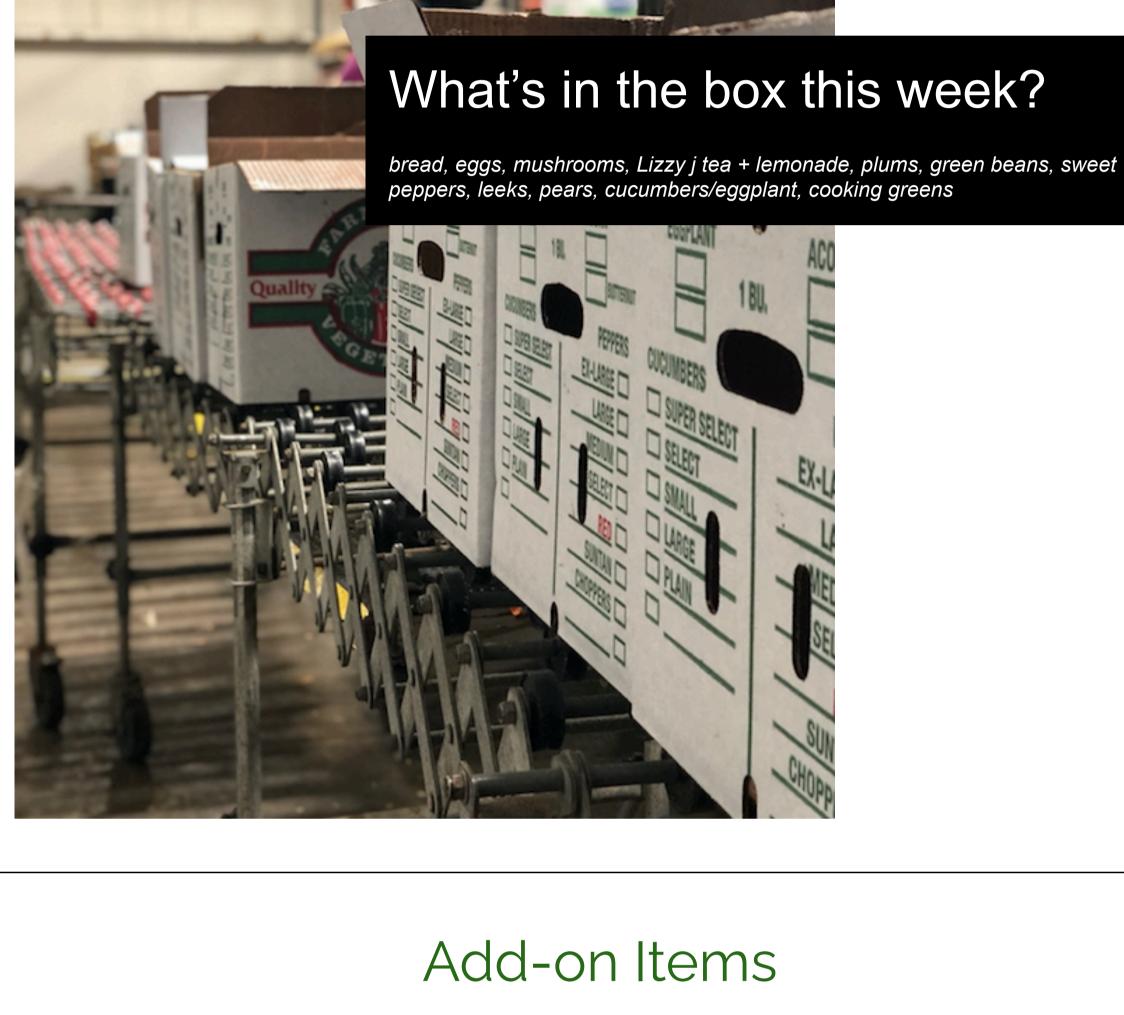
Welcome to LUCSA Week 17!



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



CLICK HERE FOR THE ADD ON ORDER FORM

All from local businesses! Order weekly (starting Saturday at noon) until Monday at **noon**.



wild branching sunflowers from our outdoor farm -

3-4 stems per bunch

noon! Thank you!



three quarter pound hot cocoa cookies! vegan.



field guide field guide

preserve the freshness for your enjoyment.



From the Farmers

& much more available!



PASTRIES & BAKED GOODS





with more recognizable feasts like Thanksgiving. One of my favorite fall-idays I've learned about recently from a friend and LUCSA customer is Sukkot. Observers of Jewish holidays look forward to the annual, week-long festival also referred to as the Feast of Booths. Sukkot does the dual duty of recognizing the abundance of the harvest season and of giving thanks for the Jewish people's deliverance from slavery in Egypt. To observe the holiday, celebrants will construct a Sukkah, or temporary dwelling reminiscent of the structures that Israelites lived in during their 40 years in the Desert. In these fragile huts, celebrants will eat their meals, pray, and observe special ceremonies to give thanks to God. It is a holiday that works to capture and process the complicated feelings that autumn brings. On the one hand, thanksgiving is an appropriate response to a bountiful harvest and cooler weather, but the crisp air is also a reminder of a dreaded winter on the way. I have a particularly hard time with long nights and grey days, so I prefer to live it up in this most beautiful and transient season. I refuse to listen to those who might try to mock seasonal beverages and cinnamon pinecones. I will bake all the treats and remember the breathtaking colors of the trees of Appalachia and my

childhood. I will wrap myself up in blankets on a hay wagon, and I will cozy up to a cup of hot apple cider. I will not lament the passing of the summer, nor will I be

haunted by the specter of winter. I will do my best to give thanks for those who have made it with me this far and, for a moment, take it (f)all in, and I'd encourage you to

generally be marked between August 1st with such holidays as Lughnasadh, a pagan festival denoting the beginning of the harvest season, through the end of November

Farmer Brendan 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!

<u>Wednesday</u>: Crimini Mushrooms, <u>River Valley Mushrooms</u> (Burlington, WI)

Wishing you the best fall celebration, however that might look,

do the same.

Beverage

Bread

months.

Mushrooms

Wednesday: Eggplant

Friday: Cucumber

Thursday: Eggplant, cucumber

Sparkling Botanicals: Rishi Tea (Milwaukee, WI) Wednesday: Malted Rye Boule, Publican Quality Bread (Fulton Market, Chicago, IL) <u>Thursday</u>: **Multigrain Loaf** <u>pHlour Bakery</u> (Andersonville, Chicago)

<u>Friday</u>: **Multigrain Loaf** <u>pHlour Bakery</u> (Andersonville, Chicago) 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! 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

<u>Thursday</u>: Crimini Mushrooms, <u>River Valley Mushrooms</u> (Burlington, WI) Friday: Brown Clamshell Mushrooms, Mycopia Mushrooms (Scottville, MI) 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: 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.

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

YOU WILL FIND EITHER CUCUMBERS OR EGGPLANT IN

YOUR SHARE THIS WEEK, DEPENDING ON DELIVERY DAY

Bosc / Bartlett Pears: Seedling Orchard (South Haven, MI)

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. Whole beans stored this way should keep for about seven days. PEARS (LEFT) AND PLUMS (RIGHT) Kale: PrairiErth Farm (Atlanta, IL), The Urban Canopy (Englewood, Chicago, IL) Storage Tip - 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. Leeks: PrairiErth Farm (Atlanta, IL) Storage Tip - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock! Cucumbers / Eggplant: Nichols Farm and Orchard (Marengo, IL) Storage Tips

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.

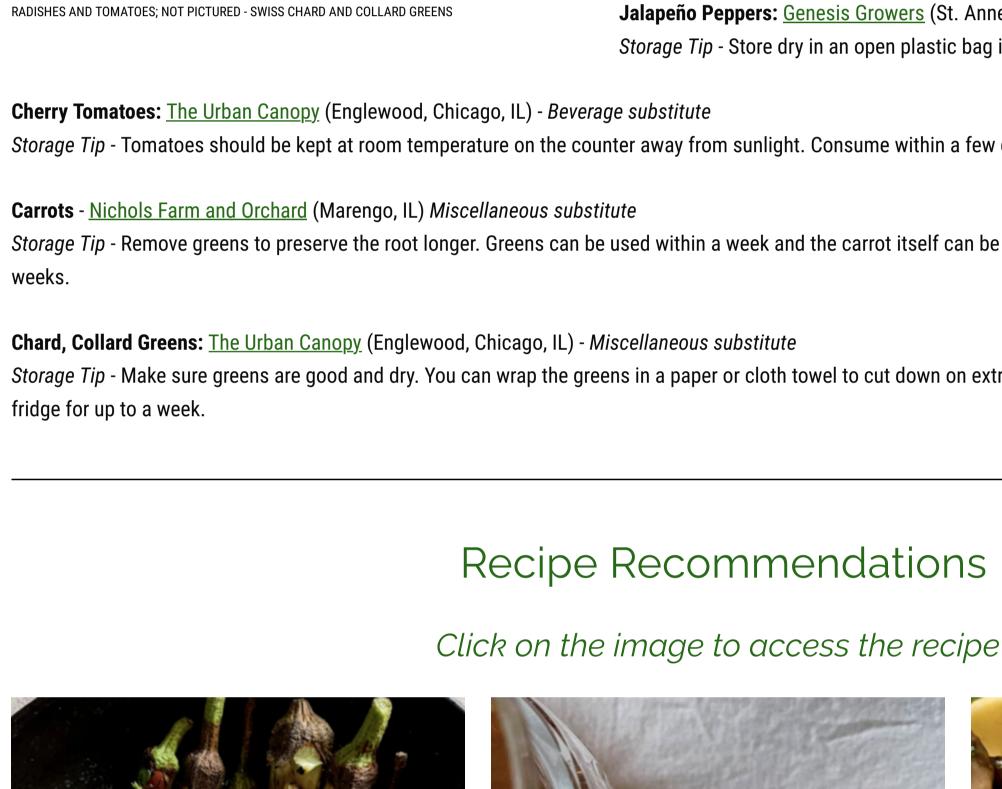
Eggplant: Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

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. Substitutions

days.

allergy - subs are subject to change

Consume within a few days.



FROM TOP RIGHT TO BOTTOM LEFT: CARROTS, BEETS, CHERRY TOMATOES, JALAPENO PEPPERS,

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days. Carrots - Nichols Farm and Orchard (Marengo, IL) Miscellaneous substitute Chard, Collard Greens: The Urban Canopy (Englewood, Chicago, IL) - Miscellaneous substitute

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 Storage Tip - 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 Recipe Recommendations

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

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight.

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

Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep

Autumn Mushroom Ragu with Papardelle and Flecked Herbs

Eggplant and Halloumi Pizza with Spiced Lamb and Lemon

Blistered Green Beans with Feta and Herb Vinaigrette

Plum Thyme Cut-Out Pie

Tomatoes: Genesis Growers (St. Anne, IL) - Mushroom substitute

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

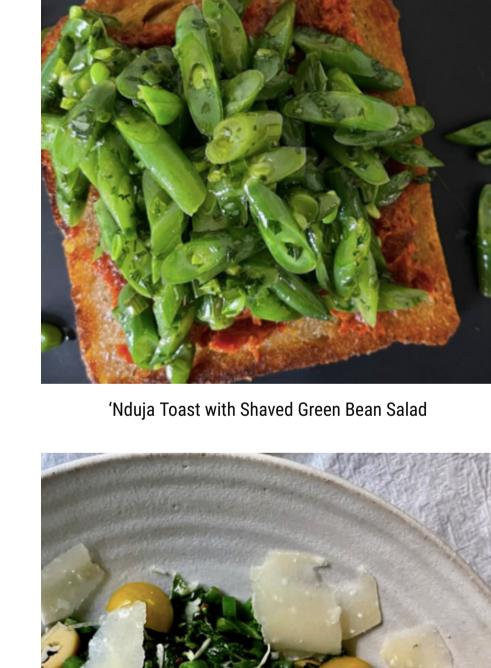
Radishes: The Urban Canopy (Englewood, Chicago, IL) - Bread substitute

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

root or stem dry in a plastic bag in the crisper for up to three weeks.

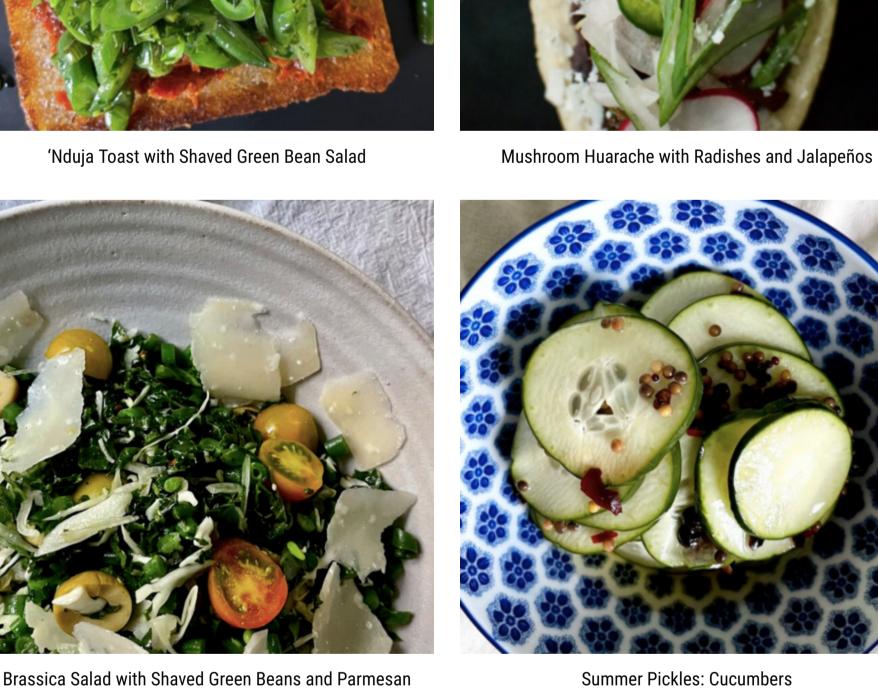
Jalapeño Peppers: Genesis Growers (St. Anne, IL) - Egg substitute

Blistered Eggplant with Sheep's Feta, Dukkah, and Gremolata Maple Pear Old Fashioned

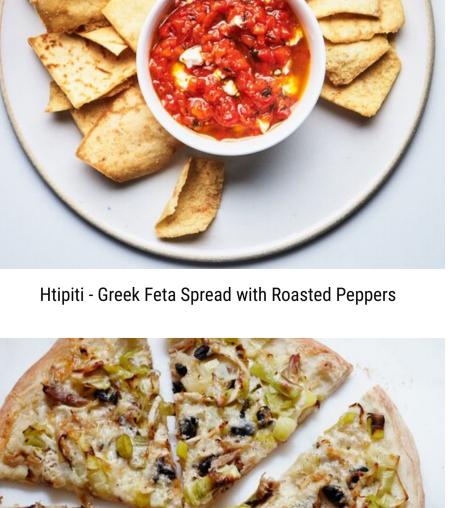


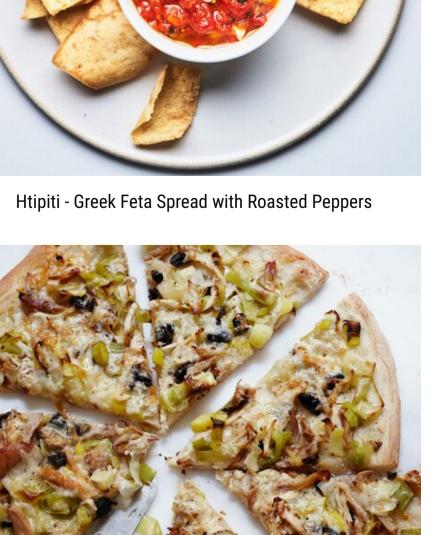
Cold Brew Plum Iced Tea

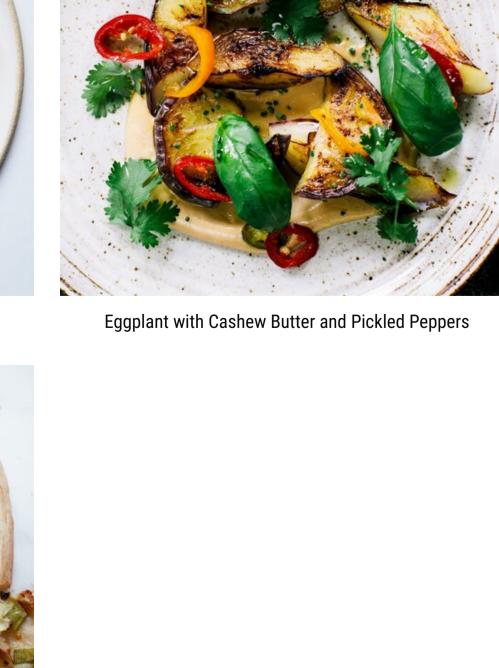
Sweet and Sour Peperonata

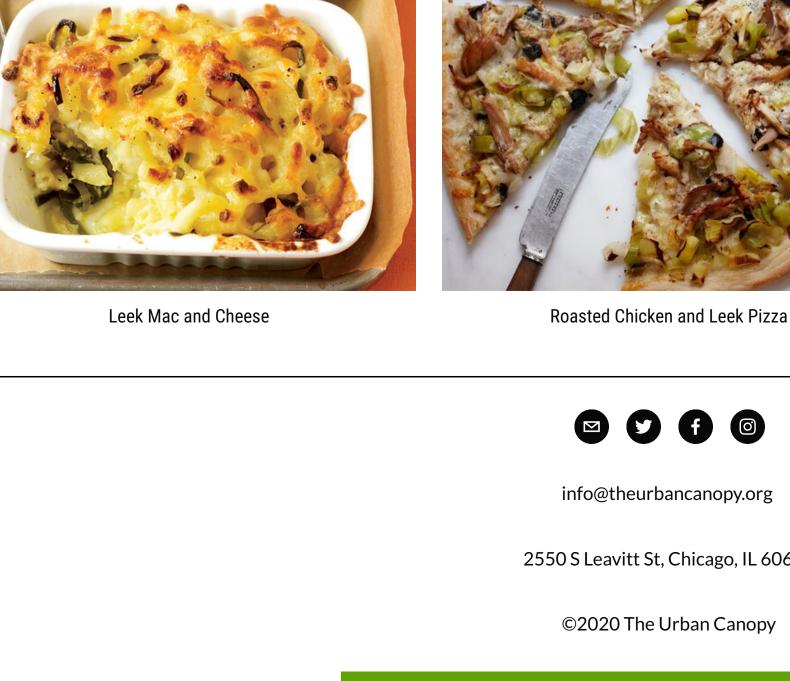


Grilled Pork Chops with Plums, Halloumi, and Lemon









info@theurbancanopy.org 2550 S Leavitt St, Chicago, IL 60608 ©2020 The Urban Canopy Support Our Work with a \$ Contribution (NOT tax deductible!)