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# Week 3: June 1 / 2 / 3



# Welcome to Summer LUCSA Week 3!

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

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## what's in the box this week?

bread, eggs, mushrooms, sparkling botanicals, rhubarb, scallions or onions, salad greens, radishes, turnip greens or arugula, spring garlic



## 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](#)



## sarita's pleasure pies

Vegan quarter pies!

This week's flavor: Abundance seed pie 🍫🥜☕



## healthy soil compost

spring is here! start preparing your garden or feed your houseplants. sta certified compost made here in chicago with contributions from uc's own compost club members!

half gallon in a reusable glass jar.



## UC Whole Tomatoes

Made in-house in our processing kitchen and perfect for sauces! 24oz jar.



Dark chocolate, coffee, cashews, coconut oil, oat milk, coconut cookies, coconut shreds, flaxseeds, dates, agar agar, peanut butter, soft tofu, sweetened condensed coconut milk



## urban canopy zine

The first official Urban Canopy company zine, full of info about all our different branches, following our summer 2021 LUCSA-only zine run



## nichol's farms popcorn

Pop some corn and pop in a movie!



## Kilgus Farmstead Milk

As fresh as you can get while saving yourself a trip to the farm. Comes in 1/2 gallon jugs.

*& much more available!*

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# 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* - Store in the fridge and enjoy chilled.

## **Bread:**

Wednesday: **Country Round**, [Middlebrow](#) (Logan Square)

Thursday: **Multigrain**, [pHlour Bakery](#) (Andersonville)

Friday: **Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market)

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

Wednesday: **Crimini** / Thursday: **White Button** / Friday: **Portabella**

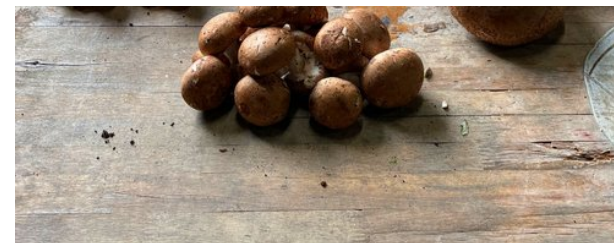
*Storage Tip* - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.





**Rhubarb:** [Seedling Orchard](#) (South Haven, MI)

*Storage Tip* - You can keep rhubarb stalks wrapped in a plastic bag in the fridge for a few days. If you snip off the base, place it upright in a jar with an inch of water and cover the tops with a plastic bag, it will last for a week or more. Rhubarb also does really well when frozen and can store for an entire year. Click [here](#) for a rhubarb freezing tutorial from Martha Stewart.



FROM LEFT TO RIGHT: WHITE BUTTONS, CRIMINI, PORTABELLA MUSHROOMS

You will receive one of the following:

**Scallions:** [One Family Farm](#) (Chicago, IL)

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

*Storage Tips*

Scallions - Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

Onions - 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.



GREENS THIS WEEK - TOP LEFT TO BOTTOM LEFT: BRASSICA MIX, MUSTARD GREENS, TURNIP GREENS; BOTTOM RIGHT TO TOP RIGHT: SALAD MIX, HEAD LETTUCE, KALE - NOT PICTURED: CHARD

**Radishes:** [PrairieErth Farm](#) (Atlanta, IL) / [Nichols Farm and Orchard](#) (Marengo, IL) / [Bridge & Bloom Farms](#) (Chicago, IL) / [The Urban Canopy](#) (Englewood, Chicago, IL)

*Storage Tip* - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in plastic bag in the crisper for up to three weeks.

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

*Storage Tip* - Keep green garlic and garlic scapes in your refrigerator's crisper drawer in loose plastic or mesh bags so that air circulates around them. They should stay fresh for at least one week and up to two weeks.

You will receive one of the following cooking greens:

**Wednesday: Arugula / Brassica Mix:** [The Urban Canopy](#) (Englewood, Chicago, IL)

**Thursday: Turnip Greens:** [The Urban Canopy](#) (Englewood, Chicago, IL)

**Friday: Kale / Chard:** [Gray Farms](#) (Watseka, IL) / [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)

*Storage Tip* - Remove from compostable green bag, if present. 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.

**Lettuce Heads / Salad Mix:** [One Family Farm](#) (Chicago, IL) / [Bridge & Bloom Farms](#) (Chicago, IL)

*Storage Tip* - Remove from compostable green bag (if present). 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.

## Substitutions

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

**Asparagus:** [Mick Klug Farm](#) (St. Joseph, MI)

*Storage Tip* - Trim any woody ends from the stems, stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

**Chamomile:** [One Family Farm](#) (Chicago, IL)

*Storage Tip* - Store wrapped in a damp paper towel in the fridge for 2-3 weeks. Can also be dried to be able to use through the whole year.

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

*Storage Tip* - Keep in a plastic bag in the crisper for up to a few weeks.

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

*Storage Tip* - Cucumbers store best around 50 degrees. Much colder and they will lose some of their sweetness and are more likely to bruise. You can store them in a cool spot in the pantry or the warmest spot of the fridge. Kept in the fridge they should be used within 3-4 days. Cucumbers are also very sensitive to mold, so make sure they are really dry. This week's cucumber variety is perfect for pickling!

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

*Storage Tip* - Keep dry and tightly sealed in a bag in the crisper for up to a



SUBS THIS WEEK, FROM LEFT TO RIGHT: ASPARAGUS, PICKLING CUCUMBERS, BEETS, CHAMOMILE - NOT PICTURED: PARSNIPS



month.

**Ginger Hibiscus Kombucha:** [Kommunity Kombucha](#) (Chicago, IL)

*Storage Tip* - Store in fridge for up to 6 months.

**Urban Canopy Giardiniera:** [The Urban Canopy](#) (Englewood, Chicago, IL)

*Storage Tip* - Store in pantry for years - once opened, store in fridge.

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On Bio Bags:





You may recognize these green plastic bags that our lettuce mixes and microgreens often come in. These are biobags! Biobags are compostable single use plastic. Packaging lettuces and greens is a bit of a contentious subject, paper bags disintegrate from the often damp greens, conventional plastic bags stick around for far longer than we would like, but biobags are not ideal for long term storage of produce. Since they are intended to break down, sometimes the environment of the fridge starts them on this process and can lead to green quality quickly becoming less-than-ideal. Once you receive your box we highly recommend transferring your greens to another container and composting the biobag. A couple storage options include a reusable container or bag lined with a paper towel, a reusable cloth/mesh produce bag, or rolled up in a kitchen towel. See what works best for you and your home!

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[click here for summer luca week 2 \(5/25-5/27\) newsletter!](#)

[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)

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# Recipe Recommendations

*Click on the image to access the recipe*



almond rhubarb snacking cake



Sautéed Radishes with Mint



rhubarb crumble bars



Pioppino Mushroom Huarache with Radishes and Jalapeños



Garlic Roasted Radishes



savory rhubarb sauce



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