

# FALL '23 NEWSLETTER



## COMPOST CLUB UPDATES

Fall is here! The leaves are changing, the nights are cooler and we are still composting as much as we can. Don't forget to check the [member store](#) after the holiday, and order your pumpkins to be picked up for composting!

The Urban Canopy's compost club does events! If you didn't already know we specialize in helping you divert compostable waste from landfills at weddings, parties and other social gatherings. Check out more information later in the newsletter or check out our [event website right here!](#)

The best way to spread the word about composting is through you! Click the "Give \$10 Get \$10" button on your member portal and refer a friend to join Compost Club and you will both receive \$10.00 off your next invoice.

Here is a great resource to info your friends and family about the [importance and benefits of composting](#). You can email us with any requests and questions to [compost@theurbancanopy.org](mailto:compost@theurbancanopy.org).

## WELCOME TO COMPOST CLUB

**We would like to welcome all our new and returning members to Urban Canopy's Compost Club for the new season! We are so excited to continue to welcome new members, expand our service area, and build our community. Don't forget to refer a friend or sign up for the [Winter LUCSA season right here](#)**

The coolest part of Urban Canopy is our multifaceted nature. Not only does our Compost Club practice organic waste hauling, but it helps support our circular economic philosophy as we attempt to encapsulate the entirety of the urban food cycle in a singular entity. We have a beautiful [farm](#) in Auburn-Gresham, we participate in [farmers markets](#) around the city, including the Daley Center Market, an outstanding [LUCSA](#) group that delivers fresh local produce to your door, a robust [distribution](#) branch that partners with local restaurants to provide organic, local foods, and a dynamite processing kitchen that innovates fantastic preserved foods.

## GARDEN PREP FOR WINTER?

They say we can expect longer and longer growing seasons, so you might be trying to edge out a few more peppers or squash, but it is also that time of year to prepare your garden beds for the next growing season! Here's some info to help prepare your garden for the winter:

Amending your soil is one of the best ways to keep your garden beds or growing pots thriving across the quieter winter months. The easiest method for this is to either apply a layer of compost on top of your soil, or to mix compost directly into your soil.

Adding compost as an amendment will help your soil retain moisture over the drier winter months, as well as to keep your soil temperature more steady throughout the winter. This will allow the nutrients in your soil to continue to thrive until you're ready to plant again come spring!

Before amending your soil, don't forget to clean up any remaining crops, do a final weeding, save flowers or herbs that can be hung up to dry; and seeds that can be replanted next year. Strike while the soil is hot, so to speak, and order your compost today! You can use your [member portal](#) to access ordering soil there, or you can always email us at: [compost@theurbancanopy.org](mailto:compost@theurbancanopy.org).

# be part of the solution

# zerowaste

## w e e k

Zero Waste Week might have come and gone, but we are more like zero waste all the time anyway! It is totally awesome though, and we understand the significance of taking a week to hone in on the value of waste reduction and reuse to spread awareness.

In 2008, Rachele Strauss founded Zero Waste week as a national campaign in the UK. A devastating and highly televised flash flood in 2004 known as the Boscastle flood spurred Strauss to conclude that such manmade climate change needed to be combatted. Four years later, Strauss launched the first Zero Waste week via an internet campaign from her blog in an effort to persuade folks to reduce, reuse, recycle. it is now a world wide phenomena taking place in not only the UK and Europe but the US and Hong Kong. In fact in 2017, 73 countries took part and many more took part in their own independently run a Zero Waste week. The Urban Canopy was elated to partner with some super cool and funny folks on TV for Zero Waste Week.

## URBAN CANOPY'S ON THE TV!

Urban's Canopy's very own, Andrew Meland, got a chance to hang out with the wonderful folks over at MeTV's show "Toon In with Me." While this show focuses on the Golden Age of American animation, the hosts and local legends Bill Leff and Toony Fish (a Tuna fish with a thick Chicago accent) love to learn about all sorts of things! Andrew had the pleasure to teach Bill and Toony about what composting is, how you might do it in your backyard and what the benefits to doing it are.

You can check out the video [right here](#), but you might have to wait for an advertisement.



# COMPOST AT YOUR NEXT PARTY! EVENT COMPOSTING 101

What would be better than diverting food scraps from landfills at your holiday party this year?! Arguably a lot but it still might be something you want to consider. If you didn't already know, the Urban Canopy's compost club specializes in Event composting as well. What is different about event composting you might ask? Event composting is for special events like weddings, birthday parties, bar/bat mitzvahs, conferences and more. Any gathering you would like to be zero waste! Any materials that we accept for our standard curb side hauling service are also accepting at our event service: bones, meat scraps, shells, florals, ect.

We supply, deliver and set up large containers the day of your event. These containers look like standard, [yellow] trash bins and are equipped with compostable liners. We will supply signage listing what is/is not compostable and attach these to the lids of the containers. When the event has concluded, we will transport the containers to one of our processing sites. If you are interested, We also have a variety of compostable utensils, plates, cups and other common party supplies available for purchase. It is typically required that an Urban Canopy Compost Club staff member be present at the event to monitor the compost bins and assure compliance with the waste sorting, but we also offer drop off/pick up options!



Urban Canopy is a proud member of the [Green Wedding Alliance](#)! We hope to continue to play a role in helping Chicagoans have readily available resources to plan their zero waste events. Check out more information here at our [website](#) and [fill out an inquiry](#). and if you are ready now you can fill out the form to receive a quote! The cost of our composting service will vary based on the size, duration, and location of your event.

We also offer educational style events or presentations if you are interested in learning more about the act of composting at an upcoming luncheon, conference, or other event. We're available to present about composting in general, about The Urban Canopy, or about specifically setting up service in your building! As always, please email us at [compost@theurbancanopy.org](mailto:compost@theurbancanopy.org) for any presentations requests or questions generally about our program and composting.



# HONEY BUTTER FRIED CHICKEN

## CHECK OUT OUR FRIENDS AT HONEY BUTTER FRIED CHICKEN

Their pledge to being sustainable goes beyond just composting! They source local ingredients whenever possible and use only antibiotic-free, cage-free and humanely-raised chicken, as well as non-GMO, trans fat-free Canola oil for frying. They recycle their fryer oil through a closed loop oil system. We love closed loops here at Urban Canopy! Nearly 100% of all their used oil is collected and recycled to be used for bio-diesel fuel.

They consciously try to minimize food waste in their restaurant by thoughtful ordering and smart inventory management. They utilize ingredients in multiple ways and creatively use scraps and bits which would normally be thrown out.

For food waste that is generated and cannot be reused, they compost to minimize their environmental footprint. They also recycle aluminum, glass, plastic and cardboard to limit waste. They utilize compostable, biodegradable and recyclable packaging.

Come say hi to our friends at Honey Butter Fried Chicken today! Check out their [website](#).

We are proud to say that Honey Butter Fried Chicken is a part of our compost club! They have locations in Avondale and at the United Center, and soon will be in Glencoe as well! They have been featured in Vice's "Munchies" as well as having been listed as an essential Chicago restaurant in "Eater Chicago," USA TODAY," and "wttw" among others.

Honey Butter's chicken is heartily breaded and we highly recommend dousing your four piece meal in their signature honey butter. Don't sleep on their fried tofu stripes, if chicken isn't your thing. Moreover you might want to try their Pimento Mac N' Cheese and the Schmaltz Smashed Potatoes with Rosemary Gravy, but save room for a corn muffin!

You can even order a honey comb shaped baking tray they call a "Bee Pan" and their very own corn muffin mix to make those super cute honey combed shaped corn muffins at your house!

Honey Butter not only has consistently maintained an excellent standard of quality in their food but has also made a commitment to compensating their staff well beyond regulations. A commitment that Urban Canopy shares as well. This commitment not only encompasses Honey Butter Chicken's staff but a commitment to sustainability and the environment too as they have been composting for many years, even before our partnership!



## STEW! IT'S NOT JUST A NAME, IT'S THE TASTIEST ONE POT FALL MEAL

There is a word for it in just about every single language in every region of the world. Many of us refer to it as "stew" in the English language. In its simplest terms, it is solid foods that have been cooked in a liquid and subsequently served in the resultant gravy. Yum! That solid food is often an animal proteins from beef or pork to poultry and seafoods, but stews can absolutely be vegetarian meals as well. The sky is the limit!

There are some classic combinations below with links to some recipes from a few different cultures. As always, we suggest you use these recipes as a jumping off point and experiment with what works well for you.



You can't really go wrong with [beef stew with root vegetables](#). If you are looking for something with more of an ocean flavor you could try a [Norwegian Salted Cod Stew or Bacalao](#). If you want to stick with a vegetable vibe a [hearty vegan mushroom stew](#) or [this mixed bean and vegetable stew](#). A West African staple might be something like this [Ghanaian Chicken and Peanut](#). Finally, you might want to try your hand at a [Stew Green Hatch Chilis and Lamb](#), two flavors that compliment one another quite well. If a slow cooker is your style, it can be a great easy way to "set and forget it" and handle tenderizing larger proteins and letting your flavors mingle; however, we find using a Dutch Oven on your stove top and in your oven keeps the various textures of your stew more distinct. You'll have to stay more vigilant using this method though. Happy cooking! Feel free to email with any culinary related questions and our resident former restaurant cook, Andrew will do his best.

# HAPPY Halloween

**CHECK OUT OUR WEBSITE**

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