

Summer Week 20 - 08/16, 08/17, 08/18

Welcome to our newsletter and the final week of summer LUCSA!

PRODUCE GUIDE - STORAGE TIPS AND RECIPE SUGGESTIONS

NEWSLETTER ARCHIVE

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

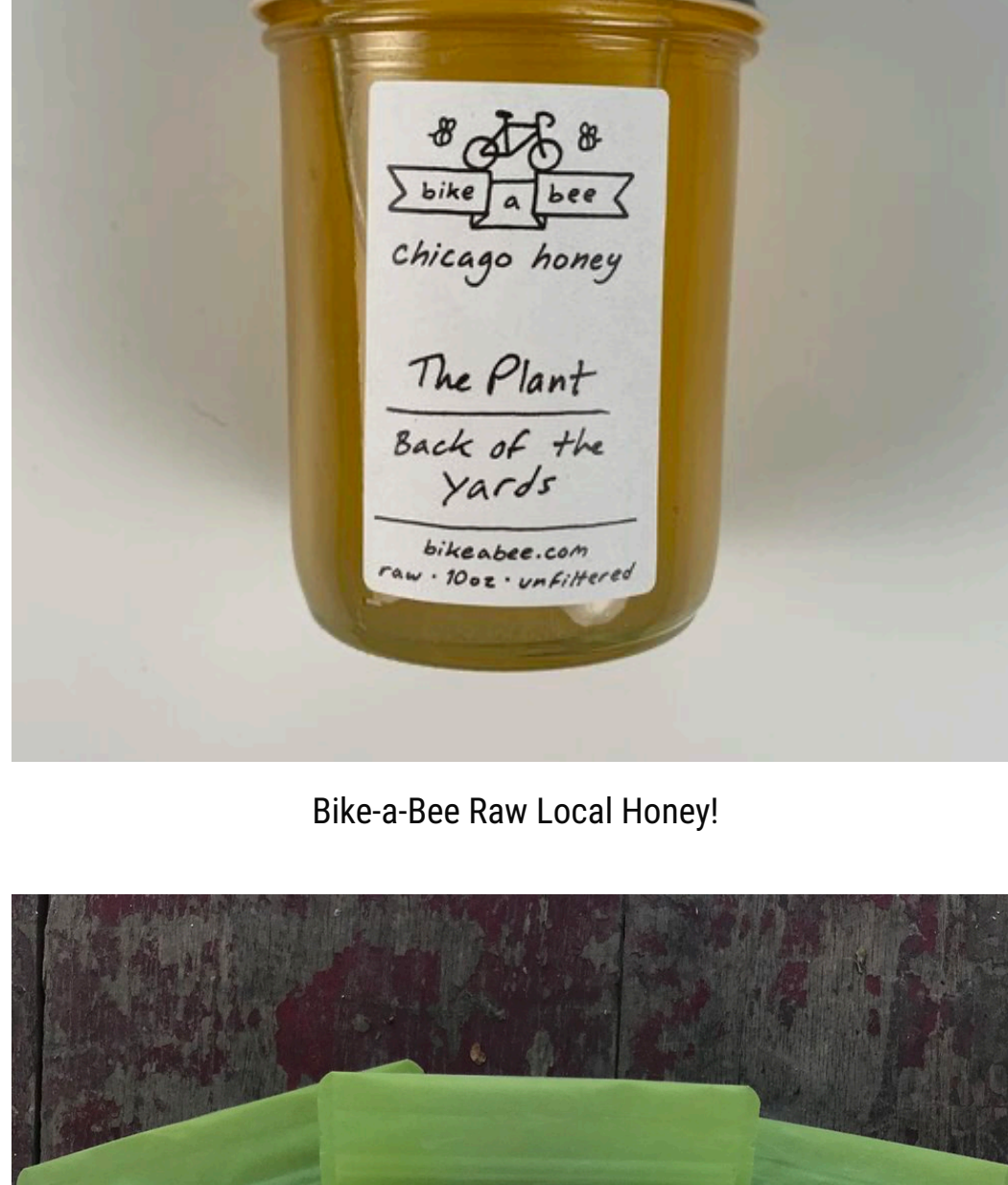
Add Ons

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.

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



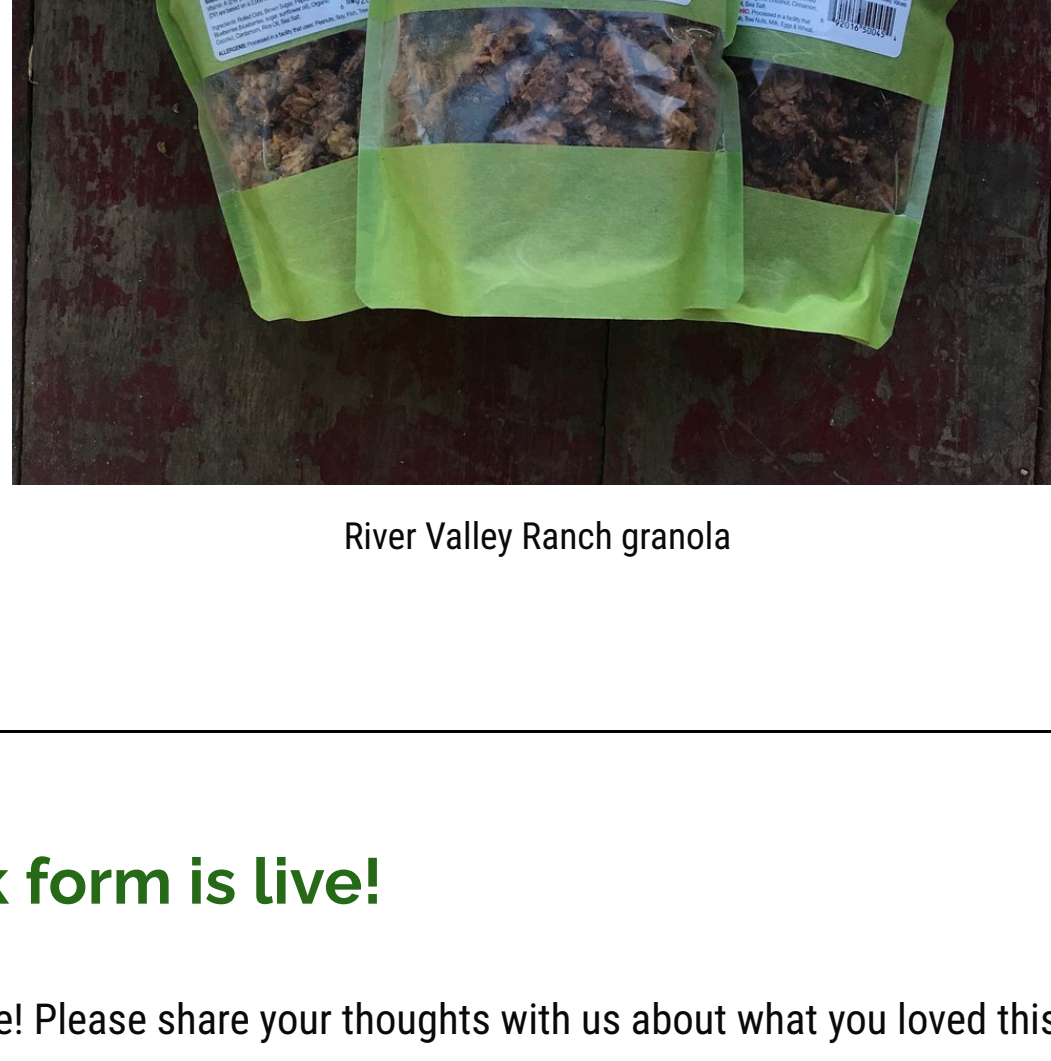
NEW! Mixed Bouquet from Southside Blooms



Bike-a-Bee Raw Local Honey!



Grill out with Finn's Ranch!



River Valley Ranch granola

Our feedback form is live!

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

[CLICK HERE TO TAKE OUR END OF SEASON SURVEY!](#)

Don't miss out on the tail-end of this year's growing season! Our Fall LUCSA season will feature tons of great produce - from late-season fruits like apples and grapes, to summer favorites like tomatoes and corn, and ending with hearty winter squashes and potatoes. There's only one week left to sign up!

[SIGN UP FOR FALL LUCSA](#)

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:

Coffee Beans: [Bridgeport Coffee](#) (Bridgeport, Chicago, IL)

Bread:

Wednesday: Multigrain, pHlour Bakery (Andersonville, Chicago, IL)

Thursday: Challah, Franher Bakery (Pilsen, Chicago, IL)

Friday: Seeded Rye, Publican Quality Bread (Fulton Market, 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! You can also slice or rip/cut your bread into pieces and freeze for future toast or croutons.

Mushrooms:

Wednesday: Oyster or Lions Mane: Primordia (Bloomington, IL)

W/Th/E: White Button 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.

White Peaches: Mick Klug Farm (St. Joseph, MI)

Storage Tip - Keep 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.

Swiss Chard or 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!

Zucchini (Wed/Thurs) or Eggplant (Thurs/Fri): UC's oFarm (Auburn Gresham, Chicago, IL)

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

Storage Tip (Zucchini) - Store freshly picked, unwashed zucchini in the 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.

Tomatillos: Wild Coyote (Berrien Springs, MI)

Storage Tip - Tomatillos can be kept in the fridge for 2-3 weeks. Store them loose in an unsealed paper bag. To help keep them fresh and free of bruises, don't peel back the husks until you're ready to eat them.

Leeks or Onions: Hoffman Organic Farm (Earlville, IL) or **Scallions: UC's oFarm** (Auburn Gresham, Chicago, IL)

Storage Tip (Leeks) - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Storage Tip (Scallions) - 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.

Storage Tip (Onions) - 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.

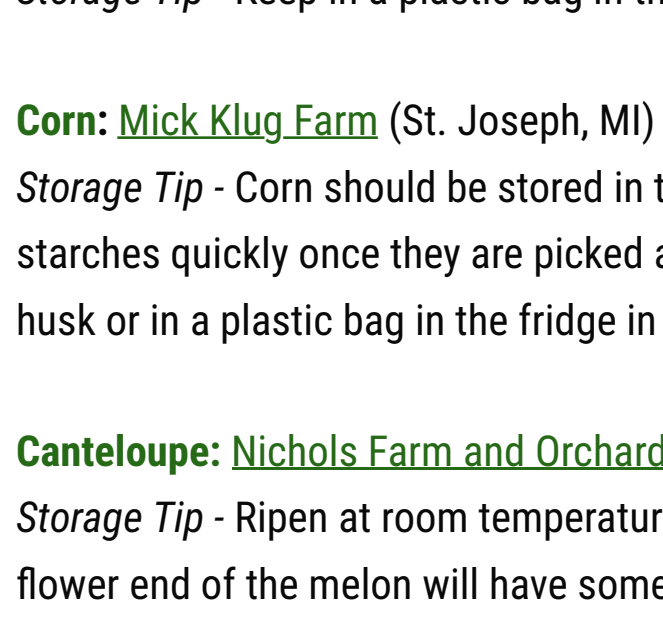
Green Peppers (Wed/Thurs): UC's oFarm (Auburn Gresham, Chicago, IL)

or **Shishito Peppers (Thurs/Fri): Nichols Farm and Orchard** (Marengo, IL)

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

Substitutions

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



CABBAGE, CANTALOPE, ZUCCHINI AND MIZUNA

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.

Mizuna: 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.

Cabbage: Wild Coyote (Berrien Springs, MI)

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

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.

Cantaloupe: Nichols Farm and 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.

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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