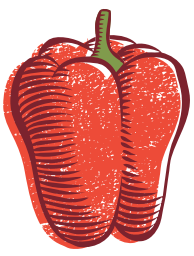


Thanksgiving Share Week 2

Menu	Ingredients
Cabbage Fried Rice	Packaged Goods: Rice, eggs
	Produce: Ginger, garlic, lime
	Pantry Items: Tamari, Canola Oil, Chili Sauce
Omnivores: Roasted Chicken with Radishes	Omnivores: Chicken
	Pantry Items: salt + pepper
Vegetarians: Butter Braised Radishes with Crispy Tempeh	Packaged Goods: tempeh
	Pantry Items: butter, apple cider vinegar, honey, salt + pepper
Miso Noodle Soup	Packaged Goods: Rice Noodles, miso paste
	Produce: Ginger, garlic, lime
	Pantry Items: Tamari, Sesame Oil, Sriracha, etc.
Maple Roasted Acorn Squash Farro Salad	Packaged Goods: farro, walnuts
	Produce: lemon
	Dairy: goat cheese or feta
	Pantry Items: Olive Oil, maple syrup, Salt + Pepper



Week 9 Shopping List

Wild Rice & Leek Soup

Packaged Goods: wild rice, chicken or vegetable stock

Dairy: half & half or butter

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.)