

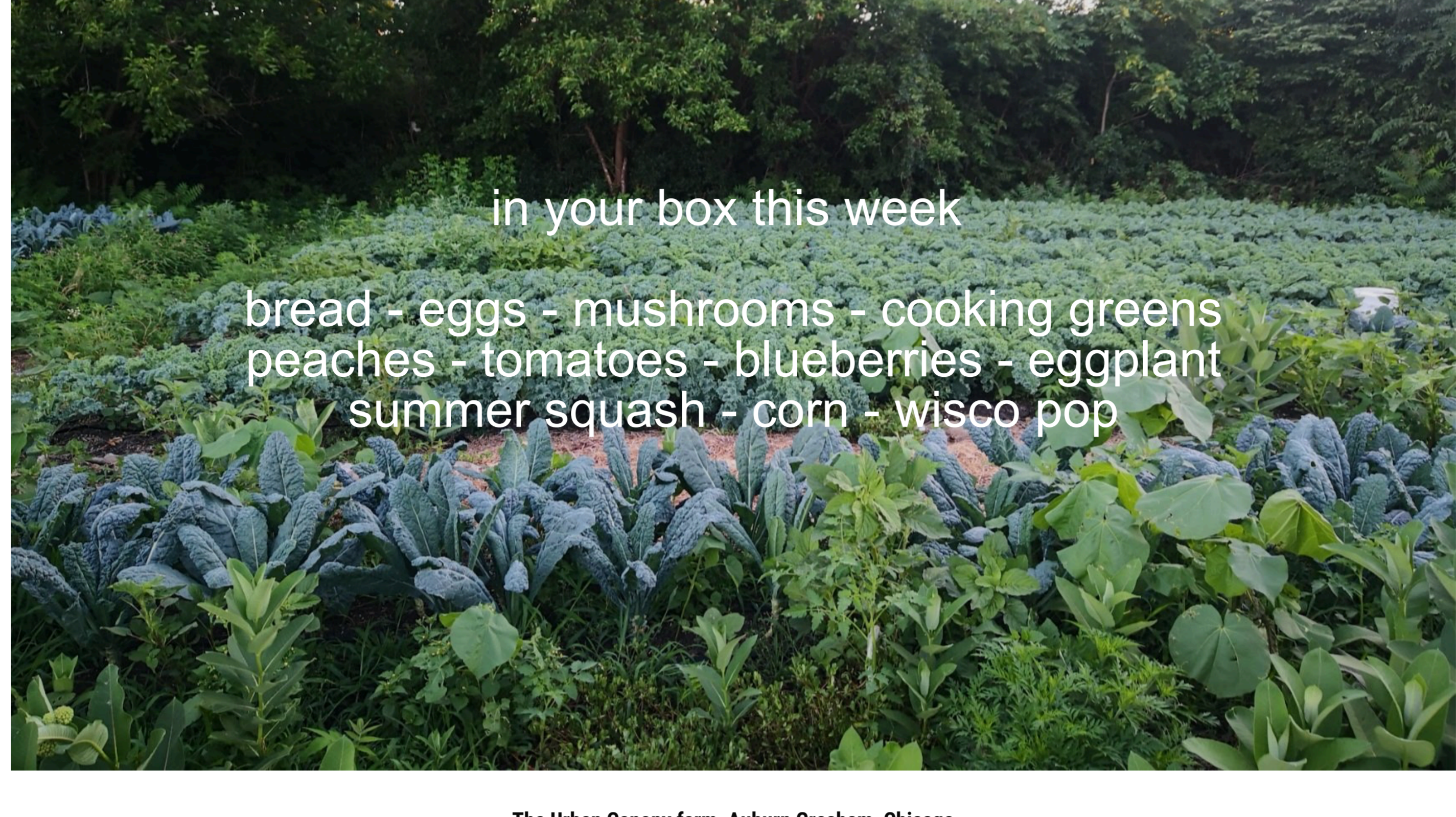


Summer Week 14 8/17 8/18 8/19

Welcome to Summer - LUCSA Week 14!

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 - blueberries - eggplant
summer squash - corn - wisco pop

The Urban Canopy farm, Auburn Gresham, Chicago

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

SIGN-UP NOW WINTER LUCSA 2022 / 2023

WHAT TO LOOK FORWARD TO IN WINTER LUCSA

- pantry staples from local sources like wild rice, pecans & dried beans
- items from the Urban Canopy processing kitchen like kimchi, soups and canned tomatoes
- locally sourced vegetables all winter long

[CLICK HERE TO SIGN-UP FOR WINTER](#)

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: Donut Peaches 1#

From Mick Klug, St. Joseph, MI



4 Letter Word Coffee Beans

Hyper Ballad blend of Ethiopian and Brazilian coffees ideal for espresso but works well with any brewing method.




Prairie Fruits Goat Milk Feta

Tangy and perfect for crumbling into salads. Packed in brine.



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 Peach Jalapeno Mustard

Perfect for grilled sausages or use as a dipping sauce on a cheese plate with veggies and crostini.



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: Sparkling Sodas & Waters [Wisconsin Pop](#) (Madison, WI)
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: [Sourdough Pullman](#), [Publican Quality Bread](#) (Fulton Market)
Thursday: [Country Round Middlebrow](#) (Logan Square, Chicago, IL)
Friday: [Focaccia](#) [EranHer Bakery](#) (Pilsen)
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: [Einn'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 - 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.

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.

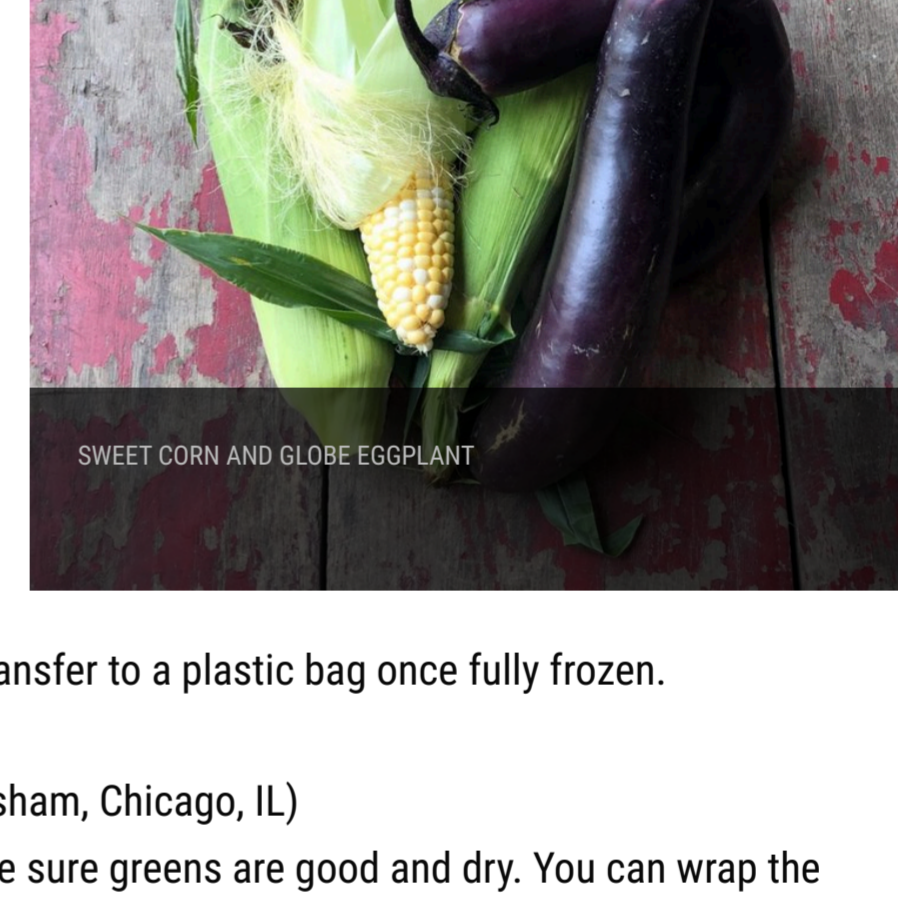
Blueberries: [Mick Klug Farm](#) (St. Joseph, MI)
Storage Tip - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

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.

Donut 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.

Tomatoes: [Prairie Earth Farm](#) (Atlanta, IL)
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Globe 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.



FROM LEFT TO RIGHT: KALE, CHARD AND COLLARDS

Substitutions

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

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.

Jalapeno Peppers: [Prairie Earth Farm](#) (Atlanta, IL)
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Tomatillos: [One Family Farm](#) (Chicago, IL)
Storage Tip - Tomatillos can be kept in the fridge for 2-3 weeks. Store them loose in an unsealed paper bag. To help keep them fresh and free of bruises, don't peel back the husks until you're ready to eat them.

Beets: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)
Storage Tip - Separate greens from the root for the root to last longer in 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.

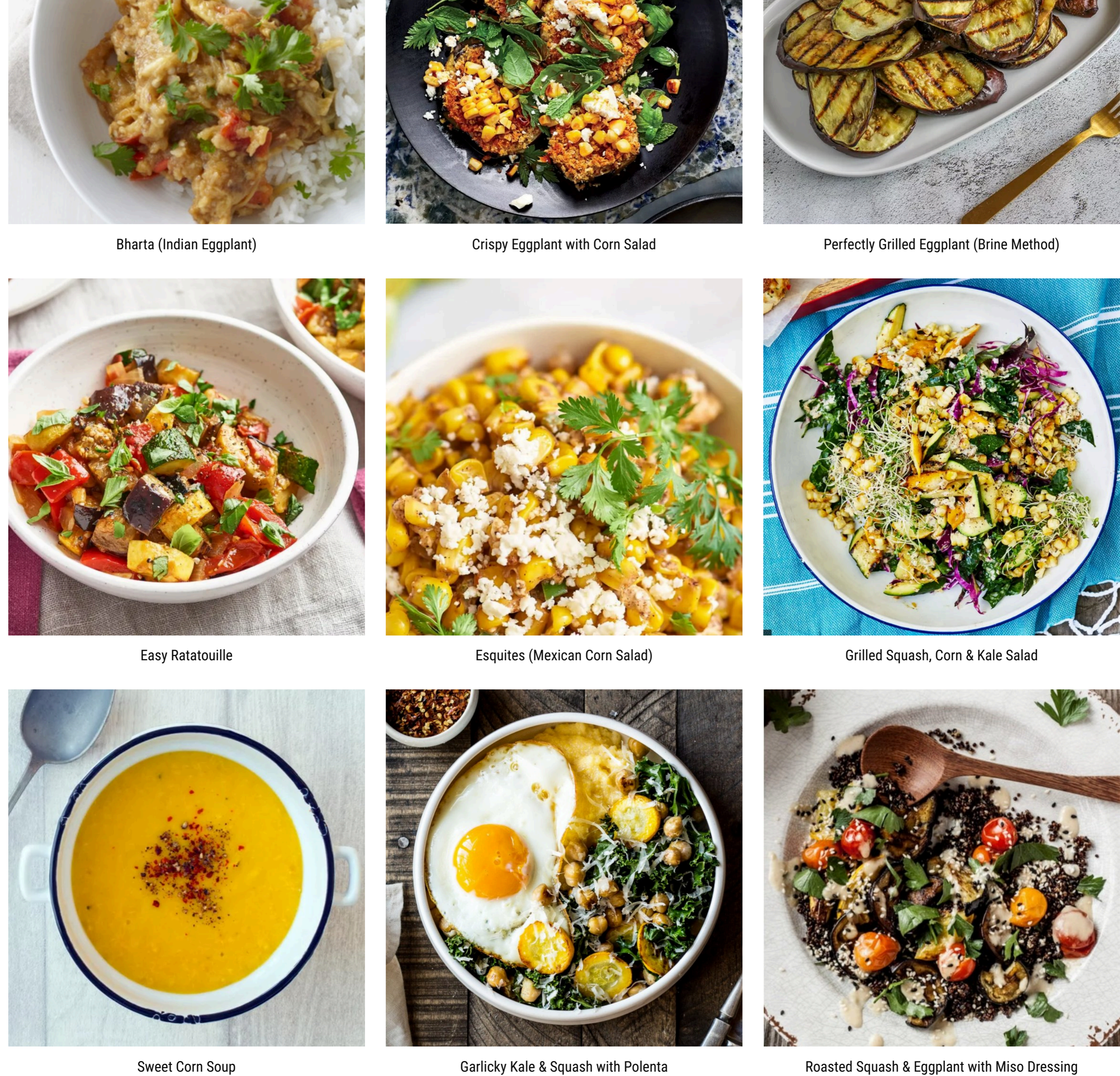
Carrots: [Bridge & Bloom Farms](#) (Bronzeville, Chicago, IL)
Storage Tip - Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.

Fennel: [Wild Coyote](#) (Berrien Springs, MI)
Storage Tip - Can be stored in a bag in the crisper for a month or so.

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

[CLICK HERE FOR WEEK 13 NEWSLETTER](#)

Recipe Recommendations



Bharta (Indian Eggplant)

Crispy Eggplant with Corn Salad

Perfectly Grilled Eggplant (Brine Method)

Easy Ratatouille

Esquites (Mexican Corn Salad)

Grilled Squash, Corn & Kale Salad

Sweet Corn Soup

Garlicky Kale & Squash with Polenta

Roasted Squash & Eggplant with Miso Dressing

Click on the image to access the recipe



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