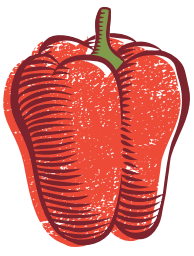


# Week 11 Shopping List

Menu	Ingredients
<b>Heirloom Tomato Crisp</b>	<b>Dry Goods:</b> Oats, Flour (GF if necessary) Bread for breadcrumbs or panko
	<b>Dairy:</b> butter, ricotta cheese, parmesan
	<b>Pantry Items:</b> Olive oil, corn starch, salt + pepper
<b>Creamy Avocado Salad</b>	<b>Produce:</b> avocado, garlic
	<b>Pantry Items:</b> olive oil, Tabasco, salt + pepper, cumin
<b>Beet Risotto with Kale</b>	<b>Dairy:</b> goat cheese, butter
	<b>Condiments:</b> balsamic vinegar
	<b>Packaged Goods:</b> vegetarian or chicken stock
	<b>Pantry Items:</b> olive oil, salt + pepper
<b>Grilled Pepper Salad</b>	<b>Protein:</b> Sauasgae or vegetarian sausage
	<b>Pantry Items:</b> Olive oil, balsamic vinegar, dijon mustard
<b>Wild Rice Stuffed Summer Squash</b>	<b>Packaged Goods:</b> wild rice
	<b>Dairy:</b> ricotta cheese, parmesan
	<b>Pantry Items:</b> Olive Oil, Salt + Pepper
	<b>Produce:</b> garlic



# Week 11 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)