

Summer Week 1: June 2 / 3 / 4

Updates!

I'll add any updates to the newsletter here so you can find them easily!

- 6/2 - Salad and cooking green distribution updates!
- 6/1 - Change in mushroom type due to decrease in availability. You can find photos of each variety and the assigned share day in the share contents section!
- 6/1 - You will be receiving a LUCSA zine in your first share! Designed by lovely UC crew member Collin! Please email us if you did not receive one, and we can include it in your next share!
- 6/1 - Added bok choy as a sub due to decrease in availability of cucumbers.
- 6/1 - Included a note under the salad and cooking greens to narrow down what green to expect on your delivery day.

Welcome to LUCSA!



A warm welcome to all new and returning LUCSA members! We are so thrilled to begin this season with you. A couple of helpful notes up top:

- please return your wax boxes, egg cartons, and rubber bands to us! you can leave them in your delivery spot and your driver will grab them. sometimes it's helpful to leave these returnables in your delivery spot about an hour before your window, in case your driver is running ahead of schedule. you can also break down these boxes to help store them less noticeably. helpful youtube video here.
- you will be getting a LUCSA ziiiiiiiine!!!! this week!!! if you don't receive one please email us so we can include it in your box next time cause it's really cool!
- we offer add-ons! add on milk, butter, flour, coffee, giardiniera, jam, and so many other things. i'll send out the add on order form with this newsletter every week so you can get a peek of what's in your box and, accordingly, what you'd like to add on.
- we are here to help! email us at lucsa@theurbancanopy.org if you have questions, think something was missing from your box, or need clarification on a produce item. i will be uploading photos of produce to this page as we receive them, so check back here first to see if it answers your question!
- follow us on instagram! we post cute photos! and share contents! and recipes!



What's in the box this week?

bread, eggs, mushrooms, kombucha, rhubarb, hakurei turnips, asparagus, green garlic / garlic scapes, cilantro, radishes, salad / cooking greens

From the Farm

The outdoor farm at The Urban Canopy, located in the Auburn Gresham neighborhood of Chicago, focuses on building sustainable and equitable food systems by way of environmental stewardship and healthy living initiatives. Our produce, grown with these innovations in mind, is made solely available to the Greater Chicago area through our LUCSA program in addition to our weekly Farmers Markets.

We are so excited for this summer season and have been planning all winter long to send you flavorful, nutritious, locally grown produce. This week we harvested almost a thousand pounds of Hakurei turnips (those big beautiful white turnips you will see in your share), along with green garlic and the first sighting of garlic scapes, and tons of other fun stuff for LUCSA members! Looking forward to a great season.



Add-on items

all from local businesses!

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



and much more available!

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.
- 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

2 bottles Kombucha Kombuchade (Chicago, IL)
Made with Mick Klug blueberries!

Bread

Wed: Rye Batard [pHlour Bakery](#) (Andersonville, Chicago)
Thur: Herb Focaccia [pHlour Bakery](#) (Andersonville, Chicago)
Fri: Seeded Loaf [Middlebrow](#) (Logan Square, Chicago, IL)

Eggs: Finn's Steak and Egg Ranch

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.

White Button Mushrooms / Shiitake Mushrooms: River Valley Mushrooms

(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.



WHITE BUTTON MUSHROOMS - WEDNESDAY & THURSDAY SHARES



SHIITAKE MUSHROOMS - FRIDAY SHARES

Rhubarb: Mick Klug Farm

(St. Joseph, MI)
Storage Tip - You can keep rhubarb stalks in the fridge for a few days. If you snip off the base, place it upright in a jar with an inch of water and cover the tops with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

Asparagus: Mick Klug Farm

(St. Joseph, MI)
Storage Tip - Trim any woody ends from the stems, 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.

Hakurei Turnips Urban Canopy

(Englewood, Chicago, IL)
Storage Tip - Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens should be used within 2 days.

Green Garlic Urban Canopy

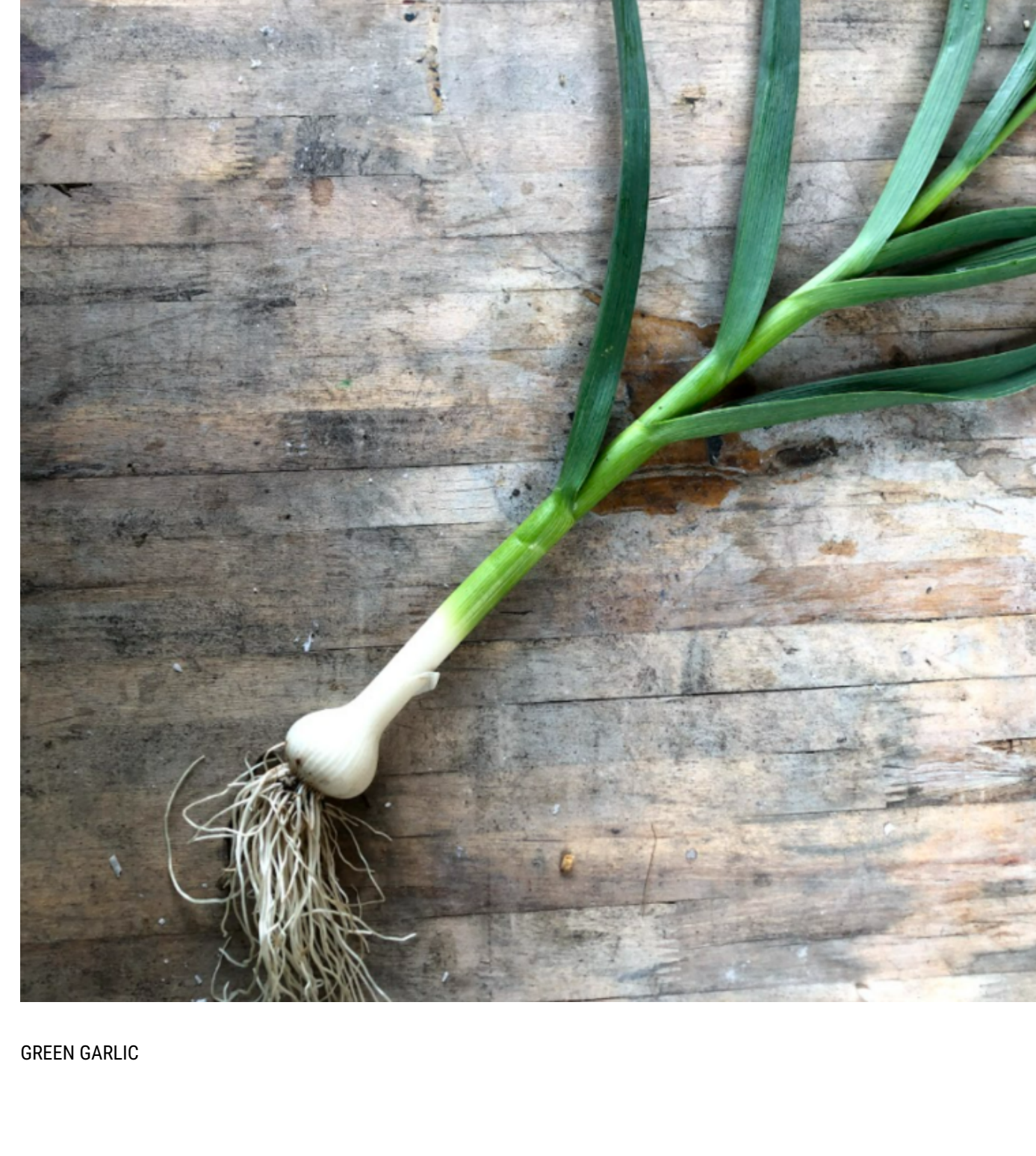
(Englewood, Chicago, IL)
Storage Tip - Keep green garlic and garlic scapes in your refrigerator's crisper drawer in loose plastic or mesh bags so that air circulates around them. They should stay fresh for at least one week and up to two weeks.

Radishes PrainErth Farm

(Atlanta, IL)
Storage Tip - Remove greens, 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.

Cilantro PrainErth Farm

(Atlanta, IL)
Storage Tip - Fill a jar or a water glass partially with water and place the stem ends of the herbs into the water in the jar. Cover and store: If you are storing the herbs in the refrigerator, cover loosely with a plastic bag. Cilantro loves cool temperatures and should be stored in the refrigerator.



GREEN GARLIC

Salad Greens / Cooking Greens: [Urban Canopy](#) (Englewood, Chicago, IL) / [PrainErth Farm](#) (Atlanta, IL) / [YWomen Grow Farm YWCA](#) (Woodlawn, Chicago, IL) / [Growing Solutions Farm UAS](#) (Illinois Medical District, Chicago, IL)

Storage Tip -

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

Cooking Greens: Make sure greens are good and dry. You can wrap the greens in a paper or cloth towel to cut down on extra moisture. The store in a plastic bag in the fridge for up to a week or in water like a bouquet!



Arugula

Green Mustard Cooking Green

Red Mustard Cooking Green

Spinach

Endive

Cutting Lettuce

Wednesday Deliveries - Arugula or Mustard Cooking Greens
Thursday Deliveries - Mustard Cooking Greens
Friday Deliveries - Spinach, Endive, or Cutting Lettuce

SUBS (Items for people who are opting out of the beverage, eggs, bread or mushrooms or having a conflicting allergy)

Kale: PrainErth Farm

(Atlanta, IL)
Storage Tip - Make sure greens are good and dry. You can wrap the greens in a paper or cloth towel to cut down on extra moisture. The store in a plastic bag in the fridge for up to a week or in water like a bouquet!

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 months.

Bok Choy: Nichols Farm and Orchard

(Marengo, IL)
Storage Tip - Store bok choy in a plastic bag in the crisper section of your refrigerator for up to a week. Wash immediately before using.

Cherry Tomatoes: Nichols Farm and Orchard

(Marengo, IL)
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Mint: Urban Canopy

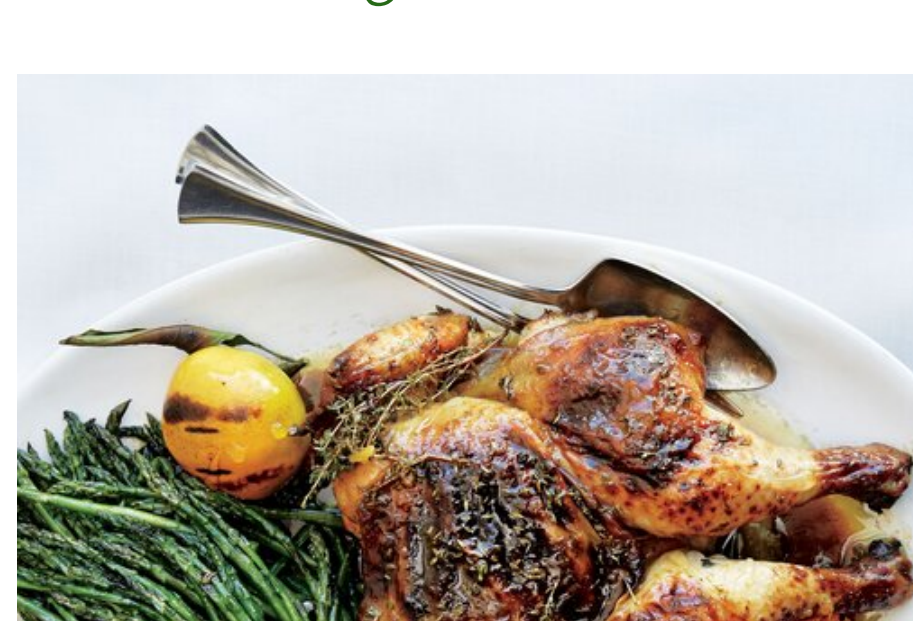
(Englewood, Chicago, IL)
Storage Tips - Store mint wrapped in a damp paper towel in the fridge for 2-3 weeks. Mint can also be dried or frozen to be able to use through the whole year. A simple way to freeze mint is to coarsely chop the leaves, put a spoonful in an ice cube tray, fill the rest of the mold with water and freeze them for mint cubes.

Recipe Suggestions

Click on the image to access the recipe



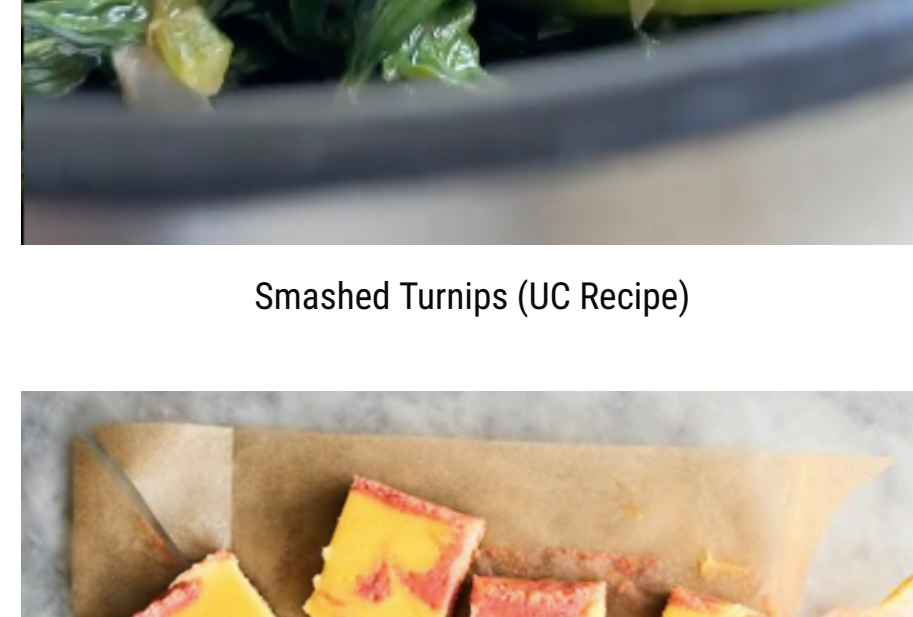
Smashed Turnips (UC Recipe)



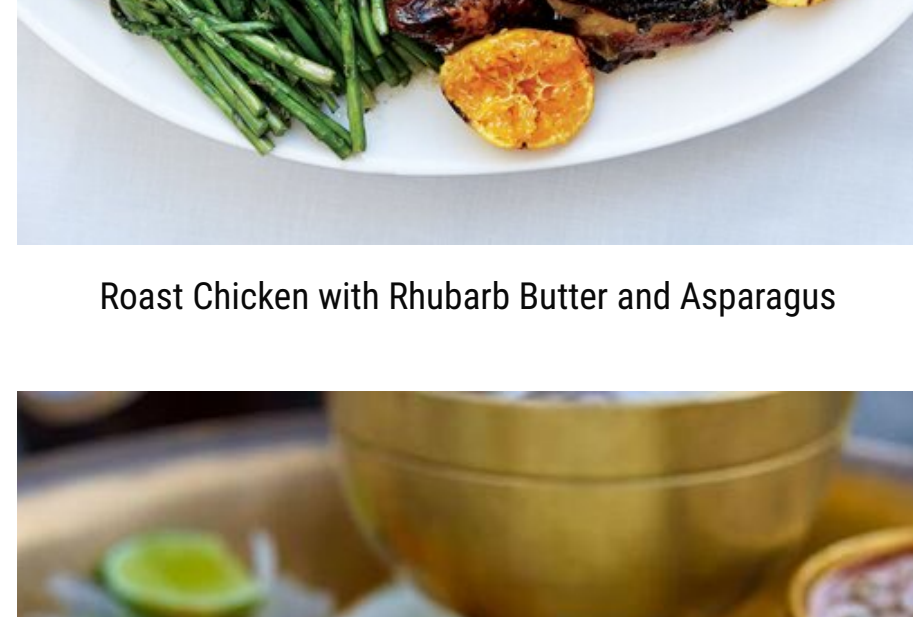
Roast Chicken with Rhubarb Butter and Asparagus



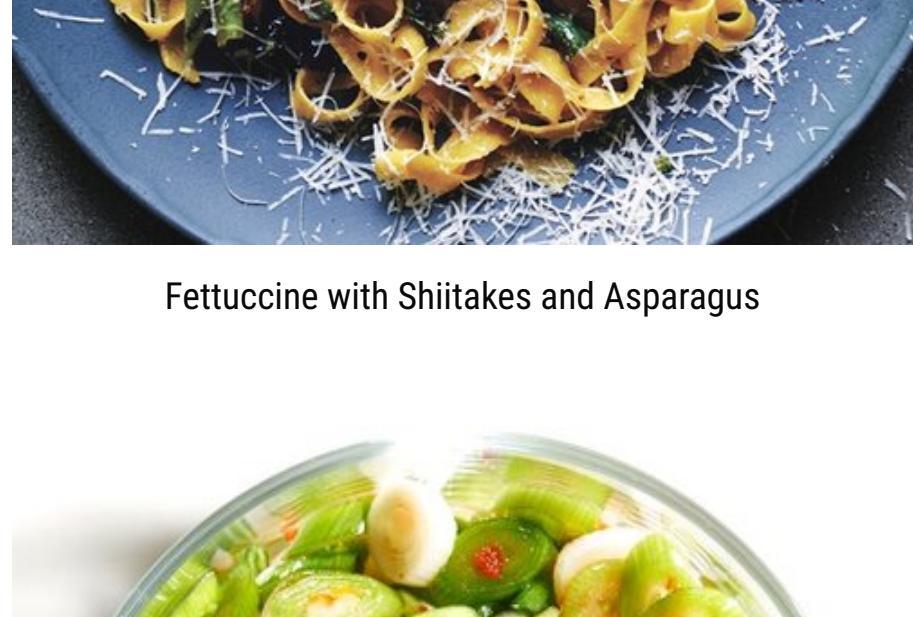
Fettuccine with Shiitakes and Asparagus



Rhubarb Cheesecake Bars



Nepalese Style Mustard Greens



Fermented Hot Green Garlic



Duck Breast with Mustard Greens, Turnips, and Radishes



Fascatelli with Pecorino and Mustard Greens



Scallion, Cilantro + Mint Chutney



Steak Tacos w Cilantro and Radish Salsa



Cilantro Mint Yogurt Sauce



Cucumber Salad