



HOME / ABOUT UC / COMPOST CLUB / INDOOR FARM / OUTDOOR FARM /
LOCAL UNIFIED CSA / FARMERS MARKETS / DISTRIBUTION / DONATIONS

Summer Week 1 - 4/5 - 4/6 - 4/7

Welcome to Summer LUCSA!

In your box this week:
eggs - bread - mushrooms - organic sodas - rice - carrots - turnips -
fingerling potatoes - apples - greens

The Urban Canopy farm, Auburn Gresham, Chicago

PRODUCE GUIDE - FIND
STORAGE TIPS AND
RECIPE SUGGESTIONS
FOR ANY PRODUCE
ITEM HERE

NEWSLETTER ARCHIVE
- FIND ALL PAST
NEWSLETTERS HERE

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

Summer LUCSA Tips!

We have lots of friendly faces returning for summer LUCSA this year, but we have lots of new names too! Welcome to LUCSA! Here are some tips for how to best enjoy your share:

-Unpacking your share: follow our storage suggestions in the share content section below! We provide lots of tips for extending the life of your produce.

-Recipes: We provide recipe suggestions at the bottom of the newsletter! We try to find recipes that include multiple items you'll be receiving. You can also find recipes for any produce item we'll send you on our Produce Guide!

-Identifying produce: As the week goes and we receive produce from farms, we'll upload photos to this newsletter so that you can rely on the newsletter to help you identify those less common produce items we love to send.

-Add ons: we have a lovely list of add ons that can save you trips to the grocery store and introduce you to new local vendors you may not be aware of!

-Returnables: you can return your wax box and egg cartons by leaving them in your delivery spot before we come and drop off your new share!

-Vacations, moving, and other questions: Email us at lucsa@theurbancanopy.org! We are here to help you with any questions about your share.



Add Ons

Our list of 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.

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



Locally Made Beverages

Local Beverages like Komunity Kombucha, Locally Roasted Coffee, Freeman House Chai Concentrate, Locally Brewed Beer, Cold Brew, and much more!



Local Baked Goods

Vegan and Gluten-free treats from Bot Bakery, Vegan cookies from Foxship Bakery, Pleasure Pies quarter-pie slices, Uzma Chocolate Bars



Pantry Staples + more

Janie's Mill Flour, Local Popcorn, Local Honey + Maple Syrup, Sauces and Spreads, Cahokia Rice, LaCrosse Milling Oats, Locally made soap, candles, dish brushes, and more!



Dairy

Local dairy products like Prairie Fruits Farm cheese, Kilgus Farm milk and yogurt, Nordic Creamery



Jarred Goods from



Local Meat, Fish, +

butter, Finn's Ranch eggs, and more seasonally!

our own kitchen!

Jams, Giardiniera, Pickled Vegetables, Preserved Lemons, Whole Tomatoes, Salsas, more! All a part of our mission to reduce food waste.

Vegan Substitutes

Underground Meats cured meats, Finn's Ranch meat and poultry products, Great Lakes Fishing Co fish, Phoenix Bean Tofu, Upton's Seitan + other products!

& 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.*
- *Pro-Tip: When your share arrives, immediately unpack your produce and move into proper storage containers!*
- *Wash everything before eating!*
- *Remember to return your wax box, egg cartons, and pint containers during your next delivery. We reuse all of these items!*

Beverage:

Organic Sodas: [Wisco Pop](#) (Madison, WI) Cherry, Grapefruit, Strawberry, or Ginger

Store in the fridge.

Bread:

Wednesday: **Challah**, [Franher Bakery](#) (Pilsen, Chicago, IL)

Thursday: **Sourdough Pullman**, [Publican](#) (Fulton Market, Chicago, IL)

Friday: **Multigrain Loaf**, [pHlour Bakery](#) (Andersonville, Chicago)

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 temperature - you may want to refrigerate bread sooner than later!

Mushrooms:

Wednesday: Oyster or Lions Mane: [Primordia Mushrooms](#) (Chicago, IL)

Thursday: Crimini: [River Valley Ranch](#) (Burlington, WI)

Friday: Oyster or Lions Mane: [Primordia Mushrooms](#) (Chicago, IL)

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.



YOUR SHARE THIS WEEK WILL LOOK LIKE THIS PHOTO! PLEASE NOTE THAT MUSHROOMS, GREENS, BREAD, AND OCCASIONALLY OTHER ITEMS WILL VARY DEPENDING ON YOUR DELIVERY DATE. [FOLLOW OUR INSTAGRAM](#) FOR WEEKLY SHARE UPDATES!

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.

Scarlet Turnips: [PrairiErth Farm](#) (Atlanta, IL)

Storage Tip - Best stored in the refrigerator crisper or lowest shelf. Place in ice water to plump back to life if they become soft or limp.

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.

Carrots: [PrairiErth Farm](#) (Atlanta, IL)

Storage Tip - Store in the fridge, in the crisper or in a plastic bag for a few weeks.

Fingerling Potatoes: [Nichols Farm and Orchard](#) (Marengo, 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 weeks.

Rice: [Cahokia](#) (McClure, IL)

Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Lettuce / Kale / Winter Spinach: [Artesian Farms](#) (New Buffalo, MI), [Wilder Fields](#) (Chicago, IL), [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tips: Repackage in a non-biodegradable plastic bag or container with a paper towel for up to a week.

Substitutions

Items for those already opting out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subject to change

Dried Cherries or Blueberries: [Shoreline Fruit](#) (Traverse City, MI)

Storage Tip - Store in a cool dry place.

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.



FROM TOP LEFT TO BOTTOM RIGHT: YELLOW ONIONS, SUNCHOKES, DRIED CHERRIES, TOFU

Yellow Onions: [Alsum Farms](#) (Friesland, WI)

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 weeks.

Sunchokes: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Best stored in the refrigerator crisper or lowest shelf.

Pickled Asparagus: The Urban Canopy (Lincoln Square, Chicago, IL)

Storage Tip - Store in fridge.

Popcorn: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

Recipe Recommendations

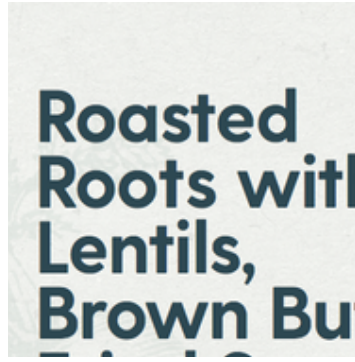
Click on the image to access the recipe



Stir Fried Cumin Carrots



Vegan Carrot Cake



Roasted Roots with Lentils



Turnip Potato Mash



Apple Bread Pudding



Kale Rice Bowl



Curried Carrot Turnip Soup



Goat Cheese Hazelnut Shaved ...



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