



Summer Week 14: September 1/2/3

Welcome to LUCSA Week 14!

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 by **Monday at noon!** Thank you!



What's in the box this week?

bread, eggs, mushrooms, kombucha, blue potatoes, celery, pears, melon, beets, greens

Add-on Items

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

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



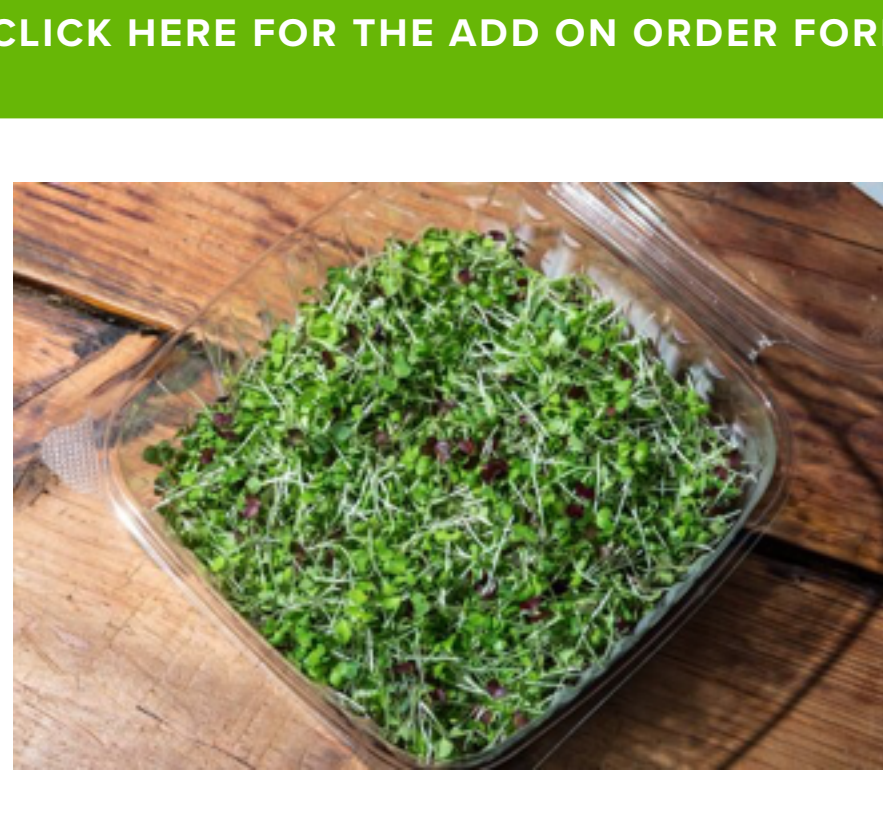
bon pastries pie bars

two peach basil pie bars. sweet august peaches with a touch of basil on shortcrust. vegan.



urban canopy spicy salsa

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



garfield produce micro-greens

micro-broccoli - nutritious and mild, vibrant in both color and flavor. a super food and excellent source of Vitamin A.



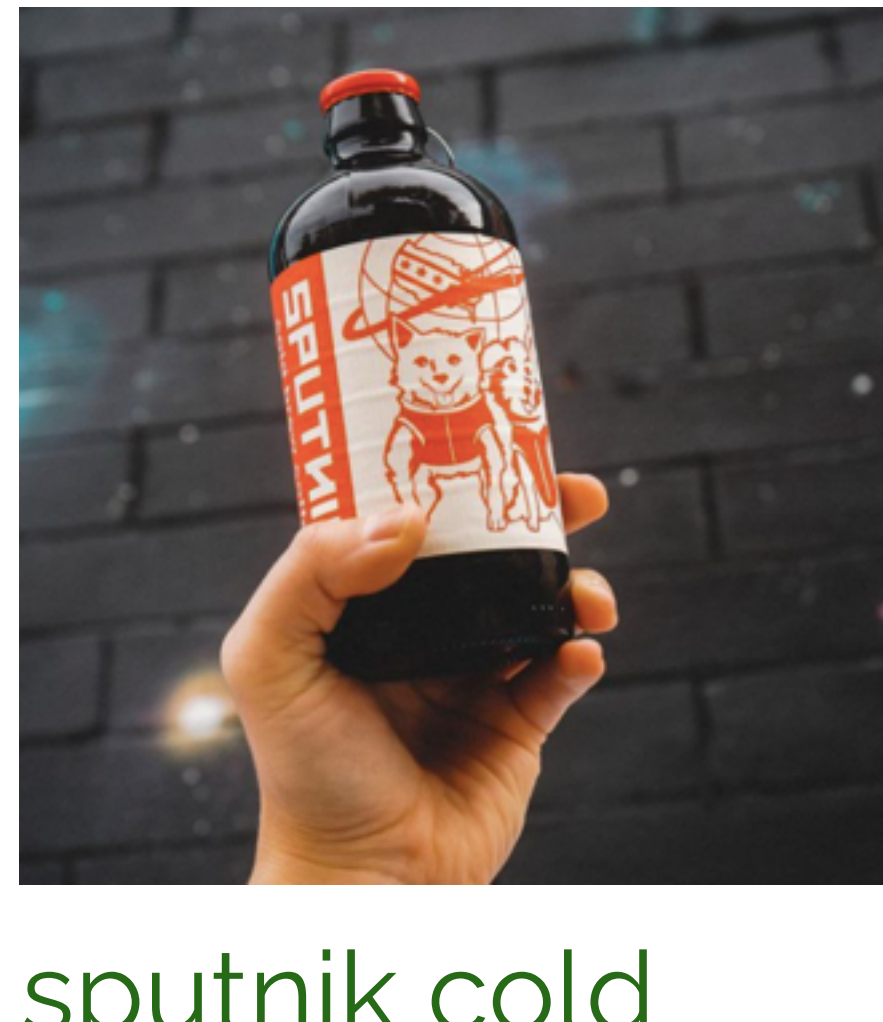
prairie fruits cheese

artisan cottage cheese - artisan version of an "everyday" eating cheese using a traditional, long ferment process. you can see and taste the pasture in the milk—the golden color and richness is evidence of an all-grass cow dairy. enjoy either sweet (with fruit and honey) or savory (make a dip or serve it a top your favorite salad).



foxship bakery cookies

double chocolate - fudgy, gooey, gigantic and just about everything you could ever want in a cookie. crisp around the edges with a soft, chewy center, loaded with chocolate chips.



sputnik cold brew!

12oz bottle.

& much more available!

From the Farmers

A Life in the Day of Joseph Benjamin

Early to bed and early to rise
 Southbound I drive, still rubbing my eyes
 Watching the sun peek out over the lake
 Most are still sleep, but am I awake?

Sun hats on heads and sunscreen on faces
 Dust off your boots and pull tight the laces
 Tucked away inside of forgotten spaces
 Something abandoned becomes an oasis

This place is so different compared to where I'm from
 Still, most days this thought don't bother me none
 Am I making change? What kind? And how much?
 Most days these questions don't bother me much.

After the harvest is when our job's hardest
 The heat is it's hottest; cool comfort feels farthest
 The farmer must be a scientist and artist
 I know hard work, but do I really know hardship?

Always more work than time we can spend
 Beds to be flipped and drip tape to mend
 Nearing day's end, knees and backs barely bend
 We'll rest until morning, then do it again.



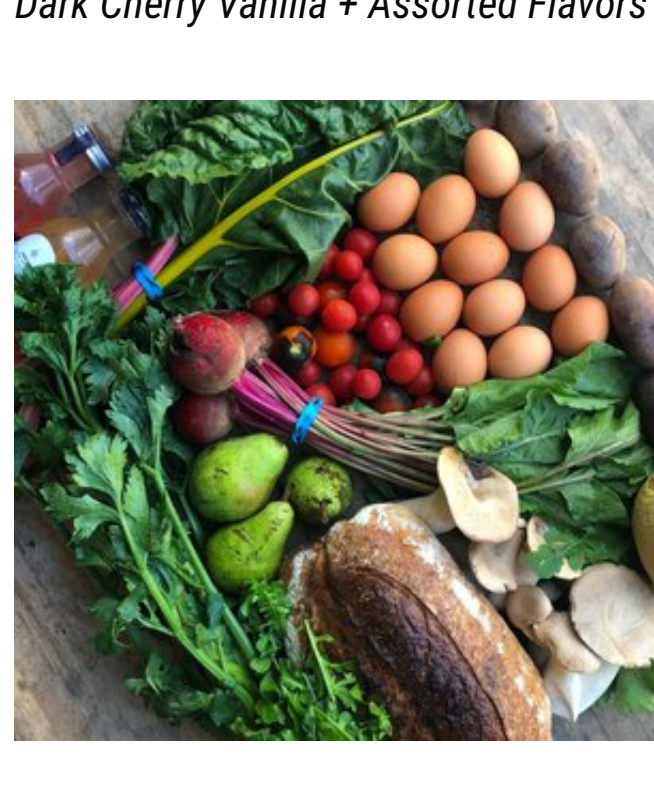
Share Contents (in progress)

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: [Kombuchade](#) (Chicago, IL)
 Dark Cherry Vanilla + Assorted Flavors



Bread

Wednesday: Sourdough Round, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)
Thursday: Multigrain Loaf, [pHlour Bakery](#) (Andersonville, Chicago)
Friday: Multigrain Loaf, [pHlour 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: [Fini'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: Trumpet Mushrooms, [Mycopia Mushrooms](#) (Scottville, MI)
Friday: Trumpet Mushrooms, [Mycopia Mushrooms](#) (Scottville, MI)
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Arugula / Cooking Greens / Han Tsai Tai: [The Urban Canopy](#) (Englewood, Chicago, IL)
Storage Tips

Chard, kale, collards - 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. / **Arugula + Han tsai tai** - Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

Wednesday: Han tsai tai, arugula, swiss chard, lacinato kale
Thursday: han tsai tai, kale
Friday: Kale, collards



LEFT TO RIGHT: ARUGULA, HAN TSAI TAI - THIS WEEK, YOU WILL RECEIVE ONE OF THESE SALAD GREENS OR ONE OF THE COOKING GREENS IN THE PHOTO ABOVE

Celery: [PrairieErth Farm](#) (Atlanta, IL)

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

Bartlett Pears: [Seedling Orchard](#) (South Haven, MI)

Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Blue Potatoes: [PrairieErth 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.

Cherry Tomatoes: [The Urban Canopy](#) (Englewood, Chicago, IL), [Genesis Growers](#) (St. Anne, IL), [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)

Heirloom / Slicing Tomatoes: [PrairieErth Farm](#) (Atlanta, IL), [Gary Comer Center](#) (Grand Crossing, Chicago, IL)

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.



FROM LEFT TO RIGHT: KALE, SWISS CHARD, COLLARD GREENS- THIS WEEK, YOU WILL RECEIVE EITHER ONE OF THESE COOKING GREENS OR ONE OF THE SALAD GREENS IN THE PHOTO BELOW, DEPENDING ON DELIVERY DAY

Wednesday: Tomatoes
Thursday: Tomatoes, cherry tomatoes
Friday: Cherry tomatoes

Cantaloupe / Melons: [Nichols Farm and Orchard](#) (Marengo, IL), [Genesis Growers](#) (St. Anne, IL)

Storage Tip - Ripen at room temperature on your counter. Melon will give off a noticeable aroma of melon when it is ripe and the flower end of the melon will have some give. Cut up into slices or squares and you can keep refrigerated for a week. If you do not want to cut the entire melon, leave the seeds in the uncut half and cover with plastic wrap.

Beets: [The Urban Canopy](#) (Englewood, Chicago, IL), [PrairieErth Farm](#) (Atlanta, 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.

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

Onions: [Nichols Farm and Orchard](#) (Marengo, IL), [Gorman Farm Fresh Produce](#) (Monee, IL) - Beverage and egg substitute

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag.

Parsley: [The Urban Canopy](#) (Englewood, Chicago, IL) - Beverage and egg substitute

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

Carrots: [The Urban Canopy](#) (Englewood, Chicago, IL) - Bread substitute

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

Shishito Peppers: [Genesis Growers](#) (St. Anne, IL) - Mushroom substitute

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

Lunchbox Peppers: [The Urban Canopy](#) (Englewood, Chicago, IL) - Mushroom substitute

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



FROM LEFT TO RIGHT: SHISHITO PEPPERS, LUNCHBOX PEPPERS, DONUT PEACHES (THESE WILL BE IN YOUR SHARE IF YOU ORDERED EXTRA FRUIT THIS WEEK), ONIONS, CARROTS, NOT PICTURED - PARSLEY

Recipe Recommendations

Click on the image to access the recipe



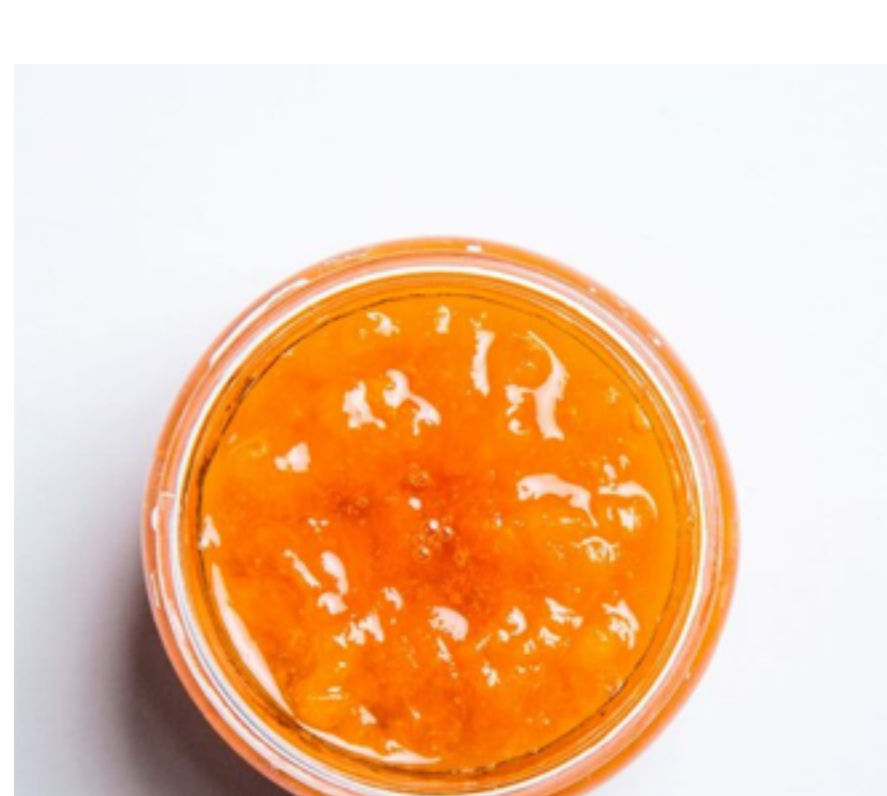
Kale and Celery Mezcal Sour



Seared Lamb with Lentils and Roasted Beets



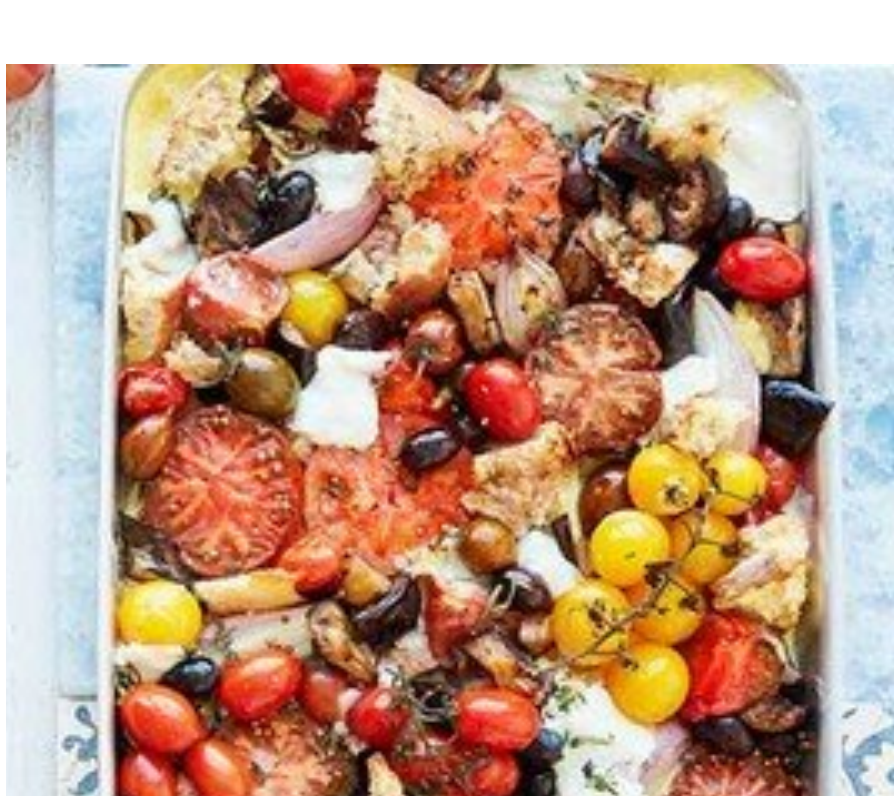
Crispy Potato Salad with Chiles, Celery, and Peanuts



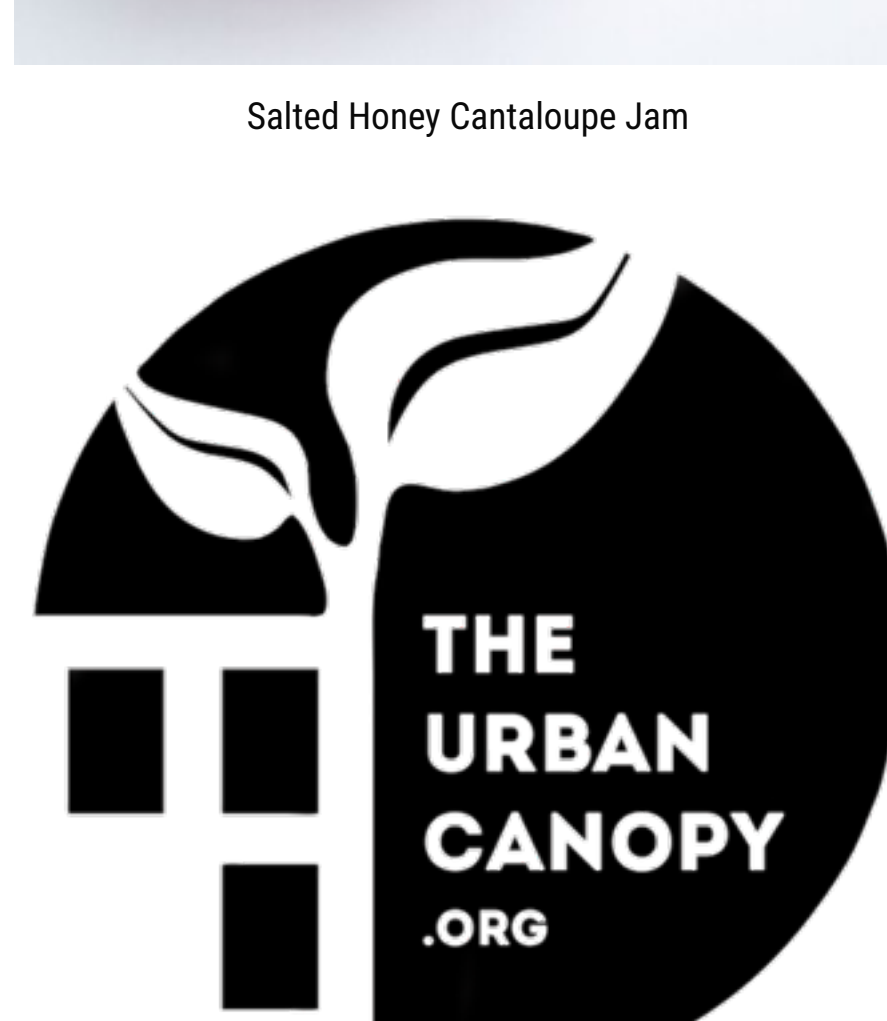
Salted Honey Cantaloupe Jam



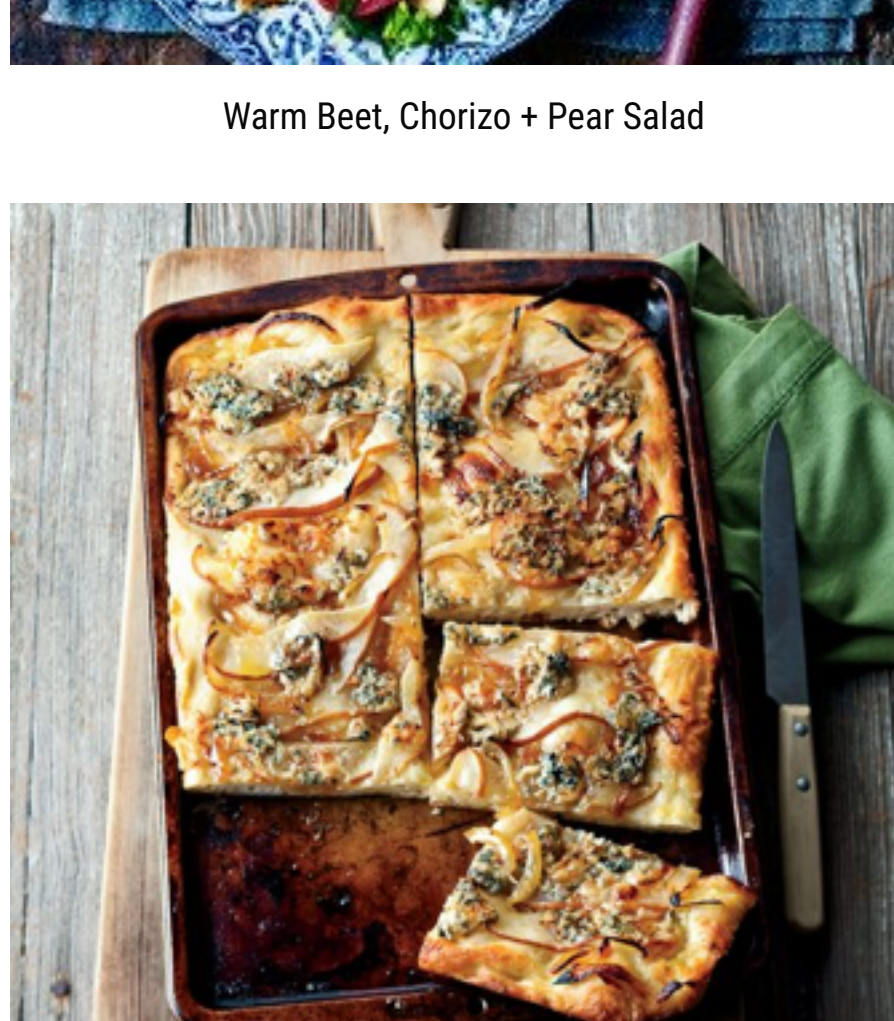
Warm Beet, Chorizo + Pear Salad



Lazy Summer Tomato + Sourdough Tray Bake



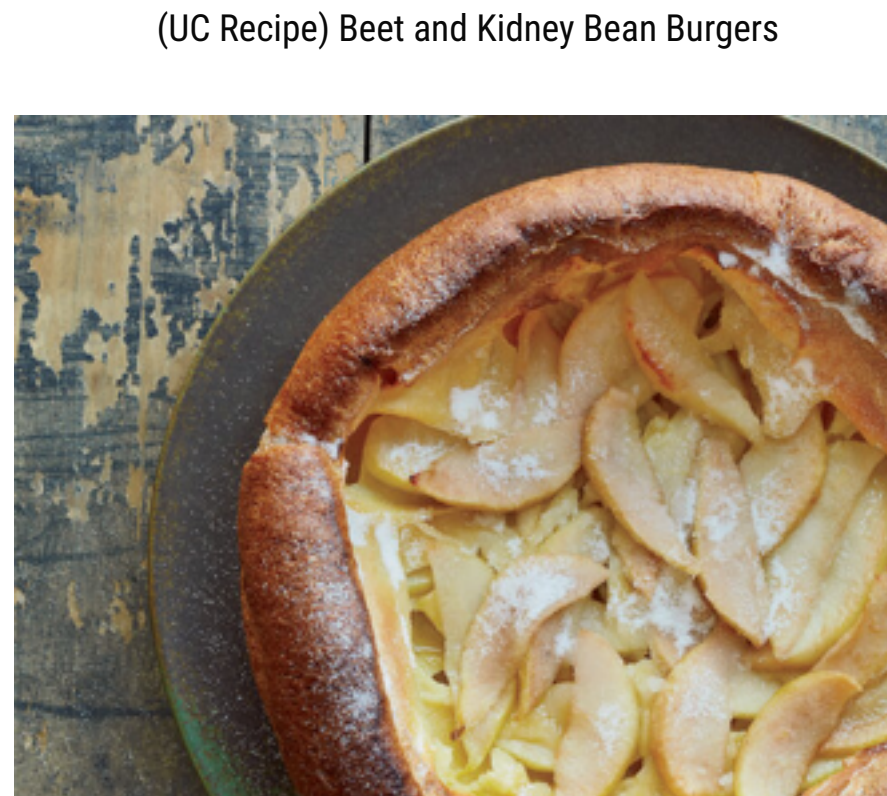
(UC Recipe) Beet and Kidney Bean Burgers



Focaccia with Caramelized Onion, Pear + Bleu Cheese



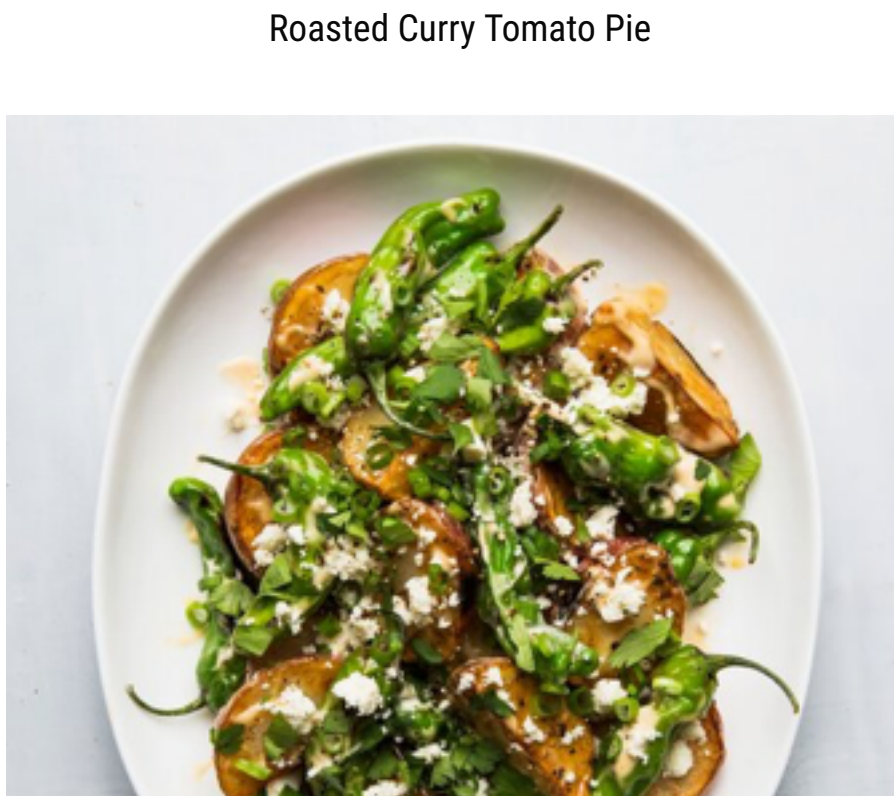
Roasted Curry Tomato Pie



Flaugarde w Pears



Hazelnut Tea Cake with Moscato Pears



Potato + Shishito Hash (my suggestion - add a fried egg!)



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