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LUCSA Newsletter - Winter Week 6- 2/7, 2/8, 2/9

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

In your box this week:

**LETTUCE OR MICROGREENS - APPLES - SHALLOTS
OR ONIONS - CELERIAC- JAPANESE SWEET
POTATOES - JAM - WISCOPOP SODA- MUSHROOMS -
EGGS**

PROCESSING FEATURE: RASPBERRY/ BLUEBERRY JAM

Think outside the jar a bit.

So many ways to use your jar of jam.

Not just for PBJ sandwiches or your morning toast.

And not just sweet, but you can take it savory too.

LINDSAY'S HA-WHY-NOT TRY THESE SLIDERS:

- Hawaiian Slider Rolls
- Raspberry Jam
- Grainy Mustard
- Cheddar & Swiss
- Ham & Turkey Deli Meat

Slice open the whole pan of rolls. Fill with fillings. Bake for 10mins at 450 degrees til cheese is melted nice.

Other ways to incorporate your jam: BBQ Sauce, home-made pop-tarts, topping for batch of blondies, [Blueberry-Mustard Cocktail Smokies](#), topping for your morning granola



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:

WiscoPop Soda, [WiscoPop](#) (Madison, WI) - *Ginger, grapefruit, cherry or strawberry varieties*

Storage Tip - Store in a cool dry place or in the refrigerator.

Bread:

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

Thursday: Seeded Rye, [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:

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

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.



JAPANESE SWEET POTATOES

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.

Blueberry and Raspberry Jam: [The Urban Canopy](#) (Chicago, IL)

Storage Tip - Jams should be stored away from the sunlight and in a cool space. 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.

Shallots or Cipollini 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.



CELERIAC

Japanese Sweet Potatoes: [Nichols Farm and Orchard](#) (Marengo, 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.

Golden 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.

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

Storage Tip - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.

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.

Tofu: [Phoenix Bean](#) (Chicago, IL)

Storage Tip - Water-packed tofu should be stored fully submerged in fresh water refreshed every couple of days. Dry packed tofu can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. Any tofu not frozen or refreshed in water should be consumed within five days of opening.

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

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

Daikon: [Bland Family Farm](#) (Jacksonville, IL)

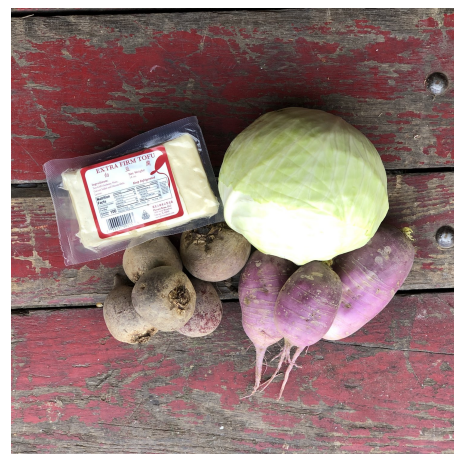
Storage Tip -Store the root in the refrigerator or in the crisper for up to a month.

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

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

Carrots: [Blue Moon](#) (Urbana, IL)

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



LEFT TO RIGHT: TOFU, BEETS, CABBAGE, DAIKONS;
CARROTS NOT PICTURED



FEATURED ADD ON VENDOR: Bushel and Pecks

Bushel and Pecks, located in Downtown Beloit, Wisconsin make and market artisan, agricultural goods for those who seek high-quality, environmentally sound, handcrafted products. They support a local economy by connecting consumers directly

to farmers and craftsmen & women. This week we are offering their Daikon Kimchi, Jalapeno Peach Mustard, Puttanesca Sauce and Bloody Mary Mix.

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



Celery Root Gratin



Japanese Sweet Potato Croq...



Baked Japanese Sweet Potat...



Apple Cabbage Slaw



Microgreen and Apple Salad



Spiced Brown-Butter Apples



Cipollini Onion and Mushroom...



Japanese Sweet Potato Okon...

[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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