



Owned and operated by Kevin and Margaret Ann Griffith,
the third generation of family farmers

Beef and Chicken
Frozen Meals
Fresh Vegetables



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Choosing A Local Food Producer Has Benefits

Griffith Farm & Market makes frozen meals homemade and healthier

Griffith Farm & Market can provide frozen meals to local programs that make this service available to people in their communities. Here are some of the benefits we can offer as a local food producer.

Healthier Choice: Griffith Farm & Market does not use additives or preservatives when preparing frozen meals. No salt or sugar is added. For a comparison, see page four for nutrition content and an ingredient list.

Flexible Ordering Options: There are no minimum orders for any product. Meals are packaged as per the amount ordered.

Lower Environmental Impact: Griffith Farm & Market products are produced in their Golden Lake kitchen (health unit inspected twice annually). There is one form of packaging (vacuum-sealed or container). There is no additional use of plastics, packaging or shipping.

A Local Partner: As a long-time member of various regional farmers' markets, Griffith Farm & Market can be a partner in promoting the frozen meals program, which can assist local agencies in spreading the word.

Menu Suggestions: One of our best sources of new menu items is our customers! If there are entree requests or preparation options, Griffith Farm & Market wants to hear them. There are many opportunities to add to the menu.

A Trusted Producer: Griffith Farm & Market has a certified kitchen that is inspected twice a year by the local health unit. They also invest in nutritional labels for products and continuously invest in ways to improve their value.

The local frozen meals program can be delivered by a local farm, at an affordable cost, with healthier food and to the greater benefit of our community residents.



Food that we eat in our home every day.



Maple Squash Casserole: Lean ground beef and peas with a side of maple butternut squash.



Meatloaf: Lean beef meatloaf flavoured with garden tomatoes and served with rice and corn.



Beef Stew: Lean beef cubes, potatoes and carrots combined in a rich, brown gravy.



BBQ Meatballs: Lean ground beef meatballs in our signature BBQ sauce on a bed of rice.



Spaghetti Bake: Lean ground beef and tomato sauce with cheese on spaghetti base.



Salisbury Steak: Flavored lean ground beef patty in pan gravy with mashed potatoes and green beans.



Liver & Onions: Roasted beef liver with bacon, caramelized onions and gravy served with mashed potato.



Honey Garlic Meatballs: Lean beef meatballs served with rice, zucchini, mushrooms and peppers.



Lasagna Rolls: Baked lasagna in a lean ground beef tomato sauce and topped with cheese.



BBQ Pulled Chicken: A half pound of juicy shredded chicken in a homemade BBQ sauce.



Chicken Alfredo Pasta: Bowtie pasta and chicken served in a homemade Alfredo sauce with mixed vegetables.



Macaroni & Cheese: Our best tasting macaroni in a homemade creamy cheddar cheese sauce.



Smoked Ham: Thick sliced ham served with creamy scallop potatoes and corn.



Shepherd's Pie: Lean ground beef, onions and mixed vegetables covered with creamed mashed potatoes.



Chicken Casserole: Shredded chicken in gravy with cubed potatoes and topped with smashed carrots.



Homestead Chili: Lean ground beef in tomato sauce with kidney/baked beans, mildly spiced. (1 pound)



Minestrone Soup: Chopped cabbage, carrots, celery, potato, tomato with lentils in a broth. (2 servings)



Hamburger Soup: Ground beef, vegetables and macaroni in our homemade beef broth. (2 servings)



Cabbage Rolls: 2 large rolls of extra lean ground beef and rice wrapped in cabbage, covered in tomato sauce.



Pork Patty Meal: Minced pork with an orange glaze served with green beans and rice pilaf.



Beef Barley Soup: Chunks of lean beef in a homemade beef broth with barley, vegetables and tomato.



Maple Baked Beans: Local maple syrup is slow baked into brown beans (2-3 servings per order)



Food that we eat
in our home every day.



How To Heat Our Frozen Meals

Entrees are fully cooked. Entrees are best heated from frozen.

Before heating the meal in oven or microwave, pull back a corner or cut a slit in the film to vent.

Oven: Preheat oven to 350 F and heat for approximately 45 minutes.

Microwave: 3-5 minutes on high.

Do not use a toaster oven to reheat meals. Do not heat the tray to more than 400 F.

Please note that oven and microwave heat times may vary.

About Our Meals

All meals are made with lean beef from our farm. Our beef cattle are grass fed with a little mixed grain to produce the best tasting meat. The meat is hormone and antibiotic free.

Chicken is raised as free-run resulting in a flavorful meat.

Meals are made individually with no preservatives or fillers. We **do not** use pastry to fill our pies; just 100% protein and vegetables.

We do not add salt or sugar to any of our meals.

Frozen meals can be kept up to four months in the freezer.

About Our Farm

Griffith Farm & Market is a third-generation family farm operated by Kevin and Margaret Ann Griffith. The farm is located on Highway 60, the main highway to Algonquin Park. We are just 45 minutes to the park gate. Our pasture-raised cows and free-run chicken roam in the fresh outdoors making them healthy and happy. We do not use growth hormones or antibiotics. We produce real food that we serve at our own table every day.

Meal Planning Made Easy!

Some ideas of side dishes you can add to any meal

Griffith Farm & Market meals are hearty dishes because all ingredients are fresh with no fillers. While often enough on their own, having salad, rolls or buns and some vegetables (ie: broccoli) can easily accompany our meals.

For example, with buns you could add to any of our soups, a pasta dish and use for pulled chicken on a bun. A side salad could accompany meatloaf, maple squash pie and a pasta dish. Many of our meals come with sides; for those that don't, your choice of sides would work with any of our meals.

A Comparison Of Frozen Meals

Taking a look at the difference of locally-made frozen meals

The following is a comparison of a Griffith Farm & Market Shepherd's Pie and that of a company that mass-produces frozen meals.

Mass Produced Company Ingredients for Shepherd's Pie - Potatoes, Ground Beef, Water, Onions, Modified Corn Starch, Garlic (Garlic, Canola Oil), Seasoning (Modified Corn Starch, Wheat Flour, Hydrolyzed Soy Protein, Salt, Dextrose, Sugar, Vegetable Oil Shortening, Yeast Extract, Onion Powder, Garlic Powder, Spice, Caramel (Sulphites), Milk Ingredients, Corn Syrup Solids, Modified Milk Ingredients, Soybean Cottonseed Oil Shortening, Carrot Powder, Vinegar, Butter Flavour (Maltodextrin, Butter Flavour, Annatto, Turmeric. Contains Milk), Potassium Chloride, Xanthan Gum.

Griffith Farm & Market Ingredients for Shepherd's Pie - Potatoes, beef, water, mixed vegetables, onions, milk, celery, cucumber, tomato, butter, beef broth, zucchini, vinegar, sugar, sweet pepper, corn starch, lemon juice and spices.

Note: the vitamin component has not been included as Griffith Farm & Market measures in percentage and the mass-produced company measures in mg.

Comparison of Nutritional Labels

Shepherd's Pie Frozen Entree	Griffith Farm & Market	Mass Produced Supplier
Calories (100g serving)	90	150
Sodium	35mg	247mg
Protein	7g	8.8g
Carbohydrates	8g	11.1g
Sugars	1g	2g
Fat	4g	6.9g
Saturated Fat	2g	2.45g
Cholesterol	10mg	28mg
Potassium	0mg	387mg
Phosphorus	0mg	87mg
Fibre	1g	0.7g