

HOW TO PRINT THESE PAGES TO FIT YOUR MERIT BADGE BINDER

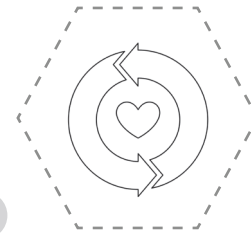
Print this document with duplex settings (front & back).

Print it with top-to-top settings (printer flips the page on the short edge).

Cut the paper in half on the dotted line at the center of the page and hole-punch the light grey circles.

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CLEANING UP Living Zero Waste

Please note, in order to apply for any level of this badge, you must have earned all three levels of the Path to Zero Waste Merit Badge in Cleaning Up.

Beginner

- Complete the Path to Zero Waste Merit Badge.
- What are the 5 Rs of zero waste?
- What are ways you can practice each of the 5 Rs?

Intermediate

- In the Intermediate Level of the Path to Zero Waste Merit Badge, you performed a waste audit and named three significant things you learned. Enact solutions for reducing your waste in each area you identified. To work on making these solutions permanent, continue to practice these solutions for one month.
- When shopping for material goods, make secondhand/thrift stores your first choice, wherever possible and/or feasible. Before purchasing an item, consider the longevity of the product, and if it's something you truly need. Is this item built to last or able to be repaired? Is it recyclable/compostable/biodegradable?
- Whenever parting with material goods, consider the best ways to do so (some examples include clothing exchanges with friends, donating to a local cause or secondhand store, recycling or repurposing old kitchen containers, and so on). Get creative with it!

Expert

- Single-use items are quite common these days, from takeaway beverage cups, to plastic bags, to menstrual products, to grocery packaging. Identify four single-use products you use in your daily life and replace them with reusable, recyclable, or compostable alternatives.
- While the initial investment of replacing single-use items can be higher, over time, reusable alternatives can save money. Calculate the true cost of the four items you replace. For example, if you replaced buying bottled water with a water filtration pitcher or a reusable water bottle (or both), how much will you save over the lifespan of the filter or reusable bottle?
- Recycle and compost as much as possible and/or feasible.
- Share what you've learned with at least two friends or neighbors.

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GARDEN GATE

Permaculture

Beginner

- What is permaculture?
- What is a closed-loop system?
- How can instituting permaculture practices be beneficial to your home garden?
- Research common permaculture methods, such as lasagna gardening, *Hügelkultur*, and rotational grazing.

Intermediate

- What do guilds in permaculture refer to? Why are they important?
- Where can you apply some of the ideas and techniques you've researched in your home garden or yard?
- Now that you've identified an area where you can institute some permaculture practices, develop a plan and go for it!
- How did it turn out? What did you learn in the process?

Expert

- Look to apply what you've learned about permaculture to a larger scale by researching the landscaping practices in your town or city. Is there a public space that could benefit from employing permaculture practices?
 - If there is a public space you think would benefit from permaculture practices, get involved! Go to city council meetings and lobby for it to happen at the public space you've identified.
 - If you're unable to identify a nearby public space that would benefit, do you have a neighbor you can share what you've learned with and help them set up some practices that would benefit their landscape?
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FARM KITCHEN

MaryJane's Better Butter

Beginner

- Before you dive in, learn about the best sanitary practices for handling cream and butter. What is the shelf life of homemade butter, and what is the best way to store it in the short and long term?
- Research the history of butter. What are two fun facts you learned?
- Learn about the different methods for making butter at home. Which one appeals to you the most? (MaryJane's book, *Milk Cow Kitchen*, contains information on common methods, as well as factual tidbits and recipes for making delicious butter at home.)

Intermediate

- When you make butter, cream is agitated until the fat solids separate from the liquid. This liquid (sometimes referred to as buttermilk or whey) has many uses in the home kitchen. What are some ways you can use the leftover liquid?
- Why is washing and kneading butter important? How do you know when your homemade butter has been sufficiently washed and kneaded?
- What is the difference between sweet cream butter and cultured butter?
- Now that you've done your due diligence, whip up a batch of butter. How did it turn out? What did you learn about the process?

Expert

- Put your homemade butter to work in the kitchen. Use it in three different recipes, such as compound butter (recipes can be found in MaryJane's book, *Milk Cow Kitchen*), in roux for gravy or sauce, in a batch of cookies, or challenge yourself and learn how to make laminated dough.
 - Share what you've learned on the Farmgirl Connection or with two friends.
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OUTPOST

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