

## **Embrace the Flavor of Connecticut: Farm to Chef Week — September 9-16**

*CT Grown invites you to savor the local goodness during Farm to Chef Week from September 9th to 16th!*

There are not many things more enjoyable than a meal that's not just delicious but also deeply connected to the land it comes from. That's the essence of Farm to Chef Week, a celebration of the state's vibrant agricultural community and the chefs who use local ingredients to create delicious and sustainable dishes. From September 9 through September 16, residents are encouraged to seek out restaurants in their communities that feature locally-grown products in their menus.

### **What is Farm to Chef Week?**

Farm to Chef Week is an annual celebration that showcases local restaurants that are committed to sourcing their ingredients from Connecticut farms. It's a time to honor the incredible bounty our state has to offer while highlighting the importance of sustainable agriculture and community collaboration.

### **Why Choose Farm to Table?**

- **Freshness Beyond Compare:** When you choose a restaurant that embraces Farm to Table principles, you ensure that the ingredients on your plate are at the peak of their flavor and nutrition. Straight from the farm to your table, these ingredients are unparalleled in freshness.
- **Supporting Local Economy:** By dining at establishments prioritizing local sourcing, you're directly supporting Connecticut's farmers and boosting the local economy. It's a wonderful way to give back to the community that nourishes you.
- **Environmental Stewardship:** Farm to Chef Week is more than just a food event; it's a nod to sustainable agriculture. By reducing the distance that ingredients travel, you're contributing to lower carbon emissions and a healthier planet.
- **Culinary Creativity:** Chefs who work with local ingredients are inspired by the seasons, which results in ever-changing menus that reflect the natural rhythm of Connecticut's agriculture. It's a chance to taste the creativity that emerges when chefs intimately connect to their ingredients.

## **Check out our list of restaurants that source local**

### **Southeastern Connecticut**

[Fiddleheads Kitchen, New London](#)

[La Belle Aurore, East Lyme](#)

[Oyster Club, Mystic](#)

[S&P Oyster, Mystic](#)

[Shipwright's Daughter, Mystic](#)

[Stone Acres Farm, Stonington](#)

*You can also check out this comprehensive list of [restaurants that source CT Grown seafood from Stonington's commercial fishermen!](#)*

## **Connecticut River Valley**

[Brushmill By The Waterfall, Chester](#)

[Butchers and Bakers, Farmington](#)

[The Essex, Essex](#)

[Grano Arso, Chester](#)

[Ion Restaurant, Middletown](#)

[River Tavern, Chester](#)

## **New Haven**

[Atelier Florian, New Haven](#)

[Atticus Market, New Haven](#) in

[Fairhaven Oyster Co.](#)

[Heirloom, New Haven](#)

[Oak Haven Table and Bar, New Haven](#)

[Olea, New Haven](#)

[Provisions on Stat, New Haven](#)

[Shell and Bones Oyster Bar and Grill, New Haven](#)

[Union League, New Haven](#)

[Zinc, New Haven](#)

## **Greater Hartford**

[2 Hopewell Bistro & Bar, Glastonbury](#)

[Avert Brasserie, West Hartford](#)

[The Beamhouse, Glastonbury](#)

[Fire by Forge, Hartford](#)

[Fork + Fire, Farmington](#)

[Hartford Baking Co., West Hartford](#)

[Heirloom Market at Comstock Ferre, Wethersfield](#)

[Max Restaurant Group, Hartford](#)

[Milright's, Simsbury](#)

[The North House, Avon](#)

[Present Company, Tariffville](#)

[Rooster Company, Newington](#)

[Terreno, Hartford](#)

[Toro Loco, Farmington](#)

[Treva, West Hartford](#)

[Zephyr's Street Pizza, West Hartford](#)

[Zohara Mediterranean Kitchen, West Hartford](#)

## **Fairfield County**

[Bailey's Backyard, Ridgefield](#)

[Bloodroot, Bridgeport](#)

[Farmer's Table, New Canaan](#)

[Farmhouse at the Crossroads, Stamford](#)

[Farmhouse Restaurant, Newtown](#)

[Fatto a Mano, Westport](#)

[Nouveau Monde, Sandy Hook](#)

[Oak and Almond, Norwalk](#)

[Parlor, Wilton](#)

[The Spread, Norwalk](#)

## **Northwestern Connecticut**

[Arethusa al tavolo, Bantam](#)

[Community Table, New Preston](#)

[Edison Kitchen, Bethel](#)

[Geppetto Osteria, Torrington](#)

[Good News Restaurant and Bar, Woodbury](#)

[John's Cafe, Woodbury](#)

[Market Place Kitchen and Bar, Woodbury](#)

[Marketplace Tavern, Litchfield](#)

[Meraki, Litchfield](#)

[Ore Hill & Swyft, Kent](#)

[Railway Cafe, Winsted](#)

[Spice 320, Colebrook](#)

[White Heart Inn, Salisbury](#)

[Winvian Farm, Morris](#)

### **Northeastern Connecticut**

[85 Main, Putnam](#)

[Chef's Table at Little Dipper Farm, Brooklyn](#)

[Heirloom Food Company, Danielson](#)

[Jessica Tuesday's, Putnam](#)

[Stone Row Kitchen + Bar, Willimantic](#)

[The Vanilla Bean Cafe, Pomfret](#)

### **Food Trucks**

[Boxcar Cantina](#)

[El Camion](#)

[The Farm Kitchen](#)

[Grace Gourmet](#)

[Lobster Craft](#)

[Proof Pizza Truck](#)

### **Farm Dinners**

[Killam & Bassette Farmstead with Sayulita: September 10th](#)

[Massaro Community Farm: Sunday, September 10th](#)

[Zohara Farm Dinner at Sub Edge Farm: Thursday, September 14th](#)

[Max Ole - Tacos & Tequila: Thursday, September 14th](#)

[Traditional Pig Harvest with Brandon Sheard at Sub Edge Farm: Friday, September 15th](#)

[Indian Buffet Dinner at White Gate Farm; Saturday, September 16th](#)

Also, make sure to visit your local farm stores and farm bakeries to find value-added products, prepared meals, and baked goods using CT Grown products. Visit the farm map at [CTGrown.org](http://CTGrown.org) to find one near you!