



Winter Week 12: February 9 / 10

Welcome to Winter LUCSA Week 12!

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

What's in the box this week?
bread, eggs, mushrooms, coffee, popcorn, turnips, apples, sweet potatoes, spinach / lettuce / or microgreens, cherry tomatoes, carrots

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](#)

passion house cold brew
didn't get a share last week? no need to miss out! passioncat, 12oz.

extra fruit michigan dried cherries
1lb of michigan grown dried cherries

finn's ranch chorizo
1 pound of local chorizo, frozen.

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

rishi botanicals turmeric saffron
12oz cans of rishi sparking botanicals tea. tangy golden berries, california lemons and saffron are steeped with forest-farmed red turmeric and aromatic, jungle-grown green cardamom.

milk & honey granola
12oz of their signature granola blend of whole grain oats, toasted almonds, dried cherries, and a hint of organic honey delivers a nutty, sweet flavor.

& 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!

Mushrooms
Wednesday: Crimini, River Valley Mushrooms (Burlington, WI)
Thursday: Shiitake, River Valley Mushrooms (Burlington, WI)
Friday: Trumpet, Mycopia Mushrooms (Scottville, MI)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Cherry Tomatoes: Mightyvine (Chicago, IL)
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Greens (you will receive one of the following):
Wednesday/Thursday:
Radish Microgreens, Wild Coyote (Berrien Springs, MI)
Radish Microgreens, Closed Loop Farms (Back of the Yards, Chicago, IL)
Friday:
Lettuce, Actesian Farms (New Buffalo, MI)
Spinach, PrairieEarth Farm (Atlanta, IL)
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.

Popcorn: Nichols Farm and Orchard (Marengo, IL)
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)
Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

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

Sweet Potatoes: PrairieEarth Farm (Atlanta, IL)
Storage Tip - Sweet potatoes should never be cold till cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Carrots: PrairieEarth Farm (Atlanta, IL)
Storage Tip - Remove any greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.

Beverage
Coffee: Kusakanya (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
Wednesday: **Sourdough Rounds Eubank Quality Bread** (Fulton Market, Chicago, IL)
Thursday: **Garlic Boule Flour Bakery** (Andersonville, Chicago)
Friday: **Garlic Boule Flour 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 - 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.

LOOK FOR SOME POPCORN IN YOUR SHARES THIS WEEK!

Substitutions
Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subject to change

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

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

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.

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 creating outcomes for young adults with autism through an integrated community life 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: weeding, mowing, trimming lawn, garbage pick-up, etc.
- Marketing produce
- Set up forms for instruction, visitors, guests, staff and volunteers, as needed
- Produce sales at our markets
- Assist farmers 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

Required:
- 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 8 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 tucker@urbancanopy.com

Recipe Recommendations

Click on the image to access the recipe

chili omelette with seared mushrooms and microgreens

carrot slaw w/ caraway & raisins

sweet potato carrot soup w/ toasted sunflower seeds

spinach mushroom quiche

double tomato focaccia

savory konafi w/ apple salad (sub sweet potatoes for squash)

scarlet queen red turnip salad

homemade popcorn seasonings

salted caramel apple cookies

sweet potato hash w/ eggs & microgreens

how to pop corn!

scarlet turnip galettes