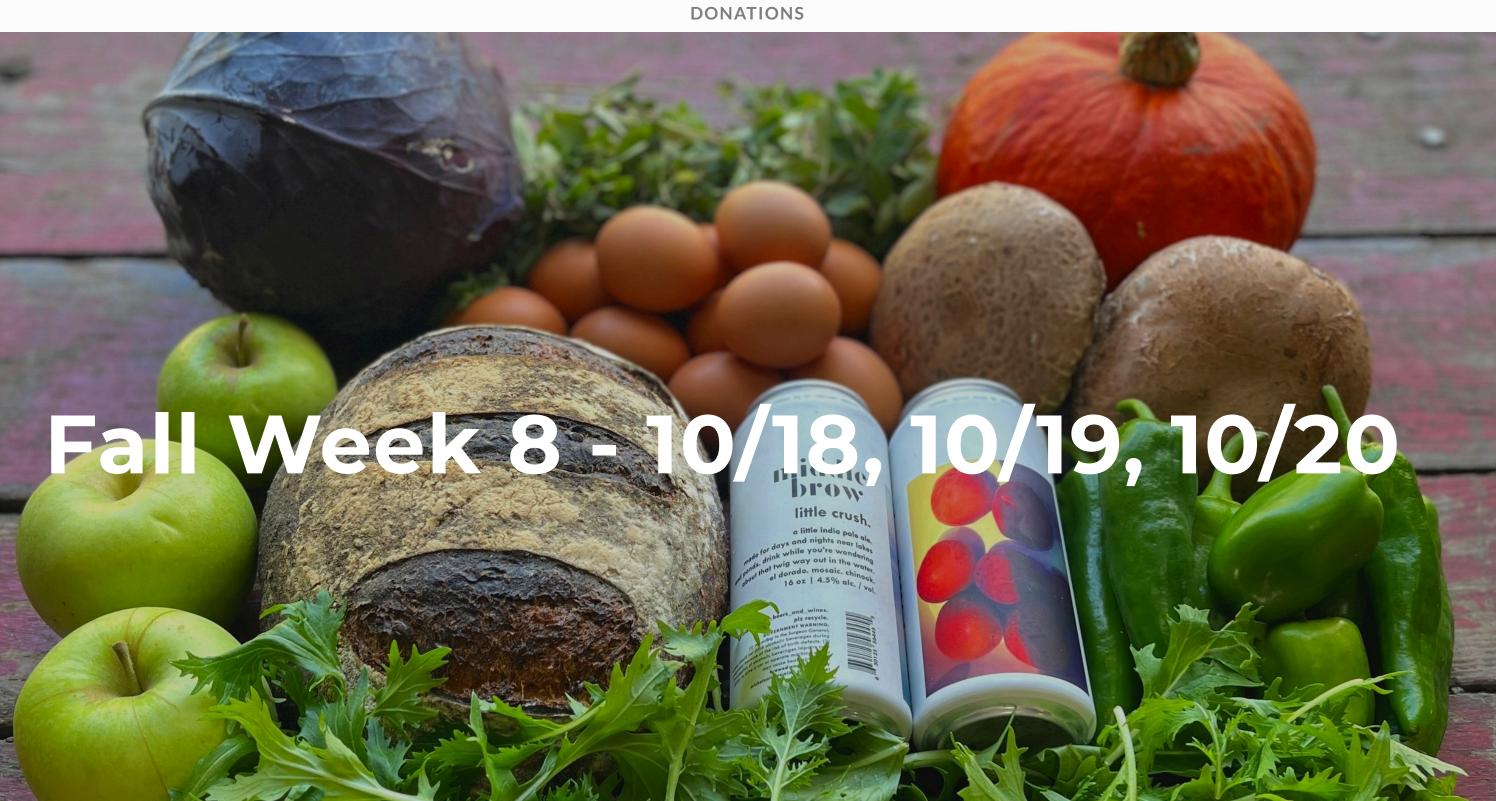
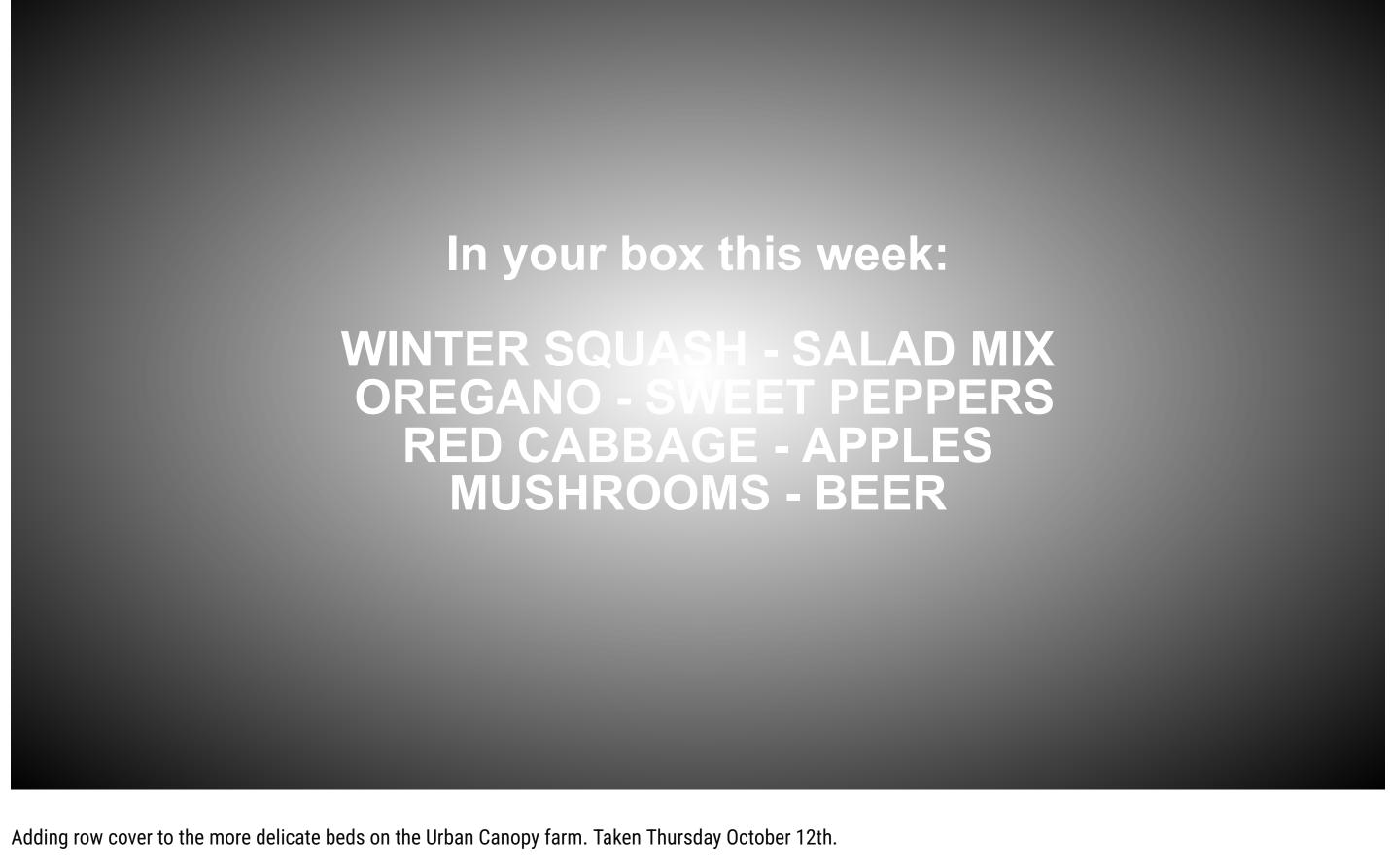


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lucsa@theurbancanopy.org by Monday at noon!

Any share changes must be submitted to



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.

Farm News

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

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

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!

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

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

- CLICK HERE - PRODUCE GUIDE - STORAGE TIPS AND RECIPE SUGGESTIONS

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.

CLICK HERE FOR THE ADD-ON ORDER FORM

Add On Order form must be submitted by noon on Monday!

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.

CBD INFUSED SODA **CBD INFUSED SODA** CBD INFUSED SODA

Chelsea B.

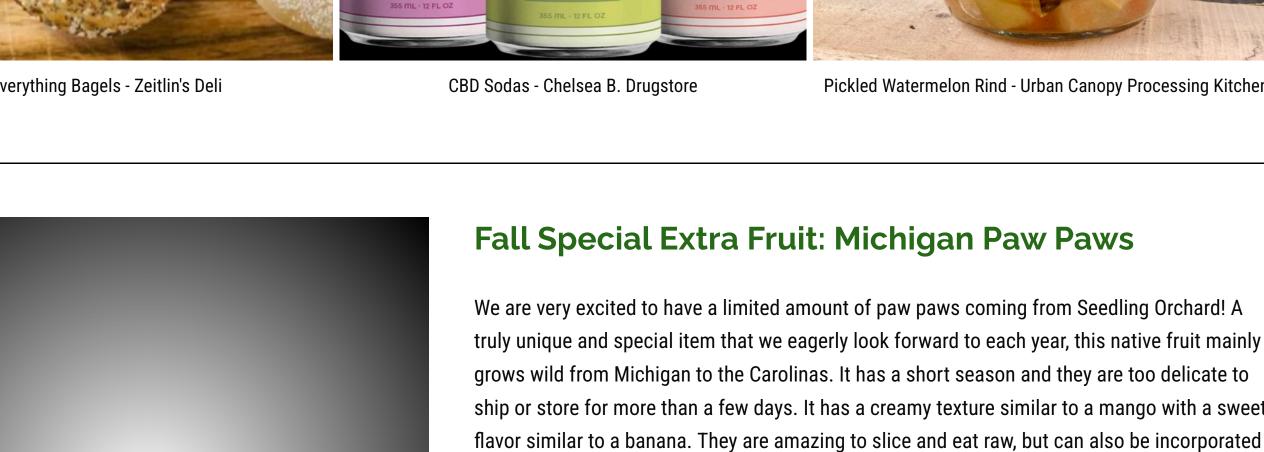
Drugstore

into ice cream or baked goods.

Chelsea B.

Drugstore

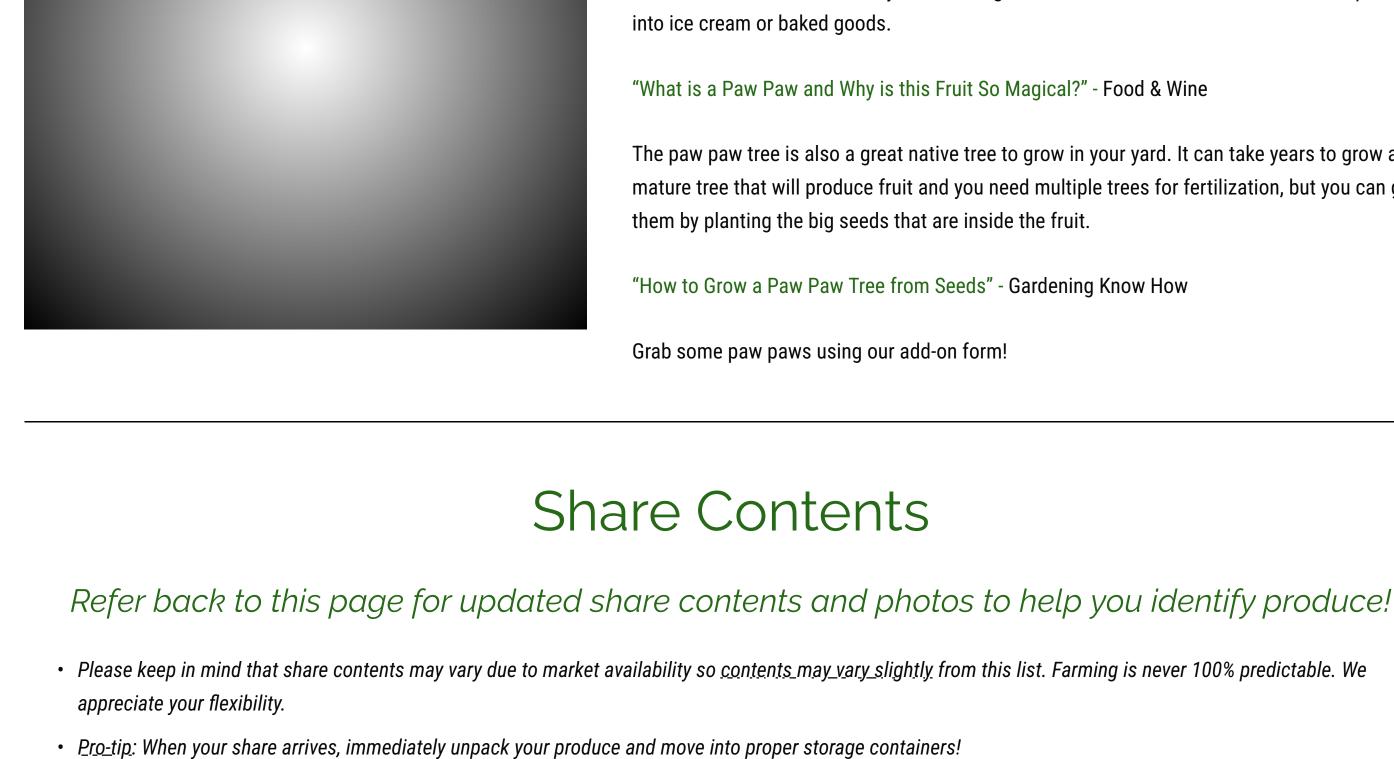




Chelsea B.

Drugstore





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

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

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

them by planting the big seeds that are inside the fruit.

Grab some paw paws using our add-on form! **Share Contents**

Backup: Komunity_Kombucha (Chicago, IL) or Wisco_Pop (Madison, WI)

Bread: Wednesday: Seeded Rye, Publican Quality Bread (Fulton Market, Chicago, IL) Thursday: Sliced Wheat Boule, Franher 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

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

Oregano: Wind_Ridge_Herb_Farm (Caldonia, IL)

Mushrooms: Oysters: Primordia (Bloomington, IL) - Thursday only

Portabellas: River_Valley_Ranch (Burlington, WI)

muffin tins, and keep frozen for up to 6 months.

for up to a week.

Wash produce before eating!

Beer from Middlebrow (Logan Square, Chicago, IL)

Varieties include Bloc Party IPA and an Apricot Witbier

Friday: Country Loaf, pHlour_Bakery (Edgewater, Chicago, IL)

Beverage:

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

Storage Tip - Remove from green bag. Repackage in a non-biodegradable plastic bag or container with a towel or paper towel

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

later! You can also slice or rip/cut your bread into pieces and freeze for future toast or croutons.

• Remember to return your wax box, egg cartons, and pint containers during your next delivery. We re-use all of these items!

root or stem dry in a plastic bag in the crisper for up to three weeks. 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

Mizuna or Arugula / Round Crunchy King Radish: <u>UC's oFarm</u> (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 undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

month.

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



CLOCKWISE, FROM BOTTOM LEFT: BUTTERNUT, KABOCHA, SWEET DUMPLING AND

Red Cabbage: Nichols_Farm_and_Orchard (Marengo, IL)

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

DELICATA SQUASHES MAY BE FOUND IN YOUR SHARES THIS WEEK

newsletter throughout the week for updates.

Substitutions

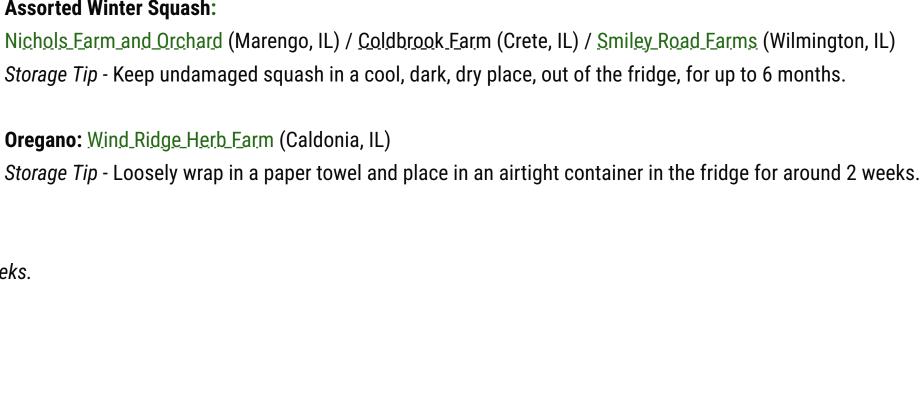
Sweet Potatoes: BSRR Youth Center (Pembroke Township, IL) / Carroll's Timber Edge Farm (Graymont, IL) Storage Tip - Sweet potatoes should never be cold until cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Paw Paws: <u>Seedling Orchard</u> (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.

Check out our produce guide for access to tons of recipes!

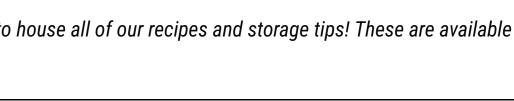
Recipe Recommendations

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.



MUTSU APPLES, SWEET AND TART AND CRISP, PERFECT

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. 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



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

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.

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