

Shopping List

OCTOBER 2019 SHOPPING LIST FOR ENTIRE MENU

FRUIT/VEGETABLE SECTION

- 3 tart apples, such as Granny Smith or Cortland
- 3 sweet apples, such as Golden Delicious, Fuji or Honey Crisp
- ½ gallon apple cider, unfiltered, prefer organic
- 2 oranges
- 1 lemon
- 18 small potatoes (2 lbs.) such as Yukon Gold, Red Bliss or heirloom varieties, 1½" diameter
- 1 small pie or sugar pumpkin, 4 lbs.
- 1 medium acorn squash, 1½-2 lbs.
- 1 medium sweet onion
- 1 medium yellow onion
- 1 garlic bulb
- 1 small bunch parsley
- 1 small bunch chives or green onions

MEAT SECTION

- 4-6 boneless beef short ribs

DAIRY/CHEESE SECTION

- 1 half pint heavy whipping cream
- 1 stick unsalted butter

FROZEN

- Optional Accompaniment: 1 quart French vanilla ice cream

IN CURRENT SHIPMENT

- GC Napa Valley Natural Basil Apple Smoked Sea vander Tellicherry Pepper .8 oz pouch
- GC Napa Valley Natural Lemon Tellicherry Pepper .8 oz pouch
- GC Napa Valley Natural Jalapeño Olive Oil 250 ml bottle
- GC Napa Valley Natural Savory Proprietary Blend Extra Virgin Olive Oil 250 ml bottle
- GC Napa Valley Natural Culinary Lavender Infused Honey 8 oz jar
- GC Napa Valley Natural Tuscan Rosemary Leaves .3 oz pouch
- GC Napa Valley Natural Meat Rub Proprietary Blend 1.5 oz pouch
- GC Napa Valley Natural Citrus Rim Sugar 4.0 oz pouch
- GC Napa Valley Natural Culinary Lavender Sugar 4.0 oz pouch

ITEMS FROM PREVIOUS FOODIE CLUB SHIPMENTS AVAILABLE TO PURCHASE

Contact: orders@oconnellfamilywines.com or call 707-815-0364

- GC Napa Valley Olive Spice Blend
- GC Napa Valley Natural Orange Infused Honey

OTHER

- 1 box 32 fl. oz. chicken or vegetable stock, organic low sodium
- 1 box 16 fl. oz. chicken stock, organic low sodium (8 fl. oz. needed)
- 1 bottle grapeseed oil
- 1 bag Non-GMO organic old-Fashioned rolled oats (not quick cooking oats)*
- 2 cinnamon sticks, 3" long
- 1 box Earl Grey tea bags (need 3 tea bags) or use loose leaf tea
- 1 bottle 16 fl. oz. distilled or filtered water
- Optional: 1 bottle 375 ml. bourbon, good quality

FROM YOUR PANTRY

- Grapeseed oil
- Parchment paper, 1 sheet
- Ground nutmeg
- Ground cinnamon* (Use certified organic to assure non-cinnamon fillers are not added.)
- Organic light brown sugar*
- Organic unbleached all-purpose flour*
- Salted butter