

Week 2: May 25 / 26 / 27

Welcome to Summer LUCSA Week 2!

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



what's in the box this week?

bread, eggs, mushrooms, kombucha, asparagus, green garlic, rhubarb, radishes, cooking greens, salad greens

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](#)



sarita's pleasure pies

Vegan quarter pie!
This week's flavor : mami's besotes pie 🍓🍓🍓
Semi-sweet chocolate, strawberries, pecans, coffee, soft tofu, agar agar, sweetened condensed coconut milk, coconut shreds, oat milk, coconut oil, graham crackers



Milk & Honey Granola

Get some crunch in your breakfast with this "cafe mix" to start your mornings right.



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.



nichol's farms popcorn

Pop some corn and pop in a movie!



UC Whole Tomatoes

Made in-house in our processing kitchen and perfect for sauces! 24oz jar.



Kilgus Farmstead Milk

As fresh as you can get while saving yourself a trip to the farm. Comes in 1/2 gallon jugs.

& 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: Kombucha, Komunity Kombucha (Chicago, IL)

Storage Tip - Store in the fridge and enjoy chilled.

Bread:

Wednesday: **Multigrain**, [pHlour Bakery](#) (Andersonville)

Thursday: **Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market)

Friday: **Country Round**, [Middlebrow](#) (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 croutons!

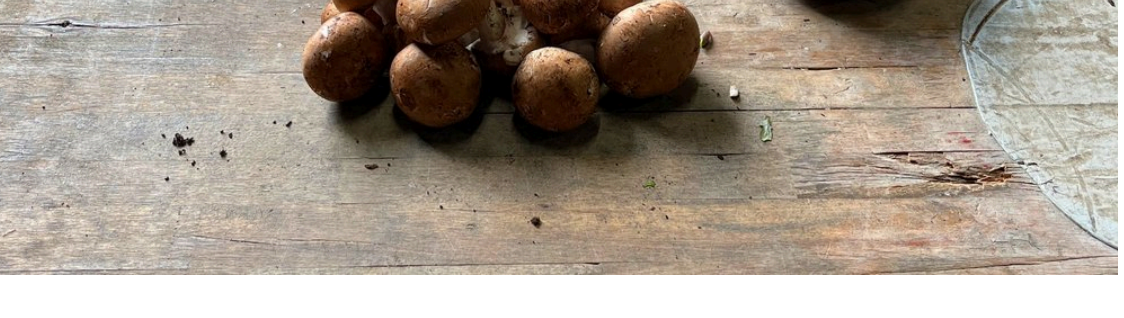
Eggs: Finn's Steak and Egg Ranch (Buchanan, MI)

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: River Valley Ranch (Burlington, WI)

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



MUSHROOMS THIS WEEK, FROM LEFT TO RIGHT: WHITE BUTTON, CRIMINI, PORTABELLA



GREENS GALORE! FROM LEFT TO RIGHT: BEET GREENS, DANON GREENS, ESCAROLE, KALE, CILANTRO, RED MUSTARD, GREEN MUSTARD AND CHARD - NOT PHOTOGRAPHED HERE ARE SALAD MIX OR SPINACH, WHICH CAN BE SEEN ON OUR INSTAGRAM

Rhubarb: Seedling Orchard (South Haven, MI)

Storage Tip - You can keep rhubarb stalks wrapped in a plastic bag in the fridge for a few days. If you snip off the base, place it upright in a jar with an inch of water and cover the tops with a plastic bag, it will last for a week or more. Rhubarb also does really well when frozen and can store for an entire year. Click here for a rhubarb freezing tutorial from Martha Stewart.

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.

Radishes: PrairieEarth Farm (Atlanta, IL) / One Family Farm (Chicago, IL) / Bridge & Bloom Farms (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 plastic bag in the crisper for up to three weeks.

Green Garlic / Garlic Heads: The Urban Canopy (Englewood, Chicago, IL) / Global Gardens (Albany Park, 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.

Greens: The Urban Canopy (Englewood, Chicago, IL) / Global Gardens (Albany Park, Chicago, IL) / Growing Solutions Farm UAS (Illinois Medical District, Chicago, IL) / Closed Loop Farms (Back of the Yards, Chicago, IL) / Down at the Farms (Fairbury, IL)

You will receive two of the following greens this week: Radish greens, chard, kale, green/red mustard, beet greens, lettuce, mesclun, spinach, or escarole

Wednesday: Spinach, salad mix / Thursday: Escarole, kale / Friday: Spinach, miscellaneous greens listed above

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.

Substitutions

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



BEETS, PARSNIPS AND POTATOES PICTURED - MINT AND CHERRY TOMATOES NOT PICTURED

Potatoes: PrairieEarth Farm (Atlanta, IL) - Bread 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.

Cherry Tomatoes: Nichols Farm and Orchard (Marengo, IL) - Egg substitute

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

Parsnips: Nichols Farm and Orchard (Marengo, IL) - Mushroom substitute

Storage Tip - Keep in a plastic bag in the crisper for up to a few weeks.

Beets: Nichols Farm and Orchard (Marengo, IL) - Beverage substitute

Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.

Mint: The Urban Canopy (Englewood, Chicago, IL) - Miscellaneous substitute

Storage Tip - Store mint wrapped in a damp paper towel in the fridge for 2-3 weeks. Mint can also be dried or frozen to be able to use through the whole year. A simple way to freeze mint is to coarsely chop the leaves, put a spoonful in an ice cube tray, fill the rest of the mold with water and freeze them for mint cubes.



[click here for summer lucsa week 1 \(5/18-5/20\) newsletter!](#)

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

Recipe Recommendations

Click on the image to access the recipe



Raw asparagus salad w/ walnuts & parmesan



almond rhubarb snacking cake



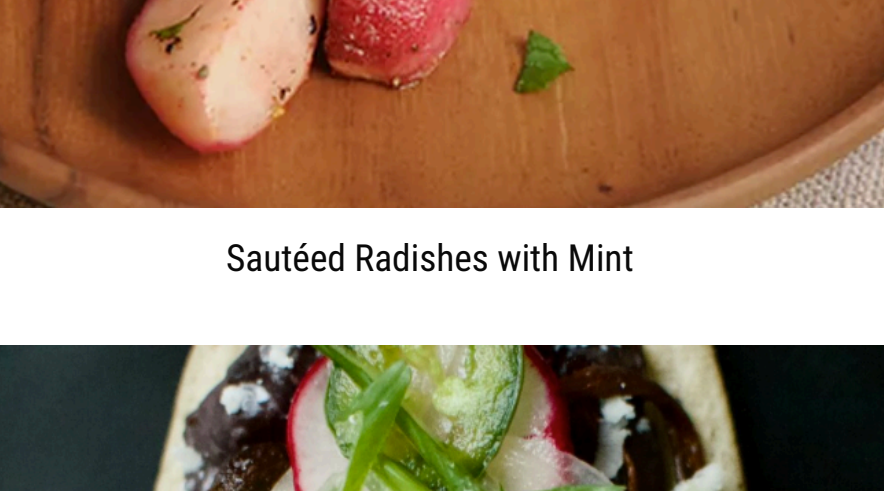
Sautéed Radishes with Mint



rhubarb crumble bars



Roasted Asparagus and Mushrooms



Pioppino Mushroom Huarache with Radishes and Jalapeños



Garlic Roasted Radishes



Garlic Croutons



Green Garlic Romesco with Crispy Smashed Potatoes



Sautéed Asparagus



savory rhubarb sauce



Crispy Mushrooms With Creamy White Beans and Kale