



FRESH FORK MARKET

Winter Share 2018/19: Week 7

Just Like the Weather, Bag Contents Subject to Change

OMNIVORE

Sweet Potatoes

Onion

Frozen Tomatoes

Garlic

Frozen Sweet Corn-1 pint

Frozen Peppers-1 quart

Spelt Berries

Grape Cider

Lettuce

Ground Pork

Ground Beef

VEGETARIAN

Sweet Potatoes

Onion

Frozen Tomatoes

Garlic

Frozen Sweet Corn-1 pint

Frozen Peppers-1 quart

Spelt Berries

Grape Cider

Lettuce

Velvet View Original

Yogurt

Spelt Granola

Goldrush Apples