



HOME / ABOUT UC / COMPOST CLUB / INDOOR FARM / OUTDOOR FARM /
LOCAL UNIFIED CSA / FARMERS MARKETS / DISTRIBUTION / DONATIONS



Winter Week 15 - 4/10, 4/11, 4/12



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 ITEM FEATURE: UPTON'S SEITAN

We can assume most people are fairly aware of seitan and tofu and the range of meat alternative now available but there is always space for a little refresher and a deeper dive. Seitan may seem like a new product here in the US but it has been hugely popular throughout Asia for hundreds of years where vegetarian diets have been a key element of many Buddhist practices. Essentially, seitan is derived from wheat and is the refined gluten with the extra starch removed. It is a great source of protein while being low in calories and fat. It is also really versatile and can be incorporated into so many dishes and cuisines. It is amazing when cooked into stews or chili, it can be marinated and then stir-fried or sauted or it can be deep fried or even steamed.



We are also really fortunate here in Chicago to be the home base of Upton's Naturals which started out in 2006 just selling a couple varieties of seitan to a few local shops to now being one of the biggest selling brands in the entire country. Based on our experience, Upton's really is also the best seitan and represents a big step forward from older iterations that were slimy or gummy in texture and had little flavor. It is exciting to see a company remain independent and continue to make a great, thoughtful product while continuing to grow and succeed.

Some Easy Seitan Ideas:

Seitan Chili Tacos
Carolina Style BBQ Sandwiches
Seitan Stir Fry

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:

Sparkling Botanical Teas, [Rishi Tea and Botanicals](#) (Milwaukee, WI)

Bread:

Wednesday: **Organic Signature Sourdough, [pHlour Bakery](#)** (Edgewater, Chicago, IL)

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

Friday: **Round Whole Wheat Boule, [FranHer 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, 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 Shiitakes: [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.

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

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

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

Seitan: [Upton's Naturals](#) (Chicago, IL) - *Italian or chorizo mix*

Storage Tip - Keep refrigerated or frozen. If frozen, run package under cold water for 10 minutes or move to fridge 24 hours before cooking to thaw. Heat and serve. Enjoy within 5 days of opening.

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

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

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

Storage Tip - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks. For long term storage, wash and thoroughly dry the basil. Remove the stems. Set your oven to 200 degrees F, or the lowest temperature. Add the basil to a parchment-lined baking sheet on the upper rack of the oven. Allow the basil to cool completely, crumble, and store in an airtight container for up to a year.

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.

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

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



COMPOST CLUB MEMBERS WILL RECEIVE A CHOCOLATE BAR FROM PILSEN CHOCOLATIER, UZMA CHOCOLAT, AS THEIR 'REWARD' FOR THIS WINTER SEASON

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.

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.

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

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

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

Storage Tip - Best stored in the refrigerator crisper or on the lowest shelf.



Green Bell Peppers: [BSRR Youth Center & Academy Farm](#) (Hopkins Park, IL)

Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Knob Onions: [BSRR Youth Center & Academy Farm](#) (Hopkins Park, IL)

Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

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.

FEATURED ADD ON VENDOR: JANIE'S MILL



JANIE'S MILL ALL-PURPOSE FLOUR

Janie's Mill is local and uses stone milling, an ancient method that assures products retain the most nutrients and therefore flavors. Most flour loses the essential oils, proteins, vitamins and minerals during the aggressive industrial milling process which uses a higher temperature as well. At Janie's Mill a much lower temperature is used, and all their products contain 70-90% of the whole kernel. They guarantee you'll taste a difference with however you decide to utilize their products. Be sure to add a bag of their All-Purpose Flour to your share this week, could be good to make a homemade pizza especially with the rest of your share contents this week!

Recipe Recommendations

Click on the image to access the recipe



Pizza w/ Tomatoes, Mozzarell...



Spaghetti w/ Fresh Tomato & ...



Warm Apple & Carrot Couscou...



Fire-Roasted Tomato Bisque



Basil Pesto



Tamatar Biryani



Caprese Salad



Healthy Carrot Apple Flax Mu...

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!



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible!)