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# Winter Week 8 - 12/14 - 12/15 - 12/16

Welcome to Winter LUCSA Week 8!

*This is our last week of deliveries before January 2023! We hope you have a great holiday and we'll see you with lots of great local produce in the new year.*

CLICK HERE FOR WEEK 7 (12/7-12/9) NEWSLETTER!

NEWSLETTER ARCHIVE -  
FIND ALL OTHER PAST  
NEWSLETTERS HERE

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

In your box this week:  
eggs - bread - mushrooms - coffee - chestnuts - potatoes -  
cabbage - herbs - apples - 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](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](#)



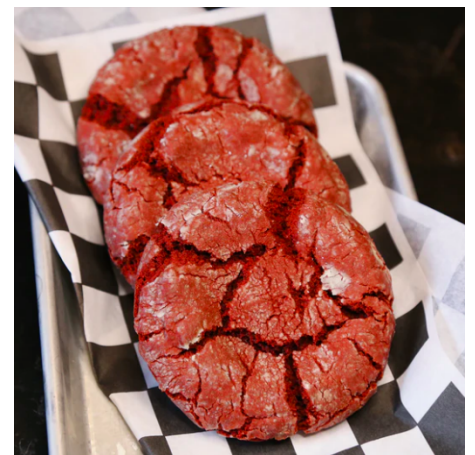
## Komunity Kombucha

Rose Petal Berry 12oz - rose petal, lemongrass, schisandra berry, elderberry



## Artesian Farms Basil and Pesto

Michigan large leaf italian basil + pesto made with basil, extra virgin olive oil, walnuts, garlic, parmigiano and sea salt.



## Foxship Bakery Vegan Cookies

Red Velvet - three vegan quarter pound cookies. crisp around the



## Bushel & Peck's Beet Ketchup

Slightly sweet with an earthy beetroot flavor, you will find every way possible to enjoy Bushel & Peck's Beet Ketchup. We love it as a dipping sauce with sweet potato fries, a glaze for meatloaf, or right on top of our burgers and brats!



## Underground Meats 'Nduja

3oz spreadable salami. Calabrian-style, spicy with ancho chilis, ghost peppers

edge and chewy in the center, rolled in powdered sugar.



## UC Canned Whole Tomatoes

24oz. - great for chili, pizza sauce, soups, pasta sauce, tomato soup, and so much more.

*& much more available!*

## Winter Gear Drives in Chicago

There are many winter clothing drives that occur in Chicago every year to help all of our neighbors stay warm through these long, tough Chicago winters! If you have winter gear you don't need anymore, there are many places who can redistribute those to someone who can use them. Here are a few we'd like to highlight:

Mays Academy in Englewood is asking for the following:

- Snow boots (sizes 4T (children) through Adult Men/Women Size 11)
- Adult sized winter coats (Medium through 2XL)
- Scarves (all sizes, children & adults)
- Gloves (all sizes, children & adults)
- Winter Hats (all sizes, children & adults)

Donations can be shipped directly to the school:

Mays Academy  
6656 S. Normal Ave.  
Chicago, IL 60621  
Attn: Community Care Room

Donations can also be dropped-off in person, on school days, during regular hours: Monday through Friday between 7:45 a.m. and 2:45 p.m.

*For those in need, this free micro-pantry has the following event on 12/17:*

*You can also attend to drop off donations.*

Ukrainian Village

# Winter Community Event

**Community event:**  
December 17th, 11:30am-3pm

**Event location:**  
Holy Trinity Orthodox Cathedral  
1121 North Leavitt Street  
Chicago, Illinois 60622

**Please Join Us For:**  
Hot cocoa/coffee,  
help signing up for  
services, & spending  
time together!

**Staying nearby?**  
The FREE micropantry at Holy Trinity Cathedral is expanding! We're adding a blessing box and asking the community to fill it with coats, hats, gloves, etc. Come take what you need and give what you don't!

**Join us for this free community event!**

Looking for other services?  
Visit [findhelp.org](http://findhelp.org)

# 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:**

**Coffee:** by [Sputnik Roasters](#) (Back of the Yards, Chicago, IL)

*Storage Tip* - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within a month of the roast date. They can be stored in the freezer for up to 4 months.

## **Bread:**

Wednesday: **Sourdough Pullman**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

Thursday: **Challah**, [Franher Bakery](#) (Pilsen, Chicago, IL)

Friday: **Country Round**, [Middlebrow](#) (Logan Square, 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!



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO!

## **Mushrooms:**

Wednesday: **Crimini**: [River Valley Ranch](#) (Burlington, WI)

Thursday: **Oyster**: [Primordia Mushrooms](#) (Chicago, IL)

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.

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

*Storage Tip* - Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard.

**Chestnuts:** [Earthy Delights](#) (Michigan)

*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.



FROM LEFT TO RIGHT: THYME, ROSEMARY, CHESTNUTS, SAGE

**Yellow Candy Onions:** [Nichols Farm and Orchard](#) (Marengo, 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.

**Lettuce or Kale:** [Artesian Farms](#) (New Buffalo, MI), [Nichols Farm and Orchard](#) (Marengo, IL)

*Storage Tip* - Lettuce: 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!

**Sage / Rosemary / Thyme:** [Wind Ridge Herb Farm](#) (Caldonia, IL)

*Storage Tip* - Keep dry in a plastic bag in the crisper for a week for thyme, two weeks for rosemary and a month for lemongrass. All three are great dried!

**Empire 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.

## Substitutions

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



**Watermelon Radish:** [PrairieErth Farm](#) (Atlanta, IL)

*Storage Tip* - Keep in the crisper or a plastic bag in the fridge.

**Beets:** [PrairieErth Farm](#) (Atlanta, IL)

*Storage Tip* - Keep in the crisper or a plastic bag in the fridge.

**Celery:** [Nichols Farm and Orchard](#) (Marengo, IL)

*Storage Tip* - Keep in an open plastic bag in the crisper for up to two



FROM LEFT TO RIGHT: CELERY, BEETS, RUTABAGA, WATERMELON RADISH

weeks.

**Rutabaga:** [PrairieErth Farm](#) (Atlanta, IL)

*Storage Tip* - Will keep for months in a cool storage place. They

store well in plastic bags in a refrigerator or cold cellar.

## Recipe Recommendations

*Click on the image to access the recipe*



Stove Roasted Chestnuts



Lillians Whole Stuffed Cabbage



Creamy Mushroom Chestnut Soup



Apple Ham Quiche



Veggie Cabbage Soup





Cornish Pasty (rutabaga, potato, onion)



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