



CT Department of Agriculture

December 2010

Briefs

FTC STILL WANTS YOUR DATA!!!

The CT Department of Agriculture (DoAG) has been compiling numbers that will help to justify its programs. Although preliminary totals for the Farm-to-Chef Program have been calculated, **we still want your numbers** if you have not yet submitted them. This information is crucial for explaining why the FTC Program should continue.

Please estimate the dollar value of total CT Grown product you will have purchased (if a commercial user) or will have sold to commercial users (if a farmer) from 1/1/10 through 12/31/10. Email to linda.pirotowicz@ct.gov and we will add it to our totals. If you have already submitted your figures, THANK YOU!

NEW GAP SCHOOL LAUNCHED

UConn Cooperative Extension, in partnership with DoAG, will be offering classes this winter for produce farmers to learn more about Good Agricultural Practices (GAP). While there currently is no state or federal regulation requiring farmers to have a GAP food safety program, some retailers and distributors have begun to require GAP programs from their suppliers. This new GAP school is a comprehensive series of four sessions to provide farmers with tools they need to develop a GAP food safety program. See [DoAG's website](#) for dates, times, details, and registration information.

FTC ANNUAL MEETING 1/31/11

The 2011 Farm-to-Chef Annual Meeting will be held 1/31/11 at the Saybrook Point Inn and Spa. This is one of the most important FTC events of the year. You do NOT want to miss this day of great presentations, discussion, networking, and, of course, CT Grown food. There is no charge to attend but pre-registration is REQUIRED. Register at [Survey Monkey](#).

HOLIDAY AND WINTER FARMERS' MARKETS

There are many holiday and seasonal markets running this month and into winter, with plenty of CT Grown product. Check [DoAG's website](#) for locations, dates, and hours of operation.

CT Grown in Season DECEMBER

Apples Arugula Beef
Beets Black Currant Juice
Bok Choi Brussels Sprouts
Cabbage Celeriac Chard
Cheese Chicken
Christmas Trees Cider
Clams Collards Cream
Eggs Fin Fish Garlic
Greens Herbs Holiday
Plants Honey Ice Cream
Kale Kohlrabi Lamb
Lettuce Lobster Maple
Microgreens Milk
Mushrooms Onions
Oysters Pears Pea Shoots
Pork Potatoes Scallops
Specialty Foods Sprouts
Turnips Veal Wheatgrass
Winter Squash Yogurt



Contact Us

CT Farm-to-Chef Program
CT Department of Agriculture
Marketing Bureau
165 Capitol Avenue, Room 129
Hartford, CT 06106
860-713-2503 phone
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Linda.Pirotowicz@ct.gov
www.CTGrown.gov

HNE Conference & Trade Show to be held in Sturbridge March 1-3, 2011

Looking to learn from experts and improve your business marketing skills? Consider coming to Harvest New England Association's third biennial marketing conference and trade show, to be held in Sturbridge, Mass., March 1-3, 2011. The theme of the event is *The Expanding New England Farm Enterprise: Reaping More from What We Sow.*

This unique conference is well-suited to anyone interested in picking up new marketing techniques and fine-tuning their existing business strategies. Over 25 educational sessions will cover a wide range of topics including social media use, funding opportunities, customer relations, value-added products, agritourism, and much more. While the event's primary target audience is farmers, much of the valuable information in these sessions can be effectively applied to many different types of businesses.

The event will kick off March 1 with pre-conference workshops on USDA Good Agricultural Practices (GAP) training and ideas for effective farmers' market management.

The following day, retail marketing expert John Stanley will deliver the keynote address, during which he will explain concepts of profitable merchandising and display and will provide practical tips for increasing sales. Mr. Stanley also will be available for a limited number of one-on-one consultations during the preconference workshops. Has been described as the leading horticultural consultant in the world today, and has been invited to speak in countries all over the globe.

On March 3, Vermont farmer and author Ben Hewitt will discuss the potential farms and producers have to revitalize their communities and keep money in local circulation. His book *The Town That Food Saved* tells the story of a rural, working-class Vermont community attempting to blueprint and implement a localized food system.

Nearly 100 vendors will participate in the trade show March 2-3, providing information on the latest products and services available to the agricultural community. Attendees will have ample opportunity to visit the trade between conference sessions.

The last Harvest New England Agricultural Marketing Conference and Trade Show, held in 2009, attracted over 800 people from all over New England. When asked why they came, their responses included "to learn what opportunities, services, and info available to a non-profit organization," "to get some business ideas and look at marketing trends," for "networking, product design, how to save \$\$, where to improve for the best return," and to "get one great idea to get the mind thinking."

When asked what was most valuable throughout the conference, some of the 2009 attendees responded, "The total picture inspires me and motivates me; e.g. updating my website, improving my shop grounds, trying new things, growing more;" "Branding, marketing, the importance of paid is not always the best;" "The people and their stories, experiences;" and "Meeting so many great people, the conference manual was very helpful and well laid out! Nice work folks!"

HNE Conference and Trade Show (continued)

The conference and trade show are sponsored by Harvest New England and all six New England State Departments of Agriculture in collaboration with the Cooperative Development Institute, the University of Connecticut Cooperative Extension System, the Federation of Massachusetts Farmers' Markets, the Rhode Island Center for Agricultural Promotion and Education, and the University of New Hampshire Cooperative Extension System.

The event will be held at the Sturbridge Host Hotel and Conference Center. Full conference registration is \$85 before February 14, 2011, with discounts offered for additional members from the same business. Single-day registration is available for \$50 before February 14, 2011. A limited number of scholarships will be offered (details and applications will be posted on the conference website when finalized). For a complete schedule or to register, visit www.harvestnewengland.org.



The Harvest New England Association, Inc., is a non-profit 501 (c)(5) corporation. Created in 1992 by the six New England state departments of agriculture to support the sale of New England grown produce through supermarket channels, the association's programming now promotes all New England food and agricultural products and provides educational resources to New England agricultural producers.

Farm-to-Chef Annual Meeting 1/31/11



DON'T MISS OUT!

All existing Farm-to-Chef members and those interested in the program are encouraged to attend this day of presentations, discussion, networking, and, of course, CT Grown food. There is no charge to attend but pre-registration is REQUIRED. Get more info and register at [Survey Monkey](#).

CT Grown “Haves” and “Wants”

CT GROWN “HAVES” IN DECEMBER

Broad Brook Beef

Broad Brook
Herb Holden, Jr.
860-250-3311

Herb@broadbrookbeef.com

All beef, nitrate-free Christmas kielbasa rings, along with a large assortment of stew beef, ground beef, boneless rib roasts, porterhouse steaks, NY strips, filet mignon and roasts perfect for shredded beef and pot roasting recipes. Stop by the farm on Saturdays 10-3 or visit us online at www.broadbrookbeef.com

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.

The Farmer's Cow

Lebanon
Kathy Smith
860-933-1514

Kathy@thefarmerscow.com

NEW half pints of our fresh Connecticut milk in whole, 1%, 2% and skim!! Coming soon, our fresh heavy cream in pints. Fresh cider in half gallons and 14-ounce single serves. Fresh, local inspected eggs. All ten flavors of our fresh ice cream in 2.5 gallon containers for restaurants.

Hastings Farm

Suffield
Megan

860-668-7524 or 860-882-3148

Butternut, carnival, acorn (table star), spaghetti, and blue hubbard squash. We also have natural beef available, including 6oz hamburger patties. Delivery may be available depending on location. For more information contact Megan.

CT GROWN “HAVES” IN DECEMBER

Sepe Farm

Sandy Hook (Newtown)
Pete Sepe
203-270-9507 or 203-470-4084
pasepe@juno.com

Pastured lamb.

Urban Oaks Farm

New Britain
860 223-6200
urbanoaks@earthlink.net

Certified organic: winter squash (butternut, yellow globe spaghetti, blue hubbard, buttercup, honey bear acorn, delicata, sweet dumpling), potatoes (purple viking, carola, rose gold), onions (redwing), turnips (macomber, purple, golden top, baby hackurei), greens (mizuna, braising, soup greens, arugula), herbs (rosemary, thyme, sage), apples (assorted). Not organic: winter squash (cheese puff, pie pumpkins).

CT GROWN “WANTS” IN DECEMBER

Boxcar Cantina

Greenwich
203-661-4774
manager@boxcancantina.com

Winter spinach wanted.

Community Table Restaurant

New Preston
860-868-9915
Joel Viehland
joelviehland@yahoo.com

Looking for suckling pigs (three pigs from 30 to 45 lbs.) and venison loin (about 40 lbs.).

Kate and Mike Naturally Grown

Woodbridge
Mike and Kate Burns
203-378-3055
Mikbrns2@aol.com

1/2 to 1 ton of "clean," preferably organic, fill wanted for high tunnel.

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.

CT Grown “Haves” and “Wants” (continued)

JOB OPENINGS AND POSITIONS WANTED

White Flower Farm

Torrington

Director of HR

wffhr@whiteflowerfarm.com

White Flower Farm is presently seeking an Assistant Greenhouse Manager for the supervision of greenhouse production operations under the direction of the Nursery Manager. This includes all aspects of mail-order greenhouse production and propagation. Extensive experience growing perennial and annual greenhouse products required. We offer a unique, fast-paced work environment and a comprehensive benefit package, discounts, 401(k) plan, and overstock giveaways.



Funding Opportunities

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.

Applications are due to DoAG by 1/31/11 for the 2011 Joint Venture Grant. Matching funds up to \$2,000 for producers and businesses and up to \$5,000 for agricultural associations can be used for marketing projects that use the CT Grown logo. More information is available on DoAG's [website](#).

The new Healthy Food Financing Initiative, part of the First Lady's Let's Move program, provides grants to help eliminate food deserts and revitalize neighborhoods. The program aims to commit \$20 million to this initiative in FY 2011. [Learn more](#).

Farm Aid has compiled a list of [federal funding opportunities](#) currently available for developing family farm-centered local and regional food systems.

The National Sustainable Agriculture Information Service maintains an [online listing](#) of a wide variety of funding opportunities for producers and other agriculture-related entities.

Did You Know?

WINTER SQUASH: Did you know? According to Texas A&M University's [Aggie Horticulture website](#), the word squash comes from our neighboring state; it was shortened from the Massachusett Indian word askutasquash. Those grown to maturity with hard skins and long keeping qualities fall into the subcategory winter squash and generally belong to the species *Cucurbita maxima* or *C. moschata*. (Summer squash, which are eaten in the immature stage, belong to the species *C. pepo*.)

Many "pumpkin" pies and even commercial canned "pumpkin" are made from different types of winter squash having more flavor and nutrition than true pumpkins.

Winter squash can be used in savory or sweet dishes ranging from ravioli and soup to pies and cookies, and is usually baked, roasted, or boiled until tender, then blended with other ingredients. It also is delicious simply seasoned and served on its own.

Versatile and tasty, winter squash also is a nutritional powerhouse. According to www.nutritiondata.com, butternut squash is considered a good or very good source of 12 essential nutrients. A 100g portion of raw butternut squash contains

- 45 calories
- 1g of Protein
- 2g of Dietary Fiber
- 3% of the RDA for Phosphorus
- 4% of the RDA for Copper
- 4% of the RDA for Iron
- 4% of the RDA for Pantothenic Acid
- 5% of the RDA for Calcium
- 6% of the RDA for Niacin
- 7% of the RDA for Folate
- 7% of the RDA for Thiamin
- 7% of the RDA for Vitamin E
- 8% of the RDA for Magnesium
- 8% of the RDA for Vitamin B6
- 10% of the RDA for Manganese
- 10% of the RDA for Potassium
- 35% of the RDA for Vitamin C
- A whopping 213% of the RDA for Vitamin A
- A 1.6 to 1 Omega-3 to Omega-6 fatty acid ratio

CT Grown winter squash cultivars include Acorn, Banana, Buttercup, Butternut, Carnival, Calabaza, Cushaw, Delicata, Dumpling, Hubbard, Jarrahdale, Kabocha, Long Island Cheese, Red Kuri, Spaghetti, Turban, and more. They come in an array of colors from green, yellow, and orange, to beige, white, gray, and blue. They store well and are available now and into the winter at local [farm stands](#), [farmers' markets](#), and many retail supermarkets.



Photo by Rudy Riet

Happenings

UConn and DoAG are offering a new Good Agricultural Practices (GAP) school for produce farmers this winter. It is a comprehensive series of four sessions to provide farmers with tools they need to develop a GAP food safety program. See [DoAG's website](#) for dates, times, details, and registration information.

[End Hunger CT!](#)'s Annual Meeting and Celebration of Executive Director Lucy Nolan's 10th anniversary of fighting hunger in the state will be held 12/2/10 from 5:00 to 6:30 PM at Asylum Hill Congregational Church in Hartford. Please direct questions to Dawn Crayco at dcrayco@endhungerct.org

There will be a screening of the film *Ingredients* on 12/1/10 at 6PM at The Studio at Billings Forge, 563 Broad Street, Hartford, 860-548-9877. \$15 includes hors d'oeuvres tasting. Panel discussion to follow film with local farmers and restaurateurs

[Law for Food](#)'s 2010-2011 lecture series kicks off 12/8/10 at 7:30 PM with "Employment and Labor for Farms and Food Businesses," at the Studio at Billings Forge, Hartford. \$15. Future lectures include "Financing Food," "Land I: Leasing and Using the Land," "Land II: Keeping the Land in the Family Business," and "Marketing Your Food Business." Contact adam@lawforfood.com for info.

ATTRA will host a free one-hour webinar 12/16/10 at 1:00 PM entitled *Innovative No-Till: Using Multi-Species Cover Crops to Improve Soil Health*. Please log in at least 10 minutes early to download the required software applet. Get more info or register at <https://www2.gotomeeting.com/register/723651554>

[White Silo Farm and Winery](#)'s free Holiday Party will run 1-5 PM on 12/19/10. Free wine tastings, hors d'oeuvres and 2 special chocolate/wine pairings at 1 and 3 PM. RSVP to folks@whitesilowinery.com with request for 1 or 3PM pairing to reserve a spot. Confirmations will be sent if space available.

[CT NOFA](#)'s Getting Started in Organic Farming workshop will be held 1/29/11 from 8:30 AM to 4:00 PM in New Haven. The conference draws both beginning farmers who choose to farm organically and established farmers who are converting their operations to organic. Details at www.ctnofa.org.

The 2011 Farm-to-Chef Annual Meeting will be held 1/31/11 at the Saybrook Point Inn and Spa. All existing and potential new FTC members are encouraged to attend this fun and productive day of great presentations, discussion, networking, and, of course, CT Grown food.

The CT Specialty Food Association's Annual Product Awards Competition will be held 2/17/11 at the Aqua Turf in Plantsville. Farm-friendly categories have been added and include CT Grown product, cheese, fruit or vegetable product, jam/honey/syrup/topping, certified organic, CT wine, and more. Contact Tricia at 860-677-8097 or tricia@ctfoodassociation.org for more info.

Harvest New England's third agricultural marketing conference and trade show will run 3/1/11 through 3/3/11 at the Sturbridge Host Hotel and Conference Center in Sturbridge, MA. Over 25 educational workshops will be offered, along with a 100-vendor trade show. Visit www.harvestnewengland.org for info or to register.

CT NOFA's Winter Conference will be held 3/15/11 in Manchester. Contact ctnofa@ctnofa.org or visit www.CTNofa.org for more info.

Food for Thought: Food System Literacy in Classrooms, Cafeterias and Communities, A Two-Day Symposium for the Independent School Community, will run 6/16/11-6/17/11 at the Ethel Walker School in Simsbury. Teachers, food service coordinators, sustainability coordinators, farmers, and community organizers will gather to share ideas, materials, and strategies. jill_harrington@ethelwalker.org for info.

In the News/On the Net

This 10/8/10 [Courant i-Towns post](#) details Chef Billy Grant's use of CT Grown produce from Urban Oaks Farm at a school demonstration in New Britain.

FTCers' many ways to use fresh CT Grown pumpkin are featured in this 10/29/10 [New York Times story](#).

This 11/2/10 [Courant feature](#) highlights Michele's Pies' award-winning sweet and savory baked creations, many of which use of fresh CT Grown ingredients.

FTCer Bun Lai of Miya's Sushi stars in this 11/3/10 WTNH [CT Style video](#) about New Haven Restaurant Week.

A new state poultry inspection program is discussed in this 11/4/10 [Norwich Bulletin story](#), which spotlights Ekon Hill Turkey Farm, the first farm to participate.

The rise of alpaca farming in the state is the subject of this 11/6/10 [Norwich Bulletin article](#).

CT Grown Christmas trees are the topic of this 11/9/10 [Republican-American story](#).

This 11/9/10 [Stamford Plus post](#) reveals that CT Grown foods can be found year round.

A visit to FTC member Four Mile Farm is the subject of this 11/12/10 [Wesleyan Argus feature](#).

FTCer Pauline Lord of White Gate Farm ponders the effect that the Food Safety Modernization Act would have on small farms in this 11/16/10 [Day story](#).

This 11/18/10 [Wall Street Journal article](#) describes the evolution of Simsbury's community farm.

The progress of and Governor Rell's support for the state's Farmland PreservationProgram are described in this 11/19/10 [Shoreline Plus story](#).

Success stories from the state's Farmland Preservation Program are shared in this 11/22/10 [Courant article](#).

Jason Sobocinski, Tom Sobocinski, and Rand Cooper discuss cheese, including many superb CT Grown varieties, on the 11/22/10 [episode](#) of WNPR's Colin McEnroe Show.

This 11/23/10 [Day editorial](#) praises the outgoing governor's support of farmland preservation and encourages the incoming governor to do the same.

CT Grown Christmas Trees at FTC member Treat Farm are the topic of this 11/23/10 [Milford-Orange Bulletin story](#).



Miscellaneous Announcements

The First Lady's [Chefs Move to Schools](#) program, run through USDA, seeks chefs to work with local schools to serve healthy food to students. There are plenty of schools in CT that have not yet been matched with chefs. If interested, check out the program's [information page for chefs](#). Chefs should contact schools directly if they would like to partner with them.

Brand new, beautiful commercially zoned kitchen space in Norwalk available for rent at the beginning of January. Please contact Dina at 203-938-4792 or dina@olafoods.com if interested in renting in any capacity.

The [Maple Syrup Producers Association of Connecticut](#) (MSPAC) is producing a new cookbook and wants to include some recipes from chefs committed to local products. If you have one or more CT Grown maple syrup recipes to contribute, please send to Kay Carroll, one of MSPAC's directors, kaycarroll@aol.com.

DoAG is now offering USDA Good Agricultural Practices (GAP) and Good Handling Practices (GHP) audits through a federal-state agreement. This voluntary program verifies adherence to the recommendations made in FDA's Guide to Minimize Microbial Food Safety Hazards for Fresh Fruits and Vegetables. For more information about this new program, contact Mark Zotti, 860-713-2538 or Mark.Zotti@ct.gov.

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.



FTC T-Shirt Photo Winner

Peter Gorman, who is shown here wearing his eye-catching, lime-green FTC T-Shirt at the White House, is the winner of the 2010 FTC T-shirt photo contest.

Because Peter and the runner-up were separated by a mere three votes, an automatic recount was necessary. Upon completion of the recount, Peter was confirmed as the winner.

Congratulations, Peter, and thanks for showing the White House team what we are doing here in CT! Peter will receive a special CT Grown-themed gift.



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.