
WELCOME TO *EDIBLE NUTMEG*

CELEBRATING LOCAL FOODS OF THE
NUTMEG STATE, SEASON BY SEASON



“Edible Nutmeg . . . ?”

Many don’t know Connecticut as the Nutmeg State. Those who do often delight in telling how shrewd Yankee traders sold carved wooden “nutmeg” to unsuspecting buyers. This is undocumented, and it is much more likely those buyers thought nutmeg was a nut to be cracked not realizing it is the seed of a fruit that must be grated to bring forth its flavor-enhancing richness.

They lacked local food knowledge.

Nutmeg is also an exemplary, sustainable, thoroughly utilized fruit. The protective outer pulp is made into pudding but it must be used when fresh. Mace—the bright red aril covering the nutmeg seed shell—is a spice used even more sparingly than nutmeg since there is so little of it. The shell is ground for mulch to enrich the soil while the nutmeg seed is useful over a long period if grated a little at a time.

Whether your plate is paper or plastic, stoneware or china, whether it is served on a tailgate or a lunchroom tray, at a dockside table or in a fine restaurant—there is growing excitement about using food that is fresh from local farmers, fishermen and food artisans.

From farm to market to table—we will follow the food and wine, sharing the stories of people and places we visit along the way.

We look forward to adding some flavor to your culinary life.

Mary E. Adams
Co-Publisher

Robert Lockhart
Co-Publisher and Editor

From farm to market to table—
we will follow the food and wine,
sharing the stories of people and
places we visit along the way.
