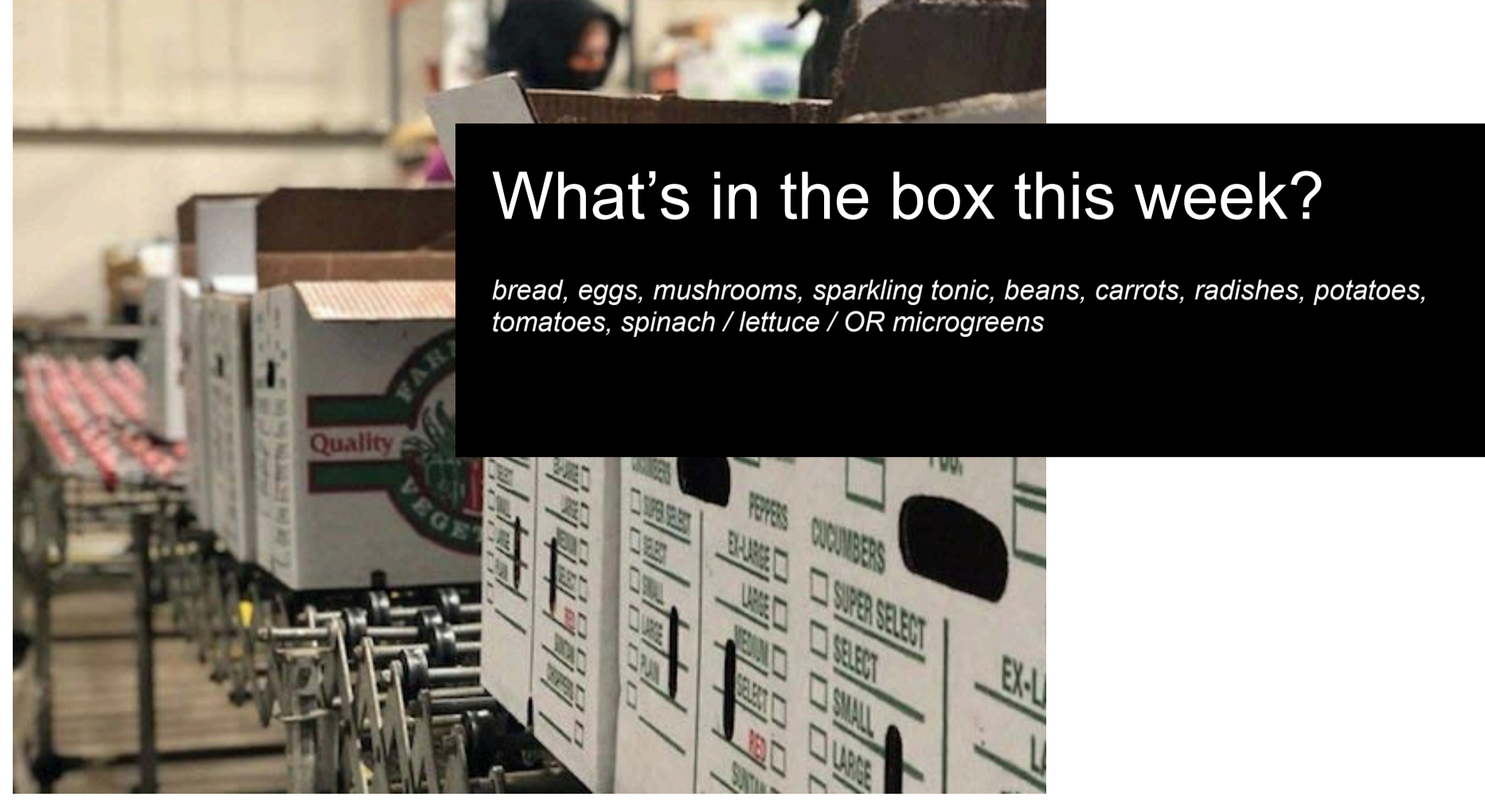


Spring Week 4: March 30 / 31 / April 1

Welcome to Spring LUCSA Week 4!

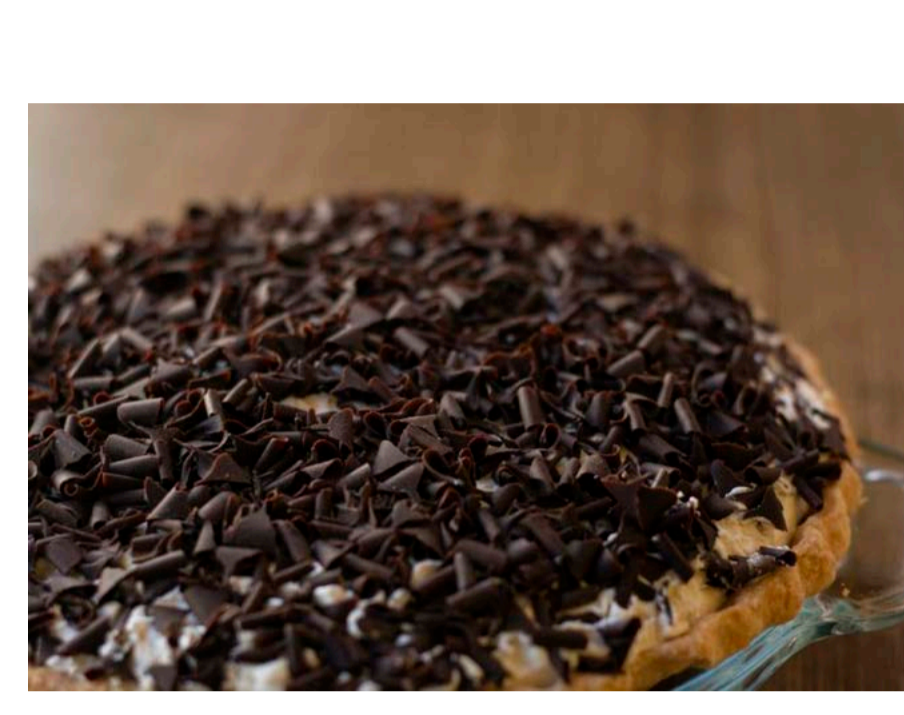
Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



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](#)



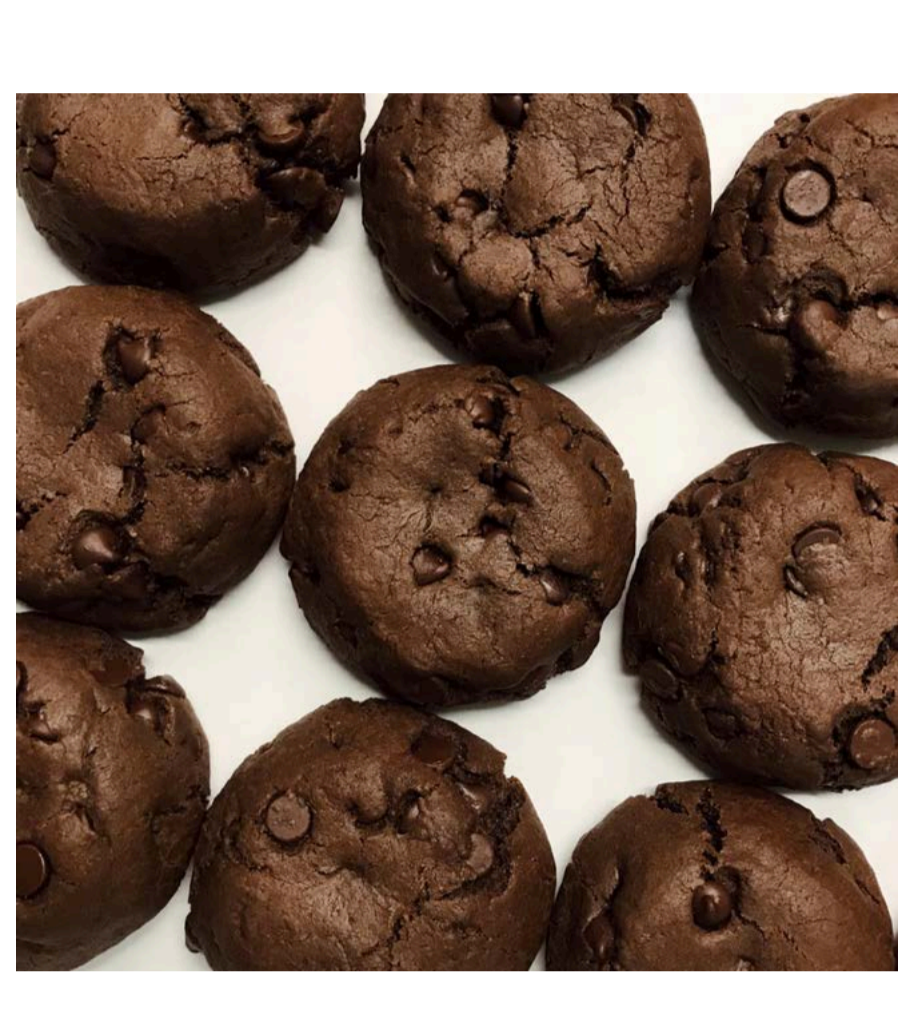
first slice chocolate silk mini pie

6" decadent french silk pie



underground meats sopressata

6oz of traditional italian-style sopressata with red pepper flakes and fresh thyme.



foxship double chocolate chip cookies

3 quarter pound double chocolate chip vegan cookies



field + farmer apple kale wheatgrass juice

12oz green juice made with urban canopy grown wheatgrass



pixie dust salt lavender sage salt

new! 4oz. our new favorite for salting cocktails with a lemon, mint or basil base. replace the salt in your pizza dough recipe and top with caramelized onions and gruyere for a satisfying savory-floral combo that will have you floating!



healthy soil compost

sta certified compost made here in chicago with contributions from uc's own compost club members! half gallon in a reusable glass jar.

& 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:

Sparkling Tonic: [Fruit Belt](#) (Sawyer, MI)

Storage Tip - These tonics are best enjoyed chilled but are fine to be stored at room temperature.

Bread:

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

Thursday: [Country Round](#), [Middlebrow](#) (Logan Square, Chicago, IL)

Friday: [Focaccia](#), [pHlour 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 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: [Shitake](#), [River Valley Ranch](#) (Burlington, WI)

Thursday: [Oyster](#), [River Valley Ranch](#) (Burlington, WI)

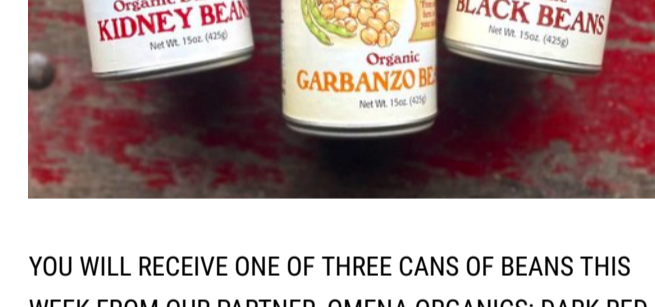
Friday: [Crimini](#), [River Valley Ranch](#) (Burlington, WI)

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Fruit Jam:

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

Storage Tip - Shelf stable. Store unopened at room temperature out of sunlight for a year. After opening, store in refrigerator up to 3 months.



YOU WILL RECEIVE ONE OF THREE JAMS THIS WEEK FROM OUR VERY OWN PROCESSING KITCHEN: BLACKBERRY, STRAWBERRY OR BLUEBERRY

Beans: [Omena Organics](#) (Omena, MI)

Storage Tip - Store in a cool dry place out of direct sun.

Bravo Radishes: [PrairieEarth Farm](#) (Atlanta, IL)

Storage Tip - Just like a daikon, but purple! Root will last in the crisper or a plastic bag in the fridge.

Tomatoes: [Mightyvine](#) (Chicago, IL)

Storage Tip - Keep at room temperature on the counter away from sunlight. Consume within a few days.

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

Storage Tip - Keep cool, dry and out of direct light, on counter, in a cupboard or in a [perforated paper bag](#), for up to 6 months.

Carrots: [PrairieEarth Farm](#) (Atlanta, IL)

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

Greens (you will receive one of the following):

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

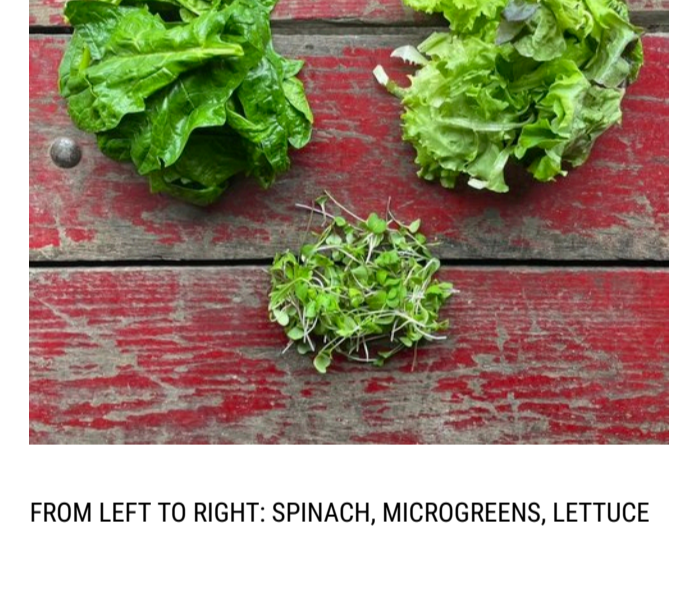
Thursday: [Microgreens](#), [Wild Coyote](#) (Berrien Springs, MI)

Friday: [Spinach](#), [PrairieEarth Farm](#) (Atlanta, IL)

Storage Tip - 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.

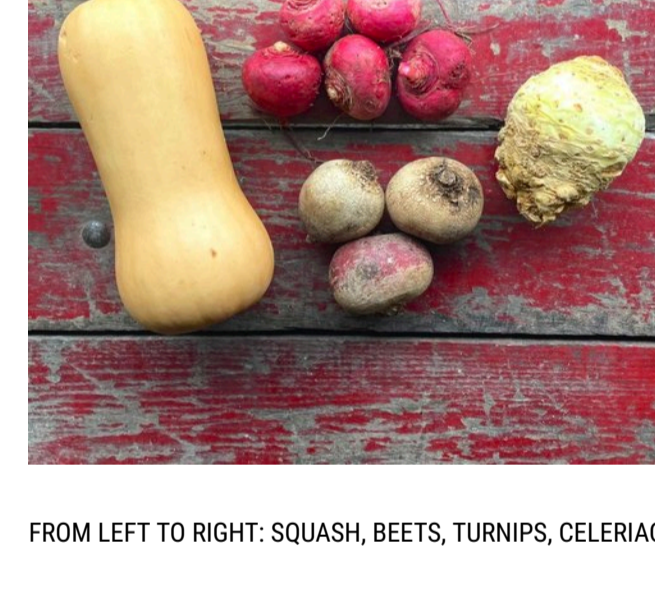


YOU WILL RECEIVE ONE OF THREE JAMS THIS WEEK FROM OUR VERY OWN PROCESSING KITCHEN: BLACKBERRY, STRAWBERRY OR BLUEBERRY



FROM LEFT TO RIGHT: SPINACH, MICROGREENS, LETTUCE

Substitutions



FROM LEFT TO RIGHT: SQUASH, BEETS, TURNIPS, CELERIAC

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

Squash: [Nichols Farm and Orchard](#) (Marengo, IL) - Egg substitute

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

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

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

Scarlet Turnips: [PrairieEarth Farm](#) (Atlanta, IL) - Mushroom substitute

Storage Tip - Root will last in the crisper or a plastic bag in the fridge.

Celeriac: [PrairieEarth Farm](#) (Atlanta, IL) - Bread substitute

Storage Tip - Root will last in the crisper or a plastic bag in the fridge.

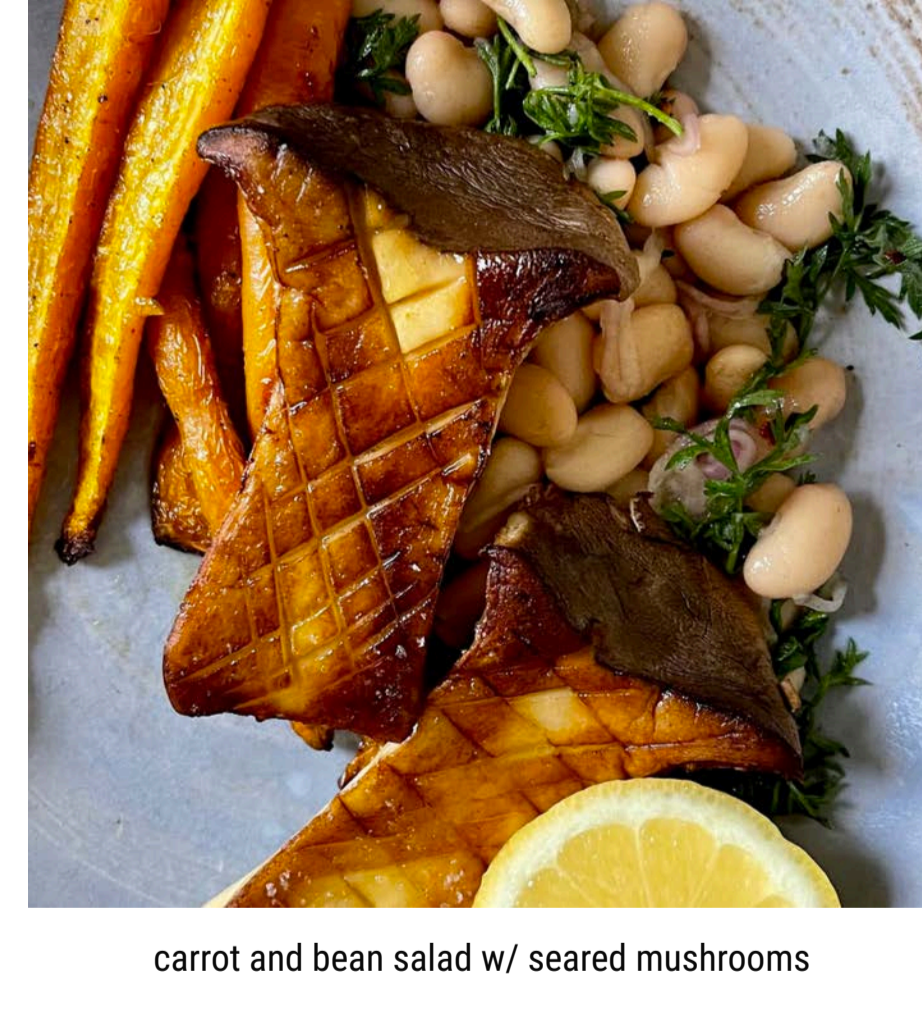


[click here for spring lucsa week 3 \(3/23-3/25\) newsletter!](#)

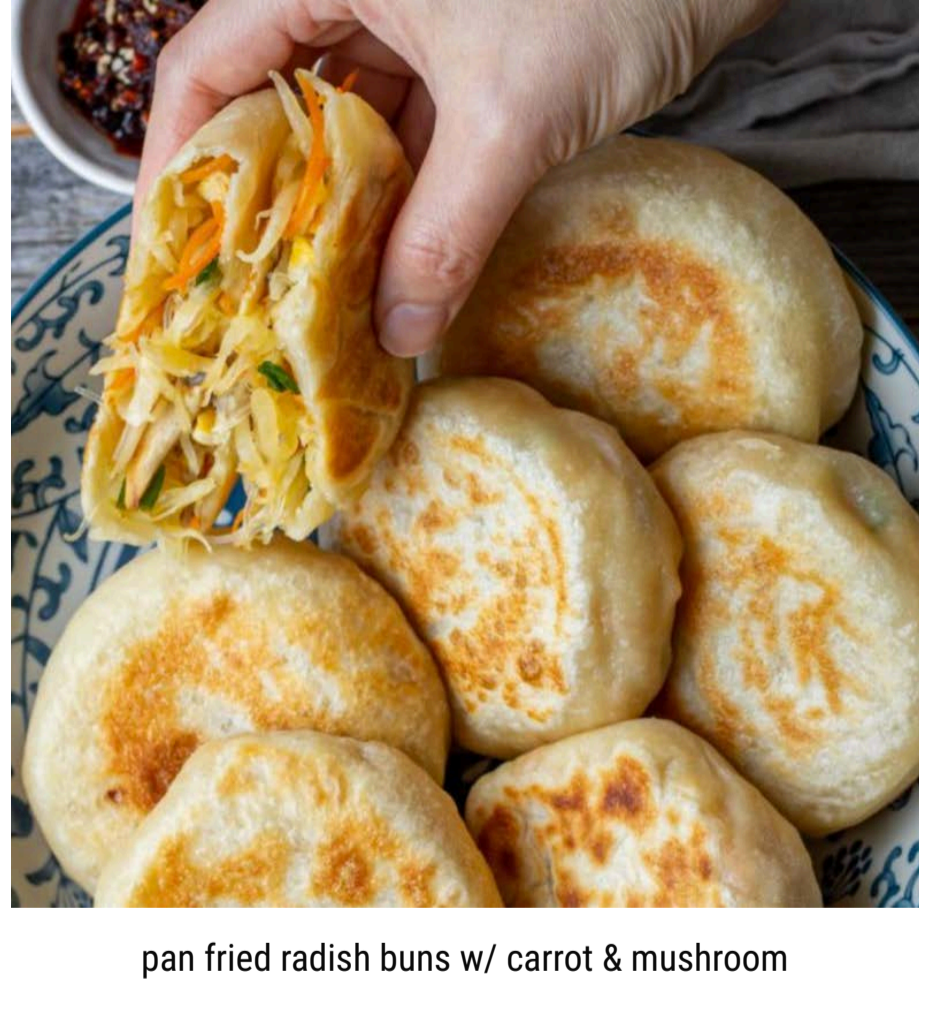
[NEWSLETTER ARCHIVE - CLICK HERE FOR ALL PAST NEWSLETTERS](#)

Recipe Recommendations

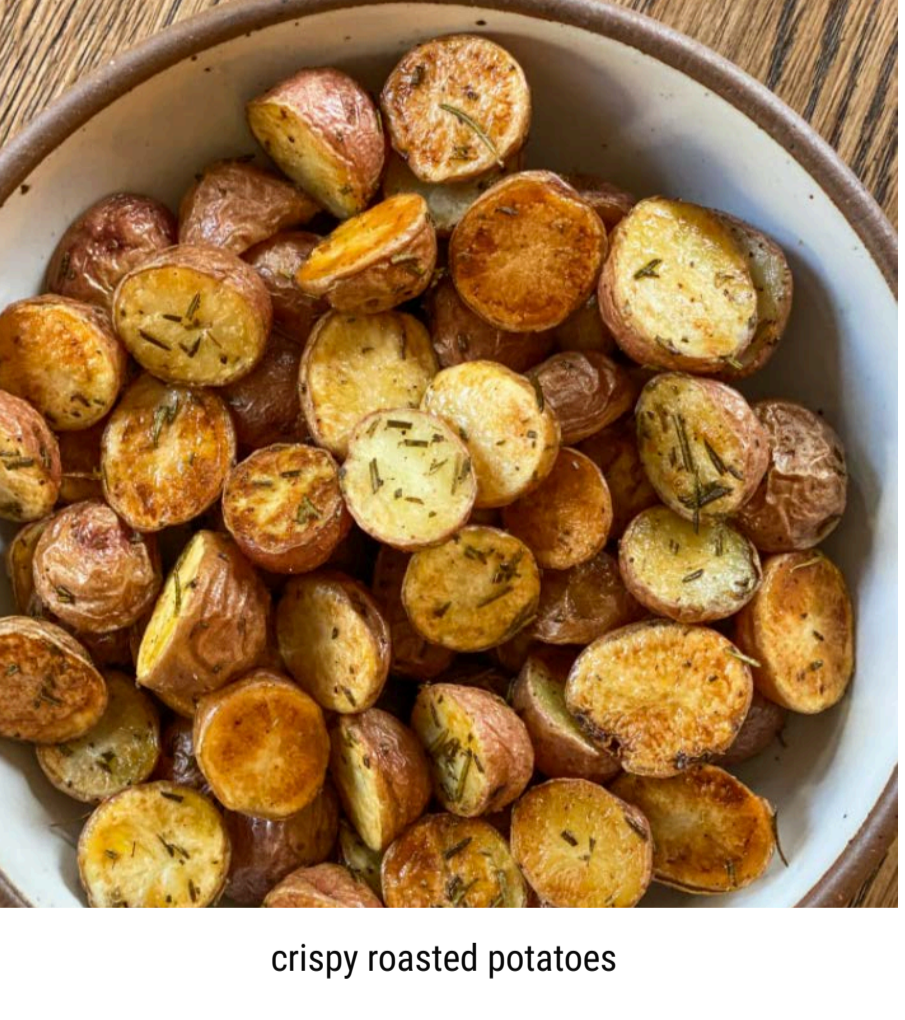
Click on the image to access the recipe



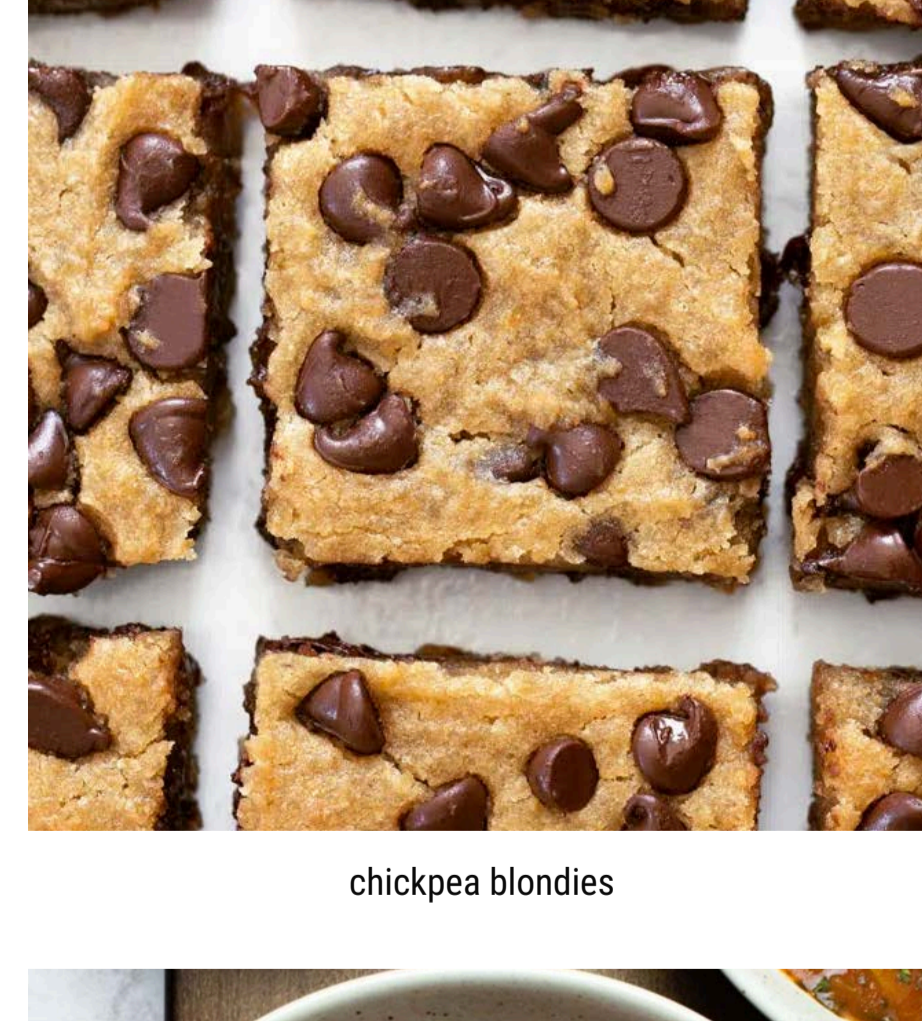
carrot and bean salad w/ seared mushrooms



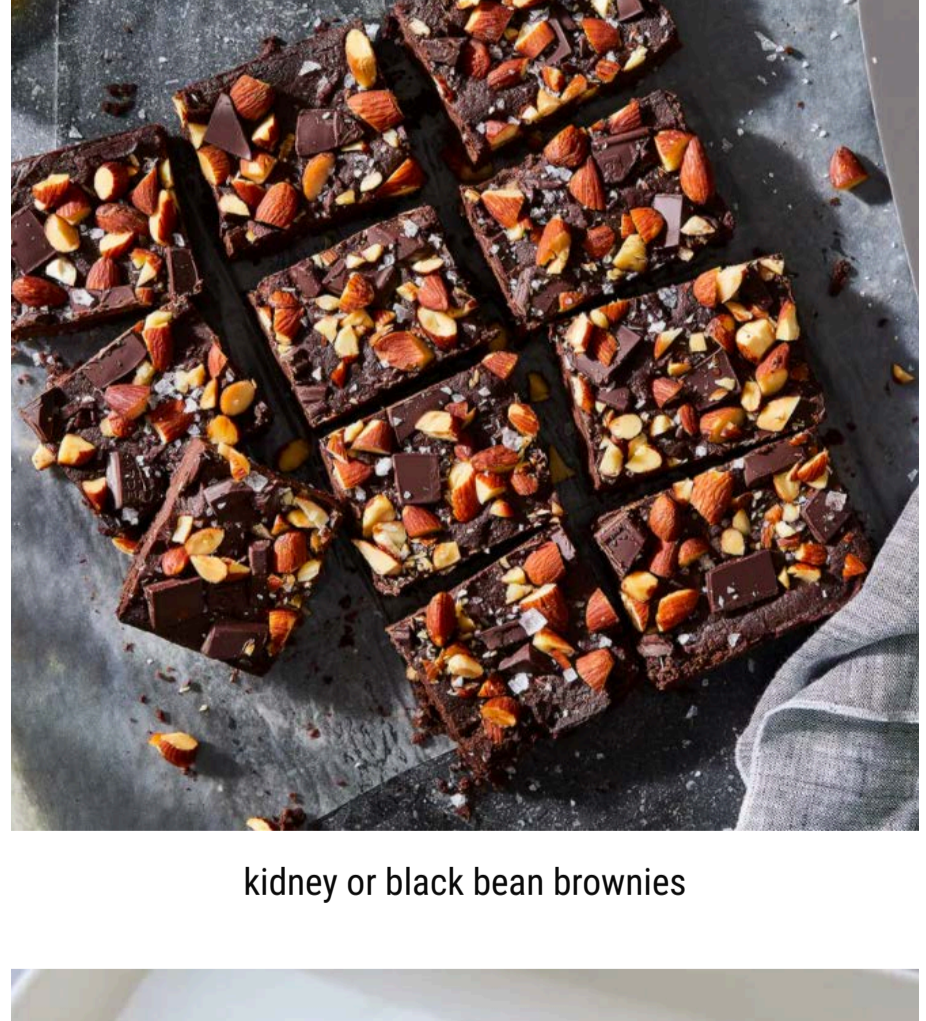
pan fried radish buns w/ carrot & mushroom



crispy roasted potatoes



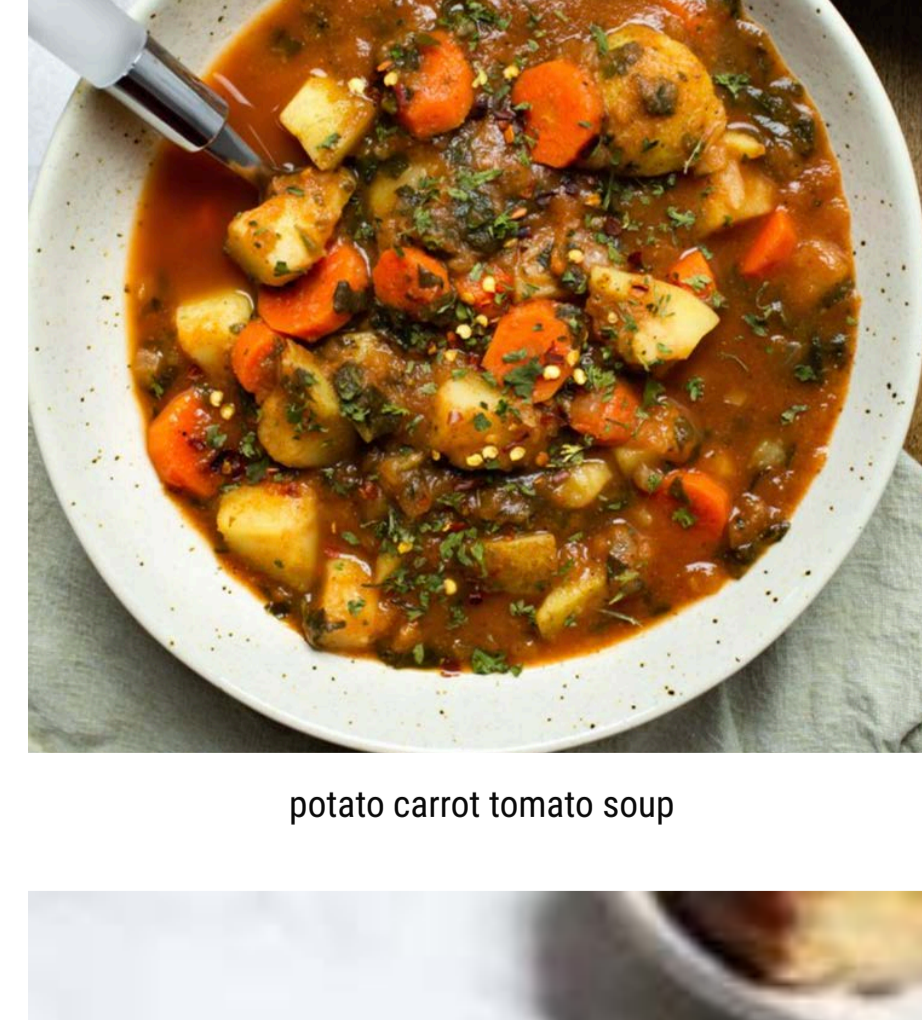
chickpea blondies



kidney or black bean brownies



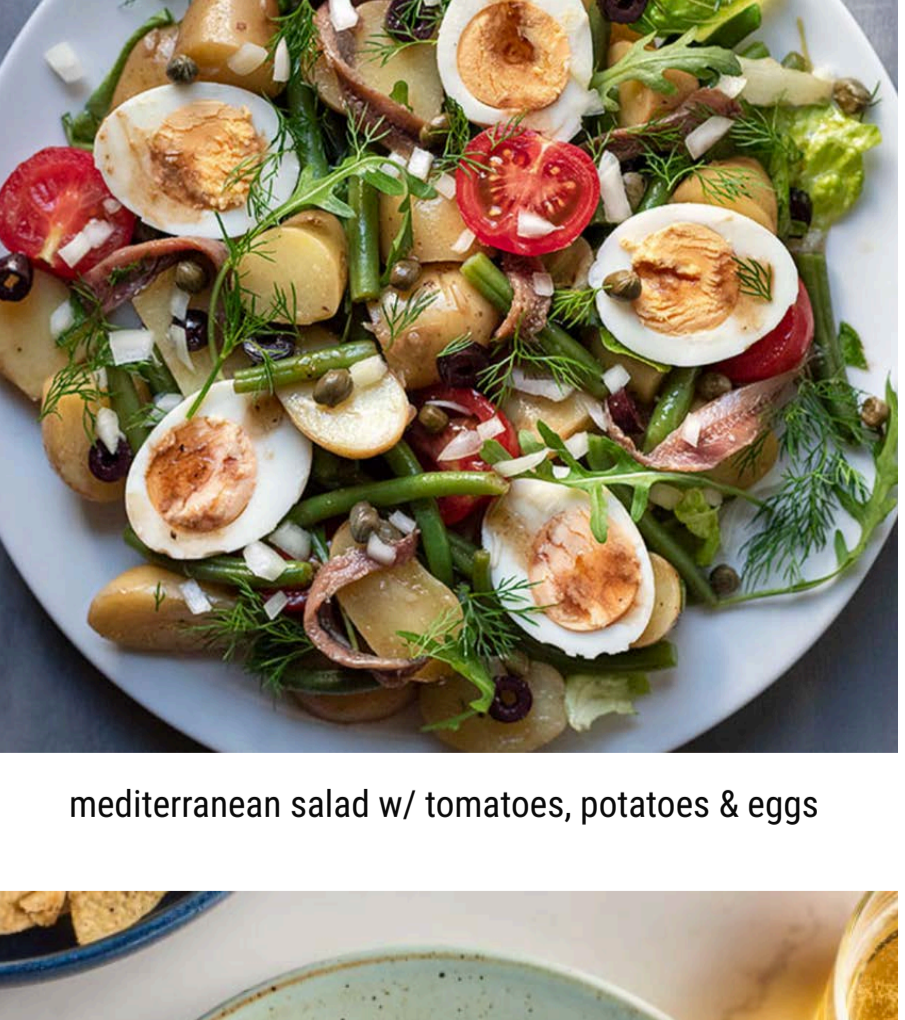
jam-filled thumbprint cookies



potato carrot tomato soup



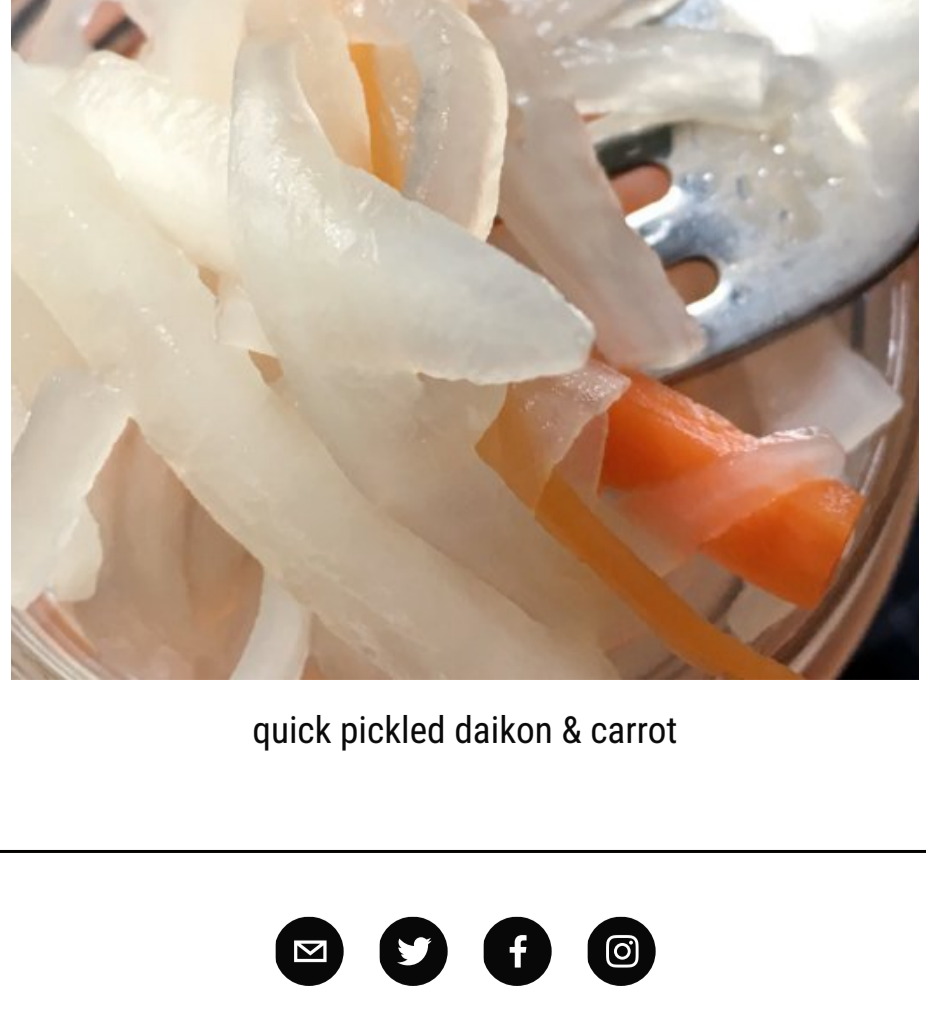
traditional braised radish



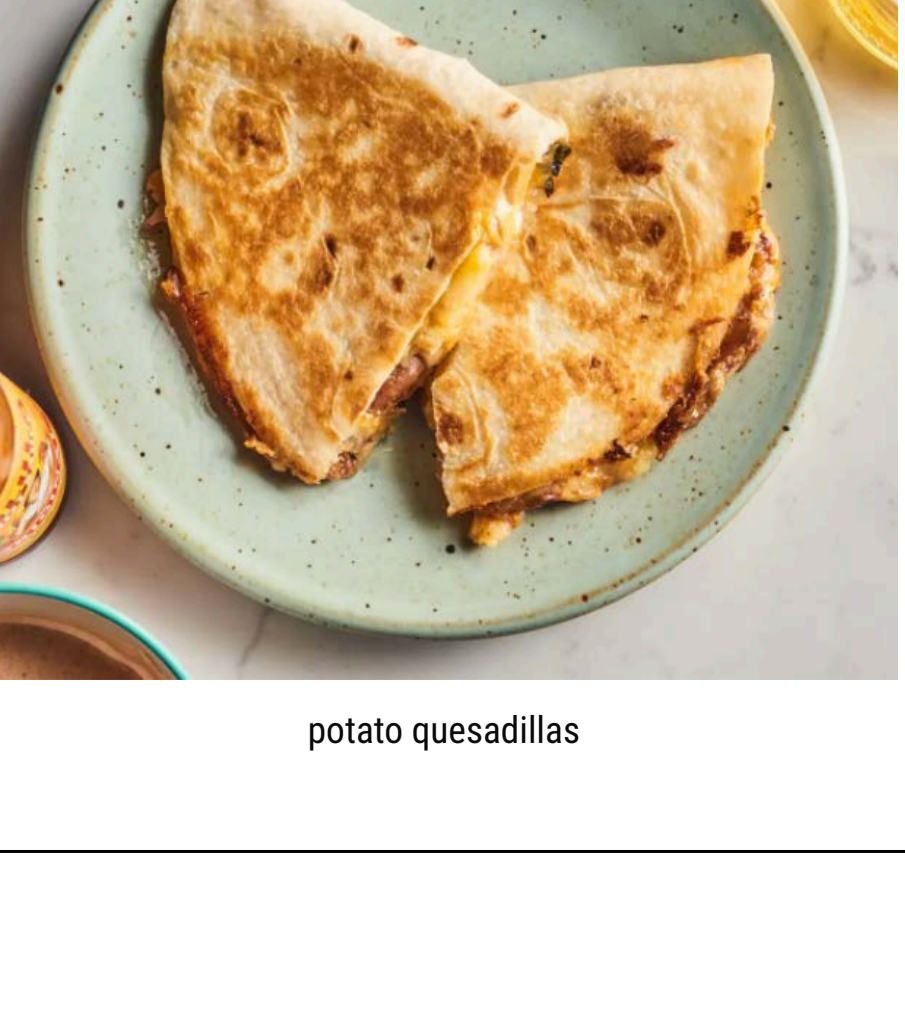
mediterranean salad w/ tomatoes, potatoes & eggs



spanish tortilla



quick pickled daikon & carrot



potato quesadillas