



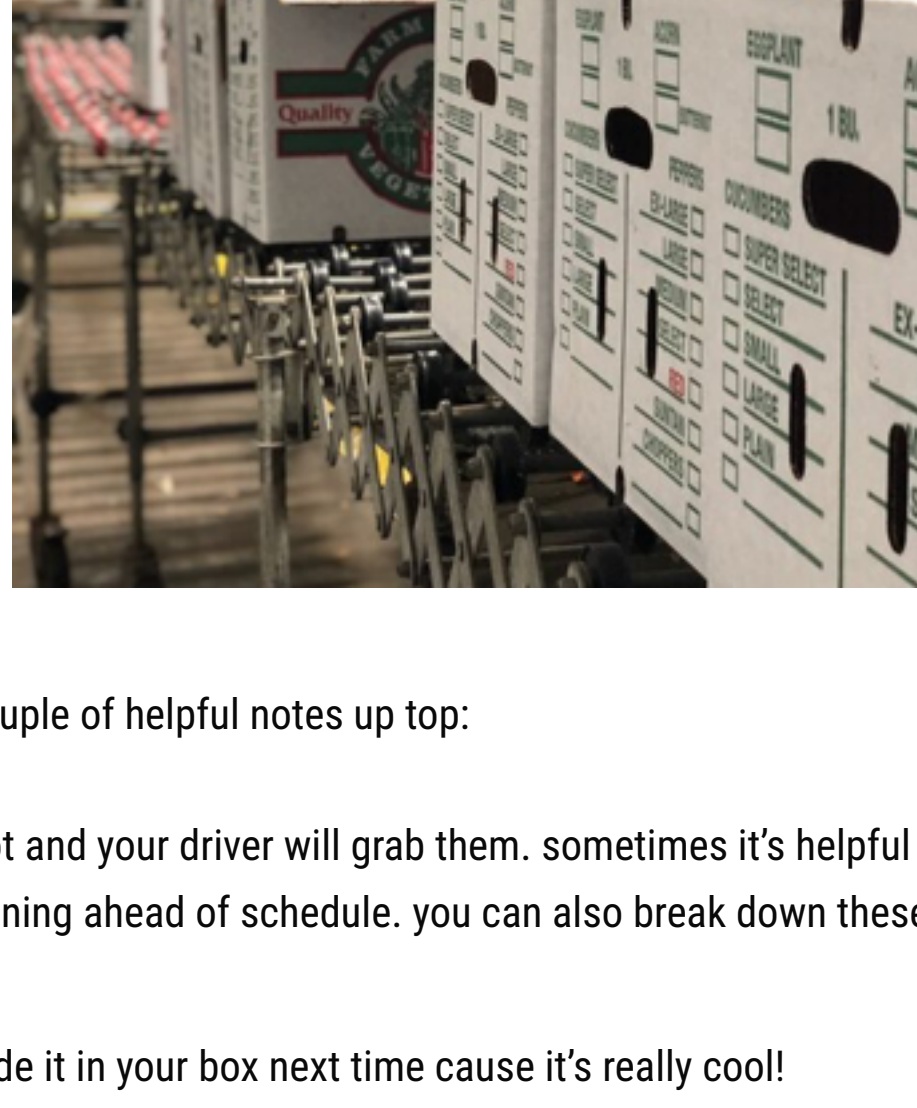
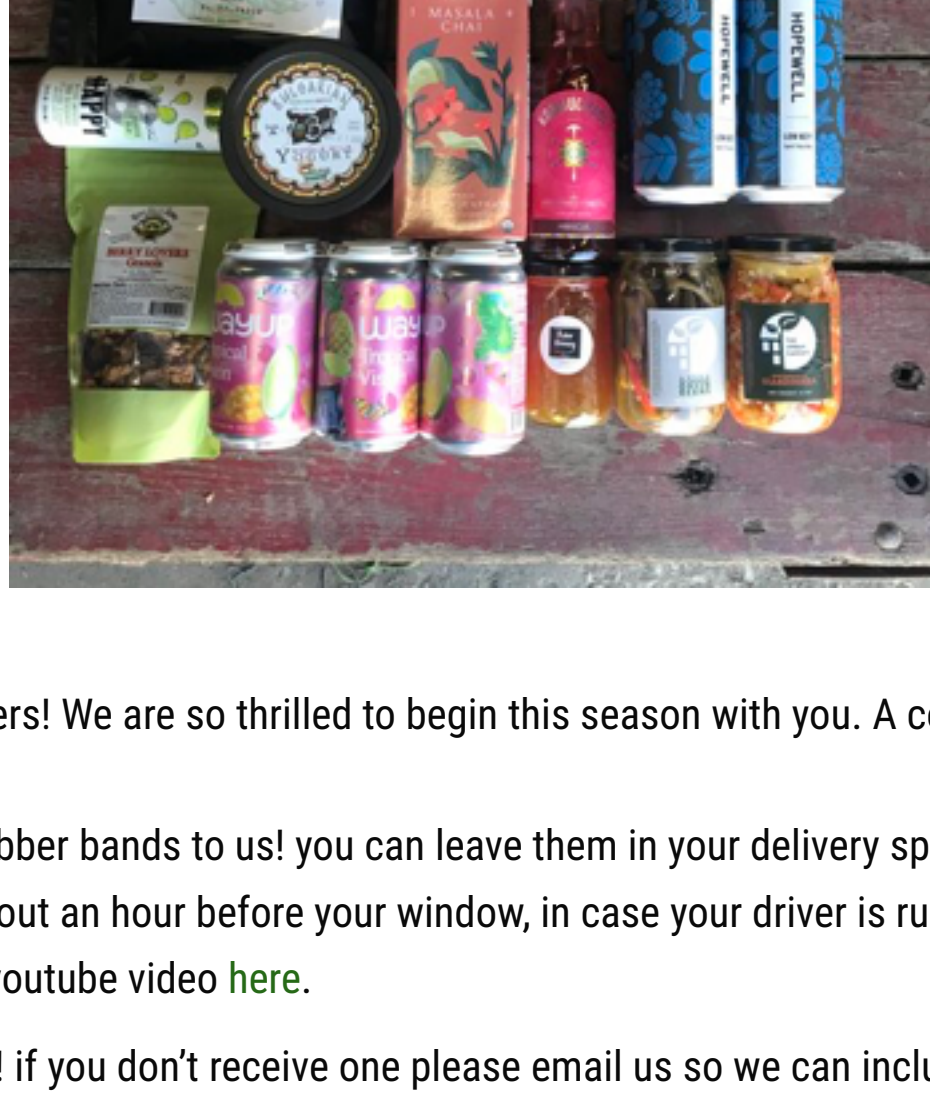
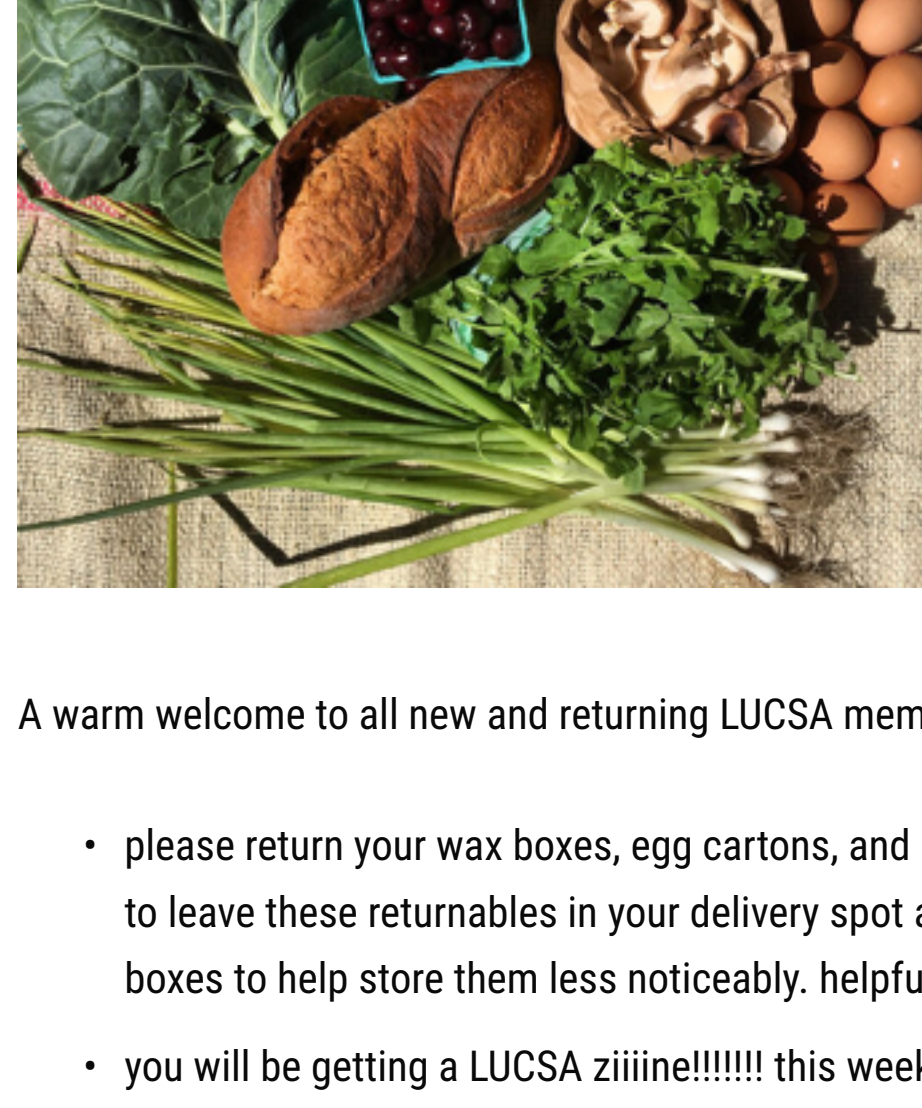
Summer Week 2: June 9 / 10 / 11

Newsletter Updates

- 6/11 - We had some extra chard so some of you got an extra cooking green bunch! It's a green leaf with a yellow, pink, or white stem. The stems are great to pickle!
- 6/10 - We had some issues with the rapini so had to rearrange some items.
 - For those that we couldn't cover with rapini - you will be getting spinach as a substitute.
- 6/10 - Salad and cooking greens are all narrowed down by the day
- 6/9 - Wednesday members mushrooms, salad greens, and cooking greens are listed for you!

Welcome to LUCSA Week 2!

If you are looking for the newsletter for a previous week, you can find those in our newsletter archive!



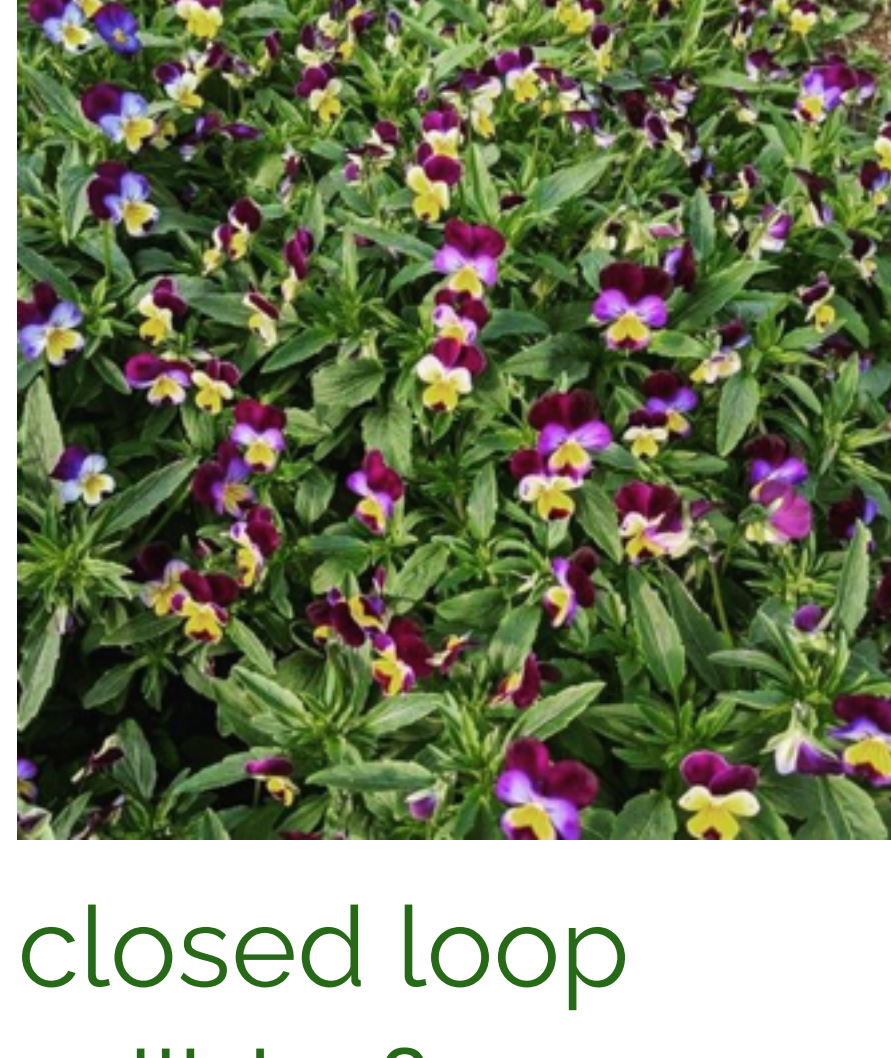
A warm welcome to all new and returning LUCSA members! We are so thrilled to begin this season with you. A couple of helpful notes up top:

- please return your wax boxes, egg cartons, and rubber bands to us! you can leave them in your delivery spot and your driver will grab them. sometimes it's helpful to leave these returnables in your delivery spot about an hour before your window, in case your driver is running ahead of schedule, you can also break down these boxes to help store them less noticeably. helpful youtube video here.
- you will be getting a LUCSA zillie!!!!!! this week!!! if you don't receive one please email us so we can include it in your box next time cause it's really cool!
- we offer add ons! add on milk, butter, flour, coffee, giardiniera, jam, and so many other things. I'll send out the add on order form with this newsletter every week so you can get a peek of what's in your box and, accordingly, what you'd like to add on.
- we are here to help! email us at lucsa@theurbancanopy.org if you have questions, think something was missing from your box, or need clarification on a produce item. I will be uploading photos of produce to this page as we receive them, so check back here first to see if it answers your question!
- follow us on instagram! we post cute photos! and share contents! and recipes!

Add-on items

all from local businesses!

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



closed loop edible flowers

violas! these beautiful little purple and yellow flowers add a splash of color and elegance to any salad, avocado toast, or cake! they have a mild minty flavor.



frogtown juices

sonny (pineapple, orange, mango) + hock punch (red beet, pineapple, apple, carrot, orange)



urban canopy sauerkraut

raw, fermented sauerkraut from our own kitchen!



foxship cookies

three quarter pound vegan cookies



finns ranch ground beef

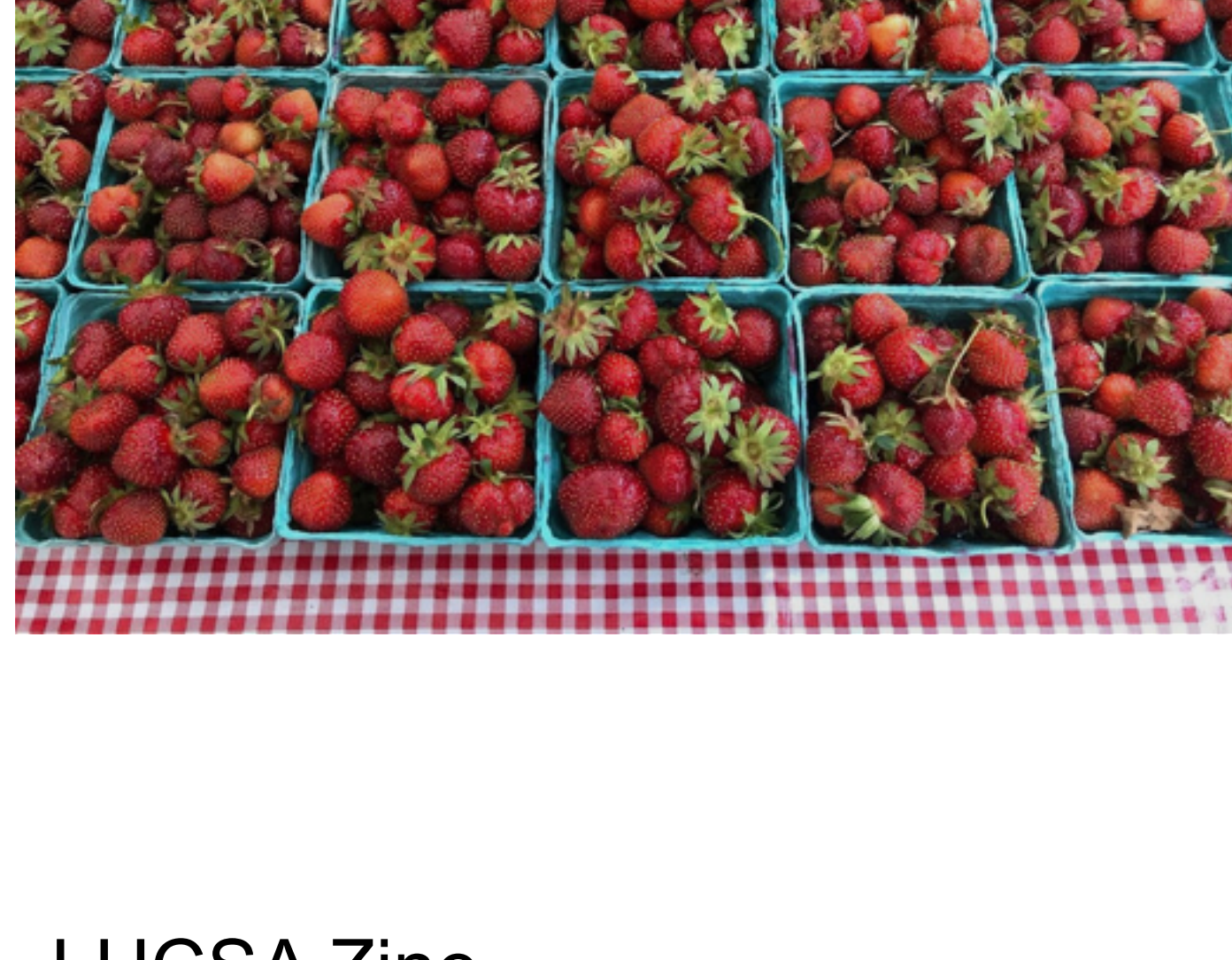
on special this week - three 1lb packs for \$27! grass-fed and grass-finished, fat content 90/10, frozen.



baguette & butter field guide

spring field guide! a guide to cooking locally + seasonally!

and much more available!



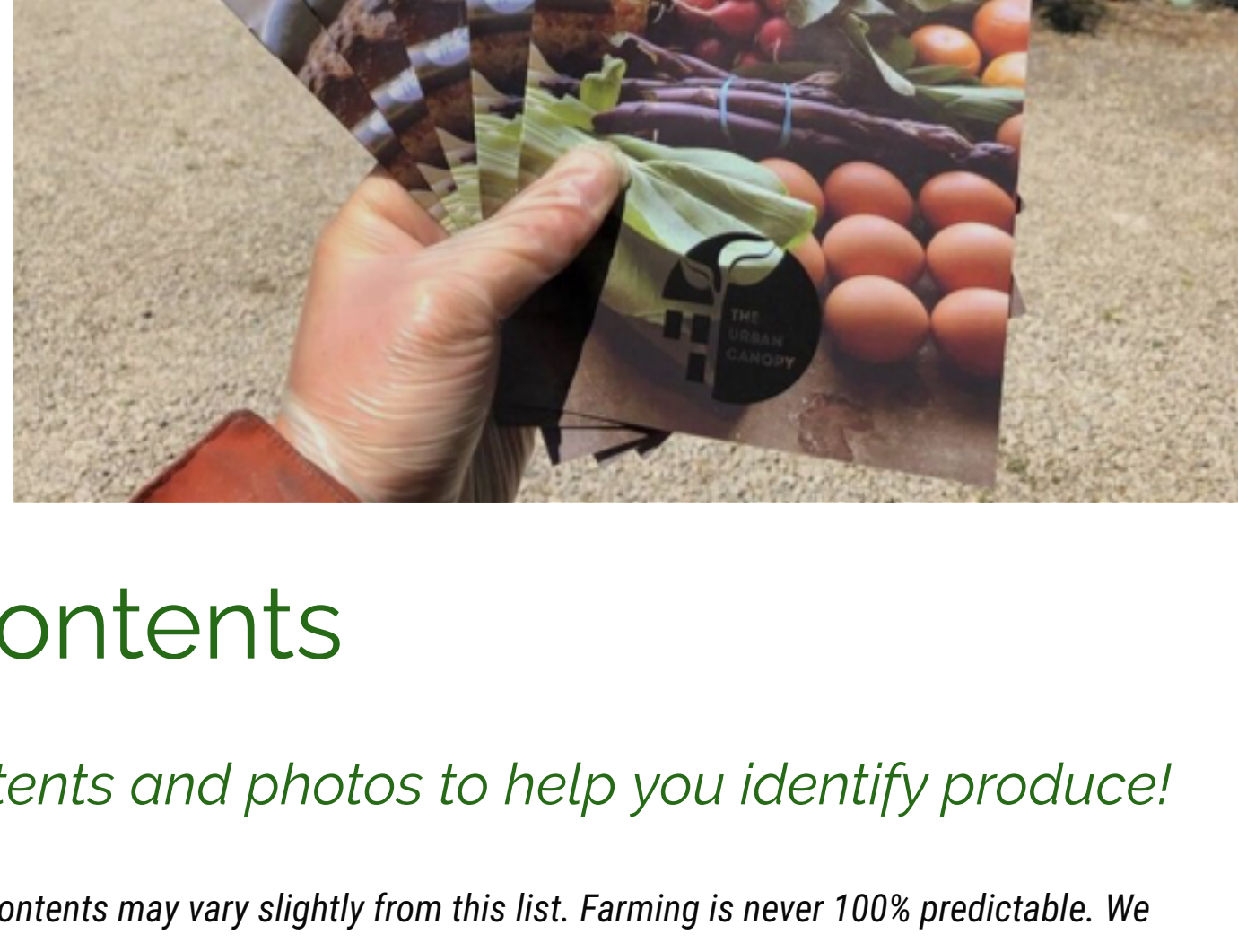
What's in the box this week?

bread, eggs, mushrooms, cold brew, strawberries, rapini, rhubarb, hakurei turnips, asparagus, kale / Swiss chard / collards, arugula / lettuce / romaine, and more ~

LUCSA Zine

We are so excited to present our first-ever LUCSA zine. Designed by our crew member Colin and Baguette & Butter. We are so proud of Colin and all of the crew who made this happen, as it has been a goal for a long time! The aim of this zine is to introduce you to the people who bring you your LUCSA share and help you best enjoy everything you get sent this summer.

If you don't receive a zine please reach out to us via email and we will include it in your next share. It has a ton of great storage tips and suggestions, ways to connect with us and other members, and cute photos of farmers and crew.



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.
- 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

Cold Brew Passion House Coffee Roasters (Chicago, IL)

Bread

Wed: Seeded Loaf [Middlebrow](#) (Logan Square, Chicago, IL)

Thur: Rye Batard [pHour Bakery](#) (Andersonville, Chicago)

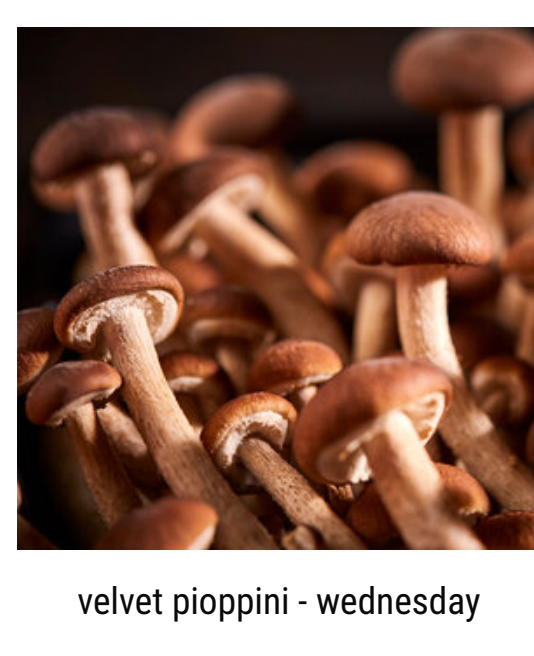
Fri: Herb Focaccia [pHour Bakery](#) (Andersonville, Chicago)

Eggs: [Finns 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.

Crimini Mushrooms / Pioppini Mushrooms: [River Valley Mushrooms](#) (Burlington, WI) / [Mycopia](#) (Scottville, MI)

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



velvet pioppini - wednesday



crimini - thursday and friday

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

Storage Tip - You can keep rhubarb stalks wrapped in a plastic bag in the fridge for a few days. If you snip off the base, place it upright in a jar with an inch of water and cover the tops with a plastic bag, it will last for a week or more. Rhubarb also does really well when frozen and can store for an entire year. Here is a rhubarb freezing tutorial from Martha Stewart.

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

Storage Tip - Trim any woody ends from the stems, 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.

Hakurei Turnips [Urban Canopy](#) (Englewood, Chicago, IL)

Storage Tip - Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens should be used within 2 days.

Strawberries [Mick Klug Farm](#) (St. Joseph, MI)

Storage Tip - Best eaten brought to room temperature! But you can store in your fridge for a couple of days.

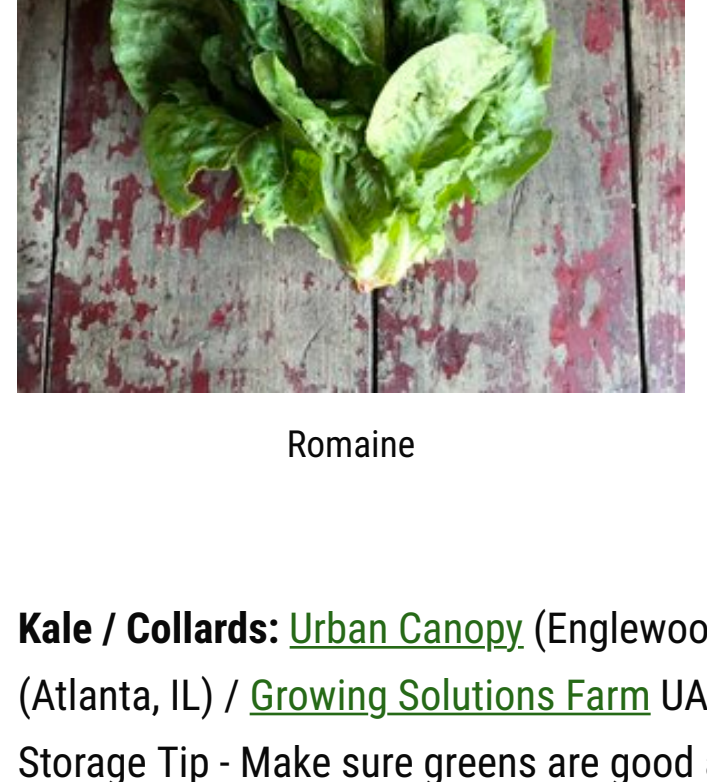
Arugula / Romaine / Cutting Lettuce / Mizuna: [Urban Canopy](#) (Englewood, Chicago, IL) / [PraiErth Farm](#) (Atlanta, IL) / [Growing Solutions Farm UAS](#) (Illinois Medical District, Chicago, IL)

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

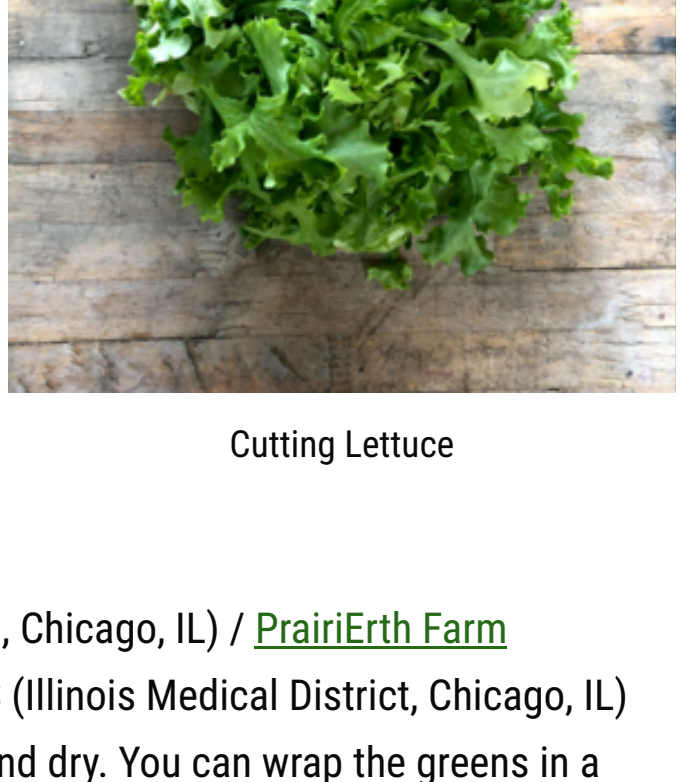
Wednesday - Romaine

Thursday - Romaine or Cutting Lettuce

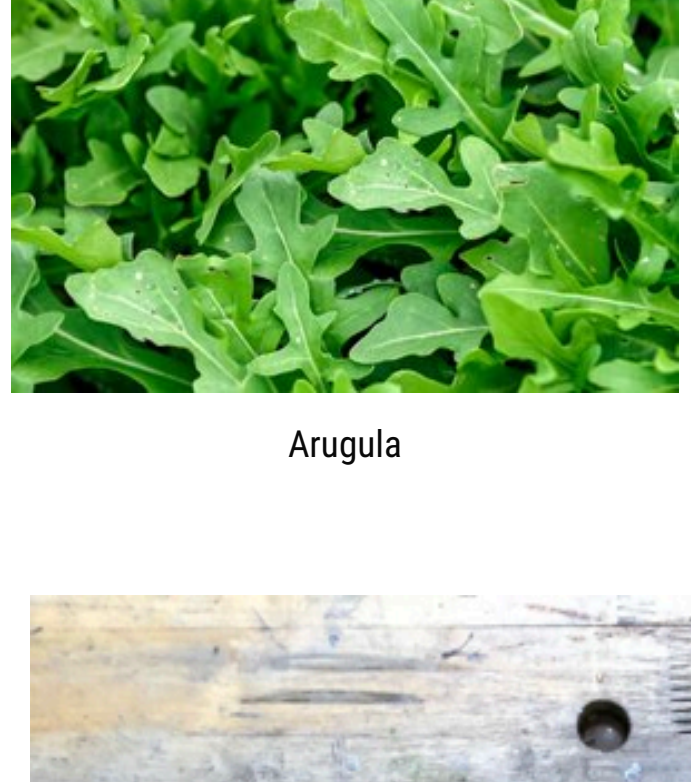
Friday - Cutting Lettuce or Arugula or Mizuna



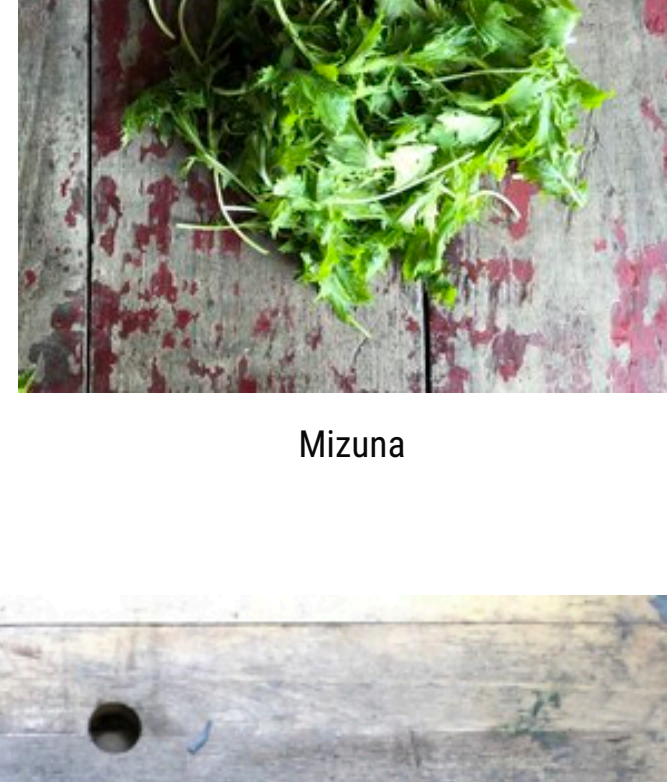
Romaine



Cutting Lettuce



Arugula



Mizuna

Kale / Collards: [Urban Canopy](#) (Englewood, Chicago, IL) / [PraiErth Farm](#) (Atlanta, IL) / [Growing Solutions Farm UAS](#) (Illinois Medical District, 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 or in water like a bouquet! If your greens are ever looking wilted you can always revive them by cutting the ends of the stems off and soaking in a glass of water. Within a few hours they will start to stiffen up.

Wednesday - Kale

Thursday - Kale

Friday - Kale or Collards

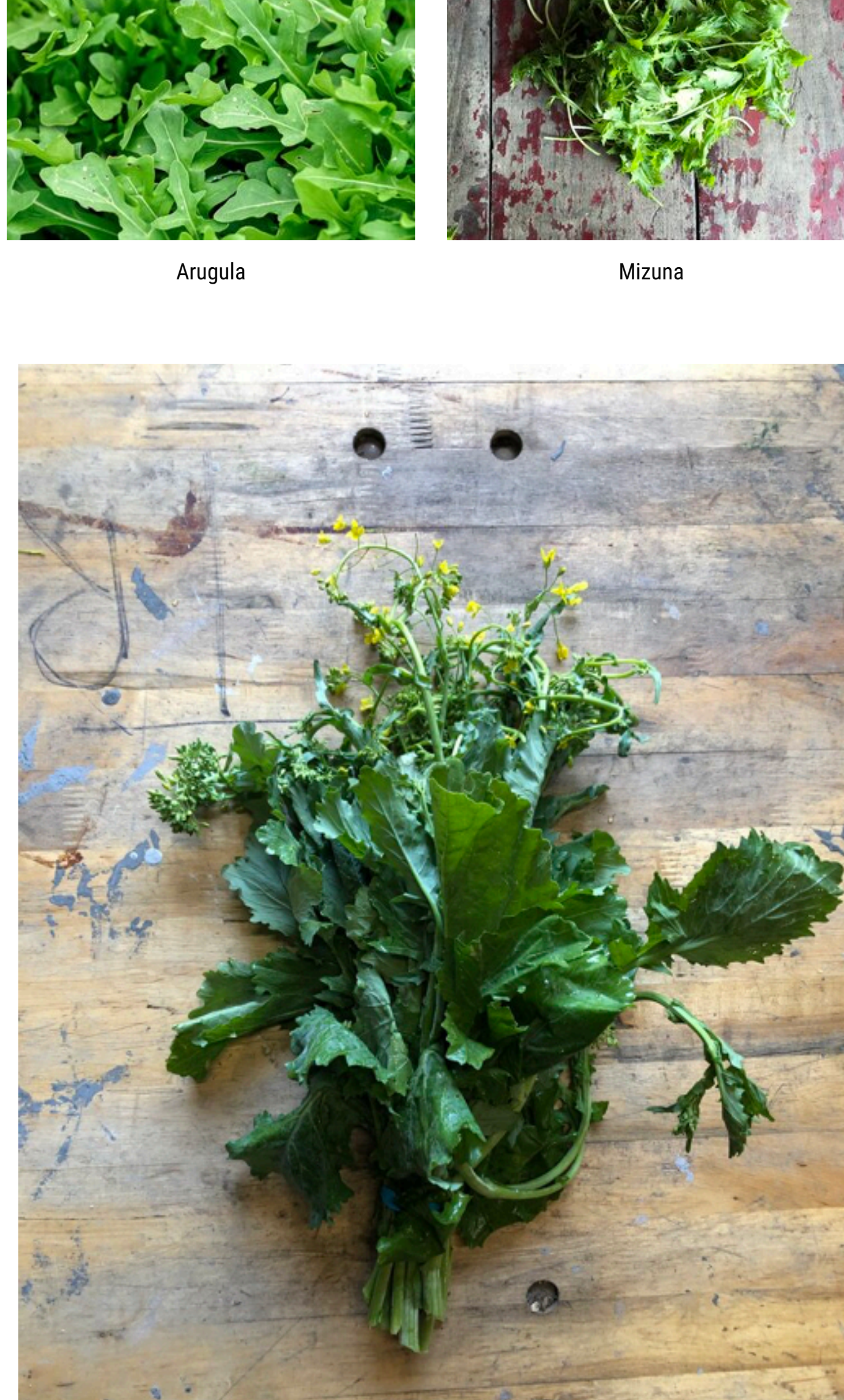
Rapini (aka broccoli rabe) / Spinach: [Nichols Farm and Orchard](#) (Marengo, IL) / [Urban Canopy](#) (Englewood, Chicago, IL)

Storage Tip - Wrap in paper towel and store in a perforated plastic bag in the refrigerator vegetable crisper for up to five days.

Wednesday - Rapini

Thursday - Rapini

Friday - Rapini or Spinach



RAPINI

SUBS (Items for people who are opting out of the beverage, eggs, bread or mushrooms or having a conflicting allergy)

Spinach: [PraiErth Farm](#) (Atlanta, IL) / The Urban Canopy

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

Egg or Beverage Sub

Green Garlic: The Urban Canopy

Storage Tip - Keep green garlic and garlic scapes in your refrigerator's crisper drawer in loose plastic or mesh bags so that air circulates around them. They should stay fresh for at least one week and up to two weeks.

Bread Sub

Kohlrabi: [PraiErth Farm](#) (Atlanta, IL)

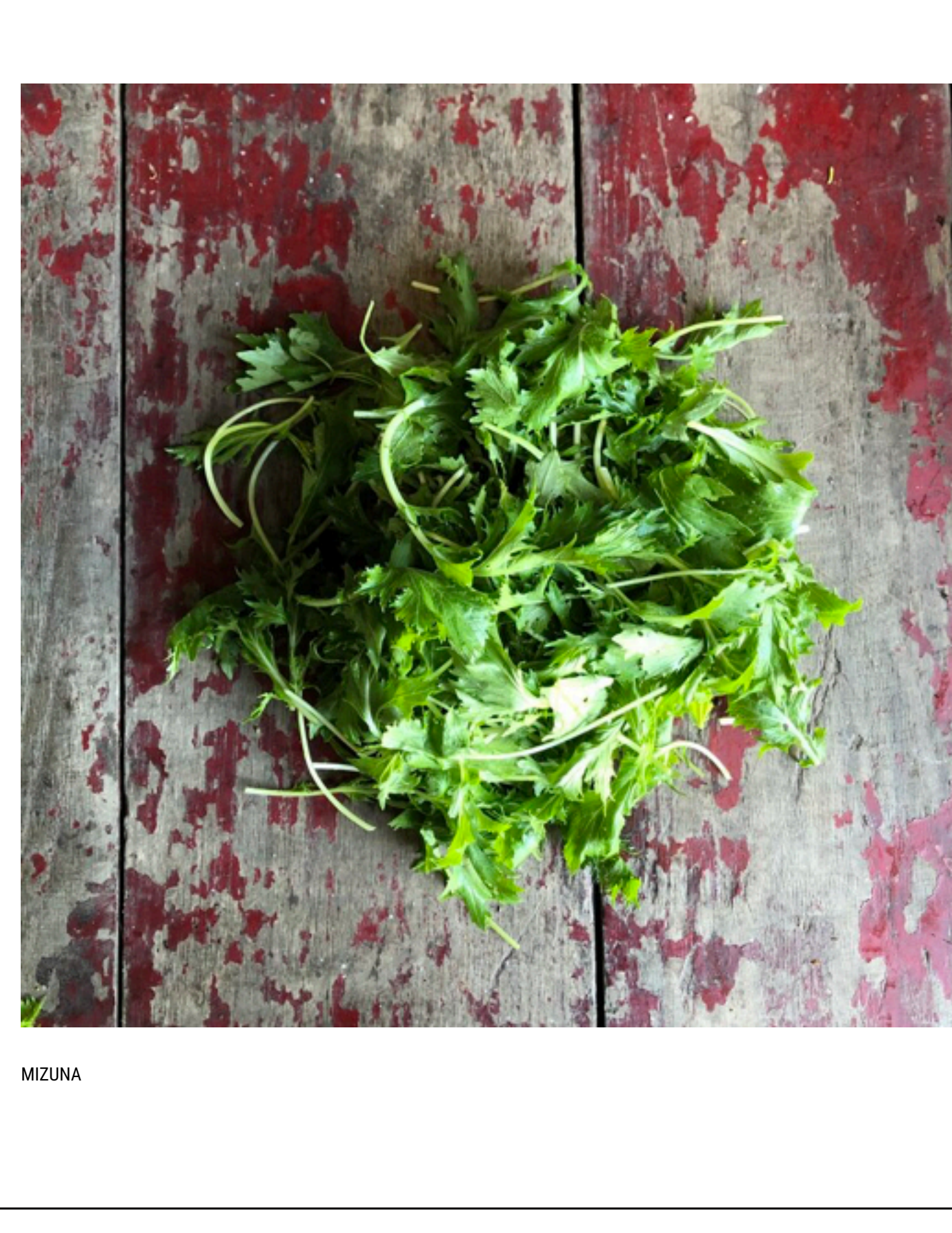
Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to a week. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

Mushroom Sub

Mizuna: [Urban Canopy](#) (Englewood, Chicago, IL) / [PraiErth Farm](#) (Atlanta, IL)

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

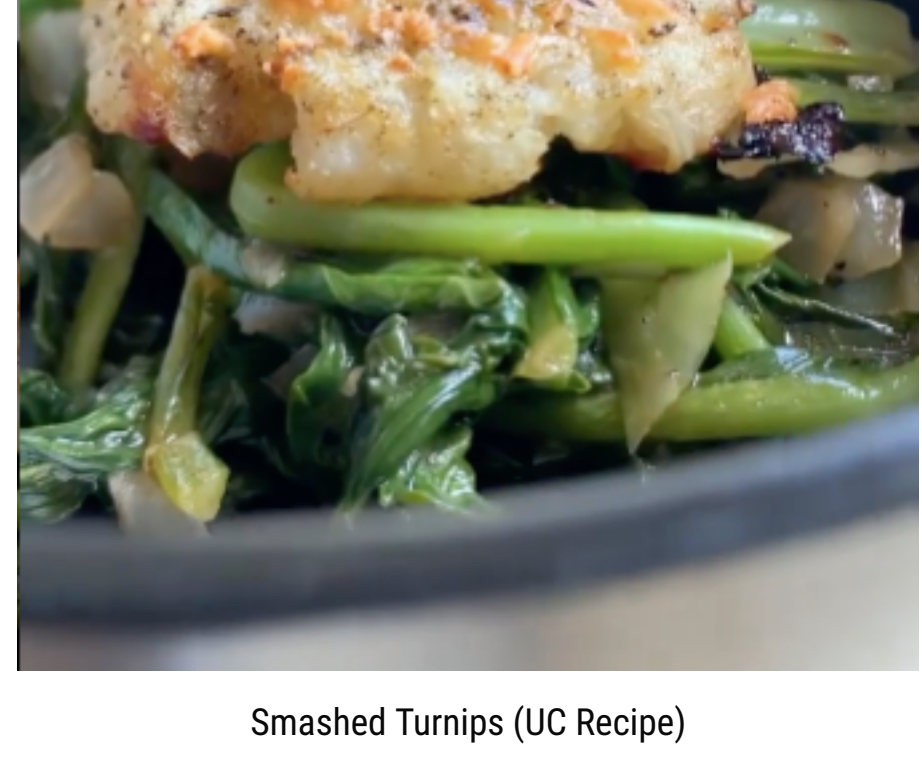
Egg Sub



MIZUNA

Recipe Suggestions

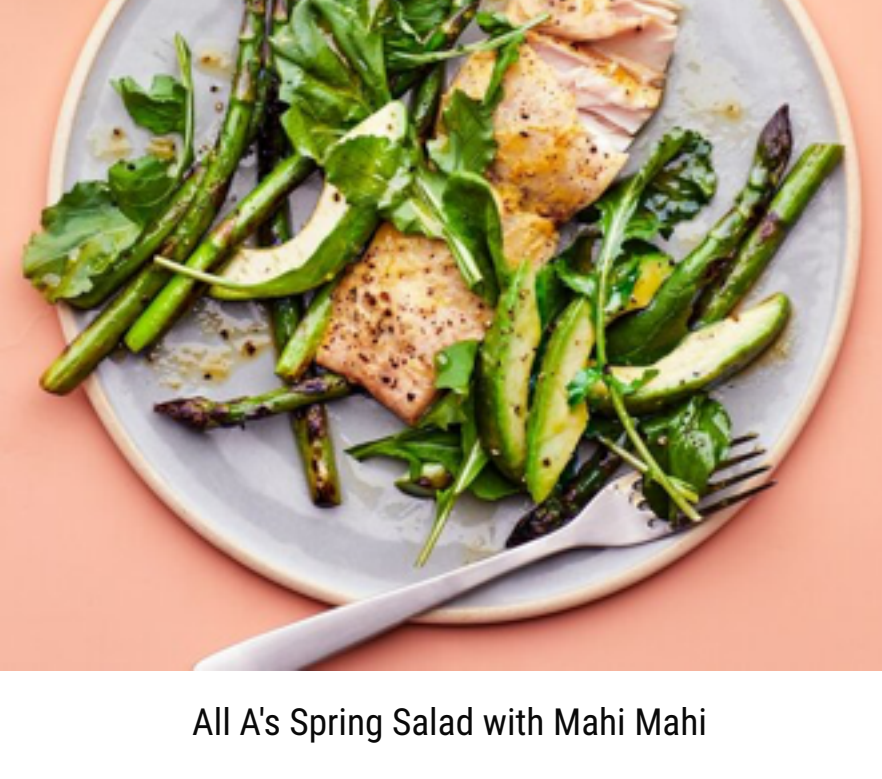
Click on the image to access the recipe



Smashed Turnips (UC Recipe)



Rhubarb Snacking Cake (UC Recipe)



All A's Spring Salad with Mahi Mahi



Creamy Green Asparagus Polenta



White Skillet Pizza w Spring Greens and an Egg



Parmesan Bread Pudding with Rapini and Pancetta



Sausage and Mushroom Burgers with Broccoli Rabe



Oven Asparagus Fries



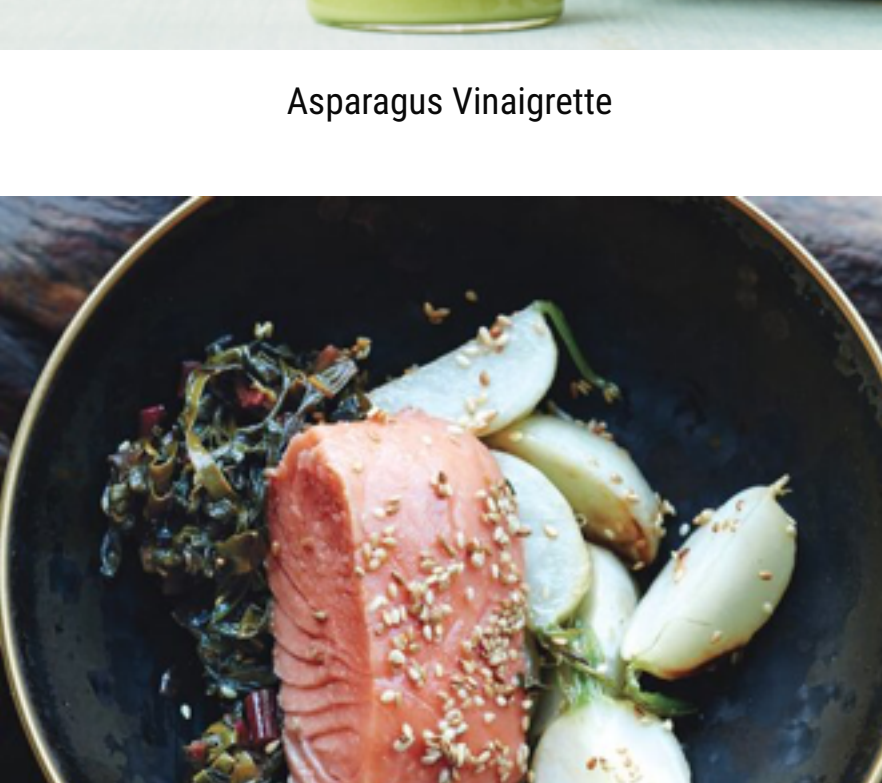
Asparagus Vinaigrette



Rhubarb Strawberry Jam



Mini Strawberry Rhubarb Pies



Slow Cooked Salmon with Turnips and Swiss Chard



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