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Summer Week 6 - 05/10, 05/11, 05/12

Welcome to Summer LUCSA!

In your box this week:
eggs - bread - mushrooms - chai oat latte - hot
sauce - potatoes - carrots - greens - asparagus -
green garlic

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 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](#)



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.

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!



Dairy

Yogurt, whole milk, chevre, butter, and more from Kilgus, Prairie Fruits Cheese, and Nordic Creamery

Tasty Indulgences

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

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:

Chai Baby: Chai Oat Latte - [Freeman House Chai](#) (Chicago, IL)

Storage Tip - Store in the fridge and use by expiration date on bottle.

Caffeine Sub: [Wisco Pop](#) (Madison, WI)

Bread:

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

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

IL)

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/Thursday: **Crimini:** [River Valley Ranch](#) (Burlington, WI)

Thursday/Friday: **Crimini:** [River Valley Ranch](#) (Burlington, WI) / **Oyster or Lions Mane:** [Primordia Mushrooms](#)

(Bloomington, 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.

UC Processing Item: You will receive one of the following items!

Wednesday: **Sauerkraut** or **Pickled Beets**, [The Urban Canopy](#) (Garfield Park, Chicago, IL)

Thursday/Friday: **Hella Lemon Cherry Bomb Hot Sauce**, [The Urban Canopy](#) (Garfield Park, Chicago, IL)

Storage Tip - Store in refrigerator until best by date.



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.

Carrots: [Always Somethin Farm](#) (Livingston County, IL)

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



GREENS THIS WEEK FROM TOP CLOCKWISE: CHARD, GREEN MUSTARD, BRASSICA MIX, RED RUSSIAN KALE, RED MUSTARD

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

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 weeks.

Green Garlic: [UC's oFarm](#) (Garfield Park, Chicago, IL)

Storage Tip - Keep green garlic and garlic scapes in your refrigerator's crisper drawer in loose plastic or mesh bags so that air circulates around them. They should stay fresh for at least one week and up to two weeks.

Greens: *You will receive one of the following greens in your box this week!*

Brassica Mix (*arugula, mizuna, baby turnip greens*): [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Lettuce Mix: [Wilder Fields](#) (Calumet City, IL)

Mustard Greens, Swiss Chard, or Kale:

[Global Garden Refugee Training Farm](#) (Albany Park, Chicago, IL) / [Regenerative Life Farm](#) (Findlay, 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

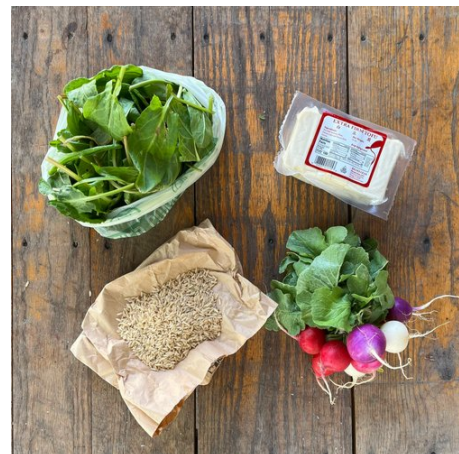
Items for those already opting out of beverage, eggs, bread or mushrooms or having a conflicting allergy - subject to change

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

Storage Tip - Store sorrel in a plastic bag in the refrigerator. Use within 1 week. For longer storage, freeze sorrel into herb cubes.

Brown Rice: [Cahokia](#) (McClure, IL)

Storage Tip - Store in a cool dry place out of direct sun.



Extra Firm Tofu: [Phoenix Bean](#) (Edgewater, 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

FROM TOP LEFT CLOCKWISE: SORREL, TOFU, RADISHES,
BROWN RICE
NOT PICTURED: POPCORN

Radish: Always Somethin' Farm (Livingston County, IL) / Regenerative Life Farm (Findlay, IL)

Storage Tip - 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.

Popcorn: [Nichols Farm & 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.

Recipe Recommendations

Check out our produce guide for access to tons of recipes!

We have created a page on our website to house all of our recipes and storage tips! These are available all the time if you click [here](#).



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

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