



FRESH FORK MARKET

Winter Share 2018/19: Week 8

Just Like the Weather, Bag Contents Subject to Change

OMNIVORE

Apple Cider

Apples

Frozen Blueberries- 1pint

Frozen Hash-1 quart

Canned Peaches

Onion

Salsa

Breakfast Patties

Chicken Backs- 5lbs

Wings

VEGETARIAN

Apple Cider

Apples

Frozen Blueberries- 1pint

Frozen Hash-1 quart

Canned Peaches

Onion

Salsa

Cheese Choice

Whole Wheat Bread

Flour

Garlic

Red Cabbage

Eggs