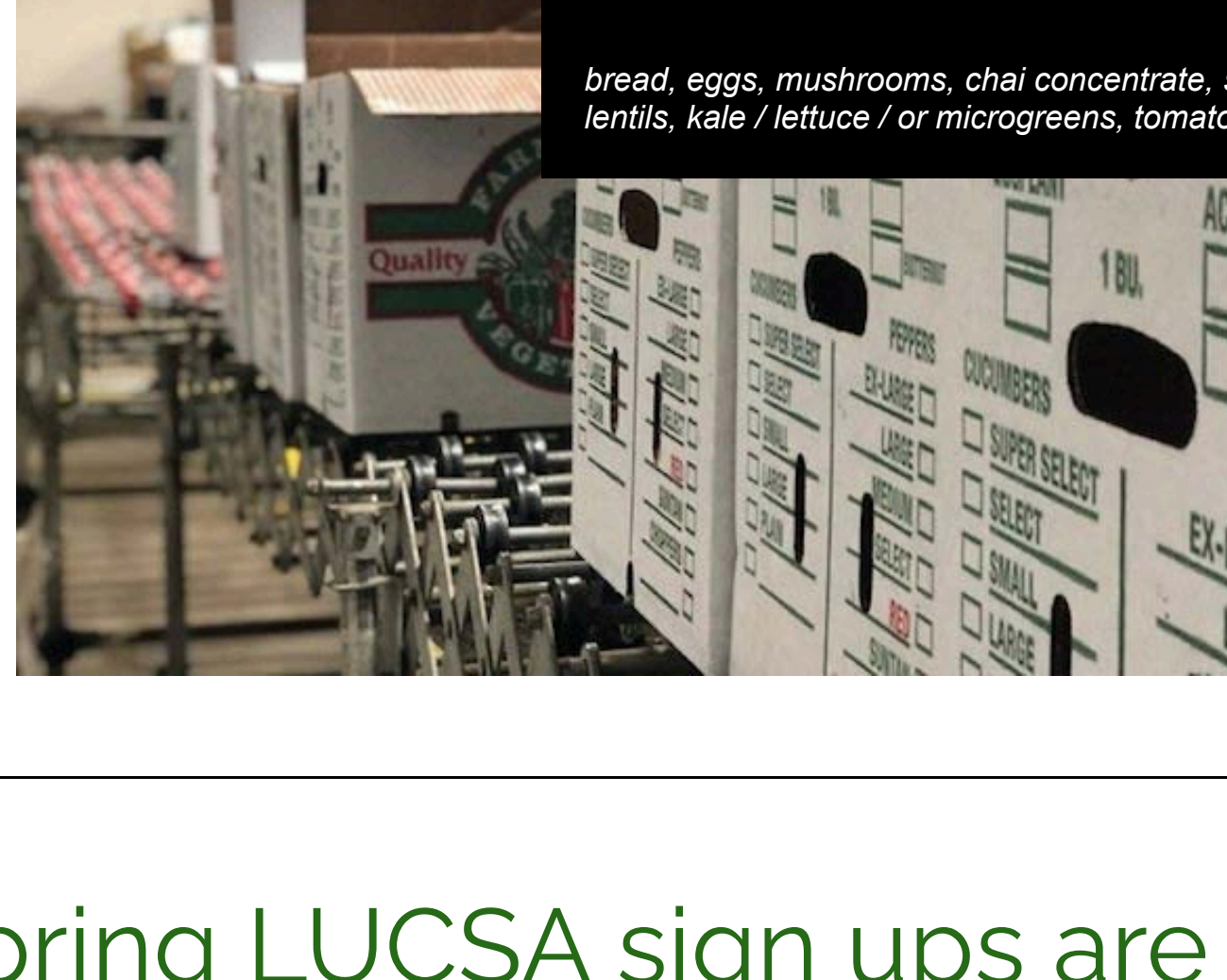




# Winter Week 13: February 16 / 17 / 18

## Welcome to Winter LUCSA Week 13!

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



## Spring LUCSA sign ups are closing soon!

[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](#)



### wind ridge nettle peppermint tea

10-12 servings of refreshing mineral-rich nettle peppermint tea



### finn's ranch ground turkey

1 lb of frozen ground turkey



### 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.



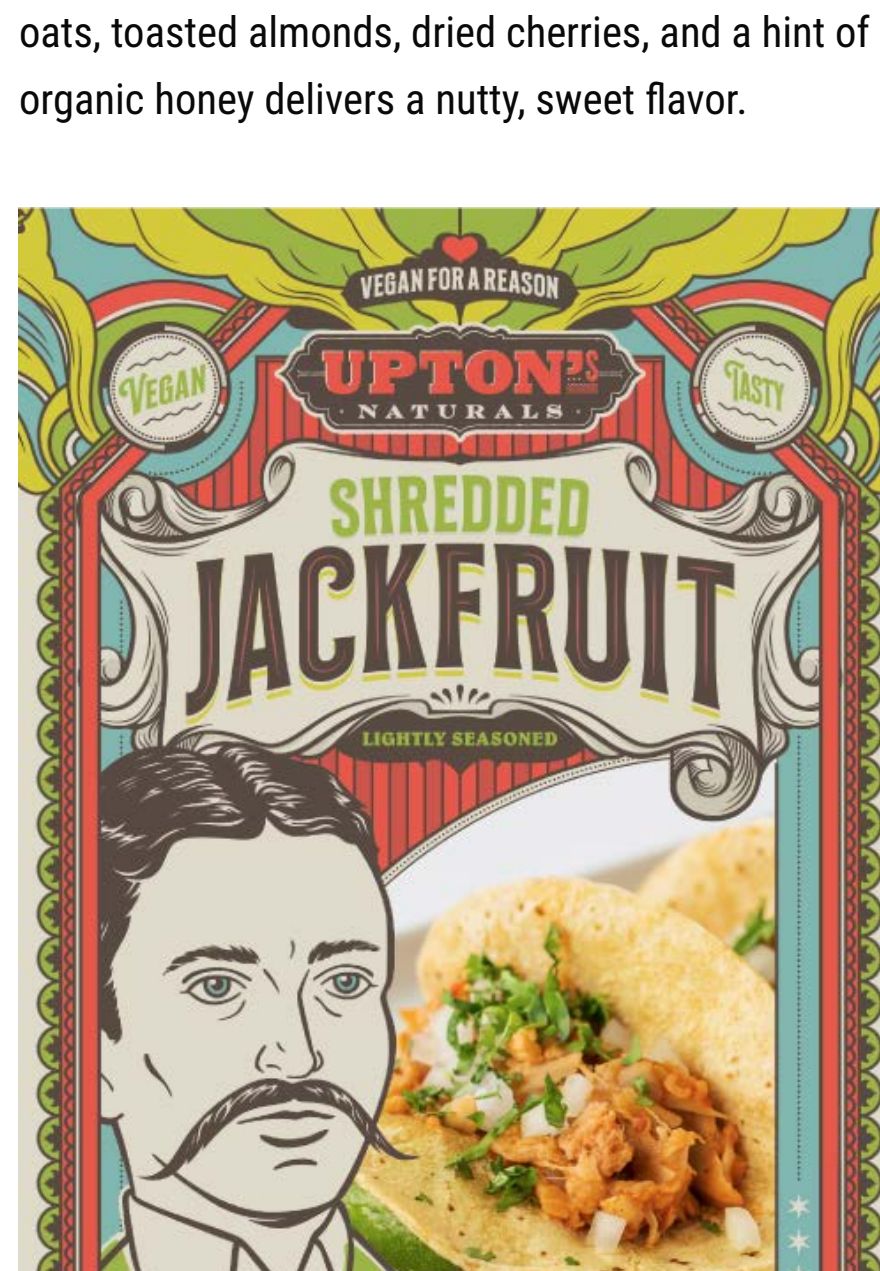
### nichols farm popcorn

didn't get a share last week? no need to miss out! add on 1 lb. of local popcorn to your share and experiment with different homemade flavorings!



### extra fruit michigan dried cherries

1lb of michigan grown dried cherries



### upton's naturals jackfruit

10 oz - on sale!

& 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!

### Beverage

**Chai Concentrate:** [Rishi Tea & Botanicals](#) (Milwaukee, WI)  
Storage Tip - Store in a cool, dry place out of direct sunlight.

### Bread

Wednesday: [Pain Au Levain](#) [pHlour Bakery](#) (Andersonville, Chicago)  
Thursday: [Pain Au Levain](#) [pHlour Bakery](#) (Andersonville, Chicago)  
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!

**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.



### Mushrooms

Wednesday: [Alba Mycopia](#) Mushrooms (Scottville, MI)  
Thursday: [White Button River Valley](#) Mushrooms (Burlington, WI)  
Friday: [Crimini River Valley](#) Mushrooms (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.

**Sauerkraut:** [The Urban Canopy](#) (Lincoln Square, Chicago, IL)  
Storage Tip - Store in the fridge up to 9 months.

**French Green Lentils:** Timeless Seeds  
Storage Tip - Store in a reusable container or plastic bag in a cool, dry place.

**Radishes:** [BrainEath Farm](#) (Atlanta, IL)  
Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

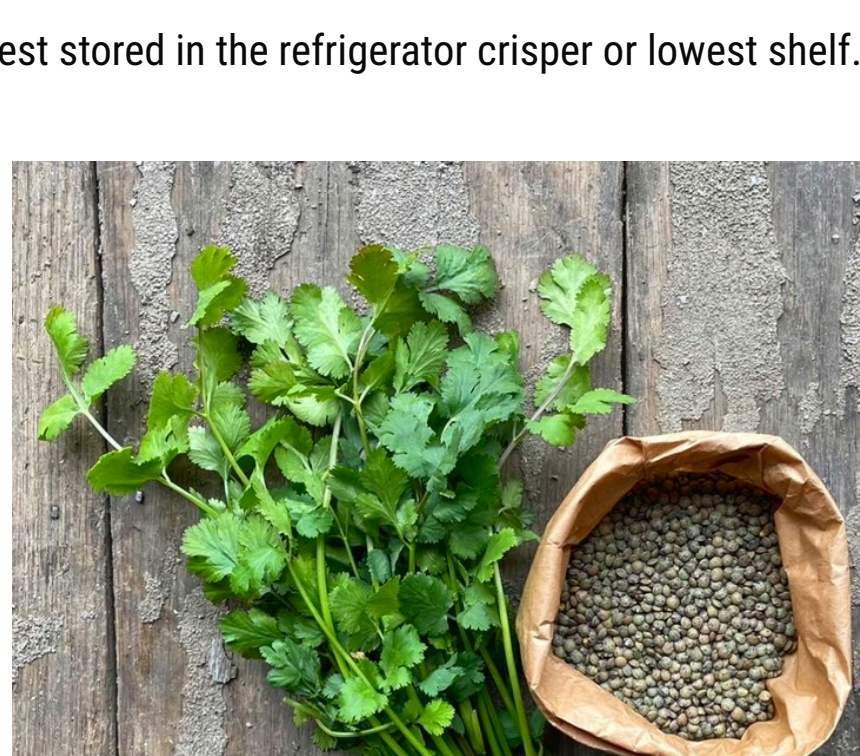
### Greens (you will receive one of the following):

Wednesday: [Kale](#), [Artesian Farms](#) (New Buffalo, MI)  
Thursday: [Lettuce](#), [Artesian Farms](#) (New Buffalo, MI)  
Friday: [Microgreens](#), [Closed Loop Farms](#) (Back of the Yards, Chicago, 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.

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

**Cilantro:** [Wind Ridge Herb Farm](#) (Caldonia, IL)  
Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

**Carrots:** [BrainEath Farm](#) (Atlanta, IL)  
Storage Tip - Can be stored in the crisper or in a plastic bag for a few weeks.



CILANTRO (LEFT) AND LENTILS (RIGHT) WILL BE IN YOUR SHARE THIS WEEK!

## Substitutions

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



**Fingerling Potatoes:** [Nichols Farm and Orchard](#) (Marengo, IL) - Bread 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.

**Beets:** [Nichols Farm and Orchard](#) (Marengo, IL) - Egg substitute  
Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

**Turnips:** [BrainEath Farm](#) (Atlanta, IL) - Beverage substitute  
Storage Tip - Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens should be used within 2 days.

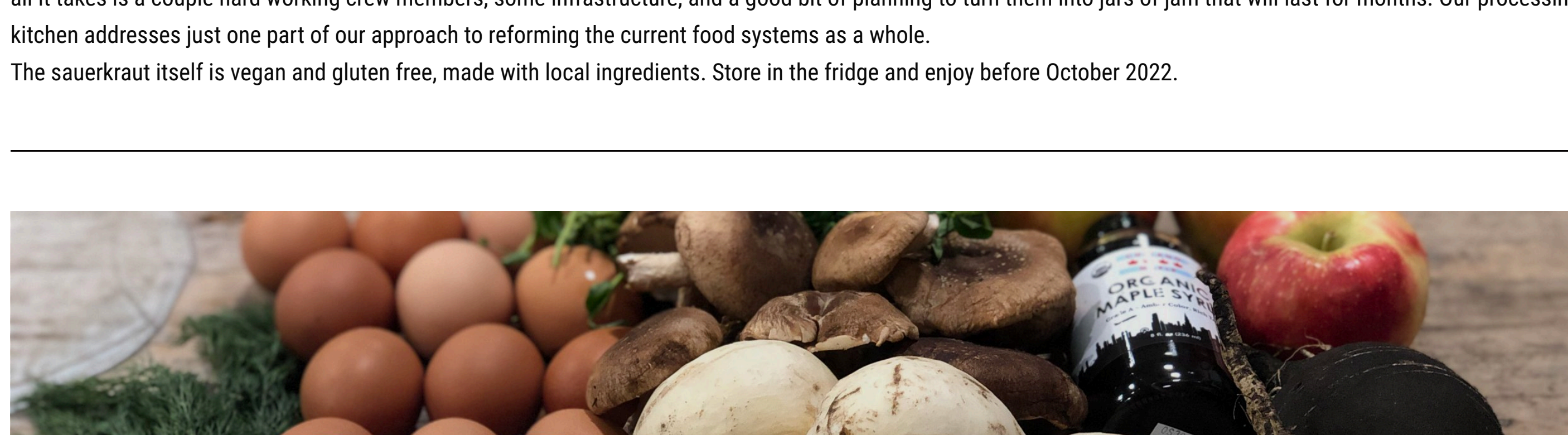
**Sweet Potatoes:** [Nichols Farm and Orchard](#) (Marengo, IL) - Mushroom substitute  
Storage Tip - Sweet potatoes should never be cold until cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

## Item Spotlight: Urban Canopy Sauerkraut



In the shares this week you will receive a jar of sauerkraut from the Urban Canopy's very own processing branch. Our processing kitchen and crew seek to utilize produce farms are long on and excess food items from local distributors to prevent food waste. If a local distributor has a mass quantity of strawberries that will be bad in a week, all it takes is a couple hard working crew members, some infrastructure, and a good bit of planning to turn them into jars of jam that will last for months. Our processing kitchen addresses just one part of our approach to reforming the current food systems as a whole.

The sauerkraut itself is vegan and gluten free, made with local ingredients. Store in the fridge and enjoy before October 2022.



[click here for week 11 \(2/2-2/4\) newsletter!](#)

[NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS](#)

## Recipe Recommendations

Click on the image to access the recipe



radish, carrot & cilantro salad



sauerkraut and mushroom tarts



pickled watermelon radishes



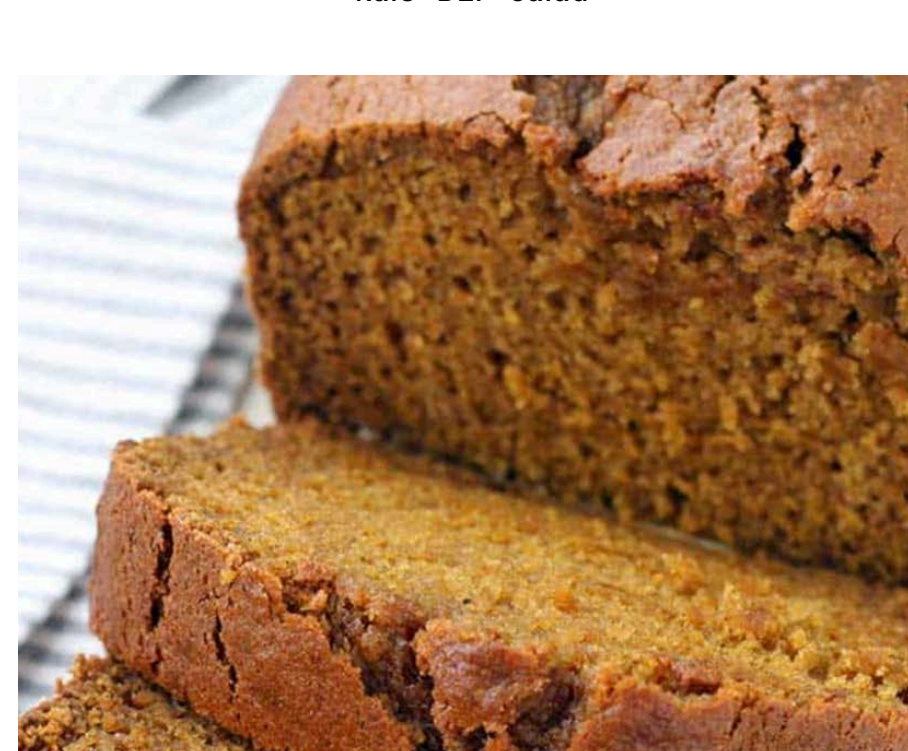
kale "BLI" salad



green lentil salad w/ carrots and herb dressing



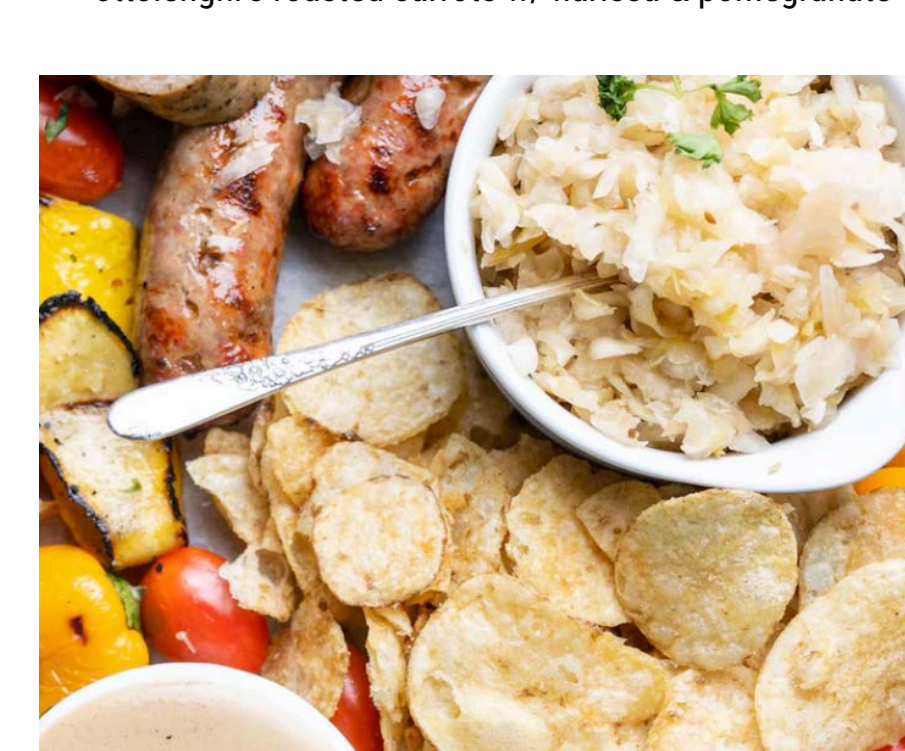
ottolenghi's roasted carrots w/ harissa & pomegranate



chai spiced pumpkin bread



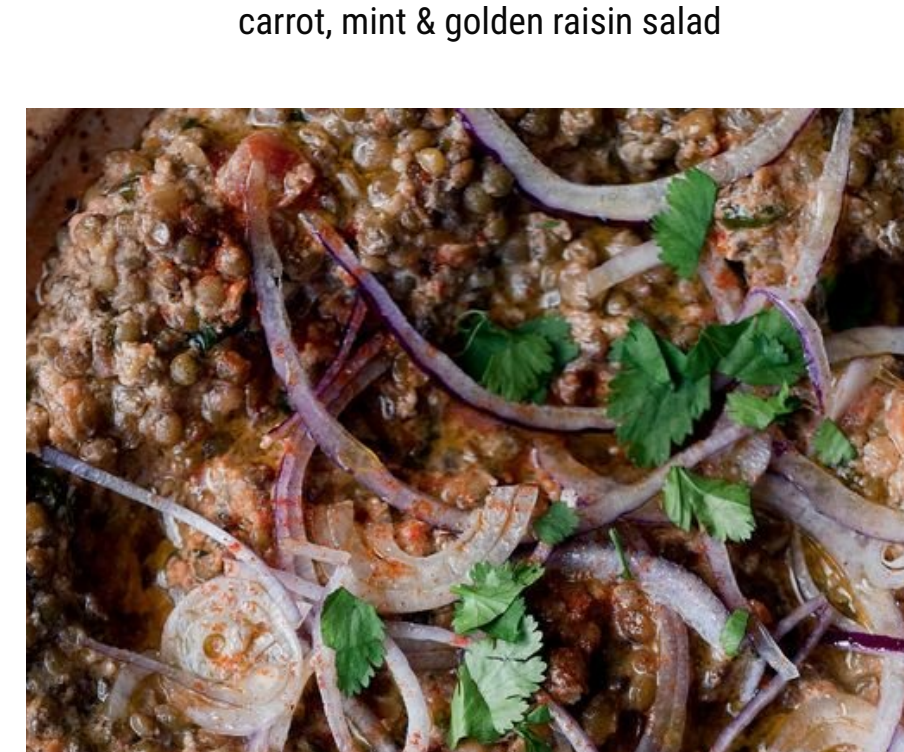
carrot, mint & golden raisin salad



how to use sauerkraut!



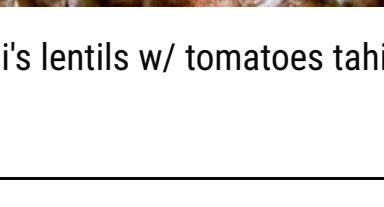
tomato cilantro raita



ottolenghi's lentils w/ tomatoes tahini & cumin



potato pierogis w/ sauerkraut & mushrooms



[info@theurbancanopy.org](mailto:info@theurbancanopy.org)  
2550 S Leavitt St. Chicago, IL 60608

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