



CT Department of Agriculture

Briefs

NEW FTC MINI-MEETINGS

The first of FTC's new bi-monthly "mini-meetings" will be held Tuesday **3/16/10** from 2:00 to 3:30 PM in East Haddam. Please join us at **On the Rocks Restaurant** at the Fox Hopyard Golf Club for a relaxed 90-minute session of information exchange and networking. Address and directions are available on the club's [website](#). If you plan on attending, please [RSVP](#) no later than midnight on Sunday 3/14/10.

(Please note we are using a new [online registration form](#) that is intended to be simpler and more user-friendly. You must complete the first two pages of this form; if more than one attendee from your company will attend, complete an additional page for each.)

Additional 2010 FTC mini-meetings will be held **5/18/10**, **7/20/10**, **9/21/10**, and **11/15/10** at locations TBA; please mark your calendars!

NEW FTC MINI-TOURS

FTC will be conducting a series of new "mini-tours" at member farms and facilities in various parts of the state over the 2010 season.

The first of these will be held Monday **4/5/10** from 1:00 to 3:00 PM at the **CT Agricultural Experiment Station** in New Haven. Food Crop Scientists from the Station will present an overview of their research and areas of expertise that pertain specifically to food crops grown in CT, and how this work relates to both Farm-to-Chef Program producers and users, followed by a tour of the Station. The address, directions, and RSVP link will be provided in the April FTC newsletter.

FTC RESTAURANT WEEK

The first-ever Farm-to-Chef Restaurant Week will run **9/12/10 through 9/18/10**. All restaurants in Connecticut are invited to participate in this exciting new promotion. Each participant shall provide a fixed-price "Taste of FTC" menu that includes a salad/appetizer, main course, side, dessert, all featuring one or more CT Grown ingredients, along with a glass of CT wine. The price for each Farm-to-Chef meal will be \$22.80. Pre-registration must be submitted by 4/16/10. Additional information will be sent out later this month. Please stay tuned!

March 2010

CT Grown in Season MARCH

Apples Beef
Black Currant Juice Carrots
Cheese Cider Clams
Collards Cream Dried
Beans Eggs Fin Fish
Garlic Greens Herbs
Honey Ice Cream Kale
Lamb Lettuce Lobster
Maple Microgreens Milk
Mushrooms Onions
Oysters Pea Shoots Pears
Potatoes Pork Radishes
Rutabagas Scallops
Specialty Foods Spinach
Sprouts Sunflower Shoots
Turnips Veal Wheatgrass
Winter Squash Yogurt



Contact Us

CT Farm-to-Chef Program
CT Department of Agriculture
Marketing Bureau
165 Capitol Avenue, Room 129
Hartford, CT 06106
860-713-2503 phone
860-713-2516 fax
Linda.Piotrowski@ct.gov
www.CTGrown.gov

CAES Resources Available to FTC Members

By Tess Foley

There is an abundance of food crop research being conducted by scientists at [The Connecticut Agricultural Experiment Station \(CAES\)](#) in New Haven. The purpose of this research is to assist farmers and growers of food crops to increase yields, improve quality, identify solutions to plant disease and pest problems, and develop pre-tested growing protocols for both traditional and new crops grown in Connecticut.

The food crop scientists at the CAES are now interested in finding ways to share their research with the farmers and chefs of the Farm- to-Chef Program.

Charged with assisting Connecticut farmers since 1875, the agricultural scientists at the CAES know that farmers and growers cannot afford to risk the money and resources it takes to test-develop new crops, or endure crop losses season after season without a solution in sight. This is why the agricultural scientists conduct research on both traditional and “new-to-Connecticut” crops for years, so that by the time the scientists distribute their Grower’s Guides to farmers, they are confident of the protocols and techniques to ensure a successful and abundant harvest.

One of the most extensive crop research programs is the New Crops Program at the CAES, under the supervision of Dr. Abigail Maynard. A consistent annual crop research program since 1982, the New Crops Program has been investigating specialty crops, as well as some traditional crops, to provide new opportunities for farmers to expand their crop sales. As the popularity and demand for locally grown produce continues to increase, farmers and growers are experiencing a need to produce a diversity of high-value niche crops. All research for the New Crops Program is designed to answer the question, “What does it take to successfully grow this crop in Connecticut soil and weather conditions?”

The New Crops Program consists of researching specialty crops and ethnic crops, which are crops that are popular to different ethnic populations, but are not native to the New England region. The two main categories for ethnic crops, at the moment, are Asian crops and Latin American crops. These crops are very popular high-value items at retail and farmers’ markets.

Crops studied in the New Crops Program include multiple broccoli varieties, okra, artichoke, supersweet corn varieties, special tomato varieties, Chinese cabbage, pak choi, jilo, and various lettuce varieties, among many others. All of the crops researched are grown in three very different regions of Connecticut, reflecting the different soil types of the state. Formal, printed Grower’s Guides are available to growers from Dr. Maynard at the CAES.

Other areas of food crop research at the CAES includes greenhouse and hydroponic growing, work being done by Dr. Martin Gent, who is currently researching how various techniques affect the nutritional content of greenhouse-produced lettuces, as well as other greenhouse growth techniques. Other crop investigations going on at the station include asparagus (Dr. Wade Elmer), wine grapes (Dr. Bill Nail), strawberries (Drs. La-Mondia and Cowles), and chestnuts (Dr. Sandra Anagnostakis), among others.

Ways in which the agricultural scientists serve Connecticut farmers include personal consultations on crop questions, farm site visits, and ongoing consultation on specific crop issues. The agricultural scientists have expressed great enthusiasm for hearing from both farmers and chefs on food crop issues unique to selling and serving locally grown produce in Connecticut restaurants.

In an effort to share their extensive food crop research with the farmers and chefs of the Farm-to-Chef Program, the agricultural scientists will host a presentation at and tour of the Connecticut Agricultural Experiment Station on Monday, April 5, 2010 from 1:00 to 3:00 PM. The food crop scientists will give brief overviews of their research and explore ways in which they can support the goals and objectives of the farmers of the Farm-to-Chef Program. After the talks and Q&A, FTC attendees will tour the Soil Testing Laboratory, the Plant Disease Information Office, and the Insect Inquiry Office. Additional information and an RSVP link will be provided in the April Farm-to-Chef newsletter.

The Connecticut Agricultural Experiment Station is located at 123 Huntington Street, New Haven, CT 06468.

CT Grown “Haves” and “Wants”

DISCLAIMER!!!

The CT Grown “haves” and “wants” listed below 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. There is no guarantee that products listed below will be approved by your local health department.

Check with them directly.

CT GROWN “HAVES” IN MARCH

Aiki Farms, Ledyard

Bob, 860-536-6407

burns@aikifarms.com

Sprouting mung, lentil, red winter wheat berry, garbanzo, buck-wheat lettuce and pea shoots all winter long.

Broad Brook Beef, Broad Brook

Herb Holden, 860-250-3311

herb@broadbrookbeef.com

CT Grown, all-natural, aged beef. Variety of steaks, roasts, and ground beef products available.

Goatboy Soaps, New Milford

Lisa Agee, 860-350-0676

lisa@goatboy.us

Handmade goat's milk soaps, lotions, lip balms. Great party favors!

Eagle Wood Farms, Barkhamsted

Bryan Woods, 860-402-4953

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.

Rowland Farm, Oxford

Charlie Rowland, 203-577-3184 or 203-888-1599

charles_rowland@sbcglobal.net

Berkshire roasters and market hogs, Certified Berkshire pork products available as split carcasses, primal cuts, or processed and packaged for retail sale.

CT GROWN “HAVES” IN MARCH

Sankow's Beaver Brook Farm, Lyme

Suzanne, 860-434-2843

ssankow@aol.com

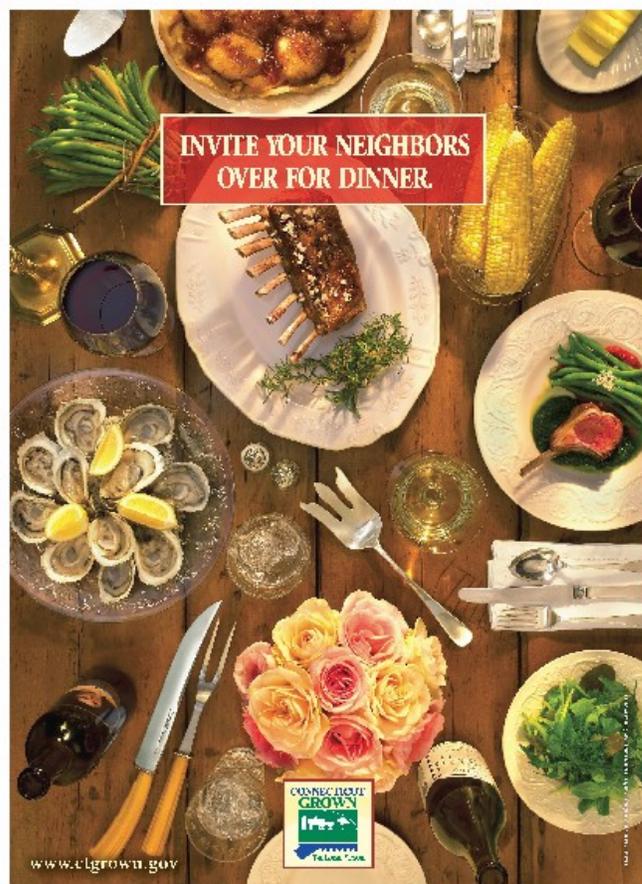
Butterflied leg of lamb for Easter; Pleasant Son raw milk cow cheese.

Sepe Farm, Sandy Hook

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

pasepe@juno.com

Lamb (whole, halves, and parts). Delivered.



Job Openings and Positions Wanted

[Danbury Hospital](#)

Danbury
203-739-7330

Executive Chef sought to coordinate/oversee all aspects of food production, menu, recipe development, purchasing, receiving, sanitation; Establish standards for food prep and sanitation; Supervise production staff and provide guidance for their self-development. Requirements: Associate's degree; food safety certification; 3 years experience. Computer software and knowledge and experience working in a "Planetree" environment preferred. Danbury Hospital is a 371-bed not-for-profit regional medical center and university teaching hospital. To apply, visit: www.danburyhospital.org or call 203-739-7330. EOE.

In the News

FTC member [Sustainable Food Systems](#) is now working with Jamie Oliver, impassioned chef, TV personality, best-selling author and recipient of the [2010 TED award](#), in a new series on ABC TV called [Jamie Oliver's Food Revolution](#). Read more about it in SFS's February [newsletter](#).

This [2/5/10 Day story](#) highlights discussion held at a town meeting in North Stonington regarding agricultural zoning and regulation.

Local food advocate and author Michael Pollan talks about his newest book, *Food Rules*, in this [2/8/10 Democracy Now! video](#).

FTC's Jan Ellen Spiegel highlights a dozen CT chocolatiers in this [2/10/10 New York Times article](#).

Rick Hermonot from Ekonk Hill Turkey Farm in Sterling cites the regulatory obstacles to selling his CT Grown poultry to restaurants in [this 2/13/10 Norwich Bulletin article](#).

A potential new farm-based sustainable energy plant in northeastern CT is the topic of [this 2/16/10 Norwich Bulletin article](#).

This [2/22/10 Register Citizen story](#) recaps the recent New Harford Frozen Farmers' Market.

A [story from the Worcester Business Journal](#), also published 2/22/10 in the Hartford Business Journal, discusses how increased demand for local food has helped struggling dairy producers, including FTC member The Farmer's Cow.

Results of the 2010 CT Specialty Food Association Product Awards Competition are provided in this [2/23/10 news release](#).

Community Supported Agriculture is the topic of this [2/25/10 Hartford Courant piece](#) by Jan Ellen Spiegel, which mentions several FTC farms, including Urban Oaks, Waldingfield, and Holcomb.

Corby Kummer, a Rockville, CT, native, takes a closer look at the pros and cons of Walmart's growing interest in local farms in [this thought-provoking piece](#) in the March issue of *The Atlantic*.

Miscellaneous Announcements

[MarWin Farm](#) in New Hartford is offering membership into its 2010 FarmShare program, which includes a variety of specialty poultry and meats such as duck, guinea, and rabbit. See [website](#) for FarmShare details and agreement form.

[Urban Oaks Farm](#) in New Britain has a few shares still available for their Summer CSA, which runs 7/30/10 to 10/16/10. Call Alexa at 860-223-6200 for more information.

Edibles Advocate Alliance is asking the public who its favorite CT farmers are. [Cast your vote](#).

Yale University is looking to start a working group for institutional food buyers who are trying to do more local food sourcing and who face a different set of limitations and concerns from restaurants and individual consumers. If interested, contact Ian Pocock at 203-464-4457 or ian.pocock@yale.edu.

USDA has announced [this new pilot project](#) for farmers to establish high tunnels to increase the availability of locally grown produce in a conservation-friendly way. Financial assistance through the Natural Resource Conservation Service (NCRS) will fund one high tunnel per farm. Connecticut is among the participating states. NCRS also has a variety of other programs and funding available for farmers. Check the CT office's [website](#) for descriptions and eligibility requirements.

USDA and FDA, in conjunction with other federal agencies, have created [this free online tool](#) to help farmers and producers find vulnerabilities in their production processes. The prioritization tool has been adapted from the military version (CARVER) for use in the food industry and allows the user to think like an attacker to identify the most attractive targets for an attack.

RestaurantsCT.com has launched the new [CT Food Mall](#). Chefs, farmers, bakers, and top-quality CT-based food producers are invited to apply to be vendors, and gain online sales without the expense of developing an individual shopping cart. The CT FoodMall can even provide fulfillment services, if needed. To learn more, call 203-756-7318, or email info@restaurantsCT.com.

[The Kitchen Coop](#) has hours available for rent in the afternoons and evenings at its state-of-the-art, fully licensed commercial kitchen in Bridgeport. Rates range between \$27 and \$35 per hour. See website or call at 203-243-9419 to schedule a tour.

CT NOFA invites member farms, community farms, and businesses that support CT NOFA farms to be listed this year's *Farm & Food Guide*. Last year 12,000 copies were distributed to consumers looking for organic, sustainable and local produce, products and services. Advertising opportunities also are available. Deadline is 2/15/10. See online [application form](#) or call 203-888-5146 for more info.

FTC member Suzanne Thompson, host of the weekly [CT Outdoors](#) radio show on WLIS 1420 AM in Old Saybrook and WMRD 1150 AM in Middletown, has created a sponsorship package for FTC member farmers, farmers markets, and restaurants in the stations' [listening areas](#). The package includes a mix of commercials throughout the week, morning phone chats during peak drive time, sponsorship announcements, and a guest appearance on CT Outdoors. For more information, call Suzanne at 860-434-5754.

The not-for-profit [Connecticut Vineyard and Winery Association](#) (CVWA) now offers business memberships to restaurants. This program is designed to help food-related businesses develop relationships with CVWA members, while also helping to promote and market those businesses on CVWA's website, in the CT Wine Trail Brochure, and through other channels. For more information, please contact Ginger Kunkle, Ginger@ctfood.org or 860-677-5467.

Happenings

The final indoor Wesleyan Farmers' Market will take place on 3/3/10 from 11:00 AM to 2:00 PM inside Beckham Hall in the Fayerweather Building on the Wesleyan Campus in Middletown. The market moves outdoors on 3/24/10. For more info or directions, contact wesleyanfarmersmarket@gmail.com

A conference on agritourism will be presented 3/3/10 at Gouveia Vineyards in Wallingford. This event is suitable for businesses looking into agritourism as a new venture or for established agritourism destinations seeking to expand or improve their offerings. Get event details on the New England FarmWays [website](#).

Temple Grandin, leading animal behaviorist and expert on the humane treatment of animals, will speak at UConn on 3/3/10. Contact Sheila Andrew at sheila.andrew@uconn.edu or 860-486-0803 for more information.

CT Farm Bureau will host a day-long conference 3/4/10 focusing on how the Inland Wetlands and Watercourses Act applies to farming operations and provide advice on working with municipal wetlands agencies. Get [more info](#).

CT NOFA will hold its 28th Annual Winter Conference in partnership with Manchester Community College (MCC)'s "Team Green," from 8:30 AM to 4:45 PM on 3/6/10 at MCC's campus. This year's theme is "Sustaining Connecticut: Growing Local, Eating Healthier, Living Smarter." For more info or to register, visit www.ctnofa.org or call 203-888-5146.

The CT Women's Agricultural Network (WAGN) is hosting "Farm to Kitchen to Market" on 3/10/10 in Cromwell. This workshop will cover value-added product development, production, and marketing. See [website](#) for more info.

The EA Alliance is pleased to announce its newest educational program, scheduled to begin at the end of March. *Establishing a Shared-Use Commercial Kitchen* is a multi-date class that details the planning and budgetary considerations for developing, sharing, and using an FDA approved, multi-tenant commercial kitchen. Those who attend the 3/10/10 WAGN conference above (not a prerequisite) will find opportunities to put awareness into action. See EAA's [blog](#) for more info.

EPA will host free webinars on food waste reduction and management. Food waste is the third largest stream of waste in the US after paper and yard waste! Participate in one or more of these upcoming sessions to learn how to reduce this waste and decrease your environmental impact: Separation and Collection of Food Waste on 3/10/10, Waste Reduction through Reuse on 3/17/10, Composting and End-of-Life Management on 3/31/10, and Putting the Pieces together and EPA Tools on 4/7/10. All webinars run 1:00 to 2:30 PM EST. Get [registration info](#).

Connecticut Agriculture Day at the Capitol will be held on 3/18/10 in the North Lobby of the State Capitol in Hartford from 10:00AM to 1:00PM. FTC members are invited to attend the festivities and take this opportunity to meet and talk with Connecticut legislators about the importance of agriculture to the local foodservice industry and the state as a whole. This event is free and open to the public.

Urban Oaks Organic Farm will host a discussion on 3/20/10 at noon with Karen Tyson, owner of Passiflora Tea Room, Cafe, and Herbal Shoppe, on Ayurveda, Spring, Seasonal Eating and Herbs. Suggested donation is \$10. 860-223-6200 for more info.

Working Lands Alliance (WLA) will host *Plowing Ahead: Farmland Preservation in 2010 & Beyond* on 3/27/10 from 8:30 AM to 4:30 PM at the Yale School of Forestry and Environmental Studies. The event will provide an important opportunity to not only reflect on the past 10 years of farmland preservation advocacy in Connecticut, but also present an occasion to craft a vision for our cause over the next 10 years. [Register here](#).

Funding Opportunities

Applications are due to CT DoAG 4/30/10 for the next round of funding through the CT Farm Reinvestment Grant Program. Matching funds of up to \$40,000 may be available to CT agricultural producers for long-term capital projects. See [website](#) for more information.

The National Sustainable Agriculture Information Service maintains an [online listing](#) of a wide variety of funding opportunities for producers and other agriculture-related entities.

FTC T-Shirt Photo Contest

Where are FTC members turning up??? We are on a mission to cover the map with FTCers. [Email us](#) a photo of you wearing the eye-catching, lime-green FTC 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. Please send photos as attached JPG



The Farm-to-Chef Program lists news and events of potential interest to members as space allows. Send to [Linda Piotrowicz](#). The editor reserves the right to edit or exclude listings at her discretion. Submissions should be short, to the point, and related to the Farm-to-Chef Program and/or of direct benefit to its members. The FTC newsletter typically goes out the first week of each month, but sometimes is delayed until later in the month; be sure to allow adequate lead time when submitting listings.

IMPORTANT NOTICE FROM THE BUREAU OF INSPECTION AND REGULATION

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.



- CT Department of Agriculture
- Marketing Bureau
- 165 Capitol Avenue, Room 129
- Hartford, CT 06106
- 860-713-2503 phone
- 860-713-2516 fax
- Linda.Piotrowicz@ct.gov
- 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 or 860-713-2558, for more information.