



Summer Week 8 7/6 - 7/7 - 7/8

Welcome to Summer - LUCSA Week 8!

Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



in your box this week

bread - eggs - mushrooms - sweet cherries
mulberries or juneberries - carrots - kohlrabi
turnips - zucchini - cooking greens

Turnips growing on the Urban Canopy farm. Morning, June 24th, 2022

NEW FRUIT: SASKATOON JUNE BERRIES

Juneberries

This week we will also feature the saskatoon variety of juneberries. Juneberries are also known as serviceberries. If mulberries can be compared to blackberries, juneberries nearest comparison would be blueberries.

Juneberries and mulberries are great for eating raw but like most other berries are amazing when cooked down into jams or baked into a pie. They are also great dried.

Chatting with Peter Klein who runs Seedling Orchard, his favorite way to utilize summer berries is using them to top a simple summer tart along with almond cream, also known as frangipane.



PROFILE: HAKUREI TURNIPS

People are commonly a little overwhelmed by turnips. They aren't sure hat to do with them or how to prepare them. Are they roots like beets or potatoes? Are they going to be tough and bitter?

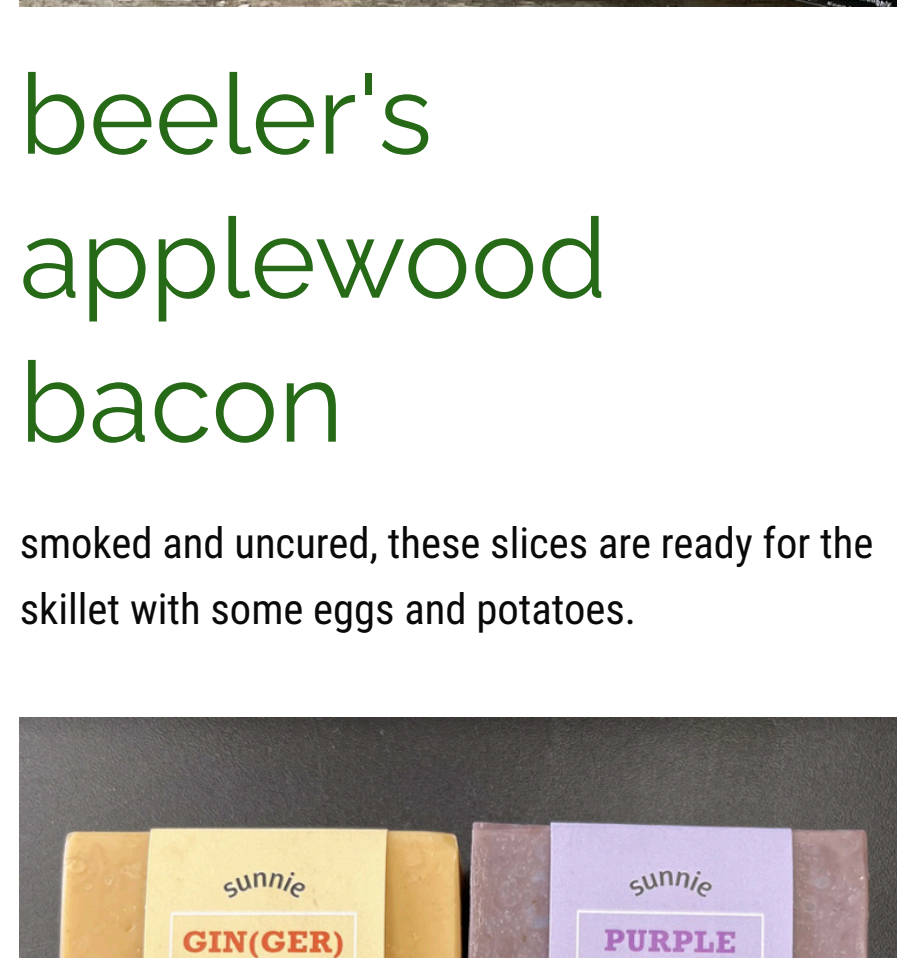
Young fresh hakurei turnips with their greens still attached are super versatile and should be slightly sweet and not fibrous at all. They can be sliced and eaten raw to utilize their crunchiness. They can also be cooked and used in almost any manner you would use potatoes or carrots: glazed, smashed, braised or even charred on the grill. And don't toss the greens! They should be crisp and can be used in a salad mix or they are amazing when slightly wilted as a topping on flatbreads or stirred into a bowl of creamy, cheesy polenta.

CHECK OUT SOME EASY TURNIP IDEAS IN THE RECIPE SECTION BELOW

Add-on Items

All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon.**

[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



beeler's applewood bacon

smoked and uncured, these slices are ready for the skillet with some eggs and potatoes.



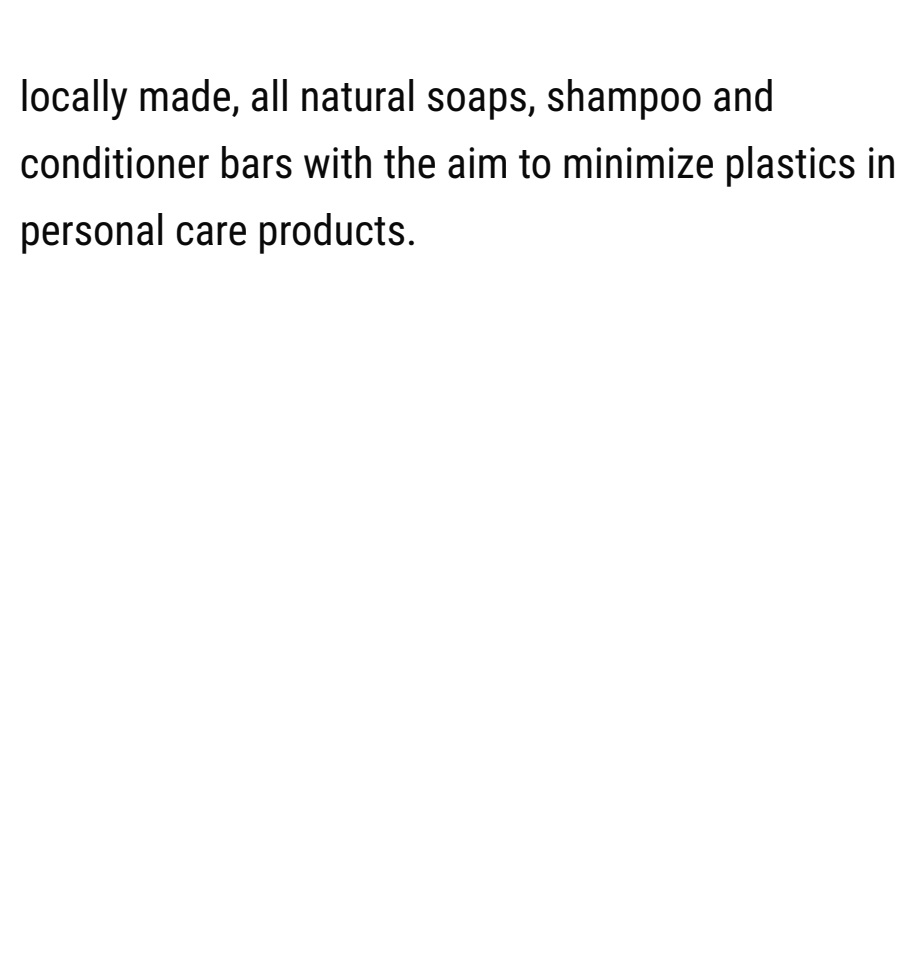
Urban Canopy Salsa

Our salsa is really good. We utilize veggies that distributors are planning on dumping in the landfill. Our salsa features roasted tomatoes, jalapenos and red onions with charred peppers and a ton of cumin and fresh cilantro. Perfect for summer and every day.



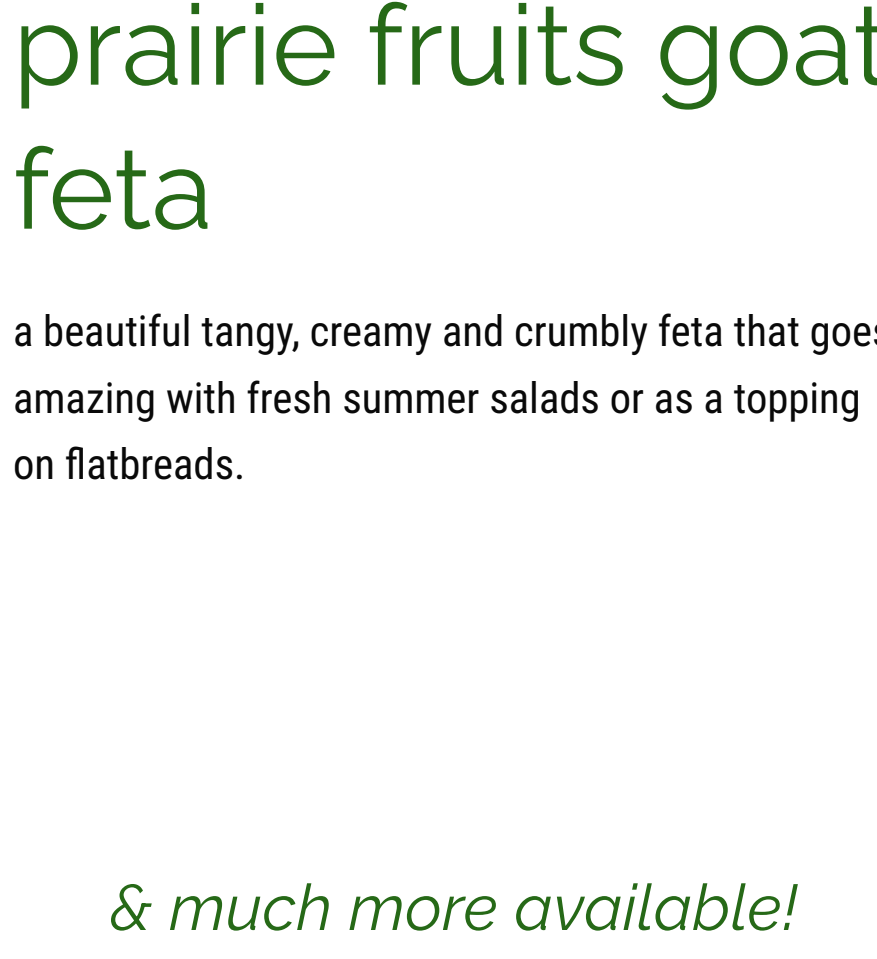
healthy soil compost

spring is here! start preparing your garden or feed your houseplants. sta certified compost made here in chicago with contributions from uc's own compost club members! half gallon in a reusable glass jar.



sunnie soaps & bars

locally made, all natural soaps, shampoo and conditioner bars with the aim to minimize plastics in personal care products.



prairie fruits goat feta

a beautiful tangy, creamy and crumbly feta that goes amazing with fresh summer salads or as a topping on flatbreads.



west side bee boyz honey

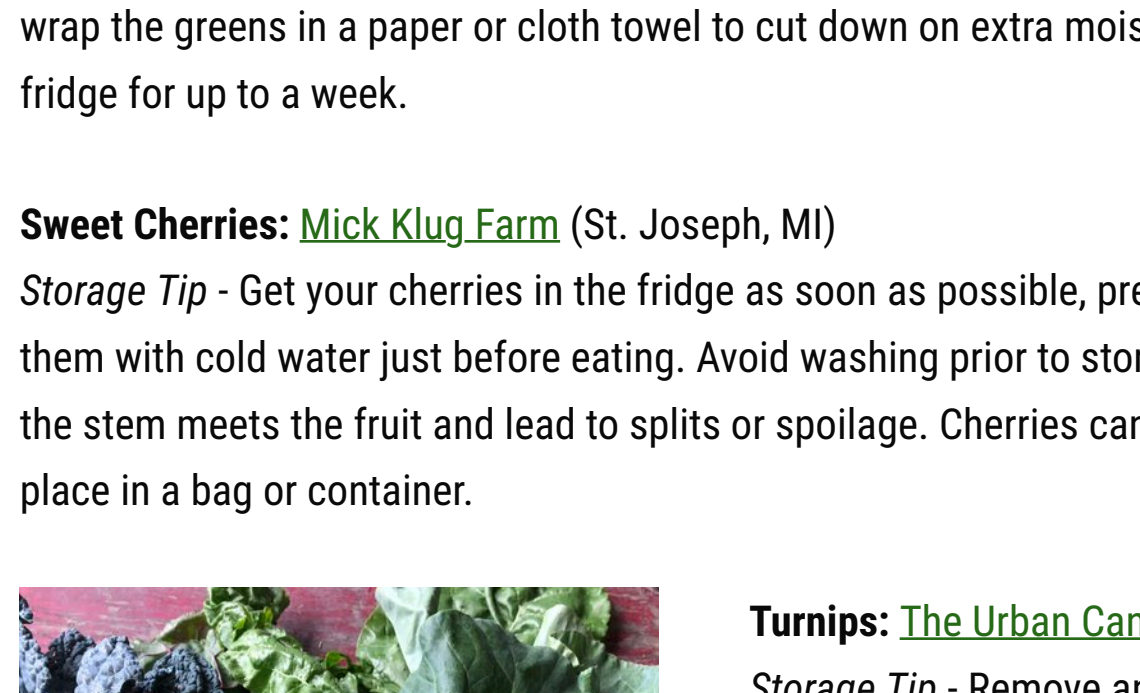
made in Chicago, a great company that works with at-risk youth for training for keeping and raising honeybees.

& much more available!

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!

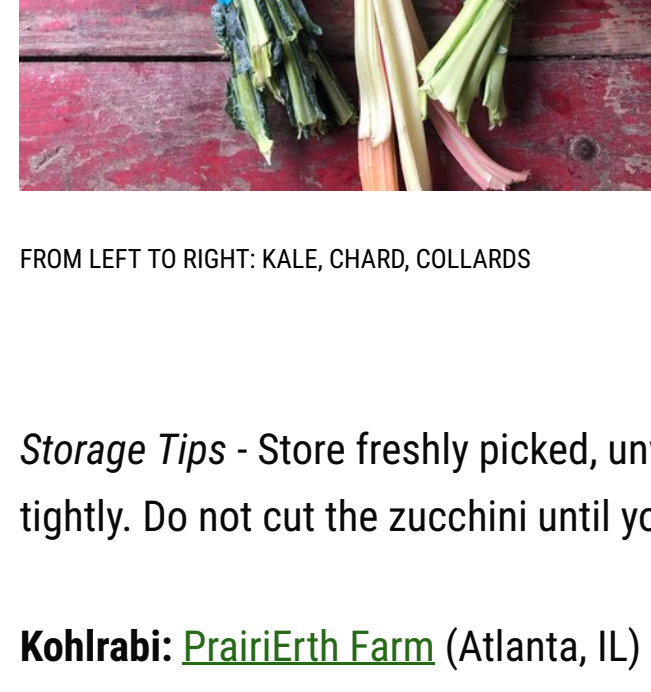


YOUR SHARE THIS WEEK WILL LOOK LIKE THIS! CHECK OUT OUR INSTAGRAM FOR WEEKLY PHOTOS!

Beverage: Passion House Coffee Roasters (Chicago, IL) cold brew coffee
Storage Tip - Keep stored in fridge.

Bread:
Wednesday: Multigrain Boule phLOUR Bakery (Andersonville)
Thursday: Sourdough Pullman, Publican Quality Bread (Fulton Market)
Friday: Country Round, Middlebrown (Logan Square)
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 croissants! Be careful with focaccia in the heat - you may want to refrigerate this sooner than later!

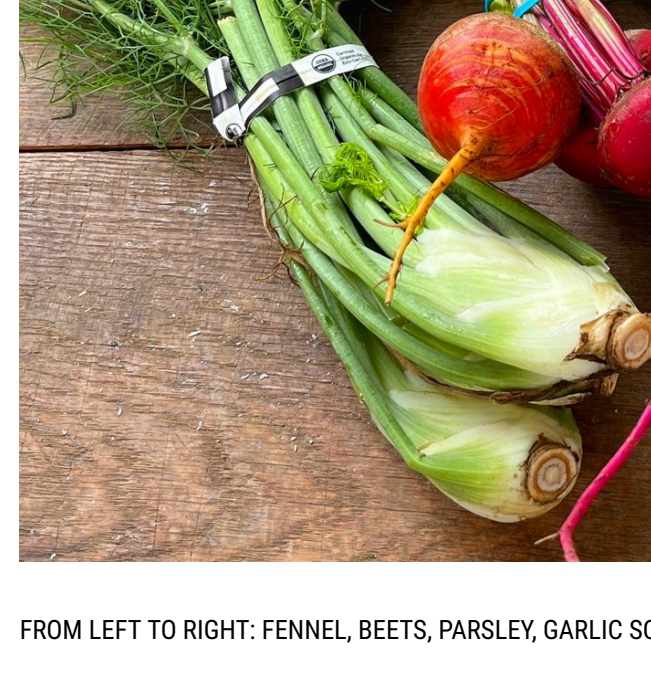
Mushrooms: River Valley Ranch (Burlington, WI)
Wednesday: Portabella / **Thursday:** Crimini / **Friday:** White Button
Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.



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.

Kale / Collards / Chard: The Urban Canopy (Auburn Gresham, Chicago, IL) / Global Gardens (Albany Park, Chicago, IL) / PrairieEarth Farm (Atlanta, IL)
Storage Tip - Remove from compostable green bag, if present. 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.

Sweet Cherries: Mick Klug Farm (St. Joseph, MI)
Storage Tip - Get your cherries in the fridge as soon as possible, preferably wrapped in a plastic bag. Wash them with cold water just before eating. Avoid washing prior to storage, as moisture can be absorbed where the stem meets the fruit and lead to splits or spoilage. Cherries can also be frozen. Pit them, spread them in a single layer on a baking sheet, freeze until firm, and then place in a bag or container.



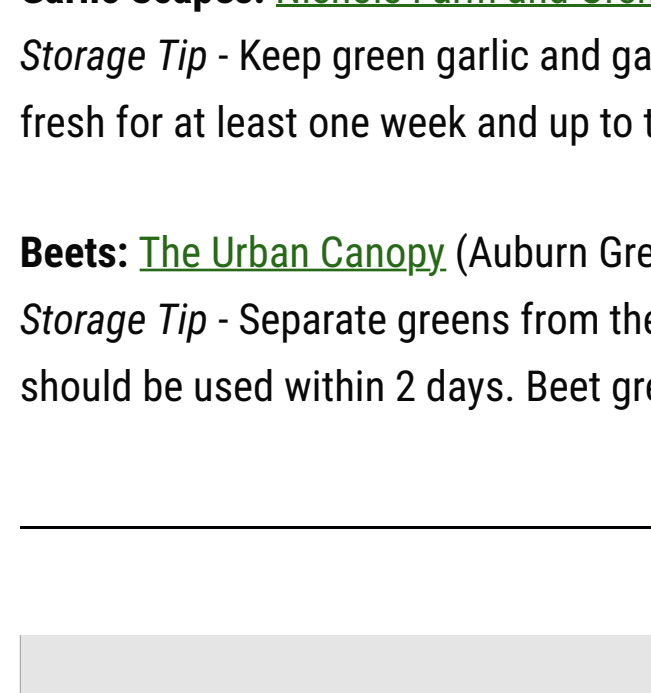
FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

Turnips: The Urban Canopy (Auburn Gresham, Chicago, IL) / Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

Carrots: The Urban Canopy (Auburn Gresham, Chicago, IL) / Nichols Farm and 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.

Juneberries: Seedling Orchard (South Haven, MI)
Storage Tips - Don't wash until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the crisper 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, freeze on a sheet tray then transfer to a plastic bag once fully frozen.

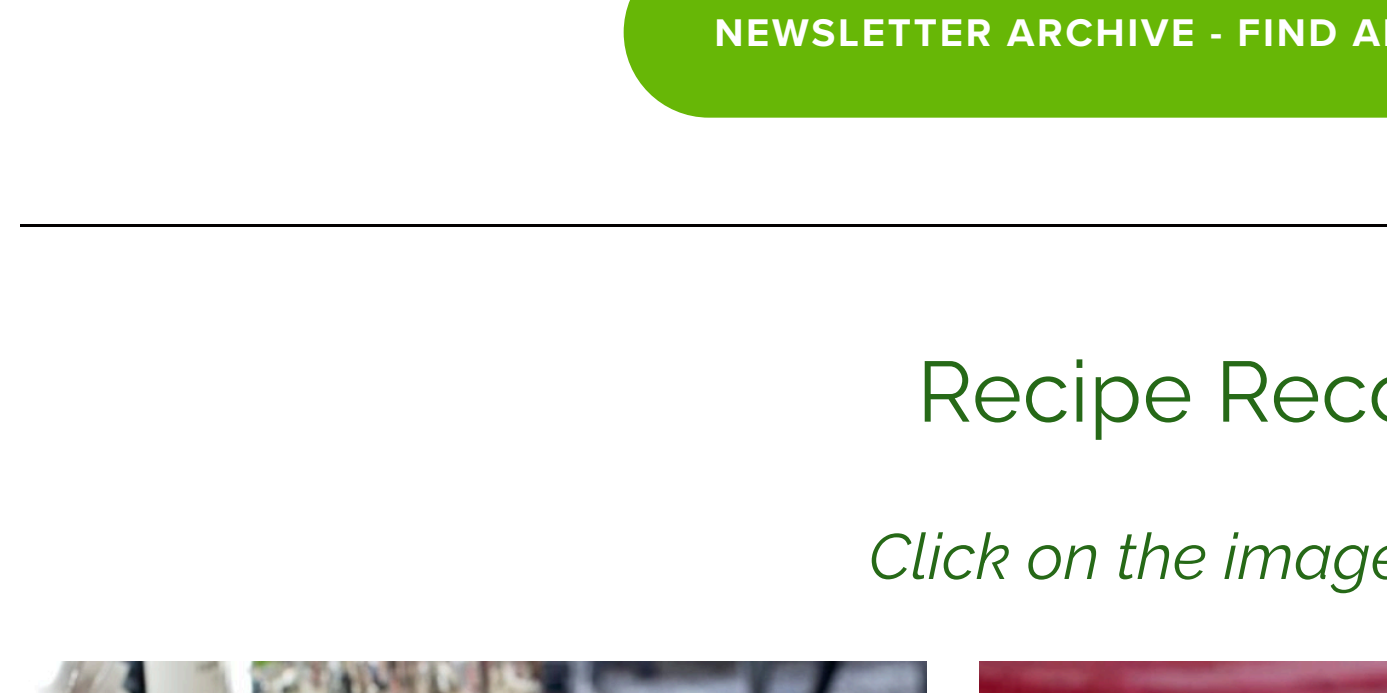
Zucchini: One Family Farm (Chicago, IL)
Storage Tips - Store freshly picked, unwashed zucchini in a plastic bag in the refrigerator for up to one week. The bag should be perforated or loosely tied, not sealed tightly. Do not cut the zucchini until you are ready to use it.



Kohlrabi: PrairieEarth Farm (Atlanta, 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.

Substitutions

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



FROM LEFT TO RIGHT: FENNEL, BEETS, PARSLEY, GARLIC SCAPES, GREEN ONIONS, PURSLANE, (NOT PICTURED) - CUCUMBERS

Fennel: PrairieEarth Farm (Atlanta, IL)
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.

Green Onions: The Urban Canopy (Auburn Gresham, Chicago, 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 stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

Parsley: The Urban Canopy (Auburn Gresham, Chicago, IL)
Storage Tip - To keep leafy herbs 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 with a plastic bag and keep it on the counter. You can also loosely wrap in a paper towel and place in an airtight container in the fridge for around a week.

Purslane: Global Garden (Albany Park, Chicago, IL)
Storage Tip - Store in plastic bag or cooler bag. It will keep fresh in the refrigerator for a week or more. Don't wash it until just before you are ready to eat.

Cucumbers: Growing Solutions Farm UAS (Illinois Medical District, Chicago, IL)
Storage Tip - Get your cucumbers in the fridge as soon as possible, preferably wrapped in a plastic bag. Wash them with cold water just before eating. Avoid washing prior to storage, as moisture can be absorbed where the stem meets the fruit and lead to splits or spoilage. Cucumbers can also be frozen. Pit them, spread them in a single layer on a baking sheet, freeze until firm, and then place in a bag or container.

Garlic Scapes: Nichols Farm and Orchard (Marengo, IL)
Storage Tip - Keep green garlic and 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 at least one week and up to two weeks.

Beets: The Urban Canopy (Auburn Gresham, Chicago, IL)
Storage Tip - Separate greens from the root for the root to last longer 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. Beet greens are meant more as an actual green than for the beet themselves.

[click here for summer lucsa week 7 newsletter](#)

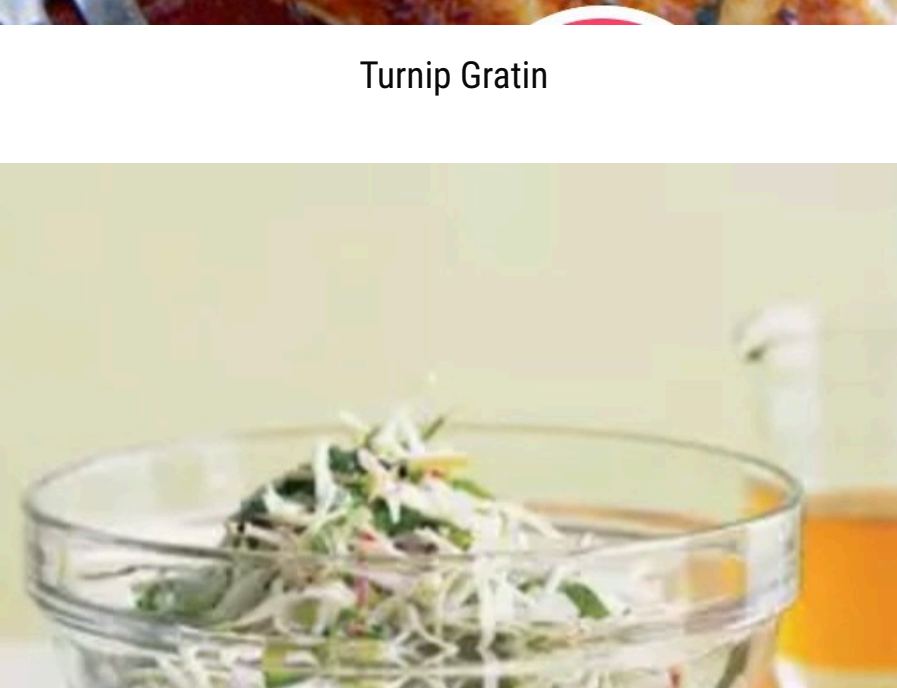
[NEWSLETTER ARCHIVE - FIND ALL OTHER PAST NEWSLETTERS HERE](#)

Recipe Recommendations

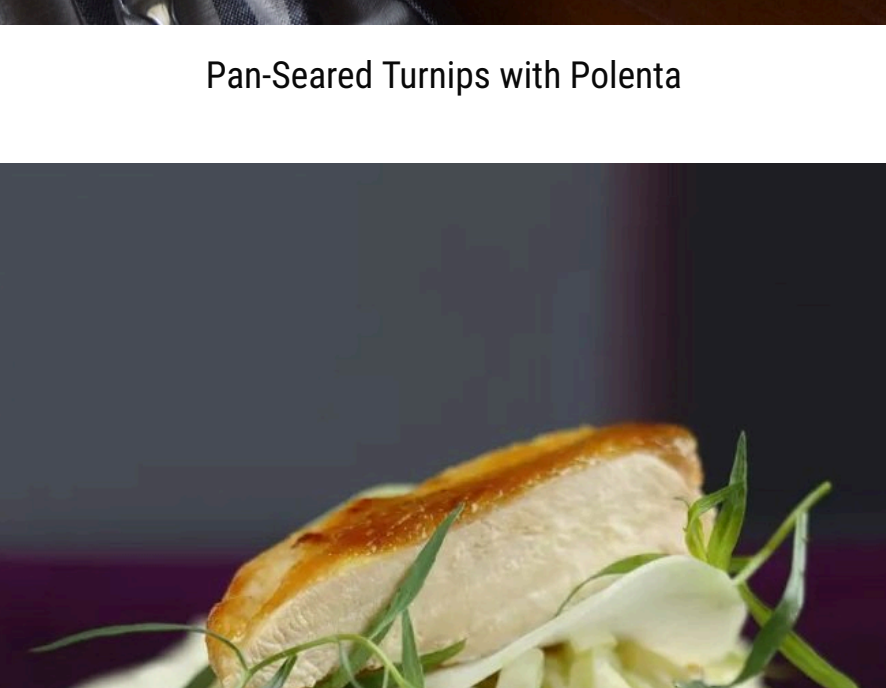
Click on the image to access the recipe



Farro Salad with Turnips & Greens



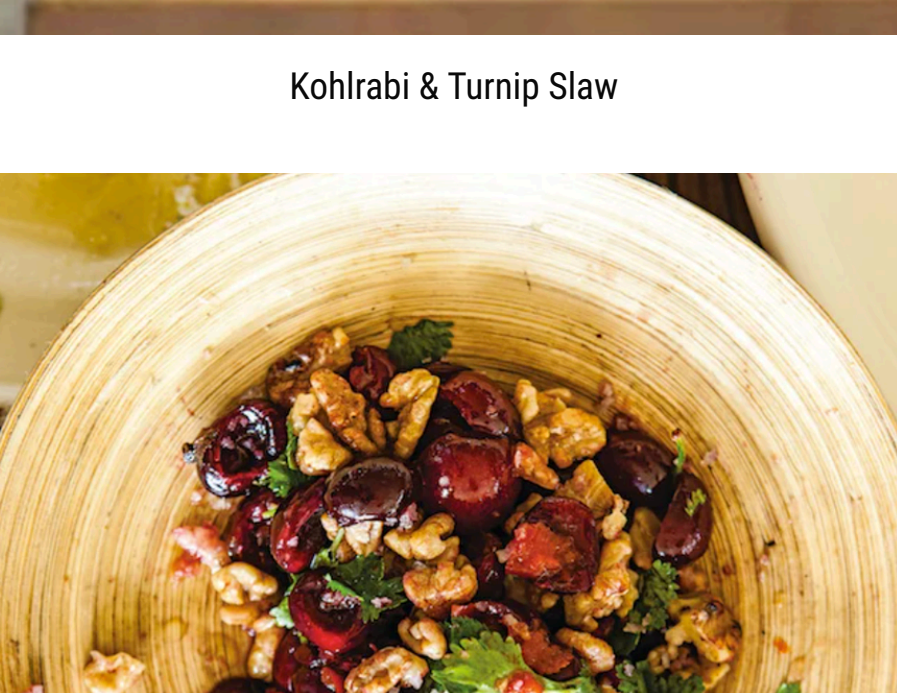
Turnip Gratin



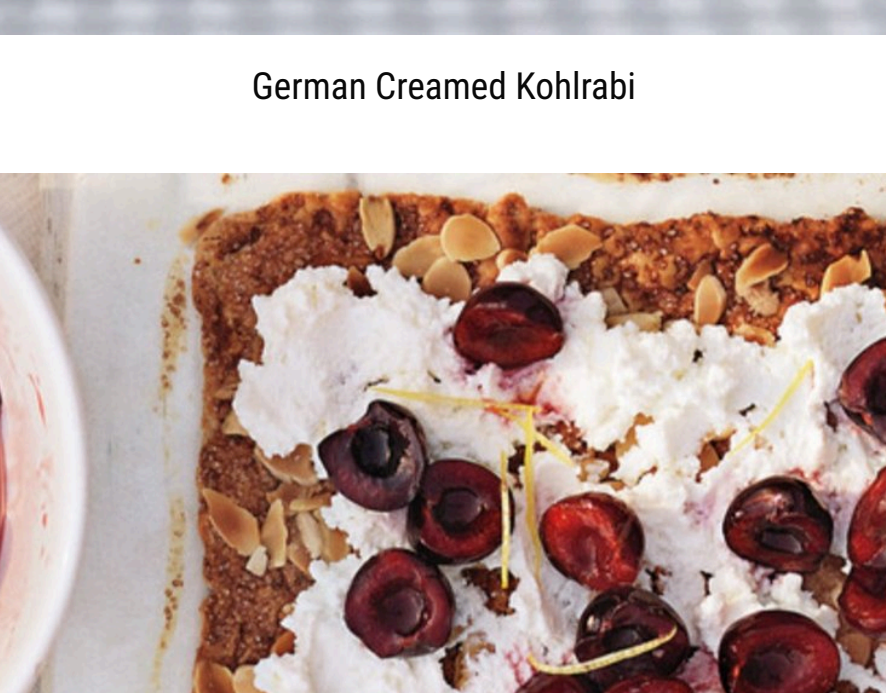
Pan-Seared Turnips with Polenta



Zucchini & Kohlrabi Fritters



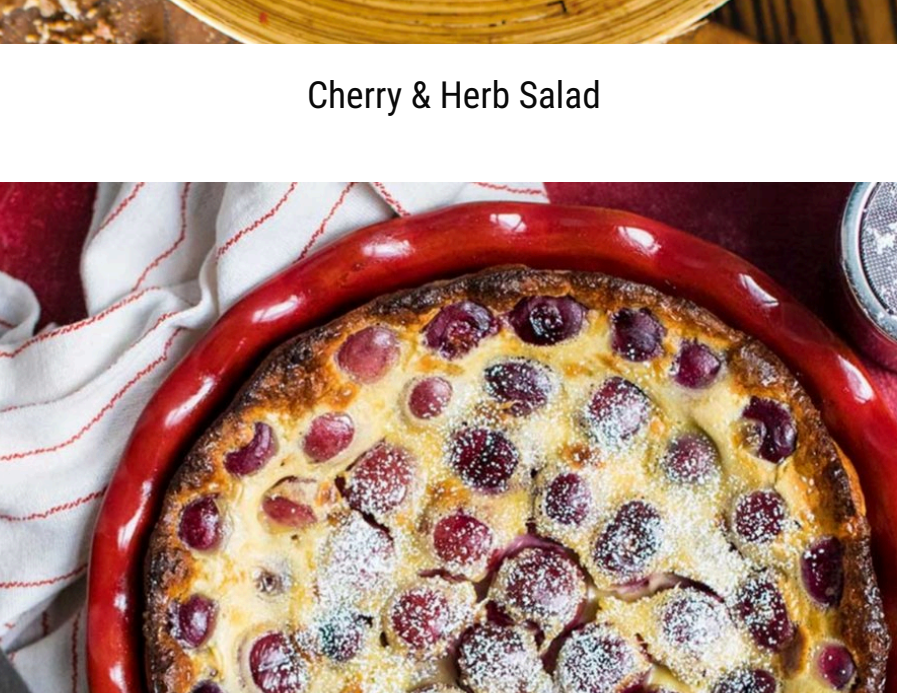
Kohlrabi & Turnip Slaw



German Creamed Kohlrabi



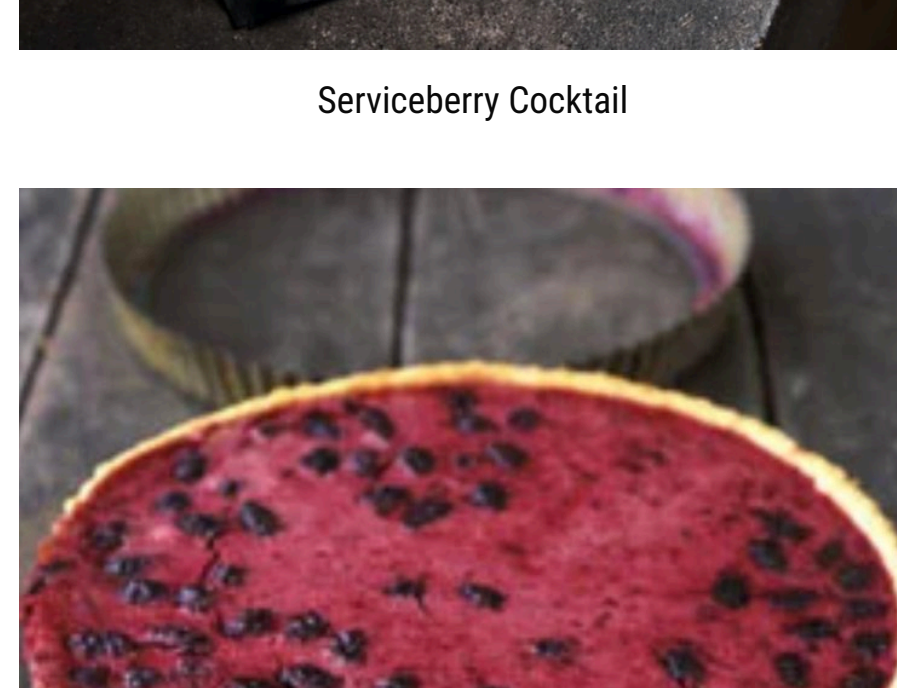
Grilled Zucchini with Buttermilk Dressing



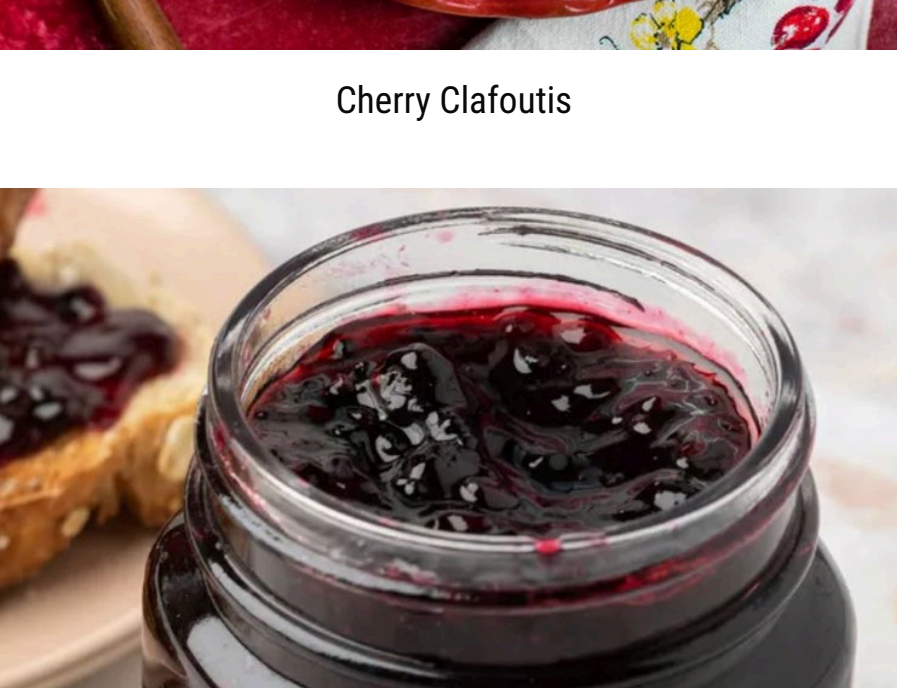
Cherry & Herb Salad



Cherry Tart with Ricotta



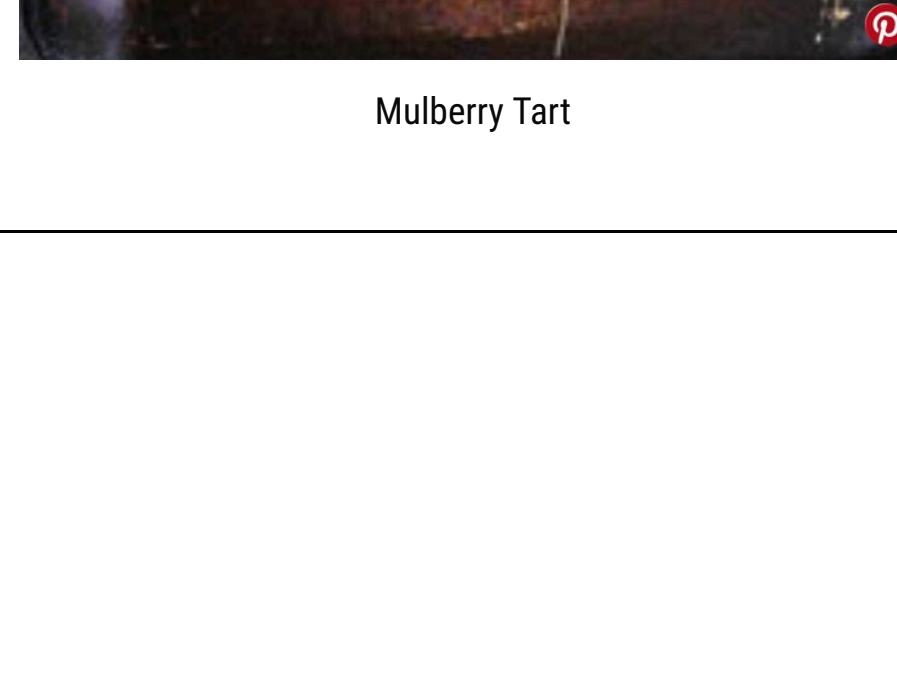
Serviceberry Cocktail



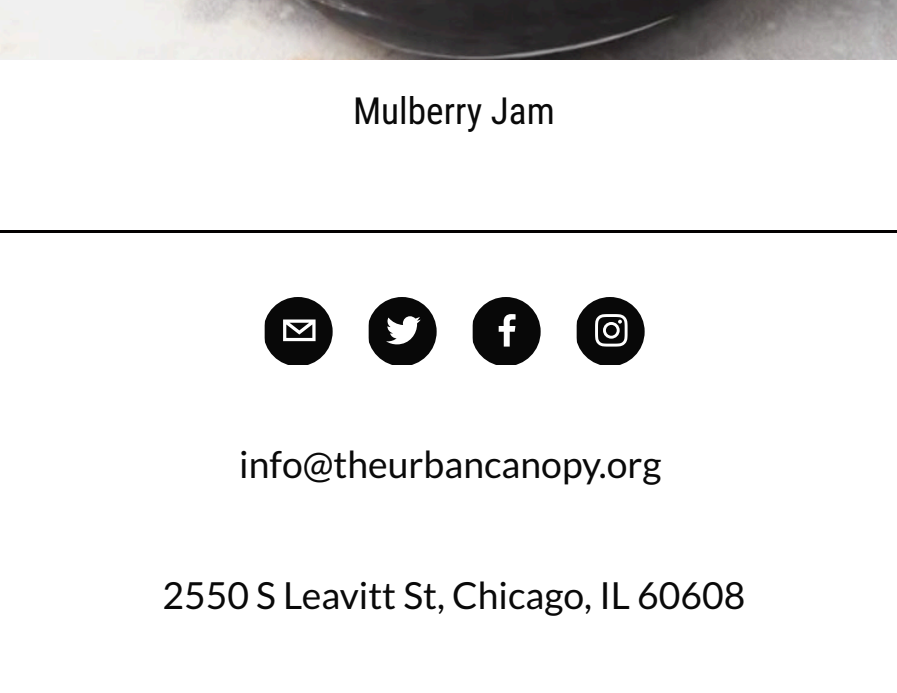
Cherry Clafoutis



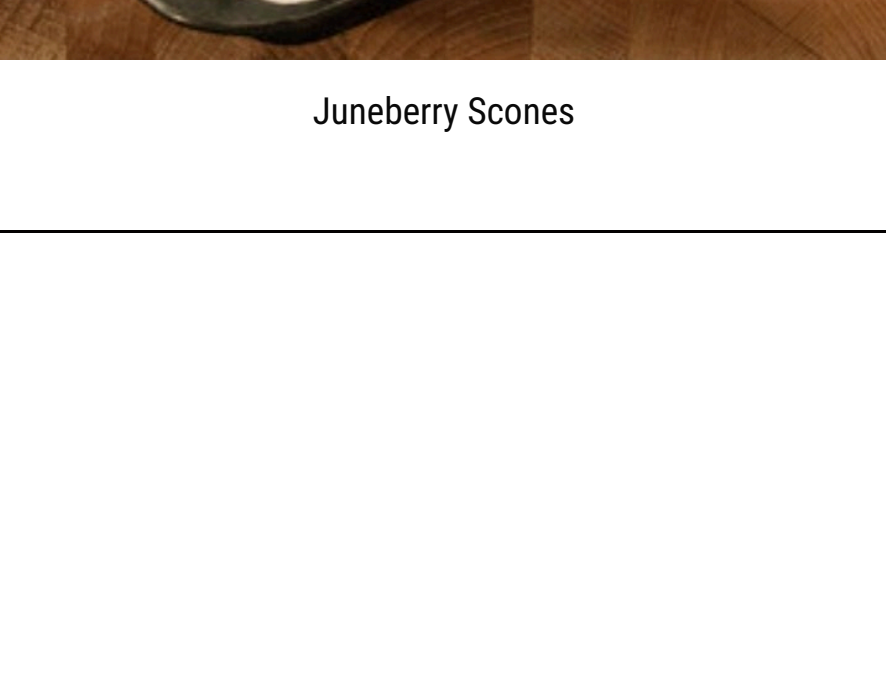
Juneberry Cobbler



Mulberry Tart



Mulberry Jam



Juneberry Scones