



# Summer Week 19: 9/21 9/22 9/23

## Welcome to Summer - LUCSA Week 19!

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!

[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)



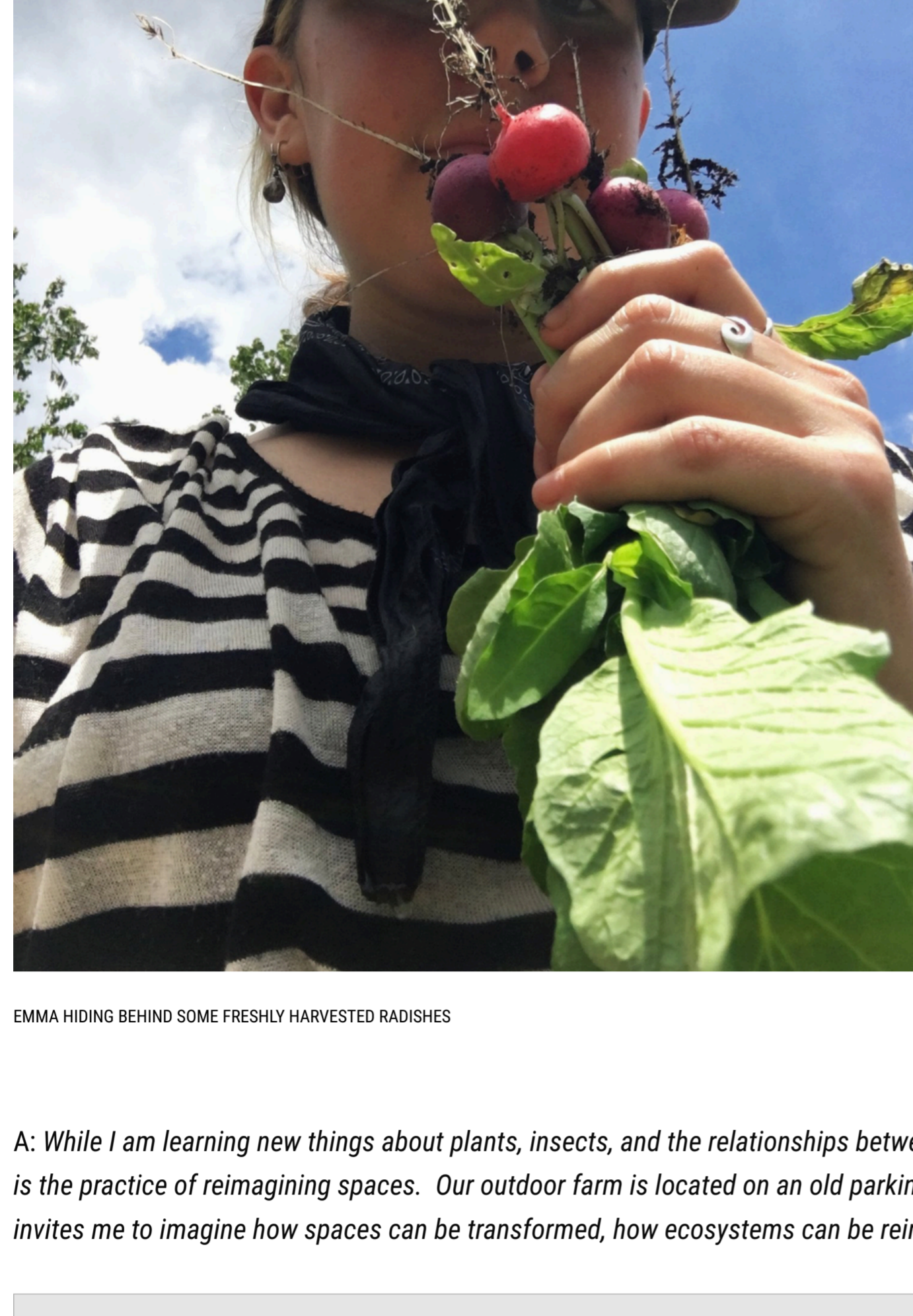
In your box this week:

- bread - eggs - mushrooms - cooking greens
- strawberries - bartlett pears - eggplant - corn
- red radishes - cucumbers - apple cider

The Urban Canopy farm, Auburn Gresham, Chicago

## Farmer Profile: Emma, Urban Canopy Crew

Hey there! I'm Emma and this is my second year with Urban Canopy working at the outdoor farm. It has been a treat working on the farm again this year and I want to shout out all the Ofarm crew who have made the farm such a cozy and sweet place.



EMMA HIDING BEHIND SOME FRESHLY HARVESTED RADISHES

Q: When did you start farming?  
 A: I started farming in Jan. 2016 while in school at University of California, Santa Cruz. I took a break from farming when I moved to Chicago in fall 2019. This will be my 6th year of farming!

Q: What is your favorite vegetable to grow?  
 A: Garlic! It amazes me that we plant garlic in the soil around Halloween and it survives through our harsh Chicago winters to sprout in early spring and bulb up by mid-July. I love how garlic connects the previous growing season to the new one.

Q: What part of farming surprises you the most?  
 A: That plants know what to do. I've found that so much of farming is learning how to recognize what the plants already know - plants know when they aren't getting enough sun, water, nutrients, when the soil isn't the right composition, etc. To me farming is a practice of noticing and responding, often times getting it wrong and sometimes getting it right - but it still surprises me that we can plant an eggplant and some time later that plant is producing a beautiful deep purple fruit. Plants know what to do.

Q: Do you have an easy, go-to thing you like to prepare using produce from the farm?  
 A: I like to make oven roasted beets and add them to arugula salads with red onions, walnuts, apples, and goat cheese.

Q: What is your favorite season/month on the farm?  
 A: Every season on the farm brings a unique richness, but I think fall is typically my favorite. The crisp air, the yummy treats, the root vegetables and celebration of all the years' harvest make fall a very special time.

Q: What's your favorite thing you've learned?  
 A: While I am learning new things about plants, insects, and the relationships between the two all the time, one of the most impactful things I've learned from the UC Ofarm is the practice of reimagining spaces. Our outdoor farm is located on an old parking lot, which brings specific challenges and limits to what we can do. However, it also invites me to imagine how spaces can be transformed, how ecosystems can be reinvigorated, and how relationships can be built.

## SIGN-UP NOW WINTER LUCSA 2022 / 2023

WHAT TO LOOK FORWARD TO IN WINTER LUCSA

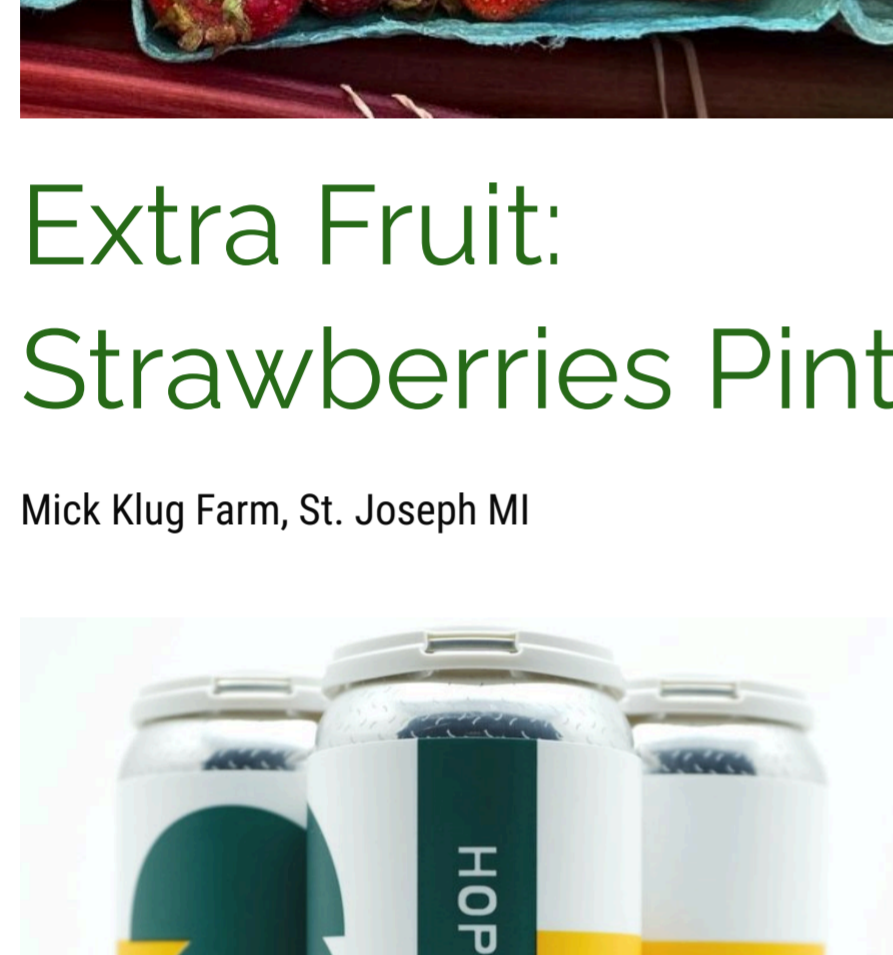
- pantry staples from local sources like wild rice, pecans & dried beans
- items from the Urban Canopy processing kitchen like kimchi, soups and canned tomatoes
- locally sourced vegetables all winter long

[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](#)



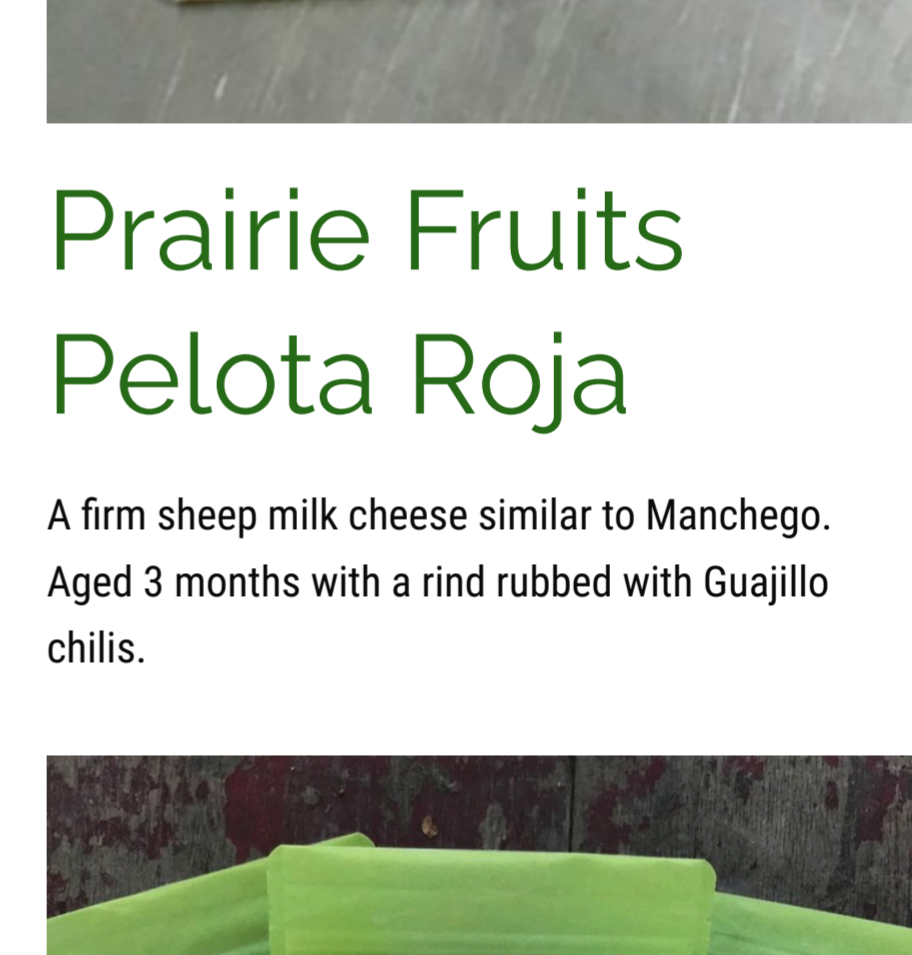
**Extra Fruit: Strawberries Pint**

Mick Klug Farm, St. Joseph MI



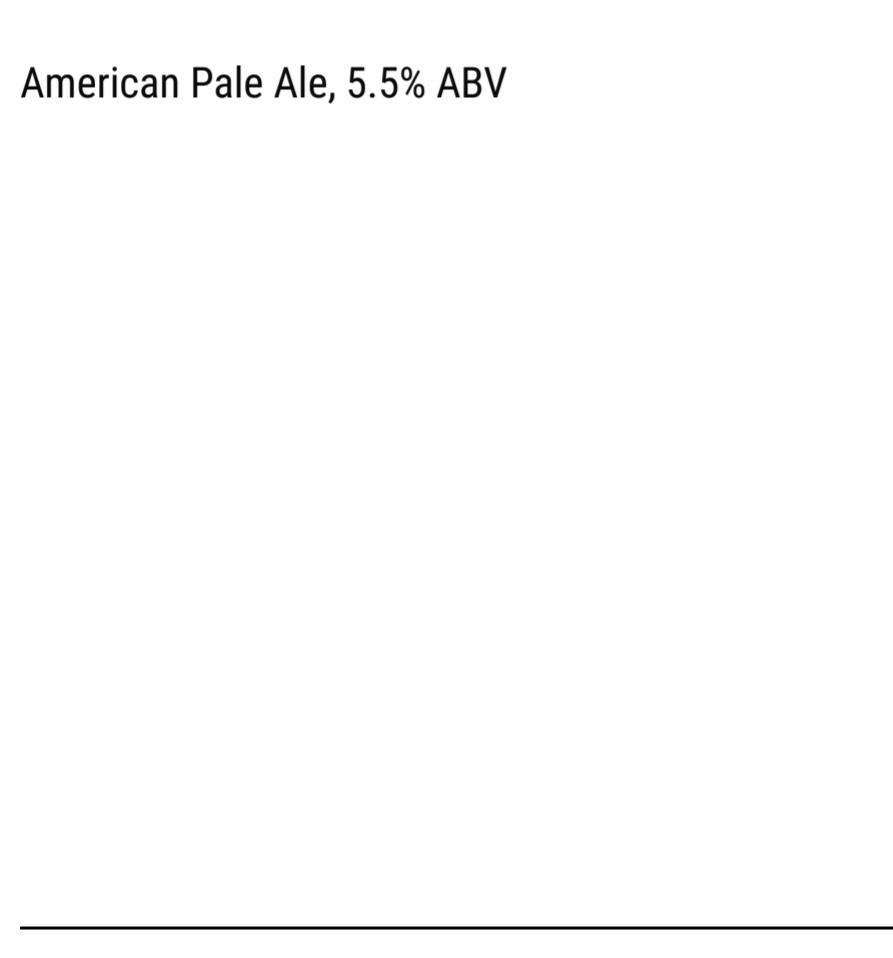
**Sarita's Pleasure Pies: Butchbaby Apple**

Quarter Pie, Vegan - granny smith apples, sweetened condensed coconut milk, oat milk, pecans, almonds, maple syrup, graham cracker, cinnamon, nutmeg, agar agar, coconut oil



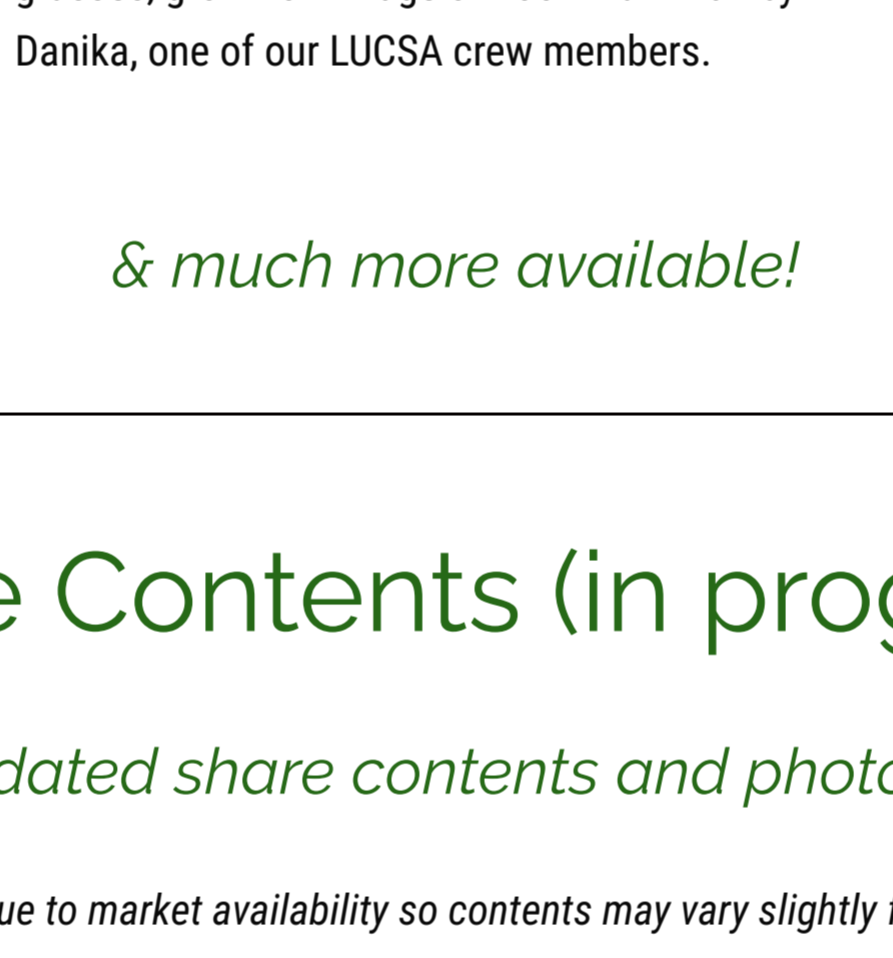
**Prairie Fruits Pelota Roja**

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



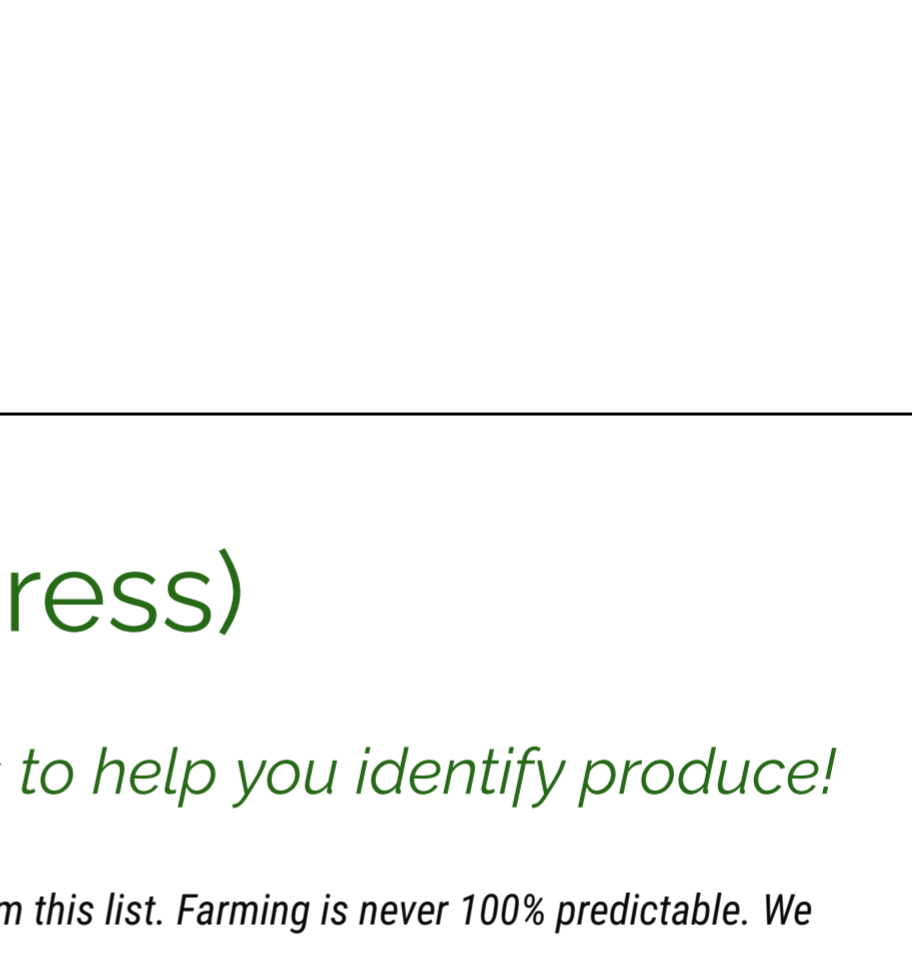
**Hopewell Ride or Die 12oz can**

American Pale Ale, 5.5% ABV



**Flower Bouquets**

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



**River Valley Granola 12oz**

Blueberry Cardamom

& much more available!

## Share Contents (in progress)

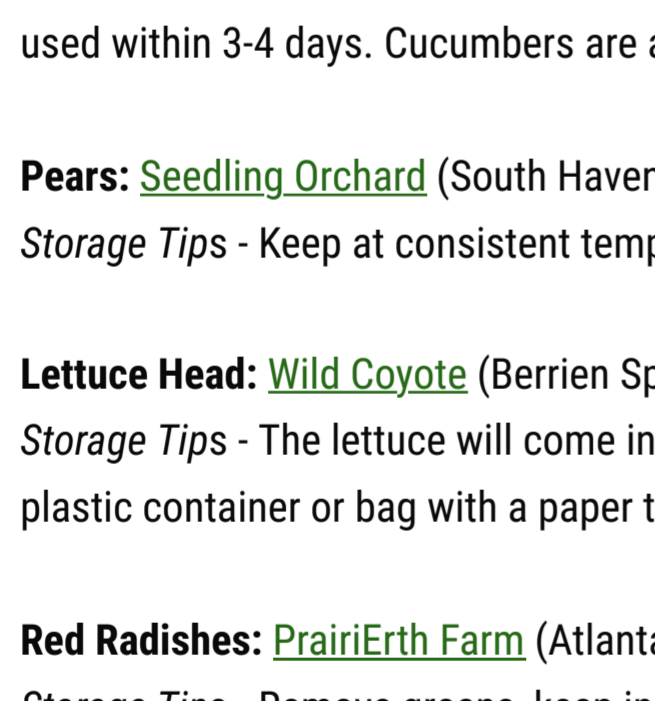
Refer back to this page for updated share contents and photos to help you identify produce!

- 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:** Apple Cider [Seedling Orchard](#) (South Haven, MI)  
**Storage Tip** - The local apple cider we offer does not use any preservatives and is treated with UV light instead of using heat pasteurization. This means it will begin to ferment after a week or 10 days. Always keep cider in the fridge. After that, make your own [apple cider vinegar!](#)

**Bread:**  
 Wednesday: [Challah](#), [FranHer Bakery](#) (Pilsen)  
 Thursday: [Country Sourdough](#), [pHlour Bakery](#) (Andersonville, Chicago)  
 Friday: [Sourdough Pullman](#), [Publican Quality Bread](#) (Fulton Market)  
**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 temperature - you may want to refrigerate bread sooner than later!

**Mushrooms:** [River Valley Ranch](#) (Burlington, WI)  
 Wednesday: [Crimini](#) / Thursday: [Shitake](#) / 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:** [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.

**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.

**Strawberries:** [Mick Klug Farm](#) (St. Joseph, MI)  
**Storage Tip** - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in a paper bag to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

**Cucumbers:** [One Family Farm](#) (Chicago, IL)  
**Storage Tips** - The lettuce will come in a green compostable bag; remove your greens from the bag, wash and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.  
 Cucumbers are also very sensitive to mold, so make sure they are really dry.

**Pears:** [Seedling Orchard](#) (South Haven, MI)  
**Storage Tips** - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

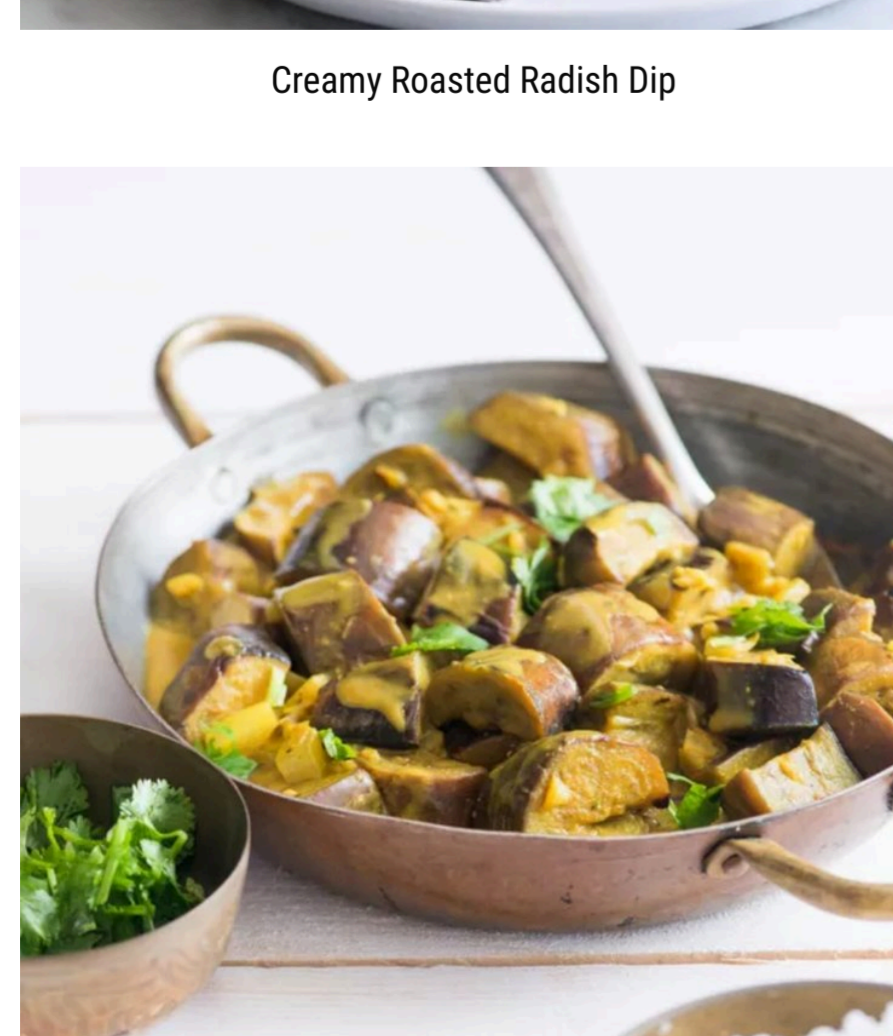
**Lettuce Head:** [Wild Coyote](#) (Berrien Springs, MI)  
**Storage Tips** - The lettuce will come in a green compostable bag; remove your greens from the bag, wash and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

**Red Radishes:** [PrairieErb Farm](#) (Atlanta, IL)  
**Storage Tips** - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

**Eggplant:** [Happy Valley Farm](#) (Black Earth, WI) / [One Family Farm](#) (Chicago, IL) / [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.

## Substitutions

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



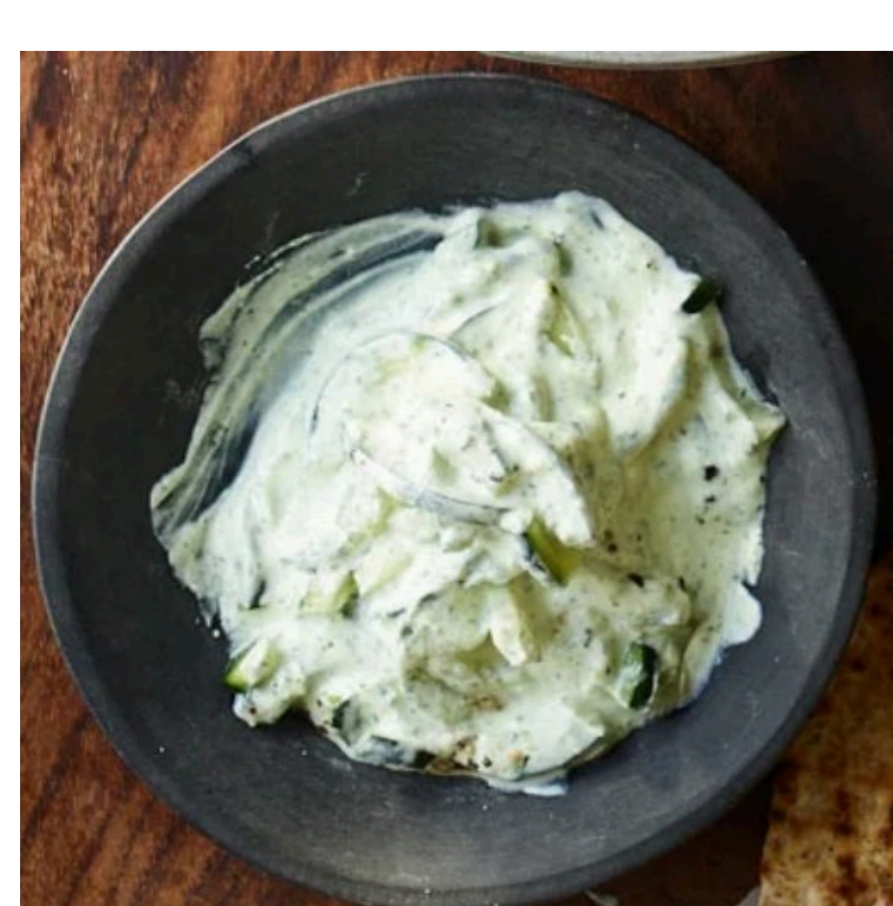
**Peppers:** [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Store dry in an open plastic bag in the crisper for up to two weeks.

**Parsley:** [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Keep in an open plastic bag in the crisper for up to two weeks.

**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.

**Celery:** [PrairieErb Farm](#) (Atlanta, IL)  
**Storage Tip** - Keep in an open plastic bag in the crisper for up to two weeks.

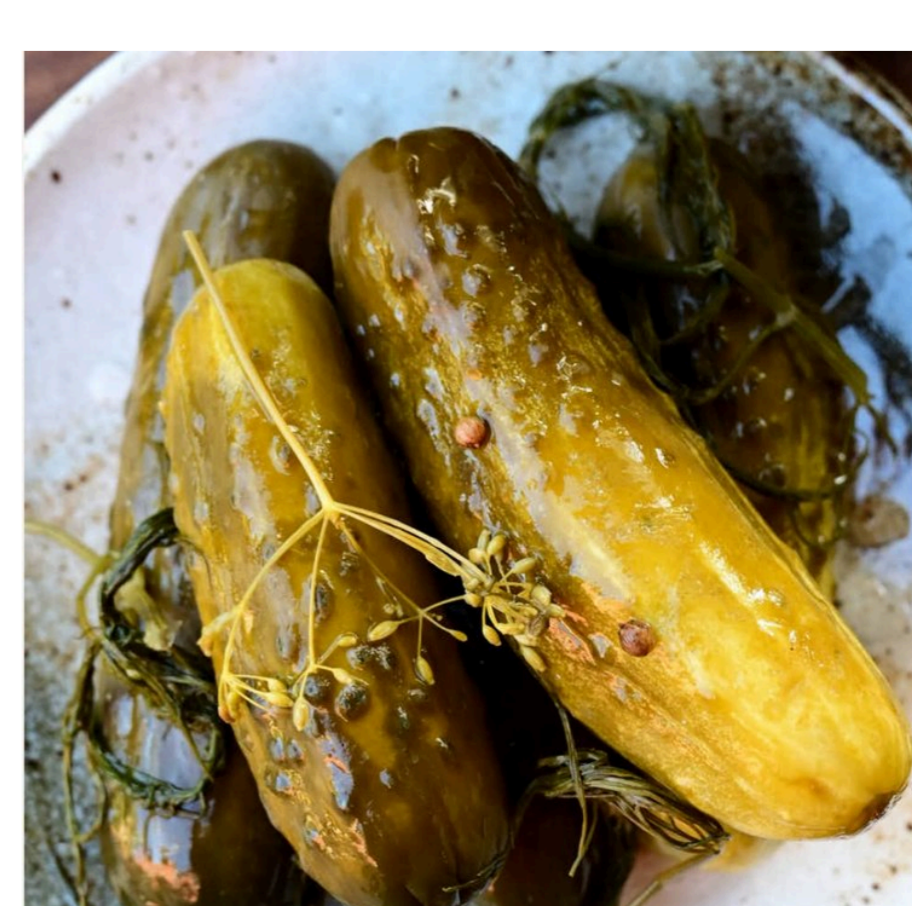
**Collards / Kale / Swiss Chard:** [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [PrairieErb Farm](#) (Atlanta, IL)  
**Storage Tip** - Remove from compostable green bag. Make sure greens are good and dry. Dry them in a paper or cloth towel to cut down on extra moisture. Then store in a plastic bag in the fridge for up to a week.



Creamy Roasted Radish Dip



Braised Radishes with Bacon



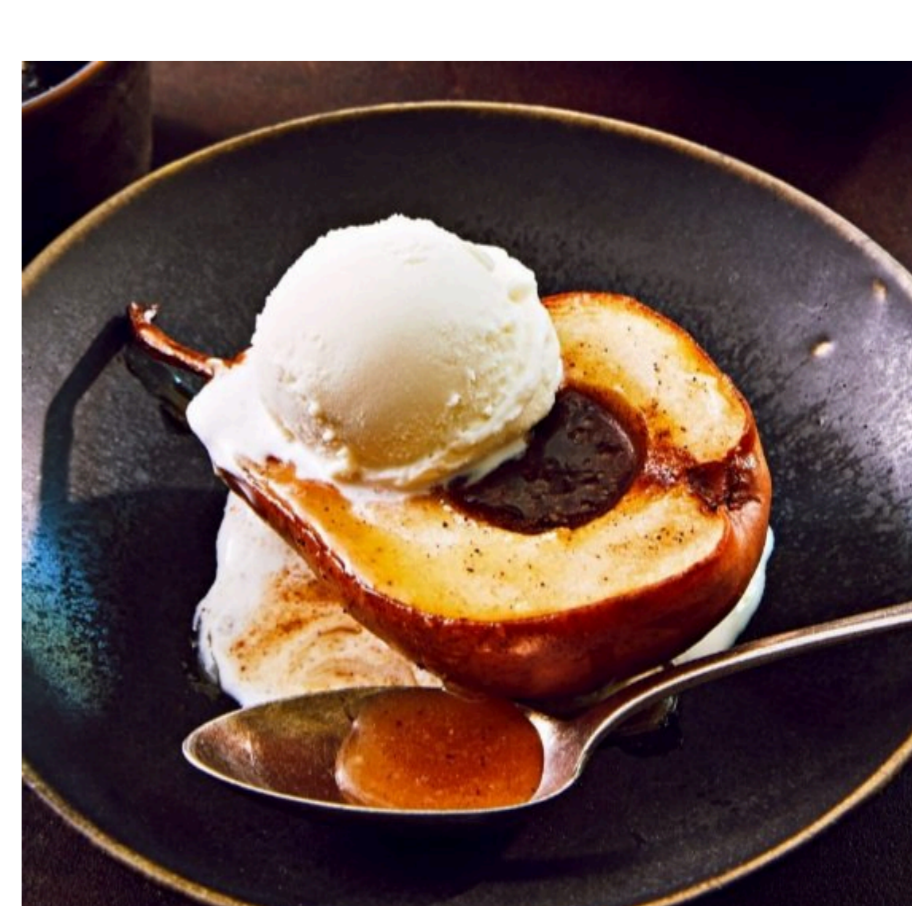
Corn & Radish Salad with Lime Dressing



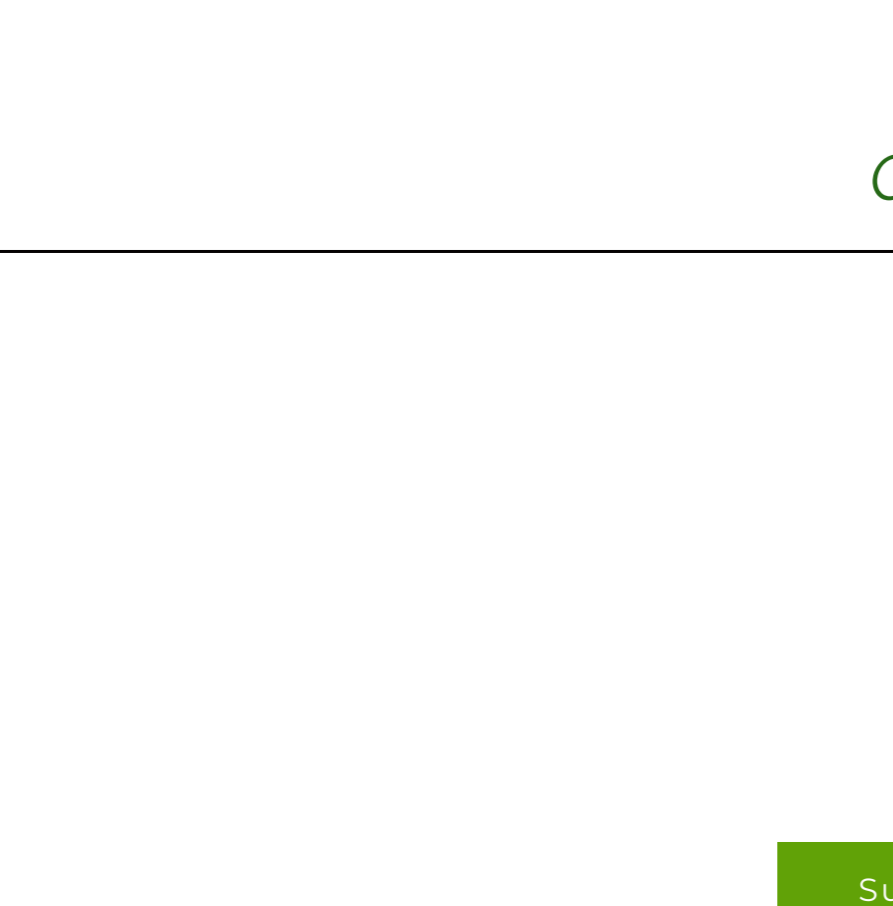
Eggplant with Coconut Curry



Bharta (Whole Roasted Indian Eggplant)



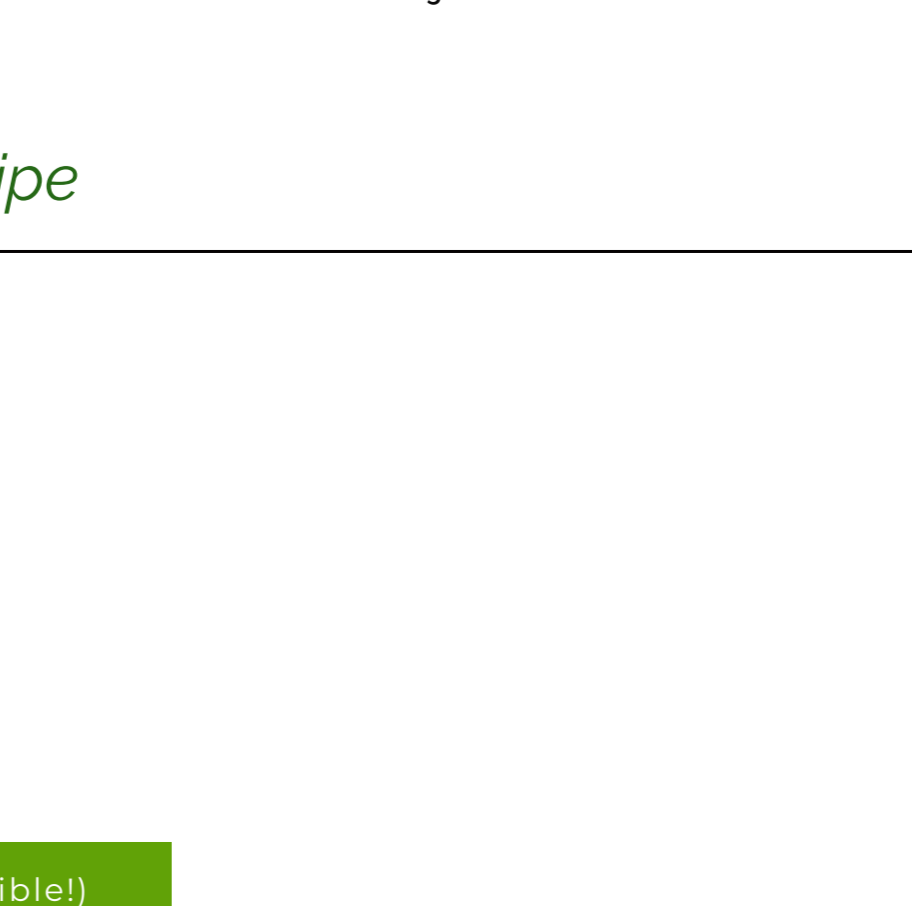
Steamed Eggplant Compote



Cucumber Raita



Refrigerator Quick Pickles



Fermented Dill Pickles



Cucumber Melon Salad



Upside Down Skillet Pear Cake



Brown Sugar Baked Pears

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



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