



# Fall Week 9 - 10/25, 10/26, 10/27

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

## In your box this week:

- WINTER SQUASH - SALAD MIX
- THYME - COOKING GREENS
- RED POTATOES - APPLES
- MUSHROOMS - APPLE CIDER

Fresh harvest of crunchy king radishes on the Urban Canopy farm, Thursday October 19th.

### Farm News

All the summer produce is now behind us. The farm pulled the last sweet peppers from the fields this week. Now, it is time to focus on the fall and early winter crops over the next 2-4 weeks, depending on if the weather cooperates and the sun keeps doing some work. Last week was the first week harvesting arugula and mizuna, one of our favorite tender baby mustard greens. This week, the farmers have started working in the radish beds and are keeping an eye on how the carrots and beets are coming along. The Swiss chard has slowed down and might not produce much growth without a boost of sunny energy.

## 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](#)



Niagara Grapes 1# - Mick Klug Farms



2 Everything Bagels - Zeitlin's Deli



South Asian Spiced Chocolate Bars - Uzma Chocolates

## 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:**  
**Apple Cider:** [Seedling Orchard](#) (South Haven, MI)  
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!

**Bread:**  
**Wednesday:** [Multigrain](#), [pHlour Bakery](#) (Edgewater, Chicago, IL)  
**Thursday:** [Seeded Rye](#), [Publican Quality Bread](#) (Fulton Market, Chicago, IL)  
**Friday:** [Whole Wheat Boule](#), [Eranher 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:**  
**Oysters:** [Primordia](#) (Bloomington, IL) - *Friday only*  
**Crimini / White Button:** [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.

**Mizuna or Arugula:** [UC's oFarm](#) (Auburn Gresham, Chicago, 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.

**Pink Lady Apples:** [Mick Klug Farm](#) (St. Joseph, MI) / [Seedling Orchard](#) (South Haven, 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.

**Swiss Chard or Bok Choy:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Earthlore Farm](#) (Beaverville, IL)  
Storage Tip (Swiss chard) - Store dry in an open plastic bag in the crisper for up to two weeks.  
Storage Tip (Bok choy) - Store in the crisper drawer of your refrigerator - unwashed and in a perforated plastic bag - and use within a few days. When you do use it, remember that its cluster of stalks hides dirt, so wash it well.

**Butternut, Honey Nut or Kabocha Squash:**  
[Earthlore Farm](#) (Beaverville, IL) / [Coldbrook Farm](#) (Crete, IL) / [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.

**Thyme:** [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.

**Red Potatoes:** [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.

**Red Radishes:** [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 to this newsletter throughout the week for updates.*

**Niagara Grapes:** [Mick Klug Farm](#) (St. Joseph, MI)  
Storage Tip - Remove from the green compostable bag. Store in crisper and allow for some air flow to minimize moisture.

**Round Crunchy King Radish:** [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.

**Sweet Potatoes:** [Carroll's Timber Edge Farm](#) (Graymont, IL) / [Fruitful Hills Farm](#) (Peoria, 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.

**Yellow Onions:** [Bland Family Farm](#) (Jacksonville, 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.

**Carmen Sweet Peppers:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)  
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

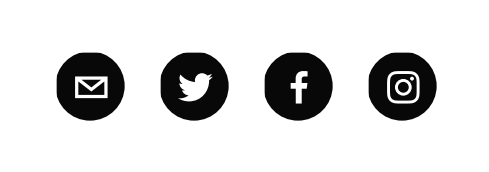
**Scallions:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)  
Storage Tip - Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

[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's 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 share 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

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

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