



Summer Week 15: 8/24 8/25 8/26

Welcome to Summer - LUCSA Week 15!

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 - cantaloupe - leeks
cucumbers or squash - corn

The Urban Canopy farm, Auburn Gresham, Chicago

Produce from the Farm: Leeks

We are very excited to have our first crop of leeks this week from our plot. Leeks are a member of the onion family and can be used in most recipes that call for onions. They are rather mild and sweet when cooked which makes them very popular in classic French kitchens. They are also very tender which means that they don't require much cooking and get soft very quickly. Similar to scallions, it is a good idea to add them near the end of a saute or stir fry if you want to keep them whole with a little bit of chew since they can get mushy and break down fast when they are over cooked. Because they do cook down and get soft very easily, they are amazing in soups and tarts and purees.

One thing to remember when using leeks is that they can tend to be sandy and gritty because of how they grow so it is a good idea to clean them thoroughly to insure you aren't chewing on too much dirt in your dish. There are two simple techniques for cleaning. For both, remove both the roots and the tougher dark green leaves. These are great for vegetable stock and can be used in recipes that call for long, slow cooking since they do need a lot of time to fully break down and lose their toughness. If you are going to use them as a smaller dice, you can then quarter the bulbs and then toss them in a bowl with cold water, swirl them around to remove any dirt and then scoop them out. If you want to keep the leeks larger and more whole, split them in half lengthwise and rinse them under the tap with cold water making sure to get the water to penetrate all the layers.

Leeks are super versatile and can be cooked in almost any method: baked, sauteed, braised, boiled or stewed. One of our favorite preparations is to lightly bread them with an egg and flour mixture and either deep fry them or pan fry them. They can then be used as a topping for burgers or an amazing corn and tomato summer salad.

Look for some great ideas in the recipe section below.

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



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.



Marcoat Creamery Garlic Herb Cheese Curds 7oz

A perfect squeaky snack or melted onto your poutine. Made with pasteurized cow's milk, vegetable rennet with garlic, chives and milk.



4 Letter Word Coffee Beans

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

& much more available!



Prairie Fruits Goat Milk Feta

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



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 reusable glass jar.

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: PassionCat Cold Brew Coffee, [Passion House Coffee Roasters](#) (Chicago, IL)

Storage Tip - Needs to be stored in the fridge.

Bread:

Wednesday: Challah, [FranHer Bakery](#) (Pilsen)

Thursday: Sourdough Pullman, [Publican Quality Bread](#) (Fulton Market)

Friday: Country Round, [Middlebrow](#) (Logan Square, Chicago, IL)

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

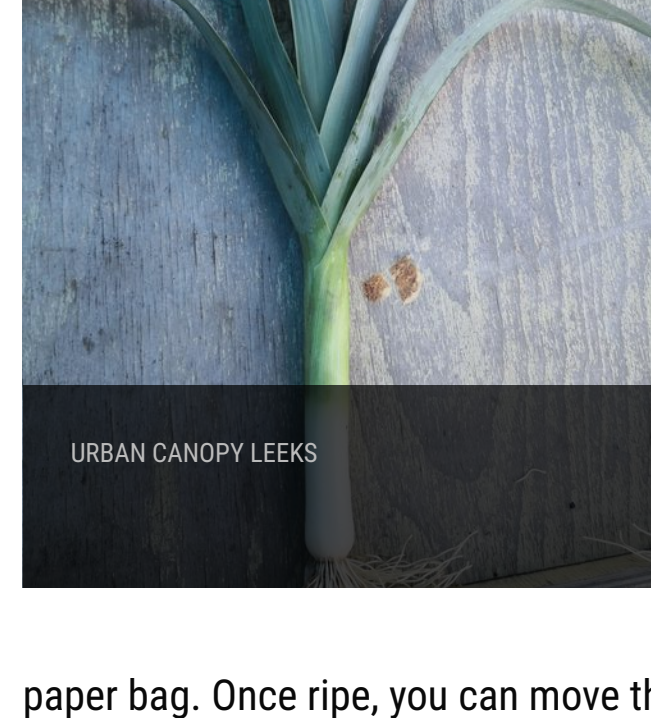
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

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.

Sweet Corn: [Nichols Farm and Orchard](#) (Marengo, IL) / [Mick Klug Farm](#) (St. Joseph, MI)

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.



URBAN CANOPY LEEKS

Sugar Cube Melons: [Nichols Farm and Orchard](#) (Marengo, 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.

Collards or Kale: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tip - Remove from exposable 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.

Leeks: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [PrairieEarth Farm](#) (Atlanta, IL)

Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Peaches: [Seedling Orchard](#) (South Haven, 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: [PrairieEarth Farm](#) (Atlanta, IL) [Growing Solutions Farm UAS](#) (Illinois Medical District, Chicago, IL)

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

Cucumbers or Summer Squash: [One Family Farm](#) (Chicago, IL) / [Growing Solutions Farm UAS](#) (Illinois Medical District, Chicago, IL) [The Urban Canopy](#) (Auburn Gresham, Chicago, 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. Keep 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. In an open plastic bag so moisture doesn't accumulate.

Substitutions

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

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.



FROM LEFT TO RIGHT: SQUASH, SHISHITO, OKRA, GREEN BEANS, PARSLEY

Zucchini, Summer Squash or Patty Pan: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Nichols Farm and Orchard](#) (Marengo, 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.

Okra: [Nichols Farm and Orchard](#) (Marengo, IL)

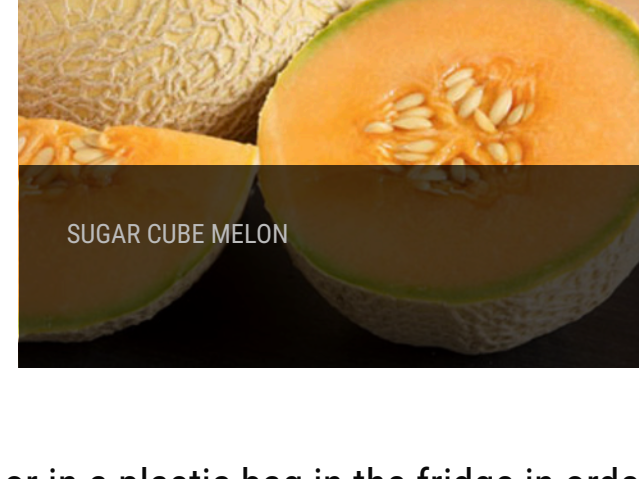
Storage Tip - Fresh okra is very perishable. Keep no more than two to three days in the refrigerator. Store in a paper bag or wrapped in a paper towel and placed inside a perforated plastic bag to keep pods very dry. Moisture causes pods to become slimy.

Green Beans: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Use or freeze within about 2 weeks.

Shishito Peppers: [Nichols Farm and Orchard](#) (Marengo, IL)

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



SUGAR CUBE MELON



PATTY PAN SQUASH

[CLICK HERE FOR WEEK 13 NEWSLETTER](#)

Recipe Recommendations



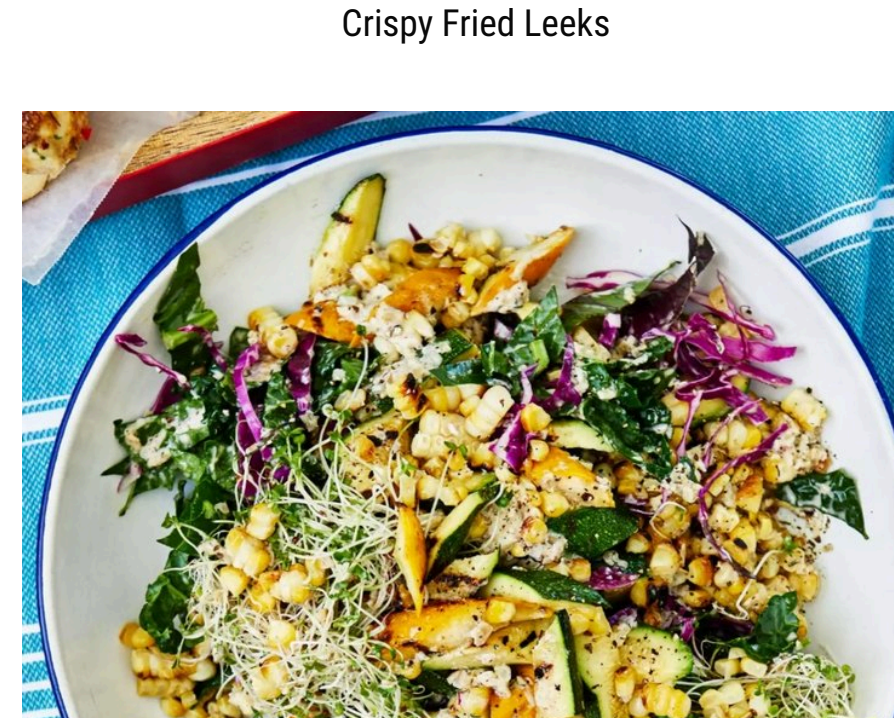
Crispy Fried Leeks



Grilled Leeks with Romesco Sauce



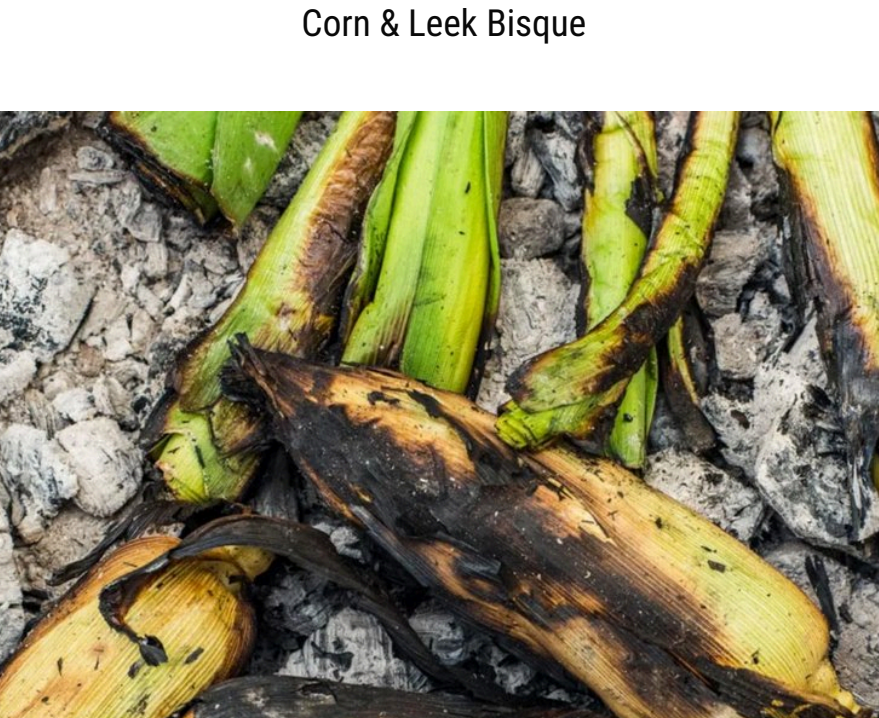
Corn & Leek Bisque



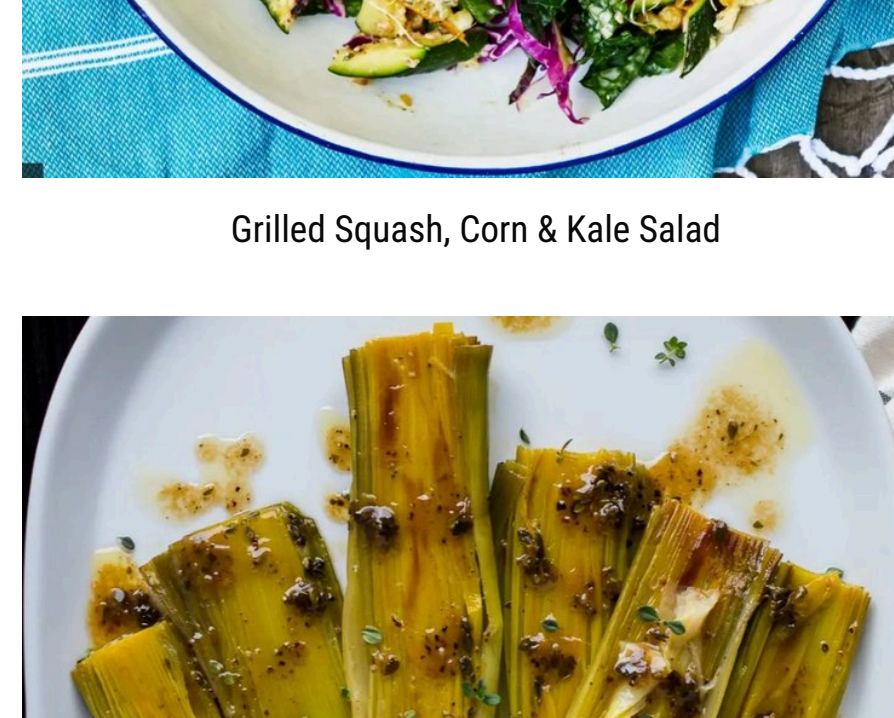
Grilled Squash, Corn & Kale Salad



Braised Leeks & Mushrooms with Lemon & Bacon



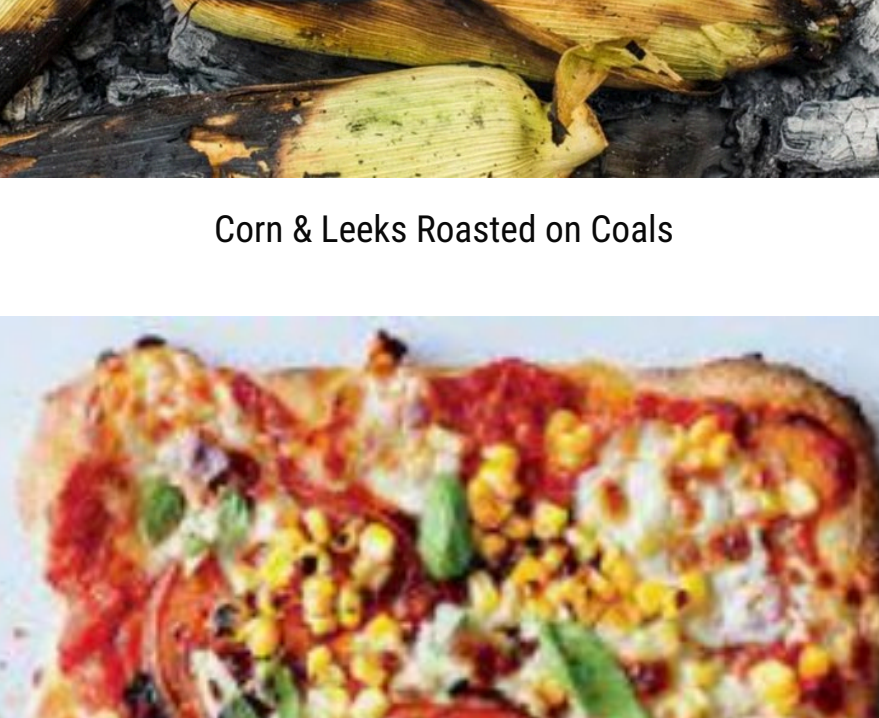
Corn & Leeks Roasted on Coals



Braised Leeks



Buttery Leeks with Parmesan & Thyme



Corn, Tomato & Basil Pizza

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

info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible!)