



THANKSGIVING ORDER GUIDE

Thanksgiving is a time for gathering of family of friends. In Ohio, our rich farmland has given us a bounty of local goods. At Fresh Fork Market, we think of Thanksgiving as the time to feast on all the richness that Ohio has to offer.

We work all year toward this holiday. We start early by meeting with our farmers to plan out production. We agree on the amount of turkeys for them to raise for us, and work with them to establish good organic pastures where they can access to natural sunlight, lush grasses and the insects and grubs that they would naturally eat. We lock in our crops of squash, potatoes and other fresh produce to ensure that we can supply you with local organic produce for your holiday table. Lastly, we meet with our pie makers to plan out all the pies that you can order to finish your feast just as delicious as it began.

To see our pickup locations and times, and to place your order, visit FreshForkMarket.com.

TURKEYS

To achieve the healthiest turkeys, we must establish good organic pastures where they can access to natural sunlight, lush grasses and the insects and grubs that they would naturally eat. They get exercise, and fresh air. Like our chickens, this creates a rich flavor and a juicy bird. To supplement their forage, we need to find a good non GMO based food to make our birds grow healthy and strong. We are thinking about our turkeys when the first seeds of the season go into the ground. All this work culminates with healthy turkeys that will be the star of your holiday feast.

Our most popular bird is the Broad Breasted White. This is the turkey that is most commonly found on America's tables. It features larger breasts, meaning more white meat. Unlike the conventional birds that you find in the grocery, ours are fresh, not frozen. They are raised according our exacting quality standards. This means our birds are have no additives, hormones, fillers or added water.

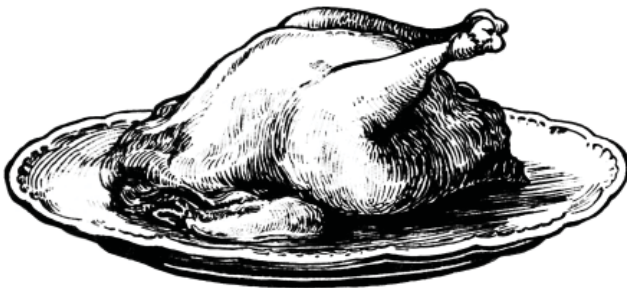
In addition to our standard turkeys, Fresh Fork Market is offering authentic heritage breeds this year. Heritage breeds are not bred for more white meat, so they are more naturally proportioned. They have more dark meat, as a bird naturally would. These birds are succulent and juicy, and have a more richly flavored meat. The texture is a little different from a conventional turkey. Like our regular turkeys, the heritage breeds are free to roam, eat a diet high in protein, and live their lives outside in fresh air. Those who went on the farm tour were granted a chance to see some of these birds on the farm. Some of them are raised in the cornfield, naturally fertilizing the land, while having a chance to dart in and out of the corn and eat the lower leaves. Among the breeds we are offering this year are: American Bronze Standard, Bourbon Red, and Blue Slate.

Heritage birds will be smaller-in the 12-15 pound range and limited in supply. If you are looking for a big bird, for a big family, we recommend the standard turkeys.

On the week of Thanksgiving, the birds will be approximately 19-20 weeks old. This is in contrast to the 6 to 10 week “young turkeys” available at the grocery store. These are slow growth, nutrient dense, flavorful birds. They will be processed and delivered fresh.

All birds will be processed on the Monday before Thanksgiving, and we will make deliveries on Tuesday and Wednesday before Thanksgiving. There will be no regular winter share delivery that week, so we recommend ordering any extras the week before.

All weights are estimates and final weight will depend on how the birds mature. We cannot guarantee any particular weight for your bird. In addition to our tasty turkeys we offer a variety of fresh local items to make your holiday meal something special. We sell three complete holiday packages as well as a la carte pies. Order early as supplies are limited. A \$25 deposit is required on all orders, and all orders must be paid in full at or before pick up.



TURKEYS

ALL WEIGHTS ARE ESTIMATES ONLY

TOMS (19+ LBS)	\$65
HENS (15-18 LBS)	\$60
HERITAGE BREEDS	\$4.50 LB

PACKAGES

Package #1

\$145 hen

\$150 Tom

1 Turkey, 1 Apple Pie, 1 Sweet Potato Pie (from Lucky's Café), 1 bunch Beets, 2 bunches Carrots, 3 lbs Candy Onions, 3 lbs Sweet Potatoes, 3 lbs Red Potatoes, 1 lb Shallots, 1/4 lb Garlic, 10 Dinner Rolls, 1 Dozen Eggs, 1 Head Cauliflower, 1 Head Lettuce, 1 Loaf Bread for Stuffing, 4 Assorted Winter Squash, 2 lbs Cornmeal, 1 Small Sugar Pumpkin, 2 lbs Frozen Ohio Sweet Corn, 1 lb Braising Greens, 1/2 Gallon Apple Cider, 1/2 Peck Apples, 2 lb White Spelt Flour

Package #2

\$115 hen

\$120 Tom

1 Turkey, 1 Double Crusted Apple Pie, 1 Bunch Beets, 2 Bunches Carrots, 3 lbs Candy Onions, 3 lbs Sweet Potatoes, 3 lbs Red Potatoes, 1 lb Shallots, 1/4 lb Garlic, 10 Dinner Rolls, 1 Dozen Eggs, 1 Head Lettuce, 1 Loaf Bread for Stuffing, 1 Small Sugar Pumpkin, 1/2 Peck Apples

Package #3

\$85 hen

\$90 Tom

1 Turkey, 2 Bunches Carrots, 3 lbs Candy Onions, 3 lbs Sweet Potatoes, 3 lbs Red Potatoes, 1 lb Shallots, 1/4 lb Garlic, 1 Dozen Eggs, 1 Head Lettuce, 1 Small Sugar Pumpkin, 1/2 Peck Apples



PIES

We are offering pies from Humble Pie Bakery: Flaky, old fashioned crust made with hormone free, locally produced butter and fresh, non-hydrogenated lard. Fillings made with local fruit perfectly balanced with just the right amount of sugar.

Pumpkin, Pecan, Chocolate Pecan, Pumpkin Pecan, Confetti, and Apple Pie are available.

\$22