

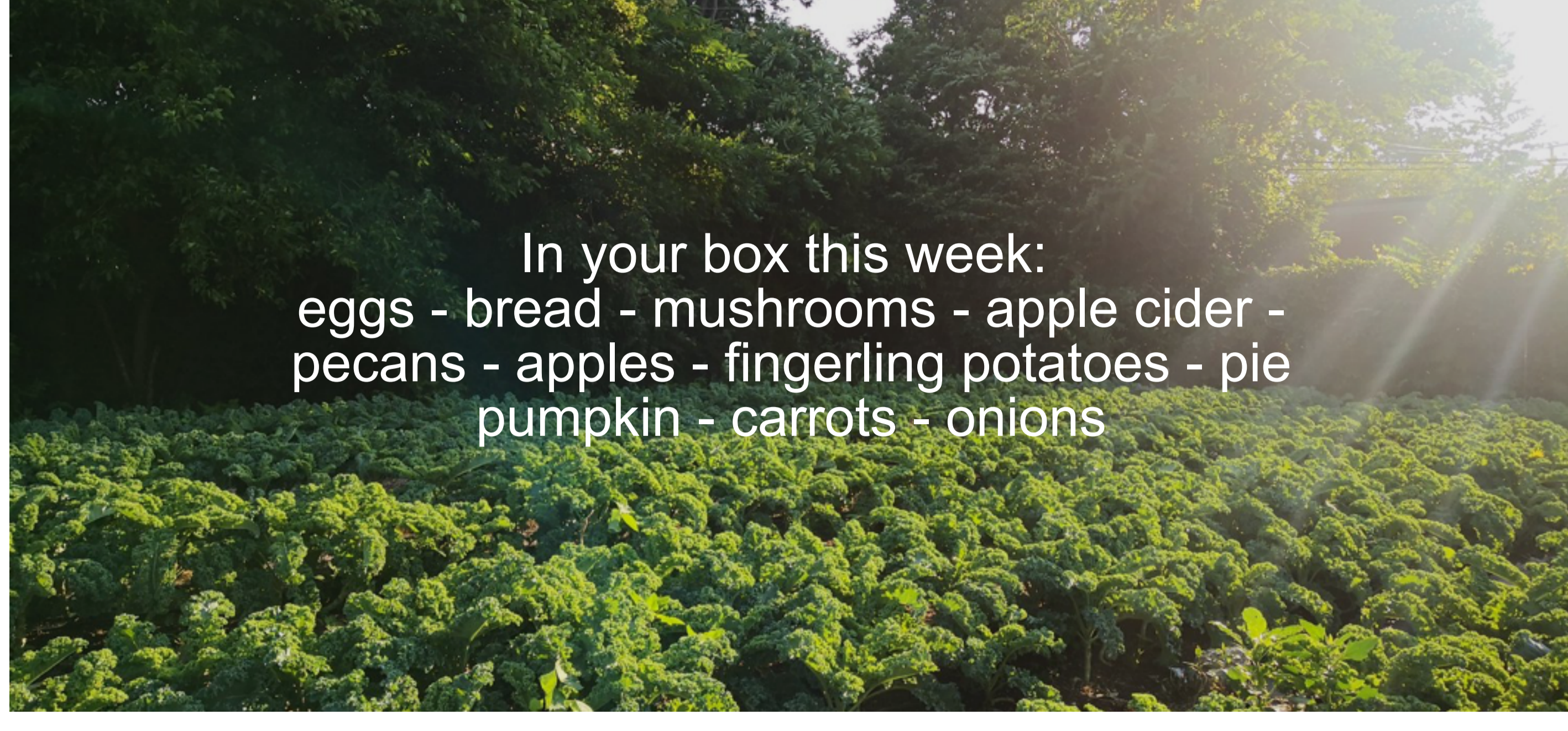


Winter Week 5 - 11/21 - 11/22 - 11/23

Welcome to Winter LUCSA Week 5!

Remember that your delivery day this week is 2 days earlier than usual! Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Sunday at noon!** Thank you!

[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)

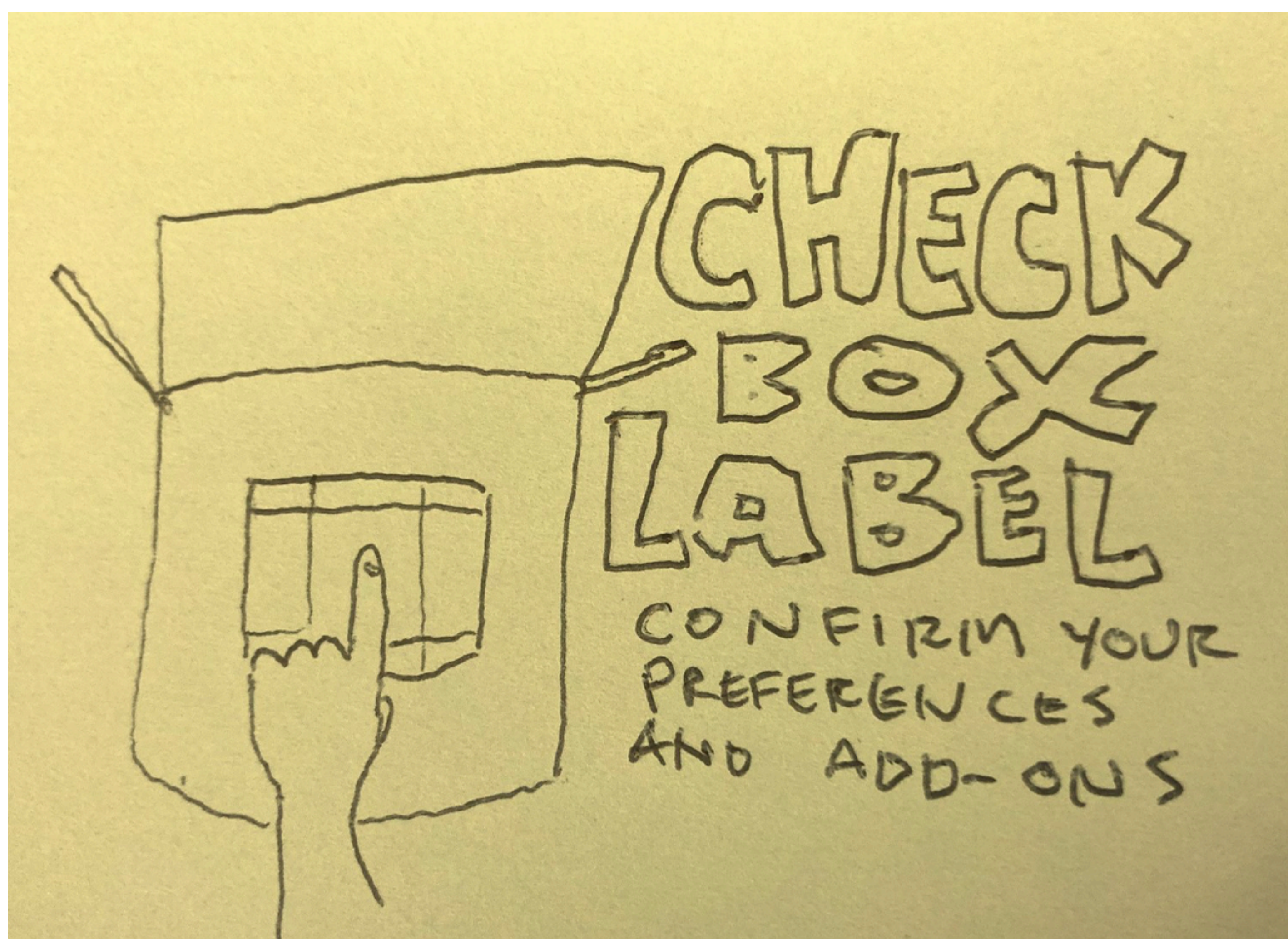


In your box this week:
eggs - bread - mushrooms - apple cider - pecans - apples - fingerling potatoes - pie pumpkin - carrots - onions

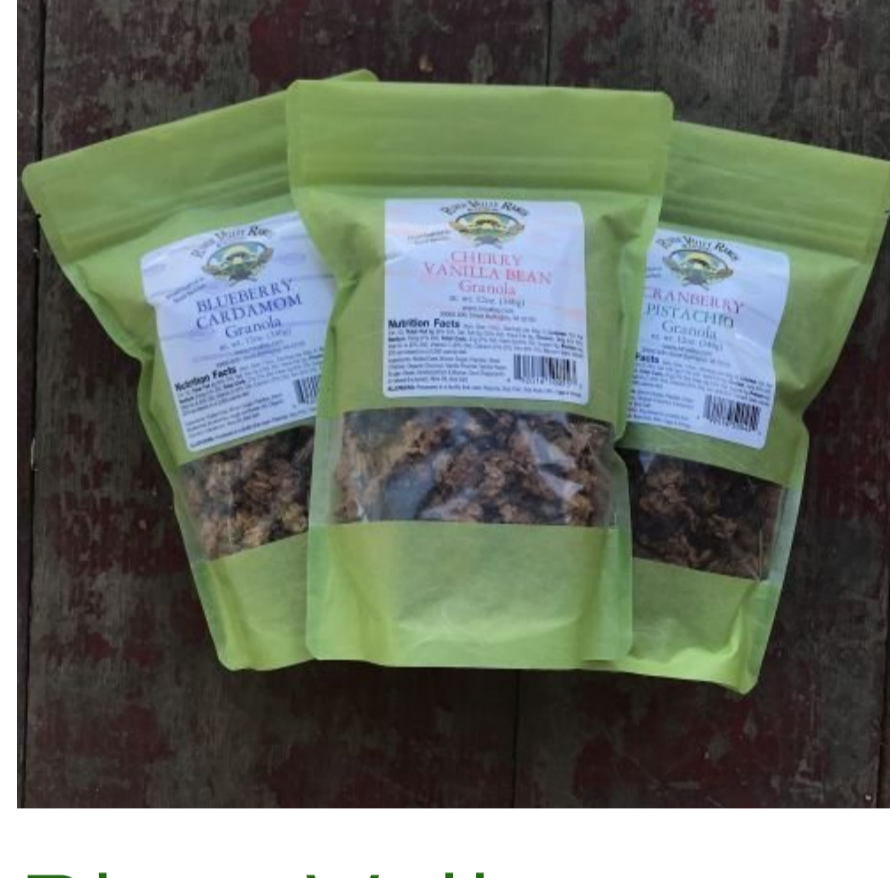
The Urban Canopy farm, Auburn Gresham, Chicago

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](#)



River Valley Ranch Granola

Blueberry cardamom, 12 oz.



Chicago Candle Company

Honey bourbon, 4 oz.



Freeman House Chai

Concentrate, 32 oz.



Janie's Mill Flour

All-purpose flour, 3#



Wind Ridge Pumpkin Pie Spice

0.9 oz.



UC Hella Lemon Cherry Bomb Hot Sauce

Make in-house, 8 oz.

& 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:

Apple Cider: by Seedling Orchard (South Haven, MI)

Storage Tip - The local apple cider we offer does not use any preservatives and is treated with UV light instead of using heat pasteurization. This means it will begin to ferment after a week or 10 days. Always keep cider in the fridge. After that, make your own apple cider vinegar!

Bread:

Monday: Seeded Rye, Publican Quality Bread (Fulton Market, Chicago, IL)

Tuesday: Sourdough Round, pHour Bakery (Edgewater, Chicago, IL)

Wednesday: Challah, Franher Bakery (Pilsen, 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:

Monday: Shiitake, River Valley Ranch (Burlington, WI)

Tuesday/Wednesday: Oyster or Lion's Mane, Primordia Mushrooms (Chicago, IL)

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.



YOUR SHARE THIS WEEK WILL LOOK SOMETHING LIKE THIS PHOTO!

Pie Pumpkin:

Nichols Farm and Orchard (Marengo, IL)

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

Cameo and Pink Lady 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:

PrairieEarth (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.

Pecans:

Voss Pecans (Carlyle, IL)

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

Carrots:

The Urban Canopy (Auburn Gresham, Chicago, IL) / PrairieEarth (Atlanta, IL) / Nichols Farm and Orchard (Marengo, 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.

Sweet Vidalia Onions:

Nichols Farm and Orchard (Marengo, IL)

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

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: DAIKON RADISH, BUTTERNUT SQUASH, CRANBERRIES, SWEET POTATOES, BEETS

Cranberries:

Mick Klug Farm (St. Joseph, MI)

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

Beets:

PrairieEarth (Atlanta, IL) / Happy Valley Farm (Black Earth, WI)

Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Sweet Potatoes:

Nichols Farm and Orchard (Marengo, IL)

Storage Tip - Sweet potatoes should never be cold till cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Daikon:

The Urban Canopy (Auburn Gresham, Chicago, IL) / PrairieEarth 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 should be used within 2 days.



[CLICK HERE FOR WEEK 4 NEWSLETTER!](#)

Recipe Recommendations

Click on the image to access the recipe



Pumpkin Maple Pecan Granola



Carrot and Potato Gratin



Pumpkin Spice Latte Pie



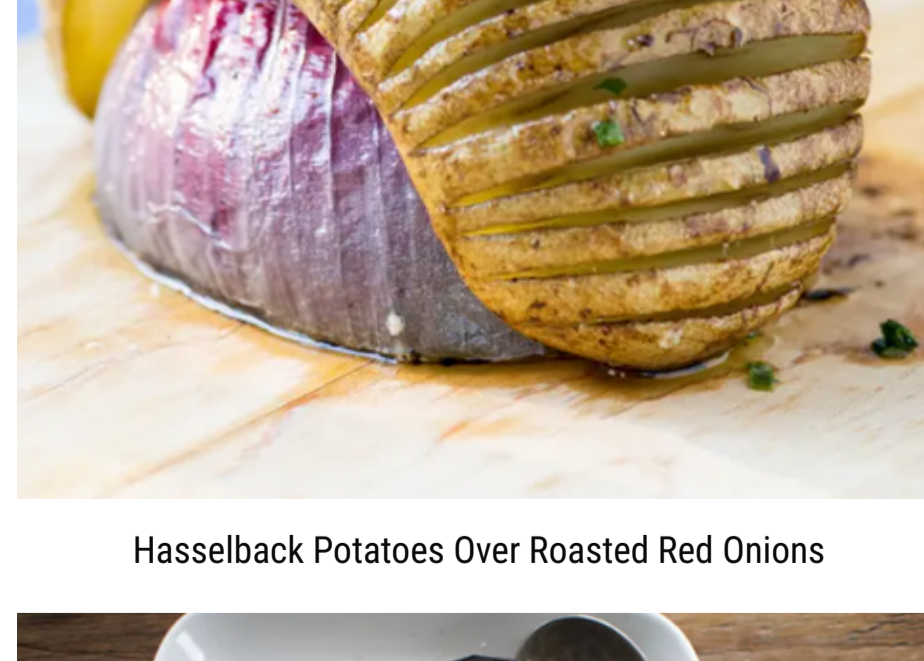
Hasselback Potatoes Over Roasted Red Onions



Maple Ginger Roasted Vegetables with Pecans



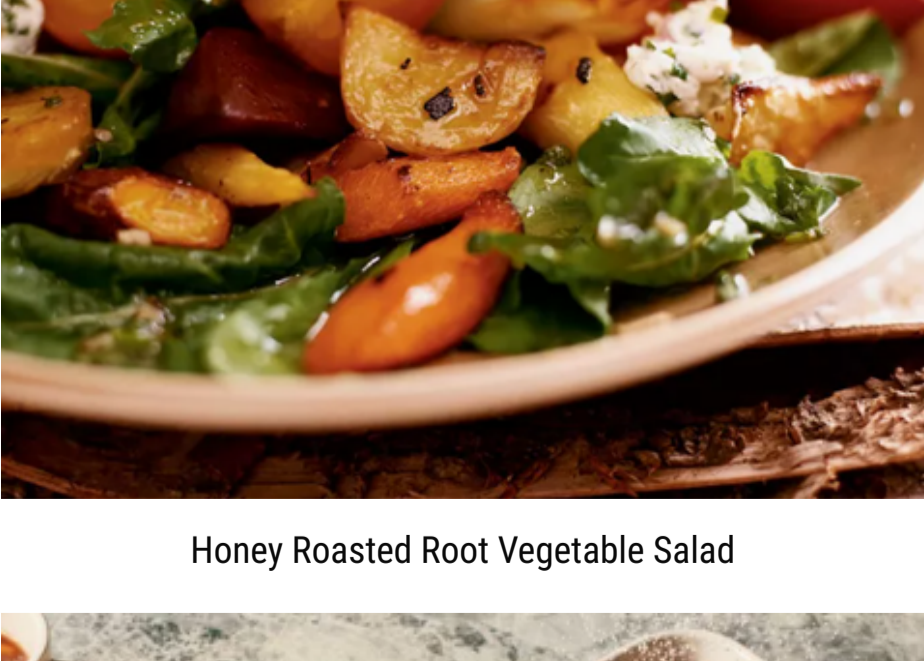
Honey Roasted Root Vegetable Salad



Grilled Butternut Squash with Shallot Vinaigrette



Bourbon Pecan-Apple Pie with Cinnamon Whipped Cream



Overnight French Toast with Cranberries and Pecan