



HOME / ABOUT UC / COMPOST CLUB / INDOOR FARM / OUTDOOR FARM /  
LOCAL UNIFIED CSA / FARMERS MARKETS / DISTRIBUTION / DONATIONS



Fall Week 15 - 12/6,  
12/7, 12/8

Any share changes must be submitted  
to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by

# Monday at noon!

---

Only two weeks left of Fall LUCSA! Sign up now for Winter LUCSA which starts 1/3/2024. Limited spots available!

[CLICK HERE TO SIGN UP FOR WINTER LUCSA](#)

---



Snow falling on garden beds at our farm in Auburn Gresham

## Farm Updates

Thanks to our Outdoor Farm crew for a great season! From building beds on chilly mornings in early March to harvesting peppers under late summer sun, their hard work yielded over 27,000 pounds of produce this season! They are looking forward to being back on the farm next spring.



Pictured (left to right): **Alice, Emma, Ashley, Erin, Casey, Jason**

---

## Fall LUCSA Reward: Compostable Kitchen Items from Zefiro!



Each season we put together a reward for our members who are also Compost Club members. This season, we decided to partner with Chicago-based zero waste store, **Zefiro**! In your reward, you will receive a medium-sized reusable produce bag, a hard-bristled rush, a soft-bristled brush, and two kitchen loofahs. You can also find compostable cling wrap on our Add-On Form.

---

## Fall Season Feedback: Please fill out our member survey!



We send out a survey around the end of the season to get feedback on where we can improve. We take the results seriously and discuss answers with the team and try to brainstorm solutions. Knowing what you think are the biggest areas of improvement for our product is very important to us!

It is also really nice to share positive words with the staff and let them know what our members appreciate. It only takes a few minutes, and can really help us figure out steps for the rest of the season and the ones to follow.

Thanks for the time and attention.

[CLICK HERE TO FILL OUT THE FALL SEASON SURVEY!](#)

---

## 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](#)

---

## Urban Canopy Holiday Gift Bag

Looking for an easy addition for all your upcoming holiday festivities? Our processing kitchen has put together a beautiful holiday cheese board featuring house-made nuts, crackers and preserves to go along with 2 local cheeses and a salami from Underground Meats - an easy option to grace the table at your next holiday party! It also makes a great

gift that highlights local, small batch producers and the work we are doing here at the Urban Canopy. Some of the items featured will only be found in this specialty box.

**The decorative bag includes:**

- Urban Canopy Sweet Pepper Jam (8oz jar)
- Urban Canopy Spiced Illinois Pecans (7oz jar)
- Urban Canopy Caraway Rye Crackers (2.5oz bag)
- Underground Meats Wisco Old Fashion Salami (2oz)
- J2K Capraio Raw Cow Tomme (3oz)
- Somerset 2-year Sheep Cheddar (3oz)
- 5x7 wood presentation board



Find a limited supply of our holiday box on our add-on form. Happy Holidays from us over at UC!

---

## Featured Add Ons



Janie's Mill All Purpose Flour



Chocolat Uzma Kashmiri Chili 62% Chocol...



Wisco Kitchen Sweet Corn Relish

---

## Featured Produce Item

Sunchokes (also known as earth apples, sunroots, and Jerusalem artichokes) are the tuber of a sunflower and are native to North America. Despite their name, sunchokes are not related to artichokes. They can be eaten raw or

prepared any way potatoes can be cooked. Try **roasting** them, using them in **soup**, or **lacto-fermenting** them.

**Recipe ideas:**

<https://thishealthytable.com/blog/roasted-sunchokes/>

<https://foolproofliving.com/sunchoke-soup/>

<https://www.hobbyfarms.com/recipe-fermented-sunchokes-with-turmeric/>



---

## 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:**

**Kombucha**, **Warrior Kombucha** (Chicago, IL) - *Key lime margarita', raspberry mojito or lychee mimosa flavors (non-alcoholic)*

*Storage Tip* - Store in a dry, cool space.

**Bread:**

Wednesday: **Ginger Sourdough**, **pHlour Bakery** (Edgewater, Chicago, IL)

Thursday: **Pullman Sourdough**, **Publican Quality Bread** (Fulton Market, Chicago, IL)

Friday: **Challah**, **Franher Bakery** (Pilsen, 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:

**Portabella,** [River Valley Ranch](#) (Burlington, WI)

**Oyster or Lion's Mane,** [Primordia](#) (Bloomington, IL) - *Wednesday only*

*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.

**Cameo Apples:** [Mick Klug Farm](#) (St. Joseph, MI)

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



ORANGE MARMALADE AND RED ONION JAM

**Red Onion Jam or Marmalade:** [Urban Canopy](#) (Chicago, IL)

*Storage Tip* - Jams, preserves and pickled items, should be stored away from the sunlight and in a cool space. For items that are shelf stable, the button on the lid should be compressed and pop when opened showing the jar has been properly processed and sealed.. Once open, store in the refrigerator for up to 6 months. In general, pickled items are best used within 12 months for better flavor and texture but will be safe to eat for 2-3 years.



SUNCHOKES

**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.

**Lettuce Mix,** [Artesian Farms](#) (New Buffalo, MI)

*Storage Tip* (Lettuce) - The lettuce will come in a green compostable bag, remove your greens from the bag and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

**Acorn Squash:** [Family Farm Fresh](#) (Rockville, IN)

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

**Sunchokes:** [Henry's Farm](#) (Congerville, IL)

*Storage Tip* - Keep in a cool, dry, dark area for up to a week, or sealed in a bag with towels or paper towels to absorb moisture for up to three weeks.

# Substitutions



LEFT TO RIGHT: RED CABBAGE, PURPLE TOP TURNIPS, SHALLOTS, CARROTS, RUTABAGA;  
PECANS NOT PICTURED

*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.*

**Carrots:** [Nichols Farm and Orchard](#) (Marengo, IL) / [Blue Moon Farm](#) (Urbana, IL)

*Storage Tip* - Can be stored in the crisper or in a plastic bag for a few weeks.

**Rutabaga:** [Spence Farm](#) (Fairbury, IL)

*Storage Tip* - Will keep for months in a cool storage place.

They store well in plastic bags in a refrigerator or cold cellar.

**Red Cabbage:** [Family Farm Fresh](#) (Rockville, IN)

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

**Purple Top Turnips:** [Nichols Farm and Orchard](#) (Marengo, IL)

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

**Shallots:** [Gorman Farm Fresh Produce](#) (Monee, IL)

*Storage Tip* - Store in an airtight container in a cool area, storing in the fridge or freezer will prolong their freshness.

**Pecans:** [Hammons Nuts](#) (Stockton, MO)

*Storage Tip* - Store in an airtight container in a cool area, storing in the fridge or freezer will prolong their freshness.

---

[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!

---



[info@theurbancanopy.org](mailto:info@theurbancanopy.org)

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible!)