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LOCAL UNIFIED CSA / FARMERS MARKETS / DISTRIBUTION / DONATIONS



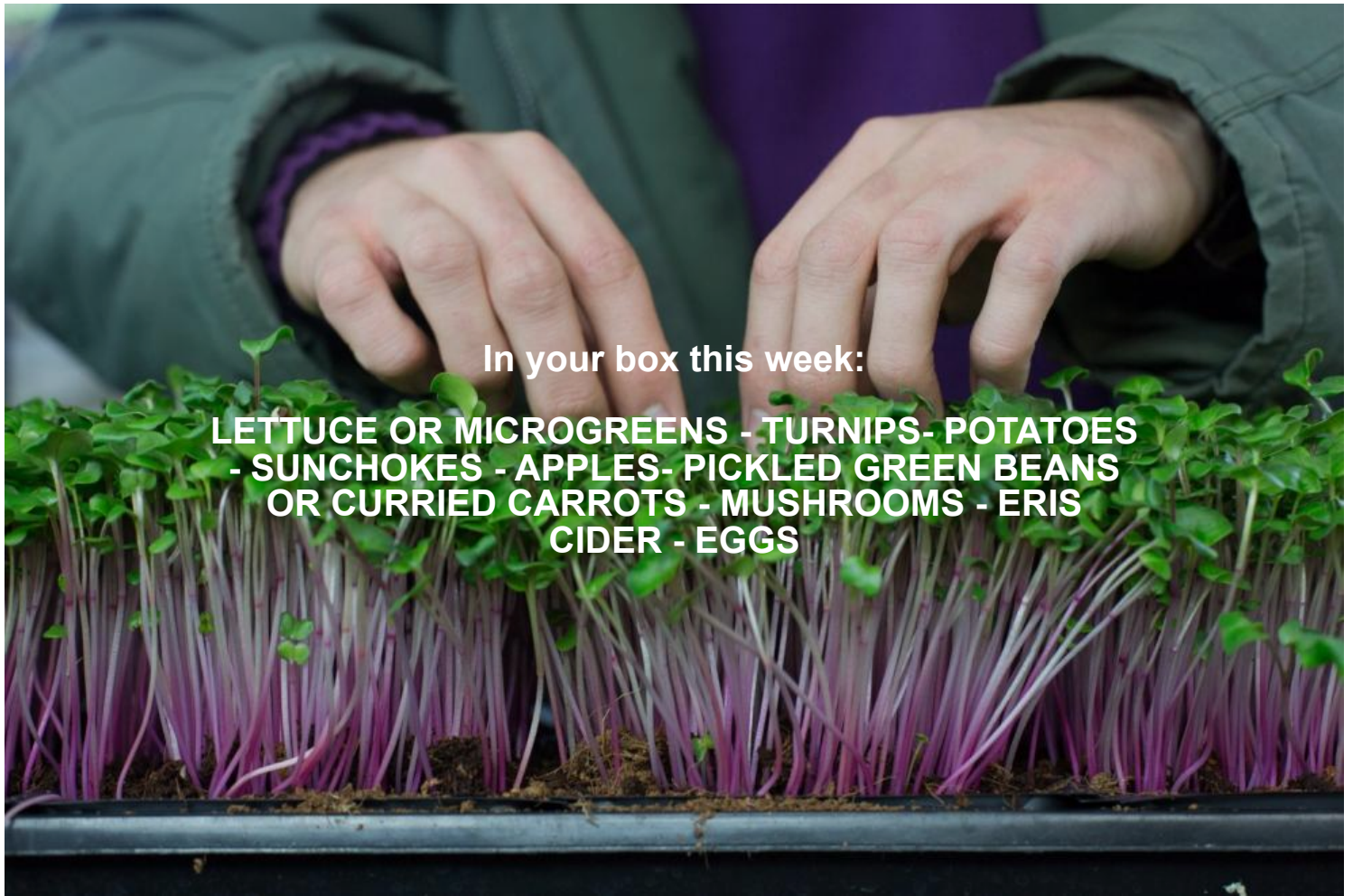
**Winter Week 10 - 3/6,
3/7, 3/8**

SUMMER LUCSA IS NOW TAKING SIGN-UPS! LEARN MORE HERE

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

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!



In your box this week:

LETTUCE OR MICROGREENS - TURNIPS- POTATOES
- SUNCHOKES - APPLES- PICKLED GREEN BEANS
OR CURRIED CARROTS - MUSHROOMS - ERIS
CIDER - EGGS

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:

Hard Cider, [Eris Cider](#) (Irving Park, Chicago) - *E-Phoria and Pepper Jam*

Storage Tip - Keep your cider in the refrigerator.

Backup Beverage: [Rishi Sparkling Botanicals](#) (Milwaukee, WI)

Bread:

Wednesday: Herb Focaccia, [FranHer Bakery](#) (Pilsen, Chicago, IL)

Thursday: Roasted Garlic Boule, [pHlour Bakery](#) (Edgewater, Chicago, IL)

Friday: Pullman Sourdough, [Publican Quality Bakery](#) (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, croutons, or panzanella (see below for a recipe)! Because of the olive oil, the focaccia can mold much quicker than other breads if kept at room temperature. If it's particularly hot, you may want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)

Mushrooms:

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

Oyster: [Primordia](#) (Bloomington, IL)

Storage Tip - Open the paper bag to reduce moisture, and keep mushrooms out of plastic. 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.

Lettuce Mix: [Artesian Farms](#) (New Buffalo, MI) - *Wednesday and Thursday*

Microgreens: [Closed Loop Farms](#) (Back of the Yards, Chicago) - *Friday*

Storage Tip - Remove your greens from the compostable bag and store them in a plastic container with a paper towel covering.



Curried Carrots or Pickled Ginger Green Beans: [UC Processing Kitchen](#) (Garfield Park, Chicago, IL)

Storage Tip - For items that are fermented, jars need to be stored in the refrigerator and will not be sealed meaning the button on the lids will not be compressed. Fermented items will continue to ferment even at low temperatures, and can get a little more funky over time. Fermented items can last 6 months in the fridge.

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.

Potatoes: [Rising Moon Acres](#) (Bloomington, IN)

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.

Ambrosia 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.

Purple Top Turnips: [Sola Gratia Farm](#) (Urbana, IL)

Storage Tip - Place in the crisper and in a plastic bag in the fridge.

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.

Onions or Shallots: [Gorman Farm Fresh Produce](#) (Monee, 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.

Red Cabbage: [Nichols Farm and Orchard](#) (Marengo, IL)

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

Celery Root: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.

Popcorn: [Hoffman Organic Farm](#) (Earlville, IL)

Storage Tip - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

Red Beets: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep the roots dry and tightly sealed in a bag in the crisper for up to a month.



NEW FROM THE PROCESSING KITCHEN: VEGETABLE STOCK

We are sure that most of our LUCSA members hoard all their vegetable scraps and make big batches of vegetable stock regularly. It is so easy and such a great way to impart a ton of flavor into your dishes. But just in case you do want to add some extra jars to your freezer for future use or if you just never get around to making it yourself, our processing kitchen has you covered. We roasted a couple hundred pounds of celery, onions, and carrots and then kept them simmering for a day. We have ours packed into glass jars to cut down on all the nasty plastics and they are pretty beautiful. No salt added too so you can adjust that however you like.

Stock is great for building up flavors in your stocks and soups but it is also great for braising vegetables and is essential for making a good batch of risotto. This week we used it to make a nice rich gravy that was a key component for the filling of a vegetarian shepherd's pie.



Vegetable Stock Recipes:

Vegetable Risotto

UC Farmer's Pie

Vegan Sweet Potato Chowder

Braised Carrots and Parsnips

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](#)

Recipe Recommendations

Click on the image to access the recipe



Crispy Roasted Sunchokes



Italian Potato Frittata



Parmesan Crusted Smashed T...



Roasted Sunchokes with Brow...



Apple Cabbage Slaw



Aloo Masala



Microgreen Pesto



Apple Muffins

[FOLLOW US ON INSTAGRAM!](#)

For more recipe ideas, follow us on Instagram! Our recipe reels provide additional information on how to use produce and

processing items each week!



[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!



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