



Summer Week 6: July 7 / 8 / 9

Welcome to LUCSA Week 6!

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?

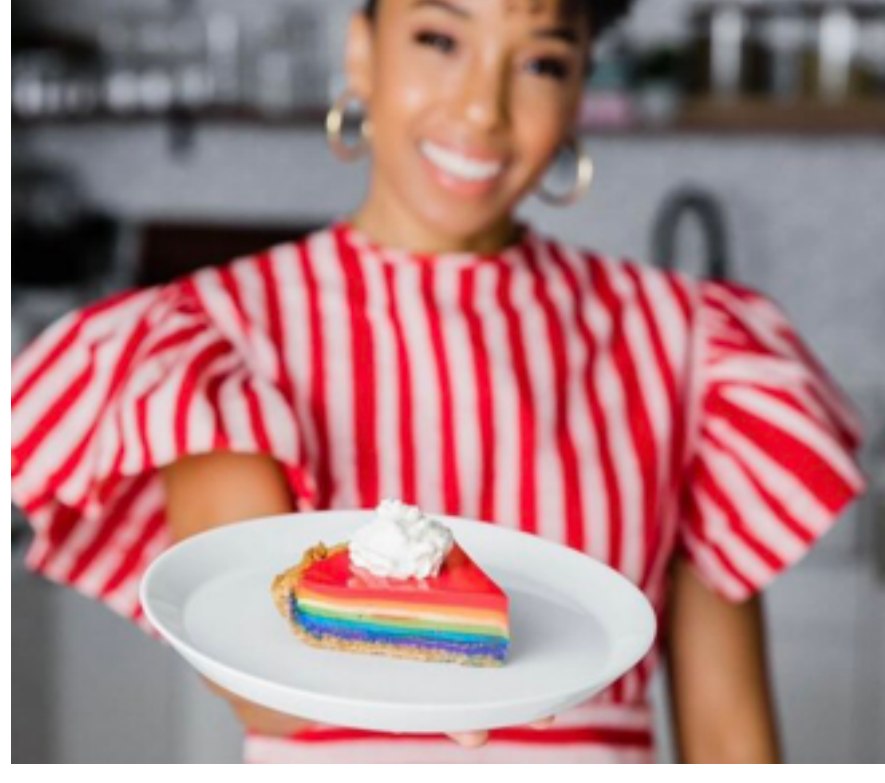
bread, eggs, mushrooms, iced tea + lemonade, blueberries, raspberries, zucchini, scallions, carrots, cucumbers, kale / collards / chard

image description: a farmer harvesting scallions from a long, lush row on our farm

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

cherry biscochito pie bars, sweet cherries on a cinnamon & anise shortbread topped w/ mini biscochitos. vegan.



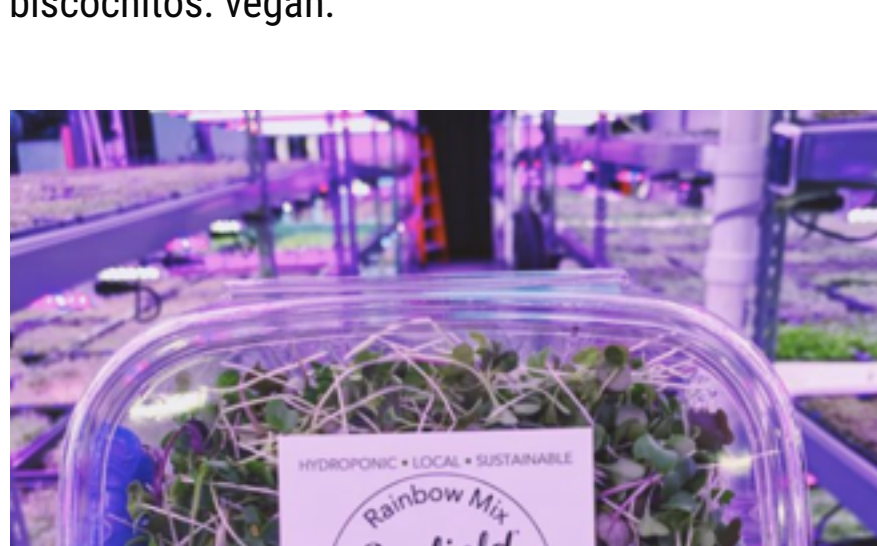
upton's naturals

italian style seitan. great on pizza, in pasta, over rice, and as a crumbled breakfast sausage with biscuits and gravy or in a hash.



closed loop edible flowers

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



garfield produce microgreens

micro-broccoli (1oz) can be enjoyed in salads, with eggs, on wraps, sandwiches, burgers and more!



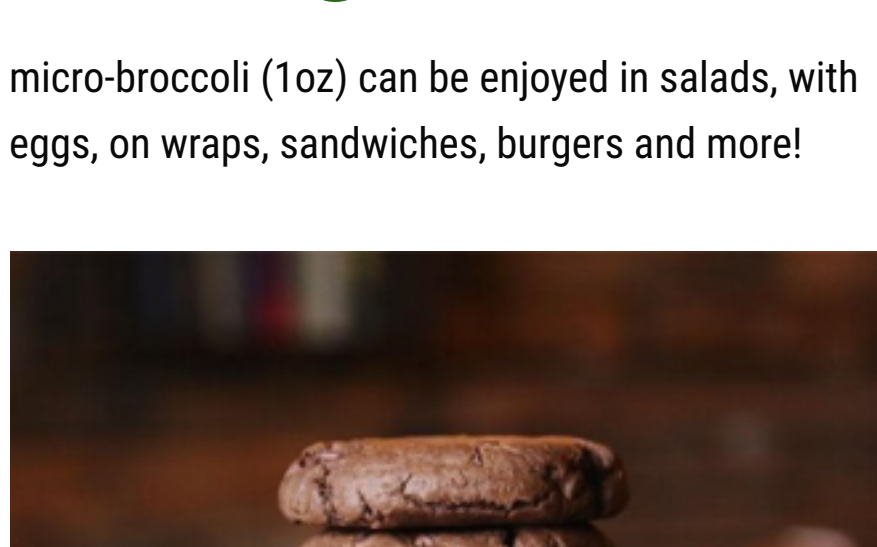
frogtown juice

2 8oz jars of fresh juice! sonny (orange, pineapple, mango) and hock punch (beet, pineapple, apple, carrot, orange)



our summer zine

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



foxship vegan cookies

three quarter pound double chocolate chip cookies



underground meats finocchiona

fennel flavored sausage for your summer charcuterie board

& much more available!

From the Farm



We've got something new this year on the farm... CARROTS!

Carrots are a perfect Chicago vegetable for those of you wondering how to expand your home garden. Typically planted in loose sandy soil during the spring and early summer, carrots require consistent moisture during germination but not much maintenance after. This past week of rainstorms was a perfect time for seeding some delicious roots in time for a fall harvest. Speaking of fall, although we chose to plant and harvest our crop in the warmer months, carrots are quite the frost-tolerant root and even increase in taste if eaten after a cold spell. The coldness of a frost pushes the plant to increase the quantity of sugar in its roots, making it much sweeter. Another quick bit about carrots is to make sure to harvest them before any scolding hot summer days while they remain small. As temperature and root length increase, carrots become fibrous and much too chewy. Personally, this farmer prefers to eat them on the smaller side: 1/2 inch in diameter, with lots of hummus or baba ghanoush. Also, please be sure to wash carrots thoroughly at home to remove any excess soil. You might even peel them if desired.

Fun fact: Queen Anne's Lace, a common flower throughout Illinois, is a species of carrot. Carrots are biennials, giving them a 2-year lifespan. In the first year, they grow their delicious taproot and then send out fragrant flowers the second year. If you ever see Queen Anne's Lace in the wild, that's a carrot!

- Farmer Erin

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
Lemonade + Iced Tea: Lizzy J Cafe (Ravenswood, Chicago, IL)
Strawberry Lemonade + Not your Auntie Sweet Tea



BEVERAGE BY LIZZY J CAFE IN RAVENSWOOD

Bread
Wednesday: Multigrain Loaf pHlour Bakery (Andersonville, Chicago)
Thursday: Country Round or Square Middlebow (Logan Square, Chicago, IL)
Friday: Rye Batard pHlour 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: Trumpet Mushrooms Mysosopia (Scottville, MI)
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.

Zucchini: BrainErth Farm (Atlanta, IL)
Storage Tip - Store 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.

Cucumbers: BrainErth Farm (Atlanta, IL)
Storage Tip - Cucumbers store best around 50 degrees. Much colder and they will lose some of their sweetness and are more likely to bruise. You can store them in a cool spot in the pantry or the warmest spot of the fridge. Kept in the fridge they should be used within 3-4 days. Cucumbers are also very sensitive to mold, so make sure they are really dry.



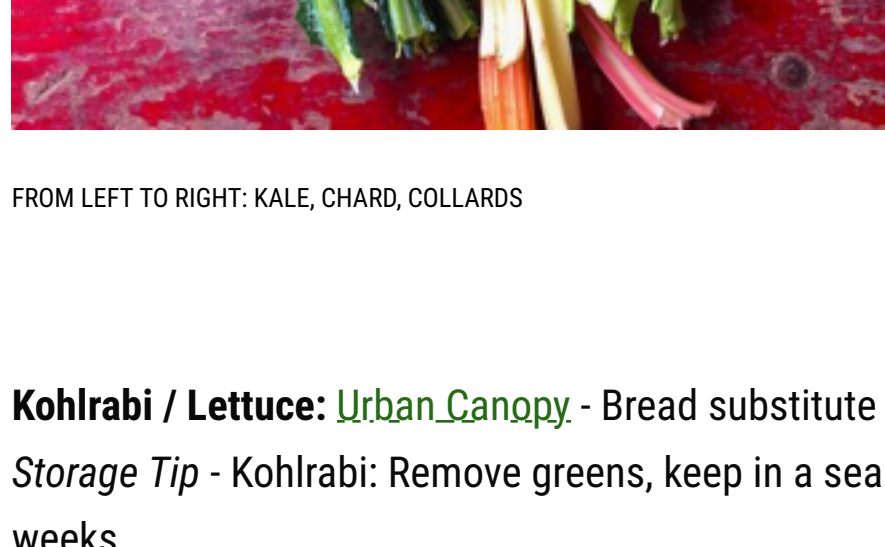
LEFT TO RIGHT: ZUCCHINI AND CUCUMBERS

Raspberries: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

Blueberries: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

Carrots: 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.

Scallions: The Urban Canopy (Chicago, IL)
Storage Tip - 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.



FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

Kale / Chard / Collards: Urban Canopy / Growing Solutions Farm / BrainErth 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 ends of the stems off and soaking in a glass of water. Within a few hours they will start to stiffen up.

Wednesday: Chard or kale
Thursday: Kale
Friday: Kale 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

Beets: Nichols Farm and Orchard (Marengo, IL) - Egg 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.

Kohlrabi / Lettuce: Urban Canopy - Bread substitute
Storage Tip - Kohlrabi: 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 - Lettuce: Keep dry in a plastic bag in the crisper for up to a week.

Wednesday: Lettuce
Thursday: Lettuce or kohlrabi
Friday: Kohlrabi

Cabbage: Gorman Farm Fresh Produce (Monee, IL) - Mushroom substitute
Storage Tip - Keep in a plastic bag in the crisper for two weeks.

Parsley: Urban Canopy - Beverage substitute
Storage Tip - To keep parsley perky for more than a few meals, trim the stems as you would flowers to remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover the herbs with a plastic bag and keep it on the counter.

Recipe Recommendations

Click on the image to access the recipe



The Blueberry Blossom Pancake



Blueberry Pie Smoothie



Doughnut Holes with Raspberry Jam



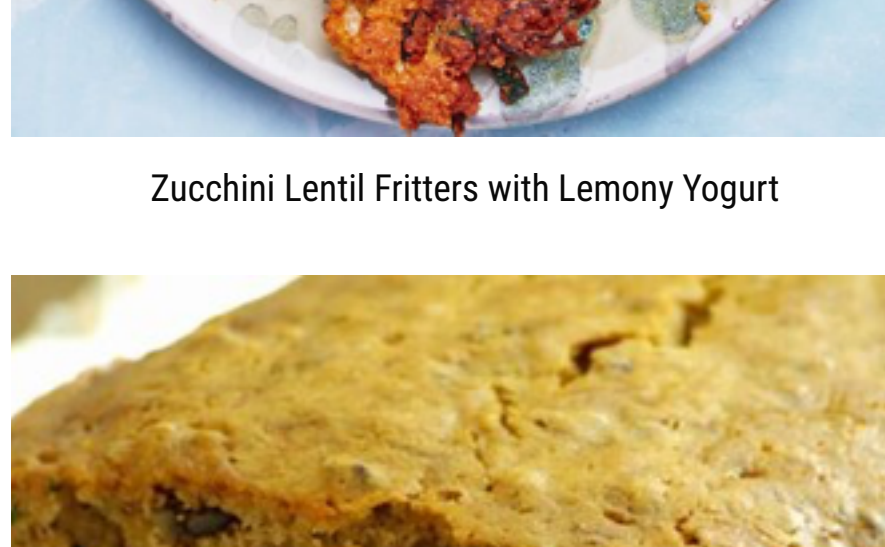
Zucchini Lentil Fritters with Lemony Yogurt



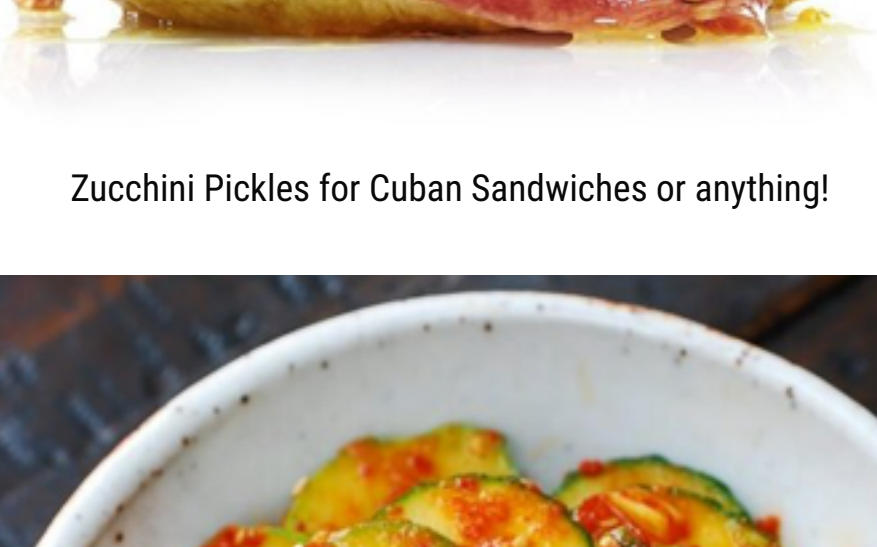
Zucchini Pickles for Cuban Sandwiches or anything!



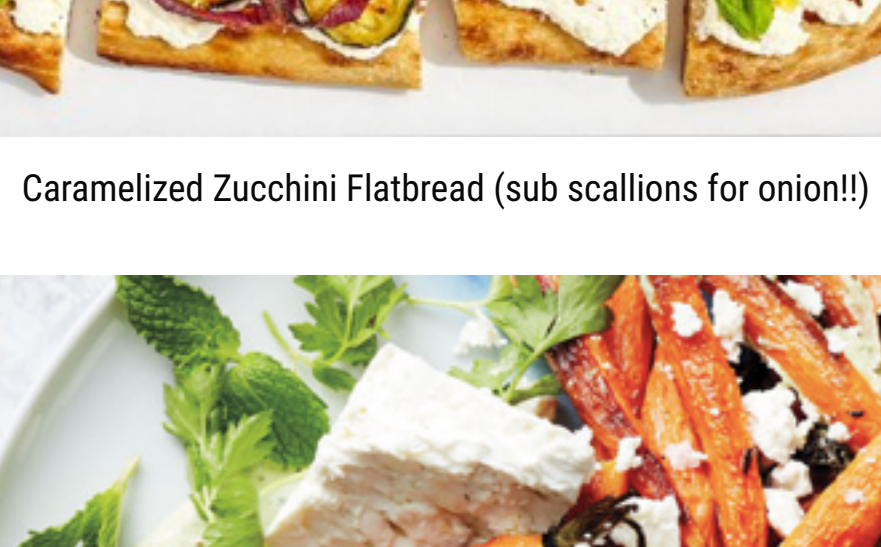
Caramelized Zucchini Flatbread (sub scallions for onion!)



Zucchini Bread



Oi Muchim (Korean Style Cucumber Salad w Scallions)



Roasted Carrots w Parsley Yogurt



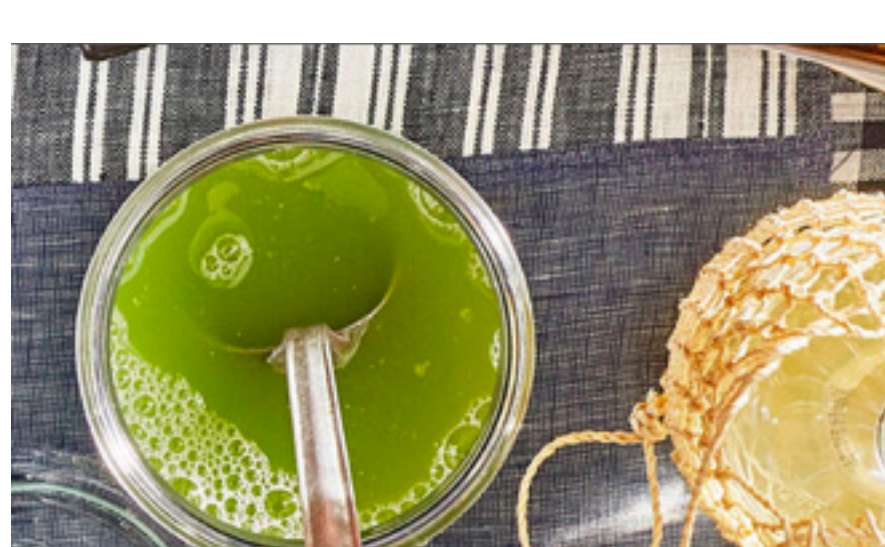
Cucumber Lemonade



Herby Pizza with Carrot-top Pesto



Spicy Pork Bowl with Greens and Carrots



Salad Ramen



Fried Farro w Pickled Carrots, Greens, Scallions and Eggs



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