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# Winter Week 11 - 3/13, 3/14, 3/15

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

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

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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!

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## 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:**

**Chai Babies,** [Freeman House](#) (Chicago, IL) - *Chai latte*

*Storage Tip* - Keep your chai latte in the refrigerator.

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

## **Bread:**

Wednesday: **Pullman Sourdough,** [Publican Quality Bakery](#) (Fulton Market, Chicago, IL)

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

Friday: **Roasted Garlic Boule,** [pHlour Bakery](#) (Edgewater, 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:**

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

**Oysters:** [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) - *Thursday and Friday*

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

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



JANIE'S MILL OATS

**Oats:** [Janie's Mill](#) (Ashkum, IL )

*Storage Tip* - You can transfer the oats into an airtight container to protect them from moisture. Keep in a cool, dry place.

**Carrots:** [Family Farm Fresh Co-op](#) (Rockville, Indiana)

*Storage Tip* - Carrots can be stored in the crisper or in a plastic bag for a few weeks.

**Potatoes:** [Gorman Farm Fresh Produce](#) (Monee, IL) / [BSRR Youth Center](#) (Hopkins Park,

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.

**Pink Lady 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.

**Oregano:** [Wind Ridge Herb Farm](#) (Caledonia, IL)

*Storage Tip* - Store in a dry, cool space. Dried herbs and spices may last 1–4 years, but will lose their aroma and flavor potency over time.

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## 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.*

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

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

**Butternut Squash:** [Family Farm Fresh](#) (Rockville, IN)

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



RED BEETS, CELERY ROOT AND TURNIPS

**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.

**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.

**Green Bell Peppers:** [BSRR Youth Center](#) (Hopkins Park, IL)

*Storage Tip* - Store dry in an open plastic bag in the crisper for up to two weeks.

**Onions:** [BSRR Youth Center](#) (Hopkins Park, 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.

**Zucchini:** [BSRR Youth Center](#) (Hopkins Park, IL)

*Storage Tip* - Store freshly picked, unwashed zucchini in a plastic bag in the refrigerator for up to one week. The bag should be perforated or loosely tied, not sealed tightly. Do not cut the zucchini until you are ready to use it.

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## 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

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## FEATURED ADD ON VENDOR: SOUTHSIDE BLOOMS



We are excited to offer beautiful tulip bouquets from Southside Blooms! An ethically-minded florist based on the Southside of Chicago is stepping up the game. They don't use any chemicals and utilize regenerative farming practices. They also make sure to use compostable packaging materials wherever possible. Better yet, every purchase directly contributes to job creation for at-



risk youth and young adults in some of Chicago's toughest neighborhoods! Be sure to brighten up your home this week with a sustainably and locally sourced flower bouquet.

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## 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](#)

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## Recipe Recommendations

*Click on the image to access the recipe*



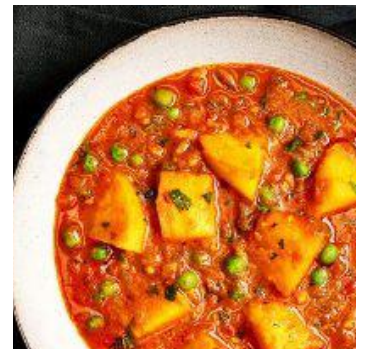
Oats Dosa



Glazed Apple Fritters



Oat Risotto



Aloo Matar



Oregano-Pistachio Pesto



Carrot-Potato Gnocchi



Roasted Carrots & Beet Puree



Mashed Potatoes & Butternut ...

[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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