

# Fresh Fork Market Summer Share 2016: Week 3

Bag Contents Subject to Change

## Small Omnivore

Chorizo - 1#  
 Corn Crackers/Chips - 1 bag  
 Black Beans - 1#  
 Cilantro - 1 bunch  
 Lettuce - 1 head green leaf  
 Spinach - 1 bunch  
 Red Russian Kale - 1 bunch  
 Zucchini - 2 ct  
 Cucumbers - 2 ct  
 Strawberries - 1 quart

## Large Omnivore

Chorizo - 1#  
 Corn Crackers/Chips - 1 bag  
 Black Beans - 1#  
 Cilantro - 1 bunch  
 Lettuce - 1 head green leaf  
 Spinach - 1 bunch  
 Red Russian Kale - 1 bunch  
 Zucchini - 2 ct  
 Cucumbers - 2 ct  
 Strawberries - 1 quart  
 Grilled Tomato Salsa - 1 pt  
 Goat Feta - 8 oz  
 Green Onions  
 Extra Strawberries

## Small Vegetarian

Cauliflower - 1 head  
 Corn Crackers/Chips - 1 bag  
 Black Beans - 1#  
 Cilantro - 1 bunch  
 Lettuce - 1 head green leaf  
 Spinach - 1 bunch  
 Red Russian Kale - 1 bunch  
 Zucchini - 2 ct  
 Cucumbers - 2 ct  
 Strawberries - 1 quart

Yellow Squash - 2 ct

## Large Vegetarian

Cauliflower - 1 head  
 Corn Crackers/Chips - 1 bag  
 Black Beans - 1#  
 Cilantro - 1 bunch  
 Lettuce - 1 head green leaf  
 Spinach - 1 bunch  
 Red Russian Kale - 1 bunch  
 Zucchini - 2 ct  
 Cucumbers - 2 ct  
 Strawberries - 1 quart  
 Yellow Squash - 2 ct  
 Grilled Tomato Salsa - 1 pt  
 Goat Feta - 8 oz  
 Green Onions  
 Extra Strawberries

## Vegan

Cauliflower - 1 head  
 Corn Crackers/Chips - 1 bag  
 Black Beans - 1#  
 Cilantro - 1 bunch  
 Lettuce - 1 head green leaf  
 Spinach - 1 bunch  
 Red Russian Kale - 1 bunch  
 Zucchini - 2 ct  
 Cucumbers - 2 ct  
 Strawberries - 1 quart  
 Yellow Squash - 2 ct

