



Fall Week 10 - 11/1, 11/2, 11/3

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

In your box this week:

SWEET POTATOES - RADISHES - GREENS - ROSEMARY - LEEKS - APPLES - MUSHROOMS - SPARKLING WATER

Beds of salad greens on the Urban Canopy Farm in Auburn-Gresham

THANKSGIVING PLANNING & ORDERING

If you are scheduled to receive a LUCSA share during the week of **November 20-24th**, please note: your share will be delivered **two days early!**

Usual Wednesday (22nd) deliveries will be moved to Monday (20th)
Usual Thursday (23rd) deliveries will be moved to Tuesday (21st)
Usual Friday (24th) deliveries will be moved to Wednesday (22nd)

If you are not scheduled for a share during Week 13 of Fall LUCSA, please disregard this. If you are scheduled for this week and need to make changes to your share delivery, please reach out to us ASAP! This is a busy time for our members, so the sooner we are able to start planning for changes in your schedule, the better.

[CLICK HERE TO ORDER A FINN'S RANCH TURKEY WITH YOUR THANKSGIVING SHARE](#)

Thanksgiving Turkeys

Each year, we offer turkeys from Finn's Ranch for our members on the week of Thanksgiving or the week prior to Thanksgiving. Depending on your delivery schedule, your turkey order will arrive either Week 12 or Week 13 (between the 15th and 22nd of November).

Feel free to email and reach out with any questions about ordering a turkey this holiday season!

We will stop taking turkey orders on Monday, November 6th at 12PM.



Add Ons

Locally-sourced food and home goods to round out your CSA box! Save trips to the grocery store and get what you need delivered inside your LUCSA share.

Add On Order form must be submitted by noon on Monday!

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



Everything Bagels from Zeitlin's Deli



Kashmiri Chili Chocolate Bars by Uzma Chocolates



Fresh Thyme from Wind Ridge Farm

Share Contents

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.
- *Pro-tip:* When your share arrives, immediately unpack your produce and move into proper storage containers!
- Wash produce before eating!
- Remember to return your wax box, egg cartons, and pint containers during your next delivery. We re-use all of these items!

Beverage:
Sparkle Waters, Wisco_Pop (Madison, WI) - 3 cans of lemon, lime and ginger sparkling waters

Bread:
Wednesday: **Challah, Eranher_Bakery** (Pilsen, Chicago, IL)
Thursday: **Multigrain Sourdough, pFlour_Bakery** (Edgewater, 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. Be careful with temperature - you may want to refrigerate bread sooner than later when it's warm. You can also slice or rip/cut your bread into pieces and freeze for future toast or croutons.

Mushrooms:
Oysters, Primordia (Bloomington, IL) - *Wednesday only*
Criminis, 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.

Head Lettuce or Napa Cabbage: Earthlore_Farm (Beaverville, IL)
Storage Tip - Remove from green bag. Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

Apples: Mick_Klug_Farm (St. Joseph, MI) / **Seedling_Orchard** (South Haven, MI)
Ambrosia, pink lady, ida red and senshu varieties
Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Leeks: Happy_Valley_Farm (Black Earth, WI) / **Nichols_Farm_and_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!

Sweet Potatoes: Carrall's_Timber_Edge_Farm (Graymont, IL)
Storage Tip - Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Rosemary: Wind_Ridge_Herb_Farm (Caldonia, IL)
Storage Tip - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

Radishes: UC's_oFarm (Auburn Gresham, Chicago, IL)
Storage Tip - Remove greens (which are edible!), 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.

RED RADISHES FROM THE URBAN CANOPY FARM

Substitutions

Items for those already opting out of beverage, bread, mushrooms, or eggs or having a conflicting allergy - subject to change, even if specified. Please refer back to this newsletter throughout the week for updates.

Autumn Frost or Kabocha Squash: Gorman_Farm_Fresh_Produce (Monee, IL)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Red Potatoes: Gorman_Farm_Fresh_Produce (Monee, 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.

Carrots: UC's_oFarm (Auburn Gresham, Chicago, IL)
Storage Tip - Store in the crisper or in a plastic bag for a few weeks.

Bosc Pears: Mick_Klug_Farm (St. Joseph, MI)
Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Brussel Stalk: Spence_Farm (Fairbury, 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.



[CLICK HERE FOR OUR PRODUCE GUIDE AND RECIPE LOG](#)

We have created a handy **Produce Guide** which includes most items you will be getting in your box this season and throughout the year. It is helpful for identification and has lots of storage tips, and also includes a log of recipes. It's not a bad idea to bookmark this page!

[CLICK HERE TO ACCESS OUR NEWSLETTER ARCHIVE](#)

If you missed a week and want to see what was in a previous share, we archive a PDF of all our previous newsletters here. You can also use it to look at previous seasons if you are interested to see what crops are coming!



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