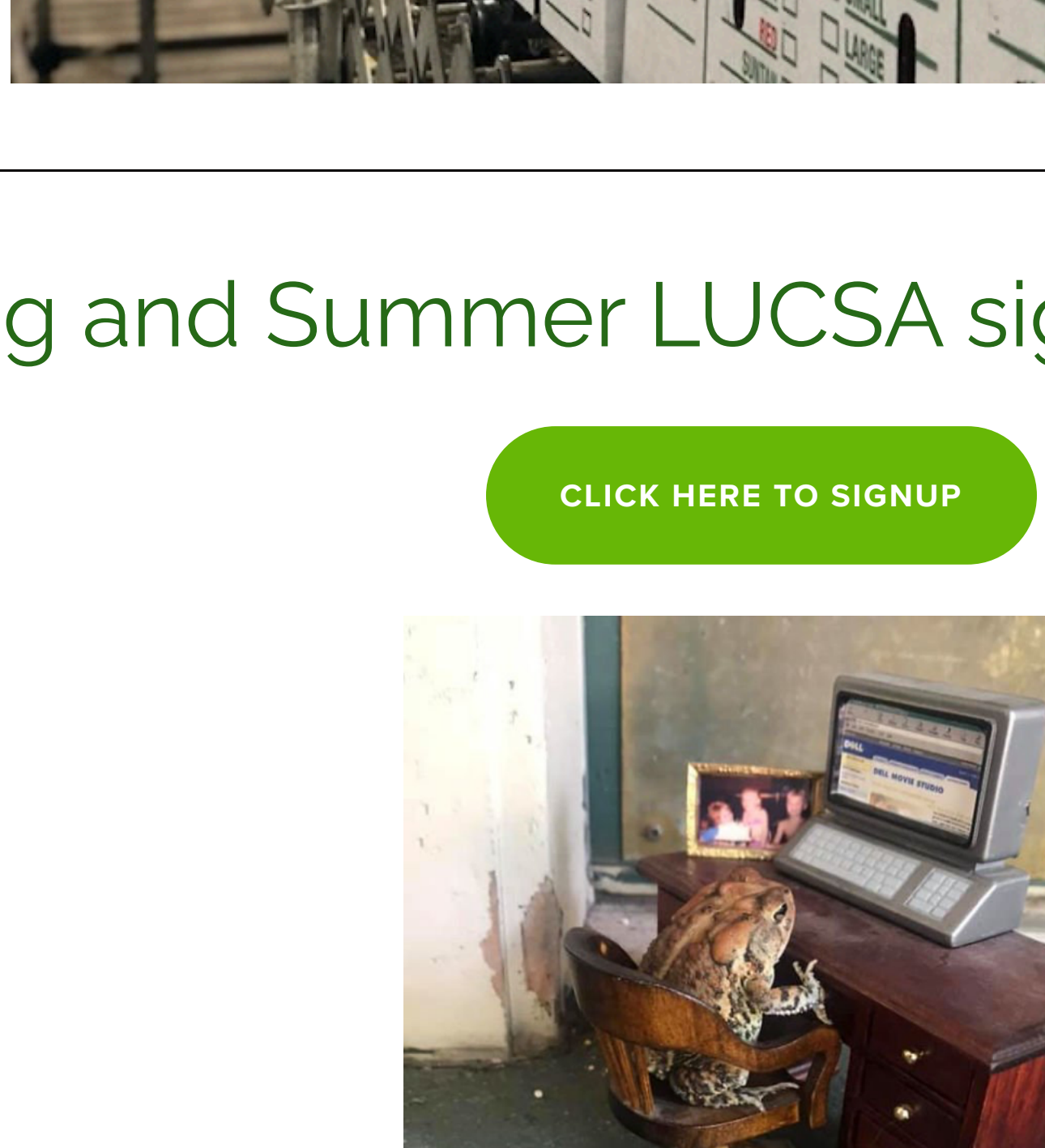




Winter Week 11: February 2 / 3 / 4

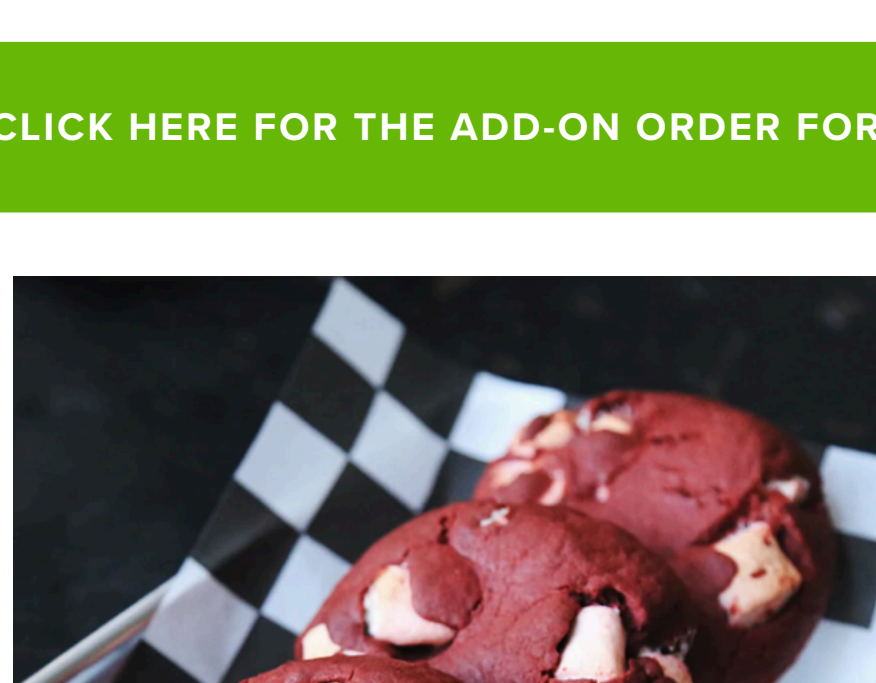
Welcome to Winter LUCSA Week 11!

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



Spring and Summer LUCSA sign ups are open!

[CLICK HERE TO SIGNUP](#)



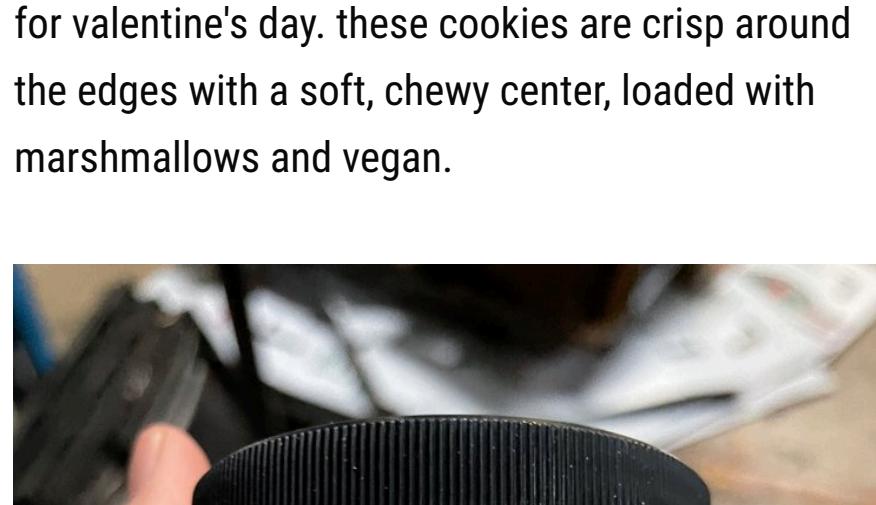
Add-on Items

All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

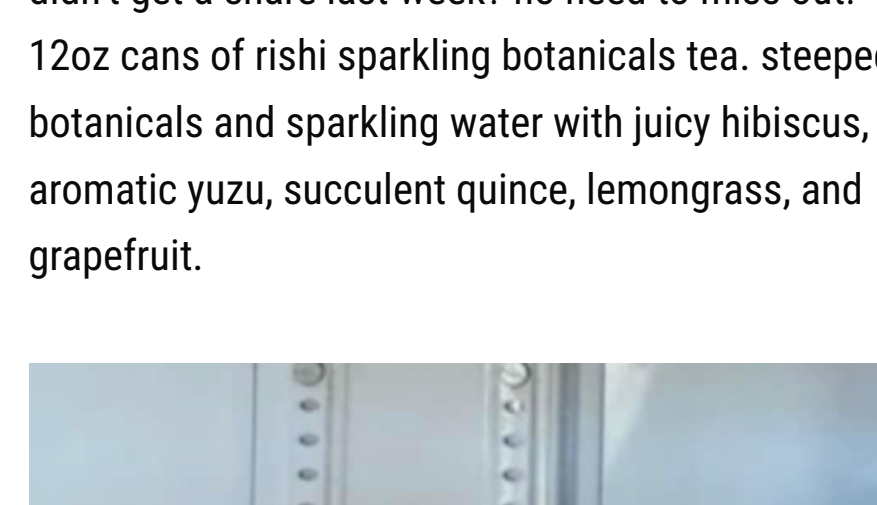
[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



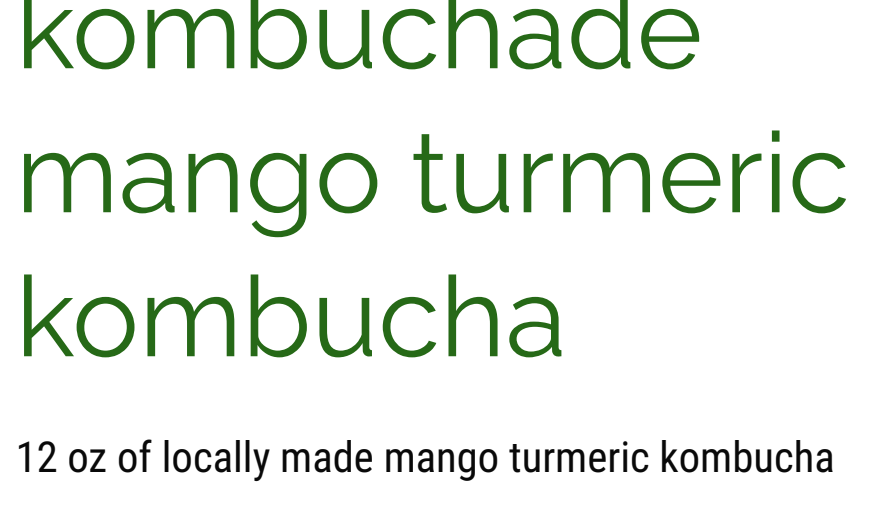
phoenix bean fried extra firm tofu
14 oz of delicious locally made friend extra firm tofu. great with a jar of UC kimchi!



foxship red velvet marshmallow cookies
3 pack of foxship's classic red velvet cookie but loaded with marshmallows! a unique treat perfect for valentine's day. these cookies are crisp around the edges with a soft, chewy center, loaded with marshmallows and vegan.



rishi botanicals grapefruit quince
didn't get a share last week? no need to miss out! 12oz cans of rishi sparkling botanicals tea. steeped botanicals and sparkling water with juicy hibiscus, aromatic yuzu, succulent quince, lemongrass, and grapefruit.



kombuchade mango turmeric kombucha
12 oz of locally made mango turmeric kombucha



wind ridge herb farms herb seasoning
(similar to but not the same as pictured)
0.7 oz. 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.



kilgus farms yogurt
24oz of illinois made whole milk pain yogurt

& 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
Cold Brew, Passion House Coffee Roasters (Chicago, IL)
Storage Tip - Store in fridge or at room temperature, chill to serve.

Bread
Wednesday: Focaccia pHour Bakery (Andersonville, Chicago)
Thursday: Pullman Sourdough Publican Quality Bread (Fulton Market, Chicago, IL)
Friday: Focaccia pHour Bakery (Andersonville, Chicago)
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 them in a plastic container with a paper towel covering them up to a week in the fridge!

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.

Maple Syrup: Chicago Maple (Pickford, MI)
Storage Tip - Store in a cool dry spot out of direct sunlight or in the fridge.

Greens (you will receive one of the following):
Microgreens, Closed Loop Farms (Back of the Yards, Chicago, IL)
Tomatoes, MightyOne (Chicago, IL)
Lettuce, Atesian Farms (New Buffalo, MI)
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.

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.

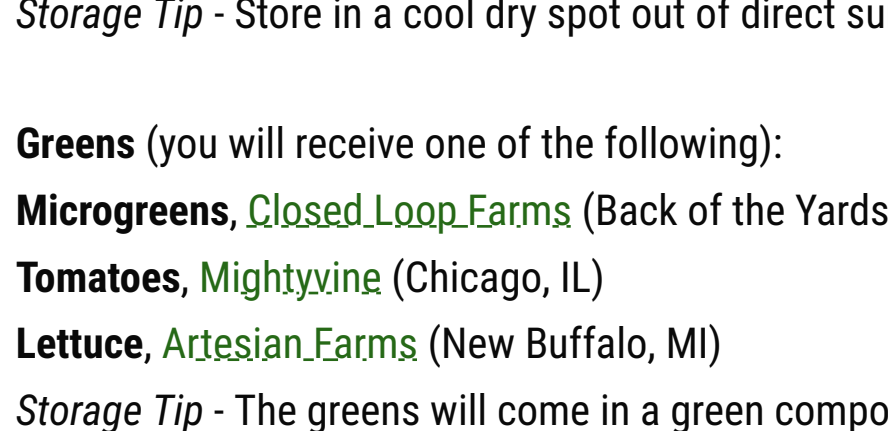
Dill: Wind Ridge Herb Farm (Caldonia, IL)
Storage Tip - Wrap loosely in lightly dampened paper towel and place in a sealed plastic bag in the crisper for up to two weeks.

Mushrooms
Wednesday: Shiitake, River Valley Mushrooms (Burlington, WI)
Thursday: Trumpet, Mycopia Mushrooms (Scottville, MI)
Friday: Portabella, 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.

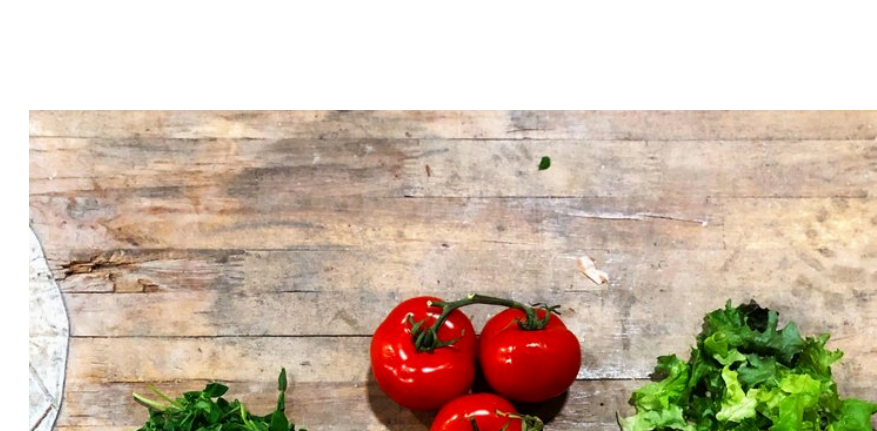
Potatoes: Prairie Earth Farm (Atlanta, IL)
Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag, for up to 6 months.

Black Spanish Radishes: Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Keep very dry stored in a perforated bag in the refrigerator for up to a month.

Turnips: Prairie Earth Farm (Atlanta, IL)
Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.



FROM LEFT TO RIGHT: PORTABELLA, SHIITAKE, TRUMPETS



FROM LEFT TO RIGHT: MICROGREENS, TOMATOES, LETTUCE

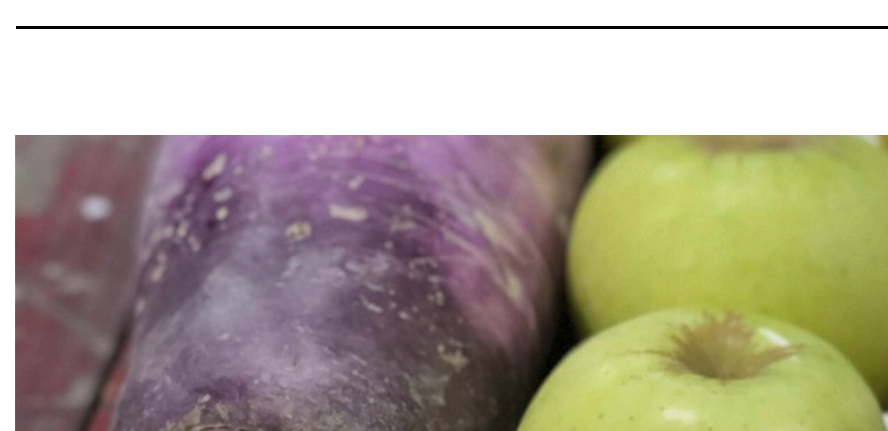
Butternut Squash: Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Parsnips: Victory Farms (Hudsonville, MI)
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

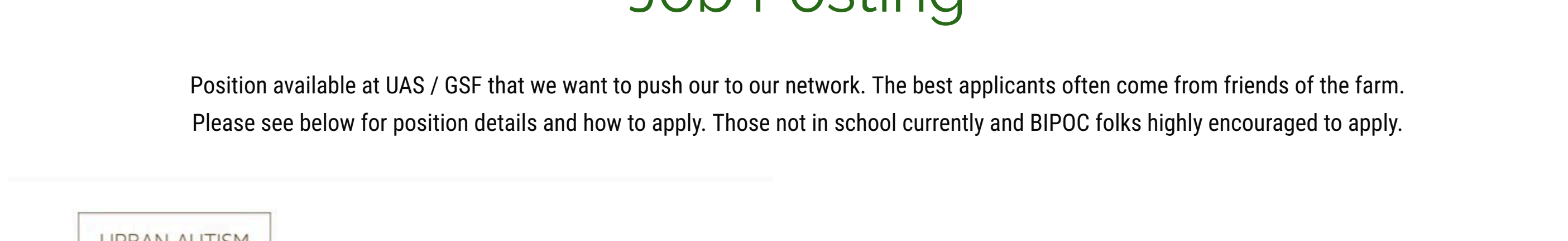
Beets: Victory Farms (Hudsonville, MI)
Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Rice: Cahokia Rice (McClure, IL)
Storage Tip - Store in a cool, dark place - keeps long term in the pantry.

Popcorn: Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Store in a cool, dark place - keeps long term in the pantry. Best kept in airtight container.



FROM LEFT TO RIGHT: PARSNIPS, RICE, BUTTERNUT SQUASH, POPCORN, BEETS



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

Job Posting

Position available at UAS / GSF that we want to push out to our network. The best applicants often come from friends of the farm. Please see below for position details and how to apply. Those not in school currently and BIPOC folks highly encouraged to apply.

URBAN AUTISM SOLUTIONS

FARM ASSISTANT AT GROWING SOLUTIONS FARM

Position: Growing Solutions Farm - Farm Assistant
Reports to: Lead Grower, Operations Manager

Urban Autism Solutions (UAS) is dedicated to changing outcomes for young adults with autism through an integrated community like that advances social and vocational opportunities. Working outdoors. Building a community of diverse learners. Gaining the identity of an employee. Harnessing the skills and talents of our young adult clients while acquiring expertise in a flourishing local food industry. These concepts are the genesis of our nationally recognized [Growing Solutions Farm](#).

This position reports directly to the lead grower of the Urban Autism Solutions' Growing Solutions Farm. The position pays \$14/hour and is a weekly position for 20 hours a week from April-May-November 2022.

Job description:
Assist lead grower with tasks related to the farm including but not limited to:

- Planting
- Harvesting
- Wash Pack
- Sanitation
- Transporting and moving of equipment and materials, as needed
- Ability to lift at least 30 pounds
- Lawn Care: mowing, raking, trimming lawn, garbage pick-up, etc.
- Marketing produce
- Set up forms for instruction, visitors, guests, staff and volunteers, as needed
- Produce sales at our market(s)
- Assist farmer with teaching in person or online and/or serving as an aide to student participants
- Assist with marketing
- Assist with programming and supervision of young adults with autism and related disabilities
- Other duties as assigned by farmer

Requirements:

- A valid driver's license
- Ability to pass a background check and drug screening
- Ability to respond to phone calls, texts in a timely manner
- Ability to lift at least 30 pounds
- Trustworthy and honest; great attitude and customer positive customer service skills
- Enthusiastic, work with volunteers, students, staff and general public

URBAN AUTISM SOLUTIONS

FARM ASSISTANT AT GROWING SOLUTIONS FARM

- Ability to use computer, email and google documents as requested
- Basic knowledge of food safety practices/sanitation
- Ability to be organized and work in a fast paced environment without supervision
- Basic knowledge about Urban Autism Solutions/Growing Solutions Farm
- Other duties as assigned

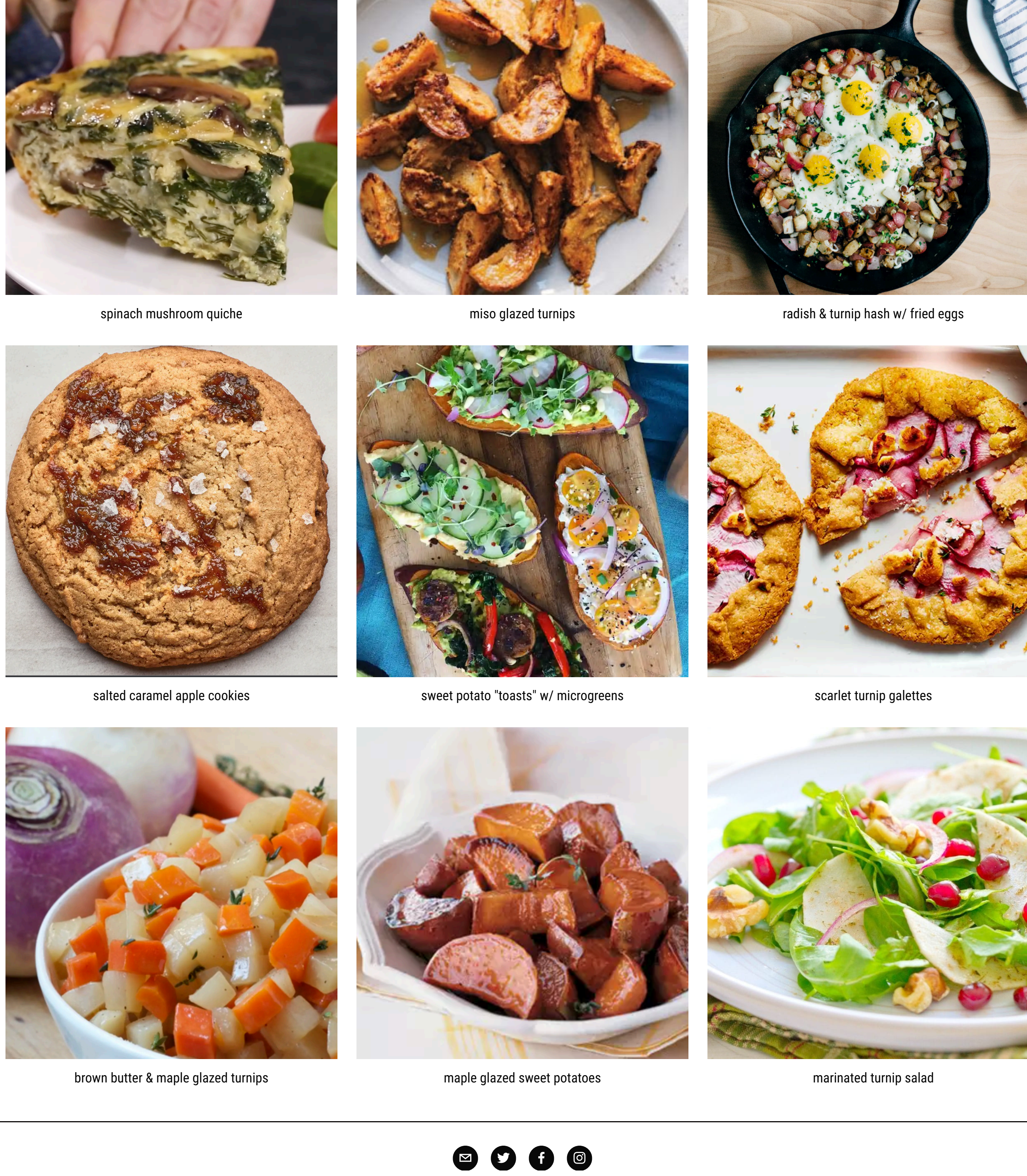
Typical market day:
Begin at the farm packing up necessary materials: produce, tent, signage, electronics, etc. There will be a simple checklist to follow.
Travel by car to the market in the West Loop.
Work the market. That entails sales, providing customer service, restocking produce, and managing payments (cash and Square via iPad).
Return to the farm and complete necessary paperwork, some of which can be done during the market. Clean materials and store as directed.
Other duties as assigned.

Schedule and Hours
- Monday through Friday from 9 am to 1 pm
- Not to exceed 20 hours a week

To apply, send your resume to Tucker Kelly, Lead Grower and Operation Manager, at lucsa@theurbancanopy.org.

Recipe Recommendations

Click on the image to access the recipe



Support Our Work with a \$ Contribution (NOT tax deductible!)