



Serving Connecticut Food to Connecticut Guests





What is CT Grown?

- Grown/raised in the state; products include
 - Vegetables
 - Fruit
 - Meat
 - Poultry
 - Seafood (landed in CT)
 - Eggs
 - Dairy (milk, cream, cheese, yogurt, ice cream)
 - Honey
 - Maple



What is CT Grown?





Why use CT Grown?

- Freshness
- Taste
- Variety
- Fuels local economy
- Consumer demand
- Environmental benefits



Environmental Benefits

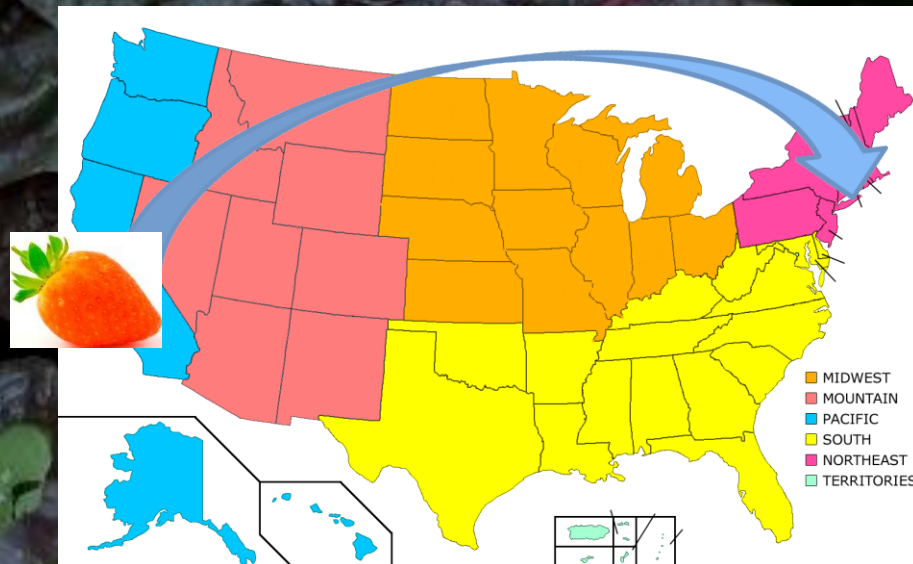
- Shorter transport (reduced food miles)
- Reduced storage (lower energy input)
- Production in season (lower energy input)
- Integrated Pest Management (IPM)

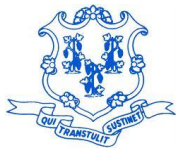


Environmental Benefits

- **Shorter transport (reduced food miles)**

*According to the Council on the Environment of New York City, “Transporting food long distances uses tremendous energy: it takes **435 fossil-fuel calories to fly a 5-calorie strawberry from California to New York.**”*





Environmental Benefits

- **Shorter transport (reduced food miles)**

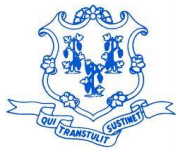
*A study by the Leopold Center for Sustainable Agriculture of local food systems in Iowa found that the conventional system of transporting food used **four to 17 times more fuel** than the Iowa-based regional and local systems (depending on system and truck type). The same conventional system released from **five to 17 times more CO₂** from the burning of this fuel than the Iowa-based regional and local systems.*



industrial



local



Environmental Benefits

• Integrated Pest Management (IPM)

*IPM is an approach to pest control that utilizes regular monitoring to determine if and when treatments are needed and employs physical, mechanical, cultural, biological and educational tactics to keep pest number low enough to prevent intolerable damage or annoyance. **Least-toxic chemical controls are used as a last resort**". (Olkowski, W. and S. Daar. 1991.)*





Where to purchase CT Grown?

- Direct from farm
- Distributor
- CSA/RSA
- Farmers' market





What is Farm-to-Chef?

- Helps connect commercial users with producers and suppliers of CT Grown
- Does NOT act as a distributor
- “User,” “Provider,” and “Other” members
- Provides educational and networking opportunities
- Launched in October 2006
- Grows mainly by word-of-mouth



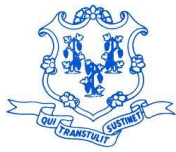
What is Farm-to-Chef?

- “User” members
 - Restaurants
 - Schools
 - Colleges
 - Caterers
 - Personal chefs
 - Corporate cafeterias
 - Hospitals
 - Hotels/inns



What is Farm-to-Chef?

- Hotel/inn members
 - Copper Beech Inn
 - House on the Hill Bed and Breakfast
 - Marriott Downtown Hartford
 - Marriott Mystic
 - Marriott Rocky Hill
 - Norwich Inn and Spa
 - Saybrook Point Inn and Spa
 - The Study at Yale
 - White Hart Inn
 - Winvian



Why Join Farm-to-Chef?

- Networking
- Meetings and tours
- Newsletter
- Online resources
- One-on-one consultation



Why Join Farm-to-Chef?

- Networking





Why Join Farm-to-Chef?

- Meetings and tours





Why Join Farm-to-Chef?

•Newsletter



CT Department of Agriculture

October 2010

Briefs

FTC HARVEST CELEBRATION WEEK

The first-ever Farm-to-Chef Harvest Celebration Week is underway! Over 80 restaurants, dining halls, take-out places, farms, and wineries are serving up delicious dishes made with the freshest CT Grown ingredients.

We want your feedback! Farmers, did you pick up new customers or sell more product? Chefs, did you connect with previously undiscovered farms or try a CT Grown ingredient you had never before used? Did customers ask questions or take an interest in FTC Week? Did you have any special events or try something new, such as a lunch or dinner served at your farm or winery? What worked? What can we do to make next year's FTC Week even better? Please let us know!

NEW REPORT ON ECONOMIC IMPACT OF CT AGRICULTURE

A new study conducted by professors and research assistants at UConn's Department of Agricultural and Resource Economics in cooperation with the Connecticut Center for Economic Analysis estimated agriculture to be a \$3.5-billion industry in Connecticut. Up \$1.3 billion over the previous figure often quoted, the study confirms that agriculture is indeed a vital component of the state's economy. More information about the study can be found on UConn's [website](#).

FARMERS' MARKETS CONTINUE INTO OCTOBER

As an unusually hot, dry summer transitions into fall, farmers continue to harvest many popular warm-season crops, such as corn, squash, cucumbers, and tomatoes. Most farmers' markets around the state will continue until the middle or end of the month, with some staying open even longer. While there remains an abundance of fresh, flavorful CT Grown food as of the writing of this newsletter, keep in mind that conditions can change quickly in October, and cold nights can bring the end to favorite crops. To prevent disappointment, stock up now and freeze, can, and otherwise preserve to enjoy long after the leaves have fallen and the furnaces have been fired up.

CT Grown in Season OCTOBER

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



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CT Farm-to-Chef Program News

October 2010

Page 2

FTC Week Kick Off Held 9/26/10 at Coventry Farmers' Market

Farm-to-Chef Harvest Celebration Week officially launched on Sunday, September 26, 2010, with a special free public event at the Coventry Regional Farmers' Market. Market organizers estimate approximately 4,000 people turned out for this fun day of great CT Grown food, demonstrations, local music, and socializing.



Above, Carrie Landry selects carrots for her stuffed grilled curried eggplant dish.

The kick-off event was emceed by WNPR's Chion Wolf, who welcomed attendees and introduced Agriculture Commissioner F. Philip Prelli. After some opening remarks from Commissioner Prelli about the growth of the local food movement and the Farm-to-Chef Program, Chion introduced Chef Carrie Landry from Zest Restaurant in Tolland, and invited market-goers to come along as she shopped for vegetables, herbs, and yogurt from some of the 50 vendors selling their products at the market.

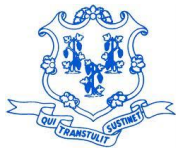


WNPR's Chion Wolf, left, takes a break from emceeing to smile for the camera with FTC Week's "Independent Marketing Committee," Michelle Paulson

Returning to the demonstration tent, Carrie, assisted by Commissioner Prelli, began washing, peeling, chopping, and otherwise preparing ingredients for her stuffed grilled curried eggplant that she would serve with a basil-yogurt sauce. As delicious aromas wafted through the market, an increasingly large crowd gathered around the tent to watch. After three-quarters of an hour, samples were handed out, much to the delight of the audience, whose smiles and nods reassured the chef that her work was a great success.

After the chorus of the hour finished up their last song, and a loud round of applause rang out, Chion introduced Chef Scott Miller from Max's Oyster Bar, who, like Carrie, took interested audience members around the market with him to shop for CT Grown ingredients such as butternut squash, honey, yogurt, granola, and granulated maple sugar.

(continued next page)



Why Join Farm-to-Chef?

- Online resources

The screenshot shows a web browser window displaying the Connecticut Department of Agriculture website. The page title is "DOAG: Farm-to-Chef Resources". The browser address bar shows the URL "http://www.ct.gov/doag/cwp/view.asp?w=2778&q=330854". The website header includes the Connecticut Department of Agriculture logo and the tagline "THE LOCAL FLAVOR". The main content area is titled "Farm-to-Chef Resources" and features the Farm-to-Chef Program logo. Below the logo, there are several links to resources:

- [Participating Farmers, Producers, and Wholesalers](#) (36 pages, 217 KB)
- [Participating Chefs, Restaurants, and Dining Facilities](#) (43 pages, 219 KB)
- [CT Farm Wineries](#) - Over two dozen farm wineries in CT are making a wide array of wines; some have won national and international awards. Don't miss out!
- [CT Specialty Food Products](#) - Over 150 CT producers of oils and vinegars, condiments, cheeses, desserts, and much more. Use this guide to help you expand your use of local foods.
- [CT Grown Crop Availability Calendar](#) - See at a glance which CT Grown produce crops are available during each month of the year.
- [CT Seafood Wholesalers](#) - Over two dozen seafood wholesalers that carry local product when available.
- [Seasonal Buying Guide for CT Fish and Shellfish](#) - This terrific guide, developed by UConn's SeaGrant Program, provides seasonal availability for 26 species as well as essential facts about of CT Seafood.

At the bottom of the page, there is an "IMPORTANT NOTICE FROM THE BUREAU OF INSPECTION AND REGULATION" regarding foodservice establishments and local DPH.



Contact Farm-to-Chef

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