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Summer Week 12 - 06/21, 06/22, 06/23

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.

New Vendor Alert: Tasting India

We have teamed up with Chef Jasmine Sheth to bring some great Indian flavors to our Add on collection! We are happy to be offering the incredible Bombay Chili Crunch and Dry Spice blends. The chili crunch is truly the ingredient that all of your dishes is missing .. it makes EVERYTHING better! Additionally, this week the available spice blend is a tasty garam masala - the perfect Indian spice mix to have on hand if you like to make curries!

New Products Alert: Espresso Capsules and Fresh Juice

And we are offering fresh juice again from Midwest Juicery - 100% organic, cold-pressed, raw juices that are low in sugar, and predominantly vegetables. They partnered with many Doctors and Registered Dietitians to ensure their juices are the perfect balance between healthy and delicious.

We are also now offering the amazing new espresso capsules from Metropolis Coffee Company! These are compatible with Nespresso machines and other espresso machines!



[CLICK HERE FOR THE ADD-ON ORDER FORM](#)

It's already Week 12!

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: Turnips and their greens

Turnips are one of my absolute favorite vegetables! They are sweet and versatile and UC's oFarm seems to have an excellent crop every single year! They take a little longer to grow than radishes, and so usually each Spring I prepare myself to switch gears fast once the radish availability becomes limited. Our oFarm grows two varieties of turnips - scarlet and hakurei. You'll find they are in fact quite different. The hakurei are white and tend to have smaller greens. The scarlet are a gorgeous pink color. They are both sweet varieties, so they're great to eat raw or cooked! And the greens are a little more traditional than radish greens, so they are easier to incorporate into simple recipes like salads. My favorite way to eat turnips is as a pancake, sort of similar to a potato pancake. And the greens I think are just delicious eaten raw, dressed with tahini, lemon juice and olive oil.

[Turnip Pancakes](#)

[How to turn bitter greens into a simple salad](#)

[Pickled Turnips](#)

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:

Sparkling Water: [Klarbrunn](#) (Watertown, WI)

Bread:

Wednesday: **Seeded Rye**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

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

Friday: **Focaccia**, [Franher Bakery](#) (Pilsen, 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.

TURNIPS (LEFT) AND KOHLRABI (RIGHT)

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

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!

Cooking Greens: *lacinato or curly kale, turnip greens, beet greens, or mustard:* [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.

Kohlrabi: [Nichols Farm & Orchard](#) (Marengo, IL)

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.

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

Storage Tip - Keep dry in a plastic bag in the crisper for a week or dry it in a paper bag on the countertop.

Substitutions

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

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!

Garlic Scapes: [Earthlore Farm](#) (Beaverville, IL) or [RELISH Farm](#) (Chicago, IL)

Storage Tip - Keep 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.

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

Storage Tip - Get your cherries in the fridge as soon as possible, preferably wrapped in a plastic bag. Wash them with



FROM LEFT TO RIGHT: GARLIC SCAPES, TOFU, SUGAR SNAP PEAS, SWEET CHERRIES, THYME

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.

Tofu: [Phoenix Bean](#) (Chicago, IL)

Storage Tip - Water-packed tofu should be stored fully submerged in fresh water refreshed every couple of days. Dry packed tofu can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. Any tofu not frozen or refreshed in water should be consumed within five days of opening.

Sugar Snap Peas: [Nichols Farm & Orchard](#) (Marengo, IL)

Storage Tip - Snap peas can be refrigerated in a plastic container for up to 3 days.

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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