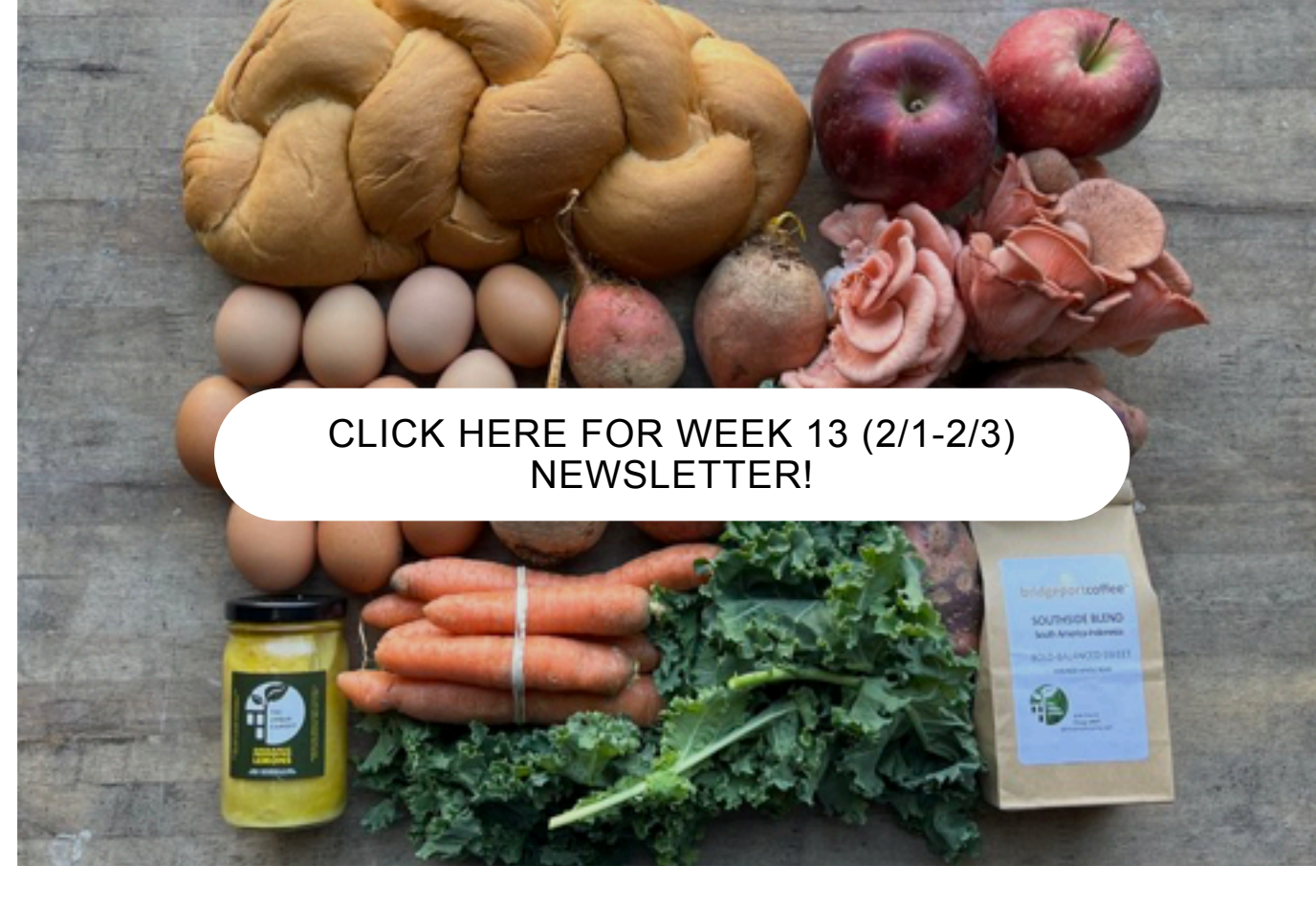




Winter Week 14 - 2/8 - 2/9 - 2/10

Welcome to Winter LUCSA Week 14!



NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE

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



In your box this week:
eggs - bread - mushrooms - beer or hard cider - giardiniera - bravo radish - red and gold beets - red onions - sweet potatoes - greens

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!



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, Bush&Peck, so many more).

CLICK HERE FOR THE ADD-ON ORDER FORM



Komunity Kombucha

Hibiscus Ginger - Organic Raw Kombucha (Fluoride Free Filtered Water, Organic Tea & Herb Blend, Kombucha Culture, Raw Organic Cane Sugar), Ginger Root, Hibiscus Flower, Sencha Green Tea, Yerba Mate, Rooibos.



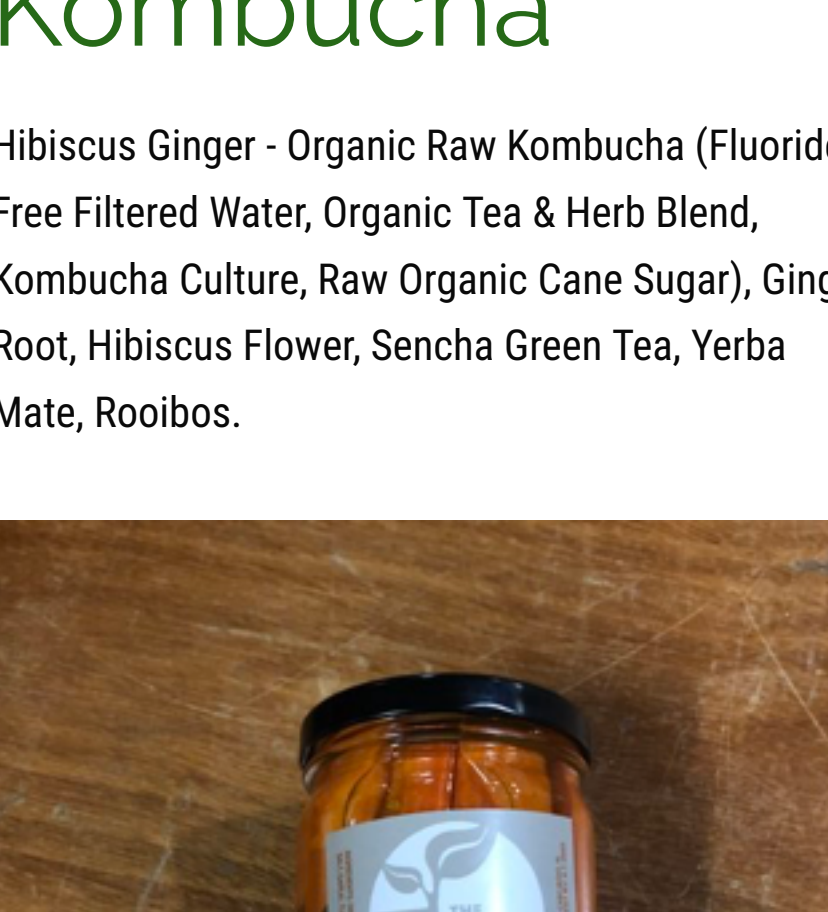
Sarita's Pleasure Pies

1/4 pie - lavender love pie: blueberry, coconut shreds and oil, blueberry preserves, lavender, sweetened condensed coconut milk, dates, oat milk, pumpkin seeds, soft tofu, agar agar, graham cracker/coconut cookies



Janie's Mill Flour

3# bag of all purpose flour. perfect for cookies, muffins, pancakes, biscuits, scones, banana bread and other quick breads . . . pretty much anything, as the name suggests!



Urban Canopy Curried Carrots

16oz. Delicious and straight from the Urban Canopy kitchen!



Shoreline Dried Cherries

1#. add it to your granola, put it in cookies and quick breads, with mixed nuts or however you like 'em.



Phoenix Bean Tofu

Firm and fried available!

& much more available!

PRODUCE GUIDE

Don't forget to check out our produce guide, where you can find storage tips and recipe suggestions for any produce item you receive from us!

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:

Beer or Hard Cider: Eris Brewery & Cider House (Chicago, IL), Off Color (Chicago, IL)
We will substitute out alcoholic beverages for those who don't want them! If you aren't sure if that is on your account or not please feel free to email us at lucsa@theurbancanopy.org.



Bread:
Wednesday: Pullman Sourdough, Pubican (Fulton Market, Chicago, IL)
Thursday: Challah, Franher Bakery (Pilsen, Chicago, IL)
Friday: Country Bâtard, Middlebrook (Logan Square, 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: White Button: River Valley Ranch (Burlington, WI)
Thursday: Lion's Mane/Oyster: Primordia Mushrooms (Chicago, IL)
Friday: Lion's Mane/Oyster: Primordia Mushrooms (Chicago, IL)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. 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.

Giardiniera: The Urban Canopy (Chicago, IL)
Storage Tip - Keep refrigerated after opening. Good for 6 months in the fridge.

Bravo Radish: PrairieEarth Farm (Atlanta, IL)
Storage Tip - Keep very dry stored in a perforated bag in the refrigerator for up to a month.

Red Onions / Leeks: Alsum Farms (Friesland, WI), Nichols Farm and Orchard (Marengo, 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.

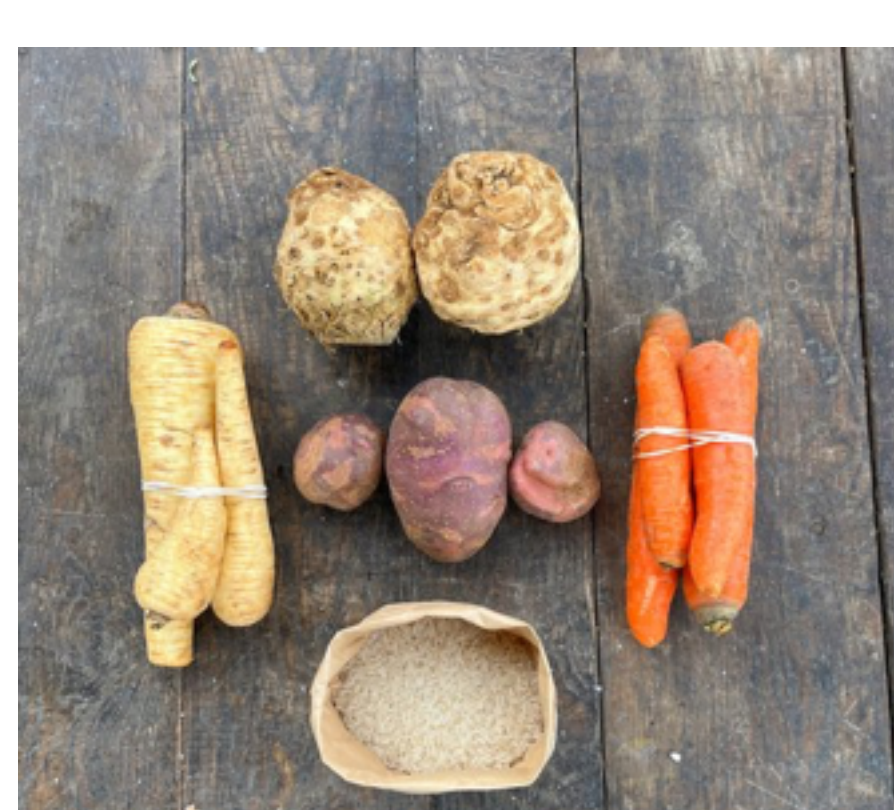
Red Beets: Victory Farms (Hudsonville, MI)
Storage Tip - Store in the crisper or in a plastic bag for a few weeks.

Sweet Potatoes: Alsum Farms (Friesland, WI)
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: Artesian Farms (New Buffalo, MI) / Windy City Harvest (North Lawndale, Chicago, IL)
Storage Tips:
Kale: 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 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: Repackage in a non-biodegradable plastic bag or container with a paper towel for up to a week.

Substitutions

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



Rice: Cahokia (McClure, IL)
Storage Tip - Keep in a cool dark place like a cabinet.

Parsnips: Jim Campbell Farm (Lmly City, MI)
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Purple Potatoes: PrairieEarth 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.

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.

Carrots: PrairieEarth Farm (Atlanta, IL)
Storage Tip - Store in the crisper or in a plastic bag for a few weeks.

Recipe Recommendations

Click on the image to access the recipe

