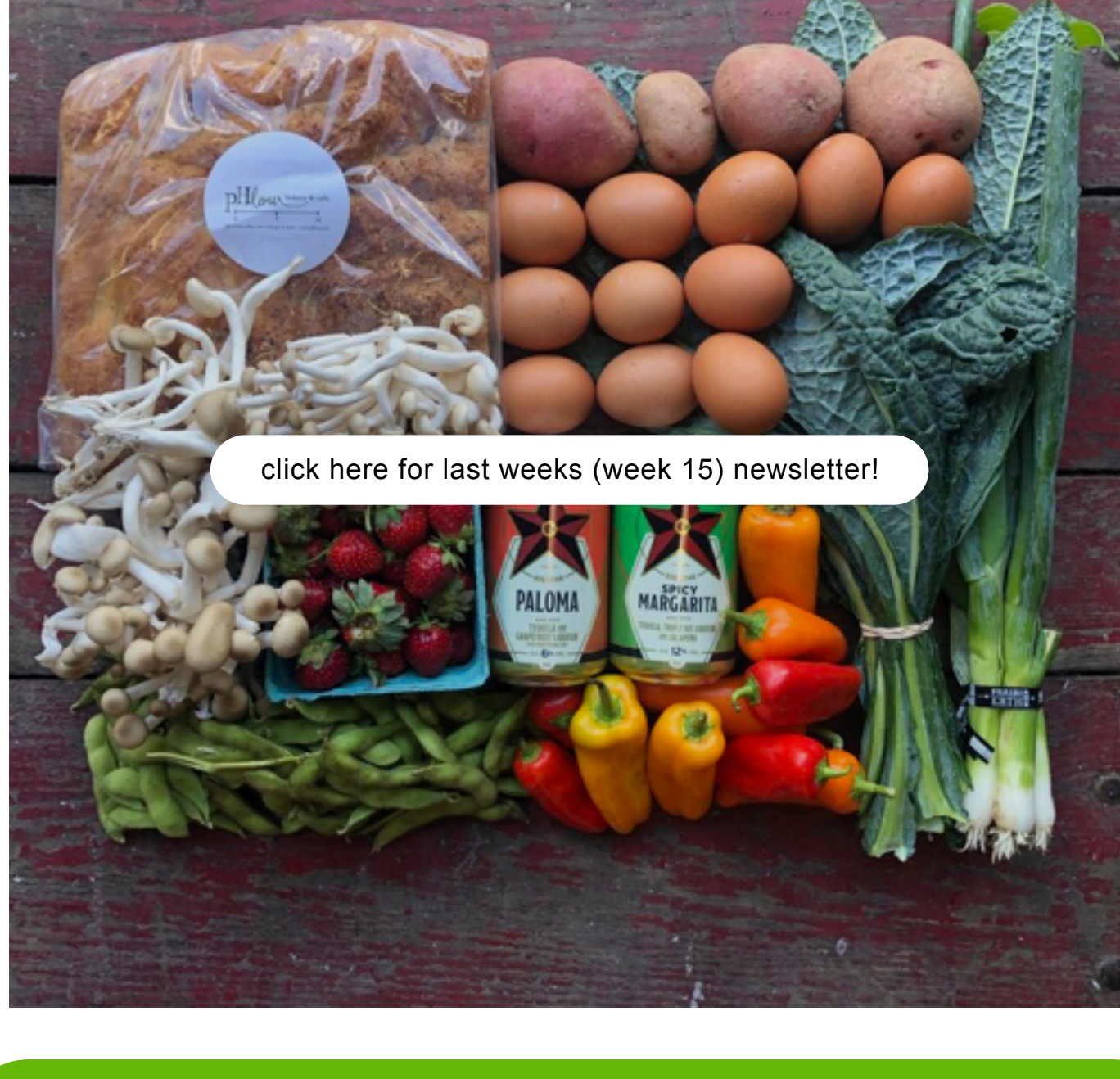




Summer Week 16: September 15/16/17

Welcome to LUCSA Week 16!



[click here for last weeks \(week 15\) newsletter!](#)

[NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS](#)

Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



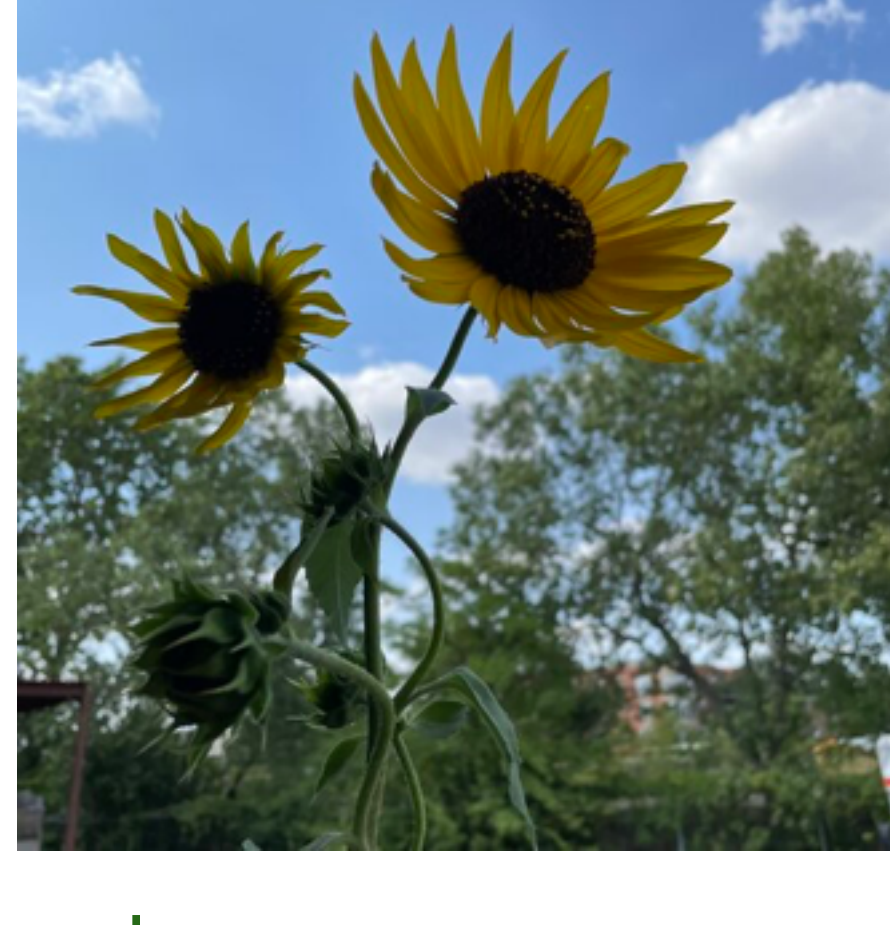
What's in the box this week?

bread, eggs, mushrooms, kusanya whole bean coffee, peaches, sweet peppers, plums, corn, cucumbers, carrots, greens

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](#)



urban canopy sunflowers

wild branching sunflowers from our outdoor farm - 3-4 stems per bunch



prairie fruits grilling cheese

a halloumi style made to withstand direct heat without melting, grill or pan fry this cheese by rubbing olive oil on both sides and placing the entire slab on direct heat. slice like a steak, serve with a squeeze of lemon juice, fresh herbs and maybe a drizzle of local honey.



big star canned cocktails

a paloma and a spicy marg from big star. two cocktails per can (for real).



foxship bakery snickerdoodles

three fluffy & flavorful snickerdoodles that make you feel all warm and fuzzy. crisp around the edges with a soft, chewy center, and rolled in cinnamon & sugar. vegan



phoenix bean tofu

extra firm tofu made with illinois-to produce whole soybeans and natural ingredients-grown fresh tofu in small batches. immediately chilled and packaged in filtered water or vacuum packs to preserve the freshness for your enjoyment.



sputnik cold brew

12oz bottle of smooth yet strong cold brew!

& 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!



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO! CHECK OUR INSTAGRAM FOR MORE CONTENT ABOUT YOUR SHARES!

Beverage
Whole Bean Coffee: Kusanya (Chicago, IL)

Bread
Wednesday: Pain au Levain @Hour Bakery (Andersonville, Chicago)
Thursday: Focaccia @Hour Bakery (Andersonville, Chicago)
Friday: Sourdough Round, Publican Quality Bread (Fulton Market, 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 croissants! 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: 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.

Mushrooms
Wednesday: Crimini Mushrooms, River Valley Mushrooms (Burlington, WI)
Thursday: Brown Clamshell Mushrooms, Mycopia Mushrooms (Scottville, MI)
Friday: Crimini Mushrooms, River Valley Mushrooms (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.

Plums: 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.

Peaches: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Sweet Corn: 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.

Cooking Greens: PrairieEarth Farm (Atlanta, IL), The Urban Canopy (Englewood, Chicago, IL)
Storage Tip - Remove from compostable 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.

Cucumbers: Nichols Farm and Orchard (Marengo, 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. Kept 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.

Sweet Peppers: The Urban Canopy (Englewood, Chicago, IL)
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Carrots
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.

Substitutions

Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy

Cherry Tomatoes: The Urban Canopy (Englewood, Chicago, IL) - Bread substitute
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Beets: The Urban Canopy (Englewood, Chicago, IL) - Egg substitute
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.

Poblano Peppers: Genesis Growers (St. Anne, IL) - Beverage substitute
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Parsley: The Urban Canopy (Englewood, Chicago, IL) - Beverage substitute
Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

Green Beans: Mick Klug Farm (St. Joseph, MI) - Mushroom substitute

Zucchini: Gary Comer Youth Center (Grand Crossing, 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.



FROM BOTTOM LEFT TO TOP RIGHT: BEETS, GREEN BEANS, CHERRY TOMATOES, POBLANO PEPPERS, PARSLEY, NOT PICTURED: ZUCCHINI

Recipe Recommendations

Click on the image to access the recipe



Creamed Corn w Tomato Salad + Chili Lime Shrimp



Corncob Stock



Sausage, Kale, and Goat Cheese Pizza



Summer Pickles



Fresh Oysters with Cucumber Mezcal Granita



Roasted Carrots w Herbed Lentils + Carrot Top Salad



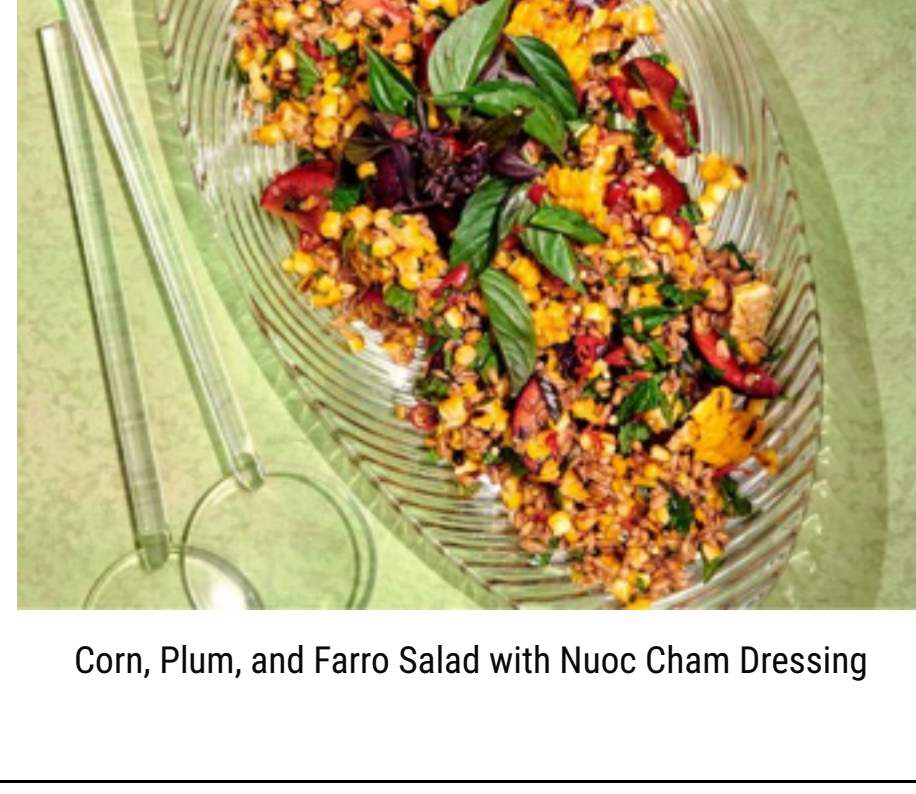
Egg Salad on Toast



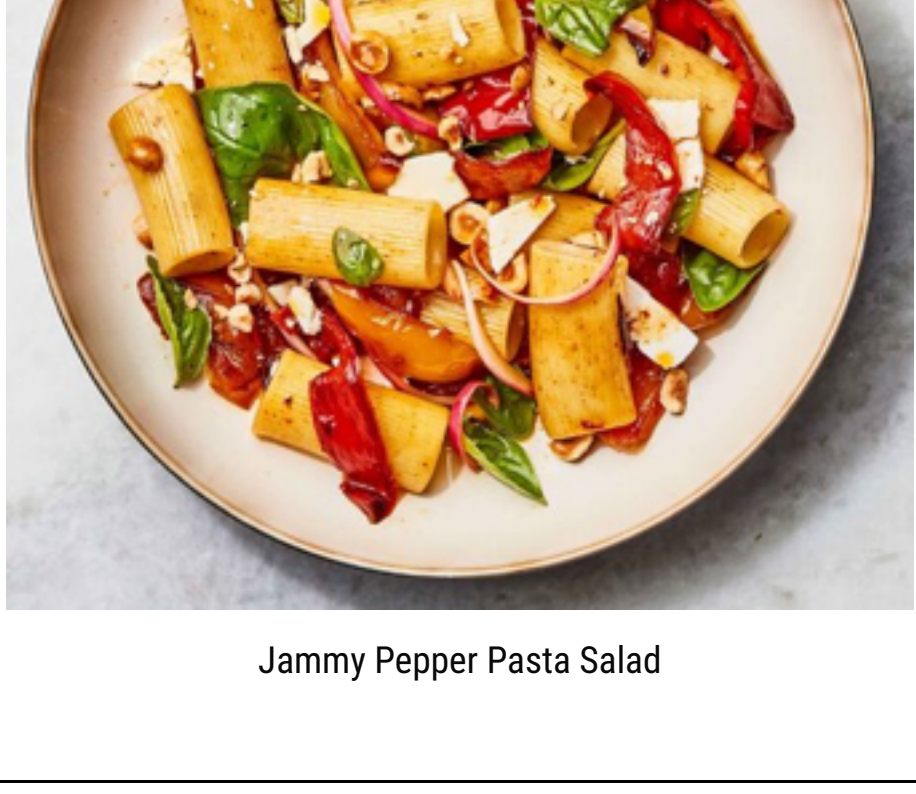
Peach-Plum Galette



Plum Wine



Corn, Plum, and Farro Salad with Nuoc Cham Dressing



Jammy Pepper Pasta Salad