

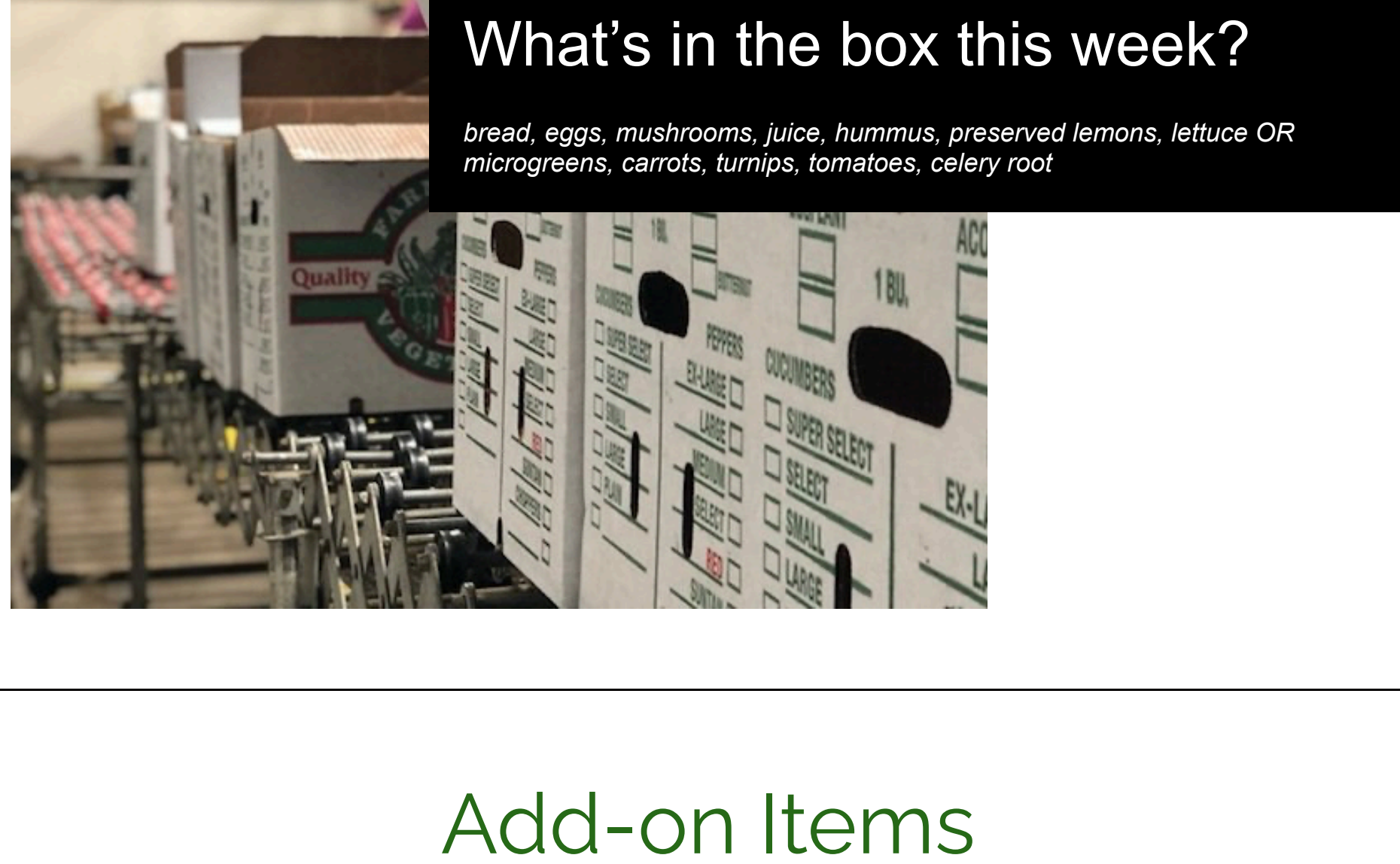


Spring Week 1: March 9 / 10 / 11

Welcome to Spring LUCSA Week 1!

Happy first share of the season!

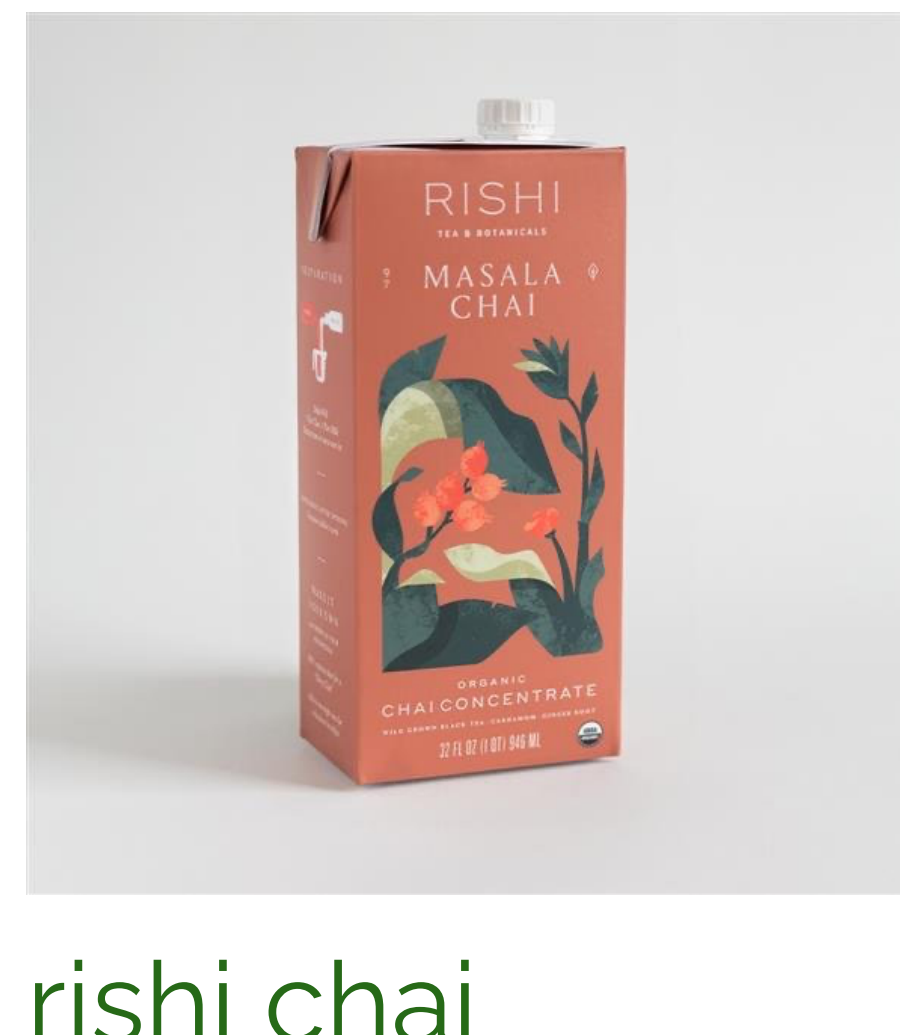
Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



Add-on Items

All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



rishi chai concentrate

didn't get a share last week? no need to miss out! grab 32 oz of masala chai concentrate to keep you company during these last weeks of cold weather.



milk & honey granola

12oz of their signature granola blend of whole grain oats, toasted almonds, dried cherries, and a hint of organic honey delivers a nutty, sweet flavor.



healthy soil compost

new! sta certified compost made here in chicago with contributions from uc's own compost club members! 5 gallon



wind ridge nettle peppermint tea

10-12 servings, a soothing flavor with refreshing mint and nettles.



kombuchade ginger chai kombucha

12.1 fl oz



underground meats saucisson sec

2 oz classic french-style saucisson sec w/ black pepper & garlic

& much more available!

Share Contents (in progress)

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.
- Wash everything before eating!
- Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items!

Beverage

Juice: [Field + Farmer](#) (Chicago, IL)

You will receive two of the following:

Apple Kale Wheatgrass, made with UC-grown wheatgrass

Lemon Apple Ginger Cayenne

Pineapple Celery Apple

Storage Tip - Store in the fridge.

Bread

Wednesday: **Sourdough Publican Quality Bread** (Fulton Market, Chicago, IL)

Thursday: **Sourdough Publican Quality Bread** (Fulton Market, Chicago, IL)

Friday: **Sourdough p!n!our Bakery** (Andersonville, Chicago)

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 or croutons!

Eggs

Finn's Steak and Egg Ranch (Buchanan, MI)

Storage Tip - You can freeze your eggs when they last longer. Crack and scramble in a container, or crack whole into oiled muffin tins, and keep frozen for up to 6 months.

Mushrooms

Wednesday: Oyster, [River Valley Mushrooms](#) (Burlington, WI)

Thursday: Shiitake, [River Valley Mushrooms](#) (Burlington, WI)

Friday: Crimini, [River Valley Mushrooms](#) (Burlington, WI)

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Hummus: [Field + Farmer](#) (Chicago, IL)

Storage Tip - Store in the fridge.

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

Storage Tip - Store in refrigerator. Raw and fermented item, cap will not be pressurized, keeps for over 12 months.

Carrots: [PrainErth Farm](#) (Atlanta, IL)

Storage Tip - Store in the crisper or in a plastic bag for a few weeks.

Celery Root: [PrainErth Farm](#) (Atlanta, IL)

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

Turnips: [PrainErth Farm](#) (Atlanta, IL)

Storage Tip - Clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

Greens (you will receive one of the following):

Wednesday: **Lettuce, [Artesian Farms](#)** (New Buffalo, MI)

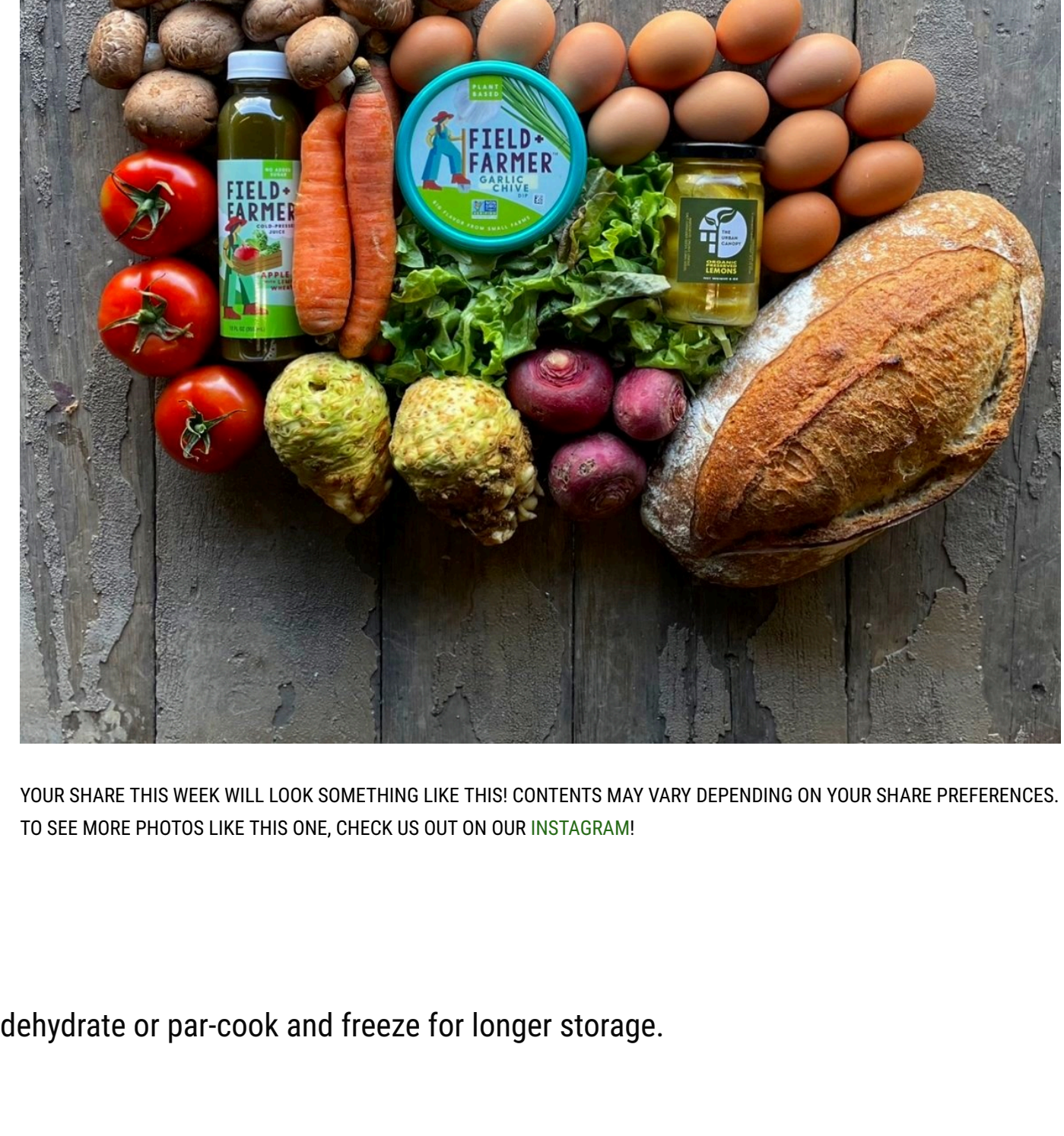
Thursday: **Microgreens, [Wild Coyote](#)** (Berrien Springs, MI)

Friday: **Lettuce, [Artesian Farms](#)** (New Buffalo, MI)

Storage Tip - Remove your greens from the bag and store them in a plastic container with a paper towel covering them up to a week in the fridge.

Tomatoes: [Mightyvix](#) (Chicago, IL)

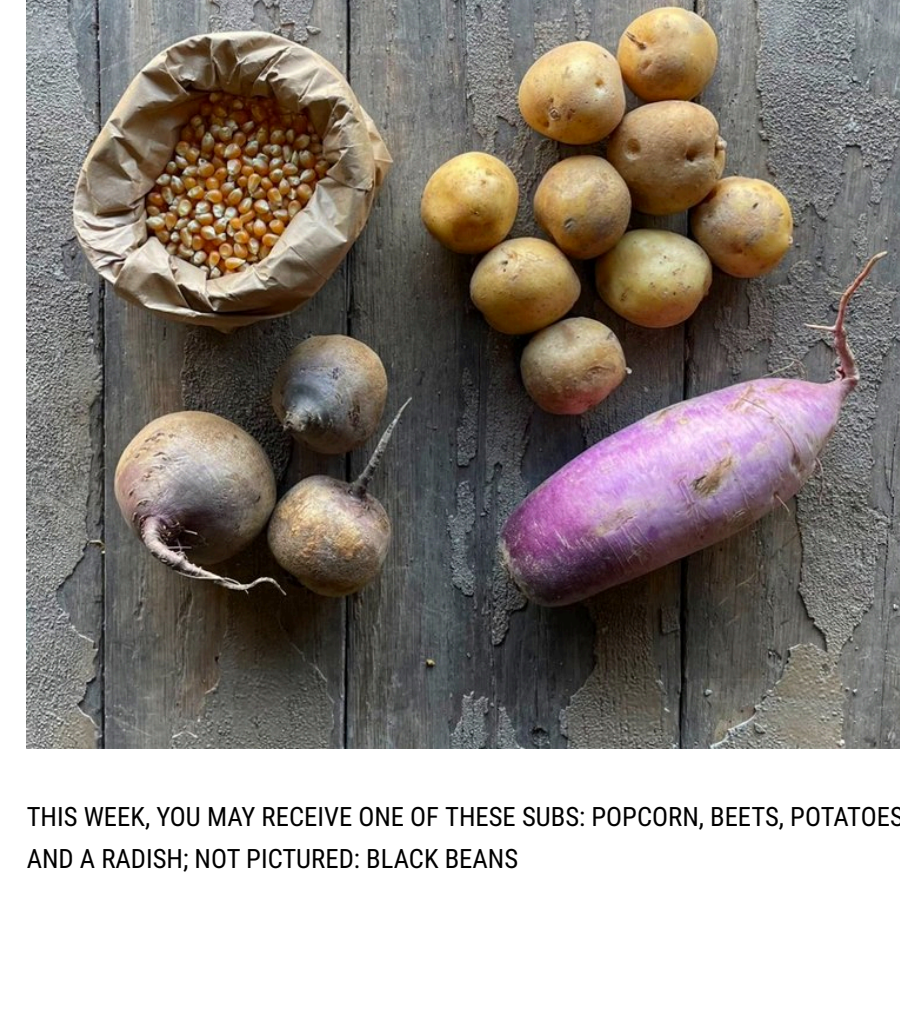
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.



YOUR SHARE THIS WEEK WILL LOOK SOMETHING LIKE THIS! CONTENTS MAY VARY DEPENDING ON YOUR SHARE PREFERENCES. TO SEE MORE PHOTOS LIKE THIS ONE, CHECK US OUT ON OUR INSTAGRAM!

Substitutions

Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subject to change



Black Beans: [TW Farms](#)

Storage Tip - Store beans in a reusable container or plastic bag in a cool, dry place.

Potatoes: [PrainErth Farm](#) (Atlanta, 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.

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

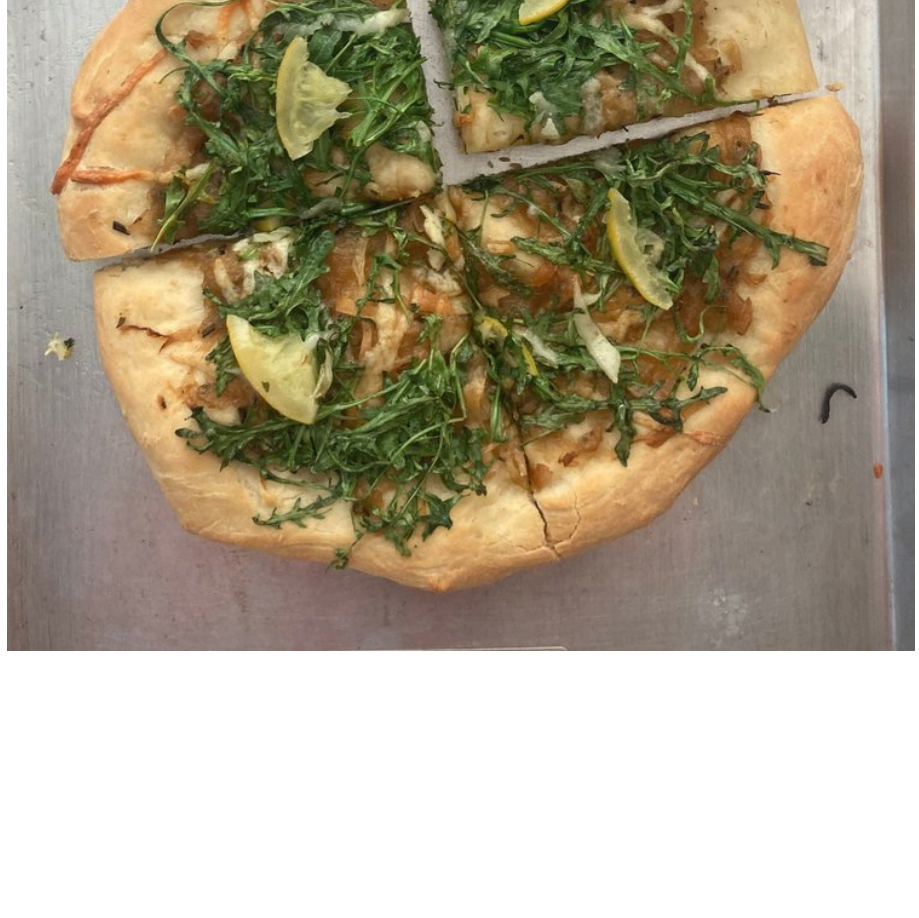
Storage Tip - Store in the crisper or a plastic bag in the fridge. Use within a month.

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

Storage Tip - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

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

Storage Tip - Store in the crisper or a plastic bag in the fridge. Use within a month.

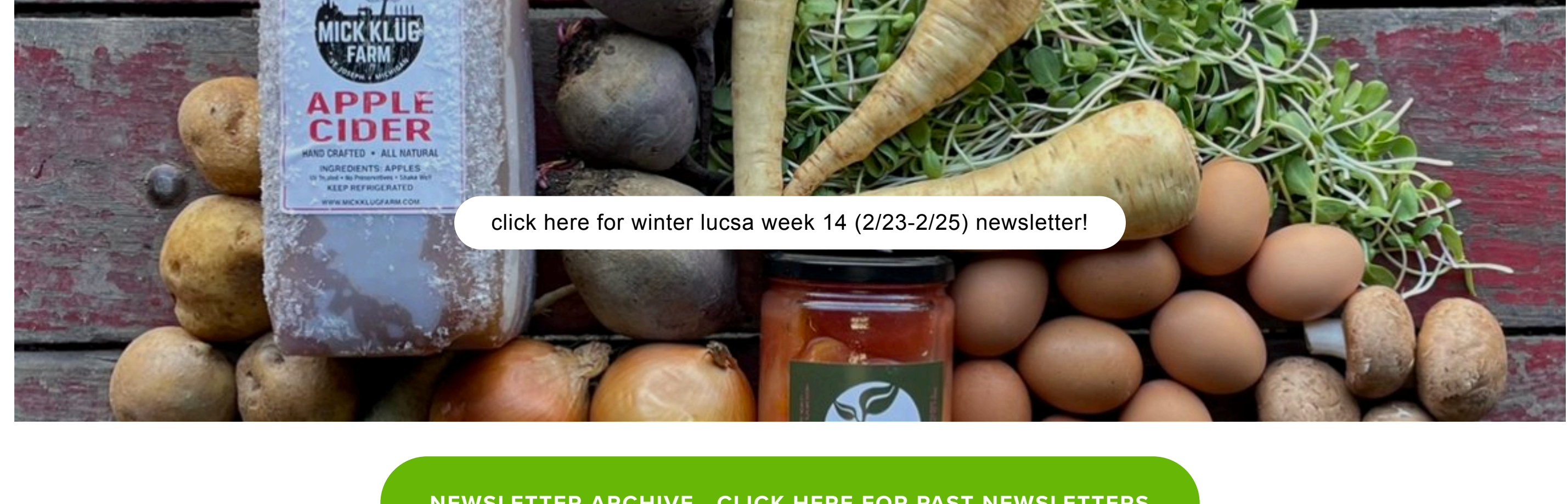


Item Spotlight: Preserved Lemons

Organic lemons with a simple salt brine, fermented for 6-8 weeks. They are not cooked or water-bath processed to keep them raw and preserve the probiotic bacteria that is acting on them. Fermented lemons are an amazing way to preserve a huge haul of citrus and use it in tons of ways throughout the year. The fermentation breaks down the tough skins so that the peel becomes soft and edible and amazing to incorporate along with the flesh into a variety of dishes. They can add a savory and citrusy kick to soups, salads and drinks. The simplest way to use them is to dice half a wedge, flesh and peel, and toss them with salad greens along with a little bit of olive oil. Makes a great easy topping for pizzas and flatbreads.

Preserved lemons are widely used in North African and South Asian cooking.

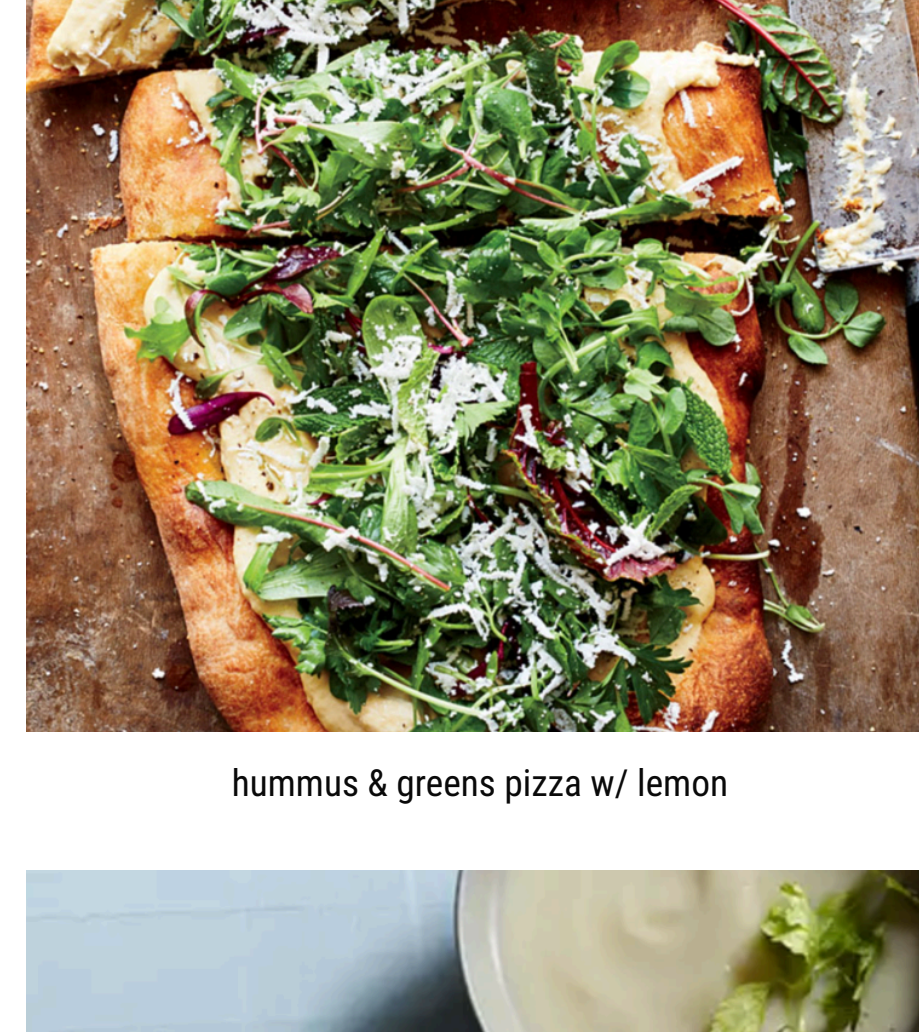
Since they are not heat processed, they are not shelf stable and need to be stored in the fridge. The button on the caps will also not be compressed and pressurized.



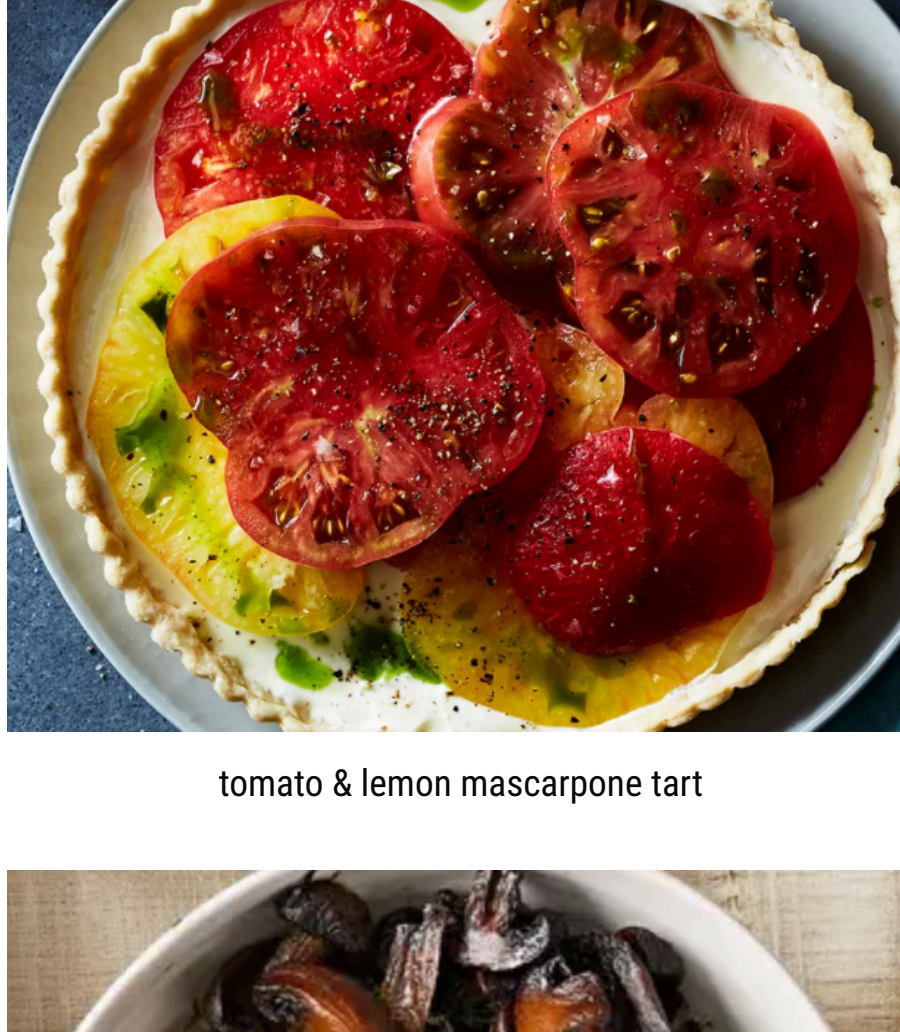
[NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS](#)

Recipe Recommendations

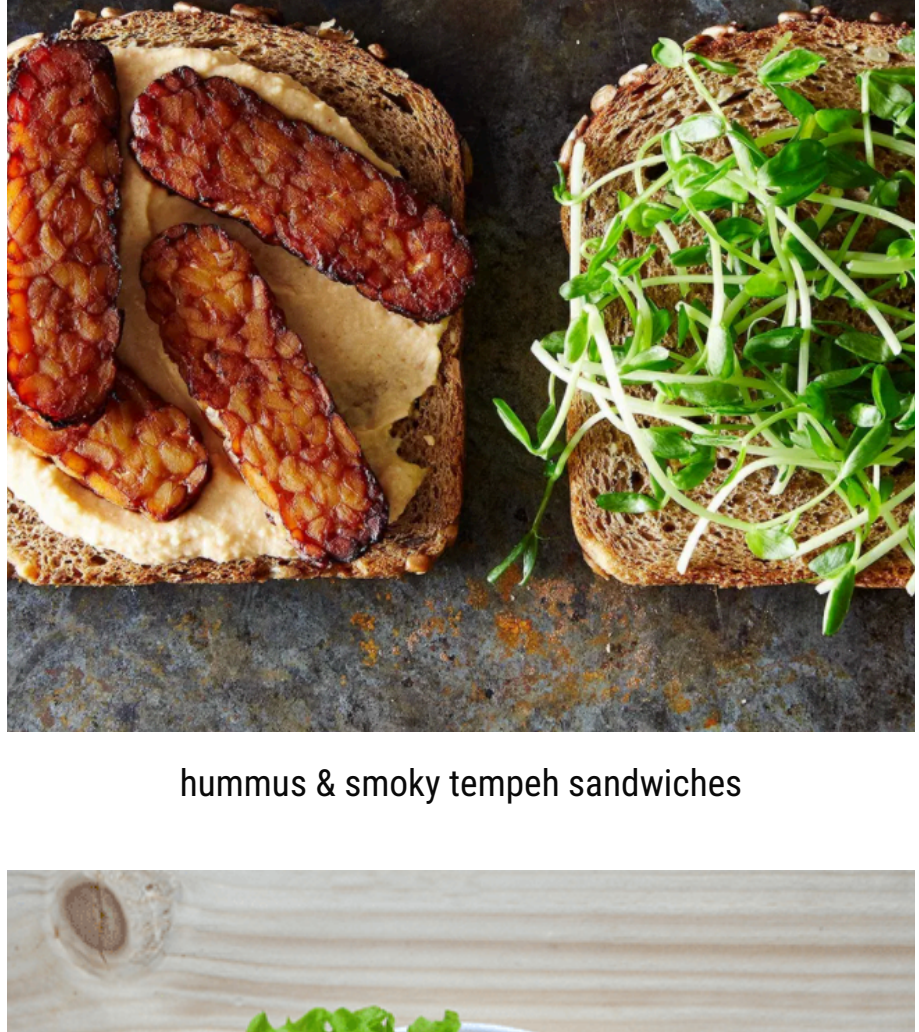
Click on the image to access the recipe



hummus & greens pizza w/ lemon



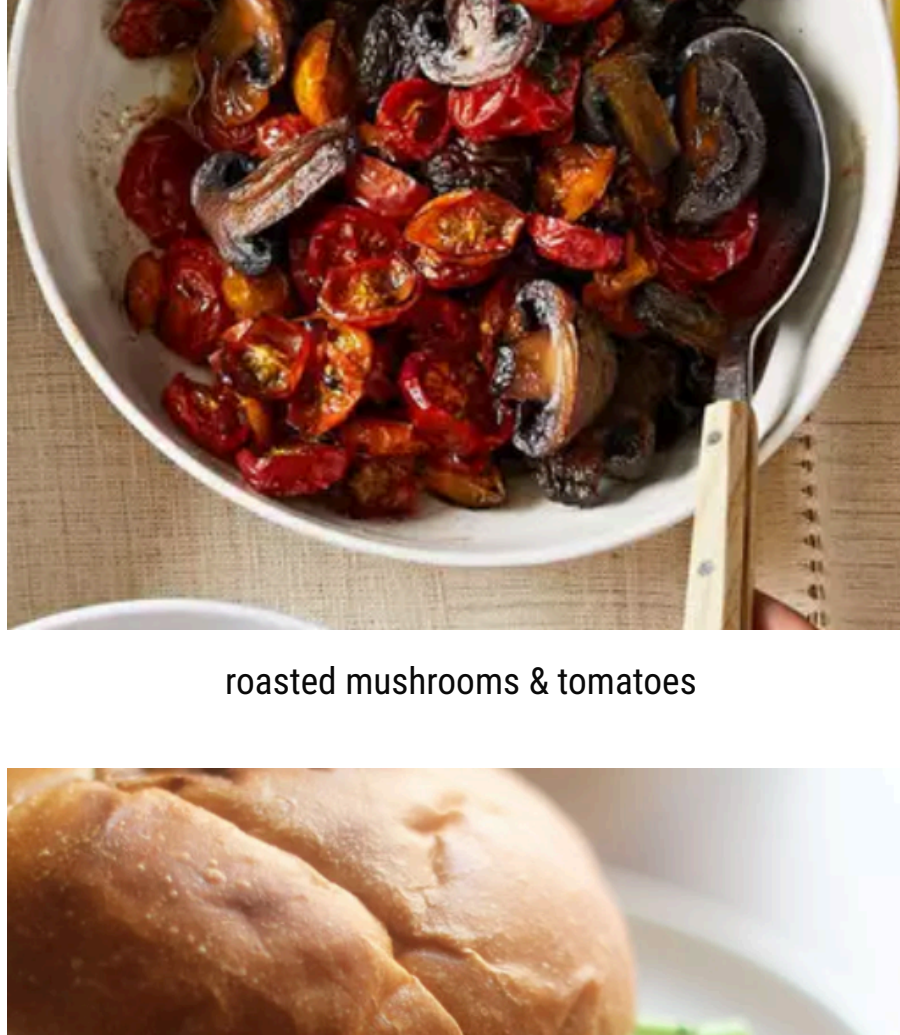
tomato & lemon mascarpone tart



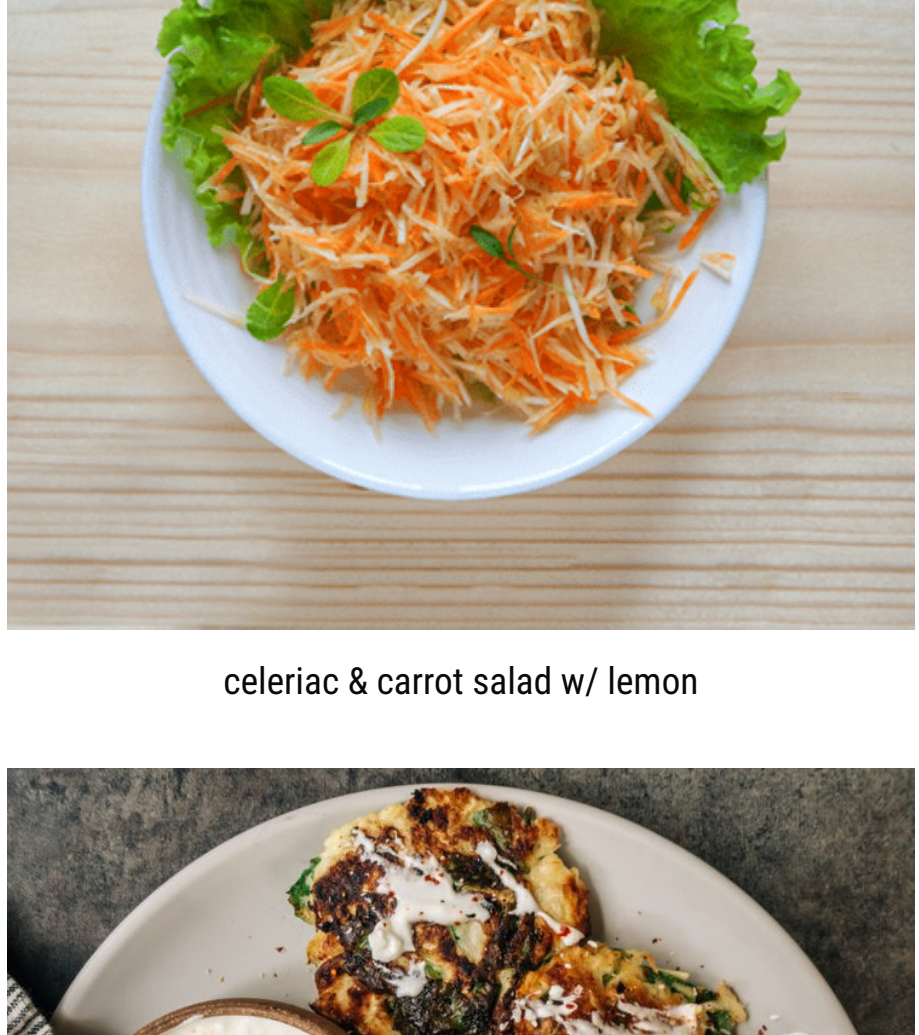
hummus & smoky tempeh sandwiches



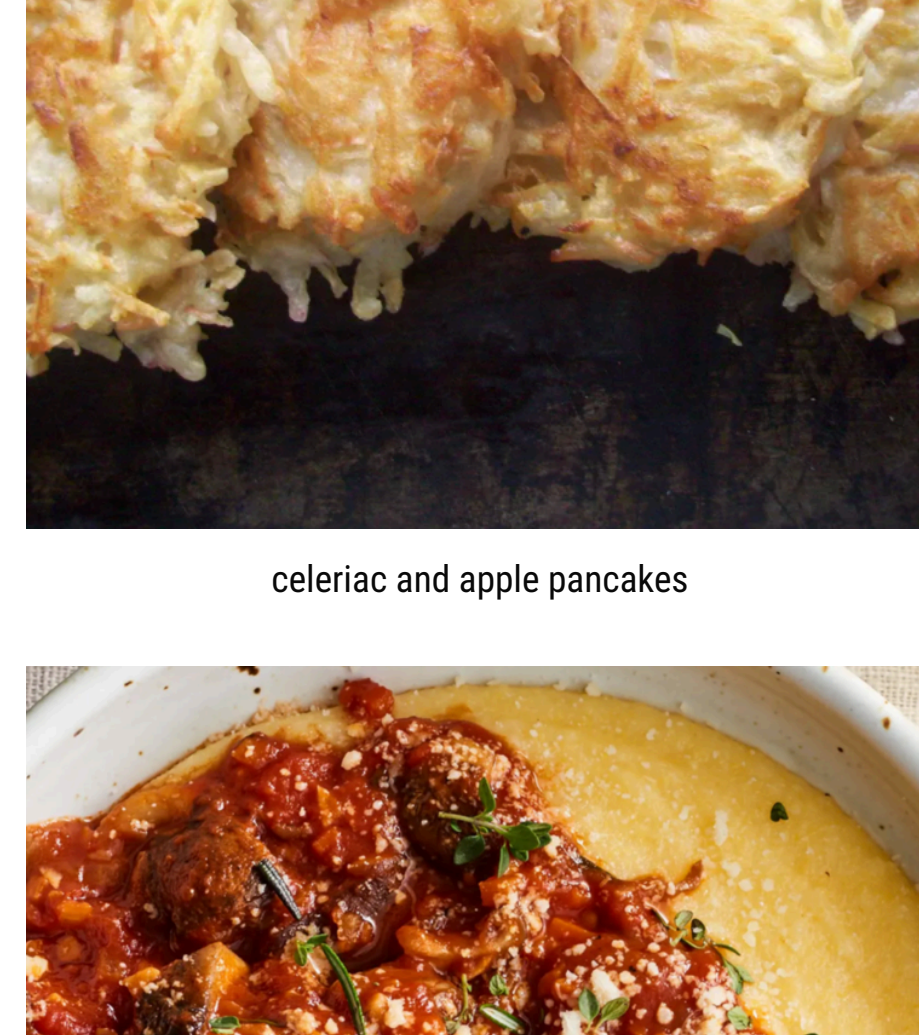
celeric soup



roasted mushrooms & tomatoes



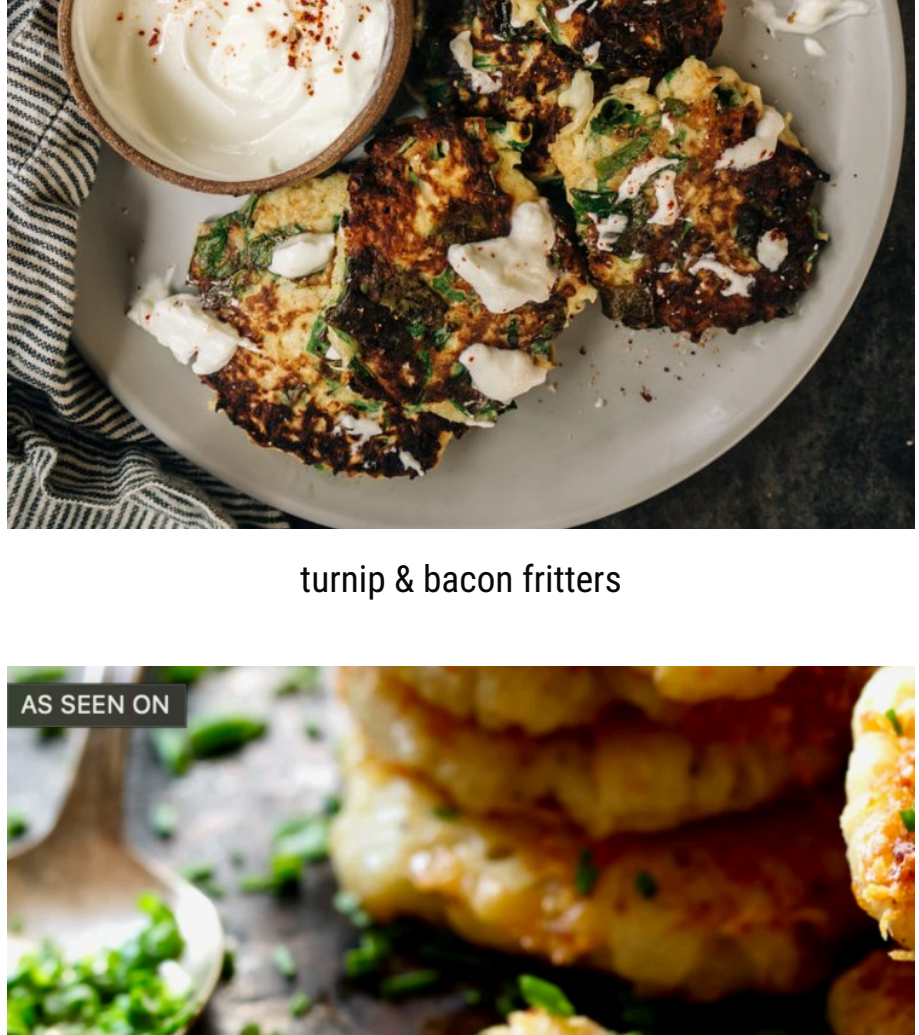
celeric & carrot salad w/ lemon



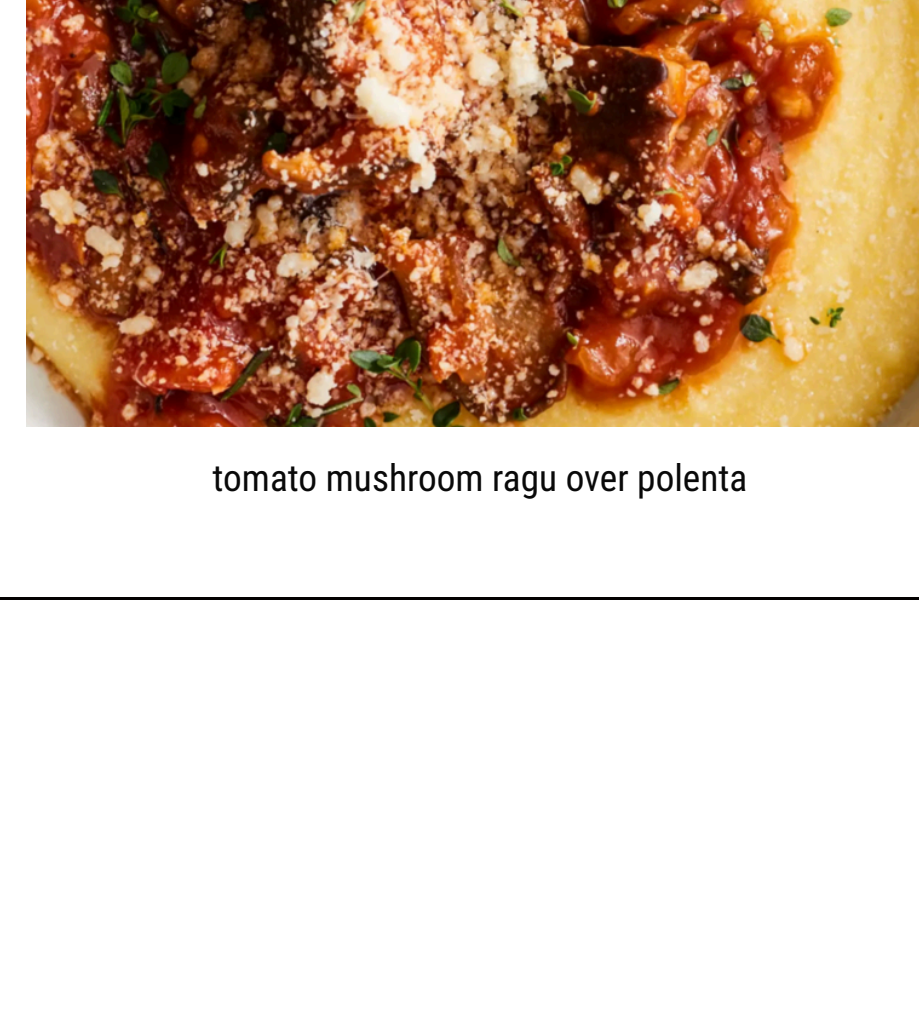
celeric and apple pancakes



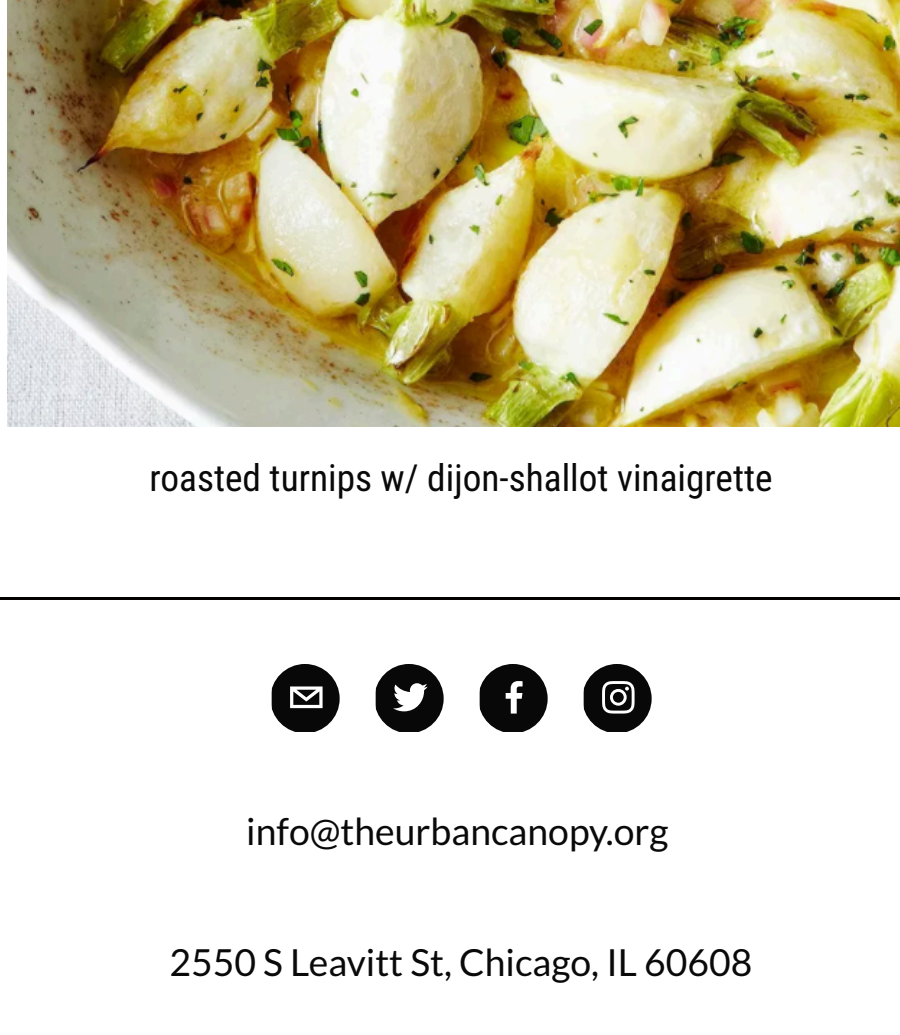
hummus & mint veggie burgers



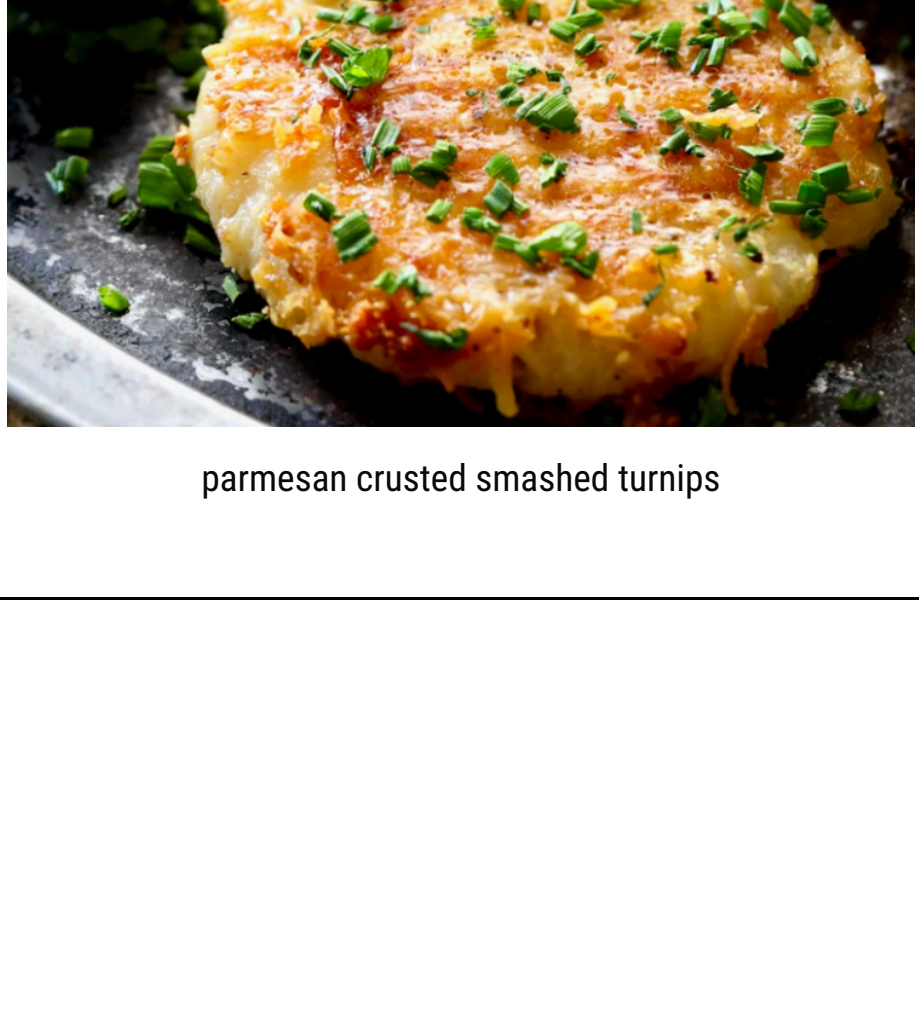
turnip & bacon fritters



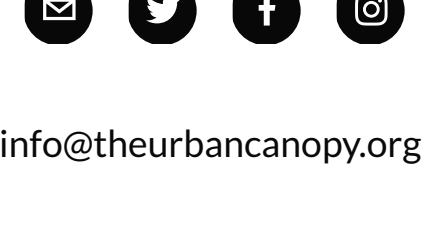
tomato mushroom ragu over polenta



roasted turnips w/ dijon-shallot vinaigrette



parmesan crusted smashed turnips



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible!)