

Fresh Fork Market Summer Share 2016: Week 7

Bag Contents Subject to Change

Small Omnivore

Ground Beef- 1#
Green Cabbage
Zucchini - 2 ct
Cucumbers - 2 ct
Onion - 1
Carrots - 1 bunch
Green Beans - 1#
Cherries, Sweet - 1#
Blueberries - 1 pint
Lettuce - 1 head

Large Omnivore

Ground Beef- 1#
Green Cabbage
Zucchini - 2 ct
Cucumbers - 2 ct
Onion - 1
Carrots - 1 bunch
Green Beans - 1#
Cherries, Sweet - 1#
Blueberries - 1 pint
Lettuce - 1 head
Red Potatoes- 2#
Sweet Corn- 4 ears
Extra Cherries - 1#
Italian Links - 1.25#, 4 links

Small Vegetarian

Pinto Beans- 1#
Green Cabbage
Zucchini - 2 ct
Cucumbers - 2 ct
Onion - 1
Carrots - 1 bunch
Green Beans - 1#
Cherries, Sweet - 1 #
Blueberries - 1 pint
Lettuce - 1 head
Red Potatoes- 2#

Large Vegetarian

Pinto Beans- 1#
Green Cabbage
Zucchini - 2 ct
Cucumbers - 2 ct
Onion - 1
Carrots - 1 bunch
Green Beans - 1#
Cherries, Sweet - 1 #
Blueberries - 1 pint
Lettuce - 1 head
Red Potatoes- 2#
Sweet Corn- 4 ears
Extra Cherries - 1#
Canned Peaches- 1 qt
Corn Chips
Grilled Tomato Salsa

Vegan

Pinto Beans- 1#
Green Cabbage
Zucchini - 2 ct
Cucumbers - 2 ct
Onion - 1
Carrots - 1 bunch
Green Beans - 1#
Cherries, Sweet - 1 #
Blueberries - 1 pint
Lettuce - 1 head
Red Potatoes- 2#

