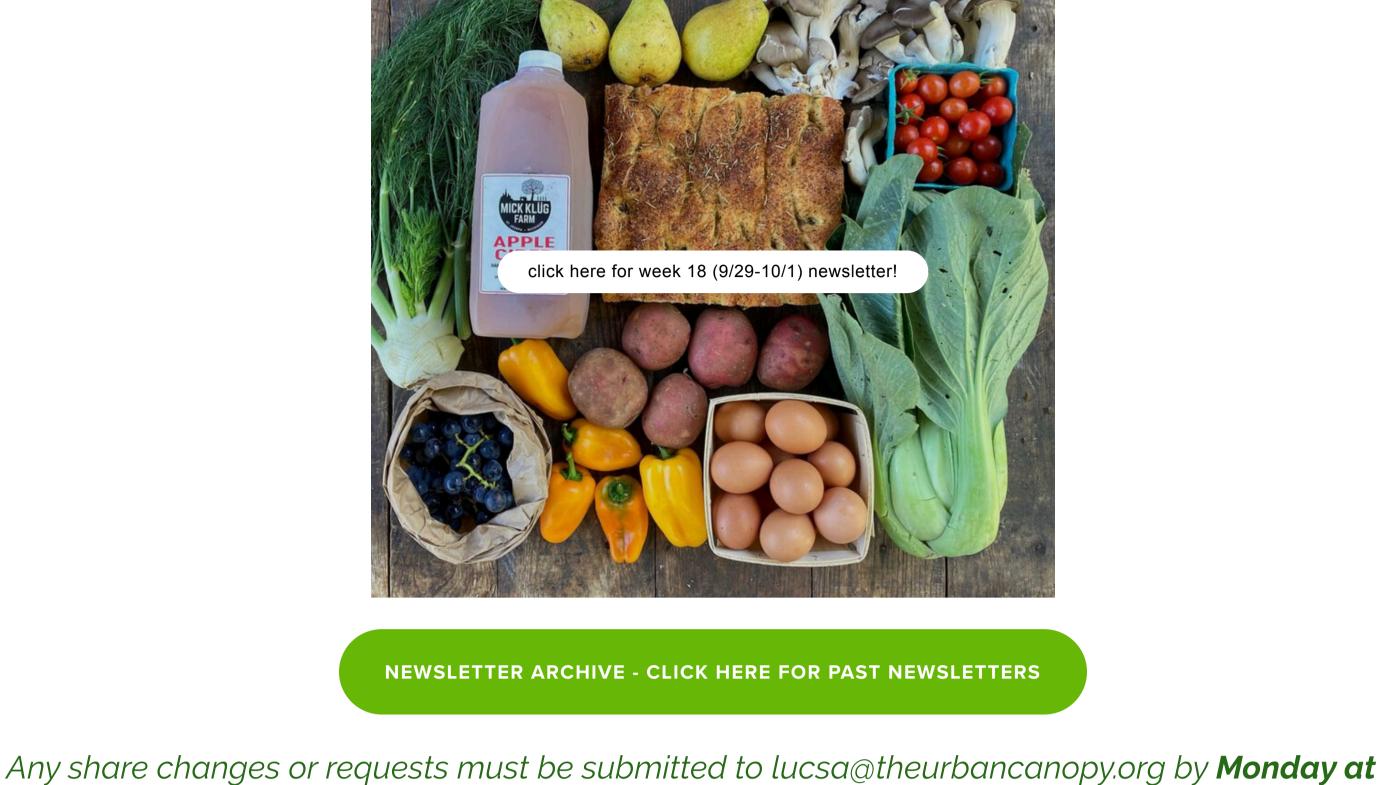
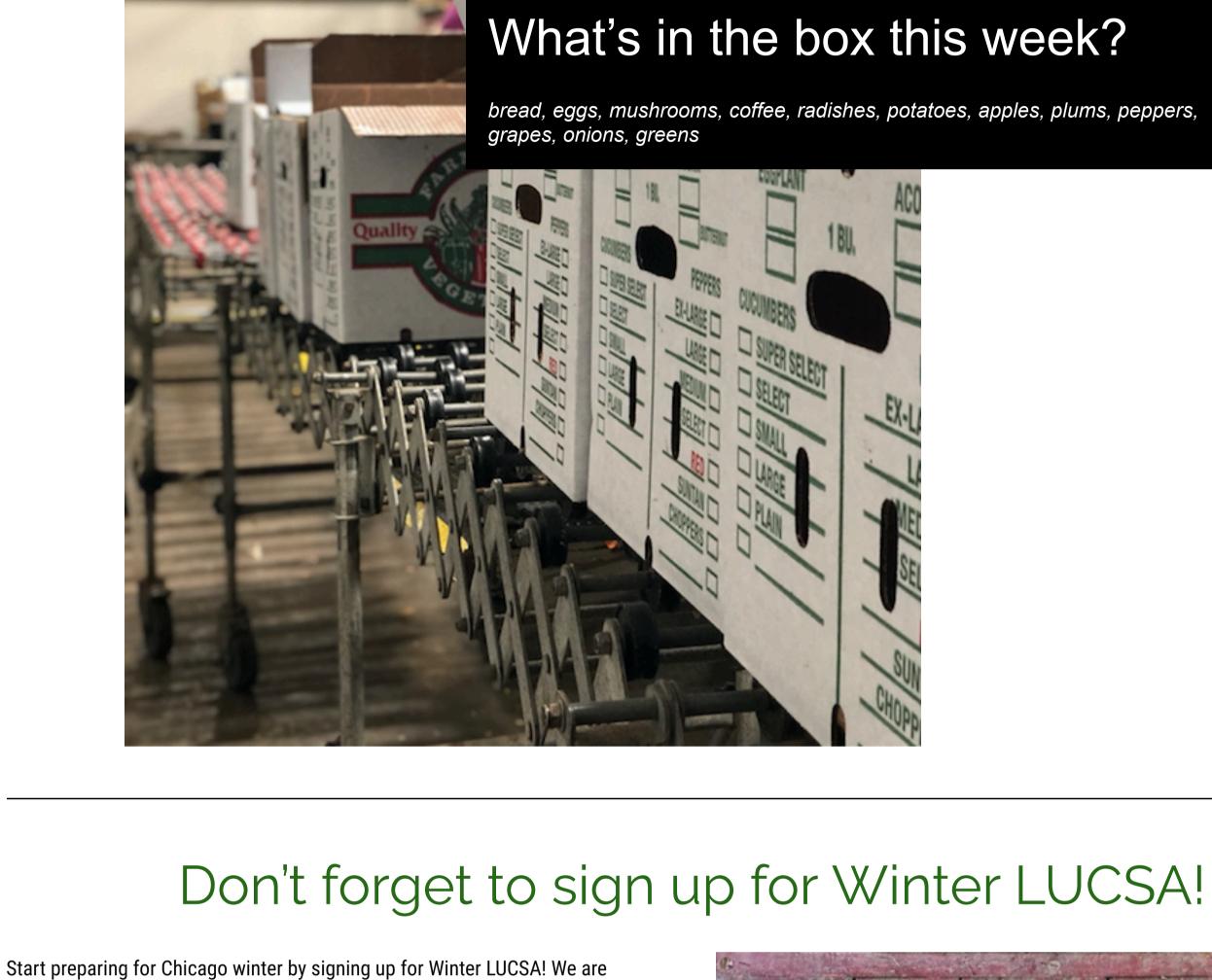
Welcome to LUCSA Week 19!





include in this seasons' shares (like maple syrup, pecans, dried cherries, honey,

Winter LUCSA will deliver the best of local winter produce AND some of the special hacks to feel like it's summer again (thank you aquaponics growers!) with 14 weekly or 7 bi-weekly deliveries from **November 10th - February 25th.** Information on share contents and pricing can be found on our_website. We offer \$25 LINK match! For those paying with LINK/EBT, you will only pay \$25 for your share and LINK Match will cover the other \$25. Any additional purchases will all be charged at full price though you are welcome to use LINK to cover

sending out deliveries of local produce + many other goodies all winter long.

Reserve your spot now for weekly or biweekly deliveries! We are so excited to

part of winter LUCSA, we are excited to come up with new local products to

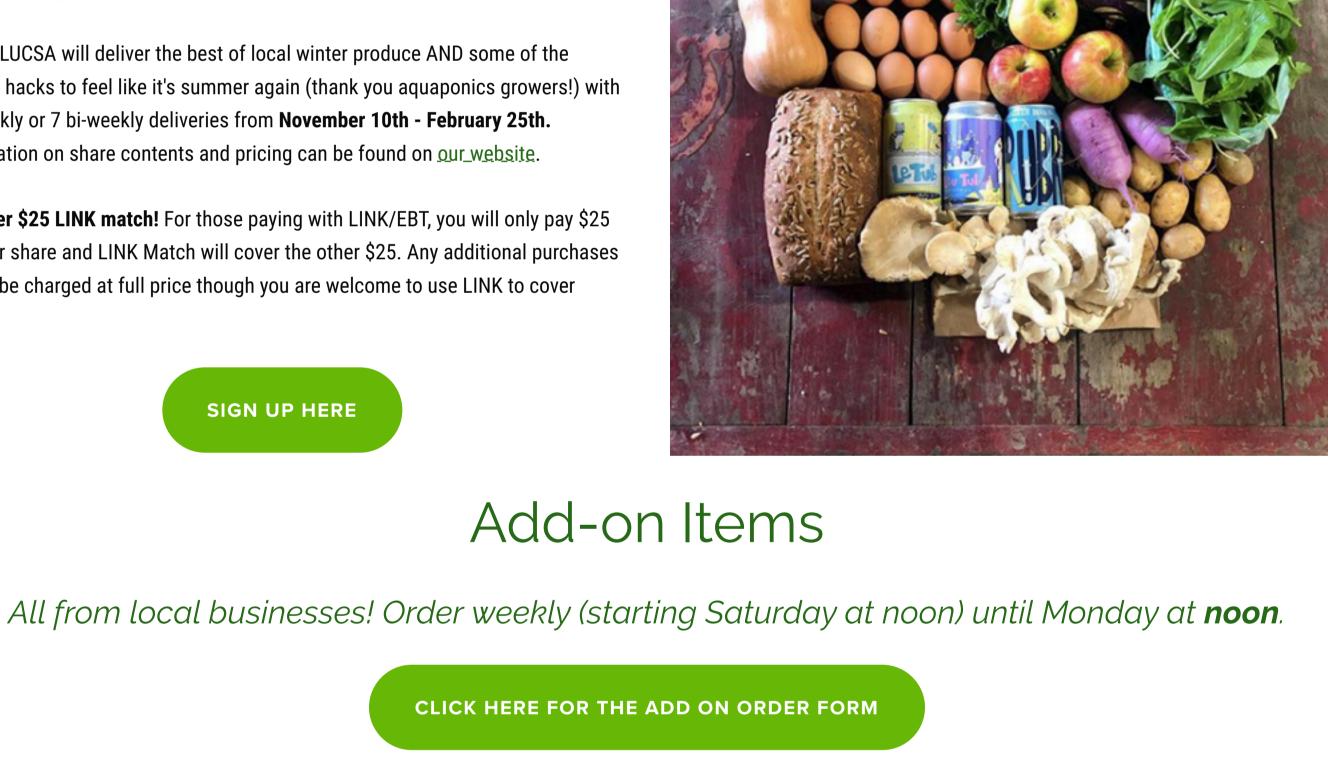
so much more).

them.

roast root vegetables and drink hot apple cider. And of course, everyones favorite

SIGN UP HERE

noon! Thank you!





The juice and zest of 1 beautiful lemon 2 cloves garlic-roughly chopped 1/2-1 tbsp honey (depending on your preference to sweetness) 2-3 pieces of preserved lemon- roguhly chopped and seeds removed (size dependent, you're aiming for the equivalent of 1 small lemon)

Preserved Lemon and Tahini Dressing:

2 tbsp apple cider vinegar

4 tbsp olive oil

2-3 tbsp tahini (3 if you're a tahini fanatic like myself)

coriander, cumin, or your favorite go-to spice in your cabinet.

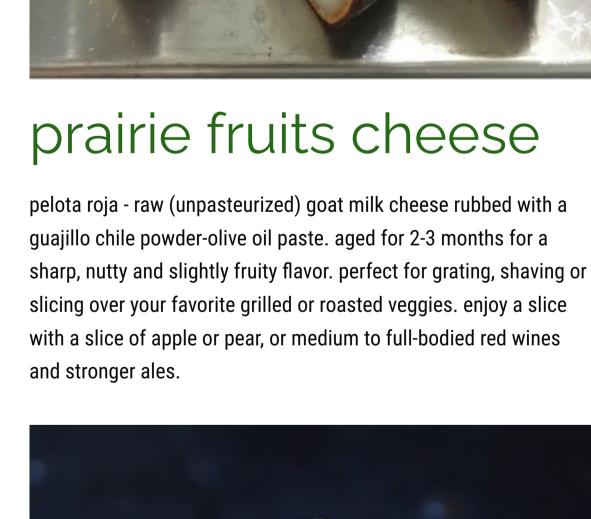
salad dressing, add water in thsp increments until desired consistency is met. Better yet, use some of that preserved lemon liquid in lieu of water. Store in an airtight container in your fridge and use it on greens, grains, legumes, mix with some hummus, top your falafel wrap, or anything you can get your hands on! Go nuts!

1/2 tsp Za'atar blend seasoning - if you don't have this item, no worries! You can use ground

Directions: Blend all of the ingredients in a blender or food processor. If you prefer a smoother

Ups and Downs It's been a year of ups and downs on the farm. The months of July and August brought with them days that made me want to

give up. Days of intense sun and sweltering heat, of miserable humidity and



& much more available!

foxship cookies

cookies.

s'mores - loaded with dandies marshmallows, graham cracker

crumbs, and chocolate chips. three-pack of vegan quarter pound

From the Farm

extreme discomfort. Days when, even at 7am before the sun had risen, sweat glistened on our brows before trickling down the faces to which they belong, past sleepy eyes as thumb and finger made a half-hearted attempt to rub them awake, past lips parted wide in a yawn of protest, or pursed around the plastic straw of

an iced coffee with no ice left.

and downs.

But seasons change, and mad things rearrange. And when they do, the downs help put the ups into perspective. Last week, we had a bonfire. It was a chance for Crew to get together and hang

and beauty this lil project of ours offers. The week before, Shane challenged Kevin, Erin and I to a pepper-throwing contest. So we set down our harvest crates, and took turns hurling yellow and orange and red peppers with all our might into (or toward) the trees bordering the farm's northern edge. Kevin won. But I mean, come on, he played baseball. Now, our season is winding down. We're brainstorming, thinking about what we want for our farm next year. Flowers. A Frustrations Board. Goats. We'll be seeing less of each other from now on, but for me, it's been great to connect with crew

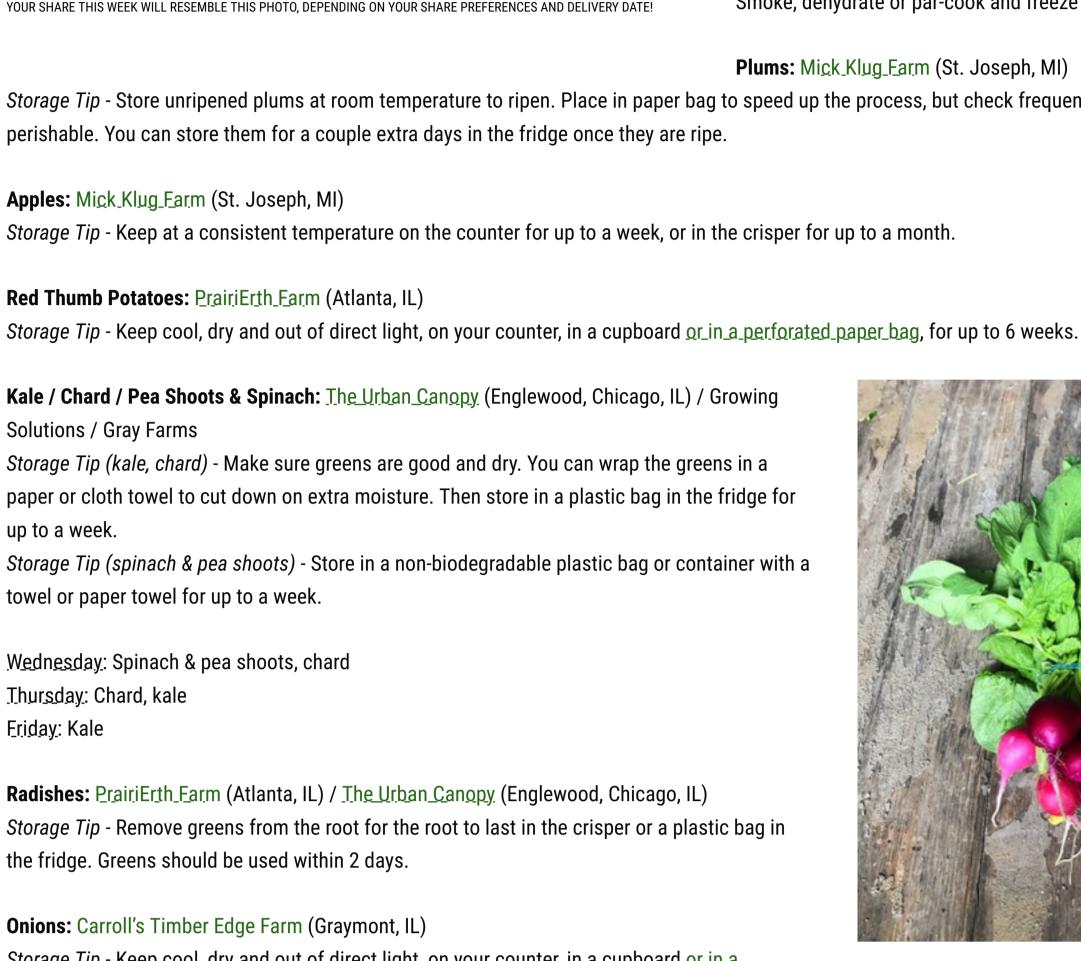
new and old working on the farm this year, through good days and bad ones, ups

Shoutout to the oFarm crew and to Ms. Lauryn Hill. Peace.

out, to share drinks and food, and to enjoy the farm for the peace and tranquility

Joey

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 Whole Bean Coffee: Bridgeport Coffee (Chicago, IL)



Wednesday: Crimini Mushrooms, River_Valley_Mushrooms (Burlington, WI) Thursday: Oyster Mushrooms, Mycopia Mushrooms (Scottville, MI) Friday: Crimini Mushrooms, River_Valley_Mushrooms (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.

Plums: Mick_Klug_Farm (St. Joseph, MI) Storage Tip - Store unripened plums at room temperature to ripen. Place in paper bag to speed up the process, but check frequently because they are extremely

up to 6 months.

Mushrooms

Bread

Wednesday: Organic Boule pHlour_Bakery (Andersonville, Chicago)

Friday: Malted Rye Boule, 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

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

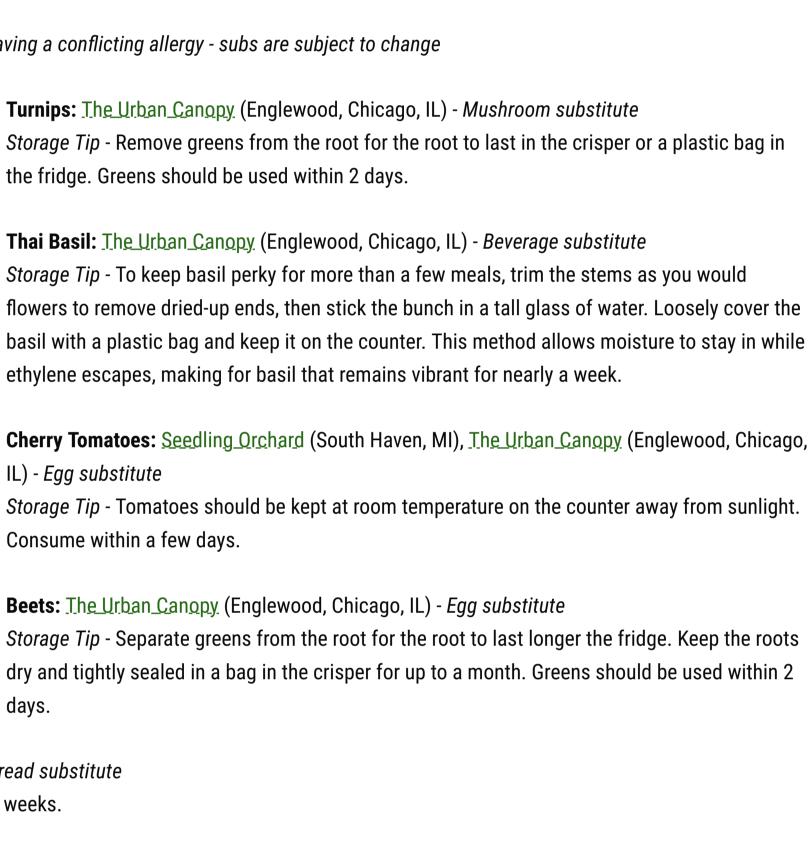
Thursday: Pain au Levain pHlour_Bakery (Andersonville, Chicago)

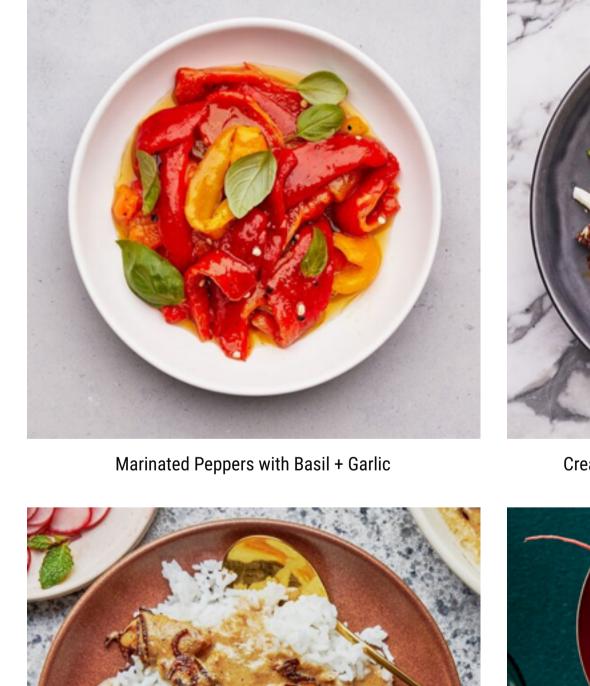
and freeze for future toast or croutons!

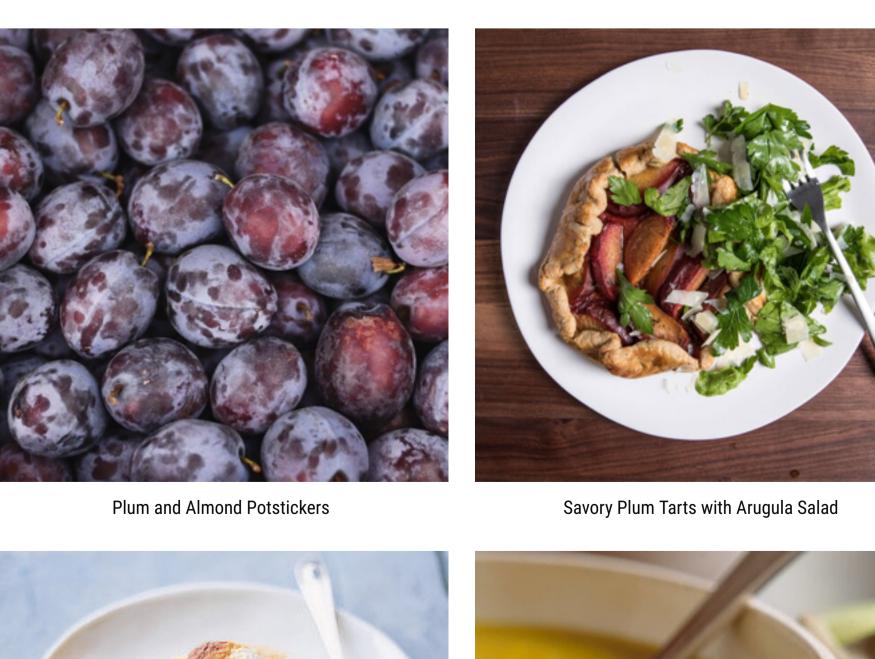
Eggs: Finn's Steak and Egg_Ranch (Buchanan, MI)

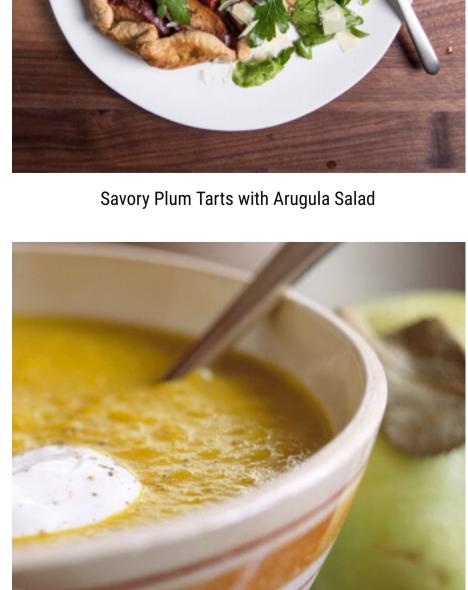
THIS WEEK'S SHARE FEATURES A PLETHORA OF RADISH VARIETIES: ON THE LEFT IS A MIXED BUNDLE OF BACCHUS AND PINK CELEBRATION RADISHES, AND ON THE RIGHT ARE RED KING RADISHES

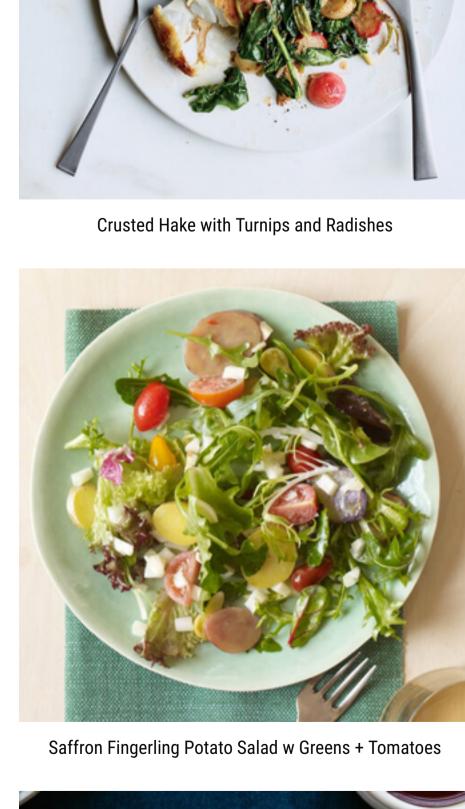
Roasted Turnips with Pepita Agrodolce, Garlic, and Parsley











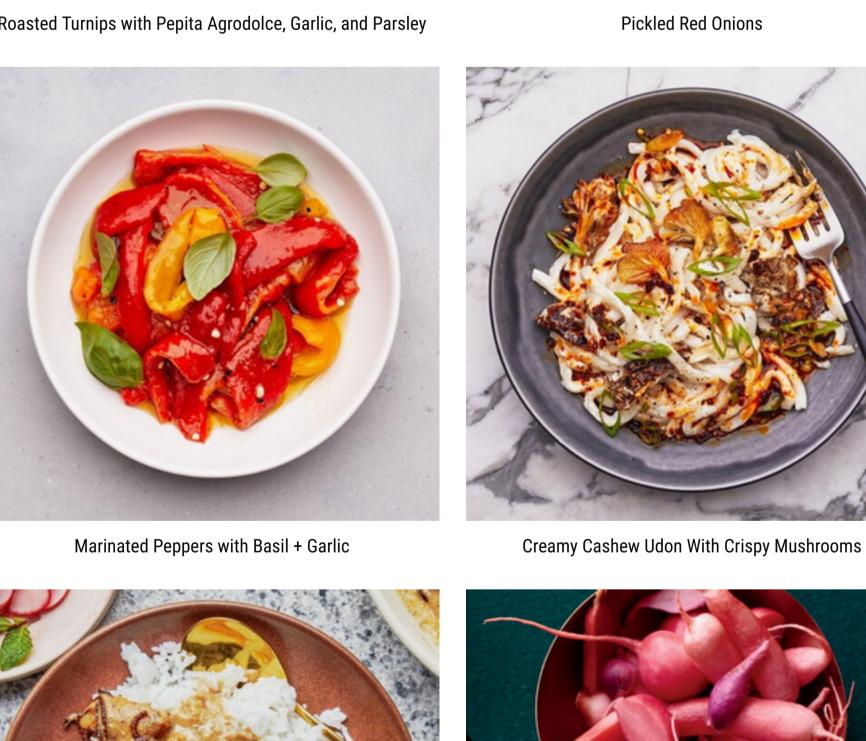
Salted Caramel Apple Cookies

Fried Egg on Toast with Salted Herb Butter and Radishes

2550 S Leavitt St, Chicago, IL 60608 ©2020 The Urban Canopy

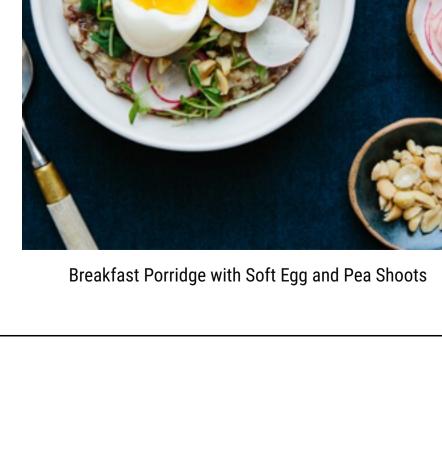
Support Our Work with a \$ Contribution (NOT tax deductible!)

Pickled Red Onions



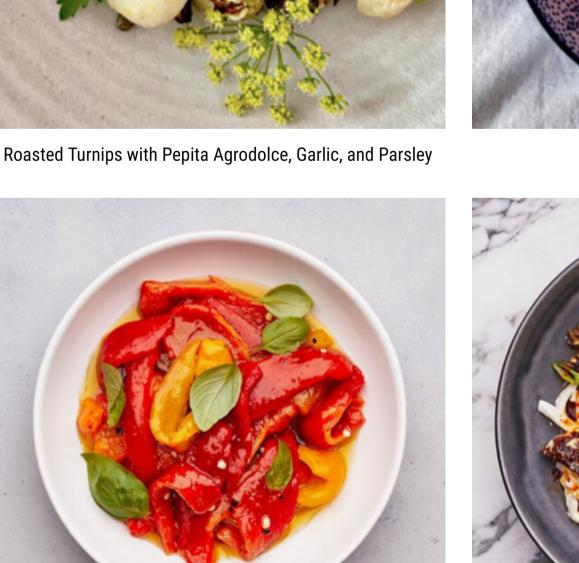
Egg Korma with Frizzled Onions + Radishes Spicy Quick Pickled Radishes





Thursday: Chard, kale Friday: Kale Radishes: PrairiErth Farm (Atlanta, IL) / The Urban Canopy (Englewood, Chicago, IL) Storage Tip - Remove 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. Onions: Carroll's Timber Edge Farm (Graymont, IL) Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or_in_a_ perforated paper bag. Sweet Peppers / Bell Peppers: The Urban Canopy (Englewood, Chicago, IL) / Genesis Growers (St. Anne, IL) Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks. Concord Grapes: Mick_Klug_Farm (St. Joseph, MI) Storage Tip - Store in crisper and allow for some air flow. These go quick so eat within 2-3 days. Substitutions Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subs are subject to change Turnips: The Urban Canopy (Englewood, Chicago, IL) - Mushroom substitute the fridge. Greens should be used within 2 days. Thai Basil: The Urban Canopy (Englewood, Chicago, IL) - Beverage substitute ethylene escapes, making for basil that remains vibrant for nearly a week. IL) - Egg substitute

FROM LEFT TO RIGHT: BEETS, CHERRY TOMATOES, EGGPLANT, SHISHITO PEPPERS, THAI BASIL, TURNIPS days. Shishito Peppers / Poblano Peppers: Genesis Growers (St. Anne, IL) - Bread substitute Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks. Eggplant - Genesis Growers (St. Anne, IL) - Bread substitute Storage Tip - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week. Recipe Recommendations Click on the image to access the recipe



Baked Apples with Mexican Chocolate

