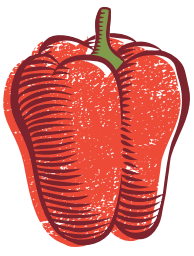


# Week 23 Shopping List

Menu	Ingredients
<b>Asian Cabbage Rolls</b>	<b>Packaged Goods:</b> Brown Rice, cooking stock, tamari, rice wine vinegar
	<b>Produce:</b> onion, ginger, garlic
	<b>Omnivore:</b> 1 lb ground chicken or turkey <b>Vegetarian:</b> 8 oz tempeh
	<b>Pantry Items:</b> toasted sesame oil, egg
<b>White Bean &amp; Celeriac Soup with Frizzled Sage and Savory Roasted Acorn Squash</b>	<b>Packaged Goods:</b> chicken or vegetable stock
	<b>Produce:</b> onion, garlic, sage
	<b>Dairy:</b> heavy cream or half and half
	<b>Pantry Items:</b> Butter, Olive Oil, Salt + Pepper, cumin seed, smoked paprika
<b>Kale Macaroni and Cheese</b>	<b>Packaged Goods:</b> Flour, Pasta, Bread, GF If necessary
	<b>Dairy:</b> butter, sharp cheddar, Parmesan
	<b>Pantry Items:</b> mustard powder, cayenne pepper, salt
<b>Butternut Squash Latkes with Brussels Sprouts</b>	<b>Produce:</b> onion
	<b>Packaged Goods:</b> Mayonnaise, sriracha hot sauce
	<b>Pantry Items:</b> flour, egg, baking powder, salt, apple cider vinegar
	<b>Omnivores:</b> bacon
<b>Root Vegetable Gratin</b>	<b>Packaged Goods:</b> Bread crumbs or bread for breadcrumbs, GF if necessary
	<b>Dairy:</b> milk, gruyere cheese
	<b>Produce:</b> garlic, thyme
	<b>Pantry Items:</b> Salt, pepper, butter, olive oil, flour



# Week 23 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)