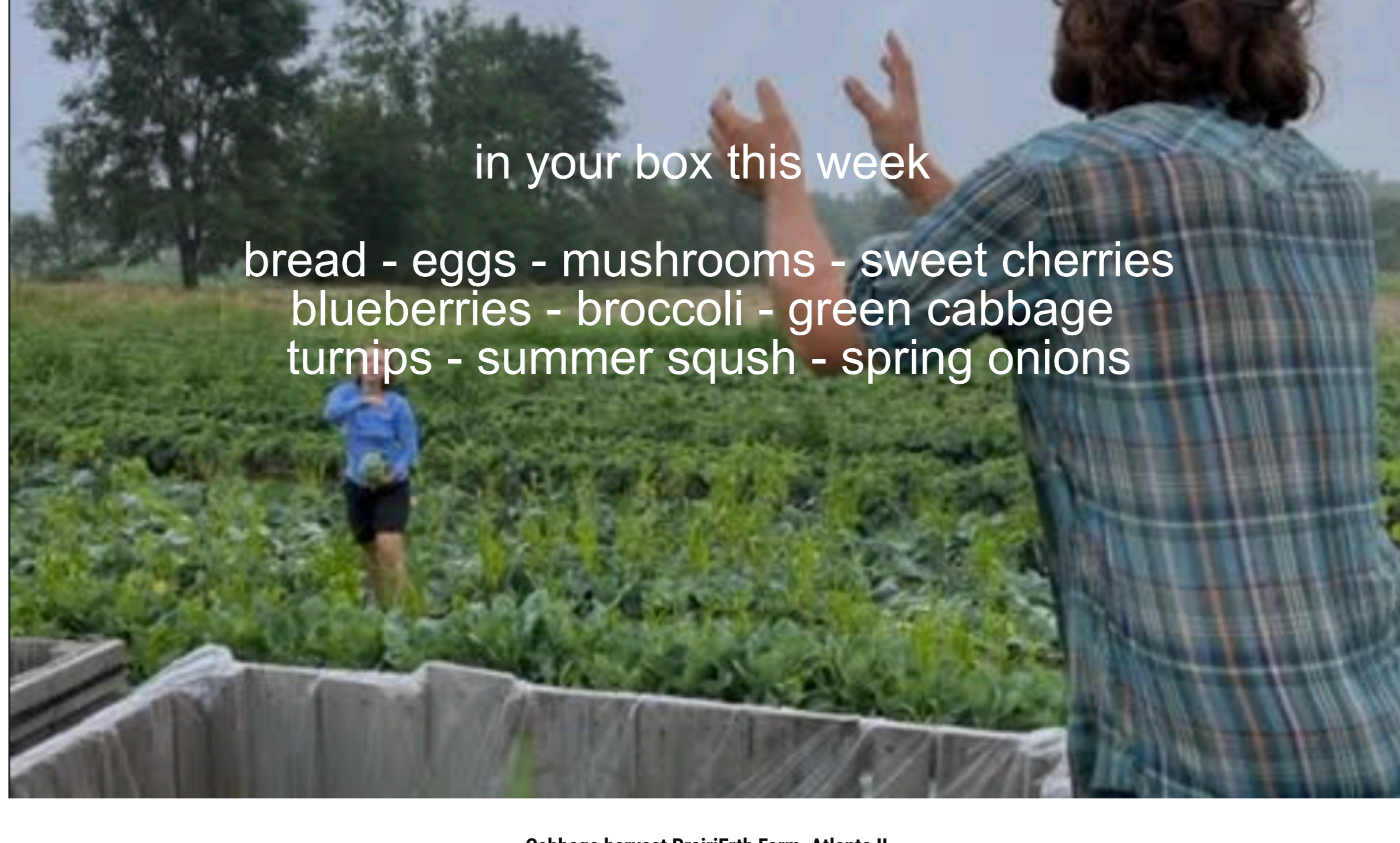




Summer Week 9 7/13-7/14-7/15

Welcome to Summer - LUCSA Week 9!

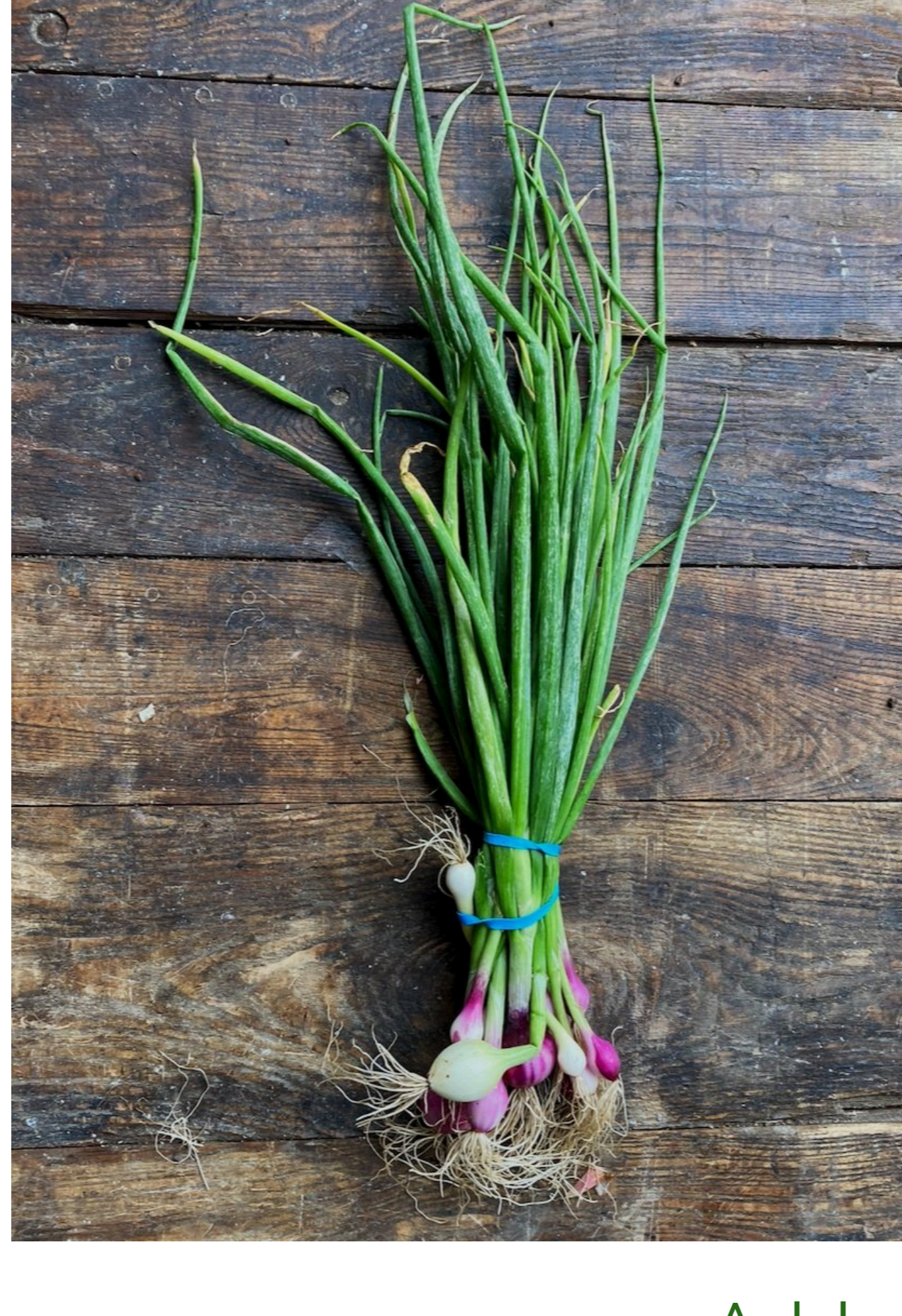
Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at noon!** Thank you!



in your box this week

bread - eggs - mushrooms - sweet cherries
blueberries - broccoli - green cabbage
turnips - summer squish - spring onions

Cabbage harvest [PrairieErth Farm, Atlanta IL](#)



PROFILE: SPRING ONIONS

Not a scallion or a green onion or a bulb onion, the spring onion is kind of the middle child of the onion maturation process and gives you the best of both ends of the spectrum. The greens are tender and have a light grassy onion flavor that can easily be julenned and added as a garnish. But unlike scallions, you also get the tender bulb which is sweeter and milder than the fully developed bulb.

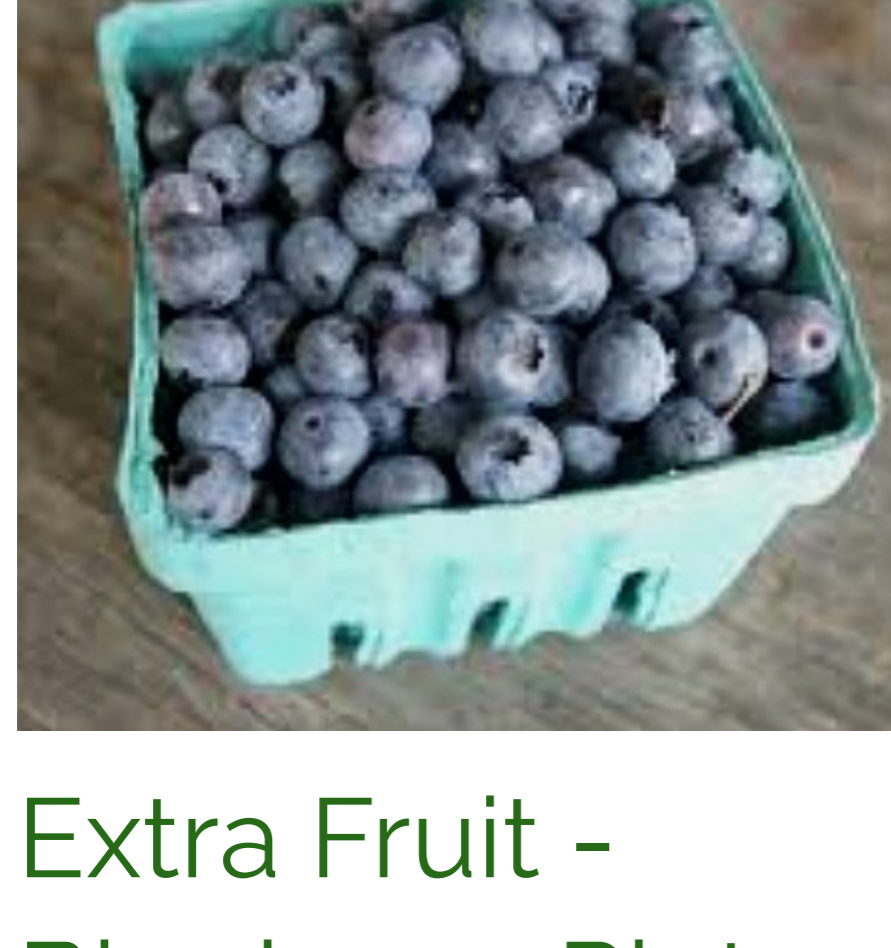
The easiest way to prepare them is to simply toss them with a little oil and salt and then char them on the grill or in a very hot cast iron skillet on the stovetop or even under the broiler in the oven. They will blacken and get super sweet. They are great added to tacos, like cebollitas asadas.

CHECK OUT SOME EASY SPRING ONION 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](#)



Extra Fruit - Blueberry Pint

If one pint of Mick Klug blueberries isn't enough to get you through the week, you can choose to add an extra pint of blueberries to your box.



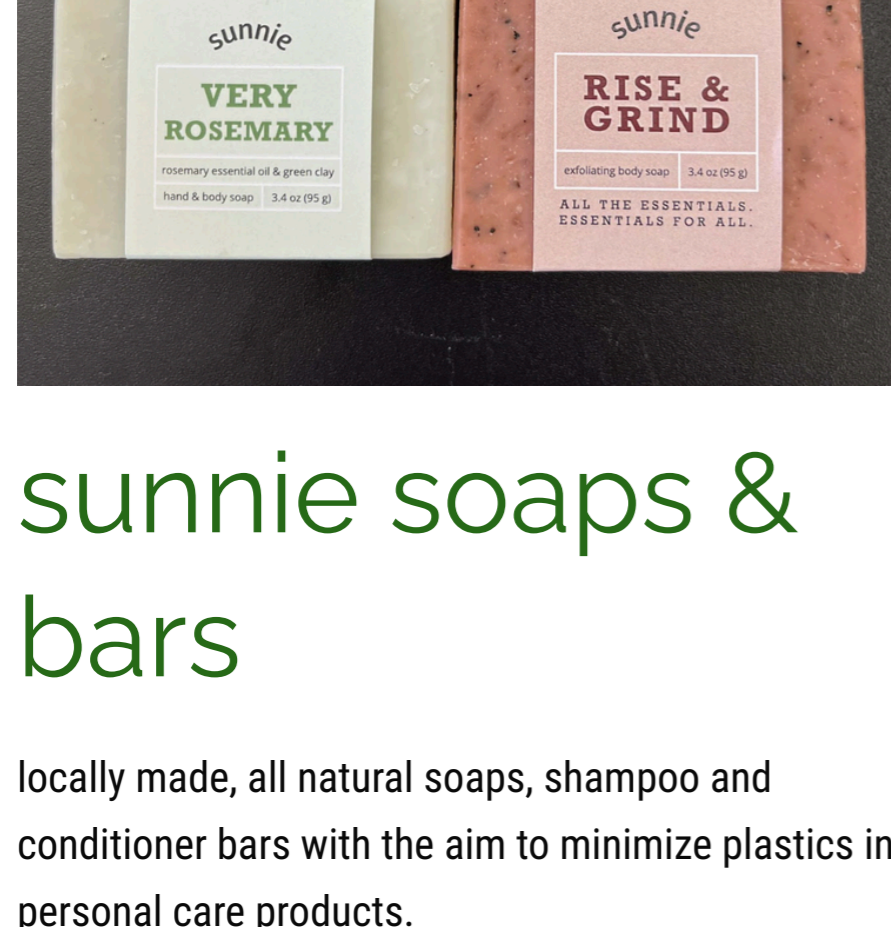
prairie fruits goat feta

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



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.



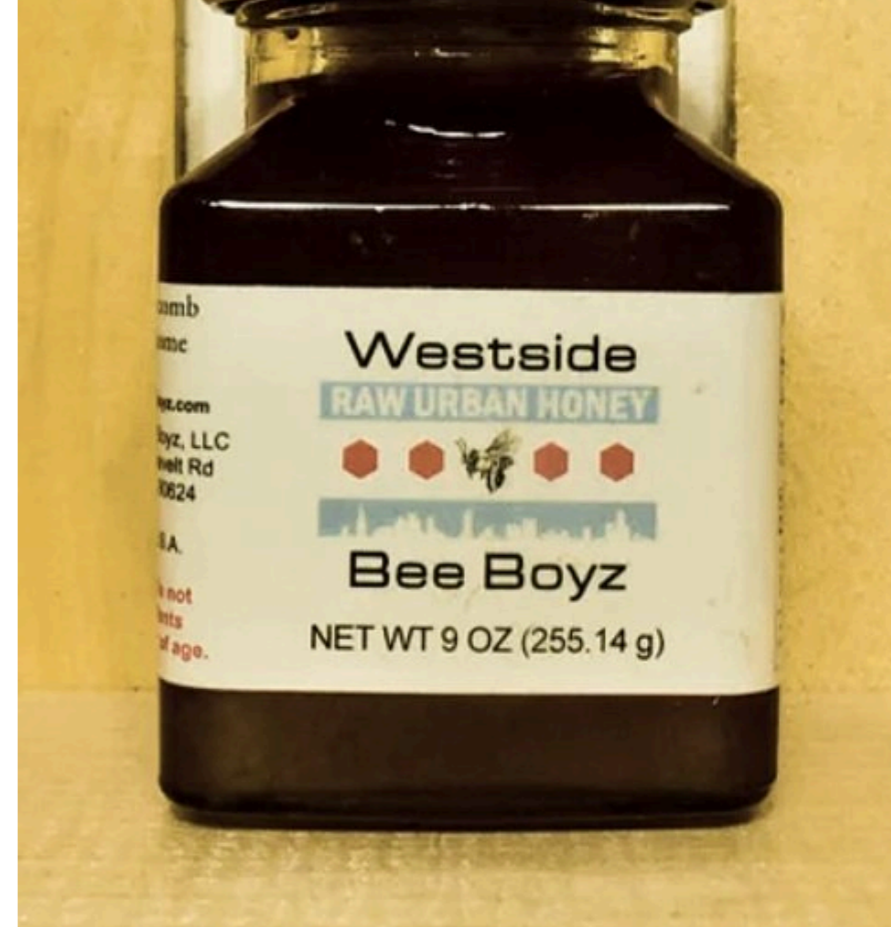
sunnie soaps & bars

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



cherry bomb hot sauce

Made by the Urban canopy processing team, our hot sauce features locally grown cherry bomb peppers that are fermented and then blended with house-preserved lemons, garlic and ginger.



west side bee boyz honey

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

Share Contents (in progress)

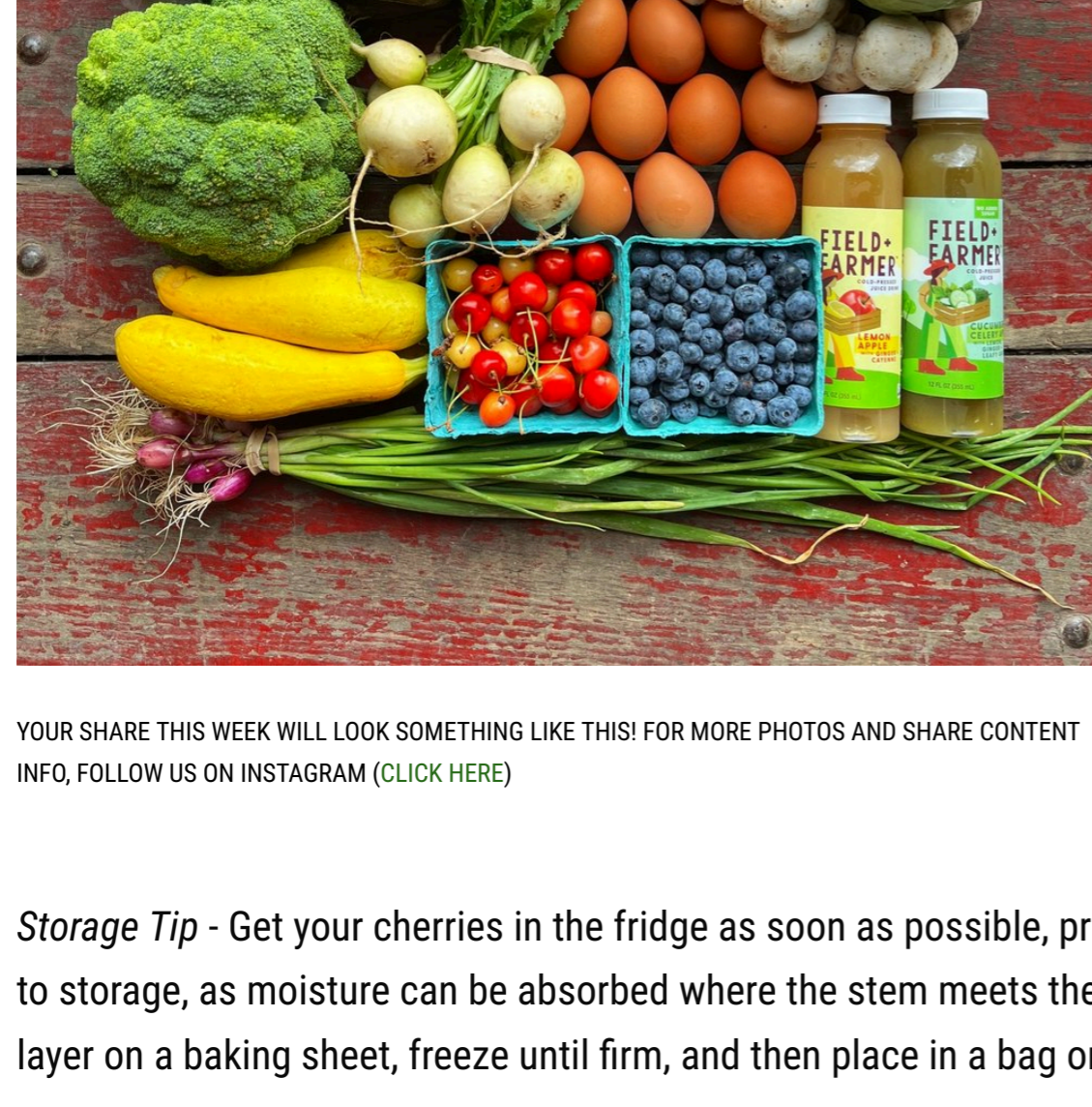
Refer back to this page for updated share contents and photos to help you identify produce!

- 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: [Field & Farmer](#) (Carol Stream, IL) fresh juices
Storage Tip - Keep stored in fridge.

Bread:
Wednesday: [Whole Wheat Loaf](#) [EranHer Bakery](#) (Pilsen)
Thursday: [Sourdough Pullman](#), [Publican Quality Bread](#) (Fulton Market)
Friday: [Country Loaf](#), [nHour Bakery](#) (Andersonville)

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! Be careful with focaccia in the heat - you may want to refrigerate this sooner than later!



YOUR SHARE THIS WEEK WILL LOOK SOMETHING LIKE THIS! FOR MORE PHOTOS AND SHARE CONTENT INFO, FOLLOW US ON INSTAGRAM ([CLICK HERE](#))

Mushrooms: [River Valley Ranch](#) (Burlington, WI)
Wednesday: [White Button](#) / Thursday: [Portabella](#) / Friday: [Crimini](#)
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.

Spring 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 be stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

Broccoli: [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Broccoli should be stored in the fridge. It is best wrapped 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.

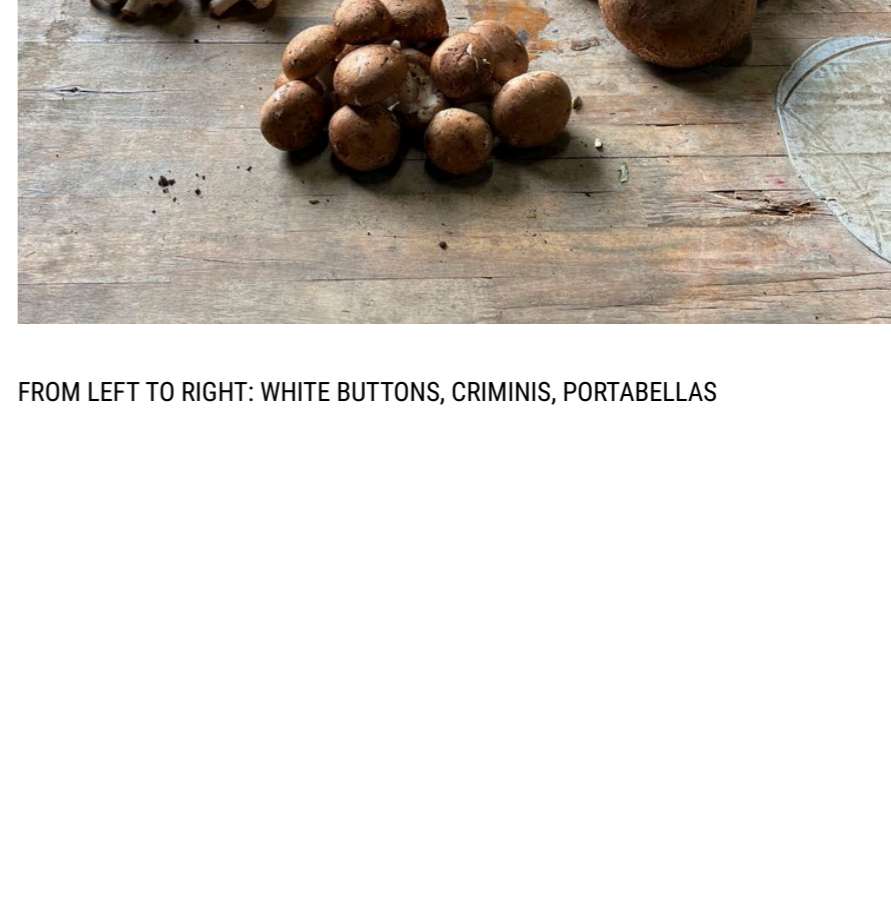
Sweet Cherries: [Seedling Orchard](#) (South Haven, MI)
Storage Tip - Get your cherries in the fridge as soon as possible, preferably wrapped in a plastic bag. Wash them with cold water just before eating. Avoid washing prior to storage, as moisture can be absorbed where the stem meets the fruit and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

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

Blueberries: [Mick Klug Farm](#) (St. Joseph, 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 fridge 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.

Yellow Crook Neck Squash: [One Family Farm](#) (Chicago, IL)
Storage Tip - 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.

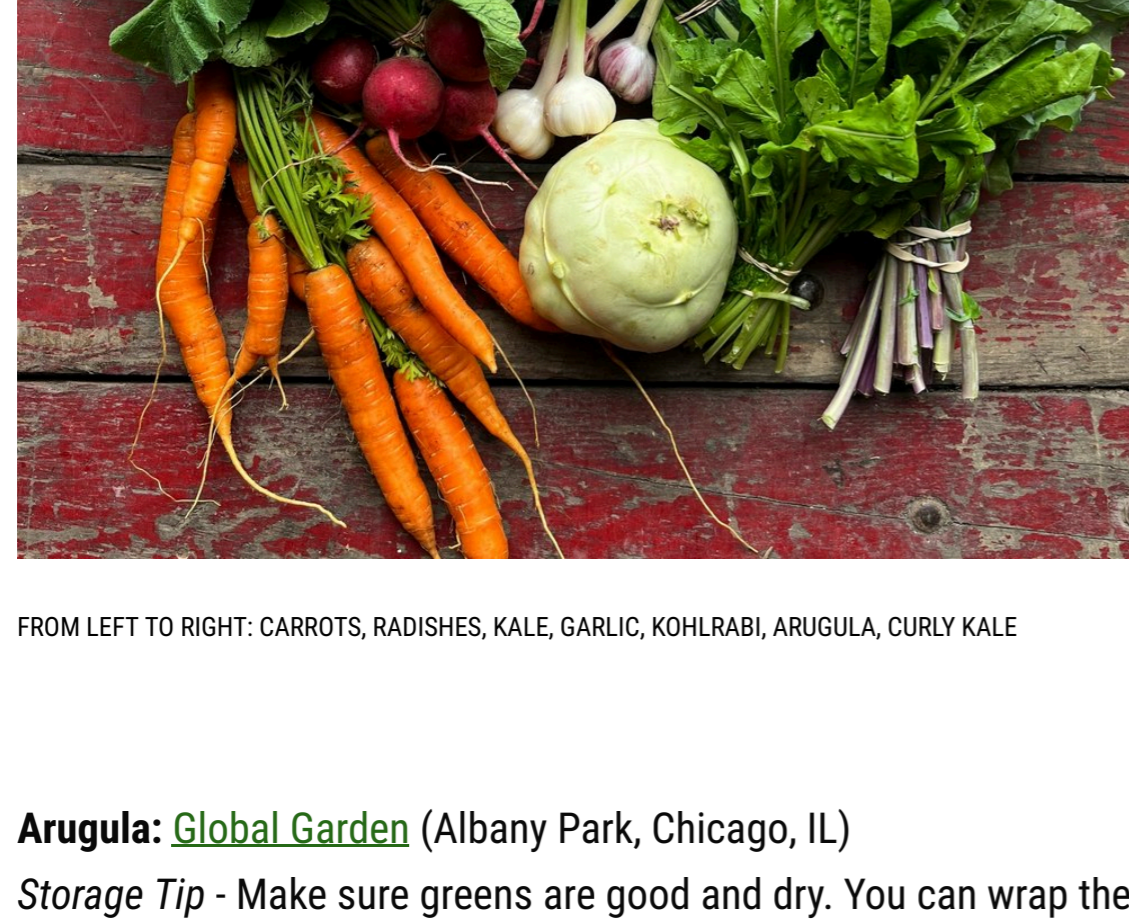
Cabbage: [PrairieErth Farm](#) (Atlanta, IL)
Storage Tips - Keep in a plastic bag in the crisper for two weeks.



FROM LEFT TO RIGHT: WHITE BUTTONS, CRIMINI, PORTABELLAS

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: CARROTS, RADISHES, KALE, GARLIC, KOHLRABLI, ARUGULA, CUREY KALE

Kohlrabi: [PrairieErth 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.

Kale: [Herban Produce](#) (Chicago, IL) / [Global Garden](#) (Albany Park, Chicago, IL)
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.

Garlic: [Global Garden](#) (Albany Park, Chicago, IL)
Storage Tip - Keep cool and dry on the counter for up to a month.

Carrots: [The Urban Canopy](#) (Auburn Gresham, Chicago, 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.

Radishes: [Global Garden](#) (Albany Park, 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.

[click here for summer lucsa week 8 newsletter](#)

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

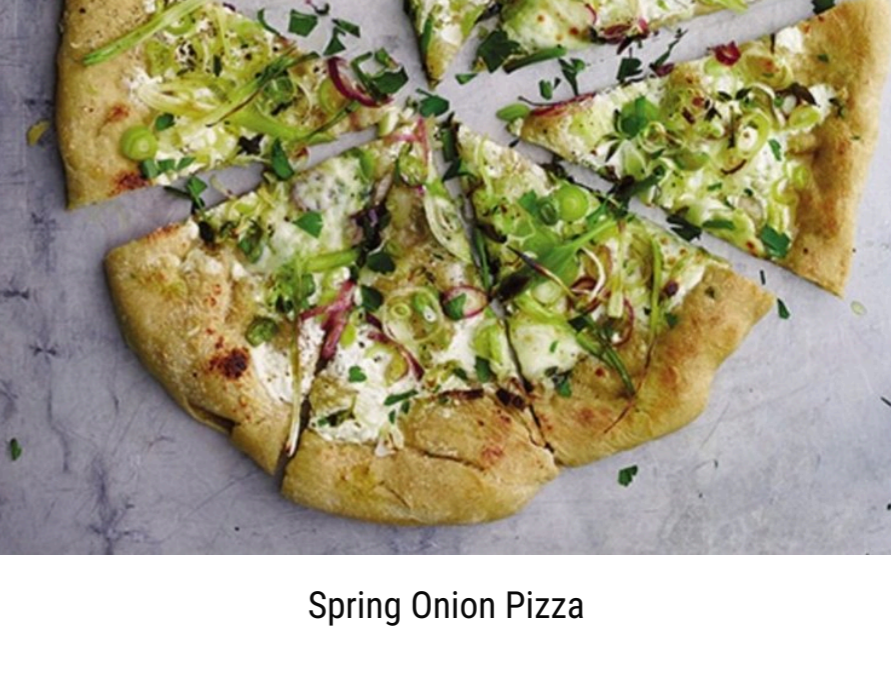
Recipe Recommendations



Grilled Spring Onions



Spring Onion & Feta Cornbread



Spring Onion Pizza



Spring Onion & Mushroom Stir Fry



Summer Squash & Onions with Brown Sugar



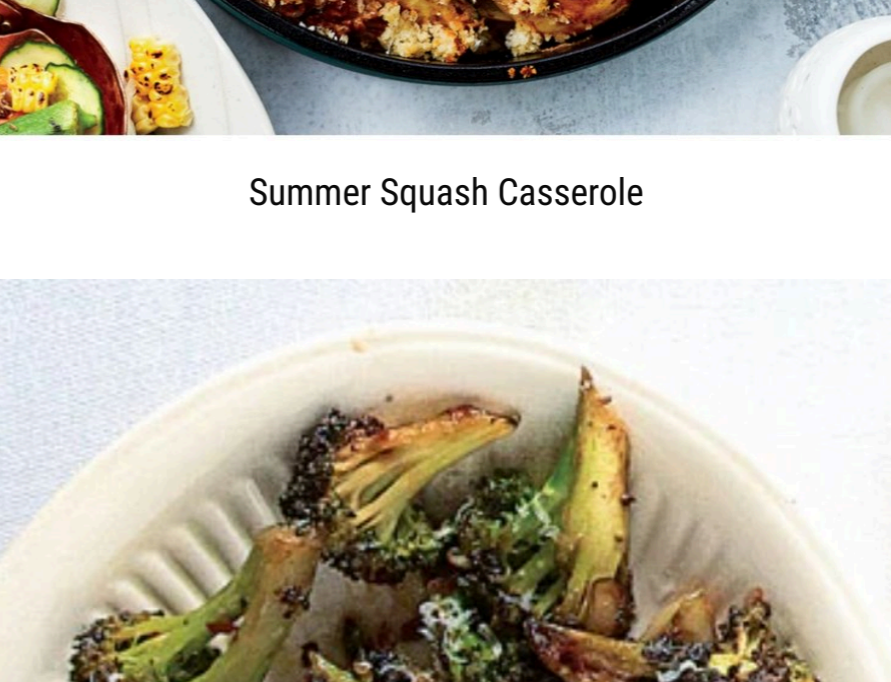
Summer Squash Casserole



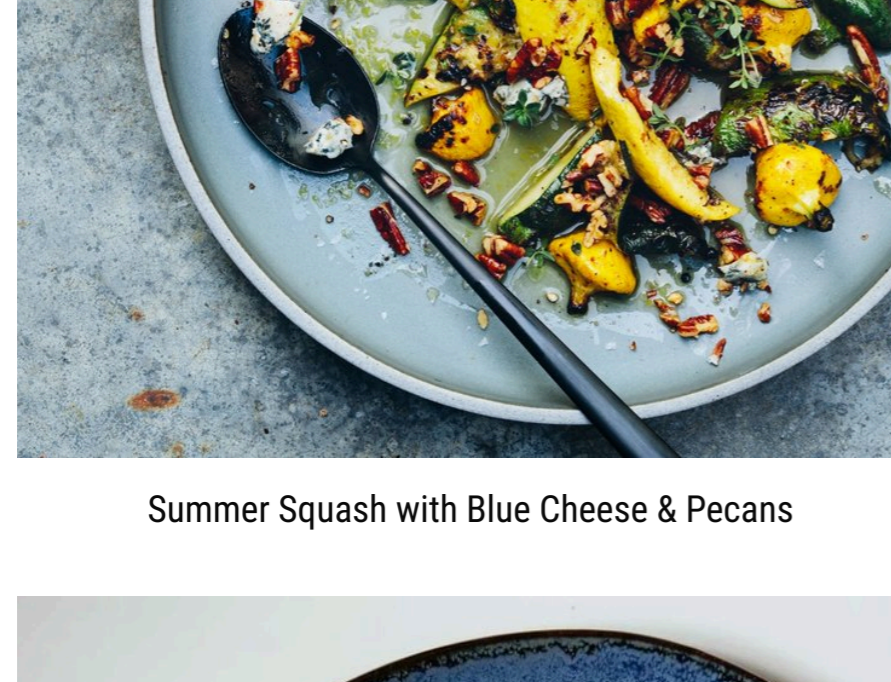
Summer Squash with Blue Cheese & Pecans



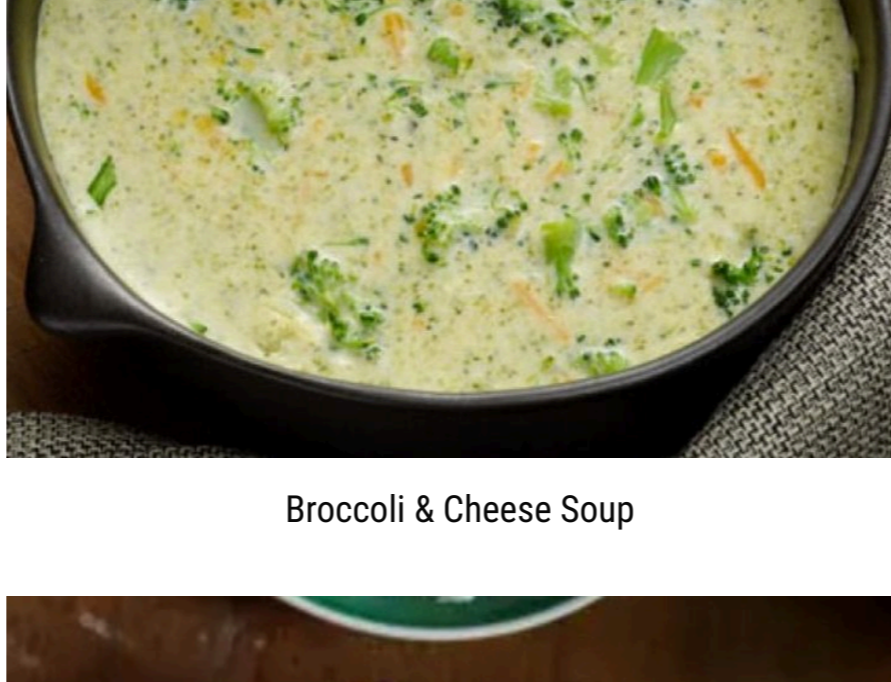
Broccoli & Cheese Soup



Broccoli Strascinati



Roasted Turnips with Bacon Vinaigrette



Roasted Turnips with Parmesan

[Click on the image to access the recipe](#)



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