



## Fresh Fork Market

Winter Share 2016/17: Week 14

Just like the weather, Bag Contents might shift!

### **Omnivore**

Spinach  
Lettuce - 1 head  
Mushrooms - 1/4#  
Ramps - 1/4#  
Asparagus - 1#  
Green Onion Brats  
Frozen Corn - 1 qt  
Frozen Blackberries - 1 pint  
Frozen Strawberries - 1 qt  
Eggs - 1 dz  
Cannellini Beans - 1#

### **Vegetarian**

Spinach  
Lettuce - 1 head  
Mushrooms - 1/4#  
Ramps - 1/4 #  
Asparagus - 1#  
Frozen Tomatoes - 1 qt  
Frozen Corn - 1 qt  
Frozen Blackberries - 1 pint  
Frozen Strawberries - 1 qt  
Eggs - 1 dz  
Cannellini Beans - 1#  
Cheese Choice - (options listed at stop)