

ROASTED SWEET POTATO WITH MICROGREENS, RICOTTA, AND HOT HONEY

Adapted from AeroFarms

2 medium sweet potatoes	2 tsp olive oil (for dressing microgreens)
Olive oil, to coat potatoes	hot honey (store-bought, or infuse your own with peppers of your choice)
Salt and pepper, to taste	(Optional) toasted pumpkin seeds or chopped pecans
1 cup ricotta cheese	
2 cups microgreens	
2 tsp lemon juice	

1. Preheat oven to 425°F. Wash and scrub the sweet potatoes. Pat dry.
2. Slice potatoes in half lengthwise and rub flesh side with olive oil. Season with salt and pepper.
3. Place sweet potatoes cut-side down on baking sheet lined with parchment. Roast for 30–35 minutes until soft and caramelized on the edges
4. While sweet potatoes roast, in a small bowl, toss microgreens with lemon juice, olive oil, and a pinch of salt.
5. When potatoes are done, place on serving plates, cut-side up. Spread the ricotta on the four halves and top with dressed microgreens.
6. Drizzle sweet potatoes with hot honey and a sprinkle of toasted nuts or seeds, if using.

TENDER MARINARA BEEF

Adapted from Girl Gone Gourmet

2-3 lbs Chuck Roast, deboned and cut into 1" pieces	¼ cup tomato paste
1 tsp salt	19 oz Marinara
½ tsp black pepper	1 tbsp balsamic vinegar
1.5 tbsp olive oil	½ cup chopped parsley, divided
	grated parmesan, for garnish

1. Season meat with salt and pepper.
2. Heat the olive oil in a large pan or pot over medium-high heat. For best browning, cook beef in a few batches. Brown beef pieces in a single layer on one side. Turn the pieces over and brown them on other side. Repeat with the rest of the meat and then add them all back to the pan.
3. Add the tomato paste and marinara to the pan and stir. Lower heat to maintain a simmer. Cover and simmer the sauce and beef for 2 and a half to three hours or until meat is tender. Stir occasionally and adjust heat as needed to maintain a low simmer.
4. Once meat is tender, stir in ¼ cup chopped parsley and balsamic vinegar.
5. Serve over pasta, rice, mashed potatoes, or orzo if desired. Garnish with remaining parsley and grated Parmesan cheese.



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.



HARNESSING SEED POWER

Seeding for summer is well underway at the moment, which explains why our minds are on the subject so heavily. These little seeds will germinate, sprout, and become transplants for the fields.

As agriculturalists, our work is to manage environments in a controlled manner to make food for people. So with the many vegetable varieties we grow for you, each one has its own unique properties to be considered. We handle them in batches of like kinds and germination requirements based on their characteristics. The members of the brassica family (broccoli, kale, cabbage, collard, etc.) have similar germination requirements, although they mature very differently.

These small, perfectly round seeds can easily be distributed into the cells of a seeding tray with simple vacuum technology. Some seeds that aren't perfectly round can be made round with a clay coating to facilitate this technology. Not all species—or not each specific variety of a species we like—are available in pelleted form, so we must flick, scrape, tap or otherwise distribute them into the seeding-tray cells, one by one.

The trays are then moistened and stacked in a homemade germination chamber, which is a warm, moist room where the seed coats swell and crack, usually in a few days, signaling the time for the roots and shoots to emerge.

The formation of a plant's vascular system requires a great deal of energy, which is supplied by the starches that are stored in the seeds. The radicle, or first root, emerges from the seed and naturally turns downward, in search of nutrients and the medium to anchor itself.

The combination of peat, perlite and compost that we use in our seeding mix is loose enough to allow easy penetration of the radicle and allows air into the root zone to minimize the energy required for establishment. Soon, the first leaves will emerge from the surface to begin photosynthesis, to transfer the nutritional requirements to the new plant—no longer the seed—to complete this miraculous transformation to the next generation.

There are two basic types of seeds: monocots and dicots. Monocots are the spiky emergers, like corn, onions and grasses. As soon as the new root signals back to the seed that all is well in the ground, the shoot spears its way to the surface in search of sun.

If the conditions are not just right, this journey is made difficult, and more stored energy from the seed

will be required. Planting in soil that is colder than optimum can be one of these factors, so we often must grit our teeth and hold off on planting a crop, even when it seems like time to go.

Monocots have it easy compared to dicots. Dicots keep their head down, and their bent and crooked neck burrows up to break into the new world. This tender, little shoot then pulls with it two cotyledons (hence dicots), which are leaflike structures that have much the same benefits as colostrum in mammals. They are specialized to develop the hormone and vascular structures the plant will need for survival. Once the photosynthetic energy kicks in, the seed is spent.

The soil is said to house a seed bank—an immeasurable volume of weed seeds, awaiting the right conditions to germinate and grow. We will use all the tools in our organic-farming tool box to minimize their proliferation while nurturing the little seeds of the plants that sustain us—and you. The greening of pastures and germination of weeds we are seeing this year indicates that spring is nearly upon us.

The race of controlling the wild seeds, while culturing the desirable ones, is well under way on Elmwood Stock Farm. The dance with Mother Nature has begun. Wish us luck.

Mac Stone

PARTNER SPOTLIGHT



ROASTED IN PARIS, KY

Certified Fair-Trade and USDA Organic, CaffeMarco produces European-quality beans and grounds less than 15 miles away in Bourbon County.

The coffee stays true to the cultures that gave us the beverage: pure, rich, and no frills. Having CaffeMarco as a CSA option just feels natural.

WHERE TO FIND 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