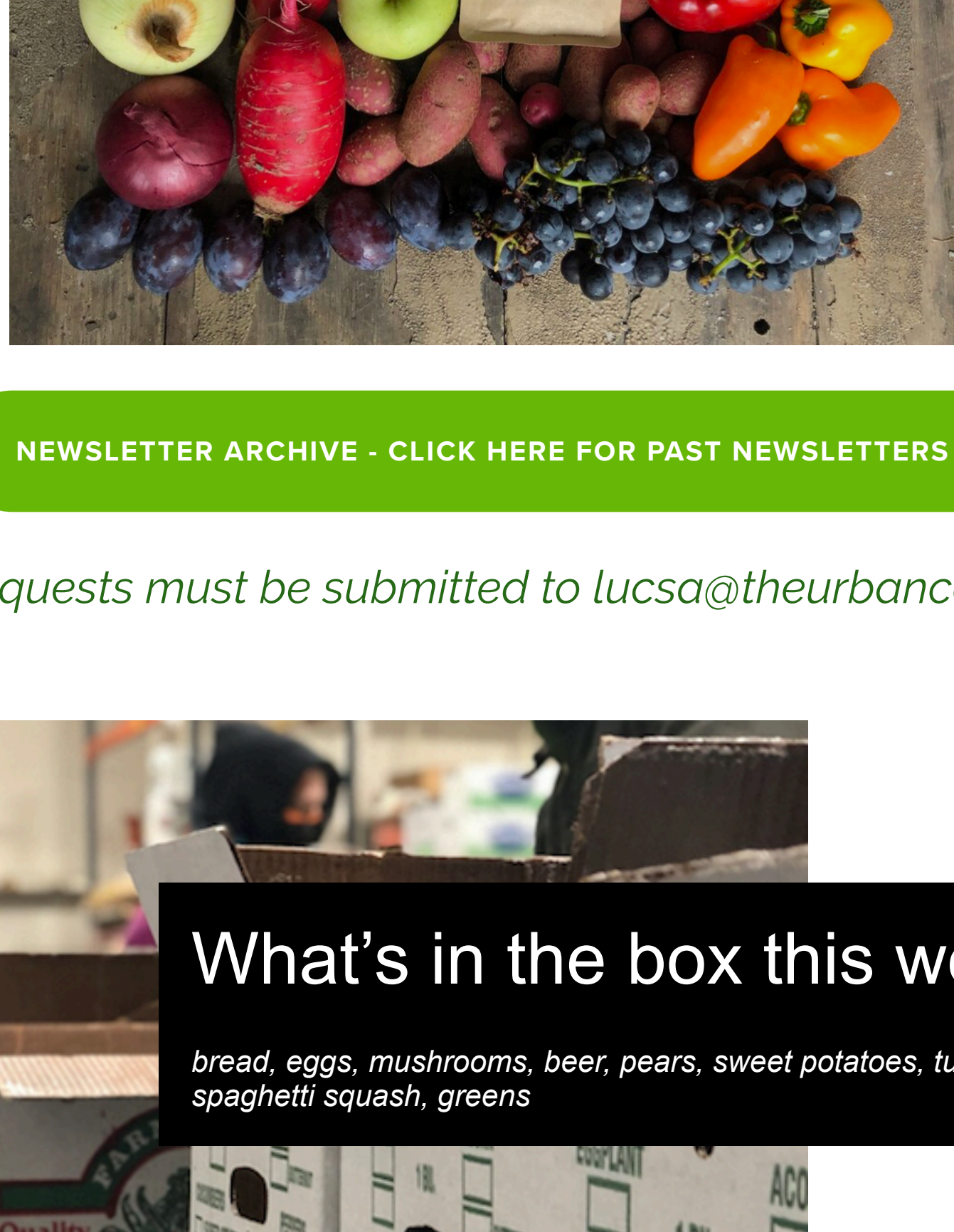


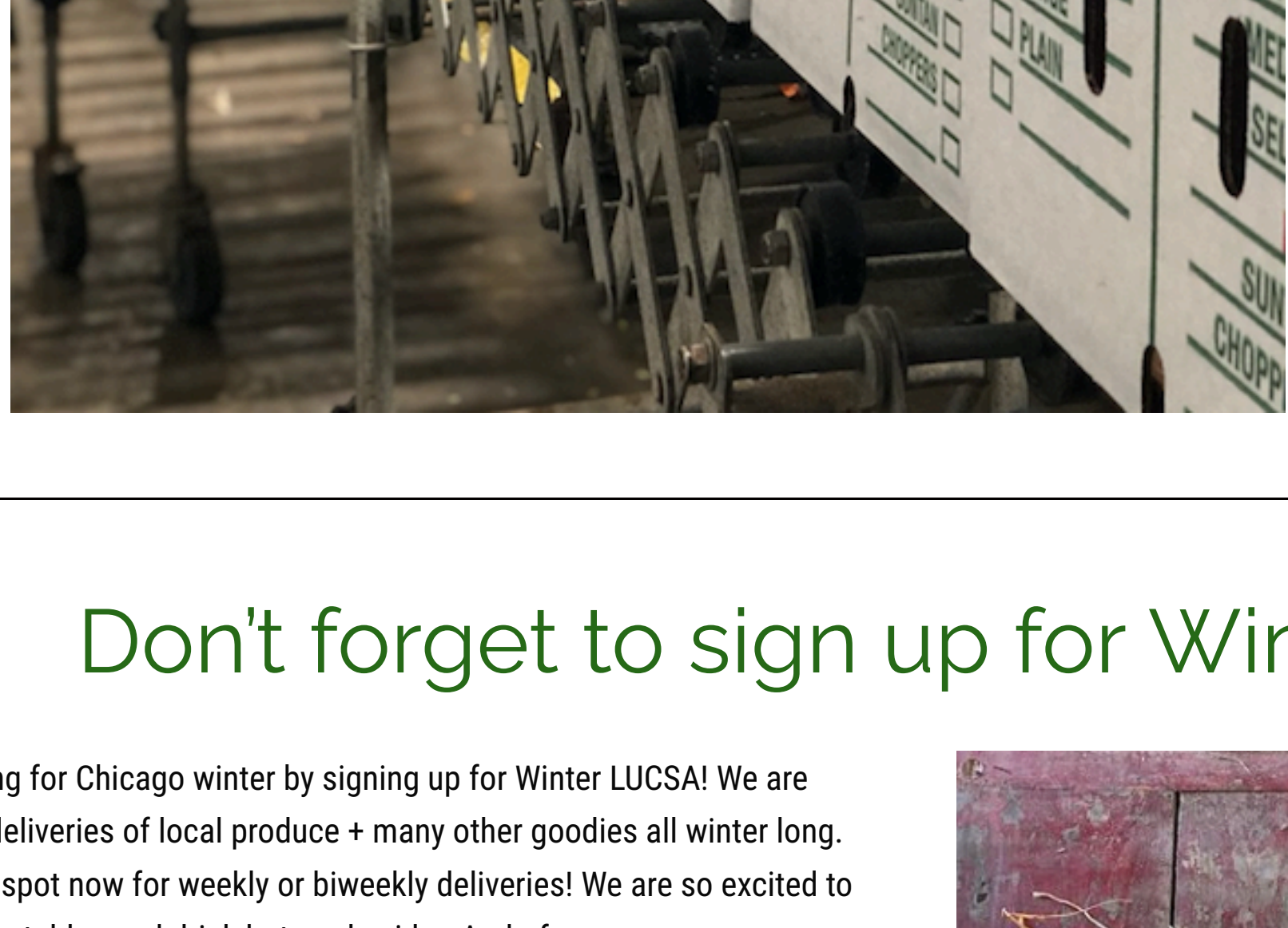


Welcome to LUCSA Week 20!



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

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, beer, pears, sweet potatoes, turnips, apples, carrots, spaghetti squash, greens

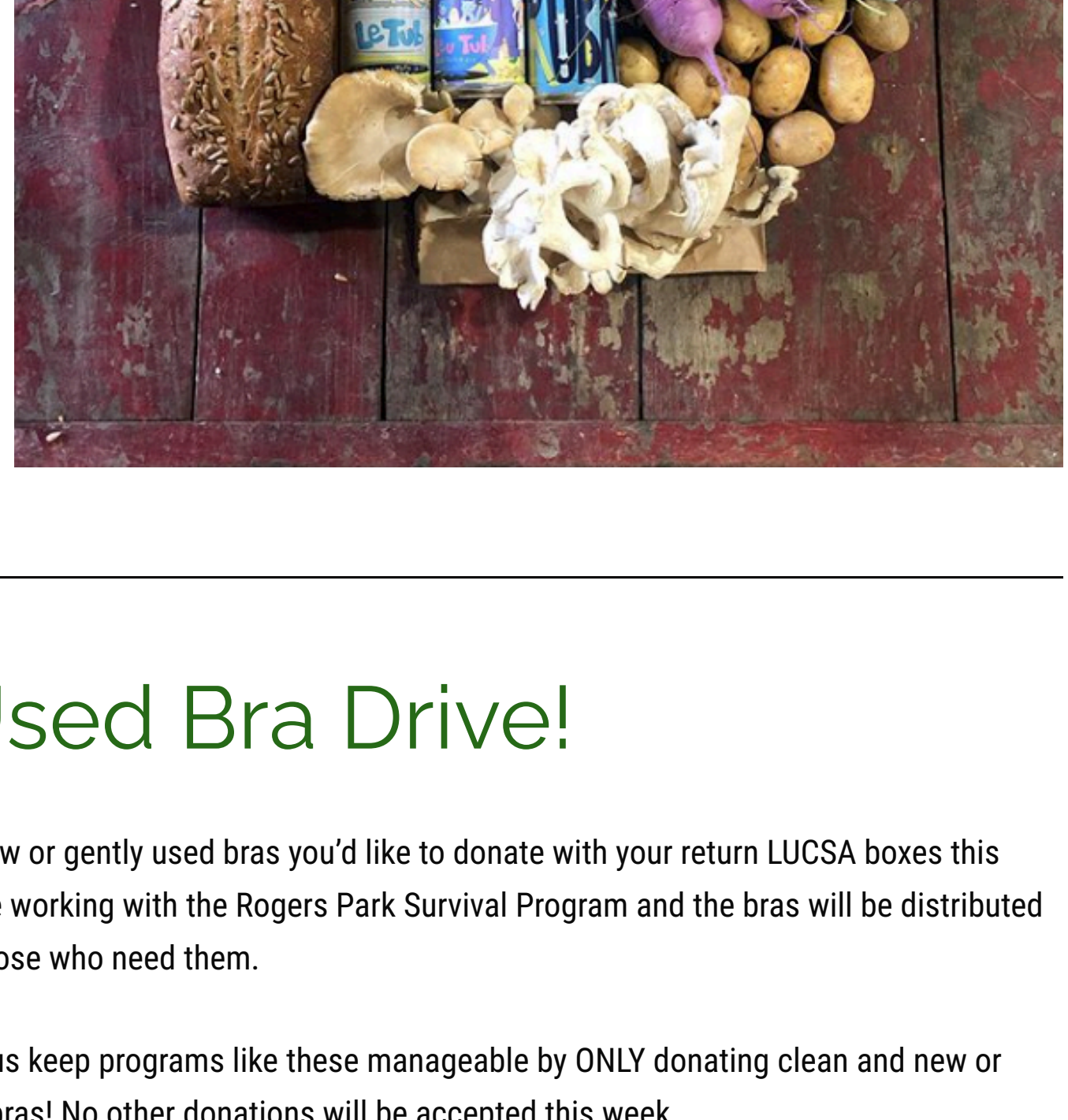
Don't forget to sign up for Winter LUCSA!

Start preparing for Chicago winter by signing up for Winter LUCSA! We are 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 roast root vegetables and drink hot apple cider. And of course, everyone's favorite part of winter LUCSA, we are excited to come up with new local products to include in this seasons' shares (like maple syrup, pecans, dried cherries, honey, so much more).

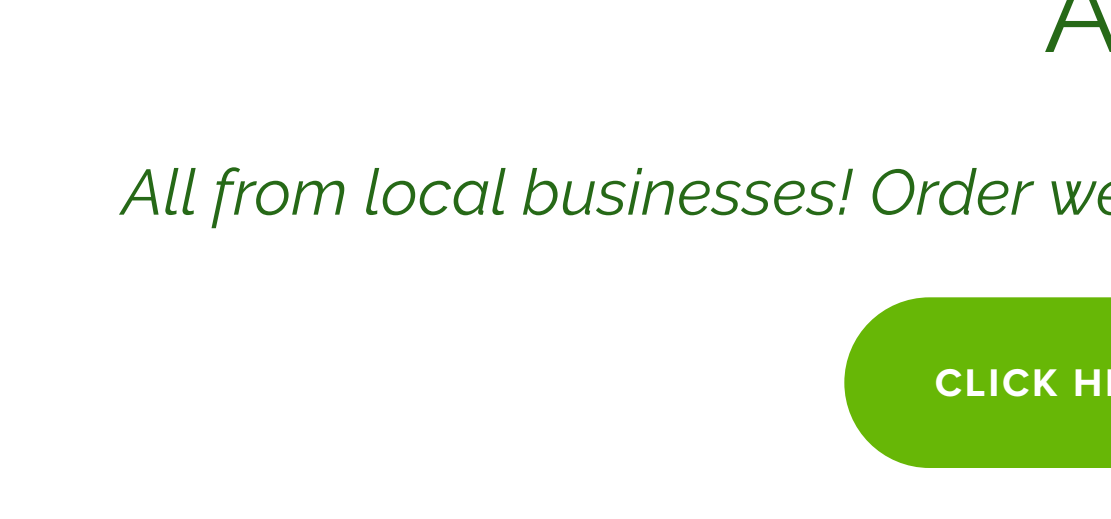
Winter LUCSA will deliver the best of local winter produce AND some of the special hacks to feel like it's summer again (thank you aquaponics growers!) with 14 weekly or 7 bi-weekly deliveries from **November 10th - February 25th**. Information on share contents and pricing can be found on [our website](#).

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 them.

[SIGN UP HERE](#)



New + Gently Used Bra Drive!



Leave any new or gently used bras you'd like to donate with your return LUCSA boxes this week! We are working with the Rogers Park Survival Program and the bras will be distributed for free to those who need them.

Please help us keep programs like these manageable by **ONLY** donating clean and new or gently used bras! No other donations will be accepted this week.

Reach out to lucsa@theurbancanopy.org with any questions or concerns.

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](#)



foxship bakery cookies
three quarter pound vegan pumpkin spice cookies. full of fall flavor :-)



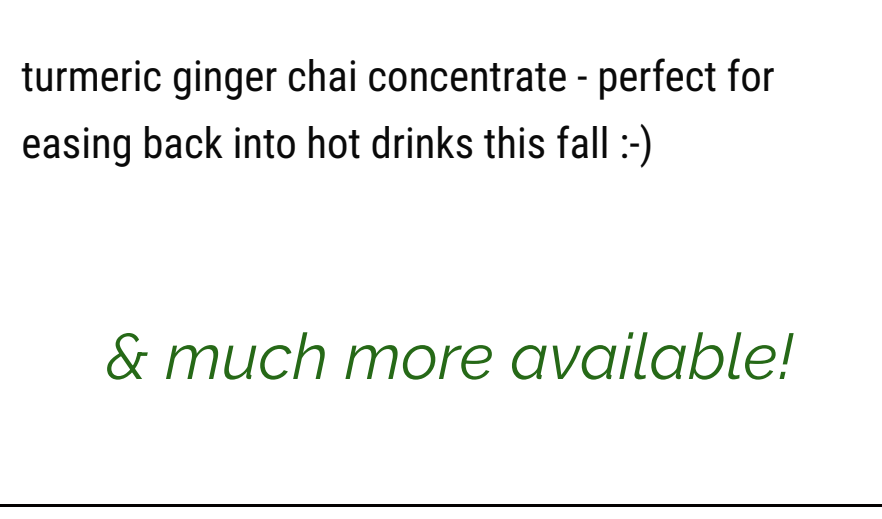
apples from seedling
making a pie? apple lover? add three pounds of heirloom apples from seedling to your share!



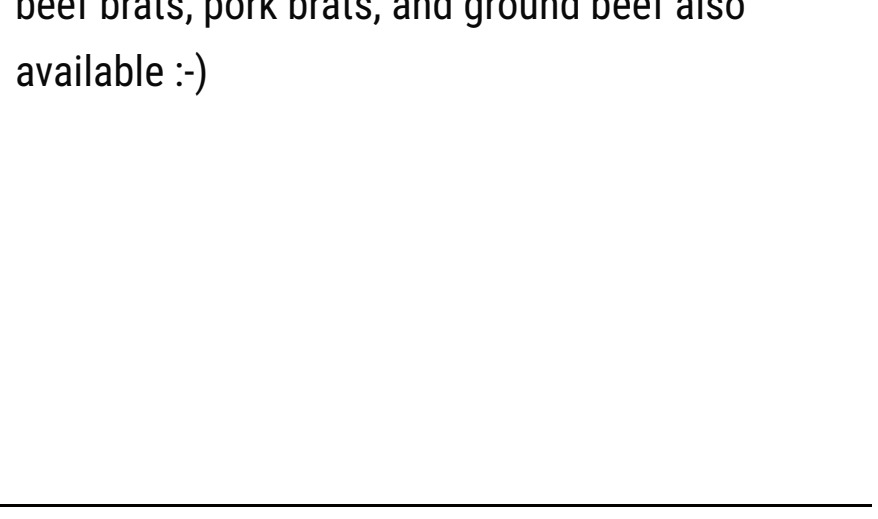
garfield produce microgreens
rainbow mix - brussels sprouts, kale, mustard, broccoli, radish - makes for a colorful and flavorful salad base



mick klug cider
half gallons of fresh pressed apple cider!



rishi chai concentrate
turmeric ginger chai concentrate - perfect for easing back into hot drinks this fall :-)



finns ranch burger patties w bacon
quarter pound burger patties... with bacon mixed in! made with 100% grass fed grass finished beef. beef brats, pork brats, and ground beef also available :-)

& 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
Beer: Hopewell Brewing Company (Logan Square, Chicago, IL)
Endgrain - Märzen-style Oktoberfest lager to help you usher in the fall season. Rich and malty at the get-go, but kept in balance with a hint of noble hop spice and a clean, effortless finish.
Harvest Pale Ale - American Pale Ale brewed with freshly picked hops from Michigan. For 2021's brew we chose Cashmere, which provides a lively flavor profile of melon, stone fruit and lemon-lime. Finishes clean with a delicate bitterness.

Bread
Wednesday: Sourdough Pullman, Pubican Quality Bread (Fulton Market, Chicago, IL)
Thursday: Organic Boule pHlour Bakery (Andersonville, Chicago)
Friday: Focaccia pHlour Bakery (Andersonville, Chicago)
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: Portabella Mushrooms, River Valley Mushrooms (Burlington, WI)
Thursday: Portabella Mushrooms, River Valley Mushrooms (Burlington, WI)
Friday: Oyster Mushrooms, Mycopia Mushrooms (Scottville, MI)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.



Bosc Pears: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Heirloom Apples:
Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Sweet 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 weeks.

Hakurei Turnips: The Urban Canopy (Englewood, Chicago, IL) - Mushroom substitute
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.

Kale / Swiss Chard / Collard Greens / Mizuna / Spinach: The Urban Canopy (Englewood, Chicago, IL) / Growing Solutions / Gray Farms
Storage Tip (kale, chard, collards) - Make sure greens are good and dry. You can wrap the greens in a paper or cloth towel to cut down on extra moisture. Then store in a plastic bag in the fridge for up to a week.
Storage Tip (spinach & mizuna) - Store in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

Wednesday: Spinach, mizuna, collards, chard, kale
Thursday: Mizuna, kale
Friday: Mizuna, kale

Carrots: Angelic Organics (Caledonia, IL) / Gary Comer Youth Center (Grand Crossing, Chicago, IL) / PrairieEarth Farm (Atlanta, 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.

Spaghetti Squash: Angelic Organics (Caledonia, IL)
Storage Tip - Squash has likely been refrigerated. Refrigerate to help the squash keep longer, or keep in a cool, dark, dry place, out of the fridge for a couple weeks.



Substitutions
Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subs are subject to change

Potatoes: PrairieEarth Farm (Atlanta, IL) - Egg sub
Storage Tip - To keep parsley perky for more than a few meals, trim the stems as you would flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover the parsley with a plastic bag and keep it on the counter.

Parsley: The Urban Canopy (Englewood, Chicago, IL) - Miscellaneous sub
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Sweet Peppers: The Urban Canopy (Englewood, Chicago, IL) - Miscellaneous sub
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

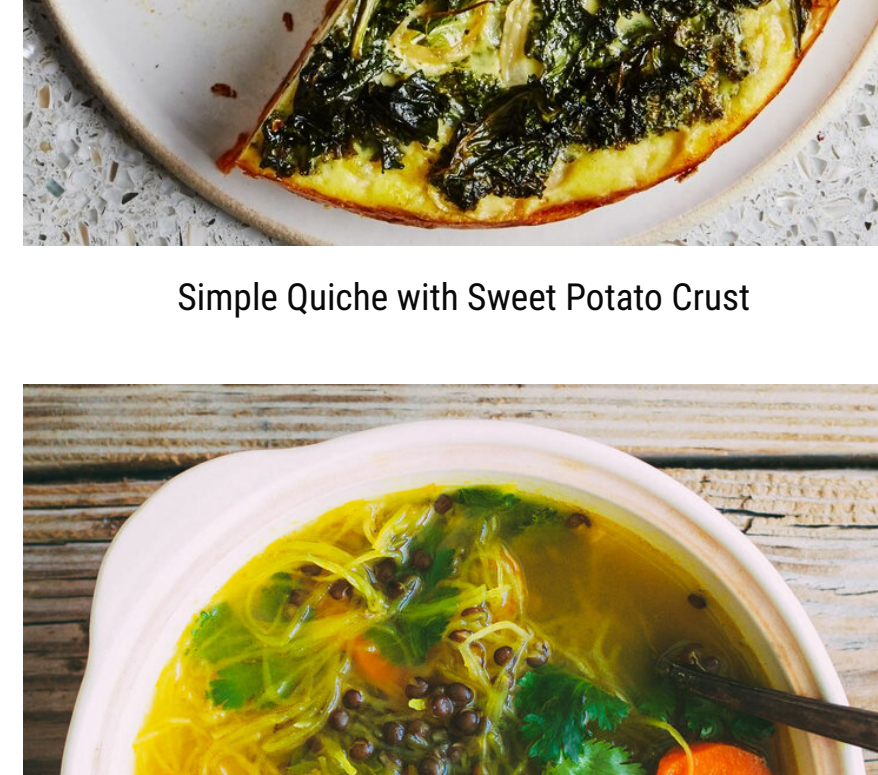
Beets: The Urban Canopy (Englewood, Chicago, IL) - Bread sub
Storage Tip - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Daikon Radishes: The Urban Canopy (Englewood, Chicago, IL) - Mushroom sub
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.

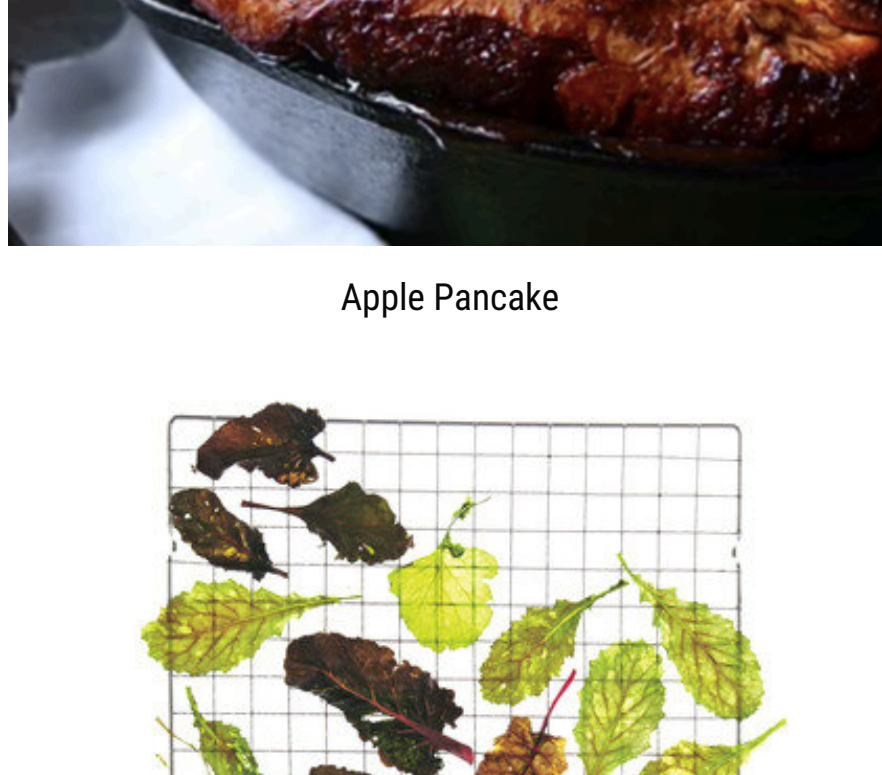
Poblano Peppers: Genesis Growers (St. Anne, IL) - Beverage sub
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Recipe Recommendations

Click on the image to access the recipe



Peppered Butter and Pear Toast



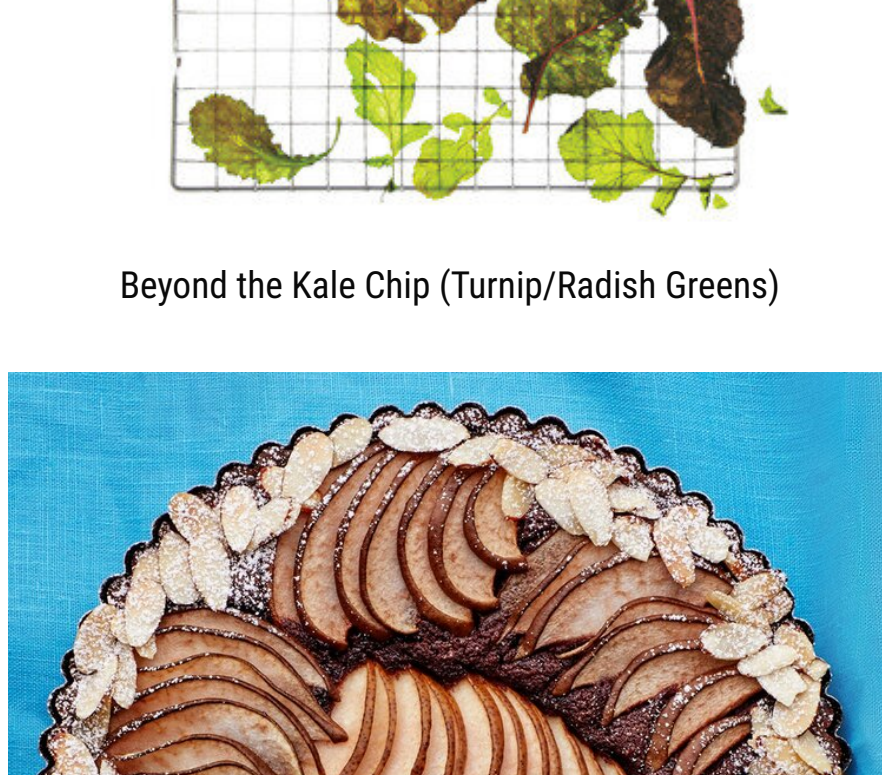
Chicken Thighs with Pear and Turnip



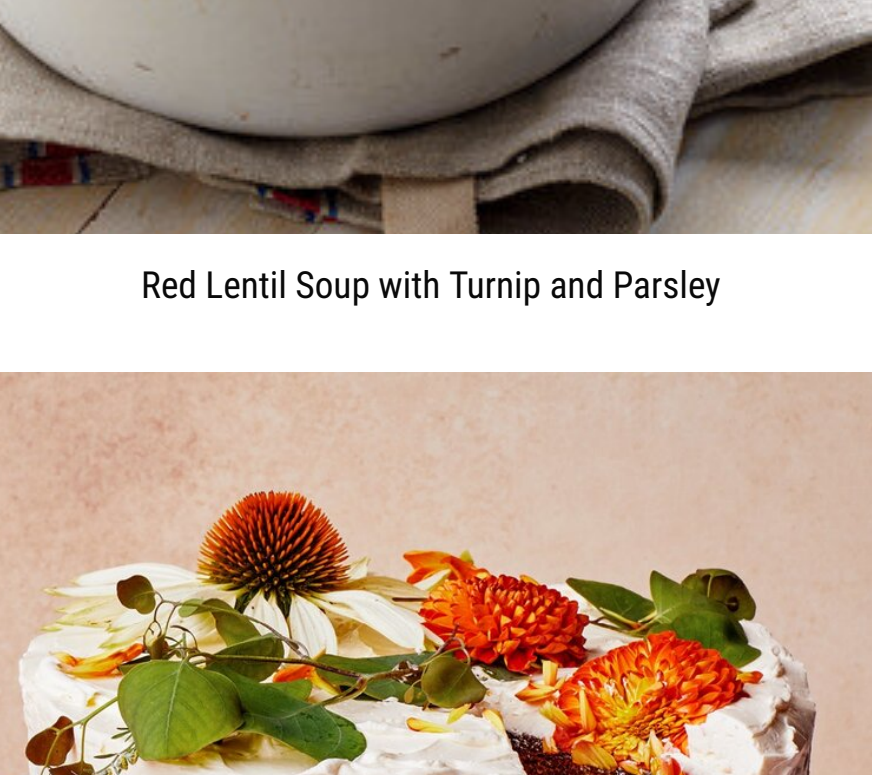
Shredded Sweet Potato and Carrot Fritters (Ukoy)



Simple Quiche with Sweet Potato Crust



Apple Pancake



Apple Pear Galette



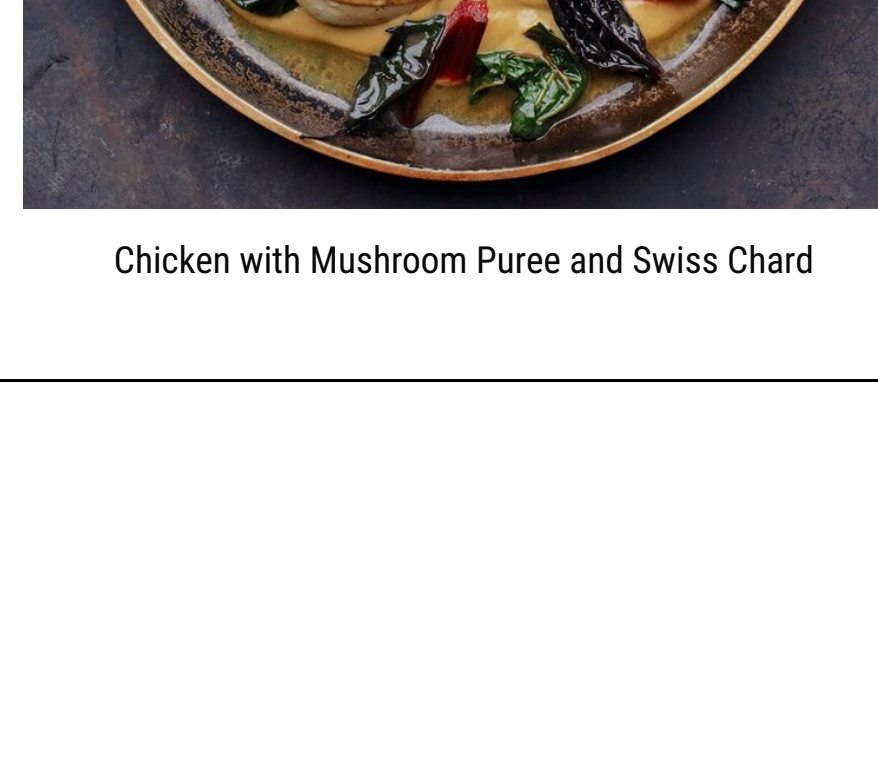
Squash Noodle Soup w Roasted Carrots and Beluga Lentils



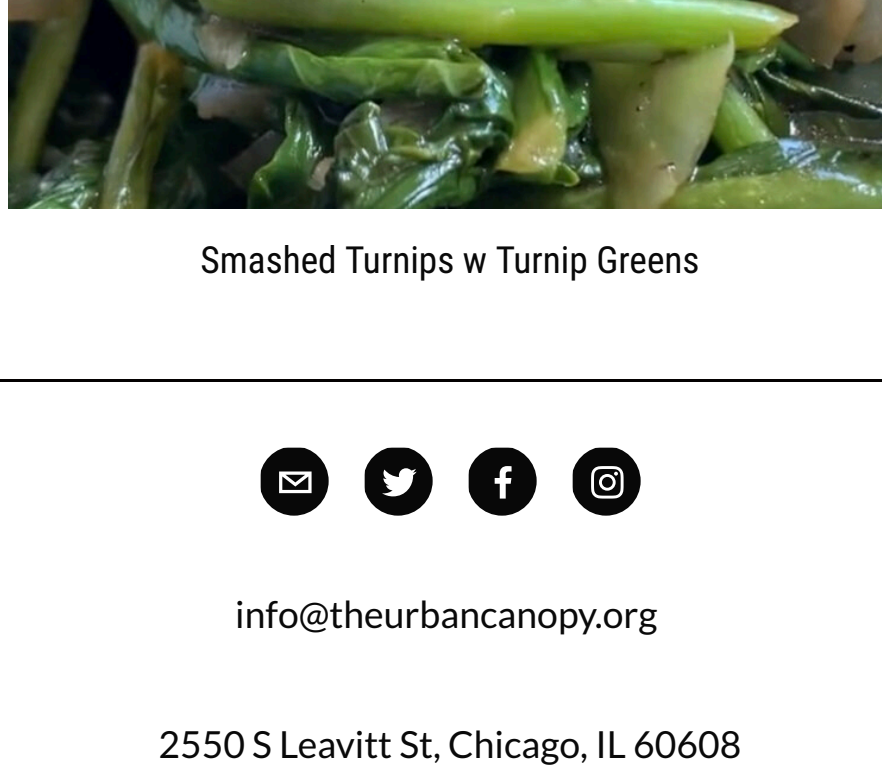
Beyond the Kale Chip (Turnip/Radish Greens)



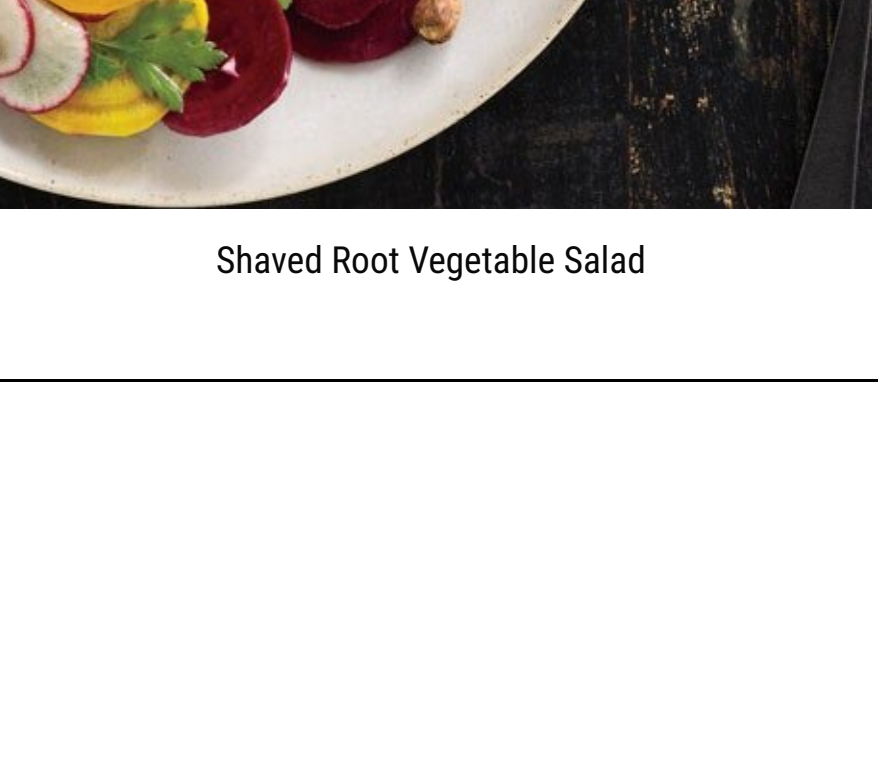
Red Lentil Soup with Turnip and Parsley



How to Roast Spaghetti Squash



Chocolat Almond Pear Tart



Apple Hazelnut Rye Cake



Chicken with Mushroom Puree and Swiss Chard



Smashed Turnips w Turnip Greens



Shaved Root Vegetable Salad