

SPICY TURKEY STIR-FRY WITH CRISP GARLIC AND GINGER

Adapted from NYTCooking

2 tbsp grapeseed oil	1 lb ground turkey
4 garlic cloves, thinly sliced	2 tbsp lime juice
2 inches of ginger, cut to matchsticks	1 tbsp fish sauce
Fine sea salt	½ tsp soy sauce + more to taste
2 tbsp coconut oil	½ tsp honey
3 scallions, white and green separated, thinly sliced	cooked rice for serving
	⅔ cup cilantro leaves for serving

1. In a cold 12-inch skillet, combine oil, garlic, and ginger. Place over medium heat until sizzling, then stir frequently until golden brown (5-7 minutes). Transfer with a slotted spoon to a plate and sprinkle with salt.
2. Add coconut oil to pan and stir in scallion whites. Cook until browning (~2 minutes). Stir in red pepper flakes and cook for 1 minute.
3. Stir in turkey and raise heat to medium-high. Cook and break up the meat with a spoon until golden (~7 minutes). Don't stir too much.
4. Remove pan from heat. Stir in lime juice, fish sauce, soy sauce, and honey. Taste and adjust to your liking.
5. Mix ⅔ of fried garlic and ginger into the turkey. Serve over rice and top with scallion greens, cilantro, and garnish with the remaining ginger and garlic.

BUTTERNUT SQUASH PIE

Adapted from AllRecipes

2 nine-inch prepared pie crusts	1 tbsp butter
2½ cups cooked butternut squash, cubed	1½ tsp ground cinnamon
5 large eggs	1 tsp salt
1½ cups brown sugar	1 tsp ground ginger
1 cup heavy whipping cream	1 tsp vanilla extract
2 tbsp all purpose flour	¾ tsp ground nutmeg
	½ tsp ground cloves

1. Preheat oven to 375°F. Line the bottom and sides of 2 nine-inch pie plates with prepared crusts.
2. Blend butternut squash, eggs, brown sugar, heavy whipping cream, flour, butter, cinnamon, salt, ginger, vanilla extract, nutmeg, and cloves in a blender until smooth.
3. Pour into pie crusts. Bake in the preheated oven until the pies are set in the middle, about 35 to 40 minutes.
4. Let cool 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.



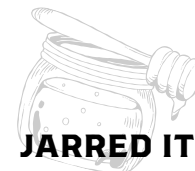
CABBAGE, CARROTS, WINTER RADISHES, HAKUREI, AND BEETS

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.



HOW DOES ORGANIC WEED CONTROL EVEN WORK?

We have a weed management strategy at Elmwood Stock Farm, that does not involve mixing toxic synthetic chemicals with water and spraying them around the farm. However, it does require understanding biological principles and using herbivores and cutting tools to restrict the weeds' over-reaching desire to proliferate.

Our approach unfolds across three primary settings: pasture and hay ground, crop fields, and farmsteads. As always, it comes back to biology. We understand these weeds well — we've observed them for generations, just as we observed the generations before them. They show up at the same time every year, consummate opportunists. They appear in all manner of ways, in all shapes and sizes, ready to reproduce. We can predict what we are up against. We make sure to have our tools ready.

Herbivores are tool number one. Cattle, and sheep will consume, even seek out particular weeds, as part of their grazing behavior. When young and tender, most all weed species are palatable to livestock, including pigs and poultry.

Knowing all plant species have unique nutritional components, the animals have access to a richer diet than grass and clover alone.

Because of the rotational grazing system, many of the weeds get past the cute little phase and erupt into full-fledged plants. Cattle and sheep will still eat the leaves, generally from the top down, with a few exceptions like thistles.

If the weed plants make it all the way to flowering and seed formation, some flowers get eaten, and ripe seeds are stripped off. For anything that gets by the livestock, we can come behind with a bush-hog and decapitate. So the animals do their part, and we do ours, but there is always a next generation.

In crop fields, the perennials are incorporated into the soil, giving every weed known to our area an open invitation to grow up and reproduce. After deep plowing and a couple of diskings, our seeds or transplants go out with all the competition temporarily destroyed. The crop plants get established before the weed seeds germinate, triggered to do so by the cultivation itself.

Depending on plant vigor, size, soil conditions, and the weather forecast, we now have a plethora of steel tools and implements to physically rip them up by the roots, or bury them forever. Each year we hope for timely rains for the crops, and timely dry spells to tractor cultivate between the crop rows.

Some places will be a little hairy because the timing will be off; others will be chopped out with a hoe along the row and between the plants, with the heavy equipment to come out the next time it dries out.

Cultivating a weed like Johnson Grass can actually cause it to spread, because if you break the clumps up, each little piece starts a new plant, so we try to lift the pieces to the surface so each piece gets desiccated by the sun rather than take hold and multiply.

Then there are the farmsteads, homesteads, greenhouses, and barns we like to keep from being overrun. By consistently keeping these areas mowed with a zero-turn mower and a string weed eater, the weeds are still there, they have just been trained to stay small and hide among the bluegrass and fescue.

We do have the tools we need to co-exist with all sorts of plants that are in the wrong place, collectively called weeds. Some are unsightly, but provide habitat for beneficial insects, or nesting sites for birds, or nutrition for the livestock. We do not have a total weed elimination plan, as that would be insanity.

We do have a safe process using multiple tools to keep the weeds at bay, without the use of synthetic chemicals. As a result, all the critters from microbes to insects to birds to wildlife, and even you and I, can benefit.

Mac Stone

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BACK IN STOCK

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+
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VISIT US AT THE FARMERS MARKET 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