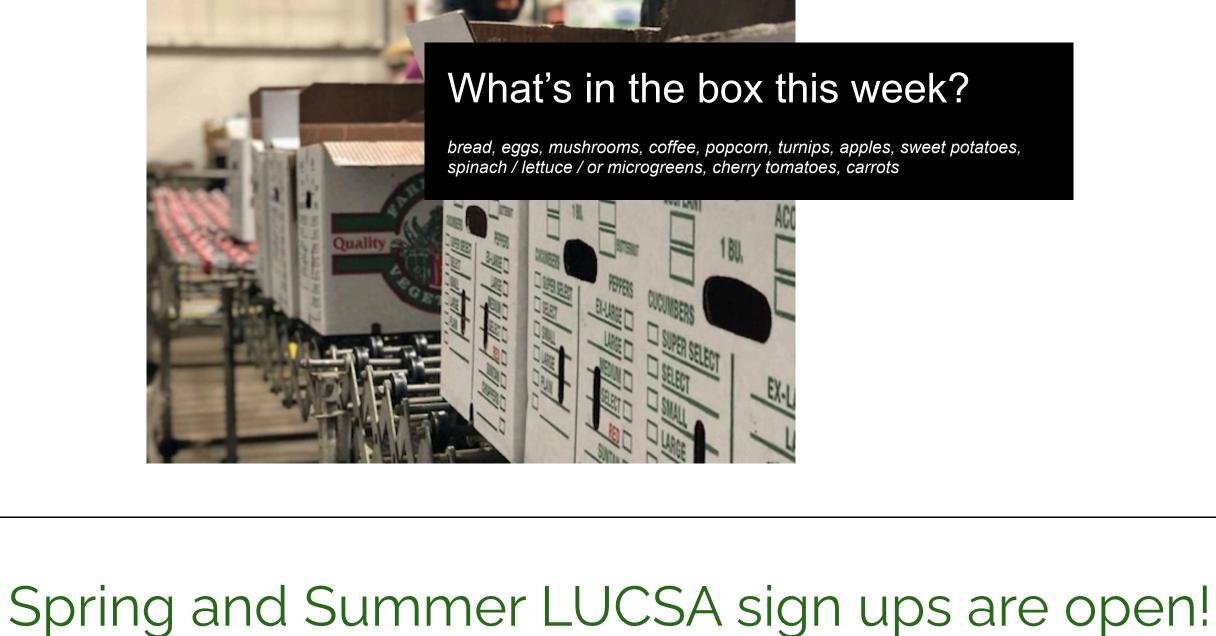
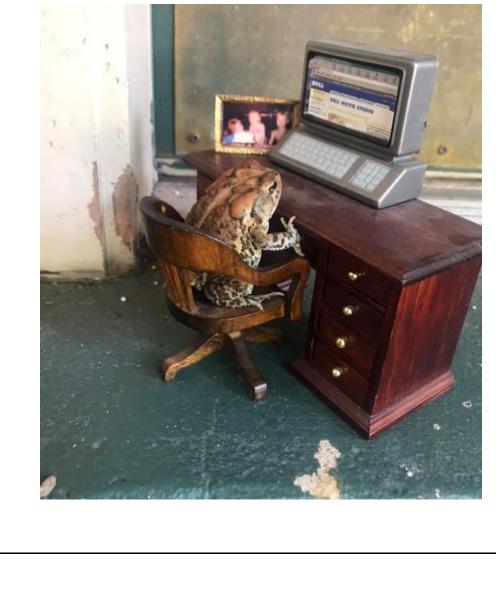
Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!

Welcome to Winter LUCSA Week 12!



CLICK HERE TO SIGNUP



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

Add-on Items

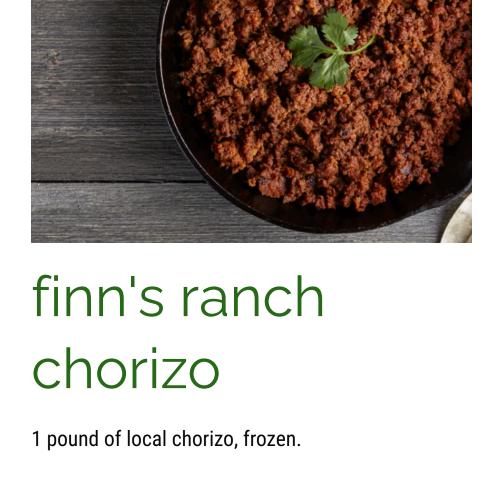
CLICK HERE FOR THE ADD-ON ORDER FORM



passioncat, 12oz.

didn't get a share last week? no need to miss out!

cold brew



appreciate your flexibility.

chicago maple maple syrup didn't get a share last week? no need to miss out! 8oz of michigan grown chicago packaged maple syrup.

cherries 1lb of michigan grown dried cherries

michigan dried

extra fruit



golden berries, california lemons and saffron are steeped with forest-farmed red turmeric and aromatic, jungle-grown green cardamom.



organic honey delivers a nutty, sweet flavor.

oats, toasted almonds, dried cherries, and a hint of

Share Contents (in progress) Refer back to this page for updated share contents and photos to help you identify produce!

& much more available!

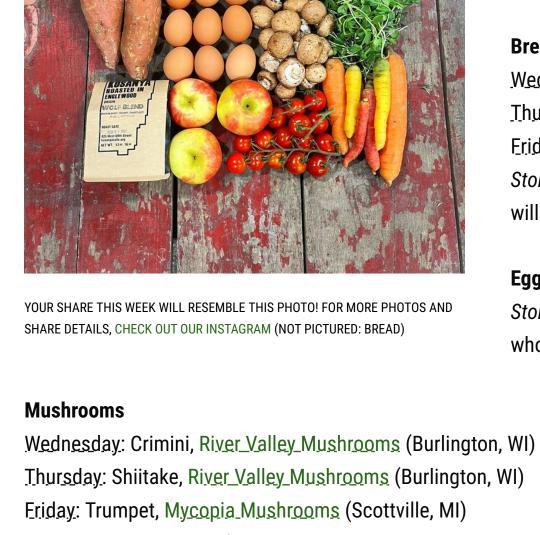
• Please keep in mind that share contents may vary due to market availability so contents may vary slightly from this list. Farming is never 100% predictable. We

• 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 Coffee, Kusanya (Englewood, Chicago, IL) 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 two weeks of the roast date. They can be stored in the freezer for up to 4

months.

Bread



Cherry Tomatoes: Mightyvine (Chicago, IL)

Greens (you will receive one of the following):

Spinach, PrairiErth_Farm (Atlanta, IL)

Carrots: PrairiErth_Farm (Atlanta, IL)

month.

Popcorn: Nichols_Farm_and_Orchard (Marengo, IL)

Friday: Garlic Boule pHlour_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 for future toast or croutons!

Eggs: Finn's Steak and Egg_Ranch (Buchanan, MI)

Storage Tip - 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.

Thursday: Garlic Boule pHlour_Bakery (Andersonville, Chicago)

Wednesday: Sourdough Rounds Publican Quality Bread (Fulton Market, Chicago, IL)

whole into oiled muffin tins, and keep frozen for up to 6 months.

Storage Tip - You can freeze your eggs to make them last longer. Crack and scramble in a container, or crack

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage. Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Wednesday/Thursday: Radish Microgreens, Wild_Coyote (Berrien Springs, MI) Microgreens, Closed Loop Farms (Back of the Yards, Chicago, IL) Friday: Lettuce, Artesian_Farms (New Buffalo, MI)

direct light, on your counter or in a cupboard, for up to 6 months.

Storage Tip - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels. Honey Crisp Apples: Mick_Klug_Farm (St. Joseph, MI)

Scarlet Turnips: PrairiErth_Farm (Atlanta, IL) Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf. **Sweet Potatoes:** PrairiErth_Farm (Atlanta, IL)

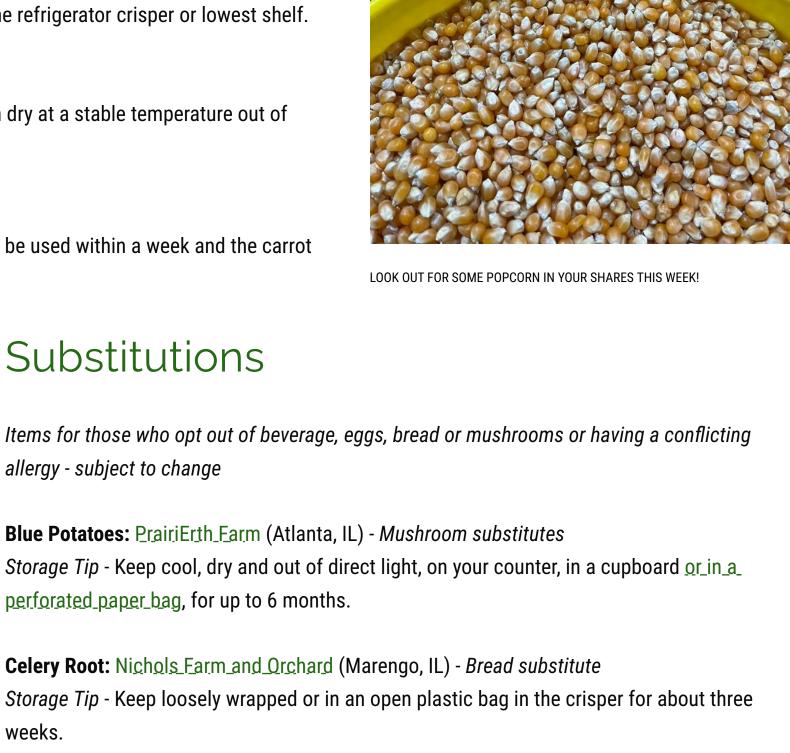
Storage Tip - Sweet potatoes should never be cold til cooked! Keep them dry at a stable temperature out of

Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a

itself can be stored in the crisper or in a plastic bag for a few weeks. Substitutions

Storage Tip - Remove any greens to preserve the root longer. Greens can be used within a week and the carrot

allergy - subject to change Blue Potatoes: PrairiErth_Farm (Atlanta, IL) - Mushroom substitutes perforated paper bag, for up to 6 months.



Sunchokes: Nichols Farm and Orchard (Marengo, IL) - Egg substitute 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.

Onions: Nichols_Farm_and_Orchard (Marengo, IL) - Beverage substitute 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. THE SUBS THIS WEEK ARE AS FOLLOWS: SUNCHOKES (BOTTOM LEFT), CELERY ROOT (TOP LEFT), BLUE POTATOES (TOP RIGHT), ONIONS (BOTTOM RIGHT) click here for week 11 (2/2-2/4) newsletter!

weeks.



Schedule and Hours - Monday through Friday from 9 am to 1 pm Not to exceed 25 hours a week - Assist farmer with teaching in person or online and/or serving as an aide to student To apply, send your resume to Tucker Kelly, Lead Grower and Operation Manager, at tucker@urbanautismsolutions.com Assist with programming and supervision of young adults with autism and related

- Other duties as assigned

Other duties as assigned

etc.. There will be a simple checklist to follow. - Travel by car to the market in the West Loop.

and managing payments (cash and Square - via iPad).

during the market. Clean materials and store as directed.

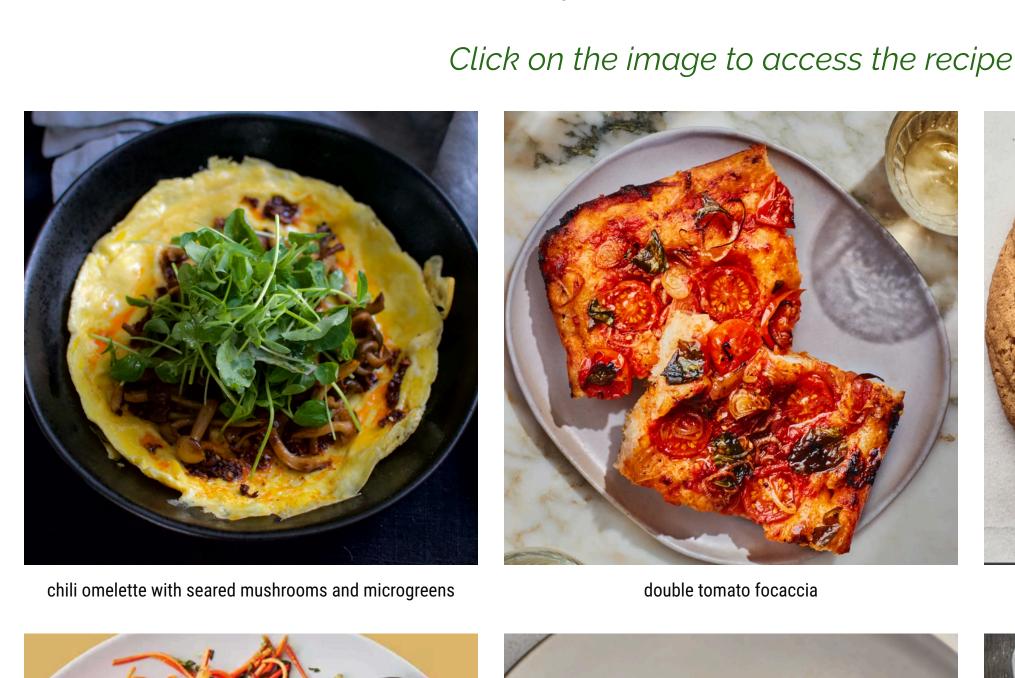
- Begin at the farm packing up necessary materials: produce, tent, signage, electronics,

Work the market. That entails sales, providing customer service, restocking produce,

- Return to the farm and complete necessary paperwork, some of which can be done

A typical market day:

Recipe Recommendations



carrot slaw w/ caraway & raisins

April/May-November 2022.

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

Transporting and moving of equipment and materials, as needed

Lawn Care: weeding, mowing, trimming lawn, garbage pick-up, etc.

- Set up farm for instruction, visitors, guests, staff and volunteers, as needed

Trustworthy and honest; great attitude and customer positive customer service skills

Job description:

Planting

Harvesting

Wash Pack

Marketing produce

Assist with marketing

A valid driver's license

participants

Required:

Ability to lift at least 30 pounds

Produce sales at our market(s)

Other duties as assigned by farmer

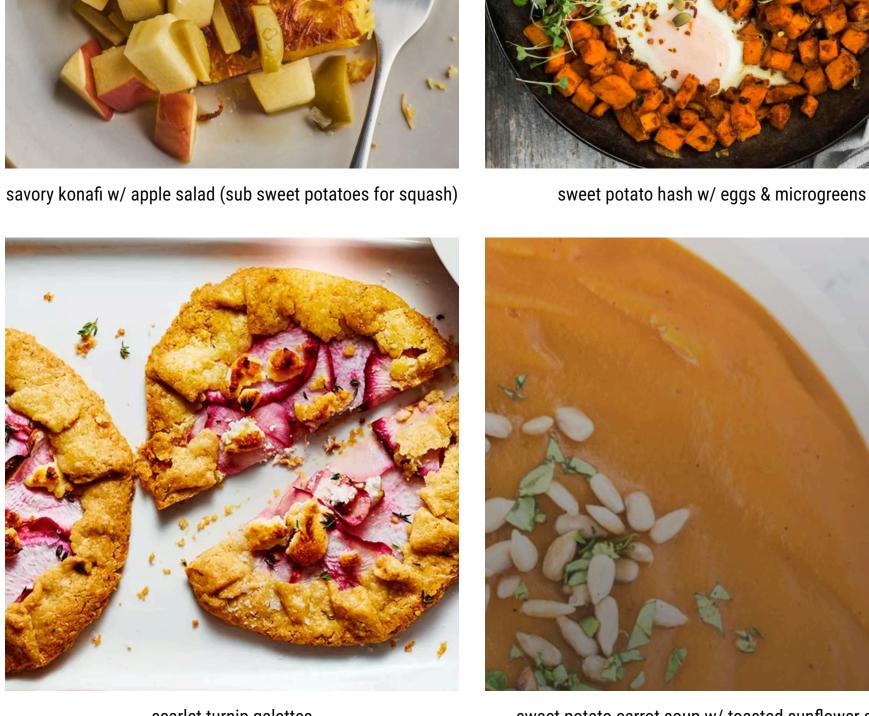
Ability to lift at least 30 pounds

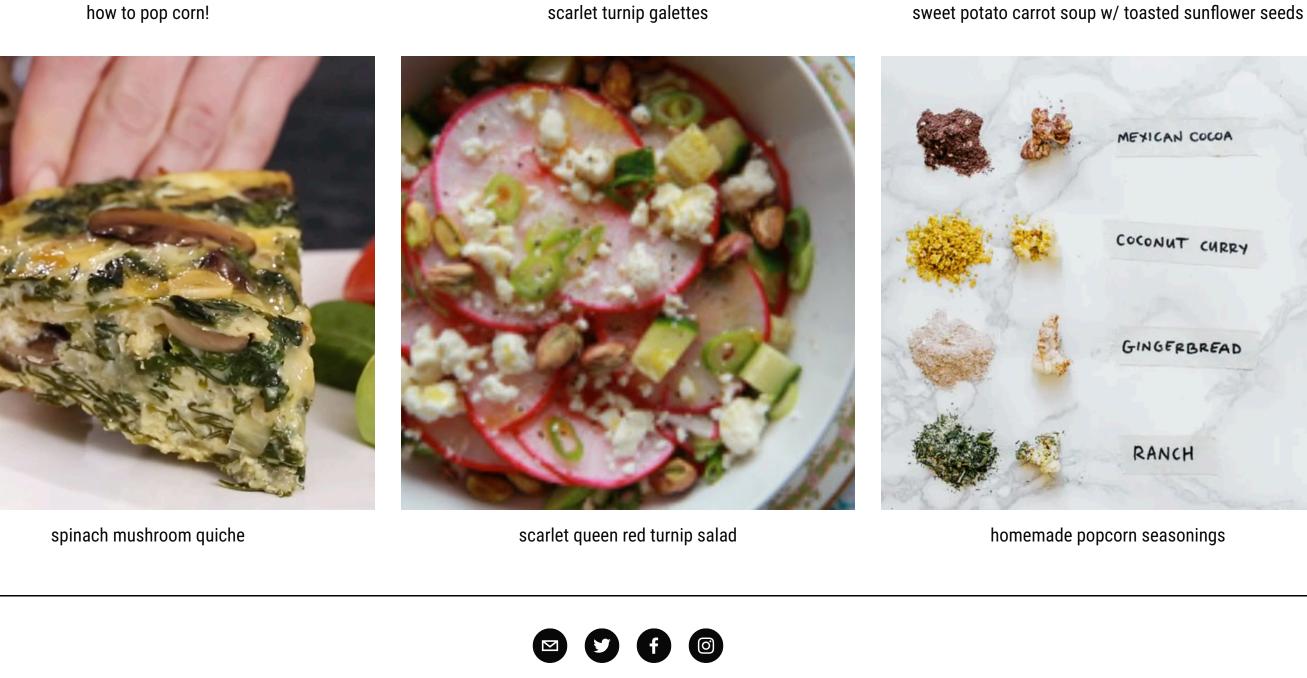
 Ability to pass a background check and drug screening Ability to respond to phone calls, texts in a timely manner

Enthusiastic; work with volunteers, students, staff and general public









info@theurbancanopy.org ©2020 The Urban Canopy

2550 S Leavitt St, Chicago, IL 60608 Support Our Work with a \$ Contribution (NOT tax deductible!)