



FRESH FORK MARKET

Winter Share 2017-18: Week 7

Just Like the Weather, Bag Contents Subject to Change

Omnivore

- Whole Chicken - 4 to 4.5#
- Stewing Chicken - 2 to 3#
- Frozen Sweet Corn - 1 pint
- Frozen Blueberries - 1 pint
- Eggs - 1 dozen
- Onion - 1
- Rainbow Carrots - 2#
- Sweet Potatoes - 3#
- Goldrush Apples - 1 quarter peck
- Winter Squash or Cabbage

Vegetarian

- Canned Peaches - 1 quart
- Cornmeal - 2#
- Frozen Sweet Corn - 1 pint
- Frozen Blueberries - 1 pint
- Eggs - 1 dozen
- Onion - 1
- Rainbow Carrots - 2#
- Sweet Potatoes - 3#
- Goldrush Apples - 1 quarter peck
- Winter Squash or Cabbage
- Lettuce - 1 head