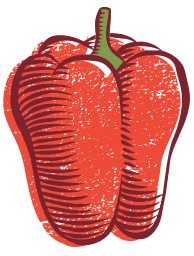


Week 14 Shopping List

Menu	Ingredients
Grilled Cabbage with Caper Vinaigrette Serve with your favorite grilled entree!	Packaged Goods: Capers
	Pantry Items: Red Wine Vinegar, Olive oil, dijon mustard, salt, pepper
	Protein for grilling
Broccoli Fennel Sesame Salad	Dry Goods: toasted sesame oil, sesame seeds
	Pantry Items Honey, rice vinegar, tamari or shoyu
Carrot Soup with Roasted Chickpeas & Tahini Sauce	Packaged Goods chicken or vegetable stock, tahini, chickpeas
	Produce: garlic, lemon
	Pantry Items Olive oil, cumin, coriander, salt, and pepoer
Potato & Pea Curry	Packaged Goods chicken or vegetable stock, tahini, chickpeas
	Dairy: Yogurt
	Produce: ginger, lime, frozen peas
	Pantry Items Olive oil, cumin seeds, turmeric, curry powder, salt
Risotto Stuffed Sweet Peppers	Packaged Goods: chicken or vegetable stock, arborio rice
	Dairy: Parmesan Cheese, Butter
	Produce: garlic
	Pantry Items: Dry white wine, Olive Oil, Salt, Pepper



Week 14 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)