



# Summer Week 13: August 25/26/27

## Welcome to LUCSA Week 13!

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

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!



### What's in the box this week?

bread, eggs, mushrooms, cold brew, peaches, blueberries, corn, eggplant, tomatoes, greens, onions, garlic

## Add-on Items

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

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



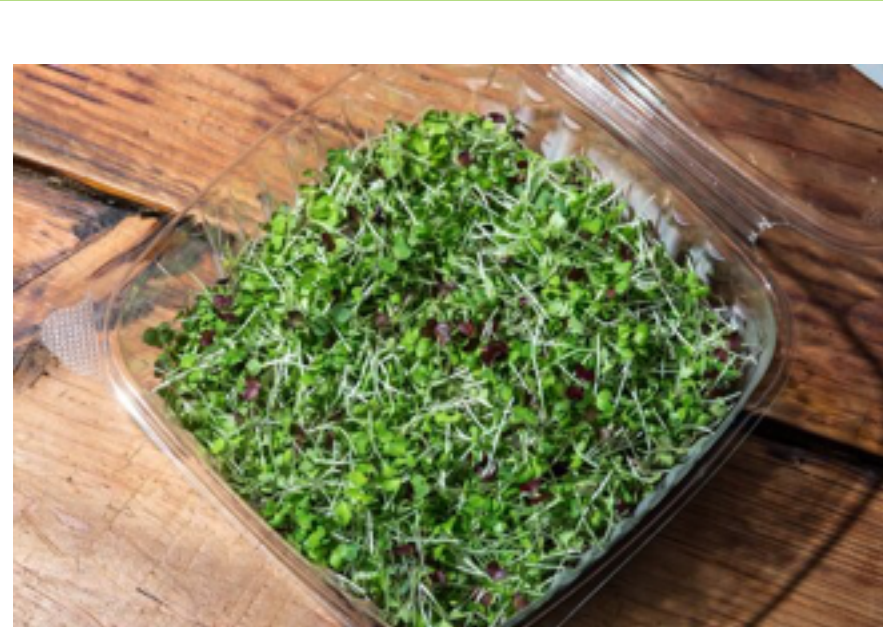
### frogtown juices are back!

bug juice - kiwi, coconut water, pineapple, apple  
uncle greenie - kale, apple, lemon, coconut water, broccoli, cucumber



### urban canopy spicy salsa

new on the menu !!! a spicier version of our roasted tomato salsa.



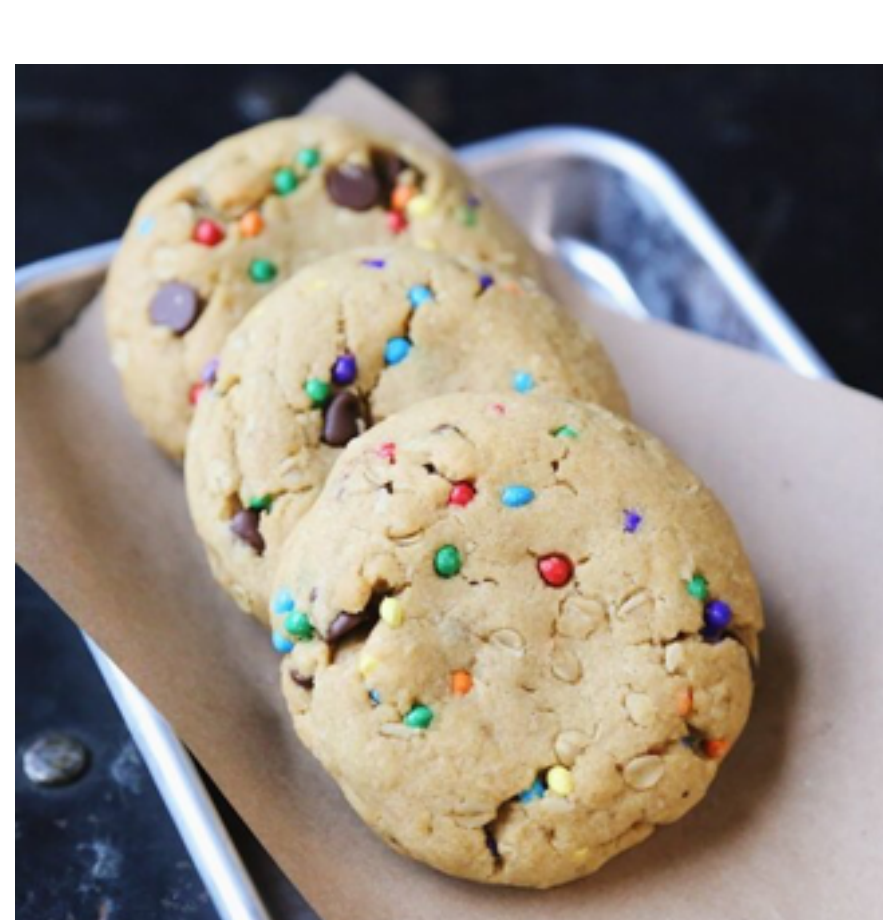
### garfield produce micro-greens

spicy mix !! - mustards, arugula, wasabina - adds great tang to any sandwich or salad



### mick klug blueberries

add an extra pint to your share! make a pie, freeze for smoothies, etc.!



### foxship bakery cookies

3-pack of MONSTER - soft peanut butter cookies loaded with oats, chocolate chips, and candy coated mini chocolate chips. A MUST HAVE! These thick monster cookies are crisp around the edges with a soft, chewy center.



### off color brewing

4-packs of Apex Predator - a farmhouse ale. explosive juicy fruit and pineapple aromas meshing with lemon grass hop profile ending with a pleasantly dry finish. 6.5% alc/vol

& much more available!

## From the Farm



### Produce Profile: Garlic

As many of us learned in our early introductions to vampire pop culture (whether through folklore, Dracula, or Buffy) garlic is a protective agent. There are quite a few theories of where this vampire aversion to garlic originates - olfactory sensitivity from contracting Rabies, repellent against blood-sucking mosquitos - whatever the origin story, garlic is beloved for its healing properties and bright flavor.

I thought I'd demystify this tasty Allium. There are around 400 species of wild garlics/onions. Two common subspecies of garlic include "hard-neck" and "soft-neck" garlic. Hard-neck garlic has a fibrous, non-branching root system, a growing bulb, large stalk, and eventually edible scape and umbel capsule.

Unlike many of the other crops we grow at Urban Canopy, garlic takes a long time to grow. The chosen cloves are seeded in the fall and the mature garlic plant is harvested in the early summer. Each year the team at Urban Canopy sorts through the summer's harvest to save the hardiest cloves for seeding that same fall. The cured bulbs are split open and each separated clove gives rise to a new bulb. The bulbs are planted tip up and basal plate down 2-3" below the soil. Since garlic plants do not establish much leaf coverage (leaf cover is helpful in protecting the soil from the harsh elements - wind, rain, sun, freezing temperatures), straw mulch is added over the soil to act as a layer of protection. Once in the ground, garlic is a low maintenance crop.

When several leaves begin to brown, the plant is signaling it's ready for harvest. After the garlic is plucked from the ground, the outer layers need to cure. Garlic stores longer and better if it is dried with the whole plant intact. The garlic then finds its way to your home and into a zesty pasta or atop a toasted slice of garlic bread. Alongside garlic's incredible flavor, it has antifungal and antibacterial properties that can support and strengthen our immune systems.

## 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

**Cold Brew:** Sputnik Roasters (Chicago, IL)

### Bread

**Wednesday:** Multigrain Loaf, [pHour Bakery](#) (Andersonville, Chicago)  
**Thursday:** Sourdough Pullman, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)  
**Friday:** Focaccia, [pHour 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!)

**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.

### Mushrooms

**Wednesday:** Crimini Mushrooms, [River Valley Mushrooms](#) (Burlington, WI)  
**Thursday:** Crimini Mushrooms, [River Valley Mushrooms](#) (Burlington, WI)  
**Friday:** Crimini Mushrooms, [River Valley Mushrooms](#) (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.

**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.

**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 2-3 days.

**Blueberries:** [Mick Klug Farm](#) (St. Joseph, MI)

**Storage Tip -** 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.

**Arugula (WEDS):** [The Urban Canopy](#) (Englewood, Chicago, IL)

**Kale, Collards, Chard (THUR / FRI):** [The Urban Canopy](#) (Englewood, Chicago, IL)

**Storage Tip -** Cooking greens - Remove from compostable green bag. Make sure the 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. *Arugula* - Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

**Cherry Tomatoes (THUR):** [The Urban Canopy](#) (Chicago, IL) / [Genesis Growers](#) (St. Anne, IL) / [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL)

**Heirloom Tomatoes (THUR/FRI):** [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.

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

**Storage Tip -** Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

**Garlic:** [The Urban Canopy](#) (Englewood, Chicago, IL)

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

**Onions:** [Nichols Farm and Orchard](#) (Marengo, IL) / [Gorman Farm Fresh Produce](#) (Monee, IL),  
**Storage Tip -** Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag.

**SUBS (Items for people who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy)**  
\* Specified subs are subject to change

**Arugula:** [The Urban Canopy](#) (Englewood, Chicago, IL)

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

**Cucumbers:** [Relish Chicago Farm](#) (Chicago, IL) / [Smooth & Social Roots](#) (Chicago, IL) / [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL)

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

**Zucchini:** [Smooth & Social Roots](#) (Chicago, IL) / [Gary Comer Youth Center](#) (Grand Crossing, 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.

**Beets:** [The Urban Canopy](#) (Englewood, Chicago, IL)

**Storage Tip -** Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

**Pimento Peppers:** [Nichols Farm and Orchard](#) (Marengo, IL)

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

**Shishito Peppers:** [Genesis Growers](#) (St. Anne, IL)

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

## Recipe Recommendations

Click on the image to access the recipe



Summer Tomato Salad w Goat Cheese + Herbs



Corn cob Stock



Eggplant, Halloumi, Garlic + Spiced Lamb Pizza



Corn Salad w Pickled Onions + Tomato Saffron Vinaigrette



Mushroom Focaccia Tartines w Blue Cheese + Pickled Onions



Cherry Tomato + Crab Gratin



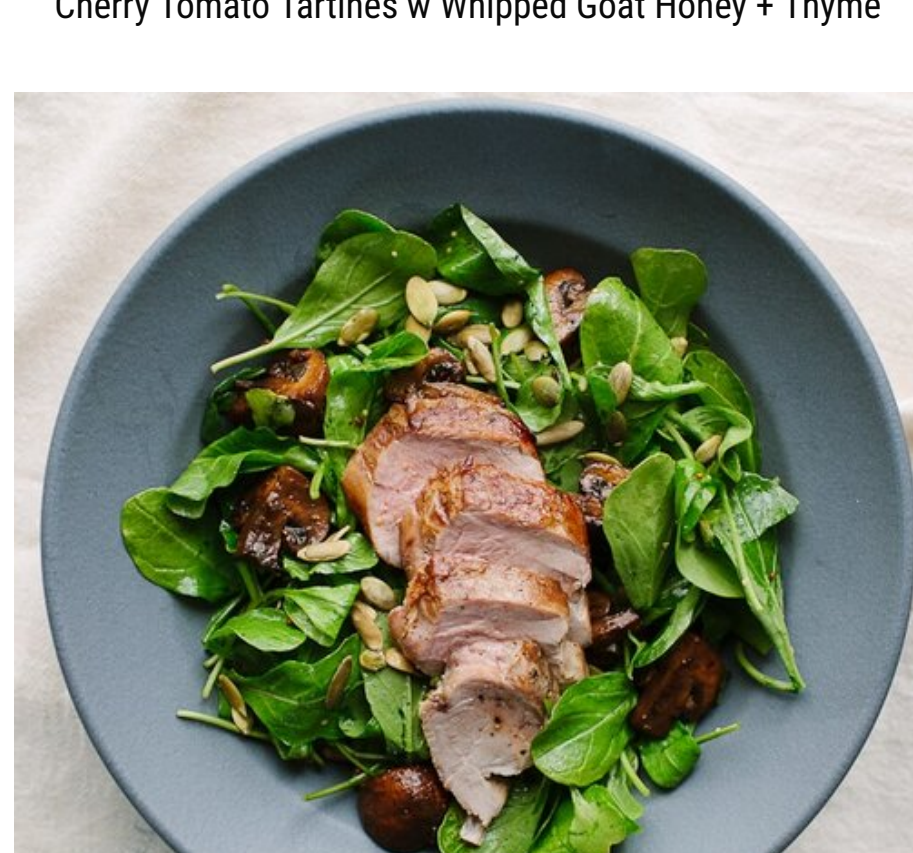
Cherry Tomato Tartines w Whipped Goat Honey + Thyme



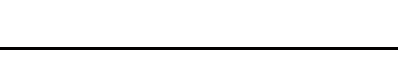
Caramelized Pork and Cucumber Stir-Fry



Vegan Mushroom Sloppy Joe



Pork, Mushroom, and Arugula Salad



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