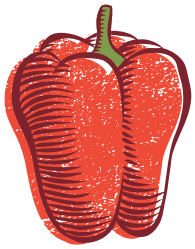
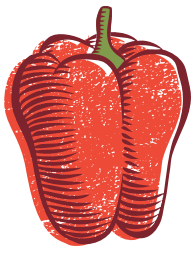


Week 14 Shopping List

Menu	Ingredients
Roasted Pepper Soup with Early Apple Mizuna Salad	**Packaged Items**: vegetable or chicken stock, milk, parmesan, red wine vinegar
	Produce: onion, garlic
	Pantry Items: olive oil, salt, and pepper
Summer Squash Tian	**Packaged Goods**: breadcrumbs or GF bread to make breadcrumbs,
	sundried tomatoes, curry powder
	Produce: onion
	Pantry Items: olive oil, salt, pepper
German Potato Salad	**Packaged Goods**: apple cider vinegar, dijon mustard
	Produce: onion
	Omnivores: bacon
	Pantry Items: olive oil, salt, pepper
Black Bean Salad with Chipotle Vinaigrette	**Packaged Goods**: black beans, chipotle in adobo sauce, apple cider vinegar
	dijon mustard
	Optional: shredded cheddar, crushed tortilla chips
	Produce: onion, garlic
	Pantry Items: olive oil, salt, pepper
Carrot Fritters	**Packaged Goods**: ground chickpea flour, baking soda, egg, ground cumin
	smoked paprika, sea salt
	Produce: garlic, lemon
	Pantry Items: olive oil, salt, pepper



Week 14 Shopping List

Local Sources: **CSA+** (organic meat, cheese, yogurt, pickles, bread, and more as shares or a la carte items), **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) **People's Market** (local products: eggs, honey, maple syrup, meat), **Ithaca Coffee Company** (cheese, gourmet grocery, some local products)