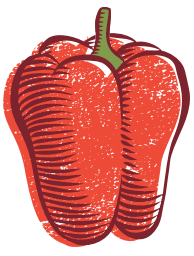


Week 5 Shopping List

Menu	Ingredients
Beet Goat Cheese Pizza	Packaged Items: White Whole Wheat Flour, Yeast
	Dairy: Fresh Mozzarella, Goat Cheese
	Pantry Items: Olive oil, salt + pepper, garlic
Pesto Chicken Rolls (omnivores) with Springtime Tabouli	Omnivores: Boneless skinless chicken thighs or breasts, parmesan, sunflower seeds
	Produce: lemon, garlic, mint
	Packaged Items: Bulgar wheat or quinoa
	Pantry Items: Olive oil, salt + pepper
Braised Fennel with Artichokes & Heirloom Lima Beans with Radish Salad	Packaged Items: dried lima beans - Christmas Heirloom if possible, artichokes
	Condiments: honey, dijon mustard
	Produce: lemon, garlic
	Pantry Items: Olive Oil, salt + pepper
Sesame Noodles with Grilled Eggplant	Packaged Items: Sweet Potato Starch Noodles (Korean Vermicelli)
	Condiments: Toasted Sesame Oil, Tamari, Maple Syrup, Chili Oil
	Pantry Items: Canola Oil, Salt + Pepper
Stewed Collard Greens with Tomato & Bacon Wrapped Scallions (Omnivores)	Packaged Goods: 28 oz can of diced tomatoes, stock (optional) Rice for serving
	Produce: onion, garlic
	Omnivore: Bacon
	Pantry Items: Olive Oil, Salt + Pepper



Week 5 Shopping List

Local Sources: **Down to Earth Health Foods** (full service grocery, gluten free products), **Oh My Goodness Health Food** (full service grocery, gluten free products, local products), **Old Barn Hollow** (full service grocery specializing in local products), **Green Planet Grocery** (full service grocery, gluten free, local products), **Mother Earth Health Food** (natural products), **Real Food Co-op** (full service grocery, local products, gluten free) **Greenstar Co-op** (full service grocery, local products, gluten free) **The Piggery** (butcher shop and local products) **People's Market** (local products: eggs, honey, maple syrup, meat), **Ithaca Coffee Company** (cheese, gourmet grocery, some local products)