

FYR & SALT

DATE: 9/10-9/13

THE MARKET

at 8 Hands Farm

REFRIGERATOR

GUINEA HEN SOUP W/ CORN & BEANS
TOMATO SOUP
PORK ENCHILADAS
FREGOLA SALAD
GAZPACHO
WALDORF CHICKEN SALAD
HORSERADISH DILL POTATO SALAD
CHICKEN LIVER MOUSSE
HUMMUS
PICKLED RED ONION
LACTO SAMBAL PICKLES
PICKLED BEETS
KIMCHI
SAUERKRAUT
BEET SAUERKRAUT
CHICKEN SCHMALTZ
PORK LARD
LAMB TALLOW
BEEF TALLOW
NYS GRASS-FED & ORGANIC BUTTER
ORGANIC A2 MILK
ASSORTED CHEESES

FREEZER

TOMATO SOUP
ROASTED TOMATO SAUCE
BAKED BEANS W/ PORK
PORK BURRITOS (2)
EGGPLANT PARM
VEGGIE MAC & CHEESE
CHICKEN STOCK
BEEF STOCK
BEEF BASE (BEEF GLACE)
GINGER & LEMONGRASS BONE BROTH
POULTRY BONE BROTH
READY TO BAKE COOKIES
GRASS-FED ORGANIC UNSALTED BUTTER
EGG WHITES
STONE FRUIT SORBET
VANILLA CUSTARD



ALL MEAT IS RAISED ON THE FARM.
INGREDIENTS ARE SOURCED FROM THE FARM,
LOCALLY AND ORGANICALLY.

