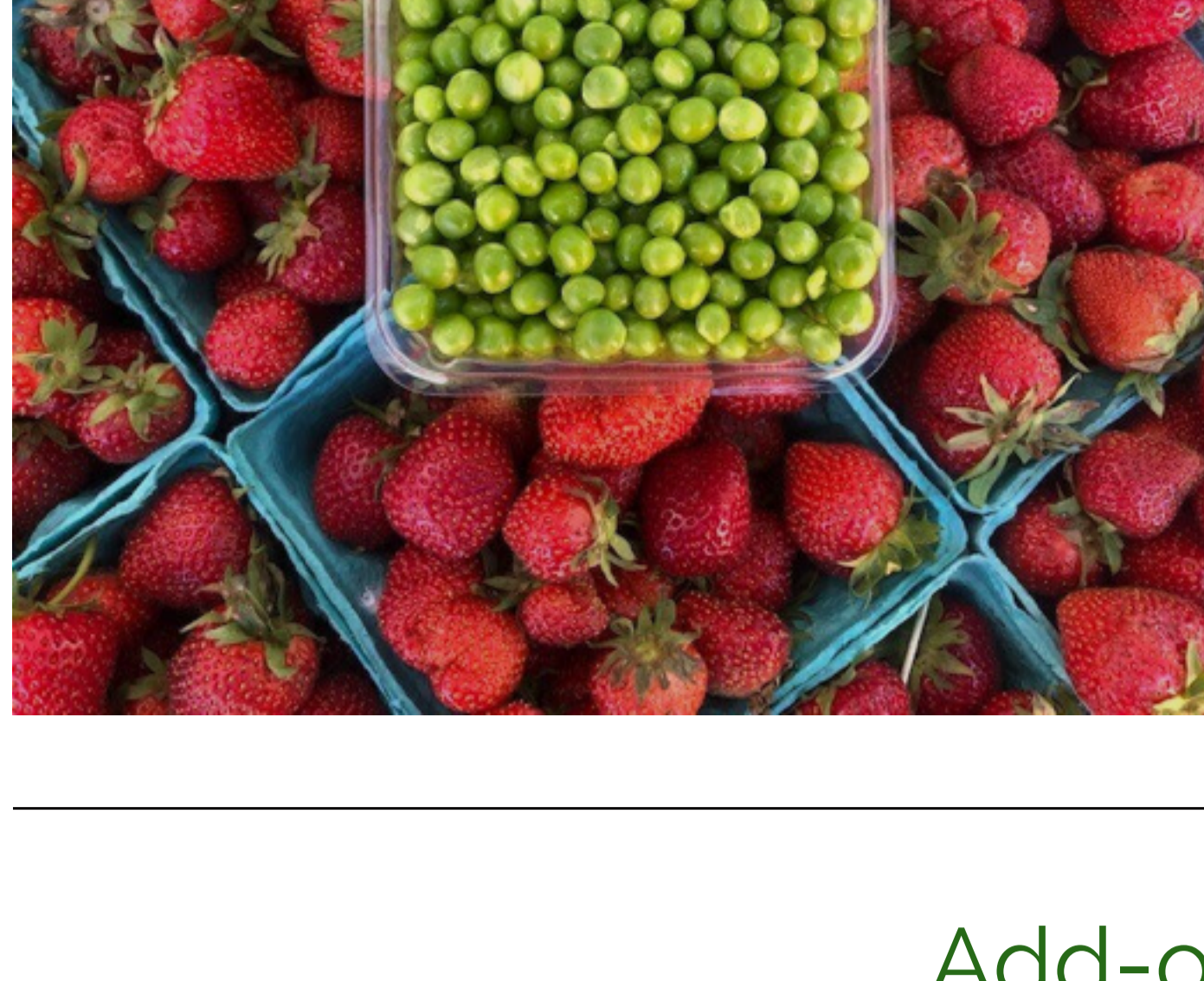


Summer Week 4: June 23/24/25

Welcome to LUCSA Week 4!

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, tonic, strawberries, shelled peas, broccoli, sweet cherries, carrots, cooking greens

Add-on Items

All from local businesses! Order weekly until Monday at **noon**.

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



justice of the pies

strawberry basil key lime pie!!!



closed loop edible flowers

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



our summer zine

get an extra copy of our zine! made by our talented crew member, Collin.



juneberry rhubarb pie bars

seasonal eating at it's best, local rhubarb and foraged juneberries on a sweet shortcrust. vegan. two bars per order.



garfield produce

microcilantro! a great substitute for fully grown cilantro; very concentrated tangy flavor with a long shelf life



foxship bakery s'mores cookies

three quarter pound vegan cookies



frogtown juices

new featured flavors!!! watermelon+pineapple, plum+watermelon+purple sweet potato



on sale! upton's seitan

help us move our stock of seitan! now \$3.50, was \$4.50.



extra strawberries

you asked, and here it is! you are now able to add an extra helping of fruit. this week you can double up on straws from mick klug!

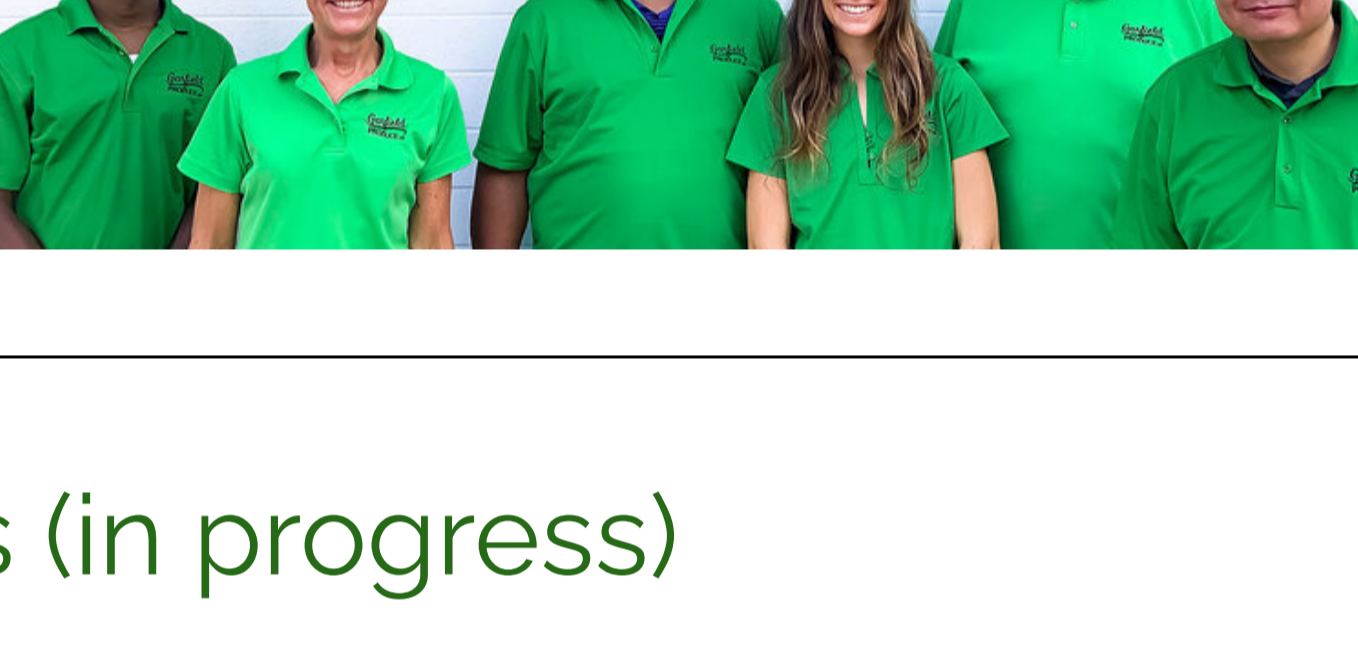
& much more available!

Vendor Profile: Garfield Produce

We are excited to work with Garfield Produce in offering their microgreens for you to add on to your share! They are a social enterprise aiming to provide jobs in East Garfield Park, particularly for individuals with felony records. This mission is a huge part of why they do what they do, aside from trying to grow the best microgreens in town.

Located in East Garfield Park, Garfield Produce is an indoor vertical farm and a licensed wholesale food establishment in the City of Chicago. Their company was formed in 2014 with the social mission of serving under-resourced neighborhoods by building sustainable wealth and creating employment while growing some of the highest quality produce in the city. They partner with several local organizations that specialize in job-readiness programs for those with barriers to employment. With their help, we are able to offer second-chance employment here in our neighborhood.

This week we are offering their micro-cilantro, which is really great in salsa, salad dressing, in a green smoothie, and anywhere else you like to use cilantro.



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

Tonic 4-pack: Fruitbelt Tonic (Michigan)

Elderberry + Elderflower - Their newest flavor! Rich flavor and less sweetness, & chock full of antioxidants to boot.

Apple + Dandelion - Tart apples blended with dandelion, caraway and a tang of lime for a light and thirst-quenching drink. Mixes well with light spirits, whiskey and cider.

Bread - sorry Thursday and Friday folks, we accidentally put the wrong bread order into the Thursday shares so some of you got the Middlebrook loaf again this week!

Friday members, that means some of you will be getting the pHour Pain au Levain instead.

Wednesday: Pain au Levain pHour Bakery (Andersonville, Chicago)

Thursday: Pain au Levain pHour Bakery (Andersonville, Chicago) or Whole Wheat Loaf Middlebrook (Logan Square, Chicago, IL)

Friday: Whole Wheat Loaf Middlebrook (Logan Square, Chicago, IL) or Pain au Levain 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: 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.

Mushrooms

Wednesday: Crimini Mushrooms River Valley Mushrooms (Burlington, WI)

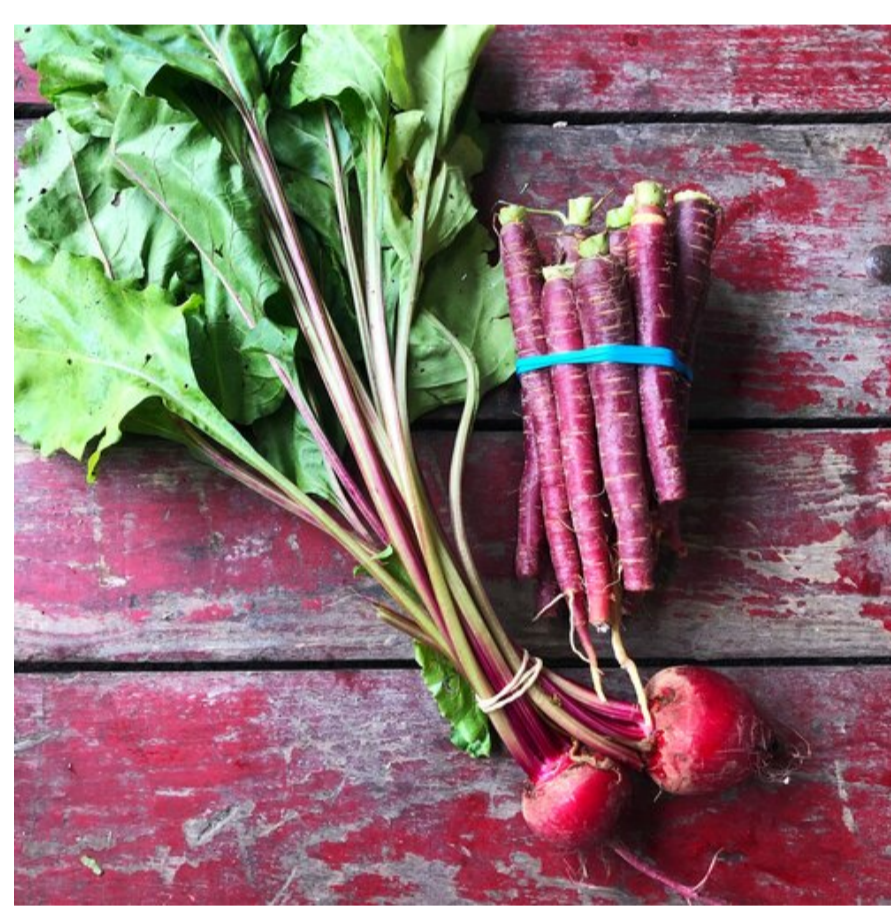
Thursday: Crimini Mushrooms River Valley Mushrooms (Burlington, WI) or Grey Oyster Mushrooms Mycapia (Scottville, MI)

Friday: Grey Oyster Mushrooms Mycapia (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.

Strawberries: Mick Klug Farm (St. Joseph, MI)

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



THIS WEEK YOU WILL FIND CARROTS, BEETS, OR BOTH IN YOUR SHARE

Shelled Peas: Mick Klug Farm (St. Joseph, MI)

Storage Tip - Once they're shelled, the best way to store peas is to freeze them. First blanch them for a minute or two in boiling salted water and then shock them in an ice-water bath until cool, to help maintain their bright color. Drain and freeze them in zip-top bags. They will keep for five to six months.

Carrots / Beets: PrairiEth Farm (Atlanta, IL) / RELISH Chicago (Lawndale, Chicago, IL) / Nichols Farm and Orchard (Marengo, IL) / The Urban Canopy

Carrot Storage Tip - Remove greens to preserve the root longer. Greens can be used within a week and the carrot itself can be stored in the crisper or in a plastic bag for a few weeks.

Beet Storage Tip - Separate roots from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Wednesday - Beets

Thursday - Beets

Friday - Carrots

Broccoli: PrairiEth Farm (Atlanta, IL)

Storage Tip - Broccoli should be stored in the fridge. It is best not stored in an air-tight container since it needs air flow to avoid accumulating moisture. You can wrap it a damp paper towel or stored like a bouquet with the stem in a glass of water.

Sweet Cherries: Mick Klug Farm (St. Joseph, MI)

Storage Tip - Get your cherries in the fridge as soon as possible, preferably wrapped in a plastic bag. Wash them with cold water just before eating. Avoid washing prior to storage, as moisture can be absorbed where the stem meets the fruit and lead to splits or spoilage. Cherries can also be frozen. Pit them, spread them in a single layer on a baking sheet, freeze until firm, and then place in a bag or container.

Kale / Swiss Chard / Collards: Urban Canopy / Gary Comer Youth Center / YWCA Women Grow Farm YWCA / RELISH / Growing Solutions Farm

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, Chard, or Collards

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

* Specified subs are subject to change

Dill: PrairiEth Farm (Atlanta, IL) - Bread substitute

Storage Tip - Spritz whole stems lightly with a fine spray of water, wrap loosely in paper towels, and place in a sealed zip-top plastic bag. Store the dill in the vegetable bin of your refrigerator.

Spinach / Beets: YWCA Women Grow Farm YWCA / Growing Solutions Farm - Egg substitute

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.

Wednesday - Spinach

Thursday - Spinach

Friday - Spinach or Beets

Scallions: Blue Moon Farm (Urbana, IL) - Beverage substitute

Storage Tip - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Napa Cabbage: Nichols Farm and Orchard (Marengo, IL) - Mushroom substitute

Storage Tip - Store Napa cabbage whole in the refrigerator for up to a week. To prepare the entire head at once, cut it in half lengthwise, remove the core, and chop as desired. Or, separate and wash individual leaves as needed.



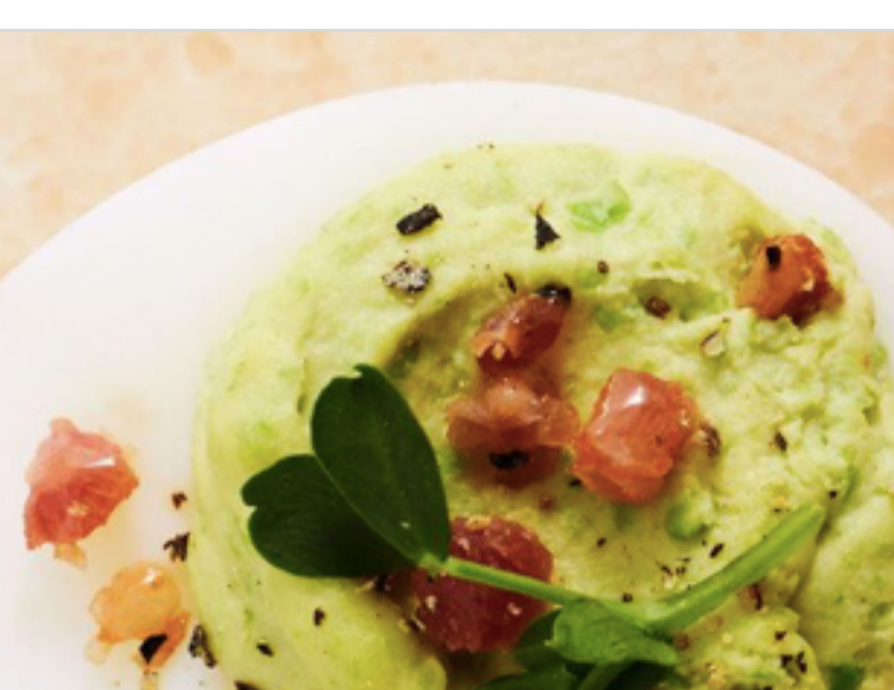
FROM LEFT TO RIGHT: KALE, SWISS CHARD, COLLARD GREENS

Recipe Recommendations

Click on the image to access the recipe



Sheet Pan Toasts w Spring Veg + Mashed Peas



Deviled Eggs with Peas and Ham



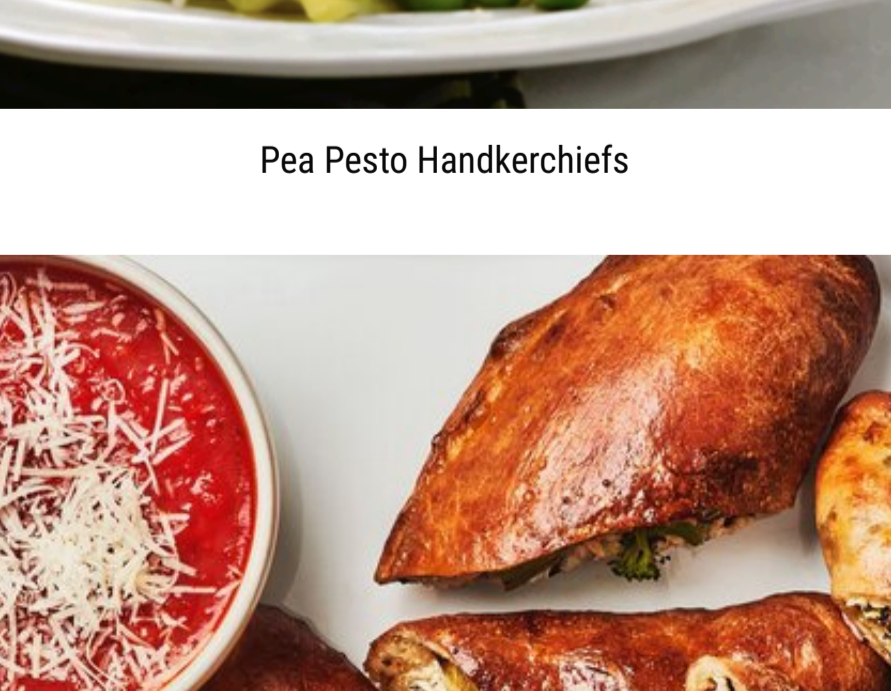
Pea Pesto Handkerchiefs



Sweet Cherry Syrup



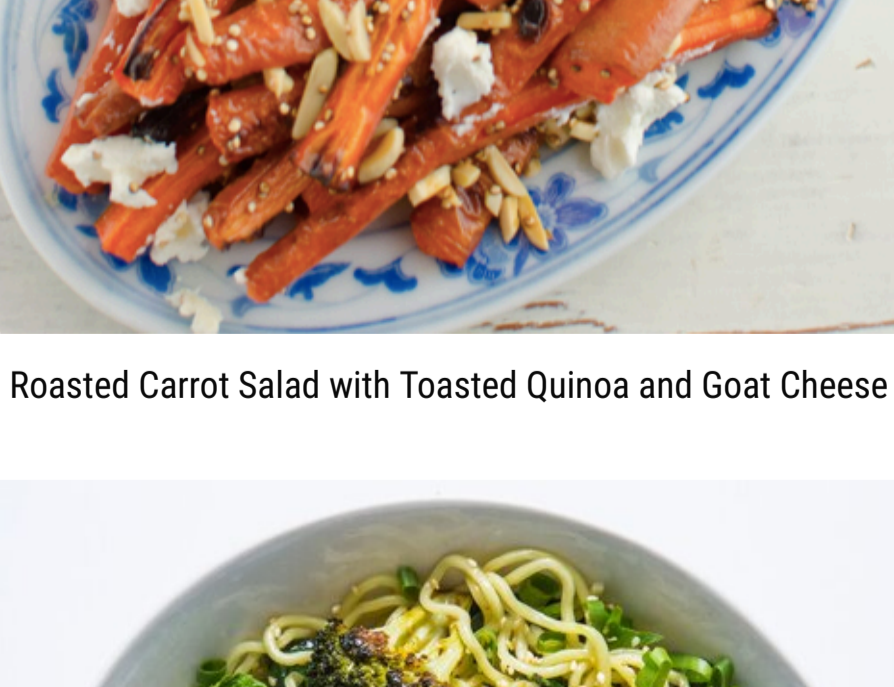
Roasted Carrot Salad with Toasted Quinoa and Goat Cheese



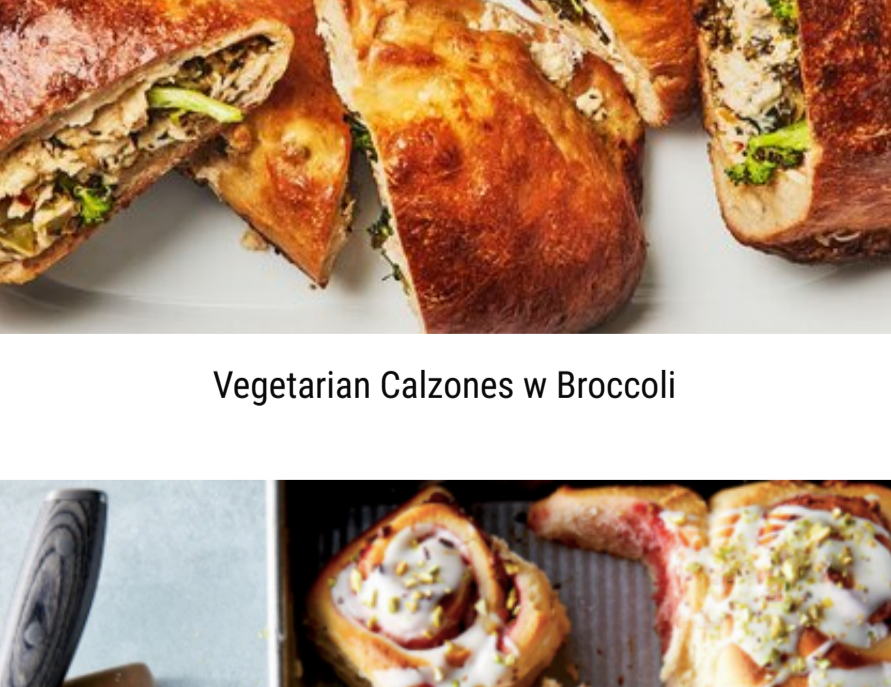
Vegetarian Calzones w Broccoli



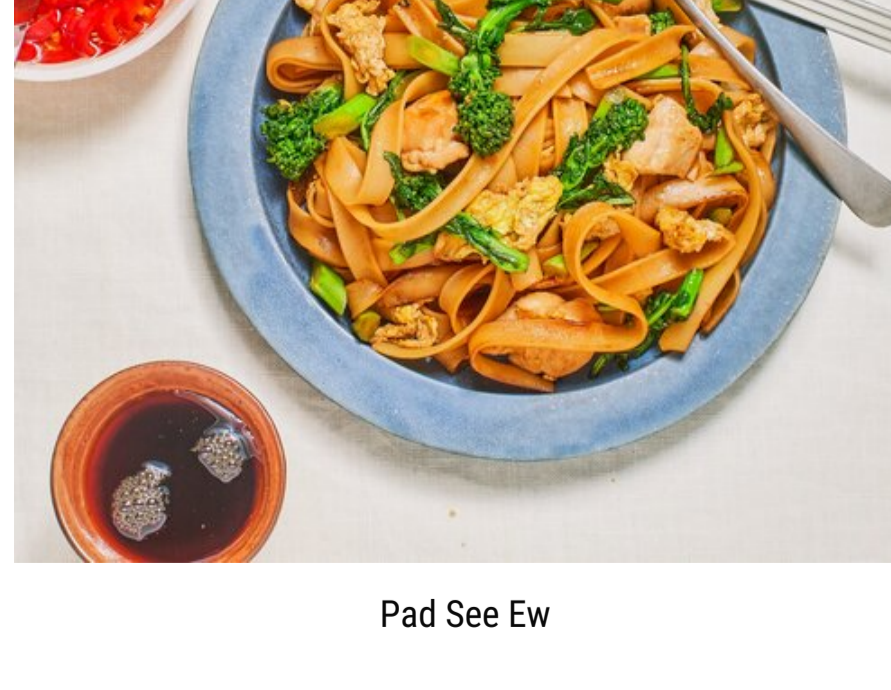
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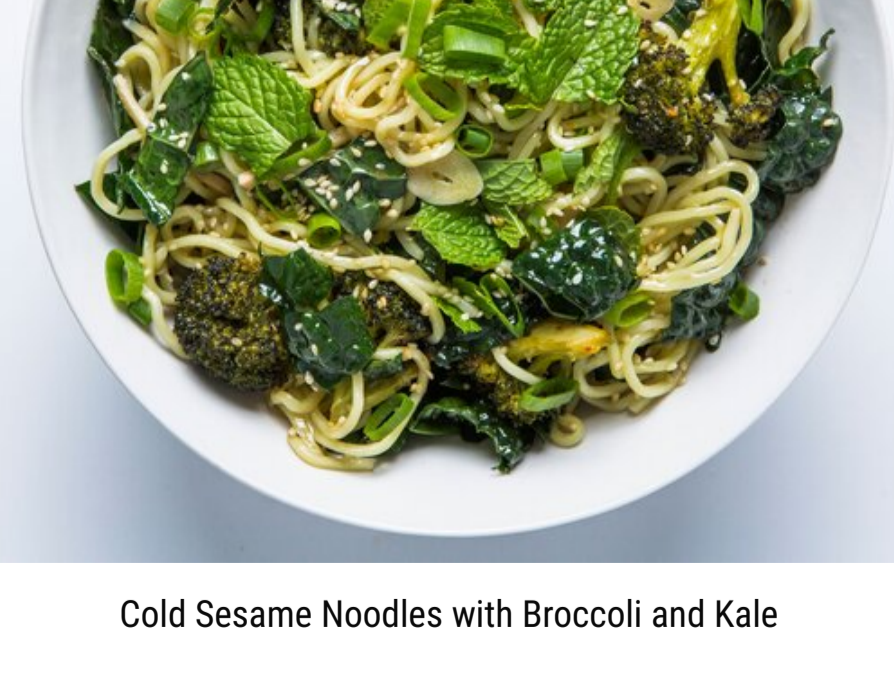
Cold Sesame Noodles with Broccoli and Kale



Strawberry Pistachio Sweet Rolls



Chard + Chard Stems with Sautéed Mushrooms



Swiss Chard Beer Garden Salad



Overnight Oats with Soft Cooked Egg and Miso Braised Kale