

# MARYJANES FARM<sup>®</sup>

## PRODUCT SHOP DESCRIPTIONS

Incorporated as Paradise Farm Organics<sup>®</sup>  
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Shop Online

[WWW.MARYJANESFARM.ORGANIC](http://WWW.MARYJANESFARM.ORGANIC)

[WWW.MARYJANESOUTPOST.ORGANIC](http://WWW.MARYJANESOUTPOST.ORGANIC)

Even though I live on a farm, I have those days when I like convenience food. Fast food that tastes good. I designed these easy organic foods because I want everyone to know convenience food *can* taste good. Even though it's not fresh from the ground, it's made from foods that *are*.

I sell my food in 3 different types of packaging:

**Farmhouse • Outpost • Do-it-Yourself Bulk**

**Farmhouse** is a 7" wide x 8<sup>5/8</sup>" tall non-aluminum pouch with a box bottom that allows it to stand up on its own. You can use it as your bowl for the addition of cold and even boiling water. Most of my farmhouse pouches contain two standard servings of food. I use the word 'standard' to describe a portion of food standardized by our government so that consumers can easily compare foods. Let's say you want to compare the sodium content of split pea soup manufactured by two different companies. If one company calls 1 cup a serving and the other 1<sup>1/4</sup> cup a serving, it gets hard to compare and choose which one you want if you're shopping for a certain level of sodium or protein or carbohydrate. A standard serving works perfectly for someone like me. It is exactly the amount I eat.

**Outpost** is in the same 7" wide x 8<sup>5/8</sup>" tall pouch as the farmhouse line, but some of the serving sizes are different. Designed to feed one hungry camper, my backcountry food is perfect for whatever mode of trail travel you choose — backpackers and hikers, mountain bikers, climbers, llama trekkers, equestrians, fishers, cross-country skiers, boaters and rafters. Ideal for campers, our [maryjanesoutpost.org](http://maryjanesoutpost.org) website is where we all share the details of our camping trips, barter our outdoor gear, find backcountry jobs and provide gear tips.

**Do-it-Yourself Bulk** is just what the name implies. We sell it in 3 pound increments, packaged in large ziplock bags or heavy plastic bags and shipped to you in a cardboard box along with preparation instructions. Most of my foods have almost a two year shelf life if stored dry with low humidity. If you have the storage space, this is the way to go. Better yet, get together with a neighbor or friend and share a box.

For those with any allergy concerns, please note that almost all of our food products are processed in a facility that handles dairy products, nuts, peanuts, soy and wheat. We handle our Gluten-free Budget Mix to insure it remains free of gluten.

### Packaging Reuse and Recycling Ideas

Remaining true to my roots, for my Bedroom and Bathroom products I've created packaging that can either be recycled or, for the thrifty-at-heart, reused. For more ideas on how to recycle or reuse my packaging, please visit <http://products.maryjanesfarm.org/pfshop/packages-bedding.asp>.

P R O J E C T  
**F A R M**  
First-class American Rural Made

What's **Project F.A.R.M.**? Well, F.A.R.M. stands for First-class American Rural Made, and it's a project that we created here at MaryJanesFarm, a sort of "certification." As rural communities fade and farmers continue to disappear from our landscape, we decided something must be done. That's where Project F.A.R.M. comes in.

Rural America is full of unsung crafters—hard-working people who deserve an outlet for the goods they create. To that end, many of the products we sell are made by rural people—our concept of how the world should be, and once was, not so very long ago.

Wherever you see this symbol in this Product Description, ★, that's a Project F.A.R.M. product, so pitch in and support rural America—we're only a phone call away! Or visit <http://www.maryjanesfarm.org/ProjectFarm/> for more information.

*MaryJane*

MaryJane Butters, Organic Farmer

# BATHROOM

## BATH MATS

### MaryJanesFarm® Tufted Chenille Rugs

- **Description:** The girly look of braids, combined with the downy, absorbent warmth of tufted chenille in this rug, creates the perfect landing for feet that want to remember the forbidden softness of bouncing on beds. These rugs coordinate with our Grange, Posy, and Wildflower bedding sets, as well as the Organic Cotton Towel sets. 100% cotton. 18" x 30".
- **Options:** The Tufted Chenille Rugs come in 3 colors: ivory (Grange), blue with ivory patches (Posy) or yellow (Wildflower).

# LOTIONS & POTIONS

### Cultivate Your Inner Farmgirl Gift Pack ★

- **Description:** The Farmgirl Gift Pack ships direct from Susan Dahlem's Soapworks. Includes:
  - 5 oz. Soap (Clothesline Fresh)
  - Wooden Soap Dish
  - Organic Cotton Hand-knit Washcloth
  - 2 oz. Lotion Bar (Honey-kissed)
  - Lip Butter (Buttercream Frosting)

### Farm Fresh Egg Soaps ★

- **Description:** The Farm Fresh Egg Soaps ship direct from Susan Dahlem's Soapworks. Includes:
  - 6 Glycerine Egg Soaps (Clothesline Fresh)

### Farmgirl Revival™ Spa Set ★

- **Description:** The Farmgirl Revival Spa Set ships direct from Susan Dahlem's Soapworks. Includes:
  - Soap (Clothesline Fresh)
  - Hand Cream (Peaches & Cream)
  - Hand & Body Lotion (Coconut Cream)
  - Bath Salts (Coconut Cream)
  - Lip Butter (Buttercream Frosting)
  - an Organic Cotton Hand-knit Washcloth

### Farmgirl Revival™ Travel Kit ★

- **Description:** The Farmgirl Revival Travel Kit ships direct from Susan Dahlem's Soapworks. Includes:
  - Soap (Clothesline Fresh)
  - Hand Cream (Peaches & Cream)
  - Hand & Body Lotion (Coconut Cream)
  - Bath Salts (Coconut Cream)
  - Lip Butter (Buttercream Frosting)

# TOWELS

### MaryJanesFarm® Organic Cotton Towels

- **Description:** I'm fussy when it comes to bath towels. I like a towel that isn't too thick (I've come across towels that make me feel like I'm wrestling with a horse blanket) and not too thin. They have to be super ABSORBENT in an instant, not once you've slowly dampened them. Too thick and they can't be reused because they mold before they dry for a second and third use. Too thin and my bath didn't feel like a luxurious experience. Well, here are perfect towels—not only economical but ORGANIC as well, and with a smart decorative trim at each end. Yes, finally, perfect. Made with 100% organic cotton. Machine washable. Bath Towel: 27" x 52"; Hand Towel: 16" x 28"; Wash Cloth: 13" x 13".
- **Options:** Available individually or in sets (towel sets include 1 bath towel, 1 hand towel and 1 wash cloth). The Organic Cotton Towels come in 6 colors: white, ivory, khaki, yellow, sage, or light blue.

# BEDROOM

## BEDDING

### MaryJanesFarm® Pillows—"Good Morning"/"Good Night"★

- **Description:** Keep a smile on your face with these friendly reminders to have a good morning or night. Hand-embroidered design may vary. Actual dimensions may vary. 1 lb. 8 oz.
- **Options:** "Good Morning" or "Good Night" embroidered in red or blue. ★

### MaryJanesFarm® Pillows—Heavy Linen ★

- **Description:** These linen pillows, made from ticking, give that wonderful homemade touch to any room while adding a splash of color. Made from repurposed materials. Colors, patterns and sizes vary and are subject to availability. 18"W x 19"L (actual dimensions may vary). 2 lbs. 4 oz.

### MaryJanesFarm® Pillows—Striped with Buttons ★

- **Description:** Add color and farmstyle charm to any room in your home with these one-of-a-kind pillows. Material and patterns may vary. Approximately 20"W x 15"L (actual dimensions may vary). 1 lb. 9 oz.
- **Options:** Red striped or blue striped.

### MaryJanesFarm® Pillows—White with Vintage Lace ★

- **Description:** So adorable, with real vintage lace, these pillows make great decorative accents or even great doll pillows.
- **Options:** Small: 13"W x 7"L. 7 oz; Medium: 13"W x 8"L. 8 oz; Large: 15"W x 9"L. 9 oz.

### MaryJanesFarm® Organic Cotton Sheet Sets

- **Description:** Why ORGANIC sheets? It takes close to two pounds of chemicals plucked from an array of almost 8,000 different chemicals to make just ONE non-organic sheet set. And since you spend almost half your life sleeping with sheets, why not choose sheets that are pure and good and healthy for both you and the environment? Made with 100% organic cotton. 200 thread count. Machine wash. Fits up to 18" mattress.
- **Options:** The Organic Cotton Sheet sets include 1 fitted sheet, 1 flat sheet and either 1 pillowcase (twin) or 2 pillowcases (full/queen/king). The sheets come in 4 sizes and 6 colors: twin, full, queen, or king; white, ivory, rose, light yellow, light olive, or clear blue.

### MaryJanesFarm® Chenille Bedspread Set

- **Description:** Remember the soft feel of your favorite childhood blanket? Curling up under this tufted chenille bedspread brings back that innocence all over again. It's a visit to Grandma's house. It's a tuck-you-in goodnight kiss.

#### Chenille Bedspread

100% cotton. Machine washable.

- **Options:** The Chenille Bedspreads come in 3 colors in 4 sizes:

White	Twin:	80" x 110"
Yellow	Full:	96" x 110"
Sage	Queen:	102" x 118"
	King:	120" x 118"

#### Chenille Quilted Sham

100% cotton. Spot clean only. Fits a standard size pillow: 20" x 26" with a 2" flange.

- **Options:** The Quilted Sham comes in 3 colors: white, yellow, or sage.

#### Chenille Pom Pom Pillow

100% cotton with polyester fill. Spot clean only. 18" x 18".

- **Options:** The Pom Pom Pillow comes in 3 colors: white, yellow, or sage.

(continued)

# BEDDING (cont.)

## MaryJanesFarm® Autumn Spice Bedding Set

• **Description:** Autumn Spice is everything nice and cozy. It's a getting-ready-for-winter feeling that is natural, earthy, and warm. It means longer nights and darker hues, a fireplace, and tea. It's a good book and an evening in bed. My Autumn Spice bed offers a long-awaited rest beneath old-fashioned florals and nostalgic needlework.

### Autumn Spice Comforter Set

100% cotton sateen with polyester fill. 200 thread count. Machine washable.

• **Options:** The comforter sets include 1 comforter, 1 bedskirt, and either 1 sham (twin) or 2 shams (full/queen/king). Coordinating sheets sold separately.

Twin comforter:	70" x 90"
Full comforter:	80" x 90"
Queen comforter:	90" x 96"
King comforter:	108" x 96"
Twin bedskirt:	39" x 75" with a 16" drop
Full bedskirt:	54" x 75" with a 16" drop
Queen bedskirt:	60" x 80" with a 16" drop
King bedskirt:	78" x 80" with a 16" drop
Shams:	20" x 26" (36" king) with a 2" flange

### Autumn Spice Quilt with Scalloped Edges

100% cotton sateen with cotton fill. 200 thread count. Machine washable. See the coordinating Quilted Sham below.

• **Options:** The Autumn Spice Quilt comes in 3 sizes:

Twin:	68" x 90"
Full/Queen:	90" x 90"
King:	108" x 90"

### Autumn Spice Euro Sham

100% cotton sateen pillow cover. Machine washable. 26" x 26" with a 2" flange.

### Autumn Spice Quilted Sham

100% cotton sateen. Machine washable. Fits a standard size pillow: 20" x 26" with a 2" flange.

### Autumn Spice Velvet Pillow

100% cotton velvet with polyester fill. Spot clean only. 18" x 18".

### Autumn Spice Ruffled Boudoir Pillow

100% cotton with polyester fill. Spot clean only. 16" x 12".

### Autumn Spice Crocheted Throw

100% cotton. Hand wash. 50" x 70".

### Autumn Spice Window Panels

100% cotton sateen. Machine washable. Panels sold in pairs, with tie-backs. Each panel measures 42" wide x 84" tall. Fitted with rod pocket. Valance is sold separately.

### Autumn Spice Valance

100% cotton. Machine washable. 56" wide x 15" tall. Window panels are sold separately.

## MaryJanesFarm® Grange Bedding Set

• **Description:** Across our country, where flying feet once danced the fiddle's lively reels, Grange Halls stand bereft in fields of waving wheat. This Grange bed is inspired by the meeting hall of old, where rural women quilted, shared their pies, and socialized.

### Grange Comforter Set

100% cotton twill with polyester fill. 200 thread count. Machine washable.

• **Options:** The comforter sets include 1 comforter, 1 bedskirt, and either 1 sham (twin) or 2 shams (full/queen/king). Coordinating sheets sold separately.

Twin comforter:	70" x 90"
Full comforter:	80" x 90"
Queen comforter:	90" x 96"
King comforter:	108" x 96"
Twin bedskirt:	39" x 75" with a 16" drop
Full bedskirt:	54" x 75" with a 16" drop
Queen bedskirt:	60" x 80" with a 16" drop
King bedskirt:	78" x 80" with a 16" drop
Shams:	20" x 26" (36" king) with a 2" flange

### Grange Pieced Quilt

100% cotton with cotton fill. 200 thread count. Machine washable. See the coordinating Quilted Sham and Pieced Quilt Pillow below.

• **Options:** The Grange Pieced Quilt comes in 3 sizes:

Twin:	68" x 90"
Full/Queen:	90" x 90"
King:	108" x 90"

### Grange Euro Sham

100% cotton twill pillow cover. 200 thread count. Machine washable. 26" x 26" with a 2" flange.

### Grange Quilted Sham

100% cotton. 200 thread count. Machine washable. Fits a standard size pillow: 20" x 26" with a 2" flange.

### Grange Pieced Quilt Pillow

Spot clean only. 18" x 18".

### Grange Embroidered Hen Pillow

Spot clean only. 14" x 14".

### Grange Embroidered Trowel Pillow

Spot clean only. 14" x 14".

## Handmade Farmgirl Brownwork Quilt ★

Last summer, our Farmgirl Chapter members created redwork squares that morphed into two farmgirl quilts that MaryJane takes with her for show and tell when she travels (and to bring with her the comfort of home whenever she's away!). MaryJane wanted to offer a replica in her bedding line, but when she checked in with the individual members who had embroidered the squares, she found that many of them had used designs that were copyrighted. So she and Gabe got busy one weekend and sketched some 36 drawings that we've used to create these beautiful quilts. Now every farmgirl can have her very own farmgirl quilt. We're offering a beautiful brownwork handmade Project F.A.R.M. version that took nearly 200 hours to make. But if a handmade quilt is out of your budget, we're also offering a lovely machine-embroidered redwork version (below) as well.

Approximately 52" x 65". With a sewn-in rod pocket, it can be used as a wall-hanging or a keepsake to be passed on for generations, as well as a special bed topper. Since these items are handmade artisan products, they are made to order. Fulfillment of your order may take as long as three months, depending on the volume of our orders. We'll be in touch via e-mail soon after you place your order to let you know when to expect your heirloom piece(s).

Please note: The price of our handmade quilt reflects "real costs." The Project F.A.R.M. women who create these priceless pricy museum-quality pieces are paid \$8/hour. We add \$100 onto the price of the quilt for our costs.

### Farmgirl Redwork Quilt

Last summer, our Farmgirl Chapter members created redwork squares that morphed into two farmgirl quilts that MaryJane takes with her for show and tell when she travels (and to bring with her the comfort of home whenever she's away!). MaryJane wanted to offer a replica in her bedding line, but when she checked in with the individual members who had embroidered the squares, she found that many of them had used designs that were copyrighted. So she and Gabe got busy one weekend and sketched some 36 drawings that we've used to create these beautiful quilts. Now every farmgirl can have her very own farmgirl quilt.

100% cotton. Machine washable. Approximately 50" x 70". Each square is quilted with contoured stitches, like field rows on rolling hills.

Please note: We're also offering a beautiful brownwork handmade Project F.A.R.M. version of this quilt (above).

### Grange Valance

100% cotton. Machine washable. 42" W x 15" H.

### Grange Braided Chenille Rug

When it comes to braided rugs, I love the keepsake look of the rugs my grandmother once made from worn-out clothing. I also love the soft, sensuous feel of cotton chenille. This rug combines the two, and dresses any floor in both the honesty of old and the comfort of modern. Ivory and natural fiber color. Created from strips of the Grange bedding pattern fabric. 92% cotton/6% polyester/2% other. 21" x 34".

(continued)

## BEDDING (cont.)

### MaryJanesFarm® Posy Bedding Set

• **Description:** Having been a farmer for twenty years, I've learned that people favor anything posy, especially florets that capture the color of vast skies or buds that bring back memories of fresh butter. The Posy bed combines both these timeless treasures.

#### Posy Comforter Set

100% cotton with polyester fill. 200 thread count. Machine washable.

• **Options:** The comforter sets include 1 comforter, 1 bedskirt, and either 1 sham (twin) or 2 shams (full/queen/king). Coordinating sheets sold separately.

Twin comforter:	70" x 90"
Full comforter:	80" x 90"
Queen comforter:	90" x 96"
King comforter:	108" x 96"
Twin bedskirt:	39" x 75" with a 16" drop
Full bedskirt:	54" x 75" with a 16" drop
Queen bedskirt:	60" x 80" with a 16" drop
King bedskirt:	78" x 80" with a 16" drop
Shams:	20" x 26" (36" king) with a 2" flange

#### Posy Euro Sham

100% cotton pillow cover. 200 thread count. Machine washable. 26" x 26" with a 2" flange.

#### Posy Pashmina Print Pillow

Spot clean only. 16" x 16".

#### Posy Ribbon Boudoir Pillow

Spot clean only. 21" x 12".

#### Posy Faux Pashmina Throw

100% viscose. Dry clean only. 50" x 70".

#### Posy Window Panels

100% cotton. Machine washable. Panels sold in pairs, with tie-backs. Each panel measures 42" wide x 84" tall. Fitted with rod pocket. Valance is sold separately.

#### Posy Valance

100% cotton. Machine washable. 42" W x 15" H. Window panels are sold separately.

#### Posy Braided Chenille Rug

When it comes to braided rugs, I love the keepsake look of the rugs my grandmother once made from worn-out clothing. I also love the soft, sensuous feel of cotton chenille. This rug combines the two, and dresses any floor in both the honesty of old and the comfort of modern. Blue with yellow accents. Created from strips of the Posy bedding pattern fabric. 92% cotton/6% polyester/2% other. 21" x 34".

### MaryJanesFarm® Wildflower Bedding Set

• **Description:** Behind my farm rests a ridge called Paradise. The sixty acres between the ridge and my farm have been permanently planted in native wildflowers, a sea of inspiration for the texture and lace in this Wildflower bed.

#### Wildflower Comforter Set

100% cotton canvas with polyester fill. 200 thread count. Machine washable.

• **Options:** The comforter sets include 1 comforter, 1 bedskirt, and either 1 sham (twin) or 2 shams (full/queen/king). Coordinating sheets sold separately.

Twin comforter:	70" x 90"
Full comforter:	80" x 90"
Queen comforter:	90" x 96"
King comforter:	108" x 96"
Twin bedskirt:	39" x 75" with a 16" drop
Full bedskirt:	54" x 75" with a 16" drop
Queen bedskirt:	60" x 80" with a 16" drop
King bedskirt:	78" x 80" with a 16" drop
Shams:	20" x 26" (36" king) with a 2" flange

#### Wildflower Quilt with Scalloped Edges

100% cotton with cotton fill. 200 thread count. Machine washable. See the coordinating Quilted Sham and Ruffled Pillow below.

• **Options:** The Wildflower Quilt comes in 3 sizes:

Twin:	68" x 90"
Full/Queen:	90" x 90"
King:	108" x 90"

#### Wildflower Euro Sham

100% cotton canvas pillow cover. Machine washable. 26" x 26" with a 2" flange.

#### Wildflower Quilted Sham with Scalloped Edges

100% cotton. Machine washable. Fits a standard size pillow: 20" x 26" with a 2" flange.

#### Wildflower Ruffled Pillow

Spot clean only. 18" x 18".

#### Wildflower Crocheted Trim Boudoir Pillow

Spot clean only. 18" x 12".

#### Wildflower Embroidered Bolster

Spot clean only. 16" x 8".

#### Wildflower Granny Throw

100% cotton. Hand wash. 50" x 70".

#### Wildflower Window Panels

100% cotton. Machine washable. Panels sold in pairs, with tie-backs. Each panel measures 42" wide x 84" tall. Fitted with rod pocket. Panel pairs are ivory tone-on-tone embroidery. Valance is sold separately.

#### Wildflower Valance

100% cotton canvas. Machine washable. 42" W x 15" H. Valance has the same patterns and colors as the Ruffled Pillow. Window panels are sold separately.

#### Wildflower Braided Chenille Rug

When it comes to braided rugs, I love the keepsake look of the rugs my grandmother once made from worn-out clothing. I also love the soft, sensuous feel of cotton chenille. This rug combines the two, and dresses any floor in both the honesty of old and the comfort of modern. Coral with peach color accents. Created from strips of the Wildflower bedding pattern fabric. 92% cotton/6% polyester/2% other. 21" x 34".

## BEDDING ACCESSORIES

### MaryJanesFarm® Curtain Sets

#### Autumn Spice Panels\*

#### Autumn Spice Valance\*

#### Grange Valance\*

#### Posy Window Panels\*

#### Posy Valance\*

#### Wildflower Window Panels\*

#### Wildflower Valance\*

\* See the coordinating Bedding Set for curtain descriptions.

### MaryJanesFarm® Rugs, Braided Chenille

#### Autumn Spice Braided Chenille Rug\*

#### Grange Braided Chenille Rug\*

#### Posy Braided Chenille Rug\*

#### Wildflower Braided Chenille Rug\*

\* See the coordinating Bedding Set for rug descriptions.

### MaryJanesFarm® Rugs, Tufted Chenille

#### Grange Tufted Chenille Rug\*

#### Posy Tufted Chenille Rug\*

#### Wildflower Tufted Chenille Rug\*

\* See the descriptions under the "Bathroom", "Bath Mats" category.

# FOOD PANTRY BARS, CHOCOLATE

## Organic High Attitude Chocolate Bars

As an organic farmer, I know good food ... and I know good chocolate, too!

During the hot summer months, June–September, all chocolate orders will be shipped Next Day Air, packed in 8–16 oz. of gel ice. If you order other products, please specify when you place your order whether you would like all items shipped together or chocolate Next Day/everything else otherwise.

• **Available in:** Single Bars • Collections

### Organic Almond Daze (Milk Chocolate with Almonds & Coconut)

• **Ingredients:** Organic Sugar, Organic Whole Milk Powder, Organic Cocoa Butter, Organic Cocoa Mass, Organic Almonds and Organic Coconut Oil. Vegetarian

• **Nutrition Facts:** One 35 g serving equals 194 calories, 14 g fat (8 g saturated fat, 0 g trans fat), 5 mg cholesterol, 18 mg sodium, 13 g carbohydrate, 1 g fiber, 13 g sugar, 3 g protein.

### Organic Beyond Dark (Dark Chocolate with Roasted Cacao Nibs)

• **Ingredients:** Organic Cocoa Liquor, Organic Sugar, Organic Cocoa Butter, Organic Fat-Reduced Cocoa Butter and Organic Cocoa Nibs. Vegan

• **Nutrition Facts:** One 35 g serving equals 193 calories, 18 g fat (11 g saturated fat, 0 g trans fat), 0 mg cholesterol, 8 mg sodium, 16 g carbohydrate, 3 g fiber, 15 g sugar, 3 g protein.

### Organic Caramel Latte (Milk Chocolate with Caramel & Coffee)

• **Ingredients:** Organic Sugar, Organic Whole Milk Powder, Organic Cocoa Butter, Organic Cocoa Mass, Organic Coffee and Organic Caramel Flavoring. Vegetarian

• **Nutrition Facts:** One 35 g serving equals 202 calories, 14 g fat (9 g saturated fat, 0 g trans fat), 6 mg cholesterol, 21 mg sodium, 15 g carbohydrate, 1 g fiber, 15 g sugar, 3 g protein.

### Organic Dark (Dark Chocolate)

• **Ingredients:** Organic Cocoa Liquor, Organic Sugar, Organic Cocoa Butter and Organic Fat-Reduced Cocoa Butter. Vegan

• **Nutrition Facts:** One 35 g serving equals 193 calories, 18 g fat (11 g saturated fat, 0 g trans fat), 0 mg cholesterol, 8 mg sodium, 16 g carbohydrate, 3 g fiber, 15 g sugar, 3 g protein.

### Organic Dark Spice (Dark Chocolate with Pecans, Sugar & Spice)

• **Ingredients:** Organic Cocoa Liquor, Organic Sugar, Organic Cocoa Butter, Organic Fat-Reduced Cocoa Butter, Organic Pecans and All-Natural Gingerbread Oil. Vegan

• **Nutrition Facts:** One 35 g serving equals 189 calories, 18 g fat (11 g saturated fat, 0 g trans fat), 0 mg cholesterol, 8 mg sodium, 16 g carbohydrate, 3 g fiber, 15 g sugar, 3 g protein.

### Organic Espresso (Dark Chocolate with Coffee)

• **Ingredients:** Organic Cocoa Liquor, Organic Sugar, Organic Cocoa Butter, Organic Fat-Reduced Cocoa Butter and Organic Coffee. Vegan

• **Nutrition Facts:** One 35 g serving equals 193 calories, 18 g fat (11 g saturated fat, 0 g trans fat), 0 mg cholesterol, 8 mg sodium, 16 g carbohydrate, 3 g fiber, 15 g sugar, 3 g protein.

### Organic Hazy Mist (Milk Chocolate with Hazelnuts)

• **Ingredients:** Organic Sugar, Organic Whole Milk Powder, Organic Cocoa Butter, Organic Cocoa Mass and Organic Hazelnuts. Vegetarian

• **Nutrition Facts:** One 35 g serving equals 195 calories, 14 g fat (8 g saturated fat, 0 g trans fat), 5 mg cholesterol, 18 mg sodium, 13 g carbohydrate, 1 g fiber, 13 g sugar, 3 g protein.

### Organic Lavender Nights (Milk Chocolate with Lavender)

• **Ingredients:** Organic Sugar, Organic Whole Milk Powder, Organic Cocoa Butter, Organic Cocoa Mass and Organic Lavender Oil. Vegetarian

• **Nutrition Facts:** One 35 g serving equals 202 calories, 14 g fat (9 g saturated fat, 0 g trans fat), 6 mg cholesterol, 21 mg sodium, 15 g carbohydrate, 1 g fiber, 15 g sugar, 3 g protein.

### Organic Mint Meadow (Milk Chocolate with Mint)

• **Ingredients:** Organic Sugar, Organic Whole Milk Powder, Organic Cocoa Butter, Organic Cocoa Mass and All-Natural Mint Oil. Vegetarian

• **Nutrition Facts:** One 35 g serving equals 202 calories, 14 g fat (9 g saturated fat, 0 g trans fat), 6 mg cholesterol, 21 mg sodium, 15 g carbohydrate, 1 g fiber, 15 g sugar, 3 g protein.

### Organic Moonlit Night (Dark Chocolate 78% Cocoa)

• **Ingredients:** Organic Cocoa Liquor, Organic Sugar and Organic Cocoa Powder. Vegan

• **Nutrition Facts:** One 35 g serving equals 176 calories, 14 g fat (8 g saturated fat, 0 g trans fat), 0 mg cholesterol, 7 mg sodium, 9 g carbohydrate, 3 g fiber, 9 g sugar, 4 g protein.

### Organic Mountain Chai (Milk Chocolate with Chai)

• **Ingredients:** Organic Sugar, Organic Whole Milk Powder, Organic Cocoa Butter, Organic Cocoa Mass and Organic Chai Flavoring. Vegetarian

• **Nutrition Facts:** One 35 g serving equals 202 calories, 14 g fat (9 g saturated fat, 0 g trans fat), 6 mg cholesterol, 21 mg sodium, 15 g carbohydrate, 1 g fiber, 15 g sugar, 3 g protein.

### Organic Sunrise (Milk Chocolate)

• **Ingredients:** Organic Sugar, Organic Whole Milk Powder, Organic Cocoa Butter and Organic Cocoa Mass. Vegetarian

• **Nutrition Facts:** One 35 g serving equals 202 calories, 14 g fat (9 g saturated fat, 0 g trans fat), 6 mg cholesterol, 21 mg sodium, 15 g carbohydrate, 1 g fiber, 15 g sugar, 3 g protein.

### Holiday Inspired Collection

• **Contains:** Organic Mint Holiday (Milk Chocolate with Mint), Organic Christmas Chai (Milk Chocolate with Chai), and Organic Silent Night (Dark Chocolate with Roasted Cocoa Nibs), one of each, plus four holiday-themed farmgirl-inspired postcards.

### Café Inspired Collection

• **Contains:** Organic Caramel Latte (Milk Chocolate with Caramel & Coffee), Organic Chai (Milk Chocolate with Chai), and Organic Espresso Café (Dark Chocolate with Coffee), one of each, plus four themed farmgirl-inspired postcards.

### Farm Inspired Collection

• **Contains:** Organic Lavender (Milk Chocolate with Lavender), Organic Mint (Milk Chocolate with Mint), and Organic Moonless Night (Dark Chocolate), one of each, plus four themed farmgirl-inspired postcards.

### Milk Inspired Collection

• **Contains:** Organic Hazel Days (Milk Chocolate with Hazelnuts), Organic MintSummer's Day (Milk Chocolate with Mint), and Organic Playin' Jane (Dreamy Milk Chocolate), one of each, plus four themed farmgirl-inspired postcards.

### Nurtorious Farm Maidens Collection

• **Contains:** Organic Alma Rae (Milk Chocolate with Almonds & Coconut), Organic Doloris Day (Dark Chocolate with Pecans, Sugar & Spice), and Organic Hazel Mae (Milk Chocolate with Hazelnuts), one of each, plus four themed farmgirl-inspired postcards.

### Virtuous Dark Collection

• **Contains:** Organic Beyond Dark (Dark Chocolate with Roasted Cocoa Nibs), Organic Dark (Dark Chocolate), and Organic Darkest (Dark Chocolate 78% Cocoa!), one of each, plus four themed farmgirl-inspired postcards.

## BARS, FOOD

### TaskBars • No Cook ★

My Task Bar is unlike anything you've ever tasted. Forget energy bars. Your body craves the whole nutrition found in raw foods. Your taste buds crave a bar that tastes good and fills you up!

• **Available in:** Package of 1 Bar in the following flavors:

#### Cherry Cobbler TaskBar

• **Ingredients:** Organic Date Paste, Organic Dry Roasted Almonds, Organic Red Sour Cherries (organic red sour cherries, organic cane sugar, organic rice flour), Organic Rolled Oats, Natural Flavor and Organic Peanuts. Vegan

• **Nutrition Facts:** One 45 g serving equals 150 calories, 4 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 0 mg sodium, 30 g carbohydrate, 4 g fiber, 23 g sugar, 3 g protein.

#### Mango Smoothie TaskBar

• **Ingredients:** Organic Date Paste, Organic Cashew Pieces, Organic Mango, Organic Pineapple, Natural Flavor, Organic Rolled Oats and Organic Peanuts. Vegan

• **Nutrition Facts:** One 45 g serving equals 160 calories, 4.5 g fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 0 mg sodium, 31 g carbohydrate, 3 g fiber, 24 g sugar, 2 g protein.

#### Raspberry Jam 'n Peanuts TaskBar

• **Ingredients:** Organic Rolled Oats, Organic Peanut Butter (organic dry roasted unblanched peanuts), Organic Brown Rice Syrup, Organic Date Paste, Organic Raspberries (organic raspberries, organic cane sugar, organic rice flour), Organic Peanuts, Organic Dry Roasted Almonds and Salt. Vegan

• **Nutrition Facts:** One 45 g serving equals 170 calories, 7 g fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 60 mg sodium, 25 g carbohydrate, 4 g fiber, 14 g sugar, 5 g protein.

## BEANS

### Organic Black Bean Flakes • Instant ★

Rich and flavorful, my versatile instant black bean flakes can play a lead or supporting role at mealtime. Make a main dish, thicken a soup... let your imagination soar.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Black Bean Flakes, Organic Red Bell Peppers, Organic Herbs & Spices, Organic Garlic, Organic Onions and Sea Salt. Vegan
- **Nutrition Facts:** One serving equals 230 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 520 mg sodium, 41 g carbohydrate, 20 g fiber, 2 g sugar, 13 g protein.

### Organic Black Bean Flakes, Hot 'n Spicy • Instant ★

Main dish, side dish, garnish or the best chip dip ever, my hot 'n spicy black bean flakes can supply you with sustenance any time of the day. Just add boiling water and wait five minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Black Bean Flakes, Organic Jalapeños, Organic Red Bell Peppers, Organic Herbs & Spices, Organic Garlic, Organic Onions and Sea Salt. Vegan
- **Nutrition Facts:** One serving equals 230 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 520 mg sodium, 41 g carbohydrate, 19 g fiber, 2 g sugar, 13 g protein.

### Organic Pinto Bean Flakes • Instant ★

Playing solo or in harmony, my instant pinto bean flakes may inspire you to re-evaluate just how good and versatile beans can be, in addition to giving you a quick protein pick-me-up.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Pinto Bean Flakes, Organic Red Bell Peppers, Organic Herbs & Spices, Organic Garlic, Organic Onions and Sea Salt. Vegan
- **Nutrition Facts:** One serving equals 220 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 520 mg sodium, 39 g carbohydrate, 14 g fiber, 0 g sugar, 13 g protein.

## BREADS

### Organic Black Bean Corn Bread • BakeOver® or Skillet Bake

Goey goodness that's hard to resist. Nothing beats honey drizzled over hot corn bread. This irresistible, slightly sweetened corn bread has both cornmeal and sweet corn kernels in addition to black bean flakes. For this treat, I've invented three methods of preparation. You can use my stovetop skillet-bake instructions, my oven-bake instructions or make a BakeOver crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Organic Yellow Corn Meal, Organic Cane Crystals, Organic Sweet Corn, Organic Black Bean Flakes, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Sea Salt and Baking Soda. Topping: Honey. (Topping packets are included in Outpost only.) Vegetarian
- **Nutrition Facts:** One serving equals 220 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 400 mg sodium, 47 g carbohydrate, 3 g fiber, 7 g sugar, 6 g protein.

### Organic Buttermilk Biscuits • BakeOver® or Skillet Bake

Smooth, classic biscuits with a creamy, dreamy texture. Enjoy as a treat for breakfast or complement a main dish. Basic, versatile goodness. You can use my stovetop skillet-bake instructions, my oven-bake instructions or make a BakeOver crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Organic Whole Wheat Pastry Flour, Organic Cane Crystals, Organic Non-Fat Cultured Buttermilk (Grade A, Low Heat), Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Sea Salt and Baking Soda. Vegetarian
- **Nutrition Facts:** One serving equals 250 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 620 mg sodium, 53 g carbohydrate, 2 g fiber, 8 g sugar, 7 g protein.

### Organic Chili Batter Bread • BakeOver® or Skillet Bake

These little corn breads are great with sliced cheese. Spiced with jalapeños, tomatoes, red bell peppers and cumin, they are the perfect complement to my Black Bean Flakes or Pinto Bean Flakes. You can use my stovetop skillet-bake instructions, my oven-bake instructions or make a BakeOver crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Organic Yellow Corn Meal, Organic Cane Crystals, Organic Tomatoes, Organic Red Bell Peppers, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Sea Salt, Organic Spices, Baking Soda and Organic Jalapeños. Vegan

- **Nutrition Facts:** One serving equals 210 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 370 mg sodium, 47 g carbohydrate, 2 g fiber, 7 g sugar, 6 g protein.

### Organic Corn Bread • BakeOver® or Skillet Bake ★

This morning, I'm getting ready for a magazine signing in a bookstore over the border in Pullman, Wash. I'll be serving hot corn bread with butter, honey and black cherry jam. I just finished making about 75 corn cakes that I'll keep warm in a serving tray. Since I'm making so many, I chose the oven method. Everyone loves my Corn Bread and you will too! From my first batch, I crowned one with butter, dripped some honey all over it and ate it. Perfect. Puffed and golden, they look gorgeous along with the bouquet of daffodils I gathered this morning. You can use my quick and easy stovetop skillet-bake instructions or make a BakeOver crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Organic Yellow Corn Meal, Organic Cane Crystals, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Sea Salt and Baking Soda. Vegan
- **Nutrition Facts:** One serving equals 250 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 470 mg sodium, 54 g carbohydrate, 2 g fiber, 7 g sugar, 6 g protein.

### Organic Focaccia Bread • BakeOver® or Skillet Bake ★

This bread is a bit more gourmet than my Shepherd's Pan Bread, using rye flour and caraway seeds. After I've added water and created a ball of dough, I wet my fingers and spread the dough out into a skillet that I've coated with a bit of olive oil. I turn the heat on low and add a lid. Just before I flip it, I add some more olive oil to the top. After it turns a golden brown, I sprinkle on a topping of Parmesan cheese. A soft, moist bread with a chewy texture, you can also bake it in your oven or make a BakeOver crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Organic Rye Flour, Organic Barley Malt, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Organic Sucanat® (dehydrated cane juice), Organic Caraway Seeds, Sea Salt, Organic Garlic, Baking Soda and Organic Herbs. Topping: Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes). (Topping packet is included in Outpost only.) Vegetarian
- **Nutrition Facts:** One serving equals 150 calories, 2 g fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 440 mg sodium, 28 g carbohydrate, 1 g fiber, 1 g sugar, 6 g protein.

### Organic Garlic Pesto Fry Bread • BakeOver® or Pan Fry

This was one of my first backcountry food inventions. This bread mix comes in a tall zip-lock bag. You add water and knead the bag with your hands until it's thoroughly mixed. Next, you cut off a corner of the bag and squeeze small dollops of bread into a hot skillet. It's easy and quick. Picture yourself next to a lake taking in the smell of hot bread, garlic and basil. Eating these warm little breads is heavenly. Back home, you can use my stovetop skillet-bake instructions or make a BakeOver crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Organic Cane Crystals, Organic Sucanat® (dehydrated cane juice), Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Sea Salt, Organic Garlic, Baking Soda and Organic Basil. Vegan
- **Nutrition Facts:** One serving equals 270 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 990 mg sodium, 57 g carbohydrate, less than 1 g fiber, 6 g sugar, 8 g protein.

### Organic Shepherd's Pan Bread • BakeOver® or Skillet Bake

In the 70s when I roamed the Uintas Mountain Range in Utah as a Wilderness Ranger, one of my responsibilities was to make sure sheepherders didn't keep their herds in one place too long. Since I was alone a lot, I always enjoyed crossing paths with a sheepherder or two. They were Basque and didn't speak English, so we had a language barrier. Food, then, was our common ground. I was always invited to dinner. Coffee was truly a "cup of mud," and the bread they made was wondrous. I've attempted to duplicate what I was served. A bit of flour, potatoes, carrots, onions, garlic, cheese and cracked black pepper make my Shepherd's Pan Bread a meal in itself. You can use my stovetop skillet-bake instructions, or back at home, you can use my oven-bake instructions or make a BakeOver crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic Carrots, Organic Onions, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Organic Sucanat® (dehydrated cane juice), Organic Potato Flakes (potatoes, mono- & diglycerides, citric acid), Sea Salt, Organic Garlic, Baking Soda and Cracked Black Pepper. Vegetarian
- **Nutrition Facts:** One serving equals 140 calories, 1.5 g fat (.5 g saturated fat, 0 g trans fat), 5 mg cholesterol, 390 mg sodium, 26 g carbohydrate, 0 g fiber, 2 g sugar, 5 g protein.

# BREAKFASTS

## Organic Griddle Cakes w/Powdered Maple Syrup Topping • Pan Fry

I've put together 2 organic whole grains for a griddle cake that has a nutty taste and soughough texture. Milled on our 100-year-old gristmill, these high-energy, protein-rich cakes have plenty of fiber and flavor. For sweet sprinkles, I've included a packet of maple syrup granules. Wanting all of my mixes to be as pure as I could get them, I went looking for a baking powder that used organic starch. Since most baking powders use corn starch, and almost all non-organic corn is now genetically engineered, I decided if I couldn't find an organic baking powder, I'd have to invent my own. I teamed up with a food scientist here at the University of Idaho and came up with a recipe that uses organic rice starch instead of the commonly used non-organic corn starch. Named after our historic flour mill, I call it Barron Flour Mill Baking Powder. You have to try these. They're the purest griddle cakes on earth!

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Whole Wheat Pastry Flour, Organic Oat Flour, Organic Cane Crystals, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch) and Sea Salt. Topping: Organic Maple Syrup Granules and Organic Cane Crystals. (Do-It-Yourself Bulk does not include topping pouch.) Vegan
- **Nutrition Facts:** One serving equals 270 calories, 2 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 290 mg sodium, 59 g carbohydrate, 8 g fiber, 4 g sugar, 10 g protein.

## Organic Hot 'n Creamy Cereal • Instant or BakeOver®

★ The first hot cereal I created was my Outrageous Outback Oatmeal. In no time at all I had devoted fans, and the recipe was a keeper. Over time, I decided I wanted to eat a hot cereal that was less sweet. My Hot 'n Creamy Cereal is unusually delicious and rich in soluble dietary fiber. The addition of cinnamon, nutmeg and flax seeds makes it my favorite. Basic goodness and not too sweet. You can also make a BakeOver crumble crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Oats, Organic Non-Fat Dry Milk (Grade A, Low Heat), Organic Sucanat® (dehydrated cane juice), Organic Flax Seeds and Organic Cinnamon. Vegetarian
- **Nutrition Facts:** One serving equals 270 calories, 5 g fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 120 mg sodium, 47 g carbohydrate, 6 g fiber, 17 g sugar, 13 g protein.

## Organic Outrageous Outback Oatmeal • Instant or BakeOver®

★ Wake up to the great taste of my 'oh-oh-oh' whole-grain, non-dairy hot cereal. A tasty, most unusual soymilk choice. "Dress it up" with fresh fruit. One of my farm hands eats it dry and promotes it as a dry snack food. Equally good for breakfast or snacking. You can also make a BakeOver crumble crust.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Oats, Organic Powdered Soymilk (organic soy beans, organic evaporated cane juice, natural flavors, calcium carbonate, sea salt), Organic Sucanat® (dehydrated cane juice), Organic Currants, Organic Sunflower Seeds and Organic Spices. Vegan
- **Nutrition Facts:** One serving equals 230 calories, 5 g fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 75 mg sodium, 42 g carbohydrate, 4 g fiber, 16 g sugar, 6 g protein.

# BUDGET MIX™

## Organic Budget Mix™, Unbleached White

### • BakeOver®, Skillet Bake or Oven Bake ★

All-purpose organic baking mix. You can use my stovetop skillet-bake instructions, my oven-bake instructions or make a BakeOver crust.

- **Available in:** Budget Mix Box • Do-It-Yourself Small Bulk • Do-It-Yourself Big Bulk
- **Ingredients:** Organic Unbleached Wheat Flour, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Sea Salt and Baking Soda. Vegan
- **Nutrition Facts:** One 35 g serving equals 120 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 190 mg sodium, 25 g carbohydrate (0 g fiber, 0 g sugar), 4 g protein.

## Organic Budget Mix™, Whole Wheat

### • BakeOver®, Skillet Bake or Oven Bake ★

All-purpose organic baking mix. You can use my stovetop skillet-bake instructions, my oven-bake instructions or make a BakeOver crust.

- **Available in:** Budget Mix Box • Do-It-Yourself Small Bulk • Do-It-Yourself Big Bulk
- **Ingredients:** Organic Whole Wheat Flour, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Sea Salt and Baking Soda. Vegan
- **Nutrition Facts:** One 32 g serving equals 100 calories, 0.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 170 mg sodium, 23 g carbohydrate (3 g fiber, 0 g sugar), 4 g protein.

## Organic Gluten-free Budget Mix™

### • BakeOver®, Skillet Bake or Oven Bake ★

This mix is unlike all the other gluten-free recipes you've tried before. After months of testing, I finally perfected a recipe using rice flour. No more grainy, dense, or just plain weird concoctions with strange combinations of numerous ingredients. Throw them all out! Now, with my all-purpose gluten-free baking mix and the 16 included recipes (2 on the box, 14 inside), you'll whip up baked goods every bit as good as those with wheat — biscuits, pancakes, muffins, tarts, crepes, cupcakes, cookies, as well as my signature BakeOver, and FoldOver.

- **Available in:** Farmhouse • Do-It-Yourself Small Bulk • Do-It-Yourself Big Bulk
- **Ingredients:** Organic Rice Flour, Organic Rice Starch, Sea Salt, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch) and Baking Soda. Vegan
- **Nutrition Facts:** One 66 g serving equals 230 calories, 0.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 770 mg sodium, 52 g carbohydrate (1 g fiber, 0 g sugar), 3 g protein.

## ToteBag Special ★

A rose is a rose is... our Project F.A.R.M. tote bags come in many different colors (our choice—whatever fabric we have on hand), but always with two coordinating rose fabrics, a pillow-ticking pocket, and a hand-embroidered statement that tells the world you're a farmgirl... and proud of it! Whether you're a city chick or a farm chick, this handy little tote—filled with 2 lbs. of Budget Mix (your choice of either unbleached white or whole wheat); the special issue of our magazine, Farm Kitchen (heavin' full of Budget Mix recipes); and an extra bonus, the pattern for our Farmgirl Flour-sack Apron—will bring you back to your farmgirl roots. (It also doubles nicely as the perfect tote for your stitchin' projects.)

- **Available Selections:** Unbleached White Budget Mix or Whole Wheat Budget Mix

# CHILLOVER®

## ChillOver® Powder • Instant ★

Looks like gelatin. Tastes like gelatin. It isn't. It's better! My innovative ChillOver Powder is for all the people who grew up loving gelatin desserts but gave up on them, knowing their animal origin. It sets up in half the time gelatin does. It seals in flavors more quickly. And it won't melt at room temperature.

For ChillOver Recipes, visit our website at [www.maryjanesfarm.org/ChillOver/recipes.asp](http://www.maryjanesfarm.org/ChillOver/recipes.asp)

1 packet of ChillOver Powder = 1 tsp

1 packet of ChillOver Powder = 4 servings

- **Available in:** ChillOver Box • Do-It-Yourself Bulk
- The ChillOver Box contains 4 packets of ChillOver Powder. Each Do-It-Yourself Bulk package contains the equivalent of approximately 33 packets.
- **Ingredients:** Agar-agar kanten, an odorless powdered sea vegetable with superior gelling qualities—a MaryJanesFarm exclusive. Vegan
  - **Nutrition Facts:** One serving equals 5 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 0.2 mg sodium, 1 g carbohydrate, 0.1 g fiber, 0 g sugar, 0 g protein.

# DESSERTS

## Organic Bavarian Chocolate Mousse • Instant ★

This recipe was three years in the making. I just couldn't find the right ingredients for a creamy, chocolatey rich, subtly sweet, utterly perfect mousse that was 100% organic and instant. I wanted a mix that you could take camping, add some snow if it was winter and feel like you were dining in a five star restaurant. At last, here it is. If you're making our Mousse at home, try a bowl after you've had it in the freezer for an hour or so. Frozen, it's like ice cream. If you're a chocolate fan, this indulgence is a must.

• **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Cane Crystals, Organic Non-Fat Dry Milk (Grade A, Low Heat), Organic Rice Starch, Organic Non-Alkaline Cocoa, Organic Honey Crystals and Organic Molasses Crystals. Vegetarian

• **Nutrition Facts:** One serving equals 250 calories, 1 g fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 140 mg sodium, 57 g carbohydrate, 3 g fiber, 39 g sugar, 10 g protein.

## Organic Brownies • BakeOver® or Skillet Bake ★

Moister, chewier, more delicious and easier to make than any brownie mix you've ever found. This recipe took me months to perfect. I think I used up five pounds of chocolate getting it just right. Campers tell me this is their favorite social dessert. Be the one that shows up with the "best of trip" treat. If it's been a while since you've experienced the perfect dessert, then sit down to some brownies and a glass of milk. You can use my stovetop skillet-bake instructions, my oven-bake instructions or make a BakeOver crust.

• **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Unbleached Wheat Flour, Organic Dark Semi-Sweet Chocolate Chips (organic sugar, organic chocolate liquor, organic cocoa butter, soy lecithin, organic vanilla), Organic Cane Crystals, Organic Walnuts, Organic Non-Alkaline Cocoa, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Baking Soda and Sea Salt. Vegan

• **Nutrition Facts:** One serving equals 270 calories, 10 g fat (3 g saturated fat, 0 g trans fat), 0 mg cholesterol, 170 mg sodium, 45 g carbohydrate, 2 g fiber, 23 g sugar, 5 g protein.

## Organic Scones w/Walnuts & Orange Peel

### • BakeOver® or Skillet Bake ★

I wanted to invent a recipe that matches a grandma's love and tenderness. I didn't want anything too exotic or generational. Scones for the kid in all of us! You can use my stovetop skillet-bake instructions, my oven-bake instructions or make a BakeOver crust.

• **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Unbleached Wheat Flour, Organic Cane Crystals, Organic Walnuts, Organic Sucanat® (dehydrated cane juice), Organic Currants, Organic Orange Peel, Barron Flour Mill Baking Powder (aluminum/gluten-free, made w/non-GMO organic rice starch), Baking Soda, Organic Barley Malt, Sea Salt and Organic Cardamom. Vegan

• **Nutrition Facts:** One serving equals 290 calories, 5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 340 mg sodium, 56 g carbohydrate, <1 g fiber, 18 g sugar, 7 g protein.

## Organic Northwest Garden Couscous • Instant ★

Borrowing flavor from contemporary minestrone soup, my Northwest Garden Couscous is a melding of cultures, bringing together a legion of vegetables, beans, Parmesan cheese and couscous.

• **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Couscous, Organic Black Bean Flakes, Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic Tomatoes, Organic Sweet Corn, Green Beans, Organic Peas, Sea Salt, Organic Powdered Soybean Miso, Organic Garlic, Organic Onions, Organic Herbs & Spices, Citric Acid and Mushrooms. Vegetarian

• **Nutrition Facts:** One serving equals 200 calories, 3 g fat (1.5 g saturated fat, 0 g trans fat), 5 mg cholesterol, 660 mg sodium, 34 g carbohydrate, 8 g fiber, 2 g sugar, 11 g protein.

## Organic Southwestern Couscous • Instant ★

To jalapeño, tomato, black bean and corn aficionados . . . I like mine with couscous!

• **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Black Bean Flakes, Organic Couscous, Organic Tomatoes, Organic Sweet Corn, Organic Onions, Organic Red Bell Peppers, Organic Garlic, Sea Salt, Organic Herbs & Spices and Organic Jalapeños. Vegan

• **Nutrition Facts:** One serving equals 200 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 510 mg sodium, 39 g carbohydrate, 9 g fiber, 6 g sugar, 9 g protein.

## Organic Thai Fusion • Instant ★

Combining ingredients from Morocco and Thailand; couscous, coconut milk, cilantro and chili peppers work together for a flavor that first melts on the tongue, then kicks.

• **Available in:** Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Couscous, Organic Coconut Creme, Organic Rice Starch, Organic Cane Crystals, Organic Cilantro and Organic Red Chili Peppers. Vegan

• **Nutrition Facts:** One serving equals 430 calories, 10 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 5 mg sodium, 71g carbohydrate, 4 g fiber, 5 g sugar, 12 g protein.

## Organic Wild Forest Mushroom Couscous • Instant ★

This brothy dish tastes and smells like you've simmered it all day. Here, mushrooms combined with miso and pine nuts create an earthy healing dish. Lovage leaves add piquancy to this dish.

• **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Couscous, Organic Powdered Soybean Miso, Organic Pine Nuts, Oyster Mushrooms, Shiitake Mushrooms, Organic Garlic and Organic Lovage. Vegan

• **Nutrition Facts:** One serving equals 280 calories, 5 g fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 880 mg sodium, 47g carbohydrate, 3 g fiber, 1 g sugar, 11 g protein.

# MEALS

## COUSCOUS

### Organic Couscous & Lentil Curry • Instant ★

What potatoes are to the Irish, what rice is to the Chinese, couscous is to the inhabitants of the Maghreb al-Akhsa ("the land where the sun sets"), known collectively as the countries of Tunisia, Morocco and Algeria. Couscous is an essential part of their diet and is the national dish of Morocco. When Moroccans eat couscous from a communal platter, they deftly fashion little balls of the broth-soaked granules with the first three fingers of their right hand, and flick them into their mouths using their thumb.

When I first saw couscous, I thought it was a grain. It's actually a tiny pellet of pasta made from the coarse ground meal of Durum Wheat known as Semolina. Traditionally steamed, the name is said to mimic the sound of steam bubbling through the pellets. Couscous is one of my favorite ingredients to use when I'm inventing recipes because it's so easy to prepare. I can use it to invent sweet dishes or I can use it to create savory classics. For this dish, I've added tomatoes, lentils, curry and garlic.

• **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk

• **Ingredients:** Organic Couscous, Organic Pinto Bean Flakes, Organic Lentils, Organic Onions, Sea Salt, Organic Tomatoes, Organic Curry, Organic Garlic, Citric Acid and Organic Herbs & Spices. Vegan

• **Nutrition Facts:** One serving equals 260 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 650mg sodium, 51 g carbohydrate, 9 g fiber, 2 g sugar, 12 g protein.

## Ethnic

### Organic Black Bean Hummus • Instant ★

This is one of my favorites. I love it so much, I even eat it dry. Black beans, roasted sesame seeds ground into a butter, lemon oil and garam masala spices make this unique Hummus a healthy way to load up on protein.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Black Bean Flakes, Organic Roasted Sesame Tahini, Organic Garlic, Citric Acid, Organic Jalapeños, Organic Herbs & Spices, Sea Salt and Organic Cold Pressed Lemon Oil. Vegan
- **Nutrition Facts:** One serving equals 50 calories, 2 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 85 mg sodium, 7 g carbohydrate, 3 g fiber, 0 g sugar, 3 g protein.

### Organic Falafel • Pan Fry ★

This was the first food I invented. I had founded and was running the Palouse-Clearwater Environmental Institute ([www.pcei.org](http://www.pcei.org)) when I met a farmer who was growing a very unique heirloom garbanzo bean called “desi” or “chana dal.” He was struggling to find a market for this little bean that looks like a yellow split pea. Creating a market for the desi was important, because it lent itself nicely to organic farming methods. After considerable thought, I decided I would attempt to develop a recipe for Falafel and buy his beans. After months of testing, I launched my first dried food mix. My kids endured many versions of “Mom’s awful falafel,” but my recipe eventually won prestigious awards. Falafel, a food sold on street corners in the Middle East like hot dogs in New York City, is a meat replacement food staple no pantry should be without.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Garbanzo Beans, Organic Sesame Seeds, Baking Soda, Organic Herbs & Spices and Sea Salt. Vegan
- **Nutrition Facts:** One serving equals 60 calories, 1 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 190 mg sodium, 8 g carbohydrate, 2 g fiber, 0 g sugar, 3 g protein.

### Organic Lebanese Peanut Bulghar • Quick Prep ★

A few years back, I had a good crop of lemon thyme and wondered what I could do with it. I started experimenting when a friend of mine, Colette DePhelps, decided to participate in a church cookbook project with a recipe using fresh tomatoes, bulghar, raisins and fresh mint. Her recipe got me to thinking. Using typical Lebanese spices, I played around with all my dried ingredients until I got it right. I would describe this recipe as wonderfully different and surprisingly delicious. When I get in the mood for a pouch of this, nothing else will do.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Bulghar (precooked, dried and cracked whole wheat), Organic Peanuts, Organic Currants, Organic Tomatoes, Organic Curry, Citric Acid, Organic Garlic, Sea Salt and Organic Herbs & Spices. Vegan
- **Nutrition Facts:** One serving equals 230 calories, 6 g fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 200 mg sodium, 40 g carbohydrate, 7 g fiber, 9 g sugar, 9 g protein.

### Organic Lentil Pilav • Quick Prep ★

For this recipe, I’ve combined bulghar and lentils to create a dish spiced identically to one my mother used to make using one-minute rice. Not quite instant, my rendition is easy to prepare and really good to eat. If you have any left over, my Lentil Pilav eaten cold the next day along with some crackers makes a satisfying, unique lunch.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Bulghar (precooked, dried and cracked whole wheat), Organic Lentils, Organic Onions, Organic Red Bell Peppers, Organic Garlic, Sea Salt, Organic Curry and Organic Herbs & Spices. Vegan
- **Nutrition Facts:** One serving equals 300 calories, 2 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 430 mg sodium, 59 g carbohydrate, 13 g fiber, 3 g sugar, 15 g protein.

### Organic Sicilian Polenta • Quick Prep ★

Polenta is just too good! Someday, I’d like to offer Polenta in dozens of different ethnic variations. Excellent while still warm and steamy like a mush, it’s also an elegant main course when left to sit at least 15 minutes. Cut into wedges or rounds, spread with a layer of Black Bean Flakes and topped with a dollop of sour cream, my Polenta gets rave reviews.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Polenta (coarsely ground yellow corn), Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic Red Bell Peppers, Organic Tomatoes, Organic Garlic, Sea Salt, Citric Acid and Organic Herbs. Vegetarian
- **Nutrition Facts:** One serving equals 260 calories, 4 g fat (2 g saturated fat, 0 g trans fat), 10 mg cholesterol, 190 mg sodium, 45 g carbohydrate, 2 g fiber, 1 g sugar, 9 g protein.

## Pasta

### Organic Alfredo Pasta • Instant ★

On the trail, we lunched alfresco (in the open air) eating Alfredo Pasta. Basil, creamy white sharp cheddar cheese, pasta and fresh air are a superb and matchless blend. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Garlic and Organic Basil. Vegetarian
- **Nutrition Facts:** One serving equals 290 calories, 10 g fat (6 g saturated fat, 0 g trans fat), 25 mg cholesterol, 170 mg sodium, 39 g carbohydrate, 2 g fiber, 1 g sugar, 13 g protein.

### Organic Buttery Herb Pasta • Instant ★

I’m “of the namesake” that anything with butter is better. This recipe is good if you’re hiking hard and surviving a bitter cold adventure. Back home, the presentation of this dish speaks elegance. Butter, sharp cheddar and parmesan cheeses, sage, rosemary and thyme combine to make a thick, rich sauce that creates a touch of luxury and sensuality. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Butter (cream, water, salt, non-fat milk, tocopherols {vitamin E}), Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic Garlic, Sea Salt and Organic Herbs & Spices. Vegetarian
- **Nutrition Facts:** One serving equals 300 calories, 12 g fat (7 g saturated fat, 0 g trans fat), 25 mg cholesterol, 320 mg sodium, 38 g carbohydrate, 2 g fiber, 3 g sugar, 13 g protein.

### Organic Cheesy B.N.T. (Bac'un Bits, Noodles & Tomatoes)

#### • Instant ★

In a tribute to the America classic—Bacon, Lettuce and Tomato. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Bacon-less Bits (textured low fat soy flour, salt, natural flavors, caramel color), Organic Tomatoes, Organic Garlic, Organic Onions, Organic Black Pepper and Sea Salt. Vegetarian
- **Nutrition Facts:** One serving equals 310 calories, 10 g fat (6 g saturated fat, 0 g trans fat), 20 mg cholesterol, 380 mg sodium, 43 g carbohydrate, 2 g fiber, 2 g sugar, 14 g protein.

### Organic Cheesy Noodle Casserole w/ Sugar Snap Peas

#### • Instant ★

A simple, scrumptious blend of Mac’n Cheese with almost-garden-fresh peas. Just like home. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Peas and Organic Turmeric. Vegetarian
- **Nutrition Facts:** One serving equals 310 calories, 10 g fat (6 g saturated fat, 0 g trans fat), 25 mg cholesterol, 180 mg sodium, 42 g carbohydrate, 2 g fiber, 1 g sugar, 14 g protein.

### Organic Chilimac • Instant ★

Two American classics come together. Chili and macaroni and cheese combined create a pasta meal that bursts with flavor. Everyone loves chili. Everyone loves macaroni and cheese. Wondering what to whip up for that potluck dinner? Try my Chilimac. It’s a crowd pleaser. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Lentils, Organic Pinto Bean Flakes, Organic Tomatoes, Organic Onions, Organic Red Bell Peppers, Organic Garlic, Organic Herbs & Spices and Sea Salt. Vegetarian
- **Nutrition Facts:** One serving equals 350 calories, 9 g fat (5 g saturated fat, 0 g trans fat), 20 mg cholesterol, 530 mg sodium, 50 g carbohydrate, 8 g fiber, 2 g sugar, 17 g protein.

(continued)

## Pasta (continued)

### Organic “Eat Your Veggies” Pasta • Instant ★

Serve this dish to both vegetable lovers and kids (and the occasional stubborn adult) who would rather not eat veggies in their diet. This is identical to my Mac 'n Cheese recipe except I've added tender broccoli florets, tiny sweet carrots and flavorful bits of celery. A French classic just got better with this down-home version of primavera that's good for you. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Broccoli, Organic Carrots, Organic Celery and Organic Onions. Vegetarian
- **Nutrition Facts:** One serving equals 290 calories, 8 g fat (5 g saturated fat, 0 g trans fat), 20 mg cholesterol, 160 mg sodium, 43 g carbohydrate, 2 g fiber, 2 g sugar, 12 g protein.

### Organic Ginger Sesame Pasta • Instant ★

This recipe was a difficult one to perfect. I wanted a pasta that tasted Thai (sort-of) and Chinese (kind-of). Given the feedback I've gotten on this and all the reorders we've received, my idea is definitely working. Try it and let me know what you think. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic Black Bean Flakes, Organic Powdered Soybean Miso, Organic Red Bell Peppers, Organic Sucanat® (dehydrated cane juice), Organic Sesame Seeds, Organic Orange Peel and Organic Herbs & Spices. Vegan
- **Nutrition Facts:** One serving equals 270 calories, 4 g fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 920 mg sodium, 51 g carbohydrate, 7 g fiber, 3 g sugar, 12 g protein.

### Organic Mac 'n Cheese • Instant ★

I invented this one for the “kid” in all of us. Basic, simple, creamy and good describe this meal. Just pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta and Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}). Vegetarian
- **Nutrition Facts:** One serving equals 310 calories, 11 g fat (7 g saturated fat, 0 g trans fat), 25 mg cholesterol, 170 mg sodium, 42 g carbohydrate, 2 g fiber, 1 g sugar, 14 g protein.

### Organic Red Pesto Pasta • Instant ★

I've eaten more of this pasta than any other. Maybe it's the full-bodied piquant spaghetti-like sauce that pulls me in. Maybe it's the warm melted strings of Parmesan cheese that stick all over my spoon. Maybe it's the basil and oregano. Whatever it is, I'm hooked. Simply pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic Tomatoes, Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic Garlic, Sea Salt, Organic Basil and Organic Black Pepper. Vegetarian
- **Nutrition Facts:** One serving equals 270 calories, 4 g fat (2 g saturated fat, 0 g trans fat), 5 mg cholesterol, 330 mg sodium, 51 g carbohydrate, 4 g fiber, 1 g sugar, 11 g protein.

### Organic Santa Fe Pasta • Instant ★

In the mood for “south of the border?” Corn and black beans have a natural affinity for chili peppers and jalapeños. Here, I've partnered them with pasta for a gastronomic delight that has just the right amount of hot fiesta seasoning. Just add boiling water directly to the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Sweet Corn, Organic Onions, Organic Tomatoes, Organic Red Bell Peppers, Organic Cumin, Organic Garlic, Organic Cilantro, Sea Salt and Organic Jalapeños. Vegetarian
- **Nutrition Facts:** One serving equals 290 calories, 8 g fat (4.5 g saturated fat, 0 g trans fat), 15 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 3 g sugar, 12 g protein.

## Organic Sweet Red Bell Pepper Pasta • Instant ★

Sweet red bell peppers give this pasta a delicate, slightly sweet flavor. Black beans balance the sweetness with substance and pasta makes it a meal. Simply pour boiling water directly into the pouch and wait seven minutes.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Instant Durum Semolina Pasta, Organic Black Bean Flakes, Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Red Bell Peppers, Sea Salt, Organic Herbs & Spices and Citric Acid. Vegetarian
- **Nutrition Facts:** One serving equals 290 calories, 6 g fat (3.5 g saturated fat, 0 g trans fat), 10 mg cholesterol, 430 mg sodium, 46 g carbohydrate, 5 g fiber, 1 g sugar, 13 g protein.

## Potatoes

### Nick's Organic Couch Potatoes • Instant ★

Named after my husband, because these are his favorite. With a smoky outdoorsy flavor and little bits of un-bacon bits and cheddar cheese, these spuds are the perfect couch food for guys. Add boiling water directly to the pouch, stir and eat. No kidding, guys prefer these every time.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Potato Flakes (potatoes, mono- & diglycerides, citric acid), Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Bacon-less Bits (textured low fat soy flour, salt, natural flavors, caramel color), Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic Garlic, Organic Black Pepper, Sea Salt and Organic Onions. Vegetarian
- **Nutrition Facts:** One serving equals 200 calories, 6 g fat (3.5 g saturated fat, 0 g trans fat), 15 mg cholesterol, 400 mg sodium, 29 g carbohydrate, 3 g fiber, 1 g sugar, 8 g protein.

### Organic Spuds w/Spinach & Cheese • Instant ★

These are delicious! Missing that weird flavor I taste in other instant potatoes, my potatoes are unbelievably perfect, healthy and super easy. Simply add boiling water directly into the pouch and grab a spoon. No waiting on this meal.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Potato Flakes (potatoes, mono- & diglycerides, citric acid), Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Sea Salt, Organic Spinach, Organic Garlic, Organic Onions and Organic Black Pepper. Vegetarian
- **Nutrition Facts:** One serving equals 190 calories, 5 g fat (3.5 g saturated fat, 0 g trans fat), 15 mg cholesterol, 590 mg sodium, 31 g carbohydrate, 3 g fiber, 1 g sugar, 7 g protein.

## Rice

### Organic Bare Burrito • Instant ★

Rice, beans, corn, cheese, garlic, onions, spices... you can bring along a tortilla but it's also proper fare when eaten buck naked.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Pinto Bean Flakes, Organic Rice, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Tomatoes, Organic Sweet Corn, Organic Red Bell Peppers, Organic Onions, Organic Garlic, Sea Salt, Organic Herbs & Spices and Citric Acid. Vegetarian
- **Nutrition Facts:** One 103 g serving equals 370 calories, 6 g fat (2.5 g saturated fat, 0 g trans fat), 10 mg cholesterol, 720 mg sodium, 62 g carbohydrate (15 g fiber, 4 g sugar), 19 g protein.

### Organic Black Beans & Rice • Instant ★

Thick, rich rice and beans covered with cheese, just like your favorite Mexican restaurant's side dish, served up with a generous portion of scenery and fresh air.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Black Bean Flakes, Organic Rice, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}) and Organic Red Bell Peppers. Vegetarian
- **Nutrition Facts:** One 106 g serving equals 380 calories, 6 g fat (2.5 g saturated fat, 0 g trans fat), 10 mg cholesterol, 680 mg sodium, 65 g carbohydrate (24 g fiber, 2 g sugar), 20 g protein.

(continued)

## Rice (continued)

### Organic Curry in a Hurry • Instant ★

Rice and lentils, zipped up with cheese and a tangy curry, will recharge your batteries and get you back on the trail in no time at all.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Lentils, Organic Rice, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Curry, Organic Onions, Sea Salt, Organic Garlic, Citric Acid and Organic Herbs & Spices. Vegetarian
- **Nutrition Facts:** One 94 g serving equals 350 calories, 4.5 g fat (2 g saturated fat, 0 g trans fat), 10 mg cholesterol, 550 mg sodium, 61 g carbohydrate (11 g fiber, 2 g sugar), 17 g protein.

### Organic Fiesta Rice • Instant ★

A colorful mélange of spanish rice, corn, peppers and cilantro, thrown together with a generous measure of sharp cheddar, makes for one lively dish.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Rice, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Sweet Corn, Organic Onions, Organic Red Bell Peppers, Organic Tomatoes, Organic Cumin, Organic Garlic, Organic Cilantro, Sea Salt, Organic Spices. Vegetarian
- **Nutrition Facts:** One 94 g serving equals 350 calories, 7 g fat (4 g saturated fat, 0 g trans fat), 15 mg cholesterol, 220 mg sodium, 64 g carbohydrate (2 g fiber, 3 g sugar), 11 g protein.

### Organic Jambalaya • Instant ★

A vegetarian version of the Creole-style red stew—rice, tomatoes, peppers and a little Parmesan cooked up in your pouch.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Rice, Organic Tomatoes, Organic Parmesan Cheese (milk, salt, cheese cultures, enzymes), Organic Garlic, Sea Salt and Organic Herbs & Spices. Vegetarian
- **Nutrition Facts:** One 85 g serving equals 310 calories, 3.5 g fat (2 g saturated fat, 0 g trans fat), 10 mg cholesterol, 540 mg sodium, 60 g carbohydrate (4 g fiber, 1 g sugar), 11 g protein.

### Organic Lentils, Rice & Indian Spice • Instant ★

A little sweet (currants), a little spice (East Indian-style), makes the rice and lentils perk up nice.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Rice, Organic Lentils, Organic Currants, Organic Tomatoes, Organic Curry, Sea Salt, Citric Acid, Organic Garlic and Organic Herbs & Spices. Vegan
- **Nutrition Facts:** One 82 g serving equals 290 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 520 mg sodium, 60 g carbohydrate (9 g fiber, 9 g sugar), 11 g protein.

### Organic Rice & Tofu w/ Ginger Miso Broth • Instant ★

A warm bowl of miso works wonders. Prepared with rice, tofu, and a bit of healthy-tasting Asian spice, it'll sustain and refresh you.

- **Available in:** Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Rice, Organic Black Bean Flakes, Organic Powdered Soybean Miso, Tofu, Organic Red Bell Peppers, Organic Sesame Seeds, Organic Sucanat® (dehydrated cane juice), Organic Orange Peel and Organic Herbs & Spices. Vegan
- **Nutrition Facts:** One 70 g serving equals 250 calories, 3.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 810 mg sodium, 49 g carbohydrate (6 g fiber, 3 g sugar), 10 g protein.

## Soups

### Organic Creamy Potato Soup • Instant ★

You know those days when potatoes and hot soup are the only thing you crave? Your body is saying "slow down and mend." With some spinach added for iron and good health, some cheese for flavor, protein and calcium, my Creamy Potato Soup is just what the doctor ordered. Filling but light. Add boiling water directly into the pouch, stir and sip some good health.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Potato Flakes (potatoes, mono- & diglycerides, citric acid), Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Sea Salt, Organic Garlic, Organic Spinach, Organic Onions and Organic Black Pepper. Vegetarian
- **Nutrition Facts:** One serving equals 110 calories, 3 g fat (2 g saturated fat, 0 g trans fat), 10 mg cholesterol, 350 mg sodium, 18 g carbohydrate, 2 g fiber, 1 g sugar, 4 g protein.

### Organic Curried Lentil Bisque • Instant ★

This soup is thick, rich, exotic and strong. I guarantee it's unlike anything you've ever tasted. People say things like, "What is in this? It's exquisite." Simply add boiling water directly into the pouch.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Lentils, Organic Pinto Bean Flakes, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Onions, Sea Salt, Organic Garlic, Organic Curry, Citric Acid and Organic Herbs & Spices. Vegetarian
- **Nutrition Facts:** One serving equals 260 calories, 5 g fat (2 g saturated fat, 0 g trans fat), 10 mg cholesterol, 610 mg sodium, 37 g carbohydrate, 12 g fiber, 1 g sugar, 17 g protein.

### Organic Kettle Chili • Instant ★

Chili is to camping what crackers are to cheese. Don't forget this basic meal when planning a trip. Simply add boiling water directly into the pouch.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Lentils, Organic Black Bean Flakes, Organic Tomatoes, Organic Onions, Organic Red Bell Peppers, Sea Salt, Organic Garlic and Organic Herbs & Spices. Vegan
- **Nutrition Facts:** One serving equals 230 calories, 2 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 600 mg sodium, 39 g carbohydrate, 14 g fiber, 3 g sugar, 14 g protein.

### Organic Lentil Soup • Instant ★

This soup has dozens of different perfectly combined spices with a bit of curry thrown in for striking flavor. Simply add boiling water directly into the pouch. I invented this recipe to create a place for an old fashioned plant I love to grow called lovage. Lovage is a five-foot-tall attractive perennial plant with hollow stems and serrated green leaves that resemble celery. It's an old-fashioned plant that is hardy and survives winter easily, the first plant to appear in my gardens at the beginning of spring. The seed, roots and leaves were widely used by the ancient Greeks and Romans. Unlike celery, lovage stands up well to long cooking, so only a few leaves or chopped young stems are needed to flavor a stew or soup. I encourage you to grow this plant in your garden.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Lentils, Organic Pinto Bean Flakes, Organic Onions, Sea Salt, Organic Garlic, Organic Curry, Citric Acid and Organic Herbs & Spices. Vegan
- **Nutrition Facts:** One serving equals 230 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 580 mg sodium, 39 g carbohydrate, 13 g fiber, 1 g sugar, 15 g protein.

### Organic Peasant Tomato Soup • Instant ★

Hands-down better than the tomato soup you know from a can, my Peasant Tomato Soup has bits of dried tomato chunks that speak "tomato" every time you bite one, white sharp cheddar cheese, potatoes to make it creamy and basil to make its aroma irresistible. Definitely, my rendition of classic tomato soup is *avant garde*. Simply add boiling water directly into the pouch.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Potato Flakes (potatoes, mono- & diglycerides, citric acid), Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Tomatoes, Sea Salt, Organic Garlic, Citric Acid, Organic Onions, Organic Black Pepper and Organic Basil. Vegetarian
- **Nutrition Facts:** One serving equals 150 calories, 4.5 g fat (3 g saturated fat, 0 g trans fat), 10 mg cholesterol, 580 mg sodium, 22 g carbohydrate, 1 g fiber, 3 g sugar, 7 g protein.

### Organic Pueblo Stew • Instant ★

Now you can actually have the taste of Polenta and a wonderful mix of Mediterranean spices on the trail without fussing over cooking it. Simply add boiling water directly into the pouch.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Potato Flakes (potatoes, mono- & diglycerides, citric acid), Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Tomatoes, Sea Salt, Organic Garlic, Citric Acid, Organic Onions, Organic Black Pepper and Organic Basil. Vegetarian
- **Nutrition Facts:** One serving equals 150 calories, 4.5 g fat (3 g saturated fat, 0 g trans fat), 10 mg cholesterol, 580 mg sodium, 22 g carbohydrate, 1 g fiber, 3 g sugar, 7 g protein.

### Organic Sweet Corn & Black Bean Chowder • Instant

★ There isn't much I can say about this. The name itself should make your mouth water. It's thick. It's creamy. It's filling. It's good. Simply add boiling water directly into the pouch.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Black Bean Flakes, Organic Potato Flakes (potatoes, mono- & diglycerides, citric acid), Organic Sweet Corn, Organic Cane Crystals, Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Red Bell Peppers, Organic Spices, Organic Garlic and Organic Onions. Vegetarian
- **Nutrition Facts:** One serving equals 200 calories, 2.5 g fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 280 mg sodium, 39 g carbohydrate, 10 g fiber, 8 g sugar, 9 g protein.

(continued)

## Soups (continued)

### Organic Velvety Black Bean Soup • Instant ★

It's hard to go wrong with black beans. I've added a few simple spices and made it instant. If you're up for a more decorative presentation, top it with a dollop of sour cream and fresh chives. But if you're in a hurry, I've even invented a disposable non-aluminum pouch for you to use as your bowl. Simply add boiling water directly into the pouch.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic Black Bean Flakes, Organic Red Bell Peppers, Sea Salt, Organic Herbs & Spices, Organic Garlic and Organic Onions. Vegan
- **Nutrition Facts:** One serving equals 230 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 520 mg sodium, 41 g carbohydrate, 19 g fiber, 2 g sugar, 13 g protein.

## SAUCES

### Organic Creamy Dill Sauce • Instant ★

I've sold falafel for several years now, and decided it was time to invent a sauce to complement it. Since dill is a symbol of vitality and easy to grow with a distinctive taste, I made a simple dairy sauce using dill, garlic and lemon peel. It's instant, easy and delicious.

- **Available in:** Farmhouse • Outpost • Do-It-Yourself Bulk
- **Ingredients:** Organic White Sharp Cheddar Cheese (milk, salt, cheese cultures, enzymes {vegetable rennet}), Organic Butter (cream, water, salt, non-fat milk, tocopherols {vitamin E}), Organic Garlic, Organic Lemon Peel and Organic Dill. Vegetarian
- **Nutrition Facts:** One serving equals 40 calories, 3.5 g fat (2.5 g saturated fat, 0 g trans fat), 10 mg cholesterol, 60 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugar, 2 g protein.

## SAMPLERS

### Adventure Sampler ★

- **Description:** The sampler includes the Backcountry Food issue of the MaryJanesFarm magazine, a TaskBar (selected from three varieties), and one each of the following EcoPouch Outpost foods:
  - Organic Outrageous Outback Oatmeal—Vegan (Instant)
  - Organic Brownies—Vegan (Skillet Bake)
  - Organic Southwestern Couscous—Vegan (Instant)
  - Organic Black Bean Hummus—Vegan (Instant)
  - Organic Red Pesto Pasta—Vegetarian (Instant)
  - Organic Bare Burrito—Vegetarian (Instant)

### BakeOver® Sampler ★

- **Description:** MaryJane's BakeOver Sampler contains everything you need to get started creating elegant one skillet BakeOver dinners. The sampler comes with one each in the Farmhouse size of Budget Mix, Corn Bread and Scones, and a 9" Perfect BakeOver Skillet. It includes the special issue of MaryJanesFarm magazine, Farm Kitchen, to get you started with 50 Budget Mix recipes, for BakeOvers and beyond.

### Get Acquainted Sampler ★

- **Description:** Our Get Acquainted Sampler introduces you to our Budget Mixes, ChillOvers, our easy, elegant PouchCook foods, and MaryJane's TaskBar. The sampler includes Farm Kitchen, a special recipe issue of MaryJanesFarm magazine. It will provide you with a bounty of ideas to get started preparing BakeOvers, ChillOvers, and more.
  - Organic Budget Mix—Box
  - ChillOver Powder—Box
  - Organic Red Pesto Pasta—Farmhouse
  - Organic Kettle Chili—Outpost
  - MaryJane's Organic TaskBar

### High Attitude Six Pack ★

- **Description:** Six 3 lb. bags of the following instant, just-add-water foods, equal to about 76 Outpost Pouch Cook® pouches:
  - Organic Outrageous Outback Oatmeal—Vegan (Instant)
  - Organic Bavarian Chocolate Mousse—Vegetarian (Instant)
  - Organic Black Bean Hummus—Vegan (Instant)
  - Organic Chilimac—Vegetarian (Instant)
  - Organic Santa Fe Pasta—Vegetarian (Instant)
  - Organic Nick's Couch Potatoes—Vegetarian (Instant)

## STORAGE FOOD

### #1 Alone At Last ★

With my Alone at Last, "just add water" program, you simply add boiling water directly to my cleverly designed stand-up pouch, fold the top down and wait a few minutes. The pouches are non-aluminum and burnable. (Once they dry out, you can use them as fire starters.) No dirty dishes. You dine directly from the pouch. Enjoy my fast foods that aren't junk.

- **Description:** Alone At Last supplies one person for one week. It includes 20 different foods and TaskBars in the Outpost size, in various quantities from the Breakfast, Couscous, Pasta, Potatoes, Rice, Soups and Desserts categories, for a total of 31 items.
  - Breakfasts: 4 Hot 'n Creamy Cereal, 3 Outrageous Outback Oatmeal;
  - Desserts: 3 Bavarian Chocolate Mousse;
  - Food Bars: 2 Cherry Cobbler TaskBars, 2 Mango Smoothie TaskBars, 3 Raspberry Jam 'n Peanut TaskBars;
  - Couscous: 1 Northwest Garden Couscous, 1 Wild Forest Mushroom Couscous;
  - Pasta: 1 Alfredo Pasta, 1 Buttery Herb Pasta, 1 Red Pesto Pasta;
  - Potatoes: 1 Nick's Couch Potatoes;
  - Rice: 1 Bare Burrito, 1 Fiesta Rice, 1 Jambalaya;
  - Soups: 1 Creamy Potato Soup, 1 Kettle Chili, 1 Peasant Tomato Soup, 1 Sweet Corn and Black Bean Chowder, 1 Velvety Black Bean Soup.

### #2 Concerned Cache ★

With my Concerned Cache program, I'll get you started on what I call "simplified meal planning." You'll learn all about my 20-minute oven invention called the BakeOver, a one-skillet meal that utilizes my Skillet Bake breads and desserts as a top crust when you have some fresh vegetables or fruit on hand or meat and cheese - most anything, really. With my BakeOver program, you'll use a special skillet to create thousands upon thousands of unique meals. If you don't have fresh stuff available, you'll love a quick 10-minute batch of warm bread baked up in the Outpost Fry Pan that is also included. In addition, you'll receive plenty of "just add water" foods.

- **Description:** The Concerned Cache supplies two people for one month. It includes 45 different foods and drinks in the Farmhouse size, in various quantities from every category, for a total of 159 items.
  - It also comes with an 8" Outpost Fry Pan & Lid and a 9" Perfect BakeOver Skillet.
  - Beans: 2 Black Bean Flakes, 2 Pinto Bean Flakes;
  - Breads: 5 Buttermilk Biscuits, 4 Chili Batter Bread, 5 Corn Bread, 5 Focaccia Bread, 6 Garlic Pesto Fry Bread, 5 Shepherd's Pan Bread;
  - Breakfasts: 6 Griddle Cakes, 6 Hot 'n Creamy Cereal, 6 Outrageous Outback Oatmeal;
  - Desserts: 10 Bavarian Chocolate Mousse, 10 Brownies, 10 Scones w/ Walnuts & Orange Peel;
  - Couscous: 2 Couscous & Lentil Curry, 2 Northwest Garden Couscous, 2 Southwestern Couscous, 2 Wild Forest Mushroom Couscous;
  - Ethnic: 2 Black Bean Hummus, 3 Falafel, 3 Lebanese Peanut Bulghar, 2 Lentil Pilav, 2 Sicilian Polenta;
  - Pasta: 2 Alfredo Pasta, 2 Buttery Herb Pasta, 2 Chilimac, 2 "Eat Your Veggies" Pasta, 2 Ginger Sesame Pasta, 2 Mac 'n Cheese, 2 Red Pesto Pasta, 2 Santa Fe Pasta, 2 Sweet Red Bell Pepper Pasta;
  - Potatoes: 2 Nick's Couch Potatoes, 2 Spuds w/ Spinach & Cheese;
  - Rice: 6 Bare Burrito, 4 Black Beans & Rice, 6 Curry in a Hurry
  - Soups: 2 Creamy Potato Soup, 3 Curried Lentil Bisque, 2 Kettle Chili, 2 Lentil Soup, 2 Peasant Tomato Soup, 3 Sweet Corn and Black Bean Chowder, 2 Velvety Black Bean Soup;
  - Sauces: 3 Creamy Dill Sauce.

## STORAGE FOOD (CONT.)

### #3 Bulk Bounty ★

My most economical program is my Bulk Bounty creation. Not only will you eat healthier than you ever have before, but you'll spend less money than you ever have before. I'll send you 42 different foods (including cookware for the breads and desserts) in boxes lined with plastic bags. Since I've learned that people like to choose their own airtight storage containers, you'll spend some "pantry time" labeling all your foods. My foods have a two-year shelf life. It's a good idea to jot down a purchase date on each container so you can rotate through your bounty.

With my "mix and match" BakeOver idea, my breads and desserts can also become several thousand different meals. You'll also get plenty of "just add water" foods. You'll need a storage spot away from heat, moisture and sunlight that is easily accessible. Remember, my storage program doesn't waste food. This is what happened with Y2K. No matter how "high-tech" your food is preserved, taste, appearance and nutritional value begin to decline after one year. Most food storage companies sell food you wouldn't eat unless you had to. I'm the solution to that problem. People on my BakeOver program say they start to eat a lot more vegetables. In fact, if you don't grow a garden, you'll be avoiding the entire middle section of grocery stores by heading straight for the produce section and then meat, cheese and eggs if you choose. It'll all make perfect sense once you get your bulk bounty. I promise. I've thought of everything!

• **Description:** Bulk Bounty supplies two people for one year. It includes 39 different foods from nine categories in various bulk quantities. It also comes with an 8" Outpost Fry Pan & Lid and a 9" Perfect BakeOver Skillet.

Beans: 6 lbs. Black Bean Flakes, 6 lbs Pinto Bean Flakes;

Breads: 21 lbs. Buttermilk Biscuits, 21 lbs. Corn Bread, 18 lbs. Focaccia Bread, 18 lbs. Garlic Pesto Fry Bread, 18 lbs. Shepherd's Pan Bread;

Breakfasts: 12 lbs. Griddle Cakes, 18 lbs. Hot 'n Creamy Cereal, 12 lbs. Outrageous Outback Oatmeal;

Desserts: 18 lbs. Bavarian Chocolate Mousse, 27 lbs. Brownies, 18 lbs. Scones w/ Walnuts & Orange Peel;

Couscous: 12 lbs. Couscous & Lentil Curry, 9 lbs. Northwest Garden Couscous, 9 lbs. Southwestern Couscous, 12 lbs. Wild Forest Mushroom Couscous;

Ethnic: 9 lbs. Falafel, 12 lbs. Lebanese Peanut Bulghar, 9 lbs. Lentil Pilav, 9 lbs. Sicilian Polenta;

Pasta: 12 lbs. Alfredo Pasta, 9 lbs. Buttery Herb Pasta, 12 lbs. Chilimac, 9 lbs. "Eat Your Veggies" Pasta, 9 lbs. Ginger Sesame Pasta, 12 lbs. Mac 'n Cheese, 9 lbs. Red Pesto Pasta, 9 lbs. Santa Fe Pasta, 9 lbs. Sweet Red Bell Pepper Pasta;

Rice: 6 lbs. Bare Burrito, 6 lbs. Black Beans & Rice, 6 lbs. Curry in a Hurry

Soups: 6 lbs. Creamy Potato Soup, 9 lbs. Curried Lentil Bisque, 6 lbs. Kettle Chili, 9 lbs. Lentil Soup, 6 lbs. Peasant Tomato Soup, 9 lbs. Sweet Corn and Black Bean Chowder, 6 lbs. Velvety Black Bean Soup.

## VEGETABLES, FRESH

### Organic Fresh Garlic (seasonal) ★

• **Available in:** Bulk in 1 lb. quantities, from August to February.

Please note that we cannot ship plants or fresh produce outside of the continental United States.

• **Ingredients:** Garlic. Peels easily. Grown at MaryJanesFarm.

## GARDEN/ FARM GARLIC

### Organic Garlic Seed (seasonal) ★

• **Description:** Both the softneck "Butters" garlic (ideal for garlic braids) and the hardneck "MaryJane" garlic (hardneck means it produces a scape), are rare varieties that I've slowly brought back into production. From 60 different varieties that I've been experimenting with, these two are the best. They were originally found in the outback of the Soviet Union by Rich Hannan, the director of the Western Region U.S. Department of Agriculture Germ Plasma Bank, located in Pullman, Washington. I've grown both varieties here for almost eight years, "sizing them up" every year and multiplying my stock. Finally, here they are, ready for gardens and backyards everywhere.

Plant garlic in early fall, allowing it to set roots before winter. Break bulbs apart into individual cloves, planting the root end down. Plant each clove in 1 - 2 inches of well-drained soil. Around May or June the garlic should begin to produce a bulb; at this stage don't water it in order to avoid molding. When two of the leaves have turned brown, you will know it is time to harvest the crop. Hang indoors out of direct sunlight in bundles of five. Store at room temperature in a dark, dry, cool place like a basement.

• **Options:** "Butters" Softneck and "MaryJane" Hardneck, in ½ lb. quantities, from August to February. Please note that we cannot ship plants or fresh produce outside of the continental United States.

### Organic Indoor Green Garlic (seasonal) ★

• **Description:** Plant these small cloves in a pot with good drainage, and after several months begin harvesting green shoots. When they grow as tall as 6-8 inches, start snipping off the tips with a pair of scissors for a green garlic garnish. The plants will continue to produce for many weeks. Plant the cloves in a mixture of rock and sand (like paperwhites) and water well.

• **Available in:** ¼ lb. quantities, from August to February. Please note that we cannot ship plants or fresh produce outside of the continental United States.

## IRIS

### Sweet Lena Iris Rhizomes (seasonal) ★

• **Description:** "It is very rare to come across an iris as sweet smelling as my Sweet Lena," says Martin Holland, cultivator of our special fragrant iris. Sweet Lena, or Pallida Androfertila, is known to have the strongest sweet violet fragrance. It is light blue with white trim, 24 - 28 inches tall, and often carries 5 - 7 blooms on one stem. Named for his mother, Martin multiplied the six irises she gave him until he had about 40,000, and sold them for 30 years. When he retired from iris farming at age 83, his stock of iris came to us. Sweet Lenas are hardy, they adapt to most climates, and they are easy to grow.

• **Available as:** Individual bulbs. Orders are shipped between June 1 and November 1. If you order 3 or more, there is a price reduction. Please note that we cannot ship plants or fresh produce outside of the continental United States.

• **Planting:** Irises require soil that drains well to avoid rot. Plant the rhizomes 12"-18" apart. Dig a shallow hole for each, barely cover them with soil and water regularly. If after several years you notice a decrease in blooms, divide and replant the rhizomes (you may never have to do this). Each division should have a healthy, firm rhizome and a fan of leaves.

# SEEDLINGS

## Palouse Prairie in a Flat, Pioneer Assortment ★

• **Description:** Palouse Prairie in a Flat is a selection of 18 individually potted native grasses and wildflowers that gardeners and landscapers can plant and enjoy in their own backyards. These plants will mimic the original prairie ecosystem of the Inland Northwest in a 25-square-foot plot. The seedlings come in 4"-square pots and include 6 species of native wildflowers (western aster, blanketflower, slender cinquefoil, tall cinquefoil, goldenrod and prairie smoke) and 3 species of native grasses (Idaho fescue, blue wild rye, and blue bunch wheatgrass). All are perennials and prefer sunny locations. After becoming established with light watering the first summer, the plants will require no irrigation.

Palouse Prairie in a Flat was created by Palouse Prairiescapes, Wayne and Jacie Jensen, a third-generation farm family whose land includes a 100-acre remnant of native grassland ecosystem on Paradise Ridge southeast of Moscow, Idaho. In 2004, they began gathering native seed for commercial seed and plant production. Spring 2007 is the first time their plants will be available for sale. Planting instructions and a suggested design layout are included with each flat.

• **Purchase and Pick-up:** The flats can be purchased here online and then picked up at any one of four regional nurseries the week before Mother's Day, May 5th–12th and the first full week in June, June 2nd–9th.

The Palouse Prairie in a Flat, Pioneer Assortment, includes:

### Western Aster

• **Scientific name:** *Aster occidentalis* (AS-ter ok-si-den-TAY-lis)

• **Family:** Asteraceae (Sunflower)

• **Habitat:** Moist habitat to seasonally dry (maintain soil moisture until established) Palouse Prairie, full sun to partial shade.

• **Blooming period:** Late July through heavy frost (perennial).

• **Height:** 14–24"

One of the best autumn flowers. Extremely adaptable and dependable up to 4,500 ft. Expect masses of showy, bright, daisy-like, blue to purple flowers with yellow centers. Bloom time may be enhanced by removing spent flowers (dead-heading). Several species of Checkerspot butterflies utilize this plant for late summer nectar, though you are likely to see other pollinators as well.

### Blanketflower

• **Scientific name:** *Gaillardia aristata* (gay-LAR-dee-uh a-ris-TAH-tuh)

• **Family:** Asteraceae (Sunflower)

• **Habitat:** Prefers a well-drained soil in full sun or semi-shade. Water well when establishing, allowing to dry out almost completely between waterings. Do not overwater. When established, it is a hardy, drought tolerant perennial, suitable for xeriscaping.

• **Blooming period:** Mid-summer to early fall. (Occasional watering, and removal of spent flowers will extend the blooming period.)

• **Height:** 12–22"

Mid-height plants produce masses of fiery red blossoms, the petals tipped by rich flame yellow. Excellent for beds and borders as it self-sows freely; allowing seed heads to completely dry prior to trimming will aid in reseeding for the following year. One of the most adaptable perennials, it has a vase life of 6 to 10 days. This plant is attractive to bees, butterflies and/or birds and is resistant to deer.

### Slender Cinquefoil

• **Scientific name:** *Potentilla gracilis* (poh-ten-TILL-uh GRASS-il-is)

• **Family:** Rosaceae (Rose)

• **Habitat:** Moist habitat to seasonally dry Palouse Prairie, full sun to partial shade. Drought tolerance is medium, but water use is low. Maintain soil moisture until established. This plant is not particular about soil type, as long as the site is well-drained.

• **Blooming period:** Late spring into summer (perennial). The bright yellow flowers resemble strawberry blossoms.

• **Height:** 16–26"

Potentillas should be one of your first choices if you are planning a butterfly garden, as butterflies find them a very attractive nectar source. Deer are not fond of potentilla.

### Tall Cinquefoil

• **Scientific name:** *Potentilla arguta* (poh-ten-TILL-uh ar-GOO-tuh)

• **Family:** Rosaceae (Rose)

• **Habitat:** Moist habitat to seasonally dry Palouse Prairie, full sun to partial shade. Drought tolerance is excellent, but maintain soil moisture until established. This plant is not particular about soil type, as long as the site is well-drained.

• **Blooming period:** Summer (perennial). The pale yellow flowers resemble strawberry blossoms.

• **Height:** 20–30"

Potentillas should be one of your first choices if you are planning a butterfly garden, as butterflies find them a very attractive nectar source. Deer are not fond of potentilla.

### Missouri Goldenrod

• **Scientific name:** *Solidago missouriensis* (so-li-DAY-go miss-oor-ee-EN-sis)

• **Family:** Asteraceae (Sunflower)

• **Habitat:** Plant where it will receive full to partial sun. Missouri goldenrod is highly tolerant to drought and restricted water conditions. Maintain soil moisture until established, however.

• **Blooming period:** Late July through frost (perennial).

• **Height:** 12–24"

Like many goldenrods, this species is easy to grow. Small bees, wasps, flies and beetles visit the flowers for nectar and/or pollen. The pollen is not known to cause allergic reactions in people.

### Prairie Smoke

• **Scientific name:** *Geum triflorum* (JEE-um TRY-flor-um)

• **Family:** Rosaceae (Rose)

• **Habitat:** Prairie Smoke prefers a well-drained site in full sun, even hot, dry sites. Loam or sandy soil is preferred, however heavy clay soil can be amended by adding peat moss and sand. Do not put them in a low, wet spot or they will drown.

• **Blooming period:** Late April or early May, continuing well into June (perennial).

• **Height:** 6–12". It is low growing, so plant in front of taller species.

Prairie Smoke is a cool-season plant. The flowers, which look as though they are still in bud, are pollinated by small bees that crawl inside to get the nectar and pollen. As an early-flowering plant, it is an important food source for insects emerging from hibernation.

### Idaho Fescue

• **Scientific name:** *Festuca idahoensis* (fes-TOO-kah eye-da-hoh-EN-sis)

• **Family:** Poaceae (Grass)

• **Habitat:** Idaho fescue grows on a variety of soil types and is moderately drought tolerant. Do not plant in low, wet places. Water when the soil dries until the plant is established. Likes full or part sun.

• **Blooming period:** (perennial).

• **Height:** 12–24"

Use it as a clumpy groundcover or as a blue-green accent in a rock garden. Idaho fescue leaves are food for the caterpillars of skipper butterflies.

### Blue Wild Rye

• **Scientific name:** *Elymus Glaucus* (EL-i-mus GLAW-kus)

• **Family:** Poaceae (Grass)

• **Habitat:** Adapted to a wide variety of soils, with average annual precipitation of 10 to 30 inches. It is drought and shade tolerant, but keep watered until established.

• **Blooming period:** (perennial).

• **Height:** 36"

Blue wild rye is an erect, rapidly developing, cool-season (but tolerant of hot weather), native perennial bunchgrass. It grows in small tufts, with broad and flat steel-blue leaves up to 12 inches long. In the Pacific Northwest, the bunches rarely exceed 4 inches in width.

### Bluebunch Wheatgrass

• **Scientific name:** *Pseudoroegneria spicata* (soo-DOH-ruhng-NEHR-ee-uh spi-KAY-ta)

• **Family:** Poaceae (Grass)

• **Habitat:** Adapted to a wide variety of soils, and areas with average annual precipitation of 8 to 24 inches. Do not plant in low, wet areas, but keep watered until established.

• **Blooming period:** (perennial).

• **Height:** 12–24"

Bluebunch wheatgrass is a cool-season, drought-tolerant, erect bunchgrass. Growth begins in April and the plant stays green well into the summer (supplemental watering will maintain green color). The outcurved awns on the tips of bluebunch wheatgrass florets give the plant a graceful, luminous appearance.

# ACCESSORIES

## MaryJanesFarm® Flower Frog ★

• **Description:** Want that perfect flower shop bouquet? Now you can do it with even less flowers. Insert flower stems into our wire flower frogs, designed to fit into our flower baskets above. Keeps your flowers standing straight and tall without leaning.

• **Options:**

Small: 3½"W x 2"H. 2.4 oz.

Large: 5½"W x 2"H. 3 oz.

## GIFT CERTIFICATES

### MaryJanesFarm® Gift Certificate ★

• **Description:** Looking for that perfect gift for a friend who loves farm style? Want to steer that special someone with a busy schedule toward healthier, more convenient meals? Or just want a way to introduce your friends and family to MaryJanesFarm? Give them a MaryJanesFarm Gift Certificate!

• We'll tailor the gift certificate to whatever amount over \$25.00 that you wish. Just note the amount you'd prefer when you place your order and we'll write up the gift certificate accordingly.

• A gift certificate will be good toward any purchase made with us, whether placed through the website, by phone or mail, for the dollar value printed on the certificate—no exclusions or limitations. Please mention that you'd like to use your gift certificate when you place your order and have the certificate number ready or write it on your order form. It will look like this—G999.

• Gift certificates are good for 2 years after date of purchase.

## HERE & THERE... ANYWHERE FARMGIRL SISTERHOOD

We believe in the power of the Farmgirl Sisterhood to change the world for the better. Become an official Farmgirl Sisterhood member today!

Benefits of joining the Farmgirl Sisterhood:

• Farmgirl Sisterhood members will receive consecutive numbers as they join (for example, Farmgirl Sisterhood Member #1).

• Members will receive our official Farmgirl Sisterhood Badge depicting an adorable aproned hen. The official membership badge comes to you needing the "farmgirl touch." For those of you who want to say they embroidered their badge themselves, we've provided for that with a unique design that can be used as an embroidery pattern. For the farmgirl on the go, it can be used right away as a classy faux-embroidered ready-to-go badge. What you'll receive is our logo printed on a piece of organic cotton that is about 9" square, big enough to allow for an embroidery hoop should you choose. The extra fabric can be cut into hexagonal pieces for backing (to make your badge stiffer) or to hide your embroidery knots. Or you can cut it out as is and attach it to a denim jacket, an apron pocket, or a purse. In farmgirl style, you might want to embellish it with a few buttons, some bits of fabric, maybe a stretch of vintage lace. Since our badges are printed to look like they've been embroidered, it's hard to tell at first glance. Either way, you'll be recognized right away as a farmgirl sister and proud of it!

• Members will receive an official Farmgirl Sisterhood Certificate signed by the Queen Bee herself.

• Members will have a special Farmgirl Sisterhood emblem by their name on our Farmgirl Connection chatroom forum.

• Members will be able to participate in the Farmgirl Sisterhood Merit Badge program to earn merit badges to sew onto their denim jackets. Merit Badges earned by Farmgirl Sisterhood members will be posted on the Farmgirl Connection along with the dates their badges were earned.

• Members of the Farmgirl Sisterhood will receive a secret password that allows them to set up "henkeeping" in our online "Henhouses." We now have nearly 500 Farmgirl Chapters around the world where members meet regularly face-to-face, and even a few "virtual" chapters where members meet solely online. Our Henhouses will give Farmgirl Chapter members who become part of the official Farmgirl Sisterhood a place to meet online to chat; post photos; and share instructions, tutorials, and more just for their own chapter. Each Henhouse will also offer a "Bulletin Board," where a designated "Head Hencho" for that chapter will be able to post chapter announcements and events. Members of the public can view these sites, but only Farmgirl Sisterhood members will have access to post in their chapter's Henhouse.

• Members will receive monthly "Members Only" special discounts on MaryJanesFarm products.

• Members will be notified by e-mail or postcard when their year's membership is about to expire. (If their membership lapses, they'll lose "their" unique number!)

• Members are the only ones permitted to mentor farmerettes (farmgirls-in-training under the age of 18) and work with them to earn Farmgirl Sisterhood Merit Badges.

Read more about the Farmgirl Sisterhood at <http://www.maryjanesfarm.org/farmgirl-sisterhood/>

Read about our Merit Badge Program at <http://www.maryjanesfarm.org/farmgirl-sisterhood/merit-badges.asp>

## CANDLES

### MaryJanesFarm® Beeswax Candle ★

• **Description:** 100% pure beeswax—there's no scent so sweet as the fruits of a honeybee's labor. Cup-size canning jar. 4 oz.

## DOLLS

### MaryJanesFarm® Rag Dolls ★

• **Description:** Cute Raggedy Annie folk art dolls reminiscent of another era. Each doll is handmade and one of a kind. Made of natural tea-stained cottons. Faces are adorably hand-painted and stitched. Adorned with colorful vintage buttons. One Annie is holding her favorite bear, and the other Annie is cuddling her special kitty. Approximately 23" tall.

**Intended for decoration only; not for children.**

• **Options:**

"Annie with Bear", 11.4 oz.

"Annie with Kitty", 8.5 oz.

## TOTES & BAGS

### MaryJanesFarm® Drawstring Bags ★

• **Description:** Store your favorite things in these hand-embroidered bags made from repurposed vintage fabrics. For special treasures passed on from mother or sister, favorite games like checkers, or just a little of this and that. Colors and designs vary.

• **Options:**

Smaller: 8"W x 8"H. 1.3 oz:

"Ball and Jacks"

"Checkers"

"Church Babies" (includes two clothespin babies)

"Dominoes"

"Hoppy Taw"

"Marbles"

Medium: 9½"W x 9½"H. 1.8 oz:

"Sister's Thangs"

"Sewing Thangs"

Larger: 11"W x 11"H. 2.9 oz:

"A Little Bit of This and That"

"Farmgirl is a Condition of the Heart"

"Mama Says Make It Do or Do Without"

"Mama Says Only Boring People Get Bored"

"The Things My Mama Kept for Me"

"The Things My Mama Made for Me"

"Tickle Her with a Hoe and She Laughs with a Harvest"

### MaryJanesFarm® Taskgirl Tote ★

• **Description:** This sturdy tote is our version of a "Dirty Girl". ORGANIC cotton canvas with 25" black canvas shoulder straps. Printed on one side only. 17"W x 14"H x 4"D. 1 lb. 9 oz.

## WALL PLAQUES

### MaryJanesFarm® Embroidered Inspirations ★

• **Description:** Choose from three different expressions embroidered on recycled flour sacks (may have authentic imperfections), framed to hang on the wall of your stitching room, farm-kitchen, or workshop—wherever you need a little inspiration. 8" diameter x ¾" thick. 1 lb.

• **Options:** "Farmgirl is a condition of the heart."

"Mama says make it do or do without."

"Tickle her with a hoe and she'll laugh with a harvest."

# HOLIDAYS

## MaryJanesFarm® Christmas Stockings ★

- **Description:** “Farm-style Christmas.” That’s just what these hand-embroidered stockings say when hung on a mantel or anywhere around the house. Made from repurposed vintage fabrics. Colors and designs vary. Approximately 6”W x 18½”H. 2 oz.
- **Options:** “Frosty the Snowman”, “Merry Ducky Christmas”, “Snow Angel”, “Snowwoman”.

# KITCHEN APRONS

## MaryJane's Two-Pair-and-a-Spare Aprons ★

- **Description:** Four aprons that tell the world you’re a farmgirl and proud of it! Whether you’re a city chick or farm chick, this collection of adorable vintage-style aprons will bring you back to your farmgirl roots, back to homemade apple pie, next door with soup for your neighbor, downtown for an evening of crochet with friends, and uptown in a dress-up apron, or maybe even on a farm or in a garden of your own.  
Since our Project F.A.R.M. aprons are handmade and homegrown, not every button or scrap of fabric used in their construction will be identical to what you see here. Most will be identical, but generally speaking there will be slight fluctuations. (If we make BIG changes, we’ll update our photos.) Also, for buttons, we’re using up some 6,000 pounds of buttons that we found in a neighbor’s shed. As it turns out, she had inherited her cache of jewels from a button store in Seattle that had closed after being in business for more than 100 years! So, in farmgirl make-do, can-do style, we reserve the right to employ our ingenuity to get the job done, whatever it takes! We’re confident you’ll be pleased.

### This Pinafore Apron is trimmed to the brim.

Three rows of rickrack, a removable pinafore top, and two large buttons with matching earrings proclaim, “Hey, I’m one cutie patootie.” (Earrings coming soon, under “Here & There . . . Anywhere”, “Jewelry”).

### These Vintage Aprons are all about handy.

With a soft, absorbent dishtowel sewn right up front, these aprons are ideal for the woman who is forever hunting a towel to wipe her hands on.

- **Options:** We’re offering a 1920s flour-sack pieced-fabric look in three color variations: blue & yellow, mostly lavender, and pink & green, all with a yo-yo “mojo.”

# SHELVING

## MaryJanesFarm® Collapsible Shelves ★

- **Description:** These “must have” shelves are perfect for selling goods and produce at your local Farmers’ Market (there’s even a removable tab at the top for signage) organizing your kitchen, or as temporary shelving in your outdoor living space. Designed by my brother, Rex, these shelves fold flat with only one movement. Can be stored behind a door, or even hung on a wall out of the way when not in use. 32”W x 38”H x 12”D. 14 lbs. 4 oz.

# UTENSILS

## Allen Butters’ Hide-Away Cutting Board

- **Description:** My father, Allen, a “back-yard inventor,” designed this cutting board, for which he received his one and only U.S. patent—a source of great family pride (and braggin’ rights!). His design will help unclutter your kitchen counter, yet still keep your cutting board handy when you need it. Made of food-safe FDA-standard materials, the cutting board is easy to grab when you need it and easy to slide right back into place, out of the way, once you’ve finished using it.

Comes with 1 white cutting board, 1 single-piece brushed stainless mounting bracket and 4 mounting screws with washers. Total dimensions: 14 ¾” W x 11 ¾” D x ¾” thick; cutting board dimensions: 13¾” W x 11⅞” D x ½” thick.

## Crocheted Dish Cloth Doll ★

- **Description:** Lift the skirt of this kitschy girl and you’ll find a common wooden spoon stuck into a jar of beans. Take off her clothes and you have yourself a new set of matching dish cloths. Remove her hat and you’ll be scrubbing your pots and pans with a new metal dish scrubber. Keep her as is and you have a ’50s ornamental souvenir. When kitsch goes retro, it’s a playful trip down memory lane. Not at all “tacky” in my book, this here gal is a delight for us baby boomers who love to get nostalgic. “Neat, cherry, great, cool.” Lovingly handmade and designed by former Palouse iris farmer, Carma Potter. (Hundreds of Carma’s irises line my country lane). \$175 (Don’t get your panties in a bunch—this 15” doll takes our Carma 20 hours to crochet and assemble!)

## MaryJanesFarm® Canning Jar Tote ★

- **Description:** Take a step back in time as you display a favorite jar, be it canned goods, potpourri in a jar or a scented candle. Nothing says “love” like homemade, and this jar tote turns into a gift of love when you fill it with your homemade goodies. 4”W x 5”H. 3.5 oz.

## Perfect BakeOver® Skillet

- **Description:** Our friends at GSI ([www.gsioutdoors.com](http://www.gsioutdoors.com)) in Spokane, Washington, pulled through for me again. Months ago, I told them I needed to reconfigure my BakeOver skillets, essentially redesign and rethink them, and then offer my customers a customized skillet even MORE perfect for my BakeOver idea. And I no longer wanted three sizes, just two. I also wanted something more lightweight and compact, good for camping when the need arose. But just to make it more challenging, I wanted a better, more durable non-stick surface than what I’d been offering. At long last, after a year of back and forth, here they are: a 9” and an 11” even more Perfect BakeOver Skillet with a collapsible handle. How handy is that? The smallest serves four, the largest serves six. Just follow my directions on the website at [www.maryjanesfarm.org/bakeover](http://www.maryjanesfarm.org/bakeover). Then, when it comes time to wash your skillet, the surface makes clean-up a piece of cake. However, don’t ever put it in a dishwasher. It’s not the hot water that will harm the surface, but the caustic-type agents found in most dishwashing detergents. And avoid metal utensils when you sauté your vegetables or fruits. The last part of my reconfiguration? I’ve added more mix to my bread and dessert mixes. For a thicker crust, a better bake and an easier clean-up, try one of my new and more Perfect BakeOver Skillets.

- **Options:**  
9” Skillet 1 lb.  
11” Skillet 1 lb. 7 oz.

# LAUNDRY ROOM

## MaryJanesFarm® Clothespin Bag ★

- **Description:** Keep your clothespins or other washroom items handy in this adorable “Clothespin” drawstring bag. Each bag is lovingly handmade and hand-embroidered by Miss Wilma of rural Kentucky, using repurposed vintage materials. Bags are one-of-a-kind; designs will vary. 15”W x 17”H. 4.5 oz.

## MaryJanesFarm® Laundry Bag ★

- **Description:** Store your delicate, hand-washable items in this adorable “Laundry” drawstring bag. Each bag is lovingly handmade and hand-embroidered by Miss Wilma of rural Kentucky, using repurposed vintage materials. Bags are one-of-a-kind; designs will vary. 15”W x 17”H. 4.5 oz.

# LIBRARY BOOKS

## Bundle o' MaryJane's Books

• **Description:** MaryJane's books are all bundled up for the holidays. Buy 'em together (the Ideabook, Cookbook, Lifebook and Stitching Room) and save \$10.00.

### MaryJane's Ideabook, Cookbook, Lifebook for the farmgirl in all of us

• **Description:** When you order it through us, you'll receive an autographed copy of MaryJane's book, published by Clarkson Potter/Publishers, a division of Random House. It's 416 pages with more than 600 photographs and illustrations; farm kitchen recipes; make-it-easy how to's; outpost advice; and old-fashioned tips, hints and values—with love, from our farmhouse to yours.

Whether you simply need encouragement to embrace a more authentic, wholesome lifestyle or you're looking for guidance on building a greenhouse, chopping firewood, hosting a town event, caring for a flock of chickens, making your own butter, growing a winter salad, or choosing a water filter, "MaryJane's Ideabook, Cookbook, Lifebook for the farmgirl in all of us" is both an inspiration and a practical road map for farmgirls of all stripes.

No time to read? No problem. We've got the book on audio CD. Listen to four hours worth of stories and anecdotes by MaryJane in her own voice while you run those errands or take that road trip.

• **Options:** Hard-cover Book or Audio Book

### MaryJane's Stitching Room

• **Description:** Whether you're a farmgirl or just wish you were, MaryJane's Stitching Room is a treasure trove of projects that will have you stitching, crocheting, embroidering, and tatting like one before you know it. Plus you'll find more of MaryJane's engaging essays and endearing farmgirl wisdom. Using simple step-by-step instructions, she outlines projects that have a nostalgic appeal for the contemporary crafter who is intrigued with the delicate handicrafts of yesteryear. MaryJane includes irresistible patterns for projects to wear, for gifts, or to bring down-home charm to any room of the home—all with her unmistakable farmgirl flair.

MaryJane's Stitching Room is a wonderful companion to MaryJane's Ideabook, Cookbook, Lifebook, but it also stands alone as a useful guide to the handiwork of days gone by. 144 pages. Published by Clarkson Potter/Publishers, a division of Random House.

### MaryJane's Outpost – Unleashing Your Inner Wild

• **Description:** Get out! No matter what your age, MaryJane Butters walks you to the door and OUT you go. Wilderness ranger turned Idaho organic farmer, MaryJane is a woman OUTSIDE ... the norm. Drawing from her own diverse background, she'll show you exactly HOW to get outdoors — and what to do once you're there.

Think and get inspired in her OUTTHINKING chapter. Head to your porch, yard, or rooftop, using the innovative and easy suggestions you'll find in OUTBOUND. Kick up a little sass with her ideas in OUTRIGGED, joining the ranks of "reel" women who go tramping (trailer camping). In OUTSTEPPING, learn to load a backpack with her unique high-protein meal plan that won't break the bank or your back, and read about wily huntresses who take the kind of "heart shots" that knock 'em dead and into the freezer.

And throughout these pages you'll encounter the inspirational stories of OUTSPOKEN women who've blazed the trail and beyond. By the time you turn the last page, you'll be going flat OUT for all the world to see.

Pre-order your copy of MaryJane's Outpost – Unleashing Your Inner Wild, the latest follow-up to MaryJane's Ideabook, Cookbook, Lifebook. Available June 24th. 240 pages. Published by Clarkson Potter/Publishers, a division of Random House.

### MaryJane's Farmgirl Wisdom

• **Description:** "MaryJane's Farmgirl Wisdom" is a collaborative creation between MaryJane and John Whalen at Cider Mill Press to help awaken the farmgirl yearning to blossom in every woman. It's full of scrumptious recipes to nourish family and friends, make-do tips to farmgirl-up your daily life and bushels of farmgirl wit and humor. Each book is 96 pages and comes with 14 Farmgirl Wisdom desk magnets, little kernels of farmgirl images and sayings to plant in your office, kitchen or shop—wherever you need to inspire your imagination.

Published by Cider Mill Press.

## Rainbow Fairies Story Book and Song CD

• **Description:** The Rainbow Fairies, illustrated by Sunny Cook, is a charming poem from the 1800s. It begins with two little clouds bumping their heads and beginning to cry. Father Sun then sends his fairy helpers to dry their tears (the falling rain).

Sunny beautifully captures the simplicity and sweetness of this poem in her illustrations.

This book comes with a music CD featuring Sunny singing the poem so children are able to follow along while learning the words in the book.

• **About Sunny Cook:**

Sunny heard this poem when her three children were young. She often thought about what a wonderful children's book it would be. However, as a busy young mother, she had no time to develop a book, although she sang and taught the song to her children.

In 2003, since her children were grown, she was able to devote more time to art. She decided to finally turn that book idea into a reality.

Photos were taken of Sunny wearing a long ruffled dress while posing as each of the Rainbow Fairies. These photos became her fairy models. For the CD, her husband created the background music for Sunny to sing the Rainbow Fairies song.

Although Sunny lived in a big city at the time, and the gently rolling landscape she drew was purely imaginary, it was where she longed to be. She even drew a farmgirl wearing an apron collecting her wash from the clothesline! (Sunny had never heard of MaryJane and her Farmgirl Chapters, or the gently rolling hills of the Palouse.)

Amazingly, one year later, she found herself working at MaryJanesFarm. Sunny was surprised at how the Palouse matched her imaginary landscape in the book.

Sunny handles the finances for MaryJanesFarm. In her free time, she loves being outside working in her greenhouse and garden, painting landscapes, writing, and creating new children's books.

## CALENDARS

### MaryJanesFarm® 2008 Calendar ★

• **Description:** Again, by popular request from our Farmgirl Connection comes the second annual MaryJanesFarm Calendar! 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.

All twenty-six pages are printed here at the farm on 8.5 x 11 card stock and are bound with black spiral wire. Still, the perfect farmgirl accent for 2008.

Shipping is included in the price of the calendar.

## JOURNALS

### MaryJane's Farmgirl Journal

• **Description:** Write down your farmgirl ideas, recipes, hopes, dreams and aspirations in this cute MaryJane Journal. There are 160 pages ready for you to fill with your special brand of wisdom. As you write, enjoy quotes, tips and recipes that we've sprinkled throughout for fun and inspiration.

## MAGAZINES

### MaryJanesFarm® Magazine ★

I know it's out of the ordinary, but it's true. I'm an organic farmer AND the editor of a women's magazine and author of books. Ever since I moved to my Idaho farm 20 years ago, I've played around with recipes for organic fast food. While feeding my family and farm crew and perfecting a solution for the dilemma of what-to-cook, I dreamed up my MaryJanesFarm magazine. I wanted a women's magazine where we can share solutions and show off our talents and really just a place where we can talk.

#### • Available Issues and Subscription Info:

Special Issue #8: "Farm Kitchen", published in April, 2006.

Issue #9: "Artists in Aprons", published in September, 2006

Issues #2-7 are available in the Back Issues Special (see below).

Future issues are only available through subscription. To subscribe, visit our website at [www.maryjanesfarm.org/magazine.html](http://www.maryjanesfarm.org/magazine.html)

#### • Descriptions and Shipping Info:

The magazine is full color, from 112 – 144 pages. Our special issue, Farm Kitchen, is 192 pages. For this issue we gave you a cookbook including 75 recipes using our Budget Mix.

Artists in Aprons, a special stitchery issue, is full of lotsa farmgirl apron lore and more. It includes 5 free apron patterns and 10 exclusive MaryJanesFarm patterns available through us via mail order or our website.

If ordering a magazine alone, please add \$4.60 for Priority Mail for issue #8 or \$2.84 for First-Class for all other issues. We can fit up to three magazines in one envelope to save on shipping — \$4.60 total. (The reason we don't ship our magazines at a USPS Bulk Rate is because they are often lost or damaged, and it may take weeks for our magazine to arrive.) If you order any other items, we always ship your magazines in the box along with the rest of your order to eliminate the additional shipping fee altogether.

Idaho residents will be charged 6% sales tax before shipping.

If you live in Canada, shipping for a single magazine will be \$4.66 for Airmail Letter Post, and \$9.00 for Global Priority Mail for up to 3 magazines. We will adjust the shipping charge manually on your order.

If you are having up to 3 of our magazines shipped to any other destination outside the U.S., it will be shipped Global Priority Mail for \$11.00.

If you order more than 3 magazines, then we will need to figure the shipping charges, and they will be adjusted manually by us on your order.

### Back Issues Special ★

• **Description:** Our holiday gift bundle was such a huge hit that we've decided to continue offering it for the time being. Now you can give the gift of MaryJanesFarm magazine back issues to ALL the farmgirls on your list for EVERY occasion! If you have a friend who's just discovered (or has yet to discover) MaryJanesFarm, you can bet she'll enjoy reading the back issues of our magazine. The themed issues are timeless. Our bundle contains:

Issue #2: "Backcountry Food", published in July, 2002.

Issue #3: "The Art of the Egg", published in July, 2003.

Issue #4: "Shoulder to the Wheel", published in November, 2003.

Issue #5: "Plateful", published in March, 2004.

Issue #6: "Handful", published in August, 2004.

Issue #7: "No Place Like Home", published in May, 2005.

Each bundle will be tied in twine with a blank "tag sale" card ready for your inscription. If there's something you'd like us to say for you, just let us know!

## MUSIC

### Charlie Sutton Music CDs ★

Shipping for 1 CD by itself will be \$3.00 and will ship via the U.S. Postal Service unless another delivery service is specifically requested.

#### Self-titled CD

• **Description:** A Charlie Sutton CD is a must-have in everyone's music collection. Not only is he life-long best friends with Carol's son Levi, he performed at our Fourth of July Farm Fair celebration with his warm, bluesy-folk style and was a featured performer on Garrison Keillor's Prairie Home Companion (Oct. 7). We're HUGE fans and you will be too! **Currently unavailable.**

#### • Tracks:

1. Old Friend Levi
2. Green Mountains
3. Cattail Mornings
4. Moira n' Bill (live)\*
5. Had a Dream
6. Move On
7. Cool Breeze (live)\*

\*Recorded live at The Galaxy in St. Louis, MO 2002 by Casey Sutton and Rodney Sherrill. All other tracks recorded September, 2005 by Rodney Sherrill.

All songs written by Charlie Sutton. All songs © 2006 Charlie Sutton.

#### Milk Man's Son

• **Description:** "Milk Man's Son" is Charlie's newest release. Recorded in his home studio here in Moscow, Charlie wrote, performed, and produced the album. He also played all of the instruments including acoustic and electric guitar, bass, banjo, and harmonica. His new batch of songs are sure to tug at your heart strings. We're thrilled to offer his long-awaited second album!

#### • Tracks:

1. 3 Words
2. Tall Tale
3. Milk Man's Son
4. Humdrum Town
5. Hot Air Balloon
6. Packin' Up
7. Tumbleweed
8. Sugar Bowl
9. High Heels
10. Thumbnail Moon

All songs written, recorded, mixed and performed by Charlie Sutton. Vocal harmony on tracks 8 and 10 by April Sutton. Recorded at Sonny Studios in Moscow, Idaho. Mastered by Triple Disc. Design and photos by Erik Jacobson. Illustrations by Charlie Sutton.

All songs written by Charlie Sutton. All songs © 2007 Charlie Sutton.

## NOTECARDS

### MaryJane's Farmgirl Notecards

• **Description:** Send a little piece of farm life to all your friends and family with these Farmgirl Notecards. Each box comes with 16 beautiful note cards and each card depicts one of four farm moments.

## VIDEOS

### MaryJanesFarm® Farm Videos

• **Description:** To view home movies of farm life here in our neck of the woods, visit: <http://www.maryjanesfarm.org/videos.asp>

# LIVING ROOM AFGHANS & RUGS

## MaryJanesFarm® Afghan and Hexagon Throw Rugs ★

• **Description:** Combining the unlikely shades of fuchsia, cherry red, purple, royal blue, celery, goldenrod, ebony, and more create the look that I call coloratura! Coloratura combined with the shape of the hexagon is farmgirl style at its best.

The hexagon, a shape that speaks the zen of the busy beehive or the wired manors of chickens (the oldest domesticated animal on earth), symbolizes the unity and structure of the farmgirl life—a framework for the proper order of things, a pattern for life. In unwritten feminine language, it is a standard for farmgirls, or for that matter, the ordinary honeybee or the hen, rank and file workers that move the work along. It says that all things are to be done decently and in order, and that small things add up.

But beware, the kinds of hexagonal medallions found in our afghan and throw rug have magical farmgirl powers ...

### Hexagon Throw Rug

100% Icelandic wool. 40" diameter.

• **Options:** The rug can be customized using different color schemes.

### Crocheted Hexagon Afghan

100% Icelandic wool. 60" x 60".

• **Options:** Icelandic wool yarn, or acrylic yarn. If you opt for acrylic yarn, the price of the afghan will be reduced \$175.00. The afghan can also be customized using different color schemes.

### Knitted Striped Afghan

100% Icelandic wool. 70" x 72".

• **Options:** Icelandic wool yarn, or acrylic yarn. If you opt for acrylic yarn, the price of the afghan will be reduced \$175.00. The afghan can also be customized using different color schemes.

## MaryJanesFarm® Rugs, Braided Chenille

### Grange Braided Chenille Rug\*

### Posy Braided Chenille Rug\*

### Wildflower Braided Chenille Rug\*

\* See the coordinating Bedding Set, under "Bedroom", "Bedding" for rug descriptions.

## MaryJanesFarm® Rugs, Tufted Chenille

### Grange Tufted Chenille Rug\*

### Posy Tufted Chenille Rug\*

### Wildflower Tufted Chenille Rug\*

\* See the descriptions under the "Bathroom", "Bath Mats" category.

# OUTPOST BACKPACKING FOOD

• **Description:** Let me introduce you to the best backpacking food you'll ever eat! From breakfasts to delicious instant pastas and grains, to soups, to unique pan-fry breads and desserts, my foods will make your next trip easy and organic—www.maryjanesoutpost.org. Available in EcoPouch™ and Do-it-Yourself Bulk packaging.

• **Options:** See the "Food Pantry" to peruse the varieties available.

# GEAR

## Outpost Fry Pan & Lid

• **Description:** When campers ask me what skillet works best for my "skillet-bake" breads, frittatas, griddle cakes, etc., I tell them about the GSI 8" Camp Gourmet Hard Anodized Extreme Fry Pan. The GSI skillet is the one to have, and I've tried them all. It has an almost-scratch-proof surface, it's lightweight, has even heat distribution, won't scorch and dish duty rarely amounts to more than a quick wipe. It doesn't come with a lid, so for that I send my customers to MSR for their Blacklite Gourmet Cookset. The MSR lid is super light weight, and has a snap-lock handle that stays up for cooking and folds down for packing. Neither of these sites offers online shopping, so you'll have to find the "store nearest you." Since I'm always trying to make things easier for my customers, I decided to buy boxes of skillets and boxes of lids and put some sets together here. Now, you can buy them from me. It's a whole lot easier.

• **Weight:** 1 lb. 5 oz.

## Outpost Jetboil

When campers ask me which stove works best for my instant foods, I tell them about the Jetboil. Jetboil, made in the White Mountains of New Hampshire, is a "personal cooking system" that integrates cookware with camp stove in one compact little unit. The cookware is a one-liter insulated cooking cup, not unlike the metal coffee thermos you might take to work every morning, with a removable cozy that reduces boil time and keeps your food warm longer. The cup has a lid with a pour spout and a hard-anodized surface that is durable and easy to clean. The camp stove is a neat little combination of a "heat exchanger," "burner base," and a 3½-ounce fuel canister. The heat exchanger directs heat into your food, not into the air, and helps keep the wind out. The burner base attaches to the base of the cooking cup, and comes with an igniter for matchless lighting. The fuel canister contains high-performance propane/isobutane fuel and can boil up to twelve liters of water, but is small enough to stow inside the cooking cup when not in use.

• **Description:** The Jetboil cooking cup has a total capacity of approximately 4¼ cups (1 liter), but is designed to boil 2 cups at a time, in under 3 minutes. 4.1" x 7.1", about the size of a Nalgene bottle.

The Jetpower Fuel Canister is not included with the Jetboil and must be purchased separately. Please note that we can only ship the Jetpower Fuel Canister via UPS Ground.

• **Weight:** 15 oz.

## Outpost Jetpower Fuel Canister

• **Description:** The Jetpower Fuel Canister contains 3.53 fl. oz. of an isobutane/propane fuel mix specifically designed for use with the Jetboil. It should boil approximately 50 cups of water (25 meals using 2 cups of water each time).

The Jetpower Fuel Canister is not included with the Jetboil and must be purchased separately. Please note that we can only ship the Jetpower Fuel Canister via UPS Ground.

• **Weight:** 7 oz.

## Outpost Jetboil Coffee Press

• **Description:** Get out the coffee grinder, because you can bring along your favorite fresh ground on your next trip. The Coffee Press lets you brew a respectable cup in your Jetboil. The Press disassembles and stows inside the Jetboil cup, but not simultaneous with the burner base and fuel canister.

• **Weight:** 2 oz.

## Outpost Jetboil Cooking Pot

• **Description:** This 1.5 liter Cooking Pot turns your "personal cooking system" into a "group cooking system". Works for simmering or frying foods. It includes a tight-fitting lid, for packing away the Fuel Canister and burner, as well as conserving heat while your noodles cook, and a plastic cover for the FluxRing coil, that can also serve as a plate or bowl. The Jetboil Cooking Pot has a total capacity of 1.5 liters (50 oz.). 4.5" x 7.1".

The Pot Support and Stabilizer are required for using the Cooking Pot with the Jetboil!

• **Weight:** 7.5 oz.

## Outpost Jetboil Fry Pan

• **Description:** Simmer, sear, sauté, stir fry ... all the sizzling sounds your Jetboil will make when equipped to seat the Fry Pan. Whether stir frying, cooking eggs or fish, or skillet-baking some of our bread mixes, the FluxRing on the bottom helps to distribute the heat quickly and more evenly, while the curved side walls ease stirring and flipping. Includes a plastic FluxRing storage cover that doubles as a plate for food-prep or eating. 8.1" x 2.2".

The Pot Support and Stabilizer are required for using the Fry Pan with the Jetboil!

• **Weight:** 10 oz.

## Outpost Jetboil Pot Support and Stabilizer

• **Description:** Some mornings nothing but Griddlecakes fresh from the skillet will do. Sometimes, you'd love to heat up a hearty pot of soup, enough to trade for some of whatever smells so good from your buddy's pan. If you're planning on using your Jetboil's 1.5 liter Cooking Pot or Fry Pan for the job, you'll need to make some modifications to your "personal cooking system". The stainless steel Pot Support and glass-reinforced nylon Stabilizer do the trick, giving the Fuel Canister a wide enough base for balance and turning the burner base into a wider platform, even enabling the Jetboil to support other pots and pans. The Pot Support and Stabilizer will stow away in the Jetboil cup, along with the Fuel Canister and burner base.

Required for using the Cooking Pot or Fry Pan with the Jetboil!

• **Weight:** 2.1 oz.

# STITCHING ROOM APRON PATTERNS

## Baby Smock Apron Pattern ★

• **Description:** Utilizing a vintage design, our Baby Smock Apron has an embroidered boy offering a bouquet of flowers to his little tow-headed sweetheart. Delicate and dainty, our baby smock apron is a good way to show off or learn basic embroidery stitches (primer included). Lace, bows and the basic “blanket stitch” finish off this apron in classic farmhouse style.

## Farmgirl Apron Pattern ★

• **Description:** We consider our one-size-fits-all (4–24) Farmgirl Apron essential gear for every farm chick, even city chicks. In fact, we love the design and fit of this everyday apron so much, we got busy and gave it “gussy-up” potential by including some dainty embroidery designs to go with it. Along with the apron pattern, you’ll receive an embroidery primer to get you primed for wearing a prim apron or two!

## Helen’s Apron Pattern ★

• **Description:** This pattern, invented by my mother, was her favorite pattern for as far back as I can remember. There’s a little secret as to why we love this type of tunic-style apron so much. For sure, it fits all sizes (4–24). The darts can simply be left out for Ohio corn-fed farmgirls like my best friend Carol. Even though Carol and I were born on the same day, our body types sure don’t match up. However, there is a little something we do have in common—we like our butts a lot... for wiping our hands on. I mean, we’re the type that needs an apron on our backside! ’Tis far better to have floured hand marks on an apron than on your dungarees!

## Lollipop Apron Pattern ★

• **Description:** Don’t ever think you’re too old to lollygag away the afternoon just hangin’ with your farmgal friends. If’n you show up wearing this special dress-up Lollipop Apron, with a velvet bow in tow, your pals will KNOW you know how to inspire farmgirl fun (the head-turnin’ kind!) WHENEVER you head out the door. (Don’t forget to bring some lollipops.)

## MaryJane’s Community Apron Pattern ★

• **Description:** While my daughter and I were on a book tour for my first book, we promoted our “Project F.A.R.M.” (First-class American Rural Made) concept by giving away a handmade apron at every event along our route. Now, you can make your own “Community Apron” by buying our exclusive MaryJanesFarm apron pattern.

## Maternity Apron Pattern ★

• **Description:** When my daughter, Meggie, announced that I was going to become a grandma for the first time, I got busy on an apron pattern that would fit her expanding figure. “Tooooooouute” we all exclaimed when Meggie (and our little growing “bean”) tried on my idea of a Maternity Apron. With two easy-to-reach ties on the back, our Maternity Apron will make any mother feel absolutely adorable.

## Mommy, Daughter, Dolly Apron Pattern ★

• **Description:** Local farmer Kate and her daughter, Avery, got us to thinking about Mommy and Daughter Aprons that also included a pattern for a Dolly Apron, given Avery packs her little friend everywhere! Her adorable handmade doll, made exclusively of natural fibers (wool/cotton/silk) is the creation of Renee Rahn from Wren’s Nest, who has been making her signature dolls for ten years. If you’re in need of a special little friend, she can be reached at 509-747-9174. Mommy Apron comes with instructions for small (4–8), medium (10–16), and large (18–24). Daughter Aprons come with instructions for small (ages 4–6), medium (ages 7–9), and large (ages 10–14).

## No Frills Frilly Apron Pattern ★

• **Description:** When I needed a wood-chopping, ditch-digging, hard-hoeing frock, I also wanted to feel “girly” in between shovelfuls. So I added a little billow of ruffle that kicks out in front of me as I walk to the task at hand, not to mention a sculpted waistband. Now, you can make your own “No Frills Frilly Apron” by buying our exclusive MaryJanesFarm apron pattern.

# CROCHET INSTRUCTIONS

• **Description:** Once you’ve begun a project using the step-by-step detailed crochet instructions in my Stitching Room workbook (see the “Library”, “Books” category), you can hit the road using my handy, printable, condensed version. Download a printable PDF of my booklet at the web address listed below, then simply print it out and cut to crop marks for your handy, 4½” x 8½” 10-page travel booklet.

<http://www.maryjanesfarm.org/categories/condensed-crochet-instructions.asp>

# HEADWRAP PATTERNS

• **Description:** In my Stitching Room workbook (see the “Library”, “Books” category), I gave you a pattern for one of my favorite simple crochet projects—a crocheted head wrap. I’m wearing one in my acknowledgments page photo at left. And since I like to match my head wraps to different outfits, I thought I’d offer you three additional patterns so you can stitch head wraps in all your favorite colors and patterns. Just follow the links on the web address listed below to see pages for each head wrap that include full instructions and photos, then print them out and start stitchin’ up a storm!

• **Options:** <http://www.maryjanesfarm.org/categories/crocheted-head-wraps.asp>

Ladder Shell Head Wrap  
Shell Stitch and Ribbon Head Wrap  
Heart Head Wrap

# WARDROBE SHOES

## Shoes by Dansko

“She is generous, funny, kind, brilliant, non-judgmental, and she has the greatest collection of shoes I have ever seen.”

— Connie Porter

I never set out to sell shoes. But like Faith Popcorn, the Nostradamus of marketing, said, in her book “EVEolution”—“When was the last time two guys got up from the dinner table together, headed for the restroom so they could talk?” Women love to share ideas and share good finds and Faith says, “Women make 80 percent of all purchasing decisions.”

My best friend CindyLou didn’t just take me to the restroom to tell me about Dansko MaryJane shoes. She bought me a pair. “You’ll love these shoes. Whenever I’m on my feet all day, my Dansko MaryJanes save me.”

Once I was “born again,” I bought several pairs more, and except for some faithful cowgirl boots and a pair of jogging shoes, I haven’t worn anything else since. I don’t know why I ever strayed. In all my childhood photos, my mother has me dressed in a pair of MaryJane shoes — even when she had me in a pair of dungarees and suspenders.

Dansko shoes aren’t cheap to buy, but that’s because they’re made to last. Save up your pennies and treat your feet to some MaryJane comfort.

There is an \$8.75 drop-ship fee added to each shoe order, as well as additional shipping.

Shoe Type	Shoe Style	Colors/Leathers
Clogs	Ingrid	antique brown/oiled; black/oiled or box; or white/box
MaryJanes	Courtney	black/leather, nubuck or oiled; brown/oiled; or white/leather
MaryJanes	Marcelle	black/cabrio; brown/latigo; or cordovan/cabrio

### • Size Conversion Chart for all Dansko shoe styles

Dansko MaryJanes are available in size US 6 and above. European sizing varies among manufacturers. In addition, each Dansko model has its own unique fit characteristics. Therefore, please refer to the size conversion chart below to determine a proper fit.

US:	6	7	8	9	10	11	12	13
EU:	36	37	38	39	40	41	42	43

“Ever notice how a pair of MaryJane shoes, even those sold in Victoria’s Secret, always share the same ‘cute’ description—‘darling, pure and simple, adorable, flirty, classic?’”

— CindyLou

# ACCESSORIES

## MaryJanesFarm® Hat Box / Pie Cozy ★

• **Description:** This unique hat box allows you to get creative. Weave ribbon in, out and around for a choose-your-own look, or leave it open (I like looking at my hats). The corded handle allows for easy carrying of either your hat or your favorite food dish to a potluck party. Visit our website for instructions: [www.maryjanesfarm.org/hatbox](http://www.maryjanesfarm.org/hatbox). 12"W x 7"H. 1 lb. 10 oz.

## MaryJanesFarm® Hat Stand ★

• **Description:** Display your hats with our farmstyle hat stand. 7"W x 14"H. 8 oz.

# BED & BREAKFAST STAYOVERS

A StayOver at MaryJanesFarm is a stay off the beaten track. Experience rural life in a rustic environment with no electricity or phones. Relax and bask in the peace of the surrounding hills. Lend a hand with the many changing activities of the farm. Walk, hike or bike on the many miles of scenic back roads and trails.

Breakfast is included in the price of a night’s stay. It consists of fresh eggs, a selection of our cereals, fresh fruit, and a beverage. There are many choices for lunch and dinner. You may bring your own food to fix (each tent now has an outdoor kitchen consisting of a hotplate, campfire and vintage kitchen sink); purchase from our organic u-pick gardens or line of organic dehydrated foods; or travel into Moscow (a 15 minute drive).

Reservations for the Bed & Breakfast are available May 1 – July 15, and will be accepted beginning January that same year. There is a minimum stay of two nights. A deposit equivalent to one night’s stay is required. The deposit is applied to the last night’s stay. Your reservation may also be held with a visa or mastercard. A confirmation will be sent upon receipt of deposit. Deposits are only refunded with a notice of seven days prior to the scheduled date of arrival. We reserve the right to withhold your entire deposit if less than seven days notice is given for cancellation.

The price for a stay depends on the day of the week that you reserve. The price for all stays includes breakfast, a 6% sales tax and a 2% travel and convention tax.

Check-in is at 3:00 P.M. and check-out is at 11:00 A.M.

### Wall Tents

• **Description:** 12' x 14' canvas tent, 1 full size bed with down pillows and comforter, wood stove, wood floors, and an outdoor kitchen and firepit

All guests use an outhouse and shower in our one-of-a-kind farmgirl showerhouses.

Thanks for stopping by, and please come visit us again soon