



FOUNTAIN & JONES

Sheep Farm - Custom Order

ONTARIO LAMB

Our commitment is to provide you the freshest lamb. Food sourced locally requires the burning of less fossil fuel than food trucked or even flown in from hundreds even thousands of miles away.

You can trust that Ontario farmers adhere to the highest quality standards set forth by the Canadian provincial and federal government regulatory boards.

Buying local is a tangible way of supporting the 13,500 Canadian family sheep farms, and the overall Canadian agricultural industry!



FOUNTAIN & JONES FAMILY FARM

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"You can't say you don't like lamb, until you've tried Ontario Lamb!"



Nothing surpasses the taste of fresh Ontario Lamb - The difference is in the taste!



ONTARIO LAMB - A HEALTHY ALTERNATIVE!

- Lamb meat is a source of protein that is rich and balanced in essential amino acids.
- Lamb is particularly rich in vitamin B-12, and in niacin, zinc and iron
- Only one-third of the fat in lamb is saturated which makes it easier to remove excess fat before cooking.

COOKING & TASTE

Lamb is tastiest when it is served slightly pink. The internal temperature is an effective way to verify cooking. This can be done by inserting a thermometer into the meat at its thickest part. At 68 degrees Celsius (155 F) it is just right.

Tasty and affordable - to the bone!
If you are buying Ontario lamb...You are buying fresh!