

Summer Week 18: September 29/30 / October 1

Welcome to LUCSA Week 18!



[click here for last weeks \(week 17\) newsletter!](#)

[NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS](#)

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



What's in the box this week?

bread, eggs, mushrooms, apple cider, Bartlett pears, cherry tomatoes, sweet peppers, cooking greens / bok choy, potatoes, more!

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](#)



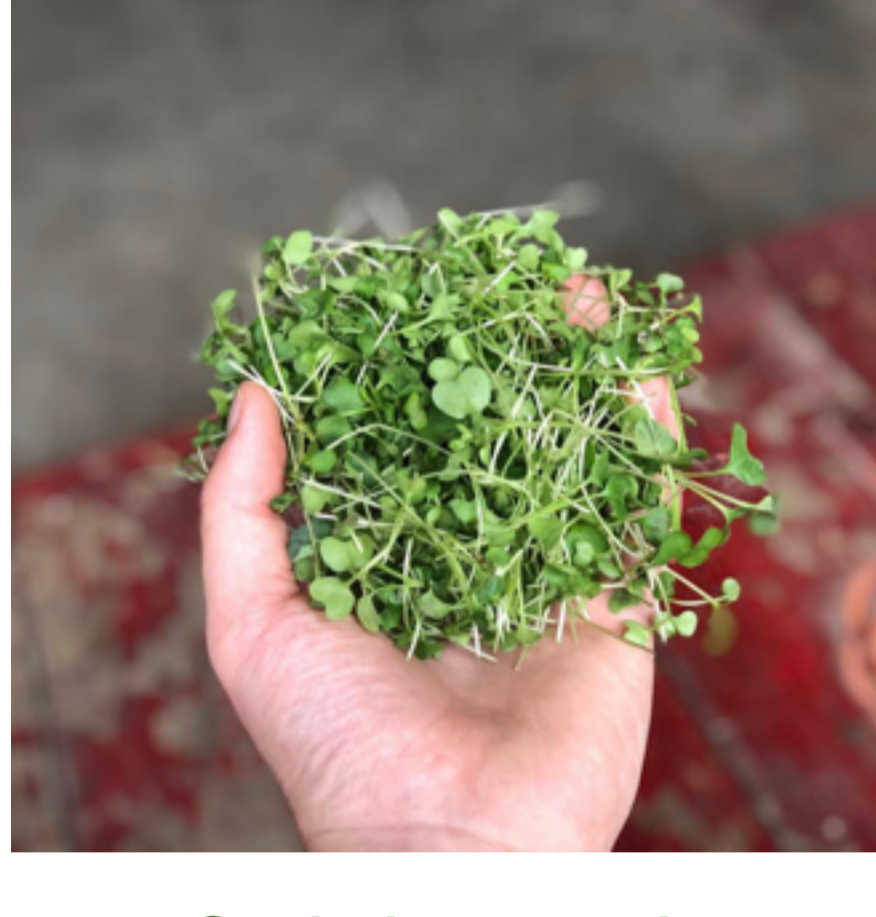
prairie fruits cheese

herbed chevre and grilling cheese available! grill and slice grilling cheese like you would a steak, serve with a squeeze of lemon juice, fresh herbs and maybe a drizzle of local honey.



underground meats

summer sausage (10oz german-style, fermented & smoked, w mustard seed, coriander, allspice) + 'nduja (3oz spreadable salami calabrian-style - spicy with ancho chilis, ghost peppers)!



garfield produce microgreens

brassica mix - mizuna, kohlrabi, cabbage, kale - adds a crunch and fun pop of purple color to any dish



urban canopy sunflowers

wild branching sunflowers from our outdoor farm - 3-4 stems per bunch



foxship cookies

riot cookies - cake batter + rainbow sprinkles, chocolate chips, and crushed oreo's. three quarter pound vegan cookies :-)



Lizzy J Cafe Sweet Tea

Not Your Aunt's Sweet Tea - 16oz bottles from Lizzy J, a family-owned and operated one of a kind breakfast and brunch cafe known for its loving atmosphere, delicious eats, and its homemade teas!

From the Farm

Fall has officially arrived and similar to Brendan, I love this time of year. I grew up in California, so the changing leaves and cool crisp air of the midwest is still a new exciting experience. My mornings on the farm are cool and damp now; I bundle up as we head into the field to harvest radishes and I cling onto my hot coffee as long as I can. This time of year reminds me of one of my favorite things about farming: cycles and transitions. Everything around me on the farm is slowing down and settling into the ground. Witnessing these shifts reminds me that this time of year holds much wisdom. The perennials sensing a change in temperature and sunlight begin to shape shift in order to survive winter and re-emerge for spring. Winter is a time for replenishing and regrouping for the bold emergence in coming seasons. The fall reminds me that transition and cycle comes from resiliency.

I hope that you have some sweet moments where you can be in the shifting spaces of seasonal transitions.

-Farmer Emma



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

Apple Cider: [Mick Klug Farm](#) (St. Joseph, MI)

Storage Tip - Since fresh apple cider uses UV pasteurization instead of High Heat sterilization, it will begin to ferment after 7-10 days. Keep in the fridge.. After that, make your own [apple cider vinegar!](#)

Bread

Wednesday: [Multigrain Loaf](#) [pHour Bakery](#) (Andersonville, Chicago)

Thursday: [Malted Rye Boule](#), [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

Friday: [Pain au Levain](#) [pHour 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!

Eggs: [Finn's Steak and Egn 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.

Mushrooms

Wednesday: Oyster Mushrooms, [Mycopla Mushrooms](#) (Scottville, MI)

Thursday: Crimini Mushrooms, [River Valley Mushrooms](#) (Burlington, WI)

Friday: Crimini Mushrooms, [River Valley Mushrooms](#) (Burlington, WI)

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Concord 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.

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

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

Red Norland Potatoes: [PrairieErth Farm](#) (Atlanta, 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 weeks.

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.

Bok Choy: [PrairieErth Farm](#) (Atlanta, IL)

Storage Tip - 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.

Cherry Tomatoes: [Seedling Orchard](#) (South Haven, MI) [The Urban Canopy](#) (Englewood, Chicago, IL)

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

Fennel: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Remove greens to preserve the stem longer. Greens can be used within a week and the white part can be stored in a bag in the crisper for a month or so.

Substitutions

Items for those who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subs are subject to change

Cooking Greens - Kale, Chard, Collard Greens: [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.

Arugula - Wild Coyote (Berrien Springs, MI)

Storage Tip - Store in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

Eggplant - Genesis Growers (St. Anne, IL)

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

Carrots - Nichols Farm and Orchard (Marengo, IL)

Storage Tip - Carrots can be stored in the crisper or in a plastic bag for a few weeks.

Leeks - PrairieErth 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!

Recipe Recommendations

[Click on the image to access the recipe](#)



Citrus & Garlic Braised Fennel



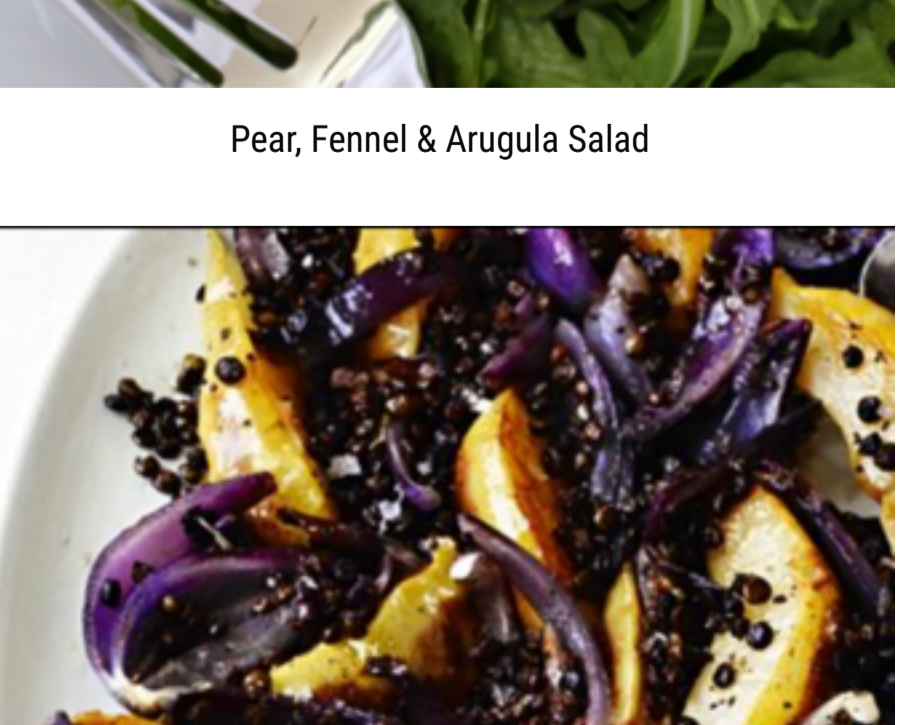
Pear, Fennel & Arugula Salad



Mushroom, Fennel & Caramelized Onion Soup



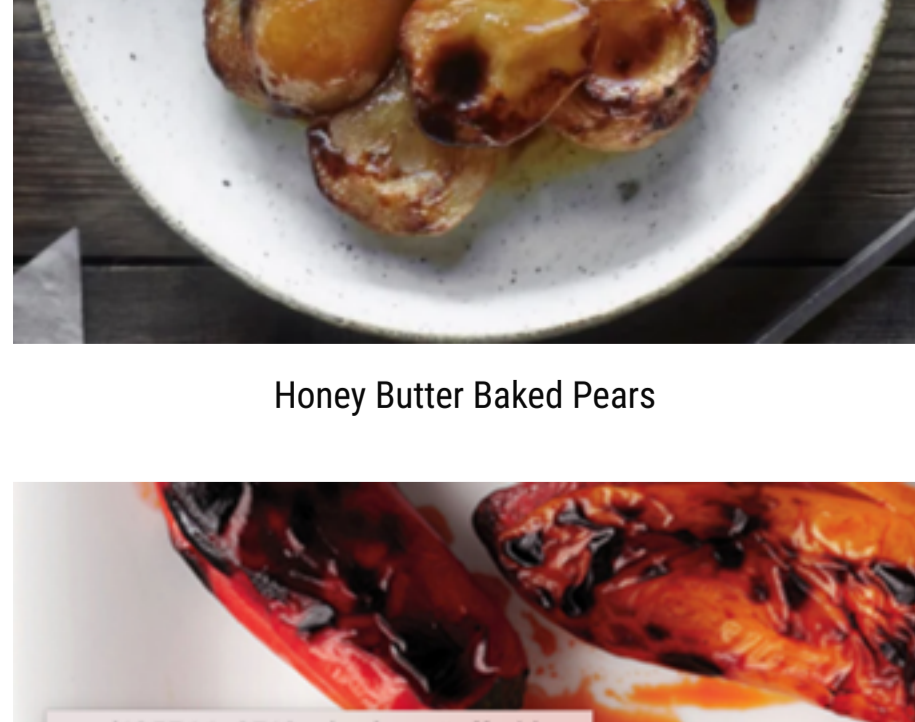
Honey Butter Baked Pears



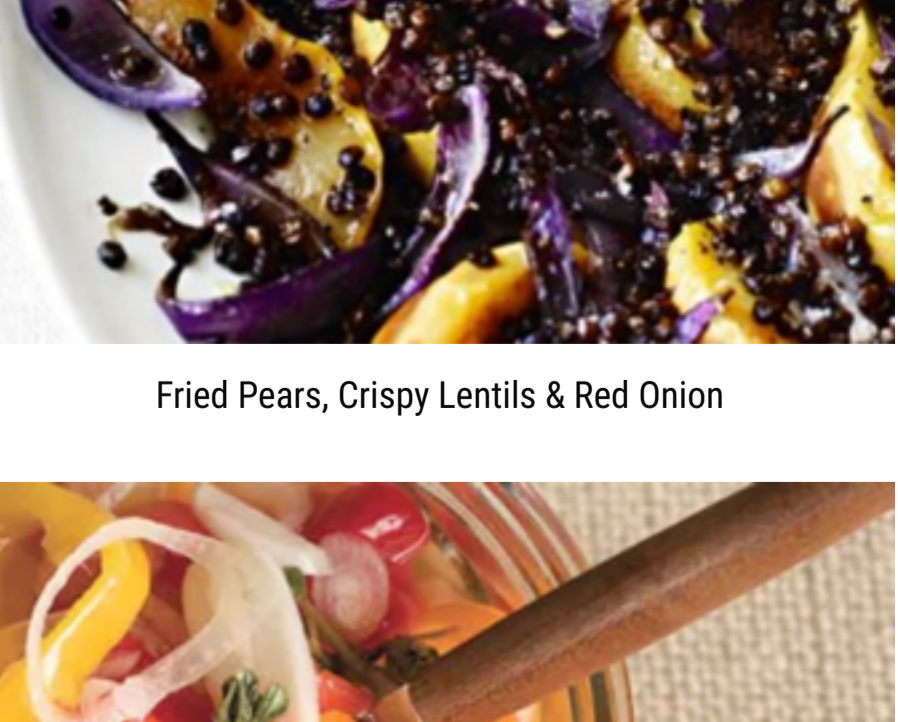
Fried Pears, Crispy Lentils & Red Onion



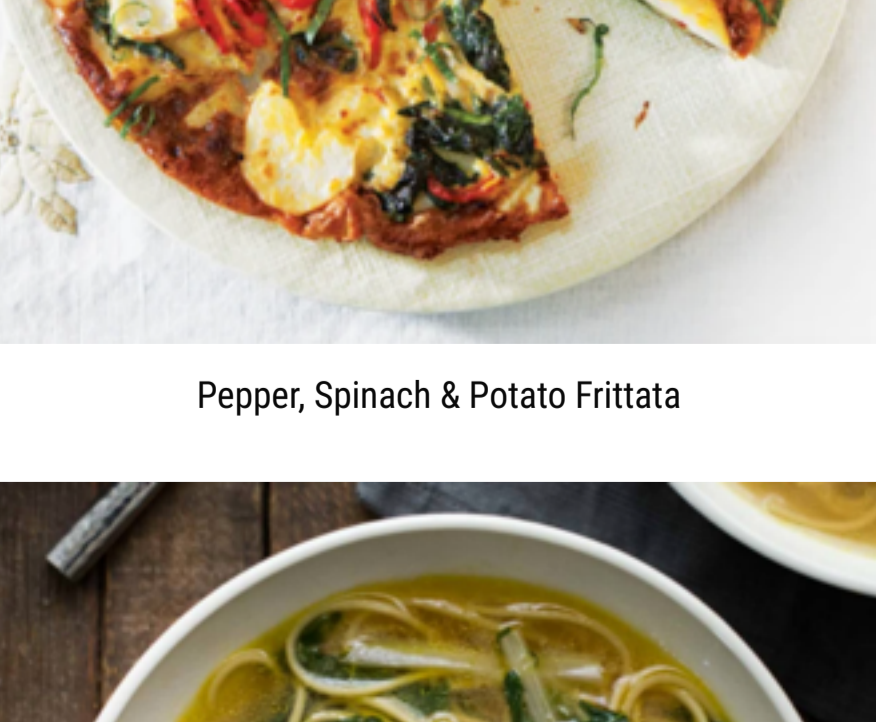
Pepper, Spinach & Potato Frittata



Chorizo Stuff Sweet Peppers



Pickled Sweet Peppers



Ginger Noodle Soup with Bok Choy



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible)