

Farms to Food Banks Farmer Spotlight:



Elmwood Stock Farm Provides Certified Organic fresh produce to Kentucky's food insecure

Kentucky Association of Food Banks
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Georgetown, KY - A 6th-generation family farm located on 550 acres in Scott County, Elmwood Stock Farm is a USDA Certified Organic farm that employs between 2-20 full and part-time workers, depending on the season. We sat down with Ann Stone at her farm to learn more about organic vegetable production, as well as her involvement in the Farms to Food Banks program.

Elmwood Stock Farm first began as a producer of Black Angus cattle. Over time, they decided to transition to growing more produce, specifically organic produce. The more the family learned about conventional vs. organic farming methods, the more it seemed that growing organically was the right decision for them.

However, growing organically isn't easy and it isn't always the most economically viable choice for some farmers, especially in the beginning. It takes at least three years of well-implemented and documented organic growing and crop management tactics to make sure that there are no chemicals still residing in the soil. To ensure that they were



successful, Elmwood Stock Farm made the decision to transition to growing organic produce slowly. They did this by first only planting crops that were known to produce reliably without requiring any added chemicals. As they learned more and became more comfortable with organic production, they continued adding variation and have now expanded production to include more than 40 different varieties.

When they have more food than they can distribute in their CSA boxes or at their Farmers' Market locations, Elmwood Stock Farm sells wholesale to a couple retailers



in Lexington, KY. After that, any produce that remains is delivered to God's Pantry Food Bank in Lexington as part of the Kentucky Association of Food Banks' Farms to Food Banks program. "Harvesting is the greatest expense involved in organic gardening," Ann says. "When we have a

surplus of crops ready to distribute, Farms to Food Banks provides just enough to cover the cost of harvesting and packing the crops. It allows us to deliver what we otherwise wouldn't harvest."

Since many vegetables have to be harvested regularly to encourage continued production, Elmwood Stock Farm almost always has a surplus they're willing to share with Kentucky's food insecure. According to Ann, "Farms to Food Banks is great for Kentucky, not just for farmers but for everyone who eats. It's a great incentive for produce that might otherwise go to waste. At the end of the day, if we can break even, we're happy to donate." Since they first began participating in the Farms to Food Banks program in 2013, Elmwood Stock Farm has delivered 24,806 pounds of produce to the God's Pantry Food Bank and received \$7,038.70 to help them cover costs associated with harvesting and delivering the produce. These numbers do not include the produce and eggs that Elmwood Stock Farm has generously donated throughout the years before the Farms to Food Banks program existed.

For more information about organic farming methods, or where you can find the produce, eggs, and meats that Elmwood Stock Farms has available, please visit their website: <http://elmwoodstockfarm.com/>.