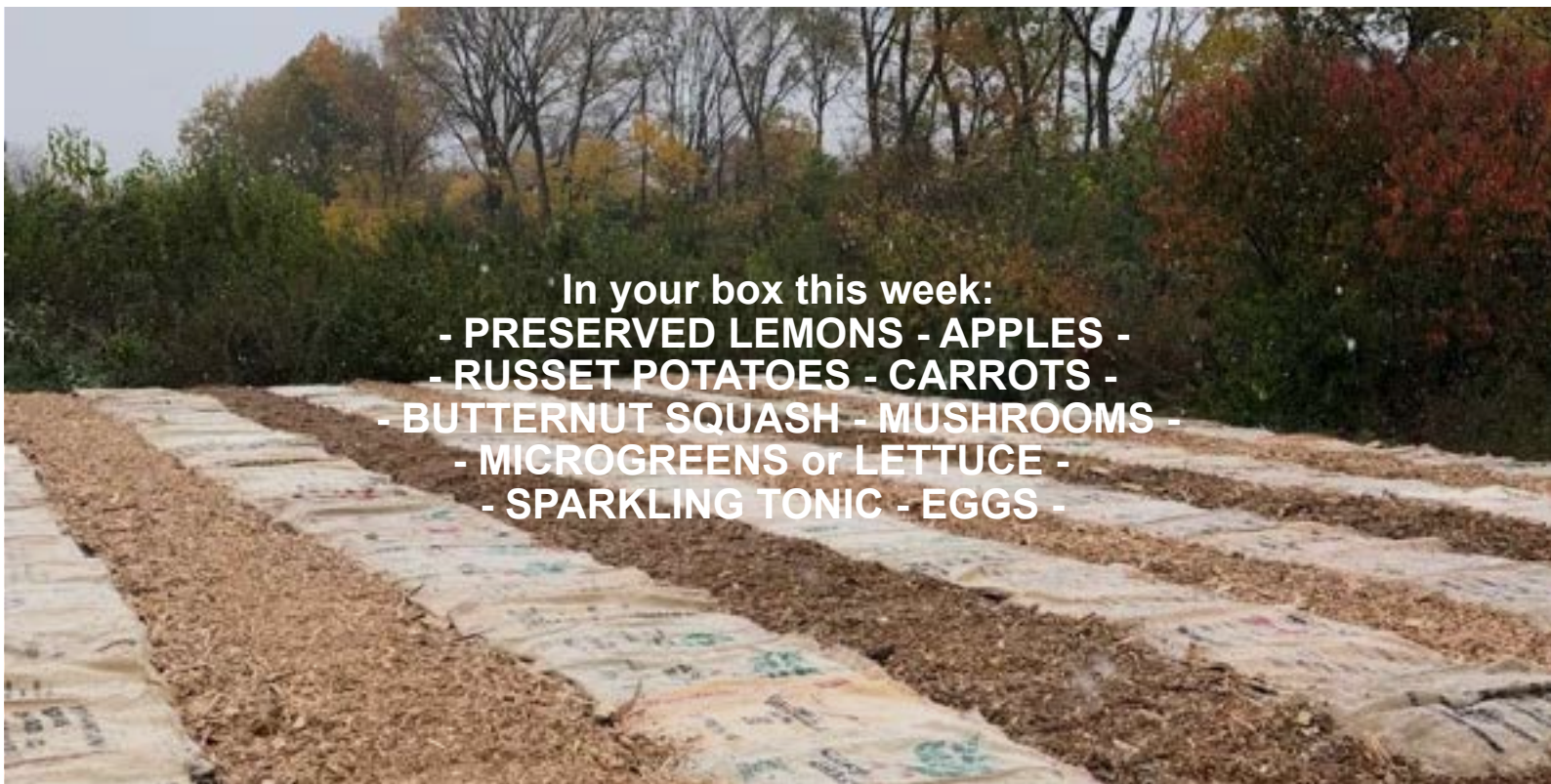




LUCSA 2025 - 3/5, 3/6, 3/7

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



In your box this week:

- PRESERVED LEMONS - APPLES -
- RUSSET POTATOES - CARROTS -
- BUTTERNUT SQUASH - MUSHROOMS -
- MICROGREENS or LETTUCE -
- SPARKLING TONIC - EGGS -

Item Highlight:

Whirlwind Cold Brew, Sputnik Coffee, and Bridgeport Coffee



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!](#)

ITEM HIGHLIGHT:

PEA SHOOT MICROGREENS

Coming from right here within the Urban Canopy warehouse, pea shoot microgreens are grown by our indoor farm! Our indoor farm allows us to grow year round in a controlled environment,

and pea shoots are our latest endeavor in microgreen cultivation.

Grown in 5" x 5" square trays, pea shoot microgreens are rich in vitamin C and vitamin B1. Delicious in smoothies or sandwiches and perfect as a garnish, use pea shoot microgreens to add a light fresh flavor to your meals during these cold winter months.



ITEM SPOTLIGHT: FOCACCIA WITH FRESH HERBS & PRESERVED LEMON

A new batch of focaccia this week from the kitchen.

Packed with roasted garlic and fresh basil, thyme and parsley. Then topped with slivers of briny preserved lemon rind.

Fully cooked and amazing. Just toss it in the oven still frozen and will be crispy and ready in like 20-25 minutes.

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](#)

ITEM HIGHLIGHT: **PRESERVED LEMONS**

One of our favorite items from the Processing Kitchen. Something bright in these winter days. Our preserved lemons are made with organic lemons that are fermented in a salty brine for over two months and then spiced with cumin and coriander seeds for even more flavor. The fermentation mellows out the tartness and softens the skin so the entire lemon can be eaten.

Preserved lemons are a staple in a range of cuisines from the Middle East and North Africa. They are traditionally incorporated into grain salads and stews adding bright, citrusy freshness and savory depth. They can be used to garnish soups or even muddled into a cocktail or mocktail.

Most people focus on the skin and pith of the lemons which can be easily removed from the flesh and diced or sliced before being incorporated into recipes. The flesh of the lemon becomes very soft and is strong and salty. It can be rinsed and blended into soups or sauces or dressings and adds a ton of flavor.



Recipes for Preserved Lemons

Chickpea & Squash Tagine with Preserved Lemons

Roasted Carrots with Preserved Lemons

Pasta with Preserved Lemons & Anchovies

Preserved Lemon Spritzer

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:

Sparkling Tonic - [Fruitbelt](#) (Sawyer, MI)

Storage Tip - Store in the refrigerator.

Bread:

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

Thursday: **Round Whole Wheat Boule** [FranHer Bakery](#) (Pilsen, Chicago, IL)

Friday: **Challah** [Zeitlin's Delicatessen](#) (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: **White Button** [River Valley Ranch](#) (Burlington, WI)

Thursday: **Lions Mane** [Windy City Mushroom](#) (Chicago, IL)

Friday: **White Button** [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.

Preserved Lemons - [The Urban Canopy](#) (Garfield Park, Chicago, IL)

Storage Tip - Jams, preserves and pickled items, should be stored away from the sunlight and in a cool space. For items that are shelf stable, the button on the lid should be compressed and pop when opened showing the jar has been properly processed and sealed. Once open, store in the refrigerator for up to 6 months. In general, pickled items are best used within 12 months for better flavor and texture but will be safe to eat for 2-3 years.

Microgreens or Lettuce - [Enhanced Earth](#) (Bolingbrook, IL) / [Closed Loop Farms](#) (Back of the Yards, Chicago, IL)

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.

Russet Potatoes - [Okray Family Farms](#) (Plover, 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.

Fuji 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.

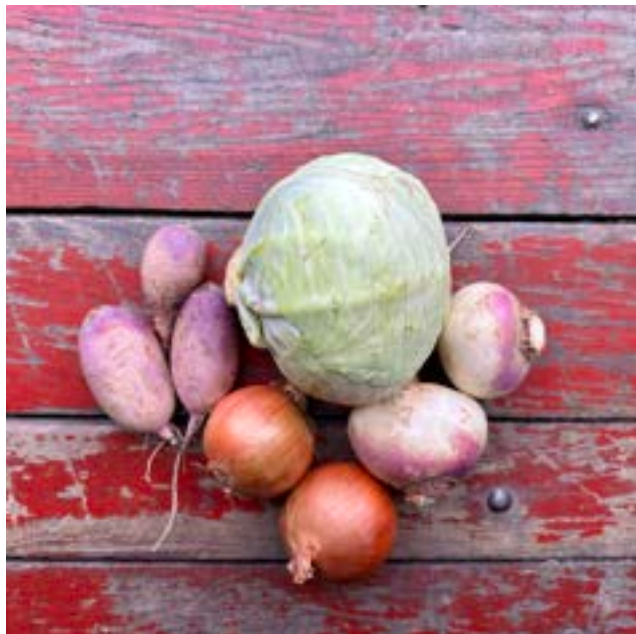
Carrots - [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Remove 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.

Butternut Squash - [Second Spring Farm](#) (Cedar, MI)

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

Substitutions



PURPLE MEAT RADISH, CABBAGE, YELLOW ONIONS, PURPLE TOP TURNIPS

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!!!

Yellow Onions - [Second Spring Farm](#) (Cedar, MI)

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.

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

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

Purple Radish - [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep very dry stored in a perforated bag in the refrigerator for up to a month.

Purple-Top Turnips - [Epiphany Farms](#) (Downs, IL)

Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

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



Roasted Potatoes with Preserved Lemon



Preserved Lemon Aioli



Moroccan Carrot Salad with Harissa



Caramelized Onion and Butternut Squash Tart



Salad with Preserved Lemon Dressing



Preserved Lemon Bars



Apple Sundaes with Cider Caramel Sauce



Rosemary Potato Chips

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!



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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