

FRUIT



Apples

each, Manzanas singular

\$0.50

QTY



Apples

3lb bag, Manzanas en Bolsas

\$3.25

QTY



Bananas

each, Gineos singular

\$0.25

QTY



Pears

each, Peras, singular

\$0.50

QTY



Kiwi

each, singular

\$1.00

QTY



Pineapple

each, Piña, singular

\$4.50

QTY



Tomatoes

each, Tomates, singular

\$0.50

QTY



Grape Tomatoes

pint, Tomates, Uva

\$2.00

QTY



Lemons

each, Limónes, singular

\$0.50

QTY



Limes

each, Limas, singular

\$0.50

QTY



Grapefruit

each, Pomelo, singular

\$1.00

QTY



Grapes, Red/Green
bags, Uvas rojas/verdes en bolsas

\$4.00

QTY



Cantaloupe

each, Cantalupo, singular

\$3.00

QTY



Navel Oranges

Naranja singular

\$0.75

QTY



Check out the Recipe of the Month on Page 4!

Seasonal Items



Winter Squash

each, calabaza de invierno

\$1.00

QTY



Brussels Sprouts

1 quart, coles de Bruselas

\$3.00

QTY



Pie Pumpkins

Calabazas para pastel

\$2.00

QTY



Cranberries

bag, Arándanos rojos

\$2.25

QTY

Visit Foodlinkny.org/CurbsideMarket for locations near you!

Ask about our seasonal specials!

VEGGIES



Avocados

each,
Aguacate,
singular

\$1.00

QTY



Beets

each,
Remolachas,
singular

\$1.00

QTY



Broccoli

each, Brócoli,
singular

\$1.00

QTY



Seeded Cucumbers

each, Pepino
con Semillas,
singular

\$0.50

QTY



Carrots

1lb. bag,
Zanahorias

\$1.00

QTY



Baby Carrots

1 lb. bag
Zanahorias
Bebe

\$1.50

QTY



Celery

each, Apio,
singular

\$1.50

QTY



Green Cabbage

each
Repollo Verde,
singular

\$2.00

QTY



Garlic

each, Ajo,
singular

\$0.50

QTY



Ginger

each, Jengibre,
singular

\$1.00

QTY



Spinach

10 oz bag
Espinaca

\$2.50

QTY



Red Onion

each
Cebollas Rojas,
singular

\$0.75

QTY



Yellow Onions

2 lb bag
Cebollas
Amarillas

\$1.25

QTY



White Potatoes

5 lb bag
Papas Blancas
en Bolsas

\$3.00

QTY



Russet Potato

each
Papas Russet,
singular

\$0.50

QTY



Sweet Potato

each
Batatas,
singular

\$0.75

QTY



Collards

each, Berzas

\$2.50

QTY



Mushrooms

6 oz & 8 oz pkg
Hongos

\$1.75/\$2.50

QTY



Jalapeños

each, singular

\$0.25

QTY



Green Bell Peppers

each, Pimientos
Verdes, singular

\$1.00

QTY



Rainbow Peppers

each, Pimientos
Varios

\$3.00

QTY



Lettuce

Lechuga

\$3.50

QTY



Kale

each, Col
rizada

\$2.50

QTY

Visit Foodlinknny.org/CurbsideMarket
for locations near you!

Prices change monthly

Ask about our
seasonal specials!

GROCERY Tienda de comestibles ➡	 Whole Wheat Pasta 1 lb pkg Pasta de Trigo Integral \$1.00 QTY	 Brown Rice 1 lb bag Arroz Integral Bolsa \$1.00 QTY	 Beans 15 oz Frijoles Enlatados \$1.00 QTY	 Black Beans 15 oz Frijoles Negros Enlatados \$1.00 QTY	 Beans (Dried) 1 lb bag Frijoles (secos) \$1.50 QTY	
	 Lentils (Dried) 1 lb bag Lentejas (secas) \$1.50 QTY	 Tuna 5 oz, Pescado Enlatado, Atún \$1.00 QTY	 Peanut Butter 16 oz Mantequilla de Maní \$2.25 QTY	 Whole Wheat Bread 16 oz, Pan de Trigo \$3.00 QTY	 Eggs 1 dozen Huevos \$2.00 QTY	
	 Gerber Baby Foods Assorted 4oz Alimentos Para Bebés Clasificado \$1.25 QTY	 Enfamil Powdered Formula 12.5 oz Fórmula en Polvo \$20.00 QTY	 Gerber Cereal 8 oz, Rice or Oatmeal Arroz o Avena \$3.00 QTY	JUICES Jugos ➡	 Orange Juice 64oz., De Jugo de Naranja en Botella \$5.00 QTY	
	 Apple Juice 64 oz De Jugo de Manzana \$3.50 QTY	 Apple Cider 64 oz Sidra de Manzana \$4.00 QTY	DAIRY Lácteos ➡		 Whole Milk 1/2 gal, Leche Entera \$2.50 QTY	 1% Milk 1/2 gal Leche 1% \$2.50 QTY

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CEREAL CEREALES



Corn Flakes

18 oz box, *Caja de 18 oz*

\$3.00

QTY



Cheerios

18 oz box, *Avena Tostada*

\$3.00

QTY



Rice Krispies

12 oz box
Arroz Crujiente

\$3.00

QTY

NEW

Recipe of the Month

Butternut Squash and Apple Soup

Serves 8 ▪ Serving: 2/3 cup

Just Say Yes
To Fruits & Vegetables

Silky smooth, slightly sweet, and super-easy to make, this soup is a fall favorite.

Ingredients

- 1 tablespoon olive oil
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 celery stalk, chopped
- 2 teaspoons curry powder
- 1 teaspoon dried basil
- 1 large butternut squash, peeled, seeded, and cubed, or 1 (20-ounce) package pre-cut squash
- 1 tart apple, cored and cubed
- 8 cups chicken or vegetable broth, low-sodium

Utensils Needed

- Cutting board
- Sharp knife
- Large heavy-bottomed pot
- Measuring cup
- Measuring spoons
- Heatproof spatula
- Slotted spoon
- Blender or food processor
- Pot holder

Directions

1. Put the pot on the stove and turn the heat to medium. When it is hot, carefully add the oil.
2. Add the onion, garlic, celery, curry powder, and basil. Cook, stirring occasionally, until the vegetables are tender, 10-12 minutes.
3. Add the butternut squash, apple, and broth and raise the heat to high; bring to a boil.
4. Turn the heat down to low and cook until the squash is very tender, 45 minutes. Set aside to cool down a bit, at least 15 minutes, at room temperature. Stir occasionally to help the mixture cool.
5. Using the slotted spoon, very carefully remove the soup solids and put them in the blender or food processor. Do not fill more than halfway.
6. If you are using a blender, put the top on but remove the little cap in the center. If using a food processor, leave the plunger out (both will allow the steam to escape). Cover the hole loosely with a clean dish towel. Turn the blender to the lowest speed and increase the speed as the soup purees. Gradually add the cooking liquid. Blend or process until completely smooth.
7. Serve right away, or cover and refrigerate up to 3 days.



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