

# THE 100 MILES

OF FOOD PRODUCERS 2017

MOOSE JAW & AREA



## Who Are We?

The **South Central Food Security Network** is a collaborative partnership that aims to build community food security.

**Food Security** is built on three pillars:

- **Food availability:** sufficient quantities of food available on a consistent basis.
- **Food access:** having sufficient resources to obtain appropriate foods for a nutritious diet.
- **Food use:** appropriate use based on knowledge of basic nutrition and care, as well as adequate water and sanitation. (World Health Organization, 2014)

**Community Food Security** strives to link farmers and consumers while supporting sustainable farming, promoting good working conditions for farmers and food system workers and changing policies to support food security goals.

Community food security exists when all community residents obtain a safe, personally acceptable nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance, and equal access for everyone. (Dietitians of Canada, Community Food Security 2007)

For more information or to be included in the directory, contact us at:

Email [southcentralfsn@gmail.com](mailto:southcentralfsn@gmail.com)

Web [www.southcentralfood.net](http://www.southcentralfood.net)

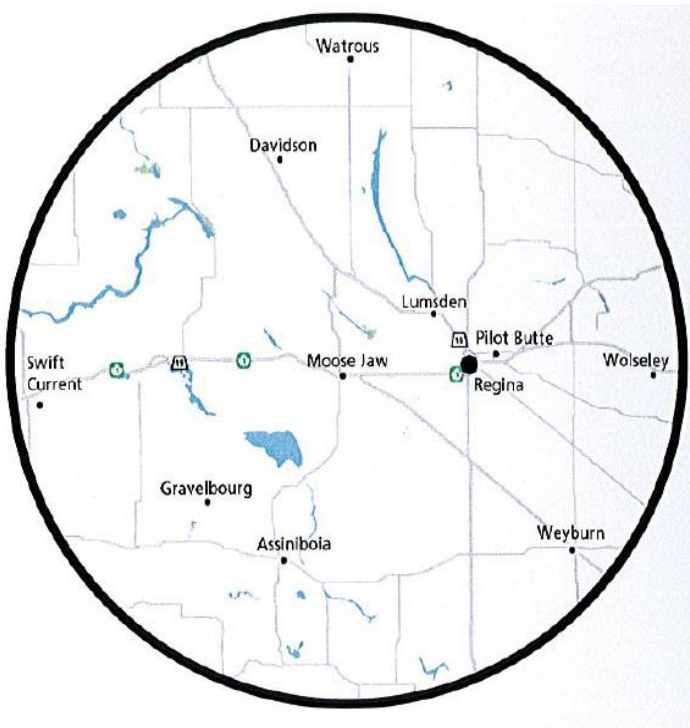


[www.facebook.com/sc.fsn](http://www.facebook.com/sc.fsn)

# The 100 Miles of Food Producers Directory

The directory lists local food producers situated within a one-hundred-mile radius of Moose Jaw. To be included in the directory, you must 'raise it or grow it' in the defined area. It also displays farmer's markets, stores and restaurants that sell locally raised or grown foods. The directory is updated once a year.

We hope you enjoy the directory and find it useful in exploring locally raised and grown food options for you and your family.



= Eggs



= Meats



= Fruits



= Fish



= Vegetables



= Pet Food



= Grains, Seeds & Pulses

















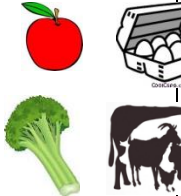






= Honey





















= Cheese












# FOOD PRODUCERS

<p><b>Baildon Colony</b>            Box 968            Moose Jaw, SK S6H 4P9            P: (306) 693-3046            (306) 693-3103</p> <p><i>Garden vegetables, eggs</i></p>	 	<p><b>Beach Farms</b>            Kevin Beach            Box 59            Ernfold, SK S0H 1K0            P: (306) 629-3811            C: (306) 629-7996            E: <a href="mailto:kdbeach@xplornet.com">kdbeach@xplornet.com</a></p> <p><i>Certified organic beef, wheat (can be ground) and lentils</i></p>	 	<p><b>Bend in the River Berries</b>            Stephanie Crichton            Box 1773            Moose Jaw, SK S6H 7K8            P: (306) 692-9873            C: (306) 630-9872            E: <a href="mailto:crichton@sasktel.net">crichton@sasktel.net</a>            W: <a href="http://www.bendintheriverberries.com">www.bendintheriverberries.com</a>            Facebook: <a href="https://www.facebook.com/BendintheRiverBerries">Bend in the River Berries</a></p> <p><i>Raspberries, saskatoons, cherries, plums, rhubarb, gooseberries, haskap</i></p>	
<p><b>Berger, Regan</b>            Box 281            Chaplin, SK S0H 0V0            P: (306) 796-4546</p> <p><i>Beef</i></p>		<p><b>The Berry Place</b>            Carol Chemishenko            General Delivery            Zehner, SK SOG 5K0            P: (306) 781-5610            E: <a href="mailto:theberryplace@yourlink.ca">theberryplace@yourlink.ca</a>            W: <a href="http://www.saskfruit.com">www.saskfruit.com</a></p> <p><i>Raspberries, saskatoons, chokecherries, (cherries coming in 2015)</i></p>		<p><b>Bluestone Stock Farms</b>            Jason and Karla Hicks            Mortlach, SK S0H 3E0            P: (306) 355-2265            E: <a href="mailto:bluestone@sasktel.net">bluestone@sasktel.net</a>            Twitter: <a href="https://twitter.com/bluestonestock">@bluestonestock</a></p> <p><i>Naturally-raised Angus beef, barley finished            Sold by the side package or piece</i></p>	
<p><b>Body and Mind Acres</b>            Warren and Hannah Larsen            Strasburg, SK            P: (306) 725-4518</p> <p><i>Herbicide and pesticide free, chemical and antibiotic free sour cherries, high bush cranberries, chokecherries, pin cherries, pork, chicken and turkey, honey, haskap, spreads, juice, toppings and eggs</i></p>	 	<p><b>CanMar Grain Products Ltd.</b>            Regina, SK            Order online            P: 1-800-855-5553            E: <a href="mailto:Duncan@canmargrain.com">Duncan@canmargrain.com</a></p> <p><i>Roasted flax seed – whole or ground            Available at local supermarkets</i></p>		<p><b>Castleland Ranch Corp.</b>            Neil and Pam Damroth            Box 148            Beechy, SK S0L 0C0            P: (306) 859-4805            Or            Olive and Ted Parent            P: (306) 859-4925</p> <p><i>Grass-fed beef</i></p>	








<p><b>Coteau Hills Creamery</b> Kirby Froese 69 Highland Road Moose Jaw, SK P: (306) 631-2181 E: <a href="mailto:coteauhillscreamery@gmail.com">coteauhillscreamery@gmail.com</a> W: <a href="http://www.coteauhillscreamery.com">www.coteauhillscreamery.com</a></p> 	<p><b>Crosswind Farms</b> Gary and Joanne Barber Box 1778 Moose Jaw, SK S6H 7K8 P: (306) 693-6113 P: (306) 631-0664 E: <a href="mailto:gj@xplornet.com">gj@xplornet.com</a></p> <p><i>Honey – unpasteurized creamed or liquid</i></p> 	<p><b>Dinsmore Colony</b> Box 400 Dinsmore, SK S0L 0T0 P: (306) 856-4704/05/06 Ext. 720 or 402</p> <p><i>Garden vegetables, eggs, raspberries, strawberries, chicken, turkey, carrots (for Federated Co-op in during summer months)</i></p> 
<p><b>Gasnir, Cindy</b> 419 Home Street Moose Jaw, SK P: (306) 690-1188</p> <p><i>Chemical-free garden produce, fresh herbs, pickles, jams, salsa, medicinal herbs and products</i></p> 	<p><b>Gravelbourg Mustard</b> Val Michard Box 125 Gravelbourg, SK S0H 1X0 P: (306) 648-7247 E: <a href="mailto:val@gravelbourgmustard.ca">val@gravelbourgmustard.ca</a> Facebook: <a href="#">Gravelbourg Mustard</a></p> <p><i>French mustard, German mustard, cranberry mustard, saskatoon berry mustard, garlic mustard, jalapaneo mustard and a cookbook and recipes jar featuring many ways to prepare mustard.</i></p> 	<p><b>Graychar Charolais</b> David Crajczyk Box 190 Mortlach, SK S0H 3E0 P: (306) 355-2229</p> <p><i>Organic lean beef, organic hemp and flax</i></p> 
<p><b>The Grazing Goose</b> <b>Jeff and Sabrina Bovee</b> Box 958 Indian Head, SK S0G 2K0 P: (306) 695-2676 E: <a href="mailto:thegrazinggoose@gmail.com">thegrazinggoose@gmail.com</a> Facebook: <a href="#">The Grazing Goose</a> Instagram: <a href="#">The Grazing Goose</a></p> <p><i>Pasture raised Heritage Pork; Grass-fed Heritage Beef; pasture raised/free-range Chicken, Turkey &amp; Wild Turkey, garden produce, honey</i></p> 	<p><b>The Green Ranch</b> Tim Schultz Fillmore, SK S0G 1N0 P: (306) 722-3326 E: <a href="mailto:tim@thegreenranch.ca">tim@thegreenranch.ca</a> W: <a href="http://www.thegreenranch.ca">www.thegreenranch.ca</a> Twitter: <a href="#">@thegreenranch</a> Facebook: <a href="#">The Green Ranch</a></p> <p><i>Garden vegetables; specializing in salad greens, baby carrots, pea shoots; hormone free beef products.</i></p> 	<p><b>Green Sister Gardens</b> Keri Fox Urban farm Moose Jaw, SK P: (306) 630-7003 W: <a href="http://www.greensistergardens.com">www.greensistergardens.com</a> Facebook: <a href="#">Green Sister Gardens</a></p> <p><i>Chemical free vegetables specializing in microgreens and salad mixes. Available through a weekly Community Supported Agriculture program, the Moose Jaw Farmers Market and various local restaurants.</i></p> 

<p><b>Good Food Box</b>  Hunger in Moose Jaw  269 Stadacona St. W.  Moose Jaw, SK  P: (306) 693-0754  E: <a href="mailto:goodfoodbox.mj@live.com">goodfoodbox.mj@live.com</a></p>  <p><i>The Good Food Box provides top quality fruits and vegetables at affordable prices.</i></p>	<p><b>Hi Low Angus</b>  Dan, Erin, and Cassidy Howell  Lumsden, SK S0G 3C0  E: <a href="mailto:hilowangus@sasktel.net">hilowangus@sasktel.net</a>  W: <a href="http://www.hilowangus.com">www.hilowangus.com</a>  Facebook: <a href="#">Hi Low Angus Beef</a></p>  <p><i>Purebred Angus beef  Natural freezer beef with no additional hormones, steroids or animal products</i></p>	<p><b>Hill Berry Acres</b>  Bruce Hill  Imperial, SK S0G 2J0  P: (306) 963-2632  E: <a href="mailto:b.hill@sasktel.net">b.hill@sasktel.net</a>  W: <a href="http://www.hillberryacres.com">www.hillberryacres.com</a>  Facebook: <a href="#">Hill Berry Acres</a></p>  <p><i>Dehydrated cherries, and cherry jelly</i></p>
<p><b>The Honey BuZzz Apiary</b>  Marty and Kari Gottselig  Box 111  Mortlach, SK S0H 3E0  P: (306) 355-2209  E: <a href="mailto:the.honey.buzzz@hotmail.com">the.honey.buzzz@hotmail.com</a>  W: <a href="http://www.facebook.com/TheHoneyBuzzz">www.facebook.com/TheHoneyBuzzz</a></p>  <p><i>Local RAW honey</i></p>	<p><b>Huron Colony</b>  Box 9  Brownlee, SK S0H 0M0  P: (306) 759-2865  Ext 121 for vegetables  Ext 117 for eggs  Ext 123 for broiler chicken, turkey and geese</p>  <p><i>Garden vegetables, eggs and poultry</i></p>	<p><b>Kerry Farms</b>  Shane Stueck  Box 128  Abernathy, SK S0A 0A0  P: (306) 333-4501  E: <a href="mailto:bland.stueck@sasktel.net">bland.stueck@sasktel.net</a></p>  <p><i>Free range/run eggs and honey  Delivers to Regina and area or available at the Regina Farmers' Market</i></p>
<p><b>Labrash Organic Vegetables</b>  Lumsden, SK  P: (306) 533-3026  E: <a href="mailto:laureen.labrash@gmail.com">laureen.labrash@gmail.com</a></p>  <p><i>Certified Organic garden seeds and herbs,, produce and berries and the Community Supported Agriculture program.</i></p>	<p><b>LochLomond Livestock</b>  John Aitken  Box 147  Eyebrow, SK  P: (306) 759-2702  E: <a href="mailto:fowken@sasktel.net">fowken@sasktel.net</a></p>  <p><i>Beef and lamb</i></p>	<p><b>Lowe, Reg</b>  Box 1683  Moose Jaw, SK S0G 3C0  P: (306) 693-2578  E: <a href="mailto:rlowe@sasktel.net">rlowe@sasktel.net</a></p>  <p><i>Saskatoons</i></p>

<p><b>Lumsden Sheep</b>  Cheryl Dodds  Box 675  Lumsden, SK S0G 3C0  P: (306) 570-7565  E: <a href="mailto:lumsdensheep@hotmail.com">lumsdensheep@hotmail.com</a>  Facebook: <a href="#">Lumsden Sheep</a></p> <p><i>Lamb and eggs</i></p> 	<p><b>Luther, Cliff</b>  Box 116  Chamberlain, SK S0G 0R0</p> <p><i>100% Whole grain, organic bread. Wheat is grown by Duane Mangel in Dilke, SK and locally processed with a table top grinder.</i></p> <p><i>Available for purchase at <b>The Old West Express Restaurant in Chamberlain, SK.</b></i></p> 	<p><b>Meridian Organics</b>  Winton and Angie Schmidt  Rockglen, SK S0H 3R0  P: (306) 476-2551  E: <a href="mailto:waschmidt@sasktel.net">waschmidt@sasktel.net</a>  W: <a href="http://www.meridianorganics.ca">www.meridianorganics.ca</a></p> <p><i>Certified organic wheat and yellow peas</i></p> 
<p><b>McKechnie, Cathy &amp; Morley</b>  P: (306) 530-6558</p> <p><i>Vegetables, homemade pies, and other baking</i></p> 	<p><b>One Sweet Dream</b>  Claire Kreuger  P: (306) 631-3764</p> <p><i>Honey &amp; Pottery</i></p> 	<p><b>Over the Hill Orchards</b>  Dean Kreutzer  Lumsden, SK  P: (306) 530-9133  E: <a href="mailto:info@overthehillorchards.ca">info@overthehillorchards.ca</a>  W: <a href="http://www.overthehillorchards.ca">www.overthehillorchards.ca</a></p> <p><i>Available at: Our orchard location, Regina Farmer's Market, health food stores on the prairies. Certified organic fresh fruit, low sugar jams, syrups, juices, gluten free pies, tarts, and chocolates.</i></p> 
<p><b>Pawsitively Bridgeford</b>  Box 126  Tugaske, SK S0H 4B0  P: (306) 759-2220  E: <a href="mailto:w.b.m@sasktel.net">w.b.m@sasktel.net</a>  W: <a href="http://www.pawsitivelybridgeford.com">www.pawsitivelybridgeford.com</a></p> <p><i>Full line of raw diet pet food. Do you know what's in your pet's food? Pawsitively Bridgeford products are made from human consumable foods; there are no chemicals and no preservatives. It is made from fresh meat, fresh vegetables and fruit. A raw diet is perfect for any pet, even those that have allergies or digestive problems.</i></p> 	<p><b>Quinella Ranch</b>  Lyle Hamann  Site 105, Box 9, RR#1  Regina, SK S4P 2Z1  P: (306) 781-4701  E: <a href="mailto:lrhamann@yourlink.ca">lrhamann@yourlink.ca</a></p> <p><i>Certified organic beef and grains</i></p> 	<p><b>Riverside Bee Farm</b>  Cam and Joyce McIntyre  Box 974  Moose Jaw, SK S6H 4P6  P: (306) 692-2631</p> <p><i>Natural honey</i></p> 

<p><b>Rochdale Coffee and Bakery</b>  Karen and Bill Parker  Regina, Sk  Ph: 306 789-6868</p> <p><i>Baking features locally grown, in- season fruit</i></p> 	<p><b>Rocky Acres Orchard</b>  Ledeen Lutz  Box 12  Lipton, SK S0G 3B0  P: (306) 535-1974  E: <a href="mailto:plsenft@sasktel.net">plsenft@sasktel.net</a>  W: <a href="http://www.saskfruit.com">www.saskfruit.com</a>  Twitter: <a href="https://twitter.com/orchardpeople">@orchardpeople</a>  Facebook: <a href="https://www.facebook.com/RockyAcresOrchard">Rocky Acres Orchard</a></p> <p><i>Apples, saskatoons, and strawberries</i></p> 	<p><b>Rose Colony</b>  Box 1928  Assiniboia, SK S0H 0B0  P: (306) 642-5736 Ext: 305</p> <p><i>Garden vegetables</i></p> 
<p><b>Santa Fe Food Co.</b>  Cam Mcleod  Cabri, SK S0N 0J0  P: (306) 587-7710  W: <a href="http://www.santafefoodcompany.ca">www.santafefoodcompany.ca</a></p> <p><i>Cherries (carmine jewel), chokecherries, gooseberries, haskap, sauces and condiments. Available at The Western Development Museum, Hubcity Meats, Yvette Moore Gallery</i></p> 	<p><b>Spring Valley Food Farm</b>  Ralph and Rhonda Martin  Spring Valley SK  P: (306)475-2270  E: <a href="mailto:rgoodsman@yahoo.com">rgoodsman@yahoo.com</a></p> <p><i>Free run organic eggs, pastured raised pork, grass finished beef, pastured roasting chickens, cow shares, organic garden produce</i></p>   	<p><b>The Summer Kitchen</b>  Michelle Bjelde  Moose Jaw, SK  P: (306)972-4746  Facebook: <a href="https://www.facebook.com/TheSummerKitchen">The Summer Kitchen</a></p> <p><i>Offer a variety of homemade, made-to-order artisanal and specialty breads, old-fashioned seasonal favorites and preserves.</i></p>
<p><b>Te Mara Orchard</b>  Charles or Lynn Hume  Box 111  Osage, SK S0G 3T0  P: (306) 722-3745  E: <a href="mailto:c.hume@sasktel.net">c.hume@sasktel.net</a></p> <p><i>Saskatoons</i></p> 	<p><b>Treasure Valley Market</b>  Linda Metke  Box 159  Cadillac, SK S0N 0K0  P: (306) 785-4602</p> <p><i>Strawberries, saskatoons, raspberries, chokecherries, sour cherries, apples, plums, pears, haskap (blue honey suckle), and vegetables</i></p>  	<p><b>Triple-H-Beef</b>  Leonard Pigott  Box 222  Dysart, SK S0G1H0  P: (306) 331-9252  W: <a href="http://www.triple-h-beef.com">www.triple-h-beef.com</a>  Facebook: <a href="https://www.facebook.com/Triple-H-Beef">Triple-H-Beef</a></p> <p><i>Grass-finished beef</i></p> 



<p><b>Very Berry Farm</b> Henry Vanderleest General Delivery Pilot Butte, SK S0G 3Z0 P: (306) 536-9694 E: <a href="mailto:toppberryfarm@sasktel.net">toppberryfarm@sasktel.net</a></p> <p><i>Saskatoons, strawberries, asparagus, chokecherries, sour cherries, raspberries, and apples, haskap</i></p> 	<p><b>Westbridford Meats Ltd.</b> Shane and Doris Oram Box 126 Tugaske, SK S0H 4B0 P: (306) 759-2220 E: <a href="mailto:w.b.m.@sasktel.net">w.b.m.@sasktel.net</a> W: <a href="http://www.westbridgefarms.com">www.westbridgefarms.com</a></p> <p><i>Shane's Sausage (35 flavours) Shane's value added Products – Bacon, souvlaki/shish-la-ki, and wieners, just to name a few. Do you know where your meat comes from? WestBridgeford Meats carefully selects the animals and tracks the meats used, right from the producer to you. We understand how important your family is to you and we feel it is important to introduce you the local producers This is our assurance to you that we stand behind our products and our producers stand behind theirs.</i></p> 	<p><b>Wild West Steelhead</b> Box 190 Lucky Lake, SK S0L 1Z0 P: (306) 858-2208 E: <a href="mailto:thowitt@wildweststeelhead.com">thowitt@wildweststeelhead.com</a> W: <a href="http://www.wildweststeelhead.com">www.wildweststeelhead.com</a></p> <p><i>Fresh and frozen fillets and dressed fish</i></p> 
<p><b>Windy Acres Orchard</b> Wendy Egan Box 503 Moose Jaw, SK P: (306) 693-6096 E: <a href="mailto:p.egan@sasktel.net">p.egan@sasktel.net</a></p> <p><i>Cherries, chokecherries, raspberries, saskatoons</i></p> 	<p><b>Yara Community Gardens</b> Hunger in Moose Jaw 1000 Grey Ave. 100 &amp; 200 Block of Home St. W. Moose Jaw, S P: (306) 692-1916 E: <a href="mailto:gardens.hungermj@sasktel.net">gardens.hungermj@sasktel.net</a> Facebook: <a href="https://www.facebook.com/YaraCommunityGardens">Yara Community Gardens</a> Twitter: <a href="https://twitter.com/yaragardensmj">@yaragardensmj</a></p> <p><i>Garden vegetables</i></p> 	<p><b>Yummy Treats</b> Nicole Payne 207 510 Laurier St Moose Jaw, SK Ph: 306 631-4819 E: <a href="mailto:yummy_treats@live.com">yummy_treats@live.com</a></p> <p><i>Cabbage rolls, perogies, dill pickles, beets, carrots, green and yellow beans (locally grown), baking made to order</i></p> 
<p><b>Zadack Holdings</b> P.O. Box 27057 BPO Avonhurst Regina, SK S4R 8R8 P: (306) 586-9275 E: <a href="mailto:slinkemo@access.com">slinkemo@access.com</a> W: <a href="http://www.zadackholdings.ca">www.zadackholdings.ca</a></p> <p><i>Raspberries and saskatoons</i></p> 		

## FARMER'S MARKETS

<p><b>Craik Farmer's Market</b>          Location: Old Town Hall          9 a.m. - 2 p.m.          Fridays          May – September</p>	<p><b>Gravelbourg Farmer's Market</b>          10 a.m. - 2 p.m.          June – October</p>	<p><b>Swift Current Farmer's Market</b>          Location: Corner of Chaplin and Central Ave North          10 a.m. - 3 p.m.          Saturdays          Mid Jun – September          Facebook: <a href="#">Swift Current &amp; District Farmer's Market</a></p>												
<p><b>Caronport Farmer's Market</b>          Location: Behind the Husky Gas Station          9 a.m. - Noon          Saturdays          July – Mid September</p>	<p><b>Kenosee Farmer's Market</b>          Location: The Red Market Barn          Highway #9          Sundays          11:00 a.m. - 4:00 p.m.          May – August          Facebook: <a href="#">The Red Market Barn</a></p>	<p><b>Weyburn Farmer's Market</b>          Location: City Centre Mall          9:30 a.m. - 1:30 p.m.          Saturdays          Mid May – June and Mid August – December          Expanded Spring Market in May          Christmas Market in October</p>												
<p><b>Estevan Farmer's Market</b>          Location: Main Street          8:00 a.m. - 12:00 p.m.          Saturdays          May – October</p>	<p><b>Moose Jaw Homegrown Farmer's Market</b>          Location: 400 block of Langdon Crescent          Saturdays May - October          &amp; Wednesdays July – August          8:00 a.m – 1:00 p.m.          Facebook: <a href="#">Moose Jaw Homegrown Farmer's Market</a></p>	<p><b>White City Farmer's Market</b>          Location: 300 West Main          Tuesday June 7th - October 4th, 2016          3:00pm-7:00pm</p>												
<p><b>Fort Qu'Appelle Farmer's Market</b>          Location: 320 Broad Street          9 a.m. - 1:00 p.m.          May – September          Facebook: <a href="#">Fort Qu'Appelle Farmers' Market</a>          W: <a href="http://www.fortqfarmersmarket.com">www.fortqfarmersmarket.com</a></p>	<p><b>Regina Farmer's Market</b></p> <table border="0"> <tr> <td><u>Summer Location</u></td> <td><u>Winter</u></td> </tr> <tr> <td>1900 Block Scarth Street</td> <td>Location: Cathedral Neighbourhood Centre</td> </tr> <tr> <td>9:30 a.m. 1:30 p.m</td> <td>2900 13<sup>th</sup> Ave</td> </tr> <tr> <td>Wednesdays and Saturdays</td> <td>9:30 – 1:30 p.m</td> </tr> <tr> <td>Facebook: <a href="#">Regina Farmers' Market</a></td> <td>Saturdays</td> </tr> <tr> <td></td> <td>October – December</td> </tr> </table>	<u>Summer Location</u>	<u>Winter</u>	1900 Block Scarth Street	Location: Cathedral Neighbourhood Centre	9:30 a.m. 1:30 p.m	2900 13 <sup>th</sup> Ave	Wednesdays and Saturdays	9:30 – 1:30 p.m	Facebook: <a href="#">Regina Farmers' Market</a>	Saturdays		October – December	
<u>Summer Location</u>	<u>Winter</u>													
1900 Block Scarth Street	Location: Cathedral Neighbourhood Centre													
9:30 a.m. 1:30 p.m	2900 13 <sup>th</sup> Ave													
Wednesdays and Saturdays	9:30 – 1:30 p.m													
Facebook: <a href="#">Regina Farmers' Market</a>	Saturdays													
	October – December													

## Stores and Restaurants



<p><b>Alternate Root Organics</b>          16 Athabasca St. West          Moose Jaw, SK S6H 2B5          P: (306) 693-4372          W: <a href="http://www.alternativerootsorganics.com">www.alternativerootsorganics.com</a></p> <p><i>Alternative Root Organics sells locally-grown flax, oats, honey as well as the full Prairie Cherry line.</i></p>	<p><b>Butcher Boy Meats Ltd.</b>          1849 Park St.          Regina, SK S4N 2G4          P: (306) 525-9112          E: <a href="mailto:Butcboy@sasktel.net">Butcboy@sasktel.net</a></p> <p><i>Butch Boy sells locally grown pork (including ham, bacon, sausage) poultry and various groceries items such as sauces and spices.</i></p>	<p><b>Chrysalis Café and Bakery</b>          203 Main St. N.          Moose Jaw, SK          P: (306) 694-4310          E: <a href="mailto:chrysaliscoffeeroasters@gmail.com">chrysaliscoffeeroasters@gmail.com</a>          W: <a href="http://www.chrysaliscoffee.com">www.chrysaliscoffee.com</a></p>
<p><b>Beer Bros. Bakery and Cuisine</b>          1821 A Scarth Street          Regina, SK          P: (306) 586-2337          E: <a href="mailto:info@beerbros.ca">info@beerbros.ca</a>          W: <a href="http://www.beerbros.ca">www.beerbros.ca</a></p> <p><i>Beer Bros. Bakery uses locally-produced honey, fruit and flour in their baked goods.</i></p>	<p><b>Butcher's Best</b>          5552 Rochdale Blvd          Regina, SK S4X 4P1          P: (306) 352-2333          E: <a href="mailto:customerservice@butchersbest.ca">customerservice@butchersbest.ca</a></p> <p><i>Butcher's Best processes wild game and pork</i></p>	<p><b>Country Custom Meats Ltd.</b>          RR #1          Wymark, SK S0N 2Y0          P: (306) 773-9060          E: <a href="mailto:ccmltd@sasktel.net">ccmltd@sasktel.net</a></p> <p><i>Locally-grown beef, bison, lamb, pork and sausage</i></p>
<p><b>Body Fuel Organics</b>          1307A Ottawa St.          Regina, SK          P: (306) 352-3835          E: <a href="mailto:bin@bodyfuelorganics.ca">bin@bodyfuelorganics.ca</a>          W: <a href="http://www.bodyfuelorganics.ca">www.bodyfuelorganics.ca</a></p> <p><i>Body Fuel sells grain seed products, eggs, bread (regular and gluten free), the Prairie Cherry line of products, and locally-grown vegetables and fruit in season. It specializes in the BIN service offering a full line of grocery products that support local growers and farmers. Delivery service is available.</i></p>	<p><b>C More Meats</b>          Stan Seymore          Box 718          Coronach, SK S0H 0Z0          P: (306) 267-2395</p> <p><i>Sells locally-grown beef and pork. Custom cutting, wrapping, and processing is available.</i></p>	<p><b>Grant Hall Dining Room &amp; Lounge</b>          401 Main St. N.          Moose Jaw, SK          P: (306) 691-2111          Twitter: <a href="https://twitter.com/ghdining">@ghdining</a>          Facebook: <a href="https://www.facebook.com/GrantHallHotel">Grant Hall Hotel</a></p>

<p><b>Eat Healthy Foods</b>  3030 12<sup>th</sup> Ave  Regina, SK S4T 1J6  P: (306) 522- 4167  E: <a href="mailto:eathealthyfoods@sasktel.net">eathealthyfoods@sasktel.net</a>  <i>Eat Healthy Foods sells local produce and fruit, meat, fish, artisan breads, lentils, grains, flour, jam, cherries, berries, saskatoons, cheese, honey, cherry juice, camelina oil and kombucha. Take-out meals using local ingredients also available.</i></p>	<p><b>Moose Jaw Co-op Association LTD</b>  500 1<sup>st</sup> Ave. N.W.  Moose Jaw, SK S6H 3M5  P: (306) 692-2351  W: <a href="http://www.moosejawcoop.com">www.moosejawcoop.com</a>  <i>Carry locally produced foods</i></p>	<p><b>Peg's Kitchen</b>  1652 Park St.  Regina, SK S4N 5A2  P: (306) 781-2830  E: <a href="mailto:pegskitchen@sasktel.net">pegskitchen@sasktel.net</a>  W: <a href="http://www.pegskitchen.ca">www.pegskitchen.ca</a>  <i>Peg's uses local in-season produce</i></p>
<p><b>La Bodega (Tapas Bar) &amp; Grill</b>  2228 Albert Street  Regina, SK S4P 2V2  P: (306) 546-3660  E: <a href="mailto:labogdea@sasktel.net">labogdea@sasktel.net</a>  W: <a href="http://www.labodegaregina.ca">www.labodegaregina.ca</a>  <i>La Bodega uses locally-grown eggs, herbs, potatoes, chicken, bison, and pork. They also use pasta and bread made from locally-grown grains.</i></p>	<p><b>Nature's Best Market</b>  2224 14<sup>th</sup> Ave.  Regina, SK S4P 0X9  P: (306) 522-3757  W: <a href="http://www.naturesbestmarket.ca">www.naturesbestmarket.ca</a>  <i>Nature's Best sells locally-grown, in season produce, the Prairie Cherry product line, locally-made breads, honey and locally produced bison.</i></p>	<p><b>South Hill Find Foods</b>  468 Lillooet St. W.  Moose Jaw, SK S6H 7T1  P: (306) 692-1516  <i>Carry locally produced foods</i></p>
<p><b>Lakeview Fine Foods</b>  3404 Hill Ave  Regina, SK S4R 8N5  P: (306) 586-5221  E: <a href="mailto:don@myfinefoods.com">don@myfinefoods.com</a>  <i>Lakeview sells locally-grown tomatoes, cucumbers, organic eggs, prairie spring water and Drake Meats</i></p>	<p><b>Old Fashioned Foods</b>  Five locations in Regina  P: (306) 352-8623  (306) 545-2344  W: <a href="http://www.oldfashionedfoods.com">www.oldfashionedfoods.com</a>  <i>Old Fashioned Foods sells locally-produced grains, the Over the Hill Orchard line of products, and Ego Hills</i></p>	<p><b>The Little Red Market</b>  17-2<sup>nd</sup> Ave. E.  Mortlach, SK  P: (306) 355-2201  Facebook: <a href="#">Little Red Market Cafe</a></p>

**The Willow on Wascana**

3000 Wascana Parkway

Regina, SK S4P 3B2

P: (306) 585-3663

E: [info@willowonwascan.ca](mailto:info@willowonwascan.ca)

W: [www.willowonwascana.ca](http://www.willowonwascana.ca)

*The seasonally evolving menu uses ingredients  
produced in Saskatchewan.*