



*CT Department of Agriculture*

## Briefs

### NEW FARM-TO-CHEF VIDEOS ON YOU TUBE

This past April, Sean Maloney, a graduate journalism student at [Quinnipiac University](#), did a documentary on the Farm-to-Chef Program for a class assignment. View [Part 1](#) and [Part 2](#). (The third and final part was voluntarily withheld from public display by Sean due to sensitive information revealed in it.) Sean received an A for this project ☺. FTC thanks Sean for helping to spread the word about CT Grown!

### CALL FOR RECIPES

FTC is seeking submissions from members for fast, easy, and inexpensive recipes using CT Grown ingredients for posting on its website. Guidelines and submission forms will be sent to all FTC members.

### FTC MEMBERS INVITED TO CSFA TRADE SHOW

The CT Specialty Food Association (CSFA)'s second trade show will be held 7/14/09 at Meriden Comfort Inn & Suites. This year chefs and farm stand/store buyers are invited to attend along with buyers from retail and specialty stores. CSFA will be mailing out invitations to FTC members this week. If you are a specialty food producer and would like to participate, contact Tricia at [tricia@ctfood.org](mailto:tricia@ctfood.org) or 860-677-8097.

### HOOP HOUSE WEBINAR NOW AVAILABLE ONLINE

A video of the [National Center for Appropriate Technology](#) (NCAT) hoop house webinar presented on 05/07/09 now is available [online](#).

### FEDERAL DISASTER LOANS

Federal disaster loans are available for some CT producers who suffered loss due to severe weather in December 2008. [Learn more](#).

### NEW REPORT HAS EXCELLENT INFO FOR FTC MEMBERS

[Emerging Opportunities for Small-Scale Producers](#), a new report out by USDA's Agricultural Marketing Service, provides good information about farm-to-restaurant, farm-to-school, and farm-to-institution sales and purchasing. Excellent reading for every FTC member!

**June 2009**

### CT Grown in Season JUNE

Asparagus Beef Broccoli  
Cabbage Cauliflower  
Cheese Cherries Cream  
Cucumbers Eggs  
Fiddleheads Fin Fish  
Garlic Scapes Greenhouse  
Tomatoes Greens Herbs  
Honey Kohlrabi Lamb  
Lettuce Lobster Maple  
Milk Peas Pork  
Radishes Ramps Rasp-  
berries Rhubarb Scallops  
Shellfish Specialty Foods  
Spinach Strawberries  
Summer Squash

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



### Contact Us

CT Farm-to-Chef Program  
CT Department of Agriculture  
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165 Capitol Avenue, Room 129  
Hartford, CT 06106  
860-713-2503 phone  
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[Linda.Piotrowicz@ct.gov](mailto:Linda.Piotrowicz@ct.gov)  
[www.CTGrown.gov](http://www.CTGrown.gov)

## CT Grown Lunch Featured at HealthQuest '09

by Linda Colangelo, NE District Dept. of Health

HealthQuest '09, was held over the weekend of 05/09/09 at Quinebaug Valley Community College in Danielson to help raise awareness in the community about healthy lifestyles. As part of the event, attendees were treated on Saturday to a nutritious lunch of fresh roasted turkey sandwiches with goat cheese, field greens, asparagus, and balsamic maple vinaigrette, along with potato leek soup and the Vanilla Bean Café's famous chili soup. All ingredients were grown or produced locally.

Along with the CT Grown lunch, a Plow to Plate® sustainable foods presentation and culinary demonstration was given by FTC member John Turenne, President and Founder of [Sustainable Food Systems](#), Barry Jessurun of the Vanilla Bean Café and 85 Main, Putnam Community Development Coordinator Delpha Very, and FTC member Marydale DeBor, Vice President of External Affairs at New Milford Hospital, which sponsors the [Plow to Plate® program](#).

"The CT Grown lunch was a huge hit," said Cherie Poirier, Operations Manager for [Daniel's Pharmacy](#) and one of the organizers of the event. "We received numerous emails, compliments, and thank-yous for making people aware of what was available in our area. We are very excited about what we have started, and are committed to keeping this momentum going in our community."

Other weekend activities included a motivational walk rally by Robert Sweetgall, considered the nation's leading recreational walker. Sweetgall led over 1,000 students, teachers, and administrators in the Plainfield School System on a walk around the high school track. The walk kicked off a new wellness initiative for grades 4-8 at Plainfield Memorial School and Plainfield Central School where students will begin the school day with a 10-minute walk, and then journal about their daily experience.

"I've seen these programs successfully implemented at thousands of schools across America," said Sweetgall. "In addition to the health benefits, many school administrators report an increase in academic achievement, improved morale, and a significant decrease in discipline problems."

Following the walk, Sweetgall was joined by Day Kimball Healthcare (DKH) Pediatrician Marc Cerrone, MD, to host an educator's forum for other schools interested in adopting sustainable walking wellness initiatives. Sweetgall also was a featured speaker on the second day of the HealthQuest event at Quinebaug Valley Community College. The lively keynote address literally kept attendees on their feet and detailed how to fit 6,000 steps into a day to reduce heart disease, diabetes, stress, weight, and the rate of aging.

The HealthQuest event concluded with a Heart Truth™ Workshop made possible by the Northeast District Department of Health (NDDH) through a grant from the U.S. Department of Health and Human Services Office on Women's Health. Female employees of NDDH and their families were featured in a Red Dress fashion show and DKH Cardiologist Lisa Canter, MD, FACC, lead a presentation and discussion about women's heart health and risk of heart disease.

Now in its second year, the HealthQuest planning partnership includes representatives from the NDDH, DKH, Daniel's HealthMart Pharmacy, Plainfield Public Schools, the Northeastern Connecticut Chamber of Commerce, Town of Putnam Community Development, Whitcraft, LLC, and WINY Radio. The HealthQuest coalition recently became another national ACHIEVE community, with NDDH selected for funding by the National Association of Chronic Disease Directors. ACHIEVE stands for Action Communities for Health, Innovation, and Environmental Change and is an initiative of the Centers for Disease Control's Health Communities Program.

"HealthQuest is a collaborative health partnership of a number of local organizations who share the common vision of achieving healthier communities," said Poirier. "We're focused on promoting the simple steps we can all take to prevent illness and promote wellness in our own lives, and in turn, improve the health of our schools, businesses, and communities."

For more information about HealthQuest, contact Cherie Poirier, [cpoirier@danielspharmacy.com](mailto:cpoirier@danielspharmacy.com) or 860-779-1136. (Photos from the event on Page 8.)

## 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 JUNE

#### **D. J. King Lobsters**, D. J. King

203-488-6926

[dking13@snet.net](mailto:dking13@snet.net)

Lobsters, some sea bass, some fluke.

#### **Eagle Wood Farms**, Bryan Woods

860-402-4953

[bryanwoods@eaglewoodfarms.com](mailto:bryanwoods@eaglewoodfarms.com)

Frozen retail portions of beef and pork, we grow our own animals, pig roasters. Prices on our website.

#### **GeoRoots Solar Growth Farm**, Eloise Marinos

860-693-9099

[emarchitect@comcast.net](mailto:emarchitect@comcast.net)

Mesclun salad mix (2 types), baby lettuce salad mix, Asian salad greens mix, bright & spicy salad leaves mix, rucula/arugula, Rocket Apollo arugula, baby spinach, Greek and Italian oregano, scallions, garlic chives, many types of basil, cilantro.

#### **Gulf Shrimp Co.**, Chad Simoneaux, Scott Wishart

860-628-8399

[chadgulfshrimp@yahoo.com](mailto:chadgulfshrimp@yahoo.com)

CT Grown countneck clams, topnecks, cherrystones, quohogs, Noank oysters, Briarpatch Blue Point oysters, also live lobsters

#### **Hop Top Organic Tillage**, Ken Crary

860-559-2087

[crary2@cox.net](mailto:crary2@cox.net)

Garlic scapes, snow peas, shell peas, mixed greens

#### **Reynolds Farm**, Liz / Ed Reynolds

860-913-6409, 860-684-7214

[lreynolds1954@yahoo.com](mailto:lreynolds1954@yahoo.com)

Heritage Galloway premium aged beef, USDA inspected and cryovac-packed. Lean, juicy, well marbled, and, rich flavor unlike any other beef in the world. Raised using organic methods, sunshine, and plenty of fresh well water.

#### **Rowland Farm**, Charlie Rowland

203-577-3184

[charles\\_rowland@sbcglobal.net](mailto:charles_rowland@sbcglobal.net)

CT Grown Berkshire pork. Whole carcass with head on @\$2.00 per lb., ground pork in 10-lb. boxes @ \$5.00 per lb, sweet or hot Italian sausage as patties or links in 10-lb.boxes at \$6.50 per lb.

#### **Star Light Gardens**, David Zemelsky

860-463-0166 or [starlightgardens@comcast.net](mailto:starlightgardens@comcast.net)

Baby bok choy, spring raab, oregano, thyme, sage, spicy mustard greens of all colors

#### **Wave Hill Breads**, Margaret Sapir

203 762 9595 or [wavehillbreads@gmail.com](mailto:wavehillbreads@gmail.com)

Our fresh three-grain loaves are available during all months. We make them in various shapes: batard, small boule, demi-baguette, small and large epi. We also supply Just Crust chips and Lemony-Thyme Croutons de Campagne (rustic, not cubes).

### CT GROWN "WANTS" IN JUNE

#### **Bloodroot**, Selma Miriam

203-576-9168

Organic strawberries, need them delivered

#### **Max Downtown**, Hunter Morton

860 247 4496

[hmorton@maxdowntown.com](mailto:hmorton@maxdowntown.com)

Beef, pork, chicken, rabbit, birds, beautiful interesting vegetables, honey, cheese, eggs, seafood

#### **Papacelle**, David Pianka

860-269-3121

[dave@papacelle.com](mailto:dave@papacelle.com)

Corn, cherries, fava beans, garlic scapes, stinging nettles, fresh peas, berries, arugula, spinach, zucchini flowers

#### **Trumbull Kitchen**, Chris Torla

860-493-7415

[CTorla@trumbullkitchen.com](mailto:CTorla@trumbullkitchen.com)

Any and all CT Grown products

## Happenings

On 6/2/09, [River Tavern Restaurant](#) will host its last all-local farm dinner of the season at the restaurant. Meet Jamie Jones of the [Jones Family Farm](#) and Winery of Shelton and enjoy a 5-course all-local feast featuring Jamie's just released 2008 wines. 860-526-9417 for reservations or more info.

The [Kitchen Co-Op](#) has announced that "Marketing Your Food-Based Business on a Budget" will be held 6/6/09 in Bridgeport. This is the first in a series of workshops designed to help food-based businesses succeed. Space is limited, advance reservations and payment required. Contact [kitchen-coop@gmail.com](mailto:kitchen-coop@gmail.com) for more info.

Slow Food CT will host a tour of [Urban Oaks Farm](#) in New Britain on 6/6/09. Activities will include artisan cheese tasting, cooking demonstrations, and an opportunity to purchase from the farm stand. Suggested donation is \$20. For more info, contact [urbanoaks@earthlink.net](mailto:urbanoaks@earthlink.net)

[River Tavern Restaurant](#) will prepare CT Grown food for the 06/07/09 [Chester Farmer's Market](#) Benefit Picnic, which also will feature live music, raffle items and fun events for all ages. Contact [Chestersundaymarket@comcast.net](mailto:Chestersundaymarket@comcast.net) for more info or tickets.

On 6/9/09, [Cavey's Restaurant](#) will feature five wines from [Priam Vineyards](#), paired with small five plates. On 6/23/09, Cavey's will host a tour of [Old Burnside Brewing Company](#)'s beers and ales. For more info, call 860-643-2751.

An IPM workshop with UConn Sr. Extension Educator Donna Ellis will be held 6/9/09 at Connecticut College in New London. Pesticide recertification credits available. Registration is limited. 860-486-6448 or [donna.ellis@uconn.edu](mailto:donna.ellis@uconn.edu) for more info or to sign up.

Scoozi has scheduled its first "Toil the Soil/Farmers Dinner" of the season for 6/11/09. The six-course tasting menu will feature local produce, seafood, meat and cheese. [www.scoozzi.com](http://www.scoozzi.com) for more info.

[White Silo Farm and Winery](#) hosts a a rhubarb festival on 6/13/09 and 6/14/09; CT Grown Day on 7/18/09; raspberry festival on 9/19/09 and 9/20/09. Over the summer we plan to bottle our mustards in sample size containers and give them away free. Your feedback will help us bring the best possible product to the market. Go to [www.whitesilowinery.com](http://www.whitesilowinery.com) for more info.

[ZINC Restaurant](#) begins its Market Menu season with a preview dinner on 6/16/09. Prepaid reservations are required. 203-624-0507 for more info. Next door, [Kitchen ZINC](#), featuring artisan pizzas made with local sustainable ingredients, is slated to open in June. Chef-Owner Denise Appel's [blog](#) has the latest details.

[CT Women's Agricultural Network](#) (WAgN) will host "Market Research: Unlocking the Potential for Your Agribusiness" on 6/17/09 at 4:00 PM in South Windsor. For more info, contact Ross Eddy, 860-688-7725 x2, [ross.eddy@ct.usda.gov](mailto:ross.eddy@ct.usda.gov) or Dawn Pindell, 860-774-8397 x109, [dawn.pindell@ct.usda.gov](mailto:dawn.pindell@ct.usda.gov).

On 6/18/09, [Firebox Restaurant](#) will host its second annual "Hog and Grog" featuring spit-roasted CT Grown pork, local seasonal veggies, live bluegrass music, and more. 860-246-1222 for more info.

[Friends of the Farm at Hilltop](#) (FOFAH) will have a workshop "Herbs and Flowers for Grilling" on 6/28/09. They also have scheduled their 2009 Farm Fest for Labor Day Weekend, featuring a delicious meal of locally grown and harvested food, dancing, and a silent auction. Tickets go on sale in June and typically sell out fast. Go to [www.fofah.com](http://www.fofah.com) and click on "Events" for more info.

## Happenings (continued)

Foodmed 2009 will be held 6/30/09 and 7/1/09 in Detroit, MI. This conference dedicated to local, sustainable healthcare food will feature a heart warming cooking demonstration by Connecticut's own [Plow to Plate Youth Chef Advocates](#), a team of middle and high school students dedicated to learning about, creating, and advocating for sustainable food systems. See [www.foodmed.org](http://www.foodmed.org).

[Aiki Farms](#) will host Ed Begeley Jr. on 7/12/09 for a Victory Garden Seminar. This will be a seminar for beginner gardeners, as well as more advanced information on organic gardening. Mystic Solar will share information about renewable energy. A feast will be served by chefs from some of the best restaurants from the area. 860-536-6407 or [ranchoaiki@aikifarms.com](mailto:ranchoaiki@aikifarms.com) for more info or to register.

[Max's Oyster Bar](#) has teamed up with [Rosedale Farm and Vineyard](#) to offer Chef to Farm Dinners to be held on the farm on eight Thursdays evenings. Dates are 6/25/09, 7/9/09, 7/23/09, 8/6/09, 8/20/09, 9/3/09, 9/17/09, and 10/01/09. Dinners will include a farm tour, wine tasting, and a four- to six-course feast made from ingredients fresh off the farm. A portion of the proceeds will benefit the [Simsbury Land Trust](#) and [CT Farmland Trust](#). For information call 860-236-6299 or visit [www.maxdiningcard.com](http://www.maxdiningcard.com).

Dinners at the Farm has announced its Farm Dinners for the 2009 season: 7/16/09 – 7/18/09 at [Stanton-Davis Farm](#) in Pawcatuck, benefiting Stanton-Davis Homestead; 8/13/09 - 8/15/09 at [White Gate Farm](#) in East Lyme, benefiting CT Farmland Trust; 8/27/09 – 8/29/09 at [Barberry Hill Farm](#) in Madison, benefiting City Seed; and 9/10/09 – 9/12/09 at [Old Maid's Farm](#) in South Glastonbury, benefiting Working Lands Alliance. For more info, go to the [newly redesigned website](#).

The [NOFA Summer Conference](#) will be held 8/7/09 – 8/9/09 at UMASS, Amherst, MA. See [www.nofasummerconference.org](http://www.nofasummerconference.org) for workshops, speakers, registration and more.

Slow Food CT has announced that 8/23/09 will be the date for their popular Tomato To-mah-to Heirloom Tasting Feast in Cromwell. This is the largest heirloom tasting in the nation (by number of tomatoes) - 116 varieties in 2008! Details to come later in the season.

Taste Organic will be held 9/20/09 and will feature an expanded program at its new location on the campus of Manchester Community College. Anyone interested in being a vendor, exhibitor, or volunteer can call at 203-888-5146 or contact Danielle at [danielle@ctnofa.org](mailto:danielle@ctnofa.org)

The [Country Club of Farmington](#) is planning a culinary extravaganza for a Saturday in November and is seeking local farmers, cheese makers, and specialty food producers to set up sampling stations and talk with attendees about their products. If interested, please contact Kevin Cottle, 860-677-1681 or [chef@farmingtoncountryclub.com](mailto:chef@farmingtoncountryclub.com)

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.

## In the News

Howard Shaefer submitted a link to [this article](#) about mobile farmers' markets.

Featured in [this 05/08/09 WNPR story](#) are FTC members Craig Floyd of [Footsteps Farm](#), Sam Hammer of [Holcomb Farm](#), and Chris Prospero of [Metro Bis Restaurant](#).

Author and local food advocate Michael Pollan appeared on the Colbert Report on 5/13/09. [Watch the episode](#).

FTC members Carol Murdock and Jennifer Sherman were featured in [this 5/14/09 Hartford Courant article](#) about wedding cakes.

The early-morning farmers' market at the Hartford Regional Market is profiled in [this 5/9/09 Hartford Courant story](#).

Featured in this [4/30/09 Hartford Courant](#) article are FTCers Chris Prospero of [Metro Bis Restaurant](#), Sam Hammer of [Holcomb Farm](#), and Meg Buchsbaum of [Whole Foods](#).

This [5/12/09 New York Times article](#) discusses the increase in consumer interest in local foods and the leveraging of that interest for marketing purposes of such items as Lays potato chips.

New crop research by the [CT Agricultural Experiment Station](#) is the focus of this [5/15/09 New York Times story](#).

[Billing's Forge](#) in Hartford is the subject of [this 5/15/09 WNPR story](#).

Do you tweet? You may want to give it a try after reading [this 5/15/09 Yahoo Finance story](#).

[Sankow's Beaver Brook Farm](#) was highlighted in the fifth episode of CPTV's All Things Connecticut. See the [video](#) on the show's website.

[This 5/19/09 Hartford Courant story](#) discusses a proposed food-waste-to-energy plant in Waterbury.

FTC'er Perry Hack of Two Guys from Woodbridge is the topic of [this 5/12/09 New York Times article](#).

This [5/17/09 CT Post article](#) discusses the abundance of local farms in Easton.

The Record Journal ran [this 5/16/09 story](#) about a proposed project in Wallingford to build a commercial-sized greenhouse with cutting-edge technology that would serve as an educational resource to farmers around the country.

This [5/17/09 article and video](#) from the Hartford Courant takes a look at the rising popularity of community supported agriculture.

CT farmers' markets received a great deal of press over the past month, including [this 5/9/09 Hartford Courant story](#), [this 5/17/09 Republican American piece](#), [this 5/17/09 Norwalk Advocate story](#), [this 5/18/09 News Times article](#), [this WFSB-3 TV story and video](#), [this 5/20/09 Lyme Times story](#), [this 5/24/09 Herald article](#), [this 5/28/09 Westport Now story](#).

## Announcements

The [Kitchen at Billings Forge](#) in Hartford is in search of a director of catering and education. For a job description and more information, please contact Cary Wheaton, [cary@billingsforgeworks.org](mailto:cary@billingsforgeworks.org)

Sustainable Food Systems in Wallingford is seeking an administrative coordinator. Contact John Turenne at [jturene@sustainablefoodsystems.com](mailto:jturene@sustainablefoodsystems.com) to learn more.

Farm-to-Chef periodically receives inquiries from members looking for locally grown wheat. [This website](#) and [this article](#) about wheat grown in New England may be of interest. Thanks to Julia Grimaldi from MA DoAG for the links!

[Glynwood](#) is accepting nominations until 7/20/09 for its 2009 Harvest Awards. The Harvest Awards honor individuals, organizations, and businesses across the United States demonstrating innovation and leadership in support of regional agriculture and sustainable food systems. See the [website](#) for more info and to download a nomination form.

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. [Check it out!](#)

The [US Small Business Administration](#) offers free online courses for small business owners. See <http://www.sba.gov/services/training/onlinecourses/index.html>

[Foodzie](#) is a new online marketplace that seeks to “help the small food producers across the country find customers and grow their business” through online direct-to-consumer sales. Last time FTC checked, however, there was not a single CT Grown or CT Made producer on the website. If you are interested in putting CT on their map, [click here](#) for more info.

## Did You Know?

ARUGULA: According to [www.nutritiondata.com](http://www.nutritiondata.com), Arugula is a good or very good source of 18 essential nutrients. A mere 100g contains 3 grams of Protein, 16% of the RDA for Calcium, 24% of the RDA for Folate, 25% of the RDA for Vitamin C, 47% of the RDA for Vitamin A and a whopping 136% of the RDA for Vitamin K, all packed into only 25 calories. It also has anti-inflammatory properties. Best of all, it is delicious. Available now from your local farm stand, farmers' market, or CT Grown distributor!

# Photos



*Attendees of HealthQuest '09 were treated to these CT Grown roasted turkey sandwiches with goat cheese, field greens, asparagus, and balsamic maple vinaigrette*



*Chef John Turenne from Sustainable Food Systems and Plow to Plate discusses local, sustainable meal planning with HealthQuest '09 attendees*



## 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.



- CT Department of Agriculture
- Marketing Bureau
- 165 Capitol Avenue, Room 129
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- 860-713-2503 phone
- 860-713-2516 fax
- [Linda.Piotrowicz@ct.gov](mailto:Linda.Piotrowicz@ct.gov)
- [www.CTGrown.gov](http://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](mailto:Linda.Piotrowicz@ct.gov) or 860-713-2558, for more information.