

# Farm to Consumer Resources



## Resources to guide farmers when they are ready to sell their products

### I. General Resources

#### 1. Your Local Health Department

If you are selling or providing the following, we recommend that you consult with your local health department:

- Processed baked goods such as breads, cakes, or muffins;
- Jams, jellies or acidified foods such as pickles;
- Eggs, meat, fish or other temperature-sensitive foods;
- Samples of produce such as berries, melon cubes or apple slices;
- Ready-to-eat prepared foods such as hotdogs, sandwiches, corn.

Your [local health department](#) has a wealth of information and resources to offer.

#### 2. Regulatory Resources and Authorities

Depending on the type of food you are selling, differing government entities have oversight or can provide advice. These are the agencies that generally have oversight and resources available if you choose to sell or offer these food types:

Food Type	Regulatory Authority
Acidified Foods	Connecticut Department of Consumer Protection
Baked Goods	Connecticut Department of Public Health, Local Health Department, Department of Consumer Protection
Cider/Juice	Connecticut Department of Consumer Protection
Eggs	Connecticut Department of Consumer Protection, Connecticut Department of Agriculture
Honey	Connecticut Department of Consumer Protection, Connecticut Agriculture Experiment Station
Maple Syrup	Connecticut Department of Agriculture, Department of Consumer Protection
Meat & Poultry	Food Safety Inspection Service/USDA, Connecticut Department of Agriculture - Small Poultry Processing Program
Milk/Cheese/Other Dairy	Department of Agriculture

## 2 Farm to Consumer Resources (continued)

Uncooked and Cooked Samples	Local Health Department
Seafood	Connecticut Department of Agriculture – for aquacultured products only, Local Health Department, Department of Energy and Environmental Protection, Connecticut Department of Consumer Protection
Ready to Eat Prepared Foods and Beverages for Immediate Consumption	Connecticut Department of Public Health, Local Health Department
Wine	Connecticut Department of Consumer Protection, Connecticut Department of Agriculture

Additionally, the Department of Agriculture has a useful chart on their website under the Publications tab. Find the [Farmer's Market Reference Guide](#) link then look for "Appendix B: Approved Sources of Use in a Food Service Facility." This document outlines the government agencies that are involved with different products.

[http://www.ct.gov/doag/lib/doag/marketing\\_files/Appendix\\_B.Approved\\_Sources.pdf](http://www.ct.gov/doag/lib/doag/marketing_files/Appendix_B.Approved_Sources.pdf)

### II. Direct to Consumer Sales Resources (non-acidified)

- **Baked Goods** including granolas, pies, muffins, doughnuts etc.

The State of Connecticut Department of Consumer Protection's website offers advice to businesses on processing food. Go to Programs and Services tab and look under the Food Program link.

<http://www.ct.gov/dcp/cwp/view.asp?a=1621&q=469918>

In addition the regulations for commercial baking can be found at the Connecticut General Assembly website by looking for the Statutes tab. Under the Statutes tab select Browse Statutes and then look for Volume 21 and the link for Consumer Protection. Under the page titled "Title 21a" look for the link titled "Bakeries and Food Manufacturing Establishments."

[http://www.cga.ct.gov/current/pub/chap\\_419b.htm](http://www.cga.ct.gov/current/pub/chap_419b.htm)

- **Cider/Juices**

Written guidance outlines labeling issues for cider and juice processors from Department of Agriculture [Click here](#)

In addition, the Connecticut Department of Consumer Protection licenses cider processors. [Click Here](#) for more information on licensing.

- **Eggs**  
Advice on direct sales of eggs to consumers [Click Here](#)
  
- **Honey**  
Information on sale of honey can be found by [Clicking Here](#)
  
- **Maple Syrup**  
The Connecticut Department of Agriculture’s website offers guidance on processing and labeling of maple syrup products updated July 2020. [Click Here for guidance.](#)
  
- **Meat and Poultry**  
The Connecticut Department of Agriculture’s website provides a document entitled [“A Farmer’s Guide to Processing and Selling Meat and Poultry in Connecticut”](#) that details the rules and regulations for selling meat.  
Additional guidance specific to poultry sales can be found by [clicking here](#).
  
- **Milk and Other Dairy**  
The Connecticut Department of Agriculture’s website provides information on special considerations when selling milk and other dairy products. [Click Here](#)
  
- **Ready-to-Eat Prepared Foods**
  1. *General Advice on Preparing Ready-to-Eat Food*  
The Connecticut Department of Agriculture’s website provides detailed guidance on preparing ready-to-eat foods. While developed for farmers’ markets, this information is also applicable to farm stands. [Click Here](#) for “Food Safety Guidelines and Regulations.

## 4 Farm to Consumer Resources (*continued*)

### 2. *Food Service Checklist*

The Department of Agriculture’s website provides an excellent document entitled “[Food Service Checklist](#)” to help organize the necessary equipment and supplies when serving prepared foods.

### 3. *Portable Food Service Permit*

The Department of Agriculture’s website has information on a [Portable Farmers’ Market Food Service Permit](#).

- **Seafood**

For advice on selling seafood to consumers to the Connecticut Department of Agriculture’s “[Shellfish Requirements](#)” and/or “[Finfish/Crustaceans](#).”

In addition the Connecticut Department of Consumer Protection is responsible for inspecting seafood processors and retail operations.

- **Wine**

Wine sales to consumers are closely regulated by the United States Department of Alcohol, Tobacco, Firearms and Explosives and the Department of Consumer Protection. Farm wineries can sell direct to consumers within certain parameters.

Guidance on sales at farmers’ markets can be found by [Clicking Here](#). For a “Sales of Wine at Farmer’s Markets permit [Click Here](#).”

### III. Jams, Jellies and Acidified Foods Resources

The CFBA website [www.cfba.org](http://www.cfba.org) has detailed information on processing acidified foods in a farm kitchen. Click “Resources” on the home page and go to “[Processing Acidified Foods and Jellies](#)”

#### 1. Getting Ready

##### Sanitary Process

It is very easy to accidentally make consumers sick from poorly processed food. The following websites offer information on developing a sanitary process for canning acidified foods.

- The CFBA website: [www.cfba.org](http://www.cfba.org) provides PowerPoint slides from a program on acidified food processing in the farm kitchen. Additionally, there is a document on good manufacturing practices in the farm kitchen that provides detailed information. To access that information [click here](#).
- The [UCONN Agricultural Extension Service](#) website offers a wealth of information geared toward on farm processors. Health Department

While your [local health department](#) does not have direct jurisdiction over a farm kitchen, they are a great resource for advice on safely processing acidified foods.

#### 2. Recipes

##### Pre-approved Recipes

- The National Center for Home Food Preservation website ([http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)) has extensive approved recipes as well as valuable information on processing acidified foods.
- The Ball Canning website (<http://www.freshpreserving.com/>) has many approved recipes along with video tutorials on canning techniques

##### Recipe Approval Resources

- The Northeast Center for Food Entrepreneurship website (<http://necfe.foodscience.cals.cornell.edu/acid-and-acidified-foods>) at Cornell University’s College of Agriculture and Life Sciences offers recipe testing for those farmers interested in using their own recipes. Go to Getting Started/Assistance.

## 6 Farm to Consumer Resources (*continued*)

### 3. Recording Keeping

- The Northeast Center for Food Entrepreneurship website offers fact sheets and sample record keeping documents for processors. [Click Here](#)
- [CFBA's](#) website offers sample record keeping documents and a PowerPoint presentation on record keeping. [Click Here](#)

### 4. Labeling

For labeling requirements, can be found by clicking here. [The Northeast Center for Food Entrepreneurship](#)

### 5. In Person Training

- ***ServSafe*** – This is a state approved day-long course that focuses primarily on the safe handling of food. An internet search for ServSafe will generate a multitude of dates, times and locations throughout Connecticut where this program is offered. In addition, the Connecticut Department of Public Health provides a schedule of Connecticut approved Qualified Food Operator Courses. Go to their website and look for the tab Services and Programs. Find the link titled “A-Z Topics” and then select Food Protection Program. Under the Education and Training area look for the document titled “Qualified Food Operator Exam/Courses.”
- ***CFBA Sponsored Programs*** - Occasionally CFBA offers in-person courses. Visit [www.cfba.org](http://www.cfba.org) or call CFBA at (860) 768-1100 for upcoming programs and registration information.
- ***Better Process Control School*** – This [multi-day program](#) is an intensive program that provides detailed information on processing of acidified foods. The program is offered in person at Cornell and Rutgers Universities as well as in an on demand on-line course.

### 6. pH Testing

The Department of Consumer Protection provides a list of food testing businesses that offer pH testing. [“Regional Food Laboratories.”](#)

**7. Water Testing**

The Connecticut Department of Public Health offers a list of state licensed drinking water testing laboratories in Connecticut. [Click Here](#)

**IV. Farmers' Markets Resources**

**Food Safety Guidelines** – Two documents on the Connecticut Department of Agriculture's website offer general sanitary recommendations for selling meat, eggs, produce, ready-to-eat food or offering samples at farmers' markets. [Click Here](#)

A second document also on this same page is entitled "[Food Safety Guidelines and Regulations.](#)" It reviews in more detail the sanitary process for preparing foods in farmer's markets.

Lastly, in this same area is a document entitled "[Farmer's Food Service Permit](#)" which explains how to obtain a portable food service permit for farmer's markets.

**Eggs**

This document on the Connecticut Department of Agriculture's website reviews basic guidelines for selling eggs. [Click Here](#)

- **Honey**

This document on the Connecticut Department of Agriculture's website provides advice on sale and packaging of honey. [Click Here](#)

## 8 Farm to Consumer Resources (*continued*)

- **Meat**

This document on the Department of Agriculture’s website entitled “[A Farmer’s Guide to Processing and Selling Meat and Poultry in Connecticut](#)” details the rules and regulations for selling meat.

- **Seafood**

Two documents on the Connecticut Department of Agriculture’s website provide guidance for aquaculture farmers.

“[Finfish and Crustaceans](#).”

A second document details advice on selling shellfish and is entitled “[Selling Shellfish](#).”

### **Wine**

Recently passed legislation allows for wine sampling at farmer’s markets. “[Sale of Wine at Farmers’ Markets](#).”

The permit application can be found in the same area and is titled “[Farm Wineries at Farmers’ Markets Permit](#).”

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