



[HOME](#) / [ABOUT UC](#) / [COMPOST CLUB](#) / [INDOOR FARM](#) / [OUTDOOR FARM](#) /  
[LOCAL UNIFIED CSA](#) / [FARMERS MARKETS](#) / [DISTRIBUTION](#) / [DONATIONS](#)

# Summer Week 5 - 05/02, 05/03, 05/04

---

Welcome to Summer LUCSA!

In your box this week:  
eggs - bread - mushrooms - beer - cilantro - ramps -  
potatoes - turnips - sunchoke - 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!*

# 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!



## Local Baked Goods

Vegan and Gluten-free treats from Bot Bakery, Vegan cookies from Foxship Bakery, Pleasure Pies quarter-pie slices, Uzma Chocolate Bars



## 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!

# 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!



## 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.

## 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:**

**Beer:** [Middlebrow](#) (Chicago, IL) - *Bungalow Lager and Yard Work Kolsch*

Store in the fridge.



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO!  
PLEASE NOTE THAT SHARE CONTENTS MAY VARY FROM  
DAY TO DAY. CHECK OUT OUR INSTAGRAM!

### **Bread:**

Wednesday: **Challah**, [Franher Bakery](#) (Pilsen, Chicago, IL)

Thursday: **Sourdough Pullman**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

Friday: **Multigrain Loaf**, [pHlour Bakery](#) (Andersonville, 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: **Oyster or Lions Mane:** [Primordia Mushrooms](#) (Chicago, IL)

Thursday: **Oyster or Lions Mane:** [Primordia Mushrooms](#) (Chicago, IL)

Friday: **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.

**Ramps:** [Mick Klug Farm](#) (St Joseph, MI)

*Storage Tip* - Keep greens dry and keep in a plastic bag in the fridge. You can also wrap the bulbs with a damp paper towel to keep them for longer.

**Turnips:** [PrairieErth Farm](#) (Atlanta, IL)

*Storage Tip* - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

**Potatoes:** [Nichols Farm & Orchard](#) (Caledonia, IL)

*Storage Tip* - Keep cool, dry and out of direct light, on your counter, in a



FEATURED IN THIS WEEK'S SHARE (FROM LEFT TO RIGHT): SUNCHOKES FROM NICHOLS FARM, TURNIPS

cupboard or in a perforated paper bag, for up to 6 weeks.

FROM PRAIRIERTH AND RAMPS FROM MICK KLUG!

**Sunchokes:** [Nichols Farm & 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.

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

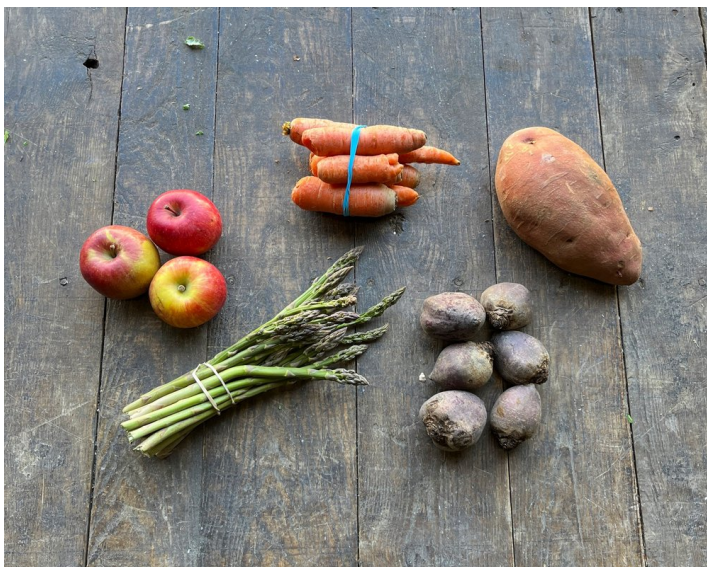
*Storage Tip* - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.

**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*



FROM LEFT TO RIGHT: APPLES, ASPARAGUS, CARROTS, BEETS, SWEET POTATO - NOT PICTURED: TOFU

**Extra Firm Tofu:** [Phoenix Bean](#) (Andersonville, Chicago, IL)

*Storage Tip* - Water-packed tofu should be stored fully submerged in fresh water refreshed every couple of days. Dry packed tofu can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. Any tofu not frozen or refreshed in water should be consumed within five days of opening. **Best by date: 5/10/2023**

**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.

**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:** [PrairiErth](#) (Atlanta, IL)

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

**Sweet Potatoes:** [Family Farm Fresh Co-op](#) (Indiana)

*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.*

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

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

## Recipe Recommendations

*Click on the image to access the recipe*



Oyster Mushroom Omelette



[info@theurbancanopy.org](mailto:info@theurbancanopy.org)

2550 S Leavitt St, Chicago, IL 60608

©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible!)

