

# NOTABLE EDIBLES

## WALDINGFIELD FOOD COMPANY

Congratulations are in order over at Waldingfield Farm in Washington. In late June, wedding bells rang for Patrick Horan and his bride, Susie, and Waldingfield Food Company entered its second year of marrying produce, flavor, and purpose. The farm is in its 19th season and hosts a thriving CSA and farm stand. Though a variety of vegetables are grown, Waldingfield is particularly known for its heirloom tomatoes, and Patrick and his brother Quincy have come up with two delicious sauces as the first offerings of their new company.

“Heirloom Tomato and Basil Sauce” is made using Opalka tomatoes, a large Polish heirloom variety, and organic basil, both grown on the farm. “The Farmer’s Marinara Sauce” is made from classic cooking varieties, Plum and Roma, which they also grow.

“Neither the sauce or the tomatoes will ever get on an eighteen-wheeler,” says Patrick about their plan to sell their produce and products within 150 miles of the farm. Happily, that means from Boston to Brooklyn with all Connecticut in between. Whatever ingredients they don’t grow will be sourced in the Northeast. “It is more expensive that way,” Patrick admits, but he and Quincy want to offer a product line with a smaller carbon footprint. They believe their customers will respond



to that notion as well as to the taste.

Caitlin Bedell, the company’s executive chef, is developing other offerings to be made available in the near future, not all of which are tomato based. Their “Heirloom Tomato Chutney”—which sold out last year—should be available by the time you read this. Right now Waldingfield Food’s offerings are available at several purveyors, at the stand, and at the farm-

ers markets they attend, which include: New Haven Downtown, Sandy Hook, Kent, Weston, and New Milford.

24 East St., Washington; Mon.–Fri. NOON–7, SAT. 1–5;  
860.868.7270; [waldingfieldfarm.com](http://waldingfieldfarm.com)

## FARM BUCKS FOR BETTER HEALTH

Everyone is aware of the cost of food these days. It has folks at New Milford Hospital’s Plow to Plate Community Coalition thinking “out of the bucks” for ways to help. Two local doctors involved with the coalition, Dr. Diane D’Isidori and Dr. Evan Hack, conceived “Farm Bucks.” They are committed to the coalition’s goal of bringing healthier, fresher food to the hospital and to the community. Billy Steers, author and illustrator of the *Tractor Mac* series of children’s books, designed the bucks.

Farm Bucks come in five-dollar denominations. They are being distributed along with nutritional information through family doctors and pediatricians. They can be spent at the farmers’ markets in New Milford and Kent. Both markets run from 9:00 to noon Saturdays through October. Farm Bucks can also be used at participating farm stands; look for the sign “We Take Farm Bucks.” For more on



Plow to Plate’s programs and events, or to join the coalition, visit [plowtoplate.org](http://plowtoplate.org).



## TWIN PINES CONDIMENTS

Rich red color first catches the eye with its promise of complex flavor supported by heat. But looks can be deceiving, so you check the ingredients looking for vinegar. If it is first or second on the list, put the bottle back on the shelf. In Ray's Hot Sauce, vinegar is just above salt, the last item. This sauce is crafted from just six ingredients and your taste buds welcome every one.



Ray and Lorry Ann LeMaire of Twin Pines Farm quit their day jobs when their canning business took off. Their farm stand is a red storage barn bedecked with flowers. There you'll find classic items and some unusual takes. Part of their secret in making relishes seems to be a subtle balance between sweetness and bite. Their Zucchini Relish won first place in the Savory Condiment category at the 2007 CT Specialty Food Awards. Relishes, butters, chutneys, jams, pickles, and Ray's Hot Sauce—they make 43 items and the major ingredients come from the farm. You can find Twin Pines products at local retailers as well as the Thomaston and Torrington farmers' markets.

There are many farm stands across Connecticut offering excellent value-added products. Be adventurous: Take a culinary tour and ferret out your personal favorites while supporting our farmers. Please let us know what you find.

121 Blakeman Road, Thomaston  
860.283.8902, fax: 860.283.8902;  
[twinpinesfarm@snet.net](mailto:twinpinesfarm@snet.net)

## DELECTABLE DAIRY

Perhaps the idea of making your own butter brings up the image of a wooden churn propped in a dusty corner of a collectibles shop. Maybe cream cheese has to come wrapped in foil? Goat cheese must be really complicated and expensive to produce? Not so, says Kathy Farrell-Kingsley in *The Home Creamery* (Storey Publishing 2008). She offers surprisingly simple ways to make butter, yogurt, cream cheese, ricotta, mozzarella, crème fraîche, goat cheese, and a number of other dairy products right in your own kitchen. Minimal equipment is required and not very much time need be invested. Happily, local milk abounds whether organic, raw, goat or cow. The choice is up to you; only ultra-pasteurized milk is not suitable.

The author, who lives in Newtown, gives step-by-step instructions, some of which are kid-friendly—the human kind. The book holds 75 recipes that showcase these products made at home: cheese blintzes, herbed goat-cheese bites, coffee mascarpone, and many more. Farrell-Kingsley is the founder of Great Cakes Bakery in Westport and the author of many other cookbooks.

