

SPRING SAUSAGE AND HERB PASTA

Adapted from Nutrisystem

- | | |
|------------------------------------|------------------------|
| 1 lb ground pork sausage | 2 Tbsp. fresh mint |
| 1 ½ cups whole wheat pasta, cooked | 1 Tbsp. olive oil |
| 1 ½ cups green peas | 1 Tbsp. lemon juice |
| ¼ cup fresh parsley | Black pepper, to taste |

1. In a small bowl, combine olive oil and lemon juice. Whisk to combine & emulsify.
2. Finely chop the parsley and mint. Set aside.
3. Heat a non-stick pan over medium-high heat. Crumble the sausage into the pan and let it brown without stirring for 3-5 minutes. Once browned, flip and stir the meat and cook until no pink spots remain. Drain the fat.
4. Place all ingredients into a large pot and toss to combine. Serve!

STRAWBERRY BASIL FOCACCIA

Adapted from How Sweet Eats



- | | |
|---|--|
| 1 ¾ cups warm water | 1 large sweet onion, thinly sliced |
| 2 ¼ tsp active dry yeast | salt and black pepper |
| 1 tbsp honey | 2 tbsp balsamic vinegar |
| 5 cups all-purpose flour plus more for your workspace | 1 ½ cups sliced strawberries |
| 1 tbsp salt + more for sprinkling | flaked salt, for sprinkling |
| 1 cup extra virgin olive oil | 1 big handful of basil leaves, thinly sliced |
| | 2 tbsp unsalted butter |

1. In a bowl, stir water, yeast & honey together. Let sit for 10-15 min until foamy.
2. In bowl of stand mixer, add flour, 1 tbsp salt, ½ cup olive oil and the yeast mixture. Stir using the dough hook until mixture comes together. Knead on medium-low speed for 5 to 6 minutes. If it's super sticky, sprinkle in a bit of extra flour. You want it to be silky!
3. Put dough in an oiled bowl and cover it. Place it in a warm spot and let it rise for 1 hour, or until it's doubled in size.
4. After doubled, place remaining oil in a 15.5 x 10 in jelly roll sheet pan. Place dough in sheet pan and turn it over to cover it in the oil once, then press and spread until it fits in the pan (or almost fits in the pan. it's going to rise again!). While doing this, use fingers to create dimple marks all over the top. Cover the sheet pan and place dough back in a warm place to rise for another hour.
5. During this second rise, heat a large skillet over medium-low heat and add butter. Stir in onions + a pinch of salt. Cook for 10 min, stirring often, until soft. Stir in balsamic vinegar. Cook for another 10-15 minutes, until caramelized.
6. Preheat oven to 425°F. Uncover the pan and cover the bread with caramelized onions and thinly sliced strawberries. Sprinkle with pinch of flaked salt. Drizzle with olive oil. Bake bread for 15-20 mins until golden and toasty. Remove from the oven and let it cool. Top with fresh sliced basil and cut into pieces. Serve!



WINTER + SPRING NEWS

May 11 - May 17, 2026 Week 18 of 18 Volume 23, No. 18

hello@elmwoodstockfarm.com | 859.621.0755

ASPARAGUS

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

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.

WINTER SQUASH

Store in a cool, dry location, but don't let freeze; once cut, refrigerate and use within 5-7 days.

FRESH HERBS

Place in water in the refrigerator.

STRAWBERRIES

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

HAKUREI TURNIPS AND RADISHES

Store in the cold area of the fridge; these will keep a long time.

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.



YOU AND I, HEALTHIER TOGETHER

Friend, our last week of the Winter/Spring CSA season has arrived.

The strawberries have been gorgeous and the asparagus has been exciting to watch—sometimes a spear will grow 6 to 10 inches a day! An awe-inspiring part of springtime is seeing these favorites bear fruit before our eyes after working hard to keep off the frosts and the freezes of the early months.

If you're joining us for the Summer CSA season, there's more of these to come, plus others. We're excited to harvest our snap peas, the next planting of bok choy, and green curly kale in the next few weeks while the summer crop transplants are also growing strong to bear fruit later on.

The financial and moral support of our CSA members puts a little pep in our step. It's a model that does local agriculture and the local economy a lot of good; a symbiotic mutual sharing of health and wealth that we all benefit from.

The seasonality of cropping systems in the Central Bluegrass calls for large cash

outlays in late winter and early spring; these funds bring the greenhouses and fields back to life after the winter. Seeds, rhizomes, potting media, propane, irrigation supplies, and the hands to manage all the moving parts must be paid for long before the farmers markets become vibrant again.

And market farmers like us look very different in the eyes of agricultural loan officers, compared to traditional commodity corn and soybean farmers. By investing in our farm, our shareholders provide firm financial footing to begin the season. We have a warm, sincere relationship with our investors. We grow the food with each of you in mind, and that thought gets us through many workdays in sub-zero temps and downpours.

It's not just an investment in Elmwood that you've made, however. This whole season, you've made a remarkable investment in your own health and the health of your household.

A 2013 study published in the journal Food Chemistry (Chhabra et al., PLoS One, 2013)* determined that certified organic soybeans contain less omega-6 fatty acids, more total protein, more sugars, and less fiber than conventional systems and/or genetically modified soybean farming systems. From the 35 different variables tracked in this study, among them nutrient profiles and pesticide residues, scientists can accurately identify which of the three

production systems was used to produce the beans in blind testing of their model. The vast majority of soybeans grown in this country are patented genetically modified plant varieties, as is corn grain for livestock, and increasingly, vegetables. In a fruit fly study, the flies lived longer and had more offspring when consuming organic soybeans and/or organic vegetables than when consuming conventionally farmed equivalent diets.

The same can be said of organically farmed meat. According to a paper published in Nutrition Journal, (Daley et al., Nutrition Journal, 2010, 9:10)* research spanning three decades supports the argument that grass-fed and finished beef has more desirable saturated fatty acids compared to grain-fed beef. It's also higher in heart-healthy conjugated linoleic acid (CLA) and omega-3 fatty acids, offering a better omega-6 to omega-3 ratio. Grass-fed beef is also higher in precursors for Vitamin A and E and cancer fighting antioxidants.

We're fortunate to be able to grow (and bale) our own blend of pasture grass here in the Bluegrass Region of Central Kentucky, known for producing fantastic livestock (include great horses!) Our pastures contains a mix of alfalfa, bluegrass, orchard grass, timothy, and fescue. This "recipe" is the one we've found to contain the right combination of protein and sugar to sustain our livestock through the seasons but especially the winter when they need an extra boost of nutrients.

We're really honored that you chose to spend this time with us. We had a lot of fun sharing our harvests with you, and we hope you found a little joy, good health, and great flavor in the process.

-Mac Stone



SUMMER FARMERS MARKET SCHEDULE

CINCINNATI

Hyde Park Sun, 9:30am - 1pm

GEORGETOWN

Pavilion Sat, 8:30am-12:30pm

LEXINGTON

Downtown Sat, 8am-2pm

Southland Sun, 10am-2pm

National ... Tues & Thurs, 8am-12pm



Learn how to refer someone to our CSA & get a gift in your share.

ElmwoodStockFarm.com/Refer-A-Friend-2026

*Source: journals.plos.org/plosone/article?id=10.1371/journal.pone.0052988

*Source: <http://www.nutritionj.com/content/9/1/10>