



Winter Week 10 - 1/11 - 1/12 - 1/13

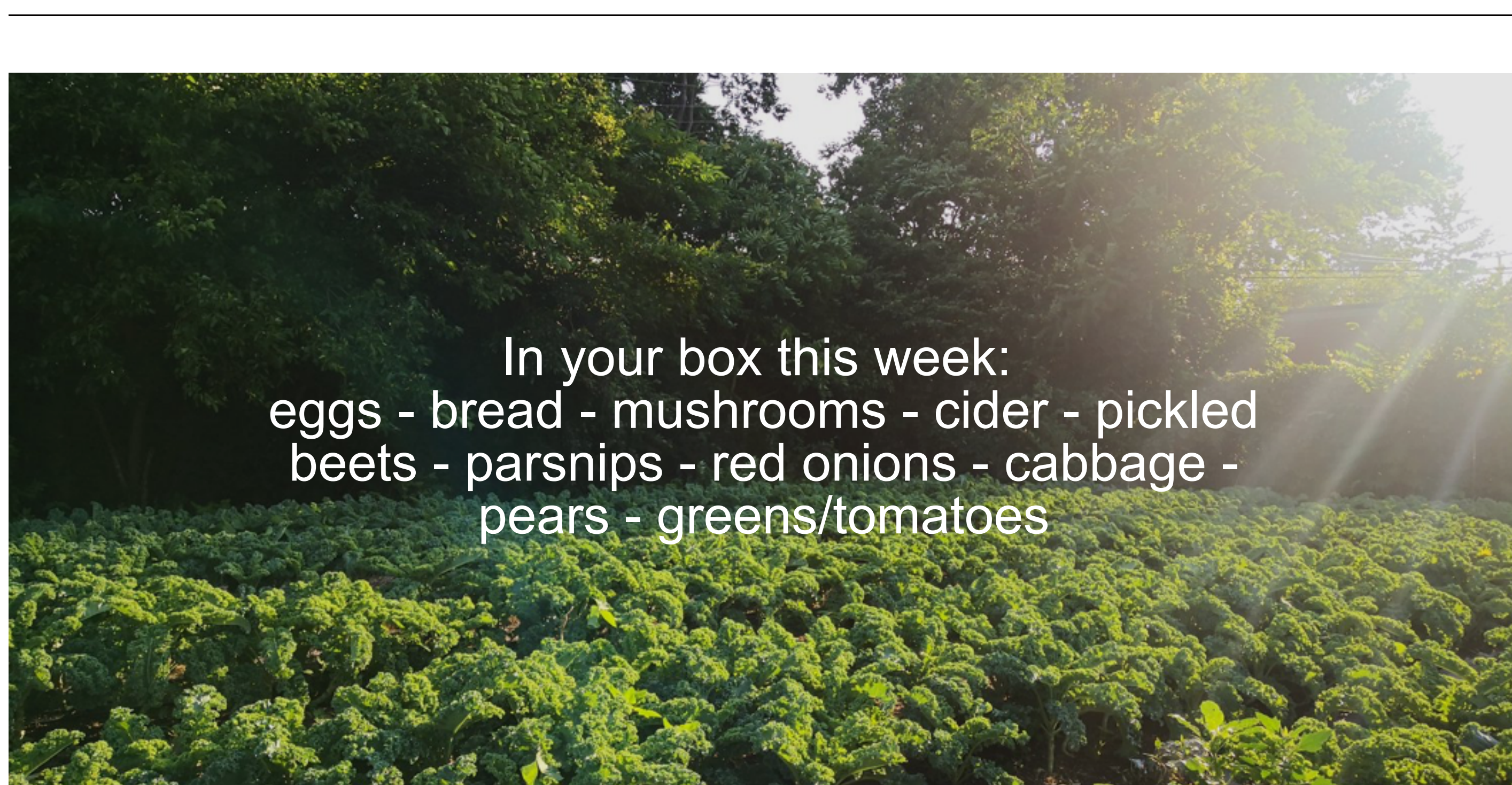
Welcome to Winter LUCSA Week 10!



CLICK HERE FOR WEEK 9 (1/4-1/6) NEWSLETTER!

NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE

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



In your box this week:
eggs - bread - mushrooms - cider - pickled beets - parsnips - red onions - cabbage - pears - greens/tomatoes

The Urban Canopy farm, Auburn Gresham, Chicago

CLICK HERE FOR THE ADD-ON ORDER FORM



Sunnie Shampoo + Conditioner Bars

Locally made - one shampoo bar replaces up to three 250ml bottles of liquid shampoo! Plus they smell and feel amazing. Safe for color treated hair.



Freeman House Chai Baby

Quickly becoming a crew favorite! Formulated by Chicago baristas + made with oatly.



Foxship Bakery Vegan Cookies

Oatmeal raisin. These cookies are crisp around the edges with a soft, chewy center, and plenty of raisins.



UC Finished Compost

Ready to start garden planning? Local, Living Garden Compost. STA Certified, USComposting Council Certified.



Wind Ridge Mulling Spices

1.2 oz - wonderful paired with apple cider (the beverage for this week) or red wine! Comes with reusable muslin bag.



Bridgeport Coffee Beans

8oz whole bean coffee. Heavy body and sweet berry flavor.

& 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.
- Pro-Tip: When your share arrives, immediately unpack your produce and move into proper storage containers!
- 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:

Apple Cider: by Mick Klug Farm (St. Joseph, MI)

Bread:

Wednesday: **Wheat Loaf**, Franher Bakery (Pilsen, Chicago, IL)
Thursday: **Country Round**, Middlebrow (Logan Square, Chicago, IL)
Friday: **Sourdough Pullman**, 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. Be careful with temperature - you may want to refrigerate bread sooner than later!

Mushrooms:

Wednesday: **Lion's Mane/Oyster**: Primordia Mushrooms (Chicago, IL)
Thursday/Friday: **Lion's Mane/Oyster**: Primordia Mushrooms (Chicago, IL) / **Portabella**: River Valley Ranch (Burlington, WI)
Friday: **Portabella**: River Valley Ranch (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.

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.

Pickled Beets:

Urban Canopy Processing Kitchen (Chicago, IL)
Storage Tip - Keep refrigerated after opening. Good for 6 months in the fridge.

Parsnips:

Campbell Farm (Imlay City, MI)
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Onions:

Aslum Farms (Friesland, WI)
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 weeks.

Green Cabbage:

Local Foods (Chicago, IL)
Storage Tip - Keep in a plastic bag in the crisper for two weeks.

Lettuce:

Wednesday/Thursday: **Lettuce or Kale**, Artesian Farms (New Buffalo, MI)
Thursday/Friday: **Tomatoes**, Mightyvine (Chicago, IL)
Storage Tips:
Lettuce: Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.
Kale: 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!
Tomatoes: Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

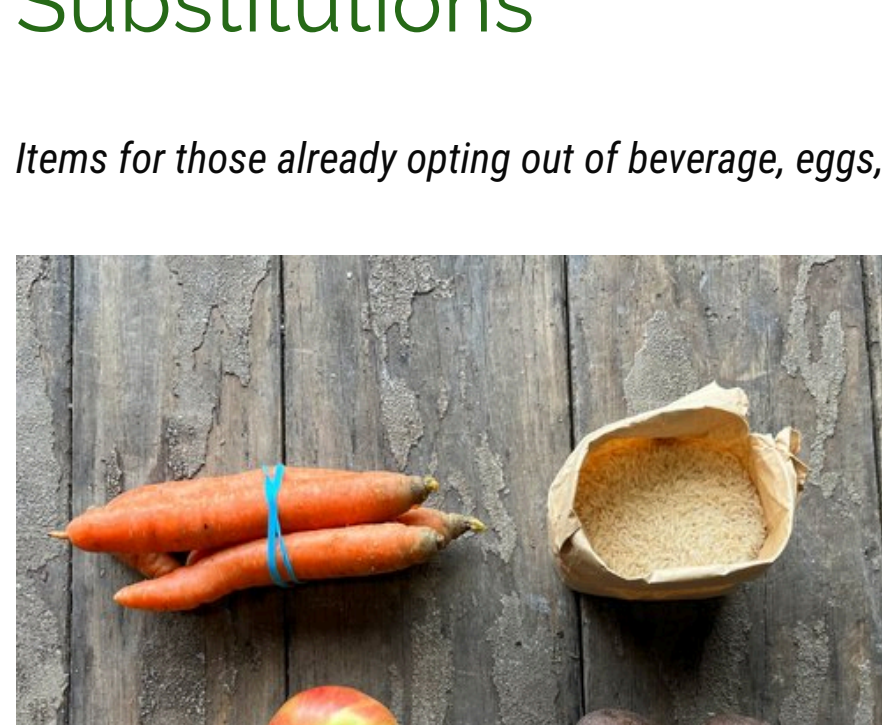
Pears:

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.



Substitutions

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



Carrots:

Prairie Earth Farm (Atlanta, IL)
Storage Tip - Store in the crisper or in a plastic bag in the fridge for a few weeks.

Rice:

Cahokia (McClure, IL)
Storage Tip - Store in a cool dry place out of direct sun.

Apples:

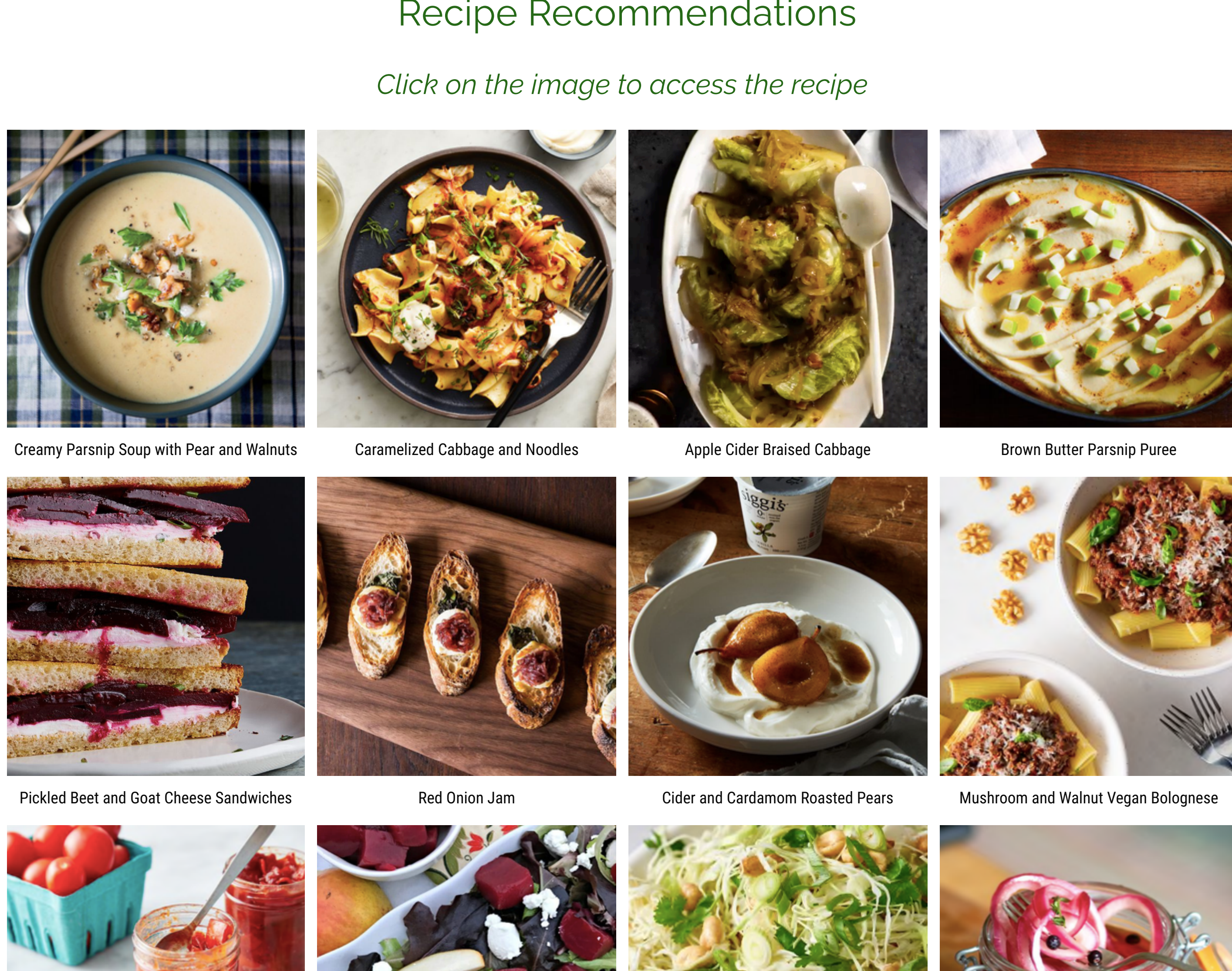
Mick Klug Farm (St. Joseph, MI)
Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Potatoes:

Happy Valley Farm (Black Earth, WI)
Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard.

Recipe Recommendations

Click on the image to access the recipe



- Creamy Parsnip Soup with Pear and Walnuts
- Caramelized Cabbage and Noodles
- Apple Cider Braised Cabbage
- Brown Butter Parsnip Puree
- Pickled Beet and Goat Cheese Sandwiches
- Red Onion Jam
- Cider and Cardamom Roasted Pears
- Mushroom and Walnut Vegan Bolognese
- Tomato Jam
- Pickled Beet Salad with Pear and Walnut
- Crunchy Peanut Slaw
- Quick Pickled Red Onion



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