



FRESH FORK MARKET

Winter Share 2017-18: Week 5

Just Like the Weather, Bag Contents Subject to Change

Omnivore

- Ground Beef - 1 #
- Sweet Potatoes - 3#
- Kale - 1 bunch
- Carrots - 2#
- Broccoli - 1 head
- Acorn Squash - 1
- Apple Cider - 1 half gallon
- Apples (Goldrush) - 6 ct
- Spelt Berries - 2#
- Eggs - 1 dozen
- Frozen tomatoes - 1 quart

Vegetarian

- Buttercup Squash - 1
- Sweet Potatoes - 3#
- Kale - 1 bunch
- Carrots - 2#
- Broccoli - 1 head
- Acorn Squash - 1
- Apple Cider - 1 half gallon
- Apples (Goldrush) - 6 ct
- Spelt Berries - 2#
- Eggs - 1 dozen
- Frozen tomatoes - 1 quart
- Onion - 1