

# MARYJANES FARM®

Sister Issue

May 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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from Sister #1



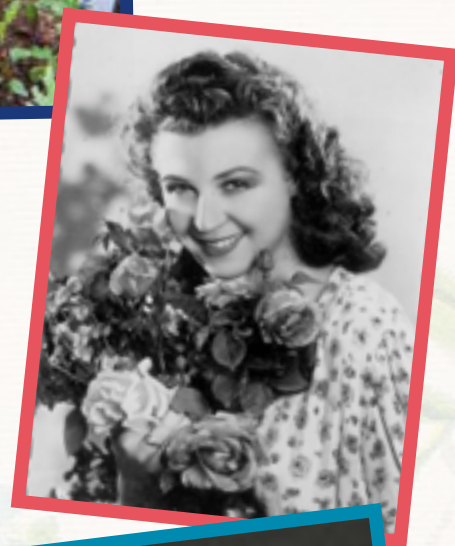
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# Sister Loves

{ 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

May Day! May Day!  
Visions of carefree  
girls skipping around  
a flower-bedecked  
Maypole. And what  
better to make a girl  
feel festive than a  
handmade flower  
crown? A quick look  
at **Pinterest** brought  
up these lovelies.

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



Glamour & Grace



p. 57

Karina



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Carol



Colin Cowie Weddings



Wedding Forward



# Hello from Sister #1



## Merit Badges

CJ Armstrong (ceejay48, #665) has just earned her 300th Merit Badge with an Expert Food Allergy Awareness badge that she earned on Friday, April 22. Her impressive list of completed Merit Badges encompasses everything from apples to aprons to backyard farming to blogging to cheesemaking to green energy to insulation to knitting to music to pets to tatting to wild game ... I tell you, a farmgirl can do it all!

About her 300th badge, CJ reports, "In referring to the Beginner and Intermediate level applications for this badge, there are no major food allergies in my family. My husband has spring seasonal allergies and is sensitive to dairy products at that time, but this is all temporary. And there are only the two of us, so we don't have to make too many adjustments to any habits or recipes.

However, for this season, we do eat like we BOTH have the sensitivity to dairy products. It's pretty simple and easy to do to just avoid certain things for the time. Personally, I don't really notice the difference. Because his sensitivity to dairy products isn't severe, we don't have to be seriously watchful of the food items with any "hidden" dairy in them.

We are always glad to see the end of the spring seasonal allergies for him so that he can stop sneezing, coughing, and blowing his nose. We are also glad to be able to enjoy one of our favorite treats: a bowl of special ice cream!"

Just a reminder, we approve new Merit Badges once per year, after the holidays. Between now and then, we start thinking and talking about new badges we'd like to earn **here**. Join in!

And a special congratulations to CJ. You're an inspiration to us all.



MaryJane









# 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."

### My Favorite Things ... in the Garden Shed

Spring is in the air and the fever is on. Time to clean the gardens, prep the soil, and get planting (at least in my area). The biggest problem I have always had is getting hand tools that are strong enough to handle my use. I have bent more trowels and root pullers and broken more hand rakes than I can even remember. When you start thinking about the cost of replacement, it can get discouraging (and expensive). At a fair a couple of years ago, I finally found some tools that could handle heavy use. They are hand-forged in Montana by a blacksmith ([FisherBlacksmithing.com](http://FisherBlacksmithing.com)) and are not just durable, but beautiful as well.

I own at least three trowels, but the one that travels in my garden toolbox (one of my Merit Badge projects) has a beautiful turned walnut handle and a heavy steel bowl. I have pried rocks out of the ground that were bigger than my trowel (you can't use a pick and a pry bar everywhere), and it didn't even slightly bend. She has a big enough bowl to dig holes for large plants, and small enough to get into tight places between roots and other plants.

My hand rake reminds me of my dad's old walk-behind rake he uses to keep the weeds down between the rows. She has three curved fingers that don't pull straight when she hits tough roots. When cleaning my beds, I drive her tines into the soil to loosen the soil and pull out the surface weeds that are coming in. She easily takes the hard hit and outlasts my arm on the pull. She's even pulled up a rock or two.

When it comes to dandelions, I have a rule: the yard is yours, but the gardens are mine.







My dandelion digger is great for getting those deep tap roots up without breaking them. I push her in deep to loosen the soil around the root, then use her like a hammer claw to gently pry the root from the ground. She has never bent, but I have broken a few roots by getting excited and prying too fast. She is great for removing any kind of plant that puts down tap roots.

Once I have the beds cleaned and prepped, it's time to plant. In comes the hoe. She's perfect for making rows and gently pulling the dirt over the seeds. If I missed a weed, she works in a pinch to remove weeds, too. She's great for pulling back the dirt to drop my potato starts in or for planting bulbs.

I love the turned walnut handles that fit perfectly in my hand. I love the thickness of the steel and the hammer marks from the shaping of the tool. I love the hand-done rivets that hold the pieces together. I love knowing that these tools were made by another artisan who cares enough about his craft to make tools worthy of putting his name on. I love knowing that I won't have to go spend more money partway through the season to replace a tool that got bent or broken from heavy use. I love my garden hand tools!







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

Amanda Henning  
Amanda Childress  
Amanda Wehner  
Amy Franckowiak  
Andrea Racht  
Angela Vargas  
Ann Hughes  
Anna Elliott  
April Sikes  
Ashley Christensen  
Barbara Schatzley  
Bea Cleveland  
Becki Pope  
Beverly Mastroianni  
Beverly Lynch  
Bobbie Glick  
Bonnie Mason  
Bonnie Scully  
Bonnie Simons  
Brenda Forrest  
Brenda Towsley  
Brendalee Campbell  
Britta Marie Duncan  
Car Mitchell  
Cara M. Kroll  
Carla Chase  
Carol Grant  
Carrie Janes  
Cassandra Donaldson  
Catherine Harris

Catherine Livingston  
Cathy Stewart  
Cheryl Scappaticci  
Cheryl Streeter  
Cheryle Duffy-Lehrer  
Christina Pascual  
Christine Frazzini  
Christine Murphy  
Christine Clark  
Christy Burnett  
Cindy Meyer  
Cindy Nadolny  
Cindy Lackey  
Colleen Emig  
Connie Riley  
Courtney White  
Cyrie Wilson  
Dana Manchan  
Debbie Jiran  
Deborah Teets  
Debra Burgess  
Debra Haynes  
Demaree Hoover  
Diana Davis  
Dianne Mosher  
Dondi Griffin  
Donna McNew  
Donna Kouri  
Donna Rowe  
Dorothy Raffeinner

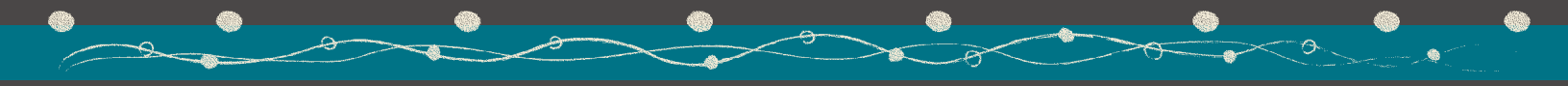
Eileen Romary  
Ellen Osborn  
Fran Dewitte  
Frances Zuelke  
Gayl Weiser  
Genie Pinheiro  
Ginger Booth  
Ginny Shaddock  
Gwen Fisher  
Heather Blaylock  
Hilary Syddall  
Indigo Cantor  
Jackie Timmerman  
Jacklyn Chambers  
Jamie Jachimiec  
Jan Hensley  
Janie Purkins  
Janie Gibson  
Jeanine Ford  
Jeanna Morgan  
Jenni Burgan  
Jennifer Kirby  
Jennifer Venema  
Jeri-lyn Walsh  
Jill Stidham  
Jo Anderson  
Jody Burdette  
Josephine Duncan  
Julia Grammer  
Julia Hunter

Julie Stancato  
Karen Holderman  
Karen Traband  
Karen Christensen  
Karen Feichtner  
Karen Grundy  
Karen Embrey  
Karen Spires  
Kari Hemenway  
Karin Smith  
Katherine Palormo  
Katherine Osborn  
Kathleen Montgomery  
Kathy Beachy  
Katie Nowell  
Katrina Peabody  
Kelly O'Neal  
Kerri MacDonald  
Kim Cox  
Kim Duran  
Kimberly Waldren  
Laila Sunday  
Laura Dusha Nelson  
Laurie Dimino  
Lavern Pease  
Leah Konowalchuk  
Linda Trask  
Linda Wilberton  
Linda Cole  
Lipschutz Sirene

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

– Author Unknown





Lisa McKenrick  
Lisa Bramblet  
Loran Watkins  
Lorrie Daniels  
Lynn Baker  
Madelyn Shields  
Marie Hartman  
Marie Porter  
Marie Westphal  
Marilyn Godfrey  
Marilyn Black  
Marilyn Pirrie  
Marilyn Hartman Sullivan  
Marilyn Keurajian  
Marje Seiler  
Martha Beyersdorf  
Martha Koukios  
Mary Wilcox  
Mary Ambrosio  
Maryellen Benton  
Maureen Poorman  
Meekah Sage  
Megan Ellis Raffaelli  
Merrilyn Blackmore  
Michelle Ingrahm  
Michelle Johnston  
Micki Bouthillier  
Monica Wagenbach  
Nancy Covino  
Nancy Diercks

Nancy Murphy  
Nancy A. Brown  
Natalie Faber  
Niki Michaels  
Noelle Miller  
Norma Hart  
P B Harty  
Pam Houge  
Pamela Ford  
Paris Lujan  
Patricia Dean  
Patricia Hughes  
Paula Young  
Penny Precopia  
Polly Simmons  
Ramona Morris  
Rebecca Meyers  
Rebecca Knocke  
Rebecca Gour  
Rhonda Everman  
Robin Renzelman  
Rochelle Gale  
Rosemarie Diederick  
Ruby Slider  
Sally Sirkel  
Sandra Little  
Sandra Lamb  
Sandra Morrow  
Saralane Raboci

Shannon Burkemper  
Sharlene Burton  
Sharon Schrader  
Sharon Franklin  
Sheila McLaughlin  
Sherry Rast  
Starletta Schipp  
Stella Gilbert  
Stephanie Cavitch  
Sue Dalos  
Sue Robinson  
Summer Erway  
Susan Smith  
Susan Ferry  
Susan Bettys  
Susan Vandall  
SuZan Brown  
Suzanne Smith  
Suzy Rhoades  
Tamara Oster  
Tamaya Hoyt  
Tami Crouch  
Tammy Caltagirone  
Tammy Collins  
Tara Layne  
Tara Weckerly  
Teri MacIntosh  
Toni Lachine  
Tracy Van Vliet  
Tywana J. Lambert

Vanessa Ingoles  
Vicki Frederick  
Virginia Meyer  
Wanda Byford  
Wanda Sturrock  
Wanda Sue Aldridge  
Wendie George





# 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).

## Ladybug Hotel

Have you ever noticed a bunch of ladybugs swarming at the base of a plant in the early spring? They do that to wake up from their long winter naps. Ladybugs, or lady bird beetles, face the winter together by aggregating in tight crevices and leaf litter to shelter from the elements from around November through February each year.

Finding a swarm of these beauties in your garden is great news because ladybugs are one of the most beneficial insects around. They work their magic by eating aphids, spider mites, scales, mealy bugs, leaf hoppers, and other types of soft-bodied insects. In the larva stage, one little bug will eat about 400 aphids, and each fully mature ladybug will eat a very *unladylike* diet of 50 to 60 aphids per day, along with other pests. And more ladybugs at work in the garden means less of a need for pesticides. Hoping to make some little ladies feel right at home in our gardens, we built a ladybug hotel; hopefully, it can be a shelter for our next cold winter months for these ladies, too. Salvaging an old biscuit tin (any weather-resistant container will do), it was time for a little forest hike to collect materials, which included bark, lichens, moss, and pinecones. The bamboo poles came from a local hardware store and were cut to fit the depth of my biscuit tin. The rest of the layers were tightly tucked in the tin, and we had ourselves a bug hotel that doubles as garden art and a safe haven for our beloved ladybugs.

If you’re inclined, you can invite some ladybugs to travel your way via FedEx. Visit [PlanetNatural.com](http://PlanetNatural.com).



*Meg*









# Sister Loves

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

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



MAIL-ART MAVEN  
(SISTER #6)

Even though I pride myself on having a green thumb, I've always been a bit afraid to try my hand at growing orchids. But with the encouragement of a few grower friends and some tips from the pros, I'm ready to give it a "grow." I'd be delighted to try any of these varieties from **Orchids by Hausemann**, a family company working to preserve seeds from rare and endangered species.

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





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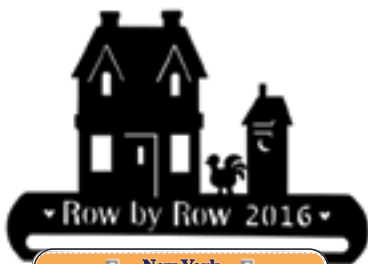
2016

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# Each Other



Don't Let Your Babies Grow Up to Be Mamas

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



Melyssa Williams (Sister #161) was homeschooled and spent a perfectly ridiculous amount of time reading and writing, usually in a tree, sometimes with pet chickens. Now she stays out of trees, but still reads and writes. There are three not-so-small-fry in her house that refer to her as Mom, and keeping in tradition, she puts them in trees with good books. She is the author of the *Shadows* trilogy for Young Adults, and can be reached at [ShadowsGray.com](http://ShadowsGray.com).

## Parenting Wolverines Teenagers

Normally, I focus on parenting those epic little monsters, toddlers, but I have a confession to make: I no longer have any. Gulp. Sniffle. They have grown into \*gasp\* wolverines-teenagers.

Parenting teens is not for the faint of heart, and anyone who tells you differently is selling something. (Probably Valium, or whiskey, or solo trips around the world. You know. The bare essentials of parenting a teen.)

My teens alternate between being grown-up, mature, responsible, near-adults, to hovering near the infant, hissy-fit throwing, dramatical wailings of a 3-year-old hyped up on fruit snacks. They can be filling out job applications one minute, and stashing potato-chip bags under the bed the next.

My eldest teen started college early this year. Well, she has one class. Once a week. It's like College Prep 101. But to hear her tell it, she's in college.

*Hey, mom, off to college!* She randomly texts me throughout the day.

*Guess where I am right now? In COLLEGE!*

*Hey, I really need some fruit snacks. Like, it's an emergency, Mom.*

My other teen just got over her first relationship. It started on Monday and ended on Friday. I had to tell her that the flowers he gave her did not signify their love ... when they browned a bit by Wednesday, there was no need to read anything into that. Alas. Their great love is dead.

Another thing they like to say (which is causing my husband to turn into a white-haired gnome, rocking in the fetal position in the corner) is, *I got this*.







Homework? They got it. Nutrition? They got it. Curfew? They got it. Rules and boundaries? They got 'em. You can't tell them much of anything, because—you guessed it—*they got it.*

They sleep like the undead, have nocturnal hours, eat like horses (but only at really obnoxious times), growl unintelligibly more often than form words, and ... they drive.

Like, really. Who thought THAT was a good idea? Give the hormonal, Red Bull-fueled, vampire queen a driver's license. Awesome.

And somehow, they wrap society around their little fuschia-painted fingernails. Case in point: my college-bound teen keeps getting nominated for school things. The latest, an all-expense-paid, week-long trip for the Rotary Club.



"We are so impressed with your daughter!" a lady cooed to me after she flailed me down in the parking lot (as I tried to escape). "Aren't you just so, so, SO proud??"

"Um, yes," I falter, remembering the laser-beam glare I had just received moments earlier from said daughter when I dared to pull up to the wrong curb to let her out.

How do I get an all-expense paid trip to somewhere? Anywhere?

But on the flip side, they are fully potty trained, capable of buckling their seatbelts, and can drive me places. So, there's that.







# Each Other



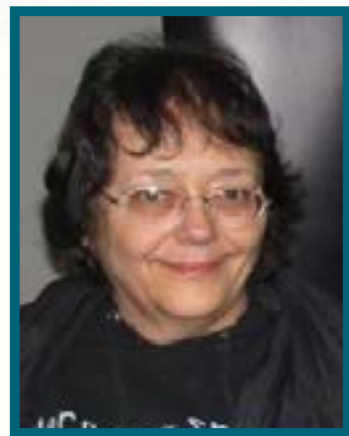
## Scattered Prairie Gals

### Scattered Prairie Gals Farmgirl of the Year

We have online "Henhouses" for our Farmgirl Sisterhood members. One of those Henhouses, "Scattered Prairie Gals," chose their very own "Farmgirl of the Year" for their group. Congrats to Darlene (aka: Darlenelovesart)!!! Here's Darlene's bio:



*MaryJane* 



My hobbies are numerous; I love to try all crafts and arts and love Zentangling, and have done some quilting, sewing, cross-stitch, plastic canvas, card-making, posters, and so on. I have done some knitting and crocheting as well. There's more out there I haven't tried yet.

I live in a beautiful area, where I am seven miles from the ocean and can see the surf waves, when they're high, from my front-room widow. It only takes 10 minutes to go to the Redwoods and enjoy a picnic or camping in them. I love rocks and am fortunate enough to have a rock shop in the area, where I enjoy just looking at them.

I have three beautiful granddaughters: a set of 4-year-old twins and one in her 20s. I enjoy them whenever I can. I love my Lutheran church family and Ferndale, California, where it's located. I also attend Bible study at the little church here in Loleta, California. I enjoy people and helping where I can. I am very busy volunteering and am in the Chamber of Commerce in Loleta, which is a dairy community and home to a cheese factory. There's a lot of history in this town as well. The views from the top road and other roads are gorgeous.

I was working at a school in Eureka when I found MaryJanesFarm. I had been on the computer in a quilting swap, and as I was wandering around on the Internet, I found MaryJanesFarm and was hooked. I began with just watching, then joining some little swaps like making Dotee Dolls and cards and other swaps, and I just loved the swaps and the people. I have made so many friends on the farm, and they have been so supportive to me and have taught me a lot since I have been there. I hope to help others wherever I can and love the people who have helped me in the main office. And MaryJane has come up with some great ideas that have encouraged me to do more.





“Flowers always make people better, happier,  
and more helpful; they are sunshine food,  
and medicine to the soul.”

– Luther Burbank

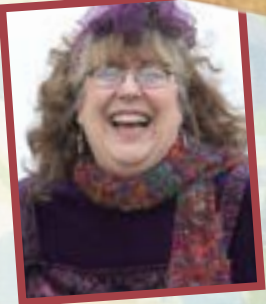




# Sister Loves

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

Carol's  
PICKS  
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,  
UKULELE ENTHUSIAST  
(SISTER #3)



Amazon



Amazon



Lily & Val

The lovely month of May is the perfect time to say "thanks" to Mom. Whether you do that with a simple phone call, a homemade card, or a small token of affection, be assured that Mom will appreciate it—there's nothing more special to a mother than a declaration of love from her son or daughter. Here are a handful of finds and ideas.



Magnolia Homes



Amazon

Tea Infuser

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

5-Year Journal  
for Moms



Amazon



Amazon

Tea Bag Holders

20

May 2016

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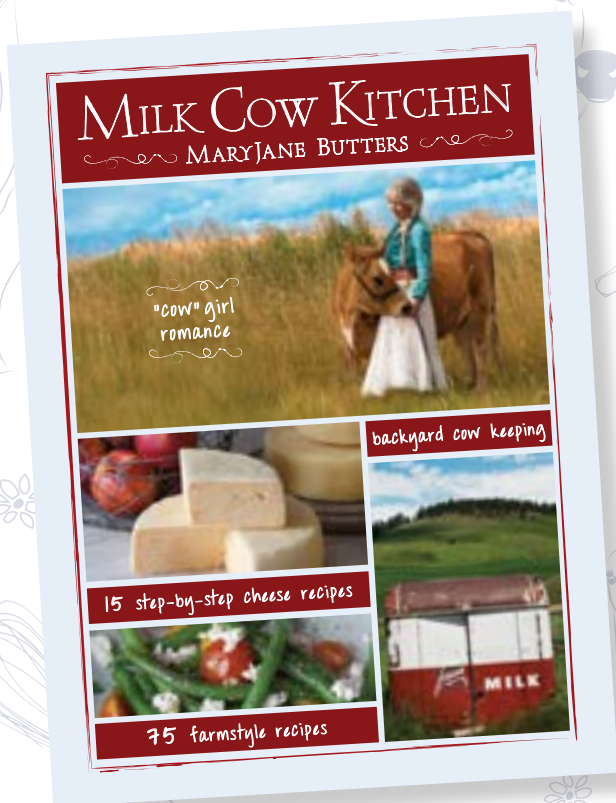




“In her fifth book, MaryJane covers just about everything cows and dairy. If you can make it past the food and cheese recipes without needing to eat, you’re a better “cow”girl than I. But the real gem of the book is the hooves-up, how-to advice on keeping a healthy, happy, backyard cow. Whether you’re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

– Laurel Bake, Dexter milk cow owner

# MILK COW KITCHEN



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

MaryJane



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

\$35/available wherever good books are sold





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

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



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



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





# Each Other



Homeschooling with Melyssa



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



Melyssa Williams (Sister #161) was homeschooled and spent a perfectly ridiculous amount of time reading and writing, usually in a tree, sometimes with pet chickens. Now she stays out of trees, but still reads and writes. There are three not-so-small-fry in her house that refer to her as Mom, and keeping in tradition, she puts them in trees with good books. She is the author of the *Shadows* trilogy for Young Adults, and can be reached at [ShadowsGray.com](http://ShadowsGray.com).

## Homeschooling Then vs. Homeschooling Now .....

I was homeschooled Back in the Day.

The days of the '80s and '90s. When Michael Jackson and Whitney Houston ruled the charts, My Little Ponies were brand new, we pegged our acid-wash jeans, and the Internet hadn't been invented yet.

**Homeschooling Now ...** you have the best of the best in curricula choices. Endless varieties to suit your style, your needs, your budgets, your religion, your every whim.

**Homeschooling Then ...** you had a Trapper Keeper and a Saxon math book, and maybe some of those pencils you begged your mom for: the plastic-tube kind that had a dozen tiny pencil leads in little pink capsules that you lined up and could rotate around. Lose just one of those capsules (likely to be sucked up in Mom's Rainbow vacuum) and you were screwed. And if you wanted an answer to something you had to write an essay about? You looked it up in the *1974 World Book Encyclopedia* set that was missing the "N" volume. No Google. Seriously, homeschooling whippersnappers of today, respect your elders. *We graduated without Google.*

**Homeschooling Now ...** you have tons of support and peer groups who are doing the same thing. It's not weird at all anymore to homeschool, unschool, whathaveyou.

**Homeschooling Then ...** well, let's just say if you found another weirdo like you, you flew on angel's wings to their side, where you embraced fervently, wept appropriately, and promised to be best friends forever (and you still are). Your Homeschool Club consisted of five kids, and four of them were your siblings.

**Homeschooling Now ...** they have Homeschool Proms and Homeschool Yearbooks.







**Homeschooling Then ...** you had no such things. I mean, sure, I was Valedictorian, Homecoming Queen, and won the school Talent Show every year running ... but yeah. I was homeschooled. My sister wasn't much for competitions. Also, she was six.

**Homeschooling Now ...** no one bats an eye when kids run amok during school hours.

**Homeschooling Then ...** I cannot even tell you how many times I had to explain to some well-meaning stranger that I didn't go to school. And it was legal. Yes, I was sure. No, they didn't need to call my mom. No, I am not making this homeschooling thing up, I swear, ma'am.

**Homeschooling Now ...** the homeschoolers can take part in public school sports, or statewide testing, or go to school part-time for violin or whathaveyou.

**Homeschooling Then ...** they might let you in, but you had to sit with the other outskirts: the jock, the nerd, the cheerleader, and the goth. No, wait. That's *The Breakfast Club*.

**Homeschooling Now ...** consists of personal laptops, pop-up online professors at your disposal, co-ops, and endless help from the community.

**Homeschooling Then ...** meant if you needed help with something, you went to Mom, and if she didn't know, you biked yourself to the library to borrow the "N" volume.

And did I mention there was no Google?







# 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.

## Coconut Date Rolls

Much of my time in the kitchen is spent preparing meals with the likes and dislikes of my family always on my mind. Some of these dislikes include coconut and all nuts—things that I happen to be quite fond of. I rarely make something just because I like it, but every once in a while, a little selfishness and indulgence is in order. That's where these delicious little date rolls come in. They come together in a snap and keep well in the refrigerator (or freezer if you need to store them for longer). Since they're so quick, easy, and delicious, I feel completely justified in stealing a little time for myself. Enjoy!

### Coconut-almond Date Rolls

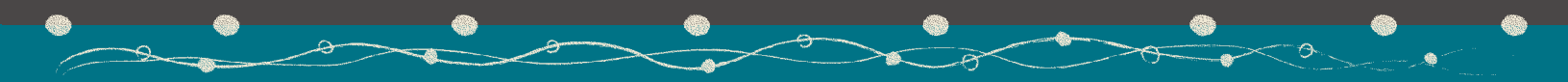
Prep Time: 30 minutes

Makes: about 12 rolls

- 1 cup blanched and slivered almonds
- 3/4 cup finely shredded coconut, divided
- 3/4 lb dates, pitted
- 1 t almond extract

1. Add almonds and 1/2 cup coconut to a food processor; pulse into coarse meal. Add dates and almond extract and pulse into a thick paste (you'll probably need to stop and scrape the bowl a couple times—this stuff is thick).
2. Add remaining 1/4 cup coconut to a small bowl; set aside. Using 1 T at a time, roll paste into balls. Roll balls in coconut and place balls in an airtight container until ready to devour (if you store them in the refrigerator, they will firm up).









# Outpost

## Unleashing Your Inner Wild



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

## Get Out and Start a Photo Journal

If you love the idea of journaling but just never seem to find the time, then a photo journal may be the perfect creative outlet. And now that warm weather is luring you out the door, there's no better time to begin chronicling your daily adventures.

That's how it all started for photographer Jesse Burke, who set out to experience the many marvels of nature with his daughter, Clover. After five years of road-tripping and exploring with camera in hand, Burke produced one of the loveliest photo journals we've ever seen: ***Wild & Precious***.

In Burke's words, "The goal of *Wild & Precious* is to inspire families to spend time together connecting with the natural world. To experience the magic of discovering new landscapes and learning about new animals species. To encourage respect for nature and to nurture a deep understanding of environmental conservation. To illustrate everyday opportunities for families to deepen relationships as a result of these simple and beautiful shared experiences. To unplug from the digital matrix, to get dirty and seek adventure."



*Wild and Precious* book cover courtesy of [DaylightBooks.org](http://DaylightBooks.org)



Photo by KaBoomPics via Pixabay





Photo by KaBoomPics via Pixabay

With the inspiration of this book tucked in a pocket of your mind, strike out with your camera—or iPhone—in hand. Photo journaling is not about perfection. It's about looking deeply and collecting nature's little secrets without leaving a trace. It's about making memories and keeping them to savor and share.

Try to take at least one picture per day for a month, a season, or an entire year (check out the [365project.org](http://365project.org)).

"Using your camera every day will open your eyes to the photographic possibilities that abound in your everyday life," photographer Katie McEnaney says in a **Digital Photography School** post. "I find myself noticing so much more now that I would have just passed by without comment before: the way the shadows on the wall change with the hours, or the tiny details of fallen pollen on the inside of a flower. Daily photography has made me keenly aware of the passing of the seasons and the small differences in each day."

Your photo journal can be completely digital, saving space and paper, or you can go the old-fashioned route and print your journal as an album or calendar using a site like **Keepsy** (where you can even create a book from your Instagram feed). For more info and inspiration, visit these sites:

- **How to Create a Photo Travel Journal** by Jaymi Heimbuch on Mother Nature Network (tons of practical and creative tips)
- **Wild and Precious** (warning: watch the gorgeous short film by Jesse Burke with hankie in hand)

MaryJane 



# 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](#)

## GYO Kokedama

If the title of this entry left you scratching your head, allow me to translate:

- GYO: Grow Your Own (You guessed that one already, didn't you?)
- Kokedama: Literally translated from Japanese, it means "moss ball." A kokedama is a ball of soil covered with moss from which an ornamental plant grows (otherwise known as "super-fun garden project").

This delightfully green Japanese art form is the perfect way to kick off the 2016 garden season. Not only are kokedamas easy to create, they also offer immediate gratification for the impatient gardener.

What's more, kokedamas can be suspended in shady (moss-friendly) nooks all around the house, giving winter-weary corners a fresh and forested feeling in a flash.

### *You'll Need* (for one kokedama):

- One small, shade-tolerant plant
- 7:3 ratio of **coconut coir** (an ecologically responsible **alternative to peat moss**) and organic potting mix
- Dry sphagnum moss (an 8-oz bag will be more than enough)
- About 3 cups of live moss (buy at a garden store or harvest your own)
- One small roll of twine, sisal, or cotton thread
- Scissors
- Garden gloves
- Large bowl of water

### *Here's How:*

1. Gently pull your plant from its original pot and remove two-thirds of the soil (careful not to break the roots).
2. Wrap the roots with wet sphagnum moss and secure by wrapping with twine.
3. Mix coir and potting mix with enough water to form the soil into a ball that is roughly the size of an orange.



Photo by Kokedamy.cz via Wikimedia Commons



Photo by Kokedamy.cz via Wikimedia Commons





4. Make a small hole in the soil ball and gently press the moss-wrapped roots of your plant inside it. Bury the roots completely, and firmly pack the ball back into shape.
5. Begin adding live moss to the outer surface of the ball, packing firmly. Secure with a final wrapping of twine. You can create orderly vertical "stripes" of twine, a crisscross checkerboard, or a haphazardly "natural" wrapping. Leave enough twine at the top to hang your moss ball.

Below is a handy video tutorial to give you the visual gist of the creation and care of kokedama.

*Mary Jane* ❤️

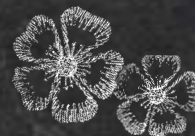




# Stitching & Crafting Room



Stitches of Fun & Laughter!



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



Dori Troutman (Sister #6167) is the daughter of second-generation cattle ranchers in New Mexico. She grew up working and playing on the ranch that her grandparents homesteaded in 1928. That ranch, with the old adobe home, is still in the family today. Dori and her husband always yearned for a ranch of their own. That dream came true when they retired to the beautiful green rolling hills of Tennessee. Truly a cattleman's paradise! Dori loves all things farmgirl and actually has known no other life but that. She loves to cook, craft, garden, and help with any and all things on their cattle farm.

## Mother's Day Flowerpot Tutorial

This is such a simple and inexpensive project that makes a very fun Mother's Day gift. You can use any size flowerpot and fill it with all kinds of goodies—there are so many things that you could put in your pot. Use colorful spring fabric to make it a bright and happy gift.







## You'll need: .....

fabric scrap  
Mod Podge  
foam paint brush (disposable)  
scissors  
fabric marking pen

**Step One:** Iron your fabric so that it's smooth and wrinkle-free. Lay it on a flat surface, wrong side up, and set your flowerpot on its side along the edge of the fabric. Measure approximately 2" above the flowerpot and mark a line with your fabric pen, then roll the flowerpot and continue marking the same distance. (Your pot will not roll straight; it will roll in a circular motion.)

**Step Two:** Cut along your drawn line.

**Step Three:** You will end up with a shape similar to this.

**Step Four:** Using your foam brush, place a liberal amount of Mod Podge on a small section of the base of the flowerpot. Do not put any on the rim at this time.

**Step Five:** Place your fabric on the pot and, working in small sections, add glue to the pot, pressing your fabric in place as you work all the way around.

**Step Six:** When you get to the end of the fabric, place Mod Podge on the fabric as well as the pot, so that you get a good clean edge that will stay in place. (If your overlap is more than 1", cut your fabric.)



continued ...





continued ...

**Step Seven:** Cut the fabric at the bottom of the pot so that only a small bit is left. Place Mod Podge on the bottom of the pot, pressing your fabric in place. Set aside and let the Mod Podge dry for a few minutes.

**Step Eight:** Cut slits in the top edge of the fabric almost, but not quite, to the edge of the pot. (These cuts are important, as they will keep the fabric from bunching and puckering when you fold it over.)

**Step Nine:** Place Mod Podge along the outer and inner rims of the pot. Press your fabric in place along the rim and then carefully fold the fabric to the inside of the pot. Add more Mod Podge as needed.

**Step Ten:** Place a final coat of Mod Podge on the pot, covering the fabric. This gives a nice finish and makes your pot more durable.

**Step Eleven:** Fill your pot with any fun goodies that you'd like to gift to that special lady you call Mom!









SISTERHOOD SUPPLIES

# 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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SISTERHOOD SUPPLIES

# MaryJane's Home Lighting



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.....



# Hello from Winnie Nielsen



Winifred Nielsen, AKA Winnie (Sister #3109), was our Farmgirl Sister of the Year for 2014–2015. Winnie lives in Florida with her hubby of 37 years and has two grown daughters. She discovered MaryJanesFarm at her local Tractor Supply and immediately declared herself a farmgirl at heart. Winnie is a retired nurse who has also worked to create healthcare training programs for high school students and programs for at-risk teens that introduce them to healthcare careers. Winnie and her husband travel extensively, and she shares some of her adventures on The Farmgirl Connection. Now that she's retired, she's "thrilled to have time to learn new skills like knitting, simple vegetable gardening, and reading on topics I have longed to have time to dig into." She also enjoys making jam using our ChillOver Powder!

## Farmgirl Mail

When you open your mailbox and see a letter written to you, do you immediately look to see who the sender could be? Are you instantly excited to have a real letter or card just for YOU? Yes, I'm talking about that old-fashioned mail we used to receive before there were iPhones and e-mail. Like the days when you could count on your grandma to send you a birthday card. I am aware of a unique excitement and warm feeling when I race to open the note and read the greeting. Sometimes, I find myself smiling, laughing, or even feeling teary. Just a friendly note, a thank-you, a holiday greeting means so much when it arrives, unexpectedly, in your mailbox. Do you have the same experience?

Here at MaryJanesFarm, we like to say that Farmgirl Mail is the BEST! We like to mail handwritten notes when we participate in swaps, send extra support to someone having a rough time in their life, thank someone for an unexpected surprise, or remember a birthday or special holiday. Since I joined the Farmgirl Sisterhood nine years ago, I have received many lovely handwritten notes and written my share. Being raised in the 1950s, I was brought up writing thank-you notes and I had a pen pal in England that I was paired up with in fifth grade and wrote to for many years. However, as computers, phones, and e-mail became the norm, my letter-writing days were almost nonexistent. The Sisterhood experience rekindled that desire to write letters again.



There is a beauty about someone taking the time to write and mail something. It's a connection that cannot be replaced by another form of communication. You can also read and re-read the note over and over and save it; a handwritten note has permanence.

As Farmgirl Sister of the Year from 2014–2015, I asked if I could write to all of the new Sisterhood members each month. Preparing my monthly notes was such a joy as I tried to write every person a meaningful message of welcome.

I hoped they would come to love MJF as much as I have, and I wanted them to know I was glad they had joined and that I looked forward to learning more about them. What I was not counting on were the many handwritten notes that came back to me in response to my own. Each one was totally unexpected and like a treasure just waiting in my mailbox. I cannot begin to tell you what each response meant to me. Farmgirls shared their interests, hopes with joining the Sisterhood, stories about





their grandmothers, and even special photos. They were the sweetest heartfelt notes you can imagine! I never in a million years expected so many notes and postcards in reply, with lovely sharing in every one of them.

Farmgirls, if you've gotten away from sending handwritten notes or cards, I encourage you to try it again. Get some pretty notecards, make a few cards, or find some fun postcards, add a few colored writing pens for fun, and start reviving this wonderful and meaningful exchange with family and friends. I promise, the love will come back and be sitting unexpectedly one day in your mailbox. There's nothing more fun than finding that treasure waiting just for YOU!

Farmgirl Mail is BEST!!







Enchanted Grove

MaryJane's Home is now available at:

**BON•TON**

**Fred Meyer**

Spring has sprung!

• Carson Pirie Scott

• Elder-Beerman

• Bergner's

• Herberger's

• Younkers

• Boston Store

**LINENS•N•THINGS**

Exclusively sold online at  
**JCPenney**

Exclusively sold in Canada at  
**Sears**

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# moda

## ONCE UPON A CHICKEN

### FABRIC by MaryJane♥

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

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

-OR-

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

My fabric is also available at **FatQuarterShop.com** and your local quilt shop.

DON'T DELAY!  
SUPPLIES ARE LIMITED.

PROJECT  
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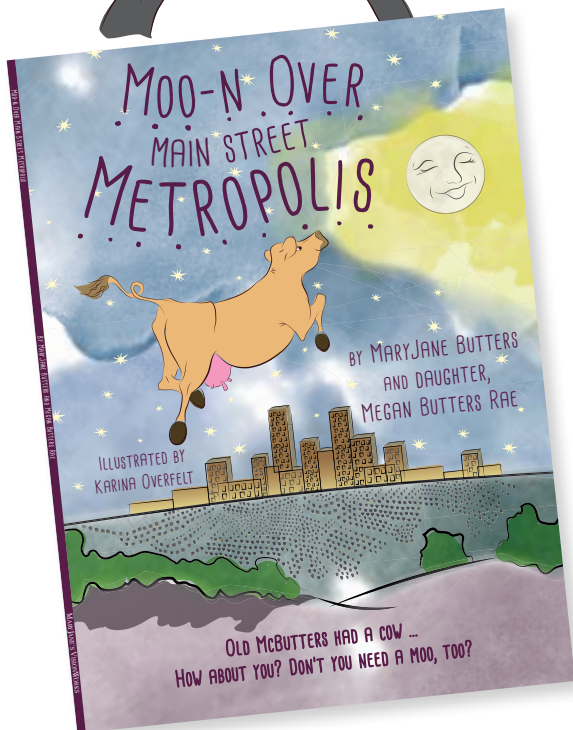


# Moo-n Over Main Street Metropolis

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

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

To order a copy for only \$9.89,  
GO TO [MARYJANESFARM.ORG](http://MARYJANESFARM.ORG)



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

— Suzanne Gibbs Taylor, Creator of BabyLit®

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



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**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.

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





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

- Grant Wood





# Make it Easy



Happy Hearts Make Light Work

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



CJ Armstrong (Sister #665) was our 2010 Farmgirl of the Year, and she's the one woman we know who's capable of stealing anyone and everyone's heart. CJ and her sidekick daughter, Robin, can be found in campgrounds around the country 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

Spring is here, and it's wonderful to see the green grass, new leaves on the trees, and flowers making their way up through the soil, gracing the world with all their beautiful colors, shapes, and fragrances. I hope you're looking forward to the beauty of spring and all it brings.

There are lots of different swaps in progress, and I hope you've been looking them over to see what fun ones you can participate in. It seems like there's a great variety to choose from right now.

One that I think will be fun is one that I'm hosting, "Buttons by the Dozen." I believe it's fairly accurate to say that farmgirls like buttons! Hope you'll take a peek [here](#).

Once again, there's the monthly Cookie Cutter Ornament swap, this one for the month of May. Making these ornaments throughout the year is a good way to be ahead of the holidays. Take a look at this one [here](#).

Farmgirl Mail Art now has its own section on the Connection, and this is a fun swap to participate in every month. Kristi Wildung is the host, and you can find more info [here](#). You can also check out the different monthly threads to see what the Farmgirl Mail Art artists are up to.

I'm sure that most of you are perusing seed catalogues and planning your gardens. Or, perhaps you live in a climate where you've already planted and are already reaping the bounty. Enjoy your spring and some fun Farmgirl swaps!

Farmgirl Mail Art



Farmgirl Mail Art











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 Columbian 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.

## DIY: Natural Cleaning Solutions

Green leaves are peeking out on limbs and early blossoms are coloring the city pink and yellow. The long-awaited warmth of spring is here, and I'm excited about the promise of a new garden space. While it's still a bit early for dreams of tomatoes ripening on the vine, a deep spring cleaning is surely calling my name.

We all know that commercial cleaning products contain harsh chemicals that can irritate the skin, burn the eyes, sting the lungs, and poison the land and water we cherish. Not to mention the budget-busting expense and all the waste produced by those empty plastic bottles and extra packaging. I've been using my own cleaning formulas for years now, and love how easy and inexpensive they are to create.

These quick and easy recipes will help you prepare your home for the warm months ahead, using only natural ingredients. Great to have on hand year-round, these homemade cleansers can replace conventional cleaning products in your cupboard with just a few basics like vinegar, baking soda, lemon juice, and essential oils. It feels so good to banish toxins from your home while saving money, too!

Time for some good scrubbing!

### *Super Surface Spray*

- 16-oz spray bottle
- 8 ozs distilled white vinegar
- 6 ozs water
- 2 ozs vodka or rubbing alcohol
- 10 drops organic lavender essential oil
- 5 drops organic rosemary essential oil
- 5 drops organic lemon essential oil

Combine all ingredients in the spray bottle and shake well before each use. Use this aromatic and disinfecting solution for cleaning kitchen counters, cabinets, refrigerator shelves, glass, blinds, painted wood surfaces, painted walls, tile, sinks, tubs, and fan blades.







## *Herby Soft Scrub*

- glass pint jar
- 1/2 cup baking soda
- 1/2 cup Castille soap
- 15 drops organic rosemary or tea tree essential oil

Mix well until you have a nice pasty consistency. You can add 1 t vegetable glycerin or aloe vera gel to keep the blend moist. Use to scrub tubs, sinks, and tile surfaces. Rinse away with water or a vinegar solution.

## *Antibacterial Soap Spray*

- 16-oz spray bottle
- 14 ozs water or organic rosemary hydrosol
- 3 T Castille soap
- 15 drops organic tea tree essential oil
- 15 drops organic oregano essential oil

Use this cleaning spray to disinfect your bathroom surfaces. You can use the Super Surface Spray to rinse away any residue left behind by the Castille soap.

## *Fab-Breeze Spray*

- 16-oz spray bottle
- 3 ozs unflavored vodka
- 15 drops organic lavender, ylang ylang, sweet orange, or your favorite essential oil
- 12 ozs organic hydrosol of your choice

Mix all ingredients in the spray bottle and shake well before each use. Spray to refresh your mattress, pillows, bed linens, couches, and fabric-covered chairs, or clean winter blankets before storing for the year. This also makes a wonderful ironing spray and general room deodorizer.



continued ...



continued ...

### *Natural Lemon Furniture Polish*

- 16-oz spray bottle
- 1 cup organic olive oil
- 25 drops organic lemon essential oil
- 1/4 cup fresh lemon juice
- 1/4 cup distilled white vinegar

This solution will leave your wood surfaces clean and well conditioned. Mix together in a spray bottle and shake well before each use. Spray onto a soft rag or directly onto wood furniture and be sure to buff the surface dry immediately.

### *Tropical Carpet Deodorizer*

- 1 cup baking soda
- 10 drops organic lemongrass essential oil per cup
- 10 drops organic mandarin essential oil per cup
- 10 drops organic ginger essential oil per cup
- 1/4 cup organic lavender flowers

Mix together and immediately sprinkle the aromatic blend onto your carpet. Allow to sit for at least 30 minutes, then vacuum as normal. Makes a wonderful mattress deodorizer, too.

### *Wood Floor Mop Formula*

- 16-oz spray bottle
- 1/2 cup distilled white vinegar
- 1 t vegetable glycerin
- 20 drops organic lemon essential oil water

Spray, mop as usual, and quickly buff dry to protect your floors. They will be glossy and clean with a lovely lemon scent.







## *Mop-It-Up Formula*

- 16-oz glass bottle
- 1 cup distilled white vinegar
- 1/4 cup Castille soap
- 20 drops organic lavender essential oil
- 20 drops organic sweet orange essential oil

This is the perfect liquid cleaner for tile floors, vinyl, or linoleum. Mix the solution with 2 gallons of hot water and mop away the dirt and grime. For wood floors, leave out the Castille soap and wipe spots clean by hand or mop and buff dry quickly.

## *Essential Oils for Cleaning*

Basil, Bergamot, Cardamom, Cinnamon, Clary Sage, Clove, Eucalyptus, Fir, Ginger, Juniper, Lavender, Lemon, Lemongrass, Myrrh, Nutmeg, Orange, Oregano, Peppermint, Pine, Rose Geranium, Rosemary, Sage, Spearmint, Spruce, Tea Tree, Thyme, and Ylang Ylang







# Cleaning Up

The Work of Our Hands



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

## Join the Slow Flower Movement



'Tis the season of freshly cut flowers. Whether you're planning your dear daughter's prom, a spring wedding, or your best pal's baby shower, flowers are a must. But before you begin buying bouquets, there are a few flower facts you should know ...

According to Kristine Wong of *Modern Farmer* magazine, domestically grown flowers accounted for 64 percent of U.S. flower sales in 1991. But things changed drastically that year, when the U.S. entered into the Andean Trade Preference Agreement (ATPA), which eliminated tariffs on a number of products from Bolivia, Colombia, Ecuador, and Peru. "Part of the War on Drugs, the pact had among its goals persuading South American farmers to cultivate flowers instead of the coca that ends up as cocaine. Colombia, in particular, quickly flooded the American market with cheap, duty-free cut flowers, devastating the U.S. industry, especially in California, which supplied 75 percent of the nation's cut flowers before the passage of the ATPA," Wong explains. "Once home to more than 500 flower farmers, the state claims just 200 today. Colombia is now the source of 78 percent of cut-flower imports to this country. An additional 15 percent come from Ecuador, with Africa, China, and Europe, making up the difference."



Photo by Karaitseva via Pixabay





Not only was the ATPA devastating for American farmers, it also meant that the flowers flooding the market were being grown without the protective labor and environmental standards required domestically. Wong says, "The flowers in your typical supermarket bouquet, in other words, were likely tended by underpaid laborers exposed to harmful pesticides, preserved with chemicals, and cut days or even weeks earlier."

Not a very romantic picture, to say the least.

Finally, 14 years later, U.S. flower farmers started re-staking their claim to the industry with the "Certified American Grown" label. Created by the California Cut Flower Commission in cooperation with Made In USA Certified, Inc., the label is reserved for bouquets of flowers and foliage have been grown and assembled in the United States. In 2014, the label began showing up in mainstream markets like Safeway, Whole Foods, and Trader Joe's.

So, how do you find Certified American Grown flowers for your next event?

It's easy, thanks to **Slow Flowers**, an online directory to help you find florists, studio designers, wedding and event planners, supermarket flower departments, and flower farmers who are committed to using American-grown flowers. This user-friendly directory allows you to locate flower sources by searching city, state, or zip code. Choose a category (Retail Flower Shop, Floral Studio, Supermarket Floral Department, Weddings/Events, Flower CSAs, Flower Grower) and then choose a specific area of the country. Chances are, there's a Slow Flower source near you.



Photo by Listje via Pixabay

Slow Flowers was launched by flower farmer Debra Prinzing, who also wrote the gorgeous book, *The 50 Mile Bouquet: Seasonal, Local and Sustainable Flowers*.

P.S. If you'd like to become a Certified American-Grown Flower farm, find out how to start the process at [AmericanGrownFlowers.org](http://AmericanGrownFlowers.org).

MaryJane 



SISTERHOOD SUPPLIES

# Raising Jane® Pantaloons

(Sister Loonies)

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Price: **\$87.50**

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

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

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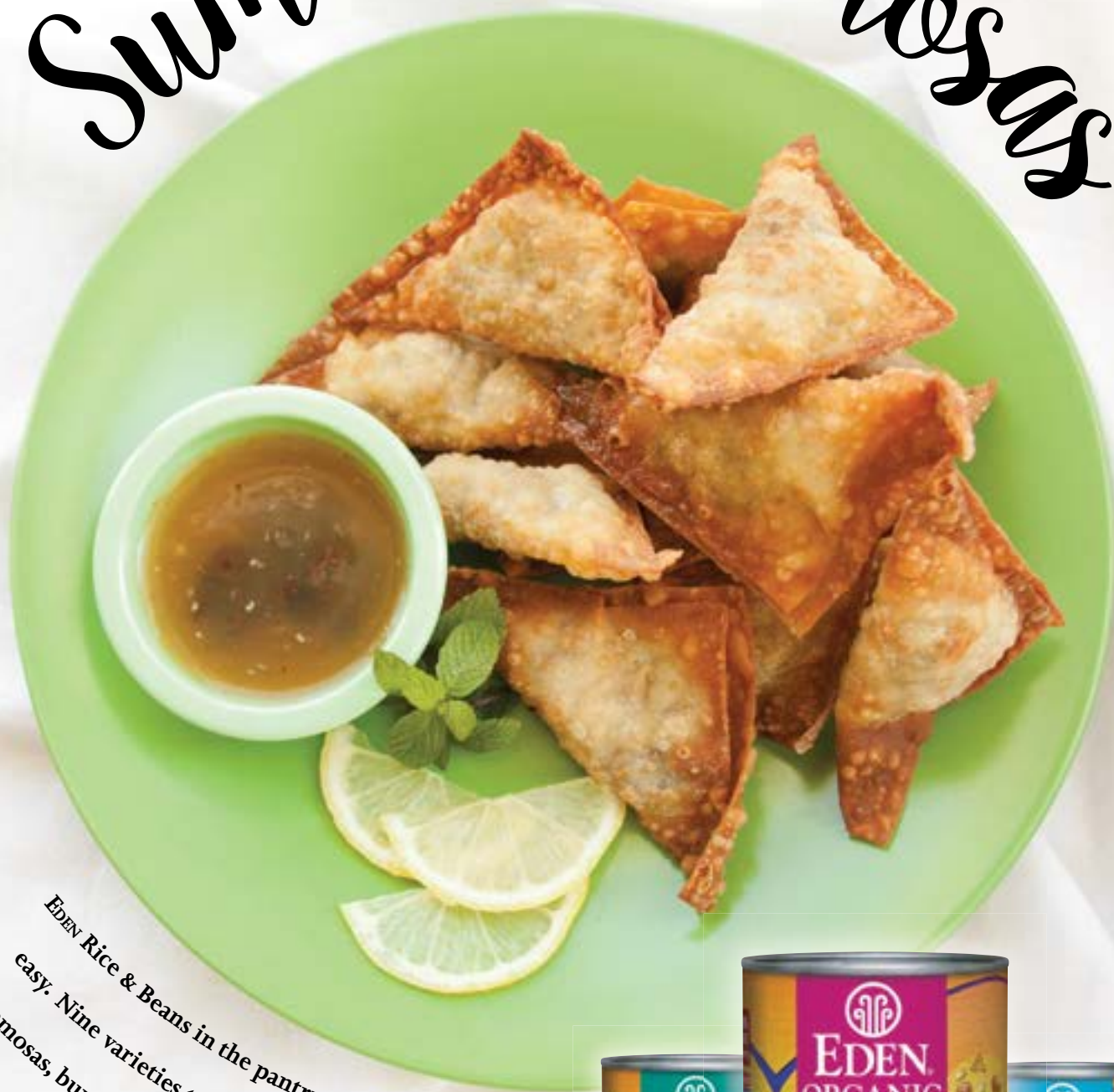








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# Sister Loves

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

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



GRAPHIC DESIGNER  
(SISTER #4)

Spring is one of my favorite seasons. I love seeing everything come to life. While I was browsing ideas for planting flowers of my own, I stumbled across these spilled flowerpot ideas on **Pinterest**. To learn how to make your own spilled flowerpot, visit **Balcony Garden Web**.

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







## 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  
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make it into a sticker  
for your trailer!)



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Loose Facebook page now  
has 16,099 members.  
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# May Sisterhood Special



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(continued)

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# May Sisterhood Special

(continued)



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**June 17-18 • Farm to Table Weekend**

**October 6 • Sumptuous Herb Harvest Supper**

**October 7-8 • Herb Harvest Festival**

Home of



[OzarkFolkCenter.com](http://OzarkFolkCenter.com)

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**Cabins at Dry Creek: 800-264-3655**



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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

### Barnyard Buddies: Sheep advice, please. Submitted by Daizy

Hey there,

My little Poor House Ranch is growing. The hens are laying again and the new baby hens are growing under the heat lamp and beginning to feather out ... egg production will be ramping up slowly as I build my egg clientele.

I need advice on what breed of lambs to start with for my southern area. I am in central Alabama and want fiber lambs.

continued ...





We have some hot days in the summer here and winters are mild compared to up North, but we still have freezing and below periods in the winter. Are there any sheep herders in the South that have had success with a particular breed? Any advice would be beneficial. I have read a lot, and now need to hear of others' experiences.

Thanks for chiming in and offering your opinions. Hugs. Share your experience [here](#).

**Farm Kitchen: My Milk Cow Kitchen. Submitted by nondairy**

I know it's a little late because MaryJane is now on the chicken fabric line, but thanks to some wonderful farmgirls, I recently received some of the Milk Cow Kitchen fabric and finally had time to sit down and sew. Here's what I've accomplished so far. I made some placemats for my table. I have lots of other ideas planned for my fabric, so check back for more pictures later. Share your ideas [here](#).



**Farm Kitchen: What is antique in your kitchen? Submitted by Red Tractor Girl**

There is a thread about this somewhere else, but I could not find it so decided to start a new one for us here.

When I was growing up, I had these little food cans to play with in my toy stash that had all belonged to my older brothers and sisters. I think the cans were actually toys that my mother played with. They were miniature Libby canned goods like the ones sold in the stores. The graphics seem to be very turn-of-the-century in look. My mother was born in 1914, so they could have easily been toys she had from her sister, who was born in 1907. They have been stored in a box for many years, and the other day, I decided to find some sort of shelving to put them on and place them in my kitchen.

I found this little shelf at an antique mall for cheap and it seems to work perfectly. The little Gerber cereal, Dominos sugar and Rice Krispies were samples that Mom put little wood blocks in.

Check out my little canned goods pantry next to my vintage stove from the 1930s. What is old in your kitchen? I would love to see what treasures you have from the past. Share your story [here](#).



continued ...





continued ...

**Garden Gate: Gardening for dummies. Submitted by Sobyn**

I have a black thumb ... seriously, I kill everything.

I really want to be able to grow things. I can only have containers right now, but hopefully next year we will be living somewhere where we can have an actual garden. But every time I invest in garden stuff like pots, soil, and seeds/plants, I kill them. My husband has had some success with tomatoes, peppers, and cucumbers. I kill ivy and aloe vera in pots. I have no idea what I am doing wrong.

So my question is ... is there a book (or website, or some other resource) that is very basic and explains exactly how to grow things for a complete novice (or a complete gardening failure)? I have *Square Foot Gardening* and *Your Backyard Homestead*, which are great resources, but, apparently, I'm still missing something. I feel like there is some secret to growing things that I haven't been let in on. LOL

Help! Give your advice [here](#).







#### **Outpost: A week at the farm. Submitted by DandeeRose**

In a few weeks, our family will be spending “vacation” working on our farm. We have access to the main house (my FIL lives there), but we want to try and stay out of their hair as much as possible. The tricky part is that our 1830 cabin doesn’t have power or water. The water part is the bigger issue, obviously. We could live without power, almost. I will be cooking quite a bit in the fire in my cast-iron Dutch oven. This week, I made a couple of easy meals—kraut and sausage with green beans, potatoes, and bacon. Last time, I made chili (dry beans). It took a while! lol! Harder to clean up, too. So any tips for me? There are 5 of us—we aren’t real picky, but like well-rounded meals.

Also ... any tips for coffee? I used to have a pressed pot, but the glass is broken. Share your tips [here](#).

#### **Stitching & Crafting Room: Wreaths. Submitted by texdane**

For over 20 years, I have loved to make wreaths. Every once and a while, I need to “refresh” my outdoor ones that I change with the seasons. When I pulled out my kitchen door wreath, it looked too grungy to use this year. So my farmgirl project of the day today is to redo it. I have some burlap, new faux flowers (I found them at the dollar store, but they seem just as nice as the craft store ones), and I think I will try some dehydrated fruit ... maybe, we will see.

I have always loved making wreaths. I make my own grapevine form from the grapevines we have on our property. Anyone else love to assemble wreaths? Share your ideas [here](#).

#### **Stitching & Crafting Room: Embroidery machines. Submitted by Needle**


I’m thinking of getting an embroidery sewing machine. Does anyone have any suggestions or experience with them? Give your advice [here](#).





# Girl Gab

GirlGab.com



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to gabble, gush,  
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lessons in  
herbalism



food from scratch



farmgirl pets



farmgirl love

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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!**

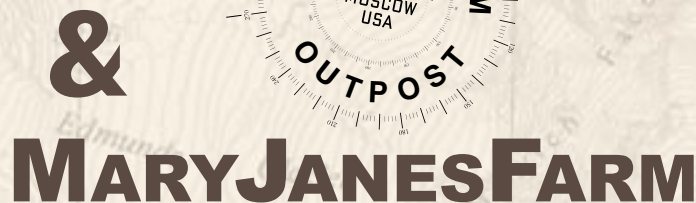
My innovative ChillOver® Powder is for all the people who grew up loving gelatin desserts but gave up on them, knowing their animal origin. It sets up in half the time gelatin does. It seals in flavors more quickly. And it doesn't melt at room temperature. Once you try it, you'll never go back!



\* 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)

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**Here's a delicious way to help Mary Janes Farm help veterans help disaster victims.**

**“Your food made our day in the Philippines!”**

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

— Kirk Jackson, TeamRubiconUSA.org



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

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



one  
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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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## 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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Questions? Contact the inventor himself, Buck Wheeler (507) 213-2126





# Farmgirl Sisterhood



## Social Media

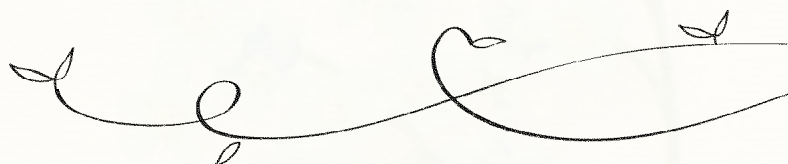
I'm doubling back to make sure you're aware of all the social media happenings at MaryJanesFarm, because you won't want to miss a thing—especially the moment when YOU'RE the sister featured on one of our Facebook pages simply because you're just so farmgirl awesome or you've earned a badge or your blog 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 6,962 (and counting), we've earned an amazing number of Merit Badges so far—9,905 total! We've recently started alerting earned Badges daily on our MaryJanesFarm **Facebook** page. We started out alerting just the expert-level earners, but decided recently to alert all levels AND add photos if you include them. We're just so darn proud! Can you hear the clucking?

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

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

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







## Exclusive for Sisters!

### Sisterhood Necklace

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



Hello Elaine!

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

Thank you again,  
Mary Bronson



Elaine!!!

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

kindness counts,  
Kim







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# Merit Badge

## Awardees



### Merit Badge Awardees

**Andrea Racht: guineahen #6312**

Beginner badge: Cleaning Up / Green Energy

**Bea Campbell: quiltingbea #2575**

Beginner badge: Each Other / Farmgirl Jubilee

Beginner badge: Make it Easy / Collect It!

**Becky Gilson: bearprairiechick #6695**

Beginner badge: Cleaning Up / Green Energy

Beginner badge: Cleaning Up / Water Conservation

Expert badge: Cleaning Up / Recycling

**Charity Van Ausdle: #6821**

Beginner badge: Cleaning Up / Water Conservation

Beginner badge: Each Other / Languages/Cultures

Beginner badge: Stitching & Crafting / Knitting

**Cindy Kinion: Aussie Chick #6058**

Beginner badge: Cleaning Up / Recycling

Beginner badge: Cleaning Up / Water Conservation

Beginner badge: Each Other / Carp-hen-try

Beginner badge: Each Other / In the Garden

Intermediate badge: Cleaning Up / Water Conservation

**CJ Armstrong: ceejay48 #665**

Beginner badge: Farm Kitchen / Food Allergy Awareness

Beginner badge: Make it Easy / Furniture Makeover

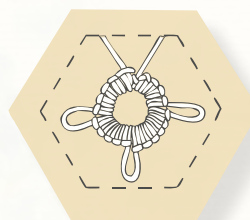
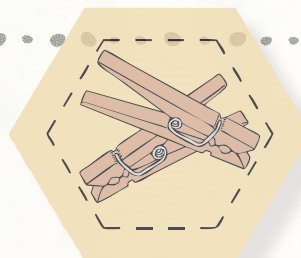
Intermediate badge: Farm Kitchen / Food Allergy Awareness

Intermediate badge: Stitching & Crafting / UFO's

Expert badge: Farm Kitchen / Apples

Expert badge: Farm Kitchen / Food Allergy Awareness

Expert badge: Stitching & Crafting / UFO's

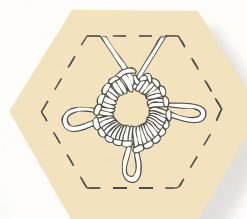
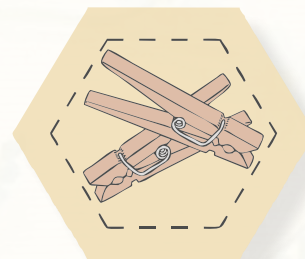






**Connie Bergstrom: Gypsyjewelcb #6861**

Beginner badge: Cleaning Up / Recycling  
 Beginner badge: Cleaning Up / Shopping Green  
 Beginner badge: Each Other / Farmgirl Jubilee  
 Beginner badge: Each Other / Know Your Roots  
 Beginner badge: Farm Kitchen / Apples  
 Beginner badge: Garden Gate / Backyard Farmer  
 Beginner badge: Garden Gate / Herbs  
 Beginner badge: Make it Easy / Collect It!  
 Intermediate badge: Each Other / Know Your Roots  
 Intermediate badge: Garden Gate / Herbs



**Cyrie Wilson: Pixiedustdevil #6941**

Beginner badge: Cleaning Up / Shopping Green  
 Beginner badge: Each Other / Entrepreneurial Spirit  
 Beginner badge: Each Other / Farmgirl Jubilee  
 Beginner badge: Each Other / Farmgirl Grammar  
 Beginner badge: Each Other / Greatest Generation  
 Beginner badge: Each Other / Languages/Culture  
 Beginner badge: Each Other / Lend a Hand to Families  
 Beginner badge: Each Other / Little Squirts  
 Beginner badge: Farm Kitchen / Recipes  
 Beginner badge: Garden Gate / Backyard Farmer  
 Beginner badge: Outpost / First-Aid  
 Beginner badge: Stitching & Crafting / Nellie Will-do  
 Beginner badge: Stitching & Crafting / Origami  
 Beginner badge: Stitching & Crafting / UFO's  
 Intermediate badge: Stitching & Crafting / Origami  
 Expert badge: Stitching & Crafting / Origami



**Dana Manchan: tevschic #562**

Beginner badge: Cleaning Up / Shopping Green

**Debbie Klann: Wildflower Farmgirl #770**

Beginner badge: Cleaning Up / Going Green  
 Beginner badge: Cleaning Up / My Fair Farmgirl  
 Beginner badge: Cleaning Up / Shopping Green  
 Beginner badge: Cleaning Up / Water Conservation

continued ...





## continued ...

Beginner badge: Each Other / Community Action  
Beginner badge: Each Other / Families Forever  
Beginner badge: Each Other / Lend a Hand to Families  
Beginner badge: Farm Kitchen / Apples  
Beginner badge: Farm Kitchen / Self-Sufficiency  
Beginner badge: Stitching & Crafting / Aprons  
Beginner badge: Stitching & Crafting / Homespun Christmas  
Beginner badge: Stitching & Crafting / Knitting  
Beginner badge: Stitching & Crafting / Quilting  
Intermediate badge: Cleaning Up / Going Green  
Intermediate badge: Cleaning Up / Shopping Green  
Intermediate badge: Each Other / Families Forever  
Intermediate badge: Each Other / Farmgirl Grammar  
Intermediate badge: Each Other / Lend a Hand to Families  
Intermediate badge: Farm Kitchen / Self-Sufficiency  
Intermediate badge: Stitching & Crafting / Aprons  
Intermediate badge: Stitching & Crafting / Knitting  
Intermediate badge: Stitching & Crafting / Quilting  
Expert badge: Cleaning Up / Recycling  
Expert badge: Cleaning Up / Shopping Green  
Expert badge: Each Other / Families Forever  
Expert badge: Each Other / Farmgirl Grammar  
Expert badge: Farm Kitchen / Self-Sufficiency  
Expert badge: Stitching & Crafting / Knitting  
Expert badge: Stitching & Crafting / Quilting

### **Denise Thompson: levisgrammy #43**

Expert badge: Cleaning Up / Shopping Green

### **Diana Nelson: Bluedog355 #6578**

Beginner badge: Each Other / Farmgirl Gratitude

### **Diane Kasperzak: DiDi #3657**

Beginner badge: Each Other / Farmgirl Shutterbugs

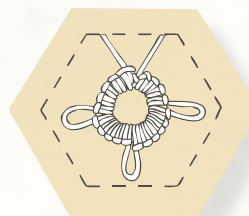
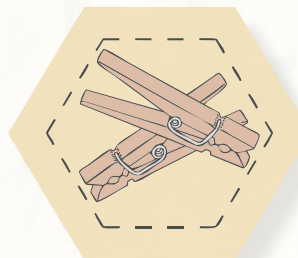
Beginner badge: Garden Gate / Horse Dreams

Beginner badge: Stitching & Crafting / Basketry

Beginner badge: Stitching & Crafting / Scrapbooking

Intermediate badge: Each Other / Farmgirl Shutterbugs

Expert badge: Each Other / Farmgirl Shutterbugs







**Erin McBride: Notathreatinsight #3762**

Beginner badge: Farm Kitchen / Unprocessed Kitchen  
Beginner badge: Stitching & Crafting / Homespun Christmas  
Beginner badge: Stitching & Crafting / Sew Wonderful  
Intermediate badge: Cleaning Up / Shopping Green

**Heidi Weismann: #6778**

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

**Jennifer Chappell: AdeleHale #6346**

Beginner badge: Cleaning Up / Recycling

**Jill Yelland-DeMooy: #6748**

Beginner badge: Farm Kitchen / Pay it Forward  
Beginner badge: Garden Gate / Gaining Ground  
Intermediate badge: Stitching & Crafting / Knitting

**Joan Anthony: ijjie #849**

Beginner badge: Each Other / Her-story

**Joyce Hein: GinghamGirl #6071**

Beginner badge: Farm Kitchen / Icing on the Cake  
Intermediate badge: Cleaning Up / Shopping Green  
Intermediate badge: Farm Kitchen / Icing on the Cake  
Expert badge: Cleaning Up / Shopping Green

**Krista Butters Davis: MaryJanesNiece #528**

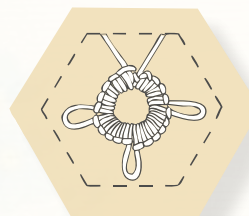
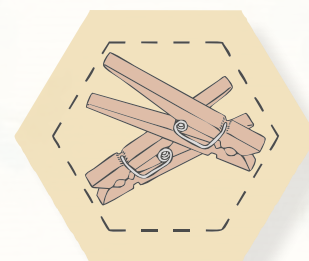
Beginner badge: Stitching & Crafting / Crochet

**Linda Olivera: #1919**

Beginner badge: Make it Easy / Collect It!  
Intermediate badge: Make it Easy / Collect It!  
Intermediate badge: Stitching & Crafting / Aprons  
Expert badge: Make it Easy / Collect It!  
Expert badge: Stitching & Crafting / Aprons

**Linette Batterman: Linette #6768**

Beginner badge: Farm Kitchen / Know Your Food  
Intermediate badge: Farm Kitchen / Know Your Food



continued ...

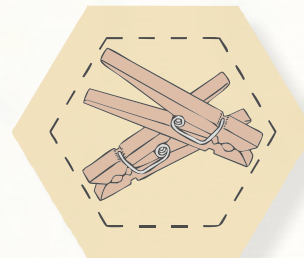




continued ...

**Marcy Lundy: Marcy #170**

Beginner badge: Stitching & Crafting / Cross-Stitch  
Beginner badge: Stitching & Crafting / Quilling  
Intermediate badge: Each Other / Community Service



**Melody Hingle: GoatieGirl #6700**

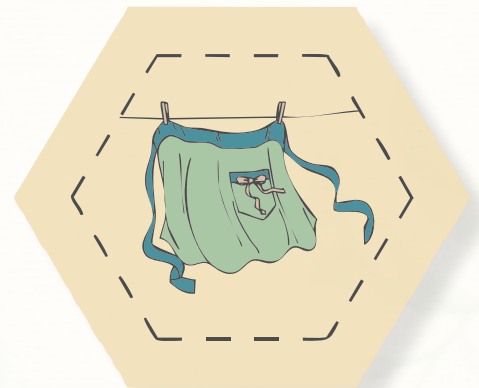
Intermediate badge: Garden Gate / Putting Away for Winter

**Nicole Epperson: BellaSticks #6762**

Beginner badge: Garden Gate / Herbs  
Beginner badge: Stitching & Crafting / Embroidery

**Paula Stack: YankeeBelle #6076**

Beginner badge: Cleaning Up / Recycling  
Beginner badge: Cleaning Up / Shopping Green  
Beginner badge: Each Other / Public Service  
Beginner badge: Garden Gate / Backyard Farmer  
Beginner badge: Garden Gate / Gaining Ground  
Intermediate badge: Each Other / Public Service  
Intermediate badge: Garden Gate / Backyard Farmer

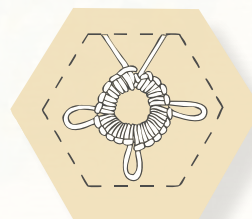


**Peggy Smith: Forever Young #1815**

Beginner badge: Make it Easy / Collect It!  
Intermediate badge: Each Other / Her-story  
Intermediate badge: Make it Easy / Collect It!  
Expert badge: Make it Easy / Collect It!

**Sarah Hall: mrssarahhall #5223**

Beginner badge: Cleaning Up / Recycling  
Beginner badge: Cleaning Up / Water Conservation  
Beginner badge: Each Other / Civic Heritage  
Beginner badge: Each Other / Farmgirl Shutterbugs  
Beginner badge: Make it Easy / Build it Green  
Beginner badge: Make it Easy / Furniture Makeover  
Beginner badge: Outpost / Rocks & Minerals  
Beginner badge: Stitching & Crafting / Sew Wonderful  
Intermediate badge: Cleaning Up / Recycling



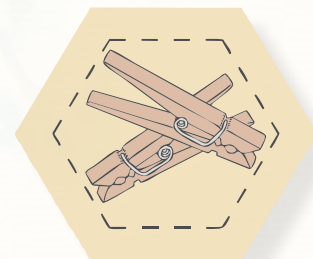




Intermediate badge: Cleaning Up / Shopping Green  
 Intermediate badge: Each Other / Farmgirl Gratitude  
 Expert badge: Cleaning Up / Recycling  
 Expert badge: Cleaning Up / Shopping Green  
 Expert badge: Stitching & Crafting / Crochet

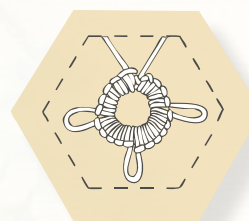
**Shannon Hudson: hudsonsinaf #5349**

Beginner badge: Cleaning Up / Going Green



**Sherrilyn Askew: #1350**

Beginner badge: Farm Kitchen / Food Allergy Awareness  
 Beginner badge: Stitching & Crafting / UFO's  
 Expert badge: Farm Kitchen / Apples

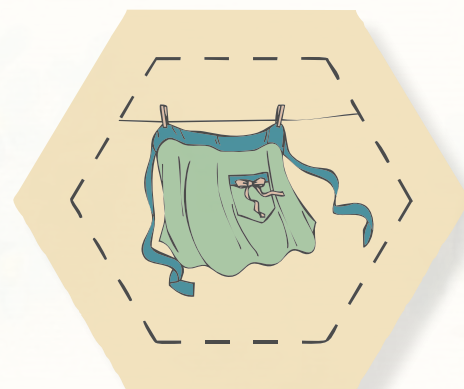


**SuZan Brown: imascholar2 #4394**

Beginner badge: Garden Gate / Backyard Farmer  
 Beginner badge: Outpost / Pampered Pets  
 Beginner badge: Stitching & Crafting / Crochet  
 Intermediate badge: Outpost / Pampered Pets  
 Expert badge: Outpost / Pampered Pets

**Suzy Rhoades: disTizmoi #6922**

Beginner badge: Cleaning Up / Recycling  
 Beginner badge: Make it Easy / Collect It!  
 Beginner badge: Stitching & Crafting / Knitting  
 Intermediate badge: Make it Easy / Collect It!  
 Intermediate badge: Stitching & Crafting / Knitting



**Wanda Byford: wbyford #6867**

Beginner badge: Cleaning Up / Recycling  
 Beginner badge: Cleaning Up / Shopping Green  
 Beginner badge: Each Other / Civic Heritage  
 Beginner badge: Each Other / Farmgirl Grammar  
 Beginner badge: Each Other / Greatest Generation  
 Beginner badge: Each Other / Know Your Roots  
 Beginner badge: Each Other / Little Squirts  
 Beginner badge: Farm Kitchen / Bustin' Out

continued ...



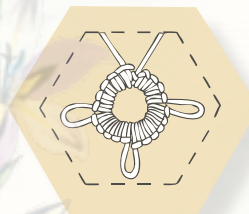
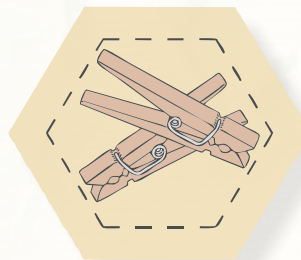


continued ...

Beginner badge: Farm Kitchen / Food Allergy Awareness  
Beginner badge: Farm Kitchen / Get it Together  
Beginner badge: Farm Kitchen / Recipes  
Beginner badge: Garden Gate / Birds  
Beginner badge: Garden Gate / Horse Dreams  
Beginner badge: Garden Gate / Rootin' Tootin'  
Beginner badge: Garden Gate / What's Your Beef?  
Beginner badge: Stitching & Crafting / Sew Wonderful  
Intermediate badge: Cleaning Up / Recycling  
Intermediate badge: Each Other / Know Your Roots  
Intermediate badge: Farm Kitchen / Get it Together  
Intermediate badge: Garden Gate / Birds  
Expert badge: Farm Kitchen / Get it Together

**Wendie George: #6918**

Beginner badge: Stitching & Crafting / UFO's









# Farmerettes & Young Cultivators

## Merit Badge Awardees

**Alice Burnette:** Young Cultivator of Stephanie Burnette #6849  
Beginner badge: Farm Kitchen / Table Talk

**Emma Grace Callahan:** Young Cultivator of Marti Wynne #5654  
Beginner badge: Garden Gate / Horsing Around

**Hendrix Callahan:** Young Cultivator of Marti Wynne #5654  
Beginner badge: Garden Gate / Horsing Around

**Kaylee Lewis:** Young Cultivator of Lori Day #4829  
Beginner badge: Farm Kitchen / Icing on the Cake  
Intermediate badge: Farm Kitchen / Icing on the Cake  
Expert badge: Farm Kitchen / Icing on the Cake

**Lauryn Ann Hoffman:** Young Cultivator of Betty Hoffman #5589  
Intermediate badge: Stitching & Crafting / All Buttoned Up

**Linette Batterman:** Linette #6768  
Beginner badge: Stitching & Crafting / Crochet

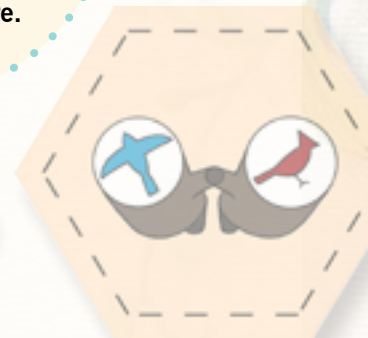
**Savannah Leigh Hoffman:** Young Cultivator of Betty Hoffman #5589  
Beginner badge: Make it Easy / Do Your Eyes Light Up?  
Intermediate badge: Stitching & Crafting / All Buttoned Up

### What's a Farmerette?

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

### What's a Young Cultivator?

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







## Young Cultivators Group

Our Young Cultivators are anxious for summer! But first, Stella needs to finish her winter hat. Carrie Jo surprised the girls with a little gift she and Karina made for them—a necklace to wear when their mothers and grandmothers have their Sisterhood necklaces on.



continued ...



# Farmerettes & Young Cultivators

continued ...



We worked on our gingham projects (family table napkins).







And then we ended our session by working on the Merit Badges themselves.



*Mary Jane* ♥





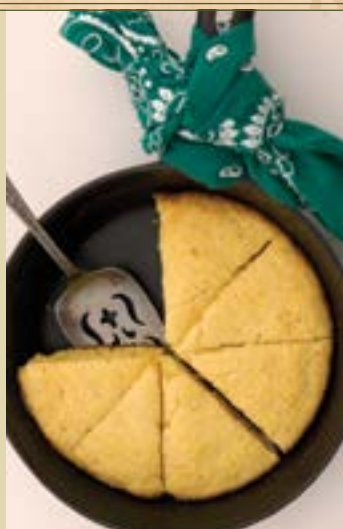


IN 1997, I TOOK OVER STEWARDSHIP OF THE BARRON FLOUR MILL, A FOUR-STORY, 125-YEAR-OLD BUILDING ON THE NATIONAL REGISTER OF HISTORIC PLACES. JOSEPH BARRON, THE THIRD-GENERATION MILLER WHO SPENT HIS LIFE THERE MILLING GRAINS, EVENTUALLY PIONEERED THE FIRST CERTIFIED ORGANIC FLOUR IN THE NORTHWEST. I CREATED 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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# Coming Soon to a Magazine Near You

Our June/July issue (Fresh Egg Overture) will hit newsstands on May 10. In it, you'll find step-by-step instructions for making unique chicken feeders and waterers; discover astounding egg art; learn to make lamps from upcycled objects; find out why animal fats are essential to our health; whip up eggs for breakfast, lunch, dinner, and dessert; and more. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here](#)!





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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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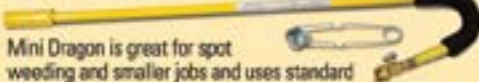
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# Meet our Bloggers

*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

### Rad Soap Co.

Hand-knit dishcloths, home-grown organic veggies, fresh-baked bread, and artisan soap ... those are some of the little "luxuries" that we farmgirls appreciate and know are worth the extra effort. Of course, with modern life, we can't *all* do everything at home *all* of the time nowadays. Among other things, I knit, garden, love cooking and baking, and make my own laundry detergent and cleaners, but I've never found the time to add "soap-making" to my list (for now). Oh, but I *adore* fresh, handmade soap.

I was grocery shopping with my husband one day when a display of soaps literally stopped us in our tracks. Delicious, natural scents filled the air, and the most beautiful cakes of soap with colorful wraps were there on the shelves. We had discovered **Rad Soap Co** and their array of amazing handcrafted soaps. Their story is a modern-day fairy tale, and their soap is not only great to use, but beautiful, too—with big, chunky bars wrapped in colorful paper labels.

My husband is so sensitive and allergic to so many things against his skin, and he also has been a lifelong sufferer of eczema. We have to be careful what we use in our laundry and in our bath, or his skin can become inflamed and he'll suffer with painful rashes and dry patches. The founder of Rad Soap Co (short for "Radical"), started her company in 2009 from her home kitchen, after her son was born with eczema and nothing seemed to work. Her entrepreneurial drive kicked in, and a family-based business was born. Rad Soap Co is now made in a 15,000-square-foot building. They have a unique way of making their soap, which delivers the wonderful botanical ingredients in a way no other soap maker has done before. The result is soap that is beautiful and smells amazing—with skin-nourishing and pampering results.

We had a hard time deciding which soap to choose. From "Love" (almond and cherry) to "Tea Party" (pomegranate and hibiscus), all the soaps sounded wonderful. We decided to try "Zoku" first—made with natural antioxidants and Israeli Dead Sea salt. A perfect choice for my husband's sensitive skin. Blended with non-GMO, natural, food-grade ingredients and essential oils, there's

nothing on the label that we don't recognize or can't pronounce. The lather it produces is dreamy, skin feels clean and comfortable, and the soaps smell delectable (without harsh, overpowering perfume). Perfect for everyday, they make thoughtful (and sometimes comical—some of their labels are hilarious) gifts, as well. Priced from \$6–12 a bar, the soap is worth it, with generous-sized 6-ounce, long-lasting bars. (For our shower, I took a kitchen knife and cut our bar in half to fit our soap dish.) We found ours at our local Whole Foods, or find it at **RadSoap.com**, where you can purchase online or find it among a long list of cute local shops that carry the line.





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# Magazines, Books & More



Our June/July issue (Fresh Egg Overture) will hit newsstands on May 10. In it, you'll find step-by-step instructions for making unique chicken feeders and waterers; learn to make lamps from upcycled objects; find out why animal fats are essential to our health; whip up eggs for breakfast, lunch, dinner, and dessert; 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 May 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 still available. Each month's top page features a full-color image from our farm and each calendar page includes dates, holidays, inspirational sayings, lunar phases, and fabulous farmgirl culture. This is a Project F.A.R.M. (First-class American Rural Made) product. All 26 pages are printed here at the farm on 8 1/2" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

### Current Holidays:

May 1 ~ May Day, World Laughter Day  
May 2 ~ Brothers' and Sisters' Day  
May 3 ~ National Teachers' Day  
May 5 ~ National Day of Prayer  
May 7 ~ MaryJane's Farmgirl Jubilee  
May 8 ~ Mothers' Day  
May 12 ~ International Nurses' Day  
May 15 ~ International Day of Families  
May 16 ~ Wear Purple for Peace Day  
May 18 ~ Visit Your Relatives Day  
May 20 ~ National Bike to Work Day  
May 21 ~ Armed Forces' Day  
May 24 ~ Tiara Day  
May 30 ~ Memorial Day

May  
Sisterhood  
Special!  
(see p. 60)

### 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!](#)



6,962 Sisterhood members and  
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growing stronger every day!