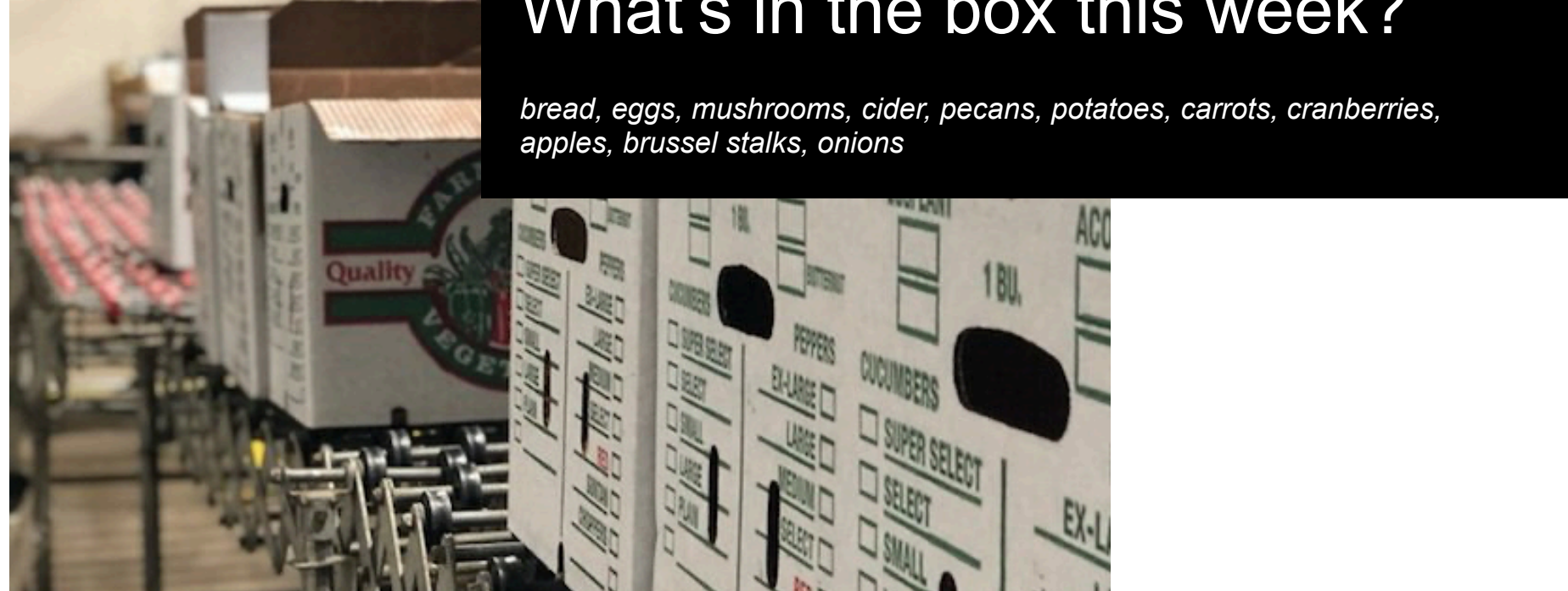


Winter Week 3: November 22 / 23 / 24

Welcome to **LUCSA Week 3!**

Reminder: Shares will be delivered Monday, Tuesday, and Wednesday of this week.

Due to the holiday schedule, any share donations or requests must be submitted to lucsa@theurbancanopy.org by **Monday at gam** and will be handled on a case by case basis! Thank you!



Please note: this share does contain nuts! Please communicate any nut allergies to lucsa@theurbancanopy.org as soon as possible.

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

Apple Cider: [Mick Klug Farm](#) (St. Joseph, MI)

Storage tip: Keep in the fridge up to two weeks. After that, make your own [apple cider vinegar!](#)

Bread

Wednesday: [Multigrain pHLour Bakery](#) (Andersonville, Chicago)

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

Friday: [Multigrain pHLour 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!



YOUR SHARE THIS WEEK WILL LOOK SOMETHING LIKE THIS ONE!

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.

Mushrooms

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

Thursday: [Trumpet, Mycopia 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.

Brussel Stalks: [Sola Gratia Farm](#) (Urbana, IL)

Storage Tip - Store fresh, unwashed, and untrimmed 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.

Gold Potatoes: [PrairieEarth Farm](#) (Atlanta, IL)

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.

Carrots: [PrairieEarth Farm](#) (Atlanta, IL)

Storage Tip - Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.

Pecans: [Voss Farms](#) (Carlyle, IL)

Storage Tip - Store in an airtight container in a cool area, storing in the fridge or freezer will prolong their freshness.

Cranberries: [Mick Klug Farm](#) (St. Joseph, MI)

Storage Tip - Keep undamaged berries tightly sealed in the refrigerator for up to two months.

Apples: [Seedling Orchard](#) (South Haven, 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.

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

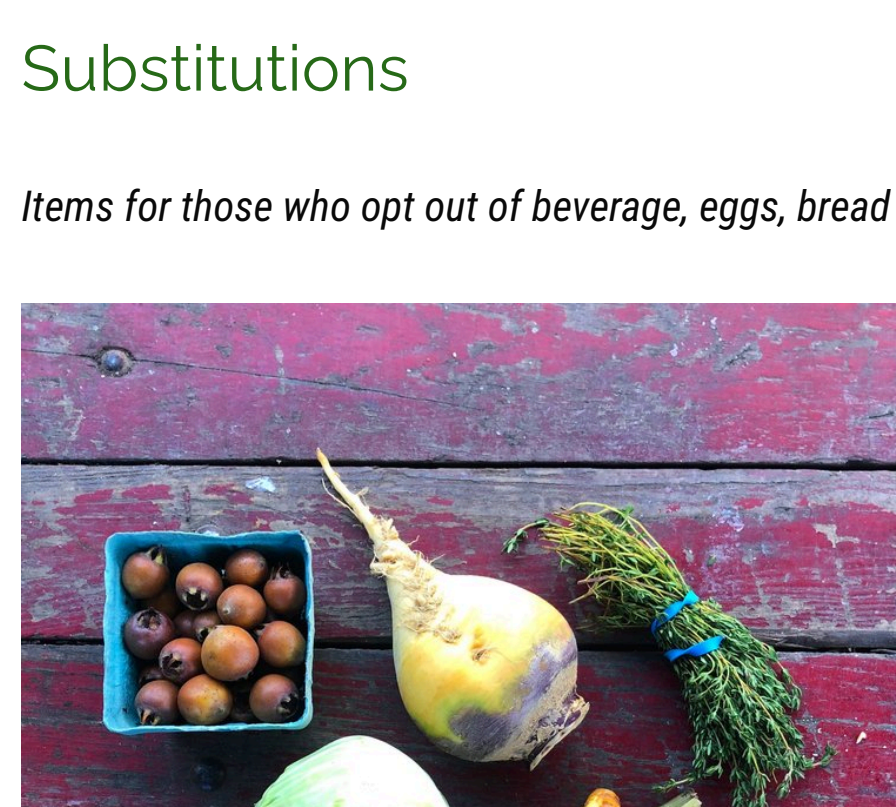
Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a [perforated paper bag](#), for up to 6 months.



FROM LEFT TO RIGHT: CRANBERRIES, PECANS

Substitutions

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



FROM LEFT TO RIGHT: MEDLARS, CABBAGE, RUTABAGA, TURMERIC, THYME

Cabbage: [Angelic Organics](#) (Caledonia, IL) - Bread substitute

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

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.

Rutabaga: [PrairieEarth Farm](#) (Atlanta, IL) - Egg substitute

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

Thyme: [Wind Ridge Herb Farm](#) (Caledonia, IL) - Mushroom substitute

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

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

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.

click here for week 2 (11/17-11/19) newsletter!

NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS

Produce Profile: Brussel Stalks



SOURCE: SEATTLE FARMERS MARKETS

Brussel sprouts on the stalk! It doesn't only look cool - the stalk itself is edible! It does require longer cooking for a palatable flavor and texture. The main difference between loose brussels and those on the stalk is the stalk provides a source of post-harvest nutrients for the sprouts, allowing the sprouts to stay fresher longer. There is a common misconception that cabbage, broccoli, and brussel sprouts all come from the same plant just at different stages in its life. While they are indeed from the plant family and that would be really cool, you cannot get a cabbage from a brussel stalk or broccoli from a cabbage. Easier to see this when you are presented with the whole stalk! Enjoy!

PROTECT BLACK FARMERS AND INDIGENOUS LAND IN PEMROKE TOWNSHIP TODAY.

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 (Nicor) 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 Nicor's petition.

The Pembroke Environmental Justice Coalition is asking Illinois residents and national supporters to file a public comment in opposition to Nicor'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

