



Fresh Fork Market Winter Share 2015-16: Week 8

Bag Contents Subject to Change

Omnivore

Turkey Pack - Back, Drum & Wing
Ground Beef - 1#
Parsnips
Acorn Squash
Butternut Squash
Daikon Radishes - 1#
Rutabaga
Napa Cabbage or Kale
Carrots
Onion
Frozen Strawberries - 1 qt
Frozen Green Beans - 1 qt
Frozen Corn - 1 pt
Frozen Tomatoes - 1 qt
Canned Peaches w/ honey - 1 qt

Vegetarian Pilot

Whole Wheat Linguine - 1 lb
Eggplant Bourguignon Sauce* - 1 qt
Parsnips
Acorn Squash
Butternut Squash
Daikon Radishes - 1#
Rutabaga
Napa Cabbage or Kale
Carrots
Onion
Frozen Strawberries - 1 qt
Frozen Green Beans - 1 qt
Frozen Corn - 1 pt
Frozen Tomatoes - 1 qt
Canned Peaches w/ honey - 1 qt

* Contains: Roma Tomatoes, Onions, Eggplant, Tuscan Seasoning, Onion Powder, Garlic Powder, Dark Chili Powder, Chipotle Powder, Pink Salt, Cane Sugar, Fresh Lemon Juice. No dairy.

Can be used as a pasta sauce, or delicious heated up on its own as a thick stew.