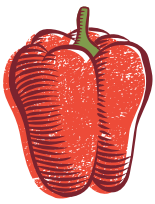


Thanksgiving Share Shopping List

Menu	Ingredients
Local Turkey with Pan Gravy	Packaged Goods: chicken stock, flour (gf if necessary)
	Produce: fresh herbs, lemons
	Local Pasture Raised Turkey
	Pantry Items: cider vinegar, tamari soy sauce, salt, pepper, butter
Rosemary Infused Mashed Parsnips	Dairy: milk, butter
	Produce: rosemary
	Pantry Items: Salt, Pepper
Cornbread Stuffing with Bacon & Leeks	Produce: sage or parsley, garlic
	Pantry Items: butter, Olive oil, salt + pepper
	Protein: bacon
	Packaged Goods: Chicken Stock
	Cornbread: Cornmeal, Buttermilk, Butter, Baking Soda, Baking Powder, Salt, Egg
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

Butternut Squash Pie

Packaged Goods: flour

Produce: ginger

Pantry Items: salt, cinnamon, nutmeg, vanilla

Refrigerated: butter, eggs, half and half

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)