J & J WHITE FARMS

Jim and Jo White raise and sell organic beef, pork, lamb, honey and eggs on their farming operation near Regina Beach. The Whites immigrated to Canada from the United Kingdom in 2007 and haven't looked back since. They got their start at a farm near Kelliher before a two-year stint in Ontario. "We enjoyed our time in Ontario, but Saskatchewan just called us back. We came back in 2019 and have farmed before, during and since," says Jo.

Farmers markets have proven to be an excellent way to sell their meat, honey and eggs, with the Whites attending the Regina Farmers Market, the Regina Beach Farmers Market and the Rowan's Ridge Farmers Market over the years. "Farmers markets are one of the primary ways we sell our products, along with farmgate and private sales," says Jim.

The Whites encourage growers to give farmers markets a try to reach retail customers. "Just go for it," says Jo. "All the markets are so helpful and great to work with, and our vendor market neighbours are lovely. Plus, the markets are a wonderful place to connect with people and educate them on where their food comes from. We love representing our farm and even offer tours to people who want to see our operation up close."

This summer, don't miss out on the opportunity to take in one or more of the farmers markets found around the province. They're more than just places to buy groceries. They serve as gathering spots where neighbours catch up, families find locally grown and produced foods, and newcomers and visitors discover the richness of Saskatchewan's agricultural traditions. These markets foster a sense of community pride and connection to the land, making them integral to the fabric of Saskatchewan life.

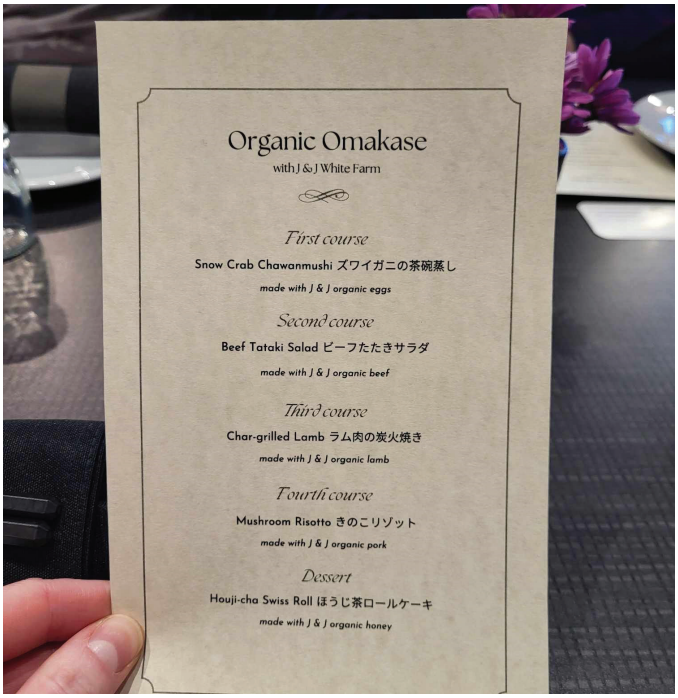
LAMB STEW WITH PRUNES AND HONEY (TAJINE FAS)

First featured in *Arab Cooking on a Prairie Homestead* by Habeeb Salloum. Recipe provided and adapted by J & J White Farms.

2 pounds of cubed lamb stew
4 tbsp olive oil for frying
1 chopped onion
½ cup chopped, fresh cilantro
2 cloves crushed garlic
½ tsp each of ginger, black pepper, tarragon and cinnamon
2 tsp salt
2 cups pitted prunes
3 tbsp honey
1 tsp orange blossom water
2 tbsp toasted sesame seeds

In a large pot, add lamb and onion to hot oil. Then add garlic, cilantro, salt, ginger, pepper, tarragon, cinnamon and enough water to cover. Simmer for 1 hour. Stir in prunes and honey.

Simmer for 15 minutes. Stir in orange blossom water, bring to boil and serve, sprinkled with sesame seeds.



J & J White Farms products were also featured in a five-course menu at Regina's Tipsy Samurai.

Just some of the Farmers Markets in Saskatchewan...

Big River Farmers Market - Facebook @Big River Farmers Market

Biggar Farmers' Market - Instagram @biggarfarmersmarket

Estevan Farmers' Market - Instagram @estevan_farmers_market

Hudson Bay Farmer's Market - townofhudsonbay.com/farmers-market/

Moose Jaw Homegrown Market - mjhomegrownmarket.com

Meadow Lake Farmers' Market - Facebook @meadowlakefarmersmarket

Melfort Farmers Market - Facebook @Melfort Farmers Market

Nipawin Farmer's Market - Facebook @NipawinFarmersMarket

Prince Albert Farmers Market - pafm.ca

Regina Farmers' Market - reginafarmersmarket.ca

Regina Beach Farmers Market - reginabeachfarmersmarket.com

Saskatoon Farmers' Market - saskatoonfarmersmarket.com

Swift Current Market Square - swiftcurrent.ca/what-s-new/market-square

Wakaw And District Farmers' Market - Facebook @Wakaw and District Farmers Market

Warman Farmers Market - Facebook @WarmanFarmersMarket