



# Summer Week 21: 10/5 10/6 10/7

## Welcome to Summer - LUCSA Week 21! (2nd to last week of Summer Season)

Any share changes or requests must be submitted to [lucsa@theurbancanopy.org](mailto:lucsa@theurbancanopy.org) by **Monday at noon!** Thank you!

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



### In your box this week:

bread - eggs - mushrooms - leeks - potatoes  
apples - pears - lettuce or cooking greens -  
roma tomatoes - brussels sprouts - loose leaf  
tea

The Urban Canopy farm, Auburn Gresham, Chicago

## END OF SEASON: SURVEY & WRAP-UP

[- CLICK HERE - END OF SEASON SURVEY -](#)

Hello October and soup season. And a hard good bye to Summer LUCSA 2022.

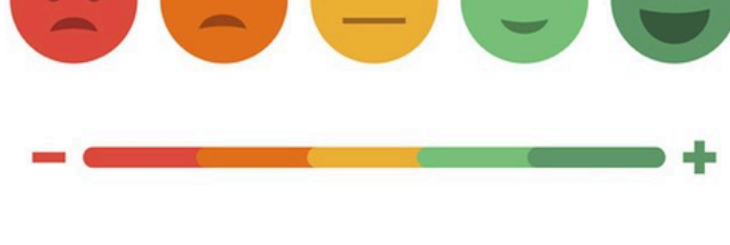
This is the second to last week of our Summer program which means it is the last share for many of our half share members and the penultimate for full share people.

We really do appreciate those of you who take the time to share your opinions and feedback through our surveys. We read through all the response and create a lengthy review and presentation that we share with our entire LUCSA crew at a day long meeting we have the week after the season ends. We try to address concerns and find new ways to do things.

So please please tell us what you liked and what didn't work for you. Some of it we can try to change at least in little ways, like asking our farm to cut back on the turnips for next summer trying to find a source for an add on item people really would love for us to offer. With over 900 members each season, there are a lot of opinions and we really do want to keep improving and continue to grow.

### PLEASE RETURN WAX BOXES

This is also a really important time to get your old wax boxes returned to us. Each box costs us a few dollars and they keep getting more expensive. It really is one of our biggest expenses. For your last delivery, especially if you are not signed up for the winter season and you do want to have your last wax box collected, you can always leave out a box or cooler of your own and ask the driver to unpack your wax box into that vessel. Wax boxes can also be returned to our warehouse in Pilsen or to our table at the farmer's markets we attend.



## SIGN-UP NOW WINTER LUCSA 2022 / 2023

WHAT TO LOOK FORWARD TO IN WINTER LUCSA

- pantry staples from local sources like wild rice, pecans & dried beans

- items from the Urban Canopy processing kitchen like kimchi, soups and canned tomatoes

- locally sourced vegetables all winter long

[CLICK HERE TO SIGN-UP FOR WINTER](#)

## 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: Grapes Quart

Fredonia. Early Concord variety with small seeds. Firm and sweet. From Mick Klug



### Sarita's Pleasure Pies: Sweetie Pie 1/4 Pie

Vegan Sweet Potato Pie



### Prairie Fruits Goat Milk Feta

A sharp-tangy feta aged in whey brine for a month to bring out extra complex flavors and texture.



### Apple Cider 64oz

From Seeding Fruits of South Haven, MI. Made and bottled on the farm with their own press.



### Flower Bouquets

An assortment of Dahlias from Bluems Flower Farm here in Chicago.



### Marcoat Cheese Curds 7oz

Garlic & Herb Squeaky and Amazing

& 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:** Loose Leaf Tea Blends, [Sentimental Moods](#) (Chicago, IL)  
**Storage Tip** - Loose leaf tea should be stored in an air-tight ceramic or glass container in a dry and dark space. Green tea, which has minimal processing, should be used in 4-6 months. Black, oolong and white teas can be stored for up to 2 years. Herbal teas, also referred to as tisanes, are best consumed in 4-6 months but will be fine for up to 1 year.

**Bread:**  
**Wednesday: Seeded Rye Boule, [Publican Quality Bread](#)** (Fulton Market)  
**Thursday: Challah, [FranHer Bakery](#)** (Pilsen)  
**Friday: Country Loaf, [Middlecrow](#)** (Logan Square, Chicago, IL)

**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 refrigerate for future toast or croutons. Be careful with temperature - you may want to refrigerate bread sooner than later!

**Mushrooms:** [River Valley Ranch](#) (Burlington, WI)  
**Wednesday: Crimini / 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.

**Roma Tomatoes:** [Mick Klug Farm](#) (St. Joseph, MI)  
**Storage Tip** - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

**Pears:** [Seeding Orchard](#) (South Haven, MI)  
**Storage Tip** - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

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

**Potatoes:** [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.



MIZUNA GREENS, A VARIETY OF MUSTARD GREENS, QUITE SIMILAR IN FLAVOR AND TEXTURE TO ARUGULA. SLIGHTLY BITTER AND PEPPERY CAN BE EATEN RAW AS A SALAD OR WILDED.

subject to change



FROM LEFT TO RIGHT: COLLARDS, PEPPERS, RADISHES, EGGPLANT

**Apples:** [Mick Klug Farm](#) (St. Joseph, MI)  
**Storage Tips** - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

**Lettuce Mix / Mizuna / Radish Greens / Kale / Chard:** [Wild Coyote](#) (Berrien Springs, MI) / [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)  
**Storage Tip** - remove your greens from the green compostible bag, wash and store them in a plastic container or bag with a paper towel covering them for up to a week in the fridge.

**Brussel Sprouts:** [One Family Farm](#) (Chicago, IL)  
**Storage Tip** - Store fresh, unwashed, and untrimmed in a plastic bag in the crisper drawer of the refrigerator. Remove any yellowed or wilted leaves first.

## Substitutions

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

**Parsley:** [The Urban Canopy](#), (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Keep in an open plastic bag in the crisper for up to two weeks.

**Peppers:** [The Urban Canopy](#), (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Store dry in an open plastic bag in the crisper for up to two weeks.

**Eggplant:** [The Urban Canopy](#), (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Keep cool and dry around 50 degrees if possible, or in an open bag in the fridge. Use within a week.

**Radishes:** [The Urban Canopy](#), (Auburn Gresham, 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.

**Collard Greens:** [The Urban Canopy](#), (Auburn Gresham, Chicago, IL)  
**Storage Tip** - Remove from compostable green bag. 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.



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO FOR MORE PICTURES LIKE THIS OF SHARES WEEK TO WEEK, CHECK OUT OUR INSTAGRAM



COMPOST CLUB MEMBERS WILL RECEIVE THEIR REWARD THIS WEEK! OUR NEWEST VENDOR, CHOCOLAT LUZMA, HAS PUT TOGETHER A CUSTOM BOX OF CHOCOLATES FOR US. OTHER REWARD INCLUDE LOCAL HONEY FROM WEST SIDE BEE SWEEZ, OR A COMBO OF TRAIL MIX/ORGANIC SEA SALT AND HERBAL SEASONING FROM OUR PARTNERS PIRKE DUST SALTS AND WIND RIDGE HERBS!

[CLICK HERE FOR WEEK 19 NEWSLETTER](#)

## Recipe Recommendations



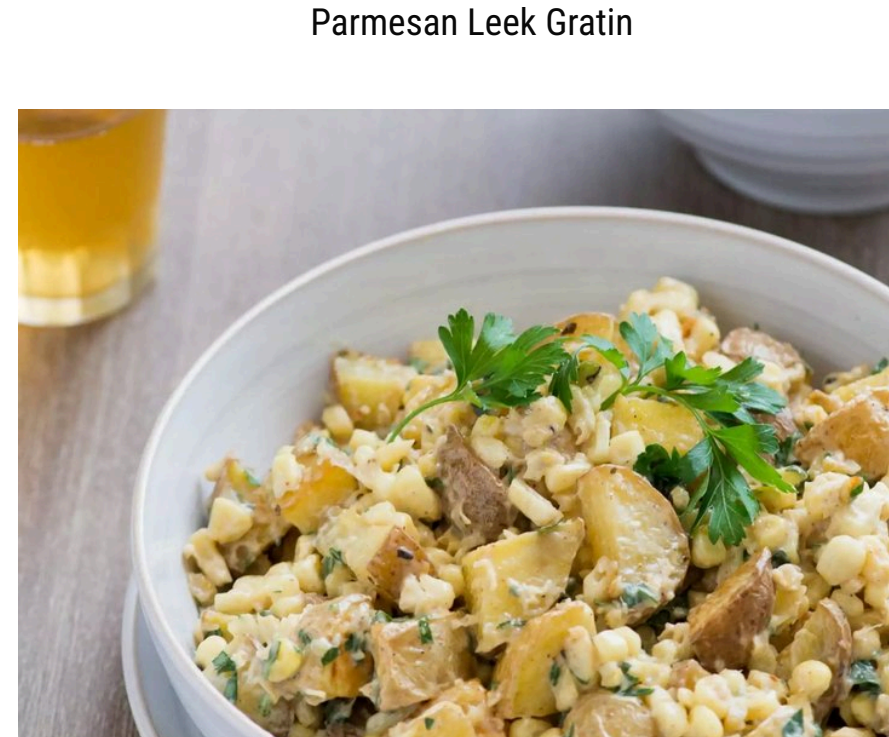
Parmesan Leek Gratin



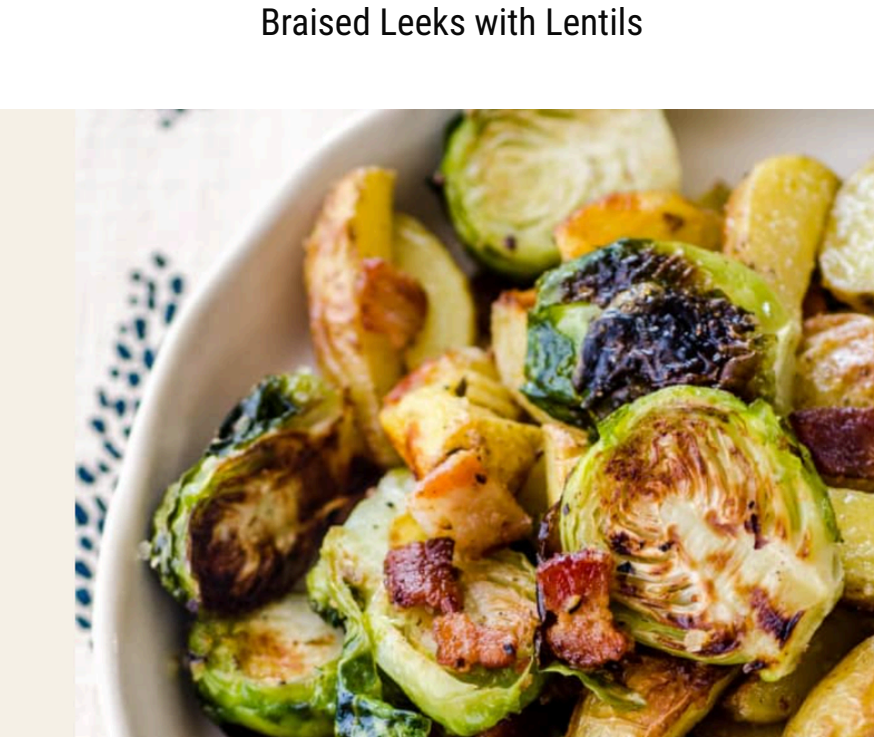
Braised Leeks with Lentils



Potato Leek Soup



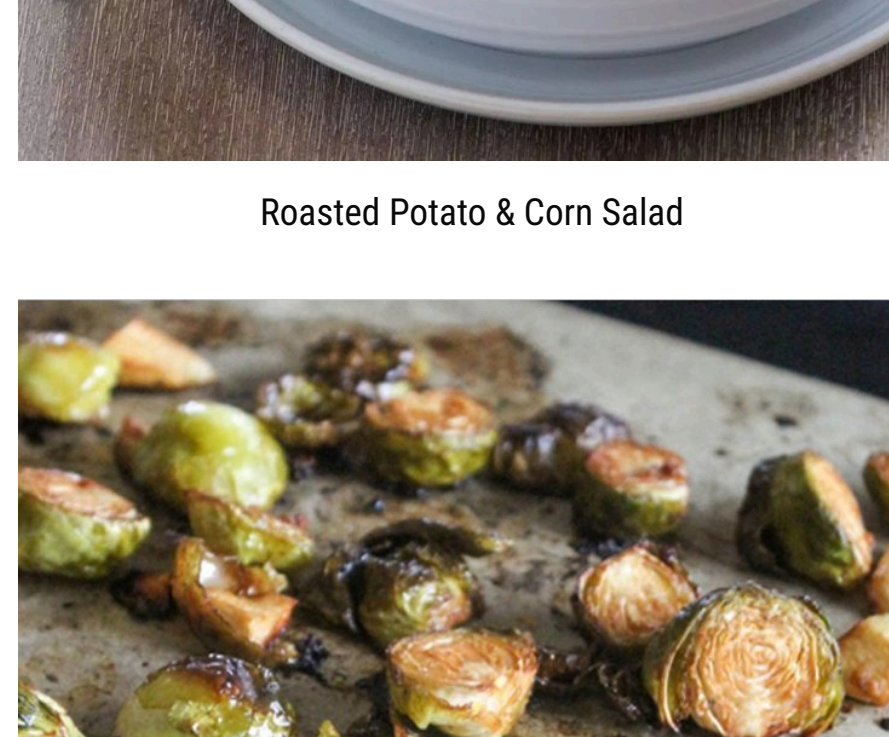
Roasted Potato & Corn Salad



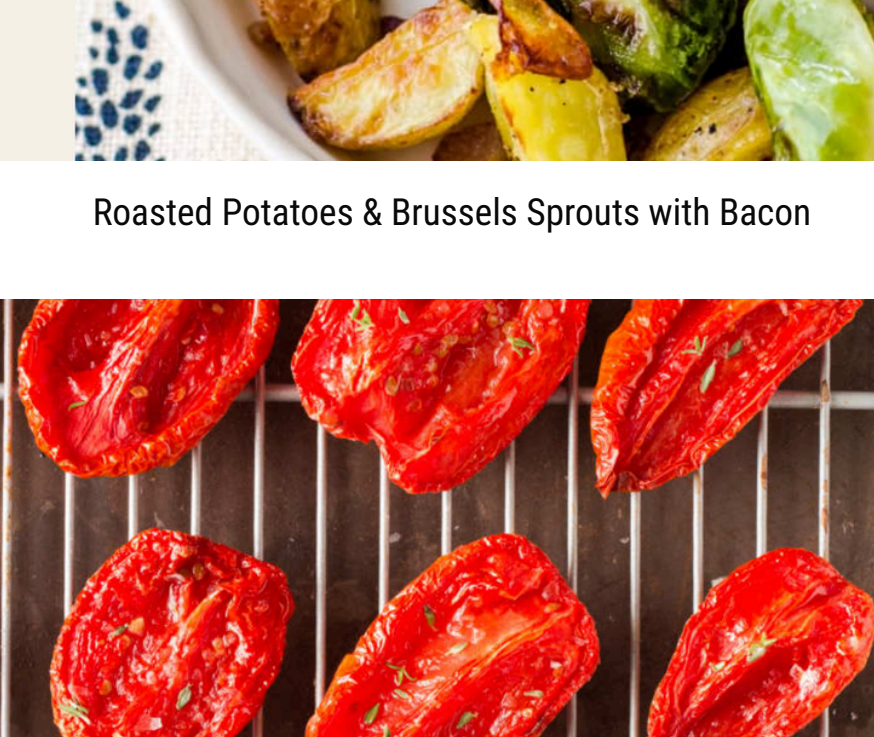
Roasted Potatoes & Brussels Sprouts with Bacon



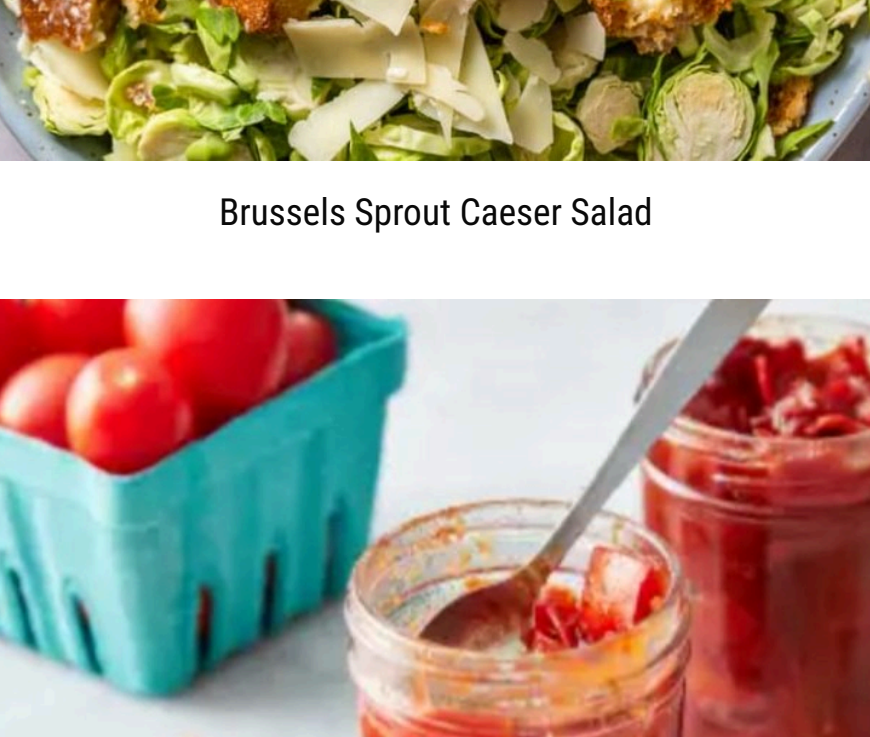
Brussels Sprout Caesar Salad



Balsamic Roasted Brussels Sprouts & Apples



Oven Dried Roma Tomatoes



Tomato Jam

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