



Winter Week 19 - 3/15 - 3/16 - 3/17

Welcome to Winter LUCSA Week 19!



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!*

Goodbye Winter LUCSA, Hello Summer LUCSA

Thank you for a great winter season! For weekly members, this is your **second-to-last** delivery for winter. For biweekly members, this is your **final** delivery of the season.

Thank you for your support this season, be sure to leave any returnables out at your delivery spot, and please take our End-of-Season Survey by clicking the link below! We rely on member feedback to help us improve LUCSA and really appreciate any feedback you can leave!

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.

Sign up [HERE!](#) Sign-ups will close on **March 20th**.

TAKE OUR SURVEY



The Urban Canopy farm, Auburn Gresham, Chicago



Spring Chicken Egg Sale

Get a dozen free-range eggs delivered to your door for \$6!

Finn's recently welcomed a bunch more chickens so that they will have enough eggs to meet the higher demand in summer, but until summer markets open up they are going to have an excess of eggs! Purchase through our add on order form, linked below.

Use your extra eggs for a quiche (click here), salt-cure the yolks (click here), or even scramble and freeze them (here) to use later - you can fry them, bake with them or add them to casseroles or other recipes even after they have been frozen and thawed.

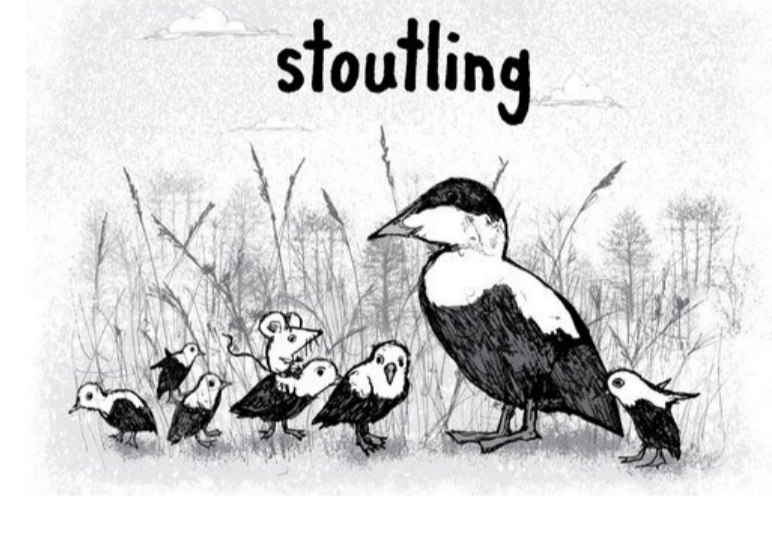
Finn's Ranch's happy chickens are treated to a free range life style. They eat grubs, and freely roam throughout their farm. You will find their eggs come in a range of colors - this is due to the different breed of chickens. Taste the difference.

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



NEW Warrior Kombucha!

Raspberry mojito (non-alcoholic, 50mg caffeine, organic, 12oz can) perfect blend of lime, mint and a hint of raspberry!



Off Color Brewing Beer Sale!

Stoutling on sale at \$2/can! All the character of a classic Irish style dry stout with less alcohol (3.17% ABV) and calories (100 per 12 oz serving). Notes of red velvet sweetness, cocoa nibs, and dark toast transition into a drying finish. Mellow bitterness from hops rather than roasted malt provide the balance to keep this sessionable beer intriguing.



Bot Bakery CBD Cookie

Vegan, gluten-free tahini chocolate chip cookie with 20mg CBD.

& 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 Concentrate (12oz): [Freeman House Chai](#) (Chicago, IL) *Ingredients: black tea, fresh ginger, organic cane sugar, cinnamon, whole clove, cardamom, black peppercorn.*

Store in the fridge.



Bread:

Wednesday: Challah, [Franher Bakery](#) (Pilsen, Chicago, IL)

Thursday: Country Bâtard, [Middlebrow](#) (Logan Square, Chicago, IL)

Friday: Sourdough Pullman, [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: Oyster or Lions Mane: [Primordia Mushrooms](#) (Chicago, IL)

Thursday/Friday: Crimini: [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.

Cornmeal: [Janie's Mill](#) (Ashkum, IL)

Storage Tip - Janie's Mill Tip - it's best to keep your cornmeal in the freezer until you're ready to use it.

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.

Yukon Gold 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.

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

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

Lettuce / Spinach / Rainbow Chard:

[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.



FROM LEFT TO RIGHT: TURNIPS, ARTESIA RADISHES

Substitutions

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



Red Onions: [Alsum Farms](#)

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.

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

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

Tofu: [Phoenix Bean Tofu](#) (Chicago, IL)

Storage Tip - Water-packed tofu should be stored fully submerged in fresh water refreshed every couple of days. Dry packed tofu can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. Any tofu not frozen or refreshed in water should be consumed within five days of opening.

Beets: [Victory Farms](#) (Hudsonville, MI)

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

Recipe Recommendations

Click on the image to access the recipe



Cornbread



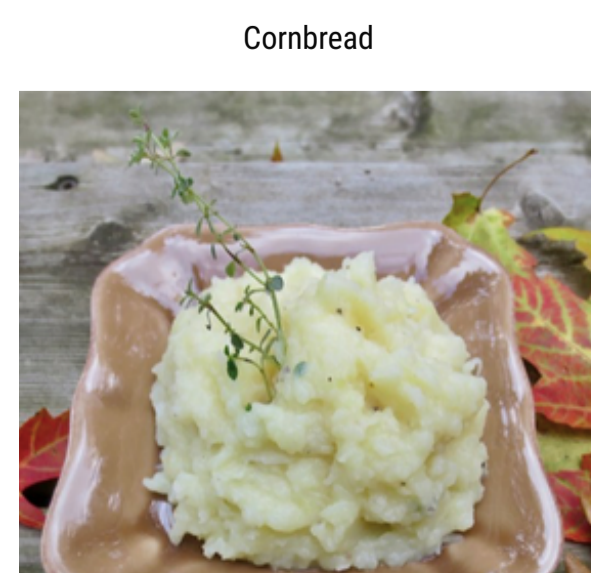
Hush Puppies



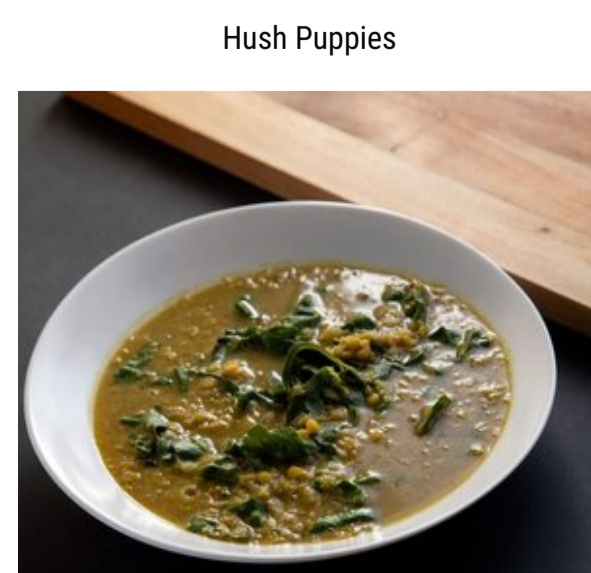
Cheddar Cornmeal Biscuits



Turmeric Miso Soup w Turnips + Mushrooms



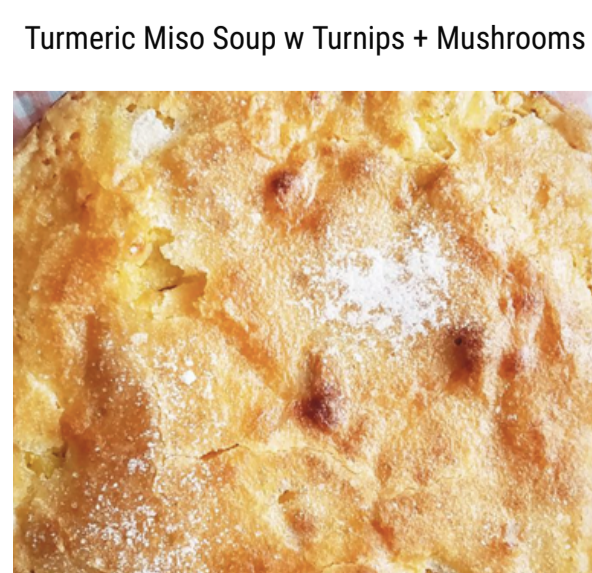
Potato Turnip Mash



Slow-Cooker Spiced Red Lentil Soup w Chard



Root Vegetable Pot Pie



Cornmeal Apple Cake



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