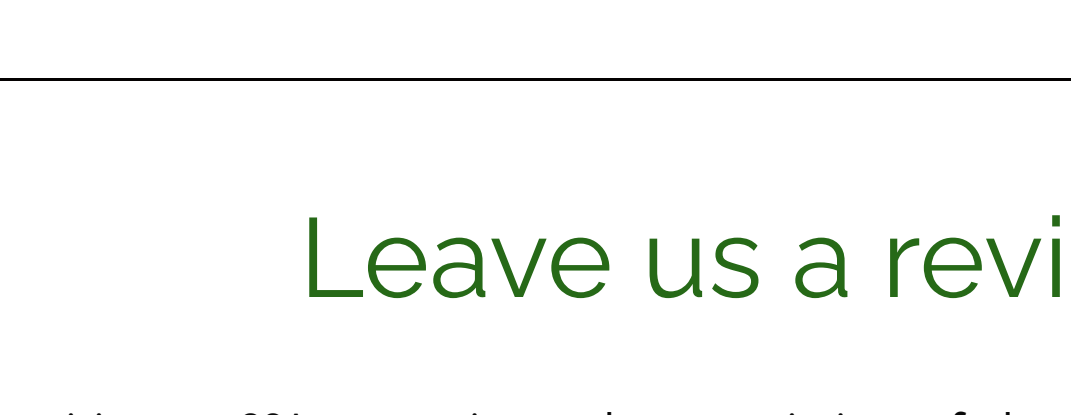




# Spring Week 5: April 6 / 7 / 8

## Welcome to Spring LUCSA Week 5!

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



## Leave us a review!

Do you love receiving your CSA, are passionate about our mission, or find our crew members to be particularly lovely? Help us spread the word! We would greatly appreciate reviews left on Local Harvest or our Google page. Thank you!

## Add-on Items

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

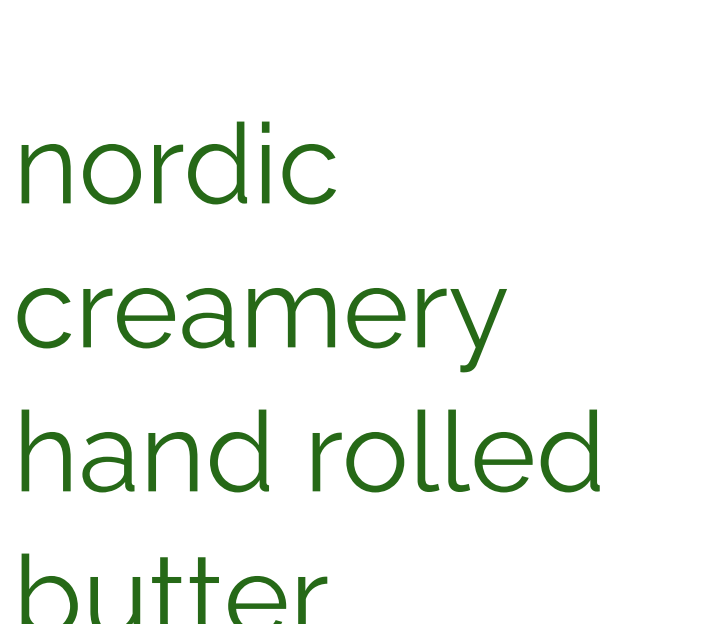
[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



### sarita's pleasure pies forget-me-not pie

one quarter vegan pie

matcha, lavender, blueberry, sweetened condensed coconut milk, cinnamon cookies, pecans, oat milk, agar agar, coconut cream, turmeric, coconut oil



### nordic creamery hand rolled butter

it's back! 12 oz of cultured butter with sea salt. a very rich butter and unlike most butter it is made with live cultures!



### healthy soil compost

sta certified compost made here in chicago with contributions from uc's own compost club members! half gallon in a reusable glass jar.



### 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!

& 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:

**Cold Brew:** [Sputnik Roasters](#) (Back of the Yards, Chicago, IL)  
*Storage Tip* - These are best enjoyed chilled or over ice.

### Bread:

**Wednesday:** [Focaccia](#), [pHour Bakery](#) (Andersonville, Chicago)  
**Thursday:** [Pullman Sourdough](#), [Publican Quality Bread](#) (Fulton Market, Chicago, IL)  
**Friday:** [Country Round](#), [Middlebrow](#) (Logan Square, 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 Ranch](#) (Burlington, WI)  
**Thursday:** [Crimini](#), [River Valley Ranch](#) (Burlington, WI)  
**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.

### Curried Carrots:

[The Urban Canopy](#) (Lincoln Square, Chicago, IL)  
*Storage Tip* - Shelf stable. Store in open plastic bag at room temperature out of sunlight for a year. Shake lightly prior to use until curry unsticks from bottom. After opening, store in refrigerator up to 3 months.

### Dried Blueberries:

[Shoreline Fruit](#) (Traverse City, MI)  
*Storage Tip* - Store in a cool dry place out of direct sun.

### Tomatoes:

[Mightyvine](#) (Chicago, IL)  
*Storage Tip* - Keep at room temperature on the counter away from sunlight. Consume within a few days.



FROM LEFT TO RIGHT: SPINACH, LETTUCE, MICROGREENS

### Microgreens:

[Wild Coyote](#) (Berrien Springs, MI)  
*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.

### Beets:

[Nichols Farm and Orchard](#) (Marengo, IL)  
*Storage Tip* - Store root in the crisper.

### Golden Potatoes:

[PrairieErth Farm](#) (Atlanta, IL)  
*Storage Tip* - Keep cool, dry and out of direct light, on counter, in a cupboard or in a perforated paper bag, for up to 6 months.

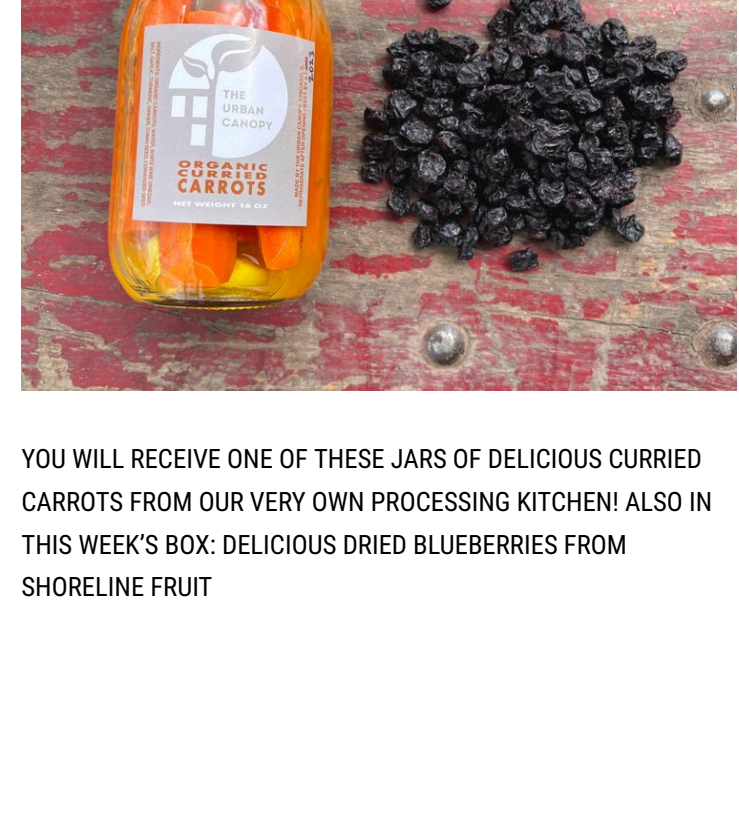
### Thyme:

[Wind Ridge Herb Farm](#) (Caldonia, IL)  
*Storage Tip* - Store in the crisper or in a plastic bag for a few weeks or dry to last longer.

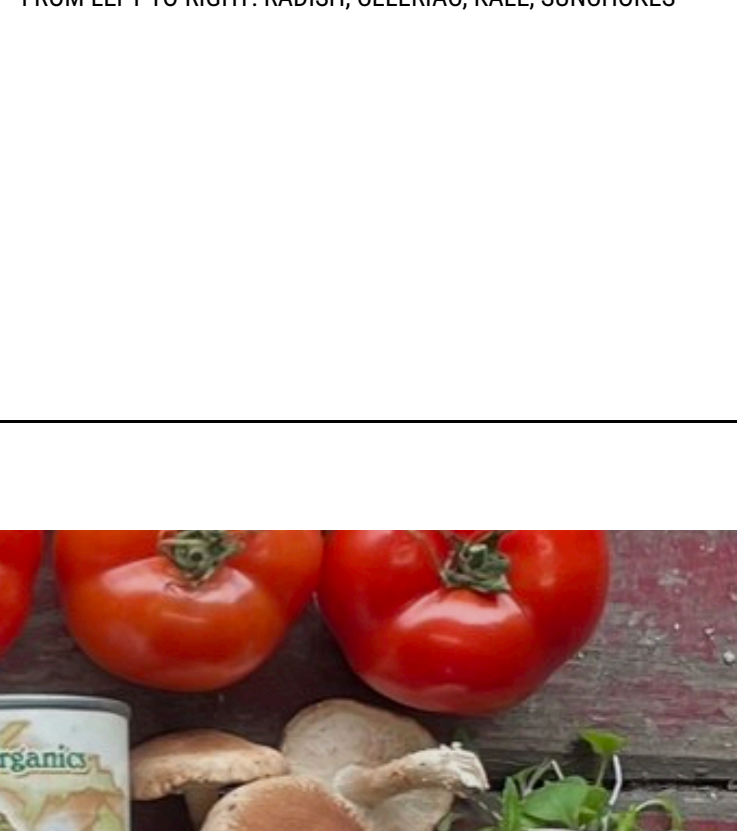
### Greens (you will receive one of the following):

**Spinach**, [PrairieErth Farm](#) (Atlanta, IL)

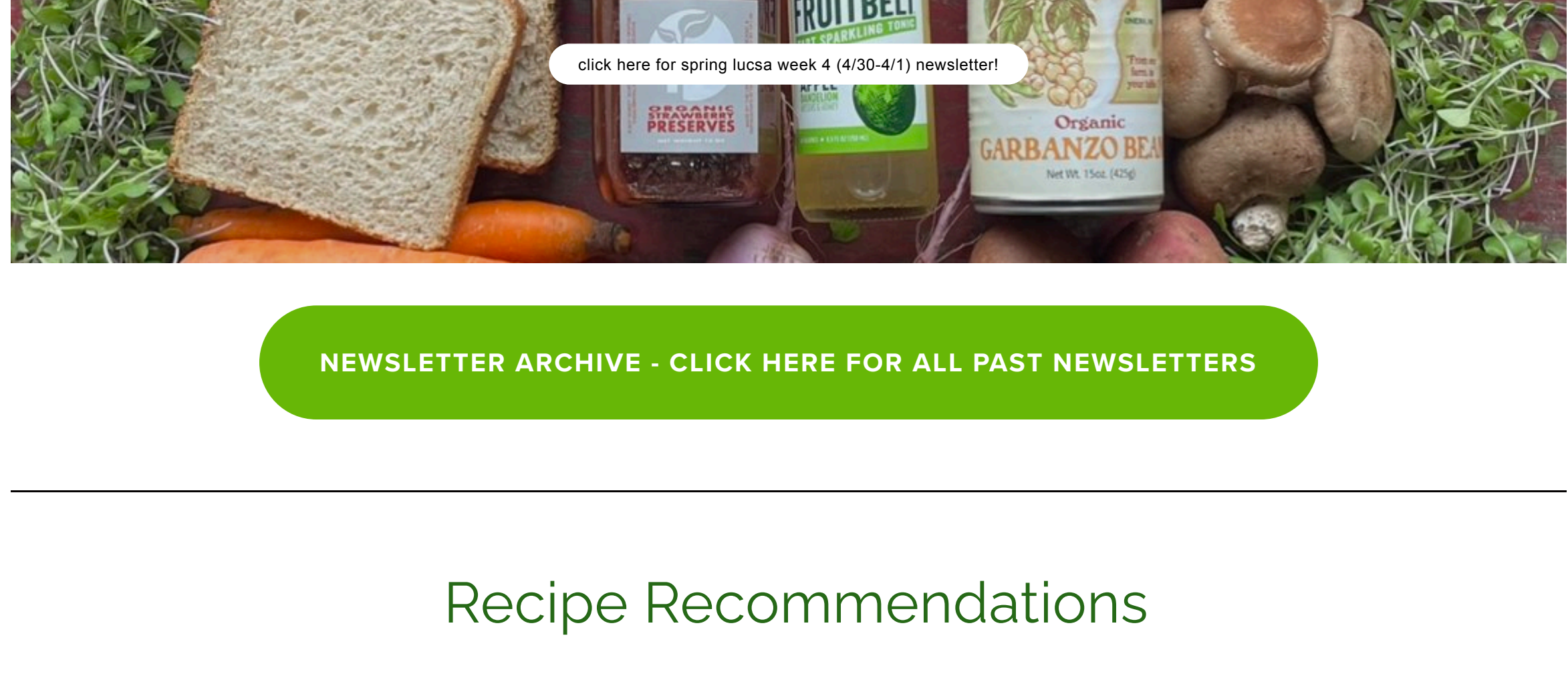
**Lettuce**, [Artesian Farms](#) (New Buffalo, MI)



YOU WILL RECEIVE ONE OF THESE JARS OF DELICIOUS CURRIED CARROTS FROM OUR VERY OWN PROCESSING KITCHEN! ALSO IN THIS WEEK'S BOX: DELICIOUS DRIED BLUEBERRIES FROM SHORELINE FRUIT



FROM LEFT TO RIGHT: RADISH, CELERIAC, KALE, SUNCHOKES



click here for spring lucsa week 4 (4/30-4/1) newsletter!

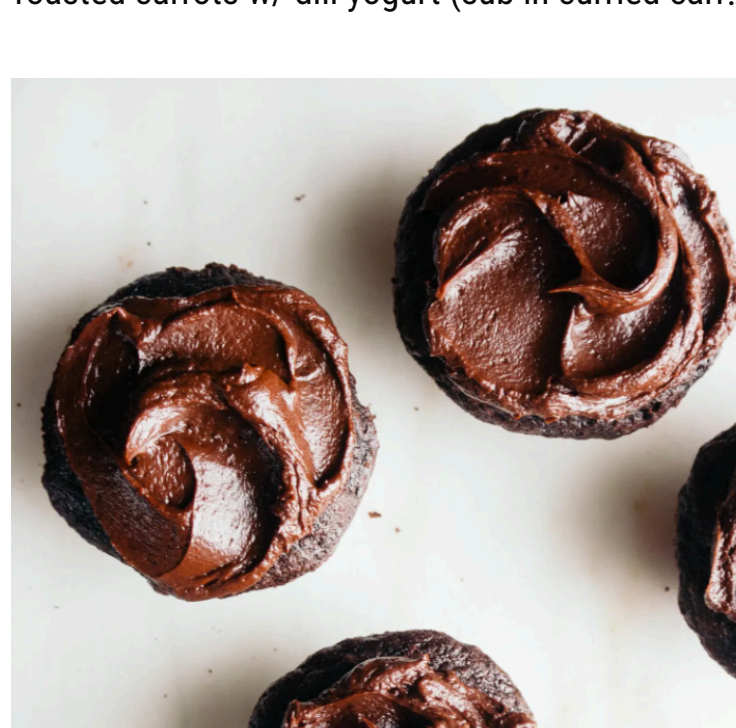
[NEWSLETTER ARCHIVE - CLICK HERE FOR ALL PAST NEWSLETTERS](#)

## Recipe Recommendations

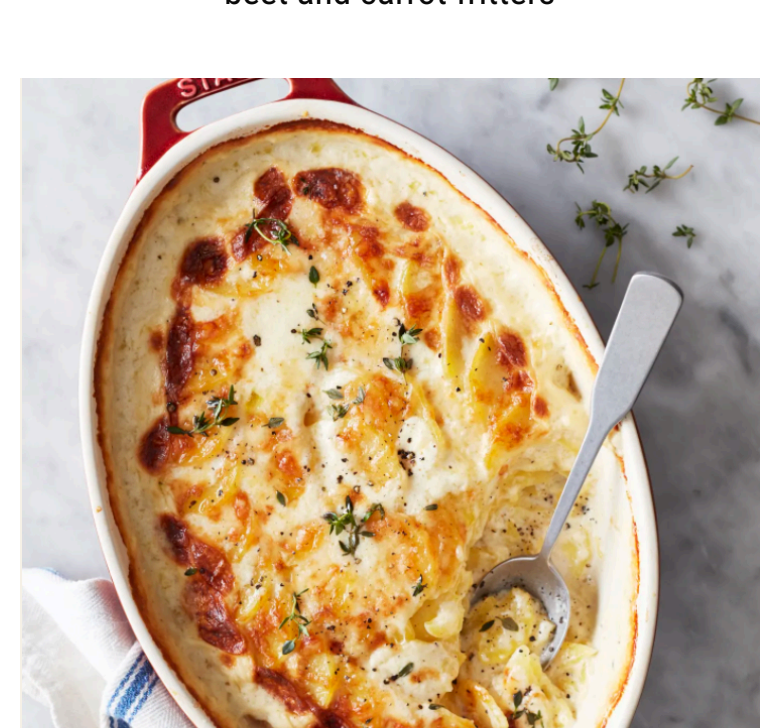
Click on the image to access the recipe



yeasted cake w/ dried blueberry filling



roasted carrots w/ dill yogurt (sub in curried carr...



beet and carrot fritters



vegetarian mushroom stew



chocolate beet cupcakes



dauphinoise potatoes w/ thyme



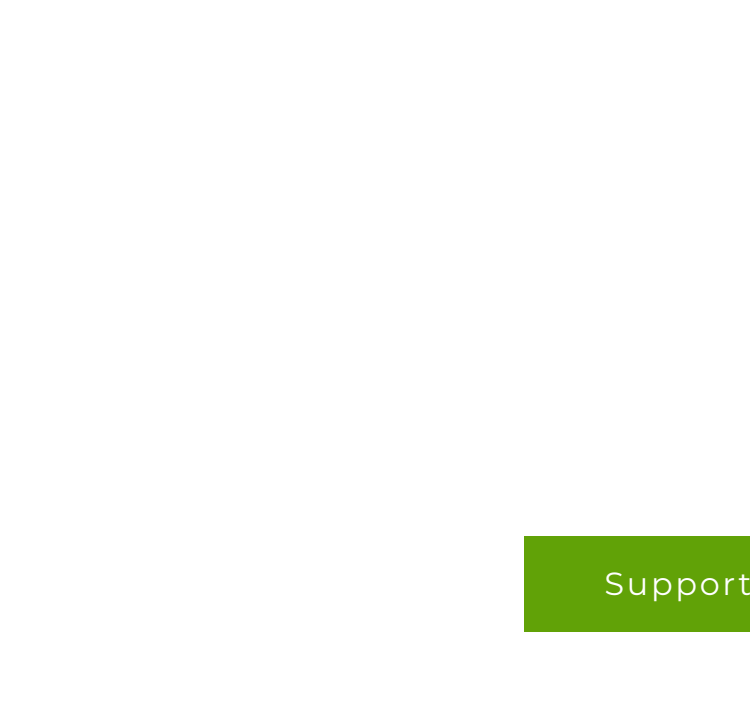
thyme tisane



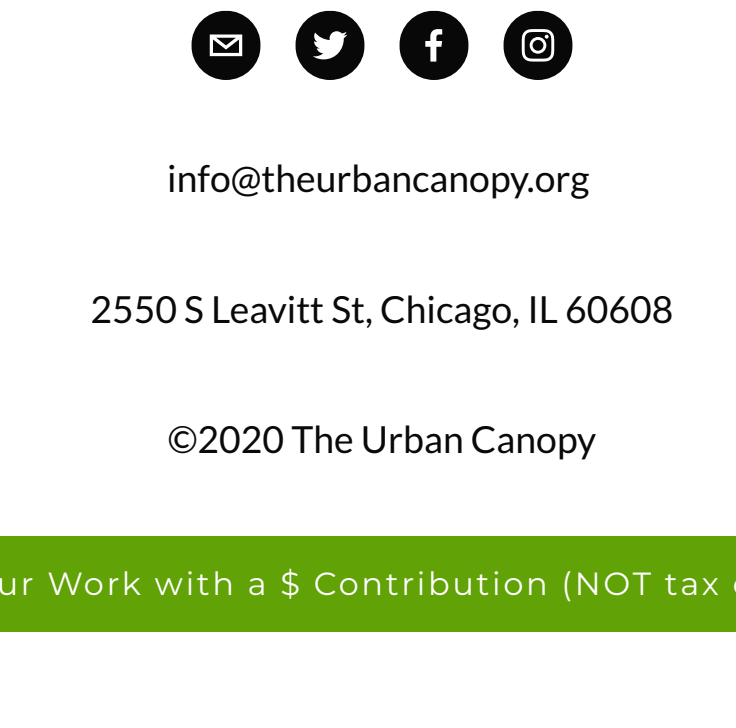
lemon and dried blueberry biscuits



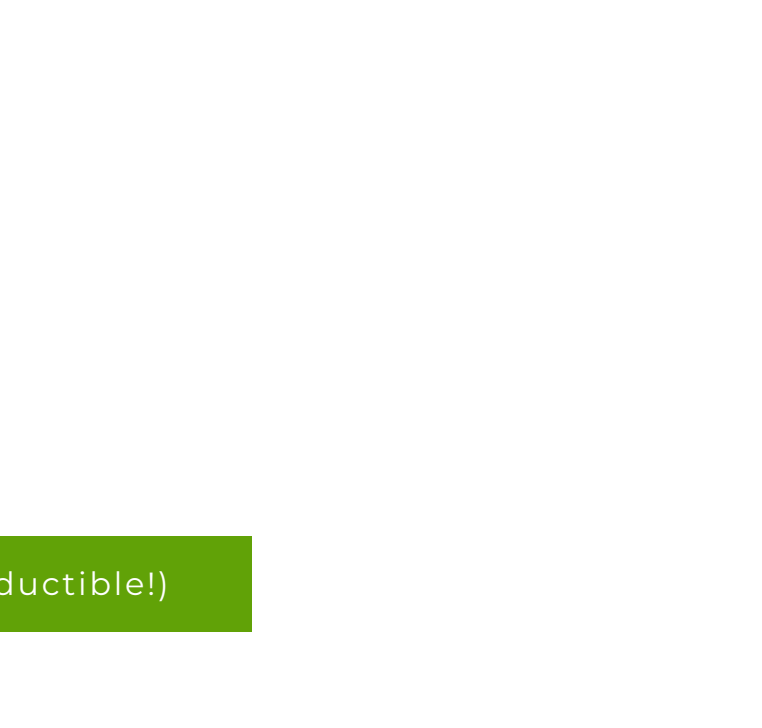
tomato butter w/ thyme



tomato, feta & white bean salad



potato celery root mash



cold brew negroni