



Summer Week 16: 8/31 9/1 9/2

Welcome to Summer - LUCSA Week 16!

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
bartlett pears - tomatoes - raspberries - corn
sweet peppers - green beans - coffee beans

The Urban Canopy farm, Auburn Gresham, Chicago

Fruit this Week: Raspberries & Bartlett Pears



RASPBERRIES GROWING AT MICK KLUG FARM

We are very excited to have some raspberries for everyone this week. Raspberries are always something we kind of struggle with since it is hard for us to get a lot at a time from the farms we work with and they are so incredibly delicate and hard to keep perfect. But we know people love raspberries so we try to bring them in when we can. We will get an order for each delivery day to get you as fresh of berries as possible.

One important thing about raspberries:

EAT THEM AS SOON AS YOU CAN.

They mold easily and get crushed very easily and lose their shape.

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: Red Raspberries

From Mick Klug Farms, St. Joseph, MI



Flower Bouquets - Bridge & Bloom Farm

A mix of zinnias, marigolds, cattails and foraged grasses, grown on a farm run by Danika, one of our LUCSA crew members.



Prairie Fruits Goat Milk Feta

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



Off Color Apex Predator Beer (16oz can)

Belgian Saison / Farmhouse Ale 6.5% abv



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 dill.



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 a reusable glass jar.

& 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!

Beverage: Whole Coffee Beans, Sputnik, Roasters (Back of the Yards, Chicago, IL)
Storage Tip - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within a month of the roast date. They can be stored in the freezer for up to 4 months.

Bread:
Wednesday: **Country Round**, Middlebrook (Logan Square, Chicago, IL)
Thursday: **Challah**, EranHec Bakery (Pilsen)
Friday: **Sourdough Pullman**, Eubelian Quality Bread (Fulton Market)
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: **Portabella** / 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.



FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

Eggs: Finin'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)
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.

Raspberries: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days, so use them quickly. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

Collards / Kale / Swiss Chard: The Urban Canopy (Auburn Gresham, Chicago, IL) / PrairieEdth Farm (Atlanta, IL)
Storage Tip - 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.

Peppers (Carmen / Aura Varieties): The Urban Canopy (Auburn Gresham, Chicago, IL) / PrairieEdth Farm (Atlanta, IL)
Storage Tip - Store dry 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 2-3 weeks.

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.

Roma / Heirloom Tomatoes: The Urban Canopy (Auburn Gresham, Chicago, IL)
Storage Tip - Summer squashes can be stored in the fridge for up to 10 days. Do not wash before putting in the fridge. Heirloom plastic bag so moisture doesn't accumulate.



PEARS GROWING AT SEEDLING ORCHARD



CARMEN PEPPERS GROWING

[CLICK HERE FOR WEEK 15 NEWSLETTER](#)

Recipe Recommendations



Corn, Tomato & Basil Pizza



Peperonata



Spicy Corn & Peppers



Loubeh bi Zeit (Stewed Green Beans)



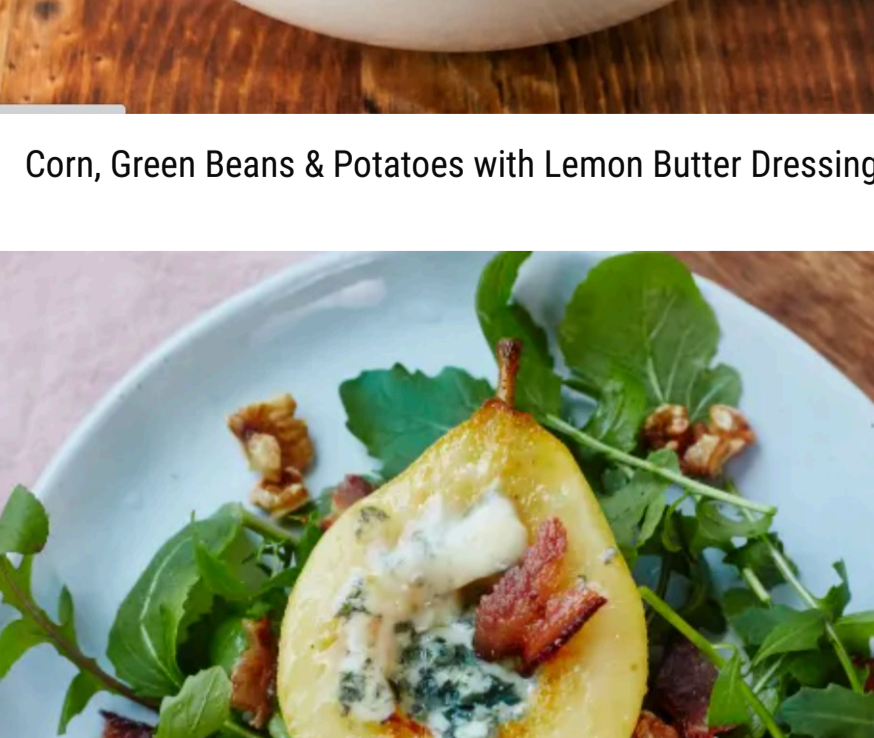
Corn, Green Beans & Potatoes with Lemon Butter Dressing



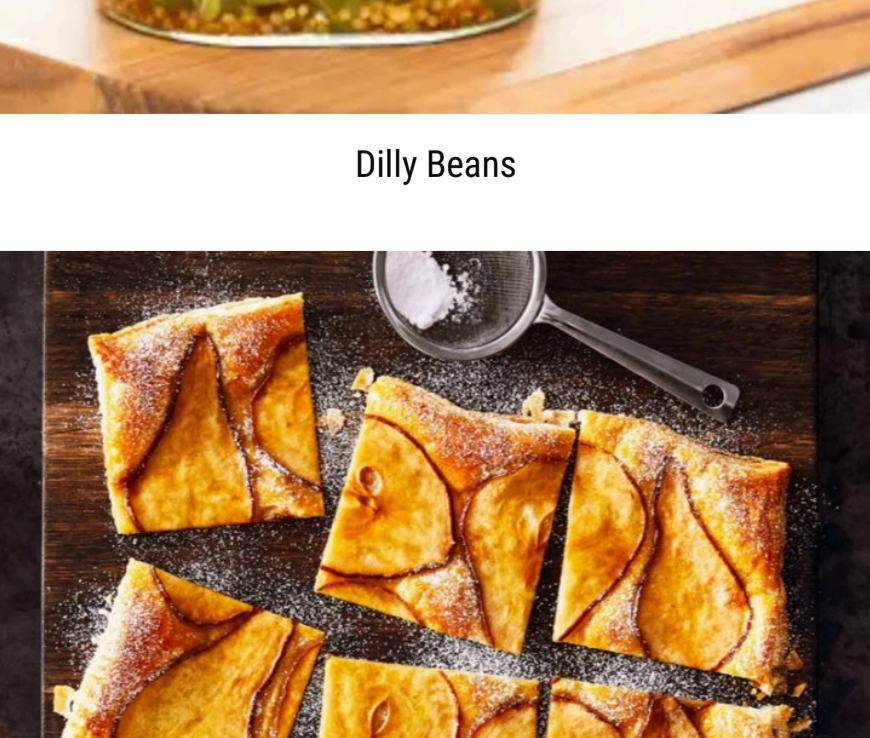
Dilly Beans



How to Poach Pears



Roasted Pears with Bleu Cheese & Bacon



Simple Pear Tart

Click on the image to access the recipe



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