

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



SPECIAL EDITION:

A Glance back at Local Routes' accomplishments in 2007!

Did You Know?

UConn's Department of Dining Services hosted a NACUFS workshop entitled Contemporary Twists on Traditional Winter Menus on January 10, 2008. We welcomed participants from the following Northeast Regional Institutions to Whitney Dining Hall for the daylong event which focused on seasonal winter recipe development in sustainable food programs:

SUNY Cortland
Smith College
St. Paul's School
New Hampshire
Connecticut College
Roger Williams University
Harvard
Syracuse
University of Rhode Island
UConn

Hat's off to all participants and a round of applause for creating some mouth watering winter menu ideas.

Contact Us:

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Whitney Dining Hall successfully started a second year of sourcing and serving local sustainable foods as UCONN's premier sustainable dining operation. Additions to the sustainable food options at Whitney in 2007 included organic Fair Trade bananas, milk and dairy products from Mountain Dairy in Storrs, and Certified Humane cage free liquid eggs.

The Buy CT Grown Campaign kicked off its new website (www.buyctgrown.com) in the fall of 2008. Rebecca Gorin, Local Routes Program Coordinator was pleased to sit on the steering committee for this worthwhile project linking Connecticut food producers and consumers. UCONN's Local Routes program is listed in the directory.

Cider Braised Pot Roast with Maple Baked Root Vegetables won first place in the NACUFS (National Association of College and University Food Service) local recipe contest. Click here for the recipe: http://www.dining.uconn.edu/news_060507.html

The third annual **Spring Fling** celebrated local foods in April. Heavy rain moved the event indoors to the Student Union this year, but dampened spirits were lifted by the performance of former Monkee, Peter Turk's band, the Shoe Suede Blues. We hosted an indoor local vendor's market as well as a feast featuring burgers and dogs from Four Mile River Farm in Old Lyme, CT. Photos: <http://www.dining.uconn.edu/phpslideshow.php?directory=slideshow/springfling2007>

The Celebration of Connecticut Farms, a benefit for Connecticut Farmland Trust, was held in September 2007. Rebecca Gorin and Rob Landolphi from the Department of Dining Service at UCONN participated in the event, creating delicious milkshakes with black currant juice from Maple Lane Farm in Preston, Farmer's Cow milk and UCONN Dairy Bar ice cream.

The second annual **Local Routes Chili Cook Off** was held in September 2007 and featured delicious chili recipes made of local ingredients by UCONN chefs. More information: http://www.dining.uconn.edu/celebrate_ct_2007.html

Celebrate Connecticut Week featured a dinner of Connecticut grown foods which rotated through each dining facility for a week in September. The menu included Nodine's Smokeouse Ham from Torrington, CT, and Winter Squash Gratin, and introduced student diners across campus to UCONN's sustainable food program.

The Annual Luncheon of the Working Lands Alliance (WLA) was held at the State Capitol Building in November. The Local Routes program was pleased to participate, serving Lamb Pastitsio and UCONN Dairy Bar cheeses to attendees including farmers and State legislators. For the Lamb Pastitsio recipe: http://www.dining.uconn.edu/news_20071107.html

A New England Winter's Feast was served at Whitney Dining Hall in December 2007. This year's holiday dinner featured a delectable menu of foods from Connecticut and New England growers, harvesters and food producers. This year's menu showcased tasty items such as venison cocktail meatballs with Black Currant Glaze (Bonnie Brae Venison Farm, New Hampshire and Maple Lane Farm Currants, Preston, CT), Cider Braised Pot Roast (Four Mile River Farm, Old Lyme, CT), and a Seafood Lasagna brimming with Stonington Sea Scallops and Calabro Co. Connecticut made Cheeses. Photos: http://www.dining.uconn.edu/phpslideshow.php?directory=slideshow/whitney_holiday_dinner_07

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 MOTION

Directory of upcoming local events

Now through February 4, 2008

Growing Places Online: For Aspiring and Beginning Farmers

Growing Places is a non-credit, pre-business planning course designed for people who are considering starting or expanding an agriculturally based business. The course is instructor led and includes lots of interaction with other students (via email). Course runs approximately six weeks. Tuition, including materials is \$125.

Download a registration form at <http://www.uvm.edu/wagn>

For more info: <http://www.uvm.edu/wagn/growingp.html> or call Beth Holtzman at 802-223-2389 x15.



March 8, 2008

Cultivating an Organic Connecticut Conference

Speakers, workshops and a potluck lunch. Windsor High School, Windsor, CT.

More info: <http://www.ctnofa.org>

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.

Contact Us: For Local Routes information, e-mail rebecca.gorin@uconn.edu