



# Winter Week 13 - 2/1 - 2/2 - 2/3

## Welcome to Winter LUCSA Week 13!



CLICK HERE FOR WEEK 12 (1/25-1/27) NEWSLETTER!

NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!



In your box this week:  
eggs - bread - mushrooms - coffee - preserved lemons - golden delicious apples - carrots - gold beets - potatoes - greens or tomatoes

The Urban Canopy farm, Auburn Gresham, Chicago

## Winter Weather Reminder

In most cases, a winter storm may only affect delivery windows in a certain day, meaning an 11 a.m.-12:30 p.m. window may be pushed to 2:30 p.m.-4 p.m. However, some weather may force Urban Canopy to close for an entire day. This can include snowy/unsafe driving conditions or extreme cold. You can expect communication from us through email if we anticipate rescheduling any of our routes into a later day of the week. Decisions will be made by 7 a.m. regarding a shift in the day of delivery.



**Additionally, it is your responsibility to keep your drop off spot snow and ice-free.** If your delivery driver does not feel safe getting to your delivery spot because it has not been plowed and salted, it is up to their discretion to determine a safe delivery spot. Thanks for working with us so that our crew can stay safe while delivering Winter LUCSA boxes!



## Processing Jar Profile: Preserved Lemons

We hope members are excited for another round of jars from our processing kitchen. This week's installment is one of our favorites: fermented lemons. This is the third winter in a row we have been able to get them into the LUCSA share, so maybe some of you have experience with them from previous seasons.

Preserved lemons are used widely in North African and Middle Eastern cuisines to add an extra bright punch to dishes like tagines, dressings and stews.

Preserved lemons are rather simple to make but do take some prep and a good amount of time and patience. In general, the lemons are cleaned, sliced, seeds removed and then heavily salted and covered in lemon juice and allowed to ferment at room temperature for several weeks. The fermentation process mellows the acidity of the lemons and also softens the rind and imparts a slightly yeasty, fermented tone. Spices are often added as well to impart more dynamic flavors. We add both coriander and cumin seeds to our brine for more earthy depth.

Preserved lemons are super versatile and add a ton of bright flavor to so many dishes, which can be especially nice during the winter. Since the peels are softened during the fermentation process, they are totally edible and great to dice and use. AS preserved lemons are suspended in a super salty brine, they can be pretty potent, so be sure to incorporate them sparingly. To mellow out the saltiness, some people like to rinse the flesh with water before using. And the brine is amazing.

A few ideas for using your preserved lemons:  
- puree the flesh into salad dressings or marinades for roasted vegetable or chicken  
- add diced peel as a garnish for soups and stews  
- incorporate diced into grain salads  
- mull into a hot toddy or muddle it into a gin&tonic or other cocktail

## 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, Bushels&Peck, so many more).



CLICK HERE FOR THE ADD-ON ORDER FORM



## BOT Bakery Baked Goods

We are thrilled to offer baked goods from Bot Bakery! We have worked next to Betty at the 61st street farmers market for years and we are super excited to be offering vegan and gluten-free brownies and banana bread from BOT Bakery this week.



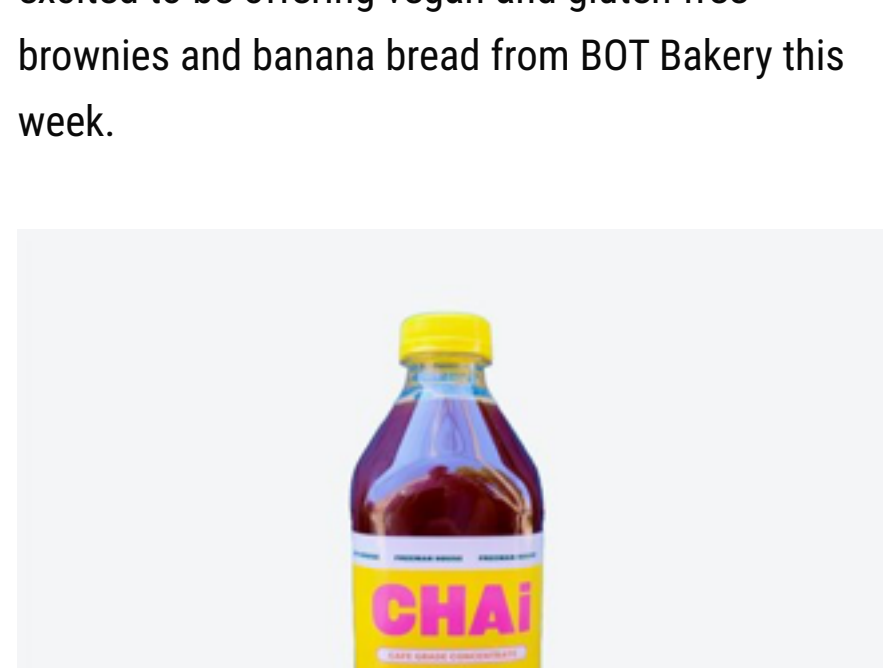
## Zefiro Bamboo Scrubber

(2 Brushes) Replaces plastic dish sponge, fully compostable. Ideal for scouring cast iron pans or burnt, baked on food from hard surfaces.



## Little Bloom on the Prairie

On sale! Camembert-style goat cheese round with a delicate rind.



## Freeman House Chai Concentrate

32oz. black tea, fresh ginger, organic cane sugar, cinnamon, whole clove, cardamom, black peppercorn.



## Off Color Brewing Beer

Bare Bear - gets its signature diverse spiciness from a combination of juniper berries, malted and unmalts rye, as well as peppery Belgian yeast. Some candy malt balances the flavor while wood tannins dry the finish. 7.0 % alc/vol.



## Chicago Candle Co. Candle

4oz Winter Spiced Wine. Made in up cycled wine bottles, each one is hand cut and poured. Rich scent of spiced wine steeped with soothing notes of cinnamon and nutmeg.

& 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.
- 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:**  
**Coffee:** Southside blend by [Bridgeport Coffee](#) (Bridgeport, Chicago, IL)  
**Substitute item:** Kombucha from Komunity Kombucha

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

**Mushrooms:**  
**Wednesday: Lion's Mane/Oyster:** [Primordia Mushrooms](#) (Chicago, IL)  
**Thursday: Lion's Mane/Oyster:** [Primordia Mushrooms](#) (Chicago, IL)  
**Friday: White Button:** [River Valley Ranch](#) (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.



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

**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 / Tomatoes:** [Artesian Farms](#) (New Buffalo, MI) / [Mightyvine](#) (Chicago, IL)  
**Storage Tips:**  
**Kale (Wednesday):** 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 the 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!  
**Lettuce (Wednesday/Thursday):** Repackage in a non-biodegradable plastic bag or container with a paper towel for up to a week.  
**Tomatoes (Thursday/Friday):** Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

**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.

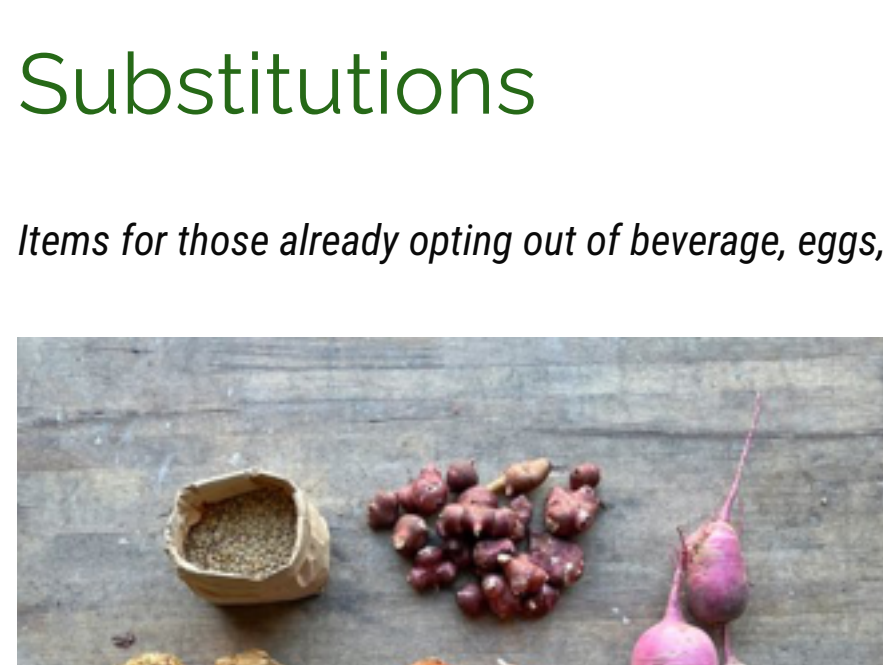
**Preserved Lemons:** [The Urban Canopy](#) (Chicago, IL)  
**Storage Tip** - Preserved lemons are raw and fermented so they need to be refrigerated. Since they are not water bath processed in order to preserve the good bacteria, the jars will not be shelf stable and vacuum sealed. They will be good in the fridge for several months and will continue to age and develop and soften over time.

**Golden Delicious 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.

## Substitutions

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



**Green Lentils:** [Carlson-Arbogast Farms](#) (Howard City, MI)  
**Storage Tip** - Keep in a cool dark place like a cabinet.

**Artesia 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!

**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.

**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

