



CT Department of Agriculture

November 2010

Briefs

FTC NEEDS YOUR DATA!!!

The CT Department of Agriculture (DoAG) is compiling numbers that will **help to justify its programs**. Farm-to-Chef members are asked to estimate and submit how much CT Grown product they will have purchased (if a commercial user) or have sold to commercial users (if a farmer) from 1/1/10 through 1/31/10. Please estimate total dollar value of product. If you also have an estimate of pounds, that would be great.

Please email info to linda.piotrowicz@ct.gov by **11/5/10**. If you have already submitted your figures, THANK YOU! This information is crucial for explaining why the FTC Program should continue.

AVG AND FTG APPLICATIONS DUE 11/12/10

Applications are due to DoAG by 11/12/10 for the 2010 Farm Transition Grant and the 2010 Farm Viability Grant for Municipalities. These matching grants can provide up to \$49,999 for private and public projects that strengthen the economic viability of agriculture in Connecticut. More info is available on DoAG's [website](#) or by contacting Ron Olsen at 860-713-2550 or Ronald.Olsen@ct.gov.

HOLIDAY AND WINTER FARMERS' MARKETS BEGIN

Although summer farmers' markets have wound down, 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.

FTC ANNUAL MEETING 1/31/11

Save the date; it will be here before we know it! The 2011 Farm-to-Chef Annual Meeting will be held 1/31/11 at the Saybrook Point Inn and Spa. Mark your calendars. 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.

CT Grown in Season NOVEMBER

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



Contact Us

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More than Chestnuts Roasting

By [Sandra L. Anagnostakis](#), The CT Agricultural Experiment Station (CAES)

Yes, Virginia, chestnuts are grown in the USA! The domestic market has been slowly increasing as growers find out that chestnuts take a lot less time and money to produce than other fruits. Many efforts have recently been focused on making this highly desirable “fruit” more popular.

While researchers have been spreading the word about this highly desirable “fruit” to chefs and consumers in Missouri and Michigan, Connecticut growers have the home-grown advantage of advice and 80 years of chestnut breeding experience from The Connecticut Agricultural Experiment Station. Some of the reliable hybrids sold by nurseries were developed here, and research on nut size, nutrient content, pathogen resistance, and cold hardiness continues today.

Since chestnuts are not really nuts, they must be stored the same way many other fruits are stored—in plastic bags under refrigeration. Otherwise, they dry out, become moldy, and consumers will never buy them again. Production on the west coast, in Michigan, and in Missouri has depended on different cultivars best suited to the local growing conditions. In the west most of the cultivars grown are those from France and Italy, which are primarily Japanese X European hybrids. Some of those are also grown in Michigan, with the addition of several cultivars that are Chinese; and Missouri has mostly cultivars of Chinese chestnuts. However, here in Connecticut hybrids and species of all kinds can be successfully grown.

Choosing the right cultivars for an orchard requires some planning. All seven species of chestnuts can pollinate each other, but hybrids often produce no pollen (are “male sterile”) and this must be taken into account when planning an orchard. Susceptibility to disease must also be considered. Chestnut blight disease (a canker disease caused by an imported fungus, *Cryphonectria*) must be considered in the eastern U.S., as it is fatal to trees that are American or European species. Ink Disease (a root disease caused by a *Phytophthora*) may be a problem in the south or in areas with poor drainage. Chestnut gall wasp is slowly moving north from Georgia, Alabama, North and South Carolina, and Tennessee, and has been moved to northern and central Ohio by someone moving trees or scion wood. Fortunately, the only pathogen we must deal with in Connecticut is chestnut blight disease.

The taste and texture characteristics of the nuts depend to some extent on weather conditions in a given season, but generally the nutrient contents are determined by the species of the trees. Hybrids between the species have been produced to make nuts that are larger, better keeping, and with more flavor.

Species: Chinese
Fiber: 14 percent
Protein: 8 percent
Fat: 2 percent
Carbohydrate: 65 percent
Calories per oz.: 66

Species: European
Fiber: 14 percent
Protein: 6 percent
Fat: 4 percent
Carbohydrate: 66 percent
Calories per oz.: 57



More than Chestnuts Roasting (continued)

Species: Japanese
Fiber: 14 percent
Protein: 8 percent
Fat: 0.4 percent
Carbohydrate: 90 percent
Calories per oz.: 114

Species: American
Fiber: 19 percent
Protein: 10 percent
Fat: 10 percent
Carbohydrate: 40 percent
Calories per oz.: 70



Researchers at the University of Missouri report that New York terminal market prices for imported chestnuts (from Europe) have remained steady at about \$1.00 to \$3.00 per pound since 1995. Missouri chestnut growers get \$2.00 to \$3.00 per pound in direct marketing. The cooperative formed in Michigan sells fresh chestnuts for \$6.00 to \$6.50 per pound. They also offer peeled, frozen nuts for \$12.00 per pound, freeze-dried slices for \$20.00 per half-pound, and chestnut flour for \$15.00 per pound. The chefs in their marketing program preferred the convenience of the slices for most recipes, but used both the peeled and fresh chestnuts in the many excellent dishes served to their customers. Recipes posted on the Michigan and Missouri web site stimulate interest among chefs and the public.

Growers in Connecticut are selling most of their chestnuts in their farm markets and to local produce stores. Being located between the large markets in Boston and New York should make sales potential much greater. A packet of recipes is available from the author, and an excellent cook book for using nuts (and chestnuts!) is available from the Northern Nut Growers web site.

The next time someone you know asks you “But, what could I make with chestnuts?” pass along these web sites, and help to stimulate the Connecticut chestnut industry!

[Michigan](#)

[Missouri](#)

[The Northern Nut Growers Association](#)

[Chestnut Growers of America](#)

[CAES fact sheets on chestnut](#)

Dr. Anagnostakis holds a B.A. in Biology from the University of California at Riverside, an M.A. in Biology from University of Texas at Austin, and an Agr.D. in Plant Pathology from Justus Liebig Universitaet in Germany. She has been working on chestnut blight disease since 1968 and took over the chestnut breeding program for CAES in 1983. Her current work includes studies of the ecology of the host/pathogen/parasite system of chestnut trees, the blight disease fungus, and its control by hypovirulence viruses. She also studies virulence in the fungus and resistance in the trees.

CT Grown “Haves” and “Wants”

CT GROWN “HAVES” IN NOVEMBER

[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.

[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.

[Jones Family Farms](#)

Shelton
Allyson Angelini, 203-906-7542
allyson@jonesfamilyfarms.com
CT Grown fingerling potatoes and winter squash including acorn, butternut, buttercup, blue hubbard, sugar pumpkins, dumpling, delicata, and spaghetti squash, as well as smaller quantities of other varieties. Contact Allyson for product availability and price list.

[Red Tail Ridge](#)

Oxford
Mark Oczkowski, 203-888-7779
Earthworks2@snet.net
Naturally raised, no hormones quality angus beef. Grown in Oxford. Buy either a half or whole.

[Scott's Yankee Farmer](#)

East Lyme
Karen Scott, 860-739-5209
scotts_yankee_farmer@yahoo.com
Apples, apple cider, weekend donuts.

CT GROWN “HAVES” IN NOVEMBER

[Sepe Farm](#)

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

CT Grown lamb for chefs or connoisseurs. Whole/half favorite cuts. Can be delivered.

[Wave Hill Breads](#)

Wilton
Margaret Sapir, 203-762-9595
wavehillbreads@gmail.com or orders.whb@gmail.com
Authentic crusty and chewy artisan bread in various shapes. Delivered. Call to discuss.

CT GROWN “WANTS” IN NOVEMBER

[Jordan Caterers](#)

Cheshire
Kevin Cottle, 203-272-8213 ext. 120
Kevin.cottle@jordancaterers.com
CT Grown products wanted for weekly cooking spot on FOX61 television. If you can drop off your product , I will create a recipe for it and feature your product that week. Help me help you promote your products!

JOB OPENINGS / POSITIONS WANTED

Will work for food: Ad agency wants to help family farms with marketing. Was creative director/writer for CT Grown's "The local flavor" campaign -- recently launched Switch Brand Innovation. Strategy, web, social, print, design, broadcast.
Lew, lewc@switch-brand.com , 860-904-2088

Chef/Kitchen Supervisor wanted: Busy café looking for chef to oversee production of our new Farm-to-Table menu. Sandwiches, salads and more produced for two locations, all from scratch. Oversee cooking, staff, inventory and ordering. Work with local farms and producers to increase local sourcing, create seasonal menu tweaks, and market info to customers. Half of the job is cooking, half managerial. Blue State Coffee, New Haven. Pay: Hourly. Email resume and cover letter to becca@bluestatecoffee.com

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.

Funding Opportunities

USDA has announced \$1 million in funding to establish a Peoples' Garden School Pilot Program to develop and run community gardens at eligible high-poverty schools; teach students involved in the gardens about agriculture production practices, diet, and nutrition; and evaluate the learning outcomes. The [Request for Applications](#) is now available and applications are due 11/8/10. Public and not-for-profit organizations may apply and can submit via email to FY2010Prop_PeoplesGarden@fns.usda.gov or through www.grants.gov.

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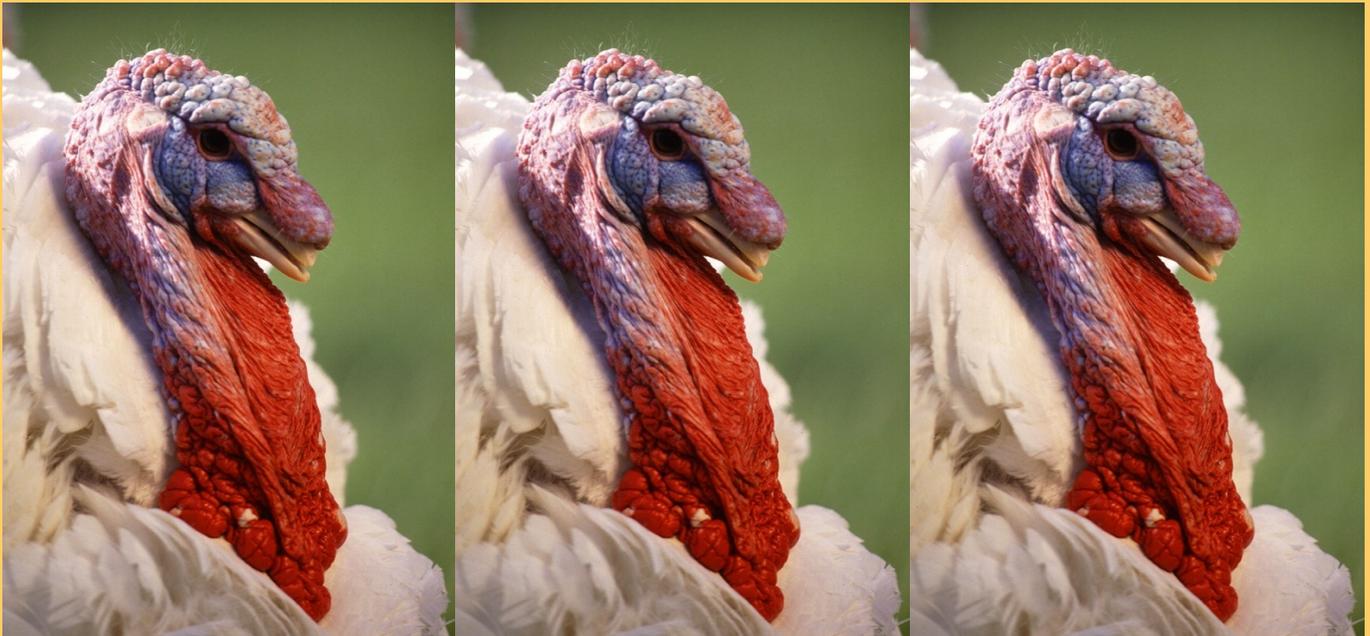
A free webinar will be offered 12/16/10 to all potential subrecipients of the USDA's Specialty Crop Block Grant Program. Learn how you can apply through your local state department of agriculture for funds to enhance the competitiveness of specialty crops (fruits, vegetables, tree nuts, dried fruits, 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.



Happenings

[The Farmers' Market at Billings Forge](#) moves indoors on 11/4/10! A "Taste of the Market" will offer a selection of the finest CT Grown products from vendors and tasty samples from The Kitchen. Every Thursday from 3:30 -6:00 PM in The Studio, 563 Broad Street, Hartford. Rita Decker-Parry, rdeckerparry@hartfordfarmersmarket.org, 860-548-9877.

CT NOFA's Organic Harvest Festival & Annual Meeting Saturday, 11/6/10, 10:00AM - 3:30 PM. Jones Auditorium at the Connecticut Agricultural Experiment Station, 123 Huntington Street, New Haven. Farmers' market, potluck lunch, annual meeting and Member of the Year award. Open to all! See www.ctnofa.org for details.

Lyman Orchards' 11th Annual [Corn Maze](#) will be open through 11/7/10. This year's design pays tribute to the UConn women's basketball team. \$1.00 from every ticket sold goes to the American Cancer Society. To date, Lyman's has raised nearly \$269,000 for this organization.

Vanishing of the Bees will be shown at 7:00 PM on 11/12/10 at the Growing Green Coop in Hartford, followed by a discussion led by Christy Hemenway, founder of Gold Star Honeybees. Suggested donation \$7. (Participants in the intensive class being held that weekend may attend film for free.)

Christy Hemenway of Gold Star Honeybees in ME will conduct a two-day intensive workshop on beekeeping 11/13/10 and 11/14/10 at the Growing Green Coop in Hartford. \$200 includes Friday film, intensive workshop, and organic breakfast/lunch on Saturday/Sunday; Imani@thegreenvibration.com to register.

The 2010 Pathfinder Winners will be honored 12:00 – 1:45 PM on 11/17/10 at Working Lands Alliance's Annual Meeting in the Old Judiciary Room at the State Capitol, with food from FTCers Tyler Anderson, Tim Cipriano, Common Ground High School, Michel Nischan, UConn, and the Farmer's Cow. \$10 at door; RSVP jmartin@farmland.org.

Food Drive: November is tough month for many local families. Scott's Yankee Farmer is hosting a food drive to support the local Shoreline Soup Kitchen 11/24/10, we will collect nonperishable foods items at our Farm Stand, 436 Boston Post Road, East Lyme, CT 06333, 860-739-5209, from 9AM to 5PM.

[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." RSVP to adam@lawforfood.com.

The 2011 Farm-to-Chef Annual Meeting will be held 1/31/11 at the Saybrook Point Inn and Spa. You do not want to miss this day of great presentations, discussion, networking, and, of course, CT Grown food.



Miscellaneous Announcements

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 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.

In the News / On the Net

Common Ground High School's Jeremy Stone was selected the winner from 1600 national candidates for the ING Unsung Hero Award. With the award comes \$27,000 to support Stone's Environmental Ventures class, helping students launch businesses using produce from Common Ground's farm. Read about it in the 9/21/10 [New Haven Register](#), the 9/14/10 [New Haven Independent](#), and this 9/15/10 [Your Public Media](#) post.

This 10/10/10 [CT Post story](#) mentions FTCers Jones Family Farms and Sport Hill Farm in its analysis of the year's pumpkin crop.

FTCer Tim Cipriano was named the October 2010 Foodservice Director of the Month by FoodService Director Magazine. Read more in the [October issue](#). Congratulations, Tim!

Blogger Susan Campbell praises FTCers the Farmer's Cow and Kathy Smith in this 10/12/10 [post](#).

FTCer Daniel Chong-Jimenez of Kensington's at the Norwich Inn is the topic of this 10/13/10 [Resident piece](#).

New Haven Public Schools' launch of Chefs Move to Schools is covered in this 10/20/10 [New Haven Register piece](#). Chefs interested in signing up to get involved in the national Chefs Move program can do so on USDA's [website](#).

CT SeaGrant's study of an aquaculture farm share program is discussed in this 10/23/10 [NECN post](#).

FTCer Bun Lai was named the Huffington Post's 10/25/10 Greatest Person of the Day, based on his food and his commitment to sustainability. Check out the [interview and photos](#).

Vote for FTC T-Shirt Photo Winner

Which photo below is your favorite? FTCers were asked to submit photos of themselves wearing the eye-catching, lime-green FTC t-shirt they received at the 2010 annual meeting. The person in the photo receiving the most votes will receive a special CT Grown –themed gift. Email your vote to Linda.Piotrowicz@ct.gov by November 15, 2010.



PHOTO #1

Peter Gorman shows his FTC pride by wearing his eye-catching, lime-green t-shirt at the White House. (THE White House, not a white house.)



PHOTO #2

Dan Batchelder stands out in a field of brussel sprouts at Cecarelli Farm by wearing his eye-catching, lime-green FTC t-shirt.

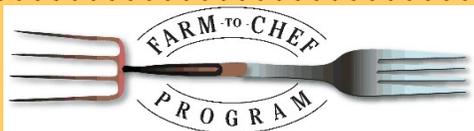


PHOTO #3

Wayne Hansen displays fabulous fashion sense while selling organic produce at the Coventry Regional Farmers' Market, dressed in his eye-catching, lime-green FTC t-shirt accessorized with beige suspenders.

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.