

FYR & SALT

DATE: 10/1-10/4

THE MARKET

at 8 Hands Farm

REFRIGERATOR

CHICKEN SOUP W/ ORZO, LEMON & DILL
SQUASH SOUP
LAMB RAGU
BEEF BURRITO (2)
CORN & MUSHROOM RISOTTO BAKE
ROASTED TOMATO SAUCE
BABAGANOUSH
WALDORF CHICKEN SALAD
CHICKEN LIVER MOUSSE
HUMMUS
PICKLED RED ONION
LACTO SAMBAL PICKLES
PICKLED BEETS
KIMCHI
SAUERKRAUT
BEET SAUERKRAUT
CHICKEN SCHMALTZ
PORK LARD
BEEF TALLOW
NYS GRASS-FED & ORGANIC BUTTER
ORGANIC A2 MILK
ASSORTED CHEESES

FREEZER

TOMATO SOUP
SOPA DE POLLO
TOMATO, RICE & DILL CHICKEN SOUP
LAMB CURRY RICE
BAKED BEANS W/ PORK
VEGGIE CHILI
SHEPHERD'S PIE
PORK ENCHILADAS
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
BERRY SORBET
GINGER & HERB SORBET
APPLE CIDER SORBET
VANILLA CUSTARD
CHOCOLATE CUSTARD



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

