



## CT DAIRY FACT OF THE WEEK MAY 6, 2009

*Did you know...*

**In 1940, there were 6,233 dairy farms in CT.**

**In 2000, there were 240 dairy farms in CT.**

**In 2009, there were 155 dairy farms in CT.**

**Since Jan 2009, 4 more farms have gone out of business.**

As with many industries, the cost of doing business in New England is higher than in other parts of the country. However, dairy farmers are price takers and get paid for their milk based on national supply, not considering regional cost differences. To maintain a local food supply, dairy farmers need a local and sustainable policy.

**VOTE IN FAVOR OF HB 5483**

\*Source: CT Department of Agriculture and USDA NASS



## DAIRY RECIPE OF THE WEEK Chicken Pot Pie with Buttermilk Biscuit top

### INGREDIENTS

1/3 cup butter  
1/2 cup sliced celery  
1/3 cup chopped onion  
1 cup sliced carrots  
1/3 cup all-purpose flour  
3/4 cups chicken broth  
**2 cups milk**  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 teaspoon celery seed

### DIRECTIONS

In the saucepan over medium heat, cook onions, celery and carrots in butter until onions are soft and translucent. Stir in flour, salt and pepper. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

### *Now stir in remaining ingredients:*

1 pound skinless, boneless chicken breast halves - cubed  
1 cup frozen green peas

Pour Mixture into Oven proof dish (glass/pyrex casserole).

While mixture is still bubbly hot drop by spoonful Buttermilk Biscuit for topping.

Bake in the preheated oven for 30 to 35 minutes, or until biscuit is golden brown and filling is bubbly.

### **Buttermilk Biscuit Recipe**

#### *Ingredients:*

2 cups all-purpose flour  
1 tablespoon baking powder  
3/4 teaspoon salt  
1/2 teaspoon baking soda  
5 tablespoons chilled vegetable shortening  
**1 cup buttermilk**

#### *Directions:*

In a large bowl, sift together flour, baking powder, salt, and baking soda. Cut shortening into the flour mixture with a pastry blender until the mixture forms coarse crumbs. Add buttermilk, tossing with a fork, until dough holds together. Set aside.

