

CRISPY APPLE CHIP SPINACH SALAD

Adapted from earthfoodandfire.com

Dressing

1 c olive oil
¼ c balsamic vinegar
½ c cranberry sauce
1 Tbsp dijon or yellow mustard
pinch of salt

Salad

1 bag spinach
1 c cherry tomatoes, halved
¼ c feta, crumbled
¼ c pecans, toasted
1 bag dried apple chips

1. Make your cranberry balsamic vinaigrette by adding all the dressing ingredients into a blender or food processor and mixing until smooth and creamy. Season to taste with salt and pepper.
2. Layer the various toppings (minus the apple chips) on top of the spinach in a pack-and-go container for later, or in a plate or bowl to be served right away.
3. Add the crispy apple chips to the salad just before serving to keep them as crispy as possible. Drizzle the salad with the cranberry salad dressing and serve.

MISO MAPLE TAHINI MURASAKI SWEET POTATOES

Adapted from walderwellness.com

Sweet Potatoes

2 Murasaki sweet potatoes,
washed
2 Tbsp olive oil
salt and pepper to taste

Tahini Dressing

¼ c tahini
1 ½ Tbsp miso paste
1 Tbsp maple syrup
¼ tsp garlic powder
2 tsp lemon juice
2-3 Tbsp hot water

1. Start by preheating your oven to 400°F. Line a large baking sheet with parchment paper.
2. With the skin on, cut sweet potatoes into 1" pieces. Place the pieces on your baking sheet. Toss with olive oil, salt, and pepper. Spread them out in a single layer, leaving room between each piece.
3. Roast in the oven for 25-30 minutes, until sweet potatoes are lightly browned and fork-tender.
4. While the sweet potatoes are cooking, make the miso maple tahini dressing by whisking the dressing ingredients together in a small bowl. Adjust seasonings to taste, then set aside.
5. Remove sweet potatoes from the oven. Transfer to a serving plate or bowl. The tahini dressing can either be drizzled on top of the roasted sweet potatoes, or served alongside them as a dip. Garnish with fresh pepper as desired. Serve hot.



WINTER + SPRING NEWS

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hello@elmwoodstockfarm.com | 859.621.0755



LEAFY GREENS

Store unwashed in original bag, or chop, wash, and dry with a salad spinner, and return to bag with a dry paper towel to absorb moisture. Always refrigerate.



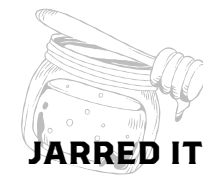
CABBAGE, CARROTS, WINTER RADISHES, AND BEETS

Store in the cold area of the fridge; these will keep a long time.



WINTER SQUASH

Store in a cool, dry location, but don't let them freeze; once cut, refrigerate and use within 5-7 days.



JARRED ITEMS

Favorites like Honey, Diced Tomatoes, Marinara, BBQ Sauce, Kvass, Ferments, or Salsa can round out your pantry and compliment your meats and veggies.



SWEET POTATOES

Store sweet potatoes at room temperature and they will keep for weeks or even months.



FRESH HERBS

Place in water in the refrigerator.

SNOW PLACE LIKE THE FARM

While kids and teachers were wrapped up in blankets for their NTI days this past week, the farm was covered in a thick white blanket too. Could it be a harbinger of more to come, or was it the biggest snow all year—no telling.

I understand why the center of a beef roast keeps getting hotter after it comes out of the oven, but not why it takes so long after the shortest day of the year in December for the earth to start warming up again.



COLD? NO PROBLEM FOR SHEEP

With most of the plant kingdom dormant—still requiring harvesting and packing, but less fieldwork overall—we shift some attention to livestock. People (myself included) get concerned about the animals, especially the sheep and cattle, when the temperatures drop like they did. Frankly, the sheep prefer to be blanketed in snow rather than drenched in 33-degree rain. Their wool insulates them from snow where a cold rain would soak through.

I've watched them each day pawing the snow to get to the grass underneath, their favorite.

They haven't been swarming me when I feed the laying hens, and they haven't shown above-normal enthusiasm about the hay I've offered them. These signs indicate they are doing just fine.

Last fall was breeding season for the sheep, with two sets of rams and 40 or so ewes. I intentionally waited 'til after Halloween to put the ewes and rams together so the lambs won't come 'til end of March when winter is supposed to be over.

With a relatively minor contribution to producing the next generation compared to the ewes, each ram does play a critical role. It's hard to know now if they were performing their duties back then, but spring will be here before we know it.

CALVING IS A FALL JOB

Unlike the sheep flock, calving season for the cattle herd ended back in November. John wants to catch each newborn before they get their legs under them so he can get identification tags in its ears. Trying to catch a larger calf, even one only a few days old, gets them excited and afraid of people. He'd much prefer to take care of this in the fall before winter weather sets in.

Because it takes a little while to raise grass-fed, grass-finished cattle to market weight, it will be another two

years before John can confirm which of his breeding pairs made the best grass-fed beef.

Over generations, he has bred for a squatter body frame that will finish nicely on grass. Taller, long-framed animals are the industry standard, but they must consume lots of grain to develop into USDA Choice-grade beef which is not the best for the cattle. Preparing for the snow meant a few extra outdoor jobs.

PLANTS ARE A DIFFERENT STORY

Our crops growing in the high tunnels are insulated from the cold by the structure above them, but we reinforce them with extra lumber to keep the structures from being damaged under the weight of the snow.

We also setup wire hoops to hold blanket-like row covers over the plants, and when temperatures really plummet, we use a "salamander" heater to keep the space warm. All the plants in the high tunnels looked as bundled-up as I did last week. We did see negative temperatures one morning which is not good for any living thing. The animals fared well and we are thankful our preparations of extra feed, wind breaks, and access to shelter paid off.

Crop assessment is underway in the greenhouse and high tunnels and it will be a few more days before we know what plants succumbed to the cold. The firewood fort around the edge of

our side porch is comforting this time of the year. This year's fallings are curing nicely off the porch for next year.

All my cap lights—extremely lightweight to clip to the bill of my Kentucky Proud and Elmwood Stock Farm hats—have good batteries in them. The short days of winter means more walking around in the dark, both mornings and evenings, as the animal chores must be done. I don't plan to go through life without several of them in wintertime, plus I'm all ready for the next round of snow.

-Mac Stone

VISIT US THIS WINTER

Georgetown, Elmwood Stock Farm

Enter at 3636 Paris Pike,
Mon-Fri 9am-5pm
Tuesday, open til 6:30pm

Lexington Farmers Market

Greyline Station,
101 W Loudon Ave
Saturdays, 9am-1pm.

Cincinnati Winter Farmers Market

MadTree Brewing,
3301 Madison Rd
Sundays, 10am-1pm