Fresh Fork Market Summer Share 2016: Week 5 Bag Contents Subject to Change

Small Omnivore	Large Omnivore	Small Vegetarian	<u>Large Vegetarian</u>	Vegan
Grassfed Ground Beef - 1#	Grassfed Ground	Cauliflower – 1 head	Cauliflower – 1 head	Cauliflower – 1 head
	Beef - 1#	Broccoli – 1 head	Broccoli – 1 head	Broccoli – 1 head
Green Cabbage - 1 head	Green Cabbage - 1 head	Green Cabbage - 1 head	Green Cabbage - 1 head	Green Cabbage - 1 head
Red Leaf Lettuce - 1 head	Red Leaf Lettuce - 1 head	Red Leaf Lettuce - 1	Red Leaf Lettuce - 1	Red Leaf Lettuce - 1
Beets - 1 bunch	Beets - 1 bunch	head	head	head
Spinach - 1 bunch		Beets - 1 bunch	Beets - 1 bunch	Beets - 1 bunch
	Spinach - 1 bunch	Spinach - 1 bunch	Spinach - 1 bunch	Spinach - 1 bunch
Zucchini - 2 ct	Zucchini - 2 ct	•	•	•
Cucumbers - 2 ct	Cucumbers - 2 ct	Zucchini - 2 ct	Zucchini - 2 ct	Zucchini - 2 ct
Kale - 1 bunch		Cucumbers - 2 ct	Cucumbers - 2 ct	Cucumbers - 2 ct
	Kale - 1 bunch	Kale - 1 bunch	Kale - 1 bunch	Kale - 1 bunch
Garlic Scapes - 1 bunch	Garlic Scapes - 1 bunch	Garlic Scapes - 1 bunch	Garlic Scapes - 1 bunch	Garlic Scapes - 1 bunch
FRESH FORK	Blueberries - 1 pint	Blueberries - 1 pint		
	Cauliflower – 1 head		Blueberries - 1 pint	Blueberries - 1 pint
	Broccoli – 1 head		Smoked Cheddar – 8 oz.	
MARKET	Spareribs – 1 slab (approx. 3#)		Slicing Tomatoes – 1.5 # (appx 2)	

LOCAL PROVISIONS FOR MODERN DOMESTIC LIVING