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Summer Week 16 - 07/19, 07/20, 07/21

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 Item Alert: Gary Comer Raw Honey

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



UC Marinated Peppers



Freeman House Chai Concentrate



Prairie Fruits Angel Food Brie



Sunnie Sand & Cedar Bar Soap



Foxship Vegan Snickerdoodle Cookies



Mick Klug Apricots

Week 16 Partner Spotlight!

Gary Comer Youth Center is a long long long long time partner of ours so we're super excited to give them some overdue cred. GCYC runs a gamut of youth service, including an urban agriculture program that serves young people to deepen connections to the land, support stronger local economies, and build healthier communities. Programs for pre-teens, teens, and young adults focus on green careers, conservation practices, and entrepreneurship programs like farmers market management, honey production, and flower sales. The star of this show is their rooftop garden and 1.75 acres of accessible agricultural space on South Chicago Avenue. We're excited to offer their raw honey as an add on this week but some of you will also receive their scallions in your share!

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:

Soda: [Wisconsin Pop](#) (Madison, WI) - Assorted flavors: ginger, strawberry, cherry, grapefruit

Bread:

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

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

Friday: **Country Sourdough**, [pHlour Bakery](#) (Andersonville, 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: *Subject to some change*

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

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

Friday: **White Button:** [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.

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

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

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

FROM LEFT TO RIGHT: OYSTERS, WHITE BUTTONS, SHIITAKES

Storage Tip - Pick through your berries and remove any bad ones.

Store in the fridge in for up to 7 days.

Blackberries: [Wild Coyote Farm](#) (Berrien Springs, 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.

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

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

Lacinato 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!

Scallions: [UC's oFarm](#) (Auburn Gresham, Chicago, IL) / [Gary Comer Youth Center](#) (Grand Crossing, 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.

Substitutions

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

New Potatoes: [Down at the Farms](#) (Fairbury, IL) - *Bread substitute*

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.

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

Storage Tip - To keep perky for more than a few meals, trim the stems as you would flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for leafy herbs that remains vibrant for nearly a week.

FROM LEFT TO RIGHT: LETTUCE, ZUCCHINI, POTATOES, CILANTRO

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

Storage Tip - Store freshly picked, unwashed zucchini in a plastic bag in the refrigerator for up to one week. The bag should be perforated or loosely tied, not sealed tightly. Do not cut the zucchini until you are ready to use it.

Tango Lettuce or Mizuna: [UC's oFarm](#) (Auburn Gresham, Chicago, IL) - *Mushroom substitute*

Storage Tip - The lettuce will come in a green compostable bag, remove your greens from the bag and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

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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