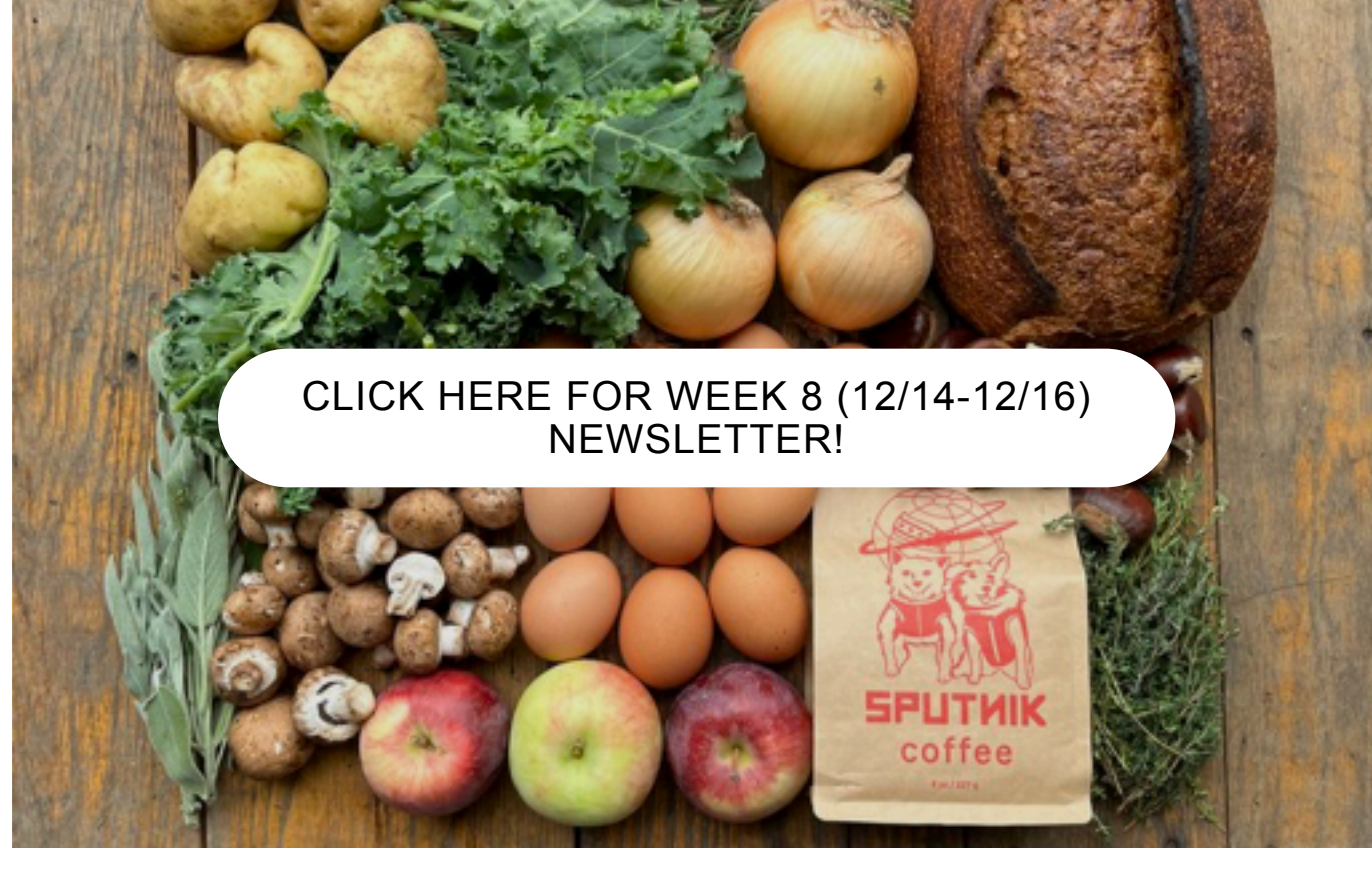




Winter Week 9 - 1/4 - 1/5 - 1/6

Welcome to Winter LUCSA Week 9!



CLICK HERE FOR WEEK 8 (12/14-12/16) 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 - cocoa - kimchi -
turnips - carrots - candy onions - apples -
greens

The Urban Canopy farm, Auburn Gresham, Chicago

In Your Box from the Processing Kitchen: Kimchi - Fermented, Raw, Vegan



The process of lacto-fermentation turns sugars in the veggies into lactic acid which acts as a preservative and also imparts the desired salt/sour/funky notes associated with fermentation. The same conditions that are needed for fermentation (lack of oxygen, cool temperatures, acidic environment) are the same elements that encourage the growth of beneficial microbes in the foods. In order to preserve those microbes and keep the benefits of fermentation, our jars are not heat processed meaning they are not shelf stable and need to be kept in the refrigerator. Since they have not been water bath processed, the jars also will not be pressurized so the little safety button on the cap will not be depressed. No worries though, these jars will be good kept in the refrigerator for a matter of months.

Check out some easy kimchi ideas in the Recipe Section below.

We are very excited to be adding the first jars of the season from our own Urban Canopy Processing kitchen to all the boxes this round. Made using produce from our partners at PrairieEarth Farms, this batch is packed with 300# napa cabbage, 150# carrots and 100# watermelon radishes.

Kimchi is super versatile and brings a healthy spice and crunch to a huge array of dishes. It is an amazing topping for tacos and noodle dishes and can also be cooked into fried rice or an omelette. Check out our Instagram reels from last winter to see a recipe we posted for Kimchi Pancakes.

Traditional kimchi is often made using fish sauce and dried shrimp or shrimp paste, but we chose to go the vegan route and kept our recipe simple using miso paste, ginger, garlic and soy sauce.



CLICK HERE FOR THE ADD-ON ORDER FORM



Cahokia White Rice

1# - great for kimchi fried rice :)



Marshmallows

from Katherine Anne Confections - vanilla bean. a perfect accompaniment to the hot cocoa included in your box this week!



Bridgeport Coffee Beans

8oz whole bean coffee. heavy body sweet berry.



Bloody Mary Mix

24oz. perfect for those who love a good horseradish bite to their cocktail.



Chicago Candle Company

Pilsen based candle company - 4oz amber woodland



Foxship Bakery Cookies

salted brownie. three quarter pound vegan cookies.

& 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.
- 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:

Hot Cocoa Mix: by Katherine Anne Confections (Chicago, IL)

Bread:

Wednesday: **Country Round**, pHour Bakery (Andersonville, Chicago)

Thursday: **Sourdough Pullman**, Publican Quality Bread (Fulton Market, Chicago, IL)

Friday: **Challah**, Franher Bakery (Pilsen, 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!

Mushrooms:

Wednesday: **Oyster**, Primordia Mushrooms (Chicago, IL)

Thursday: **Crimini**, River Valley Ranch (Burlington, WI)

Friday: **Oyster or Lions Mane**, 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.

Kimchi: Urban Canopy Processing Kitchen (Chicago, IL)

Ingredients: Napa cabbage, carrots, watermelon radish, garlic, ginger, miso paste, soy sauce, thai chili powder, sugar, lime juice, salt

Storage Tip - Not shelf stable or pressure sealed. Keep refrigerated. Good for 6 months in the fridge.

Scarlet Turnips: PrairieEarth Farm (Atlanta, IL)

Storage Tip - Best stored in the refrigerator crisper or lowest shelf.

Carrots: PrairieEarth Farm (Atlanta, IL)

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

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.

Wednesday/Thursday: **Tomatoes**, Mightyvine (Chicago, IL)

Thursday/Friday: **Lettuce or Kale**, Artesian Farms (New Buffalo, MI)

Storage Tips:

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!

Tomatoes: Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Ambrosia 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. Ambrosia apples are sweet and crisp with thin skin. They are great for snacking and baking and bring a bit of extra sweetness to baked recipes.

Substitutions

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

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!

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.

Pears: Mick Klug Farm (St. Joseph, MI)

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

Tofu: Phoenix Bean Tofu (Chicago, IL)

Storage Tip - Keep in the fridge. When opening, wash thoroughly and dry tofu by compression with paper towel. Keep unused tofu in fridge with fresh paper towel for up to a week.

Potatoes: Happy Valley Farm (Black Earth, WI)

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard.



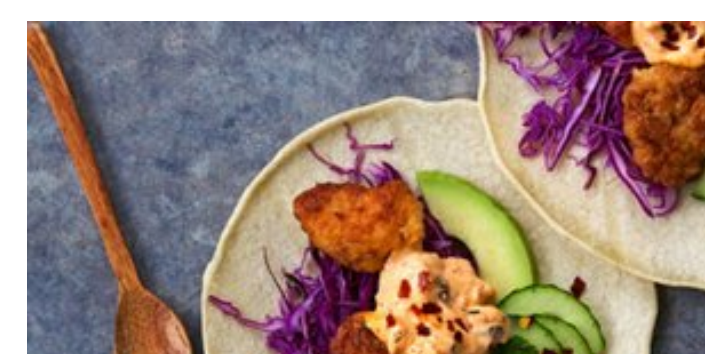
FROM LEFT TO RIGHT: CHESTNUTS, PEARS, EXTRA FIRM TOFU, POTATOES, THYME, ROSEMARY, SAGE

Recipe Recommendations

Click on the image to access the recipe



Kimchi-jeon (Kimchi Pancakes)



Crunchy Fish Tacos with Kimchi Mayo



Crispy Kimchi & Cheddar Omelette



Roasted Turnips, Carrots + Onions w Farro



Miso-Creamed Kale with Mushrooms



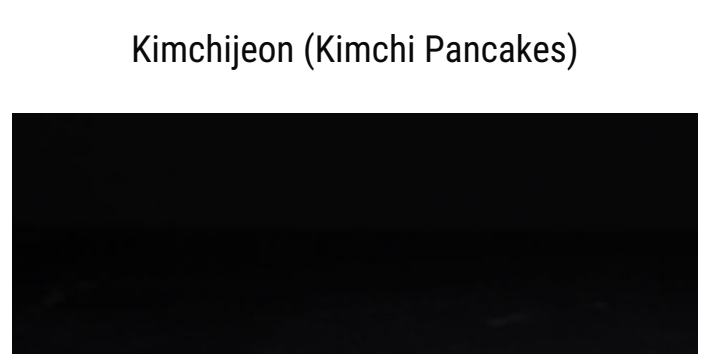
Roasted Carrots w Carrot Top Gremolata



Caramelized French Onion Dip



Marinated Carrot Salad w Ginger + Sesame



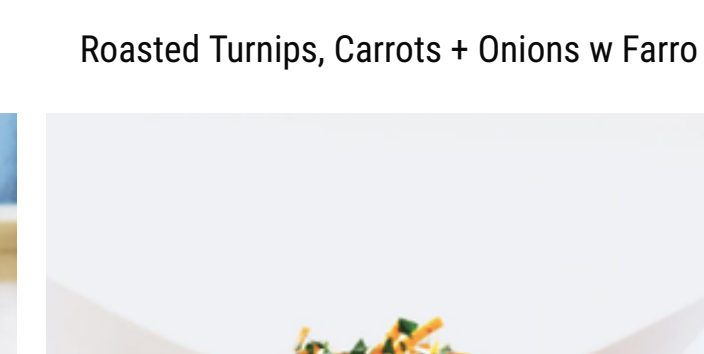
Turmeric Miso Soup w Turnips + Mushrooms



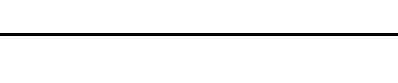
Maple Apple Upside Down Cake



Apple Bread Pudding



Kale + Apple Salad w Pancetta + Pecans



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