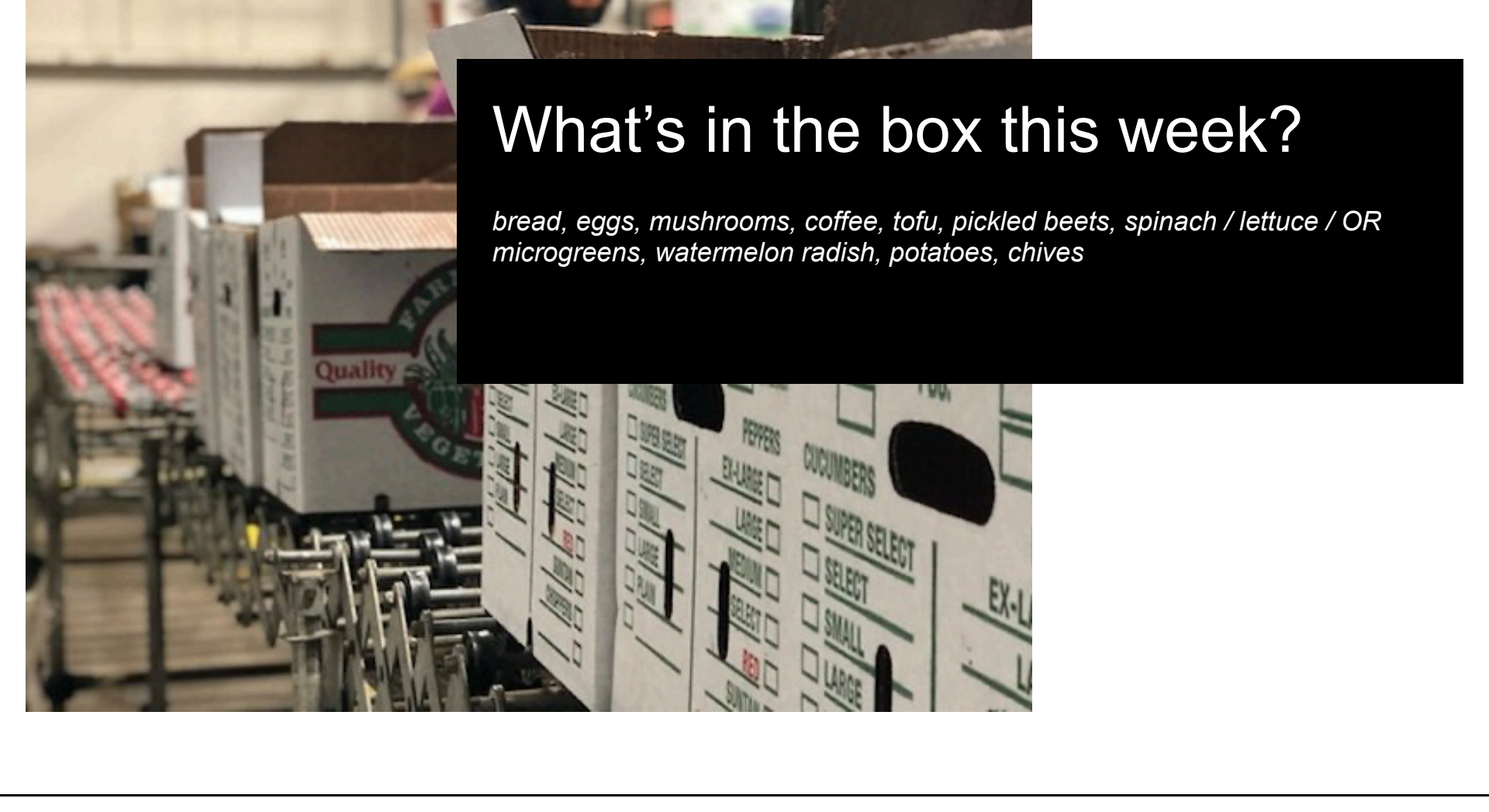




Spring Week 2: March 16 / 17 / 18

Welcome to Spring LUCSA Week 2!

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](#)



wind ridge nettle peppermint tea

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



kilgus whole milk

1/2 gallon kilgus farmstead whole milk, from a family farm in central Illinois.



healthy soil compost

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



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.



kombuchade last taste of summer

sea salt and watermelon, one 12.1 fl oz bottle



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

Coffee, Sputnik Roasters (Back of the Yards, Chicago, IL)
Storage Tip - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within two weeks of the roast date. They can be stored in the freezer for up to 4 months.

Bread

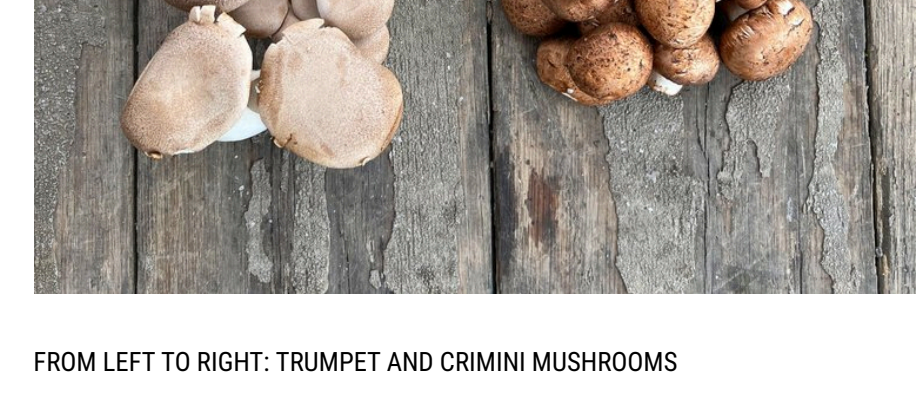
Wednesday: Sourdough pHour Bakery (Andersonville, Chicago)
Thursday: Pullman Sourdough Publican Quality Bread (Fulton Market, Chicago, IL)
Friday: Pullman Sourdough Publican Quality Bread (Fulton Market, Chicago, IL)
Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast 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: Crimini, River Valley Mushrooms (Burlington, WI)
Thursday: Crimini, River Valley Mushrooms (Burlington, WI)
Friday: Trumpet, Mycopia Mushrooms (Scottville, MI)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.



FROM LEFT TO RIGHT: TRUMPET AND CRIMINI MUSHROOMS

Extra Firm Tofu

Phoenix Bean Tofu (Chicago, IL)
Storage Tip - Store in the fridge.



Pickled Beets: The Urban Canopy (Lincoln Square, Chicago, IL)
Storage Tip - Store in refrigerator.

Potatoes: Prairie 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.

Watermelon Radish: Prairie Farm (Atlanta, IL)
Storage Tip - Keep dry stored in a perforated bag in the refrigerator for up to a month.

Chives: Wind Ridge Herb Farm (Caldonia, IL)
Storage Tip - Refrigerate chives and use within ten days.

Greens (you will receive one of the following):
Lettuce, Artesian Farms (New Buffalo, MI)
Microgreens, Wild Coyote (Berrien Springs, MI)
Spinach, Nichols Farm and Orchard (Marengo, IL)
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.

Substitutions

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

Turnips

Prairie Farm (Atlanta, IL) - Miscellaneous sub
Storage Tip - Place in the crisper or a plastic bag in the fridge for up to a month.

Celery Root

Prairie Farm (Atlanta, IL) - Beverage sub
Storage Tip - Place in the crisper or a plastic bag in the fridge for up to a month.

Kale

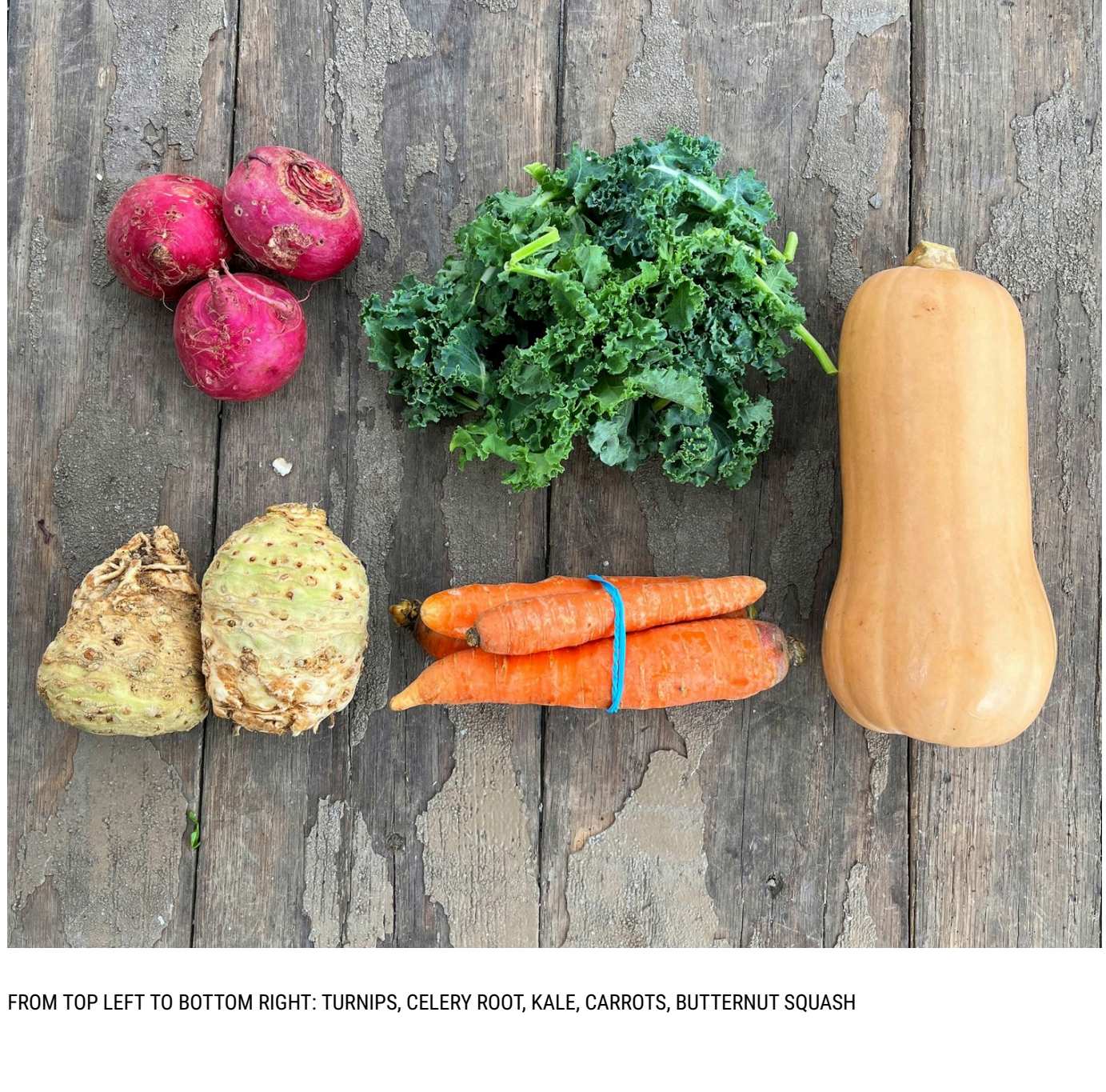
Artesian Farms (New Buffalo, MI) - Egg sub
Storage Tip - Remove from compostable green bag. Make sure greens are good and dry. You can wrap the greens in a paper or cloth towel to cut down on extra moisture. Then store in a plastic bag in the fridge for up to a week. Or keep on counter in a glass of water like a bouquet!

Carrots

Prairie Farm (Atlanta, IL) - Bread sub
Storage Tip - Place in the crisper or a plastic bag in the fridge for up to a month.

Butternut Squash

Nichols Farm and Orchard (Marengo, IL) - Mushroom sub
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.



FROM TOP LEFT TO BOTTOM RIGHT: TURNIPS, CELERY ROOT, KALE, CARROTS, BUTTERNUT SQUASH



[click here for spring lucsa week 1 \(3/9-3/11\) newsletter!](#)

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

Recipe Recommendations

Click on the image to access the recipe



chive & prosciutto savoy muffin



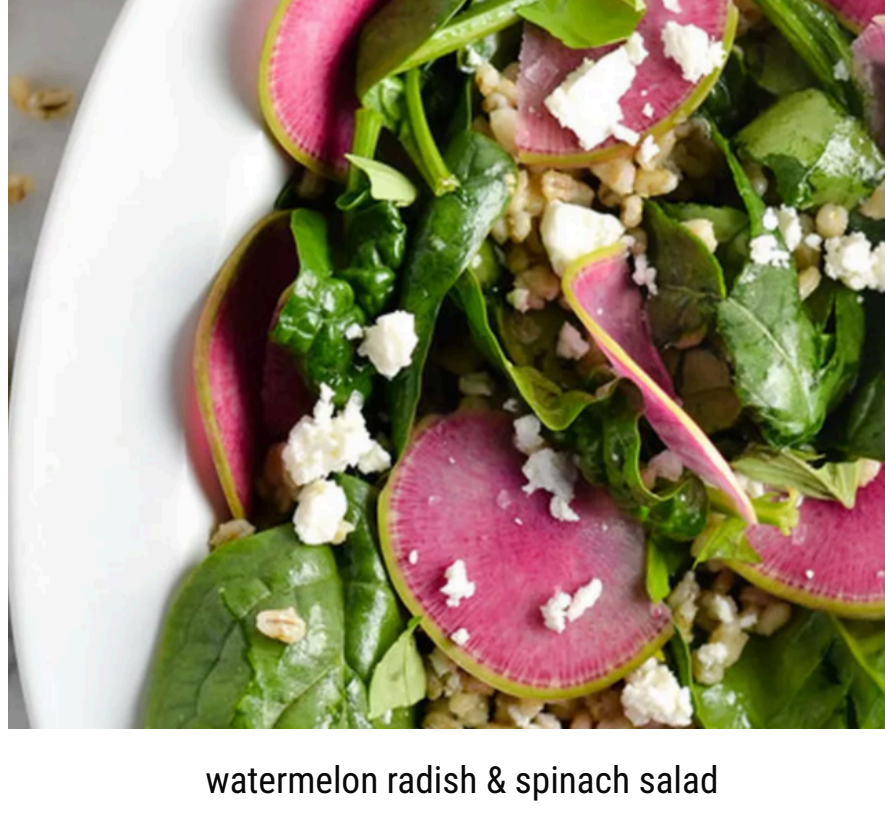
tofu & soba in ginger broth



fried mashed potato balls w/ chives



tofu sofritas



watermelon radish & spinach salad



beet pesto w/ chives (use pickled beets, omit vinegar)



pea shoot pesto



tofu scramble w/ potatoes & mushrooms



pickled beet hummus



potato tart



homefries



pickled beet risotto