

LAMB SOUVLAKI – GREEK STYLE LAMB, PERFECT FOR PITA WRAPS OR SKEWERS

Adapted from Caroline's Cooking

1.5 lb lamb chunks from either shoulder, leg or chops	1 ½ tsp dried oregano
¾ red onion	½ tsp salt
1 ½ clove garlic	½ tsp black pepper
3 ¾ tbsp olive oil	1 tsp dried thyme
1 lemon, juiced	1 tsp paprika

If making skewers, this makes approx. 4-5 skewers.

1. Dice lamb into 1 - 1.5 inch cubes. Remove any bone or sinew. Remove excess fat (but not all, as it adds rich flavor). Finely slice onion and finely grate garlic.
2. Place lamb, onions, garlic, olive oil, lemon juice, oregano, salt, pepper, thyme and paprika in a container or freezer bag. Mix / shake until meat is evenly coated with ingredients. Cover/seal and place in fridge for 12 hours (2 hours is enough, but the longer the better).
3. When ready to cook, heat grill or griddle. Shake excess marinade from lamb, including onions. If cooking skewers, thread lamb onto skewers. Grill meat for a few minutes on each side until your preferred level of doneness is achieved. Slightly pink is recommended, but cook to your preference. Slice apart one piece to check doneness.
4. If serving as skewers, serve immediately. If adding to pita, assemble pita wrap. We recommend with tzatziki, arugula, red onion, tomato, and cucumber.

MICROGREEN PESTO

Adapted from Cre8 At Home



1 cup microgreens (your choice!)	⅓ cup avocado oil
1 cup fresh basil	¼ tsp salt
½ cup sunflower seeds or pepitas	¼ tsp black pepper
½ cup Parmesan cheese, freshly grated	(Optional) smoked paprika
1 clove garlic, coarsely chopped	to taste
2 tbsp fresh lemon juice	

1. Rinse and pat dry microgreens and basil. Toast sunflower seeds in dry skillet over medium heat for 2-3 minutes.
2. Combine microgreens, basil, sunflower seeds, parmesan cheese, garlic, lemon juice, avocado oil, salt, pepper, and optional smoked paprika in a food processor or blender. Pulse until ingredients are finely chopped and well blended.
3. Don't overwork the pesto, as it can start to lean oily or bitter. Once it's a fine blend, let it rest.



WINTER + SPRING NEWS

Mar 23 - Mar 29, 2026 Week 11 of 18 Volume 23, No. 11

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, 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.



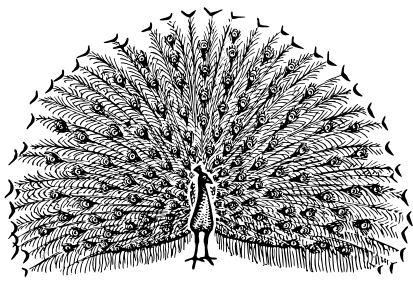
SWEET POTATOES

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



FRESH HERBS

Place in water in the refrigerator.



SOME FLOCKS YOU KEEP JUST FOR FUN

Flash, as he later came to be known, dropped from the sky one fine summer day, and hung around for years. We were the beneficiaries of being adopted by a full plumage Indigo Blue Peacock, aka Flash.

I never thought of myself as a bird guy until I became responsible for hundreds of laying hens and flocks of turkeys, then out of the blue we had an exotic beauty among the others. All we could figure is he came from a nearby farm, run off by dogs or something. We did not go knocking on doors to find the owner since one never really owns a peafowl, much less, there was no way to catch him.

Quite the specimen, he was a similar body size to the heritage turkeys. His fluorescent blue neck extended to support his elongated head and his beak was adorned by a feather mohawk looking thing. And that tail! When fanned out it must have been three feet high and six feet across. The pattern of the blue and yellow eyes I could see on his feathers varied depending on his tailhead position. He was very wary of everything, and I'm sure he had seen a lot of stuff getting this far in his life.

Lucky for him, he landed by the sheep barn, which is home base for all poultry feed and daily animal care. He ate when he wanted to but seemed to fend for himself as he made his daily rounds, checking on his subjects: the chickens, the turkeys, the vehicles, and us. Mostly he held court in the driveway, preventing customers and delivery drivers from getting past him.

Beyond the regalness, peafowl (and Guinea hens) act as sentinels of activity around them. They let loose a top-of-the-lungs screech if they deem it important enough. After a while, I truly think he figured out he could wake the dogs up if he needed their full attention.

While we are home to several generations of Eastern Bluebirds, Blue jays, and occasionally we spot Indigo Buntings flitting about, his exotic purply-blueness seemed to defy nature. We were glad to have him around, until he wasn't. For some unexplainable reason, Flash saw fit to go down to the highway and eventually he got hit. It was quite a sad day. He is the only feathered friend buried alongside the furry friends I have shared my life with.

A few years after we lost Flash, I ran up on some peafowl on a farm I was visiting in Western Kentucky. Somehow, those Amish boys climbed up in the tree where the birds roosted and captured them for me. One cock and two hens. We knew to keep them penned up for some time so they would imprint on our farm as home base.

Over the next several weeks, they each escaped and were last seen high above the treetops headed toward Elkhorn Creek. We have no idea if they adopted another farm, or where they ended up. We were sad again.

In 2021, a friend called to say she saw a bunch of hatchlings in her yard and asked if I wanted to come help her catch them. With her mobile oxygen tank tethered, this little lady scurried around the barnyard snatching up chicks and putting them in the gathered-up portion of her house dress, while my helper and I got one or two. This time, we kept them in the brooder room in the barn as their turkey contemporaries went outside.

After several more weeks, they had the brooder to themselves. They then were allowed out on a little protected porch of sorts. Eventually, we gave them the entire sheep barn, where they can safely roost at night. Every morning they step off a beam to fly down and roam the barnyards. a total of three cocks and four hens. Their topnotches have been apparent since they were a few weeks old. The male necks are that bright blue, the female necks are more a teal.

The next year, they disappeared. All seven of them. All that work, and then one day they were gone. Truly born to be wild.

Four days later, six of them were here again when we woke up, three males and three females. They ate from their feed trough and went straight up into the barn rafters, possibly a need to rest and feel safe. Number seven

showed up the next day. And none of them have strayed far from the barn since.

Maybe they had their fun, looked around at their options, and decided to go home. They don't really belong to us, but they sure are fun to have around. Today, we have a healthy, vivacious flock of 7 peafowl. 3 cocks, 4 hens. Your chances of an encounter during your visit are high.



-Mac Stone

PARTNER SPOTLIGHT



BAKED IN PARIS, KY

This small but mighty outfit bakes with both love and organic ingredients. They also offer classes on making everything from sourdough to pretzels.

We're very happy to offer wholesome loaves, English muffins, cookies, granola and more through our friends at Hopewell.

Find their products available as add-ons when customizing!