



CT Department of Agriculture

September 2010

## Briefs

### NEXT FTC MINI-MEETING 9/21/10 IN TOLLAND

The next FTC "mini-meeting" will be held from **2:00 to 3:30 PM** on Tuesday, **9/21/10** at [Zest Restaurant](#) in **Tolland**. Please join us for thought-provoking discussion and networking. There is no cost to attend but you **must RSVP** by midnight Sunday 9/19/10. Confirmation and directions will be sent out on 9/20/10 to all who have signed up.

The final 2010 FTC mini-meeting will be held 11/15/10 at a location still TBD; please mark your calendars!

### FTC HARVEST CELEBRATION WEEK

The first-ever Farm-to-Chef Harvest Celebration Week is set to kick-off 9/26/10 and run through 10/2/10. Eighty-plus restaurants and other venues have signed on to participate and will serve a dazzling assortment of CT Grown foods that week.

Check out the FTC Program [events page](#) and the member-created [FTC Week blog](#) for a list of participants, menu information, chef profiles, recipes, and more. Full story on Page 2.

### FTCers AMONG CT MAGAZINE'S 2010 BEST OF AWARDS

The September 2010 issue of Connecticut Magazine gives honors to a bundle of FTCers in its annual Best of Connecticut selections. See Page 9 for details.

### 2011 FTC ANNUAL MEETING TO BE HELD 1/31/11

The date for the 2011 Farm-to-Chef Annual Meeting already has been set. Mark your calendars to be at the Saybrook Point Inn and Spa on Monday 1/31/11 for more great presentations, discussion, networking, and, of course, CT Grown food.

### CT Grown in Season SEPTEMBER

Apples Arugula Beans Beef  
Beets Black Currant Juice  
Bok Choi Broccoli Carrots  
Cauliflower Cheese Chicken  
Cider Clams Collards Corn  
Cream Cucumbers Eggplant  
Eggs Fin Fish Garlic  
Greens Herbs Honey Ice  
Cream Kale Kohlrabi Lamb  
Leeks Lettuce Lobster  
Maple Melons Microgreens  
Milk Mushrooms Nectarines  
Onions Oysters Pea Shoots  
Peaches Pears Peppers  
Plums Pork Potatoes  
Pumpkins Radishes Rhubarb  
Scallops Shoots Specialty  
Foods Sprouts Summer  
Squash Tomatoes Turnips  
Veal Wheatgrass Winter  
Squash Yogurt



### Contact Us

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## First-Ever FTC Harvest Celebration Week Set to Kick Off 9/26/10

With the arrival of September, the menus, hours of operation, and other information from the 80-plus restaurants, farms, cafeterias, and other locations participating in the first-ever Farm-to-Chef Harvest Celebration Week September 26 – October 2, 2010 have been posted. This information can be found on the Connecticut Department of Agriculture's [website](http://www.CTFarmtoChefNetwork.typepad.com) and at [www.CTFarmtoChefNetwork.typepad.com](http://www.CTFarmtoChefNetwork.typepad.com), a blog created and maintained by Farm-to-Chef Harvest Celebration Week participants.

Each location will serve up a special Farm-to-Chef menu that week, showcasing a bounty of CT Grown ingredients. Connecticut wines will be offered by those venues that serve alcohol. (View the complete [guidelines](#).)

"The variety of choices is tremendous," said F. Philip Prelli, Connecticut Commissioner of Agriculture. "There truly is something for everyone, regardless of age, taste, or budget."

Linda Piotrowicz, Farm-to-Chef Program Manager for the state Department of Agriculture, believes that Farm-to-Chef Harvest Celebration Week's parameters, which allow for considerable flexibility and creativity, helped entice people to get involved. Approximately 25 of the participants are new to the Farm-to-Chef Program.

"Program members spoke up when we first began planning," explained Piotrowicz, "and made it clear that they wanted more freedom in creating their Farm-to-Chef menus and setting prices. We took a vote at our March meeting and revised the guidelines to encourage participants to think outside the box. Participants responded with some extremely creative, exciting menus that we think will delight diners of all demographics and diets," added Piotrowicz.

Hard-core carnivores, for example, can find CT Grown beef, lamb, pork, and even goat meat, prepared by an array of methods, while seafood aficionados will delight in the selection of local oysters, clams, scallops, mussels, lobster, shrimp, and calamari. Dairy and eggs will be featured in plates of local cow- and goat-milk cheeses, scrambled eggs, and omelets. Pizza, burgers, and sandwiches will accommodate eaters on the go. Pricing ranges from free samples and a la carte items as low as \$1.50 to fixed-price complete meals in the \$75.00 range.

*(continued next page)*



## First-Ever FTC Harvest Celebration Week (continued)

Vegetarians, vegans, and raw foodists have plenty of choices, too, including such creations as meat-free moussaka, pumpkin- or squash-filled ravioli, corn-crusting taco pot pie, raw broccoli-walnut soup, zucchini lasagna with "rawcotta" and marinara, green smoothies, and a plethora of salads full of CT Grown produce.

Even the sweet tooth will not be disappointed. Desserts and confections will include maple-bacon ice cream, apple pie, berry cobbler, white chocolate raspberry tart, and chocolates spiced with local peppers or herbs, just to name a few.

Connecticut wines will have an opportunity to shine, as they will be offered by participating venues that normally serve alcohol. The state currently boasts approximately 35 licensed farm wineries, making local grape and wine production among the fastest growing agricultural sectors in Connecticut. While many consumers have yet to discover these local wines, the Department of Agriculture hopes Farm-to-Chef Harvest Celebration Week will help introduce the public to what it considers one of the state's best-kept secrets.

"Connecticut wines are very diverse and delicious. From the unique fruit wines to traditional grape wines, Connecticut wines offer a great variety of taste to meet the needs of all," said Commissioner Prelli.

**T**aste the freshness of Connecticut grown food, for an entire week, from **September 26–October 2, 2010**, by dining in restaurants, dining halls, cafeterias and other eateries across the state offering a special week-long farm-to-chef menu. Over eighty of Connecticut's finest chefs will partner with local farms and vineyards to cook and serve spectacular farm fresh cuisine. During this week, guests will sample and savor the abundant and varied foods and wines grown and cultivated right here in Connecticut.

The first annual **Farm-to-Chef Harvest Celebration Week** is a new initiative created by the Connecticut Department of Agriculture, whose Farm-to-Chef Program helps connect Connecticut chefs with growers, producers, and distributors of CT Grown products. Farm-to-Chef also helps guide the public to restaurants, institutions, and other dining facilities that serve foods using CT Grown ingredients.

From the fields to the kitchen Connecticut Grown has a flavor all its own. Farm-to-Chef Harvest Celebration Week: *A statewide sampling of locally grown food cooked by over 80 Connecticut chefs.*

Visit [www.CTGrown.gov](http://www.CTGrown.gov) and [CTFarmToChefNetwork.typepad.com](http://CTFarmToChefNetwork.typepad.com) for more information and a list of Farm-to-Chef Harvest Celebration Week participants and locations, along with loads of other tasty tidbits about the event.



A Connecticut  
Department  
of Agriculture  
Program



MAX  
RESTAURANT GROUP

RIVER  
TAVERN

edible NUTMEG

Generously sponsored by:

Cover photos by Michelle Parr Paulson. Farm Produce from White Gate Farm, East Lyme CT.  
Stonington Fallo Crudo with housemade vinegar potato chips, porky oil & lemon by Chef James Weyman.

The public will have an opportunity to visit a wide variety of venues while enjoying Farm-to-Chef Harvest Celebration Week. In addition to an abundance of diverse restaurants, there are schools, corporate dining services, caterers, prepared food counters, farms, wineries, a hospital, ice cream parlors, a chocolatier, and a farmers' market that have joined in the celebration and will offer delicious dishes featuring CT Grown goodness. Some will conduct related activities that week such as farm tours, farmer talks, discussions, cooking demonstrations, and more.

A special kick-off event will be held at the Coventry Farmers' Market on Sunday, September 26, 2010. Chefs from participating locations, including Zest Restaurant's Carrie Landry, Saybrook Point Inn and Spa's Carlos Cassar, and Scott Miller from Max's Oyster Bar, will shop the market and cook with the CT Grown ingredients they have just purchased. The event runs from 11:00 a.m. to 2:00 p.m. at the Nathan Hale Homestead, 2299 South Street in Coventry, and is free and open to the public.

## CT Grown “Haves” and “Wants”

### CT GROWN “HAVES” IN SEPTEMBER

#### Eagle Wood Farms

Barkhamsted

Bryan Woods, 860-402-4953

[bryanwoods@eaglewoodfarms.com](mailto: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.

#### FreshPoint

Hartford

Daniel Batchelder, 800-824-0448; 860-244-0419

[Daniel.Batchelder@FreshPoint.com](mailto:Daniel.Batchelder@FreshPoint.com)

Apples, beans, basil, cabbage, corn, cucumbers, eggs, eggplant, kale, muskmelon, mustard greens, nectarines, peaches, peppers, pears, plums, prune plums, squashes, pumpkins, Swiss chards, tomatoes, turnips, wheat grass, goat cheese, and much more.

#### Olivia's Garden

Hebron

Carol Puckett, 860-228-8070

[oliviasgardenct@aol.com](mailto:oliviasgardenct@aol.com)

Field-grown tomatoes by the case. Please call in your order for farm pickup in Columbia or market pickup available in Lebanon, Hebron, Colchester, & Manchester.

#### Sepe Farm

Sandy Hook (Newtown)

Pete Sepe, 203-270-9507

[pasepe@juno.com](mailto:pasepe@juno.com)

All-natural lamb (whole and half carcasses or fabricated parts)

#### Urban Oaks Farm

New Britain

Mark or Mike, 860 223-6200

[urbanoaks@earthlink.net](mailto:urbanoaks@earthlink.net)

TOMATOES--heirloom, cherry, large roma and more!

### CT GROWN “WANTS” IN SEPTEMBER

#### Green Gourmet To Go

Bridgeport

Linda Soper-Kolton, 203-873-0057 or 203-615-8139

[linda@greengourmettogo.com](mailto:linda@greengourmettogo.com)

Small organic vegetarian take-out restaurant looking for a place to compost organic kitchen matter.

#### Saybrook Point Inn

Saybrook

Carlos Cassar, 860-388-6884

[carlos@saybrook.com](mailto:carlos@saybrook.com)

Looking for somebody that would like to pick up organic waste for compost; we can arrange around two big 20-gallon buckets a week and sometimes more, contact [carlos@saybrook.com](mailto:carlos@saybrook.com) or call kitchen at 860-388-6884, ask for Carlos and leave information, thank you.



### JOB OPENINGS AND POSITIONS WANTED

Working Lands Alliance is seeking a Project Director for its New England Office. The ideal candidate will have a background in agriculture and public policy, familiarity with Connecticut stakeholders, and experience in fundraising and in managing collaborative projects involving multiple partners, excellent communication skills, a willingness to manage all aspects of coalition activities, and the vision to lead and grow a dynamic coalition. Get the [complete job description](#).

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.

## Did You Know? APPLES

**APPLES:** Did you know? Apples have been enjoyed by humans since the most ancient times, appearing as a key component in the story of Adam and Eve, as well as celebrated in Greek Mythology. According to Purdue University's [Great Moments in Apple History](#) page, the crosses of the world's 25 distinct species of apples began in 8,000 B.C. when trade and military expeditions started among early settlements in the Nile region. Grafting of apple trees for commercial purposes began as early as 5,000 B.C., while the first recorded sale of an orchard dates back to 1,500 B.C. (for a price of three prized breeder sheep).

In 1904 A.D., during an address to the St. Louis Exposition, J.T. Stinson first proclaimed that "an apple a day keeps the doctor away." Today, that saying rings truer than ever as consumers realize the health benefits of eating whole, natural foods grown close to home.

According to [www.nutritiondata.com](http://www.nutritiondata.com), one medium raw apple with skin contains

- 95 calories
- 4 grams of Dietary Fiber
- 2% of the RDA for Magnesium
- 2% of the RDA for Phosphorus
- 2% of the RDA for Thiamin
- 2% of the RDA for Vitamin E
- 2% of the RDA for Copper
- 3% of the RDA for Manganese
- 3% of the RDA for Riboflavin
- 4% of the RDA for Vitamin B6
- 5% of the RDA for Vitamin K
- 6% of the RDA for Potassium
- 14% of the RDA for Vitamin C
- 21.8 mg of Phytosterols

They also contain only 2 mg of sodium, .3 g of fat, and have no cholesterol, making them a terrific alternative to highly processed, fat- and sodium-laden snack foods. Their convenient size makes for easy portion control and eating on the run. Naturally sweet, they make a healthy dessert, which can be as simple as baking them with a sprinkle of cinnamon or a touch of CT Grown maple syrup.



Apples are perfect for packing into school lunches, or serving as an after-school snack. Peanut butter and diced apple sandwiches are kid-friendly, and are a healthy choice for adults, too. Apple slices pair well with cheese, and are great mixed into a salad. Their versatility leads to endless possibilities for both savory and sweet options full of flavor and nutrition.

CT Grown apples are in season extra-early this year, thanks to abundant heat and sunshine. They are available at local orchards, farm stands, and farmers' markets now through fall. Picking your own apples is a superb way to spend a late summer or fall morning or afternoon, and many of the state's orchards also offer breathtaking views.

The CT Department of Agriculture has [two apple brochures](#) available online to help find a grower and choose just the right variety. You can also find a [list of farmers' markets](#) available on the agency's website.



## Happenings

Learn about calving and dairy farming at The Farmer's Cow 5<sup>th</sup> annual [Barnyard Babies Birthing Center](#) at the 150th Woodstock Fair, 9/3/10 through 9/6/10. Fairvue Farms provides the moms-to-be. You may be lucky enough to see a calf born!

Lyman's 11th Annual Corn Maze opens to the public on 9/4/10 and continues through 10/31/10. It features corn portraits of UConn's Geno Auriemma and Jonathan the Husky on over two miles of footpaths carved into an amazing four-acre cornfield maze at Lyman Orchards in Middlefield. See [website](#) for more info.

[White Silo Farm & Winery's](#) 3<sup>rd</sup> annual Raspberry Festival will be 12:00-5:00 PM on 9/11/10 and 9/12/10. Desserts and small plates with fresh raspberries from the farm; farm museum, winery, tours, and PYO red, yellow and orange raspberries. Sample "Best in State CT" Black Currant wine (2010 Big E). Free admission.

The Taste of Greater Danbury will be held from noon to 7:00 PM on 9/11/10 and 9/12/10 and will feature restaurants, specialty food producers, crafts, live entertainment, and more. The event attracts about 20,000 people. If you are interested in being a vendor, contact Stacey Olszewski, 203-270-9461 or [staceyolszewski@yahoo.com](mailto:staceyolszewski@yahoo.com).

The CT Farmland Trust's 10<sup>th</sup> Anniversary Celebration of Connecticut Farms will be held 9/12/10 from noon to 4:30 PM at Laurel Ridge Farm in Litchfield. Tickets are \$150 in advance only (not sold at door). Call 860-241-0873 or visit [www.CelebrationofCTFarms.org](http://www.CelebrationofCTFarms.org) for more information and tickets.

The [CT Farm Risk Management Team](#) will host a tour of Devon Point Farm in Woodstock on 9/15/10 from 2:00 to 4:00 PM. Learn about Devon Point's beef, breeding stock and work animals; the farm's CSA; and its marketing. \$10 includes refreshments. RSVP by 9/10/10 at 860-875-3331 or [joseph.bonelli@uconn.edu](mailto:joseph.bonelli@uconn.edu).

[Billings Forge Community Works](#) will host its 2nd Annual Farm to Table Dinner, held in The Garden @ Billings Forge, on 9/16/10. This benefit event supports jobs, housing, food, and arts programming in the Frog Hollow neighborhood of Hartford. For more information or to reserve your ticket, please call 860-548-9877.

10th Annual Taste! Organic Connecticut 9/19/10 10:00 AM to 4:00 PM, Manchester Community College. Workshops, kids' activities, seasonal foods prepared by local chefs, a farmers' market and much more. Admission: \$5 for CT NOFA members, \$7 for non-members. Free for kids under 12. Details at [www.ctnofa.org](http://www.ctnofa.org) or call 203-888-5146.

Dinner on the Hill will be held 9/19/10 at the Hill-Stead Museum in Farmington. The multi-course dinner will be served *al fresco* with the estate's spectacular views as a backdrop and will support Hill-Stead's education and community programs and its farmers' market. Visit [website](#) for more info and tickets

[CSFA's](#) annual seminar will run 3:00 to 6:00 PM on 9/20/10 at Saint Joseph College, West Hartford. "How to Make Social Media Work for You," taught by Colin McEnroe, will focus on social media for marketing. Open to all; \$50 includes light refreshments. Register by 9/10/10 at 860-677-8097 or [tricia@ctfoodassociation.org](mailto:tricia@ctfoodassociation.org).

[Urban Oaks Farm's](#) fundraising dinner will be held at the Pond House in West Hartford on 9/24/10. The event will feature heirloom and other organic veggies from the farm and will be emceed by WNPR's Colin McEnroe. All proceeds benefit Urban Oaks' year-round operations in New Britain. 860-223-6200 for info.

[Farm-to-Chef Harvest Celebration Week](#) will run 9/26/10 through 10/2/10. Seventy-five restaurants and other venues will offer a Farm-to-Chef menu showcasing CT Grown ingredients. CT wines will be offered at venues that serve alcohol. Visit [www.CTGrown.gov](http://www.CTGrown.gov) or check out the [FTC Week blog](#) for participant menus, prices, hours of operation, and more.

Danbury Hospital's onsite farm stand runs every Tuesday in September from 3:00 to 6:00 PM at 5 North Entrance Pavilion, 24 Hospital Avenue, Danbury, and features fresh fruits and vegetables grown by Gresczyk Farms from New Hartford.

## Happenings (continued)

CT NOFA and CT Agricultural Experiment Station sponsor the 5th annual Community Farming Conference on 10/30/10 at the Jones Auditorium in New Haven. This is an opportunity for organizations and people who involved in creating and running Community Farms to learn from each other and outside resources. [www.ctnofa.org](http://www.ctnofa.org) or 203-888-5146.

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.

Danbury Hospital's onsite farm stand runs every Tuesday in September from 3:00 to 6:00 PM at 5 North Entrance Pavilion, 24 Hospital Avenue, Danbury, and features fresh fruits and vegetables grown by Gresczyk Farms from New Hartford.

Lyman Orchards' 4th Annual [Sunflower Maze](#) is now open daily. This year's maze features a turtle theme. \$1.00 from every ticket sold will be donated to the Connecticut Children's Medical Center. To date, Lyman's has raised nearly \$20,000 for the Center's pediatric cancer unit. See website for more info.

The [Max Restaurant Group's](#) Chef to Farm Dinner series continues on select Thursday evenings through 9/16/10 at Rosedale Farms and Vineyards in Simsbury. Go to [www.maxdiningcard.com](http://www.maxdiningcard.com) for complete schedule and ticket information.

## Miscellaneous Announcements

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](mailto:info@AnimalWelfareApproved.org).

Farm Aid's report, *[Rebuilding America's Economy with Family Farm-Centered Food Systems](#)* has stories of innovative farmers who are 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.

[CT Sea Grant](#) and the CT Seafood Council are offering insulated market bags at cost. The bags keep seafood and other temperature-sensitive purchases cold and safe, and promote local seafood with colorful logos and text. Great for farmers markets, farm stands, and other retail operations. Bags are 13" x 14" x 7" with a zipper top. \$3.25 each plus shipping (or can pick up). Contact Nancy Balcom, 860-405-9107 or [nancy.balcom@uconn.edu](mailto:nancy.balcom@uconn.edu).

## In the News / On the Net

FTCers Beach Street Sandwiches, Caseus, and Skinny Pines are among Food Network's CT nominees for best food truck in the nation. [Vote for your favorite](#) now! (Deadline to cast your vote is 9/10/10.)

This 8/11/10 [Milford-Orange Bulletin story](#) takes a look at Treat Farm in Orange, along with its participation in the first-ever CT Farm-to-Chef Harvest Celebration Week.

This 8/12/10 [New York Times article](#) describes a program at three MA health centers where physicians advise patients to eat "prescription produce" from local farmers' markets and give out coupons amounting to \$1 a day for each member of a patient's family to promote healthy meals.

CT Attorney General Richard Blumenthal munches on some CT Grown green beans from Roby's Organic Farm during a visit to the Woodmont Farmers' Market in this 8/11/10 [CT Post story and photo](#).

Andy Geremia from Food Runners CT talks about the program (with a nice shout-out to FTC – thanks, Andy!) on the 8/16/10 WILI morning show with Wayne Norman. Listen on [Food Runner CT's website](#) or on [WILI's website](#).

Farm-to-Chef Harvest Celebration Week and its Fairfield County participants are the focus of this 8/18/10 [Fairfield Green Food Guide post](#).

FTC Week Fairfield County participants are covered in these [8/19/10](#) and [9/1/10](#) Fairfield County Examiner posts.

Michel Nischan shows how to prepare an affordable meal full of local organic ingredients in this 8/21/10 [CBS News segment](#). This 8/26/10 [Hartford Courant story](#) explains how Michel's Wholesome Wave organization works with existing programs to double the value of coupons that provide fruits and vegetables to low-income, nutritionally at-risk individuals at farmers' markets.

This [Darien Patch opinion piece](#) celebrates pick-your-own CT Grown crops and farms and encourages residents to participate in this great fall activity.

The Hartford Courant's 8/26/10 [Java column](#) runs Q+A with Noel Jones about cooking at the James Beard House.

This 8/30/10 [CTDigs post](#) reviews the experience at a recent evening of Dinners at the Farm.

Archaeological evidence of civilization's earliest feasting rituals is discussed in this 8/30/10 [World Science piece](#).

Plan B Burger Bar was named to Inc Magazines list of fastest-growing companies in the country, according to this 8/31/10 [a La Carte post](#).

Max's most recent Chef-to-Farm dinner is recapped in this 8/31/10 [Middletown Press story](#).



### **Photos from 8/31/10 Mini-Tour at Jones Family Farms and Winery:**

*At left, Jamie Jones gives a tour of one of the farm's pumpkin fields; center, Jamie Jones shows FTCers the vineyard; at right, FTCer Eric Gorman from White Silo Farm and Winery checks out the competition's grapes.*

## In the News / On the Net (continued)

Connecticut Magazine's September 2010 issue names numerous FTCers in its Best of Connecticut selections. Among the winners are

- ◆ Alchemy Juice Bar (smoothie)
- ◆ Basta Trattoria (meatballs)
- ◆ Black Rock Tavern (sliders)
- ◆ Bloodroot (quiche)
- ◆ Carmen Anthony (crab cakes, chopped salad )
- ◆ Christopher Martin's (happy hour)
- ◆ City Seed (farmers' market)
- ◆ Claire's Corner Copia (coffee cake)
- ◆ Flanders Fish Market (fish market)
- ◆ Grants (chocolate cake)
- ◆ It's Only Natural (vegan menu)
- ◆ Jones Winery( CT wine)
- ◆ Jordan Catering (caterer)
- ◆ Miya's Shushi (sake, sushi)
- ◆ Plan B Burger (specialty burger)
- ◆ Polytechnic On20 (bird's-eye view, cutting-edge chef)
- ◆ Saybrook Point Inn and Spa (day spa)
- ◆ SoNo Baking Company (bakery)
- ◆ The Dressing Room (vegetarian sandwich, locavore chef)
- ◆ The Spa at Norwich Inn (destination spa)
- ◆ The Study at Yale (city hotel)
- ◆ Thomas Hooker Brewing (CT beer)
- ◆ Tisane Euro-Asian Café (Bloody Mary)
- ◆ West Street Grill (tomato salad)
- ◆ White Flower Farm (flower/garden center)
- ◆ Whole Foods (cheese selection, salad bar)
- ◆ Winvian (country inn)

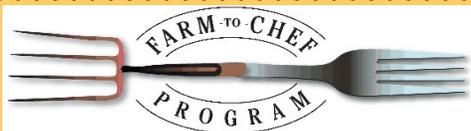


### 8/31/10 FTC Mini-Tour at Jones Family Farms and Winery:

*Above, Ralph Gorman of White Silo Farm and Winery is among the FTCers impressed with the choose-your-own Christmas Trees, one of many crops at this diversified farm.*

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](mailto: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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[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.