

Farm Life

WITH MARYJANE



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 whave your life!" I thought, "Why not?"



Natural Bee Sting Remedy

What if you're wandering the wilds (or the garden) and you get stung by a bee or wasp? Don't panic—nature has the perfect remedy! Plantain, a widespread "weed" that is overlooked as often as it is underfoot (check your driveway), will soothe a sting within seconds. Simply pluck a leaf, chew it into a mash (don't worry—it's edible!), place it on the sting, and relish the relief!

Simple Solutions

for everyday ORGANIC™

MaryJane's

2 Baby a Burn

It may seem counterintuitive, but apple-cider vinegar works wonders to soothe minor burns and rejuvenate damaged skin. Place a compress soaked in vinegar over the affected area to provide relief. Aloe-vera gel is another time-tested remedy for cooling first and second degree burns, including hot-water scalds and sunburns. After running cool water over a burn, gently apply a generous amount of aloe-vera gel and allow it to work its magic. Follow up with St. John's wort oil to further relieve pain and speed healing.

3 Relieve Stings & Rashes

Need to soothe the itching and "ouch" of an insect attack? Witch hazel will do the trick. This natural antiseptic and anti-inflammatory extract has a calming effect on bug bites and stings. Soak a bit of clean cloth and dab it on the affected area. Then cover with a bentonite clay poultice (EverydayRoots.com/bentonite-clay-poultice) to relieve irritation. For poison oak and ivy rashes, wash the affected area with soap and cool water to remove the oily resin, and spray with grindelia extract (HerbsOfLight.com).

4 Tame Inflammation

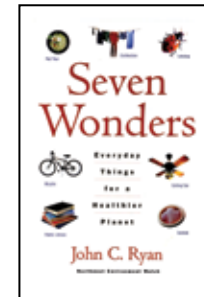
Arnica reduces the pain and inflammation associated with sprains, bruises, and sore muscles. Arnica tablets can be dissolved in the mouth or crushed with a little water to apply directly to the affected area. There are also arnica creams and ointments that can be applied topically. Comfrey is another herb that promotes healing from injuries. A poultice placed on a bruise or sprain can reduce inflammation and healing time. Learn how to make a comfrey poultice at OregonsWildHarvest.com.

plantain©iStockphoto.com/alex5248

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: MaryJanesFarm.org/SimpleSolutions.

seven wonders

5 Tend a Tummy Ache

Both ginger and peppermint are effective nausea fighters. Keep a tin of peppermints at hand in case queasiness strikes. Ginger tablets or capsules will calm acid reflux, bloating, morning sickness, and motion sickness. Ginger has been proven to relieve motion sickness better than conventional medications—take two capsules of powdered ginger 45 minutes before traveling. Ginger also helps soothe the stomach after a digestive illness or food poisoning—take one or two capsules of dried ginger every 15 minutes until symptoms subside.

6 Banish a Blister

First things first: Don't pop a blister! Popping increases the chance of infection, and it hurts like nobody's business. Instead, apply a calendula salve (we like the Comfrey-St. John's Wort Compound from MountainRoseHerbs.com) and cover with a bandage. If your blister does pop, leave the loose skin intact to naturally protect the sore spot, wash gently, and soothe with salve.

7 Swab Sustainably

Instead of using throwaway cotton balls to swab scrapes and stings, rely on reusable cotton pads like the Organic Unbleached Cotton Fleece Rounds made by Juniper Seed Mercantile (Etsy.com/shop/JuniperseedMerc). These soft, double-layer rounds are tidily packed in a handmade drawstring mesh laundry bag and can be washed time and again for natural—and less wasteful—wound care.

7 musts for a natural first-aid kit

Whether you're collecting eggs, corralling kids, stitching quilts, or glamping with gal pals, a few bumps and bruises come with being a farmgirl on the go. Be prepared to patch and pamper life's little henpecks by including these natural remedies in your own farmgirl natural first-aid kit.

Soothe a Scratch

Tea-tree oil is a natural antimicrobial that helps fight infections. Just rub a small amount over nicks and scrapes that you would otherwise treat with an antibacterial cream. To slow bleeding in a minor wound, cover with powdered calendula and apply pressure with a bandage. Calendula also has anti-inflammatory and antimicrobial properties that help to soothe and heal.