



Winter Week 11 - 1/18 - 1/19 - 1/20

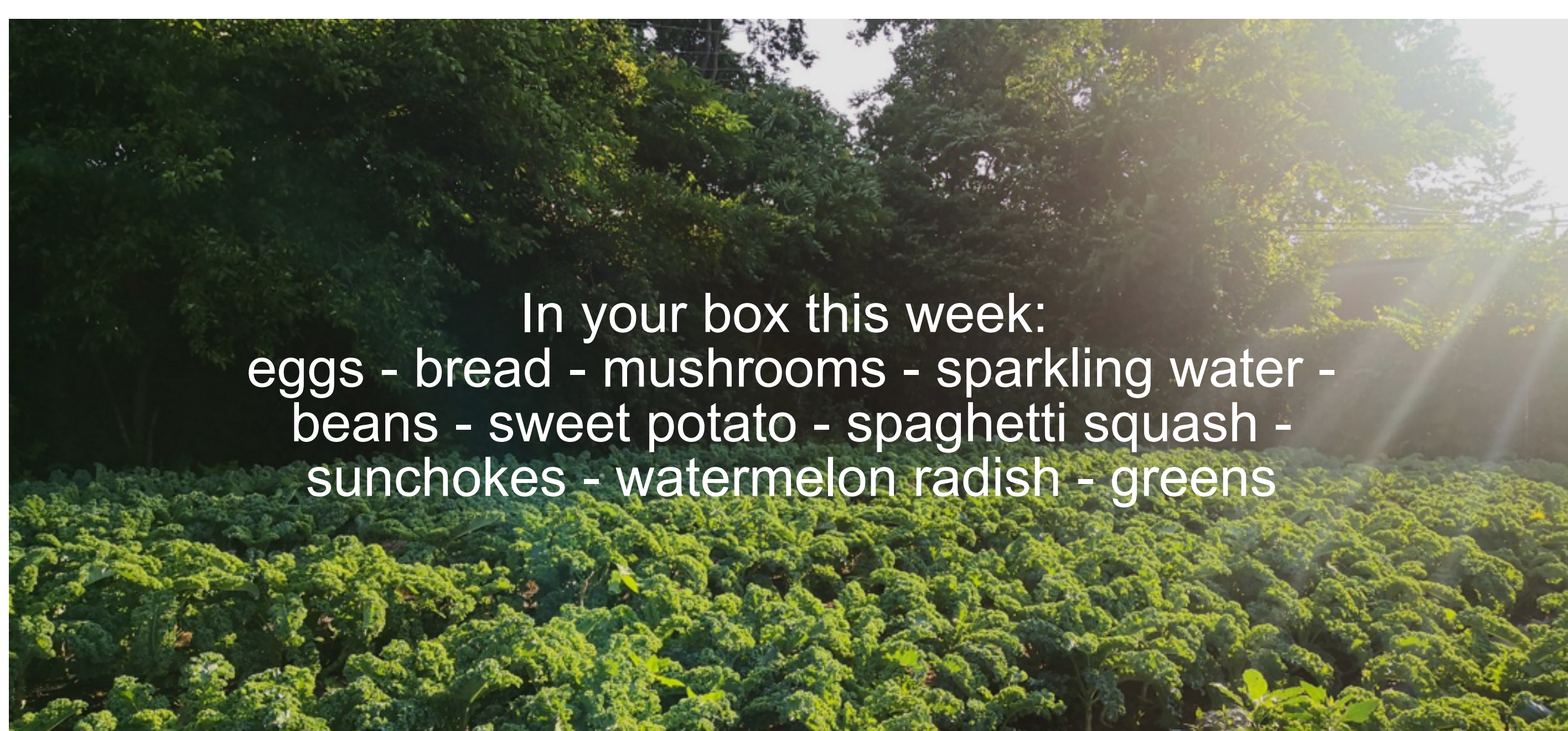
Welcome to Winter LUCSA Week 11!



CLICK HERE FOR WEEK 10 (1/11-1/13) 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 - sparkling water - beans - sweet potato - spaghetti squash - sunchokes - watermelon radish - greens

The Urban Canopy farm, Auburn Gresham, Chicago

CLICK HERE FOR THE ADD-ON ORDER FORM



River Valley Ranch Granola

Sale! Best by 1/30. Wisconsin rolled oats, brown sugar, pepitas, dried cranberries, pistachios, organic coconut, cinnamon, rice oil, sunflower oil and sea salt.



Off Color Beer

Czech style lager featuring European hops accompanied by a delicate maltiness but finishes semi-dry. 5.0 % alc/vol.



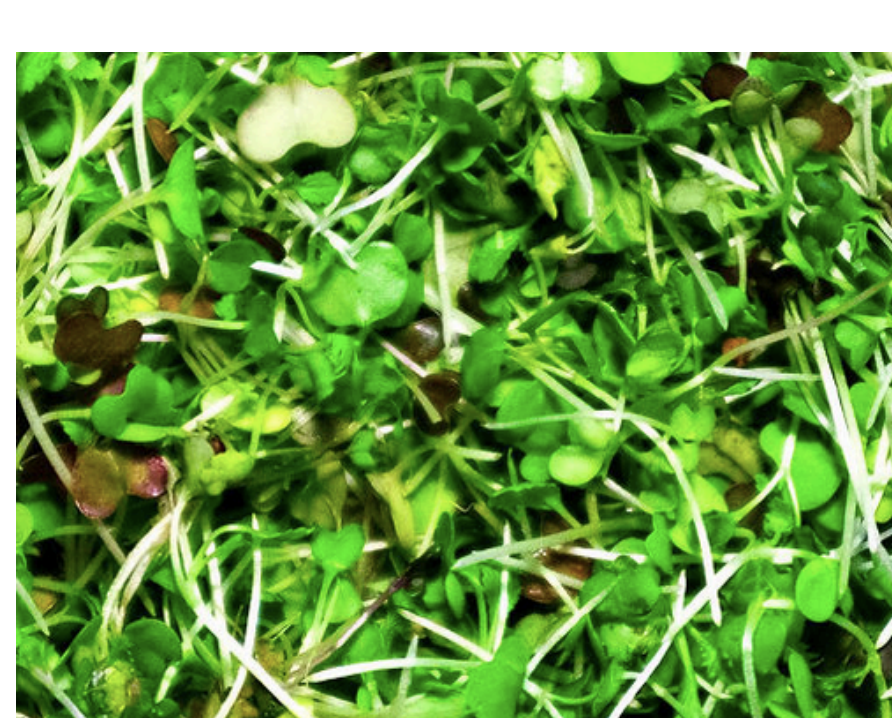
Urban Canopy Pet Grass

provides kitties with vitamins and nutrition, aids digestion, freshens breath, and some cats just love the taste.



Underground Meats Finocchiona

Black pepper, fennel, white wine. Bright fennel flavors. 2oz.



Garfield Produce Microgreens

Rainbow Mix - great way to add some green to any meal!



Beeler's Bacon

Applewood Smoked, 12oz. No nitrates or nitrites added except for the naturally occurring nitrates in sea salt and celery powder. No antibiotics ever.

& 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:

Sparkling Water: by Klarbrunn (Watertown, WI) - 4 pack of lime, lemon, berry and pomelo flavors

Bread:

Wednesday: **Pullman Sourdough**, **Pubican Quality Bread** (Fulton Market, Chicago, IL)

Thursday: **Wheat Loaf**, **Franher Bakery** (Pilsen, Chicago, IL)

Friday: **Country Bâtard**, **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!

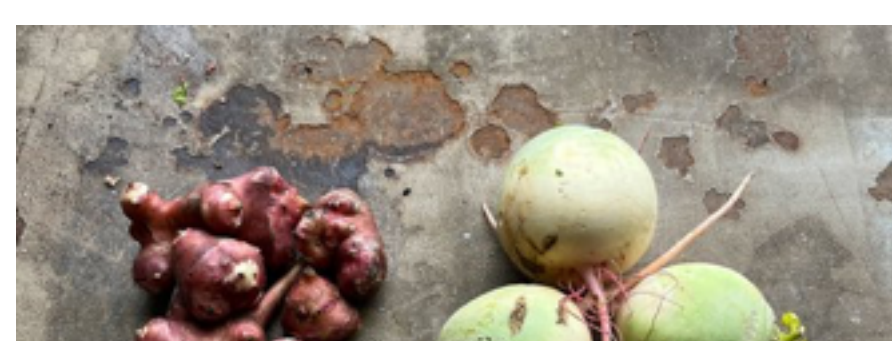
Mushrooms:

Wednesday/Thursday: **Portabella**: **River Valley Ranch** (Burlington, WI)

Thursday/Friday: **Lion's Mane/Oyster**: **Primordia Mushrooms** (Chicago, IL)

Friday: **Crimini**: **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.



FEATURED THIS WEEK: SUNCHOKES AND WATERMELON RADISH

Eggs: **Finri'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.

Organic Canned Garbanzo and Black Beans: **Omena Organics** (Omena, MI)

Storage Tip - Keep in a cool dark place like a cabinet.

Sweet Potatoes: **Aslum Farms** (Friesland, WI)

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard.

Spaghetti or Butternut Squash: **Nichols Farm and Orchard** (Marengo, IL)

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

Sunchokes: **Henry's Farm** (Central 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.

Lettuce, Kale, Cabbage or Spinach:

Artesian Farms (New Buffalo, MI) / **Local Foods** (Chicago, IL) / **Windy City Harvest** (Lawndale, Chicago, IL)

Storage Tips:

Lettuce: Repackage in a non-biodegradable plastic bag or container with a 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!

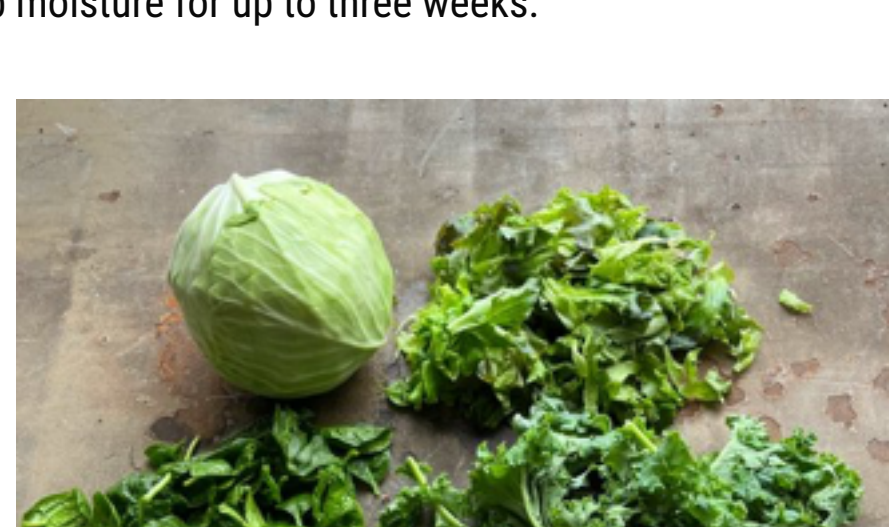
Cabbage: Keep in a plastic bag in the crisper for two weeks. **Spinach:** Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

Watermelon Radish: **PrairieEdh Farm** (Atlanta, IL)

Storage Tip - Keep very dry stored in a perforated bag in the refrigerator for up to a month.



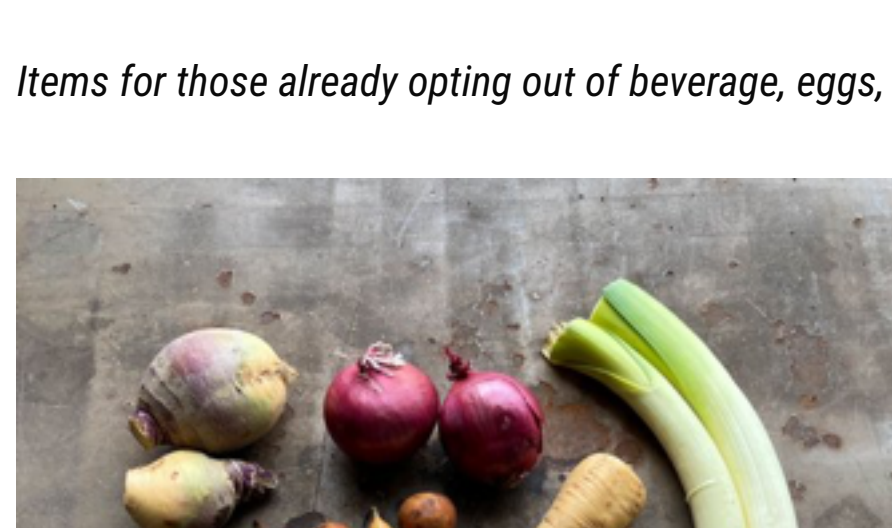
YOU WILL EITHER RECEIVE A BUTTERNUT OR SPAGHETTI SQUASH THIS WEEK!



FROM LEFT TO RIGHT: SPINACH, CABBAGE, LETTUCE MIX, KALE

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: RUTABAGA, PEARS, ONIONS, PARSNIPS AND LEEKS NOT PICTURED: DRIED CHERRIES, RICE

Rutabaga: **PrairieEdh Farm** (Atlanta, IL)

Storage Tip - Store in the crisper or in a plastic bag in the fridge for a few weeks.

Pears: **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.

Leeks: **Nichols Farm and Orchard** (Marengo, IL)

Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Parsnips: **Campbell Farm** (Mlay City, MI)

Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Onions: **Nichols Farm and Orchard** (Marengo, IL)

Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Dried Cherries: **Shoreline Fruit** (Traverse City, MI)

Storage Tip - Keep in a cool dry place.

Rice: **Cahokia** (McClure, IL)

Storage Tip - Store in a cool dry place out of direct sun.

Recipe Recommendations

Click on the image to access the recipe



Roasted Sunchokes



10 Spaghetti Squash Recipes



Quick Pickle Watermelon Radish



Roasted Butternut Squash and Chickpeas



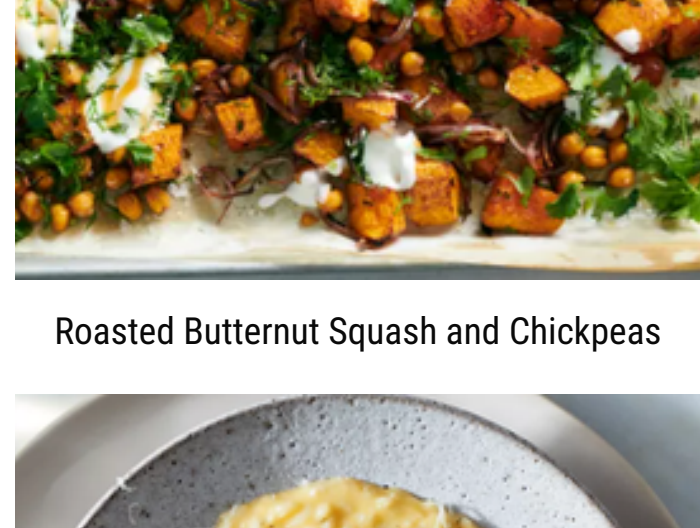
Creamy Butternut & Sunchoke Soup



Caramelized Mushroom Galette



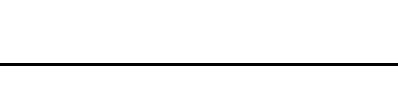
Baked Stuffed Spaghetti Squash



Butternut Squash Risotto with Mushrooms



Parsnip, Mushroom, and Leek Gratin



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