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[LOCAL UNIFIED CSA](#) / [FARMERS MARKETS](#) / [DISTRIBUTION](#) / [DONATIONS](#)

A close-up photograph of a variety of fresh produce. In the foreground, there are several ripe peaches with a mix of red and yellow-orange skin. To their right are several brown eggs. Behind the peaches are several ears of corn on the cob, some still in their green husks. There are also green bell peppers, a bunch of leafy greens (possibly chard or spinach), and several white mushrooms. The background is slightly blurred, showing more produce and a wooden surface.

**Summer Week 18 -
08/02, 08/03, 08/04**



Welcome to our newsletter! Only 3 more weeks!

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 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](#)



Underground Meats assorted charcuterie



Grill out with Finn's Ranch!



Warrior Kombucha Lychee Mimosa



UC Marinated Peppers



Foxship Lavender Chocolate Chip Vegan ...



Tasting India Bombay Chili Crunch

Our feedback form is live!

There are only 3 weeks left in summer LUCSA, and while we make our plans for the upcoming Fall season and next year, we want to hear from you all about what changes you'd like to see! Please share your thoughts with us about what you

loved this season, what fruits or veggies you were missing, anything you'd like us to know about your LUCSA experience this past summer! Lots of our lovely LUCSA members have introduced us to new vendors and given us advice on how we can help you make the most out of your CSA. Please take a moment to fill out our survey - or you can always reach us at lucsa@theurbancanopy.org

[CLICK HERE TO TAKE OUR END OF SEASON SURVEY!](#)

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:

Juice: [Midwest Juicery](#) (Grand Rapids, MI) - 2 bottles: Green juice, carrot juice and beet juice blends

Bread:

Wednesday: **Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

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

Friday: **Challah**, [Franher Bakery](#) (Pilsen, 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:

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

Oyster or Lions Mane: [Primordia](#) (Bloomington, IL)



FROM LEFT TO RIGHT: OYSTERS, WHITE BUTTONS, SHIITAKES

Put up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze

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.

Peaches: [Seedling Orchard](#) (South Haven, MI)

Storage Tip - Keep your peaches on the counter until they reach desired ripeness. To ripen faster, store them in a brown paper bag. Once ripe, you can move them to the fridge to keep them for a couple days longer.

Roma Tomatoes: [Mick Klug Farm](#) (St Joseph, MI)

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Bok Choy: [Earthlore Farm](#) (Beaverville, IL) or **Cucumbers:** [Down at the Farms](#) (Fairbury, IL)

Storage Tip (Cucumbers) - 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.

Storage Tip (Bok Choy) - Store in the crisper drawer of your refrigerator -- unwashed and in a perforated plastic bag -- and use within a few days. When you do use it, remember that its cluster of stalks hides dirt, so wash it well.



SWISS CHARD (LEFT) AND BOK CHOI (RIGHT)

Swiss Chard 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!

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.

Bell Peppers: [Family Farm Fresh Co-op](#) (Rockville, Indiana) / [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

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

Substitutions

*Items for those already opting out of beverage, bread, mushrooms, or eggs or having a conflicting allergy - **subject to change, even if specified***



Scallions: [Wild Coyote](#) (Berrien Springs, MI)

Storage Tip - Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

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.

Yellow Wax 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.

Zucchini: [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.

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**.*



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

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