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LUCSA Newsletter - Winter Week 9 - 2/28, 2/29, 3/1

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 - KIMCHI- POTATOES-
GREEN MEAT RADISH- APPLES- ONIONS OR
SHALLOTS - MUSHROOMS - OFF COLOR BEER -
EGGS

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, 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, vegan 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 our 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:

Beer, [Off Color Brewing](#) (Chicago, IL)

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

Bread:

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

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

Friday: **Herb Focaccia**, [FranHer Bakery](#) (Pilsen, 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:

Portabella: [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) - *Wednesday and Friday*

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

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

Green Meat Radish: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep dry and place the crisper or a plastic bag in the fridge.

Potatoes: [Rising Moon Acres](#) (Bloomington, IN)

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.

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.

Onions or Shallots: [Gorman Farm Fresh Produce](#) (Monee, 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.

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.

Burdock Root: [Henry's Farm](#) (Congerville, IL)

Storage Tip - Make sure the root is completely dry, then wrap the root loosely in a few layers of paper towels. This helps absorb any excess moisture and prevents the root from becoming too damp. Once wrapped in paper towels, place the burdock root [in a perforated paper bag](#) or a reusable produce bag. Place in the crisper drawer of the refrigerator. When stored properly in the refrigerator, burdock root can stay fresh for up to two weeks.

Dried Cherries: [Shoreline Fruit](#) (Traverse City, MI)

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



BURDOCK ROOT

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

Storage Tip - Keep in a cool, dry, dark area for up to a week, or sealed in a bag with towels or paper towels to absorb moisture for up to three weeks.

Carrots: [Rising Moon Acres](#) (Bloomington, IN)

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

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: KATHERINE ANNE CONFECTIONS



Although we have been teased with some warmer weather, don't forget we still have some cool days ahead. What better way to enjoy the cold than with a sweet treat from [Katherine Anne Confections](#). Based in Chicago, IL, Katherine Anne Confections is sustainably minded and uses local sources for their ingredients. You can add their hot cocoa mixes and assorted chocolates to your LUCSA share on the [add on form](#).

KATHERINE ANNE HOT COCOA MIX AND ASSORTED CHOCOLATES

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



Meat Radish Carpaccio



Braised Burdock Root



Thai Carrot and Radish Salad



Smashed Potato and Shallot ...



Apple Galette



Green Radish and Pork Rib So...



French Onion Chicken Pot Pie



Roasted Sunchokes

[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!



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