

# MARYJANES FARM®

Sister Issue

September 2018

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 in May and September, 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!

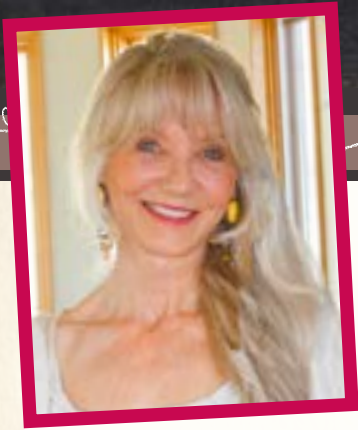
Life made us  
**FRIENDS,**  
MaryJanesFarm  
made us  
**SISTERS**



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# Hello from Sister #1



Look  
what's  
NEW!

Hopefully, you know. On second thought, maybe you don't know, because if you're like me, computers can be mighty confusing (and very vexing at times).

Did you know that as Farmgirl Sisters, we have our own website? **FarmgirlSisterhood.org**

Check it out and earmark it because we've recently added a shopping cart to our FarmgirlSisterhood.org website so you can also pick up the Sisterhood Supplies you might need, and from there, shop for whatever else MaryJanesFarm is offering using your Sisterhood membership number to qualify for free shipping (like for our garlic on the next page).

Everything from buying a bumper sticker to checking on Merit Badge requirements to clicking on links to our chatroom and GirlGab to reading blog posts from our Beach, City, Ranch, Rural, and Suburban bloggers can be accessed from our main FarmgirlSisterhood.org page. Absolutely *everything* farmgirl can now be found at FarmgirlSisterhood.org.

I encourage you to get used to coming to all things Farmgirl and Sisterhood through FarmgirlSisterhood.org because during the next few months, we'll be reworking our main MaryJanesFarm website to make it hand-held compatible, which means it can't be so full of content (that requires reading, ahem). I'm going there kicking and screaming, but alas, dear lassies, it's the way of the world.

If you have feedback or would like us to consider other changes to our website, please, please, please let me know at [maryjane@maryjanesfarm.org](mailto:maryjane@maryjanesfarm.org).

Mary Jane 



# going, going... but not quite gone yet!

Hands down, our two garlic-seed varieties are the best on planet Earth. I kid you not. Just ask anyone who grows our garlic. It's heirloom and hardy as all get out, just a joy to grow. And the best part? Each and every clove is large and super easy to peel (no sticky, white pieces of skin stuck all over your fingers). Every year, for dozens of years, we've sold out in no time at all, which is why we grew more this year. Don't delay. Give us a call! 888-750-6004

*MaryJane* ♥



## MaryJane Garlic Seed

It's true. There's an heirloom variety of hardneck garlic (hardneck means it produces a scape) named after me! It's a rare variety that I slowly brought back into disease-free production over the course of 20 years. From 60 different varieties that I conducted field trials on, this one was in a standout league of its own—truly remarkable. It stores well into spring without sprouting, peels super easy, and each individual bulb is large and pleasant to work with when cooking. It was originally found in the outback of Czechoslovakia by Rich Hannan, the director of the Western Region U.S. Department of Agriculture Germ Plasma Bank, located right next door to us in Pullman, Washington. There truly is no finer garlic than my MaryJane variety.



## Red Gourmet Garlic Seed

A rare, disease-free, hardneck variety, Red Gourmet Garlic Seed has gorgeous, robust red tones throughout. The scape my Red Gourmet garlic (below, right) produces is mild, whereas my MaryJane garlic has a scape with plenty of heat. (Scapes make a delicious pesto: grind/chop; add olive oil, lime juice, and Parmesan; and spread on crackers or bread.) If you grow both MaryJane and Red Gourmet garlic, all your bases are covered. Red Gourmet stores well into spring without sprouting, peels super easy, and each individual clove is large and pleasant to work with when cooking.



# MARYJANES FARM

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# Hello from Sherrilyn Carroll

## Farmgirl Sister of the Year 2016



Sherrilyn Carroll (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 264 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 27 and 13. 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."

### How Northwest Can You Get and Still Be in the U.S.? x-----x-----x



Neah Bay of course. What?!? You never heard of Neah Bay? Well, if you live in Washington State, or even in a northwestern state, you have probably heard of the Olympic Peninsula and the Olympic Mountains. If you get out your map and find this peninsula and locate the mountains, then draw you finger northwest until you get to the edge of the land, you have found the Makah Reservation. Within that reservation lies Neah Bay. If you like to hike in out-of-the-way places, see fantastic rock formations and amazing sunsets, and eat local nosh, this is a place worth visiting.

My husband's birthday is May 5, and on his bucket list was a trip to Neah Bay. So I made the arrangements and surprised him with a trip. We arrived just before 9 a.m. Saturday morning so we could get our permit from the General Store when it opens. (You cannot hike on the reservation without their permit.) Then we headed out to the Shi Shi Beach (pronounced Shy Shy) trailhead for a long walk. When we reached the beach, off in the distance, we could see the rock formation referred to as "The Arches," but almost directly in front of



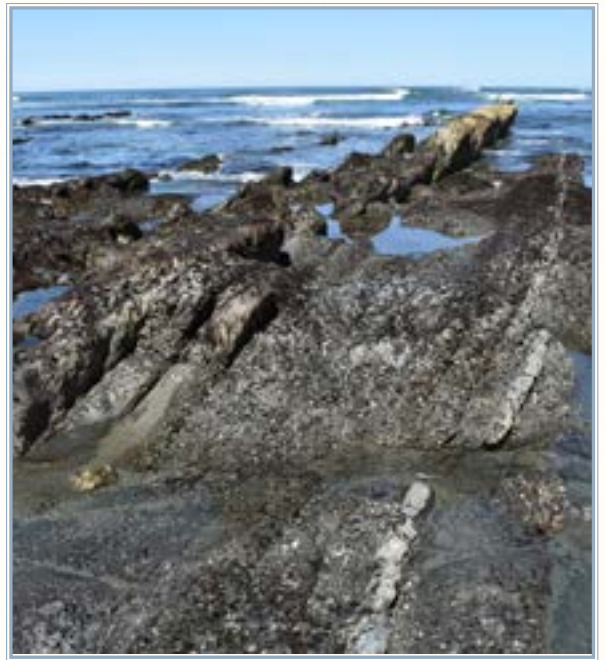
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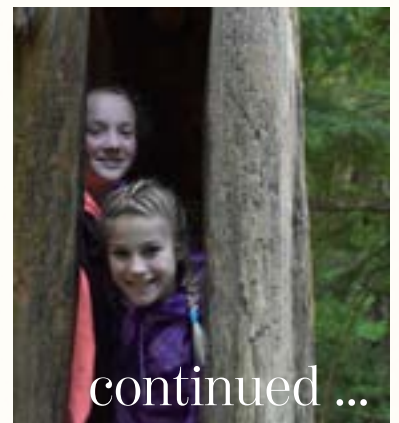
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us was a wonderful rock formation, only visible at low tide, which looks like the spines of sleeping dragons. We wandered a ways along the beach, enjoying the view and playing in the water, then sat on the rocks to enjoy our lunch. Food always tastes so much better in nature. Since coming in was a trail of many switchbacks to bring us down the cliff, going out was a long climb back up. We made it back to the trailhead, enjoyed a post-trail snack, and headed to our cabin.



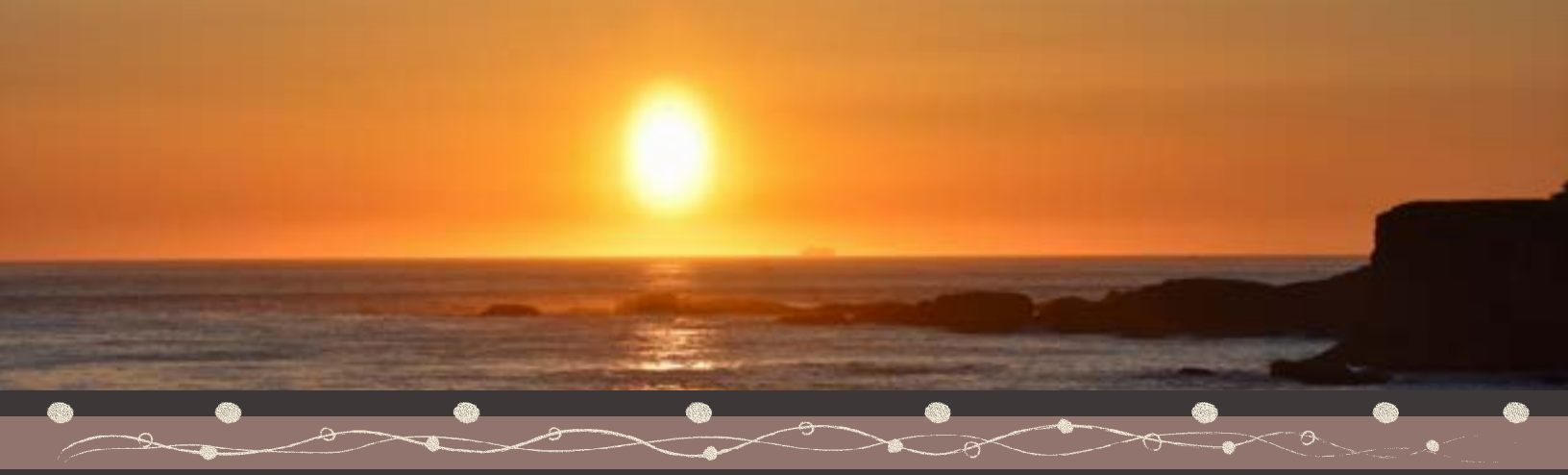
We stayed at Cape Resort, which has both a campground and cabins (we stayed in the cabins). It was a wonderful little place within walking distance of the grocery store and the waterfront. We sat out watching the eagles flying overhead and listening to the seals bark. After we got settled in, we headed to the local museum for a history lesson. There is not enough space to tell you about everything, but suffice it to say that the museum was a small goldmine of local history. They also had some of the most incredible baskets I have ever seen.

By this point, everyone is very tired and I am getting the stink-eye from the girls. Time to locate food. We went back to a small restaurant called Linda's Wood-fired Kitchen. The food was AMAZING. The fresh salads were all homegrown greens, the salmon was fresh caught and smoked just a couple of days before, and even the pizza dough was homemade. The mother-daughter team were friendly and knowledgeable. She even gave us a homemade blueberry muffin (made with wild blueberries) to use as Michael's birthday cake. They had a coffee stand attached to the restaurant as well. Our tummies were very happy.



continued ...





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We went back to our cabin to enjoy the evening sounds before embarking on our next hike. When we were within an hour of sunset, we set out for the Cape Flattery Trailhead. This one was only a mile on mostly level ground, so our tired bodies were up for it. Once we reached the overlook, we milled about with many other folks to enjoy the view and wait for the sunset. Cape Flattery is located at the most northwest point of Washington State, the point where the Pacific Ocean meets the Straights of Juan de Fuca. You can see Vancouver Island, BC and the Cape Flattery Lighthouse from the point. We watched fishermen returning home and large freighters destined for either the U.S. or Canada come into the Strait. Slowly, the sun settled onto the horizon, bathing the entire area in its orange glow. We continued to watch as the ocean put out the sun's light and the soft light of dusk settled on the area, then turned back to the trail and to the cabin for the night.

There was no argument when the girls were told to get their showers and get to bed. They were out cold in less than 20 minutes. There is nothing like a little exercise to clear the mind and relax the body. We all slid into the night's embrace with feelings of a day well spent and memories for a lifetime. In the morning, we traveled back home, but what a wonderful mini-vacation! I bid you adieu until the next adventure.





**“Autumn shows us  
how beautiful it is  
to let things go.”**

– Author Unknown







“ My ideas of living in the country and my ideas of work are entwined. Where one begins the other does not end, and often they bleed into one another until they can't be told apart. ”

– Charles Finn, *Farm Romance & Adventure*





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

Aidan Murphy  
Aimese Hurley  
Alisa Lear  
Allyson Wolf  
Amanda Troost  
Amber Watters  
Amy Reichert  
Amy Kolo-Elmhorst  
Andrea Racht  
Anette Theopolos  
Angela Davis  
Angela Vargas  
Ann Socolofsky  
Anne McAwley-Ledoc  
Annette Frerking  
Ashley Edstrom  
Aurore Stubbs  
Becky Runnels-Jose  
Beth Weaver  
Bette Axiak  
Bonnie Ellis  
Brenda Alberding  
Brenda Bennett  
Brenda Davis  
Cara M. Kroll  
Carla Crawford  
Carlene Bedient  
Carol Womelsdorf  
Carol Hagemeyer  
Carol Locker  
Catherine Clements  
Catherine Blount  
Cathy Zahn  
Cecily Rae Faith  
Cheri Bowman  
Cheryl Herron  
Cheryle Duffy-Lehrer  
Christina O'Neal

Christine Rolfe  
Christine Murphy  
Christine Ellis  
Christine Frazzini  
Christy Harrill  
Cindy Lackey  
Cindy Meier  
Connie Warren  
Cristy Marxsen  
Cynthia Foote  
Dana Manchan  
Danielle Reuther  
Danyel Treece  
Darlene Litton  
Darlene Mossman  
Deb Anderson  
Deb Fischer  
Debbie Tegar  
Debbie Rempe  
Deborah A. Lawrence  
Deborah Powell  
Debra Shanler  
Debra Strevig  
Debra Rowzee  
Dena Corry  
Denise Myers  
Denise Watkins  
Denise Gunter  
Denise Trine  
Denise Godwin  
Denise Thompson  
Diana Nelson  
Diana Casey  
Dianna Hauf  
Donna Timms  
Donna Parmer  
Donna Rowe  
Elizabeth Archer

Elizabeth Del Vecchio  
Ellen Clack  
Ellen Andersen  
Ellen Robertson  
Emily Gregory  
Emily Rose Yost  
Fonda L Davis  
Gabriele Beck  
Gail Karls  
Gina McKnight  
Ginger Booth  
Hailey Griffin  
Hannah Frankowski  
Harriet Johnson-O'Mara  
Heather Burke  
Heather Majernik  
Heather Lynn Martin  
Jacqueline Bates  
Jacqueline Ferri  
Jami Bolton  
Jamie Pospysalla  
Jane Sprague  
Janet Gresko  
Janice Hamilton



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

– Author Unknown





Jeanna Morgan  
Jeanne Betters  
Jen Daniels  
Jennifer Prior  
Jennifer Fulks  
Jennifer Tallman  
Jill Davis  
Jill May  
Jo Anne Cox  
Joann Brogan  
Joyce Hollyfield  
Juanita Massey  
Judith Cozart  
Judy Pemberton  
Julia Akers  
Julie Glover  
Kaaminii Stroh  
Karen Dressler  
Karen Ryan  
Karen Buchholz  
Karla Reinhart  
Katerina McFadden  
Kathryn Osborne  
Kathy Graybeal  
Kathy Golston  
Katie Reichenbach  
Katie Robillard  
Katrina Johnson  
Kay Tilton  
Kelly Brubaker  
Kelly O'Neal  
Kelly Wall  
Kimberley Thomas  
Kimberly Parker  
Kitty-Kate Mills  
Kristen Silvers  
Kristin Jonec  
Kristine Christ

La Verne Duncan  
Laura Spencer  
Lavern Pease  
Linda Olivera  
Linda Fonger  
Linda Plattner  
Linda Sanzo  
Linda Trask  
Linda Stark  
Linda Terry  
Lisa Birkner  
Liz Jacks  
Lorey Byrne  
Lori Alto  
Luann Cooley  
Lynn Karidis  
Maggie Daniel  
Marcelina Lundy  
Marcia Wilde  
Marcy Sumoski  
Marie Listopad  
Marilyn Godfrey  
Marilyn Black  
Marjorie Ward  
Marsha Jaramillo  
Martha Koukios  
Mary T. Jason  
Mary Abrahamson  
Mary Mursu  
Mary Duffel  
Maryellen Benton  
Maureen Poorman  
Melanie Koehler  
Melissa Klevans  
Melissa Easterbrooks  
Michelle Young  
Molly M. Edelen  
Nancy Lowe

Nancy Ingham  
Nancy Evans  
Natalia Breuer  
Nicole Miller  
Nikki Allen  
Norma Hart  
Pam Talmadge  
Pamela Rushka  
Pamela Larkin  
Pat Mitchell  
Patti White  
Paula Krone  
Paula Black  
Peggy Gosk  
Peggy York  
Peggy Smith  
Phyllis Fekula  
Polly Winkelvoss  
Rachel Hayden  
Rachelle Musser  
Rachelle Johnson  
Rain Klepper  
Rebecca White  
Rene Merino  
Rita Smith  
Robin A. Thornberg  
Roma Horton  
Roxane McCooeye  
Ruth Ann Kutemeier  
Sallyann Dyer-Congdon  
Sandie Holden  
Sara Davis  
Sara Knight  
Sara Heck  
Shannon Kammer  
Shari Doty  
Shelby Novak  
Shelia Taylor

Shelley Solace  
Sherri Reznicek  
Sherry Dixon  
Stella Jack  
Sue Johnson  
Sue Blosl  
Sue Ryno  
Sue Heighling  
Sue Stout  
Susan Brubaker  
Susan Kaar  
Susanne Bender  
Suzanne Miller  
Suzy Rhoades  
Sylvia Jacobus  
Tanya Nelson  
Teri Johnson  
Terri May  
Theresa Atkinson  
Tracy Digiacomio  
Vanessa Matheu  
Victoria Crawford  
Virginia Gresko  
Wendy Black  
Wendy Wheeler  
Yvonne Modarres  
Zabrina Schaefer

“Be a  
rainbow in  
someone  
else’s cloud.”  
– Maya Angelou







“Autumn is a  
second spring  
when every leaf  
is a flower.”

– Albert Camus





## Each issue of MaryJanesFarm

is filled with gardening guidance, delightful craft projects, and scores of delicious seasonal recipes. Plus, you'll read ideas for vintage collecting, earth-friendly living, and more.



Enjoy the simply, healthy and heartwarming pleasures of MaryJanesFarm all through the coming year.



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and get the next six issues

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Marie



I'd like to introduce you to Marie Bostwick. Marie is a *New York Times* and *USA Today* bestselling author of the *Cobbled Court Quilts* series, as well as standalone novels about family and friendship, such as *The Promise Girls* and *The Second Sister*. Her most recent novel, *Just In Time*, is about three very different women who are united by grief but rescue one another through friendship. For more information about Marie, her novels, quilting, and contests, visit [MarieBostwick.com](http://MarieBostwick.com).

Meg

# farmgirl BOOK CLUB

As a lifelong voracious reader, I made writing my profession. Now, I'm thrilled and grateful that *MaryJanesFarm* and Kensington Publishing have asked me to serve as the moderator of the Farmgirl Book Club! Over the next year, we're going to read some truly wonderful books together. Here's how it works ...

In each issue of *MaryJanesFarm*, we suggest several outstanding, carefully chosen books that coincide with a different theme. We present two main selections and up to three alternate titles. It's up to you to decide which book(s) you'd like to try. You can read them all or just one. With so many terrific titles to choose from, you're sure to find something you'll love and want to talk about—and that's where the fun begins!

Next, convene with your Farmgirl Sisters via our Facebook group and talk about what you're reading. We discuss the characters you can't get enough of, the villains you love to hate, the plot twists you never saw coming, and so much more. We also have special events, giveaways, and even live chats with some of the authors who wrote the books!

Our Farmgirl Book Club is full of surprises, and most importantly, chock-full of great stories to capture your imagination, tug at your heartstrings, allow you to travel the world without leaving your chair, and introduce you to characters who feel like friends. I'm hoping you'll join us; let's explore outstanding books together.

Marie Bostwick

Farmgirl Sister #7185

Reading with Marie, OCT/NOV 2018

## Book Besties

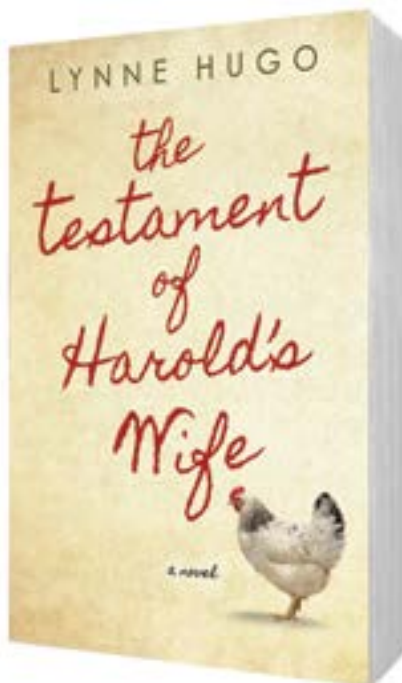
Dear Farmgirl Book Club Sisters,

Have you ever noticed how certain books can come to feel like our best of friends? Those of you who are familiar with my own novels know that female friendships are among the relationships I value most. I love writing about the ways women support and enrich one another through the bonds that form between us. In writing about these friendships between my characters, I often feel like they become close friends as well. Mary Dell Templeton, Grace Saunders, Avery Promise—they all live in the pages of my books, but they also live in my heart and my memories, just like the women I've known in real life and have been lucky to call my friends. I think that's why, when I want to read a book that will lift me up, get me thinking, and leave me feeling empowered, I reach for a story with a strong woman at its center. The kind of woman who will inspire me, start to feel like a dear friend, and stay with me long after her novel ends. I call those characters my "Book Besties," and in this month's issue, I thought I would tell you about some of the Book Besties I've gotten to know recently in these five wonderful new novels.

Don't forget to join your Farmgirl Book Club friends to talk Book Besties and more. Just visit [Facebook.com/groups/FarmgirlBookClub](https://www.facebook.com/groups/FarmgirlBookClub). Happy Reading!





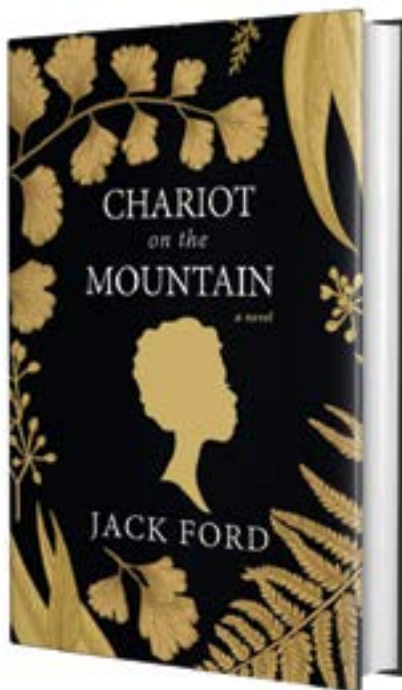


### ***The Testament of Harold's Wife***

by Lynne Hugo

Humor, hope, and the healing beauty of nature balance moments of darkness in this refreshingly unsentimental novel about a smart, proactive, and unforgettably sassy retired schoolteacher named Louisa. After the death of her beloved grandson in a drunk-driving accident, then the loss of her husband just months later, Louisa feels she has two choices. She can spend her remaining days mired in grief, alone on her family farm in Indiana with only her geriatric chickens for company. Or she can get busy. Of course, grief can make us a little crazy, and Louisa's uplifting and ultimately life-affirming journey from heartbreak to hope is filled with some pretty crazy—though often hilarious—

antics. There were times when I wanted to give her a hug and other times when I felt like her strength, courage, and humor were hugging me. If any of you have had a chance to visit my blog, [FierceBeyond50.com](http://FierceBeyond50.com), you'll understand what I mean when I say Louisa is fiercely inspiring!



### ***Chariot on the Mountain***

by Jack Ford

The extraordinary women in this novel and their heroic triumph against the shackles of slavery in the Old South would be almost impossible to believe if the story weren't true. Brought to life by Emmy- and Peabody Award-winning journalist Jack Ford, *Chariot on the Mountain* tells of the unlikely alliance between three extraordinary women: a young slave named Kitty Payne, her mistress, and the privileged daughter of the wealthiest plantation owner in the county. Rejecting the divisions of their time and bonding together to do what was right, these strong women undertook one of the most sensational trials of the century, suing Kitty's owner for her freedom—and winning—nearly

15 years before the Civil War began. You will be amazed that you'd never even heard of Kitty, Mary, or Fanny before. And you will want to share their story with everyone you know!

Join us on the Farmgirl Book Club Facebook Group to learn more, meet the authors, enter giveaways, and talk about books. [Facebook.com/groups/FarmgirlBookClub](https://www.facebook.com/groups/FarmgirlBookClub)

### ***Treacherous Is the Night***

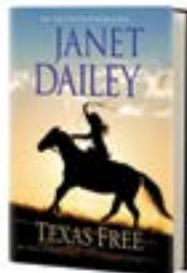
by Anna Lee Huber

This atmospheric, stylish mystery is set in Britain just after WWI and stars Verity Kent, a brilliant, highly capable, and indomitable woman. During the war, Verity was a spy in the British Secret Service, working alongside La Dame Blanche—an actual intelligence gathering network made up of mostly women that existed during the latter years of the First World War. I love Verity's panache and resilience. She loses so many friends in the war, as well as her brother and possibly her husband, yet she keeps throwing her all into every challenge and adventure that comes her way.



### ***Texas Free*** by Janet Dailey

Free-spirited and resourceful, the hardships Rose Landro has endured in her 26 years have only made her stronger. Orphaned as a girl in the 1950s, she was forced to flee her native Texas for Mexico. But she never forgot the small parcel of ranch land that was her birthright. Years later, after tragedy strikes her adopted family in Mexico, Rose decides it's time for her to go back home to Texas and reclaim her inheritance. This means challenging the patriarch of the Tyler family, who annexed her land to his sprawling Rimrock Ranch. But Rose marches to the beat of her own drum and always speaks her mind, so she's just the woman to outmaneuver Bull Tyler. She's also fiercely loyal, and family—whether by blood or by choice—is sacred to her. And when an enigmatic stranger finally wins her heart, it's Rose's strength and destiny that will change the future of Rimrock Ranch forever.



### ***The Gold Pawn***

by L.A. Chandlar

When I think of the 1930s, I usually picture scenes from the Great Depression, but this decadent historical mystery set in a glittering Art Deco-style Manhattan shows a different side of the decade, filled with innovation, art, and marvelous cocktails. I love how it weaves little-known nuances of historical fact and culture into an adventurous mystery. And at the center of it all is Lane Sanders, the high-spirited personal aide to New York City's Mayor La Guardia. Witty, creative, and full of gumption, Lane is a real mover-and-shaker who isn't intimidated by the powerful men in the political world she inhabits. She loves chasing adventure and soaking up life as she sprints through the corridors of City Hall in her fabulous red shoes.





# September Farmgirl Sisterhood Special

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Brownies

Buttermilk Biscuits

Chili Batter Bread

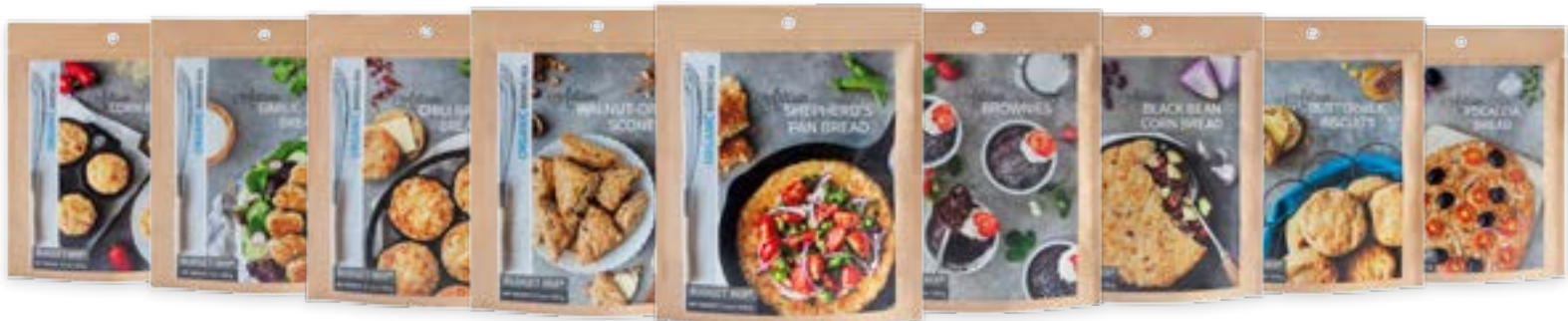
Corn Bread

Focaccia Bread

Garlic-Basil Bread

Shepherd's Pan Bread

Walnut-Orange Scones



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continued ...

16

September 2018

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# September Farmgirl Sisterhood Special

continued ...

Try our delicious  
*Buttermilk Biscuits*



Smooth, classic biscuits with  
a creamy, dreamy texture.  
Enjoy as a treat for breakfast or  
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Basic, versatile goodness.



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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.



# Farmgirl Sisterhood



## Social Media

I want to make sure you're aware of social media happenings at MaryJanesFarm, because you won't want to miss a thing—especially the moment when YOU'RE the sister featured 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!)

**From GirlGab.com,** the place where girlfriends gather to gabble, gush, and gadabout, including daily posts from dozens of sister blogs.

Anna Murfield, Sister #4608  
Crooked Feather Studio

### 100 Naps 100 Flowers



If any of you follow me on Instagram you may have seen that I am working on a new project called "100 Naps 100 Flowers." This is a totally new project I have started, and one I am doing just for fun whenever I have the time to do so. As you may have guessed by the title, this is a project I work on while my little guy takes his naps. When he is down and my older kids are busy I sneak away to my studio and get to work painting flowers just for the fun of it.

I started using oils and creating pieces that looked more polished and finished but I was called to my art journal where I started creating freer less "finished" pieces. I am really loving the ability to use this project to experiment with materials and I love that there isn't any pressure to make something that is for a client or for sale.

Each flower so far has been painted from an image, and in the cases of my art journaled paintings there is a prayer written under each one. The prayer may be for me or my husband or kids or who ever I just pray it, write it down, then cover it up. My prayers don't need to be known by anyone but The One so I don't feel they need to be saved after they are said, but the little bits that remain visible create nice dimension in the image so I leave it there. This is beginning to be a great time for me to take for myself, to meditate on prayer, and practice some skills.

To see more head on over to my Instagram. Feel free to join me and paint some flowers of your own, just tag #100naps100flowers so I see it!







## 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*.



# Sisterhood Necklace



## 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







There is this necklace that I wear,  
It rests right below my heart.  
Me and this dear trinket  
Don't spend much time apart.

It's not made of gold or silver  
Or adorned with precious gems,  
The design is pure and simple  
Unlike the meaning held within.

It matches everything I wear  
From my bibs to Sunday's best.  
And it's not until I put it on  
That I feel fully dressed.

It's a plaything for the children  
Who sit upon my lap,  
And ask question after question  
Like an ever-flowing tap.

"Where'd you get your necklace?"  
"Who's the lady with the hat?"  
"What's it mean to be a Farmgirl?"  
Now, I can answer that!

Maybe not in just one word  
Or even three or four.  
To explain the farmgirl life  
Will take a little more.

A farmgirl is a gentle soul  
Filled with grace but then,  
She has an inner strength  
More than a thousand men.

She has many, many sisters  
Much more than she can count.  
And they are always on the ready  
To help each other out.

She has a 'can-do' spirit  
With every task at hand.  
And she feels a true connection  
To the earth and to its land.

A farmgirl likes the simple things  
The wholesome, clean and pure,  
But if the need arises  
She can be quite the connoisseur!

You may find her dressed in work clothes,  
And of course, a wide brimmed hat.  
But she'll add a pretty apron  
To go on top of that.

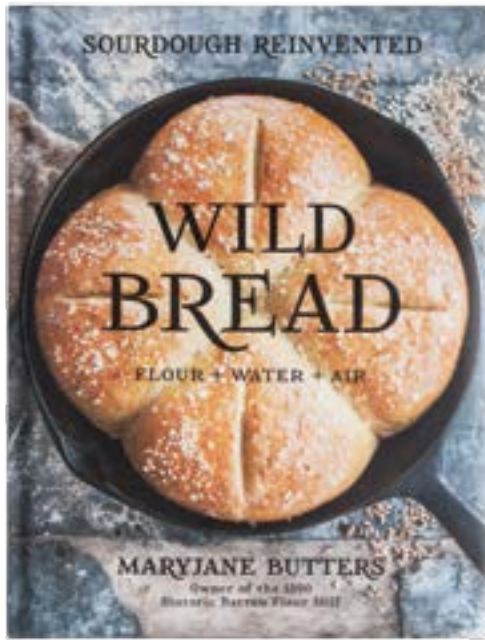
She doesn't have to be a farmer  
Or even live upon a farm.  
She can be a city dweller  
And still have that farmgirl charm.

It's not a fancy title  
That sets us all apart,  
For every farmgirl knows  
It's a condition of the heart.

So, this necklace that I wear  
Is a badge of honor you might say,  
For it makes me proud to show  
That I live the farmgirl way.

~Wendy Cecil Curling





# WILD BREAD

FLOUR + WATER + AIR

Is the world ready to rethink bread making? I certainly think so. My book, *Wild Bread*, completely reinvents the concept of healthier-for-you, naturally fermented sourdough. Until now, sourdough meant too much work and sour-tasting, artisan-style-only loaves. My revolutionary fermentation technique demonstrates the use of eight different types of flours for each bread featured—everything from gluten-free brown-rice flour to quinoa to common white to heirloom whole wheat—for a whopping 295 recipes and 475 photographs. Using my method, every style of bread imaginable, including gluten free, will loft with wild abandon without the purchase of a single packet of not-so-healthy, store-bought yeast. In nutritionally superior wild-yeast bread, fermentation triggers the release of vital nutrients and breaks down carbohydrates. In my world, there's no such thing as too much bread because once you convert to slow-rise wild-bread making, that bagel you've been thinking about is more like a vitamin pill than a source of "carb-loaded" guilt.

**FIRST MONTH**  
1 minute 2 x day  
**BAKE**  
1 x week

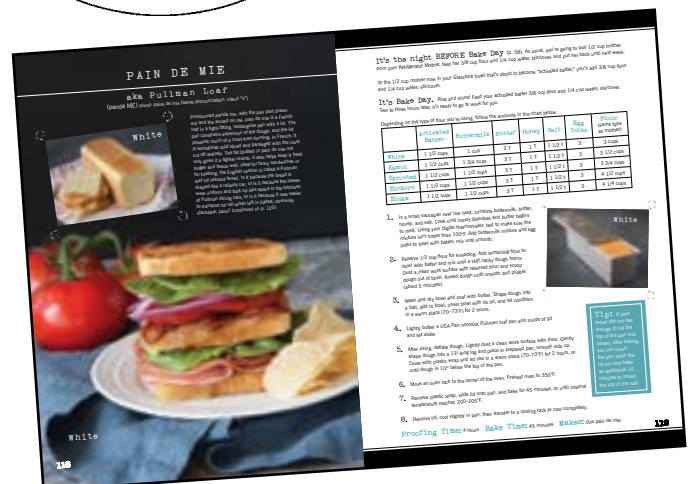
**ONGOING**  
1 minute 1 x week  
**BAKE** (at least)  
1 x month

MaryJane

**224 PAGES**  
295 recipes, 475 color photos

Autographed  
copies available  
at  
[MaryJanesFarm.org](http://MaryJanesFarm.org)  
**\$24.99**

**5-STAR  
ONLINE REVIEW:**  
*Wild Bread* is not just a gorgeous gallery of photos—it is a fully functional and fabulously **USEFUL** guide to mastering the art of wild-bread baking.



## SOURDOUGH REINVENTED





**It's the night BEFORE Bake Day** (p. 58). As usual, you're going to pull 1/2 cup mother from your Refrigerator Mother, feed her 3/8 cup flour and 1/4 cup water, stir/cover, and put her back until next week, and 1/4 cup water, stir/cover.

**It's Bake Day.** Rise and shine! Feed your activated batter 3/8 cup flour and 1/4 cup water; stir/cover. Two to three hours later, it's ready to go to work for you.

Depending on the type of flour you're using, follow the amounts in the chart below:

	Activated Batter	Water	Salt	Flour (same type as mother)	Top Dough
White	1 1/2 cups	1 cup	1 1/2 t	2 3/4-3 1/4 cups	1 cup
Kamut	1 1/2 cups	1 cup	1 1/2 t	2 1/4-2 3/4 cups	1 cup
Spouted	1 1/2 cups	1 cup	1 1/2 t	2 1/2-3 cups	1 cup
Einkorn	1 1/2 cups	1 cup	1 1/2 t	4 3/4-5 1/4 cups	1 cup
Spina	1 1/2 cups	1 cup	1 1/2 t	4-4 1/2 cups	1 cup

- To the batter in your bowl, add water and salt; mix well. Starting with the smallest amount of flour in the chart, reserve 1 cup of it for kneading and add the rest of it to the bowl with the batter; mix until a stiff, tacky dough forms. Let rest 5 minutes.
- Do a clean work surface with reserved flour and scoop dough out of bowl. As you begin to work in the reserved cooking oil to prevent dough from sticking to your hands. If dough is still too sticky after reserved flour has been worked in, begin working in another 1/2 cup of flour. Continue to knead until dough is smooth, pliable, and slightly tacky (about 8 minutes).
- Wash and dry bowl and coat with safflower oil. Shape dough into a ball and add to bowl. Cover bowl with its lid and let rest in a warm place (70-73°F) for 30 minutes.
- After 30 minutes, remove lid. Starting at the edge of the bowl, lift a portion of the dough toward the center of the bowl using a bowl scraper. Rotate the bowl, lift another portion, and fold it toward the center. Repeat until all edges have been folded toward the center (6-8 total folds). Cover bowl with lid and let rest again in a warm place (70-73°F) for 30 minutes. Repeat foldrest two more times. Now, you're done with the folding process that conditions the dough so it rises well (step 8).
- After the last 30 minutes, lightly dust a clean work surface with flour and scoop dough from bowl using the bowl scraper. Divide dough into 3 equal portions and stretch each portion into a 4" x 16" rectangle. Starting from the uniform rope, pinch seams to seal.
- (facing page)
- Before bread finishes its 45-minute rise, move an oven rack to the center of the oven and another to the bottom. Place an enameled cast-iron Dutch oven on the bottom rack. Preheat oven to 425°F.
- Put rope halves into oven. Add ice cubes to enameled cast-iron Dutch oven. (Why? See p. 216.)
- Bake for 25 minutes, or until internal temperature reaches 190°F. Remove from oven and transfer to a cooling rack.

**Proofing Time:** 2 hours, 45 minutes **Bake Time:** 25 minutes **Make:** Three 15" loaves

**EPI**

- Line an inverted baker's sheet with parchment paper. Roll a single rope onto a saucy board and transfer to prepared baking sheet, seam side facing down. Stretch rope on baking sheet. Repeat this process with remaining portions of dough.
- Using kitchen shears, make a 45° angled cut at the top of a rope, leaving the back of the rope intact (about 1/2" up from the bottom). Turn cut piece to the left and make another 45° cut. At the time, turn cut piece to the right.
- Continue making cuts and turning cut pieces in alternating directions. Once all ropes have been cut, cover en loaves with a flour-sack cotton towel and let rise for 45 minutes.

**Einkorn**

85



C O N T E N T S	
Author's Note	11
Preface	12
Section 1	
Beginner Breads	20
Section 2	
Advanced Breads	56
Section 3	
Quick & Easy Sourdough-Enhanced Treats	172
Quick-and-easy treats, everything from panbread bites to muffins to pancakes to doughnuts.	
	Einkorn (heirloom wheat)
	Bread-Machine Kamut (heirloom whole wheat)



Section 4  
**Let's Talk Flour** 190

Section 5  
**Equipment** 200

Find it, buy it! Not all equipment, cookware, and tools are created equal. Lean in for the lowdown. Also, gift ideas.

Question & Answer 214

Acknowledgments 221

Index 222

About the Author 224







# Merit Badge Awardees



## Merit Badge Awardees



### **Aidan Murphy: aidanm #7664**

Beginner badge: Each Other / Bibliophile Badging  
Beginner badge: Each Other / Civics Challenge  
Beginner badge: Stitching & Crafting / Nellie Will-do  
Beginner badge: Outpost / Rocks and Minerals  
Intermediate badge: Each Other / Civics Challenge  
Expert badge: Each Other / Civics Challenge

### **Ann Gee: #7351**

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

### **Ann Socolofsky: #7692**

Beginner badge: Each Other / Entrepreneurial Spirit  
Intermediate badge: Each Other / Entrepreneurial Spirit  
Expert badge: Each Other / Entrepreneurial Spirit

### **Bea Campbell: quiltingbea #2575**

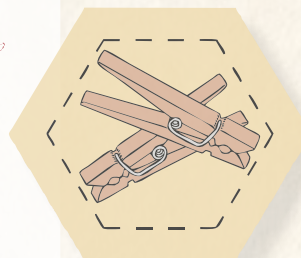
Beginner badge: Garden Gate / Heirlooms Forever!

### **Christy Harrill: MerryHeartSister #1951**

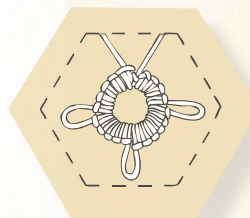
Beginner badge: Cleaning Up / Recycling  
Beginner badge: Each Other / Civics Challenge  
Beginner badge: Each Other / Farmgirl Jubilee  
Beginner badge: Farm Kitchen / Unprocessed Kitchen  
Beginner badge: Stitching & Crafting / Nellie Make-do  
Beginner badge: Stitching & Crafting / UFOs  
Intermediate badge: Cleaning Up / Recycling  
Intermediate badge: Each Other / Civics Challenge  
Expert badge: Cleaning Up / Recycling  
Expert badge: Each Other / Civics Challenge

### **Darla Armstrong: #4397**

Beginner badge: Garden Gate / Backyard Farmer  
Beginner badge: Make It Easy / In The Garden  
Intermediate badge: Each Other / Public Service  
Expert badge: Each Other / Public Service



**Click here to  
read about Merit  
Badge awardees.**



continued ...





continued ...

**Deb Anderson: #7670**

Beginner badge: Stitching & Crafting / Aprons

**Debbie Cox: OneRedZinnia #5585**

Beginner badge: Each Other / Calligraphy

**Gae Gundersen-Barry: GGBQuilter #7534**

Beginner badge: Each Other / Bibliophile Badging

Beginner badge: Garden Gate / The Secret Life of Bees

Beginner badge: Stitching & Crafting / Buttoned Up

Beginner badge: Stitching & Crafting / Nellie Make-do

Beginner badge: Stitching & Crafting / Quilting

Beginner badge: Stitching & Crafting / Sew Wonderful

Beginner badge: Outpost / Disconnect to Reconnect

Beginner badge: Outpost / Pampered Pets

Intermediate badge: Stitching & Crafting / Quilting

Intermediate badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Outpost / Pampered Pets

Expert badge: Stitching & Crafting / Quilting

**Helen Ettlin: Helen Ettlin #7130**

Expert badge: Cleaning Up / Home Insulation

Expert badge: Cleaning Up / Recycling

**Jennifer Chappell: sabrinafaire #6346**

Beginner badge: Cleaning Up / My Fair Farmgirl

Beginner badge: Each Other / Languages/Culture

Beginner badge: Farm Kitchen / Recipes

Beginner badge: Outpost / Farmgirl's Best Friend

Intermediate badge: Cleaning Up / Going Green

Intermediate badge: Cleaning Up / Recycling

Intermediate badge: Cleaning Up / Shopping Green

Intermediate badge: Outpost / Farmgirl's Best Friend

Expert badge: Cleaning Up / My Fair Farmgirl

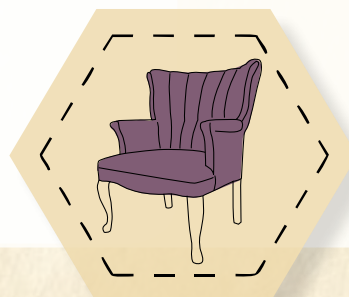
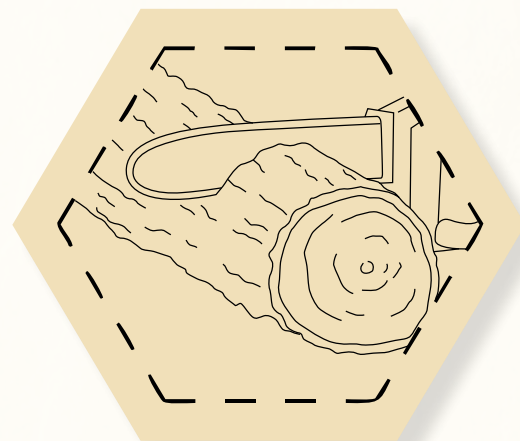
Expert badge: Cleaning Up / Recycling

**Kimberly Nelson: kmnelson77 #3492**

Beginner badge: Each Other / Farmgirl Gratitude

Beginner badge: Stitching & Crafting / Buttoned Up

Intermediate badge: Cleaning Up / Recycling



continued ...





## continued ...

### **Lenora McMahan: firecatinc #7131**

Beginner badge: Make It Easy / Light the Way

Intermediate badge: Farm Kitchen / Unprocessed Kitchen

Expert badge: Garden Gate / Gaining Ground

Expert badge: Cleaning Up / Shopping Green

### **Linda Bowlby: #7595**

Beginner badge: Outpost / 'Out There' Women

Intermediate badge: Stitching & Crafting / Sew Wonderful

### **Marlene Laverty: MarleneL #7503**

Beginner badge: Farm Kitchen / Know Your Food

Beginner badge: Make It Easy / Mindfulness Meditation

### **Marsha J Jaramillo: Marjean #308**

Beginner badge: Each Other / The Greatest Generation

Intermediate badge: Each Other / The Greatest Generation

Expert badge: Each Other / The Greatest Generation

### **Nicole Rosenberg: nic.rose #7526**

Beginner badge: Cleaning Up / Recycling

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Cleaning Up / Water Conservation

Beginner badge: Each Other / Families Forever

Intermediate badge: Cleaning Up / Recycling

Expert badge: Cleaning Up / Recycling

### **Rebecca Spohn: #7469**

Beginner badge: Stitching & Crafting / Scrapbooking

### **Sheila LaPoint: VT Oma #5766**

Beginner badge: Farm Kitchen / Canning

Intermediate badge: Farm Kitchen / Canning

### **Sherrilyn Carroll: Sherri #1350**

Beginner badge: Farm Kitchen / Carpe Cocoa

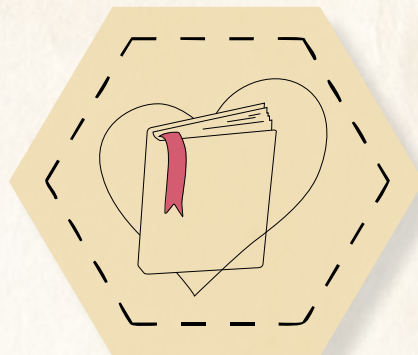
Beginner badge: Make It Easy / Jewelry Making

Beginner badge: Outpost / Geography

Intermediate badge: Farm Kitchen / Carpe Cocoa

Intermediate badge: Make It Easy / Jewelry Making

Intermediate badge: Make It Easy / Mindfulness Meditation



continued ...





## continued ...

Intermediate badge: Outpost / Farmgirl's Best Friend

Expert badge: Farm Kitchen / Carpe Cocoa

Expert badge: Outpost / Farmgirl's Best Friend

### **Teresa Roberson: carolinacateyes #7386**

Beginner badge: Each Other / Families Forever

Beginner badge: Each Other / Reading, 'Riting,  
and 'Rhythmic

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

Intermediate badge: Each Other / Families Forever

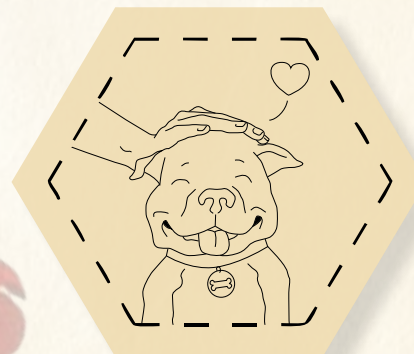
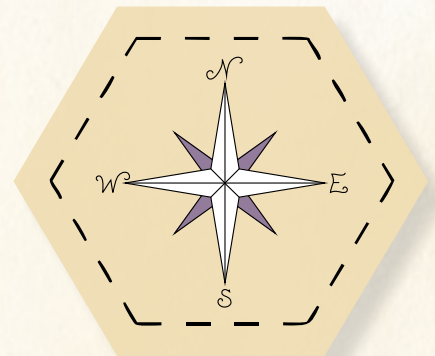
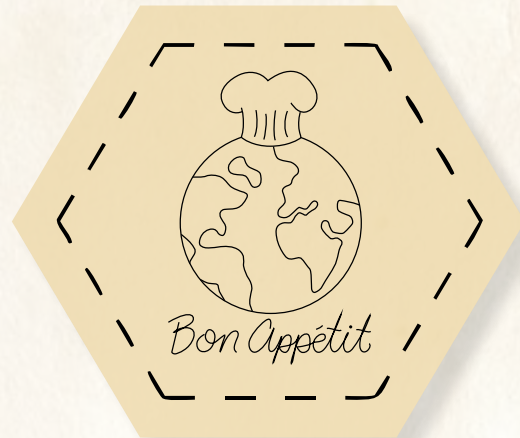
Intermediate badge: Garden Gate / Horse Dreams

Expert badge: Cleaning Up / Shopping Green


Expert badge: Each Other / Families Forever

### **Tina Smith: TinaSmith #7472**

Beginner badge: Stitching & Crafting / Crochet







“The heat of autumn  
is different from the  
heat of summer.  
One ripens apples,  
the other turns them  
to cider. ”

– Jane Hirshfield



# Farmerettes & Young Cultivators

## Merit Badge Awardees

**Amelia Myers: Young Cultivator of Denise Myers #1593**

Beginner badge: Each Other / Let's Go To Town

**Katie Rose Harrill: Young Cultivator of Christy Harrill #1951**

Beginner badge: Stitching & Crafting / All Buttoned Up

**Kaya Bonn: Young Cultivator of Kim Reineke #4826**

Beginner badge: Each Other / Families Forever

Beginner badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Farm Kitchen / Icing on the Cake

Expert badge: Farm Kitchen / Icing on the Cake

**Kelly Rowland: Young Cultivator of Rosemary Rowland #1392**

Beginner badge: Farm Kitchen / Mmm, Chocolate!

Intermediate badge: Farm Kitchen / Mmm, Chocolate!

Expert badge: Farm Kitchen / Mmm, Chocolate!

**Leanne Noble: Young Cultivator of Ambrosia Blasier-McCollum #7494**

Beginner badge: Garden Gate / Farmyard to Kitchen

**Madeline Yost: Young Cultivator of Emily Yost #5070**

Beginner badge: Each Other / Families Forever

Beginner badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Each Other / Families Forever

Intermediate badge: Farm Kitchen / Icing on the Cake

Expert badge: Each Other / Families Forever

Expert badge: Farm Kitchen / Icing on the Cake

**Mary Myers: Young Cultivator of Denise Myers #1593**

Beginner badge: Each Other / Let's Go To Town

**Rylee Greene: Young Cultivator of Starletta Schipp #1927**

Beginner badge: Farm Kitchen / Icing on the Cake

Beginner badge: Stitching & Crafting / Weaving In and Out

Intermediate badge: Farm Kitchen / Icing on the Cake

Intermediate badge: Stitching & Crafting / Weaving In and Out

Expert badge: Farm Kitchen / Icing on the Cake

**Click here  
to read  
about  
Merit Badge  
awardees.**

### 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.**







FARM  
FRESH  
STYLE!

# MARY JANE'S FARM

eat better • feel better • look better

OCT/NOV 2018 ISSUE

## Contents {KEEP the CHANGE}



### But first ... **SOME FUN!**

- 11 Farmgirl Finds (staff picks)
- 13 Farmgirl Expressions (artwork with farmgirl flair)

Whether you're a city chick or a farm chick, we're here to help guide you back to your farmgirl roots, back to healthful eating, next door with biscuits, downtown for an evening of crocheting with friends, uptown in a dress-up apron, and starward to your dreams—maybe even a farm of your own. Subscribe, join in, and sign up today! Find back issues in the magazine section of my website (MaryJanesFarm.org).

### 72 *Fabric* AS WALL ART



### 80 *removable* WALL COVERINGS



### 88 *for WOMEN* CARPENTRY



### Bee INSPIRED

Meet an artist inspired to illuminate the abundance that bees give to humanity through their hard work, harmony, order, and frugality.

### 35 *get relief from* CHRONIC PAIN



### 50

### HARVEST HOME

Recipes for fall's bounty—butternut squash, pomegranates, cranberries, apples, pears, and more—oh my!



### 42

### The secret to *perfect* PUMPKIN PIE



Farmgirls-in-Training

### WHO'S GOT the BUTTON?

Stella & Mia do ...  
in their new Etsy button shop!

### 79

### craft an old-fashioned *oilcloth* TABLECLOTH

Stella & Mia, Etsy Shop



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Here for Life	5
Editor's Note	5
Letters to Us	8
Farmgirl Finds	11
Staff Picks	11
Farmgirl Expressions	13
Artwork with Farmgirl Flair	13
Home Safe Home	14
Advice & Tips	14
Keeping in Touch	21
Readers Write	21
Newsroom	26
Health & Wellness	35
Farm Life with MaryJane	40
Organic Food	42
Community	42
Quilting & Stitching/Crafting	72
Gardening/Farming	88
Cooking with Cast Iron	92
Here's the Thing	96

### DIY *roasted* COFFEE BEANS

### 54





# Magazines, Books & More



Our Oct/Nov issue (Keep the Change) will hit newsstands on Sept. 11. In it, you'll learn the secret to perfect pumpkin pie, discover natural ways to get relief from chronic pain, find delicious fall recipes from our 16-year-old intern, learn how to turn fabric into wall art and removable wall coverings, and more. Don't risk missing *MaryJanesFarm* magazine on newsstands.

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

If you're a subscriber, you should receive your magazine soon. (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 2019 calendar will be available soon. Each month's top page features a full-color image from our farm and each calendar page includes dates, holidays, inspirational sayings, lunar phases, and fabulous farmgirl culture. This is a Project F.A.R.M. (First-class American Rural Made) product. All 26 pages are printed here at the farm on 8 1/2" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

### Current Holidays:

- September 3 ~ Labor Day
- September 8 ~ International Literacy Day
- September 9 ~ Rosh Hashanah Begins  
(at sundown)  
Grandparents' Day
- September 16 ~ Stepfamily Day
- September 17 ~ Citizenship Day
- September 18 ~ Yom Kippur Begins (at sundown)
- September 21 ~ International Day of Peace
- September 22 ~ Autumnal Equinox: *First Day of Autumn*  
Businesswomen's Day
- September 28 ~ Good Neighbor Day
- September 29 ~ Family Health & Fitness Day  
National Public Lands Day

September  
Sisterhood  
Special!  
(see p. 16)

### 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!](#)



**7,713 Sisterhood members and  
11,281 Merit Badges earned —  
growing stronger every day!**