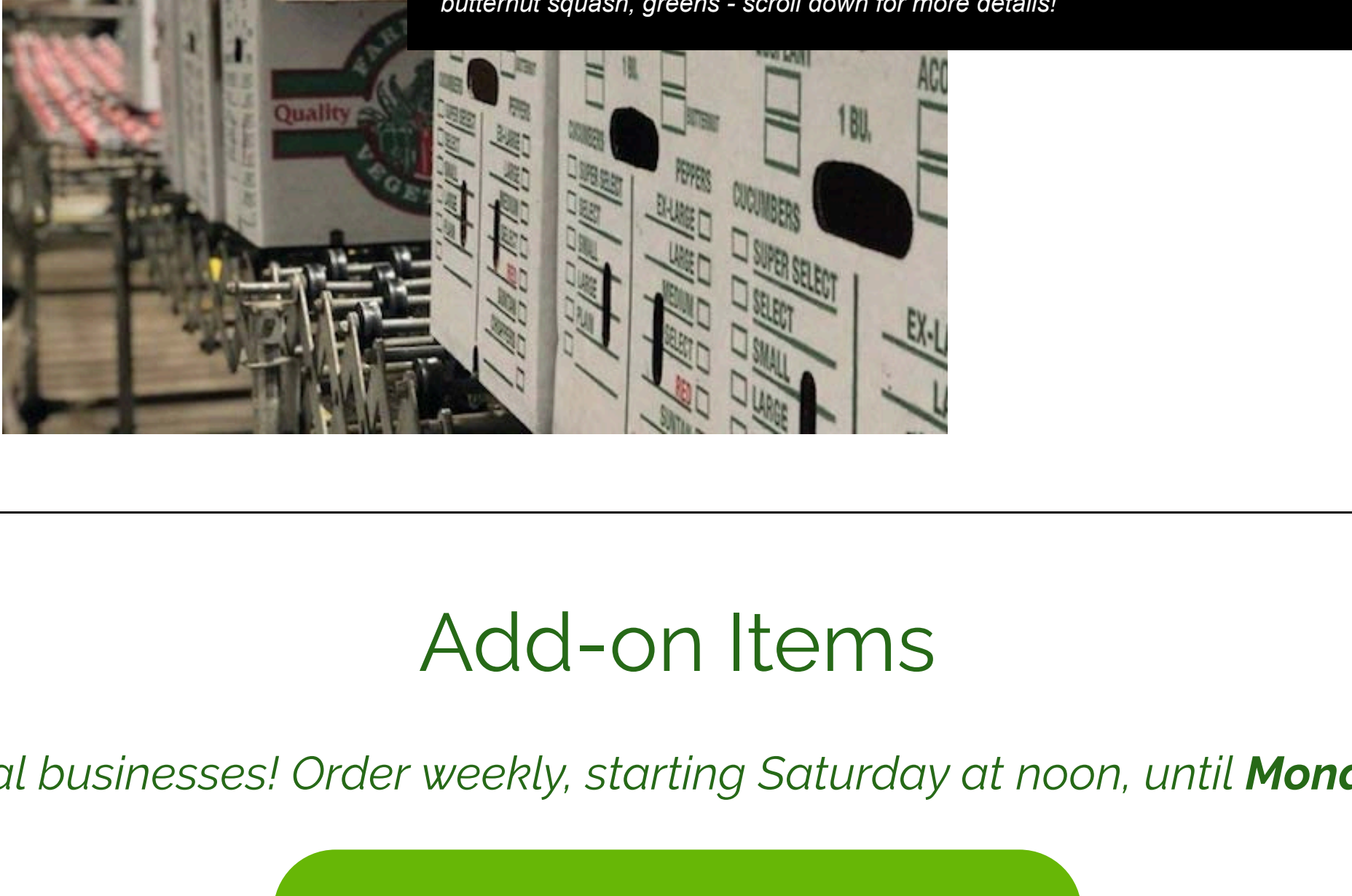


Week 1: November 10 / 11 / 12

Welcome to Winter LUCSA!

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



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](#)



katherine anne drinking chocolate

two drinking chocolate experiences, the salted caramel includes chunks of toffee and a dash of sea salt and the mexican is enhanced with notes of cinnamon, cayenne, habanero, and guajillo chiles. both are made with ground chocolate (not cocoa powder) and can be melted with a mixture of milk and cream, just milk, almond milk, or water.



chicago maple maple syrup

8 ounces of pure michigan maple syrup with chicago attitude



garfield produce microgreens

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



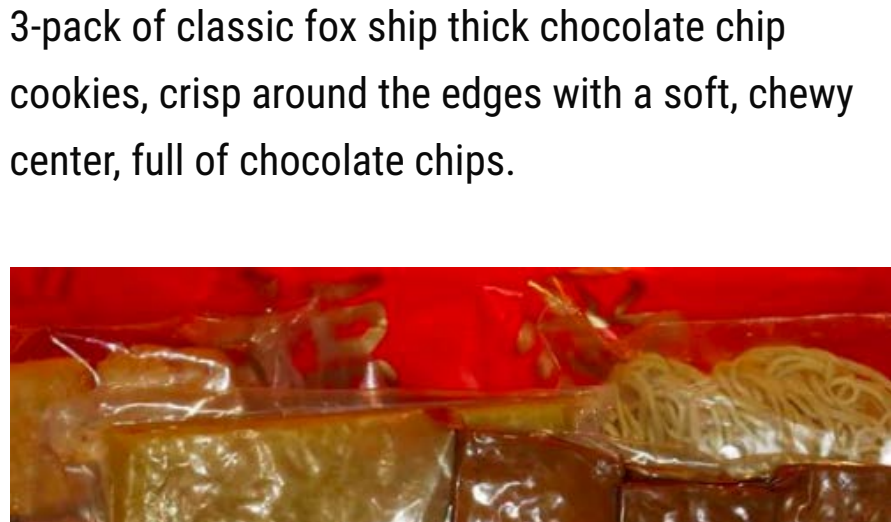
fox ship vegan cookies

3-pack of classic fox ship thick chocolate chip cookies, crisp around the edges with a soft, chewy center, full of chocolate chips.



baguette & butter winter field guide

a guide to cooking local and eating seasonally. learn what is in season, how to cook it, and what to cook it with. 50+ recipes.



phoenix bean fried tofu

14 oz of local fried extra firm tofu. made with illinois-grown non-gmo soybeans.

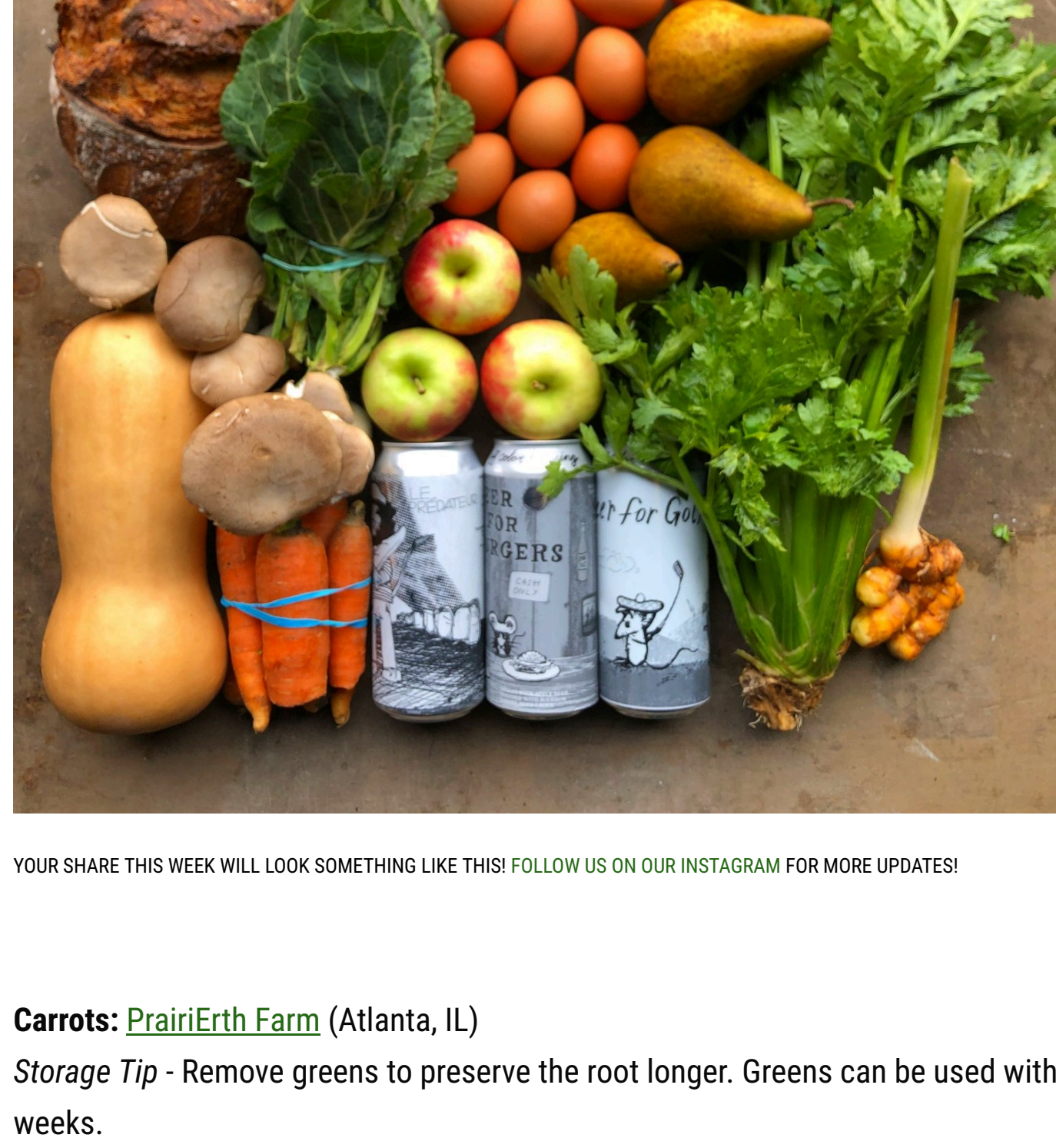
& much more available!

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
Off Color Brewery (Chicago, IL) - *Le Predateur, Beer for Golf, Beer for Burgers*
Storage Tip - Refrigerate before serving, store at in the refrigerator or at room temperature up to 9 months.



YOUR SHARE THIS WEEK WILL LOOK SOMETHING LIKE THIS FOLLOW US ON OUR INSTAGRAM FOR MORE UPDATES!

Bread
Wednesday: Garlic Boule pHour Bakery (Andersonville, Chicago)
Thursday: Garlic Boule pHour Bakery (Andersonville, Chicago)
Friday: Pullman Sourdough Public 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: Trumpet, Mycopia Mushrooms (Scottville, WI)
Thursday: Crimini, River Valley Mushrooms (Burlington, WI)
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.

Celery: PrairieEarth Farm (Atlanta, IL)
Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

Carrots: 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.

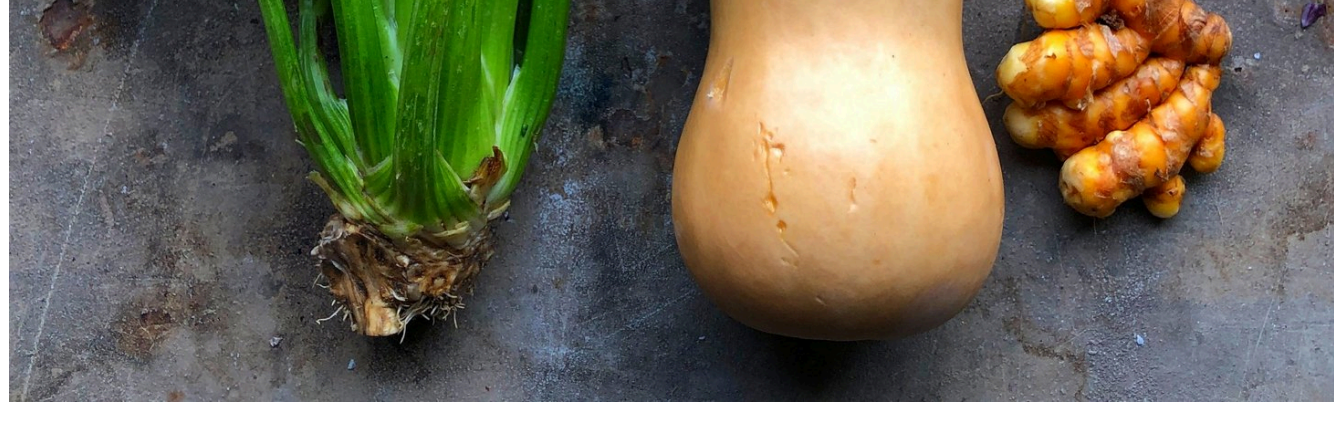
Butternut Squash: Genesis Growers (St. Anne, IL) / Angelie Organics (Caledonia, IL)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, outside of the fridge, for up to 6 months.

Bosc Pears: 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.

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 / Collards:
The Urban Canopy (Englewood, Chicago, IL) / Gary Comer Youth Center (Grand Crossing, Chicago, IL) / PrairieEarth Farm (Atlanta, IL)
Storage Tip - 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.

Turmeric Root: Gary Comer Youth Center (Grand Crossing, Chicago, IL)
Storage Tip - Store it in a brown paper bag or open plastic bag in the refrigerator for up to two weeks or in your freezer for up to six months. When it's close to expiration, you can dehydrate the fresh turmeric to make a dried turmeric powder.
**Note - The greens and stem of the turmeric are edible and have great flavor. The leaves can be tough if eaten whole, but can be sliced thin and eaten raw or used as a garnish. The stems are great to steep to make hot tea, and are amazing when added to ginger soups. The leaves can also be used in dishes the same way that you use stocks root, and are super fragrant.*



MIGHT WE RECOMMEND A SOUP SEASON? FROM LEFT TO RIGHT: CELERY, BUTTERNUT SQUASH, CARROTS, TURMERIC

Substitutions

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



FROM TOP LEFT TO BOTTOM RIGHT: LEEKS, SWEET POTATO, PARSLEY, POTATOES, DAIKONS

Purple Daikon Radishes: The Urban Canopy (Englewood, Chicago, IL) - *Egg 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.

Kennebec Potatoes: *Bread substitute, miscellaneous substitute*
Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag for a few weeks.

Leeks: *Beverage substitute*
Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Sweet Potatoes: Nichols Farm and Orchard (Marengo, IL) - *Mushroom substitute*
Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag for a few weeks.

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



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

PROTECT BLACK FARMERS AND INDIGENOUS LAND IN PEMBOKE TOWNSHIP TODAY.

Black, Indigenous, and farmers of color continue to experience discrimination with respect to the requirements, availability, and timing of loans, as well as denial of access to USDA resources based on race. As a result, many Black farmers and farmers of color still struggle to access and hold on to land, making it difficult for them to continue to get fair returns on their labor and investments.

We have an opportunity, and a duty, to change that. Please support Black farmers, Indigenous farmers, and farmers of color in getting the debt relief they seek and deserve by signing the National Black Food & Justice Alliance's petition

[SIGN THE PETITION FOR BLACK AND INDIGENOUS FARMER DEBT RELIEF](#)

Submit a Public Comment Opposing the Nicor Gas Pipeline in Pembroke Township! The Northern Illinois Gas Company (Nicor) has filed a petition with the Illinois Commerce Commission to start construction on the pipeline designated for Pembroke Township, IL. The ICC has until January 14, 2022 to grant or deny Nicor's petition.

The Pembroke Environmental Justice Coalition is asking Illinois residents and national supporters to file a public comment in opposition to Nicor's petition. Click the following button for instructions and scripts to use for filing a public comment either online or by phone.

[FILE A PUBLIC COMMENT](#)

Are you interested in supporting the #PreservePembroke campaign or joining the Pembroke Environmental Justice Coalition? Please complete the interest form here or email the Pembroke Environmental Justice Coalition at preservepembroke@gmail.com.

[JOIN THE #PRESERVEPEMBOKE CAMPAIGN](#)

Recipe Recommendations

Click on the image to access the recipe



fresh turmeric latte



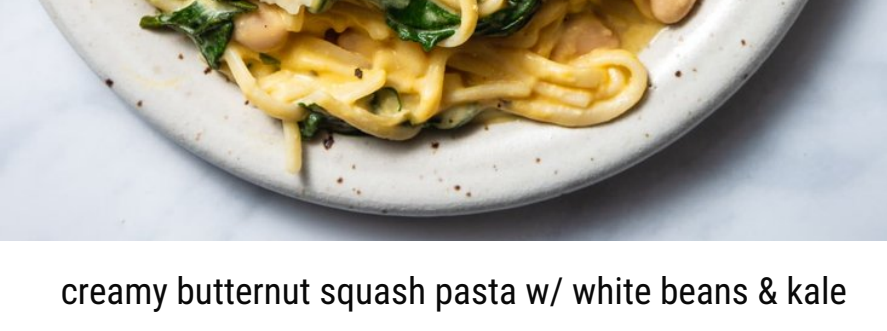
creamy butternut squash pasta w/ white beans & kale



kale and celery mezzal souf



carrot & cannellini bean salad w/ seared trumpet mushrooms



pear granola breakfast crisp



scrambled tofu with collards and turmeric



ants on a log: celery soup w/ peanuts & grapes



roasted butternut squash with orange tahini, walnuts, & za'at.



apple & olive oil cake w/ maple icing



celery and apple salad with pecans



pear-cardamom muffins recipe



sautéed cabbage and carrots with turmeric