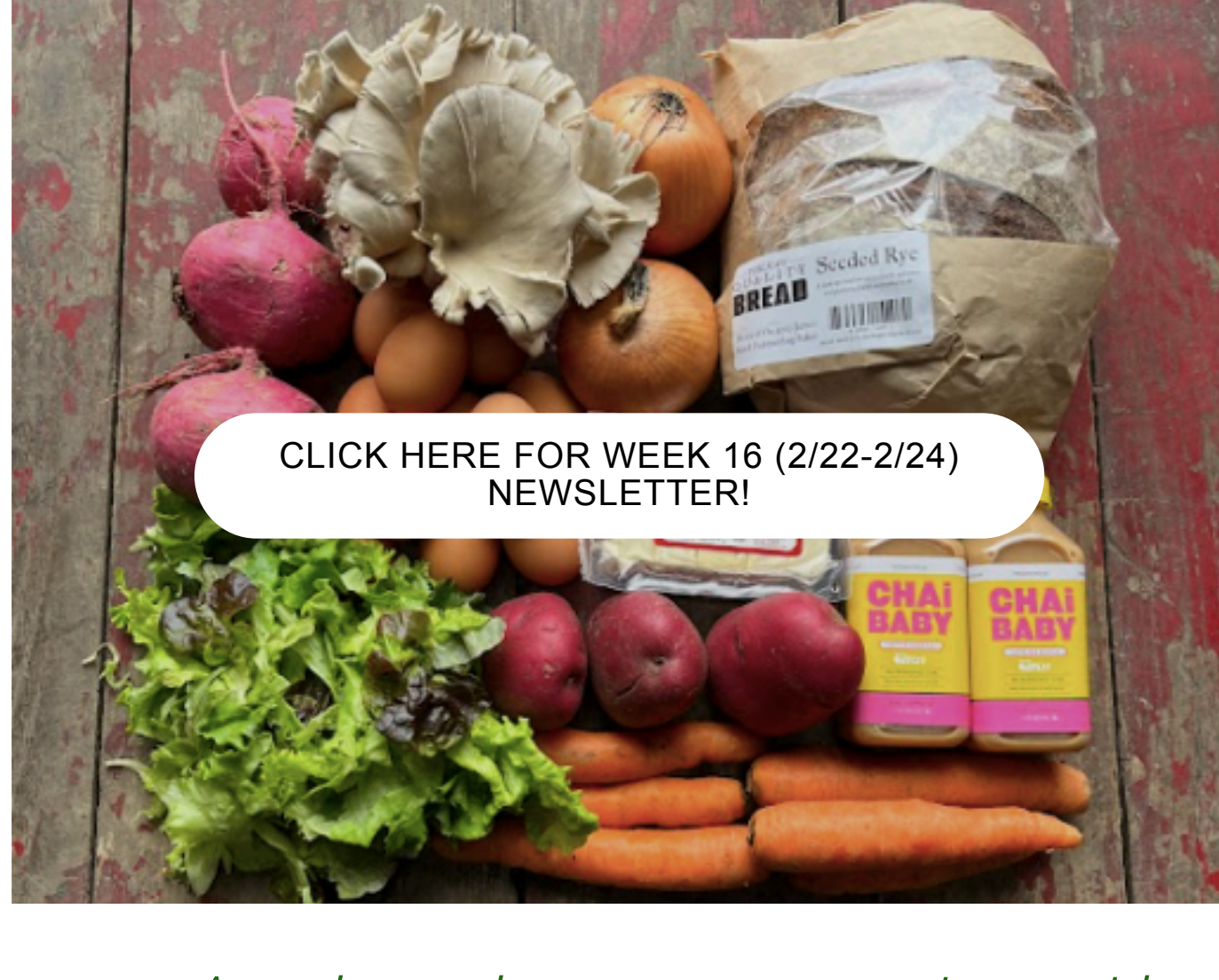




Winter Week 17 - 3/1 - 3/2 - 3/3

Welcome to Winter LUCSA Week 17!



CLICK HERE FOR WEEK 16 (2/22-2/24) NEWSLETTER!

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 by **Monday at noon!** Thank you!



In your box this week:
eggs - bread - mushrooms - margaritas - sauerkraut - parsnips - fuji apples - yellow onion - carrots - greens or tomatoes

The Urban Canopy farm, Auburn Gresham, Chicago



Have you signed up for Summer LUCSA?

Sign-ups are open for Summer LUCSA! Summer LUCSA runs from the first week of April through mid-August, bringing us from asparagus, ramps, and rhubarb to corn, melons, and berries.

Each share will include a dozen eggs, a loaf of bread, a local beverage, mushrooms, and rotating fruits and vegetables as the season progresses!

You have the option to purchase additional items from local vendors each week! Our favorites include Freeman House Chai, Phoenix Bean Tofu, Sarita's Pleasure Pies, Prairie Fruits Cheese and Underground Meats!

We are offering meat and fish shares from our friends at Finn's Steak & Eggs Ranch! You can purchase a weekly, biweekly, or monthly option.

Sign up [HERE!](#)

CLICK HERE FOR THE ADD-ON ORDER FORM



Freeman House Chai Baby

On sale! Chicago-based, barista-created chai latte. One part Freeman House sweet and spicy microbrewery chai and one part Oatly.



Bot Bakery CBD Cookie

One of my all time favorites - a vegan, gluten-free tahini chocolate chip cookie with 20mg cbd.



Bushel & Peck Bloody Mary Mix

On sale! One of Bushel & Peck's best sellers. Perfectly zingy. 24oz.



River Valley Ranch Granola

BERRY LUVRS! 12oz.



Finn's Ranch Sausages

1lb Oberon Beer + Scallion Brats. Great accompaniment to the sauerkraut coming in your box this week! 100% pasture raised pork.



Chicago Candle Co

4oz Winter Spiced Wine. The rich scent of spiced wine steeped with soothing notes of cinnamon and nutmeg. 22 hour burn time or more.

& 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:

Canned Cocktails: [Big Star Cocktails](#) (Chicago, IL) Margarita or Poloma
Store in the fridge.

*Non-alcoholic beverages will be included for those opting out of alcoholic beverages! Email us at lucsa@theurbancanopy.org if you want to opt out of alcoholic beverages!

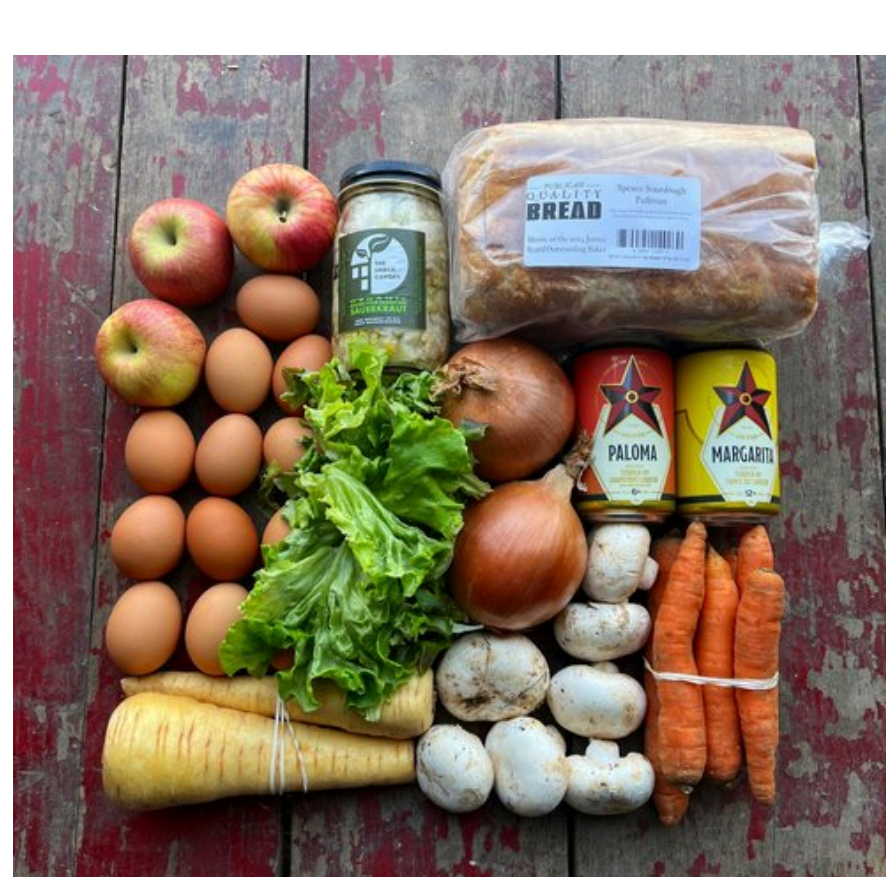
Bread:

Wednesday: [Sourdough Pullman](#), [Publican](#) (Fulton Market, Chicago, IL)

Thursday: [Focaccia](#), [Franher Bakery](#) (Pilsen, Chicago, IL)

Friday: [Country Bâtard](#), [Middlebrow](#) (Logan Square, 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/Friday: [White Button](#): [River Valley Ranch](#) (Burlington, WI)

Thursday: [Oyster or Lions Mane](#): [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.

Sauerkraut: [The Urban Canopy](#) (Lincoln Square, Chicago, IL)

Storage Tip - Raw fermented! Jar will not be sealed due to the ferment. Store in fridge for up to 6 months!
Ingredients: cabbage, salt, caraway seeds, mustard seeds

Parsnips: [Tim Campbell Farm](#) (Imlay City, MI)

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

Carrots: [PrairieEarth Farm](#) (Atlanta, IL)

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

Yellow Onions: [Alsum 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.

Fuji 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.

Lettuce / Tomatoes: [Artesian Farms](#) (New Buffalo, MI), [Mightyvine](#) (Chicago, IL)

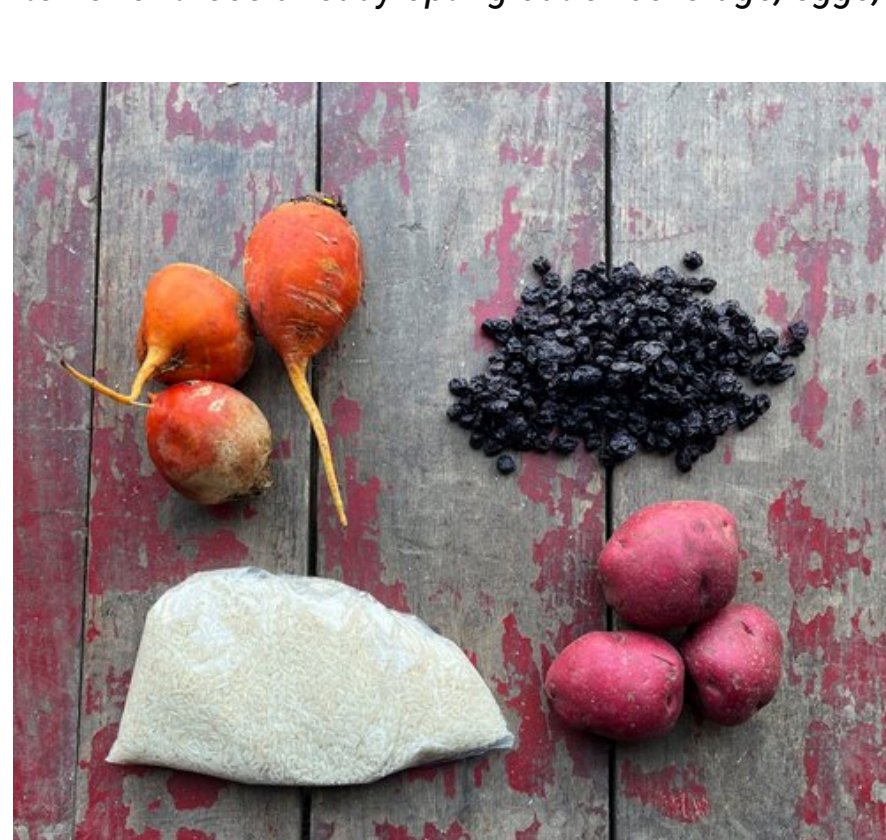
Storage Tips:

Wednesday/Thursday: **Lettuce:** Repackage in a non-biodegradable plastic bag or container with a paper towel for a few weeks.

Friday: **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



Red Potatoes: [Alsum 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.

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

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

Gold Beets: [PrairieEarth Farm](#) (Atlanta, IL)

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

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

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

Recipe Recommendations

Click on the image to access the recipe



Slow-Cooked Reuben Brats



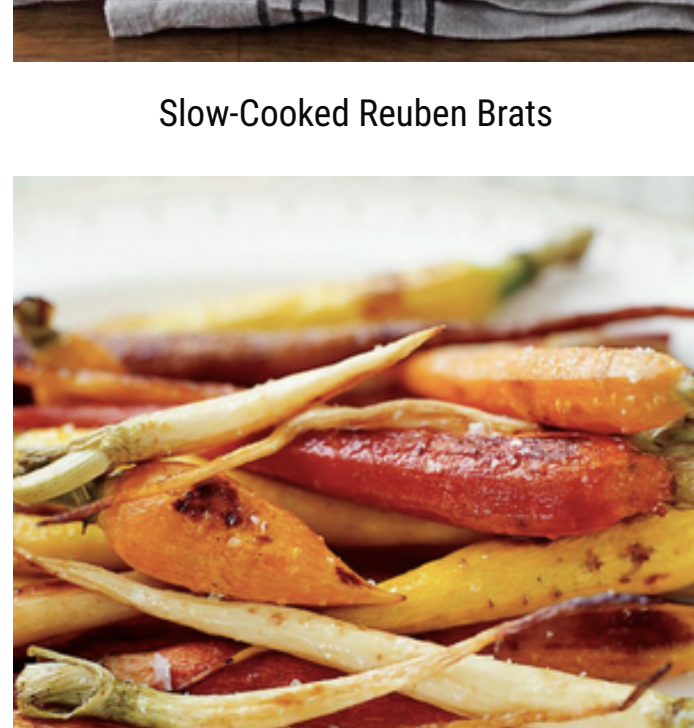
Vegan Potato Sauerkraut Pancakes



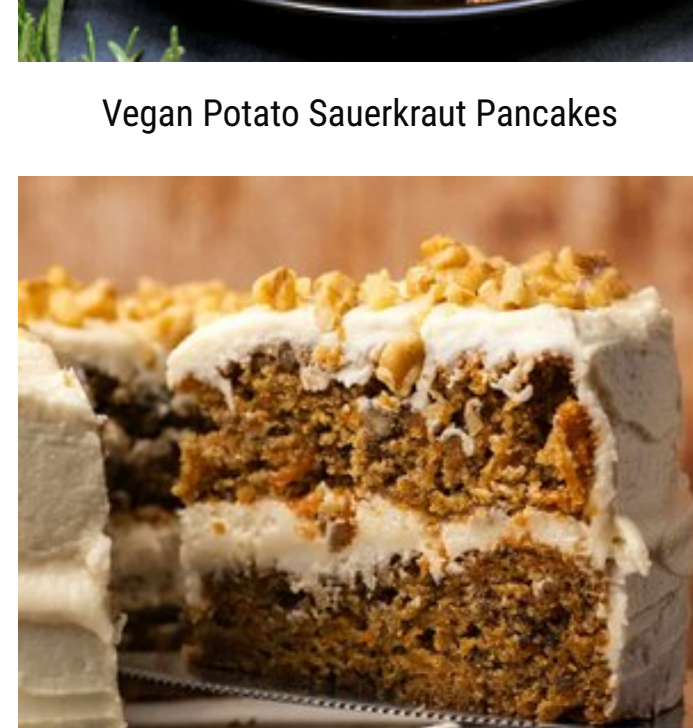
Sausage with Bacon and Apple Sauerkraut



Creamy Carrot Parsnip Soup



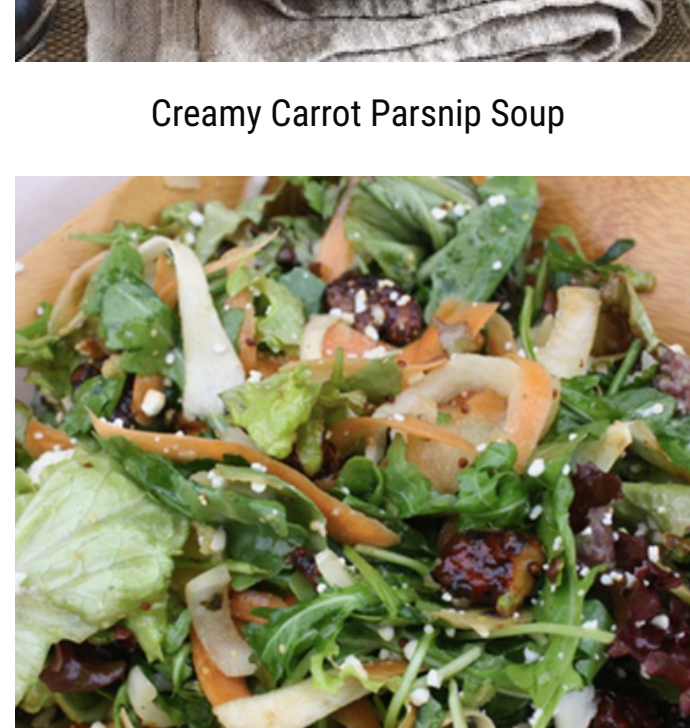
Roasted Carrots and Parsnips



Vegan Carrot Cake



Mashed Parsnips with Crispy Pancetta



Salad w Shaved Parsnip, Carrot, Apple, Nuts



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

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