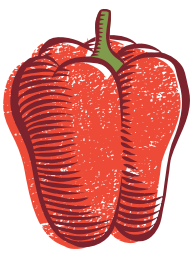


Week 22 Shopping List

Menu	Ingredients
Omnivore: Winter Squash & Lamb Stew	Packaged Goods: 28 oz can whole tomatoes, beef stock
	Produce: onion, garlic, thyme
	Meat: lamb
	Pantry Items: olive oil, salt, pepper
Vegetarian: Delicata Squash Moroccan Stew	Packaged Goods: 28 oz can diced tomatoes, chick peas, vegetable
	stock, sweet paprika, ground coriander, ground cumin, turmeric, cayenne
	pepper, Pinch of saffron, optional
	Produce: ginger, onion, garlic
Pantry Items: Olive Oil, Salt + Pepper	
Brussels Sprouts Slaw	Packaged Goods: slivered almonds
	Dairy: feta, butter
	Produce: lemon
	Pantry Items: Olive Oil, dijon, Salt, Pepper
Creamed Parsnips & Kale	Produce: onion, thyme
	Pantry Items: mustard powder, vegetable stock, salt + pepper
	Dairy: milk, butter
Acorn Squash Quesadillas	Packaged Goods: Tortillas
	Dairy: cheese
	Produce: garlic
	Pantry Items: cayenne, chili powder, coriander, cumin



Week 22 Shopping List

Fall Miso Noodle Soup	Packaged Goods: miso, rice noodles
	Produce: ginger, garlic
	Pantry Items: Olive oil, salt, tamari soy sauce, chili sauce, etc.
Roasted Orange & Fennel Salad	Produce: red onion, orange
	Pantry Items: Olive oil, pepper

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)