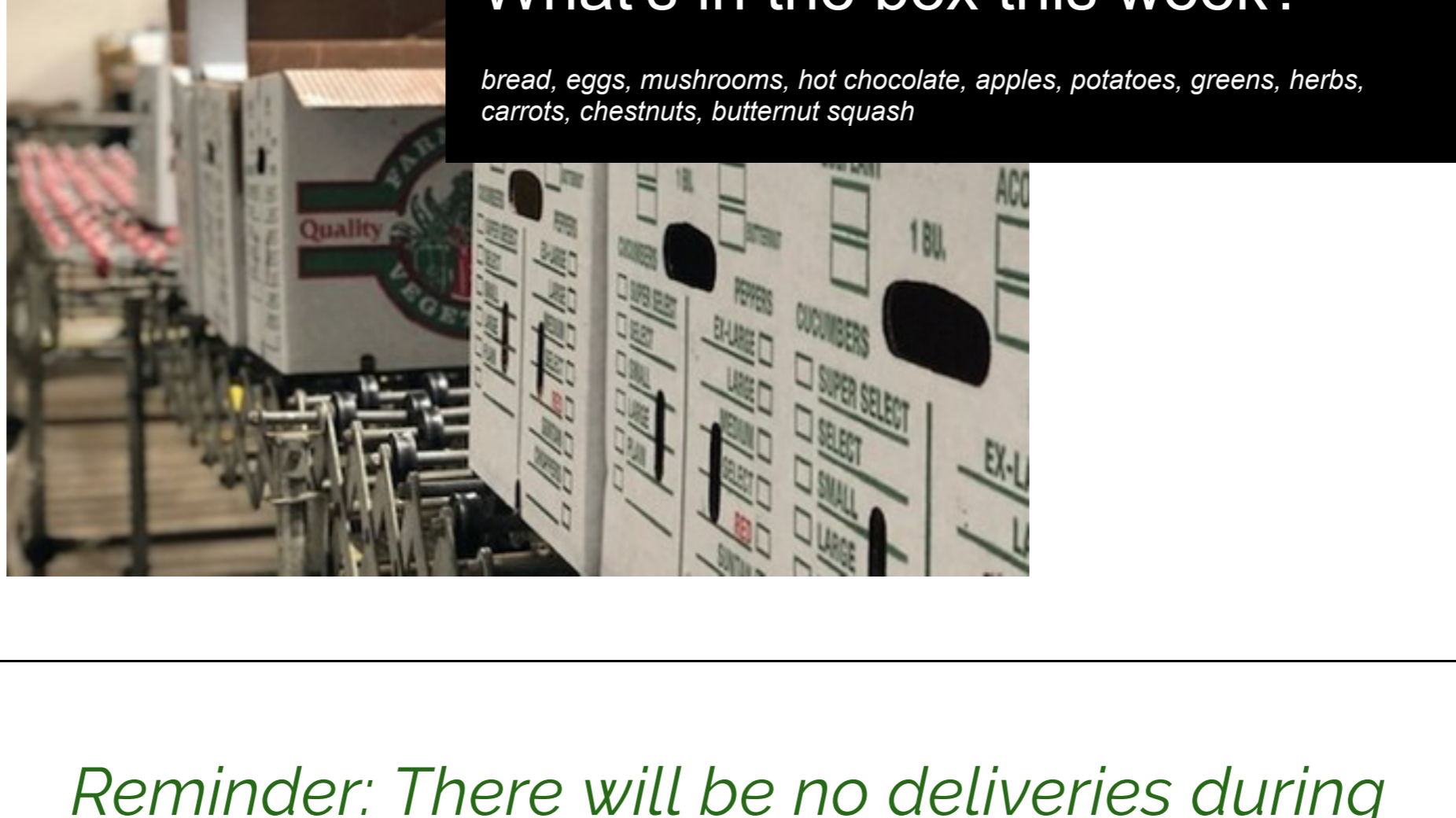




Winter Week 6: December 15 / 16 / 17

Welcome to Winter LUCSA Week 6!

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

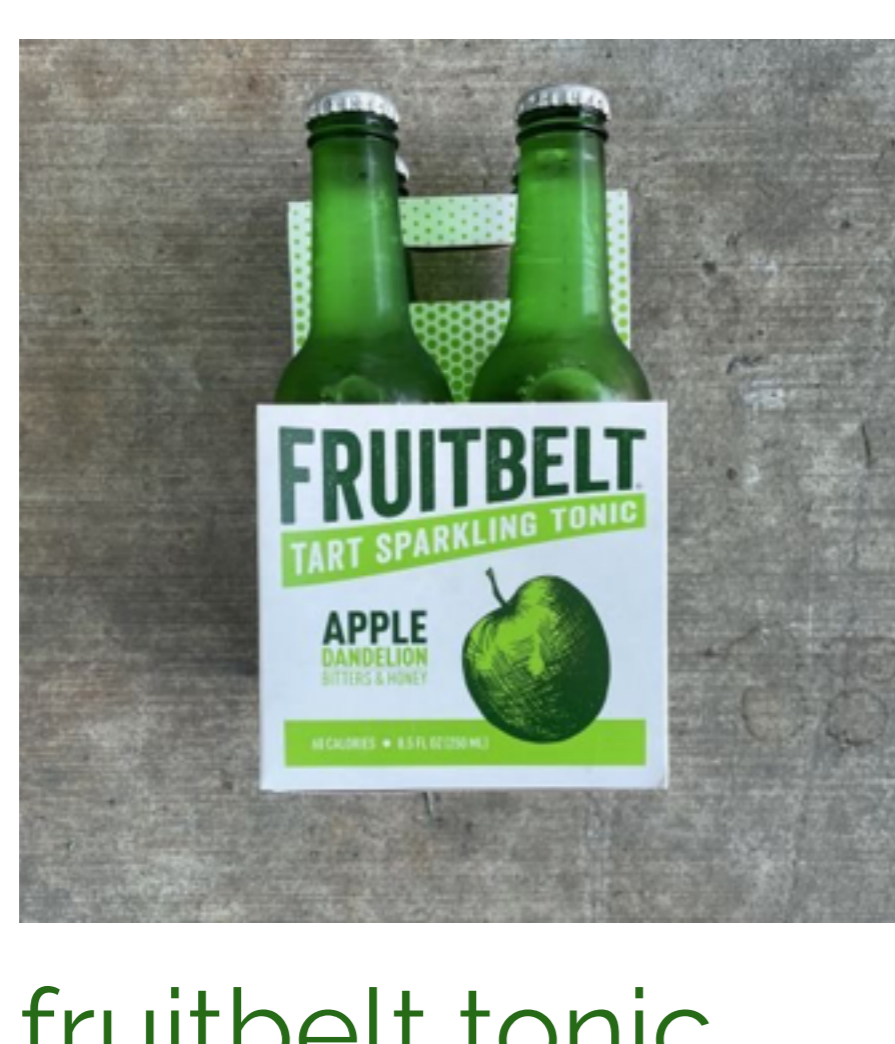


Reminder: There will be no deliveries during the last two weeks of December. LUCSA takes a well-deserved break during this time. :)

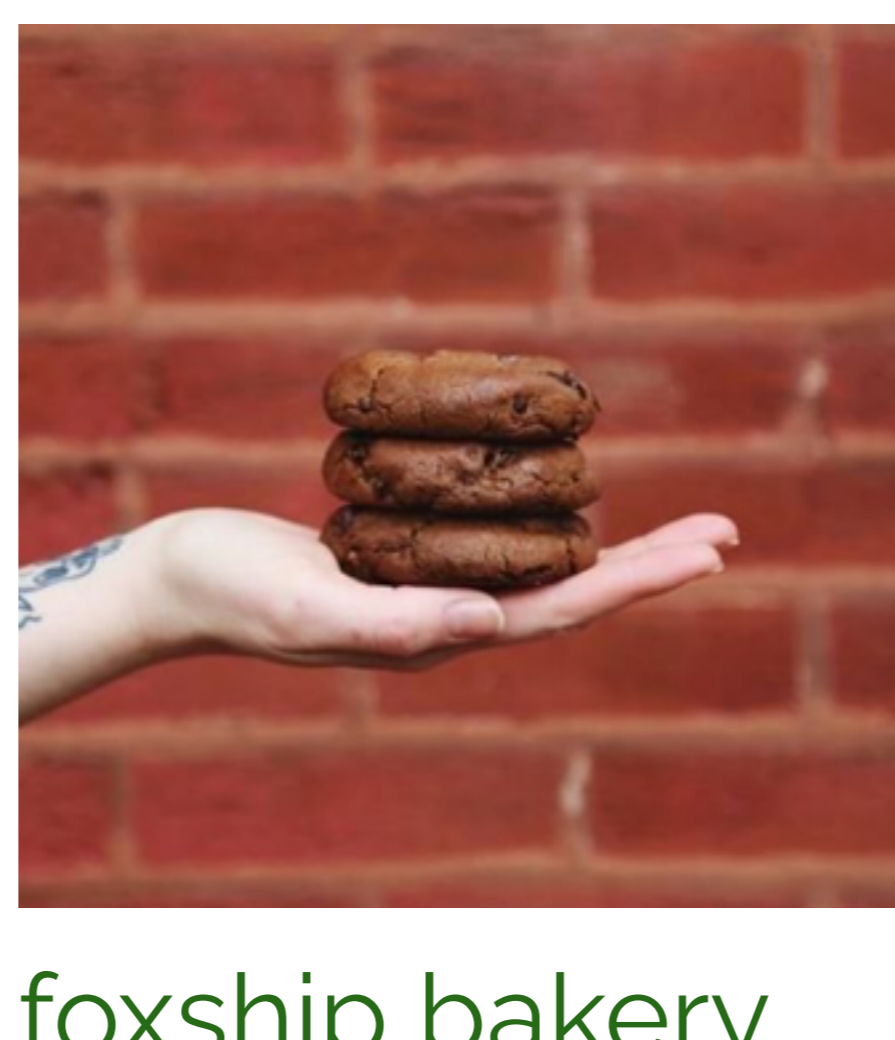
Add-on Items

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

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



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



foxship bakery red velvet crinkle cookies
3 pack chicago's original 1/4 lb red velvet crinkle cookies. vegan.



artisan farms pesto
new item! 8 ounces of gorgeous pesto made with artisan farms' very own fresh basil combined with walnuts, parmesan cheese, plenty of garlic and olive oil.



senteamental moods tea
1 ounce pouch of african flowers rooibos tea, slightly sweet & tangy red antioxidant rich tisane.



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



urban canopy cherry bomb
8 ounce jar of the urban canopy's own hella lemon cherry bomb hot sauce!

& much more available!

Share Contents (in progress)

Refer back to this page for updated share contents and photos to help you identify produce!

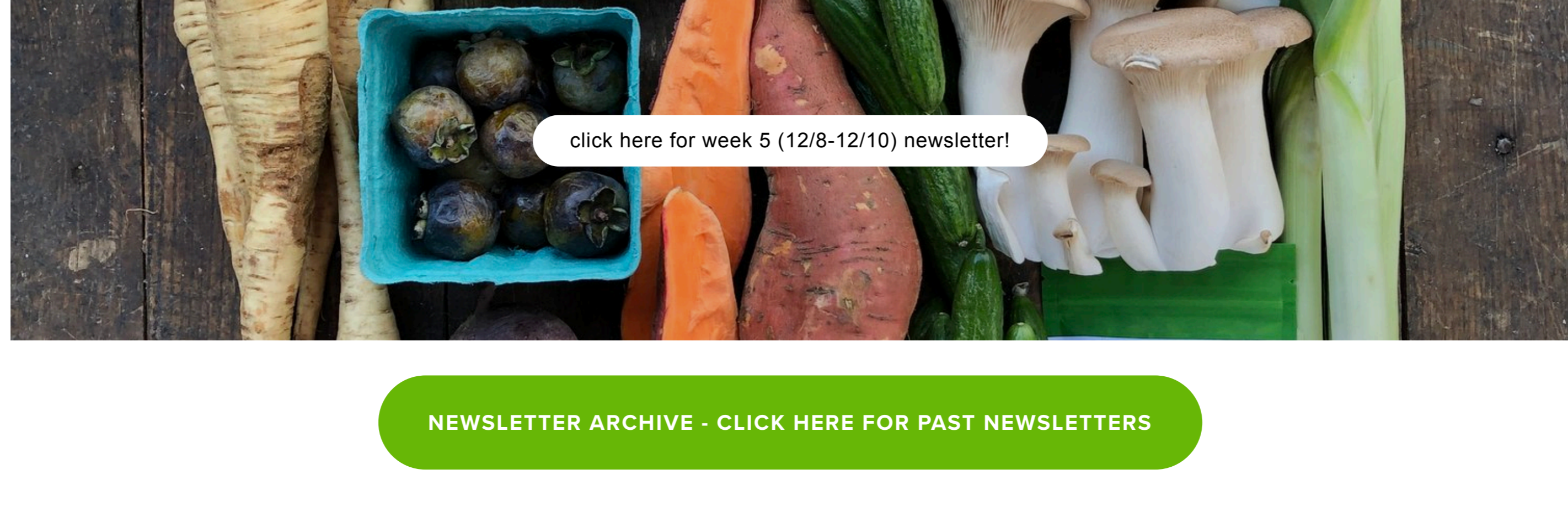
- Please keep in mind that share contents may vary due to market availability so contents may vary slightly from this list. Farming is never 100% predictable. We appreciate your flexibility.
- Wash everything before eating!
- Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items!

- Beverage**
Drinking Chocolate [Katherine Anne Confections](#) (Chicago, IL)
Storage Tip - Store in a cool dry place.
- Bread**
Wednesday: Pain Au Levain [pHlour Bakery](#) (Andersonville, Chicago)
Thursday: Spence Sourdough [Publican Quality Bread](#) (Fulton Market, Chicago, IL)
Friday: Focaccia [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!
- 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**
Wednesday: Crimini, [River Valley Mushrooms](#) (Burlington, WI)
Thursday: Crimini, [River Valley Mushrooms](#) (Burlington, WI)
Friday: Trumpet, [Mycopia Mushrooms](#) (Scottville, MI)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.
- Sage / Rosemary / Oregano**: [Wind Ridge Herb Farm](#) (Caldonia, IL)
Storage Tip - Keep dry in a plastic bag in the crisper. All are great dried!
- Carrots**: [PrainErth Farm](#) (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.
- Blue Potatoes**: [PrainErth Farm](#) (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.
- Greens** (you will receive one of the following):
Wednesday: Lettuce, [Artesian Farms](#) (New Buffalo, MI)
Thursday: Microgreens, [Closed Loop Farms](#) (Back of the Yards, Chicago, IL)
Friday: Tomatoes, Mightyvine (Chicago, IL)
Storage Tip, tomatoes - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.
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.
- Butternut Squash**: [Angelic Organics](#) (Caledonia, IL)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.
- Chestnuts**: [Cherry Capital Foods](#) (Traverse City, MI)
Storage Tip - Fresh chestnuts, still in their shells, will keep for about a week in a cool, dry place. To store them longer, place them in a plastic bag - perforated to allow for air circulation - and refrigerate them for up to a month.

Substitutions

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

- Cabbage**: [Genesis Growers](#) (St. Anne, IL) - Mushroom substitute
Storage Tip - Keep in a plastic bag in the crisper for two weeks.
- Leeks**: [Nichols Farm and Orchard](#) (Marengo, IL) - Mushroom substitute
Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!
- Sunchokes**: [Nichols Farm and Orchard](#) (Marengo, IL) - Egg substitute
Storage Tip - Keep in a cool, dry, dark area for up to a week, or sealed in a bag with towels or paper towels to absorb moisture for up to three weeks.
- Red Kale**: [Nichols Farm and Orchard](#) (Marengo, IL) - Bread substitute
Storage Tip - 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!
- Sweet Potatoes**: [PrainErth Farm](#) (Atlanta, IL) - Beverage substitute
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.
- Parsnips**: [Victory Farms](#) (Hudsonville, MI) - Miscellaneous substitute
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.
- Purple Top Turnips**: [PrainErth Farm](#) (Atlanta, IL) - Miscellaneous 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.



[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 greens - 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!

Recipe Recommendations

Click on the image to access the recipe

