



SHOPPING LIST

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INCLUDED IN THE HARVEST AT HOME FARM BOX

LOCAL PRODUCE:

- 1# [Sweet Potatoes](#)
- 1# [Purple Daikon Radish](#)
- 1# [Beets](#)
- 3# Adirondack Blue Potatoes (may substitute any good roasting potato)
- 1½# [Turnips](#)
- 1# Watermelon Radish (may substitute any radish)
- 1# [Carrots](#)
- 1-2 [Apples](#) (depending on size)
- ½# Spring Mix
- ¼# [Arugula](#)
- ½# [Baby Kale](#)
- Small [Cabbage](#)
- Sage, Oregano & Thyme [herb](#) bundle
- 1 bunch [Parsley](#)
- 1 bunch [Cilantro](#)
- ½# [Fennel](#)
- 1 [Onion](#)
- 1 bulb of [Garlic](#)
- 1 loaf [9 Bean Rows bread](#)

PANTRY ITEMS:

- 1 - 29oz cans of Garbanzo/chickpeas
- 2 cups Basmati Rice
- ⅛ cup Amaranth
- 1 tsp Ground Turmeric Powder
- 3 Lemons

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FUSTINI'S



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ADDITIONAL ITEMS NEEDED (NOT INCLUDED IN FARM BOX)

- Salt
- Olive oil for cooking
- Fresh cracked black pepper
- Dijon Mustard (may substitute another kind of mustard, like stone ground)

KITCHEN EQUIPMENT CHECKLIST:

- Chef's Knife and cutting board
- Measuring cups and spoons
- Mixing bowls
- 2 or 3 oven-safe baking sheets/trays or glass pyrex baking dishes
- Mesh strainer
- Box grater or food processor with grating attachment
- Citrus juicer
- Blender or food processor
- Large saucepan
- Mason jar or lidded container

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