



CT Department of Agriculture

July 2009

## Briefs

### WEEKLY CT GROWN RADIO FEATURE BEGINS JULY 7

Beginning 7/7/09, [WTIC Newstalk 1080 Radio](#) will feature a different CT Grown Destination of the Week each Tuesday morning at 7:50 AM. Tune in to hear morning show host Ray Dunaway talk with Peggy Hall from the new [Hill-Stead Farmers' Market](#) in Farmington on the series premier. You also can stream it live at [www.wtic.com](http://www.wtic.com). Listen to the [podcast](#) of the first segment.

### APPLICATIONS SOUGHT FOR SPECIALTY CROP GRANT FUNDS

DoAG is accepting applications through 8/3/09 for USDA Specialty Crop Block Grant funding. Projects must solely enhance the competitiveness of CT specialty crops (fruits, vegetables, dried fruit, tree nuts, maple syrup, honey, horticulture, nursery crops, and floriculture), and must impact and produce measurable outcomes for the specialty crop industry and/or the public rather than a single organization, institution or individual. Jaime Smith at 860-713-2559 or [jaime.smith@ct.gov](mailto:jaime.smith@ct.gov) for more info and complete application guidelines.

### FARMERS' MARKET LISTING AVAILABLE ONLINE

Farmers' markets get into full swing this month all around the state. For information about 123 CT Grown farmer's markets, go to the CT Department of Agriculture's [online listing](#).

### 2009 CONNECTICUT WINE FESTIVAL

The [2009 Connecticut Wine Festival](#) will be held at the Goshen Fairgrounds 8/1/09 and 8/2/09. Tickets are available now. The festival also needs additional vendors and volunteers to help make this a spectacular event. Contact Ginger Kunkle at 860-677-8097 or [ginger@ctfood.org](mailto:ginger@ctfood.org) for more info.

### 2009 CHEFS' WORKSHOP

Although the state budget has yet to be determined, the Farm-to-Chef Program is proceeding with planning for this year's chef workshop. [Stuart Family Farm](#) in Bridgewater will be our host. Participants will learn about production of their all-natural, Animal Welfare Approved meats. The event is tentatively scheduled for October so that the full beauty of the farm in fall color can be appreciated.

### CT Grown in Season JULY

Beans Beef Beets Blueberries Broccoli Cabbage Carrots Cauliflower Cheese Cherries Corn Cream Cucumbers Eggplant Eggs Fin Fish Greens Herbs Honey Kohlrabi Lamb Leeks Lettuce Lobster Maple Milk Onions Peaches Peas Peppers Pork Radishes Raspberries Scallops Shellfish Specialty Foods Spinach Summer Squash Tomatoes

*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  
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[Linda.Piotrowicz@ct.gov](mailto:Linda.Piotrowicz@ct.gov)  
[www.CTGrown.gov](http://www.CTGrown.gov)

## New Member Profile: Gregg Wershoven, Mountaintop Mushroom

by Linda Piotrowicz

Gregg Wershoven is not your typical Old MacDonald. He has a farm, but on this farm, there are no pigs. There are no cows, no hens, no “eee-eye-ohs.” There are no plants, nor green pastures or rolling fields.

Gregg Wershoven is a grower of fungi, and his farm, Mountaintop Mushroom, is located within an old mill in an industrial section of Waterbury.



Although they resemble plants somewhat, fungi contain no chlorophyll and do not undergo photosynthesis. Instead, they get all of the nutrition and energy needed for growth from the organic matter on which they grow. This is why Gregg is able to farm inside dark, cave-like rooms he has built within an old textile mill.

Large bags of pasteurized straw are inoculated with mushroom spawn and hung from the ceiling. Under the proper conditions, the spores produce mycelia (a network of root-like structures), which grow throughout the bag, digesting the straw to fuel them. Through pre-punched holes in the bag sprout the fruiting bodies of the fungi, commonly referred to as the mushroom.

Mountaintop Mushroom specializes in production of *Pleurotus* species, also known as oyster mushrooms. Gregg grows the common white type as well as several more unusual types, including golden, elm, blue, and the highly-coveted pink.

“Pink is very difficult to grow,” Gregg said. “I experimented a bit until I got some to take. Then I took some home to try them. I could not believe the flavor! The pink had the sweetest taste of any mushroom I’ve ever eaten. Incredible!”

Gregg is a longtime mushroom lover. Fungi have fascinated him for decades. He studied their culture in his spare time while he worked his day job as bathroom remodeler. Until just recently, mushroom growing was simply a hobby. When he acquired the space at the mill in Waterbury, he decided to take production to the next level and try his hand at producing them commercially. “Everyone told me I was crazy,” Gregg remembered. “They said I couldn’t do it, it was a really dumb idea.”

After proving the nay-sayers wrong and achieving success on a small scale, Gregg took a few boxes to show chefs in his area. “They went crazy,” he said. “They wanted to know how much I could grow.”

Mountain Mushroom currently is harvesting about 10 lbs. a day, supplying a small handful of area restaurants. Gregg is increasing production as quickly as time and resources permit. His dream is to retire from the bathroom remodeling business and become a full-time fungi farmer.



For more information about Mountaintop Mushroom, contact Gregg, 860-919-5264 or [wershoven@sbcglobal.net](mailto:wershoven@sbcglobal.net).

## 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 JULY

Eagle Wood Farms  
Barkhamsted  
Bryan Woods, 860-402-4953  
[bryanwoods@eaglewoodfarms.com](mailto:bryanwoods@eaglewoodfarms.com)  
Frozen retail portions of beef and pork, we grow our own animals, pig roasters, suckling pigs. Prices on website

FreshPoint Fowler & Hunting  
Hartford  
[www.freshpointct.com](http://www.freshpointct.com)  
Dan Batchelder, 800-824-0448  
[Daniel.Batchelder@FreshPoint.com](mailto:Daniel.Batchelder@FreshPoint.com)  
Green, wax, and pole beans; snow and snap peas; cucumbers; blueberries; green and yellow squash; tomatoes of all types; corn; herbs; lettuces; eggplant; peppers,; peaches; cabbages; eggs; and goat cheese.

Kogut's Hemlock Hill  
Meriden  
[www.hemlockhillstreefarm.com](http://www.hemlockhillstreefarm.com)  
Kathy Kogut, 203-641-1632 or 203-237-9400  
[wkogut@cox.net](mailto:wkogut@cox.net)  
Greenhouse grown tomatoes

Reynolds Farm  
Union  
Liz or Ed Reynolds  
860-913-6409 cell / 860-684-7214 (farm) please leave msg.  
[lreynolds1954@yahoo.com](mailto:lreynolds1954@yahoo.com)  
Heritage Galloway premium beef. USDA inspected, cryovac-packaged, dry-aged 3 weeks; lean, juicy, well-marbled, with rich flavor unlike any other beef in the world. Free of growth hormones, chemicals, and antibiotics, animals are raised on pasture, chopped corn, haylage, and hay, with minimal, all-natural grain from Manchester, CT.

Star Light Gardens  
Durham  
David Zemelsky, 860 463 0166  
[starlightgardens@comcast.net](mailto:starlightgardens@comcast.net)  
Great baby prize bok choy, arugula, salad greens, fresh herbs. Heirloom tomatoes mid-July. Flats of live micro-greens: basil, arugula, beets, cilantro, purple cabbage, hong vit.

### CT GROWN “HAVES” IN JULY

Wave Hill Breads  
Wilton  
Margaret Sapir, 203 762 9595  
[wavehillbreads@gmail.com](mailto:wavehillbreads@gmail.com)  
Our fresh three-grain loaves are available during all months. We make them in various shapes: batard, small boule, demi-baguette, small and large epi. We also supply Just Crust chips and Lemony-Thyme Croutons de Campagne (rustic, not cubes).

### CT GROWN “WANTS” IN JULY

Bridges Healthy Cooking School & The Master's Table Farm Markets  
Roxbury  
[www.masterstablefarmmarket.com](http://www.masterstablefarmmarket.com)  
Emily Brooks, 860-799-7163  
[chefamily@masterstablefarmmarket.com](mailto:chefamily@masterstablefarmmarket.com)  
The Master's Table Farm Market seek seconds and other donated products throughout the summer to distribute to our low income constituents at our project sites in Litchfield County. Thanks for your willingness to share with us!

Max Downtown  
Hartford  
[www.maxrestaurantgroup.com/downtown](http://www.maxrestaurantgroup.com/downtown)  
Hunter Morton, 860 247 4496  
[hmorton@maxdowntown.com](mailto:hmorton@maxdowntown.com)  
Suckling pigs wanted.

River Tavern/Dinners at the Farm  
Chester  
[dinners@thefarm.com](mailto:dinners@thefarm.com)  
Jonathan Rapp, 860 526 9417  
[rivertavern@snet.net](mailto:rivertavern@snet.net)  
I'm always looking for a source for lamb - preferably large (75-100 lbs. dressed weight). Also, does anyone have CT Grown, USDA inspected poultry?

## Happenings

Denise Appel of [ZINC](#) in New Haven has opened [Kitchen ZINC](#), Artisan Pizza and Bar, next door to the original ZINC on Chapel Avenue in New Haven. Like its parent restaurant, Kitchen ZINC also places a strong emphasis on using fresh, CT Grown ingredients.

Award-winning journalist and food writer Jan Ellen Spiegel has started this new [CT Food Blog](#), which posts news and information on the dynamic Connecticut food scene.

Emily Brooks of Bridges Healthy Cooking School will begin teaching a series of weekly classes on 7/7/09 at the Middlebury, Roxbury, and Washington Senior Centers in conjunction with the Master's Table Farm Markets. [Get the schedule.](#)

[Cavey's Restaurant](#) in Manchester presents its July Lobster Fest 7/7/09 - 7/12/09, which will include native fish chowder and CT Grown sweet corn from [Botticello Farms](#).

[CT NOFA](#) has an array of educational workshops scheduled this summer: Pruning Vegetables and Flowers will be held 7/7/09 and 7/9/09, [On Farm Workshop at Gilbertie's Herbs](#) will be held 7/21/09; On Farm Workshop at Millstone Farm will be held 8/31/09. See website for details.

[Blue Slope Country Museum](#) in Franklin hosts family campfires on 7/9/09, and 8/20/09 from 7:00 to 8:30 PM. \$4.00 per person / \$16.00 per family. Square dances will be held 7/17/09, 8/28/09, and 9/11/09 from 7:30 - 10:30 PM; no experience necessary. \$5.00 per person / \$20.00 per family. Hoedown held in Bank Barn. Blue Slope Country Museum, Inc. is a 501(c)3 nonprofit museum whose mission is to preserve agriculture history 860-642-6413 or [www.blueslope.com](http://www.blueslope.com) for more info.

[Aiki Farms](#) will host Ed Begeley Jr. on 7/12/09 for a Victory Garden Seminar. This will be a seminar for beginner gardeners, as well as more advanced information on organic gardening. Mystic Solar will share information about renewable energy. A feast will be served by chefs from some of the best restaurants from the area. 860-536-6407 or [ranchoaiki@aikifarms.com](mailto:ranchoaiki@aikifarms.com) for more info or to register.

The [CT Nursery and Landscape Association](#) (CNLA) is involved in offering green industry members a free business planning and marketing webinar entitled "Creating Success by Taking Action" on 7/16/09 at 4:00 PM. Participation is free but space is limited. Please contact Bob Heffernan at [connnrsry@aol.com](mailto:connnrsry@aol.com) for more info.

Slow Food CT presents a tour and sharing picnic at FRESH New London, an educational community garden and farm organizations, on 7/19/09 from 1:00 to 4:00 PM. \$20 (children under 12 free). All proceeds support FRESH New London. See [www.freshnewlondon.org](http://www.freshnewlondon.org) for more.

[White Silo Farm and Winery](#) hosts CT Grown Day on 7/18/09 and a raspberry festival on 9/19/09 and 9/20/09. Over the summer we plan to bottle our mustards in sample size containers and give them away free. Your feedback will help us bring the best possible product to the market. Go to [www.whitesilowinery.com](http://www.whitesilowinery.com) for more info.

[Max's Oyster Bar](#) has teamed up with [Rosedale Farm and Vineyard](#) to offer Chef to Farm Dinners to be held on the farm on eight Thursdays evenings. Upcoming dates are 7/9/09, 7/23/09, 8/6/09, 8/20/09, 9/3/09, 9/17/09, and 10/01/09. Dinners will include a farm tour, wine tasting, and a four- to six-course feast made from ingredients fresh off the farm. A portion of the proceeds will benefit the [Simsbury Land Trust](#) and [CT Farmland Trust](#). For information call 860-236-6299 or visit [www.maxdiningcard.com](http://www.maxdiningcard.com). Photos from the first farm dinner can be viewed [online](#).

[Dinners at the Farm](#) kicks off its 2009 season 7/16/09 – 7/18/09 at [Stanton-Davis Farm](#) in Pawcatuck, benefiting Stanton-Davis Homestead; on 8/13/09 - 8/15/09 it will be at [White Gate Farm](#) in East Lyme, benefiting CT Farmland Trust; on 8/27/09 – 8/29/09 at [Barberry Hill Farm](#) in Madison, benefiting City Seed; and on 9/10/09 – 9/12/09 at [Old Maid's Farm](#) in South Glastonbury, benefiting Working Lands Alliance. See [website](#) for more info..

The [NOFA Summer Conference](#) will be held 8/7/09 – 8/9/09 at UMASS, Amherst, MA. See [www.nofasummerconference.org](http://www.nofasummerconference.org) for workshops, speakers, registration and more.

## Happenings (continued)

Slow Food CT's Tomato To-mah-to Heirloom Tasting Feast will be held 8/23/09 in Cromwell. This is the largest heirloom tasting in the nation (by number of tomatoes) - 116 varieties in 2008! Details to come later in the season.

Taste Organic will be held 9/20/09 and will feature an expanded program at its new location on the campus of Manchester Community College. Anyone interested in being a vendor, exhibitor, or volunteer can call at 203-888-5146 or contact Danielle at [danielle@ctnofa.org](mailto:danielle@ctnofa.org)

[Chartwells School Dining Services](#)' northeast region school districts will participate in the weeklong campaign entitled "It Takes You – Think Global, Eat Local," scheduled for 9/21/09 - 9/25/09. Chartwells school districts in the Northeast have already pre-ordered and committed to over 2,100 cases of fresh, local produce so that 95 area schools will have access to locally grown produce such as apples, tomatoes, corn, peppers, yellow squash, zucchini, cabbage and eggplants, when in season.

[Friends of the Farm at Hilltop](#) (FOFAH) has scheduled their 2009 Farm Fest for Labor Day Weekend, featuring a delicious meal of locally grown and harvested food, dancing, and a silent auction. Go to [www.fofah.com](http://www.fofah.com) and click on "Events" for more info.

The [Country Club of Farmington](#) is planning a culinary extravaganza for a Saturday in November and is seeking local farmers, cheese makers, and specialty food producers to set up sampling stations and talk with attendees about their products. If interested, please contact Kevin Cottle, 860-677-1681 or [chef@farmingtoncountryclub.com](mailto:chef@farmingtoncountryclub.com)

## In the News

WTNH has featured numerous FTC members in recent segments. Watch [Jason Sobocinski](#) from Caseus Fromagerie; [Peter Gorman](#) from Unquowa School; [Linda Giuca](#), food writer; and [Bun Lai](#) of Miya's Sushi.

WFSB-3 TV weekend edition of Eyewitness Morning News will feature many FTC members this summer during its segment *The Faces Behind the Farmland Trust*. Tune in between 8:00 and 9:00 AM to see Jonathan Rapp of [River Tavern Restaurant](#), Drew McLachlan of [Feast Gourmet Market](#), Pauline Lord of [White Gate Farm](#), and Henry Talmage Executive Director of [Connecticut Farmland Trust](#) on 7/25/09; Robin Chesmer of [The Farmer's Cow](#) on 8/2/09; Emily Brooks, Tim Cipriano, and John Turenne of the [Celebration of CT Farms](#) on 8/30/09.

[Gazy Brother's Farm](#) is the subject of [this CT Post article](#) about CT Grown crops faring well despite all the recent rain.

[Sport Hill Farm](#) is the topic of [this Eastern Courier](#) story.

[This News-Times article](#) focuses on New Milford's [Plow to Plate Program](#), the FTC members involved in making it a huge success, and the program's participation in FoodMed. There also is an [accompanying video](#) on the paper's website.

[Rosedale Farm and Vineyard](#)'s Lou's Red was selected as Best CT Wine and won a gold medal at the 2009 Big E Northeast Gold Wine Competition. Their Farmington River Red won a silver medal and Serendipity won bronze. Fellow FTC members [Jones Family Farm and Winery](#) and [White Silo Farm and Winery](#) also won awards: Jones's Black Currant Bouquet, First Blush, Harvest Time, and Raspberry Rhapsody all took silver medals; while their Cabernet Franc, Pinot Gris, Pure Rose, and Woodland White, along with White Silo's Black Currant, Blackberry, and Rhubarb, took bronze medals.

The [CT Department of Public Health](#) (DPH), in coordination with similar actions in six other East Coast states, recently updated its fish consumption advisory for striped bass and bluefish, species commonly caught in Long Island Sound. DPH now advises that bluefish over 25 inches and striped bass can safely be consumed once per month by age 6 or over who is not in the high risk group. Previously, the advice for these species was to limit consumption of striped bass and large bluefish to once per two months. For a copy of "A Guide to Eating Fish Safely" go to [www.ct.gov/dep/fishing](http://www.ct.gov/dep/fishing) and click on "Fish Consumption Advisory".

## Miscellaneous Announcements

The Farm-to-Chef Program lists news, events, and announcements 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.

The [American Farmland Trust](#) is holding a contest to determine America's Favorite Farmers' Market. Vote for your favorite CT Grown farmers' market [here](#).

[Connecticut Farmland Trust](#) is opening up sponsorship and marketing and advertising opportunities which will provide you with advertising space AND tickets (lanyards) for you to participate in the 9<sup>th</sup> Annual Celebration of Connecticut Farms on 9/13/09. For more info, contact Emily Brooks at 860-799-7163 or [ebrooks@ctfarmland.org](mailto:ebrooks@ctfarmland.org)

[Glynwood](#) is accepting nominations until 7/20/09 for its 2009 Harvest Awards. The Harvest Awards honor individuals, organizations, and businesses across the United States demonstrating innovation and leadership in support of regional agriculture and sustainable food systems. See the [website](#) for more info and to download a nomination form.

The Agricultural Marketing Resource Center is an electronic, national resource for producers interested in value-added agriculture. Browse commodities and products, investigate market and industry trends, study business creation and operation, read research results and locate value-added resources. [Check it out!](#)

The [US Small Business Administration](#) offers free online courses for small business owners. See <http://www.sba.gov/services/training/onlinecourses/index.html>



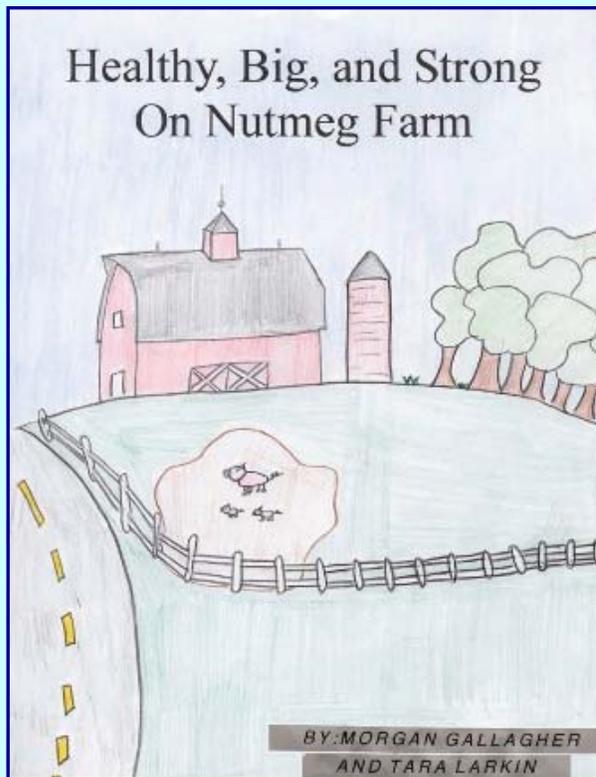
### Did You Know?

**BEET GREENS:** Did you know? According to [www.nutritiondata.com](http://www.nutritiondata.com), beet greens are a good or very good source of 19 essential nutrients. A mere 100g of raw greens contain 2 grams of Protein, 12% of the RDA for Calcium, 13% of the RDA for Riboflavin, 14% of the RDA for Iron, 17% of the RDA for Magnesium, 22% of the RDA for Potassium (over double that for the same-sized serving of banana, with only a quarter the calories and almost none of the sugar), 50% of the RDA for Vitamin C, 127% of the RDA for Vitamin A, and an astounding 500% of the RDA for Vitamin K, all packed into 22 tiny calories. Beet greens are considered moderately anti-inflammatory and are incredibly delicious. Don't ever discard the tops to those fresh beets. Available now from your local farm stand, farmers' market, or CT Grown distributor!

## Photo Gallery

[Click here](#) to view Alan Budney's photographs from the first Max's Oyster Bar farm dinner at Rosedale Farms and Vineyard.

Below, two students from the New Milford [Plow to Plate Program](#) read to elementary school students from a book they wrote and published about the benefits of nutritious, locally grown food.



### 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](mailto:Linda.Piotrowicz@ct.gov)
- [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.