



Summer Week 10 7/20 7/21 7/22

Welcome to Summer - LUCSA Week 10!

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



in your box this week

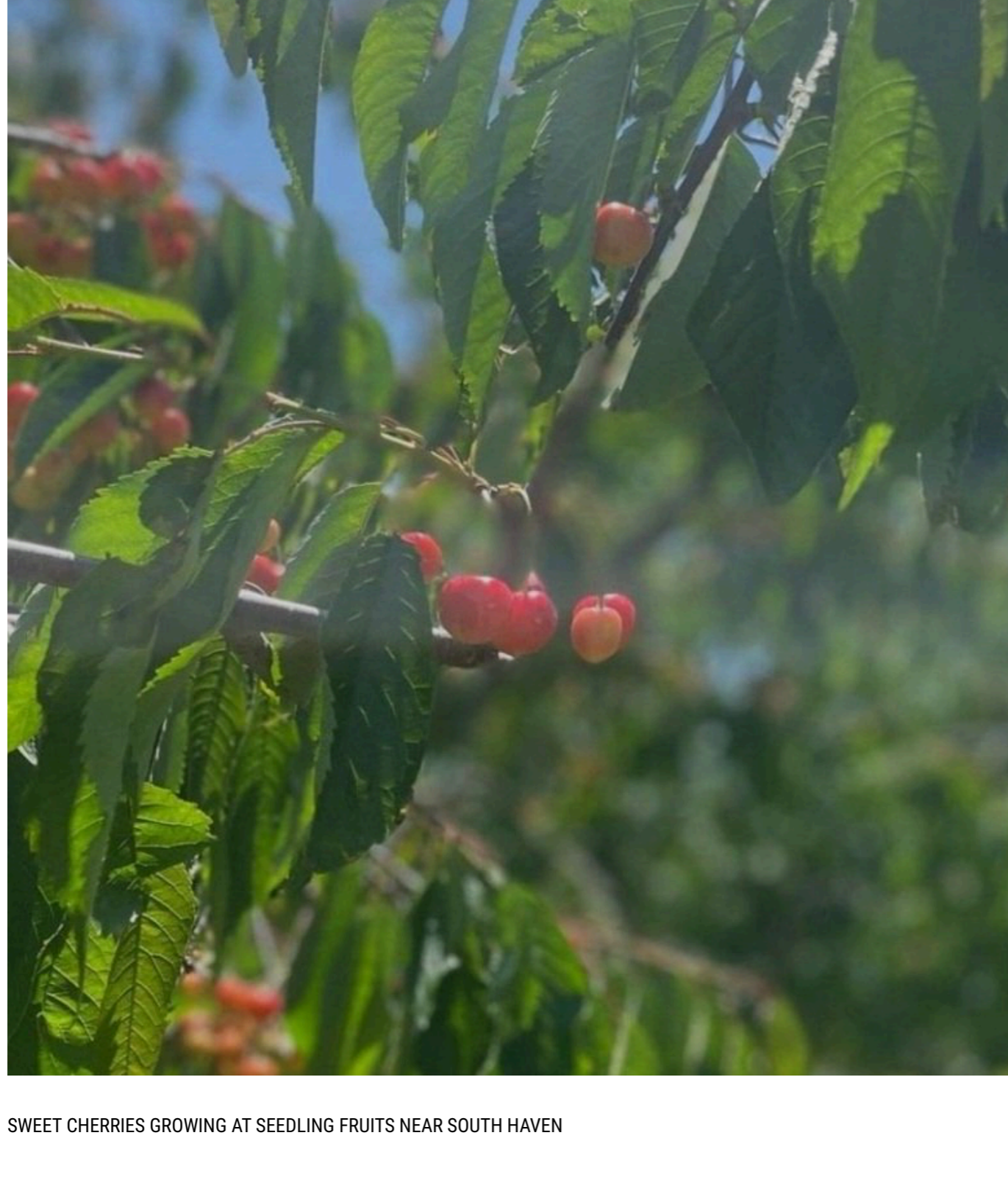
bread - eggs - mushrooms - sweet cherries
blueberries - cucumbers - cooking greens
beets - scallions - lettuce - sparkling teas

The Urban Canopy farm, Auburn Gresham, Chicago

MICHIGAN FRUIT BELT

Most of the fruit for our shares come from Mick Klug Orchards of St. Joseph, MI and Seeding Fruit Farms near South Haven, MI in the area that has been known as the Michigan Fruit Belt since the middle of the 1800s, an area that extends along the shore of Lake Michigan all the way north to Traverse City.

Many of you may already be familiar with the fortunate confluence of soil, topography and lake effect climate that makes our neighbor across the lake such a great region for growing fruit. The lake water keeps the night air temperatures high enough through the spring that blossoms aren't as likely to freeze. The lake then keeps the temperatures a little cooler through the summer and allows the fruit to develop. The fruit belt's effect only extends about 20 miles from the lake. This area makes Michigan the largest grower of blueberries and cherries in the country. At a time in the late 1800s, the market at Benton Harbor was considered the largest fruit market in the world, sending boatloads of fruit across the lake to Chicago for distribution through the area's train lines. Most of the farms in the area had started with a focus on peaches but then quickly expanded to cherries, apple and grapes.



SWEET CHERRIES GROWING AT SEEDLING FRUITS NEAR SOUTH HAVEN

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](#)



Extra Fruit - Blueberry Pint

If one pint of Mick Klug blueberries isn't enough to get you through the week, you can choose to add an extra pint of blueberries to your box.



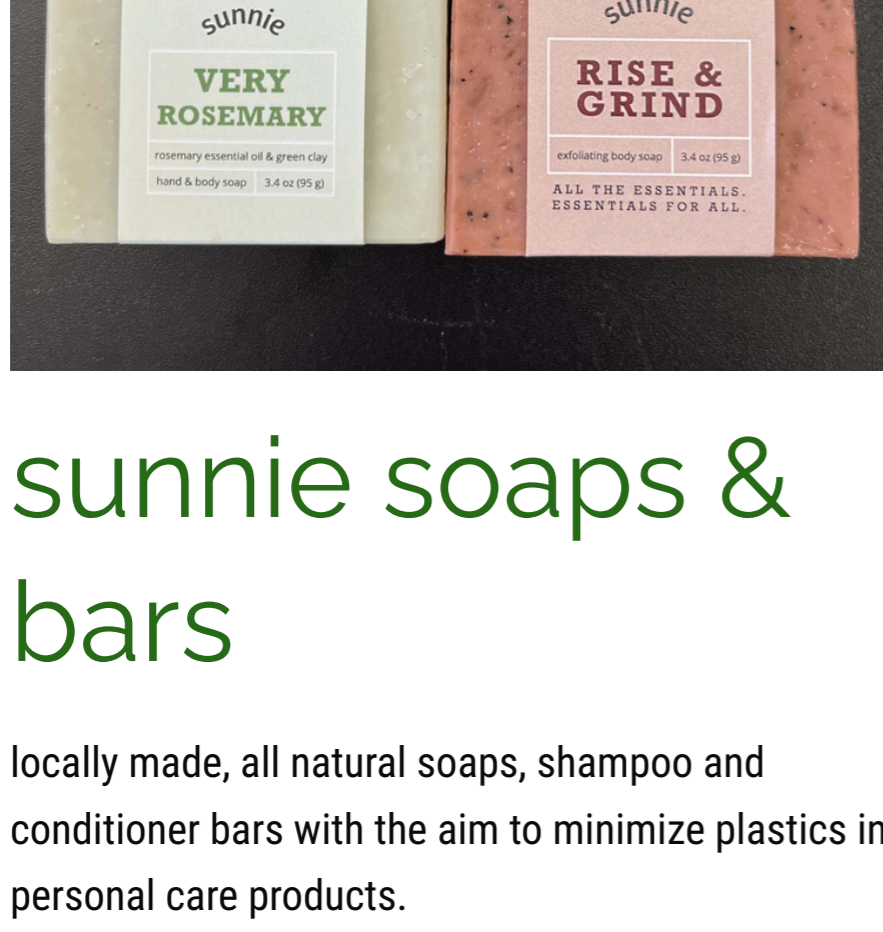
underground meats summer sausage

A Midwest classic, Summer Sausage is a lightly cured salami that goes great with a casual picnic spread of cheese and crackers or is great sliced and pan fried on an egg sandwich for breakfast



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.



sunnie soaps & bars

locally made, all natural soaps, shampoo and conditioner bars with the aim to minimize plastics in personal care products.



cherry bomb hot sauce

Made by the Urban Canopy processing team, our hot sauce features locally grown cherry bomb peppers that are fermented and then blended with house-preserved lemons, garlic and ginger.



west side bee boyz honey

made in Chicago. a great work that works with at-risk youth for training for keeping and raising honeybees.

& much more available!

Share Contents (in progress)

Refer back to this page for updated share contents and photos to help you identify produce!

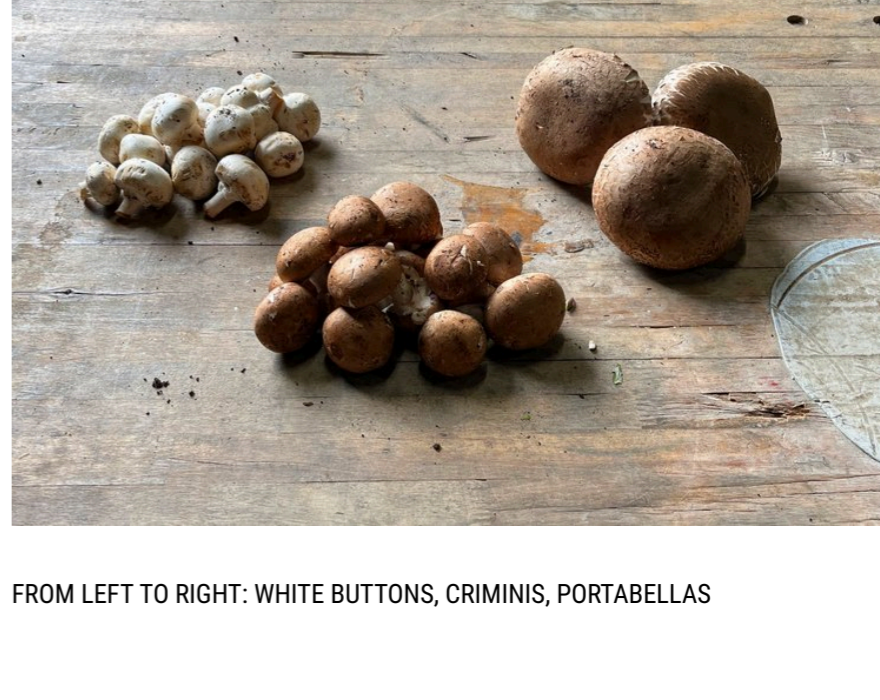
- Please keep in mind that share contents may vary due to market availability so contents may vary slightly from this list. Farming is never 100% predictable. We appreciate your flexibility.
- Wash everything before eating!
- Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items!

Beverage: Rishi_Tea & Botanicals (Milwaukee, WI)
Storage Tip - Shelf-stable.

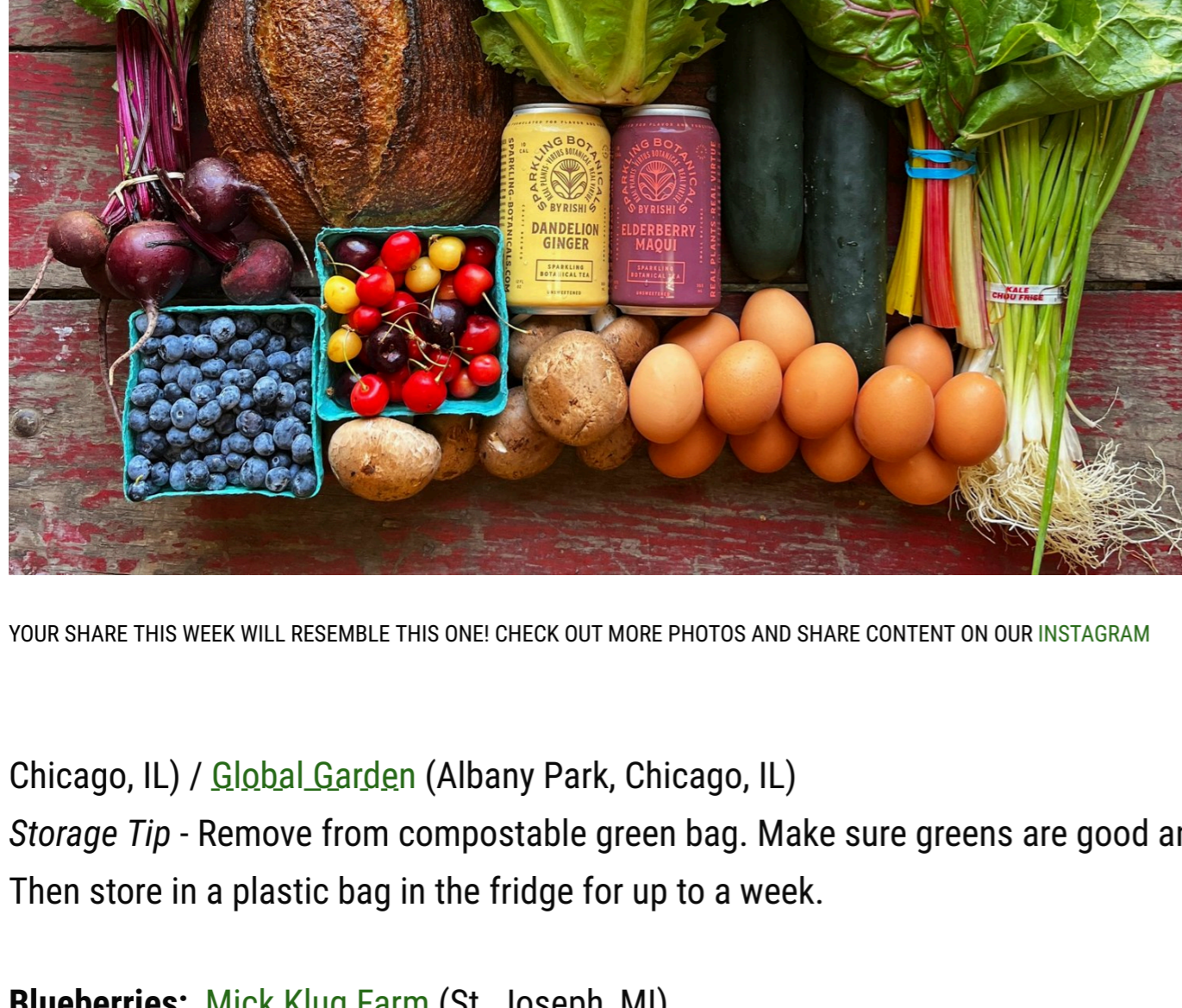
Bread:
Wednesday: **Country Round Middlebrow** (Logan Square, Chicago, IL)
Thursday: **Whole Wheat Loaf** EranHex Bakery (Pilsen)
Friday: **Sourdough Pullman**, Publican Quality Bread (Fulton Market)
Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast or croutons! Be careful with focaccia in the heat - you may want to refrigerate this sooner than later!

Mushrooms: River_Valley_Ranch (Burlington, WI)
Wednesday: **Crimini** / Thursday: **White Button** / Friday: **Portabella**
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.



FROM LEFT TO RIGHT: WHITE BUTTONS, CRIMINIS, PORTABELLAS



YOUR SHARE THIS WEEK WILL RESEMBLE THIS ONE! CHECK OUT MORE PHOTOS AND SHARE CONTENT ON OUR INSTAGRAM

Scallions: Wild_Coyote (Berrien Springs, MI)
Storage Tip - Scallions 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.

Beets: Nichols_Farm_and_Orchard (Marengo, IL) / PrainiErth_Farm (Atlanta, IL)
Storage Tip - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Sweet Cherries: Seeding_Orchard (South Haven, MI)
Storage Tip - Dry your cherries in the fridge as soon as possible, preferably wrapped in a plastic bag. Wash them with cold water just before eating. Avoid washing prior to storage, as moisture can be absorbed where the stem meets the fruit and lead to splits or spoilage. Cherries can also be frozen. Pit them, spread them in a single layer on a baking sheet, freeze until firm, and then place in a bag or container.

Chard, Collards, Kale, Arugula or Mizuna: The_Urban_Canopy (Auburn Gresham, Chicago, IL) / Global_Garden (Albany Park, Chicago, IL)
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.

Blueberries: Mick_Klug_Farm (St. Joseph, MI)
Storage Tip - Don't wash 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.

Cucumbers: One_Family_Farm (Chicago, IL) / PrainiErth_Farm (Atlanta, IL)
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 should be used within 3-4 days. Cucumbers are also very sensitive to mold, so make sure they are really dry.

Lettuce Heads: Wild_Coyote (Berrien Springs, MI)
Storage Tip - The lettuce will come in a green compostable bag, remove your greens from the bag and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

Substitutions

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



Potatoes: PrainiErth_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.

Cauliflower: Nichols_Farm_and_Orchard (Marengo, IL)
Storage Tip - Keep in an open or perforated plastic bag in the crisper for up to a week.

Dill: PrainiErth_Farm (Atlanta, IL)
Storage Tip - You can either keep them standing in a glass of water with trimmed stems for about a week to keep the greens perky, or loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

Turnips: The_Urban_Canopy (Auburn Gresham, 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.

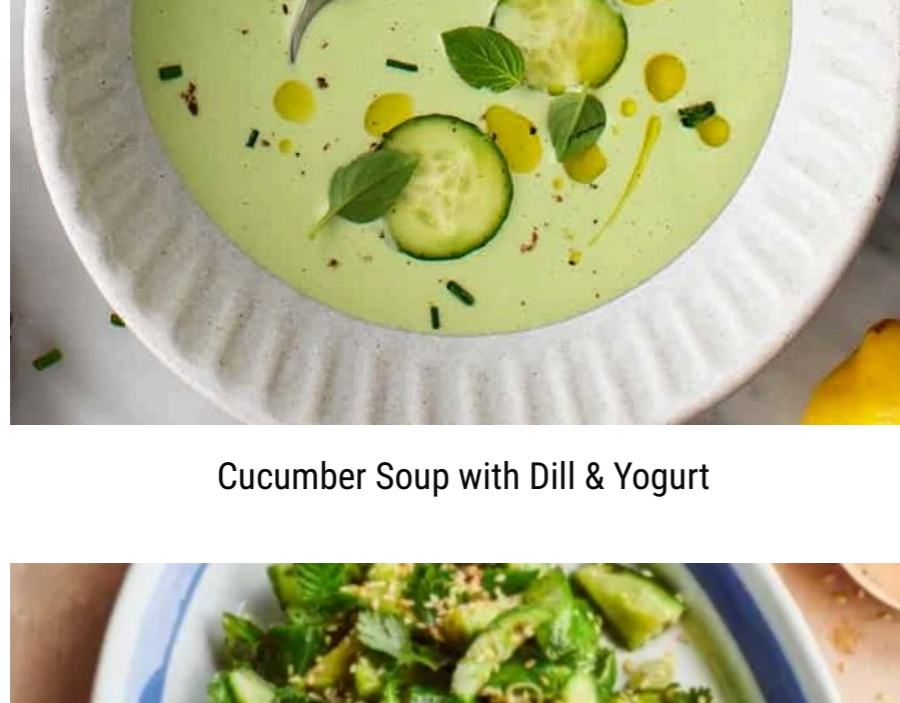
Parsley: The_Urban_Canopy (Auburn Gresham, Chicago, IL)
Storage Tip - You can either keep them standing in a glass of water with trimmed stems for about a week to keep the greens perky, or loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

Sugar Snap Peas: Nichols_Farm_and_Orchard (Marengo, IL)
Storage Tip - Peas tend to get mushy and moldy fast. They can be stored in the fridge for a few days whether you shell them or not. If you aren't going to have time to eat them in a day or two, shell them, blanch them and freeze them to keep them sweet and perfect.

[click here for summer lucsa week 9 newsletter](#)

[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)

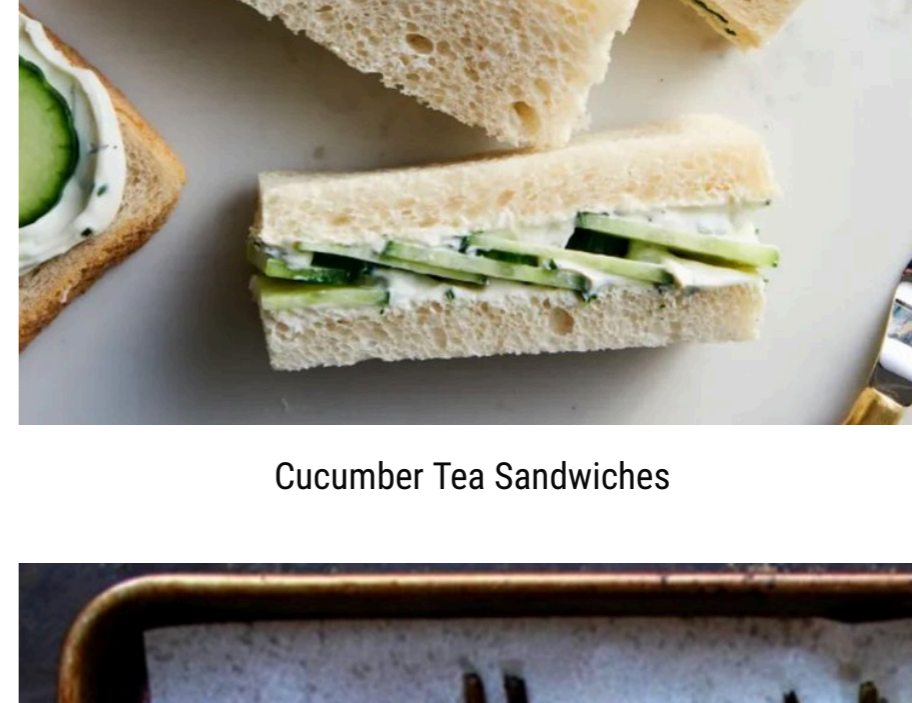
Recipe Recommendations



Cucumber Soup with Dill & Yogurt



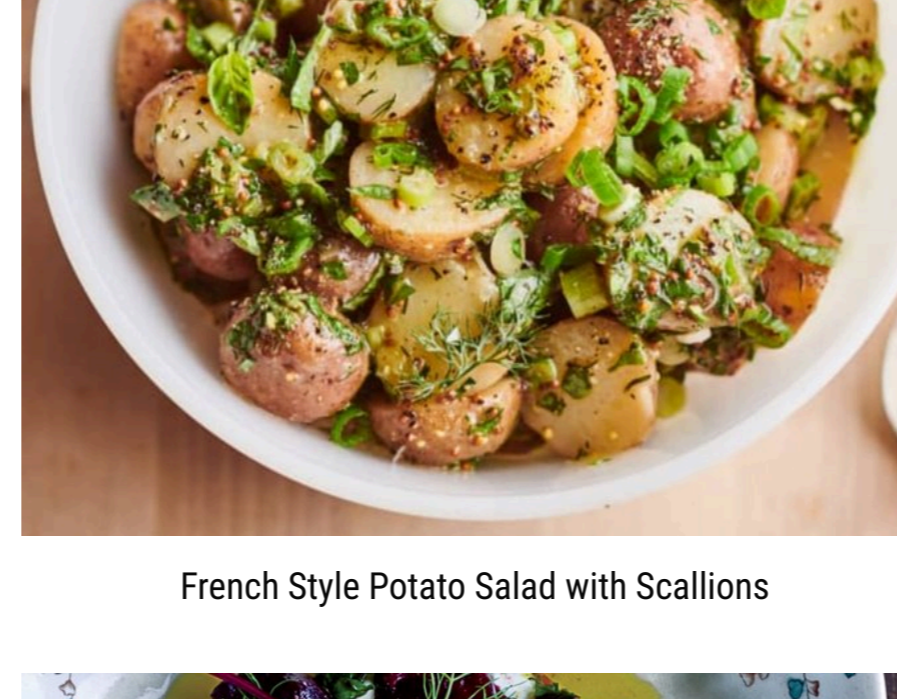
Ol Muchim (Korean Spiced Cucumbers)



Cucumber Tea Sandwiches



Sunomono (Japanese Cucumber Salad with Scallions)



French Style Potato Salad with Scallions



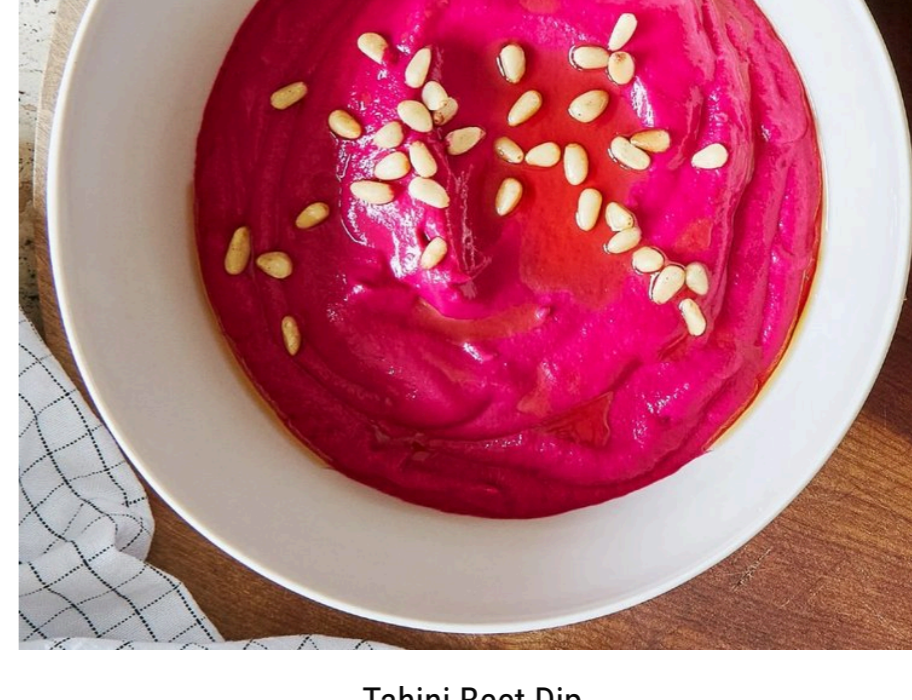
Pan Roasted Scallions with Miso



Mushroom & Scallion Lo Mein

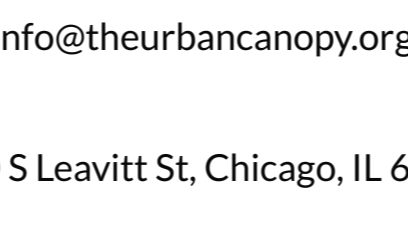


Roasted Beets with Beet Green Salsa Verde



Tahini Beet Dip

[Click on the image to access the recipe](#)



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