

# Fresh Fork Market Summer Share 2015: Week 19

Bag Contents Subject to Change

## Small Omnivore

Cornmeal - 2#

Sweet Potatoes - 3#

Cabbage, green - 1 head

Pears

Onion

Spaghetti Squash - 1

Beets w tops - 1 bunch

Chicken Patties

## Large Omnivore

Cornmeal - 2#

Sweet Potatoes - 3#

Cabbage, green - 1 head

Pears

Onion

Spaghetti Squash - 1

Beets w tops - 1 bunch

Chicken Patties

Crosscut Beef Shank - 1

Cauliflower - 1 head

Gold Potatoes - 2#

Butternut Squash - 1

Apples

## Small Vegetarian

Cornmeal - 2#

Sweet Potatoes - 3#

Cabbage, green - 1 head

Pears

Onion

Spaghetti Squash - 1

Beets w tops - 1 bunch

Eggplant - 2 ct

Swiss Chard - 1 bunch

Mozzarella - 8 oz

## Large Vegetarian

Cornmeal - 2#

Sweet Potatoes - 3#

Cabbage, green - 1 head

Pears

Onion

Spaghetti Squash - 1

Beets w tops - 1 bunch

Eggplant - 2 ct

Swiss Chard - 1 bunch

Mozzarella - 8 oz

Cauliflower - 1 head

Gold Potatoes - 2#

Butternut Squash - 1

Apples

Apple Cider- half gallon

## Vegan

Cornmeal - 2#

Sweet Potatoes - 3#

Cabbage, green - 1 head

Pears

Onion

Spaghetti Squash - 1

Beets w tops - 1 bunch

Eggplant - 2 ct

Swiss Chard - 1 bunch

Cauliflower - 1 head

Kale - 1 bunch

