



## 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!



A warm welcome back to our LUCSA members and our crew as we jump back into the swing of things this week. Hoping everyone had a restful break!

## 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](#)



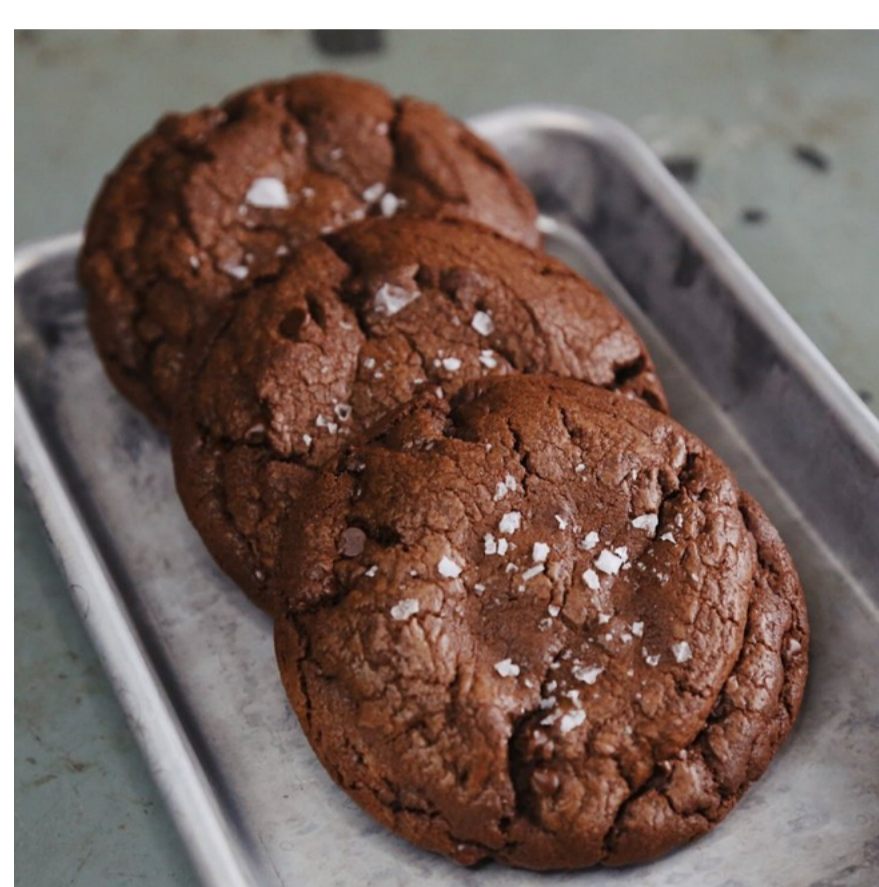
### katherine anne confections drinking chocolate

new variety! 15 ounces of sumptuous drinking chocolate w/ peppermint chip marshmallows, made with ground chocolate (not cocoa powder) and can be melted with a mixture of milk and cream, just milk, almond milk, or water.



### nordic creamery butter

back in stock! 3/4 lb log of fresh wisconsin family farmed butter - cultured butter with sea salt, very rich salted butter with 85% butter fat. can keep frozen and thaw as needed for all your buttery needs!



### foxship bakery salted brownie cookies

3 pack chicago's original 1/4 lb salted brownie cookies. vegan.



### senteamental moods tea

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



### artesian farms pesto

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



### gary comer youth center honey

one 12 oz jar of local chicago sweetness

& 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

**Kombucha:** [Kombuchade](#) (Back of the Yards, Chicago, IL)

*Storage Tip* - Kombuchade is best enjoyed cold, but because Kombuchade doesn't contain fruit juices or added sugar, your product will be safe at room temperature.

#### Bread

**Wednesday:** [Pain Au Levain](#) [pHlour Bakery](#) (Andersonville, Chicago)

**Thursday:** [Focaccia](#) [pHlour Bakery](#) (Andersonville, Chicago)

**Friday:** [Pullman Sourdough](#) [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 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:** [Trumpet](#), [Mycopia Mushrooms](#) (Scottville, MI)

**Thursday:** [Crimini](#), [River Valley Mushrooms](#) (Burlington, WI)

**Friday:** [Crimini](#), [River Valley Mushrooms](#) (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.

**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.

**Artesia Radish:** [PrairieEarth Farm](#) (Atlanta, 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.

**Blue Potatoes:** [PrairieEarth 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):

**Lettuce:** [Artesian Farms](#) (New Buffalo, MI)

**Microgreens:** [Closed Loop Farms](#) (Back of the Yards, Chicago, IL)

**Lettuce Heads:** [PrairieEarth Farm](#) (Atlanta, IL)

*Storage Tip, lettuce and microgreens* - The lettuce / 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.

**Golden 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.

**Tomatoes:** [Mightyvine](#) (Chicago, IL)

*Storage Tip* - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

**Onions:** [Nichols Farm and Orchard](#) (Marengo, IL) / [Alsum Farms](#) (Friesland, WI)

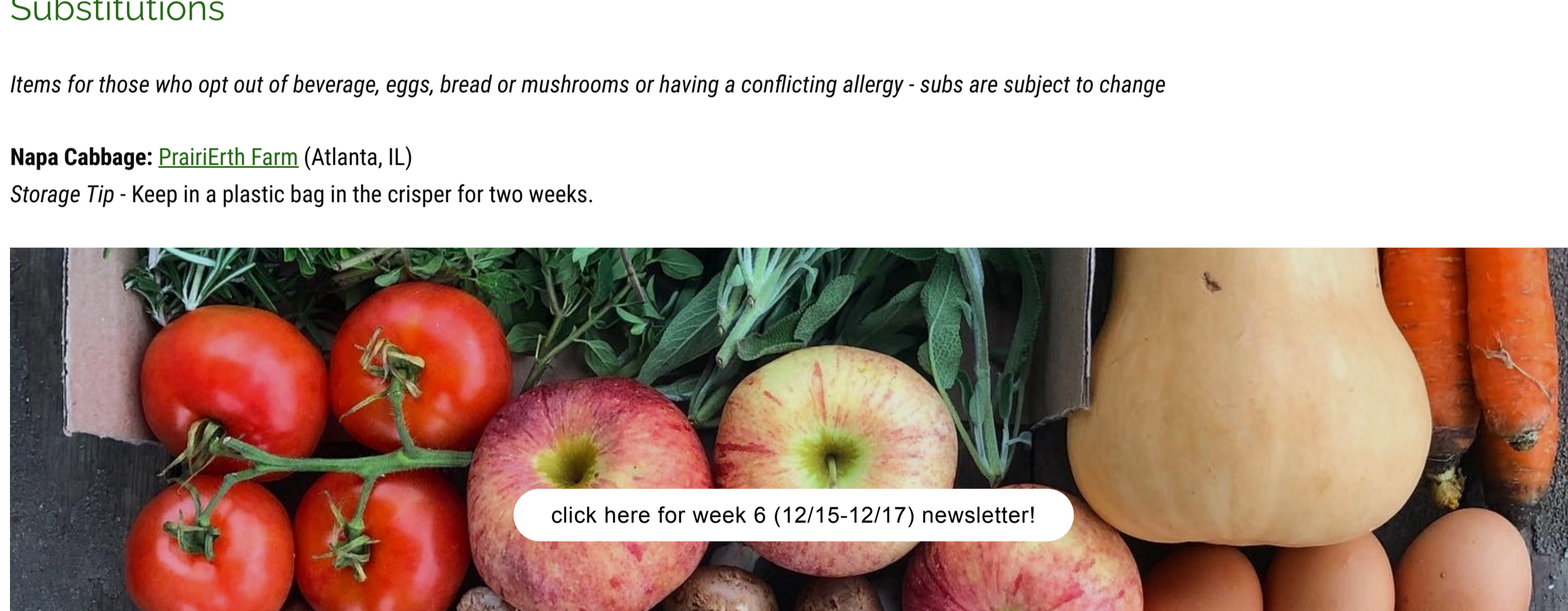
*Storage Tip* - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a [perforated paper bag](#), for up to 6 months.

#### Substitutions

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

**Napa Cabbage:** [PrairieEarth Farm](#) (Atlanta, IL)

*Storage Tip* - Keep in a plastic bag in the crisper for two weeks.



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## Recipe Recommendations

Click on the image to access the recipe



pickled radish



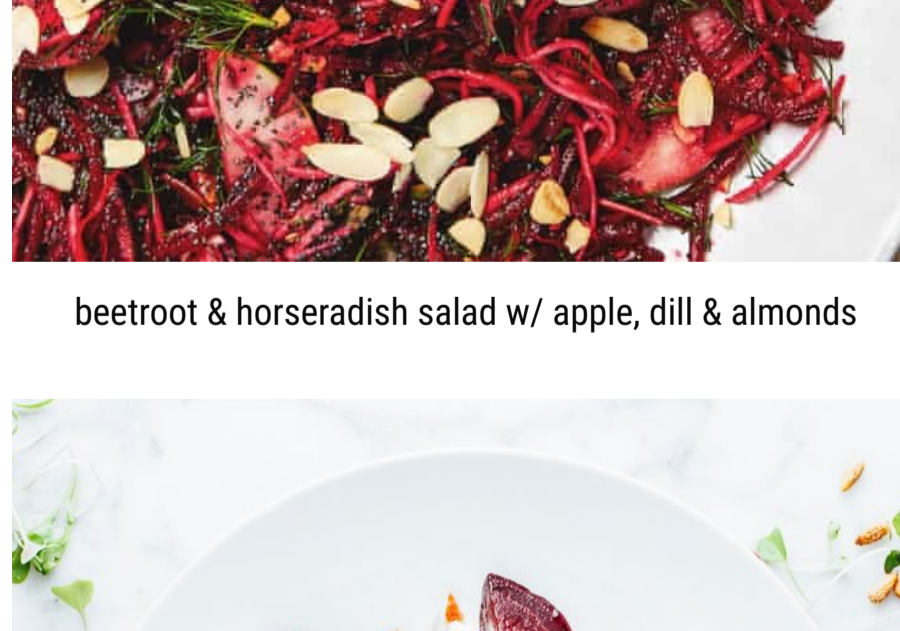
beetroot & horseradish salad w/ apple, dill & almonds



golden apple coffee cake



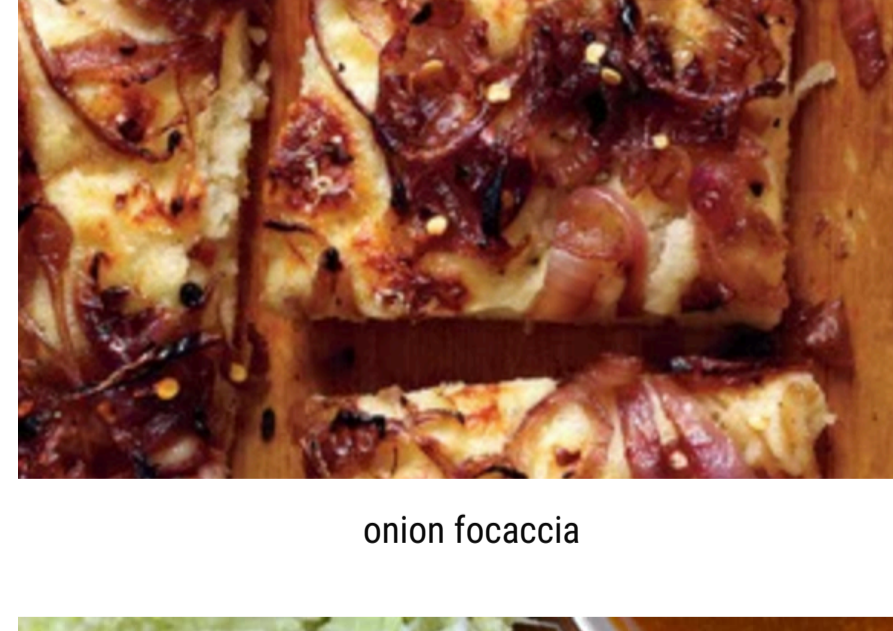
onion focaccia



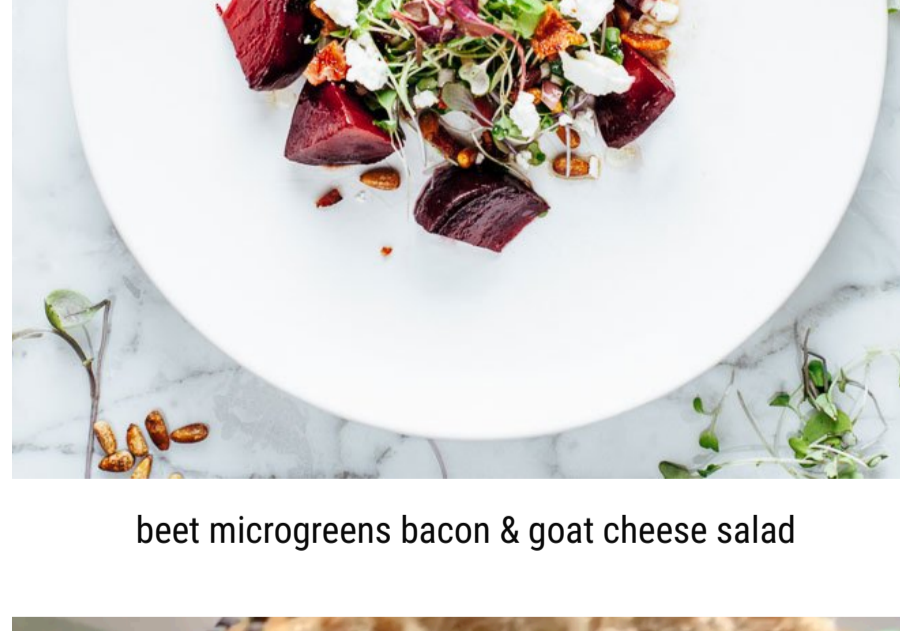
beet microgreens bacon & goat cheese salad



spicy roasted radish fries



napa cabbage and tofu salad



beet & kidney bean veggie burger



onion upside down cornbread



how to dry tomatoes in the oven



fried apples and onions



oven roasted tomatoes