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Summer Week 10 - 06/07, 06/08, 06/09

Welcome to our newsletter!

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!*

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](#)



It's Back!! Delicious organic red onion preserves!



POSO Chili Oil is a small batch medium hot, Mexican-Inspired ...



UC Processing Kitchen has created a new recipe - sweet marin...



Zeitlin's Deli is now offering bagels and cream cheese to come...

It's already Week 10!

The solstice will greet us in just a few weeks, which means we'll soon swap an abundance of greens and root veggies to the height of summer and all the fruits and variety that the Midwest has to offer. We would love to get your feedback on how you've enjoyed the first half of our summer season and what you would like to see in future seasons! While all of our amazing farm partners work to grow the food that goes into our shares, we are planning for our first ever Fall season, and we truly value your input on how to make LUCSA even better.

CLICK FOR OUR
SURVEY!

CLICK TO SIGN UP FOR
FALL LUCSA

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

Beverage:

Kombucha: [Komunity Kombucha](#) (Chicago, IL)

Storage Tip - Store in the fridge and use by expiration date.

Bread:

Wednesday/Thursday: **Focaccia**, [Franher Bakery](#) (Pilsen, Chicago, IL) or **Seeded Rye**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

Friday: **Country Sourdough**, [pHlour Bakery](#) (Andersonville, 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 later! Depending on bread quality, after about a week you can slice or rip/cut your bread into pieces and freeze for future toast or croutons.

Mushrooms:

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

Thursday/Friday: **Oyster or Lions Mane**: [Primordia Mushrooms](#) (Bloomington, IL)

Friday: **Crimini**: [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.

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.

Strawberries: [Mick Klug Farm](#) (St Joseph, MI)

Storage Tip - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

Asparagus: [Seedling Orchard](#) (South Haven, 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.

Spring Garlic: [UC's oFarm](#) (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: [UC's oFarm](#) (Chicago, IL)

Storage Tip - Remove greens from root and keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem



SPRING ONIONS (LEFT) AND GREEN GARLIC (RIGHT)

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

Cooking Greens (*lacinato kale, collard greens, radish greens*): [UC's oFarm](#) (Chicago, IL)

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

Salad Greens (*baby tat soi, mizzuna, lettuce mix*): [UC's oFarm](#) (Chicago, IL)

Storage Tips: 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. Or keep in a glass of water like a bouquet!

Substitutions

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



FROM LEFT TO RIGHT: ONIONS, CARROTS, FINGERLING POTATOES, TURNIPS

Beverage Sub - **Carrots**: [Nichols Farm & Orchard](#) (Marengo, IL)

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

Bread Sub - **Spring Onions**: [Nichols Farm & 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.

Mushroom Sub - **Turnips**: [UC's oFarm](#) (Chicago, IL)

Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

Egg Sub - **Fingerling Potatoes**: Down at the Farms (Pembroke, 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.

Recipe Recommendations

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

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 click [here](#).



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