

What is Local Routes News?

Local Routes News is a monthly on-line newsletter highlighting UConn's Department of Dining Services' commitment to supporting local and organic foods. Written in a quick, easy-to-read format, Local Routes News will be sent monthly during the academic year (September through April).

April 2007
Volume 3, Issue 17

Local Routes News

The University of Connecticut Department of Dining Services



LOCAL FLAVOR

Local, sustainable, and organic foods
LOCAL ROUTES SPRING FLING!

Friday April 27, 2007
11am - 2pm

Fairfield Way
UConn Storrs Campus
(Rain Location: Hawley Armory)

Did You Know?

Connecticut is 1st in New England for:

- Pear Production
- Milk production per cow
- Nursery & Greenhouse sales
- Value of crop production

Connecticut Ranking in U.S.:

- 7th - Wild Blueberries
- 10th - Pears, Acreage, Yield
- Top 10 in oysters
- 11th - Maple trees tapped
- 11th - Eggplant acres, Yield
- 14th - Milk production per cow

Contact Us:

Local Routes information:
rebecca.gorin@uconn.edu

Celebrate spring with our Connecticut Grown Menu:

- Grilled Hamburgers and Hot Dogs
 - Salad Greens
 - Tomatoes
 - Jalapeno & Multi Grain Chips
 - Granola Snacks
 - Ice Cream Cups
 - White & Chocolate Milk
 - Portobello Mushroom Burgers
- Four Mile River Farm, Old Lyme, CT
Tobacco Road Farm, Lebanon, CT
Swiss Valley Farm, Ellington, CT
Food Should Taste Good, Hartford, CT
Bear Naked Granola, Darien, CT
UConn Dairy Bar, Storrs, CT
Mountain Dairy, Storrs, CT
Still made in Connecticut by **Franklin Farms!**

Enjoy the stilt walkers & roving vegetable mascots!
Get up close and personal with a real-live UConn dairy cow!
Shop our local food and artisan craft vendors!
Fun for the whole family!

This year's Spring Fling will feature the locally grown talent of Storrs, Connecticut's own Peter Tork and the Shoe Suede Blues!
Visit www.shoesuedeblues.com
Music from 12-1pm

Cash and UConn meal plans will be accepted.
Cash price \$8.50 or \$6.00 for kids under 12.

LOCAL HEROES

People or organizations making a difference
Connecticut Farmers' Markets

There are 82 farmers' markets scattered throughout the state of Connecticut. The demand for farmers' markets is increasing, and each year there are a number of requests to start new markets. Markets benefit farmers and consumers alike. They provide a venue for farmers to sell their products, and they provide convenient, community based locations for consumers to purchase fresh, high-quality foods. Most markets begin in May or June and run through October or November. To locate a farmers' market in or near your home town use the following link: www.ct.gov/doag/cwp/view.asp?a=1368&q=259134

Wisdom

"Most communities have farmer's markets now, where it really isn't that much more expensive to shop. It's always easier to go to the supermarket and pick up something there, but at the farmer's market you interact with people and have a good time and the end result is so much nicer. You'll be sitting down to the table with good local food, which is a very different experience from sitting down to nothing but a lot of unanswered questions about your dinner."

- *Deborah Madison*
Chef and author of a number of cookbooks including *Greens Cookbook*, *This Can't be Tofu*, and *The Savory Way*



Local Routes Mission Statement

The goal of the Local Routes program is to develop interest in locally produced foods among the university community.

By holding Local Routes Fairs and encouraging the use of local foods in on-campus food service operations, the Department of Dining Services will highlight its focus on supporting and promoting the use of local and organic foods.

Through education and interaction, the Local Routes Program will encourage the support of local food producers and the businesses that sell Locally grown foods.

LOCAL MOTION

Directory of upcoming local events

April 21, 2007

Earth Day at New Morning Natural & Organic

11am-4pm, 738 Main Street South Woodbury, CT

Join in a free celebration with outdoor activities and live music for the whole family. Sample the best in natural and organic foods and meet hundreds of exhibitors, including natural health practitioners, non-profit and environmental organizations. Rain or shine.

More info: www.newmorn.com

April 22-24, 2007

Sustainable Living Book Fair and Conference

Many great books will be for sale with sustainable living themes, author presentations, and special foods available in the Co-op Café.

More info: www.bookstore.uconn.edu

April 27, 2007

Local Routes Spring Fling

11am-2pm, Fairfield Way on the Storrs UCONN Campus
Enjoy great Connecticut foods, entertainment, and shop a variety of local vendors at our kick off to the farmers' market season!

For more info: Check out Local Flavor above or go to: www.dining.uconn.edu/spring_fling or contact rebecca.gorin@uconn.edu

April 28, 2007

Annual Connecticut Sheep, Wool and Fiber Festival

9am-4pm, Tolland Agricultural Center, Vernon, CT, Route 30 near the intersection of Route 31, Exit 67 off of I-84

The festival includes sheep exhibits, a fleece sale, spinning, weaving, dyeing demonstrations, sheep dog trial, food, and lots of vendors.

More info: www.ctsheep.org

Contact Us: Local Routes information: rebecca.gorin@uconn.edu