

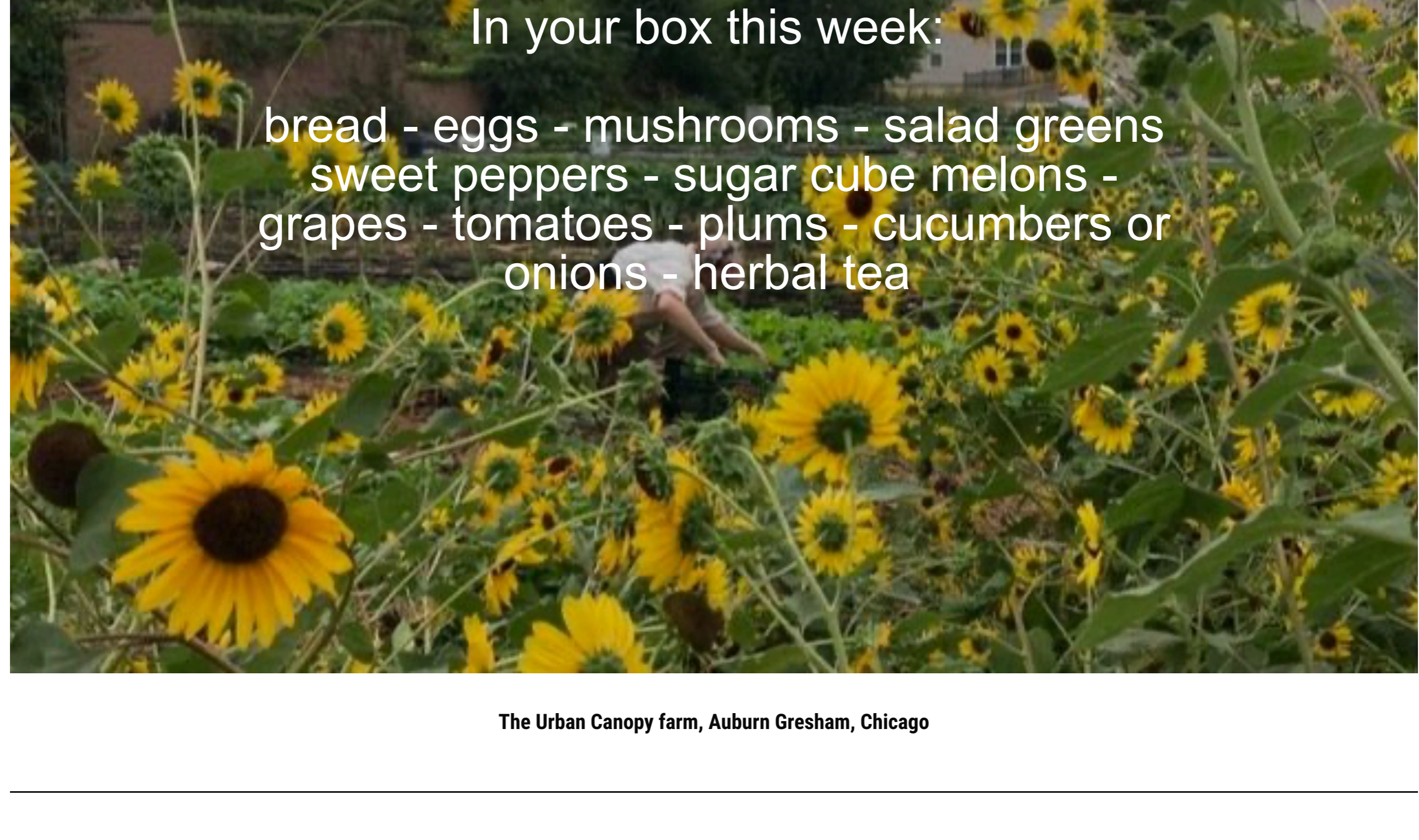


Summer Week 18: 9/14 9/15 9/16

Welcome to Summer - LUCSA Week 18!

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](#)



The Urban Canopy farm, Auburn Gresham, Chicago

Farmer Profile: Bridge & Bloom

Over the past few weeks, we have been able to offer beautiful flower bouquets through our add on section grown by Bridge & Bloom Farm which is run by one of our amazing LUCSA crew members. Danika runs the farm on top of their duties with Urban Canopy which makes for very few days off through the growing season. Danika is one of our two Pack Leads for LUCSA, which means they spend most of the week in our walk-in cooler keeping the whole process of preparing produce and packing boxes running. We will be offering their bouquets for the next few weeks at least while the flower season keeps going.

Question - Describe your farm & what do you grow?
Answer - We are a small 1/8th acre farm that focuses on vegetables and cut flowers. Our focus is on our own CSA program for Bronzeville and directly neighboring areas.

Q - How long have you been farming? Why did you start?
A - This is my third year farming, and the second year of our farm. I had worked in various food and logistics related jobs, and wanted to find a way to impact people directly with food, and farming seemed like the best answer.

Q - What is your favorite thing about farming? What is your least favorite thing?
A - My favorite thing is seeing all the hard work pay off with a beautiful harvest. My least favorite would be hauling compost as an amendment for our growing beds.

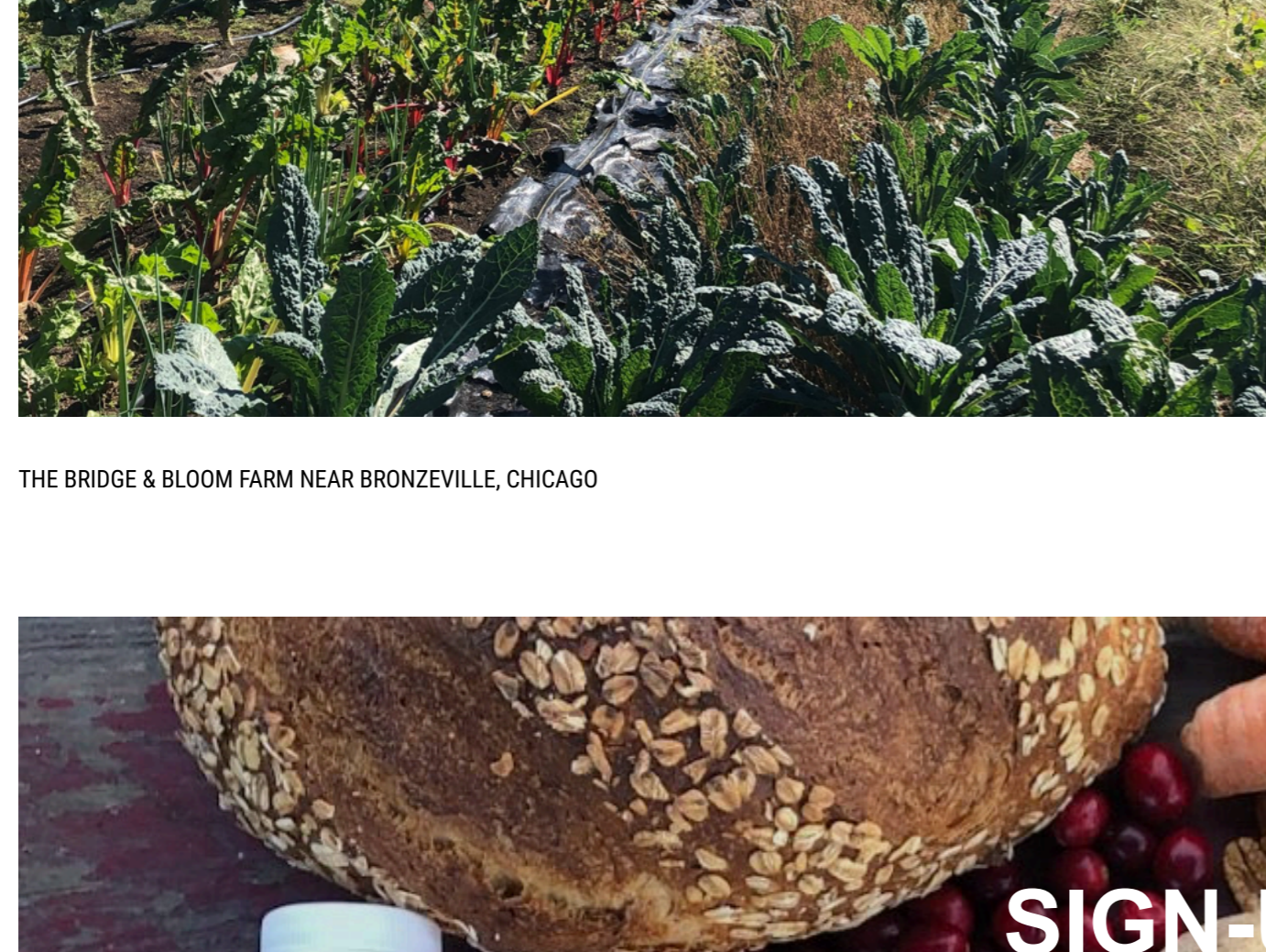
Q - What is your favorite thing to grow and why?
A - I love growing many things, but especially root vegetables. It's so satisfying to stick your hand in the dirt and pull out a tasty snack!

Q - What is your farming dream or goal?
A - Both my wife and I have a goal of opening a farm and burial site that would be open to people at the end of their life. We want to make a beautiful space where people can find some rest and connect with the earth in peace.

Q - Is there one thing you wish people knew or understood about farming?
A - Small farmers are masters of none! We end up not just growing and harvesting veggies, but end up becoming a repair person, delivery driver, accountant, marketer, and any other role needed to grow a business from the ground up.



DANIKA, LUCSA PACK LEAD & FARMER/OWNER OF BRIDGE & BLOOM



THE BRIDGE & BLOOM FARM NEAR BRONZEVILLE, CHICAGO

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

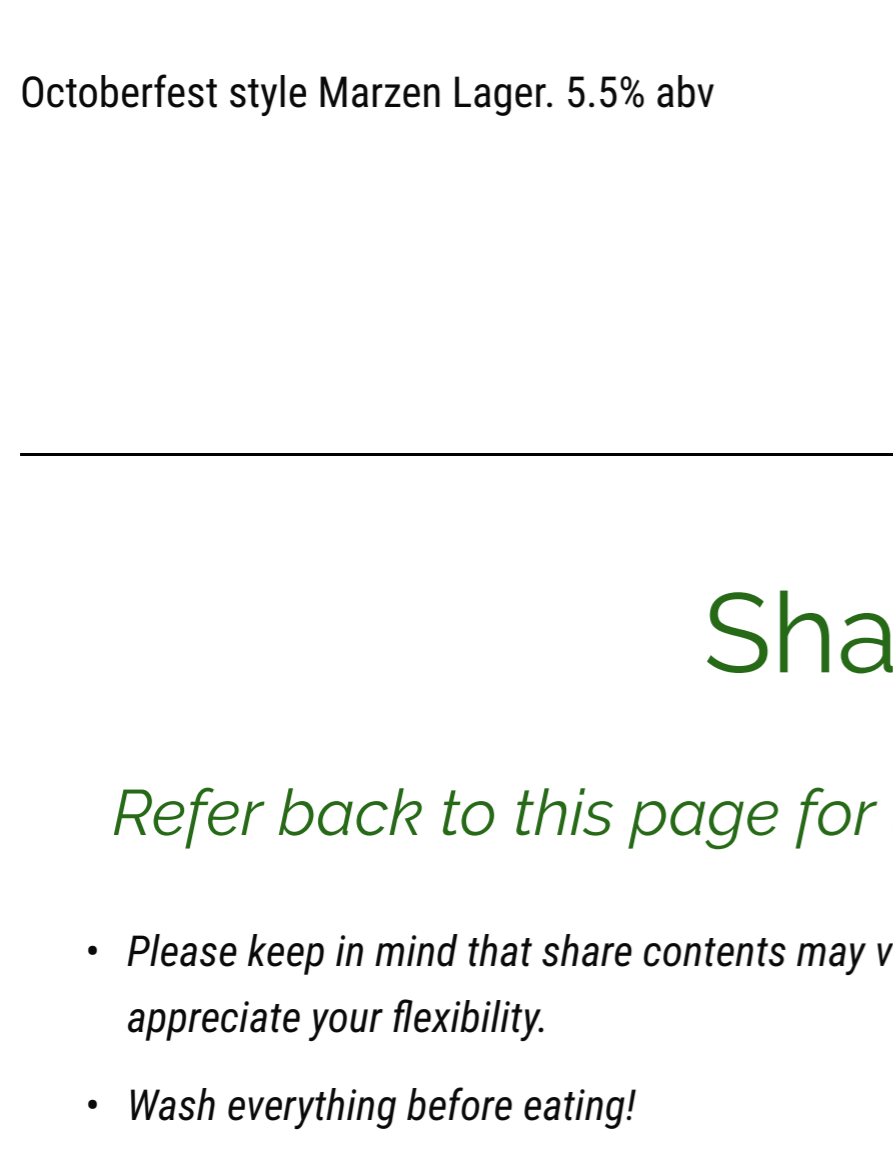
All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



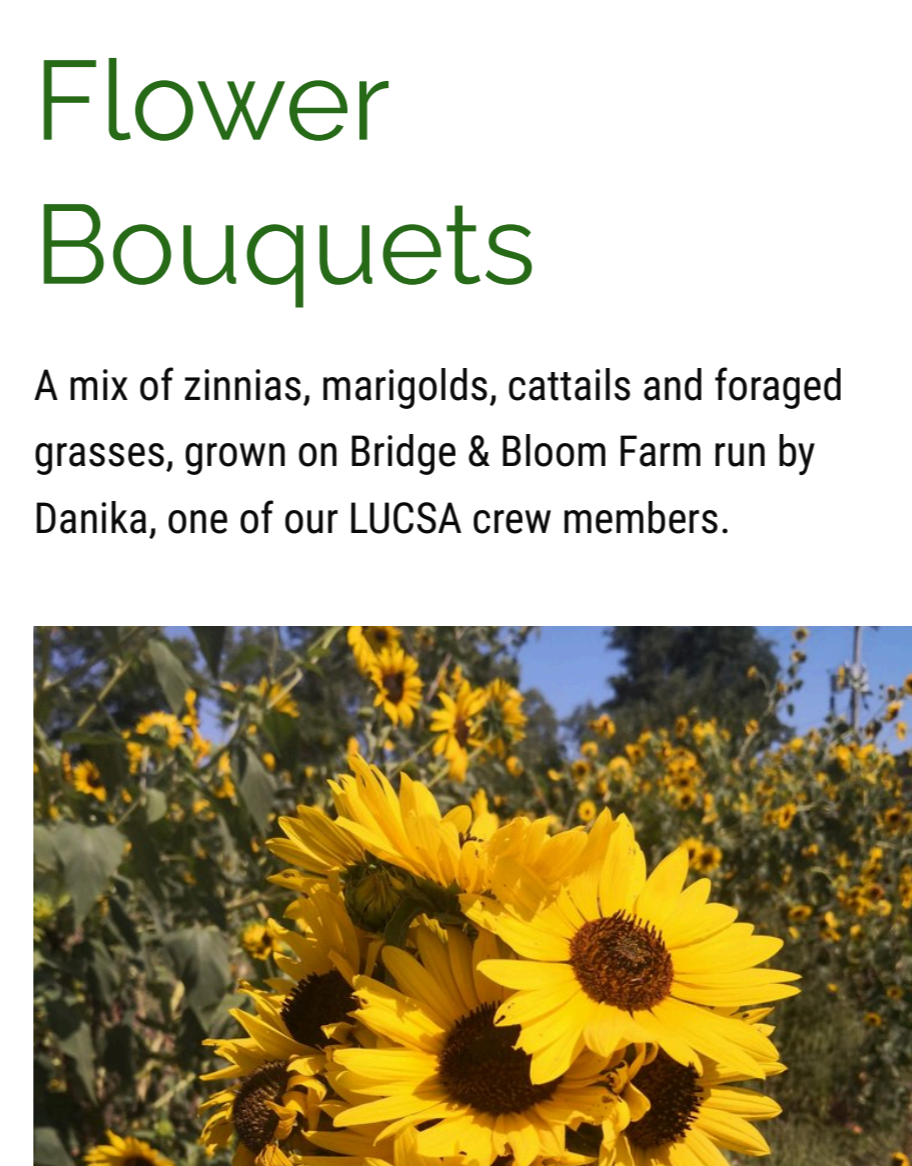
Extra Fruit: Strawberries

Mick Klug Farm, St. Joseph MI



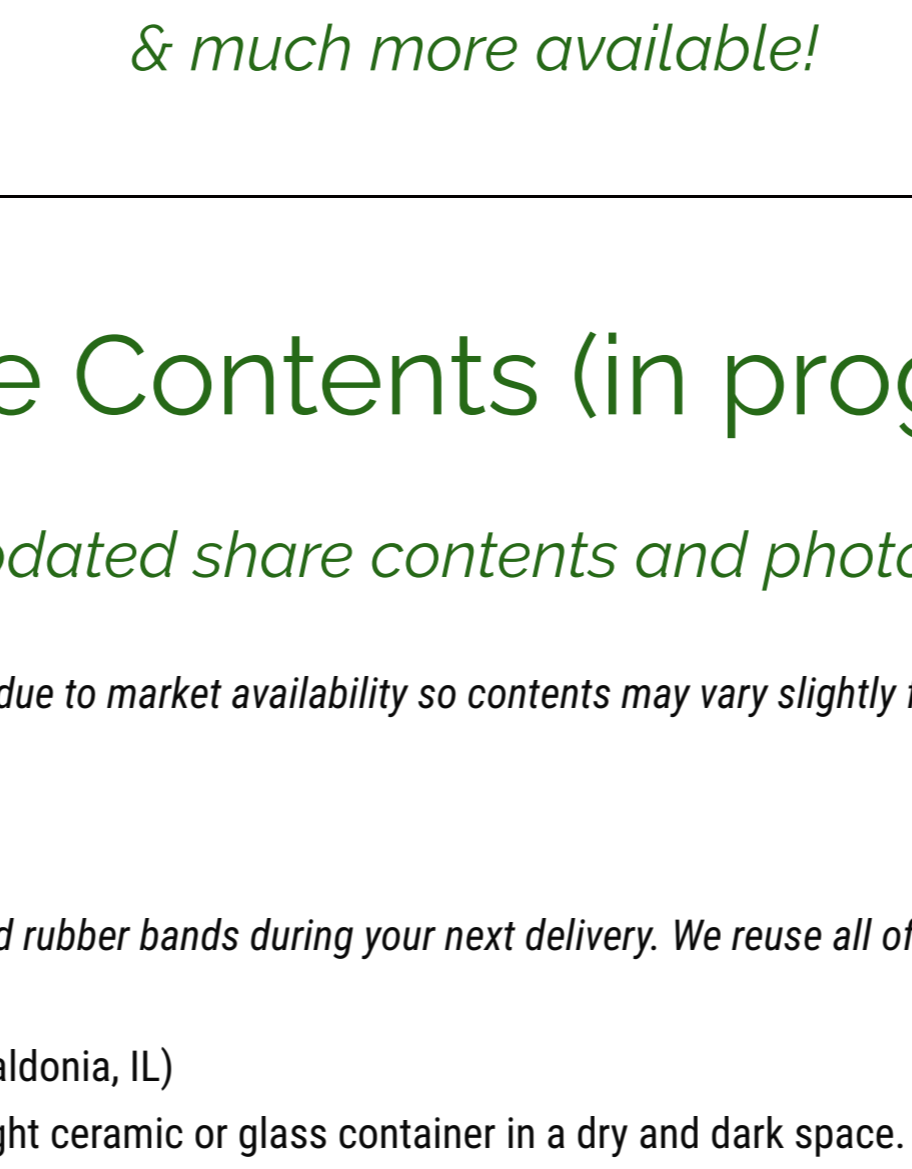
Hopewell Endgrain 16oz can

Octoberfest style Marzen Lager. 5.5% abv



Flower Bouquets

A mix of zinnias, marigolds, cactails and foraged grasses, grown on Bridge & Bloom Farm run by Danika, one of our LUCSA crew members.



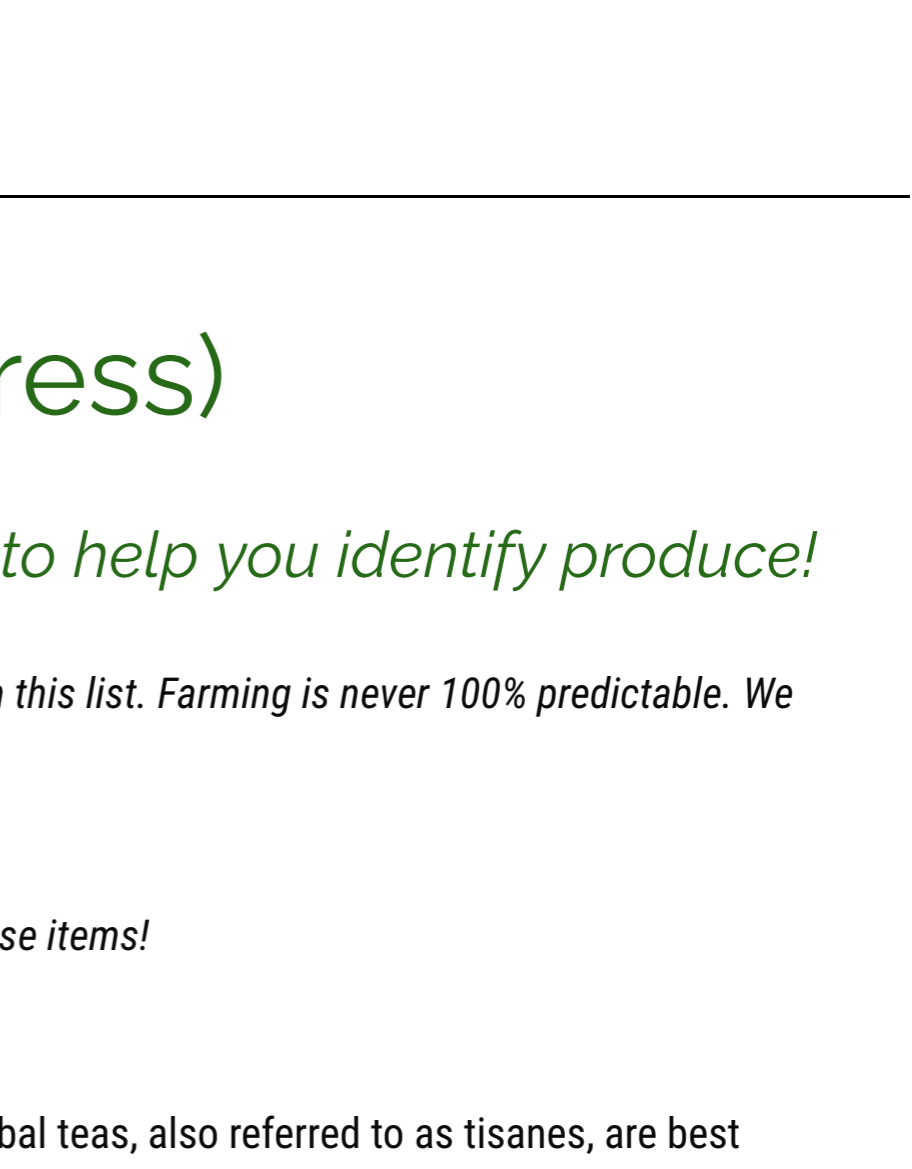
Sunflower Bundle

3-4 heads harvested from the Urban Canopy farm



Prairie Fruits Pelota Roja

A firm sheep milk cheese similar to Manchego. Aged 3 months with a rind rubbed with Guajillo chilis.



River Valley Granola 12oz

Blueberry Cardamom

& 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: Herbal Tea Blends [Wind Ridge Herb Farm](#) (Caldonia, IL)
Storage Tip - Loose leaf tea should be stored in an air-tight ceramic or glass container in a dry and dark space. Herbal teas, also referred to as tisanes, are best consumed in 4-6 months but will be fine for up to 1 year.

Bread:
Wednesday: Whole Wheat, FranHer Bakery (Pilsen)
Thursday: Sourdough Pullman, Publican Quality Bread (Fulton Market)
Friday: Country Sourdough, Flour Bakery (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. 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.

Eggs: [Fini'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.

Sugar Cube Melons: [Nichols Farm and Orchard](#), (Marengo, IL)
Storage Tip - Ripens at room temperature on your counter. Melon will give off a noticeable aroma of melon when it is ripe and the flower end of the melon will have some give. Cut up into slices or squares and you can keep refrigerated for a week. If you do not want to cut the entire melon, leave the seeds in the uncut half and cover with plastic wrap.

Thomcord Grapes: [Mick Klug Farm](#), (St. Joseph, MI)
Storage Tip - Store in crisper and allow for some air flow. These go quick so eat within 2-3 days.

Salad Greens: [The Urban Canopy](#), (Auburn Gresham, Chicago, IL) [Wild Coyote](#) (Berrien Springs, MI)
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.

Cucumbers or Pearl Onions: [One Family Farm](#) (Chicago, IL) [The Urban Canopy](#), (Auburn Gresham, Chicago, 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. Keep 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.
Onions: 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.

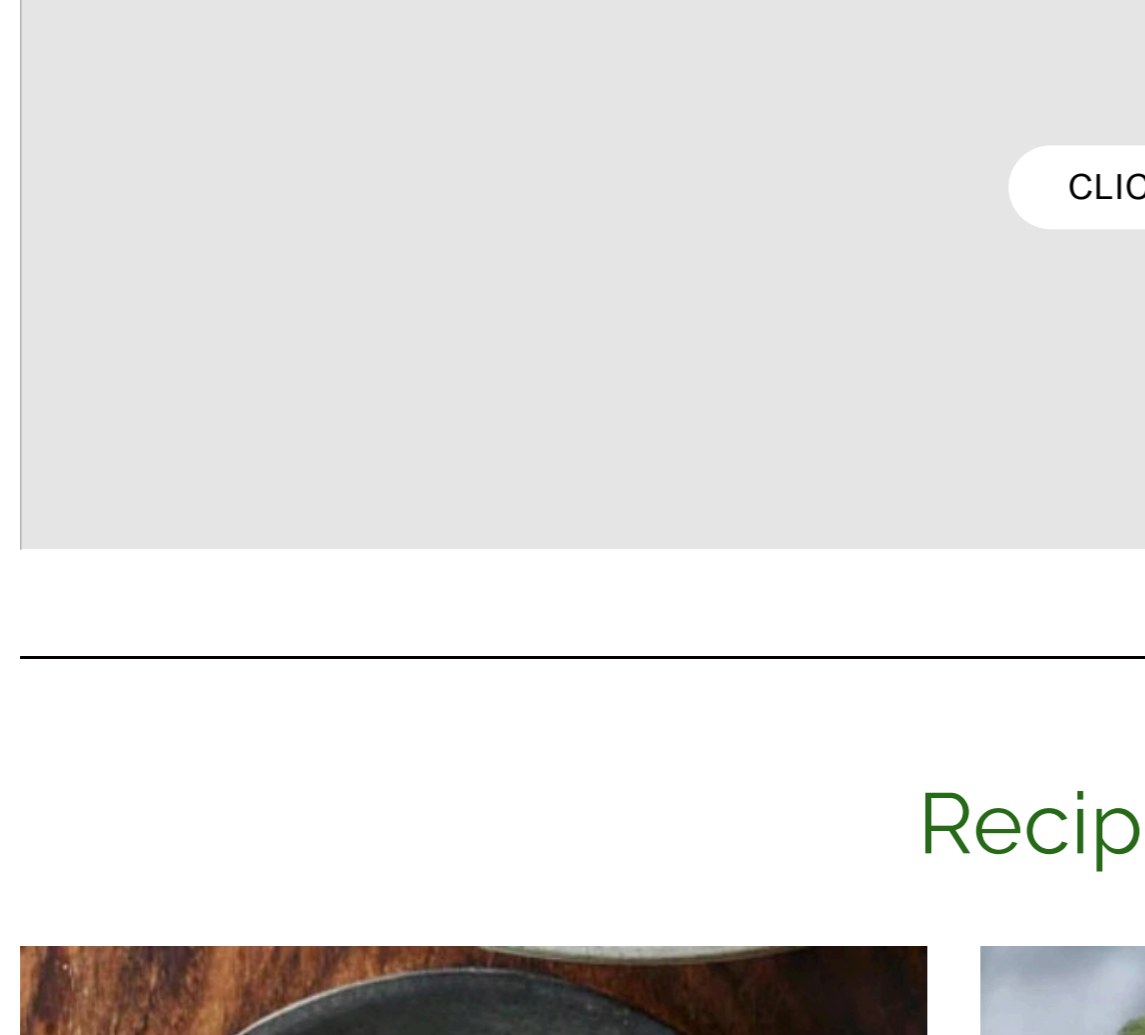
Plums: [Seedling Orchard](#), (South Haven, MI)
Storage Tip - Store unripened plums at room temperature to ripen. Place in paper bag to speed up the process, but check frequently because they are extremely perishable. You can store them for a couple extra days in the fridge once they are ripe.

Peppers (Bell and Banana varieties): [PrainEth Farm](#) (Atlanta, IL) [Coleman's Pharaoh Garden](#) (Back of the Yards, Chicago, IL)
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

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.

Substitutions

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



FROM LEFT TO RIGHT: CARROTS, COLLARDS, EGGPLANT, CHARD, ONIONS AND KALE

Collards / Kale / Swiss Chard: [The Urban Canopy](#), (Auburn Gresham, Chicago, IL) / [PrainEth 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.

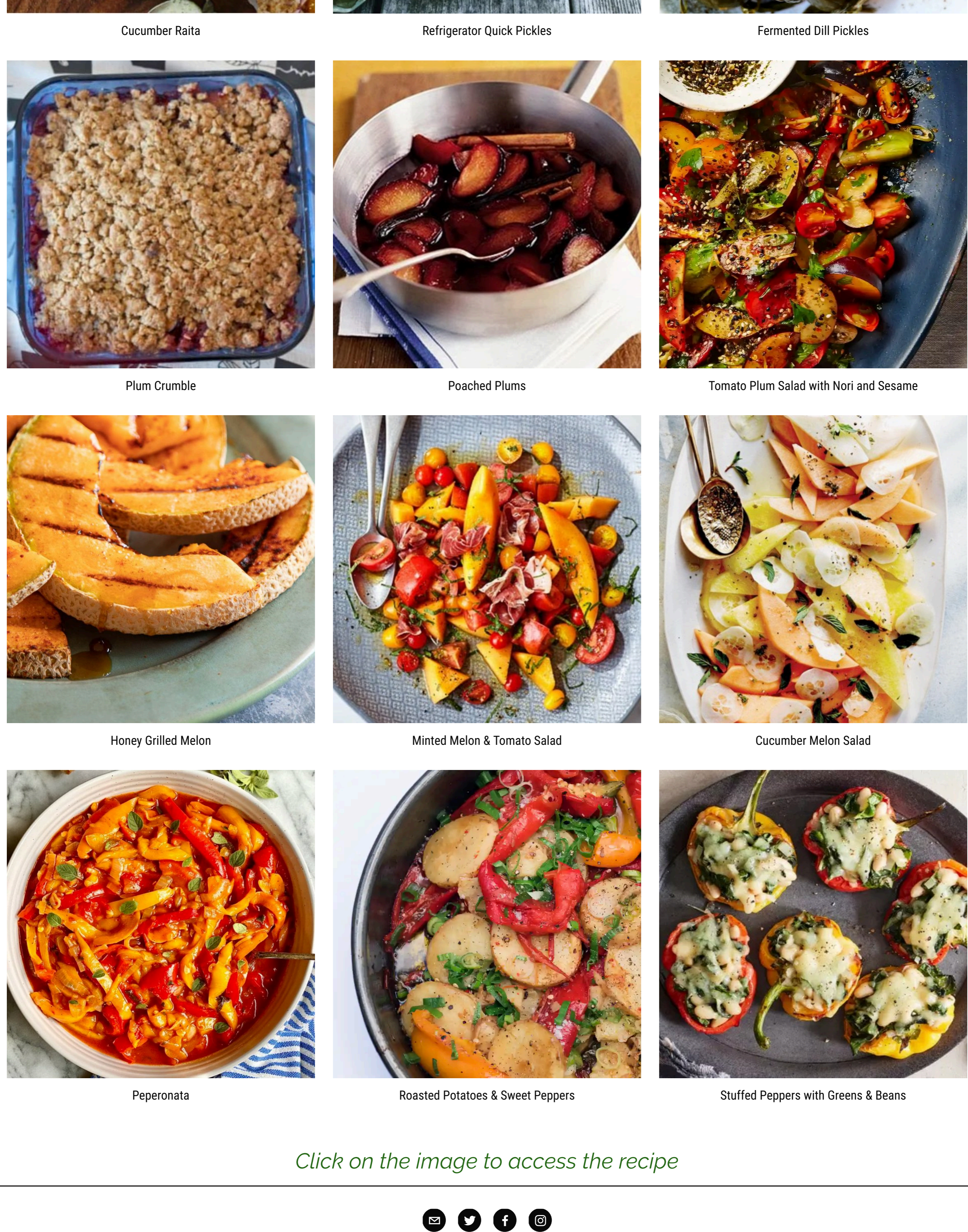
Eggplant: [The Urban Canopy](#), (Auburn Gresham, Chicago, IL)
Storage Tip - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

Onions: [The Urban Canopy](#), (Auburn Gresham, Chicago, 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.

Carrots: [Growing Solutions Farm UAS](#) (Illinois Medical District, Chicago, IL)
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 weeks.

[CLICK HERE FOR WEEK 17 NEWSLETTER](#)

Recipe Recommendations



Click on the image to access the recipe