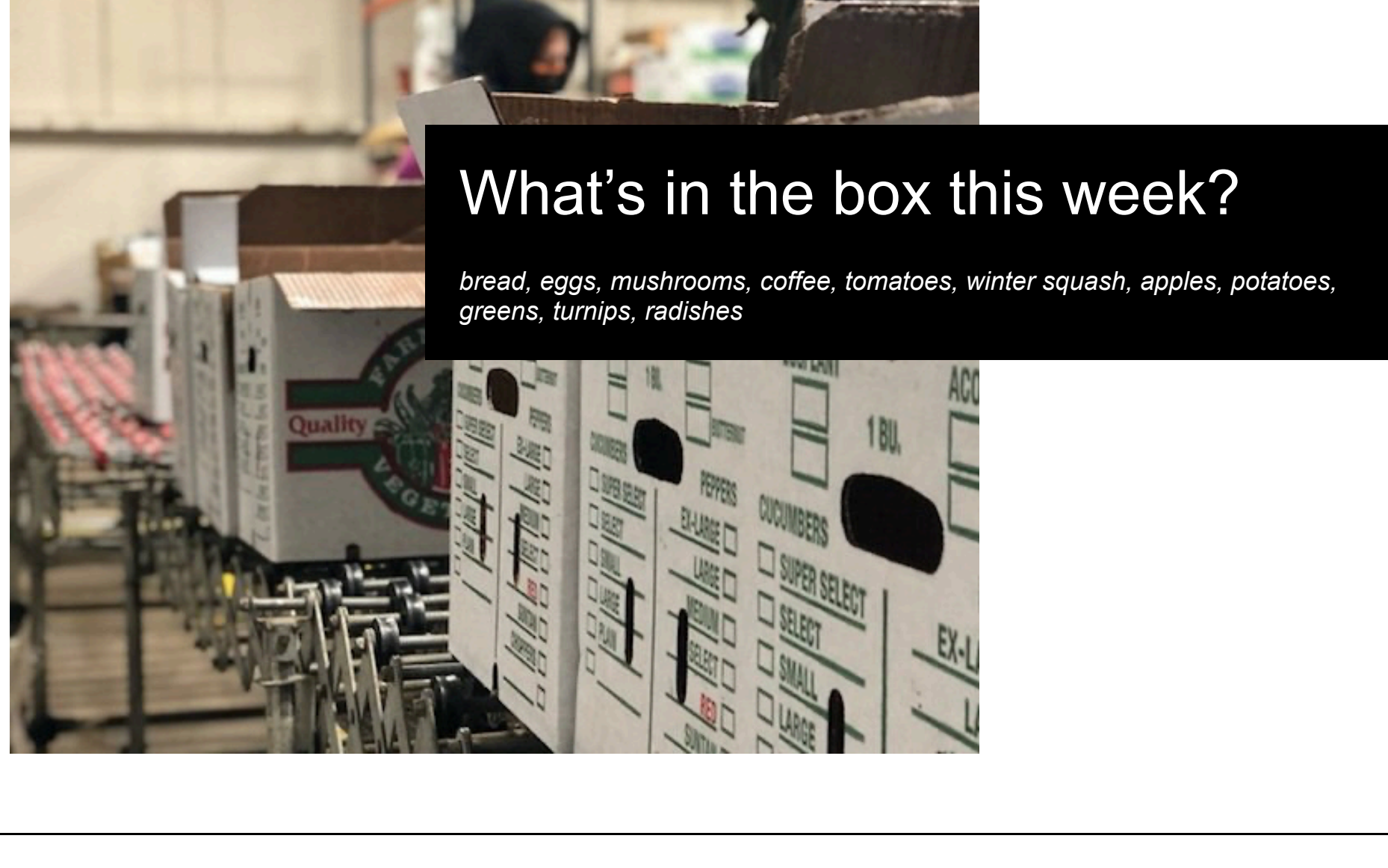




Winter Week 4: December 1 / 2 / 3

Welcome to Winter LUCSA Week 4!

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



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](#)



4 letter word coffee
on sale! best blend whole bean (10 oz) roasted may 2021



gary comer youth center honey
one 12 oz jar of local chicago sweetness



genesis growers pie pumpkin
one pie pumpkin. it's never too late to try making your own pumpkin puree.



wind ridge pumpkin pie spice
1.8 oz jar filled with a combination of organic nutmeg, cinnamon, ginger, and cloves.



true grain flour
on sale! 3# of local whole wheat flour



upton's naturals jackfruit
10 oz package of pulled jackfruit to satisfy your faux-meat needs!

& 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

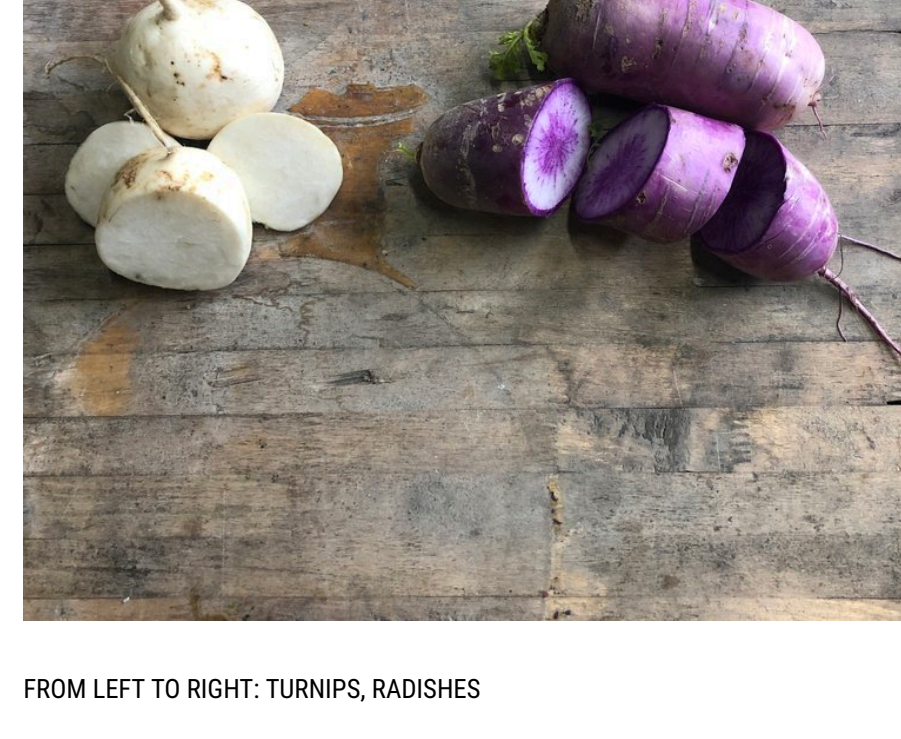
Coffee: [Spinik Roasters](#) (Back of the Yards, Chicago, IL)
Storage Tip: Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within two weeks of the roast date. They can be stored in the freezer for up to 4 months.

Bread

Wednesday: [Focaccia](#) [pHour Bakery](#) (Andersonville, Chicago)
Thursday: [Focaccia](#) [pHour Bakery](#) (Andersonville, Chicago)
Friday: [Spence Sourdough](#) [Publican Quality Bread](#) (Fulton Market, 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!

Eggs

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: TURNIPS, RADISHES

Mushrooms

Wednesday: [Shitake](#), [River Valley Mushrooms](#) (Burlington, WI)
Thursday: [Pioppini](#), [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.

Tomatoes

Tomatoes: [Mightyvine](#) (Chicago, IL)
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Hakurei Turnips

Hakurei Turnips: [PrairieErth Farm](#) (Atlanta, IL)
Storage Tip - Greens are edible! Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens should be used within 2 days.

Bravo Radishes

Bravo Radishes: [PrairieErth Farm](#) (Atlanta, IL)
Storage Tip - Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge.

Greens

Wednesday: [Kale](#) [Gray Farms](#) (Watska, IL)
Thursday: [Spring Mix](#) [Artesian Farms](#) (New Buffalo, MI)
Friday: [Microgreens](#) [Closed Loop Farms](#) (Back of the Yards, Chicago, IL)
Storage Tip (Kale) - 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!
Storage Tip (Other greens) - The greens will come in a green compostable bag, remove your greens from the bag and store them in a plastic container with a paper towel covering them up to a week in the fridge.

Apples

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.

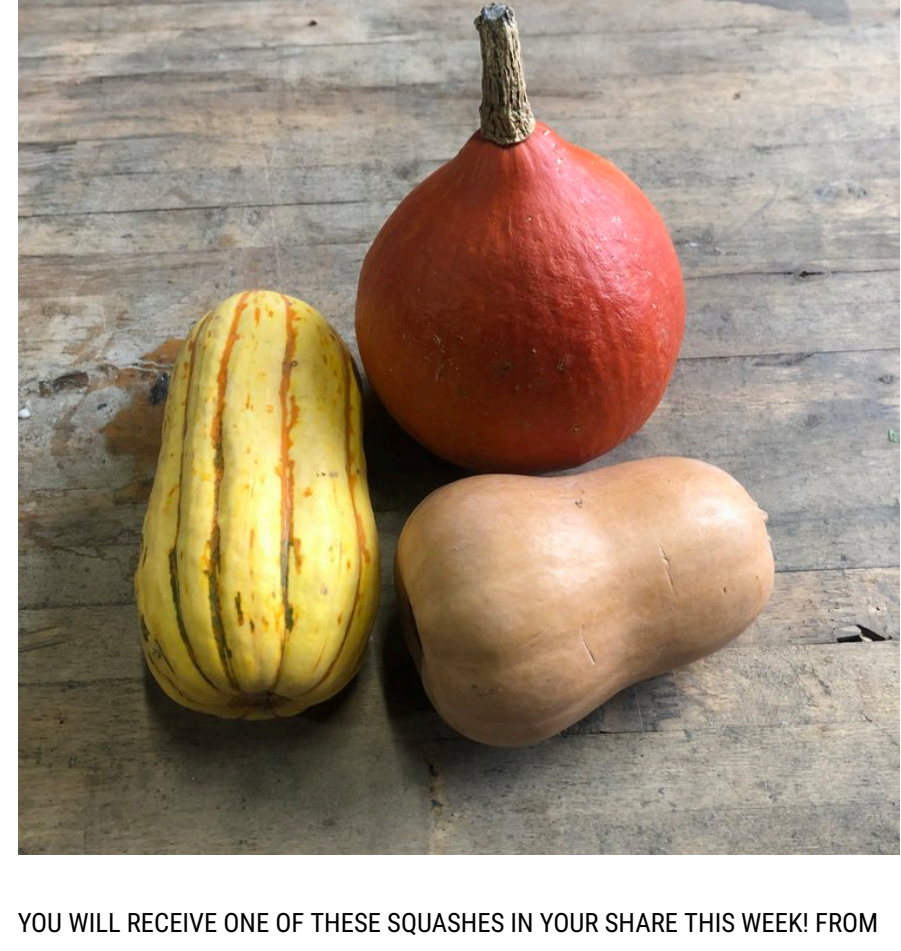
Fingerling Potatoes

Fingerling Potatoes: [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.

Squash

Squash: [Driftless Breeze](#) (Fennimore, WI)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Wednesday: Kabocha, Red curry
Thursday: Delicata
Friday: Baby butter



YOU WILL RECEIVE ONE OF THESE SQUASHES IN YOUR SHARE THIS WEEK FROM LEFT TO RIGHT: DELICATA, RED CURRY, BABY BUTTER, KABOCHA IS NOT PICTURED HERE, BUT IS DARK GREEN IN COLOR AND SIMILAR IN SHAPE TO RED CURRY

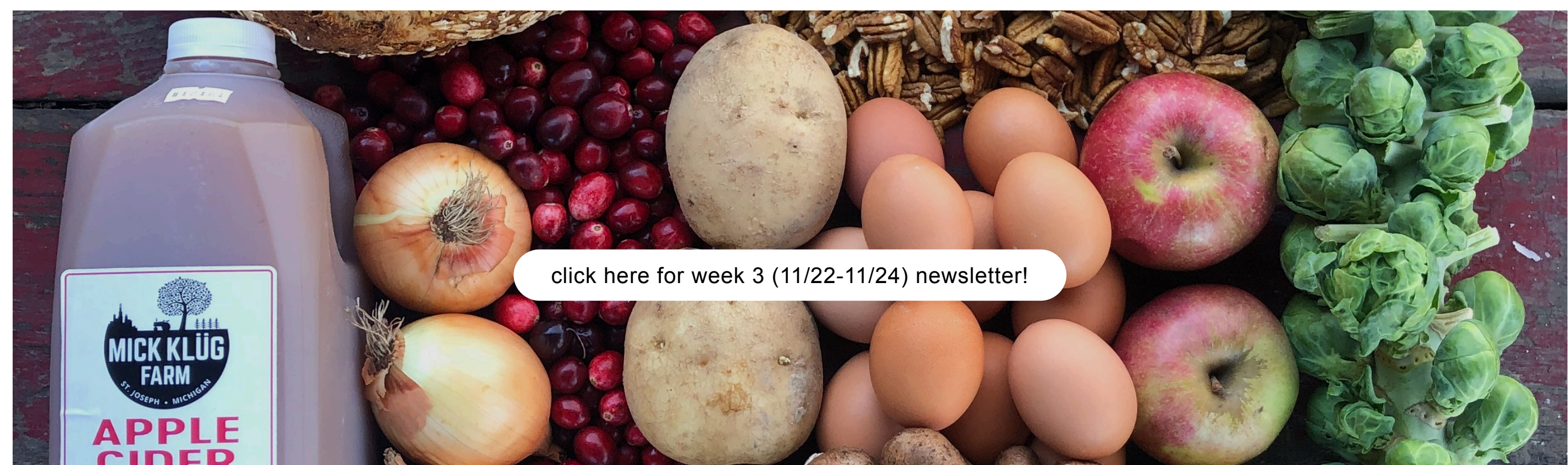
Substitutions

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: SWEET POTATO, CABBAGE, KOHLRABI, CRANBERRIES, CARROTS

- Cranberries:** [Mick Klug Farm](#) (St. Joseph, MI) - *Bread substitute*
Storage Tip - Keep undamaged berries tightly sealed in the refrigerator for up to two months.
- Cabbage:** [Genesis Growers](#) (St. Anne, IL) - *Mushroom substitute*
Storage Tip - Keep in a plastic bag in the crisper for two weeks.
- Carrots:** [PrairieErth Farm](#) (Atlanta, IL) - *Egg substitute*
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.
- Kohlrabi:** [PrairieErth Farm](#) (Atlanta, IL) - *Beverage substitute*
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.
- Sweet Potatoes:** [PrairieErth Farm](#) (Atlanta, IL) - *Egg substitute*
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.



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

Recipe Recommendations

Click on the image to access the recipe

