



Fresh Fork Market

Winter Share 2016/17: Week 1

Just like the weather, Bag Contents might shift!

Omnivore

Whole Chicken
Sweet Potatoes - 4#
Kale - 1 bunch
Beets - 1 bunch
Grape Tomatoes - 1 pint
Onion - 1 ct
Broccoli - 1 head
Shallots - 1/4 lb (appx 2 bulbs)
Apples - 1 quarter peck
Lettuce - 1 sleeve
Brussel Sprouts

Vegetarian

Parker's Vegetarian Lasagna*
Sweet Potatoes - 4#
Kale - 1 bunch
Beets - 1 bunch
Grape Tomatoes - 1 pint
Onion - 1 ct
Broccoli - 1 head
Shallots - 1/4 lb (appx 2 bulbs)
Apples - 1 quarter peck
Lettuce - 1 sleeve
Brussel Sprouts
Carrots - 1 bunch
Celery - 1 bunch

*Parker's Vegetarian Lasagna Contains: green beans, carrots, black beans, onions, egg noodles, a béchamel sauce (butter, flour, milk, nutmeg & Flat Rock unpasteurized cheese), tomato sauce, garlic, green peppers and fresh herbs.