



CT Department of Agriculture

December 2009

Briefs

LAST CALL FOR SURVEYS

Have you completed [this survey](#)? We need your feedback to comply with USDA reporting requirements for the Specialty Crop Block Grant funding we received for Farm-to-Chef programming. If you have not taken the survey, please do so now. Thank you.

REMEMBER CT GROWN PLANTS WHEN PLANNING HOLIDAYS

As you plan and decorate for the holidays this year, remember that the "Green Industry" accounts for half the state's agriculture, and is essential to preserving open space and driving the local economy. CT Grown greenhouses, nurseries, and tree farms are busy producing the freshest, highest-quality holiday plants, Christmas trees and greenery. Check out the [CT Green Industry website](#) for loads of information and to find a greenhouse, nursery or garden center near you.

SAVE THE DATE! 2010 ANNUAL MEETING TO BE HELD 1/25/10

The third Farm-to-Chef Annual Meeting will be held Monday 1/25/10 at the Country Club of Farmington. Please mark your calendars now and make every effort to attend. This is our chance to brainstorm together, learn from one another, and make important new contacts. **Your voice matters!**

WINTER FARMERS' MARKET INFO POSTED

Information provided by those farmers' markets planning to operate this winter has been posted on the Department of Agriculture's website. [This page](#) will be updated as additional information is received.

NOMINATE A FARMER

Who's your farmer? [Nominate him or her](#) to be one of the "Farmers We Like" on Adam Zachary Cohen's Farm to-Table website. While you are at it, why not [send a comment](#) about some of our own FTC member "Restaurants Who Rock?"

CT Grown in Season DECEMBER

Apples Beef Beets
Broccoli Brussels Sprouts
Cabbage Carrots
Cauliflower Celeriac Cheese
Christmas Trees Cream
Eggnog Eggs
Fin Fish Garlic Greens
Herbs Holiday Plants Honey
Ice Cream Lamb Lettuce
Lobster Maple Microgreens
Milk Mushrooms Onions
Parsnips Pea Shoots
Pointsettias Potatoes Pork
Pumpkin Scallops
Shellfish Specialty Foods
Sprouts Turnips
Wheatgrass Winter Squash
Yogurt

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



Contact Us

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165 Capitol Avenue, Room 129
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Farm-to-Chef Member Cooks CT Grown at James Beard House

By Linda Piotrowicz

On 10/19/09, FTC Member Leo Bushey III created a dinner highlighting 10 different varieties of CT Grown apples at New York City's esteemed James Beard House.

"Being invited to the James Beard House is a huge honor," Chef Bushey said. "To be showcased there as a chef was like receiving a Lifetime Achievement Award."

Because the event was scheduled for October, Chef Bushey immediately thought to feature local apples, one of Connecticut's leading autumn crops. He spotlighted a different variety in each dish. The evening's menu (posted in its entirety on the [James Beard Foundation's website](#)) included hot mulled 'Pippin' apple cider, foie gras torchon with 'Honeycrisp' apple chips, slow-cooked venison loin with 'Jonagold' apple cake, and 'Rome' apple strudel with a special 'Idared' apple ice cream, custom-made for the event by Buck's Ice Cream in Milford.

"I first got this idea of an apple-themed dinner when I took my kids apple picking at a local orchard last year," Chef Bushey explained. "This was an exceptional apple season, so the idea was in the forefront of my mind. When the Beard House invited me to do a dinner, the whole concept fell into place."

FTC member Dan Batchelder at [FreshPoint](#) helped source the wide array of CT Grown varieties from local farms, including FTC member [Belltown Hill Orchards](#) of South Glastonbury, Blue Hills Orchard in Wallingford, and Ferrari Farms, also in South Glastonbury.

"The apples were just amazing," Chef Bushey recounted. "They were so juicy and flavorful, that the whole meal came together beautifully. There just is no substitute for fresh, local ingredients."

To help prepare the meal, Chef Bushey relied on two of his staff from the Hartford Club, two chef friends from MI, a colleague from NY, and two culinary school interns. The team prepared dinner for 60 guests, including Jody Eddy, Editor of [Art Culinaire Magazine](#).

A complete gallery of photos from the event is posted [here](#).

ABOUT THE JAMES BEARD FOUNDATION

The [James Beard Foundation](#) is a national not-for-profit 501(c)(3) organization whose mission is "to celebrate, preserve, and nurture America's culinary heritage and diversity in order to elevate the appreciation of our culinary excellence." It was created after the 1985 passing of Chef Beard (proclaimed the "Dean of American Cookery" by the *New York Times* in 1954), when Julia Child called upon a group of Beard's friends and colleagues to do something with his house, which had served as a hub for students, authors, chefs, and other food and beverage professionals.

A campaign raised the down payment to purchase the Greenwich Village townhouse from Beard's estate, and the Foundation officially opened the James Beard House in November 1986. Calvin Trillin presided over a ceremony that welcomed Jacques Pépin, Judith Jones, Larry Forgione and other culinary world luminaries who had been touched and inspired by Beard.

According to its website, "The James Beard Foundation has evolved beyond the scope of influence any one person could have had, but all the while keeping true to the ideals that James Beard professed—that is, emphasizing the importance of simple, wholesome food, good cooking, and good eating by educating, mentoring, supporting, and caring for the people who prepare and enjoy it."

Farm-to-Chef Member Cooks CT Grown at James Beard House (continued)

A variety of events are conducted at the James Beard House and around the country “designed to educate, inspire, entertain, and foster an appreciation of American cuisine.” In addition to multi-course dinners by guest chefs, Foundation events include lunches/brunches/teas, workshops, literary discussions, celebrity chef tours, gala holiday auctions, awards, and much more.

ABOUT LEO BUSHEY III

Chef Bushey is a CT Grown native who entered the restaurant industry at the tender age of 13. Beginning his career at family-style restaurants, he quickly progressed through the culinary landscape. His talents were recognized and nurtured by some of the country's leading chefs, including James Boyce, Alex Stratta, Peter Hoefler, and Edward Flattery.

In 1994, Chef Bushey received his degree in culinary arts from Johnson & Wales University in RI. He was inducted into the prestigious Les Amis D'Escoffier Society a decade later, and is a standing member of the James Beard Foundation and The Chaine des Rotisseurs.

Chef Bushey has participated in events throughout the Northeast including the Celebrity Chef and Sommelier induction of Master of Wine Serena Sutcliffe; the CT Culinary Masters Classic with food critic and writer John Mariani; and the Art of Food and Wine paired with Celebrity Chef and Author, Chef Michael Ginor of Hudson Valley Foie Gras. Chef Bushey was Guest Chef for 2008 and 2009 Celebration of Food and Wine at the Chef's Garden in Huron, OH.

In addition to his commitment for creating exquisite cuisine, Chef Bushey serves on The Board of Directors for Share Our Strength, Fight against Hunger, and the Mohegan Sun Celebrity Chef Gala (which raises thousands of dollars each year to fight child hunger). He is an avid member of the CT Farm-to-Chef Program.



Food for Thought

TRUTH SERUM

by Naomi Shihab Nye

We made it from the ground-up corn in the old back pasture.
Pinched a scent of night jasmine billowing off the fence,
popped it right in.
That frog song wanting nothing but echo?
We used that.
Stirred it widely. Noticed the clouds while stirring.
Called upon our ancient great aunts and their long slow eyes
of summer. Dropped in their names.

Added a mint leaf now and then
to hearten the broth. Added a note of cheer and worry.
Orange butterfly between the claps of thunder?
Perfect. And once we had it,
had smelled and tasted the fragrant syrup,
placing the pan on a back burner for keeping,
the sorrow lifted in small ways.
We boiled down the lies in another pan till they disappeared.
We washed that pan.

(submitted by Tess Foley)

CT Grown “Haves” and “Wants”

DISCLAIMER!!!

The CT Grown “haves” and “wants” listed below 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. There is no guarantee that products listed below will be approved by your local health department.

Check with them directly.

CT GROWN “HAVES” IN DECEMBER

Aiki Farms

Ledyard

Bob

860-536-6407, burns@aikifarms.com

Sprouting mung, lentil, winter wheat berry, and buckwheat. Lettuce, pea shoots, and flats of wheatgrass for juicing. Order one week in advance, will deliver.

Cupola Hollow Farm

West Suffield

Kathy Dunai

860-668-0859, cupolahollowfarm@aol.com

Wide selection of CT Grown themed gift baskets including the CT Farmhouse Breakfast, CT Sampler, and others. Also fresh farm-made fudge, popcorn, jams, jelly, pickles and dip, holiday wreaths, cemetery logs, and kissing globes.

Eagle Wood Farms

Barkhamsted

Bryan Woods

86-402-4953, bryanwoods@eaglewoodfarms.com

Frozen retail portions of beef, pork, veal, lamb, pig roasters, and suckling pigs. We grow our own animals. See [prices](#).

FreshPoint

Hartford

Daniel Batchelder

800-824-0448 ext 359, Daniel.Batchelder@FreshPoint.com

Apples (over a dozen kinds), cider, currant juice, goat's milk yogurt, chevre, honey, yellow globe turnips, green cabbage.

Rowland Farm

Oxford

Charlie Rowland

203-577-3184, 203-888-1599, charles_rowland@sbcglobal.net

Berkshire hogs. CT Grown and ABA certified. Available whole carcass or cut to your specifications.

CT GROWN “HAVES” IN DECEMBER

Staehly Farms

East Haddam

Christopher Staehly

860-873-9774, staehlys@att.net

50-lb. boxes of Red or Kennebec White potatoes - \$15; 25-lb boxes of Red Fingerling potatoes - \$25; 1/2-bushel box of Harrelson Apples (Heritage Variety good for cooking/eating) - \$10. Pick up preferred but delivery is available.

Star Light Gardens

Durham

David Zemelsky

860-463-0166, starlightgardens@comcast.net

Winter greens including spinach three different varieties), field greens with kale and other mustards, garlic, claytonia (also known as miner's lettuce).

Wayne's Organic Garden

Oneco

Wayne Hansen

860-564-7987, waynewog1co@sbcglobal.net

Celeriac, small yellow storage onions

CT GROWN “WANTS” IN DECEMBER

Chef Cathy Blanchette

Southington

860-518-6539

blanchette.cathy@gmail.com

Eager, dependable, passionate chef looking for part-time work ASAP in an Farm-to-Chef kitchen. Please call or e-mail if you have a position available!

In the News

Stuart Family Farm, host of the 2009 Farm-to-Chef workshop, is one of four cattle farmers across the country profiled in [the fall issue](#) of Animal Welfare Approved Quarterly.

FTC member Craig Floyd's breeding of gourmet ham at his certified-humane Footsteps Farm is the topic of this 11/5/09 [Hartford Courant feature](#) by Linda Giuca.

The [11/5/09 issue](#) of the E-List features FTC members White Gate Farm, Feast Gourmet Market, Soelt Farm, and CT Farm Fresh Express.

FTC members Drew McLachlan of Feast and Ryan Jones of the Mill at 2T provide cranberry recommendations and recipes in this 11/12/09 [Hartford Courant story](#) by Deb Hornblow.

The [11/13/09 episode](#) of WNPR's Where We Live includes a look at FTC member The Farmer's Cow and Fort Hill Farm.

A look back on the Summer of 2009, including how it impacted FTC member Botticello Farms, is the topic of this 11/13/09 [New York Times feature](#) by Jan Ellen Spiegel.

This 11/13/09 [New York Times article](#) by Christopher Brooks talks with FTC members Carol Byer-Alcorace of New Morning Natural and Organic and Craig Floyd of Footsteps Farm about locally raised game birds.

FTC member Marshall Epstein of Rosedale Farms and Vineyard is profiled in this 11/16/09 [Courant I-Towns story](#).

Zachary Adam Cohen, creator of Farm to Table, The Emerging American Meal, is interviewed by Nicole Taylor in this 11/16/09 [podcast of Grease](#) radio.

The new Litchfield Hills Winter Wine Trail is the topic of this 11/19/09 [Litchfield County Times story](#) by Jack Coraggio.

Six pilot "AGvocate" communities throughout the state, including the Town of Franklin, are discussed in this 11/21/09 [Norwich Bulletin article](#) by Adam Benson.

This 11/23/09 [Chicago Tribune story](#) explains how a downtown hotel began successful rooftop beekeeping and now uses its own honey in many of the restaurant's dishes and its in-house draft wheat beer.

Greg Hladky's 11/23/09 [Hartford Advocate story](#) focuses on the challenges CT Grown meat producers face when trying to process their animals, and the possible solutions currently on the table. This [Grist post](#) by Tom Laskawy also explores the mobile slaughterhouse concept for the Northeast.

[WFSB-3 TV](#) weekend edition of Eyewitness Morning News regularly features FTC members Emily Brooks, Tim Cipriano, and Drew McLachlan each month. Tune in between 8:00 and 9:00 AM.

Funding Opportunities

Applications are due 1/31/10 for the next round of funding through the CT Joint Venture Grant Program. Matching funds of up to \$2,000 for individual businesses and \$5,000 for agricultural organizations are offered for marketing projects that use the CT Grown logo. Get the [guidelines and application](#).

Applications are due 3/1/10 for the next round of funding through the USDA Specialty Crop Block Grant Program. Awards up to \$75,000 are available for projects that solely enhance the competitiveness of CT's specialty crop industry. Specialty crops include fruits, vegetables, dried fruit, tree nuts, maple syrup, honey, horticulture, and nursery crops including floriculture. Projects must impact and produce measurable outcomes for the specialty crop industry and/or the public rather than a single organization, institution, or individual. Read the [news release](#) about the last round of funding to see what types of projects received funding.

Applications are due 4/30/10 for the next round of funding through the CT Farm Reinvestment Grant Program. Matching funds of up to \$40,000 may be available to CT agricultural producers for long-term capital projects. See [website](#) for more information.

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

Miscellaneous Announcements

The not-for-profit [Connecticut Vineyard and Winery Association](#) (CVWA) now offers business memberships to restaurants. This program is designed to help food-related businesses develop relationships with CVWA members, while also helping to promote and market those businesses on CVWA's website, in the CT Wine Trail Brochure, and through other channels. For more information, please contact Ginger Kunkle, Ginger@ctfood.org or 860-677-5467.

This [downloadable fact sheet](#) of Food Safety Tips for Healthy Holidays from FDA makes a helpful link in newsletters or a convenient hand-out at farm stands and markets.

This online [ATTRA publication](#) provides basics of do-it-yourself biodiesel production, including information about hazards, equipment, storage, and a list of additional resources.

NOFA/Mass is researching organic management strategies used by Northeast tomato growers in 2009 to mitigate the late blight. The insights collected will be presented on at the [NOFA/Mass Winter Conference](#), on their website, and in the Spring 2010 Edition of The Natural Farmer. [Take the survey](#) to contribute to the collective knowledge. The deadline to respond is 1/1/10.

Check out EPA's new online [Food Waste Cost Management Cost Calculator](#). This tool estimates the cost competitiveness of alternatives to food waste disposal for the food service industry, including source reduction, donation, composting, and recycling of yellow grease.

"Best Management Practices for Incorporating Food Residuals Into Existing Yard Waste Composting Operations," a report produced by the US Composting Council (USCC) under a grant from the EPA Region 3 can be downloaded directly from the EPA's [composting page](#).

Tractor Mac – Farmers' Market, written by Billy Steers for the Plow to Plate[®] Program is now available. This eighth book of the *Tractor Mac* series offers healthy, easy-to-prepare recipes as well as a section on "Facts for kids to tell their parents," both from Plow to Plate's[®] own culinary and medical professionals. For more information or to purchase, please visit www.plowtoplate.org.

Cookbook author James Stroman is seeking recipes and photographs, if available, for his upcoming release *American Cuisine*. All submissions will be properly credited. Contact jimstroman@aol.com.

[Catch a Health Habit Café](#) has opened its new location at 39 Unquowa Road in Fairfield. Check out the [blog](#) for photos and all of the latest information.

The [Agricultural Marketing Resource Center](#) is an electronic, national resource for producers interested in value-added agriculture. Browse commodities and products, investigate market and industry trends, study business creation and operation, read research results and locate value-added resources.



The Farm-to-Chef Program lists news and events of potential interest to members as space allows. Send to [Linda Piotrowicz](#). The editor reserves the right to edit or exclude listings at her discretion. Submissions should be short, to the point, and related to the Farm-to-Chef Program and/or of direct benefit to its members. The FTC newsletter typically goes out the first week of each month, but sometimes is delayed until later in the month; be sure to allow adequate lead time when submitting listings.

Happenings

On 12/2 at 7:00 PM, [Manchester Community College](#) will host a six-course French gourmet dinner with wine, prepared by MCC's award-winning culinary students. The meal will include a trilogy of locally made cheeses. Cost is \$75; proceeds support the MCC culinary competition team at the 2010 American Culinary Federation (ACF) Northeast Regional Conference. Call Jayne Pearson at 860-512-2785 for more info or tickets.

The Greater New London Farm to City Coalition will host a meeting and discussion on 12/2 at 6:00 PM at Connecticut College to ascertain thoughts and needs for building out a local food system. Reservations are required. 860-439-0016 to RSVP or for more info.

[The Growing Green Co-op](#) has a regularly packed calendar of classes, lectures, and films relating to local foods and healthy living. Their next Raw Food Basics series runs 12/3, 12/10, and 12/17. Cost is \$99. Friday night Raw Food Potlucks start 12/6 and will be followed by free films, including Raw for 30 Days, Food Matters, and the Future of Food. Speed Networking happens on 12/8. Check out the [events page](#) of their website for the latest info.

River Tavern and the Dinners at the Farm team are very busy this month, cooking off the DATF truck for Chester Sunday Market goes every Sunday from noon to 4:00 PM, A Moveable Feast on 12/3 with newly opened L&E Restaurant, Street Treats from the DATF truck during Chester Holiday Night on 12/4, and an All Local Dinner on 12/15 with Noank Oyster Cooperative, Soeltl Farm, and the Stanton-Davis Farmstead. See River Tavern's [events page](#) for details.

Start a new holiday tradition with the CT Yankee Holiday Dinner Tour! Saturdays in December (12/5, 12/12, and 12/19) [The Mark Twain Museum](#) is teaming up with [The Kitchen at Billings Forge](#) to offer a mouth-watering feast of succulent turkey, fresh fish, seasonal vegetables, pasta, salads, house-made breads and desserts. After dinner, enjoy a tour of The Mark Twain House arrayed in Victorian Christmas splendor, including a carol sing in the Drawing Room and a special festive reading of Twain's Christmas letter to his daughter. \$50 (cash bar for beer/wine); children \$35. Reservations required. Call 860-280-3128 or see [website](#) for more info.

[The Kitchen at Billings Forge](#) also offers holiday cooking classes this month. On 12/3, Holiday Hors d'Ouevres will be taught by Chef Julie Carrion. On 12/10 Marcy Robert will lead the class through Cookie Swap preparation and baking. Both classes are from 6:00 to 8:00 PM. For more information or to register, 860-548-9877.

[ATTRA](#), the National Sustainable Agriculture Information Service, presents "Making Organic Small Grains Work on Your Farm" webinar on 12/3 at 11:00 AM MST. Learn how farmers in traditional grain-growing regions are using organic production methods and find out if organic small grain production is right for you. Please [pre-register](#) for this event.

[Max Downtown](#) will host its first annual Teddy Bear Tea on 12/5/09 from 1:00 to 3:00 PM. A tea complete features teddy bear shaped sandwiches and goodies for younger guests, while adults will enjoy all the traditional accompaniments and a special gift courtesy of CT's own Harney & Sons Tea. Guests 13 and under are asked to bring a new, unwrapped toy, to be donated to patients at Connecticut Children's Medical Center. Each child will receive a signature MAX Bear as a token of our appreciation. \$29 for adults; \$14 for children under 13. 860-522-2530 for reservations or more info.

(continued on last page)

Happenings (continued)

A Child Nutrition Reauthorization Forum with Congressman Joe Courtney will be held on 12/7 in Vernon, CT from 8:30-10:30 AM. This forum is sponsored by End Hunger CT! in partnership with the School Nutrition Association of CT, Vernon Board of Education, Foodshare, CT Association for Human Services, and CT Food Bank [Register online](#).

The third Farm-to-Chef Annual Meeting will be held Monday 1/25/10 at the Country Club of Farmington. Why should YOU be there? This is our once-a-year chance for all of our members to brainstorm together, learn from one another, and make important new contacts for the coming season.

The 30th Milford Aquaculture Seminar will be held 2/8/10 – 2/10/10 at the Courtyard Marriott in Shelton. The seminar will begin with a poster session and celebratory event highlighting 30 years, followed by two days of technical sessions predominantly focused on shellfish aquaculture. Please contact Walter Blogoslowski at 203-882-6535 or wblogosl@clam.mi.nmfs.gov for more information.

[Beltane Farm](#) in Lebanon hosts an offering of Autumn Cheeses every Sunday, 11:00AM - 3:00PM through 12/20/09. Cheeses this season include award-winning Fresh Chevre, Seasonal Cheese Spreads, French style ripened cheeses, Feta, and a variety of aged 2-3 month-old raw milk cheeses. Yogurt, too! Enjoy the seasonal tasting house and local cider. Directions available at Beltane Farm to nearby vineyards, as well as to Cato Corner Farm (Jersey cow milk cheeses.) Relax by the pond, meet the goats, and see the cheese being made.

Thomas Hooker Brewing Company offers tours and tastings every Saturday, and open house events two Fridays each month. Check their [events calendar](#) for all the details.

IMPORTANT NOTICE FROM THE BUREAU OF INSPECTION AND REGULATION

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.



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- www.CTGrown.gov

[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.