



*CT Department of Agriculture*

## Briefs

### LATE BLIGHT MANAGEMENT WEBINAR 7/1/10

The first case of late blight on tomatoes in CT has been confirmed. UCONN Cooperative Extension has announced a [free webinar](#) on 7/1/10 about the management of this potentially devastating disease on organic farms. Dr. Sally Miller of Ohio State University and Dr. Meg McGrath of Cornell University will be the featured presenters. Register online at <https://www1.gotomeeting.com/register/712715480>

### FTC MINI-MEETING 7/20/10 IN HARTFORD

The next FTC "mini-meeting" will be held Tuesday 7/20/10 from 2:00 to 3:30 PM at Lincoln Culinary Institute in Hartford. Andy Geremia of [Food Runners CT](#) will be our special guest and will introduce us to the new organization he has created to collect surplus food and donate it to those in need. All are welcome. To attend this free, informal 90-minute session of contact making and info sharing, [RSVP online](#) by midnight on Sunday 7/18/10. Directions and an agenda will be sent to all who register.

### INVITATION TO 7/14/10 CSFA TRADE/BUYER SHOW

The [CT Specialty Food Association](#) has invited FTCers to participate in its trade/buyer show on 7/14/10 in Cromwell. This annual event attracts buyers from chain and independent grocery stores throughout the state to learn about locally produced food products of all types. Chefs and farm stand owners are encouraged to attend at no charge as buyers. FTC producers are invited to exhibit and sample products for the special rate of \$80. RSVP to Tricia at 860-677-8097 or [tricia@ctfoodassociation.org](mailto:tricia@ctfoodassociation.org) by 7/7/10.

### SPECIAL CT WINE TASTING FOR FTC WEEK PARTICIPANTS

The CT Vineyard and Winery Association has offered to host an exclusive tasting for FTC Harvest Celebration Week participants on 8/1/10 from 11:00 AM to noon at the CT Wine Festival before public hours begin that day. This tasting is a special effort to help participants select the one or more CT wines that must be offered during FTC Week. Each FTC Week participant may bring up to two representatives. This event is free but you must [sign up](#) no later than midnight 7/14/10 in order to attend.

July 2010

### CT Grown in Season JULY

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



### Contact Us

CT Farm-to-Chef Program  
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[www.CTGrown.gov](http://www.CTGrown.gov)

## Noma's Modern and Ancient Techniques Showcase Locally Grown

*By Carlos Cassar*

*In June, Farm-to-Chef member Carlos Cassar performed a two-week externship at [Noma's Restaurant in Denmark](#), which was named No. 1 on [San Pellegrino's 2010 Best 50 Restaurants in the World](#). Noma receives over 300 applications for this program but selects only eight or nine chefs to participate. Carlos recounted that it was an honor and an amazing learning experience, and shares a little about his time there.*

I arrive on my first day of work at an old building by the water. It is the shape of an old factory and is right across from one of Denmark's famous places, Nyham (or New Port). As I approach the restaurant, I see a car pulling over with some fresh herbs, three containers of fresh langoustines from Iceland. And I mean *fresh* - they were still moving! In an old pot something is smoking right outside the kitchen. Another chef walks by with hay in his hands, another one with a bag of rocks...I feel like I am entering an old farm in a very rustic mountain town, rather than the world's best restaurant in the modern city of Copenhagen.

As I present myself to the sous chef, he sends me upstairs to the prep kitchen, a very big room with long banquet tables and 10 to 12 people from around the world, all working with herbs or some sort of wild-forest thing. In the corner by the window, I see trays in a standing rack. Seaweed and some other herbs are drying with the sunlight coming through.

Whoa! I expected a modern kitchen with top-of-the-line equipment! Instead, I see a salad spinner just like the ones we have at home, an old pair of scissors, and everything smells of something like the woods.

For six or more hours of the day, we prep different kinds of herbs, picking the perfect leaves from some of them, and the flowers from others, while still others are for sauce. There is no room for mistake; they must be perfect - perfect in size and perfect even in color. It takes 12 people to do the task for lunch and for dinner. All of the herbs get picked for each service.

I keep on seeing what looks to me like some Danish farmers coming in and out throughout the day, dropping by with plants and herbs. Also, some of us are asked to take a bike ride each day and go into the woods or the park and pick something up (flowers, herbs, etc.).

On Sunday, one of two days the restaurant is closed, I am lucky enough to be picked for a boat trip to go into Sweden, and to go into the forest to pick herbs and learn about them and how they grow. A chef must understand and see how things grow and how farmers do it. Another day I am asked to go to the beach with two other chefs and we pick seaweed and rocks.

The trip is a great experience. Some people complain that it is too much work picking the perfect leaves of some plants, but when I am sent down to the main open kitchen for dinner service I understood why it is necessary to be perfect. Everything harvested is used and perfectly placed in the plates. These people really go out of their way to pick things themselves and to have their chefs understand.

Noma pickles, cures, and smokes a lot of stuff to get ready for their cold winters, getting as much of the season as they can. For example, they marinate some pine cone for the fall menu. Seafood comes fresh every day. Some of the herbs and plants include ramps, beach sorrel, wood sorrel, wild flowers, etc. The Scandinavian landscape is represented with simplicity. Things are used in their natural state, and they get it done.

In summary, I guess the best restaurant in the world is the perfect combination (not over doing) of modern and really, really old techniques, combined with fresh farm food. It just goes to show us that there is nothing like fresh and locally grown.

Stayed tuned, because with this experience under my belt, I'm really going to bring it up a notch! :-)

*Carlos Cassar is the Executive Chef at the [Saybrook Point Inn and Spa](#) and longtime Farm-to-Chef Program member. Saybrook Point will be hosting the 2011 Farm-to-Chef Annual Meeting on 1/31/11.*

## CT Grown "Haves" and "Wants"

### CT GROWN "HAVES" IN JULY

#### [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, 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)

Beans (all varieties), blueberries, lettuces (all varieties), cherries, cucumbers, eggplant, basil, mint, nectarines, peaches, peppers (all varieties), plums, squashes (green and yellow), corn, tomatoes, peas (all varieties), watermelon, goat cheese, currant juice, eggs, wheat grass.

#### [Sepe Farm](#)

Sandy Hook (Newtown)  
Pete Sepe  
203-270-9507 or 203-470-4084

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

The best lamb you've ever eaten!

#### [Stashly Tree Farm and Gardens](#)

East Haddam  
860-873-9774

[staehtys@att.net](mailto:staehtys@att.net)

Red raspberries, \$2.70 per half pint, bulk only. Call or email for availability.

#### [Star Light Gardens](#)

Durham  
David Zemelsky  
860-463-0166

[starlightgardens@comcast.net](mailto:starlightgardens@comcast.net)

All certified organic heirloom and cherry tomatoes, starting 7/15/10. Salad greens, arugula, spicy mustards.

### CT GROWN "HAVES" IN JULY (continued)

Thompson Street Farm  
South Glastonbury  
Brenda Sullivan  
860-657-4361

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

Mixed salad greens made to order: green and red oak leaf baby lettuce; baby spinach; arugula; cilantro; romaine; tatsoi. Micro-greens: bull's blood beet greens; baby parsley; curly cress; claytona; baby basil; and mizuna. Free delivery in Glastonbury; delivery rates negotiable in other towns in metro-Hartford area.

### CT GROWN "WANTS" IN JULY

#### [Skinny Pines, LLC](#)

a portable wood-fired, brick-oven catering company

Jeff Borofsky

203-727-8177

[jbtorofsky@skinnypines.com](mailto:jbtorofsky@skinnypines.com)

Mobile brick-oven caterer using local ingredients is looking for farms to hold "Farm to Pizza" events. These events would use produce grown and produced at the farm and in CT. Ideal event size is 30 -40 people.

### JOB OPENINGS AND POSITIONS WANTED

#### [Danbury Hospital](#)

Danbury  
Alison Does  
203-739-7187

Executive Chef wanted. Put your skills to their best use at top-ranked Danbury Hospital, contributing to patients' satisfaction and even their outcomes. You'll be responsible for creative menu and recipe development; coordination/oversight of all aspects of food production and preparation; and supervision of production staff. Requires an Associate's degree, food safety certification, and a minimum of three years job-related experience, preferably in an acute healthcare setting. Computer software knowledge helpful. To apply, visit [www.danburyhospital.org](http://www.danburyhospital.org). EOE.

### DISCLAIMER!!!

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? BELL PEPPERS

**BELL PEPPERS:** Did you know? Bell peppers (*Capsicum grossum*), sometimes called sweet peppers, are part of the Solanaceae, or Nightshade, family, and are related to potatoes, tomatoes, eggplant, tobacco, and other peppers.

Peppers of all types require hot days and warm nights for good growth, and are one of the staples of mid- to late-summer CT Grown crops. Green peppers are immature fruits, which, if left on the plant, will ripen to red, white, yellow, orange, purple, or brown, depending on the variety or cultivar.

Bell peppers are crisp, mild, and sweet, while still containing a slightly spicy flavor, and are popular eaten raw, roasted, grilled, steamed, sautéed, dried, marinated, or pickled alone or in relish. They also pack a considerable amount of nutrition into few calories. According to [www.nutritiondata.com](http://www.nutritiondata.com), a 100g serving of raw red bell pepper contains

- 31 calories
- 1 gram of Protein
- 2 grams of Fiber
- 2% of the RDA for Iron
- 2% of the RDA for Zinc
- 3% of the RDA for Magnesium
- 3% of the RDA for Pantothenic Acid
- 3% of the RDA for Phosphorus
- 4% of the RDA for Thiamin
- 5% of the RDA for Niacin
- 5% of the RDA for Riboflavin
- 6% of the RDA for Manganese
- 6% of the RDA for Potassium
- 6% of the RDA for Vitamin K
- 8% of the RDA for Vitamin E
- 11% of the RDA for Folate
- 15% of the RDA for Vitamin B6
- 63% of the RDA for Vitamin A
- 213% of the RDA for Vitamin C

Numerous health benefits have been attributed to the nutrients found in bell peppers, including cholesterol reduction; increased immunity; anti-inflammatory response; bone strengthening; and protection from blood vessel and cell damage, heart disease, diabetes, arthritis, emphysema, and many types of cancer. CT Grown bell peppers come into season in July. Look for them at your favorite local farm or farmers' market. They preserve well for use year-round, so buy in abundance and freeze, dry, or can all you can!



## Happenings

Chamard Vineyards is now serving up Fresh and Local Fun featuring CT Grown foods and live music on Friday and Saturday nights from 6:00 to 9:00 PM. A farmers' market runs from noon to 3:00 PM on Sundays. See [www.chamard.com](http://www.chamard.com) for details.

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.

Hebron Farmers' Market runs every Saturday from 9:00 AM to noon through mid October at the First Congregational Church of Hebron, Rte 66 & 85. CT Grown honey, jam, maple syrup, bakery, beef, herbs, and in-season vegetables and fruits. Flat terrain; accessible, paved parking; and free entertainment. [www.hebronfarmersmarket.com](http://www.hebronfarmersmarket.com) for info.

The Pratt Center in New Milford, a 193-acre wildlife preserve and nature center that features community and educational gardens, is offering a variety of summer programs for kids in grades K -9. Barnyard Farm Crew, Little Farmers, Young Farmers, and Science and Nature Explorers are among the options. [www.prattcenter.org](http://www.prattcenter.org) or 860.355.3137 for more info.

The first case of late blight on tomatoes in CT has been confirmed. UCONN Cooperative Extension has announced a [free webinar](#) on 7/1/10 about the management of this potentially devastating disease on organic farms. Dr. Sally Miller of Ohio State University and Dr. Meg McGrath of Cornell University will be the featured presenters. Register online at <https://www1.gotomeeting.com/register/712715480>.

Diane Smith's new book, *Seasons of Connecticut*, features stories about the state's farmers' markets and Dinners at the Farm She will be signing copies on 7/8/10 at The Orchards in Southington, 7/14/10 at Trumbull Library in Trumbull, and 7/15/10 at Barnes and Noble in West Hartford. Get [complete schedule](#).

[Alchemy Café](#) is offering several classes this month to help you effectively and deliciously utilize those fresh CT Grown foods: Raw Soups, Dressings & Sauces Demo , 7/8/10; The Power of Fresh Juice , 7/15/10; and Dehydration Basics, 7/22/10. All classes held 7:30 to 9:00 PM in Alchemy's Raw Kitchen. \$15 each class; pre-registration required. [iman@thegreenvibration.com](mailto:iman@thegreenvibration.com) or 860-246-5700.

The [CT Specialty Food Association](#) has invited FTCers to participate in its trade/buyer show on 7/14/10 in Cromwell. This annual event attracts buyers from chain and independent grocery stores throughout the state to learn about locally produced food products of all types. Chefs and farm stand owners are encouraged to attend at no charge as buyers. FTC producers are invited to exhibit and sample products for the special rate of \$80. RSVP to Tricia at 860-677-8097 or [tricia@ctfoodassociation.org](mailto:tricia@ctfoodassociation.org) by 7/7/10.

[The Farmer's Cow](#) is offering tours of member farms this summer. See Hytone Farms in Coventry on 7/17/10 and Cushman Farms in Franklin on 8/7/10. 866-355-COWS or [farmers@TheFarmersCow.com](mailto:farmers@TheFarmersCow.com) for details and directions.

The 2010 CT Wine Festival will be held 7/31/10 and 8/1/10 at the Goshen Fairgrounds in Goshen. Enjoy wine, food samples, live music, and buy great CT Wines by the bottle to take home! More info on the [CT Wine Trail website](#).

[Dinners at the Farm](#) has announced its 2010 schedule. All of this year's dinners will be held in August, half at Barberry Hill Farm in Madison and half at White Gate Farm in East Lyme. A special price of \$100 is being offered for the Thursday night dinners. Please see website for details.

[CT NOFA](#) City Farm & Garden Tour will take place 8/7/10 in New Haven, CT. If you have or know of a city garden that could be featured, or if you want more information about this event, please contact [ctnofa@ctnofa.org](mailto:ctnofa@ctnofa.org).

## Happenings (continued)

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. Details will be shared when available.

[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 highlight 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.

[Farm-to-Chef Harvest Celebration Week](#) will run 9/26/10 through 10/2/10. Over 30 restaurants and foodservice businesses 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.

Food Export Northeast offers a variety of upcoming workshops, webinars, and other resources for producers interested in exporting their products. Many are free or low-cost programs. Please see [website](#) for more information.

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.

## Miscellaneous Announcements

Imani and John at Alchemy Café and a team including Land for Good is working to facilitate a transition purchase of a 30-year, 20-acre farm in Glastonbury by year's end. The farm will serve as a nutrient-dense food educational center, and will wholesale crops and sell weekly food boxes to the surrounding community. Seeking individuals and businesses to purchase shares. [Imani@thegreenvibration.com](mailto:Imani@thegreenvibration.com)

Looking for a 100-acre working farm up to \$1M in CT and an ethical, hard-working farmer to live on and work the farm for a share of the proceeds. If you're a farmer who wants to expand production or divest a portion of your existing working farm while continuing on, let's talk. Mick Marsden, 860-334-1379 or [rivertoshore@gmail.com](mailto:rivertoshore@gmail.com).

[Mulberry Street](#) is now harvesting herbs from their roof garden and has a big variety of heirloom tomatoes growing madly at their Colchester garden. They also are sourcing some great produce from Rose's Berry Farm in South Glastonbury and Botticello's Farm in Manchester. Come check them out at 981 Main Street in Manchester. 860-645-8646 for info.

River Tavern Restaurant has opened Cafe Flo at the Florence Griswold Museum in Old Lyme. Weekends through 9/19/10, River Tavern chefs will cook a fresh seasonal menu including salads, soups and sandwiches. Sit among the gardens or along the beautiful Lieutenant River. Art at the FloGris never tasted this good. Visit [River Tavern](#) for more info.

Now that short-sleeve weather is here, the Farm-to-Chef Program anticipates seeing those eye-catching, lime-green Farm-to-Chef t-shirts all over the state. [Email us](#) a photo of you wearing the t-shirt you received at the 2010 Annual Meeting for a chance to win an exciting CT Grown prize. FTC will publish submitted photos in future newsletters. See Page 8 for the latest entry! Please send photos as attached JPG files.

## In the News / On the Net

CT Grown cucumbers, specifically those grown at Grube's Greenhouse and Gardens in Coventry and Tolland and sold at the West Hartford Center Farmers' Market, are the topic of Ellegram's [June Food column](#).

CT Grown crops have been ripening ahead of schedule this season, some with record-early harvests. Check out this [6/3/10 WTIC 1080 story](#), this [6/4/10 News Hound post](#), this [6/8/10 Easton Courier item](#), this [6/10/10 Shore Line Times piece](#), this [6/14/10 CT Post feature](#), this [6/22/10 CT Plus article](#), this [6/26/10 1010 WINS post](#), and this [6/26/10 Republican American story](#). Quite a few other stories appeared as well, but are no longer available online.

Farm-to-Chef Harvest Celebration Week continues to capture media attention, including this [6/3/10 Fairfield County Restaurant Examiner post](#).

In this [6/4/10 USAgnet piece](#), Farm Aid explains how family farms are vital to the nation's economic revitalization.

This [6/5/10 post](#) on the Let's Move! blog details the 6/4/10 launch of the national Chefs Move Program by First Lady Michelle Obama and White House Assistant Chef and Local Food Initiative Coordinator Sam Kass. About a dozen FTCers were part of the kick-off in Washington, DC. Check out [Tagan Engel's recap and photos](#) and [Tim Cipriano's pictures and post](#) about the experience, along with this [6/4/10 Washington Post coverage](#) of the event. This [6/6/10 Hartford Courant feature](#) profiles a North Windham couple's cultivation of a pick-your-own berry farm.

Farmland preservation in the state is the topic of this [6/7/10 Hartford Courant editorial](#) and this [6/21/10 CT Mirror piece](#).

FTCer John Turenne's work on Jaime Oliver's Food Revolution is detailed in this 6/8/10 [Hartford Courant feature](#).

FTCers Analiese Paik, Emily Brooks, Michel Nischan, and Deb Marsden are featured in this [6/10/10 NewsTimes article](#).

This [6/18/10 CT Now story](#) reveals that there are still a few CSA shares to be had this season at nearby farms.

Walmart's efforts to increase its purchasing of locally grown foods is the topic of this [6/18/10 NPR story](#).

FTCer John Turenne contributed this [6/22/10 article](#) on sustainable foodservice to Sustainable Healthcare and Hospital Magazine. (Thanks for the FTC shout out, John!)

Creative and effective marketing by farmers' markets in CT is examined in this [6/23/10 New York Times feature](#).

Read about CT Grown farmstead cheeses in this [6/23/10 Hartford Courant story](#).

This [6/23/10 Hartford Courant article](#) recaps the speed coaching event for food entrepreneurs held by Accion USA and Samuel Adams on 6/21/10 at Billings Forge Community Works in Hartford.

UCONN's study of the economic impact of the state's agricultural industry is the topic of this [6/25/10 Hartford Courant story](#) and this [6/27/10 Norwich Bulletin editorial](#).

# Photo Gallery



★★  
 ★ *At left, FTCers at the White House for the 6/4/10 official kick-off of Chefs Move.*  
 ★ *Left to right, back: Peter Gorman, Unquowa School; John Turenne, Sustainable Food Systems; Tim Cipirano, New Haven Public Schools; Mark Shadle, It's Only Natural Restaurant; Jonathan Rapp, River Tavern/Dinners at the Farm; Tyler Anderson, Copper Beech Inn.*  
 ★ *Left to right, front: Jeff Borosky, Skinny Pines; Anne Gallagher, Plow to Plate; Tagan Engel, Yale University; Thomas Peterlik, Yale University.*  
 ★★

★★  
 ★ *At right, Peter Gorman from the Unquowa School sports an extremely eye-catching, lime-green Farm-to-Chef t-shirt at the White House.*  
 ★★

*Way to go, Peter!*



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.Plotrowicz@ct.gov](mailto:Linda.Plotrowicz@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.Plotrowicz@ct.gov](mailto:Linda.Plotrowicz@ct.gov) or 860-713-2558, for more information.