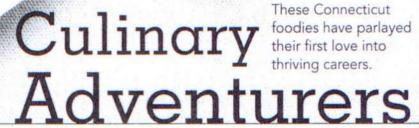
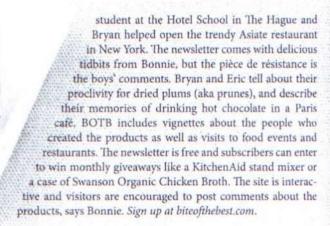
The Connecticut Table

By Beth Hillson



These Connecticut



Connecticut is home to many unique food businesses. The specialties run the gamut from organic pesto and devilishly spicy relish to a food family's Web site and an all-American restaurant-turnedgluten-free food company. Join us for a culinary adventure that is sure to be tasty.

A Bite of the Best, Hamden

A Bite of the Best (BOTB) is the creation of "seasoned food writer" Bonnie Tandy Leblang and her sons, Eric, 24, and Bryan, 27. This weekly e-newsletter gives readers a "food bite" about one product that the trio recommends. If anyone knows good food, it's these three. "I'm tired of reviewing things I don't like," says Bonnie. "Only the best make it into BOTB." Bonnie has been writing about food for nearly three decades, including a daily column, "Supermarket Sampler," that's in its 22nd year of syndication. Eric is a hospitality

Bear Pond Farm, Glastonbury

For prepared pesto without that overpowering preservative taste, you'll want to try Bear Pond Farm (BPF) Pesto, Bear Pond products explode with the signature taste promised on each label: organic basil and Sicilian Mintucha oregano in Premium Basil; vibrant lemon verbena in Lemony Pesto; dried tomato bits and a kick of garlic in Tomato Garlic Pesto; fresh cilantro in Rich Cilantro Pesto; and spicy arugula in the Robust Arugula Pesto. (All start with organic basil.) BPF is the brainchild of Craig Colvin, who discovered his "roots" and a green thumb when he started Sweet Pea Organics, a small organic farm in Washington Depot. "It was karma, pure and simple. I just seem to have a passion for gardening, knowing what to plant and how to take care of it," says Colvin.

His vibrantly flavored pesto spreads were discovered in 2003 by Florence Fabrikant, who featured them in her New York Times column and helped propel the company into a serious business. In 2004 Colvin joined forces with marketing expert Kathleen Lenane