



Fall Week 8 - 10/18, 10/19, 10/20

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

In your box this week:

WINTER SQUASH - SALAD MIX
OREGANO - SWEET PEPPERS
RED CABBAGE - APPLES
MUSHROOMS - BEER

Adding row cover to the more delicate beds on the Urban Canopy farm. Taken Thursday October 12th.

Farm News

Some chilly nights have lower temps and have started moving things towards true fall for the farm. Certain things need a little extra care when it cools off, like greens and lettuce, which have delicate cells and contain more water. It is possible to cover these beds to keep them just warm enough in order to keep any dew from accumulating and turning to frost. It can be a number of extra hours, but it can extend the harvest for a couple weeks and ensure the tender, young greens are happy. This was also the last week of peppers, which means an end to summer crops! Getting towards the end of the season, we can start doing some arithmetic and get a better idea of our harvest numbers and overall yields for the season. It can be hard to compare one year directly to another year in terms of yield, since so many factors are involved, but it is exciting to see the big numbers we are able to pull out of less than 2 acres of urban land that used to just be a parking lot!

Cooking greens harvested: 7000#
Peppers harvested: 2250#
Eggplant harvested: 3150#
Compost used: 80 cubic yards (approx. 3,000 buckets)

[- 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](#)



2 Everything Bagels - Zeitlin's Deli



CBD Sodas - Chelsea B. Drugstore



Pickled Watermelon Rind - Urban Canopy Processing Kitchen

Fall Special Extra Fruit: Michigan Paw Paws

We are very excited to have a limited amount of paw paws coming from Seedling Orchard! A truly unique and special item that we eagerly look forward to each year, this native fruit mainly grows wild from Michigan to the Carolinas. It has a short season and they are too delicate to ship or store for more than a few days. It has a creamy texture similar to a mango with a sweet flavor similar to a banana. They are amazing to slice and eat raw, but can also be incorporated into ice cream or baked goods.

"What is a Paw Paw and Why is this Fruit So Magical?" - Food & Wine

The paw paw tree is also a great native tree to grow in your yard. It can take years to grow a mature tree that will produce fruit and you need multiple trees for fertilization, but you can grow them by planting the big seeds that are inside the fruit.

"How to Grow a Paw Paw Tree from Seeds" - Gardening Know How

Grab some paw paws using our add-on form!

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:

Beer from Middlebrow (Logan Square, Chicago, IL)

Varieties include **Bloc Party IPA** and **an Apricot Witbier**

Backup: Komunity Kombucha (Chicago, IL) or **Wisconsin Pop** (Madison, WI)

Bread:

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

Thursday: Sliced Wheat Boule, Franhet 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:

Oysters: Primordia (Bloomington, IL) - *Thursday 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.

Mizuna or Arugula / Round Crunchy King Radish: UC's oFarm (Auburn Gresham, Chicago, IL)

Storage Tip - Remove from the green compostable bag. Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

Storage Tip (radish) - Remove greens (which are edible!), keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.



CLOCKWISE, FROM BOTTOM LEFT: BUTTERNUT, KABOCHA, SWEET DUMPLING AND DELICATA SQUASHES MAY BE FOUND IN YOUR SHARES THIS WEEK

Mutsu 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.

Carmen Peppers: UC's oFarm (Auburn Gresham, Chicago, IL)

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

Assorted Winter Squash:

Nichols Farm and Orchard (Marengo, IL) / Coldbrook Farm (Crete, IL) / Smiley Road Farms (Wilmington, IL)

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

Oregano: 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.

Red Cabbage: Nichols Farm and Orchard (Marengo, IL)

Storage Tip - Keep in a plastic bag in the crisper for two weeks.



MUTSU APPLES, SWEET AND TART AND CRISP, PERFECT FOR BAKING

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.



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 go quick so eat within 2-3 days.

Sweet Potatoes: BSR Youth Center (Pembroke Township, IL) / Carroll's Timber Edge Farm (Graymont, IL)

Storage Tip - Sweet potatoes should never be cold until cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Red Onions: Bland Family Farm (Jacksonville, IL) / Always Somethin' Farm (Chatsworth, 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.

Tofu: Phoenix Bean Tofu (Chicago, IL)

Storage Tip - Water-packed tofu should be stored fully submerged in fresh water refreshed every couple of days. Dry packed tofu can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. Any tofu not frozen or refreshed in water should be consumed within five days of opening.

Paw Paws: Seedling Orchard (South Haven, MI)

Storage Tip - Allow fruit to grow black and soft before eating. Although unintuitive, this is when they are best! See above for more info on paw paws.

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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