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# Summer Week 3 - 4/19 - 4/20 - 4/21

Welcome to Summer LUCSA!

In your box this week:  
eggs - bread - mushrooms - kombucha - basil -  
sauerkraut - onions - sweet potatoes - beets -  
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!*

## Vendor Profile: Urban Canopy's very own Processing Kitchen!

Our processing kitchen and crew seek to utilize produce that local farms or distributors have in excess. If a local distributor has a mass quantity of strawberries that will be bad in a week, all it takes is a couple hard working crew members, some infrastructure, and a good bit of planning to turn them into jars of jam that will last for months. Our processing kitchen addresses just one part of our approach to reforming the current food systems as a whole. The sauerkraut itself is vegan and gluten free, made with local ingredients. Store in the fridge and enjoy as a topping or a tasty snack!

Sauerkraut is raw cabbage that has been fermented, which means that it's full of probiotics and fiber for great gut health! It's best known as a topping for sausages but sauerkraut is also a perfect addition to soups, salads, or sandwiches! It can also be added to a cheese dip for some extra nutrients. Or, if you're like me, it is a tempting late night snack all on its own! Our sauerkraut is flavored with caraway and mustard seeds.



## 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 featuring goat milk feta from Prairie Fruits Farm this week! Also includes Kilgus Farm whole milk and Bulgarian yogurt, Nordic Creamery butter, Finn's Ranch eggs, and more seasonally!



## Beverages

Large variety of locally made beverages, including this Grapefruit Soda made from Ruby Red grapefruits in Madison, WI! Other favorites include Freeman House Chai, 4 Letter Word coffee beans, and Komunity Kombucha!

## 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 our own kitchen!

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

## Local Meat, Fish, + Vegan Proteins

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



## Bushel + Peck is back!

Along with many other pantry staples, we love offering B+P's delicious kimchi, corn relish, ginger applesauce, and more!

*& 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:**

**Kombucha:** [Warrior Kombucha](#) (Chicago, IL) *Raspberry Mojito, Lychee Mimosa (non-alcoholic, contains 50mg caffeine)*

Store in the fridge.

## **Bread:**

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

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

Friday: **Challah**, [Franher Bakery](#) (Pilsen, 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:**

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.

**Red 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:** [Family Farm Fresh](#) (Rockville, IN)

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

**Basil:** [Wind Ridge Herb Farm](#) (Caledonia, IL)

*Storage Tip* - To keep basil 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 the basil with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for basil that remains vibrant for nearly a week. OR Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.



**Beets:** [Nichols Farm & Orchard](#) (Marengo, IL)

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

**Sauerkraut:** [UC Processing Kitchen](#) (Chicago, IL)

*Storage Tip* - Store in refrigerator for up to 6 months.

**Lettuce / Kale:** [Artesian Farms](#) (New Buffalo, MI), [Wilder Fields](#) (Chicago, IL),

*Storage Tips:* Remove from green BioBag immediately and 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*

**Organic Rolled Oats:** [Ackerman Farms](#) (McClure, IL)

*Storage Tip* - Store in an airtight vessel in a cool, dark area of the home.



**Popcorn:** [Nichols Farm and Orchard](#) (Marengo, IL)

*Storage Tip* - Store popcorn in a cool place such as a cupboard out of direct sunlight. Avoid the refrigerator. Some say the cold storage makes the popcorn taste better, but many refrigerators contain little moisture and can dry out kernels.

**Sunchokes:** [Nichols Farm and Orchard](#) (Marengo, IL)

*Storage Tip* - Keep in a cool, dry, dark area for up to a week, or sealed in a bag with towels or paper towels to absorb moisture for up to three weeks.

**Apples:** [Nichols Farm & Orchard](#) (Marengo, IL)

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

month.

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

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

## Recipe Recommendations

*Click on the image to access the recipe*



Beer-Battered Onion Rings



33 Ways to Eat Sauerkraut



Crispy Air Fryer Beets



Sweet Potato Gnocchi with Basil



Sweet Potato, Tofu, & Basil Du...



Sauerkraut & Mushroom Tart



Kale Rice Bowl



Beets & Basil Salad



Roasted Beets Pesto



Vegan Sweet Potato Biscuits



Oven-Roasted Beets



Oyster Mushroom Omelette



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