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LUCSA Newsletter - Winter Week 5- 1/31, 2/1, 2/2

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

In your box this week:

LETTUCE OR MICROGREENS - APPLES - DAIKON
RADISHES - SWEET POTATOES - ONIONS -
PRESERVED LEMONS - SPUTNIK COFFEE-
MUSHROOMS

BOX ITEM FEATURE: PRESERVED LEMONS

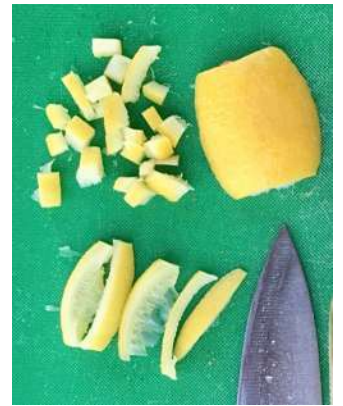
For members who have received boxes over the last couple of winters, they should be familiar and excited for another round of these bright, briny jars of sunshine.

Preserved lemons are a great way to turn a profusion of lemons into a real delicacy that can last for months. The lemons

are cleaned and seeded before being packed in salt and lemon juice and allowed to sit for several weeks. This softens up the tough skins and imparts flavors, while mellowing out the bitterness. In general, it is good to give your lemons 2+ months to fully soften and mature. The skins will soften and the flesh will almost get gelatinous.

Preserved lemons are widely used in recipes through the Middle East, North Africa and South Asia as a way to impart complex salty, citrusy flavors into all sorts of recipes. The skins are commonly diced or sliced and incorporated into soups, stews and dips. The liquid and flesh can also be used to flavor rice dishes and even liven up cocktails! Heck, they are even great to add punch to baking projects.

Preserved lemons are fermented and raw and have not been processed to be shelf stable, so they should be stored in the refrigerator.



How to Use Preserved Lemons: Red Lentil Soup With Preserved Lemon & Crispy Garlic

Preserved Lemon Gin & Tonic with Sage
Roasted Carrots with Preserved Lemons
Vegetable Tagine

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:

Coffee Beans*, [Sputnik Roasters](#), (Back of the Yards, Chicago)

**Backup for caffeine allergies: Mulling spices from Wind Ridge Herb Farm*

Storage Tip - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within a month of the roast date. They can be stored in the freezer for up to 4 months.



PRESERVED LEMONS FROM OUR
PROCESSING KITCHEN - SEE BELOW FOR
SOME RECIPES!

Bread:

Wednesday: **Seeded Rye**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

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

Friday: **Country Loaf**, [pHlour Bakery](#) (Edgewater, 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:

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

Oyster, [Primordia](#) (Bloomington, IL)

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.

Preserved Lemons: [The Urban Canopy](#) (Chicago, IL)

Storage Tip - Preserved lemons are fermented and raw and have not been processed to be shelf stable so they should be stored in the refrigerator.

Cippolini 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.

Sweet Potatoes: [Nichols Farm and Orchard](#) (Marengo, IL) / [Rising Moon Farm](#) (Fairbury, IL)

Storage Tip - Sweet potatoes should never be cold 'til cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Fuji 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.



WATERMELON RADISHES (LEFT) AND DAIKONS (RIGHT)

Daikon Radishes: [Nichols Farm and Orchard](#) (Marengo, IL) / [Gray Family Farm](#) (Watseka, IL) / [Bland Family Farm](#) (Jacksonville, IL)

Storage Tip - Store the root in the crisper or a plastic bag in the fridge.

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

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

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.

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.

Butternut Squash: [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.

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

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

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

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

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

Storage Tip - Store in a cool dry place out of direct sun.

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

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



FROM TOP LEFT TO BOTTOM RIGHT: CABBAGE, WATERMELON RADISH, RICE, CARROTS, BUTTERNUT SQUASH

FEATURED ADD ON VENDOR: KILGUS FARMSTEAD

If you are looking to round out your LUCSA share, consider adding dairy products from [Kilgus Farmstead](#). Duane and Arlene Kilgus began raising dairy cows in Fairbury, IL in the 1950s; their children and grandchildren have since taken over and have continued to grow the family business. The family's herd of Jersey cows spend April to November on pasture where they get access to new grass every day. Rotationally grazing cows in this way not only leads to great-tasting milk, but also helps maintain healthy grass and soil for future years. Click [here](#) to add milk, yogurt, heavy cream, or sour cream to your next box!



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](#)

Recipe Recommendations

Click on the image to access the recipe



Roasted Cipollini Onions



Harissa White Bean Stew



Sweet Potato Hash w/Sausag...



Kkakdugi (Cubed Radish Kimc...



Red Lentil Soup w/Preserved ...



Grilled Apple Tossed Salad



Savory Daikon Pancakes



Preserved Lemon Meringue C...

[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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