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# Summer Week 7- 05/17, 05/18, 05/19

Welcome to Summer LUCSA!

In your box next week:  
eggs - bread - mushrooms - sparkling water -  
spinach - kale - asparagus - spring onions -  
rhubarb - apples

**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](#)



## 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:**

**Sparkling Water:** Assorted Flavors - [Klarbrunn](#) (Watertown, WI)

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

### **Bread:**

Wednesday/Thursday: **Focaccia**, [Franher Bakery](#) (Pilsen, Chicago, IL)

Wednesday/Thursday: **Seeded Rye**, [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.



SPRING ONIONS

### **Mushrooms:**

Wednesday/Thursday: **White Button**: [River Valley Ranch](#) (Burlington, WI)

Thursday/Friday: **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.

**Spring Onions:** [Nichols Farm & Orchard](#) (Marengo, IL)

*Storage Tip* - Spring Onions can be kept on the counter for two days but will then start to wilt. You should keep their greens dry. After a couple days they should be stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

**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.



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

*Storage Tip* - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

FROM LEFT TO RIGHT: LETTUCE, MIZUNA, SPINACH,  
BABY TURNIP GREENS

**Greens:** [UC's oFarm](#) (Auburn Gresham, Chicago, IL) or **Lettuce:** [Gray Farms](#) (Watseka, IL)

*Storage Tip* - Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week. See right for a photo.



**Kale:** [Family Farm Fresh Co-Op](#) (Rockville, IN)

*Storage Tips:* 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 keep on counter in a glass of water like a bouquet!

**Rhubarb:** [Family Farm Fresh Co-Op](#) (Rockville, IN) / [Carroll's Timber Edge Farm](#) (Graymont, IL)

*Storage Tips:* You can keep rhubarb stalks wrapped in a plastic bag in the fridge for a few days. If you snip off the base, place it upright in a jar with an inch of water and cover the tops with a plastic bag, it will last for a week or more.

Rhubarb also does really well when frozen and can store for an entire year. [A rhubarb freezing tutorial from Martha Stewart](#). See left for a photo.

## Substitutions

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

**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 months.

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

*Storage Tip* - To keep dill 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 basil with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for basil that remains vibrant for nearly a week. OR Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks..



NOT PICTURED: DILL, BROWN RICE

**Radish**, *French breakfast or amethyst*:

[Bland Family Farm](#) (Jacksonville, IL) / [UC's oFarm](#) (Auburn Gresham, Chicago, 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.

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

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

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

*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.

## 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](#).*



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