

BUTTERNUT SQUASH CURRY

Adapted from the kitchen

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| 2 lbs whole butternut squash | 1 tsp granulated sugar |
| 2 tbsp vegetable or coconut oil | 1 15oz can chickpeas, drained |
| 1 medium yellow onion, diced | 4 cups coarsely chopped kale |
| 1 ¾ tsp salt, divided | 1 tbsp lime juice |
| ⅓ cup Thai red curry paste | (Optional) chopped cilantro, for garnish |
| 2 garlic cloves, minced | (Optional) Lime wedges, for serving |
| 2 13 oz cans full fat coconut milk | (Optional) Cooked rice, for serving |

1. Trim and peel butternut squash. Halve, remove seeds, cut flesh into ¾ in chunks (about 4 ½ cups).
2. Heat 2 tbsp vegetable or coconut oil in large saucepan over medium heat. Add diced onion and ¼ tsp salt. Stir occasionally until softened (6-8 minutes)
3. Stir in ⅓ cup curry paste and garlic. Cook, stirring often, until fragrant (~1 minute). Stir in coconut milk and sugar. Increase heat and bring to a boil.
4. Stir in butternut squash, chickpeas, and remaining salt. Bring to a simmer. Cook, stir occasionally, and maintain simmer until squash is tender and fully cooked, (15-25 minutes)
5. Stir in kale and simmer until tender (~5 minutes).
6. Remove saucepan from heat. Stir in lime juice. Add salt to taste. Garnish with cilantro and serve with rice and lime wedges, if desired.

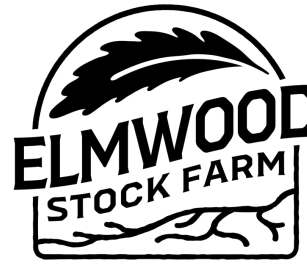


CLASSIC CORNED BEEF AND CABBAGE

Adapted from The Modern Proper

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| 1 5lb corned beef brisket + seasoning packet | 2 lbs small potatoes, halved |
| 1 cup stout beer (such as Guinness) | 3 large carrots, peeled and cut into 3-inch pieces |
| 2 cinnamon sticks | 1 small head green cabbage, cored and cut into 2" wedges |
| 4 garlic cloves, thinly sliced | (Optional) Whole grain or Dijon mustard |
| 2 bay leaves | |
| (Optional) 1 dried ancho chili pepper or 1 tsp red pepper flakes | |

1. In large Dutch oven, add corned beef and seasoning packet. Add beer and enough water to just cover the beef. Add cinnamon sticks, garlic, bay leaves, and chili pepper (if using)
2. Bring to a simmer over medium-high heat, then reduce to low. Cover and cook until tender, about 4-5 ½ hours
3. Transfer beef to cutting board, and add potatoes and carrots to simmering liquid. Cook for 20 minutes.
4. Add cabbage and cook until all vegetables are tender, about 10 more minutes.
5. Slice beef against the grain and serve with vegetables and mustard (if using)



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.



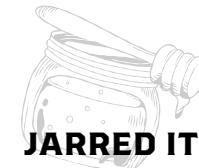
CABBAGE, CARROTS, WINTER RADISHES, HAKUREI, AND BEETS

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.



THE SCIENCE OF SEEDS

Seeds are amazingly packaged little powerhouses of genetic potential. The whole gene-chromosome complex, commonly referred to as Mendelian Genetics, is just part of the story. How they store enough energy to get their roots and shoots started, how they protect all this in their unique form of biological amber, is quite remarkable in its own right.

No matter what path a seed takes to get swaddled up and sent off into the world to procreate its species, there are some basic characteristics that are ubiquitous. The first thing parents do is protect their children—it's the same with seeds. Seed coats must protect the physical biomass of the protein and starchy structures within. These coatings also have some genetically programmed mechanism that informs the inner sanctum that all is well, or not.

Be it temperature, moisture, oxygen levels or a host of other factors, each and every species has a mechanism in its seed to wake up Junior and expose her to the new world. We see this with the progression of germinating weed species in the field throughout the season.

Seemingly overnight, a flush of weed seedlings will appear like a carpet, all the exact same shape, size and color. We know who they are; we saw their parents. We were expecting them; they come every year to Elmwood Stock Farm, their arrival helping to inform our estimate of the arrival of spring. We have the tools to unearth, bury or cut them off, but their siblings and offspring of many generations lay in wait for the next opportunity to come to life.

The presence of weeds is a window into what's going on in the soil. Why are those weeds in that place? If the ground becomes compacted and the air chambers within it minimized, weeds will emerge that had never been seen in that place.

Interestingly, albeit counterintuitive, weed species whose composition is high in a particular mineral, say zinc, will flourish in a soil low in zinc. These plant roots will scour throughout the soil, desperate to find zinc and deliver it to the leaves and fruit. In the infinite wisdom of Mother Nature, when we cultivate these plants back into the soil or they seasonally die back, the zinc will be released into the rhizosphere, thus ameliorating the zinc deficiency of that soil.

Having the right little bundle of joy is not easy to come by. We rely on organic seed farmers to nurture the parent stock and harvest the seed with optimum care. In organic farming systems, the parent stock has been carefully cultured for generations to not only yield the

best-tasting products, but to be hearty and productive. Seed farmers watch the fruits ripen, often letting them mature well past the time to eat them, allowing the seeds within to complete the work of zipping up their genes and securing them for later in life. Great care must be taken to clean, dry and sort only the best of the best to ensure a strong, viable crop will ensue. Having been raised in an organic system, attributes like disease resistance can be evaluated and passed on to the next generation.

We save seed from some crops we grow, but being the viable little organisms they are, there are countless opportunities to cause harm to the zygote within. Harvesting, cleaning, sorting and packaging must be done with care and diligence.

Each crop has quirks in how the process needs to go. Consistent temperature and moisture is key. Knowing when they are dry enough is tricky, and air-dried may not be good enough. Daily temperate and humidity swings, along with rainy spells, may cause slight shrinking and swelling of the seed coat, using up energy which is better saved for growing time.

To call a farmer a good “seedsman” is a badge of honor. We have some corn, bean and tomato varieties that go back decades that we nervously tend to each fall like first-time parents. The availability of high-quality organic seeds has greatly improved, thanks to your support of local, organic foods.

Mac Stone

MEAT SPECIALS

Find these products & deals the next time you customize.

CHICKEN WINGS

30% OFF

CHICKEN LEGS

30% OFF

BACK IN STOCK

GROUND LAMB
+
GROUND TURKEY

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