



Here is where I'll share my ideas, gardening tips, crafting, sewing, carpentry, home decorating, entertaining ideas, and simple solutions for everyday organic. The inspiration for this magazine was born when a woman told me, "I wish I could have your life!" I thought, "Why not?"

SimpleSolutions

for everyday ORGANIC™

MaryJane's

2 Create Candlelit Calm

Can't sleep? Take this opportunity to soothe your soul with a candlelit bath. Accentuate the relaxation factor with calming essential oils and minerals that mimic the healing effects of natural hot springs. My friends at Mountain Rose Herbs recommend keeping a bottle of this balmy bath mixture on hand to invite a restful night's sleep: 1 cup each Epsom salts and baking soda, 20 drops lavender oil, 10 drops vetiver oil, 10 drops clary sage oil, and 5 drops ylang-ylang oil. Dissolve 4 T mixture in a full tub.

3 Treat Yourself to Tea

Resist the urge to raid the fridge after hours. A midnight snack will interfere with falling asleep again, and a full stomach will disrupt your sleep for the rest of the night. Instead, turn to herbal tea. The ritual of preparing a cup of tea is relaxing in itself, and Mountain Rose Herbs offers this tried-and-true herbal elixir for insomnia: steep a pinch each of valerian, linden, kava, chamomile, and catnip in a cup of boiled water for 20 minutes. Strain, add honey, and sip till sleepiness sets in.

4 Read a Bedtime Story

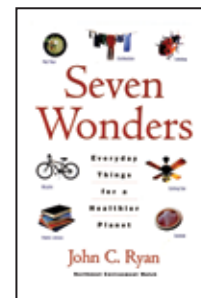
Studies tell us that screen time (televisions, computers, and mobile devices) can sabotage sleep with flashing lights and stimulus overload, so resist the temptation to tune in when insomnia hits. A better option is reading a bedtime story—really! Kids aren't the only ones susceptible to the sleep-inducing power of story time. Getting lost in a good book is a fabulous way to forget real-life troubles, and reading also tends to tug on your eyelids. After a few pages, you'll be overcome with the desire to doze off.

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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.



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 late-night sanity savers

It's past midnight, but your eyelids simply won't stay shut. Sleep? Impossible. You're wide awake and suddenly beset by stress. At this hour, anxiety can run wild, leaving you feeling helpless. Instead of tossing and turning, try these surefire sanity savers to calm your mind and send you drifting back to dreamland.

Jot a Late-night List

When thoughts race like runaway sheep through your sleepless mind, don't chase them around in the dark—rein them in. Turn on the light, grab a pen, and corral your cares on paper. Making a list of things you're afraid you'll forget is a great way to clear your head and forget those restless "sheep" till morning.

seven wonders

1 Practice Being Present

Molehills start looking like the Himalayas when you can't sleep. In other words, this isn't the time to e-mail your resignation or call your sister to hash out ancient history. You can tackle that stuff tomorrow. Use this quiet time to practice being present. Lie in bed and notice your surroundings—your soft pillow, the security of your home, your health, your breath. These are the things that matter now, and observing them can offer sanctuary from stress. Need help focusing? Try an audiobook like *Mindfulness Meditation* by Tara Brach.

2 Indulge in Midnight Massage

"Never go to bed angry" is great advice, but couples don't always come to a consensus before turning out the lights. An argument at bedtime can make restful sleep almost impossible, leaving lovers fitful on opposite sides of the bed. Call an overnight truce and suggest trading massages to sap stress and kindle the fire of forgiveness.

3 Share the Load

Some problems are hard enough to cope with during the day. When you're sleep-deprived, they become insurmountable. But you don't have to face them alone. There are caring people awake in the wee hours of night who will offer help via one of these national hotlines: 1-800-SUICIDE, 1-800-799-SAFE (domestic violence), or 1-800-273-8255 (veterans and their families).