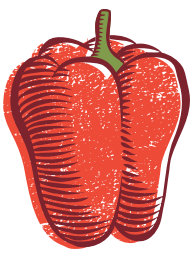


Week 20 Shopping List

Menu	Ingredients
Butternut Squash & Apple Soup with Blue Cheese	Packaged Goods: Vegetable or chicken stock
	Produce: garlic, ginger, apple
	Dairy: blue cheese, whole milk or whipping cream
	Pantry Items: olive oil, salt + pepper, curry powder, crushed red pepper
Fall Flatbreads	Dry Goods: flour, yeast
	Produce: onion, garlic
	Dairy: extra sharp white cheddar, parmesan
	Pantry Items: Sugar, Olive Oil, Salt + Pepper
	Omnivores: bacon Vegetarians : sunflower seeds
Stuffed Sweet Dumpling Squash with Roasted Roots Salad	Packaged Goods: Wild Rice
	Dairy: goat cheese
	Produce: garlic, parsley, thyme
	Pantry Items: White wine vinegar, dijon mustard, Olive oil, salt, pepper
Omnivore: Carrot & Parsnip Shepherd's Pie	Produce: onion, garlic, rosemary
	Packaged Goods: Beef Stock, Red Wine
	Pantry Items: butter, salt and pepper
	Dairy: Milk or heavy cream
Protein: 1 lb ground beef	
Vegetarian Carrot & Parsnip Shepherd's Pie	Produce: onion, garlic, rosemary
	Packaged Goods Vegetable Stock, Red Wine, lentils, tomato paste
	Pantry Items: butter, salt and pepper



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)