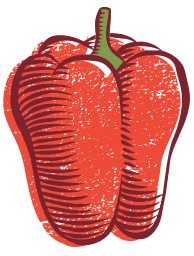


# Week 17 Shopping List

Menu	Ingredients
<b>Radicchio Cacio e Pepe with Radish Salad</b>	<b>Dry Goods:</b> 12 oz package spaghetti, GF if necessary, almonds
	<b>Dairy:</b> butter, parmesan
	<b>Produce:</b> lemon
	<b>Pantry Items:</b> olive oil, dijon mustard, honey, salt, pepper
<b>Delicata Squash Hash with Simple Sauted Mizuna</b>	<b>Protein:</b> 1/2 lb sausage or tempeh
	<b>Produce:</b> apple, lemon
	<b>Pantry Items:</b> Olive Oil, Salt + Pepper
<b>Orzo Stuffed Peppers with Local Lamb or Tempeh</b>	<b>Packaged Goods V:</b> Kalamat Olives, Orzo - GF if necessary
	<b>Dairy:</b> Feta
	<b>Omnivore:</b> 1 lb ground lamb
	<b>Pantry Items:</b> Olive Oil, Salt, Cinnamon, Oregano, Cumin, Coriander
	<b>Vegetarian:</b> 8 oz package tempeh
<b>Hakurei Turnip, Beet, &amp; Kale Medley</b>	<b>Dry Goods :</b> hazelnuts
	<b>Produce:</b> thyme, garlic
	<b>Dairy :</b> butter
	<b>Pantry Items:</b> salt and pepper
<b>Napa Cabbage Peanut Noodles Maple Glazed Acorn Squash</b>	<b>Packaged Goods:</b> Peanut Butter, Maple Syrup, Red Curry Paste
	rice vinegar, toasted sesame oil, stir-fry noodles
	<b>Produce:</b> ginger, garlic, lime
	<b>Pantry Items:</b> Tamari or Shoyu Soy Sauce, Cinnamon, Olive oil,
	Cayenne, Salt and Pepper



# Week 17 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)