

Fresh Fork Market Summer Share 2016: Week 4

Bag Contents Subject to Change

Small Omnivore

Italian Sausage Links

Red Russian Kale

Green Onions

Zucchini - 2 ct

Lettuce

Cauliflower

Cucumbers - 2 ct

(Snow Peas)

Large Omnivore

Italian Sausage Links

Red Russian Kale

Green Onions

Zucchini - 2 ct

Lettuce

Cauliflower

Cucumbers - 2 ct

(Snow Peas)

Leaf Spinach - 1/2 #

Bok Choy

Tatsoi

Radishes - 1 bunch

Whole Wheat Linguine - 1#

Ground Beef - 1#

Small Vegetarian

Swiss Chard

Red Russian Kale

Green Onions

Zucchini - 2 ct

Lettuce

Cauliflower

Cucumbers - 2 ct

(Snow Peas)

Strawberries

Broccoli

Large Vegetarian

Swiss Chard

Red Russian Kale

Green Onions

Zucchini - 2 ct

Lettuce

Cauliflower

Cucumbers - 2 ct

(Snow Peas)

Strawberries

Broccoli

Bok Choy

Tatsoi

Leaf Spinach - 1/2 #

Radishes - 1 bunch

Whole Wheat Linguine - 1#

Eggs- 1 dozen

Kohlrabi

Vegan

Swiss Chard

Red Russian Kale

Green Onions

Zucchini - 2 ct

Lettuce

Cauliflower

Cucumbers - 2 ct

(Snow Peas)

Strawberries

Broccoli

