

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





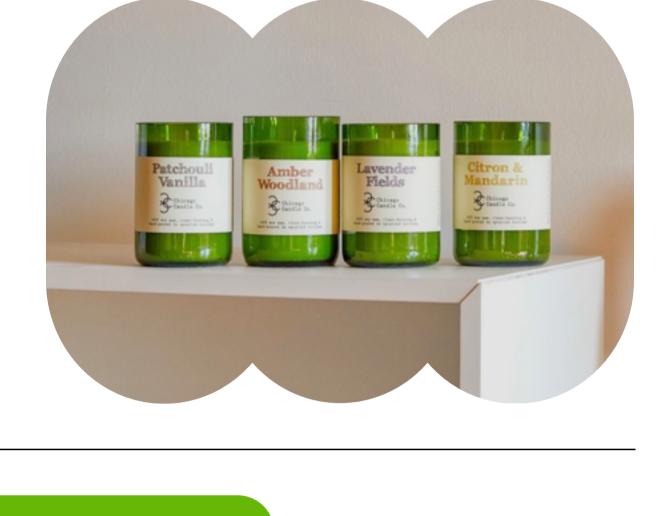
The Urban Canopy farm, Auburn Gresham, Chicago

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!

upcyled 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."

From Chicago Candle Co: "We hand-pour our vegan soy wax into cut and polished



CLICK HERE FOR THE ADD-ON ORDER FORM



Bars Purple Rain Exfoliating Soap Bar - Sweet,

soothing lavender essential oil and soft,

scrubbing oatmeal will have you clean, calm, and exfoliated.



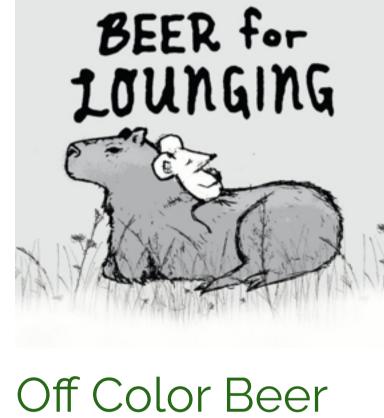
Mozzarella and Herbed Chèvre - limited quantities available.

Farm Cheese

Prairie Fruits



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



for Lounging Grapefruit, pine, orange rind, and pear are the focal point of this classic American style of beer. Single

big aroma and a mild bitterness.

& much more available!

Share Contents (in progress)

hop beer only using U.S. Cascade hops providing



Kombucha NEW! Assorted flavors - Raspberry Mojito OR

organic; 12oz can)

Lychee Mimosa (non-alcoholic, 50mg caffeine,



Salted Caramel Chocolate Chip. Three quarterpound vegan cookies,

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:

Thursday: Challah, Franher_Bakery (Pilsen, Chicago, IL) Eriday: 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!

Wednesday: Seeded Rye, Publican (Fulton Market, Chicago, IL)

Mushrooms:

<u>Wednesday</u>: **Portabella:** <u>River Valley Ranch</u> (Burlington, WI) Thursday: Oyster or Lions Mane: Primordia Mushrooms (Chicago, IL) <u>Friday</u>: **Portabella:** <u>River Valley Ranch</u> (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.

crack whole into oiled muffin tins, and keep frozen for up to 6 months. **Dried Cherries:** Shoreline Fruit (Traverse City, MI)

Eggs: Finn's Steak and Egg_Ranch (Buchanan, MI)

Storage Tip - Store in a cool dry place. **Apples:** Mick Klug Farm (St. Joseph, MI)

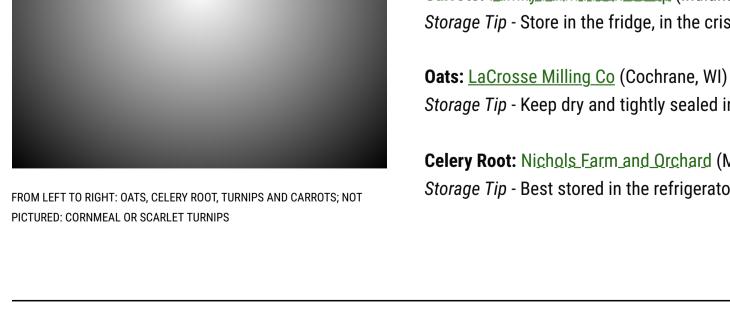
Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Storage Tip - You can freeze your eggs to make them last longer. Crack and scramble in a container, or

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: PrairiErth_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)

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



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.

Storage Tip - Keep dry and tightly sealed in a cool spot. Celery Root: Nichols_Farm_and_Orchard (Marengo, IL)

Turnips: PrairiErth_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.

Click on the image to access the recipe

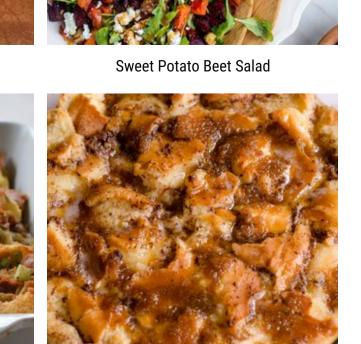


Sweet Potato + Balsamic Onion Pizza

Kale Slaw with Dried Cherries

Sweet Potato, Chipotle, + Apple Soup





Bread Pudding

info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

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ROOT ROULETTE! FROM LEFT TO RIGHT: CELERY ROOT, TURNIPS AND GOLD Storage Tips: Repackage in a non-biodegradable plastic bag or container with a paper towel for up to a week.

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

Recipe Recommendations

