

SPINACH + POTATO CURRY (SAAG ALOO)



Adapted from Olive and Mango

1-1½ lb baby potatoes, sliced in half	1¼ inch piece fresh ginger, peeled and grated or ½ tsp ground ginger
3 tbsp any vegetable oil, divided	¼ tsp chili flakes (optional)
1 red onion, peeled and sliced	2 cloves garlic, peeled + minced
1 tsp cumin seeds	1 14 oz can finely chopped tomatoes
1 tsp yellow mustard seeds (optional)	4 cups roughly chopped spinach
1 tsp ground coriander (optional)	1 tsp garam masala
2 heaping tsps of curry powder	Salt and pepper to taste

1. Add potatoes to large pot. Cover with water and add salt to taste. Boil until just tender, ~8-10 min. Drain and cool.
2. Heat 2 tbs oil in large skillet. Fry the onions and potatoes for 5-7 minutes over medium to medium high heat until golden. Place in bowl and set aside
3. Add remaining oil to pan, reduce heat slightly and toast cumin seeds and mustard seeds (if using) for a few seconds. Add curry powder, coriander (if using), ginger and chili flakes. Stir for a few seconds.
4. Add garlic and fry for 30 sec, then add tomatoes. Cook for 10–15 min, or until sauce has reduced.
5. Add chopped spinach and allow to wilt, then return potatoes and onions to pan. Season with salt and pepper. Stir in garam masala, cook for 5-10 mins.
6. Serve hot with basmati rice and/or warm naan bread.

CARROT COFFEE CAKE *Adapted from Pinch of Yum*

CAKE

2 large carrots	1 cup flour
¾ cup granulated sugar	1 tsp baking soda
½ cup butter, melted	1 tsp cinnamon
2 eggs	pinch of salt

STREUSEL TOPPING

4 tbsp butter, melted
½ cup flour
½ cup brown sugar
1 tsp cinnamon
pinch of salt

HONEY BUTTER ¼ cup soft butter + ¼ cup honey

1. Preheat oven to 350°F. Peel and grate the carrots (a food processor will be the most efficient). You should have about 1 ½ cups.
2. Whisk sugar, melted butter, and eggs. Stir in carrots. Add flour, baking soda, and cinnamon. Mix until just combined. The batter will be very thick.
3. Using your hands, mix ingredients for the streusel until you get a texture that looks like pebbles.
4. Spread batter into a greased 9in round baking pan, or a 8-9in square dish. Sprinkle with streusel. Bake for 30 minutes until the center is just set.
5. Mix 1/4 cup very soft butter with 1/4 cup honey. Spread or dollop on warm slices of carrot cake



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.



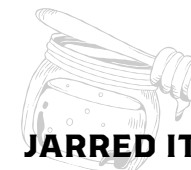
CABBAGE, CARROTS, WINTER RADISHES, HAKUREI, AND BEETS

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 TREES OF THE BLUEGRASS

The trees of the Bluegrass region have played a tremendous role in defining our culture and fabric. From the venerable beauties that dot the landscape to the stout trees in the active fencerows and the younger trees throughout small wood lots, managing the trees is foundational to our land-stewardship principles.

It is also integral to our organic way of living within an ecosystem, not forcing our will upon the land we have been entrusted with.

Looking around Elmwood Stock Farm, one thing that may catch your eye is the huge trees, randomly scattered in a pasture or near dwellings. These are the venerable, or pre-settlement trees, unique to the region we farm.

As the land was settled, writings tell of finding native grasslands with these big beauties interspersed, probably evolving with bison herds and wildfires. Settlers built their farms among them, with reverence.

There was a collective knowledge among settlers about what the trees were telling them about the fertility and

seasonal weather patterns that would foster healthy farming systems. Some trees were used to build homes and structures; others reserved for furniture or sale for cash money.

Clearing land to grow tobacco and food crops was difficult with the tools at their disposal, and the stumps were quite daunting. It is mind-boggling to think what the trees that were left may have witnessed, back when Native Americans chose to encourage their growth.

We find quite a few arrowheads, or pieces of arrowheads, on the farm each year. Those hunters may have counted on these same trees for food and shelter. Elmwood has a rather large cave opening at the base of one of the many sinkholes, undoubtedly providing shelter to early human beings living off the land.

The North Fork of Elkhorn Creek is our southern boundary, which not only provided a source of water but a method of transporting people and products. The riparian area adjacent to the creek is host to some truly spectacular Sycamore and Walnut trees, which with others, have vital stream-bank protection properties.

Really big trees often act as anchors of fencerows, even being named in deeds of properties. Fencerows are an active part of the farm's management schemes and provide a host of resources. Not only do they provide shade or a wind break for livestock and crops, the microclimate

they form has a tremendous impact on the wildlife they foster. Obviously, the birds seek refuge there to rear their young, but those same birds forage on insects, which helps keep the populations in check. Birds also eat weed seeds, of which we have our share.

Trees that get damaged by wind or struck by lightning are often left to naturally decompose, and they in turn become a host for more insects or nesting sites. We hear various species of woodpeckers working for food, which aids in the decomposing process. Raptors and buzzards like the exposed, larger branches, high above the ground, to scout their prey or to rest.

Underneath all of this, fencerows are like highways for wildlife, such as raccoons, fox, coyotes, skunks and the like, to access water from Elkhorn Creek.

Invasive plant species, such as bush honeysuckle and spotted hemlock, are threatening the diversity of many fencerows in the region. We fight them back a little every year.

We feel a strong sense of responsibility for these trees, as they have watched over many changes since this land was settled. We want the growth rings to reflect how respectful we are of them.

-Mac Stone



2026 FARM TOURS GROW YOUR PERSPECTIVE

Come sample farm life. Learn how we grow your CSA share by working with the ecosystem.

You're guaranteed to see something different each tour as the season evolves



See dates
+ get tickets

ElmwoodStockFarm.com/FarmToursandEvents

As an Elmwood CSA Member, you get the following perks when you buy your tour ticket:

- 1.** Bring the rest of your family at no charge. Contact us directly after purchasing to reserve their spots.
- 2.** After attending, we'll credit the value of your ticket to your CSA account, giving you extra items that season!