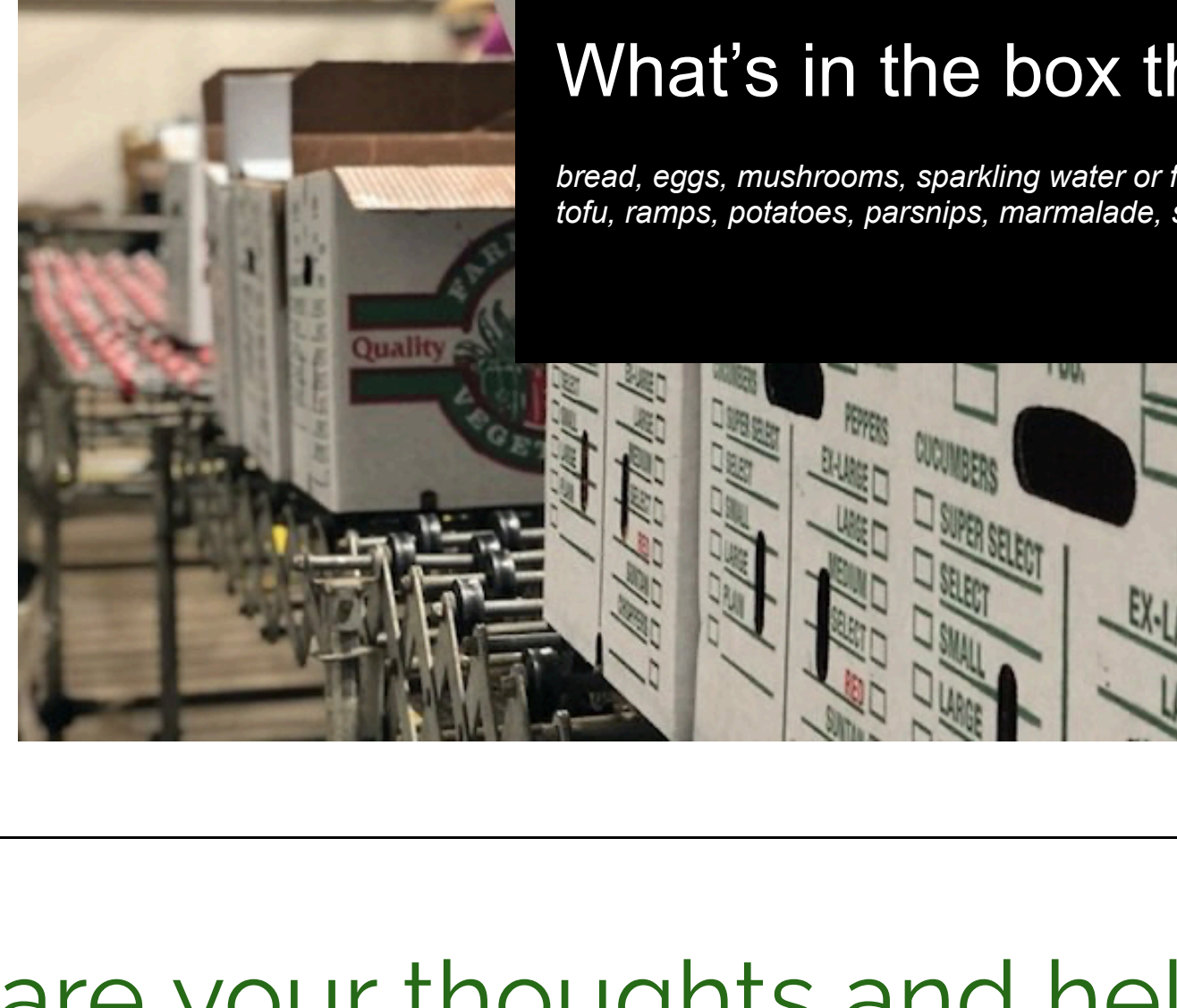




Spring Week 9: May 4 / 5 / 6

Welcome to Spring LUCSA Week 9!

Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



What's in the box this week?
 bread, eggs, mushrooms, sparkling water or fruit tonic, lettuce or bok choy, tofu, ramps, potatoes, parsnips, marmalade, spring onions

Share your thoughts and help us improve!

[TAKE OUR SEASON SURVEY](#)



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

Add-on Items

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



bushel & peck puttanesca pasta sauce

new! 24oz puttanesca pasta sauce



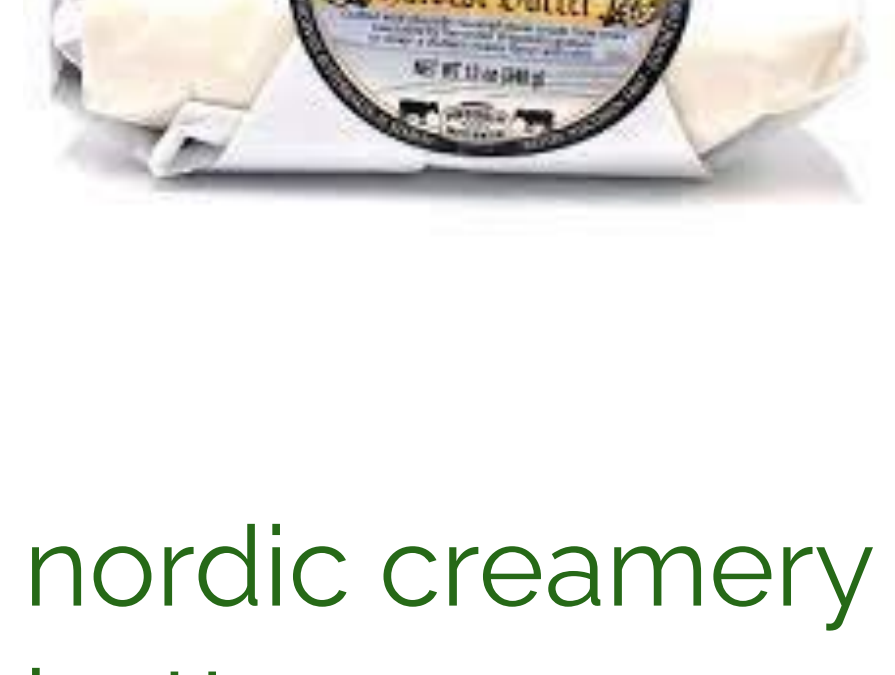
sarita's pleasure pies quarter pie

NEW! Vegan quarter pies!
 This week's flavor : shyboi chai !
 star anise, cardamom pods, cinnamon, cloves, ginger, peppercorn, nutmeg, oat milk, maple syrup, black tea, pecans, sweetened condensed coconut milk, agar agar, chocolate, coconut oil, graham crackers, coconut cream



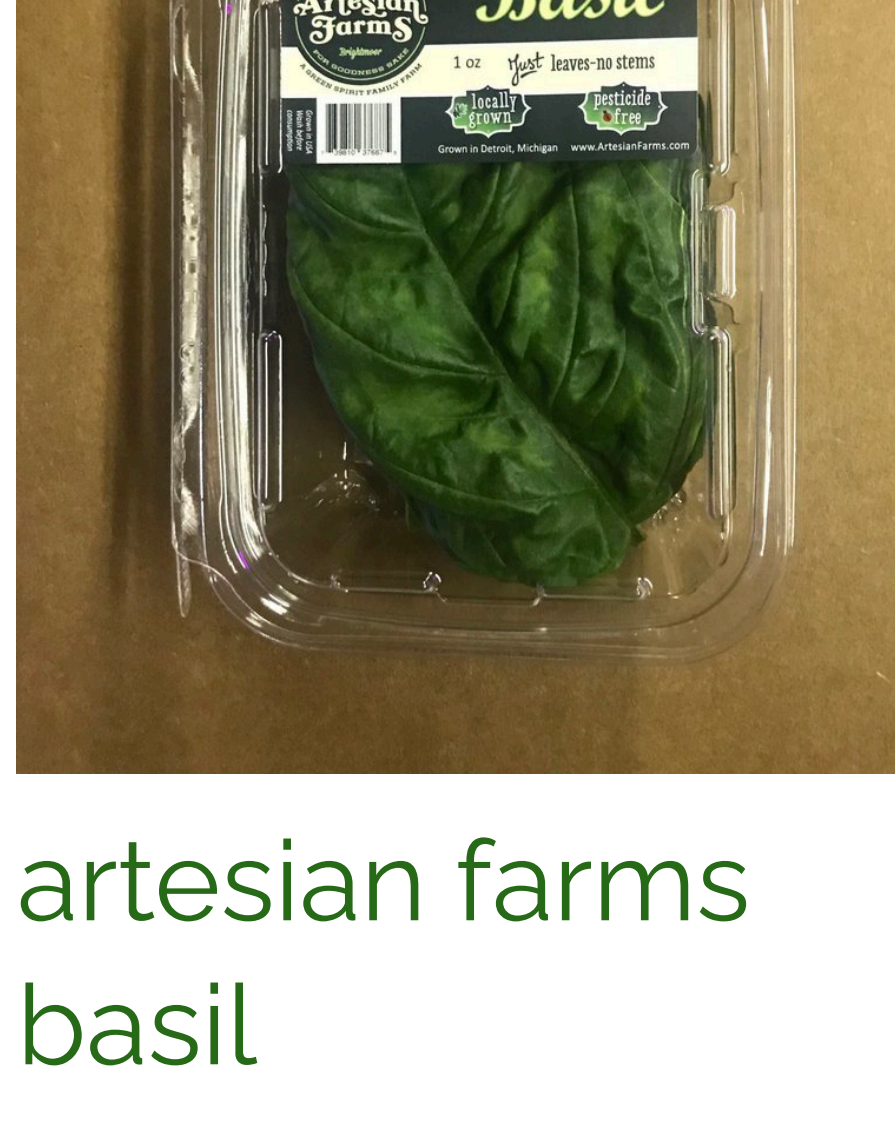
kavnica cold drip concentrate

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



nordic creamery butter

back in stock! 12 oz hand rolled



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.

& 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 (you will receive one of the following):

Coffee, Bridgeport Coffee (Bridgeport, 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: Country Round, Middlebrow (Logan Square)

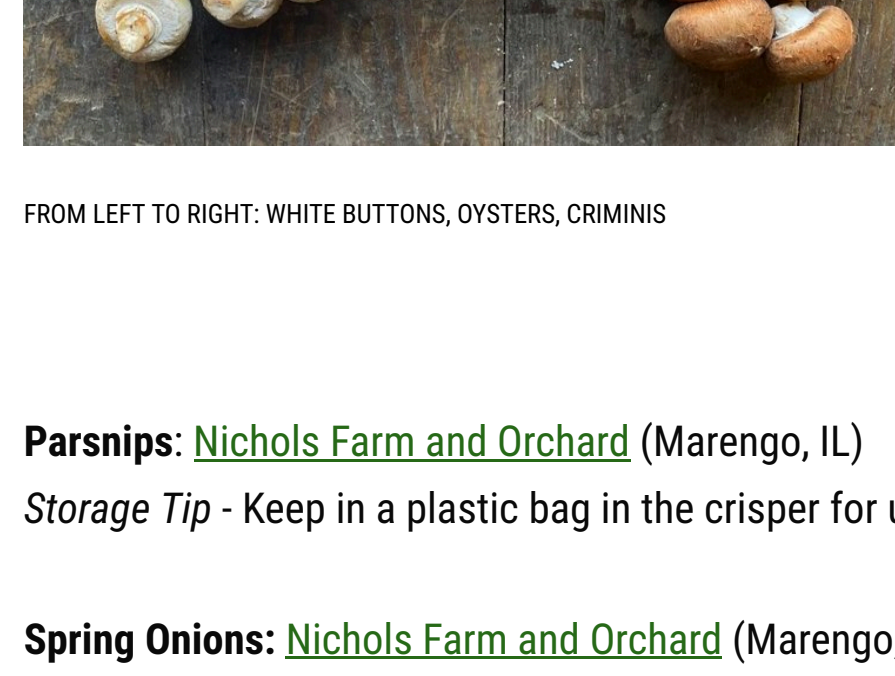
Thursday: Sourdough Round, pHour Bakery (Andersonville)

Friday: Pullman Sourdough, Publican Quality Bread (Fulton Market)

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

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.



FROM LEFT TO RIGHT: WHITE BUTTONS, OYSTERS, CRIMINI

Mushrooms:

Wednesday: White Button, River Valley Ranch (Burlington, WI)

Thursday: Crimini, River Valley Ranch (Burlington, WI)

Friday: Oyster, 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.

Orange Marmalade: The Urban Canopy

(Lincoln Square, Chicago, IL)

Storage Tip - Store in fridge up to 3 months.

Extra Firm Tofu: Phoenix Bean Tofu

(Chicago, IL)

Storage Tip - Store in fridge.

Parsnips: Nichols Farm and Orchard

(Marengo, IL)

Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Spring Onions: Nichols Farm and Orchard

(Marengo, IL)

Storage Tip - Spring onions can be kept on the counter for two days but will then start to wilt. You should keep their greens dry. After a couple days they should stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

Potatoes: PrainErth 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.

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.

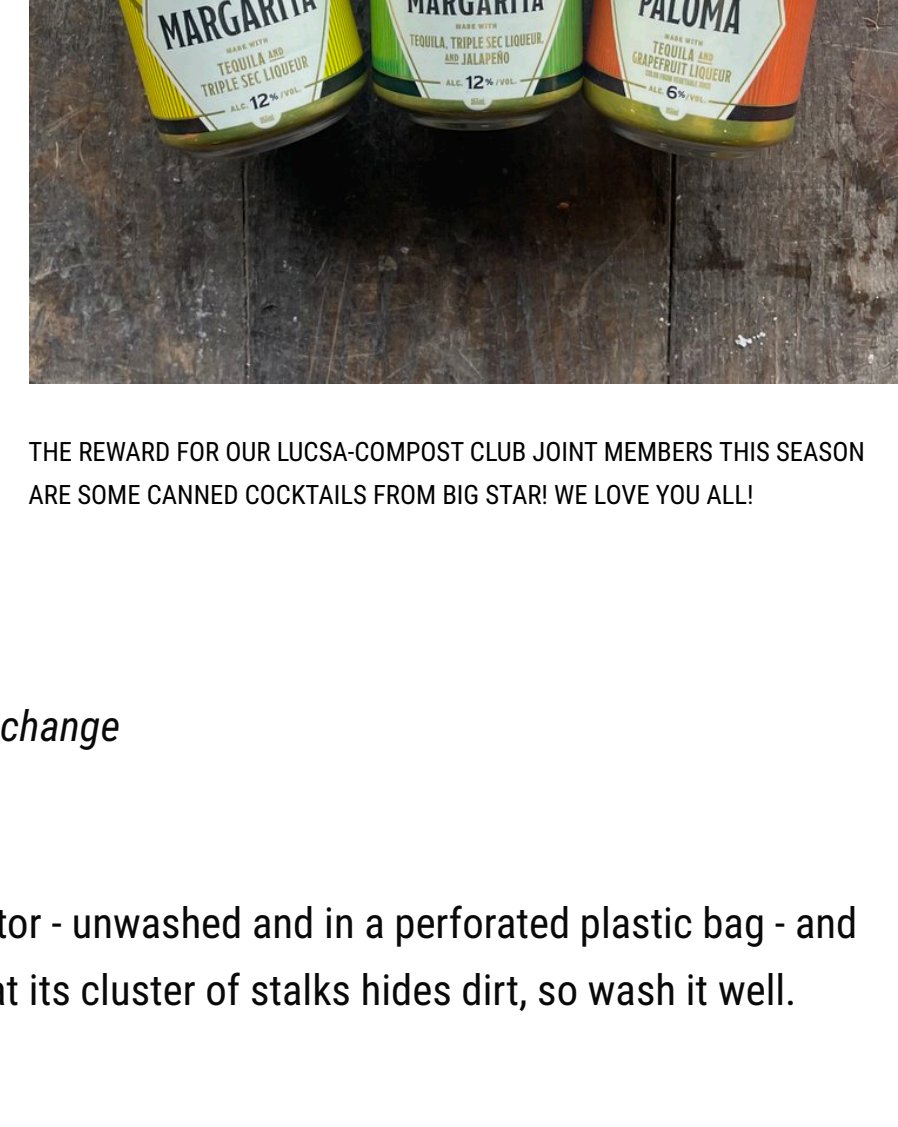
Wednesday/Thursday: Greens: Artesian Farms

(New Buffalo, 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.

Friday: Carrots: Gary Comer Youth Center (Grand Crossing, Chicago, IL)

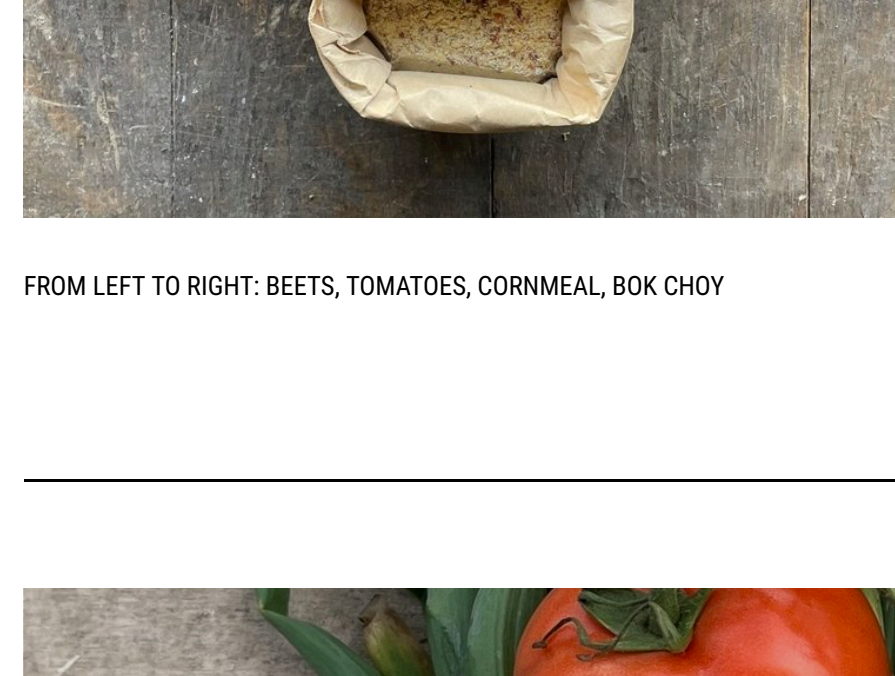
Storage Tip - Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.



THE REWARD FOR OUR LUCSA COMPOST CLUB JOINT MEMBERS THIS SEASON ARE SOME CANNED COCKTAILS FROM BIG STAR! WE LOVE YOU ALL!

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, TOMATOES, CORNMEAL, BOK CHOY

Bok Choy: Down at the Farms

(Fairbury, IL)

Storage Tip - Store in the crisper drawer of your refrigerator - unwashed and in a perforated plastic bag - and use within a few days. When you do use it, remember that its cluster of stalks hides dirt, so wash it well.

Beets: Down at the Farms

(Fairbury, IL)

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

Floriani Cornmeal: Spence Farm

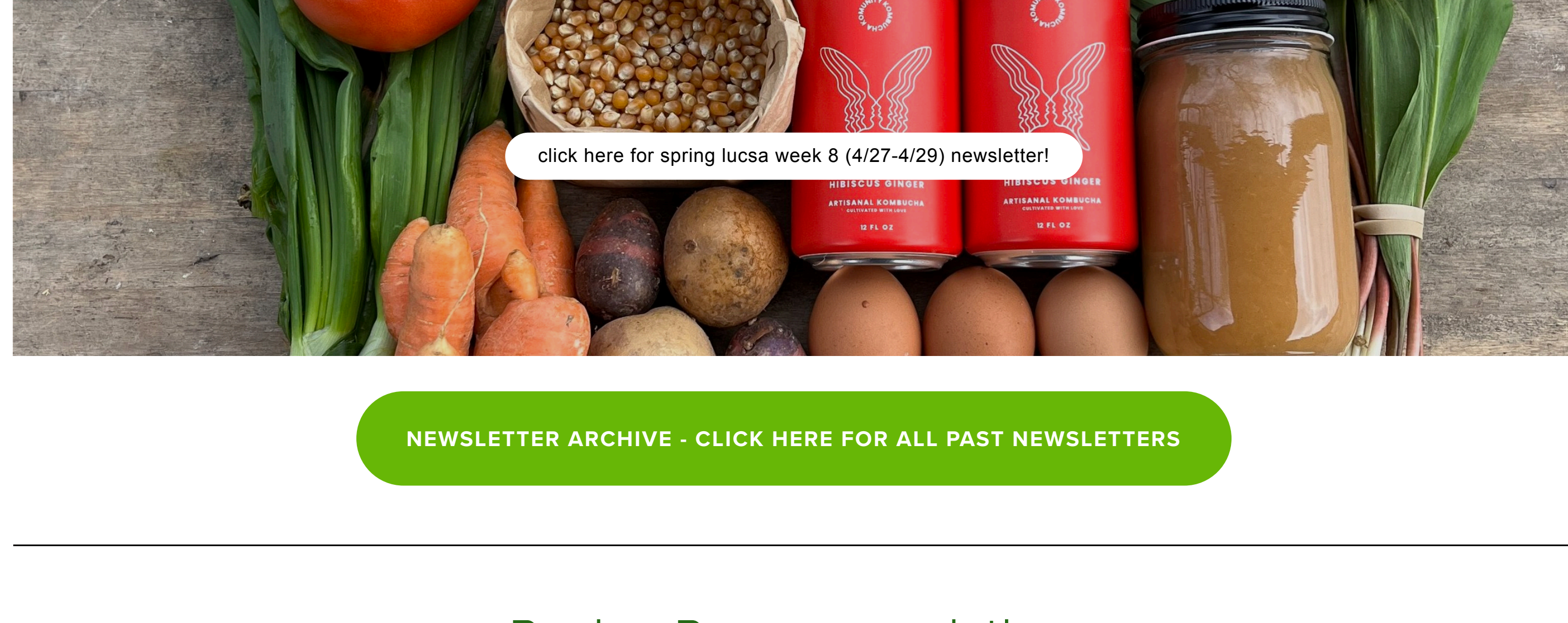
(Fairbury, IL)

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

Tomatoes: Mightvive

(Chicago, IL)

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

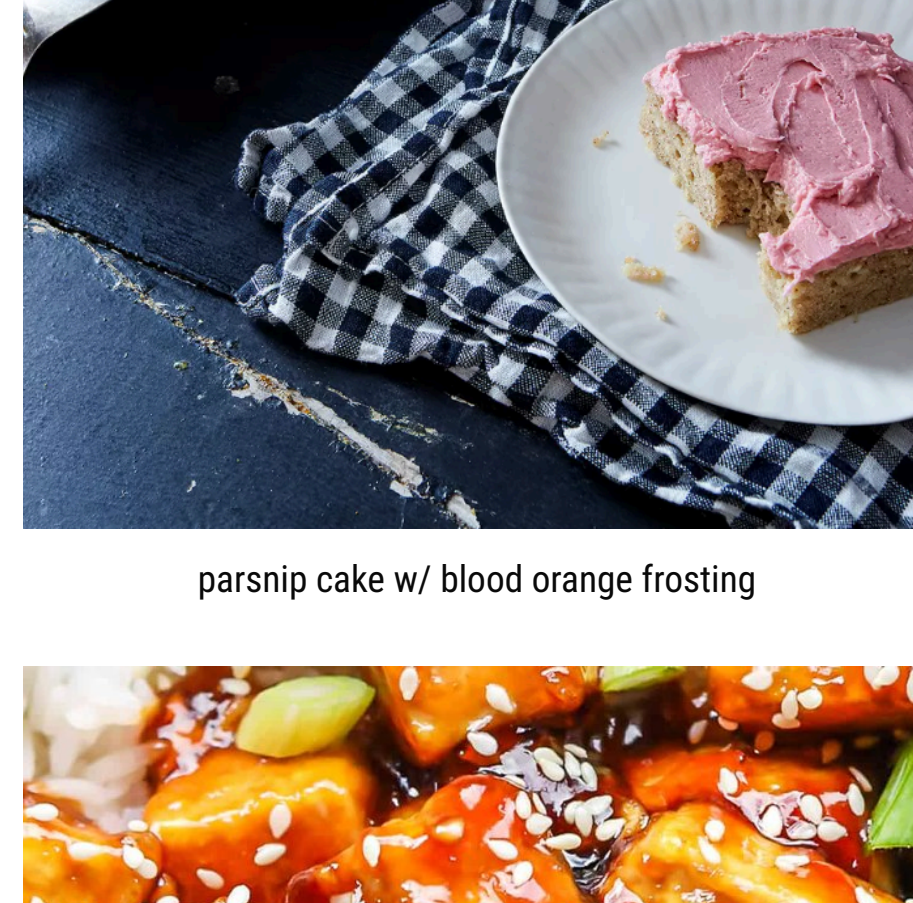


[click here for spring lucsa week 8 \(4/27-4/29\) newsletter!](#)

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

Recipe Recommendations

Click on the image to access the recipe



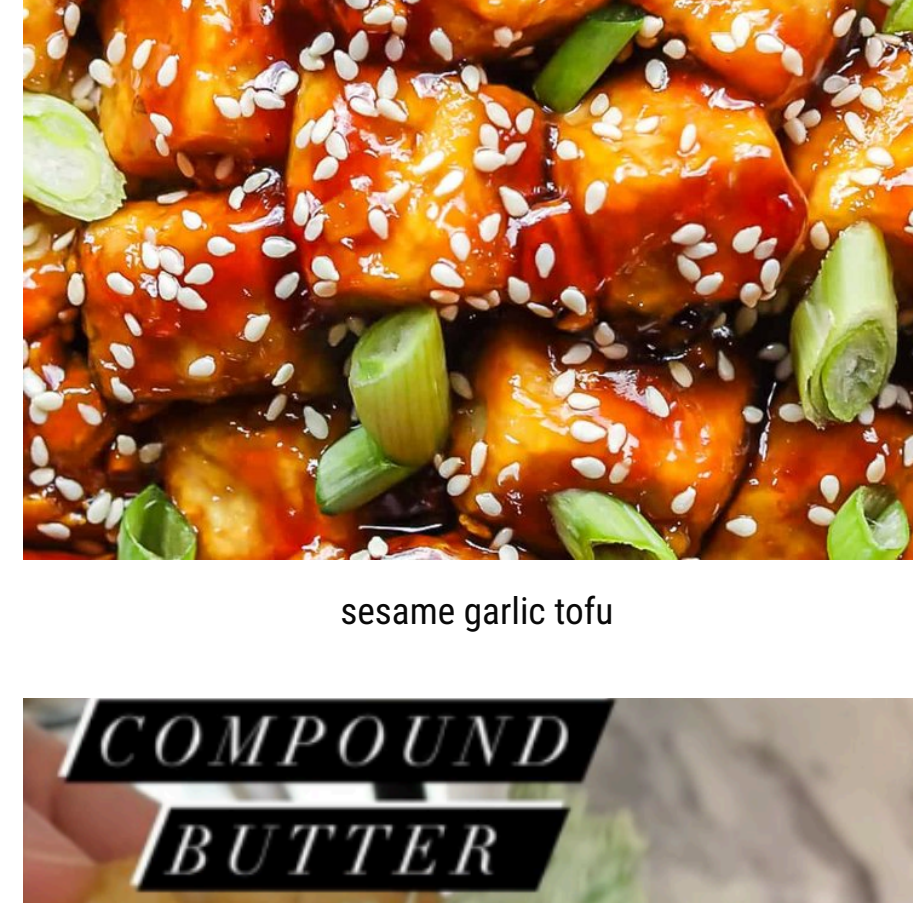
parsnip cake w/ blood orange frosting



ottolenghi's confit grilled parsnips w/ herbs



parsnip soup (sub spring onions for leeks)



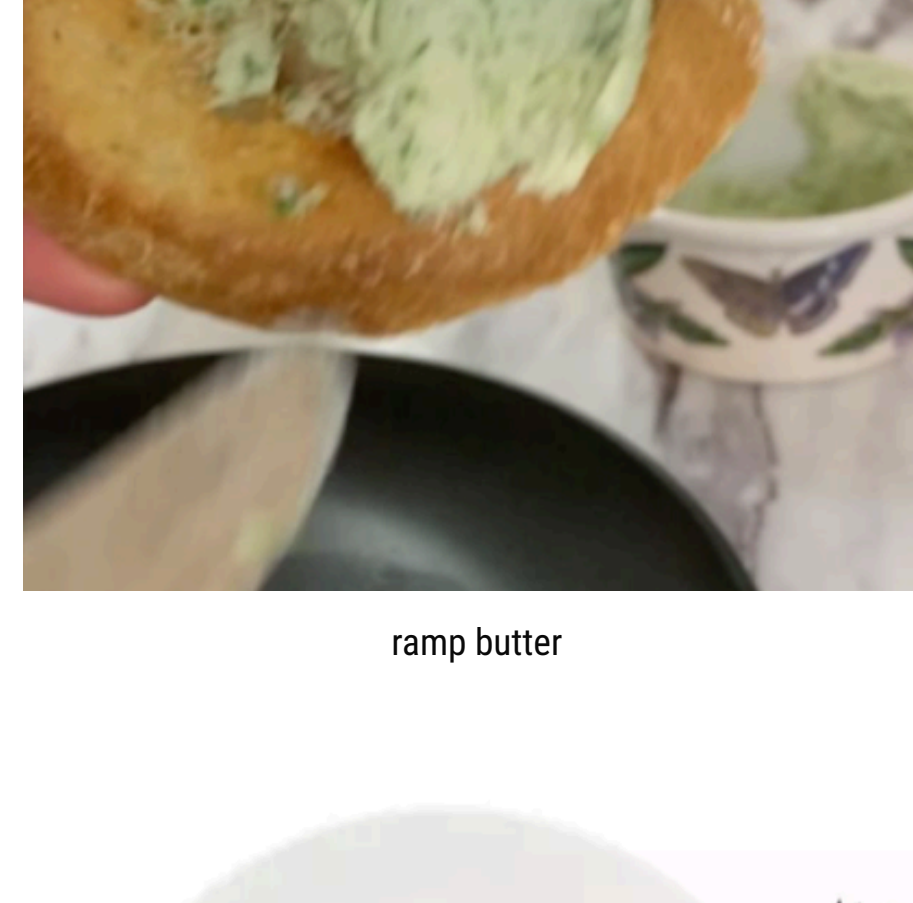
sesame garlic tofu



tofu sofritas



massaman tofu curry



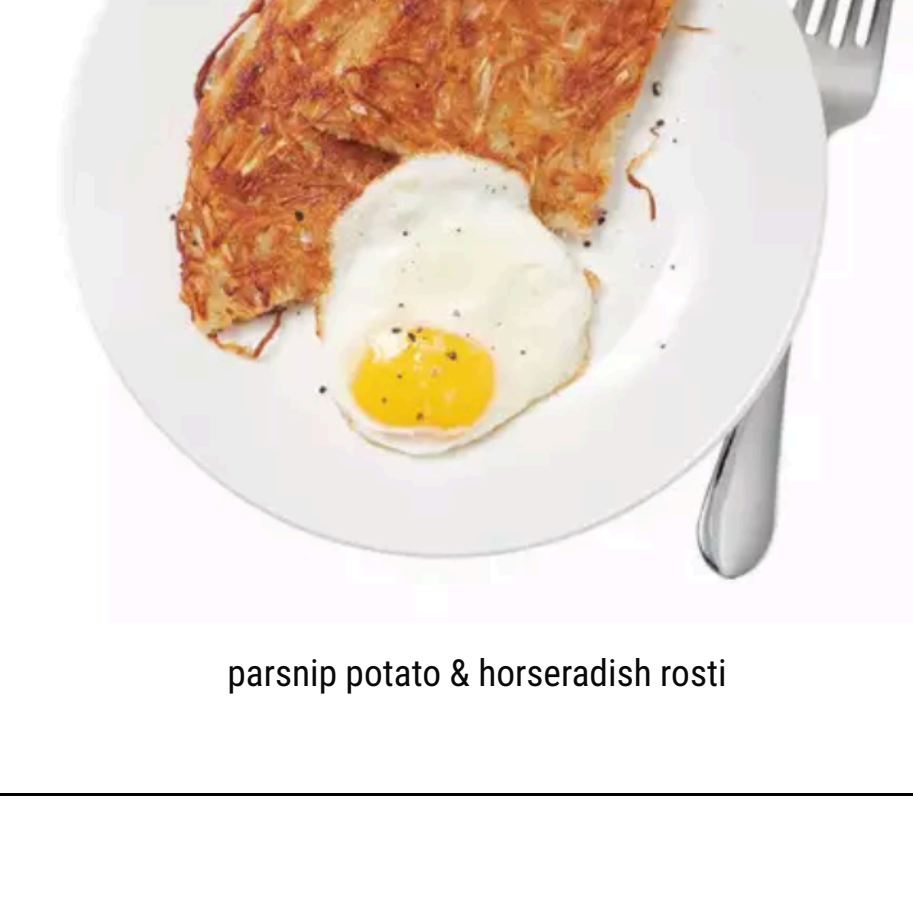
ramp butter



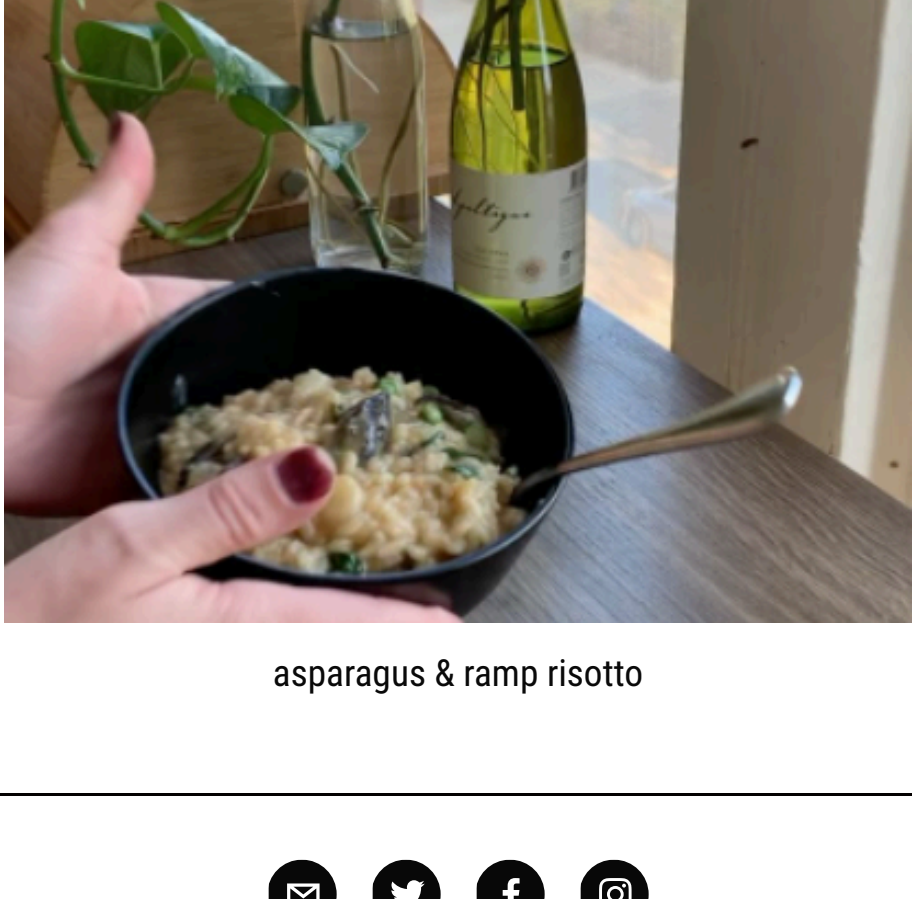
orange marmalade yogurt cake



spring onion pesto



parsnip potato & horseradish rosti



asparagus & ramp risotto



melting potatoes