



Fall Week 4 - 9/20, 9/21, 9/22

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

In your box this week:

- RASPBERRIES - POTATOES
- TOMATOES - BOK CHOY
- SWEET PEPPERS - KALE
- MUSHROOMS - KOMBUCHA

The healthy fields at the Urban Canopy farm in Auburn Gresham Thursday, September 14th.

Farm News

With the shorter days and cool mornings, this time of the year is a period of transition for the farm. Many of the summer crops like zucchini and eggplant and sunflowers are slowing down or have been pulled and the farmers are hustling to get new beds seeded with a final fall crop rotation with things like beets and carrots. The fall harvest is always a little hopeful as it is a race against an early front and a need for some extra days of sun and a little more heat. The fall harvests can last into the middle of November on some of the hearty items and then there are a couple weeks of prepping the farm for a healthy winter of rest. It used to be that frost and real cold could come in the middle or end of October but as all things become less predictable with the effects of climate change, it can be harder to anticipate the actual frost date with some years now extending well into November.

One thing easier to anticipate on an organic farm is that at some point the aphids are going to overwhelm the curly kale patch. It is a constant struggle against the inevitable. As you can see in the picture above, the kale is still coming in and looking beautiful, but this is probably the final week of curly kale before the aphids win and the whole crop gets pulled.



PEAKING THROUGH THE SUNFLOWER PATCH, JASON AND ALICE HARVEST KALE

[- 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](#)



Southside Blooms Bouquet



Extra Fruit - Nichol's Farm Watermelons



Urban Canopy Kale Pesto 8oz



Tasting India Chili Crunch

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:

Kombucha from [Komunity Kombucha](#) (Chicago, IL)

Bread:

Wednesday: Foccacia, [Franher Bakery](#) (Pilsen, Chicago, IL)

Thursday: Country Loaf, [pHlour Bakery](#) (Edgewater, 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.

Mushrooms:

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

Oyster: [Primordia](#) (Bloomington, IL)

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.

Green / Jalapeno Peppers: [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.



CARMEN PEPPERS FROM OUR OUTDOOR FARM

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.

Kale or Lettuce Heads: [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Artesian Farms](#) (New Buffalo, MI) / [Silver Creek Farm](#) (Ladd, 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 - (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.



BOK CHOY

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.

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

Storage Tip - Don't wash 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. Raspberries can be kept in the fridge for 2-3 days but should be eaten quickly and will get soft and smother within a day or two. If you are going to freeze them, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen

Tomatoes: [Wild Coyote](#) (Berrien Springs, MI) / [Relish Chicago Farm](#) (Chicago, IL)

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

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.

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

Storage Tip - Ripen at room temperature on your counter. Melon will give off a noticeable aroma of melon when it is ripe and the flower end of the melon will have some give. Cut up into slices or squares and you can keep refrigerated for a week. If you do not want to cut the entire melon, leave the seeds in the uncut half and cover with plastic wrap.

Edamame / Fresh Soybeans: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - For best quality, use edamame within two to three days of harvesting. Store fresh edamame in a refrigerator in a perforated plastic bag or freeze as described. Properly frozen edamame will retain its flavor and quality up to 12 months. Refrigerated recipes containing edamame and use within four days.

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

Storage Tip - Keep your peaches 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.



SHALLOTS

Garlic: [Earthlore Farm](#) (Beaverville, IL)

Storage Tip - Keep cool and dry on the counter for up to a month.

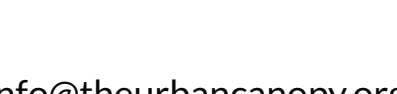
Shallots: [Gorman Farm Fresh Produce](#) (Monee, IL)

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.

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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