



Summer Week 22: 10/12 10/13 10/14

Welcome to Summer - LUCSA Week 22! (Final Week of Summer Season)

Any share changes or requests must be submitted to 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 - apples - grapes
scallion/onion - peppers - eggplant
zucchini - salad greens/cooking greens

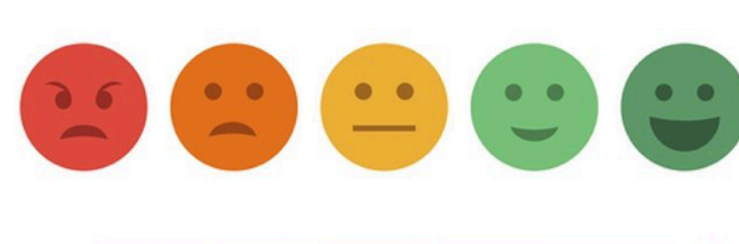
The Urban Canopy farm, Auburn Gresham, Chicago

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 final week of our Summer program which means it is the last share and all our members.



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 or 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.

FINAL WEEK TO SIGN-UP! 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](#)



Underground Meats Finocchiona

Fennel and white wine balanced with garlic and black pepper. 2oz package.



Foxship Bakery Vegan Cookies

This week's featured flavor is lavender earl grey! Comes in a pack of 3.



Marcoat Cheese Curds 7oz

Garlic & Herb Squeaky and Amazing



Bushel & Peck Sauerkraut

Perfect as a side or a flavorful addition to your sandwich or croutons. Comes in 12oz jar.



LaCrosse Milling Co. Rolled Oats

Gluten free rolled oats; organic, non-GMO, kosher, comes in a 1# bag.



Garfield Produce Microgreens

Perfect as a garnish or to compliment many dishes. Spicy mix, in a 1 oz container.

& 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: Beer, [Off Color](#) (Chicago, IL)

Bread:
Wednesday: [Country Loaf](#), [Middlebrow](#) (Logan Square, Chicago, IL)
Thursday: [Seeded Rye Boule](#), [Publican Quality Bread](#) (Fulton Market)
Friday: [Focaccia](#), [FramHer Bakery](#) (Pilsen)

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 temperature - you may want to refrigerate bread sooner than later!

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

Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage.



YOUR SHARE THIS WEEK WILL RESEMBLE THIS PHOTO. CHECK OUT OUR INSTAGRAM FOR MORE LUCSA CONTENT

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.

Apples: [Seedling 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.

Concord Grapes: [Mick Klug Farm](#) (St. Joseph, MI)
Storage Tip - Remove from the green compostable bag. Store in crisper and allow for some air flow to minimize moisture. These go quick so eat within 2-3 days.

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

Scallion / Onion: [Wild Coyote](#) (Berrien Springs, MI) / [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip (Scallions) - 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.
Storage Tip (Onion) - 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.

Peppers:
[The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Happy Valley Farm](#) (Black Earth, WI) / [PrairieEarth Farm](#) (Atlanta, IL) / [Bridge & Bloom Farms](#) (Bronzeville, Chicago, IL)
Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Lettuce Mix / Daikon Greens / Kale / Chard / Baby Bok Choy:
[The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [One Family Farm](#) (Chicago, IL) / [Bridge & Bloom Farms](#) (Bronzeville, Chicago, IL)

Storage Tips (Lettuce, Daikon Greens) - remove your greens from the green compostable 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.
Storage Tips (Cooking Greens) - 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. Or keep on counter in a glass of water like a bouquet!
Storage Tips (Bok Choy) - Store in the crisper drawer of your refrigerator - unwashed and in a perforated plastic bag - and use within a few days. When you do use it, remember that its cluster of stalks hides dirt, so wash it well.

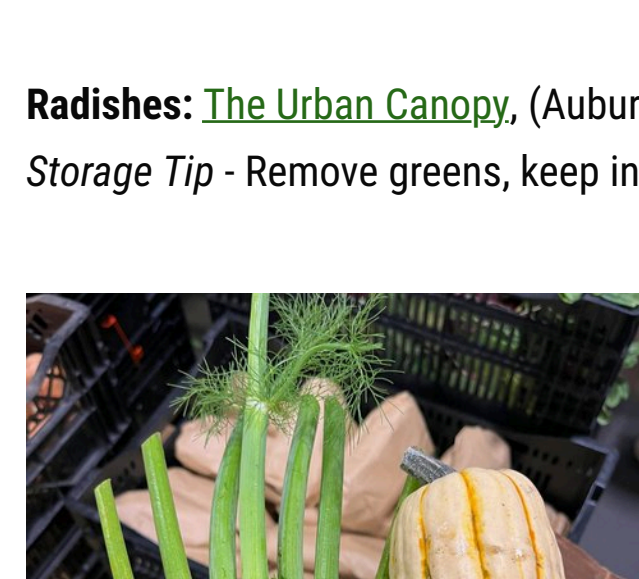
Zucchini: [One Family Farm](#) (Chicago, IL)
Storage Tip - Store freshly picked, unwashed zucchini in a plastic bag in the refrigerator for up to one week. The bag should be perforated or loosely tied, not sealed tightly. Do not cut the zucchini until you are ready to use it.

Substitutions

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

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.

Radishes: [The Urban Canopy](#), (Auburn Gresham, Chicago, IL) / [Bridge & Bloom Farms](#) (Bronzeville, 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.



FENNEL AND DELICATA SQUASH

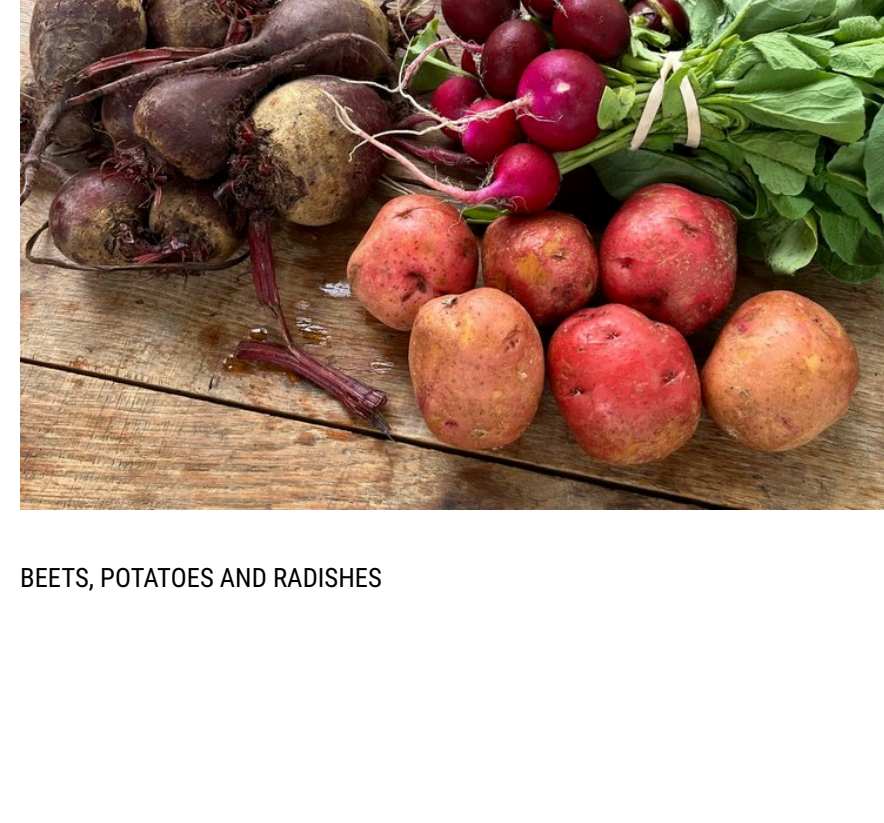
Fennel: [Wild Coyote](#) (Berrien Springs, MI)
Storage Tip - Remove greens to preserve the stem longer. Greens can be used within a week and the white part can be stored in a bag in the crisper for a month or so.

Delicata / Butternut Squash: [Coldbrook Farm](#) (Crete, IL)
Storage Tip - Keep undamaged squash in a cool, dark, dry place, out of the fridge, for up to 6 months.

Beets: [PrairieEarth Farm](#) (Atlanta, IL)
Storage Tip - Keep dry and tightly sealed in a bag in the crisper for up to a month.



MIZUNA, A MEMBER OF THE MUSTARD FAMILY THAT IS SIMILAR TO ARBUSTOLA WITH A SOME PEPPERY AND BITTER NOTES. GREAT IN SALADS OR WETTED.



BEETS, POTATOES AND RADISHES

[CLICK HERE FOR WEEK 21 NEWSLETTER](#)

Recipe Recommendations



Easy Caramel Apples



Chinese Scallion Pancakes (蔥油餅)



Spiced Peppers & Eggplant



Caramelized Apples & Onion



Stuffed Zucchini Boats



Mediterranean Eggplant Salad



Roasted Potato & Corn Salad



Garlicky Bok Choy



20 Recipes + Uses for Grapes

Click on the image to access the recipe

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