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# Summer Week 17 - 07/26, 07/27, 07/28

**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](mailto: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



Foxship Vegan Strawberry Shortcake Co...



Mick Klug Black Raspberries



Tasting India Bombay Chili Crunch

# 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:**

**Kombucha:** [Komunity Kombucha](#) (Chicago, IL) - Assorted flavors: Hibiscus Ginger, Rose Petal Berry, Lavender Butterfly, Turmeric Tango

## **Bread:**

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

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

Friday: **Pullman Sourdough**, [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. 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:**

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



FROM LEFT TO RIGHT: OYSTERS, WHITE BUTTONS, SHIITAKES

*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.

**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.

YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO! NOT PICTURED:  
BREAD

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

*Storage Tip* - Store unripened apricots at room temperature to ripen. Place in paper bag to speed up the process, but check frequently because they are extremely perishable. You can store them for a couple extra days in the fridge once they are ripe.

**Green Beans:** [Down at the Farms](#) (Fairbury, 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.

**Lacinato or 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!

**Zucchini or Herbs (Cilantro, Parsley, or Mint):** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

*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.

*Storage Tip (Herbs)* - Trim the stems as you would flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover the basil with a plastic bag and keep it on the counter. Or simply wrap loosely in a paper towel and place in an airtight container in the fridge for around 2 weeks.

**Beets:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL) or [Nichols Farm and Orchard](#) (Marengo, 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.

## 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)

*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.

**Salad Greens:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

*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.

NOT PICTURED: CABBAGES FROM SPENCE FARM

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

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

**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.

## 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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