



FRESH FORK MARKET

Winter Share 2018/19: Week 10

Just Like the Weather, Bag Contents Subject to Change

OMNIVORE

Pierogies
Diced Onion
Lettuce
Apples
Grape Cider-1 Qt
Frozen Blueberries
Frozen Peppers or Green
Beans
Kielbasa
Ground Beef

VEGETARIAN

Pierogies
Diced Onion
Lettuce
Apples
Grape Cider-1 Qt
Frozen Blueberries
Frozen Peppers or Green
Beans
Eggs
Sauerkraut
Corn Chips
Middlefield Cheese