



CT Department of Agriculture

July 2011

Briefs



DEDICATION

This issue is dedicated to FTC member Chef Shirley Anne Cynar (Markham), left, who passed away June 22, 2011. Shirley had a deep love and appreciation for farming and local food, and she was always eager to help out in any way she could.

We will miss her very much.

CT Grown in Season JULY

Beans	Beef	Beets	Black
Currant Juice		Blueberries	
Bok Choi	Broccoli	Carrots	
Cauliflower	Chard	Cheese	
Cherries	Chicken	Clams	
Collards	Corn	Cream	
Cucumbers	Eggs	Fin Fish	
Greens	Herbs	Honey Ice	
Cream	Kale	Kohlrabi	
Lamb	Leeks	Lettuce	
Lobster	Maple	Microgreens	
Milk	Mushrooms	Onions	
Oysters	Peaches	Peppers	
Pork	Radishes	Ramps	
Raspberries	Tomatoes		
Scallops	Shoots	Specialty	
Foods	Spinach	Sprouts	
Summer Squash	Veal		
Wheatgrass	Yogurt		

2011 FTC WEEK

The second annual Farm-to-Chef Week will be held September 18-24, 2011. Registration paperwork must be postmarked by June 30, 2011! No late registrations will be accepted.

Farmers who would like their products featured during Farm-to-Chef Week should contact area restaurants and eateries about pairing up in September. The list of participants will be posted on DoAGs website after the June 30, 2011, registration deadline. Farmers are encouraged to reach out to those on the list, set up meetings, bring samples, and discuss how they can work together in September.

NEXT FTC FARM TOURS 8/24/11

Mark your calendars! The next FTC farm tours will take place on 8/24/11 at Botticello Farms, a produce grower in Manchester and Glastonbury, and Deerfield Farm, a dairy producer in Durham. Details and a registration link will be provided in the August newsletter.

TRACK YOUR 2011 CT GROWN PURCHASES AND SALES

One of the most important "measuring sticks" of the Farm-to-Chef Program is quantification of the CT Grown products bought and sold by FTC commercial user and producer members. Please keep track of your totals (in dollar amounts) throughout 2011 so we can collect this data at year's end.



Contact Us

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 Hartford, CT 06106
 860-713-2503 phone
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www.CTGrown.gov

Reduce Your Risk of Skin Cancer

by Agriculture Commissioner Steven K. Reviczky

“You have malignant melanoma.”

Hearing those words as the doctor informed me that my lymph-node biopsy was positive changed my world forever.

As someone who loves the outdoors and spent a lot of time in the sun (working and playing), having a dark complexion meant nothing. While friends and relatives burned easily, I didn't and never gave it much thought. The diagnosis of stage III malignant melanoma in 2001 changed that; I was 41, the father of two school-aged children, had a mortgage to pay, and had my whole life ahead of me. Melanoma is the deadliest form of skin cancer and the diagnosis took me on a multi-year odyssey that included three surgeries and an intensive year-long chemotherapy regimen. I'm lucky. I am here to talk about it.

There are some things in life that we simply cannot control. Exposure to the sun is one place that each of us can affect our destiny. Being ever mindful of the negative effects of the sun can limit your chances of skin cancer.

There are simple things that you can and should do to limit your exposure and risk from the harmful rays of the sun. Please read and follow the advice of the American Academy of Dermatology below. Do these things for yourself, your family, and the future of your farm business.

I speak from experience.

MAKE SKIN CHECK A PRIORITY

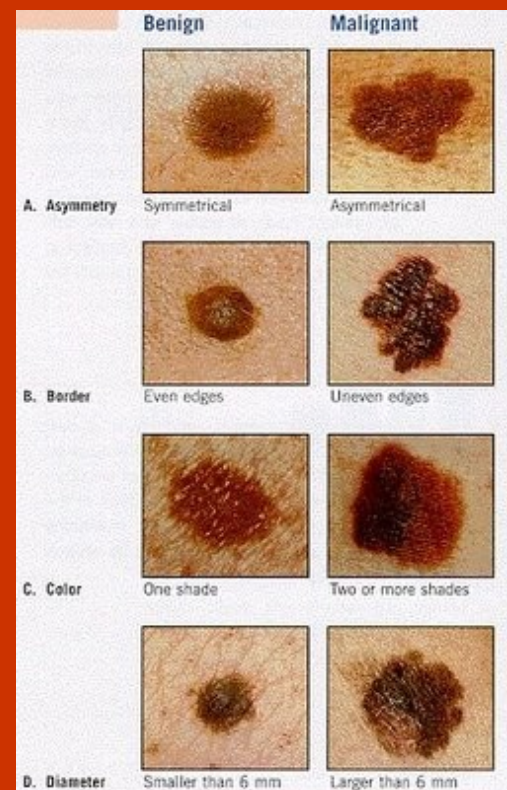
From the [American Academy of Dermatology](#)

Farming has plenty of challenges, but probably one of the hazards that farmers worry about the least is the danger from working in the sun year round. Farmers should pay attention to the condition of their skin. When detected early, skin cancer has a cure rate of 99 percent. Since research shows farmers are among the least likely workers to receive a skin examination by a physician, it's important that farmers perform regular skin self examinations, which could mean the difference between life and death.

It's as easy as “ABC” to remember how you can identify a mole or lesion that needs dermatologist attention:

- Asymmetry - one half is unlike the other
- Border - irregular, scalloped, or poorly defined
- Color- varies from one area to another
- Diameter - the size of a pencil eraser or larger
- Evolving - changing in size, shape or color

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Reduce Your Risk of Skin Cancer (continued)

To help farmers minimize their risk of skin cancer, the American Academy of Dermatology recommends that everyone be sun smart:

- Use water-resistant sunscreen with a sun protection factor (SPF) of at least 30 on all exposed skin before heading outdoors. Re-apply every two hours, even on cloudy days.
- Wear long-sleeved shirts, pants, a wide-brimmed hat, and sunglasses.
- Stay in the shade when possible, and make sure your tractor has a sun umbrella. The sun is strongest between 10 a.m. and 4 p.m.
- If working near water, snow, or sand, seek extra shade because these surfaces reflect the sun's rays and increase your chance of sunburn.
- Look at your skin after each harvest. Ask a partner to help. If you notice any moles or spots changing, growing or bleeding, make an appointment to see a dermatologist.



Below: melanoma



CT Grown "Haves" and "Wants"

CT GROWN "HAVES" IN JULY

Chaplin Farms

Windham

Don Postemski

860 423-3359

Have fresh-cut, non-sprayed rhubarb - \$1.50 lb - possible delivery to Manchester area, please call. Will have until September.

Eagle Wood Farms

Barkhamsted

Bryan Woods

860-402-4953

bryanwoods@eaglewoodfarms.com

Frozen retail portions of beef, pork, veal, lamb, pig roasters, suckling pigs. We grow our own animals. Ready-to-eat smoked items include beef sticks, hotdogs, Andouille sausage, bratwurst, pepperoni, kielbasa, liverwurst, and knockwurst.

FreshPoint CT

Daniel Batchelder

800-824-0448

Daniel.batchelder@freshpoint.com

Alfalfa sprouts, arugula, blueberries, peaches, basil, beans (green, fava), peas (English, snap, snow), beets, lettuces (Boston, red leaf, green leaf, romaine), cabbages, chards, corn, collards, kale, cucumbers, yellow/green squash, squash blossoms, eggplant, tomatoes, Beltane goat's milk cheeses, Sankow cheeses, Connecticut currant juice, wheat grass, Farmer's Cow milk and cream, eggs

GeoRoots Solar Growth Farm

North Canton

Eloise Marinos

860-693-9099

emarchitect@comcast.net

GeoRoots salad: "Uniquely Asian!" greens : Mix baby cut greens + edible flowers; GeoRoots salad: "East Meets West!" greens: Mix baby Mediterranean, Asian cut greens + edible flowers ; GeoRoots specialty-crop braising greens: Mix of unique flavors, shapes & colors - for light cooking! Global varieties. Interested chefs, please call to discuss!

Hemlock Knoll LLC

North Granby

Aimee Gilbert

860-653-6447

gilbert-aimee@cox.net

Frozen retail portions of beef. Farm-raised at our facility. No hormones or antibiotics. Grain and hay fed.

Rowland Farm, LLC

Oxford, CT

Charlie Rowland

203-577-3184

charles_rowland@sbcglobal.net

Certified Berkshire pork. We have a good supply of frozen, cryovaccinated spareribs looking for a grill. Also whole frozen Berkshire bellies, no-nitrate ham and bacon.

Sepe Farm

Sandy Hook

Pete Sepe

203-270-9507 or 203-470-4084 (c)

pasepe@juno.com

Lamb for all occasions. Order now for Farm-to-Chef Week. No hormones fed, no feed additives fed, no antibiotics fed, raised in a low-stress environment and pastured!

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CT GROWN "WANTS" IN JULY

Pease Brook Farms

Leigh Melia

860-710-3616

halleigh@charter.net

Pease Brook Farms is looking for a local chef who would be interested in collaborating with our farm to put on a farm-to-table dinner. We are a small farm in eastern CT that raises all-natural pastured poultry and produce. For more information contact Leigh Melia at 860-710-3616 or visit www.peasebrookfarms.com.

Chef Tor Sporre'

Westport/Ridgefield

203-451-6888

sporre.tor@gmail.com

Seek interested vineyards, restaurants, retreats for hosting lobster and duck cooking seminars along with wine pairing/tastings.

Woodstock Hill Preserves

Woodstock

Maureen Estony

860.928.5267

woodstockhill@earthlink.net

Looking to buy large bulk quantities of local CT strawberries, raspberries, and blackberries for our new school fundraising jam gift boxes. Farms that can provide locally grown berries will have the option of your farm's name included in every jam gift box sold, putting you into the consumer's home, year-round.

CT Grown "Haves" and "Wants" (continued)

CT GROWN "HAVES" IN JULY (continued)

Simply Connecticut

East Haddam, CT 06423

Kevin Staehly

860-367-2514

service@thesimplyctstore.com

New farm-fresh produce delivery business for Middlesex County and parts of New London County. \$5.00 delivery charge for any order! Affordable pricing on produce; bulk rates available. Lettuce, strawberries, kale, greenhouse cherry tomatoes, scallions, rhubarb, and more as it comes into season. Please visit our website to see availability.

Thompson Street Farm

South Glastonbury

Brenda Sullivan

860-657-4361

Brenda@thompsonstreetfarm.com

Arugula and pea micro greens (Hartford County only). Pea tendrils, arugula micro greens, horseradish micro greens, wasabi micro greens. Will deliver in Hartford County only.

Chef Tor Sporre'

Westport/Ridgefield

203-451-6888

sporre.tor@gmail.com

Have Lemon Trees and Culinary Bay trees (*Laurus Nobilis*), all sizes

MISCELLANEOUS ANNOUNCEMENTS

The Connecticut Wine Festival will be held 7/30/11 and 7/31/11 at the Goshen Fairgrounds. Volunteers are needed for many areas. Shift times available are Saturday, 11:15-3:30 or 2:45-7:00, and Sunday, 11:00-3:00 or 2:30-6:30. If interested, please contact Ginger Kunkle at 860-677-8097 or Liz@ctfoodassociation.org.

The Lutz Children's Museum is seeking farm product vendors for our annual Farm Day event, Saturday, 9/3/11. Over 3,000 visitors spend their day on the Fish Family Farm in Bolton. Kids see a working farm while enjoying live music, hay rides, animals, games, and lots of farm fresh ice cream. The fee for farm products vendors is only \$25. <http://lutzmuseum.org/documents/VendorApplication.pdf>

The Kerr Center for Sustainable Agriculture has posted a free online slideshow about building a hoop house. It is divided into five parts: (1) introduction; (2) bending the hoops; (3) attaching ropes, standing hoops; (4) attaching plastic to hoops; and (5) endwalls, costs, resources. View the slideshow at <http://www.kerrcenter.com/publications/hoophouse/hoophouse-how-to-slideshow.htm>

Below: FTCer David Zemelsky of Starlight Gardens ran the Durham/Washing Trail 10k in his eye-catching, lime-green FTC t-shirt. David finished in an impressive 1:00:53. Way to go!



Happenings

Food preservation workshops are being offered during July at UConn Cooperative Extension Centers statewide, including workshops for training canning exhibit judges. Preregistration required; \$5.00. Contact Diane Hirsch at diane.hirsch@uconn.edu or 203-407-3163 for dates/times, topics, registration, and other information.

White Flower Farm, Litchfield, hosts "Begonias from A to Z", 7/9/11 at 10:00 a.m. Head Gardener Cheryl Whalen gives an inside look at our fabulous Tuberous Begonia collection and shows how she uses fancy leaf Begonias and long-flowering varieties in annual containers and shady garden beds. Free. Register at <http://www.whiteflowerfarm.com/begonias-a-to-z-reg.html>

The Connecticut Farm Energy Fair will be held Thursday, 7/21/11, 4:00-9:00 p.m., at Eastern CT State University. Admission for agricultural producers is free; light dinner provided. See real, practical solutions with the latest technology available to cut energy costs and reduce carbon emissions. 860-345-3977 or CTFarmEnergy@aol.com for information / registration.

[Whole Foods Market](http://www.wholefoods.com) Farmer's Market, West Hartford, Mondays 3:00 to 6:00 p.m. Locally grown produce, honey, jams, preserves, bread, gluten-free treats, prepared foods & artisan crafts. Special events all summer; this month: 7/11/11 Rose Festival w/ Roses for Autism, 7/25/11 Berry Festival w/ cobbler & smoothies. drew.mclachlan@wholefoods.com / 860-523-8500.

[Lyman Orchards](http://www.lymanorchards.com) in Middlefield hosts a variety of events and activities this summer including their 10th annual Berry Fest on 7/9/11, Sunflower Maze opening 7/31/11, Clam Bake on 8/13/11, annual Peach Fest on 8/20/11; and Corn Maze opening 9/3/11. Visit www.lymanorchards.com for more info.

[White Silo Farm & Winery's](http://www.whitesilofarm.com) Mid-Summer Harvest runs 7/23/11 and 7/24/11, Blackberry Festival runs 8/20/11 and 8/21/11; Raspberry Festival runs 9/17/11 and 9/18/11. See website's [events](#) page for details.

Save the date! Connecticut Slow Food's Tomato To-mah-to heirloom tomato tasting will be held Sunday, 8/21/11, at Upper Forty Farm in Cromwell. More information to come.

The Annual Celebration of Connecticut Farms fundraiser is Sunday, 9/11/11, at Jones Family Farms in Shelton. Come enjoy spectacular dishes featuring ingredients from over 50 Connecticut farms prepared by 24 of the state's top chefs. Your ticket of \$150 will support farmland preservation; please see www.ctfarmland.org for more information.

The 3rd annual Farm-to-Table Dinner in The Garden at Billings Forge, a special event showcasing non-profit initiatives at [Billings Forge Community Works](http://www.billingsforgecommunityworks.com), will be held Thursday, 9/15/11 at 6:00 p.m. Entertainment, auctions, food, wine & a memorable evening. Casual dress. \$150; reserve tickets early, event sells out! [Get tickets.](#)

The second annual [Farm-to-Chef Week](#) will run 9/18/11 through 9/24/11, and will feature restaurants, dining halls, and other eateries serving special Farm-to-Chef menus of CT Grown ingredients and local wines. Participants must [register](#) by 6/30/11.



Photo Gallery



Herefords, left, and Berkshire pigs, right, at Broad Brook Beef and Pork, the first stop on the 6/22/11 FTC Tour.



Scenic view of corn fields left, and Jersey calf, right, at Hastings Farm, the second stop on the 6/22/11 FTC Tour.



The Farm-to-Chef newsletter is published electronically at the beginning of each month and welcomes submissions from members and others. Get the complete [submission guidelines](#).

Please email copy to Linda.Piotrowicz@ct.gov no later than the 20th of the month for inclusion in the next month's newsletter. The editor reserves the right to decline submissions for any reason. Copy may be edited for space, grammar, and/or clarity. All submissions become property of the Farm-to-Chef Program.



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Farm-to-Chef is a free program that helps connect local culinary professionals with producers and distributors of CT Grown products. Informational newsletters, workshops, networking, promotions and other opportunities are provided to members as part of the program.

The program also helps the public locate restaurants and other dining facilities that serve CT Grown foods.

Farmers, wholesalers, chefs, and other food service professionals are encouraged to join. Please contact Linda at the [CT Department of Agriculture](#), Linda.Piotrowicz@ct.gov or 860-713-2558, for more information.