

# MARYJANESFARM®

Sister Issue

May 2017

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* will be showing up in your inbox every other month (March, May, July, September, and November, with a special issue coming out the first week in January to announce our Farmgirl Sister of the Year and new Merit Badges). With a cluck-cluck here and a click-click there, we're here for you just when you need a sisterly cyber hug the most. Let the braggin' (er, clucking) begin!

Life made us  
**FRIENDS,**  
MaryJanesFarm  
made us  
**SISTERS**



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{ just a click away! }



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# Sister Loves

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

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



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Megan



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Carol



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Karina



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Cydnie



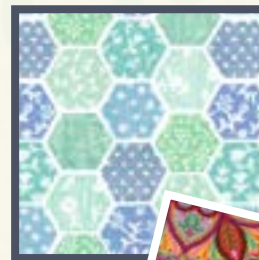
## MaryJane's Picks

Have you heard of **Spoonflower**? The first company of its kind, Spoonflower was launched in 2008 in Durham, North Carolina, with the dream of empowering individuals to create, print, and sell their own artwork on fabric, wallpaper, and gift wrap.

Today, the Spoonflower community has grown to over 3.5 million creative individuals who use their own designs and the Spoonflower Marketplace to make curtains, quilts, clothing, bags, furniture, pillows, framed artwork, costumes, banners, and much, much more.

When you shop from the over 350,000 designs in the **Spoonflower Marketplace**, you'll be supporting a talented and devoted artist community around the globe, all the while maintaining a slim eco-footprint via Spoonflower's digital, on-demand printing process.

And because hexagons are a Farmgirl Sisterhood thing, check out their selection of hexagon-themed fabrics that included a hexagon design challenge.



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



# Hello from Sister #1



## Farmbook

Hello MaryJane!

I penned this poetic parody of Facebook today as I started thinking about the terminology and how it can relate to my days around the farm. I call it 'Farmbook'. I hope it brightens your day! Thank you for all you do to brighten ours.

– Wendy Cesil Curling

I do this thing called Farmbook,  
It takes up all my time.  
Here I wash my laundry  
Before putting it 'Online'.

The rooster crows at dawn  
Before the sun gets very high,  
He never fails to render  
This farmgirl's 'Notify'.

I 'Scroll Up and Down' the garden rows,  
And see the bounty there.  
When the time is right to harvest,  
I'll be sure to 'Like' and 'Share'.

There is this crazy 'Group'  
That gathers daily in the barn,  
And I 'Follow' all their antics  
For bashful now they aren't!

They live an awesome life  
Where we tend to every need,  
But they will 'Comment' loudly  
If I'm late to bring their 'Feed'.

Sometimes I get a 'Friend Request'  
And as not to seem inept,  
I'll put aside my own chores  
And right away 'Accept'.



continued ...





## continued ...

And if the farmer needing help  
At anytime is I,  
Then I will send a 'Message'  
And get a quick 'Reply'!!

And when the day is done  
The part I like the most,  
Is when we gather at the gate  
And lean upon a 'Post'.

We 'Chat' about the joys  
And the farming cons and pros,  
But all and all we're happy  
With the current 'Status' quo.

The threatening 'Cloud' above  
Is a reminder that we get,  
To take the laundry 'Off line'  
Before it's soaking wet!

I smile when I see the face  
Of my loving farmer spouse.  
We grab a 'Log off' the woodpile  
And head toward the house.

I end my Farmbook day  
Most thankful by and large,  
As I cuddle down in fresh clean sheets,  
And put myself on 'Charge'.

MaryJane 







# Hello from Sherrilyn Askew

## Farmgirl Sister of the Year 2016



Sherrilyn Askew (Sister #1350), was our Farmgirl Sister of the Year for 2016. A native of Washington, Sherri joined the Sisterhood in 2010 and has since earned over 200 merit badges. She is a member of an active Farmgirl Chapter, The Backdoor Farmgirls, and has taught several skills to her chapter members, including carding and using a drop spindle. Sherri works in her family's recycling and trash equipment business and is the mother of two children, ages 24 and 11. She's the perfect inspirational example of a farmgirl with plenty of fortitude, stick-to-it-ness, grace, and grit. "I dig in my garden without gloves and go barefoot all summer so that I stay connected to the ground on which I walk and the planet I inhabit. I don't do anything by half measures, and sometimes I'm my own worst enemy. I love a good joke and a belly laugh."

### Digging for Clams

Due to my family's generosity, I had a virus the first weekend we were to go clam digging, so we delayed the event by a weekend. It actually worked out quite well, as we had better weather on our second attempt. Despite the computers not working, we eventually succeeded in getting our annual licenses and then geared up with shellfish shovels and buckets.

I put a tide app on my not-so-smart phone so I would know the best time to be at the beach (clams are usually found at low tide), then surfed the Washington Fish and Game page to figure out which beaches would be open and what would be available (I prefer butter clams to soft-shells). I pestered my family to look over the pictures and learn the size and limit rules so I wouldn't have to spend my time checking them when I would rather be in hot pursuit of the tasty morsels.



I got my daughter up early, much to her dismay, and made her put on her rattiest clothes for our adventure. (At 12, this is a crime—after all, what if someone she knows sees her?) I had everyone pack a change of clothes, just in case we got as dirty as I anticipated. Then we hit the road.

We decided to try out Wolfe Property State Park at the north end of the Hood Canal, as the clam beds are seeded by the state and we were sure to find something. Upon arrival at the park, located at the end of a bouncy dirt road, we got our gear and started walking to the clam beds. The day was sunny and breezy, the way only large bodies of water are,

continued ...





continued ...



and smelled of adventure waiting to be had. We found a likely spot with no other diggers and started looking for treasure. It didn't take long to find the clams up by the seaweed on the beach where it was nice and rocky. The chase was on.

As a child, I remember digging for clams. You would see a spray shoot out of the sand, indicating that a clam was going down. The grownups would dig furiously while the kids picked up every clam spotted. When we had enough, we steamed them open and ate them with a little butter and lemon. Because of the problem with over-harvesting since then, the rules have changed and now the children have to dig their own clams while the adults have to pick theirs out of the sand instead of having the kids do it. It's not so bad though, as my daughter soon got the hang of spotting and digging them. At first, she was loathe to put her hand in the mucky sand, but finding your first clam is like finding your first nugget of gold—it gets your blood pumping and the excitement going. After a couple of hours, we had our limit. My mouth was salivating in anticipation.



We had gotten wet and a bit dirty, but not too bad. Naturally, it was me who was the wettest, as I am incapable of seeing water without getting into it, even by accident. Good thing we brought extra clothes. On the way home, we stopped for some hot cocoa to warm our hands and bodies and scouted a couple of other sites for future clam digs. Once home, I had the job of shelling the clams for chowder. (My partner helped me by dumping them out of the water before they had finished spitting out all the sand, so they were a bit gritty. Note to self: Don't let first-timers "help" unsupervised.) I boiled the shells for a seafood base and made a gluten-free clam chowder that was to die for. Dinner was divine.

There's just something about family, fresh sea air, digging (or growing) your groceries, and making things with love that really puts the spice into life. Life is good.







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

Alexandra Rahal  
Andrea Racht  
Andrea Witmer  
Andrea Houck  
Angela Thorsen  
Angela Fabing  
Ann Gee  
April Robinson  
April Scrivner  
Barbara Rae Swaniger  
Brendalee Campbell  
Carlene Cole  
Carol Ashley  
Cassie Jean McClelland  
Catherine Livingston  
Cathy Bean  
Cherie Adams  
Christa Bronec  
Christine Szubert  
Christine Deal  
Christy Devlin  
Colleen Emig  
Courtney White  
Dale Ann Staggs  
Dana Lambert  
Dawn Perry  
Dawn Gusoff  
Dawn Simone  
Debbie Reed

Deborah A. Horn  
Dee Dee Arnzen  
Dinah Poteat  
Dixie Wallace  
Donna Rowe  
Elizabeth Wood  
Fran Dewitte  
Gina Lloyd  
Ginger Booth  
Hele Prill  
JaneAnn Lahmann  
Jeanette Sheldon  
Jenni Burgan  
Jennifer Bonnell  
Jo Anne Willers  
Jo Burr  
Josephine Duncan  
Judith Lickteig  
Julia Hunter  
Julia Akers  
Julie Stancato  
Julie Theroux  
Karen Spires  
Karen Feichtner  
Karen O'Toole  
Katelyn Channel  
Katherine Osborn  
Katherine Robbins

Kathryn Klooster  
Kathryn Sanderson  
Katie Daughenbaugh  
Katrina Boatwright  
Katrina Peabody  
Katrina Johnson  
Kim Reineke  
Laila Sunday  
Laura Richardson  
Lauren Trank  
Lavern Pease  
Leah Jeffcoat  
Leann Lasho  
Lenora McMahan  
Leslye MacKelwich  
Lisa Bramblet  
Lisa Nowicki  
Lori Alto  
Madelyn Shields  
Marie Hartman  
Marie Westphal  
Marilyn Black  
Marilyn Keurajian  
Marilyn Pirrie  
Marilyn Hartman Sullivan  
Martha Beyersdorf  
Mary Jane Gearhart  
Mary Ziefel  
Mary Kurila

Mary Jo Trzebny  
Meesha McKie  
Michelle Magill  
Michelle Storer-Fujiwara  
Miranda Strickland  
Nancy Diercks  
Nancy Alspach  
Noelle Frost  
Paris Lujan  
Patricia Durfee  
Patti Bieber  
Penny Precopia  
Phyllis Fekula  
ReBecca Mathewson  
Rebecca White  
Rebecca Forgy  
Rose Strauser  
Rosemarie Diederick  
Ruth Ann Kutemeier  
Sallie Dee Walker  
Sandra Lamb  
Sara Heck  
Sarah Koeneman  
Sarah Armstrong  
Shannon Hudson  
Sherri Washington  
Sherrilyn Askew  
Stephanie Smith  
Stephanie Lamey

continued ...





continued ...

Sue Robinson  
Susan Golden  
Susan Greco  
Susanne Cala  
Suzy Pool  
Teresa Roberson  
Teresa Matsche  
Teri MacIntosh  
Toni Lachine  
Trina Vasquez  
Tywana J. Lambert  
Venita Vasquez  
Vickie Daniel  
Vickie Rambin  
Virginia Meyer  
Virginia Scott  
Wanda Sturrock  
Wanda Sue Aldridge  
Wendy Weber  
Wendy Curling  
Wendy Beale



“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 10-year-old and 8-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).

## Megan’s Berry Pie

A few years back, Mom sent me home with a bunch of fresh berries from the farm that had been used for a photo shoot. On a whim, I decided we needed to enjoy a pie. Usually, that merely means I’m in the kitchen making something up, because I clearly don’t have all the ingredients needed on hand.

Sometimes, this is a total fail, but sometimes, I get it right. I got this one pretty right. Mind you, I did have most of the ingredients I would have usually used for such a thing, but it turned out pretty darn good, and it’s the only version I’ve made since that day. I’ve been dreaming of that berry pie as of late and thought I’d pass it along.

Enjoy!

## Megan’s Berry Pie

### Simple Crust

- 2 cups flour
- 1/8 t salt
- 1/8 t sugar
- 1 cup (2 sticks) cold butter
- 1/2 cup cold water

### Filling

- 1 cup fresh blueberries
- 4 cups fresh strawberries, quartered
- 1/2 cup sugar
- 3 1/2 T cornstarch
- 1 T fresh lime juice
- 1 T salted butter, cut into small pieces

1. Make crust: Mix dry ingredients in a medium bowl. Working quickly to prevent softening, cut in butter with a pastry cutter or two knives. Add cold water and mix just until the dough sticks together.



continued ...





continued ...



*yum!*



2. Roll half the dough to fit into a 9-inch pie pan; trim the overhanging dough.
3. Position a rack on the lower third of your oven with another rack just beneath it. Preheat the oven to 425°F.
4. Combine filling ingredients and let stand for 15 minutes.
5. Pour filling into prepared crust and dot with the 1 T butter.
6. Brush the edge of the bottom crust with cold water. Roll out the remaining dough and cut into strips. Cover the pie with a lattice top.
7. Bake for 30 minutes. Slip a baking sheet beneath the pie on the lowest rack, reduce oven temp to 350°F, and bake 25–35 minutes more.

Serve slightly warm. Also delish the next morning straight from the fridge (or so I'm told).

*Meg*

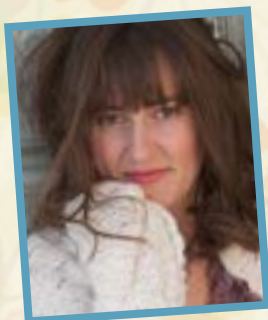




# Sister Loves

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

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



STAFF WRITER / EDITOR  
(SISTER #2)

I've been daydreaming of a fresh berry pie lately. Maybe it's because my 8-year-old keeps asking for my berry pie, or maybe it's because I'm ready for summer. I've included my recipe in the Each Other section on **p. 12** and here are a few tools to inspire!

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



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May 2017



Walmart



Everything Kitchens



KitschNStyle



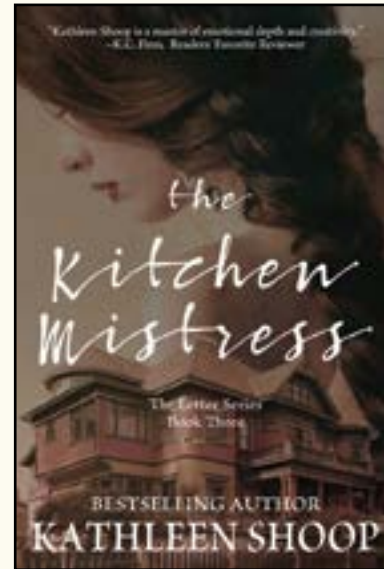
Everything Kitchens



Williams Sonoma



*The Letter Series continues...* drama, intrigue and new alliances abound. Join the Arthurs as they rebuild their lives together and Katherine and Aleksey find first love...



For readers wondering how Katherine and Aleksey finally got together... COMING SUMMER 2017! Award-winning, bestselling author Kathleen Shoop brings you Book Three in The Letter Series, *The Kitchen Mistress*.

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# Each Other



Don't Let Your Babies Grow Up to Be Mamas

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



Melyssa Williams (Sister #161) was homeschooled and spent a perfectly ridiculous amount of time reading and writing, usually in a tree, sometimes with pet chickens. Now she stays out of trees, but still reads and writes. There are three not-so-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 [MelyssaWilliams.wix.com/Melyssa-Williams](http://MelyssaWilliams.wix.com/Melyssa-Williams).

## Potty Training for Tired Mommies

Potty training is one of the hardest, most feared, not-looked-forward-to-with-any-amount-of-glee processes in parenting. Unless you're a mommy married to a stay-at-home daddy, the bulk of the work falls on us mamas because we're the ones home for the waking hours.

And fall on us it does ... like a ton of bricks. Wait. Those aren't bricks. Those are wet underwear piles. Ah well, we don't have much dignity or pride left after childbirth anyway, might as well hammer that coffin closed for a few years. I'm going to creak mine open one day soon and see if there's anything left in there besides cobwebs and tumbling tumbleweeds.

With my three rugrats, I used a method called Potty Training in Less Than a Day. Or something. I may or may not have blocked out most of the memories. I know there was a lot of bribery involved, a toddler-sized plastic toilet in every room, huge amounts of singing (bursting into the Potty song every 10 minutes for what feels like weeks is a required step of toilet training your monkey), puddles everywhere, and quite a bit of stubborn refusal to stick with the process (from me).

All children are different—you know this if you've had more than one and/or have been a parent for longer than 10 seconds. My first daughter was pretty easy to potty train; while it took a few days longer than the 'less-than-one day' promised (where do I send my strongly worded letter of complaint?), she never regressed, and she even stayed dry through the night from that point on. And she was only 18 months old, so I felt like a pro. My second daughter was more of the ... shall we say, obstinate personality type? So she presented more a challenge. And a lot more bribing. Massive amounts of bribing. We're talking Barbie dolls, Skittles, ice cream, promises to rule small countries as reigning Princess. And she still wasn't much into it. Wet My Little Pony underpants didn't faze her. "You just peed on Rainbow Dash!" her sister would cry in alarm.

"I don't care. I'm a princess. That's what we do."

When my son came along, I no longer cared about the potty training by the 18-month goal. Nah, I figured if he was toilet trained by college, his future wife would appreciate it. Let's just say the standards had lowered in a decade, that's all. When my daughters were young, I would look at the moms with sons who were either a) still wearing pull-ups at the ripe old age of 4, or b) peeing on everything in sight in the Great Outdoors, including my magnolia tree, and I would—I confess—be a tad judgmental. *I'd never let my son get away with that*, I'd think in alarm.

continued ...





## continued ...

Years later, when the mancub arrived, I of course ate my words (with a nice glass of vino and some queso dip ... they go down better that way, I've found). Not only was he older when potty trained (he did start at 18 months, but he didn't wrap it up sufficiently until about eight months later. He's going to write his memoir someday (Potty Training in Less Than a Year), but he has kept our entire front and back yards properly hydrated. Also the park. And his aunt's hydrangea bushes. And one barbecue pit at a church picnic in front of the new (childless) pastor and his wife and an entire congregation of Baptists.

So, I guess I have no words of wisdom for you after all. Other than to buckle down, buy way more underwear than you think you'll need, practice your singing voice, and get through it as best you can.

They'll be housetrained eventually.

Mostly.





# Sister Loves

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

Carol's  
PICKS  
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,  
UKULELE ENTHUSIAST  
(SISTER #3)

May ... Spring's here, and summer's on the horizon. That always gets me thinking about yard art. My little yard is full of kitschy décor among the flowerbeds, but there's always room for more! Here are a few of my Pinterest saves for this year's inspiration ...

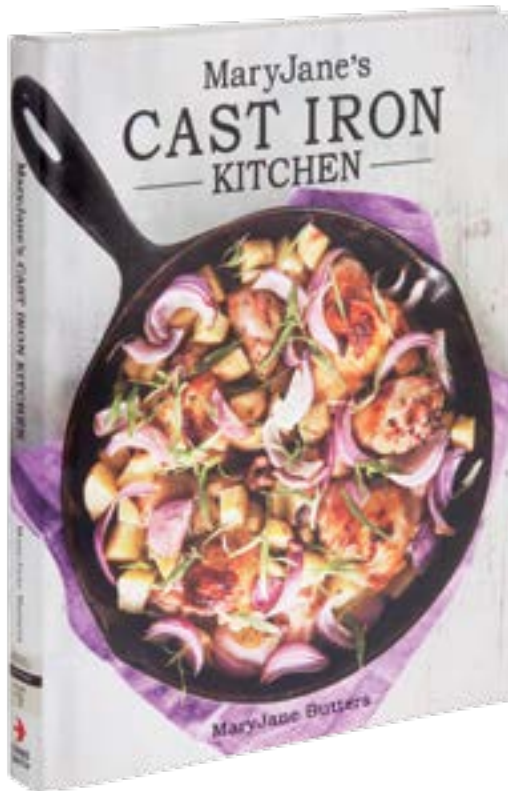
You can visit Carol's picks  
by clicking on the photos.





new book!

# MaryJane's CAST IRON KITCHEN



Whether we're urban or suburban, straight-up city or downright country, cast-iron cookware holds a special place in our hearts. For generations, it's the one thing that has never changed. Or worn out. With its rich history and formidable staying power, who among us doesn't have at least one of Grandma's skillets?

Not only is it cheaper than its modern-day, fancy-pants counterparts, it's non-toxic. And if your great-granmama were around to utter admonitions, she'd tell you a thing or two about proper kitchenware (and manners), and then hand you a cast-iron griddle and show you how to make a mess of biscuits the likes of which you've never tasted before.

From Chicken, Bacon & Swiss Hand Pies to Butter Cookie Pie Crust, my unpretentious recipes are richly illustrated, as if you were sitting with me in my farmhouse kitchen in the outback of Idaho.

*MaryJane* ♥

224 pages  
111 recipes, 375+ color photos

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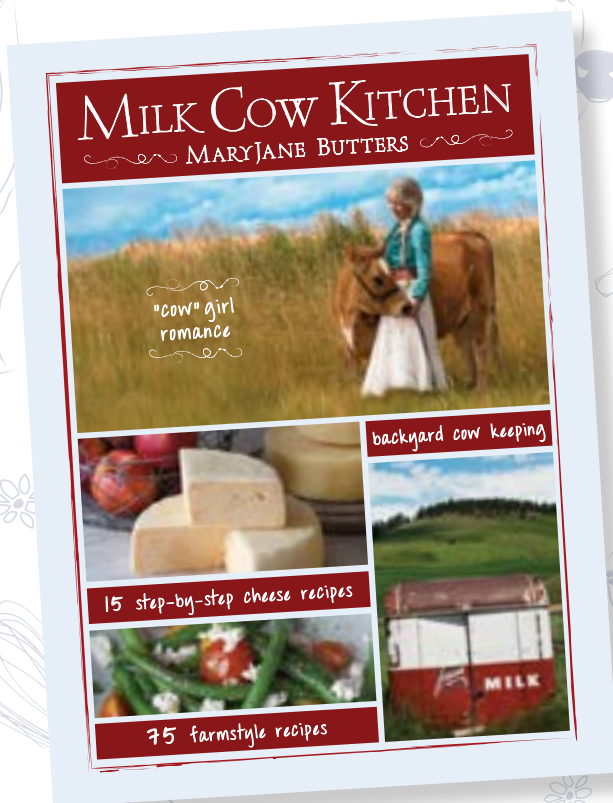




“In her fifth book, MaryJane covers just about everything cows and dairy. If you can make it past the food and cheese recipes without needing to eat, you’re a better “cow”girl than I. But the real gem of the book is the hooves-up, how-to advice on keeping a healthy, happy, backyard cow. Whether you’re 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 not-so-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 [MelyssaWilliams.wix.com/Melyssa-Williams](http://MelyssaWilliams.wix.com/Melyssa-Williams).

## Conversations with My Homeschooler

Kids say the darndest things, don't they? And one ~~annoying~~ magical thing about homeschooling them is that you'll never miss a thing. Like, seriously. You won't miss anything. When they learn to walk, when they learn to read, when they master Spanish, when they tie-dye the dog ...

My son to me one day: "Hey, Mom, I have a request. Can you make sure my socks aren't inside out when you wash them?"

\*sees look on my face\*

"Never mind. Forget I said anything. Haha, just a funny joke ..."

(On the other hand, I do hide in the laundry room with a box of crackers and a glass of wine sometimes. Might as well sort the socks while I'm in there. Nah.)

Same son to me: "Hey, Mom, you know how the good moms read all the books their kids read? So you know there's nothing inappropriate and stuff and they can talk about them later?"

Me, inwardly groaning and possibly cursing the good moms: "Yeah ..."

Him: "There are 11 Captain Underpants books! And 22 Redwall ones! And 68 Hank the Cowdog!"

(At least he has varied tastes. If anyone has written a series about warrior mice in underwear fighting on a ranch, let me know. We could knock these off our TBR list sooner.)

My daughter, talking about Algebra with me and her co-teacher: "Mom doesn't really help with the homework because she doesn't remember the subject very well."

Teacher, to me: "You know, you could do the course alongside her. That's the beauty of our homeschool co-op!"

Me: "I feel like the tantrums and crying would be distracting for the other students."

Teacher: "Anna doesn't do that ..."

Me: "I was referring to me."

continued ...





## continued ...

Another thing about homeschooling is how your kids can't get away from you, either. So not only do you not miss a thing about their day, they won't miss a thing about your day. So they're going to pick up on all your little idiosyncrasies, moods, running commentary about everything in your life, and just possibly (if you're me) your sarcastic quips throughout the week.

Little boy in backseat to car ahead of us: "Boy, wouldn't it be nice if someone invented a magical blinking arrow on the cars so that the other cars would **know they are about to make a turn?** We could call it a blinker! LEARN TO DRIVE, METHUSALAH!!"

They can also turn your own words against you in other ways. This is what my 9-year-old son says to me every single time I ask for help with my cell phone/Netflix/television/computer/CD player:

"Mom, I feel like I have told you the steps for this quite a few times, and I think it's possible you are not applying yourself. Next time this problem comes up, I want you to be a *problem solver*, and take a deep breath, remember what you've learned, even look at your notes if you need to. This is not "A" quality work, and I know you can do better, okay?"

Me: "But I ..."

Him, firmly: "No buts. No can'ts. Just do your best. That's really all I'm asking, and I don't think it's too much."

Homeschooling. Ya gotta love it. I think.







# 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, 7, and Alina, 3). 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.

## Spinach & Feta Pie

I have been waiting with anxious anticipation for spring to arrive, and it looks like it's finally here. Its arrival is cause for celebration, and what is a celebration without food? Of course, not just any food will do. So I created this amped-up version of a classic Spanakopita (Greek Spinach Pie) to showcase one of the first offerings of a spring garden—bountiful spinach. With its crispy filo dough layers and spinach filling loaded with flavor and just the right amount of punch, it was an instant hit.

## Spinach & Feta Pie

PREP TIME: 30 MINUTES  
COOK TIME: 15–18 MINUTES  
MAKES: 12 SERVINGS

- 8 ozs spinach (about 8 cups)
- 1/2 cup Greek yogurt
- 3 ozs feta cheese, crumbled (about 1/3 cup)
- 2 T oil-packed sundried tomatoes, drained and finely diced
- 2 garlic cloves, peeled and minced (about 2 t)
- 1 T fresh dill, minced
- 1 T fresh parsley, minced
- 1 t fresh mint, minced
- 1/4 t pepper
- 1/8 t nutmeg
- 8 13" x 18" sheets filo dough
- 5 T butter, melted
- 3 T Parmesan cheese, shredded

1. Preheat oven to 425°F. Line a large baking sheet with parchment paper.
2. Fill a large saucepan about halfway with water and bring to a boil over high heat. Line a colander with a thin dishtowel.
3. Add spinach to boiling water, cook for 30 seconds, and pour into prepared colander; rinse with cold running water. Let water drain off, and then gather the edges of the dishtowel and wring out as much water as you can from the spinach. You should end up with a firm ball. Transfer to a cutting board and cut lengthwise into 1/2" slices, then crosswise into 1/2" slices.

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4. In a medium bowl, combine spinach, yogurt, feta, sundried tomatoes, garlic, dill, parsley, mint, pepper, and nutmeg; mix well and set aside.

5. Lightly brush parchment on prepared baking sheet with butter. Cut filo sheets in half on the 18" side so you have sixteen 9" x 13" sheets. Place one sheet of filo dough on prepared baking sheet. Lightly brush with butter and top with another sheet of filo dough (to keep filo sheets from drying out, keep covered with a thin dishtowel as you work). Repeat until you have 8 layers of filo dough. Do not brush the eighth sheet with butter.

6. Evenly spread spinach mixture over filo dough layers. Top with another sheet of filo dough, lightly brush with butter, and sprinkle with about 1 1/4 t Parmesan cheese. Repeat process with 6 more sheets of filo dough.

7. Place the last sheet of filo dough over top of pie and gently press down on the pie to remove air pockets. Brush top with butter and bake for 15–18 minutes, or until golden brown. Cool slightly, cut into 12 squares, and serve.







# Outpost

## Unleashing Your Inner Wild



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

## Behind the Crescent Moon: Care and Keeping of an Outhouse

It's funny how, despite a general reluctance to actually *use* an outhouse, there remains a certain charm to the rustic wooden structures we associate with frontier and farmland, especially those with the quintessential crescent moon decorating their doors.

"From cartoons to films to modern-day replicas of historic toilets, the cut-out shape of a crescent moon in an outhouse door seems like something that is so ingrained in our cultural consciousness, that it must have existed in real life. But it doesn't seem to have been much of a historic reality," writes Eric Grundhauser of Atlas Obscura. "The most commonly held theory, and the one you are most likely to find via a cursory Google search, posits that it was once the sign for a woman's toilet. As the story goes, in the 1800s and earlier, literacy wasn't widespread, so the common symbol used to differentiate between a men's privy and a women's was that the men's door carried a sun or star symbol, while the women's stalls were marked with a moon."



Apparently, no one knows for sure how the symbol for the ladies' room became the universal emblem for the outhouse, and a number of historians have debunked the story altogether. But somewhere along America's timeline, the moon made its way to icon status—and outhouses (at least the old-fashioned variety) have nudged into our country's collective sense of nostalgia.

So, it's not surprising that farmgirls fancy the notion of having a bonafide outhouse as part of the ol' outpost. Not only does it hearken back to simpler times, the outhouse also embodies a certain rebelliousness against societal structure—who needs modern plumbing, anyway? A farmgirl can survive, nay, THRIVE off the grid.

I certainly did. I raised my two kids for years without a flush, and I maintain the original outhouse and a couple of new additions on my farm, which many a visitor has admired over the years.

Nostalgia notwithstanding, when we start talking about outhouses in the here and now, we can't escape the lingering stigma of, well, smell.

A couple of years ago, Sharlet from Texas shared on the Farmgirl Connection, "I have been thinking about putting one or two outhouses around here. It sure

continued ...





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would be a simple solution for the campground area way back in the pasture, but the smell and the flies might be a problem.”

Other farmgirls who had visited my farm chimed in to assure her that my outhouses are not only civilized, but darn near comfy. After all, each is neat as a pin and darlingly decorated: aprons for window curtains over glass panes, crocheted seat covers, and a jar of fresh flowers during the growing season.

Even so, you’re dying to ask, “What about the SMELL?”

“I have used MaryJane’s outhouses, and they don’t stink!” Alee, Farmgirl Sister #8, assured Sharlet. “If you manage an outhouse properly, you don’t get much ‘outhouse’ smell.”

And that brings us to the meat of the matter: outhouse maintenance.

Caring for your outhouse is surprisingly simple—a dash of diligence will keep it sanitary enough to satisfy your most skeptical outpost visitors.



## *The Basics:*

### 1. Ventilation Pipe

If you have an outhouse, you probably have this one covered. Proper ventilation is a must. Periodically check your pipe for a buildup of leaves and other debris that can stifle air flow.

### 2. Lime Pail

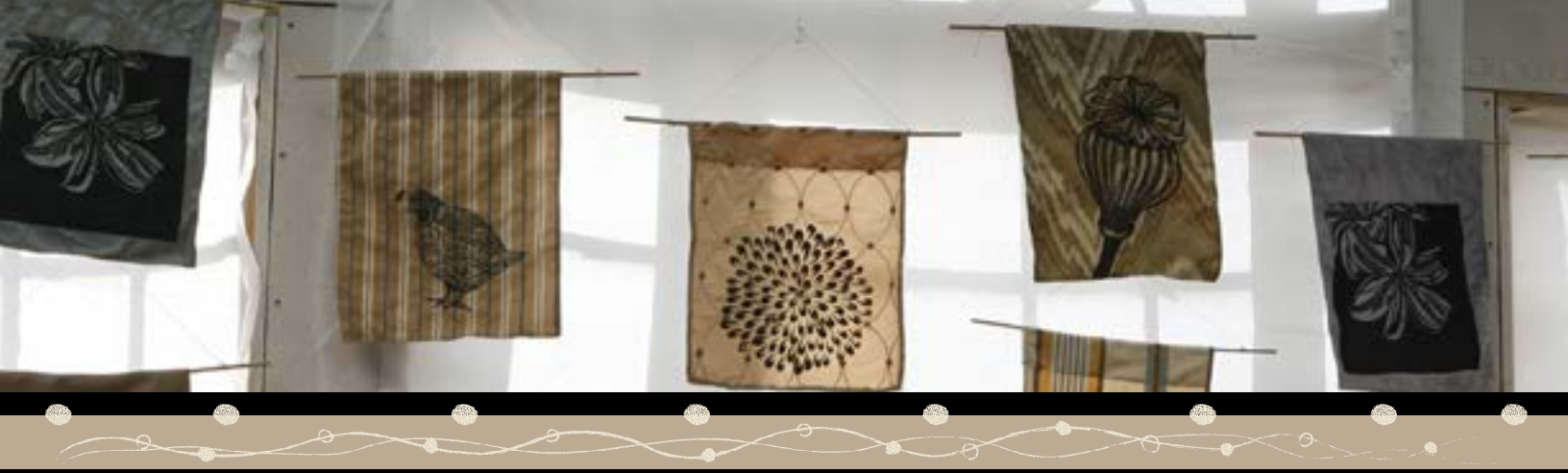
Keep a cute little pail beside the privy that contains lime (powdered limestone) or wood ashes. Use a small scoop to scatter a bit of lime or ashes into the privy after every use. This practice keeps odors and insects at bay while boosting the decomposition process.

### 3. Clean Out

Each spring, it’s a good idea to clean out the pit below your privy. This is particularly important if gaggles of guests use it. Sounds unpleasant, but it’s not really that big a deal after a whole winter’s worth of decomposition. For the not-so-dirty details of outhouse cleanout, check out **Outhouse is Full – Now What?** On CabinTips.com.

continued ...





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#### 4. Frills and Flair

Let your creativity run wild: flowered wallpaper, a vintage perfume sprayer of lavender water air freshener, a lantern chandelier! Consider providing a pretty plaque that instructs visitors how to dispense the lime each time. You might also want to offer a lovely pitcher and bowl with which guests can wash up.

In short, let's just say that a farmgirl outhouse can offer a touch of luxury when living off the land. And while crescent moons are cute, you're not committed to the custom.

Mary Jane 



Photo by Kerttu via Pixabay

Some people prefer  
happy heart cutouts...



Photo by Jon Eric Melsæter via Wikimedia Commons

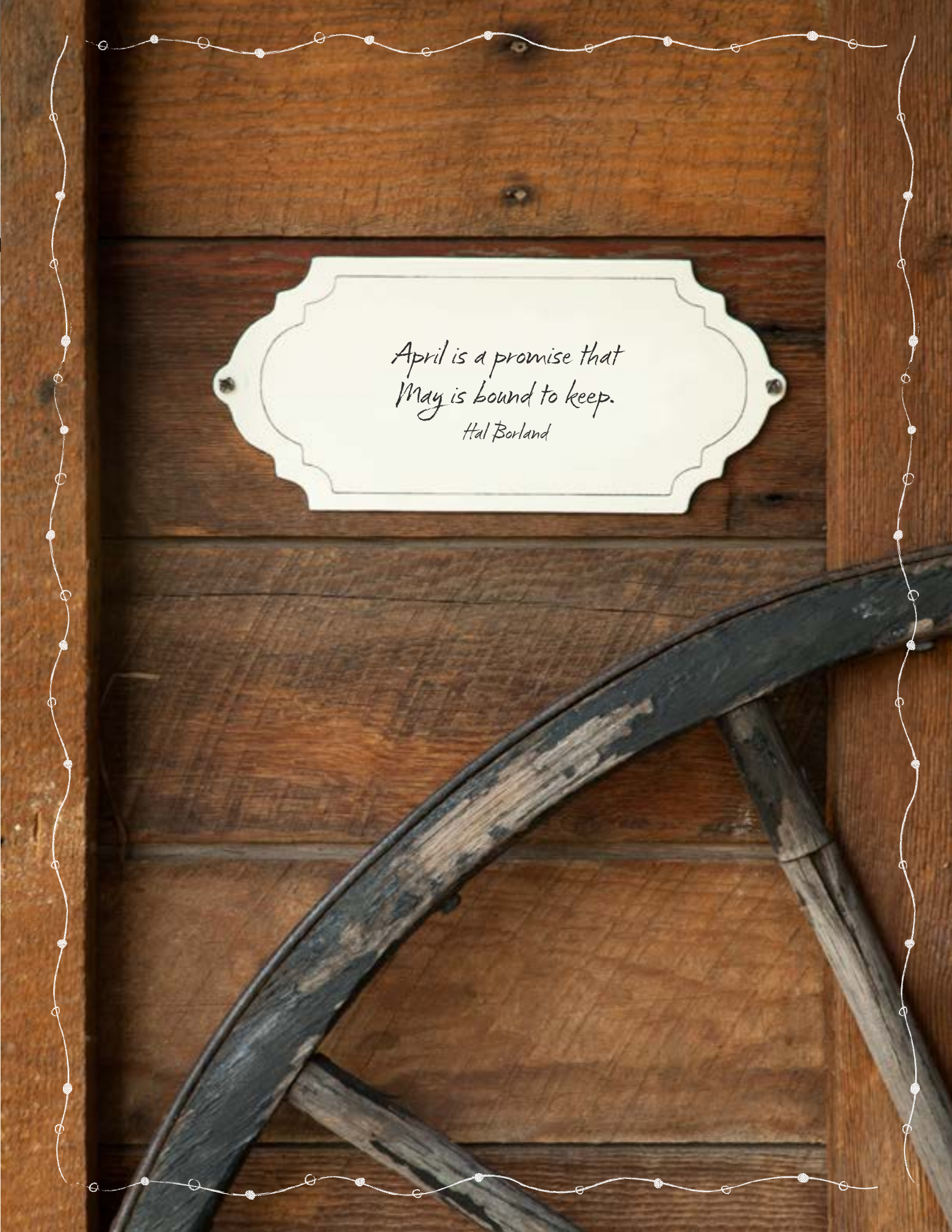
...Others opt for shades  
of blue, like this little  
beauty in Fiji.



Photo by Blair Peters via Wikimedia Commons

And, hey, the boldest  
(or most remote)  
occupants see no need  
for a door at all!





*April is a promise that  
May is bound to keep.*  
*Hal Borland*

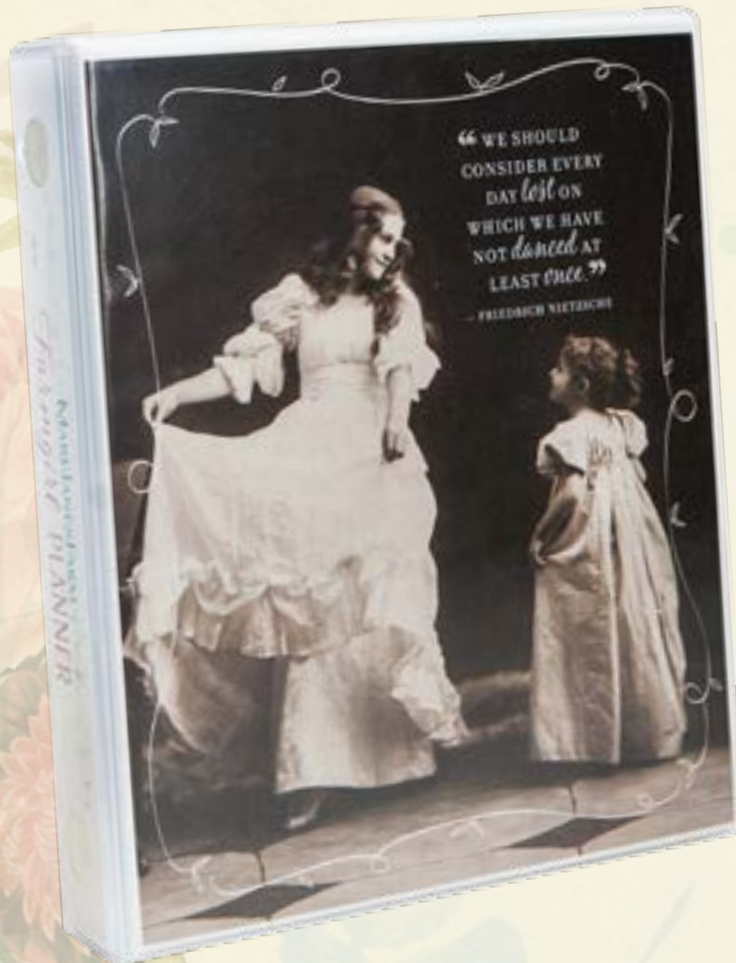


# SISTERHOOD SUPPLIES

## Farmgirl Planner

click [here](#) to order

Price: **\$28.95**



Our 2017 farmgirl planner is still available. It is bound in a durable three-ring mini-binder (5 1/2" x 8 1/2") and decorated with inserts, front/back/spine. Inside contents are monthly/weekly pages, year ahead at-a-glance, personal information page, and future planner, as well as 100 blank pages (college ruled) for notes that are embellished with farmgirl tips, quotes, photos, etc. In the back, we included five top-loading, heavyweight, clear sheet protectors for things like receipts, recipes, etc.





# Summer Goodness.

## Watermelon-Cilantro "Halwa" Smoothie

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

- |                                   |  |
|-----------------------------------|--|
| 1 cup chopped seedless watermelon | 1 tsp Once Again Killer Bee Pure Raw Organic Honey |
| ½ cup frozed banana slices        | 1 tsp fresh lemon juice                            |
| ½ cup non-fat plain Greek yogurt  | 1 generous pinch ground cardamom                   |
| 1 tbsp packed cilantro leaves     |  |
| 1 tbsp Once Again Organic Tahini  |  |

Vegetarian  
Gluten Free

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

**Note:** It is important to use frozen bananas in this recipe since there is no added ice. The watermelon provides lots of liquid, so adding ice will result in a thin smoothie. Keep a bag of frozen banana slices on hand for quick and creamy smoothies.

**NUTRIENTS PER SERVING** (1 serving): **CALORIES:** 294, **TOTAL FAT:** 9.5g, **SAT. FAT:** 1.2g, **CHOLESTEROL:** 0mg, **SODIUM:** 48mg, **CARBS:** 41g, **FIBER:** 4.9g, **SUGARS:** 29.5g, **PROTEIN:** 16.4g.

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At Once Again, we love what we do, and we know you'll love this Watermelon-Cilantro "Halwa" Smoothie recipe! To learn more about us, visit our website and check us out on your favorite social network.



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



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# Garden Gate

Bloom Where You're Planted



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

## May's Flower Moon

April showers bring May flowers and, according to the lore of Native American cultures, the year's first "fertile" moon.

According to the *Old Farmer's Almanac*, "The May moon marked a time of increasing fertility with temperatures warm enough for safely bearing young, a near end to late frosts, and plants in bloom."

As such, this month's full moon became known as the Flower Moon.

"May 2017's Flower Moon is set to occur on May 10," explains Brandi Neal of Bustle.com. "During this time of abundance, when plants are blooming and spring is in full swing, folklore claims that flowers grow at night and even dance in honor of the moon ... this moon definitely signifies a time for things to blossom after lying dormant for many months."

So, with all of the "flower power" in the air this month, nary a farmgirl can resist the urge to sow. Among the myriad garden goodies you're planning to grow, celebrate May's Flower Moon by planting moonflowers.

"Moonflowers are nocturnal bloomers, perfect for night owls and late-night strollers. After sunset, these huge white flowers bloom and glow all night in the moonlight. Then, as the sun rises, they close their fragrant blooms," explains herb farmer Arlene Wright-Correll on the Local Harvest blog (LocalHarvest.org).

Just make sure you make room for the moonflower's bountiful vines and blooms. Moonflowers are vigorous vining plants (really, large, non-invasive morning glories), so you'll need room to accommodate 12–18 feet of growth.

"These plants are prolific climbers with attractive leaves," continues Wright-Correll. "When growing moonflowers, make sure to plant them where they can climb quickly towards the moon. Plant them along patios and sidewalks, where people are likely to be in early evening hours. We love these fragrant night bloomers, especially when we sit out on our screened-in patio in the evening sipping a glass of wine with good friends."

Moonflowers mimic the magic of the summer moon. These beauties are easily grown from seed in just about any soil type, and now's a great time to sow them directly in the ground. They'll germinate within 10–20 days.



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As Arlene Wright-Correll mentioned, moonflowers are fragrant (the adjective most commonly used to describe their scent is "heavenly"). So be sure to plant them near an outdoor gathering spot or an open window if you'd like to allow the scent indoors.

As always, the *Farmer's Almanac* suggests dates throughout May for sowing your spring seeds. This year, it advises above-ground planting on May 1, May 27, or May 28. For below-ground planting—of moonflowers, for instance—shoot for May 19 and May 20.

MaryJane 

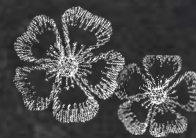




# Stitching & Crafting Room



Stitches of Fun & Laughter!



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



Dori Troutman (Sister #6167) 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.

## Little Girl's Spring Purse



Spring is the perfect time to make the favorite little girl in your life a darling purse. This is such a simple little purse to make, and you can make it as simple or as fancy as you would like. Follow along on this step-by-step tutorial and you'll have it finished in no time at all.

### You'll Need:

- 1/4 yard of fabric for outer bag
- 1/4 yard of contrasting fabric for lining and strap
- 1/4 yard of batting or fusible fleece
- Velcro (both hook and loop)
- buttons for "bling" (optional)

### How To:

Step One: Print out the **page of pattern pieces** and cut all the pieces. They are clearly labeled so you will know what to cut. Cut a strap of fabric 3" wide by 30" long and a piece of fusible fleece (or batting) 1.5" wide by 30" long. If you use the fusible fleece, iron it to the middle of the strap.

Step Two: Fold both edges of the strap towards the center and press well, using a clip or pin to hold in place. Fold it in half and press again. I then use clips (or pins) to hold the fold in place for sewing. I like to sew 1/8" from each edge and then straight down the middle of the length of the strap. It gives a nice uniform look to the strap. But you would technically only need to sew the long, open edge closed. Set aside your strap.

Step Three: Take your two outer fabric pieces and your batting pieces and layer them together like this: batting, fabric piece right side up, fabric piece right side down, batting. Pin or clip in place. Sew 1/4" all the way around, leaving the top edge open.

Step Four: Turn right side out, making sure to push out rounded corners. Press well and set aside.

Step Five: Repeat for your purse flap. Cut a small piece (about 1" long) of Velcro (both the hook and loop). Take one of the Velcro pieces and center it about 1" from the bottom of the purse flap. Zig-zag stitch in place.

Step Six: Pin or clip the purse flap to the center of the purse front, the side with the Velcro





## continued ...

piece facing up. Sew in place.

Step Seven: Now take your completed strap and pin or clip each end to the side edge of the purse. Sew those in place. (Make sure your strap isn't twisted at the bottom.)

Step Eight: Take your purse lining pieces and place them right sides together. On the bottom edge, you will leave about 2-3" open for turning. I place pens so that I am reminded to leave that open. Sew, leaving the top edge open and the bottom 2-3" open.

Step Nine: Keep your purse lining wrong sides out. Take your outer purse body and place it inside the purse lining as shown in the picture. Right sides will be together.

Step 10: Pull your purse strap through the bottom opening of the lining. Pin or clip the edges together and sew in place using a 1/4" seam. Pull outer purse through the opening in the lining.

Step 11: After everything is completely pushed through, close the opening in the lining with a 1/8" seam. Push the lining into the purse. Iron in place if necessary. Top-stitch 3/8" from the edge of the purse all the way around the top. This will hold the lining in place and give it a more finished look.

Step 12: Determine how far down from the top edge of the purse you want your remaining Velcro piece to go. Center it and sew with a zig-zag stitch, being careful to only sew on the front purse and lining and not the back of the purse.

Step 13: Your purse is technically finished, but I added a little bling to the ones I made. You can purchase fun buttons and sew them onto fabric yo-yos that you attach to the side of the purse and also to the flap, covering the Velcro stitching.

Just that little bit of added embellishment gave the purses a final finished look and made them a little more fun for the girls!





# Sister Loves

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

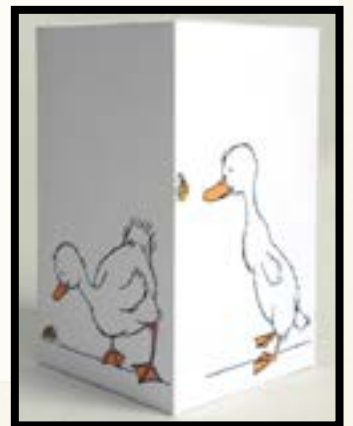
Karina's  
**PICKS**  
(JUST A CLICK AWAY)



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



After getting a friend the cutest necklace for her birthday, I thought I could look for a fun box to wrap it in. So, I went to my trusty friend Etsy in search of the perfect box. I stumbled upon the cutest illustrated box by **Alsjeblieft Studio**. I fell in love with her style of mixing photography and hand-drawn illustrations to create fun gift boxes. The owner and creator, Nienke de Haan, is from the Netherlands (that's where my grandparents are from!) and she named her shop Alsjeblieft because that's what you say in Holland when you give someone a gift and make them happy. How sweet is that? I hope you enjoy her creations as much as I do!






NEW YORK TIMES  
BEST SELLING AUTHOR

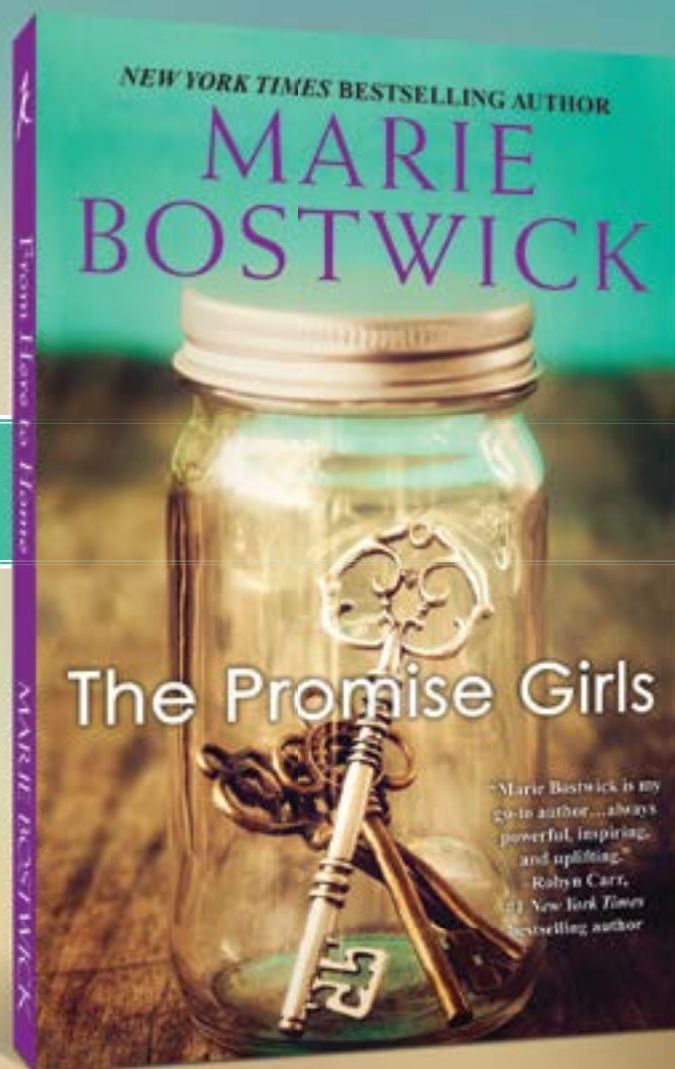
MARIE  
BOSTWICK

## The Promise Girls

For a chance to win  
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of *The Promise Girls*,  
go to [RaisingJane.org](http://RaisingJane.org), and search for  
"The Promise Girls, Blue Moon."

   [mariebostwick](http://mariebostwick.com) | [mariebostwick.com](http://mariebostwick.com)

 Kensington Books | March 2017 Trade Paperback  
ISBN: 978-1496709219 | \$15.00 U.S./ \$16.95 CAN.



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—**Melanie Benjamin**, *New York Times* Best Selling author of *The Swans of Fifth Avenue*

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—**Debbie Macomber**, #1 *New York Times* bestselling author



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SISTERHOOD SUPPLIES

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SISTERHOOD SUPPLIES

# MaryJane's Home Lighting



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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**), 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** and your local quilt shop.

DON'T DELAY!  
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**F.A.R.M.**  
Fine Arts American Rural Made







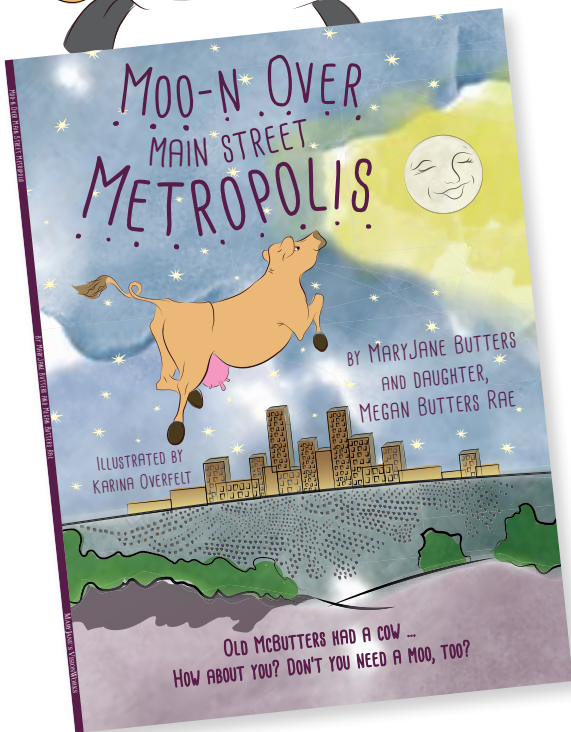
# Moo-n Over Main Street Metropolis

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)

While you're there, pick up a copy of MaryJane's *Milk Cow Kitchen*, a 400-page cowpendium with 1,100 how-to photographs that detail everything you need to know to keep a milk cow on your suburban half acre, a backyard lot in town ... or at least the fantasy of a someday cow grazing outside your kitchen window.



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

— Suzanne Gibbs Taylor, Creator of BabyLit®

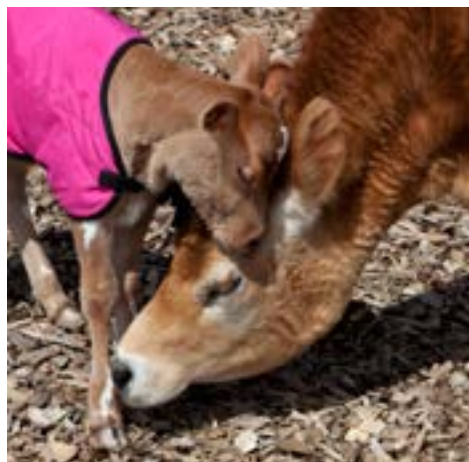
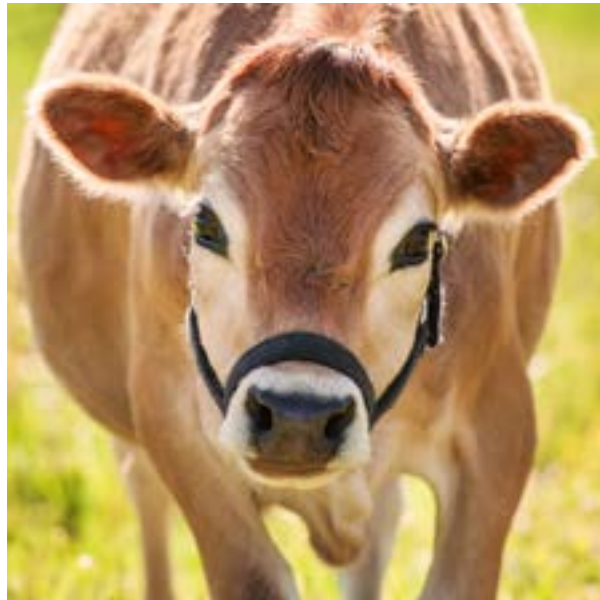


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THE ANTS GO  
MARCHING  
ONE-BY-ONE,  
MOO-RAH, MOO-RAH ...





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

## Farmgirl Swap

Happy Spring to all you farmgirls! May is here, and with it comes all kinds of beautiful flowers, green grass, and budding and blossoming trees, as well as baby farm animals. We had a very wet winter, so it looks like we'll have a good spring and summer with plenty of irrigation water.

If you're like me, you'll be getting busy with your yard and garden work, as well as tending to all those baby animals. But I'd like to highlight a few swaps that should be fun and help you stay in touch with your farmgirl sisters, keep your hand in creativity, and give you something to do when you need a break from work.

This newsletter comes to you just as we are about to celebrate our annual Farmgirl Jubilee. In that thread on the Farmgirl Connection, someone mentioned that this year was the Year of the Rooster. While I'm not sure if that's the "official" theme, I thought it would be fun to have a rooster/hen swap. So, I'm going to host the "Rooster/Hen/Chicken Swap." You can read all about it and sign up [here](#).

Several of the farmgirls have been participating in the "Mini-Apron Swap," for which they will receive cute and creative mini-aprons to make a banner/bunting. Linda Olivera is hosting this swap. The next one is an "Animal Theme." For more information and to join in on the fun, [here's](#) where to go.

In honor of our beloved farmgirl sister Portia Troupe, there is also an ongoing, monthly "Card Swap" that many of the farmgirls are enjoying. Marilyn Godfrey is hosting this swap, and it is open to sign up for the June swap. [Here's](#) the place to go.

Hoping that your spring activities give you joy, and as they fade into summer, you're enjoying your gardens, animals, and all things farmgirl. I'll be glamping with my daughter in June and hope to see you again in July! And for goodness sake, have fun playing in the dirt!!











Ek Ongkar is a marketing coordinator at Mountain Rose Herbs. She was born and raised in Eugene, Oregon, but is no stranger to the ancient Indian philosophy of Ayurvedic medicine. You can often find her sipping chai, taking long walks near the ridgeline trail, and doing origami.

## Laundry Day the Natural Way

As the days warm and the botanical fragrances of spring sweeten the air, we can once again hang the laundry outside to dry. The natural scent of the spring breeze on our clothes and linens can be such a comforting, familiar feeling for so many of us. Air-drying, along with making your own organic laundry soap, is not only better for the environment and the utility bill, but is a free way to capture the pleasing aromas of sunshine and herbs (what many of the commercial laundry products are trying to replicate). Though most of the products you can find in the store have natural names to describe their scents and formulas, they often contain ingredients that are known to be unhealthy for humans and fish alike. Fortunately, there is an easy way to do your laundry naturally with the added bonus of choosing your own organic essential oils. Feeling creative? Name your plant-based detergent something whimsically botanical for your own pretty label!

If you are busy and short on time, there are many wonderful alternative organic detergents available in natural-food stores and co-ops. But for those of you who are ready to DIY your laundry day, we at **Mountain Rose Herbs** love these great recipes using nature's own amazing soap nuts and simple ingredients like salt and vinegar.



Try creating your own fun labels for your natural detergent!

### *Natural Herbal Laundry Liquid*

- 1 1/2 quarts of water
- 30 organic soap nuts
- Borax powder
- Essential oil of choice (optional).

Some organic favorites are:

cedarwood, eucalyptus, geranium, grapefruit, lavender, lemon, mandarin, peppermint, rosemary, sage, spearmint, sweet orange, tea tree, or ylang ylang.



continued ...



# WASH DAY

continued ...



Pour hot water over the soap nuts and steep for at least 30 minutes to an hour. You can also steep them overnight. After steeping, cover the soap nuts and simmer over low heat for 30 minutes. Strain into a bowl and reserve the water. Try using a stainless steel funnel with strainer. This will provide a generous quart of liquid or so. Reuse the soap nuts for another batch if you want. You can skip the soaking process and go straight to adding another 1 1/2 quarts of water. Simmer for 30 minutes and strain like before. Once the solution has cooled, add essential oils (optional).

Use 4 T soap nut liquid plus 2 T of borax powder per load for harder water. This laundry potion works wonders, as even old towels and sweaty clothing come out smelling line-dried. The recipe garners enough for two batches. Strain into two half-gallon canning jars. Try keeping one in the fridge and use the other one immediately.

## DIY Bonus Recipe

Make hair wash from a third soak and simmer it with about 3/4 quart of water. This strained liquid mixed 2:1 ratio with aloe vera gel foams nicely (but not like commercial shampoo). It rinses clean and without much residue. Rinse with vinegar afterwards. No need for conditioner!

## Natural Laundry Presoak

Prewashing is helpful for heavily soiled clothing. This solution is gentle, utilizing natural elements to help lift dirt and stains. Essential oils can make clothes refreshingly aromatic with calming or stimulating scents.

- 1 cup vinegar
- 1/2 cup salt
- Essential oil of choice (optional). Some organic favorites are: cedarwood, eucalyptus, geranium, grapefruit, lavender, lemon, mandarin, peppermint, rosemary, sage, spearmint, sweet orange, tea tree, or ylang ylang.

Place clothes in washer and add warm water to cover them. Combine vinegar, salt, and essential oil (optional) and add the mixture to the washer. Allow clothes to soak for an hour or longer, then proceed with laundering.





# Cleaning Up

## *The Work of Our Hands*



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

## Everyday Wonders of Epsom Salt

If you're not familiar with it, Epsom salt may seem like little more than a folk remedy from a bygone era. Sure, you can still find bags of it on pharmacy shelves just about anywhere, but what the heck is this stuff, and what is it used for nowadays? You'll be glad you asked!

This multi-purpose miracle salt can be used for first aid and beauty regimens, and it is also a great go-to ingredient for happy gardens and houseplants. In short, Epsom salt has stood the test of time because it has so many fabulous functions around the house.

### What Is It?

Unrelated to table salt, Epsom salt (also known as magnesium sulfate) was originally discovered in the mineral waters bubbling from a bitter spring at Epsom in Surrey, England. It is a crystallized mineral compound of magnesium and sulfur—both essential to human wellness—that is naturally present in sea water and brine pools within the earth's crust.

### Health and Beauty Booster

Many people's modern diets are deficient in magnesium and sulfates, minerals that can be hard to come by when processed foods predominate. Enter Epsom salts. Magnesium and sulfates are absorbed right through the skin when we soak in a bath of Epsom salts, and so while we're luxuriating in a warm tub, our bodies are benefiting from a boost in circulatory health and nerve function, as well as a reduction in muscle pain and inflammation. Not to mention, Epsom salt is a natural emollient for skin. Unlike other salts, it leaves the skin feeling soft and silky rather than dry.



continued ...





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*Here are a few ways to take advantage:*

1. Soothing Soak: Use 2 cups of Epsom salt per gallon of warm water to soak sore muscles, soothe bug bites, speed the healing of bruises, and help remove splinters. Soak in a sink or tub three times weekly (as needed), for at least 12 minutes.
2. Foot Bath: Add 1 cup of Epsom salt to a tub of warm water as a balm for aching feet.
3. Skin Scrub: Rub a handful of Epsom salt over wet skin for deep cleansing and smoother skin. Rinse and pat dry.
4. Bath crystals: Mix 2 cups of Epsom salt with a few drops of essential oil to create custom bath crystals. Store in an air-tight container.

#### **Green Garden Ingredient**

Did you know that Epsom salt can be used as a natural fertilizer? It is most commonly applied to potted plants, or to magnesium-hungry crops like potatoes, roses, tomatoes, and peppers. The advantage of magnesium sulfate over other magnesium soil amendments (such as dolomitic lime) is its high solubility—it melts right into the soil. Here's how to use it:

1. Houseplants: 2 T per gallon of water; feed plants monthly.
2. Tomatoes: 1 T per foot of plant height per plant; apply every two weeks.
3. Roses: 1 T per foot of plant height per plant; apply every two weeks. Also scratch 1/2 cup into soil at base to encourage flowering canes and healthy new basal cane growth. Spray with Epsom Salt solution weekly to discourage pests.
4. Shrubs (evergreens, azaleas, rhododendron): 1 T per nine square feet. Apply over root zone every two to four weeks.
5. Lawns: Apply 3 lbs for every 1,250 square feet with a spreader, or dilute in water and apply with a sprayer.
6. Trees: Apply 2 T per nine square feet. Apply over the root zone three times per year.
7. Garden startup: Sprinkle 1 cup per 100 square feet. Mix into soil before planting.

#### **How to Buy and Store**

Epsom salt is produced in agricultural, technical, and food grades. Your best bet for safe use around the house and garden is to buy food grade (or USP grade). **Mountain Rose Herbs** offers pure Epsom salt that is sourced in the U.S. Its coarse texture is great for creating exfoliating bath salts.

Epsom salt has a shelf life of about 5 years and stores well (high humidity can cause it to cake, but will not affect its quality).

*MaryJane* ♥



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.

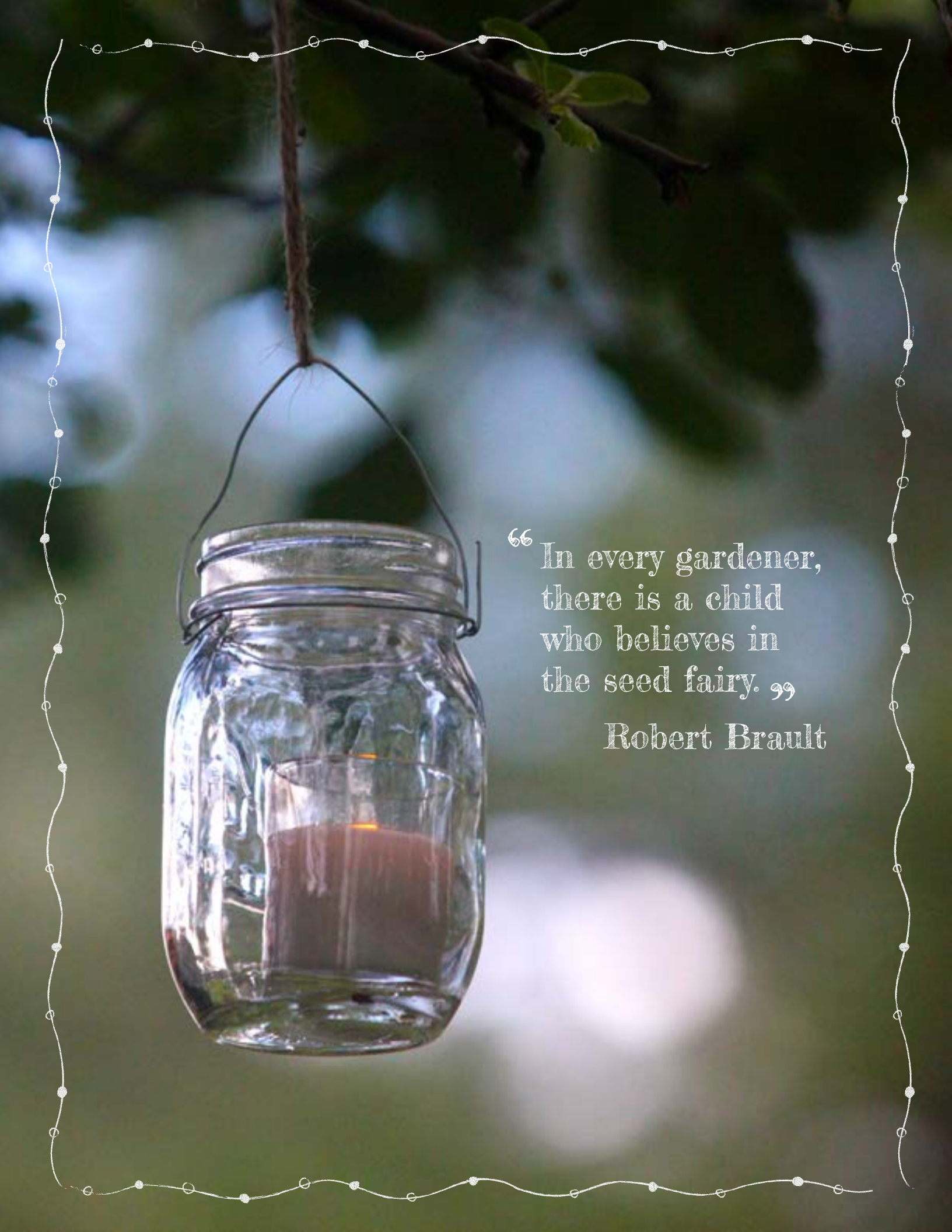
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A glass jar with a metal handle is hanging from a string. Inside the jar is a lit candle. The background is a soft-focus green, suggesting foliage. The entire image is framed by a decorative white border with small circles.

“In every gardener,  
there is a child  
who believes in  
the seed fairy.”

Robert Brault



# Sister Loves

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



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



GRAPHIC DESIGNER  
(SISTER #2396)



While I spend a lot of time outdoors, it's always nice to return to a comfy space with a nice spot to kick back and decompress. Lately, I've been thinking of changing up my living room décor since I'll be moving soon, and this is the perfect opportunity—purge and replenish! I found some neat things here and there, but I'm most excited about sewing my own throw pillows! You can buy your fabric on **Spoonflower.com** and do it yourself too or you can order ready-made décor items from **Roostery.com**.



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# Caravan Roundup

FABRIC by MaryJane♥

Pretty-as-you-please paired with practicality chronicles the modern-day glampers, from her stirrup-ready boots to her bandanna—combination hair scarf, necktie, campfire hot-pad, and emergency coffee filter. Adorned in curlicues, polka dots, lacy motifs, and paisleys, glampers are guided by another notorious emblem, the compass rose. MaryJane Butters' Caravan Roundup do-si-dos the hard-working paisley with lacy lace and the compass rose, giving curtsy to the gloriously girly curlicue.

AVAILABLE AT [FATQUARTERSHOP.COM](http://FATQUARTERSHOP.COM)

My fabric is also available at your local quilt shop.







Caravan Roundup Quilt Kit available at [FatQuarterShop.com](http://FatQuarterShop.com).





## Index Available!

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

**CLICK HERE** to read back issues.

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

## Farmgirls Unite!

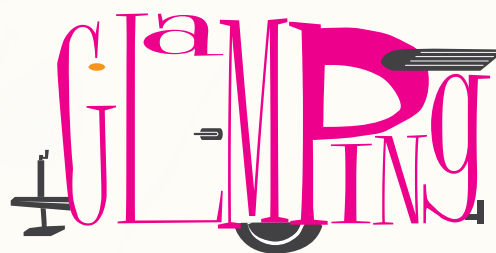
If you are hosting a farmgirl event, open to all farmgirls, send the event description, date, location, and contact info to [megan@maryjanesfarm.org](mailto:megan@maryjanesfarm.org). Megan will keep Sisters up-to-date on upcoming gatherings.



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

Enter your Sisterhood number;  
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(Fun logo ideas: frame it, use  
it for transfers on shopping  
bags, totes, and pillows, or  
make it into a sticker  
for your trailer!)



Our Glampers on the  
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has 24,902 members.  
Click **here** to check it out.







daily entries fresh from the farm



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scan here with  
your smartphone.





# May Farmgirl Sisterhood Special

## Scrappy Paper-pieced Hotpad Kit



What farmgirl doesn't understand the need to scrappily piece together fragmented finds—whether it's a makeshift calf shelter or fabric scraps turned into a quilt? My Scrappy Paper-pieced Hotpad Kit, made from my Farmgirl Collection fabric, satisfies a farmgirl's need to make do, but “do up” your kitchen.

Was \$8,  
**NOW \$5!**  
*for Sisters*

click [here](#) to order  
at [MaryJanesFarm.org](#)

**FREE SHIPPING**

**on any order over \$50**  
(U.S./Domestic orders only)

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May 2017

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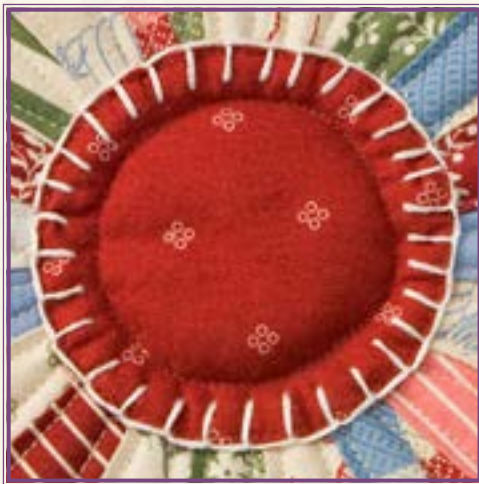


# May Farmgirl Sisterhood Special



Kit includes assorted  
fabrics from MaryJane's  
Farmgirl Collection series.

**Order  
yours now.**  
*While supplies last.*



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.



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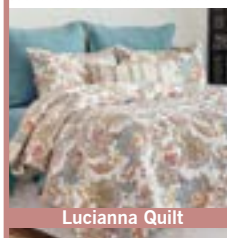


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## Farmgirl Chatter



**What are farmgirls chatting about?**

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

### Across the Fence: 1st of 14 Rag Rugs.

Submitted by Beachy Chic

First rug listed in my Etsy store this afternoon. Hopefully, over the next couple of days, I will be able to list a few more. I'm in the process of re-warping "Una" to the max so that I can reach my goal of 50 rugs before Labor Day for my 1st show, specifically selling my hand-woven rag rugs! In the meantime, I thought I'd list a couple in my store to see what kind of response I can get.

This little 'cutie' is 35 inches long x 23 inches wide and the colors are cottage chic/beach chic in Blue Gingham-Turquoise and soft Sage Green.

Join in on the conversation [here](#).



### Stitching & Crafting Room: Previous Topic Tatting.

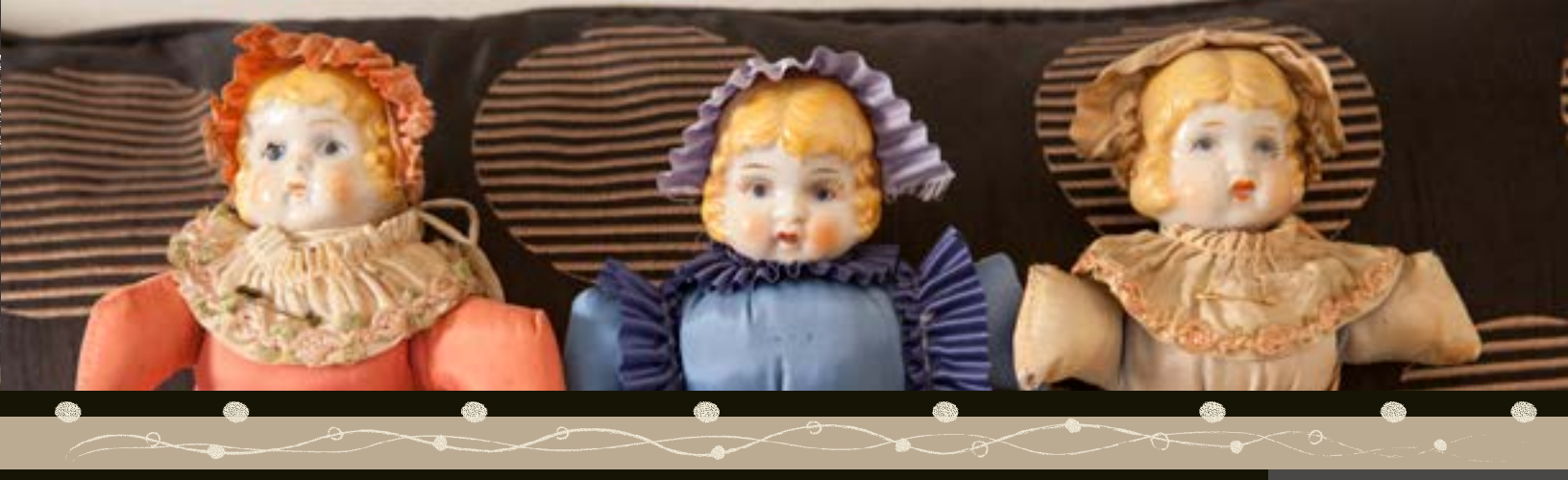
Submitted by neckday40

I saw some posts about ladies wanting to learn how to tat. It is a very simple fabric art that is becoming a lost art. Barbara Foster has a very simple beginner's book found on Amazon and there are videos on YouTube by Rustikate that are very good. I am including pictures of some of the tatting I have done. I have only been tatting for about a year.

Talk about about tatting [here](#).







continued ...

### **Stitching & Crafting Room: Yet Another Pillowcase Apron Completed. Submitted by katmom**

So recently, I came across a very sweet lil apron at the Thrift; \$1.50 later, it became mine!

After laundering it and ironing it, I noticed that it was completely sewn by hand, not machine. And from the looks of the fabric, it was either a pillowcase or a crib sheet...

(I smoothed out the gathering so you can see the apron better.)

In this one, the seamstress made a casing at both the waist and bib neckline and ran the ties right through.

Sewwww, what's a MJF gal supposed to do? Why, re-create one! I found a Queen-size pillowcase for \$1.00, brought it home, laundered and ironed it, then proceeded to cut it up. Unfortunately, I ran short of time, so I will have to wait till tomorrow to sew it.

Pillowcase ready for cutting. I cut open the seamed edge first.

I measured and cut both the length and what will become the bib, then I cut 2 pieces for the ties and 1 piece for the neckband.

This is what it kind of will look like.

I will make casings to run the ties and the neckband through, and I will have an instant, well almost instant, pillowcase apron in sweet pastel, just in time for Easter cooking and baking.

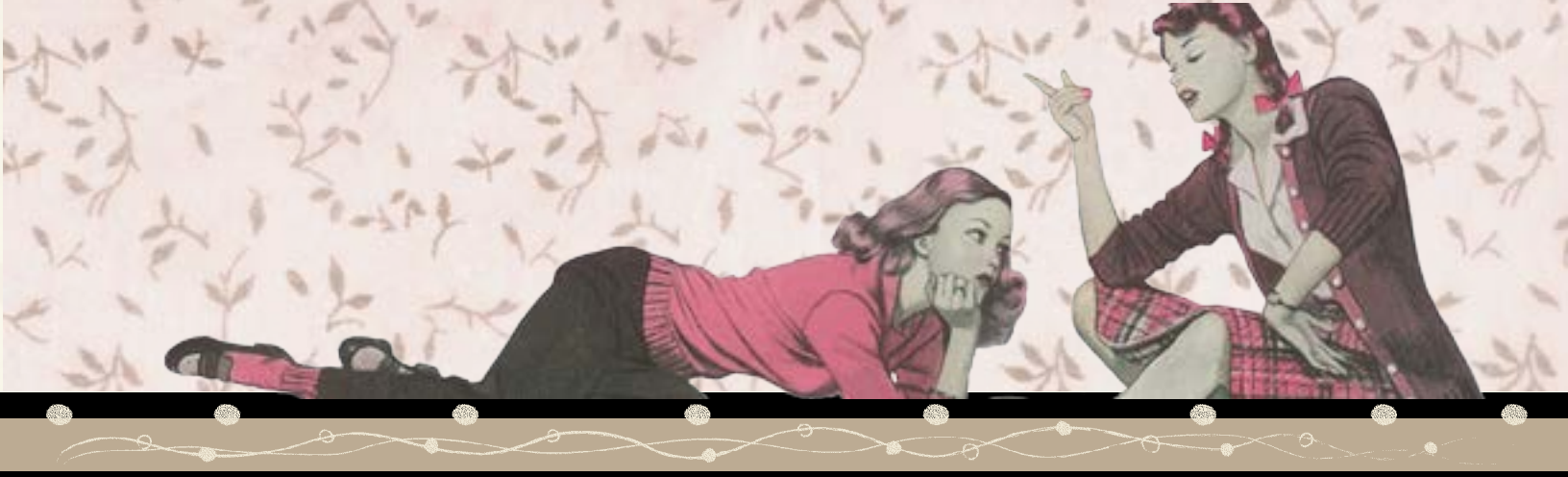
Check out these neat projects [here](#).



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**Barnyard Buddies: Having calves like crazy.**  
**Submitted by Cozynana**

We are in the thick of calving. We usually have around 300–350 calves a year. Here is a picture of a cutie we had this week.

Join in on the conversation [here!](#)

**Barnyard Buddies: Hummers are BACK!**  
**Submitted by suny58**

My heart is so happy today! I've had my hummingbird feeders cleaned and filled and placed out for the hummers since February 10th!!! This is when they came back last year. This year, they are running late. (Hopefully, not because of storms or anything.) Of COURSE, I change the food and clean my feeders every 3–4 days so as NOT to make them sick. In summertime heat, I change every 3 days.

Yes, hummingbirds can get VERY sick off mold and fermented fluids AND RED DYE. This is why I am mentioning the hummers to you. HOW I love them, and year after year, they come back to me along with a few more friends. I've learned the hard way over long years and wildlife rehabilitation experience how harmful red dye is to the hummingbird as well as not keeping your feeders cleaned properly. Learn about it [here](#).

So, with the excitement and celebration of these happy little hummers coming back to their home away from home, I ask you to please think about your hummers also and care for them as you would a child. They are very dependent upon us once we place a feeder out for them. Keep it fresh, keep it filled, and please keep it chemical free!

1 cup of WHITE sugar  
4 cups of water

Bring to a quick boil and turn off. Stir until all is dissolved. You can store any leftovers in the fridge for up to a week.



Here are a few of our own calves here at MaryJanesFarm!



*Larkspur & Lizzy*



continued ...





continued ...

If they make your heart happy like they do mine, you'll want to keep them healthy and alive.

Happy SPRING!!!

Check in on the chatter [here](#).

**Across the Fence: A gift from Nancy Jo . . .**  
**Submitted by ceejay48**

Well, our dear farmgirl sister, Nancy Jo, has been really busy with her embroidery projects. She has already sent me a couple or so pieces of her stitchery.

But, she just recently sent me another sweet gift. A lovely tea towel with a kitty getting interested in the cookie jar. Nancy Jo backed it with yellow print fabric—a really nice tea towel and a sweet gift.

Thank you, Nancy Jo!!


Share your thoughts [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



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Find MaryJane's farmgirl bloggers—city, rural, suburban,  
ranch, mountain, and beach—at GirlGab.com. You'll also  
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To find out more,  
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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.



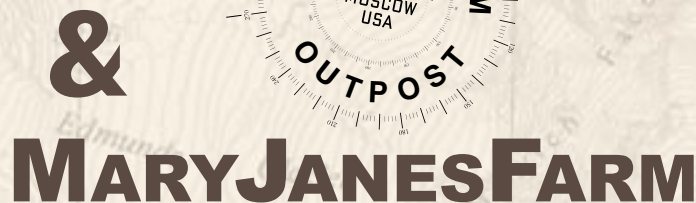
**Looks like gelatin. Tastes like gelatin. But it isn't. It's better!**

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.

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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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The jar below contains organic tea that is\_\_\_\_\_.

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- ☐ C. absolutely delicious
- ☒ D. all of the above



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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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MJF

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# Farmgirl Sisterhood



## Social Media

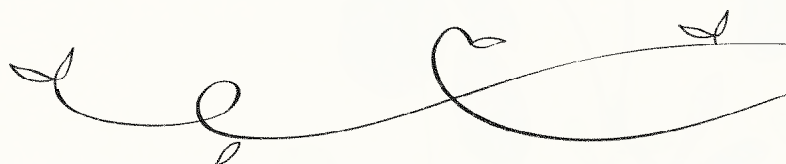
I'm doubling back to make sure you're aware of all the social media happenings at MaryJanesFarm, because you won't want to miss a thing—especially the moment when YOU'RE the sister featured on one of our Facebook pages simply because you're just so farmgirl awesome or you've earned a badge or your blog 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 7,387 (and counting), we've earned an amazing number of Merit Badges so far—10,656 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

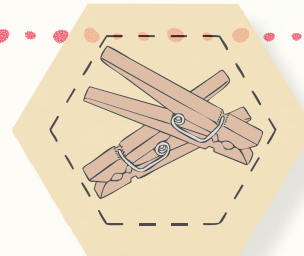
### **Amber Jennings: Amber S. #5102**

Beginner badge: Cleaning Up / Shopping Green

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

Beginner badge: Farm Kitchen / BakeOver MakeOver

Intermediate badge: Make It Easy / Let's Get Physical



### **Arlene Woods: Whirlwindwoman #7241**

Beginner badge: Cleaning Up / Recycling

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Each Other / Farmgirl Grammar

Beginner badge: Farm Kitchen / Bread Making

Beginner badge: Farm Kitchen / Bustin' Out

Beginner badge: Farm Kitchen / Food Allergy Awareness

Beginner badge: Farm Kitchen / Icing on the Cake

Beginner badge: Farm Kitchen / Know Your Food

Beginner badge: Farm Kitchen / Recipes

Beginner badge: Garden Gate / Backyard Farmer

Beginner badge: Garden Gate / Herbs

Beginner badge: Garden Gate / Rootin' Tootin'

Beginner badge: Garden Gate / The Secret Life of Bees

Beginner badge: Garden Gate / Weather

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

Beginner badge: Make it Easy / Emergency Preparedness

Beginner badge: Make it Easy / Grease Chicks

Beginner badge: Outpost / "Out There" Women

Beginner badge: Outpost / Pampered Pets

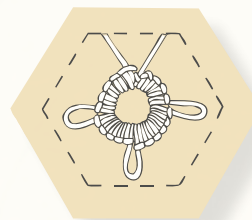
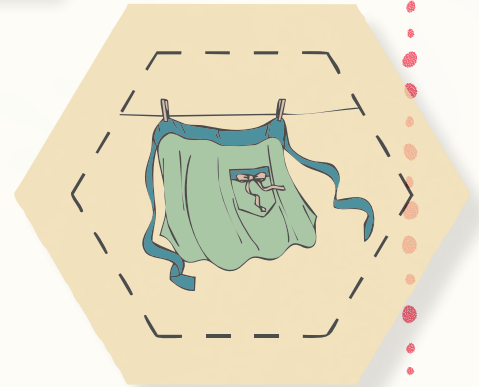
Beginner badge: Outpost / Rocks & Minerals

Beginner badge: Stitching & Crafting / Quilting

Intermediate badge: Farm Kitchen / Get it Together

Intermediate badge: Outpost / Pampered Pets

Intermediate badge: Outpost / Stargazing Chicks



continued ...





continued ...

**Bea Campbell: quiltingbea #2575**

Beginner badge: Each Other / Farmgirl Shutterbugs

**Bridgette Friedman: Bridge #7277**

Beginner badge: Cleaning Up / Shopping Green

**Carol Ann Womelsdorf: #6607**

Beginner badge: Cleaning Up / Going Green

Beginner badge: Make it Easy / Emergency Preparedness

Intermediate badge: Cleaning Up / Going Green

Intermediate badge: Make it Easy / Emergency Preparedness

Expert badge: Make it Easy / Emergency Preparedness

**Christina Burnham: CountrygirlChristinabur #7305**

Beginner badge: Stitching & Crafting / Buttoned Up

Beginner badge: Stitching & Crafting / Crochet

Beginner badge: Garden Gate / Backyard Farmer

**CJ Armstrong: ceejay48 #665**

Beginner badge: Farm Kitchen / Canning

Intermediate badge: Make it Easy / Furniture Makeover

Expert badge: Make it Easy / Emergency Preparedness

Expert badge: Make it Easy / Mindfulness Meditation

**Cyrie Wilson**

Beginner badge: Make it Easy / Emergency Preparedness

Intermediate badge: Make It Easy / Let's Get Physical

Intermediate badge: Make it Easy / Emergency Preparedness

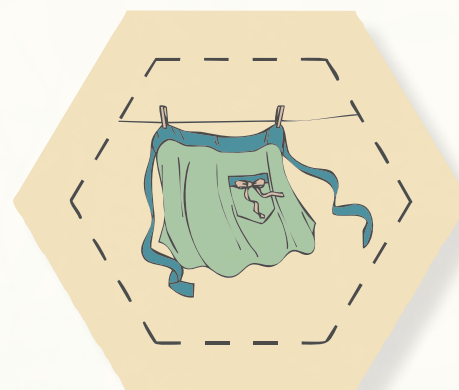
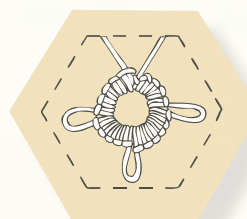
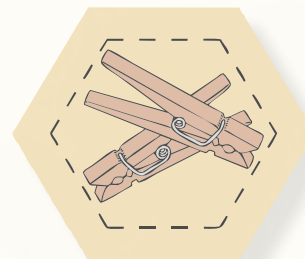
Expert badge: Make it Easy / Emergency Preparedness

**Dana Manchan: tevschic #562**

Beginner badge: Each Other / Languages/Culture

Beginner badge: Each Other / Families Forever

Beginner badge: Farm Kitchen / Bread Making



continued ...





continued ...

Beginner badge: Farm Kitchen / Pay it Forward

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Each Other / Families Forever

**Debbie Klann: debbieklann #770**

Beginner badge: Each Other / Community Service

Beginner badge: Each Other / Farmgirl Gratitude

Beginner badge: Each Other / Know Your Roots

Beginner badge: Farm Kitchen / Bustin' Out

Beginner badge: Farm Kitchen / Canning

Beginner badge: Farm Kitchen / Forage for Food

Beginner badge: Garden Gate / Apples

Beginner badge: Garden Gate / Horse Dreams

Beginner badge: Make it Easy / Collect It!

Beginner badge: Make it Easy / Relaxation

Beginner badge: Outpost / Pampered Pets

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Each Other / Community Action

Intermediate badge: Each Other / Community Service

Intermediate badge: Each Other / Farmgirl Gratitude

Intermediate badge: Farm Kitchen / Bustin' Out

Intermediate badge: Farm Kitchen / Canning

Intermediate badge: Garden Gate / Horse Dreams

Intermediate badge: Make it Easy / Collect It!

Intermediate badge: Make it Easy / Relaxation

Intermediate badge: Outpost / Pampered Pets

Intermediate badge: Stitching & Crafting / Homespun Christmas

Intermediate badge: Stitching & Crafting / Sew Wonderful

Expert badge: Each Other / Community Action

Expert badge: Each Other / Farmgirl Gratitude

Expert badge: Each Other / Lend a Hand to Families

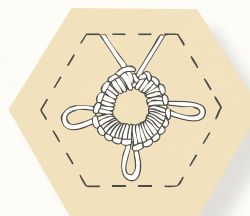
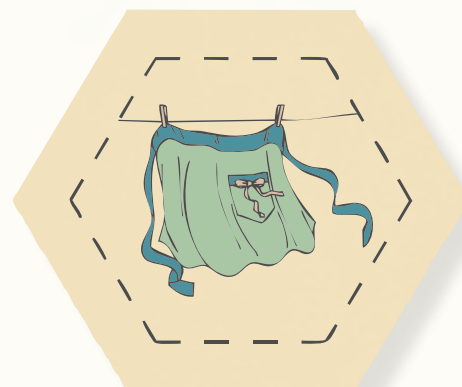
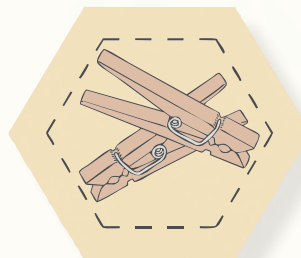
Expert badge: Farm Kitchen / Bustin' Out

Expert badge: Farm Kitchen / Canning

Expert badge: Farm Kitchen / Unprocessed Kitchen

Expert badge: Garden Gate / Horse Dreams

Expert badge: Make it Easy / Collect It!



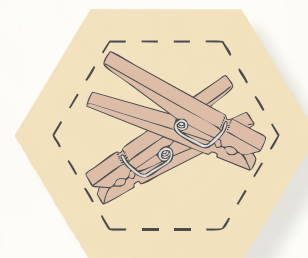
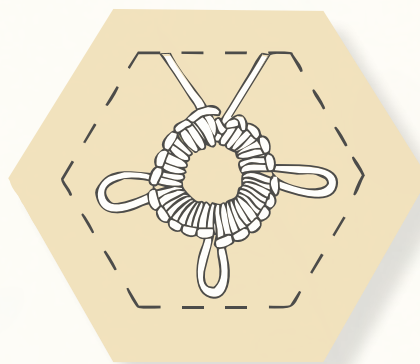
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continued ...

Expert badge: Make it Easy / Relaxation  
 Expert badge: Stitching & Crafting / Homespun Christmas  
 Beginner badge: Each Other / Her-story  
 Intermediate badge: Each Other / Her-story  
 Expert badge: Each Other / Her-story  
 Beginner badge: Make It Easy / Mindfulness Meditation  
 Intermediate badge: Each Other / Know Your Roots  
 Expert badge: Each Other / Know Your Roots  
 Beginner badge: Farm Kitchen / Pay It Forward  
 Beginner badge: Farm Kitchen / Know Your Food  
 Intermediate badge: Farm Kitchen / Know Your Food  
 Intermediate badge: Farm Kitchen / Organic on a Budget  
 Expert badge: Farm Kitchen / Organic on a Budget  
 Beginner badge: Garden Gate / What's Your Beef?  
 Intermediate badge: Garden Gate / What's Your Beef?  
 Expert badge: Garden Gate / What's Your Beef?  
 Beginner badge: Garden Gate / Bee Good to Your Mother Earth



**Deborah Meyer: dmeyer #4099**

Intermediate badge: Each Other / Entrepreneurial Spirit  
 Expert badge: Make it Easy / Let's Get Physical

**Erin McBride: notathreatinsight #3762**

Beginner badge: Each Other / Her-story Beginner badge: Stitching & Crafting / Mosaics  
 Beginner badge: Farm Kitchen / BakeOver MakeOver  
 Beginner badge: Outpost / Rocks and Minerals  
 Beginner badge: Make It Easy / Candlemaking  
 Intermediate badge: Farm Kitchen / Unprocessed Kitchen  
 Intermediate badge: Stitching & Crafting / Mosaics  
 Intermediate badge: Farm Kitchen / BakeOver MakeOver  
 Expert badge: Stitching & Crafting / Mosaics

**Ginger Dawn Harman: Ginger Dawn #6451**

Beginner badge: Cleaning Up / Shopping Green  
 Beginner badge: Each Other / Farmgirl Grammar  
 Beginner badge: Each Other / Farmgirl Gratitude

continued ...





## continued ...

Beginner badge: Farm Kitchen / Food Allergy Awareness  
Beginner badge: Farm Kitchen / Recipes  
Beginner badge: Farm Kitchen / Recipes  
Beginner badge: Stitching & Crafting / UFOs  
Expert badge: Make It Easy / Mindfulness Meditation  
Expert badge: Make It Easy / Music

**Heather Hayes: #6831**

Beginner badge: Stitching & Crafting / Quilting

**Hilary Syddall: knyttwytych #6958**

Beginner badge: Make it Easy / Mindfulness Meditation

**Joyce Hein: GinghamGirl #6071**

Beginner badge: Outpost / Pampered Pets

Intermediate badge: Outpost / Pampered Pets

**Karen O'Toole: kjmytc #7345**

Beginner badge: Stitching & Crafting / Buttoned Up

Beginner badge: Stitching & Crafting / Quilling

**Keri Montgomery: herbdogs #7127**

Beginner badge: Garden Gate / Backyard Farmer

**Lenora McMahan: firecatinc #7131**

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Each Other / Farmgirl Grammar

Beginner badge: Each Other / Little Squirts

Beginner badge: Garden Gate / Horse Dreams

Beginner badge: Garden Gate / Rootin' Tootin'

Beginner badge: Make It Easy / Make It!

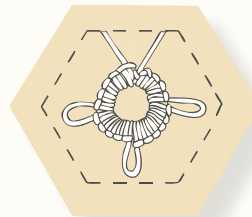
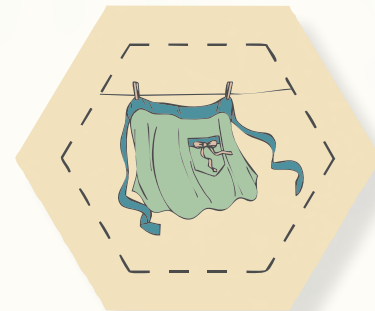
Beginner badge: Outpost / Fishing

Beginner badge: Stitching & Crafting / Aprons

Beginner badge: Stitching & Crafting / Sew Wonderful

Beginner badge: Stitching & Crafting / UFOs

Intermediate badge: Each Other / Farmgirl Shutterbugs



continued ...





## continued ...

Intermediate badge: Farm Kitchen / Get it Together

Intermediate badge: Farm Kitchen / Recipes

Intermediate badge: Outpost / Fishing

Intermediate badge: Stitching & Crafting / Aprons

Expert badge: Farm Kitchen / Get it Together

Expert badge: Farm Kitchen / Recipes

Expert badge: Outpost / Fishing

### **Marcy Lundy: #170**

Beginner badge: Each Other / Know Your Roots

Beginner badge: Farm Kitchen / Icing on the Cake

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

Beginner badge: Stitching & Crafting / Ink Slinger

Beginner badge: Make It Easy / Collect It!

Intermediate badge: Cleaning Up / My Fair Farmgirl

Intermediate badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Stitching & Crafting / Ink Slinger

Expert badge: Cleaning Up / My Fair Farmgirl

Expert badge: Stitching & Crafting / Ink Slinger

### **Mary Duffel: Madelena #3153**

Beginner badge: Stitching & Crafting / Mosaics

Intermediate badge: Stitching & Crafting / Mosaics

Expert badge: Stitching & Crafting / Mosaics

### **Peggy Smith: Forever Young #1815**

Beginner badge: Farm Kitchen / Canning

Beginner badge: Make it Easy / Emergency Preparedness

### **Rebecca Riccio: ladybek9756 #4932**

Beginner badge: Cleaning Up / Home Insulation

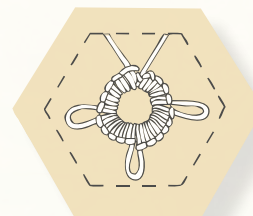
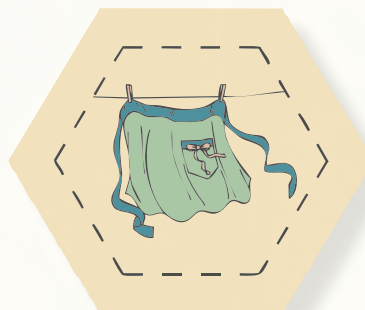
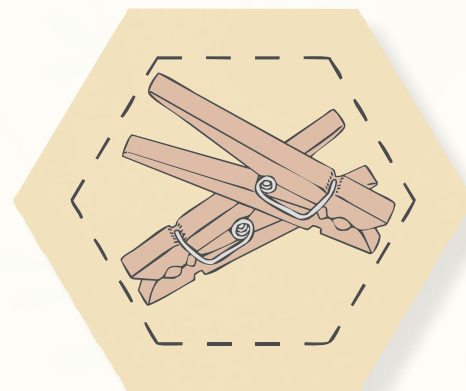
Intermediate badge: Cleaning Up / Home Insulation

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

Expert badge: Cleaning Up / Home Insulation

Expert badge: Garden Gate / Weather

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



continued ...





continued ...

Beginner badge: Each Other / Know Your Roots

Intermediate badge: Each Other / Know Your Roots

Beginner badge: Farm Kitchen / Bustin' Out

Beginner badge: Stitching & Crafting / UFOs

**Shannon Hudson: hudsonsinaf #5349**

Beginner badge: Each Other / Blogging

Beginner badge: Each Other / Community Action

Beginner badge: Each Other / Families Forever

Beginner badge: Each Other / Farmgirl Grammar

Beginner badge: Each Other / Greatest Generation

Beginner badge: Farm Kitchen / Forage for Food

Beginner badge: Farm Kitchen / Know Your Food

Beginner badge: Farm Kitchen / Bustin' Out

Beginner badge: Farm Kitchen / Pay it Forward

Beginner badge: Farm Kitchen / Self Sufficiency

Beginner badge: Make it Easy / Candlemaking

Beginner badge: Make it Easy / Collect It!

Beginner badge: Make it Easy / Relaxation

Beginner badge: Stitching & Crafting / Embroidery

Beginner badge: Stitching & Crafting / Quilling

Intermediate badge: Cleaning Up / Home Insulation

Intermediate badge: Each Other / Blogging

Intermediate badge: Each Other / Her-story

Intermediate badge: Each Other / Families Forever

Intermediate badge: Each Other / Farmgirl Grammar

Intermediate badge: Each Other / Greatest Generation

Intermediate badge: Farm Kitchen / Bustin' Out

Intermediate badge: Farm Kitchen / Forage for Food

Intermediate badge: Farm Kitchen / Self Sufficiency

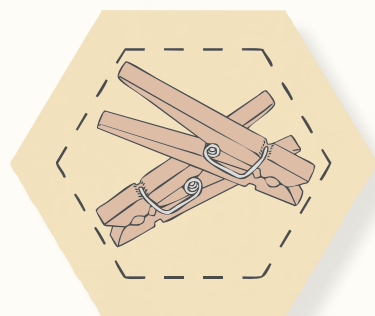
Intermediate badge: Make it Easy / Collect It!

Intermediate badge: Make it Easy / Mindfulness Meditation

Intermediate badge: Make it Easy / Relaxation

Intermediate badge: Outpost / Disconnect to Reconnect

Intermediate badge: Outpost / Pampered Pets



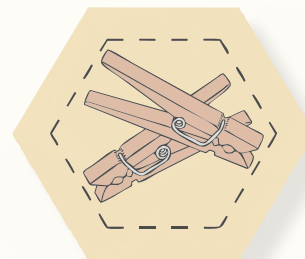
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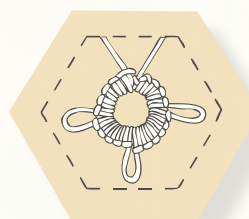
## continued ...

Intermediate badge: Stitching & Crafting / Quilling  
 Expert badge: Each Other / Blogging  
 Expert badge: Each Other / Farmgirl Gratitude  
 Expert badge: Each Other / Her-Story  
 Expert badge: Make it Easy / Mindfulness Meditation  
 Expert badge: Make it Easy / Relaxation  
 Expert badge: Stitching & Crafting / Aprons



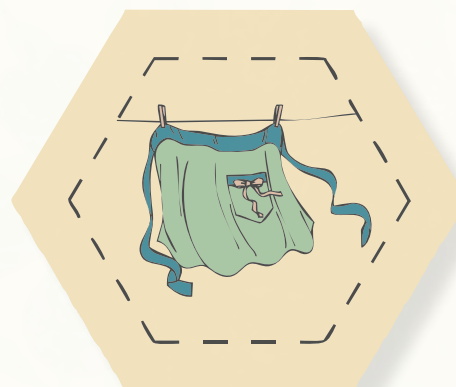
### **Sherrilyn Askew: #1350**

Beginner badge: Each Other / Calligraphy  
 Beginner badge: Make it Easy / Emergency Preparedness  
 Beginner badge: Make it Easy / Mindfulness Meditation  
 Beginner badge: Stitching & Crafting / Mosaics



### **Vicki Meeds: pearlInsjeans #120**

Beginner badge: Stitching & Crafting / Buttoned Up  
 Beginner badge: Stitching & Crafting / Crochet  
 Beginner badge: Stitching & Crafting / Knitting  
 Intermediate badge: Garden Gate / What's Your Beef?  
 Intermediate badge: Each Other / Farmgirl Jubilee  
 Expert badge: Garden Gate / What's Your Beef?



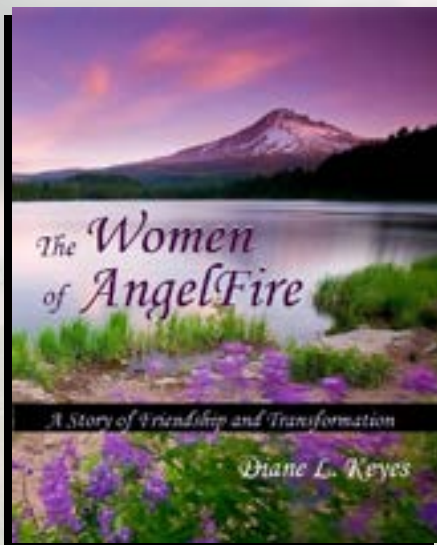


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"... both traditional and thoroughly modern."



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# Farmerettes & Young Cultivators

## Merit Badge Awardees

### **Hadassah Schaap: Farmerette of Heidi Schaap #3752**

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Each Other / Blogging

Beginner badge: Each Other / Entrepreneurial Spirit

Beginner badge: Farm Kitchen / Cheesemaking

Beginner badge: Farm Kitchen / Recipes

Intermediate badge: Each Other / Blogging

Intermediate badge: Each Other / Entrepreneurial Spirit

Expert badge: Each Other / Blogging

Expert badge: Each Other / Entrepreneurial Spirit

### **Lily-Anne Hein: Young Cultivator of Joyce Hein #6071**

Beginner badge: Make it Easy / Music

### **Jessi Hilton: Young Cultivator of Julie Hilton #7134**

Expert badge: Stitching & Crafting / Weaving In and Out

Expert badge: Stitching & Crafting / All Buttoned Up

Beginner badge: Out There Kids / Lean On Me

Intermediate badge: Out There Kids / Lean On Me

Beginner badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Farm Kitchen / Icing on the Cake

Expert badge: Farm Kitchen / Icing on the Cake

Beginner badge: Make It Easy / Rethink Your Space

Beginner badge: Make It Easy / Put Me In, Coach

Beginner badge: Make It Easy / Music

### **Katie Hudson: Young Cultivator of Shannon Hudson #5349**

Beginner badge: Stitching & Crafting / All Buttoned Up

### **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

As an extension of their Young Cultivator Bovine Buddy badges, my granddaughters, Stella Jane and Mia Marie, adopted a little heifer named Lizzy (properly Elizabeth). The first thing they did was to pick out a name for our new arrival, born April 23 here at the farm.

Within a couple of hours, they'd fed Lizzy her first bottle and learned about the importance of colostrum. The girls had planned a picnic that Sunday, but since it was raining, they spread their picnic quilts out in our milking parlor and romped away the day attending to their new baby girl, who weighed only 38 pounds when born.



Lizzy



continued ...

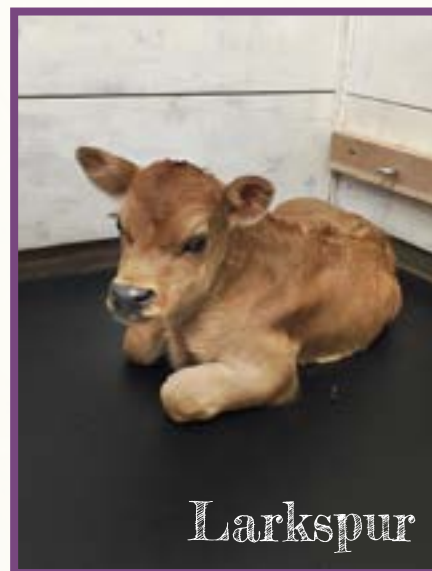


# Farmerettes & Young Cultivators

continued ...

Both girls and their parents (my daughter and her husband, Lucas) have moved back to the farm to live, selling their house in town. That means the girls are helping out with milking. Even though I stand nearby, they've learned how to do it themselves. The last time they milked, our other new calf, a bull named Larkspur, positioned himself in the corner to watch the girls milk his mother.

*Mary Jane* ♥



Larkspur

*Lizzy  
&  
Larkspur*



continued ...



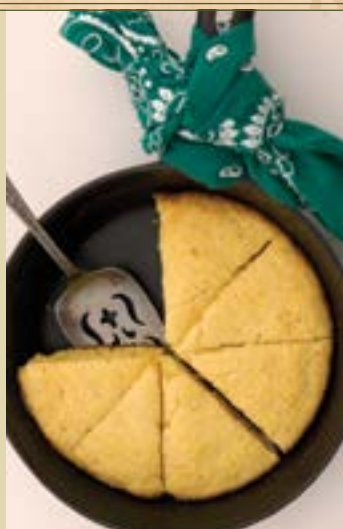


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# Coming Soon to a Magazine Near You

Our June/July issue (Blue Moon) will hit newsstands on May 9. In it, you'll learn how to turn vintage books into gift journals, easily re-bloom those supermarket orchids, and grow a grape arbor; find recipes for unique 4th of July fare; read about getting creative for better health; make Farmhouse French bed linens; and more. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here](#)!





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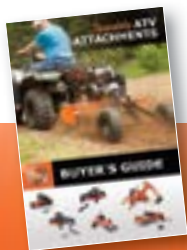
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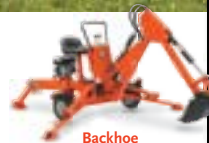
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# Meet our Bloggers

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

Farmgirls are tapping away at their keyboards to bring you news from the homefront, no matter where you live or what your interests. Rebekah Teal, a former judge, writes about being a farmgirl in the city; Alexandra Wilson blogs from the rural perspective; Nicole Christensen gives you the suburban viewpoint, and Debbie Bosworth writes from the beach. You can click to our farmgirl blogs right on our home page ([MaryJanesFarm.org](http://MaryJanesFarm.org)). While you're there, sign up for our e-mail blog alerts and recipe of the week.

## city FARMGIRL



**Rebekah Teal** is a farmgirl from a large metropolitan area who recently made her dreams come true by moving to a farm. Given her dyed-in-the-wool city-girl background, she still writes our **City Farmgirl Blog**. She's a lawyer who has worked in both criminal defense and prosecution, and she has been a judge, a business woman, and a stay-at-home mom. She's not only down-home citified, she's a true-blue farmgirl ... in (the occasional) pair of stilettos!

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

## rural FARMGIRL



**Alexandra Wilson** is a budding rural farmgirl living in Palmer, Alaska—the agricultural seat of the last frontier—and she shares her adventures on our **Rural Farmgirl Blog**. Alex is a graduate student at Alaska Pacific University, pursuing an M.S. in Outdoor and Environmental Education. She is focused on developing a program to inspire young women to become beginning farmers. She lives and works on the university's 700-acre educational farm, and has just welcomed the newest member of her family, baby Ava Maureen. Alex loves to rock climb, repurpose found objects, cross-country ski on the hay fields, travel, practice yoga, and cook with new-fangled ingredients.

## suburban FARMGIRL



**Nicole Christensen**, our current **Suburban Farmgirl Blogger**, calls herself "a knitter, jam maker, and vintage enthusiast who never met an antique sewing machine she didn't like." Born and raised in the great state of Texas, she now resides in picturesque, suburban Connecticut, just a stone's throw from New York State.

Married for over 20 years to her Danish sweetheart, Nicole has worked in various fields and has been a world traveler, entrepreneur, and homemaker, but considers being mom to her daughter her greatest accomplishment of all. In addition to blogging, she also teaches knitting professionally and is a Certified Master Gardener. 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.'"

continued ...



continued ...



## 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

## Acure Organics Smooth + Manageable Shampoo and Conditioner

We've finally crossed the bridge to warmer weather. I've been pulling out spring clothes and airing out the house, and am ready for warm-weather activities. I love spring and summer. There's not much I can complain about with warmer seasons. However, with hotter and more humid weather, hair styling gets a bit more difficult.

Considering what I did to my hair in the 1980s and '90s, I sometimes think it's a blessing that I have any hair left. I'd tease it, perm it, and use hot appliances constantly. As I got older (and wiser), I began to realize that it's best to work with what nature gave me. Whether my hair has been super-pixie-short, long like it is now, or in between, I have had to battle frizz at one point or another. My hair tends to be in between wavy and straight, and my blow dryer is something I can't live without. Among my friends, whether hair is straight or curly, frizz seems to be a common enemy. (I also have a stubborn cowlick that likes to rear its head in humid weather.) My daughter has long, wavy hair as well, and her number one complaint is getting her hair smooth, as well.

I have a straightening iron, but they tend to cause the most damage to hair, so I try to use it sparingly. In recent years, straightening and de-frizzing shampoos and conditioners hit the market full-force. Trying the different conventional ones, I'd find I could have salon-smooth tresses at home, but not for long. Filled with unhealthy ingredients like parabens and heavy perfumes, I would find they would make me itchy or overwhelmed by the heavy scents. Worst of all, most conventional smoothing shampoos rely on heavy silicone, which coats hair, eventually weighing it down and making hair look oily. The shiny, smooth finish from silicone in shampoos, conditioners, and styling products is just an illusion. Because they coat the hair shaft, silicones in hair products prevent real nourishment to hair by sealing out the good ingredients that truly condition. The result is more damage, dryness, and frizz over time.

Luckily, I have found some great natural and organic shampoos and conditioners since switching to natural products the last few years. Recently, I've fallen for a shampoo and conditioner that really makes my hair smooth, manageable, and shiny. Acure Organics Smooth + Natural (formally called straightening) shampoo and conditioner deliver salon results at home. Made to aid hair that has been straightened, blow-dried, or color treated, Acure Smooth + Manageable shampoo and conditioner rely on natural Brazilian keratin, coconut water, and marula oil to battle frizz and calm stressed tresses. Infused with natural and organic ingredients such as acai, blackberry, and aloe-leaf juice, hair is nourished and calm, smooth and shiny. I love the delicious, soft, naturally tropical scent, which isn't too heavy or overpowering. They're ultra-moisturizing without being heavy, and do not coat the hair like conventional smoothing products. I find my hair is easier to comb out when wet than with other products. Acure products are from a family-owned company based on sustainable ingredients. Acure Organics Smooth + Manageable shampoo and conditioner are vegan and sulfate-, paraben-, and cruelty-free.

Recently, my daughter and I headed to Texas for spring break. The weather was warm and more humid than in New England, but we stayed frizz-free. I'm hooked—this will be my go-to shampoo and conditioner for the warmer months ahead. Find them at your local Whole Foods, Target, or on the Web at **AcureOrganics.com**



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# Magazines, Books & More



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

If you're a subscriber, you should receive your magazine by about May 1. (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 2017 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:

- May 1 ~ Global Love Day
- May 2 ~ National Teachers' Day
- May 3 ~ World Press Freedom Day
- May 4 ~ National Day of Prayer
- May 5 ~ Cinco de Mayo
- May 6 ~ MaryJane's Farmgirl Jubilee National Scrapbooking Day
- May 7 ~ World Laughter Day
- May 12 ~ International Nurses' Day
- May 14 ~ Mothers' Day
- May 15 ~ International Day of Families
- May 16 ~ Wear Purple for Peace Day
- May 18 ~ Visit Your Relatives Day
- May 19 ~ National Bike to Work Day
- May 20 ~ Armed Forces' Day
- May 26 ~ Ramadan Begins (*at sundown*)
- May 28 ~ Amnesty International Day
- May 29 ~ Learn About Composting Day

May  
Sisterhood  
Special!  
(see p. 58)

### Magazine "Goodies" on the MJF Website

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



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