



# Winter Week 1: 10/26 10/27 10/28

## Welcome to Winter - LUCSA Week 1!

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!

[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)



In your box this week:  
eggs - bread - kombucha - apples  
winter squash - cranberries - beets  
cabbage - lettuce

The Urban Canopy farm, Auburn Gresham, Chicago

## WELCOME TO WINTER SEASON!

Welcome, returning and new members alike! We are so thrilled you could join us for our Winter LUCSA share. Throughout the season, you can use this newsletter to order add-on items, learn more about your share items and the farmers who grow them, delve into the archives of seasons past. Last but not least, we have new recipe suggestions based off of each week's share contents.

Throughout the season, please do not hesitate to contact us directly with any questions, comments or concerns that may arise. We are grateful for your business, and are looking forward to sharing all kinds of goodies with you this winter!

### 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](#)



### Sarita's Pleasure Pies

Vegan quater pies! This week's flavor: xocoweb & cum pie: coconut cream, oreos, sweetened condensed coconut milk, oat milk, coconut oil, coconut shreds, chocolate, agar agar, cinnamon, graham cracker



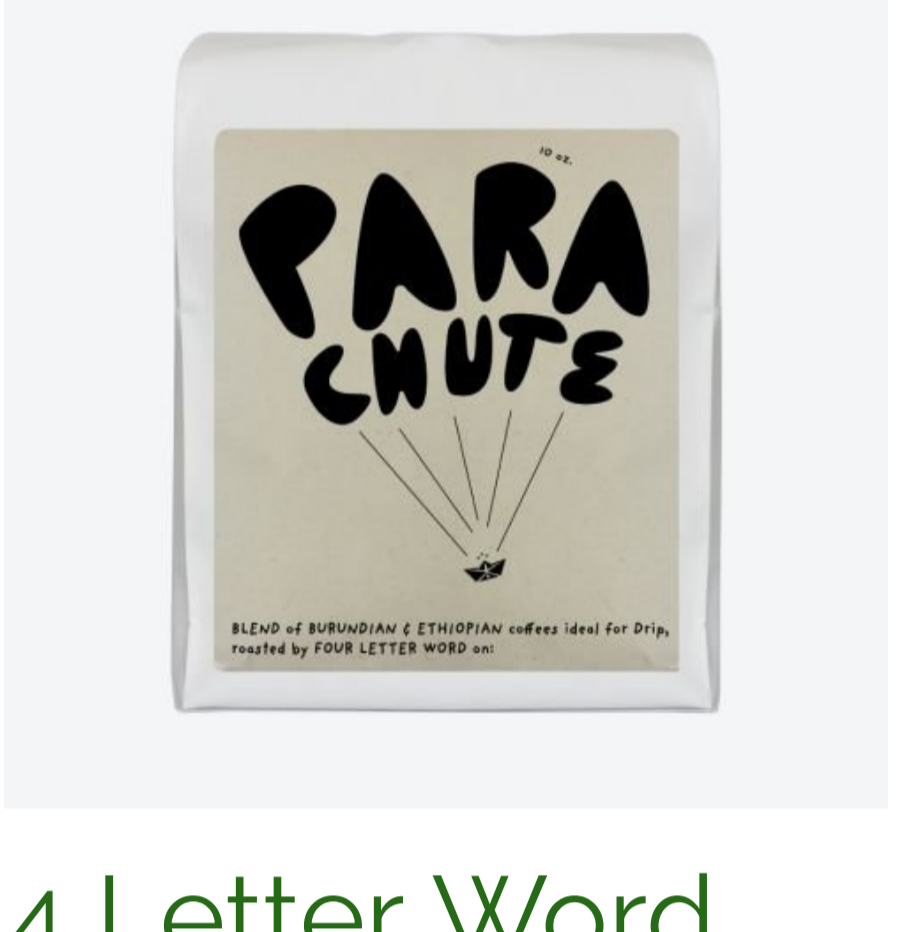
### Farm Popcorn

1# bags from Nichol's Farm



### Extra Fruit - Paw Paws

Straight from Seeding Orchard, 2# bag.



### 4 Letter Word Coffee

Parachute blend, soft notes of berry, whole bean. 10oz



### Freeman House Chai Baby

1 part Freeman House sweet and spicy microbrewery chai & 1 part Oatly oat milk in a 12oz bottle.



### Foxship Bakery Vegan Cookies

This week's featured flavor is pumpkin chocolate chip, just in time for Halloween! Comes in a pack of 3.

& 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 pint containers during your next delivery. We reuse all of these items!

**Beverage:** Kombucha: [Lavendar](#), [Blue Dream](#), [Ginger Hibiscus](#), [Community Kombucha](#) (Chicago, IL)

**Bread:**  
Wednesday: [Herb Focaccia](#), [FranHer Bakery](#) (Pilsen)  
Thursday: [Pullman Sourdough](#), [Publican Quality Bread](#) (Fulton Market)  
Friday: [Country Round](#), [Middlebrow](#) (Logan Square, 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. Be careful with temperature - you may want to refrigerate bread sooner than later!

**Mushrooms:** [River Valley Ranch](#) (Burlington, WI)

Wednesday: [Crimini](#) / Thursday: [Portabella](#) / Friday: [White Button](#)

**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.

**Apples:** [Seeding 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.

**Carnival / Delicata / Butternut Squash:** [Angelic Organics](#) (Caledonia, IL)

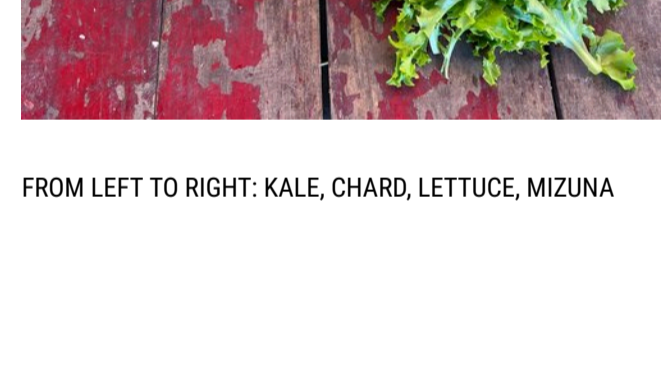
**Storage Tips** - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

**Cabbage:** [Angelic Organics](#) (Caledonia, IL)

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

**Cranberries:** [Mick Klug Farm](#) (St. Joseph, MI)

**Storage Tip** - Keep undamaged berries tightly sealed in the refrigerator for up to two months.



FROM LEFT TO RIGHT: KALE, CHARD, LETTUCE, MIZUNA

**Beets:** [PrairieEarth Farm](#) (Atlanta, IL)

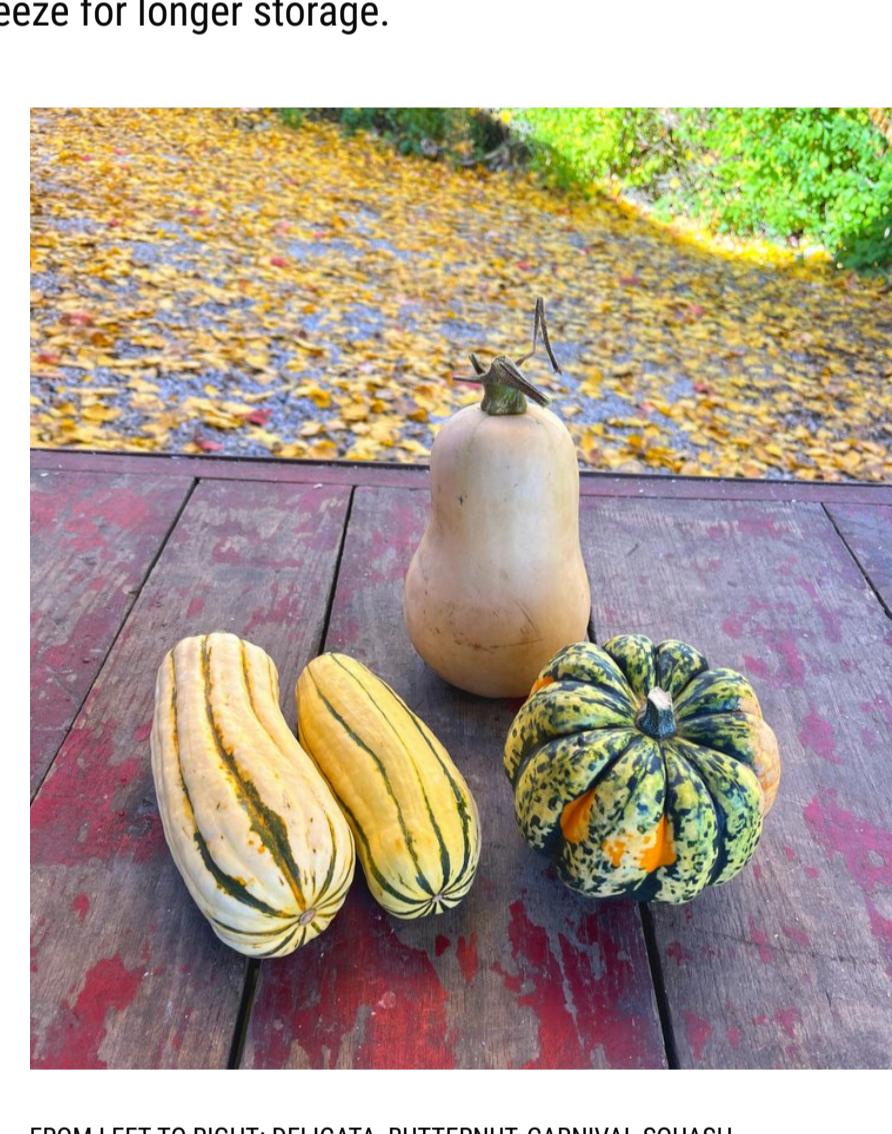
**Storage Tip** - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

**Lettuce Mix / Mizuna Lettuce / Kale / Chard:**

[The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [PrairieEarth Farm](#) (Atlanta, IL) / [Bridge & Bloom Farms](#) (Bronzeville, Chicago, IL)

**Storage Tips** (Lettuce, Mizuna) - remove your greens from the green compostable bag, wash and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

**Storage Tips** (Cooking Greens) - Remove from compostable green bag. 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. Or keep on counter in a glass of water like a bouquet!



FROM LEFT TO RIGHT: DELICATA, BUTTERNUT, CARNIVAL SQUASH

## Substitutions

Items for those already opting out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subject to change



FROM LEFT TO RIGHT: RADISHES, EGGPLANT, ONIONS, GREEN PEPPERS, FENNEL

**Eggplant:** [The Urban Canopy](#), (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

**Peppers:** [The Urban Canopy](#), (Auburn Gresham, Chicago, IL) / [Bridge & Bloom Farms](#) (Bronzeville, Chicago, IL)  
**Storage Tip** - Store dry in an open plastic bag in the crisper for up to two weeks.

**Onion:** [Nichols Farm and Orchard](#) (Marengo, 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 months.

**Radishes:** [The Urban Canopy](#), (Auburn Gresham, Chicago, IL) / [Bridge & Bloom Farms](#) (Bronzeville, 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.

**Fennel:** [Wild Coyote](#) (Berrien Springs, MI)

**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.

[CLICK HERE FOR SUMMER WEEK 22 NEWSLETTER](#)

## Recipe Recommendations



Savory Mushroom Bread Pudding



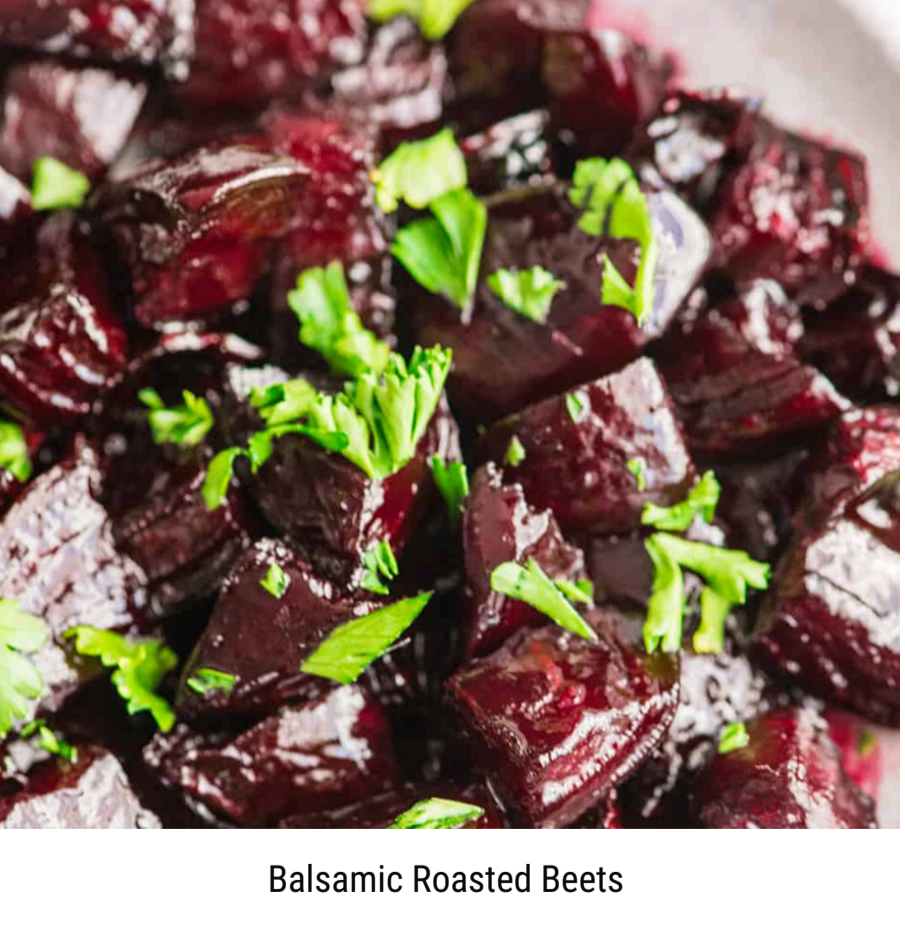
Cabbage + Beet Slaw



Winter Squash Soup



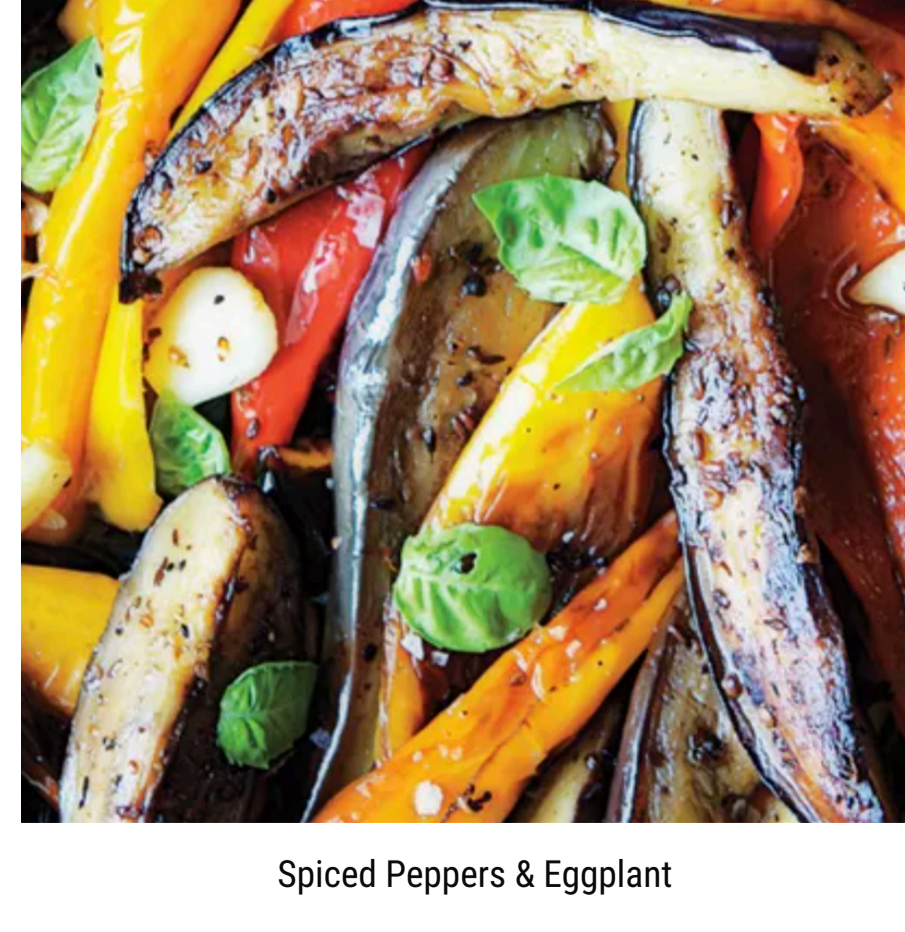
Fresh Cranberry + Orange Sauce



Balsamic Roasted Beets



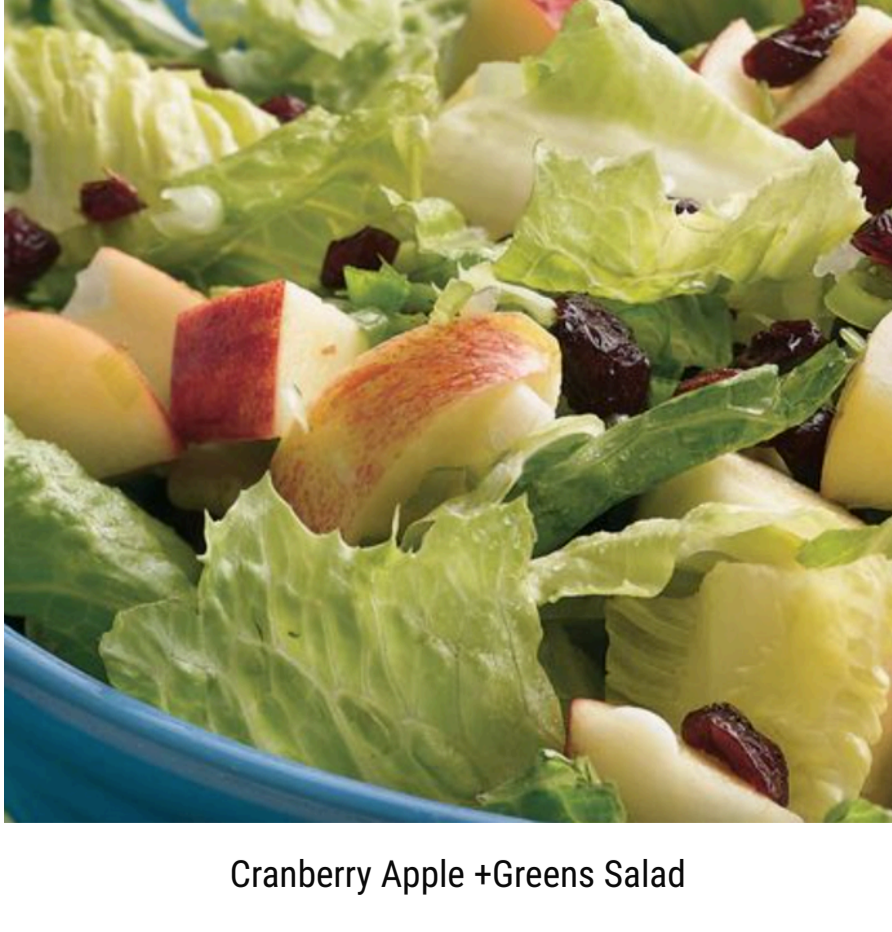
Easy Caramel Apples



Spiced Peppers + Eggplant



Caramelized Apples + Onion



Cranberry Apple + Greens Salad

[Click on the image to access the recipe](#)



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