



Summer Week 11 7/27 7/28 7/29

Welcome to Summer - LUCSA Week 11!

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

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



in your box this week

bread - eggs - mushrooms - cooking greens
blueberries - bell peppers - apricots or plums
cabbage - zucchini - carrots - coffee beans

The Urban Canopy farm, Auburn Gresham, Chicago

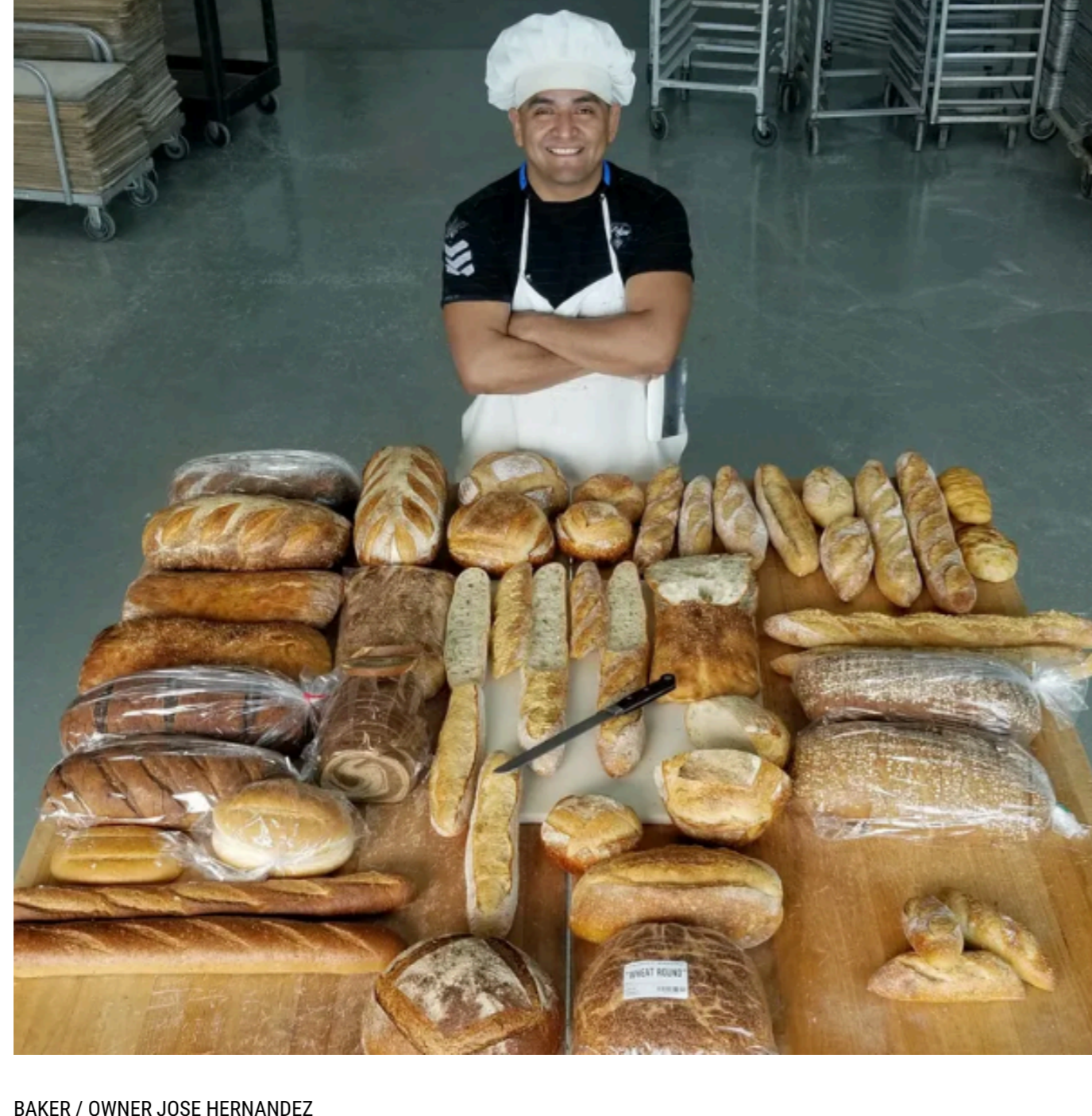
[CLICK HERE: MID-SEASON MEMBER SURVEY](#)

NOW IS THE TIME TO GIVE US HONEST FEEDBACK ON HOW THE SUMMER PRODUCE BOXES ARE WORKING FOR YOU.

WE ARE ALWAYS LOOKING FOR WAYS TO IMPROVE AND LOVE TO FIND OUT WHAT PEOPLE THINK ABOUT THE PROGRAM.

PLEASE TAKE A FEW MINUTES AND TELL US WHAT YOU THINK.

[CLICK HERE FOR OUR MIDSEASON SURVEY](#)



BAKER / OWNER JOSE HERNANDEZ

NEW BREAD BAKER: FranHer Bakery, Pilsen

Some of you might have noticed a new name on the list of breads for the boxes the last couple of weeks. Wednesday and Thursday shares have already received a whole wheat sliced sandwich loaf from FranHer, which is a wholesale bakery working locally in Pilsen, just a few blocks from the Urban Canopy warehouse. It is exciting to introduce a new bakery into the rotation of weekly bread so we can support another young, local business and also offer more variety and options.

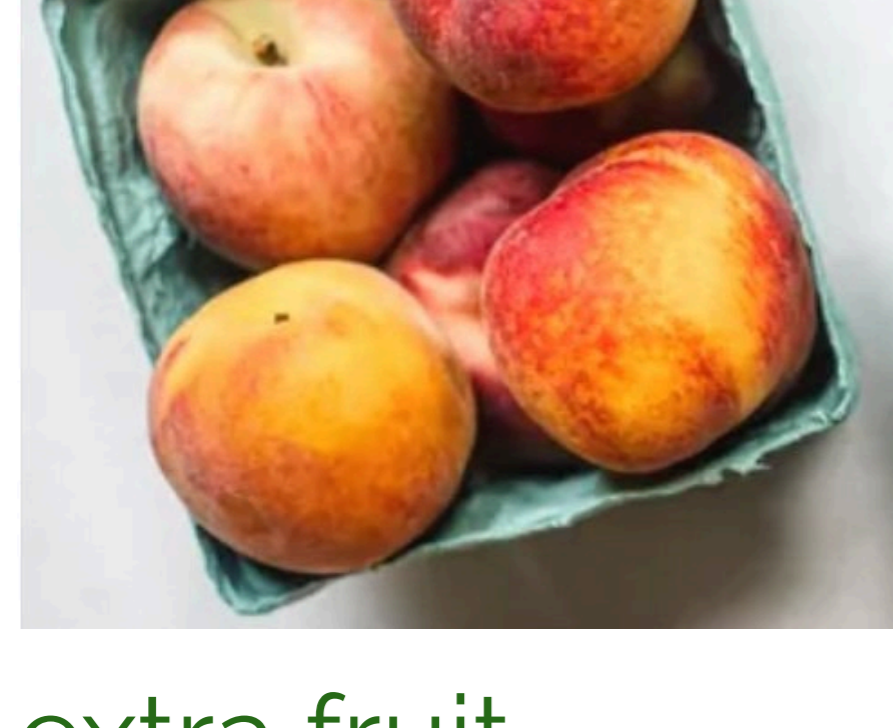
FranHer was started in 2017 as a wholesale bakery that would focus on handmade bread using quality ingredients. They don't operate a retail storefront but instead focus on distributing to a wide range of shops and markets.

The FranHer name comes from combining the last names of the two founders who worked together for over 15 years at various bakeries in Chicago but always wanted to open their own place that would make bread without any artificial ingredients or preservatives and would focus on natural fermentations.

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 - peaches 1#

our first Michigan peaches of the season from Mick Klug.



prairie fruit's pelota roja goat cheese 5oz

An aged, raw goat milk cheese inspired by hard Spanish cheeses like manchego. Rubbed with guajillo chili powder and olive oil.



wisco kitchen corn relish 12oz

made by the great folks from Bushel&Peck in Beloit, WI, this pickled relish is a great easy addition to a cheese board or goes great mixed into a summer grain salad.



sunnie soaps & bars

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



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.

& 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: Whole Bean Coffee, South Side Blend [Bridgeport Coffee](#) (Bridgeport, 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 two weeks of the roast date. They can be stored in the freezer for up to 4 months.

Bread:

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

Thursday: Country Round [Middlebrow](#) (Logan Square, Chicago, IL)

Friday: Whole Wheat Loaf [FranHer Bakery](#) (Pilsen)

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: Portabella / **Thursday:** Crimini / **Friday:** White Button

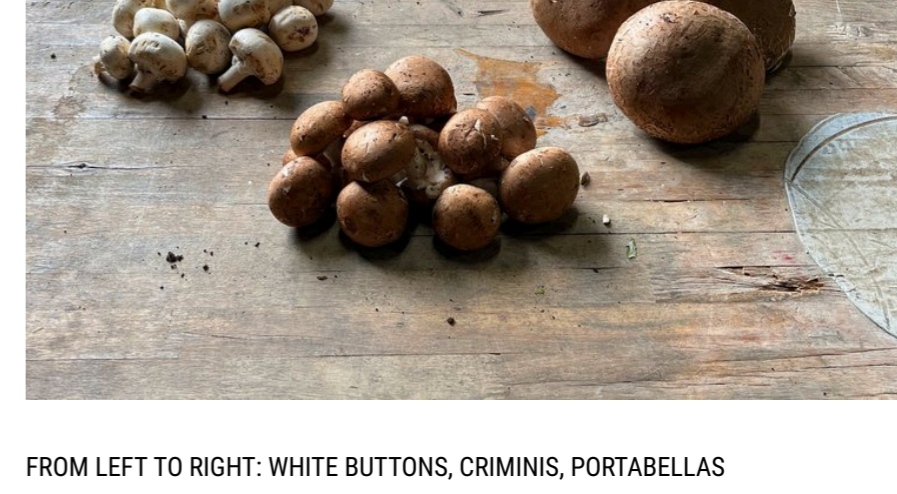
Storage Tip - Store freshly picked, unwashed zucchini in a plastic bag in the refrigerator for up to one week. The bag should be perforated or loosely tied, not sealed tightly. Do not cut the zucchini until you are ready to use it.

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.

Zucchini: [One Family Farm](#) (Chicago, IL) / [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tip - Store freshly picked, unwashed zucchini in a plastic bag in the refrigerator for up to one week. The bag should be perforated or loosely tied, not sealed tightly. Do not cut the zucchini until you are ready to use it.



FROM LEFT TO RIGHT: WHITE BUTTONS, CRIMINI, PORTABELLAS



FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

Cabbage: [PrairieEarth Farm](#) (Atlanta, IL)

Storage Tip - Keep in a plastic bag in the crisper for two weeks.

Apricots or Plums: [Seedling Orchard](#) (South Haven, MI)

Storage Tip - Store unripened plums and apricots at room temperature to ripen. Place in paper bag to speed up the process, but check frequently because they are extremely perishable. You can store them for a couple extra days in the fridge once they are ripe but it will affect the texture.

Chard, Collards or Kale: [The Urban Canopy](#) (Auburn Gresham, 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 - 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. If you are going to freeze berries, freeze on a sheet tray then transfer to a plastic bag once fully frozen.

Carrots: [One Family Farm](#) (Chicago, IL) / [PrairieEarth Farm](#) (Atlanta, IL) / [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tips - Store unripened plums and apricots at room temperature to ripen. Place in paper bag to speed up the process, but check frequently because they are extremely perishable. You can store them for a couple extra days in the fridge once they are ripe.

Green Peppers: [One Family Farm](#) (Chicago, IL)

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

Substitutions



KNOB ONIONS, BEETS, CILANTRO, SPRING ONIONS; NOT PICTURED: TOMATOES, FENNEL

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

Fennel: [Wild Coyote](#) (Berrien Springs, MI)

Storage Tip - Remove greens to preserve the stem longer. Greens can be used within a week and the white part can be stored in a bag in the crisper for a month or so.

Cilantro: [Global Garden](#) (Albany Park, Chicago, IL)

Storage Tip - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

Tomatoes: [Wild Coyote](#) (Berrien Springs, MI)

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Beets: [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.

Spring Onions: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Global Garden](#) (Albany Park, Chicago, IL)

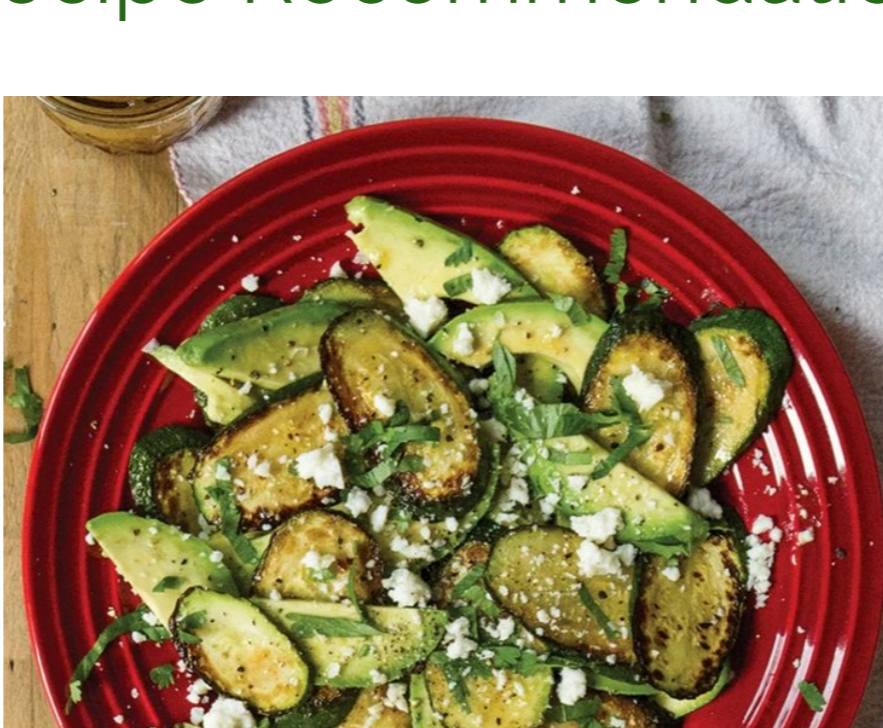
Storage Tip - Spring Onions can be kept on the counter for two days but will then start to wilt. You should keep their greens dry. After a couple days they should be stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

[click here for summer lucsa week 10 newsletter](#)

Recipe Recommendations



Zucchini Latkes



Ensalada de Calabacin



Crispy Baked Zucchini Fries



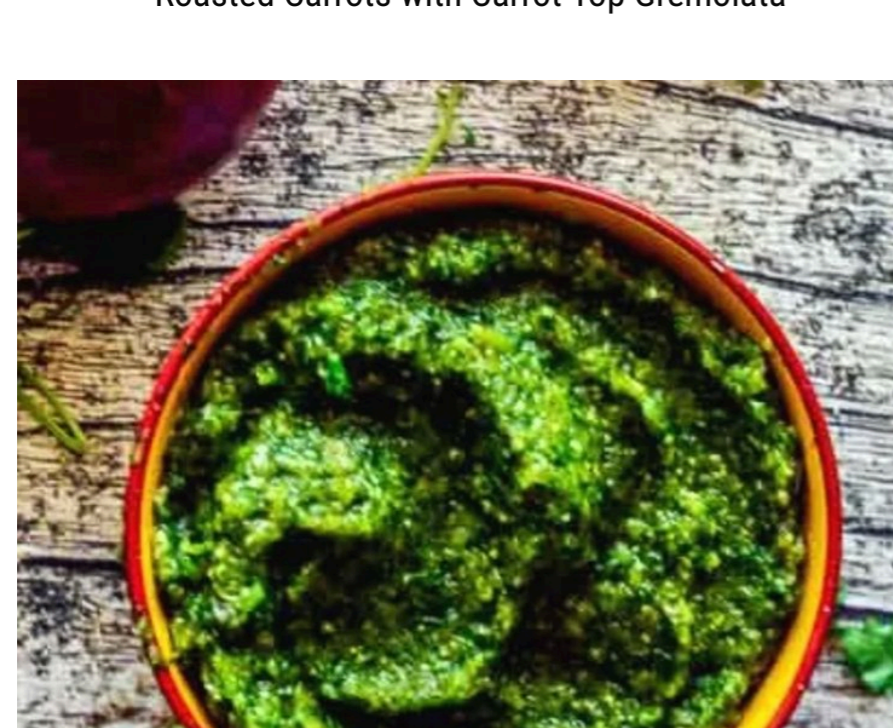
Roasted Carrots with Carrot Top Gremolata



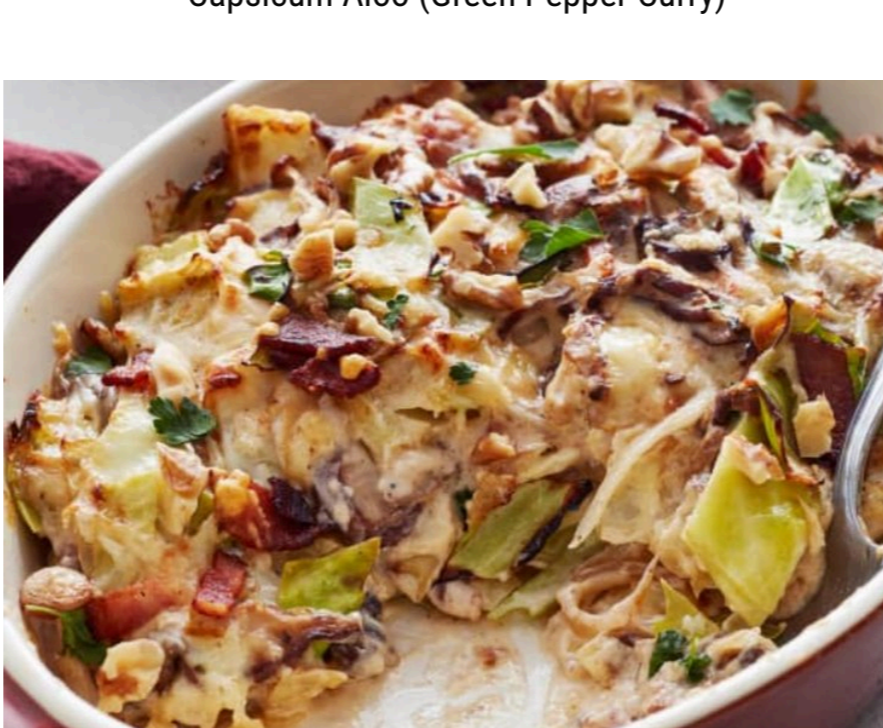
Capsicum Aloo (Green Pepper Curry)



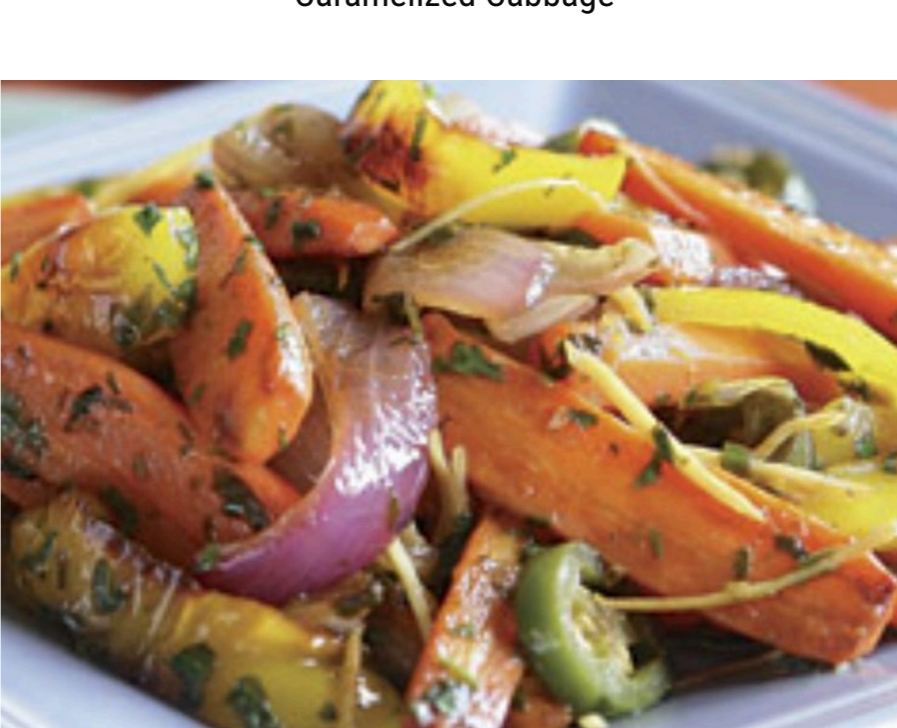
Caramelized Cabbage



Green Pepper Sofrito



Cabbage Gratin with Mushrooms



Braised Carrots & Peppers with Ginger

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