



# Spring Week 7: April 20 / 21 / 22

## Welcome to Spring LUCSA Week 7!

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



### What's in the box this week?

bread, eggs, mushrooms, tea, kimchi, ramps, spring garlic, daikon, tomatoes

## Week 7 Updates

- **Spring is here!** This week our first spring crops for the shares next week - green garlic and ramps!
- **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 through Local Harvest. Thank you!
- **Add-on item spotlight: Einkorn Flour!** From Janie's Mill. Local IL wheat, lower in gluten than most varieties of wheat. Einkorn is a very special type of wheat, it is an heritage variety that is one of the first types of wheat cultivated. It is naturally lower in gluten. Because of this it can be tolerated by some who can't tolerate other varieties, and is good for applications where you don't want a lot of gluten development - pie crusts, cake batter, waffles & pancakes.

## 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](#)



### 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)



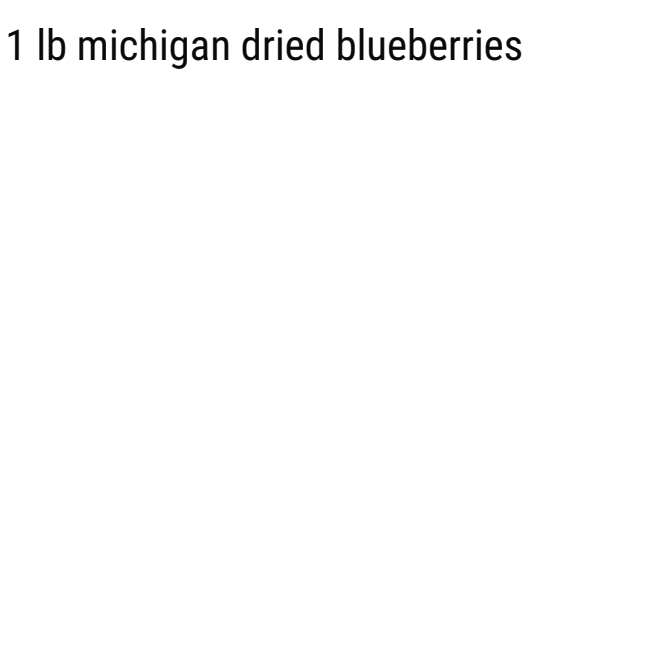
### healthy soil compost

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.



### nordic creamery butter

back in stock! 12 oz hand rolled



### extra fruit!

1 lb michigan dried blueberries



### underground meats nduja

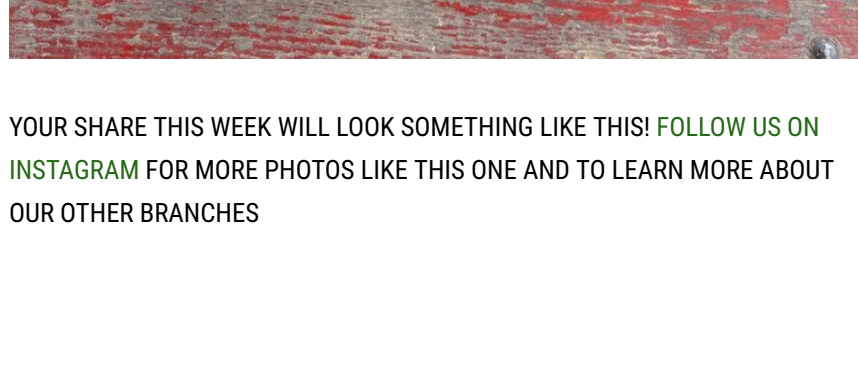
2 oz, spreadable salami, calabrian-style with spicy with ancho chilis, ghost peppers

& 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!



YOUR SHARE THIS WEEK WILL LOOK SOMETHING LIKE THIS! FOLLOW US ON INSTAGRAM FOR MORE PHOTOS LIKE THIS ONE AND TO LEARN MORE ABOUT OUR OTHER BRANCHES

#### Beverage:

**Loose Assorted Tea,** [Wind Ridge Herb Farm](#) (Caldonia, IL) / [Senteamental Moods](#) (Chicago, IL)

**Kombucha,** [Komunity Kombucha](#) (Printer's Row) / [Kombuchade](#) (Back of the Yards)

**Storage Tip, Tea** - Prepare as directed, enjoy hot or iced.

**Storage Tip, Kombucha** - Kombucha is best stored in the fridge and enjoyed cold.

#### Bread:

**Wednesday: Pullman Sourdough,** [Publican Quality Bread](#) (Fulton Market)

**Thursday: Country Round,** [Middlebrow](#) (Logan Square)

**Friday: Pain Au Levain,** [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: Shiitake,** [River Valley Ranch](#) (Burlington, WI)

**Thursday: Oyster,** [River Valley Ranch](#) (Burlington, WI)

**Friday: Trumpet,** [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.

#### Kimchi: [The Urban Canopy](#) (Lincoln Square, Chicago, IL)

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

#### Brown Rice: [Cahokia](#) (McClure, IL)

**Storage Tip** - Store in a cool dry place out of direct sun.

#### Parsley: [Wind Ridge Herb Farm](#) (Caldonia, IL)

**Storage Tip** - Keep in an open plastic bag in the crisper for up to two weeks.

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

**Storage Tip** - Store at room temperature.

#### Potatoes: [PrairieErth 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.

#### Korean Daikon: [PrairieErth Farm](#) (Atlanta, IL)

**Storage Tip** - Remove any 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.

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

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

**Thursday: Kale,** [Artesian Farms](#) (New Buffalo, MI)

**Friday: Lettuce,** [Artesian Farms](#) (New Buffalo, MI) / **Spring Garlic bunches,** [PrairieErth Farm](#) (Atlanta, 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



FROM LEFT TO RIGHT: BEETS, SUNCHOKES, CARROTS, CELERY ROOT; NOT PICTURED: COFFEE BEANS

#### Celery Root: [Nichols Farm and Orchard](#) (Marengo, IL) - Bread substitute

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

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

**Storage Tip** - Keep dry and tightly sealed in a bag in the crisper for up to a month.

#### Carrots: [Nichols Farm and Orchard](#) (Marengo, IL) - Egg substitute

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

#### Sunchokes: [Nichols Farm and Orchard](#) (Marengo, IL) - Beverage substitute

**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.

#### Coffee: [Back of the Yards Coffee](#) (Chicago, IL) - Beverage substitute

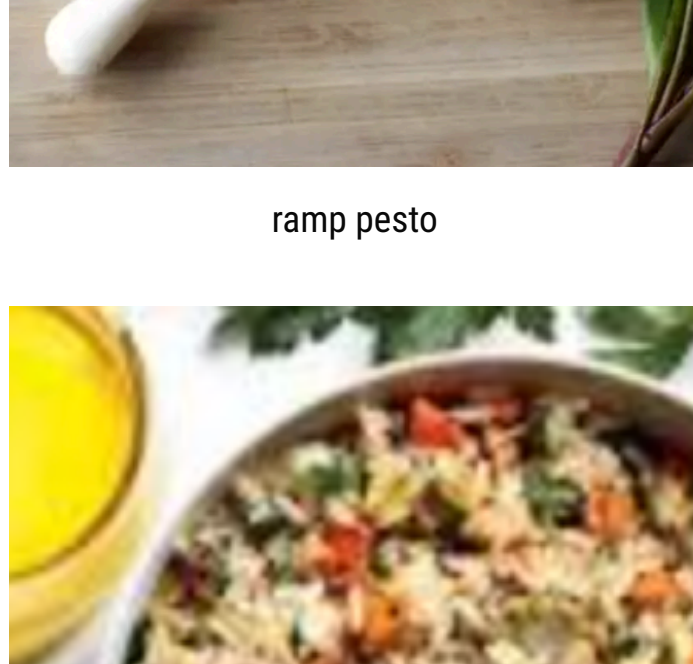
**Storage Tip** - Coffee beans should be stored in an airtight and opaque container to avoid light and oxygen. Coffee beans are best used within two weeks of the roast date. They can be stored in the freezer for up to 4 months.



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## Recipe Recommendations

Click on the image to access the recipe



green garlic dal



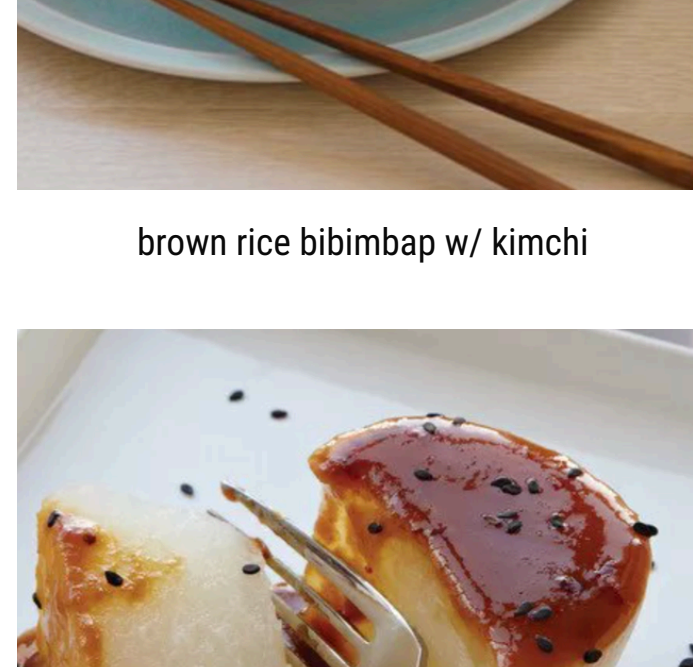
ramp butter



pan fried daikon and mushroom buns



brown rice pilaf



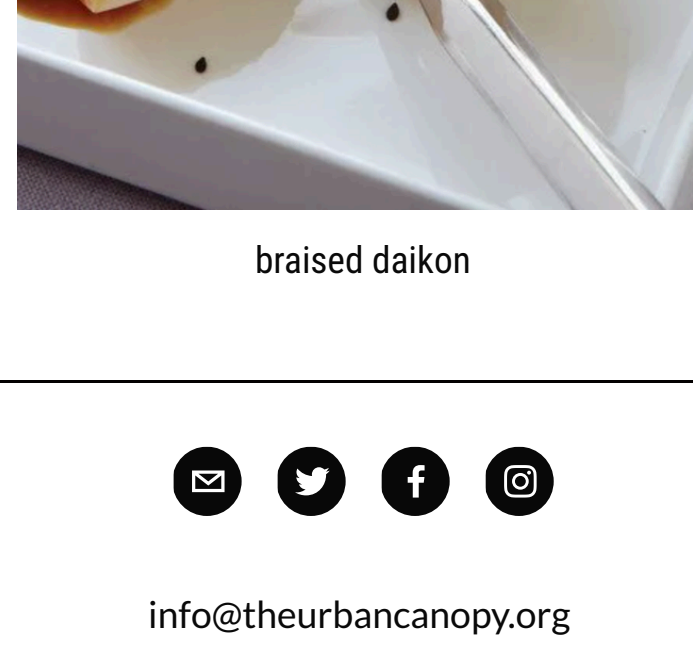
brown rice bibimbap w/ kimchi



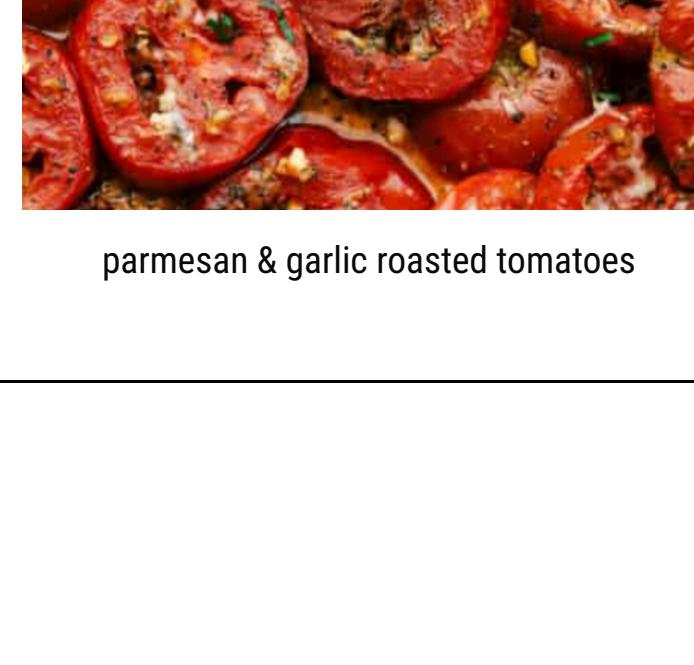
kimchi pancake



spring garlic & potato soup



braised daikon



parmesan & garlic roasted tomatoes



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