



## CT Department of Agriculture

### Briefs

#### NOW IN SEASON

We have officially entered into “harvest season.” CT Grown **apples, cantaloupe, eggplant, melons, pears,** and **winter squash** have begun appearing at farm stands and markets around the state. See list at right for products currently available and check our online [CT Grown Crop Availability Calendar](#) for an at-a-glance display of CT Grown produce seasonality.

#### SUMMER WORKSHOP A SUCCESS

The August 6 **chefs’ workshop** in Milford was a great success, thanks to the dedicated members who attended, and the hard work of the CT Seafood Council, Bureau of Aquaculture, and many speakers and exhibitors who participated. Read the recap and see photos from the event inside.

#### STAYCATION IDEAS

Before the kids head back to school, why not take the family out to a [pick-your-own farm](#) or [farmers’ market](#) or spend the day at an [agricultural fair](#)? All offer fun and educational activities for both children and adults along with a healthy dose of fresh air, CT Grown food, and exercise.

#### ORDER CT GROWN TURKEYS NOW

Summer is the time to place your **CT Grown turkey orders** for Thanksgiving! Please do not wait until fall only to be disappointed to learn the turkey farmers have sold out. To find a CT Grown turkey producer, please check the Department of Agriculture’s [Meat Producer’s Brochure](#).

#### LAST CALL FOR FARMERS’ MARKET DEMOS

We have dozens of farmers’ markets still looking for **chef demos**. If you are interested in doing demos at any of the farmers’ markets listed on Page 2, please contact Linda Piotrowicz by [email](#) or at 860-713-2558.

#### CONTRIBUTORS NEEDED

**Contributors** are always needed for this newsletter. This is your forum! Do you have a story to share? Lessons learned? Specific expertise? Please contact Linda Piotrowicz by [email](#) or at 860-713-2558.

## August 2008

### CT Grown in Season AUGUST

Apples Beans Beets Blueberries Broccoli Cabbage  
Cantaloupe Carrots Collards  
Corn Cucumbers Dairy  
Eggplant Eggs Fin Fish  
Garlic Greens Herbs  
Honey Leeks Lettuce  
Lobster Meat Melons  
Nectarines Onions Peaches  
Pears Peppers Plums  
Potatoes Radishes Scallops  
Shellfish Specialty Foods  
Summer Squash Tomatoes  
Winter Squash

*If you need help locating any of these items, please [contact us](#).*



#### Contact Us

CT Farm-to-Chef Program  
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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)



## News and Notes



Ken Crary has a large supply of potatoes (red, purple, blue, fingerlings) and six types of garlic, organically grown in Tolland. Some delivery is available. 860-995-4960 or [crary2@cox.net](mailto:crary2@cox.net).

[The Farmer's Cow](#) will be offering FRESH heavy cream, half & half and light cream starting in September. Contact Kathleen Smith, 860-933-1514 or [kathy@thefarmerscow.com](mailto:kathy@thefarmerscow.com).



The [Masters Table Farm Market](#) has a cornucopia of demonstrations and classes by FTC members scheduled. Check out their online [event calendar](#).

[Cavey's Restaurant](#) in Manchester offered its second Local Farm Dinner throughout the weekend of August 14 – 16 in its Italian Restaurant. For more info, visit the restaurant's website, [www.caveysrestaurant.com](http://www.caveysrestaurant.com).

On August 24, FTC members Denise Appel of [ZINC](#) and [Chow](#), Jason Collin of [Firebox](#), and Ethan Kostbar of [The Dressing Room](#) will create heirloom tomato dishes at Slow Food Connecticut's Heirloom Tasting Feast. For more info, please contact Susan Chandler at [slowfoodct@earthlink.net](mailto:slowfoodct@earthlink.net).

Denise Appel, chef owner of [ZINC](#) in New Haven, creates a new Market Menu each week based on what produce, meats, cheeses, honey and herbs are available fresh and inspiring at the [New Haven Downtown Farmers' Market](#). The weekly Market Menu is [available online](#).

### From Chef Peter Gorman of Unquowa School:

*I asked the summer camp if they knew what a CSA was. Nobody answered. Then a 6-year old says, "It's community supported agriculture."*

*I said "We call it a CSA for short."*

*The 6-year old says "No, I prefer to call it community supported agriculture, thank you."*

*Kids educated like this will make tomorrow's difference.*

[Front and Center with Ray Hardman](#) featured David Zemelsky of Star Light Gardens in Durham and Mark Shadle of It's Only Natural Restaurant in Middletown along with Rick Macsuga from CT DoAG on its 7/18/08 episode. [Watch it](#).

[The Corner with Phil Mikan](#) hosted Tammie Maynard from [Ox Hollow Farm](#) in Roxbury, Nunzio Corsino from [Four Mile River Farm](#) in Old Lyme, and Jonathan Rapp of [River Tavern](#) and [Dinners at the Farm](#) on its 07/22/08 show. On 8/12/08, Mary Beth Draghi of Littel Acres Farm was featured. The [podcasts](#) are available online.

The Danbury News Times ran a story about [New Milford Hospital](#) and its [Plow to Plate](#) initiative. [Read the article](#).

[Firebox Restaurant](#) in Hartford and the Farm-to-Chef Program were featured August 1 on [WGGB-40 TV](#) in Springfield. [Watch the video](#).

The August 6 Farm-to-Chef workshop was featured in the New Haven Register. [Check it out](#).



The August 17 Sunday issue of the [Hartford Courant](#) ran a story on the rising costs of production and how it is challenging local farmers and farmers' markets. [Read the article](#) and watch the accompanying [online video](#).

Mary Beth Draghi from Littel Acres Farm in Glastonbury will appear on [WTIC 1080 AM's Afternoons with Colin McEnroe](#) this Friday, August 22 at approximately 3:20 PM. Mary Beth will talk about the 11,700 plants and 52 varieties of heirloom tomatoes she grows. Then she will play Colin's popular trivia game *Win Those Tweezers* at 4:00 PM. Tune in at 1080 AM on the radio or stream it live at [www.WTIC.com](http://www.WTIC.com).

The [CT Department of Agriculture](#) and [WTIC 1080 AM's Ray and Diane Show](#) have teamed up to feature a different CT Grown Farmers' Market of the Week every Tuesday at 8:20 AM. Tune in every Tuesday at 1080 AM on the radio or stream at [www.wtic.com](http://www.wtic.com).

## Summer Workshop Recap

Despite torrential rain early in the morning on August 6<sup>th</sup>, most of the 52 culinary professionals registered for the 2008 CT Farm-to-Chef Summer Workshop braved the elements to come learn about CT seafood at the Bureau of Aquaculture's dock in Milford.

After a brief weather delay, the workshop kicked off slightly before 9:00 AM, just as the clouds broke and the skies cleared. Agriculture Commissioner F. Philip Prelli welcomed attendees with a brief discussion about the importance of the seafood industry in the state. CT Seafood Council Executive Director Barbara Gordon encouraged the group to support the state's local seafood producers and enjoy the exceptional products they offer, noting they are the very freshest available anywhere.

Attendees then split into a number of small groups and began 30-minute rotations through a series of stations to learn about various aspects of the industry.

- Peter Consiglio from Poppa C. LLC presented his challenges and rewards as a commercial fin-fisherman. He discussed different species available and regulations dictating what and how much he can catch.
- Mike Theiler of Jeanette T. Fisheries taught the group about his life as one of a small group of lobstermen in the state. Using live lobsters to demonstrate, he offered pointers on selection and facts on the crustacean's life cycle.
- Nancy Follini and Joe Gilbert from Briarpatch Enterprises showed video footage taken aboard one of their boats, *The Regulus*, and displayed printed maps. They provided fascinating commentary on the scallop industry, including how different oceanic areas are closed and open to harvest at various times of the year.
- Kristin Frank from the Department of Agriculture's Bureau of Aquaculture explained her role as an Environmental Analyst in monitoring and sampling water and inspecting the shoreline to determine water quality and any potentially hazardous conditions. Her work, along with others at the Bureau of Aquaculture, is vital in protecting the safety of shellfish consumed by the public.
- Patty King, Boat Captain for Dolan Brothers Shellfish and Norm Bloom and Son LLC, along with Chad Simoneaux and Wishart from Gulf Shrimp Co., discussed the logistics of seafood distribution within the state. They helped provide attendees with a better understanding of how, where, and when CT seafood is available.
- Larry Williams from Jessey D. Inc. explained his career as a shellfisherman who raises both clams and oysters. He talked about the intricate and labor-intensive process of farming under water, as well as the quality of shellfish produced here in the state.

Attendees came together just after noon to talk with Chefs Jonathan Rapp and Drew McLachlan, who had brought their Dinners at the Farm truck to the site to prepare a scrumptious fish stew from a variety of fresh CT Seafood. The chefs discussed their passion for local ingredients and why it is so important for them and their peers to support local farmers and producers.

After lunch, attendees were welcomed aboard one of Larry Williams shellfish boats for an up-close look at the equipment and electronics needed to be an underwater farmer. Larry shared many stories of his life on the water, including breaking through thick ice during the winter and feeling his hair stand on end as lightning struck down only a few yards from his boat during a storm. If his audience hadn't already been convinced by the other speakers, they now were certain that life as a commercial fisherman is anything but romantic. It is hard, physically demanding work requiring an extremely diverse skill set and nerves of steel.

The sun was shining as the relaxed and cheerful chefs departed in mid-afternoon. Many smiles were worn and warm words of praise delivered as goodbyes were said.

The Farm-to-Chef Program would like to thank everyone who attended as well as the men and women who took the time out of their extremely busy schedules to speak, participate, and present at the workshop. In addition, gratitude goes out to the following others who made the day possible: Rick Macsuga, CT Department of Agriculture; David Carey, CT Department of Agriculture, Bureau of Aquaculture; and Don Bell, CT Seafood Council.

# Photo Gallery

All photos on this page are from the 8/6/08 FTC Summer Workshop and courtesy of Alan Budney Photography



Stormy skies clear just as the event gets underway at the Bureau of Aquaculture's dock in Milford



Attendees watch video taken on board the scallop boat *The Regulus* as they listen to Joe Gilbert and Nancy Follini from Briarpatch Enterprises



Mike Theiler from Jeanette T. Fisheries teaches the group about lobster



Peter Consiglio from Poppa C. LLC discussing life as a CT fin fisherman



Kristin Frank from the Bureau of Aquaculture explains the importance of sanitation and HACCP

# Photo Gallery (continued)

*Photos of the state's seafood industry at work:*



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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](http://CT Department of Agriculture), [Linda.Piotrowicz@ct.gov](mailto:Linda.Piotrowicz@ct.gov) or 860-713-2558, for more information.