



Fall Week 5 - 9/27, 9/28, 9/29

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

In your box this week:

**BRUSSELS SPROUTS - EGGPLANT
COOKING GREENS OR ONIONS
HOT PEPPERS - PLUMS - HERBS
MUSHROOMS - FRUITBELT TONICS**

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

Farm News

These are the last days of official summer. With the Autumnal Equinox falling on this Saturday 9/23, we move into fall and the exciting things that fall brings with soup season and food centered holidays. We still have over a month (November 5th) before daylight savings so it means pretty dark mornings with beautiful sunrises.

Despite some rainy days, the farm was able to complete their fall seeding of root crops this week. Now in the ground are carrots, scarlet trunips, hakurei turnips, round radishes and daikon radish. All things that are great for roasting in the oven or incorporating into a warming soup or stew.

With the wet weather and the lack of high temps, the herbs and lettuces on the farm have bounced back and are getting harvested again. Stuff like parsley and cilantro can easily get burned by the summer heat and sun so they are quite happy with the transition.



SUNRISE VIEWED THROUGH AN AMAZING SPIDER WEB

[- 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](#)



EXTRA FRUIT - 2# PEACHES - LAST OF SEASON



UZMA CHOCOLATE BARS



FRESH APPLE CIDER - MICK KLUG

Add On Vendor Feature: *Southside Blooms*



THE ADD ON BOUQUETS FROM THIS PAST WEEK

We are very excited to be offering amazing flower bouquets from this Englewood based service. Started by the non-profit group Chicago Eco House, **Southside Blooms** is a flower shop with a mission to provide work experience and job skills for young people on the South Side. They work with a number of small urban growers who have converted vacant lots into flower gardens in their neighborhoods. Meant to be transformative spaces, these gardens are strictly free from herbicides, pesticides and synthetic fertilizers. Southside Blooms is committed to purchasing from local growers who use only the best practices for the environment and for their community.

Check them out if you are looking for flowers for an event or wedding. They also regularly host volunteer events to build new garden spaces.

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:
Sparkling Tonics from [Fruitbelt](#) (Sawyer, MI) - Apple dandelion, elderberry and cherry ginger flavors

Bread:
Wednesday: Seeded Rye, Publican Quality Bread (Fulton Market, Chicago, IL)
Thursday: Herbed Focaccia, Franher Bakery (Pilsen, Chicago, IL)
Friday: Country Loaf, pHour 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:
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.

Hot Peppers: [Wild Coyote](#) (Berrien Springs, MI) - May include fresno, cayenne, thai chili, habanero, fish, paper lantern, serrano, calabrian chili or jalapeno varieties
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Brussels Sprouts: [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Store fresh, unwashed, and untrimmed Brussels sprouts – both loose and on the stalk – in a plastic bag in the crisper drawer of the refrigerator. Remove any yellowed or wilted leaves first.

Kale, Swiss Chard or Yellow Onions: [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Gorman Farm Fresh Produce](#) (Monee, IL)
Storage Tip (Kale/Chard) - Either loosen or remove the rubber band. You can wrap the greens in a paper or cloth towel to set down on extra moisture. Then store in a perforated bag in the fridge for up to a week. Or keep in a glass of water like a bouquet!
Storage Tip (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.

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.

Stanley Italian 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.

Herbs or Garlic: [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Earthlore Farm](#) (Beaverville, IL)
Storage Tip (Herbs) - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.
Storage Tip (Garlic) - Keep cool and dry on the counter for up to a month.

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.

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.

Suffolk 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.

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.

Fennel: [Wild Coyote](#) (Berrien Springs, MI)
Storage Tip - Remove greens to preserve the stem longer. Greens can be used within a week and the white part can be stored in a bag in the crisper for a month or so.



FROM LEFT TO RIGHT: PEACHES, GRAPES, EDAMAME, POTATOES, FENNEL AND ONIONS. PEACHES ARE THIS WEEK'S EXTRA FRUIT ITEM AND ONIONS MAY BE USED AS A BACKUP SUBSTITUTION ITEM

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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