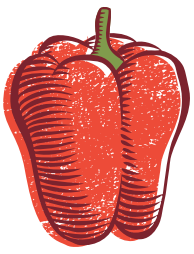


December Share Box Recipe Tips

Part 2

Menu	Ingredients
Omnivore: Slow Cooker Pulled Pork with Shaved Root Vegetable Salad	Meat: pork shoulder
	Packaged Goods: honey, red wine vinegar, mayonnaise, dijon mustard
	Produce: garlic
	Pantry Items: olive oil, salt, pepper, apple cider vinegar
Vegetarian: Bean Burgers with Shaved Root Vegetable Salad	Packaged Goods: beans, eggs, oats, mayonnaise, dijon mustard
	Pantry Items: spices, olive oil, apple cider vinegar, salt + pepper
Burrito Bowls with Cabbage Slaw	Packaged Goods: rice, beans, protein (chicken, tofu, beef, pork, etc),
	Dairy: crumbled feta or goat cheese
	Produce: garlic, cilantro, lime
	Pantry Items: spices like cumin, chili powder, cayenne, olive oil, salt, pepper
Butternut Squash Latkes with Sriracha Aioli	Packaged Goods: flour, baking powder, sriracha hot sauce, mayonnaise, egg
	Pantry Items: apple cider vinegar, oil for frying, salt, pepper
Quick & Spicy Soba Noodles with Root Vegetables	Packaged Goods: 8 oz soba or Rice Noodles, chili oil or canola oil + red pepper
	sesame oil, tamari (GF if necessary), honey



December Share Box Recipe Tips

Part 2

Carrot Pasta

Packaged Goods: pasta, vegetable or chicken stock

Produce: garlic, lemon

Dairy: parmesan

Pantry Items: Olive Oil, salt pepper

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.)