



# Winter Week 2: 11/2 11/3 11/4

## Welcome to Winter LUCSA Week 2!

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!

[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)



In your box this week:  
eggs - bread - hard cider - mushrooms -  
potatoes - apples - carrots - leeks - poblanos  
- greens

The Urban Canopy farm, Auburn Gresham, Chicago

## WELCOME TO WINTER SEASON!

Welcome, returning and new members alike! We are so thrilled you could join us for our Winter LUCSA share. Throughout the season, you can use this newsletter to order add-on items, learn more about your share items and the farmers who grow them, delve into the archives of seasons past. Last but not least, we have new recipe suggestions based off of each week's share contents.

Throughout the season, please do not hesitate to contact us directly with any questions, comments or concerns that may arise. We are grateful for your business, and are looking forward to sharing all kinds of goodies with you this winter!

### BOX BASICS

Following a few simple steps when you first get your box can ensure that you get the most out of your bread and produce and beverages



[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



### Chicago Candle Co. Soy Candles

Blackberry bramble 4 oz. candle



### Seedling Orchard Quince fruit

2# of quince from South Haven, MI! Click the image for more information if you're unfamiliar with these aromatic treats!



### Freeman House Chai Concentrate

32 oz of delicious chai from a woman-owned micro-brewery



### Seedling Orchard Apple Cider

Half-gallon, fresh pressed!



### Uzma Chocolat

4-piece box of gourmet chocolates



### Sarita's Pleasure Pies

This week's flavor: long distance hug!

& much more available!

## Share Contents (in progress)

Refer back to this page for updated share contents and photos to help you identify produce!

- Please keep in mind that share contents may vary due to market availability so contents may vary slightly from this list. Farming is never 100% predictable. We appreciate your flexibility.
- Wash everything before eating!
- Remember to return your wax box, egg cartons, and pint containers during your next delivery. We reuse all of these items!

#### Beverage:

Wednesday/Thursday: **Hard Cider** by [Eris Cider](#) (Irving Park, Chicago, IL) - *Strawbarabella & Peach Bong*

Friday: **Beer** by [Hopewell Brewing](#) (Logan Square, Chicago, IL) - *Salz Austrian Style Pilsner & Lightbeam Hazy IPA*

#### Bread:

Wednesday: **Challah**, [FranHier Bakery](#) (Pilsen, Chicago, IL)

Thursday: **Country Round**, [Middlebrow](#) (Logan Square, Chicago, IL)

Friday: **Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast or croutons. Be careful with temperature - you may want to refrigerate sooner than later!



INTRODUCING OUR NEW MUSHROOM VENDOR, PRIMORDIA MUSHROOMS! FROM LEFT TO RIGHT: OYSTERS, SHIITAKE, WHITE BUTTONS

#### Mushrooms:

Wednesday: **White Button**, [River Valley Ranch](#) (Burlington, WI)

Wednesday & Friday: **Shiitake**, [River Valley Ranch](#) (Burlington, WI)

Thursday & Friday: **Oyster**, [Primordia Mushrooms](#) (Chicago, IL)

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Eggs: [Finn's Steak and Egg Ranch](#) (Buchanan, MI)

Storage Tip - You can freeze your eggs to make them last longer. Crack and scramble in a container, or crack whole into oiled muffin tins, and keep frozen for up to 6 months.

McIntosh / Honey Crisp Apples: [Seedling Orchard](#) (South Haven, MI)

Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Leeks: [Nichols Farm & Orchard](#) (Marengo, IL)

Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Carrots: [The Urban Canopy](#) (Chicago, IL) / [Nichols Farm & Orchard](#) (Marengo, IL)

Storage Tip - Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.

Purple Viking Potatoes: [PrairieEarth Farm](#) (Atlanta, IL)

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag, for up to 6 months.

Poblano Peppers: [One Family Farm](#) (Pembroke, IL)

Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

#### Greens

Wednesday: **Chard / Mustard Greens**: [The Urban Canopy](#) / [One Family Farm](#) (Pembroke, IL)

Thursday: **Chard / Lettuce Mix**: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Friday: **Lettuce Mix / Radishes** (see subs): [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tip (Lettuce Mix) - Remove your greens from the green compostable bag, wash and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

Storage Tip (Chard & Mustard) - You can wrap the greens in a paper or cloth towel to cut down on extra moisture. Then store in a plastic bag in the fridge for up to a week. Or keep on counter in a glass of water like a bouquet!



FROM LEFT TO RIGHT: CHARD, LETTUCE MIX, MUSTARD GREENS

## Substitutions

Items for those already opting out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subject to change



FROM LEFT TO RIGHT: CARNIVAL SQUASH, SCARLET TURNIPS, CABBAGE, BRUSSEL SPROUTS, RADISHES

**Scarlet Turnips:** [PrairieEarth](#), (Atlanta, IL)

Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

**Carnival Squash:** [Angelic Organics](#) (Caledonia, IL)

Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

**Brussels Sprouts:** [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Store fresh, unwashed, and untrimmed Brussels sprouts - both loose and on the stalk - in a plastic bag in the crisper drawer of the refrigerator. Remove any yellowed or wilted leaves first.

**Cabbage:** [Angelic Organics](#) (Caledonia, IL)

Storage Tip - Keep in a plastic bag in the crisper for two weeks.

**Radishes:** [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

#### N/A Beverage substitutes:

[Wisco Pop](#) (Madison, WI) - Grapefruit or cherry sodas

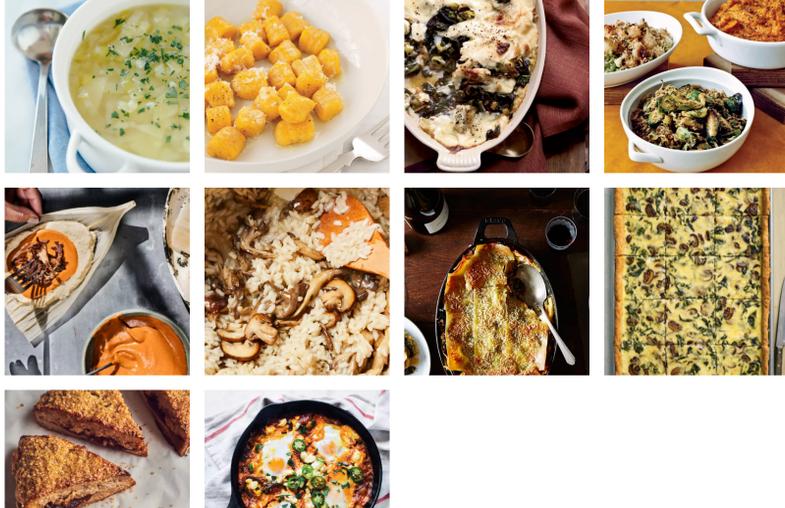
[Rishi Tea & Botanicals](#) (Milwaukee, WI) - Schisandra berry or black lemon sparkling botanicals

[Spinrik Roasters](#) (Back of the Yards, Chicago, IL) / [Bridgeport Coffee](#) (Bridgeport, Chicago, IL) - Whole coffee beans

[CLICK HERE FOR WEEK 1 NEWSLETTER!](#)

## Recipe Recommendations

Click on the image to access the recipe



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