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Winter Week 14 - 4/3, 4/4, 4/5



SUMMER LUCSA IS BACK AND BETTER THAN EVER!
SIGN UP BY THE END OF WINTER TO START
RECEIVING SHARES IN MAY.

SUMMER LUCSA IS NOW TAKING SIGN-UPS! LEARN MORE HERE

Any share changes must be submitted
to lucsa@theurbancanopy.org by
Monday at noon!

If you missed a week and want to see what was in a previous share, we archive a PDF of all our previous newsletters here. You can also use it to look at previous seasons if you are interested to see what crops are coming!

[CLICK HERE TO ACCESS OUR NEWSLETTER ARCHIVE](#)



Add Ons

Locally-sourced food and home goods to round out your CSA box!
Save trips to the grocery store and get what you need delivered
inside your LUCSA share.

Add On Order form must be submitted by noon on Monday!

[CLICK HERE FOR THE ADD-ON ORDER FORM](#)

Share Contents

*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 produce before eating!*
- *Remember to return your wax box, egg cartons, and pint containers during your next delivery. We re-use all of these items!*

Beverage:

Kombucha, [RMBR \(Formerly Kommunity\)](#) (Chicago, IL)

Backup Beverage: Hot Cocoa Mix [Katherine Anne Confections](#) (Chicago, IL)

Storage Tip - Cans can be stored in the refrigerator. Cocoa jars can be stored in the pantry.

Bread:

Wednesday: **Seeded Rye**, [Publican Quality Bakery](#) (Fulton Market, Chicago, IL)

Thursday: **Round Whole Wheat Boule**, [FranHer Bakery](#) (Pilsen, Chicago, IL)

Friday: Organic Signature Sourdough, pHlour Bakery (Edgewater, 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, croutons, or panzanella (see below for a recipe)! Because of the olive oil, the focaccia can mold much quicker than other breads if kept at room temperature. If it's particularly hot, you may want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)

Mushrooms:

Oysters or Chestnuts: [Primordia Foods](#) (Bloomington, IL)

Shiitakes, Oysters or Lion's Mane: [River Valley Ranch](#) (Burlington, WI)

Storage Tip - Open the paper bag to reduce moisture, and keep mushrooms out of plastic. 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.



CLOCKWISE: LION'S MANE, OYSTER, SHIITAKE AND CHESTNUT MUSHROOMS

Lettuce Mix: [Artesian Farms](#) (New Buffalo, MI) - *Thursday and Friday*

Microgreens: [Closed Loop Farms](#) (Back of the Yards, Chicago) - *Wednesday*

Storage Tip - Remove your greens from the compostable bag and store them in a plastic container with a paper towel covering.

Applesauce: [UC Processing Kitchen](#) (Garfield Park, Chicago, IL)

Storage Tip - Applesauce can be kept in a cool dark place. Once the jar has been opened, be sure to close tightly and store in the refrigerator after each use and use within 6 months.



Carrots: [Family Farm Fresh](#) (Rockville, IN)

Storage Tip - Carrots can be stored in the crisper or in a plastic bag for a few weeks.

Potatoes: [Down at the Farms](#) (Fairbury, 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.

Shallots: [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.

Beets: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Substitutions

Items for those already opting out of beverage, bread, mushrooms, or eggs or having a conflicting allergy - subject to change, even if specified. Please refer back to this newsletter throughout the week for updates.

Dill: [Wind Ridge Herb Farm](#) (Caledonia, IL)

Storage Tip - Wash the dill in cold water, remove excess moisture with a salad spinner, and wrap the bundle of dill in several damp paper towels. Place the wrapped stems and leaves in a plastic bag or airtight container. Store in the crisper drawer for up to two weeks. You can dry the dill by letting it hang upside down at room temperature for several weeks. You'll know the dill sprigs are sufficiently dry when they crumble to the touch. Place the dried stems over a large bowl and use your hands to crumble the leaves from the stem. Store dried dill leaves in an airtight container or glass jar. With proper storage, the shelf-life of dried dill leaves is about twelve months.



White Rice: [Cahokia](#) (McClure, IL)

Storage Tip - Store in a cool dry place out of direct sun.

Sweet Potatoes: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Sweet potatoes should never be cold til cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Sage: [Wind Ridge Herb Farm](#) (Caledonia, IL)

Storage Tip - A simple method is air drying; this works best in a dry, dust-free and well-ventilated room. Just hang up the shoots on a string or spread the leaves out on a sheet of baking paper. Store your newly dried herbs in an airtight container in a dark place away from direct sunlight. This will keep the herbs from oxidizing and losing their flavor. Stored properly, dried sage will keep for up to one year.

Pink Lady 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.

Tomatoes: [Mightyvine](#) (Chicago, IL)

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

FEATURED ADD ON VENDOR: UNDERGROUND MEATS



Founded in 2009 in Madison Wisconsin, Underground Meats is delivering quality products. You can really taste the care that was put into the creation of these products from start to finish. They source their meats from ethically treated heritage breeds. Their products are cured and fermented, these age-old food preservation methods ensure the safety of the consumer as well as the amazing flavor profiles. Their flavors earned them to be a James Beard Semifinalist back in 2019! All in all you can't go wrong with such a wide variety of meats to choose from. If you haven't given them a try yet, make this week

your first!

Recipe Recommendations

Click on the image to access the recipe



Roasted Chestnut Mushroom ...



Fettuccine w/ Grated Beets



Dill Potato Salad



Smashed Sage-Butter Potatoes



Shaved Beet & Carrot Salad



Pasta w/ Pancetta, Shallots & ...



Beet Butter



Mushrooms w/ Caramelized S...

[FOLLOW US ON INSTAGRAM!](#)

For more recipe ideas, follow us on Instagram! Our recipe reels provide additional information on how to use produce and processing items each week!



[CLICK HERE FOR OUR PRODUCE GUIDE AND RECIPE LOG](#)

We have created a handy **Produce Guide** which includes most items you will be getting in your box this season and through out the year. It is helpful for identification and has lots of storage tips, and also includes a log of recipes. It's not a bad idea to bookmark this page!



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