

MaryJane's Cluck™

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

Life made us FRIENDS, MaryJanesFarm made us SISTERS

June 2012



{HELLO FROM SISTER #1} with MaryJane

It seems like forever since I've been on the road meeting up with my Sisters. (My new Glamping book is finally done and sent to the printer!!!! Phew.) My daughter and I have a couple of events planned that I hope you'll be able to attend. (Fingers crossed!) If you have any questions, don't hesitate to e-mail us (iris@maryjanesfarm.org). Hope, hope, hope to meet you in Toronto, Canada, and Eagle, Idaho.

Tease: We always bring gifts, surprise prizes, and plenty of farmgirl love. This time, we'll be handing out sneak previews of my new book, *Glamping with MaryJane*. (Available for pre-order on Amazon.com.)

Friday, June 22, 11 a.m.
Sears Canada
Toronto Eaton Centre
290 Yonge Street, Toronto, Ontario
(416) 349-7111

Saturday, June 30, 11 a.m.
Fred Meyer-Eagle/Boise (Grand Opening)
Eagle Island Marketplace
1400 W. Chinden Blvd.
(Chinden Blvd. & Linder Road)
Meridian, Idaho
(208) 893-6014

MaryJane

FRONT COVER ENDORSEMENT:

“One busy, hectic afternoon in my house, I sat down to take a quick peek at *Glamping*. Over two hours later, I was still reading, blissfully lost in MaryJane's beautiful world. I'm dying over this book. **I absolutely, positively LOVE IT!**”

– REE DRUMMOND

The New York Times Best-Selling Author of *The Pioneer Woman Cooks*

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AVAILABLE FOR PRE-ORDER!



Each @ Other

In the Shelter of Each Other

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

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



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 5-year-old and 3-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).

Scrapbooking

I’m a scrapbooker, but like many scrapbookers, I’m VERY behind when it comes to actually earning my self-proclaimed title. So when I met Becky Higgins at a women’s event last year, I was thrilled.

Becky Higgins actually has a career in scrapbooking! She worked with *Creating Keepsakes* magazine in the late 1990s and early 2000s. After 12 years of authoring feature articles and traveling to teach classes for the scrapbooking magazine, she resigned and started her own business. With nine books and lots of live classes under her belt, she felt like she knew what we needed. And she did!

Becky Higgins LLC offers a line of scrapbooks kept simple. Her “Project Life” series includes Project Life Binder, Core Kit, and a big pack of photo pocket pages. So, in essence, this is scrapbooking made do-able.

The Core Kit provides a variety of adorable cards and stickers that all fit perfectly in the pocket pages. The pocket pages all fit perfectly in the binder. The kits come in a variety of color palettes to meet your preference. All you need is a pen and your photos. Woohoo! Becky has made it possible for me to continue calling myself a scrapbooker. And, and, AND ... continue doing all the things that give me something to scrap about!

Meg



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

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I started a simple album for Stella's school years. Simple. Add a few pics from each year, some of her projects, and I'm scrappin'!





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{**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've begun to raise a family in the same house—their daughter just turned 2.

Whether it was watching her mother cook while she was a baby or simply growing up learning that good food nurtures not just people, but relationships as well, cooking remains an important part of Ashley's life. Last year, she came to work at MaryJanesFarm as a recipe developer/food stylist, and now spends each day inventing and preparing the delicious food you see in our magazines and websites.

Spring Chickens & Asian Slaw

One of my favorite things about cooking is the creativity that it inspires, and more often than not, it is simply fun. I love getting lost in a wave of inspiration—at that moment in time, all of my cares seem to melt away, and I am lost in creating something delicious. The inspiration for this recipe was sparked by a recipe I found for Cornish Game Hens with Orange-Raisin sauce in a hostess cookbook from the 1960s. I thought it would be fun to make some little birds, and the recipe quickly morphed into an Asian-inspired dish. It is a combination of some of my favorite flavors—the glaze on the chicken is sweet with a tiny bit of heat, and the Asian Slaw is tangy and delicious. I opted for small chickens rather than the game hens, but I am sure that they would be just as scrumptious.

ASIAN SLAW

PREP TIME: 20 MINUTES
MAKES: 4 SERVINGS

Dressing

- 1 t sesame seeds, toasted
- 2 T brown sugar
- ¼ t salt
- ½ t toasted sesame oil
- ¼ cup rice vinegar

Salad

- 4 cups shredded kale
- 2 celery stalks, thinly sliced
- 1 English cucumber, quartered and thinly sliced
- 2 carrots, shredded

1. Combine all dressing ingredients and mix well.
2. In a medium bowl, combine salad ingredients. Mix in dressing.



Featured Recipe

SPRING CHICKENS

PREP TIME: 20 MINUTES

COOK TIME: 50–55 MINUTES

MAKES: 4 SERVINGS

- 2 young chickens (about 1 lb each)
- 1 navel orange, zested and juiced
- $\frac{1}{4}$ cup sugar
- 1 t salt
- $\frac{1}{8}$ t crushed red pepper
- 2 T rice vinegar
- 1 t toasted sesame oil

1. Preheat oven to 400°F. Lightly grease a 9" x 13" baking dish. Place chickens breast-side down in the dish and set aside.
2. In a small saucepan, combine orange zest and orange juice (about $\frac{1}{3}$ cup), sugar, salt, crushed red pepper, rice vinegar, and sesame oil. Bring to a boil over medium heat, stirring frequently. Reduce heat to medium-low and simmer for 7 minutes, stirring occasionally.
3. Brush the chickens with the sauce, flip over so that the breast side is facing up, and brush the breast side with the sauce.
4. Place chickens in the oven and bake for 50–55 minutes, or until internal temperature reaches 160°F. Periodically baste the chickens with the remaining sauce and the pan juices. Serve with wild rice and Asian Slaw (left).





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



Recycling Rain

As the summer heats up, water for gardens, lawns, and flower beds can become a serious commodity. Many areas of the country are naturally dry this time of year, and others are hit with droughts when they need water the most. According to the EPA, lawn and garden watering make up nearly 40% of total household water use during the summer. That's why now is the perfect time to learn how to harvest rain, one of the purest sources of water available on the planet. Without the chemicals found in many municipal water systems, rain is perfect for watering your edibles as well as the rest of your landscape. Of course, rain collection might seem like a far-fetched fantasy at the moment, but if you're prepared for precipitation and keeping an eye on the sky, you'll be all set to make the most of the season's next storm.

What You Need

In order to reap the maximum benefits of rain, you'll want to catch as much of it as possible. A collection system can be bottom-dollar basic: a rain barrel at the end of a downspout. If you want to get serious about gathering rain to quench an entire household, you can invest in a professionally installed system (search for a rainwater system professional on the American Rainwater Catchment Systems Association's website at www.arcsa-usa.org).

For most home garden and landscaping needs, you can capitalize on the slope of your roof, a clean gutter system, and a smidgen of elbow grease. It's easy to install a rain barrel, especially one that is already designed to do the job right. Barrels like the Suncoast RB50D 50-Gallon Rain Barrel and the Achla Model RB-01 54-Gallon Rain Catcher (both available from Amazon.com for around \$100) are equipped with filters and hoses, ready to gather rainwater from gutter downspouts and deliver it to your garden hose as needed.

How To Use Your Rain Barrel

When positioning your rain barrel under a downspout, you'll need to cut the downspout using a hacksaw in order to allow the barrel to fit below it. The higher you can situate your barrel, the better pressure you'll have when watering from it. If you need additional height to elevate the barrel above the level of your garden, try building a simple platform using cinder blocks topped with a piece of 1" plywood for stability.

Once it's in place, your job is easy. Just check the barrel's screen occasionally to make sure it's free of debris or holes. Keeping your gutters clear of leaves and branches will help make sure your screen stays in good shape.

When the rain comes, sit back and listen to the sweet sound of your barrel filling up. For those in drought-prone regions, this can be a downright ecstatic experience. Even sprinkles that barely seem to dampen the dirt can add up to gallons when they roll down your roof and collect in one container. You can actually calculate how much rain water your house is capable



Baby Megan

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of harvesting with a fun online tool called Save the Rain. Go to www.save-the-rain.com/world-bank and enter your address to see a satellite image of your house. Then, use your cursor to outline your roof, and the will calculate the area of your roof, the amount of water you get in a year, and how much water you can harvest!

Whether you have 15 or 50 gallons in your barrel, you can start watering right away. Try not to let your water sit for more than a week so that algae growth and bacteria are kept to a minimum. If your screen is in good shape and fits tightly on your tank, you won't have to worry about mosquitoes. At the end of the growing season, drain your barrel and give it a good scrub down with a solution of equal parts water and white vinegar, then rinse it thoroughly and let it dry. This will ensure that your barrel stays odor-free and food-safe for garden use. Over the winter, store your empty barrel upside down or in an enclosed shed to keep it from collecting water and cracking when temperatures fall below freezing.



Rain



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{STITCHING & CRAFTING} with Rebekka Boysen-Taylor | to earn a Sisterhood badge in this category, [CLICK HERE](#)



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

Button Cards

When I was a little girl, you could buy a manual button press that turned your drawings into large, shiny buttons. The press was bulky and the buttons were noisy as they clicked against each other on my backpack.

I rediscovered button-making this month. The grown-up version of the press lets you take fabric and create lovely little buttons—perfect for attaching to a blank note card or your lapel. The Sukie Button Factory Kit I bought (Amazon.com) also came with preprinted fabric circles in sweet designs.

I made a few of these to get the hang of things, and then got out fabric of my own to embroider. I like the portability of this kit, along with all its possibility. The instructions that came in the kit are easy to understand and there are enough supplies to make 25 pins. The project was simple, and my 5-year-old made one with a bit of help cutting out the circle. The finished project looks great and is easy to personalize. This is a fun kit to bring out on your next crafty night or rainy day.



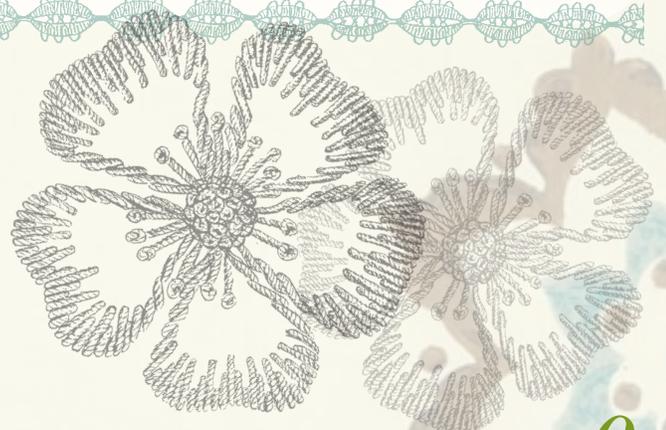
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Easy as 1-2-3!

You will need:

Sukie Button Making Kit
Cotton Fabric
Embroidery Thread

1. Cut out a fabric circle.
2. Fit it into the silicon button press with the button blank behind it.
3. Fold the excess fabric under the button back and use the little plastic piece to push the two sides together.



Make it Easy

Happy Hearts
Make Light Work

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



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

A Farmgirl Romance Fixation

Each morning, with coffee in hand, I read e-mail and check out the new entry on MaryJane's **Raising Jane** blog. Along with a message from Sister #1, there is a "photo of the day" each morning. At the top of each photo is a lacy banner and inside it are the words "farmgirl romance." The lace is a symbol of something farmgirls hunger for. Romance. Truly, we're in love with all the things wrapped up in the farmgirl way of life, and that lacy banner is the ribbon on the package. The "farmgirl romance" images are bright and beautiful, kind and cozy, assuring and affirming, restorative and refreshingly real.

In an old John Wayne movie, there is a rustic log cabin in the wilderness. I can still remember the bedroom details. A beautiful brass bed dressed with a lofty feather mattress and covered with a patchwork quilt. The pillowcases were white and lacy, as were the curtains. Lace in a rustic setting. Oh, I was slain in the spirit! I've always been a girl of contrast. Tomboy to the marrow, and yet, pretty things draw me like moths to a flame. I've collected old lace for many years and used it often for the finishing touch. Too much lace is like too much sugar, but a generous sprinkle is perfect.

That is what came to mind when I spied one of my galvanized water cans looking utterly naked. I put a collar of lace on it and then did the same to an old milk pail. I was right, they just needed a little farmgirl romance!

Old lace and doilies are easy to come by and inexpensive at secondhand stores. I used old crochet lace trim on the cans; I ran crochet thread through the top and then gathered and tied it. To make the doily jar, just center a quart canning jar on about a 12" doily and





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run a narrow ribbon (about twice the diameter of the doily) through holes about 1" inside the outer edge of the doily. Gather the edge and pull the doily up to the indentation under the threaded part of the jar. Tie the ribbon on snug and then even out the ruffle. Pour about 4" of sand into the jar and place a tea light inside. It is so pretty at night ... farmgirl romance, to be sure!





Irene Wolansky (Sister #1144) is the Marketing Director at Mountain Rose Herbs. Born and raised on the Oregon coast, Irene spent her childhood learning about beekeeping, growing and preserving fruits and vegetables, building forts in the forest, and going on adventures with her dog. She has many interests, which include making her own body care products, mushroom harvesting, gardening, arts and crafts projects, nature photography, mead and beer making, camping, herbal medicine, baking, traveling, hiking, and spending time with her boyfriend and friends. [Click here](#) to visit Mountain Rose Herbs on the Web.

Springtime Tips, Chips, & Fritters

Spring is such a magical time! Plants which lay dormant throughout the winter become alive again with fresh and vigorous energy, actively emerging up through the earth, pushing out fresh new shoots, proudly displaying vibrant tender tips, and bursting into colorful blossoms. A general rule when wild harvesting is to collect the part which the plant is actively putting energy into. This means gathering the fresh new tips, shoots, leaves, and flowers during the spring and early summer, and then the roots, rhizomes, bulbs, and berries during the fall and winter months.

Dandelion flowers and the tips of Nettles, Spruce trees, and Douglas Firs are just a few of my favorite springtime herbals. Not only is it fun to harvest them, but they can also be transformed into tasty treats!

Nettle Tips

Fresh Nettles taste similar to spinach when cooked, making them simple to incorporate into spanakopita, soups, and other dishes. They are delicious when pickled, and a traditional ingredient in mead and beer. My co-worker, Erin, has a patch of Nettles growing in her back yard and is always whipping up delectable biscuits, frittata, and even "chips" with them. I'm fortunate enough to share an office with her, which means that I get to taste many of these tasty morsels! Below is her recipe for super healthy, easy, and scrumptious Nettle Chips.

Erin's Savory Nettle Chips

With their unique umami tastiness and a wealth of potassium, calcium, magnesium, iron, zinc, protein, and plenty of other vitamins and minerals, Nettles make the perfect springtime green ... especially when marinated and dehydrated into a crunchy treat. The stinging trichomes that make Nettles famous will lose their biting ferocity as you glaze and dry the leaves. No need to worry about stung tongues! You will need a good pair of thick gloves and garden shears when harvesting, though. Look for the young, tender tops in spring and early summer, before the plant goes to flower or seed. Snip the plant about 6" from the top and collect in a paper bag or basket.





Ingredients

20-40 freshly harvested Nettle leaves (*Urtica dioica*)
2½ t organic extra virgin olive oil
1 T organic rice wine vinegar
1-2 T organic shoyu, soy sauce, tamari, or Bragg's
1-2 garlic cloves, crushed
2-3 T nutritional yeast
fresh ground organic black pepper to taste

Directions

Wearing gloves, harvest your Nettles, rinse with cool water, and dry. Separate the leaves by breaking the petiole (leaf stem) from the main stem. Mix all of the glaze ingredients together in a bowl. Add the Nettle leaves and gently toss until each leaf is well coated.

You should be able to remove your gloves at this point. On a parchment-paper-lined cookie sheet, unravel each delicate leaf. Place pan in a warm oven at 200°F and allow the leaves to slowly dehydrate. After 15-20 minutes, peel each leaf off of the parchment paper and flip over so the other side can crisp in the oven. Check your Nettles every 5-10 minutes until they lose sogginess and become nice and crunchy. Be careful not to let them char and turn dark brown or black. Total cooking time can vary between 30 and 45 minutes. Once you reach the desired crispiness, remove and allow to cool. Store in an airtight glass container for up to a week or possibly longer ... if they aren't devoured by then!



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Dandelion Flower Fritters

Not only are fritters a perfect way to use Dandelions before they burst into seed, but their mild and slightly bitter flavor is dangerously addictive! The flowers have antioxidant properties, are good for the heart, and a tea made from the blossoms can help relieve headaches, menstrual cramps, backaches, and stomachaches. Externally, infusions help improve the complexion, cleanse, hydrate, tighten pores, assist with acne, and soothe sunburns, insect bites, and other skin irritations. The infused oil can be used for massages, and is a traditional folk remedy for painful, stiff, and swollen joints.

Ingredients

Dandelion flower tops (*Taraxacum officinale*)

1 organic, free-range egg

1 cup organic milk

1 cup organic flour (I used Brown Rice flour as a gluten-free alternative)

Organic Extra Virgin Olive Oil

Directions

Gather Dandelion tops during the day, when the sunshine has opened up the bright and cheerful flowers. Rinse in cool water to remove any critters or debris, and allow to dry while preparing the batter. For the batter, combine egg, milk, and flour in a bowl and mix until all lumps are gone. If you prefer sweeter fritters, add a little maple syrup, honey, Cinnamon, or a dash of Vanilla extract. To make more savory fritters, try adding Rosemary, Oregano, Basil, Chives, Sage, Thyme, Tarragon, ground Peppercorns, salt, or even a little parmesan cheese. Prepare a skillet on the stove with olive oil over medium heat. Take one of the flowers, hold it by the greens at the base, dip into the batter, and twirl until the flower is covered in batter. Drop it into the skillet, flower side down. Continue dipping and dropping until the skillet is full. A second method is to remove the "petals" (each yellow petal of the dandelion is actually an individual flower with a single petal and reproductive parts), sprinkle them directly into the batter, then cook just like pancakes. When the fritters are lightly browned, flip them over, and brown on the other side. For a sweet treat, drizzle with maple syrup, honey, jam, plum sauce, or powdered sugar. For a savory snack, dip into aioli or a sauce made with tahini, mustard, curry, hot chili peppers, or anything else you wish!



Spruce Tip and Douglas Fir Tip Tea

What could be more luxurious than sipping on fresh tree tips? Spruce tips and Douglas Fir tips are such a vibrant hue of green and make a delightful tea with a slightly tart, resinous, fresh citrusy flavor and a sweet evergreen aroma. Spruce tips are naturally rich high in Vitamin C. They can also be incorporated into ice cream, sorbet, shortbread, jellies, syrups, honey, culinary oils, vinegars, beer, mead, and wine. Yum!

Ingredients

Fresh tips from Spruce (*Picea* spp.) or Douglas Fir (*Pseudotsuga menziesii*)
Water

Directions

Gather the fresh, vibrantly green, tender tips of these trees. Bring water to a boil, then pour over fresh tips. Place a cover over the mug to retain the volatile oils. Allow to infuse for at least a few minutes, then strain, and enjoy drinking the essence of trees!

For information and tips on identifying and harvesting wild plants, refer to a field guide for your region or to these helpful sites:

Eat the Weeds

Wildman Steve Brill

Columbines School of Botanical Studies





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



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

The Chicken Whisperer

Poultry enthusiasts don't keep chickens merely for meat and eggs. We *like* chickens ... their beauty, earthy charm, and overall usefulness. My mother's first words were about a baby chick. Grandma had a favorite framed print of a little girl offering a pan of water to a chick. When Grandma showed it to my mother, she pointed her fat baby finger at it and said, “Chicky dink.”

I, too, am a chicken lover, and I've also become a chicken *whisperer*. I recently brought home some baby pullets. Like their elders, they'll be savvy free-rangers, but will need some schooling before they're ready for freedom. Dangers lurk there—on the ground, in the air, day and night.

I “train” my hens. Not silly if you want to give them a better chance of survival. I handle my chicks a lot. When they're 2 weeks old, I take them on daily field trips to the garden and barnyard. When they're about 3 months old, they're ready to leave the pen and live in the real world.

Nearly every carnivore likes chicken. Witnessing a dog, fox, or hawk kill one of their kin is a lesson not lost on a chicken. They'll never forget it and will be very wary from that day forward. They'll see a hawk hundreds of feet up in the sky and run for cover. An elderly free-ranging hen that ended up in a pot of noodles was one wise old bird.

Yesterday, my newest pupils set out to discover the American Dream ... life, liberty, and the pursuit of happiness.

No being enjoys freedom more than a chicken. And, there is your answer to an age-old question. The chicken crossed the road because she was free to go where she pleased!



"If I didn't start painting,
I would have raised chickens.
It's all art."

— Grandma Moses

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

Cleaning Up

Let's talk about household cleaners. These chemicals are downright scary. Sure, they sit there winking at us from supermarket shelves, tempting us with catchy slogans that promise no-hassle convenience—but at what price? Commercial cleaners of all kinds have been linked to allergies, skin irritation, breathing problems and even nerve damage—and children are even more at risk than adults. It's certainly not worth the “clean” offered by such toxic chemicals!

Our houses can sparkle and shine every bit as brightly—and much more safely—with a few easy-to-find natural products.

No need to shell out a bunch of cash for “green” cleansers and air fresheners. Two of the most effective household cleaning products are not only time-tested and effective, but they're cheap and even edible! Plain old vinegar and baking soda clean everything from ovens and drains to windows and floors, leaving them squeaky clean. And because they don't require a skull-and-crossbones label, I feel comfortable using them around my grandbabies.

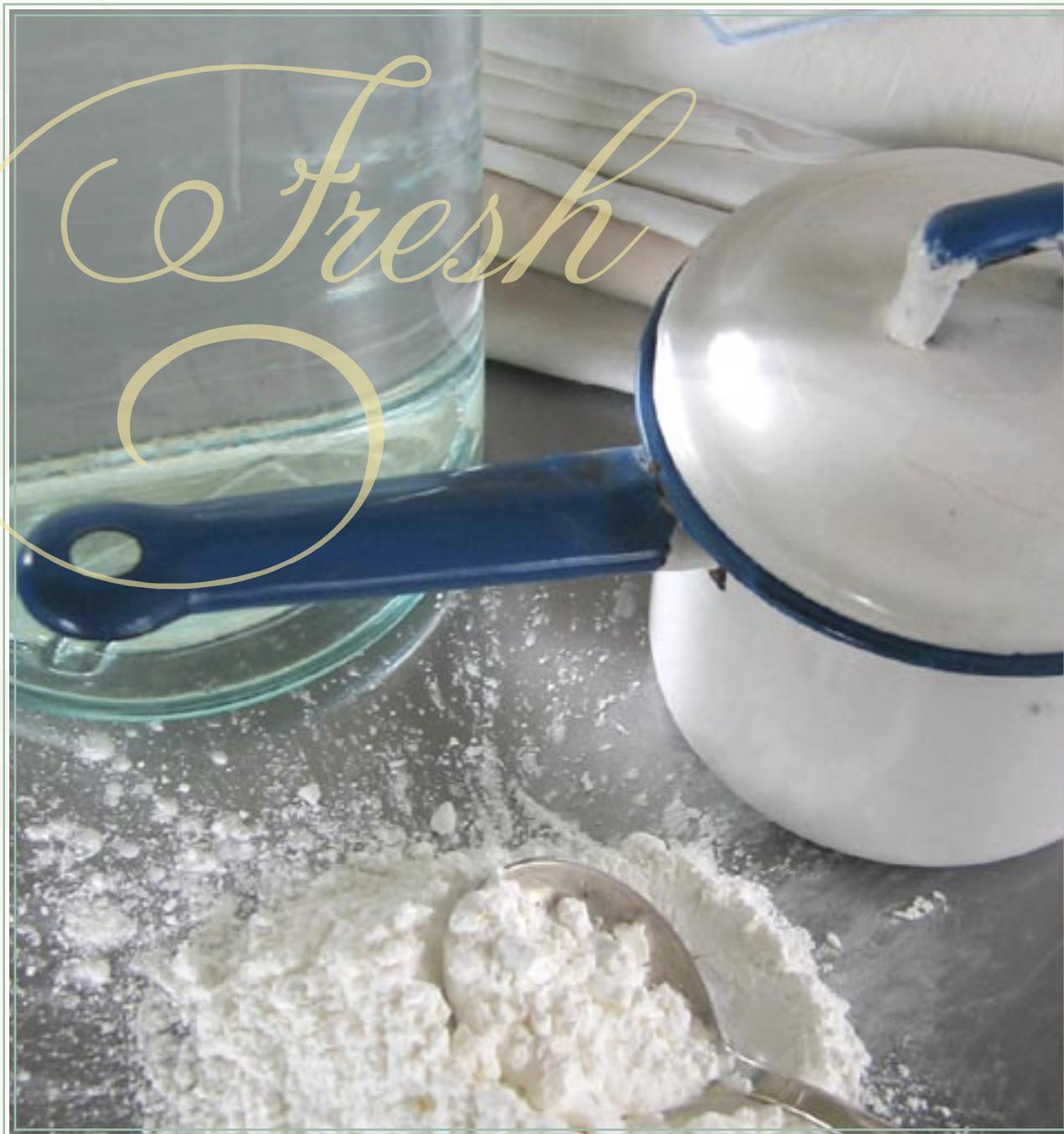
Distilled white vinegar is a wonder all by itself. Due to its strong acidity, it kills most mold, bacteria and viruses. I use a spray bottle to easily spritz it on countertops, handles, refrigerator shelves, shower doors, dishes, etc. You can also use white vinegar as a carpet sanitizer and stain remover. If your towels start to exude a moldy smell, add vinegar instead of fabric softener. If you're turning up your nose at the thought of your home smelling like vinegar, don't give up on the idea just yet. Yes, vinegar has a strong odor when you first apply it, but unlike the dangerous fumes of commercial cleansers, vinegar's odor fades quickly as clothes and surfaces dry, leaving the simple smell of clean without that chemical haze. For a pinch of flowery scent, you can always add a few drops of lavender oil to your vinegar bottle. Lavender has antibacterial and antifungal properties, and its pleasing natural scent will linger after the vinegar dries.

As if vinegar alone isn't amazing enough, it can do even more with a boost from another common kitchen staple: baking soda. When baking soda pairs up with white vinegar, the two form a feisty household cleaner that won't leave you choking on foul fumes. Baking soda is a gentle abrasive that works wonders on sinks, countertops and even fine china.

It is so easy—and so liberating—to stop spending a bunch of money on cleaners that can harm us and the environment. (Every time chemicals are flushed down a drain, they can end up in our water supply—ugh!) With a jug of vinegar and a box of baking soda, you'll have all you need for real old-fashioned fresh and clean. Get the nitty-gritty on how to use these ingredients to clean every corner of your home **here**.



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The Scoop

MaryJanesFarm News

The Scoop from MaryJanesFarm

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Indexes Available!

MaryJanesFarm Magazine Index in pdf form available for searching and downloading! The index covers issues back to June/JUNE/JULY 2008 (She's A Keeper). New magazines will be indexed as they are released.

[CLICK HERE](#) to download the *MaryJanesFarm* Magazine Index.

We also now have all the back issues of *MaryJane's Cluck* available for download on our website.

[CLICK HERE](#) to read the back issues of *MaryJane's Cluck*.

[TIP] Use the search/find tool in your browser to look up keywords in the Magazine Index and the back issues of *The Cluck*.

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 is going to start a calendar to keep Sisters up-to-date on upcoming gatherings.

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

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

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



Life Tune

Farmgirl Sisterhood Specials

New Products from MaryJanesFarm!

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MaryJane's Home® Guest Towels

→ \$3.50 ←

Select from:

"Certified Farmgirl" • "Farmgirl at Heart" • Henrietta



MaryJane's Home® Decorative Pillows

→ \$10.00 ←

Select from:

Butterfly • "Queen Bee" • "Farm Fresh" • Iris Lane



Farmgirl Fragrances Natural Soy Candles

→ \$5.00 ←

Select from:

Honeydew Melon • Lemon Puff Cakes
Roasting Chestnuts • Wild Iris

Get 'em soon! Supplies limited on some items.

When checking out, log in to your account to see and receive the discounts.

For questions, call Brian at 1-888-750-6004

Farmgirl Chatter

What are farmgirls chatting about?

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

.....

A Farm of My Own: You may want to do this now... Submitted by FARMALLChick

As many of you know, we lost our home in a fire in October 2011. We lost pretty much everything. Thankfully, we had insurance. I want to offer some valuable advice to you: Inventory your possessions before you have a tragedy.

I have spent the last six months trying to remember everything I owned and where it was. This has been a very emotional and extremely frustrating task. Oh, remembering the furniture and appliances was no problem, but—without looking—can you remember every single item that is in your medicine chest, makeup drawer, utensil drawer? What about that junk drawer? How many Christmas ornaments do you have? Pictures, important papers (car titles, deeds, wills ...)? How many pairs of underwear and socks do you have? Do you know all the colors? How about your craft supplies—how many yards of fabric, buttons, zippers, spools of thread, needles, pins, paint brushes ... How many canning jars do you have—empty and full—how many cans of veggies, what's in your freezer? You get my point. Oh—and do you know when and where you bought it and how much you paid for it? I have a stack of paper on my desk that is a good two inches thick. I know I am forgetting things, but the insurance adjuster is getting antsy and so are we. The construction has begun on the new house, and I don't have any idea how long it will take for the insurance company to review the paperwork before they send a check. I want to be able to move in with furniture—not without it.

Please do yourself a favor and make an inventory list. Trust me, it's worth the time. Save it on the computer, give a copy to a trusted friend or family member, keep a copy in the car, and maybe a copy in the barn or garage or garden shed. I'm just sayin....

Share your thoughts [here](#).

Across the Fence: FLIES!!!!!! ARGH!!!! Submitted by YiberryYadeeKarin

Does anyone have an idea of how I can get the flies out of my house?! I bought two fly strips that are made in Sweden and don't sound as if they're totally toxic like some of the other ones I looked at. One has caught a few flies, but the other one, only one so far. Erg!!! I'm not sure why there are so many in here, but if anyone has a good idea of how I can try to get rid of them without using something totally toxic, that would be GREAT!!! Share your suggestions [here](#).

Across the Fence: Addictive!!! Submitted by Nana ShirI

Oh my word, farmgirls ... can I just say ... these boards are addictive!!! But I do so enjoy them ... I have been hesitant to join in because I lack so many tech skills, but I am learning ... and have stepped over to other boards ... Girls ... It is all awesome, but then most of you know that. So all who are just joining in ... don't be bashful like I was ... you will miss out on a lot of good stuff and



so many blessings are waiting for you!! Thank you, MaryJane and Co. and all you girls!! Add your thoughts [here](#).

Across the Fence: Throw it away ... a dangerous thing we all have. Submitted by [texdane](#)

This morning my dd, dh, and I were watching the news and drinking coffee when a story came on. In the story, this grown man became sickened and thought he had appendicitis. He went to the ER, only to be told he would be dead soon if they did not operate. They found a piece of metal he swallowed, looking like a nail. Turned out, it was a sliver of metal that had come loose from his metal grill brush! How easy would that be to happen to any of us?! The newscaster says throw 'em out and use either a grill stone or half a lemon. My dh promptly threw ours away. Share your thoughts [here](#).

Barnyard Buddies: Trouble banding one of the goats? Submitted by [farmmilkama](#)

Has anyone ever had an issue with banding a goat? We have one who we just can't seem to get done. He's plenty old enough (a couple months) and his brother was banded without issue two weeks ago. We seem to be having an issue with getting both testicles to drop. Without going into too much details, when we're not banding, they're both there ... but when we go to band, one "disappears" (regardless of what we do), if you know what I'm saying. It was suggested to me that we just wait, he's not ready and both need to be fully down before we can band correctly. The problem is, however, that he's spending all his time mounting EVERYTHING and just being obnoxious, we'd like to get him banded. Anyone ever have this issue before? Give your suggestions [here](#).

Cleaning Up: Vintage-like "telephone pole" clothesline. Submitted by [StrawHouseRanch](#)

We finished up my new clothesline this last weekend. It turned out exactly how I imagined it would look. I can't wait to hang my sheets out on the line. I still need to mow a little buffer zone around it. See the photo [here](#).

Farm Kitchen: Finally tried grass-fed beef. Submitted by [farmmilkama](#)

Last night, I was at the food co-op and I decided it was time to try grass-fed beef. So last night, we made very simple hamburgers (because we wanted to make sure we could taste the difference, if any, in the meat.) Oh. My. Gosh. I mean, really. It was amazing. AMAZING! My 9-year-old summed it up best, I think. After he had finished his hamburgers he said, "Well, I think grass fed beef tastes like very happy cows." Share your experience [here](#).



continued ...



continued ...

Farm Kitchen: Natural tick repellent. Submitted by queenmushroom

Just read this on my FB page ...1 part tea tree oil and 2 parts water. Spray on shoes, socks and pants cuffs. Share your tricks [here](#).

Farmgirl Fashion: Old-fashioned bonnet. Submitted by needy

Does anyone know where I can find a pattern for an old-fashioned bonnet like the ones the Amish wear? It's gathered in the back and has a wide brim on the front. When I was a little girl (many moons ago), the ladies used them for gardening. On Little House on the Prairie, they wear them, too. My dermatologist is getting way too much money from me. LOL. I am fair-skinned and have to wear sunscreen daily, winter and summer. I used to have a pattern for adults and children, but I can't find it. Help if you can. Thanks and hugs! Share your suggestions [here](#).

Garden Gate: Currants, anyone? Submitted by melody

Stopped by Mr. McGregor's Nursery this afternoon thinking maybe I'll try my hand at growing red currants ... Only \$19.95 for a pretty good-sized plant, but I've never tried currants—at least, I don't think I have! Anyone grow red currants? And do they make a good jam? Share your experiences [here](#).

Garden Gate: Boots. Submitted by katmom

What do your Garden/Pasture/Mucking boots look like? Share photos [here](#).

Garden Gate: Coffee grounds/old coffee. Submitted by queenmushroom

I put some old coffee around my rose bush a few weeks ago because I know they love it. How often do you do this? Share your tips [here](#).

Garden Gate: Help—Slug problem! Submitted by pennyhenny

I'm new to fighting off slugs. I found about 17 of them just eating away at my beautiful irises. Please help me with what I can do to naturally to combat them. I'm trying the beer method, but honestly, after touring the front yard and the garden, I think I will need about 50 pie pans full of beer. Oh yes, we have a SLUG problem. I never had this problem at the lake, so I'm quite at a loss at what to do. Give some help [here](#).

Off the Grid/Homesteading Skills: A'right, confession time... Submitted by Dusky Beauty

This is for all the "prepper" gals who stash away emergency food... what luxuries are working their way into your prepper pantry? Me, I added bakers chocolate and torani syrup (hazelnut) for coffee! LOL!! Just a few extras for the "don't touch" part of the pantry—for a rainy day. In a disaster, I think I will definitely need chocolate and flavored coffee! ;) I think I may look for a semi-sweet chocolate that keeps well and is inexpensive... chocolate chips maybe? I could see chocolate becoming currency in the right situation! Add your thoughts [here](#).



Off the Grid/Homesteading Skills: Favorite Self-Sufficiency Tools/Items? Submitted by Ninibini

Right now, we're considering which items we will need to buy or make this year to help us become a little bit more self-sufficient as well as to reduce our family's energy consumption—actually, consumption in general—you know: do more, preserve more, spend less, use less, and prepare a little bit for an emergency. Because of where we live, we're fairly limited as far as what the city will allow us to do (no chickens, goats, bees, etc.), but I'm sure there is still a lot we can do, and I'm sure there are a lot of farmgirls out there who are also wondering where on earth to begin.

What are your favorite tools or items for self-sufficiency? What about them do you love? Is there a special brand or size or style you recommend? Is there a "best place" to acquire them? Is there an item that you feel is hands-down absolutely necessary and should be purchased (or made) first, over and above all others? How do these tools/items make a difference in your life or impact your community? How did you choose which items to purchase first? Any tips or advice? Any funny stories? Any lessons learned? Is there anything you reuse or recycle that perhaps you've found an extremely unusual but wonderfully unexpected beneficial use for?

Thanks in advance for any wisdom you share—I know there are a lot of us who are giving this thought, and it'd be great to hear what you seasoned pros think. Farmgirls absolutely ROCK, and I'm convinced there's nobody better to ask! Share your advice [here](#).

Outpost: Wall tents. Submitted by FieldsofThyme

Hubby and I are starting to talk about our version of a wall tent on our property. We can't afford to build one like MJF, but we are coming up with some nice ideas. We are starting to watch prices on what we need. I'm excited he's in with me on this. I think he realizes we need a place to get away from the chaos and overload of work. Share some suggestions [here](#).



Girl Gab Have you seen the wondrous array of content and heartfelt sharing on girlgab.com? Updated every day at 3 p.m. PST, so you can count on fresh content every day of the week. Farmgirl Sisters are amazing. Come read our personal blogs, all in one place now.

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 - Nicole Christensen **Suburban Farmgirl**
 - Shery Jespersen **Ranch Farmgirl**
 - Cathi Belcher **Mountain Farmgirl**
 - Debbie Bosworth **Beach Farmgirl**



Posted on The Beehive Cottage by MaryJane Bigler, Sister #44

Find out what **Farmgirl Sisterhood** is all about.

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[Things I get to do today](#)
 - Angela Croissant, Sister #2808
[Lazy Jo Ranch](#)
 - Ashley Montague, Sister #3466
[My French Religion](#)

Who's Gabbing and Who's Gushing

Our Daily Cloth

Posted on May 30, 2012 by Andrea Furber, Sister #4019



You know it's time to put it through the wash: when only a glance at the middle where the dishes were set reveals last week's menu, when the daily smudges from the newspaper that we still read at breakfast each morning are dark enough that with a little focus the top story of the week comes into view, when a committee meeting is scheduled for tomorrow evening with just ordinary folks you don't care about impressing, but you don't want them to put their things on the floor because it looks cleaner ... [Read more](#) ...

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June 2-3, 2012

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Certified Farmgirl?

Tranquility in the City

Posted on May 30, 2012 by Cris Cantin, Sister #2910



Read more --

Never doubt your ability to find a kindred spirit anywhere. This was never more true than when I wandered through the Alfred Caldwell Lily Pool gardens on a warm, sunny Saturday afternoon in Chicago. While heading to the beach, my mom and I discovered the entrance to this lovely greenspace, just east of the Lincoln Park Zoo.

Waiting for us with a dashing pink ballcap perched on her head was a very friendly docent named Jean. She must have been in her 70s, sharp as a tack and just keen to talk about her favorite garden to an appreciative audience ...

Chicks ...

Posted on May 30, 2012 by Christina O'neal, Sister #1847



Actually several problems: eggs about ready to hatch mixed in with newly laid eggs, other hens that were not leaving the bantam hen alone, and one chicken coop that was long pasted due on it's spring cleaning ...

Read more --

Always something new and exciting happening here on the farm. We had a bantam hen that was broody and had built herself a nice little nest in the coop. She had been sitting on her eggs like a good mother for about two and half weeks when the other chickens finally found her nest. Of course all the other hens wanted to lay their eggs in her nest, so now we had a problem.

Home Grown Bloomers

Posted on May 30, 2012 by Debbie Bosworth, Sister #1199



Red Currant

Posted on May 30, 2012 by Debra Davis, Sister #166



HEATHER'S "MAGICAL BLUE SOCKS" WITH TUTORIAL - PART TWO

Posted on May 30, 2012 by Heather Hansen, Sister #2176



tutorial ... Read more --

Eeek...squeals of delight. I finished my "magical blue socks" last night. However, I won't show you all the photo till I'm finished with the tutorial.

If you want to see part one of my "magical blue ribbed knit socks" tutorial, please click on the link below: [Magical blue ribbed knit socks with tutorial](#) ... Read more --

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Merit Badge Details: Farmgirl Legend

Become a Legend in Your Own Time!

There are now two ways to become a **Farmgirl Legend**. Become a "Schoolmarm" when you complete all the badge requirements in any one category. For example, in Each Other, you would need to complete the beginner, intermediate, and expert levels in Community Service, Community Action, Public Service, Lend a Hand to Families, Lend a Hand to Farm Families, Little Squirts, Plant It Forward, Connecting Growers and Eaters, Farmgirl Gratitude, Get 'er Done, Farmgirl Spirit, Families Forever, and Entrepreneurial Spirit.

Once you become a "Schoolmarm," the next step is to become a "Head Mistress" when you obtain the Schoolmarm title in **ALL** categories.

When you become a Schoolmarm or a Headmistress, you will be awarded a certificate and your new lofty title will be applied to your Farmgirl Connection chatroom I.D.



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!

Hi, my name is Veronica and you made a charm for me. It is a Farmgirl Sisterhood charm necklace and I just had to e-mail you.

First off, I never expected such quality and attention to detail. When I saw my name on the package, I thought it was from someone I knew! Then when I opened the package and saw the little burlap pouch, I smiled and my daughter (who is 3) said, "Mama, what's that?" Then, when I pulled out the necklace, I literally gasped.

It's so beautiful! I knew what it would look like from a photo on the MaryJanesFarm website, but this necklace exceeded my expectations. I loved the length of the chain. I have bought some necklaces on Etsy.com and I'm always disappointed that the ball chains are soooo short. The charm looks small to me on the website, so when I saw it, I was like, this is the perfect size!

I just wanted to thank you personally for such detail and the obvious love you put into your craft. Are you on Etsy? I'm definitely sharing your website with all of my friends. And I am most definitely going to be buying another charm(s) from you in the future.

Thank you again, and I feel like I got a bargain for this necklace.

Sincerely,
Veronica Laviolette



Merit Badge

Woo Hoo!

Awardees

Merit Badge Awardees

.....

Amanda Henning, mamahenn #2492

Beginner badge: Let's Get Physical / Make It Easy
Intermediate badge: Quilting / Stitching & Crafting

Amanda VanDusen, AmandaVanDusen #4117

Beginner badge: Recipes / Farm Kitchen

Amy Farmer, AmyD #3695

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Farmgirl Grammar / Each Other
Beginner badge: Grease Chicks / Make It Easy
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Backyard Farmer / Garden Gate
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Grease Chicks / Make It Easy
Intermediate badge: Sew Wonderful / Stitching & Crafting
Expert badge: Grease Chicks / Make It Easy

Angela Flinchbaugh, angie lynn #4067

Beginner badge: Woman-at-Arms / Outpost
Intermediate badge: Woman-at-Arms / Outpost
Expert badge: Woman-at-Arms / Outpost

Angela Landis, queen bee angela #3745

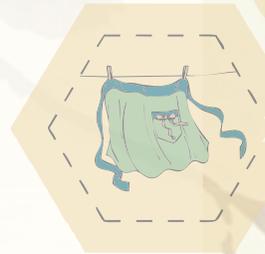
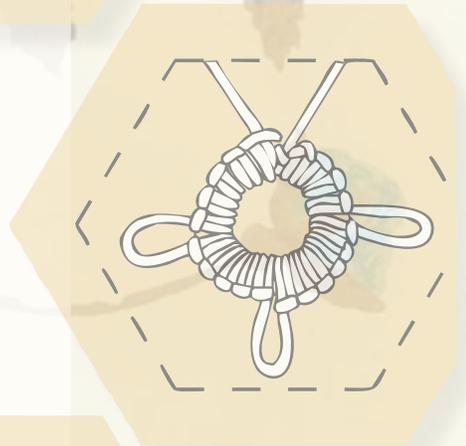
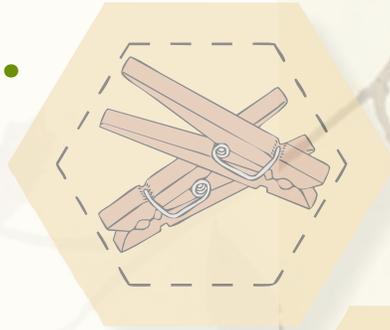
Beginner badge: Crochet / Stitching & Crafting

Anita Kammerdiener, #4035

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: First Aid / Outpost
Beginner badge: Woman-At-Arms / Outpost
Intermediate badge: First Aid / Outpost
Expert badge: First Aid / Outpost

Autumn Day, autumn_day #3964

Beginner badge: Pay It Forward / Farm Kitchen
Beginner badge: First Aid / Outpost
Beginner badge: Farmgirl Grammar / Each Other



"Let us dance in the sun, wearing wildflowers ..."

Susan Polis Schultz

Merit Badge Awardees

Barbara Roberts, healthy eating #2237

Beginner badge: 'Out There' Women / Outpost

Beginner badge: Water Conservation / Cleaning Up

Intermediate badge: Nellie Make-do / Stitching & Crafting

Intermediate badge: Water Conservation / Cleaning Up

Expert badge: Get 'er Done / Each Other

Expert badge: Water Conservation / Cleaning Up

Expert badge: Nellie Make-do / Stitching & Crafting

Expert badge: Quilting / Stitching & Crafting

Bea Campbell, quiltingbea #2575

Beginner badge: Farmgirl Gratitude / Each Other

Beth Kresge, bkresge #4091

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: Aprons / Stitching & Crafting

Beginner badge: Knitting / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Expert badge: Shopping Green / Cleaning Up

Cari Alley, islandbettie #3041

Beginner badge: Backyard Farmer / Garden Gate

Christine Johnson, miss kitty #3760

Beginner badge: Bee Good to Your Mother Earth / Garden Gate

Beginner badge: Going Green / Cleaning Up

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: Backyard Farmer / Garden Gate

Intermediate badge: The Secret Life of Bees / Garden Gate

Expert badge: Shopping Green / Cleaning Up

CJ Armstrong, ceejay48 #665

Beginner badge: Birds / Garden Gate

Beginner badge: Wild Game / Outpost

Beginner badge: Rocks and Minerals / Outpost

Intermediate badge: Birds / Garden Gate

Intermediate badge: Wild Game / Outpost

Intermediate badge: Rocks and Minerals / Outpost

Expert badge: Greatest Generation / Each Other

Expert badge: Wild Game / Outpost

Expert badge: Rocks and Minerals / Outpost

Expert badge: Birds / Garden Gate

continued ...



Merit Badge Awardees

Deborah Cornett, deborahlynn #3980
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Recipes / Farm Kitchen

Deborah Meyer, dmeyer #4099
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Backyard Farmer / Garden Gate
Beginner badge: Water Conservation / Cleaning Up
Beginner badge: Civic Heritage / Each Other
Beginner badge: Get It Together / Farm Kitchen
Intermediate badge: Civic Heritage / Each Other

Deena Burnham, deena #3313
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Build It Green / Make It Easy
Beginner badge: Cross-Stitch / Stitching & Crafting
Intermediate badge: Cross-Stitch / Stitching & Crafting

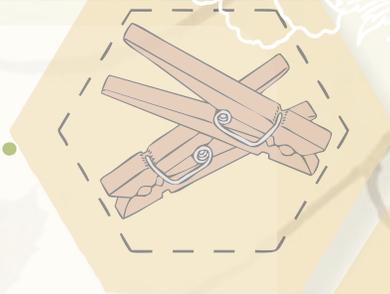
Elizabeth Guerrero, etguerrero #3709
Beginner badge: Entrepreneurial Spirit / Each Other
Intermediate badge: Entrepreneurial Spirit / Each Other
Expert badge: Entrepreneurial Spirit / Each Other

Elizabeth Taylor, leilaht #1932
Beginner badge: Quilting / Stitching & Crafting
Intermediate badge: Sew Wonderful / Stitching & Crafting

Emily Hack, alterationsbyemily #2951
Beginner badge: Forage for Food / Farm Kitchen
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Knotty Farmgirls / Outpost
Intermediate badge: Music / Make It Easy
Intermediate badge: Quilling / Stitching & Crafting
Expert badge: Civic Heritage / Each Other
Expert badge: Icing on the Cake / Farm Kitchen

Emily Race, Simply Satisfied #3591
Intermediate badge: Let's Get Physical / Make It Easy

Emma Salazar, Farmerette of Norma Hart #1661
Beginner badge: Sew Wonderful / Stitching & Crafting





Merit Badge Awardees

Jeanna Morgan, jeanna #41

Beginner badge: Farmgirl Shutterbugs / Each Other
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Water Conservation / Cleaning Up
Beginner badge: Get It Together / Farm Kitchen
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Get It Together / Farm Kitchen

Jo Ann Mitchell, joannm #2379

Beginner badge: Civic Heritage / Each Other
Beginner badge: Gaining Ground / Garden Gate

Joan Nordquist, Simple Living #3842

Beginner badge: Make It Pretty / Make It Easy
Beginner badge: Farmgirl Gratitude / Each Other
Intermediate badge: Shopping Green / Cleaning Up

Julie Kram, julie may #3733

Beginner badge: Farmgirl Shutterbugs / Each Other

Justine Thompson, JThomp #2904

Beginner badge: Unprocessed Kitchen / Farm Kitchen

Katie Kelsch, #4066

Beginner badge: Cross-Stitch / Stitching & Crafting
Beginner badge: The Secret Life of Bees / Garden Gate

Kerri Arthur, klarthur #4122

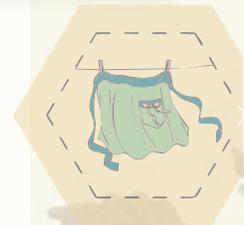
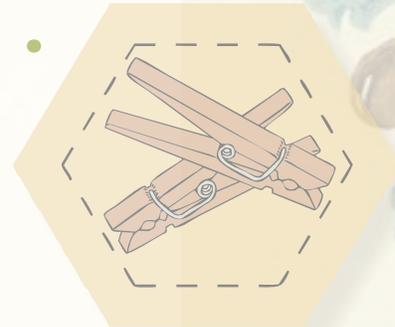
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Buttoned Up / Stitching & Crafting

Kristin Benini, Neeneeb #4127

Beginner badge: Unprocessed Kitchen / Farm Kitchen

Kristina Nelson, FieldsofThyme #800

Beginner badge: Birds / Garden Gate
Intermediate badge: Birds / Garden Gate
Expert badge: Organic on a Budget / Farm Kitchen
Expert badge: 'Out There' Woman / Outpost



continued ...

Merit Badge Awardees

Laci Wilcox, foxywilcox #1381

Beginner badge: Civic Heritage / Each Other

Beginner badge: Lend a Hand to Families / Each Other

Laura Burdette, lburdette #3859

Beginner badge: Shopping Green / Cleaning Up

Laurie Conner, montrose girl #1587

Intermediate badge: Greatest Generation / Each Other

Lora Rosencrans, FARMALLchick #358

Beginner badge: Quilling / Stitching & Crafting

Beginner badge: Wild Game / Outpost

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

Beginner badge: Build It Green / Make It Easy

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

Lore Hill, brighteyes1028 #2740

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Mandi Wright, #3643

Beginner badge: Safe Toys / Stitching & Crafting

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Quilting / Stitching & Crafting

Beginner badge: Shopping Green / Cleaning Up

Beginner badge: In the Garden / Make It Easy

Beginner badge: Backyard Farmer / Garden Gate

Intermediate badge: Safe Toys / Stitching & Crafting

Intermediate badge: Shopping Green / Cleaning Up

Marie Westphal, starbright #2732

Beginner badge: Self-sufficiency / Farm Kitchen

Beginner badge: Bustin' Out / Farm Kitchen

Beginner badge: Sew Wonderful / Stitching & Crafting

Beginner badge: In the Garden / Make It Easy

Beginner badge: Backyard Farmer / Garden Gate

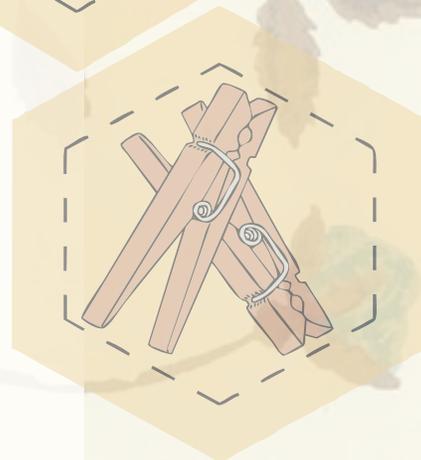
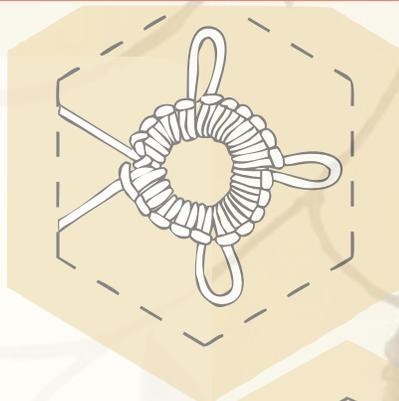
Beginner badge: Let's Get Physical / Make It Easy

Beginner badge: The Secret Life of Bees / Garden Gate

Beginner badge: What's Your Beef? / Garden Gate

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Aprons / Stitching & Crafting



Merit Badge Awardees

Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Bustin' Out / Farm Kitchen
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Sew Wonderful / Stitching & Crafting
Intermediate badge: Let's Get Physical / Make It Easy
Intermediate badge: Backyard Farmer / Garden Gate
Intermediate badge: The Secret Life of Bees / Garden Gate
Expert badge: Bustin' Out / Farm Kitchen

Mary Duffel, madelena #3153

Beginner badge: Quilting / Stitching & Crafting
Intermediate badge: Quilting / Stitching & Crafting
Expert badge: Know Your Roots / Each Other

Mary Gariepy, #2845

Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Crochet / Stitching & Crafting
Intermediate badge: Get It Together / Farm Kitchen
Expert badge: Get It Together / Farm Kitchen

Melissa Bailey, MissLiss #724

Beginner badge: Quilting / Stitching & Crafting

Michele Preston, batnthebelfry #2622

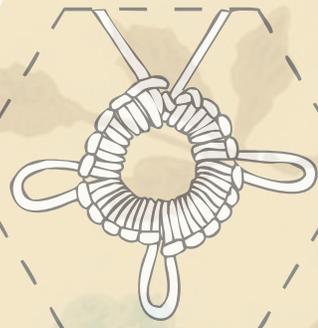
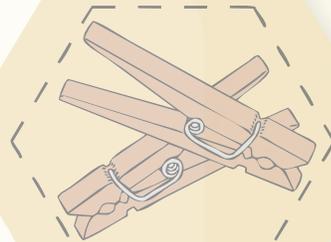
Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Recipes / Farm Kitchen
Intermediate badge: Recipes / Farm Kitchen
Expert badge: Know Your Roots / Each Other

Nancy Witko, anniel laurel #2301

Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Aprons / Stitching & Crafting
Beginner badge: Make It Pretty / Make It Easy

Norma Hart, njhart #1661

Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up



Merit Badge Awardees

Patty Byrd, thebyrdhaus #1840

Beginner badge: Blogging / Each Other
Beginner badge: Green Energy / Cleaning Up
Beginner badge: Water Conservation / Cleaning Up
Intermediate badge: Going Green / Cleaning Up
Intermediate badge: Blogging / Each Other
Expert badge: Going Green / Cleaning Up
Expert badge: Shopping Green / Cleaning Up
Expert badge: Blogging / Each Other

Paula Black, Sheepless in Seattle #2953

Beginner badge: Heirlooms Forever! / Garden Gate
Beginner badge: Sew Wonderful / Stitching & Crafting
Intermediate badge: Get It Together / Farm Kitchen

Paula Harris, paularae #3488

Beginner badge: Farmgirl Spirit / Each Other
Intermediate badge: Farmgirl Spirit / Each Other

Robin Luich, duckmama #1720

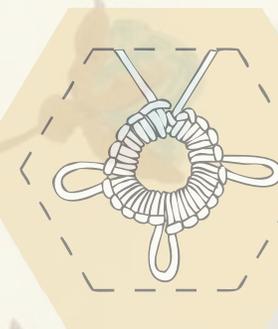
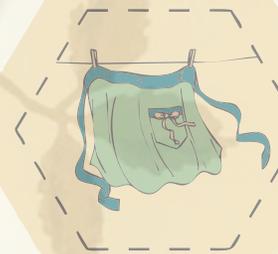
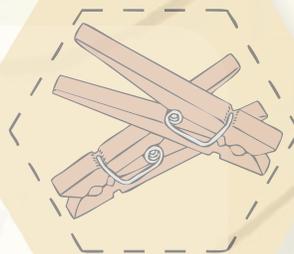
Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Families Forever / Each Other
Beginner badge: Entrepreneurial Spirit / Each Other
Beginner badge: Civic Heritage / Each Other
Beginner badge: Blogging / Each Other
Beginner badge: Get It Together / Farm Kitchen
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Entrepreneurial Spirit / Each Other
Expert badge: Entrepreneurial Spirit / Each Other

Ruth Ann Kutemeier, Ruthie Ann #4072

Beginner badge: Crochet / Stitching & Crafting
Beginner badge: Shopping Green / Cleaning Up
Intermediate badge: Shopping Green / Cleaning Up

Sallyann Dyer-Congdon, adirondack_roots #2973

Beginner badge: Scrapbooking / Stitching & Crafting
Beginner badge: Stargazing Chicks / Outpost
Beginner badge: Birds / Garden Gate
Beginner badge: Entrepreneurial Spirit / Each Other
Intermediate badge: Know Your Roots / Each Other



Merit Badge Awardees

Sarah Corley, Valkyrie922 #4069

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Buttoned Up / Stitching & Crafting
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Going Green / Cleaning Up
Beginner badge: Get It Together / Farm Kitchen
Beginner badge: Aprons / Stitching & Crafting
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Sew Wonderful / Stitching and Crafting

Sarah Houlihan, Houligan19 #3828

Beginner badge: In the Garden / Make It Easy
Beginner badge: Bustin' Out / Farm Kitchen
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Farmgirl Shutterbugs / Each Other
Intermediate badge: Water Conservation / Cleaning Up
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Farmgirl Grammar / Each Other

Sharon Schrader, #4109

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Backyard Farmer / Garden Gate

Sherrill Roy, baabonnybelle #4153

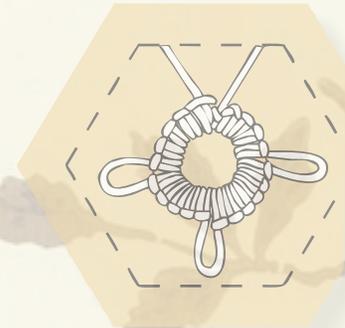
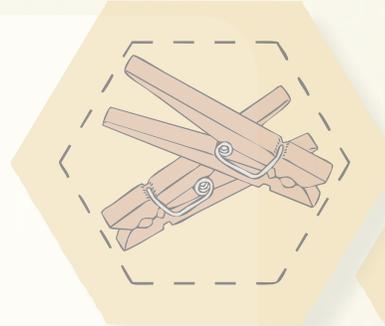
Beginner badge: Buttoned Up / Stitching & Crafting

Sue Sensenbaugh-Padgett, Suellen5 #3992

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Rocks and Minerals / Outpost
Beginner badge: Farmgirl Gratitude / Each Other
Beginner badge: Bee Good to Your Mother Earth / Garden Gate
Beginner badge: Gaining Ground / Garden Gate
Intermediate badge: Shopping Green / Cleaning Up
Intermediate badge: Rocks and Minerals / Outpost
Expert badge: Rocks and Minerals / Outpost

Tamara Burger, GrammyTammy #2495

Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Music / Make It Easy
Intermediate badge: Self-sufficiency / Farm Kitchen



Merit Badge Awardees

Tami Linamen, #4029

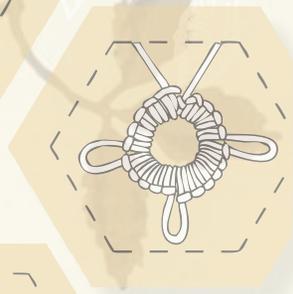
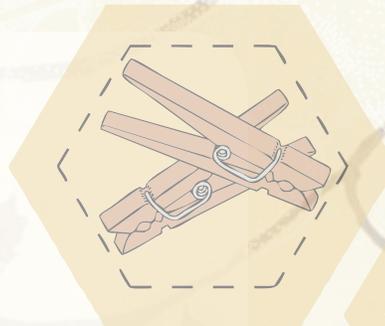
Beginner badge: Scrapbooking / Stitching & Crafting
Beginner badge: Community Service / Each Other
Beginner badge: Know Your Roots / Each Other
Beginner badge: Self-sufficiency / Farm Kitchen
Beginner badge: Recipes / Farm Kitchen
Beginner badge: Forage for Food / Farm Kitchen
Beginner badge: Homespun Christmas / Stitching & Crafting
Beginner badge: Disconnect to Reconnect / Outpost
Beginner badge: Water Conservation / Cleaning Up
Beginner badge: Let's Get Physical / Make It Easy
Beginner badge: Birds / Garden Gate
Beginner badge: First Aid / Outpost
Beginner badge: Sew Wonderful / Stitching & Crafting
Intermediate badge: Community Service / Each Other
Intermediate badge: Know Your Roots / Each Other
Intermediate badge: Self-sufficiency / Farm Kitchen
Intermediate badge: Forage for Food / Farm Kitchen
Intermediate badge: Let's Get Physical / Make It Easy
Intermediate badge: Sew Wonderful / Stitching & Crafting
Intermediate badge: Scrapbooking / Stitching & Crafting
Expert badge: Community Service / Each Other

Tara Layne, sweet_tea #2974

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

Tosha West, #3966

Beginner badge: Shopping Green / Cleaning Up
Beginner badge: Horse Dreams / Garden Gate
Beginner badge: Sew Wonderful / Stitching & Crafting
Beginner badge: Aprons / Stitching & Crafting
Intermediate badge: Aprons / Stitching & Crafting
Intermediate badge: Shopping Green / Cleaning Up



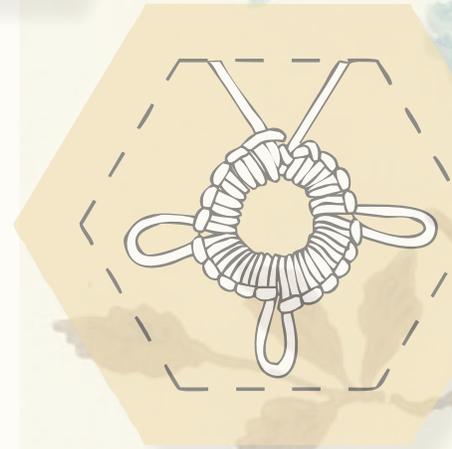
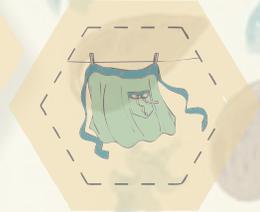
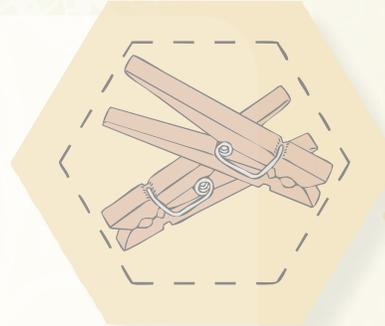
Merit Badge Awardees

Trisha Sides, trisha #3993

Beginner badge: Shopping Green / Cleaning Up
Intermediate badge: Crochet / Stitching & Crafting

Winifred Nielsen, Red Tractor Girl #3109

Beginner badge: Farmgirl Grammar / Each Other
Intermediate badge: Farmgirl Grammar / Each Other



Farmerettes & Young Cultivators

Merit Badge Awardees

Elizabata Wilber, Young Cultivator of Tamara Burger #2495

Beginner badge: Music / Make It Easy

Beginner badge: All Dried Up / Farm Kitchen

Intermediate badge: Trash Talk / Cleaning Up

Intermediate badge: Music / Make It Easy

Intermediate badge: Whistle While You Work / Out There Kids

Expert badge: Whistle While You Work / Out There Kids

Erin Dodd, Young Cultivator of Shari Dodd #1158

Beginner badge: Lean on Me / Out There Kids

Intermediate badge: Lean on Me / Out There Kids

Expert badge: Lean on Me / Out There Kids

Madison Bailey, Young Cultivator of Melissa Bailey #724

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

Vivian Orr, Young Cultivator of Stephanie Orr #1545

Intermediate badge: Trash Talk / Cleaning Up

Woo-hoo!

What's a Farmerette?

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

What's a Young Cultivator?

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



Young Cultivators Group

Canning Jar Terrariums

Are you looking for a planting project for your child? Try a terrarium.

You will need:

a clear glass container (use anything from a canning jar to a carafe)
small pebbles, marbles or glass gems for drainage
soil
moss
a small plant

Terrariums are wonderful to make with children. A few weeks ago, my son and I spent an afternoon making terrariums, both big and small.

Start with a clean, dry container. Add a 1" deep layer of drainage material, followed by a layer of soil. Next come the plants. You might choose an asparagus fern, a bromeliad, or an African violet for your terrarium. Depending on the size of your container, decide what will fit and plant in odd numbers. We used cuttings from our potted plants—this time of year, the indoor hens and chicks are overflowing, so it was the perfect time to transplant a few. If the opening of your container is very narrow, use chopsticks to position your plants and moss.

There are websites and books devoted to terrariums, but the concept is simple. Put a plant in an enclosed environment and see what happens. You will water it less often than your houseplants. It is interesting to observe the moisture inside condensing and falling. Be careful not to overwater—a moldy terrarium is a bummer. If you think your terrarium has been overwatered, just remove the lid and leave it off for a bit.



meet our bloggers

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; Cathi Belcher shouts-out from her mountain top, Shery Jespersen shares the ranch view from Wyoming, and Debbie Bosworth writes from the beach. You can click to our farmgirl blogs right on our home page (www.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 who lives in a large metropolitan area and brings you 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 a 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. 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. When Alex has time outside of graduate school, she loves to rock climb, repurpose found objects, cross-country ski on the hay fields, travel, practice yoga, and cook with new-fangled ingredients.

suburban FARMGIRL



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

Married for 18 years to her Danish-born sweetheart, Nicole has worked in various fields and has been a world-traveler, entrepreneur, knitting teacher, and homemaker, but considers being a mom her greatest job of all. Loving all things creative and domestic, Nicole considers her life's motto to be "Bloom where you are planted."

mountain FARMGIRL



Cathi Belcher, who pens our **Mountain Farmgirl Blog**, lives in the White Mountains of New Hampshire. As a "lifelong learner," she fiercely values self-reliance, independence, freedom, and fresh mountain air. She's also a multi-media artist, with an obsession for off-grid living and alternative housing. Cathi is married to her childhood sweetheart, and owns and operates a 32-room mountain lodge.

"Mountains speak to my soul, and farming is an important part of my heritage," says Cathi. "I want to pass on my love of these things to others through my writing."

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

www.maryjanesfarm.org

NEWS FROM THE HOMEFRONT ...

whether that home is

city, rural, suburban,
mountain, ranch, or beach



ranch

FARMGIRL



Shery Jespersen, Wyoming cattle rancher and outpost writer, shares the view from her saddle in our **Ranch Farmgirl Blog**. Shery is a "leather and lace cowgirl" who's been horse-crazy all of her life. Her longtime love is Apple Pi "Dolly" Rose, a 20-year-old Morgan otherwise known as "The Best Darn Horse in the Universe."

Her other interests include "junktiques," creating eclectic "make do" arts and crafts, collecting antique china, and cultivating mirth.



beach

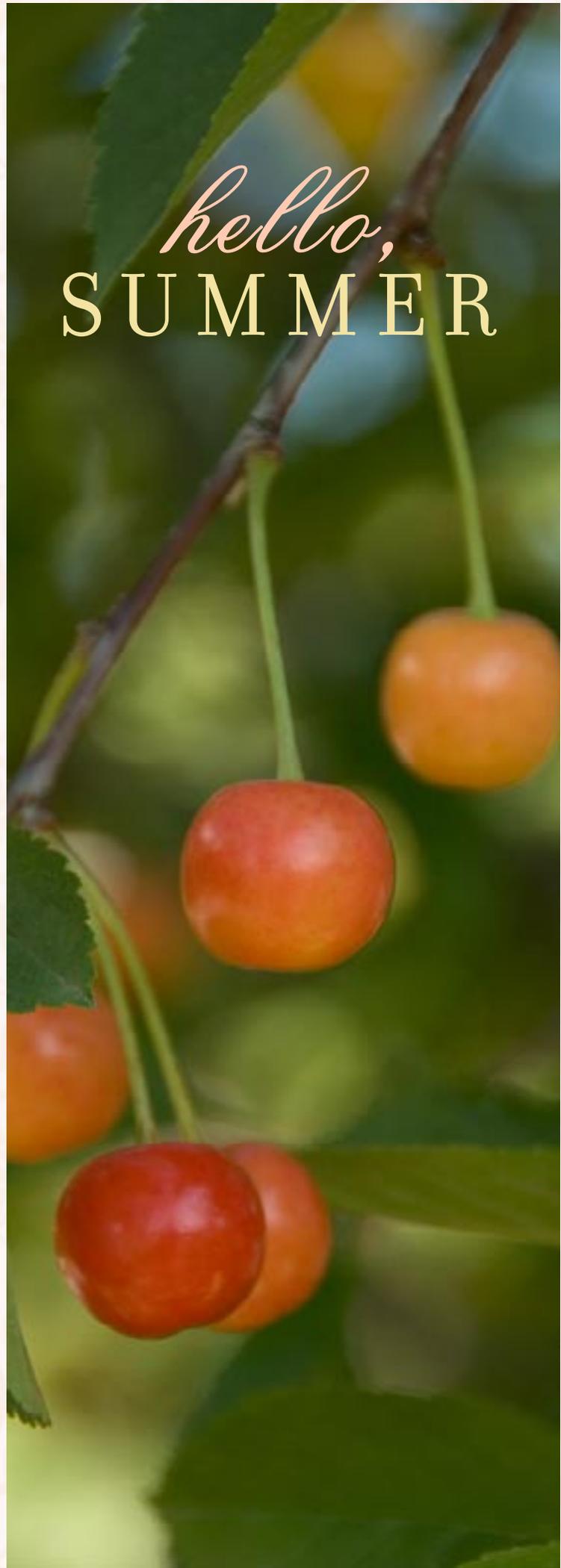
FARMGIRL



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.

"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.'"

hello,
SUMMER



Magazines, Books,

& More



Our June/July issue, "Road Trip," hit newsstands on May 15. In it, you'll read about growing and preserving elderberries, rustle up grab & go burgers, see farm history quilts, make safety-pin bracelets, decorate in shades of white, and more.

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

If you have a subscription, you should have received your magazine by about May 5. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you didn't receive your magazine, you can call our publisher's subscription department at 800-476-4611 to check on your delivery.

MaryJanesFarm 2012 Calendar

Our 2012 Calendar is still available for purchase. 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:

- June 4 ~ Applesauce Cake Day
- June 6 ~ National Gardening Exercise Day
- June 7 ~ National Chocolate Ice Cream Day
- June 8 ~ Best Friends' Day
- June 14 ~ Flag Day
- June 16 ~ National Hollerin' Contest Day
- June 16 ~ Fresh Veggies Day
- June 19 ~ Father's Day
- June 20 ~ 'Finally Summer' Day (Summer Solstice)

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!](#)



Magazines, Books, and More continues ...

Gift Items

Inspire yourself or inspire a friend with tote bags, Sisterhood memberships, candles, dolls, and other gifts from MaryJane. From the kitchen to the campfire, there's something special here for every farmgirl-at-heart. **Click here** to shop our gift items.

Product Shop

Don't forget to visit our "Product Shop" ... **Click Here.** You will find everything from beautiful organic bed sheets and bed sets to aprons, chocolate and over 60 organic instant or quick-prep meals and desserts as well as much, much more!



Check out our chocolate collections. Each box comes with three bars and four farmgirl-inspired postcards.



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

For other questions or general inquiries, e-mail FarmgirlSisterhood@maryjanesfarm.org.

**Over 1,375 Farmgirl Chapters have been started in all 50 states
and 8 countries with 4,178 Sisterhood members —
growing stronger every day!**