



CT Department of Agriculture

October 2009

## Briefs

### CHEFS' WORKSHOP TO BE HELD OCTOBER 14

Thirty-seven culinary professionals are scheduled to attend the 2009 Chefs' Workshop on 10/14/09 at Stuart Family Farm in Bridgewater. Bill and Deb Stuart will teach participants all about production of their CT Grown, grass-fed, all-natural, Animal-Welfare-Approved meats.

FTC member Anne Gallagher of Anne Gallagher Catering and the Plow to Plate Program, with assistance from members Carol Byer-Alcorace of New Morning Natural and Organic and Peter Gorman of Unquowa School, will present a lunchtime demonstration featuring meat from the farm.

Registration is closed. A recap of the event will be included in the November newsletter.

### USDA LAUNCHES LOCAL FOOD INITIATIVE

Last month Agriculture Secretary Tom Vilsack and Deputy Secretary Kathleen Merrigan have announced a new initiative - 'Know Your Farmer, Know Your Food' - to begin a national conversation to help develop local and regional food systems and spur economic opportunity.

Producers and consumers are encouraged to provide input through the comment area on the "Know Your Farmer, Know Your Food" YouTube video, as well as submit videos or provide comments on this initiative by e-mailing [KnowYourFarmer@usda.gov](mailto:KnowYourFarmer@usda.gov).

### REQUIRED READING / VIEWING

This 9/24/09 [investigative report](#) and [video](#) by Jim Hoffer at WABC in New York is an excellent reminder to all FTC members about the importance of transporting and handling fresh local foods properly. If you read no further in this newsletter, please take a moment to read this report and watch the video.

### CT Grown in Season OCTOBER

Apples Beans Beef Beets  
Broccoli Brussel Sprouts  
Cabbage Carrots  
Cauliflower Cheese Corn  
Cream Cucumbers  
Eggplant Eggs Fin Fish  
Garlic Greens Herbs  
Honey Ice Cream Kohlrabi  
Lamb Leeks Lettuce  
Lobster Maple Melons  
Milk Mushrooms Onions  
Pears Peppers Potatoes  
Pork Pumpkin Radishes  
Raspberries Scallops  
Shellfish Specialty Foods  
Summer Squash Tomatoes  
Turnips Winter Squash

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

## The 2009 Celebration of CT Farms

By [Emily Brooks](#), CT Farmland Trust

### OUR FARMERS, OUR LAND

The 2009 *Celebration of Connecticut Farms*, the first and largest [eco-friendly food and wine event](#) in the state, was held at [Graywall Farms](#) in Lebanon. Over 800 people joined hosts Robin and Lincoln Chesmer and honorary chairpersons Faith Middleton and celebrity chef Jacques Pépin to enjoy fabulous food created by more than [60 farmers, producers, chefs, and restaurants](#), including numerous Farm-to-Chef Program members.

According to Henry Talmage, Executive Director of [Connecticut Farmland Trust](#) (CFT), "The *Celebration* is indeed our annual fundraiser, but more importantly the *Celebration* allows us to provide direct connections between farmers and chefs, and provides a venue to showcase the very best of Connecticut agriculture. We all know that preserving farmland must go hand-in-hand with supporting our farmers and producers."

Efforts by the Board of Directors and an anonymous donor allowed Henry Talmage to make more than 40 tickets available to the *Celebration's* participating farmers this year. "This is our way of giving back for all of their tireless work throughout the year. This annual event is about celebrating our local agriculture. Having our farmers join us made the day very special indeed."

### WHERE DOES YOUR MONEY GO?

The *Celebration* is an annual fundraiser that supports the CFT's Technical Assistance and Outreach Program, which provides farm owners, municipalities, land trusts, and consumers with information about the wide range of options available for preserving farmland in Connecticut.

Many farm owners in Connecticut are not aware of the full range of options available for permanently protecting their land. CFT provides, free of charge, farmland preservation advice, materials, coaching and expertise, and long-term supportive relationships to farmers across the state. CFT is the only organization in Connecticut that provides this type of technical assistance.

Farm owners contact CFT to learn about the different options available for preserving farmland. In many cases, the farm owner is seeking to resolve a particular issue or dynamic that is facing the family (inheritance issues, estate planning needs, coverage of health care costs, etc.). Most landholders need to realize some form

of financial return from the property. CFT provides one-on-one assistance and advice on a case-by-case basis, discussing potential conservation options in greater detail, working through and examining all available options for preservation, such as the purchase or donation of an easement. "In short," Henry Talmage says, "we work on their behalf, across the kitchen table."

CFT's unique role is to react quickly to opportunities as they arise, coordinate funding, and organize partnerships to help farm families save their greatest asset: productive farmland. This expertise is essential when farm families must sell, and well-heeled developers are knocking on the farmhouse door. CFT also can purchase threatened farms, place a conservation easement on the property, and sell the "protected" land to a farmer, in the process making affordable land available to younger farmers. Through its Stewardship Program, CFT monitors each protected farm annually, defending it against prohibited uses.

In 2008 the money earned from the *Celebration* helped the CFT provide more than 300 free technical-assistance consultations to Connecticut landholders, farmers, and conservation partners. CFT has adopted a goal to protect 50 farms by the end of 2011, and the money raised at the 2009 *Celebration* will help continue CFT's outreach programs throughout the next year as they immediately begin preparations for the 10<sup>th</sup> annual *Celebration*.

### CFT ACTING IN PARTNERSHIP

CFT's work is complemented by the work of its partners. The [American Farmland Trust](#) provides municipal education and farmland preservation policy advocacy in Connecticut through its [Working Lands Alliance project](#).

The USDA's [Natural Resources Conservation Service](#) (NRCS) provides federal funding through its [Farm and Ranch Lands Protection Program](#) (FRPP) to purchase agricultural conservation easements. These are matching funds only, and the application process is highly technical. CFT has a cooperative working agreement with NRCS that enables it to access these funds for projects on behalf of farm families. Many times local municipalities and land trusts turn to CFT for help in accessing these dollars as well.

(continued next page)

## The 2009 Celebration of CT Farms (continued)

The FRPP provides matching funds to help purchase development rights to keep productive farm and ranchland in agricultural uses. Working through existing programs, USDA partners with state, tribal, or local governments and non-governmental organizations to acquire conservation easements or other interests in land from landowners. USDA provides up to 50 percent of the fair market easement value of the conservation easement.

The Connecticut Department of Agriculture's [Farmland Preservation Program](#) (CT FPP) was established in 1978 and has used State funds to protect over 35,000 acres of the state's farmland. CFT has developed a formal working relationship with the CT FPP where CFT and the State can co-hold conservation easements, providing more options for landowners. CFT also is able to procure appraisals and surveys from approved vendors without delay. These important advancements allow more farmland to be protected in less time.

### CFT IN ACTION

This spring, the CFT partnered with the CT FPP and [The Nature Conservancy](#) to preserve two important pieces of farmland: Wisneske Farm in Norwich and Franklin, and Salem Valley Corporation (home to the Marvel and Mitchell Farms) in Salem. Wisneske Farm is the 250<sup>th</sup> farm to sell development rights to the State of Connecticut. The purchase was a collaboration between the CT FPP, CFT, and NRCS. It is also notable because it is the first time in the history of the CT FPP that the State of Connecticut, a land trust, and a federal agency have joined together to protect a property.

In March, CFT and the Nature Conservancy worked together to preserve almost 600 acres of land on the Eightmile River in Salem. This piece of land connects to 7,500 acres of conserved land, including Devil's Hopyard State Park and the Nehantic State Forest. CFT is holding an agricultural conservation easement on 206 acres of this land, home to Marvel and Mitchell Farms.

"We are thrilled to partner with the State to protect Wisneske Farm and hope there will be many more joint projects with the CT FPP, NRCS, land trusts, and municipalities" said Henry Talmage. "The collaborative effort to preserve the Salem Valley Corporation property demonstrates that partnerships between conservation-minded landowners, government, and like-minded conservation organizations can result in quality projects with diverse-

yet-compatible conservation objectives. Working together can help us to realize our collective goal for farmland preservation in Connecticut."

CFT secured a grant of \$450,000 from NRCS to aid in the purchase of the conservation easement on the Salem Valley Corporation land and contributed \$50,000 through private fundraising efforts toward the purchase of the development rights on Wisneske Farm. These projects would not have been completed without the assistance of the CFT.

### THE CELEBRATION AND PRESERVATION

By working with like-minded groups and pooling resources, CFT is able to preserve more land than they would be able to do alone. These collaborations benefit all of us. Fertile, highly productive land is being converted to residential and commercial uses at one of the fastest rates in the country; in less than 20 years, we have lost 21% of our state's farmland. If this rate continues, all of our remaining farmland will be gone in less than two generations.

Everyone in Connecticut reaps the benefits of farmland. From producing fresh, local food to providing pastoral vistas, farms are a vital part of our history, culture, and economy. Connecticut farms contribute \$2 billion annually to our local economy, provide a myriad of environmental benefits, and help balance town budgets. Studies have documented that farms require less than 50 cents in town services for every dollar they generate in local taxes, while residential development costs towns more than one dollar for every dollar of revenue generated.

*The Celebration of Connecticut Farms* is an award-winning Connecticut event that has been called "the hottest food event in the state" by *Connecticut Magazine*. This spectacular festival directly enables CFT to continue to build state and federal partnerships, expand awareness of conservation options, and participate in recommending the modification of state and municipality policies.

We hope to see you at the farm next year!

For more information about CFT's Technical Assistance & Outreach Program, contact Elisabeth Moore, [emoore@ctfarmland.org](mailto:emoore@ctfarmland.org) or 860-247-0202.

# Photo Gallery



*Top to bottom, L to R: Kelly and Kingsley Goddard of Barberry Hill Farm with George Purtill of Old Maid's Farm at Dinners at the Farm 9/11/09; John Rogers of Rogers Orchard and Brad Drazen at WVIT-TV studios, 9/18/09; Michele Rundgren (formerly of the Tubes), Linda Piotrowicz, and CT Grown heirloom tomatoes from Littel Acres Farm, backstage at Todd Rundgren concert, 9/9/09; Kelleanne and Ryan Jones of the Mill at 2T at the Celebration of Farms, 9/13/09; attendees at the Celebration of Farms, 9/13/09; CT Seafood spread by Paul Formica of Flanders Fish Market at WVIT – TV studio, 8/14/09; Paul Formica and Anjuli Porter at WVIT-TV studio, 8/14/09.*



## Did You Know?

**ENDIVE / ESCAROLE:** Did you know? According to [www.nutritiondata.com](http://www.nutritiondata.com), endive, whose broad-leaved form is called chicory or escarole, is a good or very good source of 17 essential nutrients. A 100g serving of raw endive contains

- 17 calories
- 1 gram of Protein
- 5% of the RDA for Iron
- 5% of the RDA for Calcium
- 5% of the RDA for Copper
- 5% of the RDA for Zinc
- 5% of the RDA for Thiamin
- 9% of the RDA for Potassium
- 9% of RDA for Pantothenic Acid
- 11% of the RDA for Vitamin C
- 12% of the RDA for Fiber
- 21% of the RDA for Manganese
- 35% of the RDA for Folate
- 43% of the RDA for Vitamin A
- 289% of the RDA for Vitamin K

These bitter greens, which are very popular as a salad vegetable in Europe, also are considered moderately anti-inflammatory. Endive and escarole currently are grown by some CT producers and available in October. Ask your local farmer or CT Grown distributor.

## 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 OCTOBER

#### DJ King Lobster

Branford

DJ King

203-488-6926

[dking13@snet.net](mailto:dking13@snet.net)

*Local fresh bluefish, lobster, live blackfish*

#### Eagle Wood Farms

Barkhamsted

Bryan Woods

86-402-4953

[bryanwoods@eaglewoodfarms.com](mailto:bryanwoods@eaglewoodfarms.com)

*Frozen retail portions of beef, veal, pork, lamb, and goat. We grow our own animals, pig roasters, suckling pigs. See [prices](#) on our website.*

#### FreshPoint

Hartford, CT

Daniel Batchelder

800-824-0448 ext 359

[Daniel.Batchelder@FreshPoint.com](mailto:Daniel.Batchelder@FreshPoint.com)

*Apples, beets, eggplant, leeks, squashes decorative gourds, pumpkins, cabbage, peppers, sweet corn, beans, tomatoes, peaches, nectarines, pears, eggs, milk, goat cheese, goat's milk yogurt, currant juice, apple cider, candy & caramel apples, corn stalks, mums, hay, Indian corn, wheat grass.*

#### **Sepe Farm**

Newtown (Sandy Hook)

Peter Sepe

203-270-9507 or 203-470-4084 (cell)

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

*Lamb (USDA inspected and delivered)*

### CT GROWN “HAVES” IN OCTOBER

#### **BHS Cuisine**

Bloomfield

Chef Paul Waszkelewicz

860-286-2630 x1131

860-918-4871

[pwaszkelewicz@blmfld.org](mailto:pwaszkelewicz@blmfld.org)

*Our high school culinary arts program seeks any surplus products.*

#### It's Only Natural

Middletown

Mark Shadle

860-346-9210

[goveggie@aol.com](mailto:goveggie@aol.com)

*Looking for reasonably priced butternut squash.*

#### **Tschudin Chocolates & Confections**

Middletown

Rob Lucheme (Roberto Tschudin Lucheme)

860-633 1962 (cell) 860-759-2222 (shop)

[Lucheme@aol.com](mailto:Lucheme@aol.com)

*Seeking mint, apples, berries, and any other product that might make an interesting infusion, flavoring, or filling. Also looking for cream, milk, butter, and eggs.*



## Happenings

Several CT fairs remain this season. For a complete list and map of major, district, 4-H, and local fairs throughout the state, visit the CT Fair Association's [website](#).

The Last Green Valley's 19<sup>th</sup> Annual Walktober Festival features guided walks and other family-friendly fall activities at numerous CT farms. See the event [website](#) for more information.

The Farmer's Cow Corn Maze Adventure at Fort Hill Farms in Thompson is open through 11/8/09. See [website](#) for directions, hours, and admission information.

Urban farming pioneer and MacArthur Genius Award Recipient Will Allen will be part of the "Revolutionary Thinkers" program at the CT Forum on 10/2/09. More information and tickets are available at [www.CTForum.org](http://www.CTForum.org).

On 10/3/09, The Growing Green Co-op will welcome Dan Kittredge of The Lodge at Pony Farm, Director of *The Real Food Campaign*, for a discussion about high-BRIX foods and how to grow them through the practice and implementation of nutrient dense crop production. Farmers, consultants, distributors, wholesalers, consumers, advocacy groups, and any others interested in the availability of nutrient-dense foods and food security are invited. \$10 for co-op members, \$15 non-members. Get [more info or register](#).

A Made in Connecticut fair hosted by the Oxford Democratic Town Committee will be held 10/4/09 on the grounds of the Colonial Tavern in Oxford. For more information or to reserve a booth, please contact: Jane Maher, [snootyfood2@att.net](mailto:snootyfood2@att.net) or 203-231-5109.

On 10/8/09 at 7:00 PM, a panel discussion entitled "Eating Between the Lines," focusing on the reduction of one's carbon footprint, will be held at the Women and Family Life Center in Guilford. FTC member Emily Brooks will be among the panelists. See event [website](#) for more information.

The CT Museum of Natural History has a slew of agriculture-related workshops and lectures planned for this fall, including "Field Learning: Mysterious Mushrooms," 10/10/09, "Museum Lecture: Producing Food, Producing Ourselves," 10/11/09, "Museum Lecture: Food Taboos," 10/18/09, "Saturday Afternoon at the Museum: Who's Eating Who?" on 10/24/09, "Field Learning: Hayride and Research Barns Tour!" on 10/31/09, "Field Learning: Tour and Taste Connecticut Grown Wine!" on 11/1/09, "Kids-Only Workshop: Dissecting Your Dinner," 11/14/09, and "Saturday Afternoon at the Museum: Why Do We Eat That?" on 11/14/09. See [website](#) for more details and registration information.

The Silo Cooking School at [Hunt Hill Farm](#) will host a special event on Sunday, 10/18/09, from 4:00 to 7:30 PM featuring an international selection of organic wines paired with locally-inspired dishes and accented with music. Cooking School Director Chef Mary Kravec will demonstrate recipes and Bob Cusati from Nodine's Smokehouse in Goshen will talk about their products. See [website](#) for more info or to purchase tickets.

The [Country Club of Farmington](#) will host a Club and Farm-to-Chef Open House on 11/7/09 from 10:00 AM to 1:00 PM. The event will feature a meet-and-greet with Executive Chef Kevin Cottle, contestant on Season 6 of Hell's Kitchen, and a dozen local food producers, who will offer samples of their products and talk with attendees about what they do. This event is free and open to the public. Attendees are asked to follow the Club's dress code of collared shirts on men and no jeans on anyone. Contact Reg at 860-677-1681 or [rbriggs@farmingtoncountryclub.com](mailto:rbriggs@farmingtoncountryclub.com) for more info.

Chamard Vineyards is offering a unique opportunity for members of the public to make their own wine under the supervision of master winemaker David Leger. For more information, visit [www.chamard.com](http://www.chamard.com) or email [cus-tomcrush@chamard.com](mailto:cus-tomcrush@chamard.com).

## In the News

The 8/21/09 [episode of Science Friday](#) features a thought-provoking discussion about the role of local food in a responsible global food system by authors James McWilliams (*Just Food: Where Locavores Get It Wrong and How We Can Truly Eat Responsibly*), Michael Pollan (*In Defense of Food: An Eater's Manifesto*), and Brian Halweil (*Eat Here*).

This 8/30/09 [piece](#) in the Hartford Courant explains the term "local" when used to describe food sold in CT.

Mark Winne's [Opinion piece](#) in the 8/30/09 Hartford Courant discusses the role of local, healthy foods in the battle against obesity, skyrocketing healthcare costs, and food deserts.

Illinois recently enacted legislation to help put more Illinois-grown food on Illinois tables by building a reliable market for it at state agencies and facilities that receive significant state support. [Read the story.](#)

This 8/28/09 [New York Times article](#) by Jan Ellen Spiegel examines some of the more unusual CT Grown items being produced on local farms.

This 9/8/09 [Daily Campus story](#) explains the UConn Migrant Farm Worker Clinic, which provides affordable healthcare to seasonal farm workers throughout the state

Michael Pollan takes a look at the role that healthy food can play in our nation's healthcare reform in this 9/9/09 [New York Times Op-Ed piece](#).

Join the Hartford Courant's Susan Campbell as she takes a trip on the CT Wine Trail in this 9/12/09 [story](#).

The Sierra Club has started a group for farmers' market lovers and is asking newsletter readers to put their favorite farmers' market on their national map. See their [website](#) for more information.

The [latest issue of The Dredge](#) newsletter contains a wealth of information about CT shellfish production, including the rigorous sanitation program managed by the DoAG Bureau of Aquaculture.

Read about students' recent visit to local farms, including FTC members Rose's Berry Farm and Belltown Hill Orchards, in this 9/14/09 [Yale Daily News story](#).

Will Allen appeared 9/18/09 on WNPR's [Colin McEnroe Show](#) along with FTC members Mike Kandefer from Urban Oaks and Shannon Raider and Hannah Gant of Four Fields Farm. Listen to the [podcast](#).

This 9/24/09 [investigative report](#) and [video](#) by Jim Hoffer at WABC in New York about unsafe handling of fresh foods is an excellent reminder to all FTC members about the importance of transporting and handling local foods properly.

Rinker Buck's 9/28/09 Hartford Courant [article](#) describes the silver lining many CT Grown orchards have found after an extremely stressful growing season.

[WTIC Newstalk 1080 Radio](#) features a different CT Grown Destination of the Week each Tuesday morning at 7:50 AM. October's destinations include Sam Bridge Nursery and Garden Center, Wethersfield Farmers' Market, FTC member Eaglewood Farms, and R-Farm. Tune in at 1080 AM or [stream it live](#).

[WFSB-3 TV](#) weekend edition of Eyewitness Morning News regularly features FTC members Emily Brooks, Tim Cipriano, and Drew McLachlan each month. Tune in between 8:00 and 9:00 AM.

FTC member Kevin Cottle has made it to the final four contestants on Season 6 of [Hell's Kitchen](#). Watch him represent CT in fine fashion Tuesday nights at 8:00 PM on Fox.

## Miscellaneous Announcements

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

September was Hunger Action Month, and although the month long campaign has wrapped up, there is still a tremendous need for donations and plenty of opportunities to share with those less fortunate. Local food banks in CT include [Foodshare](#) and the [CT Food Bank](#). Check their websites to see how even small contributions can make a big difference.

Organic Renaissance LLC seeks to integrate the natural and organic community with markets that have been out of reach because of farm location, processing and packaging location, and distribution obstacles. They are looking for input from both CT Grown producers and users. [Take the survey](#).

The [Greater New London Farm to City Coalition](#), which works to connect regional food producers with consumers in New London, is seeking input from CT Grown producers and users. The results of these 10-minute surveys will help them learn more about regional production and demand for local food. If you would like to contribute, take the online [producer](#) or [user](#) survey.

The CT Weekly Agricultural Report, published by the CT Department of Agriculture Marketing Bureau, now is available through a free email subscription. This four-page weekly bulletin contains informative articles, wholesale pricing information, and an inexpensive classified ad service. [Sign up now](#).

Janet Bowen at EPA Region 1 sends out an information-packed newsletter each month. While the target audience is healthcare facilities, there is a plethora of useful info and resources that can be used by anyone looking to lower their carbon footprint. Check the [website](#) to learn more about Janet's program or to sign up for her mailing list.

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.

### 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.