



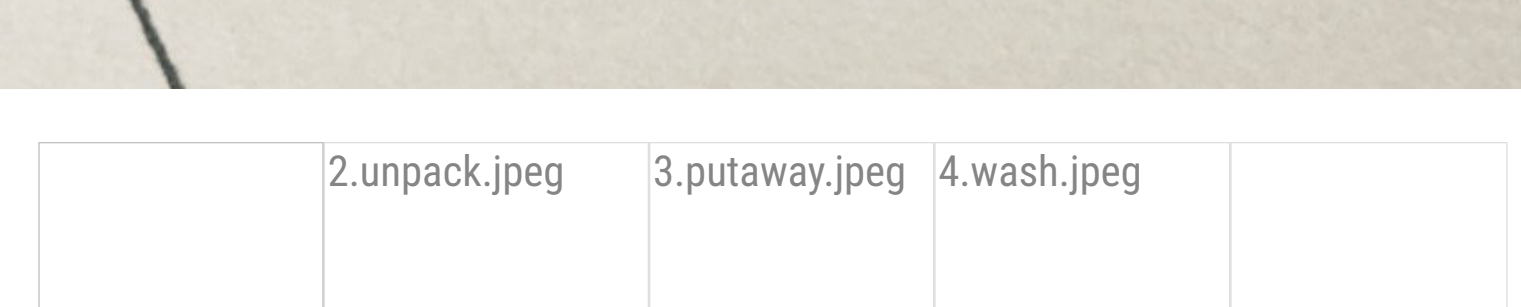
Winter Week 1 - 1/3, 1/4, 1/5

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

In your box this week:

LETTUCE OR MICROGREENS - ACORN SQUASH - MUSHROOMS - APPLES - SWEET POTATOES - SUNCHOKES - PICKLED BEETS - KOMBUCHA

Important Tips for Your Produce Box



Share Contents

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.
- Pro-tip: When your share arrives, immediately unpack your produce and move into proper storage containers!
- Wash produce before eating!
- Remember to return your wax box, egg cartons, and pint containers during your next delivery. We re-use all of these items!

- Beverage:**
Kombucha: *Community Kombucha*, (Chicago, IL)
Storage Tip - Store in a dry, cool space.
- Bread:**
 Wednesday: *Challah*, *Franher Bakery* (Pilsen, Chicago, IL)
 Thursday: *Country Loaf*, *Phlour Bakery* (Edgewater, Chicago, IL)
 Friday: *Seeded Rye*, *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. Be careful with temperature - you may want to refrigerate bread sooner than later when it's warm. You can also slice or rip/cut your bread into pieces and freeze for future toast or croutons.
- Mushrooms:**
Crimini (Baby Bella), *River Valley Ranch* (Burlington, WI)
Oyster, *Primordia* (Bloomington, IL)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.
- 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.



Sunchokes: *Nichols Farm and Orchard* (Marengo, IL)
Storage Tip - Keep in a cool, dry, dark area for up to a week, or sealed in a bag with towels or paper towels to absorb moisture for up to three weeks.

Pickled Beets: *Urban Canopy* (Chicago, IL)
Storage Tip - Jams, preserves and pickled items, should be stored away from the sunlight and in a cool space. For items that are shelf stable, the button on the lid should be compressed and pop when opened showing the jar has been properly processed and sealed. Once open, store in the refrigerator for up to 6 months. In general, pickled items are best used within 12 months for better flavor and texture but will be safe to eat for 2-3 years.

Sweet Potatoes: *Nichols Farm and Orchard* (Marengo, IL)
Storage Tip - Sweet potatoes should never be cold til cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Lettuce Mix: *Artesian Farms* (New Buffalo, MI) or **Microgreens:** *Closed Loop Farms* (Back of the Yards, Chicago) - *Microgreens for Friday only*
Storage Tip (Lettuce) - The lettuce will come in a green compostable bag, remove your greens from the bag and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.
Storage Tip (Microgreens) - Remove your greens from the bag and store them in a plastic container with a paper towel covering.

Acorn Squash: *Family Farm Fresh* (Rockville, IN) - *Thursday and Friday only*
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

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. Some apples are good for eating, some are good for baking, and lots are good for both. Check out this great apple guide for help on what certain apple varieties are best for.

Substitutions

Items for those already opting out of beverage, bread, mushrooms, or eggs or having a conflicting allergy - subject to change, even if specified. Please refer back to this newsletter throughout the week for updates.

Carrots: *Nichols Farm and Orchard* (Marengo, IL)
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Watermelon Radish: *Nichols Farm and Orchard* (Marengo, IL)
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Brussels Sprouts: *Nichols Farm and Orchard* (Marengo, IL)
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.

Extra Firm Tofu: *Phoenix Bean* (Edgewater, Chicago)
Storage Tip - Water-packed tofu (like the extra firm tofu from Phoenix Bean) should be thoroughly submerged in fresh water refreshed every couple of days. Dry packed tofu (like the fried extra firm tofu from Phoenix Bean) can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. Any tofu not frozen or refreshed in water should be consumed within five days of opening.



Add Ons

Locally-sourced food and home goods to round out your CSA box! Save trips to the grocery store and get what you need delivered inside your LUCSA share.

Add On Order form must be submitted by noon on Monday!

[CLICK HERE FOR THE ADD-ON ORDER FORM](#)

Featured Add Ons



Janie's Mill AP Flour



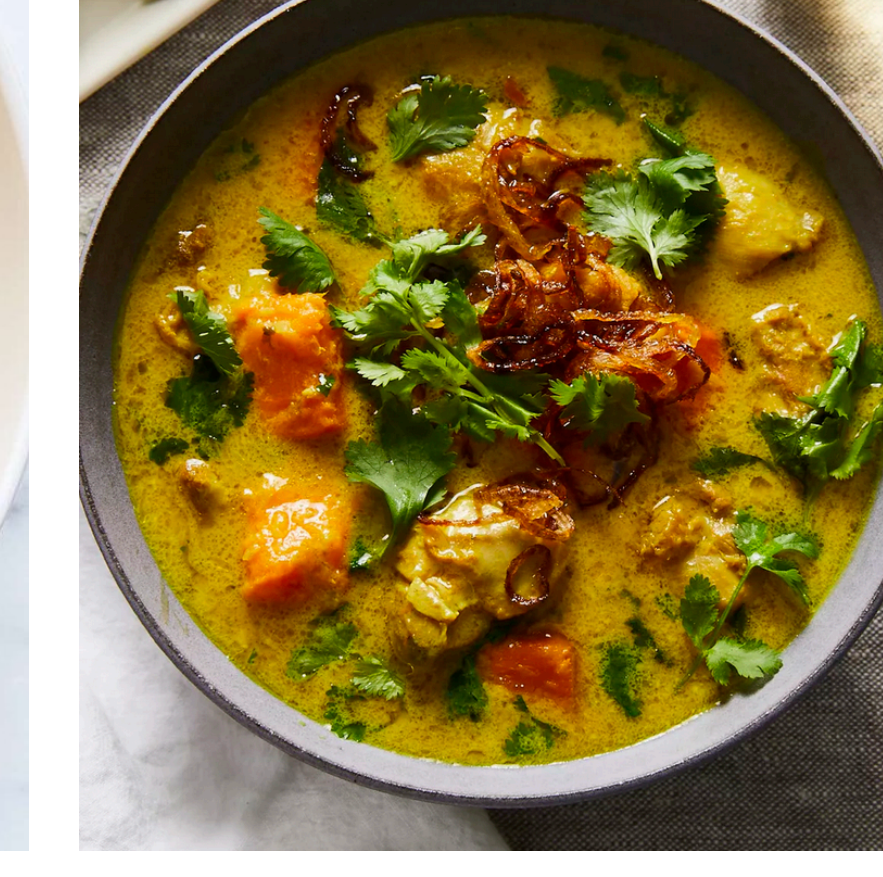
Tasting India Bombay Chili Crunch

Recipe Recommendations

Click on the image to access the recipe



Crispy Roasted Sunchokes



Burmese Braised Chicken w/Sweet Potato



Brown Butter Parsnip Puree



Sweet and Savory Microgreens Salad



Miso Mushroom Pasta



Squash, Shiitake, Kale, and Kimchi Stew

[CLICK HERE FOR OUR PRODUCE GUIDE AND RECIPE LOG](#)

We have created a handy **Produce Guide** which includes most items you will be getting in your box this season and through out the year. It is helpful for identification and has lots of storage tips, and also includes a log of recipes. It's not a bad idea to bookmark this page!

[CLICK HERE TO ACCESS OUR NEWSLETTER ARCHIVE](#)

If you missed a week and want to see what was in a previous share, we archive a PDF of all our previous newsletters here. You can also use it to look at previous seasons if you are interested to see what crops are coming!



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