

POTATO-KALE CASSEROLE & EGGS

Adapted from NYT Cooking

2 lb Golden Potatoes	2-4 tbsp milk, as needed
1 tsp salt (divided)	1 cup shredded cheddar (divided)
6 tbsp butter (divided)	salt and black pepper
1 c thinly sliced onion	4 large eggs
1 tsp chopped thyme leaves	2 tbsp minced chives
1 bunch Kale, remove stems & chop	

1. Heat oven to 400 degrees F. In medium pot, combine potatoes and ½ tsp salt. Add enough water to cover by 2 inches. Boil until fork tender (15-25 minutes). Drain.
2. In large skillet over medium-high heat, melt 2 tbsp butter. Add onion, thyme, ½ tsp of salt. Sauté until onions are golden brown (10-12 minutes)
3. Add kale, cook until wilted (7-12 minutes). Add water if pan looks dry.
4. Add potatoes, mash with kale to your preference. Add milk, remaining butter, and ½ cup cheese. Add pepper and salt to taste.
5. Using a spoon, smooth potato mixture and create 4 large shallow divots. Crack 1 egg into each divot. Sprinkle eggs with salt. Top skillet with remaining cheese.
6. Bake for 13 to 18 minutes or until egg whites are set and yolks are cooked to taste. Top with chives and serve.

ONE-POT CAJUN SAUSAGE AND RICE SKILLET

Adapted from Budget Bytes

14oz Andouille Sausage	½ tsp dried oregano	15 oz. fire roasted diced tomatoes
1 tbsp cooking oil	½ tsp dried thyme	1 cup long grain white rice
1 bell pepper, diced	¼ tsp onion powder	1 ½ cups chicken broth
1 tsp smoked paprika	⅛ tsp cayenne pepper	2 green onions
	⅛ tsp black pepper	

1. Slice sausage into 1/4-1/2" thick slices. Add cooking oil to deep skillet or dutch and sauté sausage over medium heat until browned.
2. Add bell pepper, continue to sauté for 1 minute.
3. Add spices and toast them for another minute.
4. Add fire roasted diced tomatoes without straining, rice, and chicken broth to skillet. Stir to combine and dissolve any browned sausage at the bottom.
5. Place lid on skillet and bring to a boil on medium-high. Then turn heat to low and let simmer for 20 minutes.
6. Remove skillet from heat and let it rest 5 minutes. Then remove lid and stir to recombine. Top with chopped green onions and serve.



WINTER + SPRING NEWS

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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.



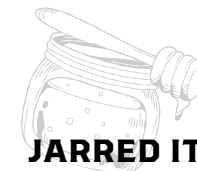
CABBAGE, CARROTS, WINTER RADISHES, AND BEETS

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 months.



FRESH HERBS

Place in water in the refrigerator.

THE MIGHTY OAK

While Elmwood Stock Farm is endowed with some magnificent bur and chinquapin oak trees that anchor us to the earth, the OAK I reference here is an acronym for the Organic Association of Kentucky (OAK). The founding members felt the good karma when pitching names for the yet-to-be-formed association of Kentucky farmers helping each other be better organic farmers. By-laws were drawn up, lone wolf university folks snuck us out some information, and pretty soon we had a critical mass. The acorn had taken root. Last weekend, Kentucky State University's Harold R. Benson Research and Demonstration Farm in Frankfort was overrun with hundreds of organic farmers, organic eaters, and university folks who wanted to connect, be informed, be encouraged, and be inspired. This was the 15th year!

In the early days, we were appointing whoever missed the meeting to be the Secretary or Treasurer. But also in those days, we literally passed the plate (okay, it was a hat) to put on a big spring meeting. Not only to learn, but laugh, swap lies, break bread, and generally recharge our agrarian batteries ahead of another growing season. People sometimes forget that farming can be an isolating profession if you're not careful. It's not easy to each do our own thing, find our own customers, figure out how to get the work done, and pay all the bills. There is comfort in numbers. Our first attempt at a large gathering was energized by reach-for-the-sky optimism that others would follow.

They have, and the OAK conference has gotten bigger and better every year.

As organizers, we got our 501(c)(3) not-for-profit business status lined out, started to write grant requests, and sought private donations to build programs designed to fundamentally change organic food production in the Commonwealth. We developed consumer-facing educational programming along with resources for conventional farmers to help them transition to organic systems of growing. Thanks to a significant commitment from the Owsley Brown Foundation, the association was able to hire an awesome full time Executive Director, Brooke Gentile, who continues to lead the organization in setting deep roots throughout the community while spreading a canopy to care for us all.

Today, OAK has a dozen full-time employees, puts out newsletters, and offers mentorship programs, consultation services, conservation initiatives, and more. One of OAK's signature projects is the organic transition trainer program. Through this program, a trained individual will come visit your farm to explain the regulatory hurdles and share resources with you on how to get started. Your trainer will continue communications with you throughout the growing season and gladly usher you through the organic certification process. Any and all farmers looking to manage their land in a more environmentally conscious manner are welcomed!

The beauty of being a part of the sustainable farming movement is the sharing and caring we have for each other. In a different industry, it might be counterintuitive, but we know our business will be stronger if there are more certified organic farmers, even if they are growing the same things we grow. New farmers bring new customers and education spreads. We're glad to share what we've learned over the years, and we also know we will learn something from folks we meet at the OAK conference that will benefit us.

OAK has taken the leadership role in developing the Kentucky Farm Share Coalition (KYFSC). This workplace wellness program incentivizes businesses and agencies to partner with local farm CSA programs for the benefit of their employees. It's an attractive opportunity for employers for several reasons:

It's a unique employee perk that can distinguish your workplace from others. But it also helps the bottom line – supporting your employees' healthy diets means they spend more time at work and less time at the doctor's office. Research from U of Ky. has shown that employees spend less money on doctor visits and pharmaceuticals after having participated in an organic CSA program. If you think your business would benefit from a program like this, let us know and we will gladly set up a meeting. John and I were both on the agenda for this year's OAK conference held last weekend. John

was on the farmer panel and shared his grazing plan for 100% grass-fed cattle. I, along with Dr. Tamara Horn Potter, shared the benefits of beekeeping on an organic farm. Dozens of other farmers shared what they know with their fellow farmers, or farmers-to-be. High caliber speakers came in from around the country and the trade show displayed the newest technologies available while various "ologists" and extension agents made sure we were scientifically sound.

Laughter was heard around the tables as people came together over farm-to-table meals. Seeing how far OAK has come in a few short years is encouraging to the soul. Hanging out, sharing stories, and learning a thing or two always revs me up for the coming year.

-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.

Hyde Park Winter Farmers Market

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