

Fall Week 1 - 8/30, 8/31, 9/1

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

Welcome to the first week of Fall LUCSA!!

In your box this week:
EGGPLANT - PEPPERS - HERBS
COOKING GREENS - PEACHES
MUSHROOMS - ZUCCHINI - CHAI

The Urban Canopy's outdoor farm in Auburn Gresham, taken on the morning of Thursday, August 24th amid the record heat. The farmers get going before 6AM most mornings to beat the heat - but it can be brutal harvesting and watering all summer long.

IMPORTANT TIPS FOR YOUR PRODUCE BOX:

Unpack your box ASAP, and store properly!

Your produce will last longer and stay fresh if you follow handling instructions outlined in the newsletter and the produce guide. The green compost bags that we use are not good for storage long term, so please move greens and other items to better containers.

Wash all of your produce before use!

The produce come cleaned from the farms and vendors and the staff takes many precautions with handling - but washing your food is the absolute safest best measure you can take to ensure maximum safety.

What's in my box?

The newsletter is a preliminary plan for the following week so items can change over the course of the week. Lots can change with our farms over that time. We update the newsletter page over the course of the week and we post a picture of the actual share on our Instagram page (@theurbancanopy) Wednesday afternoon.

Contact us!

If there is an issue with your box or you cannot identify a produce item, email us. If you need to change delivery instructions or schedule a vacation, please email us. If squirrels stole the bread from your share, please email us! The email is lucsa@theurbancanopy.org.

[- CLICK HERE - PRODUCE GUIDE - STORAGE TIPS AND RECIPE SUGGESTIONS](#)

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 as well as recipes. It's not a bad idea to bookmark it to refer back to it easily!

[- CLICK HERE - 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.

Add Ons

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.

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

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



ADD ON VENDOR FEATURE: *Bike A Bee Honey*

Bike a Bee Honey is the amazing work of Jana Kinsman. Jana tends to hives throughout the South Side working with community gardens, schools and urban farms. For years now she has tended the hives on the Urban Canopy farm in Auburn Gresham, helping to pollinate our crops and producing amazing local honey.

In 2019 she began working with Trevor Bawden of Lloyd Street Bees in Milwaukee Wisconsin, buying high-quality queen bees and bee colonies from him. Despite focusing his work on breeding a more resilient honey bee, he still gets a surplus of honey every year and does NOT enjoy selling honey to the same degree Jana does. So, a partnership was born. Not only do you support a local woman-run business when you get Bike a Bee honey, you are also supporting one of the most exciting bee breeders in the northern midwest region. Queen breeding is the essential foundation for creating a resilient North American honeybee workforce. Trevor's VSH (varroa sensitive hygiene) bees are able to keep the destructive Varroa MITE levels low in a colony while also being able to survive our incredibly harsh winters. Thank you for supporting our partnership so we can continue our shared passion: BEES!

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!
- 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:
Tasting India (Chicago, IL) - Cardamom rose brew and chai concentrate

Bread:
Wednesday: Challah, Eranher Bakery (Pilsen, Chicago, IL)
Thursday: Country Loaf, Phloar Bakery (Andersonville, Chicago, IL)
Friday: Seeded Rye, 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. Be careful with temperature - you may want to refrigerate bread sooner than later! You can also slice or rip/cut your bread into pieces and freeze for future toast or croutons.



LEFT TO RIGHT: PORTABELLAS AND OYSTER MUSHROOMS

Mushrooms:
Wednesday: Oyster: Primordia (Bloomington, IL)
W,Th,F: Portabellas: 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.

Eggs: Einn'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.

Peaches: Seedling Orchard (South Haven, MI)
Storage Tip - Keep on the counter until they reach desired ripeness. To ripen faster, store them in a brown paper bag. Once ripe, you can move them to the fridge to keep them for a couple days longer.

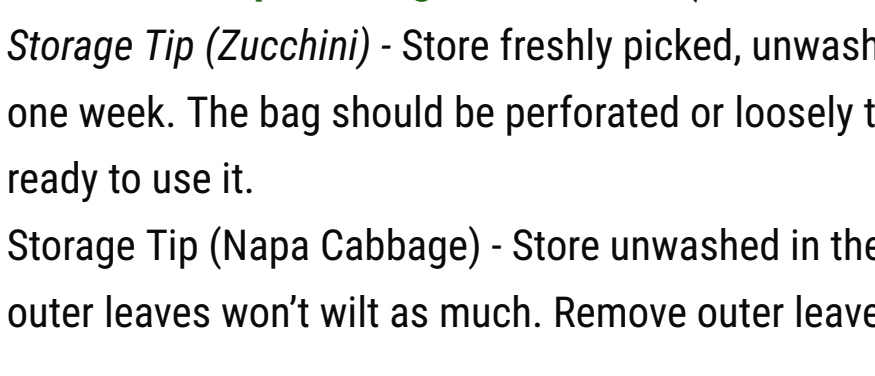
Swiss Chard or Lacinato Kale: UC's oFarm (Auburn Gresham, Chicago, IL)
Storage Tip - Either loosen or remove the rubber band. You can wrap the greens in a paper or cloth towel to cut down on extra moisture. Then store in a plastic bag in the fridge for up to a week. Or keep in a glass of water like a bouquet!



LEFT TO RIGHT: LACINATO KALE, SWISS CHARD

Eggplant: UC's oFarm (Auburn Gresham, Chicago, IL) / Nichols Farm and Orchard (Marengo, IL)
Storage Tip (Eggplant) - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

Zucchini or Napa Cabbage: UC's oFarm (Auburn Gresham, Chicago, IL) / Earthlore Farm (Beaverville, IL)
Storage Tip (Zucchini) - Store freshly picked, unwashed zucchini in a plastic bag in the refrigerator for up to one week. The bag should be perforated or loosely tied, not sealed tightly. Do not cut the zucchini until you are ready to use it.
Storage Tip (Napa Cabbage) - Store unwashed in the fridge for up to a week. If stored in a plastic bag, the outer leaves won't wilt as much. Remove outer leaves, wash and prepare as needed.



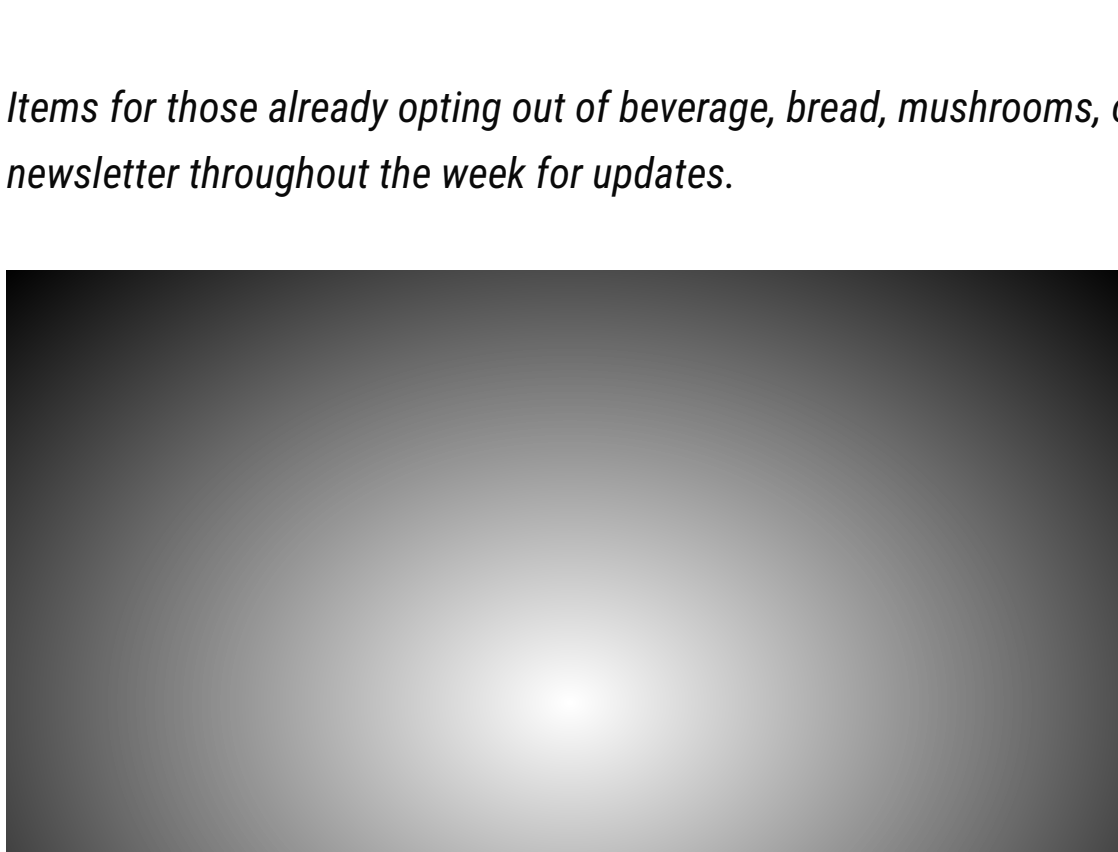
LEFT TO RIGHT: PARSLEY, MIZUNA, CILANTRO

Parsley, Cilantro or Mizuna (Lettuce Mix): UC's oFarm (Auburn Gresham, Chicago, IL)
Storage Tip (Herbs) - To keep herbs perky for more than a few meals, trim the stems as you would flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for herbs that remain vibrant for nearly a week. You can also loosely wrap in a paper towel and place in an airtight container in the fridge for around a week.
Storage Tip (Lettuce) - The lettuce 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.

Bell Peppers: UC's oFarm (Auburn Gresham, Chicago, IL) / Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Substitutions

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.



Green Beans: Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Use or freeze within about 2 weeks.

Tomatillos: Down at the Farms
Storage Tip - Tomatillos can be kept in the fridge for 2-3 weeks. Store them loose in an unsealed paper bag. To help keep them fresh and free of bruises, don't peel back the husks until you're ready to eat them.

Tomatoes: Earthlore Farm (Beaverville, IL)
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

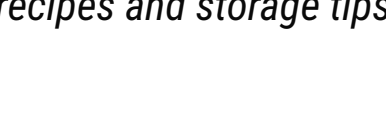
Grapes: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Remove from the green compostable bag. Store in crisper and allow for some air flow to minimize moisture.. These go quick so eat within 2-3 days.

Corn: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Corn should be stored in the refrigerator and eaten quickly. The sugars that are found in corn kernels turn into starches quickly once they are picked and it happens even faster if they are kept at room temperature. You can keep it in a husk or in a plastic bag in the fridge in order for it to not dry out. Corn should be eaten in 2-3 days.

Recipe Recommendations

Check out our produce guide for access to tons of recipes!

We have created a page on our website to house all of our recipes and storage tips! These are available all the time if you bookmark this page.



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