



Connecticut Department of Agriculture  
 Dannel P. Malloy, Governor; Steven K. Reviczky, Commissioner  
 Robert R. Pellegrino, Bureau Director



Marketing & Technology Bureau, (860) 713-2503  
 Linda Piotrowicz, Interim Editor  
 Wednesday, January 25, 2012

## NOTES from the DEPARTMENT . . .

### THE CT AG EXPERIMENT STATION INVESTIGATES VEGETABLE AMARANTH

By Dr. Abigail A. Maynard

Dept. of Forestry & Horticulture, CT Agricultural Experiment Station

Amaranth (*Amaranthus* spp.) has been cultivated for vegetable (leaves) and grain for more than 2,000 years. Native to the Americas, over 400 varieties are now found throughout the world in both temperate and tropical climates. It is consumed as a vegetable in Africa, China, Greece, India, Italy, Nepal, the Caribbean, and the South Pacific Islands.

Both the leaves and the seeds contain protein of an unusually high quality. The grain is milled for flour or popped like popcorn. The leaves of both grain and vegetable varieties may be eaten raw or cooked; however, the amaranths that are grown principally for vegetable use have larger and tastier leaves than those of the grain varieties.

Amaranth leaves are comparable to spinach (*Spinacia oleracea* L.) in taste. However, unlike spinach, the ideal season for producing amaranth in the temperate climates is the hot, humid, and sunny conditions of summer. It is a good source of dietary fiber, and contains high amounts of protein, vitamins, and minerals and three times as much iron as spinach. Currently, a Connecticut grower supplies the Bloomfield schools with vegetable amaranth. It is also known as “calaloo”, a Caribbean term for “leafy vegetable”.

Because of the need to introduce leafy vegetables that can successfully be grown during the hot summer months, and because it is a crop that would appeal to Connecticut’s ethnic population, vegetable amaranth was chosen to be studied in the Connecticut Agricultural Experiment Station’s New Crops Program. Cultivar trials were conducted for three years (2008-2010) at the Valley Laboratory, Windsor, on a well-drained sandy soil with somewhat limited moisture holding capacity, and at Lockwood Farm, Mt. Carmel, on a loamy soil with moderate moisture holding capacity.

**VARIETIES:** Cultivars vary in size and color. The various leaf colors include white (light green), dark green, red, purple, and varie-

gated (looking similar to the house plant coleus). Most reach a height of 3 feet, but some dwarf varieties grow only 1-1/2 feet high and are best suited for a small garden. There are subtle variations in flavor amongst varieties, so it pays to try a few different cultivars to see which you prefer. In our trials, we evaluated eight varieties, all obtained from Evergreen Seeds (Anaheim, CA). The red-leaf varieties (All Red and Red Stripe Leaf) produced the tallest plants and the greatest yields. Other high yielding varieties included Tender Leaf, Green Round Leaf, and Green Pointed Leaf.



Above: vegetable amaranth

**PLANTING:** Amaranth is planted either by direct seeding or transplanting. The choice of planting method depends on the availability of seed and labor. Direct seeding is appropriate when sufficient seed is available, but the risk of a poor stand increases because of uneven germination and competition with weeds in the early stages of growth. We used transplants to ensure even stands in our trials.

(continued on Page 3)



**WHOLESALE FLOWERS  
NEW ENGLAND GROWN**

	Low	High
ANEMONE, bnch,lng	10.00	12.50
CALLA, bnchd 5, xlng	27.50	27.59
GARDENIA, blm	5.50	5.50
GARDENIA bnch,3	15.00	15.00
GERBERA, stm,lng	.80	1.00
LILY, Asiatic, bnch, lng	12.50	12.50
LILY, Asiatic, 3-5 blm, lng	15.00	18.00
LILY, Casa blnc, bnch, 12, lng	25.00	27.00
LILY, Siberia, bnch, lng	20.00	20.00
SNPDRGN, bnch, 10, lng	11.50	12.50
SNFLWR, bnch, 5, lng	7.50	7.50

**NEW HOLLAND, PA, HOG AUCTION**

January 23, 2012

Hogs sold by actual weights, prices quoted by hundred weight.

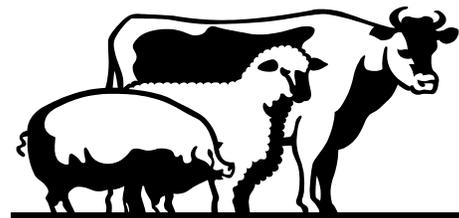
49-54	220-270 lbs	67.50-70.50
	270-300 lbs	63.00-68.00
	300-400 lbs	63.00-68.00
Sows: US 1-3	300-500 lbs	48.00-55.00
	500-700 lbs	57.00-60.00
Boars:	300-700 lbs	31.00-33.00

**MIDDLESEX LIVESTOCK AUCTION**

Middlefield, January 23, 2012

Live animals brought the following ave. prices per cwt.

	Low	High
Bob Calves:		
45-60 lbs.	15.00	18.00
61-75 lbs.	20.00	25.00
76-90 lbs.	30.00	37.50
91-105 lbs.	40.00	50.00
106 lbs. & up	57.50	60.00
Farm Calves	65.00	70.00
Veal Calves	95.00	120.00
Open Heifers	72.50	81.00
Beef Steers	78.00	110.00
Feeder Steers	85.00	109.00
Starter Calves	25.00	35.00
Stock Bulls	n/a	n/a
Beef Bulls	85.00	95.00
Sows	n/a	n/a
Goats each	95.00	170.00
Beef Steers	78.00	110.00
Canners	up to	73.50
Cutters	74.00	77.00
Utility Grade Cows	78.00	81.50
Rabbits each	3.00	14.00
Chickens each	5.00	28.00
Ducks each	3.00	16.00
Feeder Pigs	49.00	57.50
Lambs	100.00	155.00
Kid Goats	50.00	120.00



**WHOLESALE VEGETABLES  
NEW ENGLAND GROWN**



	Low	High
ALFALFA SPROUTS, 5lb	11.00	12.00
APPLE, Empire, 96, xfcy	24.00	25.00
APPLE, Empire, 12/3, xfcy	20.00	20.00
CIDER 4/1gal	14.50	17.00
PARSNIP, 25lb	24.00	24.00
POTATOES, Rnd, wh, chef, 50lb	11.00	12.00
POTATOES, 10lb	2.50	2.50
SQUASH, Bttrnt, 1/9bu, lg	14.00	15.00
TOMATOES, Cherry, 5lb flat	14.00	14.00
TOMATOES, Grnhs, on vine, 11lb	24.00	24.00

**SHIPPED IN**

	Low	High
ARTICHOKE, 24ct, CA	36.00	36.00
BEAN, Grn, rnd, bu, FL	30.00	32.00
BLACKBERRY, 12/6, MX	15.00	19.00
BLUEBERRY, 12/1pt, CE	20.00	24.00
BROCCOLI RABE, 20lb, CA	38.00	40.00
CANTALOUPE, 12ct, GU	17.00	20.00
CLEMENTINES, 5lb, SP	3.00	4.00
DATES, 11lb, CA	55.00	55.00
EGGPLANT, 1-1/9, FL	16.00	22.00
GARLIC, Elphnt, 10lb, CA	28.00	30.00
LETTUCE, Bstn, 24, CA	14.00	18.00
ONION, Yel, 25lb, NY	7.00	7.00
ORANGE, 113ct, CA	15.00	18.00
ORANGE, Bld, 44ct, CA	19.00	20.00
PEPPER, Sntn, 1-1/9, FL	16.00	23.00
RHUBARB, .6kg, Grnhs, NE	40.00	40.00

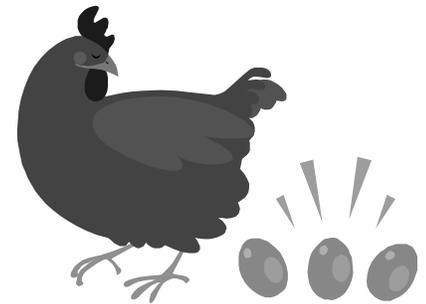
(Boston Terminal and wholesale grower prices)

**NEW HOLLAND LIVESTOCK AUCTION**

January 23, 2012

Bulk/ High/ Low Dressing

<b>SLAUGHTER COWS:</b>			
Breakers	75-80% lean		
	73.50-75.50	80.50-81.50	n/a
Boners	80-85% lean		
	71.50-75.00	78.00-82.00	n/a
Lean	85-90% lean		
	62.00-67.00	67.00-71.00	54.00-58.00
<b>SLAUGHTER BULLS: No Market test</b>			
<b>CALVES: All prices per cwt.</b>			
Graded Bull Calves: Number 1			
	95-120lbs	110.00-132.00	
	85-90lbs	60.00-85.00	
Number 2 100-120lbs 75.00-105.00			
Holstein Heifers: Number 2			
	75-85 lbs	60.00-75.00	
<b>SLAUGHTER LAMBS: Non-Traditional Markets:</b>			
Woolled & Shorn Choice and Prime 2-3			
	60-80 lbs	202.00-272.00	
	80-110 lbs	188.00-198.00	
	110-130 lbs	182.00-194.00	



**WEEKLY NEW ENGLAND  
SHELL EGGS**

Prices paid per dozen. Grade A brown egg in carton delivered store door. (Range)

XTRA LARGE	144-154
LARGE	141-151
MEDIUM	112-120

**NORTHEAST EGG PRICES USDA**

January 23, 2012

Prices to retailers, sales to volume buyers, USDA Grade A and Grade A, white eggs in cartons, warehouse, centers per dozen. (Range)

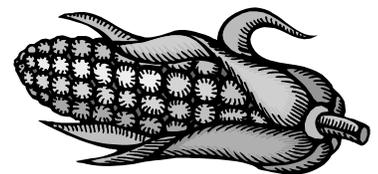
EXTRA LARGE	103-107
LARGE	101-105
MEDIUM	88-96

**PENNSYLVANIA GRAIN REPORT**

January 17, 2012

Grain market for eastern Pennsylvania.

Corn, No.2, bu.	6.63-7.47
Ear Corn, ton	193.00-200.00
Soybeans, No.2, bu.	10.83-11.38



Woolled & Shorn Choice 2-3	
60-80 lbs	200.00-217.00
80-110 lbs	168.00-196.00
110-130lbs	174.00-182.00

<b>SLAUGHTER EWES: Good 2-3: Med. Flesh</b>	
100-160 lbs	100.00 -120.00
160-200 lbs	88.00-102.00
Utility 1-2: Thin Flesh	
n/a	

<b>SLAUGHTER GOATS: All goats are Selection 1, sold by the head, on est. weights.</b>	
Kids: 20-40lbs 74.00-106.00	
40-60 lbs	120.00-138.00
60-80lbs	128.00-142.00
80-100lbs	130.00-144.00
100-120lbs	130.00-138.00
120-130lbs	146.00-150.00
Nannies/Does: 80-130 lbs 108.00-124.00	
130-180 lbs	128.00-144.00
Bucks/Billies: 100-150lbs 148.00-167.00	
150-200 lbs	167.00-212.00

## ADVERTISEMENTS

### FOR SALE

1-R. Blumenthal & Donahue is now CT's first independent NATIONWIDE Agri-Business Insurance Agency. Christmas tree growers, beekeepers, sheepbreeders, organic farmers and all others, call us for all your insurance needs. 800-554-8049 or [www.bludon.com](http://www.bludon.com)

2-R. Farm, homeowner and commercial insurance--we do it all. Call Blumenthal & Donahue 800 554-8049 or [www.bludon.com](http://www.bludon.com)

4-R. Gallagher electric fencing for farms, horses, deer control, gardens, & beehives. Sonpal's Power Fence 860-491-2290.

6-R. Packaging for egg sales. New egg cartons, flats, egg cases, 30 doz and 15 doz. Polinsky Farm 860-376-2227.

9-R. Rough sawn lumber, fence boards, trailer planks, tomato stakes, custom and portable sawing 203-788-2430.

10-R. Nationwide Agribusiness Insurance Program, endorsed by the CT Farm Bureau, save up to 23% on your farm insurance and get better protection. References available from satisfied farmers. Call Marci today at 203-444-6553.

13-R. Free-seasoned pine, perfect for boiling sap. Call Fred 203-395-3070 or [stonegds@comcast.net](mailto:stonegds@comcast.net)

14-R. For Sale: 4 Black Angus heifers. Call 860-212-5463.

### WANTED

12-R. Prides Corner Farms is a diversified 500 acre wholesale production nursery located in Lebanon, CT that produces plants for customers in the Northeast & Mid-Atlantic region. Our product lineup includes perennials, grasses, herbs, native plants, trees, shrubs, & edible ornamentals. We are actively seeking individuals for Foreperson Trainees and Grower Interns. Qualified applicants will be enthusiastic, positive minded people that like working outdoors and have an interest in plants. We provide on the job training for these full time career opportunities with benefits. A great team environment! Give us a call or email. Human Resources [HR@pridescorner.com](mailto:HR@pridescorner.com) 1-860-642-3081 [www.pridescorner.com](http://www.pridescorner.com)

15. Wanted: 4 wheel hay wagon- any condition. 860-648-1355.

### MISCELLANEOUS

7-R. Farm/Land Specializing in land, farms, and all types of Real Estate. Established Broker with a lifetime of agricultural experience and 40 years of finance. Representing both Buyers and Sellers. Call Clint Charter of Wallace-Tustin Realty (860) 644-5667.

11-R. Lily's LLC Appraisal Services specializes in Estates, Commercial & Industrial, Residential, Agricultural, Conservation Easements and Reevaluation Appraisals. Call Lori Longhi at 860-463-9997.

### EXPORTING SEMINAR FEB 9

*Explore Exporting*, a free seminar, will be held from 8:00 a.m. to 1:00 p.m. on Thursday, February 9, 2012, at Northeast Utilities in Berlin, CT.

Topics include the benefits of exporting, why now is a good time to export, financial assistance to make exports happen, and support available to companies looking to export. Lunch will be provided at no charge.

For more information contact Jaime Smith at 860-713-2559 or [jaime.smith@ct.gov](mailto:jaime.smith@ct.gov). To register visit [www.foodexport.org](http://www.foodexport.org), click on "Programs and Activities," then "Webinars and Seminars."

### CT GROWN JOINT VENTURE GRANT APPLICATIONS DUE JAN 31

Applications for the Connecticut Grown Joint Venture Grant Program are now being accepted. They must be postmarked by January 31, 2012 to be considered for the current grant year.

This popular program offers matching funds for marketing projects that use the Connecticut Grown logo or slogan.

Go to [www.CTGrown.gov](http://www.CTGrown.gov) (click on "Programs and Services," then "CT Grown Joint Venture Grants") for application forms and guidelines, or call 860-713-2503 for more information.

### THE CT AG EXPERIMENT STATION INVESTIGATES VEGETABLE AMARANTH

(continued from Page 1)

**FERTILIZATION:** Soluble 20-20-20 fertilizer (1 tbs/gal) was added to the potted seedlings about 10 days before transplanting. Although amaranth is a low-management crop and can grow in poor soils, yield is increased with a fertilizer application. In our trials, soil fertilized with 10-10-10 at a rate of 1300 lb/A before transplanting produced optimum yields. Sandy soils may require a mid-season (after the first cutting) side-dressing of nitrogen, generally applied as calcium nitrate or ammonium nitrate. The pH of the field soil should be about 6.5. If the pH is too low, lime can be added at a rate determined by a soil test.

**FIELD TRANSPLANTING:** At least one week before transplanting in the field, seedlings were placed in an outdoor cold frame for hardening. In late May, seedlings were transplanted 1-1/2 feet apart in rows 3 feet apart. At closer row spacing, branches of plants in adjacent rows become intermixed and make harvest more difficult.

**IRRIGATING:** Although amaranth is relatively drought tolerant, insufficient water reduces yield and promotes flowering. Water was applied just after transplanting to ensure a good stand. As a rule, the plants should be irrigated if wilting occurs at noontime. Over-watering may enhance development of disease and promote nutrient leaching. Overhead sprinkler irrigation in the morning is preferred over late afternoon or evening to prevent fungal diseases.

**HARVEST:** Vegetable amaranth was ready to harvest about a month after transplanting, or about 45 days after direct seeding. Plants were harvested up to four times each year by severing the whole plant about 8 inches above the soil surface. Eventually, the plants began to flower and develop fewer leaves. Frequent harvesting of leaves and shoots delays the onset of flowering, and prolongs the harvest period. Ten mature plants can supply a family of four over the growing season.

**USE:** Vegetable amaranth leaves and stems or entire plants may be eaten raw or cooked. It is commonly cultivated for use as a boiled leafy green vegetable either alone or in combination with other vegetables and/or meat. Cook amaranth as you would spinach. The presence of rather high amounts of oxalic acid and nitrates places some limitation on the quantity of raw amaranth leaves that can be consumed daily. Boiling the leaves like spinach and then discarding the water reduces the levels of both oxalic acid and nitrates. The amount of oxalic acid is roughly the same as that found in spinach and chard.

**SUMMARY:** The demand for vegetable amaranth in the United States was initially created by immigrants from the Caribbean where it is widely consumed. Now it is realized that vegetable amaranth can also fill a void for fresh leafy vegetables during the summer months. Most leafy greens grown in the United States prefer cool weather and perform poorly during hot summer months, while vegetable amaranth thrives in the heat of summer. For the commercial grower and backyard gardener alike, amaranth is easy to grow and provides a healthy vegetable in the hot summer months. In addition, the red-leafed and variegated forms are quite decorative, adding a splash of color to your garden or farm stand. For additional information about this crop and others in the New Crops program, please contact Dr. Maynard at The Connecticut Agricultural Experiment Station in New Haven at 203-974-8516 or visit the Agricultural Experiment Station website, [www.ct.gov/caes](http://www.ct.gov/caes).

### 2012 CROP INSURANCE SIGN-UP DEADLINES

The following deadlines apply to enrollment and changes to existing policies:

- January 31, 2012: Adjusted Gross Revenue (AGR), Adjusted Gross Revenue (AGR), and AGR-LITE policy change, cancellation and termination deadline; AGR sign-up deadline.
- March 15, 2012: AGR-Lite, Corn Yield Coverage, Crop Revenue Coverage, Fresh Market Sweet Corn, Potatoes, Tobacco.
- Last business Friday of each month: Livestock Gross Margin (LGM) Dairy & Swine.
- Continuous sign-up with 30-day waiting period: Nursery.

A crop insurance agent can help you to do a *Risk Management Checklist* (also available at: [http://farm-risk-plans.usda.gov/pdf/risk\\_management\\_checklist.pdf](http://farm-risk-plans.usda.gov/pdf/risk_management_checklist.pdf).) Protection for crops not listed above may be available from a crop insurance agent by written agreement or from the county FSA/USDA office. Additional information at [www.ctfarmrisk.uconn.edu](http://www.ctfarmrisk.uconn.edu). This information is part of the Connecticut Crop Insurance Education and Information Project, a cooperative effort of the USDA Risk Management Agency, University of Connecticut Cooperative Extension System, and the Connecticut Department of Agriculture.

### GETTING STARTED IN ORGANIC FARMING CONFERENCE JAN 28 IN ROCKFALL

CT NOFA's 2012 *Getting Started in Organic Farming Conference* will teach the basics of developing and running a successful organic operation to both brand new farmers and farmers who are established but want to become certified organic. It aims to help

provide tools and knowledge necessary to be successful, and will feature experienced farmers and businesspeople who will discuss organic certification, greenhouse planting, marketing, land access, and soil management techniques.

This year's conference will be held in Rockfall, CT, on Saturday, January 28, 2012, from 8:30 a.m. to 4:00 p.m. For farmers who have been in business fewer than 10 years, CT NOFA will offer scholarships through USDA's Beginning Farmer and Rancher Development Program. There will be a potluck lunch and built-in networking time. Registration is \$30 for CT NOFA members and \$40 for others. For details, visit [www.ctnofa.org](http://www.ctnofa.org) and click on *Getting Started in Organic Farming*, or call 203-888-5146.

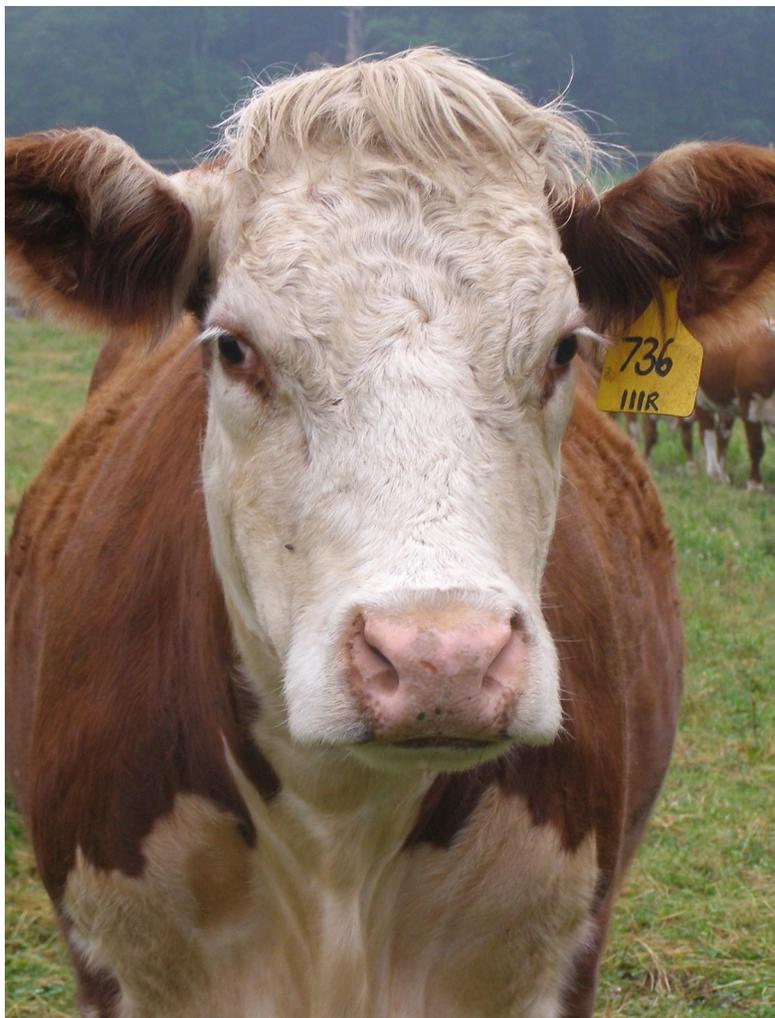
### CT NOFA WINTER CONFERENCE MAR 3

CT NOFA's 30th Annual Winter Conference will be held from 8:30 a.m. to 4:30 p.m. on Saturday, March 3, 2012, at Manchester Community College in Manchester, CT. The conference is for farmers, gardeners, locavores, homesteaders, anyone interested in a sustainable lifestyle.

Keynote Jeffrey Smith will speak on genetically modified organisms (GMOs). Workshop topics include production of fruit, garlic, honey, nuts, and mushrooms; pollination; nitrogen management; soil microbiology; root cellars; food storage; cooking; climate change; starting food co-ops; and transitioning your town. There will also be a farmers' and vendors' market.

Conference attendees are asked to bring a favorite food for the potluck. Children are welcome at the Family Play 'n' Chill room.

For more info and online registration, visit [www.ctnofa.org](http://www.ctnofa.org) or call 203-888-5146.



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Connecticut Weekly Agricultural Report (ISSN: 1059-8723, USPS 129-340) is published weekly by the Connecticut Department of Agriculture, 165 Capitol Avenue, Hartford, CT 06106, except for Thanksgiving, Christmas, the last week of June, one week in September, and when the Governor closes state offices. Print subscriptions are \$40.00 for two years. Periodicals postage paid at Hartford, CT. **POSTMASTER:** Send address changes to the Connecticut Department of Agriculture, 165 Capitol Ave., Hartford, CT 06106. **Print subscriptions expire on December 31, 2013.**

**VOL. XCII  
No. 4  
January 25, 2012**