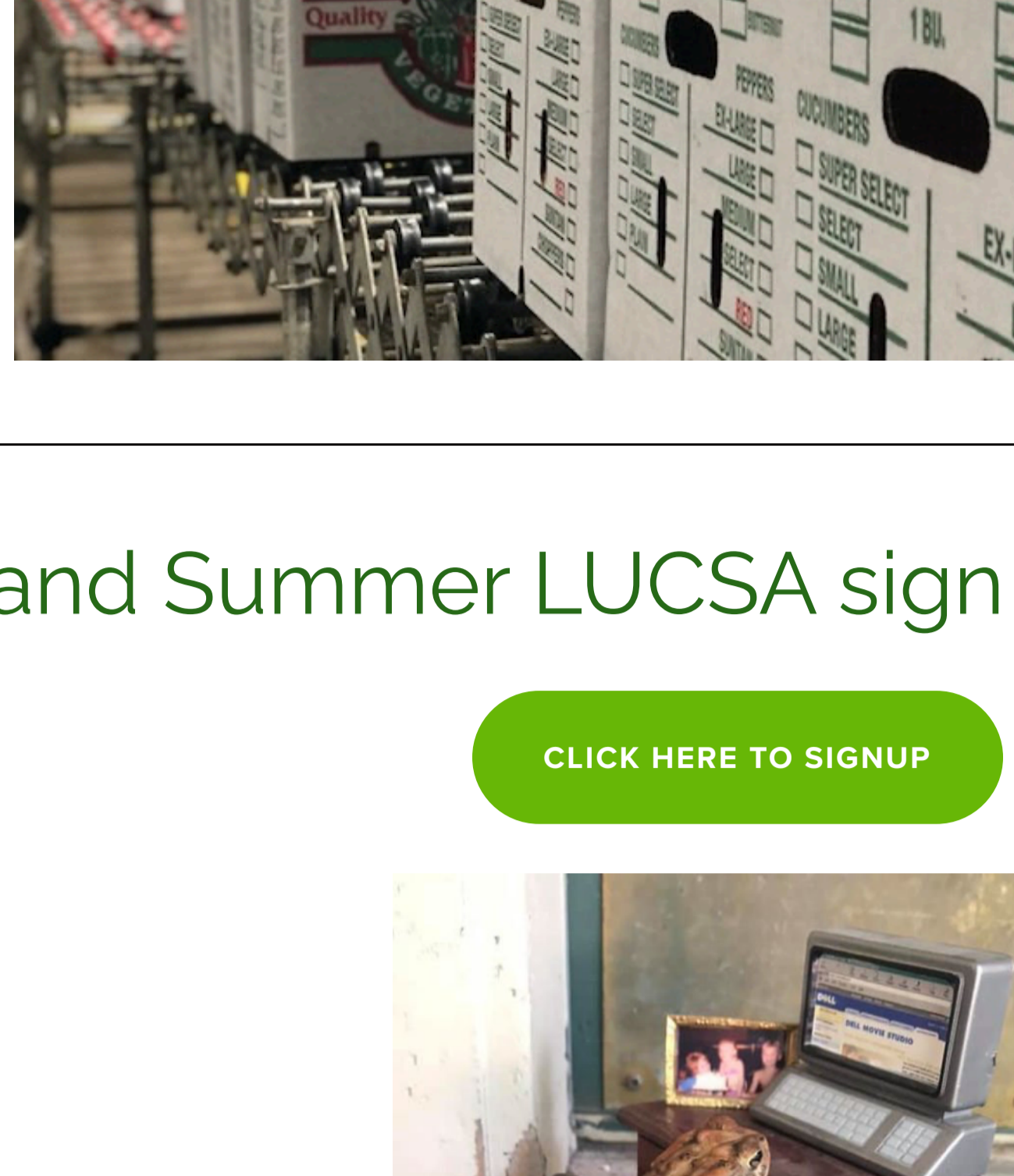




Winter Week 9: January 19 / 20 / 21

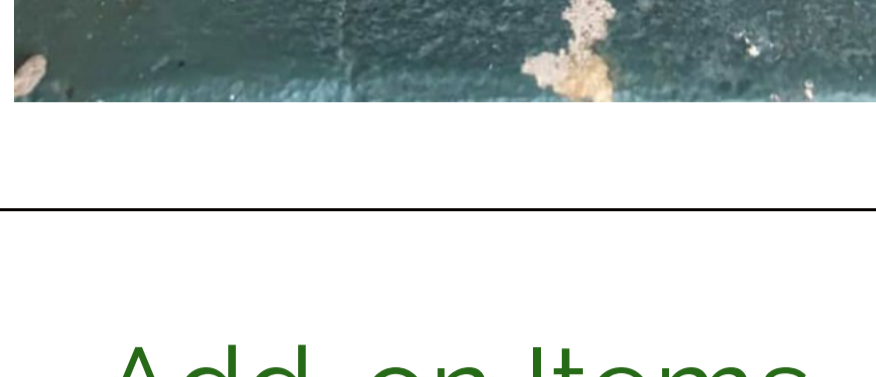
Welcome to Winter LUCSA Week 9!

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



Spring and Summer LUCSA sign ups are now open!

[CLICK HERE TO SIGNUP](#)



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](#)



kombuchade ginger jasmine kombucha

12 oz of locally made ginger jasmine kombucha



prairie fruits farm tomme de cider

apple cider washed semi-hard raw cow milk cheese, 5 ounces



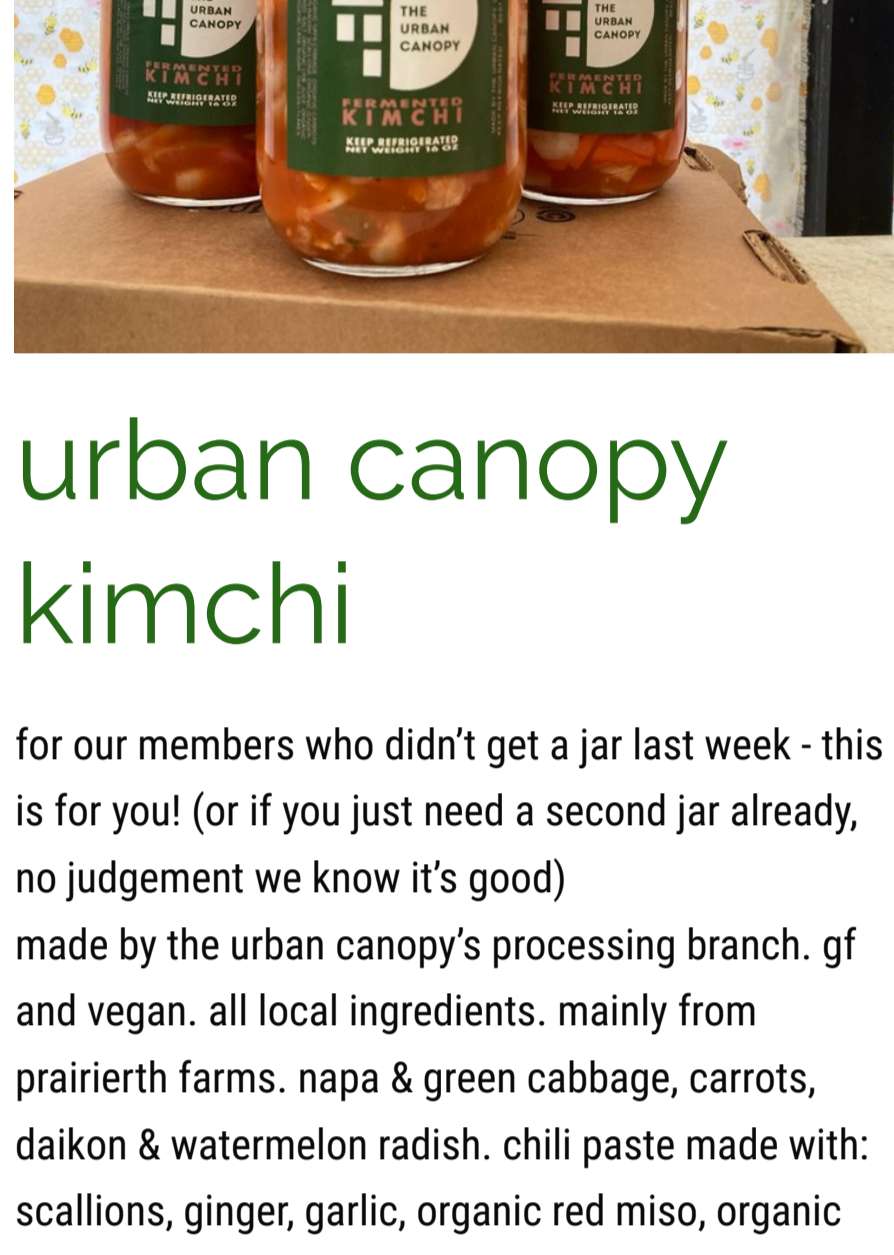
wind ridge herb farms poultry seasoning

0.9 ounces of a mix of local rosemary, lemon thyme, sage, and a hint of garlic



phoenix bean extra firm tofu

14 oz of delicious locally made extra firm tofu. great with a jar of UC kimchi.



urban canopy kimchi

for our members who didn't get a jar last week - this is for you! (or if you just need a second jar already, no judgement we know it's good)
made by the urban canopy's processing branch. gf and vegan. all local ingredients. mainly from prairie farms. napa & green cabbage, carrots, daikon & watermelon radish, chili paste made with: scallions, ginger, garlic, organic red miso, organic tamari, chili flakes, lime juice.



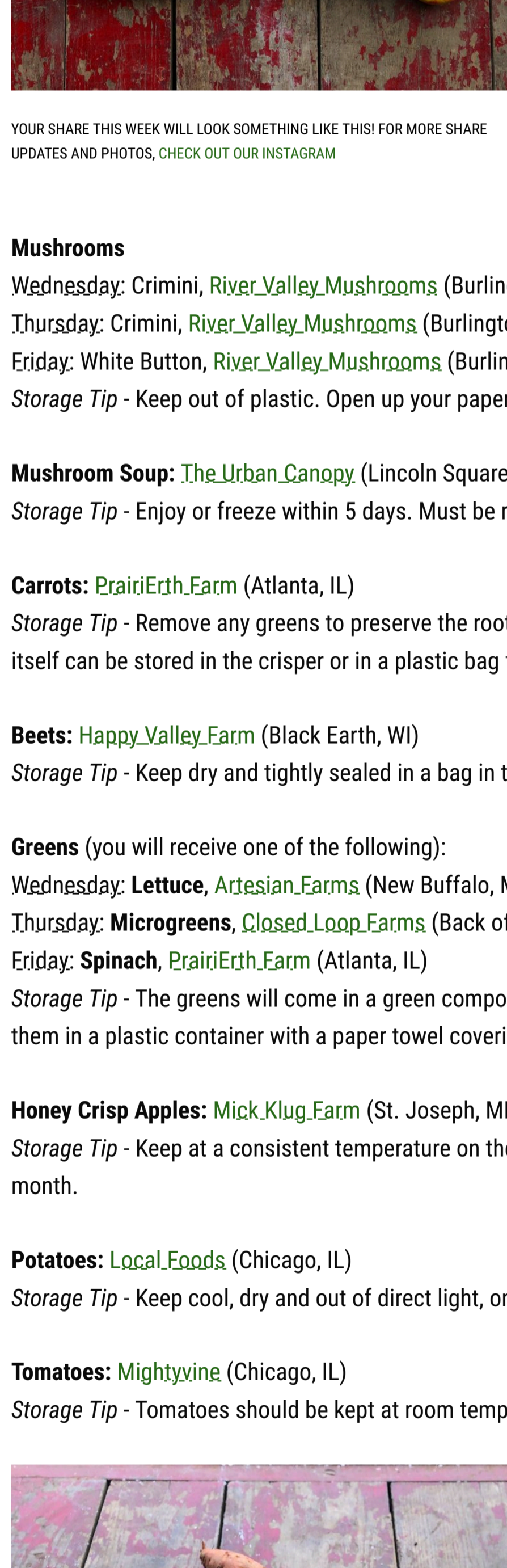
nordic creamery butter

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!

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!



Mushrooms
Wednesday: Crimini, River Valley Mushrooms (Burlington, WI)
Thursday: Crimini, River Valley Mushrooms (Burlington, WI)
Friday: White Button, 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.

Mushroom Soup: The Urban Canopy (Lincoln Square, Chicago, IL)
Storage Tip - Enjoy or freeze within 5 days. Must be refrigerated. Serve hot!

Carrots: Prairie Earth Farm (Atlanta, IL)
Storage Tip - Remove any greens 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.

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.

Greens (you will receive one of the following):
Wednesday: Lettuce, Artesian Farms (New Buffalo, MI)
Thursday: Microgreens, Closed Loop Farms (Back of the Yards, Chicago, IL)
Friday: Spinach, Prairie Earth 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.

Honey Crisp 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.

Potatoes: Local Foods (Chicago, IL)
Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag.

Tomatoes: Mighty One (Chicago, IL)
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

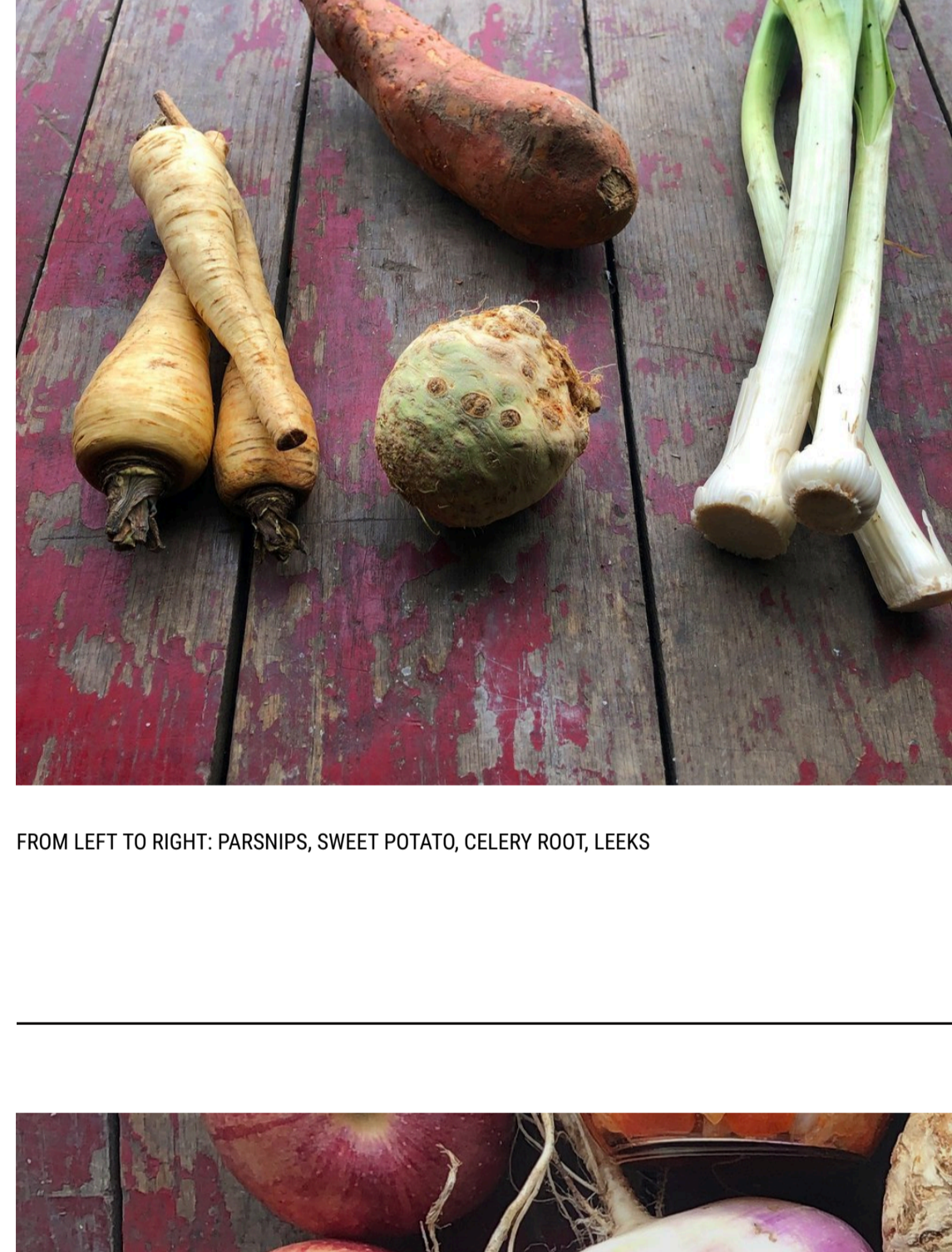
Beverage
Coffee, Bridgeport Coffee (Bridgeport, Chicago, IL)
Storage Tip - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within two weeks of the roast date. They can be stored in the freezer for up to 4 months.

Bread
Wednesday: Pain Au Levain, Publican Quality Bread (Fulton Market, Chicago, IL)
Thursday: Pain Au Levain, Prairie Flour Bakery (Andersonville, Chicago)
Friday: Pain Au Levain, Prairie Flour Bakery (Andersonville, Chicago)
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 croissants!

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.



FOR OUR WINTER SHARE MEMBERS, WE'VE BEEN INCLUDING EXCLUSIVE PROCESSING ITEMS RIGHT FROM OUR KITCHEN! CHECK OUT THE ADD-ON FORM UP TOP FOR MORE ITEMS LIKE THIS ONE!



FROM LEFT TO RIGHT: PARSNIPS, SWEET POTATO, CELERY ROOT, LEEKS

Substitutions

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

Celery Root: Local Foods (Chicago, IL) - Egg substitute
Storage Tip - Keep loosely wrapped or in an open plastic bag in the crisper for about three weeks.

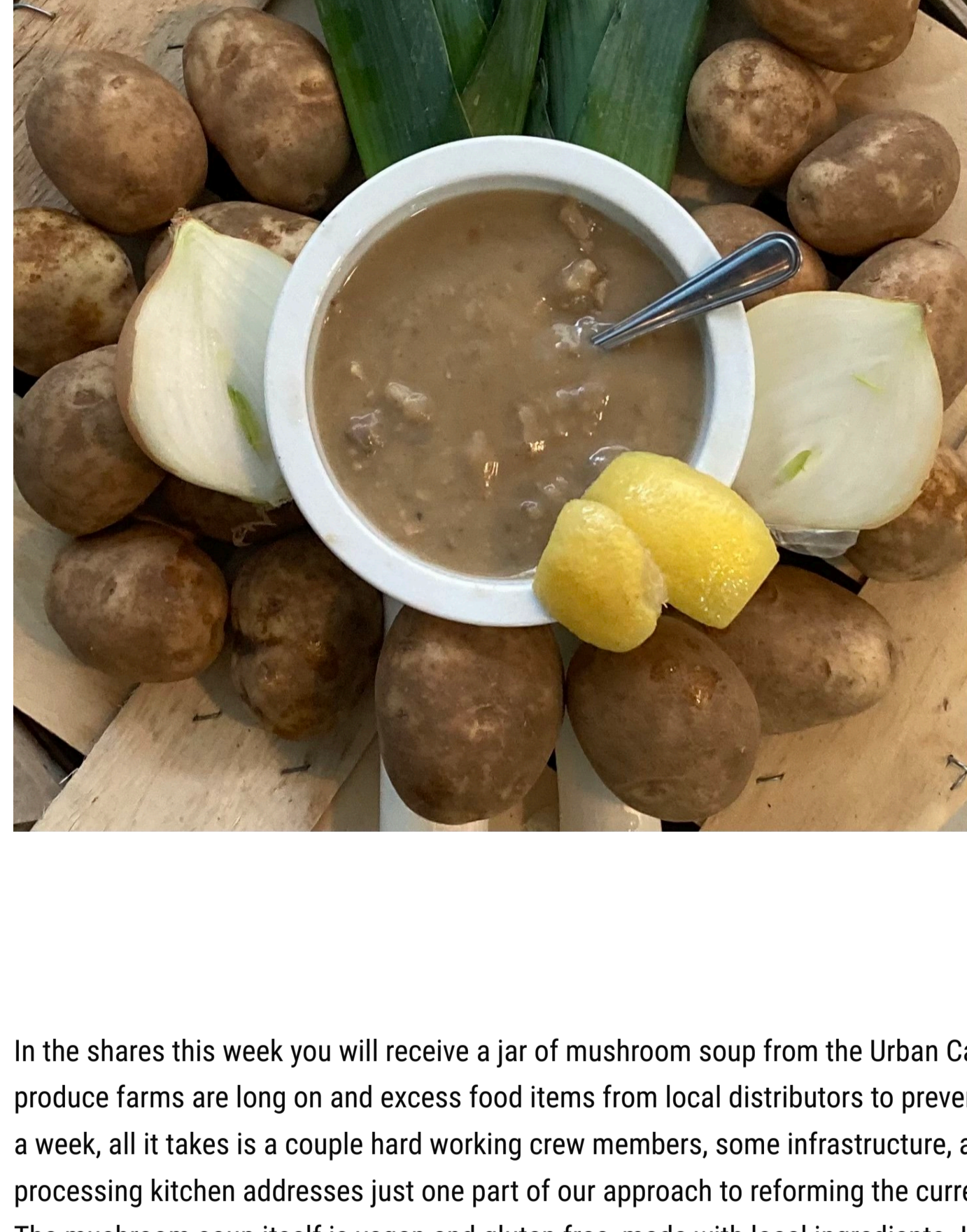
Parsnips: Nichols Farm and Orchard (Marengo, IL) - Bread substitute
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Sweet Potatoes: Prairie Earth Farm (Atlanta, IL) - Beverage substitute
Storage Tip - Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Leeks: Nichols Farm and Orchard (Marengo, IL) - Mushroom substitute
Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

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

Item Spotlight: Urban Canopy Mushroom Soup



In the shares this week you will receive a jar of mushroom soup 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 mushroom soup itself is vegan and gluten free, made with local ingredients. It is made with oyster mushrooms, potatoes, leeks, onions, preserved lemon, tamari, salt, pepper. The soup should be enjoyed within 5 days, and can be transferred to a freezer-safe container and frozen. Serve hot!

Recipe Recommendations

Click on the image to access the recipe

