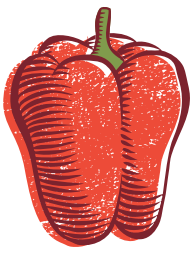


# Week 20 Shopping List

Menu	Ingredients
<b>Butternut Squash &amp; Apple Soup with Blue Cheese</b>	<b>Packaged Goods:</b> Vegetable or chicken stock
	<b>Produce:</b> garlic, ginger, apple
	<b>Dairy:</b> blue cheese, whole milk or whipping cream
	<b>Pantry Items:</b> olive oil, salt + pepper, curry powder, crushed red pepper
<b>Fall Flatbreads</b>	<b>Dry Goods:</b> flour, yeast
	<b>Produce:</b> onion, garlic
	<b>Dairy:</b> extra sharp white cheddar, parmesan
	<b>Pantry Items:</b> Sugar, Olive Oil, Salt + Pepper
<b>Omnivores:</b> bacon <b>Vegetarians :</b> sunflower seeds	
<b>Stuffed Sweet Dumpling Squash with Roasted Roots Salad</b>	<b>Packaged Goods:</b> Wild Rice
	<b>Dairy:</b> goat cheese
	<b>Produce:</b> garlic, parsley, thyme
	<b>Pantry Items:</b> White wine vinegar, dijon mustard, Olive oil, salt, pepper
<b>Omnivore: Beef Stew</b>	<b>Produce:</b> onion, garlic, thyme or dried thyme
	<b>Packaged Goods:</b> Chicken or Beef Stock, Red Wine
	<b>Pantry Items:</b> smoked paprika, tamari, flour, olive oil, salt + pepper
	butter, peppercorns, bayleaf
<b>Protein:</b> 2 lb stew meat	
<b>Vegetarian: Beet Bourguignon</b>	<b>Produce:</b> mushrooms, onion, garlic, thyme or dried thyme
	<b>Packaged Goods</b> Vegetable Stock, Red Wine, lentils, tomato paste
	<b>Pantry Items:</b> smoked paprika, tamari, flour, olive oil, salt + pepper
	butter, peppercorns, bayleaf



# Week 20 Shopping List

## Bell Pepper, Rice, Corn Casserole

**Packaged Goods:** brown rice, frozen organic corn

**Produce:** garlic, onion

**Pantry Items:** Olive oil, salt

**Dairy:** cheddar cheese, greek yogurt or sour cream

**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)