



LUCSA 2024 - 12/18, 12/19 &  
12/20

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



**In your box this week:**  
**- POTATOES - APPLES - SPINACH -**  
**CARROTS - POPCORN - APPLE CIDER -**  
**MICROGREENS or LETTUCE -**  
**- MUSHROOMS - EGGS - BREAD -**

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## **Upcoming Holiday Schedule**

LUCSA will be closed for two weeks during the upcoming holiday season. Our final week of deliveries in 2024 will be 12/18.

**There will be no deliveries on**  
**12/25, 12/26, 12/27 or 1/1, 1/2, 1/3.**

**All impacted service dates will receive a credit back to the account for the full amount of subscription services scheduled for that day. The credits will be applied to either that current billing cycle or the following depending on each member's subscription renewal date.**

We will begin deliveries in 2025 the week of 1/8. Add-On Shop hours will return to the standard Friday @ 12pm to Monday @ 12pm. Add -On Shop items to be delivered for the week of 1/8 will be available to purchase starting Friday 1/3/25.

Please send any questions or requests to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org)



## WEEKLY ADD-ONS FOR YOUR BOX

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.

For returning LUCSA members, we're doing Add-Ons a little differently these days... you will access the Shop through your very own member portal! Link below...

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

[CLICK HERE TO ACCESS YOUR ADD-ON SHOP FOR SUPPLEMENTAL SHARE ITEMS!](#)

## HOLIDAY GIFT BAGS

Buy one for yourself or as a gift. All the stuff to build a nice cheese board for the holidays packed with items from our Processing Kitchen and some of our favorite local producers.

- Re-Usable Beeswax Wrap from Wisconsin
- Urban Canopy Pepper Jam 8oz
- Urban Canopy Spiced Pecans 7oz



- Urban Canopy Caraway Rye Crackers 3oz
- Underground Meats - Wisco Old Fashion Salami 2oz
- J2k Capraio - "Marvin" Age Goat Cheese 3oz
- J2k Capraio - "Blank Slate" Cave Aged 3oz

**Limited Supply**  
**Only Available this Week!**

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## NEW FOCACCIA FLAVOR: **SWEET POTATO & THYME**

Savory Fall Flavors packed in the batch this week. Roasted Sweet Potatoes, fresh thyme and grated cheese.

Focaccias are made with sourdough starter and are fully baked and then vacuum sealed and frozen. Just pop them in the oven or a toaster oven and they will be hot and fresh and ready in like 20 minutes.

Keep checking back for new flavors.



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## 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!



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



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## ADD-ON ITEM FEATURE: FOXSHIP BAKERY VEGAN COOKIES

Vegan or not these cookies are AMAZING, and with flavors changing every week you'll never get bored! These festive double chocolate chip cookies are fudgy, gooey, and full of holiday cheer! The peppermint crunch on top makes this cookie the most PERFECT Christmas treat. These chocolate cookies are crisp around the edges with a soft, chewy center, loaded with chocolate chips and laced with peppermint.

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# 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!
- ALWAYS 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:**

**Apple Cider** - Seedling Orchard (South Haven, MI)

**Storage Tip** - The local apple cider we offer does not use any preservatives and is treated with UV light instead of using heat pasteurization, and because the fresh batches are done you will receive frozen cider. Always keep cider in the fridge and allow it to thaw, if the container was too full at freezing there can be some spillage on the sides. Once it is thawed you have about a week or 10 days until it begins to ferment. After that, make your own apple cider vinegar!

## **Bread:**

**Wednesday: Challah** FranHer Bakery (Pilsen, Chicago, IL)

**Thursday: Garlic Boule** PHlour Bakery (Edgewater, IL)

**Friday: Seeded Rye** Publican Quality Bread (Chicago, IL)

**Storage Tip** - *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, croutons, or panzanella! If it's particularly hot, you may want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread).

## **Mushrooms:**

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

**Thursday: Oyster** Windy City Mushrooms (Chicago, IL)

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

**Storage Tip** - Open the paper bag to reduce moisture, and keep mushrooms out of plastic. 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.

**Acorn Squash-** Happy Valley Farm (Black Earth, WI) or **Butternut Squash** from Nichols Farm and Orchard (Marengo, IL)

**Storage Tip** - Store in a cool, dry place with good air circulation at a temperature of 50–60°F (10–15°C).

**Microgreens or Lettuce** - [Enhanced Earth](#) (Bolingbrook, IL) / [Artesian Farms](#) (New Buffalo, MI)

*Storage Tip* - Your greens 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.

**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.

**Popcorn** - [Nichols Farm and Orchard](#) (Marengo, IL)

*Storage Tip* - Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

**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.

**Carrots** - [Family Farm Fresh](#) (Rockville, IN)

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

## Substitutions



CABBAGE, BLACK BEANS, SPINACH, RED ONIONS

*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!!!*

**Cabbage** - [Family Farm Fresh](#) (Rockville, IN)

*Storage Tip* - Keep in a plastic bag in the crisper for two weeks.

**Red Onions**- [Happy Valley Farm](#) (Black Earth, WI)

*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 Beans** - [Carlson-Arborgast Farm](#) (Howard City, MI)

*Storage Tip* - Store beans in a reusable container or plastic bag in a cool, dry place.

**Spinach** - [Black Earth Produce](#) (Black Earth, WI)

*Storage Tip* - 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.

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



Potato Latkes



Creamy Baked Tortellini w/ Spinach



Potato, Mushroom & Onion Pierogis



Popcorn Granola



Winter Squash Soup



Party Popcorn



Black Bean & Carrot Salad



Warm Spinach Salad w/ Mushrooms & Red Onions



Baked Apple Cider

FOLLOW US ON INSTAGRAM!

For more recipe ideas, follow us on [Instagram](#)! Our recipe reels provide additional information on how to use produce and processing items each week!



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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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