

JW Farms' Delivery to Your Door

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and Prego before joining the kitchen at Maple Downs Country Club in Vaughan. He's chef/owner of JW Farms.

Together, these two collaborated in a catering company before COVID stuck a stick in their wheels. Now they are making a name for themselves in South Marysburgh and around the County with their special line of dips and soups that are already available at PECish in Milford, and the Agrarian Market, Ralph's Butcher, Foodland and other stores in Picton and PEC.

Chef Mark manages the side of the business that develops and prepares soups made with meat protein

while Gus (short for Gustavo) creates and makes dips and soups that do not have meat content. He is most proud of the range of dips they make from a base of sunflower seeds (seeds grown for human consumption, not the black shelled version generally grown in the County and intended as bird feed).

A vegan with a resume that includes food production for network food shows, Gus sought an alternative to dairy products for the dips.

"I love dips so I was intrigued with experimenting with nuts but they were too expensive to use," he says. The sunflower seed base allowed him to produce a

product that has not only a delicious appeal for regular consumers, but that also meets the culinary requirements of vegans, vegetarians and those who are lactose intolerant. Flavours such as garlic and chive, beet balsamic, dill pickle and chimichurri pesto transport the usual nature of dips to the unique.

Their products are already gaining a following. At the Milford Fair in September, where they sold their dips and soup for the first time since moving to the County, they sold out of their stock in two hours.

Marks says as they continue to expand their line of fresh, wholesome food, they'll be sourcing proteins and produce from local producers.

What's In Store – Home

Delivery!

The vision, Mark and Gus say, is for JW Farms to develop into an online store... jwfarms.ca...where people can order their products and have them delivered directly to the door. Alternatively, pick up at JW Farms on Murphy Road is also available.

What's more, Mark and Gus will soon launch a home-cooked meal of the week that can be picked up or delivered to homes as oven ready or that can be popped into freezer for future use. The plan is for the menu to change weekly.

Prices for meals will range from about \$20 to \$25 each. Soups will sell for \$10 to \$15 a jar, depending on the contents, and dips will average \$6 each.

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