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Summer Week 13 - 06/28, 06/29, 06/30

Welcome to our newsletter!

The Urban Canopy Farm, Auburn Gresham, Chicago

PRODUCE GUIDE - STORAGE TIPS AND RECIPE
SUGGESTIONS

NEWSLETTER ARCHIVE

SIGN UP FOR FALL LUCSA

*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](#)

Produce Profile: ALL THINGS GREEN!

I cannot stress this enough - take everything out of the green BioBags immediately! I used to get intimidated by this idea because I didn't always have a large enough tupperware on hand, but now I split up my bags of salad greens into small containers in the fridge and it ends up being perfect for lazy meal prep. And for cooking greens that come bunched with a rubber band, I highly recommend either removing the rubber band or loosening it. For me, the key to enjoying this abundance of leafy greens is to store everything correctly so that it all stays fresh and crisp!

Another thing that I always keep in mind - leafy greens are a superfood, and even if they weren't, they're full of fiber which most of us tend to be lacking! Simply put they make me (and my stomach) feel great. My biggest piece of advice for LUCSA members is to find just a few ingredients that you like to pair with your greens, and keep them in stock! My list includes lemon, olive oil, sesame seeds, and of course some sort of allium!

[Sautéed Beet Greens](#)

[From Bitter Green to Simple Salad](#)

[Lentil Dal with Hearty Greens](#)

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:

Tart Sparkling Tonic: [Fruitbelt](#) (Sawyer, MI)

Bread:

Wednesday: **Challah**, [Franher Bakery](#) (Pilsen, Chicago, IL)

Thursday: **Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

Friday: **Country Sourdough**, [pHlour Bakery](#) (Andersonville, 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:

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

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.

Sweet 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 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.

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



BERRIES AND CHERRIES! MAKE SURE TO GET TO 'EM OR FREEZE 'EM QUICK!

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.



FROM LEFT TO RIGHT: BEET GREENS, MUSTARD GREENS, SWISS CHARD

Salad Greens: Romaine, mustard greens or curly kale: [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/container in the fridge for up to a week. Or keep in a glass of water like a bouquet!

Cooking Greens: Beet greens or swiss chard: [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.

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

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

days.

Cabbage: [Family Farm Fresh](#) (Rockville, IN)

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

Substitutions

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

Broccoli: [Gorman Farm Fresh Produce](#) (Monee, IL) - Bread substitution

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

Scallions: [UC's oFarm](#) (Chicago, IL) - Egg substitution

Storage Tip - Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.



FROM BOTTOM LEFT, CLOCKWISE: GARLIC SCAPES, PARSLEY, BROCCOLI, KOHLRABI, SCARLET TURNIPS, SAGE, SCALLIONS

Scarlet Turnips: [UC's oFarm](#) (Chicago, IL) - *Mushroom substitution*

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

Sage: [Wind Ridge Herb Farm](#) (Caledonia, IL) - *Beverage substitution*

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

Parsley: [UC's oFarm](#) (Chicago, IL) - *Beverage substitution*

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

Garlic Scapes: [Earthlore Farm](#) (Beaverville, IL) - *Miscellaneous substitution*

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.

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

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.

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 bookmark this [page](#).



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