



# Wild Flower

GROW INSPIRED



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## Welcome to Wild Flower

By Kristen DeAnn

“With the start of 2025, I am again inspired to start something new.”

When the calendar turns over to a new year, I often get motivated to start something new and take a risk. A year ago, in January 2024, I was inspired to increase my creative writing output. I wanted to go from having no short stories to having at least a few. So I asked a friend to be my editor/deadline/accountability person, and I created a calendar of content that would be due to her over the course of the year. I stuck with my promises and delivered a short story or collection of poetry each month. She provided feedback on my stories; but more than that, she provided me with an audience. To my great satisfaction, at the end of 2024, I had eight\* short stories, one personal reflection essay, and two poetry compilations (\*oops, I didn't submit a story in August—I was out of town—but still).

Fifteen years ago, I published 30 issues of a PDF newsletter for a moms group I attended. It was simple and built on a repeating template of content, relying heavily on stock photography. People loved it! They looked forward to it, because it was appealingly designed, and it featured other women and their thoughts and ideas, as well as favorite recipes. Content was light and included helpful tips and encouragement.

With the start of 2025, I am again inspired to start something new after reading **Born for This**, by **Chris Guillebeau**. Chris recommended I make a list of everything that interests me. Then I could look for overlap and adjacencies to give direction in pursuing a venture. My list was all over the place! I'll be vulnerable here and show you a condensed version of my list of interests:

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- Writing stories (horror, humor, interviews)
- Reading
- Design
- 1990s nostalgia
- Running
- Creating roller skate costumes
- Shopping online
- Having a good marriage
- Cooking/trying new recipes
- Saving money/making money
- Finding cool clothes/styles
- Wearing comfortable shoes
- Making food/meals from scratch
- Finding new ways to be efficient
- Meeting new people, making new friends
- Organizing photos
- Being a great mom!
- Interviewing interesting people
- Discovering awesome western/boho turquoise jewelry

When I read back over my list, I thought: how could I launch some kind of endeavor that would bring together some, if not all, of these interests? That's when I had this idea for creating a digital publication/journal for writing, inspiration, and connection with friends. A relaunch of sorts of my previous publication. I'm guessing that you, like me, enjoy finding inspiration. I'm often interested in what other women are listening to, or where they like to find bargains, or what they've been cooking lately. Maybe you're interested in these types of things, too. If you're looking for an uplifting, positive essay or story, you're in luck, because that's also what I'll be including in this journal. I'm also going to feature some artwork and original photography, and I'll be starting with my daughter's work, because if I ask nicely, she'll hopefully let me include it.

*WildFlower is a monthly publication featuring writing, interviews, stories, designs, observations, recommendations, encouragement and reflections on faith and creativity.*

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I wasn't sure at first how exactly to describe this journal or into which category it should fit. I named it *WildFlower*, because it's unexpected, a little rough perhaps, still a work in progress, but beautiful. I know it's for women, and it will be positive, uplifting, and include mention of faith and spirituality in connection with how creativity is sparked and nurtured. Each month, I'll feature an interview with another woman—starting with friends of mine. Here's a rough plan for what each issue will include:

*WildFlower: Grow Inspired*, a monthly publication

- Message from the editor/publisher (me)
- Artwork
- Song/album/playlist
- Recipe
- Interview with a friend
- Short story or essay
- Poem
- Shopping round-up recommendations
- Closing

In his book, Chris Guillebeau wrote that in starting something, one doesn't have to produce perfection. One just needs to put something out there. There might be bumps and redirects along the way, but at least it's being produced! Likewise, when I told my husband I wanted to do this, he encouraged me, and he said, "Whatever you do, don't just talk about it and do nothing. Avoid paralysis by analysis! Do it!"

At the end of 2025, I want to be able to look back and be proud of each issue of *WildFlower*. I invite you to join me. Thanks in advance for your support! Is it ambitious? Yes. Sustainable? Hopefully. Impossible? Of course not!

What about you? What are you endeavoring to accomplish in 2025? ✨

# Inspiration: Poetry

With thanks to Erika H.

## You Say

Elsa Gidlow

You say I am mysterious.  
Let me explain myself:  
In a land of oranges  
I am faithful to apples.


## Perseverance

Marin Sorescu  
(translated from Romanian)

I shall look at the grass  
Till I obtain the degree  
of Doctor of Grass

I shall look at the clouds  
Till I become a Master  
of Clouds

I shall walk beside the smoke  
Till out of shame  
The smoke returns to the flame  
of its beginning

I shall walk beside all things  
Till all things  
Come to know me 



Artwork by Blair H.



## Recipe: Quick Weeknight Enchiladas

My go-to recipe inspiration in [Allrecipes](#). I can usually find something to help me get a meal on the table. Recently, I tried this recipe for [Weeknight Chicken Cordon Bleu](#). I've made a few times now, and my family loves it! It's delicious! Check it out!

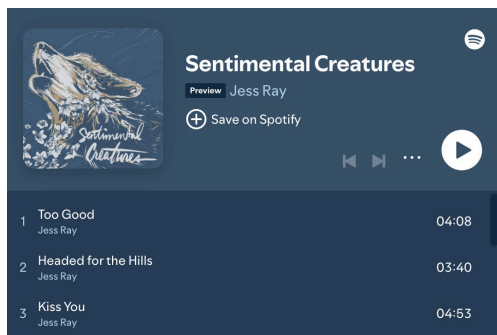
I also have a few standby recipes that I've used many times over the years. The following is so easy I have it memorized. It's adapted from a recipe in a booklet published by Kraft Foods, Inc. in 1999.

1 lb ground beef	8 oz cheddar cheese
1 16 oz jar of salsa	8 flour tortillas

Preheat oven to 350 degrees. Pour 1/4 of the salsa into a 9x9" glass dish. Brown ground beef completely in a pan on the stove. Stir in half of the remaining salsa and half of the cheese. Stir to combine. Spoon 1/4 cup of beef mixture into each flour tortilla. Roll the tortillas and place them side by side, seam down, into the prepared 9x9" dish until filled. Top with remaining salsa and cheese. Bake uncovered for 20 minutes. *For extra protein, you can add a can of rinsed black beans to the beef mixture prior to placing in tortillas.*

## Recommended Listen: Jess Ray

Every January—after Christmas music winds up—I listen to this album by Jess Ray. It’s so encouraging, and the album is “listenable.” I can have it on in the background without the need to skip a song. Give it a try! ♡



## Shopping: Totty Vintage

A few years ago, I discovered **Poshmark**. I’ve long loved to shop vintage and thrift. I’ve sold and shopped on Ebay. But Poshmark is an amazing community of sellers and shoppers! What I like about shopping second-hand or new-to-me is that many things are hardly worn at all, and it’s not only saved from eventually clogging a landfill, but it’s also deeply discounted. It feels so right!

I maintain my own Poshmark closet and have sold quite a few things. I’ve also had many pleasant transactions with other poshers. I wanted to recommend a closet I came upon recently: **Totty Vintage**, @tottybucket, out of Snoqualmie, Washington. SO MUCH GOOD STUFF!

**This leather belt bag!**

**This silk blouse!**

**This black dress, new with tags! (I wish I could wear black!)**

**This prairie skirt!**

**This cotton jumpsuit!**

Check out Totty Vintage’s entire closet here! ♡

## Jewelry: Peace, love and turquoise at Nana’s

We’re almost to the end of this issue, and I know you’re asking yourself, “But Kristen, you haven’t included ANYTHING related to western-boho-chic-turquoise!”

I haven’t forgotten. Roller skating costumes and 90s nostalgia will have to wait for another issue, but I do have a recommendation for all your turquoise-boho needs. I love to browse **Nana’s Jewelry**. I

first encountered her work over a decade ago when I purchased some running jewelry from her. Her creations are gorgeous. Check out this **mountain jasper ring!** ♡

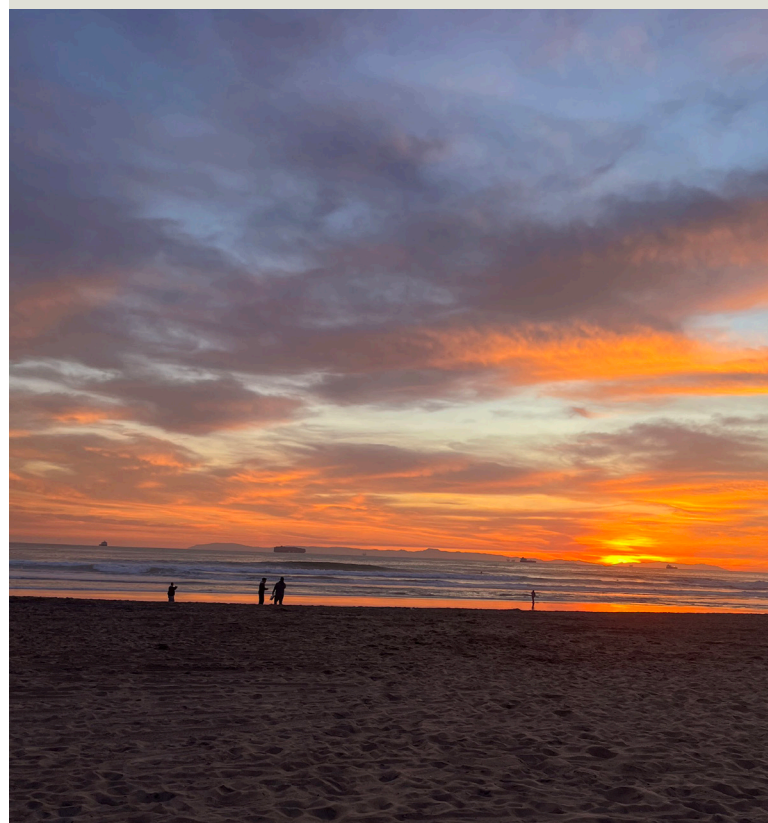


Photo by Blair H.

## The End: Until Next Time



Well, there you have it. The debut issue of *WildFlower*. I hope you’ve enjoyed. I plan to be back next month with a cool featured interview with someone I’d love for you to meet, as well as some original essays, writings, and inspiration. If you’d like to submit content or ideas, please reach out to [editor@wildflowerjournal.com](mailto:editor@wildflowerjournal.com). ♡