



# Summer Week 5: June 30 / July 1 / 2

## Welcome to LUCSA Week 5!

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, coffee beans, raspberries, sweet cherries, carrots, fennel, lettuce, cooking greens

## Add-on Items

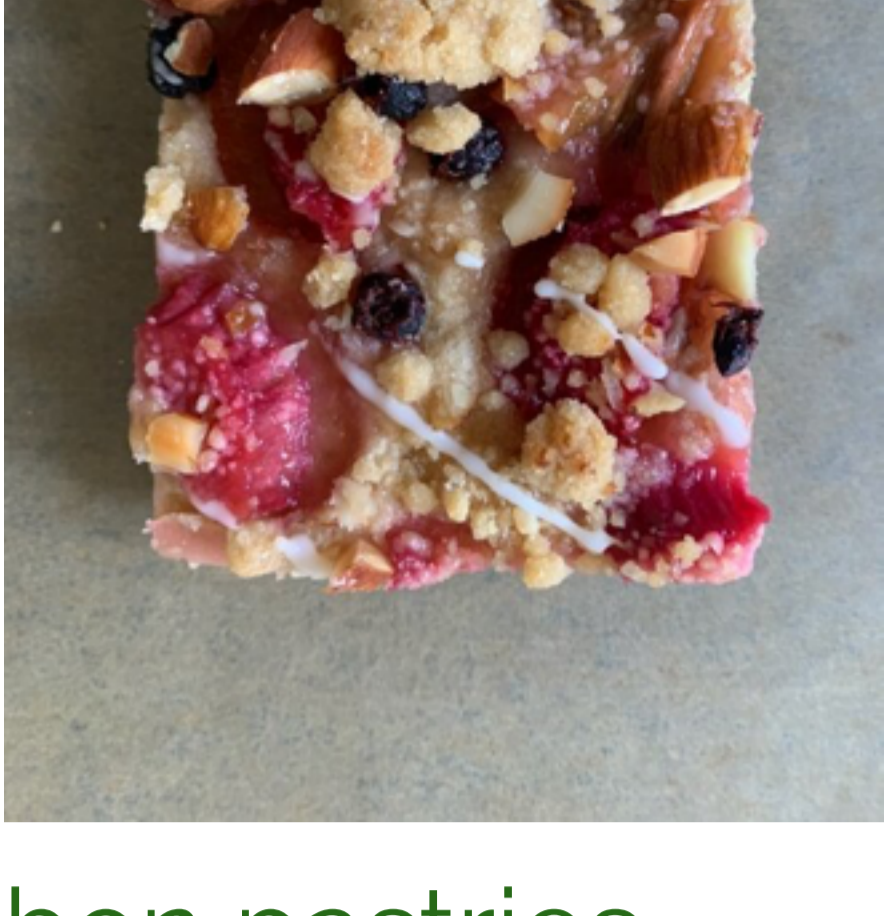
All from local businesses! Order weekly until Monday at **noon**.

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



### justice of the pies

pride pie (rainbow layered key lime pie) <3 happy pride!



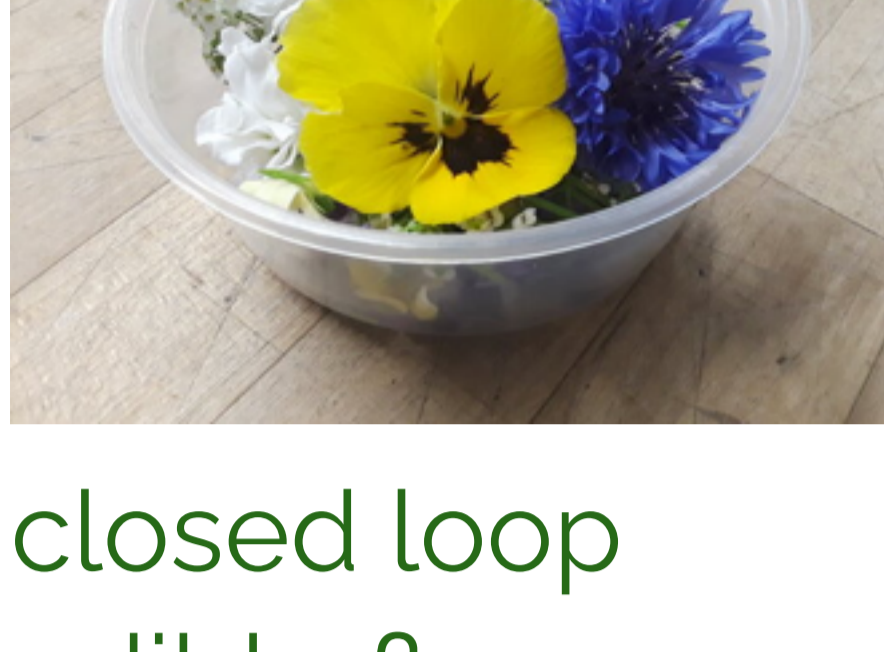
### bon pastries

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



### frogtown juices

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



### closed loop edible flowers

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



### garfield produce

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



### underground meats tuscan salami

6oz classica Italian-style with black pepper, fennel, red wine



### our summer zine

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



### foxship bakery vegan cookies

crumb cake - three quarter pound vegan cookies

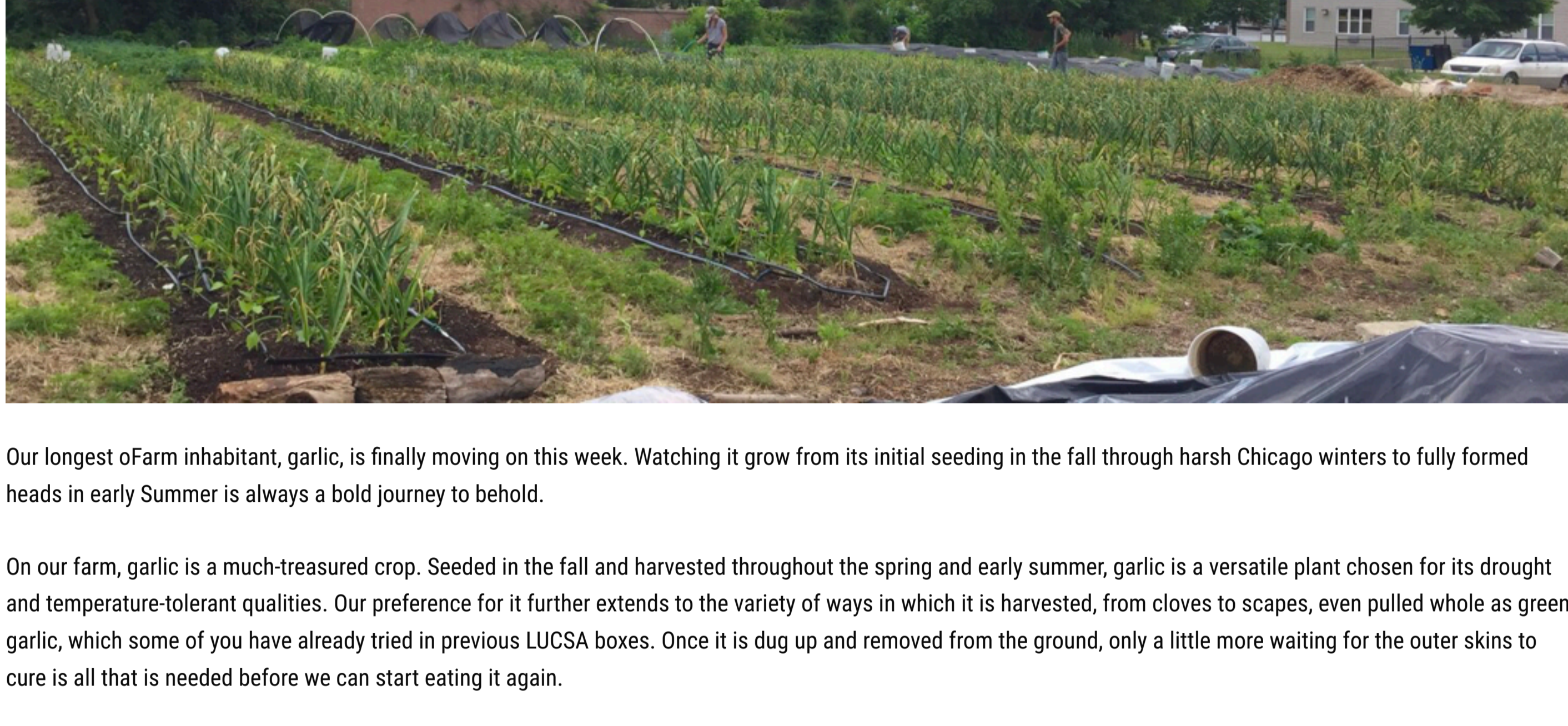


### on sale! upton's seitan

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

& much more available!

## From the Farm



Our longest of Farm inhabitant, garlic, is finally moving on this week. Watching it grow from its initial seeding in the fall through harsh Chicago winters to fully formed heads in early Summer is always a bold journey to behold.

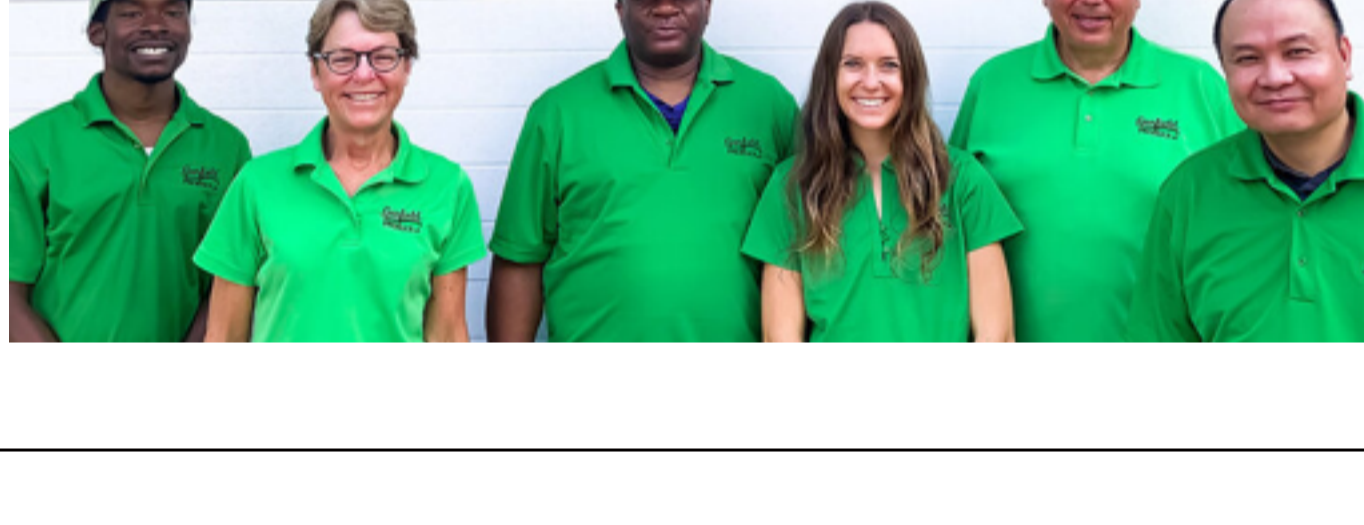
On our farm, garlic is a much-treasured crop. Seeded in the fall and harvested throughout the spring and early summer, garlic is a versatile plant chosen for its drought and temperature-tolerant qualities. Our preference for it further extends to the variety of ways in which it is harvested, from cloves to scapes, even pulled whole as green garlic, which some of you have already tried in previous LUCSA boxes. Once it is dug up and removed from the ground, only a little more waiting for the outer skins to cure is all that is needed before we can start eating it again.

Fun fact: Garlic is the only crop we save seed for each year. Once the head cures in our dry storage space farm crew will sort through and save the hardest cloves for next year's planting. Additionally since we grow so much of it, planting day becomes an all-crew endeavor allowing crew members from other Urban Canopy branches to experience one of our more fun farm days.

-Farmer Erin

## Vendor Profile: Garfield Produce

We are excited to work with Garfield Produce in offering their microgreens to 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

**Whole Bean Coffee:** Bridgeport Coffee (Bridgeport, Chicago, IL)

### Bread

**Wednesday:** Country Round or Square **Middlebrow** (Logan Square, Chicago, IL)

**Thursday:** Rye Batard **ptHour Bakery** (Andersonville, Chicago)

**Friday:** Multigrain Loaf **ptHour 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:** Trumpet Mushrooms **Mycopia** (Scottville, MI)

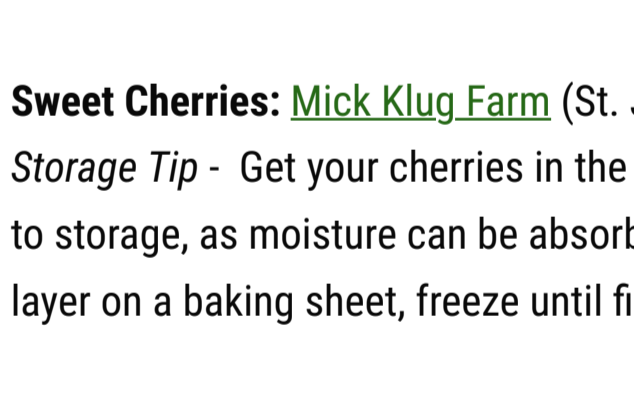
**Thursday:** Crimini Mushrooms **River Valley Mushrooms** (Burlington, WI)

**Friday:** Crimini Mushrooms **River Valley Mushrooms** (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.

**Raspberries:** **Mick Klug Farm** (St. Joseph, MI)

**Storage Tip** - Store berries dry and in the container they came in. Store them atop a dry towel after washing (in a single layer, if possible), with a damp towel placed over the top, and eating them within a day or two.



**Fennel:** **PrairieEth Farm** (Atlanta, IL)

**Storage Tip** - Remove greens to preserve the stem longer. Greens can be used within a week and the white part can be stored in a bag in the crisper for a month or so.

**Carrots:** **PrairieEth Farm** (Atlanta, IL) / **RELISH Chicago** (Lawndale, Chicago, IL) / The Urban Canopy

**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.

**Summer Squash OR Scallions:** **Nichols Farm and Orchard** (Marengo, IL) / The Urban Canopy

**Storage Tip** - Summer squash can be stored in the fridge for up to 10 days. Do not wash before putting in the fridge. Store in an open plastic bag so moisture doesn't accumulate.

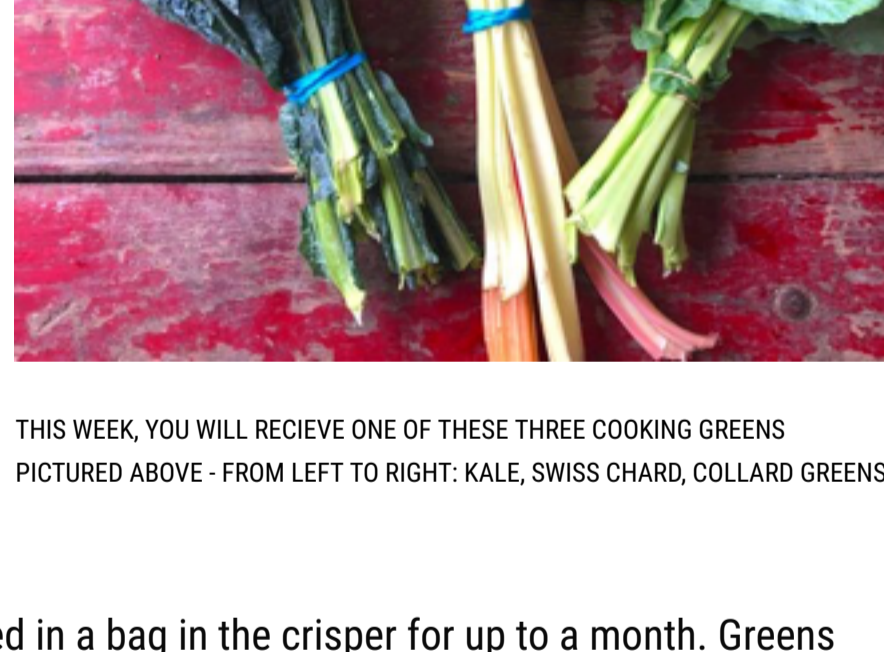
**Storage Tip** - Stand scallions upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor.

**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 / Chard / Collards:** **Urban Canopy** / **Gary Comer Youth Center** / **Growing Solutions Farm** / **RELISH**

**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.



THIS WEEK YOU WILL RECEIVE ONE OF THESE THREE COOKING GREENS PICTURED ABOVE - FROM LEFT TO RIGHT: KALE, SWISS CHARD, COLLARD GREENS

**Wednesday:** Chard, collard or kale

**Thursday:** Kale

**Friday:** Kale

**Lettuce:** **Urban Canopy** / **Gary Comer Youth Center** / **Growing Solutions Farm**

**Storage Tip** - Keep dry in a plastic bag in the crisper for up to a week.

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

\* Specified subs are subject to change

**Beets / Turnips:** **Urban Canopy** / **RELISH** - Bread substitute

**Storage Tip** - Separate greens from the root for the root to last longer in 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:** Turnips

**Thursday:** Turnips or beets

**Friday:** Beets



**Broccoli:** **Nichols Farm and Orchard** (Marengo, IL) - Egg substitute

**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 store like a bouquet with the stem in a glass of water.

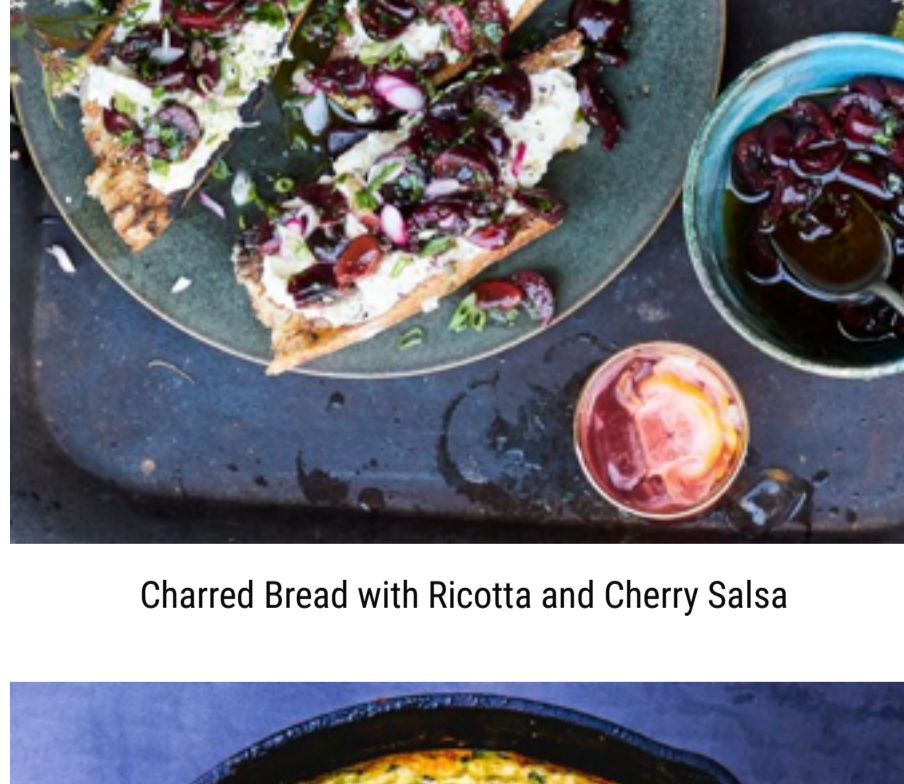
**Scallions:** **Urban Canopy** - Mushroom substitute

**Storage Tip** - Separate greens from the root for the root to last longer in 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.

**Knob Onions:** **PrairieEth Farm** (Atlanta, IL) - Beverage substitute

**Storage Tip** - Store the onions unwashed with the stems still attached in the refrigerator. Wrap in damp paper towels and place in a large food storage bag.

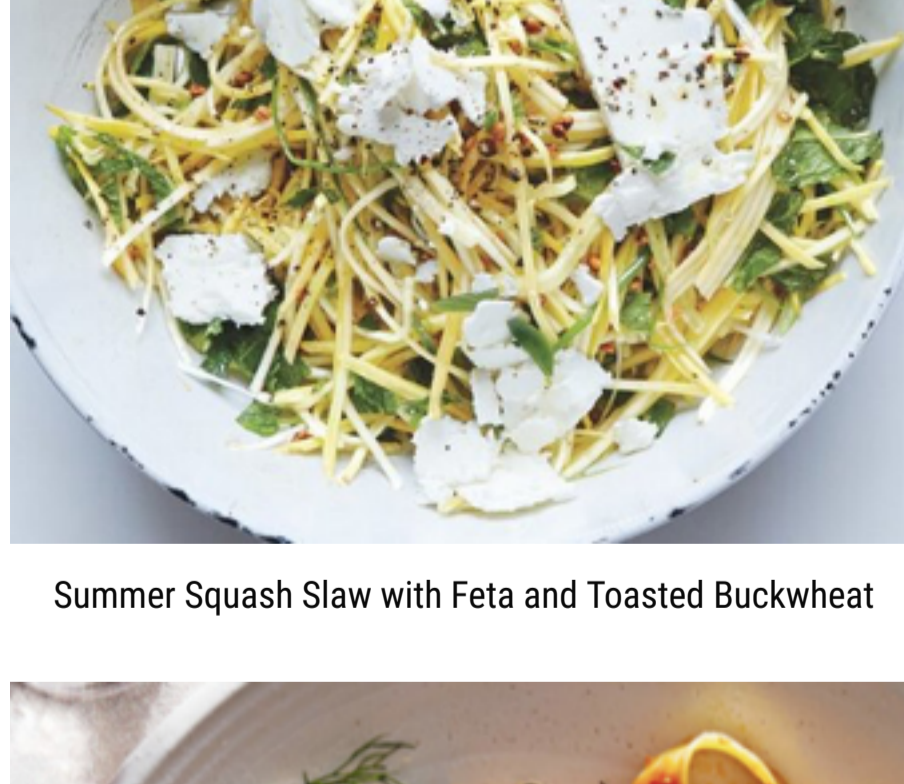
## Recipe Recommendations



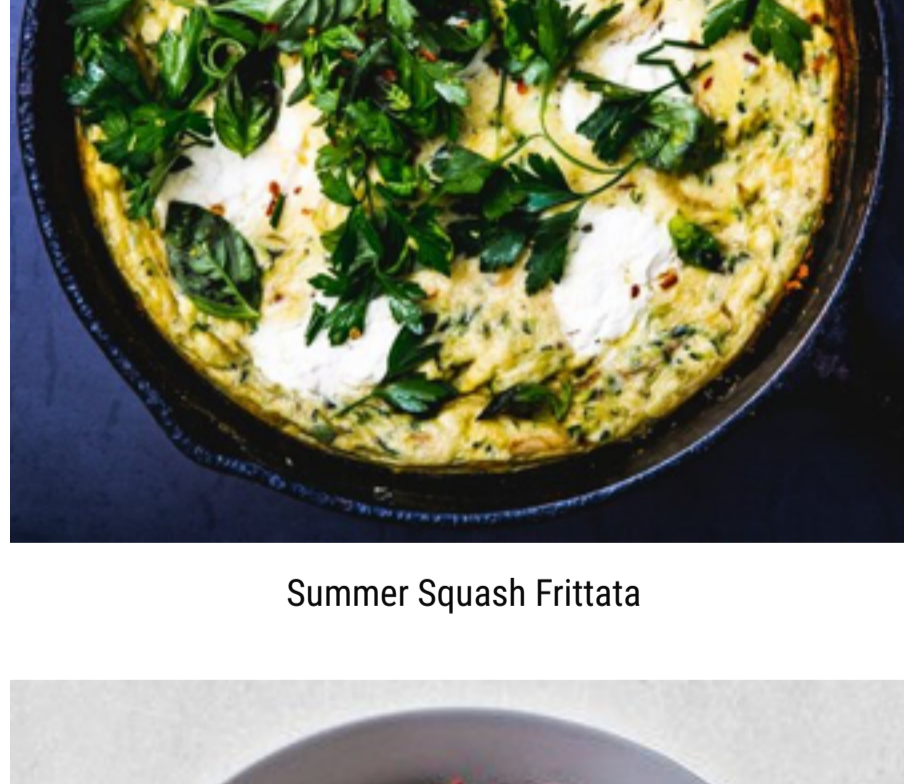
Charred Bread with Ricotta and Cherry Salsa



Cherry Raspberry Semifreddo



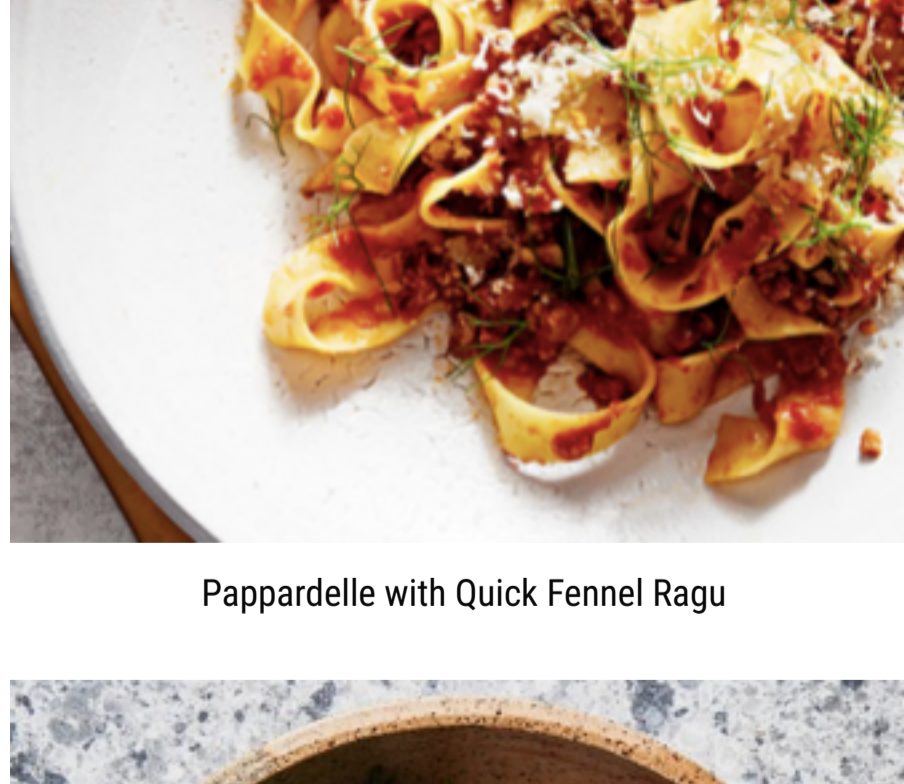
Summer Squash Slaw with Feta and Toasted Buckwheat



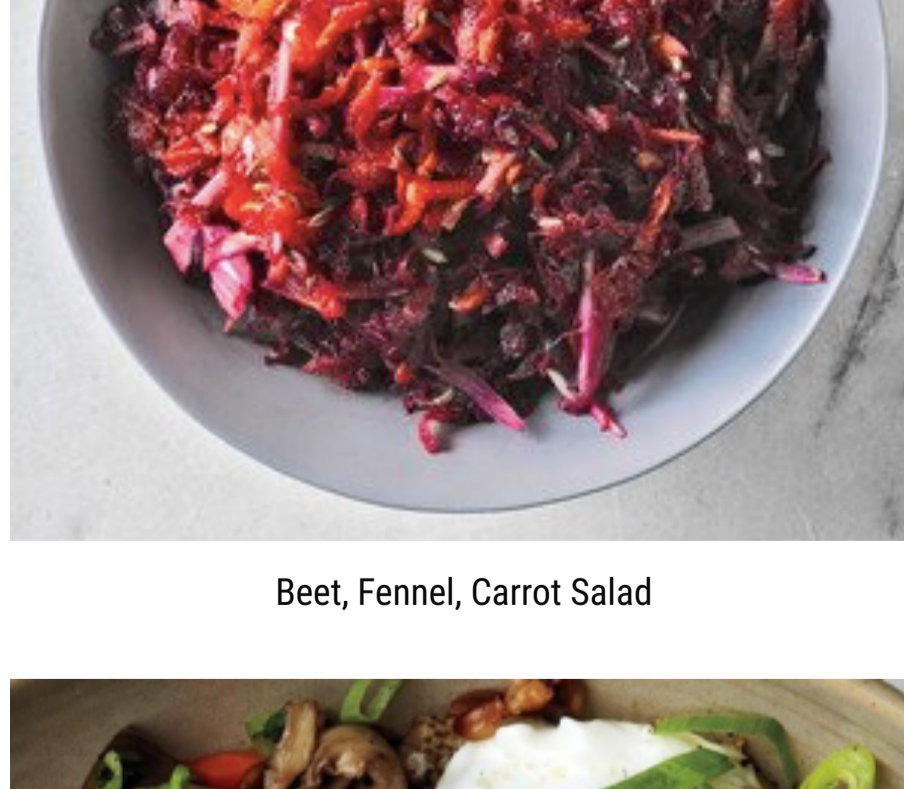
Summer Squash Frittata



Salmon with Caramelized Fennel + Fennel Frond Pesto



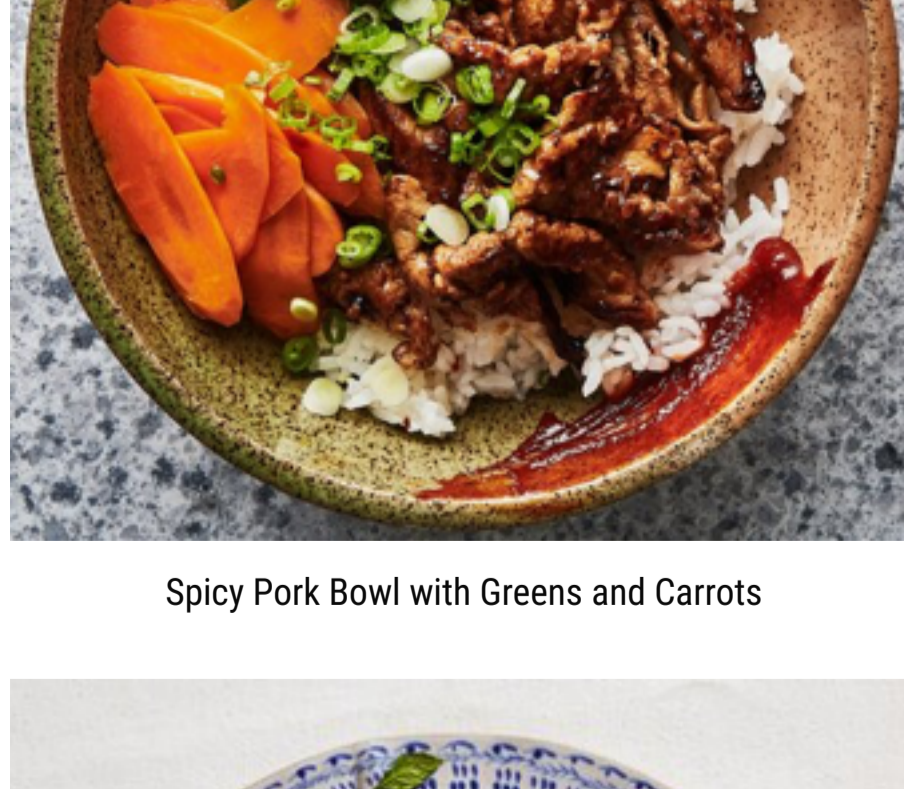
Pappardelle with Quick Fennel Ragu



Beet, Fennel, Carrot Salad



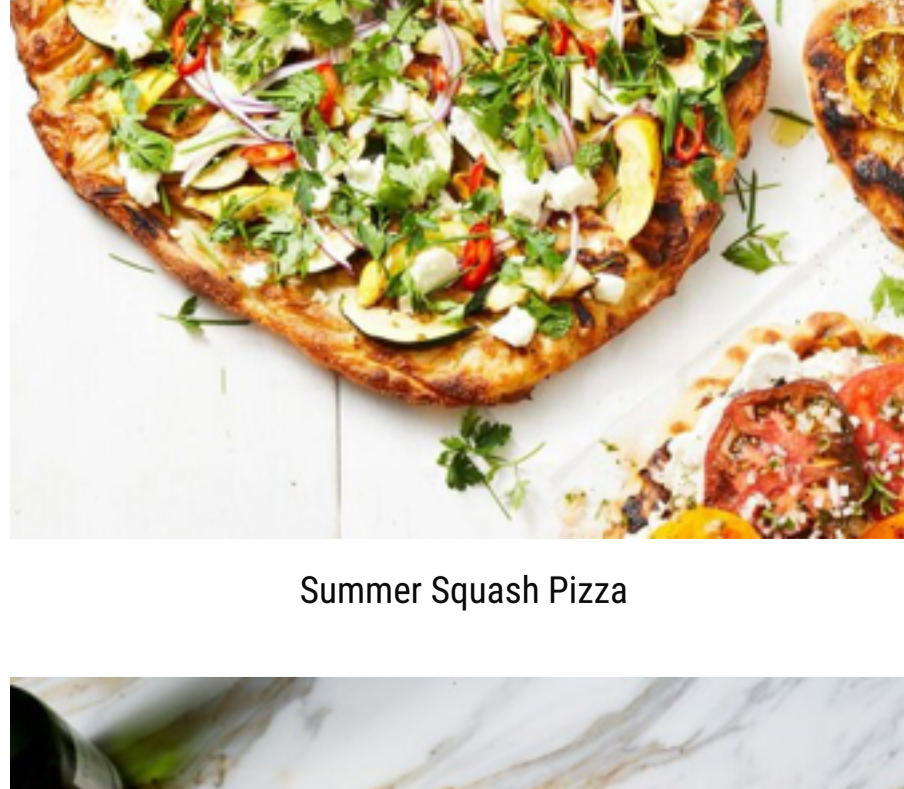
Raspberry Vinegar



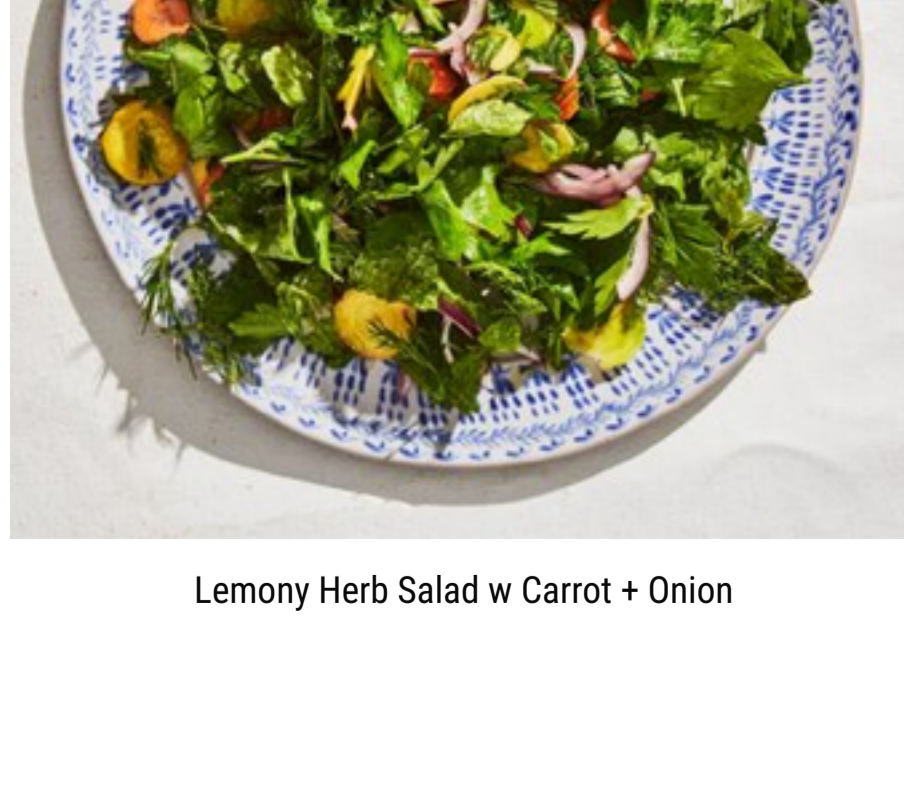
Spicy Pork Bowl with Greens and Carrots



Fried Farro w Pickled Carrots, Kale, Mushrooms + Egg



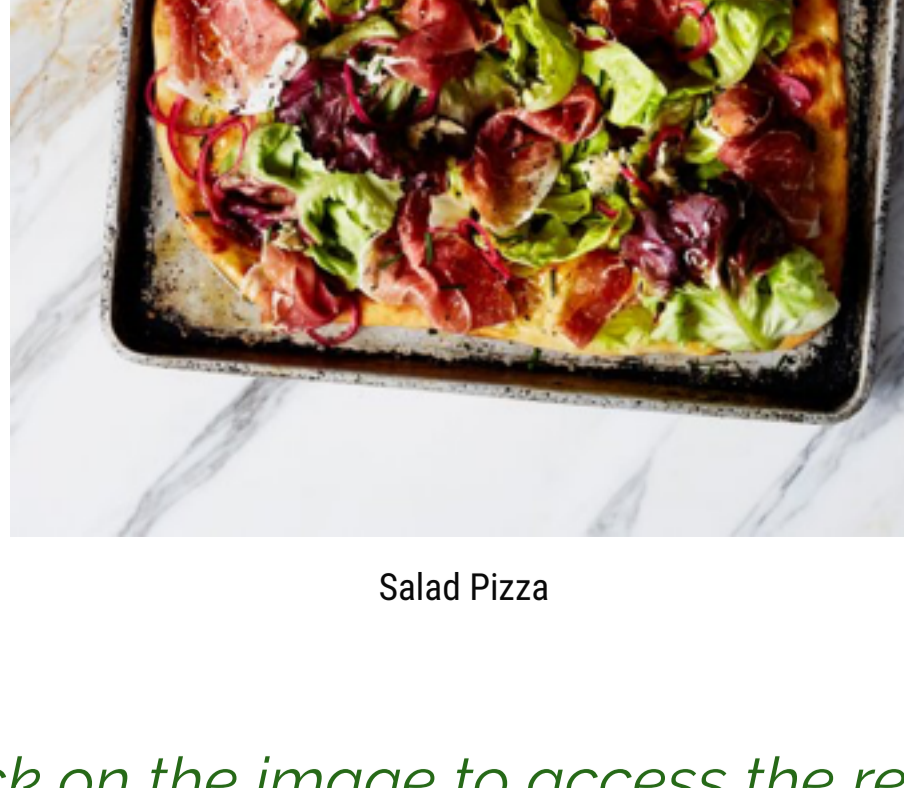
Summer Squash Pizza



Lemony Herb Salad w Carrot + Onion



Lazy Caesar Salad w Homemade Croutons



Salad Pizza

Click on the image to access the recipe