



# Fall Week 12 - 11/15, 11/16, 11/17

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

## In your box this week:

**CARROTS - APPLES - PECANS  
POTATOES - BUTTERNUT SQUASH  
TURNIPS - MUSHROOMS - APPLE CIDER**

UC Farm Crew Spreading Straw Over Garlic Beds, Friday November 10, 2023

## FARM UPDATES

It is looking like the final week of harvest days for the Urban Canopy outdoor farm. Always quite bittersweet. Certainly, it's nice to have a little break from all of the early mornings and long days and hard work, but also hard to step away from the growing process and letting things go for the next few months. March will be here soon enough for new projects, and checking on how things did through the winter.

After getting through harvesting a good amount of mizuna and turnips this week, the crew also was busy prepping beds for the winter. The garlic bulbs have been sown and are now getting covered with a nice insulating layer of straw, which will protect it from the frost damage. Overwintering allows the garlic to establish roots before the cold and then allows for a period of dormancy through the deep winter which then makes for healthy, accelerated growth as early in the spring as possible since their maturation needs to happen before the serious heat of summer. It takes a lot of planning and initiative to grow garlic, but it is certainly worth it when you see a great harvest of green garlic and garlic scapes come May and June.

With the harvests over, it is a time to celebrate and appreciate all the work our farm crew has done since March to grow so much from a small plot that used to just be a decrepit, crumbling parking lot.



SEEDING GARLIC ONE CLOVE AT A TIME

## 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)

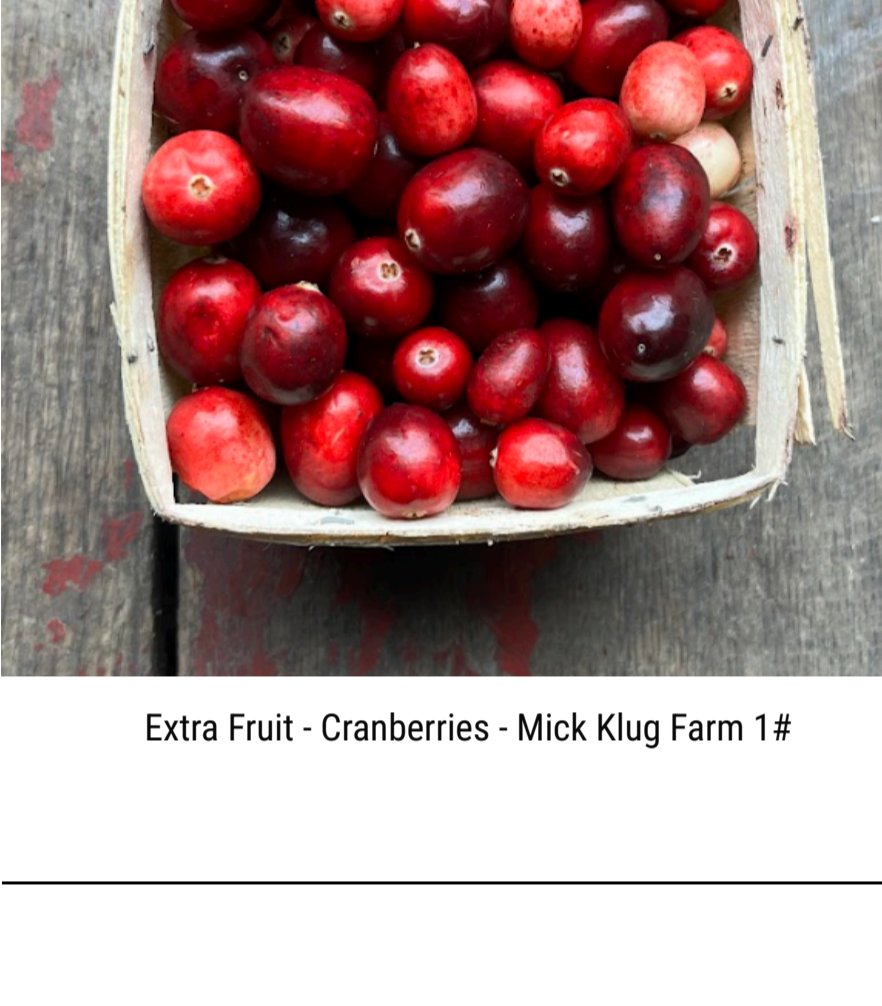
If you are not scheduled for a share during Week 13 of Fall LUCSA, please disregard this. If you are scheduled for this week and need to make changes to your share delivery, please reach out to us **ASAP!** This is a busy time for our members, so the sooner we are able to start planning for changes in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

## Add Ons

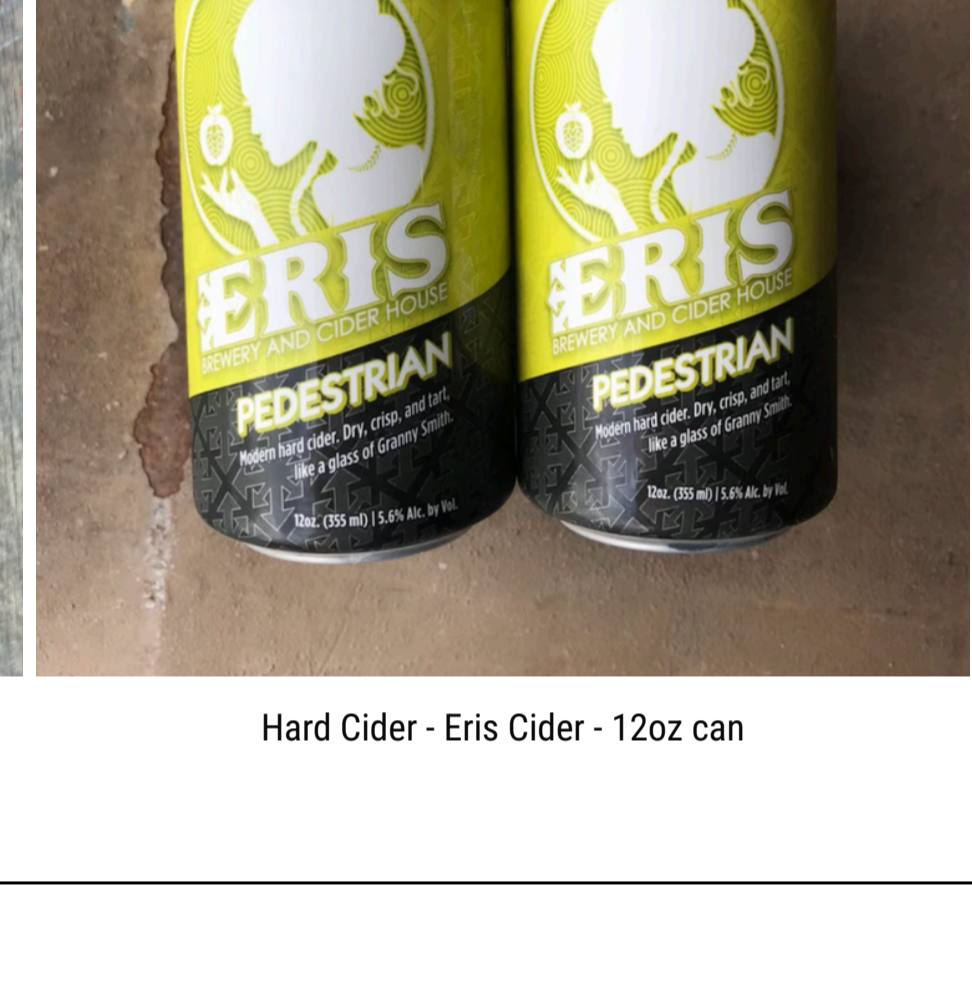
Locally-sourced food and home goods to round out your CSA box! Save trips to the grocery store and get what you need delivered inside your LUCSA share.

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

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



Extra Fruit - Cranberries - Mick Klug Farm 1#



Hard Cider - Eris Cider - 12oz can



Vadouvan Masala Spice Blend - Tasting India 2.1oz

## THANKSGIVING ESSENTIALS FROM THE PROCESSING KITCHEN



CHICKEN BROTH 32OZ



FROZEN PIE CRUST - 9inch



CRANBERRY SAUCE - 16oz



Time to hop on the Add On Form and grab up some amazing holiday staples made by our processing kitchen. Take a few things off the to-do list and simplify your Turkey Day prep.

### LIMITED SUPPLIES!

#### Beef & Chicken Broth

Made using pastured-raised bones that are roasted and then slow simmered for 24 hours. Perfect for your soup course or for stuffing production!

#### Pie Crusts

Standard and GF options - hand-rolled using locally milled flour and Wisconsin butter!

#### Cranberry Sauce

Whole Mick Klug cranberries slow cooked with fresh squeezed orange juice and orange peel. So good you will want it all year round spooned over brie or on top of your oatmeal.

## Share Contents

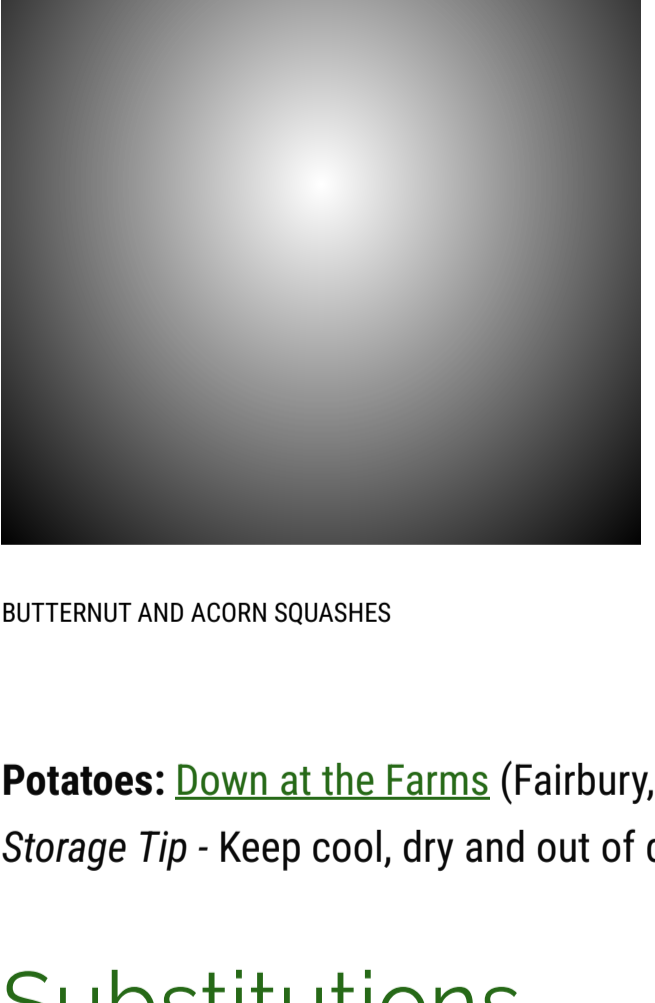
*Refer back to this page for updated share contents and photos to help you identify produce!*

- 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!

<p><b>Beverage:</b>  <b>Apple Cider,</b> <a href="#">Mick Klug Farm</a> (St. Joseph, MI)  <i>Storage Tip - The local apple cider we offer does not use any preservatives and is treated with UV light instead of using heat pasteurization. This means it will begin to ferment after a week or 10 days. Always keep cider in the fridge. After that, make your own apple cider vinegar!</i></p> <p><b>Bread:</b>  <b>Wednesday:</b> <a href="#">Country Loaf</a>, <a href="#">pHlour Bakery</a> (Edgewater, Chicago, IL)  <b>Thursday:</b> <a href="#">Pullman Sourdough</a>, <a href="#">Publican Quality Bread</a> (Fulton Market, Chicago, IL)  <b>Friday:</b> <a href="#">Challah</a>, <a href="#">Feranher Bakery</a> (Pilsen, Chicago, IL)  <i>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.</i></p> <p><b>Mushrooms:</b>  <b>Oysters,</b> <a href="#">Primordia</a> (Bloomington, IL) - <i>Friday only</i>  <b>Crimini,</b> <a href="#">River Valley Ranch</a> (Burlington, WI)  <i>Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.</i></p> <p><b>Eggs:</b> <a href="#">Finn's Steak and Egg Ranch</a> (Buchanan, MI)  <i>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.</i></p> <p><b>Pecans:</b> <a href="#">Hammon's Nuts</a> (Stockton, MO)  <i>Storage Tip - Store in an airtight container in a cool area, storing in the fridge or freezer will prolong their freshness.</i></p>	<p><b>Apples:</b> <a href="#">Seedling Orchard</a> (South Haven, MI)  <i>Golden delicious, Grimes golden and Jonagold varieties</i>  <i>Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the crispser for up to a month.</i></p> <p><b>Mixed Color Carrots:</b> <a href="#">Nichols Farm and Orchard</a> (Marengo, IL)  <i>Storage Tip - Store in the crispser or in a plastic bag for a few weeks.</i></p> <p><b>Assorted Turnips:</b> <a href="#">Urban Canopy</a> (Auburn Gresham, Chicago, IL) / <a href="#">Nichols Farm and Orchard</a> (Marengo, IL)  <i>Storage Tip - Remove greens from the root for the root to last in the crispser or a plastic bag in the fridge. Greens should be used within 2 days.</i></p> <p><b>Acorn or Butternut Squash:</b> <a href="#">Family Farm Fresh Co-op</a> (Rockville, Indiana)  <i>Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.</i></p> <p><b>Potatoes:</b> <a href="#">Down at the Farms</a> (Fairbury, IL)  <i>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.</i></p>
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GREEN MEAT RADISH, SCARLET TURNIPS WITH GREENS, AND WHITE JAPANESE TURNIPS



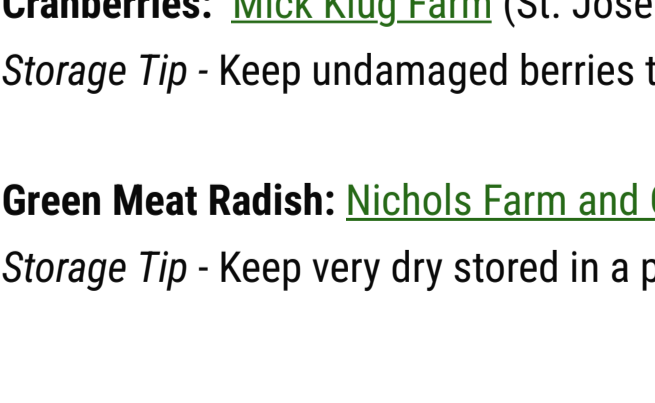
BUTTERNUT AND ACORN SQUASHES



FROM LEFT TO RIGHT: MIZUNA, ONIONS, RED BEETS, CRANBERRIES, GREEN CABBAGE, GREEN MEAT RADISH



**Cranberries:** [Mick Klug Farm](#) (St. Joseph, MI)  
*Storage Tip - Keep undamaged berries tightly sealed in the refrigerator for up to two months.*



**Green Meat Radish:** [Nichols Farm and Orchard](#) (Marengo, IL)  
*Storage Tip - Keep very dry stored in a perforated bag in the refrigerator for up to a month.*

**Mizuna:** [Urban Canopy](#) (Auburn Gresham, Chicago, IL)  
*Storage Tip - Repackage in a non-biodegradable plastic bag or container with a towel or paper for up to a week.*

**Green Cabbage:** [Gorman Farm Fresh Produce](#) (Monee, IL)  
*Storage Tip - Keep in a plastic bag in the crispser for two weeks.*

**Red Beets:** [Nichols Farm and Orchard](#) (Marengo, IL)  
*Storage Tip - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crispser for up to a month. Greens should be used within 2 days.*

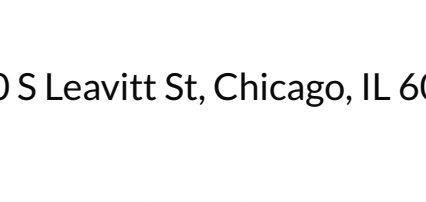
**Onions:** [Nichols Farm and Orchard](#) (Marengo, IL)  
*Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag, for up to 6 months.*

[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 through out 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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