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LUCSA Newsletter - Winter Week 4- 1/24, 1/25, 1/26

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

In your box this week:

LETTUCE OR MICROGREENS - SQUASH RICE -
CARROTS - POTATOES - LEEKS WIND RIDGE TEA -
MUSHROOMS

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!



FOLLOW OUR INSTAGRAM FOR MORE SHARE PHOTOS AND URBAN CANOPY UPDATES!

Beverage:

Lemon Mint Tea, [Wind Ridge Herb Farm](#), (Caledonia, IL)

Storage Tip - Store in a dry, cool space.

Bread:

Wednesday: **Challah**, [Franher Bakery](#) (Pilsen, Chicago, IL)

Thursday: **Country Loaf**, [pHlour Bakery](#) (Edgewater, Chicago, IL)

Friday: **Seeded Rye**, [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:

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

Oyster, [River Valley Ranch](#) (Burlington, WI) - *Thursday*

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.

Long Grain, High Protein White Rice: [Cahokia](#) (McClure, IL)

Storage Tip - Store popcorn in a cool, dry, dark place.

Leeks: [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!

Potatoes: [Nichols Farm and Orchard](#) (Marengo, IL) / [Prairie Produce](#) (Fairbury, 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.



CLOSED LOOP FARMS MICROGREENS

Carrots: [Family Farm Fresh](#) (Rockville, IN) / [Nichols Farm and Orchard](#) (Marengo, IL) / [Blue Moon Farm](#) (Urbana, IL)

Storage Tip - Carrots can be stored in the crisper in a plastic bag for a few weeks.

Lettuce Mix: [Artesian Farms](#) (New Buffalo, MI) - *Wednesday and Thursday*

Microgreens: [Closed Loop Farms](#) (Back of the Yards, Chicago) - *Friday*

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.

Storage Tip (Microgreens) - Remove your greens from the compostable bag and store them in a plastic container with a paper towel covering.

Butternut Squash: [Family Farm Fresh](#) (Rockville, IN) / [Nichols Farm and Orchard](#) (Marengo, IL)

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

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.

Thyme: [Wind Ridge Herb Farm](#), (Caledonia, IL)

Storage Tip - Keep dry in a bag in the crisper for up to two weeks. Thyme is also great dried! Many prefer this method.

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.

Beets: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep the roots dry and tightly sealed in a bag in the crisper for up to a month.

Watermelon Radishes: [Gray Farms](#) (Watseka, IL)

Storage Tip - Keep dry stored in a perforated bag in the refrigerator for up to a month.

Popcorn: [Hoffman Organic Farm](#) (Earlville, IL)

Storage Tip - Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.



FROM LEFT TO RIGHT: BEETS, APPLES, POPCORN, WATERMELON RADISHES, THYME

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](#)

New Processing Item: Marinara Sauce

Folks that are new to the LUCSA box program and the Urban Canopy might not know that much about our Processing Kitchen and the work they do. The UC has a dedicated staff and commercial space at the Hatchery in Garfield Park



where we make a ton of products that utilize produce from local distributors and farms that isn't quite perfect and might end up composted or in the land fill. With some extra care and attention, we can turn what would be food waste into pickled and preserved items that can be enjoyed for months. It means we can make jars of sauerkraut and the pickled beets that went into the previous two weeks of LUCSA boxes. You can always find our stuff on the Add On form each week too.

What to do with a stack of ugly tomatoes? Make a bright and beautiful pasta sauce that is super versatile. Made with sweet peppers, fresh basil and roasted onions, it is great on pizza and pasta without much else. Take a look at our Instagram feed for a [Stuffed Manicotti recipe](#) .

Easy Recipes with Marinara Sauce:

Eggs Poached In Marinara

Arancini Casserole

Patatas Bravas (Angry Potatoes)

Add On Vendor Spotlight: Underground Meats

Level up your charcuterie board with provisions from [Underground Meats](#)! After years as a vegetarian, founder Johnny Hunter learned to butcher animals with an eye toward reducing waste and eating more efficiently. Since 2009, the Madison-based company has been sourcing high-quality, heritage breed animals from local farmers which are butchered and smoked or cured by the team. Underground Meats has also worked to make valuable information about food safety more accessible through Open Source Food Safety, a website where producers can share information and learn for free. Click on the image below to add soppressata, black garlic salami, 'nduja spread, or finocchiona to your next LUCSA box!



UNDERGROUND MEATS SOPPRESSATA

Recipe Recommendations

Click on the image to access the recipe



Creamy Potato Leek Soup



Minestrone Soup

Mushroom Fried Rice



Caramelized Onion and Butter...

Any Season Caesar Salad



Carrot Halwa Blondies

Carne con Papas



Parmesan-Thyme Roasted Pot...

[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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