

MARYJANES FARM®

Sister Issue

September 2017

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

Life made us
FRIENDS,
MaryJanesFarm
made us
SISTERS



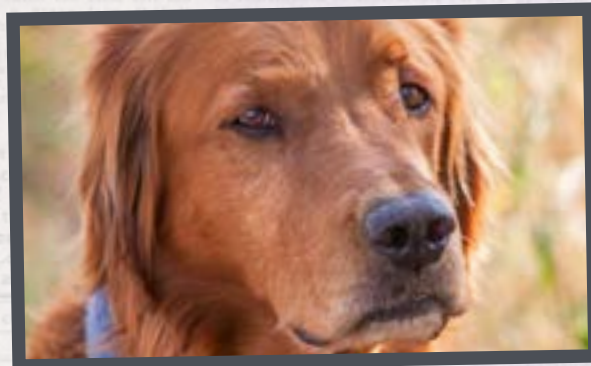
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Contents

{ just a click away! }



6 HELLO
from Sister #1



12
EACH OTHER
with Megan



10
WELCOME
new and renewing sisters



22
HOMESCHOOLING
with Melyssa Williams



16
EACH OTHER
Parenting with
Melyssa Williams



24 FARM KITCHEN
Chocolate-filled Snickerdoodles

continued ...

Contents continued ...



26 OUTPOST

4 Wild Fruits to Harvest



34 STITCHING & CRAFTING

Ironing-Board Cover

30 GARDEN GATE

Grow Your Own Wildflower Meadow



48 MOUNTAIN ROSE HERBS

Two Ways to Make Traditional Chai Tea

continued ...

Contents continued ...



60 SISTERHOOD SPECIAL

Membership Special



50 CLEANING UP

How to Clean and Store
Camping Gear



76 SISTERHOOD NECKLACE



80 MERIT BADGE AWARDEES



64 FARMGIRL CHATTER

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. 15

Megan



p. 18

Carol



p. 38

Karina



p. 55

Cydnie



MaryJane's Picks

My picks can be purchased new, but mainly, I'm on the hunt for unique, one-of-a-kind vintage models. I call them models because I let them strut their stuff all over my kitchen. Over the years, I've grown my porcelain herd by frequenting Etsy, eBay, and local secondhand stores.



Find more
picks like
these on Etsy!



Hello from Sister #1



Wild Bread

If you've ever taken on a big project like building your own home, you can sympathize with me. Maybe even commiserate. Ladies, it's starting to feel like my house will never be finished my book will never be finished. The problem is, I built not just one book, but two books, back-to-back. The book I'm working on now, *Wild Bread*, was started five years ago, hence its spine will say #2 in my Farm Kitchen series, even though *MaryJane's Cast Iron Kitchen* (scheduled to release this week) says #3 on the spine. That's because I couldn't get my bread book done in time, so my publisher asked if I could come up with another book for meeting my book deadline. Like a fool-mule, I said, "How about something cast iron in which I round up the recipes we've published over the last 17 years ... along with a few others?" It was the "others" part of that sentence that got me to feeling buried. Picture this: "How about I take that house that's half built and start all over again on it?" Many of the photos we'd taken were no longer up to par (in our minds), and the recipes needed to be reworked so they were consistent in their formatting. So, I found myself building two houses books at the same time.

How am I pulling this off and staying sane?

My daily to-do list has turned into a list with the heading, "What do I *stop* doing today?" Now I ask you, what true-blue farmgirl wants to make that list? It's been a challenge, to say the least.

MaryJane 



Comb my hair? That's what bandanas are for. Make dinner? That's what popcorn is for. Take a long, hot bath? That's what showers are for. But you know you're in over your head when you don't have time to melt butter for your popcorn and instead, eat it plain.

Are there more books in my future? Right now, I think not. I look forward to getting *Wild Bread* turned in next month (once you agree to a book, you need to meet your deadline because the publicity for it has already started).

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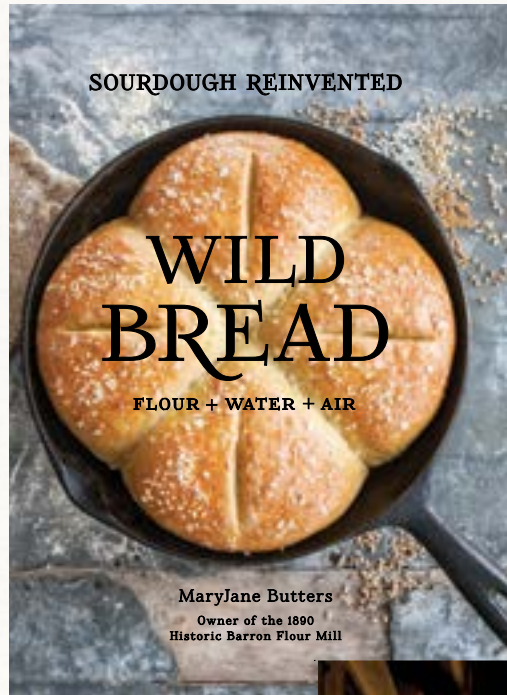
 editing



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I have managed to go for a bike ride every day. And I've managed to make time for my grandgirls and cows, but you know what? Those things alone, not to mention my magazine, are a full-time job. What was I thinking? What I'm really trying to say is this: If you feel like I've dropped off the face of the Earth, well, I feel that way, too.

I hope you're enjoying my cast-iron book by now, if not, **here 'tis**. And I hope you enjoy my bread efforts coming up, 'cause you know what? I'm hankering for a long, hot bath; a bowl of hot, buttered popcorn; and time for doses of farmgirl chattiness again. Today is the start of our third annual Farmgirl Apple Festival, with Sunday, September 24, our traditional Apple Pie Sunday. Wish me luck the next three weeks while I wrap up the endless editing and rewriting a book requires. I look forward to getting my house book ready to go with a nice big SOLD sign on it.



front cover

back cover

C O N T E N T S	
Author's Note	11
Preface	12
Section 1 Beginner Breads	20
Section 2 Advanced Breads	56
Section 3 Quick & Easy Sourdough-Enhanced Treats	172
Quick-and-easy treats, everything from panbread bites to muffins to cakes to pancakes to doughnuts.	
	White Wheat
	Bread Machine Kamut (heirloom whole wheat)
	White Wheat
	White Rice (gluten free)
	Quinoa (gluten free)
Section 4 Let's Talk Flour	190
Section 5 Equipment	202
Find it, buy it! Not all equipment, cookware, and tools are created equal. Learn in for the lowdown. Also, gift ideas.	
Question & Answer	214
Acknowledgments	219
Index	220
About the Author	224



contents



Hello from Sherrilyn Askew

Farmgirl Sister of the Year 2016



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

Ghost Town Adventures

The childhood tune of "I'm going on a lion hunt" keeps flitting through my head as I reflect back on our latest adventure. The summer heat and smoke from British Columbia's forest fires are taking their toll, so we planned to retreat to the mountains for a little rest and re-creation. We rolled out of bed at oh-my-goodness-it's-early, packed lunches, ate homemade breakfast sandwiches, and headed out the door by about 5:30 a.m.

The town of **Lester, Washington**, came into existence when the railroad came through Stampede Pass in the late 1800s, although logging was already in the area. The last resident passed away in 2002 at the age of 99. The only access to the town is through the forest roads just the other side of Snoqualmie Pass. It took nearly two hours to get there on mountain roads and heart-stopping curves.

We made a last pit stop at Snoqualmie Pass for some indoor plumbing before we hit the forest roads, as other than one very sad outhouse at the ghost town, there was not a bathroom to be found. Good thing I carry toilet paper in my day pack. Modesty has a way of disappearing in the backcountry.

On the drive in, we spotted numerous chipmunks, a deer, an owl, and wide variety of wildflowers that varied with our altitude. I practically broke my neck with all the rubbernecking I was doing. I spotted a few good boondocking sites too (hmmm ... a future road trip in the making). We finally arrived at the gate and headed into "town." It's about a half mile walk in on a very flat road. We found numerous old foundations, including the one where the hotel once stood, a bench to rest our laurels on (I wouldn't have trusted it, though), and lots of rusted steel. We even found the old US West building. Just before the watershed gate, we saw an old ladder leaning against a tree.



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You can't have railroad tracks without the proverbial "Damsels in Distress," and although I wouldn't call either of these damsels distressed, we stretched the girls across the defunct section of the railroad for a brief photo shoot. We did happen to see a train waiting on the tracks when we got there. We watched it for a bit before it started up and went off over the pass.

A watershed guard came down the road as we were hiking back out and pointed out where a lot of the old buildings once stood. He said they had to tear them down because they had a problem with parents letting their children run wild through them and the buildings were not safe for that behavior. They also had to physically remove people from the railroad tracks, as the railroad is still active through this pass. The "town" was disappointing because of the loss of the buildings, but I was even more disheartened that the buildings had to be removed because adults could not be trusted to behave and use common sense for both themselves and their offspring.

All-in-all, it was about a four-mile hike on mostly level ground with some wonderful scenery. On our way back out of the mountains, we stopped at a river to dip our tired, hot feet into the icy-cold water. That felt pretty wonderful. We found another potential campsite there as well.



We've seen the other side of another hill and turned over a few more stones. I'm going to do a bit of dreaming now, then point my finger at the map for another adventure. The world is still my oyster.





Big welcome to our new and renewing Sisterhood members!

Alice Minasian
Alissa Hodak
Anette Theopolos
Ashley Edstrom
Aurore Stubbs
Becky Runnels-Jose
Betty Brook
Brenda Alberding
Cara M. Kroll
Carla Crawford
Carol Womelsdorf
Carol Locker
Carol Cox
Carolyn Schuster
Cathy Zahn
Cheryl Herron
Cheryle Duffy-Lehrer
Christina O'Neal
Christina Smith
Ciara Cheli-Colando
Cindy Meier
CJ Armstrong
Connie Warren
Connie Seratt
Connie McCaffery
Connie Rooney
Cristy Marxsen
Darlene Litton
Debbie Tegar
Debbie Engelhardt
Deborah Anthony

Deborah McClure
Deborah Miller
Debra Shanler
Deidre Collette
Diana Poulton
Diana Nelson
Dianna Hauf
Donna Lees-Kennedy
Edie Wray
Elaine Kuhl-Goldman
Ellen Clack
Ellen Andersen
Fonda L Davis
Gabriele Beck
Gail Duke
Gail Karls
Gina McKnight
Heather Bedford
Heather Wyckoff
Heather Burke
Heather Lynn Martin
Helen Ettlin
Isleta Wehner
Jana Emhardt
Janet Doran
Janice Kennedy
Jeanne Betters
Jeannie Keeffe
Jennifer Ettlin
Jennifer Prior
Jo Anne Cox

Joan Hendrix
Joann Brogan Wipf
Joanna Vaughan
Judy Weichbrodt
Julia Vermeulen
Kaaminii Stroh
Karen Cuendet
Karen Salley
Kathi Palches
Kathleen Lis
Katie Wright
Katie Robillard
Kelly Wall
Keri Montgomery
Kim Stotts
Kim Johnston
Kim Stehle
Kimberley Thomas
Kimberly Parker
Kris Sievert
Kristen Silvers
Kristine Christ
Leanne Phillips
Lillian Holsworth
Linda Ferry
Linda Olivera
Linda Clayton
Linda S. Larson
Linda Plattner
Linda Carson

Maggie Daniel
Maggie Warner
Marlene Cryar
Marlene Speck
Marsha Cavanaugh
Martha Koukios
Marti Johnson
Mary Kurila
Mary DeStaffany
Mary T. Jason
Megan Bryant
Melanie Ruesch
Michal Cole
Michelle Thacker
Miss Irene Cecilia
Falcomer
Nancy Noble
Noelle Frost
Pamela Bergmann
Pamela Sowa
Pat Mitchell
Patricia Waldbillig
Patricia Spathes
Patti White
Paula Krone
Paula Black
Peggy York
Peggy Gosk
Peggy Smith
Penny Dyke
Pj Doering

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Polly Winkelvoss
 Rain Klepper
 Rebecca Acevedo
 Roberta C. Armstrong
 Robin Villiers-Furze
 Ronda Clements
 Rosemarie Adams
 Ruthie Cuniff
 Shahara Lefay
 Shawna King
 Sheila Treybig
 Shelia Haisler
 Shelley Solace
 Stacy Sundgren
 Stephanie Guevara
 Sue Blosl
 Susanne Bender
 Suzanne Miller
 Sylvia Jacobus
 Sylvia Hunt
 Tammy Wallace
 Tanya Murphy
 Terri Brock
 Tracy Oleary
 Valerie Provencal
 Vickie W. Lipps
 Victoria Crawford



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

— Author Unknown

Each Other



In the Shelter of Each Other



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



Megan Rae (Sister #2) grew up “on the farm”—MaryJanesFarm. She attended Gonzaga University and received a bachelor’s degree in Journalism. After marrying her college sweetheart, they moved to Kansas and bought their first home on a cobblestone street. Her love for writing, editing, and well, her Mom, finally brought her back to the farm. Raising her 10-year-old and 8-year-old farmgirls and working alongside her husband, mother, and family is the perfect lifestyle mix for Megan. She rounds it out with travel across the country to visit her five dearest college girlfriends who she loves with all her heart (they’ve all been in each other’s weddings), and one of her favorite farmgirls that she met when she lived in Kansas (scheduled around working the cows, of course).

For What Purpose?

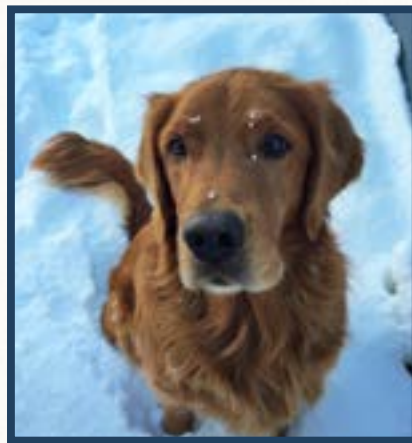
About 12 1/2 years ago, a few months after we married, my husband mentioned a dog. My response baffled him.

“What purpose does a dog serve?” I asked. “Cows provide us with milk, chickens give us loads of eggs, we raised the pigs for bacon, the goats mowed the lawn, and even the cats kept the mice down. So, what does a dog actually *do*?”

Lucas patiently explained that dogs love you. Unconditionally.

I still wasn’t convinced. But in early July of 2006, we got a call from a family friend who breeds golden retrievers. We had mentioned our possible interest in a puppy, and her girl had just had a litter of 12. Did we want to come out and pick one? Well, just maybe ...

Oh man, those puppies were adorable, bounding around and falling all over the place! And that new puppy smell ... I was a little more convinced.



We visited the pups regularly and brought Walker home the last week of August. I was six months pregnant, so I decided this little guy needed to be comfortable sleeping outside. Still, after having been with all his siblings for the past two months, I didn’t want him to be lonely. So, Lucas and I moved our bed outside and slept out there with Walker! It was late summer, so setting up shop on the back porch was kind of lovely, and he made himself right at home. (Not long after, our entire backyard was a mud pit, and I wondered about his purpose again.)

When we brought home our baby girl, we introduced her to Walker in hopes they would become friends. We needn’t have worried. As Stella grew, Walker never flinched when she pulled his hair and poked his eyes. He loved her, unconditionally. The same was true of our second daughter, Mia. After long walks with the girls in their double stroller, I would pull the stroller onto the back deck and leave Stella and Mia sleeping soundly. Every single time I did this, Walker would lie at the foot

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of their stroller until they woke, then he'd promptly come to the window to "tell" me nap time was over. *That* is a purpose.

The girls loved Walker, and my husband loved him. Walker went camping with us. He walked to school with us. He spent Christmas mornings curled by the fire trying to avoid flying wrapping paper as he anticipated his own stocking filled with bones and handwritten notes. Last summer, we took him to the Oregon coast on a week-long adventure so he could experience the ocean. He ran along the shore and chased waves like a happy puppy. He was always ready for our family adventures, and he was part of so many of them.

As for me, Walker was my faithful running and walking buddy, always ready to go no matter the season. He was such a buddy that, in recent years, I might admit that I'd chat it up with him as we went along. As soon as I would get my running shoes out, he would start wagging his entire back end. And, he would smile—a big, toothy grin! We often had to warn folks as he ran to greet them, baring his teeth: "Don't worry, he's just smiling!"

On August 27 of 2017, Walker passed away unexpectedly. His absence has left holes in our hearts and our home. I can tell you now, without a doubt, that he came to us with a very important purpose. I loved him in a way I've not experienced before, and he taught my daughters this same love. Unconditional. I am so grateful. And Walker is so missed.

Meg

continued ...



continued ...



"I think dogs are the most amazing creatures;
they give unconditional love.
For me, they are the role model
for being alive."

— Gilda Radner



Sister Loves

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

Megan's
PICKS
(JUST A CLICK AWAY)



STAFF WRITER / EDITOR
(SISTER #2)

Recently, my college girlfriends and I snuck away for a weekend on the Oregon Coast. Between new babes and nursing mamas, it's been a bit since we've all been able to gather, and it was so good to catch up. We discussed all the important things ... reasonable one-piece swimsuits, our go-to family dinners, good walking shoes, our skincare regimens, and so forth. It was so nice to get together with like-minded women and discuss these basics that I came home feeling refreshed and inspired. Here's a piece of our conversations to pass along ... my skincare regimen.



Alba Botanica



Orchard Farm



Desert Essence

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





Each Other



Don't Let Your Babies Grow Up to Be Mamas

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



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

Mom Panics: An Autobiography

So, I wrote a book called *Shadows Gray*. At the same exact time, some woman released a book called *Fifty Shades of Grey*. I sold, like, two copies. She sold, like, six squillion and counting.

Sometimes, someone buys my book and promptly returns it for a refund. I can just picture them muttering, "Worst erotica ever."

I didn't have any interest in reading *Fifty Shades*, per se, but I had just gotten my Kindle and I was getting the hang of downloading free books.

Free kindle books. There are some doozies in the free section. I shall title my next novel *The Warrior's Werewolf and His Submissive Amish Zombie Lover; the Novella, Part 4*.

I downloaded the free copy of *Fifty Shades*. It wasn't very good.

Rolling my eyes, I felt dumb for having it on my Kindle.

Then, I realized: I had it on my Kindle!

The Kindle that my kids played *Angry Birds* on. The Kindle that my husband peruses when everyone else has the remote control. That Kindle.

I didn't want them to see *Fifty Shades* on *that* Kindle!

Feverishly, I went to get it off. But getting rid of Kindle books is nothing like dropping off your unwanted paperbacks anonymously at the Goodwill. I had just gotten this Kindle, remember, and I'm about as tech-y as your average garden gnome. I can barely cut and paste.

I start tapping the touch screen of the blasted device in various patterns. Perhaps if I touch the opening lines of the theme to the *Young and the Restless*—which was the only piano song I ever learned to play—but no. It was still there, mocking me. I could almost hear the Church Ladies marching up my step. They were going to burst into my bedroom! They were going to pray for my wayward soul (again; so awkward). I'd be fired from my job with children! I'd be left by my husband, who thought he married a Good Girl!

continued ...



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The tapping wasn't working, so I tried to find the owner's manual. Evidently, the owner's manual is IN the Kindle, but I didn't know that at the time. Well played, Amazon, well played.

I decide to ask Google. I fire up the trusty laptop and type *deleting mommy porn from an ereader before anyone finds out*.

The laptop FREEZES. I repeat, IT FREEZES WITH THAT OH-SO CRIMINAL SENTENCE IN THE SEARCH ENGINE. It won't minimize the page, it won't close, *the laptop won't even turn off*. I am going to hell in a handbasket.

The Church Ladies are getting closer: I can hear them singing "Follow the Fold and Stray No More." *They are nearly on my lawn!* I swear, I have 10 heart attacks. I have to get this off my Kindle!

I go through the rigmarole of waiting for the laptop to mysteriously stop freezing, which takes about three weeks. In the meantime, my kids have grown up without a mother and my husband leaves me for Sarah Brown and the Mission Band. One time, a small child enters my room and I toss the Kindle like a Frisbee under my bed. I feel like a teen caught with *Playboy*. Or a mom caught with *Fifty Shades of Grey*.

Eventually, after dying several times, I find what I'm looking for. To delete a book from your Kindle, you simply touch the screen a bit longer and the option magically appears. What a relief.

I'm so relieved, I eat a pint of ice cream and go to bed in my flannel pjs, team-building-exercise T-shirt, and fuzzy socks.

Oops!
We are
experiencing
Technical
Difficulties



Sister Loves

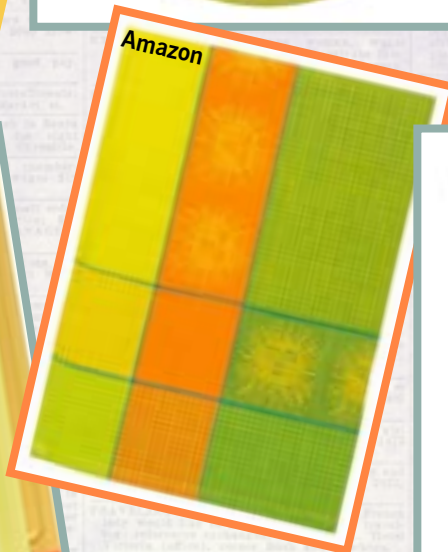
{ our favorites ... just a click away! }

Carol's
PICKS
(JUST A CLICK AWAY)



GRAPHIC DESIGNER,
UKULELE ENTHUSIAST
(SISTER #3)

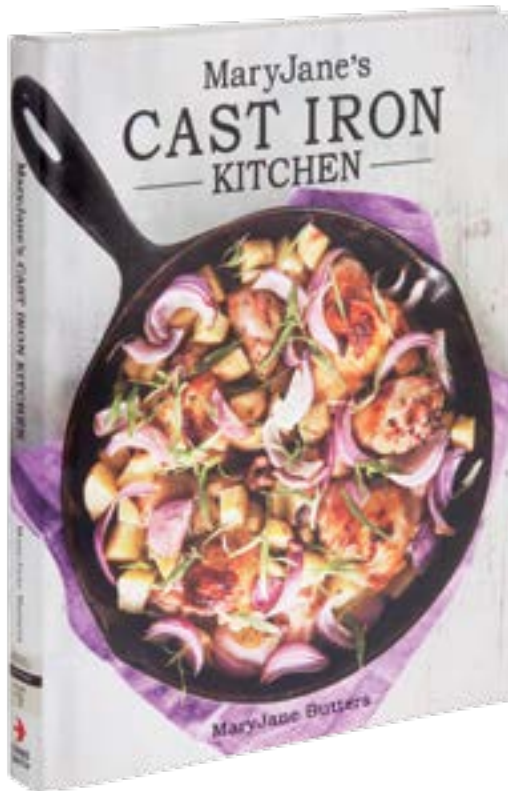
I just remodeled my 100-year-old kitchen that was last redone in the '70s (the avocado green starburst countertops were a dead giveaway). It's tiny—just 8 x 9, and that includes the stove, refrigerator, washer, and dryer! My color scheme came from the pretty homemade valance above my sink window—vivid oranges, yellows, and greens. Along with white cabinets, orange walls, yellow countertops, and new vinyl floors that look like wide-plank wood, these accessories gave me the bright, happy look I was after.



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

new book!

MaryJane's CAST IRON KITCHEN



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

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

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

MaryJane

224 pages
111 recipes, 375+ color photos

Available now
from MaryJanesFarm.org

\$24.99

In stores early
September!

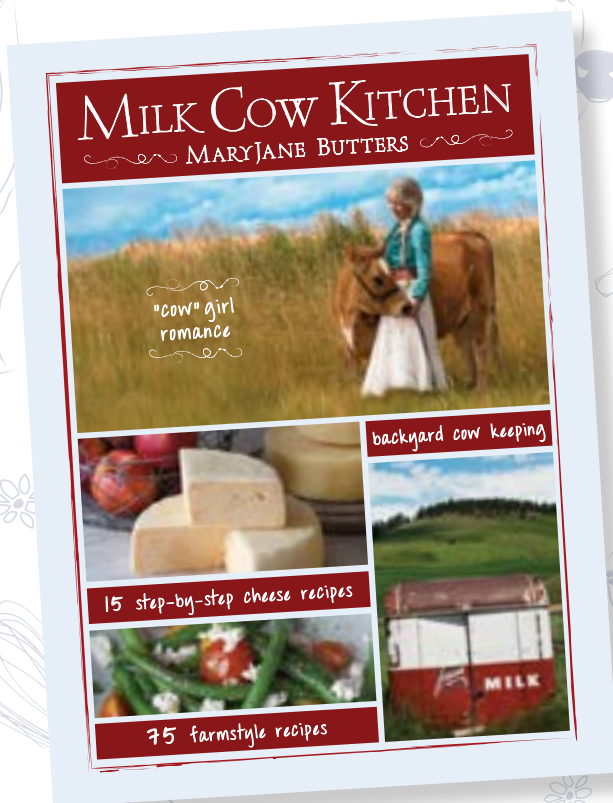




“In her fifth book, MaryJane covers just about everything cows and dairy. If you can make it past the food and cheese recipes without needing to eat, you’re a better “cow”girl than I. But the real gem of the book is the hooves-up, how-to advice on keeping a healthy, happy, backyard cow. Whether you’re 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



20

autographed copies available at
MaryJanesFarm.org

\$35/available wherever good books are sold



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

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



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



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



Each Other



Homeschooling with Melyssa



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



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

Inside the Homeschool Confessional

I have vacuumed up Legos, hair bands, twist ties, stickers, jewelry, and coins instead of picking them up.

I will load sixty-eleven grocery bags up and down in my arms, shout at small children to get out of the way, knock my funny bone on the van, be unable to close the hatchback, press the garage-door button with my nose, and give myself a hernia all to save another trip to the garage. Which I will have to make anyway to close the hatchback. I will do it again next week.

Sometimes homeschool moms receive gifts. FYI: I don't like massages. They either hurt like heck or tickle. Both make me tense with anticipation and I will leave with more knots than I came in with. Also, I like ending sentences with a preposition. This is a good girl's form of rebellion.

I don't like shoe salespeople who kneel in front of me. It makes me feel preposterous and snotty. I tell them to get up and quit being silly; I'm quite capable of trying on my own shoes. Then they feel sad and lost. So I tell them to sit down by me and we admire our feet together. I bemoan my hobbit feet. Then I buy them a coffee.

If the cheese molds, I cut off the moldy part and don't tell anyone and serve it anyway. This also goes for jam. And pretty much anything else.

I make my kids make their beds, but I don't always make mine.

I'd rather have a clean house than a good homeschooling day. Don't judge!

I've decided I will never, ever, ever learn the 7s and 8s in the times tables without having to count backwards or forwards from $7 \times 7 = 49$ so one more 7 must be 56, so therefore ... etc. I have decided to be okay with this. I will also never, ever, ever learn which planet revolves the sun or vice versa. All I know is $7 \times 7 = 49$ and Pluto is no longer a planet.

I would rather go to a bookstore than a spa.

I would rather go to a library than a bar.

I would rather go to a yard sale than the mall.

continued ...



continued ...

I hate buying toilet paper. Seriously hate it. It's such a waste. HAHHAHAHA! Get it? A waste? I slay myself.

If my kids' clothes are cute and clean, I don't worry about their hair being combed. If their hair is cute and clean, I don't worry about what they're wearing. I adopted this motto early on with my kids, and it's just a general rule of thumb now.

I don't brush my teeth before bed every night. You said you wouldn't judge! I have never, ever had a cavity, so there.

I don't make my kids wash their hands after **every** single potty trip. And I've never used the tissue-paper dispenser that's meant for gift wrapping the toilets.

I know I'm supposed to enjoy letting small humans bake with me, but if I'm really honest, I prefer to do the measuring and beating and scraping myself and then deliver the beaters to them.

I had to borrow nine crumpled dollar bills from my Middler in order to put some gas in the car. It was embarrassing. Luckily, she knows nothing about the concept of interest, since she slept through that math lesson. If she complains, I plan to share the gory details of how she was born. In my homeschool, we combine subjects; today's was Math and Sex Ed.

You said you wouldn't judge!





Farm Kitchen

Where the Cookin' Begins!



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



Ashley Ogle (Sister #2222) was born and raised in northern Idaho, and has always had an intense interest in anything kitchen. Shortly after marrying MaryJane's son, Brian, at the historic one-room schoolhouse his grandfather attended, Brian and Ashley moved back to the farm and began renovating the 1890 farmhouse that both Brian and his grandmother grew up in. And in keeping with tradition, they're raising their family in the same house (two little girls: Adria, 7, and Alina, 4). 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.

Chocolate-Filled Snickerdoodles

With a brand-new school year underway for my oldest daughter, I can't help but ruminate on the fact that this is my youngest daughter's last year before she, too, will hop onto to the school bus each day, off to have her own adventures. This brings the well-known fact that time passes too quickly into sharp focus, and with it, the realization that my baby is not a baby anymore. I've always made a point to focus on the present time I have with my daughters, knowing that each moment is fleeting. With that mindset, I intend to make the most of this last year of freedom. When I ask my youngest what she wants to do, she often responds with an enthusiastic, "Let's make cookies!" This is a win-win: Quality time with my youngest doing something we both love, and welcoming my oldest home with a warm cookie and ice-cold glass of milk. So, here's to a year of too many cookies and many warm memories!

Chocolate-Filled Snickerdoodles

PREP TIME: 30 MINUTES BAKE TIME: 24-28 MINUTES
MAKES: ABOUT 28 COOKIES

Cookie Dough:

2 cups flour
1 1/2 t baking soda
1/2 t salt
1/4 t baking powder
1 cup butter, softened
1/2 cup sugar
1/2 cup brown sugar
1 egg
1 t vanilla extract
2 1/2 ozs milk chocolate, cut into 28 pieces

Cinnamon-Sugar Coating:

1/2 cup sugar
1 t cinnamon
1/2 t ground nutmeg



continued ...



continued ...

How to:

1. Preheat oven to 325°F.
2. Prepare cookie dough: In a medium bowl, combine flour, baking soda, salt, and baking powder; mix well and set aside.
3. In a medium bowl or stand mixer, cream butter and sugars together until light and fluffy. Add egg and vanilla extract; mix until creamy.
4. Add flour mixture and mix just until dough forms.
5. Prepare Cinnamon-Sugar Coating: In a small bowl, combine sugar, cinnamon, and nutmeg; mix well.
6. Scoop dough into 1 1/2 T portions (a cookie scoop is handy for this), place a piece of milk chocolate into the center, roll dough into a ball, and roll into cinnamon-sugar mixture to coat. Place cookies on ungreased baking sheets and bake in batches for 12–14 minutes, or until edges begin to turn light-golden brown. Transfer cookies to a cooling rack to cool completely and enjoy!





Outpost

Unleashing Your Inner Wild



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

4 Wild Fall Fruits to Harvest

"Fall is the busiest time for wild foods," writes naturalist Steve Brill in *The Wild Vegan Cookbook*. Indeed, autumn is an especially bountiful season when it comes to the harvesting wild fruits. Fruits are a wonderful food for first-time foragers to bring to the table. They're relatively easy to recognize and they aren't easily confused with anything poisonous. Plus, their yummy sweetness lends itself to simple baking projects that are virtually failsafe. It's so much fun to hunt, gather, and feed your family with these wild wonders that you may be inspired to study up for the spring harvest!

From the dazzling diversity of wild fruits that ripen in the fall, we've gathered four favorites, as well as links to lusciously unique recipes for each fruit. Granted, not all of these fruits are available everywhere in the country, but you're sure to have at least one variety growing in your area. Please remember that any of us may be allergic to some wild edible plants, so if you've never tasted these fruits before, take just a nibble and wait a couple hours to make sure you don't have an adverse reaction.

Pawpaw (*Asimina triloba*)

What does it look like?



Photo by Scott Bauer, USDA,
via Wikipedia

Where does it grow?

Woodlands and river bottoms in the eastern, southern, and mid-western United States.

When is it ripe?

Late August to mid-September.

What does it taste like?

Banana mixed with a bit of mango and cantaloupe.

Recipe: **PawPaw Bread**

Black Cherry (*Prunus serotina*)

What does it look like?



Photo by Rasbak via Wikipedia

Where does it grow?

Fields, forests, even roadsides across the nation.

When is it ripe?

August to September.

What does it taste like?

Tart!

Recipe: **Wild Black Cherry Sauce**

continued ...



continued ...

Damson Plum (*Prunus insititia*)

What does it look like?



Where does it grow?

Fields and old homesteads across the U.S.

When is it ripe?

Mid-August through October.

What does it taste like?

Can be sweet or sour.

Recipe: **Damson Ketchup**

American Persimmon (*Diospyros virginiana*)

What does it look like?

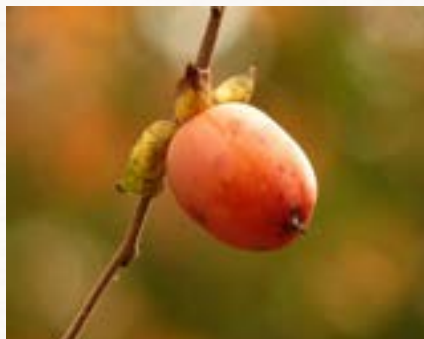


Photo by **Katia Schulz** via
Wikimedia Commons

Where does it grow?

Woodlands and field edges in southern Connecticut to Florida, and west to Texas, Louisiana, Oklahoma, Kansas, Arkansas, Missouri, and Iowa.

When is it ripe?

September through November.

What does it taste like?

Mild and sweet.

Recipe: **Persimmon Candy**

Mary Jane ♥

continued ...

SISTERHOOD SUPPLIES

Farmgirl Planner

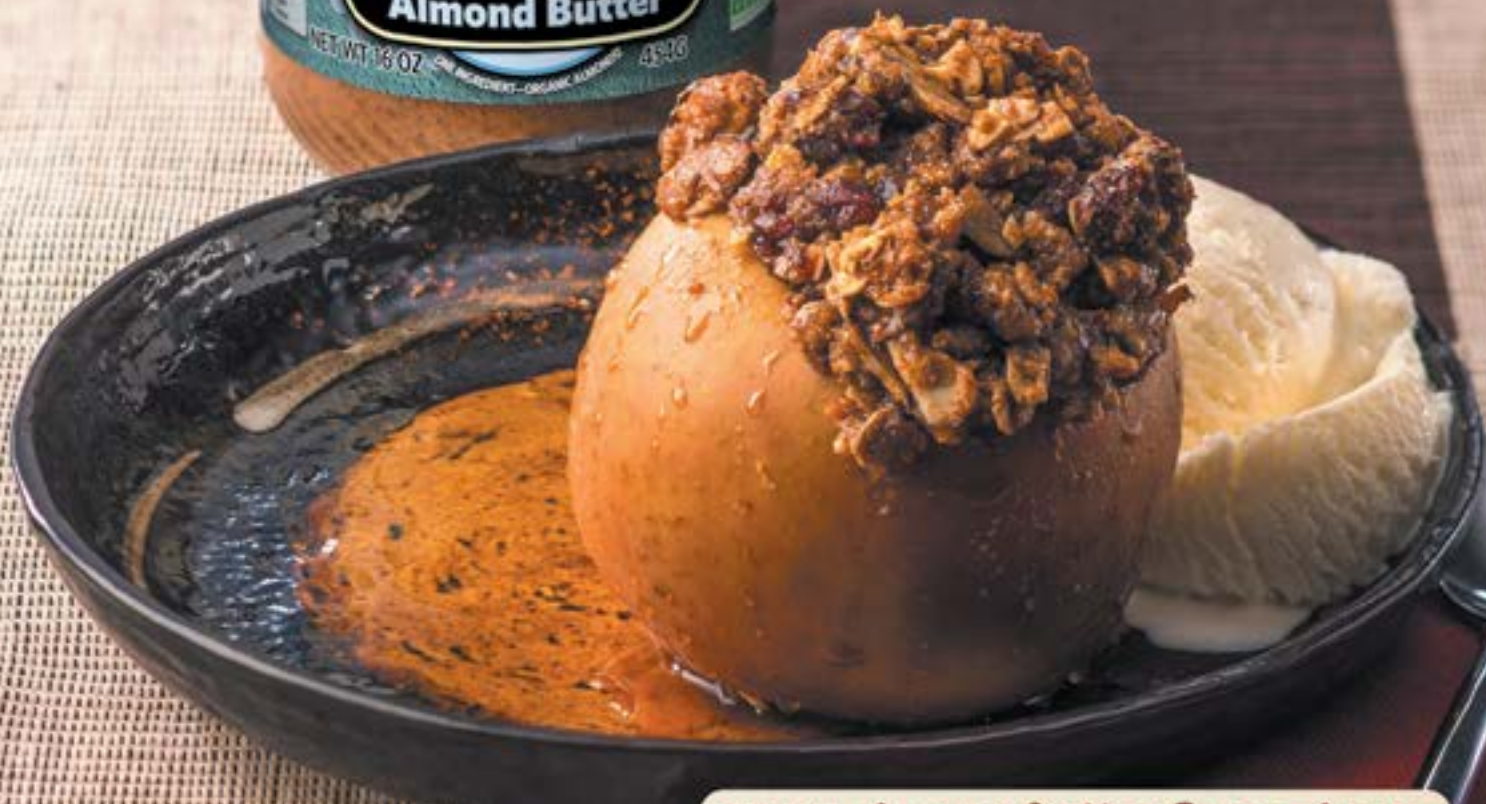
click [here](#) to order

Price: **\$28.95**

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



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At Once Again, we love what we do, and we know you'll love this *Maple Almond Stuffed Baked Apples* recipe! To learn more about us, visit our site and check us out on your favorite social network.

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Maple Almond Stuffed Baked Apples

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

6 medium Honeycrisp or Fuji apples, cored	$\frac{1}{2}$ cup sliced almonds	1 tsp orange zest
$\frac{1}{2}$ cup lightly packed dark brown sugar	$\frac{1}{4}$ cup gluten free rolled oats	$\frac{1}{2}$ tsp ground cinnamon
$\frac{1}{2}$ cup chopped dried cranberries	$\frac{1}{4}$ cup Once Again Creamy Almond Butter	$\frac{1}{4}$ tsp salt
	$\frac{1}{4}$ cup maple syrup	

Vegan
Gluten Free

Preheat the oven to 350°F. Combine the sugar, cranberries, almonds, oats, almond butter, syrup, zest, cinnamon and salt. Stuff the apples with the almond butter mixture. Press any remaining filling on top. Place the apples in an oven-safe baking dish or muffin tin. Bake for 10 minutes. Cover apples with foil and cook for 15 minutes more, until apples are tender when pierced with a knife. Serve warm. Excellent with ice cream or whipped cream, if desired. Enjoy!

NUTRIENTS PER SERVING (6 servings): **CALORIES:** 329, **TOTAL FAT:** 10.6g, **SAT. FAT:** 0.9g, **CHOLESTEROL:** 0mg, **SODIUM:** 56mg, **CARBS:** 67g, **FIBER:** 5.6g, **SUGARS:** 53.6g, **PROTEIN:** 4.1g.

© Once Again Nut Butter, 2014

Garden Gate

Bloom Where You're Planted



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

Grow Your Own Wildflower Meadow

Americans spend about a billion hours a year caring for lawns and apply over 60 million pounds of pesticides. Just imagine how many millions of dollars of fuel are being dumped into lawn-care equipment, only to be released into the air as toxic emissions. And what about the nine billion gallons of water the EPA estimates that get guzzled to keep all of that grass green? For a growing number of conscientious homeowners, it just doesn't add up.

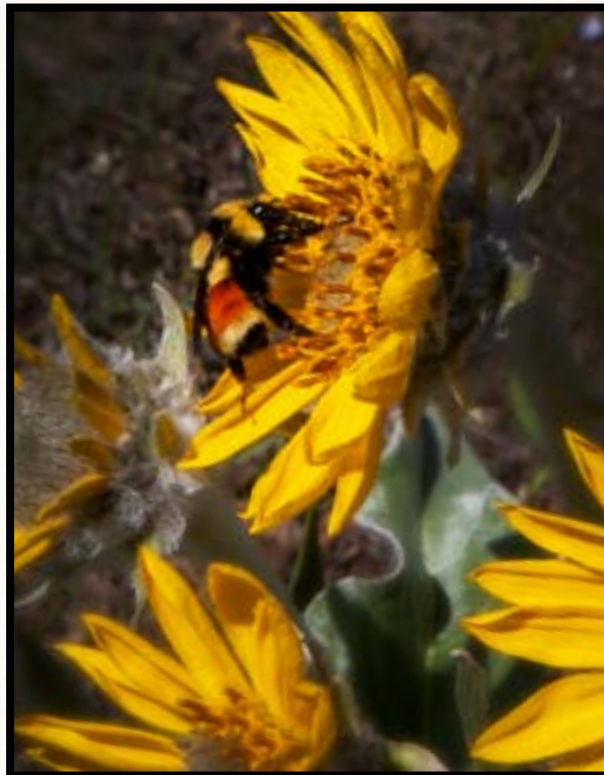
For instance, my style of yard-keeping has long been inspired by the natural landscape around my Idaho farm. Living peacefully alongside the pines and the wispy meadow grasses has always felt so comfortable and genuine to me. But you don't need a full-fledged farm in order to grow your own natural meadow of grasses and wildflowers, and fall is the perfect time of year to take on a meadow-planting project. The first step is to figure out which meadow plants are native to your area.

Wait ... what exactly is a native plant?

It's one that existed within the U.S. (or more specifically, within a region or state) prior to the arrival of settlers. According to Missouri's Grow Native Program, native plants conserve soil and water, provide the backbone for non-polluting landscapes because they don't need fertilizers or pesticides, support a diversity of wildlife through improved habitat, reduce long-term maintenance after plantings are established, are winter hardy and drought tolerant, and are less prone to destructive insects and diseases.

If you're skeptical because native plants seem like they might be "weedier" than a carpet of zoysia, picture this: You can trade your ho-hum plot of monotonous green for an artistically designed and meadow-inspired environment of American beautyberry bushes, buffalo grass, and multicolored wildflowers—a refuge where you can meander along pebbled paths and watch butterflies dance among the blooms. It's a place of peace, no matter how small, because it's taken its cue from Mother Nature herself. As in all landscaping, matching the right plants to your conditions is key. In smaller spaces, you want to go with plants that don't spread, but rather grow in nicely managed clumps.

To find out which plants are native to your area, use the National Wildlife Foundation's **Native Plant Finder** to get a list of recommended plants.



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Why start in the fall?

"Like fall-seeded lawns, fall-planted wildflower seed has a chance to 'settle' into your site during the winter, and is ready to burst into growth in early spring. In fact, fall-planted wildflower seed is up and in bloom about two weeks earlier than spring-planted seed," explain the experts at **American Meadows**. "Plus, fall planting is done after your growing season has ended. That means any weed seed in your soil is dormant, unlike in spring when it's highly energized and bursting to grow. With a fall planting, the weeds that do grow up in your flowers are easily removed when they appear as small plants along with your wildflower seedlings in spring."

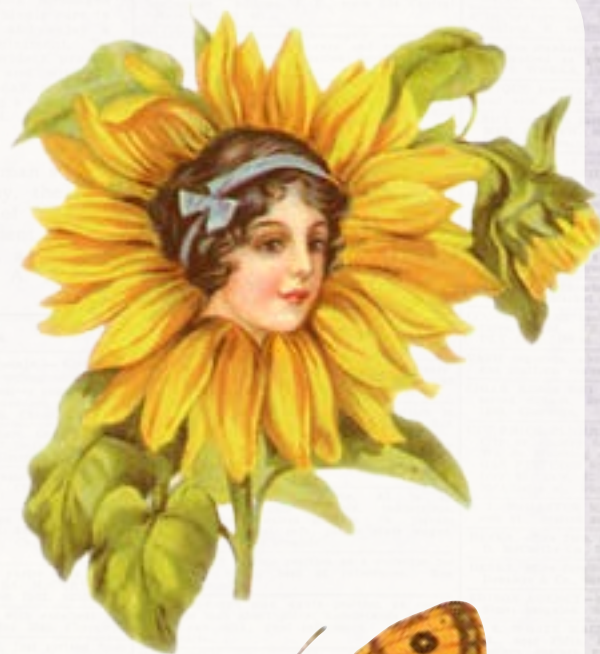
Meadow Planting Tips

Here are a few planting pointers from American Meadows:

- Plan to plant your meadow in an open area with full sun exposure.
- Planting should be done **AFTER** a killing frost or after you're sure the growing season has ended (i.e., your seed won't sprout until spring).
- Clear the ground of existing growth (grass, weeds, roots, and other plants).
- Spread seed evenly over the bare soil.

Don't rake or cover the seeds, just secure them in the soil by compressing the seeded area. You can walk over it or lay a piece of plywood down and stamp all over it.

"That's it. Do not cover, and forget the birds if they arrive. Once your seed is compressed on the surface of the soil, you're finished," American Meadows advises. "Leave peat moss and especially hay **OUT** of this project. They're not needed. In fact, even though hay is sometimes put on newly-seeded lawns, don't do that to your wildflowers. Hay is full of weed seed, and remember, you're not going to mow what comes up here, as you would a lawn. If you've planted a slope, you can put down **WEED-FREE** straw if you can get it to prevent erosion during the winter. But if you've compressed the soil well, most inclined sites will be just fine through the winter. Birds may arrive and begin pecking at (yes, eating) your seed. If that happens, don't worry. It almost always happens to our plantings, and even if it's a flock, they are never able to eat enough to put a dent in the meadow results."



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Find lots of info on fall planting in American Meadows' **Wildflower How-To's**, including a detailed tutorial on creating your own wildflower meadow.

What will spring bring?

When the weather warms in spring, your meadow wildflower seeds will begin to sprout (you'll only need to water them if the ground is quite dry). Many seedlings will bloom in as little as five weeks after sprouting, and others will flower as the weeks go by, culminating in an array of flora by about July.

Look to this book:

Ornamental grass expert John Greenlee offers an in-depth, yet easy-to-implement, method for transforming your lawn into a meadow in his book, ***The American Meadow Garden: Creating a Natural Alternative to the Traditional Lawn***.

"A meadow isn't a random assortment of messy, anonymous grasses. Rather, it is a shimmering mini-ecosystem, in which regionally appropriate grasses combine with colorful perennials to form a rich tapestry that is friendly to all life—with minimal input of water, time, and other scarce resources," writes Greenlee. "We've reached a stage where we can no longer follow past practices unthinkingly, particularly when those practices are wasteful and harmful to the environment. It's time to get rid of the old-fashioned lawn and embrace a sane and healthy future: the American meadow garden."

MaryJane 

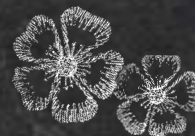




Stitching & Crafting Room



Stitches of Fun & Laughter!



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



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

Ironing-board Cover



How many of you are like me ... your ironing-board cover is looking past its prime, so you go to numerous stores looking for the just-right, cute new cover? And there's nothing that's even remotely appealing? Well, why not make one! I'm here to tell you it's easy. And I mean *seriously* easy. Here's a tutorial you can use to make your own darling cover to match your sewing room. Or your laundry room. Or whatever room you iron in! And believe me when I tell you that it makes ironing a lot more fun when you have a cute ironing-board cover!

Let's get started!



You'll Need:



- sewing machine
- scissors
- fabric pen
- ruler
- ironing board
- 1 3/4 yards quality cotton fabric
- 2 20" x 60" pieces quilt batting
- 4 1/2 yards double-fold binding (I made my own from contrasting fabric by cutting the fabric into 2 1/2" widths, folding it in half lengthwise, and ironing.)
- 3 yards 1/4" elastic



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How To:

1. Cut your fabric in half lengthwise (approximately 22" x 63") and press well. Use one piece and set aside the other for another project. Remove the old cover and padding from your ironing board and turn it upside down on top of the fabric. (It works best to do this on the floor.)

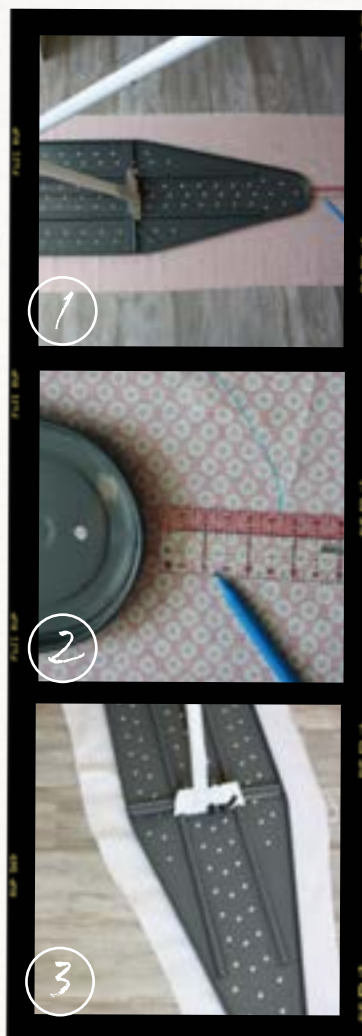
(Optional step: I made mine a little special by sewing two strips of four 5" contrasting squares of fabric together. I then sewed them onto the pre-cut piece right where I wanted them positioned.)

2. With a small ruler and a washable ink fabric pen, measure approximately 2 1/2–3" in from the edge of the ironing board all the way around, drawing a line to connect your marks. Then cut along that mark all the way around your board. Set aside your fabric piece, draping it carefully so it doesn't wrinkle.

3. Lay your ironing board on your quilt batting and cut around it in the same manner as you did the fabric. (You can just eyeball this; no need to make it perfectly accurate.) I used two layers; one layer was exactly the size of the ironing board, the second layer was about 2" wider. Turn your ironing board upright with the batting draped over the top.

4. Sew the binding along the entire edge of the fabric. It's best to pin this as you go. Since you will be sewing around corners, it really helps to just pin two or three pins ahead of your sewing. Begin sewing about 3–4" from the end of the binding (leaving a tail), using a 1/4" seam.

5. When you get back to where you started, leave a tail that overlaps your beginning tail about 1/2", trimming off the rest. Then you will open the tails up and sew them right sides together, fold them closed, and sew them down.



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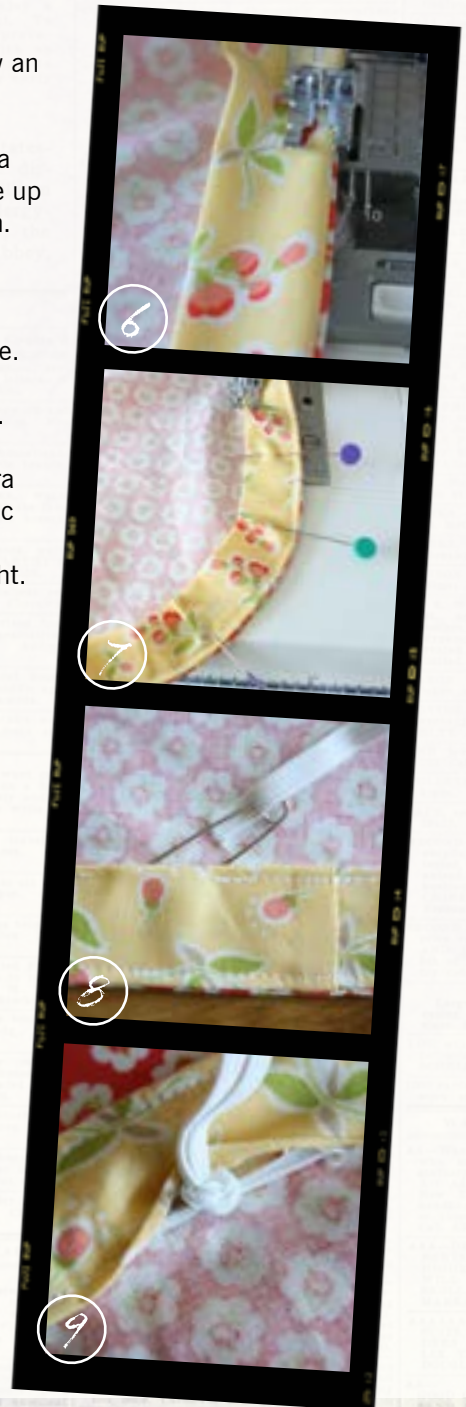
6. Finger-press your binding down to the inside of the ironing-board cover and sew an 1/8" topstitch all the way around. (I didn't bother to pin.)

7. After you've sewn the outside edge, you will now sew the inside edge, creating a channel to run the elastic through. I only pinned the corners, as you'll want to take up that slack in the binding. Don't worry if it doesn't look super-neat; it will be hidden. Be sure to stop a couple inches from where you started, so that you can slip your elastic in.

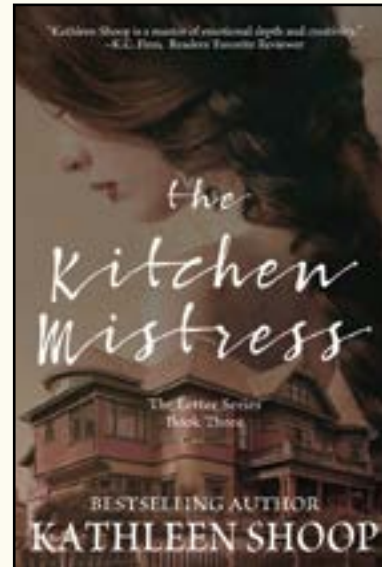
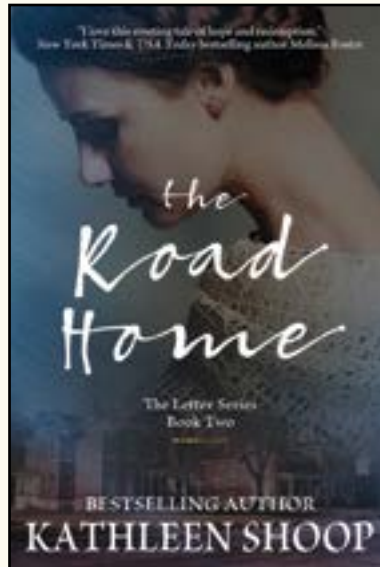
8. Attach one elastic end to a safety pin and make sure it can't easily come undone. There's nothing more frustrating than a safety pin holding elastic that comes open about 3/4 of the way through! Carefully push the pin and pull your elastic through. Once you get your pin all the way to where you started, you will need to do some pulling to get the elastic to feed evenly through the whole binding channel. Be extra careful not to lose the end, or you'll have to start all over. You don't want the elastic to be super-pulled, and you also don't want it super-loose. At this point, you can place it over your ironing board and do some pulling and releasing to get it just right. It's not difficult, but it can be a little time consuming.

9. Once you get it the tightness you want, take your two elastic ends and tie them together in a tight knot. Then cut the ends, leaving a couple inches that you can just tuck under the cover. I didn't sew this opening closed. For one thing, it's hidden, and for another, you might want to tighten it some more later.

And there you go.
Super easy.
Super cute!



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Karina's
PICKS
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GRAPHIC DESIGNER
(SISTER #4)

Fall is my favorite time to cozy up with a blanket and knit. I love the variety of knitting gifts for other people. Sometimes it's fun to make an animal that my niece can cuddle up with, other times I like to make a stylish wrap or scarf for a friend. Check out these cute patterns I found!

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



Craftsy



Craftsy



Ravelry



Ravelry



Mom.me


NEW YORK TIMES
BEST SELLING AUTHOR

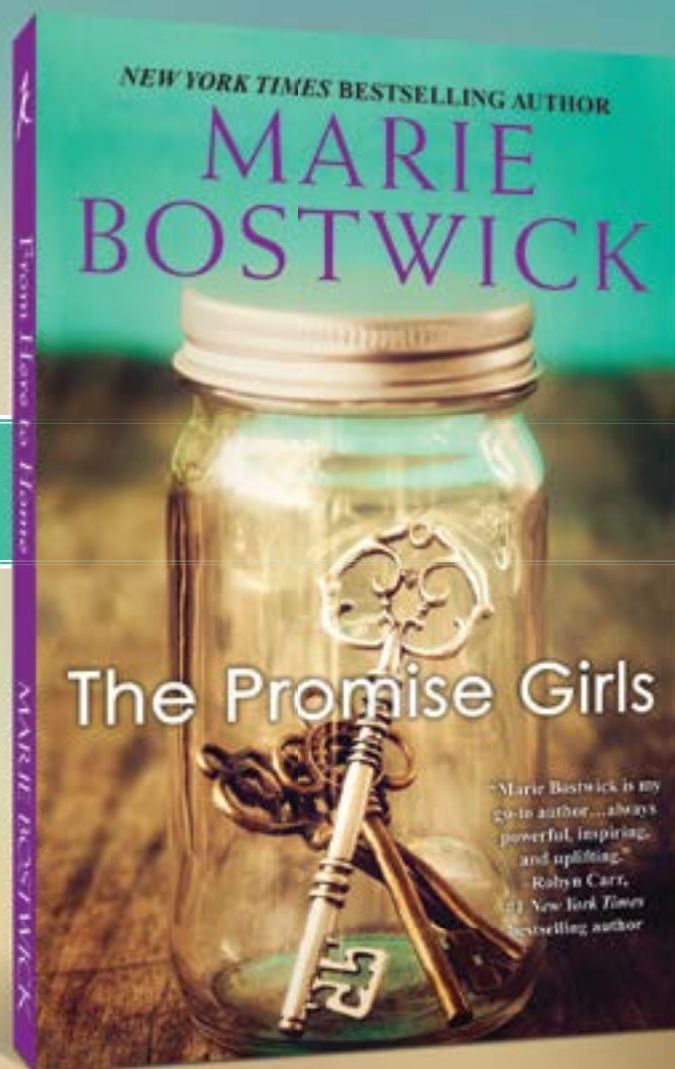
MARIE
BOSTWICK

The Promise Girls

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September 2017

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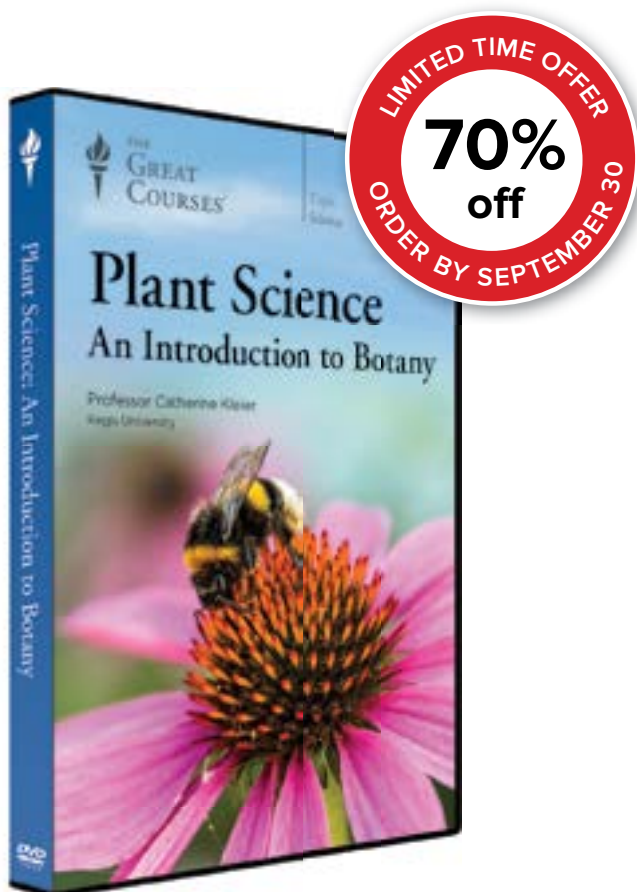
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Explore the Ever-Surprising World of Plants

Science tells us that proximity to plants tends to make us happy, even if we don't notice. And of course, without plants, we wouldn't even be here. Not only do plants produce oxygen, they also produce their own food—the food that directly or indirectly supports us and all animal life on the planet.

In **Plant Science: An Introduction to Botany**, Dr. Catherine Kleier invites us to open our eyes to the phenomenal world of plant life and to the process she calls “Natura Revelata”: the joy of celebrating and learning from the secrets of nature. As Dr. Kleier shares her knowledge with contagious excitement for her subject, she stresses the basic biology, function, and the amazing adaptations of the plants we see all around us. With almost 400,000 known species and thousands more identified every year, the variety of plant life is almost overwhelming. In this course, you will learn about the latest discoveries regarding plant communication, the myriad ways they manage and shape their own environments, and why botanists are still debating what it really means to be a unique species.

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ONCE UPON A CHICKEN

FABRIC by MaryJane♥

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

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

-OR-

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

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

DON'T DELAY!
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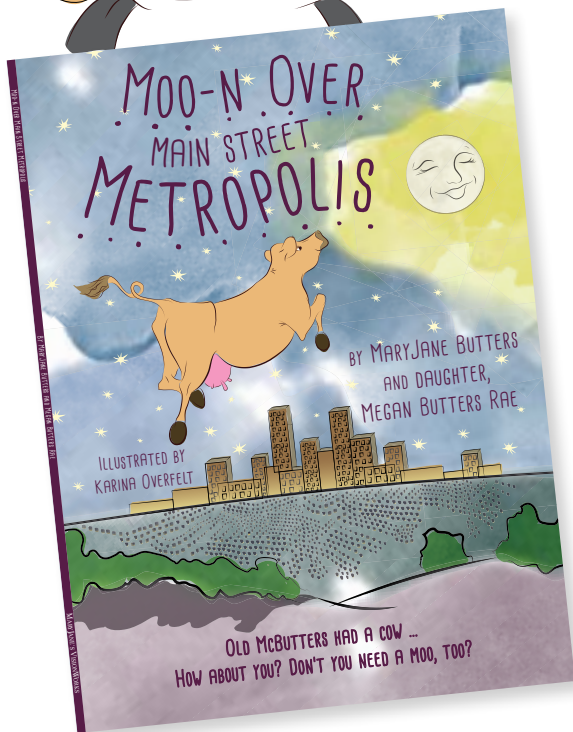


Moo-n Over Main Street Metropolis

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



“ 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®

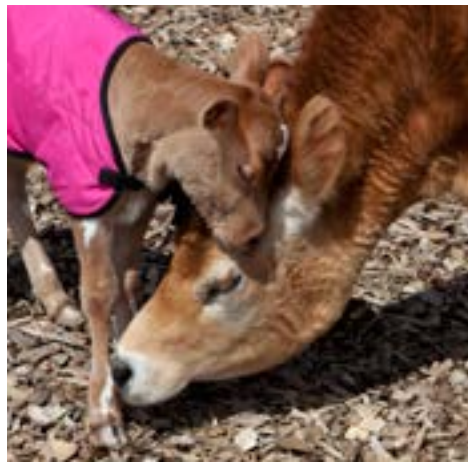
While you're there, pick up a copy of MaryJane's *Milk Cow Kitchen*, a 400-page cowpendium with 1,100 how-to photographs that detail everything you need to know to keep a milk cow on your suburban half acre, a backyard lot in town ... or at least the fantasy of a someday cow grazing outside your kitchen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

Summer is coming to an end, and it seems like it has flown by! I don't know about you, but I didn't accomplish as much as I had hoped to. But I am still looking forward to fall. Fall is cooler, and the wild and crazy monsoonal weather is generally over.

I'm sure that you are all busy with gardens and fruit harvesting, and will soon be up to your elbows in all kinds of produce, canning, preserving, and making jams and jellies and all sorts of other delectables for the winter.

I missed you girls in the July *Sister Issue*, as I was glamping in the Colorado Rocky Mountains with my daughter when the girls at MaryJanesFarm were putting that issue together. I can tell you that glamping with my daughter was the highlight of my summer!!

For the September *Sister Issue*, as we look forward to fall, I'd like to focus on a few swaps you might enjoy. So look them over and consider joining in one or two ... or all of them!

We have enjoyed RAOK swaps in the past, which have come and gone, but JoAnna Vaughn is hosting a new, fresh swap. I encourage you to check this one out, as it's a bit different and a favorite for many. RAOK stands for "Random Acts of Kindness." I can tell you I have enjoyed sending RAOK packages and have been hugely blessed as a recipient of them as well. Check it out [here](#).

I am hosting a Farmgirl Hankie Swap since I know many of you farmgirls like hankies. I thought this would be a simple and easy, but very farmgirl-y, swap. Read more and sign up [here](#).

And, it's almost apple season and Winnie Nelson is hosting our 2017 Apple Festival Swap. This has been such fun in the past and is so appropriate for the fall. [Here's](#) where you can learn more about this swap.

Enjoy your fall activities and the change in the weather. Fall is my favorite season, and I'm looking forward to savoring the smells, cooler temps, changing colors, and all that this season brings. See you again in time for Christmas!





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

Two Ways to Make Traditional Chai Tea

With half of my family from North India, I'm fairly accustomed to the ritual of drinking **chai**. Not the frothy, ultra-sweet, flavored-milk drink you get from national coffee chains. I mean *real* chai, made from raw ingredients, and crafted to suit the individual's preference—it never fails to surprise me how varied people's tastes can be.

Take my mom and my aunt, for example. They grew up in the same family, with the same Punjabi mother who brought them each a mug of steaming tea in the morning. Nowadays, my mom likes a rich chai made from strong tea; organic, non-homogenized, whole milk; and organic cardamom (and sometimes clove, ajwain, and/or fresh ginger) for spice. My aunt, on the other hand, prefers a light chai, made from very little black tea, soymilk, fennel, and a bit of honey—a great option for those needing to limit dairy or caffeine.

So what happens at family dinners when my mom's tea is too strong for my aunt, and my aunt's tea is too weak for my mom? Of course, my brother, cousins, dad, uncle, and grandparents all have different favorite combos, too. And no one is about to budge, because who wants to compromise when it comes to tea?

What all of my family *can* agree on is the power of organic, loose-leaf tea as a critical ingredient for a high-quality experience. My mom, a longtime chai drinker, says she notices that organic, loose-leaf, black tea has a fuller flavor and doesn't leave an acidic bitter taste on the tongue. While some people prefer to use a masala chai (premixed black tea and spices, often finely ground), both my mom and aunt make their own fresh masalas ("masala" essentially means "blend" or "mixture") every time they make tea. This way, they can adjust the ingredients based on the time of day, the season, and who else will be drinking (hint, hint, I'm a regular!).



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Mom's Indian Chai Recipe

(find ingredients at MountainRoseHerbs.com)

- 3 cups water
- 1 cup whole, non-homogenized milk
- 1/2 t organic cardamom powder
- 1 organic clove
- small pinch organic ajwain seeds
- fresh ginger (optional)
- 3 heaping t organic English Breakfast Tea (or organic Assam Tea or organic Ceylon Tea)
- jaggery, turbinado, or other unrefined sugar (optional)



Bring the first six ingredients to a boil in a pot over medium heat. After this liquid comes to a boil, turn off heat and add tea leaves. Steep 5-10 minutes, with lid. Add sweetener if desired. If you don't have cardamom powder on hand, you can also take **hulled cardamom** or **cardamom pods** and grind them using a **mortar and pestle**. Strain tea using a **mesh strainer** before pouring. Makes three large mugs.

Aunt's Indian Chai Recipe

(find ingredients at MountainRoseHerbs.com)

- 2 cups water
- 1 t organic anise seeds or fennel seeds*
- 1 t organic Ceylon Tea
- 1/4 cup or desired amount organic skim milk
- 1 t organic Darjeeling Tea or organic Assam Tea
- 1/8-1/4 cup unsweetened organic soymilk
- local wildflower honey

Bring water and fennel seeds to a boil. Let steep on low for 5 minutes. Add Ceylon Tea and skim milk and bring to a gentle boil. Once milk has boiled, turn off heat and add Darjeeling Tea or Assam. Steep tea anywhere from 6-10 minutes, without lid. Using a mesh strainer, pour tea into a large mug, leaving room at the top. Add a tablespoon or more of soymilk, and stir in honey to your preferred sweetness. If you like your tea very hot, you may also want to reheat again. Makes two large mugs.





Cleaning Up

The Work of Our Hands



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

How to Clean and Store Camping Gear

With summer waning and autumn leaves already on the wind, you may be packing away your camping gear for the year (some of you, of course, may be just gearing up to get out there, and this post will come in handy for you, too). Keeping your outdoor gear clean and storing it properly are critical to happy camping (if you've ever pulled a hastily stowed wet tent from a trash bag, you know just what I mean). Although post-camping cleanup can seem overwhelming when you get home, it will save you time and frustration in the long run. So, here's a quick and dirty—no, CLEAN—guide to getting your gear in good shape to use or store for the winter.

Tent

To truly clean your tent, you must set it up. Shake out most of the dirt and debris, then sweep or vacuum to collect the remaining dust. Wipe the walls and floor with a sponge and warm water (skip the soap since it can degrade a tent's waterproof coating). Air-dry the tent thoroughly before dismantling to keep mold and mildew at bay. Wash tent stakes, too, before storing. Fold your tent for seasonal storage. According to the product manager of outdoor gear company Mountain Hardwear, "Stuffing is bad practice. Repeatedly cramming a tent into a stuff sack creates a lot of small radius bends in the fabric. These small edges end up being subjected to far more abrasion and moisture than the coating would be if the tent were folded."

Sleeping Bags

Wash sleeping bags (preferably one at a time) in a front-loading washer or a top loader without a central agitator. Use cold water and mild detergent. This is particularly important for down-filled bags to avoid breaking down the natural oils on down feathers, which will decrease down's loft and warmth. Hang bags to air-dry or use your dryer's lowest heat cycle. Tip: adding a couple of tennis balls to the dryer will help restore the bag's fluff. Skip the bag's compression sack for longer term storage. Instead, hang your bag in a closet or stow in a large mesh bag to maintain optimal loft and dryness.

Sleeping Pads

If your pad has a valve for air filling, make sure to close the valve before washing so that moisture doesn't get inside the pad. Both air and foam pads can be scrubbed with a mild soap, rinsed, and air-dried. Store pads unrolled (with valves open, if applicable).

Hammock

Nylon hammocks can be hand-washed or tossed in a machine (one at a time to prevent tangling). Use cold water and mild detergent. Hang on a line to air-dry completely. Store hanging or in a mesh bag.

Backpack

Empty all of the pockets in your pack and shake it upside down to dislodge debris that collects in crannies. Instead of machine washing, which might damage zippers and clasps, scrub your pack gently with a sponge and mild soap or detergent. Rinse it well with a hose or in the tub, and hang it to dry. Store in a closet or away from direct sunlight to prevent damage to material and plastic parts.

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Water Bladder or Bottles

Hand-wash bottles and bladders with soap and warm water, then air-dry upside down. If you find any trace of mildew inside your bladder or bottle, fill it with warm water, then add 1/2 t bleach and 2 T baking soda. Shake and let sit for at least 30 minutes. Rinse thoroughly and air-dry. Tip: Storing water bladders in the freezer prevents mildew formation during storage.



White Gas Stove

Disassemble and wipe all parts of the stove with a gas-soaked rag (sounds gross, but it works). Check all gaskets and O-rings to make sure they're in good condition, then lube them with mineral oil. Soak the shaker jet and needle in gas overnight to clear them of gunk. Air-dry all parts, reassemble, and store in a dry location.



Zippers

Often overlooked, zippers are unsung heroes that secure tents, packs, sleeping bags, and more. Outdoor excursions expose zippers to dirt and other grunge, which can affect the functionality we take for granted. To keep zippers zipping smoothly, clean them periodically with a toothbrush and a little warm water. Skip zipper lubricants, though, because they will just attract more grime.



Repairs

"Don't be intimidated by repairing your gear's small imperfections yourself," says Madison Dragna of TheTrek.co. "When repaired properly, gear with imperfections can still last and function perfectly."

- Dragna and her co-experts recommend the following basic repair essentials:
- **Seam Grip** (similar to super glue) can patch small rips and pinhole punctures in just about any material, and it works wonders to repair or reinforce seams.
- Duct tape can, of course, fix anything. Check out this list of smart campsite fixes: **25 Uses for Duct Tape on Your Next Camping Trip**
- Needle and dental floss (or thread) offer strong stitching in a pinch.



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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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A close-up photograph of a hand holding a bouquet of flowers. The flowers are a mix of pink and orange, with some showing variegated patterns. The hand is positioned on the right side of the frame, with fingers wrapped around the stems. The background is dark and out of focus. The entire image is framed by a decorative white border with small circles.

“Sisters are
different flowers
from the same
garden.”

– Author Unknown

Sister Loves

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

Cyndnie's
PICKS
(JUST A CLICK AWAY)

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



GRAPHIC DESIGNER
(SISTER #2396)

Hiking and camping are my favorite activities for late summer and autumn. It's usually my time to unwind and feel truly one with nature. I love traveling to new places and wandering around, looking for new trails and hidden mountain lakes. Once I stumble upon a place for resting, I pull out my journal to draw the scene and keep it forever. It's a book full of my happy places. So this time, I thought I'd show you a few of my camping must-haves.

Superdry



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THE COMPANY THAT CARES

Caravan Roundup

FABRIC by *MaryJane*♥

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

AVAILABLE AT FATQUARTERSHOP.COM

My fabric is also available at your local quilt shop.





Caravan Roundup Quilt Kit available at FatQuarterShop.com.



Index Available!

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

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

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

Farmgirls Unite!

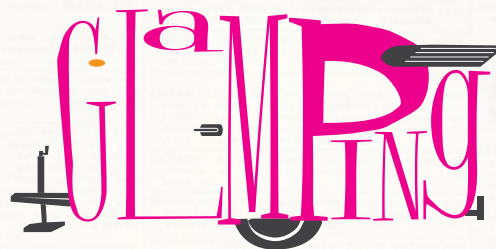
If you are hosting a farmgirl event, open to all farmgirls, send the event description, date, location, and contact info to megan@maryjanesfarm.org. Megan will keep Sisters up-to-date on upcoming gatherings.



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

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it for transfers on shopping
bags, totes, and pillows, or
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September 2017

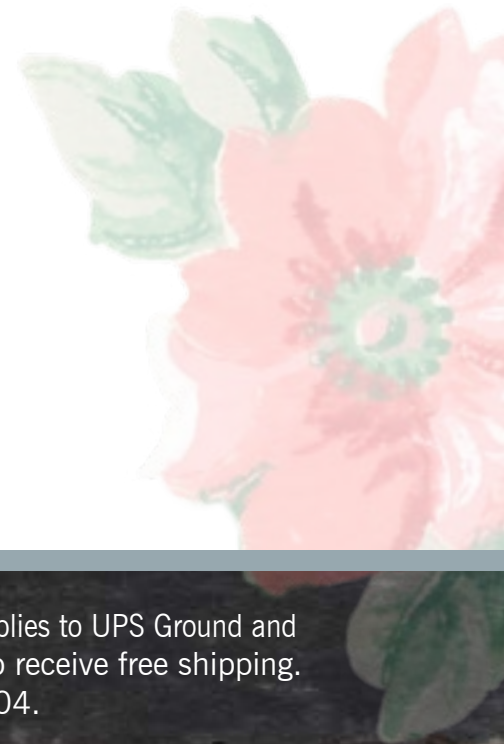
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September Farmgirl Sisterhood Special

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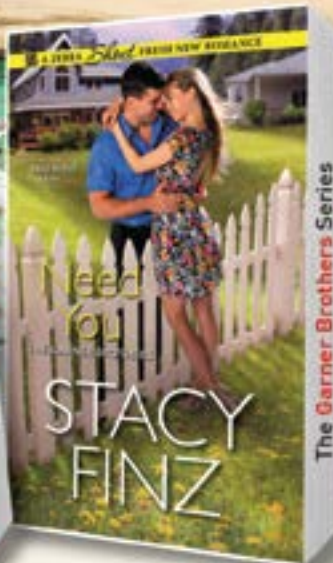
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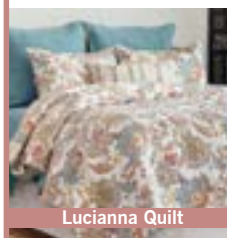
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Farmgirl Sisterhood

Share in the Fun!

Farmgirl Chatter

What are farmgirls chatting about?

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

Across the Fence: Nature's Beauty

Submitted by [cyndieparz72](#)

Here are a few photos I took recently on a trip to Gettysburg, Pennsylvania (one of my favorite places). The last picture is one of my bees. I am not a beekeeper, but there are several bees that never leave my home; they stay among the Russian sage next to my front porch and live in the bee house I placed directly above the sage).

I took this picture last week and, as I have been since I was a child, I am just completely in awe of Mother Nature's immense beauty—even if only a wildflower. The precision of geometry in nature is astounding.

Check the photos out [here](#).



Across the Fence: Fresh rose from my garden

Submitted by [MaryJanesNiece](#)

This is one of my first roses! We recently received a rosebush as a gift, and each time a new rose opens, I contemplate whether or not to cut it and bring it inside. So yesterday, I finally took the plunge and cut my first rose and a couple of other flowers. I love how beautiful it is! I can't wait for more roses.

To see the roses, click [here](#).

Outpost: Wild Animal Encounters

Submitted by [AnnieInIdaho](#)

I am sure some of your stories will be more dramatic than this little experience, but I was just so surprised at the encounter, and although raccoons can be pests, this was a funny experience. We rented a cabin on the St. Joe River near Avery, Idaho, and next door were three huge, old cherry trees; one ancient apple tree loaded with baby apples waiting for fall; and a loaded huckleberry bush. I was so amazed at these trees, I took my camera out to



continued ...

take photos and noticed the branches waving and bouncing around.

There were five huge raccoons climbing down the cherry tree because they saw me, and they ran one by one to the stone foundation air vent of the house on the property to hide. Two of the raccoons peeked out to see if I was still there. I had a fun time watching them feast on the fruit for the remainder of our stay.

Crazy funny!

Take a look at the thread [here](#).

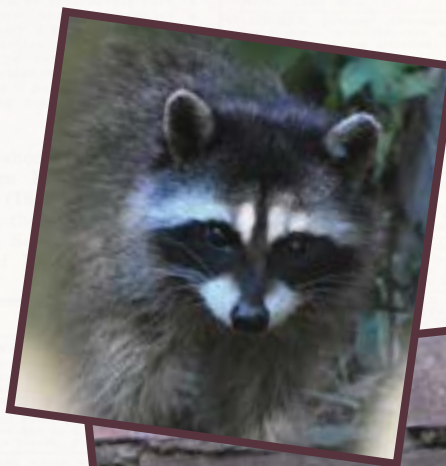
Across the Fence: Art on the Lake Submitted by melody

Just finishing up a rather dark take on a children's nursery rhymes decoupage project for a show next month. The vanity is from the '60s and my first attempt at antiquing decoupage. I like the ominous nature of the old pages of the nursery rhymes. The robin print is from an old Linnea calendar poster. Coats and coats of satin poly applied.

I have a small repair to do at the base of the chair and I am done. I will be taking more decoupage furniture, including a spoon-carved parlor table (antique), a long and lean parson's table (antique), and two vintage wooden school chairs with the backs of each chair done in old-world maps. I will also have over 55 hand-woven rag rugs to bring.

Whew! Mama needs a nap!

See the project [here](#)!



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Weather Report: It's so hot that my ...
Submitted by katmom

It's so hot that my cat is melting ...

Join the conversation [here](#).

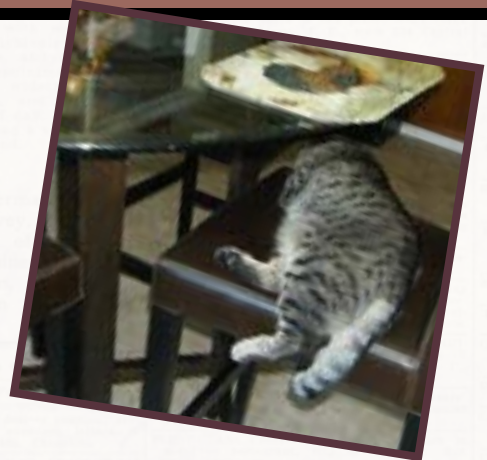
Across the Fence: A Big Birthday Favor: 96 cards for a 96-year-old
Submitted by quiltee

A friend's neighbor is turning 96 on September 25. She has no family and lives alone. We thought it would be nice to shower her with cards for her birthday—maybe 96 cards for her 96th birthday. Her name is Frances “Babe” Sweeney. She was a star baseball player when she was younger. Here are two articles (in 2 pieces each). In the second picture, Babe is the one in the white blouse.

Note: She was called Baby because she was the youngest in the family. In one of these articles, it says Baby Sweeney. She got tired of being called Baby, so she changed it to Babe, which stuck, even now. Her baseball career kept her from ever marrying, which my friend says Babe now regrets; she enjoyed playing baseball and her fiancé didn't want her to continue.

If you are interested in sending a card, please PM me and I will send her name/address/C-S-Z. She will be SO surprised. We will try to send so they arrive as close to the 25th as possible.

To participate, visit the link [here](#).




continued ...



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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.

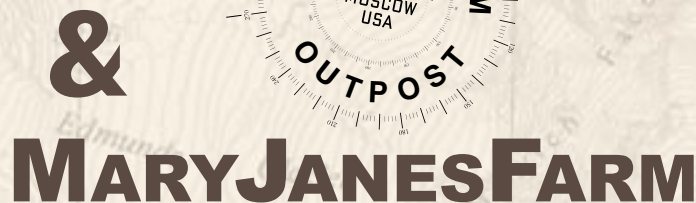


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* You'll find several jam recipes using our ChillOver Powder in the magazine section of our website: MaryJanesFarm.org/Recipes-Patterns-Instructions



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

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

— Kirk Jackson, TeamRubiconUSA.org



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

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



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



Why Prepare?

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

Why Eat Organic?

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

Team Rubicon & MaryJanesFarm

The Mission

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

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

Team Rubicon Saves Lives

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

Team Rubicon Engages Veterans

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



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

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Our unique pro-environment **EcoPouch® Packaging** has offset 1,547,955 sq ft of aluminum foil since 1996. **That's 58 tons of landfill waste avoided!**

for a hefty dose of inspiration, watch Team Rubicon on YouTube.com/TeamRubiconUSA

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- ☐ D. hand selected by our certified aromatherapist
- ☒ E. all of the above




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Our sentiments exactly!

This adorable 8" x 8" plaque, printed on canvas and stretched on a wood block edged with burlap, is available at BraveGirlsClub.com. 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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Farmgirl Sisterhood



Social Media

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

As ladies of the Sisterhood, now numbering 7,466 (and counting), we've earned an amazing number of Merit Badges so far—10,836 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.



Sisterhood Necklace



Exclusive for Sisters!

Sisterhood Necklace

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



Hello Elaine!

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

Thank you again,
Mary Bronson



Elaine!!!

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

kindness counts,
Kim





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

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

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

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

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

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

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

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

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

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

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

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

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

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

~Wendy Cecil Curling

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– Saint Frances of Assisi



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Awardees



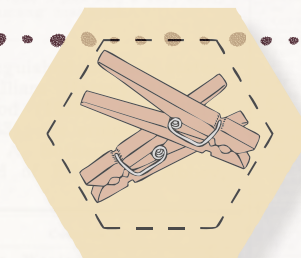
Merit Badge Awardees

Cyndie Parzuhoski: cyndieparz72 #7407

Beginner badge: Outpost / Disconnect to Reconnect

Beginner badge: Stitching & Crafting / Aprons

Intermediate badge: Make It Easy / Mindfulness Meditation



Cynthia Magnum: CYNDIM #6800

Beginner badge: Stitching & Crafting / Buttoned Up

Ginger Dawn Harman: Ginger Dawn #6451

Beginner badge: Cleaning Up / Going Green

Beginner badge: Cleaning Up / My Fair Farmgirl

Beginner badge: Farm Kitchen / Canning

Beginner badge: Garden Gate / The Good, Bad, and Ugly ... Bugs

Beginner badge: Outpost / Pampered Pets



Helen Ettlin: Grandma Helen #7130

Beginner badge: Cleaning Up / Green Energy

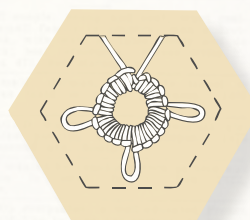
Beginner badge: Cleaning Up / Home Insulation

Beginner badge: Cleaning Up / Water Conservation

Intermediate badge: Cleaning Up / Home Insulation

Intermediate badge: Cleaning Up / Recycling

Intermediate badge: Cleaning Up / Shopping Green



Jennifer Ettlin: MsKathleen #7128

Beginner badge: Cleaning Up / Going Green

Beginner badge: Cleaning Up / Green Energy

Beginner badge: Cleaning Up / Home Insulation

Beginner badge: Cleaning Up / Water Conservation

Intermediate badge: Cleaning Up / Home Insulation

Intermediate badge: Cleaning Up / Recycling

Intermediate badge: Cleaning Up / Shopping Green

Expert badge: Cleaning Up / Home Insulation



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Joyce Hein: GinghamGirl #6071

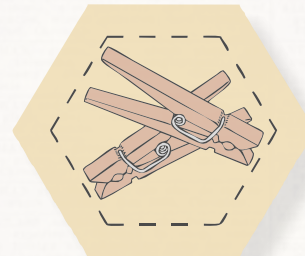
Beginner badge: Farm Kitchen / BakeOver MakeOver

Beginner badge: Stitching & Crafting / Sew Wonderful

Intermediate badge: Farm Kitchen / BakeOver MakeOver

Intermediate badge: Stitching & Crafting / Sew Wonderful

Expert badge: Farm Kitchen / BakeOver MakeOver



Hope Johns: woolybunny28 #7249

Beginner badge: Garden Gate / Herbs

Katie Reichenbach: farmgirl68 #7422

Beginner badge: Cleaning Up / Green Energy

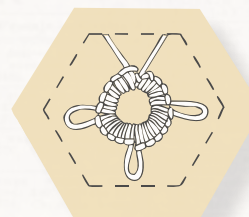
Beginner badge: Cleaning Up / Recycling

Beginner badge: Garden Gate / Putting Away For Winter

Beginner badge: Make It Easy / Collect It!

Beginner badge: Make It Easy / Music

Intermediate badge: Make It Easy / Music



Kristin Sievert: #6020

Beginner badge: Outpost / Glamping

Intermediate badge: Stitching & Crafting / Quilting

Lenora McMahan: firecatinc #7131

Intermediate badge: Each Other / Know Your Roots

Intermediate badge: Each Other / Little Squirts

Intermediate badge: Garden Gate / Herbs

Intermediate badge: Garden Gate / Rootin' Tootin

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

Michal Cole: #7441

Beginner badge: Stitching & Crafting / Sew Wonderful

Nancy Noble: NancyOH1 #2508

Beginner badge: Make It Easy / Collect It!

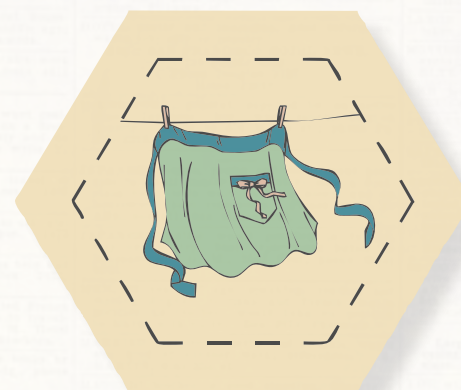
Intermediate badge: Make It Easy / Collect It!

Expert badge: Make It Easy / Collect It!

Peggy Smith: Forever Young #1815

Intermediate badge: Stitching & Crafting / Safe Toys

Intermediate badge: Farm Kitchen / Canning



continued ...



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Sherrilyn Askew: Sherri #1350

Intermediate badge: Stitching & Crafting / Mosaics

Teresa Roberson: carolinacateyes #7386

Beginner badge: Each Other / Community Action

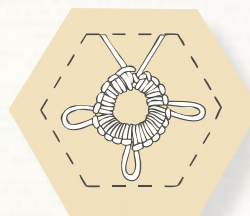
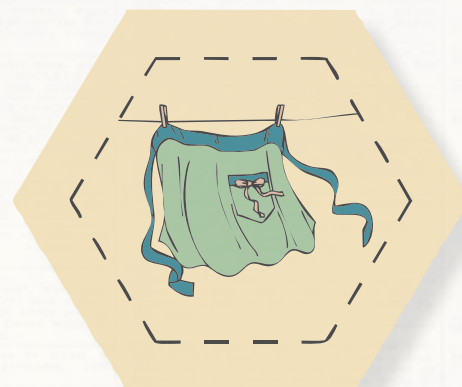
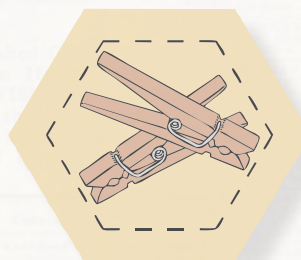
Beginner badge: Outpost / Disconnect to Reconnect

Intermediate badge: Garden Gate / Birds

Wendy Black: #7024

Beginner badge: Each Other / Farmgirl Gratitude

Beginner badge: Stitching & Crafting / Buttoned Up



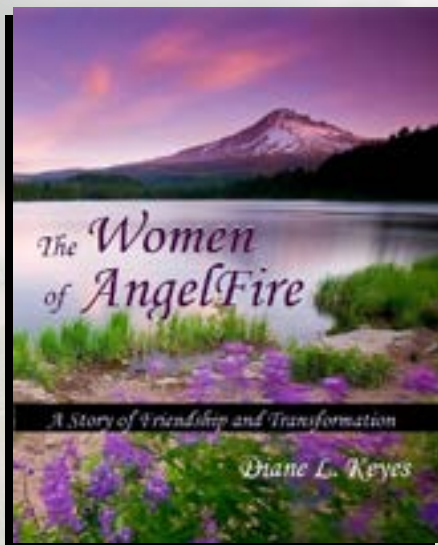
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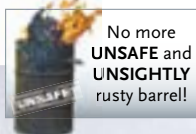
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Coming Soon to a Magazine Near You

Our Oct/Nov issue (To Grandma's House We Go) will hit newsstands on Sept. 12. In it, you'll find 32 recipes for homemade harvest traditions; pick up cold season travel tips, read about a quilt camp for kids; learn how to love your liver; see models who moo; and more. Don't risk missing *MaryJanesFarm* magazine on newsstands. Subscribe [here](#)!



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MaryJane's FARM

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On nights when you don't have the energy to even chop up some veggies (you know those nights),

I'm really there for you.

All you need is one of my instant Pouch Cook meals. Simply add boiling water directly to the stand-up package, fold the top down, and wait a few minutes. No need to be a hiker, no backpacks ... pure farmgirl. Most of my Farmhouse meals contain two standard servings, and they're unlike anything you've ever tasted. I promise. It's that good!

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



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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). While you're there, sign up for our e-mail blog alerts and recipe of the week.

city FARMGIRL



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

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

rural FARMGIRL



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

suburban FARMGIRL



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

Married for over 20 years to her Danish sweetheart, Nicole has worked in various fields and has been a world traveler, entrepreneur, and homemaker, but considers being mom to her daughter her greatest accomplishment of all. In addition to blogging, she also teaches knitting professionally and is a Certified Master Gardener. Loving all things creative and domestic, Nicole considers her life's motto to be "bloom where you are planted."

beach FARMGIRL



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

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

continued ...

continued ...



ranch FARMGIRL



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

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



suburban farmgirl

Nicole's Favorites

Outback Survival Gear Leather Seal

It's hard to believe that September is here already—kids are back to school, summer gardens are winding down, and crisp fall weather will be here before we know it.

One thing I adore about fall is the change to fall clothes and shoes. After a summer of flip-flops and sandals, I do love to slide on a smart pair of boots! High boots, short boots, cowgirl boots—I love 'em all. I'm partial to real leather—shoes last longer and are usually made better than ones made with synthetic materials—but keeping them looking nice can be a challenge. Rain, mud, salt, and snow are all hard on shoes. Who knew that one of my favorite organic products, meant to waterproof leather and keep it looking new, is also now a favorite *grooming* product? **Outback Survival Gear Leather Seal** does double duty!

My husband and I enjoy walking through the vendors at garden, RV, and home shows or county fairs. Neither one of us is easily swayed to buy products, but at a show this past spring, we were amazed at how my hubby's old-but-favorite leather jacket shined up like new during a demonstration of **Outback Survival Gear Leather Seal**. My favorite boots were next—soon, the color came back and they were as shiny as a new penny and so buttery soft! My husband bought a tin right on the spot, and he isn't into using a lot of fussy products. He's also hypersensitive to many things, especially chemicals and perfumes, and will only use natural and organic products.

Outback Survival Gear Leather Seal is manufactured in the USA and was originally created by an Australian company who knows leather (and makes some beautiful products). **Outback Survival Gear Leather Seal** is a solid balm containing natural beeswax and a blend of all-organic oils such as avocado, lavender, and eucalyptus, along with vitamin E. It comes in the cutest yellow and black tin with a bee on the lid. The best way to apply it is by hand, working the seal into your hands, then rubbing them across your leather product. It makes the leather have a beautiful soft and shiny patina, naturally repelling water and stains and inhibiting mold. Use it on leather jackets, shoes, gloves, boots ... the company even recommends using it on wood and vinyl. It's not sticky and soaks right in. Everything **Outback Survival Gear Leather Seal** touches becomes hydrated ... including your skin. Hands are soft and moisturized and skin is comfortable without a greasy, heavy feel. My husband can quickly give his shoes a nice waterproof shine on his way out the door. The natural, organic ingredients have a soft, fresh scent that isn't overly feminine. I use it on my favorite purses and my car's seats and dashboard ... as well as on my elbows and heels! My hands and cuticles look and feel healthy, and my purses and shoes look polished with little effort.

Outback Survival Gear Leather Seal is a perfect product for busy families on the go, with a multitude of uses. A 5.5-oz tin is \$20 and goes a long way. Get yours at LeatherSeal.com.



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organic

WHY ORGANIC?

Organic cotton is safer for you, for farmers, for your children, and for the environment. My 325 thread count percale sheets feel softer, smell cleaner, and are more hypoallergenic. Not only do they coordinate with the bed sets in my MaryJane's Home collection, the fitted sheet has deep corners that fit even the thickest of mattresses.

farmgirl ingenuity • beauty • humor • honesty

WHY PERCALE?

In a percale sheet, yarns are woven one over and one under each other to produce a tighter, higher-quality weave than that of standard sheets. Percale sheets are longer lasting, hold up better to washing, and are smoother. They also have that crisp, old-fashioned, delicious feel from an era gone by when sheets were built to last.

made from
organic
cotton

Fred Meyer®

MARYJANES FARM®

Restore Your Skin *Naturally**

Creme Complete - Ultimate Therapy for
Sun Damage, Dry Skin & Aging Skin, Lichen Sclerosus*

- ✓ Paraben-Free
- ✓ Petroleum-Free
- ✓ Gluten-Free
- ✓ Phthalate-Free
- ✓ No Artificial Dyes
- ✓ No Perfumes



"This product works. I have tried everything for lichen sclerosus including cortisone creams. I have been using it less than a week and the itching is gone and so are all the other symptoms. I also am putting it on some dark spots from sun damage and they are going away."

- Customer review of the Creme Complete.

A Multifaceted Approach to Skin Health and Rejuvenation Using an array of Vitamins and Antioxidants.*

A little over 10 years ago we decided to formulate a skin cream with only the healthiest ingredients. That product was the Creme Complete. It is our most therapeutic moisturizing cream, containing an array of vitamins and antioxidants—from Alpha Lipoic Acid to Vitamin E. These ingredients work together to slow down cellular damage, caused by free radicals and oxidation.

Antioxidants are substances found in many fruits and vegetables and inhibit cellular damage by fighting free radicals and oxidation, and slowing the damages caused by UV rays. Certain antioxidants – such as CoQ10 and Alpha Lipoic Acid – are made naturally by our bodies, while other antioxidants such as Vitamin C and E are obtained through diet. They all can diminish over time, especially without proper diet and supplementation. As we age, UV rays deplete vitamins and antioxidants from our skin and increase our chances of developing skin abnormalities, such as actinic keratosis, also called solar keratosis. Studies show that vitamins C and E as well as other antioxidants help control problematic skin conditions such as actinic keratosis, which can sometimes progress to skin cancer. Antioxidants have also been shown to be beneficial in combating lichen sclerosus.

Made with organic aloe vera, organic beeswax, organic cocoa butter, essential oils, and vegetables oils, the Creme Complete contains vitamins C and E, along with numerous other antioxidants (including alpha lipoic acid, CoQ10, grape seed extract, and resveratrol) to promote healthier skin and to help your skin respond better to the damage caused by age and environment.*



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Learn more about our complete line of products:
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Restorative Sun Screen, Blist-Eeze - A Fever Blister Cream,
Shea Butter Soaps, Lip Balms, Vapor Rub for Sinus Relief,
Herbal Itch Salves, Scabies Treatment, Pain Relief Balm,
Vitamin Enriched Body and Massage Oils.
Using only all Natural and Organic Ingredients.

Our Goal Is To Help Others.

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospers. III John, verse 2

*These products and/or statements have not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure or prevent disease.

Magazines, Books & More



Our Oct/Nov issue (To Grandma's House We Go) will hit newsstands on Sept. 12. In it, you'll find 32 recipes for homemade harvest traditions; pick up cold season travel tips, read about a quilt camp for kids; learn how to love your liver; see models who moo; and more.

Click here to subscribe to *MaryJanesFarm* magazine.

If you're a subscriber, you should receive your magazine by about September 1. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you don't receive your magazine, you can call our publisher's subscription department at 800-476-4611 to check on your delivery.

MaryJanesFarm *Calendar*

Our 2017 calendar is still available. Each month's top page features a full-color image from our farm and each calendar page includes dates, holidays, inspirational sayings, lunar phases, and fabulous farmgirl culture. This is a Project F.A.R.M. (First-class American Rural Made) product. All 26 pages are printed here at the farm on 8 1/2" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

Current Holidays:

September 4 ~ Labor Day
 September 8 ~ International Literacy Day
 September 9 ~ Wonderful Weirdos' Day
 September 10 ~ Grandparents' Day
 September 16 ~ Stepfamily Day
 September 17 ~ Wife Appreciation Day
 September 18 ~ Citizenship Day
 September 20 ~ Rosh Hashanah Begins (at sundown)
 September 21 ~ International Day of Peace
 September 22 ~ Autumnal Equinox, Rosh Hashanah Ends
 September 23 ~ National Hunting & Fishing Day
 September 24 ~ Farmgirl Apple Pie Sunday, Gold Star Mothers' Day
 September 26 ~ Johnny Appleseed Day
 September 28 ~ Good Neighbor Day
 September 29 ~ Yom Kippur Begins
 September 30 ~ Yom Kippur Ends, National Public Lands Day

September
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!**



**7,466 Sisterhood members and
 10,836 Merit Badges earned —
 growing stronger every day!**