



Fresh Fork Market Winter Share 2015-16: Week 5

Bag Contents Subject to Change

Omnivore

Whole Chicken
Whole Wheat Bread
Carrots - 1#
Acorn Squash - 1 ct
Butternut Squash - 1 ct
Onion - 1 ct
Broccoli Florets - 1#
Apple Cider - half gall.
Kohlrabi - 1 ct
Collards - 1 bunch
Rutabaga - 2#
Fingerling Potatoes - 3#
Canned Peaches - 1 quart

Vegetarian Pilot

Stuffed Acorn Squash Entrée*
Whole Wheat Bread
Carrots - 1#
Acorn Squash - 1
Butternut Squash - 1 ct
Onion - 1 ct
Broccoli Florets - 1#
Apple Cider - half gall.
Kohlrabi - 1 ct
Collards - 1 bunch
Rutabaga - 2#
Fingerling Potatoes - 3#
Canned Peaches - 1 quart

* Contains: Shallots, Daikon Radishes, Cabbage, Rutabaga, Corn, Roasted Red Peppers, Black Turtle Beans, Cannellini Beans, Cilantro, Wheat Berries, Sunflower Oil, Apple Cider Vinegar, Mustard Seed, & Salt