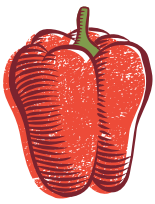


Thanksgiving Share Shopping List

Menu	Ingredients
Omnivore: Local Turkey with Pan Gravy	Packaged Goods: chicken stock, flour (gf if necessary), dry white wine
	Produce: fresh herbs, lemons
	Local Pasture Raised Turkey
	Pantry Items: cider vinegar, tamari soy sauce, salt, pepper, butter
Vegetarian: Butternut Squash Risotto	Packaged Goods: vegetable stock, arborio rice, dry white wine
	Produce: sage, garlic
	Pantry Items: olive oil, salt, pepper
Rosemary Infused Mashed Parsnips	Dairy: milk, butter
	Produce: rosemary
	Pantry Items: Salt, Pepper
Balsamic Roasted Beets	Packaged Goods: Balsamic Vinegar
	Produce: thyme, garlic
	Pantry Items: olive oil, salt, pepper
Roasted Brussels Sprouts	Pantry Items: apple cider vinegar, olive oil, salt, pepper



Thanksgiving Share Shopping List

Parsnip Cake with Buttermilk Glaze

Packaged Goods: Pamela's Gluten Free Baking & Pancake Mix, almond flour

ginger, unsweetened shredded coconut, maple syrup, brown sugar, vanilla

Refrigerated: butter, eggs, butter milk

Pantry Items: salt, cinnamon, 5 spice powder, baking powder, baking soda

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)