

Summer Week 7: July 14/15/16

Welcome to LUCSA Week 7!

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, loose leaf iced tea blend, blueberries, green beans, cabbage, cucumbers, broccoli, onion, kale/collards

Take our mid-season survey!

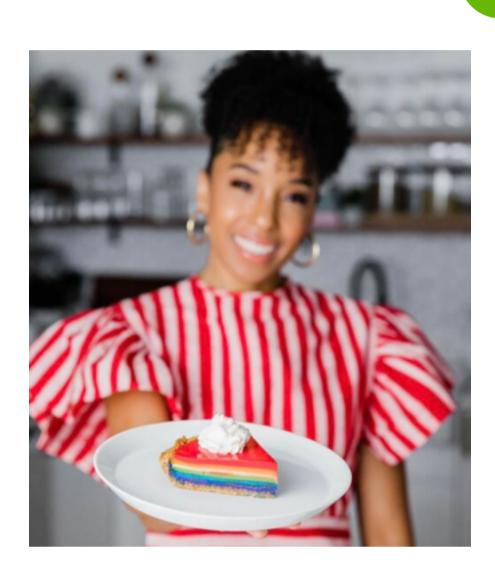
If you can believe it, we are about 1/3 of the way through the summer LUCSA season! Help us make necessary improvements now, so you can enjoy your LUCSA share to the full extent :~) As always, you can email us at lucsa@theurbancanopy.org if you ever have questions, concerns, or requests!

TAKE THE SURVEY

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

rainbow layered key lime pie!





blueberry pie bars

local blueberries on sweet pie crust with lattice decoration ~ by Bon Pastries. two each. vegan.





frogtown juice

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



fruitbelt tonic

apple dandelion tonic 4-pack. take it to a picnic or sip it on the porch ~ or mix with craft beer for a radler on the fly or with wine and crisp apples for a tart sangria. blend with vodka for a clean and refreshing vodka tonic.

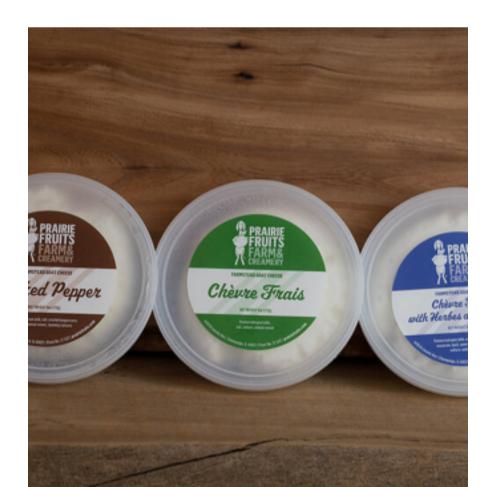


foxship bakery vegan cookies

three quarter pound peanut butter oreo cookies

garfield produce microgreens

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

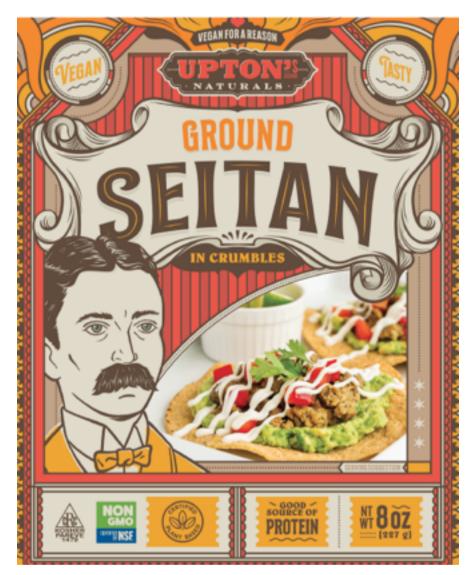


prairie fruits chevre

a very versatile cheese—you can cook with it, put it in a salad, top it over a pizza or just enjoy it on a slice of bread with jam or honey.

underground meats finocchiona

fennel flavored sausage for your summer charcuterie board



Upton's ground seitan

mildly seasoned. makes great tacos and chili and a great addition to pasta sauce or served over rice.

& much more available!

From the Farm: Farmer Profile



BRENDAN WASHING PRODUCE AT A BIG WHITE SINK AT OUR WASH-PACK STATION

Hey y'all,

My name is Brendan, and I'm one of the farmers growing fresh produce for you this summer on our beautiful, 2-acre farm in Englewood. This is only my second month with Urban Canopy, but I've been working in urban agriculture in Chicago for about the past five years. So far, it's been an absolute blast getting to know everyone at UC, and I look forward to the opportunity to grow and learn with this incredible, diverse team. In this introduction, I'd also like to take a bit of time to thank *you*, our customers, who enable this work. It's such a blessing to be able to help provide fresh produce in my community, and to be honest, I'm not over the fact that generous people are willing to pay for me to do what I love.

A little bit about myself: I'm originally from a small town in Pennsylvania, Hershey. Our main industry is Chocolate, which you might have tried. After working for a year on a horse farm just outside of town, in 2016 I moved to the big city, Chicago, to study Environmental Science at Loyola University Chicago. In 2020, I graduated with my degree and a concentration in Sustainable Agriculture and Food Systems. While in school, I worked in Loyola's Urban Agriculture program learning aquaponics and small-scale, organic production. My mentor, Kevin Erickson, was invaluable in opening my eyes to the dire need for young people in agriculture.

Whether we like it or not, the way we produce food will have to change over the next few years. Part of that change will have to be new folks entering the industry from all different backgrounds. This, the diversity of experience, is one of the things that draws me to Urban Agriculture. It seems like every person I meet in this space has had a different, and fascinating, path. Some were computer programmers, others urban planners, and yet others, baristas and line cooks. Almost no one has a degree anywhere close to agriculture, and our farms are better for it. New people, new ideas, and new energy are what our flagging food system needs, and you, our LUCSA members, are a part of that. And so, again, I'd like to thank you for participating in our endeavor to grow better, locally.

Thanks for taking some time to get to know your farmer, but I'd better get back to

All the best, Brendan

it.

Share Contents (in progress)

BREAD NOTE:

Middlebrow's bread baking program is currently on hiatus. We love their bread and love their company and their bread will be back as soon it is available. We are hoping it will be sometime within the next month.

This situation makes it the perfect time to announce we are now also working with the amazing bakery crew of **PUBLICAN QUALITY BREAD**. We will be getting bread

from them this week to cover Middlebrow shares and will include them in the rotation going forward. We have wanted to work with them for awhile, so the timing is really fortunate.

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!



FOLLOW US ON INSTAGRAM AT @THEURBANCANOPY TO KEEP UP WITH WEEKLY SHARE PHOTOS LIKE THIS ONE, SPECIAL SHARE CONTENTS, RECIPES, AND MORE

Beverage

Loose Leaf Iced Tea Blends (1 10 serving pouch): SenTEAmental Moods (Chicago, IL)

Flavors in stock: *Water Colors* - A "new style" caffeine-free fruit blend with an exotic flavor profile. Apples, hibiscus, blueberries, rosehip, citrus peel, elderberries, grapes and cornflower blossoms. A rainbow of flavor!

Strawberry Fields - Summer sweet strawberries and papaya pieces round out an exceptionally smooth green tea. Made with luxury Sencha green tea.

Lemon Ginger Cooler - A little tweek to our super blend of metabolism boosting puerh and green teas and inflammation reducing white tea, with sundried organic lemon, turmeric and spicy ginger. Amazing taste!

Bread

Wednesday: Caraway Rye pHlour_Bakery (Andersonville, Chicago)

Thursday: Foccacia pHlour_Bakery (Andersonville, Chicago)

<u>Friday</u>: Spence Sourdough Round Publican Quality Bread (Fulton Market, Chicago, IL)

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

<u>Wednesday</u>: Crimini Mushrooms River_Valley_Mushrooms (Burlington, WI) <u>Thursday</u>: Crimini Mushrooms River_Valley_Mushrooms (Burlington, WI) <u>Friday</u>: Trumpet Mushrooms Mycopia (Scottville, MI) *Storage Tip* - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.

Kale / Collards / Chard: Urban Canopy

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

<u>Thursday</u>: Kale or collards Erida<u>y</u>: Kale

Cabbage: PrairiErth_Farm (Atlanta, IL) Storage Tip - Keep in a plastic bag in the crisper for two weeks.

Cucumbers: PrairiErth_Earm (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.

Green Beans: Mick_Klug_Farm (St. Joseph, MI)

Storage Tip - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

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.

Broccoli: <u>Gorman_Farm_Fresh_Produce</u> (Monee, IL) Nichols_Farm_and_Orchard (Marengo, IL)

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 stored like a bouquet with the stem in a glass of water.

Garlic Scapes: PrairiErth_Farm (Atlanta, IL)

Spring Onions: Nichols Farm and Orchard (Marengo, IL *Storage Tip*, Scapes - Keep 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

two weeks

Storage Tip, Onions - 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 stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

Wednesday: Spring onions

<u>Thursday</u>: Spring onions, garlic scapes <u>Friday</u>: Garlic scapes

<u>SUBS</u> (items for people who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy) * Specified subs are subject to change



Okra: Nichols_Farm_and_Orchard (Marengo, IL) - Bread substitute Storage Tip - Fresh okra is very perishable. Keep no more than two to three days in the refrigerator. Store in a paper bag or wrapped in a paper towel and placed inside a perforated plastic bag to keep pods very dry. Moisture causes pods to become slimy.

Kohlrabi / Baby Mizuna: Urban_Canopy - Beverage 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*, Mizuna - Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

<u>Wednesday</u>: Kohlrabi or baby mizuna <u>Thursday-Friday</u>: Kohlrabi

Fennel: PrairiErth_Farm (Atlanta, IL) - Mushroom substitute 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.



FROM LEFT TO RIGHT: KALE, COLLARDS, CHARD

FROM BOTTOM LEFT TO TOP: OKRA, THAI BASIL, BABY MUSTARD/MIZUNA FROM BOTTOM CENTER TO RIGHT: FENNEL, KOHLRABI

Thai Basil: <u>Urban Canopy</u> - Egg substitute

Storage Tip - To keep basil 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.

Recipe Recommendations

Click on the image to access the recipe



Cheesy Charred Green Beans



Green Beans and Cucumbers with Miso Dressing



Charred Cabbage with Goat Cheese Raita and Cucumbers



Cold Sesame Noodles with Broccoli and Kale



Grilled Kale Salad with Paprika Breadcrumbs



Kale and Cucumber Salad with Roasted Ginger Dressing



Roasted Broccoli with Preserved Lemon Yogurt



Shaved Broccoli and Fennel Salad with Goat Cheese



Kohlrabi, Fennel, and Blueberry Salad



Blueberry Ricotta Pancakes



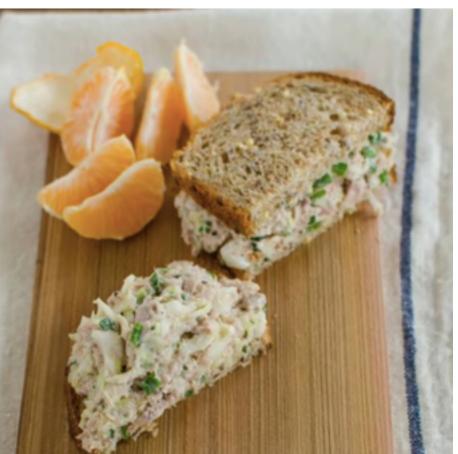
Classic Homemade Coleslaw



Blueberry Dutch Baby



Pickled Okra



Crisp Tuna-Cabbage Salad



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