



FRESH FORK MARKET

Winter Share 2017-18: Week 12

Just Like the Weather, Bag Contents Subject to Change

Omnivore

- Pork Roast - appx 2#
- Rich Winter Stock* - 1 quart
- Sauerkraut - 1 quart
- Frozen Corn - 1 quart
- Blue & Red Potatoes - 2#
- Canned Peaches - 1 quart
- Lettuce - 1 head
- Beets - 1 bunch
- Frozen Blackberries - 1 pint

Vegetarian

- Salted Butter - 2# roll
- Spinach - 1 head
- Sauerkraut - 1 quart
- Frozen Corn - 1 quart
- Blue & Red Potatoes - 2#
- Canned Peaches - 1 quart
- Lettuce - 1 head
- Beets - 1 bunch
- Frozen Blackberries - 1 pint
- Whole Wheat Bread - 1 loaf
- Apple Butter - 1 pint

**Rich Winter Stock contains: water, oven-roasted bones (beef, pork, chicken, turkey, lamb), carrots, onions, celery, tomato paste (tomatoes), & red wine. Keep refrigerated or frozen.*