



**“MY FRIENDSHIPS
WITH WOMEN
GIVE ME
A DEEPER EXPERIENCE
OF MYSELF.”**

– Amy Lawrence, 1889

A Few Tips for a Simple Life

by Michael Guilfoil, *The Spokesman-Review*

Organic farmer MaryJane Butters long ago embraced Thoreau’s dictum to “simplify, simplify.” As a Forest Service ranger in the 1970s, she spent two summers roaming Utah’s Uinta Mountains with her home on her back. Later, she maintained the most remote wilderness ranger station in the Lower 48. Today, Butters and her family live eight miles outside Moscow, Idaho, on their farm, headquarters of her mail-order dry-foods business. But even e-commerce hasn’t tempered Butters’ enthusiasm for simplicity.

MaryJane’s

2

Entrepreneurial Spirit

Elizabeth combined her creative talents and business mind to earn her beginner, intermediate, and expert-level Entrepreneurial Spirit badges. A longtime dream of owning her own craft shop led her to the online marketplace community Etsy, where, after her own wedding in 2011, she opened a wedding shop cutely called “Kiss Me Awake.” Elizabeth says managing the slow but steady business of selling her vintage-inspired accessories and décor is fulfilling and exciting. Awesome job, Elizabeth!

3

Unprocessed Kitchen

Kristin’s discovery that her young son has food allergies was the motivation behind her beginner-level Unprocessed Kitchen badge. Kristen, with her son as sous-chef, now makes her own crackers and cookies from almond and coconut flours, using honey as a sweetener. Kristin says she’s starting with snack food, but her goal is to move away from processed foods completely. Kristin says the almond-flour baked goods are their favorites and that they now prefer them to store-bought snacks. Keep on bakin’, Kristin!

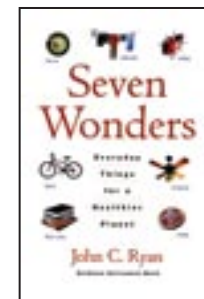
Backyard Farmer

Mandi and her family found that raising chickens fits in perfectly with their already organic lifestyle, earning Mandi her beginner-level Backyard Farmer badge. They visited a local farm that raises their chickens naturally and chose 12 hens to purchase. They even found a local organic feed mill to buy feed from. Mandi says they adore their chickens and have become addicted to raising them—and I adore the fact that she gives all the extra eggs to friends and family or donates them. You’re a good egg, Mandi!

4

SimpleSolutions

for everyday ORGANIC™



In December 1999, a newspaper reporter from Washington called. He was writing a review of the book *Seven Wonders: Everyday Things for a Healthier Planet* by John C. Ryan. Michael Guilfoil of *The Spokesman-Review* newspaper asked me if I had my own “seven wonders.” The story that ensued was

headlined “Simple Solutions.” Here, then, is the continuation of that story. Each issue of *MaryJanesFarm* will feature in detail new solutions, and will give you all the information you need to make them your own.

Solutions from previous issues are available in the magazine section of my website: www.maryjanesfarm.org/SimpleSolutions.

7 SISTERS who are MAKING IT HAPPEN

Our Farmgirl Sisterhood members continue to inspire and delight us with the creative ways they earn their Merit Badges. For this issue’s theme, “Best of Show,” I wanted to share the stories of seven Sisters who found stellar solutions to earn badges. Read about our Farmgirl Sisterhood and Merit Badge program at www.farmgirlsisterhood.org.

1

Farmgirl Grammar

Autumn is a girl after my own grammatically correct heart. To earn her beginner-level Farmgirl Grammar badge, she looked up and used a new word a day for two weeks, and made sure to properly spell out every word in e-mails and texts. Way to go, Autumn!

seven wonders

5

Secret Life of Bees

Katie earned her beginner-level Secret Life of Bees badge by learning all about our busy, buzzy friends. She read *The Secret Life of Bees* by Sue Monk Kidd, watched the trailer for the movie *Vanishing of the Bees* (www.vanishingbees.com), and began planting her own bee garden. Katie, a nurse, is also interested in the healing powers of honey, and is feeding her new obsession with bees by making friends with beekeepers. Her favorite bee fact is that honey is a natural antiseptic. Way to BEE, Katie!

6

Shopping Green

Beth earned her intermediate-level Shopping Green badge for researching safe, non-toxic products for cleaning her house. She now uses vinegar and baking soda, and has even gone chemical-free when cleaning the floors by using a steam mop. Beth says her young children were her inspiration for eliminating household chemicals. Kudos to Beth! (See p. 18 for more about household chemicals.)

7

Recipes

Michele earned her beginner and intermediate-level Recipes badges by rewriting her favorite old recipes from family and friends onto nice paper and arranging them in a colorful binder—she even made a duplicate binder for her sister. Michele also copied recipes from her antique cookbooks, and included blank pages so new favorites can be added as they’re discovered. Now you’re cookin’, Michele!