



Fresh Fork Market Winter Share 2015-16:

Week 4

Bag Contents Subject to Change

Omnivore

Ground Beef - 1#

Ground Pork - 1#

Sweet Potatoes - 4#

Napa Cabbage - 1

Spinach - 1/2 lb

Parsnips - 2#

Hubba Hubba Squash (baby orange hubbard)

Acorn Squash

Brussel Sprouts

Carrots - 2#

Leeks - 1 bunch

Red Leaf Lettuce

Vegetarian Pilot

Braised Red Cabbage - 1 qt

Apple Cider - half gallon

Sweet Potatoes - 4#

Napa Cabbage - 1

Spinach - 1/2 lb

Parsnips - 2#

Hubba Hubba Squash (baby orange hubbard)

Acorn Squash

Brussel Sprouts

Carrots - 2#

Leeks - 1 bunch

Red Leaf Lettuce

Apples