



Fall Week 7 - 10/11, 10/12, 10/13

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



In your box this week:

- WINTER SQUASH - SCALLIONS
- EGGPLANT - SWISS CHARD
- CONCORD GRAPES - PEARS
- MUSHROOMS - CANNED COCKTAILS

Eggplant patch growing on the Urban Canopy farm. Friday, October 6th.

Farm News

Another solid week of harvesting eggplant from the outdoor farm. The last warm spell combined with ample sun over the last month has brought more and more of the fruit to maturity but with the cool temps coming with this weekend, this is likely the last gasp for these "summer" vegetables but it has been a really successful year for the eggplant crop which has been really exciting. The plants can be pretty hardy but are prone to the many troubles faced by other nightshades such as hungry beetles and powdery mildew.

The farm grows two varieties of eggplant, the calliope and the beatrice. The calliope is generally smaller, firmer and is a beautiful deep purple with white streaks on the flesh. The beatrice is a European variety closely related to the rosa bianca. It is larger and has a lighter purple hue to the skin. The flesh is mild and creamy.

Eggplants are super versatile and are widely used in so many cuisines. It is easy to add them to a pasta sauce or a stir fry, but you can also char them on the grill to get a crispy skin with melty flesh. Either grilled or roasted, eggplant can also be pureed and turned into a rich and creamy sauce such as bab ganoush but it can also be used as a sauce for pasta or pizza.



LOADED EGGPLANT BUSHES

[- 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](#)

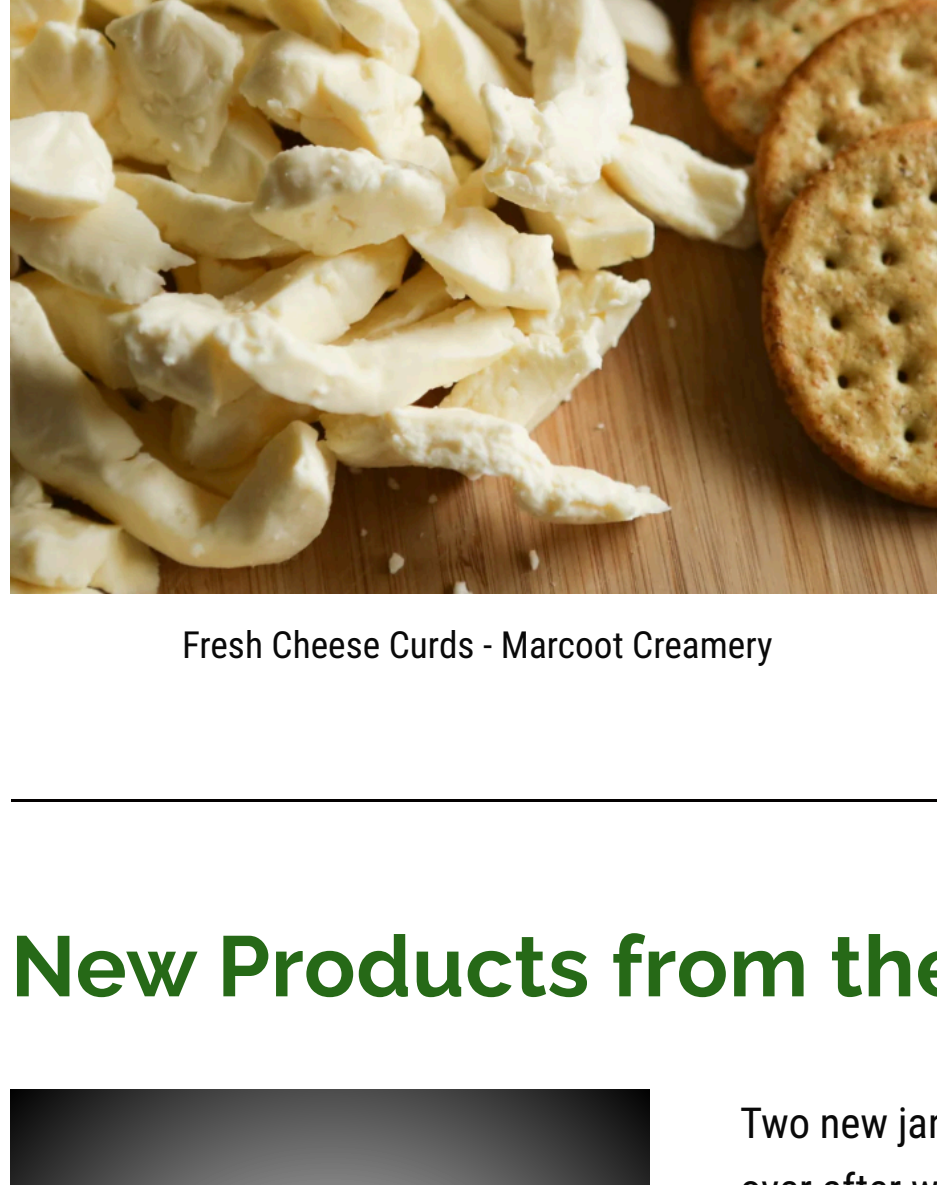
If you missed a week and want to see what was in a previous share, we archive a PDF of all our previous newsletters here. You can also use it to look at previous seasons if you are interested to see what crops are coming.

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 Cheese Curds - Marcoat Creamery



P.O.S.O. Foods Chili Oil 8oz



Chocolate Bars - Uzme Chocolate

New Products from the UC Processing Kitchen



Two new jars this week. We have been making the most of late season produce and have been able to utilize some items left over after weekend markets and some fruits and veggies that farmers need to find a good home. Now with a little hard work and some preservation know-how, we will have summer flavors to use through the winter.

Pickled watermelon rind might be an eye opener for many people but it is pretty amazing and quite popular especially in the south. It is also really exciting to make something from a part of the fruit that most people just see as a tough, heavy cast off. The rind is cooked down in a sweet brine with some warming spices before being processed which makes the tough skin soft but still slightly crunchy. Sweet and tart, watermelon rind is commonly tossed into salads and slaw, served as a topping to cooked greens or as a pickled element on a cheese or charcuterie tray. Looking for something a little more unique, try it as a topping on your sausage or hot dog.



Pepper Jelly is also a nice, tangy, sweet and spicy condiment inspired by south asian relishes and chutneys. Ours uses a blend of sweet and spicy peppers, preserved with sugar and vinegar. It is a popular addition to a cheese plate and is most commonly found as a topping on hearty crackers along with a smear of cream cheese. The spice and sweetness work really well with the creaminess of cheeses. It also works amazing as a garnish on tomato soup, layered into a grilled cheese sandwich or to punch of a pasta salad.

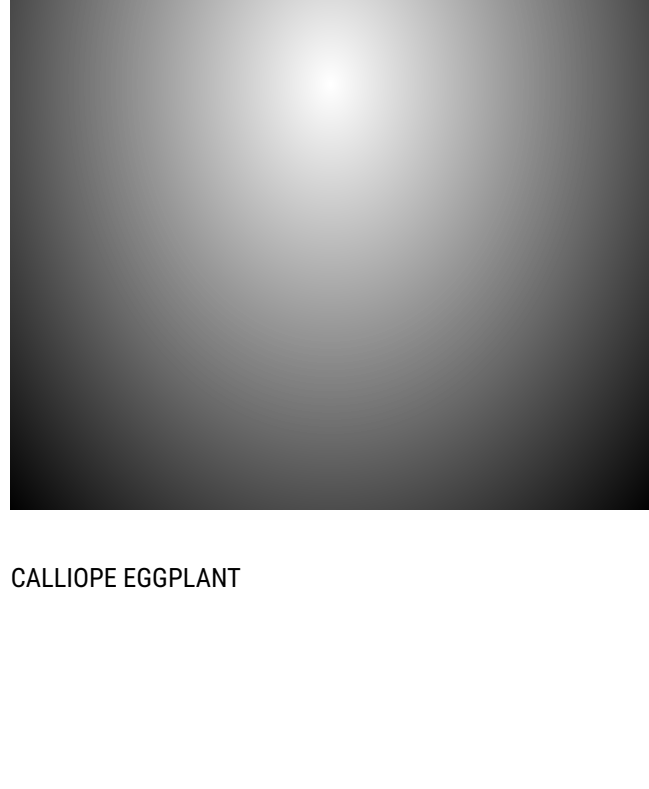
Share Contents

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:
Canned Margaritas from [Big Star Cocktails](#) (Chicago, IL)
Backup: [Komunity Kombucha](#) (Chicago, IL) or [Wisco Pop](#) (Madison, WI)

Bread:
Wednesday: [Sliced Wheat Boule](#), [Franher Bakery](#) (Pilsen, Chicago, IL)
Thursday: [Multigrain](#), [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:
Oysters: [Primordia](#) (Bloomington, IL) - *Wednesday only*
Portabellas: [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.
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.

Concord 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!

Swiss Chard / Assorted Peppers (*Red bell, poblano, jalapeno*):
[UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Happy Valley Farm](#) (Black Earth, WI)
Storage Tip (*Swiss chard*) - 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.
Storage Tip (*Peppers*) - Store dry in an open plastic bag in the crisper for up to two weeks.

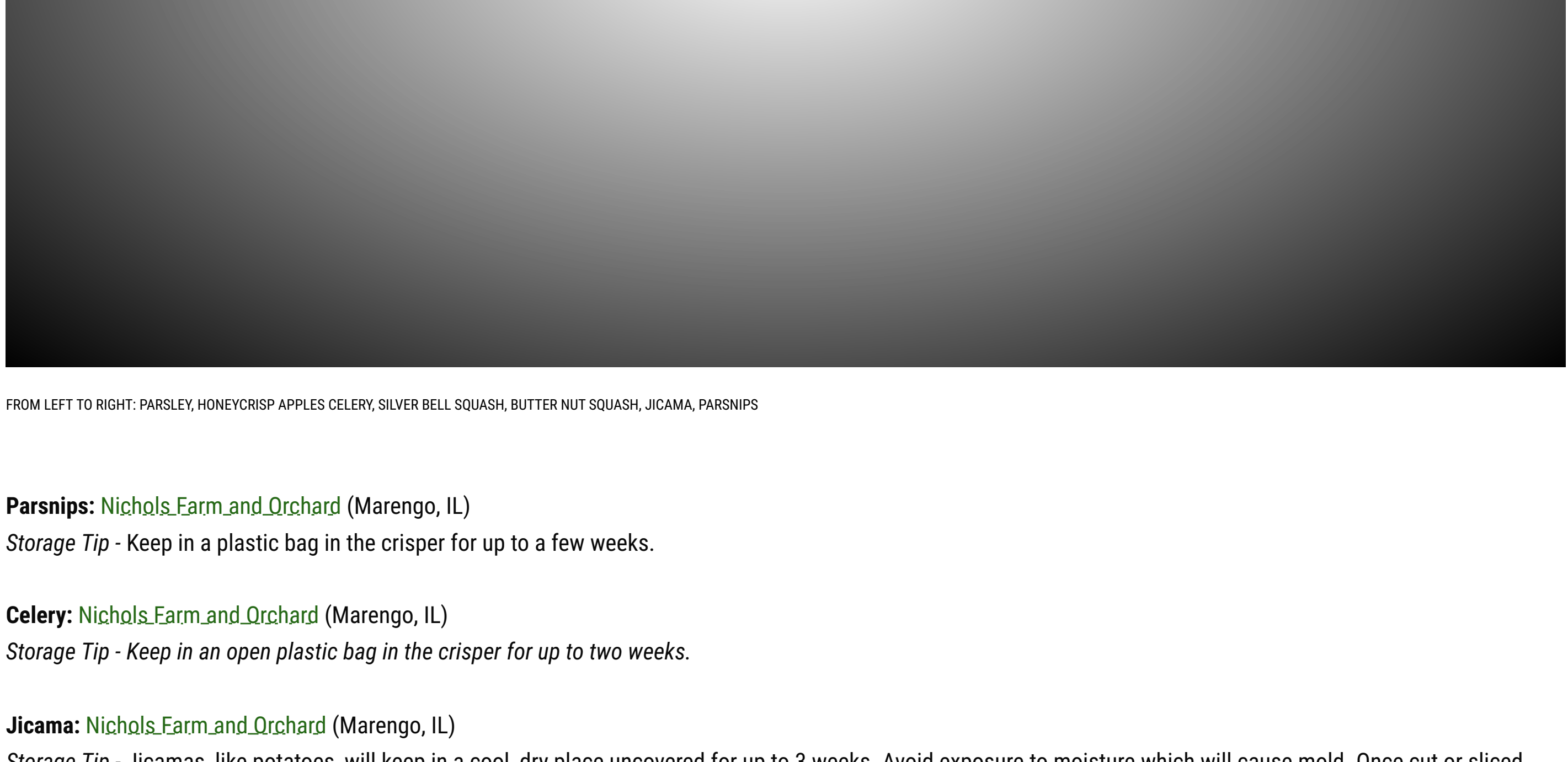
Pie Pumpkin / Butternut Squash: [Hoffman Organic Farm](#) (Earlville, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Scallions: [UC's oFarm](#) (Auburn Gresham, Chicago, IL)
Storage Tip - Stand upright in an inch of glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

Bosc Pears: [Mick Klug Farm](#) (St. Joseph, 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.



FROM LEFT TO RIGHT: PARSLEY, HONEYCRISP APPLES CELERY, SILVER BELL SQUASH, BUTTER NUT SQUASH, JICAMA, PARSNIPS

Parsnips: [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Celery: [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

Jicama: [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Jicama, like potatoes, will keep in a cool, dry place uncovered for up to 3 weeks. Avoid exposure to moisture which will cause mold. Once cut or sliced jicama should be wrapped in plastic and can be stored in the vegetable drawer of the refrigerator for up to 1 week.

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.

Parsley: [UC's oFarm](#) (Auburn Gresham, Chicago, IL)
Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

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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