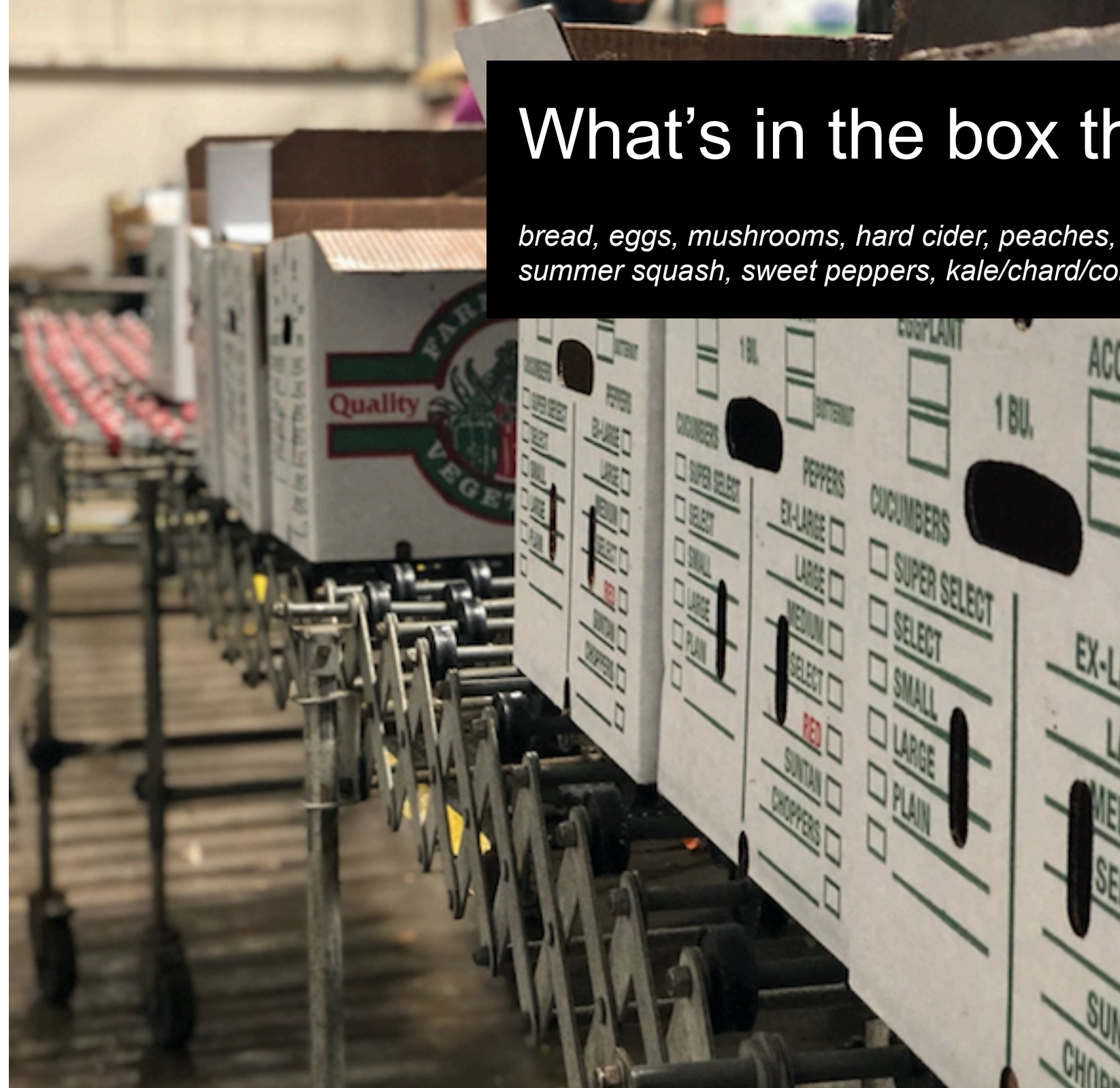




Summer Week 8: July 21/22/23

Welcome to LUCSA Week 8!

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, hard cider, peaches, apricots, green beans, tomatoes, summer squash, sweet peppers, kale/chard/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](#)



frogtown juices

bug juice (kiwi, coconut water, pineapple, apple) and uncle greenie (kale, apple, lemon, coconut water, broccoli, cucumber). fresh squeezed by our friends at frogtown! :-)



prairie fruits cheese

fleur de prairie - a bloomy rind cheese adorned with a mixture of farm grown dried herbs (thyme, fennel, oregano, etc.) and edible flowers (nasturtium, hyssop flowers, geum marigolds, calendula, etc.). perfect with a dry white or rose or even a sparkling wine - or an IPA or pilsner.



bluems bouquets

a local and seasonal bouquet from our friends at Bluems Chicago! limited availability.



garfield produce microgreens

spicy mix - lots of mustard notes, including some wasabi-like flavor. we've added it to salads that call for herbs/mustard greens, on top of pasta, and in tacos.



justice of the pies

lemon chess pie! a refreshing summer treat.



foxship bakery cookies

three quarter pound vegan chocolate marble cookies.

& much more available!

From the Farm: Farmer Profile



My name is Emma and I recently joined the Urban Canopy team as a Production Assistant on the Outdoor Farm. I became interested in farming during my undergrad at the University of California, Santa Cruz. During my time at UCSC I did an internship with CASFS (Center for Agroecology and Sustainable Food Systems) on a 33-acre organic farm. During my time at CASFS I developed many farming skills - propagation, plant care, soil health, pruning, harvesting to name a few. The lands surrounding Santa Cruz, CA have a long history of food system labor activism. A couple examples include the 1985 Cannery Worker Strike and Swanton Berry Farm becoming the first organic farm to sign a contract with United Farm Workers in 1998. Being surrounded by these spaces and lineages of food justice work taught me to look for the relationships between big agriculture, mono cropping, climate catastrophe, environmental racism, food apartheid, as well as the relationship between indigenous sovereignty, local food systems, biodiversity, and sustainability. After my internship, I worked at the Kresge Garden Cooperative (Santa Cruz, CA), a horizontal collectively run garden, for almost three years. The Kresge Garden was a space where I was able to develop skills in field management, crop planning, grant writing, and teaching organic practices.

Some of my favorite things to grow are garlic, tomatoes, squash, and flowers. I love fermented garlic honey - its a great snack and easy to do at home! I'm excited to continue working with the team at Urban Canopy to bring our LUCSA members some yummy produce!

-Farmer Emma

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!

Beverage

Hard Cider (2 cans): **Eris Brewery** and **Cider House** (Chicago, IL)
Blush: Dark sweet and tart cherry blend. No way, rose! With a cherry on top. 5.9% ABV

Bread

Wednesday: Spence Sourdough Round **Publican Quality Bread** (Fulton Market, Chicago, IL)
Thursday: Rye **9Flour Bakery** (Andersonville, Chicago)
Friday: Multigrain **9Flour 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: Brown Clamshell Mushrooms, **Mycopia** (Scottville, MI)
Thursday: Crimini Mushrooms, **River Valley Mushrooms** (Burlington, WI)
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.



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: Kale
Thursday: Kale, chard
Friday: Kale, collards

Tomatoes: **PrairieEarth Farm** (Atlanta, IL)
Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Summer Squash: **PrairieEarth Farm** (Atlanta, IL) / **Gorman Farm Fresh Produce** (Monee, IL)
Storage Tip - Summer squash can be stored 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.

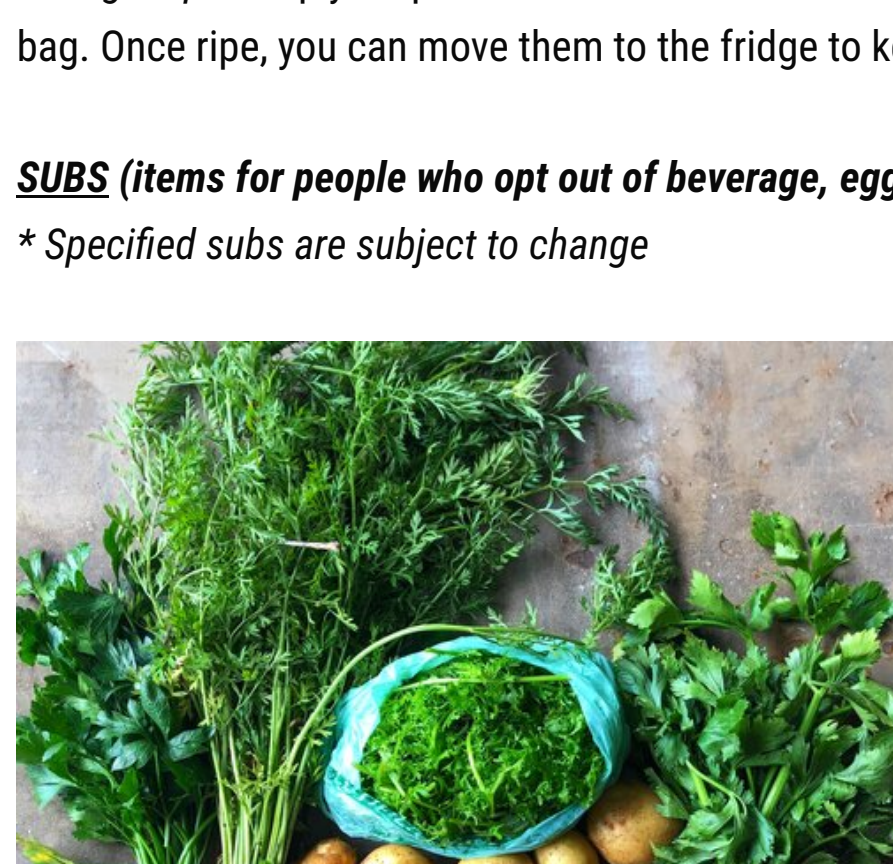
Green Beans: **Mick Klug Farm** (St. Joseph, MI)
Storage Tip - Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

Apricots: **Mick Klug Farm** (St. Joseph, MI)
Storage Tip - Store at room temperature, away from sunlight and heat until they give softly to the touch and have a sweet aroma. Once ripe, refrigerate apricots as necessary to prevent spoiling, but cold temperatures may change their texture and taste.

Sweet Peppers (Banana, Melrose, or Bell): **Nichols Farm and Orchard** (Marengo, IL)
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Peaches: **Mick Klug Farm** (St. Joseph, MI)
Storage Tip - Keep your peaches on the counter until they reach desired ripeness. To ripen faster, store them in a brown paper bag. Once ripe, you can move them to the fridge to keep them for a couple days longer.

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



FROM LEFT TO RIGHT: PARSLEY, CARROTS, MIZUNA, POTATOES, CELERY

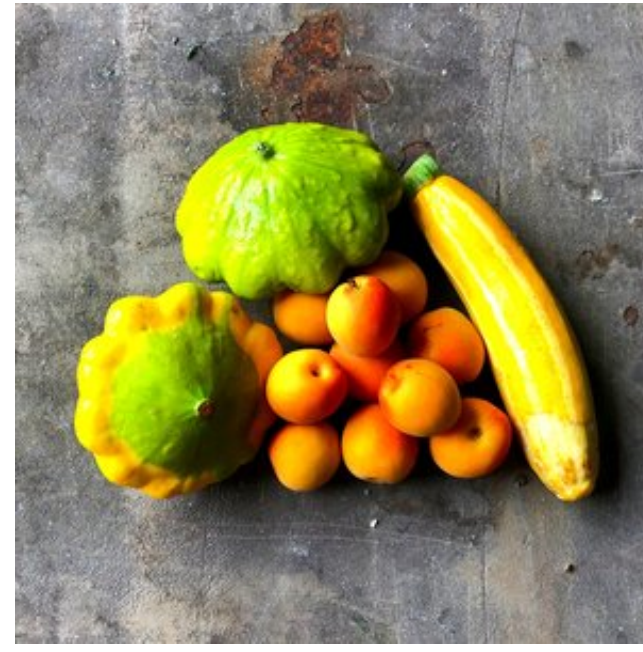
Celery: **RELISH Chicago** (Lawndale, Chicago, IL) - **Mushroom substitute for Wednesday or Thursday**
Storage Tip - Keep in an open plastic bag in the crisper for up to two weeks.

Carrots: **RELISH Chicago** (Lawndale, Chicago, IL) - **Mushroom substitute for Thursday or Friday**
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.

Mizuna: **Urban Canopy** - **Egg substitute**
Storage Tip - Repackage in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.

New Potatoes: **PrairieEarth Farm** (Atlanta, IL) - **Beverage substitute**
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.

Parsley: **Urban Canopy** - **Bread 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 stack the bunch in a tall glass of water. Loosely cover the parsley with a plastic bag and keep it on the counter. This method allows moisture to stay in while ethylene escapes, making for a parsley that remains vibrant for nearly a week.



SQUASH AND APRICOTS

Recipe Recommendations

Click on the image to access the recipe



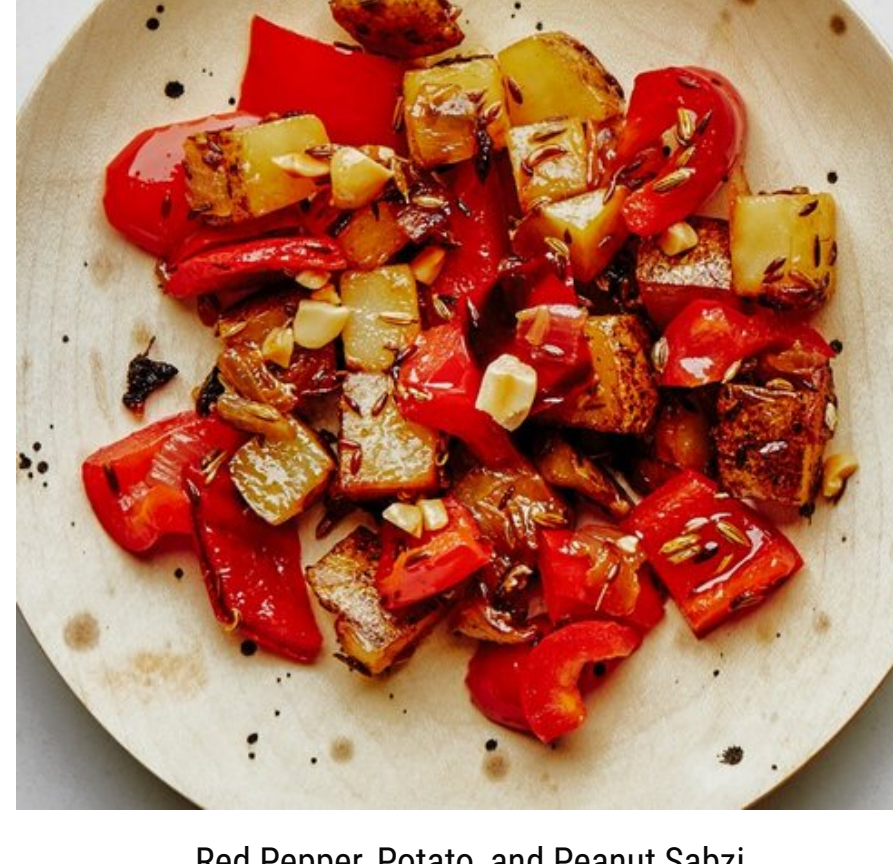
Heirloom Tomato Tartines with Garlic Parsley Aioli



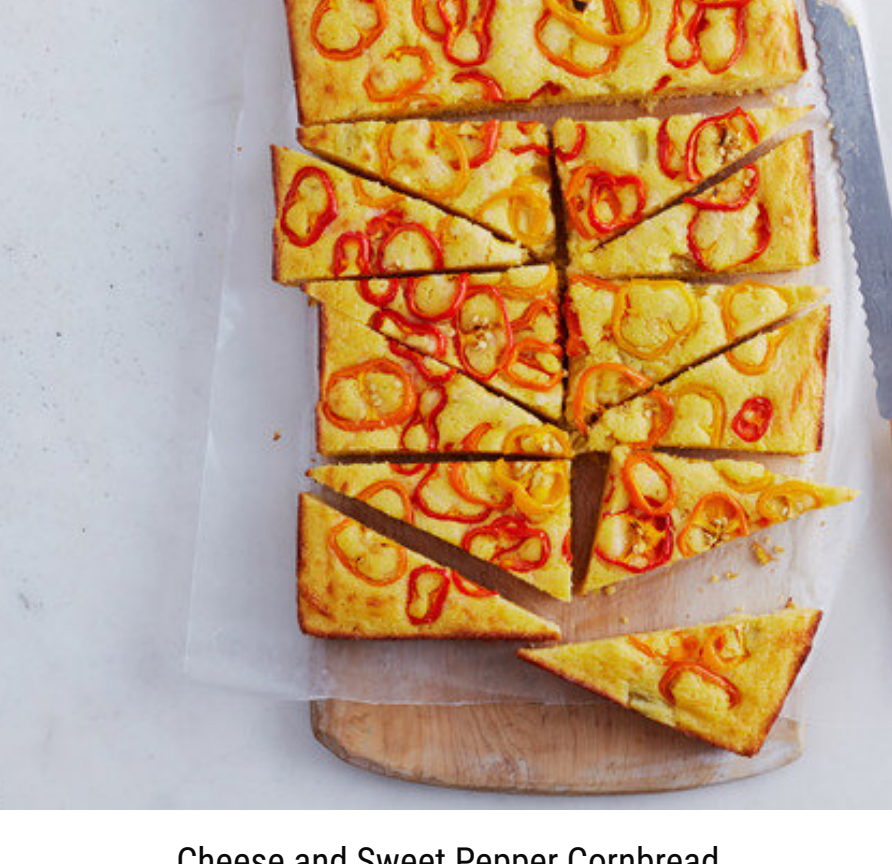
Jammy Pepper Pasta Salad



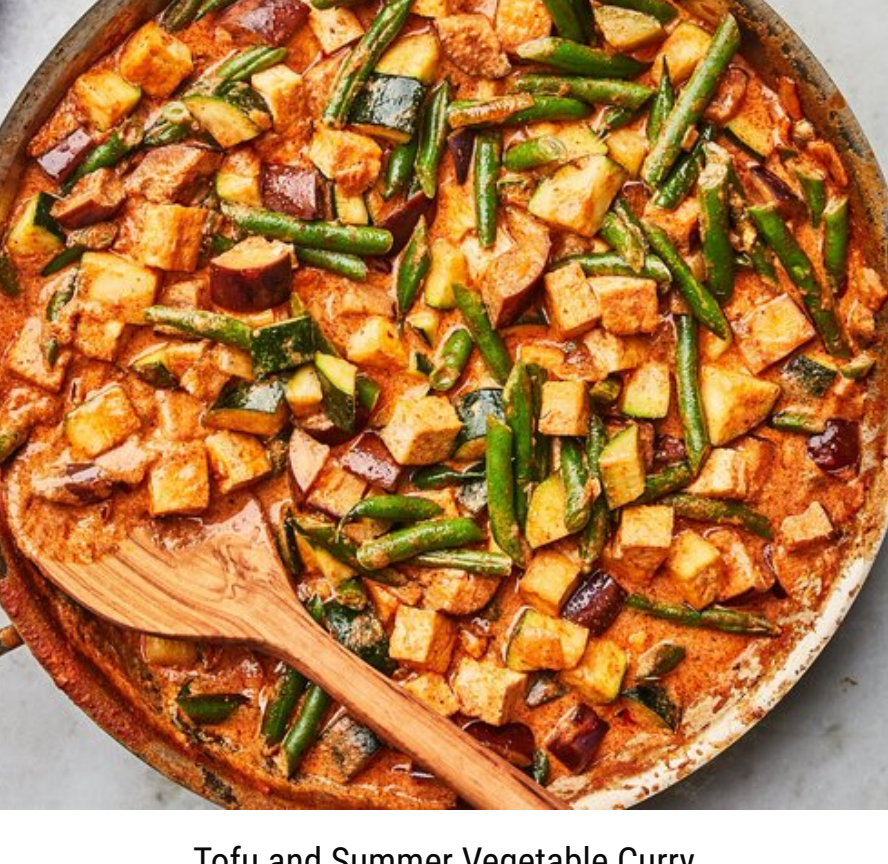
Green Beans and Summer Squash with 8-Minute Eggs



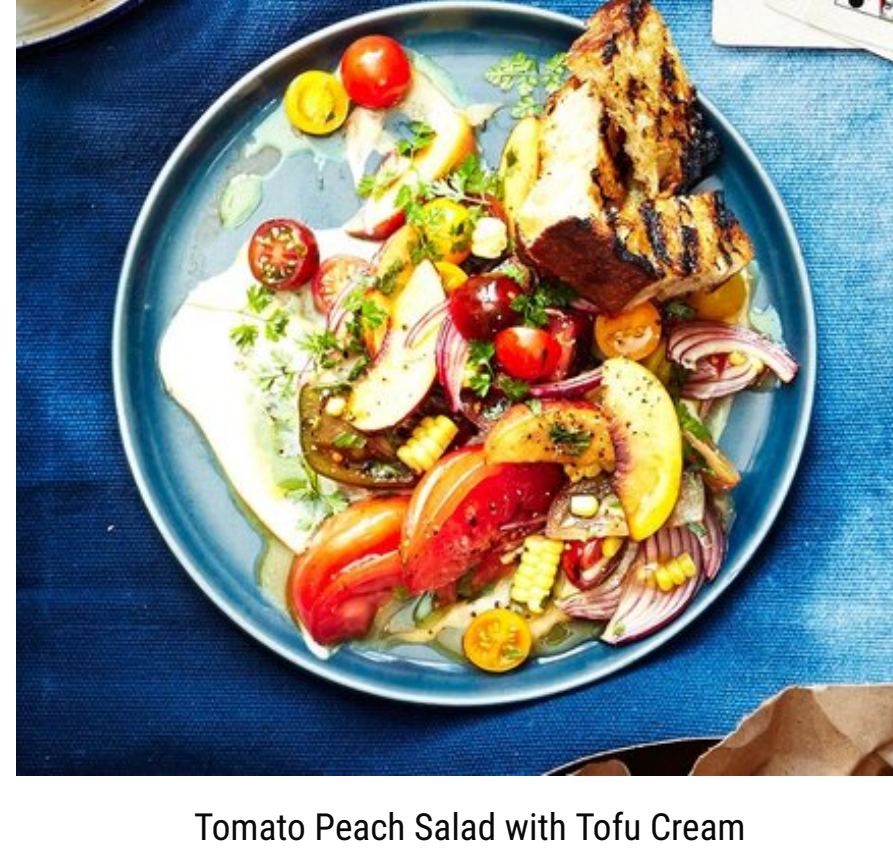
Red Pepper, Potato, and Peanut Sabzi



Cheese and Sweet Pepper Combread



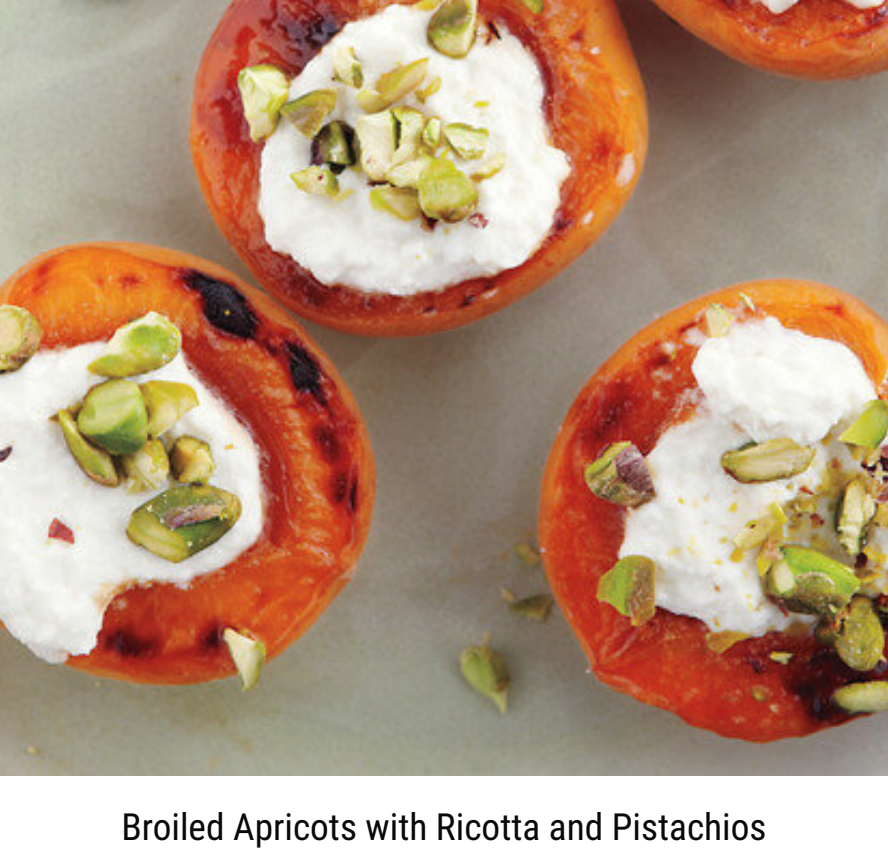
Tofu and Summer Vegetable Curry



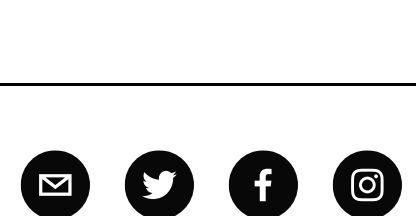
Tomato Peach Salad with Tofu Cream



Peach and Bleu Cheese Toasts



Broiled Apricots with Ricotta and Pistachios



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