



# Fall Week 6 - 10/4, 10/5, 10/6

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

## In your box this week:

WINTER SQUASH - GRAPES  
EGGPLANT OR GREEN BEANS  
PEPPERS - PEARS - ONIONS  
MUSHROOMS - COFFEE BEANS

The arugula crop at the Urban Canopy farm in Auburn Gresham Thursday, September 28th.

## Farm News

Even as summer crops wind down, this is a busy time on the farm! There are still eggplants and peppers to harvest through the week, but it is also time to start thinking about preparing for the winter and getting things established for the springtime. There is still another month of crops like carrots, turnips and beets on the way. We are also seeing good growth on our fall lettuces, such as the arugula crop in the picture above.

As many of the beds start emptying out, the farm is starting to rejuvenate the land with a fresh batch of compost dropped off this week. Thanks to all our compost club members for their buckets of food scraps that get turned into finished compost! After a long summer of growing, the soil needs a refresher of nutrients that were eaten up by a rotation of hungry plants. The compost is spread across the empty beds before being covered for the winter.

Over the next month, before the ground gets too hard from the cold, it is also time for seeding crops like spinach and onions - these can be over-wintered and start a good early spring harvest.



HEALTHY SOIL COMPOST DELIVERY

[- 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](#)



Fresh Apple Cider - Mick Klug

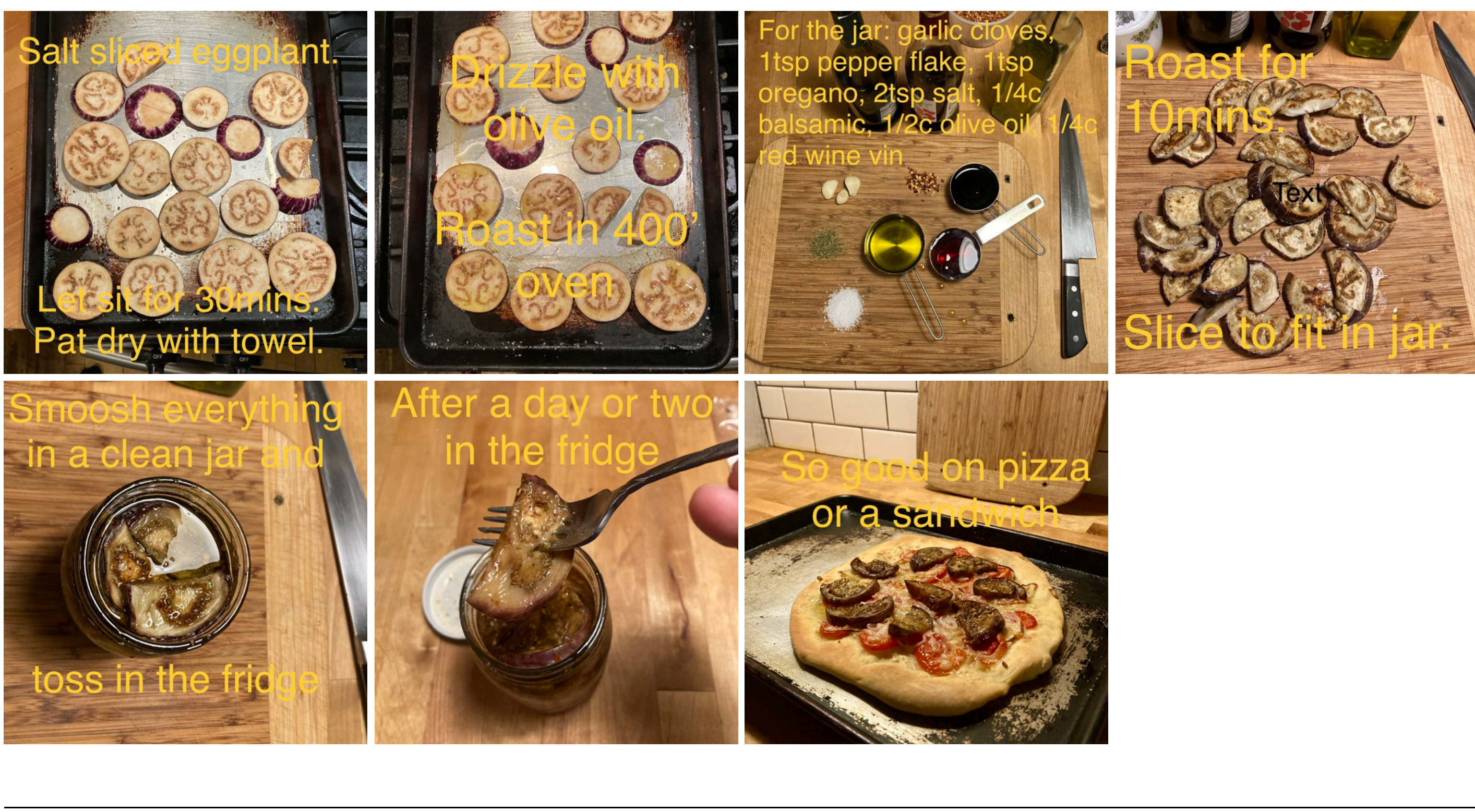


Chai Latte in a Bottle - Freeman House



Fresh Cheese Curds - Marcoot Creamery

## Recipe Idea: Marinated Eggplant



## 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:

**Coffee Beans** from Sputnik Roasters (Back of the Yards, Chicago, IL)

Backup: Warrior Kombucha (Chicago, IL)

\* Members opted out of caffeine will receive a substitute produce item

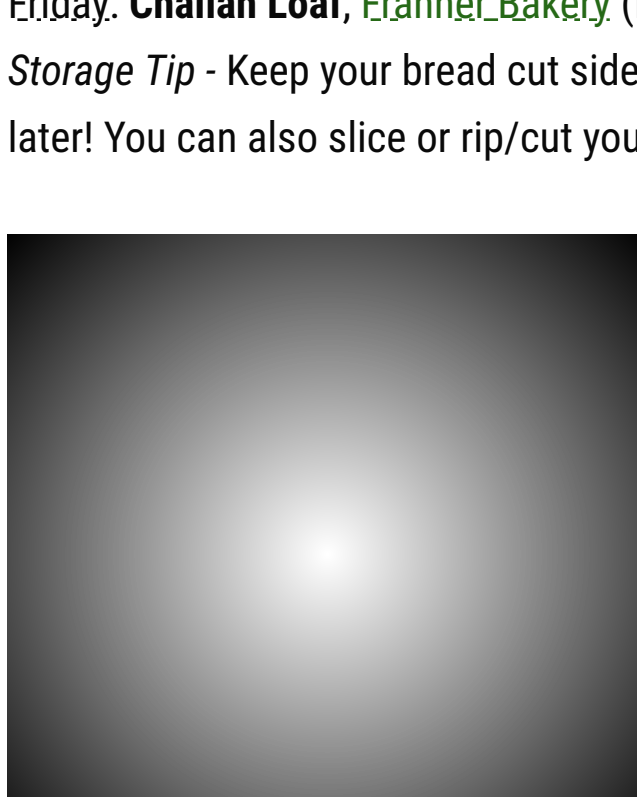
### Bread:

Wednesday: **Country Loaf**, Flour Bakery (Edgewater, Chicago, IL)

Thursday: **Seeded Rye**, Publican Quality Bread (Fulton Market, Chicago, IL)

Friday: **Challah Loaf**, Eganher 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.



FREDONIA GRAPES, SIMILAR TO CONCORD

### Mushrooms:

**Portabellas:** River Valley Ranch (Burlington, WI)

**Oyster or Lion's Mane:** Primordia (Bloomington, IL) - Friday only

**Storage Tip** - Remove from the green compostable bag. 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.

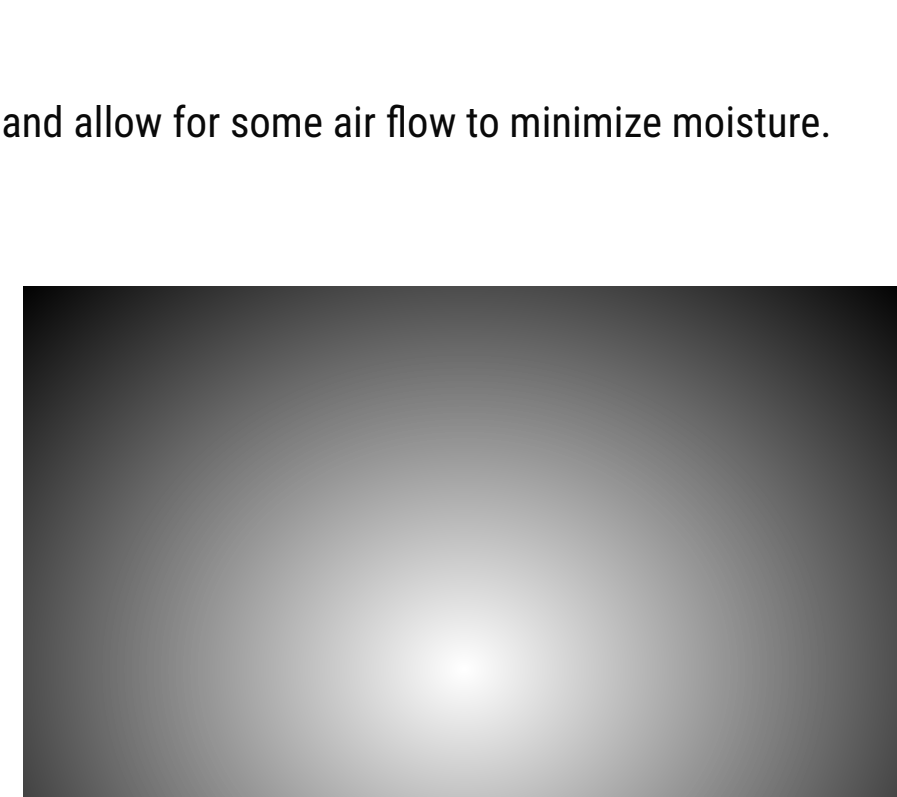
**Fredonia Grapes:** Mick Klug Farm (St. Joseph, MI)

**Storage Tip** - Remove from the green compostable bag. Store in crisper and allow for some air flow to minimize moisture. These can turn quickly, so try to get to them quick!

### Green or Poblano Peppers:

UC's oFarm (Auburn Gresham, Chicago, IL) / Wild Coyote (Berrien Springs, MI)

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



PURPLE BEANS AND POBLANO PEPPERS

**Silver Bell / Butternut / Honey Nut Squash:** Hoffman Organic Farm (Earlville, IL)

**Storage Tip** - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

**Yellow Onions:** 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.

### Eggplant or Beans:

UC's oFarm (Auburn Gresham, Chicago, IL) / O'Rourke Family Gardens (Downs, 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** (Beans) - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Use or freeze within about 2 weeks.

**Bosc Pears:** Seedling Orchard (South Haven, MI)

**Storage Tip** - Keep at consistent temperature on the counter for up to a week, or in the crisper 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.

**Parsnips:** Nichols Farm and Orchard (Marengo, IL)

**Storage Tip** - Keep in a plastic bag in the crisper for up to a few weeks.

**Brussel 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.

**Sage:** Wind Ridge Herb Farm (Caldonia, IL)

**Storage Tip** - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

**Honeycrisp Apples:** Mick Klug Farm (St. Joseph, MI)

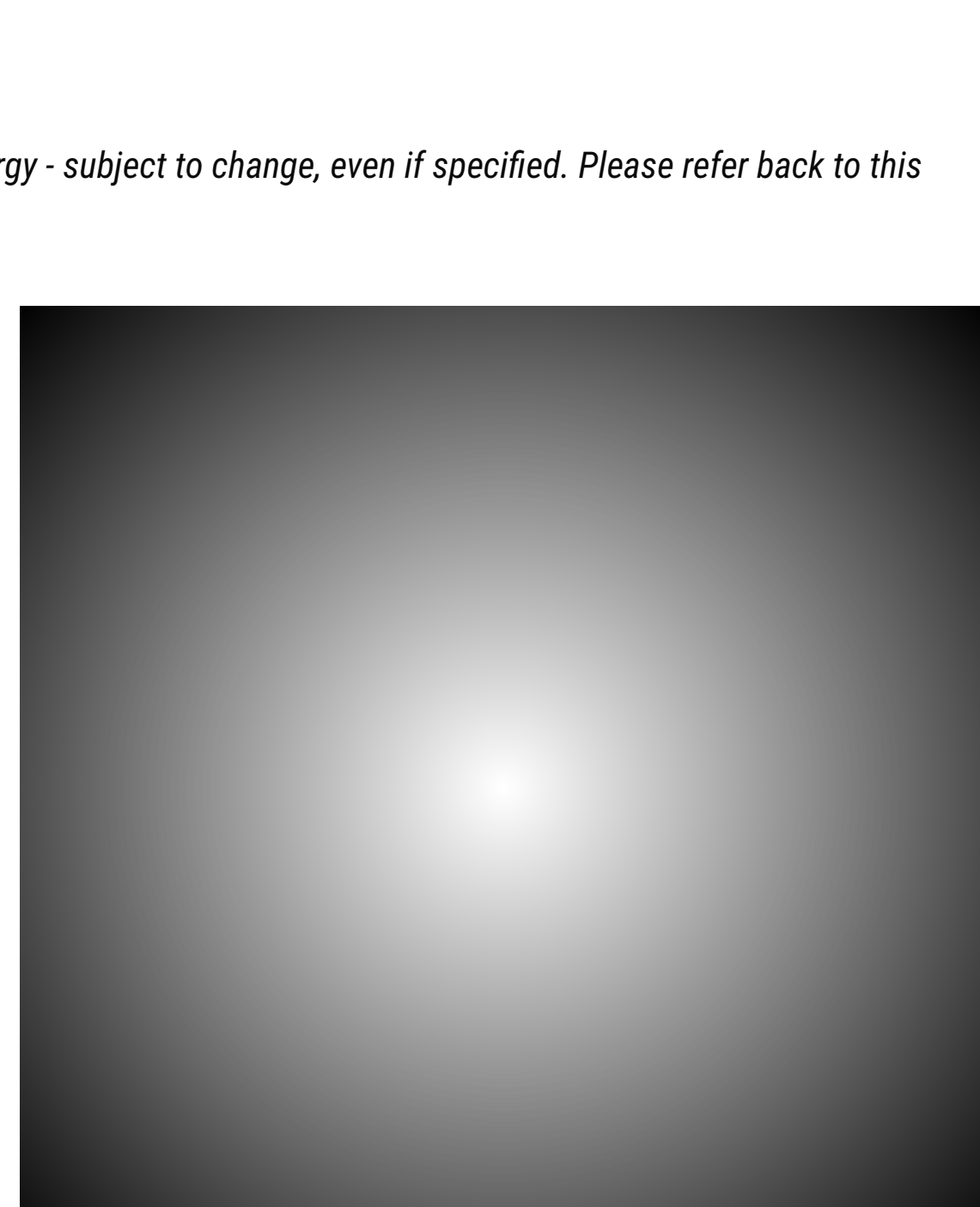
**Storage Tip** - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

**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.

**Mustard Greens:** Wild Coyote (Berrien Springs, MI)

**Storage Tip** - Make sure greens are good and dry. 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.



PARSNIPS AND BRUSSEL SPROUTS NOT PICTURED

## 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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