If you are looking for the newsletter for a previous week, you can find those in our newsletter archive!

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

Welcome to LUCSA Week 10!

noon! Thank you!



Where is your farm located?

Bronzeville. 45th and Federal to be exact. **Describe the area?**

Relish is one of our newest suppliers of delicious local produce! We really love buying from farms within the city and are super happy to be partnered with them. Read a

little bit about their journey below! They also share some of my own produce opinions - mostly a deep love and appreciation for hakurei turnips + beets :~) You can

How long has the farm been in business? This is our first year.

Has it always been focused on growing produce?

80% of the community is BIPOC.

follow them on Instagram @relishchicagofarm!

Always. How did you get into farming?

spent out in the field. Our home gardens kept growing and taking shape. We were YouTubing, watching documentaries and participating in all the webinars (prezoom). We decided individually to make a go at it, leave our respective careers in

Number one: being outside and experiencing the elements. There's something unexplainable and yet concrete about having your hands touch the earth all day, every day. Community engagement doesn't fall far behind - the impact we can make when we work together is far greater than what we can accomplish on our

own.

unpesticidable.

Mind blown.

What is it you enjoy most about farming?

agriculture. We have no regrets.

What is it that drives you crazy about farming? Primarily, the labor support isn't always there. We've been harvesting under the moon with headlamps on. Still, we're always willing to act as educators. We've recognized some tasks can be tedious, but we're able to find our own meditative space within.

Is there one misconception about farming that you wish you could correct?

high standards. It's basic: Vegetables taste better when they're local and

We're munching on our produce all the time to make sure the quality is up to our

Separately, we were realizing more and more of our personal time was being

What is your favorite vegetable to grow? Bok choy: It's edible which is what our focus is on, but it also has an ornamental quality. It's so pretty out in the field and also packaged into market boxes. What is your favorite vegetable to eat? Hakurei turnips. We weren't super keen on turnips until this variety came our way.

standard red beet. They transformed the way we think about beets! Is there anything you have wanted to grow and tried to grow that just won't work?

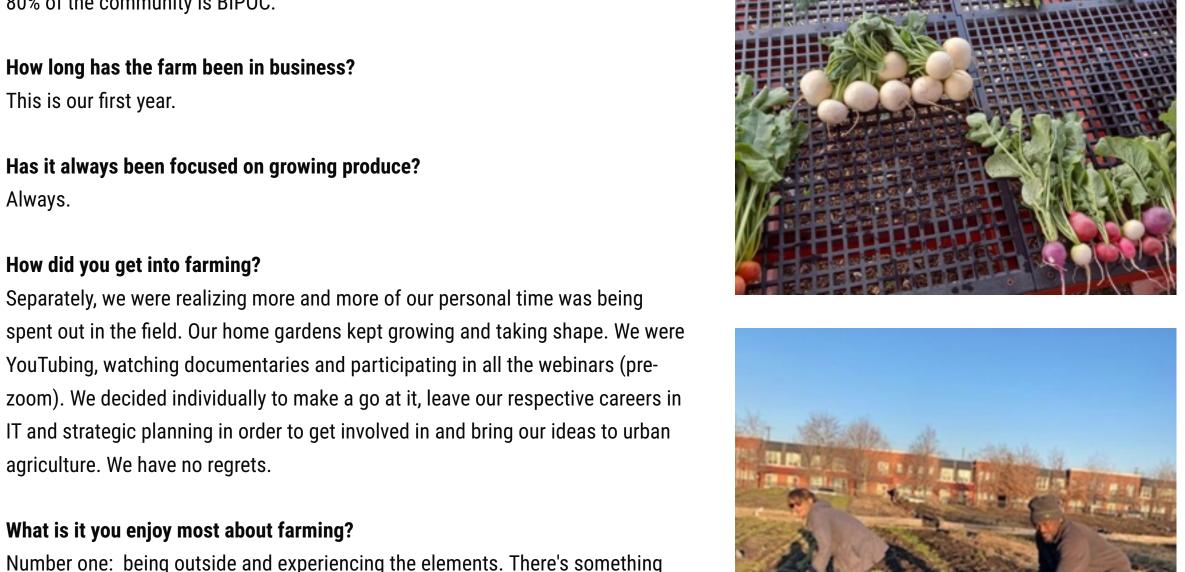
Anything that you can foil up and easily add salt, pepper and olive oil to is a

winner. The golden beets are slightly sweeter and more versatile than your

Do you have a simple preparation that you love?

Avocados. We've tried multiple ways of starting them in greenhouses including through a kickstarter (Avoseedo). We understand they are a tropical fruit, but they're just so tasty! Suggestions welcome!

Add-on Items







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

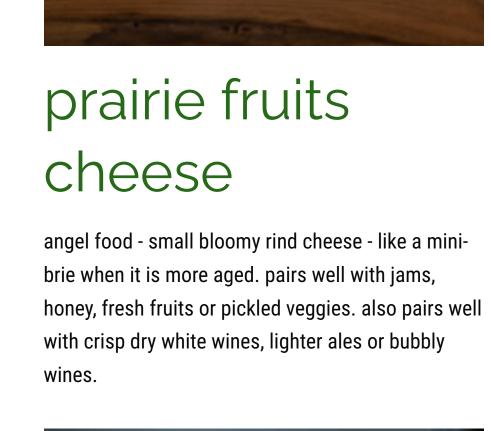
CLICK HERE FOR THE ADD ON ORDER FORM







From the Farm: Farmer Profile by Joey



flour on sale ~ 3lb bag of suuper nice locally milled flour - made from sustainably grown midwestern wheat.

true grain artisan

& much more available!





While I don't consider myself a writer, or a farmer (except by trade), I'm taking a

too hard. Though it had been light out when I sat down, the room was now lit only dimly, half a cup of cold coffee, long forgotten, on the desk beside me. But the glowing screen in front of me occupied my full attention, and things were finally coming together. Now it was time to select a capstone course, a requirement for my Environmental Studies major, and I was relieved to discover that there were

Dear Reader,

crack at both.

plenty of interesting and not-so-interested options to choose from. Though I had never harbored any particular (or even mild) interest in farming, I chose a course in which students and instructors considered urban agriculture through an environmental and social justice lense. Can urban farming help reshape local

I'd been at the computer for what felt like hours. My final semester of undergrad

was starting in a few weeks, and with a foot and two toes out the 'College' door

already, I'd put off one crucial task: picking classes. Combing through my

school's virtual course catalogue (somewhat feverishly now), my goal was to

cobble together a class schedule that was intellectually stimulating, but also not

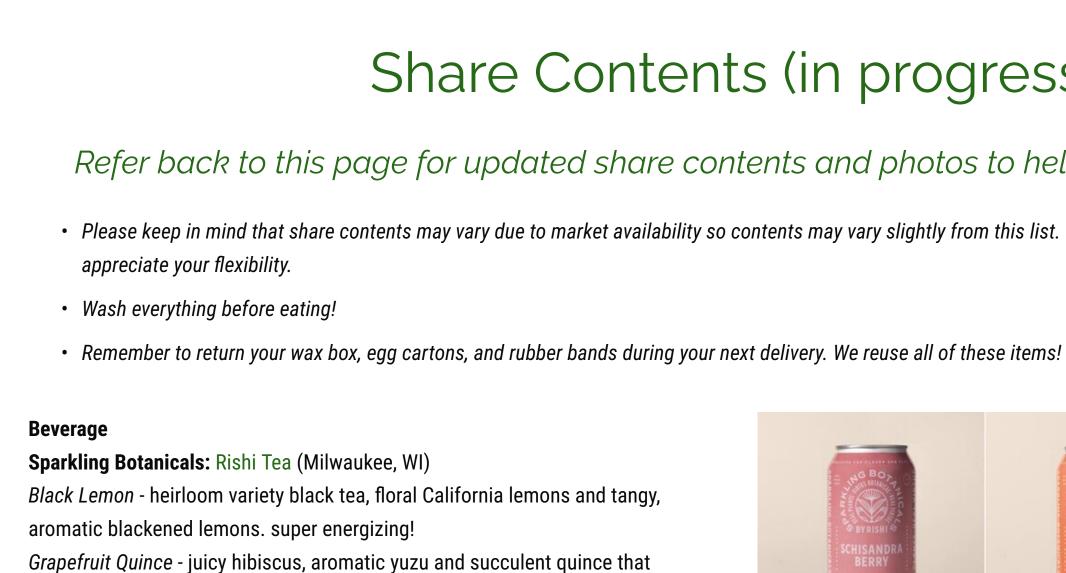
end of the semester, I could see I'd only scratched the surface.

and it has been really great getting to know her and learning from her on the farm over the past two years. You all don't even know. So thank you, Drisana!! We will miss you. Joey

food systems in communities like South Madison where systematic racism makes healthy, affordable food inaccessible? Could urban ag be a way for previously-

incarcerated people to escape the revolving door of the criminal justice system? We studied and discussed these questions amongst ourselves, and with local leaders

who'd been doing environmental and social justice work in South Madison for years, even decades, including Robert Pierce. But college is not the real world, and by the



Schisandra Berry - forest grown schisandra berry aka "five flavor berry," has a

unique balance of sweet, sour, salty, bitter and pungent tastes.

Eggs: Finn's Steak and Egg Ranch (Buchanan, MI)

Peaches: Mick_Klug_Farm (St. Joseph, MI)

FROM LEFT TO RIGHT: SWEET CORN AND EGGPLANT

for up to 6 months.

keep it on the counter.

Cauliflower: Nichols Farm and Orchard (Marengo, IL)

Zucchini: PrairiErth_Farm (Atlanta, IL) - *Mushroom substitute*

soothes and supports easy breathing.

Bread

months.

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

A few years later, I'm back in the urban ag world, a little deeper this time. I came

to The Urban Canopy in 2019. After a fair amount of persistence and pestering, I

began working on the farm last summer. And while I can see that I don't have the

same passion for farming that some of my coworkers on the farm do, I enjoy the

work most days, and am gradually learning the ropes. Yeah, it can be rough. But

the farm is also a great place to spend time outdoors, learn about and brainstorm

with the people around you, look for snakes, and ponder questions big and small.

Before I go, I want to give a special shout out to one UC farmer in particular,

Drisana. The oFarm crew celebrated Drisana's last day on the farm on Monday,

Wednesday: Roasted Garlic Boule, pHlour_Bakery (Andersonville, Chicago) Thursday: Pain au Levain, pHlour_Bakery (Andersonville, Chicago) Friday: Spence Sourdough Round, Publican Quality Bread (Fulton Market, Chicago, IL) 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! Because of the olive oil, the focaccia can mold much quicker than other breads if kept at room temperature. If it's particularly hot you may

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

Mushrooms Wednesday: Crimini Mushrooms, River Valley Mushrooms (Burlington, WI) <u>Thursday</u>: Crimini Mushrooms, River_Valley_Mushrooms (Burlington, WI) Friday: Brown Clamshell Mushrooms, Mycopia (Scottville, MI) Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Storage Tip - Keep your peaches on the counter until they reach desired ripeness. To ripen faster, store them in a brown paper bag. Once ripe, you can move them to the fridge to keep them for a couple days longer. **Blueberries:** Mick_Klug_Farm (St. Joseph, MI) Storage Tip - 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

Carrots: PrairiErth_Farm (Atlanta, IL)

Cucumbers: PrairiErth_Farm (Atlanta, IL)

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

want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)

Thursday: Blueberries or tomatoes Eggplant: Nichols_Farm_and_Orchard (Marengo, IL) Storage Tip - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week. **Sweet Corn:** Mick_Klug_Farm (St. Joseph, MI)

sheet tray then transfer to a plastic bag once fully frozen.

Storage Tip - Keep in an open or perforated plastic bag in the crisper for up to a week. <u>SUBS</u> (items for people who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy) * Specified subs are subject to change

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag,

Storage Tip - Summer squash can be stored in the fridge for up to 10 days. Do not wash before putting in the

Potatoes: Nichols Farm and Orchard (Marengo, IL) / PrairiErth Farm (Atlanta, IL) - Bread substitute

fridge. Store in an open plastic bag so moisture doesn't accumulate. Slicing Tomatoes: Down at the Farm (Chicago, IL) - Beverage and blueberry substitute Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Storage Tip - To keep parsley perky for more than a few meals, trim the stems as you would flowers to remove

Jalapeno Peppers: Gary Comer Youth Center (Grand Crossing, Chicago, IL) / Genesis Growers (St. Anne, IL) - Egg substitute

dried-up ends, then stick the bunch in a tall glass of water. Loosely cover the parsley with a plastic bag and

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

Click on the image to access the recipe



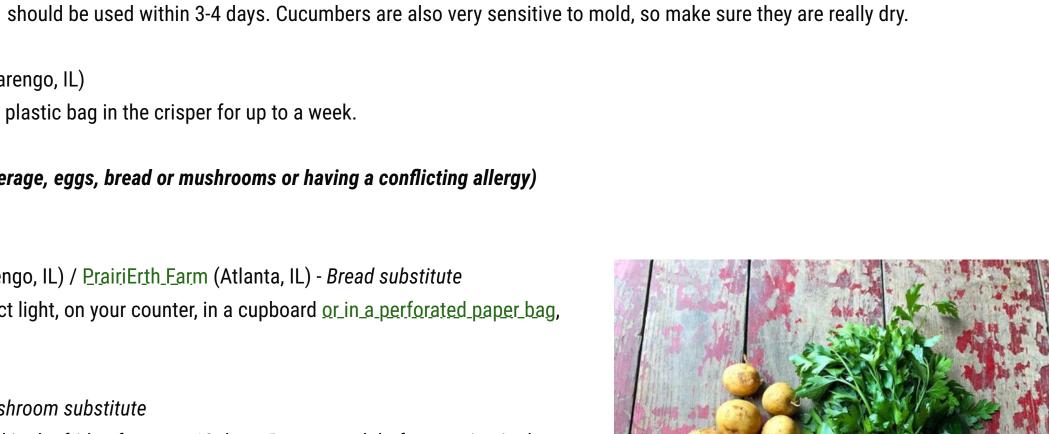
Storage Tip - Corn should be stored in the refrigerator and eaten quickly. The sugars that are found in corn kernels turn into

starches quickly once they are picked and it happens even faster if they are kept at room temperature. You can keep it in the

Storage Tip - Cucumbers store best around 50 degrees; much colder and they will lose some of their sweetness and are more

likely to bruise. You can store them in a cool spot in the pantry or the warmest spot of the fridge. Kept in the fridge they

husk or in a plastic bag in the fridge in order for it to not dry out. Corn should be eaten in 2-3 days.

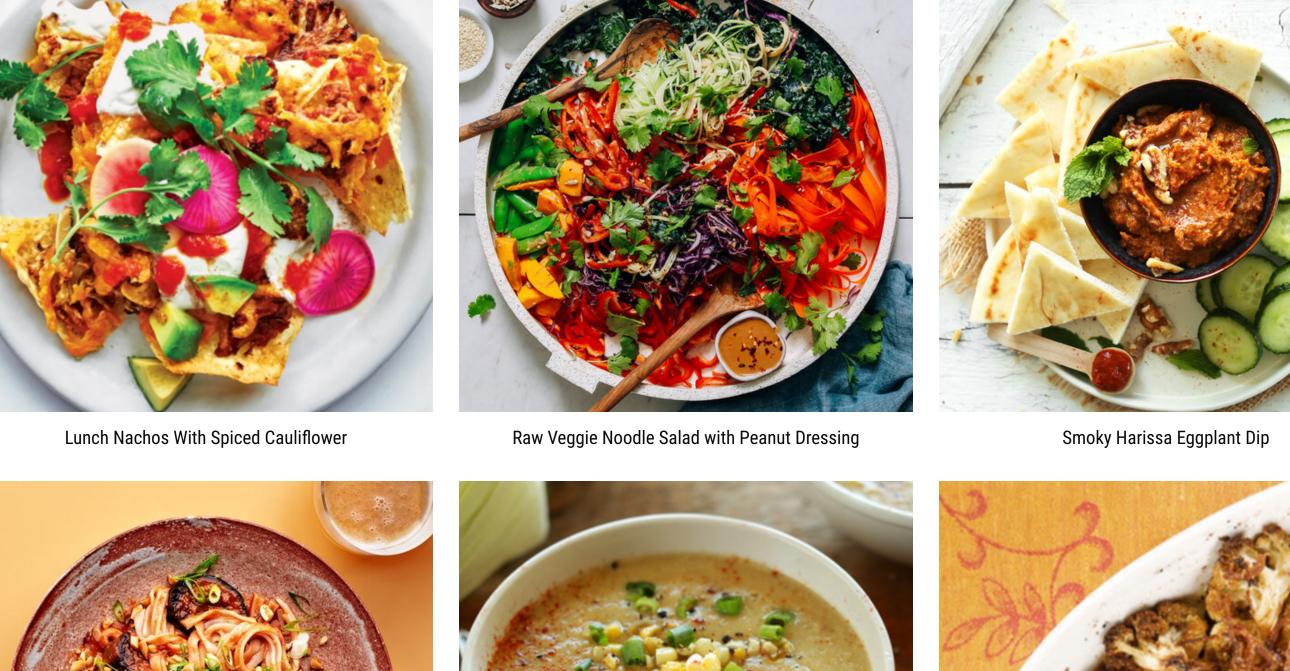


FROM LEFT TO RIGHT: TOMATOES, POTATOES, JALAPENOS, PARSLEY & ZUCCHINI

Cardamom Roasted Cauliflower

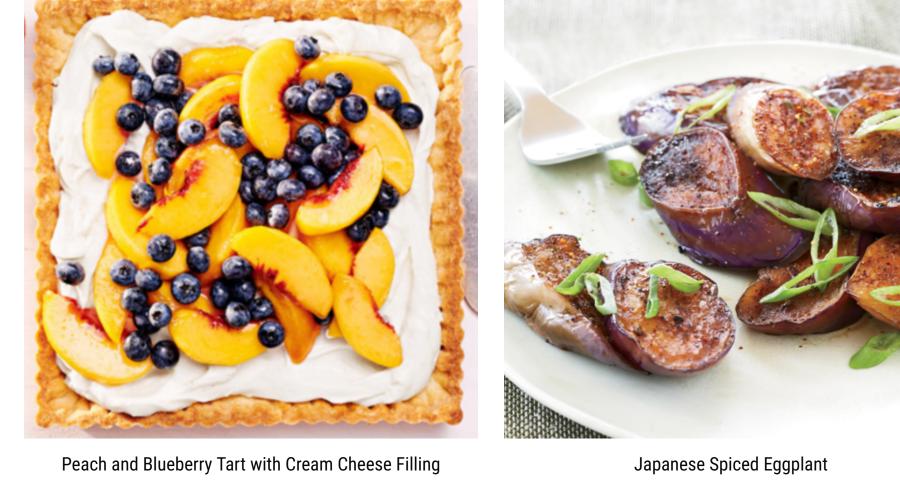
SOME PEOPLE THIS WEEK MAY RECIEVE TOMATOES IN PLACE OF BLUEBERRIES - SPECIFICALLY, THURSDAY FOLKS!

Parsley: <u>Urban Canopy</u> - Miscellaneous substitute



Simple Summer Corn Soup

Recipe Recommendations



Spicy Braised Eggplant Noodles

Succotash





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