



## Welcome to LUCSA Week 9!

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, wisco pop sparkling waters, peaches, plums, sweet corn, tomatoes, potatoes, leeks, 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](mailto: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](#)



### 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.



### bluems bouquets

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



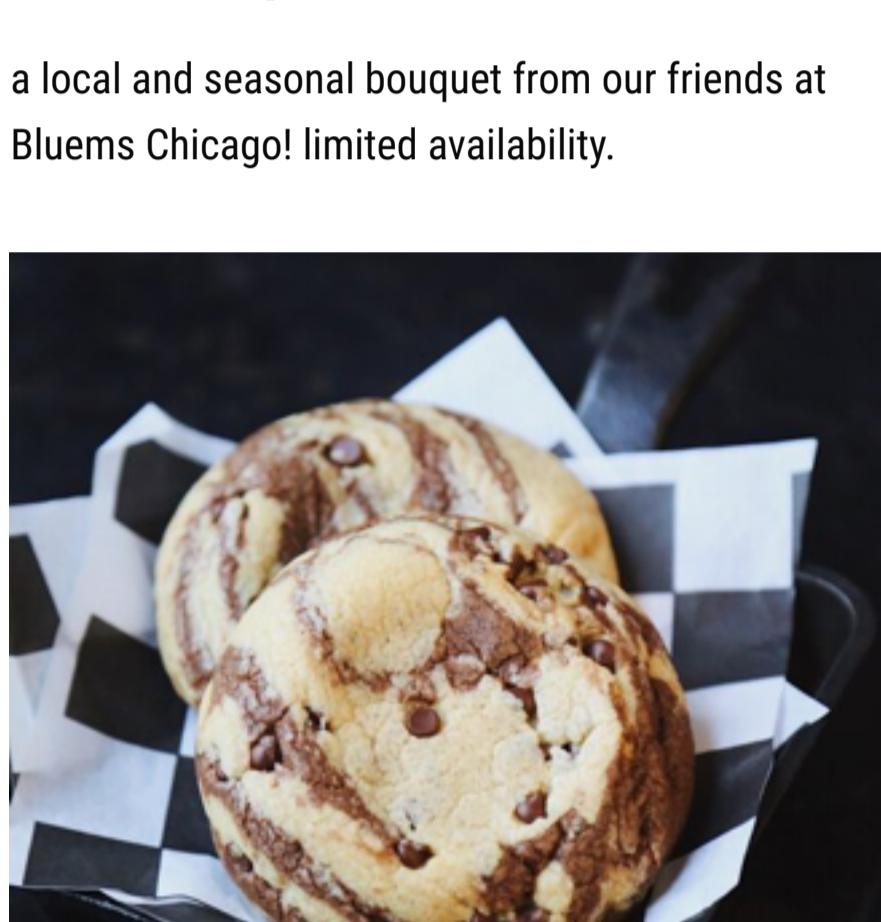
### on sale! janie's mill flour

a sifted bread flour with a velvety texture and bright, clean flavor in sourdough and yeast breads, rolls, and enriched breads. holds up well during long fermentations. also so good for a pizza dough.



### prairie fruits little bloom

this bloomy rind cheese is modeled after a camembert with a delicate white mushroomy rind. the rind is meant to be eaten and the cheese can be enjoyed "young" or at various stages of ripening (at refrigerator temps). dominant flavor notes are mushroom, tangy (when young) and savory (brothy, umami notes) when it becomes more ripe. pairs well with jams, honey, fresh fruit and a light crisp white wine or rose. or, serve warm (a la baked brie) with toasted nuts, a drizzle of honey and fresh herbs or dried fruits.



### foxship bakery cookies

three quarter pound vegan chocolate marble cookies.

& 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!

### Beverage

**Flavored Sparkling Waters:** Wisco Pop Soda (Viroqua, WI)  
Lemon / Lime / Ginger

### Bread

**Wednesday:** Focaccia, [pHlour Bakery](#) (Andersonville, Chicago)  
**Thursday:** Spence Sourdough Round, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)  
**Friday:** Focaccia, [pHlour Bakery](#) (Andersonville, Chicago)

**Storage Tip -** Keep your bread out 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:** Crimini Mushrooms, [River Valley Mushrooms](#) (Burlington, WI)  
**Thursday:** Trumpet Mushrooms, [Mycopia](#) (Scottville, MI)  
**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](#) / [Wild Coyote Farm](#) (Berrien Springs, MI)  
**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, chard or collards  
**Thursday:** Kale  
**Friday:** Kale

**Leeks:** [PrairieEarth Farm](#) (Atlanta, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)  
**Storage Tip -** Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

FROM LEFT TO RIGHT: KALE, SWISS CHARD, COLLARDS

**Tomatoes:** [PrairieEarth Farm](#) (Atlanta, IL) / [Genesis Growers](#) (St. Anne, IL) / [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL) / [Wild Coyote Farm](#) (Berrien Springs, MI)

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

### Sweet Corn: Mick Klug Farm (St. Joseph, MI)

**Storage Tip -** Corn should be stored in the refrigerator and eaten quickly. The sugars that are found in corn kernels turn into starches quickly once they are picked and it happens even faster if they are kept at room temperature. You can keep it in the husk or in a plastic bag in the fridge in order for it to not dry out. Corn should be eaten in 2-3 days.

### Plums: Mick Klug Farm (St. Joseph, MI)

**Storage Tip -** Whole plums should be stored at room temperature until ripened. Once ripe, the plums can be kept whole in a covered bowl in the refrigerator. Or, to store cut plums, remove pits and cut fruit into chunks or wedges of desired size.



FROM BOTTOM TO TOP: PLUMS AND PEACHES

**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.

**Potatoes:** [Nichols Farm and Orchard](#) (Marengo, IL) / [PrairieEarth Farm](#) (Atlanta, 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.

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

**Broccoli:** [Gorman Farm Fresh Produce](#) (Monee, IL) - Egg substitute  
**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.

**Peppers (shishito, jalapeño):** [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL) / [Genesis Growers](#) (St. Anne, IL) - Beverage substitute  
**Storage Tip -** Store dry in an open plastic zip in the crisper for up to two weeks.

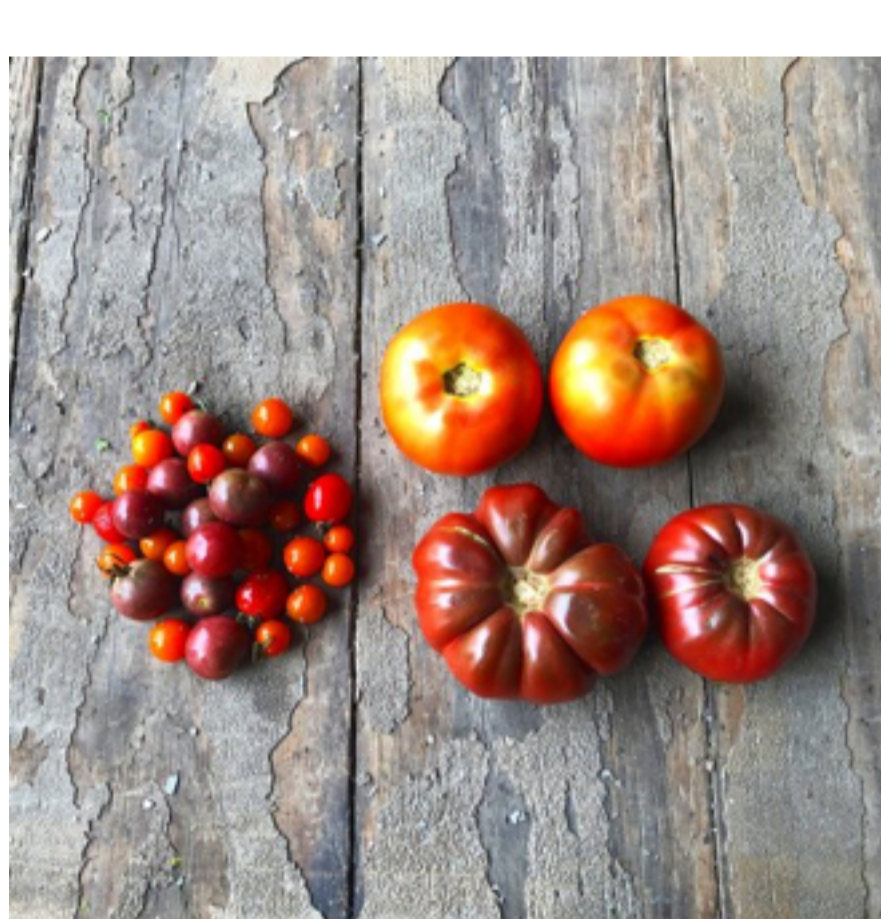
**Cucumbers:** [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL) - Bread substitute  
**Storage Tip -** Cucumbers store best around 50 degrees; much colder and they will lose some of their sweetness and are more likely to bruise. You can store them in a cool spot in the pantry or the warmest spot of the fridge. Keep 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.

### Basil / Thai Basil: Urban Canopy / Wild Coyote Farm (Berrien Springs, MI) - Mushroom 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.

### Mizuna: Urban Canopy - Miscellaneous substitute

**Storage Tip -** Repackaging in a non-biodegradable plastic bag or container with a towel or paper towel for up to a week.



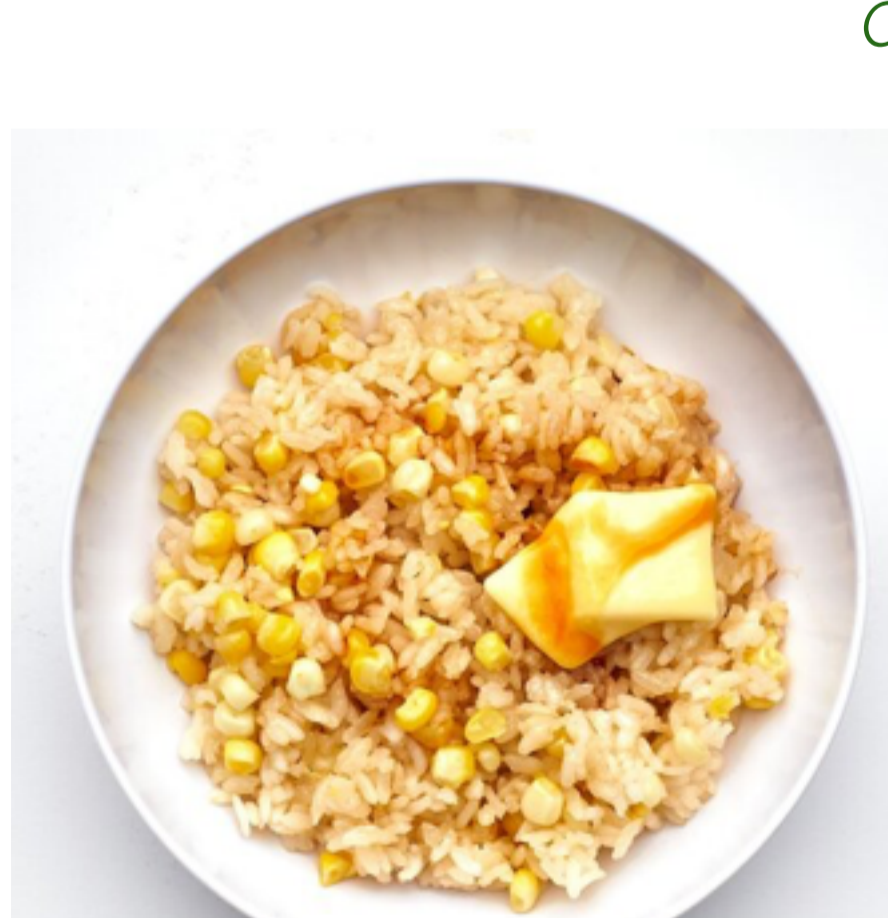
FROM BOTTOM LEFT TO TOP RIGHT: CHERRY TOMATOES, HEIRLOOM TOMATOES, SLICING TOMATOES - YOU WILL FIND ONE OF THREE IN YOUR SHARE THIS WEEK



FROM LEFT TO RIGHT: BASIL AND THAI BASIL

## Recipe Recommendations

Click on the image to access the recipe



Summer Corn Rice



Plum Salad with Black Pepper and Parmesan



Corn, Plum, and Farro Salad with Nuoc Cham Dressing



Tomato Caesar



Tomato Galette



Tomato, Peach, Buffalo Mozzarella, and Bresaola Tartine



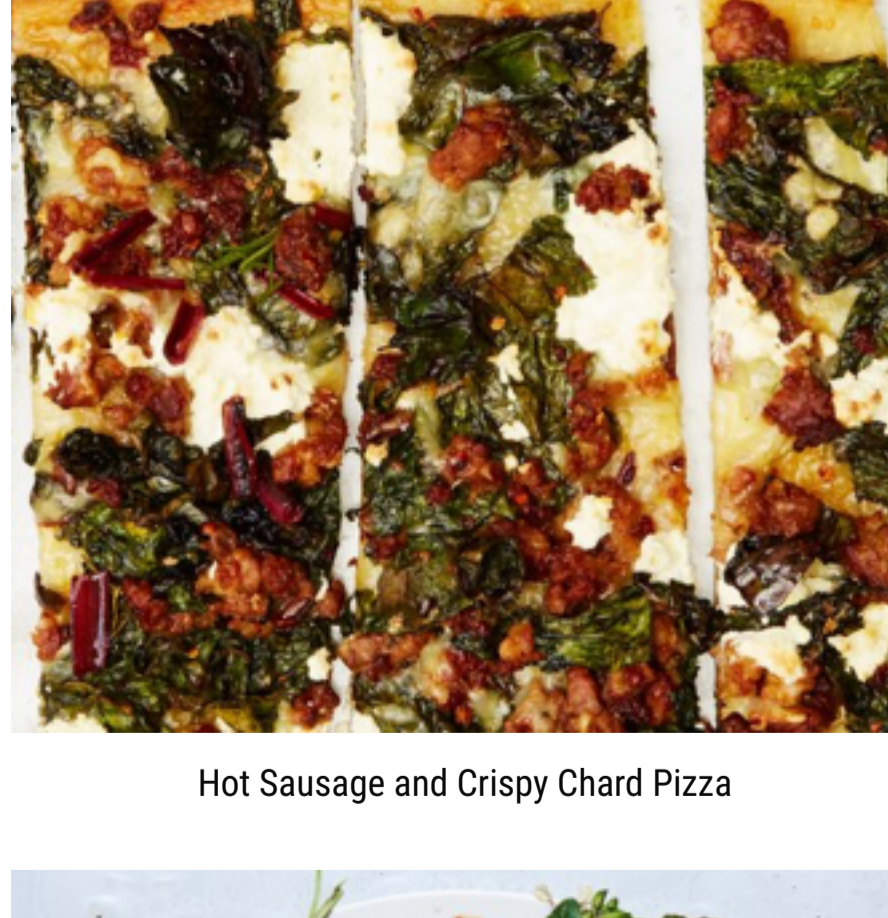
Grilled Peach Old Fashioned



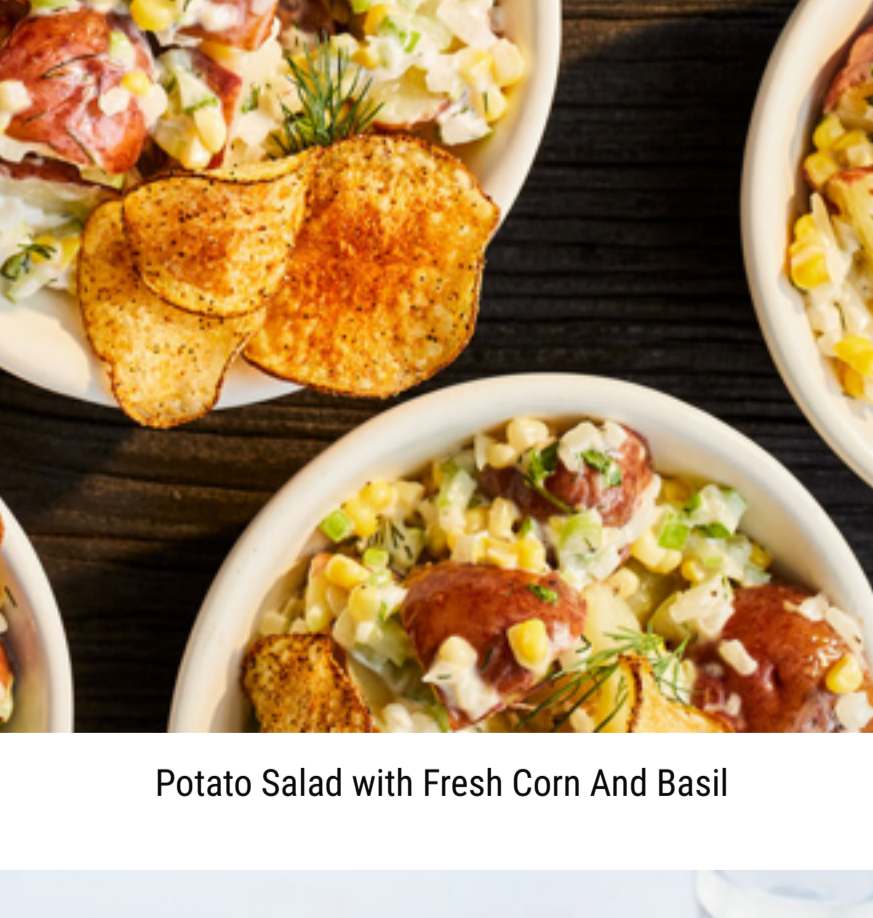
Peach Pie Crumble Bars



Vietnamese Peach Relish



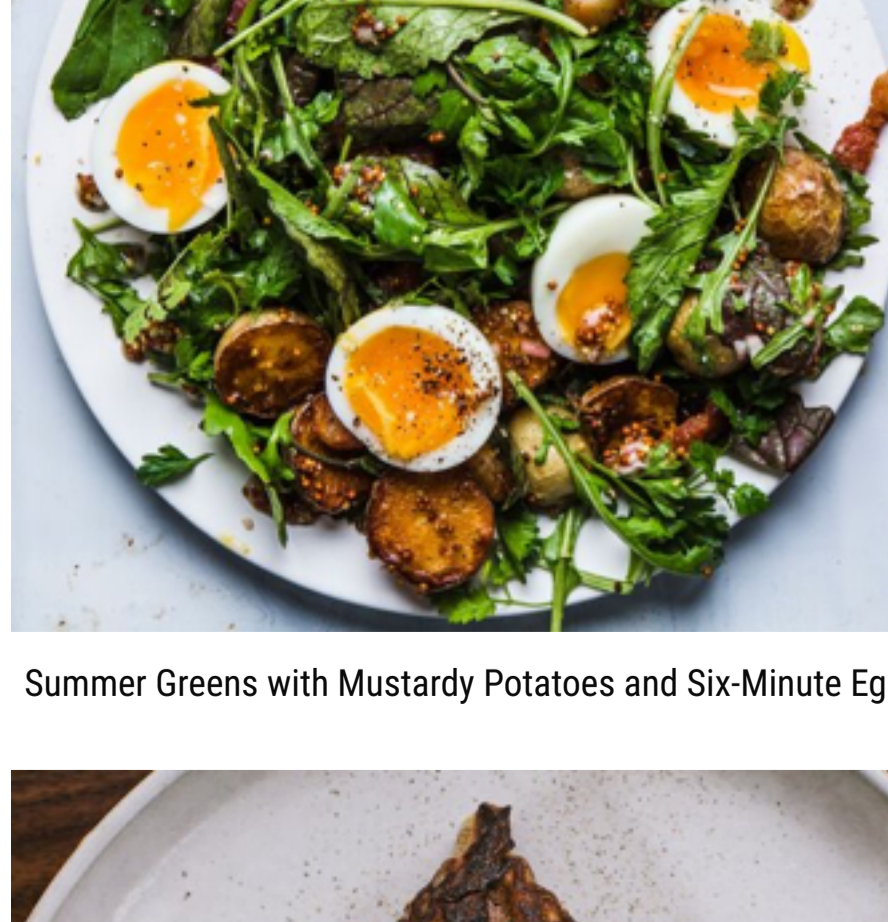
Hot Sausage and Crispy Chard Pizza



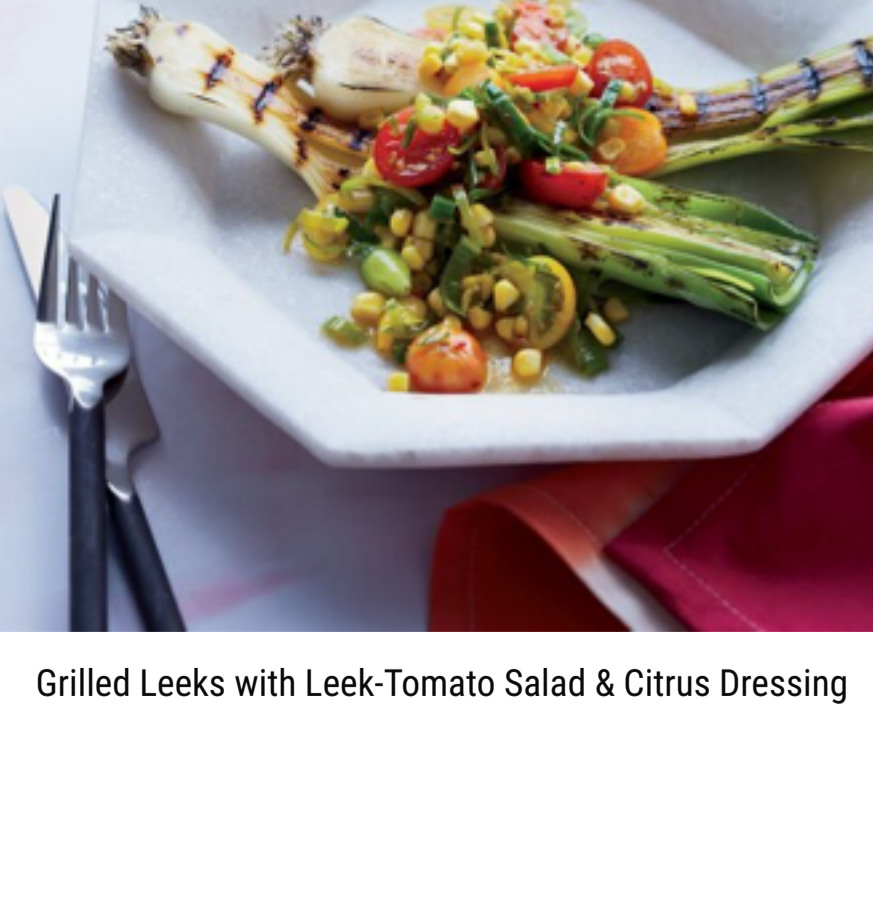
Potato Salad with Fresh Corn and Basil



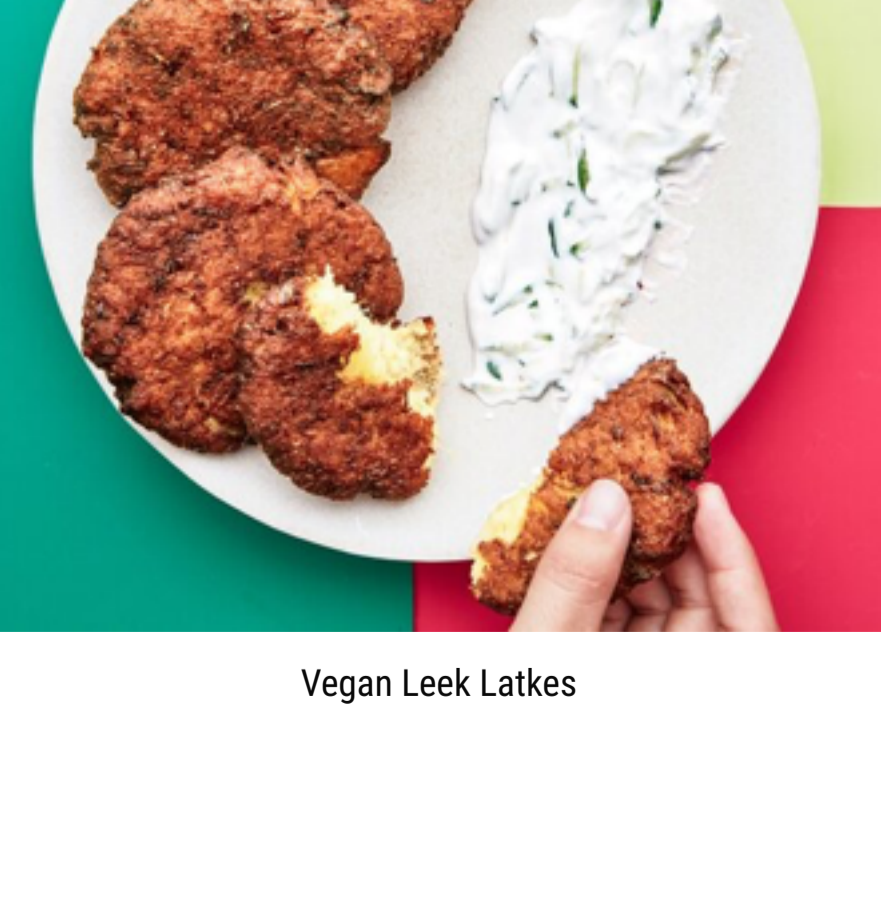
Summer Potatoes with Ricotta, Tomatoes, & Pesto



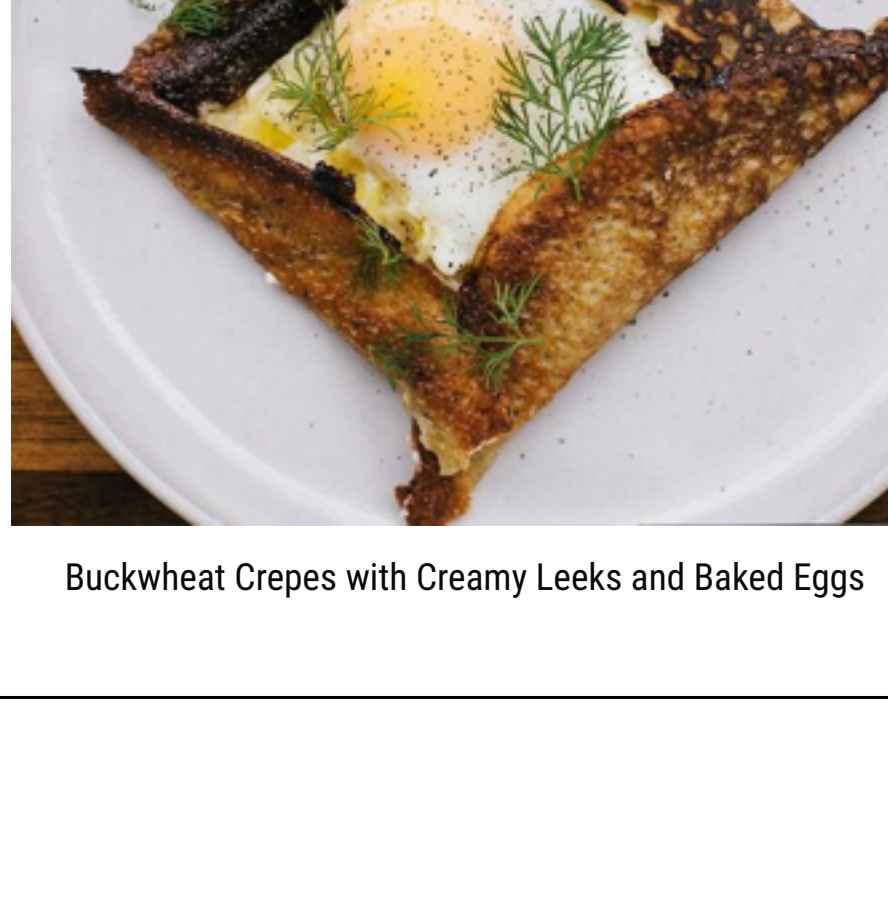
Summer Greens with Mustardy Potatoes and Six-Minute Egg



Grilled Leeks with Leek-Tomato Salad & Citrus Dressing



Vegan Leek Latkes



Buckwheat Crepes with Creamy Leeks and Baked Eggs