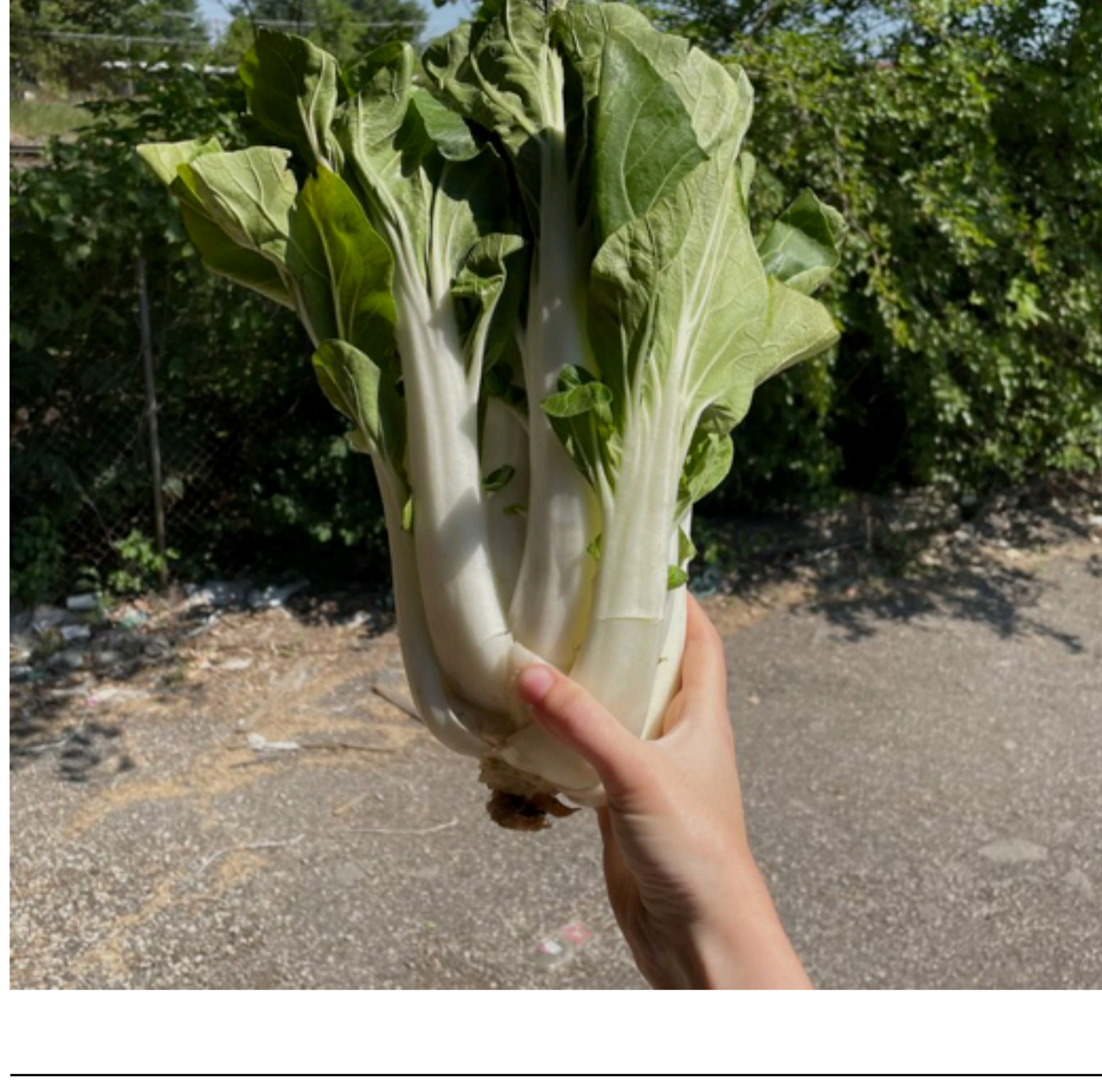




Summer Week 3: June 16/17/18

Welcome to LUCSA Week 3!

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



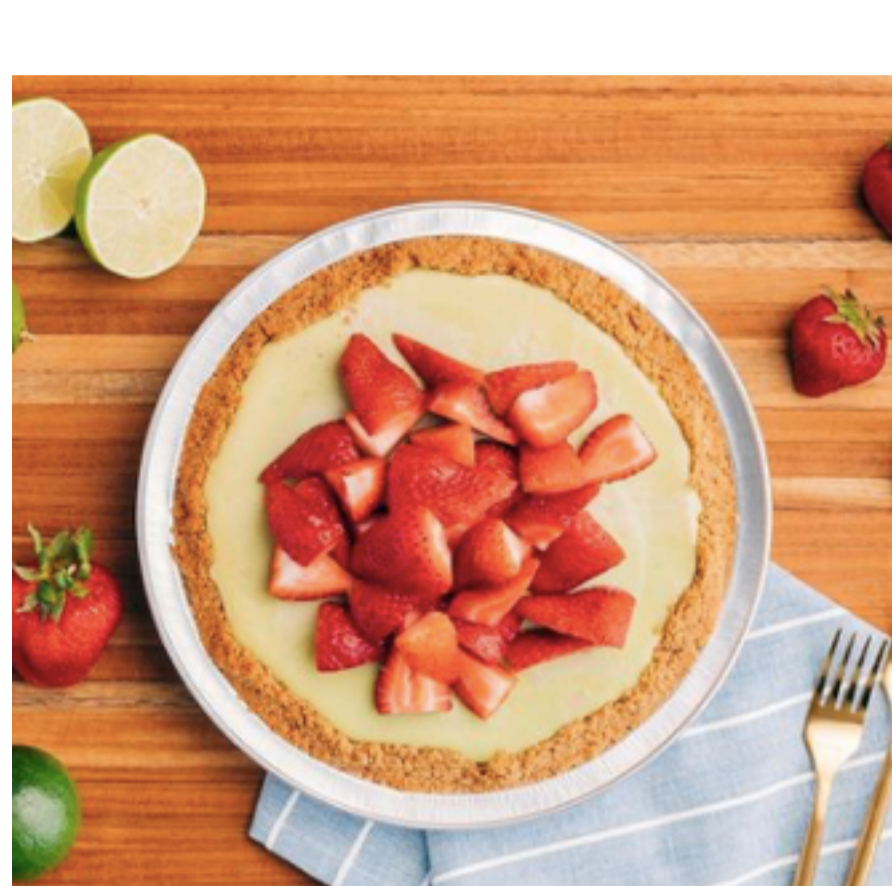
What's in the box this week?

bread, eggs, mushrooms, beer, strawberries, garlic scapes, asparagus, bok choy or Napa cabbage, lettuce, kale, kohlrabi, others :-)

Add-on items

all from local businesses! order now until Monday at noon.

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



justice of the pies

strawberry basil key lime pie!!!



urban canopy sauerkraut

raw, fermented sauerkraut from our own kitchen!



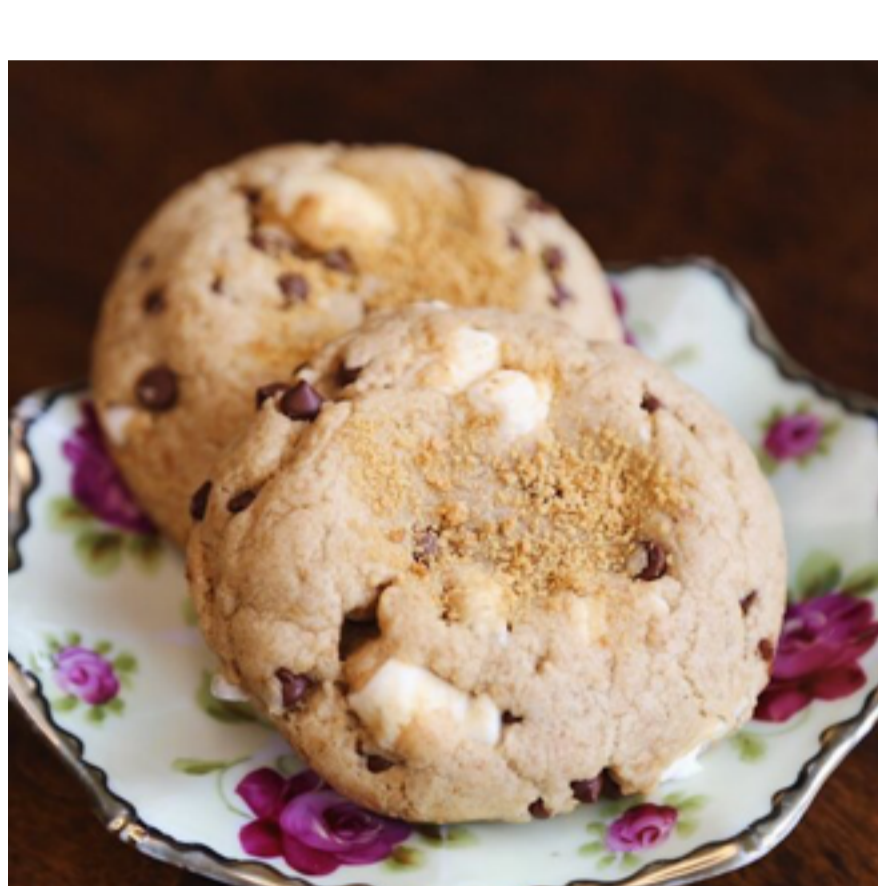
finns ranch

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



frogtown juices

bug juice (kiwi, coconut water, pineapple, apple) + hock punch (red beet, pineapple, apple, carrot, orange)



foxship bakery s'mores cookies

three quarter pound vegan cookies



baguette & butter

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



closed loop edible flowers

mixed edible flowers to add a splash of color and elegance to any salad, avocado toast, or cake!



passion house cold brew

12oz can of passioncat



garfield produce

micro-argul! 1oz

and 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

Beer (2 cans each): MiddleBrow Beer (Chicago, IL)

- Bungalow - a local lager made with sugar creek malt - 12oz
- Sacro Crush - a little india wild ale. with sabro and texture at 4.5% - 16oz
- Open Your Eyes - a sparkling wild ale brewed with gluten friendly grains (sorghum + rice). tart / crisp / funk'd pineapple. 6% - 16oz

Bread

Wednesday: Herb Focaccia pHour.Bakery (Andersonville, Chicago)

Thursday: Whole Wheat Loaf Middlebrow (Logan Square, Chicago, IL)

Friday: Rye Batard pHour.Bakery (Andersonville, Chicago)

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! Because of the olive oil, the focaccia can mold much quicker than other breads if kept at room temperature. If it's particularly hot you may want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)

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.

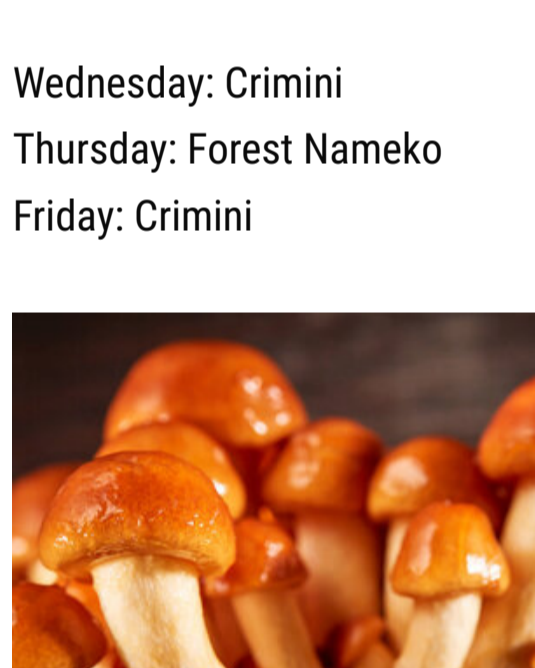
Crimini / Forest Nameko Mushrooms: River.Valley.Mushrooms (Burlington, WI) / Mycopia (Scottville, MI)

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

Wednesday: Crimini

Thursday: Forest Nameko

Friday: Crimini



forest nameko



crimini

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.



GARLIC SCAPES

Kohlrabi: Urban.Canopy (Englewood, Chicago, IL)

Storage Tip - Place kohlrabi in a perforated plastic bag in the vegetable crisper section. Kohlrabi with the leaves attached will keep in the refrigerator for 2 to 4 weeks, without the leaves 2 to 3 months.

Garlic Scapes: PrainiErth.Farm (Atlanta, IL)

Storage Tip - Garlic scapes keep well in a plastic bag in the fridge for two to three weeks. They will keep for a few days (and will look beautiful) in a glass with a little cool water in it, on the counter in a cool room. Change water daily.

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.

Bok Choy / Napa Cabbage: PrainiErth.Farm (Atlanta, IL)

IL) / Relish Chicago Farm

Storage Tip - Store bok choy and Napa cabbage unwashed in a plastic bag in the crisper section of your refrigerator for up to a week. Wash thoroughly before using.

Wednesday: Bok Choy

Thursday: Bok Choy or Napa Cabbage

Friday: Napa Cabbage

Lettuce: PrainiErth.Farm (Atlanta, IL)

Storage Tip - Leave the heads intact and do not wash until you're ready to use them. The best way to store heads of lettuce is to first remove any damaged or wilted outer leaves, then wrap in a few paper towels. Store in the crisper drawer of your refrigerator until ready to use for up to a week.

Kale: Urban.Canopy (Englewood, Chicago, IL) / PrainiErth.Farm (Atlanta, 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 stems off and soaking in a glass of water. Within a few hours they will start to stiffen up.

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

Radishes // Rhubarb: Relish Chicago Farm // Mick Klug Farm

Storage Tip (Radishes) - 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.

Storage Tip (Rhubarb) - You can keep rhubarb stalks wrapped in a plastic bag in the fridge for a few days. When 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.

Substitute for mushrooms

Wednesday: Radishes or rhubarb

Thursday: Rhubarb

Friday: Rhubarb

Chard: The Urban Canopy

Storage Tip - Remove from compostable green bag. 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.

Substitute for bread, Wednesday through Friday

Brassica Mix: 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.

Substitute for beverage, Wednesday through Friday

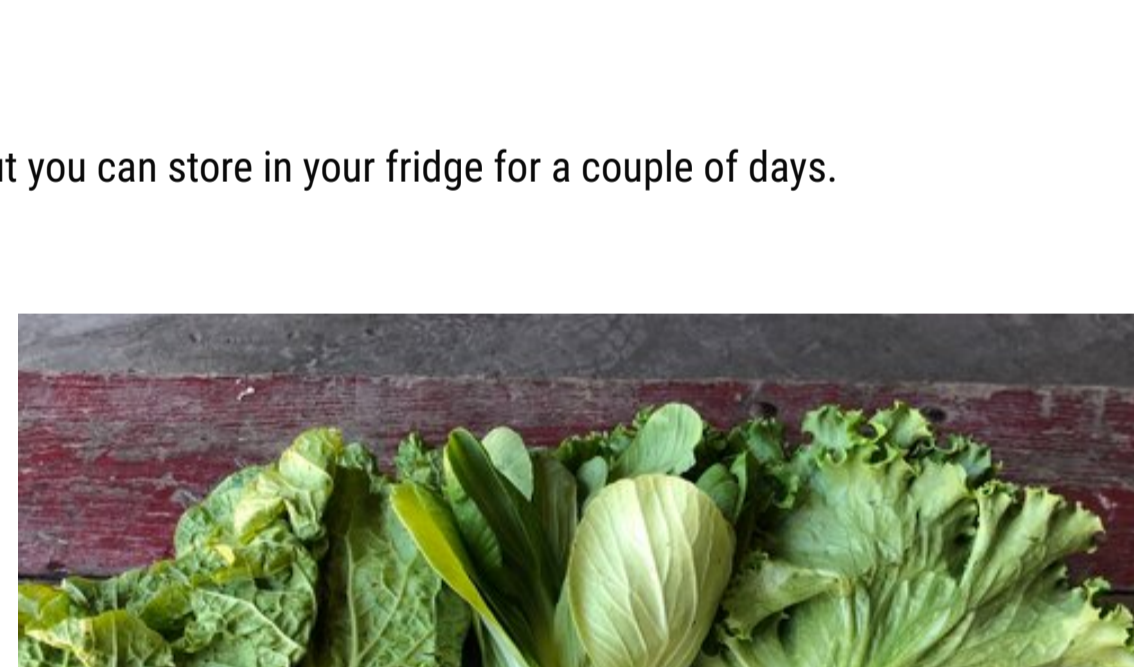
Snap Peas: Relish Chicago Farm

Storage Tip - Snap peas in a perforated plastic bag in the vegetable crisper section of the refrigerator to keep them moist. Peas will keep in the refrigerator for 5 to 7 days but are best eaten as soon as possible! The sooner you eat them off the vine the sweeter they will taste. Peas that can't be used in a week should be frozen.

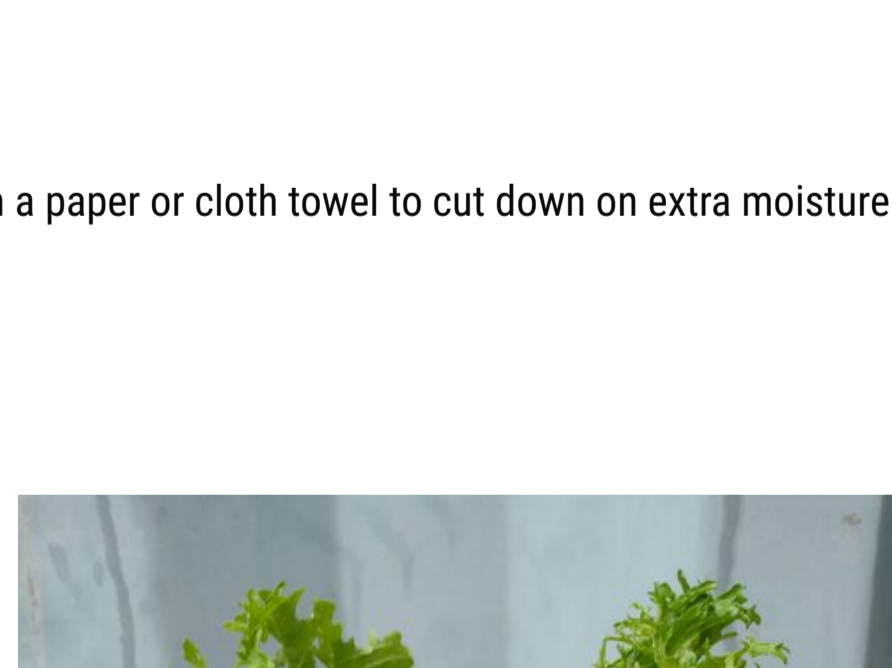
Substitute for eggs, Wednesday through Friday

Mizuna: The Urban Canopy

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.



LEFT TO RIGHT: NAPA CABBAGE, BOK CHOY LETTUCE



MIZUNA

Recipe Suggestions

Click on the image to access the recipe



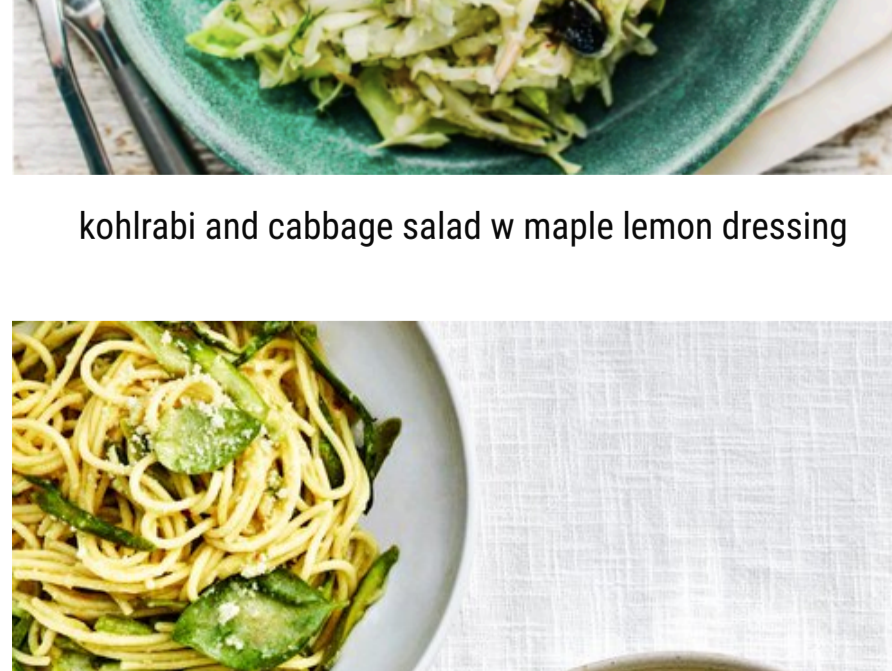
kohlrabi and cabbage salad w maple lemon dressing



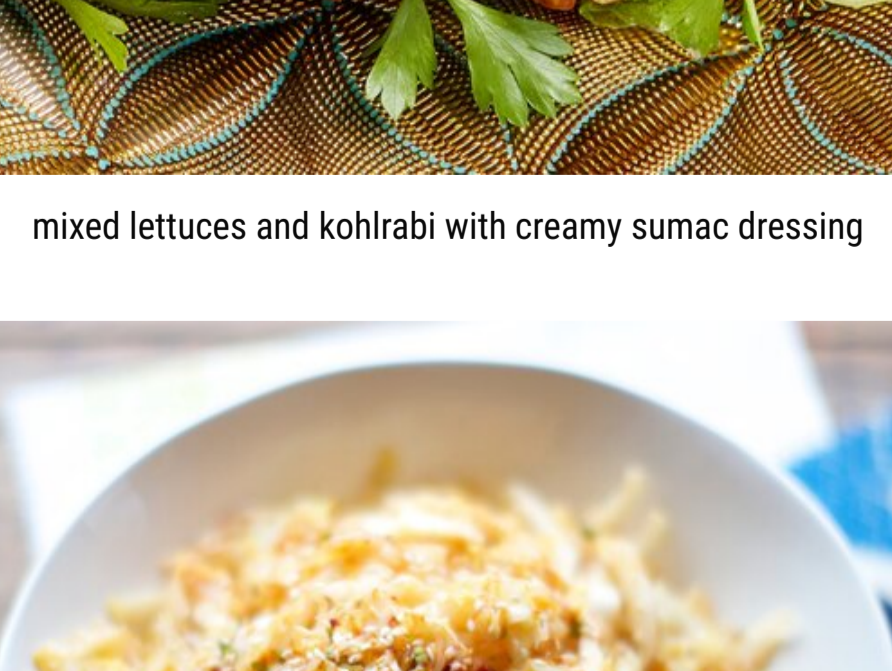
mixed lettuces and kohlrabi with creamy sumac dressing



how to cook with garlic scapes



Spaghetti al Lemon with Asparagus



Stir Fried Napa Cabbage with Garlic Dressing



Napa Cabbage and Mushrooms with Sausage



Brown Butter Glazed Kohlrabi and Radishes