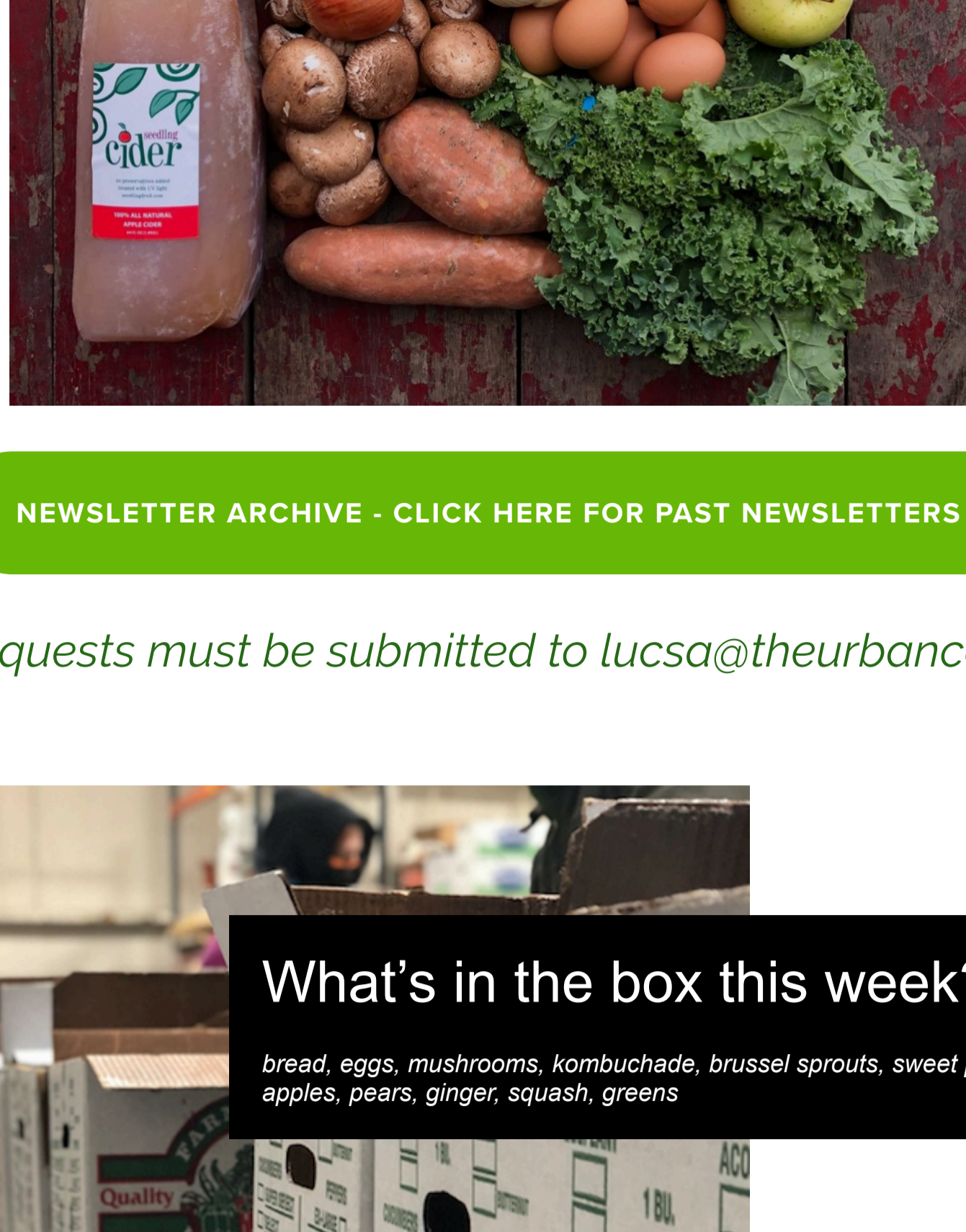




Summer Week 22: October 27 / 28 / 29

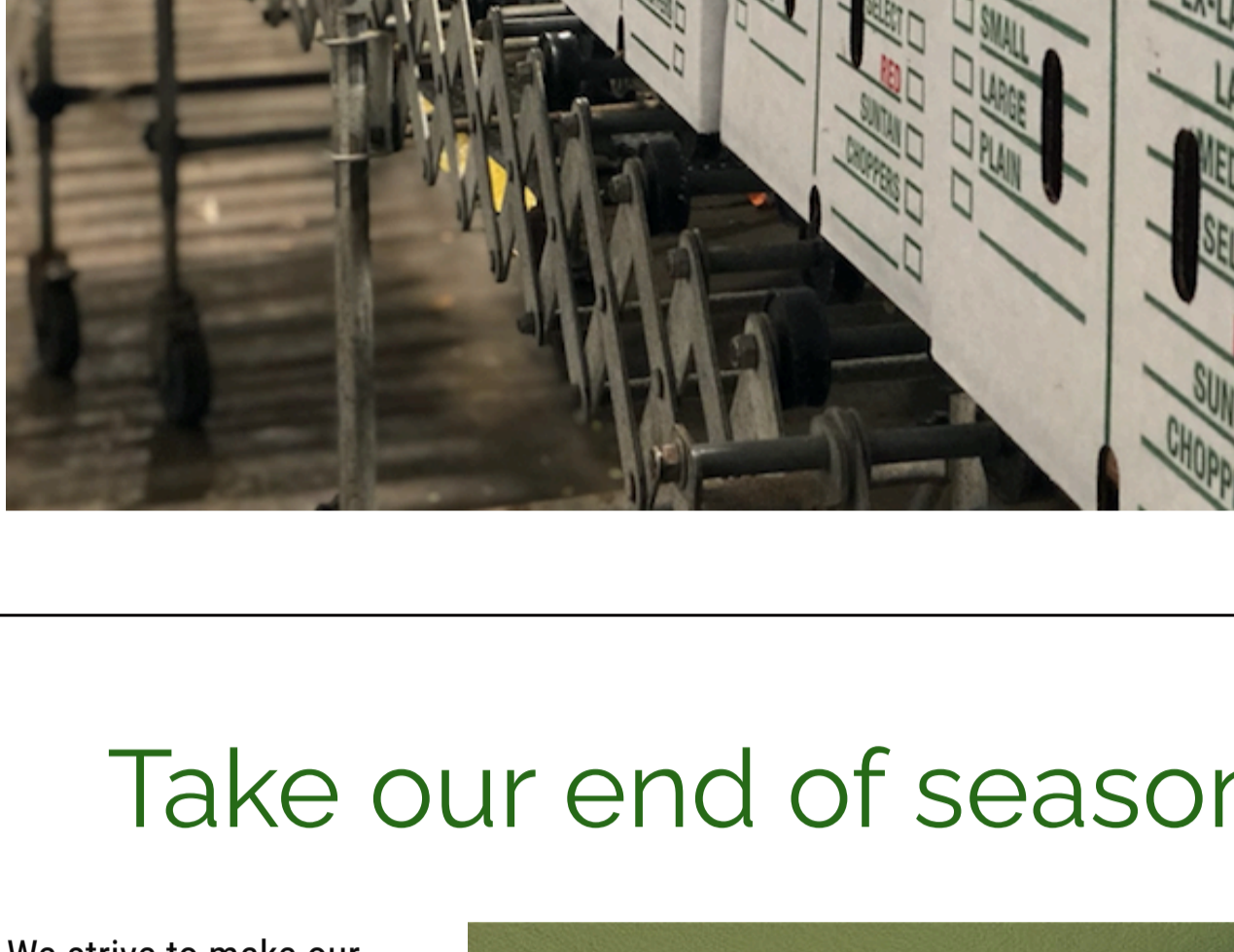
Welcome to LUCSA Week 22!



click here for week 21 (10/20-10/22) newsletter!

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, kombuchade, brussel sprouts, sweet peppers, apples, pears, ginger, squash, greens

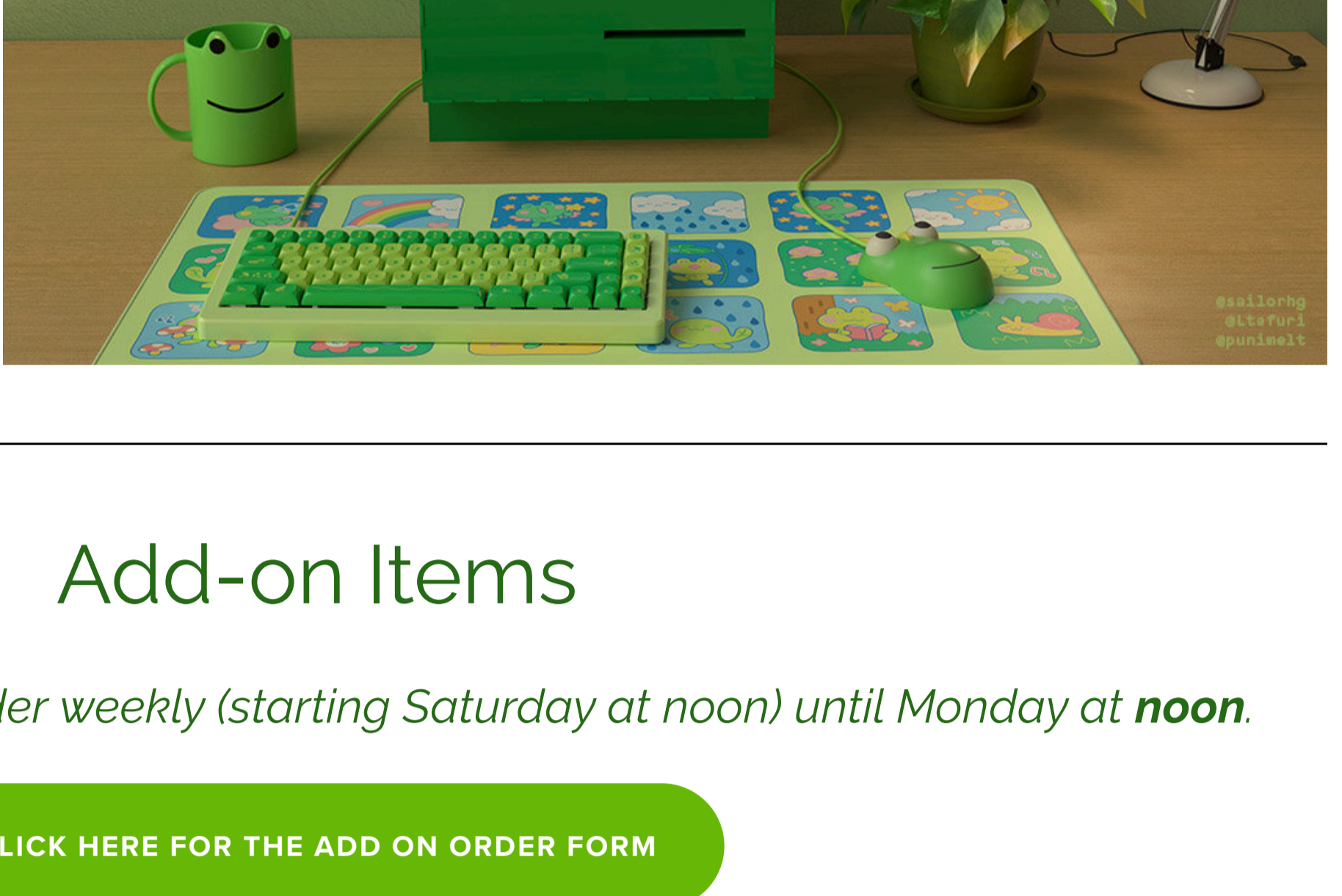
Take our end of season survey!

CLICK HERE TO TAKE SURVEY :)

We strive to make our service the very best it can be, survey answers help us identify areas of strength and improvement!

Share every one of your thoughts with us!

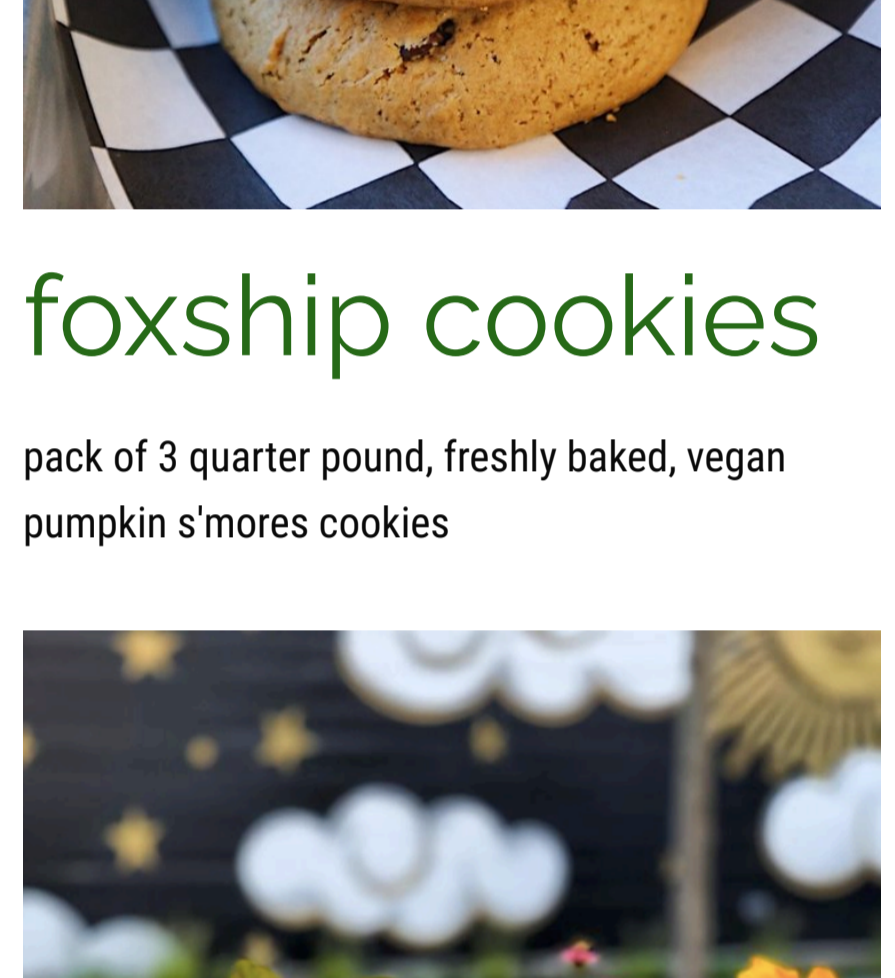
Seriously - we read through all your answers and put together a report and have a whole staff meeting where we digest the results and think about what it all means.



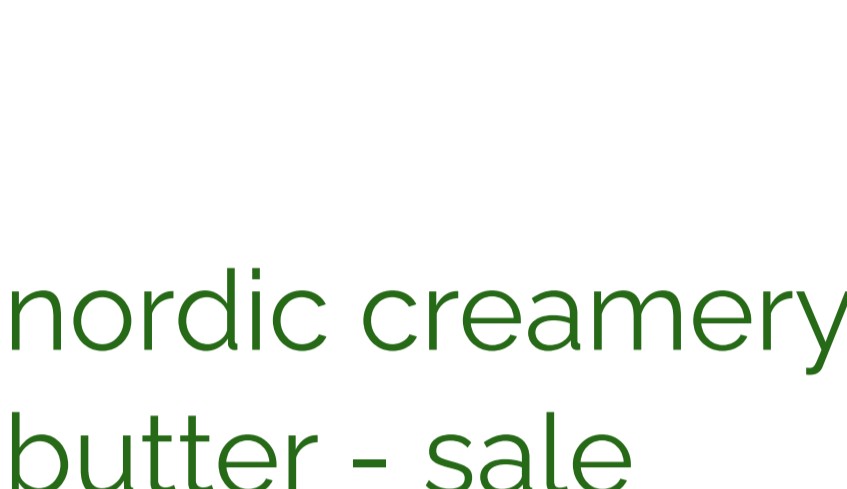
Add-on Items

All from local businesses! Order weekly (starting Saturday at noon) until Monday at noon.

CLICK HERE FOR THE ADD ON ORDER FORM

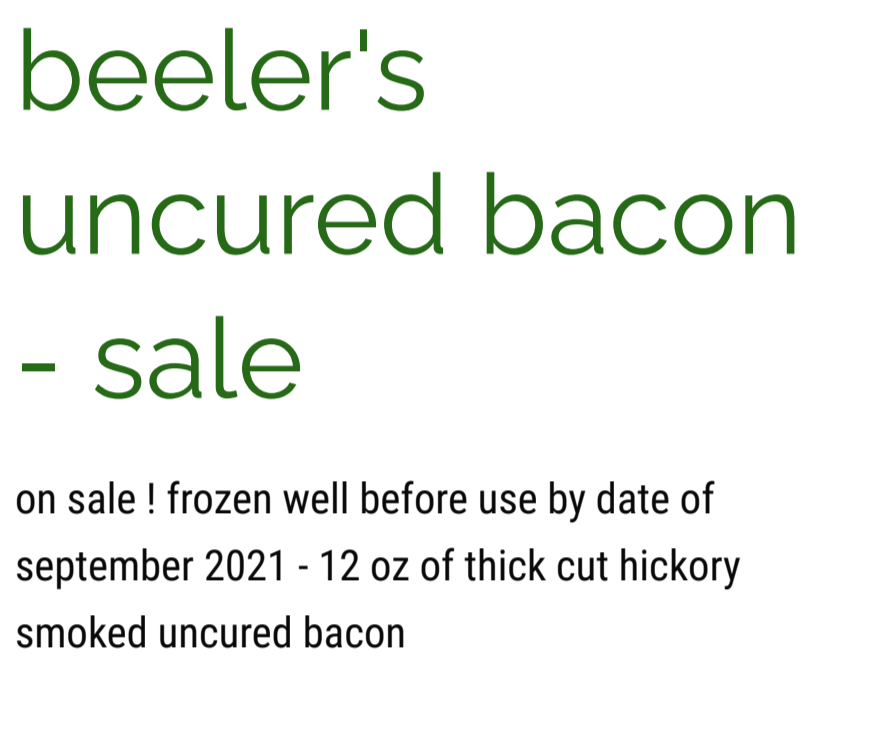


foxship cookies
pack of 3 quarter pound, freshly baked, vegan pumpkin s'mores cookies



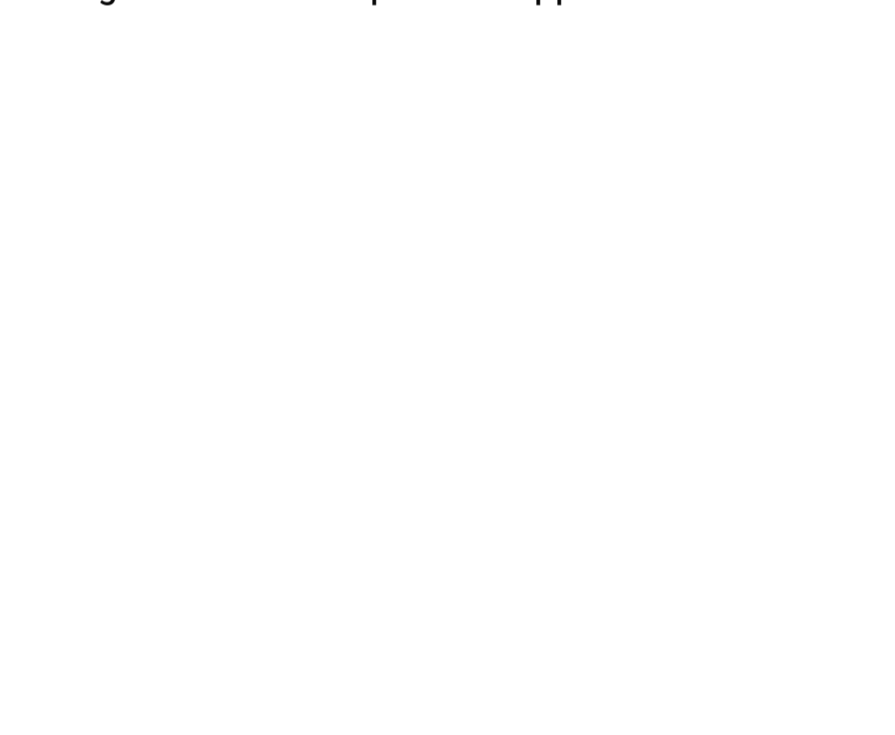
nordic creamery butter - sale

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 keep frozen and thaw as needed for all your buttery needs!

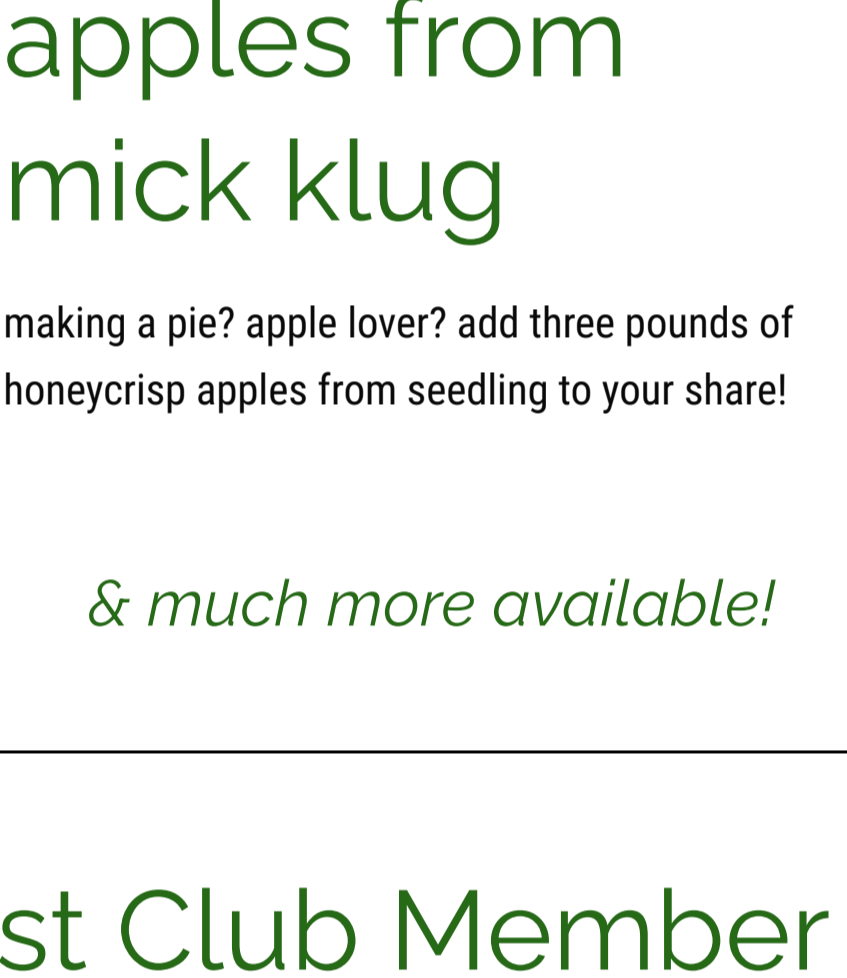


beeler's uncured bacon - sale

on sale! frozen well before use by date of september 2021 - 12 oz of thick cut hickory smoked uncured bacon

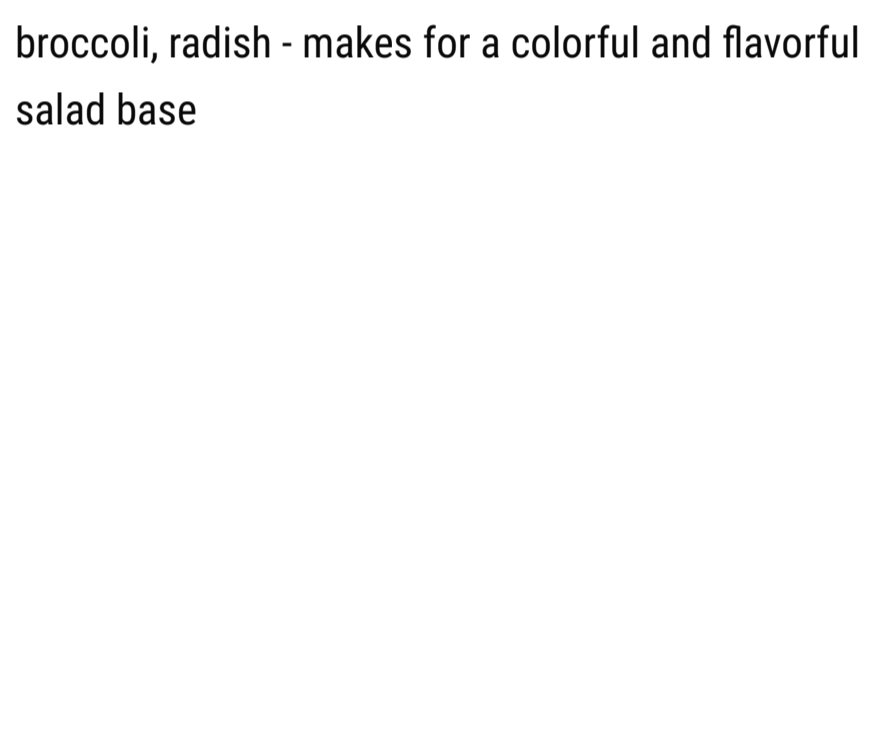


mick klug cider
half gallons of fresh pressed apple cider!



apples from mick klug

making a pie? apple lover? add three pounds of honeycrisp 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

& much more available!

Compost Club Member Reward

Once per season, we like to send something special to all our LUCSA Members who also use the Urban Canopy compost pick-up service.

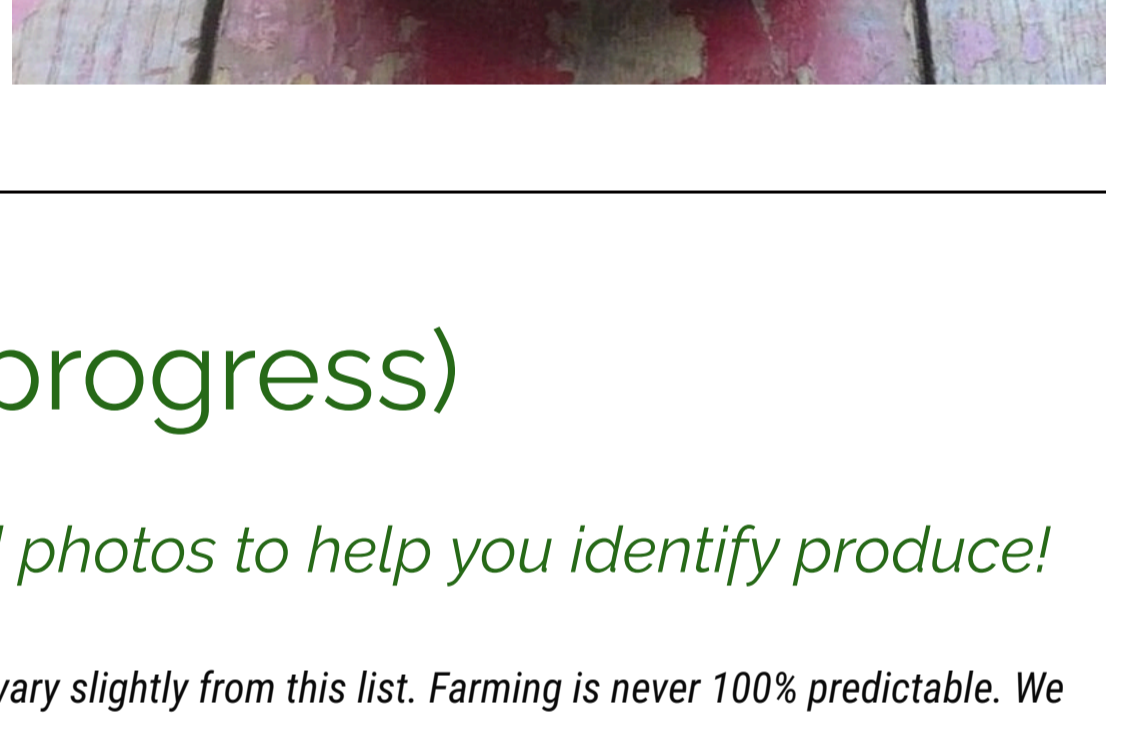
For all of our dual members this Summer Season, you will be finding some fun snacking elements added to your box this season.

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 line of delicious preserved products.

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

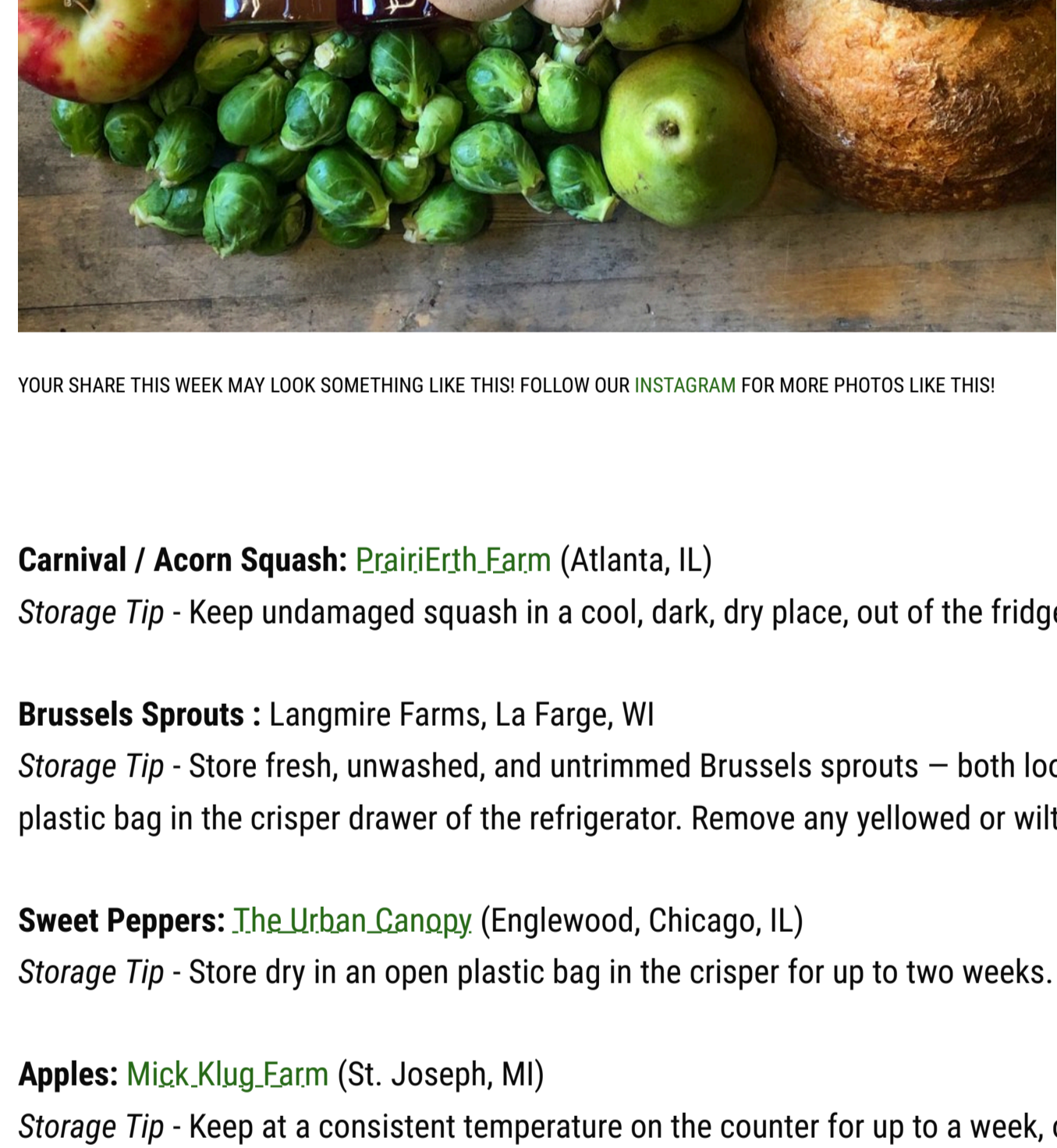
Maybe it is time for a batch of nachos or chilaquiles.



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!



YOUR SHARE THIS WEEK MAY LOOK SOMETHING LIKE THIS! FOLLOW OUR INSTAGRAM FOR MORE PHOTOS LIKE THIS!

Beverage
Kombucha: Kombuchade (Back of the Yards, Chicago, IL)
Storage Tip - Keep in the fridge up to 9 months.

Bread
Wednesday: **Pain Au Levain** pHour.Bakery (Andersonville, Chicago)
Thursday: **Focaccia** pHour.Bakery (Andersonville, Chicago)
Friday: **Pullman Sourdough** 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 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: **Crimini, River_Valley.Mushrooms** (Burlington, WI)
Thursday: **Trumpet, Mycopia.Mushrooms** (Scottville, MI)
Friday: **Crimini, 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.

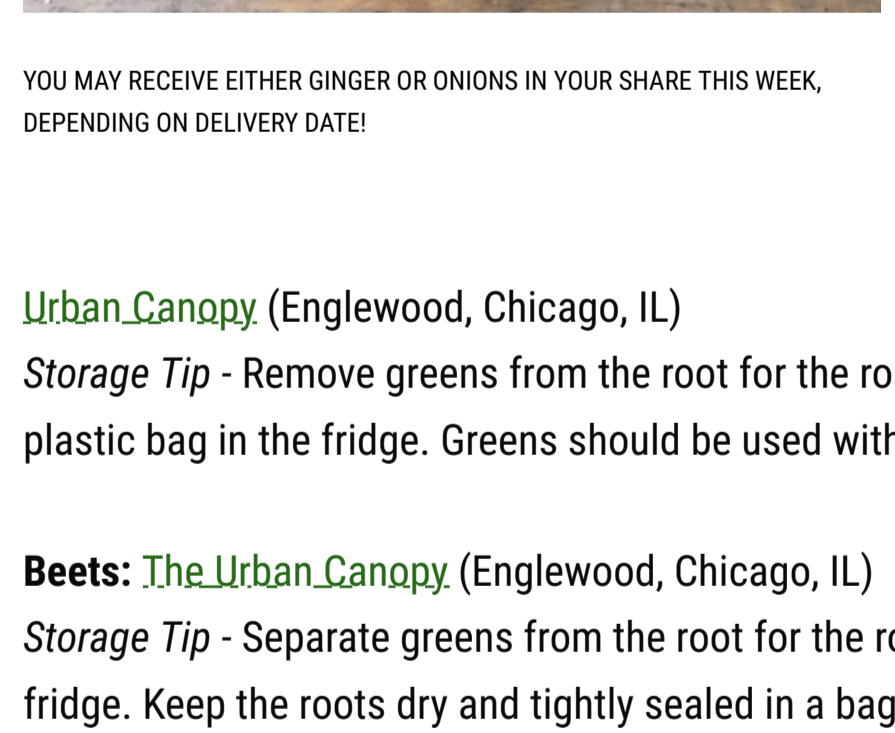
Carnival / Acorn Squash: **PrairieErth.Farm** (Atlanta, IL)
Storage Tip - Keep unshredded in a cool, dark, dry place, out of the fridge, for up to 6 months.

Brussels Sprouts: Langmire Farms, La Farge, WI
Storage Tip - Store fresh, unwashed, and untrimmed Brussels sprouts – both loose and on the stalk – in a plastic bag in the crisper drawer of the refrigerator. Remove any yellowed or wilted leaves first.

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

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

Kale / Chard / Collards / Lettuce / Spinach / Mizuna:
The.Urban.Canopy (Englewood, Chicago, IL) / **PrairieErth.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, lettuce, mizuna) - Store in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.



YOU MAY RECEIVE EITHER GINGER OR ONIONS IN YOUR SHARE THIS WEEK, DEPENDING ON DELIVERY DATE!

Pears: **Seedling.Orchard** (South Haven, MI)
Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Ginger / Onions: **Gary.Camer.Youth.Center** (Grand Crossing, Chicago, IL) / **Carroll's.Timber.Edge.Farm** (Graymont, IL)
Storage Tip - Keep dry in a closed plastic bag in the crisper for up to three weeks.
Note: The greens and stem of the ginger are edible and have great flavor. The leaves can be tough if eaten whole but can be sliced thin and eaten raw and used as a garnish. The stems are really great to use to steep make hot ginger tea and are amazing when added to stocks for soups. The leaves can also be used in dishes the same way that you use ginger root and is super fragrant.

Substitutions

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

Hakurei Turnips: **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.

Beets: **The.Urban.Canopy** (Englewood, Chicago, IL) / **PrairieErth.Farm** (Atlanta, IL)
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.

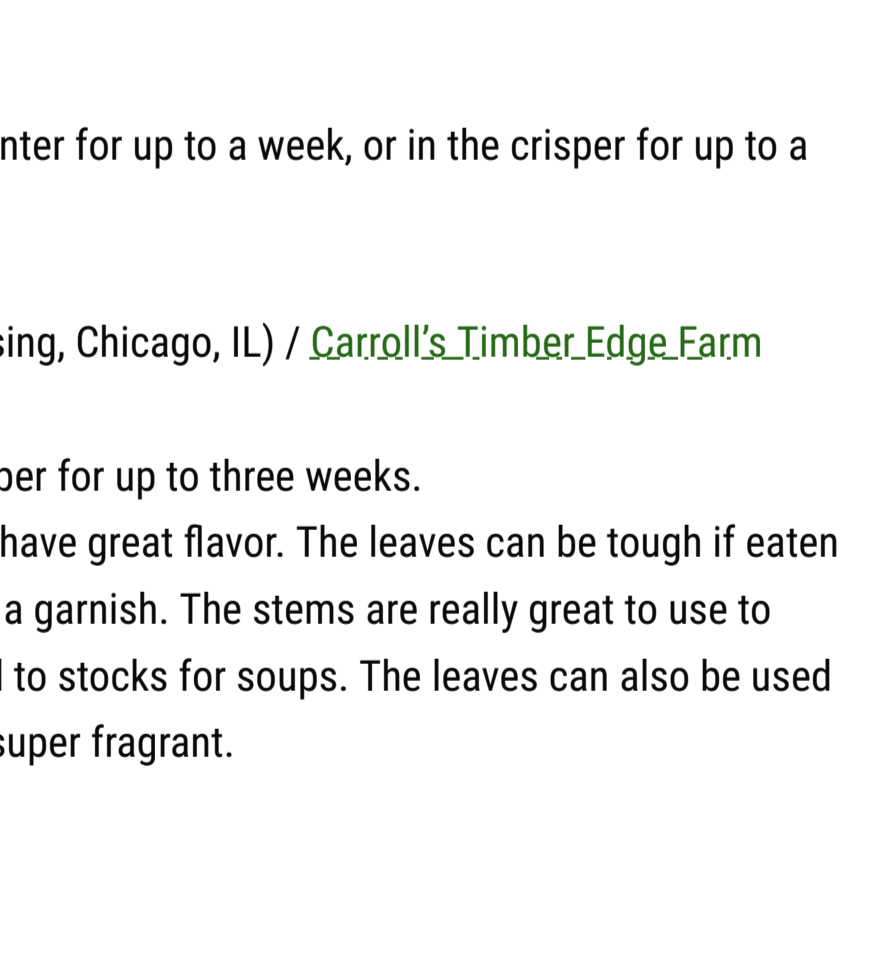
Carrots: **PrairieErth.Farm** (Atlanta, IL)
Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.

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

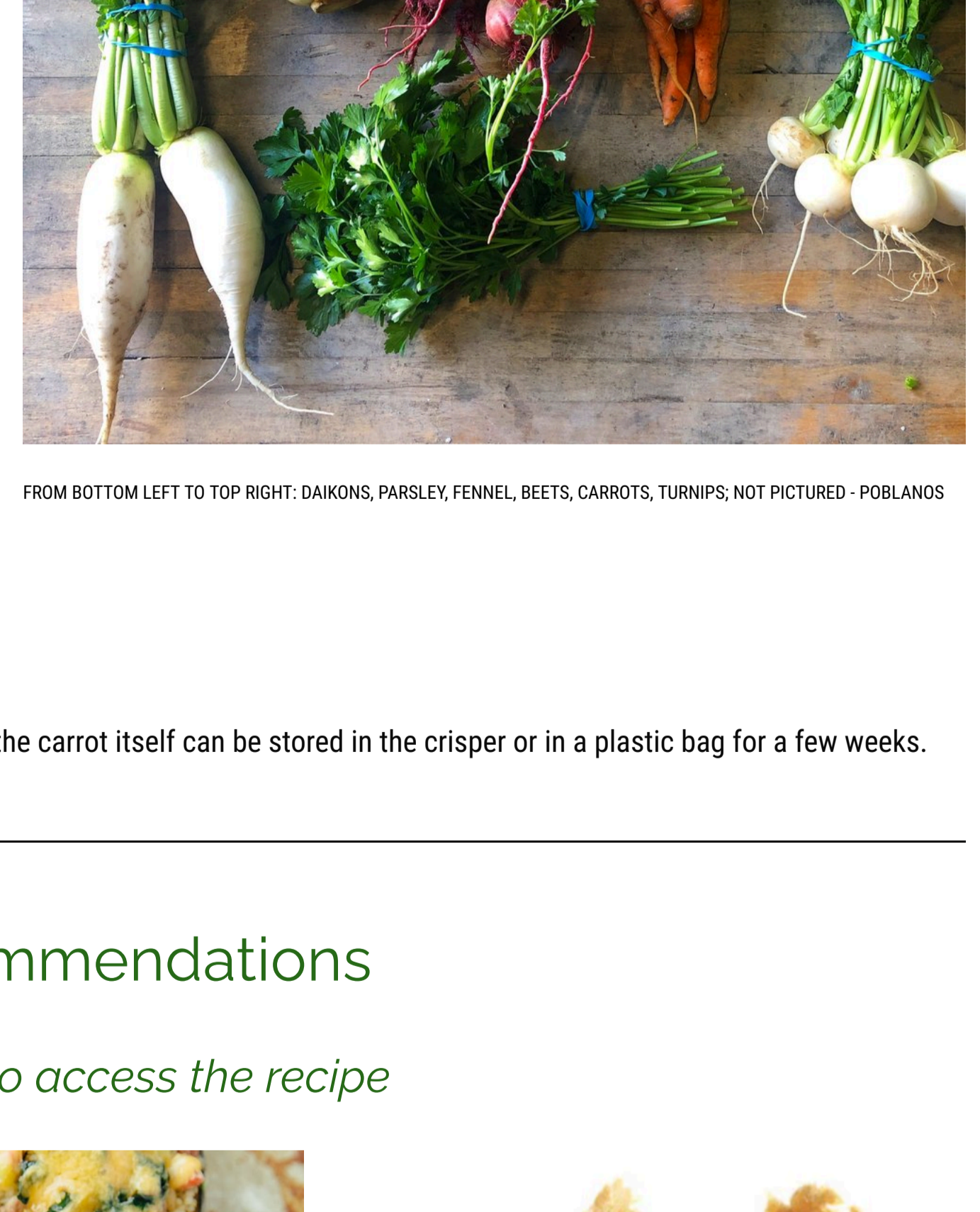
Daikon Radishes: **The.Urban.Canopy** (Englewood, Chicago, IL)
Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

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

Fennel: **PrairieErth.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.



YOU MAY RECEIVE ONE OF THESE GREENS, OR CUTTING LETTUCE, THIS WEEK! FROM LEFT TO RIGHT: CHARD, SPINACH, COLLARDS, MIZUNA, KALE



FROM BOTTOM LEFT TO TOP RIGHT: DAIKONS, PARSNIP, FENNEL, BEETS, CARROTS, TURNIPS; NOT PICTURED - POBLANOS

Recipe Recommendations

Click on the image to access the recipe



Roasted Brussels Sprouts with Bacon and Apples



Stuffed Squash w/ Apples/Pears & Greens



Pear, Pistachio, and Ginger Blondies



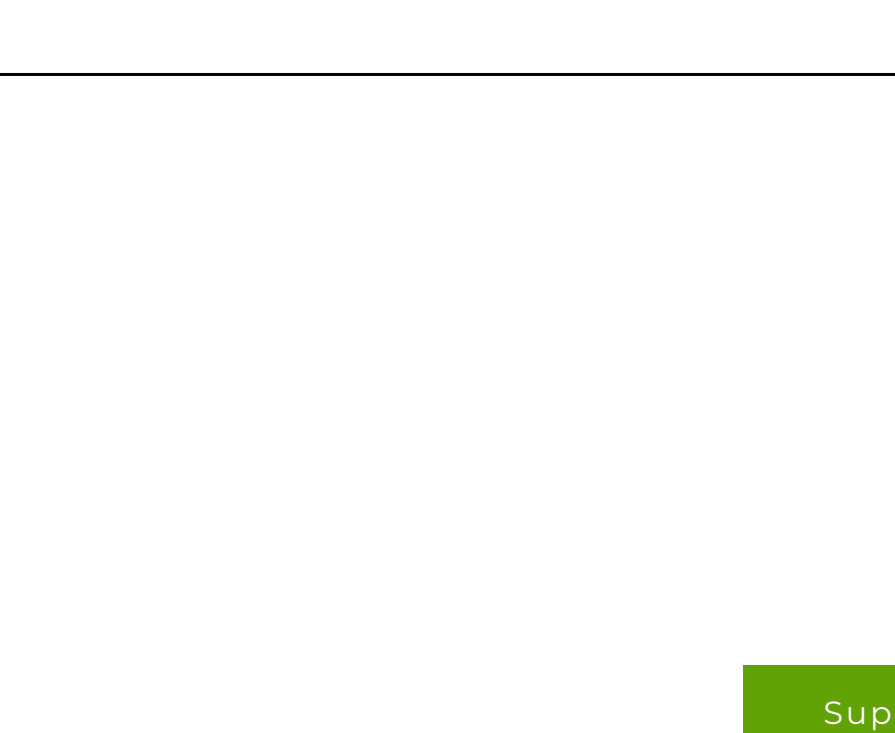
Herb-Roasted Parmesan Acorn Squash



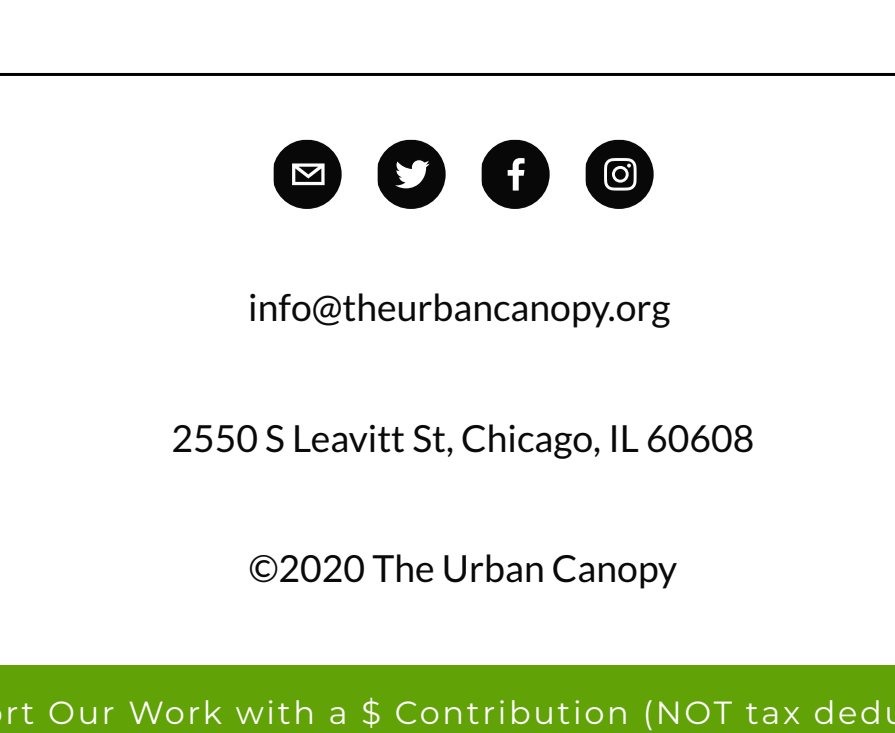
Ginger Poached Pears



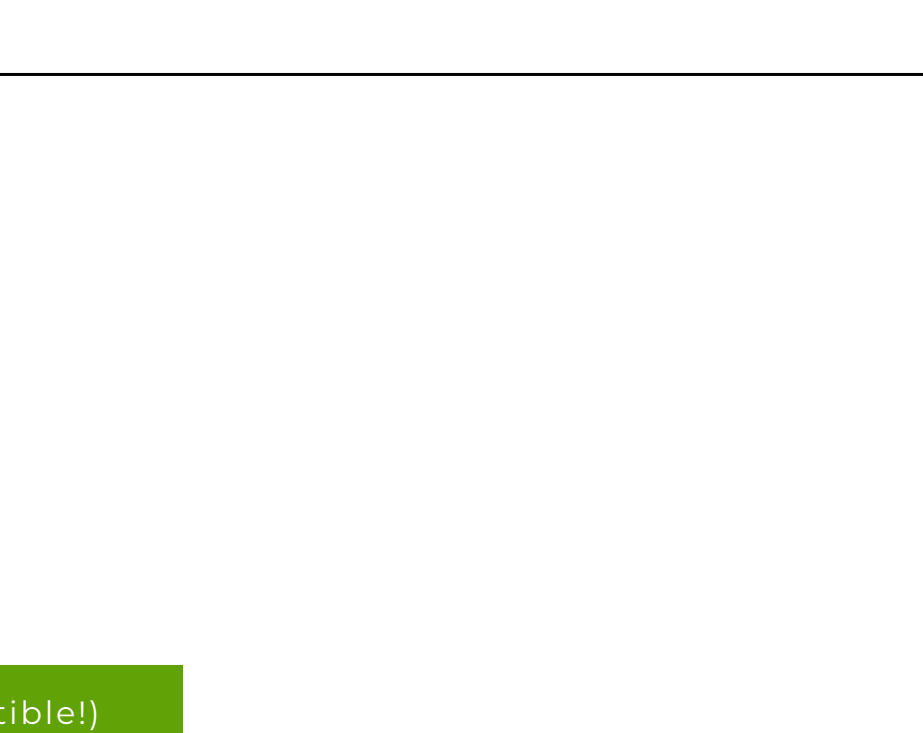
Orecchiette with Sausage, Peppers, and Greens



Marinated Roasted Sweet Peppers with Garlic



Kale and Brussels Sprout Salad



Spiced Apple Pear Jam