



# Summer Week 1: May 18 / 19 / 20

## Welcome to Summer LUCSA Week 1!

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!



### What's in the box this week?

- Bread
- Eggs
- Cold Brew Coffee
- Green Garlic
- Asparagus
- Potatoes
- Greens (Brassica Mix)
- Turnips
- Radish

## 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](#)



### Milk & Honey Granola

Get some crunch in your breakfast with this "cafe mix" to start your mornings right.



### Artesian Farm Basil Pesto

Think of all the pesto-bilities 6oz container.



### 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.



### UC Whole Tomatoes

Made in-house in our processing kitchen and perfect for sauces! 24oz jar.



### nichol's farms popcorn

Pop some corn and pop in a movie!



### Kilgus Farmstead Milk

As fresh as you can get while saving yourself a trip to the farm. Comes in 1/2 gallon jugs.

*& 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:

**Cold Brew Coffee:** [Passion House Coffee Roasters](#) (Chicago, IL) / [Sputnik Roasters](#) (Back of the Yards, Chicago, IL)

**Storage Tip** - Store in refrigerator, serve chilled.

### Bread:

Wednesday: [Pullman Sourdough](#), [Publican Quality Bread](#) (Fulton Market)

Thursday: [Multigrain](#), [pHlour Bakery](#) (Andersonville)

Friday: [Country Round](#), [Middlebrow](#) (Logan Square)

**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!

### Eggs:

[Einn'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.

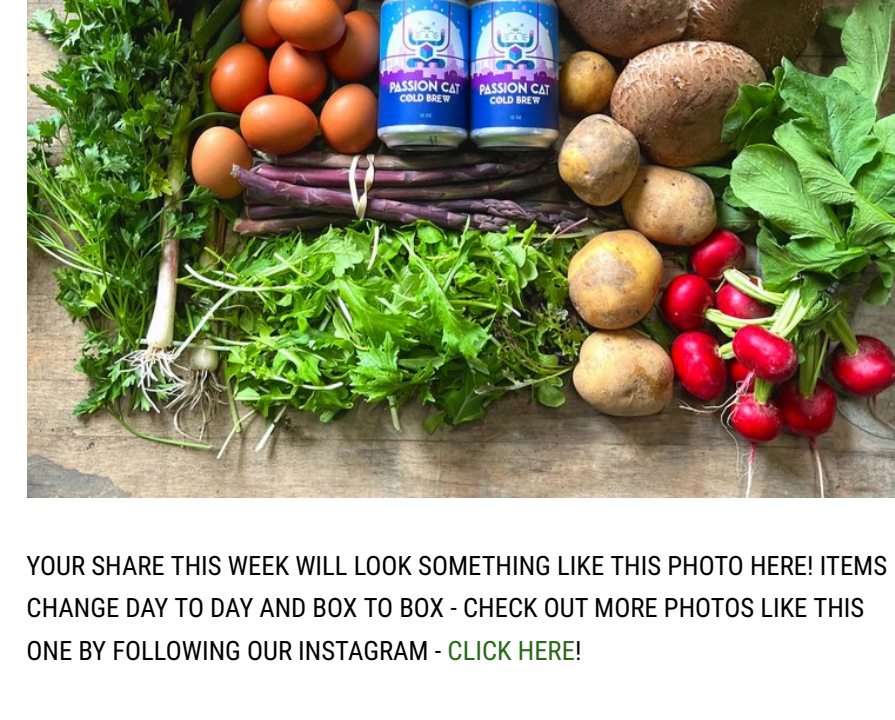
### Mushrooms:

Wednesday: [Portabella](#), [River Valley Ranch](#) (Burlington, WI)

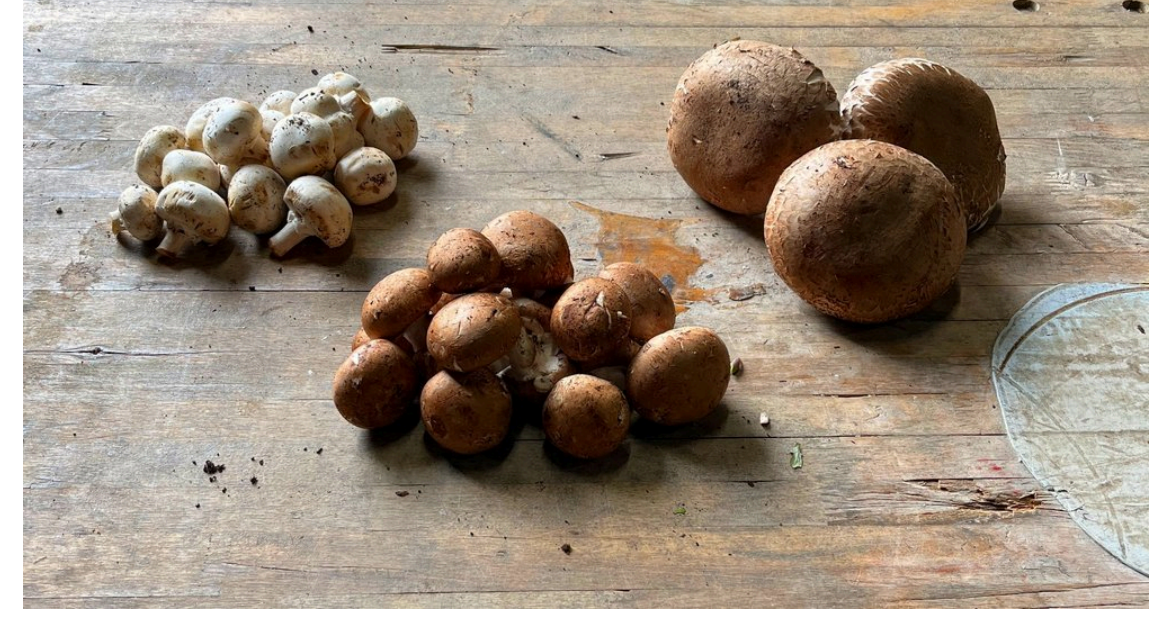
Thursday: [Crimini](#), [River Valley Ranch](#) (Burlington, WI)

Friday: [White Button](#), [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.



YOUR SHARE THIS WEEK WILL LOOK SOMETHING LIKE THIS PHOTO HERE! ITEMS CHANGE DAY TO DAY AND BOX TO BOX - CHECK OUT MORE PHOTOS LIKE THIS ONE BY FOLLOWING OUR INSTAGRAM - [CLICK HERE!](#)



MUSHROOMS FOR THE WEEK FROM LEFT TO RIGHT: WHITE BUTTON, CRIMINIS AND PORTABELLAS

### Green Garlic:

[The 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.

### Potatoes:

[Prairie Earth Farm](#) (Atlanta, 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.

### 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.

### Radishes or Turnips:

[Prairie Earth Farm](#) (Atlanta, IL) / [Global Gardens](#) (Albany Park, Chicago, 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.

### Greens:

[The Urban Canopy](#) (Englewood, Chicago, IL) / [Global Gardens](#) (Albany Park, Chicago, IL) / [Growing Solutions Farm UAS](#) (Illinois Medical District, Chicago, IL) / [Closed Loop Farms](#) (Back of the Yards, Chicago, IL) / [Down at the Farms](#) (Fairbury, IL)

**You will receive two of the following greens this week:** Brassica mix, arugula, spinach, lettuce, mustard, mizuna, turnip greens, chard or kale

**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.

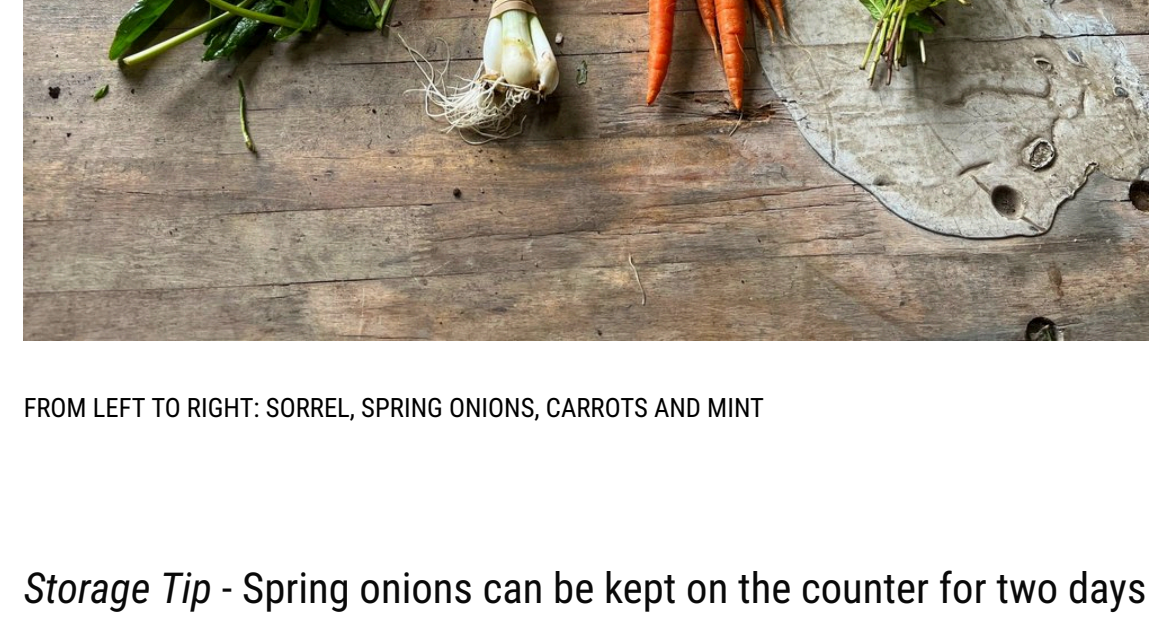
### Parsley:

[Wind Ridge Herb Farm](#) (Caldonia, IL)

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

## Substitutions

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



FROM LEFT TO RIGHT: SORREL, SPRING ONIONS, CARROTS AND MINT

### Mint:

[The Urban Canopy](#) (Englewood, Chicago, IL) - Beverage substitute

**Storage Tip** - 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.

### Carrots:

[One Family Farms](#) (Chicago, IL) - Bread substitute

**Storage Tip** - Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.

### Sorrel:

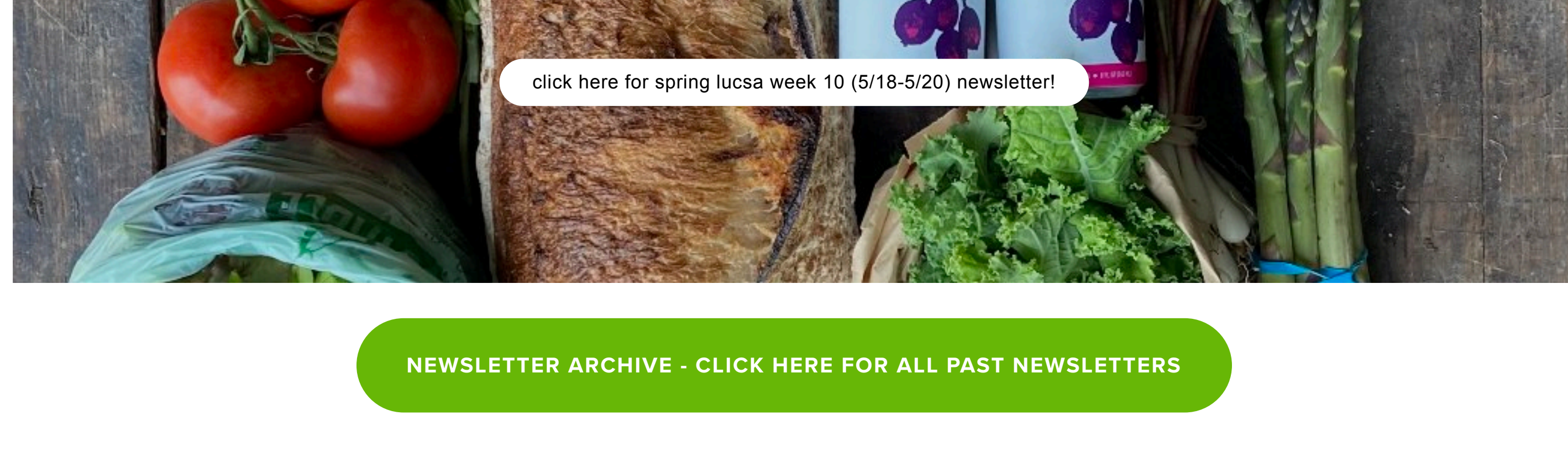
[Nichols Farm and Orchard](#) (Marengo, IL) - Mushroom substitute

**Storage Tip** - Remove from compostable green bag. 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.

### Spring Onions:

[Nichols Farm and Orchard](#) (Marengo, IL) - Egg substitute

**Storage Tip** - Spring onions can be kept on the counter for two days but will then start to wilt. You should keep their greens dry. After a couple days they should be stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

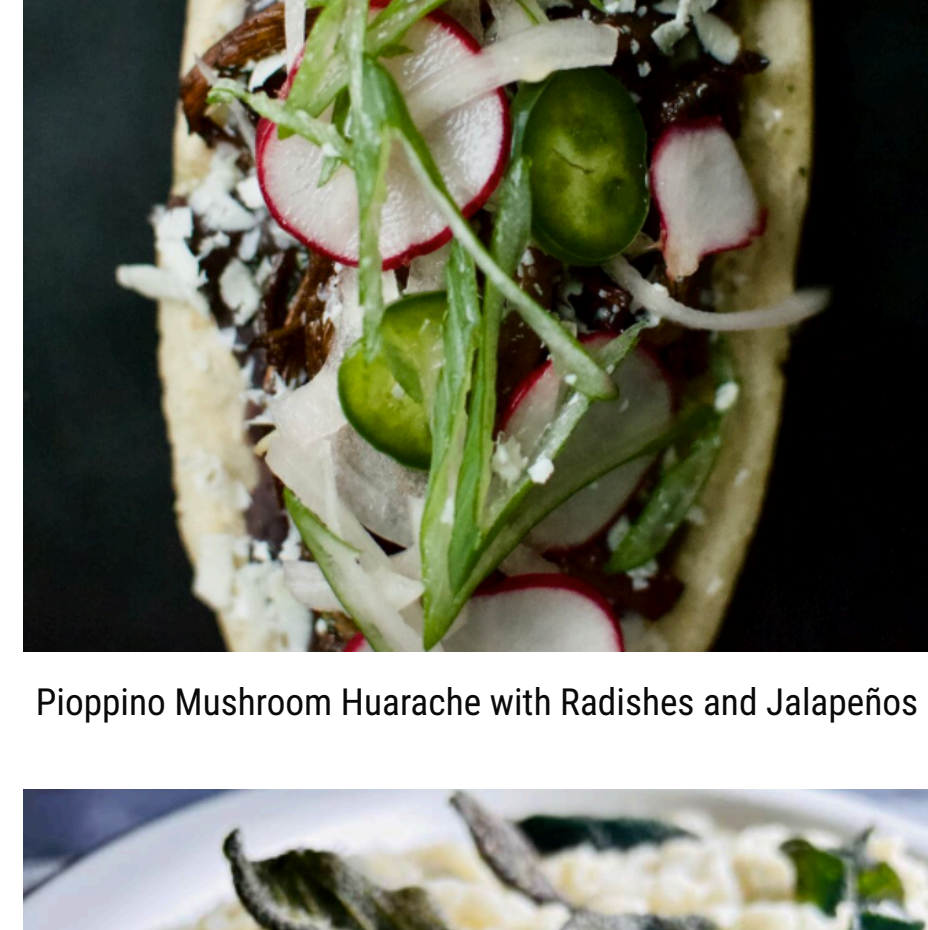


[click here for spring lucsa week 10 \(5/18-5/20\) newsletter!](#)

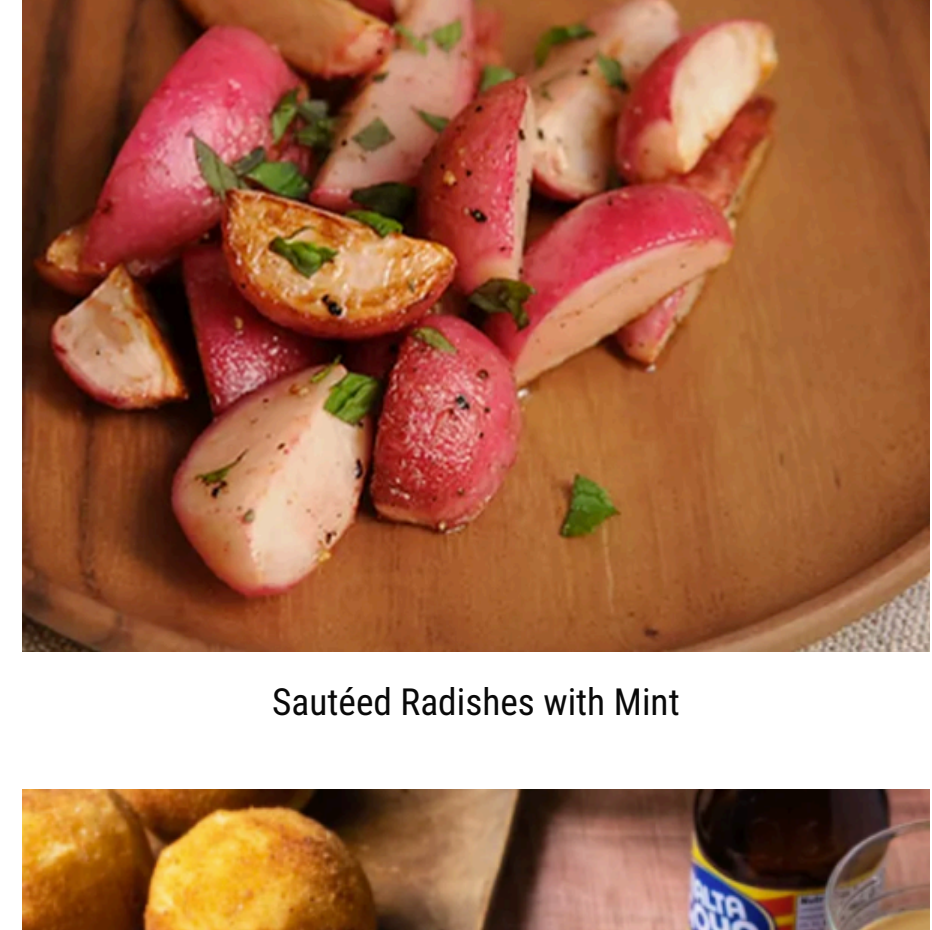
[NEWSLETTER ARCHIVE - CLICK HERE FOR ALL PAST NEWSLETTERS](#)

## Recipe Recommendations

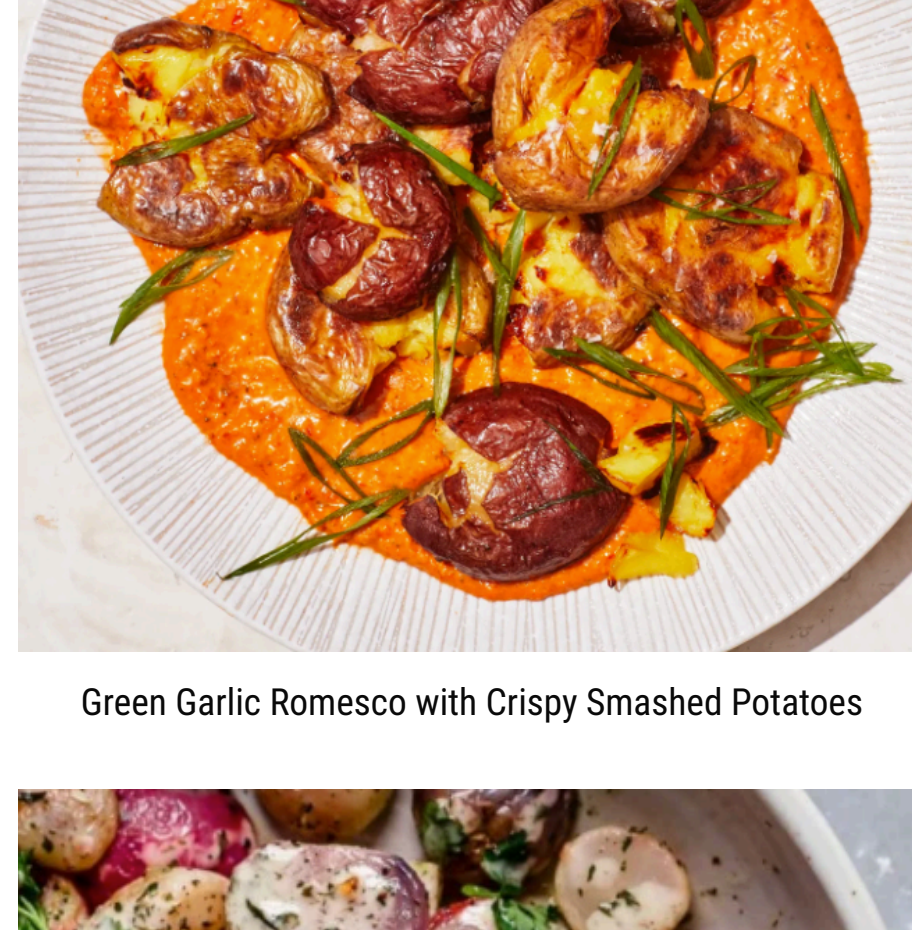
Click on the image to access the recipe



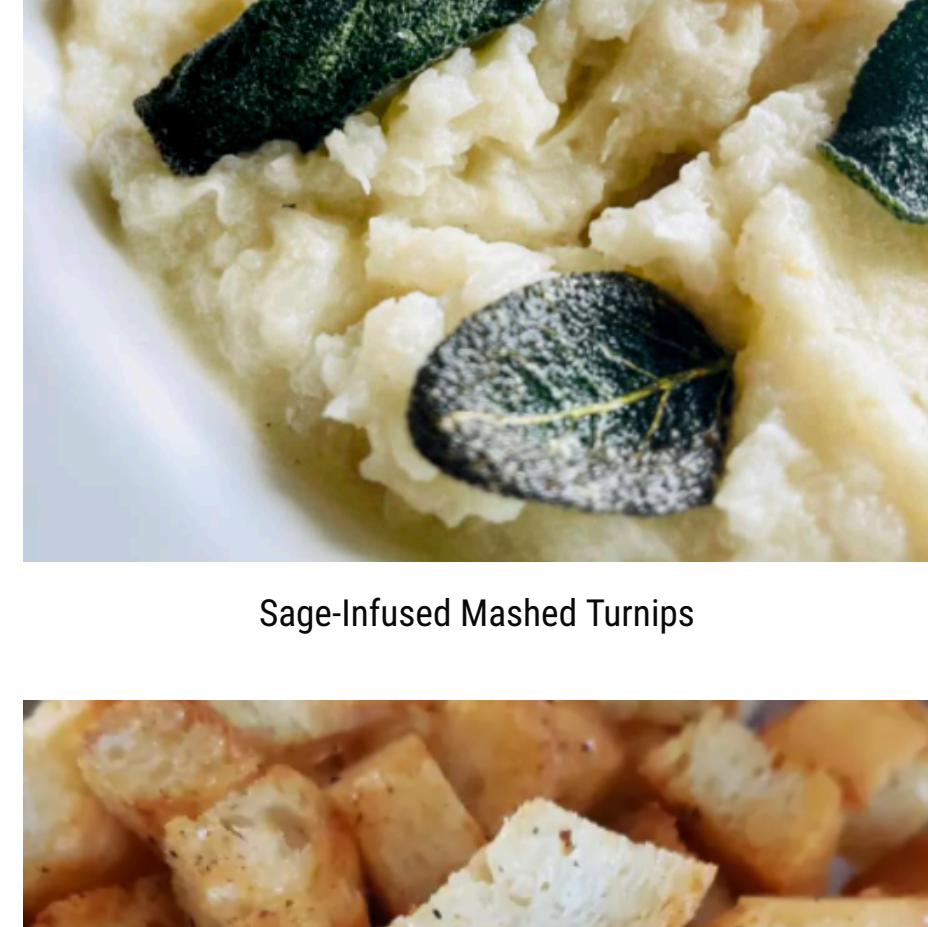
Pioppino Mushroom Huarache with Radishes and Jalapeños



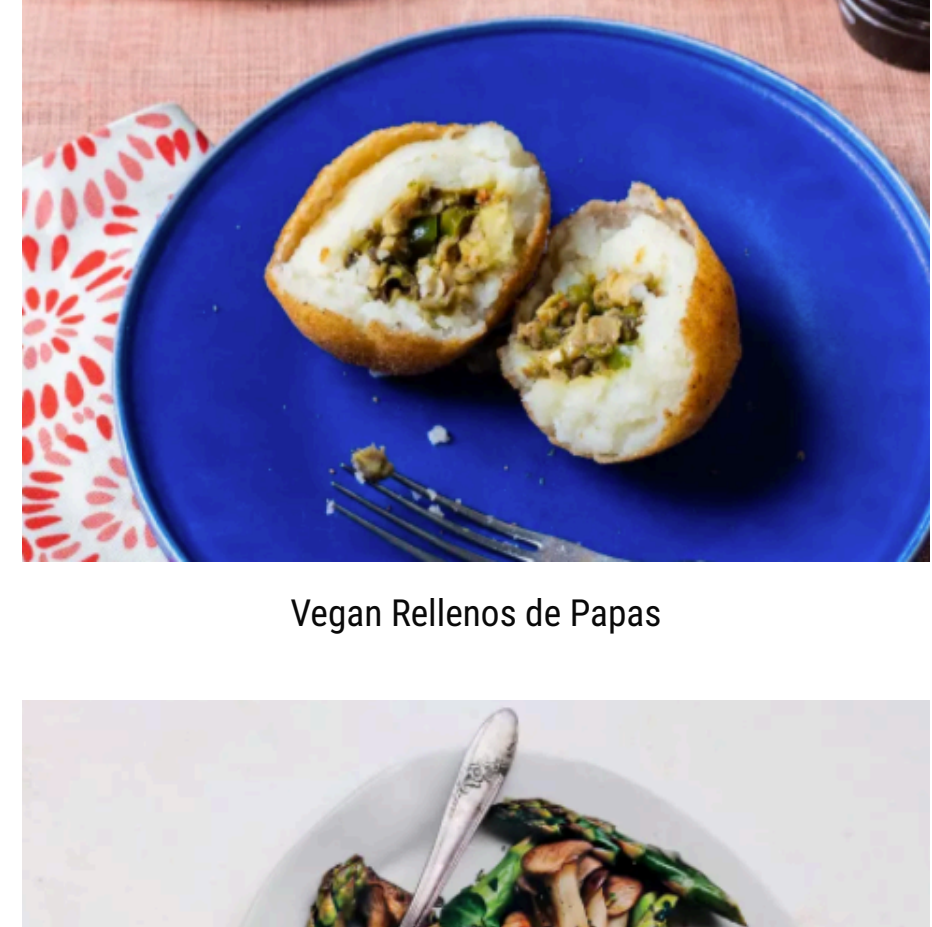
Sautéed Radishes with Mint



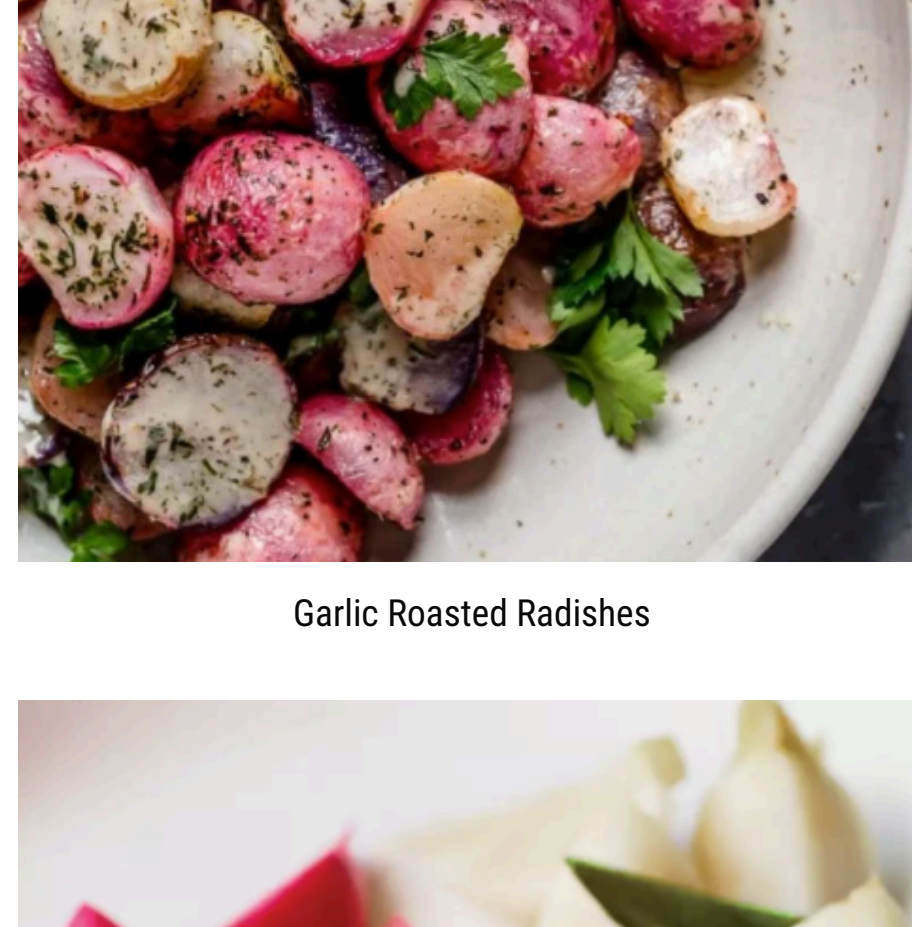
Green Garlic Romesco with Crispy Smashed Potatoes



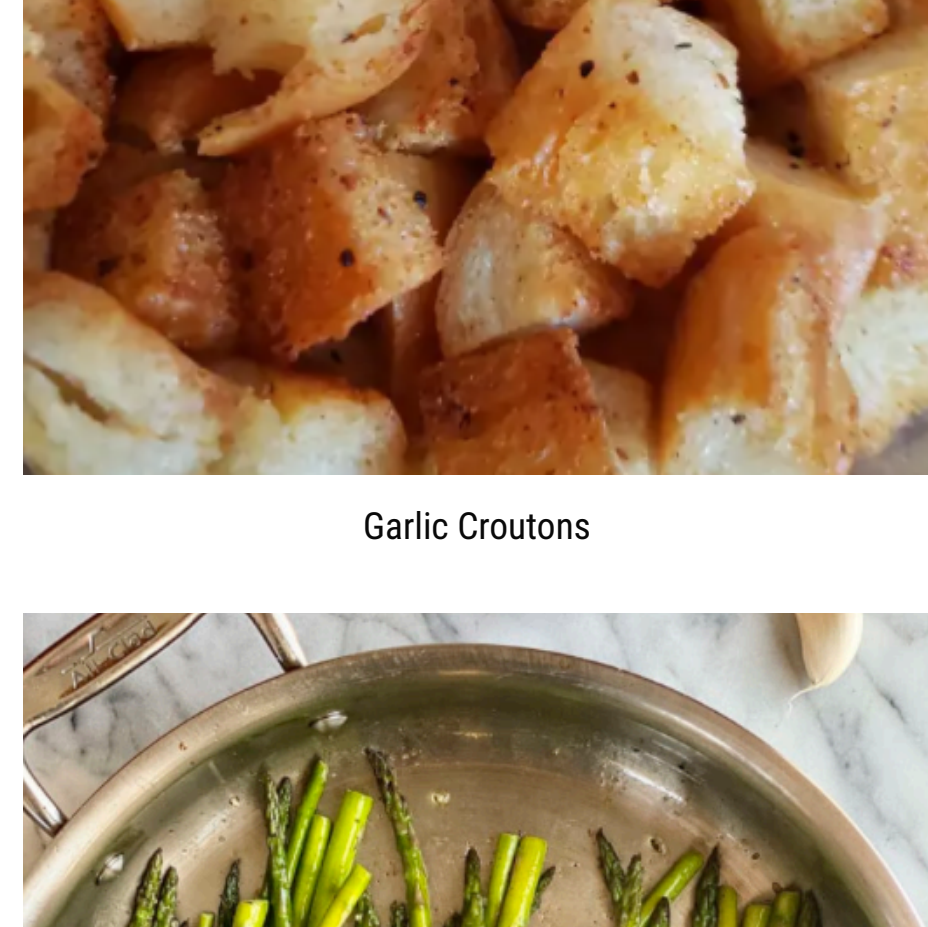
Sage-Infused Mashed Turnips



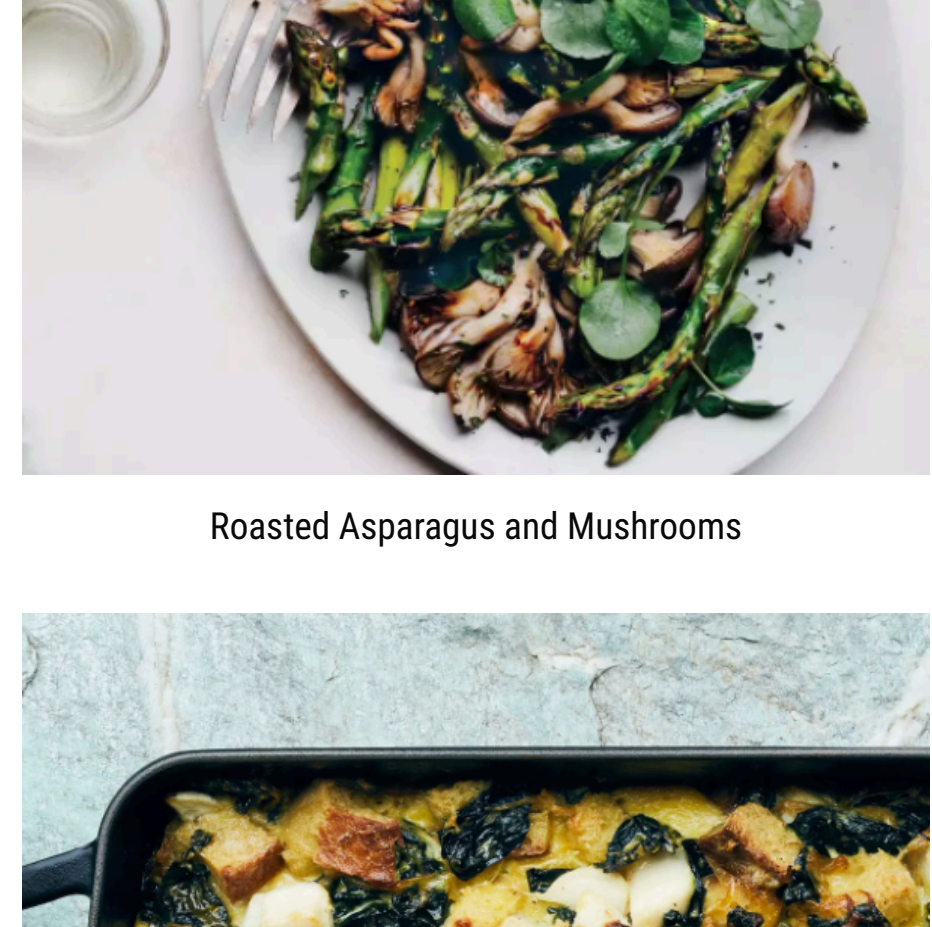
Vegan Rellenos de Papas



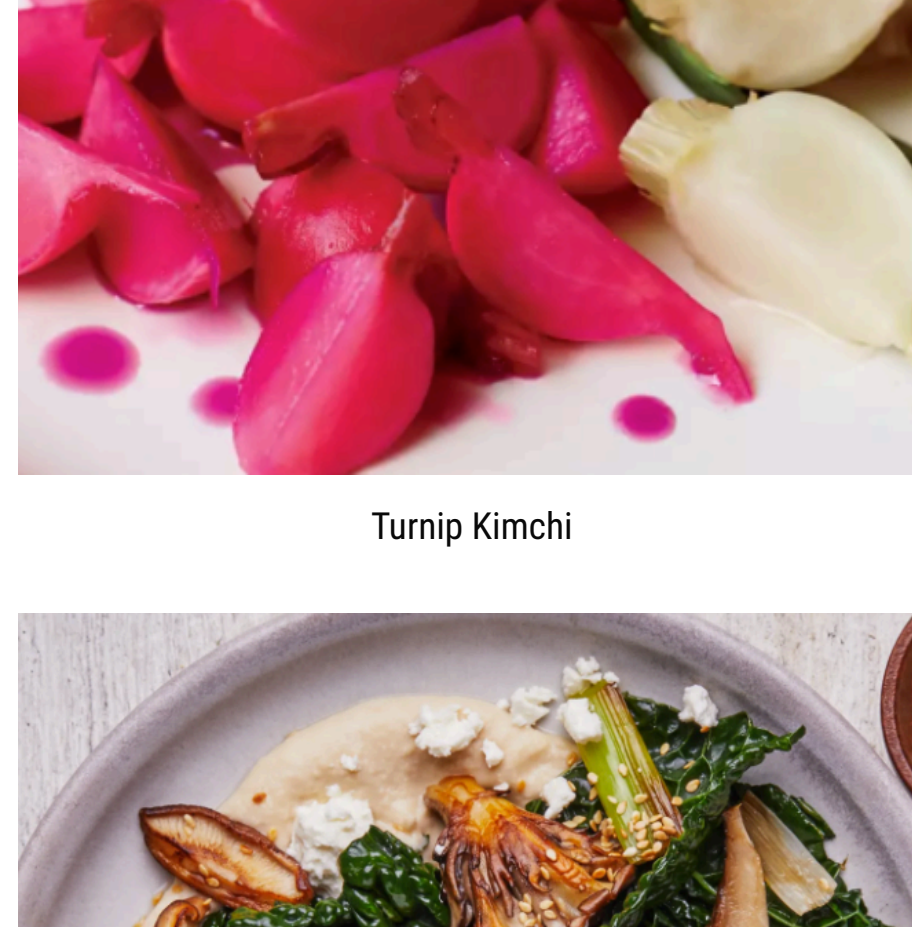
Garlic Roasted Radishes



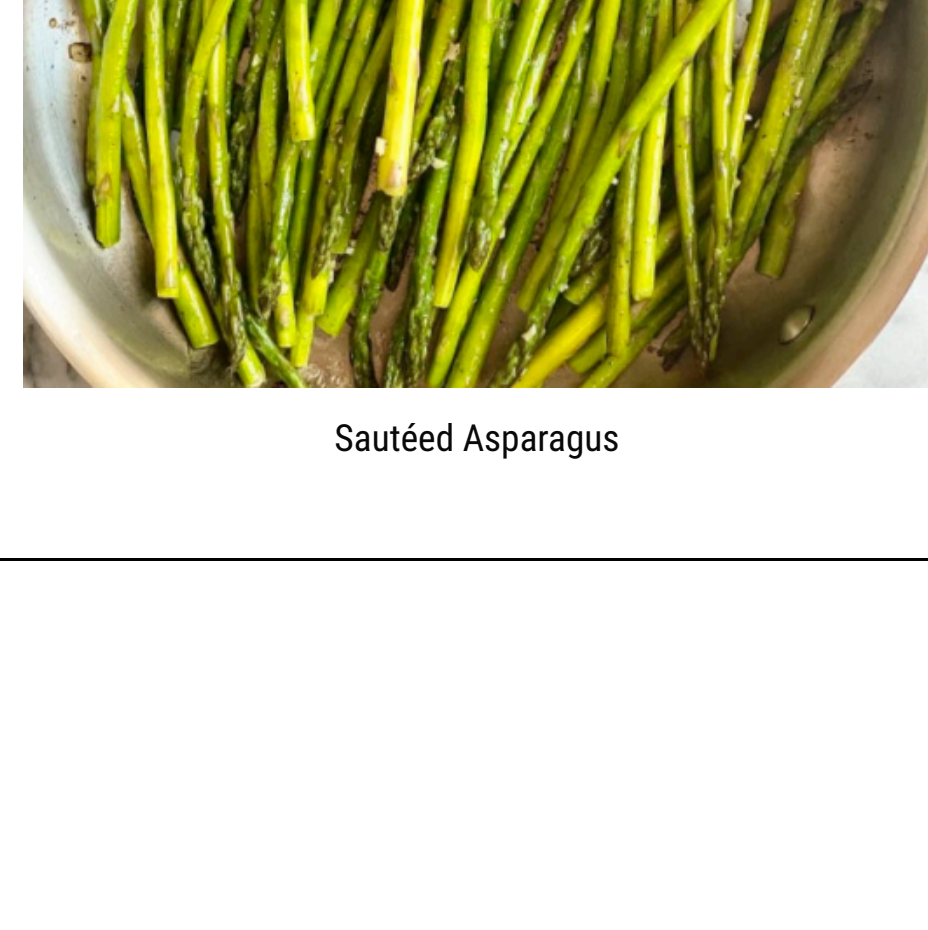
Garlic Croutons



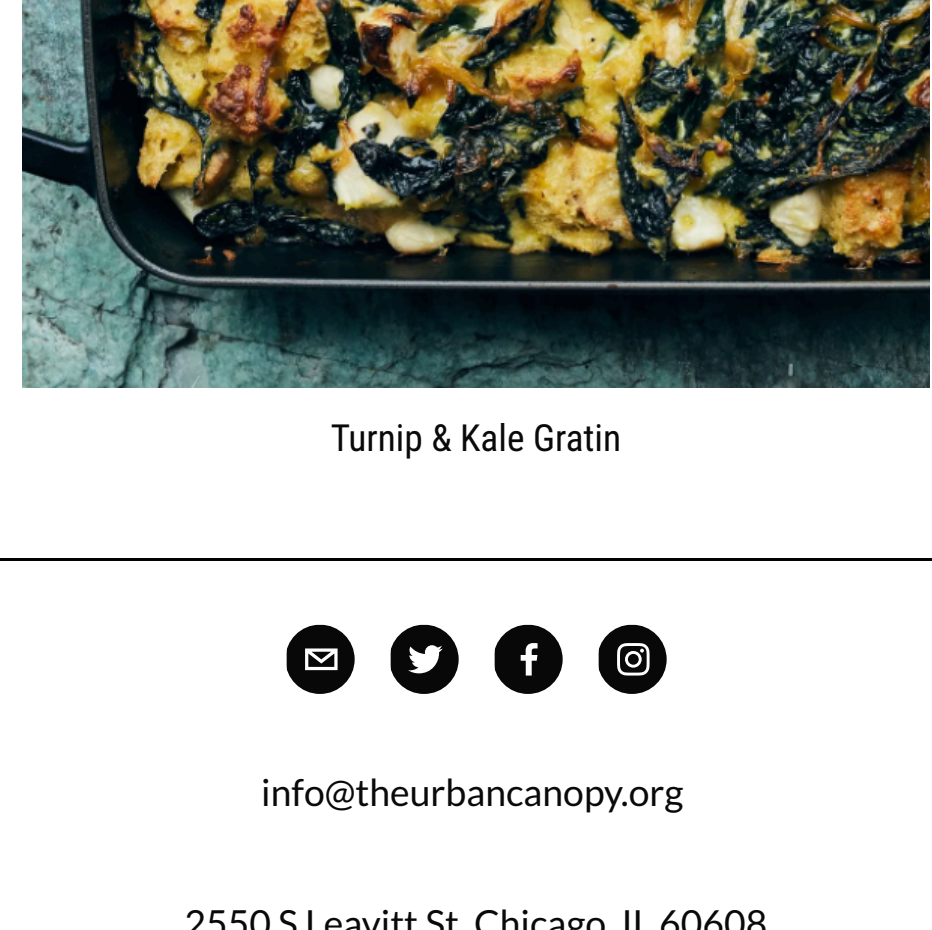
Roasted Asparagus and Mushrooms



Turnip Kimchi



Sautéed Asparagus



Turnip & Kale Gratin



Crispy Mushrooms With Creamy White Beans and Kale