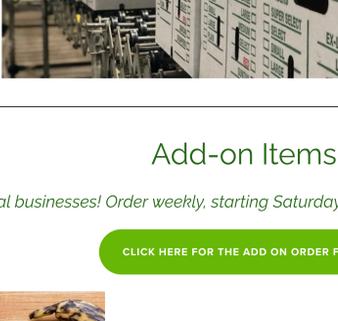




Winter Week 2: November 17 / 18 / 19

Welcome to LUCSA Week 2!

Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



What's in the box this week?
bread, eggs, mushrooms, chai concentrate, thyme, rutabaga, beets, medlars, cabbage, sweet potatoes, apples - scroll down for more details!

Add-on Items

All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

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



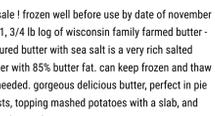
justice of the pies sweet potato pie

one 9" sweet potato pie, good for 6-8 servings. can be purchased now and frozen until thanksgiving, to freeze: place the pie in a freezer bag and freeze. to serve, thaw at room temperature. to serve your pie warm, after thawing, bake in a preheated oven 425°F oven until warmed through, about 15 minutes.



sunflower oil

16 ounces of illinoisian 100% cold pressed sunflower oil from TW farms, pairs great with a pack of popcorn.



nordic creamery butter

on sale! frozen well before use by date of november 2021, 3/4 lb log of wisconsin family farmed butter - cultured butter with sea salt is a very rich salted butter with 85% butter fat. can keep frozen and thaw as needed. gorgeous delicious butter, perfect in pie crusts, topping mashed potatoes with a slab, and everything in between.



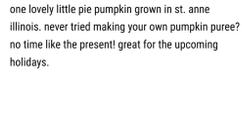
urban canopy curried carrots

from the urban canopy processing branch we bring you: curried carrots! one 16 oz jar of spiced carrots, prepared and jarred by our awesome crew out of our industrial kitchen space in lincoln square!



popcorn

1 lb of local illinois grown popcorn from TW farms. perfect snack for the upcoming cold nights, especially popped in local sunflower oil with a little salt, nutritional yeast, m&ms, or whatever your family tradition is!



genesis growers pie pumpkins

one lovely little pie pumpkin grown in st. anne illinois. never tried making your own pumpkin puree? no time like the present! great for the upcoming holidays.

& 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.
- Wash everything before eating!
- Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items!

Beverage

Chai Concentrate [Rishi Tea & Botanicals](#) (Milwaukee, WI)

Storage Tip - Refrigerate after opening, consume within 1 week.

Bread

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

Thursday: Pain au levain [pHour Bakery](#) (Andersonville, Chicago)

Friday: Pain au levain [pHour Bakery](#) (Andersonville, Chicago)

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!

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.



FROM LEFT TO RIGHT: BEETS, SWEET POTATOES, RUTABAGA

Mushrooms

Wednesday: [Crimini, River Valley Mushrooms](#) (Burlington, WI)

Thursday: [Trumpet, Myconia Mushrooms](#) (Scottville, MI)

Friday: [Crimini, River Valley Mushrooms](#) (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.

Rutabaga: [PrainiErth Farm](#) (Atlanta, IL)

Storage Tip - Will keep for months in a cool storage place. They store well in plastic bags in a refrigerator or cold cellar.

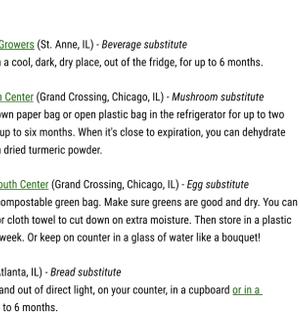
Beets: [PrainiErth Farm](#) (Atlanta, IL)

Storage Tip - Separate greens from the root for the root to last longer in the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Cabbage: [Genesis Growers](#) (St. Anne, IL) / [Angelic Organics](#) (Caledonia, IL)

Storage Tip - Keep in a plastic bag in the crisper for two weeks.

Fuji Apples: [Mick Klug](#).



FROM LEFT TO RIGHT: THYME AND MEDLARS

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.

Medlars: [Seedling Orchard](#) (South Haven, MI)

Storage Tip - To be eaten raw they may need to be stored before using. Ideally, briefly dip the stalks in a saturated salt solution; this prevents rotting. Store the fruit eye downwards and not touching in trays in a cool, dark place. Use when the fruit is 'bletted' - when this happens, the flesh softens and turns brown, but not rotten.

Thyme: [Wind Ridge Herb Farm](#) (Caldonia, IL)

Storage Tip - Keep dry in a plastic bag in the crisper for a week. [Great find!](#)

Sweet Potatoes: [Genesis Growers](#) (St. Anne, IL) / [Sola Gratia Farm](#) (Urbana, IL)

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

Substitutions

Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subs are subject to change



FROM TOP RIGHT TO BOTTOM LEFT: BUTTERNUT SQUASH, BRUSSEL SPROUTS, POTATOES, TURMERIC, KALE CROWNS, WINTER SQUASH

Butternut Squash: [Genesis Growers](#) (St. Anne, IL) - Beverage substitute

Storage Tip - Keep squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Turmeric: [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL) - Mushroom substitute

Storage Tip - Store it in a brown paper bag or open plastic bag in the refrigerator for up to two weeks or in your freezer for up to six months. When it's close to expiration, you can dehydrate the fresh turmeric to make a dried turmeric powder.

Kale Crowns: [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL) - Egg substitute

Storage Tip - 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!

Potatoes: [PrainiErth Farm](#) (Atlanta, IL) - Bread substitute

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.

Winter Squash: [Genesis Growers](#) (St. Anne, IL) - Miscellaneous substitute

Storage Tip - Keep squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Brussel Sprouts: [Sola Gratia Farm](#) (Urbana, IL) - Miscellaneous substitute

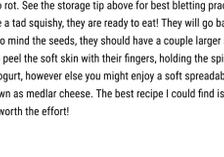
Storage Tip - Store fresh, unwashed, and trimmed Brussels sprouts – both loose and on the stalk – in a plastic bag in the crisper drawer of the refrigerator. Remove any yellowed or wilted leaves first.



[click here for week 1 \(11/10-11/13\) newsletter!](#)

[NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS](#)

Produce Profile: Medlars



SOURCE: MEDLAR: THE BEST FRUIT YOU'VE NEVER HEARD OF

This week's share includes a fruit you may have never heard of: medlars! Relatively unknown in the US, medlars have long history of enjoyment in Asia and Eastern Europe. Similar to a persimmon they have to undergo a process known as "bletting", usually for a couple of weeks, before they are ready to be enjoyed. Bletting is allowing the flesh to soften and turn brown, but not quite to rot. See the storage tip above for best bletting practices!

After they have been stored and look a little wrinkly and are a tad squishy, they are ready to eat! They will go bad quickly after this stage so eat immediately. The flesh should resemble apple butter. First things first you'll want to mind the seeds, they should have a couple larger seeds to work around. You can cut the medlars open and scoop out the inside with a spoon or many people prefer to peel the soft skin with their fingers, holding the spiky side and eating the fruit directly. The fruit can be enjoyed raw, as a spread, with cheeses, as an addition to yogurt, medlar cheese. The best recipe I could find is linked below in the recipe area, a little math will be needed to adjust for the amount you receive but hopefully worth the effort!

Black, Indigenous, and farmers of color continue to experience discrimination with respect to the requirements, availability, and timing of loans, as well as denial of access to USDA resources based on race. As a result, many Black farmers and farmers of color still struggle to access and hold on to land, making it difficult for them to continue to get fair returns on their labor and investments.

We have an opportunity, and a duty, to change that. Please support Black farmers, Indigenous farmers, and farmers of color in getting the debt relief they seek and deserve by signing the National Black Food & Justice Alliance's petition

[SIGN THE PETITION FOR BLACK AND INDIGENOUS FARMER DEBT RELIEF](#)

Submit a Public Comment Opposing the Nicor Gas Pipeline in Pembroke Township! The Northern Illinois Gas Company (Nico) has filed a petition with the Illinois Commerce Commission to start construction on the pipeline designated for Pembroke Township, IL. The ICC has until January 14, 2022 to grant or deny Nico's petition.

The Pembroke Environmental Justice Coalition is asking Illinois residents and national supporters to file a public comment in opposition to Nico's petition. Click the following button for instructions and scripts to use for filing a public comment either online or by phone.

[FILE A PUBLIC COMMENT](#)

Are you interested in supporting the #PreservePembroke campaign or joining the Pembroke Environmental Justice Coalition? Please complete the interest form here or email the Pembroke Environmental Justice Coalition at preservepembroke@gmail.com.

[JOIN THE #PRESERVEPEMBROKE CAMPAIGN](#)

Recipe Recommendations

Click on the image to access the recipe



maple thyme roasted sweet potatoes



beet and cabbage borscht



scalloped apple and rutabaga



medlar cheese (jam)



liquid autumn soup w/ apple, rutabaga, sweet potato



cabbage gratin with mushrooms and bacon



roasted rutabaga steaks



sweet potato wedges with pickled onions, herbs & cheese



winter squash bread with chai concentrate



the easiest way to eat medlars



pulled bbq trumpet mushrooms



refrigerator pickled beets