

# MaryJane's Cluck™

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

## July 2012



Life made us FRIENDS, MaryJanesFarm made us SISTERS

### CONTENTS

- Hello from Sister #1 ..... 1
- Each Other..... 4
- Farm Kitchen..... 6
- Garden Gate..... 8
- Stitching & Crafting..... 10
- Make It Easy ..... 12
- Outpost ..... 18
- Cleaning Up ..... 20
- The Farm Scoop..... 22
- Sisterhood Special..... 23
- Farmgirl Chatter..... 24
- Merit Badges ..... 28
- Farmerettes & Young Cultivators .. 36
- Magazines, Books & More..... 40

### {HELLO FROM SISTER #1} with MaryJane

## imagine this:

Cool water flowing along a rocky stream bed invites you toward the pebbled bank. Balancing fishing pole and tackle box, you make your way downstream to an old bridge whose iron pillars are matted with a tangle of logs and root wads. The perfect spot!

You drop your gear under the bridge and start preparing your line. When the hook is baited, you cast gracefully upstream and watch the line float down just short of the tangle where you know the fish are gathered. Time to wade out into the water. You squeal when the chill hits your ankles but push on until it reaches the cuff of your shorts. This is the stuff "tough" is made of. Yep, you're a "reel" woman.

You cast again. This time, the line slips like magic beneath the roots. Just out of the current, it pauses to circle in a shadowed eddy. Suddenly, you see the tip of the rod bounce, and you pull back sharply to feel the weight of a feisty fish on the end of your line.

## hooked!

Getting caught by the fishing bug is just that easy, and once you're hooked, it will reel you into a lifetime of wholesome fun out where fresh air and sunshine are waiting to soothe your spirit.



continued ...



## did you know?

Fish is one of the healthiest meats we can eat, period. The trouble is, fish now seems to come with so many warnings attached that many people avoid eating it altogether. It's true that things like improper industrial practices and heavy pesticide use have allowed chemicals and heavy metals to rudely invade our precious waterways. And fish, particularly the bigger species toward the top of the food chain, accumulate these toxins in their bodies over time. Disturbing? Definitely. But don't let it scare you away from the water and its bounty. There are a number of ways that informed fishers can secure a safe catch.

Call your local or state environmental health department before you fish to find out if advisories are posted in areas where you want to fish.

Panfish (think perch, crappie, bluegill, and sunfish) feed on insects and are less likely to build up pollutants than those that eat other fish.

Younger fish harbor fewer pollutants than older, larger fish.

Learn tips about cleaning and cooking fish to reduce toxin exposure by downloading the brochure "Should I Eat the Fish I Catch?" at [water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/general.cfm#general](http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/general.cfm#general)

According to the EPA, most of the nation's waters contain fish that are safe to eat, but occasional consumption advisories may recommend that people limit or avoid eating certain species of fish caught from certain lakes, rivers or coastal waters. Find advisories about fishing in your state here: [water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/](http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/)



MaryJane 

AVAILABLE FOR PRE-ORDER!



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*

**Preorder now  
on Amazon to  
get *Glamping with  
MaryJane* at its lowest  
price! Click **HERE** to  
catch this deal.**

*Glamping with MaryJane* is the perfect companion for your rod and reel! Kick up your feet and let the bobber float while you plan your next adventure.

# 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

{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 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).

## Traveling Farmgirl Patience

Travel is a funny thing; I love it and always have. But. My parents tell the story of me as a 5-year-old waking up in the wee hours of the morning to catch a flight. As we drove down the road, I kept asking if they’d remembered our plane tickets, my toothbrush, etc. Some things never change—you can still count on me to be the one to remember the toothbrushes—but some aspects of flying have become slightly less reliable. On our recent trip to Toronto for some good ol’ farmgirl how-to classes, our travel there was, well, adventurous. Luckily for us, all three legs of the trip getting there were delayed, so running through the airport in between flights worked out. Although the midnight run with all seven pieces of luggage and two car seats that DID NOT make the tight connections was less than exciting. Then, when we made the same trip back, through different airports, it was déjà vu all over again.



..... Spreading the farmgirl spirit in Toronto .....

So clearly, there’s no fixing air travel any time soon, but because I’ve decided to teach my little ones to love that feeling when your parents rouse you in the wee hours of the morning to board a plane, I’ve made the commitment to stay positive no matter what. WHAT a challenge!

But I know when the gate agent informs us at midnight that we’ll be staying put and unable to catch a ride home until midnight the next night and my 5-year-old cheers YAY!, then my positive attitude is working.



## 5 Things That Keep Me Calm

1. Arrive early. When I'm in a hurry, I tend to be less accommodating.
2. Pack lots of snacks. When I'm hungry, my patience tends to be a little shorter.
3. Bring a good book or something to change your mental state when you feel the urge to vent coming on. A good magazine saves me every time.
4. Don't forget your baggie for liquids, shoes that are easy to get on and off, easy access for your laptop, etc. The less of a hassle you are to others, the less you'll be hassled. In theory.
5. Wear something comfortable with lots of layers. For me that means a scarf—easy to pack and a life saver when the air conditioning is so low I think they must have the windows open somewhere on the plane! Or in the case of our last flight, mechanical problems required that we de-board one plane and board another plane. The plane they pulled from the hanger (at MIDNIGHT, mind you) was in the hanger for repairs for good reason—the air conditioning was broken. It got a little toasty on that leg of the trip, but I'll take a little sweat over something mechanical that makes the plane go down.

Staying calm when you have somewhere to be and no one seems to have any solution is an interesting challenge. I compensate with a few little comforts. And that seems to be the key. Do bring/take a few items that make you comfortable. Before you leave home, plan and prepare for everything to go haywire. Statistically, chances are good you or your luggage isn't going to get there on time.

So essentially, I do the things I can do and try to smile when I really don't feel like it. I've been surprised at how many times it's really paid off with an agent who is then willing to give me two nights free in a hotel, generous meal vouchers, etc.

One adventure down, many more to go!

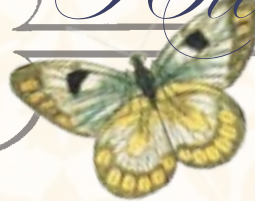
Meg



# Farm

Where the cookin' begins!

# Kitchen



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

**{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.

## Grilled Stuffed Potatoes

I have a confession to make: I'm not a big potato salad fan. The big bowl of cold mayonnaise-coated potatoes sitting in the sun has never really "done it" for me. I am, however, a big potato fan. So when the summer barbecue season hits, and those potato salads start to make their appearance, I find myself longing for something different. This recipe is my answer to that. Hot potatoes loaded with goodies right off the grill? Yes, please! They also work great in the oven—400°F for about 30 minutes will do the trick. What to do with the potato that is removed from the center? I had a pan of cold water on the counter while I prepped and made a batch of mashed potatoes while the stuffed ones were grilling. Yum!





# farmgirl bbq

## GRILLED STUFFED POTATOES

PREP TIME: 40-45 MINUTES

COOK TIME: 30 MINUTES

MAKES: 6 STUFFED POTATOES

- 6 medium potatoes
- 1/2 lb bacon, cooked and diced
- 1 1/2 cups broccoli, cut into small pieces
- 1 garlic clove, peeled and minced
- 1 cup shredded cheddar cheese

1. In a medium bowl, combine bacon, broccoli, garlic, and cheddar.
2. Press an apple corer about 2" into a potato, and twist to remove the portion of potato that is inside the corer. Set aside. Using the small end of a melon baller, hollow out the potato, leaving about 1/4" of flesh on the inside.
3. Fill the potato with the broccoli mixture, packing it down as you go. Place the portion of potato from the apple corer back into the potato. Wrap the potato in aluminum foil and repeat the same process with the other 5 potatoes.
4. Grill using moderate heat for about 30 minutes, or until the potatoes are tender.



*Ring the dinner bell, it's time to eat!*





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

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

## Garden Hoses

It's easy to run to the store and pick up a new hose each time you spring a leak, but not nearly as satisfying as making good use of those old holey hoses taking up space in your shed or garage. They may be just what you need to turn your garden into a model of water conservation efforts.

Start by gathering all your hoses, both the regular garden hoses and any soaker hoses you've collected over the years. Pressure test all hoses to locate the leaks. Plug the end of the hose so it creates pressure, turn the water on high, and look for any major holes. It's common for regular garden hoses to bend and wear out near the end that attaches to the faucet. Simply cut off a few inches of hose with your garden shears and install a new end. Don't readily toss out short sections of good hose since you may end up needing a small section later on. Simply pile up all the good sections of hoses so it's easy to spot the size you need when you're ready to begin building your new watering system.

Of course, with soaker hoses, the whole thing is meant to leak, so look for oversized holes that act more like non-stop geysers. If you find one, close it up (put your finger on it) so you can find any other holes. Cut out the bad parts. You'll end up with different lengths, which you'll soon put to use.



For the next step in the process, you'll need to purchase hose connectors, new ends and Y-connectors, available at most hardware stores. (You may need to check the plumbing section as well if you can't find what you need in the garden section of the store.) There are different sizes of hoses and different sizes for the hose connectors. They usually come in 1/2, 3/4, or 5/8 inch. You'll know what you need by checking out the thickness of the hose wall and the size of the opening. Whether or not the hose is worth fixing may also be determined by the flexibility of the hose. Some hoses may be so old, stiff, and cracked that their usefulness is limited.

Once you have all your choices of good hoses available, figure out the best way to lay the soaker hose in your garden. If you have four adjacent garden beds that need watering, start by laying a soaker hose on each bed. Depending on the size of the bed, you may need to connect two soaker hoses to cover the whole bed. The capped end of the soaker hose needs a male fitting, and the receiving



“Gardens are not made  
by sitting in the  
shade.”  
-Rudyard Kipling

end needs a female fitting. Once your hoses are laid out, your job is to connect them to the water source for your garden. Using Y-connectors with valves enables you to water all four beds at once.

Starting from the faucet, use a piece of salvaged hose, just long enough to reach your first soaker hose. To avoid long coils of hose along your garden path, use just the right length of hose to get to where it's needed. At the end of the hose, install a Y-connector, with one half attached to the first soaker and the other half of the Y connected to another Y-connector. Half of the Y attaches to the next soaker hose, and half to another Y-connector. If needed, you may want to use small pieces of hose to get the water across the path to the beginning of the bed and avoid unnecessary watering. Both ends of the third Y-connector attach to the last two garden beds.

Each Y-connector has a valve, which determines how much water is allowed to enter that section of your watering system. When you set the valves, you need to consider how much water will go to that hose. With this system, you can water half the garden by turning on only one faucet. If one of the hoses breaks, you can just shut off that particular valve until you have time to repair it.

Although difficult to know if you're actually saving money by re-using leaky hoses, you can bet that you're saving valuable landfill space. And you get the added bonus of clearing out that space in your shed!

# Stitching & Crafting Room

Stitches of Fun & Laughter!



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

{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.

## The Crafter's Guide to Taking Great Photos

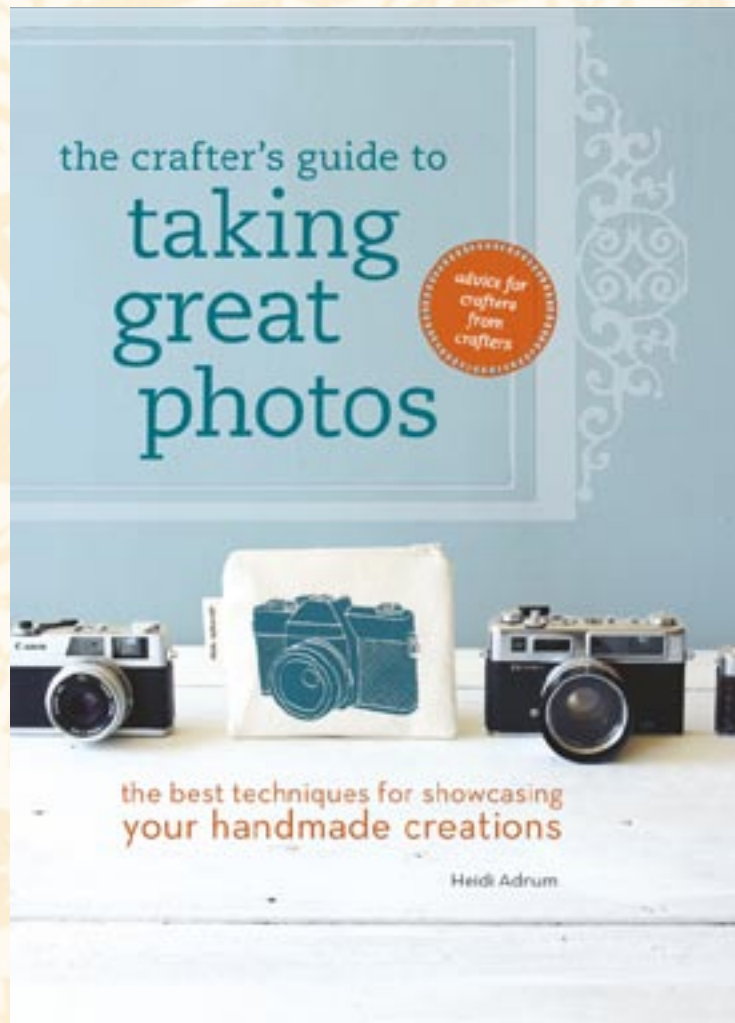
There is much to learn as a self-taught crafter. You pick up a needle and thread or paper and glue and slowly discover where your talents lie. Mine are all over the place, and my work has changed over the years. I feel like I am always learning something new. Once in a while, I find something I love enough to master. When most gals get to this point, they play around with the idea of a business or a blog. Finding your identity as a maker of things and being able to share your craft with folks through an Etsy store or blog is a natural extension of your work.

But photographing your creations is a real challenge when you don't understand the basics. After a few years of trying to photograph my creations without a clue as to what makes a good photo, I came across *The Crafter's Guide to Taking Great Photos* by Heidi Adnum. You can find it online at Powell's. This book walked me through my camera's basic functions and includes excellent tutorials for making accessories like light boxes, seamless backgrounds, and a recycled water-bottle tripod. There are oodles of beautiful craft photos as examples, along with specific information about how each picture was taken. The detailed information is helping me to decide what type of camera I will buy down the road, but my photography has already improved with a simple point and shoot.





# MARYJANES FARM



Get started taking photos now!  
Click [here](#) to buy this book from Powell's.



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

**{ 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.

## Glamper Birdhouse

A little lightbulb blinks on over my head from time to time and an idea is born. I'd seen a few birdhouses made to look like little trailers, but I wanted to do one that was more rustic and accessorized with bits and pieces of junk. I called my farmgirl pal, Michele. She's a one-woman birdhouse factory. I drafted the design and she took it from there. The glamper is made entirely of recycled materials.

The directions for this little darling is basic guidelines. We're assuming that you know your way around woodworking. Enlarge the pattern to a size you prefer and then go from there—measure the top and bottom pieces to fit the sides.



“ There is a time to *travel*, and a time to *rest*,  
a time to *come home* to *hearth*  
and *nest*. ”

– Author Unknown

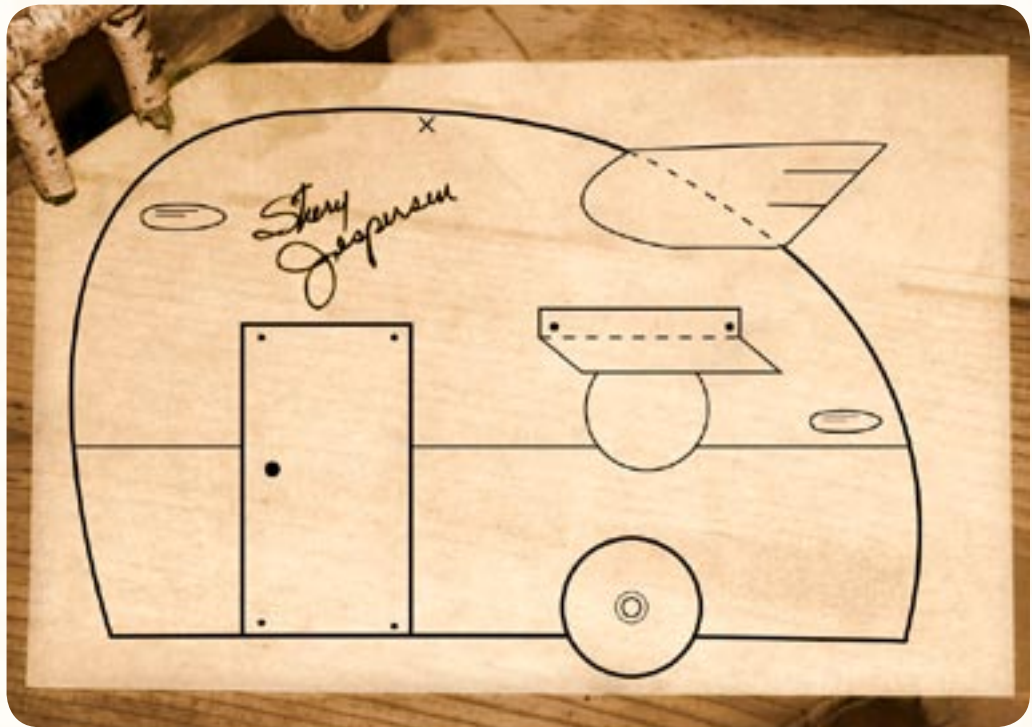




# MARYJANES FARM

Supplies can really vary. Use your imagination for decorative accents. Ready-made wooden wheels are easy to find at hobby stores. On the pattern are included “wing” pieces if you want to add those to your birdhouse. You might also want to paint on the details instead. I drew a line across the middle to indicate a two-tone trailer and added little lights. Rather than cut the hole below the awning, you might want to make the door the bird-hole. Also, an old license plate would be a cute cover for a small version of the birdhouse. Note: the X on the top of the birdhouse pattern is the center; whatever you use to hang it, bear this in mind so that the birdhouse will hang level.

An optional idea for a roof is to cut painting stir-sticks to fit and then nail rows of them on the top of the birdhouse. There are all kinds of fun little goodies you can use for a make-do “hitch.” We used an old faucet. Smallish pieces of old plumbing pipe would do nicely. Beer bottle-caps make cute tail-lights.





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.

## Skin Care with Green Tea

Did you know that you can harness the anti-oxidant, anti-aging, and rejuvenation benefits of Green Tea externally? Green tea helps reduce skin inflammation and redness, protects and rejuvenates skin cells, and assists with the adverse effects of UV radiation exposure. Studies have shown that Green Tea reactivates dying skin cells that are at the end of their life cycle, and also note the potential benefits for various skin conditions including psoriasis, rosacea, wrinkles, wounds, and scars.\*

Learn how to take advantage of the healing and medicinal properties of Green Tea with these skin care recipes:

### Green Tea, Lemon Balm & Mint Facial Steam

Facial steams moisturize, relax muscles, plump wrinkles, eliminate toxins, dislodge dirt from pores, and are good for circulation. This recipe is refreshing, rejuvenating, and soothing.

1/8 cup organic Green Sencha Tea leaves

1/4 cup dried organic Lemon Balm (increase the amount if using fresh Lemon Balm)

1–2 T dried organic Peppermint (increase the amount if using fresh Peppermint)

Place Green Tea, Lemon Balm, and Peppermint into a large ceramic or glass bowl. Boil water and pour over herbs and tea, immediately placing a towel or lid over the bowl so that the oils being released from the herbs do not escape. Steep for 5 minutes. Place the bowl on a table or other surface where you can comfortably sit and hold your face over the bowl, covering your head and the bowl with a large towel to make sure that no steam can escape. Make sure to keep your eyes closed and breathe deeply to inhale the therapeutic properties of the herbs. Steam for 10 minutes.



# MARYJANES FARM



## Green Tea & Rose Facial Toner

Toners help adjust pH levels, remove any residues left on the skin after cleansing, tone and tighten pores, and moisturize. This toner is gentle, soothing, and beneficial for all skin types.

- 4 oz Witch Hazel Extract
- 2 oz Rose Hydrosol
- 1 T Aloe Vera Gel
- 1 t organic Green Sencha Tea leaves
- 1/2 t organic Vegetable Glycerin
- 2-5 drops Rose or Geranium Rose Essential Oil

First, make an herbal-infused Witch Hazel Extract by placing the Green Tea leaves and Witch Hazel Extract in a glass jar with a tight-fitting lid. Shake the jar daily and allow the mixture to infuse for 2 or more weeks. Once finished infusing, strain the Green Tea leaves out and reserve the remaining liquid. Mix the infused Witch Hazel Extract with all of the other ingredients, and pour into dark glass bottles.

continued ...



### **Green Tea & Lavender Facial Cleansing Grains**

Facial scrubs exfoliate the skin, scrubbing away dead skin cells and cleansing pores. Some facial scrubs can be rough on the skin, but this recipe contains nourishing Oats, Almonds, and other ingredients.

- 1 T organic Oatmeal
- 1 T organic Almonds
- 2 t dried organic Lavender flowers
- 1 t French Green Clay
- 1/4 t organic Matcha Tea
- 2-5 drops Lavender Essential Oil

Grind Oatmeal, Almonds, and Lavender flowers in a clean coffee grinder until finely powdered. Sift through a mesh screen to remove larger pieces (larger pieces may be too abrasive for the delicate facial skin). Add Clay, Matcha, and Lavender Essential Oil. Mix thoroughly, and store in a glass jar. To use, mix a small amount with water, milk, cream, yogurt, flower water, or tea until a smooth paste forms. Massage the scrub onto your face with fingertips and then rinse off with cool water.

You can use this same blend for a facial mask. Simply apply a light layer on the face, making sure to avoid the delicate skin area around the eyes and mouth. Leave on for 10 minutes or until the mask feels taut and dry, then rinse off with cool water. For delicate or dry skin, leave on for 5 minutes or less.



### Peppermint & Green Tea Cooling Mist

Use this mist on sunburns or whenever in need of a little cooling off. Peppermint is very refreshing and helps provide instant relief for irritated and hot skin. Incorporating Green Tea into the blend helps reduce inflammation, redness, and the adverse effects of UV radiation exposure.

6 oz distilled water  
2 T dried organic Peppermint leaf  
1 t organic Green Tea leaves  
1–2 drops organic Peppermint essential oil (optional)

Pour boiling water over the Peppermint and Green Tea leaves, and infuse until cool. Strain out the leaves and pour the remaining liquid into a 4oz spray bottle. Add the essential oil (if using) and shake to combine all ingredients. Mist directly on sunburn for relief. Use within 1-2 days or store in the refrigerator up to 1 week.

### Green Tea Compress

Green tea is a powerful anti-oxidant and naturally contains tannic acid, theobromine, and polyphenols—all of which ease and repair skin. Green Tea compresses are especially beneficial for sunburned skin and for treating various skin conditions.

To create a compress from Green Tea, make an infusion by pouring boiling water over organic loose-leaf tea and allow to cool completely. Once it has cooled, strain out the leaves and reserve the liquid. Soak a clean cloth in the infusion and then place saturated cloth on skin for 5–10 minutes at a time. This process may be repeated several times a day.



\* Green Tea Linked to Skin Cell Rejuvenation, Science Daily:  
[www.sciencedaily.com/releases/2003/04/030425071800.htm](http://www.sciencedaily.com/releases/2003/04/030425071800.htm)



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.

## Character Building Moments

Seeing humor at the expense of others is nothing new, as evidenced by the image on this antique print. If you’ve experienced such a moment, you feel empathy for the woman at the fountain. As she balanced a bucket of water on her head, her skirt falls to her ankles. Perhaps the strain of lifting the heavy load popped a button. This unfortunate event couldn’t happen when no one was around to witness it. I feel her pain, but I smiled. Her “most embarrassing moment” in life brought to mind a few of my own. I’d gone many years without a fresh dose, but about a week ago, that stretch came to an end.



Before I tell the tales, the point of this is to suggest turning such experiences toward a positive outcome. A fun ice-breaker to put into use at a party where several people don’t know each other is this: Ask each person to share their most embarrassing moment(s). Before long, everyone is giggling and they have something in common.

I have a total of three really embarrassing moments. Number one happened when I was 13. I was at our local swimming pool and I was wearing my first swimming suit that had a bra in it. There was no need for a bra, but the foam cups tucked into the liner made it look like I had a feminine form. I felt voluptuous and I thought I might win the attention of the hunky lifeguard. If I performed a graceful swan dive off the high board, he might notice me. The dive was perfect. However, just after I touched the bottom of the pool, I watched in utter horror as the foam cups from my swimming suit bobbed their way to the top. I opted to swim underwater the full length of the pool and exit at the shallow end. The top of my suit hung slack as I ran to the locker room. I don’t know what became of the cups. I didn’t go back to the pool for a month.

Number two happened in my 20s at the airport. This was back when I wore pantyhose. The reason they call them pantyhose is that there is no need to wear panties. So they say.

# FARMGIRL WISDOM



My luggage was in the trunk of a taxi and I was back there with the driver (who spoke broken English) as he grabbed one of my suitcases. I then bent over and fell forward and into the front of the truck while trying to pull the other bag out. I was wearing a voluminous broomstick skirt. Just then, a gust of wind blew my skirt up and over my back and part of it snagged on the trunk latch. Remember the part about not wearing panties with pantyhose? Get a visual. The taxi driver did not have to imagine one. He got the full moon and panicked. He was speed babbling in another language and trying desperately to right my garment. His head was now under my skirt as he worked to free the hem from the latch. Meanwhile, I was flailing about and trying to pull some of my skirt over my bare bum. Soon, my skirt and I were free. I could hear gasps while my head was in the trunk. Of course, I couldn't see the faces, but I imagine there was no shortage of smiles. The whole thing only lasted a few seconds. The taxi driver couldn't manage to speak at this point. He just wanted to leave! I paid him and he left post haste. I composed myself, smiled to sympathetic onlookers and went on my merry way.

Number three. About a week ago, my husband and I parked our horse trailer on the side of the highway. We were going to help neighbors move cattle. We went through the pasture gate, mounted our horses, and trotted out to meet the rest of the riders. About 500 yards out, I heard my husband yell, "Wire!" But, it was too late—my horse and I were already tangled in loops of barb-wire hidden in the tall grass. I tried to see a way out so that I could guide my horse through it, but she spooked and began scooting about in circles. I survived a few turns, but then G-forces took hold and off I came. My horse was ok, thank goodness. And fortunately, I was not injured ... badly. The knee that I had surgery on last year was okay. But, butt-wise, I was in a world of hurt.

I had landed in a healthy patch of cactus. The back of my trousers was covered with spines. My dear husband quickly suggested that I take them off. That was easier to say than do, so I didn't. My frame was bent, I was gasping for air, and the idea of removing my boots so that I could take my jeans off seemed damn near impossible. But I did manage to pull my britches down to my knees while my lungs filled back up. I knew I could not resume the ride. And, I knew I would have to limp back to the truck holding my pants half-mast—500 yards along a busy highway. So, I did. I can't imagine what went through the minds of the passersby, and at the time I didn't care. I had other things on my mind—a thousand stickers poking through my undies. I told my husband that I was okay and that he should go ahead and help the neighbors. I drove myself and my horse back to town. Thank God a good friend of mine is a retired ER nurse. She arrived in minutes and performed an hour-long "stickerectomy".

This form of humiliation is survivable and it provides accent colors in the tapestry of our lives. If you don't take yourself too seriously, you can even enjoy the peculiar insight of these moments. Toward the bottom of the list of favorite pies, you may see mincemeat or green tomato. But, I can say with certainty that in last place, you'll find humble pie. Everyone has tasted it, but no one asks for seconds.



# Cleaning

The Work of Our Hands

# Sp

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**

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

## Ironing Out Your Washday Blues

Mention laundry and you'll discover that people either hate it or love it. Since I honestly love laundry, I've occasionally found myself explaining why I do to people who don't. I figure if I can thoroughly express why I enjoy laundry, then perhaps those naysayers can tackle their laundry armed with an attitude change. Since laundry is a reality, you may as well enjoy it.

I grew up with an automatic washing machine, but my mother didn't get a gas clothes dryer until I was a teenager. In the summers we dried our clothes outside, and in the winter, we dried them in our basement on lines that ran along our floor joists.

We ironed everything—napkins, tablecloths, pillow cases, aprons, even denim jeans. When Cher was still with Sonny, I even ironed my hair, hoping to get it as straight as hers. The women in my family are seamstresses, and since ironing is essential to sewing, we were accustomed to lots of ironing.

About an hour before we ironed, we sprinkled our clothes with water from a bottle that looked like a large salt shaker. We put our dampened clothes into a canvas sack and waited. In about an hour, we ironed. Apparently, we ironed in an era before spray bottles or spray irons.

Modern irons have gotten nicer. They're Teflon-coated on the bottom so they never get gunked up by synthetic clothing. They turn off automatically in case you forget to unplug them, and they're lightweight. Ironing boards, on the other hand, have not gotten better. They're wobbly. The covers are ugly and they're cheaply made. I contend that an ironing board should be considered a piece of fine furniture—something you admire and enjoy looking at. Try making your own cover out of fabric you'll enjoy ironing on.





## Drip Dry

An alternative to ironing is the “drip dry” method. If you decide that ironing is a waste of electricity, and wrinkled or permanent press clothing doesn’t suit you, then drip dry is the way to go. Easy enough to accomplish with outdoor lines, it’s a bit trickier indoors. One method is to hang drip dry clothes on a clothesline in your basement, if you have a concrete floor and floor drain. Otherwise, you could install wooden dowels above your bathtub. If you drip dry outside, the weight of the wet garment might cause it to stretch or crease. Fix this problem by laying a towel over the line first.

## Make Time for Ironing

Ironing can be mantra work. Make sure you set aside time for ironing. If you decide to iron your garments as you need them, you’ll enjoy it less. If you’re in a hurry to get out the door, you’ll resent the chore. You can iron in the same room your children are playing in. Iron while you watch a movie with them, take care of a sick one, while they’re doing their homework, or just to be with them wherever they are.





The

MaryJanesFarm News

Scoop

## Indexes Available!

*MaryJanesFarm* Magazine Index in pdf form available for searching and downloading! The index covers issues back to MAY/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 seach/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](mailto:megan@maryjanesfarm.org). Megan will keep Sisters up-to-date on upcoming gatherings.

If you're a Sisterhood member, [click here](#) to download a FREE 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!)





celebrate summer with the

# JULY

## Farmgirl Sisterhood Special

*Give the gift of Sisterhood*

**1/2 price  
membership**

Sisterhood memberships are only **\$10** in July!

(Offer good for both new and renewing memberships.)

**CLICK HERE** for new memberships.  
**CLICK HERE** for membership renewals.

And remember, Sisterhood members receive

**FREE SHIPPING!**

on any order over \$50

(Exclusive to Sisterhood members. Offer applies to UPS Ground and Parcel Post only.)

When checking out, log in to your account to receive free shipping..

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: Living the farm life ... Submitted by KansasFarmMomma**

I'm working toward my Shutterbug Badge, which seemed like the easiest to deal with because I am already a photographer by trade. One of the requirements was to share some photos about how you are living the farmgirl lifestyle. View my photos [here](#).

### **Across the Fence: High Cholesterol? Meds vs. Lifestyle? Submitted by melody**

Uggghhhh....

Just got the results of a blood panel screening today after my yearly physical, and apparently my cholesterol is 295. I'm on two BP medications and a thyroid med. Dr. wants to start me on a cholesterol med as well, but I REALLY do not want to add more meds to the mix ... Anyone out there with high cholesterol? What do you do for yours? Lifestyle change? Meds or combination of both? Talk to me ladies ... Give some advice [here](#).

### **Across the Fence: Oh my! FARMGIRLS on the LOOSE ... in Colorado! Submitted by ceejay48**

Thought we'd start sharing some of the pics and narratives of our adventures as we trek across the state of Colorado on our Farmgirl! Adventures! However, we're NOT going to share it all with you all at once ... if ya' wanna know more, ya' have to check back for the latest pics and updates on our adventures. Check out the adventure [here!](#)

### **Across the Fence: For those who remember Phil's Ann. Submitted by PattiM**

Ann reached out to me back when I was an active member here (happymama or happymama58, I forget what my name was). If you remember her, you know she had been diagnosed with ALS, or Lou Gehrig's Disease. We stayed in touch for the past several years, starting back in '05, if I remember correctly. When my husband was diagnosed with cancer (July '09), she sent me a book that had given her lots of comfort over the years. Always thinking of others.

I know she wouldn't mind my sharing with you that she passed away shortly before this past Christmas. I apologize for not sharing this before now—it's been a tough couple of years (my husband passed away after a 6-week battle with cancer, my mom died unexpectedly a year later, I sold our house and land, moved to the city, started a new job, etc.). Anyway, I just wanted to let you ladies know about Ann—I figured you would want to know. Share your thoughts [here](#).

### **Across the Fence: Just thought y'all would like to know ... Submitted by goneriding**

I'm baking banana bread as I type. Are your taste buds going full force yet?? :) I'd share if I could!! Drool [here](#).





**Barnyard Buddies: Meat Chicken Question. Submitted by chick-chick**

I have a question about raising meat chickens, or rather getting ready to butcher them, I was told that switching them to rabbit feed the week before will help the meat taste less gamy and more like they were grass fed. Any comments? Share them [here](#).

**Barnyard Buddies: Goat's Milk Pasteurizing, Submitted by ruthie218**

Hi! A friend is giving me goat's milk and I want to learn how to pasteurize it. Do anyone have any tips? Share your suggestions [here](#).

**Barnyard Buddies: Free bees?! Submitted by edlund33**

I can't believe this! I had two hives of honey bees that both died off last fall. The hives have been vacant for over six months. I wasn't able to get around to ordering new packages, so I decided this year, I would take a break and start again next year. So the hives and the old combs of honey are just sitting out in the field with a mouse guard, waiting until next year.

Well, yesterday, I was out at the garden property and noticed bees buzzing around both of my hives. It looks to me like a swarm of Italian honeybees has moved into both hives. They are busy carrying out debris and packing in fresh pollen. Has anyone ever had this happen before? I'm wondering if it's alright to let them establish themselves with the queen they have, or if I should consider requeening them? What do you girls think? Give some advice [here](#).

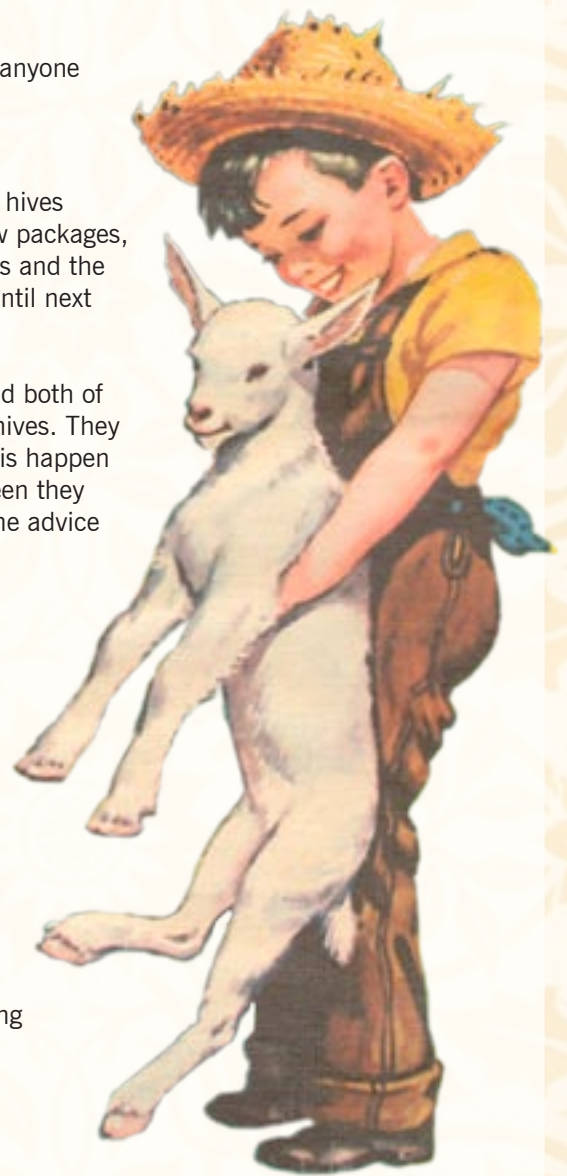
**Cleaning Up: Embarrassing Problem. Submitted by Mad Typist**

My son kindly informed me today that our house smells of "stinky old dog" and apparently his friend (after prompting) agreed with his assessment! I haven't noticed it myself, but we DO have a 14-year-old greyhound with atrocious breath and a 12-year-old beagle mix who's prone to anal-gland problems, so he probably has a valid point. My question is, does anyone have a suggestion for ways to make our house smell fresher without plugging in or lighting up anything toxic?

Please help—I'm mortified! :( Share your secrets [here](#).

**Cleaning Up: Tips for Packing. Submitted by ModernishHomemaker**

So I'm moving this week, and thought I'd ask if you have any good tips for packing and/or cleaning for a move? Dish out your packing tricks [here](#).





**Girl Gab** Have you seen the wondrous array of content and heartfelt sharing on [girlgab.com](http://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.

**Girl Gab.com**  
Brought to you by **MARYJANESFARM**

Receive daily blog alerts  
your e-mail

The PLACE where girlfriends gather to gabble, gush, and gadabout ... [official roster](#) [join our blog network](#)

- MaryJanesFarm Gabbers & Gushers**
- MaryJane Butters Raising Jane Farmgirl
  - Rebekah Teal City Farmgirl
  - Alexandra Wilson Rural Farmgirl
  - Nicole Christensen Suburban Farmgirl
  - Shery Jespersen Ranch Farmgirl
  - Cathi Belcher Mountain Farmgirl
  - Debbie Bosworth Beach Farmgirl

Posted on **A Farmish Kind of Life** by Amy Dingmann, Sister #1086

Find out what **MaryJane's Farmgirl Sisterhood** is all about.

Remember, it's not **WHERE** you live, but **HOW** you live.

[Click to E-mail Us for More Info](#)

**CLICK HERE**

Also available at Amazon.com, BarnesandNoble.com and your favorite book retailers

"a heartwarming, charming story that will have you looking around and wondering if the events around you are by chance or by divine design."  
Kat Tereff  
The Review Lounge  
Available in e-book, Kindle, Nook & Paperback  
Get yours @ [Booktop.com](http://Booktop.com) (see price)  
Amazon.com  
[BarnesandNoble.com](http://BarnesandNoble.com)

## Who's Gabbing and Who's Gushing

it has almost nothing to do with the farm

Posted on June 18, 2012 by Amy Dingmann, Sister #1086

I gotta tell you about something ... but it has almost nothing to do with the farm. Well...it kind of does. See, it's something I do at the farm. And it's something that will help me buy feed for the animals I keep adding to the barn. So...then, it kind of relates, right?

I'm very much back into writing, and I made an [author website](#). Which seems silly to say because although "author" generally means someone who has published something...most people take it to mean someone who has published a book ... [Read more](#) —

## Do You Sparkle?

Posted on June 18, 2012 by Amy Malaise, Sister #2744



**sparklestories**  
BRIDGES FROM THE FUTURE

I recently read of a review of [Sparkle Stories](#) on another blog and decided I had to check it out. When I would visit my grandparents as a child, I always looked forward to using the local storyline. I would dial a phone number that would allow me to listen to the story of the day.

I absolutely loved it! I'm already passionate about books and I used to do storytimes when I worked at the public library. I feel that we are losing the fine art of storytelling in this digital age. Stories are such an important part of culture and tradition ...

[Read more](#) —

## GirlGab.com Blogs

- Alice Minasian, Sister #12 Alice's Wonderful Life
- Alisha Grinus, Sister #3338 No Red Lipstick
- Amanda Childress, Sister #1390 My Little Country
- Amber Conger, Sister #3912 Refinerii Industrial Revelations
- Amy Dingmann, Sister #1086 A Farmish Kind of Life
- Amy Dingmann, Sister #1086 The Hmmm ... schooling Mom
- Amy Malaise, Sister #2744 Crafting by Candlelight
- Amy Marquardt, Sister #3706 Far North Farmgirls
- Amy Marquardt, Sister #3706 Marquardt Health Coaching
- Andrea Furber, Sister #4019 Things I get to do today
- Angela Croissant, Sister #2808 Lazy Jo Ranch
- Ashley Montague, Sister #3466 My French Religion
- Bay Woodyard, Sister #2613 Honey Pie Hives and Herbals



### The Lie and The Truth

Posted on June 18, 2012 by Andrea Furber, Sister #4019



We bloggers lie. Do you swear to tell the truth, the whole truth and nothing but the truth, so help your garden spade? Well ... ah, sure. a-huh. Yep.

But with our camera's we show only what we want the world to see--of ourselves and of our gardens. There's nothing right or wrong

about this; there's just more than what meets the eye of the reader ... [Read more](#) —

### Chicken Hospital

Posted on June 18, 2012 by Cris Cantin, Sister #2910



Sigh. Sometimes, chickens are just too brutal to be borne.

This afternoon, I discharged Mr. Bloody Butt from Chicken Hospital. This was a wonderful thing, as he had been in his cardboard-box-Ward-A for the past three days, recovering from defuzzing and pecking at his little chickie hiney ...

[Read more](#) —



MARYJANESFARM



Aprons

### Picket Fence Dreams~ NOTECARD GIVE AWAY

Posted on June 18, 2012 by Debbie Bosworth, Sister #1199



Picket Fence Dreams

To my gardening eyes, nothing says summer quite like a picket fence smothered in roses. To celebrate the arrival of Summer I'm giving away the first ever Picket Fence Dreams note card set of TEN beautiful Picket Fence images to one lucky commenter on my Facebook page! Enter today! I'll announce the winner June 21st! ... [Read more](#) —

### Garden Update

Posted on June 18, 2012 by Debra Davis, Sister #166



"Gardening is an instrument of grace." May Sarton

Recent posts have been all about the woods, so it's time to check in with the garden. Lettuce is flourishing, which means salad every day.

A bowl of lettuce dressed with garlic and balsamic vinaigrette makes me happy, but super-fresh radishes, grated carrots and a few cilantro leaves give the lettuce flavors and textures to play with. My current favorite combination is 'Buttercrunch', 'Continuity' and

'Two Star' ... [Read more](#) —

### the beginnings of summer

Posted on June 18, 2012 by Elaine Tolson, Sister #45



Who knew that crazy could be so fun.

The past few weeks [actually more like several] have felt non-stop. This is the time of year when life seems to swing into full gear. I love working my way through a day where I end up dirty and exhausted and that hot shower at the end of the day brings just enough rejuvenation to get me to bedtime. Sleep then comes fast and hard and morning brings a fresh new start to begin all over again ... [Read more](#) —



Subscribe to MaryJanesFarm magazine and save more than 44% off the newsstand rate. [\(click here\)](#)



[Click here](#)



MARYJANESFARM  
**PROJECT FARM™**  
First-class American Rural Made  
Support handmade Support local



# Farmgirl Merit Badges Sisterhood



## 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.



MARYJANESFARM

## 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 Awardees

## Sisters Celebrate!

Summer is a busy time of year at the farm! After listening to some input from our Sisters, we have decided not to create any NEW merit badges for July. Instead of giving our Sisters new badges to work on, we've decided to give you all some time to review and work on the badges we already have, and maybe get you inspired to finish up some you have started. The next round of new badges will return in January.

### KEEP UP THE GOOD WORK!

## Merit Badge Awardees

• • • • •  
**Amanda VanDusen**, AmandaVanDusen #4117

Beginner badge: Scrapbooking / Stitching & Crafting  
Beginner badge: Get It Together / Farm Kitchen

• • • • •  
**Anita Kammerdiener**, #4035

Beginner badge: 'Out There' Women / Outpost  
Beginner badge: Let's Get Physical / Make It Easy  
Beginner badge: Sew Wonderful / Stitching & Crafting  
Intermediate badge: 'Out There' Women / Outpost

• • • • •  
**April Choate**, Sonshine4u #658

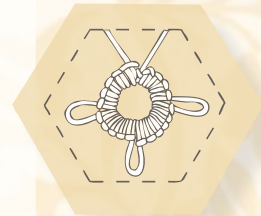
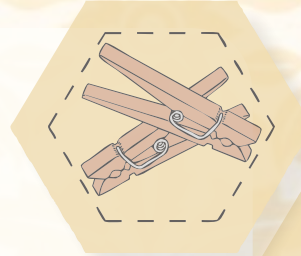
Intermediate badge: Lend a Hand to Farm Families / Each Other  
Expert badge: Lend a Hand to Farm Families / Each Other

• • • • •  
**Becky Johnson**, BeckyBoop #4159

Beginner badge: Forage for Food / Farm Kitchen  
Beginner badge: Get It Together / Farm Kitchen

• • • • •  
**Connie Herron**, Littlegirl54 #4152

Beginner badge: Shopping Green / Cleaning Up



earning a merit  
badge is a

*Breeze*

## Merit Badge Awardees

**Deborah Meyer**, Country Girl Forever #4099

Beginner badge: Farmgirl Grammar / Each Other

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Little Squirts / Each Other

Beginner badge: Recipes / Farm Kitchen

Beginner badge: Greatest Generation / Each Other

Intermediate badge: Little Squirts / Each Other

Intermediate badge: Get It Together / Farm Kitchen

Intermediate badge: Greatest Generation / Each Other

**Debra Baker**, DebiB #4135

Beginner badge: Buttoned Up / Stitching & Crafting

Beginner badge: Backyard Farmer / Garden Gate

**Denise Meister**, denisemgm #1976

Beginner badge: Public Service / Each Other

Beginner badge: Farmgirl Gratitude / Each Other

**Donna Scanlon**, ladylouise #4197

Beginner badge: Blogging / Each Other

**Elizabeth Taylor**, leilaht #1932

Beginner badge: Knitting / Stitching & Crafting

Beginner badge: Backyard Farmer / Garden Gate

Beginner badge: Blogging / Each Other

Intermediate badge: Blogging / Each Other

**Emily Hack**, alterationsbyemily #2951

Beginner badge: Blogging / Each Other

**Gretchen Lohrbach**, #4149

Beginner badge: Birds / Garden Gate

Beginner badge: Horse Dreams / Garden Gate

Beginner badge: Music / Make It Easy

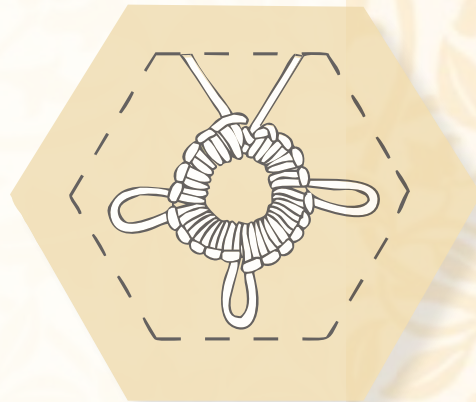
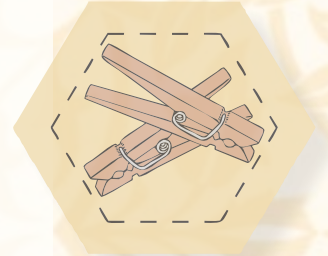
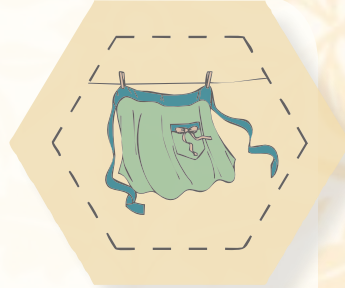
Beginner badge: Bee Good to Your Mother Earth / Garden Gate

Beginner badge: Fishing / Outpost

**Jessie Yonkovit**, JessieMae #134

Beginner badge: Community Action / Each Other

Expert badge: Safe Toys / Stitching & Crafting



continued ...

“ Summer afternoon—summer afternoon; to me those  
have always been the two most beautiful words  
in the English language. ”

— Henry James

## Merit Badge Awardees

**Joan Nordquist**, Simple Living #3842  
Intermediate badge: Bustin' Out / Farm Kitchen

**Julia Riach**, #4210  
Beginner badge: Get It Together / Farm Kitchen  
Beginner badge: Unprocessed Kitchen / Farm Kitchen  
Beginner badge: Sew Wonderful / Stitching & Crafting  
Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: Knitting / Stitching & Crafting  
Beginner badge: Cross-Stitch / Stitching & Crafting  
Beginner badge: Crochet / Stitching & Crafting  
Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: Shopping Green / Cleaning Up  
Intermediate badge: Cross-Stitch / Stitching & Crafting  
Intermediate badge: Sew Wonderful / Stitching & Crafting

**Kerri Arthur**, klarthur #4122  
Intermediate badge: Buttoned Up / Stitching & Crafting

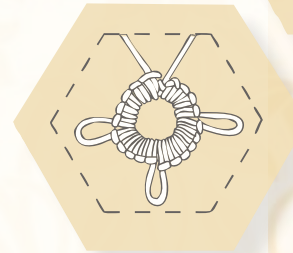
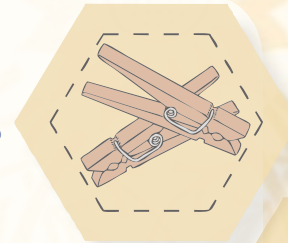
**Kristina Nelson**, FieldsofThyme #800  
Beginner badge: Rocks and Minerals / Outpost  
Expert badge: Birds / Garden Gate

**Lindsay Burden**, HomespunSprout #4163  
Beginner badge: Sew Wonderful / Stitching & Crafting  
Beginner badge: Nellie Will-do / Stitching & Crafting

**Lora Rosencrans**, FARMALLchick #358  
Beginner badge: Civic Heritage / Each Other

**Loyce Krogel**, traildancer #1272  
Beginner badge: Bee Good to Your Mother Earth / Garden Gate  
Beginner badge: Heirlooms Forever! / Garden Gate

**Marie Westphal**, starbright #2732  
Beginner badge: Homespun Christmas / Stitching & Crafting







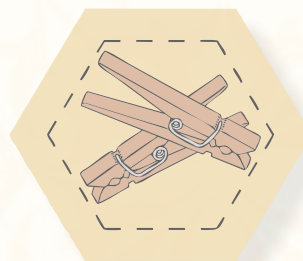
## Merit Badge Awardees

**Mary Duffel**, Madelena #3153  
Beginner badge: Cleaning Up / Going Green

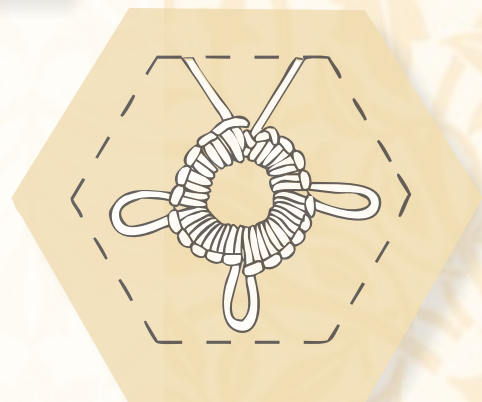


**Mary Whatley**, Flowerfairy136 #4195  
Beginner badge: Shopping Green / Cleaning Up

**Nancy Smith**, minismith #1991  
Beginner badge: Heirlooms Forever! / Garden Gate  
Intermediate badge: Heirlooms Forever! / Garden Gate



**Nicole Strait**, KansasFarmMomma #4209  
Beginner badge: Farmgirl! Shutterbugs / Each Other  
Beginner badge: Woman-at-Arms / Outpost  
Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: Horse Dreams / Garden Gate  
Beginner badge: Wild Game / Outpost  
Intermediate badge: Wild Game / Outpost  
Intermediate badge: Woman-at-Arms / Outpost  
Expert badge: Wild Game / Outpost



**Pamela Lobaugh**, Sugar Girl #4235  
Beginner badge: Heirlooms Forever! / Garden Gate  
Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: Cross-Stitch / Stitching & Crafting  
Beginner badge: Gaining Ground / Garden Gate  
Beginner badge: Woman-at-Arms / Outpost

**Paula Black**, Sheepless in Seattle #2953  
Beginner badge: Let's Get Physical / Make It Easy  
Beginner badge: Gaining Ground / Garden Gate  
Expert badge: Get It Together / Farm Kitchen

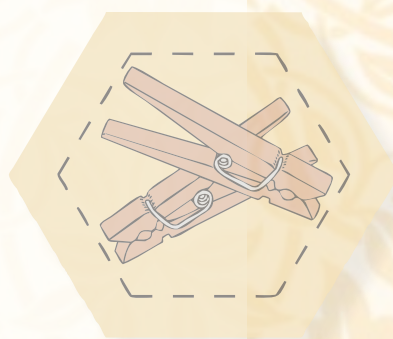
continued ...



## Merit Badge Awardees

**Robin Armstrong Miller**, birdie71 #1301

- Beginner badge: Farmgirl Grammar / Each Other
- Beginner badge: The Secret Life of Bees / Garden Gate
- Beginner badge: Grease Chicks / Make It Easy
- Beginner badge: Let's Get Physical / Make It Easy
- Beginner badge: Birds / Garden Gate
- Intermediate badge: The Secret Life of Bees / Garden Gate
- Intermediate badge: Horse Dreams / Garden Gate



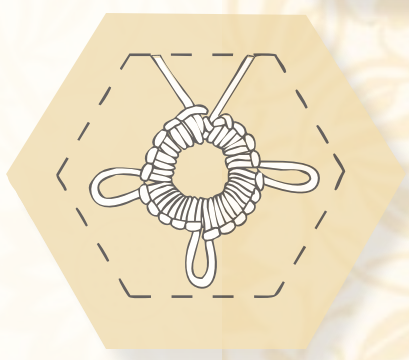
**Sara Baker**, Farmerette of Debra Baker #4135

- Beginner badge: Buttoned Up / Stitching & Crafting
- Beginner badge: Backyard Farmer / Garden Gate



**Sarah Houlihan**, Houligan19 #3828

- Beginner badge: Crochet / Stitching & Crafting
- Beginner badge: Get It Together / Farm Kitchen
- Beginner badge: Know Your Roots / Each Other
- Intermediate badge: What's Your Beef? / Garden Gate
- Intermediate badge: Birds / Garden Gate
- Intermediate badge: Get It Together / Farm Kitchen
- Intermediate badge: Know Your Roots / Each Other



**Sharon Schrader**, #4109

- Beginner badge: Little Squirts / Each Other
- Beginner badge: Greatest Generation / Each Other
- Beginner badge: The Secret Life of Bees / Garden Gate
- Beginner badge: Grease Chicks / Make It Easy
- Beginner badge: Buttoned Up / Stitching & Crafting
- Beginner badge: Sew Wonderful / Stitching & Crafting
- Beginner badge: Aprons / Stitching & Crafting
- Intermediate badge: Little Squirts / Each Other
- Intermediate badge: Greatest Generation / Each Other
- Intermediate badge: The Secret Life of Bees / Garden Gate
- Intermediate badge: Buttoned Up / Stitching & Crafting

**Sharon Stewart**, busylady4 #4222

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

“ You can't use up creativity.  
The more you use, the more you have. ”

– Maya Angelou

## Merit Badge Awardees

**Sherrill Roy**, baabonnybelle #4153

Beginner badge: Sew Wonderful / Stitching & Crafting  
Beginner badge: Basketry / Stitching & Crafting

**Stephanie Hatton**, Farmerette of Kristina Nelson #800

Beginner badge: Make It Pretty / Make It Easy

**Sue Feely**, Sue Feely #349

Beginner badge: Buttoned Up / Stitching & Crafting  
Beginner badge: Shopping Green / Cleaning Up

**Sue Sensenbaugh-Padgett**, suellen5 #3992

Beginner badge: Horse Dreams / Garden Gate  
Beginner badge: Make It Pretty / Make It Easy  
Beginner badge: First Aid / Outpost  
Beginner badge: Carp-hen-try / Make It Easy  
Intermediate badge: Farmgirl Gratitude / Each Other  
Intermediate badge: Bee Good to Your Mother Earth / Garden Gate  
Intermediate badge: Horse Dreams / Garden Gate

**Tamara Burger**, Grammytammy #2495

Beginner badge: Rocks and Minerals / Outpost

**Tammy Claxton**, Tammy Claxton #152

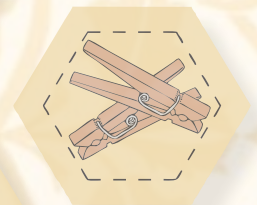
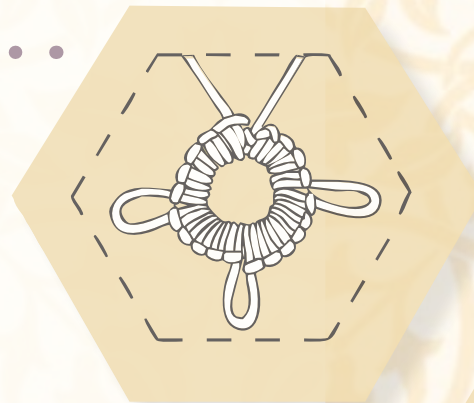
Beginner badge: Backyard Farmer / Garden Gate  
Beginner badge: Build It Green / Make It Easy

**Thelma Adams**, Thelma #3568

Beginner badge: Sew Wonderful / Stitching & Crafting  
Beginner badge: Aprons / Stitching & Crafting  
Beginner badge: Crochet / Stitching & Crafting  
Beginner badge: Shopping Green / Cleaning Up  
Intermediate badge: Crochet / Stitching & Crafting  
Intermediate badge: Buttoned Up / Stitching & Crafting

**Wendy Vece**, musicmommy #3735

Beginner badge: Shopping Green / Cleaning Up



# Farmerettes & Young Cultivators

## Merit Badge Awardees

**Addie Ring**, Young Cultivator of Heather Ring #1564

Beginner badge: Trash Talk / Cleaning Up

Beginner badge: Table Talk / Farm Kitchen

**Elizabata Wilber**, Young Cultivator of Tamara Burger #2495

Intermediate badge: All Dried Up / Farm Kitchen

Expert badge: Music / Make It Easy

**Emily Nelson**, Young Cultivator of Kristina Nelson #800

Beginner badge: Make It Fruity / Farm Kitchen

**Erin Dodd**, Young Cultivator of Shari Dodd #1158

Beginner badge: Trash Talk / Cleaning Up

Intermediate badge: Trash Talk / Cleaning Up

Expert badge: Trash Talk / Cleaning Up

**Jamie Riach**, Young Cultivator of Julia Riach #4210

Beginner badge: Horsing Around / Garden Gate

Beginner badge: Weaving In and Out / Stitching & Crafting

**Kayla Riach**, Young Cultivator of Julia Riach #4210

Beginner badge: Horsing Around / Garden Gate

Beginner badge: Weaving In and Out / Stitching & Crafting

**Madison Bailey**, Young Cultivator of Melissa Bailey #724

Expert badge: Trash Talk / Cleaning Up

**Megan Riach**, Young Cultivator of Julia Riach #4210

Beginner badge: Horsing Around / Garden Gate

Beginner badge: Put Me In, Coach! / Make It Easy

Beginner badge: Weaving In and Out / Stitching & Crafting

### 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.](#)



*Woo-hoo!*





## Young Cultivators Group

Rebekka Boysen-Taylor, our Stitching & Crafting columnist, also coordinates a Young Cultivators group. She'll report on their activities here and in further issues.

### *The Backyard Summer*

The past few summers have flown by. Between adult work, car trips, and camping, I am always surprised when we find ourselves getting ready for school in August. Where does all the time go? This summer, we are staying close to home, which has opened up extra time and energy to “decorate” our back yard. It has always been a well-used yard, but this year, we want to create more defined spaces for relaxing and playing. There is so much a family can get done in one afternoon, and my latest project didn't cost a thing. I have always wanted an outdoor chalkboard and a row of wooden log rounds for the kids to climb on, so we pushed big rounds of wood against our fence, making a bench of sorts, cleared off the patio, and brought a few potted plants over. The final touch in this space was to build an outdoor chalkboard with scrap wood and a pint of chalkboard paint I had on hand.

#### *Backyard Chalkboard*

**You'll need:**

- wood (scrap boards, an old sign, or a scrap of plywood)
- chalkboard paint
- power drill
- screws

When you attach two boards together like I did, you will need smaller strips of wood to connect the boards in the back. Your screws should be slightly shorter than the strips and wood so that they do not pop through to the front of the chalkboard. Once the board is made, flip it over and give it two coats of chalkboard paint.



# 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](http://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](http://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.’”



Let  
Freedom  
Ring



# Magazines, Books,

# & More



Our Aug/Sept issue, "Best of Show," will hit newsstands on July 10. In it, you'll find fanciful quilts and Victorian stitchwork, learn how to braid garlic, read about the impact organic cotton is having in India, find tips on how to quiet a barking dog, and more.

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

If you have a subscription, you should receive your magazine by about July 10. (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.

## MaryJanessFarm 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:

- July 1 ~ Build a Scarecrow Day
- July 1 ~ Canada Day
- July 4 ~ Independence Day (U.S.)
- July 12 ~ Pecan Pie Day
- July 13 ~ Embrace Your Geekness Day
- July 14 ~ Cow Appreciation Day
- July 22 ~ Hammock Day
- July 25 ~ Threading the Needle Day
- July 27 ~ Summer Olympics

### 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](mailto:sisterhoodhopeful@maryjanesfarm.org) and we'll e-mail them a sample issue.

For other questions or general inquiries, e-mail [FarmgirlSisterhood@maryjanesfarm.org](mailto:FarmgirlSisterhood@maryjanesfarm.org).

**Over 1,382 Farmgirl Chapters have been started in all 50 states and 8 countries with 4,257 Sisterhood members — growing stronger every day!**