



Fresh Fork Market

Winter Share 2016/17: Week 11

Just like the weather, Bag Contents might shift!

Omnivore

Grape Cider - 1 qt
Apples - 5 or 6
Eggs - 1 dz
Breakfast Patties
Pancake Mix
Frozen Strawberries - 1 qt
Onion - 1 ct
Red Kidney Beans - 1#
Frozen Tomatoes - 1 qt
Ham Hocks
Kale

Vegetarian

Grape Cider - 1 qt
Apples - 5 or 6
Eggs - 1 dz
Broccoli Soup* - 1 qt
Pancake Mix
Frozen Strawberries - 1 qt
Onion - 1 ct
Red Kidney Beans - 1#
Frozen Tomatoes - 1 qt
Frozen Corn - 2 pts (1 qt)
Kale

*Broccoli Soup Contains: broccoli, potatoes, heavy whipping cream, butter (milk, cream, salt), golden white hard wheat flour & veggie stock (onions, garlic, parsley, Himalayan pink salt, white pepper, thyme, bay leaf, & rainbow carrots.)