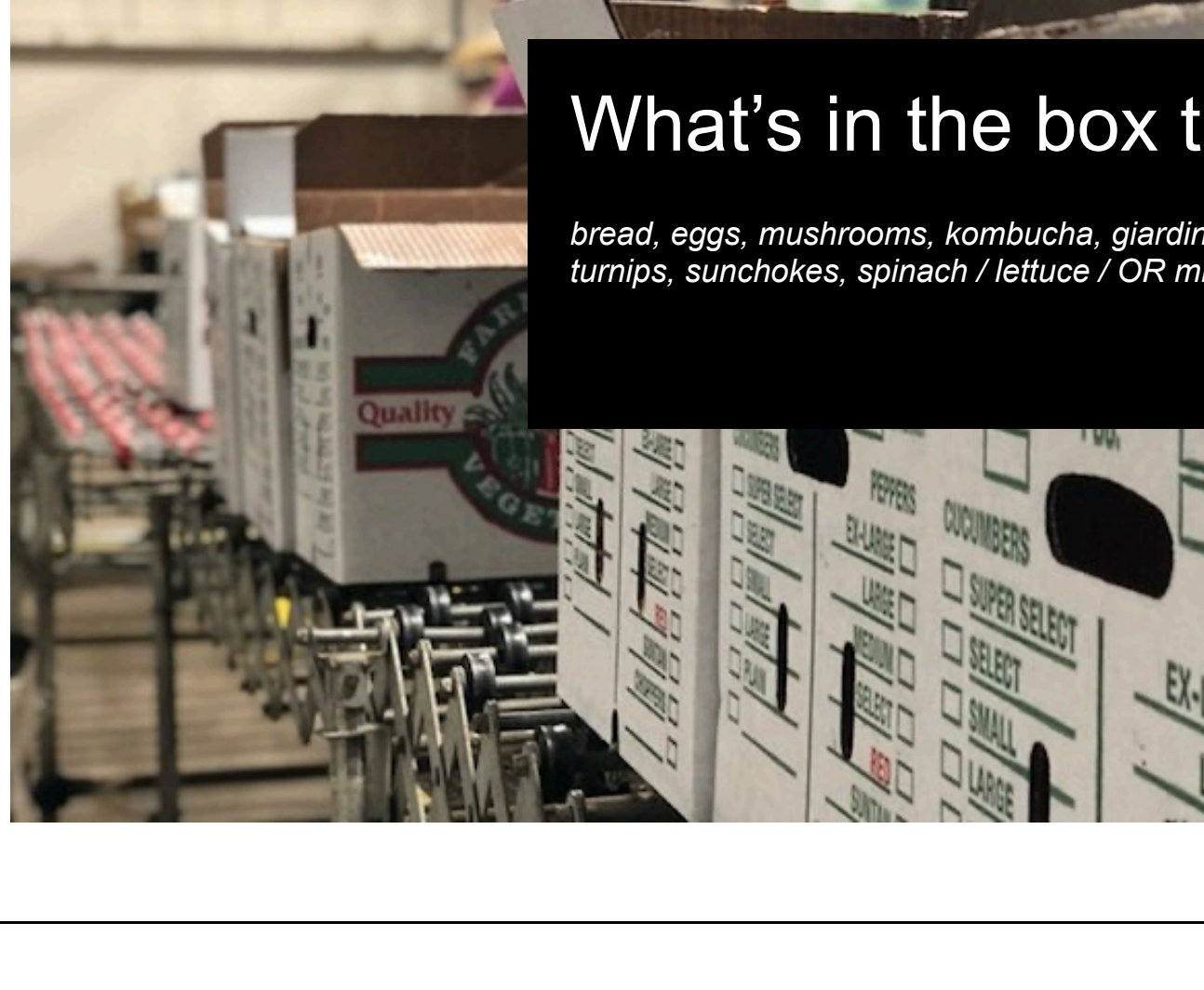




# Spring Week 3: March 23 / 24 / 25

## Welcome to Spring LUCSA Week 3!

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto: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](#)



### first slice mini blueberry cheese cake

new! 6" blueberry cheesecake in a graham cracker crust



### pixie dust salt lavender sage salt

new! 4oz. our new favorite for salting cocktails with a lemon, mint or basil base. replace the salt in your pizza dough recipe and top with caramelized onions and Gruyere for a satisfying savory-floral combo that will have you floating!



### sputnik whole bean coffee

didn't get a share last week? no need to miss out! 8oz.



### field + farmer apple kale wheatgrass juice

12oz green juice made with urban canopy grown wheatgrass



### healthy soil compost

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

& 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

**Kombucha**, **Kombuchade** (Back of the Yards, Chicago, IL)

**Storage Tip** - Kombuchade is best enjoyed cold, store in the fridge.

### Bread

**Wednesday: Country Round Middlebrow** (Logan Square, Chicago, IL)

**Thursday: Focaccia pHlour Bakery** (Andersonville, Chicago)

**Friday: Rounds 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: Trumpet, Mycopia Mushrooms** (Scottville, MI)

**Thursday: Trumpet, Mycopia Mushrooms** (Scottville, MI)

**Friday: Shiitake, 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.

**Floriani Cornmeal: Spence Farm** (Fairbury, IL)

**Storage Tip** - Store your cornmeal in an air-tight container preferably in a dark, cool place.

**Giardinera: The Urban Canopy** (Lincoln Square, Chicago, IL)

**Storage Tip** - Store in refrigerator up to 3 months.

**Russet Potatoes: Alsum Farms** (Friesland, WI)

**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.



DEPENDING ON YOUR DELIVERY DAY YOU WILL RECEIVE ONE OF THE FOLLOWING GREENS THIS WEEK (LEFT TO RIGHT): LETTUCE, MICROGREENS AND SPINACH

**Turnips: PrainErth Farm** (Atlanta, IL)

**Storage Tip** - Keep dry stored in the refrigerator for up to a month.

**Squash: Nichols Farm and Orchard** (Marengo, IL)

**Storage Tip** - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

**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.

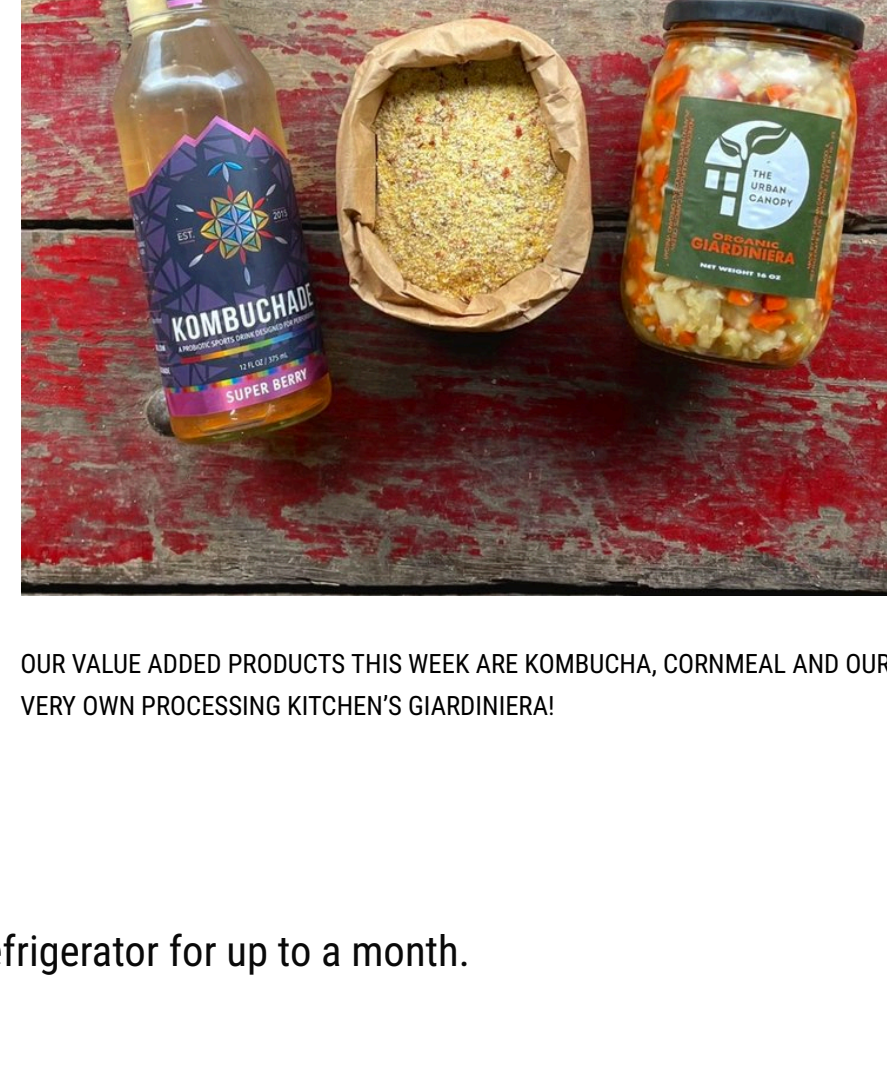
**Greens** (you will receive one of the following):

**Wednesday: Microgreens, Wild Coyote** (Berrien Springs, MI)

**Thursday: Spinach, PrainErth Farm** (Atlanta, IL)

**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.



OUR VALUE ADDED PRODUCTS THIS WEEK ARE KOMBUCHA, CORNMEAL, AND OUR VERY OWN PROCESSING KITCHEN'S GIARDINERA!

## Substitutions

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

**Tomatoes: Mightvine** (Chicago, IL)

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

**Radishes: PrainErth Farm** (Atlanta, IL)

**Storage Tip** - Keep dry stored in a perforated bag in the refrigerator for up to a month.

**Kale: Artesian Farms** (New Buffalo, MI)

**Storage Tip** - Remove from compostable green bag. Make sure greens are good and dry. 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: PrainErth Farm** (Atlanta, IL)

**Storage Tip** - Place in the crisper or a plastic bag in the fridge for up to a month.



FROM LEFT TO RIGHT RADISHES, TOMATOES, KALE, CARROTS



click here for spring lucsa week 2 (3/16-3/18) newsletter!

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

## Produce Profile: Sunchokes



This week we are sending you local sunchokes! Sunchokes are odd, knobby little tubers that look quite like ginger, taste a bit like potatoes, and whose blooms are easily confused with sunflowers. Well, the last part is a bunch of a cop-out as far as fun facts go since they are in the same family as sunflowers; both are of the Helianthus genera. However, this species of sunflower is prized for its roots instead of its flowers and seeds.

Sunchokes are sometimes called "sunroot" or "Jerusalem artichokes." It is thought that the "Jerusalem" part comes from a mispronunciation of the Italian word for sunflower, "Girasole". The "artichoke" from a french explorer who believed the taste similar to artichokes, though we will let you be the judge of that.

One thing that makes sunchokes so favorable is how easy they are to grow in most parts of North America. As farmers and gardeners ourselves, that's a huge benefit. Sunchokes are vigorous growers and often surprise with their yield, not to mention the two-in-one action of food crops that bloom so brilliantly. They generally flower in August/September and can be a source of pollen for pollinators during a time when most Towers are calling it quits. Though, before you decide to plant them yourself, the vigor with which they grow and produce can truly be overwhelming, bordering on invasive.

Outside of just the practicality of growing them, we love them for a flavor profile unlike anything else found in our everyday diets. As a starchy root, the sunchoke is most often compared to a potato or sometimes to jicama, but it has a sweet nuttiness that defies all other comparisons. Their flavor intrigue is boosted by their versatility in dishes as they can be served peeled or unpeeled, baked, pureed, mashed, or pickled, though most often are roasted or sauteed.

HINT: Sunchokes contain a pre-biotic fiber called inulin that is fairly hard to come by in the standard american diet. We recommend starting by eating small quantities if you've never had them before. You can pickle or slow roast them to convert some of the inulin to fructose!

I cannot recommend the sunchoke and chicken thigh recipe (linked below) highly enough. The boiling lemon juice treatment serves the function of converting inulin to fructose, and my roommates and I couldn't get enough of this dish.

## Recipe Recommendations

Click on the image to access the recipe



sunchokes and chicken thighs w/ lemon



cornmeal biscuits



potato tart



make your own slowcooker italian beef w/ the giardinera



homefries



slow roasted sunchokes



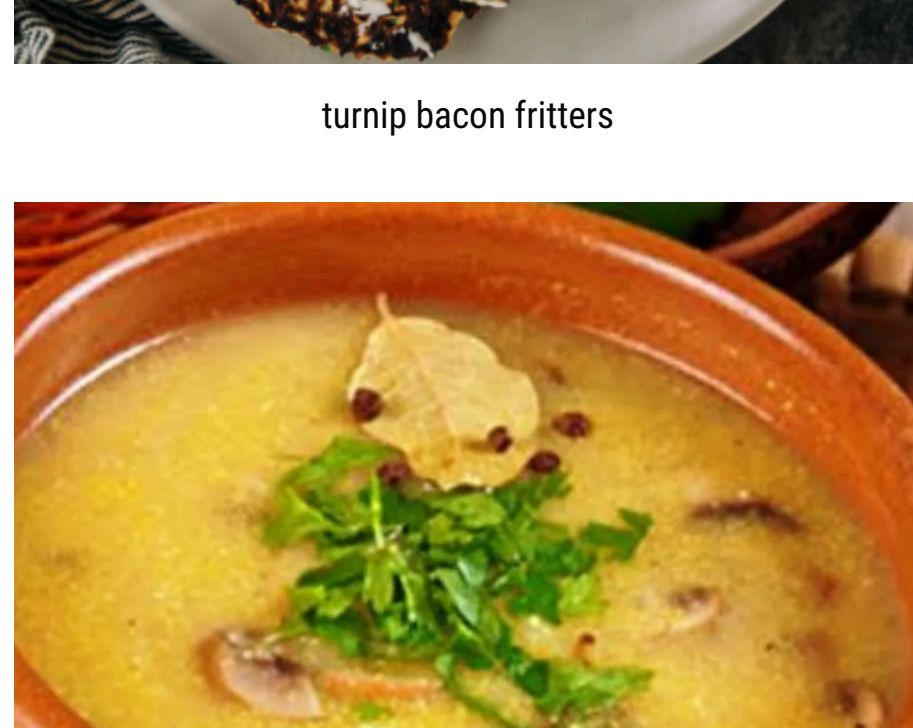
turnip bacon fritters



toasted almond & butternut squash tart



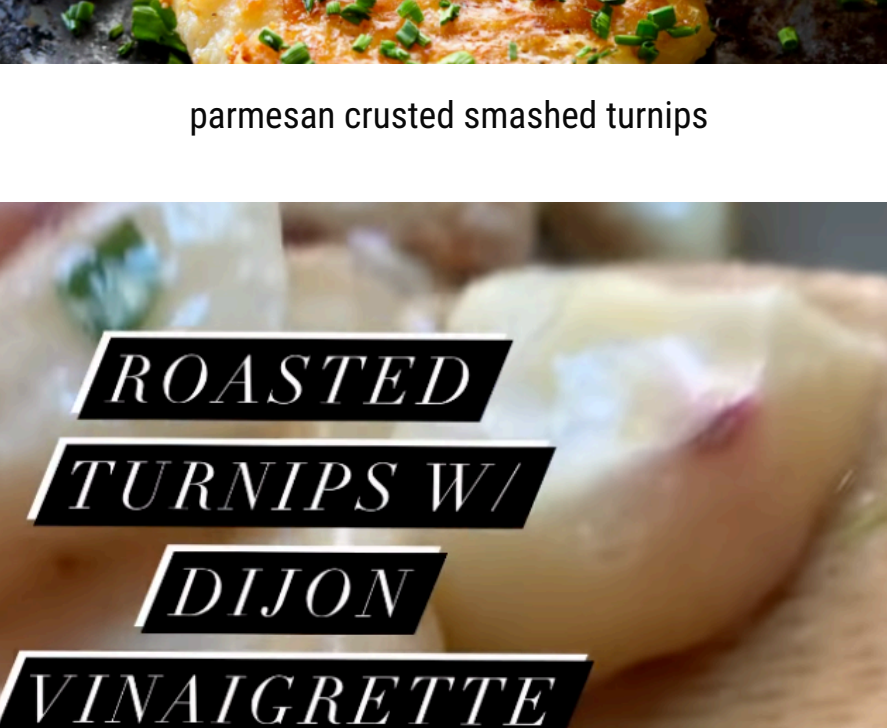
parmesan crusted smashed turnips



potato soup w/ cornmeal and mushrooms



tofu scramble w/ potatoes & mushrooms



roasted turnips w/ dijon vinaigrette



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