



FRESH FORK MARKET

Winter Share 2017-18: Week 8

Just Like the Weather, Bag Contents Subject to Change

Omnivore

Rich Winter Stock* - 1 qt

Beef - Assorted Cuts

Potatoes - 3#

Green Beans - 1 qt, frozen

Sweet Corn - 1 pint, frozen

Red Onion - 1

Tomatoes - 1 qt, frozen

Carrots - 2#

Parsnips - 2#

Canned Peaches - 1 qt

Eggs - 1 dz

Fresh Chevre - 4 oz

Vegetarian

Velvet View Plain Yogurt - 1 qt

Sauerkraut Stuffed Hot Peppers - 1 qt

Potatoes - 3#

Green Beans - 1 qt, frozen

Sweet Corn - 1 pint, frozen

Red Onion - 1

Tomatoes - 1 qt, frozen

Carrots - 2#

Parsnips - 2#

Canned Peaches - 1 qt

Eggs - 1 dz

Fresh Chevre - 4 oz

Apples - 5 to 6

**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.*