

# MaryJane's Cluck™

Monthly Sisterhood Newsletter ... where the braggin' begins!

work of our  
*hearts*

February, 2010

Circumstances made us FRIENDS, MaryJanesFarm made us SISTERS!

MARYJANESFARM

## Hello from Sister #1

By now, you've no doubt noticed the energy and resources I've devoted to the Farmgirl Sisterhood. In my mind, it's a "place" where we can easily see the thread that ties us to the women who've come before us. With each new sister that joins (200 new sisters in January!!!), our connection to each other and to the skills of our grandmothers grows.

Last fall, I added graphics to the newsletter and came up with the name *MaryJane's Cluck*. Then I added writers who would, on a monthly basis, add information on each of the topics found in my *Ideabook* and Merit Badge Program for the purpose of helping fuel the creativity of my sisters. Knowing that we have so many creative farmgirls, it was only natural to add a "featured farmgirl" page and then, just in time for the holidays, came the Sisterhood charm necklace.

Ushered in with the New Year, we've added new badges and a completely new program, "Young Cultivators," for our little ones ages 6-13.

As a grandmamma now (actually my oldest grandsweetie calls me NannyJane), I'm finding the Young Cultivators program especially appealing as I watch a new generation of young ones look to us for answers.

If you're a newby, you'll find Sisterhood kinship is not only good-for-you but good-to-you.

Love and welcome!

*MaryJane* 



MaryJane with Denali  
(Denali designed this  
issue of the Cluck)

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## A word from your Sisterhood Coordinator ...

Twenty-three years ago this Valentine's Day, I was in the hospital preparing to become a mom for the first time. My husband, Tom, and I had other pregnancies that did not make it to term, so mixed in with our excitement was also a little fear and trepidation. I was so nervous about it all. Would I be a good mom? All the questions whirled around my head in between contractions. We were very blessed to have people in my birthing room that kept me both focused and distracted: our best friends at the time, Doug and Caroline; my auntie, LeRae; my grandma, Doris; and my husband—all of whom were nervously playing cards. Eight hours later, Tom and I (and crew) welcomed Thomas Justin into the world. He was perfect—a spitting image of his dad (which still seems a little unfair, since I did most of the work), however adorable, and a “keeper” by everyone’s standards. We named him Thomas since that was a name given to seven generations of first-born sons in the Groom family. While I have been known for being a rebel, at times, this certainly was not one of those times I wanted to go rogue. If truth were told, I could not imagine, after meeting the little man, calling him anything else, as he was such a clone of his dad.

I am not sure that there has ever been a February, or a Valentine's Day, since that blessed event when I haven't looked back and given thanks for being allowed to be a mom. Not that there haven't been times that I thought “WHAT WAS I THINKING?” —but for the most part ... grateful.

I always thought Valentine's Day was a bit weird. I never really have understood why we would need a special day to do what we should be doing for those that we love all the time. I love sending love letters to my children and hubby for no reason other than I really love them. Yet I have come to appreciate that it is okay that we have a day set aside that gives us permission to be over the top in expressing those feelings.



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## continued ...

I have spent a lifetime making sure that my boys (all five of them) know that they are *loved*. I have tried to practice, as Maya Angelou suggests, having my eyes light up when they enter a room. I haven't done it perfectly, I am sure. Parenting is hard. Loving without conditions can be hard, yet I am so glad I have had the opportunity to practice both.

Today, that adorable little baby is a grown man. A Corporal in the U.S. Marine Corp, a snowboard instructor, a martial arts instructor, and one of the great joys in our life—along with his three brothers.

As we farmgirls know, family matters. To read more about other farmgirls' families, or to get some good farmgirl mom advice, make sure to check out the "**Families Matter**" thread on our chatroom. I would also encourage you to start a game night, and then submit your application for the "Families Forever" Sisterhood badge. Lastly, no matter how old your kids are, it is never too late to let them know they can still cause your eyes to light up when they walk into a room.

*Rene' Shoom*  
Sister #185



## each other

According to MaryJane, the seven aspects for living the farmgirl life are:

**EACH OTHER** | FARM KITCHEN | GARDEN GATE | STITCHING & CRAFTING ROOM | MAKE IT EASY | OUTPOST | CLEANING UP

**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 2-year-old and 7-month-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), her stepsister in New York City (the perfect excuse to slip into a pair of stilettos), and one of her favorite farmgirls that she met when she lived in Kansas (scheduled around working the cows, of course).

I love cookies. From simple chocolate chip cookies, to regular old sugar cookies, to macarons. The whole gamut. I am pretty sure I haven’t tasted a cookie I don’t like. I love baking ’em and, of course, I love eating ’em.

Red and pink also happen to be my very favorite colors. Red and pink everywhere, if I had my way. I’ve been known to paint my walls red and buy my daughters pink pajamas with red polka dots. Even my mixer is red and my favorite scarf pink.

The two above facts about myself make me a huge fan of February. I love that everything seems to be more adorned with pink and red. And sweets seem to just be more abundant during February.

Valentine’s Day is not reserved for one day at my house. Rather, the entire month is devoted to it. I also do not feel that it should be reserved for just one person. In fact, quite the opposite. I prefer to celebrate those I love non-romantically.

Handing out valentines to those less expecting of them is much more rewarding for me. Last year, my girlfriends and I spent a Sunday at our local scrapbooking establishment creating the cutest ribbon-and-button-smothered Valentine’s Day cards for the rest of our girlfriends. Not only did we have the loveliest time together, it was also such fun to stamp and mail our treasures off to our cherished friends.

I have also decided February is the perfect month to celebrate my neighbors. Yup, sugar cookies covered in a simple powdered sugar/milk frosting and pretty much blanketed in sprinkles. They have quite an array of sprinkles out there these days. (Try [www.indiatree.com](http://www.indiatree.com) for natural sprinkles if you can’t find those in your area.) And, yes, I am the lady buying them all up just after we celebrate this much-loved holiday. So I pretty much have every pink and red sprinkle imaginable. But anyway, I so enjoy leaving little care packages wrapped in red and pink ribbon on my neighbors’ doorsteps. Just my way of doing what I enjoy and letting a few people know they are appreciated and loved.



## farm kitchen

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**FARM KITCHEN** with Alyson Oüten To earn a Sisterhood badge in our **FARM KITCHEN** category, [CLICK HERE](#)



Alyson Oüten (Sister #100) is a farmgirl, trapped in a cosmopolitan career. In addition to gardening, she digs deep into stories with her investigative shovel as a television news reporter in Boise, Idaho, and has won two Emmy awards. Alyson lives in a 1910 Craftsman-style bungalow in downtown Boise. She spends as much time as possible cooking for friends and preening and pruning her cottage garden. Alyson is a regular guest at our wall-tent bed and breakfast, where she soaks up our little piece of paradise in a bath under the stars. "I found heaven!" she says.



## Swirl, Sniff & Sip

The Idaho Wine Commission recently took a group of journalists on an educational "tour" of local wines! They called it a "boot camp," but the only heavy lifting I did was about 100 (barely filled) glasses of delicious wines.

Idaho has 40 wineries statewide, up from just 13 a decade ago. In all, 1,600 acres of vineyards produce 225,000 cases of wine each year. In 2009, all those fermented grapes had a \$73-million economic impact on Idaho.

Along with learning the who, what, where, when, and whys of the industry, our boot camp also included a lesson in "how" to drink wine.

Winemaker extraordinaire Martin Fujishin says he can turn you into a wine snob in five minutes with his Wine 101 tips, which engage nearly all the senses.

- 1) Observe the color of your wine. With white wines, it's suggested you place a piece of white paper behind your glass, so the gold, yellow, or pink hues are more visible.
- 2) Swirl your wine ... and don't be delicate about it. This oxygenates the liquid and releases its flavors.
- 3) Now that your wine is shaken, not stirred, smell it. Get your nose right down in there and take a good whiff. Everyone's nose is different. You may smell peaches and cherries, while the person next to you smells oak and pears.
- 4) At last, sip the wine. Again, not a time to be dainty. With a small amount of wine in your mouth, draw some air through your lips. It makes a very unflattering slurping sound, but it, once again, adds oxygen to the wine and releases pent-up flavors.



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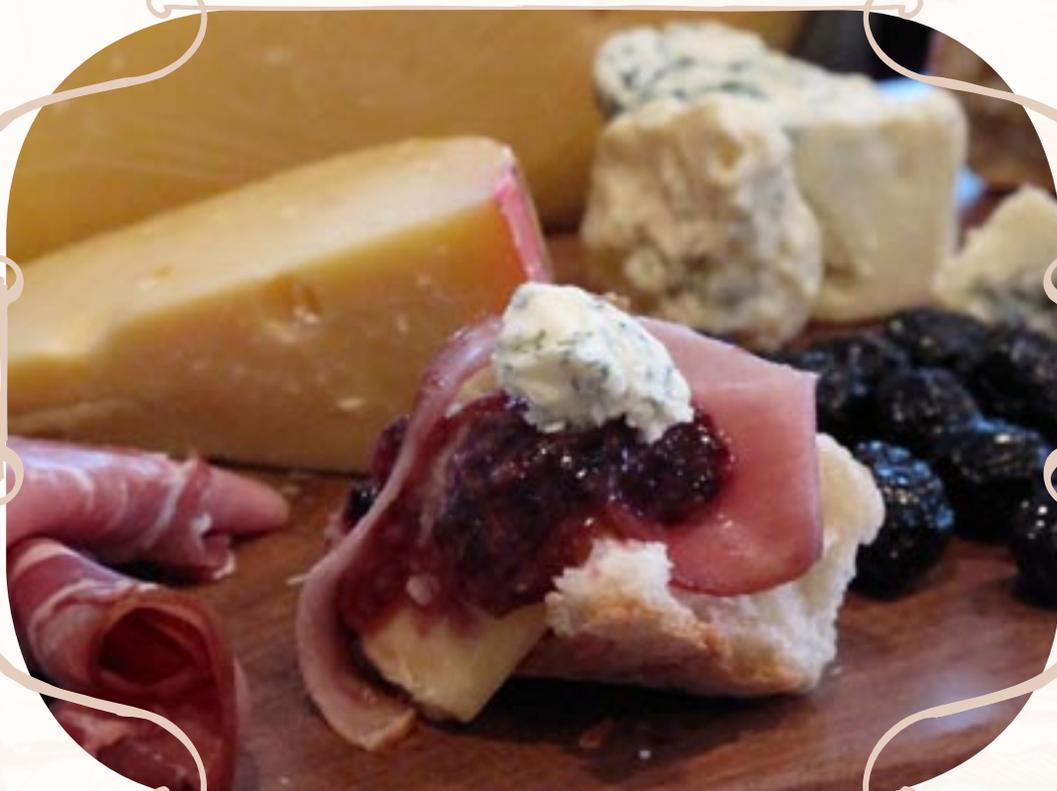
## continued ...

### Italian Secret Sauce

My favorite pairing with wine is a simple plate of artisan bread, prosciutto, and organic cheeses (combine bleu, hard, and soft cheeses).

But I have a super-simple secret ingredient that will take your cheese plate to a new level. I stole this idea from a restaurant in a tiny town in Italy. I'd ordered a huge meat and cheese platter, and in the middle was a small bowl with a mystery sauce. It was sweet, yet tangy ... smooth, yet sharp.

It was jam mixed with horseradish! Take your favorite flavor of jam, add horseradish, and stir. I prefer it really spicy, so I go heavy on the horseradish. Use a dollop on cheese, prosciutto, and/or bread. It's divine with the wine!



## Featured Recipe

From *MaryJane's  
Ideabook, Cookbook, Lifebook*

### Mint Julip MakeOver ComeOver

- ½ cup fresh lemon juice
  - 1½ cups water
  - ½ cup sugar
  - 1 packet ChillOver Powder
  - 4 drops peppermint extract
- Optional: fresh mint leaves and  
whipped cream for garnish



1. Blend together lemon juice, water, and sugar and bring to a boil. Reduce heat to medium, sprinkle and stir ChillOver Powder into liquid, and cook for 3 minutes, stirring frequently. Remove from heat. Stir in peppermint.
  2. Pour into 4 small dessert cups and chill until firm (about 2 hours). Garnish as desired.
- Yield: four servings



## Find this and more recipes

using our ChillOver Powder in *MaryJane's Ideabook, Cookbook, Lifebook*.  
[Click here to order ChillOver Powder!](#)

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**GARDEN GATE** with Mary Ann Newcomer To earn a Sisterhood badge in our **GARDEN GATE** category, [CLICK HERE](#)



Mary Ann Newcomer, (Sister #246) is a MaryJane Farmgirl, living in Boise, the capital of Idaho. Her great grandparents' homestead was established in 1899 on the Palouse prairie and is still in the family. She learned to cook, garden, can, and sew with her grandmother. Never without a garden or, at the very least, a shelf of plants in an apartment, she followed her passion to become an Advanced Master Gardener, a director of the Idaho Botanical Gardens, and a scribe, scout, and speaker for all things gardening.

“Gardening is an exercise in optimism. Sometimes, it is a triumph of hope over experience.”

– Martina Schinz

## The Gardener's Motto for 2010: M O R E

In my highly unscientific, yet methodical, manner I surveyed a bushel of gardeners and asked them what they are planning to do differently in their gardens, if anything, in 2010? With a resounding response, they yelled, “MORE!”

This is music to this gardener's ears. After years of hand-wringing and tales of the decline of gardening, it's apparently on the way back to being a cool thing to do. Rumor has it that 7 million folks took up the joy of gardening last year. I heard one story of seed shortages, but that's *not* what I found when I checked my local nurseries and their seed racks. It will be interesting to see if folks take to gardening with the passion it so richly deserves and if their commitment will outlast the sagging economy. It is my hope that once folks realize how incredibly fresh, tasty, and satisfying it is to serve a meal from their very own garden, there is no going back.

From across the country, I've heard more, more, more! The Garden Gate chatroom topic was on fire when I asked what folks were planning for 2010: artichokes in Alaska; spuds in Illinois, Oregon and Idaho; fruit trees all over the place; a couple of new greenhouses are being built; and it seems everyone is adding a couple of new raised beds, including yours truly. “Three Sisters Gardens” (in the Native American tradition) of corn, beans, and squash are on several planning lists. Cold frames, bigger herb collections, orchards, and even growing flax for making linen. Wow!

Grapes, pole beans, swan-necked gourds, and all things vertical were mentioned. Berries and more berries were on a good many lists. Heirlooms and open-pollinated varieties are must-haves. New, separate, and bigger kitchen gardens are being laid out. I especially loved this intention and resolve: “Growing enough to get my family through the year without buying store-bought vegetables,” from a farmgirl in Iowa.

To this I say, “You grow, girls!” And remember, “Give peas a chance!”

Check out my **garden blog** for an extensive list of resources for seeds, tools, and local help.

But nothing brings me closer to the garden and the natural world than sitting quietly indoors or out, making the time to REALLY look at the world, up close and personal.



# stitching & crafting room

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**STITCHING & CRAFTING with Rebekka Boysen-Taylor** To earn a Sisterhood badge in our **STITCHING & CRAFTING** category, [CLICK HERE](#)



Rebekka Boysen-Taylor, (Sister #40) was born in Spokane, Washington, right around the time Mount St. Helens blew her top. She studied Geography at Portland State University and taught grade school in the Bronx and inner-city Los Angeles. She lives with her family on the Palouse. As a stay-at-home mama to two organically growing little ones, Rebekka rounds out her organic lifestyle by volunteering at the Moscow Food Co-op, working as an instructor for MaryJane's Pay Dirt Farm School, embracing a DIY ethic, winning blue ribbons at the county fair, and living simply.

Taking a few simple materials and turning them into something luxurious is a passion of mine. Don't get me wrong, I love bigger more complicated projects too, but sometimes the effort and price tag put me off. This month, keep it simple by dressing up a premade scarf with vintage mother-of-pearl buttons. I used a habotai silk scarf from **Dharma Trading Company**. They are available in a variety of sizes, and mine was a steal at under \$2. If you are ordering, grab a few, since you will want to play around with different designs later. You can also use a scarf you have already; a solid color is best. The technique I use to attach the buttons allows you to stitch buttons onto both sides of the scarf at the same time. You will need a needle that fits through the holes on your buttons and good, strong thread; I used quilters' thread in a cream color. If you do not have a button jar of your own, stop by your local antiques store or visit **Etsy** and search under "Supplies" for mother-of-pearl buttons, you will be amazed at the variety. Etsy is a great place to buy and sell everything handmade, and is an endless source of inspiration for me.

I used a variety of buttons made of shell, mother-of-pearl, and plastic, but I kept them all very close in hue to highlight the materials rather than the color. There are no rules, so choose colors and materials that inspire you.

Start by sewing one button to the bottom corner of your scarf. As your thread comes through to the back side, slip another button on and bring your needle through to the front next to the first button. Now add your next button; you are working your way along the bottom edge of your scarf and sewing buttons onto both sides at once. As you go along, take an extra stitch and knot it every four or five stitches to secure the thread, this will keep you from losing all the buttons if the thread ever breaks, and it will help you to keep your tension even. After you have finished one end of your scarf, thread your needle and stitch back through all the buttons. This step will add extra support, which is important, especially on fine silk. Repeat these steps on the other end and you have a fabulous scarf that is one-of-a-kind. Try lots of variations—a single line of buttons going down the middle of the scarf, randomly placed buttons all over. You might even try dyeing the silk first and then embellishing with buttons or beads. I would love to see your results; write me at [rebekka@maryjanesfarm.com](mailto:rebekka@maryjanesfarm.com) to let me know how your scarf turned out.



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**MAKE IT EASY** with Shery Jespersen To earn a Sisterhood badge in our **MAKE IT EASY** category, [CLICK HERE](#)



Shery Jespersen (Sister #753) is a Wyoming cattle rancher who's been horse-crazy all of her life. Shery is a leather and lace cowgirl. Her other interests include "junktiques," creating eclectic "make do" arts and crafts, collecting antique china, and cultivating mirth.

## Cold Hands, Warm Heart: Snowfolk Sweethearts

Valentine's Day and "cabin fever" happen at the same time in the north region. A little romance and charm are welcome remedies. Decorating a window or a wreath with a few snowfolk sweethearts will make you smile, and creating them will chase away the "stir-crazies." As you page through newly arrived seed catalogs, the snowfolk will look over your shoulder and know their days are numbered.

### YOU'LL NEED:

- Unbleached muslin fabric – torn into ½" strips
- Styrofoam balls (I use 3" size)
- Craft hats of straw or felt (to fit)
- Hot glue gun, spray adhesive
- Trims, such as greenery, ribbon, buttons, birds, pinecones, bells, wool or angora roving, homespun or calico strips (\*notice the use of MaryJane's fabric).
- Twigs (for whittled noses)
- Paring or craft knife
- Peppercorns
- Large needle
- Buttons
- Thread or pearl cotton
- Glitter – clear or white



continued ...



make it easy

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**MAKE IT EASY** with Shery Jespersen To earn a Sisterhood badge in our **MAKE IT EASY** category, [CLICK HERE](#)

## continued ...

**DIRECTIONS:** (*Refer to photos for visual aids*)

1. Tear muslin into strips. Dab a spot of hot glue on the styrofoam ball, press the end of the strip in place, and then wrap the rest of the strip snugly around the ball in the same fashion as an old-fashioned ragball. Repeat with more strips until you have the ball covered, being careful not to allow the strips to gap.
2. Apply decorative accents with hot glue gun.
3. To make the twig nose, whittle one end to a point and make sure the other end is rather flat. Press your pinkie finger into the ball to make a subtle dent; now put a little hot glue in the dent and press the nose into place; hold until glue is set. You may want to paint the nose orange so that it looks like a carrot. Glue peppercorns onto the head for eyes and mouth.
4. To create a bow like the one made from MaryJane's fabric, tear a strip that is about 3" x 6". Fold wrong sides in and squish it in the middle, then tie it tight with thread.
5. Spray the adhesive onto the chosen area and then quickly sprinkle glitter on the sticky areas. Let dry.
6. Hand-sew a hang-loop on the top of the snowman's hat.



## Snowfolk Sweethearts

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Irene Wolansky is the Marketing Director at Mountain Rose Herbs. Born and raised on the Oregon coast, Irene spent her childhood learning about beekeeping, growing and preserving fruits and vegetables, building forts in the forest, and going on adventures with her dog. She has many interests, which include making her own body care products, mushroom harvesting, gardening, arts and crafts projects, nature photography, mead and beer making, camping, herbal medicine, baking, traveling, hiking, and spending time with her boyfriend and friends. **Click here** to visit Mountain Rose Herbs on the Web.

## Love-inspired Body Care Recipes

Celebrate Valentine's Day by pampering yourself or a loved one with handmade body care products! Simple to make, these love-inspired items can help create an unforgettable Valentine's Day.

### Lover's Delight Massage Oil

*A floral, earthen, exotic, and sweet blend which will appeal to women and men alike.*

- ½ cup organic Jojoba oil
- 20 drops organic Lavender essential oil
- 15 drops organic Cedarwood essential oil
- 2 drops organic Ylang Ylang essential oil

Drop all essential oils into a glass bottle, add Jojoba oil, and roll bottle between palms to blend oils. Decorate with a ribbon and pretty label if desired. Shake well before each use.

### Sweet Lavender Bath Salts

*Floral and relaxing, these salts are a perfect addition to any bath.*

- 1 cup Salt (Epsom, Sea Salt, Dead Sea Salt, or a mixture)
- ¼ cup Baking Soda
- 20 drops organic Lavender essential oil
- 1 T organic Lavender flowers

Mix salt and baking soda together in a large bowl. Add essential oil and Lavender flowers, blend well. Package in a jar, or use right away.



continued ...

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## mmm...Brown Sugar & Vanilla body scrub

continued ...

### Brown Sugar & Vanilla Body Scrub

*A sweet smelling body scrub which will leave your skin feeling silky smooth.*

- 1 cup organic brown sugar
- ½ cup organic granulated sugar
- ½ cup + 3 T organic Sunflower oil
- ¼ t organic Vanilla flavoring extract

Blend sugars together in a bowl, add oil and vanilla extract, and mix well.  
Package in jars, and enjoy!

### Rose & Geranium Bath Bombs

*Enjoy taking a bath with these fun and fizzy aromatic bath bombs.*

- 1 cup Baking Soda
- ½ cup Citric Acid
- ½ cup Epsom Salt
- 1 T organic Rose Hydrosol or water
- 1 t organic Olive oil
- Dried organic Rose petals
- 20 drops organic Geranium essential oil

Combine dry ingredients together in a large bowl. Slowly drizzle in Olive Oil and essential oil while stirring to prevent fizzing. Slowly spritz with hydrosol while stirring constantly until the mixture begins to clump together. The blend should be just moist enough to hold when pressed together with your hands, be careful not to add too much moisture. Add rose petals, press into molds, and allow to dry 2-3 hours before unmolding. Let bath bombs cure for one week before using them, then store in an airtight container. You can shape your bath bombs by using a melon baller, ice, candy or soap molds, clear plastic two-sided Christmas ornaments, egg cartons, or anything else you have on hand.



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**OUTPOST** with Shery Jespersen To earn a Sisterhood badge in our **OUTPOST** category, [CLICK HERE](#)



Shery Jespersen (Sister #753), Wyoming cattle rancher and outpost writer (rider), shares the “view from her saddle.” Her longtime love is Apple Pi “Dolly” Rose, a 20-year-old Morgan otherwise known as “The Best Darn Horse in the Universe.” In our Make It Easy section, Shery also shares her other love, “make do” arts and crafts.

## Cowboy’s Sweetheart

Being sentimental has always been a part of me, even before I was aware there was a word for it. Perhaps you, too, have saved treasures that fill a contented corner in your soul. It’s a quaint place like a cottage parlor decorated with your favorite things ... memories from near or far away ... brief and brilliant moments sparkling like stars ... unforgettable acts of kindness, small and large alike.

There was a time when having my own “love of a lifetime” was something I thought would never happen. My judgment in such matters had been faulty, and my confidence in affairs of the heart was shaky. The hunger wasn’t so much to **be** loved, but **to** love. My heart was slowly starving to death for want of love. I so wanted to fall deeply in like and then in love. I first noticed it as a child—my grandparents shared an old love that was new every morning.

It is possible, when destiny smiles on you, to find love out in the middle of nowhere. It was fitting that the love I found wouldn’t fit into a smaller place. It took thousands of prairie acres to contain it. I know for a fact that you can lose a pair of glasses on the sagebrush-covered plains and never have a chance of finding them, but you **can** find love.

My cowboy was raised in the same place I spent my childhood. He shares much that is familiar to me, he smells like the outdoors and saddle leather. His laugh is contagious, his dry wit is as sharp as a good pocketknife, and he is made of all the right stuff ... and he is **mine**.

My valentine is the “Outpost” variety. There a small act of kindness that still makes little hearts float around my head. My heart melts when we’re crowded for time and my husband not only saddles my horse, he also grooms her like **I** would, rather than just knock the dust off. When you’re a cowboy’s sweetheart, the details of his affection read a little differently.

### “I Want to Be a Cowboy’s Sweetheart” by Patsy Montana

I want to be a cowboy’s sweetheart  
 I wanna learn to rope and to ride  
 I wanna ride through the plains and the desert  
 Out west of the Great Divide  
 I wanna hear the coyotes singing  
 As the sun sets in the west  
 I want to be a cowboy’s sweetheart  
 That’s the life I love the best!



# cleaning up



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**CLEANING UP with Toni Salerno** To earn a Sisterhood badge in our **CLEANING UP** category, [CLICK HERE](#)



Born and raised in Florida, Toni Salerno (Sister #197) left her city life as a Theatre Director/Teacher to live a more holistic, serene life in Idaho. Five years ago, she found her dream home in Troy, Idaho, and embraced the Palouse way of life. Now, Toni and her husband, Adam, and their four daughters own Clean Green, an organic cleaning service. This company specializes in chemical-free cleaning using their own line of environmentally safe products. Visit their website at [www.cleangreenocs.com](http://www.cleangreenocs.com).

Make Mine  
**GREEN**

## Skin Cleansing

In the midst of winter, when the temperature and dry air can wreak havoc on your skin, one thing to do is treat your body to rejuvenating cleansing like exfoliating and dry brushing. We forget sometimes that the skin is the largest organ in the body and is responsible for one quarter of the body's detoxification each day. The skin is known as our third kidney and needs proper cleansing to remain healthy and look great.

There are plenty of commercial products out there for exfoliating, but you want to be sure to look at all the ingredients to avoid possible toxins, chemicals, and unhealthy preservatives. Instead, look for products that are made naturally and organically, using essential oils and herbs instead of chemicals. Natural is always best when cleaning the skin, and exfoliating is especially beneficial for removing dead skin cells and promoting new cell generation. This will produce and expose the supple layer of smooth skin, decreasing dull, tired, and aging-looking skin.

One of the best ways to achieve great results in exfoliating is to make your own natural skin cleaning products. Most of the chemical ingredients used in high-priced commercial products can be replicated and replaced naturally right from your kitchen. For example, salicylic and glycolic acids are derived from sugar cane and willow bark trees, while enzyme peels are made from fruits. One exfoliating recipe uses ground-up raw oats (not the pre-cooked type), honey, and apple-cider vinegar. Mixed together, the ingredients form a paste and make for a wonderful exfoliating mask.



continued ...

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**CLEANING UP with Toni Salerno** To earn a Sisterhood badge in our **CLEANING UP** category, [CLICK HERE](#)

### continued ...

A personal favorite and inexpensive exfoliating recipe of mine is the sugar scrub. By mixing 8 ounces of raw sugar, 1 ounce of jojoba or coconut oil, and  $\frac{1}{2}$  teaspoon of vitamin E oil with  $\frac{1}{4}$  teaspoon of an essential oil, you will have a nourishing and beneficial scrub to slough off the roughest of skin. However, if you have problematic skin or are prone to breakouts, try using tea tree as your chosen essential oil. Once the recipe is mixed together, lightly rub onto the face or body in a circular motion, avoiding any cuts or scrapes. Leave on up to 2 minutes and wash thoroughly with warm water. Follow up with a light moisturizer. It is best to exfoliate at least 1 time a month or when your skin starts looking dull.

In addition to exfoliating, another great skin cleansing regimen to practice is dry brushing. Recommended by a Finnish doctor 30 years ago in Europe, dry brushing not only exfoliates and prevents dry skin, but also has many other health benefits. The most common benefits of dry brushing is removing cellulite, cleansing the lymphatic system, removing dead skin, tightening skin, stimulating circulation, and toning the muscles. The rewards of dry brushing are significant, and it is very easy to do. First, you need a soft natural-fiber brush with a long handle to reach all the areas on your body. Next, you dry brush in long sweeping strokes or circular ones all over your dry bare body using light pressure. Avoid sensitive areas or where skin is broken. Finish up with a shower to wash off the impurities from the skin. Also, start with hot water to open up the pores and end with cold water to close them. After toweleling off, apply a light natural moisturizer or oil. The effects of dry brushing are invigorating and can be performed daily.

Once you adopt the regular inexpensive practice of exfoliating and dry brushing, you and others will notice the dramatic difference in the look and feel of your skin, no matter how harsh the weather is.





## Young Cultivators

### 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.](#)



## Love Shared

by Rebekka Boysen-Taylor

Sometimes inspiration for a project strikes when you least expect it. Last week, I went to volunteer in my daughter's kindergarten classroom. The kids were finishing a unit on community, and Isabella's teacher had the kids making final projects about their roles at home, at school, and in our town. The best part was that the project was a pop-up book!

You can try your hand at making pop-ups with a simple card for Valentine's Day. Make it special by using beautiful paper and German glass glitter. The difference between German glass glitter and the craft glitter you are used to seeing is unbelievable. The glass glitter is elegant and comes in a wonderful selection of colors. You don't need much, and it tarnishes over time, which enhances its look. When you use it, be sure to wash your hands afterwards or you might touch the glitter to your eye and end up with a cut—it is glass, after all. I buy my glitter from the gals at Bird Song Studio. They are a sweet mother-daughter team offering vintage glass glitter, millinery flowers, and trims. You can find them [here](#).

To begin, take two pieces of paper the same size (11" x 5½" will make a 5½" square card) and folded them in half. Set aside the piece you are using for the outside cover. The other piece will be the inside of your card and this is what your pop-ups will attach to. With the paper folded, mark the center and make a cut on both sides of center about 2" into the card. This tab will hold the center heart on the card. Repeat this by cutting 1½" into the card halfway between the middle and the edge of your card to make the tabs for the two side hearts. When you fold your card in half now, you can push the tabs in toward the center, open your card, and you can see where you will glue the hearts. Next, cut three hearts out of nice stiff paper (I used thin cardboard, but cardstock is fine), making one bigger and two a bit smaller. These do not need to be perfect—any heart looks incredible covered in glitter, and imperfections add to the handmade feel. Before you start to glitter, set a sheet of paper under your work area to catch

continued ...



## Young Cultivators

continued ...



the extra glitter that falls (you can fold the paper when you are done and return it to the container). Once you have cut the hearts out, take a paintbrush and cover one side of your shape with a thin layer of Mod Podge or glue, then sprinkle the glitter over the heart and shake off the excess. Allow this to dry for a few minutes before attaching it to the tab with glue. You can use a clothespin to hold it in place while it dries.

When Isabella was done making her card, she decided it needed something extra and glued a tiny button to each heart. You could also add ribbon or a write a favorite poem to make your card special. If you want to make your card into a book, just create and glue more pages with pop-ups together back-to-back inside a cover. Be creative, have fun, and spread joy by making a few extra cards for people who might not have a valentine this year. All you need is love ... and some glitter!





## Young Cultivators

### What's a Young Cultivator?

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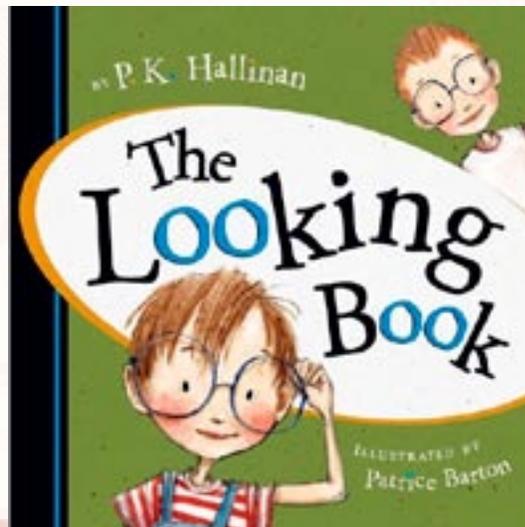
## How to Lure Digital Kids Outdoors

When it comes to the “digital generation,” convincing kids to play outdoors is no easy feat. And who could blame them, with hundreds of TV channels, completely absorbing video games, and interactive gadget toys at their fingertips?

In *The Looking Book* (Ideals Children's Books, October 2009, 978-0-8249-5607-3, Hardcover, \$16.99), renowned children's author P.K. Hallinan tells the story of Kenny and Mikey, who are given pairs of magical lookers by Mom. Outside, the lookers help the boys discover an exciting world beyond their television, helping them see things outside they never noticed before: bright grass, crawly bugs, beautiful leaves. Soon, Kenny and Mikey realize they don't need their special lookers at all, and can't wait to play outside the next day with fresh eyes.

### About the author:

Celebrated storyteller P.K. Hallinan has been writing and illustrating for over 35 years, with over 85 books under his belt. His stories have collectively sold over 8 million copies to date. He is the founder and nationally noted speaker for his motivational assembly, Find A Hole and Fill It. To learn more about P.K. and his past titles, please [click here](#). To find *The Looking Book* [click here](#).



## Featured Farmgirl

Anna Jurik, Sister #595

**Forum ID:** Prairie Chickadees

**Married** 15 years

**Children:** One daughter: Hannah, 12 years old, who is homeschooled.

**Favorite flower?** The peony.

**Why?** My husband and I were buying our first home around the time my parents were selling their home. My mother had several peony bushes that I wanted, so I dug them out and planted them in our new garden. Since then, we have moved into our second home, and of course, the peonies came with us. The five bushes burst into bloom every spring and fill every inch of space with pale pink flowers. I think of my mother every spring when I cut a huge bouquet.

**What is your passion?** (besides hubby and kids and other family members) My first passion will always be my husband, Jeff; daughter, Hannah; and our Basenji, Kipper. Secondly would be my business, **Vintage Charm**. I love creating and being able to share what I create with others. It's a real thrill for me to take an idea and expand on it until I have a finished product. If you have never attempted such a project, I highly suggest it! As farmgirls, we all have our talents and passions, so I encourage you to take the next step and make yours into a business.



continued ...

## continued ...

**Favorite Quote:** "If you would not be forgotten as soon as you are dead and rotten, either write things worthy of reading, or do things worth the writing." Poor Richard's Almanac, 1738

**Best piece of advice anyone has ever given you ... and who gave it?**  
"Not everyone thinks as you do." - my father.

**What are your dreams for the future?**

I wish for continued health and happiness for my family; success in my business and creative outlet, the Vintage Charm; and to see my daughter, Hannah, graduate from Northwestern University with a Masters in Journalism.

**Vintage Charm** is offering a discount to the Farmgirl Sisterhood. [Click here to go to the website.](#)  
25% off in February ~ 15% off in March & April





## The Scoop from MaryJanesFarm

### Facebook Homemade Holidays Winner

Donna Rae Barrow, Sister #593, with daughter, Trista

In December, we posted the following on our **Facebook page**:  
“This time last year, we were hard at work on the 13th issue of *MaryJanesFarm*. One of our feature pieces, ‘Homemade Holidays,’ was a big success, but unfortunately, we have so much content in our Dec/Jan issue this year, we’re unable to revisit this theme. What this means for you, farm sister Facebookers, is that you can help me pick up the slack. I’m hosting an event starting today until December 20. Post your favorite farmgirl traditions, homemade decorations, or gifts on this events page. After the event closes, we at Henquarters will pick our favorite post and print it in the February edition of our monthly Sisterhood newsletter, *The Cluck*, which will, of course, earn you BIG clucking rights.”

Donna Rae Barrow and her daughter, Trista, made a new tradition ...  
“My daughter and I made the gingerbread barn featured in this issue of MJF ... with a few changes. I posted the photos of this special new memory. Thanks for the inspiration, MJF!!!”



congratulations,  
Donna and Trista!



## The Scoop from MaryJanesFarm

We are very excited to announce the addition of a unique badge program, targeted exclusively to Young Cultivators ages 6-13! Young Cultivators must do the work themselves and work under the guidance of a current Farmgirl Sisterhood member to earn these badges. The badge categories for Young Cultivators are the same as the Sisterhood, but the projects are uniquely different. An example:

### **Cleaning Up: It's Not Easy Being Green: Beginner Level:**

Talk with family members and choose two things that you (as a family), can do to go green. Host a "go green" family meeting.

**See more details about the Young Cultivators badges here.**

We have received several e-mails asking for this pattern and that recipe, etc... SO, here is the link for the **free patterns** you find in the *MaryJanesFarm* magazine.

### **Current Holidays:**

- February 1 ~ National Freedom Day
- February 2 ~ Groundhog Day
- February 6 ~ *Celebrate Friendships*
- February 13 ~ **New Moon**
- February 14 ~ Chinese New Year & VALENTINE'S DAY
- February 15-20 ~ Random Acts of Kindness Week & President's Day
- February 16 ~ Fat Tuesday/Mardi Gras
- February 25 ~ National Chili Day
- February 27 ~ Wear a hat today!
- February 28 ~ **Full Moon**

Dates taken from MaryJanesFarm 2010 Farmgirl Calendar. To order our 2010 calendar, **click here.**





## Farmgirl Chatter

### What are farmgirls chatting about?

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

### Across the Fence: Famous relatives? Submitted by Canadian farmgirl

Do you have any famous relatives? I have been doing my family genealogy, and have recently discovered that I have a very well-known third cousin: James Cameron, director of *Avatar* and *Titanic*! (And no, he has no idea who I am....) He left Canada a long time ago!

[Click here](#) to see who else has famous relatives.

### Farmgirl Barter: Handwritten recipe swap. Submitted by mellaisbella

Hey there ladies, I was just going through my recipe box and got thinking. We should have a MaryJane's farmgal recipe swap. What we would do is hand-write 2-3 of our favorite recipes and send them out via snail mail. This way, we can all have a bunch of hand-written recipes from our fellow farmgal friends. How this will work..... If you are interested, post your name. In a week or so, I will list all of the names, I will match you up with another gal, and then we will send out our loved recipes...I can't wait!

### Farmgirl Barter: Valentine's Day cards for sale!

Submitted by maggie14

Hi Ladies, I have some homemade Valentine's Day cards for sale. All money that I earn helps pay for my goats. Check out the Marketplace for more details. Thank you! Hugs, Channah.





## the chatter continues ...

**Farmgirls on the Loose: Laura Ingalls Wilder.** Submitted by Wende

A few months ago, we tossed around the idea of a Prairie Pilgrimage to the Laura Ingalls Wilder Museums and Home sites. Well, after much consideration and cabin fever) I have been looking into this project. This will require some feedback from anyone interested. This will be a ZIG-ZAG across the prairie states. The zig and the zag are important for travel/convoy. This is how the trail rendezvous will work. Anyone is invited to join the trail at anytime. Reservations must be made in advance! No exceptions for this. You will be responsible for getting to and from point A to point B to point C, etc...You will be responsible for all of your own expenses, gas, etc...For those who do not have campers or tents, hotels/motels will be suggested in close proximity. There may be a bus tour involved on some of the sites.

We MUST plan "giving projects" along the way. We will have this figured out before the tour. Donations such as clothing, food pantries, etc. Something to give back to the community. We will be seeing 6 designated sites. There will be scheduled stops along the way for additional museums and parks. This need to be planned as a group as well.

Like mentioned before ... Anyone can join and drop out at any time. You must decide how much of the tour you can do or want to do. This will be a great opportunity to meet up with pen pals, blog pals, family (if you wish), and to meet new friends and farm sisters. Each chapter is welcome to plan a night of activities, food, and fun. There will be pre-announced contests along the way.

In De Smet, SD, there is a scavenger hunt with pre-purchased tickets from the museum. We can have a board game night, craft night, learn a new craft night, and planned potlucks, etc...Starting in De Smet, SD, to Walnut Grove, MN, to Pepin, WI, to Burr Oak, IA, to Independence, KS, and finally to Mansfield, MO. I know that Pepin is the birthplace, but for traveling sake, this will help with the zig zag. We will try to make the best recommendations for everything from road travel, restaurants, camping and hotels.

We will try to make the best recommendations for everything from road travel, restaurants, camping and hotels. There will be a phone tree for everyone on the trail so we do not lose anyone. There will also be waivers and contact information to be filled out by everyone. Safety first. Anyone interested in the idea, please contact me as soon as possible so we can start a **blog site (see it here)**, and those not able to join us can read about our travels and enjoy the photos as if they were eating dust on the trail with us.

---

If you have a farmgirl event, please remember to post it on the **forum**.



## the chatter continues ...

**Garden Gate: Certified Wildlife Habitat.** Submitted by countrykatgirly  
My guy and I have been planning an NWF Certified Wildlife Habitat. If you are not familiar with it, here is the NWF webpage about it: **Create a Certified Wildlife Habitat.**

I was curious if anyone else here is working on one or already has a wildlife habitat.

**Garden Gate: Kitchen gardens.** Submitted by Mary Ann Newcomer  
Are you doing anything new in your garden this year? I am especially interested in what you might be growing to EAT and if you are trying new seeds or techniques. I am adding two new raised beds (36" high) in the sunny hot part of my lawn. Saying goodbye to a little more turf and making it actually produce for my efforts.

**Herbal Wisdom: Foraging for wild herbs.**

Submitted by JojoNH  
What do you forage?  
I have a patch of wild black peppermint, angelica, and pineapple chamomile, which I love to harvest. Also, when I can, wild onions, also known as wild garlic.





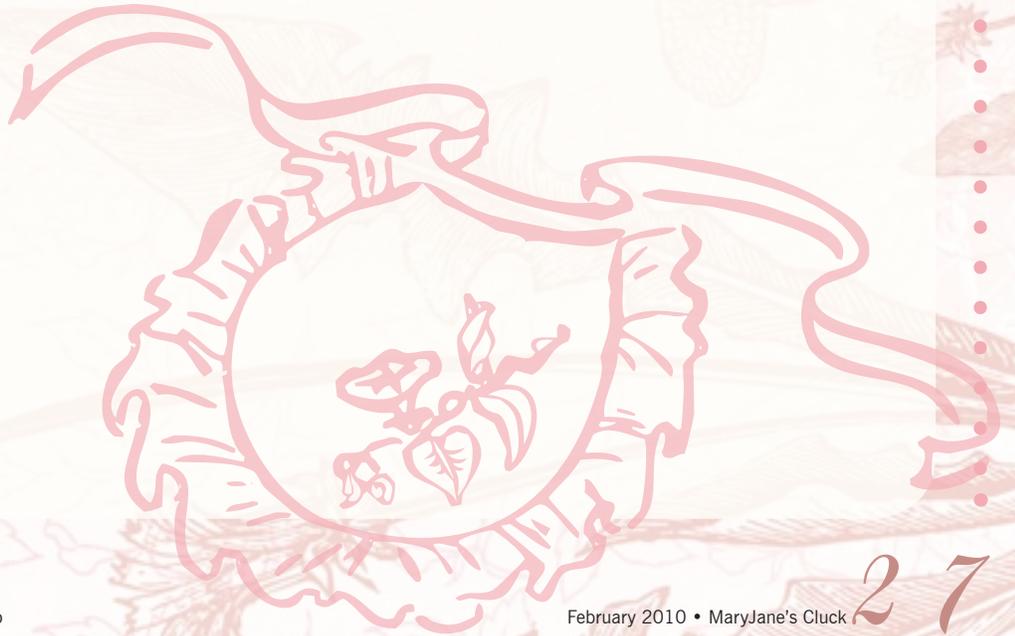
## the chatter continues ...

**Holidays: Valentine's Day.** Submitted by chaddsgirl  
I don't know why, but I just LOVE Valentine's Day! I've already been scheming about making frilly Valentine's Aprons; am decorating the house in pink, white, and red hearts; and am even venturing into making Valentine's Day candy boxes. I'm plotting out the actual day of February 14, trying to make it as perfect and special for DH as I possibly can. I'm excited about planning our special day! Do any of you fabulous farmgirls have special plans or traditions or even just great ideas for Valentine's Day?



**Stitching & Crafting Room: Fiber Fair, March 20.**  
Submitted by brightmeadow  
I visited the Wolcott Mill Metro Park Farm Center yesterday and turned in an application for volunteer work. My first event will be the Fiber Fair on March 20. I (along with many other future friends, I hope) will be demonstrating spinning throughout the day. If you are in the Metro Detroit area that weekend, stop by!

**Stitching & Crafting Room: Embroidery sampler?** Submitted by HeatherAnn  
I will be starting my very first sampler. I'm going to be buying a book (or two) on embroidery and finding my favorite alphabet fonts. Any of you girls already have one made? Could anyone recommend a good book, or what sort of fabric to use? I'm very excited! if there is anyone else who is thinking about it, maybe we could start at the same time and kind of do it together, either on here or by letter! So fun! Anyways, what are the thoughts out there?



## Farmgirl Sisterhood News

### from the Henhouses

... (Click here to cluck back!)

I was wondering if any of the sisters would want to start a monthly "badge in" where we work on the same badges and share what we are doing, what the hang-ups are that we may be having ... etc.? I thought it would be fun to feel like we are **sharing our creative space**, even though it is virtually ...

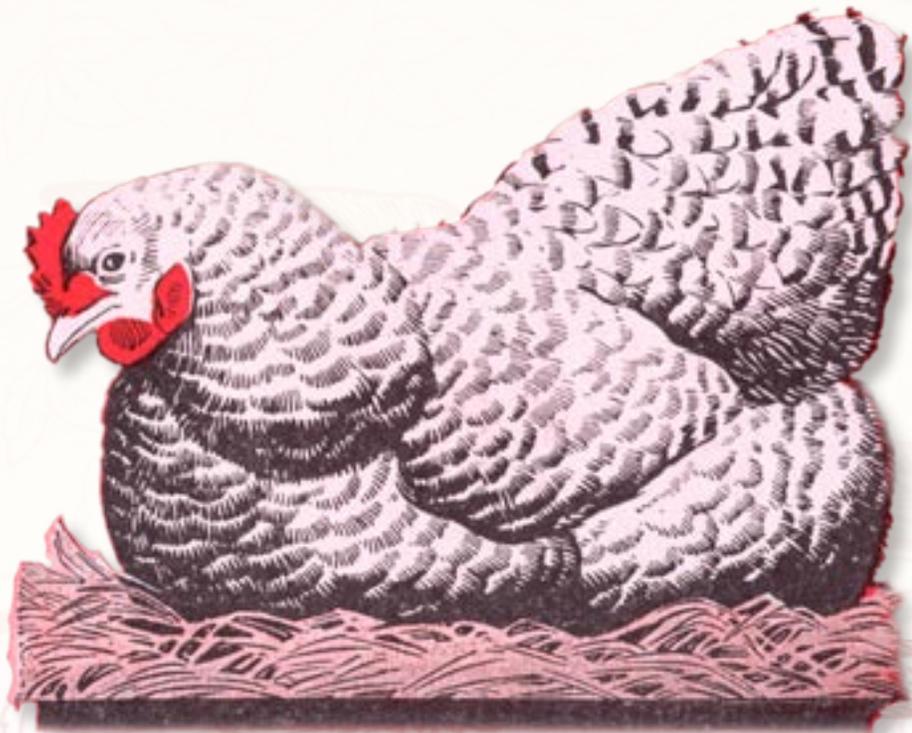
We have a lot of new farmgirl-sisters and new activities over at the Henhouses, so don't forget to check them out. If you find one that you would like to get involved with, you just need to e-mail **brianogle@MaryJanesFarm.org**. He will need your name, username, Sisterhood number, and the name of the Henhouse(s) you want to join. It's that easy.

Here is the link to the **Henhouses**.

Are you just starting your journey in the Farmgirl-Sisterhood? **Here is the link** to all the ins and outs of the **Sisterhood**.

**Here is the link** for submitting your **badge applications**.

The farm has made the Sisterhood brochures available online. **Click here to download**.





## more Farmgirl Sisterhood News

Wondering what else is going on over at the Henhouses? If you aren't yet a Sisterhood member, sign up today and then e-mail [Brianogle@MaryJanesfarm.org](mailto:Brianogle@MaryJanesfarm.org) and he will set you up.

If you would like the opportunity to have your business, life, or blog featured in the Cluck, please contact René at [rene@maryjanesfarm.org](mailto:rene@maryjanesfarm.org). She is ready and eager to hear your story!



### 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.](#)



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# Woo-Hoo!

## Merit Badge Awardees

Woo-Hoo! This month's Sisterhood Badges go to (drum roll please):

### **Anna Jurik, Prairie Chickadees #595**

Beginner badge: Entrepreneurial Spirit / Each Other  
Intermediate badge: Shopping Green / Cleaning Up  
Intermediate badge: Entrepreneurial Spirit / Each Other  
Expert badge: Entrepreneurial Spirit / Each Other

### **April Choate, sunshine4u #658**

Beginner badge: Knitting / Stitching & Crafting  
Beginner badge: Crochet / Stitching & Crafting  
Intermediate badge: Knitting / Stitching & Crafting

### **Audrey Beth Kirk, Faransgirl #572**

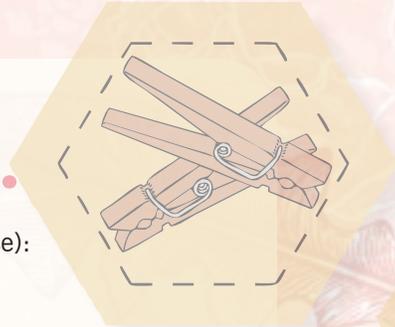
Beginner badge: Quilting / Stitching & Crafting  
Beginner badge: Buttoned Up / Stitching & Crafting  
Intermediate badge: Quilting / Stitching & Crafting

### **Beverly Sherman, KMop #799**

Beginner badge: Bustin' Out / Farm Kitchen  
Beginner badge: Homespun Christmas / Stitching & Crafting  
Beginner badge: Tatting / Stitching & Crafting  
Beginner badge: Organic on a Budget / Farm Kitchen  
Beginner badge: Make It! / Make It Easy  
Beginner badge: Families Forever / Each Other  
Beginner badge: Get It Together / Farm Kitchen  
Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: Shopping Green / Cleaning Up  
Intermediate badge: Self-sufficiency / Farm Kitchen

### **Carrie Meerwarth, Carrie M #147**

Beginner badge: Farmgirl Spirit / Each Other  
Beginner badge: Make It! / Make It Easy  
Beginner badge: The Secret Life of Bees / Garden Gate  
Beginner badge: Safe Toys / Stitching & Crafting  
Beginner badge: Going Green / Cleaning Up  
Beginner badge: What's Your Beef? / Garden Gate  
Intermediate badge: Safe Toys / Stitching & Crafting  
Intermediate badge: The Secret Life of Bees / Garden Gate



continued ...

## Merit Badge Awardees

### **CJ Armstrong, ceejay48 #665**

Intermediate badge: Entrepreneurial Spirit / Each Other  
Expert badge: Entrepreneurial Spirit / Each Other  
Expert badge: Sew Wonderful / Stitching & Crafting

### **Elizabeth Montgomery, Lizzie #725**

Beginner badge: Horse Dreams / Garden Gate

### **Emma Keely, Farnette of Stacy Keely**

Beginner badge: Horse Dreams / Garden Gate

### **Hannah Halleck, hhalleck #882**

Beginner badge: Tatting / Stitching & Crafting  
Beginner badge: Crochet / Stitching & Crafting

### **Irene Mele, #1027**

Beginner badge: Shopping Green / Cleaning Up

### **Jennifer Jill Greenfield, draiodoirmna #752**

Beginner badge: Organic on a Budget / Farm Kitchen  
Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Know Your Food / Farm Kitchen  
Beginner badge: Sew Wonderful / Stitching & Crafting  
Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Quilting / Stitching & Crafting  
Beginner badge: Farmgirl Gratitude / Each Other  
Intermediate badge: Shopping Green / Cleaning Up  
Intermediate badge: Quilting / Stitching & Crafting

### **Jessica Oakes, joakes1111 #910**

Beginner badge: Sew Wonderful / Stitching & Crafting

### **Jessie Yonkovit, JessieMae #134**

Beginner badge: Horse Dreams / Garden Gate  
Beginner badge: Lend a Hand to Farm Families / Each Other



continued ...



## Merit Badge Awardees

### Joni Lloyd, Joni Lane #873

Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Build It Green / Make It Easy  
Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: The Secret Life of Bees / Garden Gate  
Beginner badge: Entrepreneurial Spirit / Each Other  
Beginner badge: Going Green / Cleaning Up  
Beginner badge: Shopping Green / Cleaning Up  
Intermediate badge: Shopping Green / Cleaning Up  
Intermediate badge: Going Green / Cleaning Up  
Intermediate badge: Entrepreneurial Spirit / Each Other  
Expert badge: Entrepreneurial Spirit / Each Other

### Jonnie Nottingham, mtngirljon #648

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

### Kimberly Ann Devlin, Cherrypie #225

Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Gaining Ground / Garden Gate  
Beginner badge: Farmgirl Spirit / Each Other

### Linda Stark, rhinomom #237

Beginner badge: Crochet / Stitching & Crafting

### Marsha Jaramillo, Marjean #308

Beginner badge: Farmgirl Spirit / Each Other  
Beginner badge: Farmgirl Gratitude / Each Other  
Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: Aprons / Stitching & Crafting  
Intermediate badge: Shopping Green / Cleaning Up  
Intermediate badge: Farmgirl Spirit / Each Other  
Intermediate badge: Going Green / Cleaning Up  
Expert badge: Going Green / Cleaning Up



continued ...



## Merit Badge Awardees

### **Nancy McClanahan, santa4u #877**

Beginner badge: Self-sufficiency / Farm Kitchen  
Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: Little Squirts / Each Other  
Beginner badge: Quilting / Stitching & Crafting  
Beginner badge: Sew Wonderful / Stitching & Crafting  
Beginner badge: Farmgirl Gratitude / Each Other  
Beginner badge: Families Forever / Each Other  
Beginner badge: Heirlooms Forever! / Garden Gate  
Beginner badge: 3 R's Rule (Reuse, Recycle, Revive!) / Garden Gate  
Beginner badge: Organic on a Budget / Farm Kitchen  
Beginner badge: In the Garden / Make It Easy  
Intermediate badge: Aprons / Stitching & Crafting  
Intermediate badge: Self-sufficiency / Farm Kitchen  
Expert badge: Aprons / Stitching & Crafting  
Expert badge: Self-sufficiency / Farm Kitchen

### **Shari Swartz, Sharikrsna #607**

Beginner badge: Knitting / Stitching & Crafting  
Beginner badge: Embroidery / Stitching & Crafting  
Intermediate badge: Knitting / Stitching & Crafting

### **Stacy Keely, Stacy K. #896**

Beginner badge: Sew Wonderful / Stitching & Crafting  
Beginner badge: Quilting / Stitching & Crafting  
Beginner badge: Shopping Green / Cleaning Up  
Beginner badge: What's Your Beef? / Garden Gate  
Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: Horse Dreams / Garden Gate  
Beginner badge: Entrepreneurial Spirit / Each Other

### **Tanna Griffiths, Tanna #644**

Beginner badge: Community Service / Each Other  
Beginner badge: Homespun Christmas / Stitching & Crafting

### **Tracy Roop, yargirl #736**

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





## Farmgirl Sisterhood Special



# 40% off

the "Farm Kitchen" issue of *MaryJane's Farm* magazine (when you apply coupon code BUDGETING to your order.)  
Along with your copy of "Farm Kitchen", receive a

## FREE

Farmgirl Sisterhood checkbook cover to make budgeting a little more fun!  
Designed by Denali.

The "Farm Kitchen" special issue is a cookbook of over 75 recipes, most using our **Budget Mix**.

Remember to fill in the "Coupon Code" field with BUDGETING on the last page during checkout.

**Shipping cost** for one magazine and checkbook cover is \$4.95, but shipping may not display accurately in your shopping cart.

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While you're at it, you might want to pick some Budget Mix up to use with the recipes in the magazine and start making budget meals. You have your choice of three varieties: **Organic Unbleached White**, **Organic Whole Wheat**, and **Organic Gluten-free Budget Mix**.



## Magazines, Books, and More

### February/March 2010 issue of *MaryJanesFarm*

Our February/March issue, "Things We Love," is on newsstands now. In it, you'll find recipes for a gluten-free Valentine's Day; see stencil ideas to accent your walls and floors; and learn to build a flower box, a ruler coat rack, and more.

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

### 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!](#)

### MaryJanesFarm 2010 Calendar

You can still order our fourth annual MaryJanesFarm Calendar. 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 8½" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

[Click here](#) to order.



## Magazines, Books, and More continues ...

### SPECIAL: 3-Book Bundle

MaryJane's books are all bundled up for winter. Buy them together and save \$15! *MaryJane's Ideabook, Cookbook, Lifebook; MaryJane's Stitching Room; and MaryJane's Outpost.* **Click here.**



### Gift Items ...

Inspire yourself or inspire a friend with books, journals, note cards, and other gifts from MaryJane. From the kitchen to the campfire, there's something special here for every farmgirl-at-heart.

**Click here** to shop our gift items.

And don't forget to visit our "Product Shop" ...

### Click Here

There, you'll find everything from organic bed sheets to beautiful bed sets to aprons to dolls to candles to chocolate to over 60 organic instant or quick-prep meals and desserts to much, much more!

If you know of someone who may be interested in receiving this newsletter, send their e-mail(s) to us at [sisterhoodhopeful@maryjanesfarm.org](mailto:sisterhoodhopeful@maryjanesfarm.org) and we'll e-mail them a sample issue.

René Groom, Sisterhood Coordinator  
MaryJanesFarm • Moscow, Idaho

You can contact René on her cell 509-778-1494  
or her office phone 509-786-2887  
or e-mail her at [rene@maryjanesfarm.org](mailto:rene@maryjanesfarm.org).



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