

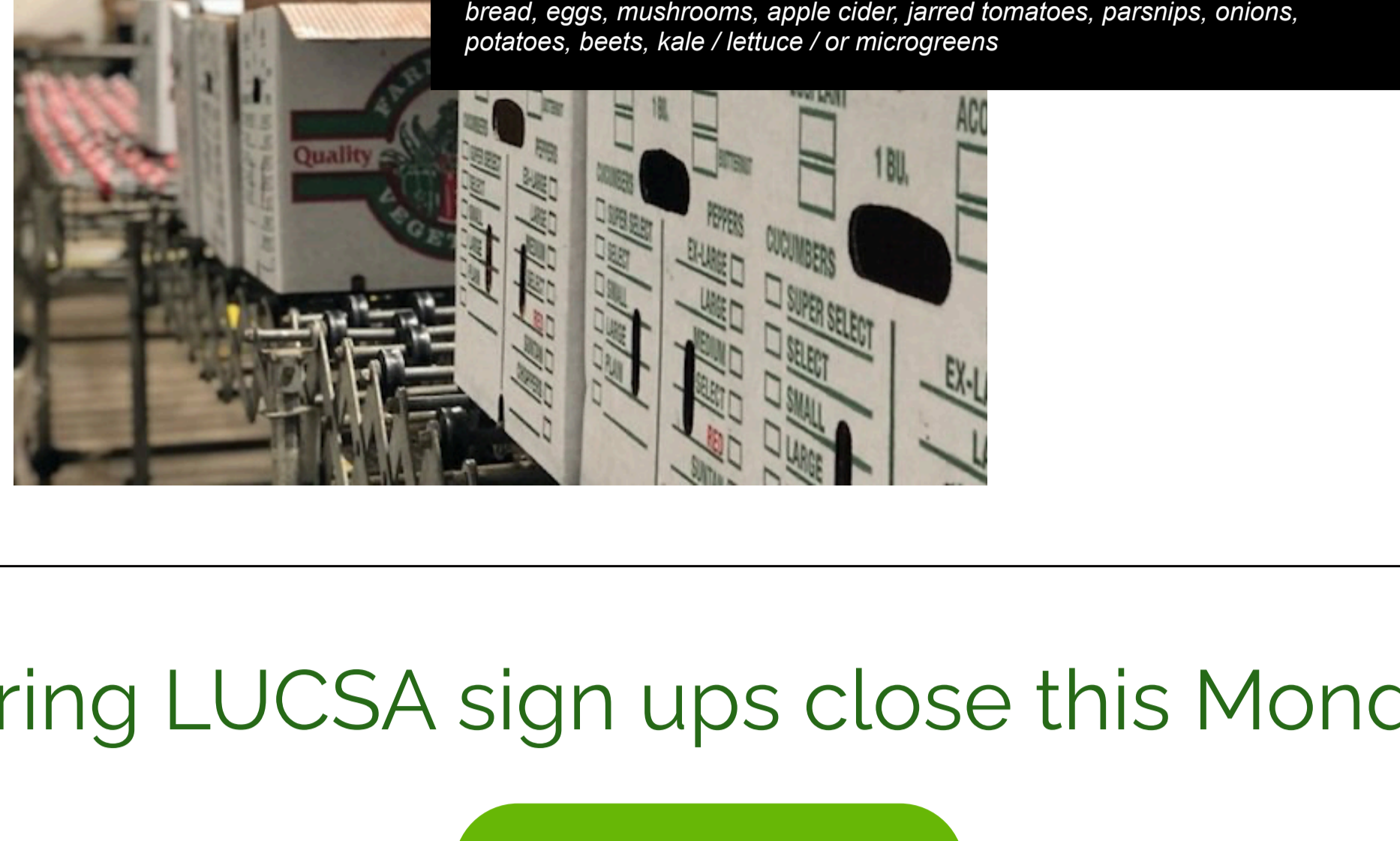


# Winter Week 14: February 23 / 24 / 25

## Welcome to Winter LUCSA Week 14!

Happy final share of the season!

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 close this Monday!

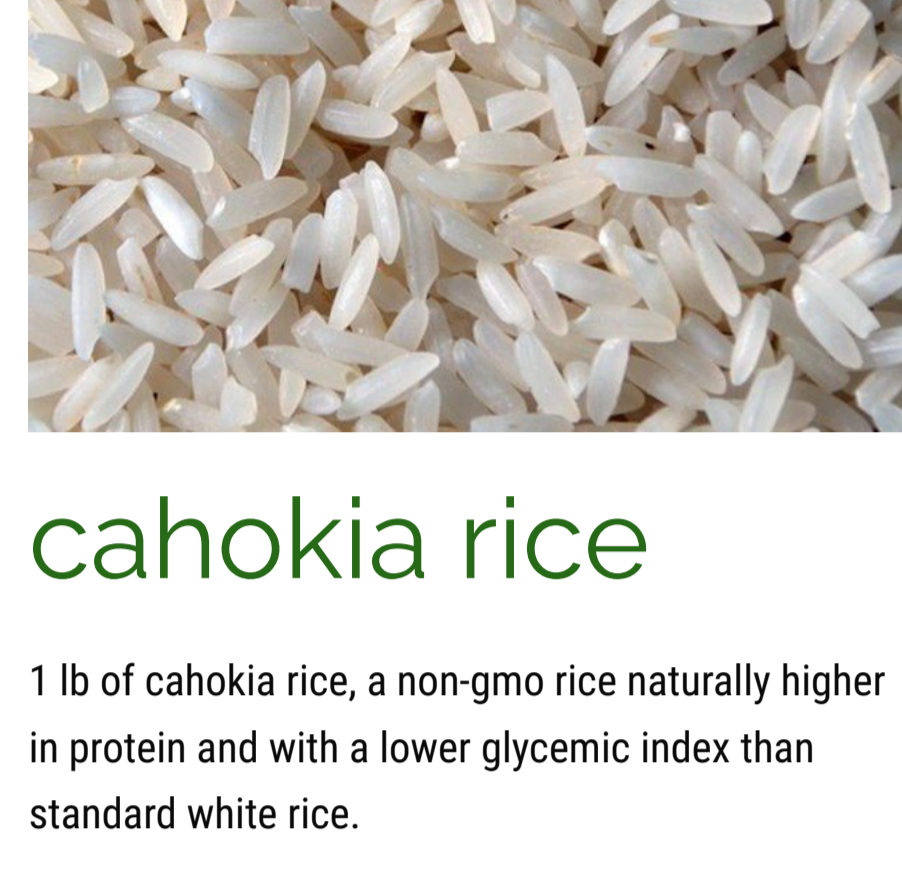
[CLICK HERE TO SIGNUP](#)



## 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](#)



### cahokia rice

1 lb of cahokia rice, a non-gmo rice naturally higher in protein and with a lower glycemic index than standard white rice.



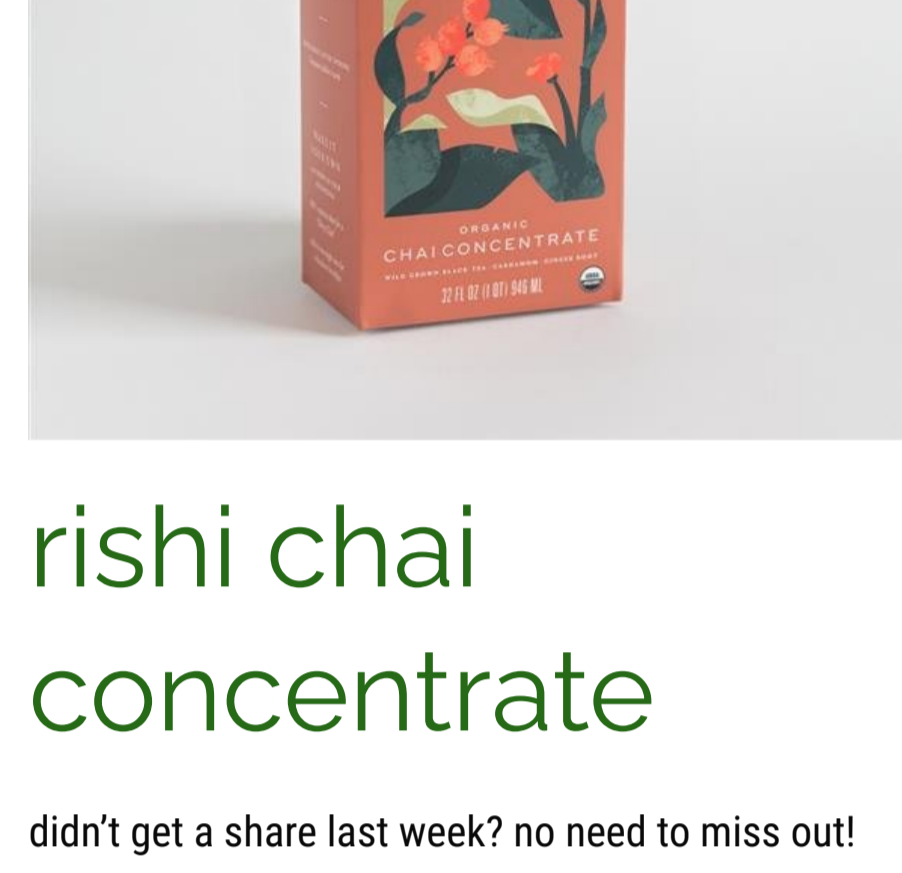
### senteamental moods kenyan morning

1 oz pouch of this inspiring black tea blended from three kenyan crops loaded with regional nuance. takes milk and sugar well, delicious hot or iced.



### extra fruit michigan dried cherries

1lb of michigan grown dried cherries



### rishi chai concentrate

didn't get a share last week? no need to miss out! grab 32 oz of masala chai concentrate to keep you company during these last weeks of cold weather.



### 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!

& 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

**Apple Cider:** Mick Klug Farm (St. Joseph, MI)

*Storage Tip* - Keep cool, dry up to two weeks. After that, make your own apple cider vinegar!

### Bread

Wednesday: **Pullman Sourdough** Publican Quality Bread (Fulton Market, Chicago, IL)

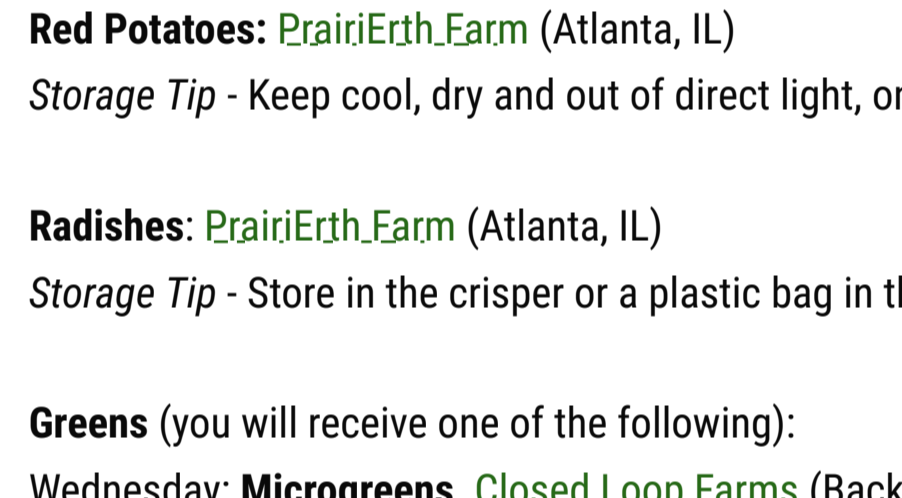
Thursday: **Garlic Boule** pHour Bakery (Andersonville, Chicago)

Friday: **Garlic Boule** pHour 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.



### Mushrooms

Wednesday: Crimini, River Valley Mushrooms (Burlington, WI)

Thursday: Grey Oysters, Myscapia Mushrooms (Scottville, MI)

Friday: Shiitake, 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.

### Jarred Tomatoes: The Urban Canopy (Lincoln Square, Chicago, IL)

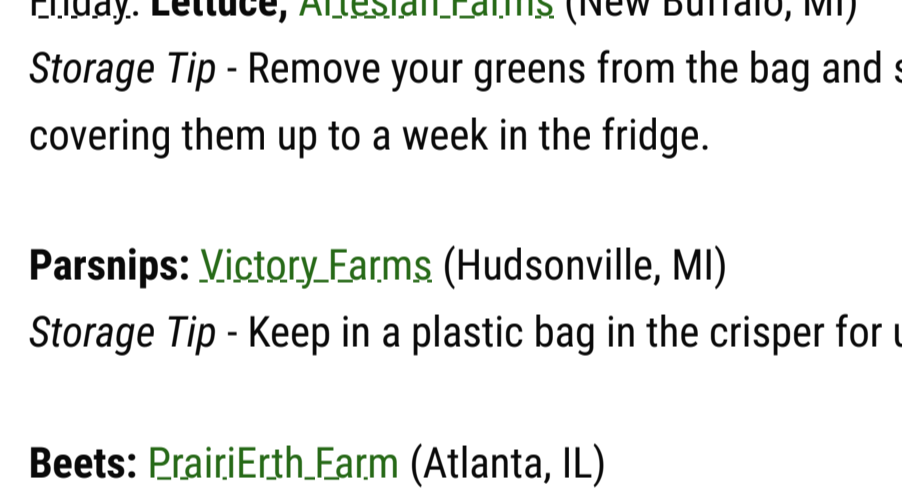
*Storage Tip* - Store in the fridge up to 9 months.

### Onions: Alsam Farms (Friesland, WI) - Wednesday or Thursday

**Carrots:** PrainiEth Farm (Atlanta, IL) / Nichols Farm and Orchard (Marengo, IL) - Thursday or Friday

*Storage Tip, Onions* - 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.

*Storage Tip, Carrots* - Store in the crisper or in a plastic bag for a few weeks.



### Red Potatoes: PrainiEth 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 months.

### Radishes: PrainiEth Farm (Atlanta, IL)

*Storage Tip* - Store in the crisper or a plastic bag in the fridge.

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

Wednesday: **Microgreens**, Closed Loop Farms (Back of the Yards, Chicago, IL)

Thursday: **Kale**, Artesian Farms (New Buffalo, MI)

Friday: **Lettuce**, Artesian Farms (New Buffalo, MI)

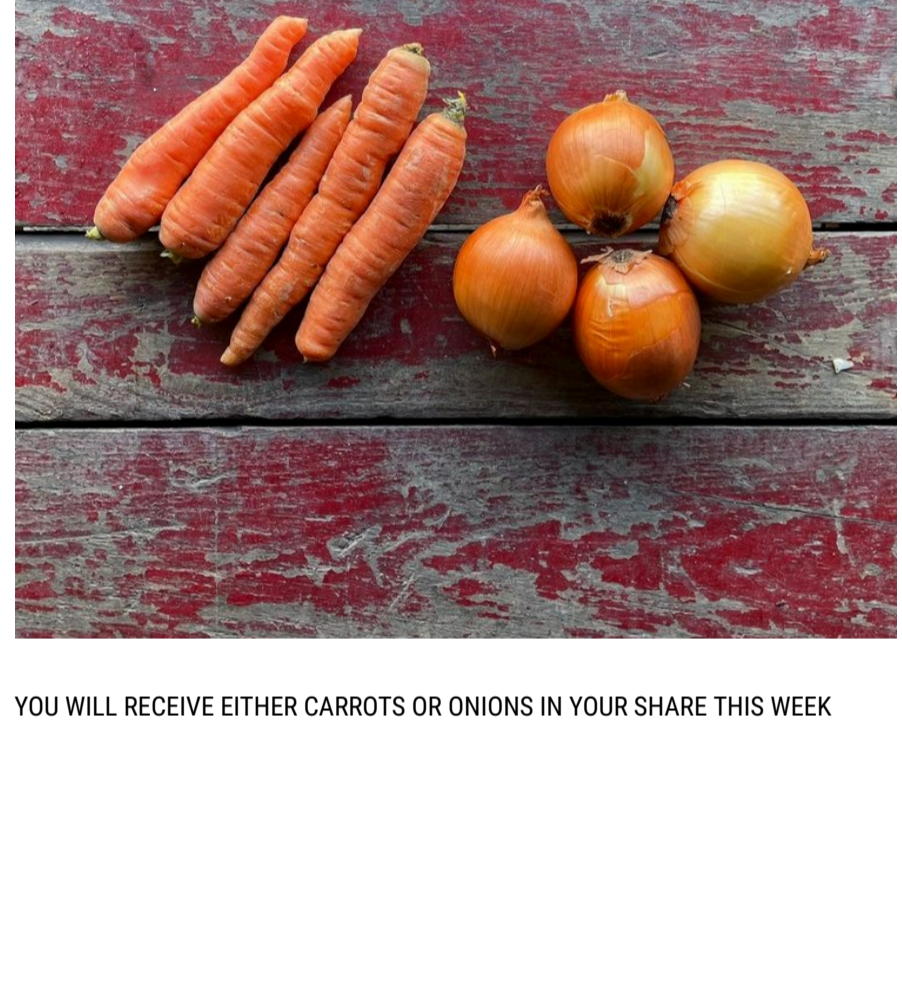
*Storage Tip* - Remove your greens from the bag and store them in a plastic container with a paper towel covering them up to a week in the fridge.

### Parsnips: Victory Farms (Hudsonville, MI)

*Storage Tip* - Keep in a plastic bag in the crisper for up to a few weeks.

### Beets: PrainiEth Farm (Atlanta, IL)

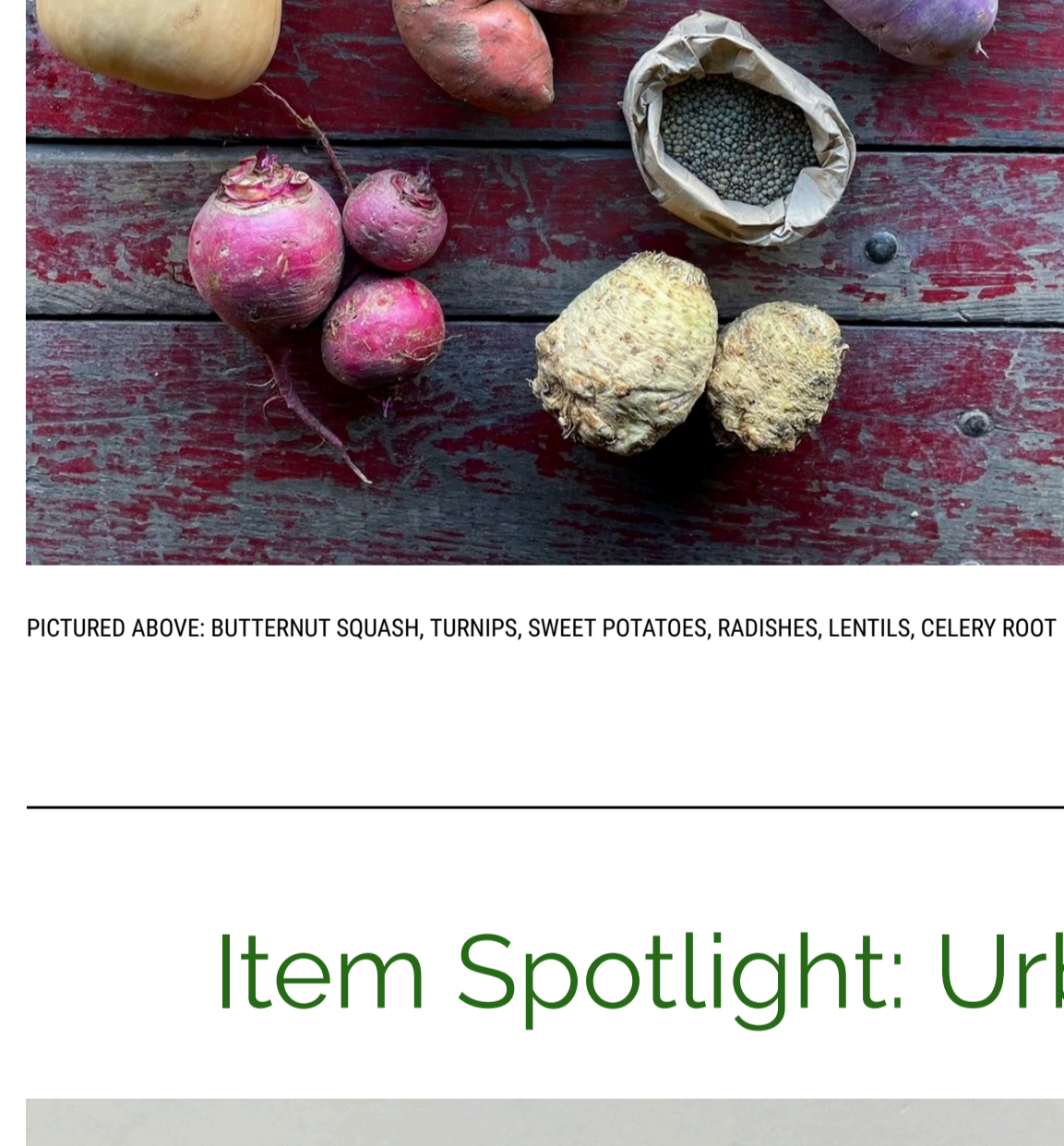
*Storage Tip* - Can be stored in the crisper or in a plastic bag for a few weeks.



YOU WILL RECEIVE EITHER CARROTS OR ONIONS 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



PICTURED ABOVE: BUTTERNUT SQUASH, TURNIPS, SWEET POTATOES, RADISHES, LENTILS, CELERY ROOT

### French Green Lentils: Timeless Seeds

*Storage Tip* - Store in a reusable container or plastic bag in a cool, dry place.

### Turnips: PrainiEth Farm (Atlanta, IL)

*Storage Tip* - Store in the crisper or a plastic bag in the fridge.

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

*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.

### 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.

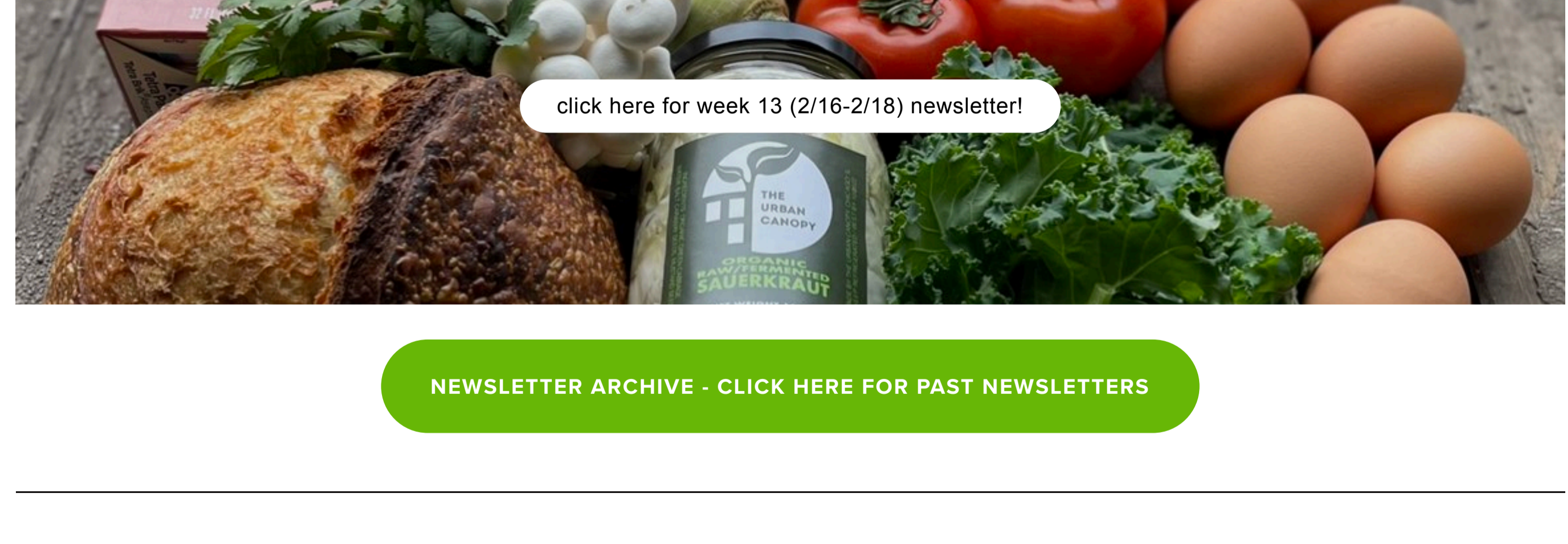
### Squash: Nichols Farm and Orchard (Marengo, IL)

*Storage Tip* - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

## Item Spotlight: Urban Canopy Jarred Tomatoes



What to do with over 1,000lbs of ugly organic roma tomatoes? Clean them up nice and pack them in 500 jars. In the shares this week you will receive a jar of preserved tomatoes 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 members 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 tomatoes themselves are vegan and gluten free, made with local ingredients. Store in a cool dry place, we pack them with some lemon juice so they have the proper acidic pH to stay good for over a year. Makes for a very quick pot of creamy soup! Just blend, heat, add water/cream/coconut oil to keep the consistency, and any herbs you have! (Rosemary is a favorite.) Perfect with a grilled cheese or the Prairie Fruits herb butter we are offering as an add-on this week.

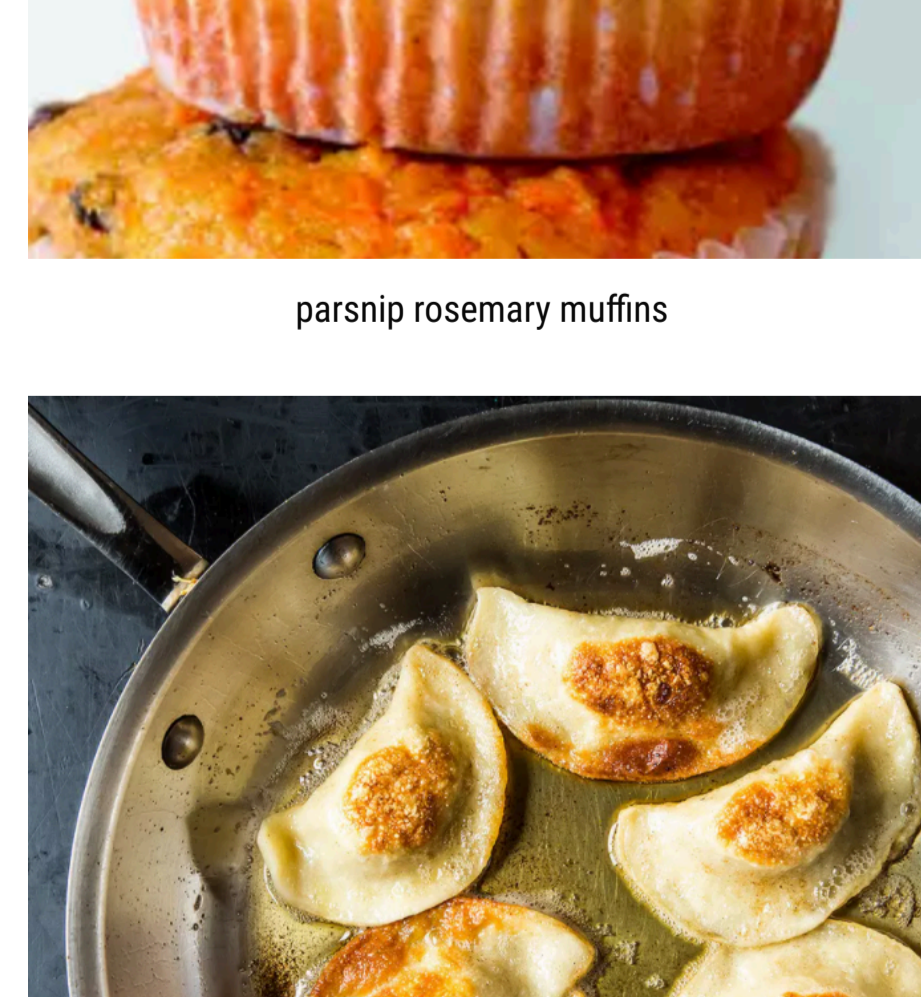


[click here for week 13 \(2/16-2/18\) newsletter!](#)

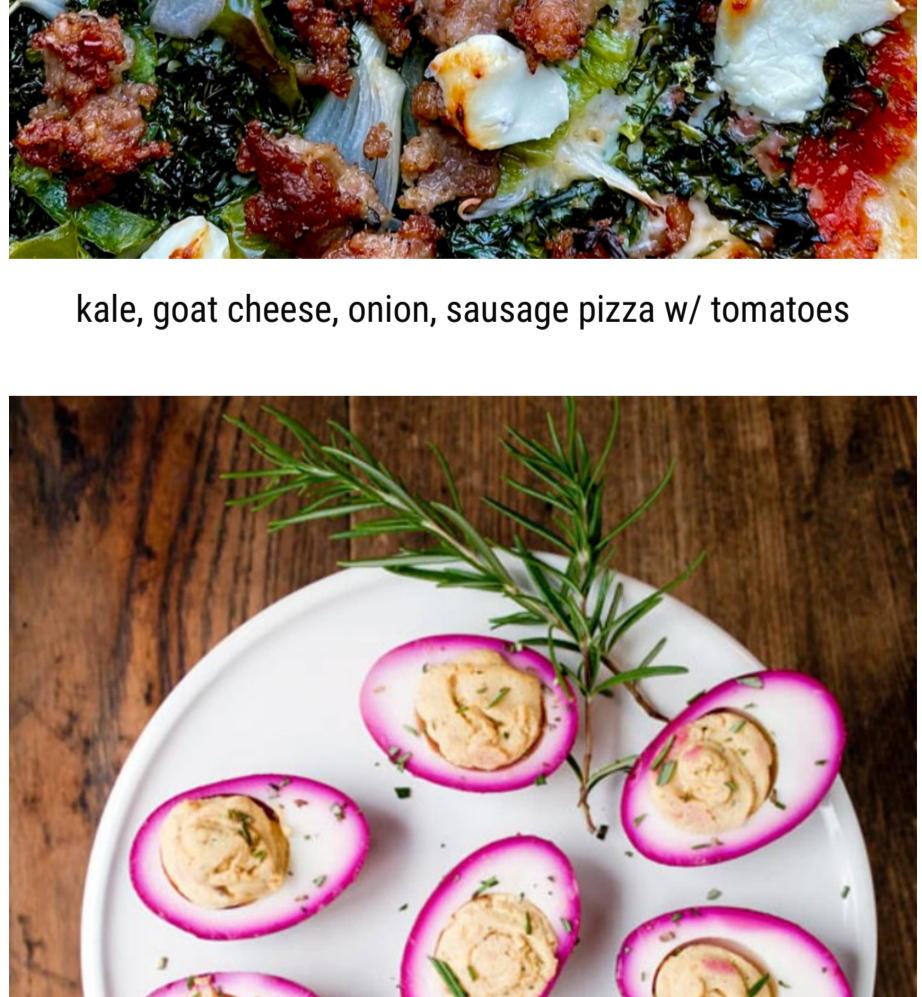
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## Recipe Recommendations

Click on the image to access the recipe



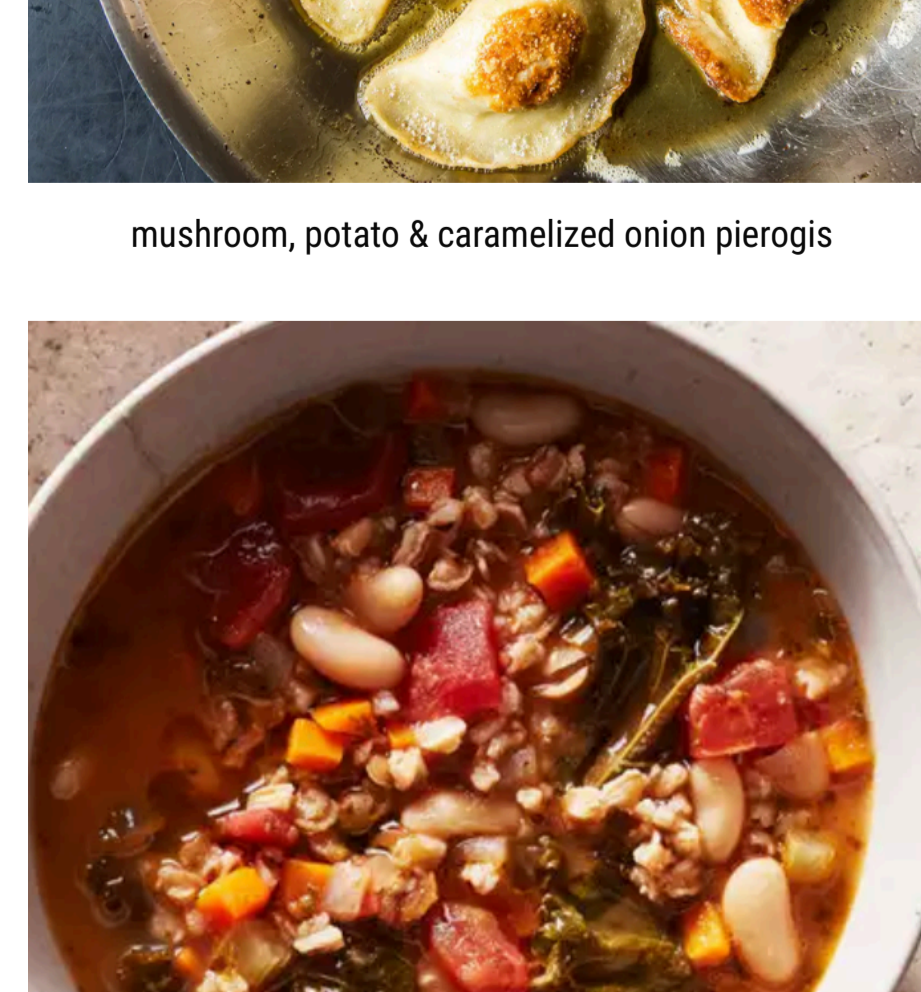
parsnip rosemary muffins



kale, goat cheese, onion, sausage pizza w/ tomatoes



baked stuffed onion



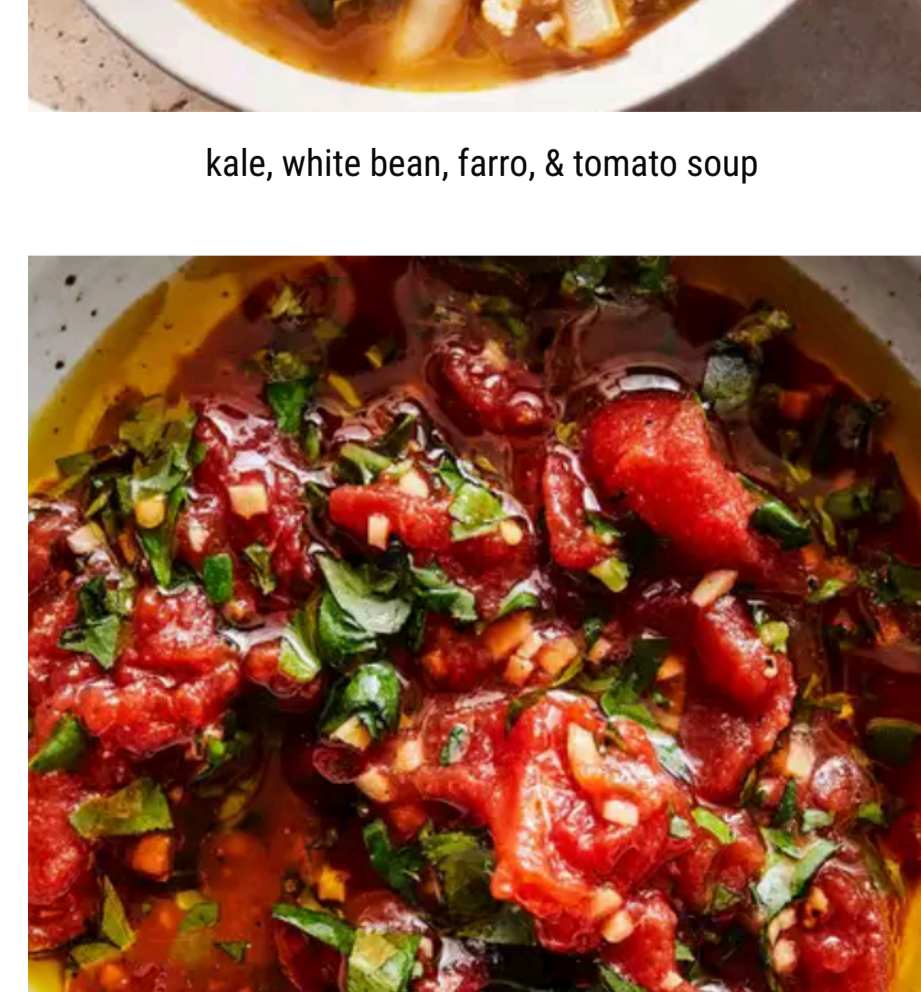
mushroom, potato & caramelized onion pierogis



beet pickled deviled eggs



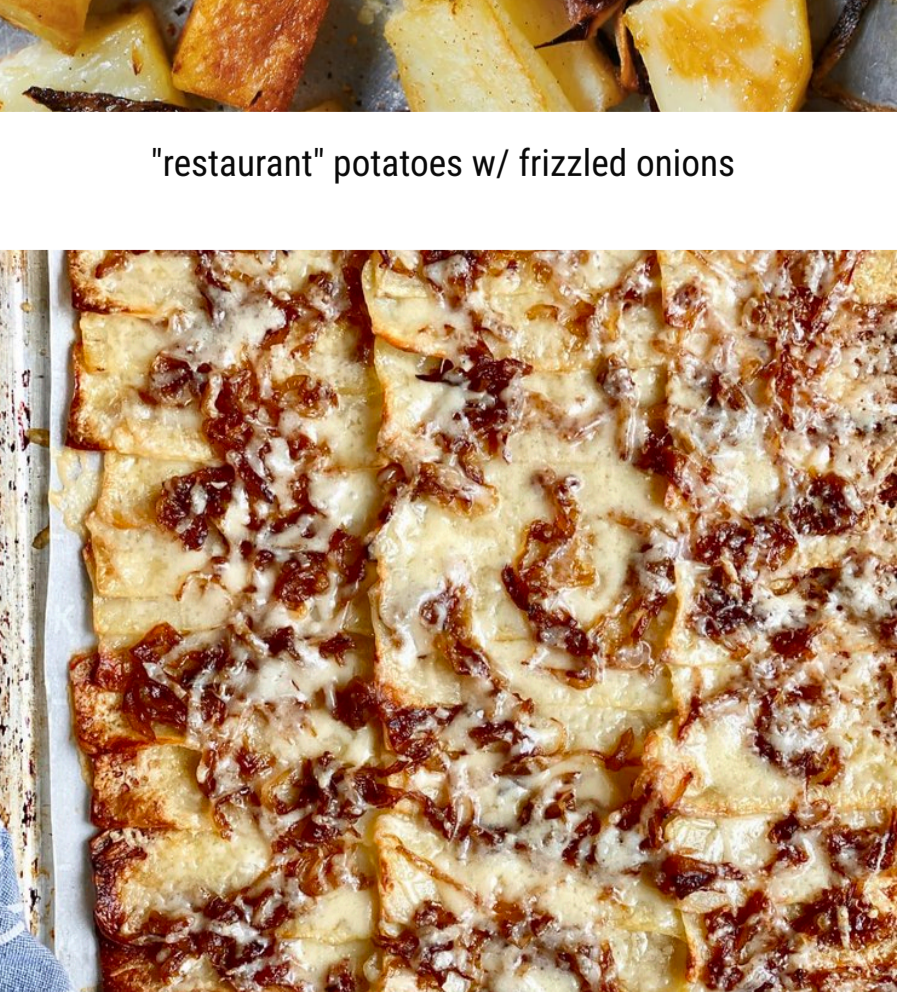
lentil shepherd's pie w/ mashed parsnips & potatoes



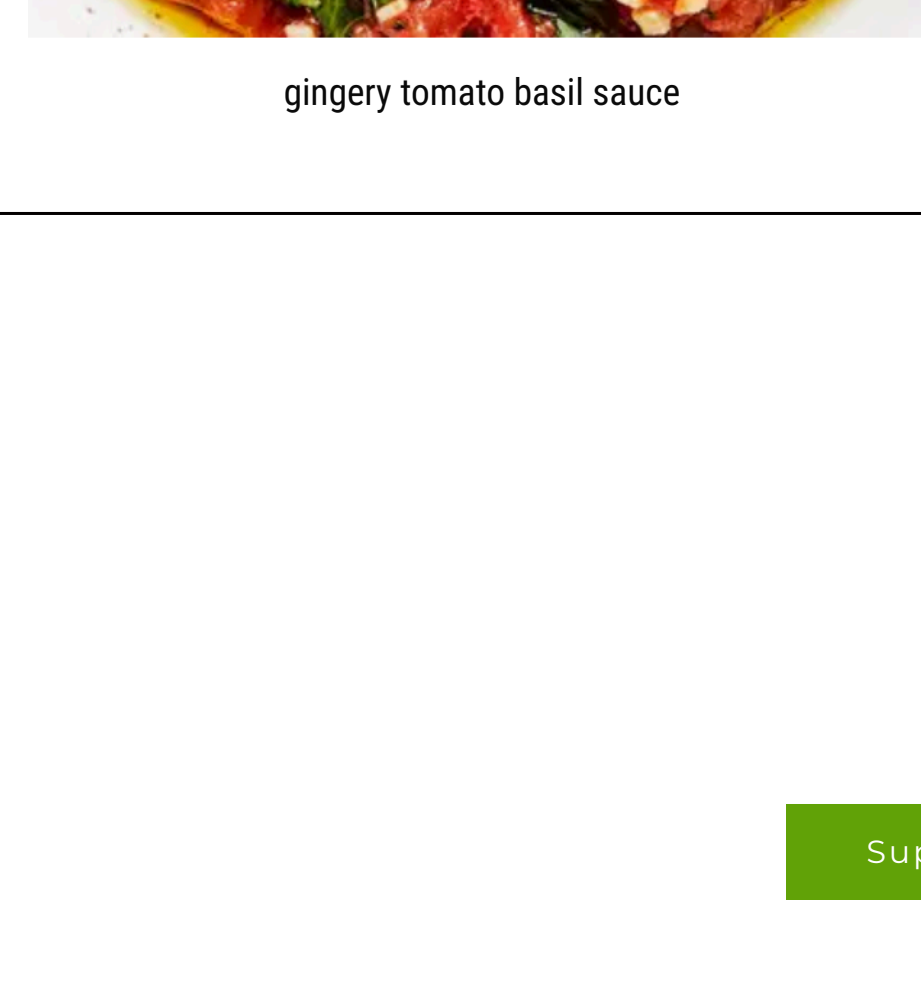
kale, white bean, farro, & tomato soup



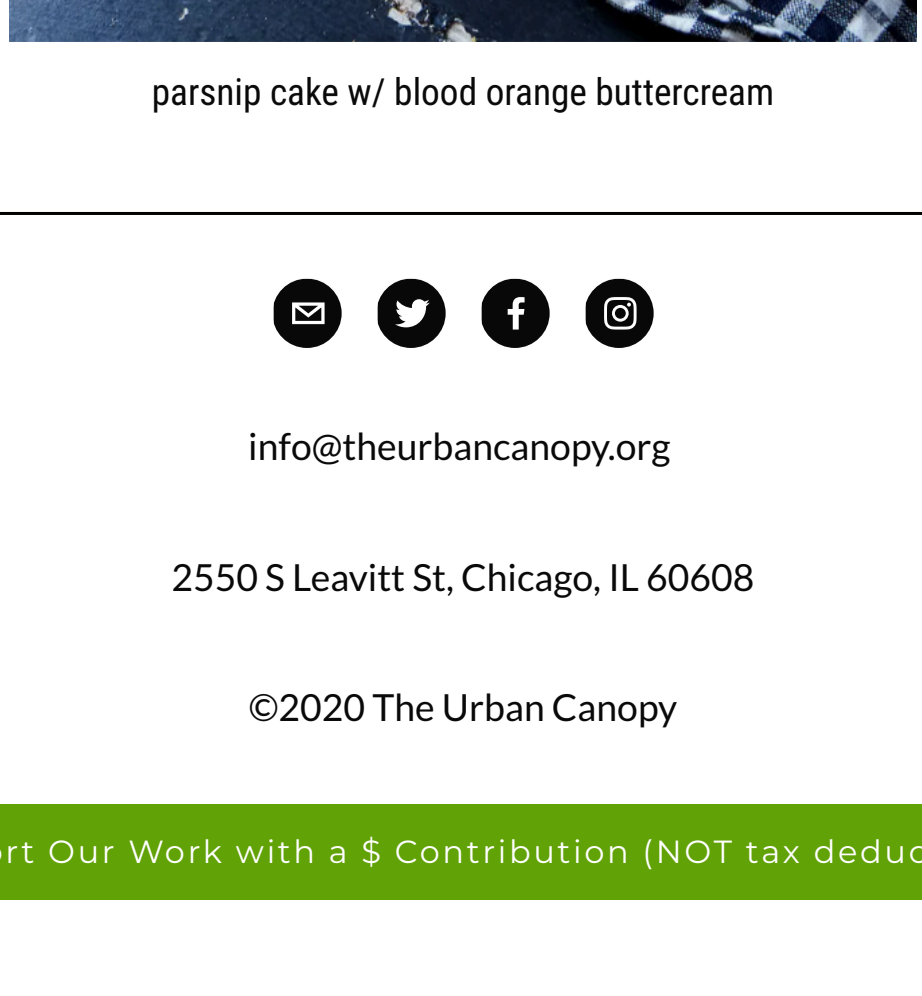
easy refrigerator pickled beets



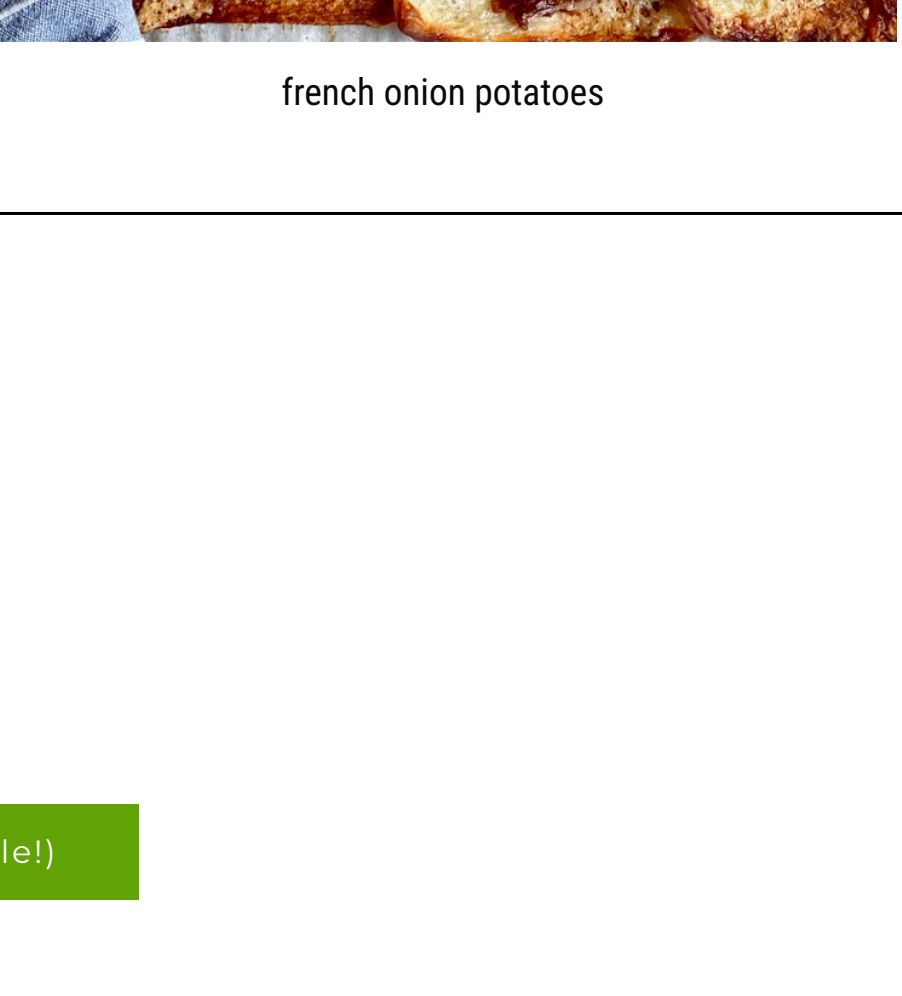
"restaurant" potatoes w/ fizzled onions



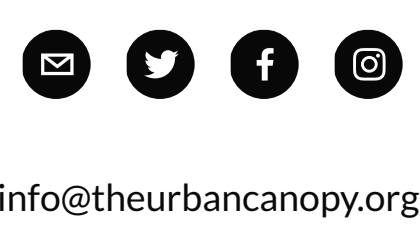
gingery tomato basil sauce



parsnip cake w/ blood orange buttercream



french onion potatoes



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