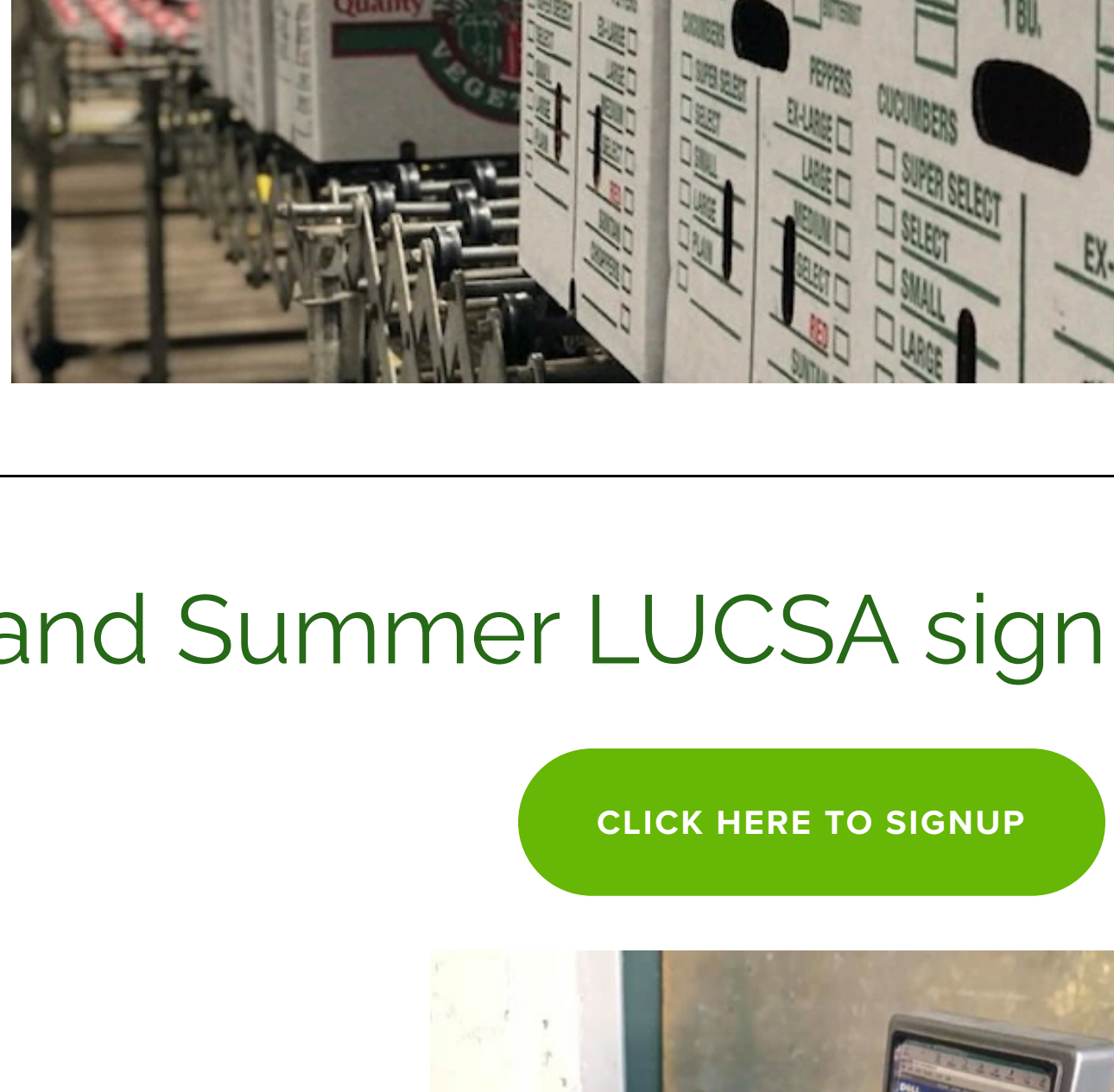




# Winter Week 10: January 26 / 27 / 28

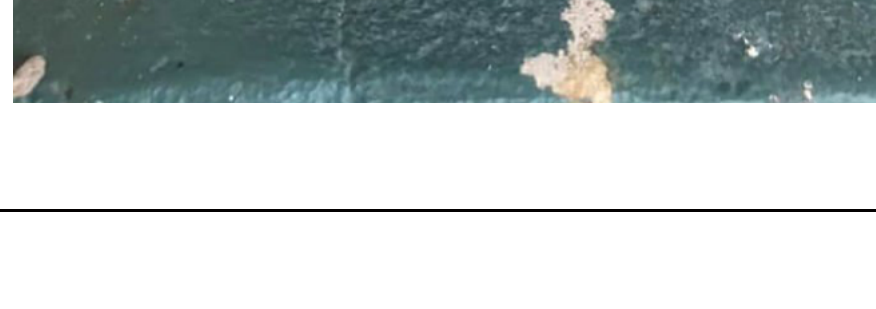
## Welcome to Winter LUCSA Week 10!

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



## Spring and Summer LUCSA sign ups are now open!

[CLICK HERE TO SIGNUP](#)



## 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](#)



### kombuchade ginger jasmine kombucha

12 oz of locally made ginger jasmine kombucha



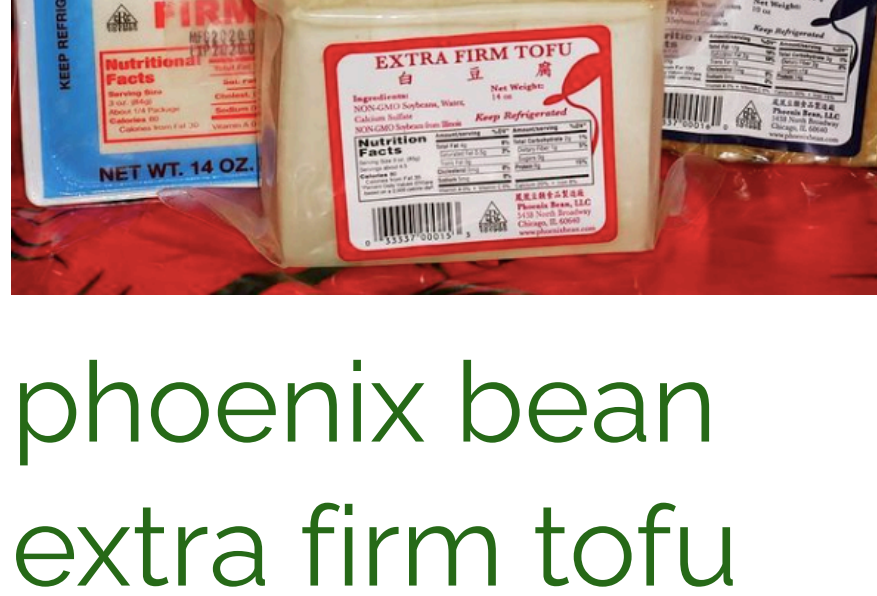
### wind ridge herb farms herbal seasoning

(similar to but not the same as pictured) 0.7 oz. This is the only seasoning you will ever need. It tastes great on everything-veggies, meat, fish, poultry, as a salad dressing or marinade. Slightly sweet without being overpowering.



### urban canopy kimchi

for our members who didn't get a jar last week - this is for you! (or if you just need a second jar already, no judgement we know it's good) made by the urban canopy's processing branch, gf and vegan. all local ingredients, mainly from prairie farms. napa & green cabbage, carrots, daikon & watermelon radish, chili paste made with scallions, ginger, garlic, organic red miso, organic tamari, chili flakes, lime juice.



### phoenix bean extra firm tofu

14 oz of delicious locally made extra firm tofu, great with a jar of UC kimchi.



### nordic creamery butter

back in stock! 3/4 lb log of fresh wisconsin family farmed butter - cultured butter with sea salt, very rich salted butter with 85% butter fat. can keep frozen and thaw as needed for all your butternery needs!



### prairie fruits herb chevre

9 oz of of seasonal, farmstead, artisanal herbed goat cheese

*& 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

**Sparkling Botanicals:** Rishi Tea & Botanicals (Milwaukee, WI)  
*Storage Tip* - Store in fridge or at room temperature, chill to serve.

### Bread

**Wednesday: Organic Boule** pHour Bakery (Andersonville, Chicago)  
**Thursday: Organic Boule** pHour Bakery (Andersonville, Chicago)  
**Friday: Pullman Sourdough** 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!

### 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.

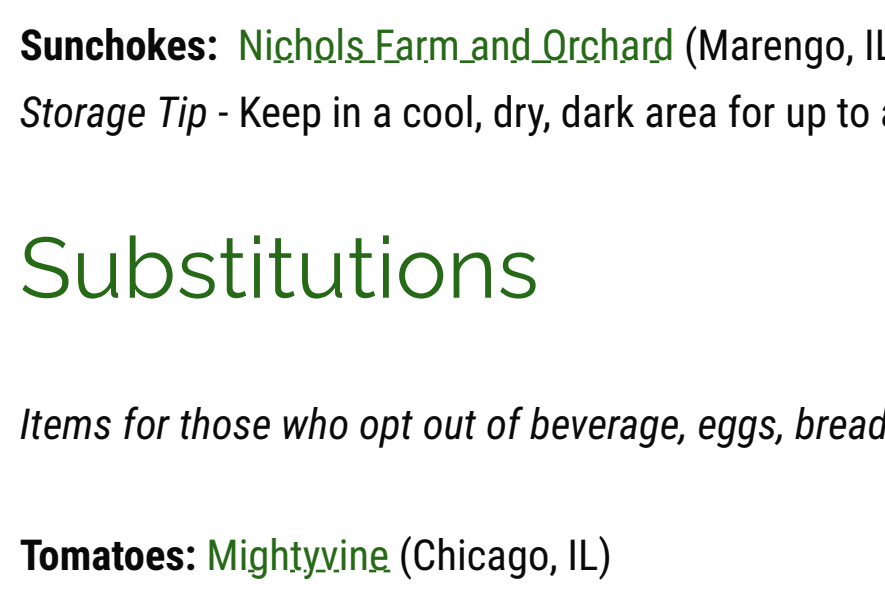
### Mushrooms

**Wednesday: Alba, Mycopia Mushrooms** (Scottville, MI)  
**Thursday: White Button, 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.

### Sweet Potatoes: Nichols Farm and Orchard (Marengo, IL)

*Storage Tip* - Sweet potatoes should never be cold till cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

### Bravo Radishes: Prairie Eth Farm (Atlanta, IL)



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO! MUSHROOMS AND GREENS WILL VARY DAY TO DAY (NOT PICTURED: BREAD)

*Storage Tip* - Use just like daikon. If present 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.

**Dried Cherries:** Shareline Fruit (Traverse City, MI)  
*Storage Tip* - Store in a cool dry spot out of direct sunlight.

**Greens** (you will receive one of the following):  
**Wednesday: Spinach, Prairie Eth Farm** (Atlanta, IL)  
**Thursday: Lettuce, Artesian Farms** (New Buffalo, MI)  
**Friday: Microgreens, Closed Loop Farms** (Back of the Yards, Chicago, IL)  
*Storage Tip* - The greens will come in a green compostable bag, remove your greens from the bag and store them in a plastic container with a paper towel covering them up to a week in the fridge.

**Cameo / Golden 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.

### 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.

## Substitutions

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

**Tomatoes:** Mightyvine (Chicago, IL)  
*Storage Tip* - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

**Beets:** Happy Valley Farm (Black Earth, WI)  
*Storage Tip* - Keep dry and tightly sealed in a bag in the crisper for up to a month.

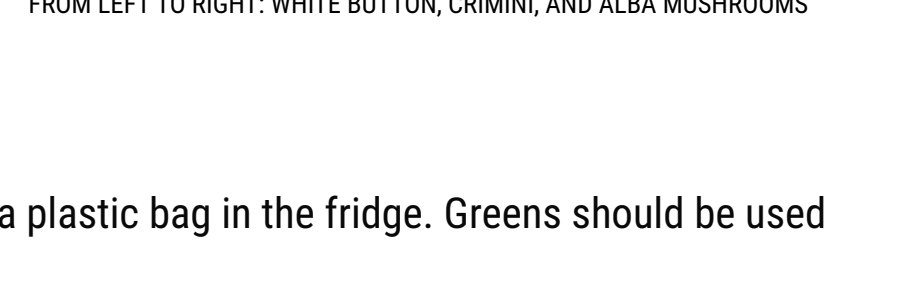
**Potatoes:** Local Foods (Chicago, IL)  
*Storage Tip* - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag, for up to 6 months.

**Black Beans:** TW Farms  
*Storage Tip* - Store beans in a reusable container or plastic bag in a cool, dry place.

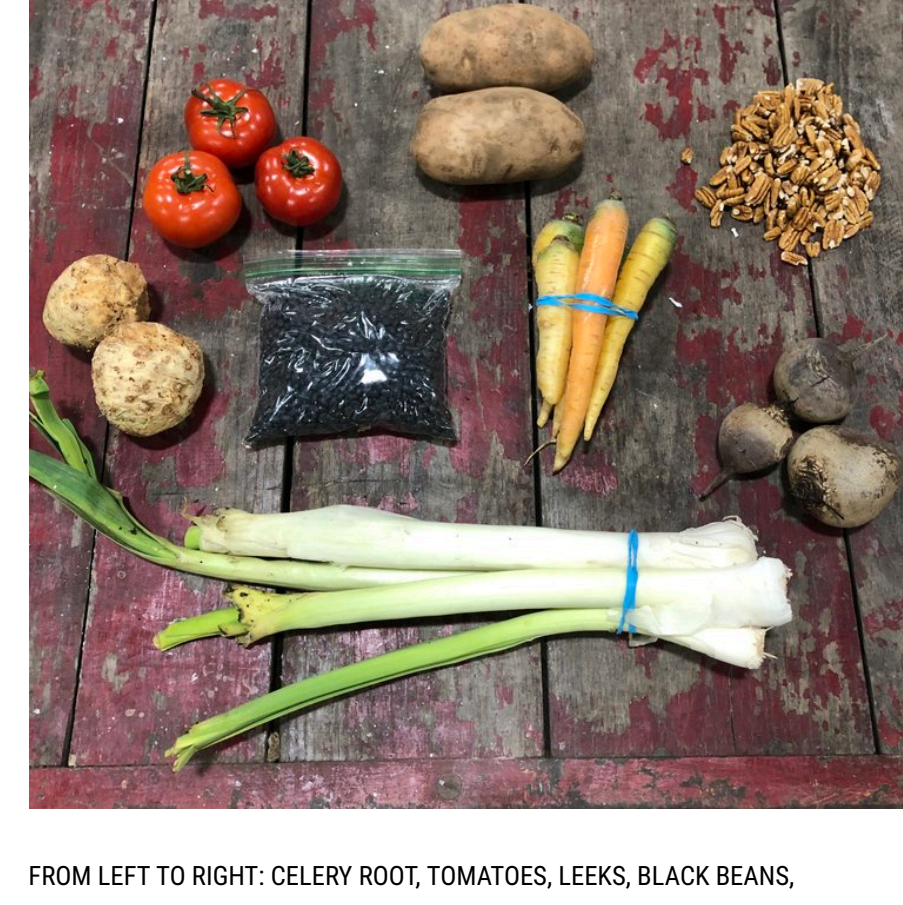
**Leeks:** Nichols Farm and Orchard (Marengo, IL)  
*Storage Tip* - Gently wrap and keep in your crisper for up to two weeks. Keep the dark greens in your freezer for stock!

**Carrots:** Prairie Eth Farm (Atlanta, IL)  
*Storage Tip* - Store in the crisper or in a plastic bag for a few weeks.

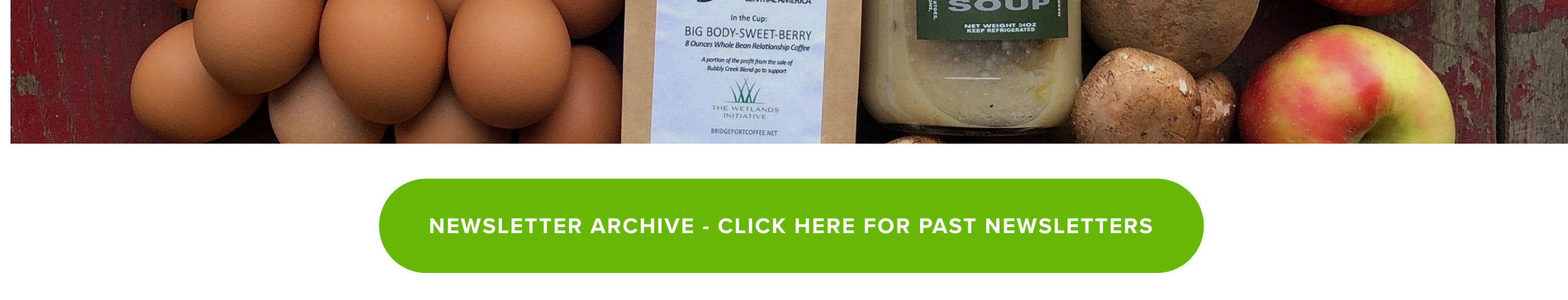
**Celery Root:** Local Foods (Chicago, IL)  
*Storage Tip* - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.



FROM LEFT TO RIGHT: WHITE BUTTON, CRIMINI, AND ALBA MUSHROOMS



FROM LEFT TO RIGHT: CELERY ROOT, TOMATOES, LEEKS, BLACK BEANS, POTATOES, CARROTS, PECANS, BEETS



[click here for week 9 \(1/19-1/21\) newsletter!](#)

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

## Produce Profile: Sunchokes



This week we are sending you local sunchokes! Sunchokes are odd, knobby little tubers that look quite like ginger, taste a bit like potatoes, and whose blooms are easily confused with sunflowers. Well, the last part is a bit of a cop-out as far as fun facts go since they are in the same family as sunflowers; both are of the Helianthus genus. However, this species of sunflower is prized for it's roots instead of it's flowers and seeds.

Sunchokes are sometimes called "sunroot" or "Jerusalem artichokes." It is thought that the "Jerusalem" part comes from a mispronunciation of the Italian word for sunflower, "Girasole". The "artichoke" from a french explorer who believed the taste similar to artichokes, though we will let you be the judge of that.

One thing that makes sunchokes so favorable is how easy they are to grow in most parts of North America. As farmers and gardeners ourselves, that's a huge benefit. Sunchokes are vigorous growers and often surprise with their yield, not to mention the two-in-one action of food crops that bloom so brilliantly. They generally flower in August/September and can be a source of pollen for pollinators during a time when most flowers are calling it quits. Though, before you decide to plant them yourself I would like to note that the vigor with which they produce can truly be overwhelming for some, *bordering on invasive for others.*

Outside of just the practicality of growing them, we love them for a sweet profile unlike anything else found in our everyday diets. As a starchy root, the sunchoke is most often compared to a potato or sometimes to jicama, but it has a flavor nuance that defies all other comparisons. Their flavor intrigue is boosted by their versatility in dishes as they can be served peeled or unpeeled, raw, baked, pureed, mashed, or pickled, though most often are roasted or sauted.

Sunchokes contain a pre-biotic fiber called inulin that is fairly hard to come by in the standard american diet. We recommend starting off eating smaller quantities at a time, or pickle or slow roast them to convert some of the inulin to fructose, and I cannot recommend the sunchoke and chicken thigh recipe (linked below) highly enough. The lemon juice treatment serves the function of converting inulin to fructose, and my roommates and I couldn't get enough of this dish. We crave sunchokes now sometimes because of it.

## Recipe Recommendations

*Click on the image to access the recipe*



ottolenghi's sunchokes & chicken thighs



seared mushroom focaccia



autumn apple glaze



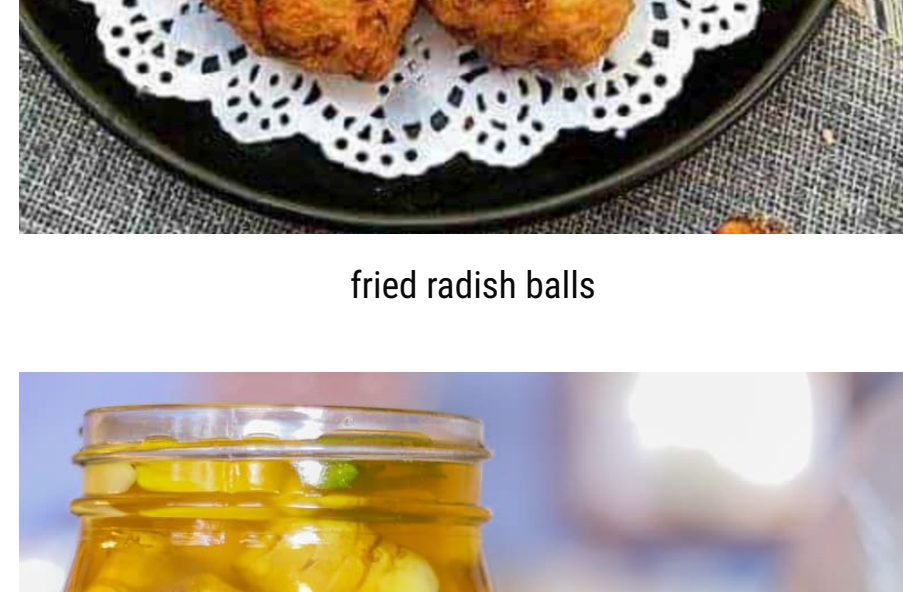
fried radish balls



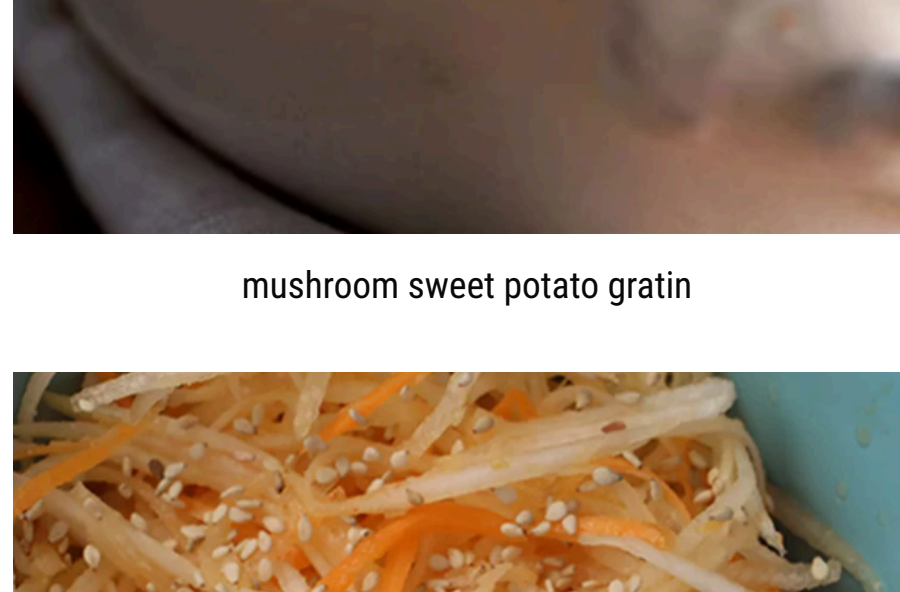
mushroom sweet potato gratin



hot cross buns w/ dried cherries



pickled sunchokes



ginger carrot radish salad



gf almond oatmeal cherry cookies



wild rice salad w/ dried cherries



sweet potato tortillas



slow roasted sunchokes



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