



# Winter Week 16 - 2/22 - 2/23 - 2/24

## Welcome to Winter LUCSA Week 16!



NEWSLETTER ARCHIVE - FIND ALL PAST NEWSLETTERS HERE

PRODUCE GUIDE - FIND STORAGE TIPS AND RECIPE SUGGESTIONS FOR ANY PRODUCE ITEM HERE

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!



The Urban Canopy farm, Auburn Gresham, Chicago

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



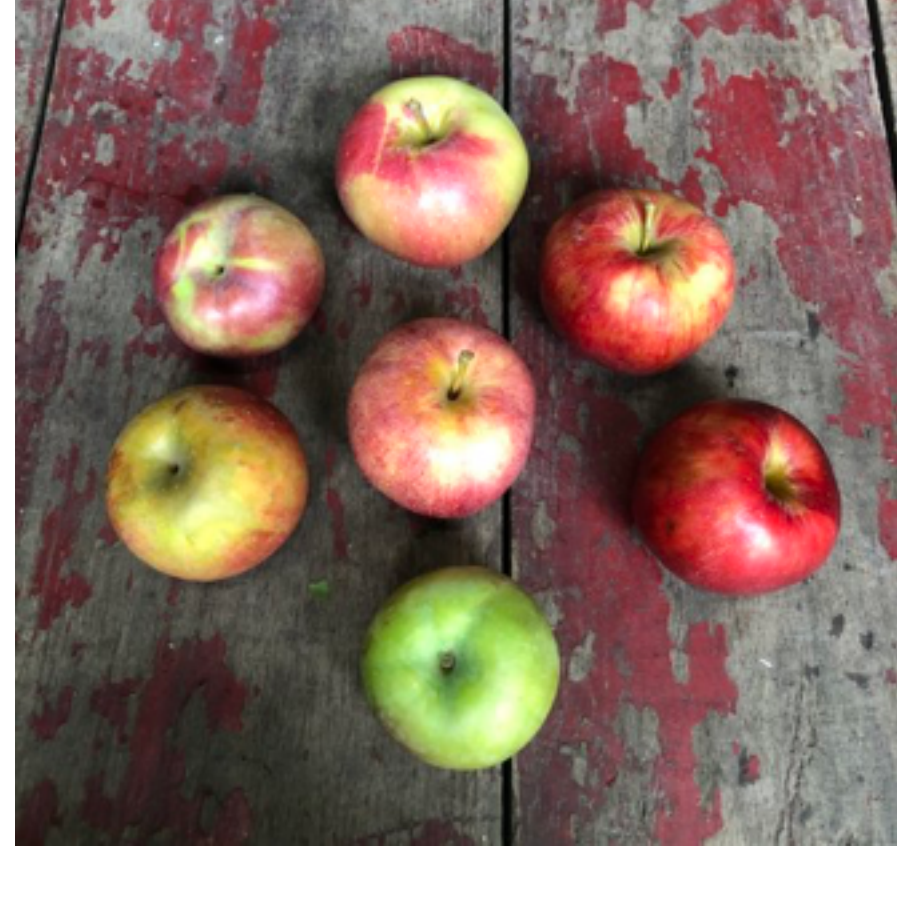
### Pittman Maple Syrup

16 fl oz. Wood fired, one source, grade A maple syrup from a family farm in Arkansas, WI.



### Bot Bakery Lemon Yogurt Cake

Vegan, gluten-free! Ingredients: Organic brown rice flour, Organic coconut yogurt, Organic evaporated cane juice, Organic coconut oil, Organic tapioca starch, Organic flax, Baking powder, Vanilla bean, Sea salt



### Extra Fruit from Nichols Farm

1 lb. Northern Spy Apples. Crisp and well-balanced, good for eating and baking!



### Meyer Bees Honey

8oz Raw Local Honey from Minooka, IL!



### Bushel & Peck Sauerkraut

On Sale! Simple, classic, crock-style kraut. Naturally fermented. Pair with your favorite sausage or add to hot dogs, pork chops, reubens, sweet potatoes, on a grilled cheese, in a tuna salad, or anywhere you want a bit of umami and briny flavor with a crunch.



### Garfield Produce Microgreens

Micro-arugula! Peppery, vitamin and nutrient-dense.

& much more available!

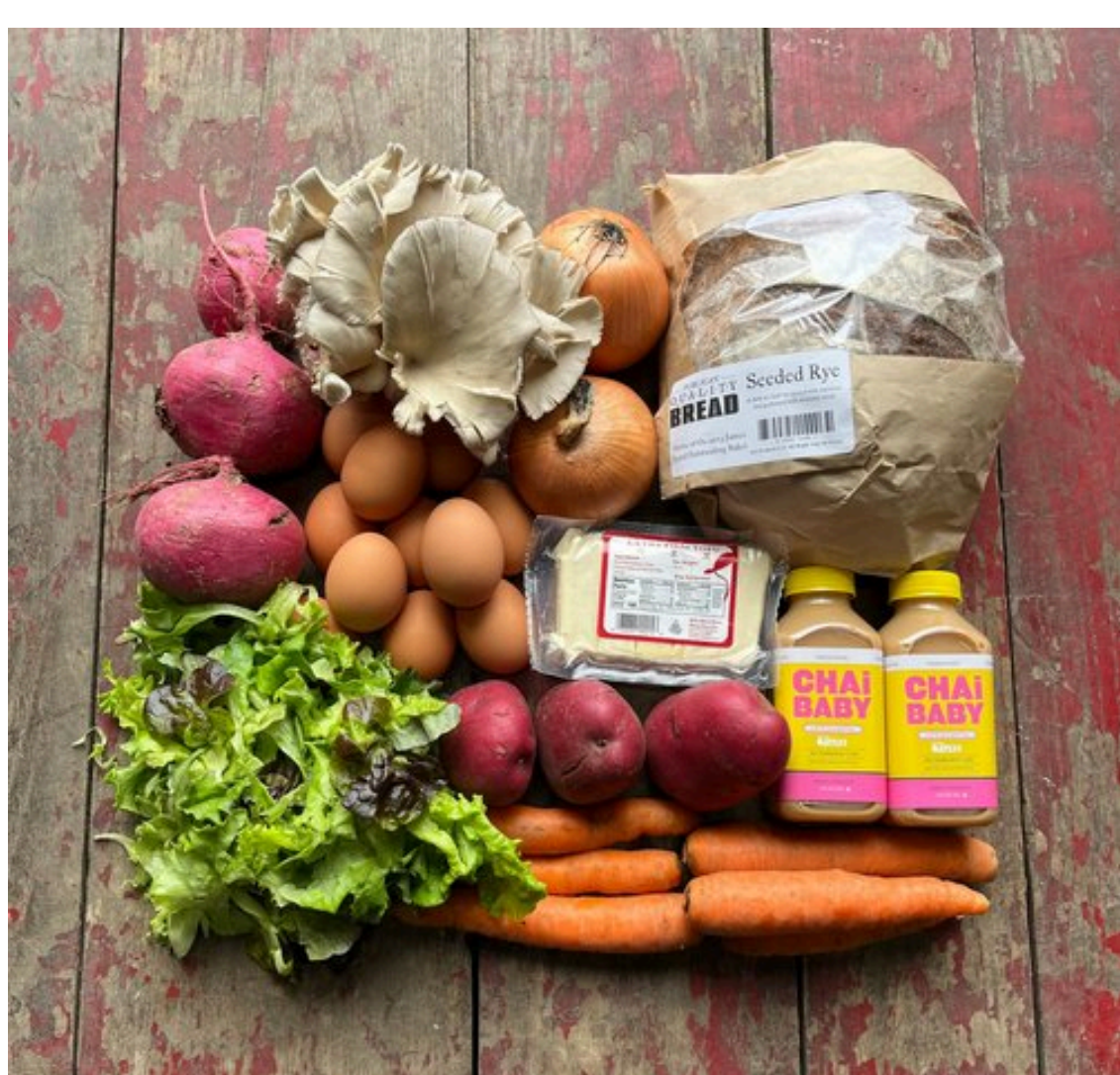
## Share Contents (in progress)

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:

**Chai Baby:** [Freeman House](#) (Chicago, IL)  
Ingredients: black tea, fresh ginger, organic cane sugar, cinnamon, whole clove, cardamom, black peppercorn, Oatly oat milk  
Store in the fridge.



#### Bread:

**Wednesday: Focaccia,** [Fronher Bakery](#) (Pilsen, Chicago, IL)  
**Thursday: Country Bâtard,** [Middlebrow](#) (Logan Square, Chicago, IL)  
**Friday: Seeded Rye,** [Publican](#) (Fulton Market, 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/Thursday: Crimini:** [River Valley Ranch](#) (Burlington, WI)  
**Thursday/Friday: 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.

**Tofu:** [Phoenix Bean Tofu](#) (Chicago, IL)  
*Storage Tip* - Keep refrigerated. Water-packed tofu should be stored fully submerged in fresh water refreshed every couple of days.

**Red Potatoes:** [Asum 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.

**Carrots:** [Family Farm Fresh Co-op](#) (Indiana)  
*Storage Tip* - Store in the fridge, in the crisper or in a plastic bag for a few weeks.

**Yellow Onions:** [Asum 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.

**Scarlet / Purple Top Turnips:** [PrairieEarth Farm](#) (Atlanta, IL)  
*Storage Tip* - Best stored in the refrigerator crisper or lowest shelf.

**Lettuce / Kale / Tomatoes:** [Artesian Farms](#) (New Buffalo, MI), [Mightyvine](#) (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.  
**Tomatoes:** Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

## Substitutions

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



NOT PICTURED: POPCORN

**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.

**Northern Spy Apples:** [Nichols Farm and Orchard](#) (Marengo, IL)  
*Storage Tip* - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

**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.

**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.

**Purple Radish:** [Nichols Farm and Orchard](#) (Marengo, IL)  
*Storage Tip* - Store in the crisper or in a plastic bag for a few weeks.

## Recipe Recommendations

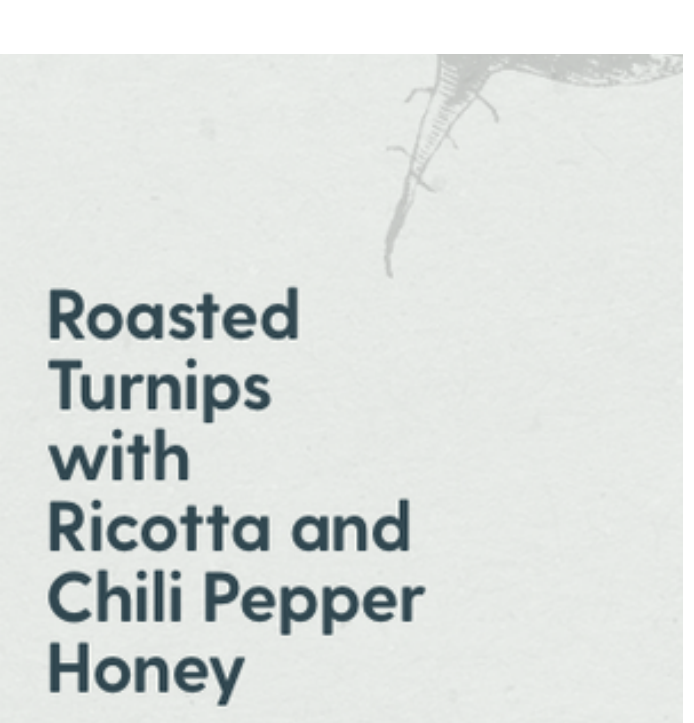
Click on the image to access the recipe



Phoenix Bean Tofu Recipes



Miso Glazed Turnips



### Roasted Turnips with Ricotta and Hot Honey

Roasted Turnips with Ricotta and Hot Honey



Carrot Ginger Soup with Coconut Shrimp



Fresh Tomato Marinara



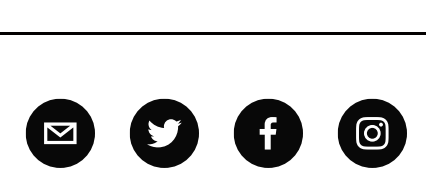
Wheat Berry Salad with Kale and Squash



Roasted Smashed Red Potatoes



Barley and Root Vegetable Rainbow Stew



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