



CT Department of Agriculture

Program Briefs

Over 100 people have registered for the first-ever **Farm-to-Chef Program Annual Meeting** on February 13, 2008. **Registration is now closed.** If you have signed up to attend, please plan to arrive **promptly at 8:00 AM.** The [agenda](#) is on our website and [directions](#) are on the mansion's website.

Results from the December 2007 Farm-to-Chef [member survey](#) have been posted on our website. Links to future surveys will be posted on this same page. Member surveys are invaluable in helping us to tailor the Farm-to-Chef Program to best meet your needs.

Farm-to-Chef cooking demonstrations will be scheduled for CT Grown farmers' markets throughout the entire state this summer and fall. We will be seeking chefs to go to markets and show customers ways to prepare and serve some of the products sold at the markets. Reimbursement will be offered to cover the cost of the CT Grown ingredients used. More information will be distributed about this program soon.

Another **chefs' workshop** will be held this summer. Our two previous workshops included tours of the Stonington fishing dock and various educational talks and demonstrations. Last year we added a trip to Sankow's Beaver Brook Farm in Lyme for a close-up look at cheesemaking and a scrumptious CT Grown lunch. This year we will take chefs to a new location. Details of this year's workshop still are being arranged, but we promise you will not be disappointed!

Contributors are needed for the Commentary section of this newsletter. If interested, please contact Linda Piotrowicz by [email](#) or at 860-713-2558.

February 2008

CT Grown Now in Season

CT Grown seafood, dairy, eggs, meat, honey, and maple syrup are available year-round.

Lettuce, herbs, and other greens are produced in a number of CT greenhouses throughout winter.

Celared produce such as **onions, potatoes, sweet potatoes,** and more may still be available from your local farmer. Don't be shy—call and ask them what they have!

Our state is blessed with several **winter farmers' markets** this year, as well as a number of **year-round farm stands.** Please see Page 5 of this newsletter for a listing.

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



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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Commentary

Local Foods for Health and Weight Control

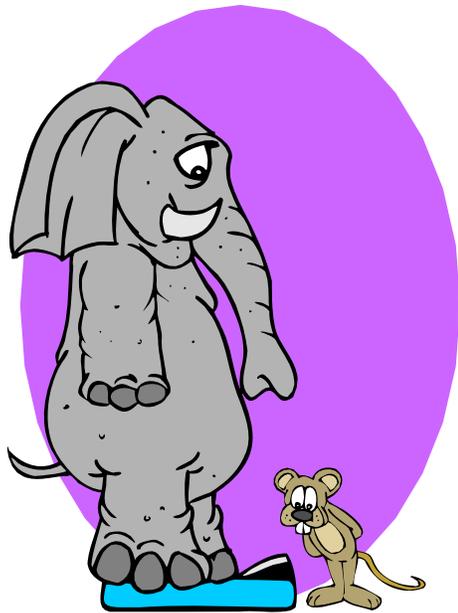
by Emily Brooks

Chef Owner, BRIDGES Cooking School and [Edible Advocates Alliance, LLC](#)

Today's world inundates us with constant negative messaging about obesity, followed by confusing, conflicting, and difficult-to-translate health recommendations and weight-loss strategies.

We are told to eat low-fat foods, then low-carb foods. Don't eat eggs, they contain cholesterol. No, eat eggs! They're healthy. Good fats, bad carbs, weight-loss and plastic-surgery Reality TV, and magazines with bodies that leave us in a dizzying state of panic.

The dieting industry is a multi-billion dollar a year farce. Health is not measured by physical size. If your body is healthy, you'll maintain a healthy weight based upon your genetic disposition.



Genetically, some of us run leaner. We have linear physiques with long limbs and are called ectomorphs. Some are hourglass- or rectangle-shaped and have big bones, lots of muscle, and are called mesomorphs. Endomorphs appear rounder, like an apple with a soft body and underdeveloped muscles. There also are all kinds of combinations in between.

Muscle weighs more than fat. The BMI (Body Mass Index) scale was built specifically for ectomorphs. When a mesomorph jumps on the scale and then consults the BMI Chart, the results can be disastrous. Extra muscle mass can make mesomorphs appear overweight or even obese.

A friend of mine with whom I ran marathons was a mesomorph. Jenny was a size 14 and weighed 160 pounds, while I was 130 pounds and size 4. On the BMI chart, Jenny registered one point shy of obese. Jenny worked out every day. I didn't. Jenny could outrun AND out perform me. And I had 15% more body fat that Jenny did.

We can't measure health by size or BMI chart. Jenny was the healthiest person I have ever met.

We measure health by how we feel, which is dependant upon the fuel we consume. The body is a machine. You can't drive your car without oil or gas. Similarly, you can't drive your body without micro and macronutrients. If we try, metabolism slows, our body retains water, fat cells enlarge, and neurochemicals misfire telling us we're still hungry.

Weight gain is our body's emergency response to malnourishment. When you nourish your body with foods packed with the essential vitamins and minerals, the extra weight falls right off, because your body no longer needs it as an emergency back-up plan.

Commentary (continued)



I don't believe in diets. I believe in nourishment. If you can cook it, you can eat it!

Locally grown and fresh foods don't contain preservatives, additives, false "unrecognizable" bulk fillers, fats, or sugars that are not only nutritionally inert, but also TAKE nutrients OUT of our bodies. Locally grown foods have been scientifically shown to contain more vitamins and minerals – the very things that help prevent excess weight from piling up. Local foods offer the most nutrition possible per our respective locations.

What would happen if we stopped spending billions on diet trends and spent the same amount of money on local foods? We'd all be healthier – in every sense of the word.

In 2003, I weighed over 200lbs! I went from a size 20 to a size 4 by choosing foods with maximum nutritional value. I treated my body like a machine and fed each of its requirements. When I was nutritionally healthy, my body naturally modified the amount of weight that I carried. I haven't continued to lose weight because my body found its own natural "optimum performance" as dictated by my genetics. Since I am an ectomorph I ended up looking like a string bean.

If I can do it, everyone can. This is not difficult!

Eat local foods! If you carry excess pounds, your completely nourished body machine will naturally take those away and leave you feeling better, looking healthier, and running at your optimum performance size.

Recipes help us be creative with what we have available. There truly are over 5 million ways to eat carrots! So belly up to your local farm stand and get your hunger on!



Emily Brooks graduated from Ripon College, Ripon, WI, with a degree in Chemistry-Biology in 1997. She graduated from Fox Valley Technical College with a degree in Culinary Arts December 2003 and from Clayton College with a Masters degree in Holistic Nutrition. She is currently working on her PhD degree for Holistic Nutrition and ND License at Clayton College.

Emily is the Founder, Executive Director, and President of BRIDGES Healthy Cooking School. She has spent the last 3 ½ years building BRIDGES into a monumental health services provider resource for our medical community, schools, and governmental non-profit organizations before relocating to Washington, Connecticut where she has founded [Edibles Advocate Alliance, LLC](#). As the Chief Executive Officer of the EA Alliance, Chef Emily serves as a Community Connecting Point to unite grass-roots and community based organizations. In addition, the EA Alliance enables, supports, and advocates on the behalf of citizens as a Liaison for Change in the struggle towards healthier, local, and sustainable foods.

Chef Emily passionately believes in changing the social norm towards healthier food provision and consumption through education and coalition building.

CT DEP Reminder About Lobsters

STATE OF CONNECTICUT DEPARTMENT OF ENVIRONMENTAL PROTECTION

Notice to Lobster Dealers, Wholesalers and Retailers

January 15, 2008

This notice is a reminder to Seafood dealers, wholesalers, shippers and retailers **(INCLUDING RESTAURANTS)** that it is illegal in Connecticut to buy, sell, give away, offer for sale or possess, regardless where taken, any lobster with a carapace (body shell) less than 3-5/16 inches in length.

Section 26-157j of the Connecticut General Statutes provides a very specific exception to this rule. It allows a seafood dealer, wholesaler or shipper in this state to possess and sell lobsters less than 3-5/16 inches carapace length to customers outside of Connecticut provided all the following conditions are met:

- (1) the lobsters were not taken from Lobster Management Area (LMA) 6 (the waters of Long Island Sound and western Block Island Sound) or landed in Connecticut; and
- (2) the lobsters are not less than the minimum legal length in effect for the waters of the LMA, state or country of origin and are not less than 3-1/4 inches carapace length, regardless where taken; and
- (3) the lobsters are not bartered, exchanged, sold or offered for sale in this state; and
- (4) the seafood dealer, wholesaler or shipper possesses a manifest, bill of lading, invoice, purchase order or other written documentation identifying the state, lobster management area or country of origin of the lobsters received, the number of lobsters received that are less than LMA 6 minimum length and the date received. The documentation shall be retained for a period of six months and made available to law enforcement officers upon request.

Measuring a Lobster: The carapace length is measured along the length of the carapace (body shell) parallel to the centerline from the rear end of the eye socket to the rear end of the carapace. Tools ("lobster gauges") to measure lobsters can be obtained from the DEP at the address below.

For further information or to purchase lobster gauges, **contact the DEP Marine Fisheries Division** at PO Box 719, Old Lyme, CT 06371 or by telephone at **860-434-6043** between the hours of 8:30 AM and 4:30 PM, Monday through Friday. In addition, the Division can be contacted by email at dep.marine.fisheries@po.state.ct.us.

The DEP is an affirmative action/equal opportunity employer. In conformance with the ADA, individuals with disabilities who need information in an alternative format, to allow them to benefit and/or participate in the agency's programs and services, should call TDD 860-424-3000 and make their request to the receptionist. Requests for accommodation to attend meetings and/or educational programs, sponsored by the DEP, must be made at least two weeks prior to the program date. These requests may be made directly to Marcia Z. Bonitto, ADA Coordinator, via e-mail: Marcia.Bonitto@po.state.ct.us.

Winter Shopping Venues

WINTER/EARLY SPRING FARMERS' MARKET DATES AND LOCATIONS

Fairfield

[Indoor Winter Farmers' Market](#)

Saturdays 1/13/08 through 4/28/08

10:00 AM to 1:00 PM

Fairfield Theater Company, 70 Sanford Street

New Haven

[Wooster Square Farmers' Market](#)

Third Saturday of month

10:00AM to 1:00 PM

(1/19/08, 2/16/08, 3/15/08, and 4/19/08)

Russo Park, at corner of Chapel Street and DePalma Court

New London

[Fiddleheads Food Cooperative](#) Indoor Farmers' Market

Saturdays 2/2/08 through 4/28/08

10:00 AM to 2:00 PM

13 Broad Street, New London

Woodbury

[Masters' Table](#) Winter Indoor Farmers' Market Fundraiser

Saturday 03/01/08 (one day only)

11:00 AM to 2:00 PM

Nonnewaug High School, 5 Minortown Road

YEAR-ROUND FARM STANDS/STORES

[Bishop's Orchards Farm Market](#)

1355 Boston Post Road, US Rte. 1, I-95 Exit 57

Mon. – Sat. 8:00 AM to 7:00 PM

Guilford, CT-06437

Sun. 9:00 AM to 6:00 PM

203-458-PICK (7425)

[Four Mile River Farm Stand](#)

124 Four Mile River Road

Daily Self-Serve, Honor System

Old Lyme, CT 06371

860-434-2378

[Holmberg Orchards Farm Store](#)

1990 Rte. 12

Daily 9:00 AM to 6:00 PM

Gales Ferry, CT-06335

860-464-7305

[Lyman Orchards Apple Barrel](#)

Jct. Rtes. 147 and 157

Daily 9:00 AM to 7:00 PM

Middlefield, CT 06455

860 349-1793

[Rogers Orchard](#)

Home Farm Salesroom, Long Bottom Road

Late July through Mid May

Daily 8:00 AM to 5:00 PM

Southington, CT

860-229-4240

Sunnymount Salesroom, Meriden-Waterbury Road

Daily 9:00 AM to 6:00 PM

Southington, CT

203-879-1206

[Sankow's Beaver Brook Farm](#)

139 Beaver Brook Road

Daily 9:00 AM to 4:00 PM

Lyme, CT 06371

860-434-2843

Urban Oaks

225 Oak Street

Fridays 3:00 PM to 6:00 PM or by appointment

New Britain, CT 06051

If you know of other farmers' markets or farm stands open this winter, please contact us!



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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://www.CTDepartmentofAgriculture.com), Linda.Piotrowicz@ct.gov or 860-713-2558, for more information.



Announcements and Events

Announcements of 40 words or less are published as a service to Farm-to-Chef Program members. They are NOT intended as endorsements. Email them to Linda.Piotrowicz@ct.gov. We reserve the right to edit or decline any posting for any reason.

The Masters' Table Farm Market indoor Fundraiser, scheduled for Saturday, 3/1/08 at Nonnewaug High School in Woodbury, is seeking additional vendors. If interested, please visit their [website](#) for more information and a vendor application.

Urban Oaks Organic Farm in New Britain is looking to work more closely with local organic farmers in their distribution efforts, including taking orders from commercial clients for product from those farms. For more information, please call Ken at 860-223-6200.

Numerous **CT Grown Farmers' Markets** are seeking vendors for the upcoming season. For more information, please see the CT Department of Agriculture's [website](#).

The **Connecticut Department of Agriculture** has established the **FarmLink Program** to help link new farmers and farm owners with agricultural land for rent or sale. For further information, visit the [FarmLink website](#) or call Jane Slupecki at 860-713-2588.

The **Connecticut Weekly Agricultural Report**, previously available only through paid mail subscription, is now available in a free online version. [Check it out!](#)

Farmers Markets Today is a new national magazine featuring high-quality, full-color, interesting, and informative content. Editors are seeking information about chefs using local food to be featured in future issues. Send bios, photos, recipes, and relevant information to mshepherd@cfu.net.

The CT **Department of Environmental Protection's** nationally recognized **No Child Left Inside Program** is seeking locally-minded chefs to cater and/or give demonstrations at a variety of events emphasizing healthful activities, starting in February. If interested, email Linda.Piotrowicz@ct.gov.