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# LUCSA Newsletter - Winter Week 8 - 2/21, 2/22, 2/23

SUMMER LUCSA IS NOW TAKING SIGN-UPS! LEARN MORE HERE

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

In your box this week:

LETTUCE OR MICROGREENS - CABBAGE-  
POTATOES- PARSLEY- GOLDEN BEETS- DRIED  
CHERRIES - MUSHROOMS - EGGS - KOMBUCHA

## SHARE ITEM PROFILE: UC PROCESSING KIMCHI



Another round of jars for this week's boxes. This time around our Processing Kitchen whipped up a giant batch of fermented kimchi using local produce from Spence Farms, one of biggest partners from just outside Bloomington, IL. We used over 200# of their napa cabbage and about 100# of radishes (daikons and watermelon) to make about 400 jars of spicy, zingy kimchi.

An essential element in Korean cooking, kimchi is a great addition to the refrigerator and can be super versatile and adds a ton of flavor to a range of dishes. Being raw and fermented, it contains a range of beneficial probiotics that can help with digestion and gut health. As a fermented food, it will not be processed and shelf stable,

so it will need to be stored in the refrigerator.

Check out instagram this week to see a recipe video we put together using the kimchi with a nice cold sesame noodle salad. Super easy and a great way to use produce from your box. Kimchi is great as a condiment over fried rice, on top of a bowl of ramen, or on Korean-style tacos but it can also be incorporated into a number of dishes. Check out some of the recipes below for some creative ways to use your jar.

### Kimchi Recipes

Kimchijeon (Kimchi Pancakes)

Kimchi Jjigae (Kimchi Stew)

Kimchi Bloody Mary

Kimchi Dumplings

## 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)

*Storage Tip* - Keep your kombucha in the refrigerator before and after opening.

#### **Bread:**

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

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

Friday: **Multigrain Sourdough**, [pHlour Bakery](#) (Edgewater, Chicago, IL)

*Storage Tip* - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast, croutons, or panzanella (see below for a recipe)!

Because of the olive oil, the focaccia can mold much quicker than other breads if kept at room temperature. If it's particularly hot, you may want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)

#### **Mushrooms:**

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

*Storage Tip* - Open the paper bag to reduce moisture, and keep mushrooms out of plastic. 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.

**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.

**Kimchi:** [UC Processing Kitchen](#) (Garfield Park, Chicago, IL )

**Storage Tip** - For items that are fermented, jars need to be stored in the refrigerator and will not be sealed meaning the button on the lids will not be compressed. Fermented items will continue to ferment even at low temperatures, and can get a little more funky over time. Fermented items can last 6 months in the fridge.



KIMCHI

**Golden 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.



PARSLEY

**Potatoes:** [Down at the Farms](#) (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.

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

**Storage Tip** - To keep herbs perky for more than a few meals, trim the stems as you would flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for herbs that remain vibrant for nearly a week.

**Cabbage (red or green):** [Nichols Farm and Orchard](#) (Marengo, IL)

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

**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.

**Purple Top Turnips:** [Sola Gratia Farm](#) (Urbana, IL)

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



**Yellow Onions:** [Down at the Farms](#) (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.

**Carrots:** [Family Farm Fresh Co-op](#) (Rockville, IN)

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

**Beans (*Black beans and chickpeas*):** [Omena](#) (Omena, MI)

*Storage Tip* - Store cans in a cool, dark place.

## NEW FROM THE PROCESSING KITCHEN: CHICKEN & BEEF STOCK

Just in time for the tail end of winter and soup season: we are very excited to have partnered with Finn's Ranch to make frozen stocks that are an amazing and easy way to add amazing flavor to dishes. For both stocks, we roast the bones to get maximum flavor and then slowly simmer them with carrots, celery, and onions for a full day. The stock is great for making soups and stews but also amazing for your next batch of risotto or to use as braising liquid for roast meats or vegetables.

**Chicken or Beef Stock Recipes:**  
Braised Potatoes with Fresh Herbs  
Shepherd's Pie  
Italian Beef  
Chicken and Dumplings



## FEATURED ADD ON VENDOR: WIND RIDGE HERB FARM



WIND RIDGE LEMON  
MINT TEA

Speaking of soup season, make the most of the cold weather with products from [Wind Ridge Herb Farm](#). Based in Caledonia, IL, Wind Ridge grows over 400 varieties of culinary and medicinal herbs that are sold fresh and dried all year long. You can add Wind Ridge teas and spice blends to your LUCSA share on the [add on form](#). New on the form this week is an herb blend for soups that includes parsley, thyme, marjoram, and bay leaves. (If you need soup recipe inspiration, check out our [Produce Guide](#)- we have lots of ideas about how to use the produce in each share.) Stay cozy!

## 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*



Risotto with Parsley Puree



Mashed Potatoes with Crispy ...



Stir Fried Cabbage with Glass ...



Golden Beet Soup



Garlic Mushrooms



Microgreen Pesto



Golden Beet Panzanella



Dried Cherry Cake

**FOLLOW US ON INSTAGRAM!**

For more recipe ideas, follow us on Instagram! Our recipe reels provide additional information on how to use produce and processing items each week!





[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

2550 S Leavitt St, Chicago, IL 60608

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