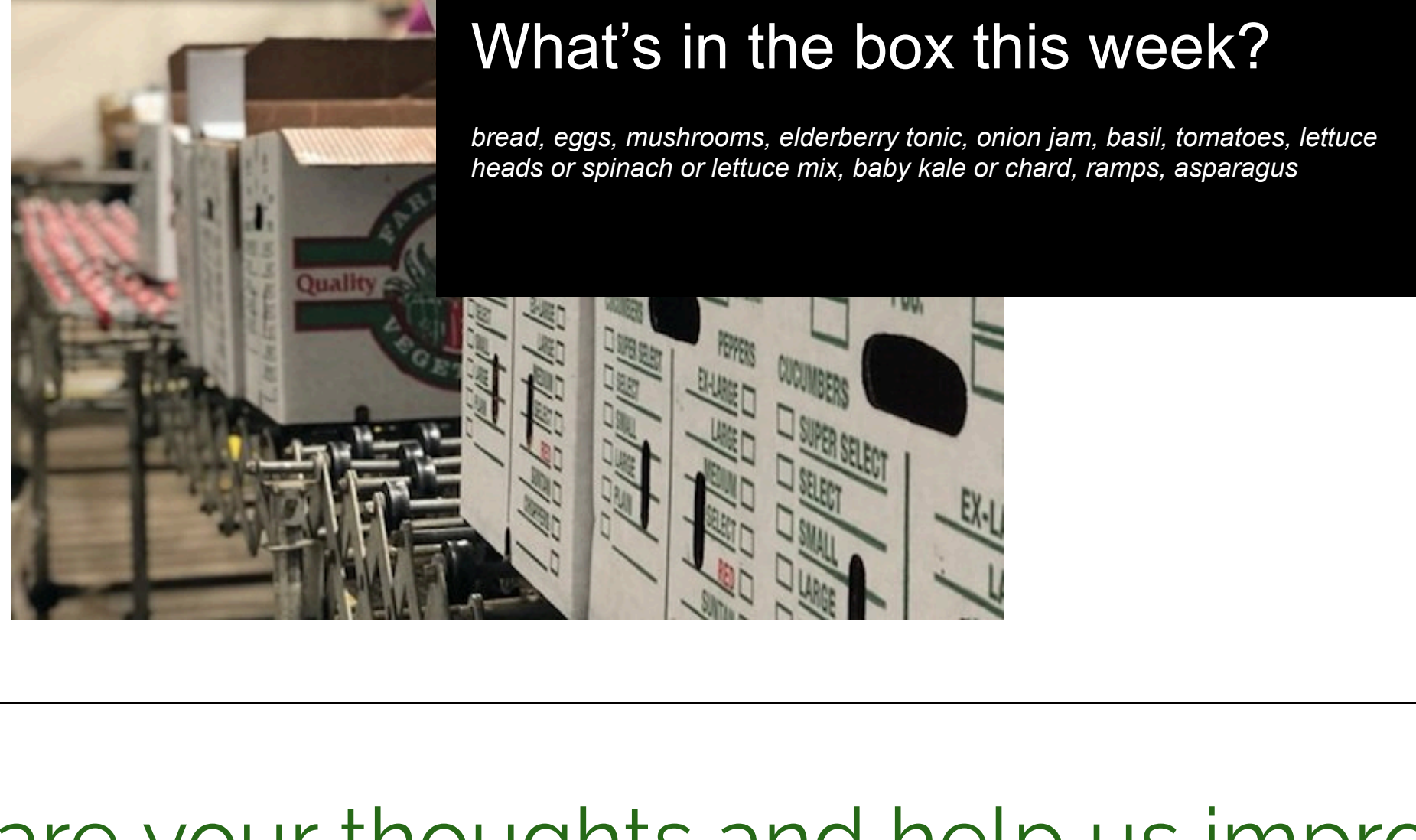


# Spring Week 10: May 11 / 12 / 13

## Welcome to Spring LUCSA Week 10!

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!



## Share your thoughts and help us improve!

[TAKE OUR SEASON SURVEY](#)



## 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](#)

**komunity kombucha**  
new! 12 oz can ginger hibiscus

**sarita's pleasure pies**  
Vegan quarter pies!  
This week's flavor : marimacha horchata pie!  
rice milk, roses, cinnamon, pecans, vanilla extract, sweetened condensed coconut milk, strawberries, semi-sweet chocolate, coconut cream, agar agar, coconut cookies, coco shreds, coconut oil

**kavnia cold drip concentrate**  
sale! medium roast cold brew concentrate, 16 oz, 8 servings

**bushel & peck pasta sauce**  
new! 24oz puttanesca pasta sauce

**artesian farms basil**  
basil in reusable clamshell (large leaf Italian basil, no stem, no waste, very tasty!) (1 oz)

**healthy soil compost**  
spring is here! start preparing your garden or feed your houseplants. sta certified compost made here in chicago with contributions from uc's own compost club members!  
half gallon in a reusable glass jar.

## Share Contents (in progress)

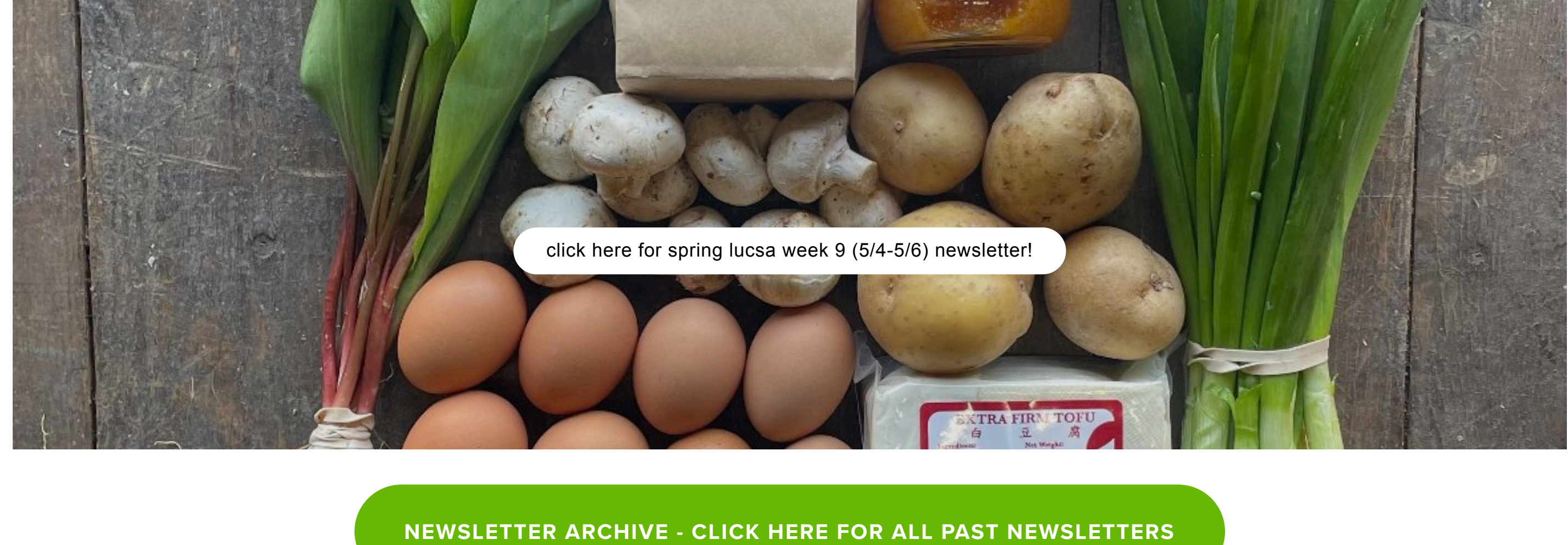
Refer back to this page for updated share contents and photos to help you identify produce!

- 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:**  
Elderberry Sparkling Tonic, [Fruitbelt](#) (Sawyer, MI)  
Storage Tip - Store at room temperature, serve chilled.
- Bread:**  
Wednesday: [Sourdough Round](#), [Publican Quality Bread](#) (Fulton Market)  
Thursday: [Country Round](#), [Middlebrow](#) (Logan Square)  
Friday: [Organic Boule](#), [pHlour Bakery](#) (Andersonville)  
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 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.
- Mushrooms:**  
Wednesday: [Trumpet](#), [Mycopia Mushrooms](#) (Scottville, MI)  
Thursday: [Trumpet](#), [Mycopia Mushrooms](#) (Scottville, MI)  
Friday: [White Button](#), [River Valley Ranch](#) (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.
- Onion Jam:** [The Urban Canopy](#) (Lincoln Square, Chicago, IL)  
Storage Tip - Store in fridge up to 3 months.
- Basil:** [Wind Ridge Herb Farm](#) (Caldonia, IL)  
Storage Tip - Store on the counter in a glass of water, like a bouquet.
- Tomatoes:** [Mightyvine](#) (Chicago, IL)  
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.
- Asparagus:** [Mick Klug Farm](#) (St. Joseph, MI)  
Storage Tip - Trim any woody ends from the stems, stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.
- Ramps:** [Mick Klug Farm](#) (St. Joseph, MI)  
Storage Tip - Keep green dry and keep in a plastic bag in the fridge. You can also wrap the bulbs with a damp paper towel to keep them for longer.
- Greens (you will receive one of the following):**  
**Baby Kale:** [Artesian Farms](#) (New Buffalo, MI)  
**Chard:** [Down at the Farms](#) (Fairbury, IL)  
**Chard:** [Global Gardens](#) (Albany Park, Chicago, IL)  
Storage Tip - Remove your greens from the bag, wash and store them in a plastic container with a paper towel covering them up to a week in the fridge.
- Salad Greens (you will receive one of the following):**  
**Lettuce Heads:** [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL)  
**Spinach:** [Nichols Farm and Orchard](#) (Marengo, IL)  
**Lettuce Mix:** [Down at the Farms](#) (Fairbury, IL)  
**Lettuce or Spinach:** [Global Gardens](#) (Albany Park, Chicago, IL)  
Storage Tip - Remove your greens from the bag, wash and store them in a plastic container with a paper towel covering them up to a week in the fridge.

## Substitutions

- Items for those already opting out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subject to change
- Baby Bok Choy:** [Global Gardens](#) (Albany Park, Chicago, IL)  
Storage Tip - Store in the crisper drawer of your refrigerator - unwashed and in a perforated plastic bag - and use within a few days. When you do use it, remember that its cluster of stalks hides dirt, so wash it well.
- Hakurei Turnips:** [Global Gardens](#) (Albany Park, Chicago, IL)  
Storage Tip - Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens should be used within 2 days.
- Potatoes:** [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.



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## Recipe Recommendations

Click on the image to access the recipe

