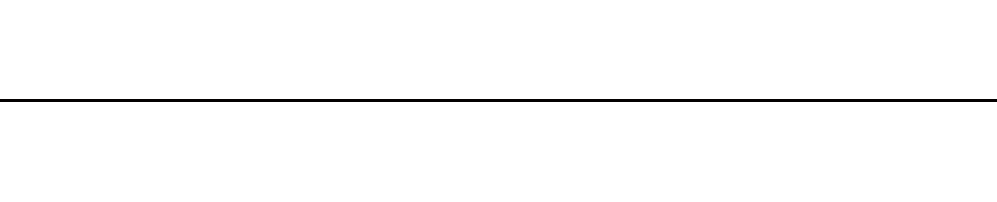




## Welcome to Spring LUCSA Week 8!

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, kombucha, popcorn, applesauce, ramps, lettuce OR spring mix, potatoes

## Week 8 Updates

- **Spring is here!** This is our second week happily slinging the first spring crops of the season - 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 humans 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](#)



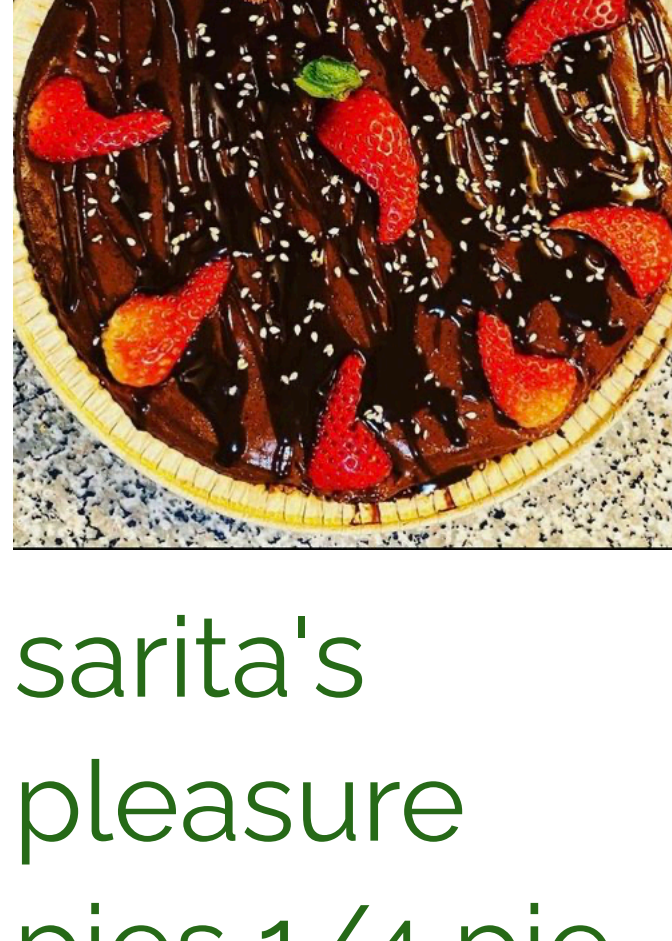
### bushel & peck pasta sauce

new! 24oz puttanesca pasta sauce



### nordic creamery butter

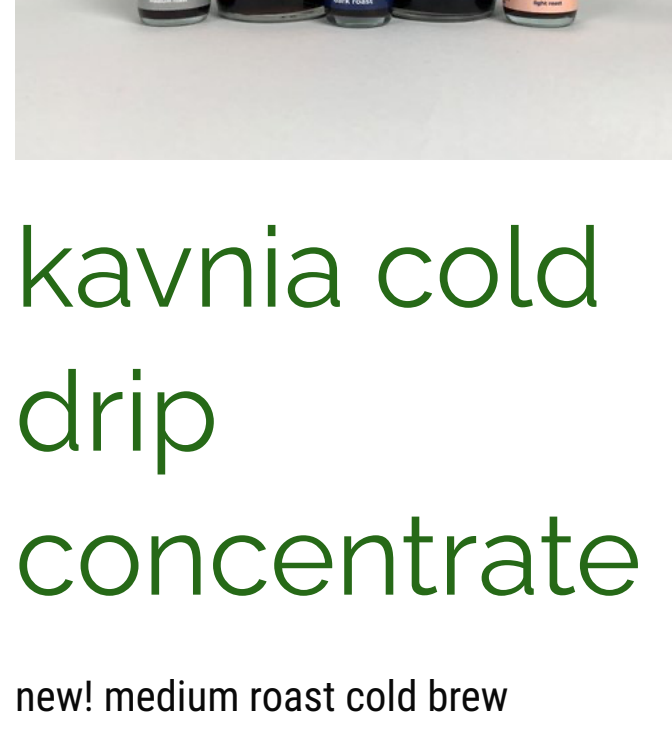
back in stock! 12 oz hand rolled



### sarita's pleasure pies 1/4 pie

vegan quarter pie of Mole Pa' La Diabla pie

(ibarra) chocolate de tabla, chile guajillo, chile pasilla, chile ancho, garlic, banana, sesame seeds, peanut butter, cloves, cinnamon, peppercorn, oat milk, soft tofu, semi-sweet cacao chocolate, pecans, coconut oil, sunflower oil, graham crackers, sweetened condensed coconut milk, strawberry & strawberry preserves, agar agar



### kavnia cold drip concentrate

new! medium roast cold brew concentrate, 16 oz, 8 servings



### 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.



### artesian farms basil

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

& much more available!

## Share Contents (in progress)

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

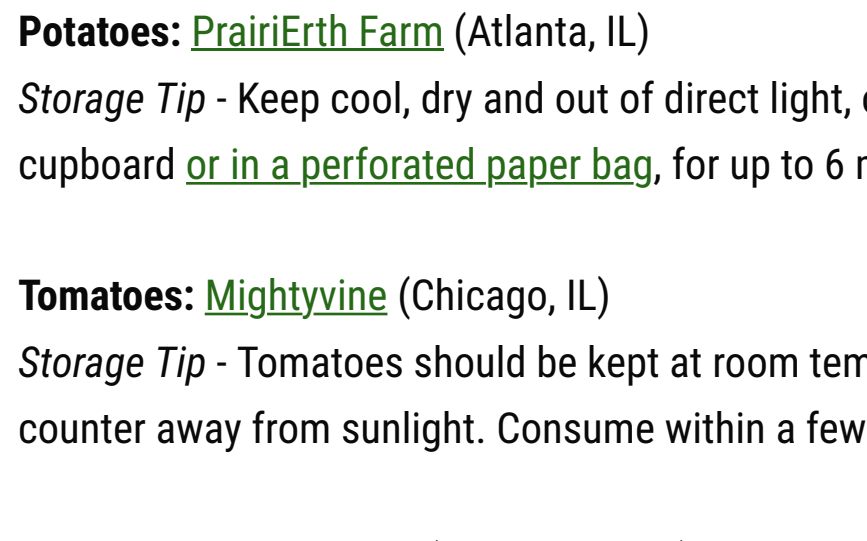
- Please keep in mind that share contents may vary due to market availability so contents may vary slightly from this list. Farming is never 100% predictable. We appreciate your flexibility.
- Wash everything before eating!
- Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items!

#### Beverage:

Wednesday: **Kombucha**, [Komunity Kombucha](#) (Printer's Row)  
Thursday/Friday: **Assorted Loose Tea**, [Wind Ridge Herb Farm](#) (Caldonia, IL)  
Storage Tip, Kombucha - Kombucha is best stored in the fridge and enjoyed cold.

#### Bread:

Wednesday: **Organic Boule**, [pHlour Bakery](#) (Andersonville)  
Thursday: **Sourdough Rounds**, [Publican Quality Bread](#) (Fulton Market)  
Friday: **Country Round**, [Middlebrow](#) (Logan Square)  
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!



FROM LEFT TO RIGHT: TEA, KOMBUCHA AND APPLESAUCE FROM OUR PROCESSING KITCHEN

**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: [Shiitake](#), [River Valley Ranch](#) (Burlington, WI)  
Friday: [Crimini](#), [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.

**Applesauce:** [The Urban Canopy](#) (Lincoln Square, Chicago, IL)  
Storage Tip - Store in fridge up to 3 months. Applesauce contains cinnamon, lemon and honey.

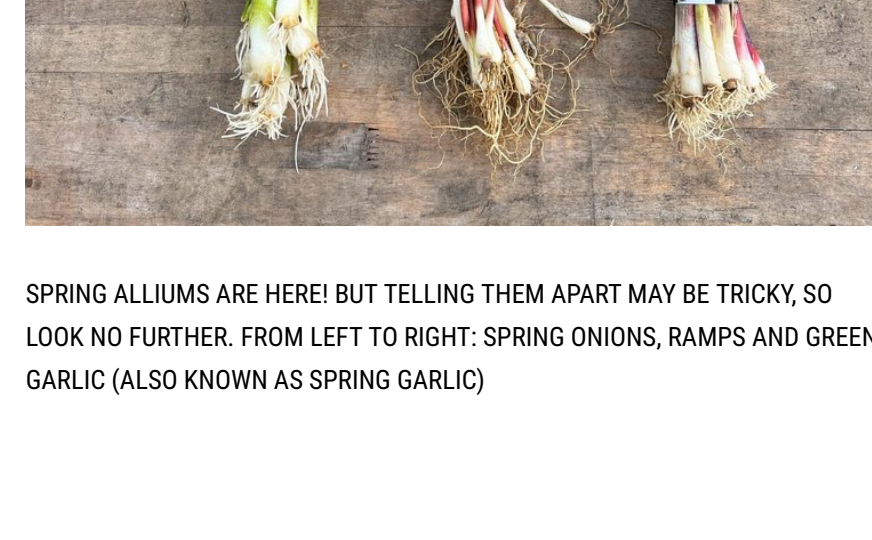
**Popcorn:** [Nichols Farm and Orchard](#) (Marengo, IL)  
Storage Tip - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

**Potatoes:** [PrairieEarth 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.

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

**Ramps:** [Mick Klug Farm](#) (St. Joseph, MI)  
Storage Tip - Keep greens 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.

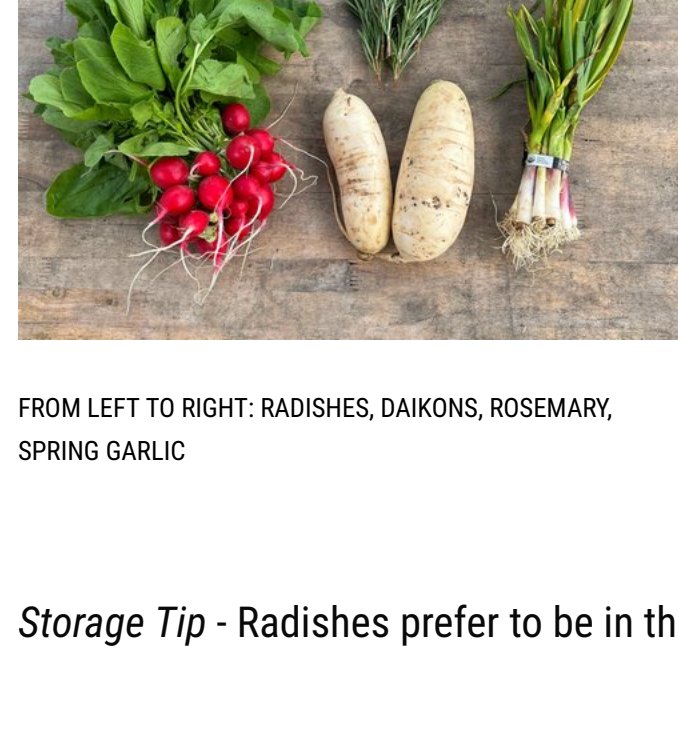
**Greens** (you will receive one of the following):  
Wednesday/Thursday: **Spring Onions**, [Nichols Farm and Orchard](#) (Marengo, IL)  
Thursday/Friday: **Lettuce Mix**, [Artesian Farms](#) (New Buffalo, MI)  
Friday: **Arugula**, [Fox Path Farm](#) (Pulaski, IL)  
Storage Tip, Greens - Wash and store them in a plastic container with a paper towel covering them up to a week in the fridge.  
Storage Tip, Onions - Keep greens 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.



SPRING ALLIUMS ARE HERE! BUT TELLING THEM APART MAY BE TRICKY, SO LOOK NO FURTHER. FROM LEFT TO RIGHT: SPRING ONIONS, RAMPS AND GREEN GARLIC (ALSO KNOWN AS SPRING GARLIC)

## Substitutions

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



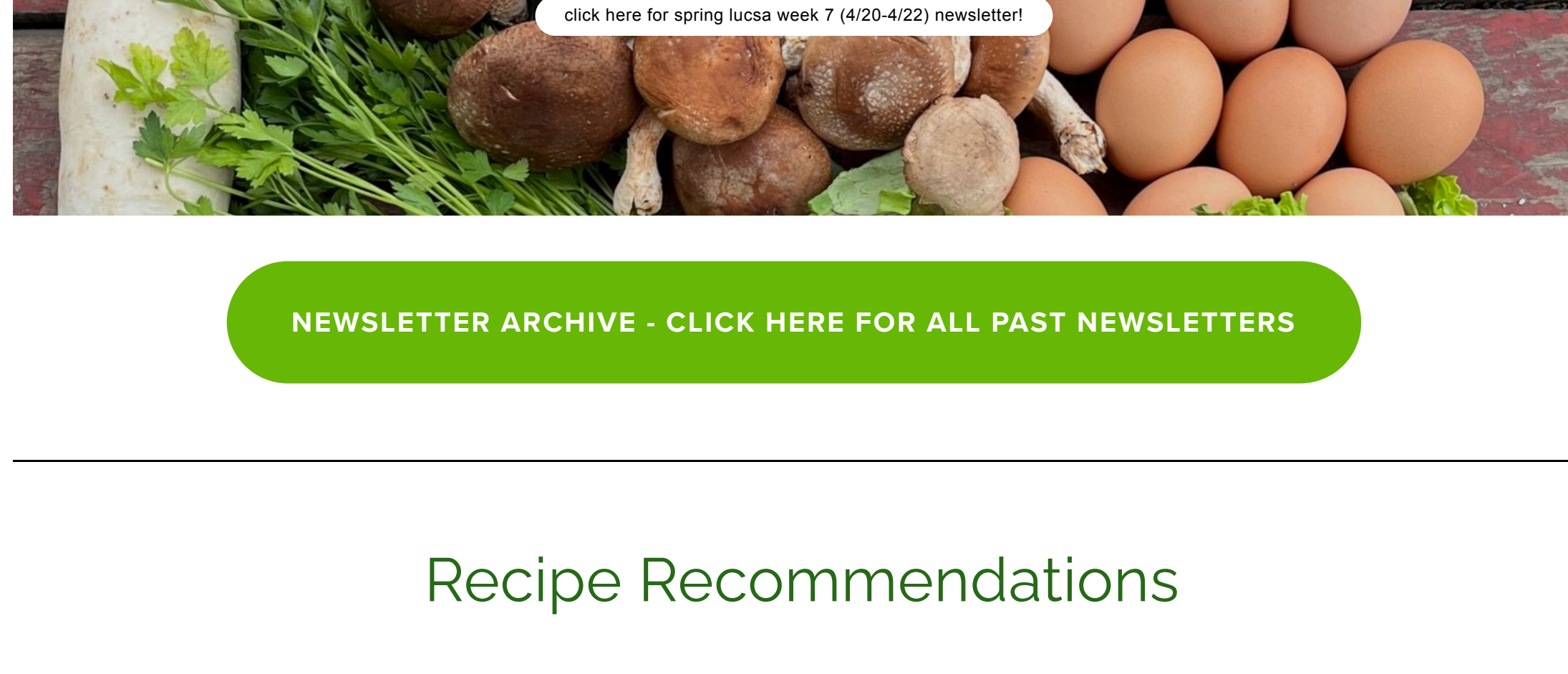
FROM LEFT TO RIGHT: RADISHES, DAIKONS, ROSEMARY, SPRING GARLIC

**Daikon:** [PrairieEarth Farm](#) (Atlanta, IL) - Beverage substitute  
Storage Tip - Daikon prefer to be in the crisper or a plastic bag in the fridge.

**Spring Garlic:** [PrairieEarth Farm](#) (Atlanta, IL) - Egg substitute  
Storage Tip - Keep greens 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.

**Rosemary:** [Wind Ridge Herb Farm](#) (Caldonia, IL) - Bread substitute  
Storage Tip - Keep dry in a plastic bag in the crisper for a week for thyme, two weeks for rosemary and a month for lemongrass. [Rosemary is great dried!](#)

**Spring Radishes:** [Nichols Farm and Orchard](#) (Marengo, IL) - Mushroom substitute  
Storage Tip - Radishes prefer to be in the crisper or a plastic bag in the fridge.



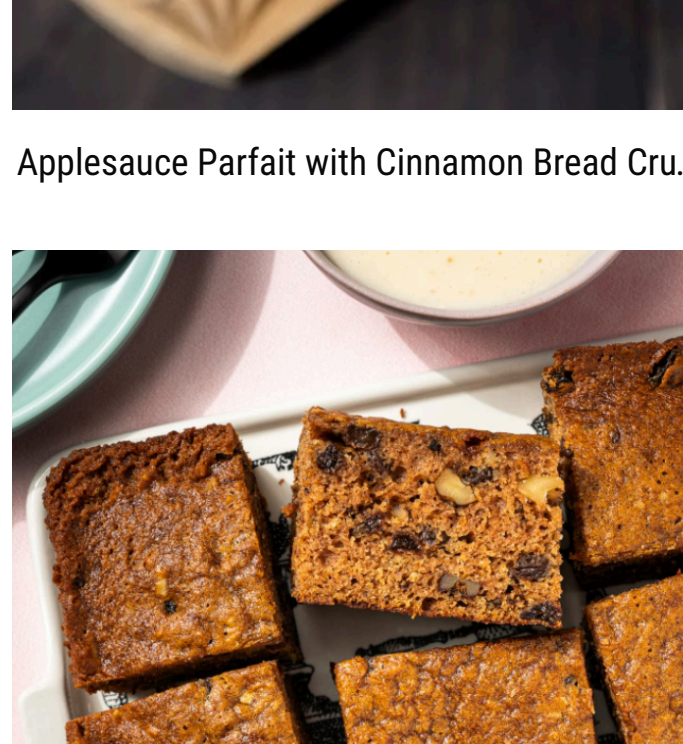
[NEWSLETTER ARCHIVE - CLICK HERE FOR ALL PAST NEWSLETTERS](#)

## Recipe Recommendations

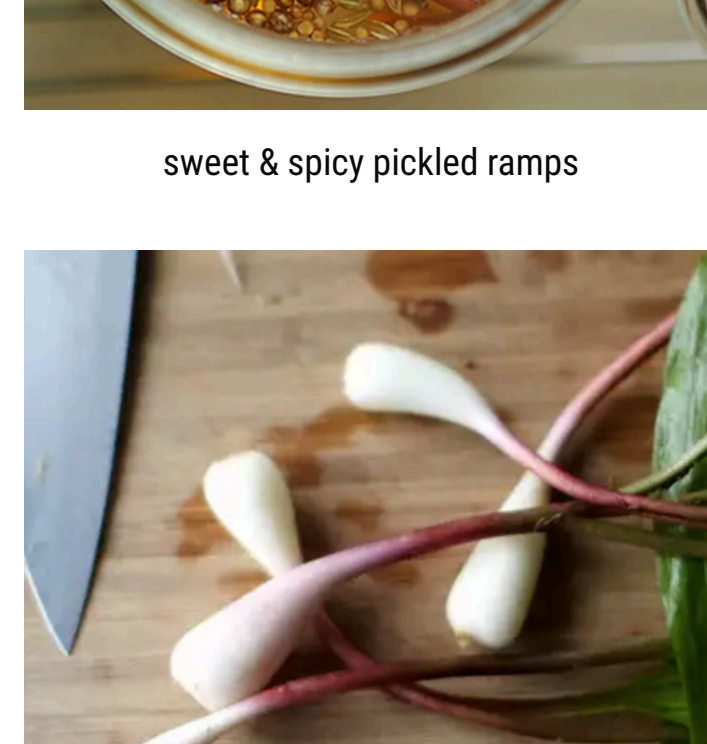
Click on the image to access the recipe



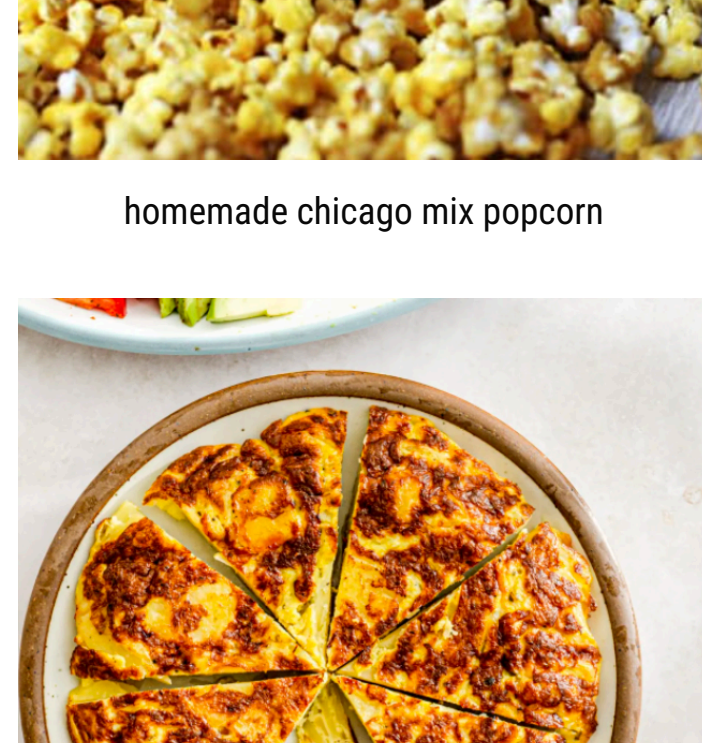
twice baked colcannon potatoes



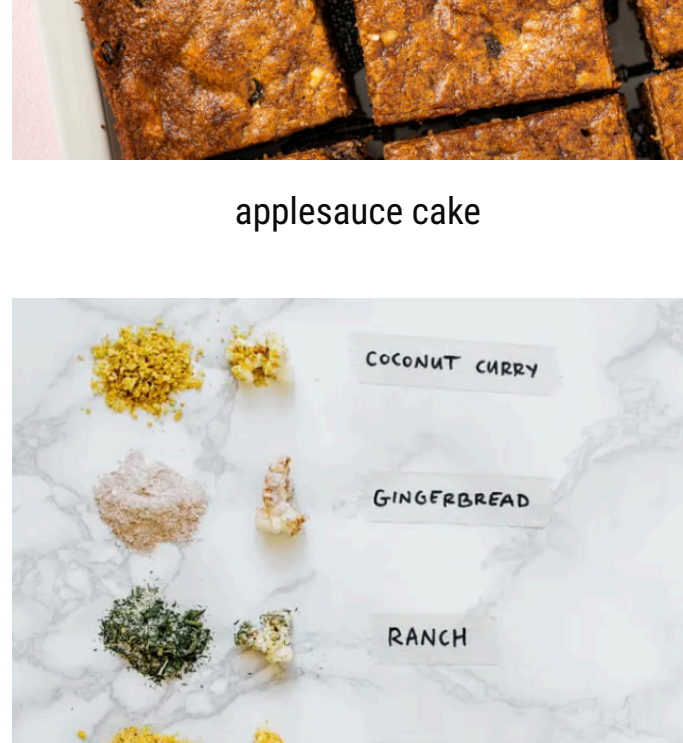
Applesauce Parfait with Cinnamon Bread Cr...



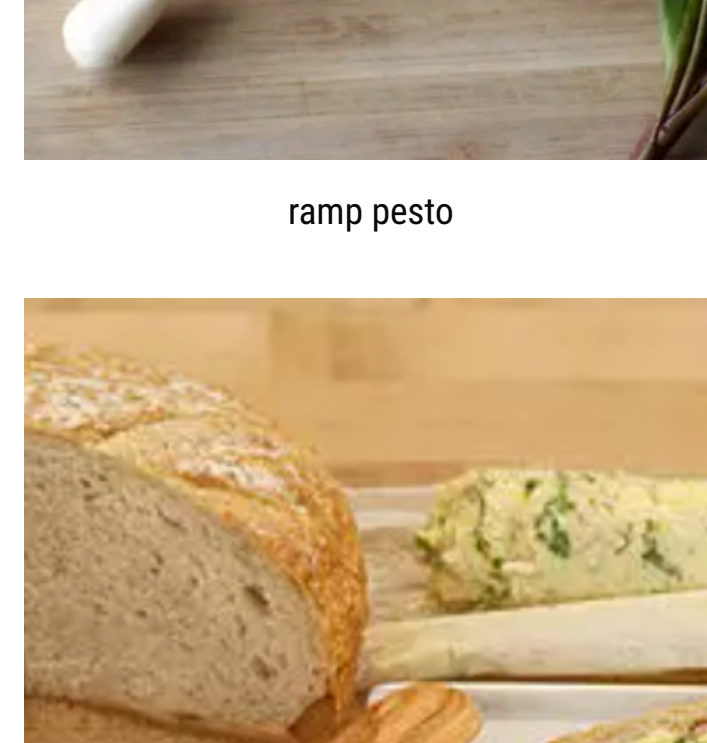
sweet & spicy pickled ramps



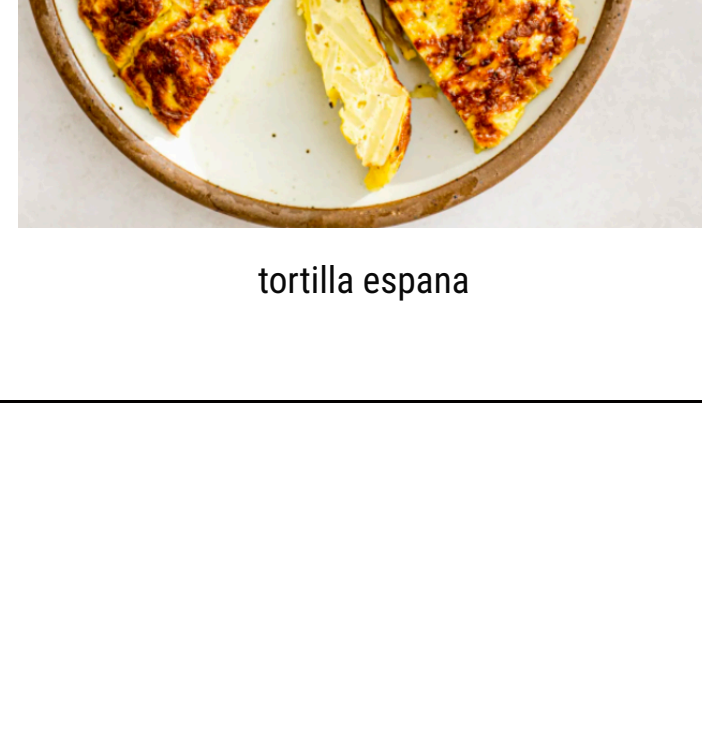
homemade chicago mix popcorn



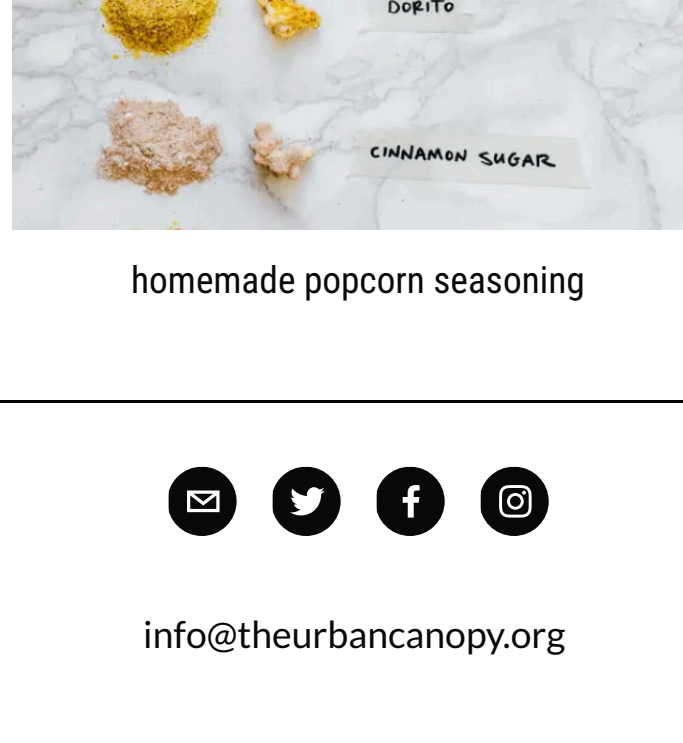
applesauce cake



ramp pesto



tortilla espana



homemade popcorn seasoning



ramp butter



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