

MARYJANES FARM®

Sister Issue

September 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



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{ just a click away! }



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Sister Loves

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

What girl doesn't love to shop, even if all you can afford is some window shopping? Here's where we treat ourselves and our readers to the things we love most. Come shop with us! Our favorites are only a click away.



p. 12

Kristi



MaryJane's Picks

In honor of our first annual September Farmgirl Apple Festival, I thought I'd share some cute Etsy apple finds. I love all things apple!



cute caramel apples

bellNenzos



ThePaperWalrus

apple-shaped chalkboard sign

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



p. 16

Carol



p. 47

Karina



JellyBeanBookArt

apple book-folding pattern



LilyandVal

apple-cider recipe illustration print

Hello from Sister #1



September Apple Festival at MaryJanesFarm

If you know anything about Winnie, our current Farmgirl Sister of the Year, you know she loves apples! Recently, Winnie came up with the idea to declare September the Farmgirl Apple Festival at MaryJanesFarm. The celebration will kick off on Sept. 1 (today!) with a preview (below) of our brand-new Apples Merit Badge and an apple-themed swap led by Winnie, followed by two Apple Festival giveaways throughout the month, and ending with the First Annual Farmgirl Apple Pie Sunday on Sept. 27 (your chance to bake—and eat!—your favorite apple pie and share your masterpiece on the chatroom). Look for “Farmgirl Apple Festival” under the “Farm Kitchen” category on the **Farmgirl Connection** to join in the fun (we’ll make the topic sticky so it stays at the top of the “Farm Kitchen” topic list).

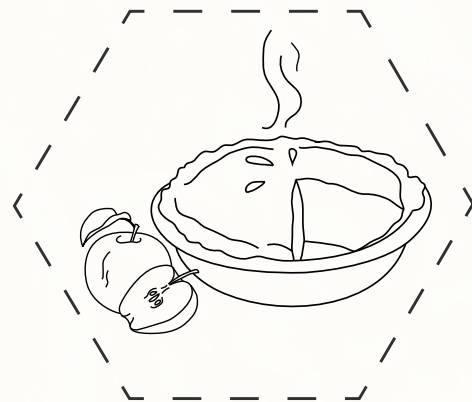
The Apples Merit Badge will be officially announced in January, when we roll out new Merit Badges for 2016. But you can get a head-start on your badge during the Farmgirl Apple Festival. (Brian won’t be able to approve your badges until its official release in January.) Happy baking!

Farm Kitchen

15. Apples

Beginner Level

- Look up the history of the apple and how it came to England and then to the American Colonies of Jamestown and Plymouth. (If you live outside of the U.S., then learn about how apples made it to your region of the world.)
- List four ways that apples have been used in everyday living for generations.
- Look up the varieties of apples that are grown in your region of the U.S. List three different varieties in each of the following categories: eating, cooking/canning, cider making. If apples don’t grow in your area (like Florida), use apples that you have access to from the store. The apples must, however, be grown in the U.S. for this project. (If you live outside the U.S., then use the apples from an area that you have access to.)





- Go apple picking if you live in an area where that's available. If not, try out four apple varieties from the grocery store that are new to you.
- Share at least two new things you have learned with other farmgirls on the Farmgirl Connection Chatroom.

Intermediate Level

- Using MaryJane's BakeOver technique, create an apple dessert dish. Use MaryJane's Budget Mix, and include a photo and the recipe of your delicious BakeOver. If you don't know about BakeOvers, **click here**, or search the Farmgirl Connection chatroom for "BakeOver" to learn about what others have successfully done. You can also find recipe how-tos in *MaryJane's Ideabook* and in the Special Recipe Issue of *MaryJanesFarm*.
- Learn how to use and make apples in one of the following ways: drying apple slices, making fresh cider, or canning apple-pie filling. (MaryJane offers a delicious apple-pie filling recipe and detailed directions in her *Ideabook*.)
- Using apples in three separate dishes, create a dinner that features apples. For example, apples in a salad, pan-sautéed apple slices to accompany a meat dish, and an apple-based dessert. The possibilities are endless!

Expert Level

Choose at least one activity to complete and document:

- Organize an apple-themed gathering at your home. Invite friends and family for an old-fashioned apple festival. Include activities for all ages, such as apple picking (if you live near an u-pick orchard), apple cider making, apple bobbing, and a fun apple potluck meal together. Make a simple display of some apples and their uses for people to look at and learn from. Include a simple apple recipe as a party favor for people to take home.
- Plant a few apple trees in your yard if you live in an area where they grow. Learn what varieties will work best, when to plant your new trees, and how to care for them.



MaryJane 



Big welcome to our new and renewing Sisterhood members!

Amber Jennings
Amber Allen
Amy Keener
Angela Johnson
Angelyn McLain
Beverly Granz
Bridget Coyle
Cara M. Kroll
Carla Crawford
Carol Womelsdorf
Carol Locker
Charlene Kritinar
Chelsea Cavigli
Cheryle Duffy-Lehrer
Chris Abrahams
Cindy Abbey
Colleen O'Brien-Miller
Connie Warren
Connie Prevot
Cynthia Hunter
Darcy Anderson
Debbie Mach
Debbie Tegart
Debra Shanler
Diana Deferville
Diana Nelson
Diane Leboeuf
Diane Gill

Donna Lees-Kennedy
Donna Branch
Donna Collinsworth
Ellen Clack
Eva Young
Gayla Hudson
Heidi Heuerman
Holly Phillips
Jacqueline Bates
Jan Hedden
Janet Millie
Janice Kennedy
Jannifer Langdon
Jean Austin
Jeanette Lamb
Jeanette Sheldon
Jeanne Betters
Jennifer Gabris
Jensine Bourman
Jo Anne Cox
Joanie Hall
Joann Miller
Joy Roussell
Judi Deskus
Karen Hopkins
Karen Lee Kent
Karen Funderburg
Karen Cuendet

Karla Hendricks
Kat Bowie
Kathleen Septer
Kathleen Adrian
Kathleen Kee
Katy Maynard
Kelly Bockmon
Kim Honeycutt
Kim Stotts
Kim Hazelrigg
Kristy Lavalla
Linda Sarver
Linda Willett
Lindsey Dawn
Lisa McMulkin
Lisa Blos-Johnson
Lisa Holderman
LisaBecca Hansen
Loretta Turner
Maggie Daniel
Malinda Manguso
Mandolyn Nelson
Marilee Lace
Mary Land
Mary DeStaffany
Melissa Havemann
Michelle Carr
Nancy Edward

Nancyjo Cornwell
Pamela Sanford
Pamela Wirth
Patricia Murphy
Peggy Chandler
Polly Winkelvoss
Rain Klepper
Rebecca Vinduska
Rhiannon Samuell
Robin Kenna
Shannon Fayle
Sharon Suzanne Moran
Sheila Waldoch
Sheila Lingle
Stephanie Viter
Susan Brooks
Sybil Ansley
Tracy Gilchrist
Vicki Norwood
Viola Pilkington





“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

Perhaps you remember the glamping journal I showcased here last month. Well, it recently journeyed into the deep woods alongside our Tabitha trailer and two vintage Shastas for our annual Butters/Ogle family campout. Okay, maybe it wasn’t the deep woods; we had full water/sewer/electrical hookups. When I asked the little people in our lives if they wanted to journal about their favorite part of the weekend, they all picked bike riding as the highlight. I’m glad we brought the journal, since we don’t actually have a single photo of them on their bikes. But drawings by children are better anyway, don’t you think?

Meg





Sister Loves

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

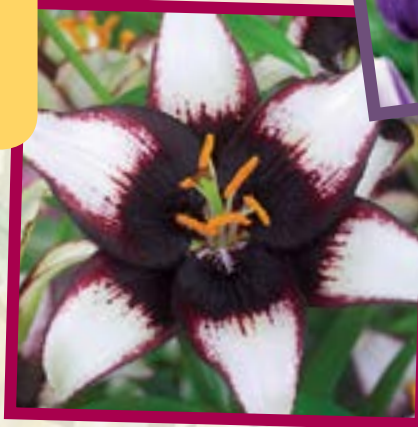
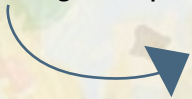
Kristi's
PICKS
(JUST A CLICK AWAY)

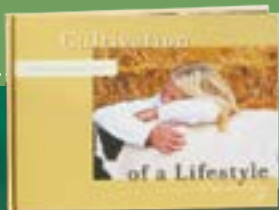


MAIL-ART MAVEN
(SISTER #4314)

It's been a hot and smoky summer here in the Northwest, and as we slowly ease our way into fall, I'm ready for cooler weather and a little rain so I can start digging again. I found so many beautiful new bulbs I'd love to add to my garden from **Brecks.com**—a little something to dream about this coming winter!

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





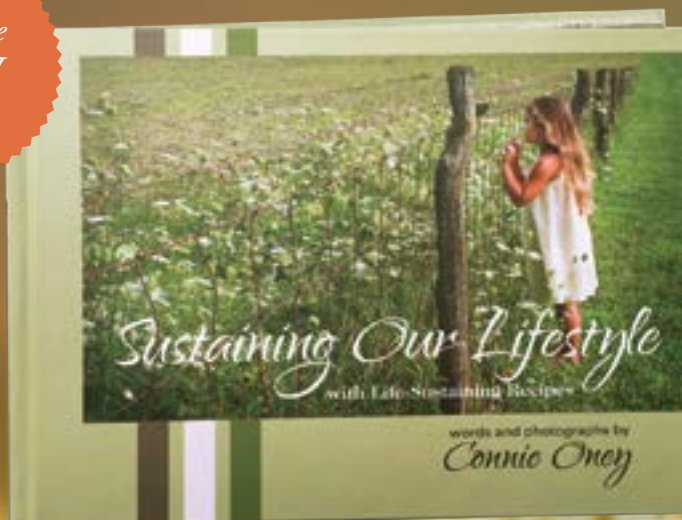
From the author of *Cultivation of a Lifestyle*

*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.
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.

Mom of One Vs. Mom of Three (Plus)

Mom of One:

Resolve not to use pacifiers, but if you must, sterilize if dropped.

Mom of More:

Own more pacifiers than a binky factory. Lick if dropped. Dry on shirt you haven't washed in days.

Mom of One:

Promise to only use homemade, homegrown, organic baby food.

Mom of More:

Offer third toddler a plate of dry ramen noodles. At 7 a.m.

Mom of One:

Cut boiled kosher hot dogs lengthwise, then again in small half-moon pieces to discourage choking.

Mom of More:

Toss fourth child a cold dog straight out of the fridge. Don't slice.

Mom of One:

Play Mozart at bedtime.

Mom of More:

Learn that if you can't hear the dulcet tones of Sponge Bob Square Pants in the background at all times, you should be alarmed.

Mom of One:

Never let baby or toddler play with your cell phone.

Mom of More:

Not only let them handle it, but allow drooling and chewing on it, making phone calls, and hiding it. Because? A moment of peace. I once let my toddler make a call to somewhere in Asia and I just let him talk. For 10 whole minutes. Because? Peace.





Mom of One:

Wash baby clothes in special detergent.

Mom of More:

Wash what? Turn onesie inside out and wear that puppy again.

Mom of One:

Never let anyone hold Baby #1 if they haven't washed their hands. And arms. And sprayed themselves with Lysol. And you've checked their criminal records.

Mom of More:

Ask checkout clerk to hold Baby #3 while you fumble for the checkbook.

Mom of One:

Remove anything questionable from Toddler #1's mouth immediately.

Mom of More:

Mud pies are good for the soul. And build strong immune systems.

Mom of One:

Get offended if someone gets the gender of Baby #1 wrong. Can't they see the glued-on bows on her head?

Mom of More:

Don't bother to correct when someone calls Toddler Girl #4 "a cute little man."

Mom of One:

Panic if first child isn't reaching the milestones everyone else's babies seem to be reaching.

Mom of More:

Figure Child #5 will be potty trained before college, so why stress?

Mom of One:

Never let Baby/Toddler/Child #1 out of your sight.

Mom of More:

Take a bubble bath and come out to the sight of a 5-year-old's DIY haircut. And not even bat an eye.



Sister Loves

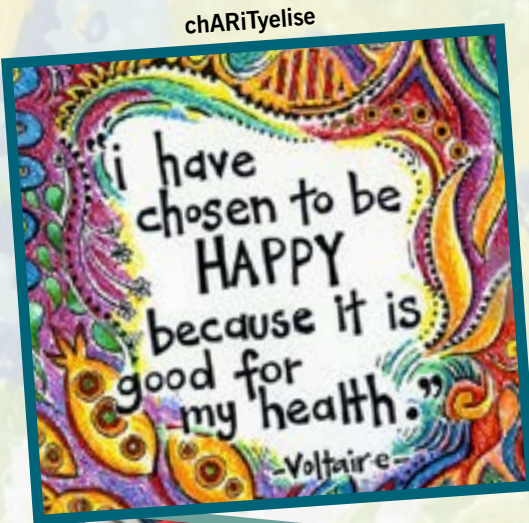
{ our favorites ... just a click away! }

Carol's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,
UKULELE ENTHUSIAST
(SISTER #3)

Bright, colorful things make me happy. How about a table set with these fun pottery finds? And this card says it all!



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

for your field of dreams ...

FARM CREDIT

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Find out how we can be your financial partner.

Financing for:

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Recreational Property | Country Homes

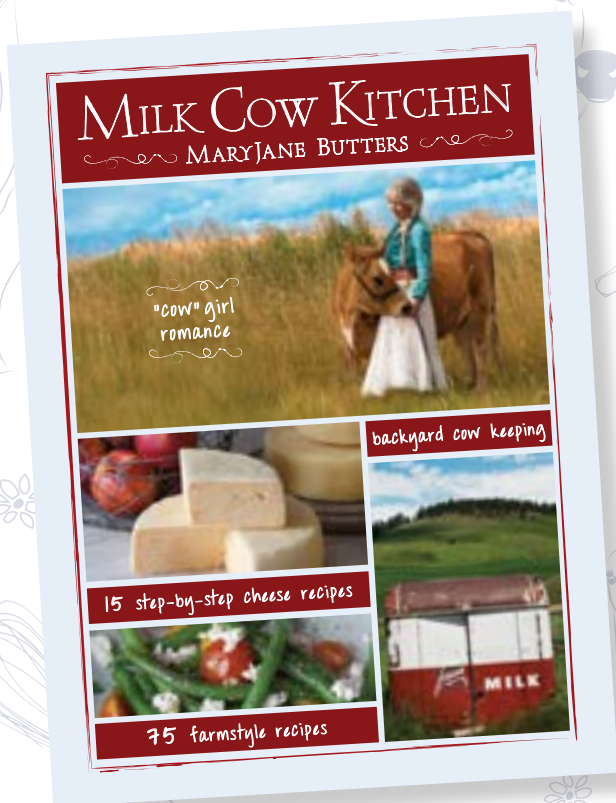




“In her fifth book, MaryJane covers just about everything cows and dairy. If you can make it past the food and cheese recipes without needing to eat, you’re a better “cow”girl than I. But the real gem of the book is the hooves-up, how-to advice on keeping a healthy, happy, backyard cow. Whether you’re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

– Laurel Bake, Dexter milk cow owner

MILK COW KITCHEN



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

MaryJane 



autographed copies available at
MaryJanesFarm.org

\$35/available wherever good books are sold



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

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



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



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



Each Other



Homeschooling with Melyssa



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



Melyssa Williams (Sister #161) was homeschooled and spent a perfectly ridiculous amount of time reading and writing, usually in a tree, sometimes with pet chickens. Now she stays out of trees, but still reads and writes. There are three small fry in her house that refer to her as Mom, and keeping in tradition, she puts them in trees with good books. She is the author of the *Shadows* trilogy for Young Adults, and can be reached at ShadowsGray.com.

A Homeschool Mom's Advertisement

For sale: ~~~~~

One preteen who thinks I show favoritism to everyone but her. She knows all the lyrics to most Broadway musicals and practices these dramatical and theatrical urges daily. Sometimes this culminates in throwing herself prostrate on the floor because her world has ended, and sometimes it's breaking out into Disney songs until someone cries. This preteen will debate her vast knowledge of geography with you, and by the end will convince you that yes, indeed, Paris IS a continent! She writes fluently in Gnomish and is an expert hoarder, should you need to borrow any used strings, torn gift bags, and the like. She is a picky eater and, therefore, will hardly eat you out of house and home at all. Score!

But that's not all. This package also comes with one 5-year-old whose world has ended because I bought oranges with SEEDS and I'm also making him get dressed and go to the library. In the same horrible day! He gives his own haircuts and does all his own stunts. He has been known to *need* to do his stinkiest #2s while you're showering, and he always says "thank you" after dinner. For example: "Thank you for dinner, Mommy! Next time could you make something yummy?" This special 5-year-old has a unique ability to take apart every remote control and cell phone in the house and relocate them in unusual and thoughtful places. Like under his bed. Or in trees. He is exceptional in the homeschool, giving everyone lots of opportunities to pray for patience.

But that's still not all! Act now, and you'll also receive one 10-year-old who hasn't brushed her teeth in ELEVEN DAYS because she lost her toothbrush and forgot to mention it. This 10-year-old, you won't even HAVE to homeschool because she already knows everything. Why, just ask her. **But that's STILL not all!** Act in the next five minutes, and you'll also receive one flatulence-ly gifted cocker spaniel!

Offer not available in Canada. Ask your doctor if Williams Kids are right for you. Side effects include lack of sleep, excessive whining at meal times, quarreling in the back seat, weight gain, and sticky kisses.

~~~~~





**FOR SALE**

ONE musical preteen

ONE multi-talented 5-year-old

ONE knowledgeable 10-year-old

Act NOW to receive:  
ONE gifted cocker spaniel

Offer not available in Canada. Ask your doctor if Williams Kids are right for you. Side effects include lack of sleep, excessive whining at meal times, quarreling in the back seat, weight gain, and sticky kisses.







# 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, 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.

## Ranch Dressing

With all the bountiful garden veggies summer typically brings, I often find myself excited and inspired by the possibilities. Unfortunately, there are also times where I note a great disparity between my desire to create and my energy and time to execute my ambitions. So, in an effort to simplify without feeling as if I am slacking, I can think of no better way to enjoy the generous offerings of this year's harvest than to top it all with homemade ranch—with a bit of a twist. This dressing is a jazzed-up version of the ranch dressing you can find in MaryJane's book, *Milk Cow Kitchen*, which I make quite often. The herbs are changed up, and a little spice and finely diced red pepper give the dressing a bright taste that is absolutely wonderful over fresh garden salads.

## Picante Ranch Dressing

Prep Time: 20 minutes, plus 1 hour chilling time  
Makes: about 1 2/3 cups

- 1/2 cup buttermilk
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1/2 red bell pepper, seeded and minced (about 1/2 cup)
- 1 t apple cider vinegar
- 2 T fresh parsley leaves, minced (about 1 T)
- 2 T fresh cilantro leaves, minced (about 1 T)
- 1 garlic clove, peeled and minced (about 1 t)
- 1/4 t salt
- 1/8 t cayenne

1. Whisk together all ingredients in a small bowl.
2. Cover and chill at least 1 hour before serving.











# Outpost

## Unleashing Your Inner Wild



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

## Craft Your Own Compass

If you shelved your hiking boots due to summer heat, it's about time to pull 'em out and dust 'em off. September is a sublime month for hitting the trails in most parts of the country. Even if temps are still a bit toasty in your home territory, you can start sniffing the air for signs of cooler weather—it's coming! Before you blaze off into the wilds, be sure your pack is equipped with the basics: water, snacks, pocket knife, lighter, flashlight, and compass. Speaking of which, did you know that you can craft your own compass in a pinch? Yup. While this makeshift navigator is probably more of a fun activity to share with kids, you never know when such skills may come in handy. Those TV survival gurus have nothing on you, lady!

### You'll Need:

- magnet (I bet there's one on your refrigerator)
- large sewing needle
- bowl or dish that holds water
- a leaf small enough to float freely in your bowl
- masking tape and a marker

### Here's How:

1. Lay the needle on a table, holding one end down with a finger.
2. Slide your magnet firmly along the length of the needle, moving from your finger to the end of the needle (never backwards) about 50 times. This will magnetize the needle.
3. Test the needle's magnetic pull with another piece of metal such as a paper clip. If they stick together, you're ready to make a compass. If not, repeat the magnet rubbing several more times.
4. Make sure your bowl is on a flat, level surface and fill it with water.
5. Place your leaf gently on the water so that it floats in the middle of the bowl.
6. Carefully lay the magnetized needle on the leaf. The two combined create your compass.
7. After a moment, the leaf should begin to turn slowly. When it stops, the needle will point north (and south). Make a mark on the bowl to keep track of north, and then head outside with your bowl to try this simple navigation exercise:

Stand next to a tree while holding the bowl as level as possible (a cutting board beneath the bowl can help keep it steady). Walk 3 steps north, looking at the compass for reference. Now 6 steps east, making sure the length of your steps are pretty equal. 2 steps south, 3 steps east, 1 step south, and 9 steps west.

You should end up back at the tree where your trek began! You can create more complex course, winding around all sorts of obstacles in your yard or local park. Switch to your "real" compass for ease of use while hiking.

To find a trail to navigate, try these sources:

**American Trails**  
**Local Hikes**

MaryJane 







# Garden Gate

Bloom Where You're Planted



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

## Upcycling Sunflower Stalks

The golden glory of even the mightiest sunflower doesn't last forever. Come September, those happy heads begin to droop, browning about the edges and offering their bounty of seeds in parting.

Ah, the bittersweet farewell to summer ...

But, as you're cleaning up your garden this year, you might not want to chuck those old sunflower stalks into the compost pile so soon. Instead, celebrate the changing seasons by—what else? —getting crafty.

That's right, clever girl, you can upcycle your dried stalks for fun fall projects like these:

### *Tie Up a Trellis*

Cut brown stalks off at the ground and then dry for several days in a cool, dark, well-ventilated place. To build a trellis, select two sturdy stalks as the vertical supports and lay them down, parallel to one another, on a work table (cut to desired height with a small hand saw). Cut thinner stalk sections to use as cross members (ladder steps), and position them at even intervals down your supports.

Again, you can cut these sections to length or leave them uneven for a more rustic effect. Make sure that both ends of each cross member are lying on top of the side support stalks, leaving an inch or more extending beyond the supports. Tie these in place using heavy jute twine, baling wire, or fishing line. Weave other small stems and dried vines from your garden into the trellis for artistic appeal (dried flower heads are gorgeous). While some sources recommend painting coating trellises with water sealant, we vote for going au naturel. That way, you can safely compost your trellis when its time has come. In the meantime, we love the non-traditional idea of using handcrafted trellises as wall hangings to display autumn décor, photos, hankies—you name it!



Photo by TanteInge via Wikimedia Commons

### *Fashion a Flute*

Native Americans long ago mastered the art of making music with nature's gifts, and sunflower stalks are no exception. Whether you have several large stalks or just one, you can give flute making a try with the help of the instructions here:





Photo by Fabian David via Flickr

**How to Make a Flute out of Sunflower Stalk.** For a little inspiration, watch (listen to) this **Sunflower Stalk Flute video**. If your flute doesn't sound *quite* as melodic, dress it up in some painted designs, bangles, and beads for your Thanksgiving table display.

### *Build Ready-to-Eat Birds Feeders* .....

When your sunflower heads are brown and hanging heavy with seeds, saw several stalks off near the base and continue to dry the plants in a well ventilated space for the next couple of months. When winter snows blow in, break out your saved stalks and hang them around the yard to feed hungry birds. Tying the stalks to fence posts and tree branches with red ribbons makes them all the more festive for the holiday season.

### *Prepare Garden Stakes for Next Year* .....

This project is more practical than it is pretty, but it's a snap and gives next year's garden a head start. Simply cut off sunflower heads and leave evenly spaced stalks standing in the garden. Without the weight of the heads, the stalks will remain sturdy, providing ready-made stakes and trellis supports for a new crop of climbing plants in the spring.

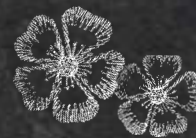
Mary Jane 



# Stitching & Crafting Room



Stitches of Fun & Laughter!



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



Carrie (Sister #2724) is a master seamstress who has left a career in theatre costuming to start a small entrepreneurial venture with her partner, Roger, creating Victorian adventure wear for the historically minded outdoor enthusiast (**BrassBobbin.com**). In between all that, she might be on weed duty in the garden, hunting for eggs in the hen yard, keeping an eye out for her backyard bees, and if the day permits, enjoying a big cup of tea and a good book, or possibly knitting.

## Snap Bag

Have you seen those cute cosmetic bags that magically snap open and closed by pushing in the corners of the bag? The hidden mechanism behind the magic?? A metal tape measure! Don't discard that broken tape measure—it's perfect for this easy project. Or look for old tape measures at your local secondhand store. You can make your bag any size; below, you'll find a chart for four basic sizes. Once you get the hang of it, you'll be snapping away your stowables of all sizes in our cute, homemade snap bags.

### You'll Need:

- 2 colors coordinating fabric, fat quarters or smaller (we used MaryJane's Milk Cow Kitchen fabric)
- 1 square low-loft batting (we used cotton batting)
- basic sewing supplies
- 3/4" metal tape measure (you'll cut it up, so pull out a broken one)
- metal cutting snips
- invisible tape

### Cutting Chart

|                 | X-Small<br>Flat Bag | Small         | Medium        | Large         |
|-----------------|---------------------|---------------|---------------|---------------|
| Visible Fabric  | 6" x 8"             | 7" x 9"       | 9" x 12"      | 10" x 14"     |
| Batting         | 6" x 8"             | 7" x 9"       | 9" x 12"      | 10" x 14"     |
| Lining/Contrast | 6" x 12"            | 7" x 13"      | 6" x 16"      | 10" x 18"     |
| Contrast Tabs   | 2 3" x 1 3/4"       | 2 3" x 1 3/4" | 2 3" x 1 3/4" | 2 3" x 1 3/4" |





1. Cut your fabric and batting to the size you'd like to make your bag. (See the cutting chart on the previous page for size suggestions.) You'll have 1 rectangle of fabric, 1 rectangle of batting, 1 rectangle of coordinating fabric for the lining and 2 pieces of fabric for pull tabs.
2. If using matching pull tabs, fold tab in half at the 1 1/2" point, right sides together, and stitch the short sides at 1/4". Turn right side out and press. Repeat with second tab. (You can also use 3" of 1"-wide ribbon folded in half.)
3. Press over 1" on the short sides of lining. With the wrong side facing up, place the batting layer on top, centering it. Place the fabric right side out on top of the batting, completing the sandwich.

29



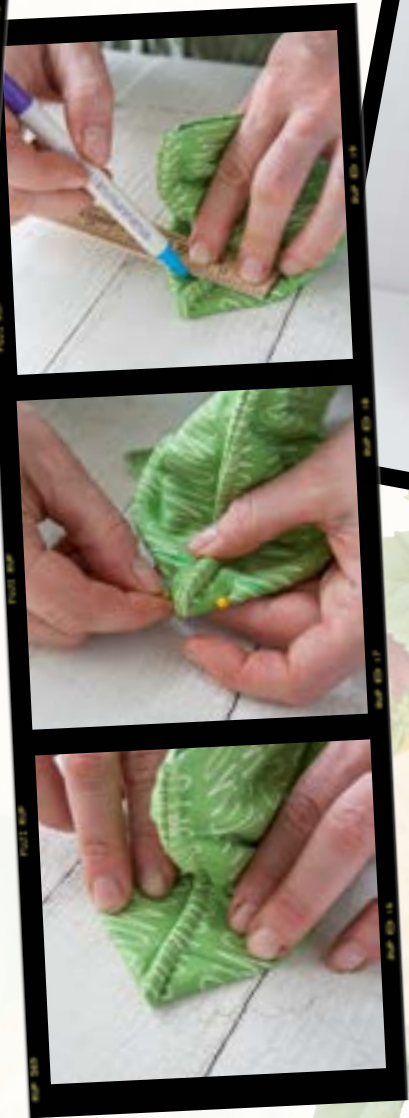
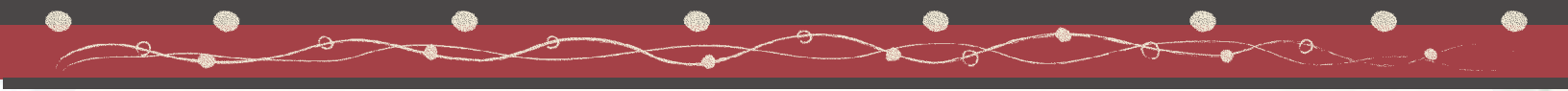


## continued ...

4. Fold the lining over to the outside 1". Press and pin in place. Center and tuck the tab under the lining, securing with a pin. Sew close to both folds of the lining, leaving the ends open to make a casing. Repeat for the other side.
5. Stitch one side of bag using a French seam: Fold in half, wrong sides together, and stitch at 1/4". Trim seam by half and turn seam so right sides are together. Press. Stitch again using 1/4" seam allowance.
6. Using metal cutting snips, cut pieces of tape measure to fit your bag, making sure they're short enough for you to sew a seam next to them. Round off the sharp corners with the metal snips and wrap invisible tape around the ends a few times to encase any sharp edges. Trim any excess tape away.
7. Slide the tape measure pieces into the casing, making sure that the numbered side is facing the lining. This will make the top edge "bump out" when you look at it.
8. Sew the remaining side closed using a French seam, being very sensitive to where the tape measure is so you don't break your needle.
9. To give your bag some dimension and allow it to sit up on a table, create a bottom in the following manner: Turn the bag inside out. Flatten the French seam to the folded bottom, centering the seam and making it look like a triangular corner. Mark a horizontal line about 3/4" from the corner point for the small bag, and 1" for the larger bags. Stitch along this line. Repeat for other side and turn right side out.











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# moda ONCE UPON A CHICKEN FABRIC by MaryJane♥

We're all familiar with the concept of Chicken Soup for the Soul. And who among us can dispute the soulful therapy that quilting provides? (Generations of women have proven the unequalled therapeutic value of quilting.) Well, I thought, how about going double-duty and combine the two? The result? An heirloom-quality chicken-feather quilt!

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.)

-OR-

Simply buy my Once Upon a Chicken **Quilt Kit** (includes the fabric you'll need for the quilt top and the quilt back, along with detailed instructions and templates for the feathers). The supplies you'll need to gather up are: thread, batting, 2 ½ yards of fusible webbing for appliqué (should you choose), and basic quilting supplies for cutting and stitching.

My fabric is also available at [FatQuarterShop.com](http://FatQuarterShop.com) and your local quilt shop.

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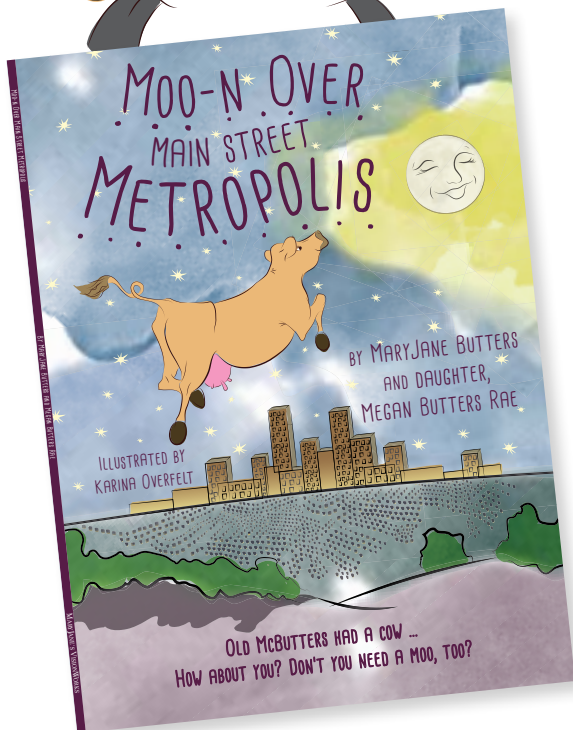


# Moo-n Over Main Street Metropolis

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.



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



A close-up photograph of a brown cow with white markings lying down in straw. The cow's head is the central focus, with its eye looking towards the camera. The straw is dry and yellow, creating a textured background. The cow's fur is a rich brown color with distinct white patches, particularly around the eye and on the forehead.

“ 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](#).

## Hardware Containers

Many of us farmgirls are always looking for ways to upcycle, recycle, or repurpose, so I thought I'd share this fun and easy project with you. You can use cans of any size and shape; I used a tuna can, a chicken chunks can, and a black beans can.

### You'll need:

- cans
- a selection of nuts, bolts, washers, etc.
- paper, fabric, ribbon, paint for decoration
- adhesive for applying decorations to can surface (I use either Mod Podge or Aleene's Tacky White adhesive)
- adhesive for gluing hardware to cans (I use E6000 permanent craft adhesive)
- Mod Podge for applying over the surface of the decorated area for a more durable, washable finished surface

When opening your cans, you'll need a can opener that doesn't leave rough, sharp edges (I use a Good Cooks can opener, available on [Amazon.com](#)). Cans need to be washed and dried, and labels removed. I use Goo Gone to remove any residual adhesive. I prefer to decorate the can before attaching any of the hardware for legs, etc. Because the corrugation of the bottoms vary from can to can, be sure nuts or other hardware you glue to the bottom of the cans are even with each other so the cans sit level.

My mind is full of ideas for cans of all sizes, but I'm starting with these three small ones. I think I'll use the black-bean can for "chicken feed" pocket change, so I'm gluing a nickel on top under the nut and bolt lid handle. I used eyelet fabric trim on the bean can, antique-looking printed paper on the chicken can, and scrapbooking paper on the tuna can, with two coats of Mod Podge over all. I haven't finished the checked one, but wanted to show you how one looks with cute, patterned duct tape. At some point, I'd like to go through some hardware trays from my dad's shop and see what I can find there to decorate another can that would remind me of him and his shop.

I'm sure you'll have fun coming up with ideas for this project. If you're so inclined, the cans and hardware can also be painted. It's also a project you can do with your kids.











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

## Herbs for Healthy Digestion: 3 Simple Recipes

Normal digestive functioning can get thrown off pretty easily when our routines change or during the transition of seasonal cycles. We might find ourselves less active and relying on hot cooked meals during the fall and winter, and then energized by sunlight when our summer gardens grow a bounty of fresh fruit and veggies.

Along with dietary flux, energy shifts throughout the year can also have an impact. Whether traveling away from the comforts of home, eating lots of rich food we aren't used to, or stressing about mounting obligations, herbs can help us keep digestion strong if we pay close attention to our own unique rhythms.

Three important herbal properties that can be helpful when our digestive system is off balance include bitters, aromatics, and demulcents. Let's take a closer look...

### *Bitters*

Not everyone's favorite flavor and often snubbed in American diets, the bitter taste is actually a very important piece of the flavor spectrum for overall health and wellbeing. Bitter herbs help stimulate appetite and digestion by getting gastric juices flowing and your peristalsis moving. Just a drop of this flavor on the tongue is effective in activating the production of beneficial digestive secretions including saliva, gastric acid, and bile. This is helpful for promoting normal elimination, easing gas-related cramping, stimulating sluggish movement, and to support a healthy appetite after an illness or while traveling. I like to keep a bottle of these bitters on-hand to take by the drop or to make a super easy bitter soda!

#### **Dandy Bitter Soda**

1 part organic dried orange peel  
1 part organic dried dandelion root  
1 part organic cacao nibs  
1/4 part organic gentian root

Fill 1/3 of a 4-oz jar with the herb mix. Pour unflavored vodka over the herbs until the jar is filled. Allow to extract for 2 weeks and strain. Use several droppers in a pint of bubbly water with a squeeze of fresh grapefruit juice, or take a few drops straight on the tongue.





continued ...





continued ...

## *Aromatics*

Aromatic herbs have been used in cuisines around the world to add bursts of flavor to a meal, and also to help stimulate healthy digestion. These plants have volatile essential oils that present strong aromas like fennel, peppermint, dill, coriander, and ginger, to name a few. Many aromatic herbs are warming to the digestive tract and carminative, meaning they help expel gas. This action can ease an uncomfortable feeling of fullness, especially after a meal, by making flatulence more productive and less stagnant.

### **After-Dinner Digestif Lozenges**

4 parts organic maple or coconut sugar  
 2 parts organic cardamom powder  
 1 part organic ginger root powder  
 1 part organic licorice root powder  
 1 part organic acacia powder  
 distilled water or organic fennel tincture

Mix dry ingredients in a bowl. Use a glass dropper to add one dropperful of liquid at a time to the bowl. Keep adding one dropper of liquid until the mixture holds together in a clump, similar to the consistency of cookie dough. Be careful not to add too much liquid. Form into small lozenges about the size of a pencil eraser. They will be strong! Coat the outsides with additional licorice root powder if desired. Allow to dry on a screen or plate for a few days. Store in a glass jar or tin.



## *Demulcents*

Some herbs are mucilaginous and produce slime that coats, soothes, and protects mucus membranes. These plants also help to ease dry conditions. The slime action triggers a reflex that promotes natural moistening secretions within the body systems such as respiratory, digestive, renal, and reproductive. Best extracted as an infusion in water rather than in alcohol tincture form, they can be helpful for hot and dried-out conditions.





### **Soothing Marshmallow Rose Tea**

3 parts organic marshmallow root  
2 parts organic rose buds  
1 part organic cinnamon chips or 1/2 part powder or 1 stick

Fill 1/3 of a pint jar with herb mix (you can also bundle the herbs in cheesecloth) and cover completely with cool water. Refrigerate overnight and strain. Add honey to taste if you'd like a little more sweetness. Drink and enjoy!

### *Study Tip*

Ready to research a few more? Here are some other herbs that can be used to support normal digestive functioning. These herbs offer a variety of actions from astringent, calming/anti-spasmodic, and bulking fiber, to strongly cathartic. Some of them make nice teas, others tinctures or capsules. Always do your research before using a new herb.

Chamomile  
Catnip  
Skullcap  
Lemon Balm  
Flax Seed  
Chia Seed  
Psyllium Seed  
Cascara Sagrada  
Senna Leaf  
Triphala  
Blackberry Root







# Cleaning Up

*The Work of Our Hands*



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

## Romance Your Cleaning Ritual with Simple Tools

With the kids back at school, the house can feel like an empty nest. Embrace your newly silent sanctuary by forging a fall cleaning ritual that will ready each room for holidays and winter hibernation (they'll be on our doorsteps soon enough). To make the ritual a bit more romantic, splurge on a few old-fashioned cleaning tools. In our world of chemicals and disposable doo-dads, simple devices offer a sense of neat 'n' tidy that no throwaway tool on the market today can match. Why buy sweeper pads bound for the garbage when a trusty cotton dust mop will work for years to come?

Here at the farm, we look to **Lehman's** for our old-timey spiffing tools. Originally founded as a source of useful stuff for Ohio's Amish community, this is a place we can trust to supply the real deal, whatever the need (watch for our loving tribute to Lehman's in the next issue of *MaryJanesFarm*).

Here are a few traditional housecleaning tools that'll make you feel like Ma from *Little House on the Prairie* (how romantic is that?):

- **Lamb's Wool Wedge Mop** (It's puffy and pretty-as-you-please but is also a powerful dust picker-upper, and it's made in the U.S.)
- **Corn Broom** (Built to last with a hardwood handle and fine corn-stalk bristles that catch all, this dandy doubles as Halloween décor.)
- **Stays-Flat Metal Dustpan** (No more bent and broken plastic pan edges. This baby is crafted in the U.S. with sturdy, ultra-light, rustproof aluminum and built-in dimples that hold the pan at just the right angle.)
- **Wire Rug Beater** (Whack the dust out of your rugs and take out your frustrations, too! More effective and more fun than shaking. Lehman's touts it as strong enough to be used as a cleaning tool, yet attractive enough to add a decorative touch to any room.)
- **Skrapr** (Available in two sizes, these simple scrapers work wonders on glass-top stoves; cast iron, ceramic, and stainless pots and pans; griddles; glass; hardwood floors; windows; and ceramic and marble surfaces.)
- **Flour-sack Towels** (These classic, lint-free favorites are made of 100 percent cotton muslin that won't scratch surfaces.)
- **Toilet Magnets** (Okay, maybe Ma didn't use these, but they're too handy to pass up. Dropped into the tank, these magnets, housed in plastic, provide a chemical-free method to keep minerals from building up on the bowl.)

And just think—when you're not using these tools, they can add a touch of rustic decor to your home, so you don't have to hide 'em like their plastic counterparts.



Corn Broom

*MaryJane* ♥





You can visit Lehman's  
by clicking on the photos.

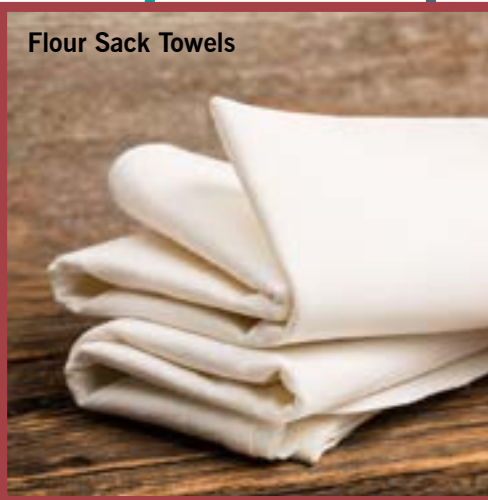
**Skrapr**



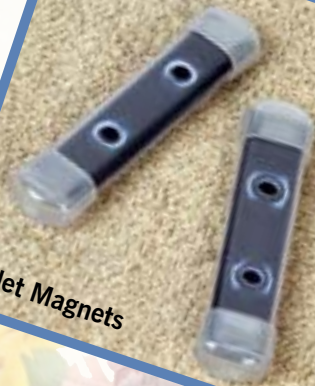
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# Sister Loves

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

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



GRAPHIC DESIGNER  
(SISTER #4)

There's something about finding the perfect piece of jewelry that just makes a girl happy. I've recently been searching for some new pieces to add to my collection. Check out some of my favorite finds.

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



LaPlumeBlanche



KiraKiraDesign



Matoto



JacarandaDesigns



FreshyFig





## 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.



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

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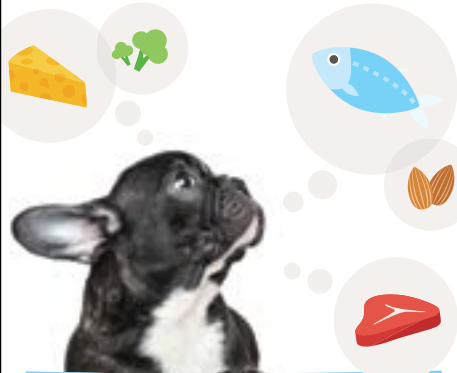
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# Farmgirl Sisterhood

Share in the Fun!

## Farmgirl Chatter



**What are farmgirls chatting about?**

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

### Farmgirl Chatter

#### **Across the Fence: Using & Enjoying Our Things. Submitted by YellowRose**

The other day, the young woman that claims me as her “little old lady” was telling me she had decided to use her good china for supper, even if it meant having to wash it by hand.

She went on to say that she had one set of china in her china cabinet and two other sets under her bed, saving them for a special occasion. She reasoned that she would either use her china or sell/give it away. As time goes by, I think she will let go of two sets and keep her favorite.

Since talking with her, I have been thinking about using my things rather than just looking at them or keeping them hidden away in some drawer, closet, or cabinet.

I started the other day by using my favorite tea pot and cup for my morning tea. I must say I enjoy my tea much more when I hold the pretty cup in my hand.

One of the hardest things for me to use is my collection of vintage linens. What if I spill something on them and can't get the stain out? Well, so be it. Linens are made to be used and enjoyed and not just displayed or hidden away.

Today, I am using my 1940s Texas state luncheon tablecloth on my little deck table. My sister is coming over for nibbles and wine. Yes, I will be serving red wine on the tablecloth. If all goes well, it will make it through without a spot. If not, I will just think of the stain as a reminder of a good memory. Share your story [here](#).



continued ...





### **Barnyard Buddies: Love my chickens. Submitted by Cozynana**

This past spring I mail ordered just over 2 dozen chickens. I received Australorps, Salmon Favorelles, Silver Spangled Hamburgs, and Black Copper Marans. I was gifted 4 Silkies, Crested Polish, Cochins, and I think a Brahma. What a mixture. I also hatched out some Easter Eggers. I ended up with around 7 roosters. Two of them are gone (too mean). I love the Favorelles because they are so docile. It has been fun naming them. I named my two Crested Polish after Kramer on *Seinfeld*. They are Mr. and Mrs. Kramer. They have the same crazy hair and they are spastic like Kramer. I have a little golden Cochin/Silkie that my grandson named Goldie Locks. I could go on forever, but I won't bore you. Naming the chickens has been so much fun though. Hubby thinks I have lost my marbles. There is even a chicken that can't seem to get up on the roosts, so every night I go in and put her up with everyone else. Have I lost my mind??? Who else tucks their chickens in at night? Anyone? Share your story [here](#).



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

I saw the thread about the homemade dishwasher detergent cubes, but we are on a septic tank system and aren't suppose to use powders. Does anyone have a liquid detergent recipe that actually works?

Thanks in advance! Give your advice [here](#).

### **Cleaning Up: Mildew. Submitted by prariehawk**

The steps going down to my basement are open, with steps above them going to the attic. The walls come down about halfway. Anyway, the walls and ceiling over the steps have gotten mildew on them because of all the rain we've had. I've been using a sponge mop with a bleach solution because I can't reach high enough to scrub the walls, and I have to stand on the steps, blah, blah, blah. It's tedious and time-consuming. Is there an easier way to get rid of mildew? I tried using vinegar and it didn't work. I've eliminated about half of what was there, but it still smells and there are still stains in hard-to-reach areas. The rain has let up some, so it's not as bad as it was. This is the first time I've had this problem and I've lived here 17 years. Share your advice [here](#).

continued ...





continued ...

**Farm Kitchen: Peach preserving ideas? Submitted by hudsonsinaf**

Hi everyone! The family and I just went peach picking and I am trying to brainstorm ideas to process them. We will make a large batch of peach ice cream for sure, maybe some peach cobbler as well. And of course, I will leave some out for eating. I know I want to make more peach salsa, dehydrate some peaches, can some and possibly freeze some (my freezer is pretty full with freezer meals, as we are expecting number 7 this month or next). We still have peach butter, peach honey, and peach barbeque sauce from last year, so I won't be doing any of that this year. Suggestions anyone? We have 4 bushels to process/eat. Share your ideas [here](#).

**Farm Kitchen: Corn help! Submitted by nubidane**

My neighbour gave us probably about 12 dozen ears of white corn that is on the starchy, old side. Not shrivelled, but milky and starchy. Aside from giving it to the chickens, does anyone have any ideas to make something that would be palatable to us? Thanks! Give your advice [here](#).

**Farm Kitchen: Breaking jars when canning. Submitted by hudsonsinaf**

HELP! Today is day three of canning peaches ... we picked four bushels, but my jars are breaking! The bottoms are breaking right off! It's a hot-water bath canner, and I always put my pressure-canner bottom in it to keep the jars off the bottom. I have lost three quarts of peaches so far. Oddly enough, however, when we went and grabbed my half pints out of the garage, there was one that was already broken in the same fashion. What in the world is going on!?!? Are they just old? Is it the move? Did they not weather the move well? It's just so frustrating to work so hard to blanch, peel, slice, syrup, and then lose it all when canning. :( Share your advice [here](#).

**Garden Gate: Favorite tomatoes. Submitted by texdane**

Hi Farmgirls,

There are so many tomato varieties out there. What is your favorite? What is your favorite to grow and why? What is your favorite thing to do with them?







I have to say I love tomatoes. All of them. Right now, I think my favorite are the little orange heirlooms ... so many of them. My favorite thing is to wash and eat, popping them in my mouth for a sweet, guilt-free treat. I also like to take any tomato and cut it up in a garbanzo-bean salad with feta and white-wine vinegar. It's one of my all-time favorite recipes. Oh, and at least once a season, I indulge in fried green tomatoes.

Anyone have any issues with their tomato plants this year? In my area, there was a lot of verticillium wilt because of the weather conditions.

Let's talk tomatoes! Share your ideas [here](#).

**Garden Gate: Radish seeds ... Submitted by katmom**

So I was sorting through some old seed packets and found a packet from 2011. I decided to just dump the seeds out on the side off our retainer wall ... thinking the seeds would never grow. lol!


Yep, I got a patch of radishes, and yep some of them are about a week away from plucking. Am I surprised? Not really, you could toss radish seeds on the sidewalk and they probably would grow. lol!

When my daughter was a wee little girl, she wanted a garden, so we planted radishes because I knew they were fool- and kid-proof. lol! Share your story [here](#).



# Girl Gab

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lessons in  
herbalism



food from scratch



farmgirl pets



farmgirl love

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find daily posts from 130 (and counting) sister blogs.

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PREP TIME: 10 MINUTES,  
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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.



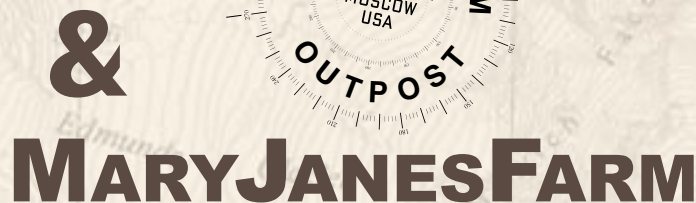
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or go to [MaryJanesFarm.org](http://MaryJanesFarm.org)

\* 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.

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for a hefty dose of inspiration, watch Team Rubicon on [YouTube.com/TeamRubiconUSA](http://YouTube.com/TeamRubiconUSA)

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★ FUN! ★  
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## 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*.



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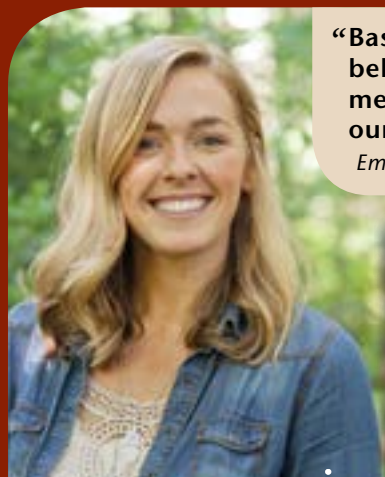
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# Farmgirl Sisterhood



## Social Media

I'm doubling back to make sure you're aware of all the social media happenings at MaryJanesFarm, because you won't want to miss a thing—especially the moment when YOU'RE the sister featured on one of our Facebook pages simply because you're just so farmgirl awesome or you've earned a badge or your blog post from our Sisterhood blogging community over at **GirlGab.com** was featured. (This is my favorite daily pleasure. I LOVE GirlGab!)

As ladies of the Sisterhood, now numbering 6,629 (and counting), we've earned an amazing number of Merit Badges so far—9,365 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







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Merit Badge Awardees



Merit Badge Awardees

Sherrilyn Askew: Sherri #1350

Legend: Chapter Guru

Corine Runnion: Corine #6367

Beginner badge: Garden Gate / Horse Dreams

Emily Hack: alterationsbyem #2951

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

Joan Hendrix: #6465

Beginner badge: Garden Gate / Backyard Farmer

Joyce Hein: GinghamGirl #6071

Beginner badge: Each Other / Farmgirl Gratitude

Judith Lickteig: forgetmenot #3926

Beginner badge: Each Other / Farmgirl Gratitude

Beginner badge: Farm Kitchen / Herbs

Intermediate badge: Farm Kitchen / Herbs

Expert badge: Farm Kitchen / Herbs

Katie Wright: glamping grandma #5600

Beginner badge: Each Other / Farmgirl Gratitude

Beginner badge: Each Other / Farmgirl Shutterbugs

Intermediate badge: Each Other / Farmgirl Gratitude

Intermediate badge: Each Other / Farmgirl Shutterbugs

Expert badge: Each Other / Farmgirl Gratitude

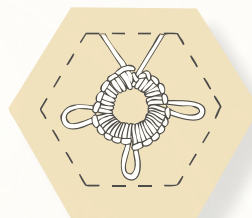
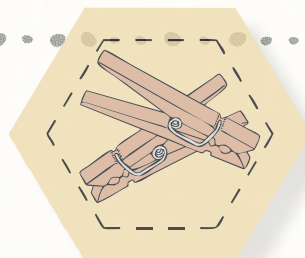
Expert badge: Each Other / Farmgirl Shutterbugs

Marcia Neigebauer: #5947

Beginner badge: Each Other / Entrepreneurial Spirit

Intermediate badge: Each Other / Entrepreneurial Spirit

Expert badge: Each Other / Entrepreneurial Spirit





Marilyn Sullivan: #6318

Expert Badge: Cleaning Up / Recycling

Patti White: PAnn #4415

Expert badge: Stitching & Crafting / Quilting

Shannon Hudson: hudsonsinaf #5349

Beginner badge: Cleaning Up / My Fair Farmgirl

Beginner badge: Each Other / Farmgirl Gratitude

Beginner badge: Each Other / Lend a Hand to Families

Beginner badge: Garden Gate / Putting Away for Winter

Beginner badge: Garden Gate / Rootin' Tootin'

Beginner badge: Garden Gate / Weather

Intermediate badge: Cleaning Up / My Fair Farmgirl

Intermediate badge: Garden Gate / Horse Dreams

Intermediate badge: Garden Gate / Putting Away for Winter

Intermediate badge: Garden Gate / Rootin' Tootin'

Intermediate badge: Garden Gate / Weather

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

Expert badge: Garden Gate / Putting Away for Winter

Expert badge: Garden Gate / Rootin' Tootin'

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

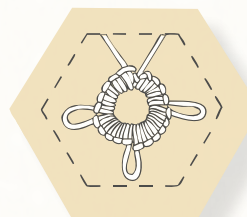
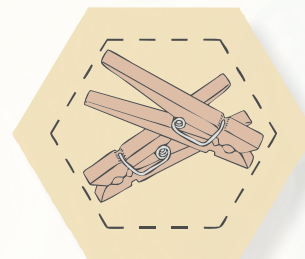
Sherrilyn Askew: sherri #1350

Expert badge: Stitching & Crafting / Cross-Stitch

Stephanie Guevara: Ozark Farmgirl #6511

Beginner badge: Farm Kitchen / Cheesemaking

Beginner badge: Farm Kitchen / Pay it Forward



Farmerettes & Young Cultivators

Merit Badge Awardees

Stella Jane Rae: Young Cultivator of Megan Rae

Beginner Badge: All Buttoned Up

Beginner Badge: Green Thumb Kids

Beginner Badge: Farmyard to Kitchen

Beginner Badge: Know Your Food

Intermediate Badge: All Buttoned Up

Intermediate Badge: Green Thumb Kids

Intermediate Badge: Farmyard to Kitchen

Intermediate Badge: Know Your Food

Expert Badge: All Buttoned Up

Expert Badge: Green Thumb Kids

Expert Badge: Farmyard to Kitchen

Mia Marie Rae: Young Cultivator of Megan Rae

Beginner Badge: All Buttoned Up

Beginner Badge: Green Thumb Kids

Beginner Badge: Farmyard to Kitchen

Beginner Badge: Know Your Food

Intermediate Badge: All Buttoned Up

Intermediate Badge: Green Thumb Kids

Intermediate Badge: Farmyard to Kitchen

Intermediate Badge: Know Your Food

Expert Badge: All Buttoned Up

Expert Badge: Green Thumb Kids

Expert Badge: Farmyard to Kitchen

Adria Ruth Ogle: Young Cultivator of Ashley Ogle

Beginner Badge: All Buttoned Up

Beginner Badge: Green Thumb Kids

Beginner Badge: Farmyard to Kitchen

Beginner Badge: Know Your Food

Intermediate Badge: All Buttoned Up

Intermediate Badge: Green Thumb Kids

Intermediate Badge: Farmyard to Kitchen

Intermediate Badge: Know Your Food

Expert Badge: All Buttoned Up

Expert Badge: Green Thumb Kids

Expert Badge: Farmyard to Kitchen

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 group worked on their badges as well as learning to knit on circular needles. This time of year, we love to take breaks and burst outdoors to nibble on the cucumbers and tomatoes we're going to sell at our local farmers' market. We're going to learn how to start a business that way. Stay tuned for that!

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.

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To find out more,
scan here with
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Coming Soon to a Magazine Near You

Our Oct/Nov issue (Hanky Panky) will hit newsstands on Sept. 15. In it, you'll find recipes for Halloween tricks and treats (like the edible sour nightcrawlers shown here) and Thanksgiving "blessings of the bird" (gourmet leftovers); learn to make beeswax candles and harvest aprons; meet the author of *Crafting a Colorful Home*; read about our favorite old-fashioned tool supplier, Lehman's; experience a historic farmstay; and more. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here](#)!



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Meet our Bloggers

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

Farmgirls are tapping away at their keyboards to bring you news from the homefront, no matter where you live or what your interests. Rebekah Teal, a former judge, writes about being a farmgirl in the city; Alexandra Wilson blogs from the rural perspective; Nicole Christensen gives you the suburban viewpoint, and Debbie Bosworth writes from the beach. You can click to our farmgirl blogs right on our home page (MaryJanesFarm.org). 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

Ecolips Lipscrub

I can't believe it's September already, can you? A few more weeks and fall will be here. My family and I had a great summer, and we hope you did, too. Despite a late start, we had a fabulous garden this year, and will continue to harvest until the first—dare I say it—frost.

Before summer ended, we managed to sneak away and really enjoy the season on a fun road trip. We spent much of the vacation on a friend's pontoon boat. While I was very good about using sunscreen, I forgot about my lips, and by the end of the week they were in bad shape.

Lip skin is much thinner than other facial skin. Lips have only up to only five layers, compared to 16 layers that facial skin has. Lips are soft, sensitive, and prone to damage. While most of us nowadays use our sunscreen (hopefully, using a natural-based one), many of us forget to protect our lips, even though they can also get damaged from too much sun.

Coming home from my trip, my lips were badly sun and windburned. No matter how much lip balm, gloss or moisture I used, they were dried out, peeling, and even cracking. When the painful cracking subsided, weeks later, they were still dry and flaky. Nothing is more unattractive than dried, peeling skin covered in lip color. I tried buffing my lips with a cotton washcloth (an old beauty trick), but that didn't help. My usual facial exfoliator would be too harsh, and not meant for use around the mouth. I was miserable until I found **Ecolips Lipscrub**. Meant to exfoliate, polish, soften, and protect delicate lip skin, this delicious certified organic scrub did just the trick. After one use, my lips were no longer peeling, and were soft and moisturized even before applying lip balm. Gluten-, cruelty-, and GMO-free, Ecolips Lipscrub is 100% edible, made with certified fair-trade and organic ingredients like sugar; beeswax; and castor seed, olive and jojoba oils. There are stevia, calendula, and rosemary extracts, too. Ecolips Lipscrub comes in three yummy flavors: mint, brown sugar, and vanilla bean (my pick—guilt free *and* tasty!).



Now my lips are soft even before I use lip color, balm, or gloss. When cold weather kicks in, Ecolips Lipscrub will come in handy, helping to keep my lips exfoliated and supple through harsh winter weather. This fun little product is \$9.99 for a generous .5-oz. recyclable jar (a little goes a long way). Made in Cedar Rapids, Iowa, by a family-founded business, I picked mine up at my local Whole Foods. You can also find it at **Ecolips.com/store**, where you'll find the entire Ecolips line, and can even create your own lip balm.



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Magazines, Books & More



Our Oct/Nov issue (Hanky Panky) will hit newsstands on Sept. 15. In it, you'll find recipes for Halloween tricks and treats and Thanksgiving gourmet leftovers; learn to make beeswax candles and harvest aprons; read about our favorite old-fashioned tool supplier; experience a historic farmstay; and more.

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

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

MaryJanesFarm Calendar

Our 2016 calendar is in the works. 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:

September 7 ~ Labor Day
September 8 ~ International Literacy Day
September 9 ~ Wonderful Weirdos' Day
September 10 ~ Sewing Machine Day
September 13 ~ Grandparents' Day
September 16 ~ Stepfamily Day
September 17 ~ Citizenship Day
September 20 ~ Wife Appreciation Day
September 21 ~ International Day of Peace
September 22 ~ Businesswomen's Day
September 25 ~ Native Americans' Day
September 26 ~ Family Health & Fitness Day
September 28 ~ Good Neighbor Day

September
Sisterhood
Special!
(see p. 50)



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