

SimpleSolutions

for everyday ORGANIC™

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?"



MaryJane's

2 Proof Positive

The marvelous Brød & Taylor Folding Bread Proofer and Yogurt Maker creates a consistently humid, warm environment for rising (proofing) bread dough. Here at the farm, we also love it for incubating our kefir and large batches of yogurt. Best of all, it folds away easily for drawer or cabinet storage. Shop BrodAndTaylor.com.



3 Bread Communities

By reviving traditional bakeries and building communal wood-fired ovens in marginalized areas around the world, Bread Houses Network is creating employment opportunities and strengthening communities. Bulgarian-born founder Nadezhda Savova says, "It began with the very first bread I made, with the touch of soft dough and the hot whiff of bread aroma. I loved it so much, I thought it must be able to bring the best out of any person and society." Dough-nate to help the effort at BreadHousesNetwork.org.

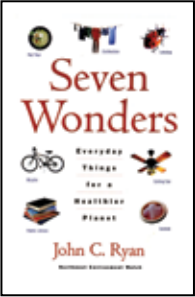
4 Bread Baker's Apprentice Challenge

If you love baking bread, jump on board the Bread Baker's Apprentice Challenge, a friendly (and free) global competition launched in 2009 by Nicole Hamaker. "We are a group of home bakers with a crazy goal in mind: to attempt every single recipe in Peter Reinhart's wonderful book, *The Bread Baker's Apprentice*. Buy the book, follow along, and jump in when you are ready to get started!" Connect with the current challengers at [Facebook.com/groups/BBACHallenge](https://www.facebook.com/groups/BBACHallenge).

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.

7 (more) reasons to love bread

Bread ... it's the one food that is likened to life itself (anyone who has ever smelled a freshly baked loaf knows why). Magically, kneading a simple dough of flour and yeast yields the sort of sustenance that fills body and soul. Bake it, buy it, and better the world with bread!

Fabulous Gluten-free Flour

Gluten sensitivity doesn't mean you have to give up the superior health benefits of sprouted grains. A conscientious company called To Your Health offers a delicious variety of organic sprouted grains and flours that'll work wonders in your favorite bread recipes. All grains are sprouted and dried in-house, and flours are milled fresh for every order. Shop OrganicSproutedFlour.net.

seven wonders

5 Panera Cares

Panera Bread is helping hungry people across the U.S. through a program called Panera Cares. The company has created nonprofit Community Cafés that feel like any other Panera restaurant, but accept donations in lieu of regular payments. Customers without any means to contribute have the option of donating an hour of their time volunteering in the café in exchange for a meal. The first café was opened in Clayton, Missouri, in 2010, and there are now cafés in four more cites nationwide. Pitch in at PaneraCares.org/donate.

6 Farmgirl Welcome

The offering of "bread and salt" is an ancient ritual of welcome in many Slavic countries. Gracious hosts present their visitors with a special loaf of bread placed on an embroidered towel along with a saltcellar. The bread expresses hospitality, and the salt symbolizes long friendship. Polite guests break off pieces of bread, dip them in salt, and eat them with a smile!

7 That Aroma!

The fragrance of freshly baked bread has been found to inspire kindness. Researchers at the University of Southern Brittany in France found that shoppers were more likely to alert a random passerby that they had dropped a belonging if, at the time, they were also passing a bakery giving off the sweet scent of baking bread.