



Fresh Fork Market Winter Share 2015-16:
Week 1

Bag Contents Subject to Change

Omnivore

Whole Chicken
Sweet Potatoes - 4 lbs
Spinach - 1/2 lb
Kohlrabi - 1 ct
Parsley - 1 bunch
Rutabaga - 1 ct (very large)
Cauliflower - 1 head
Broccoli - 1 head
Brussel Sprouts - 1 stalk
Onion - 1 ct
Shallot - 1 ct
Carrots - 1 lb
Apples - quarter peck
Exotic Radish Bouquet: 1 black
Spanish radish, 1 french breakfast,
and 1 watermelon radish

Vegetarian Pilot

Stuffed Green Peppers Entrée*
Sweet Potatoes - 4 lbs
Spinach - 1/2 lb
Kohlrabi - 1 ct
Parsley - 1 bunch
Rutabaga - 1 ct (very large)
Cauliflower - 1 head
Broccoli - 1 head
Brussel Sprouts - 1 stalk
Onion - 1 ct
Shallot - 1 ct
Carrots - 1 lb
Apples - quarter peck
Exotic Radish Bouquet: 1 black
Spanish radish, 1 french breakfast,
and 1 watermelon radish

* Vegetarian stuffed green peppers filled with beans, mozzarella, wild rice and fresh herb blend, on a bed of eggplant and tomato sauce.