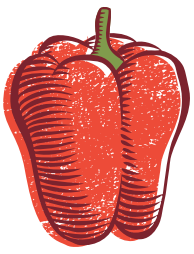


# Week 14 Shopping List

Menu	Ingredients
<b>Grilled Cabbage with Caper Vinaigrette</b> Serve with your favorite grilled entree!	<b>Packaged Goods:</b> Capers
	<b>Pantry Items:</b> Red Wine Vinegar, Olive oil, dijon mustard, salt, pepper
	Protein for grilling
<b>Broccoli Fennel Sesame Salad</b>	<b>Dry Goods:</b> toasted sesame oil, sesame seeds
	<b>Pantry Items:</b> Honey, rice vinegar, tamari or shoyu
<b>Swiss Chard Galette</b>	<b>Packaged Goods:</b> flour,
	<b>Dairy:</b> ricotta cheese, manchego
	<b>Produce:</b> garlic, butter
	<b>Pantry Items:</b> olive oil, salt, egg, milk
	<b>Omnivores:</b> bacon <b>Vegetarians:</b> mushrooms
<b>Potato &amp; Celery Chowder</b>	<b>Packaged Goods:</b> chicken or vegetable stock
	<b>Dairy:</b> milk
	<b>Produce:</b> garlic
	<b>Pantry Items:</b> Butter, flour, olive oil, salt + pepper
<b>Risotto Stuffed Sweet Peppers with Grilled Kale Salad</b>	<b>Packaged Goods:</b> chicken or vegetable stock, arborio rice
	<b>Dairy:</b> Parmesan Cheese, Butter
	<b>Produce:</b> garlic
	<b>Pantry Items:</b> White wine vinegar, Maple Syrup,
	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)