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Winter Week 4 - 11/16 - 11/17 - 11/18

Welcome to Winter LUCSA Week 4!

*Any share changes or requests must be submitted to
lucsa@theurbancanopy.org by*

Monday at noon! Thank you!

NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE

In your box this week:
eggs - bread - mushrooms - mulling spices -
- pumpkin - apples - radishes -
- cranberries - beets - greens -

The Urban Canopy farm, Auburn Gresham, Chicago

WELCOME TO WINTER SEASON!

Welcome, returning and new members alike! We are so thrilled you could join us for our Winter LUCSA share. Throughout the season, you can use this newsletter to order add-on items, learn more about your share items and the farmers who grow them, delve into the archives of seasons past. Last but not least, we have new recipe suggestions based off of each week's share contents.

Throughout the season, please do not hesitate to contact us directly with any questions, comments or concerns that may arise. We are grateful for your business, and are looking forward to sharing all kinds of goodies with you this winter!

BOX BASICS

Following a few simple steps when you first get your box can ensure that you get the most out of your bread and produce and beverages





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



West Side Bee Boyz Honey

Wildflower light, 12 oz



Seedling Orchard Apple Cider

Half-gallon, fresh pressed!



Freeman House Chai

Concentrate, 32oz



UC Hella Lemon

River Valley
Ranch
Granola

Cranberry pistachio, 12oz

Chicago
Candle
Company

Neroli & Cedar, 1 count.

Cherry
Bomb Hot
Sauce

Made in-house, 8oz

& 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 pint containers during your next delivery. We reuse all of these items!*

Beverage:

Mulling Spices: by [Wind Ridge Herb Farm](#) (Caldonia, IL)

Bread:

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

Thursday: **Challah**, [FranHer Bakery](#) (Pilsen, Chicago, IL)

Friday: **Country Round**, [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/Thursday: **Oyster or Lion's Mane:** [Primordia Mushrooms](#) (Chicago, IL)

Friday: **Shiitake:** [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.



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO! PLEASE NOTE THAT DIFFERENT DELIVERY DAYS WILL VARY SLIGHTLY IN BOX CONTENTS. FOR MORE PHOTOS, [FOLLOW US ON INSTAGRAM!](#) NOT PICTURED: MULLING SPICES

crisper for up to a month.

Pie 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.

Radishes:

Weds/Thurs: **Daikon:** [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [PrairieErth Farm](#) (Atlanta, IL)

Friday: **Red:** [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [PrairieErth Farm](#) (Atlanta, IL)

Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

Lettuce or Daikon Greens: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tip - Remove your greens from the green compostable bag, wash and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

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.

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

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

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

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

Beets: [PrairieErth](#), (Atlanta, IL) / [Happy Valley Farm](#) (Black Earth, WI)

Storage Tip - Keep dry and tightly sealed in a bag in the

Substitutions

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

Rutabaga: [PrairiErth](#), (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.

Parsley: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

Carrots: [PrairiErth](#), (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.

Cayenne Peppers: [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)

Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Ruby Red 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.

Celery Root: [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)

Storage Tip - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.



FROM LEFT TO RIGHT: CARROTS, ONIONS, PARSLEY, CAYENNE PEPPERS, RUTABAGA (TOP RIGHT), SCARLET TURNIPS (BOTTOM RIGHT) - NOT PICTURED: CELERY ROOT/CELERIAC

Recipe Recommendations

Click on the image to access the recipe



Linguine with Arugula, Garlic and Parmesan



Polish Beet Soup (Barszcz Czysty Czerwony)



Daikon Radish in Miso Broth



Cinnamon Poached Apples



Creamy Celeriac Mash



Cranberry Apple Crisp



Spicy Roasted Daikon "French Fries"



Pumpkin Puree from Scratch



Radish Greens Pesto



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