



[HOME](#) / [ABOUT UC](#) / [COMPOST CLUB](#) / [INDOOR FARM](#) / [OUTDOOR FARM](#) /
[LOCAL UNIFIED CSA](#) / [FARMERS MARKETS](#) / [DISTRIBUTION](#) / [DONATIONS](#)

Summer Week 11 - 06/14, 06/15, 06/16

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 already Week 11!

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](#)

Produce Profile: Radishes and their greens

Radishes are a great Springtime crop - they can handle cooler temperatures and they mature pretty quickly, which makes them one of the first vegetables available here in the Midwest. They are also cherished because of their dual use - their root vegetable and leafy greens have a similar flavor profile, but very different culinary uses! Personally I love to eat my radish greens in quesadillas or with cheesy pasta, but I stick to a couple basics with the radish roots, namely as an addition to salads or fried up in some butter with eggs. We know a lot of you LUCSA members have been challenging yourselves to use up all your radishes before they're gone, and so we wanted to add a couple extra resources to help spark your creativity!

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:

Coffee Beans: [Sputnik Coffee](#) (Chicago, IL)

Storage Tip - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within a month of the roast date. They can be stored in the freezer for up to 4 months.

Bread:

Wednesday: **Country Sourdough**, [pHlour Bakery](#) (Andersonville, Chicago, IL)

Thursday: **Focaccia**, [Franher Bakery](#) (Pilsen, Chicago, IL)

Friday: **Seeded Rye**, [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. 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:

White Button or Portabella: [River Valley Ranch](#) (Burlington, WI)

Oyster or Lions Mane: [Primordia Mushrooms](#) (Bloomington, IL)

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.



BEAUTIFUL PRODUCE FROM OUR BOOMING OUTDOOR FARM HEADING YOUR WAY THIS WEEK! FROM LEFT TO RIGHT: TURNIPS, ENDIVE LETTUCE, CURLY KALE, GREEN GARLIC

You will receive one or both of the following:

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

(Chicago, IL)

Storage Tip (garlic) - 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.

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

Salad Greens: *endive heads or salad mix:* [UC's oFarm](#) (Chicago, 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. Then store in a plastic bag in the fridge for up to a week. Or keep in a glass of water like a bouquet!

You will receive one of the following:

Cooking Greens: *lacinato or curly kale, turnip greens:* [UC's oFarm](#) (Chicago, IL) or *rainbow chard:* [Otter Oaks Farm](#)

(Chicago, IL)

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

Carrots: [Coleman Pharoah Garden](#) (Marengo, IL)

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

Thyme: [Wind Ridge Herb Farm](#) (Caledonia, IL)

Storage Tip - Keep dry in a plastic bag in the crisper for a week for thyme, two weeks for rosemary and a month for lemongrass. All three are great dried!

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: KOHLRABI, POTATOES, SPRING ONIONS

Kohlrabi: [Nichols Farm & Orchard](#) (Marengo, IL) - *beverage substitute*

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.

Spring Onions: [Nichols Farm & Orchard](#) (Marengo, IL) - *mushroom substitute*

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.

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

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

Potatoes: [Nichols Farm & Orchard](#) (Marengo, IL) - *bread substitute*

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.

Oats: [LaCrosse Milling Co](#) (Cochrane, WI) - *egg substitute*

Storage Tip - Store in an airtight vessel in a cool, dark area of the home.

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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