

Fresh Fork Market Summer Share 2016: Week 5

Bag Contents Subject to Change

Small Omnivore

Grassfed Ground Beef - 1#
 Green Cabbage - 1 head
 Red Leaf Lettuce - 1 head
 Beets - 1 bunch
 Spinach - 1 bunch
 Zucchini - 2 ct
 Cucumbers - 2 ct
 Kale - 1 bunch
 Garlic Scapes - 1 bunch

Large Omnivore

Grassfed Ground Beef - 1#
 Green Cabbage - 1 head
 Red Leaf Lettuce - 1 head
 Beets - 1 bunch
 Spinach - 1 bunch
 Zucchini - 2 ct
 Cucumbers - 2 ct
 Kale - 1 bunch
 Garlic Scapes - 1 bunch
 Blueberries - 1 pint
 Cauliflower – 1 head
 Broccoli – 1 head
 Spareribs – 1 slab (approx. 3#)

Small Vegetarian

Cauliflower – 1 head
 Broccoli – 1 head
 Green Cabbage - 1 head
 Red Leaf Lettuce - 1 head
 Beets - 1 bunch
 Spinach - 1 bunch
 Zucchini - 2 ct
 Cucumbers - 2 ct
 Kale - 1 bunch
 Garlic Scapes - 1 bunch
 Blueberries - 1 pint

Large Vegetarian

Cauliflower – 1 head
 Broccoli – 1 head
 Green Cabbage - 1 head
 Red Leaf Lettuce - 1 head
 Beets - 1 bunch
 Spinach - 1 bunch
 Zucchini - 2 ct
 Cucumbers - 2 ct
 Kale - 1 bunch
 Garlic Scapes - 1 bunch
 Blueberries - 1 pint
 Smoked Cheddar – 8 oz.
 Slicing Tomatoes – 1.5 # (appx 2)

Vegan

Cauliflower – 1 head
 Broccoli – 1 head
 Green Cabbage - 1 head
 Red Leaf Lettuce - 1 head
 Beets - 1 bunch
 Spinach - 1 bunch
 Zucchini - 2 ct
 Cucumbers - 2 ct
 Kale - 1 bunch
 Garlic Scapes - 1 bunch
 Blueberries - 1 pint



