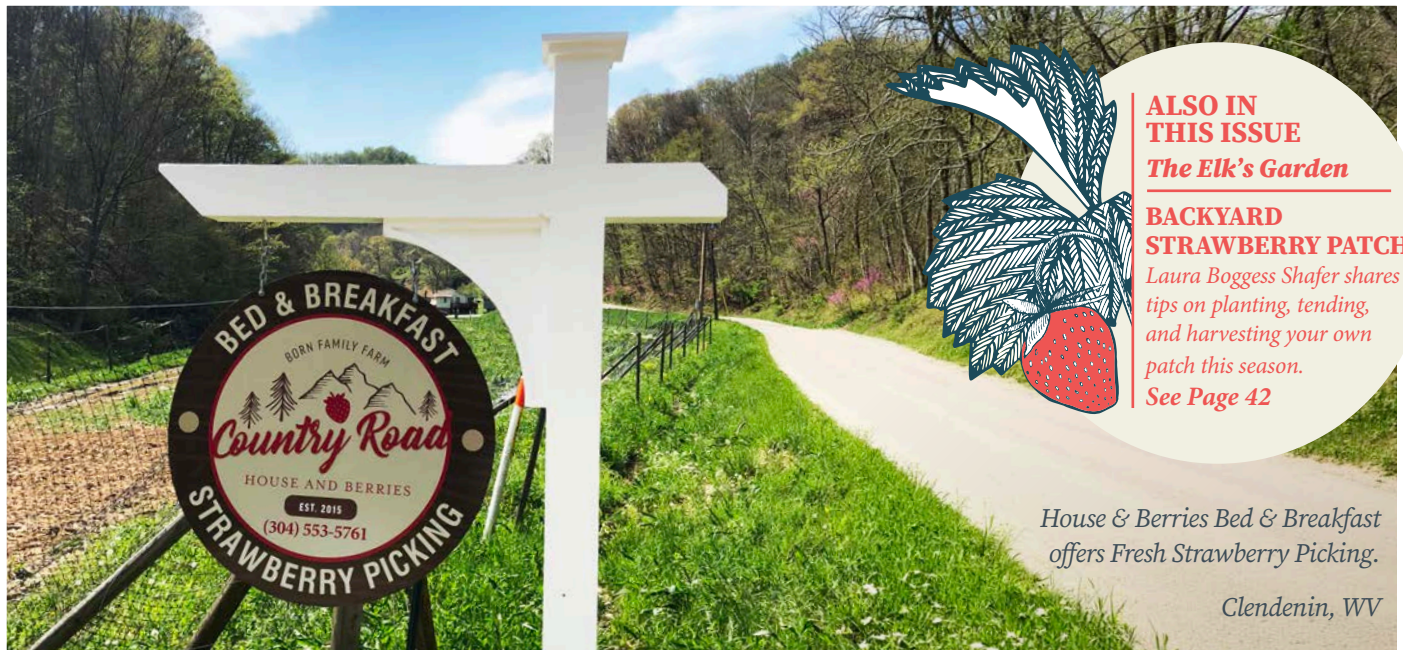


the ELK'S COOKBOOK

A three-series summer collection | Part **one** of three | June 2026

From The Ground Up

Three issues celebrating what grows wild, what's grown local, and what every Appalachian kitchen already knows how to do.



ALSO IN THIS ISSUE

The Elk's Garden

BACKYARD STRAWBERRY PATCH


Laura Boggess Shafer shares tips on planting, tending, and harvesting your own patch this season.

See Page 42

House & Berries Bed & Breakfast offers Fresh Strawberry Picking.

Clendenin, WV

This is the first month of our special three-issue summer celebration of what's grown locally, and what every Appalachian kitchen already knows how to do! Our community has always known how to eat beautifully from the land, long before "farm-to-table" was a marketing term. Each of our summer issues anchors around something seasonal and hyperlocal-- morels, summer garden abundance, late summer harvest--elevated with pantry staples that turn a foraged or grown ingredient into a summer meal!

We kick off our three-month summer celebration with one of everyone's favorites: fresh strawberries. Don't forget, this month you can pick your own berries at Country Road House and Berries farm right outside of Clendenin! 

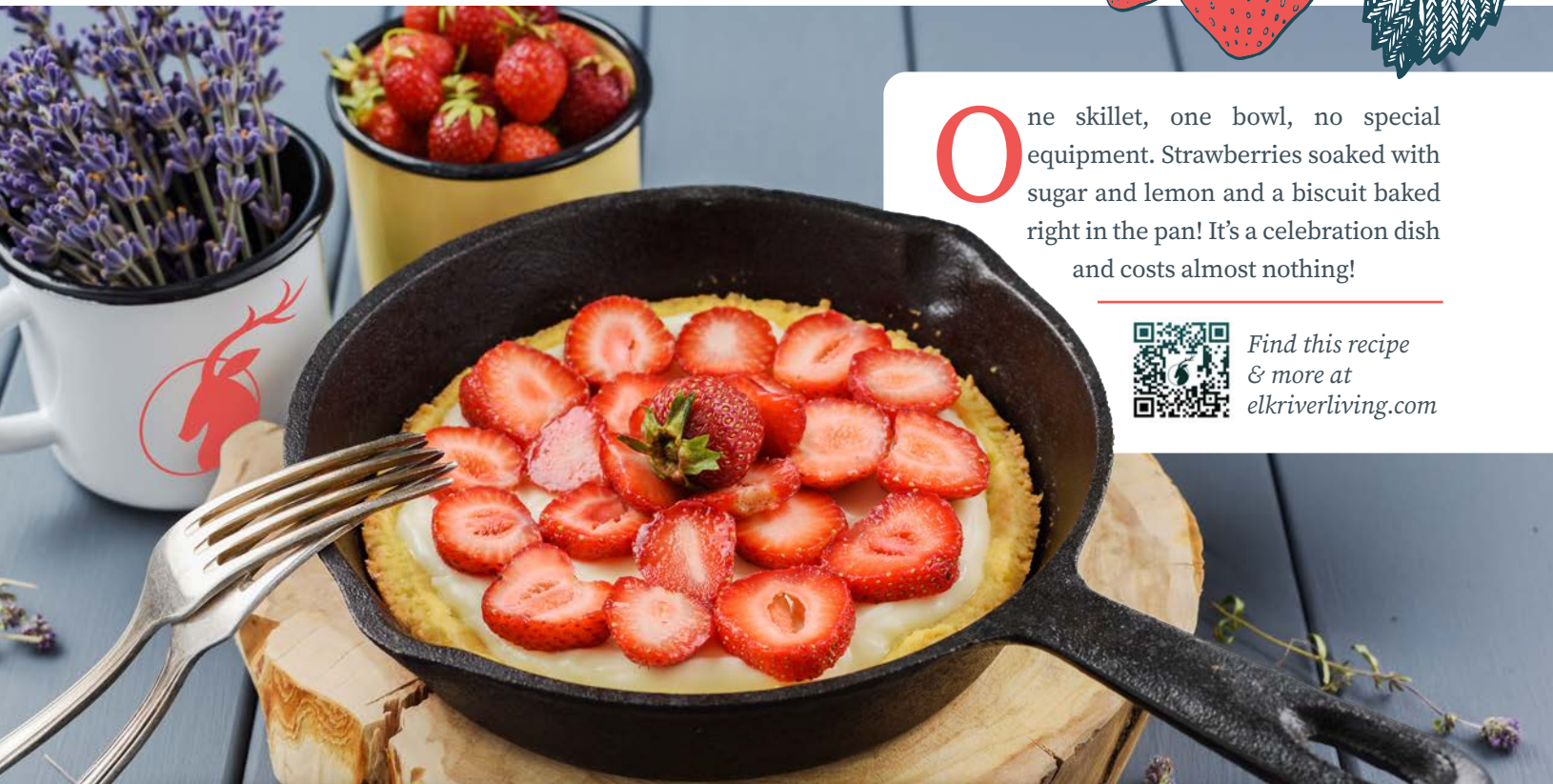


Don't miss these upcoming segments!

JULY | PART 2
Squash & Cucumbers

AUGUST | PART 3
Corn & Tomatoes

Strawberry Skillet Shortcake with Whipped Cream



One skillet, one bowl, no special equipment. Strawberries soaked with sugar and lemon and a biscuit baked right in the pan! It's a celebration dish and costs almost nothing!



Find this recipe
& more at
elkriverliving.com

Recipe: STRAWBERRY SKILLET SHORTCAKE WITH WHIPPED CREAM

From The Ground Up Series | June 2026

INGREDIENTS

- 2 cups fresh strawberries, sliced
- 2 T sugar plus 1 T for the berries
- Lemon juice

CRUST:

- 1 ½ C all-purpose flour
- 2 t baking powder
- ½ t salt
- 5 T cold butter, cubed
- ¾ cup whole milk or buttermilk

TOPPING:

- 1 cup heavy cream, whipped or your favorite whipped cream topping

DIRECTIONS

PREP 15-20 MIN | BAKE 18-20 MIN @ 425•

- STEP 1** Toss strawberries with 1 T sugar and a squeeze of lemon juice; set aside to marinate for at least 20 minutes.
- STEP 2** Preheat the oven to 425 degrees. Whisk the flour, 2 T sugar, baking powder, and salt. Cut in the cold butter until pea-sized. Stir in the milk until just combined.
- STEP 3** Press the dough mixture into a buttered 9-inch heavy skillet (we like cast iron). Bake for 18-20 minutes until golden brown.
- STEP 4** While that bakes, chill bowl and beaters. Mix 1 cup of heavy whipping cream on medium speed and then increase to high. Add 3 T powdered sugar and 1/2 t of vanilla.
- STEP 5** Split the warm shortcake, spoon berries over the bottom half, top with whipped cream, and then add the top half. Serve immediately.