



CT Department of Agriculture

October 2010

Briefs

FTC HARVEST CELEBRATION WEEK

The first-ever Farm-to-Chef Harvest Celebration Week is underway! Over 80 restaurants, dining halls, take-out places, farms, and wineries are serving up delicious dishes made with the freshest CT Grown ingredients.

We want your feedback! Farmers, did you pick up new customers or sell more product? Chefs, did you connect with previously undiscovered farms or try a CT Grown ingredient you had never before used? Did customers ask questions or take an interest in FTC Week? Did you have any special events or try something new, such as a lunch or dinner served at your farm or winery? What worked? What can we do to make next year's FTC Week even better? Please let us know!

NEW REPORT ON ECONOMIC IMPACT OF CT AGRICULTURE

A new study conducted by professors and research assistants at UConn's Department of Agricultural and Resource Economics in cooperation with the Connecticut Center for Economic Analysis estimated agriculture to be a \$3.5-billion industry in Connecticut. Up \$1.3 billion over the previous figure often quoted, the study confirms that agriculture is indeed an vital component of the state's economy. More information about the study can be found on UConn's [website](#).

FARMERS' MARKETS CONTINUE INTO OCTOBER

As an unusually hot, dry summer transitions into fall, farmers continue to harvest many popular warm-season crops, such as corn, squash, cucumbers, and tomatoes. Most farmers' markets around the state will continue until the middle or end of the month, with some staying open even longer. While there remains an abundance of fresh, flavorful CT Grown food as of the writing of this newsletter, keep in mind that conditions can change quickly in October, and cold nights can bring the end to favorite crops. To prevent disappointment, stock up now and freeze, can, and otherwise preserve to enjoy long after the leaves have fallen and the furnaces have been fired up.

CT Grown in Season OCTOBER

Apples Arugula Beans
Beef Beets Black Currant
Bok Choi Broccoli Carrots
Cauliflower Cheese Chicken
Cider Clams Collards
Corn Cream Cucumbers
Cut Flowers Eggplant Eggs
Fin Fish Garlic Greens
Herbs Honey Ice Cream
Kale Kohlrabi Lamb Leeks
Lettuce Lobster Maple
Melons Microgreens Milk
Mums Mushrooms Onions
Oysters Pea Shoots Pears
Peppers Pork Potatoes
Pumpkins Radishes Scal-
lops Specialty Foods
Sprouts Summer Squash
Sunflower Shoots Tomatoes
Turnips Veal Wheatgrass
Winter Squash Yogurt



Contact Us

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FTC Week Kick Off Held 9/26/10 at Coventry Farmers' Market

Farm-to-Chef Harvest Celebration Week officially launched on Sunday, September 26, 2010, with a special free public event at the Coventry Regional Farmers' Market. Market organizers estimate approximately 4,000 people turned out for this fun day of great CT Grown food, demonstrations, local music, and socializing.

The kick-off event was emceed by WNPR's Chion Wolf, who welcomed attendees and introduced Agriculture Commissioner F. Philip Prelli. After some opening remarks from Commissioner Prelli about the growth of the local food movement and the Farm-to-Chef Program, Chion introduced Chef Carrie Landry from Zest Restaurant in Tolland, and invited market-goers to come along as she shopped for vegetables, herbs, and yogurt from some of the 50 vendors selling their products at the market.

Returning to the demonstration tent, Carrie, assisted by Commissioner Prelli, began washing, peeling, chopping, and otherwise preparing ingredients for her stuffed grilled curried eggplant that she would serve with a basil-yogurt sauce. As delicious aromas wafted through the market, an increasingly large crowd gathered around the tent to watch. After three-quarters of an hour, samples were handed out, much to the delight of the audience, whose smiles and nods reassured the chef that her work was a great success.

After the chorus of the hour finished up their last song, and a loud round of applause rang out, Chion introduced Chef Scott Miller from Max's Oyster Bar, who, like Carrie, took interested audience members around the market with him to shop for CT Grown ingredients such as butternut squash, honey, yogurt, granola, and granulated maple sugar.

(continued next page)



Above, Carrie Landry selects carrots for her stuffed grilled curried eggplant dish.



WNPR's Chion Wolf, left, takes a break from emceeding to smile for the camera with FTC Week's "Independent Marketing Committee," Michelle Paulson

FTC Week Kick Off Held 9/26/10 at Coventry Farmers' Market (cont.)

Back at the tent, Scott and Max Pastry Chef Myriam, began cooking the squash and mixing together ingredients for the honey and yogurt drizzle and the granola-maple-sugar-crunch topping that would be served atop the butternut squash panna cotta they were making. As samples were cut and plated up, the line of eager attendees wound around the tent and between vendor booths. "Mmmmmm," "ahhhaahh," and "omigoddd!" were the most common comments heard as people tasted the creamy dessert.

Another talented musical group wrapped up their set, again to great applause, and Chion introduced Chef Carlos Cassar from Terra Mar at the Saybrook Point Inn and Spa. Carlos, along with a small group of observers, went off in search of CT Grown lettuces, apples, cheese, and honey.

Returning with his bounty, Carlos began julienning the apples while the other chefs who had finished their own demonstrations helped wash and tear the lettuce. FTC Program Manager Linda Piotrowicz even got a chance to participate when Carlos asked her to crumble the feta cheese, while he whisked together a honey and poppy seed dressing. Another long but very happy line of audience members was served, and salads were brought to each of the farmers who had contributed ingredients for the demonstration.

As the market closed, shoppers lugged bags full of wonderful CT Grown products to their cars, vendors began breaking down their booths, and the chefs packed up their equipment, the tired-but-smiling participants chatted and hugged, and all agreed it was a very special day and a superb way to start the first-ever Farm-to-Chef Harvest Celebration Week. The fun and good food continues at 80 venues around the state through Saturday, October 2, 2010.



Left, salad by Carlos Cassar

Middle, Scott Miller pours honey into yogurt

Below, the kick-off team



CT Grown “Haves” and “Wants”

CT GROWN “HAVES” IN SEPTEMBER

Eagle Wood Farms

Barkhamsted

Bryan Woods

860-402-4953

bryanwoods@eaglewoodfarms.com

Frozen retail portions of beef, pork, veal, lamb, pig roasters (includes cooker), 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

Hartford

Daniel Batchelder

800-824-0448; 860-244-0419

Daniel.Batchelder@FreshPoint.com

Apples, beans, cukes, collards, chards, corn, Indian corn, eggplant, gourds, pumpkins, all varieties of squash, concord grapes, pears, peppers, plums, tomatoes, cider, currant juice, goat cheese, mums, honey, corn stalks, hay bales.

Star Light Gardens

Durham

David Zemelsky

860 463 0166

starlightgardens@comcast.net

Arugula, beautiful and small, \$12/lb; mesclun greens, 8 different lettuces, Asian greens, chard, \$9/lb.

CT GROWN “WANTS” IN SEPTEMBER

Jordan Caterers

Cheshire

Kevin Cottle

203-272-8213 ext. 120

Kevin.cottle@jordancaterers.com

CT Grown products wanted for weekly cooking spot on FOX61 television. If you can drop off your product, I will create a recipe for it and feature your product that week. Help me help you promote your products!



Farm-to-Chef Harvest Celebration Week confections made by Tschudin Chocolates of Middletown.

Top: inverted apple tartin, almond cream, chocolate puff pastry

Above: Provence-style apple tart, toasted almond soufflé topping

(Apples from Belltown Hill Orchards, S. Glastonbury)

The CT Grown “haves” and “wants” listed in this newsletter were submitted by members.

Farm-to-Chef Program reminds all members that questions regarding what can or cannot be sold in a foodservice establishment should be answered by your local department of health (DPH). Your local DPH, and, by extension, the state DPH, are the entities that regulate the sources of foods and the documentation of the sources of foods that can be purchased and served in a food service establishment.

Happenings

A five-session workshop on Nutrient-Dense Crop Production begins 10/9/10 at the Growing Green Coop in Hartford. Subsequent sessions will be held 12/19/10, 3/13/11, 5/15/11, and 7/10/11. The five-session course is \$300 per person. 603-924-7008 or doug@realfoodcampaign.org for more info.

Women and the Sustainable Food Revolution: Transforming the Way We Eat will be held 10/14/10 at 6:00 PM at the YMCA Greenwich. Panel includes Jayni Chase, Annie Farrell, Betsy Fink, and Amy Kalafa, and will be moderated by FTCer Analiese Paik. Free and open to the public, but registration is required at www.ywcagreenwich.org/sustainablefood.

Whole Foods Market will hold a Local Growers and Product Makers Summit 11/1/10 at its distribution center in Cheshire. Local growers and product makers interested in the natural foods industry and/or distributing to Whole Foods stores are welcome. Send contact info and description of your product to Local.Farmers@WholeFoods.com by 10/11/10.

Whole Farm Planning for Beginning Women Farmers classes will be scheduled in November 2010. Participants must attend a total of 10 sessions over the winter and next spring/summer. Most will be on a weekend and last 7 hours. Exact locations and dates TBD. Registration deadline 10/15/10. Contact deb@ctnofa.org or 203-888-5146.

On 10/25/10, The CT Agricultural Experiment Station in New Haven will present a lecture by Dr. Odile Carisse, Plant Pathologist from Agriculture and Agri-Food Canada, entitled "Molecular Tracking of Airborne Inoculum: Impact on Grape Disease Management." More info is available at www.ct.gov/caes.

CT NOFA's Community Farming Conference will be held 10/30/10 in the Jones Auditorium at the CT Agricultural Experiment Station in New Haven. Details at www.ctnofa.org

The Pond House Café in West Hartford celebrates Halloween all October long with locally grown harvest foods and an amazing garden-turned-graveyard. Join our costumed servers for Halloween brunch on the 10/30/10 and 10/31/10. It's spooky fun for the whole family. pondhousecafe@sbcglobal.net for more info.

A free webinar will be offered 12/16/10 to all potential subrecipients of the USDA's Specialty Crop Block Grant Program. Learn how you can apply through your local state department of agriculture for funds to enhance the competitiveness of specialty crops (fruits, vegetables, tree nuts, dried fruits, horticulture, and nursery crops, including floriculture). Register at www.ams.usda.gov/scbqp.

The 2011 Farm-to-Chef Annual Meeting will be held 1/31/11 at the Saybrook Point Inn and Spa. Mark your calendars. You do not want to miss this day of great presentations, discussion, networking, and, of course, CT Grown food.



Miscellaneous Announcements

A new free software tool for farmers is available from NCAT. It simplifies access to Adjusted Gross Revenue Lite (AGR-Lite) insurance, which protects the revenue of the farm rather than specific commodities. 800-346-9140 for more info or to order a copy. NCAT also seeks farmers to evaluate the tool. Selected individuals will be paid up to \$280 for no more than six hours of work.

In response to the large-scale egg recall, Animal Welfare Approved has announced that it will make its consulting services available at no charge to any farmer wishing to start up a pasture-based egg operation. To learn more, or for information on AWA's mentoring program, call 800-373-8806 or email info@AnimalWelfareApproved.org.

Farm Aid's report, *Rebuilding America's Economy with Family Farm-Centered Food Systems* has stories of innovative farmers who are finding success in local and regional markets and building better food economies in their communities.

USDA's Economic Research Service has released a report, *Structure and Finances of U.S. Farms, Family Farm Report 2010*, which is available [online](#).

Healthcare without Harm's Balanced Menu Challenge is a voluntary commitment by a healthcare institution to reduce their meat procurement by at least 20% within a 12-month period. It aims to help hospitals improve the health of its patrons as well as mitigate the cost of purchasing sustainably-raised meat by reducing the amount of conventional animal proteins served.

CT Sea Grant and the CT Seafood Council are offering insulated market bags at cost. The bags keep seafood and other temperature-sensitive purchases cold and safe, and promote local seafood with colorful logos and text. Great for farmers markets, farm stands, and other retail operations. Bags are 13" x 14" x 7" with a zipper top. **\$3.25** each plus shipping (or can pick up). Contact Nancy Balcom, 860-405-9107 or nancy.balcom@uconn.edu.



FTCer Dan Batchelder of FreshPoint proudly models his eye-catching lime-green FTC t-shirt and displays the CT Grown logo during a recent farm tour for Yale students and dining administrators to help teach them about how the local food they purchase is lovingly grown at nearby farms.



In the News / On the Net

Dinners at the Farm was featured in this [9/3/10 Huffington Post](#) photo gallery, and in this [9/19/10 ShoreLine Times](#) piece.

The first-ever Farm-to-Chef Harvest Celebration Week and the kick-off event at the Coventry Farmers' Market has received all kinds of press! Read all about it in the [9/5/10 New York Times](#), [9/8/10 Courant Capitol Watch](#), [9/9/10 Stamford Plus](#), [9/10/10 Avon News](#), [9/10/10 Simsbury News](#), [9/22/10 Day](#), [9/22/10 Norwalk Plus](#), [9/22/10 Daily Fairfield](#), [9/23/10 Mansfield Today](#), [9/23/10 NewsTimes](#), [9/24/10 Ridgefield Press](#), [9/24/10 Easton Courier](#), [9/26/10 Register Citizen](#), [9/26/10 Day](#), [9/29/10 Daily New Canaan](#) and [9/29/10 Milford-Orange Bulletin](#). FTCer Analiese Paik talked up the event on this [9/1/10 episode](#) of WTNH's Good Morning Connecticut, while FTCers Kevin Cottle and Van Hurd promoted it on this [9/22/10 episode](#) of Fox61's Midday Chefs.

This [9/9/10 NewsTimes](#) article celebrates FTC member Jones Winery's award from Connecticut Magazine as having the best Connecticut wine.

Some of the great CT Grown food carried by FTC member New Morning Natural and Organic is detailed in this [9/17/10 New York Times](#) piece.

Westport Green Village's Restaurant Supported Agriculture initiative is profiled in this [9/17/10 Westfair Online](#) feature.

The 35th Anniversary celebration of FTC member Claire's Corner Copia is the topic of this [9/17/10 New Haven Independent](#) post.

The Unquowa School's local food program received attention all the way down in WV with this [9/18/10 Charleston Gazette](#) story, which mentions many other FTCers, too, such as Sustainable Food Systems, Stuart Family Farm, Ferris Acres Creamery, Sport Hill Farm, New Milford Hospital, Yale, Region 4 Schools, Choate Rosemary Hall, and Wesleyan.

This [9/21/10 Courant](#) piece describes a recent farm tour conducted by FTCers at FreshPoint.

Honeybees' role in the production of CT Grown crops is the topic of this [9/24/10 New York Times story](#), which features FTC-member apiaries Red Bee and Jones.

Read about the meeting, friendship, and resulting business relationship of FTCers Kevin Cottle and Van Hurd, who both recently joined FTC member Jordan Caterers, in this [9/24/10 Darien Patch](#) story.

The rising popularity of farmers' markets is examined in this [9/29/10 Republican-American](#) article.

"Economic Impacts of Connecticut's Agricultural Industry," a new report from UCONN, received coverage from many outlets, including the [9/27/10 UConn Today](#), [9/27/10 Day](#), [9/27/10 Courant](#), [9/27/10 Record Journal](#), [9/27/10 NECN](#), [9/28/10 Day](#), and [9/28/10 Republican American](#).

After Robin Benzle spent a day with FTCer and local lobsterman Michael Theiler, she created this [10-minute video documentary](#) about the experience.

FTCer Dennis Pierce reflects on a recent visit to South Glastonbury's Dondero Orchards in this [September issue of Neighbors](#).

Special Offer!

Farm-to-Chef welcomes The Warehouse Restaurant Supply Store of Waterbury to the FTC family! Sales Rep Rob Sarafino has offered this discount coupon to all FTCers for use on a purchase through the end of the year.



SUPPORTING CT BUSINESSES WHO SUPPORT CONNECTICUT

THE WAREHOUSE
Restaurant Supply Store

84 Progress Lane
Waterbury, CT 06705
Tel. (203)575-0111

Fax (203) 575-9140
email us at:
wsfc@restaurantssupplystore.com

www.restaurantssupplystore.com
THE LARGEST IN-HOUSE INVENTORY IN CONNECTICUT!

The Warehouse is happy to support the Connecticut Farm-to-Chef Network

Present this coupon for a
%10
Discount on smallwares and supplies

Expires: 12/31/2010

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.