



# FRESH FORK MARKET

Winter Share 2019/20: Week 5

*Just Like the Weather, Bag Contents Subject to Change*

## OMNIVORE

Onion  
Rutabaga  
Beets  
Carrots  
Apples  
Lettuce  
Frozen Blueberries  
Cornmeal  
Eggs  
Maple Syrup  
Whole Chicken

## VEGETARIAN

Onion  
Rutabaga  
Beets  
Carrots  
Apples  
Lettuce  
Frozen Blueberries  
Cornmeal  
Eggs  
Maple Syrup  
Spinach  
Granola  
Yogurt