



CT Department of Agriculture

August 2010

## Briefs

### NEXT FTC MINI-TOUR 8/31/10 AT JONES FAMILY FARMS

The next FTC "mini-TOUR" will be held Tuesday 8/31/10 from 1:00 to 3:00 PM at Jones Family Farms and Winery in Shelton. Explore the farm's educational vegetable garden, walk through the winery tasting room, and tour the Harvest Kitchen Cooking Studio to learn about its farm-to-table philosophy.

A representative from [www.BuyCTGrown.com](http://www.BuyCTGrown.com) will be on hand to give a virtual tour of the revamped, easier-to-use website, which will go live in August.

There is no cost to attend this educational event but [registration](#) is required by midnight on Thursday 8/26/10. Directions and an agenda will be sent to all who sign up.

### 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 location TBA; please mark your calendars!

### FTC HARVEST CELEBRATION WEEK

Eight-four restaurants and other venues will participate in the first-ever Farm-to-Chef Harvest Celebration Week, scheduled to run 9/26/10 through 10/2/10. This exciting promotion will provide Connecticut residents and tourists an opportunity to sample and savor a dazzling assortment of CT Grown foods prepared by some of the state's finest chefs. Check out the new [FTC Week blog](#), created by FTC members to help promote this event. Additional content will be posted throughout August and September.

### FTC T-SHIRT PHOTO CONTEST

With summer heat upon us, we are wondering why we haven't seen more of those eye-catching, lime-green Farm-to-Chef t-shirts that were distributed to attendees of the 2010 Annual Meeting. FTCer Peter Gorman wore his to the White House... what are YOU doing with that piece of stylish apparel??? [Email us](#) a photo of you wearing your t-shirt for a chance to win an exciting CT Grown prize.

### CT Grown in Season AUGUST

Apples Arugula Beans Beef  
Beets Black Currant Juice  
Bok Choi Broccoli Carrots  
Cheese Cherries Chicken  
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 Pork  
Potatoes Raab Radishes  
Rhubarb Scallops Specialty  
Foods Sprouts Summer  
Squash Sunflower Shoots  
Tomatoes Turnips Veal  
Wheatgrass Winter Squash



### Contact Us

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## Seabury Retirement Residents “Road Trip” to Farm Lunch

*By Ken Cassella*

Seabury Retirement residents showed their support for local farms and sustainable living this summer by taking a trip on in June to FTC member Sankow’s Beaver Brook Farm in Old Lyme, CT. The Sankow family has been providing artisan cheeses and meats to surrounding communities for over a decade. The farm’s cheeses were mentioned in a feature story in the *Hartford Courant* on the same day Seabury’s residents visited the farm, and have been touted by famed celebrity chefs Jacques Pepin and Prudence Sloane.

The trip was the brainchild of Seabury Executive Chef and FTC member Ken Cassella, who is a strong advocate of the farm-to-plate movement. Chef Ken, as he is affectionately known, strives to combine healthy eating with local products whenever possible. “Without our support, these family farms would cease to exist,” says Chef Ken.

The group was treated to a tour of the working farm that included communing with the sheep and cows, tours of the milking and cheese-making operations, as well the opportunities to purchase items from the wool shop and the market.

The wool shop offered everything from raw wool to completely finished sweaters, mittens and blankets. The main attractions in the market were the famed artisan cheeses and the veal and lamb, which were offered frozen in several cuts. There were several varieties of sheep and cow’s milk cheeses, as well as yogurts and fresh pesto. The market also boasted a freezer full of farm-made entrees such as veal Bolognese, lamb curry, lamb and white bean chili and shepherd’s pie.

At the conclusion of the tour, the group enjoyed an al fresco dining experience in the cool shade of several tents bearing the CT Grown emblem. Chef Ken, supported by Seabury culinary team members Corrine Robar and Donovan Lipscomb, prepared a Farm-to-Chef luncheon extravaganza exclusively featuring CT Grown products. The luncheon was heralded by one guest as “the Waldorf-Astoria on the farm.”



The dining experience started with a cheese plate featuring all Sankow’s farm cheeses and chilled gazpacho topped with lump crab. This was followed by a sumptuous buffet highlighted by grilled lamb chops and sausages, flank steak, poached salmon, and a multitude of sides made with fresh vegetables and herbs. The meal was topped off in style with a serving of the farm’s exclusive vanilla-bean gelato, complemented by delicately grilled peaches.

Hailed as a rousing success by one and all, the group made Chef Ken promise to do another “road trip” dining experience in the near future.

*Ken Cassella is the executive chef for Seabury Retirement in Bloomfield.*



## CT Grown “Haves” and “Wants”

### CT GROWN “HAVES” IN AUGUST

#### Bush Meadow Farm, LLC

Union

Barry Kaplan, 860-684-3089

[info@bushmeadowfarm.com](mailto:info@bushmeadowfarm.com)

Rustic-style apple dumplings created from our Pennsylvania German family historic recipe. Our traditional style dumplings are filled with a medley of locally grown apples. Available by the tray or individually.

#### 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)

Blueberries, peaches, nectarines, apples, pears, plums, basil, arugula, cukes, peppers, corn, tomatoes, eggplant, beans, squashes, greens, melons, herbs, eggs, goat cheese products, wheat grass, and much more.

#### Sepe Farm

Sandy Hook (Newtown)

Pete Sepe, 203-270-9507 or 203-470-4084

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

Try the best tasting lamb you've ever eaten. Fabricated just the way you want it. Call today.

#### TR Waterman Farm

Lebanon

Ingrid R Treiss, 860-886-7047 or 860-705-7569

[trwatermanfarm@gmail.com](mailto:trwatermanfarm@gmail.com)

We have Swiss chard, lettuce, kale, kohlrabi, pickling cucumbers, peas, beans, tomatoes and summer squash.

### CT GROWN “WANTS” IN AUGUST

Country Club of Farmington

Farmington

Kevin Cottle

860-677-1681

[chef@farmingtoncountryclub.com](mailto:chef@farmingtoncountryclub.com)

CT Grown products wanted for weekly cooking spot on FOX61 television. If you can drop off your product to me, I will create a recipe for it and feature your product that week. Help me help you promote your products!

#### New Haven School Food

New Haven

Tim Cipriano

203-946-8813 ext 11

[timothy.cipriano@new-haven.k12.ct.us](mailto:timothy.cipriano@new-haven.k12.ct.us)

Tractor with attachments to be DONATED to NH School Food Services. We partnered with Sound School to grow vegetables for our schools. We are limited to how much we can grow because we rely on the farm's equipment and it is only available when it is not being used.

### JOB OPENINGS AND POSITIONS WANTED

#### Bush Meadow Farm, LLC

Union

Barry Kaplan

860-684-3089

[info@bushmeadowfarm.com](mailto:info@bushmeadowfarm.com)

Chef/ Farmer Internship: Direct Marketing of Farm Products. Two commercial kitchens, charcuterie, dairy/creamery, bakery, gardens, orchards, maple syrup, agroforestry and tourism. We produce, process, prepare and plate all that we grow. Fully permitted, licensed, and inspected facility. Days off vary each week. 3-5 day working interview. Closing Date 9/1/10.

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? TOMATO

**TOMATO:** Did you know? Tomatoes (*Solanum lycopersicum*) are part of the Solanaceae, or Nightshade, family, and are related to peppers, potatoes, eggplant, and tobacco. While 2009 was a dismal year for CT Grown tomatoes due to widespread occurrence of the late blight pathogen, 2010's hot, sunny weather is resulting in a joyful season for local tomato lovers.

Some fascinating facts about the juicy, flavorful fruit are available at [food-facts.suite101.com](http://food-facts.suite101.com):

*Once called the wolf peach and considered a dangerous food, this round red fruit is now renowned as one of the most potent cancer-fighting foods. Tomatoes are a member of the nightshade family of plants; their leaves are dangerously concentrated with toxic alkaloids, although the fruit is more likely to enhance your health than harm it. The French even believed tomatoes to be an aphrodisiac, thus the name, love apple.*

According to [www.nutritiondata.com](http://www.nutritiondata.com), a 100g serving of raw red tomato contains

- 18 calories
- 1 gram of Protein
- 3% of the RDA for Magnesium
- 3% of the RDA for Copper
- 3% of the RDA for Niacin
- 3% of the RDA for Vitamin E
- 4% of the RDA for Folate
- 4% of the RDA for Vitamin B6
- 6% of the RDA for Manganese
- 7% of the RDA for Potassium
- 10% of the RDA for Vitamin K
- 17% of the RDA for Vitamin A
- 21% of the RDA for Vitamin C
- 2573 mcg of Lycopene
- 7.0 mg of Phytosterols

[Food-facts.suite101.com](http://Food-facts.suite101.com) also offers these tips for maximizing the nutritional benefits of tomatoes:

*Fresh, vine-ripened tomatoes contain more vitamin C than cooked tomatoes as the cooking process destroys some of the vitamin C; however, cooked or processed tomatoes contain higher concentrations of lycopene. Eating or cooking tomatoes with a small amount of healthy fat or oil increases the body's absorption of lycopene. While tomatoes are available year-round in the supermarket, it is best to buy tomatoes in season from local farmers.*

CT Grown tomatoes are available now in an appetizing array of colors, shapes, and sizes. They are well suited not only for fresh preparation, but also for canning, drying, freezing, and other preserving methods. Stock up while they are abundant, because one just never knows what Mother Nature may have in mind for next year!



## Happenings

Dinners at the Farm will be held August 5, 6, 7, 12, 13, and 14, 2010 at Barberry Hill Farm in Madison and August 19, 20, 21, 26, 27, and 28, 2010 at White Gate Farm in East Lyme. See [website](#) for details and ticket availability.

CT NOFA is involved in a number of events this month, including their City Farm & Garden Tour on 8/7/10, Summer Conference 8/13/10 – 8/15/10, CSA Workshop on 8/23/10, and Incubator Farm Workshop on 8/30/10. See [website](#) for details.

Catch a Healthy Habit Cafe invites interested individuals to the Gathering of the Raw Foodies III at Clearpoint Center in Stafford Springs from 10:00 AM to 6:00 PM on 8/8/10. Enjoy presentations, two raw meals, blueberry picking at a local farm, and more. Visit Clearpoint's [website](#) for more info.

The Farmer's Cow is offering a tour of member Cushman Farms in Franklin on 8/7/10. Please see [website](#) or call 866-355-COWS or email [farmers@TheFarmersCow.com](mailto:farmers@TheFarmersCow.com) for details and directions.

Slow Food CT's Tomato To-mah-to Heirloom Tasting Feast will be held 8/22/10 from 2:00 to 4:00 PM at Upper Forty Farm in Cromwell. About 100 or so vine-ripened, organically-grown heirloom and old-fashioned hybrid tomato varieties will be featured along with other local foods. Register by 8/17/10. [slowfoodct@earthlink.net](mailto:slowfoodct@earthlink.net) for more info.

Octagon Steakhouse at the Mystic Marriott will hold its second farmers' dinner on 8/23/10, featuring a reception and presentations from local farms, along with a four-course menu featuring locally grown items. A portion of the proceeds will be donated to the Connecticut Farmland Trust. 860-326-0360 or for more info.

The next FTC "mini-tour" will be held 8/31/10 at Jones Family Farms and Winery in Shelton. Explore the farm's educational vegetable garden, walk through the winery tasting room, and tour the Harvest Kitchen Cooking Studio, before taking a virtual tour of the newly revamped [www.BuyCTGrown.com](http://www.BuyCTGrown.com). [Register](#) by midnight 8/26/10.

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).

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.

CT NOFA will celebrate its 10th Annual TASTE! Organic Connecticut festival from 10:00 AM to 4:00 PM on 9/19/10 at Manchester Community College. This year's event highlights local and organic food and showcase local chefs known for their work with local and organic food including FTCers John Turenne of Sustainable Food Systems and Bun Lai of Miya Sushi. 203-888-5146 or [Teresa@ctnofa.org](mailto:Teresa@ctnofa.org) for info.

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. Eight-four restaurants and other venues will offer a Farm-to-Chef menu of at least four items, each showcasing one or more CT Grown ingredients. CT wines also will be offered at venues that serve alcohol.

The CT Community Farming Conference will be held 10/30/10 at the Connecticut Agricultural Experiment Station in New Haven. Organizers are looking for programming ideas, speakers, and help with planning. Contact Kim Stoner at 203-974-8480 or [Kimberly.Stoner@ct.gov](mailto:Kimberly.Stoner@ct.gov) to get involved.

## Happenings (continued)

The 2011 Farm-to-Chef Annual Meeting will be held 1/31/11 at the Saybrook Point Inn and Spa. Mark your calendars. You do not want to miss this day of great presentations, discussion, networking, and, of course, CT Grown food.

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 continue 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.

[Jones Family Farms](#) in Shelton is hosting a farmers' market on Fridays from 3:30-5:30 through August. The market includes local farmers, local food, wine tastings, cooking demos, children's activities, and more. For more information, contact Allyson Angelini, 203-906-7542 or [allyson@jonesfamilyfarms.com](mailto:allyson@jonesfamilyfarms.com).

## Miscellaneous Announcements

Farm Aid's new 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.

The Connecticut Board of Trustees for the Eastern States' Exposition and [Working Lands Alliance](#) are currently seeking nominations by 9/3/10 for the 2010 Farmland Preservation Pathfinder Awards. Award categories include Outstanding Individual, Outstanding Group, and Education Leader. Get the [nomination form](#).

USDA's Economic Research Service has released a new report, *Structure and Finances of U.S. Farms, Family Farm Report 2010*. The report is available [online](#).

River Tavern's newest farm-fresh outpost is [Cafe Flo](#), a seasonal eatery at the [Florence Griswold Museum](#). Cafe Flo is open 11:30 AM to 3:00 PM on Fridays, Saturdays, and Sundays through 9/19/10. Come out and feast your eyes on inspirational art and your appetite on delicious seasonal food. For a menu and more information call 860.526.9417 or visit [www.rivertavernchester.net](http://www.rivertavernchester.net).

The [Pond House](#) has veggie gardens right outside the restaurant where they cultivate ingredients for their house salads. From crisp lettuce and mixed greens to edible flowers, chefs harvest produce just outside the door and bring it straight to the customers. Now serving local Connecticut wines and beer to enhance the dining experience. 860-231-8823.

Bricco Trattoria is now open at 124 Hebron Avenue in Glastonbury, and is serving dinner Monday-Thursday from 5:00 to 10:00 PM and Friday-Saturday from 5:00 to 11:00 PM. Lunch and Sunday dinner coming soon. Call 860.659.0220 or visit [www.billygrant.com](http://www.billygrant.com) for more info.

With summer heat upon us, we are wondering why we haven't seen more of those eye-catching, lime-green Farm-to-Chef t-shirts that were distributed to attendees of the 2010 Annual Meeting. FTCer Peter Gorman wore his to the White House...what are YOU doing with that piece of stylish apparel??? [Email us](#) a photo of you wearing your t-shirt for a chance to win an exciting CT Grown prize.

## In the News / On the Net

This 6/25/10 [New Haven Independent story](#) announces a new state law that allows the CT Agricultural Experiment Station to seek patents for discoveries and inventions developed by its employees, such as the new Rubicon strawberry.

Small Business Trends posted [these tips](#) on 6/29/10 that explain nine things you should do before entering the world of social media.

Connecticut Magazine's July [cover story](#) is about outdoor farm dining events such as FTCers' Chef to Farm Dinners and Dinners at the Farm. Jonathan Rapp of Dinners at the Farm is featured in this 7/17/10 Harford Courant [Java column](#) and the 7/29/10 issue of [Ellegram](#) (which also highlights farmer Whit Davis's Indian dent corn), while Jonathan's new Cafe Flo is the subject of the Connecticut Magazine's 6/22/10 [blog post](#).

FTCer Dennis Pierce contributed [this cover story](#) about fellow FTCer Paul Trubey and Beltane Farms to the July/August issue of Neighbors newspaper.

FTCers Noel Jones of Polytechnic ON20, Jerry Reveron from the Woodward House, and Carol Peck of Good News Café are among those chefs mentioned in this 7/1/10 [Litchfield County Times story](#) about a recent Waterbury Palace Theater fundraising gala.

The Foothills Media Group published this 7/2/10 [opinion piece](#) by Senator Kevin Witkos about the abundant benefits of CT Grown.

FTCers Anne Gallagher and Tim Cipriano are featured in this 7/2/10 [Housatonic Times story](#) about the White House's Chefs Move! Program.

This 7/5/10 [Associated Press story](#) highlights the increase in production of ethnic vegetables by Massachusetts farmers. (Editor's note: The CT Agricultural Experiment Station has a new crops program that provides research and information on many ethnic crops to Connecticut farmers.)

The Granby News profiles FTC member the Garlic Farm in this 7/5/10 [article](#).

FTCer Tim Cipriano's efforts to provide summer meals is the subject of this 7/6/10 [News 8 story and video](#).

Product from FTCer Two Guys from Woodbridge is among that pictured in this 7/7/10 [New York Times piece](#) about the culinary and nutritional benefits of purslane.

An FTC-full panel, including Imani, Adam Prizio, Emily Brooks, and Linda Piotrowicz, discuss new ideas for Connecticut Farms on the 7/7/10 [episode](#) of WNPR's Colin McEnroe Show.

Bill Yosses, who was one of the very first FTC members and now is the White House pastry chef, is profiled in this 7/8/10 [Hartford Courant story](#).

FTCers Ryan and Kelleanne Jones receive accolades in this 7/13/10 [New York Times review](#) of their Mill at 2T.

The Hartford Business Journal explains how the "Pickle Bill" will benefit local farmers in this 7/14/10 [post](#). The entire "Farms, Food, and Jobs" bill is the topic of this 7/15/10 Norwich Bulletin article, this 7/20/10 [Foothills Media Group opinion](#) piece, and this 7/25/10 [New Haven Register story and video](#).

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

This 7/15/10 [Wilton Patch story](#) takes a look at Connecticut's seafood industry. The potential impact of the Gulf oil spill on that industry is the topic of this 7/18/10 [Mercury News post](#).

CT Grown tomato season – and the absence of widespread late blight – is celebrated in this 7/24/10 [Republican American article](#).

The Boston Globe encourages readers to explore the CT Wine Trail in this 7/25/10 [post](#).

The 7/29/10 issue of [Ellegram](#) also mentions FTCers Bricco Trattoria, Firebox, and the Hill-Stead Farmers' Market. No wonder we love this E-zine!

FTCer Deb Marsden and her CT Farm Fresh Express are profiled in this 7/29/10 [Hartford Courant feature](#).

Learn all about CT Grown corn production in this 7/30/10 [New York Times feature](#).



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.