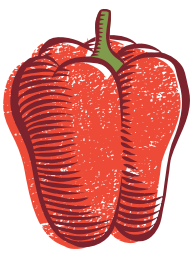


Week 15 Shopping List

Menu	Ingredients
Omnivore: Apple & Fennel Braised Pork Chops	Packaged Goods: chicken stock, apple cider, dijon mustard
	Meat: pasture raised pork chops
	Pantry Items: salt, pepper, paprika
Vegetarian: Cider Braised Fennel & Kale	Packaged Goods: apple cider
	Pantry Items: butter, Salt + Pepper, apple cider vinegar
Stuffed Squash without a Recipe	Packaged Goods: grain, nuts, olives, etc
	Produce: extra csa veggies, garlic, etc
	Pantry Items: Olive Oil, Salt, Pepper
Vegetarian Ramen Noodle Soup	Produce: garlic, shitake mushrooms, ginger
	Packaged Goods: noodles, vegetable stock
	Protein: smoked tofu like tofu khan
	Pantry Items: Tamari, Toasted Sesame Oil
Roasted Pepper Soup	Packaged Goods: vegetable or chicken stock
	Dairy: milk
	Produce: garlic
	Pantry Items: Olive oil, salt, pepper, flour



Week 15 Shopping List

**Escarole Salad
with Apple, Blue
Cheese, & Walnut
with Balsamic
Roasted Beets**

Packaged Goods: walnuts

Dairy: blue cheese

Produce: apple, thyme, garlic

Pantry Items: Balsamic Vinegar, Olive oil, salt, pepper, mustard, honey

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)