



CT Department of Agriculture

Briefs

SAVE THE DATE!

The Farm-to-Chef **Summer Chefs' Workshop** will be held Wednesday, **July 30, 2008** in Milford. The morning will feature sessions on many aspects of CT Seafood, including one dedicated to distribution of product. Following a delicious CT Grown lunch, attendees will have the opportunity to tour the Bureau of Aquaculture's laboratory and take a trip on a CT shellfish boat to observe shellfish being harvested from Long Island Sound. Registration forms will be sent out in June.

Chefs are needed for CT Grown cooking **demonstrations** at farmers' markets this season. Please see **Page 2** for a list of markets requesting demonstrations. This is a great way to make connections with local producers as well as promote your business. Contact Linda Piotrowicz by [email](#) or at 860-713-2558 for more information or to sign up.

The **CT Sierra Club** is seeking chefs to donate CT Grown hors d'oeuvres for their October 4, 2008 annual awards dinner in Middletown. For more info, please [email](#) Linda Piotrowicz or call 860-713-2558.

The **Big E Harvest New England Kitchen Theater** is still seeking chefs for a series of live cooking demonstrations given throughout the 17 days of the fair (9/12/08 through 9/28/08). Products also are needed for sampling tables (do not need to be staffed by the product supplier). If interested, please contact Linda Piotrowicz by [email](#) or at 860-713-2558.

Need more **reasons** to eat/serve local food? See **Page 4**.

Contributors are always needed for this newsletter. This is your forum! Do you have experience that other members could benefit from? Lessons learned? Please contact Linda Piotrowicz by [email](#) or at 860-713-2558.

May 2008

CT Grown Now in Season

Spring is here! Look for CT Grown **asparagus, fiddleheads,** and cool-weather greens such as **spinach, lettuce, and kale.**

Spring also means that CT **shad** is in season! Ask your local seafood vendor for this special treat.

Other CT seafood in season this month: **lobster, flounder** (both winter and summer/fluke), **tautog/ blackfish, bluefish, seabass, porgy, squid, and clams.**

CT Grown seasonal **farmers' markets** begin opening this month. For a complete listing, visit the Department of Agriculture's [website](#).

If you need help locating any CT Grown items, please [contact us](#).



Contact Us

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CT Farmers' Markets Seeking Chef Demos

The farmers' markets below have requested CT Grown chef demos. This is a great way to make connections with local producers as well as promote your business! To **sign up**, please [email](#) Linda Piotrowicz or **call** 860-713-2558 **ASAP**.

Collinsville Farmers' Market

Main St, Downtown Collinsville -
Town Hall Parking Lot
SUN 10 am - 2 pm (Jun 22 - Oct 19)

Coventry Farmers' Market

Nathan Hale Homestead, 2299 South St
SUN 11 am - 2 pm (Jun 1 - Oct 26)

Darien Farmers' Market

Mechanic St, Behind the Fire House
WED 11 am - 6 pm (Jun 11 - Nov 19)

Deep River Farmers' Market

Deep River Library, Corner of Main St & Village St
THU 3 pm - 6 pm (Jun 5 - Oct 30)

Fairfield Farmers' Market

Greenfield Hills, 1950 Bronson Rd
SAT 1 pm - 4 pm (Jun 7 - Oct 25)

Hamden - Downtown Farmers' Market

Town Center Park
Next to Miller Library, 2663 Dixwell Av
FRI 12:30 pm - 5:30 pm (Jun 27 - Oct 3)

Hamden - Spring Glen Farmers' Market

Spring Glen Church, 1825 Whitney Av
TUE 3 pm - 6 pm (Jun 24 - Oct 14)

Hartford - Billings Forge Farmers' Market

519 North St, Grassy Courtyard on Billings Forge
Campus, North of Firebox Restaurant
MON and THU 11am - 2 pm (May 22 - Oct 30)

Lebanon Farmers' Market

Town Hall Green
SAT 9 am - 12 pm (Jun 21 - Oct 25)

Ledyard Farmers' Market

Rte. 117, Tri-Town Center Parking Lot
WED 3 pm - 6 pm (May 21 - Oct)

Litchfield Farmers' Market

Center School, 125 West St
SAT 10 am - 1 pm (Jun 14 - Oct)

Manchester C.C. Farmers' Market

MCC Parking Lot, Great Path Rd
WED 2 pm - 5 pm (Jun 4 - Oct 29)

Middlebury Farmers' Market

Middlebury Senior Center, 1172 Whittemore Rd
TUE 10:30 am - 12 pm (Jul 1 - Sept 30)

Milford Farmers' Market

58 River St, Corner of Darina Pl & River St
SAT 9 am - 1 pm (Jul 5 - Oct 18)

Milford-Woodmont Farmers' Market

Robert Treat Farm, Woodmont Av
WED 3 pm - 7 pm (Jul 9 - Oct 8)

Monroe Farmers' Market

34 Church St, Monroe Congregational Church
across from the Town Green
FRI 3 pm - 6 pm; Jul 11 - Sept 19)

Morris Farmers' Market

Morris Senior Center, 109 East St
WED 10:30 am - 12 pm (Jul 2 - Oct 1)

New Canaan Farmers' Market

Old Center School Parking Lot
South Av and Maple St
SAT 10 am - 2 pm (Jun 7 - Nov 20)

New Haven - Edgewood Park Farmers' Market

Edgewood Park, Corner of West Rock & Whalley Av
SUN 10 am - 2 pm (Jun 22 - Nov 23)

New Haven - Fair Haven Farmers' Market

Quinnipiac River Park
Corner of Front St and Grand Av
THU 3 pm - 7 pm (Jul 10 - Oct 30)

New Milford Farmers' Market

Town Green, Main St
SAT 9 am - 12 pm (May 17 - Oct 25)

Norfolk Farmers' Market

Route 44, Center of Town
SAT 10 am - 1 pm
(Jul 5, 19; Aug. 2, 16, 30; Sept. 13, 27; Oct. 11, 25)

Old Saybrook Farmers' Market

Cinema Plaza, 210 Main St
WED 10 am - 1 pm
SAT 9 am - 1 pm (Jun 28 - Oct 29)

Putnam Farmers' Market

Dunkin Donuts Parking Lot - 325 Woodstock Ave
MON & THU 4 p.m - 6 pm (Jun 12 - Oct 30)

Sandy Hook Village Farmers' Market

Corner of Glen Rd and Rte. 34
SUN 9 am - 2 pm (Jun 1 - Oct 12)

Sandy Hook Organic Farmers' Market

St. John's Church, 5 Washington Av
TUE 2 pm - 6 pm (Jun 24 - Oct 14)

Seymour Farmers' Market

Community/Senior Center
Front Parking Lot, Pine St
TUE 12 noon - 6 pm (May 13 - Oct 28)

Shelton Farmers' Market

Corner of Cornell and Canal Sts
WED 3 pm - 6 pm
SAT 9 am - 1 pm (Jul 12 - Oct 18)

Torrington Farmers' Market

Downtown Shopping Center, 100 South Main St
SAT 10 am - 1 pm (Jun 7 - Oct)

Washington Depot Farmers' Market

Washington Senior Center, 6 Bryan Hall Plz
THU 10:30 am - 12 pm (Jul 3 - Oct 2)

Waterbury Farmers' Market on the Green

Downtown Green, West Main St
THU 11 am - 3 pm (Jul 10 - Oct)

Weston Farmers' Market

Route 57 @ High Acre Rd
SAT 8 am - 12 pm (Jun 14 - Oct. 25)

Westport Farmers' Market II

Westport Country Playhouse, 25 Powers Court
SUN 10 am - 2 pm (Jun 8 - Nov)

West Hartford - Whole Foods Farmers' Market

Whole Foods Parking Lot
across from Blueback Square, 50 Raymond Rd
MON 10 am - 1:30 pm (Jun 9 - Oct 27)

Essay

What I Did on My [Spring] Vacation

By Marydale DeBor, Vice President, New Milford Hospital / Coordinator, [Plow to Plate™](#) Initiative

I always wanted to wear a “toque” (the tall white, pleated hat) that tops the elegant uniform of professional chefs. I also always thought that some kind of Harvard credential would come in handy in life—a little of the famed “crimson” with which to decorate my resume. So, when “Healthy Kitchens, Healthy Lives” came across my email...I jumped!! What could possibly be better: a continuing medical education course offered by Harvard Medical School, full credits for health care professionals, held at Greystone, the Napa Valley campus of the Culinary Institute of America? (As a lawyer and administrator, I didn't qualify for continuing education credits, but I went anyway.) Having a chance to listen to some the “leading medical experts” in nutrition and cooking with world class CIA chefs was draw enough.

Here is what I learned: 1) [Michael Pollan](#) is right: “Eat food, not too much, mostly plants.”; and 2) We “nutmeggers” can be very proud: The committed souls (Connecticut farmers, market masters, health care providers, teachers, parents, chefs, public officials) who are working together to promote healthful, local foods are leading the way along with academicians who study what we are making happen everyday in our communities. It was interesting to hear the experts share lessons learned: Remember the “no fat” advice? Forget it, all wrong. Carbohydrates---pure evil... wrong again. As it happens, we need certain fats and carbs (not white bread) in our daily diets. The best of the science was offered by a brilliant pediatric endocrinologist, [Dr. David Ludwig](#), from Boston Children's Hospital. He combines solid research, compassion and practical advice in his book, [Ending the Food Fight](#). Buy it, read it, give it to your school dietary service, day care centers, and kids camps. It was reassuring to see that the message of “local foods, local farms” is spreading throughout the academic community.

Now, let me turn to the chefs, wearing “the outfit.” This was pure joy! These culinary stars developed a host of recipes based on the current science and we cooked side-by-side with them in the extraordinary teaching kitchens. They are passionate and love what they do. They connect with and understand that food matters, or should: sharing healthful delicious meals with family and friends supports meaningful social networks. But, “not too much!” “Portion control,” as the conference faculty emphasized, is key. Also, preparing these nourishing meals need not take much time, as [Chef John Ash](#) showed us. Seek out any cookbook by him. [Earth to Table](#) is one of his gems.

We used a host of nuts and made spice mixtures with herbs that have medicinal qualities (Dukka was my favorite) in those little coffee grinders. The menus emphasized grains, *small* amounts of protein which is what the chefs call fish, tofu, beef. The idea of “flip” dishes, where the carbs and sweets are a minor element, but still there, were a refreshing approach to enjoying food, without feeling deprived. Send me an [email](#) if you'd like copies of recipes, with proper acknowledgement to the chefs, of course. The other highlight of the conference was a visit to [Ehlers Vineyard](#), where the grapes are grown according to an organic, bio-dynamic method that aligns farming with all forces in the universe, developed by [Rudolf Steiner](#).

And be proud: because we Connecticut “locavores” who are dedicated to fixing our food system and improving health are making an impact; we know what we are doing, and we must, *must* increase our numbers. Food, *real food*, which much of the world is finding increasingly scarce, is precious. Our future depends on it.

The next conference will be offered in September. Go to www.healthykitchens.org. You too can receive a little diploma from Harvard, like the one now above my desk, along side my favorite picture of a local dairy cow.



FTC member Chef Anne Gallagher teaches a young student knife skills during a Plow to Plate youth class

[Plow to Plate™](#) is a community-centered initiative that supports local food systems.
To learn more, please visit their website at www.plowtoplate.org.

10 (More) Reasons to Eat Local Food

10 Reasons to Eat Local Food

by [Jennifer Maiser](#)

From the website www.eatlocalchallenge.com

EatLocalChallenge.com is a group blog written by authors who are interested in the benefits of eating food grown and produced in their local foodshed.

Spanning the United States, the group is committed to challenging themselves to eat mainly local food during a specific period of time during the year.

Why do we choose to eat local?

1. **Eating local means more for the local economy.** According to a study by the New Economics Foundation in London, a dollar spent locally generates twice as much income for the local economy. When businesses are not owned locally, money leaves the community at every transaction. ([reference](#))
2. **Locally grown produce is fresher.** While produce that is purchased in the supermarket or a big-box store has been in transit or cold-stored for days or weeks, produce that you purchase at your local farmer's market has often been picked within 24 hours of your purchase. This freshness not only affects the taste of your food, but the nutritional value which declines with time.
3. **Local food just plain tastes better.** Ever tried a tomato that was picked within 24 hours? 'Nuff said.
4. **Locally grown fruits and vegetables have longer to ripen.** Because the produce will be handled less, locally grown fruit does not have to be "rugged" or to stand up to the rigors of shipping. This means that you are going to be getting peaches so ripe that they fall apart as you eat them, figs that would have been smashed to bits if they were sold using traditional methods, and melons that were allowed to ripen until the last possible minute on the vine.
5. **Eating local is better for air quality and pollution than eating organic.** In a March 2005 study by the journal Food Policy, it was found that the miles that organic food often travels to our plate creates environmental damage that outweighs the benefit of buying organic. ([reference](#))
6. **Buying local food keeps us in touch with the seasons.** By eating with the seasons, we are eating foods when they are at their peak taste, are the most abundant, and the least expensive.
7. **Buying locally grown food is fodder for a wonderful story.** Whether it's the farmer who brings local apples to market or the baker who makes local bread, knowing part of the story about your food is such a powerful part of enjoying a meal.
8. **Eating local protects us from bio-terrorism.** Food with less distance to travel from farm to plate has less susceptibility to harmful contamination. ([reference](#))
9. **Local food translates to more variety.** When a farmer is producing food that will not travel a long distance, will have a shorter shelf life, and does not have a high-yield demand, the farmer is free to try small crops of various fruits and vegetables that would probably never make it to a large supermarket. Supermarkets are interested in selling "Name brand" fruit: Romaine Lettuce, Red Delicious Apples, Russet Potatoes. Local producers often play with their crops from year to year, trying out Little Gem Lettuce, Senshu Apples, and Chieftain Potatoes.
10. **Supporting local providers supports responsible land development.** When you buy local, you give those with local open space - farms and pastures - an economic reason to stay open and undeveloped.

In the News

Glen Colello, holistic health counselor, raw foods chef, and owner of Catch a [Healthy Habit Cafe](#) coached [Hartford Courant](#) journalists Eric Danton, Joann Klimkiewicz, and Cindy Kuse through a 30-day raw food journey. Read their reflections about the experience in their [blog](#).

Chefs **Tim Cipriano** and **Emily Brooks** from [Master's Table Farm Market](#) will appear on the weekend edition of [WFSB-3 TVs Eyewitness News](#) 5/10/08 and 5/18/08.

Chef **Anne Gallagher** of Anne Gallagher Catering will conduct a CT Grown cooking demonstration on [WVIT-30 TV's News at 11:00 AM](#) on 5/15/08.

Chef **Emily Brooks** served as dietary consultant for [WTIC 1080 AM](#) talk show host and [Hartford Courant](#) [columnist](#) and [blogger](#) Colin McEnroe through a successful 12-week weight-loss challenge featuring healthy CT Grown foods. View the final weigh-in [photos](#) and read the recap on WTIC's [website](#).

Colin McEnroe's essay *Roots - Considering the Origins of What We Consume* appears in the premier issue of [Seas of the Litchfield Hills](#). The piece includes an introspective look at how Colin "morphed, noisily, into a semi-annoying serious locavore." Many FTC members are mentioned, including **Nunzio Corsino** of [Four Mile River Farm](#) in Old Lyme. The essay is on the publication's [website](#).

FTC members **Marydale DeBor** of New Milford Hospital and [Plow to Plate](#) and Chef **John Turenne** of [Sustainable Food Systems](#) will be panelists at the CT Department of Environmental Protection's CT Hospital Environmental Roundtable 6/13/08 workshop "Hospitals Step Up to the Plate: Serving Healthy, Local Food."

WTIC 1080 AM's [Ray and Diane Show](#) will feature a different **CT Grown farmers' market** each Thursday morning in July, August, and September. The market master will chat with host Diane Smith about their market's products, activities, and unique characteristics.

Diane Smith also will profile **CT Grown farmers' markets** on the June episode of CPTV's [Positively Connecticut](#) program, which features special people and places located throughout the state.

The Hartford Courant ran a front-page story in its Sunday 5/4/08 issue about the rising demand for local food. FTC member [Urban Oaks Farm](#) was featured in the [article](#) and in an online photo gallery, both available on the *Courant's* [website](#). On Monday 5/5/08, the story was among the website's five most emailed articles.

[Emagazine.com](#) recently featured FTC members [Yale University](#) and [Connecticut College](#) among a growing number of colleges and universities around the country that are implementing sustainable dining programs. Read the [article](#).

[Yale](#) also was featured in *The Daily Princetonian* as a model for a holistic food system. Read the [opinion piece](#).

FTC member [UConn Dining Services](#) won the National Association of College and University Foodservice ([NACUFS](#)) Loyal E. Horton Dining Award in the Residence Hall Dining – Single Stand-Alone Concept/Outlet category. UConn won for their sustainable and local [Whitney/Local Routes](#) facility. The award will be presented in Washington, DC at the NACUFS 50th Anniversary Conference.

Chef **Jim Buell** of UConn's [Whitney Dining](#) facility received the Student Affairs Employee of the Year Award.

UConn's chef **Rebecca Gorin** received the [NACUFS's](#) Regional Appreciation Award for her involvement with sustainability within the region and activities with [NACUFS](#).

UConn also won the 2008 [MenuMasters Award Healthy Innovations](#) category for its new Spa Foods line. It is the first time a college/university foodservice has won the award in this category. **Dennis Pierce**, Director of Dining Services, will accept the award in Chicago on May 17, 2008.

Read more about UConn's awards on their [website](#).

FTC member **Craig Floyd** of [Footsteps Farm](#) was a guest on [WDRG 1360 AM's](#) show [The Corner](#) with host Phil Mikan on Monday 5/5/08. Craig spoke with Phil about humane farming practices along with Phil's other guest Catherine Friend, author of [The Compassionate Carnivore](#). Check the show's [podcast](#) page for audio from the program.

MSN Money explored the direct and indirect expenses of local food in its story *The Cost of Eating Green*. [Read it](#).

Member to Member

New Restaurant in Kent Seeks Head Chef

Supporting the tradition of local farms and food artisans, [Blu Grill](#) will offer a fresh, local, organic menu following the seasons with a mix of New England sensibility and New York sophistication. Head Chef needed immediately. Benefits available. Contact Jake at 917-573-1157.

Slow Food CT Announces 2008 Tomato Festival Date

Save the date for Tomato To-mah-to Heirloom Tasting 2008 -- Sunday, August 24th (the FOURTH Sunday instead of the third!). For more info, contact Susan Chandler, Convivium Leader, at slowfoodct@earthlink.net

Dinners at the Farm Schedule Announced

Jonathan Rapp, Chef-Owner of [River Tavern](#) in Chester and Drew McLachlan, chef-owner of Feast Gourmet in Deep River, have announced the dates and locations for this year's [Dinners at the Farm](#) series. View the [schedule](#),

White Peach Restaurant Hosts 2nd Anniversary Open House

Come see what the restaurant is about, sample some of our CT Grown ingredients, and meet folks who produce them as well as other people who live and do business in the community. Free with a suggested donation to The New Milford [Plow to Plate](#) program or The Merwinsville Hotel Restoration. 860.210.8104 for more info.

ZINC Chefs Table Scheduled for May 7

[ZINC](#) in New Haven hosts its final [Chef's Table](#) event of the spring at 6:30 PM on 5/7/08. Join Chef Denise Appel for hors d'oeuvres and wine. The evening will be an introduction to some of Connecticut's finest produce, breads, cheeses, dairy products, and meats. Cost \$55 per person. Please contact Elizabeth at 203-624-0507 or [email](#).

Chefs Sought for CT Sierra Club Dinner

The CT Sierra Club is seeking chefs to donate CT Grown hors d'oeuvres for their October 4, 2008 annual awards dinner in Middletown. For more info, please [email](#) Linda Piotrowicz or call 860-713-2558.

Local Food Subject of Hospital Workshop

The CT [Department of Environmental Protection](#) and the CT Hospital Environmental Roundtable (CHER) will host a free half-day workshop on Friday, June 13, 2008 at Yale-New Haven Hospital entitled *Hospitals Step Up to the Plate: Serving Healthy, Local Food*. Speakers include FTC members Marydale DeBor from New Milford Hospital and [Plow to Plate™](#) and Chef John Turenne of [Sustainable Food Systems](#). Call 860-424-3243 for more info.

Send news and announcements to Linda.Piotrowicz@ct.gov. Submissions may be edited for publication.



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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.