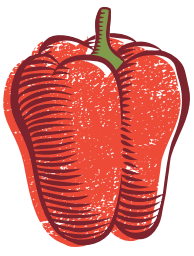


# Week 18 Shopping List

Menu	Ingredients
<b>Carrot Pasta with Fennel</b>	<b>Packaged Goods:</b> 12 oz package fusilli, GF if necessary, Veg or Chicken Stock
	<b>Produce:</b> lemon
	<b>Dairy:</b> Parmesan, butter
	<b>Pantry Items:</b> olive oil, salt, and pepper
<b>Delicata Squash Gratin with Apple &amp; Pomegranate Fall Salad</b>	<b>Dry Goods:</b> bread crumbs, GF if necessary
	<b>Dairy:</b> milk, white cheddar, butter
	<b>Produce:</b> lemon, garlic, thyme, apple, pomegranate
	<b>Pantry Items:</b> Dijon mustard, Olive Oil, Salt + Pepper
<b>Green Tea Soup</b>	<b>Packaged Goods:</b> Rice, Green Tea (Decaf Recommended), wasabi paste
	<b>Pantry Items:</b> Tamari or Shoyu Soy Sauce
	Protein: tofu, salmon, etc.
<b>Orzo Stuffed Peppers with Local Lamb or Tempeh</b>	<b>Packaged Goods :</b> Kalamata 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>Spicy Braised Cabbage with Apple &amp; Acorn Squash Puree</b>	<b>Packaged Goods:</b> Chicken or Vegetable Stock
	<b>Pantry Items:</b> Tamari or Shoyu Soy Sauce, Apple Cider Vinegar, Cinnamon, crushed red pepper



# Week 18 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)