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# Summer Week 8 - 05/24, 05/25, 05/26

Welcome to Summer LUCSA!

In your box next week:  
eggs - bread - mushrooms - Metropolis canned  
cold brew - purple asparagus - spring onion -  
rhubarb - spinach - various greens - radish

**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](#)

## **NEW VENDOR ALERT! Welcome POSO Chili Oil and Zeitlin's Bakery to the LUCSA network!**



POSO Chili Oil is a small batch medium hot, Mexican-Inspired ...



Zeitlin's Deli is now offering bagels and cream cheese to come...



**PLUS all our favorites - Phoenix Bean tofu, Upton's Seitan, Prairie fruits cheeses, Finn's Ranch meat, Foxship cookies, UC pickles and jams - and much more!**

## 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:**

**Canned Cold Brew:** [Metropolis](#) (Chicago, IL)

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

## **Bread:**

Wednesday: **Country Sourdough**, [pHlour Bakery](#) (Andersonville, Chicago, IL)

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

Friday: **Seeded Rye**, [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. 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: **White Button:** [River Valley Ranch](#) (Burlington, WI)

Thursday: **Oyster or Lions Mane:** [Primordia Mushrooms](#) (Bloomington, IL)

Friday: **White Button:** [River Valley Ranch](#) (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.



SPRING ONIONS FROM  
NICHOLS

**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.

**Purple 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.

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

*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.



**Radishes:** [UC's oFarm](#) (Chicago, IL), [RELISH Farm](#) (Chicago, IL), [Otter Oaks Farm](#) (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.

**Spinach:** [Nichols Farm & Orchard](#) (Marengo, IL), [Otter Oaks Farm](#) (Chicago, IL), [Smooth and Social Roots](#) (Chicago, IL), [Down River Farm](#) (East Peoria, 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.

**Various Greens:** [UC's oFarm](#) (Chicago, IL), [Global Garden Refugee Training Farm](#) (Chicago, IL), [RELISH Farm](#) (Chicago, IL)

*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!



FROM LEFT TO RIGHT: LEMONGRASS, APPLES, OATS, POTATOES

## 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.

**Lemongrass:** [Wind Ridge Herb Farm](#)

(Caledonia, IL)

*Storage Tip* - Keep dry in a plastic bag in the crisper for a week for thyme, two weeks for rosemary and a month for lemongrass. All three are great dried!

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

*Storage Tip* - Wrap in plastic and store in the crisper section of refrigerator for five to seven days. Rinse rapini in colander under cold water. Trim the base of the stems and discard.



**Organic Rolled Oats:** [Ackerman Farm](#) (Morton, IL),

RAPINI FROM NICHOLS FARM

*Storage Tip* - Store in an airtight vessel in a cool, dark area of the home.

**Apples (assorted):**

[Gavin Orchards](#) (Coopersville, MI), [Mick Klug Farm](#) (St. Joseph, MI), [Nichols Farm and Orchard](#) (Marengo, IL)

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

## 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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