



# Fall Week 3 - 9/13, 9/14, 9/15

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

## In your box this week:

EGGPLANT - TOMATOES - POTATOES  
COOKING GREENS OR HERBS  
SWEET PEPPERS - GRAPES  
MUSHROOMS - HARD CIDER

The happy carmen pepper fields at the Urban Canopy farm in Auburn Gresham.

## Farm News

We may think that September is the start of fall, but all this late summer heat and lack of rain has been doing a number on the farm and our farmers. Some things like peppers can stand lots of sun and the high temperatures, but most of the plants like squashes and greens get really stressed with the extremes and the plants can shut down even with lots of tending and extra watering. All the heat and sun can also cause some cosmetic damage and discoloring so forgive some of the spots and crisped edges, but it also can mean extra concentrated flavors. The farmers have been getting out extra early, starting their days on the farm before the sun is out so they can get a couple of hours of harvesting before things get too steamy which is really hard on the produce once it is out of the ground. With the heat burning out some summer crops like the zucchini patch, it is time to get another planting in for fall with items like carrots and beets and sweet potatoes.



CARMEN PEPPERS GROWING

[- 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](#)



Tasting India Chai Concentrate



Southside Blooms Bouquet



Bike A Bee Raw Honey



Urban Canopy Chow Chow

## 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:

**Hard Cider** from [Eris Cider](#) (Irving Park, Chicago, IL) - Strawberrybarella and Pedestrian flavors

\* N/A substitute: Passion House Cold Brew

\*\* N/A + caffeine opt-outs will receive a substitute produce item (see below)

### Bread:

**Wednesday: Country Loaf**, [pHlour Bakery](#) (Edgewater, Chicago, IL)

**Thursday: Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

**Friday: Challah**, [Franher Bakery](#) (Pilsen, 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:

**Crimini or White Button:** [River Valley Ranch](#) (Burlington, WI)

**Oyster:** [Primordia](#) (Bloomington, IL) - Friday only

**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.

**Potatoes:** [Hoffman Organic Farm](#) (Earlville, 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.

**Swiss Chard / Parsley / Cilantro:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

or **Lettuce:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Silver Creek Farm](#) (Ladd, IL)

**Storage Tip (Chard)** - 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 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 salad mix 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.

**Peppers: Mixed varieties:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)

/ [RELISH Chicago](#) (Chicago, IL)

**Storage Tip** - Store dry in an open plastic bag in the crisper for up to two weeks.

**Eggplant:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

**Storage Tip** - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

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

**Storage Tip** - Store 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.

**Tomatoes:** [Mick Klug Farm](#) (St. Joseph, MI) / [RELISH Chicago](#) (Chicago, IL) / [Earthlore Farm](#) (Beaverville, IL)

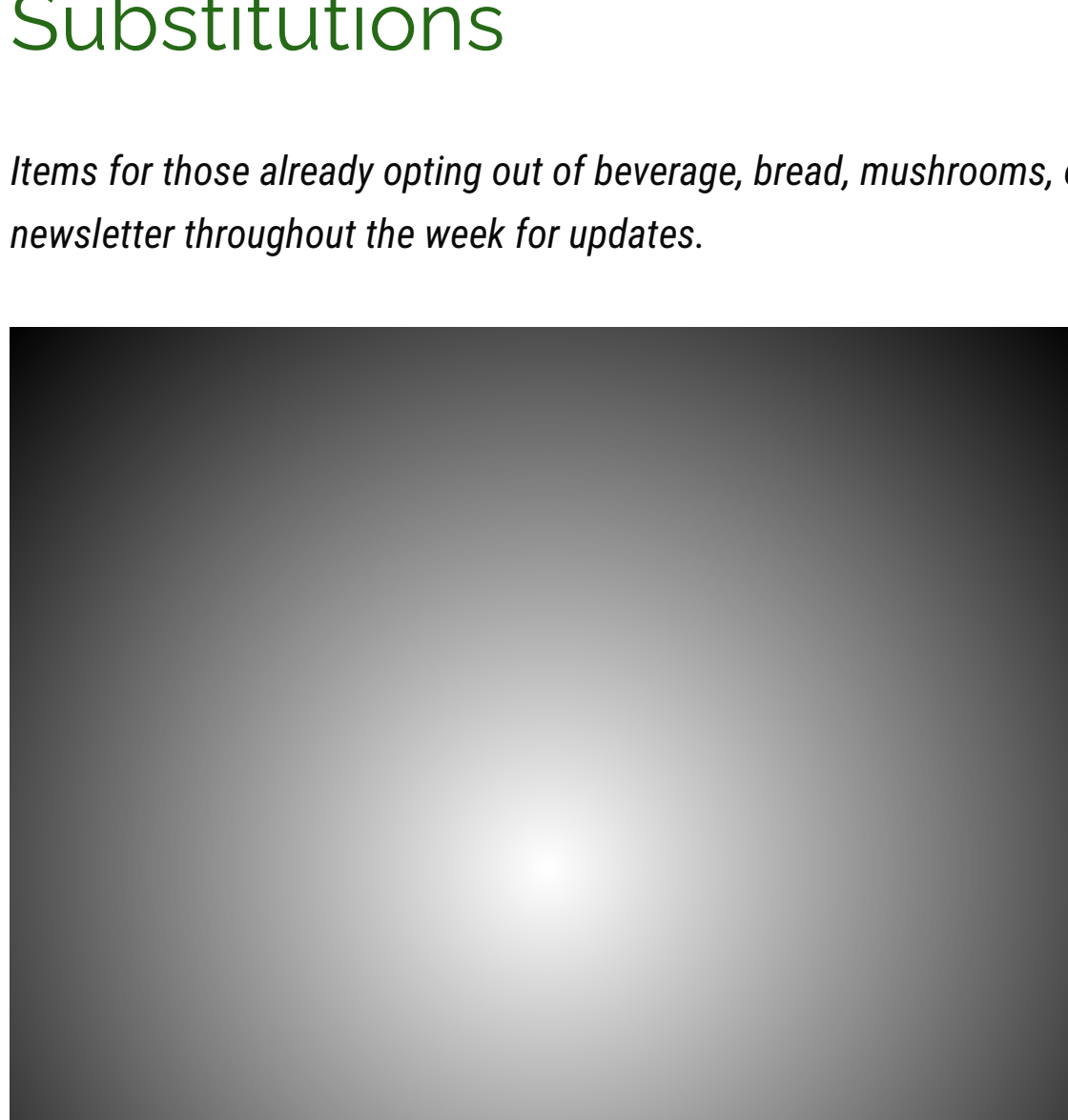
**Storage Tip** - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.



ROSA BIANCA EGGPLANT FROM OUR OUTDOOR FARM

## 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.



**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.

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

**Basil:** [Wild Coyote](#) (Berrien Springs, MI)

**Storage Tip** - 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.

**Bok Choy:** [Wild Coyote](#) (Berrien Springs, MI)

**Storage Tip** - Store in the crisper drawer of your refrigerator -- unwashed and in a perforated plastic bag -- and use within a few days. When you do use it, remember that its cluster of stalks hides dirt, so wash it well.

**Scallions:** [Down at the Farms](#) (Fairbury, IL)

**Storage Tip** - 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.

## 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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