



# Fall Week 2 - 9/6, 9/7, 9/8

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

Welcome Fall LUCSA 2023!! In your box this week:

CORN - GROUND CHERRIES - GRAPES  
COOKING GREENS - PLUMS -  
EGGPLANT OR POBLANOS  
MUSHROOMS - - WISCO POP

The Urban Canopy's outdoor farm in Auburn Gresham.

## 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](mailto: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](#)



THE URBAN CANOPY KITCHEN SPACE AT THE HATCHERY INCUBATOR IN GARFIELD PARK

### ADD ON VENDOR FEATURE: Urban Canopy Processing Kitchen

For the past few years, Urban Canopy has been using a shared kitchen space to create a range of preserved goods that we sell through our CSA boxes and at the farmers' markets we attend throughout Chicago. It is a great way to make delicious jarred products that utilize excess produce from local farms and several large distributors we work with near our warehouse in Pilsen. It is an amazing feeling to turn food that would end up in a landfill or getting turned into compost into tons of jars of delicious pickled stuff and jams.

Hopefully many of you have gotten our jarred items in your winter CSA boxes from the last couple of years, like the fermented kimchi or preserved lemons. We are always adding new items based on what we can source and save, so keep checking the add-on form and see what is available! And we love feedback.

### PRODUCE FEATURE: Ground Cherries

We are very excited to have these unique beauties in the boxes this week. We are always excited and hopeful for this time of year to be able to introduce people to ground cherries. Also known as gooseberries, husk cherries or goldenberries, these fruits aren't cherries at all but are actually a member of the nightshade family, closely related to the tomatillo, hence the papery husk that they grow in. The flavor is surprisingly tropical similar to pineapple, with a texture of a ripe, firm cherry tomato. The are amazing as a topping on a garden salad but the easiest and most popular way to use them is in place of tomatoes in a fresh batch of pico de gallo. In fact, they can be used to substitute cherry tomatoes in most recipes but are also sweet and versatile enough to be used in sweet desserts and even cooked down into a jam or jelly. Have fun with them.



## 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!

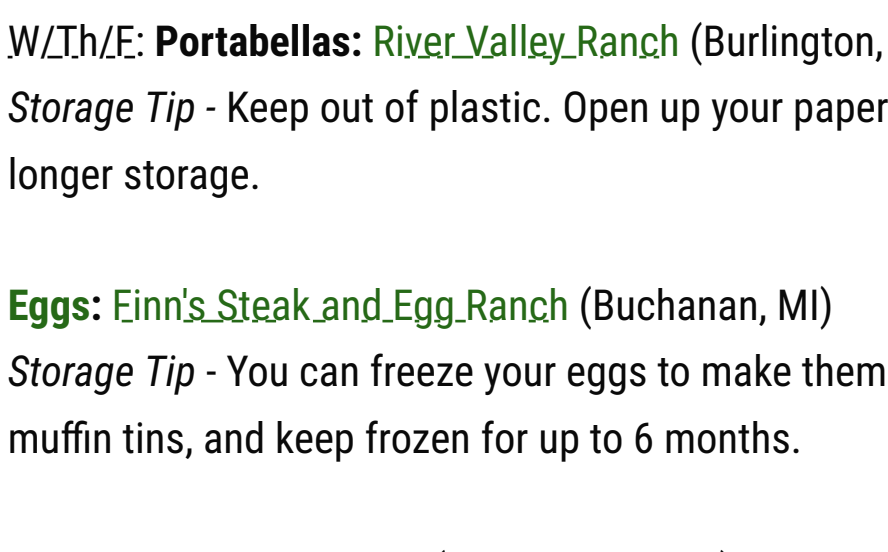


LEFT TO RIGHT: PORTABELLAS AND OYSTER MUSHROOMS

**Beverage:**  
Wisco Pop (Madison, WI) - Strawberry and ginger sodas

**Bread:**  
Wednesday: Pullman Sourdough, Publican Quality Bread (Fulton Market, Chicago, IL)  
Thursday: Challah, Eranher Bakery (Pilsen, Chicago, IL)  
Friday: Country Loaf, Flour Bakery (Edgewater, Chicago, IL)

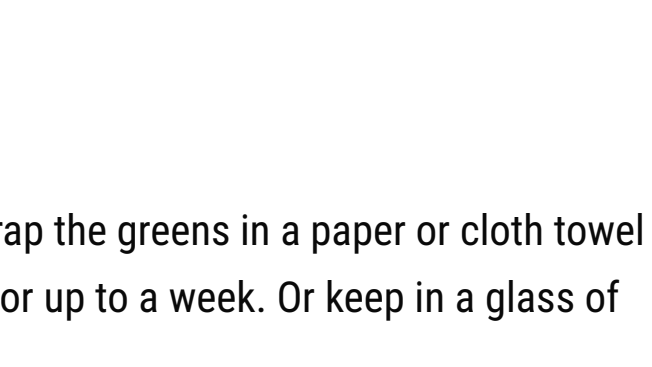
**Storage Tip** - Keep your bread cut side down in a bag on your counter for two to three days. Be careful with temperature - you may want to refrigerate bread sooner than later! You can also slice or rip/cut your bread into pieces and freeze for future toast or croutons.



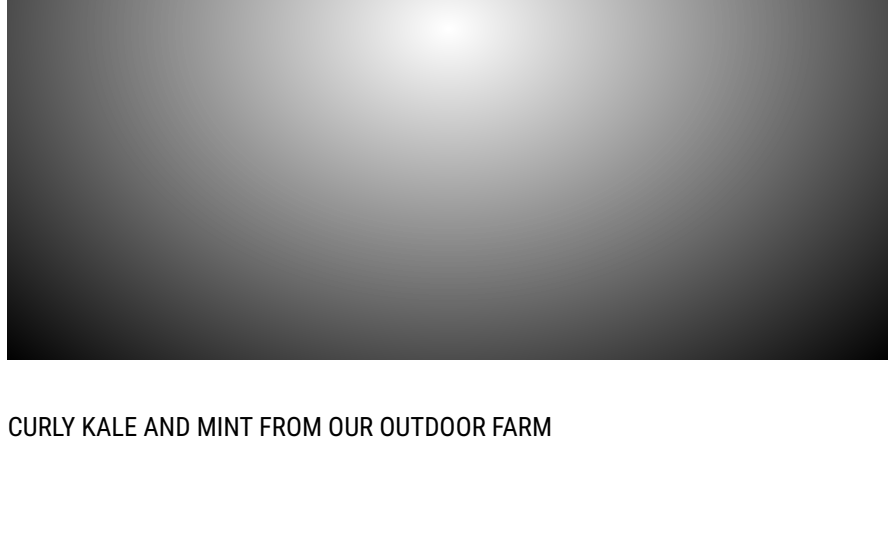
**Mushrooms:**  
Wednesday: Oyster: Primordia (Bloomington, IL)  
W/Th/F: Portobellas: River Valley Ranch (Burlington, WI)  
**Storage Tip** - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

**Eggs:** 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.

**Plums:** Seedling Orchard (South Haven, MI)  
**Storage Tip** - Store unripened plums at room temperature to ripen. Place in paper bag to speed up the process, but check frequently because they are extremely perishable. You can store them for a couple extra days in the fridge once they are ripe.



SEEDLING PLUMS



CURLY KALE AND MINT FROM OUR OUTDOOR FARM

**Kale / Mint / Salad Mix / Cucumbers:**  
LUCSA Farm (Auburn Gresham, Chicago, IL) / Coldbrook Farm (Crete, IL)  
**Storage Tip** - (Kale) 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!  
**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.

**Storage Tip (Cucumbers)** - 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.

**Eggplant or Peppers:** Red Bell, Poblano, Banana or Fish (translucent yellowish - spicy!) varieties:  
LUCSA Farm (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.  
**Storage Tip (Peppers, assorted)** - Store dry in an around plastic in the crisper for up to two weeks.

**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.



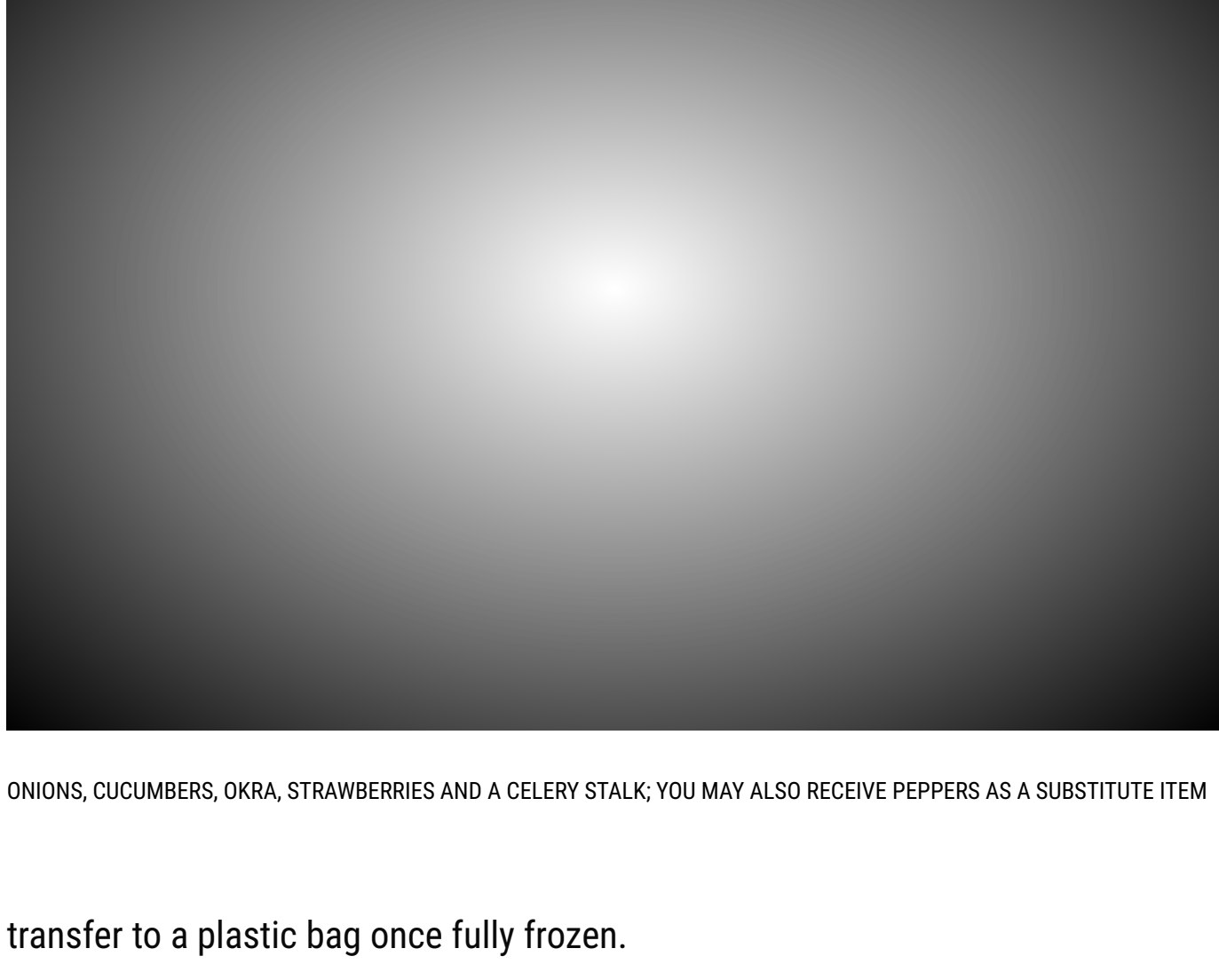
EGGPLANT FROM OUT DOOR FARM AND PEPPERS FROM NICHOLS FARM

**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 the 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.

**Ground Cherries:** Nichols Farm and Orchard (Marengo, IL)  
**Storage Tip** - Kept in their papery husks, ground cherries will keep in the refrigerator for at least a week, and up to ten days. Ensure that your ground cherries are dry as moisture speeds up the fruit's decay.

## 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.



ONIONS, CUCUMBERS, OKRA, STRAWBERRIES AND A CELERY STALK. YOU MAY ALSO RECEIVE PEPPERS AS A SUBSTITUTE ITEM

**Onions:** 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.

**Celery:** Silver Line Ranch (Hebron, IL)  
**Storage Tip** - Keep in an open plastic bag in the crisper for up to two weeks.

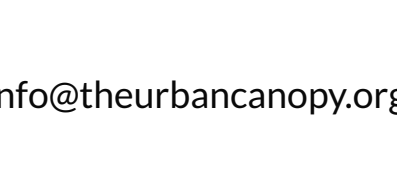
**Okra:** Sala Gratia Farm (Urbana, IL)  
**Storage Tip** - Fresh okra is very perishable. Keep no more than two to three days in the refrigerator. Store in a paper bag or wrapped in a paper towel and placed inside a perforated plastic bag to keep pods very dry. Moisture causes pods to become slimy.

**Strawberries:** Mick Klug Farm (St. Joseph, MI)  
**Storage Tip** - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

## 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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