

Toronto's My Little Meat Market the place for healthy meat Special

Posted Aug 27, 2011 by [KJ Mullins](#)

Jason Stanton is the owner of My Little Meat Market, a new store at the Live Local Marketplace at Scadding Court Community Centre in Toronto. His store is offering some of Toronto's healthiest meat at a price every family can afford.

At Dundas Street West and Bathurst a food revolution is underway. Using refurbished shipping containers the [Scadding Court Community Centre's](#) director Kevin Lee came up with an inventive idea that helps new business while providing a bit of income for the centre.

Open Tuesday through Saturday from 11:00 a.m. to 7:00 p.m. the market has a Bubble Tea shop, OMG Baked Goodness, Monforte Dairy cheeses and more including Stanton's My Little Meat Market. On Friday nights the market is open late until 10:00 p.m. and features Street Talk, an open air discussion on important issues from 5:00 until closing.



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Jason Stanton of My Little Meat Market

Jason Stanton took time to explain on video on how to make the perfect steak and the importance on what type of meat to buy for your family's table.

Stanton said that the community centre had about 14 foot of free space outside that Lee is using to help fund some of the programming at the centre. The centre provides their community with swimming, basketball courts, library and other services free of charge. Something that many in the lower income areas that are close by need. All proceeds from renting the spaces within the new marketplace go to support those free programs.

"The director of Scadding Court was trying to come up with a creative way of finding money to support the programs without having to ask the City of Toronto for it," Stanton said.

At this time the rent brings in the centre \$3,500 a month which in time will increase as the vendors become more well known and their spaces become more profitable.

"This is Lee's little brain child. One of the stalls sells Ontario made cheeses made from the vendor's own goats!," Stanton said.

Stanton is able to sell his hormone free meats at a lower cost to the public.

Stanton said that one of the problems with many chickens in commercial farms is that they are given drugs to speed up their growth to just six weeks instead of the actual time of six months that a chicken would naturally grow.

"Because of the super fast growth the chicken's bones can't handle it," Stanton explained, "The chicken can't move. If it were to stand up it would break it's leg. The chickens are fed constantly which means they use the bathroom more. The chicken can't move though so it sits in it's waste with 25,000 other chickens. With that many other chickens you have to feed them full of antibiotics to keep them healthy enough to sell."

Stanton said his chickens are free range chicken from Ontario. The chickens are allowed to grow naturally without antibiotics or hormones. He sells the chickens for about \$10.50 each.

The name of the Scadding Court market is Live Local Stanton said and he is living that idea with selling his chicken, pork and lamb from local farmers.

His beef is from J.F. Swift's farm in Black Canyon Creek, Iowa. It was a business move that allows him to offer healthy meat but at a realistic price to the community.

"My supplier has found one of the best farmers in North America for our beef. The Swift farm was founded in 1855. These farmers know how to raise beef cattle. They grow their own corn for the cattle and then finish them off on grass. The cattle wander around the foothills. They are an Angus beef."

Stanton said that the waste in many commercial beef farms where many animals are raised in close quarters is very toxic. This environment requires the animals to be pumped full of antibodies and hormones to get them to grow faster. "It's all about Wall Street," Stanton said sadly.

"I also have a farmer in Ontario named Robert Hubert who is part of a co-op of farmers called Beef Connections. He raises Black Angus cows. He raises antibiotic free cows. Some times a cow does get sick and then medicine is used but those cows go into the regular market. We are offering quarter and half cows, cut up and vacuum sealed."

The price is down to \$10 a pound because of this with a quarter cow costing just under \$200. That is enough meat to have 18 pounds of meat. Stanton uses Off The Bone butcher for supply.

Stanton said that it's time for people to educate ourselves about our food. Organic is a buzz word that means that you haven't used pesticides on your land for seven years. It does not mean that the product is antibiotic or hormone free.

"It's a very gray area," Stanton said. "Let's educate ourselves and look for hormone free, antibiotic free and GMO food free. Organic is a slogan now."

Stanton's meat is amazing. Watch the video to find out how to cook a perfect steak that requires no seasoning.



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A steak from My Little Meat Market



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