

CRISPY BONE-IN CHICKEN THIGHS

Adapted from Family Style Food

8 Bone-In Chicken Thighs	2 tbsp of your favorite all-purpose seasoning
kosher salt	1 tbsp extra virgin olive oil
freshly ground black pepper	

1. Place the oven rack in the center of the oven. Preheat the oven to 425°F.
2. Choose a rimmed baking sheet pan just large enough hold the chicken without crowding (approximately 13"x9"). Line it with parchment paper or foil.
3. Pat the chicken as dry as possible on all sides, to allow skin to crisp. Put the chicken thighs on the sheet pan. Sprinkle salt, pepper, and the seasoning blend evenly on both sides of chicken. Arrange the pieces skin-side up and drizzle about a tablespoon of oil over them.
4. Bake 25 minutes, or until the skin is puffed and golden brown. The internal temperature of the chicken should register 165-175 (76C) degrees on a meat thermometer.
5. Serve the chicken with the pan juices spooned alongside.

SPICY DAIKON RADISH FRENCH FRIES

Adapted from Cooking on the Weekends

Seasoning	Fries
3 ½ tbsp grapeseed oil	5 cups (about 1 ¾ lbs) Daikon Radish,
1 ½ tsp chili paste	peeled and sliced
1 tsp tamari or soy sauce	
½ tsp ginger, freshly grated	
½ tsp granulated sugar	
½ tsp kosher salt	

1. Preheat oven to 475°F, adjust rack to the center.
2. To make seasoning, in a small bowl, combine oil, chili paste, tamari or soy sauce, ginger, sugar and salt.
3. Cut the Daikon into 3 inch long sections, then cut about ¼ inch slices off the side of each one to make a base. Stand the sections on their bases and cut them vertically into ¼ inch thick slices. Stand these slices on top of each other and cut them into sticks about ¼ inch thick. Add all Daikon slices to a baking sheet and set aside.
4. Drizzle seasoning over Daikon and use hands to toss them until evenly coated in a single layer.
5. Roast on center rack until golden brown on all sides, about 30 minutes. Flip them halfway through.
6. Drain. Set fries on paper towels to collect excess oil. Let cool and serve.



WINTER + SPRING NEWS

Feb 16-Feb 22, 2026

Week 6 of 18

Volume 23, No. 6

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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, HAKUREI, 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 freeze; once cut, refrigerate and use within 5-7 days.



JARRED ITEMS

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



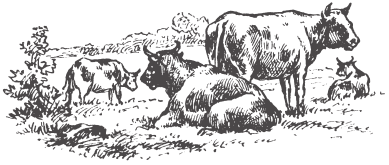
SWEET POTATOES

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



FRESH HERBS

Place in water in the refrigerator.



COWS GROW CROPS, TOO

When our farm guests arrive to tour Elmwood Stock Farm this spring, they will see our large, rectangular, darker-green alfalfa fields, lots of grass, a few vegetables, and some cows out in a field—or evidence that cows have been in the area recently. Without really thinking about our farm as a whole system, these elements seem unrelated. But as an organic regenerative farm, our cattle are actually vital contributors to the health and quality of our crops.

Our various groups of cattle are moved from field to field, avoiding the vegetable and crop fields—even the alfalfa hay fields. The alfalfa fields are cut for hay three or four times per year, yielding tons of nutritious cattle feed for winter.

As a legume, alfalfa has a symbiotic relationship with a strain of bacterium that pulls nitrogen from the air and deposits it into the soil around the plant's roots. This natural fertilizer is what gives the plants that darker green color. When properly dried by the sun, the nutrients are captured in a stable condition, known as hay, for long-term storage. This hay is then fed to the various herds of cattle in the winter on the land that will be cropped the following spring.

This is an effective way to move nutrients from one area of the farm to a field where they nurture the animals and then contribute to soil fertility. The large, round hay bales are unrolled so all animals can eat at once, and each feeding is in a different section of the field to uniformly deposit the nutrients as they pass through the animals.

In this way, the cattle are working to build fertility in a system that requires few off-farm inputs other than tractor fuel.

Cattle are also a critical component of our weed-control strategy. Cattle selectively graze plants they desire and leave others behind. As the animal groups move about the farm through the season, they encounter weeds at various stages of maturity. Some weeds they really like when young and tender, but not when they become tall and tough or grow spines; however, they are often seen stripping seeds off the tips of the plants as they ripen. There are times we have seen them devour spiny thistles, much to our liking, but other times, they avoid them. Cattle instinctively know what they need to meet their energy or protein requirements, so by offering them a nice mix of plants, each with differing nutrient profiles, we allow them to selectively graze what they need.

Even some weeds considered poisonous get eaten in small doses—we think this is a way they naturally purge parasites from their system, but we're just guessing on that one.

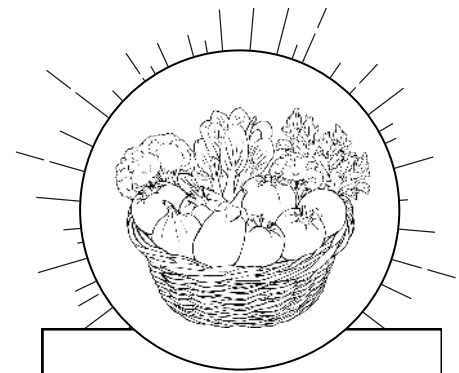
Even the rough weeds they don't eat get trampled in the process of them eating the good ones. All this helps keep the weeds in check. We also employ them to consume or trample weeds in the crop fields in the fall, after all the crops have been harvested.

While each farm element looks like its own, separate entity, they're actually all inter-related, with the cattle being a major connecting point.

In a way, we consider ourselves grass farmers. Our daily livestock-feeding decisions are all about how much grass there is in a particular field, how much grass should be grazed and how much cut for hay, how mature are the plants, how much rain are we getting to predict regrowth after grazing. By simply moving the cattle, we allow them to do most of the work. The other beauty of all this moving cattle around? It eliminates the need for synthetic chemical parasiticides, because they don't have internal parasites to deal with.

If you get a bunch of cattle farmers together, the phrase “workin’ cattle” means herding them into a corral to give them shots. At Elmwood Stock Farm, it means they're the ones doing work to help us grow vegetables and convert forage into food. The next time you enjoy some of our grass-fed, certified-organic, USDA Choice, dry-aged Angus beef, just remember how integral it is to our whole farm-management system.

Mac Stone



WIN A FREE CSA SHARE

Feb 16-20 is Kentucky Proud CSA Week! To celebrate the connection we have with you, we're giving away One Free Mini Vegetable Summer Share!

New and current subscribers alike can participate! If you've already purchased a Summer CSA Share, you can still enter to get the value of a Mini Veggie share returned to you!

- Refer a friend to get an extra entry!
- Entries close on Sunday, February 22 at midnight.
- We'll announce the winner on Monday, February 23!



Scan to complete the entry form, or visit the address below.

tinyurl.com/CSAWeek