



FRESH FORK MARKET

Winter Share 2019/20: Week 7

Just Like the Weather, Bag Contents Subject to Change

OMNIVORE

Red Cabbage
Spaghetti Squash
Carrots
Pepper Butter
Sweet Corn
Eggs
Frozen Blueberries
Fermented Pickles
Ground Beef
Ground Pork

VEGETARIAN

Red Cabbage
Spaghetti Squash
Carrots
Pepper Butter
Sweet Corn
Eggs
Frozen Blueberries
Fermented Pickles
Apples
Lettuce
Black Beans