



Fresh Fork Market Winter Share 2015-16: Week 7

Bag Contents Subject to Change

Omnivore

Turkey Chorizo - 1#
Black Beans - 1#
Frozen Corn - 1 pt
Frozen Tomatoes, diced - 1 qt
Frozen Blueberries - 1 pt
Frozen Green Beans - 1 qt
Traditional Tomato Sauce - 1 pt
Candied Jalapeños - 1 half pt
Leeks - 1 bunch
Red Potatoes - 3#
Candy Onions
Beets - 2#
Pears - 6 or 7

Vegetarian Pilot

Parker's Vegetarian Lasagna*
Black Beans - 1#
Frozen Corn - 1 pt
Frozen Tomatoes, diced - 1 qt
Frozen Blueberries - 1 pt
Frozen Green Beans - 1 qt
Traditional Tomato Sauce - 1 pt
Candied Jalapeños - 1 half pt
Leeks - 1 bunch
Red Potatoes - 3#
Candy Onions
Beets - 2#
Pears - 6 or 7

* Contains: Green Beans, carrots, black beans, onions, egg noodles, béchamel sauce (butter, flour, milk & Flat Rock raw milk cheese), tomato sauce, onions, garlic, green bell peppers, fresh herbs & nutmeg.