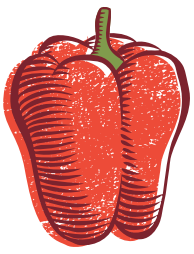


Week 21 Shopping List

Menu	Ingredients
Maple Roasted Acorn Squash Farro Salad	Dry Goods: Spelt, Farro, or Gluten Free Grain
	Produce: lemon
	Dairy: goat cheese or feta
	Pantry Items: Olive oil, salt, pepper, maple syrup
Butternut Squash Chili	Packaged Goods: vegetable stock, crushed tomatoes, diced tomatoes
	black beans
	Produce: garlic, onion
	Pantry Items: Chili powder, cumin, cayenne, Olive Oil, Salt + Pepper
Omnivore Fennel Crusted Pork Chops with Parsnips	Packaged Goods: Fennel Seeds, paprika
	Produce: onions, garlic, parsley
	Pantry Items: Red Wine Vinegar, Canola Oil, Salt, Pepper
Vegetarian: Baked Tofu with Parsnip Fries	Produce: garlic, ginger
	Pantry Items: Tamari, toasted sesame oil, maple syrup, olive oil, salt + pepper
	Protein: tofu
Marcella Hazan's Rice & Cabbage Soup	Packaged Goods: Arborio Rice, Cooking Stock
	Dairy: Butter, Parmesan
	Produce: onion, garlic
	Pantry Items: Olive Oil, Salt & Pepper



Week 21 Shopping List

Miso Maple Roasted Root Vegetables

Packaged goods: miso, tamari

Pantry Items: Olive oil, maple syrup, butter, rice or apple cider vinegar

Optional: protein like salmon, sausage, chicken, tofu, or chickpeas

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)