

# MARYJANES FARM®

Sister Issue



March 2016

With some added pluck, we came up with this easy way to click (er, cluck) your way back to the farm in between magazine issues. As with any nesting hen, we prefer to accomplish our work with regularity. That's why, if you're an official member of **MaryJane's Farmgirl Sisterhood**, our *Sister Issue* will be showing up in your inbox every other month (March, May, July, September, and November, with a special issue coming out the first week in January to announce our Farmgirl Sister of the Year and new Merit Badges). With a cluck-cluck here and a click-click there, we're here for you just when you need a sisterly cyber hug the most. Let the braggin' (er, clucking) begin!

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



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{ just a click away! }



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# Sister Loves

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

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



p. 14

Kristi



MaryJane's Picks

My friend Janet recently posted a photo of the cute cow-themed shelf below on my [HeritageJersey.org](http://HeritageJersey.org) website. That reminded me that I should look for a wrought-iron weathervane to adorn the top of my milking parlor. And someday, I might commission Ira Houseweart, [ColoradoBlacksmith.com](http://ColoradoBlacksmith.com), to make me one of his adorable iron gates.



CapeCodWeatherVaneCo



p. 18

Carol

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



ColoradoBlacksmith



p. 51

Karina



Sears

# Hello from Sister #1



## Sister Issue “Issues”

My duh moment came recently when I glanced at the first page of the February 2016 *Sister Issue*—you know, the part that says, “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.”

“In between?” I asked out loud. And then further down, I read, “... our *Sister Issue* will be showing up in your e-mail box on the first day of every month.”

In other words, what we created when we transitioned from our monthly, much-smaller *Cluck* newsletter to the much-larger, magazine-format *Sister Issue* was an oversight that has turned into more work than we planned on originally, because on our magazine deadline months, we’re also publishing our *Sister Issue* magazine. Hold on a minute while I shake my head again.

I feel a little bit like the woman who for 30 years moved a six-inch-tall stool around beneath her outdoor clotheslines every time she did laundry because she wasn’t quite tall enough. Never mind how much effort that was over the years as opposed lowering her clothesline.

MaryJanesFarm *Sister Issue* will now be published bimonthly in March, May, July, September, and November, with a special issue coming out the first week in January to announce our Farmgirl Sister of the Year and new Merit Badges. Our magazine issue dates are Feb/Mar, April/May, June/July, Aug/Sept, Oct/Nov, and Dec/Jan.

Now that I’ve cleared up that little oversight, the rest of our front-page message put a smile on my face: “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.”

MaryJane 

P.S. So, the best way to stay current on all things MaryJanesFarm is to make sure our ***Sister Issue*** magazine shows up regularly in your inbox and my ***MaryJanesFarm*** magazine shows up in your mailbox—clockwork hugs from farmhouse to your house!

# MARYJANESFARM®

Sister Issue

March 2015

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

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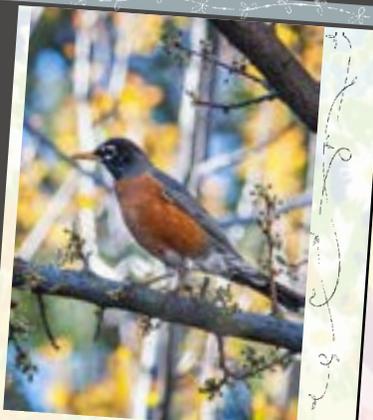
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# MARYJANESFARM®

Sister Issue

May 2015

**With some added pluck,**  
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# MARYJANESFARM®

Sister Issue

September 2015

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# MARYJANESFARM®

Sister Issue

July 2015

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# MARYJANESFARM®

Sister Issue

November 2015

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# Hello from Sherrilyn Askew

## Farmgirl Sister of the Year



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

On a lifelong quest for knowledge and skills, our 2016 Farmgirl Sister of the Year wants to tackle writing. From that desire came this column, where every issue, she'll share what's on her mind.

MaryJane 



### My Favorite Things ... on the bookshelf

You never truly know how many books you have until you stack them all in the middle of the living room floor. Going through them is like visiting friends you haven't seen for a while and getting to know yourself better in the process. While going through mine, I rediscovered some friends that had gotten stashed away in a safe spot.

#### **Against the Grain: A Carpentry Manual for Women** by Dale McCormick

Having a pretty pink toolbox with pretty pink tools is all fine and dandy, but it's not necessarily good. In order to select the right tools, or get the best glue or fasteners, we have to know what makes that item the best. We need to know "why." In *Against the Grain*, Dale McCormick explains not just how to select these things (and why), but also how to use them. At that point, he's only getting warmed up, then soon he's off to joining and joints. Using the correct language for the trade (complete with explanations of the terms), Dale is plain spoken and makes use of many drawings to illustrate his explanations. By the time you reach the end of the book, you have enough basic information to build that workshop you've been wanting. I personally used this information to help select the correct hammer (which I love) and used it again when I built my garden gate, picnic table, toolbox, planters, and bench. I am now re-exploring the concrete chapter in order to expand our back patio, and building a structure so that I am better prepared when we start building our workshop this year.







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

Aimee Dhondt  
Andrea Houck  
Annette M. Fischer  
April Bowling  
Barbara Wallace  
Barbara Gant  
Barbara Wilcher  
Bea Campbell  
Bertha Bush  
Beth Lohman  
Beverly Gamache  
Billie Kariher  
Brenda Kaiser  
Carrie Williams  
Cathy Lounsbury  
Charyl Jones  
Cheryl Osborn  
Cheryl Adler  
Cheryl Pils  
Christine Raisner  
Christine Wolfe  
Connie Bergstrom  
Cynthia LaFourcade  
Dawn Perry  
Debra Rowzee  
Denise Anderson  
Dolly Sarrio  
Donna Church  
Donna Kowicki

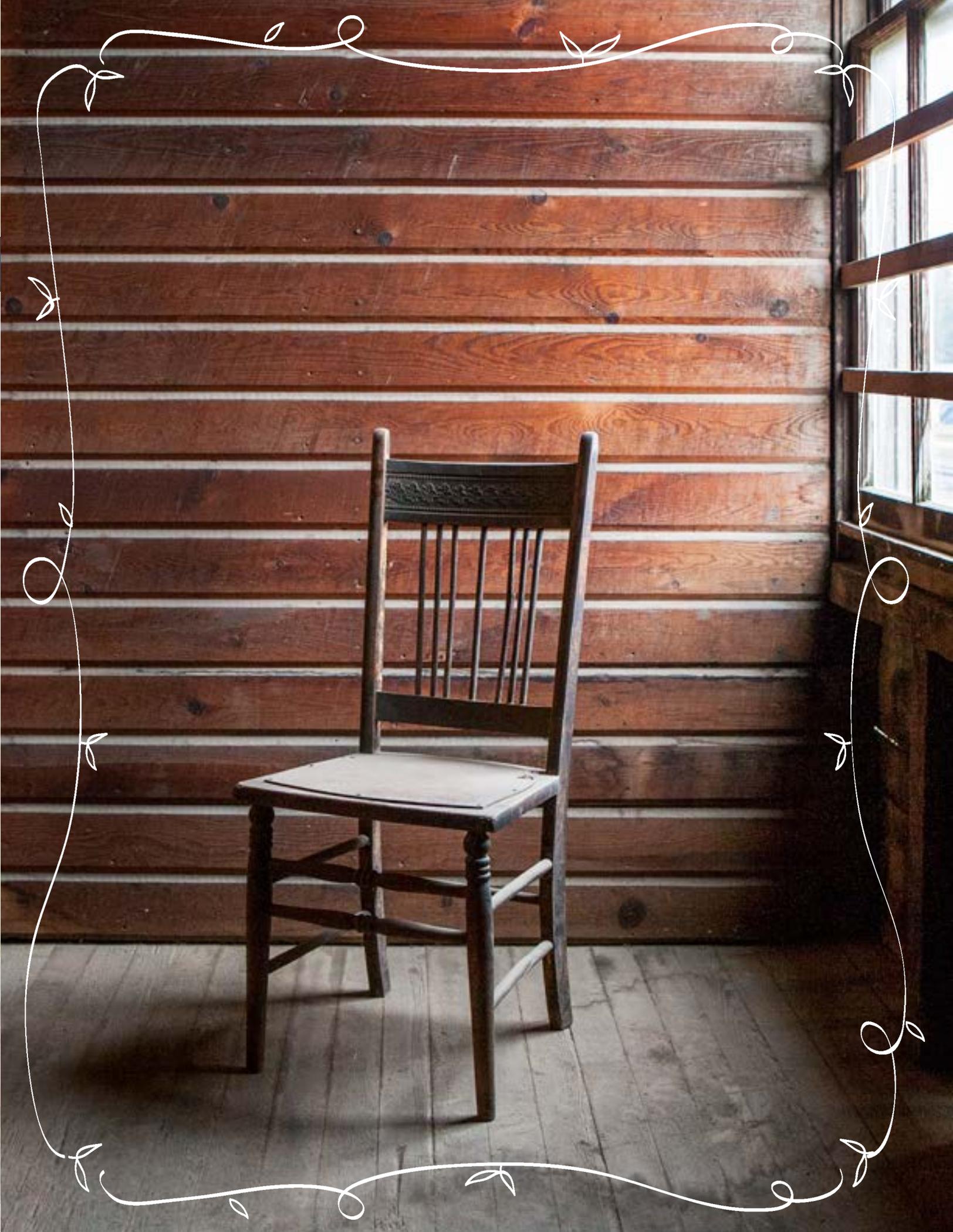
Doris Meisell  
Eileen Stone  
Elba Fitzwater  
Elisabeth Perkins  
Elizabeth Alexandrovich  
Erica Sullivan  
Erin McBride  
Gail Springman  
Gail Holzman  
Gayle Mishler  
Gina Lloyd  
Glenn Bliss  
Grace Lovell  
Heather Hayes  
Heidi Bragg  
Heike Boehnke-sharp  
Holly Perdue  
Jacinda Jenks  
Jackie Beauchene  
Jacqueline Bilder  
Jacqueline Mitchell  
Janet North  
Janice Moore  
Joanna Roberson  
Joyce Hughes  
Judi Perkins  
Judith Antross  
Julia Akers  
Julie Hofmann

Julie M. Vicknair  
Julie Theroux  
Karen Hardenburg  
Kari OBrien  
Karin Thomas  
Karin Weaver  
Katherine Denson  
Kathleen Bacchetti  
Kathleen Knoppe  
Kathryn Sanderson  
Kelly McDonald  
Kimberly Godfrey  
Kris Holcombe  
Kristine Pope  
Krystle Townsend  
Leslie Fisher  
Leslie Boston  
Linda Walsh  
Lisa Austin  
Lori Day  
Lou Ann Rudeseal  
Lynn Brooks  
Marietta Johnson  
Marion O'Neill  
Marti Wynne  
Mary Jane Gearhart  
Melissa Schirmer  
Mollie Pietrosanto  
Mona Tucker

Nancy Buffington  
Nancy Zyckek  
Pamela Schaffler  
Penny Dyke  
Portia Troupe  
Rachele Upton  
Rebecca Forgy  
Rhonda Everman  
Sable Dhondt  
Sally Cooper  
Samantha Roberts  
Sarah Armstrong  
Sharon Laney  
Sheila LaPoint  
Shellee Fioravanti  
Sherrilyn Askew  
Sonja Gasper  
Stacy Nelson  
Stephanie Burnette  
Susan McNiesh  
Susan Anderson  
Suzanne Hines  
Terri Goggin  
Tiffany Davis  
Valerie Phillips Trader  
Vicki Johnson

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

– Author Unknown



# Each Other



*In the Shelter of Each Other*



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



Megan Rae (Sister #2) grew up “on the farm”—MaryJanesFarm. She attended Gonzaga University and received a bachelor’s degree in Journalism. After marrying her college sweetheart, they moved to Kansas and bought their first home on a cobblestone street. Her love for writing, editing, and well, her Mom, finally brought her back to the farm. Raising her 9-year-old and 7-year-old farmgirls and working alongside her husband, mother, and family is the perfect lifestyle mix for Megan. She rounds it out with travel across the country to visit her five dearest college girlfriends who she loves with all her heart (they’ve all been in each other’s weddings), and one of her favorite farmgirls that she met when she lived in Kansas (scheduled around working the cows, of course).

## Saint Patrick’s Day

You will always find a large pot of corned beef and cabbage boiling away at my house on Saint Patrick’s Day. In fact, the festivity starts at sunrise, when the entire family may be found poring through our drawers for green garb—green under-things count even if no one sees them! I proudly celebrate the holiday as a little homage to my heritage. My maiden name does have two “C”s (McCarthy, courtesy of my dad), and I am actually Irish. Plus, we all know at this point, I love celebrating every holiday on the calendar.

But I realized this year that I am lacking in the décor department for Saint Patrick’s Day. Since my house is often full of folks enjoying corned beef, I decided to add a bit of Irish flair to my mantle. Nothing says “Emerald Isle” like shamrocks, and this was the perfect opportunity to get my hands on those lovely little strips of quilling paper I’ve always wanted to try. It turns out, the curlicues of quilling work marvelously for crafting clover leaves, and those paper ribbons are as fun to work with as they look!

### Supplies:

quilling paper  
scissors  
white glue  
toothpicks  
chopstick or something similar in size  
ruler  
cardstock background



To make our shamrocks, we used 12 strips of paper cut to 6" each, eight strips of paper cut to 5", and eight strips of paper cut to 4". Since each shamrock takes four hearts to complete, we made three 6" shamrocks, and two each of the 5" and 4" shamrocks for a bouquet of seven total. These sizes will make a bouquet that fits right inside an 8" x 10" background.

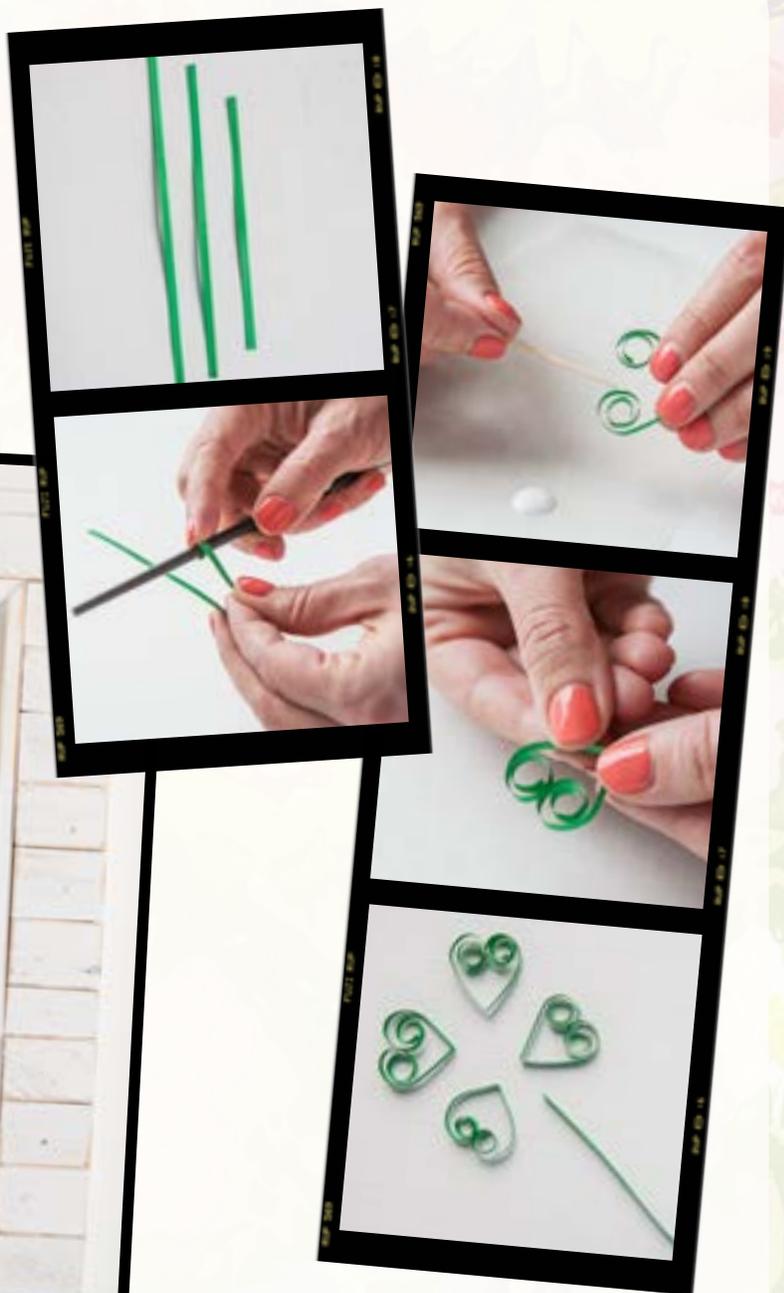
Each shamrock is made by first creating four scrolled hearts. To create a scrolled heart, fold your paper strip in half to make a large V. Beginning at the top of one side of the V, use your finger or an item like a chopstick to roll the paper down and inward toward the V, until you’ve rolled it about 2/3 of the way down. The roll will unfurl a bit when you let go; this is called a scroll. Repeat for the other side of the V. The two scrolls coming together at the bottom of the V make a cute little heart. With a toothpick, put a small dot of glue between the two scrolls and gently squeeze them together to hold. Voila, scrolled hearts!



Glue four hearts together to make a shamrock, then glue on a length of quilling paper to make a stem. Arrange your shamrocks to your liking and use a tiny bit of glue to hold the stems together. Add a bow of twine or ribbon if you'd like. Then, using your toothpick again, glue the whole bouquet to your cardstock background that has been cut to 8" x 10". Add a frame if it suits your fancy.

Happy Saint Patrick's Day!

*Meg*



# Sister Loves

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

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



MAIL-ART MAVEN  
(SISTER #6)

There comes a sad day in every girl's life when she must replace her favorite handbag. Luckily, the designer to whom I've pledged my undying bag love, Rebecca Percy, is still making beautiful bags and I won't be sad for long. I found all of these great new designs on her website, **QueenBee-Creations.com**, and now the only sad part will be having to choose only one.

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



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# Each Other



Don't Let Your Babies Grow Up to Be Mamas

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



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

## The Moment You Become a Mom

If you've been a parent for longer than 10 minutes, you've most likely pondered this question till your ponderer was sore: When a toddler has a freak-out in the middle of Walmart, what do you do?

Do you stay or do you go?

Now, most books/experts/mommies will tell you that you leave the cart right there and hightail it home pronto. This tells the child that his behavior is not acceptable and will not be tolerated, and it has the added perk of rescuing fellow shoppers' ears from ringing and their mouths from saying under their breath, *Why won't she just take that little spawn of You-Know-Who home?*





This is a good method, true 'nuff, but it comes with problems of its own, not the least among them the fact that your cart is filled with perishables that took you the better part of an hour to pick out and now you're just going to leave it with the ice cream melting slowly all over the chicken breasts? Plus, that little angel didn't want to be there in the first place (it's hardly a Lego Star Wars Skittles Palace that you're shopping at), and if you leave, aren't you giving in to what he/she wants? And now that you're home and little Jr. is all settled down for that overdue nap, you have no groceries, or possibly toilet paper, and no foreseeable future date to go get them again. Dinner consists of bean casserole surprise with a M&M reduction and a Hamburger Helper risotto, with a lovely soufflé of canned peaches sliced five ways with a Cheerios crunch topping.

Scenario number two: Staying to fight it out. This is not for the faint of heart. Although you may be tempted to swat a backside, this is not advisable for lots of reasons we won't go into, but mostly because I don't want to turn on the evening news and see you on it. And as much as I would like to become a foster parent, receiving *your* kids would be awkward and uncomfortable. So you give the sweetums a firm talking-to, usually while gripping his shoulder in a Vulcan hold, and threaten things you will never follow through on. Just don't tease your children as my husband used to, that he'll "drop the hammer." That's just asking for little Susie to shout at the top of her lungs in a public place, "*No, Daddy! Don't hit us with the hammer!*" Also a great way to get yourself on the evening news.

Usually the shopping is finished by dangling a wriggling, snot-faced toddler under your armpit, while fishing out the debit card and shouting, "*No, it's ok, don't bag that one, just toss it the cart, and I am so sorry, he's never really like this, and ...*"

Incidentally, the first time I knew I was really and truly a parent was not when they laid my little bundle of joy in my arms, or when I changed my first diaper, or even the first time the baby said "Mama." It was when I called my hubby in tears and sobbed over the phone, "*You know THAT mom in Walmart? Today ... I WAS THAT MOM!*"



# Sister Loves

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

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



GRAPHIC DESIGNER,  
UKULELE ENTHUSIAST  
(SISTER #3)

Spring's in the air and Easter's on its way, falling early this year on March 27. And that made me think of bunnies. We all know bunnies can be very prolific. Counting *only* females, a mama reproducing at an average rate will produce 3 females a month. Over a period of seven years, that one family could grow to 95 *billion* female bunnies! Bunny décor can be prolific too—once you start looking, there's no end to the cuteness ...

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

BunnySlippers.com



Pinterest



SkojSkojDesignStudio



MyBackdropShop



PeggyCollins



VictorianTradingCo



ArtFire



# FREY VINEYARDS

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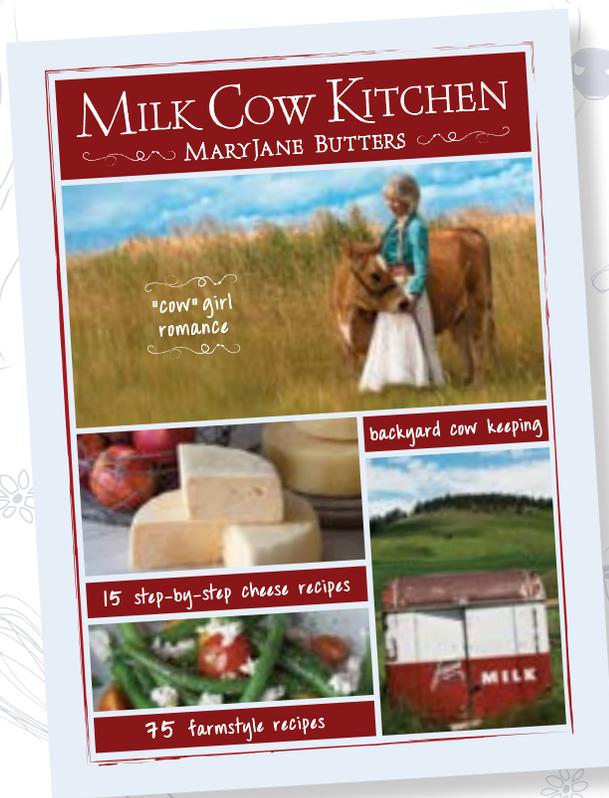
 Frey Organic Wines



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

– Laurel Bake, Dexter milk cow owner

# MILK COW KITCHEN



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

MaryJane 



autographed copies available at  
[MaryJanesFarm.org](http://MaryJanesFarm.org)

\$35/available wherever good books are sold



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

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



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



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



# Each Other



Homeschooling with Melyssa



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



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

## How To Be a Rebellious Homeschooler

Ways to have your Homeschooling Parent Card revoked:

- Claim you've never heard of Charlotte Mason.
- Give controversial novels, such as *Harry Potter*, as birthday gifts.
- Never promise to homeschool through high school.
- Post real photos to Facebook. Things like the toddler wearing spaghetti, the 5-year-old throwing a screaming fit over her socks, or the glower you get from the teenager when you hand her a math book.
- Don't graduate all your kids early. In fact, they might not graduate at age 20 at the rate they're going.
- Don't even THINK about teaching them Latin or Greek or Hermeneutics.
- Grade with Merlot.
- Don't believe that homeschooling is the answer for every family. Or every kid. Or every year.
- Take the kids on a field trip to Anheuser Busch instead of a third trip to the fire station this year.
- Don't finish your textbooks. Misplace a few.
- School in your pajamas. This really makes some homeschoolers mad because it makes us all look slovenly.





- Don't school in your pajamas. This really makes the other homeschoolers mad because then we look like rigorous taskmasters.
- Invite your children to read "twaddle," such as *Captain Underpants*, or *Sir Farts-A-Lot Hunts the Booger*.
- Let one of your kids go to public school because they really want to.
- Bring Twinkies to the co-op.
- Forget to teach science. For 12 years.
- Hide in the laundry room from the children on a regular basis and eat all the fruit snacks.
- Threaten your kids with public school. Threaten the public schoolers that you will throw your little wolves into their midst. Just, you know ... threaten. It keeps them on their toes.
- Dump the giant curricula Bob Jones catalog in the recycling bin as soon as it arrives.
- Never attend a Homeschool Conference, or if you do, fall asleep during the most popular workshop.
- Refuse to shell out all that dough for *Math U-See* or *Son Light*.
- Forget that we're all in this mess together. Did I say mess? I meant ... adventure. Like *Sir Farts-A-Lot*. Only with less boogers. Actually, scratch that. There will be boogers.

Actual photo of the author's not-overly-traumatized children during their field trip in 2009. Hey, we got to meet the Clydesdales! And drink root beer and eat pretzels. Which, if you think about it, makes for a perfect homeschooling day, really.





# Farm Kitchen

Where the Cookin' Begins!



{ FARM KITCHEN } with Ashley Ogle | to earn a Sisterhood badge in our { FARM KITCHEN } category, [CLICK HERE](#)



Ashley Ogle (Sister #2222) was born and raised in northern Idaho, and has always had an intense interest in anything kitchen. Shortly after marrying MaryJane's son, Brian, at the historic one-room schoolhouse his grandfather attended, Brian and Ashley moved back to the farm and began renovating the 1890 farmhouse that both Brian and his grandmother grew up in. And in keeping with tradition, they're raising their family in the same house (two little girls: Adria, 6, and Alina, 2).

Ashley works at MaryJanesFarm as a recipe developer/food stylist, and now spends each day inventing and preparing the delicious food you see in our magazines, books, and websites.

## Dog Treats

When I was working my first job, I had my heart set on saving up for a beagle puppy. Once I found the right breeder, I drove to the site to pick out my puppy. As I watched the adorable tiny puppies play, my eyes fell on the self-assured alpha, entirely confident of her place in her first pack, and I knew she was the dog for me. Since then, Lucky has been my right-hand lady. She's moved with me from my parents' house to my first apartment and everywhere thereafter. She has been my companion, and as the time has passed, I've watched her bond with our little pack, welcoming my babies with little kisses and snuggles.

Early on, I discovered that Lucky had bladder stones, and after surgery and a long process of dietary trial-and-error, it became apparent that homemade food was our best option. For years, my husband, Brian, and I have been making her food, and she's not had a single health problem (aside from the times that her hound nose has led her to "find" food and gorge herself to the point of serious discomfort). Last month, she turned 13, and she's still spry, happy, and healthy. For her birthday, I thought I'd whip up a little treat. Even the strictest diets need a *little* wiggle room, right?

### Quinoa & Oat Dog Treats

Prep Time: 1 hour  
Cook Time: 1 1/2 hours  
Makes: about 14 ozs

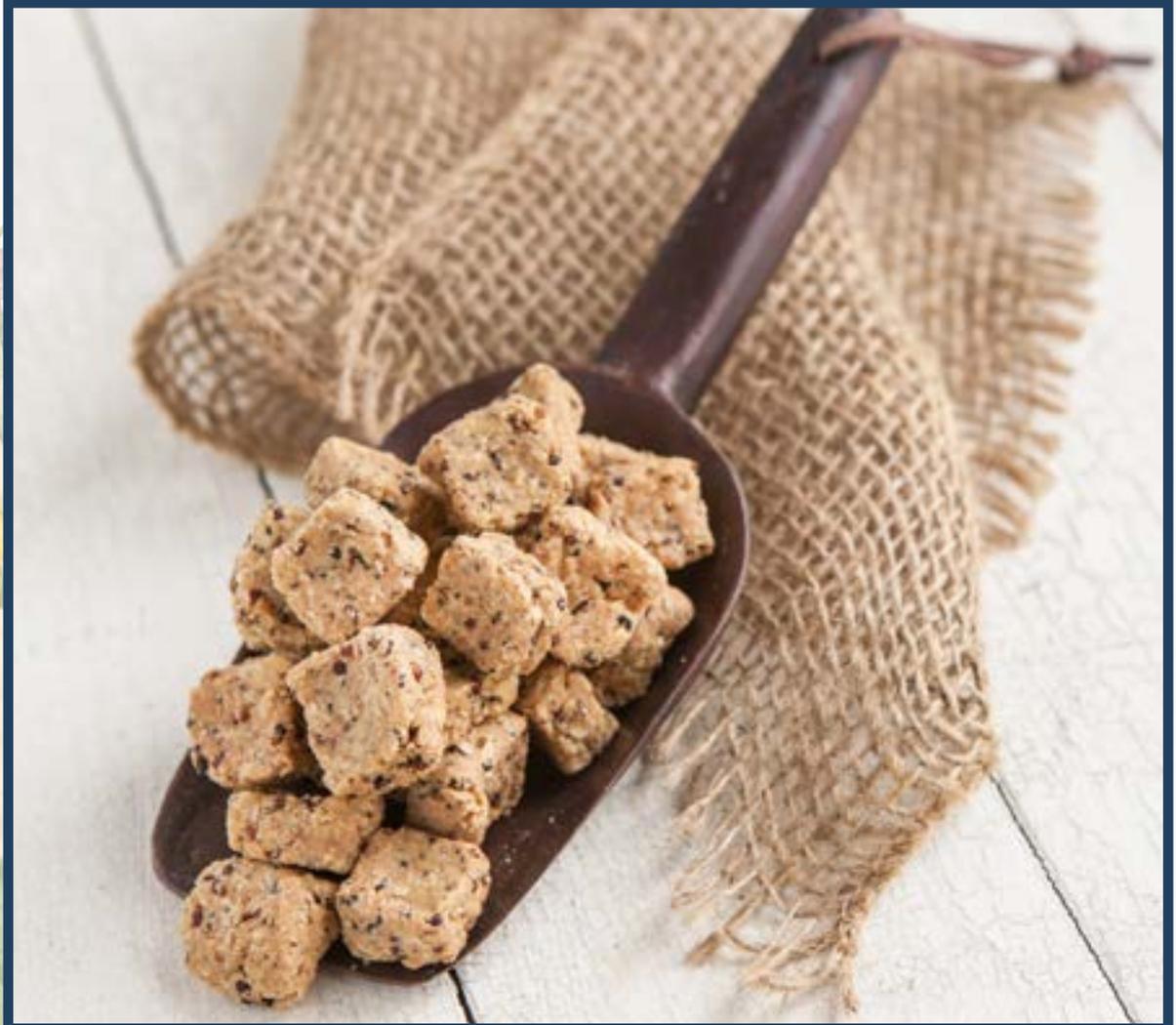
- 1 cup water
- 1/2 cup rainbow quinoa
- 1 1/2 cups thick-rolled oats
- 3/4 cup peanut butter (I used Once Again unsweetened & salt-free peanut butter)



1. Bring 1 cup water to a boil over high heat in a small saucepan; reduce heat to low. Add quinoa, cover, and let simmer until fluffy (15–20 minutes).



2. Preheat oven to 300°F. Line a large baking sheet with a silicone baking mat or parchment paper.
3. Add oats to a food processor and pulse until mostly smooth. Add quinoa and peanut butter and pulse until dough forms. Shape into 3/4" squares and arrange on prepared baking sheet. Bake squares for 1 hour, or until crisp. Cool completely and store in an airtight container.





# Outpost

Unleashing Your Inner Wild



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

## Stay Dry Outside Guide

Turn me loose, set me free ...

Spring is knocking at the door, and you want to GET OUT—kick up your heels, frolic in the meadows, and wander the woods.

But, wait, is that ... *rain*?

Yup. Drops and drizzle are inevitable on the path to May flowers, but that doesn't mean you have to stay inside. In fact, getting outdoors is a must this time of year. Not only is it a sure cure for cabin fever, it awakens your senses and revitalizes the creative spirit that has been sleeping in your heart all winter long. Plus, hey, coming in from the rain makes a warm cup of tea taste even better.

Of course, nobody wants to get soaked when she steps out from under the eaves. That's no fun. And long-distance hikers run the risk of hypothermia when wet. So the secret to savoring spring weather is staying dry.

*Here's how to dress for the rain so that you don't get drenched:*

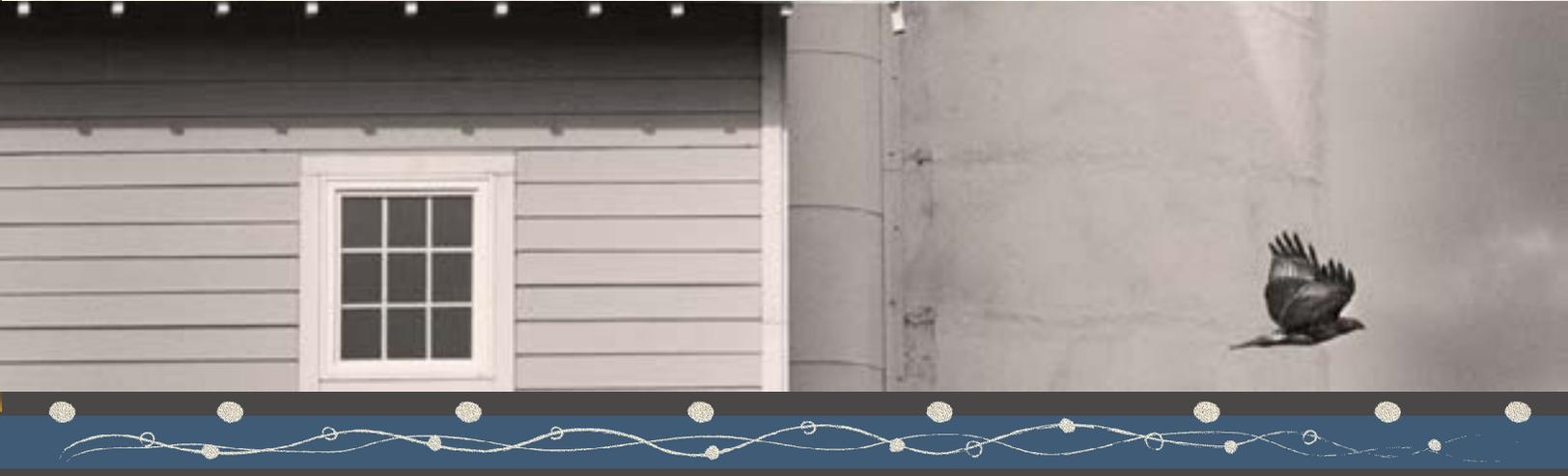
**Breathable rain gear** is a modern marvel. It keeps you dry by shedding rain externally and allowing internal ventilation so that perspiration doesn't become a problem. Pair a breathable rain jacket with pants on long walks through falling rain or wet brush.

A good hood is priceless, but if you tire of having your hearing impaired, consider a wide-brimmed (4"-plus) rainproof hat in addition. If you're a frequent hiker in the Pacific Northwest (read: rainy, rainy, rainy), then investing in an **Olympia Rain Hat** by **Outdoor Research** makes good sense.

An umbrella may sound like a cumbersome urban accoutrement until you meet the technically terrific **trekking umbrella**. Lightweight and perfectly packable, this little dandy may soon become a country gal's best friend.

**Waterproof, breathable hiking boots.** 'Nuff said.

Once your feet are fitted with rain-repellant boots, you might also want to spring for a set of **gaiters** (protective boots covers) if you plan on seriously wet wandering.



If you'll be porting a pack to carry a phone, water bottle, snack, and other sundries, then a waterproof pack cover will prove indispensable. You can buy one or sew your own **fancy nylon cover** ... or a heavy-duty trash bag will do the trick with maximum thrift.

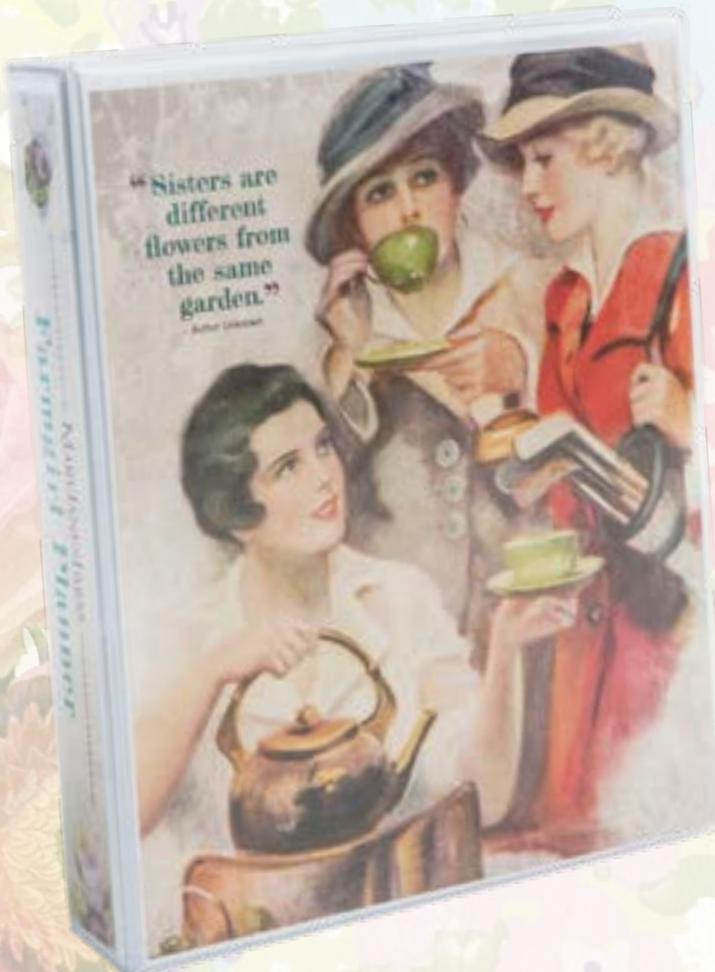
- This may sound silly, but wait till your hands are wet to deliver a verdict: pack a towel. The degree of comfort a dry towel can deliver on a wet hike is something close to luxury.

That said, it's still best to wait out heavy storms indoors (especially those that bring lightning). If you're caught outside and a storm blows in, use the safety tips in the **Surviving a Lightning Storm post at WildBackpacker.com**.

*Mary Jane* ♥

# SISTERHOOD SUPPLIES

# Farmgirl Planner



Price: \$28.95

[click here to order](#)

Our 2016 farmgirl planner is bound in a durable three-ring mini-binder (5 1/2" x 8 1/2") and decorated with inserts, front/back/spine. Inside contents are monthly/weekly pages, year ahead at-a-glance, personal information page, and future planner, as well as 100 blank pages (college ruled) for notes that are embellished with farmgirl tips, quotes, photos, etc. In the back, we included five top-loading, heavyweight, clear sheet protectors for things like receipts, recipes, etc.



# ORGANIC FIBERS FROM FARM TO FINISH

Maggie's Organics was founded in 1992 based upon the premise that organic cotton socks and apparel should be comfortable, durable and affordable, and should be produced in such a way that respects and protects our planet's resources and the lives of those who make the products.

Fast forward to 2015: We've introduced a two-season line of Women's classic knit separates designed to be worn by all bodies, all day and into the evening. Made from the finest Peruvian Organic Cotton according to international organic certification standards (GOTS), Maggie's pieces fit and feel amazing.

Organic Cotton Tuck Tunic  
with Organic Cotton Straight Skirt.



Organic Cotton & Organic Wool Socks & Accessories



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

# Garden Gate

Bloom Where You're Planted



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

## Grow a Micro Garden—Anywhere!

Okay, so you don't have a farm. You don't have a generous garden space. Maybe, when it comes down to it, you simply don't have the time to weed and water a garden like grandma had. And yet, we're here to tell you that you can still fulfill that primal springtime urge to grow green things. The trick is to grow *little* green things! It's a marvelous concept called micro gardening, which is essentially a scaled-down version of classic container gardening. With a veritable cornucopia of pocket-sized veggie varieties on the market today, a diminutive-yet-diverse DIY harvest is downright easy.

Here are 7 to start with:

### 1. Extra Dwarf Bok Choy (aka Pak Choy)

At just about 2" tall, these cute mini cabbages mature in as little as 30 days. Eat leaves raw in salads or add to stir-fry for authentic Asian flavor. Start seeds soon (early spring) because these plants produce best in cool weather.

### 2. Little Finger Carrot

These sweet little 3" carrots, deep orange in color, are the perfect pluck-and-eat garden snack. Start some seeds now and keep sowing them throughout the summer for a continuously fresh harvest.

### 3. Greek Dwarf Basil

These cute, compact plants are only 6" tall, but offer big basil flavor. Wait till the weather is warm to sow outdoors—these babies thrive in the heat.

### 4. Mexican Sour Gherkins

These darling fruits look a bit like tiny watermelons and taste like cucumbers with a hint of lemon. Pick and eat, add to salads, or pickle as you please. A small trellis will give dainty vines an orderly place to climb. Plants mature in 75 days.

### 5. Desiree Dwarf Blauwschokkers Garden Pea

Hailing from Holland, these small bush peas (read: no staking required) yield pods that are a beautiful violet-blue color. Pick 'em and crunch like snow peas or add to soups and salads. Sow early to take advantage of cooler spring temperatures.

Little Finger Carrot



Desiree Dwarf Blauwschokkers Garden Pea



## 6. Gold Rush Currant Tomato

A golden-hued take on the **tiny red currant tomato**, these pea-sized gems are sweet as can be. A single plant promises an abundant harvest—perfect for nibbling right off the vine or dressing up summer salads. Grown in full sun all summer long.

## 7. Miniature Fig

How fun is this? The miniature Iranian fig is a wild-growing fruit tree that can be grown in a large pot indoors or in a warm climate year-round. Happy to grow from seeds, this little tree will begin to bear abundant sweet fruits in as little as 4 years (a relatively “micro” investment for a fruit tree).

All of these varieties are available for online ordering at **Baker Creek Heirloom Seed Company (RareSeeds.com)**. For more tiny garden tips and tricks, visit the bountiful blog of **The Micro Gardener**.

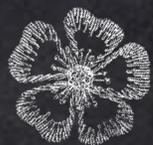
*MaryJane* ♥

**Gold Rush Currant Tomato**



RareSeeds.com

# Stitching & Crafting Room



Stitches of Fun & Laughter!



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



Dori Troutman is the daughter of second-generation cattle ranchers in New Mexico. She grew up working and playing on the ranch that her grandparents homesteaded in 1928. That ranch, with the old adobe home, is still in the family today. Dori and her husband always yearned for a ranch of their own. That dream came true when they retired to the beautiful green rolling hills of Tennessee. Truly a cattleman's paradise!

Dori loves all things farmgirl and actually has known no other life but that. She loves to cook, craft, garden, and help with any and all things on their cattle farm.

## Sewing with Children: Bandana Quilt Tutorial

I started sewing with my granddaughter, Jillian, when she was just 4 years old. She is almost 8 now, and it makes me so happy that she loves to sew. She can thread a needle, tie a knot, and do all sorts of hand sewing on her own now, so this year we have really switched our focus to sewing with the machine.

This tutorial is for a very fun and simple bandana quilt. My granddaughter and I made it from start to finish in about two hours.

### You'll need:

- 4 assorted bandanas
- needle and assorted colors of embroidery thread
- quilt batting, cut approximately 45" square (we used Warm and Natural 100% cotton)
- fabric for backing, cut approximately 45" square
- wonder clips or straight pins
- sewing machine

1. Wash and dry the bandanas to remove some of the stiffness from them, making them easier to work with. Iron them flat.
2. Take two of the bandanas and place them right sides together; clip or pin one edge in place.
3. Sew a 1/2" seam along one side, removing the clips or pins as you go. Open the bandana and iron the seam open.
4. Repeat steps 2 and 3 with the remaining two bandanas.
5. Place the two large sections right sides together and clip or pin along one long side, making sure to match the seams in the middle. Sew a 1/2" seam along this side.





continued ...



## continued ...

6. You will now have one large piece with all four bandanas sewn together. Press the seams open so they lay very flat.
7. Now you're ready to put your quilt together. First, lay out your square of quilt batting, followed by the backing fabric (right side up), then your bandana top (right side down). Carefully cut the batting and backing to be the same size as the bandana top. Clip or pin the sandwich together.
8. Sew a 1/2" seam along all four sides, leaving a 6" opening on one side for turning.
9. Clip the corners with your scissors in order to give a nice corner point when you turn the quilt.
10. Turn the quilt right side out by pulling it through the opening, being careful to push out the corners. Iron the quilt flat, especially all four edges and corners.
11. Run a 1/4" topstitch all along the outer edges of the quilt, closing up the opening. Thread your needle with a long piece of six-strand embroidery thread. In the center of each bandana, push your needle down and back up through all layers of the quilt. Tie a very tight knot with the two ends of the thread. Do this in the center of all four squares.

And you are finished! A very fast, inexpensive and easy quilt to make with children!





# MaryJane's Home Lighting



## MARYJANE'S™

*lighting*



My lighting collection is a spirited tribute to all that I love and everything you will adore. My color palette is inspired by my surroundings—flower and vegetable gardens, farm animals, and prairie. Both farm romance and rural history come alive with whimsical sophistication.

*MaryJane* ♥



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# MaryJane's Home Lighting



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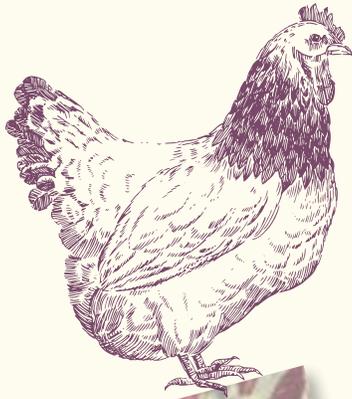
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*moda*  
ONCE UPON A CHICKEN  
FABRIC by *MaryJane*♥

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

With every purchase of my Once Upon a Chicken fabric (available at [MaryJanesFarm.org](http://MaryJanesFarm.org)), we'll include a free copy of the 56" x 70" feather quilt pattern shown below. (You'll find a list of the fabric you'll need to make the quilt under the fabric's product description.)

-OR-

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

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

DON'T DELAY!  
SUPPLIES ARE LIMITED.

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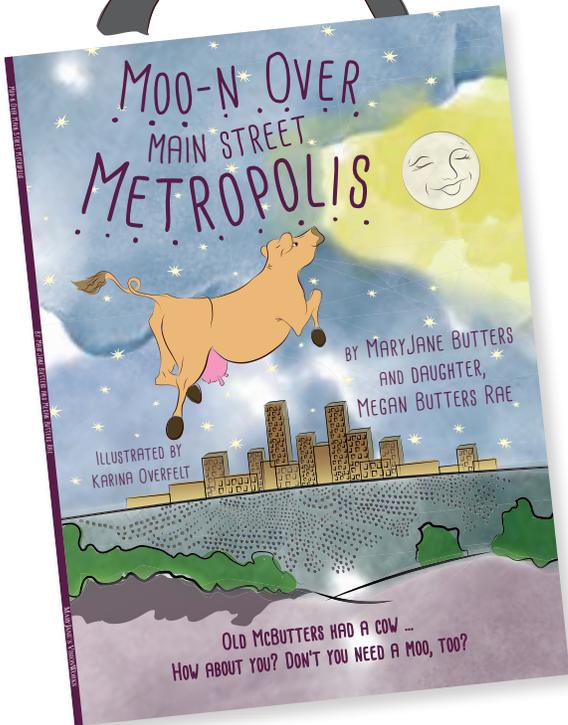




# MOO-N OVER MAIN STREET METROPOLIS

It's about time! MaryJane and daughter, Megan, have finally written a children's book, illustrated by Karina Overfelt—a 34-page cowpanion to MaryJane's fifth book, *Milk Cow Kitchen*. Give or get the gift of this adorable adventure story about a milk cow named Sally O'Mally, who finds love in the home of a single mom and her daughter who never gave up hope that someday, they'd have a backyard milk cow.

Includes 5 reader-to-child educational pages that are jam-packed with conversational questions, including an irresistible hands-on project.

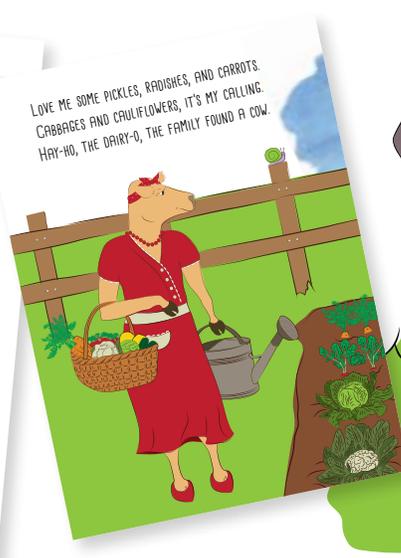
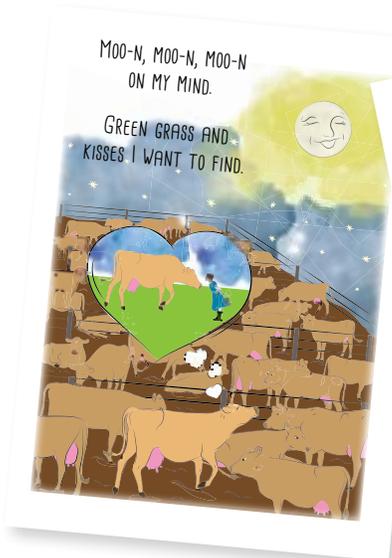


TO ORDER A COPY FOR ONLY \$9.89,  
GO TO [MARYJANESFARM.ORG](http://MARYJANESFARM.ORG)

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

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

— Suzanne Gibbs Taylor, Creator of BabyLit®



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



“ All the good ideas  
I ever had came to me  
while I was milking a cow. ”

- Grant Wood



# Make it Easy



Happy Hearts Make Light Work

{MAKE IT EASY} with CJ Armstrong | to earn a Sisterhood badge in our {MAKE IT EASY} category, [CLICK HERE](#)



CJ Armstrong (Sister #665) was our 2010 Farmgirl of the Year, and she's the one woman we know who's capable of stealing anyone and everyone's heart. CJ and her sidekick daughter, Robin, can be found in campgrounds around the country glamming up their tricked-out tent or Reiver's Rest, their new trailer, wearing CJ's tricked-out aprons. CJ makes the world a MUCH better (and properly aproned) place! See CJ's creations at [FarmFreshAprons](#).

## Farmgirl Swap

Winter is on its way out and spring is on its way in and I'm glad for it. I'm hoping you all have made it through your winter without too much stress and cold. We're going to be looking forward to some new swaps coming up.

I'd like to chat a bit about being a Swap Hostess. Any farmgirl who is actively participating in and in good standing on the Farmgirl Connection can be a Swap Hostess. If you have some ideas about a swap you'd like to host, I first suggest you take a look at those already in progress in the Farmgirl Swap thread to see if it would be a repeat. If it is, perhaps you have other ideas for a swap, or would be able to delay it for a few months. You just need to organize your idea and what your swap entails, with deadline dates for signing up and mailing out. It's helpful to include photographs and/or links to similar projects to show what you're talking about. After you post your swap, then you will want to subscribe to it so you get e-mail notifications when farmgirls sign up. After the sign-up deadline, then you just match up partners and post them in your original post. It is possible to edit the title line of your topic as well to reflect the changes in the thread. You might need to do some followup if a farmgirl notifies you that they haven't heard from their partner or if one partner doesn't follow through with the swap, etc. I'd be happy to answer any questions that you might have. You can send me an e-mail through the Farmgirl Connection (my forum name is "ceejay48").

The swaps I'd like to feature this month include this one for "Pen Pals." It is a perpetual swap (no end date); you just "swap" letters or whatever else you wish with your pen pal. It's a great opportunity to meet new farmgirl friends. To find out more, click [here](#).

Beth Jones is hosting the "March Christmas Ornament" swap. This swap is one where participants make an ornament each month to swap with a partner, and it continues throughout the year. For this month's swap, the ornament is a bell. Check it out [here](#).

Another fun swap to think about participating in is one where you decorate a matchbox, which is hosted Mary Jo Winter. There are a lot of creative possibilities with matchboxes. Click [here](#) to learn more.

Hope you all have a happy St. Patrick's Day, a wonderful Easter, and a beautiful beginning to spring!





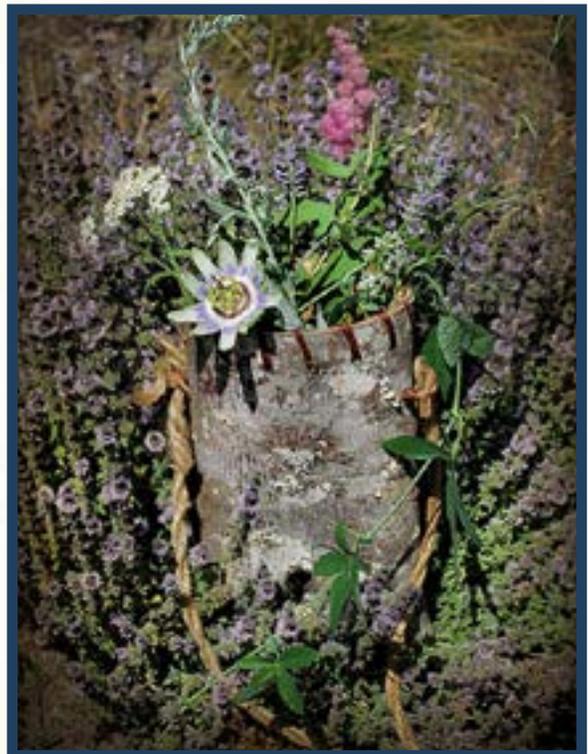
Erin McIntosh is the Marketing Manager at Mountain Rose Herbs. Born and raised in the sunny Florida swamps, Erin now makes her home in the evergreen Pacific Northwest, where she studied herbalism, botany, and ethical wildcrafting at the Columbines School of Botanical Studies. She spends her days crafting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

## Herbs for Stress

As we transition from winter into spring and new tender leaves begin to color the ground under our feet, it's a good time to restore our nervous systems for the busy year ahead. Herbal nervines and adaptogens are our allies for coping with the daily aggravations of life, especially work pressures, family responsibilities, financial worries, lack of sunshine, and regular use of caffeine. Whether your nervous tension results in minor aches and pains, occasional melancholy, or sleepless nights, there are many herbs that can help us find relaxation and calm both day and night.

Stress is the body's heightened physiological response to stimuli, both good and bad. The adrenal glands secrete stress hormones, including cortisol and adrenaline, which create a cascade of effects including a rush of energy, increased heart rate, and rising blood pressure. These hormones act as an emergency response to a temporary situation, subsiding to normal functioning when the event has passed. However, constant release of these hormones can result in a weakened immune response, over-stressed mind, and harmful inflammation.

**Nervines** are herbs that specifically support the nervous system. Their effects range from tonics like skullcap and oat tops, to mildly calming herbs like catnip and chamomile, to strongly sedative ones like valerian and hops. They are used to relieve nagging muscle tension and spasms, circular thoughts, sleeplessness, and the occasional worry we all experience from time to time. Some of these herbs provide multiple nervine actions, such as skullcap, which relaxes the muscles, helps calm worried thoughts, and nourishes the nervous system. Others, such as oat tops, are not necessarily relaxing to the physical body, but help restore and support healthy nerve functioning when taken on a regular basis.





**Adaptogens** are another group of herbs that help us face and handle stress as it happens, although the classification is often complicated and the boundaries difficult to define. These herbs restore overall balance and strengthen the functioning of the body as a whole without impacting the balance of an individual organ or body system. Adaptogens facilitate these changes by a wide range of actions and energetics, rather than one specific action. Adaptogens can be stimulating and/or relaxing, and many help improve focus, support immune system functioning, or provide some other broad-spectrum normalizing influence on unbalanced physiological processes.

By definition, the active properties of the adaptogenic herb must be safe, non-toxic, and non-habit forming, even when taken over a long period of time. When taken daily as a tea or extract, these herbs can help improve your mental functioning and allow your body to adapt more easily to stressful situations, relieving an overactive adrenal response. However, herbs should not be used to push us beyond our limits and cannot replace the benefits of good restful sleep. These herbs are of better use to our health and healing when paired with the appropriate need or used as gentle tonics.

Here's a basic list of nervine and adaptogen herbs:

## *Nervines*

**Oat Tops:** Very gentle tonic herb that is nutritive to the nervous system, without a sedative action. Can help reduce fatigue and improve nerve functioning over time. Great for anyone who is overworked or relies on caffeine to get through the day.

**Skullcap:** Wonderfully gentle and nourishing to the nervous system. Helps relieve muscle tension and spasms, circular thoughts, nervousness, and anxiety. Can be used throughout the day during stressful situations, or at night before bed to calm worried thoughts and muscle aches.

**Chamomile:** Classic relaxing nighttime tea, this nervine herb is also helpful for relieving headaches, general pain, and mental stress.

**Catnip:** Gentle sedative for sleeplessness in children and the elderly. Helps relieve nervous headaches.

**California Poppy:** Used for its anti-anxiety, sedative, and analgesic properties, this plant helps promote relaxation in those seeking rest from nerve pain.



continued ...



continued ...

**Passionflower:** This stunning plant offers anti-spasmodic power and is helpful with tension headaches, occasional nerve pain, nervous restlessness, and restful sleep.

**Hops:** With a distinctive flavor and action known well by beer drinkers everywhere, this plant makes a nice sedative (although the effect can be considered hypnotic), helps calm a nervous stomach, and is anti-spasmodic.

**Valerian:** A potent sedative herb for most people when sleep seems impossible thanks to nervous energy at night. It is reliable, but only if used occasionally, not daily. For some people, valerian can have the opposite effect of relaxation, causing more anxiety and stimulation. If this happens to you, valerian is not the right herb to use.

## Adaptogens

**Schisandra Berries:** Improves concentration, coordination, and endurance. Chinese folklore says that schisandra calms the heart and quiets the spirit. Stimulating to the central nervous system without excitation. Helps with insomnia and supports immunity.

**Holy Basil or Tulsi:** An important adaptogenic herb in India that helps restore vitality and promotes overall health and a softened reaction to stress.

**Eleuthero Root:** Improves mental clarity and emotional stamina during stressful situations, boosts physical endurance, helps with sleeplessness and insomnia, and supports the immune system.

**Ginseng (*Panax quinquefolius*):** Boosts physical strength and stamina. Supports mental alertness and memory. Good for exhaustion and sexual vitality. Asian ginseng (*Panax ginseng*) is thought to be better suited for people older than 30 or the very weak. Used as an anti-aging tonic for the elderly.

**Rhodiola:** Improves the brain's ability to analyze, evaluate, calculate, and plan. Normalizes the heart rate after exercise or a stressful event. Stimulates release of dopamine and serotonin. Strengthens immune system.

**Reishi Mushroom:** This immune system supportive mushroom is also considered to have a calming and strengthening effect on the nervous system.





# Cleaning Up

The Work of Our Hands



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

## First Aid with Household Finds

Not all of us have a **fabulous little first aid kit** on hand when we need it, but fortunately, most boo-boos can be made better with readily reachable household staples. The following everyday items are surprisingly sufficient “fixer uppers” in the event of minor emergencies:

- Diapers and sanitary napkins double as clean, absorbent dressings for bleeding wounds.
- Tampons mimic the “official” cotton plugs in first aid kits that are used to stop bloody noses.
- Elmer’s glue can be applied to a superficial splinter, allowed to dry, and then peeled off to pull out slivers of wood or glass (pain-free and fun for kids).
- Frozen vegetable bags (wrapped in a dishtowel or t-shirt) make quick cold compresses for bumps, bruises, and sprains. The loosely packed quality of the bag allows the compress to conform to the shape of the injured body part.
- Cucumbers are as cool as their reputation. For minor burns or sunburn, grate a cucumber (pre-chilled, if possible) and press the juicy piece onto affected skin for several minutes to soothe and relive pain.
- Baking soda and a little water make the perfect paste to soothe bug bites and stings. Dab onto the swollen area and allow to dry, then rinse with cool water.
- Duct tape, in short, does it all—from makeshift bandaging to blister buffering and myriad uses in between. Check out the eye-opening and entertaining list of possibilities at **HMO on a Roll**.



To make your own flexible ice packs and cozy hot compresses, follow these tutorials from TipNut.com:

**Quick & Easy Homemade Ice Packs**  
**How to Make A Microwave Heating Bag**

MaryJane

SISTERHOOD SUPPLIES

# Raising Jane® Pantaloons

(Sister Loonies)

Now available  
on our website!



Price: \$87.50

[click here to order](#)

Every woman “needs” a bit of handmade farmgirl cuteness peeking out from underneath her aprons, skirts, dresses, and pinafores. Or for that matter, to wear alone, as is! Sisters, don’t be late to rate “looney” by showing up in a pair of our Raising Jane vintage-style underoos for that romantic rebel-Jane-lacy look or your practical-Jane-doing-laundry look, or even better, the Jane-flower-farmer look.

Inventing a pattern for our Sister Loonies took us two months. Why? We wanted a fitted elastic back, just big enough to easily get them on and off, but not so big they made you big bigger, if you know what we mean. We also wanted the front of them to be flat and ungathered. In other words, flattering. Who wants a front that’s poofy? Made from 100% cotton with a generous organic cotton voile ruffle, we’ve sized these for every body type we can think of, from XS to 3XL, so there’s no excuse not to join the Sister Loonies movement.

PROJECT  
**F.A.R.M.**  
First-Class American Rural Made



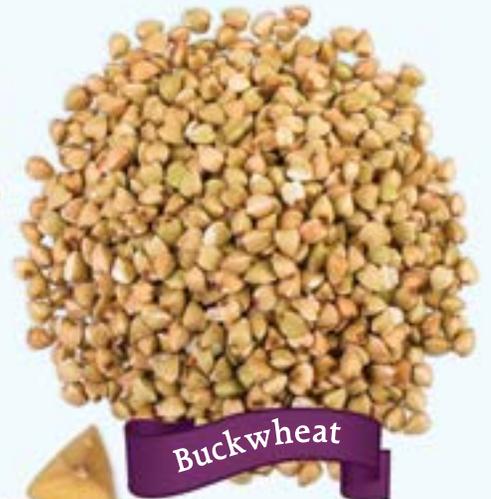




Wild Rice



Quinoa



Buckwheat



Millet



Red Quinoa

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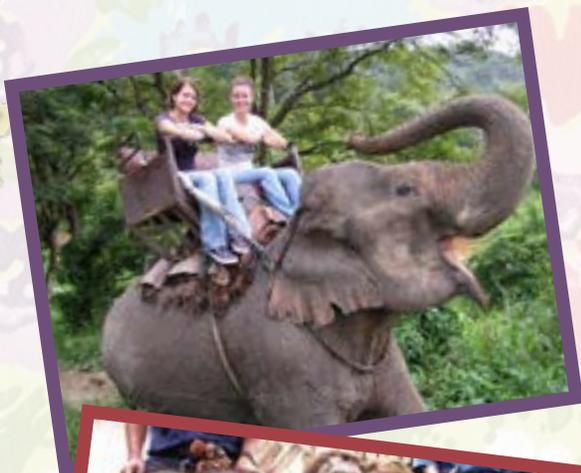
# Sister Loves

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

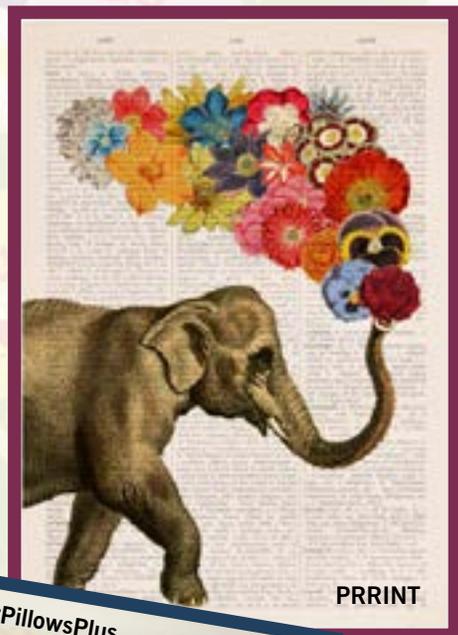
Karina's  
**PICKS**  
(JUST A CLICK AWAY)



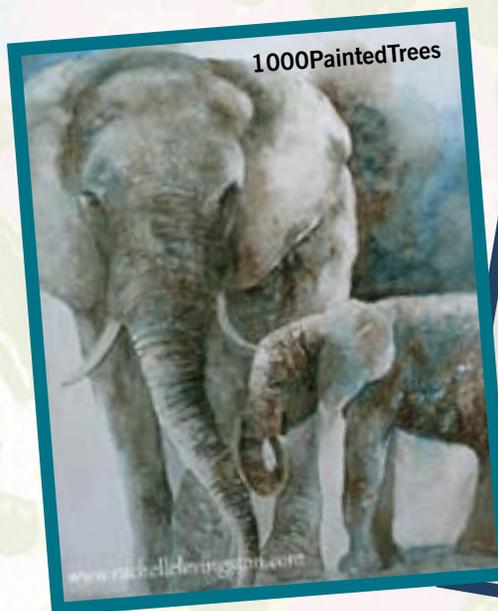
GRAPHIC DESIGNER  
(SISTER #4)



Elephants are intelligent, beautiful animals, but unfortunately they are dwindling in numbers. We're losing 5 elephants an hour (100 per day), most to illegal poaching for ivory. Dereck and Beverly Joubert created a documentary called **Soul of the Elephant** about the importance of elephants. To learn more about how you can help and contribute, click [here](#).



PRINT



1000PaintedTrees



ElephantPillowsPlus

Several years ago, I had the opportunity to visit Chiang Mai, Thailand. Our main purpose was to work in a home for special needs children who had been abandoned, but on our time off, one of the things we did was visit the **Maesa Elephant Camp**. We had the opportunity to ride the elephants and interact with them. Since my trip to Thailand, I have a special place in my heart for elephants. Check out some of my photos and a few picks I found.

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



# The Scoop

MaryJanesFarm News



## Index Available!

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

[CLICK HERE](#) to read back issues.

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

## Farmgirls Unite!

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

If you're a Sisterhood member, [click here](#) to download a FREE Glampers on the Loose logo!

Enter your Sisterhood number;  
password is: Glampin (case-sensitive)

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



Our Glampers on the Loose Facebook page now has 16,099 members. Click [here](#) to check it out.





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*Raising Jane*<sup>®</sup>  
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 RaisingJane.org



daily entries fresh from the farm



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 your smartphone.



# March Sisterhood Special



10% OFF  
Budget Mix &  
GF Budget Mix  
*in bulk only*

[Click here to order](#)

(continued)

**FREE SHIPPING**

**on any order over \$50**

(U.S./Domestic orders only)

# March Sisterhood Special

(continued)

You'll find 15 recipes inside each box and more sprinkled throughout my books and magazines.

Order my "Farm Kitchen" special recipe issue and get more than 50 original recipes using my Budget Mix. It's a way of eating that anyone (urban, suburban, or rural) can benefit from. Not only is it a time and money saver, it's a reputation builder! (My mother was the Budget Mix queen, baking her magic every day from a 10-gallon flour tin beneath our kitchen sink.)

*MaryJane* ♥



Exclusive to **MaryJane's Farmgirl Sisterhood** members only.  
Offer applies to UPS Ground and Standard Post only.  
When checking out, log in to your account to receive free shipping.  
For questions, call Brian at 1-888-750-6004.



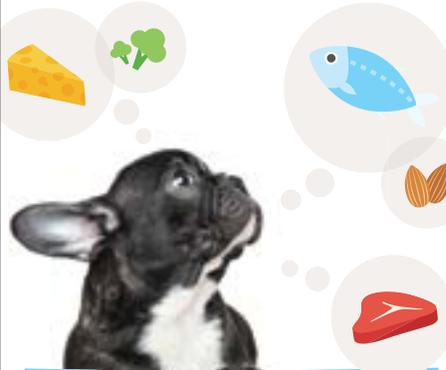
Hillside Homestead a historic farmstay nestled in the hills and orchards of Leelanau and just minutes from Lake Michigan. Experience an authentic 1910 farm. We offer B&B style lodging; each of our 3 guest rooms has a queen size bed & private bathroom. We also offer Historic group dinners and cooking classes! We feature local foods and historic recipes. And twice a year we have free family friendly events, contact us for more info!



Susan Odom 231-271-1131  
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# COLORS OF GUDRUN

The spring extra collection is now here - with inspiration taken from butterflies and flowers. Colorful, functional, comfortable and durable clothes - and beautiful, of course. Clothes that enhance the personality of the person wearing them, and ultimately not only make the world greener, but also lovelier.

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# Farmgirl Sisterhood

Share in the Fun!

## Farmgirl Chatter

**What are farmgirls chatting about?**

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

## Farmgirl Calendar

### Indiana Dunes State Park Glamping Weekend and Vintage Camper Rally

June 3–5, 2016

Brad Bumgardner

1600 N 25 E, Chesterton, IN 46304

219 926-1390

[dunesnc@dnr.in.gov](mailto:dunesnc@dnr.in.gov)

Glamorous camping, or glamping, is a way to experience the splendor of the outdoors without forgoing the creature comforts you can't live without. Whether in a tent, yurt, airstream, or tree house, it's camping on a grand scale. Weekend programs will focus on relaxing in the outdoors, beach-glass jewelry making, a camping-recipe tasting and exchange, example glamping sites, free beach yoga, and other activities.

New in 2016 is a vintage-camper rally featuring vintage campers from around the country. Visitors will have a chance to peek inside these over the course of the weekend. Special programming will also be available for those vintage camping in the park.

The weekend coincides with International Glamping Weekend, a special weekend that celebrates luxury camping and the ability to experience the great outdoors with many of the advanced amenities we have come to depend on in our daily lives. Click [here](#) for more info on the park's Facebook event page.

## Farmgirl Chatter

### A Farm of My Own: Chicken coops. Submitted by [stephaniesmith](#)

It's official, we're getting a backyard flock next spring! I am preparing an area in the backyard.

A few questions for those of you who have backyard chickens: Did you purchase a coop, or build one? Where did you purchase from, and do you love it? We only want 4 or 5 girls.

Also, any tips for new chicken ladies? :) Share your tips [here](#).

continued ...



**Across the Fence: Farmgirls, we have a come a long way from 1949. Submitted by YellowRose**

Advice from a Singer Sewing Machine Manual from 1949

“Prepare yourself mentally for sewing. Think about what you are going to do. Never approach sewing with a sigh or lackadaisically. Good results are difficult when indifference dominates. Never try to sew with a sink full of dirty dishes or beds unmade. When there are urgent housekeeping chores, do these first so that your mind is free to enjoy your sewing.

When you sew, make yourself as attractive as possible. Put on a clean dress. Keep a little bag of French chalk near your machine to dust your fingers at intervals. Have your hair in order, powder and lipstick put on. If you are constantly fearful that a visitor might drop in or your husband will come home, and you will not look neatly put together, you will not enjoy your sewing.” Share your thoughts **here**.

**Barnyard Buddies: Any dairy goat owners here? Submitted by Dapple Grey Lady**

Any dairy goat owners on here? Do any of you run a dairy? I have a herd of Nubians and I’m getting ready for kidding season to start here at the end of the month. I miss having the milk and can’t wait for the milking to begin. I make soft cheeses and yogurt with the extra milk. Share your story **here**.

**Farm Kitchen: Orange Kumquat Jam. Submitted by Red Tractor Girl**

This past weekend I made some marmalade using the Satsuma oranges and Kumquats from my yard. I love to make it and it always turns out delicious. Instead of using pectin, I use MaryJane’s ChillOver powder because I can use less sugar and cook the fruit longer to concentrate the flavors. Next up is to make a loaf of homemade bread this week for toasting and enjoying the marmalade. Share your recipes **here**.

**Farm Kitchen: Leftover turkey recipes? Submitted by cajungal**

Our family gathering had 6 turkeys all seasoned/cooked differently. SIX! Everyone picked the pieces and parts they liked the best and it left a variety of morsels in each pan.

I have a couple of ideas of what to do with the leftovers... sandwiches or maybe soup.

What about y’all? What do you do with the leftovers? Share your ideas **here**.



continued ...



continued ...

**Garden Gate: Heirloom seeds. Submitted by shawneefarmgirl**

I was thinking of planting a small garden this year, and want to order only heirloom seeds. Could you tell me what companies you girls order from?? Thanks. Give your advice [here](#).

**Garden Gate: Cactus Cuttings. Submitted by Daizy**

Hey there,

I got a super sweet surprise today. I received several cuttings from a cacti! Thank you sweet sister! It is believed to be a hot fuchsia pink, but she isn't sure because her blooms are just beginning to set. This is such a neat surprise. I placed them in soil immediately and am keeping my fingers crossed.

Another friend has several rooting that are suppose to be a pale pink. I am so excited to get them and watch them grow. Thank you, my dear, sweet friends. I shall name them Marian and Rita, lol!

In my research of Christmas cacti, I found an article about a plant in a bank (of all places) that is known to be over 100 years old. I would love to see a photo of that one!

I am working towards getting a variation of all colors and species. They are just fascinating to me. My grandmothers both had plants and I remember them hanging so low and just breaking off when the broom would sweep beneath them.

My other passion is African violets. I have a group of miniature violets that I hope will bless me with blooms this year. I have one that is a trailing variety with teeny tiny leaves.

My thumbs aren't completely green, so this is a challenge for me. Does anyone else raise violets? Share your ideas [here](#).

**Here's to Your Health: Turmeric tea. Submitted by texdane**

Does anyone else use turmeric on a daily basis? I was mixing it in a "shake" but now I am also trying it in a tea. I made hot tea with a regular black bag, and used a 1/2 t of turmeric (organic) and a dash of pepper. I also mixed in 1/2 T of coconut oil. It wasn't bad—like a spicy tea. The health benefits of turmeric are amazing. I get some joint pain in my legs and hands, and muscle pain in my back. I really see a difference!

Anyone else use turmeric? I also like to cook with it. I make homemade chicken soup with it and several curry dishes.

What do you do with it? Recipes? Share your ideas [here](#).



**Outpost: Glamping up. Submitted by Prairie Gypsy**

We're getting ready to buy an older (maybe '70s) Mallard camper. It was being used as a hunter camper, so it wasn't taken care of very well, but most of it is cosmetic. I'm trying to figure out how to paint the inside of the cabinets, as the old wood is not in the best condition, or to my taste. Any hints on how to do a good job inside the cabinets? Give your advice [here](#).

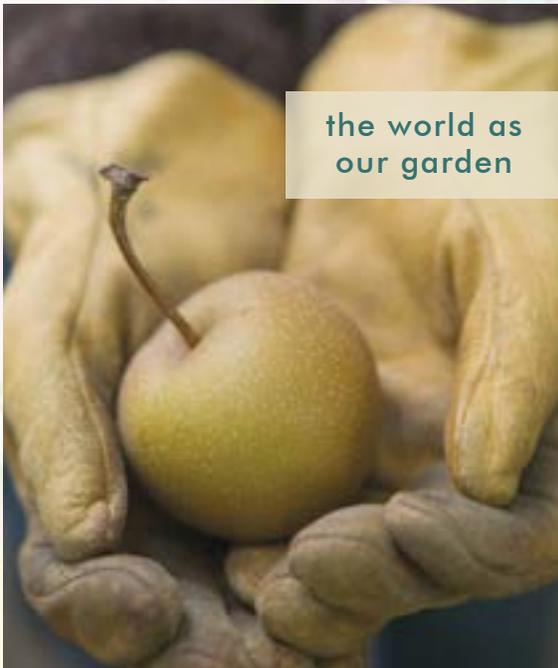
**Outpost: Glamping with kids—trailer selection. Submitted by Sobyn**

I have a while before purchasing a travel trailer is even an option, but we have started looking around now so that we know what is available and how much they cost, so we are ready when we are able to purchase. We would love to get one as soon as we get back to the States, but we may be buying a house and will need to wait until after that (depending on where we go).

My problem? I have four kids and none of the travel trailers I find sleep six, especially not the cute vintage-looking ones! We found one we really like, but it only sleeps four. It looks like one from the '70s with checkerboard floors and a red couch and red striped curtains and bedding. It is SO CUTE! But I really need it to sleep six. We talked about an RV, but they are much more expensive, and even for one of those that sleeps six, we are getting into a much larger and much more expensive version. Thoughts? Ideas? I'm at a stage in my life where any "glamping" will be done with kids, so equipment must accommodate them. Share your ideas [here](#).

# Girl Gab

GirlGab.com



the world as  
our garden

the place where  
girlfriends gather  
to gabble, gush,  
and gadabout ...



food from scratch



lessons in  
herbalism



farmgirl pets



farmgirl love

Find MaryJane's farmgirl bloggers—city, rural, suburban, ranch, mountain, and beach—at GirlGab.com. You'll also find daily posts from 130 (and counting) sister blogs.

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PREP TIME: 10 MINUTES,  
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COOK TIME: 8 MINUTES  
MAKES: 4 CUPS

2¼ cups cream, divided  
½ t vanilla  
¼ cup honey  
¼ cup water  
1¼ t MaryJane's ChillOver Powder

1. Add 2 cups cream and the vanilla to a medium bowl or stand mixer; set aside.
2. Bring honey and water to a simmer in a small saucepan over medium heat; slowly sprinkle in ChillOver Powder and continue to simmer for 3 minutes, stirring constantly. Remove from heat and whisk in remaining cream.
3. Begin whipping cream. Add honey mixture just before soft peaks form, then continue to whip into stiff peaks.
4. Pipe cream onto your baked goods and refrigerate for 2 hours to set.



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

My innovative ChillOver® Powder is for all the people who grew up loving gelatin desserts but gave up on them, knowing their animal origin. It sets up in half the time gelatin does. It seals in flavors more quickly. And it doesn't melt at room temperature. Once you try it, you'll never go back!

**To order, call 888-750-6004  
or go to [MaryJanesFarm.org](http://MaryJanesFarm.org)**

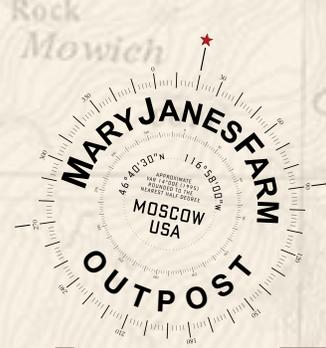


\* You'll find several jam recipes using our ChillOver Powder in the magazine section of our website: [MaryJanesFarm.org/Recipes-Patterns-Instructions](http://MaryJanesFarm.org/Recipes-Patterns-Instructions)

# TEAM RUBICON

BRIDGE THE GAP

# MARYJANESFARM



Here's a delicious way to help MaryJanesFarm help veterans help disaster victims.

“Your food made our day in the Philippines!

I just wanted to let you know that we love your products. We were on the ground in Tacloban, Philippines, four days after the typhoon hit, doing relief work and setting up operations for our teams out there. Conditions that first week were challenging and extreme. We never complained, and your instant (just add water) pouches of food sure helped. We ate the awesome Outrageous Outback Oatmeal in the mornings and fought over the Shepherd's Pie in the evenings. We didn't have the luxury of taking a lot of them, but when the 15 of us were able to sit down to eat them, it was all smiles. Thank you!

– Kirk Jackson, TeamRubiconUSA.org



When we received the above e-mail and photo from Kirk Jackson of Team Rubicon, a veteran-focused disaster relief organization, we were humbled and pleased that our just-add-water organic meals found their way to the Philippines after the devastating typhoon in 2013. We also knew we wanted to help this great organization carry on their inspiring and important work.

**So we teamed up with the Team:** For every 3-lb box of our emergency food you buy (15 to 25 servings, depending on entrée), we donate two single-serve pouches of food to Team Rubicon to help feed them when they travel to help those in need. Each box of emergency food contains one 3-lb bulk oxygen-free mylar bag of our just-add-water organic meals for emergency preparedness long-term storage. Shelf life: 15+ years.



one  
**3-lb  
bulk box**  
for you  
=  
two  
**single-serve  
pouches**  
for  
Team Rubicon



## Why Prepare?

Natural disasters—floods, fires, earthquakes, tornadoes, and windstorms—affect tens of thousands of people every year. One week of emergency food is needed in order to ride out most disasters. That's a minimum of three meals per person per day for one week. Do the math and then get ready!

## Why Eat Organic?

Surviving any kind of disaster is stressful. Why compound your burden by eating bad food? You need nourishment, not the mindless calories found in most preparedness meals that are overly laden with salt and preservatives; laced with pesticides, herbicides, and fungicides; and formulated using genetically modified ingredients.

# Team Rubicon & MaryJanesFarm

## The Mission

Team Rubicon unites the skills and experiences of military veterans with first responders in order to rapidly deploy emergency response teams, oftentimes arriving on the scene before traditional aid organizations.

MaryJanesFarm helps feed Team Rubicon's emergency response teams by donating two pouches of food for every box of emergency food sold. That's where you come in. Every time you buy a box of our emergency food, you're feeding Team Rubicon.

## Team Rubicon Saves Lives

Since its creation in January 2010, Team Rubicon has impacted thousands of lives—in Haiti, Pakistan, the Philippines, and here at home most recently during Hurricane Sandy; the tornadoes in Moore, Oklahoma; and massive flooding in Colorado. Team Rubicon reaches victims outside the scope of where traditional aid organizations venture.

## Team Rubicon Engages Veterans

Thousands of U.S. military veterans, many returning home after fighting 10 years of war, find a renewed sense of purpose for their skills and experiences through Team Rubicon.



MaryJanesFarm just-add-water organic meals—everything from instant pastas and rice to soups to breads to desserts—are perfectly complemented by the BioLite Camp Stove (BioliteStoves.com) that boils water with nothing but twigs. And, by converting heat into electricity, it can also charge your flashlights, phones, and other gadgets while you cook.

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

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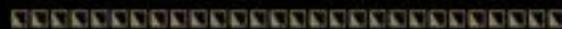


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## Our sentiments exactly!

This adorable 8" x 8" plaque, printed on canvas and stretched on a wood block edged with burlap, is available at [BraveGirlsClub.com](http://BraveGirlsClub.com). Sisters Melody and Kathy believed there needed to be a place where women could go to feel supported and never alone, no matter what struggles they were having. They wanted to create a place full of good news, good people, good ideas, good adventures, and good times—a place where they could teach women that no matter what curveballs life handed them, they were going to be okay. Get a daily dose of Brave Girl magic by subscribing to the free Brave Girl Daily Truth e-mail affirmation messages—a little present the girls have been giving the world five days a week since 2009. Also sign up for Brave Girl Camp Art + Life Retreats, take online empowerment classes, encourage other Brave Girls with the Brave Girl Truth Card Exchange, and more. Read all about Brave Girls Club in the "Yesteryear" Aug/Sept 2014 issue of *MaryJanesFarm*.

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- MaryJane Butters, organic farmer, small-scale dairy owner, and editor of MaryJane's Farm



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# Farmgirl Sisterhood



## Social Media

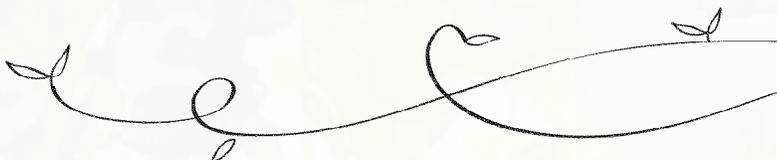
I'm doubling back to make sure you're aware of all the social media happenings at MaryJanesFarm, because you won't want to miss a thing—especially the moment when YOU'RE the sister featured on one of our Facebook pages simply because you're just so farmgirl awesome or you've earned a badge or your blog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

As ladies of the Sisterhood, now numbering 6,861 (and counting), we've earned an amazing number of Merit Badges so far—9,721 total! We've recently started alerting earned Badges daily on our MaryJanesFarm **Facebook** page. We started out alerting just the expert-level earners, but decided recently to alert all levels AND add photos if you include them. We're just so darn proud! Can you hear the clucking?

My blog, **RaisingJane.org**, is a little bit more of the fun and frilly that you've come to expect from MaryJanesFarm, and is my outlet for conversation in between magazines.

If you're a Facebook or Twitter kind of gal, you'll find my posts teased on my **Twitter** account and our **Facebook** account. Updates for all things glamorously glamping for International Glamping Weekend can be found **here**, at its Facebook fan page.

Facebook and Twitter not your thing? Then, our **Pinterest** page can keep you up-to-date with recipes, projects, products, and beautiful images captured here at my farm.





## Exclusive for Sisters!

### Sisterhood Necklace

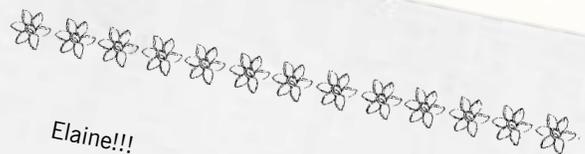
We've partnered with Elaine Tolson of Washington to offer this lovely bit of vintage-style jewelry—for Sisterhood members only. Your necklace will be emblazoned with your own unique Sisterhood number, setting your braggin' rights in stone. Whether you wear it as a secret code for those in-the-know, or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



Hello Elaine!

Thank you so much for my beautiful charm. I received it last week and have enjoyed wearing it and showing it to my friends and family. Can't wait to get our Chapter off the ground here in Cherry Valley.

Thank you again,  
Mary Bronson



Elaine!!!

Thank you so very much for the beautiful Farm Gal necklace!!! I beyond love it! I really feel part of something grander when I wear it. You made my day when I opened my little burlap bag, truly.

Kindness counts,  
Kim





shabby apple

INTRODUCING

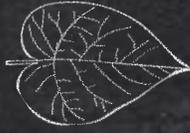
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a return  
to what  
dresses  
were  
always  
meant  
to be



# Merit Badge Awardees



## Merit Badge Awardees

**Amber Schrupf: mylilponyofDOOM #6345**

Beginner badge: Stitching & Crafting / Aprons

**Barbara Green: #6639**

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Farm Kitchen / Bustin' Out

Beginner badge: Farm Kitchen / Unprocessed Kitchen

Beginner badge: Garden Gate / Backyard Farmer

Intermediate badge: Cleaning Up / Shopping Green

**Bea Campbell: quiltingbea #2575**

Beginner badge: Each Other / Civic Heritage

Beginner badge: Outpost / Rocks and Minerals

Intermediate badge: Outpost / Rocks and Minerals

**Brenda White: #6769**

Beginner badge: Cleaning Up / Recycling

**Charity Van Ausdle: #6821**

Beginner badge: Cleaning Up / Recycling

Beginner badge: Cleaning Up / Shopping Green

Beginner badge: Garden Gate / Birds

Beginner badge: Stitching & Crafting / Buttoned Up

**CJ Armstrong: ceejay48 #665**

Beginner badge: Farm Kitchen / Apples

Beginner badge: Make it Easy / Collect It!

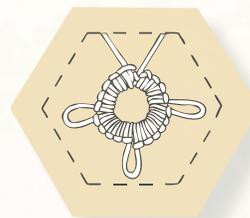
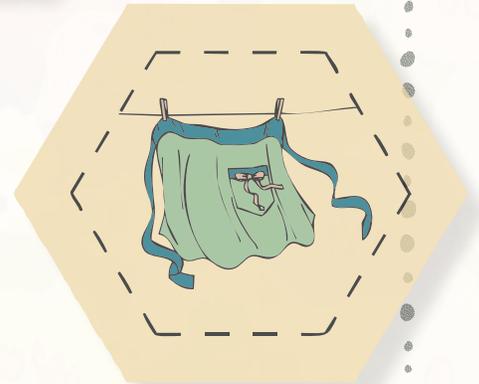
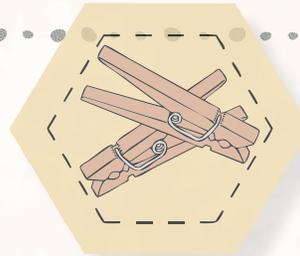
Beginner badge: Stitching & Crafting / UFO's

Intermediate badge: Farm Kitchen / Apples

Intermediate badge: Make it Easy / Candlemaking

Intermediate badge: Make it Easy / Collect It!

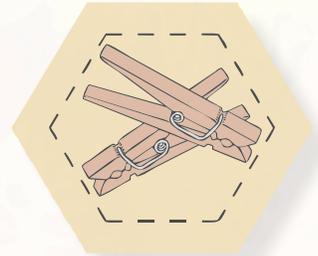
Expert badge: Make it Easy / Collect It!





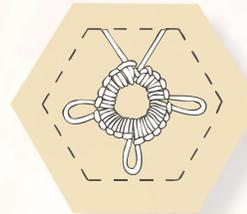
**Connie Harrington: Rural Farm Girl #6777**

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



**Denise Thompson: levisgrammy #43**

Beginner badge: Cleaning Up / Going Green  
Beginner badge: Cleaning Up / Shopping Green  
Beginner badge: Garden Gate / Backyard Farmer  
Beginner badge: Stitching & Crafting / Sew Wonderful  
Intermediate badge: Cleaning Up / Shopping Green

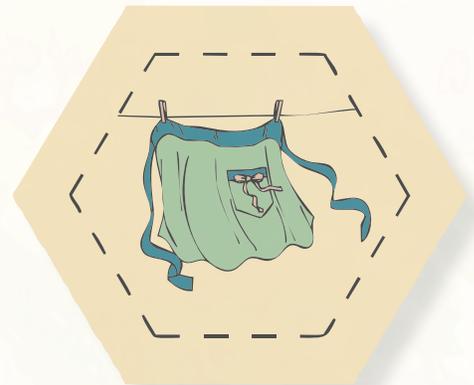


**Dorean Corti: 6803**

Beginner badge: Garden Gate / The Secret Life of Bees  
Intermediate badge: Garden Gate / The Secret Life of Bees  
Expert badge: Garden Gate / The Secret Life of Bees

**Doris Meisell: Southforty #3794**

Beginner badge: Each Other / Farmgirl Grammar  
Beginner badge: Each Other / Farmgirl Gratitude  
Beginner badge: Stitching & Crafting / Crochet  
Beginner badge: Stitching & Crafting / Homespun Christmas  
Intermediate badge: Stitching & Crafting / Crochet



**Emily Moore: E-Moore #6770**

Beginner badge: Farm Kitchen / Get it Together

**Erin McBride: Notathreatinsight #3762**

Beginner badge: Cleaning Up / My Fair Farmgirl  
Beginner badge: Each Other / Know Your Roots  
Beginner badge: Farm Kitchen / Get it Together  
Beginner badge: Garden Gate / Birds

**Heidi Weismann: #6778**

Beginner badge: Cleaning Up / Recycling  
Beginner badge: Cleaning Up / Shopping Green

**Jennifer Chappell: AdeleHale #6346**

Beginner badge: Cleaning Up / Going Green  
Beginner badge: Cleaning Up / Green Energy

continued ...



## continued ...

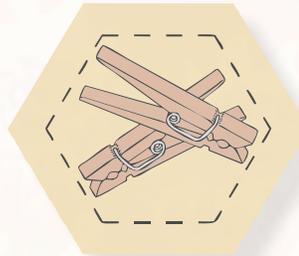
### **Joan Anthony: ijjie #849**

Beginner badge: Make it Easy / Music

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Each Other / Community Service

Intermediate badge: Stitching & Crafting / Knitting



### **Joyce Hein: GinghamGirl #6071**

Beginner badge: Cleaning Up / Going Green

### **Leslie Boston: cori1312 #6830**

Beginner badge: Stitching & Crafting / Crochet

Beginner badge: Stitching & Crafting / Knitting

Beginner badge: Stitching & Crafting / Quilting

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

Beginner badge: Each Other / Her-story

### **Sabrina Scheerer: Sobyn #3275**

Beginner badge: Each Other / Blogging

Beginner badge: Each Other / Farmgirl Jubilee

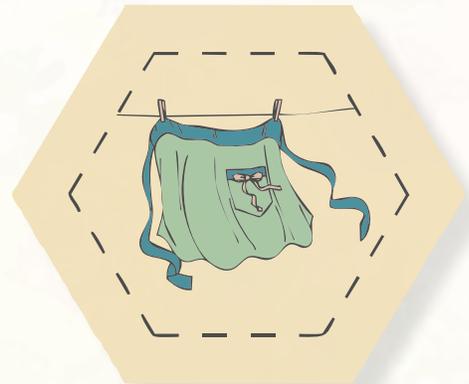
Beginner badge: Outpost / Pampered Pets

Intermediate badge: Each Other / Blogging

Intermediate badge: Each Other / Community Service

Expert badge: Each Other / Blogging

Expert badge: Each Other / Community Service



### **Sherrilyn Askew: Dare2beuniquelyme #1350**

Beginner badge: Each Other / Her-story

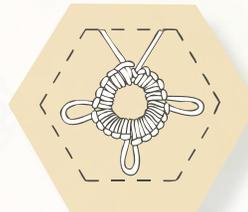
Beginner badge: Farm Kitchen / Apples

Beginner badge: Make it Easy / Collect It!

Intermediate badge: Farm Kitchen / Apples

Intermediate badge: Make it Easy / Collect It!

Expert badge: Make it Easy / Collect It!



### **Teresa Coleman: kangaroo kate #1506**

Beginner badge: Each Other / Entrepreneurial Spirit

Beginner badge: Garden Gate / Backyard Farmer

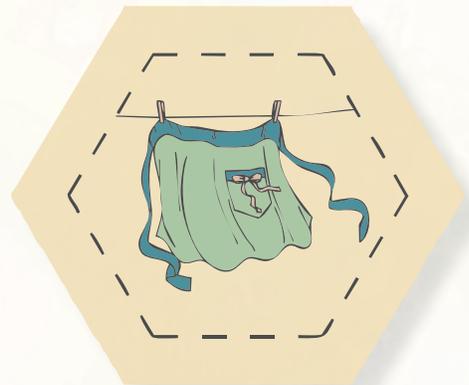
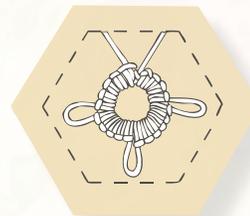
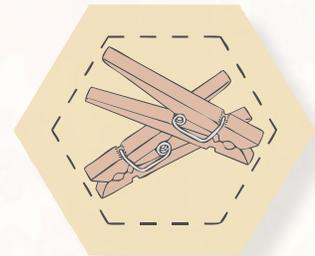
Beginner badge: Make it Easy / Collect It!



Beginner badge: Outpost / Pampered Pets  
Beginner badge: Stitching & Crafting / Spinning  
Intermediate badge: Each Other / Entrepreneurial Spirit  
Intermediate badge: Make it Easy / Collect It!  
Intermediate badge: Outpost / Pampered Pets  
Expert badge: Each Other / Entrepreneurial Spirit  
Expert badge: Make it Easy / Collect It!  
Expert badge: Outpost / Pampered Pets  
Expert badge: Stitching & Crafting / Quilting

**Winnie Nielsen: Red Tractor Girl #3109**

Beginner badge: Farm Kitchen / Apples  
Intermediate badge: Farm Kitchen / Apples



# Farmerettes & Young Cultivators

## Merit Badge Awardees

**Jacob Thompson:** Young Cultivator of Justine Thompson #2904  
Beginner badge: Make it Easy / Put me in, Coach!

**Sydney Scheerer:** Young Cultivator of Sabrina Scheerer #3275  
Beginner badge: Each Other / Let's go to Town  
Beginner badge: Farm Kitchen / All Dried Up  
Beginner badge: Farm Kitchen / Make it Fruity  
Beginner badge: Farm Kitchen / Table Talk  
Beginner badge: Make it Easy / Do Your Eyes Light Up?  
Intermediate badge: Cleaning Up / It's in the Bag  
Intermediate badge: Each Other / Families Forever  
Intermediate badge: Farm Kitchen / All Dried Up  
Intermediate badge: Farm Kitchen / Table Talk  
Intermediate badge: Stitching & Crafting / All Buttoned Up  
Intermediate badge: Stitching & Crafting / Toys  
Expert badge: Stitching & Crafting / Toys  
Expert badge: Stitching & Crafting / Weaving In and Out

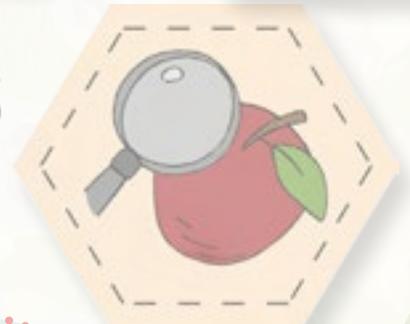


### What's a Farmerette?

Farmerettes are young farmgirls-in-training between the ages 14–18. They can earn the same Merit Badges as adult Sisters, so long as there is a Farmgirl Sisterhood member nearby to work with them. **Click here to find out more.**

### What's a Young Cultivator?

Young Cultivators are girls and boys between the ages 6 and 13. They can work with Farmgirl Sisterhood members to earn badges, but have their own unique program. **Click here to find out more.**

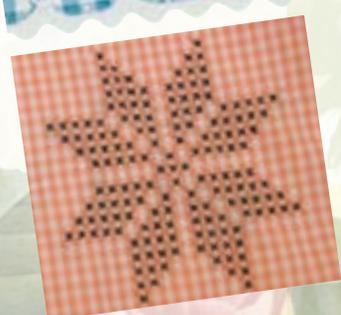




## Young Cultivators Group

Our Young Cultivators are honing their embroidery skills, so we got them started on all things gingham. Right now, they're working on sets of table napkins. And our little Miss Mia was the first to finish her knitted hat, created on circular needles. She was ever-so-proud.

*MaryJane* 





IN 1997, I took over stewardship of The Barron Flour Mill, a four-story, 124-year-old building on the National Register of Historic Places. Joseph Barron, the third-generation miller who spent his life there milling grains, eventually pioneered the first certified organic flour in the Northwest. I created this easy-to-use organic baking mix in honor of Joseph and all the frugal farm women who served their families wholesome food ... on a budget.

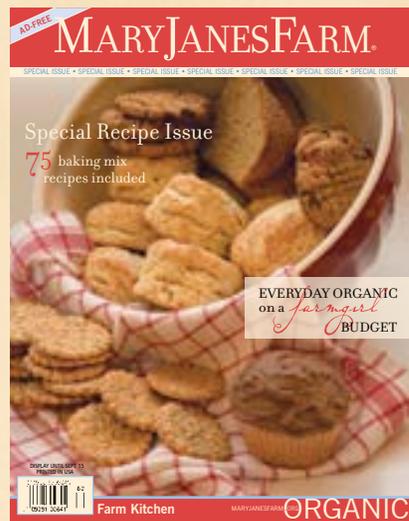
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To find out more,  
 scan here with  
 your smartphone.



# Coming Soon to a Magazine Near You

Our Apr/May issue (Dancin' in the Rain) will hit newsstands on March 8. In it, you'll find step-by-step instructions for making a rolling-pin apron rack; learn to decoupage furniture, re-dress a vintage umbrella, and fix the loo; whip up deli soups and pairings; and more. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here!](#)



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# Mary Jane's FARM

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Even though I live on a farm, I have days when I like convenience food. **Fast food that isn't junk.** Food that's organic and tastes fantastic. Even though it's not fresh from the farm, it's made from foods that are.

On nights when you don't have the energy to even chop up some veggies (you know those nights), **I'm really there for you.** All you need is one of my instant Pouch Cook meals. Simply add boiling water directly to the stand-up package, fold the top down, and wait a few minutes. No need to be a hiker, no backpacks ... pure farmgirl. Most of my Farmhouse meals contain two standard servings, and they're unlike anything you've ever tasted. I promise. It's that good!



“My family LOVES your instant organic meals! I enjoy the Couscous & Lentil Curry, my husband loves your Alfredo Pasta with the Garlic Pesto Fry Bread, the kids are wild about Chilimac, and we all love the skillet-bake Brownies! Thank you, MaryJane!” – Annie, Colorado





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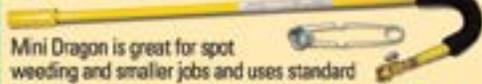
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# Meet our Bloggers

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

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



## city FARMGIRL



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

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

## rural FARMGIRL



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

## suburban FARMGIRL



**Nicole Christensen**, our current **Suburban Farmgirl Blogger**, calls herself a “knitter, jam-maker, and mom extraordinaire.” Born and raised in the great state of Texas, she now resides in suburban New England in picturesque Connecticut, just a stone's throw from New York state.

Married over 20 years to her Danish-born sweetheart, Nicole has worked in various fields and has been a world-traveler, entrepreneur, knitting teacher, and homemaker, but considers being a mom her greatest job of all. Loving all things creative and domestic, Nicole considers her life's motto to be “Bloom where you are planted.”



## beach FARMGIRL



**Debbie Bosworth** left her lifelong home in the high desert of northern Nevada 10 years ago and washed up on the shore of America's hometown, Plymouth, Massachusetts, where she, her “beach-bum Yankee” husband of 20 years, and her two homeschooled kids are now firmly planted. Debbie writes our **Beach Farmgirl Blog**.

“I found a piece of my farmgirl heart when I discovered MaryJanesFarm. Suddenly, everything I loved just made more sense! I enjoy unwinding at the beach, writing, gardening, and turning yard-sale furniture into ‘Painted Ladies!’ I'm passionate about living a creative life and encouraging others to ‘Make Each Day their Masterpiece.’”



## ranch FARMGIRL



**Dori Troutman, our Ranch Farmgirl Blogger,** is the daughter of second-generation cattle ranchers in New Mexico. She grew up working and playing on the ranch that her grandparents homesteaded in 1928. That ranch, with the old adobe home, is still in the family today. Dori and her husband always yearned for a ranch of their own. That dream came true when they retired to the beautiful green rolling hills of Tennessee. Truly a cattleman's paradise!

Dori loves all things farmgirl and actually has known no other life but that. She loves to cook, craft, garden, and help with any and all things on their cattle farm.



suburban farmgirl

# Nicole's Favorites

## Julep Oxygen Nail Treatment

I've made so many friends through MaryJanesFarm, through the Farmgirl Connection chatroom and through my Farmgirl Sisterhood Chapter, Connecticut Simpler Life Sisters. I love meeting like-minded women with whom I share common interests! One of my first farmgirl friends was Heidi, who I met in 2009. We both have a passion for animals, a love of organic coffee, and an obsession with knitting. Heidi lives in another state, but we keep in contact, getting together from time to time for fun weekend visits. On a recent visit, Heidi brought me a wonderful hostess gift basket she put together with some of her favorite things. Included were products that meet Heidi's strong belief in vegan and cruelty-free cosmetics. One of the items in Heidi's hostess gift is now one of *my* favorites, **Julep Oxygen Nail Treatment**.

For years, I had brittle, broken, and peeling nails. I would get manicures, only to have my nails look good for a few days, then break and peel worse than before. When I switched to organic and natural cleaning products in my home, my nails improved. They became even healthier when I switched to natural nail polishes, as opposed to conventional ones that would dry out and stain my nails.

Despite constantly washing my hands (because of cooking, chickens, dogs, and gardening), my nails stay healthy—until the deep cold of winter sets in and the inside air becomes dry. By March, my nails snap and peel. Whoever first coined that ol' saying about March weather, "In like a lion, out like a lamb," must have had New England in mind. Our most bitter winter weather occurs in February and March. Julep Oxygen Nail Treatment to the rescue! Touted as "nail makeup," this little wonder does it all. Its strengthening, anti-aging formula forms a waterproof barrier to keep nails from drying out, but also allows nails to breathe. Simply apply one coat, like nail polish, once or twice a week—nails look shiny, smooth, and healthy. The formula is long-lasting, non-toxic, and formaldehyde-free. Julep Oxygen Nail Treatment is also free of toluene, DBP, paraben, sulfate, and camphor—things found in conventional nail polish that aren't healthy.



Created by beauty expert Jane Park, Julep products are named for inspirational women, with a portion of the company's proceeds going to organizations that support and empower women. I think of Julep Oxygen Nail treatment as a manicure in a bottle. Available in two tints, ivory or my choice, pink (think of a sheer, pale, ballet-slipper pink, perfect for heading into spring as March goes out like a lamb), Julep Oxygen Nail treatment goes on quickly and easily, dries fast, and removes with ease (a plus for busy farmgirls). When I'm teaching knitting classes, my hands are a focal point, and this product makes them stronger, keeping them looking healthy and polished. Julep Oxygen Nail Treatment comes in an 8-ml bottle for \$18, acting as a base, color, and top coat (no other polish is needed when using); find it at Sephora, Nordstrom, or on the Web at **Julep.com**.



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# Magazines, Books & More



Our Apr/May issue (Dancin' in the Rain) will hit newsstands on March 8. In it, you'll find step-by-step instructions for making a rolling-pin apron rack; learn to decoupage furniture, re-dress a vintage umbrella, and fix the loo; whip up deli soups and pairings; 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 by about March 3. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you don't receive your magazine, you can call our publisher's subscription department at 800-476-4611 to check on your delivery.

## MaryJanesFarm Calendar

Our 2016 calendar is available now. 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:

- March 2 ~ Dr. Seuss Day
- March 4 ~ Employee Appreciation Day
- March 8 ~ International Women's Day
- March 9 ~ National Barbie Day
- March 10 ~ Popcorn Lovers' Day
- March 12 ~ Plant a Flower Day
- March 14 ~ International Ask a Question Day
- March 15 ~ National Agriculture Day
- March 17 ~ St. Patrick's Day
- March 19 ~ National Poultry Day
- March 27 ~ Easter Sunday

March  
Sisterhood  
Special!  
(see p. 54)

### Magazine "Goodies" on the MJF Website

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



6,861 Sisterhood members and  
9,721 Merit Badges earned —  
growing stronger every day!