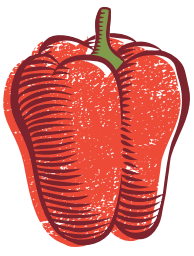


Week 11 Shopping List

Menu	Ingredients
Heirloom Tomato Crisp with Creamy Avocado Salad	Dry Goods: Oats, Flour (GF if necessary) Bread for breadcrumbs or panko
	Dairy: greek yogurt, butter, ricotta cheese, parmesan
	Produce: Avocado, garlic
	Pantry Items: Olive oil, Tabasco, corn starch, salt + pepper, cumin
Sweet & Spicy Bok Choy	Starch: Udon noodles or brown rice
	Produce: garlic
	Pantry Items: canola oil, maple syrup, soy sauce (GF if necessary), rice vinegar
Beef Borscht or Vegetarian Borscht	Dairy: greek yogurt or sour cream (optional)
	Condiments: sherry vinegar or red wine vinegar, fresh or dried dill
	Packaged Goods: vegetarian or chicken stock
	Pantry Items: olive oil, salt + pepper
Grilled Pepper Salad	Protein: Sauasgae or vegetarian sausage
	Pantry Items: Olive oil, balsamic vinegar, dijon mustard
Wild Rice Stuffed Summer Squash	Packaged Goods: wild rice
	Dairy: ricotta cheese, parmesan
	Pantry Items: Olive Oil, Salt + Pepper
	Produce: 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)