



Fresh Fork Market

Winter Share 2016/17: Week 13

Just like the weather, Bag Contents might shift!

Omnivore

Ground Pork- 1#
Ground Beef- 1#
Lettuce- 1 head
Rolled Oats- 2#
Eggs- 1 dz
Apples- 6
Ketchup- 8oz
Turnips/Rutabagas
Frozen Tomatoes- 1 qt
Frozen Corn- 1 qt
Frozen Blackberries- 1 pt

Vegetarian

Velvet View Yogurt - 1 quart
Butternut Linguine - 1 pound
Lettuce- 1 head
Rolled Oats- 2#
Eggs- 1 dz
Apples- 6
Ketchup- 8oz
Turnips/Rutabagas
Frozen Tomatoes- 1 qt
Frozen Corn- 1 qt
Frozen Blackberries- 1 pt
Frozen Blueberries - 1 pt