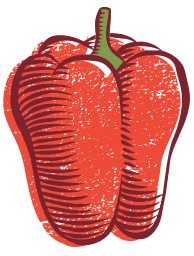


Week 18 Shopping List

Menu	Ingredients
Carrot Pasta with Fennel	Packaged Goods: 12 oz package fusilli, GF if necessary, Veg or Chicken Stock
	Produce: lemon
	Dairy: Parmesan, butter
	Pantry Items: olive oil, salt, and pepper
Delicata Squash Gratin with Apple & Pomegranate Fall Salad	Dry Goods: bread crumbs, GF if necessary
	Dairy: milk, white cheddar, butter
	Produce: lemon, garlic, thyme, apple, pomegranate
	Pantry Items: Dijon mustard, Olive Oil, Salt + Pepper
Green Tea Soup	Packaged Goods: Rice, Green Tea (Decaf Recommended), wasabi paste
	Pantry Items: Tamari or Shoyu Soy Sauce
	Protein: tofu, salmon, etc.
Roasted Pepper Polenta Pizza	Packaged Goods: Polenta
	Dairy: Mozzarella
	Omnivore: Sausage (optional)
	Pantry Items: Olive Oil, Salt, Pepper
Spicy Braised Cabbage with Apple & Acorn Squash Puree	Packaged Goods: Chicken or Vegetable Stock
	Pantry Items: 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)