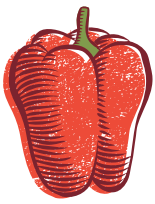


Thanksgiving Share Shopping List

Menu	Ingredients
Stuffed Acorn Squash Rings	Packaged Goods: vegetable stock, bread, lentil, dry white wine, walnuts
	Produce: fresh herbs
	Refrigerated: butter, egg
	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
Butternut Squash Pie	Packaged Goods: flour
	Produce: ginger
	Pantry Items: salt, cinnamon, nutmeg, vanilla
	Refrigerated: butter, eggs, half and half



Thanksgiving Share 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)