click here for week 20 (10/13-10/15) newsletter!

NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS

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

apples, butternut, onions, greens

What's in the box this week?

bread, eggs, mushrooms, apple cider, fennel, cabbage, sweet potatoes,

Take our end of season survey! We strive to make our

noon! Thank you!

CLICK

HERE TO

TAKE

SURVEY

:)

about what it all means.

to cover them.

Share every one of your thoughts with us!

Seriously - we read through all your answers and

put together a report and have a whole staff

meeting where we digest the results and think

service the very best it

can be, survey

answers help us

identify areas of

strength and

improvement!

Start preparing for Chicago winter by signing up for Winter LUCSA! We are

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

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

with 14 weekly or 7 bi-weekly deliveries from November 10th - February 25th.

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

Information on share contents and pricing can be found on our website.

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 and 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!)

free to those who need them. They need:

· Coats (primarily larger sizes)

Winter boots

Please help us keep programs like these manageable by ONLY donating the items listed above! No other donations will be accepted this week.

Adult snow pants

Hats / gloves / scarves

CLICK HERE FOR THE ADD ON ORDER FORM

making a pie? apple lover? add three pounds of

honeycrisp apples from seedling to your share!

nordic creamery

butter - sale

on sale! frozen well before use by date of

november 2021, 3/4 lb log of wisconsin family

farmed butter - cultured butter with sea salt is a

very rich salted butter with 85% butter fat. can

& much more available!

keep frozen and thaw as needed for all your

buttery needs!

Don't forget to sign up for Winter LUCSA!

SIGN UP HERE Winter Clothing Drive! Leave any of the following items you'd like to donate with your return LUCSA boxes this week! We are working with the Rogers Park Survival Program and the clothing will be distributed for

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**.

garfield produce

true grain

sale

artisan flour -

sustainably grown midwestern wheat

on sale! 3lb bag of lovely locally milled flour from

salad base

microgreens

rainbow mix - brussels sprouts, kale, mustard,

broccoli, radish - makes for a colorful and flavorful

apples from foxship cookies mick klug pumpkin chocolate chip - 3 of their classic chocolate chip cookie base with a hint of pumpkin



half gallons of fresh pressed apple cider!

and fall spices:)



Compost Club

line of delicious preserved products.

appreciate your flexibility.

freeze for future toast or croutons!

Beverage

Bread

• Wash everything before eating!

Apple Cider: Seedling Orchard (South Haven, MI)

Keep in the fridge up to two weeks. After that, make your own apple cider vinegar!

Thursday: Sourdough Pullman, Publican Quality Bread (Fulton Market, Chicago, IL)

Wednesday: Rosemary Foccacia pHlour_Bakery (Andersonville, Chicago)

Friday: Pain Au Levain pHlour_Bakery (Andersonville, Chicago)

Storage Tip - Keep in a plastic bag in the crisper for two weeks.

perforated paper bag, for up to 6 weeks.

Apples: Mick_Klug_Farm (St. Joseph, MI)

Kale / Chard / Collards: Wednesday

with a towel or paper towel for up to a week.

perforated_paper_bag, for up to 6 months.

Onions: Carroll's Timber Edge Farm (Graymont, IL)

Spinach / Arugula / Spicy Salad Mix: Thursday & Friday

crisper for up to a months.

Sweet Potatoes: PrairiErth_Farm (Atlanta, IL) / Genesis Growers (St. Anne, IL)

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or_in_a_

Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the

The Urban Canopy (Englewood, Chicago, IL) / Growing Solutions Farm UAS (Illinois Medical

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or_in_a_

Butternut Squash: Genesis Growers (St. Anne, IL) / Angelic Organics (Caledonia, IL)

who also use the Urban Canopy compost pick-up service.

own organic crop of blue corn to make these amazing chips.

Maybe it is time for a batch of nachos or chilaquiles.

snacking elements added to your box this season.

Reward

Member Once per season, we like to send something special to all our LUCSA Members For all of our dual members this Summer Season, you will be finding some fun

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

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

Mushrooms

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

Wednesday: Trumpet, Mycopia Mushrooms (Scottville, MI)

Thursday: Crimini, River_Valley_Mushrooms (Burlington, WI)

Friday: Portabella, River Valley Mushrooms (Burlington, WI)

Cabbage: PrairiErth_Farm (Atlanta, IL) / Genesis_Growers (St. Anne, IL)

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.

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke,

YOU WILL RECEIVE ONE OF MANY TYPES OF GREENS THIS WEEK! SHOWN HERE, FROM LEFT TO RIGHT:

KALE, CHARD, COLLARDS - NOT PICTURED: SPINACH AND MIXED SALAD GREENS

Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting

Hakurei Turnips: 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

• Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items!

From our Processing Branch, a jar of salsa and a jar of our version of giardiniera. Our Processing Branch saves imperfect, organic fruits and vegetables from local produce distributors that would usually get dumped in landfills to create a whole Both of these will pair perfectly with a bag of blue corn tortilla chips from Blue Farm from just over the border in Janesville, Wisconsin. Blue Farm grows their Share Contents (in progress)

dehydrate or par-cook and freeze for longer storage. Fennel: PrairiErth_Farm (Atlanta, IL) Storage Tip - Remove greens to preserve the stem longer. Greens can be used within a week and the white part can be stored in a bag in the crisper for a month or so. MUSHROOMS THIS WEEK, FROM LEFT TO RIGHT: CRIMINIS, TRUMPETS, PORTABELLAS

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

allergy - subs are subject to change

District, Chicago, IL) / PrairiErth_Farm (Atlanta, IL) 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 & mixed greens) - Store in a non-biodegradable plastic bag or container

the fridge. Greens should be used within 2 days. Carrots: PrairiErth_Farm (Atlanta, IL) 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. Sweet Peppers / Poblano 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. FROM BOTTOM LEFT TO TOP RIGHT: POBLANO PEPPERS, PARSLEY, GINGER, CARROTS, TURNIPS, Ginger: Fox at the Fork (Monee, IL) SWEET PEPPERS, RADISHES, THAI BASIL Storage Tip - Keep dry in a closed plastic bag in the crisper for up to three weeks. Radishes: The Urban Canopy (Englewood, Chicago, IL) Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

Brassica Salad with Green Beans and Parmesan

Thai Sweet Potato and Carrot Soup

Parsley: The Urban Canopy (Englewood, Chicago, IL)

Thai Basil: The Urban Canopy (Englewood, Chicago, IL)

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

Storage Tip - 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 basil with a plastic bag

Recipe Recommendations

Click on the image to access the recipe

Vegan Butternut Squash Soup

and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for basil that remains vibrant for nearly a week.

Roast Butternut Squash, Apple & Arugula Salad







Roasted Carrots and Red Onions with Fennel and Mint

Turnip & Bacon Fritters info@theurbancanopy.org

Tortellini with Italian Sausage, Fennel, and Mushrooms Lemony Kale Pasta

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Roast Cabbage with Tarragon and Pecorino