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# Summer Week 19 - 08/09, 08/10, 08/11

**Welcome to our newsletter! Only 2 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](mailto: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: Warrior Kombucha!

[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](mailto: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:**

**Cold Brew:** [Passion House](#) (Chicago) - 2 cans: store in refrigerator until use

### **Bread:**

Wednesday: **Challah**, [Franher Bakery](#) (Pilsen, Chicago, IL)

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

Friday: **Multigrain**, [pHlour Bakery](#) (Andersonville, 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, Shiitake or Crimini:** [River Valley Ranch](#) (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.

**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.

**Sweet Corn:** [Mick Klug Farm](#) (St Joseph, MI)

*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.

YOU WILL RECEIVE EITHER BEETS OR ZUCCHINI IN YOUR SHARE THIS WEEK

**Cabbage:** [Wild Coyote Farm](#) (Berrien Springs, MI)

*Storage Tip* - Keep in a plastic bag in the crisper for two weeks.

**Lacinato 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!

Wednesday/Thursday: **Beets:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

Thursday/Friday: **Zucchini:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

*Storage Tip (Beets)* - 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 days.

*Storage Tip (Zucchini)* - 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.

FROM LEFT TO RIGHT: PARSLEY, MINT, CILANTRO; YOU WILL RECEIVE ONE OF THESE, SCALLIONS, OR SALAD GREENS IN YOUR SHARE THIS WEEK

**You will receive one of the following in your share this week:**

**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.

or **Herbs** - Parsley, Mint, or Cilantro: [UC's oFarm](#) (Auburn Gresham, Chicago, IL)

*Storage Tip* - To keep herbs perky for more than a few meals, trim the stems as you would flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for herbs that remain vibrant for nearly a week.

or **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.

## Substitutions

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

**Cucumbers**: Coldbrook Farm (Crete, 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. 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.

**Orange Fleshed Melons**: [Nichols Farm & Orchard](#) (Marengo, IL)

*Storage Tip* - Ripen 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.

FROM LEFT TO RIGHT: SCALLIONS, GREEN PEPPERS,  
JALAPENO PEPPERS, EGGPLANT, MELON; NOT PICTURED:  
CUCUMBERS

**Jalapeno or Green Peppers**: [Nichols Farm & Orchard](#) (Marengo, IL)

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

**Eggplant**: [UC's oFarm](#) (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.

## 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**.*



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