

# Fresh Fork Market Summer Share 2016: Week 16

Bag Contents Subject to Change

## Small Omnivore

Butternut Squash - 1

Tiny Taters - 1 qt

Carrots - 1 bunch

Broccoli - 1 head

Onion - 1

Kale - 1 bunch

Concord Grapes - 1 qt

Apples - 6 to 7

## Large Omnivore

Butternut Squash - 1

Tiny Taters - 1 qt

Carrots - 1 bunch

Broccoli - 1 head

Onion - 1

Kale - 1 bunch

Concord Grapes - 1 qt

Apples - 6 to 7

## Small Vegetarian

Butternut Squash - 1

Tiny Taters - 1 qt

Carrots - 1 bunch

Broccoli - 1 head

Onion - 1

Kale - 1 bunch

Concord Grapes - 1 qt

Apples - 6 to 7

## Large Vegetarian

Butternut Squash - 1

Tiny Taters - 1 qt

Carrots - 1 bunch

Broccoli - 1 head

Onion - 1

Kale - 1 bunch

Concord Grapes - 1 qt

Apples - 6 to 7

## Vegan

Butternut Squash - 1

Tiny Taters - 1 qt

Carrots - 1 bunch

Broccoli - 1 head

Onion - 1

Kale - 1 bunch

Concord Grapes - 1 qt

Apples - 6 to 7

Turkey Patties - 1#

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**Choice:** Pork Chops **or**  
Pork Tenderloin

Spelt Berries - 2#

Leeks - 1

Zucchini - 2

Green Leaf Lettuce - 1  
sleeve

Red Cabbage - 1 head

Golden Beets - 1 bunch

Heirloom Tomatoes -  
1.5#

Golden Beets - 1 bunch

Heirloom Tomatoes -  
1.5#

Spelt Berries - 2#

Leeks - 1

Zucchini - 2

Green Leaf Lettuce - 1  
sleeve

Red Cabbage - 1 head

Grilled Tomato Salsa - 1  
pt

