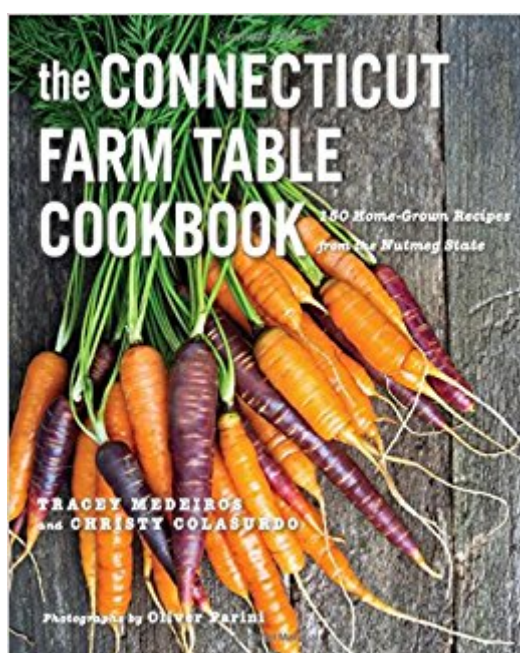


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# The Connecticut Farm Table Cookbook: 150 Homegrown Recipes From The Nutmeg State (The Farm Table Cookbook)



## Synopsis

From Connecticut's seafood shacks to its 4-star farmhouse restaurants, locavore recipes and more. The Connecticut Farm Table Cookbook brings home cooks a stellar collection of 150 delicious recipes from the Nutmeg State's celebrated chefs and the dedicated farmers, fishers, ranchers, foragers, and cheese makers they partner with to create dynamic New American and New England fare. This is the best of regional and farm-to-table cuisine from food producers and purveyors whose commitment to sustainability and quality is evident in everything they do. As consumers have demanded more locally grown foods, more organics, and foods with fewer additives, the locavore movement has taken hold across the U.S. Every state and region has their own unique products and their own version of healthful, wholesome, innovative cuisine. The Connecticut Farm Table Cookbook showcases delectable specialties that the state's growers and chefs are creating using local microgreens, heirloom lettuces, sunchokes, ramps, quail eggs, Burrata, bison, chevre, heritage-breed pork, oysters, and more. Recipes are presented clearly and are easy to follow; they utilize ingredients that are readily available no matter where you shop. Along with mouthwatering recipes and beautiful photography you'll be treated to fascinating profiles of food producers, chefs, and restaurants. This celebration of Connecticut's healthy, sustainable food scene is a collection to savor and return to again and again. 100+ Color photos

## Book Information

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## Customer Reviews

"In their introduction to the book, Medeiros and Colasurdo write, "It's a beautiful thing to tour one's own state and discover a thriving green foods scene in every corner, with

pick-your-own operations; rustic roadside farm stands and clam shacks; community-centered farmers' markets in the cities and suburbs; and gorgeous farms, vineyards, and orchards." (Having grown up in Connecticut, I have fond memories of picking blueberries, apples and peaches at nearby farms)...  
- Yankee Magazine "For me, The Connecticut Farm Table is a model to which other cookbook/travelogue hybrids should aspire."  
- Cooks & Books & Recipes "Not only do you get a broad cross-section of foods, the recipes vary greatly, from simple, easy-to-toss-together dishes, to ones requiring both time and some kitchen skills."  
- Accidental locavore "What delights me most about The Connecticut Farm Table Cookbook is its splendid localness. I know and have visited a lot of the farms and restaurants featured in the book. What's that? You don't live in Connecticut? So you think this book holds nothing for you? Nonsense."  
- Leite's CULINARIA "It digs deep into Connecticut's rich agricultural history and food production while engaging in conversations with the Nutmeg state's farmers, artisans and chefs, telling the story through lively profiles and raw and engaging photos."  
- Venu Magazine "This book makes me want to engage with all of the resources. Go to Connecticut, book in hand, rent a car and explore."  
- Pen & Fork "Each page introduces you to a farm, their life, what they do, how they got started and then shares a delicious recipe."  
- Hip Foodie Mom "What I really love most about this stuffing -- and what I think makes it stand out -- is the roasted root vegetable mixture. Rutabaga, beet, carrot, onion, garlic, fresh rosemary, and fresh sage are roasted with a little olive oil and honey before going into a buttered baking dish with the rest of the stuffing ingredients." -The Kitchn

My inspiration for writing these books has always been the desire to promote community wellness by growing food in a healthy responsible way. This has been my message in each of my books and a lifelong purpose. Every person that has been featured in my cookbooks has deeply inspired me by the work that they do. Their dedication and strong commitment to preserving their state's agricultural way of life through the support of the local food culture is truly amazing.  
Writing The Connecticut Farm Table Cookbook has given me the joyous opportunity to connect with many of the Nutmeg State's hardworking farmers, chefs, and food producers. Their passion for what they do shines through in their strong commitment to preserving Connecticut's agricultural way of life by supporting the local food culture. The catch phrase, "Buy Local," has become the mantra of both farmers and chefs.  
Knowing that there is a conscious effort on the part of the consumer to maintain a healthier lifestyle, the Connecticut food scene is evolving, embracing the virtues of local, organic, seasonal, and sustainable ingredients." - Tracey Medeiros  
For me,

writing "The Connecticut Farm Table Cookbook" was a labor of love inspired by the rich agricultural bounty available in all parts of my home state of Connecticut. For one year, I traveled the state from end to end--from the tony, four-star restaurants dotting Fairfield County's Gold Coast to the ancient oystering beds in Groton and along the Shoreline, to the picturesque farms and wineries in Litchfield County, and to the clam shacks, roadside stands, pick-your-own orchards, and berry farms. In the end, I found Connecticut's rich farming traditions thriving. Along the way, I enjoyed meeting and profiling each of the chefs and growers and chefs in the book, and convincing them to share their stories and recipes with us, and to allow us to photograph them at work. I was inspired to bring these stories to life through profiles that offer insight to the people behind the foods. These farmers, chefs and food purveyors often work from sunup to sundown to bring us fresh, locally farmed goodness that is quintessentially Connecticut, keeping the state's best regional food traditions alive. -- Christy Colasurdo

I purchased a book for myself and have given four more as gifts. The photographs, text and recipes are really wonderful. I highly recommend this book if you are looking for a very healthy way to eat and fabulous recipes.

This book is gorgeous. There is not one recipe I didn't get excited about. The photographs are beautiful. I'm even more excited to start my CSA because now I have so many ideas on how to use the produce I will receive.

Beautiful addition to my cookbook collection. Well written great local information. Makes one hungry just looking at the outstanding pictures

My favorite new cookbook!

made great Christmas gifts for myself and friends in CT...

Beautifully done!

This book, while lovely, did not meet my expectations. The farms mentioned are mostly located in the western half of the state. A great deal of the recipes were from restaurants in CT. There are more photos of chefs in this cookbook than there are for the recipes that are included. I almost feel

like this book is more of a marketing tool for the restaurants and not about CT farms & recipes for their bounty. I would have like more pictures of the dishes and less of the scenery.

As a Connecticut resident and farm foodie, I truly loved this book. It's part cookbook, part travel guide, and part a pictorial documentary featuring some of the very best Connecticut has to offer. The people, farms and chefs featured in this book are testament to what makes this state one of the very best when it comes to sustainable, locally grown, community based food systems. Thank you for sharing their stories!

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