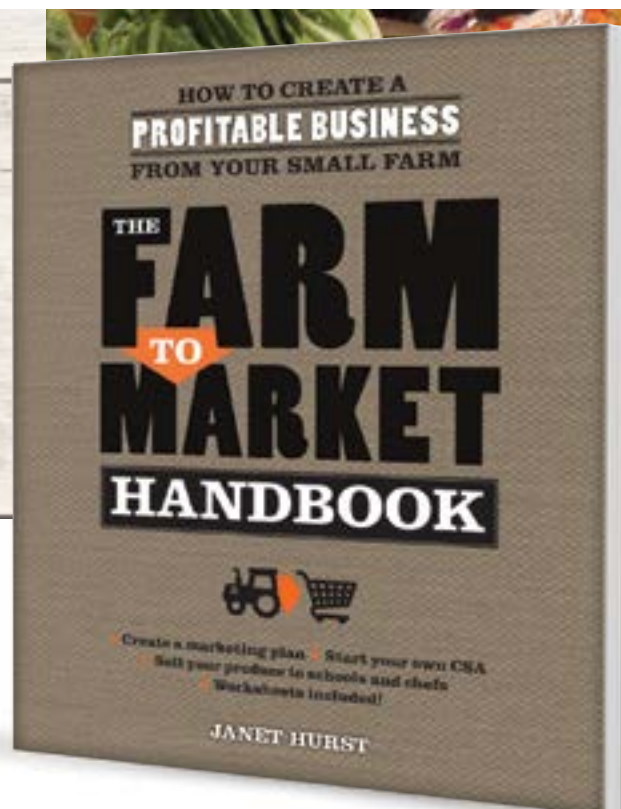
How to create a profitable business from your small farm  
 By Janet Hurst

What if you could turn that Do-It-Yourself hobby into a long-term source of regular income? Nurturing a healthy harvest is only half the battle—what you really need to know is how to create a successful and sustainable business. In *The Farm to Market Handbook*, veteran dairy-goat farmer Janet Hurst combines her deep knowledge of farming life and farmers' markets with her hard-won experience turning farm products into a living wage.

**THIS BOOK FEATURES:**

- ★ a realistic marketing plan
- ★ a breakdown of the food laws and regulations and offers
- ★ insider tips on how to be a sound businessperson

ISBN: 9780760346600 ★ Available online and at your favorite bookstore. ★ [www.QuartoKnows.com](http://www.QuartoKnows.com)







# Design Your Cookbook

***The Most Comprehensive Online System!***

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

[www.gandrpublishing.com](http://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: 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](mailto:lindy@paddlethemittensup.com) or 810-626-8923

Website: [PaddleTheMittensUp.com](http://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 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: Score! Ironing board. Submitted by *texdane*

I have wanted to get a wooden ironing board forever! I really wanted one after first becoming a farmgirl and seeing one pictured in MJ's book. I was so disappointed when I couldn't find one anywhere, not even new.

continued ...





Today on a Facebook tag sale, someone posted an antique wooden ironing board. I snagged it. She only wanted \$5 for it! It was her mother's and she didn't want it, and it is mint! Looks like no one ever used it. It's solid and heavy, but not too heavy that I can't move it. I can't stand those flimsy metal ones, and the small tabletop ironing board I have on my counter in my laundry room is too small sometimes. I think it looks cute standing up against the wall when I am not using it.

Oh, the things I can do with it! Inside and outside!

Don't you love it when you find something like that? Share your story [here](#).

**Across the Fence: Our outdoor sink. Submitted by naturemaiden**

I wanted to share what my husband made for me last year ... it's an old barrel that he brought home from work, along with an insert. He used an old pump to rig a hose, too. I recently painted some daisies on the barrel. (I've taken up painting as my new thing, but I'm still real new at it and I don't know many techniques, yet). Take a look [here](#).

**Cleaning Up: Hardwood floor cleaner. Submitted by quiltee**

I live in a 112 year old farmhouse with hardwood floors. I can't seem to get the floors clean without streaking. What floor cleaners do you use? Do you make your own solutions? Give your advice [here](#).

continued ...





## continued ...

### **Farm Kitchen: Busy in the kitchen. Submitted by naturemaiden**

I've been busy harvesting and drying herbs and canning dilly beans and jam. I'd say by weeks end, I'll be picking zucchini, and soon after, tomatoes. The garden is exploding, which is so exciting. I'd like to be around more, but it seems as if I'm doing 100 things a day, LOL.

I put up 14 jars of blueberry jam today (1 jar broke in the canner).

AND when I get done with those things, I have more sewing machines to work on. I feel dizzy, LOL.

What is everyone else up to? Share your story [here](#).

### **Farm Kitchen: Flavored homemade marshmallows. Submitted by CindyG**

Hello Farmgirls,

Has anyone ever made FLAVORED homemade marshmallows? I made some fabulous vanilla ones with Chillover Powder, and I am curious to learn about anyone's successes or failures with funky flavored varieties?

A website selling gourmet marshmallows has a Bailey's Irish Cream selection. Can you imagine that on an adult s'more?!

So I'd love to hear what worked, what didn't work, and any comments on your favorite yummy flavors of marshmallows. Give your advice [here](#).

### **Garden Gate: Tomatoes splitting. Submitted by beachmom**

Why are my Roma tomatoes splitting? They still taste good, I just hate losing part of almost every one. Anybody know why? Share your advice [here](#).

### **Garden Gate: Garden adventures. Submitted by naturemaiden**

I am having a blast in the garden. I got 2 new tools for my birthday 2 days ago from Lee Valley, from my sons. A fork and shovel ... yes that kinda thing excites me, LOL.

Anyway, my husband and I have put more effort into the garden this year ... we've applied cow manure, greensand, and I apply spray and grow every 1.5 weeks. I have so many blossoms on my plants, it's crazy. Share your experience [here](#).







**Garden Gate: Cucumbers for dummies. Submitted by Song Sparrow**


I took a couple of first tentative steps into the world of gardening and planted tomatoes and pickling cucumbers in pots. Low and behold, they are starting to produce! How do I know when the cucumbers ready to pick? I only have one so far, but I want to be prepared! :) Thanks! Give your advice [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.



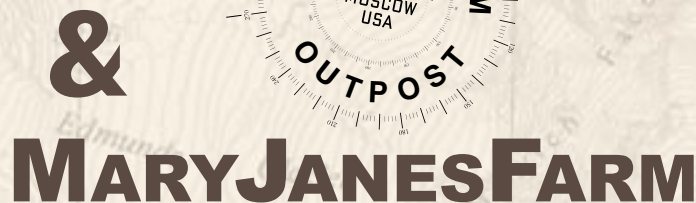
**Looks like gelatin. Tastes like gelatin. But it isn't. It's better!**

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](http://MaryJanesFarm.org)**

\* You'll find several jam recipes using our ChillOver Powder in the magazine section of our website: [MaryJanesFarm.org/Recipes-Patterns-Instructions](http://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](http://YouTube.com/TeamRubiconUSA)

**MaryJanesFarm | 888-750-6004 | [MaryJanesFarm.org](http://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!

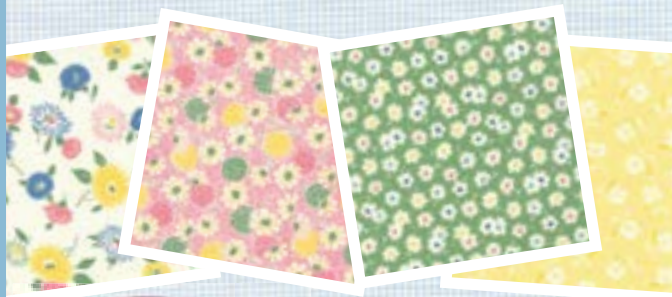
This adorable 8" x 8" plaque, printed on canvas and stretched on a wood block edged with burlap, is available at [BraveGirlsClub.com](http://BraveGirlsClub.com). Sisters Melody and Kathy believed there needed to be a place where women could go to feel supported and never alone, no matter what struggles 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](http://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](http://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 6,571 (and counting), we've earned an amazing number of Merit Badges so far—9,327 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

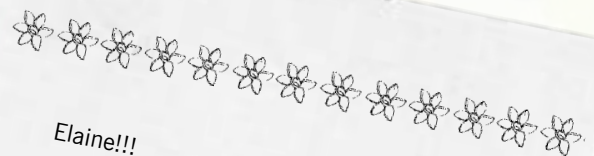
We've partnered with Elaine Tolson of Washington to offer this lovely bit of vintage-style jewelry—for Sisterhood members only. Your necklace will be emblazoned with your own unique Sisterhood number, setting your braggin' rights in stone. Whether you wear it as a secret code for those in-the-know, or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

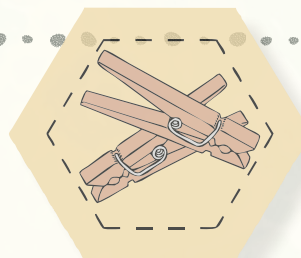
## Awardees



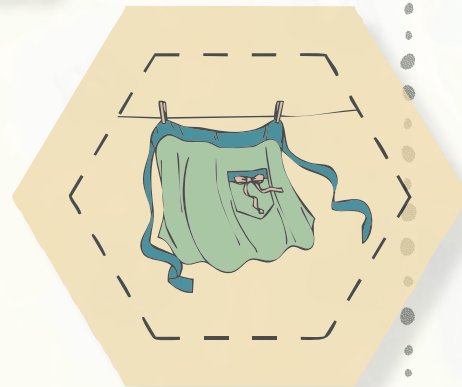
### Merit Badge Awardees

**Becca Killion: #6063**

Beginner badge: Cleaning Up / Recycling  
Beginner badge: Cleaning Up / Shopping Green  
Beginner badge: Cleaning Up / Water Conservation  
Beginner badge: Farm Kitchen / Get it Together  
Intermediate badge: Cleaning Up / Recycling

**Caitlin Hargett: crazydogmom #6460**

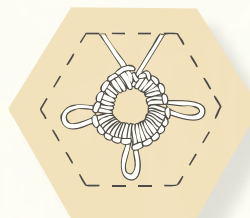
Beginner badge: Cleaning Up / Recycling  
Beginner badge: Garden Gate / Gaining Ground

**Cassidi Shingleton: Farmchica2 #6478**

Beginner badge: Each Other / Languages/Culture  
Intermediate badge: Each Other / Languages/Culture

**Cheryl Villebrun: Tapestry #353**

Beginner badge: Stitching & Crafting / Knitting  
Beginner badge: Outpost / Speak for the Trees  
Intermediate badge: Outpost / Speak for the Trees

**Cindy Kinion: Aussie Chick #6058**

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

**Corine Runnion: #6367**

Beginner badge: Cleaning Up / Shopping Green  
Beginner badge: Each Other / Greatest Generation  
Beginner badge: Farm Kitchen / Icing on the Cake  
Beginner badge: Make it Easy / Let's Get Physical  
Intermediate badge: Farm Kitchen / Icing on the Cake  
Intermediate badge: Make it Easy / Let's Get Physical

**Jennifer Follestad: #6468**

Beginner badge: Make it Easy / In the Garden  
Beginner badge: Outpost / Woman at Arms

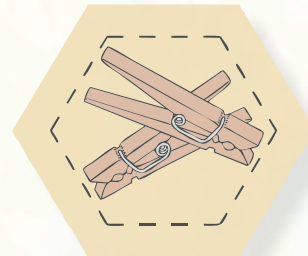






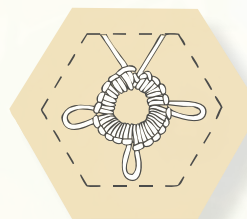
**Katie Wright: glamping grandma #5600**

Beginner badge: Each Other / Blogging  
 Beginner badge: Garden Gate / Herbs  
 Beginner badge: Make it Easy / Relaxation  
 Intermediate badge: Each Other / Blogging  
 Intermediate badge: Garden Gate / Herbs  
 Intermediate badge: Make it Easy / Relaxation  
 Expert badge: Each Other / Blogging  
 Expert badge: Garden Gate / Herbs  
 Expert badge: Make it Easy / Relaxation



**Kris Sievert: kesinmn #6020**

Beginner badge: Farm Kitchen / Cheesemaking  
 Beginner badge: Garden Gate / Rootin Tootin  
 Intermediate badge: Cleaning Up / Recycling



**Miranda Strickland: Missus Miranda #3535**

Beginner badge: Make it Easy / Grease Chicks  
 Intermediate badge: Make it Easy / Grease Chicks  
 Expert badge: Make it Easy / Grease Chicks

**Rachel Cotney: BeautifulBibliophile #6448**

Beginner badge: Stitching & Crafting / Sew Wonderful

**Rebecca White: Beccalou2 #6430**

Beginner badge: Stitching & Crafting / Aprons  
 Intermediate badge: Stitching & Crafting / Sew Wonderful



**Ruth Ann Kutemeier: Ruthie218 #4072**

Beginner badge: Cleaning Up / Recycling  
 Intermediate badge: Cleaning Up / Recycling  
 Expert badge: Cleaning Up / Recycling

**Sara Knight: YellowRose #6034**

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

continued ...





continued ...

**Shannon Hudson: hudsonsinaf #5349**

Beginner badge: Garden Gate / Gaining Ground  
 Beginner badge: Garden Gate / Heirlooms Forever  
 Intermediate badge: Garden Gate / Heirlooms Forever  
 Expert badge: Garden Gate / Heirlooms Forever

**Sherrilyn Askew: Sherri #1350**

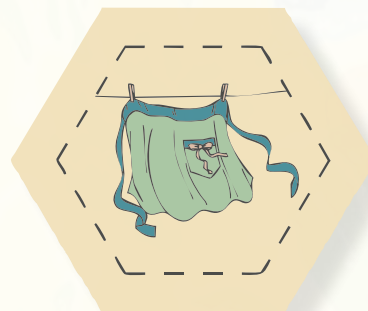
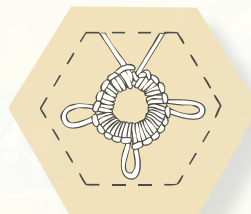
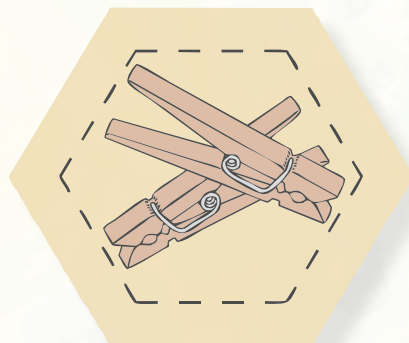
**Legend: Sharpshooter**  
 Expert badge: Garden Gate / Rootin' Tootin'

**Terry Steinmetz: teryouth54 #3600**

Beginner badge: Cleaning Up / My Fair Farmgirl  
 Beginner badge: Garden Gate / Rootin' Tootin'  
 Beginner badge: Make it Easy / Make it Pretty  
 Beginner badge: Outpost / Speak for the Trees  
 Intermediate badge: Cleaning Up / My Fair Farmgirl  
 Intermediate badge: Outpost / Disconnect to Reconnect  
 Intermediate badge: Stitching & Crafting / Aprons  
 Expert badge: Outpost / Disconnect to Reconnect

**Vera-Ellen Turner: Vera-Ellen #1477**

Beginner badge: Stitching & Crafting / Aprons









# Farmerettes & Young Cultivators

## Merit Badge Awardees

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

Beginner badge: Garden Gate / Get Buggy

Beginner badge: Garden Gate / Green Thumb Kids

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

Beginner badge: Make it Easy / Rethink Your Space

Beginner badge: Stitching & Crafting / Toys

Intermediate badge: Garden Gate / Get Buggy

Intermediate badge: Garden Gate / Bloom Where You're Planted

Intermediate badge: Make it Easy / Rethink Your Space

Intermediate badge: Stitching & Crafting / Toys

Expert badge: Garden Gate / Get Buggy

Expert badge: Garden Gate / Bloom Where You're Planted

Expert badge: Make it Easy / Rethink Your Space

Expert badge: Stitching & Crafting / Toys

**Addison Gomez:** Young Cultivator of Heidi Bragg #6211

Beginner badge: Each Other / Community Service

Beginner badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Farm Kitchen / Icing on the Cake

Expert badge: Farm Kitchen / Icing on the Cake

**Maile Drinen:** Young Cultivator of Leah Drinen #6220

Beginner badge: Make it Easy / Do Your Eyes Light Up?

Intermediate badge: Make it Easy / Do Your Eyes Light Up?

Expert badge: Make it Easy / Do Your Eyes Light Up?

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

Beginner badge: Garden Gate / Get Buggy

Beginner badge: Garden Gate / Green Thumb Kids

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

Beginner badge: Make it Easy / Rethink Your Space

Beginner badge: Stitching & Crafting / Toys

Intermediate badge: Garden Gate / Get Buggy

Intermediate badge: Garden Gate / Bloom Where You're Planted

Intermediate badge: Make it Easy / Rethink Your Space

Intermediate badge: Stitching & Crafting / Toys

Expert badge: Garden Gate / Get Buggy

Expert badge: Garden Gate / Bloom Where You're Planted

Expert badge: Make it Easy / Rethink Your Space

### 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

This month, our young cultivators concentrated on gardening. They planted vegetables and learned how to take care of them by watering and weeding. They specifically learned all about carrots. While they were working, they got to eat some of the delicious carrots they'd just plucked from the greenhouse.

*Mary Jane* ♥



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.





# Available Now on a Newsstand Near You

Our Aug/Sept issue (The Experiment) 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!

# MaryJan<sup>es</sup> FARM

INSTANT POUCH COOK<sup>®</sup> 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.’”





## 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

### Moisturizing Lotion

August has to be one of the most crazy, jam-packed, busy months. For us, we are squeezing every little bit of summer into our daily lives. For one thing, it's back to school at the end of the month, and once that happens, it's full steam ahead! No more lazy, hazy summer days. Until then, we are squeezing every bit out of summer: gardening, harvesting, canning, swimming, and going to the beach. Even though it's not winter, skin can still get uncomfortable from frequent exposure to sun and water. Skin still needs moisture.

The last thing I want to do is to feel sticky in hot, humid weather from a heavy lotion or cream. I also don't want anything with too heavy a scent, since I am outside so much. I don't need to draw the attention of every wasp and mosquito!

That's why I'm loving the brand-new **Air Powered Continuous Spray Air Kiss 2-in-1 Light Moisturizing Lotion by Kiss My Face**. Formulated with good things like sunflower-seed oil, glycerin, sage-leaf extract, and aloe vera, the spray lotion is light yet effective. The genius is in the air-powered, eco-friendly spray that delivers a quick, even, light, and refreshing emollient lotion spray from any angle, even if you turn the bottle upside down. Nothing could be easier!

It's also a quick product to use, a real time saver in the morning or before bed when I am dog-tired after a long day. The light moisture quickly goes into my skin, leaving behind just softness without stickiness or oiliness that will cling to clothes or sheets.

My daughter is now officially a teenager, wanting more beauty and cosmetic products. This offers the cool, quick convenience like major conventional brands, but without the long list of weird lab ingredients. It's also a quick snap to use before heading off to school. Air Powered Continuous Spray Air Kiss 2-in-1 Light Moisturizing Lotion by Kiss My Face has no parabens, phthalates, sodium lauryl sulfates or sulfites, artificial fragrances, or colors. It's also vegan and cruelty-free, and when it's empty, the can goes right into the recycling.

My daughter likes the MMM ... Tropical Coconut with a very light hint of coconut scent, while I prefer the Fragrance Free Olive & Aloe for sensitive skin. Lavender Shea is also available. Priced at around \$9.99, I picked ours up at our local Walgreens, or find online at **KissMyFace.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



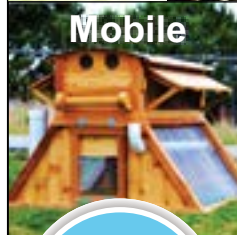
## Handmade Cedar Chicken Coops

### 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**

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)

the Quilting Solution  
*Celebrating 10 Years*  
 of building affordable  
 Longarm Quilting Machines

- Homesteader 22" Machine
- SideSaddle Computer Controller

[www.thequiltingsolution.com](http://www.thequiltingsolution.com)  
 864-275-7079  
 MADE in the USA

## 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)

*Pincushion Appeal*  
 New Book!  
 ...plus  
 buttons  
 kits  
 patterns  
 cross stitch  
 and more

Have you visited our handmade heaven?  
[www.justanotherbuttoncompany.com](http://www.justanotherbuttoncompany.com)

*Just Another*  
**button**  
 COMPANY™  
 114 West Market Street  
 Troy IL 61894  
 618-667-8531  
[info@justanotherbuttoncompany.com](mailto:info@justanotherbuttoncompany.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**

## **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)



# Magazines, Books & More



Our Aug/Sept issue (The Experiment) 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 July 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:

August 1 ~ National Girlfriends' Day  
August 2 ~ Friendship Day, Sisters' Day  
August 3 ~ National Watermelon Day  
August 6 ~ Wiggle Your Toes Day  
August 8 ~ Happiness Happens Day  
August 9 ~ Book Lovers' Day  
August 10 ~ National S'mores Day  
August 11 ~ Son & Daughter Day  
August 15 ~ National Relaxation Day  
August 17 ~ National Thrift Shop Day  
August 19 ~ World Humanitarian Day  
August 25 ~ Kiss & Make Up Day  
August 26 ~ Women's Equality Day  
August 29 ~ More Herbs, Less Salt Day

August  
Sisterhood  
Special!  
(see p. 54)

### Magazine "Goodies" on the MJF Website

"For those who are looking for the magazine portion of the website, here is the place to find additional patterns, instructions, recipes and such! Yum!" – Alea, Farmgirl Sister #8  
To find the goodies, **click here!**



**6,571 Sisterhood members and  
9,327 Merit Badges earned —  
growing stronger every day!**