

FRESH FORK MARKET

Summer Share 2017: Week 19

Just Like the Weather, Bag Contents Subject to Change

Small Omnivore

Spaghetti Squash - 1

Eggplant - 1 to 2

Cherry Tomatoes - 1 pint

Onions - 1

Red Peppers - 2

Apples - 5 to 6 (Golden Delicious & Cortland)

Beets - 1 bunch

Broccoli - 1 head

Chorizo or Italian Bulk - 1# (choice)

Large Omnivore

Spaghetti Squash - 1

Eggplant - 1 to 2

Cherry Tomatoes - 1 pint

Onions - 1

Red Peppers - 2

Apples - 5 to 6 (Golden Delicious & Cortland)

Beets - 1 bunch

Broccoli - 1 head

Chorizo or Italian Bulk - 1# (choice)

Cauliflower - 1

Pears - 5 or 6

Heirloom Tomatoes - 1.5#

Pork Chops - pack of 2

Vegetarian

Spaghetti Squash - 1

Eggplant - 1 to 2

Cherry Tomatoes - 1 pint

Onions - 1

Red Peppers - 2

Apples - 5 to 6 (Golden Delicious & Cortland)

Beets - 1 bunch

Broccoli - 1 head

Purple Beans - 1#

Cauliflower - 1

Large Vegetarian

Spaghetti Squash - 1

Eggplant - 1 to 2

Cherry Tomatoes - 1 pint

Onions - 1

Red Peppers - 2

Apples - 5 to 6 (Golden Delicious & Cortland)

Beets - 1 bunch

Broccoli - 1 head

Purple Beans - 1#

Cauliflower - 1

Pears - 5 or 6

Heirloom Tomatoes - 1.5#

Tomatillo Salsa - 1 pt

Corn Chips - 1 bag

Vegan

Spaghetti Squash - 1

Eggplant - 1 to 2

Cherry Tomatoes - 1 pint

Onions - 1

Red Peppers - 2

Apples - 5 to 6 (Golden Delicious & Cortland)

Beets - 1 bunch

Broccoli - 1 head

Purple Beans - 1#

Cauliflower - 1

