



Fresh Fork Market

Winter Share 2016/17: Week 6

Just like the weather, Bag Contents might shift!

Omnivore

Eggs - 1 dz
Pork Roast
Ground Beef - 1#
Sauerkraut - 1 qt
Rutabaga - 2#
Carrots - 1#
Parsnips - 2#
Acorn Squash - 2 ct
Sweet corn - 1 qt
Frozen Tomatoes - 1 qt
Frozen Green Beans - 1 qt

Vegetarian

Eggs - 1 dz
Black Beans - 1#
Goat Cheese Parmesan Tomato Sauce* - 1 qt
Sauerkraut - 1 qt
Rutabaga - 2#
Carrots - 1#
Parsnips - 2#
Acorn Squash - 2 ct
Sweet corn - 1 qt
Frozen Tomatoes - 1 qt
Frozen Green Beans - 1 qt

*Goat Cheese Parmesan Tomato Sauce contains: Heirloom tomatoes, onion, garlic, onion powder, garlic powder, dry mustard, celery seed, basil, oregano, parsley, pink himalayan salt, cane sugar, extra virgin olive oil, goat parmesan