

Winter Week 6 - 11/30 - 12/1 - 12/2

Welcome to Winter LUCSA Week 6!

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 - organic sodas - long grain rice - apples - winter squash - sweet potatoes - onions/leeks - greens

The Urban Canopy farm, Auburn Gresham, Chicago

Holiday Reminders!

LUCSA does not deliver the last two weeks of December! Billing will continue through the off-weeks, meaning your payments will end two weeks before your deliveries end in March. If you need to pause your billing during our off weeks, just email us at lucsa@theurbancanopy.org and we will pause your payments for those weeks! Members paying with LINK will not be billed during the break.

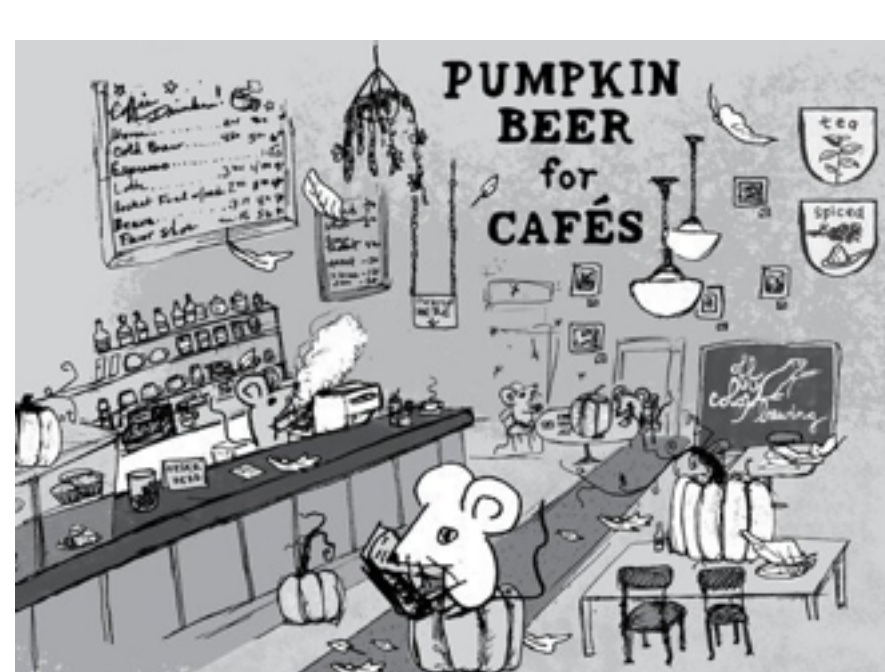
You can always email us at lucsa@theurbancanopy.org for any questions or concerns about your box!

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



Chicago Candle Company

Citron mandarin, 4 oz.



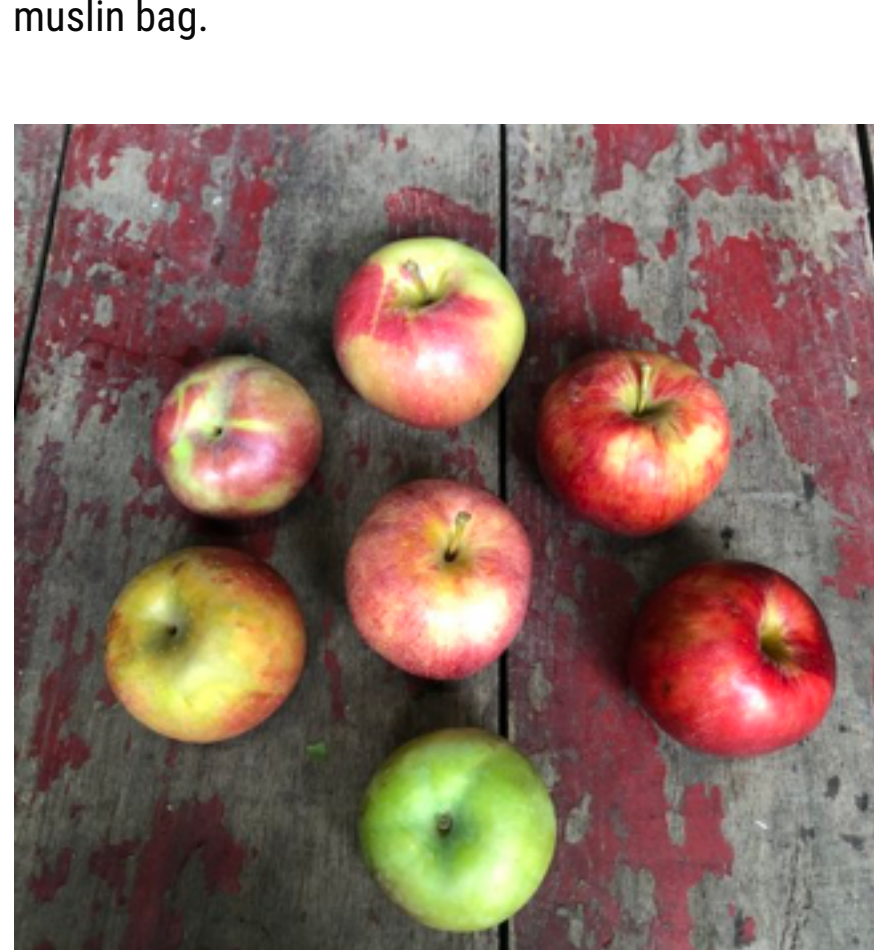
Off Color Brewing Pumpkin Beer for Cafes

Pumpkin beer with a sweet, nutty, and earthy twist from cold brewed red rooibos tea and vanilla beans in an already chewy base beer heavy in unmalted grain. 5% ABV, 16oz can.



Wind Ridge Mulling Spices

Whole, organic spices and no sugar. Makes 1+gallon (or less) of mulled apple cider or wine! Or infuse your maple syrup, use it to add fragrance to your space, and so many other uses. Contains reusable muslin bag.



Mick Klug Pink Lady Apples

2# pink ladies - crisp, sweet-tart, perfect for salads, snacking, and baking



Freeman House Chai

Concentrate, 32 oz.



Prairie Fruits Farm Cheese

"Little Bloom" - a camembert-style cheese with a dense core and gooey exterior. Pairs well with tart berry preserves and honey and can be warmed and used like baked brie or "brie en croute" (brie baked in puff pastry)!

& 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:

Organic Sodas: by [Wisco Pop](#) (Madison, WI) - Grapefruit, Strawberry, Cherry, Ginger
Storage Tip - Store in the fridge to enjoy cold.

Bread:

Wednesday: **Country Round**, **Middlebrow** (Logan Square, Chicago, IL)
Thursday: **Sourdough Pullman**, **Publican Quality Bread** (Fulton Market, Chicago, IL)
Friday: **Focaccia**, **Franter 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:

Wednesday: **Oyster: Primordia Mushrooms** (Chicago, IL)
Thursday: **White Button: River Valley Ranch** (Burlington, WI)
Friday: **Oyster: 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.

Sweet Potatoes:

Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard.

Cameo 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.



FROM LEFT TO RIGHT: CARNIVAL, ACORN AND AUTUMN FROST SQUASH

Long Grain White Rice:

Cahokia (McClure, IL)
Storage Tip - Store in a cool dry place out of direct sun.
Cooking Instructions: 1 cup rice, 1 3/4 cup water, (optional) 1tbsp oil/butter. Combine rice and water in a pot and bring to a boil. Cover, reduce heat to a low simmer, and cook for 20 minutes. Remove from heat, steam for 10 minutes keeping lid on. Fluff with fork. To prepare in a rice cooker, use the same rice:water ratio. Makes 3-4cups cooked rice.

Gorman Frost, Carnival or Acorn Squash:

Gorman Farm Fresh Produce (Monee, IL), **Happy Valley Farm** (Black Earth, WI)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Lettuce or Kale:

Artesian Farms (New Buffalo, MI), **PrairieEarth Farm** (Atlanta, IL)
Storage Tip - Salad greens: Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week. Kale: Remove from compostable green bag. 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!

Leeks or Onions:

Gorman Farm Fresh Produce (Monee, IL), **Happy Valley Farm** (Black Earth, WI)
Storage Tip - Leeks: Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock! Onions: Keep in the fridge.



FROM LEFT TO RIGHT: LEEKS, WHITE BUTTON AND OYSTER MUSHROOMS

Substitutions

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

Fresh Turmeric:

Gary Comer Youth Center (Grand Crossing, Chicago, IL)
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.

Brussels Sprout Stalks:

Gary Comer Youth Center (Grand Crossing, Chicago, IL)
Storage Tip - Store fresh, unwashed, and untrimmed Brussels sprouts - both loose and on the stalk - in a plastic bag in the crisper of the refrigerator. Remove any yellowed or wilted leaves first.

Pecans:

Yoss Pecans (Carlyle, IL)
Storage Tip - Store in an airtight container in a cool area, storing in the fridge or freezer will prolong their freshness.

Daikon Radishes:

The Urban Canopy (Auburn Gresham, Chicago, 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.

Cabbage:

PrairieEarth Farm (Atlanta, IL)
Storage Tip - Keep in a plastic bag in the crisper for two weeks.

Beets:

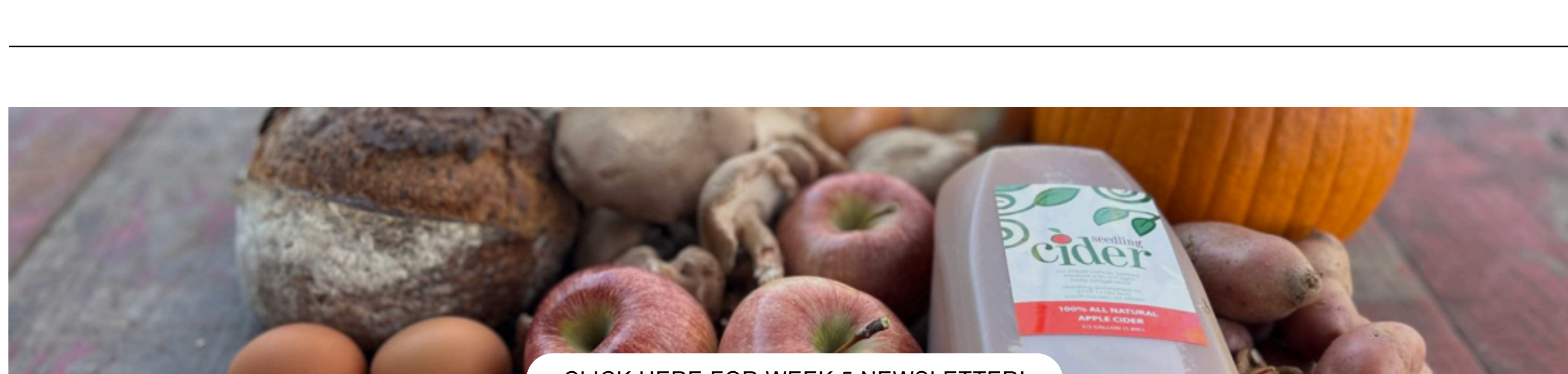
Happy Valley Farm (Black Earth, WI)
Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Carrots:

Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Remove greens to preserve the root for 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.



FROM LEFT TO RIGHT: CARROTS, PECANS, CABBAGE, TURMERIC, DAIKON, BEETS, BRUSSELS STALKS



[CLICK HERE FOR WEEK 5 NEWSLETTER!](#)

Recipe Recommendations

Click on the image to access the recipe



Crispy Ginger Rice with Leeks, Mushrooms, and a Fried Egg



Hot Honey Sweet Potato Salad with Toasted Pecans



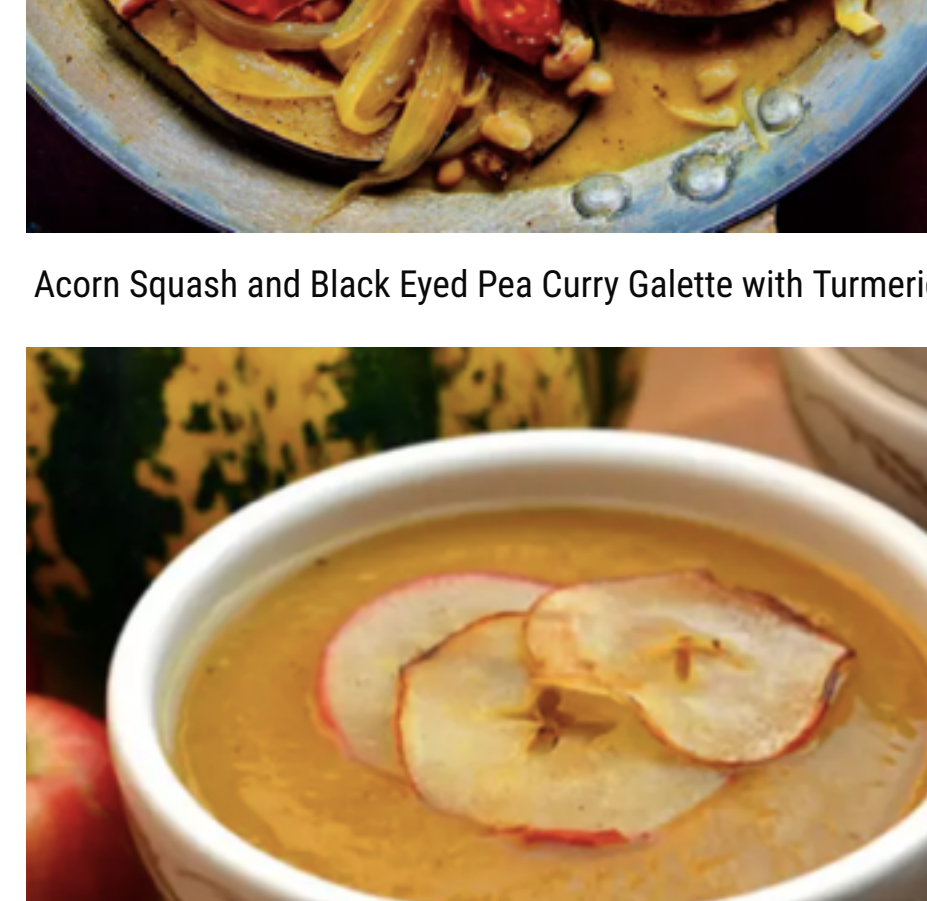
Acorn Squash and Black Eyed Pea Curry Galette with Turmeric



Brussels Sprouts and Sweet Potato Hand Pies



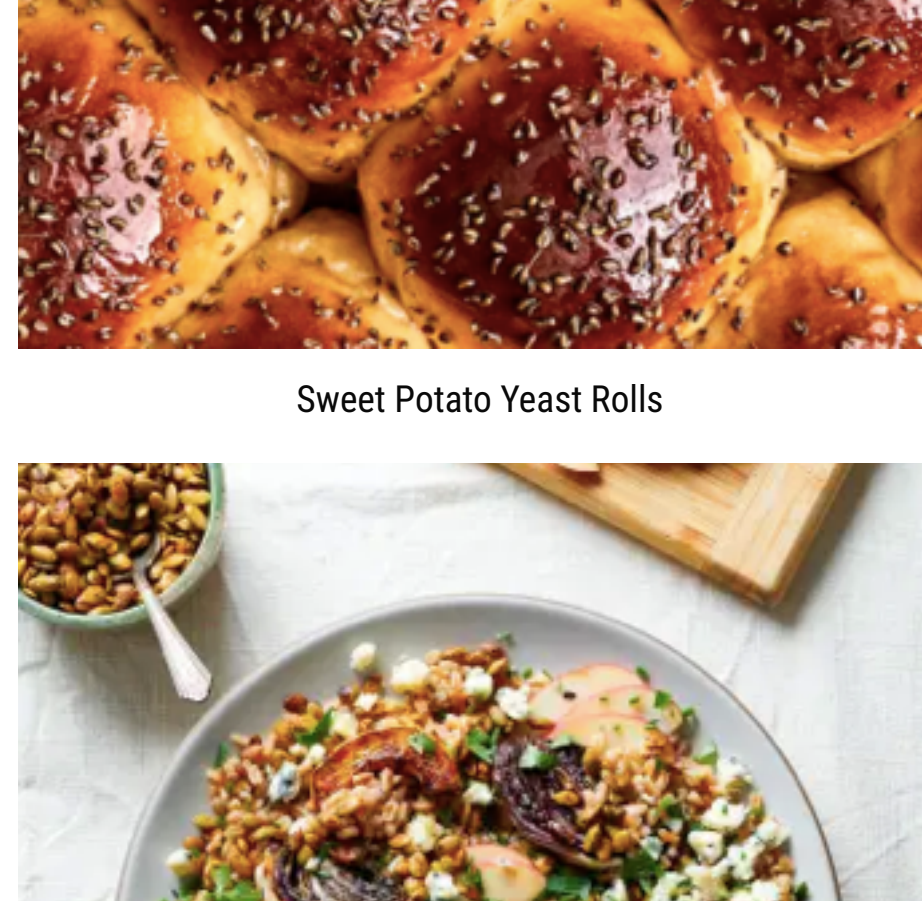
Sweet Potato Yeast Rolls



Roasted Apple and Winter Squash Soup



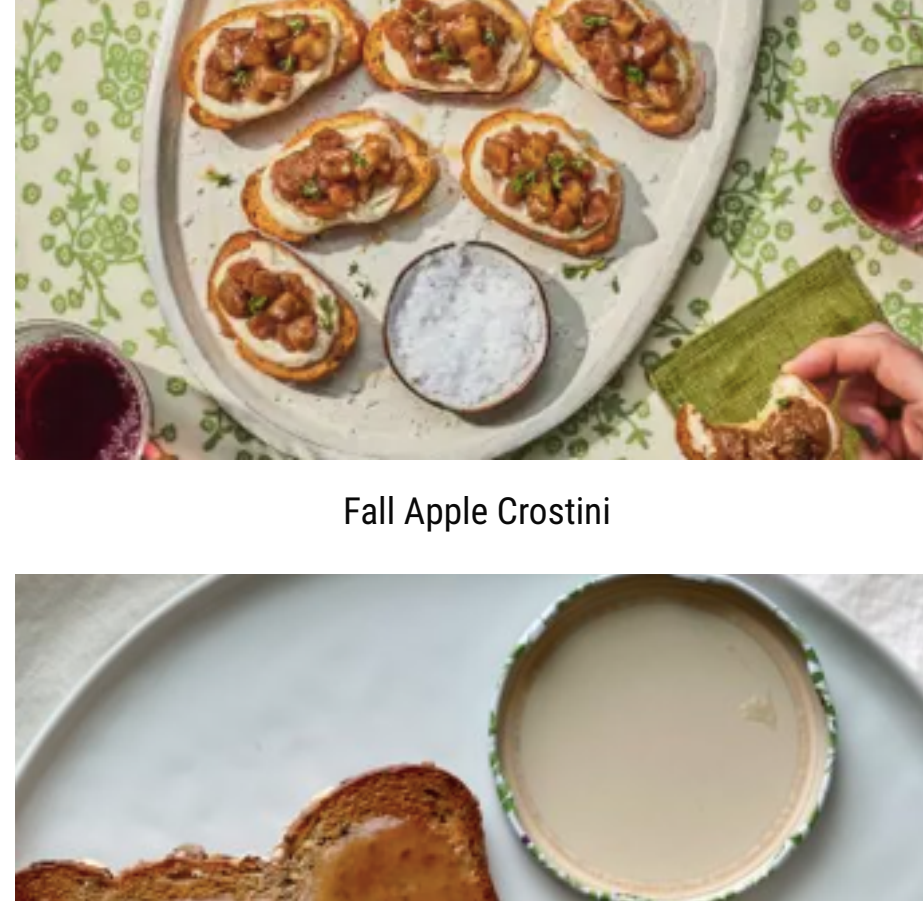
Fall Apple Crostini



Fall Salad with Squash, Apples, and Farro



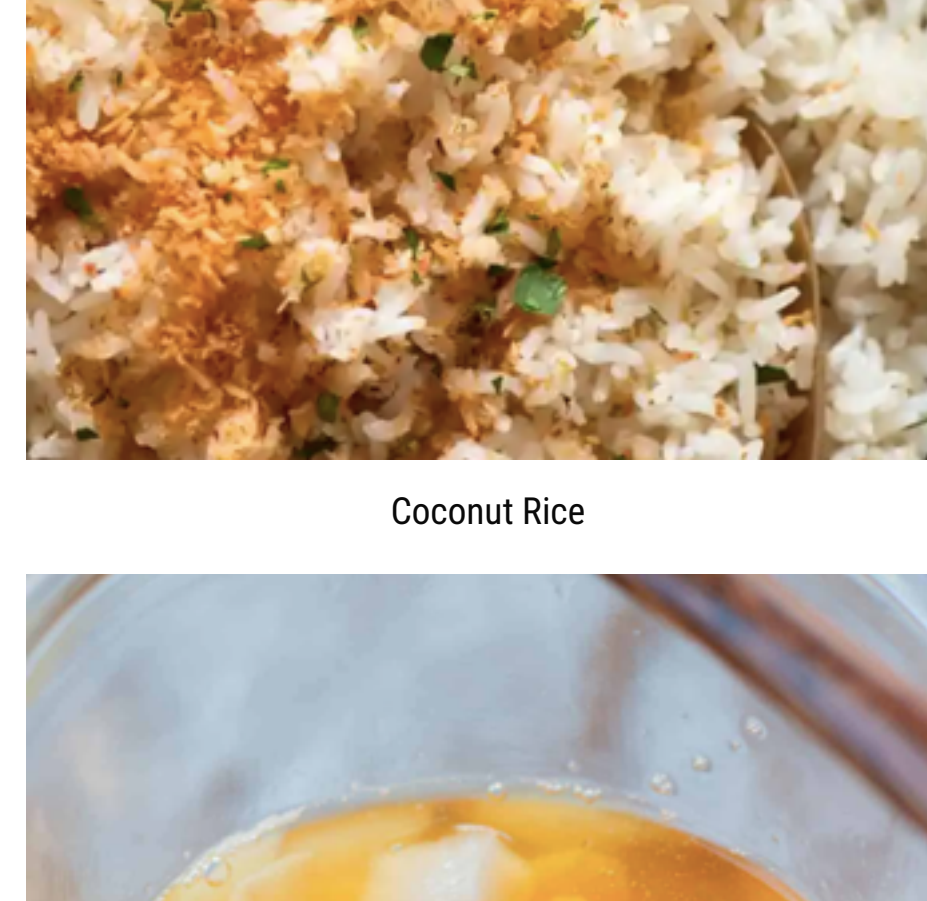
Coconut Rice



Apple Butter



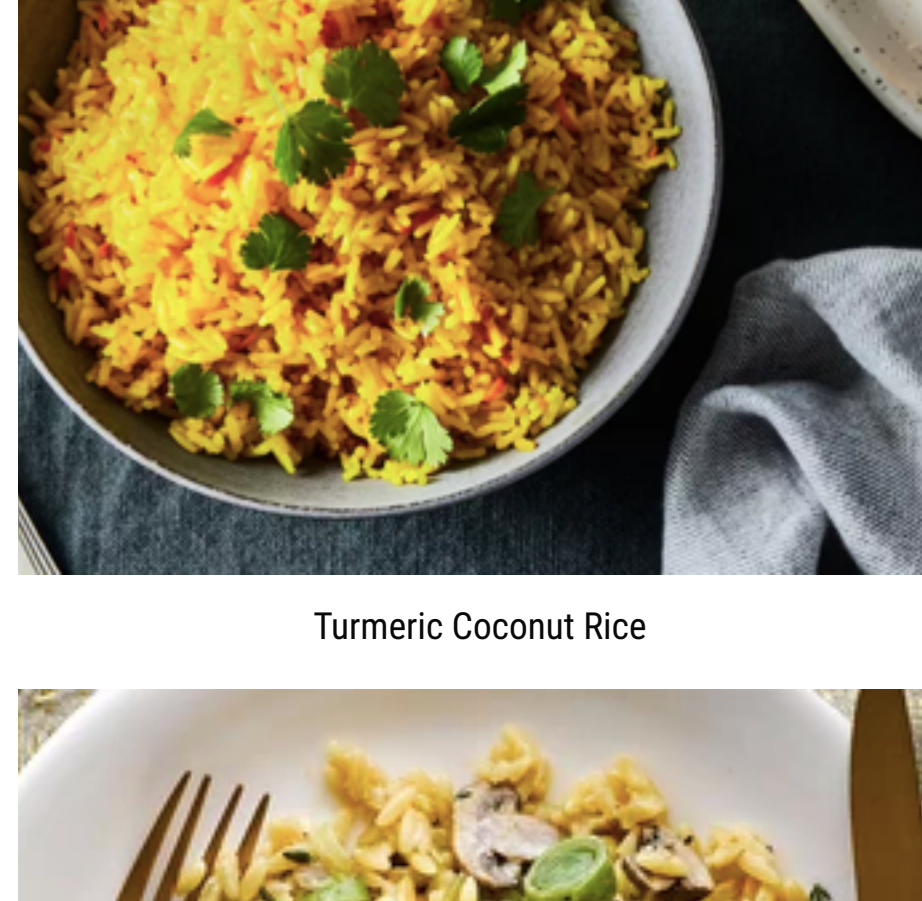
Turmeric Coconut Rice



Honey Daikon (Natural Cough Syrup)



Braised Daikon, Mushroom, and Pork Over Rice



Creamy Mushroom and Leek Orzo



Chicken, Kale, and Mushroom Pot Pie