



Winter Week 12 - 1/25 - 1/26 - 1/27

Welcome to Winter LUCSA Week 12!



CLICK HERE FOR WEEK 11 (1/18-1/20) 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 - tonic - lentils - apples - carrots - celery root - purple potatoes - greens

The Urban Canopy farm, Auburn Gresham, Chicago

Introducing the Produce Guide

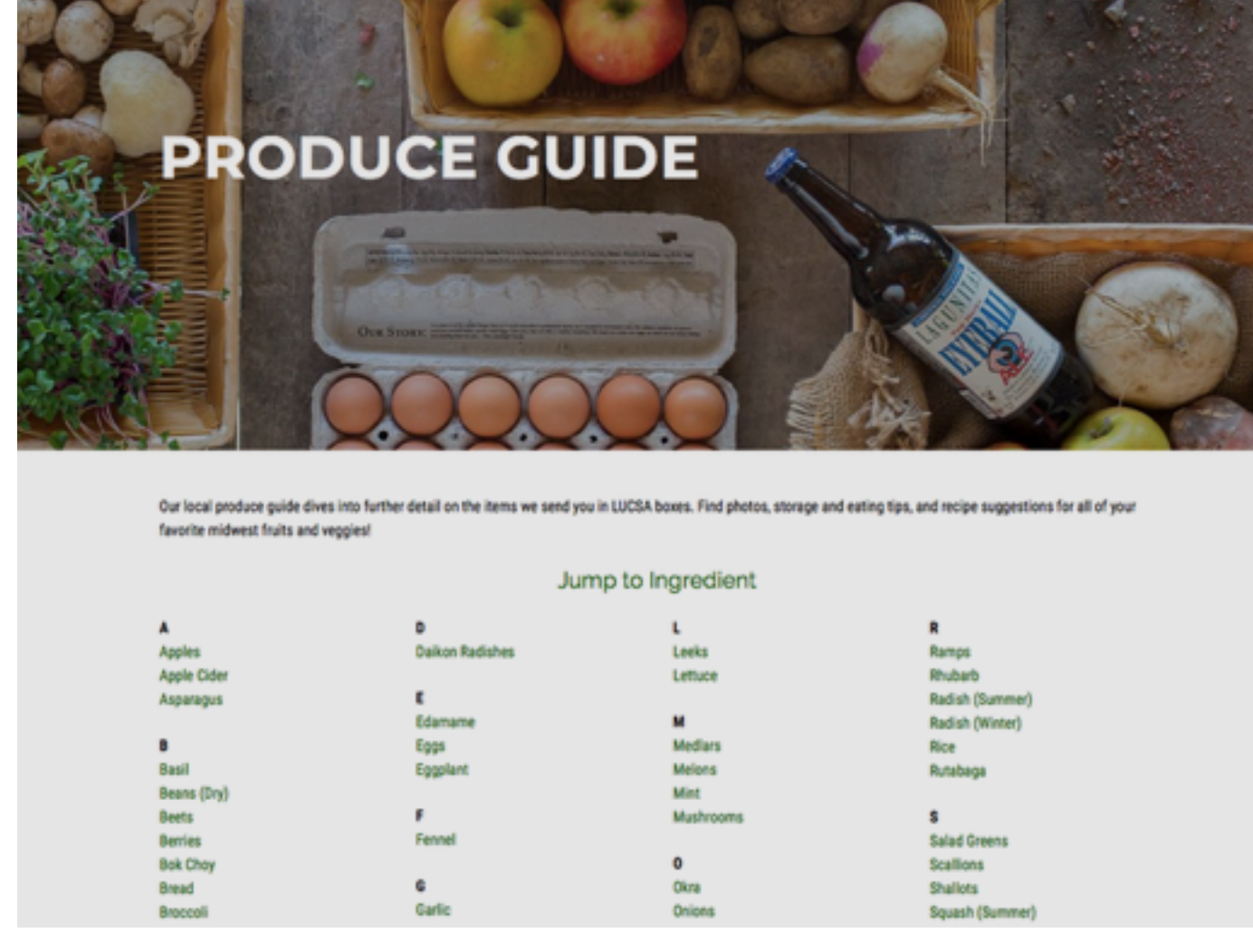
We have created a resource to help you navigate your LUCSA boxes called the Produce Guide! This guide dives into detail on each produce item you may receive from us. This will include how to store the item, preserve the item, and enjoy the item! We will also link to items in the Share Contents section of the newsletter, which you can scroll down to see.

Click "PRODUCE GUIDE" under the LUCSA tab on our website - or click here.

We will continue to include recipe suggestions within the newsletter that incorporate multiple produce items or recipes that are relevant or exciting based on the share contents.

We'd love to make this resource as helpful as possible - so your feedback is welcome! We will continue to work on and make changes to this page to make it work for our members. Even if you have a favorite recipe for a specific produce item - let us know! Email lucsa@theurbancanopy.org with any questions or comments.

Big thanks to the entire LUCSA team who had their hands and minds in this project for a while, and we are excited to finally see it put to use!



Vote for us in Best of Chicago 2022!

We are super honored to be nominated for best urban farm alongside some really great Chicago farms. Click the photo to vote for us in the Food & Drink category under Best Urban Farm!

You'll see many familiar names in other categories as well! (Mick Klug, Nichols, Bushel&Peck, so many more).

CLICK HERE FOR THE ADD-ON ORDER FORM



Bushel & Peck's Bloody Mary Mix

24 oz. jar. On Sale this week! perfect for those who love a good Bloody Mary.



Komunity Kombucha

Organic Raw Kombucha (Fluoride Free Filtered Water, Organic Tea & Herb Blend, Kombucha Culture, Raw Organic Cane Sugar), Fennel Seed, Sencha Green Tea, Lavender Flower, Butterfly Pea Flower, Star Anise.



Prairie Fruits Farm Feta

Bright & tangy with creamy-crumby texture. Keeps (in the brine) in the fridge for up to 2 months!



Mick Klug Apple Cider

Half Gallon. Delicious local apple cider!



Raspberry Yobul Yogurt

16oz. Made with Kilgus grassfed whole milk. No sugar added!



Finns Ranch Chorizo

Frozen, 1#.

& much more available!



Processing Jar Profile: Preserved Lemons

Celery root (or celeriac) is variety of celery that has a big, bulbous stem and an ugly knobby exterior. It is harvested in the winter and has a flavor similar to celery, but with some nuttiness, hints of parsley, and it becomes sweet when cooked.

Celeriac is super versatile and can be eaten raw or cooked. Raw, you can slice it thinly and add it to a salad with some apples or squash. You can also slice it into matchsticks and make a slaw with cabbage or carrots. Cooked, it works very well in soups (similar to celery), roasted, or mashed with (or without) other root vegetables. If you are feeling like exploring some people even enjoy it fried.

To prep, slice the top and bottom so that you can stand it on a cutting board. Using your knife, peel the celeriac until all the brown peel is gone and the cream colored interior remains. Then you can cube or slice it for whatever you'd like to use it for!

Don't be intimidated by the rough exterior - celery root is a great asset in any home kitchen! We will include plenty of recipe suggestions at the bottom of this newsletter.

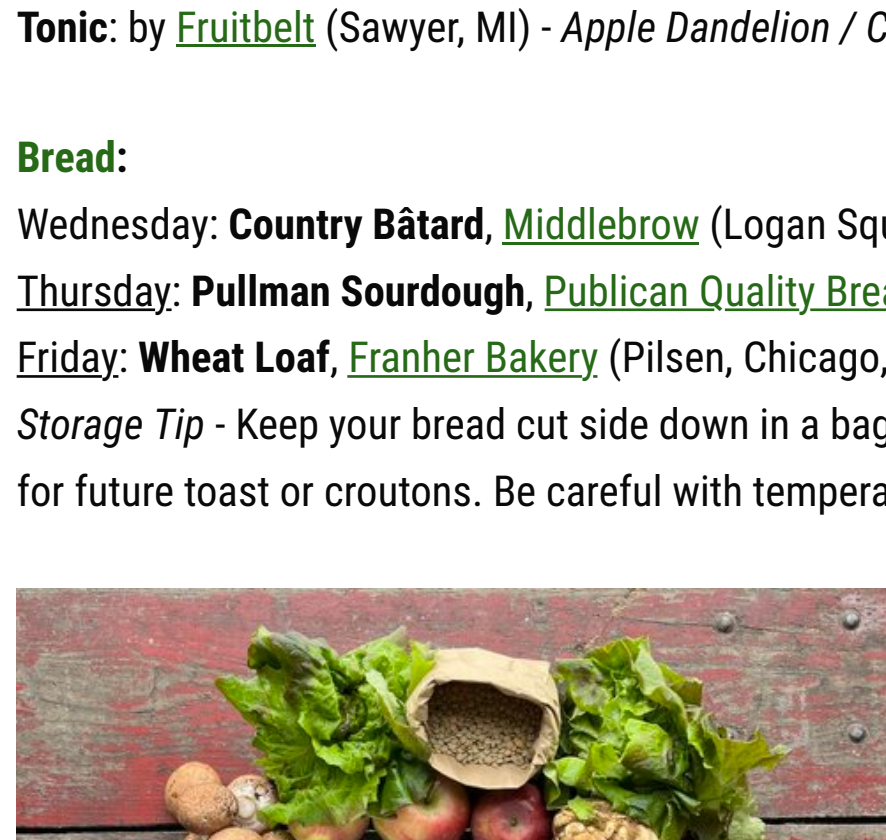
Share Contents (in progress)

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:
Tonic: by [Fruitbelt](#) (Sawyer, MI) - Apple Dandelion / Cherry Chicory

Bread:
Wednesday: [Country Bâtard](#), [Middlebrow](#) (Logan Square, Chicago, IL)
Thursday: [Pullman Sourdough](#), [Publican Quality Bread](#) (Fulton Market, Chicago, IL)
Friday: [Wheat Loaf](#), [Framer Bakery](#) (Pilsen, 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!



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

Mushrooms:
Wednesday: [Lion's Mane/Oyster](#): [Primordia Mushrooms](#) (Chicago, IL)
Thursday: [White Button](#): [River Valley Ranch](#) (Burlington, WI)
Friday: [Lion's Mane/Oyster](#): [Primordia Mushrooms](#) (Chicago, IL)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. 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.

Green Lentils: [Carlson-Arbogast Farms](#) (Howard City, MI)

Empire 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.

Carrots: [PrainErth Farm](#) (Atlanta, IL)
Storage Tip - Store in the crisper or in a plastic bag for a few weeks.

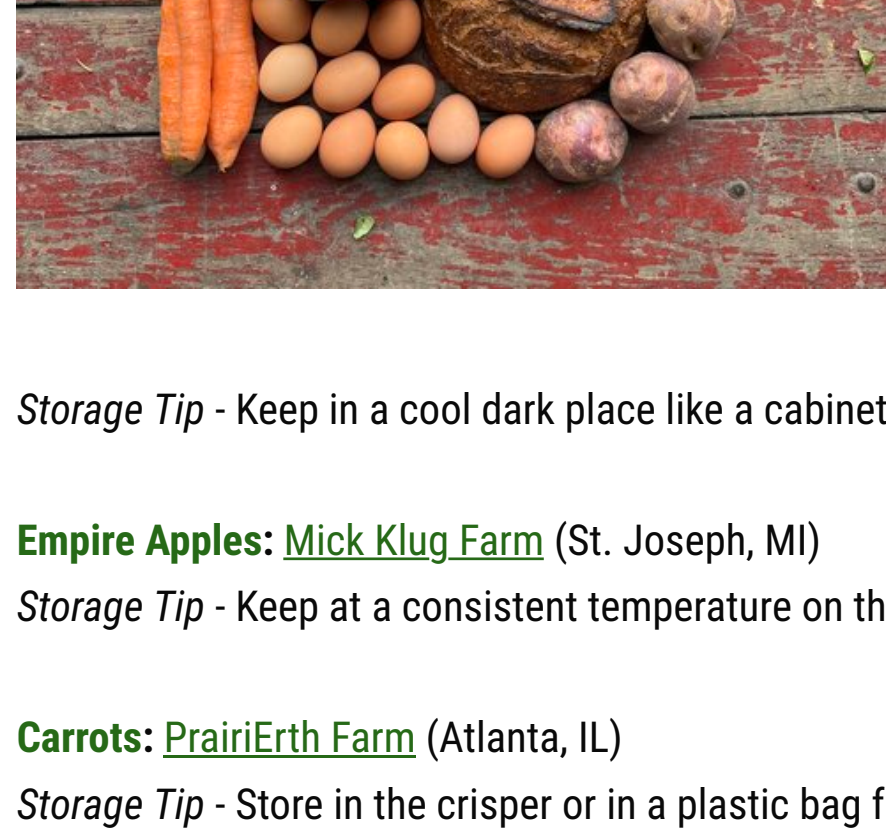
Celery Root: [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.

Purple Viking Potatoes: [PrainErth 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 weeks.

Lettuce / Kale: [Artesian Farms](#) (New Buffalo, MI) / [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!

Substitutions

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



Organic Canned Garbanzo and Black Beans: [Omena Organics](#) (Omena, MI)
Storage Tip - Keep in a cool dark place like a cabinet.

Watermelon Radish: [PrainErth Farm](#) (Atlanta, IL)
Storage Tip - Keep very dry stored in a perforated bag in the refrigerator for up to a month.

Onions: [Gorman Farm Fresh Produce](#) (Monee, IL)
Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

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.

Recipe Recommendations

Click on the image to access the recipe

