



## Fall Week 14 - 11/29, 11/30, 12/1

Any share changes must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Sunday at noon!**



In your box this week:

**BRUSSELS SPROUTS - MEDLARS  
APPLES - TURNIPS OR GREENS  
KABOCHA SQUASH - POPCORN  
MUSHROOMS - CBD SODAS**

## FARM UPDATES

It has been a quiet week on the farm with just a couple days to pull out the last turnips and radishes before the farm is closed for good for the winter. All the beds are covered, and can take a good break to replenish and absorb fresh compost after a long 8 months of intensive use! This time of year we are busy looking back at the successes of the past couple of seasons, and planning for next year by creating a crop plan and ordering seeds. The farm crew had their annual end of the year meeting last week to reflect and plan and get a little time together away from the farm.



## FALL SEASON FEEDBACK: Please fill out our member survey!

We send out a survey around the end of the season to get feedback on where we can improve. We take the results seriously and discuss answers with the team and try to brainstorm solutions. Knowing what you think are the biggest areas of improvement for our product is very important to us!

It is also really nice to share positive words with the staff and let them know what our members appreciate. It only takes a few minutes, and can really help us figure out steps for the rest of the season and the ones to follow.

Thanks for the time and attention.

[CLICK HERE TO FILL OUT THE FALL SEASON SURVEY!](#)

## Add Ons

Locally-sourced food and home goods to round out your CSA box! Save trips to the grocery store and get what you need delivered inside your LUCSA share.

**Add On Order form must be submitted by noon on Monday!**

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



Masala Spice Mix - Tasting India



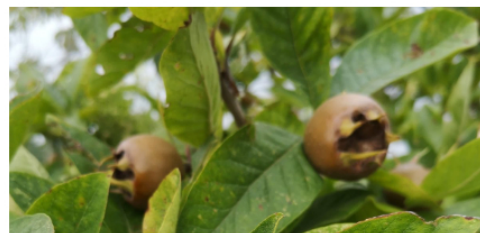
Chili Oil - POSO Foods - 8oz



Katherine Anne Marshmallows and Hot Chocolate Mix

## ITEM PROFILE: MEDLARS

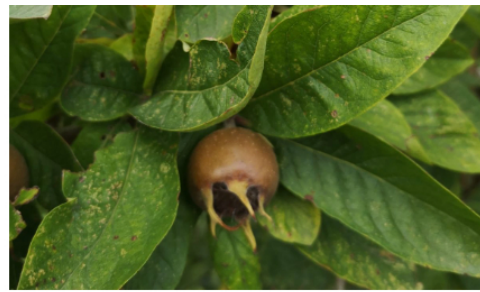
This week's share includes a fruit you may have never heard of: medlars! Relatively unknown in the US, medlars have a long history in Eastern Europe and are referenced back to Roman times. Similar to a persimmon (which some of you may also receive this week in place of medlars), they have to undergo a process known as "bletting", usually for a couple of weeks, before they are ready to be enjoyed. **Bletting** is allowing the flesh to soften and turn brown, but not quite to the point of being too soft. For best bletting results...



rot. See the storage up for best drying practices:

After they have been stored and look a little wrinkly and are a tad squishy, they are ready to eat! They will go bad quickly after this stage so eat immediately. The flesh should resemble apple butter. First things is you'll want to mind the seeds, they should have a couple larger seeds to work around. You can cut the medlars open and scoop out the inside with a spoon, or many people prefer to peel the soft skin with their fingers, holding the spiky side and eating the fruit directly. The fruit can be enjoyed raw, as a spread on crackers or with cheeses.

#### Medlar Jam Recipe and A Handy Guide to Eating Medlars



MEDLARS GROWING

## Share Contents

*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 produce before eating!
- Remember to return your wax box, egg cartons, and pint containers during your next delivery. We re-use all of these items!

#### Beverage:

**CBD Infused Sodas**, [Chelsea B. Drugstore](#) (Chicago, IL)

*Storage Tip* - Store in a dry, cool space.

#### Bread:

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

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

Friday: **Ginger Sourdough**, [pHlour Bakery](#) (Edgewater, Chicago, IL)

*Storage Tip* - Keep your bread cut side down in a bag on your counter for two to three days. Be careful with temperature - you may want to refrigerate bread sooner than later when it's warm. You can also slice or rip/cut your bread into pieces and freeze for future toast or croutons.

#### Mushrooms:

**Oysters**, [Primordia](#) (Bloomington, IL) - *Thursday only*

**Shiitakes**, [River Valley Ranch](#) (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.

**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.

**Medlars or American Persimmons**: [Seedling Orchard](#) (South Haven, MI)

*Storage Tip* - To be eaten raw, they may need to be stored before using. Ideally briefly dip the stalks in a saturated salt solution, this prevents rotting. Store the fruit eye downwards and not touching in trays in a cool, dark place. Use when the fruit is 'bletted', that is, the flesh softens and turns brown, but not rotten.



MEDLARS (LEFT) AND AMERICAN PERSIMMONS (RIGHT)

**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.



THIS WEEK, YOU WILL EITHER RECEIVE SCARLET TURNIPS, LETTUCE MIX OR SUNFLOWER/PEA SHOOT MICROGREENS

**Brussels Sprouts**: [Nichols Farm and Orchard](#) (Marengo, IL) / [Gorman Farm Fresh Produce](#) (Monee, IL)

*Storage Tip* - Store fresh, unwashed, and untrimmed Brussels sprouts – both loose and on the stalk – in a plastic bag in the crisper drawer of the refrigerator. Remove any yellowed or wilted leaves first.

Wednesday: **Turnips**, [Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)

*Storage Tip* (Turnips) - Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens should be used within 2 days.

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

*Storage Tip* (Microgreens) - Keep uncut and lightly moist on counter, or cut and sealed with a towel or paper towel in the crisper, for up to a week. The micros from Closed Loop Farm 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.

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

*Storage Tip* (Lettuce) - The lettuce will come in a green compostable bag, remove your greens from the bag and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

**Winter Squash**: [Nichols Farm and Orchard](#) (Marengo, IL) / [Happy Valley Farm](#) (Black Earth, WI) - *Butternut and kabocha*

various

*Storage Tip* - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

**Popcorn:** [Hoffman Organic Farm](#) (Earlville, IL)

*Storage Tip* - Store popcorn in a cool place, such as a cupboard, out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

## Substitutions

*Items for those already opting out of beverage, bread, mushrooms, or eggs or having a conflicting allergy - subject to change, even if specified. Please refer back to this newsletter throughout the week for updates.*

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

*Storage Tip* - Can be stored in the crisper or in a plastic bag for a few weeks.

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

*Storage Tip* - Can be stored in the crisper or in a plastic bag for a few weeks.

**Shallots:** [Gorman Farm Fresh Produce](#) (Monee, 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.

**Potatoes:** [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.



**Black Walnuts:** [Hammons Nuts](#) (Stockton, MO)

*Storage Tip* - Store in an airtight container in a cool area, storing in the fridge or freezer will prolong their freshness.

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[CLICK HERE FOR OUR PRODUCE GUIDE AND RECIPE LOG](#)

We have created a handy **Produce Guide** which includes most items you will be getting in your box this season and through out the year. It is helpful for identification and has lots of storage tips, and also includes a log of recipes. It's not a bad idea to bookmark this page!

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[CLICK HERE TO ACCESS OUR NEWSLETTER ARCHIVE](#)

If you missed a week and want to see what was in a previous share, we archive a PDF of all our previous newsletters here. You can also use it to look at previous seasons if you are interested to see what crops are coming!



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