



Fresh Fork Market Winter Share 2015-16: Week 6

Bag Contents Subject to Change

Omnivore

Kielbasa (4 links/pkg)
Turkey Breast Lunchmeat
Sauerkraut - 1 quart
Flat Rock Cheese
Celeriac
Kale
Brussels Sprouts
Carrots - 1 #
Onion - 1 ct
Sweet Potatoes - 3 #
Bosc Pears - quarter peck
Cabbage - 1 head, green or red
Acorn Squash - 2

Vegetarian Pilot

Ratatouille - 1 qt*
Baked Apples **
Sauerkraut - 1 quart
Flat Rock Cheese
Celeriac
Kale
Brussels Sprouts
Carrots - 1 #
Onion - 1 ct
Sweet Potatoes - 3 #
Bosc Pears - quarter peck
Cabbage - 1 head, green or red
Acorn Squash - 2

* Contains: Eggplant, Tomatoes, Peppers, Zucchini, Summer Squash, Onions, Garlic. Best heated in a pot on the stovetop.

** Contains: Apples, Cream, Spices, Eggs. Best reheated in a 375 oven till hot.