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**Summer Week 15 -
07/12, 07/13, 07/14**



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



Metropolis Espresso Capsules



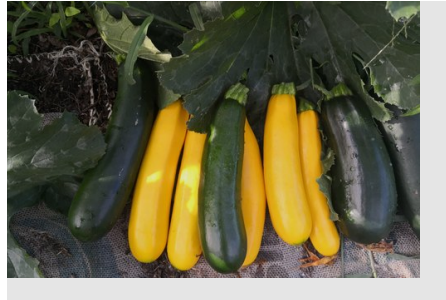
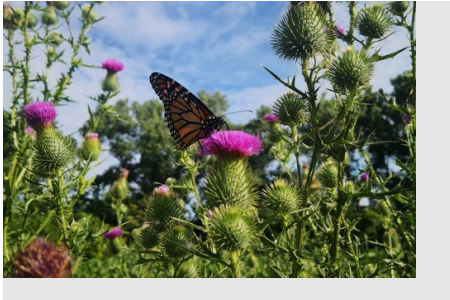
UC Marinated Peppers



Freeman House Chai Concentrate

Week 15 Partner Spotlight!

This week I want to highlight our wonderful coworkers and co-LUCSA conspirators, the hardworking farmers who plan their entire year around growing food for **you** – the Urban Canopy's **oFarm**! Despite a number of roadblocks along the way, including difficulty finding reliable water access, bathrooms for the crew, and all the usual constraints of urban farming, our oFarm team has successfully converted an empty lot into a flourishing commercial food production farm. At the height of their season, they are harvesting almost every day to keep up with the crops that fill their 2 acre farm! We are fortunate enough to contribute to their collaborative planning process each year. This ensures that we have the best, most local produce for our LUCSA shares! This week, we have curly kale, zucchini, summer squash, scallions, parsley, beets, and turnips from oFarm! And further on in the summer, we are looking forward to daikon, eggplants, peppers, arugula, and much more!



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:

Beer (Beer for Ball Games, Beer for Beaches): Off Color Brewing (Hermosa, Chicago, IL)

Beverage substitute: Klarbrunn Sparkling Water (3 cans)

Bread:

Wednesday: **Pullman Sourdough**, Publican Quality Bread (Fulton Market, Chicago, IL)

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

Friday: **Challah**, [Franher Bakery](#) (Pilsen, 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:

Wednesday: **White Button**: [River Valley Ranch](#) (Burlington, WI)

Thursday: **White Button or Shiitake**: [River Valley Ranch](#) (Burlington, WI)

Friday: **Shiitake or Oyster**: [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.

Broccoli: [Gorman Farm Fresh Produce](#) (Monee, IL) / [Nichols Farm & Orchard](#) (Marengo, IL)

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.



FROM LEFT TO RIGHT: OYSTERS, WHITE BUTTONS, SHIITAKES

Mixed Summer Squash: [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Nichols Farm & Orchard](#) (Marengo, IL) / [Gray Farms](#) (Watseka, 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.

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!

Raspberries: [Mick Klug Farm](#) (St Joseph, MI)

Storage Tip - Pick through your berries and remove any bad ones. Store in the fridge with a paper towel to absorb excess moisture. Berries should keep in the fridge for 2-3 days. If you are not able to eat them right away, freeze on a sheet tray then transfer to a plastic bag once fully frozen.

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

Storage Tip - Pick through your berries and remove any bad ones. Store in the fridge in for up to 7 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***



FROM LEFT TO RIGHT: FENNEL, CUCUMBERS, SCALLIONS, RAINER CHERRIES, SHALLOTS, TURNIPS, BEETS, PARSLEY

Cucumbers: [Gray Farms](#) (Watseka, IL)

Storage Tip - They can be stored in the fridge for a few days whether you shell them or not. If you aren't going to have time to eat them in a day or two, shell them, blanch them and freeze them to keep them sweet and perfect.

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.

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

Storage Tip - Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

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

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

Beets: [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.

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.

Fennel: [Nichols Farm & Orchard](#) (Marengo, IL)

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)

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

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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