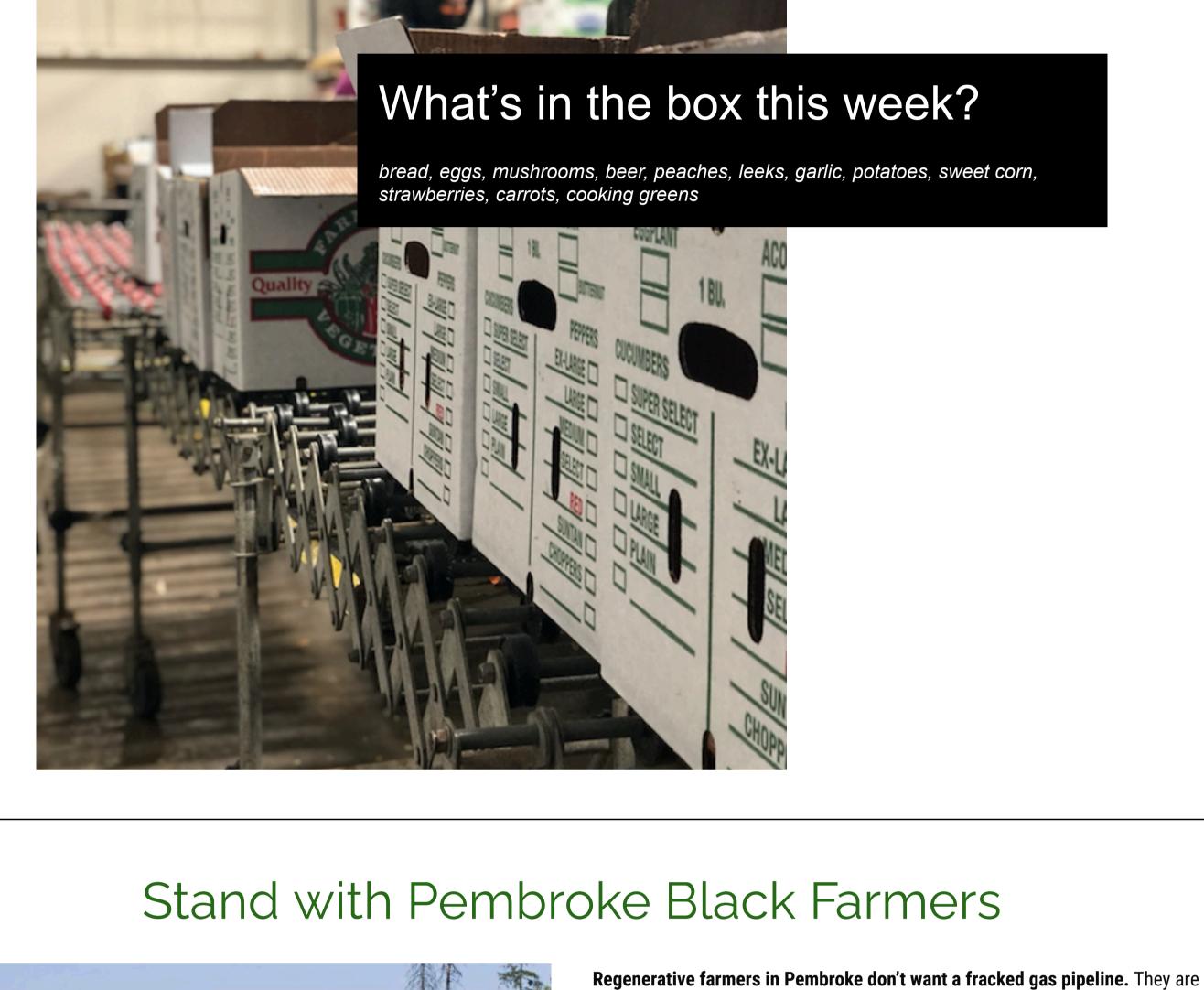
Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at**

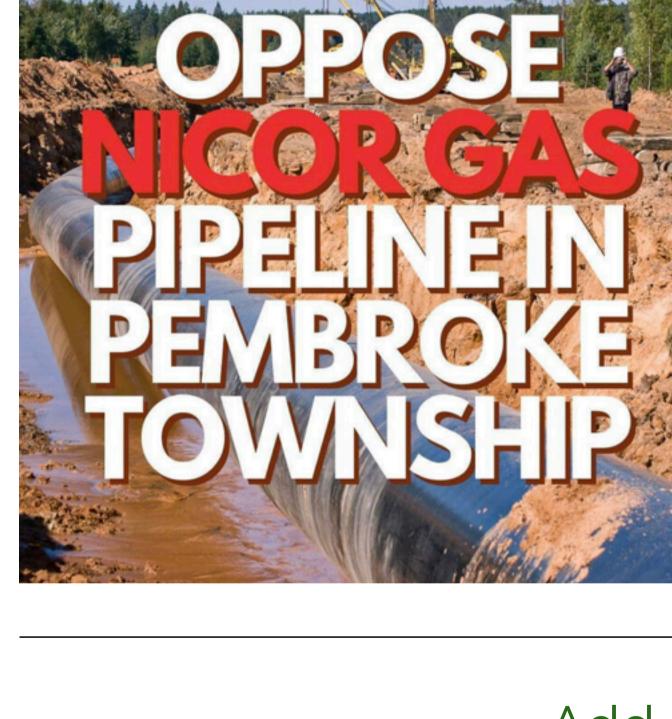
Welcome to LUCSA Week 12!

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

noon! Thank you!



and solar power. If Gov. Pritkzer signs HB3404 as written, Black farmers in Pembroke will be



the region's aquifer and is certain to grow more costly as Illinois moves away from fossil fuel. Pembroke is pristine agricultural land that's worth protecting. The region is a

building for a resilient future with local, organic food, energy efficiency, biodiesel

saddled with an expensive, polluting energy source that threatens to contaminate

world-renowned microbiome, home to a rare black oak savanna habitat. If Nicor is given the right to build the pipeline, the people of Pembroke want added protections for the land, water, consumers, and public health.

Luckily, you can help. Urge Gov. Pritkzer to use his veto power to amend the bill

to preserve what remains of this rare black oak savanna and secure critical public safety provisions.

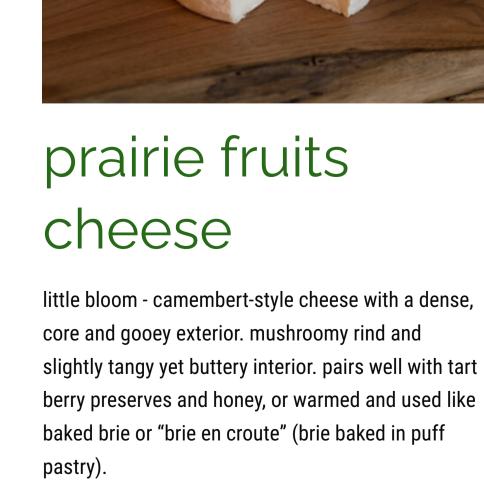
Add-on Items

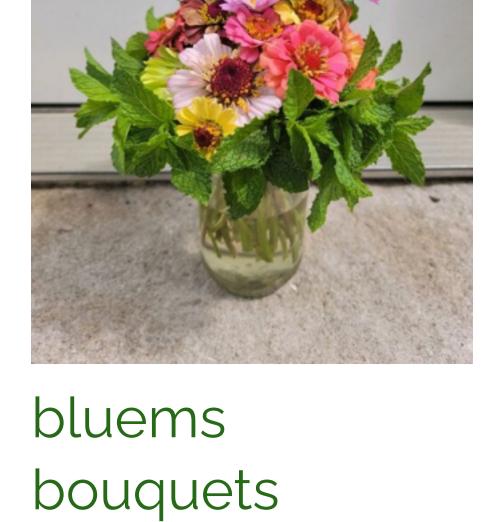
CLICK HERE FOR THE ADD ON ORDER FORM

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





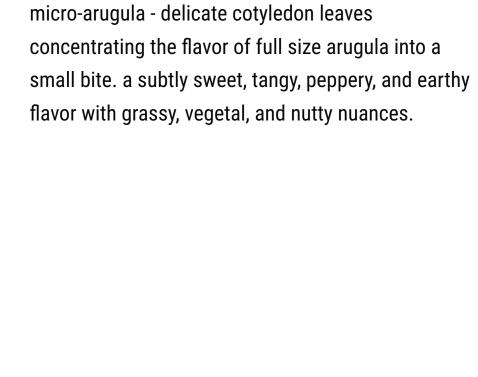




a local and seasonal bouquet from our friends at

From the Farm

Bluems Chicago!

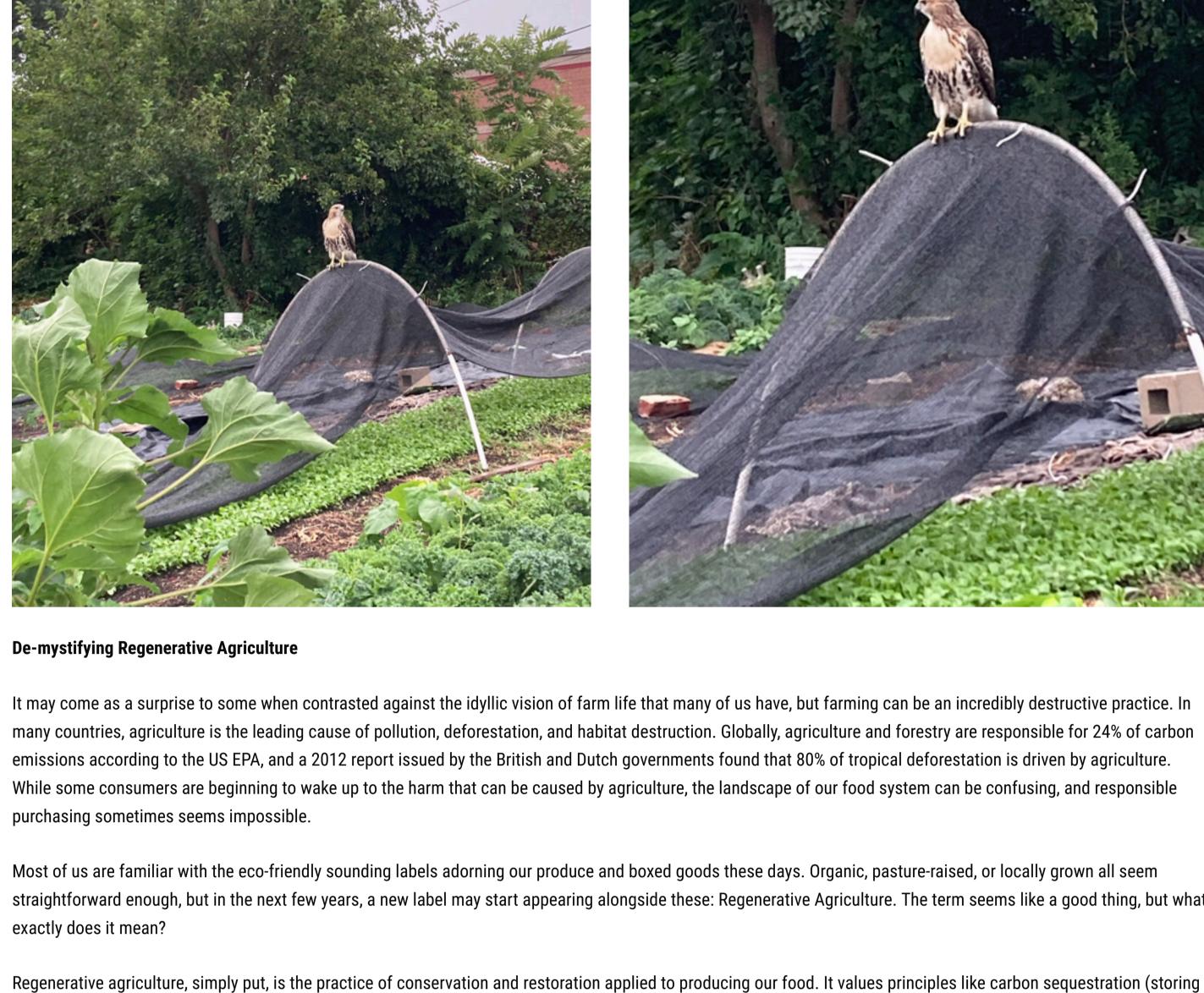


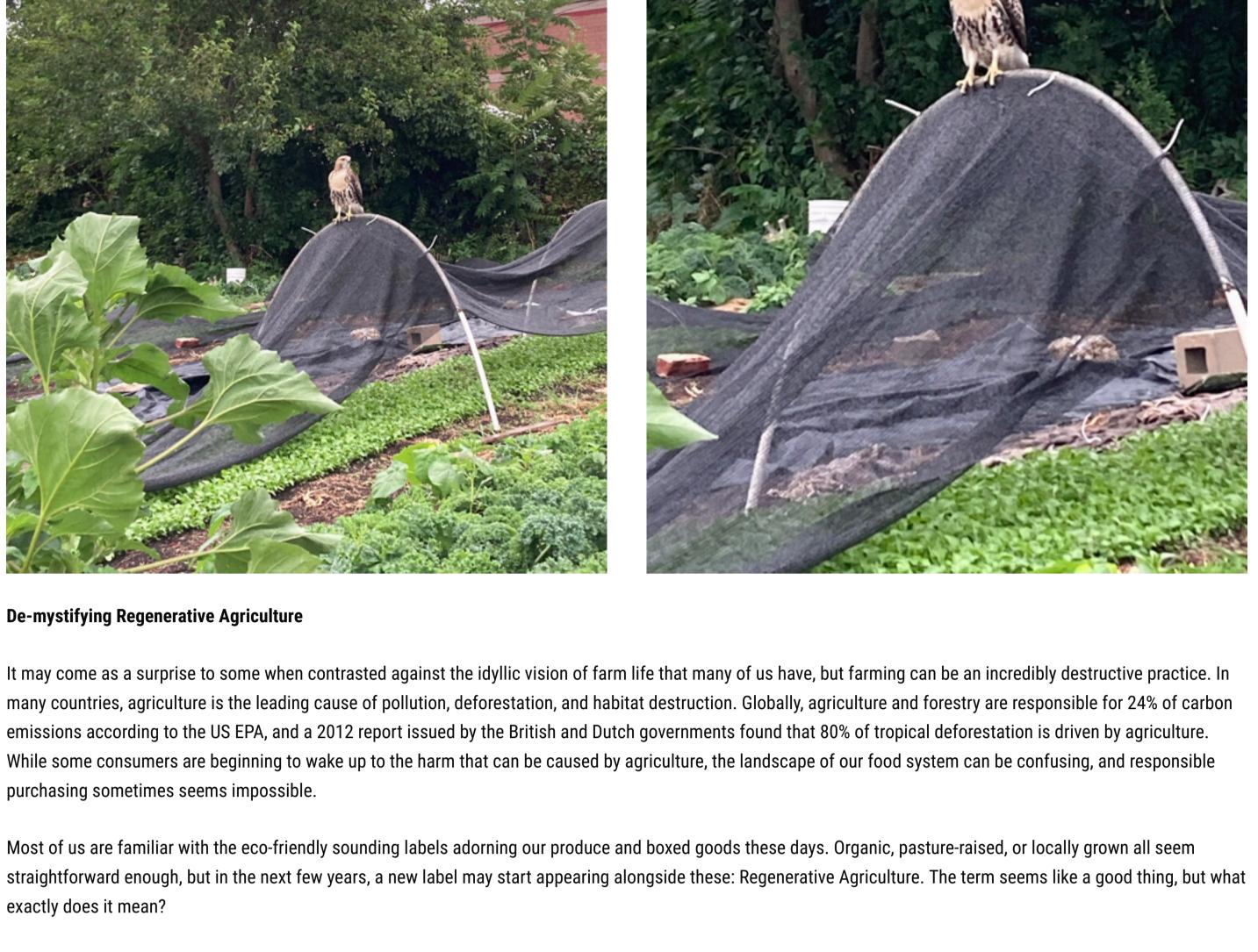
& much more available!

garfield produce

micro-greens







carbon from the atmosphere in soils), biodiversity, and closed-loop economies-recycling waste back into the agroecosystem. Additionally, regenerative agriculture shuns some of the most destructive practices of modern agriculture. These harmful habits include tillage that exposes stored carbon and disrupts the delicate soil ecosystem, use of synthetically derived pesticides and fertilizers that ignore impacts on ecological health, and depending on global supply chains that drive up carbon emissions. Though this focus on sound ecology and responsible stewardship seem cutting-edge, it is nothing new.

necessity.

As early as the end of the 19th century, George Washington Carver, an alumni of the Tuskegee Institute, was promoting the use of peanuts, soybeans, and other legumes to rebuild lifeless South-Eastern soils depleted by generations of cotton growing. Another Tuskegee alum, Booker T. Whatley advanced models like pick-your-own and what could be described as the first CSA as far back as the 1960's in order to promote Black economic self-sufficiency and to include consumers in the local food cycle. In my home state of Pennsylvania, the Rodale Institute has been investigating and marketing regenerative practices since 1947. Rodale's founder, J.I. Rodale, chalked up his inspiration for better farming practices to health problems suffered all his life, writing simply "Healthy Soil = Healthy Food = Healthy People." To this day, conscientious farmers are learning much from Black and Indegenous farmers who have grown food without heavy machinery and synthetic chemicals for millenia out of

On our own farm at the Urban Canopy, I have seen the effects of this knowledge put into practice first-hand. Compared to sterile parks and Mars-like vacant concrete

still have much work to do in order to close our own loop of inputs and exports, and every day we brainstorm new ways to produce more with less. However, we have

been rewarded already with such sights as coyote tracks in our walkways and even a red-tailed hawk perched on some shade-netting in our fields. They serve as

pads, the farm is a wealth of biodiversity. I've seen more variety of insects, birds, small mammals, soil critters, and, yes, weeds, than nearly anywhere else in the City. We

reminders that we are partners in our mission, not masters, and that we have a responsibility not only to our customers, but to our non-human neighbors as well. If you'd like to support the work we do, keep an eye out for a regenerative agriculture sticker on your grocery store shelf, or, better yet, ask the produce manager if they can include more local and regeneratively grown options. If you'd like to know more about regenerative agriculture, I'd suggest checking out The Tuskegee and Rodale Institutes' websites and the Regenerative Agriculture Podcast by John Kempf. As always, there's more work to be done, so I'd better get back to it. Farmer Brendan

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

• Remember to return your wax box, egg cartons, and rubber bands during your next delivery. We reuse all of these items! Beverage Beer: Off Color Brewing (Chicago, IL) Apex Predator - farmhouse ale. 6.5% abv.

Beer for Tacos - gose style beer with lime juice and salt added. 4.5% abv.

Thursday: Sourdough Pullman, Publican Quality Bread (Fulton Market, Chicago, IL)

Beer for Pizza - malt beverage with natural flavors added. 4.5% abv.

Wednesday: Rye Batard, pHlour_Bakery (Andersonville, Chicago)

Wednesday: Trumpet Royale Mushrooms, Mycopia (Scottville, MI)

Thursday: Crimini Mushrooms, River Valley Mushrooms (Burlington, WI)

Friday: Crimini Mushrooms, River_Valley_Mushrooms (Burlington, WI)

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

Garlic: The Urban Canopy (Englewood, Chicago, IL)

Strawberries: Mick_Klug_Earm (St. Joseph, MI)

plastic bag once fully frozen.

Carrots: PrairiErth_Farm (Atlanta, IL)

* Specified subs are subject to change

Cucumbers: - Egg substitute

Storage Tip - Keep cool and dry on the counter for up to a month.

Cooking Greens: The Urban Canopy (Englewood, Chicago, IL) /

appreciate your flexibility.

Bread

months.

Mushrooms

2-3 days.

weeks.

Wash everything before eating!

Friday: Garlic Boule, pHlour_Bakery (Andersonville, Chicago) 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 want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)

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 - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

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

*If you opt into beverages and do not want alcohol, please let us know at lucsa@theurbancanopy.org and we will happily send you a non-alcoholic beverage!

Peaches: Seedling Orchard (South Haven, MI) 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. **Leeks:** PrairiErth_Farm (Atlanta, IL)

Then store in a plastic bag in the fridge for up to a week.] Sweet Corn: Mick_Klug_Farm (St. Joseph, MI) 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 husk or in a plastic bag in the fridge in order for it to not dry out. Corn should be eaten in

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

Storage Tip - Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few

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.

Onions: Gorman_Farm_Fresh_Produce (Monee, IL) - Misc. Sub Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag. Broccoli: Gorman Farm Fresh Produce (Monee, IL) - Bread substitute Storage Tip - Broccoli should be stored in the fridge. It is best not stored in an air-tight container since it needs air flow to avoid accumulating moisture. You can wrap it

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

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

a damp paper towel or stored like a bouquet with the stem in a glass of water.

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

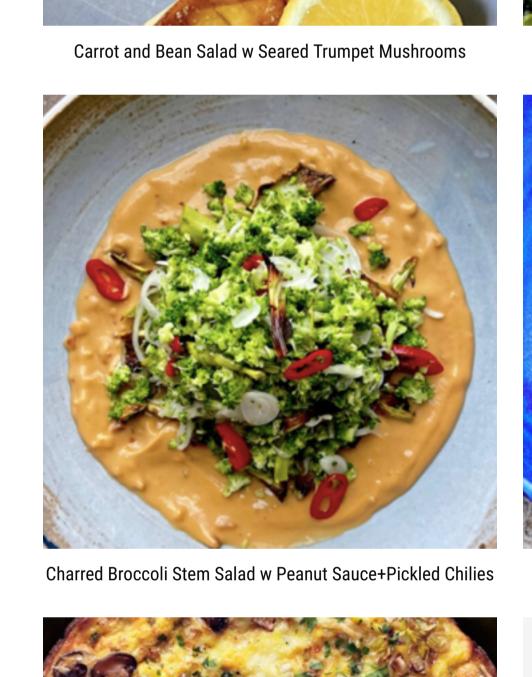
Arugula / Tatsoi: The Urban Canopy (Englewood, Chicago, IL) - Beverage substitute

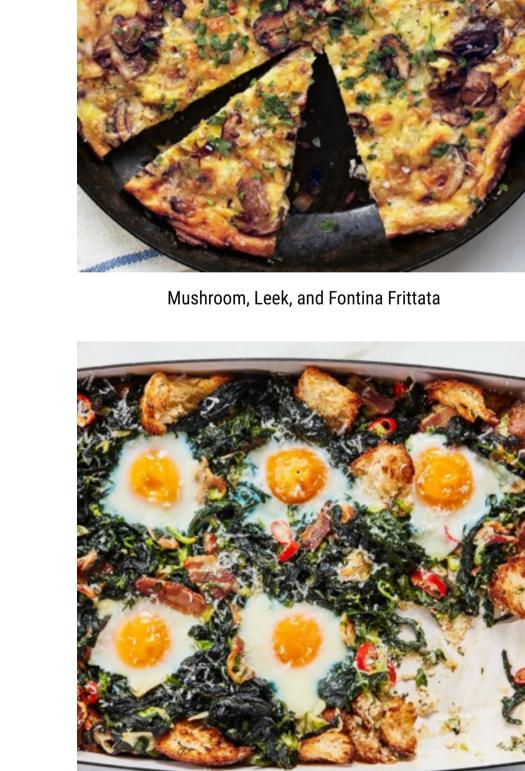
Cherry Tomatoes: The Urban Canopy (Englewood, Chicago, IL) - Mushroom substitute

<u>SUBS</u> (items for people who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy)

Recipe Recommendations

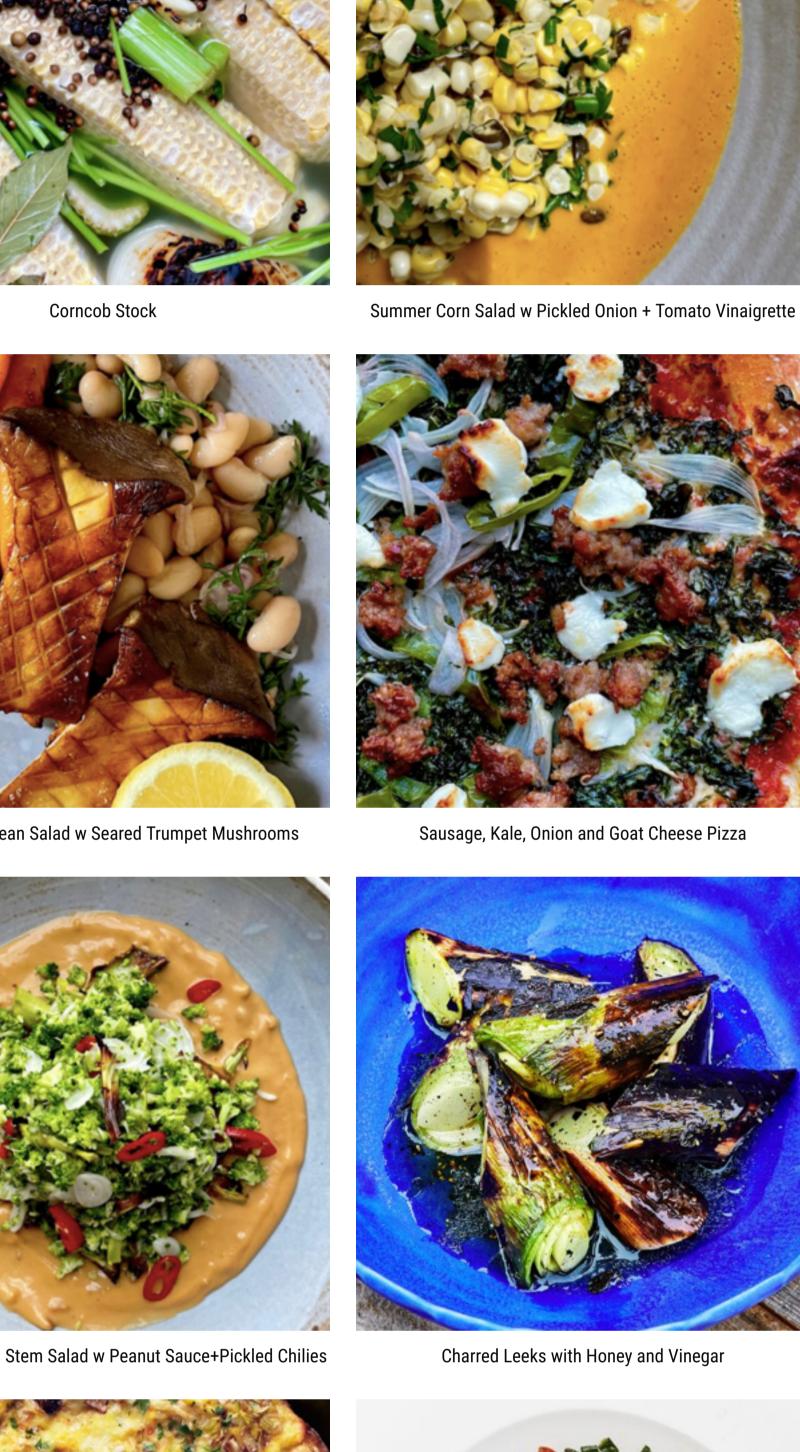
Click on the image to access the recipe

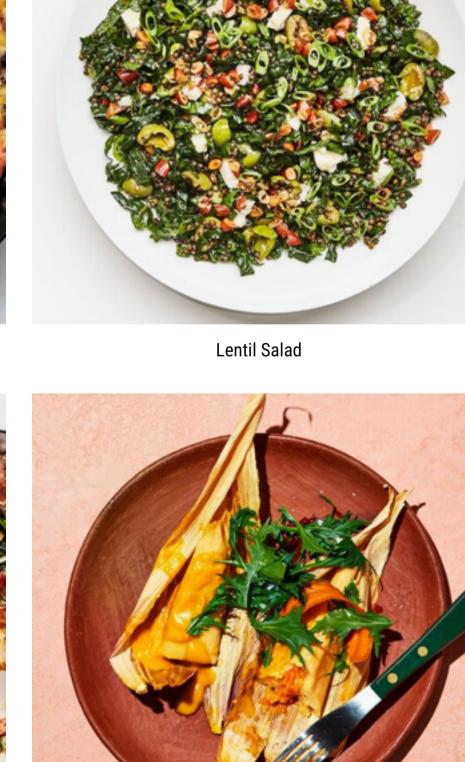




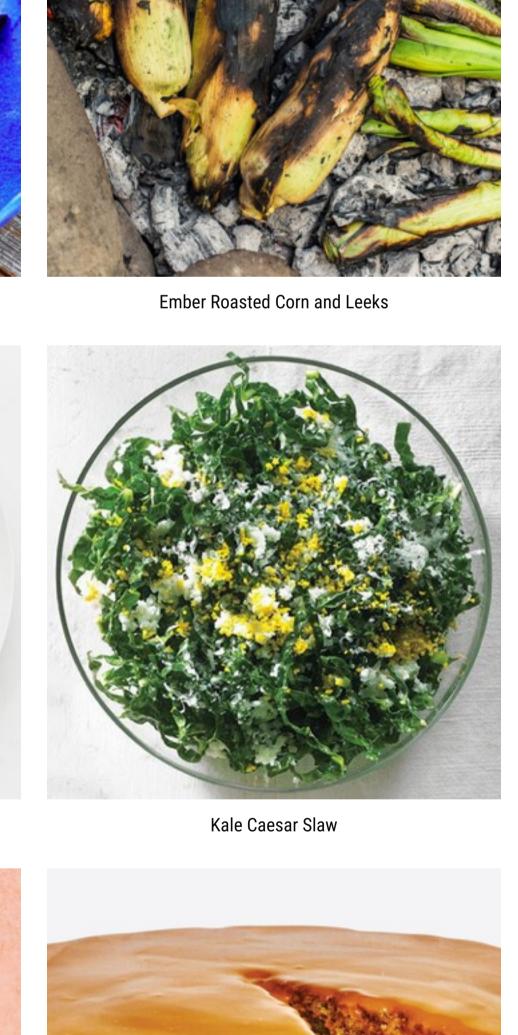
Green Eggs and Ham

Strawberry Snacking Cake









Summer Pickles: Corn

Cherry Tomato Galette

Cardamom Pistachio Carrot Cake



Frozen Peaches with Strawberries and Mint

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