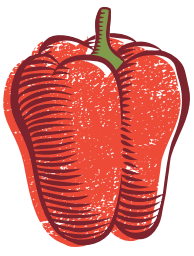


# December Share Box Recipe Tips

## Part 1

| Menu   | Ingredients   |
|--|---|
| <b>Oven Baked Rutabaga Fries with Lemon Salmon or Tempeh</b> | <b>Produce:</b> Rosemary, lemon, garlic                                     |
|  | <b>Pantry Items:</b> Olive oil, salt, pepper                                |
|  | <b>Omnivores:</b> Salmon  |
|  | <b>Vegetarians:</b> Tempeh  |
| <b>Brussels Sprouts Gratin</b>                               | <b>Packaged Goods:</b> breadcrumbs or bread for breadcrumbs, walnuts, stock |
|  | <b>Dairy:</b> heavy cream or half & half, butter                            |
|  | <b>Pantry Items:</b> mustard, salt + pepper                                 |
|  |   |
| <b>Carrot &amp; Parsnip Shepherd's Pie</b>                   | <b>Packaged Goods:</b> tomato paste, red wine, stock                        |
|  | <b>Produce:</b> onion, garlic, rosemary                                     |
|  | <b>Dairy:</b> milk or heavy cream, butter                                   |
|  | <b>Pantry Items:</b> salt + pepper  |
|  | <b>Omnivores:</b> Ground Beef <b>Vegetarians:</b> Lentils                   |
| <b>Acorn Squash Quesadillas</b>                              | <b>Packaged Goods:</b> corn or flour tortillas                              |
|  | <b>Produce:</b> Garlic  |
|  | <b>Spices:</b> Cumin, Coriander, Chili Powder, Cayenne Pepper, Oregano,     |
|  | <b>Dairy:</b> monterey jack cheese  |
|  | <b>Pantry Items:</b> olive oil, salt  |
| <b>Beet Risotto</b>  | <b>Packaged Goods:</b> arborio rice, stock, balsamic vinegar                |
|  | <b>Dairy:</b> butter, goat cheese   |
|  | <b>Pantry Items:</b> Salt + Pepper  |
|  |   |



# December Share Box Recipe Tips

## Part 1

**Local Sources:** **Down to Earth Health Foods** Binghamton (full service grocery, gluten free products), **Oh My Goodness Health Food** Homer (full service grocery, gluten free products, local products), **Old Barn Hollow** Binghamton (full service grocery specializing in local products), **Green Planet Grocery** Fairmount or Cicero (full service grocery, gluten free, local products), **Mother Earth Health Food** North Syracuse (natural products), **Real Food Co-op** Westcott (full service grocery, local products, gluten free) **Greenstar Co-op** Ithaca (full service grocery, local products, gluten free) **The Piggery** Ithaca (butcher shop and local products) **People's Market** Lansing (local products: eggs, honey, maple syrup, meat), **Ithaca Coffee Company** Lansing (cheese, gourmet grocery, some local products) **Bet the Farm** Aurora (local products: pasta, cheese, wine, etc.)