

Who (your name):

What (your item):

**When was this item cooked/
harvested/etc?:**

This item is (please check all that apply):

- Shelf-stable but not preserved
- Perishable and should be refrigerated immediately.
Expires: _____
- Sealed and was canned in a hot water bath
- Sealed and was pressure canned
- Has been preserved via:

- Gluten-free
- Dairy-free
- Soy-free
- Vegetarian
- Vegan
- Other notes:

Offers (written as "name/item"):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Use back of sheet for more offers!

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