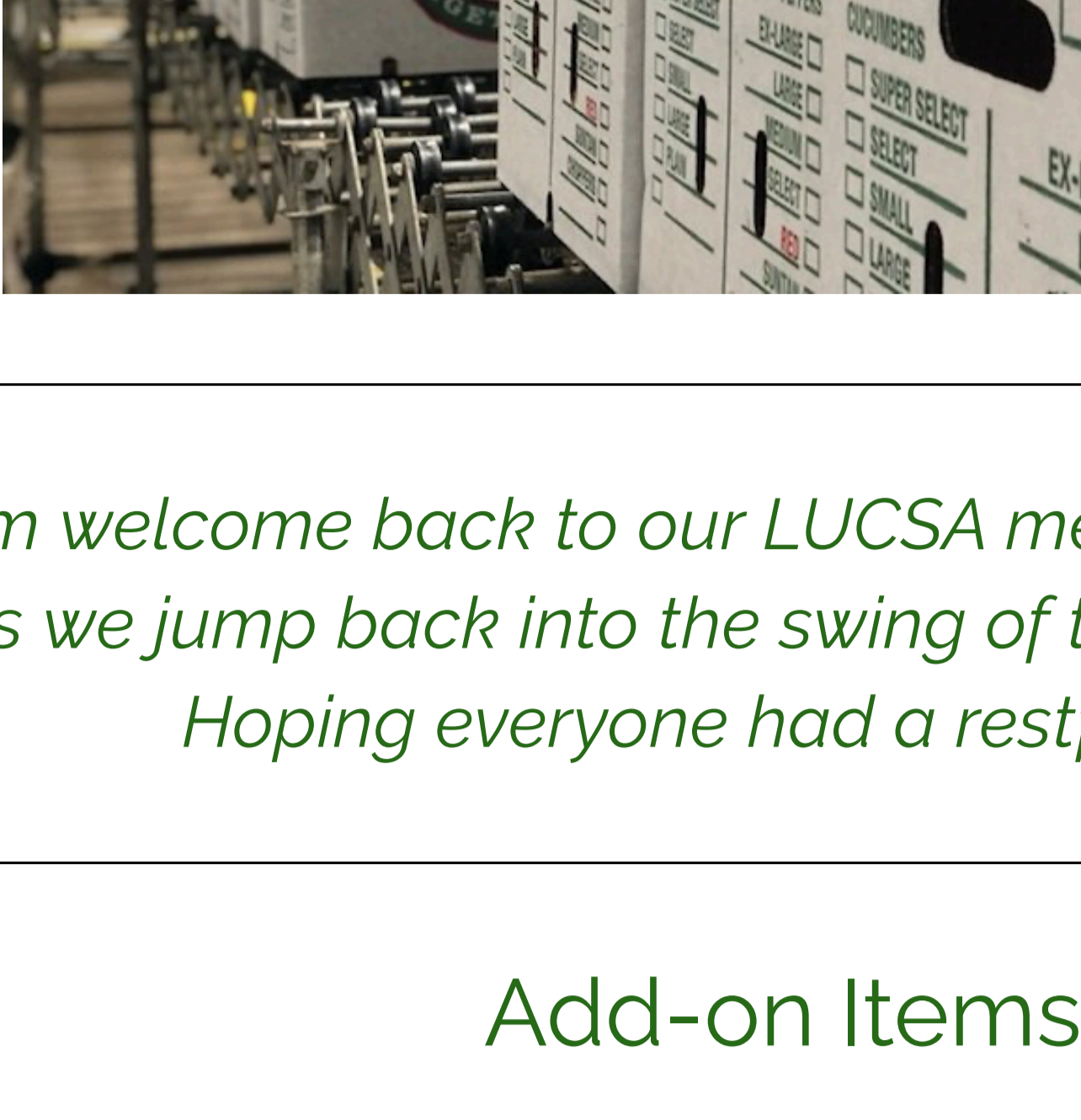


# Winter Week 8: January 12 / 13 / 14

## Welcome to Winter LUCSA week 8!

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

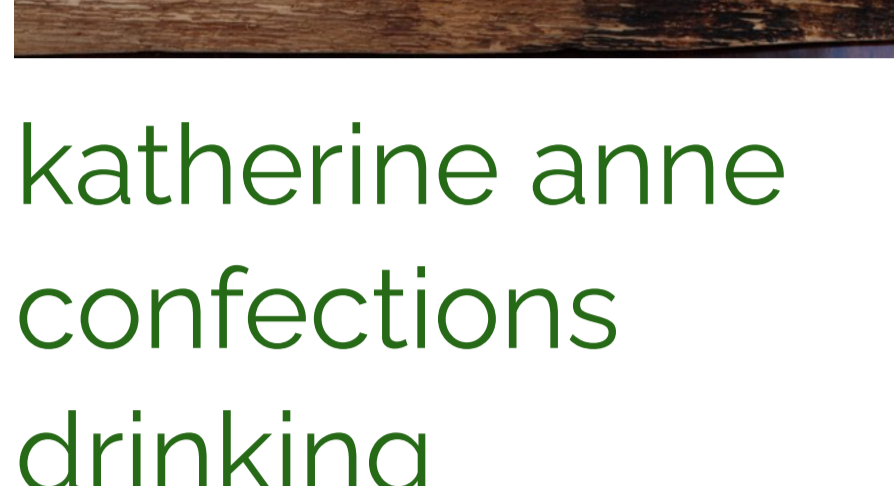
All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

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



**mick klug apple cider**

it's back! half gallon of mick klug's delicious apple cider



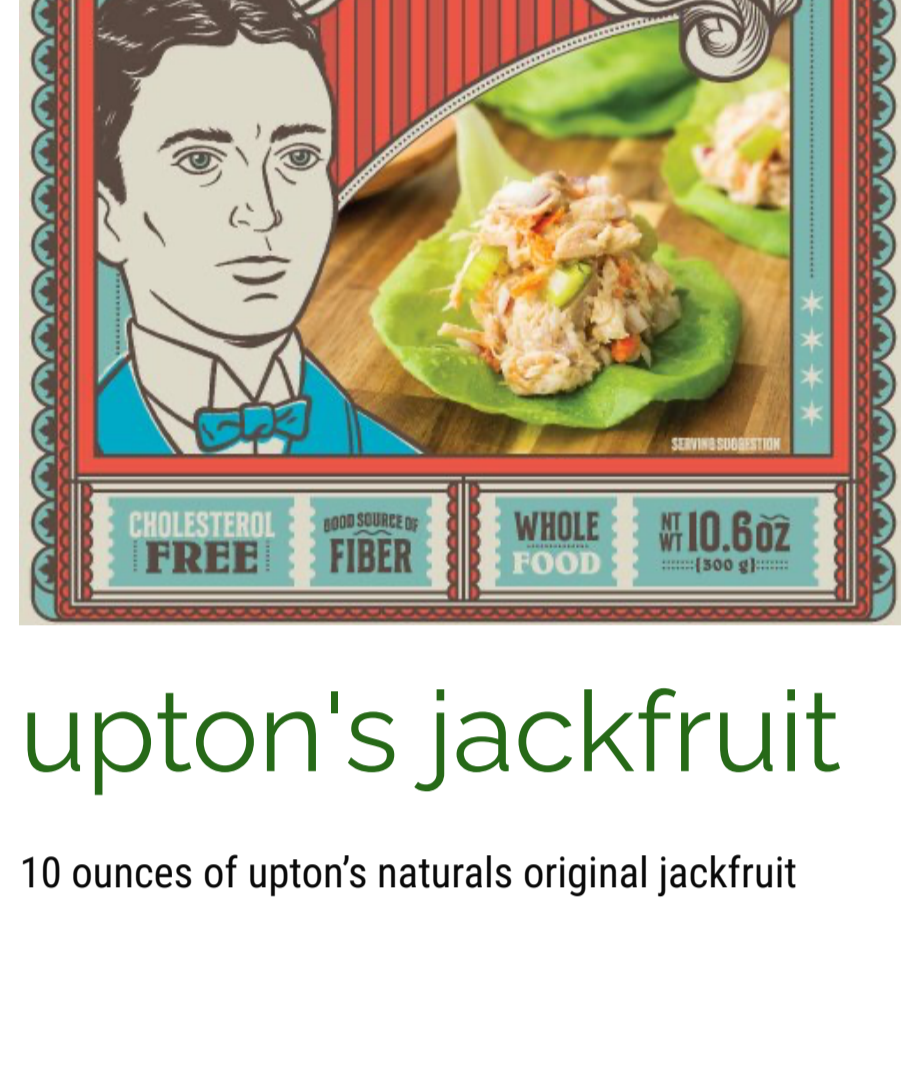
**katherine anne confections drinking chocolate**

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.



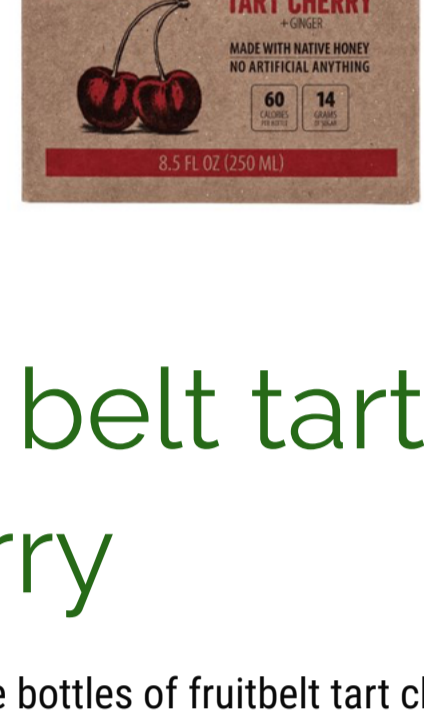
**nordic creamery butter**

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 butter needs!



**upton's jackfruit**

10 ounces of upton's naturals original jackfruit



**fruit belt tart cherry**

4 x 8.5 ounce bottles of fruitbelt tart cherry tonic



**wind ridge farm red wine vinegar**

10 ounces of red wine vinegar infused with raspberries and blackberries (different variety from what is shown in the picture)

& 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

**Tea:** [Wind Ridge Herb Farm](#) (Caldonia, IL)

**Storage Tip** - Loose leaf tea should be stored in an air-tight ceramic or glass container in a dry and dark space. Herbal teas, also referred to as tisanes, are best consumed in 4-6 months but will be fine for up to 1 year.

### Bread

**Wednesday:** [Garlic Boule](#) [pHlour Bakery](#) (Andersonville, Chicago)

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

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

**Thursday:** [Trumpet](#), [Mycopia Mushrooms](#) (Scottville, MI)

**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.

**Kimchi:** [The Urban Canopy](#) (Lincoln Square, Chicago, IL)

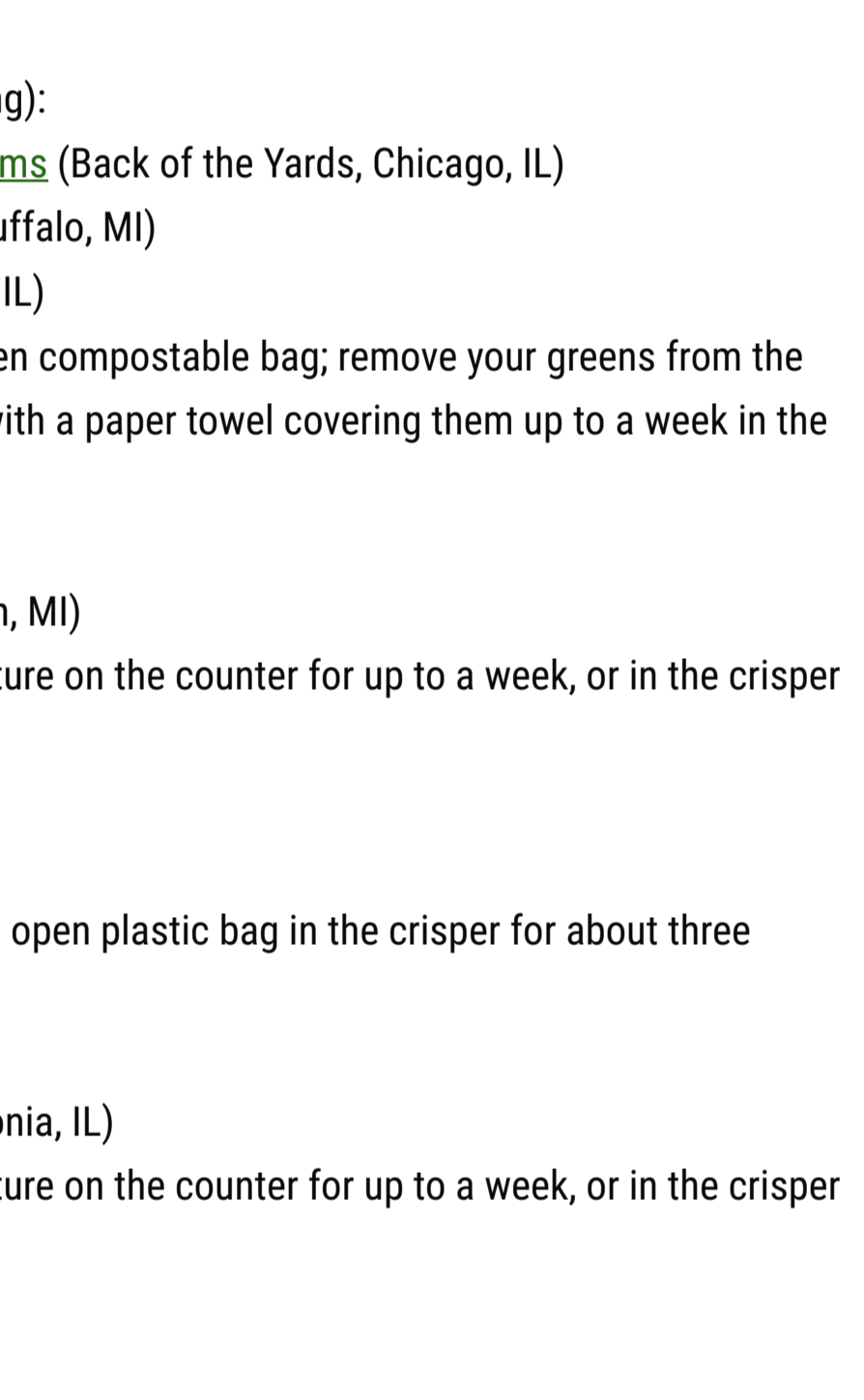
**Storage Tip** - Store in the fridge for up to a month. Must be refrigerated.

**Red Potatoes:** [PraiErth Farm](#) (Atlanta, IL)

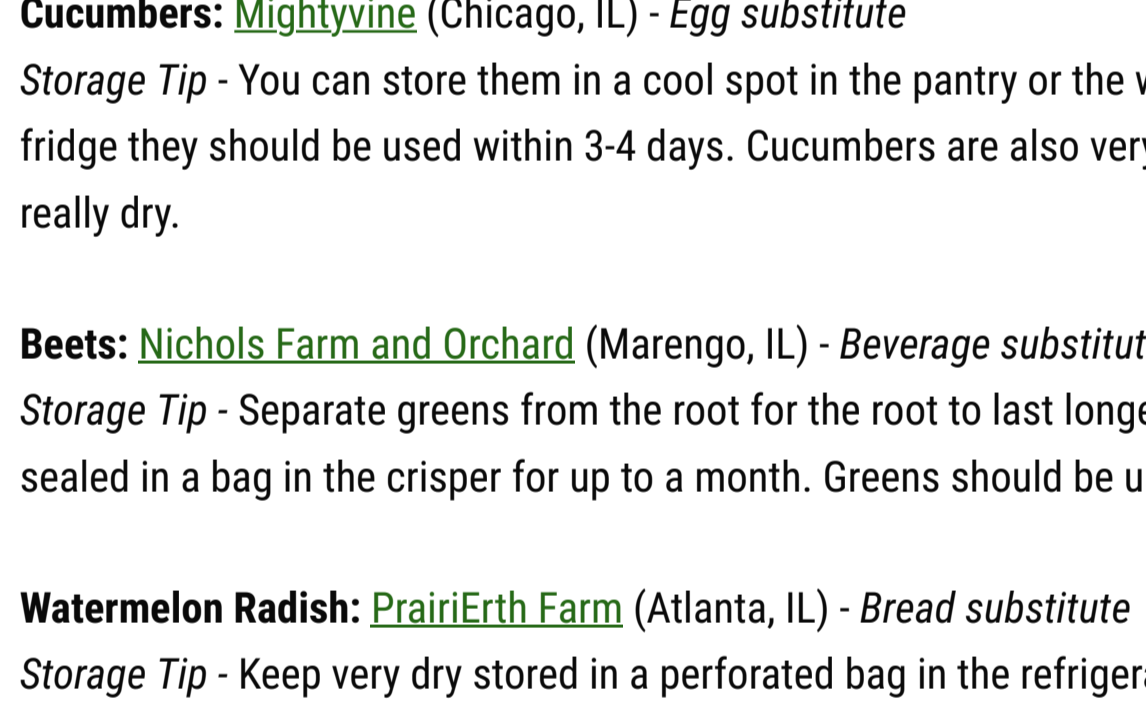
**Storage Tip** - Separate greens from the root for the root to last longer the fridge, in a cupboard or in a [perforated paper bag](#), for up to 6 months.

**Purple Top Turnips:** [PraiErth Farm](#) (Atlanta, IL)

**Storage Tip** - Remove any greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens, if present, should be used within 2 days.



OUR JARRED ITEMS THIS WEEK ASSORTED TEAS FROM WIND RIDGE AND FERMENTED KIMCHI MADE IN HOUSE BY OUR VERY OWN PROCESSING TEAM!



FROM LEFT TO RIGHT: MICROGREENS, LETTUCE, MIXED SALAD GREENS

**Greens** (you will receive one of the following):

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

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

**Friday:** [Salad Mix](#), [PraiErth Farm](#) (Atlanta, IL)

**Storage Tip** - 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.

**Cameo Apples:** [Mick Klug Farm](#) (St. Joseph, MI)

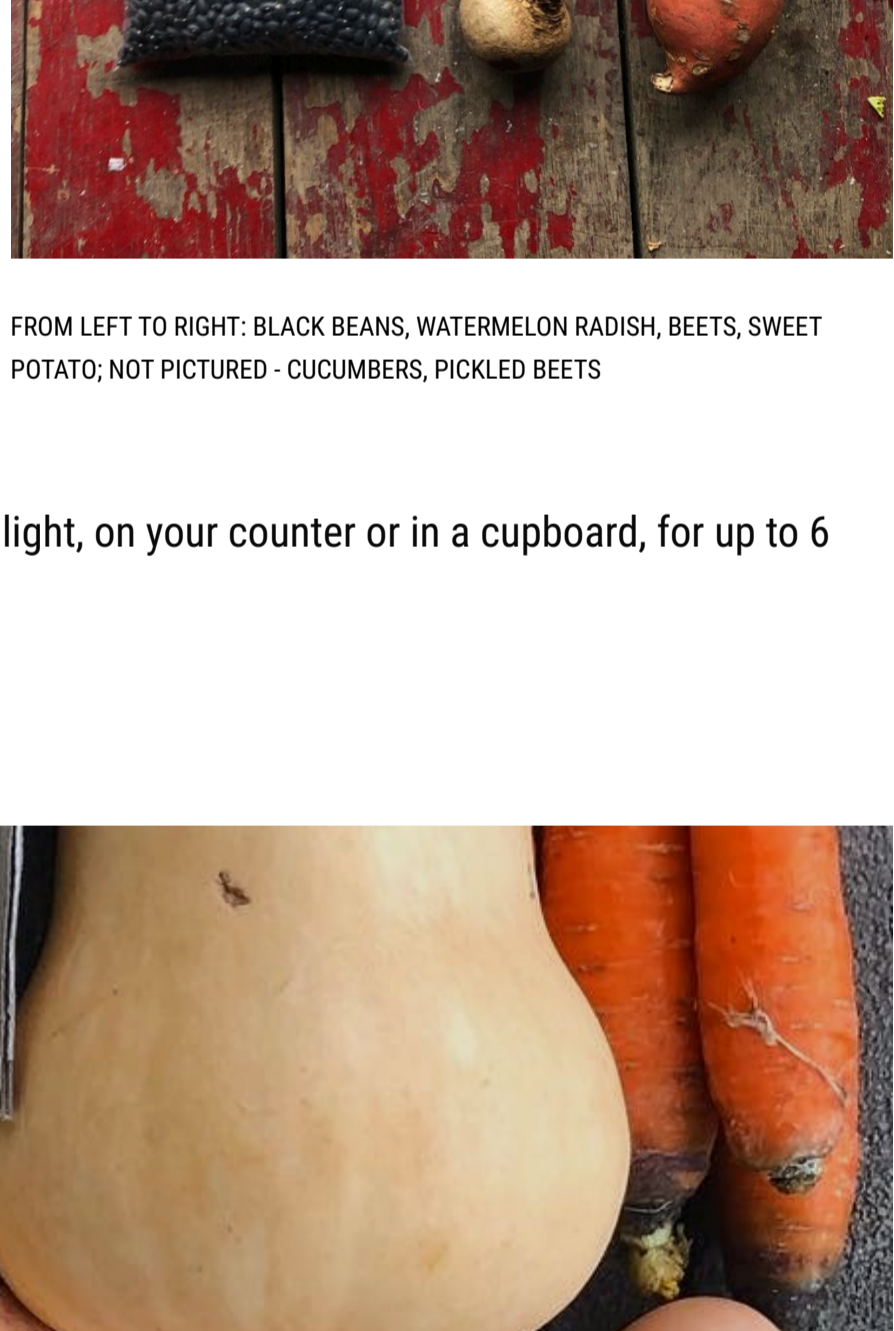
**Storage Tip** - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

**Celery Root:** [Local Foods](#) (Chicago, IL)

**Storage Tip** - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.

**Lemongrass:** [Wind Ridge Herb Farm](#) (Caldonia, IL)

**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: BLACK BEANS, WATERMELON RADISH, BEETS, SWEET POTATO; NOT PICTURED - CUCUMBERS, PICKLED BEETS

## Substitutions

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

**Cucumbers:** [Mightyvine](#) (Chicago, IL) - Egg substitute

**Storage Tip** - You can store them in a cool spot in the pantry or the warmest spot of the fridge. Kept in the fridge they should be used within 3-4 days. Cucumbers are also very sensitive to mold, so make sure they are really dry.

**Beets:** [Nichols Farm and Orchard](#) (Marengo, IL) - Beverage substitute

**Storage Tip** - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

**Watermelon Radish:** [PraiErth Farm](#) (Atlanta, IL) - Bread substitute

**Storage Tip** - Keep very dry stored in a perforated bag in the refrigerator for up to a month.

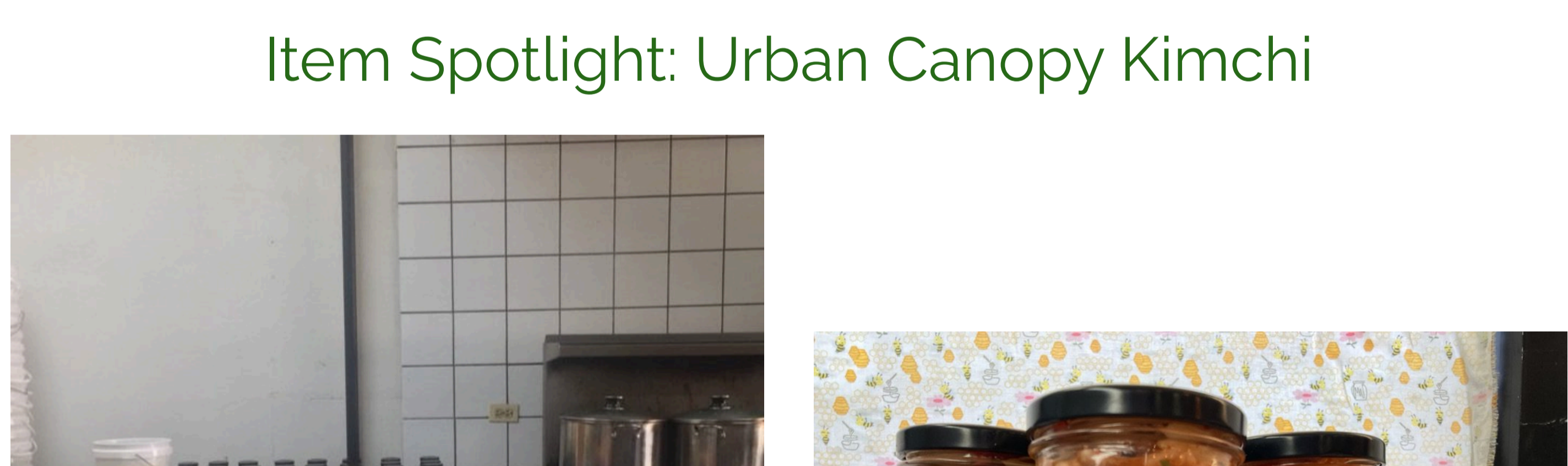
**Black Beans:** [TW Farms](#) - Mushroom substitute

**Storage Tip** - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

**Sweet Potatoes:** [Local Foods](#) (Chicago, IL) - Miscellaneous substitute

**Storage Tip** - Sweet potatoes should never be cold until cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

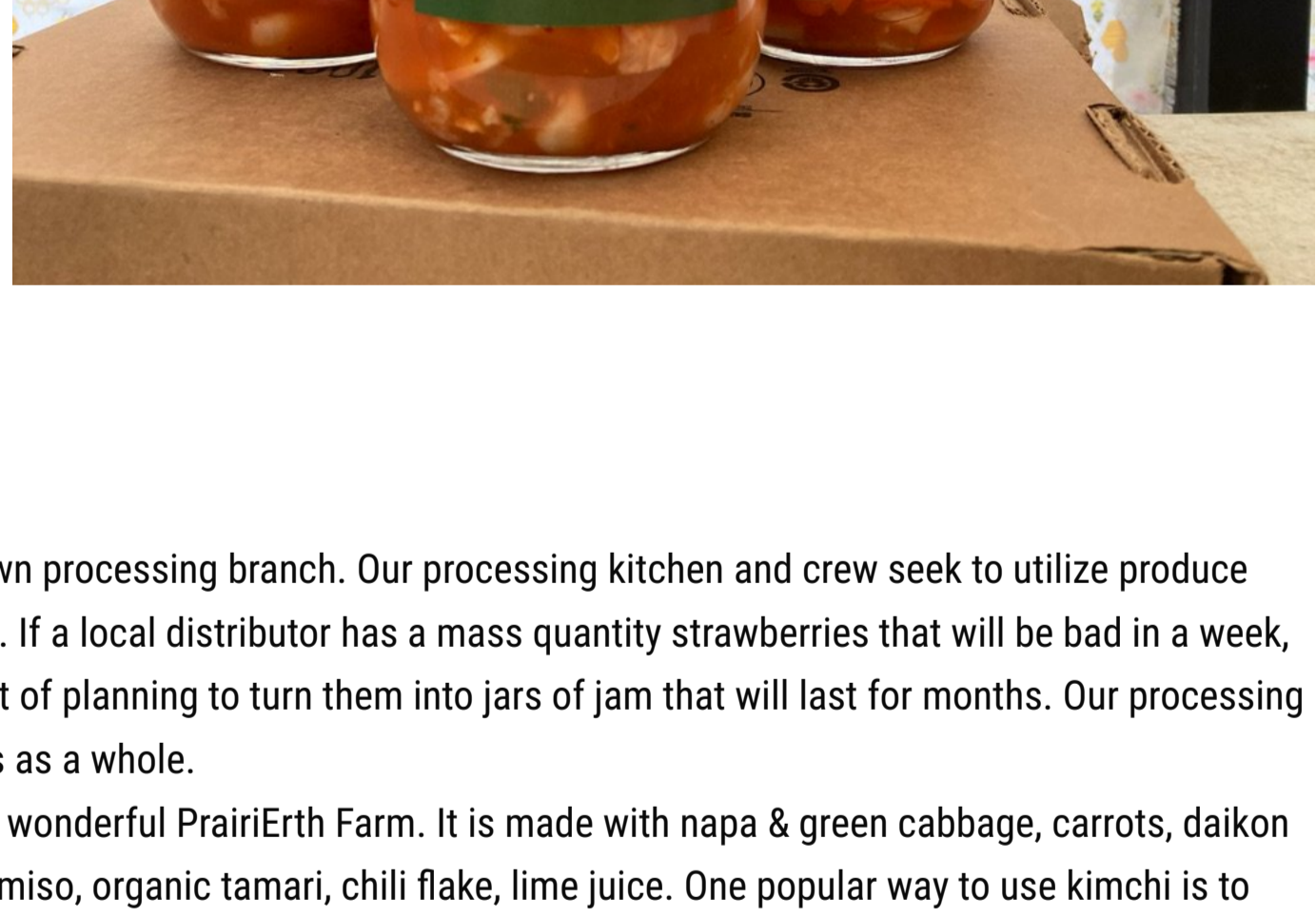
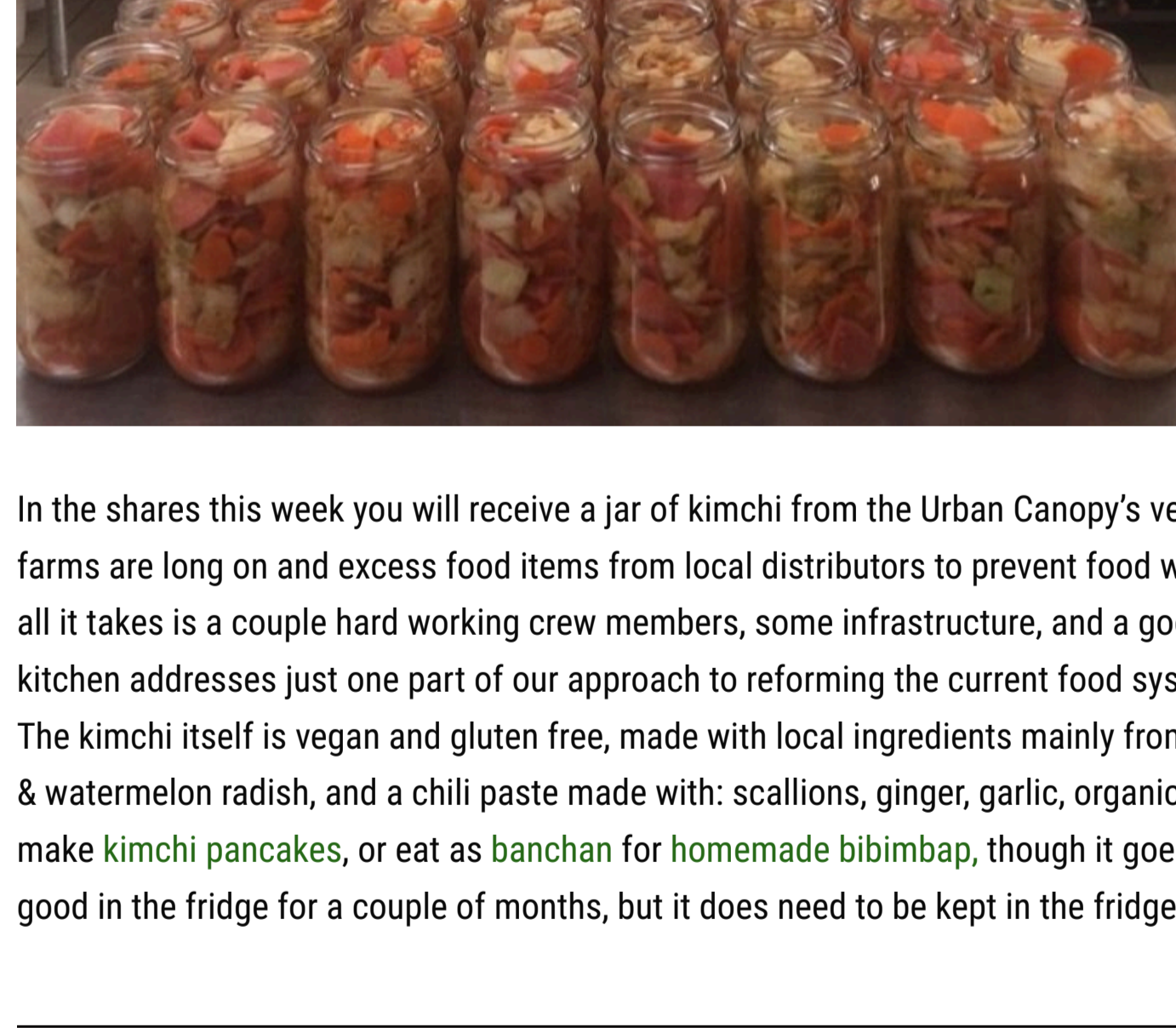
**Pickled Beets:** [The Urban Canopy](#) (Lincoln Square, Chicago, IL) - for Processing - Kimchi substitute



[click here for week 7 \(1/5-1/7\) newsletter!](#)

[NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS](#)

## Item Spotlight: Urban Canopy Kimchi



In the shares this week you will receive a jar of kimchi from the Urban Canopy's very own processing branch. Our processing kitchen and crew seek to utilize produce farms are long on and excess food items from local distributors to prevent food waste. If a local distributor has a mass quantity of strawberries that will be bad in a week, all it takes is a couple hard working crew members, some infrastructure, and a good bit of planning to turn them into jars of jam that will last for months. Our processing kitchen addresses just one part of our approach to reforming the current food systems as a whole. The kimchi itself is vegan and gluten free, made with local ingredients mainly from the wonderful [PraiErth Farm](#). It is made with napa & green cabbage, carrots, daikon & watermelon radish, and a chili paste made with: scallions, ginger, garlic, organic red miso, organic tamar, chili flake, lime juice. One popular way to use kimchi is to make kimchi pancakes, or eat as banchan for homemade bibimbap, though it goes great as a side or addition to many different meals and dishes. The kimchi will stay good in the fridge for a couple of months, but it does need to be kept in the fridge.

## Recipe Recommendations

Click on the image to access the recipe

