



*CT Department of Agriculture*

## Briefs

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

FTC members have spoken. Monday 1/25/10 was the preferred date for our next annual meeting of all members. The Country Club of Farmington has offered to host us again and has the facilities and staff to accommodate our large and growing group. 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!

### **CT GROWN OPEN HOUSE TO BE HELD 11/7/09**

The CT Department of Agriculture is teaming up with the Country Club of Farmington and Hill-Stead Museum and Farmers' Market to host a CT Grown Open House on Saturday 11/7/09. This free, open-to-the-public event also is a terrific opportunity for FTC chefs to connect with CT Grown producers of seafood, meat, produce, wine, and more. 10:00AM to 1:00 PM at 806 Farmington Avenue, Farmington.

### **SURVEYS**

As we wrap up the USDA grant that funded our 2008 and 2009 Chefs' Workshops and our 2009 Annual Meeting, the FTC Program must provide facts and figures to USDA as part of their reporting requirements. FTC members soon will receive a survey via email. If you attended any of these three grant-funded events, please fill out the appropriate sections of the survey so that we can comply with USDA requirements. This information also may help us secure funding in the future.

### **JONES FAMILY FARM TO APPEAR ON FOOD NETWORK**

[Jones Family Farm](#) will be featured on the 11/11/09 episode of [Throw-down with Bobby Flay](#). Tune into the Food Network at 9:00 PM to watch! This [10/28/09 Valley Independent Sentinel article](#) tells about the filming of the show at the farm in Shelton.

**November 2009**

### **CT Grown in Season NOVEMBER**

Apples Beef Beets  
Broccoli Brussel Sprouts  
Cabbage Carrots  
Cheese Cream Eggs  
Fin Fish Garlic Greens  
Herbs Honey  
Ice Cream Lamb  
Lettuce Lobster Maple  
Milk Mushrooms Onions  
Pears Potatoes Pork  
Pumpkin Scallops  
Shellfish Specialty Foods  
Turnips Winter Squash

*If you need help locating any of these 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  
860-713-2516 fax  
[Linda.Piotrowicz@ct.gov](mailto:Linda.Piotrowicz@ct.gov)  
[www.CTGrown.gov](http://www.CTGrown.gov)

## 2009 Farm-to-Chef Annual Workshop

By Linda Piotrowicz

Clear, sunny skies, colorful fall foliage, and brisk autumn air set the stage for the October 14, 2009 Farm-to-Chef workshop at [Stuart Family Farm](#) in Bridgewater. The event attracted a total of 47 registrants (though some last-minute illnesses and other emergencies reduced the actual number of attendees). Participants included culinary professionals from restaurants, private clubs, colleges and universities, healthcare facilities, and retail markets.

The day began with an interesting and information-packed talk by farm owners Bill and Deb Stuart, who raise grass-fed beef cattle, pigs, and chickens. Their farm was started in 1926 by Henry Stuart, and now is home to approximately 150 head of cattle and 500 acres of preserved land in Bridgewater and Roxbury.

The Stuarts discussed their philosophy of raising animals in a way that is consistent with their natural habitat, thus ensuring the health and welfare of the animals, the farm's customers, and the environment. The farm has been [Animal Welfare Approved](#) as a result of its diligent use of sound and humane animal husbandry practices.

Bill and Deb explained how a diet of grasses and native plants promotes an ideal pH and healthy environment inside the animal's gastrointestinal tract. This naturally discourages the *E. coli* that is problematic in grain-fed cattle and requires frequent use of antibiotics. Because the animals at Stuart Family Farm are naturally healthier from their grass diet, these regular medications are unnecessary.

While many consumers think that grass-fed beef has a tougher, leaner, and chewier texture than grain-fed beef, Bill told the group that the texture and marbling of the beef actu-

ally is dependent upon the animal's genetics. The Stuarts have done extensive research and even use ultrasound in the selection of bloodlines that produce what they believe is the highest-quality meat available. Their herd includes Hereford, Red Angus, and Black Angus cattle that are able to easily convert grass into delicious beef. The farm has improved its herd through the purchase and use of two breeding bulls from Pharo Cattle Company in Colorado, considered by many to be the leading supplier of grass-fed bulls in the country.

Cattle on the farm are allowed to roam and eat at will in pastures of native flora. The Stuarts do not introduce non-native grasses or legumes such as alfalfa, preferring to work in harmony with Mother Nature to the greatest possible extent. Other fields on the farm are used to grow hay, which is cut and rolled into giant bales that are fed during the winter and, if necessary, when grazing conditions are poor, such as during the heat of summer, when grass tends to go dormant.

Genetics come into play once again in determining when an animal is ready for market. The Stuarts used to calve at various times of the year, but learned through experience that different animals naturally mature at different rates, so now they calve only in the spring and let Mother Nature take care of providing mature animals throughout the year.

When ready, Bill trailers the animals to a USDA-inspected processing facility in New York State, where they are slaughtered and hung for two weeks. Some producers hang carcasses for up to a month, but the Stuarts believe that a two-week period results in the highest quality. The meat is then cut, packaged, and frozen.

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## 2009 Farm-to-Chef Annual Workshop (continued)

Bill picks the meat up in his refrigerated truck and brings it back to the farm, where it is sold at the farm stand. He also delivers it to his many residential and commercial customers around the state. While all that driving requires significant time and effort, Bill prefers a direct, one-on-one relationship with his processor and his customers, which he feels allows him to provide the best care for the animal, the highest quality product, and the best customer service possible.

Total cost to process an animal, including transportation, is approximately \$550-\$600. For every 1,000 pounds of live animal, about 400 pounds of meat is recovered. A discussion began about the feasibility of a mobile processing facility, which has been suggested by some in the state as a possible solution to the inconvenience and high cost of having animals processed at the few and distant USDA-inspected facilities in the Northeast. Concerns were raised about such a mobile unit, including purchase and operational costs, waste disposal, biosecurity, and liability.

After the discussion, The Stuarts took attendees on a tour of the farm. Participants viewed the barn, the handling area, giant hay bales, friendly pigs, and chickens freely roaming and pecking insects, before boarding a tractor-drawn wagon, which took the group out to one of the large pastures. Bill parked among the grazing cattle, talked more about the breeding lines of the animals, and introduced a 2,200 Black Angus bull, who clearly was the ruler of the pasture. Although the majestic animal seemed friendly and docile enough at the time, Deb and Bill told some amusing but thought-provoking stories of people who tried, unsuccessfully, to intimidate the bull.

After the tour, a demonstration was given by Jason Tarzia of Tarzia Meat Packing Company

in New Milford. Currently, Jason's facility processes livestock on a custom basis only, but he is working to complete renovations that would result in a USDA-inspected facility for many types of animals, including beef, pork, goat, and chickens.

The demonstration began with a whole arm chuck. Jason advised the group not to discount the chuck because, in his opinion, it contained the most flavorful meat of the animal. "Give me a chuck over a tenderloin any day!" he exclaimed.

Using only a butchering knife, Jason skillfully transformed the large slab of meat into an assortment of desirable steaks and chops that had most of the audience's mouths watering and asking when lunch would be served. Attendees enjoyed a comfortable two-way exchange with Jason the entire time, asking questions, learning much, and receiving pointers from the expert. The subject of a mobile processing facility again was raised. Jason wondered why such a push was being made for a new mobile unit when his facility was nearly complete and would serve the entire state at what he believed would be a lower cost and without any of the concerns raised in the previous discussion about such a unit. Many heads nodded in agreement.

The group moved 10 yards to the next demonstration table to hear from Kathy Smith of the [Farmer's Cow](#). Kathy happily announced that the much-anticipated Fresh Connecticut Heavy Cream will be available on November 1, expanding the Farmer's Cow product line of Fresh Connecticut Milk, half-and-half, and seasonal beverages. Also coming in the months ahead is local ice cream made with a base specially formulated just for the Farmer's Cow.

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## 2009 Farm-to-Chef Annual Workshop (continued)

Chef Anne Gallagher from Anne Gallagher Catering and the [Plow to Plate Program](#) next addressed the group, introducing Chef Carol Byer-Alcorace from [New Morning Natural and Organic](#). Anne and Carol lovingly described their relationship with the Stuart family and the use of Stuart Family Farm meat in their cooking. In addition to lauding the quality and flavor of the meat, both chefs emphasized the importance and value of the close, direct relationship and exceptional customer service they receive from the Stuarts.

Anne and Carol presented the lunch buffet they had prepared with CT Grown products from Bridgewater, New Milford, and the surrounding area. The impressive spread included a field green salad, roasted seasonal vegetables, quinoa salad, short ribs from Stuart Family Farm, and fresh apple cobbler made by New Milford Hospital Dining Services and topped with from-scratch ice cream and Gator Granola made by the [Unguowa School](#) culinary program. Farmer's Cow apple cider and hot coffee completed the menu.

Attendees were all smiles as they ate and talked about what they had seen and learned. One participant remarked, "The greatest part about this whole workshop was getting to see entire cycle from beginning to end. We saw the calves out in the field and learned about the breeding and birthing process, how they are raised, how the animals are slaughtered and processed, and then we saw how the meat is cut and ultimately turned into this delicious lunch we are eating!"

Surveys were handed out to collect feedback that will help the Farm-to-Chef Program tailor future workshops to member needs. In exchange for a completed survey, attendees were given an embroidered Farm-to-Chef baseball cap and a window cling that proudly identified them as Farm-to-Chef Program members. In addition, the Farmer's Cow gen-

erously provided cider and half-and-half to anyone who wished to take some home.

The Farm-to-Chef Program thanks everyone who attended this educational and informative event, and extends very special gratitude to Bill and Deb Stuart, Jason Tarzia, Kathy Smith, Anne Gallagher, and Carol Byer-Alcorace for donating their time, energy, expertise, and—most of all—their intense passion to help make this year's Farm-to-Chef annual workshop a day to remember.



## 2009 Farm-to-Chef Annual Workshop Survey Results

Did you find the event worthwhile as a whole?

26 Yes

0 No

Please rate the following workshop components from 0 to 5 (0 = lowest; 5= highest)

4.92 (average) Farm Talk

4.91 (average) Tour/Hayride

4.72 (average) Demo

5.00 (average) Lunch

4.80 (average) Networking

What thing(s) did you learn today that were most interesting and/or valuable?

- More and more about production and timeline coordinating with farmer. Loved it.
- The state of getting meat raised and processed in Connecticut and all the complications.
- The way the animals are raised and harvested.
- Loved the meat cutting demo.
- The difficulties that small farmers have and that small farm-related occupations also face.
- Cutting demo.
- Butcher demo. What to do with chuck. Overall re-energizing and good networking.
- That people really are into local foods.
- Issues of supply and demand of CT beef/farms.
- Farm capacity, possibility to expand; frequency of going to processing facility.
- Meeting folks for the first time.
- More about the meat industry!
- About grass-fed in general - difficulties of supply and demand.
- Process to raising cows and how challenging.
- Learned about the Stuart Family. Great people! Easier to purchase products from people who care!
- State of CT beef farming and challenges.
- I learned about the cattle, breeds and habits, also about chuck meat and the value of the lesser cuts.
- Butchering knowledge – the dwindling number of real butchers is frightening.
- Just got a better understanding of grass-fed beef and what goes into farming it. The dedication of the people that do it and the need to buy more product from these people.
- Another new beef farm – nice to have grass-fed, all natural.
- Farm history; cuts; process from calving to slaughter.
- About cuts of meat – fascinating.
- Butchering demo – to see where the different cuts of beef come from.
- Real differences between large and small cattle operations.
- The true expense to the farmer to provide the CT Grown product.

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## 2009 Farm-to-Chef Annual Workshop Survey Results (continued)

Prior to this workshop, were you using any CT Grown Meat?

20 Yes

5 No *If no, why not?*

- Difficult to find.
- Didn't know it was available.
- No knowledge of CT producers.
- Accessibility.
- Not available in the stores I shop at.

As a result of this workshop, do you plan on increasing your use of CT Grown Meat?

25 Yes

0 No *If no, why not?*

Please indicate which, if any, of the past Farm-to-Chef events you have attended:

6 October 2006 Seafood Workshop

7 May 2007 Seafood Workshop

10 August 2008 Seafood Workshop

11 February 2008 Annual Meeting

14 January 2009 Annual Meeting

Which topic would you most like featured at the 2010 FTC Annual Chefs' Workshop:

12 CT Grown Vegetables

6 CT Grown Meat

7 CT Grown Honey

10 CT Farm Winery

11 CT Grown Fruit/Orchard

10 CT Grown Dairy

8 CT Seafood

3 Other (please specify):

- herbs
- processing facilities
- shared kitchen
- grants for small businesses for sustainable agriculture
- maple syrup

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## In the News

[Jones Family Farm](#) will be featured on the 11/11/09 episode of [Throwdown with Bobby Flay](#). Tune into the Food Network at 9:00 PM to watch! This [10/28/09 Valley Independent Sentinel article](#) tells about the filming of the show at the farm in Shelton.

[Video](#) from The Great Taste is available on Fox 61's website, and features CT Specialty Food Association's Tricia Levesque and FTC member Kevin Cottle.

Read about author Michael Pollan's Rules to Eat By in [this 10/6/09 New York Times column](#).

Chef Mary Lawrence of [Well on Wheels](#) is featured in this [10/8/09 Hartford Courant story](#) about veganism.

Chefs Kevin Cottle and Van Hurd from the Country Club of Farmington cook up some Stonington scallops and other CT Grown seasonal fare on [this 10/29/09 WVIT 30 segment](#) from the station's News at 11:00 AM.

CT wineries are featured in this [10/29/09 ABC News Travel feature](#) and this [10/30/09 New Haven Register article](#).

[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.



## Did You Know?

**PUMPKIN:** Did you know? According to [www.nutritiondata.com](http://www.nutritiondata.com), fresh pumpkin flesh is a good or very good source of 15 essential nutrients. A 100g serving of raw pumpkin contains

- 26 calories
- 1 gram of Protein
- 4% of the RDA for Folate
- 4% of the RDA for Iron
- 4% of the RDA for Phosphorous
- 5% of the RDA for Vitamin E
- 6% of the RDA for Copper
- 6% of the RDA for Manganese

- 6% of the RDA for Riboflavin
- 10% of the RDA for Potassium
- 15% of the RDA for Vitamin C
- 148% of the RDA for Vitamin A

Often used in pies and breads, pumpkin also makes a delicious, nutritious side vegetable. It contains a health Omega-3 to Omega-6 ratio of 3 to 2, and is considered mildly anti-inflammatory. Although jack-o-lantern season has passed, November is a great time to cook and bake with CT Grown pumpkins. Ask your local farmer or CT Grown distributor .

## 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 NOVEMBER

#### [Connecticut Currant LLC / Maple Lane Farms LLC](#)

Preston

Allyn Brown III

860-889-3766, [allyn@maplelane.com](mailto:allyn@maplelane.com)

Fresh Black Currant Juice available all year.

#### [Eagle Wood Farms](#)

Barkhamsted

Bryan Woods

86-402-4953, [bryanwoods@eaglewoodfarms.com](mailto:bryanwoods@eaglewoodfarms.com)

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

#### [FreshPoint](#)

Hartford

Daniel Batchelder

800-824-0448 x359, [daniel.batchelder@FreshPoint.com](mailto:daniel.batchelder@FreshPoint.com)

Apples, apple and sparkling cider, currant juice, pears, cabbage, carrots, winter squash, hot house tomatoes, crinkle-cut vegetable medley, eggs, goat cheese, goat's milk yogurt (plain and flavored with local syrup and honey), milk.

#### [Rowland Farm](#)

Oxford

Charlie Rowland

203-577-3184, 203-888-1599, [charles\\_rowland@sbcglobal.net](mailto:charles_rowland@sbcglobal.net)

CT Grown, ABA-certified Berkshire hogs. Whole carcass or cut to your specifications. Please call or email for pricing.

#### [Sepe Farm](#)

Newtown (Sandy Hook)

Peter Sepe

203-270-9507, 203-470-4084, [pasepe@juno.com](mailto:pasepe@juno.com)

Lamb (USDA inspected and delivered). Animals are pasture and grain-fed, and raised in a low-stress environment. No additives, antibiotics, or hormones are fed. Lean, muscular carcasses; superior fleeces for hand-spinning.

### CT GROWN "HAVES" IN NOVEMBER

#### [Staehly Farms](#)

East Haddam

Christopher Staehly

860-873-9774, [staehlys@att.net](mailto:staehlys@att.net)

50 pound (approx.) boxes of Red or Kennebec White potatoes - \$15.00 per box; 25 pound (approx.) boxes of Red Fingerling potatoes - \$25.00 per box; 1/2 bushel box of Harrelson Apples (Heritage Variety good for cooking/eating) - \$10.00 per 1/2 bushel. Pick up at the farm is preferred but delivery is available.

#### [Stuart Family Farm](#)

Bridgewater

Bill Stuart

203-788-0978, [wstuartjr@aol.com](mailto:wstuartjr@aol.com)

Sides of pastured pork available. The sides can be cut to customer specifications or can be sold as a side or a whole animal.

#### [Two Guys From Woodbridge](#)

Hamden

Perry Hack

203-281-5559, [twoguysfrom@sbcglobal.net](mailto:twoguysfrom@sbcglobal.net)

We have added microgreens, pea shoots, and sunflower shoots to our line of hydroponic, certified organic products. It would be extremely helpful to us if we could get some wholesale pricing from restaurants and distributors in order for us to figure new pricing.

#### [Wayne's Organic Garden](#)

Oneco

Wayne Hansen

860-564-7987

[waynewog1co@sbcglobal.net](mailto:waynewog1co@sbcglobal.net)

Celeriac, "Candy" onions, small yellow and red storage onions

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## CT Grown “Haves” and “Wants” (continued)

### CT GROWN “WANTS” IN NOVEMBER

#### [Basta Trattoria / Claire's Corner Copia](#)

New Haven

Chef Claire Criscuolo, RN

203-562-3888, [clairecris@aol.com](mailto:clairecris@aol.com)

Sustainable, local fish, esp. line-caught cod, sole, and fluke

#### [The Market/Litchfield](#)

Litchfield

Stephen Warshaw

860-567-5579, [stephen@allthingswholesome.com](mailto:stephen@allthingswholesome.com)

Seeking all types of CT Grown products.

### CT GROWN “WANTS” IN NOVEMBER

#### [Two Guys From Woodbridge](#)

Hamden

Perry Hack

203-281-5559, [twoguysfrom@sbcglobal.net](mailto:twoguysfrom@sbcglobal.net)

We have added microgreens, pea shoots, and sunflower shoots to our line of hydroponic, certified organic products. It would be extremely helpful to us if we could get some wholesale pricing from restaurants and distributors in order for us to figure new pricing.

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**Check with them directly.**

## Happenings

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.

ATTRA, the National Sustainable Agriculture Information Service, presents “Getting Started in Farm-Scale Biodiesel Production” on 11/5/09 at 11:00 AM MST. This free 60-minute webinar will provide expert information about the basic of biodiesel production and how to incorporate the fuel on your farm or ranch. Preregistration is required. See <http://attra.ncat.org/> for more info or to sign up.

The CT Department of Agriculture is teaming up with the [Country Club of Farmington](#) and [Hill-Stead Museum](#) and Farmers' Market to host a CT Grown Open House on Saturday 11/7/09 from 10:00AM to 1:00 PM. Meet CT Grown producers of items including seafood, meat, produce, wine, and more; representatives from the Farm-to-Chef Program and Hill-Stead Museum; and the Club's manager Reg Briggs and chefs Kevin Cottle and Van Hurd. See DoAG's [website](#) for details.

The Farmer's Cow Corn Maze Adventure at Fort Hill Farms in Thompson is open through 11/8/09. See [website](#) for directions, hours, and admission information.

[New Haven Restaurant Week](#) runs 11/8/09 – 11/13/09 and features fixed-price menus at participating restaurants. This year's participants include a multitude of FTC members, including [Basta Tarattoria](#), [Carmen Anthony Steakhouse](#), [Caseus Fromagerie Bistro](#), [Central Steakhouse](#), [Miya's Sushi](#), [Scoozzi Trattoria and Wine Bar](#), [Union League Café](#), and [Zinc](#).

## Happenings

John Turenne of [Sustainable Food Systems](#) will be the featured speaker on 11/12/09 at 6:00 PM at the Gunn Memorial Library in Washington as part of the [Washington Environmental Council](#)'s Harwood Lecture Series. John's presentation will be "Local, Seasonal, Sustainable Food Practices: How We Can Commit." Free and open to the public; 860-868-7254 for more information.

Terry Walters currently is on tour promoting her book *Clean Food*, which touts the benefits of fresh, local ingredients. To find out when she'll be in your neighborhood, check her calendar at <http://terrywalters.net/press-appearances/>

[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!

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.

[The Growing Green Co-op](#) has a regularly packed calendar of classes, lectures, and films relating to local foods and healthy living. Check out their [events page](#) for the latest info on their happenings.

The Growing Green Co-op and [CT NOFA](#) will offer a series of workshops throughout 2010, designed to provide information, techniques, tools, and support to become a producer of cutting-edge, maximum-quality crops in the Northeast. Workshops will be held 1/24/10, 3/21/10, 5/16/10, 7/18/10, 9/19/10, and 11/21/10 in the Hartford area. [Imani@thegreenvibration.com](mailto:Imani@thegreenvibration.com) or 860-983-5276 for more info or to register.

The 30<sup>th</sup> 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](mailto:wblogosl@clam.mi.nmfs.gov) for more information.

## Miscellaneous Announcements

*Tractor Mac – Farmers' Market*, written by Billy Steers for the Plow to Plate<sup>®</sup> 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<sup>®</sup> own culinary and medical professionals. For more information or to purchase, please visit [www.plowtoplate.org](http://www.plowtoplate.org).

Michael Pollan's bestseller [The Omnivore's Dilemma](#) now is available in a new young reader's edition, aimed at middle- and high-schoolers. The shorter, streamlined volume also contains some new material and a wealth of visuals. *The Botany of Desire*, an earlier work by the author, has been turned into [this PBS special](#).

## Miscellaneous Announcements (continued)

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](mailto:jimstroman@aol.com).

Keith Bishop of Bishop's Orchards and Jamie Jones of Jones Family Farms and Winery have engaged in a charitable challenge to see who can acquire the most fans on Facebook. For every fan that joins their respective Facebook pages between now and 8:00AM 11/27/09, the farms will donate \$1 each (up to a maximum of 5000 fans total between the two farms) to charities. To become a fan of Bishop's Orchard, go to [www.facebook.com/bishopsorchardsfarmmarket](http://www.facebook.com/bishopsorchardsfarmmarket); to join the Jones Family Farm and Winery fan base, visit [www.facebook.com/jonesfamilyfarms](http://www.facebook.com/jonesfamilyfarms).

[Catch a Health Habit Café](#) plans to open its new location at 39 Unquowa Road in Fairfield in November. Chef-owner Glen Colello's [blog](#) has all of the latest information.

Chamard Vineyards is offering a unique opportunity for members of the public to make their own wine under the supervision of master winemaker David Leger. For more information, visit [www.chamard.com](http://www.chamard.com) or email [customcrush@chamard.com](mailto:customcrush@chamard.com).

The [Greater New London Farm to City Coalition](#), which works to connect regional food producers with consumers in New London, is seeking input from CT Grown producers and users. The results of these 10-minute surveys will help them learn more about regional production and demand for local food. If you would like to contribute, take the online [producer](#) or [user](#) survey.

Green Seal, a nonprofit organization, issued its first environmental standards in the early 1990s. The number of categories covered by standards has increased to more than 40, and now includes the Green Seal™ Environmental Standard for Restaurants and Food Services - GS-46. More information can be found on their [website](#).

The [Rutgers Food Innovation Center](#) has made available two new online professional development courses: Best Practices for Farmers Market [Farmers and Vendors](#), and [Sponsors and Managers](#). These comprehensive, online courses provide practical guidance to vendors and sponsors to help achieve successful market operations.

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

The CT Weekly Agricultural Report, published by the CT Department of Agriculture Marketing Bureau, now is available through a free email subscription. This four-page weekly bulletin contains informative articles, wholesale pricing information, and an inexpensive classified ad service. [Sign up now](#).

Janet Bowen at the EPA Region 1 sends out an information-packed newsletter each month. Although the primary audience is hospitals seeking to be more sustainable, there is a plethora of useful info and resources that can be used by anyone looking to lower their carbon footprint. Check the [website](#) to learn more about Janet's program or to sign up for her mailing list.

## 2009 Farm-to-Chef Annual Workshop Survey Results (continued)

### Additional comments and suggestions

- Some sitting time. I love these workshops.
- Linda has done an outstanding remarkable job!
- Great day, location, and food as usual.
- Visit two farms during day to extend day longer; visit an apple orchard; tour and visit CT wineries (a couple of different wineries); visit Farmer's Cow facility.
- Visit more farms during the day; coffee; COFFEE!
- Would like to see a Farm-to-Chef seasonal tour open to the public, involving the farmer and chef; similar maybe to the "restaurant week" program in the Hudson.
- The Farm-to-Chef Program is wonderful! Don't change anything. The newsletters all always very informative.
- For networking purposes it would be great to be able to share contact info with other participants.
- Visiting the actual farm site and getting a better understanding of how things are done makes you appreciate this type of farming more. I think more on-site workshops would be good.
- Thanks Linda. Coffee, coffee, I will provide. Maybe some neighboring farms.
- Loved it; looking forward to the next!
- Great event!
- Suggestion: Promote suitability among chefs; often farmers complain to me that chefs are too demanding. We need to let chefs know how to work with availability, not how to custom design menus.
- Workshops like these allow the continuum to flow. Many of us, even though we are in the same thought-process, wouldn't be able to have this networking that takes place at these events. We share ideas, problem-solve, and promote how much easier it could all be. But it takes many people to "grow the village."

### 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
- Hartford, CT 06106
- 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.