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Winter Week 12 - 3/20, 3/21, 3/22

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

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

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!

CLICK HERE TO ACCESS OUR NEWSLETTER ARCHIVE



In your box this week:

**LETTUCE OR MICROGREENS - TOFU - CHIVES -
SWEET POTATOES - APPLES - CARROTS -
MUSHROOMS - EGGS - COFFEE BEANS**

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](#)

FEATURED ADD ON VENDOR: ZEITLIN'S DELICATESSEN

Start your day off right with a delicious bagel made by the Zeitlin Brothers! Zeitlin's is a Chicago based company bringing years of experience to their perfectly crafted recipes. They serve our communities with quality products, sourcing the best of the best local ingredients. Items are made to order to guarantee freshness. Order some bagels this week to give them a try, and don't forget to pair them with their equally tasty cream cheese! We promise you won't be disappointed.



ZEITLIN'S BAGELS



FALL GARLIC GROWING TALL

AN UPDATE FROM oFARM

It's feeling like spring on the farm! The farm crew is taking advantage of the warm days to build beds and to seed some additional garlic (our fall planting of garlic is already getting tall). The farm will have 15 new beds this summer-- that's an extra 2,300 square feet of growing space!-- which means we are spreading lots of compost right now.

Thanks to all the compost club members for the nutrients! Another addition to our space this season is a few beds of cut flowers under the direction of Ashley. Daffodils and tulips are already coming up nicely, and the farm crew will be planting ranunculus, nigella, and nasturtium in April!

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:

Coffee Beans, [Bridgeport Coffee](#) (Bridgeport, Chicago, IL) - *Southside Blend*

Storage Tip - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within a month of the roast date. They can be stored in the freezer for up to 4 months.

Backup Beverage: *Mulling Spices* from [Wind Ridge Herb Farm](#) (Caledonia, IL) or *Sodas* from [Wisconsin Pop](#) (Madison, WI)

Bread:

Wednesday: **Roasted Garlic Boule,** [pHlour Bakery](#) (Edgewater, Chicago, IL)

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

Friday: **Herb Focaccia,** [FranHer 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, 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!)



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO!

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) - *Wednesday and Friday*

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

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

Extra Firm Tofu: [Phoenix Bean](#) (Edgewater, Chicago, IL) - *Use by April 6th*

Storage Tip - Shelf life unopened is two weeks and can be stored in your refrigerator. Once opened, water-packed tofu should be stored fully submerged in fresh water refreshed every couple of days in your refrigerator. Tofu can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. We recommend that any opened Phoenix Bean products not frozen or refreshed in water be consumed within five days.

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.

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

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

Ambrosia 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.

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

Storage Tip - Use refrigerated chives within ten to fourteen days. For future use chives can be dried and stored in an airtight container in a cool dark place to be used for well over a year.

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.

Purple Meat Radish: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep root dry in a plastic bag in the crisper for up to three weeks.

Golden Beets: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep root dry in a plastic bag in the crisper for up to three weeks.

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.

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.

Potatoes: [Gorman Farm Fresh Produce](#) (Monee, 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.



FROM LEFT TO RIGHT: GOLDEN BEETS, BUTTERNUT SQUASH, PURPLE MEAT RADISH, OATS, POTATOES

Recipe Recommendations

Click on the image to access the recipe



Tofu & Vegetable Pot Pie



Southwestern Tofu Scramble



Miss Kim's Fried Tofu



Chopped Salad



Sweet Potato, Chipotle & Appl...



Sweet Potato Gnocchi



Spanish Tortilla w/ Chive & Ga...



Apple Carrot Oatmeal Cake

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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