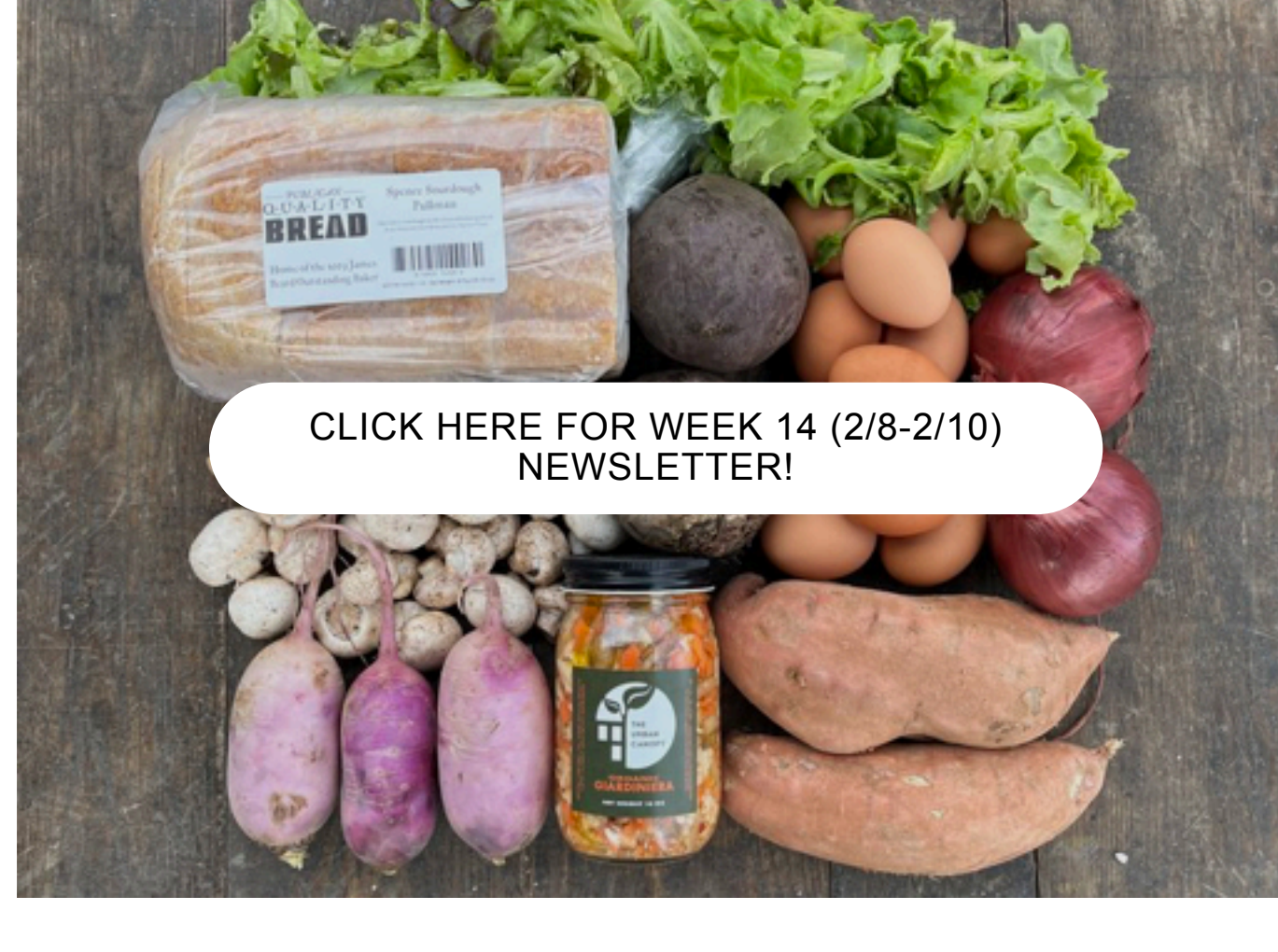




Winter Week 15 - 2/15 - 2/16 - 2/17

Welcome to Winter LU CSA Week 15!



CLICK HERE FOR WEEK 14 (2/8-2/10) NEWSLETTER!

NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE

PRODUCE GUIDE

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 - organic soda -
oats - gala apples - herbs - squash - sweet
potatoes - greens

The Urban Canopy farm, Auburn Gresham, Chicago



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



Meyer Bees Honey

8oz Raw Local Honey from Minooka, IL!



Saritas Pleasure Pies

(1/4 Pie) Fall in Love Pie - raspberries, cacao semi-sweet chocolate, coconut cream, sweetened condensed coconut milk, oat milk, coconut shreds, graham crackers, coconut oil, agar agar



Uzma Chocolate Bar

Madagascar 64%: Single Origin dark chocolate bar, tangy with hints of red fruit - from a local Pilsen chocolatier



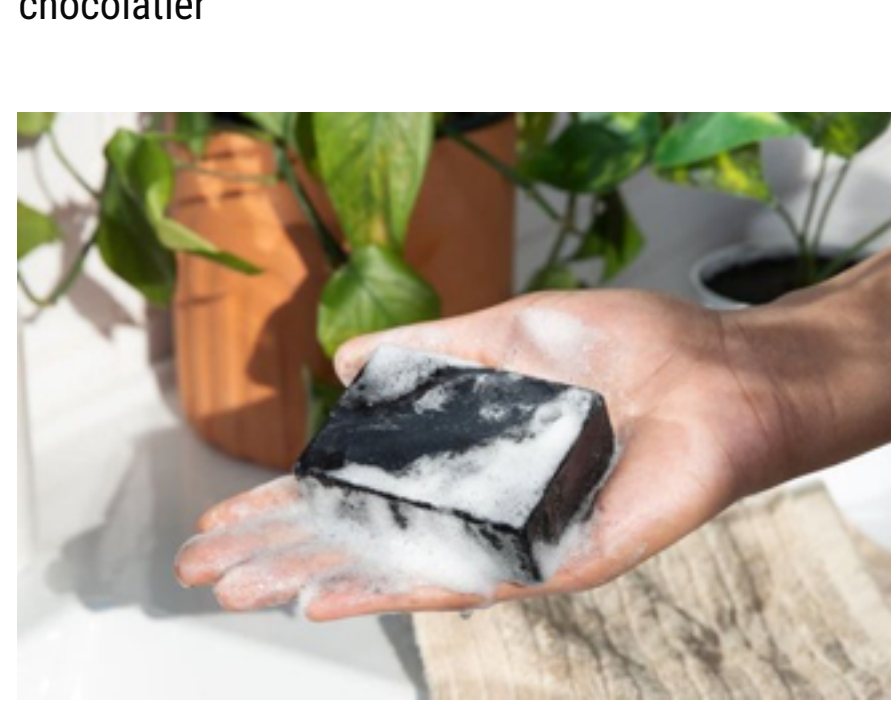
Urban Canopy Pet Grass

Square of pet grass from our indoor farm :-)



Compostable Cling Wrap

100ft x 11.3". BPI certified compostable cling wrap made to naturally biodegrade and can be composted at home.



Sunnie Soap Bars

Tea Tree Charcoal Facial Bar. Antibacterial tea tree oil pairs up with super-cleansing activated charcoal to help you face the day.

& 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:

Soda: [Wisico Pop](#) (Madison, WI) - Grapefruit, cherry or strawberry
Store in the fridge to enjoy chilled.

Bread:

Wednesday: [Country Bâtard](#), [Middlebrow](#) (Logan Square, Chicago, IL)
Thursday: [Seeded Rye](#), [Publican](#) (Fulton Market, Chicago, IL)

Friday: [Challah](#), [Framber Bakery](#) (Pilsen, Chicago, IL)

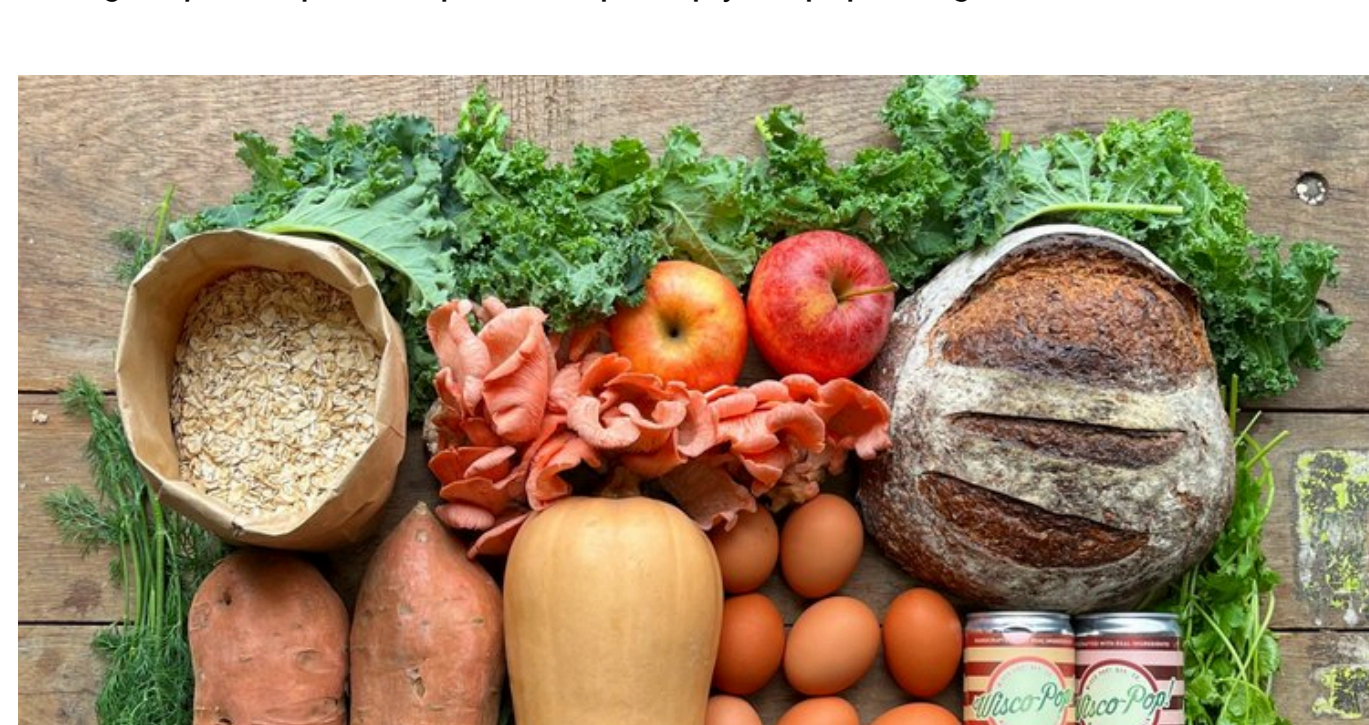
Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast or croutons. Be careful with temperature - you may want to refrigerate bread sooner than later!

Mushrooms:

Wednesday: [Lion's Mane/Oyster](#): [Primordia Mushrooms](#) (Chicago, IL)
Thursday: [Crimini](#): [River Valley Ranch](#) (Burlington, WI)

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.

Oats: [LaCrosse Milling Co](#) (Cochrane, WI)

Storage Tip - Store in a cool, dry location.

Gala Apples: [Gavin Orchards](#) (Ottawa County, 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.

Cilantro / Oregano / Dill: [Wind Ridge Herb Farm](#) (Caldonia, IL)

Storage Tip - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

Butternut 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 weeks.

Sweet Potatoes: [Alsium 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)

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 having a conflicting allergy - subject to change

Golden Beets / Red Beets: [PrainErth Farm](#) (Atlanta, IL) / [Victory Farms](#) (Hudsonville, MI)

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

Dried Cherries: [Shoreline Fruit](#) (Traverse City, MI)

Storage Tip - Keep in a cool, dry spot.

Russian Banana Fingerling Potatoes: [Nichols Farm and Orchard](#) (Marengo, IL)

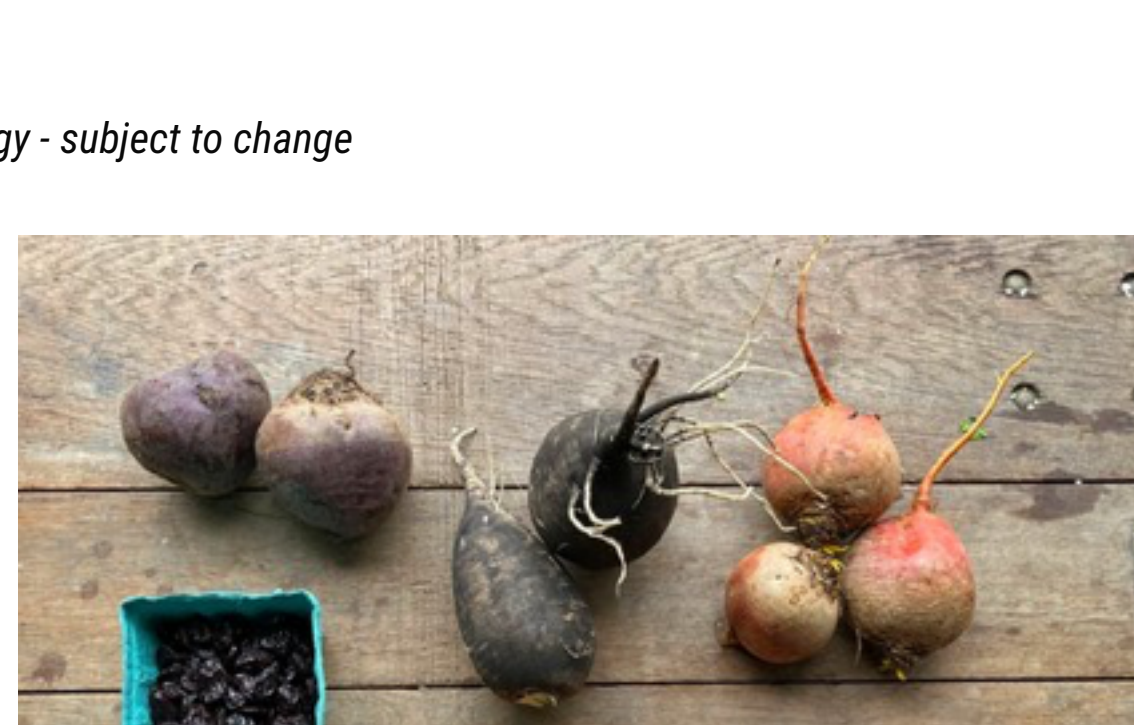
Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag, for up to 6 weeks.

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

Storage Tip - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

Bravo Radish / Black Spanish Radish:

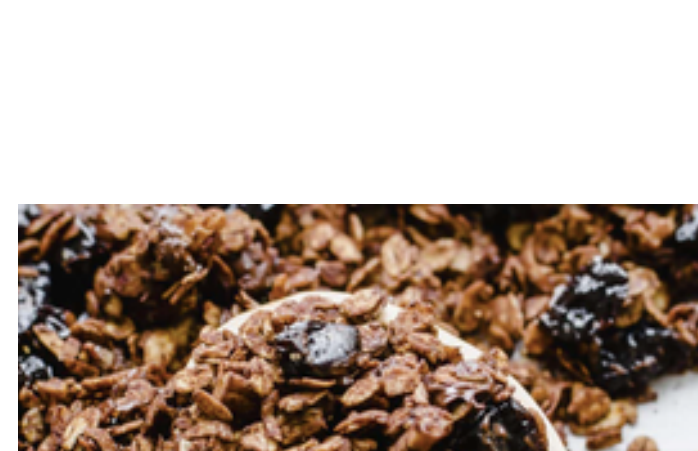
[PrainErth Farm](#) (Atlanta, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Store in the crisper or in a plastic bag for a few weeks.



FROM LEFT TO RIGHT: RED BEETS, DRIED CHERRIES, FINGERLING POTATOES, BLACK SPANISH RADISHES, GOLDEN BEETS, BRAVO RADISHES
NOT PICTURED: POPCORN

Recipe Recommendations

Click on the image to access the recipe



Dark Chocolate Cherry Granola



Apple Pie Smoothie



Overnight Oats



Lemongrass Cilantro Sauce



Spicy Cilantro Vinaigrette



Sweet Potato Hash



Butternut Squash Pizza



Butternut Sage Scones



Quinoa Kale Bowl with Squash + Sweet Potato



Ukrainian Dill Potatoes



Apple, Dried Cherry, Pecan Salad



Sweet Potato Kale Salad



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