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Summer Week 14 - 07/05, 07/06, 07/07

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: El Molcajete Sauces

With recipes that originate from Oaxaca, Mexico, we are ecstatic to be able to offer two delicious rotating salsas plus tortilla chips! [Check out their website](#) for recipe ideas and an informative look into their history.

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



El Molcajete Tortilla Chips



El Molcajete Tomatillo Sauce



Tasting India Chili Crunch



Week 14 Tips & Tricks

Here we are - the start of July! We're just about getting to the heavy fruits of late Summer, but first we'll be reveling in the first rounds of some of our favorite root vegetables (plus the beloved berry season)! The other thing that marks this time of year for me - it's about to get *really* warm outside, so I try to use my oven a lot before it's too hot to even stand over the stovetop.

We've got new potatoes, beets, and shallots for you this week! I know if you've never heard of them, the name "new" potatoes might sound sort of silly. But these are quite distinct from the cured potatoes that we normally eat! They are harvested before they get too big or their skin too thick, so they are full of moisture and sweetness. Shallots are a fun alternative to a regular onion - their flavor is sweeter and more delicate. And beets are not only brilliant in their bright colors, but they are super versatile *and* full of antioxidants. These are all wonderful candidates for a roast or on the grill! Personally, I've been wanting to try making a savory tart, so that may be my LUCSA share experiment for the week.

Beetroot & Shallot Tatins

New Potato Salad

Smashed Potato & Shallot Gratin

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:

Hard Cider (Strawbarbarella & Pedestrian): [ERIS Brewery & Cider House](#) (Old Irving Park, Chicago, IL)

Backup: Komunity Kombucha or Metropolis Cold Brew

Bread:

Wednesday: **Country Sourdough**, [pHlour Bakery](#) (Andersonville, Chicago, IL)

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

Friday: **Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market, 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: [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.

Rainier 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.

Salad Greens: *Romaine or lettuce mix*: [UC's oFarm](#) (Auburn Gresham, 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!

WEDNESDAY DELIVERIES MAY RECEIVE TURNIPS (LEFT) OR BEETS (RIGHT), WHILE THURSDAY AND FRIDAY WILL LIKELY RECEIVE BEETS (AND POTENTIALLY TURNIPS AS A SUBSTITUTE ITEM - SEE BELOW)

Curly Kale: [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

Storage Tip - Either loosen or remove the rubber band. 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. Or keep in a glass of water like a bouquet!

Shallots: [Nichols Farm & Orchard](#) (Marengo, 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.

Beets or Turnips: [UC's oFarm](#) (Auburn Gresham, 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.

New Potatoes: [Down at the Farms](#) (Fairbury, IL)

Storage Tip - New potatoes don't store quite as well as more mature potatoes because they have such thin skins and high moisture levels. Keep them in a paper bag or loosely wrapped plastic on the counter and use within a few days.

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: [Nichols Farm & Orchard](#) (Marengo, IL) - Egg 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 a damp paper towel or stored like a bouquet with the stem in a glass of water.

Mixed Summer Squash: [Nichols Farm & Orchard](#) (Marengo, IL) / [UC's oFarm](#) (Auburn Gresham, Chicago, IL) - Bread substitute

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.

FROM LEFT TO RIGHT: TURNIPS, CABBAGE, ZUCCHINI, BROCCOLI, SUMMER SQUASH, FENNEL

Fennel: [Nichols Farm & Orchard](#) (Marengo, IL) - *Mushroom substitute*

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.

Turnips: [UC's oFarm](#) (Auburn Gresham, Chicago, IL) - *Beverage substitute*

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

Cabbage: [Family Farm Fresh](#) (Rockville, IN) - *Miscellaneous substitute*

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