



FRESH FORK MARKET

Winter Share 2017-18: Week 14

Just Like the Weather, Bag Contents Subject to Change

Omnivore

- Ham Hock or Turkey Pack - 1
- Dried Beans - 1#
- Potatoes - 5#
- Frozen Corn - 1 quart
- Cornmeal - 2#
- Eggs - 1 dozen
- Maple Links - 1.25#
- Frozen Strawberries - 1 quart
- Apples - 5 to 6
- Lettuce - 1 head
- Fermented Cauliflower - 1 pint

Vegetarian

- Plain Yogurt - 1 quart
- Dried Beans - 1#
- Potatoes - 5#
- Frozen Corn - 1 quart
- Cornmeal - 2#
- Eggs - 1 dozen
- Canned Peaches - 1 quart
- Frozen Strawberries - 1 quart
- Apples - 5 to 6
- Lettuce - 1 head
- Fermented Cauliflower - 1 pint