



## FRESH FORK MARKET

Winter Share 2017-18: Week 10

Just Like the Weather, Bag Contents Subject to Change

### Omnivore

Whole Chicken - 1

Guernsey Yogurt - 1 quart

Strawberries, frozen - 1 quart

Blueberries, frozen - 1 pint

Potatoes - 3# bag

Corn, frozen - 1 pint

Lettuce - 1 head

Carrots - 2#

Apples - 5 to 6

Oats - 2#

### Vegetarian

Maple Syrup - 1 quart

Guernsey Yogurt - 1 quart

Strawberries, frozen - 1 quart

Blueberries, frozen - 1 pint

Potatoes - 3# bag

Corn, frozen - 1 pint

Lettuce - 1 head

Carrots - 2#

Apples - 5 to 6

Oats - 2#

Whole Wheat Linguine - 1#

Crazy Monkey Granola - 7.5oz bag