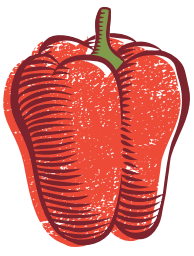


# Week 5 Shopping List

Menu	Ingredients
<b>Beet Goat Cheese Pizza</b>	<b>Packaged Items:</b> White Whole Wheat Flour, Yeast
	<b>Dairy:</b> Fresh Mozzarella, Goat Cheese
	<b>Pantry Items:</b> Olive oil, salt + pepper, garlic
<b>Pesto Chicken Rolls</b> (omnivores) <b>with Springtime Tabouli</b>	<b>Omnivores:</b> Boneless skinless chicken thighs or breasts, parmesan, sunflower seeds
	<b>Produce:</b> lemon, garlic, mint
	<b>Packaged Items:</b> Bulgar wheat or quinoa
	<b>Pantry Items:</b> Olive oil, salt + pepper
<b>Braised Fennel with Artichokes &amp; Heirloom Lima Beans with Radish Salad</b>	<b>Packaged Items:</b> dried lima beans - Christmas Heirloom if possible, artichokes
	<b>Condiments:</b> honey, dijon mustard
	<b>Produce:</b> lemon, garlic
	<b>Pantry Items:</b> Olive Oil, salt + pepper
<b>Omnivores: Baked Pork Chops with Swiss Chard</b>	<b>Meat:</b> Thick-cut Pasture Raised Pork Chops
	<b>Dairy:</b> Parmesan, Fontina or White Cheddar
	<b>Pantry Items:</b> Canola Oil, Salt + Pepper
<b>Vegetarians: Swiss Chard Rolls with Lemon Caper Yogurt Sauce</b>	<b>Produce:</b> lemon, garlic
	<b>Packaged Items:</b> quinoa, red if possible, capers
	<b>Dairy:</b> Plain Whole Milk or Greek Yogurt
	<b>Pantry Items:</b> Olive Oil, salt + pepper
<b>Stewed Collard Greens with Tomato &amp; Bacon Wrapped Scallions (Omnivores)</b>	<b>Packaged Goods:</b> 28 oz can of diced tomatoes, stock (optional) Rice for serving
	<b>Produce:</b> onion, garlic
	<b>Omnivore:</b> Bacon
	<b>Pantry Items:</b> Olive Oil, Salt + Pepper



# Week 5 Shopping List

## Meal Planning Tips:

Ideas for prepping ahead of time to make weeknight meals simple to prepare. When you pick up your CSA share set aside an hour or two to prep ingredients, it will go by quick with a friend and save you time during the week!

**Beet & Goat Cheese Pizza:** Bake or boil beets. Wash and saute greens in olive oil with garlic. Store unsliced beets and greens in refrigerator.

**Pesto Chicken:** Make pesto. Store extra in the freezer after making chicken.

**Springtime Tabouli:** Steep bulgar, cover and refrigerate.

**Braised Fennel:** Pressure cook beans.

**Swiss Chard Rolls:** Make quinoa, cover and refrigerate.

**Stewed Collard Greens:** Wash and chop collards. Store in a covered container until using.

**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)