



Fresh Fork Market Winter Share 2015-16:
Week 12

Bag Contents Subject to Change

Omnivore

Stew Beef - 1#

Black or Pinto Beans - 1#

Frozen Chopped Tomatoes - 1 qt

Frozen Green Beans - 1 qt

Frozen Corn - 1 pt

Turkey Sausage Brats

Potatoes- 3#

Apples

Spinach or Lettuce

Choice: Sloppy Joe Mix*,
Ratatouille** or Tangy Ketchup***

Vegetarian Pilot

Eggs - 1 dozen

Black or Pinto Beans - 1#

Frozen Chopped Tomatoes - 1 qt

Frozen Green Beans - 1 qt

Frozen Corn - 1 pt

Whole Wheat Bread - 1 loaf

Potatoes- 3#

Apples

Spinach or Lettuce

Choice: Sloppy Joe Mix*,
Ratatouille**, or Tangy Ketchup***

* Contains: heirloom tomatoes, bell peppers, onions, garlic, lime juice, sugar, salt and spices.

** Contains: Eggplant, bell peppers, tomatoes, zucchini, summer squashes, and cumin and other spices.

*** Contains: Heirloom tomatoes, garlic, onion, banana pepper, onion powder, garlic powder, salt, white pepper, celery seed, fennel seed, allspice, mustard seed, extra virgin olive oil, balsamic vinegar