



Winter Week 18 - 3/8 - 3/9 - 3/10

Welcome to Winter LUCSA Week 18!



NEWSLETTER ARCHIVE - FIND ALL PAST NEWSLETTERS HERE

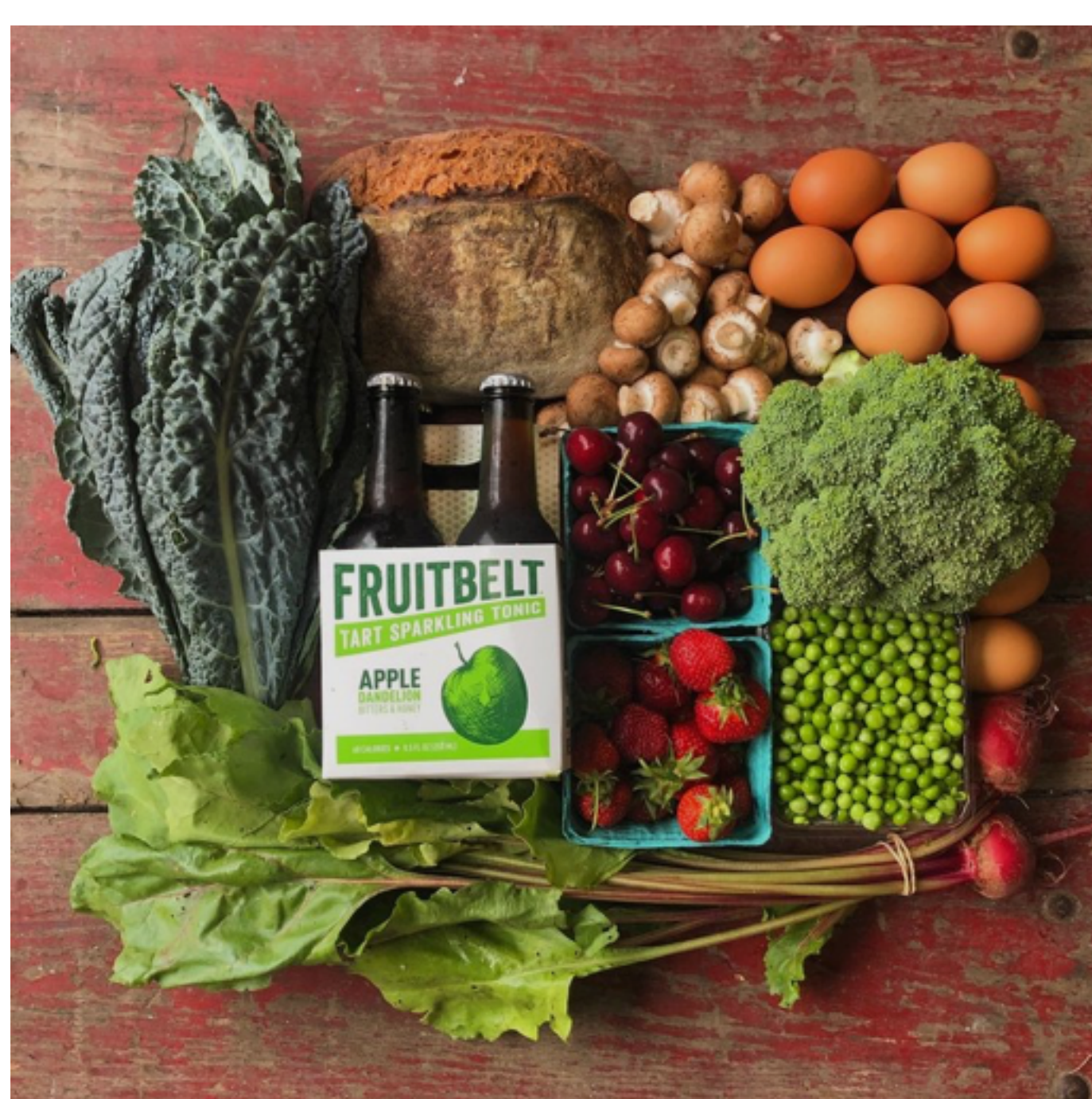
PRODUCE GUIDE - FIND STORAGE TIPS AND RECIPE SUGGESTIONS FOR ANY PRODUCE ITEM HERE

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 - kombucha - jarred good - apples - radishes - red onion - carrots - greens

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! Sign-ups will close on **March 20th**.

CLICK HERE FOR THE ADD-ON ORDER FORM



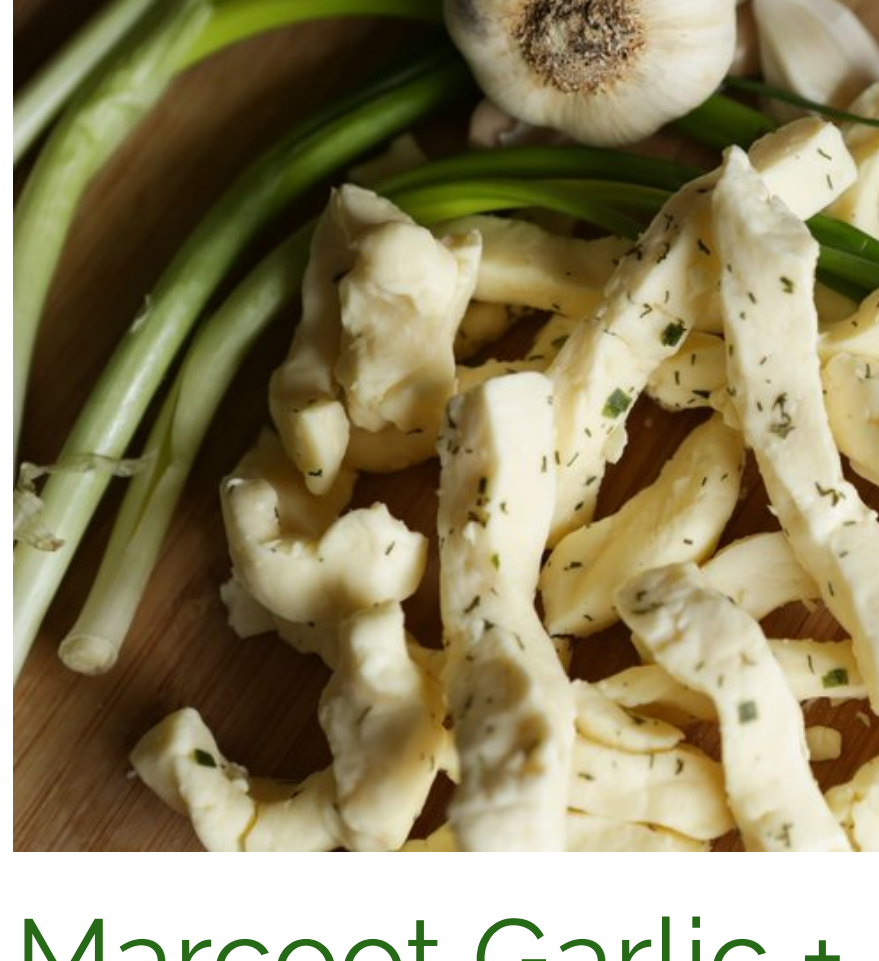
Garfield Produce Microgreens

Bullsblood beet microgreens - 1oz - great addition to salads and great garnish for almost anything! :-)



Big Star Paloma

Easy drinking at its finest, Big Star Paloma's ruby red effervescence will quench your thirst and dazzle your taste buds. Summer never tasted so good. Made with Tequila, grapefruit and lime.



Marcoot Garlic + Herb Cheese Curds

These delicious cheese curds are made fresh from the creamy Jersey cow milk are a delightful snack. One of their most popular cheeses! Try this in a fresh salad, melted in poutine, or a snack by the handfuls! Seasoned with garlic, dill and chive.



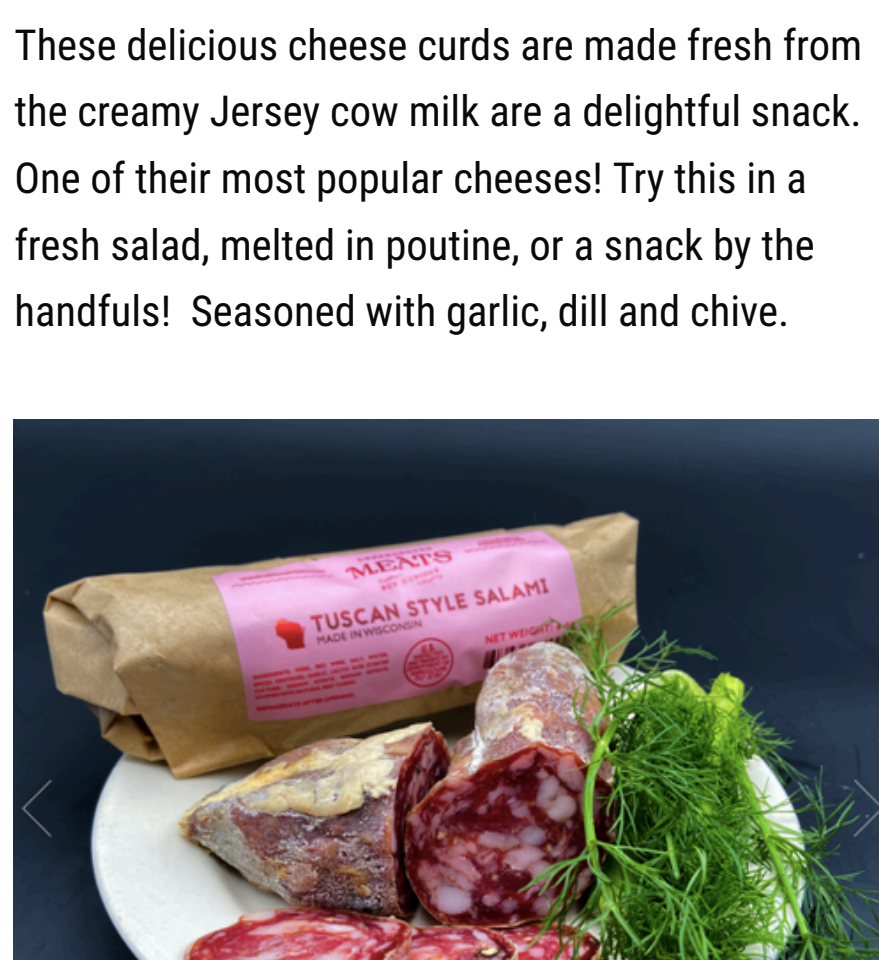
Sarita's Pleasure Pies Pie Slice

guayaba con besno squeeze cake 1/4 pie: guava paste, oat milk, sweetened condensed coconut milk, soft tofu, cashews, lemon, maple syrup, vanilla extract, cinnamon, cinnamon cookies, biscoff cookies, coconut oil, agar agar



Four Letter Word Coffee

Colombia Frontera de Acevedo: caramel, mocha, hazelnut brittle notes - (10 oz)



Underground Meats Tuscan Salami

6oz, Classica Italian-style. Black pepper, fennel, red wine.

& 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:

Kombucha: [Komunity Kombucha](#) (Chicago, IL) *Hibiscus Ginger / Lavender Butterfly / Rose Petal Berry*
Store in the fridge.

Bread:

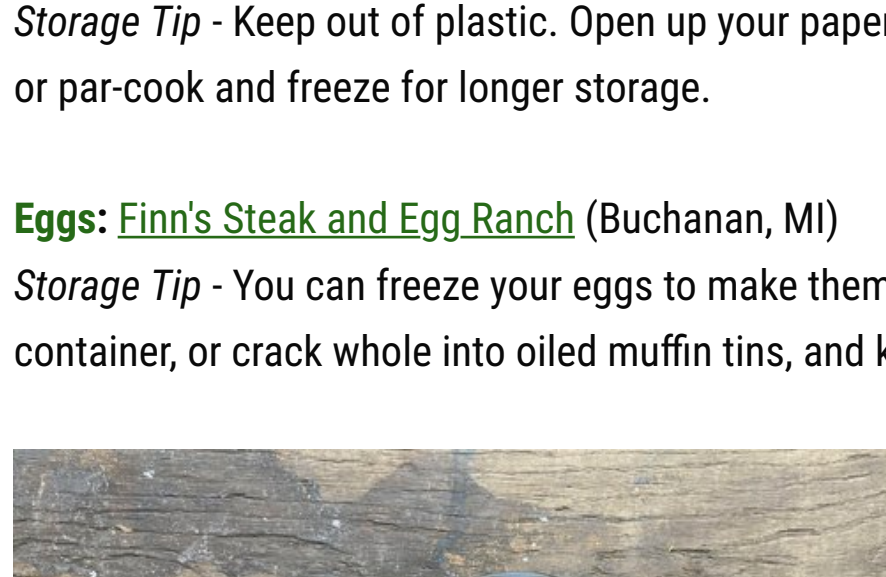
Wednesday: Country Bâtard, Middlebrow (Logan Square, Chicago, IL)
Thursday: Sourdough Pullman, Publican (Fulton Market, Chicago, IL)
Friday: Focaccia, Franher Bakery (Pilsen, Chicago, IL)
Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast or croutons. Be careful with temperature - you may want to refrigerate bread sooner than later!

Mushrooms:

Wednesday/Friday: Oyster or Lions Mane: Primordia Mushrooms (Chicago, IL)
Thursday: White Button: River Valley Ranch (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.

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.



JAR-A-PALOOZAI! YOU'LL RECEIVE ONE OF THESE THIS WEEK :)

Jarred Goods: [The Urban Canopy](#) (Lincoln Square, Chicago, IL)
Wednesday: Jarred Tomatoes

Thursday: Lemon Cherry Bomb Hot Sauce or Salsa
Friday: Blackberry Jam, Spicy Pickled Asparagus or Blueberry Jam
Storage Tip - Refrigerate after opening!

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 Co-op](#) (Indiana)

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

Red Onions: [Aisum 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.

Watermelon Radish: [PrairieEarth Farm](#) (Atlanta, IL)

Storage Tip - Spin very dry stored in a perforated bag in the refrigerator for up to a month.

Lettuce / Spinach: [Artesian Farms](#) (New Buffalo, MI), [Windy City Harvest](#) (North Lawndale, Chicago, IL)

Storage Tips: 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 mushrooms or having a conflicting allergy - subject to change

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.

Sweet Potatoes: [Family Farm Fresh Co-op](#) (Indiana)

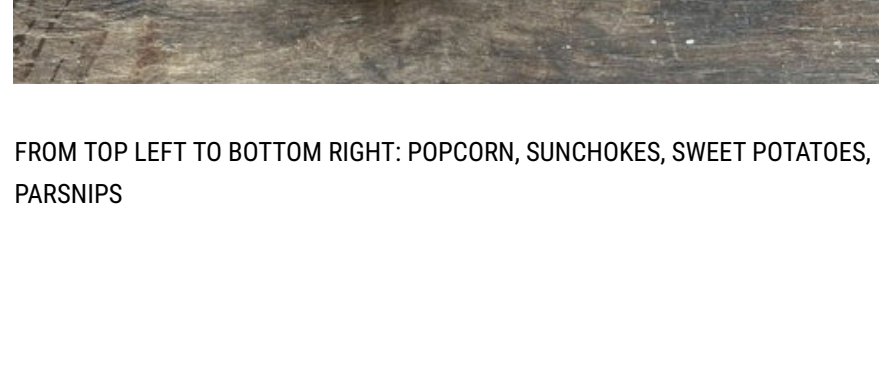
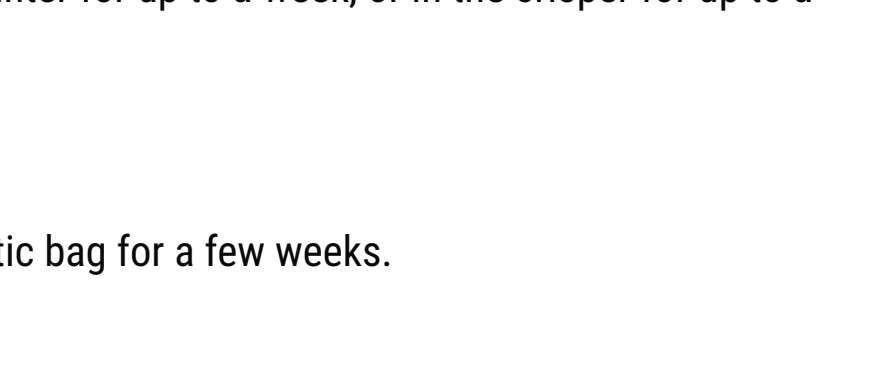
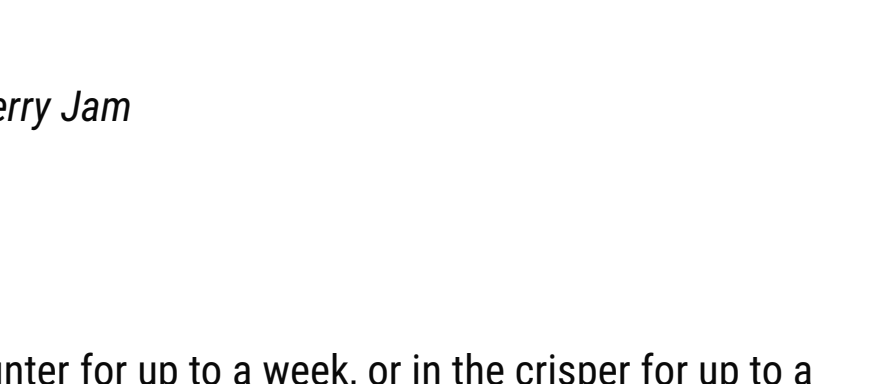
Storage Tip - Sweet potatoes should never be cold till cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 weeks.

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.

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

Storage Tip - Keep in a cool, dry, dark area for up to a week, or sealed in a bag with towels or paper towels to absorb moisture for up to three weeks.



Recipe Recommendations

Click on the image to access the recipe



Shaved Radish Salad w Feta and Mint



Warm Spinach Salad with Apples



Spinach, Chickpea, Chorizo Frittata



Sweet n Spicy Roasted Carrots + Parsnips



Spinach, White Bean + Red Onion Salad



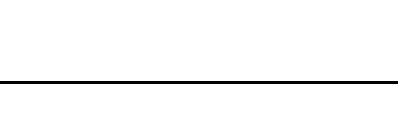
Carrot Cake Marmalade with Yogurt and Fruit



Sausage + Red Onion Sheet Pan Quiche



Quinoa Salad with Apples and Hazelnuts



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