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# Summer Week 2 - 4/12 - 4/13 - 4/14

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Welcome to Summer LUCSA!

In your box this week:  
eggs - bread - mushrooms - tonics - canned beans - yellow onions - red beets - sweet potatoes -  
carrots - greens

**The Urban Canopy farm, Auburn Gresham, Chicago**

PRODUCE GUIDE - FIND  
STORAGE TIPS AND  
RECIPE SUGGESTIONS  
FOR ANY PRODUCE  
ITEM HERE

NEWSLETTER ARCHIVE  
- FIND ALL PAST  
NEWSLETTERS HERE

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

### Summer LUCSA Tips!

We have lots of friendly faces returning for summer LUCSA this year, but we have lots of new names too! Welcome to LUCSA! Here are some tips for how to best enjoy your share:

**-Unpacking your share:** follow our storage suggestions in the share content section below! We provide lots of tips for extending the life of your produce. ***Biggest piece of advice - remove greens from the biobag ASAP!***

**-Recipes:** We provide recipe suggestions at the bottom of the newsletter! We try to find recipes that include multiple items you'll be receiving. You can also find recipes for any produce item we'll send you on our Produce Guide!

**-Identifying produce:** As the week goes and we receive produce from farms, we'll upload photos to this newsletter so that you can rely on the newsletter to help you identify those less common produce items we love to send.

**-Add ons:** we have a lovely list of add ons that can save you trips to the grocery store and introduce you to new local vendors you may not be aware of!

**-Returnables:** you can return your wax box and egg cartons by leaving them in your delivery spot before we come and drop off your new share!

**-Vacations, moving, and other questions:** Email us at [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org)! We are here to help you with any questions about your share.



## 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.

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



## Dairy

Local dairy products like Prairie Fruits Farm cheese, Kilgus Farm milk and yogurt, Nordic Creamery butter, Finn’s Ranch eggs, and more seasonally!



## Local Beverages

New to LUCSA - Warrior Kombucha utilizes Yaupon tea which is native to North America!



## Local Baked Goods

Vegan and Gluten-free treats from Bot Bakery, Vegan cookies from Foxship Bakery, Pleasure Pies quarter-pie slices, Uzma Chocolate Bars



## Jarred Goods from



## Pantry Staples + more

Janie’s Mill Flour, Local Popcorn, Local Honey + Maple Syrup, Sauces and Spreads, Cahokia Rice, LaCrosse Milling Oats, Locally made soap, candles, dish brushes, and more!



## Local Meat, Fish, +

## our own kitchen!

Jams, Giardiniera, Pickled Vegetables, Preserved Lemons, Whole Tomatoes, Salsas, more! All a part of our mission to reduce food waste.

## Vegan Substitutes

Underground Meats cured meats, Finn's Ranch meat and poultry products, Great Lakes Fishing Co fish, Phoenix Bean Tofu, Upton's Seitan + other products!

*& much more available!*

## 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:

**Tart Sparkling Tonic:** [Fruitbelt](#) (Sawyer, MI) Cherry Ginger, Apple Dandelion, or Elderberry

Store in the fridge.



### Bread:

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

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

Friday: **Sourdough Pullman**, [Publican](#) (Fulton Market, Chicago, IL)



*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

### **Mushrooms:**

Wednesday: Crimini: [River Valley Ranch](#) (Burlington, WI)

Thursday: Crimini: [River Valley Ranch](#) (Burlington, WI) / **Oyster or Lions Mane:** [Primordia Mushrooms](#) (Chicago, IL)

Friday: Oyster or Lions Mane: [Primordia Mushrooms](#) (Chicago, IL)

*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.

**Yellow Onions:** [Alsum Farm](#) (Friesland, WI)

*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

**Sweet Potatoes:** [Alsum Farm](#) (Friesland, WI)

*Storage Tip* - Sweet potatoes should never be cold til cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

**Carrots:** [PrairieErth Farm](#) (Atlanta, IL)

*Storage Tip* - Store in the fridge, in the crisper or in a plastic bag for a few weeks.

**Red Beets:** [Victory Farms](#) (Hudsonville, MI)

*Storage Tip* - Keep the roots dry and tightly sealed in a bag in the crisper for up to a month.

**Canned Garbanzo and Black Beans:** [Omena Organics](#) (Omena, MI)

*Storage Tip* - Store in pantry until use.

**Lettuce / Kale / Winter Spinach:** [Artesian Farms](#) (New Buffalo, MI), [Wilder Fields](#) (Chicago, IL), [Nichols Farm and Orchard](#) (Marengo, IL)

*Storage Tips:* Repackage in a non-biodegradable plastic bag or container with a paper towel for up to a week.

# 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: PARSNIPS, RICE, POTATOES, DRIED BLUEBERRIES, APPLES

**Dried Blueberries:** [Shoreline Fruit](#) (Traverse City, MI)

*Storage Tip* - Store in clean, dry bags in a cool, dark space, away from heat sources. Other durable containers like jars work well for storing dehydrated blueberries. Dried blueberries can also be stored in your freezer.

**High Protein White Rice:** [Cahokia Rice](#) (McClure, IL)

*Storage Tip* - Store in a cool dry place out of direct sun

**Parsnips:** [Tim Campbell Farm](#) (Imlay City, MI)

*Storage Tip* - Keep in a plastic bag in the crisper for up to a few weeks.

**Fingerling Potatoes:** [Nichols Farm and Orchard](#) (Marengo, 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.

**Apples:** [Mick Klug Farm](#) (St. Joseph, MI)

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

**Turnips:** [PrairieErth](#) (Atlanta, IL)

*Storage Tip* - Best stored in the refrigerator crisper or lowest shelf.

## Recipe Recommendations

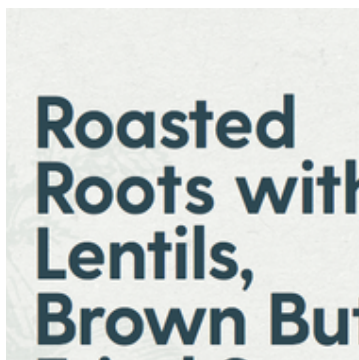
*Click on the image to access the recipe*



Stir Fried Cumin Carrots



Vegan Carrot Cake



Roasted Roots with Lentils



Kale Rice Bowl



Curried Carrot Turnip Soup



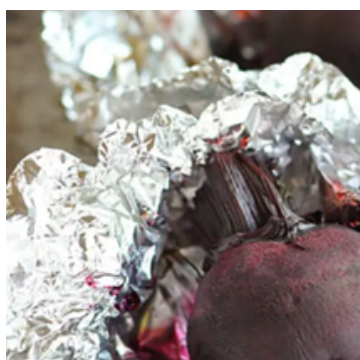
Goat Cheese Hazelnut Shaved ...



Vegan Slow Cooker Chickpea T...



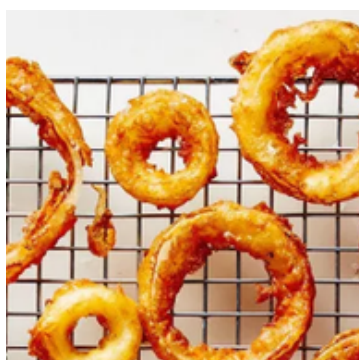
Vegetarian Chili



Oven-Roasted Beets



Crispy Air Fryer Beets



Beer-Battered Onion Rings



Sweet Potato and Black Bean T...



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