

# Summer Week 13 8/10 8/11 8/12

## Welcome to Summer - LUCSA Week 13!

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

[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)

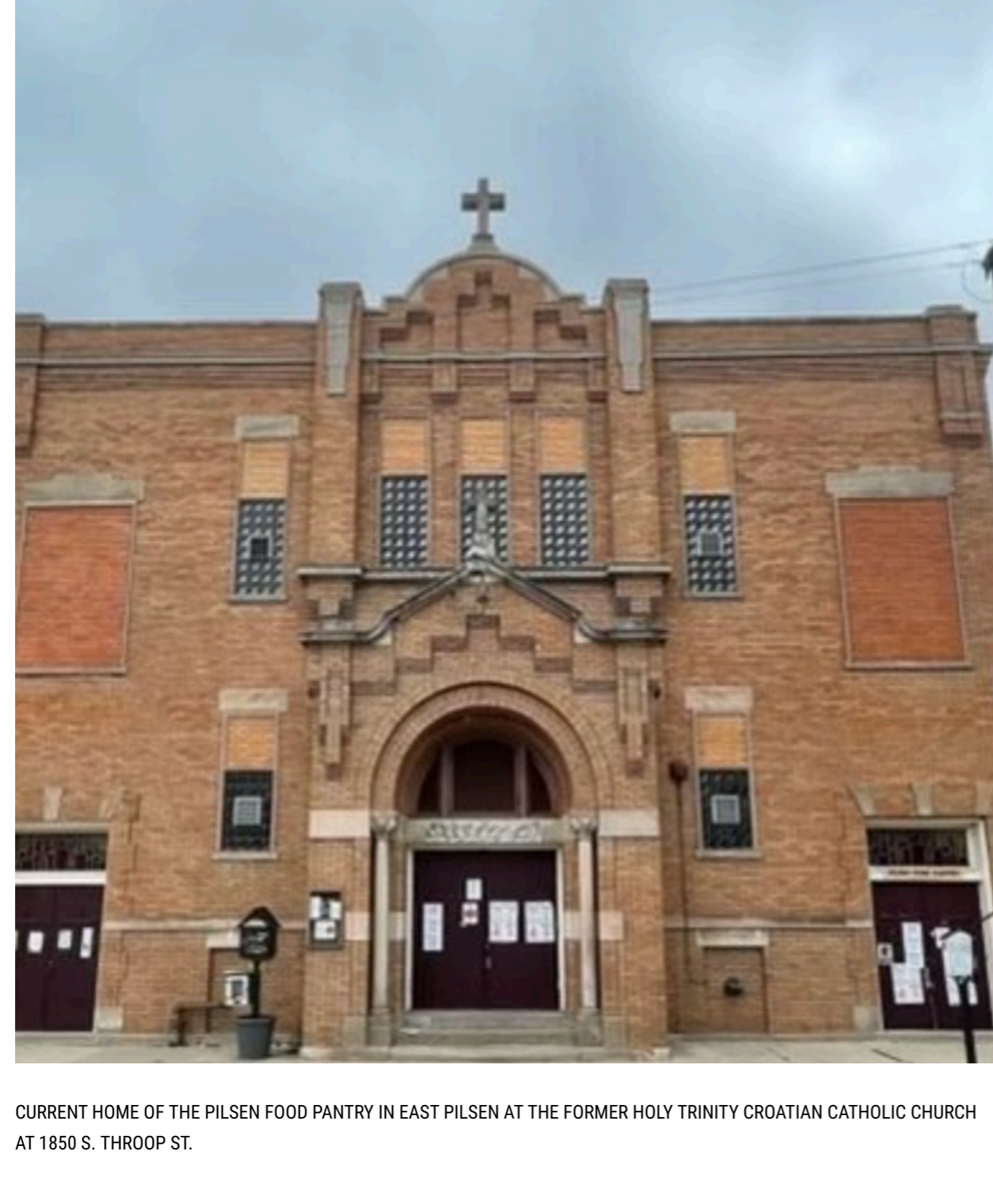


in your box this week

bread - eggs - mushrooms - cooking greens  
peaches - fennel - plums - green beans  
banana peppers - corn - kombucha

The Urban Canopy farm, Auburn Gresham, Chicago

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



CURRENT HOME OF THE PILSEN FOOD PANTRY IN EAST PILSEN AT THE FORMER HOLY TRINITY CROATIAN CATHOLIC CHURCH AT 1850 S. THROOP ST.

### Donation Partner: Pilsen Food Pantry

Every week, as members need to be out of town or take vacations, many choose the option of having their boxes donated. For a number of years now, we have been so happy to be able to donate these boxes to the Pilsen Food Pantry which serves the neighborhood where our warehouse is located. Most weeks we send 10-12 boxes of donated produce and essentials to their location on Friday morning so that their clients can take advantage of fresh veggies and bread and eggs. It is a great feeling every week putting together the delivery and knowing all this local will be appreciated.

The pantry was started in 2018 by Evelyn Figueroa and Alex Wu as a part of a medical clinic they were working for. As the pandemic hit in 2020 and the need for food exploded, they found space in a nearby closed church to greatly expand the operation. Currently the pantry services more than 350 clients per week coming from the surrounding neighborhoods, more than double what they were able to handle before the pandemic. They do amazing and thoughtful work with incredible compassion.

If you are a neighbor and would like to contribute your time, they are always looking for more volunteers, especially in the evenings. You can find out more about volunteering and donations through their website at [www.pilsenfoodpantry.com](http://www.pilsenfoodpantry.com). And to find out about events and stay up to date on what they are doing on a weekly basis, follow them on Instagram as well @pilsen\_food\_pantry.

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.

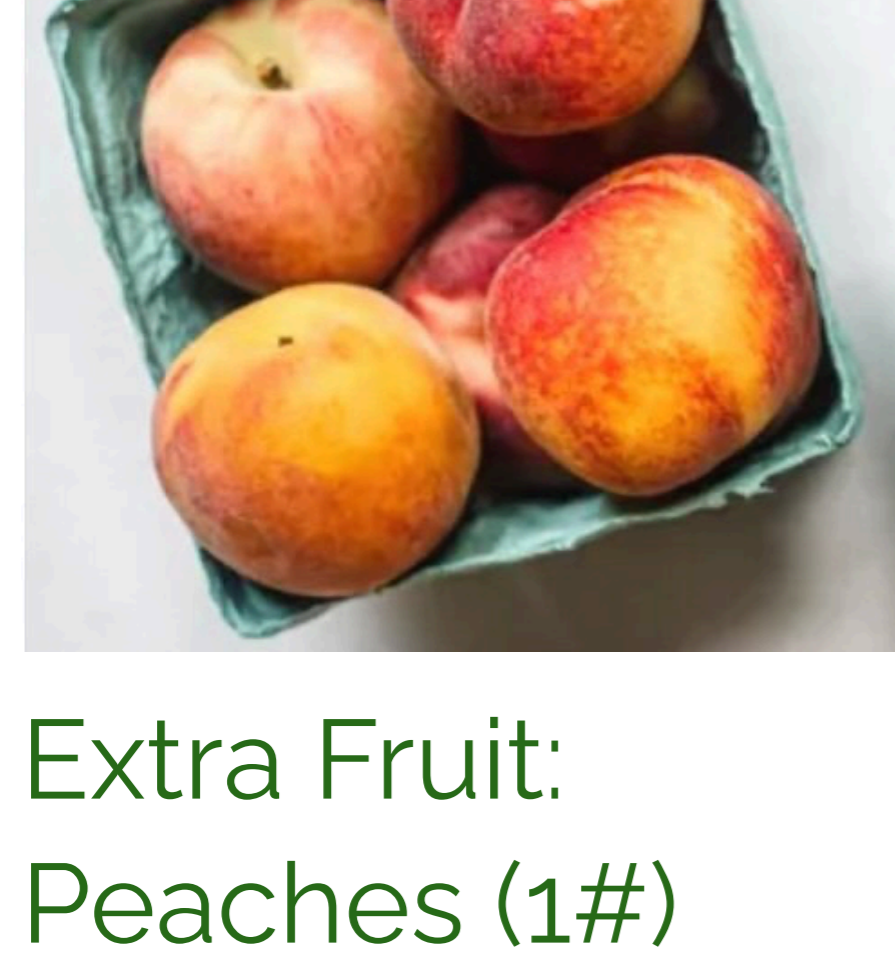
[CLICK HERE FOR OUR MIDSEASON SURVEY](#)



## 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.



**Marcoot Sriracha Cheese Curds 7oz**  
A spicy twist on the classic cheese curd from Marcoot Creamery from Greenville, IL. So good.



**Prairie Fruits Little Bloom on the Prairie 5oz**  
Camembert-style bloomy rind cheese made with a mix of cow and goat milk.



**Finn's Ranch Ground Pork 1#**  
A great, easy staple for the freezer. Always great for meatballs or a quick ragu. But also great for summer dishes like Thai Larb Salad or used in a quick stir-fry.



**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!

**Beverage:** Kombucha [Komunity Kombucha](#) (Chicago, IL)  
**Storage Tip** - Needs to be stored in the fridge. Kombucha is unpasteurized, meaning it is live and active and must be stored cold to maintain freshness and consistency. If unrefrigerated, raw kombucha will continue to ferment in the bottle or can. This can create more carbonation, and in extreme cases, the bottle or can may burst.

**Bread:**  
**Wednesday: Country Round Middlebrow** (Logan Square, Chicago, IL)  
**Thursday: Focaccia EranHer Bakery** (Pilsen)  
**Friday: Sourdough Pullman, Publican Quality Bread** (Fulton Market)  
**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!

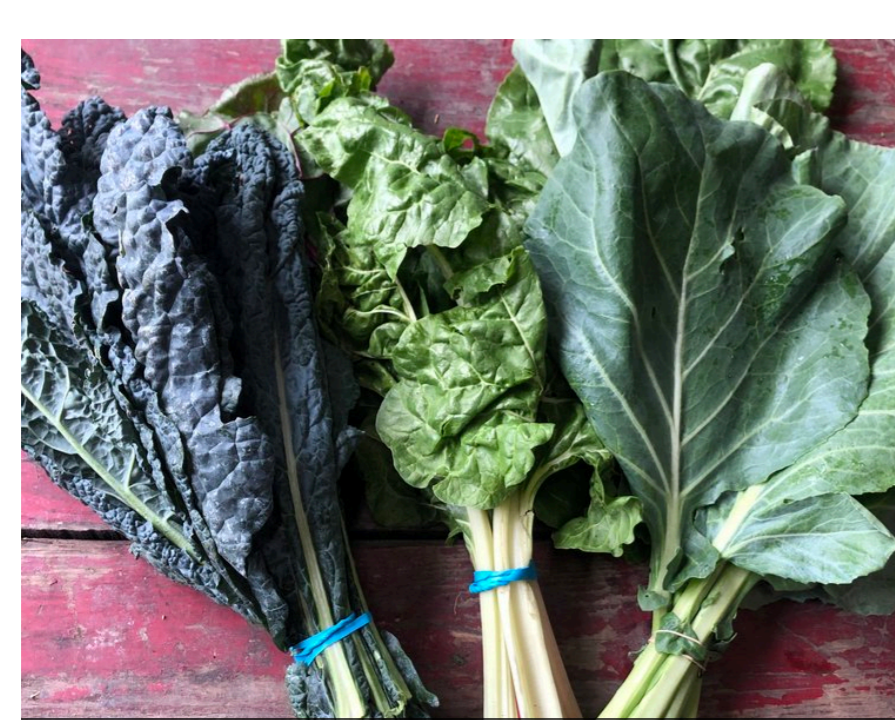
**Mushrooms: River Valley Ranch** (Burlington, WI) / **Wednesday: Crimini** / **Thursday: White Button** / **Friday: Crimini**  
**Storage Tip** - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

**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.

**Fennel: Wild Coyote** (Berrien Springs, MI)  
**Storage Tip** - Remove greens to preserve the stem longer. Greens can be used within a week and the white part can be stored in a bag in the crisper for a month or so.

**Sweet Corn: Nichols Farm and Orchard** (Marengo, IL)  
**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.

**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.

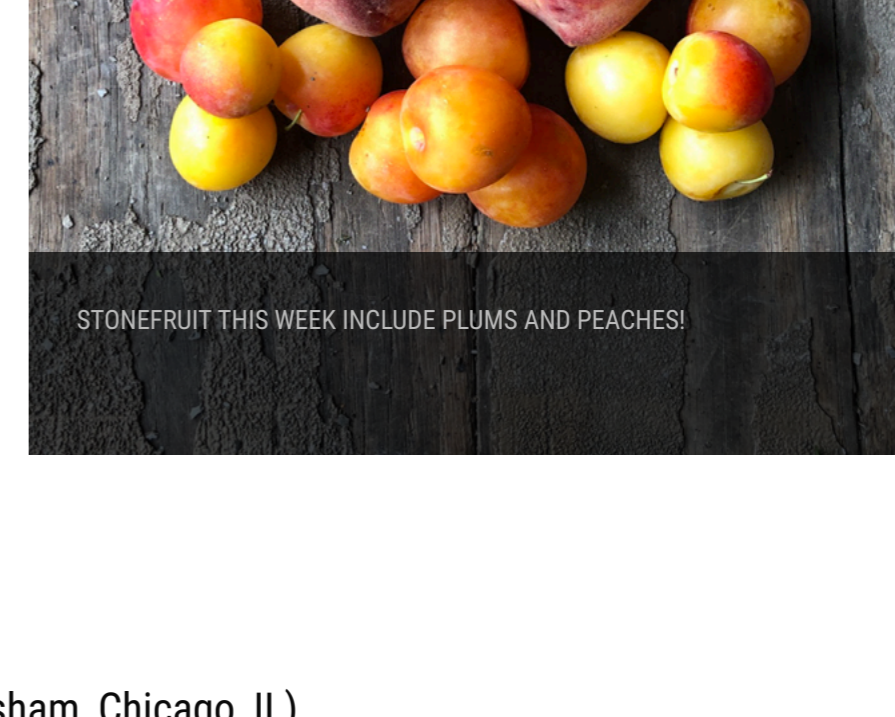


FROM LEFT TO RIGHT: KALE, CHARD AND COLLARD

**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** - 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.

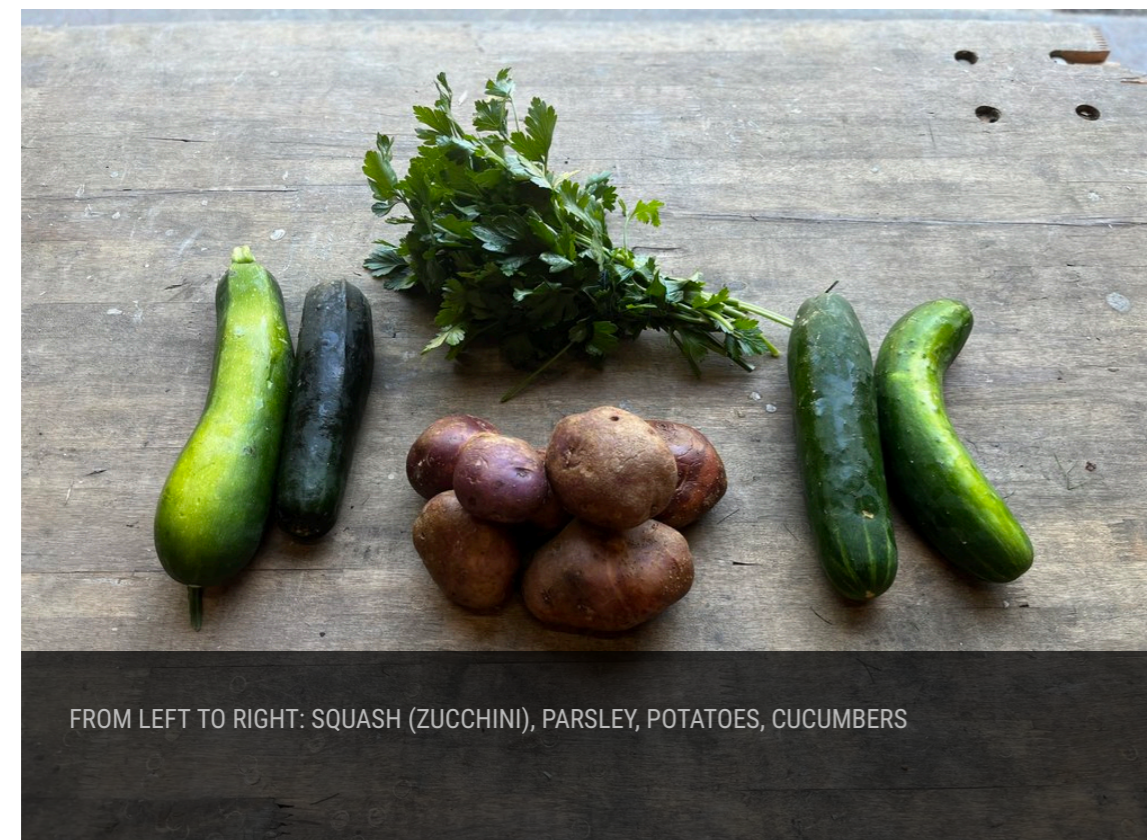
**Green Beans: Mick Klug Farm** (St. Joseph, MI)  
**Storage Tip** - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Whole beans stored this way should keep for about seven days.



STONEFRUIT THIS WEEK INCLUDES PLUMS AND PEACHES!

## Substitutions

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



FROM LEFT TO RIGHT: ZUCCHINI (SQUASH), PARSLEY, POTATOES, CUCUMBERS

**Parsley: 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.

**Purple Potatoes: Erandi Farm** (Atlanta, IL)  
**Storage Tip** - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag, for up to 6 months.

**Cucumbers: Prairie Farm** (Atlanta, IL)  
**Storage Tip** - 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.

**Zucchini / Summer Squash: The Urban Canopy** (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Summer squash can be stored in the fridge for up to 10 days. Do not wash before putting in the fridge. Store in an open plastic bag so moisture doesn't accumulate.

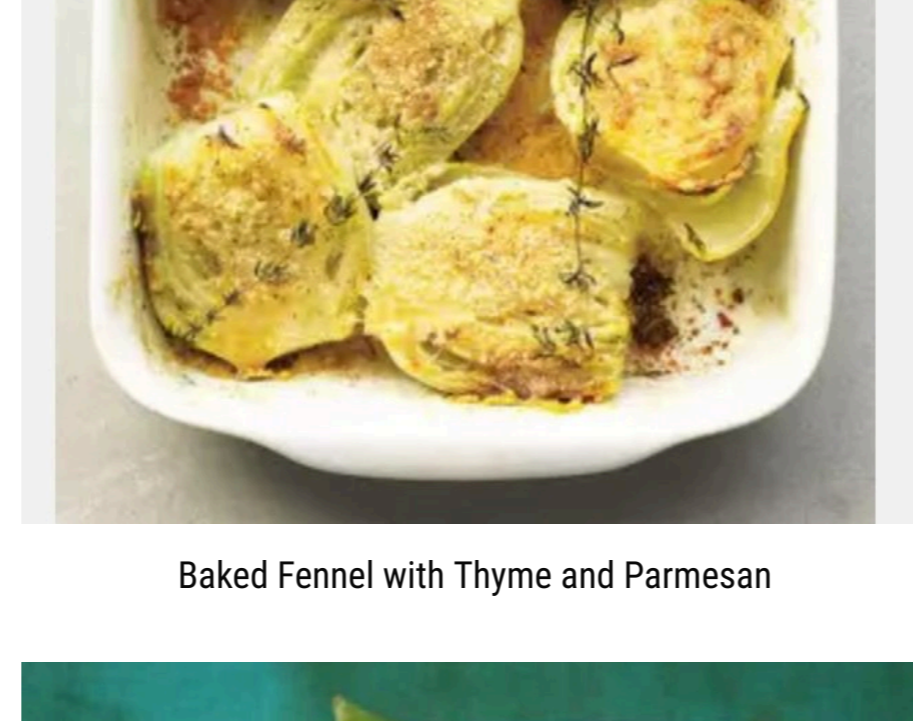
**Spring Onions: The Urban Canopy** (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Spring Onions can be kept on the counter for two days but will then start to wilt. You should keep their greens dry. After a couple days they should be stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

[Click here for Week 12's newsletter](#)

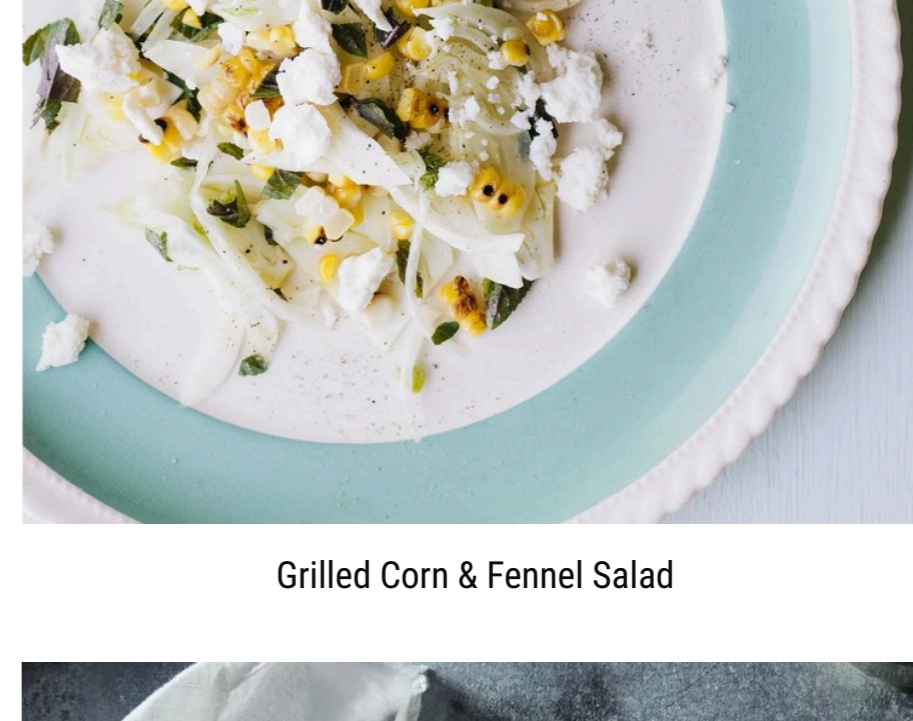
## Recipe Recommendations



Peach & Fennel Salad



Baked Fennel with Thyme and Parmesan



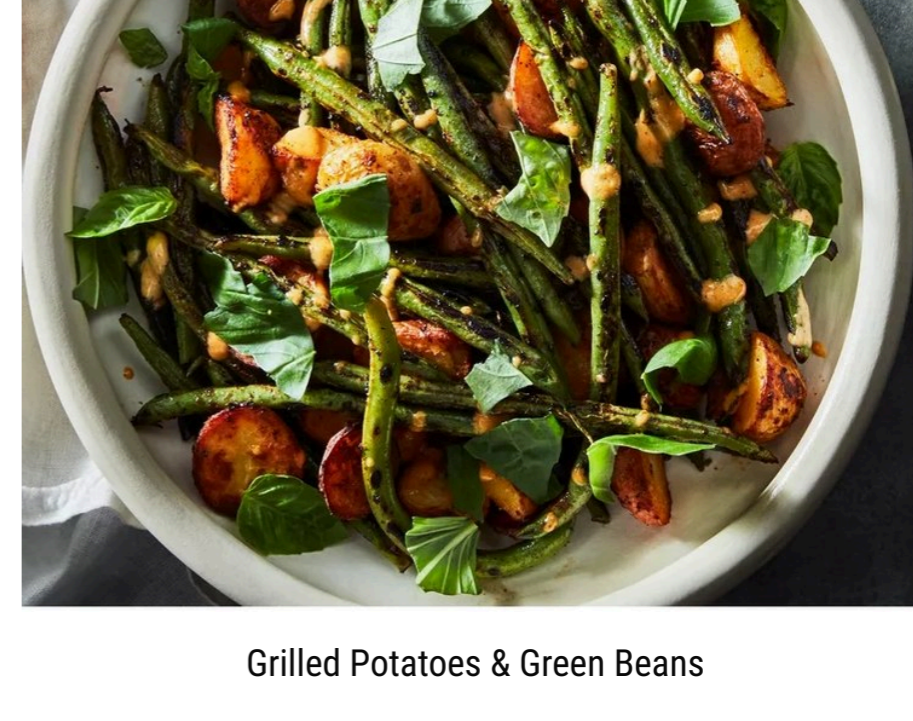
Grilled Corn & Fennel Salad



Cheddar Green Bean Casserole



Green Beans with Mint & Pancetta



Grilled Potatoes & Green Beans



Esquites (Mexican Corn Salad)



Quick Pickled Banana Peppers



Stuffed Banana Peppers

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