

# Fresh Fork Market Summer Share 2016: Week 1

Bag Contents Subject to Change

## Small Omnivore

Whole Chicken  
Kale- 1 bunch  
Lettuce- 1 sleeve (2 heads)  
Spelt Berries- 2#  
Parsley- 1 bunch  
Broccoli- 1 head  
Strawberries- 1 qt

## Large Omnivore

Whole Chicken  
Kale- 1 bunch  
Lettuce- 1 sleeve (2 heads)  
Spelt Berries- 2#  
Parsley- 1 bunch  
Broccoli- 1 head  
Strawberries- 1 qt  
Green Onions- 1 bunch  
Pizza Dough- 2 ct  
Fresh Mozzarella- 8 oz  
Italian Bulk Sausage- 1#

## Small Vegetarian

Ramp Linguine- 1#  
Kale- 1 bunch  
Lettuce- 1 sleeve (2 heads)  
Spelt Berries- 2#  
Parsley- 1 bunch  
Broccoli- 1 head  
Strawberries- 1 qt  
Rhubarb- 1#  
Asparagus- 1#  
Tomato Sauce- 1 Pint

## Large Vegetarian

Ramp Linguine- 1#  
Kale- 1 bunch  
Lettuce- 1 sleeve (2 heads)  
Spelt Berries- 2#  
Parsley- 1 bunch  
Broccoli- 1 head  
Strawberries- 1 qt  
Rhubarb- 1#  
Asparagus- 1#  
Tomato Sauce- 1 Pint  
Green Onions- 1 bunch  
Pizza Dough- 2 ct  
Fresh Mozzarella- 8 oz  
Black Beans- 2#  
Grape Cider- 1 pint

## Vegan

Canned Peaches- 1 qt  
Kale- 1 bunch  
Lettuce- 1 sleeve (2 heads)  
Spelt Berries- 2#  
Parsley- 1 bunch  
Broccoli- 1 head  
Strawberries- 1 qt  
Rhubarb- 1#  
Asparagus- 1#  
Tomato Sauce- 1 Pint

