



Happy Thanksgiving! The entire OAK Team sends you a warm thank you for being part of this community and working for a healthier Kentucky. We appreciate your commitment to a nourishing, local food system and for reading along with OAK's bi-monthly Make Mine Organic e-news.

With each newsletter we feature Kentucky's organic farms, inspiring agricultural happenings, nourishing seasonal recipes, organic gardening advice for our region, and sustainable tips you can use.

In our November issue, we are highlighting the ongoing needs of flood-impacted communities in Eastern KY, sharing tips to make the most of your turkey, and reminding you to leave the leaves!

As we welcome the season of gratitude, if you have the resources, we do ask that you support OAK's work during the [Good Giving Challenge](#). Details are below, so keep on reading.

All the gratitude,  
The OAK Team

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## Sharing Healthy Foods & Supporting KY Communities

The Eastern Kentucky floods this past July were devastating and the affected communities continue recovery and rebuilding efforts this fall.

During this time of thanks and gratitude, we want to emphasize the importance of ongoing support for these Kentucky communities. We also want to shine a light on the efforts to replace so much of the fresh food lost in the floods and the people and organizations that worked tirelessly to feed their Eastern Kentucky neighbors. You all are incredible!

The effort to bring local farm fresh foods to Eastern Kentucky communities helped local farmers recuperate revenue lost to flooding and worked to get more local, organic foods to communities that needed it most. Work has been ongoing into the fall with canning projects to preserve harvests for the winter. It could not have been done without numerous family farms providing the food (many in the OAK network!) and community partners delivering, preparing, and redistributing fresh foods like CANE Kitchen, Hindman Settlement School, Letcher County Farmers Market, The Lee Initiative, Grow Appalachia, and many others. You can read more about this effort and impact [here](#).



Photo by Grow Appalachia

We know communities in Eastern Kentucky are on a long road to rebuilding and it will take all of us to get there. If you are looking to do a little good for your community this November please consider making a donation to support Eastern Kentucky recovery efforts. We are grateful for the rapid response from organizational partners providing farmers with technical assistance, resources, referrals and support: Community Farm Alliance, Grow Appalachia, Kentucky Center for Rural and Agricultural Development, and Kentucky Horticulture Council. We think Chris McKenzie, from Grow Appalachia said it best, "Together, we will resow the seeds and continue to build a vibrant local food system in eastern Kentucky."

### **Continue Your Support for Eastern Kentucky:**

- Donate to the Foundation for Appalachian KY - Central Appalachia Family Farm Fund [here](#)
- Support the CANE Kitchen by donating to the Cowan Community Group [here](#)
- Learn about Grow Appalachia's Flood Recovery resources for farmers [here](#)
- Give to the EKY Mutual Aid and find other links via Appalshop's resources [here](#)

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## **Seasonal Recipes...**

### **Simple Turkey Broth & Soup**

Waste not, want not -- it is the perfect time to make broth and soup from your turkey carcass.

Food waste peaks at Thanksgiving. We will throw out [200 million pounds of turkey](#), alone, over the weekend. Not to mention the sides and desserts.

Try out and adapt this simple MMO recipe previously shared from Kentucky Food Writer, Sarah Fritschner. Then the broth can be frozen and thawed later for using as liquid in your slow cooker, instant pot, or other dishes.

[View Recipe](#)



## In the Garden...



Photo by Brandon George, UK Horticulture Agent, Kenton County 2021.

### **Leave the leaves!**

As the last of the trees drop their autumn leaves, try keeping those leaves around!

Leaves provide free and valuable nutrients to lawns, gardens, and trees. Consider letting the leaves decompose in place on a grassy spot, depositing them on a garden bed, or raking them into a compost pile.

Start with a small pile in a corner of an outdoor space, or create a leaf compost bin using chicken wire and three or four stakes in the ground. Turn the leaves once a month or more and watch for steam rising from the pile on a cold day, it's a sign of hearty decomposition! Once the leaves are decomposed, add them to a garden as a soil amendment.

Whether in a compost pile or on the ground, decomposing leaves provide habitat for beneficial critters and add nutrients and organic matter that increase water and nutrient holding capacity. This season, enjoy the local ecology brought about by the fallen leaves around your home and community!



Learn more from these and other sources:

- The National Wildlife Federation - "[Why you should leave the leaves](#)"
- A Way To Garden - "[Fall cleanup with ecology in mind](#)"
- Homegrown National Park - "[Gardening for life](#)"

## Upcoming OAK Events & Resources

Register for OAK's Annual Farming Conference in Frankfort, KY!



#OAK2023 is a not-to-miss event featuring Kentucky farmers, production deep dives, research highlights, food system innovations, market opportunities, and connection with the expanding OAK network for 3 days of learning and growing together. This event is open to everyone. Take advantage of early bird pricing, register today, and join the OAK Community in January 2023 at Kentucky State University's Harold R. Benson Research and Demonstration Farm in Frankfort, KY. Registration is open now and scholarships are available. Learn more about registration pricing and scholarships [here](#).

[View the Conference Agenda](#)

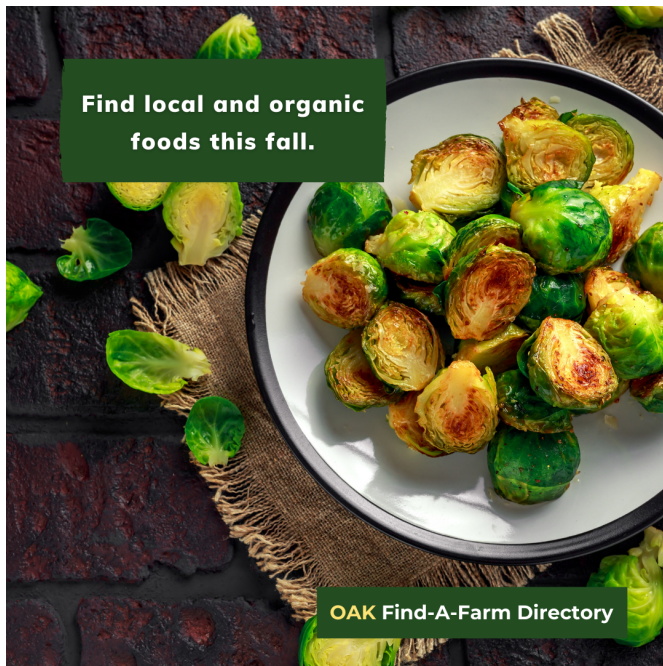
### Join OAK for the Good Giving Challenge Nov 29 - Dec 2!

OAK's vision is to expand opportunities for Kentucky farmers to grow healthy foods that support thriving communities while sustainably stewarding the land. We do this work in partnership with a growing network of farmers, community members, OAK members, agriculture professionals, and



allied organizations who participate in OAK's programs. Help us raise funds to grow the organic movement in Kentucky by making a gift or sharing our stories with your network!

[Make a Gift](#)



## Find Fresh Foods from OAK Member Farms

There is an abundance of food being grown in Kentucky! Check out the **OAK Find-A-Farm Directory** and explore over 75 member farms across the state. You can click on their individual profile and find out what they grow, where they sell their products, and how to stay connected as well as search for things like CSA and certified organic in Kentucky.

[Visit the OAK Directory](#)

## Bring Local, Organic CSA Shares to Your Workplace Next Year

Workplace CSA increases access to healthy food, helps employees build healthy habits, and supports local family farms. Get in touch with Kentucky Farm Share Coalition today to learn more about how we can connect your workplace or community with local, organic CSA shares for the 2023 season!

[Learn More](#)



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## Stay in touch:

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