



CT Department of Agriculture

New Logo and Newsletter Format

Perry Hack, owner/operator of [Two Guys from Woodbridge Farm](#) in Hamden, CT, submitted the winning entry in the Farm-to-Chef logo contest. Thank you to all who voted and to Perry for his terrific design, which will give the program a whole new look.

Complementing our new logo is an updated newsletter aimed at better serving you with information in an easy-to-find format. As always, we welcome your comments and feedback. Please let us know how you like the new newsletter and give us any ideas you have to make it better.



Left: Perry Hack, winner of the FTC logo contest.



Right: Greenhouses at Perry Hack's Two Guys From Woodbridge Farm, growing certified-organic, hydroponic lettuce, herbs, and edible flowers.

November 2007

CT Grown Now in Season

DO NOT DESPAIR!

Although much of our fresh produce has come to an end with the frost, there is still plenty of CT Grown bounty for you to use and enjoy.

Beets, carrots, onions, parsnips, potatoes, turnips, and other root vegetables keep for months when stored properly. Many are available throughout the winter.

Ditto for **apples, brussel sprouts, winter squash,** and other fall crops.

Lettuce, herbs, and other greens are produced all year in several greenhouse operations throughout the state.

CT Grown **milk, cheese, yogurt, eggs, meat, seafood, honey, and maple syrup** are available year-round.

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



Contact Us

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FTC Members in the News

Chef Jerry Reveron named "Restaurateur of the Year" by CT Restaurant Association

Jerry Reveron, Executive Chef and Owner of the [Woodward House](#), was among those honored October 15 by The CT Restaurant Association and the CT Lodging Association, along with the more than 380 hospitality professionals in attendance, at their annual Salute to Excellence Awards & Recognition Dinner held at the Marriott Hartford Downtown.

Also honored were Simon Konover, chairman, President, and CEO of Konover Properties Corporation, as "Hotelier of the Year," and Danny Meyer, CEO of Union Square Hospitality Group, who was presented a Lifetime Achievement Award.

Chef Reveron, a native of Connecticut with a Puerto Rican heritage, began his culinary career 29 years ago while cooking for the United States Military. Since then he has honed his talents in many different pockets of the industry, from country clubs and private schools to restaurants and hotels. An active member of the American Culinary Federation, Chef Reveron has been recognized in Northwest Connecticut as Chef of the Year, and in 2002 he served as President and Vice President of the Northwest Connecticut Chef Association.

In 2004 he and his wife opened the Woodward House, a fine dining restaurant in Bethlehem that serves American cuisine with an eclectic twist. Their website boast that "every course is freshly prepared, using only fine and local ingredients."

Congratulations Chef Jerry!



Above: Chef Jerry performs a CT Grown cooking demonstration for shoppers at the Griffin Hospital Farmers' Market Grand Opening in Derby on July 6th.

If you have a news about a FTC member that you would like to share, please send it to Linda.Piotrowicz@ct.gov

Botticello and Gresczyk Farms Donate Pumpkins to Military Families

[Botticello Farms](#) of Manchester and Gresczyk Farm of New Hartford were among seven local growers who donated CT Grown pumpkins to area military families in an effort to help them enjoy Halloween while their loved ones are serving overseas.

"While our thoughts and prayers are with the brave men and women fighting in the Mideast, we also want their families to have an opportunity to participate in holiday traditions here at home," Agriculture Commissioner F. Philip Prelli said. "And for some, this may be their first-ever trip to a farm, unveiling a new family activity they can enjoy at other times the year, too."

Botticello Farms also donated pumpkins last month to Eli Whitney Elementary School in Stratford, after two pumpkins grown by second graders were stolen right off the vine. The theft threatened to ruin one of their science projects as well as their annual "Guess the Weight" contest.

"I was sick to my stomach when I heard what that rotten crook did to those kids," Butch Botticello said. "This commendable school program is trying to teach students about the satisfaction of hard work and patience - planting a seed, nurturing it, and seeing it through to fruition. And here comes some selfish thug and destroys that. We, as a community, should be encouraging the next generation of farmers, not stealing the fruits of their labor."

Chef Jason Collin to Appear on WVIT-30 TV

Jason Collin, Executive Chef of the [Firebox Restaurant](#) in Hartford, will appear on WVIT-30 TV's 11:00 AM news program on Thursday, November 8th.

Jason will demonstrate the preparation of a delicious CT Grown meal featuring Four Mile River Farm beef short ribs braised in fresh CT Grown apple cider with celery root pearl onions, and fingerling potatoes.

Thank you to Chef Jason for teaching the public about all the goodness of CT Grown.

Chefs Peter Gorman and Tim Cipriano in CT Post

Peter Gorman, Executive Chef at the [Unquowa School](#) in Fairfield, and Tim Cipriano, Food Service Director for [Bloomfield Public Schools](#), were featured in a recent CT Post article entitled "Moms Upset over State of School Food."

The two FTC members were cited for their use of CT Grown foods in their menus and fresh approach to nutrition education in their schools.

For the whole article, please go to http://www.connpost.com/women/ci_7291328

Out and About



Above left, Denise Appel, Chef/Owner of [Zinc](#) and [Chow](#) Restaurants in New Haven, directs a customer to a farmer selling the ingredients used in her Market Vegetable Rice Paper Rolls, *above right*, at the [Whole Foods Farmers' Market](#) in West Hartford.



Chris Prosperi, Chef/Owner of [MetroBis Restaurant](#) in Simsbury, *above left*, at the Whole Foods Farmers' Market in West Hartford. *Above right*, Chef [John Turenne](#) chats with customers at the [Manchester Community College Farmers' Market](#) about ingredients.



Above left, Daniel Chong-Jimenez, Executive Chef of the [Norwich Spa and Inn](#), at the [Denison Farmers' Market](#) in Stonington, preparing his well-received pigs' feet, *above center*. *Above right*, farmer Craig Floyd of [Footsteps Farms](#), who supplied the pigs feet for the demo, holds the tent down while Chef Daniel works. It was a very windy day!

Commentary

Lobster V-Notch Program Is a True Win-Win for Connecticut

By D. J. King

Last month training began with aquaculture students from New Haven, Bridgeport, and Groton, who will assist Connecticut's lobstermen and DEP officials with the new V-Notch Program. This past week, trained students hit the boats and got to work.

The students examine lobsters trapped in the fishermen's lobster pots to determine sex, size, and condition of each lobster. Adult female lobsters' tails are harmlessly notched with a special instrument and then placed back into the water, where they will continue to grow and reproduce.

The notch will remain visible until the lobster outgrows her shell several years later. During that period, she may not be harvested.

In return for putting the female lobsters back, the lobstermen are compensated through the state-funded program for the money they would have earned by harvesting the lobsters. The students, who receive academic credit for their work, are paid an hourly wage for their labor.

It's a win-win situation for everyone involved.

By returning the female lobsters to Long Island Sound, the lobster populations are expected to rebound after the devastating die-off that occurred in the late 1990s, threatening the industry. As a result, the 60 or so remaining Connecticut lobstermen not only can stay in business now, they are helping to ensure their future by rebuilding the natural lobster populations.

The students working on the program have a tremendous opportunity to experience hands-on education that will be invaluable to them as they begin their own careers, while at the same time earning school credit and some well-deserved pocket money. It is hard, real-world work with real-world benefits.

And all the state's residents win by ensuring a dependable, sustainable source of high-quality, local lobster.

We applaud the [CT General Assembly](#) and [Governor Rell](#) for enacting the legislation and providing the funding that made this program possible, as well as the [Atlantic States Marine Fisheries Commission](#) for allowing us to try this pilot program to determine its success, rather than insisting we impose stricter gauge regulations.

We also thank the [CT DEP](#) for all the legwork they have done to organize and implement this program.

Finally, we thank you, Connecticut's chefs and consumers, for purchasing fresh, locally harvested lobster instead of buying it in from elsewhere.



D.J. King is the owner/operator of King Lobster in Branford (203-488-6926). He has been a professional fisherman since 1969 and currently fishes for lobster in Long Island Sound aboard his boat, a 42' Dixon named the 'Kory Alexander.'

D.J. is also a member of the Connecticut Seafood Council.

Q+A with Chef Steve Mannino

Q: What is winter squash and how do I store it?

A: "Winter" varieties of squash are those available in the late summer and fall as well as winter and tend to be called "keepers". Most are harvested when the cooler weather of autumn has arrived. Traditionally, they tended to keep well into colder months, which lead to their name and allowed for their use when few other vegetables were available.

Once obtained, winter squash can be stored for up to 6 months in a well-ventilated, cool, dry place. (A refrigerator is too cold.) Select the best-looking squash, minimal or no bruising, cuts or soft spots. These can be indications of decay and should be avoided.

Once cooked and cooled, the squash can be kept in the refrigerator for up to one week. Squash can also be peeled and cut raw, then frozen in an air-tight container or Ziploc bag. If you know how you'd like to enjoy your squash, you can also, peel, cut and cook your squash and store in the freezer. You will need to check your seasoning once you reheat, however, as the squash will take on additional moisture in the freezer and dilute the seasoning.

Q: What are the benefits to using fresh herbs vs. dried?

A: Different flavors are moved forward when herbs are dried, so the notion that dried herbs have more flavor than fresh can be true. That said, unique flavors are achieved when using fresh, so I strongly recommend using fresh whenever available.

Chop fresh herbs together with salt and then sprinkle over meats when you season. Add herbs to a dish in the finishing stages, and if slow cooking or braising, add no earlier than 1 hour before completion.

You can add herbs to things you might not normally think of (i.e. biscuits, breads, pancakes and waffles) to produce a more savory flavor.

Because fresh herbs are perishable, they should be stored in the refrigerator with their stems in water. Too much moisture can cause a more rapid decay so you shake herbs free of water after cleaning and pat dry before storing them. They won't last forever in the fridge so try to plan your meals accordingly.

When fresh herbs are not available, the general ratio for substituting dried in a recipe is 3 to 1.



Executive Chef Steve Mannino draws on his broad experience to bring a mastery of classic techniques and an eye for culinary innovation to the [Mayflower Inn](#) in Washington. Mannino's immediate focus there has been the implementation of local food to an intuitively seasonal menu. Mannino is striving to bring a truly Connecticut experience to diners and Inn guests by focusing on the quality food available from around the corner, including Averill, Waldingfield, and Gray Ledge Farms.

After graduating from the Culinary Institute of America, Steve worked in the classically French kitchen of Chicago's renowned Les Nomades. His unique style is influenced by his subsequent travels across the country learning and perfecting regional cuisines and his years with Todd English's Olives Restaurant family.

Highlights also include serving as the Executive Chef of Olives, Las Vegas in the Bellagio Hotel, heading the opening culinary team of the Todd English restaurant aboard the Queen Mary 2, and opening Olives DC as the Executive Chef at the age of 25. Most recently Steve led the opening of Buddakan and Continental restaurants in Atlantic City and was Executive Chef responsible for Menu development for the Presidential Golf Club in Virginia.

Steve has received numerous culinary accolades and recognition throughout his career. He has received critical acclaim from Food & Wine (Best New Restaurant 2000), Gourmet, Food Arts, Washingtonian, The Washington Post, and Bon Appétit, among others.

If you have a question for Chef Steve, email it to Linda.Piotrowicz@ct.gov. Answers will be published as space allows in upcoming issues of the FTC newsletter.



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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.CTGrown.gov), Linda.Piotrowicz@ct.gov or 860-713-2558, for more information.

Farm Aid Donations

In the October issue of the FTC newsletter, we reported that Chefs Jonathan Rapp, Drew McLachlan, and Jason Collin were selected to prepare local, sustainable food for approximately 600 VIPs at the 2007 FarmAid Concert.

What we failed to report, however, were the generous donations of local food by our local farmers. Our apologies for that oversight—please join us in thanking these producers for their generosity:

[Eagle Valley Farms](#), Stafford Springs
[Four Mile River Farm](#), Old Lyme
[Holcomb Farm](#), West Granby
Scott's Orchard, Deep River
Windham Gardens, East Windsor

[Fall's Brook Organic Farm](#), Lyme
Grozyck Farm, Enfield
[Meadowstone Farm](#), Brooklyn
[White Gate Farm](#), East Lyme

Thanks to these farmers (and the three chefs) for putting CT Grown in the national spotlight.

Announcements and Events

Announcements are NOT intended as endorsements by the CT Department of Agriculture or the Farm-to-Chef Program. We reserve the right to edit or decline any posting for any reason.



Farm-to-Chef Annual Meeting

The FTC Program is in the process of organizing an annual meeting to bring together chefs, farmers, and other members this winter. Date and location will be announced soon.

FTC 2008 Chefs' Workshop

Another chefs' workshop is being planned for next summer, similar to our popular past events in Stonington. The 2008 workshop will feature a new location and exciting new activities. More info to come.

Farm-to-Chef Survey

Have you taken the FTC chefs' survey yet? If not, please go to http://www.surveymonkey.com/s.aspx?sm=w9_2f53HkuGSt2gSdV5TU47g_3d_3d and take a few minutes to answer the 10 questions. Your input will help make FTC work better for you!

Year-Round Greens

Star Light Gardens is committed to season extension. Fresh salad greens, arugula, and other items year-round. Delivery to Hartford, West Hartford, and the shore from New Haven to Old Lyme. 860-463-0166.

New "Green" Organization

Green Drinks is a national networking community designed to link together those interested in aspects of green living and green business. For more info, please visit www.thegreenvibration.com

Announcements of 40 words or less are published as a service to Farm-to-Chef Program members. Please email them to Linda.Piotrowicz@ct.gov.