



# NEWS TO GROW ON



A seasonal newsletter of the Connecticut Farm Fresh Cooperative Association

Vol. II, No. 3

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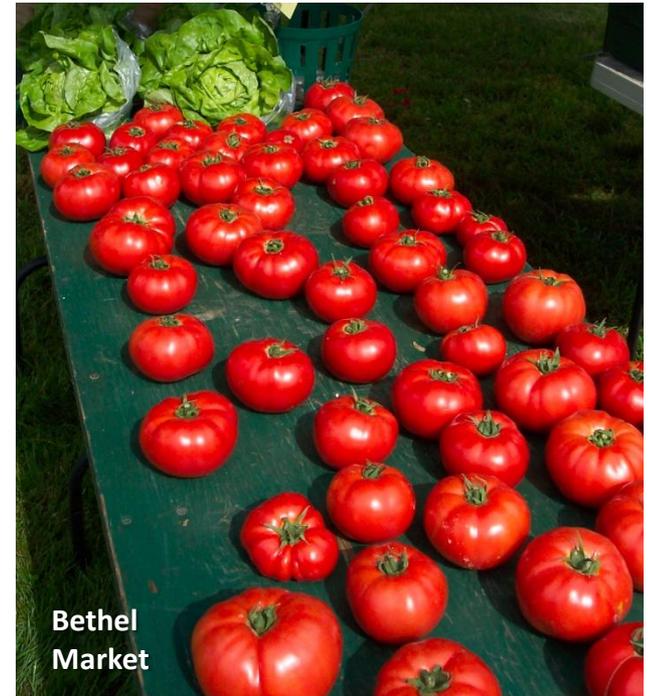
Heads Up Creative Marketing

*Contributor:* Carrie Keeling

## Chefs Rank Locally Grown Produce as the Hottest Trend of 2009!

Yet more evidence that locally-grown food is going mainstream: a survey of 1,609 chefs by the National Restaurant Association ranked locally-grown produce as the #1 hottest trend of 2009. The association surveyed American Culinary Federation member chefs, asking them to rate 208 individual food/beverage items, preparation methods and culinary themes as a "hot trend," "yesterday's news," or "perennial favorite" on restaurant menus in 2009.

Many of the top 20 trends are related to "philosophy-driven" food choices, including local sourcing, organics, artisanal items, sustainable food, and free-range pork/poultry. The research finding will come as no surprise to CT residents, who enjoy many wonderful new restaurant choices created by chefs who seek out fresh local produce. *To see a list, visit : [www.ct.gov/DOAG](http://www.ct.gov/DOAG); search for "farm to chef."*



There's a brisk energy at the markets this month, with the fall air as crisp as an apple. Who can say no to produce this inviting? See inside for a great way to use beautiful tomatoes like these, and other fruits of the season, too.



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## Inside this issue:

- Seasonal recipes to use your market bounty
- What's at the markets this month
- This month's Farm Visit
- Websites of interest to locavores like you!
- **and yet another good reason to buy local. . .**

## Submissions welcome:

We'd like to include photos taken by our farmer's market visitors next month. Please email your pictures to the editor, [aliceely@optonline.net](mailto:aliceely@optonline.net), and include your name, phone number and the name of the market where you took the picture. We'll publish our favorites, with your name if you like, in an upcoming issue.



## Another good reason to buy local:

Food shipped by air racks up global warming emissions

Here's a hotlist of commonly air-freighted foods and their country of origin—why buy these items in the grocery when more flavorful ones are here in the farmers' market right now?

- Bell peppers (Netherlands)
- Tomatoes (Netherlands)
- Blackberries (Chile)
- Blueberries (Argentina)
- Raspberries (Chile)
- Peaches (Chile)
- Nectarines (Chile)

## Celery Root Remoulade

Here's a quick and delicious salad recipe from Dana Angelo White, registered dietitian, culinary nutritionist, local food junkie, stalker of farmer's markets and all-around great cook.

### Celery Root Remoulade (French Slaw)

Serves: 6

1 large celery root – peeled and shredded (about 3 cups)

1/2 cup shredded cucumber

2 tablespoon nonfat Greek yogurt

1 teaspoon Dijon mustard

1 tablespoon low-fat sour cream

2 teaspoon rice vinegar or freshly squeezed lemon juice

1/4 teaspoon salt

1/4 teaspoon pepper

Pinch celery salt

Combine ingredients in a medium bowl and mix well.

Serve slightly chilled or at room temperature.



#### Nutrition Info:

Calories: 31

Total Fat: 0 grams

Sat. Fat: 0 grams

Total Carbs: 6 grams

Protein: 1 gram

Sodium: 168 mgs

Cholesterol: 1 mg

Fiber: 1 gram

healthy  eats



This root veggie might not look appealing, but don't let that scare you away. Celery root (a.k.a. celeriac) is a delicious early fall treat.

Cut away the bumpy outer layer to reveal the bright white flesh. (The aroma is amazing!) This root veggie is a relative of celery, so it has that fresh and clean flavor, but it's spicier. There's a very subtle horseradish thing going on.

Enjoy celery root boiled and mashed, sautéed or roasted. I usually have some on my Thanksgiving table in some form. But when it's still warm out, I like the veggie raw and shredded in a slaw dish known as "remoulade." I serve it along with grilled shrimp, chicken or salmon burgers (my favorite).

—Dana Angelo White

(For more of Dana's healthy answers to what's for dinner, visit her blog at [healthybeats.com](http://healthybeats.com).)

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## Alice's Roasted Vegie Ratatouille

Roasting the vegies first gives this a deep rich flavor that's complex and satisfying, either room temperature or cold. Serves 6.



- 1 lb. eggplants, unpeeled, 1 ½ in. cubes, salted
- 4 medium green and yellow zucchini cut into crosswise slices ½ in. thick
- 1 onion cut into thin wedges
- 4 or more cloves garlic, halved
- 1/4c. extra virgin olive oil
- Freshly ground pepper to taste
- 2 bell peppers, seeded, cut in 2" chunks
- 3 med. Tomatoes, peeled and seeded
- 1 ½ T chopped basil
- 1 ½ T chopped parsley
- 1 T capers rinsed and drained
- 8 pitted olives

Place cubed eggplant in a colander, salt, weight down w a bowl, and let stand 1 hr. to drain off bitter juice. Before roasting, rinse and pat dry. Combine the zucchini, onion, eggplant, red pepper and garlic in a large roasting pan and toss with 2T olive oil, and a little salt and pepper. Roast at 400F till the veggies are tender and browned. Meanwhile, prep and cut tomatoes into small wedges, then, in a lg. pan over med. heat, warm 2T olive oil, add tomato and cook till tender, about 10 minutes. Add the roasted veggies and cook, turning gently, for 10 more minutes till almost a jam. Just before serving stir in the basil, parsley, capers and olives. Adjust seasoning, adding more olive oil to taste.



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### What's fresh now:

Don't forget a big strong bag when you hit the market this month: there is so much to choose from: a parade of squashes to welcome in autumn, more glorious tomatoes, eggplants, root vegies, a fresh crop of the cool-weather-loving greens, lettuces, and apples galore.



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**More new "hand-picked" websites to visit, if you are interested in all things fresh, local and healthy:**

Connecticut Farmland Trust is the only private, statewide, nonprofit conservation organization dedicated exclusively to protecting Connecticut's working farmland. The Trust's farmland protection programs include one-on-one consultations for farm families. Established in 2002, CFT holds agricultural conservation easements that protect 1,626 acres of farmland on 18 farms around the state, and serves as a leading resource for conserving Connecticut's working farmland. For more information about CFT please visit

<http://www.ctfarmland.org>

A beautiful magazine celebrating edible foods of the Nutmeg state, (that's CT!) season by season, with articles and recipes of interest. Catch up on back issues for free and find out where to subscribe at

[www.ediblenutmeg.com](http://www.ediblenutmeg.com)

Download information about how to reduce exposure to pesticides in your food, including a free shopping guide.

[Foodnews.org](http://Foodnews.org)

The official site for the CT Farm Fresh Cooperative Association, this site is currently being upgraded but will re-launch very soon, with lots of farmer's market news including back issues of this newsletter.

[Ctfarmfresh.org](http://Ctfarmfresh.org)

The CT Dept. of Agriculture maintains a comprehensive list of farmers' markets in the state.

[www.ct.gov/DOAG](http://www.ct.gov/DOAG)

## Pumpkin Apple Bread

### For Topping

- 1 T all purpose flour
- 3 T granulated sugar
- 2 T brown sugar
- 1 tsp cinnamon
- 1 T softened butter

### For Bread

- 4 cups all purpose flour
- 2 tsp baking soda
- 1.5 tsp salt
- 1 tsp baking powder
- 1 tsp ea. cinnamon & nutmeg
- 1 cup vegetable oil
- 2.5 cups granulated sugar
- 1 15 oz can pumpkin
- 2/3 cup cold water
- 4 eggs
- 2 tart crisp baking apples (peeled, cored, small dice)

Butter two 9x5x3" loaf pans. Dust lightly with flour; sift together first six ingredients in large bowl: mix together pumpkin, oil, sugar, eggs, and water until well combined. Add flour mixture to wet mixture. Stir until combined well.

Fold in chopped apples. Sprinkle topping on both breads. Bake in 350-degree oven for 50-60 minutes, or until wooden pick inserted in center comes out clean. Cool breads in pans for 10 minutes, then turn out on to rack to cool completely. Breads may be wrapped well, kept in refrigerator for one week, or frozen for one month.

*Recipe contributed by Chef Billy Grant, chef owner of Restaurant Bricco in West Hartford, and ardent supporter of fresh, local ingredients.*



For a wonderful family outing on a beautiful fall day, plan a visit to Plasko's Farm, the last remaining fully operating farm in Trumbull, CT, where you'll see the 8 acre farm, established by the Plasko family in 1952, on Daniels Farm Road. You'll come for the gorgeous array of produce, baked goods and flowers, but your children will love exploring the corn maze, which actually *is* amazing, and patting the miniature donkeys. The first farm was begun by Mary and Martin Plasko in 1925; they were Czechoslovakian immigrants who



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saved to for 10 years to buy the land; their son John Plasko, along with the third Plasko generation, John Plasko, Jr., and his wife, Lisa, have rebuilt and expanded the farm, adding 20 more acres of farmland and picturesque outbuildings, including an old-fashioned country store.



The corn maze at Plasko's farm.



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