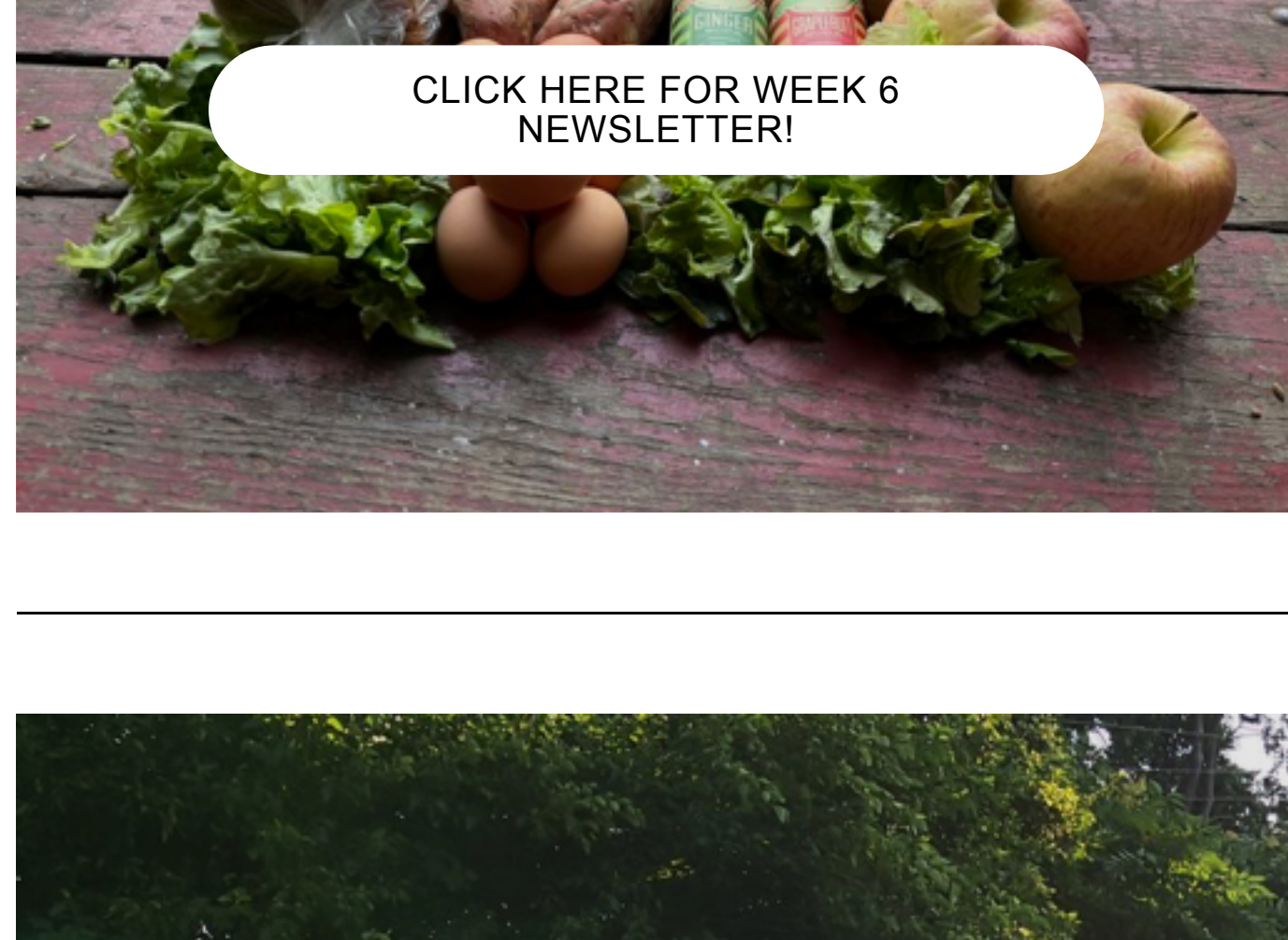




# Winter Week 7 - 12/7 - 12/8 - 12/9

## Welcome to Winter LUCSA Week 7!

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto: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 - beer - popcorn - apples - winter squash - potatoes - radishes - greens

Members who do not wish to receive alcohol can email us at [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) and we will provide a non-alcoholic beverage alternative!

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](mailto: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](mailto:lucsa@theurbancanopy.org) for any questions or concerns about your box!

CLICK HERE FOR THE ADD-ON ORDER FORM



### Mick Klug Honeycrisp Apples

2# honeycrisp - your favorite ideal eating apple!



### Pleasure Pies 1/4 Magic Matcha Pie

Ingredients: matcha magic pie: matcha, chocolate, oreos, coconut cream, oat milk, agar agar, blackberry, walnut, pumpkin seeds, sweetened condensed coconut milk, coconut shreds, coconut oil



### Underground Meats Black Garlic Salami

2oz, House-made ingredients. Underground Meats slowly caramelizes whole heads of garlic until the cloves turn black resulting in a rich flavor that infuses the meat.



### Artesian Farms Pesto

A tangy blend of Artesian Farm basil with extra virgin olive oil, walnuts, garlic, parmigiano and sea salt. Great on ...everything!



### Prairie Fruits Farm Feta in Brine

PFF feta is made "Greek style" and aged in a whey brine for at one month. It is crumbly yet creamy, tangy and simply delicious. It can be used in many recipes calling for good quality feta OR dress it up with some extra virgin olive oil, fresh herbs and edible flowers, serve with warm crusty bread.



### Mick Klug Apple Cider

Fresh-pressed Apple Cider (a great mix of cider apples). Half gallon.



### Foxship Bakery Peppermint Crunch Cookies

Three quarter-pound vegan cookies.



### Wisco Pop Sparkling Water

Fresh lime juice and filtered sparkling water. How could something so simple have such big taste? It'll get you back on track after a hike or perhaps reward yourself with a low-cal, LOCAL mojito.

& much more available!

## Winter Squash Guide

Winter squash are super reliable crops that midwest growers depend on through the winter season! There are so many different kinds, but you can always rely on simple cooking methods to bring out the sweet and nutty flavor we love in winter squash. For most squash, you can remove the seeds, toss with oil and salt, and bake. Here is a quick breakdown of the squash you may receive and how they differ from each other:

- Butternut Squash - a very popular winter squash due to its creamy texture and low amount of seeds. Great in soups, baked dishes, roasted in a salad, and anywhere you want that pleasant sweet and savory taste.
- Acorn Squash - smaller and slightly rounded squash with a mild sweet taste and edible skin. Super versatile and can be baked, roasted, steamed, sautéed, or even cooked in the microwave.
- Carnival Squash - cross between sweet dumpling and acorn squash. Looks like an acorn squash with more fun colors. Mild nutty taste and buttery texture once cooked! Roast, steam, or puree to bring out its natural sweetness.
- Kabocha Squash - squat and round, dull green skin or red skin, sometimes lumpy. Super sweet and nutty with a texture similar to sweet potatoes. Cook similarly to any winter squash!
- Silver Bell Squash - open-pollinated selection from a Blue Banana squash population. Grey bell shaped squash that sometimes turns pink in storage. Earthy and slightly sweet taste, with a smooth texture. Substitute for any winter squash!



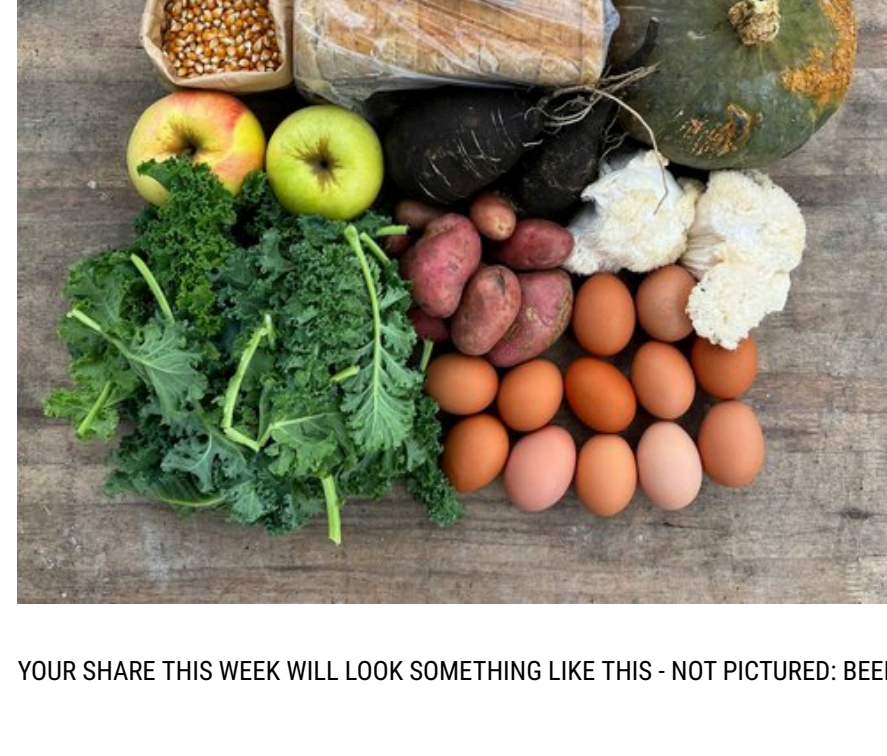
Refer to this article by TheKitchen which also links plenty of recipes for squash! See our favorite at the bottom of the newsletter.

## 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:**  
Beer: by [Off Color](#) (Chicago, IL) - Bear Bear Sahti, Cherry Beer for Pizza, Scurry Dark Honey Ale  
Storage Tip - Store in the fridge to enjoy cold.



**Bread:**  
Wednesday: [Challah](#), [Eranter Bakery](#) (Pilsen, Chicago, IL)  
Thursday: [Country Round](#), [Middlebrow](#) (Logan Square, Chicago, IL)  
Friday: [Sourdough Pullman](#), [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 toasts or croutons. Be careful with temperature - you may want to refrigerate bread sooner than later!

**Mushrooms:**  
Wednesday: [Oyster: Primordia Mushrooms](#) (Chicago, IL)  
Thursday: [Oyster: Primordia Mushrooms](#) (Chicago, IL)  
Friday: [Crimini: River Valley Ranch](#) (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.

**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.

**Potatoes:** [Happy Valley Farm](#) (Black Earth, WI), [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.

**Golden Delicious 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.

**Assorted Winter Squash (see photo):** [Hoffman Organics](#) (Huntertown, IN), [Happy Valley Farm](#) (Black Earth, WI), [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 weeks.

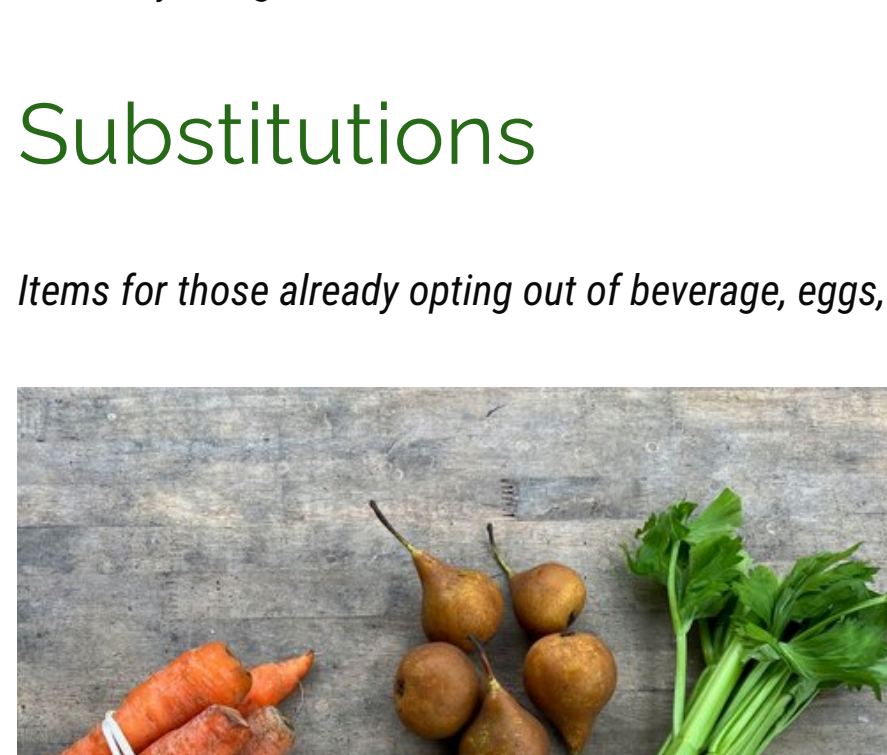
**Head Lettuce, Salad Greens or Kale:** [Artesian Farms](#) (New Buffalo, MI), [PrainErth Farm](#) (Atlanta, IL)  
Storage Tip - Salad greens: Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week. Kale: Remove from compostable green bag. Make sure greens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

**Black Spanish Radishes:** [Nichols Farm and Orchard](#) (Marengo, IL)  
Storage Tip - Keep dry stored in a perforated bag in the refrigerator for up to a month.

**Popcorn:** [Nichols Farm and Orchard](#) (Marengo, IL)  
Storage Tip - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.



THIS WEEK'S SQUASH GUIDE FROM LEFT TO RIGHT: ACORN SILVER BELL, AUTUMN FROST, KABOCHA, BUTTERNUT



**Pears:** [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.

**Gold Turnips:** [PrainErth Farm](#) (Atlanta, IL)  
Storage Tip - Keep in the crisper or a plastic bag in the fridge. Revive limp vegetables by standing or soaking them in cold, plain, fresh water for a few minutes in order for them to reabsorb lost moisture.

**Celery:** [Nichols Farm and Orchard](#) (Marengo, IL)  
Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

**Carrots:** [Nichols Farm and Orchard](#) (Marengo, IL)  
Storage Tip - Remove carrots 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.

**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 3-4 cups cooked rice.

## Recipe Recommendations

Click on the image to access the recipe



How to Make Stovetop Popcorn



Loaded Potato Soup



Potato, Salami, and Goat Cheese Frittata



Grilled Potato Salad with Celery and Mustard Seeds



Roasted Squash and Apple Salad



Whatever You Want Soup



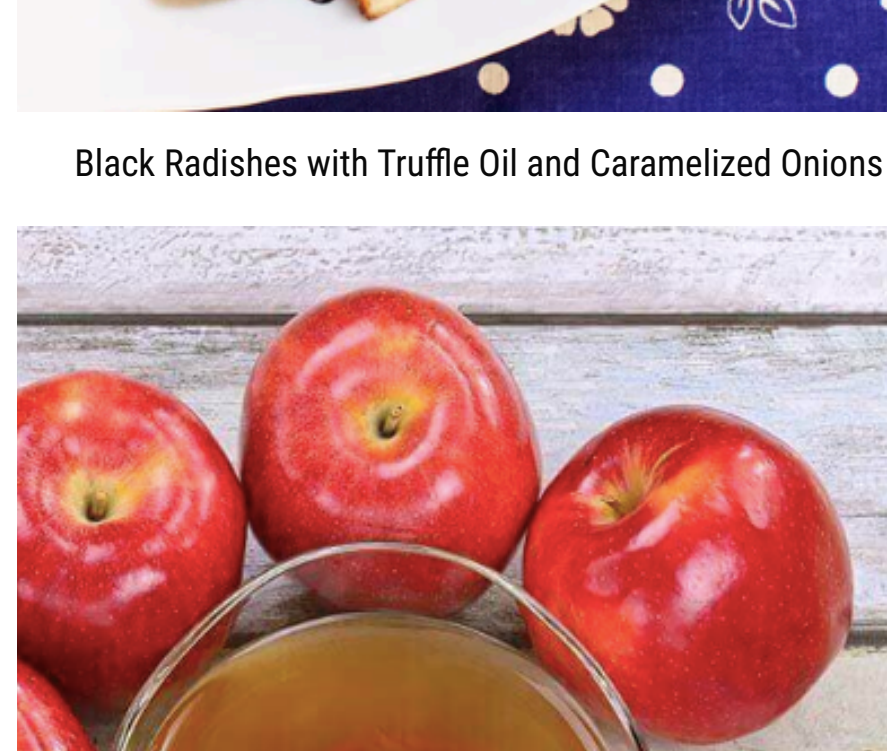
Black Radishes with Truffle Oil and Caramelized Onions



Black Radishes Three Ways!



Roasted Radish and Potato Salad with Black Mustard



Apple Cider Vinegar from Apple Scraps



Kale Apple Salad with Panetta and Candied Pecans



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible)