



Winter Week 3: 11/9/11/10 11/11

Welcome to Winter LUCSA Week 3!

Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!

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



In your box this week:
eggs - bread - mushrooms - rutabaga -
- pears - sweet potatoes - banana peppers -
- radishes - greens -

The Urban Canopy farm, Auburn Gresham, Chicago

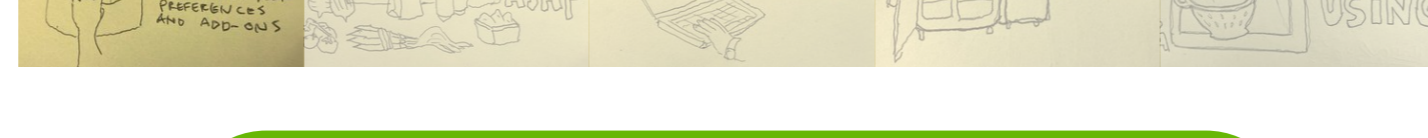
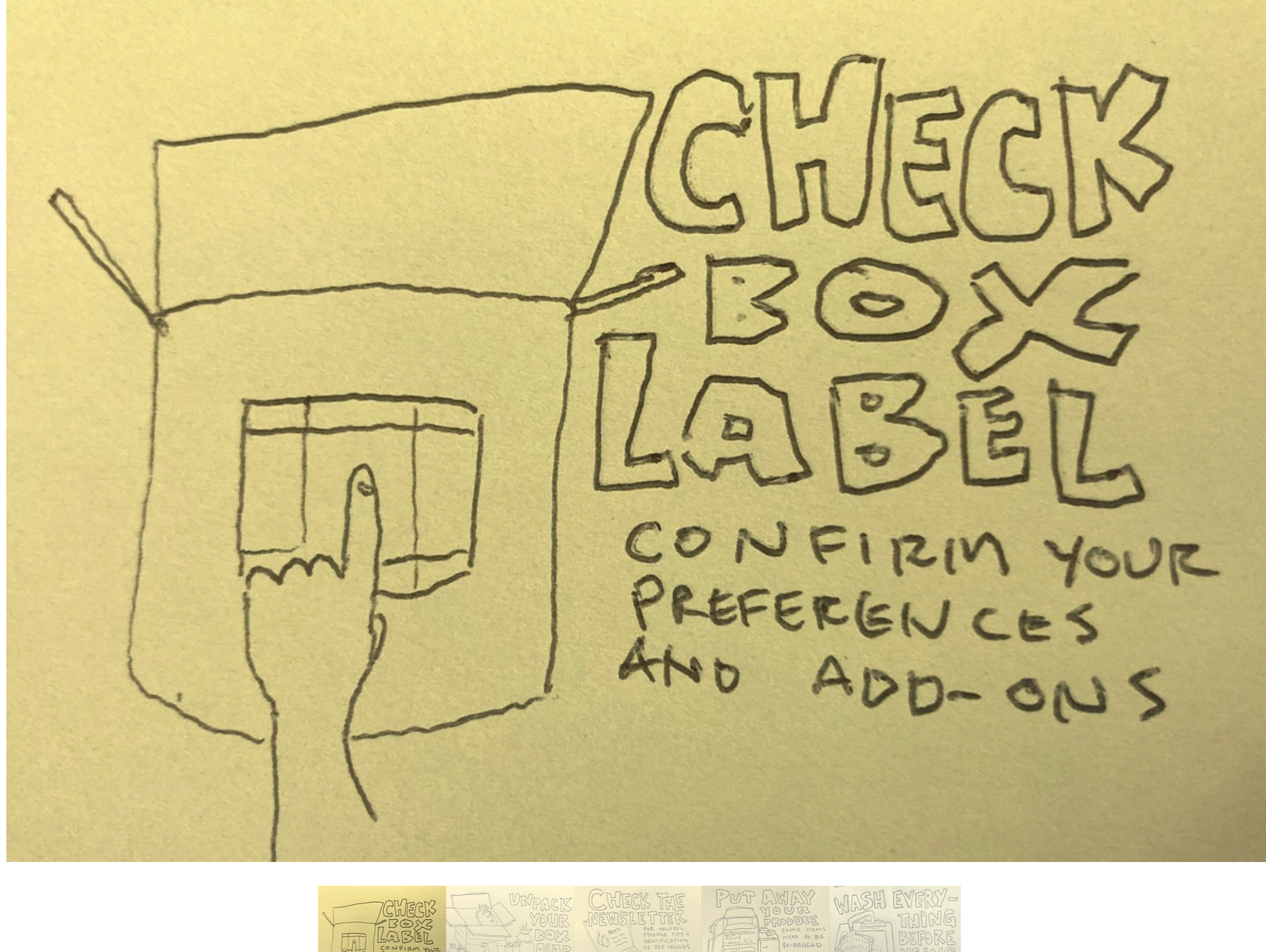
WELCOME TO WINTER SEASON!

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](#)



UC Hella Lemon Cherry Bomb Hot Sauce

Made in-house, 8oz



River Valley Ranch Granola

Cranberry pistachio, 12oz



Prairie Fruits Chevre

Black pepper chèvre, 6oz



Hopewell Beer (1 can)

Salz: Austrian-style Pilsner brewed as an ode to some of the world's best. Structurally lean with prominent noble hop saturation, balanced by modest bitterness and a dry finish. Brewed in collaboration with Niteglow Beer Company. 4.9% alc, 16 oz per can



West Side Bee Boyz Honey

Wildflower light, 12 oz



Seedling Orchard Apple Cider

Half-gallon, fresh pressed!

& 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:

Tonic: Elderberry, Ginger Cherry or Apple - by Fruitbelt (Sawyer, MI)

Bread:

Wednesday: **Country Round**, Middlebrow (Logan Square, Chicago, IL)

Thursday: **Challah**, EranHer.Bakery (Pilsen, Chicago, IL)

Friday: **Seeded Rye**, 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 bread sooner than later!



Mushrooms:

Wednesday/Friday: **Oyster or Lion's Mane**, Primordia.Mushrooms (Chicago, IL)

Thursday: **Crimini**, River.Valley.Ranch (Burlington, WI)

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)

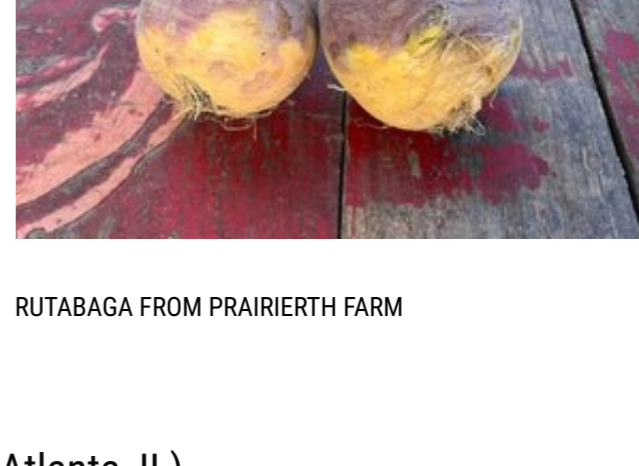
Storage Tip - You can freeze your eggs to make them last longer. Crack and scramble in a container, or crack whole into oiled muffin tins, and keep frozen for up to 6 months.

Pears: Mick.Klug.Farm (St. Joseph, MI)

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

Rutabaga: PrainErth.Farm (Atlanta, IL)

Storage Tip - Will keep for months in a cool storage place. They store well in plastic bags in a refrigerator or cold cellar.



RUTABAGA FROM PRAIRIEFARM FARM

Sweet Potatoes: Carroll's.Timber.Edge.Farm (Graymont, IL) / Nichols.Farm.and.Orchard (Marengo, IL)

Storage Tip - Sweet potatoes should never be cold until cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Banana Peppers: One.Family.Farm (Pembroke, IL)

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



Radishes: The.Urban.Canopy (Auburn Gresham, Chicago, IL)

Daikon Radishes: The.Urban.Canopy (Auburn Gresham, Chicago, IL) / PrainErth.Farm (Atlanta, 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.

Greens:

Wednesday/Thursday: **Mizuna**: The.Urban.Canopy (Auburn Gresham, Chicago, IL)

Spinach: The.Urban.Canopy (Auburn Gresham, Chicago, IL)

Thursday/Friday: **Arugula**: One.Family.Farm (Pembroke, IL)

Storage Tip - 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.

Substitutions

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

Golden Beets: PrainErth, (Atlanta, IL)

Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Red Kale: PrainErth, (Atlanta, IL)

Storage Tip - Remove from compostable green bag. Make sure greens are good and dry. 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!

Ruby Red Onions: Nichols.Farm.and.Orchard (Marengo, 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.

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.



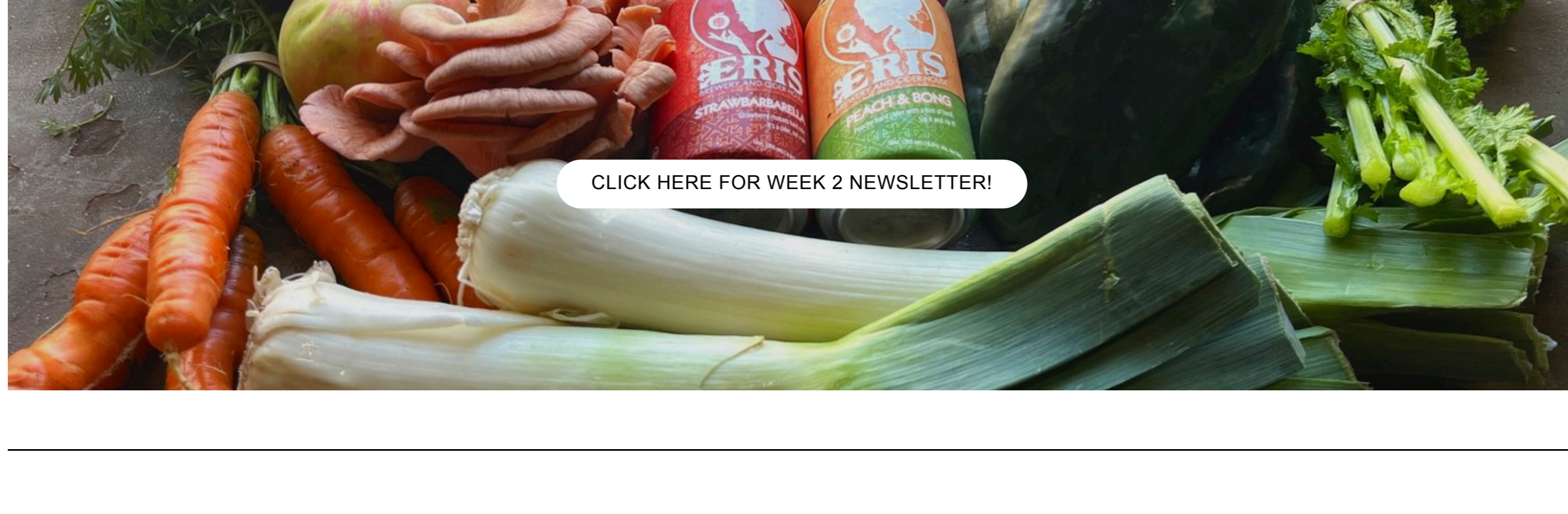
FROM LEFT TO RIGHT: RED KALE, RUBY RED ONIONS, CAYENNE PEPPERS, CARNIVAL SQUASH, GOLDEN BEETS, CELERY ROOT

Celery Root: Growing.Solutions.Farm.UAS (Illinois Medical District, Chicago, IL)

Storage Tip - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.

Cayenne Peppers: Growing.Solutions.Farm.UAS (Illinois Medical District, Chicago, IL)

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



[CLICK HERE FOR WEEK 2 NEWSLETTER!](#)

Recipe Recommendations

Click on the image to access the recipe



Red Wine Poached Pears



Creamy Roasted Rutabaga Soup



Mini Quiche with Sweet Potato Crust



Oyster Mushroom Pasta with Creamy Sauce



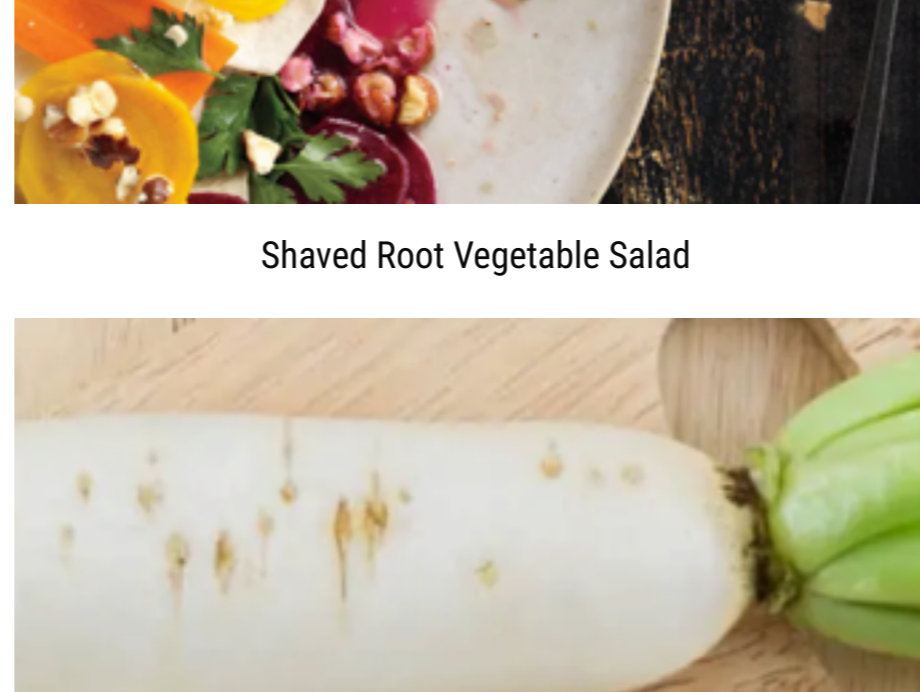
Shaved Root Vegetable Salad



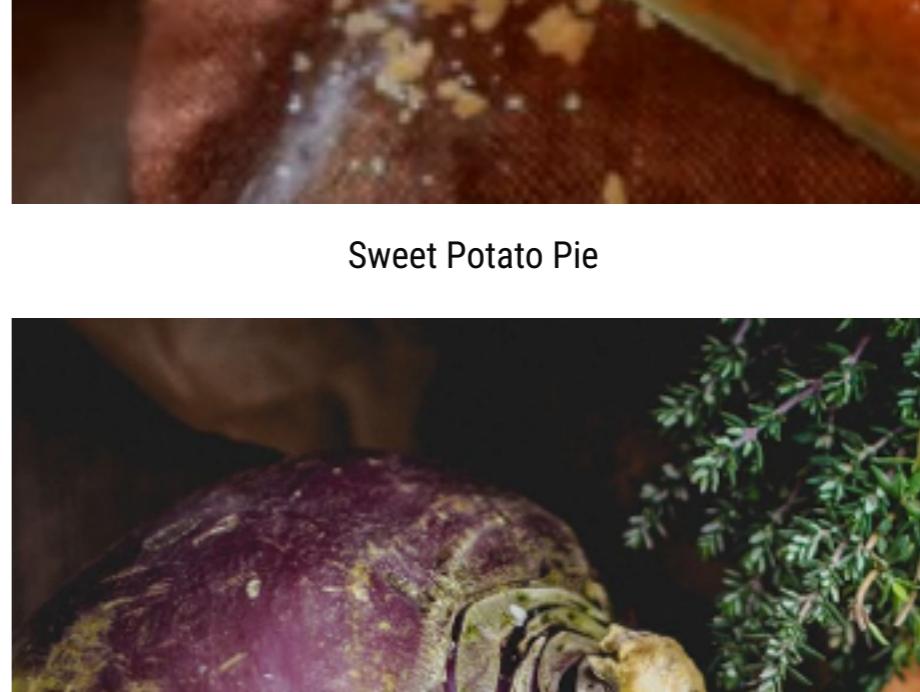
Sweet Potato Pie



Easy Pickled Banana Peppers



Eleven Uses for Daikon Radish



Nine Rutabaga Ideas



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