



Fresh Fork Market

Winter Share 2016/17: Week 8

Just like the weather, Bag Contents might shift!

Omnivore

Beef or Pork Roast (based on availability)
Rutabaga
Carrots - 1#
Onion - 1 ct
Baby Kale (Greenhouse grown)
Sweet Potatoes - 3#
Apple Cider - 1/2 gall
Frozen Green Bean - 1 quart
Frozen Tomatoes - 1 quart
Frozen Sweet Corn - 1 pint
Eggs - 1 dozen

Vegetarian

Pinto Beans - 1 lb
Rutabaga
Carrots - 1#
Onion - 1 ct
Baby Kale (Greenhouse grown)
Sweet Potatoes - 3#
Apple Cider - 1/2 gall
Frozen Green Bean - 1 quart
Frozen Tomatoes - 1 quart
Frozen Sweet Corn - 1 pint
Eggs - 1 dozen
Cheese Choice (options listed at stop)