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Welcome to Summer - LUCSA Week 17!

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



bread - eggs - mushrooms - cooking greens grapes - tomatoes - onions or garlicground cherries - sweet peppers - beer

The Urban Canopy farm, Auburn Gresham, Chicago

Farm Crew Profile: Jason

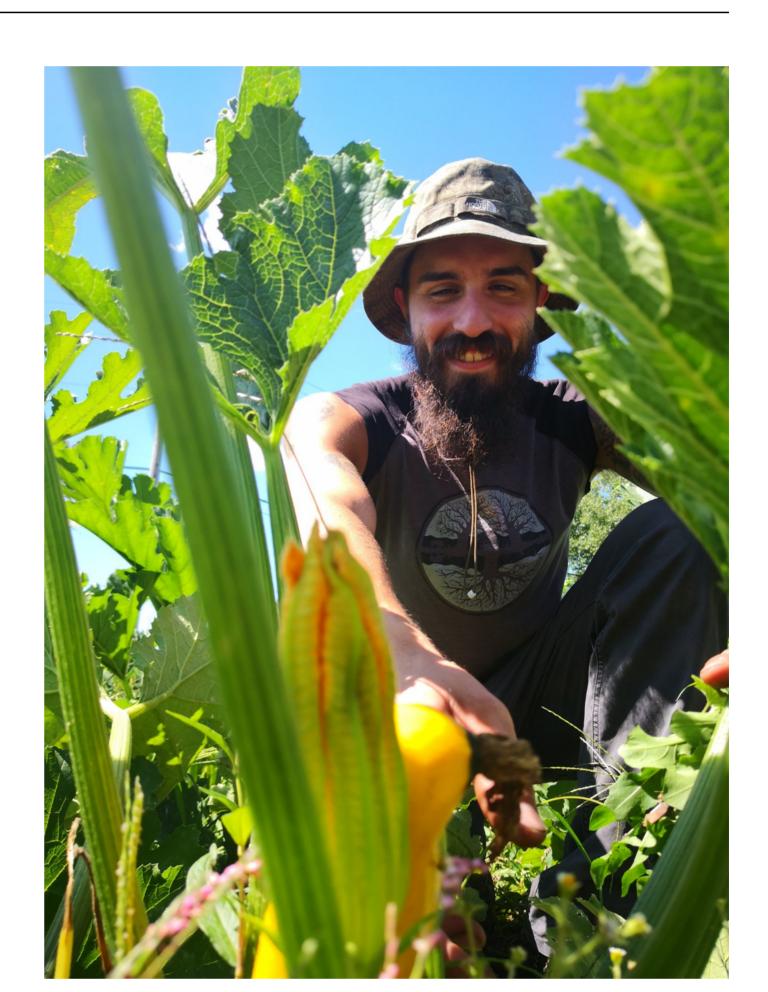
it has been a little while since we recognized the work that the Urban Canopy farm team does growing and harvesting so much beautiful produce we get to enjoy every week. The farm runs five days a week with weeding and watering and planting happening every day. On top of that, the farm operates three harvest days a week which requires a bigger crew to pick, wash, pack and transport hundreds of pounds of vegetables. And it all happens with the rain and with the sun and with lots of sweat week after week after week. The farm sustains three full time crew including Chris and Erin, our farm leads. It then also has a team of seven or eight other staff who work out there one or two days a week. This week we are introducing Jason who has taken on a production role on the farm while also playing a key role with transport and coordinating for the composting service.

Q: when did you start farming? A: *May, 2022 at The Urban Canopy*

HOPEWEI

NDGRAIN

Q: what is your favorite vegetable to grow?



A: Both summer squash and zucchini. They quickly take off and you can't believe how large and numerous the fruit grows.

Q: What part of the farming surprises you the most?

A: How fast the plants can grow. It's incredible! Each plant is constantly producing food. I thought we would harvest them once and they would be done for the rest of the season.

-Q: do you have an easy, go-to thing you like to prepare using produce from the farm?

A: The simplest thing I make that I really enjoy is oven roasted turnips with salt and pepper. I've never even tried or cooked turnips before working on a farm.

Q: what is your favorite season/month on the farm?

A: So far spring is the nicest weather wise, but in summer, it's really great to see all the plants fully grown and producing.

Q: what's your favorite thing you've learned?

A: It is interesting to learn how delicate yet strong and resilient plants are. In the beginning I was worried about bothering the plants too much during weeding or harvest, but now I understand that each crop can endure a lot of stress and still thrive.



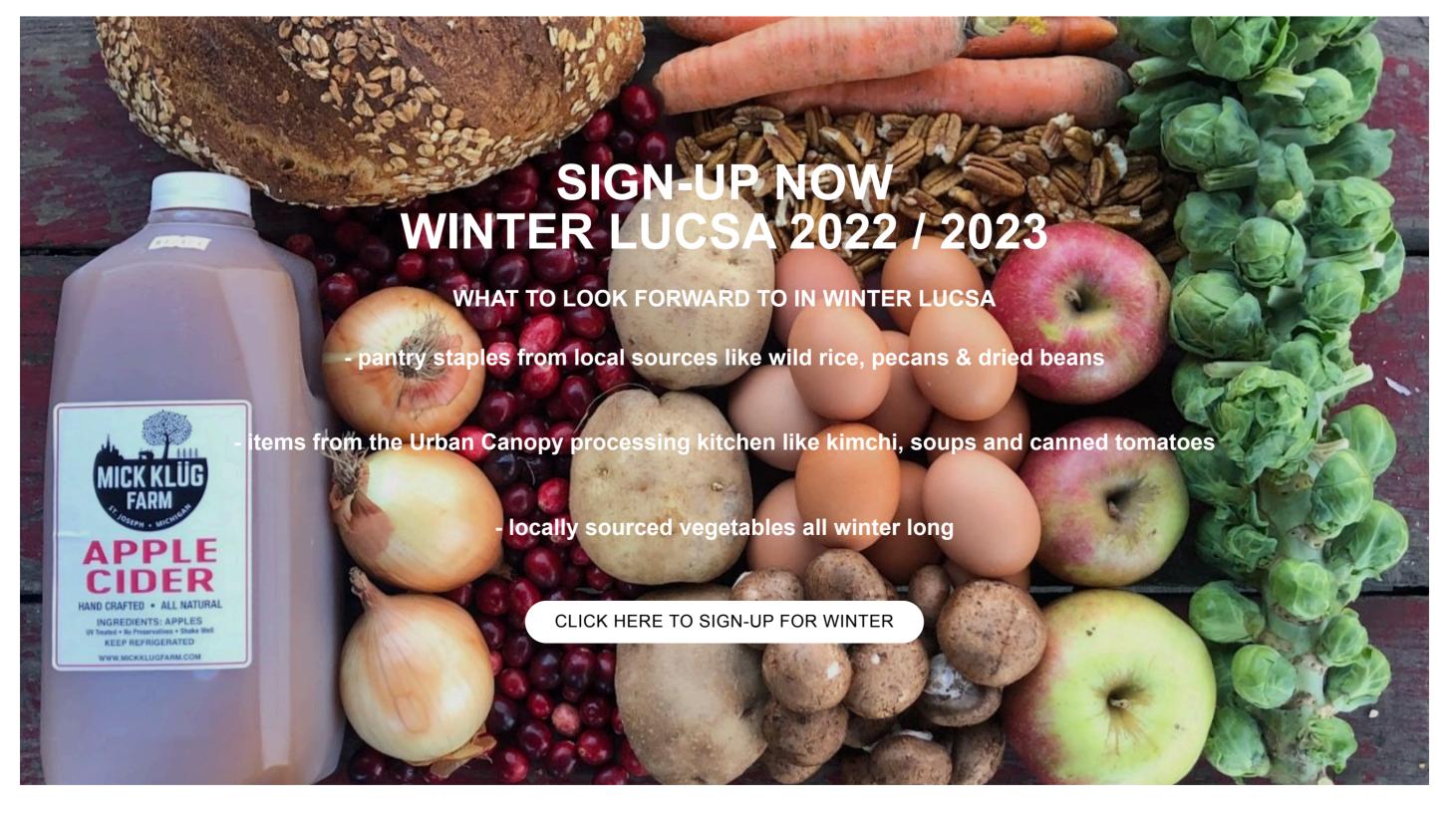
Fruit this Week: Ground Cherries

A very exciting and unique fruit in this weeks box from Seedling Orchard in South Haven, Michigan. The ground cherry is not a type of cherry at all but rather a member of the nightshade family closely related to the tomatillo. Also know as the cape gooseberry, these shrubs create a fruit that is yellow or orange and has a complex flavor that is part tomato with earthiness but with tones of a sweet tropical fruit such as pineapple. They are native to the Americas and do really well as a garden plant and have been cultivated all around the globe. Like a tomatillo, the fruit develops a papery husk that dries out as they mature and are harvested and needs to be removed.

They are great for snacking or adding raw to a salad, but a favorite way to utilize them is to incorporate them into a fresh, chunky pico de gallo type of salsa. The flavor combination with some natural sweetness is really mazing when paired with a little acid and salt and spice. With their sweetness they can also be cooked down as a preserve or tossed with some honey or sugar and used in desserts.

Check out the recipe section below for a few easy ideas.

THE GROUND CHERRY ON VINE AND IN THEIR DRIED HUSKS



Add-on Items

All from local businesses! Order weekly, starting Saturday at noon, until Monday at noon.



Extra Fruit: Bartlett Pears 1#

From Seedling Orchards, South haven MI

CLICK HERE FOR THE ADD-ON ORDER FORM



Flower Bouquets A mix of zinnias, marigolds, cattails and foraged



Prarie Fruits Black Goat Brie 50z

JASON DEEP IN THE SQUASH BEDS



Off Color Beer for Lounging (16oz can)

An American pale Ale brewed only using Cascade Hops. 5.0% ABV grasses, grown on Bridge & Bloom Farm run by Danika, one of our LUCSA crew members.



Marcoot Creamery Garlic Herb Cheese Curds 70z

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

& much more available!

Bloomy goat brie with. an ash rubbed rind.



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.

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: Ride or Die, Lil Buddy & Endgrain Beers from H<u>opewell_Brewing</u>, (Logan Square, Chicago, IL) Storage Tip - All these beer varieties should be drank within 3 months of bottling dates. Best kept stored in the fridge or a cool, dark place.

Bread:

Wednesday: **Sourdough Pullman**, Publican_Quality_Bread (Fulton Market) <u>Thursday</u>: **Country Round**, Middlebrow (Logan Square, Chicago, IL) <u>Friday</u>: **Challah**, FranHer_Bakery (Pilsen)

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!



GROUND CHERRIES

Mushrooms: River_Valley_Ranch, (Burlington, WI)

Wednesday: White Button / Thursday: Crimini / Friday: Portabella

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.

Potatoes: Nichols_Farm_and_Orchard, (Marengo, IL) / PrairiErth_Farm (Atlanta, IL) Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard <u>or_in_a perforated paper_bag</u>, for up to 6 months.

Grapes: Mick_Klug_Earm, (St. Joseph, MI)

Storage Tip - Store in crisper and allow for some air flow. These go quick so eat within 2-3 days.

Collards / Kale / Swiss Chard: <u>The Urban Canopy</u>, (Auburn Gresham, Chicago, IL) / <u>PrairiErth Farm</u>, (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 / Bell Varieties): The Urban Canopy,

(Auburn Gresham, Chicago, IL) / PrairiErth_Farm, (Atlanta, IL) Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Ground Cherries: Seedling Orchard, (South Haven, MI)

Storage Tips - Kept in their papery husks, ground cherries will keep in the refrigerator for at least a week, and up to ten days. Ensure that your ground cherries are dry as moisture speeds up the fruit's decay.

Yellow Onions & Garlic: Nichols Farm and Orchard, (Marengo, IL) / Earthlore Farm, (Beaverville, IL) *Storage Tips*:

Onions: Keep cool, dry and out of direct light, on your counter, in a cupboard <u>or_in_a_perforated_paper_bag</u>, for up to 6 months. Garlic: Keep cool and dry on the counter for up to a month.

Heirloom Tomatoes: Happy_Valley_Farm, (Black Earth, WI)

Storage Tip - Summer squashes 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.



CARMEN PEPPERS GROWING

Substitutions

FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

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: PARSLEY, SQUASH, EGGPLANT, CELERY NOT PICTURED: BEANS

Celery: PrairiErth_Farm, (Atlanta, IL)

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

Summer Squash / Zucchini: <u>The Urban Canopy</u>, (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. Store in an open plastic bag so moisture doesn't accumulate.

Eggplant: <u>The Urban Canopy</u>, (Auburn Gresham, Chicago, IL) Storage Tip - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

Green Beans / Long Beans: <u>Global_Garden</u>, (Albany Park, Chicago, IL) *Storage Tip* - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

Bartlett Pears: <u>Global_Garden</u>, (Albany Park, Chicago, IL)

Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

CLICK HERE FOR WEEK 16 NEWSLETTEr

Recipe Recommendations







Ground Cherry Panzanella



Peperonata



Roasted Potatoes & Sweet Peppers



Stuffed Peppers with Greens & Beans



Polenta with Mushrooms & Peppers



Braised Greens with Tomatoes

Pepper & Kale Stir Fry

Click on the image to access the recipe



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