



CT Department of Agriculture

Briefs

SUMMER WORKSHOP NEWS

Due to a conflict with the Blessing of the Fleet, the Farm-to-Chef **Summer Chefs' Workshop** has been pushed out one week to Wednesday, **August 6, 2008**. Registration forms will be sent out later this month.

This year's session will be dedicated to seafood and will feature a special session on distribution. Attendees will have the opportunity to tour the Department of Agriculture's Bureau of Aquaculture laboratory as well as several fishing boats that will be docked at the site.

Save the date of 8/6/08! This popular, highly informative, and enjoyable event is a must-attend for all culinary professionals interested in local food.

FARMERS' MARKET DEMOS

Sign-ups for farmers' market demos have been **very slow**. If you are interested in doing demos at any of the farmers' markets listed on Page 2, please **sign up now**. This is a great way to make connections with local producers as well as promote your business. Contact Linda Piotrowicz by [email](#) or at 860-713-2558 for more information or to sign up.

FARMERS' MARKET SEASON

The CT Grown farmers' market season is underway! For a complete listing of 108 farmers' markets around the state, see the Department of Agriculture's [website](#).

CONTRIBUTORS NEEDED

Contributors are always needed for this newsletter. This is your forum! Do you have experience that other members could benefit from? Lessons learned? Please contact Linda Piotrowicz by [email](#) or at 860-713-2558.

June 2008

CT Grown in Season: JUNE

Beans
Broccoli
Cauliflower
Cabbage
Dairy Products
Eggs
Garlic Scapes
Greens
Herbs
Honey
Lettuce
Meat
Peas
Radishes
Rhubarb
Seafood
Specialty Foods
Strawberries

If you need help locating any of these items, please [contact us](#).



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.Piotrowicz@ct.gov
www.CTGrown.gov

CT Farmers' Markets Seeking Chef Demos

The farmers' markets below have requested CT Grown chef demos. This is a great way to make connections with local producers as well as promote your business! To **sign up**, please [email](#) Linda Piotrowicz or **call** 860-713-2558 **ASAP**.

Collinsville Farmers' Market

Main St, Downtown Collinsville -
Town Hall Parking Lot
SUN 10 am - 2 pm (Jun 22 - Oct 19)

Coventry Farmers' Market

Nathan Hale Homestead, 2299 South St
SUN 11 am - 2 pm (Jun 1 - Oct 26)

Darien Farmers' Market

Mechanic St, Behind the Fire House
WED 11 am - 6 pm (Jun 11 - Nov 19)

Deep River Farmers' Market

Deep River Library, Corner of Main St & Village St
THU 3 pm - 6 pm (Jun 5 - Oct 30)

Fairfield Farmers' Market

Greenfield Hills, 1950 Bronson Rd
SAT 1 pm - 4 pm (Jun 7 - Oct 25)

Hamden - Downtown Farmers' Market

Town Center Park
Next to Miller Library, 2663 Dixwell Av
FRI 12:30 pm - 5:30 pm (Jun 27 - Oct 3)

Hamden - Spring Glen Farmers' Market

Spring Glen Church, 1825 Whitney Av
TUE 3 pm - 6 pm (Jun 24 - Oct 14)

Hartford - Billings Forge Farmers' Market

519 North St, Grassy Courtyard on Billings Forge
Campus, North of Firebox Restaurant
MON and THU 11am - 2 pm (May 22 - Oct 30)

Lebanon Farmers' Market

Town Hall Green
SAT 9 am - 12 pm (Jun 21 - Oct 25)

Ledyard Farmers' Market

Rte. 117, Tri-Town Center Parking Lot
WED 3 pm - 6 pm (May 21 - Oct)

Litchfield Farmers' Market

Center School, 125 West St
SAT 10 am - 1 pm (Jun 14 - Oct)

Manchester C.C. Farmers' Market

MCC Parking Lot, Great Path Rd
WED 2 pm - 5 pm (Jun 4 - Oct 29)

Middlebury Farmers' Market

Middlebury Senior Center, 1172 Whittemore Rd
TUE 10:30 am - 12 pm (Jul 1 - Sept 30)

Milford Farmers' Market

58 River St, Corner of Darina Pl & River St
SAT 9 am - 1 pm (Jul 5 - Oct 18)

Milford-Woodmont Farmers' Market

Robert Treat Farm, Woodmont Av
WED 3 pm - 7 pm (Jul 9 - Oct 8)

Monroe Farmers' Market

34 Church St, Monroe Congregational Church
across from the Town Green
FRI 3 pm - 6 pm; Jul 11 - Sept 19)

Morris Farmers' Market

Morris Senior Center, 109 East St
WED 10:30 am - 12 pm (Jul 2 - Oct 1)

New Canaan Farmers' Market

Old Center School Parking Lot
South Av and Maple St
SAT 10 am - 2 pm (Jun 7 - Nov 20)

New Haven - Edgewood Park Farmers' Market

Edgewood Park, Corner of West Rock & Whalley Av
SUN 10 am - 2 pm (Jun 22 - Nov 23)

New Haven - Fair Haven Farmers' Market

Quinnipiac River Park
Corner of Front St and Grand Av
THU 3 pm - 7 pm (Jul 10 - Oct 30)

New Milford Farmers' Market

Town Green, Main St
SAT 9 am - 12 pm (May 17 - Oct 25)

Norfolk Farmers' Market

Route 44, Center of Town
SAT 10 am - 1 pm
(Jul 5, 19; Aug. 2, 16, 30; Sept. 13, 27; Oct. 11, 25)

Old Saybrook Farmers' Market

Cinema Plaza, 210 Main St
WED 10 am - 1 pm
SAT 9 am - 1 pm (Jun 28 - Oct 29)

Putnam Farmers' Market

Dunkin Donuts Parking Lot - 325 Woodstock Ave
MON & THU 4 p.m - 6 pm (Jun 12 - Oct 30)

Sandy Hook Village Farmers' Market

Corner of Glen Rd and Rte. 34
SUN 9 am - 2 pm (Jun 1 - Oct 12)

Sandy Hook Organic Farmers' Market

St. John's Church, 5 Washington Av
TUE 2 pm - 6 pm (Jun 24 - Oct 14)

Seymour Farmers' Market

Community/Senior Center
Front Parking Lot, Pine St
TUE 12 noon - 6 pm (May 13 - Oct 28)

Shelton Farmers' Market

Corner of Cornell and Canal Sts
WED 3 pm - 6 pm
SAT 9 am - 1 pm (Jul 12 - Oct 18)

Torrington Farmers' Market

Downtown Shopping Center, 100 South Main St
SAT 10 am - 1 pm (Jun 7 - Oct)

Washington Depot Farmers' Market

Washington Senior Center, 6 Bryan Hall Plz
THU 10:30 am - 12 pm (Jul 3 - Oct 2)

Waterbury Farmers' Market on the Green

Downtown Green, West Main St
THU 11 am - 3 pm (Jul 10 - Oct)

Weston Farmers' Market

Route 57 @ High Acre Rd
SAT 8 am - 12 pm (Jun 14 - Oct. 25)

Westport Farmers' Market II

Westport Country Playhouse, 25 Powers Court
SUN 10 am - 2 pm (Jun 8 - Nov)

West Hartford - Whole Foods Farmers' Market

Whole Foods Parking Lot
across from Blueback Square, 50 Raymond Rd
MON 10 am - 1:30 pm (Jun 9 - Oct 27)



News and Notes

Star 99.9 FM Radio is holding a recipe contest in cooperation with the Darien, New Canaan, Greenwich, Greenfield Hills, and Westport farmers' markets. The deadline to enter is June 30. For more info, contact Alexis Gazy at 203-723-8885.

[FarmAid](#) is running a Farmer Hero contest. To nominate your favorite CT Grown farmer hero, go to [FarmAid's website](#).

[The National Sustainable Agricultural Information Service's](#) publication [Bringing Local Food to Local Institutions](#) that has a wealth of information that may be useful to both farmers and culinary members of the FTC Program. The publication is available [online](#).

The [NSAIS website](#) also contains an article announcing Unidine's commitment to support nutritious, local, sustainable food by signing [Health Care Without Harm's \(HCWH\) Food Service Contractor Pledge](#). Read the [article](#).

Meanwhile, Bon Appetit Management Company has made its own commitment to using local and sustainable foods in their restaurants and cafes. They also created an online calculator to determine a meal's carbon footprint, available at www.eatlowcarbon.org.

Last month local food advocate and best-selling writer [Michael Pollan](#) appeared on Nightline. The video is available [online](#).

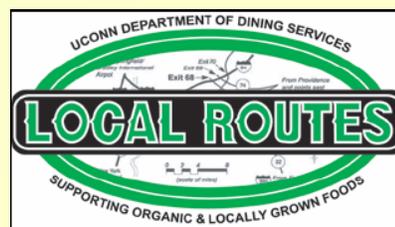
The [CT Department of Agriculture](#) and [WTIC 1080 AM's Ray and Diane Show](#) have teamed up to feature a different CT Grown Farmers' Market of the Week every Tuesday at 8:20 AM. The series kicks off June 24 when Kay Carroll from the Litchfield Hills Farm Fresh Market talks to Ray and Diane about the vendors, products, entertainment, and other attractions that can be found at the market. Tune in every Tuesday throughout the season at 1080 AM on the radio or stream on your computer at www.wtic.com to learn about 15 different farmers' markets around the state.

On June 16, the summer episode of [CPTV's Positively Connecticut](#) will feature FTC member Jason Collin, Executive Chef at [Firebox](#) in Hartford, and his close relationship with the Farmers' Market at Billings Forge in the show's segment "To Market To Market," all about CT Grown farmers' markets. The "Udderly Genius" segment will highlight state agricultural icons Freund Family Farm, Hart Seed Company, and Gilberte's Herb Garden. The show is scheduled to air at 9:00 PM and will be rebroadcast at 6:30 PM on June 22 and at 10:30 PM on June 28. Check your local listing to find your CPTV channel.

Last month [Lt. Governor Michael Fedele](#) launched his new local television program *Open Mike*. The premier episode, still airing, is devoted largely to Connecticut agriculture and features FTC members Jaime Jones from [Jones Family Farm](#) and Shelly Ochsler of [Botticello Farms](#), along with Commissioner F. Philip Prelli and [Department of Agriculture](#) Marketing Director Bob Pellegrino. Check your local listings for show times and channels or [watch the first episode online](#). For more information about *Open Mike*, visit [Lt. Governor Fedele's website](#).

June 8-10, commissioners and officials from departments of agriculture throughout the Northeast convened in Connecticut to discuss agricultural issues specific to the region. The conference was conducted at the [Spa at Norwich Inn](#) in Norwich, where FTC member and Executive Chef Daniel Chong-Jimenez delighted attendees with meals created from CT Grown ingredients. Read the [press release](#).

UConn's [Department of Dining Services](#), which is chock-full of FTC members, has started a new apiary. Honey they produce will be used in campus dining facilities. See the recent [Hartford Courant article](#).



News and Notes

FTC Member [Holmberg Orchards](#) recently was awarded a Double Gold medal and named "Best in Category" at the 2008 International Eastern Wine Competition for their Three Sheets Apple Wine. The competition consisted of wineries from 13 countries, including 38 American states and three Canadian provinces. Over 2,200 entries were submitted from which judges awarded 71 Double Gold. The Double Gold medalists then advanced to a final judging round where a single wine was chosen in five categories and named "Best in Category." You can taste Three Sheets Apple Wine at one of many wine tastings, listed on the [Holmberg Orchards website](#).

On June 1, FTC members Kevin Cottle ([Country Club of Farmington](#)), Scott Miller ([Max's Oyster Bar](#), West Hartford), and Ethan Kostbar ([The Dressing Room](#), Westport) participated in an Iron-Chef-like competition, *Ready, Set, Cook!*, to raise funds for [Gifts of Love](#). Three teams made up of a chef, celebrity and sponsor received a basket of mystery ingredients, some from the shelves of the Gifts of Love food pantry, and had 45 minutes to prepare two plates. Kevin Cottle's team took top honors and was named Gifts of Love Top Chef 2008. Proceeds from the event went to help meet the basic needs of individuals and families experiencing temporary financial crisis, so they can achieve and maintain self sufficiency.

[CT Public Broadcasting](#) held its first *Farm to Table Celebration* dinner June 10 at [Firebox Restaurant](#) in Hartford. A slew of FTC members were featured, including culinary contributors Leo Bushey from [The Hartford Club](#), Jason Collin from [Firebox](#), Mark Shadle from [It's Only Natural](#) in Middletown, and Jeffrey Steelman from [Tuscany at Mohegan Sun](#). FTC members Jonathan Rapp and Drew McLachlan of [Dinners at the Farm](#) were featured guests along with Faith Middleton, host of WNPR's [Food Schmooze](#). See photos from the event on Page 7.

[CT DEP](#) is hosting a free workshop on June 13 entitled *Hospitals Step Up to the Plate: Serving Healthy, Local Food*. Speakers include FTC members Marydale DeBor and Dr. Diane D'Isidori from [New Milford Hospital](#) and John Turenne from [Sustainable Food Systems](#). For more information, please contact Nan Peckham or Connie Mendolia at the DEP, 860-424-3257 or 860-424-3243 or nan.peckham@ct.gov or connie.mendolia@ct.gov

Steve Cavagnaro, FTC member and Chef-Owner of [Cavey's Restaurant](#) in Manchester will debut Cavey's *Celebration of the Seasons* series on June 13. Chip Beckett of Beckett Farms in South Glastonbury and local forager John Mulcahy will detail the local ingredients used in the menu. Call 860-643-2751 or visit www.caveysrestaurant.com for more info.

New FTC Member [Beltane Farm](#) is hosting a Farm Dinner June 28. Locally produced foods prepared by top area chefs will be complimented by wines of the Northeast. Paul Trubey from Beltane Farm will talk with guests about farmstead cheesemaking and the breeds of Oberhasli and La Mancha goats. For more info, call 203.264.2883 or visit www.beltanefarm.com.



The June 30 issue of *Time Magazine* will feature FTC members Jonathan Rapp and Drew McLachlan in a story about farm dinners. Chefs Jonathan and Drew launched their 2008 season of [Dinners at the Farm](#) June 6-8 at Chamard Vineyard in Clinton. Their next farm dinner is scheduled for July 11-13. See www.dinnersatthefarm.com for more info.

Guest Editorial

Addressing Senior Nutritional Needs through the Masters Table Farm Market Program

By Chef Emily Brooks, [Masters Table Farm Markets](#)

Why is it so important for the senior population in Connecticut to participate in our Farmers' Markets?

Traditionally, the federal government's attention to chronic health problems as we age has tended to focus on disease management rather than on promoting lifestyle changes that can mitigate or lessen the symptoms of chronic disease. In recent years, the focus has begun to shift to prevention – that is, ensuring that all older adults consume diets that are consistent with public health recommendations, and are physically, and most importantly, socially active. According to the USDA, "Adequate nutritional intake is essential for optimal physical and mental activity and can help maintain the health and emotional independence of older Americans, a national priority for Federal health policy."

But seniors don't have nutritionally inadequate diets, do they?

Both elderly men and women consume more than their daily requirements for fat, saturated fat, and sodium. Seniors are unable to meet the daily dietary standards for fiber, calcium, zinc, and vitamin C. Over time, seniors have improved in meeting their daily requirements for both sodium and cholesterol, and are consuming the same amounts of fat and saturated fat as they had ten years prior. Over time however, all seniors have declined by 13% at meeting the daily recommended fiber intakes. Now, almost 90% of the aging population is not getting enough fiber every day. Fiber, like calcium, zinc, and vitamin C are all basic nutrients found in fruits and vegetables.

What are the biggest dietary shortfalls among seniors?

Seniors are simply not eating enough. On average, 78% of older adults did not consume enough daily food energy as recommended by the Dietary Guidelines of Americans. This means that almost all older adults are not consuming enough macronutrients or micronutrients, such as vitamins, minerals, fiber, or enzymes.

Only 30% of males ate the minimum requirement of 4.2 servings of vegetables. (Serving sizes for vegetables are: ½ cup cut-up raw or cooked, 1 cup raw leafy vegetables, or ½ cup of vegetable juice.) Only 30% of females ate the minimum requirement of 3.5 servings of vegetables.

What factors affect nutrient intake of the elderly?

Studies by the USDA indicate that characteristics such as income, employment status, gender, and family composition clearly affect food purchase and food preparation decisions. For men, lower income means lower at-home food preparation, whereas for women, higher incomes mean less time cooking at home.



Guest Editorial (continued)

Where do seniors spend their food dollars?

Understanding where seniors spend their limited food dollars is a key to understanding how to improve their health. Overall, those aged 65-and-over spend 11% of their annual pre-tax income on food. Seniors have 53% less income than any other age group, but they spend more money on foods eaten at home. Having said, seniors spend 35% of their at-home food dollars on prepared foods such as bakery products; processed foods such as frozen meals, soups, prepared salads and desserts; processed fruits and vegetables, and other take-home sweets. Seniors purchase more prepared foods than individual items for cooking such as raw meats or raw fruits and vegetables.

The most important food-related lifestyle change of the past two decades is the increase in consumption of food prepared away from home. More eating out means less fruit and vegetable consumption. Those aged 60-and-over who consumed foods away from home ingested 18% more fat, 22% more cholesterol, 31% less calcium, and 30% less fiber. Too, the consumption of fast food has more than doubled in the last thirty years. There is a need to provide take-out meal options to seniors that are made with locally grown fruits and vegetables and are prepared with maximum nutritional value.

The increasing popularity in eating out (34% of a senior's total food budget), combined with prepared food purchases to be eaten at home, presents a challenge for improving the diets of seniors.

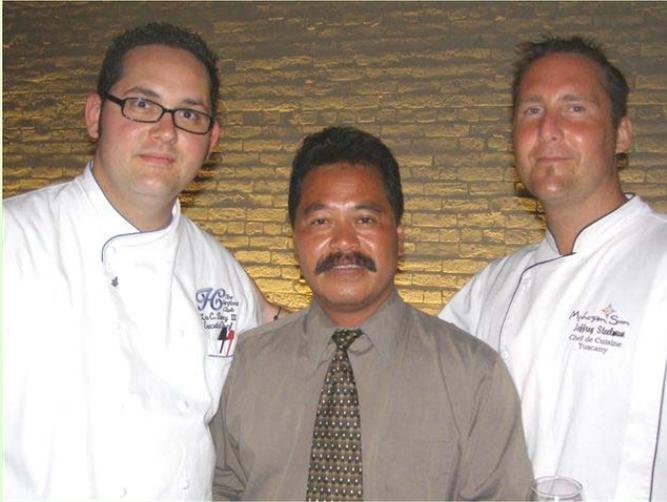
What is the Master's Table Farm Market Program?

With its roots in the Great Depression and expansion during the 1970's after the government's declared war on poverty, the Food Stamp Program was designed to provide a nutritional safety net for low-income households while boosting demand for domestic agricultural products. The Master's Table Farm Market pilot program, with funding through the CT Department of Agriculture's Agricultural Viability Grant Program, attempts to build upon this basic intent – to create a specialized program in Connecticut to increase the demand of locally grown produce while creating a safety-net for one of our most vulnerable, and soon to be largest sub-population groups: senior citizens.

Researchers found that consumers with more nutrition knowledge not only ate more vegetables, they also chose a more healthful mix of vegetables than others. Statistical findings indicate that information does matter. Better educated consumers with more nutritional knowledge consume more fruits and vegetables and make more nutritious choices of where to spend their food dollars. The Master's Table Farm Market pilot project will a focus on increasing consumer awareness of the health benefits of locally grown fruits and vegetables through nutrition information, while providing flexible strategies for accommodating a range of preferences and lifestyles of our senior citizens.

*To learn more about the Masters Table Farm Market Project,
please visit www.masterstablefarmmarket.com.*

Photo Gallery



Photos from CT Public Broadcasting's June 10 Farm to Table Celebration Dinner (clockwise, from left):

***Faith Middleton** of WNPR's Food Schmooze;*

*Oysters prepared by The Hartford Club's **Leo Bushey**;*

*(L-R) **Leo Bushey**, oysterman **Art Valdez**, **Jeffrey Steelman** of Tuscany at Mohegan Sun;*

*(L-R) **Drew McLachlan** and **Jonathan Rapp** of Diners at the Farm, **Mark Shadle** of It's Only Natural;*

*(R) **Jason Collin** from Firebox.*

Photo Gallery (continued)



FTC farmer members participating in the season opening of the Farmers' Market at Billings Forge on May 22 (clockwise from above):

Ox Hollow Farm selling all-natural meats;

Paul Trubey of Beltane Farm selling goat cheeses;

Rose's Berry Farm selling fresh spring produce.



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.

- CT Department of Agriculture
- Marketing Bureau
- 165 Capitol Avenue, Room 129
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- 860-713-2503 phone
- 860-713-2516 fax
- Linda.Piotrowicz@ct.gov
- www.CTGrown.gov

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.