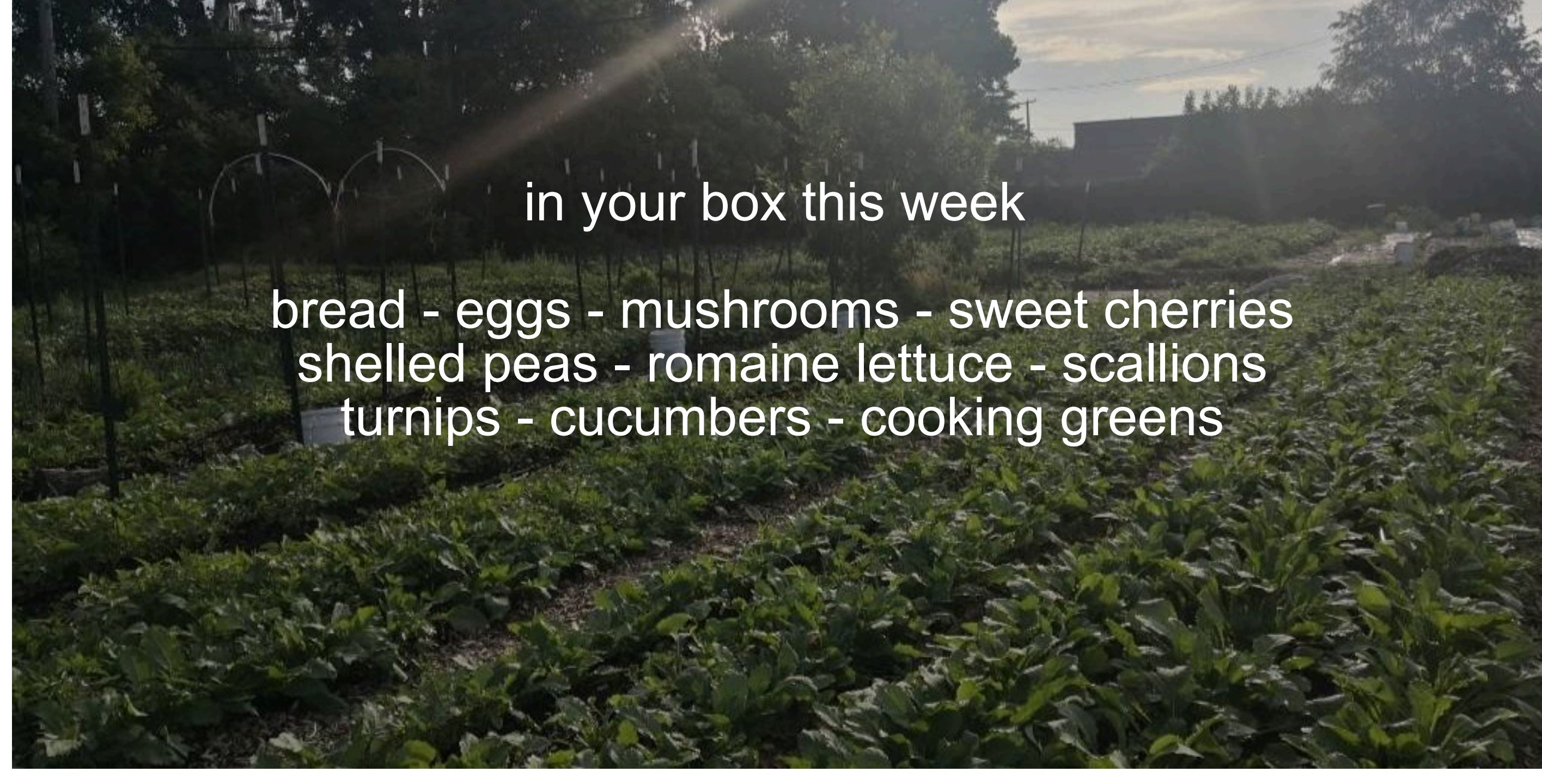


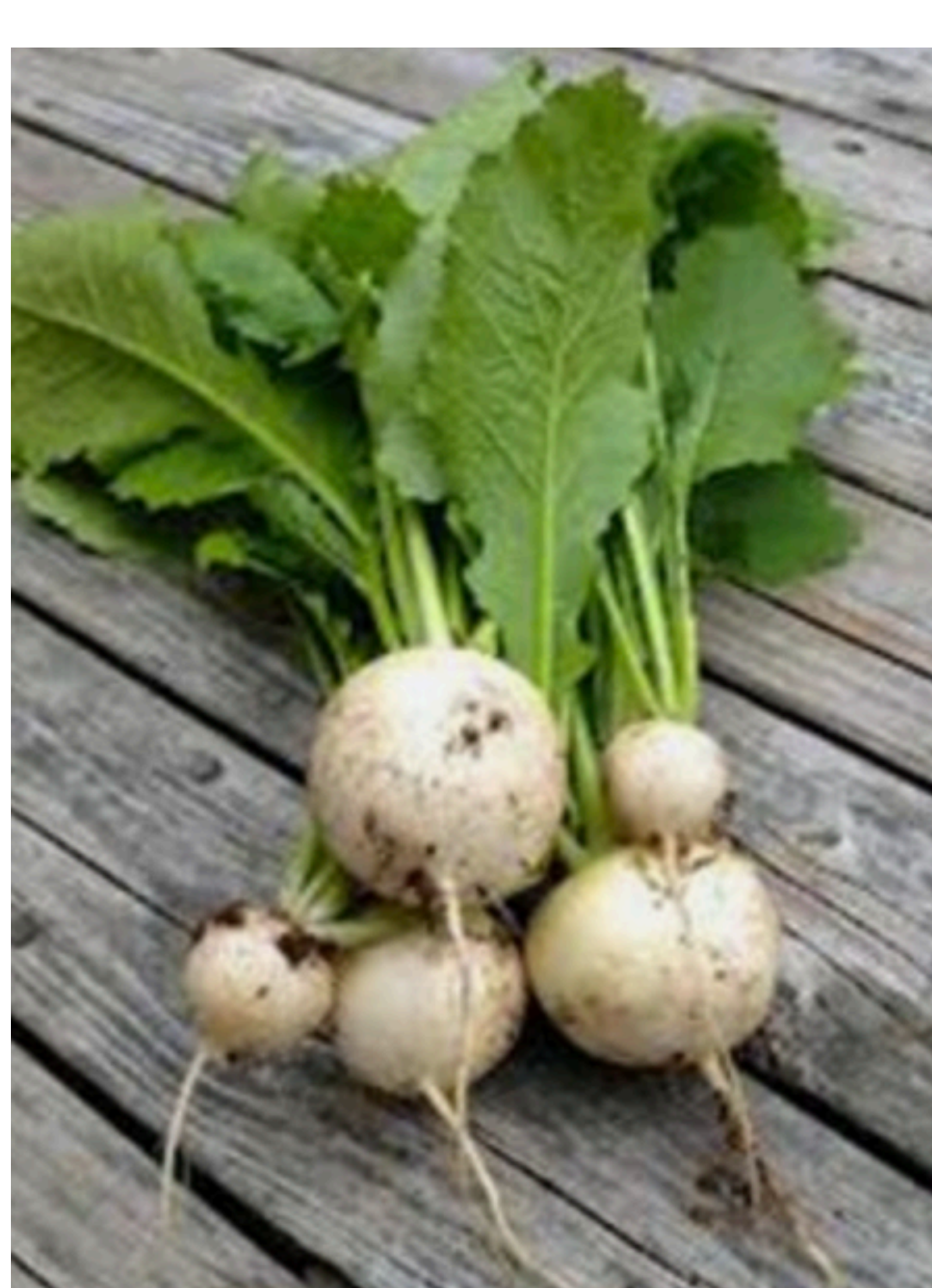


Welcome to Summer LUCSA Week 7!

Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



Turnips growing on the Urban Canopy farm. Morning. June 24th, 2022



VEGGIE PROFILE: HAKURI TURNIPS

People are commonly a little overwhelmed by turnips. They aren't sure how to use them or how to prepare them. Are their roots like beets or potatoes? Are they going to be tough and bitter?

Young fresh hakuri turnips with their greens still attached are super versatile and should be slightly sweet and not fibrous at all. They can be sliced and eaten raw to utilize their crunchiness. Or they can be cooked and used in almost any manner you would use potatoes or carrots: glazed, smashed, braised or even charred on the grill.

And don't toss the greens!!! They should be crisp and can be used in a salad mix or they are amazing when slightly wilted as a topping on flatbreads or stirred into a bowl of creamy, cheesy polenta.

Turnips are also great for the farm and great for a garden. When planted early in the season, the turnip bulbs break up the soil and help with the airflow for other crops that will either be interplanted or planted in their place after they are harvested.

CHECK OUT SOME EASY TURNIP IDEAS IN THE RECIPE SECTION BELOW

Add-on Items

All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



beeler's applewood bacon

smoked and uncured, these slices are ready for the skillet with some eggs and potatoes.



Urban Canopy Salsa

Our salsa is really good. We utilize veggies that distributors are planning on dumping in the landfill. Our salsa features roasted tomatoes, jalapenos and red onions with charred peppers and a ton of cumin and fresh cilantro. Perfect for summer and every day.



healthy soil compost

spring is here! start preparing your garden or feed your houseplants. sta certified compost made here in chicago with contributions from uc's own compost club members! half gallon in a reusable glass jar.



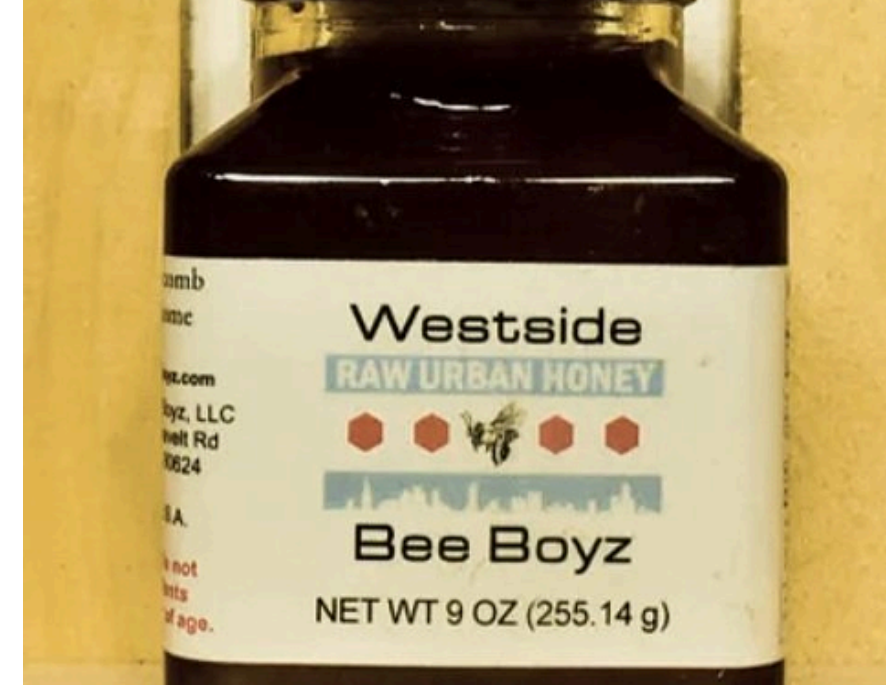
sunnie soaps & bars

locally made, all natural soaps, shampoo and conditioner bars with the aim to minimize plastics in personal care products.



artesian farm pesto

Made by Artesian Farms in New Bullafo, MI. a vertical farm that grows basil year-round. Made with extra virgin olive oil, walnuts, garlic, parmigiano cheese and sea salt.



west side bee boyz honey

made in Chicago. a great company that works with at-risk youth for training for keeping and raising honeybees.

& much more available!

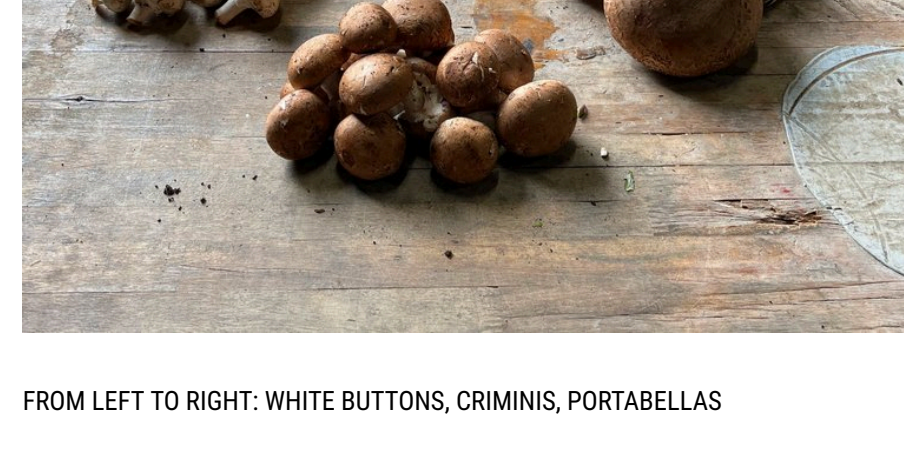
Share Contents (in progress)

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.
- Wash everything before eating!
- Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items!

Beverage: [Wiseco Pop](#) (Madison, WI) sparkling waters and sodas
Storage Tip - Keep stored in fridge.

Bread:
Wednesday: [Sourdough Pullman](#), [Publican Quality Bread](#) (Fulton Market)
Thursday: [Country Round](#), [Middlebrow](#) (Logan Square)
Friday: [Focaccia](#), [pHlour Bakery](#) (Andersonville)
Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast or croutons! Be careful with focaccia in the heat - you may want to refrigerate this sooner than later!



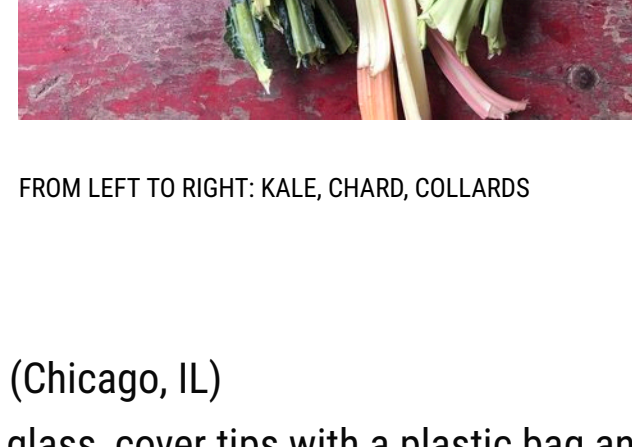
FROM LEFT TO RIGHT: WHITE BUTTONS, CRIMINS, PORTABELLAS

Mushrooms: [River Valley Ranch](#) (Burlington, WI)
Wednesday: [Crimini](#) / **Thursday:** [White Button](#) / **Friday:** [Portabella](#)
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.

Kale / Collards / Chard: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Global Gardens](#) (Albany Park, Chicago, IL) / [PrainErth Farm](#) (Atlanta, IL)
Storage Tip - Remove from compostable green bag, if present. 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.

Sweet Cherries: [Mick Klug Farm](#) (St. Joseph, MI)
Storage Tip - Get your cherries in the fridge as soon as possible, preferably wrapped in a plastic bag. Wash them with cold water just before eating. Avoid washing prior to storage, as moisture can be absorbed where the stem meets the fruit and lead to splits or spoilage. Cherries can also be frozen. Pit them, spread them in a single layer on a baking sheet, freeze until firm, and then place in a bag or container.



FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

Turnips: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

Cucumbers: [PrainErth Farm](#) (Atlanta, IL) / **Tomatoes:** [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Keep cucumbers in a plastic bag in the crisper for two weeks. Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

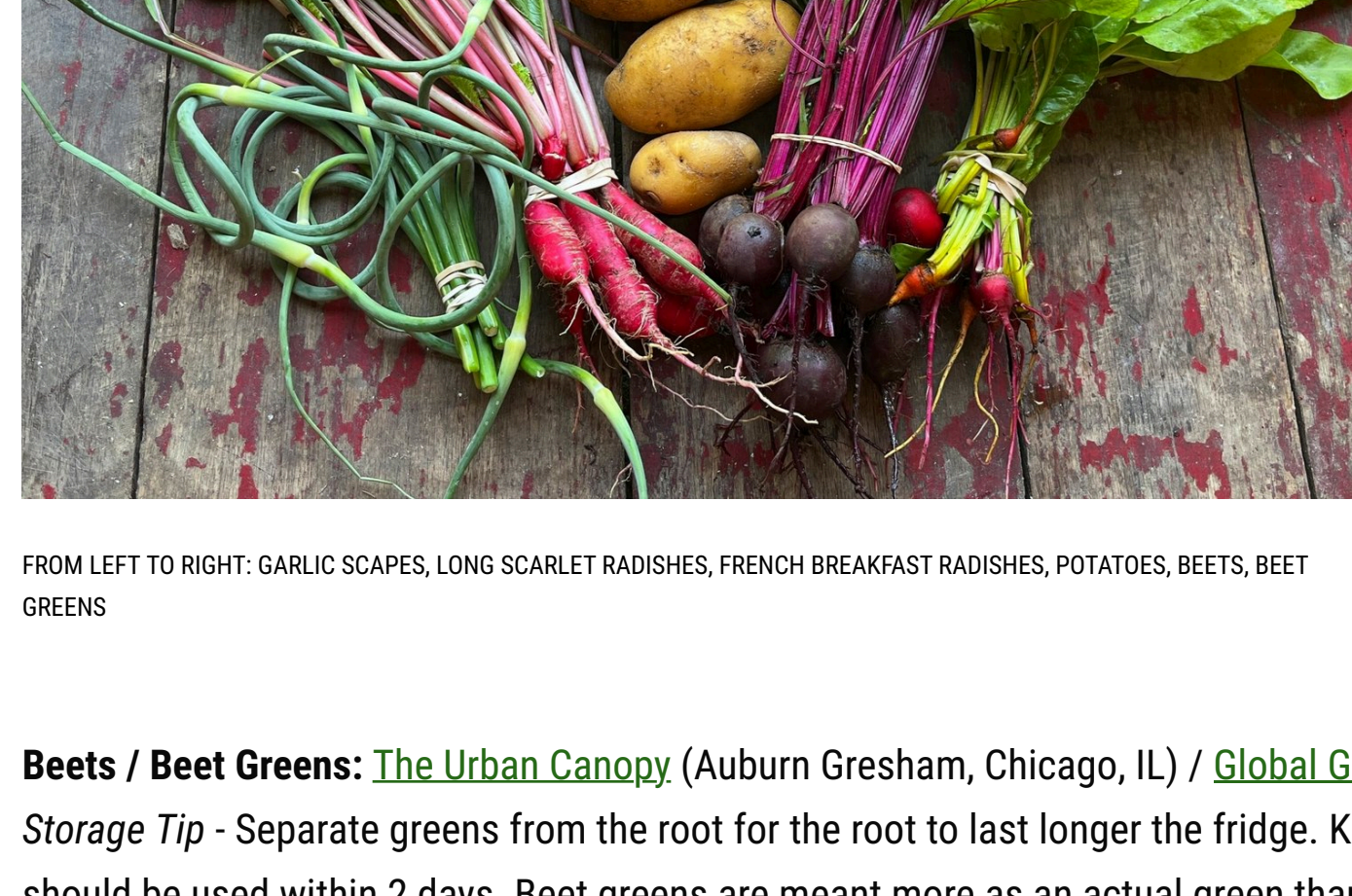


PEAS THIS WEEK! USE OR FREEZE YOUR PEAS WITHIN A FEW DAYS!

Scallions: [PrainErth Farm](#) (Atlanta, IL) / [One Family Farm](#) (Chicago, IL)
Storage Tips - Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

Romaine Lettuce: [One Family Farm](#) (Chicago, IL)
Storage Tips - Remove greens from your refrigerator's crisper drawer in the fridge for up to a week. 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.

Shelled Peas: [Mick Klug Farm](#) (St. Joseph, MI)
Storage Tips - Shelled peas have a very short shelf life, really only 3-4 days. Peas tend to get mushy and moldy fast. They should be stored in the fridge but then you should freeze them if you can't use them in a couple days.



FROM LEFT TO RIGHT: GARLIC SCAPES, LONG SCARLET RADISHES, FRENCH BREAKFAST RADISHES, POTATOES, BEETS, BEET GREENS

Beets / Beet Greens: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Global Gardens](#) (Albany Park, Chicago, IL) - *Beverage sub*
Storage Tip - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days. Beet greens are meant more as an actual green than for the beet themselves.

[click here for summer lucsa week 5 \(6/15 - 6/17\) newsletter!](#)

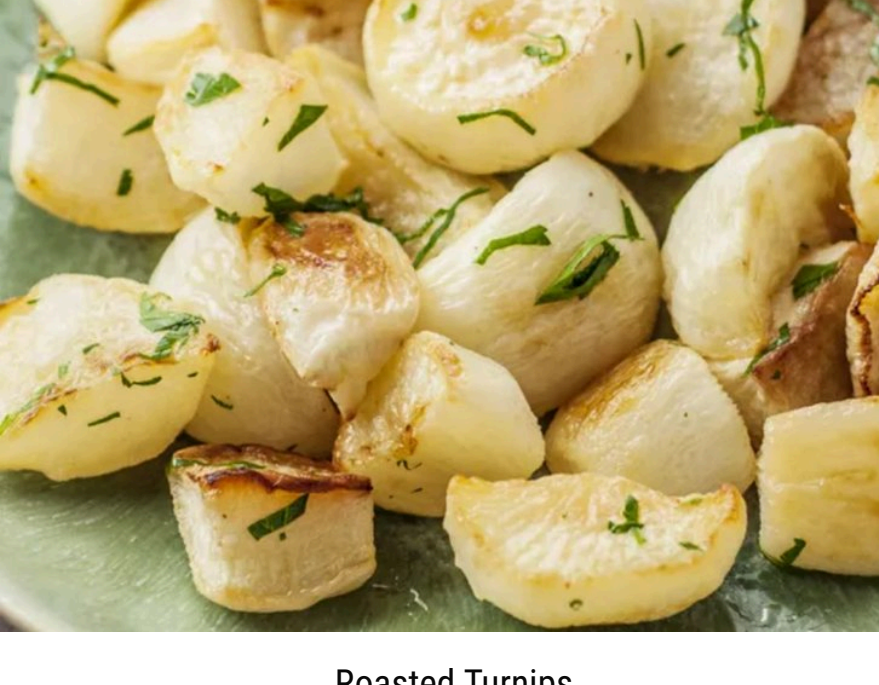
[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)

Recipe Recommendations

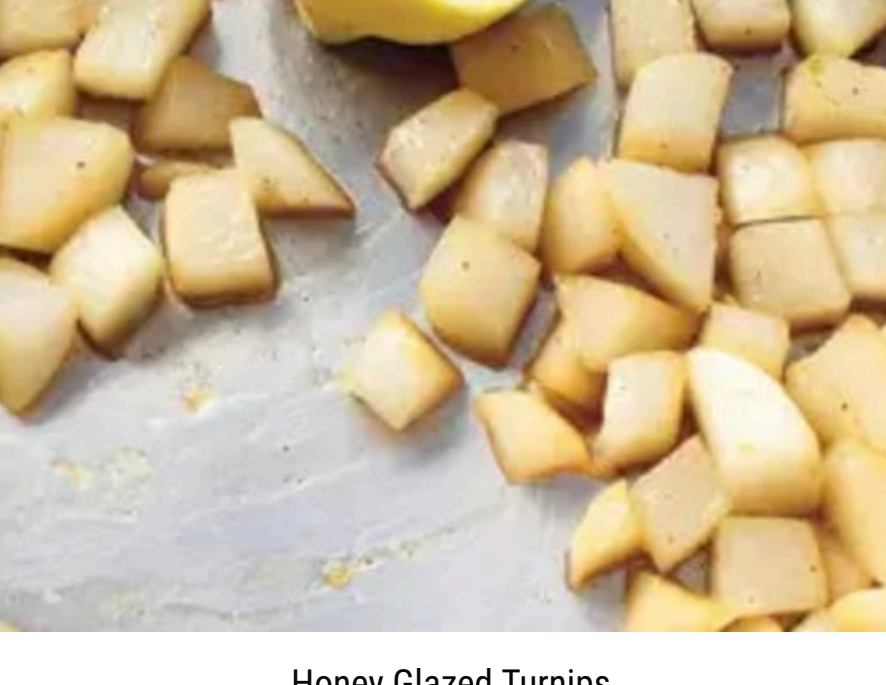
Click on the image to access the recipe



Farro Salad with Turnips & Greens



Roasted Turnips



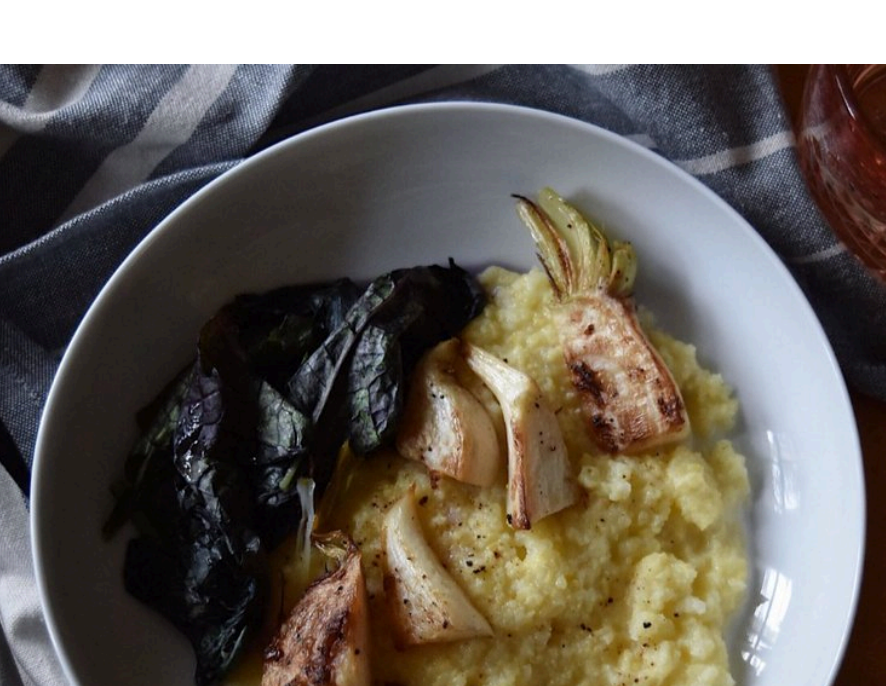
Honey Glazed Turnips



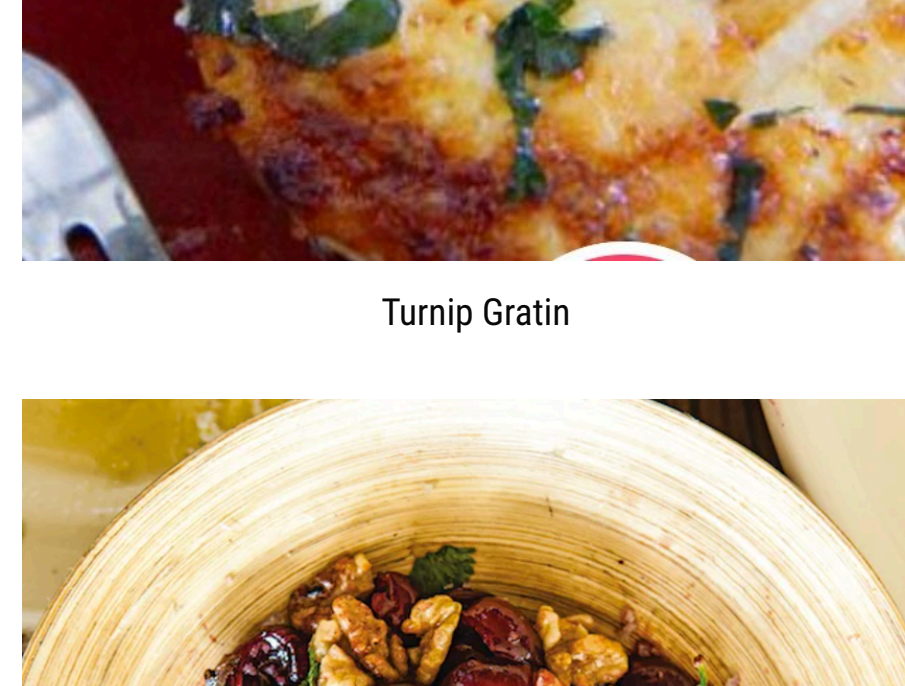
Turnip Gratin



Grits with Turnip Greens



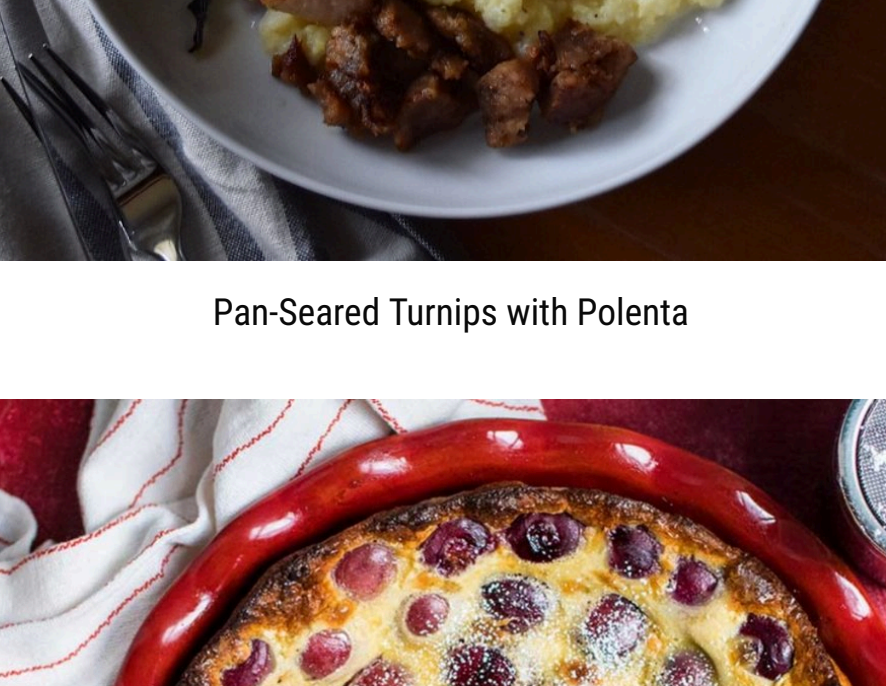
Pan-Seared Turnips with Polenta



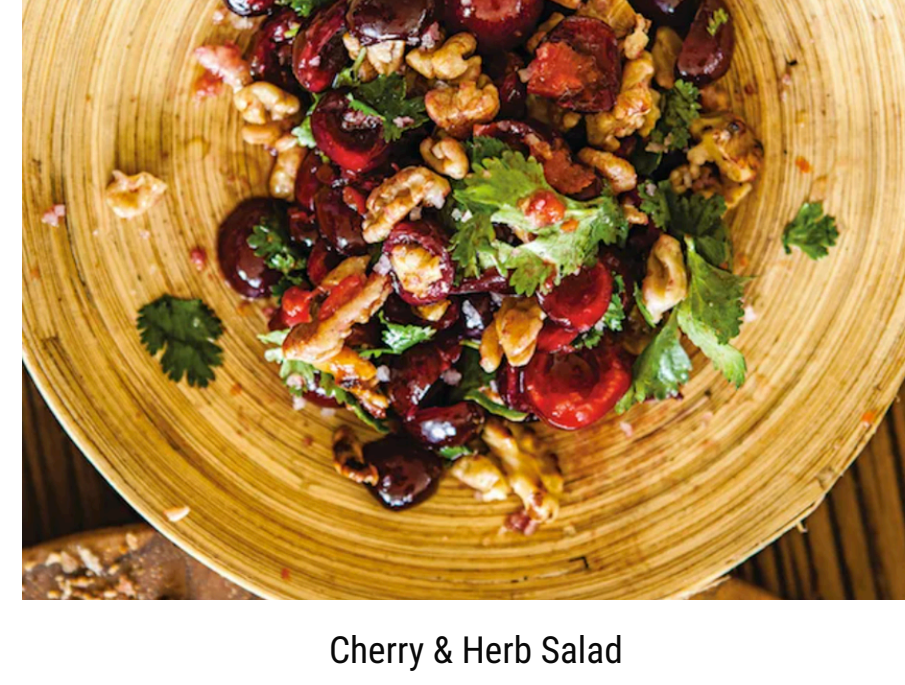
Cherry & Herb Salad



Cherry Tart with Ricotta



Cherry Clafoutis



Potato Salad with Peas



Pea Pilaf (Peas Pulao)



Pasta with Tuna, Peas & Lemon