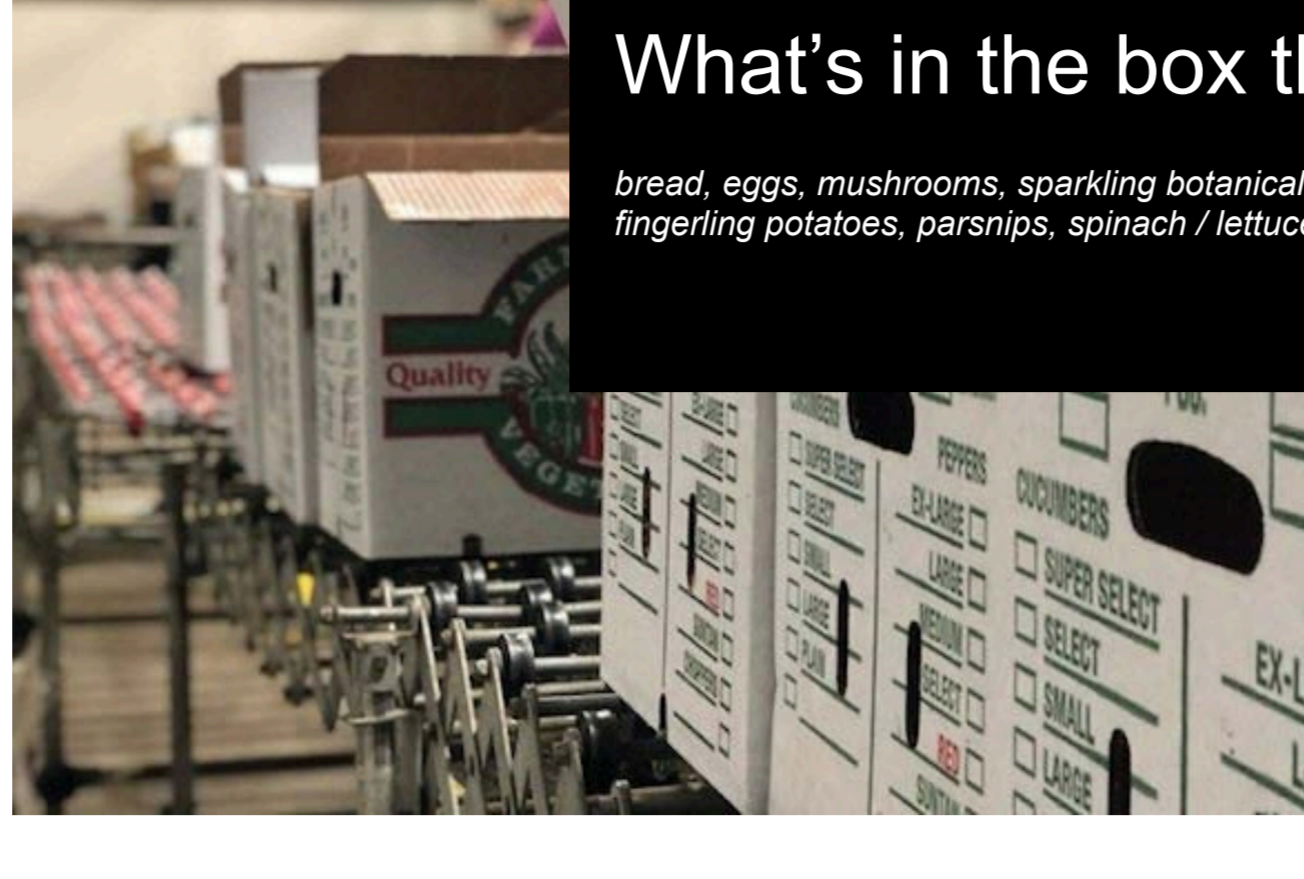


Spring Week 6: April 13 / 14 / 15

Welcome to Spring LUCSA Week 6!

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



Leave us a review!

Do you love receiving your CSA, are passionate about our mission, or find our crew members to be particularly lovely? Help us spread the word! We would greatly appreciate reviews left on Local Harvest or our Google page. Thank you!

Add-on Items

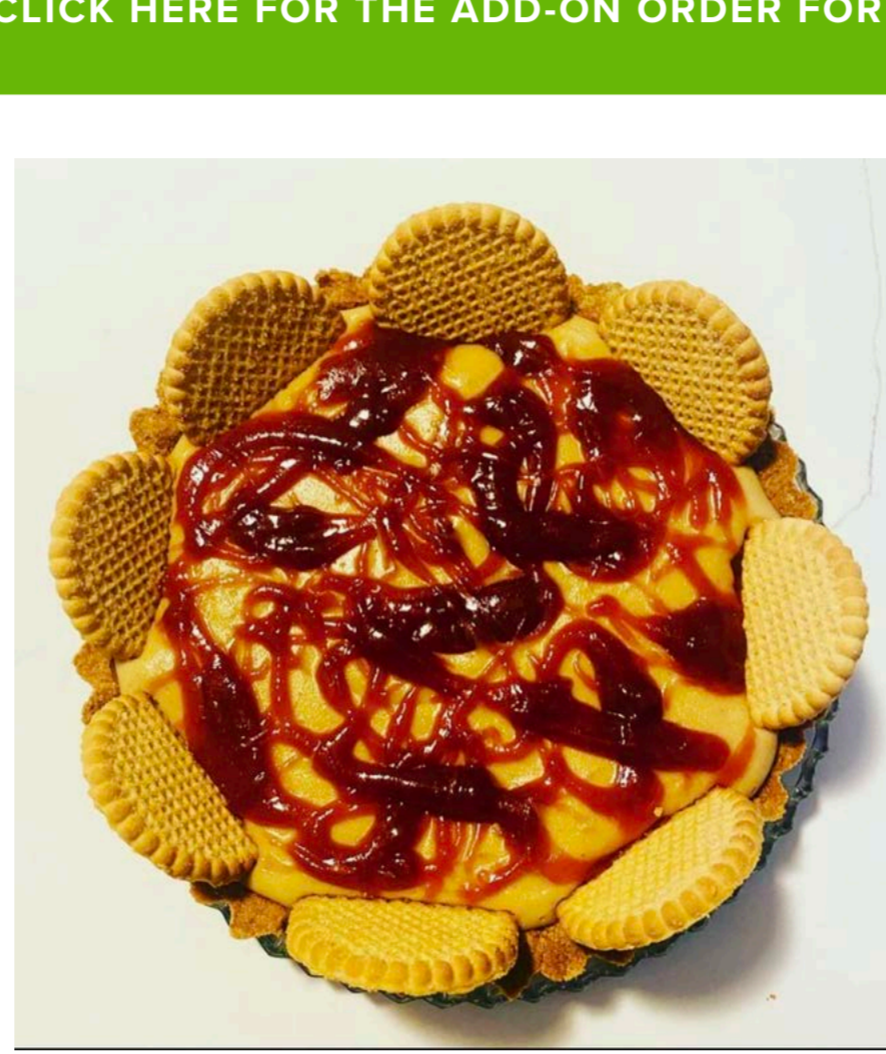
All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

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



nordic creamery butter

back in stock! 12 oz hand rolled



sarita's pleasure pies quarter pie

NEW! vegan quarter pies! this week's flavor : guayaba con beso squeezeecake pie! guava paste, oat milk, sweetened condensed coconut milk, soft tofu, cashews, lemon, maple syrup, vanilla extract, cinnamon, cinnamon cookies, biscoff cookies, coconut oil, agar agar



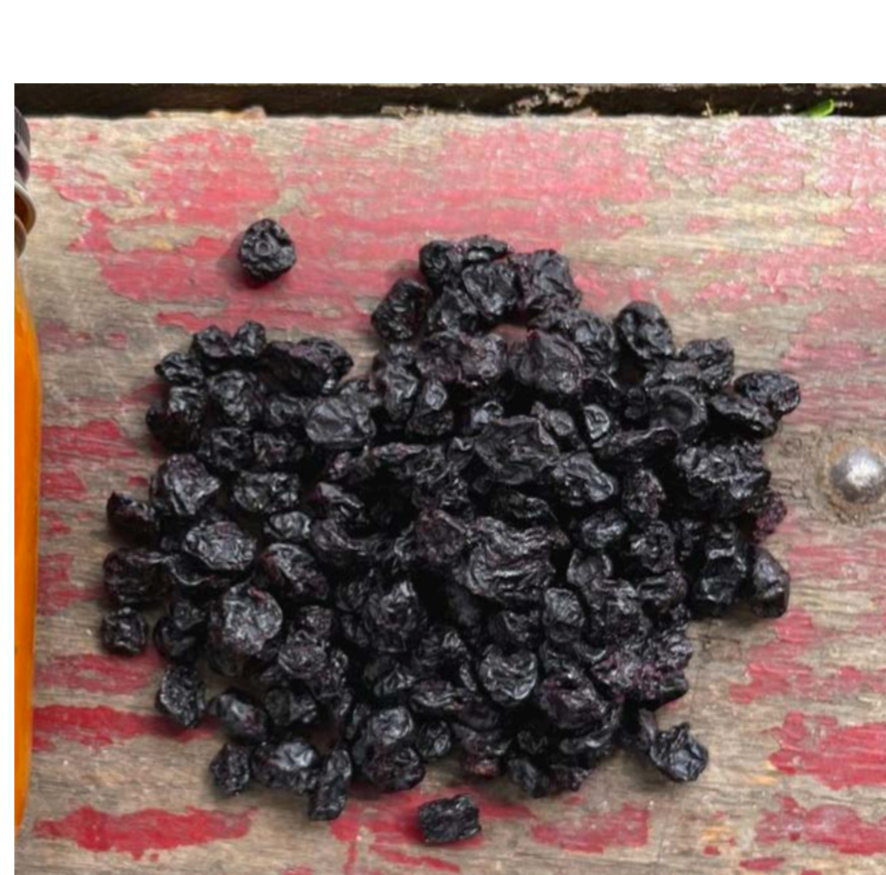
healthy soil compost

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



pixiedust salts lavender sage sea salt

4 oz



extra fruit

didn't get a share last week? no need to miss out! 1 # michigan dried blueberries



underground meats nduja

2 oz, spreadable salami, calabrian-style with spicy with ancho chilis, ghost peppers

& 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:

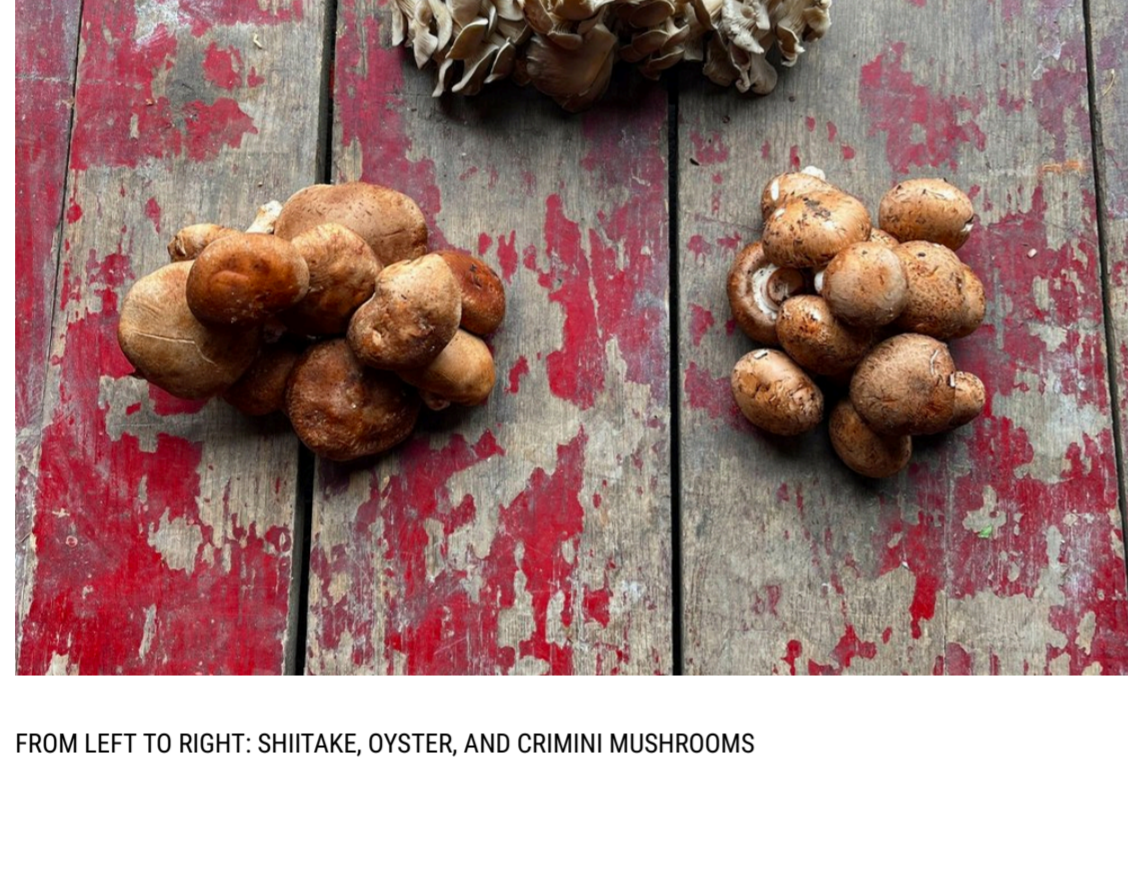
Sparkling Botanicals, Rishi Tea & Botanicals (Milwaukee, WI)
Storage Tip - These are best enjoyed chilled or over ice.

Bread:

Wednesday: Seeded Round, Middlebrow (Logan Square, Chicago, IL)
Thursday: Organic Boule, pFlour Bakery (Andersonville, Chicago)
Friday: Sourdough Round, 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.



FROM LEFT TO RIGHT: SHITAKE, OYSTER, AND CRIMINI MUSHROOMS

Mushrooms:

Wednesday: Oyster, River Valley Ranch (Burlington, WI)
Thursday: Shitake, 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.

Salsa: The Urban Canopy (Lincoln Square, Chicago, IL)
Storage Tip - Once opened, store in refrigerator up to 3 months.

Heirloom Blue Corn Tortillas: Molino Tortilleria (Chicago, IL)
Storage Tip - Store in a cool dry place out of direct sun.

Fingerling Potatoes: Nichols Farm and Orchard (Lincoln Square, Chicago, IL)
Storage Tip - Keep cool, dry and in a dark place, like in a cupboard or in a perforated paper bag, for up to 6 months.

Parsnips: Local Foods (Chicago, IL)

Celery Root: PrairieEarth Farm

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

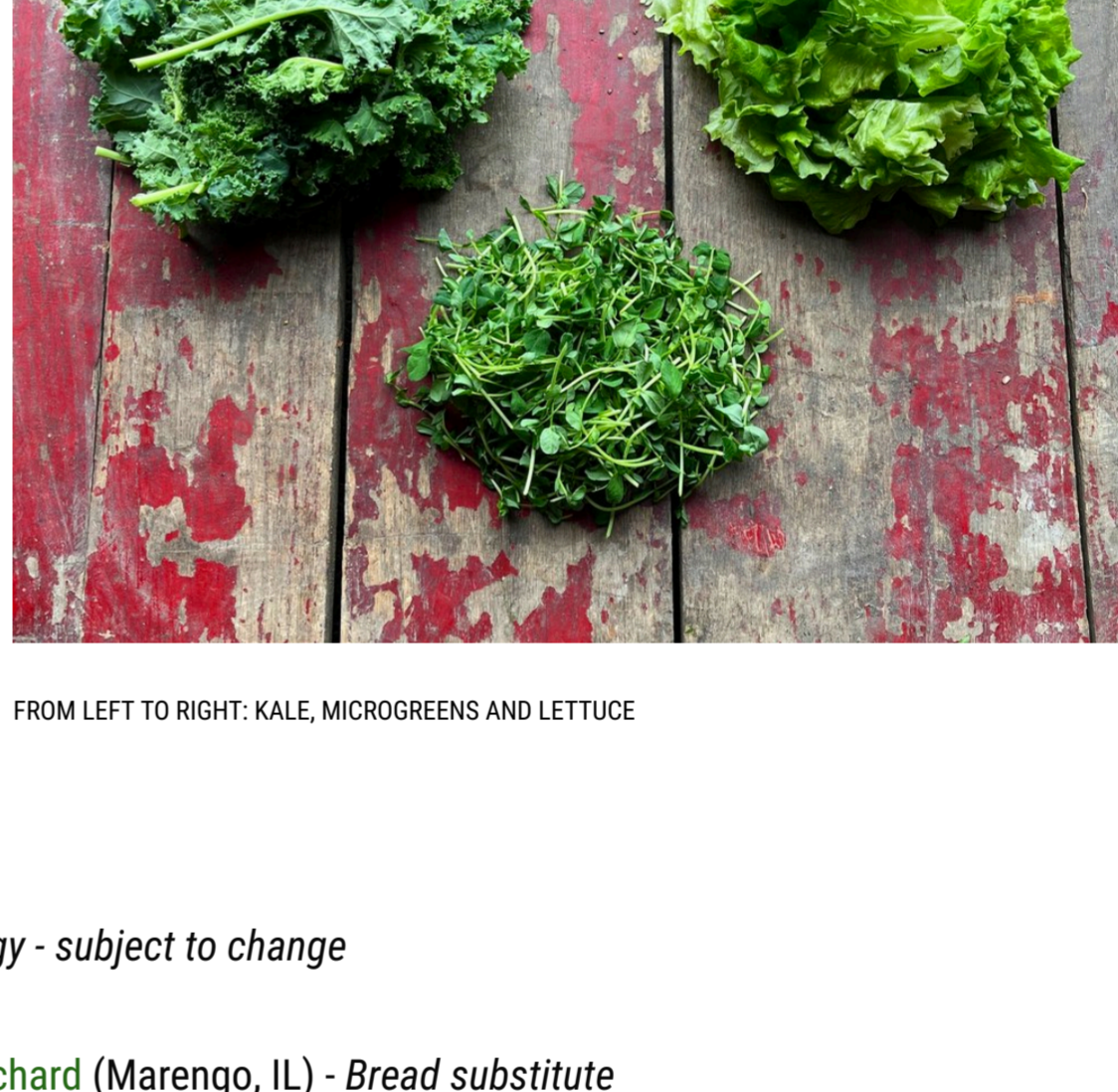
Carrots: PrairieEarth Farm

Storage Tip - Remove your greens from the bag, wash and store them in a plastic container with a paper towel covering them up to a week in the fridge.

Greens (you will receive one of the following):

Wednesday: Microgreens, Wild Coyote (Berrien Springs, MI)
Thursday: Kale, Artesian Farms (New Buffalo, MI)
Friday: Lettuce, Artesian Farms (New Buffalo, MI)

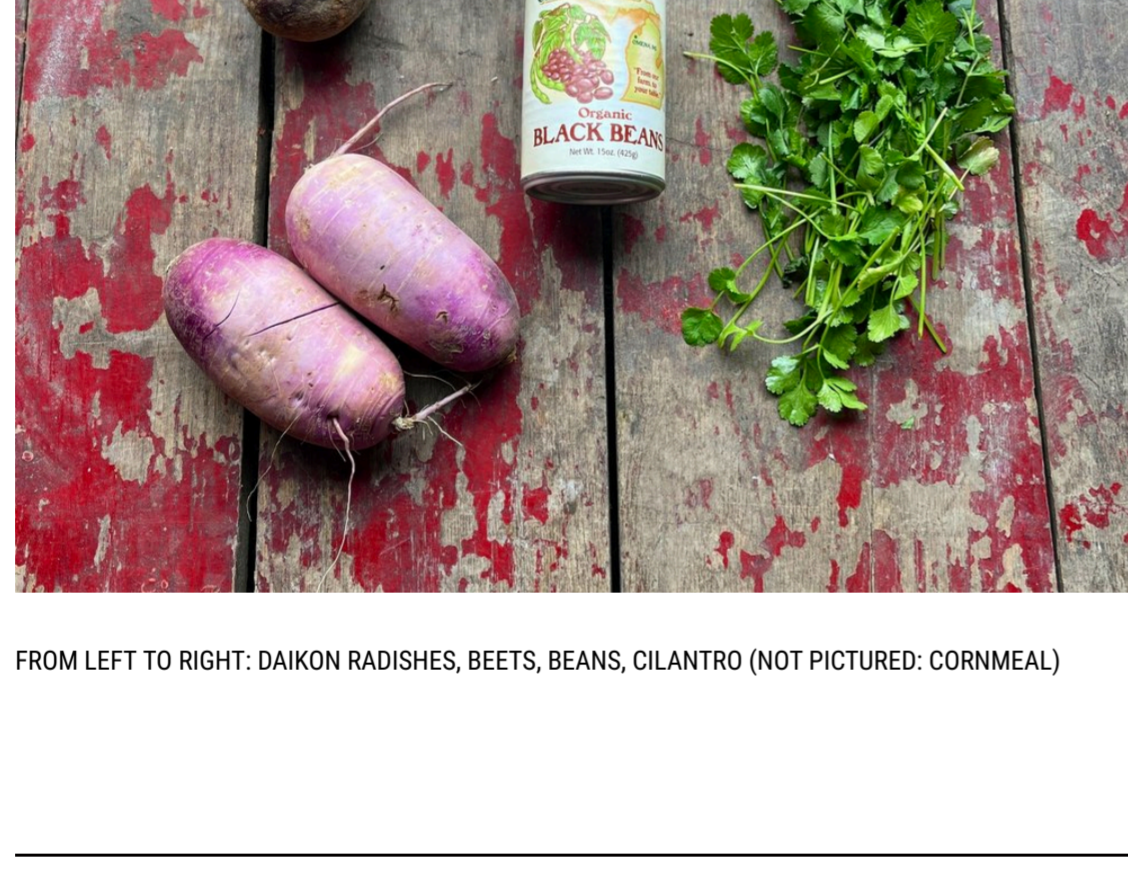
Storage Tip - Remove your greens from the bag, wash and store them in a plastic container with a paper towel covering them up to a week in the fridge.



FROM LEFT TO RIGHT: KALE, MICROGREENS AND LETTUCE

Substitutions

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



FROM LEFT TO RIGHT: DAIKON RADISHES, BEETS, BEANS, CILANTRO (NOT PICTURED: CORNMEAL)

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

Daikon Radishes: PrairieEarth Farm (Atlanta, IL) - Beverage substitute
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

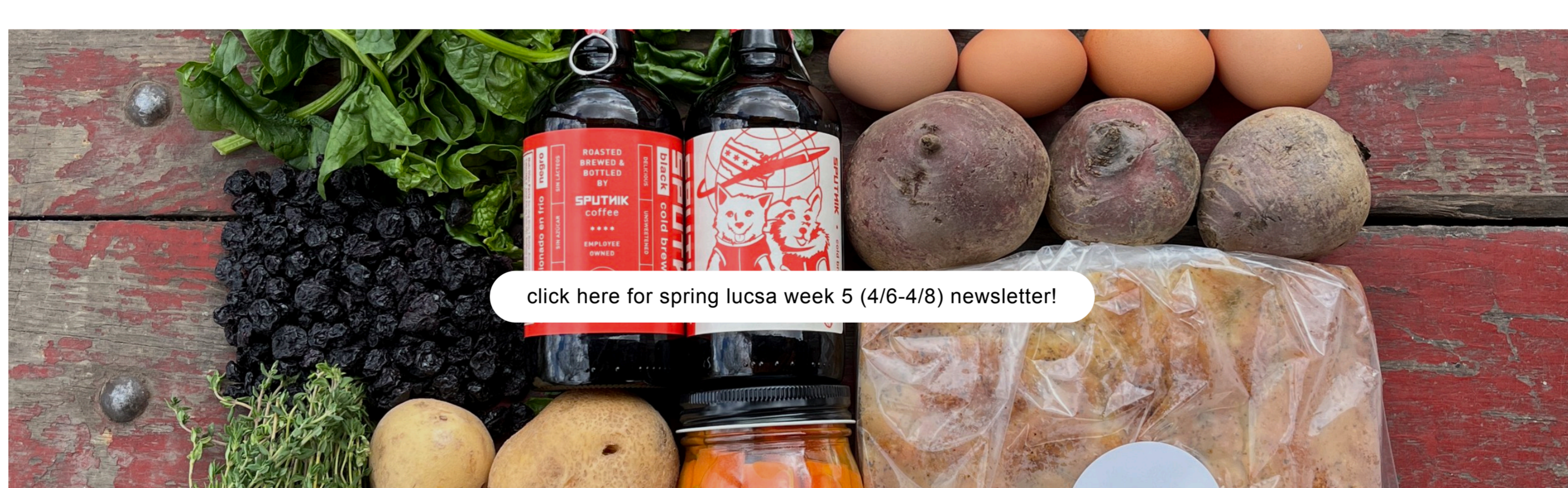
Beans: Omena Organics (Omena, MI) - Egg substitute
Storage Tip - Store in a cool dry place.

Cilantro: Wind Ridge Herb Farm (Caldonia, IL) - Mushroom substitute
Storage Tip - Loosely wrap in a paper towel and place in an airtight container in fridge for around 2 weeks.

Cornmeal: Spence Farm (Fairbury, IL) - Miscellaneous substitute
Storage Tip - Store in a cool dry place out of direct sun.

Produce Spotlight: Imperfect Carrots!

We are proud to announce the including of imperfect, broken, maybe even ugly carrots in the shares this week! Here at UC, we do not throw carrots away because they are broken. They are still fully usable and delicious! The source of food waste that we do not want to contribute to. The portions are measured by weight, so everyone gets the same amount as they would full carrots. So don't worry when you see them in your box, know that this is one small part in solving the US's food system issues.



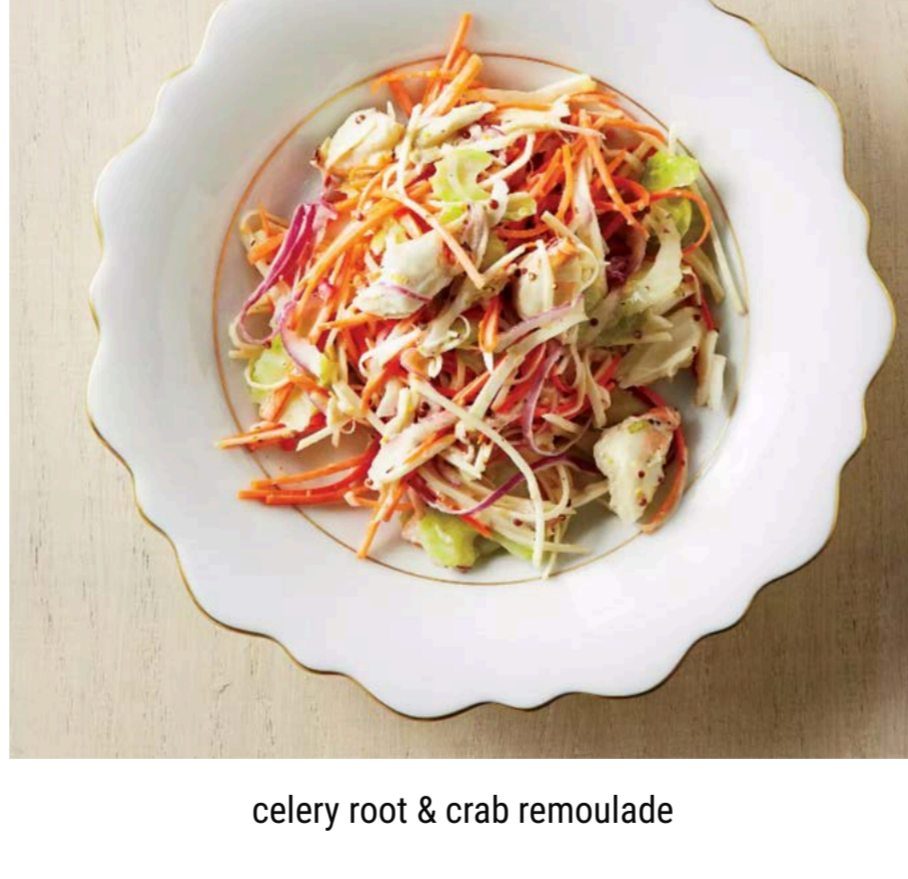
[NEWSLETTER ARCHIVE - CLICK HERE FOR ALL PAST NEWSLETTERS](#)

Recipe Recommendations

Click on the image to access the recipe



carrot risotto w/ microgreen salad



celery root & crab remoulade



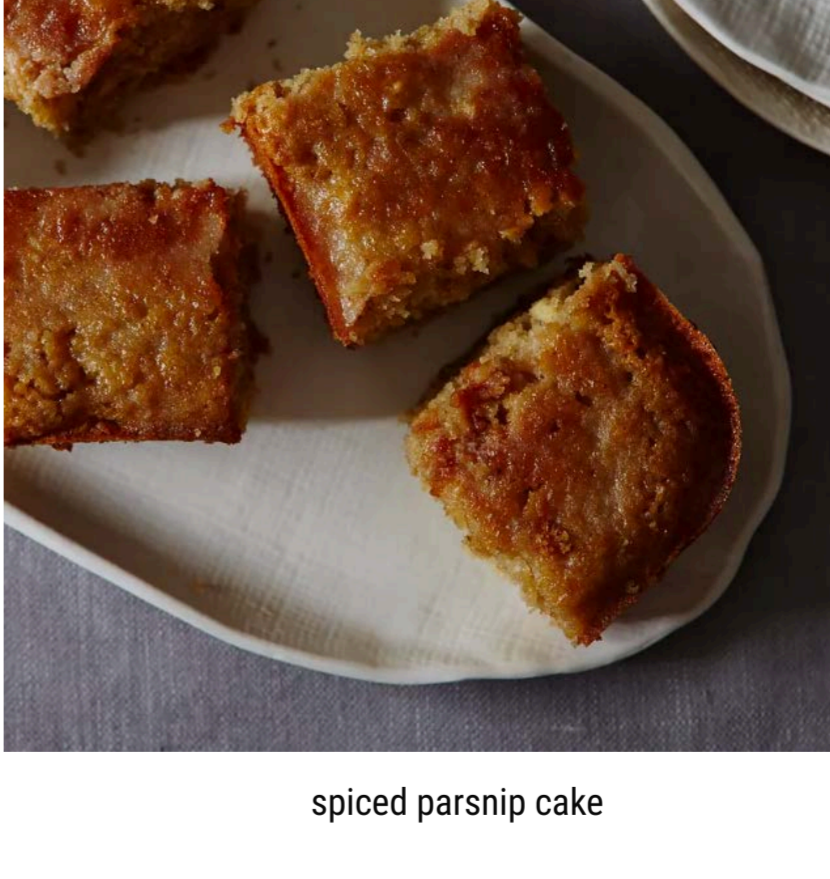
poblanos mushroom & potato tacos



pan roasted fingerlings w/ pancetta



carrot, feta & mint bork



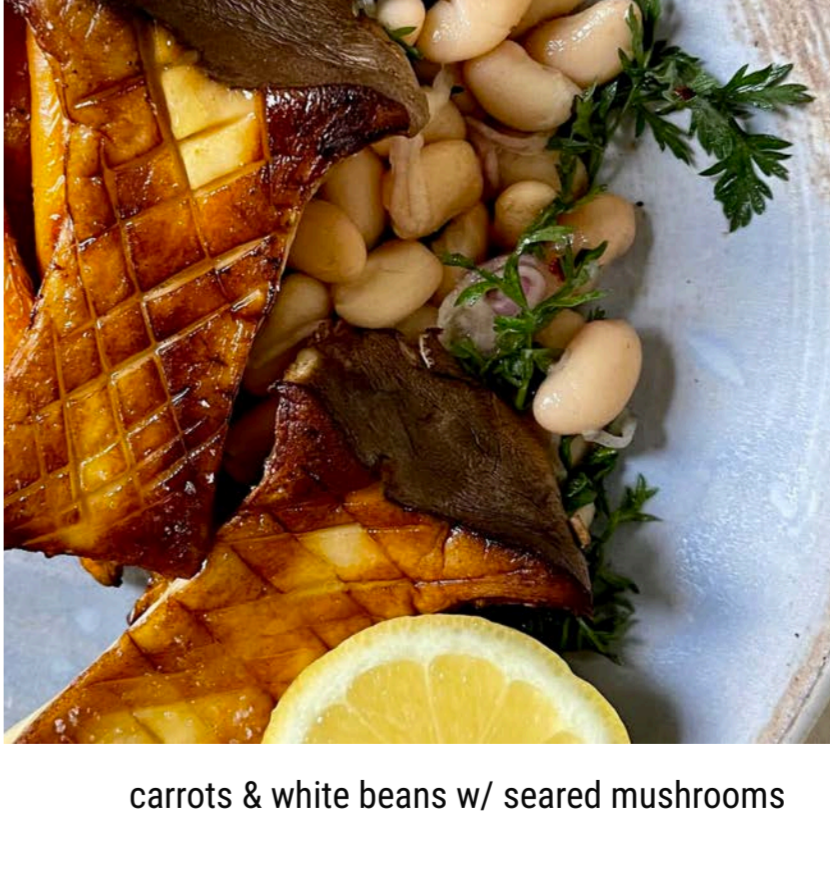
spiced parsnip cake



parsnip & carrot soup



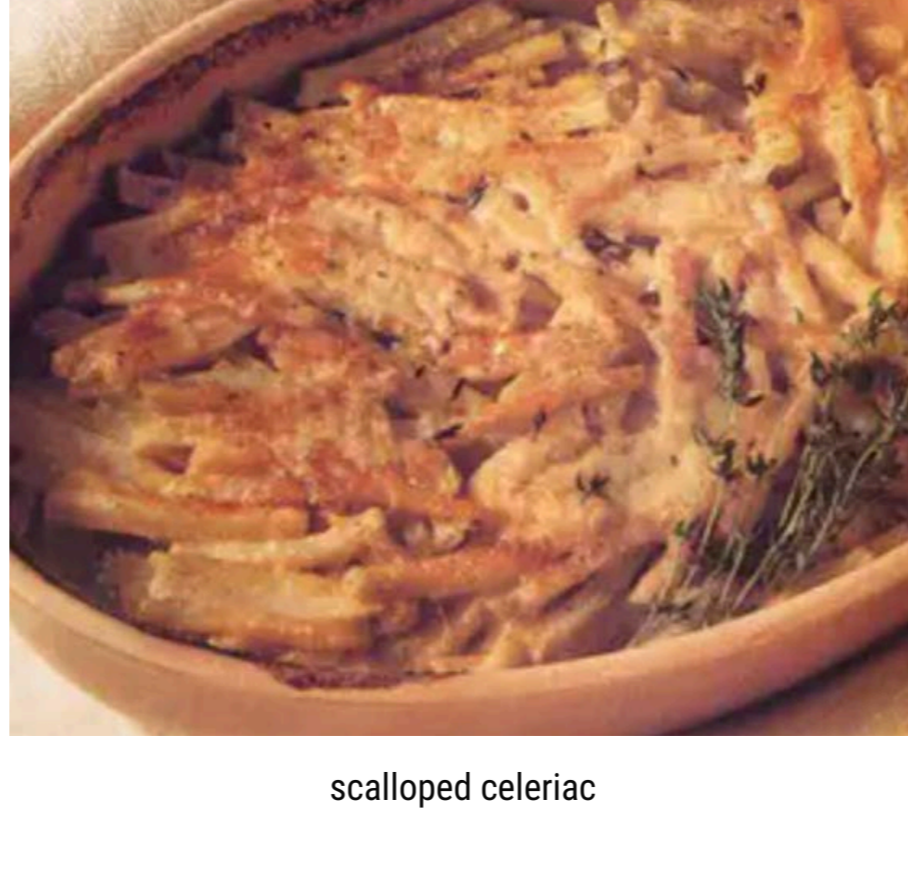
fried fingerling potatoes



carrots & white beans w/ sautéed mushrooms



new mexican green chile chicken enchiladas



scalloped celeriac



spicy parsnip soup