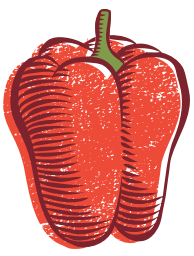


# Week 13 Shopping List

Menu	Ingredients
<b>Omnivore: Tomato Bacon Pasta</b>	<b>Dry Goods:</b> 12 oz package fettucine, GF if necessary
	<b>Produce:</b> garlic
	<b>Meat:</b> bacon
	<b>Pantry Items:</b> red wine, crushed red pepper
<b>Omnivore: Tomato Bacon Pasta</b>	<b>Dry Goods:</b> 12 oz package fettucine, GF if necessary
	<b>Produce:</b> garlic
	<b>Pantry Items:</b> Olive Oil, Salt + Pepper
<b>Kohlrabi Fritters with Dill Yogurt Sauce</b>	<b>Packaged Goods:</b> Flour, GF If necessary, eggs
	<b>Dairy:</b> greek yogurt
	<b>Produce:</b> garlic
	<b>Pantry Items:</b> Baking Powder, Olive Oil, Salt, Pepper
<b>Red Pepper and Tomato Hash with Kale</b>	<b>Produce:</b> thyme or dried thyme
	<b>Pantry Items:</b> Cayenne pepper, olive oil, salt + pepper
<b>Cobb Salad with Creamy Dill Dressing</b>	<b>Refrigerated:</b> Blue Cheese, eggs, yogurt or sour cream
	<b>Packaged Goods:</b> mayonnaise
	<b>Produce:</b> garlic, avocado
	<b>Pantry Items</b> Worcestershire Sauce or Tamari, Salt + pepper



# Week 13 Shopping List

<b>Cured Beet Sandwiches with Cabbage Slaw</b>	<b>Sandwich Ingredients</b> : bread, goat cheese, sandwich fixings
	<b>Produce:</b> garlic
	<b>Pantry Items</b> Olive oil, black pepper, salt, smoked paprika, ground coriander
	<b>Slaw Ingredients</b>

**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)