



Welcome to Winter LUCSA Week 20!



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! 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](#)



In your box this week:
eggs - bread - mushrooms - cold brew - dried cherries - apples - gold beets - sweet potatoes - onions - greens

The Urban Canopy farm, Auburn Gresham, Chicago

Compost Club Reward

For those who are members of LUCSA and Compost Club - this one's for you! We are sending you a candle from Chicago Candle Co to say THANK YOU for supporting Urban Canopy and contributing to a more sustainable food system!

From Chicago Candle Co: "We hand-pour our vegan soy wax into cut and polished upcycled bottles. This includes bottles recycled from local shops and cafes in the Chicago-land area! Every candle is still hand-crafted and made right here in Chicago. Our unique scents are made from natural essences that are intensely fragrant. Our special blends are made out of 100% all-natural, clean-burning wax."



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



Sunnie Soap Bars

Purple Rain Exfoliating Soap Bar - Sweet, soothing lavender essential oil and soft, scrubbing oatmeal will have you clean, calm, and exfoliated.



Prairie Fruits Farm Cheese

Mozzarella and Herbed Chèvre - limited quantities available.



Bot Bakery Cookies

Tahini Chocolate Chip Cookie with 20mg CBD. Vegan and Gluten-free.



Off Color Beer for Lounging

Grapefruit, pine, orange rind, and pear are the focal point of this classic American style of beer. Single hop beer only using U.S. Cascade hops providing big aroma and a mild bitterness.



Warrior Kombucha

NEW! Assorted flavors - Raspberry Mojito OR Lychee Mimosas (non-alcoholic, 50mg caffeine, organic; 12oz can)



Foxship Bakery Cookies

Salted Caramel Chocolate Chip. Three quarter-pound vegan cookies.

& 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:

Cold Brew: [Passion House Coffee Roasters](#) (Chicago, IL)
Store in the fridge.

Bread:

Wednesday: [Seeded Rye](#), [Publican](#) (Fulton Market, Chicago, IL)
Thursday: [Challah](#), [Eranner 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: [Portabella](#); [River Valley Ranch](#) (Burlington, WI)
Thursday: [Oyster or Lions Mane](#); [Primordia Mushrooms](#) (Chicago, IL)
Friday: [Portabella](#); [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.

Dried Cherries:

[Shoreline Fruit](#) (Traverse City, MI)
Storage Tip - Store in a cool dry place.

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.

Red or 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.

Sweet 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.

Gold Beets:

[PrairieEarth Farm](#) (Atlanta, IL), [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Lettuce / Kale:

[Artesian Farms](#) (New Buffalo, MI), [Wilder Fields](#) (Chicago, IL)
Storage Tips: Repackage in a non-biodegradable plastic bag or container with a paper towel for up to a week.



ROOT VEGETABLES FROM LEFT TO RIGHT: CELERY ROOT, TURNIPS AND GOLD BEETS

Substitutions

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



FROM LEFT TO RIGHT: OATS, CELERY ROOT, TURNIPS AND CARROTS; NOT PICTURED: CORNMEAL OR SCARLET TURNIPS

- 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.
- Turnips:** [PrairieEarth Farm](#) (Atlanta, IL), [Family Farm Fresh Co-op](#) (Indiana)
Storage Tip - Best stored in the refrigerator crisper or lowest shelf.
- 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.
- Oats:** [LaCrosse Milling Co](#) (Cochrane, WI)
Storage Tip - Keep dry and tightly sealed in a cool spot.
- Celery Root:** [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Best stored in the refrigerator crisper or lowest shelf.

Recipe Recommendations

Click on the image to access the recipe

