

STRAWBERRY BASIL GOAT CHEESE BRUSCHETTA



1 cup balsamic vinegar
2 tbsp granulated sugar
1 lb fresh strawberries, chopped
¼ cup fresh basil leaves, chopped
Sourdough bread loaf, cut to ¾" slices

olive oil for brushing
8 ounces (227g) goat cheese softened
to room temperature
balsamic glaze as needed

1. Add balsamic vinegar and sugar to small saucepan over medium heat. Bring to a boil, then simmer, stirring occasionally, until it has the consistency of syrup (about 10-15 minutes). Remove from heat and allow to cool to room temp.
2. Add chopped strawberries and chopped basil to a medium size bowl. Stir to combine. Set aside.
3. Preheat oven or air fryer to 350°F or heat cast iron grill pan over medium-high.
4. Brush bread slices with olive oil on each side, then grill (without crowding) for ~3 minutes per side, or until toasted to preference. Alternatively, you can oven broil the slices in the oven, flipping to grill both sides.
5. Spread each baguette slice with preferred amount of goat cheese. Top with a scoop of strawberry mixture. Drizzle with balsamic glaze, then serve.
Strawberry + basil mixture can be stored in the refrigerator covered tightly up to 2 days. It's also delicious served over chicken or salad.

TURMERIC-BLACK PEPPER CHICKEN WITH ASPARAGUS *Adapted from NYTCooking*

3 tbsp honey
¾ tsp black pepper + more to taste
Kosher salt
2 tbsp all-purpose flour
1½ tsp ground turmeric
1 lb chicken thighs, deboned, skin removed, cut into 1-inch pieces

1 tbsp coconut or canola oil
12 oz asparagus, trimmed and thinly sliced at an angle
1 tsp unseasoned rice vinegar or soy sauce
1 lime, cut into wedges (optional)

1. In a small bowl, stir together ¼ cup water with honey, pepper and ½ tsp salt; set honey mixture aside.
2. In a medium bowl, stir together flour, turmeric and 1 tsp salt. Add the chicken and toss until coated.
3. In a medium (10-inch) nonstick skillet, heat oil over medium-high. Add chicken and cook until turmeric is fragrant and chicken is golden brown on both sides, 2-3 minutes per side.
4. Add asparagus, season with salt, stir and cook until crisp-tender, 1-2 minutes.
5. Add honey mixture and cook, stirring, until the chicken is cooked through and sauce has thickened, 2 to 3 minutes.
6. Remove from heat and stir in vinegar. Season to taste with salt and pepper. Serve with lime squeezed over top, if you like.



WINTER + SPRING NEWS

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ASPARAGUS

Stand upright in a jar with 1 inch of water. Loosely cover with plastic bag. Refrigerate for a week.

STRAWBERRIES

Refrigerate in original container. Line container with paper towel, using some of the towel to cover.

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.

HAKUREI TURNIPS AND RADISHES

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.

FRESH HERBS

Place in water in the refrigerator.

SWEET POTATOES

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



WHAT'S IN A VEGGIE NAME?

Summer is knocking on our door – It is truly amazing how these 18 weeks of our Winter/Spring season have nearly come and gone already. With just one week left, we hope this season has been a source of comfort for your household. Its truly our pleasure to serve you, cold weather or warm weather.

You may be a whole foods fan, preferring to eat raw or simple dishes. Or you might be into jarring, canning, and thinking months or years in advance about your pantry. Or you're the home chef, taking each week's share as an opportunity to construct a delicious new creation. No matter your CSA style, there's a lot of interesting summer varieties to look forward to.

Most of you seasoned local foodies know the names of certain varieties of vegetables you like. Peaches and Cream sweet corn and Black Krim or Green Zebra tomatoes, for example, are some varieties that just taste awesome. On our end, we want to plant the varieties that you're looking for, but we have to take into account many factors, like hardiness, disease resistance, yield potential, appearance, and organic availability, to

name a few. But ultimately, flavor and nutrition are what it is all about.

Organic farmers are required to use certified-organic seeds and plant materials (which are always GMO-free). This rule made it difficult to source the varieties we wanted in the early days, but it also spurred many farmers to become organic seed growers to meet the demand that the rule created.

Now there are several seed companies that specialize in offering high-quality, organic seeds in the varieties that market farmers like us are looking for. Johnny's Selected Seeds, High Mowing Organic Seeds and Seedway are three sources we go to for much of the seed that we use. Some crops, like broccoli, have limited organic-seed availability, which we have to live with. There are specialty, organic potato and sweet potato growers that we buy from directly.

Every year, we start with varieties we are familiar with as the basis of our production. Many are names you are not familiar with, but they are tasty and meet the production attributes we are looking for: good germinators, sturdy stems, resistance to fungal spores, etc. Husk coverage is important to produce clean organic corn. Good foliage canopy is important to protect peppers from the scalding rays of the sun. Cold tolerance is important for spinach and lettuce for our fall-winter-spring production period. Some squash varieties just can't take the heat of summer.

To find the varieties we're looking for, we scour over various university websites and several trade publications, evaluating variety trials that rate these attributes as well as yield potential. The University of Kentucky College of Agriculture Horticulture Research Farm at the southwest corner of Man-O-War Blvd. and Nicholasville Rd. conducts organic farm research and evaluates varieties and new growing techniques each year. We work closely with them and even conduct some larger field trials with them here.

We also experiment with new varieties in hopes of finding one that grows and yields well in addition to tasting great. We learn about varieties that our farmer friends have tried and liked, too. Remember the Cranberry Potatoes we had a decade or so ago? Customers loved them, but they are low yielders, which equates to a high cost of production. Same for Yukon Gold potatoes, so we grow Yukon Gem variety instead. Everybody seems to love them, including us.

The hardneck garlic we have most of the year is called "Little Old Lady From the Farmers Market garlic"—Old Lady garlic, for short—because an older gentleman brought us tiny garlic cloves one summer that he got from a little, old lady in another county who had been growing it for years. He gave them to us to plant because he liked it so much and thought we might like it, as well. We divided the cloves, planted them, and saved them back to plant again. That was years ago, and now we grow enough for all our CSA members and our farmers market

customers. Not only is it tasty, but it meets the other necessary attributes of sturdy, good cold tolerance and good husk coverage over the bulb. The name of a variety of vegetable can come about as simply and as inexplicably as that.

Varieties are important to the animals of Elmwood Stock Farm, too. The variety of laying hens we raise have been developed to perform well on pasture. They are hearty, they are good feed converters, and they consistently lay eggs all season. Some breeds would shut down in cold conditions, and others eat a lot, but lay few eggs. We still have a high cost of production, but they are the best eggs in the world.

Mac Stone

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&
GET A GIFT
ON US**

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