

## 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).

February 2008  
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# Local Routes News

The University of Connecticut Department of Dining Services

## LOCAL FLAVOR

*Local, sustainable, and organic foods*

## Lenten Seafood Specials at Whitney Dining Hall...

Friday evening dinners will feature local, sustainably harvested seafood specials during Lent. Our Lent Menu Items are:

**February 6 (Ash Wednesday):**  
Cioppino featuring Locally Harvested Little Neck Clams and Haddock

**February 8:**  
Glazed Fish with Ginger Butter Sauce featuring Locally Harvested Haddock

**February 15:**  
Thai Fish Cakes featuring Locally Harvested Haddock and Sustainably Harvested Alaskan Pollock

**February 22:**  
Fish Tagine with Capers & Cinnamon featuring Locally Harvested Haddock

**February 29:**  
White Seafood Lasagna Featuring Stonington Sea Scallops and Sustainably Harvested North Atlantic Shrimp



## LOCAL HEROES

*People or organizations making a difference*

## Connecticut Department of Agriculture Farm to Chef Program

The Connecticut Department of Agriculture has been working hard to connect farmers to the chefs who prepare the food in Connecticut. This crucial link in the local food system has been highlighted and strengthened by several workshops for chefs hosted by the Department of Agriculture at the Stonington Docks and Beaver Brook Farm (one of UCONN's local food suppliers).

The first annual meeting of the Farm to Chef Program will take place in February and will feature a panel of local food suppliers and chefs. Rebecca Gorin, Local Routes Program Coor-

dinator at UCONN will represent the institution sector on the panel. Whitney Dining Chef Jim Buell, Whitney Manager Susan O'Keefe, and Catering Chef Frank Cameron will attend the event from UCONN as well.

## Did You Know?

Food travels approximately **1,500 miles** before it reaches your table! Another great reason to eat local!

Contact Us:  
Local Routes information:  
[rebecca.gorin@uconn.edu](mailto:rebecca.gorin@uconn.edu)

## Wisdom

“Our approach to nature is to beat it into submission. We would stand a better chance of survival if we accommodated ourselves to this planet and viewed it appreciatively instead of skeptically and dictatorially.”

-Rachel Carson  
*Silent Spring*

# LOCAL MOTION

*Directory of upcoming local events*

**February 27, 2008**

## Farmer Appreciation Dinner, Whitney Dining Hall

Join us from 4:15-7:15pm for our first ever Farmer Appreciation Dinner. A menu featuring the best of our region will be prepared in honor of those who grow and produce the foods we eat. The event will feature a showing of the DVD Working the Land: The Remarkable Story of Connecticut Farms and Farmers. We will start the DVD at 5pm. Fowler and Hunting Produce Company will be on hand with information about the local farms they support. More Information: [rebecca.gorin@uconn.edu](mailto:rebecca.gorin@uconn.edu)

**March 8, 2008**

## Cultivating an Organic Connecticut Conference

Connecticut NOFA's annual conference featuring speakers, workshops and a potluck lunch. Windsor High School, Windsor, CT. *More info:* <http://www.ctnofa.org>

**April 22, 2008**

## Earth Day Spring Fling

For the first time, the EcoHusky Earth Day celebration and Dining Service's Spring Fling will be combined into one super sustainable event! Join us on Fairfield Way at UCONN from 11am-2pm for entertainment, sustainable demos, EcoHusky Sneaker Mountain shoe recycling extravaganza, great locally raised food and an outdoor market to kick off Connecticut's farmers' market season! *Rain Date: Wednesday, April 30, 2008*

More Information: [rebecca.gorin@uconn.edu](mailto:rebecca.gorin@uconn.edu)



## 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](mailto:rebecca.gorin@uconn.edu)