

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 May).

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Local Routes News

The University of Connecticut Department of Dining Services



Did You Know?

- It takes 40 gallons of maple sap to make 1 gallon of maple syrup.
- It takes a maple tree 40 years to grow to larger than a 12-inch diameter to be ready to be tapped.
- Pure maple syrup has no fat or protein and is a good source of calcium, iron and thiamin.

Contact Us:

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LOCAL FLAVOR

Local, sustainable, and organic foods

It's Maple Sugaring Season in Connecticut!

In mid-February maple sugar operations across the state of Connecticut will begin collecting sap from the sugar maple trees that dot the landscape. Sap needs two straight weeks of below freezing temperatures before it is ready to flow. During the cold weather the trees turn starch into sugar in the roots. Once the weather warms a bit, the roots will push the sugar-filled sap up the trunk and into the tubes and buckets that collect it.

The sap is boiled to concentrate the sugars and make the thick liquid we know as maple syrup. Further reduction creates maple sugar.

Connecticut ranks 10th in the US in terms of total number of taps (63,000) and in gallons of maple syrup produced (11,000). It is fifth in the nation in volume of sap produced per tap (.159 gallon).

Many sugarhouses in the state are open to the public and several give tours. For a complete list visit www.CTGrown.gov and click on "Publications."

So far this school year, Whitney Dining Hall on the UCONN campus has purchased 44 gallons of 100% pure maple syrup from River's Edge Sugar House in Ashford, CT. Visit www.riversedgesugarhouse.com for more information.

LOCAL HEROES

People or organizations making a difference

Connecticut Women's Agricultural Network (CT-WAgN)

CT-WAgN was formed in 2006 as an organization to support the many women involved in agriculture in Connecticut. Membership is open to all. CT-WAgN plans to offer a network of support to women who are currently farming, or want to, or have an agriculturally related business. Based on member needs and interests, CT-WAgN will offer speakers, educational and technical workshops, farm and business visits, and connections to a wide range of resources in the state, and in New England. For more information contact Trish Manfredi at tmanfredi@cox.net.

Nationally, in the past 20 years, the number of women who are principal operators of farms has doubled!

Wisdom

“When the choice comes down to industrial organic or local, I opt for the local, because it supports much more than good agricultural practice.”

– Michael Pollan



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

February 17, 2007

Willimantic Food Co-op 27th Birthday Party

91 Valley Street, Willimantic, CT

27 birthday cakes, 10% discount throughout the store (except special orders), and music from 11am-5pm.

More information: www.willimanticfood.coop

March 10, 2007

Cultivating an Organic Connecticut Conference

8:30am-4:45pm, Windsor High School, Windsor, CT

Featuring 30 workshops, a potluck lunch and an organic marketplace.

More Information: www.ctnofa.org

March 16 - March 17, 2007

The Third National Farm to Cafeteria and Food Policy Conference

Radisson Lord Baltimore, Baltimore, Maryland

Farm to cafeteria organizing and policy workshops, Farm bill and food policy sessions, Lobby day. More Information:

<http://www.foodsecurity.org/2007conf/>

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 Information: www.newmorn.com

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!

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