



Summer Week 12 8/3 8/4 8/5

Welcome to Summer - LUCSA Week 12!

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
peaches - tomatoes or cucumbers - plums
beets - zucchini - poblanos - sparkling tonics

The Urban Canopy farm, Auburn Gresham, Chicago

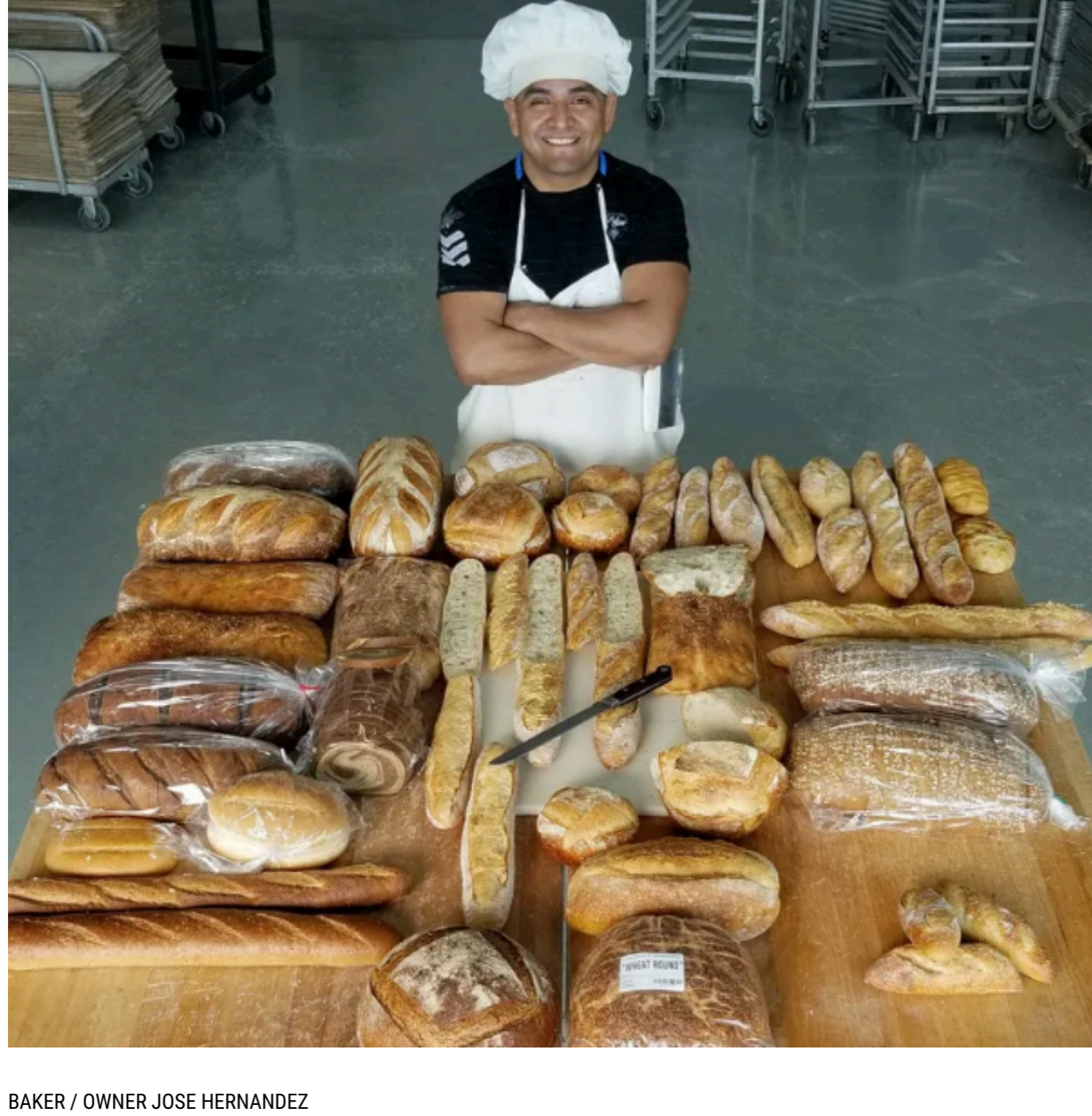
[CLICK HERE: MID-SEASON MEMBER SURVEY](#)

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.

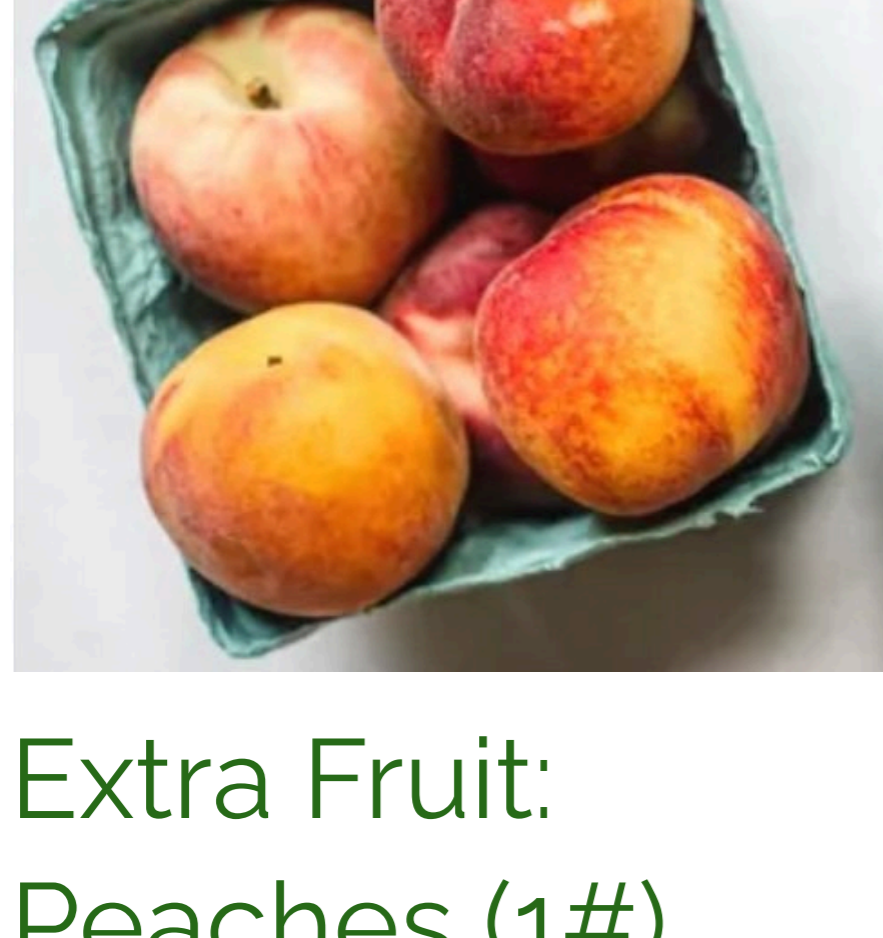
FranHer was started in 2017 as a wholesale bakery that would focus on handmade bread using quality ingredients. They don't operate a retail storefront but instead focus on distributing to a wide range of shops and markets.

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 Fruits Angel Food Brie

A semi-firm brie, a bloomy mix of goat and cow milk.



Wisco Kitchen Corn Relish

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.



Sunnies Soaps

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



Bushel & Peck Sauerkraut

Naturally fermented cabbage. Classic crunchy sauerkraut made in Beloit, WI.



Healthy Soil Compost

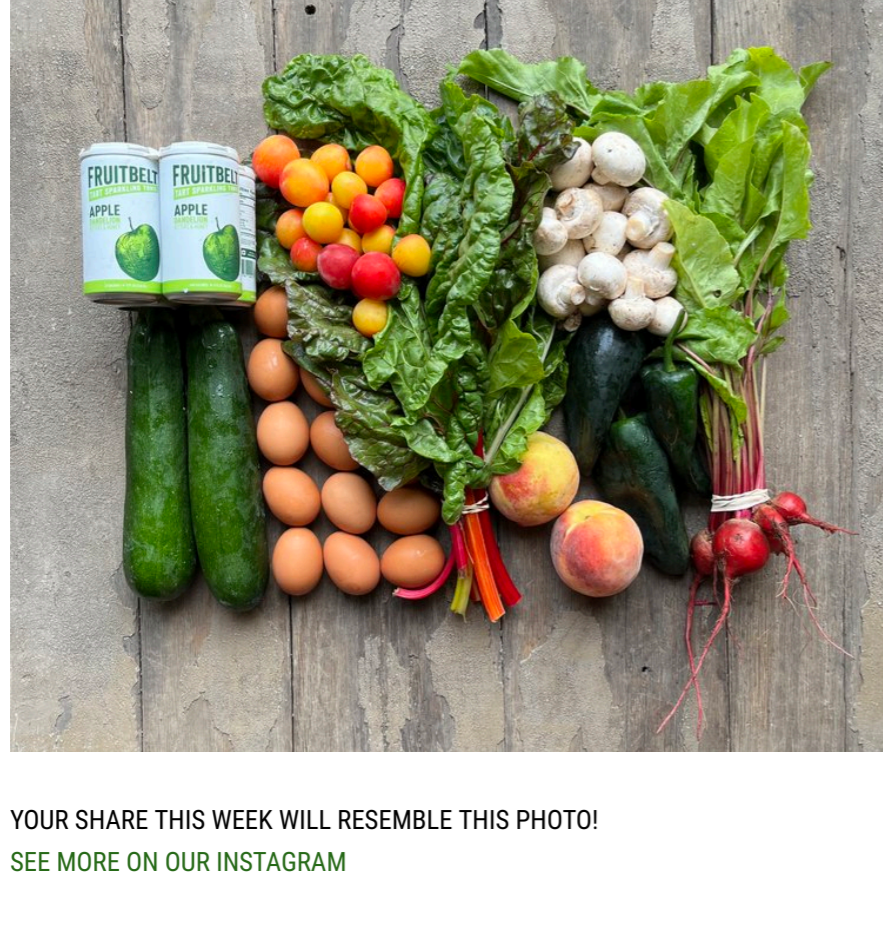
Feed your garden or houseplants! STA-certified compost made here in Chicago with contributions from UC's own Compost Club members! Half gallon in a reusable glass jar.

& 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!



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO! SEE MORE ON OUR INSTAGRAM

Beverage: Sparkling Tonics
Storage Tip - Shelf stable.

Bread:
Wednesday: Foccacia [FranHer Bakery](#) (Pilsen)
Thursday: Sourdough Pullman, Publican Quality Bread (Fulton Market)
Friday: Country Round Middlebrow (Logan Square, Chicago, IL)
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: White Button / **Thursday: Crimini** / **Friday: White Button**
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.

Zucchini / Summer Squash: [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.

Tomatoes: [PrairieErth Farm](#) (Atlanta, IL) or **Cucumbers:** [One Family Farm](#) (Chicago, IL)
Storage Tip - Tomatoes: should be kept at room temperature on the counter away from sunlight. Consume within a few days.
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.

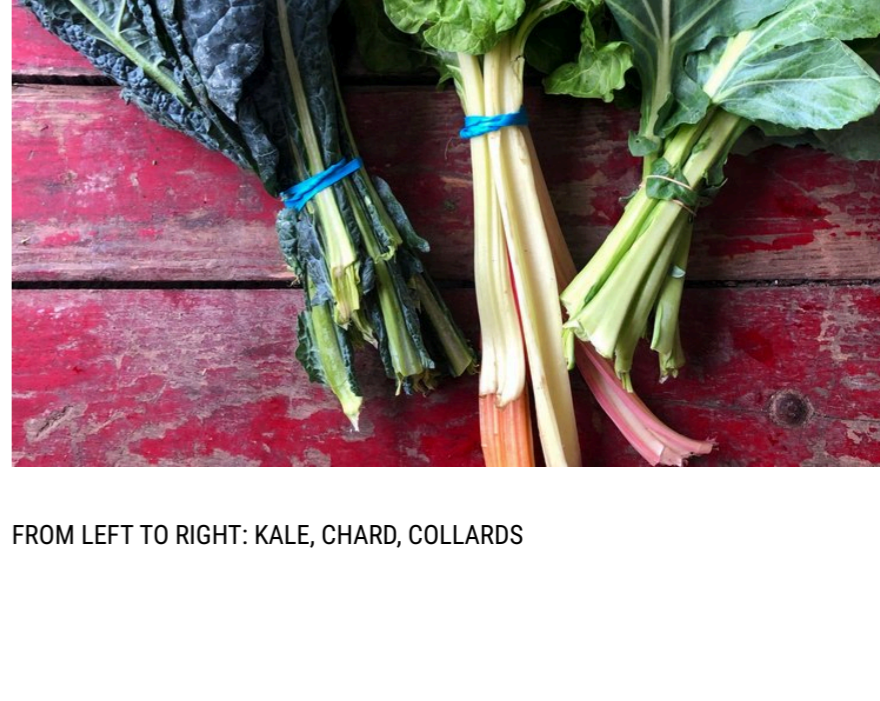
Plums: [Seedling Orchard](#) (South Haven, MI)
Storage Tip - Store unripened plums and apricots at room temperature to ripen. Place in paper bag to speed up the process, but check frequently because they are extremely perishable. You can store them for a couple extra days in the fridge once they are 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.

Peaches: [Mick Klug Farm](#) (St. Joseph, MI)
Storage Tips - Store 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.

Beets: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)
Storage Tip - Store unripened plums 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.

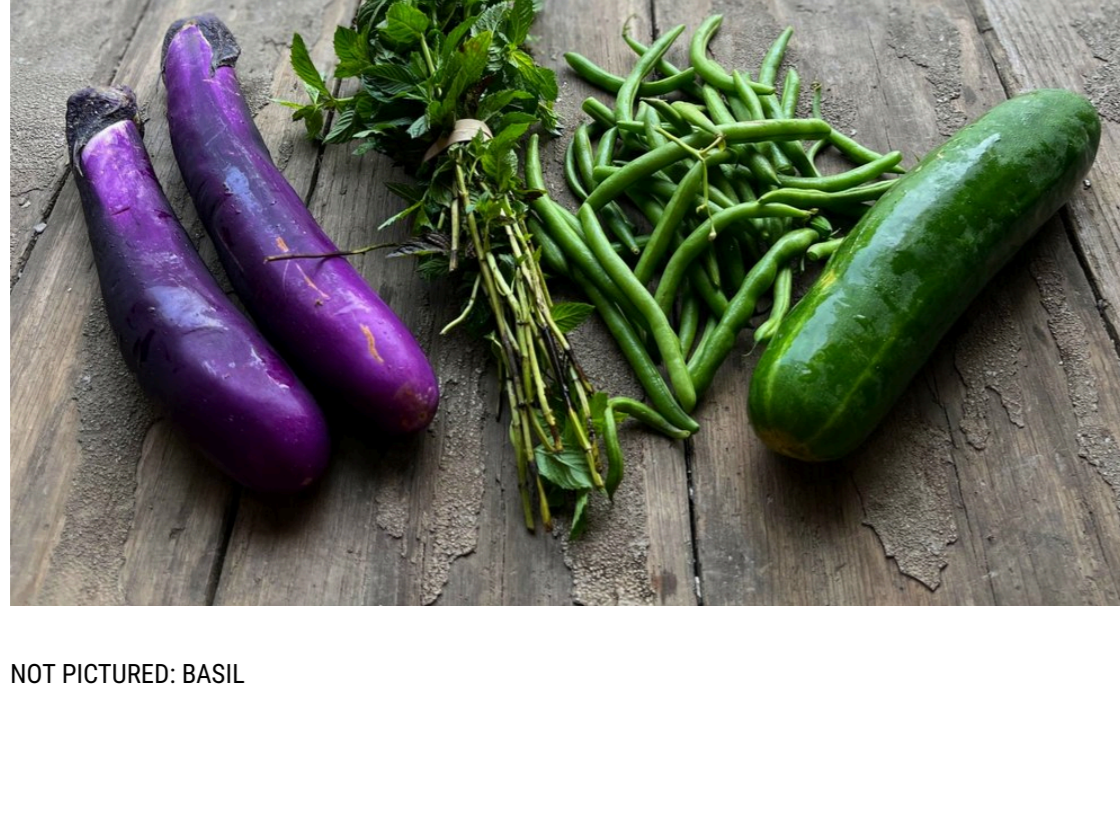
Poblano Peppers: [One Family Farm](#) (Chicago, IL)
Storage Tips - Store dry in an open plastic bag in the crisper for up to two weeks.



FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

Substitutions

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



NOT PICTURED: BASIL

Green Beans: [Mick Klug Farm](#) (St. Joseph, MI)
Storage Tip - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

Mint: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)
Storage Tip - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

Basil: [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)
Storage Tip - To keep basil perky for more than a few meals, trim the stems as you would cover flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover the basil with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for basil that remains vibrant for nearly a week.

Cucumbers: [One Family Farm](#) (Chicago, IL)
Storage Tip - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

Eggplant: [One Family Farm](#) (Chicago, IL)
Storage Tip - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

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

Recipe Recommendations



Zucchini Latkes



Ensalada de Calabacin



Crispy Baked Zucchini Fries



Beet & Ricotta Gnocchi



Cold Beet & Yogurt Soup



Beetroot Curry



Chiles Rellenos

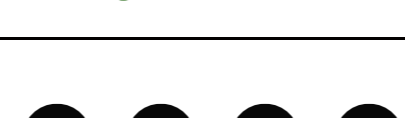


Rajas con Crema / Peppers in Cream



Roasted Mushroom & Poblano Tacos

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



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