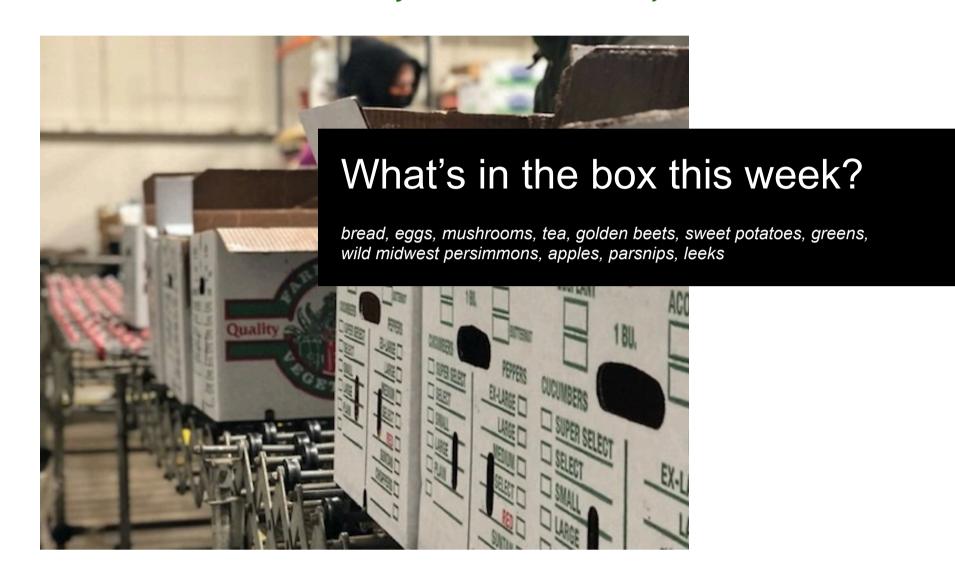


HOME / ABOUT UC / COMPOST CLUB / INDOOR FARM / LOCAL UNIFIED CSA / FARMERS MARKETS / DISTRIBUTION / DONATIONS

Winter Week 5: December 8 / 9

Welcome to Winter LUCSA Week 5!

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



Reminder: There will be no deliveries during the last two weeks of December. LUCSA takes a well-deserved break during this time.

Add-on Items

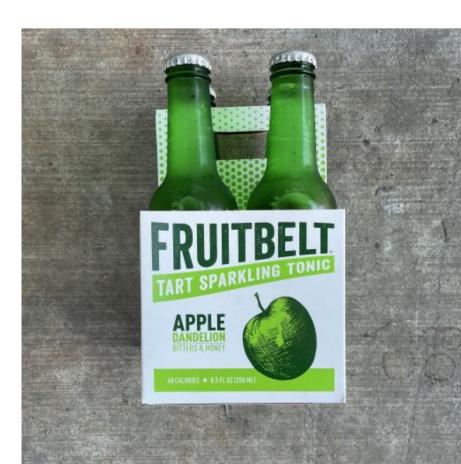
All from local businesses! Order weekly, starting Saturday at noon, until Monday at noon.

CLICK HERE FOR THE ADD-ON ORDER FORM



justice of the pies lemon espresso

mocha crust, lemon custard filling and a lemon curd topping





wind ridge apple cider vinegar

new item! 10 oz of apple cider vinegar infused with basil, rosemary, & thyme from wind ridge herb farm



artesian farms basil

1 oz of large leaf italian basil, no stem, no waste, very tasty, in reusable clamshell



fruitbelt tonic 4 pack of 8.5 oz michigan made tart cherry tonics



gary comer youth center honey

one 12 oz jar of local chicago sweetness

wind ridge pumpkin pie spice

1.8 oz jar filled with a combination of organic nutmeg, cinnamon, ginger, and cloves.

& 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

Tea <u>Senteamental Moods</u> (Chicago, IL)

Storage tip: Loose leaf tea should be stored in an air-tight ceramic or glass container in a dry and dark space up to a year.

Bread

<u>Wednesday</u>: **Sourdough** <u>Publican Quality Bread</u> (Fulton Market, Chicago, IL) <u>Thursday</u>: **Garlic Boule** <u>pHlour Bakery</u> (Andersonville, Chicago)

Friday: Garlic Boule 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!



LEFT TO RIGHT: BROWN CLAMSHELL, SHIITAKE, TRUMPET MUSHROOMS

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

<u>Wednesday</u>: Brown Clamshell, <u>Mycopia Mushrooms</u> (Scottville, MI)

<u>Thursday</u>: Trumpet, <u>Mycopia Mushrooms</u> (Scottville, MI) <u>Friday</u>: Shiitake, <u>River Valley Mushrooms</u> (Burlington, WI)

<u>rinday</u>. Shintake, <u>Kiver valley Mushioonis</u> (Durington, 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.

Golden Beets: PrairiErth Farm (Atlanta, IL)

Storage Tip - If there are greens, separate greens (they are edible!) from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Sweet Potatoes: PrairiErth Farm (Atlanta, IL)

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

Greens (You will receive one of the following):

Mini Cucumbers: Mightyvine (Chicago, IL)

Lettuce: Artesian Farms (New Buffalo, MI)

<u>Microgreens</u>: <u>Closed Loop Farms</u> (Back of the Yards, Chicago, IL) *Storage Tip (Cucumbers)* - Cucumbers can be stored in a cool spot in the pantry or the fridge. Kept in the fridge they should be used within 3-4 days. Cucumbers are also very sensitive to mold, so make sure they are dry. *Storage Tip (Lettuce and Microgreens)* - 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: 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.



LEFT TO RIGHT: LETTUCE, MINI CUCUMBERS, MICROGREENS



FROM LEFT TO RIGHT: PARSNIPS, BEETS, SWEET POTATOES

Leeks: Nichols Farm and Orchard (Marengo, IL)

Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Parsnips: <u>Victory Farms</u> (Hudsonville, MI) *Storage Tip* - Keep in a plastic bag in the crisper for up to a few weeks.

Wild Midwest Persimmons: <u>Seedling Orchard</u> (South Haven, MI)

Storage Tip - Store at room temperature until wrinkled on the outside and soft and squishy, enjoy quickly after that. Eating before they finish ripening will result in a very bitter experience!

Substitutions

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

Fingerling Potatoes: Nichols Farm

<u>and Orchard</u> (Marengo, IL) - *Egg substitute Storage Tip* - Keep cool, dry and out of direct light, on your counter, in a cupboard <u>or in a</u> <u>perforated paper bag</u>, for up to 6 months.



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

Hakurei Turnips: <u>PrairiErth Farm</u> (Atlanta, IL) - *Mushroom substitute*

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.

Pecans: <u>Voss Farms</u> (Carlyle, IL) - *Miscellaneous substitute*

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

Bravo Radish: PrairiErth Farm (Atlanta, IL) - Beverage substitute

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.

Watermelon Radish: Gary Comer Youth Center (Grand Crossing, Chicago, IL) - Beverage

substitute

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.

Brussel Stalk: Gary Comer Youth Center (Grand Crossing, Chicago, IL) - Miscellaneous substitute

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.



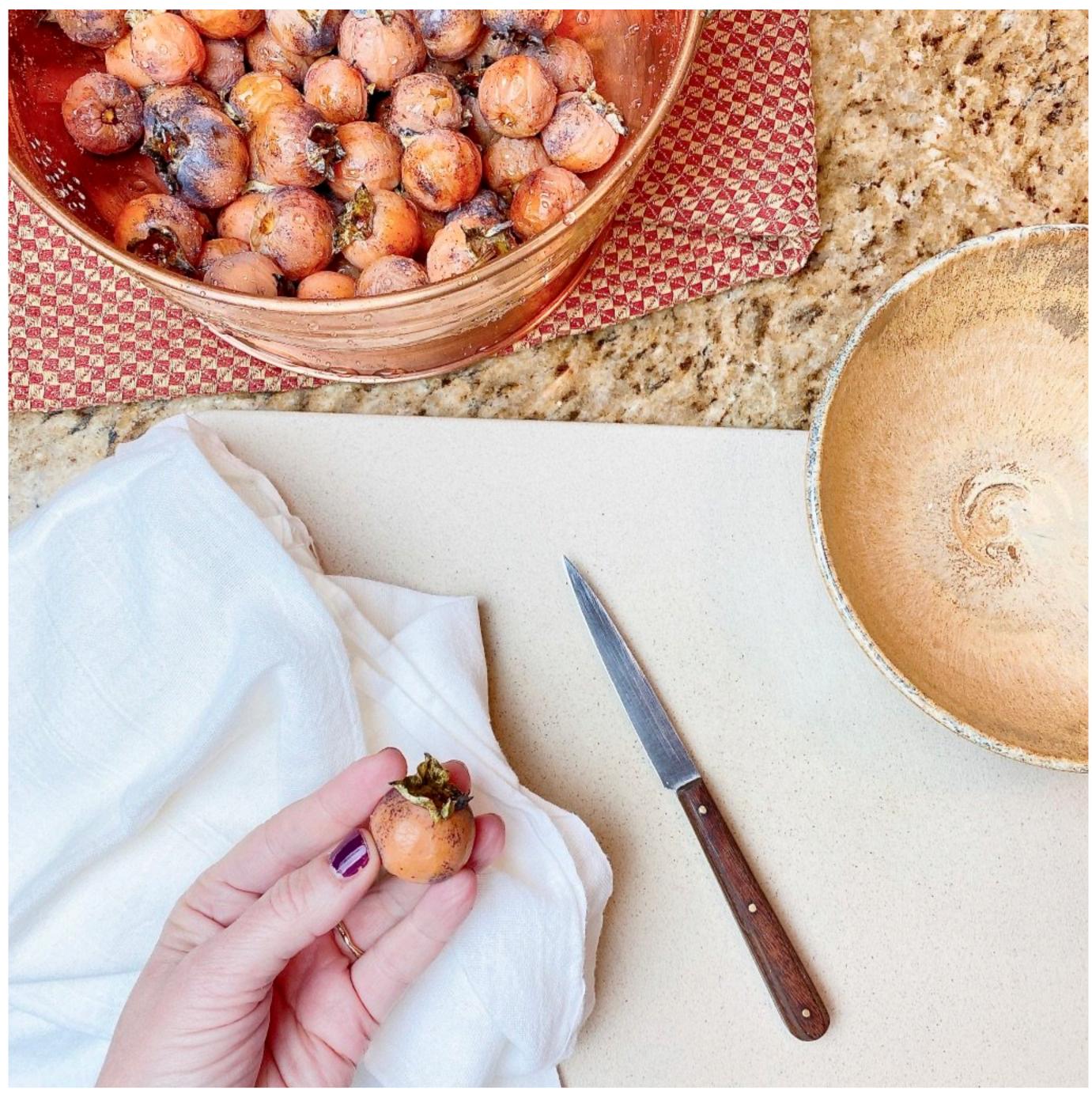
NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS

On Bio Bags:



You may recognize these green plastic bags as you may have already received a lettuce mix or microgreens in them! Yes, these are biobags! Biobags are compostable single use plastic. Packaging lettuces and greens is a bit of a contentious subject, paper bags disintegrate from the often damp greens, conventional plastic bags stick around far longer than we should like, so the biobag seems to be the perfect solution! It will both biodegrade and stand up to the damp conditions - *to an extent*. Since they are meant to break down, long term storage in these bags is not recommended. Once you receive your box we highly recommend you transfer your greens to another container and compost the bio bag. A couple storage options for greens at home are to place in a reusable container or bag lined with a paper towel, in a reusable cloth/mesh produce bag, or rolled in a kitchen towel. See what works best for you and your home!

Produce Profile: Midwest Wild Persimmons



FROM LEFT TO RIGHT: RADISHES, FINGERLING POTATOES, PECANS, TURNIPS AND DELICATA SQUASH NOT PICTURED - BRUSSEL STALKS

IMAGE SOURCE: SIMPLY JOYFUL FOOD

Wild persimmons are most often used to make persimmon jam, pudding, fruit leather, or cake. When foraged and found in plentiful quantities it can be processed into a puree and canned or frozen to add a little life to foods during the cold of winter. In the quantities you will get you will probably have enough for just one recipe, as linked below, and if you happen to have an interest in making your own candy be sure to check out this recipe.

Wild persimmons need to ripen quite a bit before consumption. You want to let them sit in a cool, dark area until their skin is a little wrinkly, and they are quite soft. The best wild persimmons are said to be the ones you fight ants for off the ground. That's essentially how soft you want them. At this point they are ready to be enjoyed! If you try before they are ready they are bitter bitter. They can be processed in a couple ways, for small amounts they are easy enough to cut open, remove the seeds, and scoop the soft flesh out. In this state I prefer to enjoy them like jam! Spread on toast with a little butter or any other application that arises. Special shoutout to Seedling Fruit for growing us such interesting fruits, some of you received their medlars earlier in the season and we just love a unique fruit moment! Thanks Seedling!

Recipe Recommendations

Click on the image to access the recipe



making persimmon pulp



roasted parsnips w/ apple and celery heart



polish cucumber salad



sweet potato rolls



golden beets and brussel sprouts



leek & onion focaccia



sweet potato snickerdoodles



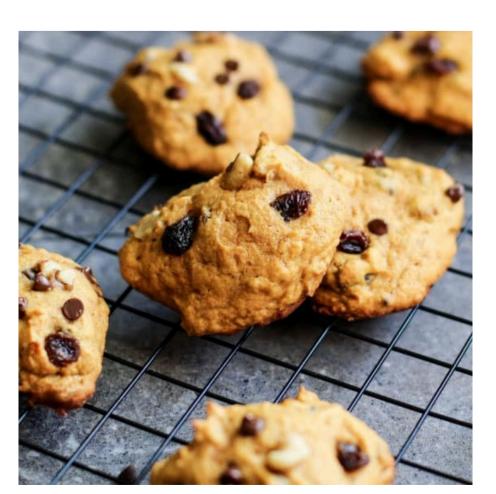
warm golden beets salad w/ greens & almonds



sauteed green apples w/ leeks



roasted parsnip bread pudding



old fashioned persimmon cookies



wild persimmon pudding



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