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# Summer Week 9 - 05/31, 06/01, 06/02

Welcome to Summer LUCSA!

In your box this week:  
eggs - bread - mushrooms - Big Star Ranch  
Water - asparagus - spring garlic - radishes -  
cooking greens - salad greens - fingerling  
potatoes

**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 our debut of the UC Processing Kitchen's Sweet Marinated Peppers!***

## 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 Ranch Water:** [Big Star](#) (Chicago, IL)

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

*Backup N/A Beverage* - [Wisco Pop](#) (Madison, WI), assorted flavors

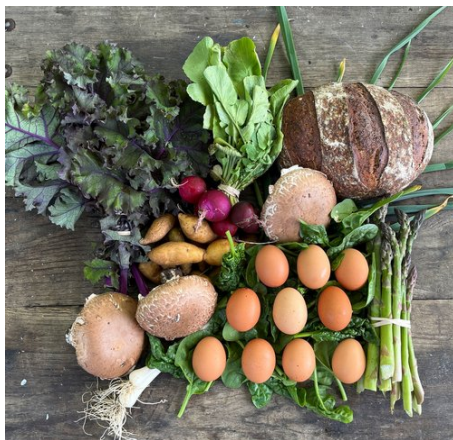
### **Bread:**

Wednesday: **Seeded Rye**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

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

Friday: **Focaccia**, [Franher Bakery](#) (Pilsen, 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: **Oyster or Lions Mane:** [Primordia Mushrooms](#) (Bloomington, IL) /

**Portabella:** [River Valley Ranch](#) (Burlington, WI)

Thursday/Friday: **Portabella or Crimini:** [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.

**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.

**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.

**Spring Garlic:** [UC's oFarm](#) (Chicago, IL), [Global Garden Refugee Training Farm](#) (Chicago, 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.

**Radishes:** [UC's oFarm](#) (Chicago, IL), [Global Garden Refugee Training Farm](#) (Chicago, IL), [Nichols Farm & Orchard](#) (Marengo, 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.

**Cooking Greens** (*radish and turnip greens, kale, mustard, bok choy, chard, mustard, mizuna and more*): [UC's oFarm](#) (Chicago, IL), [RELISH Farm](#) (Chicago, IL), [Global Garden Refugee Training Farm](#) (Chicago, 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.

**Salad Greens** (*spinach, arugula, lettuce*): [UC's oFarm](#) (Chicago, IL), [Global Garden Refugee Training Farm](#) (Chicago, IL), [RELISH Farm](#) (Chicago, IL), [Otter Oaks Farm](#) (Chicago, IL), [Down at the Farms](#) (Fairbury, 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!

**Fingerling Potatoes:** [Down at the Farms](#) (Fairbury, 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.

## Substitutions

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

Beverage Sub - **Tropea Onions:** [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.



SOME OF THE GREENS YOU MAY RECEIVE THIS WEEK ARE FEATURED IN THIS PHOTO. CLOCKWISE FROM THE LEFT: RED MUSTARD, BABY BOK CHOI, SWISS CHARD, ARUGULA, TAT SOI, MIZZUNA, SPINACH, GREEN MUSTARD



Egg Sub - **Turnips:** [Nichols Farm & Orchard](#) (Marengo, IL), RELISH Farm (Chicago, IL)

*Storage Tip* - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

Bread Sub - **Heirloom Tomatoes:** [Nichols Farm & Orchard](#) (Marengo, IL)

*Storage Tip* - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Mushroom Sub - **Tofu:** [Phoenix Bean](#) (Chicago, IL)

*Storage Tip* - Water-packed tofu should be stored fully submerged in

fresh water refreshed every couple of days. Dry packed tofu can be stored in your freezer to significantly extend their shelf life. Thaw frozen products in lukewarm water prior to use. Any tofu not frozen or refreshed in water should be consumed within five days of opening.

Additional Sub - **Apples:** [Nichols Farm & 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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