



Week 6: June 22 / 23 / 24

Welcome to Summer LUCSA Week 6!

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, strawberries, herbs, cooking greens, salad greens, turnips, cucumbers, and carrots!

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](#)



bushel & peck's mustard

Featuring peach and jalapeno.



urban canopy zine

The first official Urban Canopy company zine, full of info about all our different branches, following our summer 2021 LUCSA-only zine run



wind ridge farms seasoning

Spice up your dip with this beautifully dried seasoning!



beeler's applewood bacon

smoked and uncured, these slices are ready for the skillet with some eggs and potatoes.



pixiedust salts

Perfect for adding a little something different, yet familiar!



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.

& 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: Sparkling Water, [Klatbrunn](#) (Watertown, WI)

Storage Tip - Keep stored in fridge. Lasts long-term unopened. Comes with an assortment of 4: lime, raspberry, black cherry and plain.

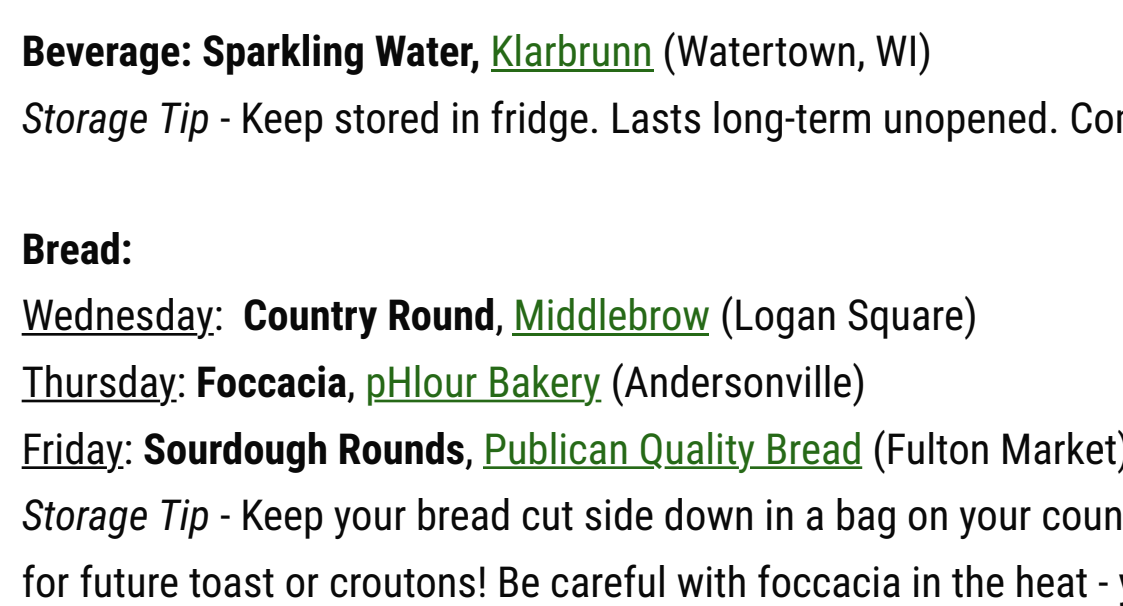
Bread:

Wednesday: [Country Round](#), [Middlebrow](#) (Logan Square)

Thursday: [Foccacia](#), [pHlour Bakery](#) (Andersonville)

Friday: [Sourdough Rounds](#), [Publican Quality Bread](#) (Fulton Market)

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 foccacia in the heat - you may want to refrigerate this sooner than later!



FROM LEFT TO RIGHT: WHITE BUTTONS, CRIMINS, PORTABELLAS

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.

Kale / Collards / Chard: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Global Gardens](#) (Albany Park, Chicago, IL) / [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)

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.

Strawberries: [Mick Klug Farm](#) (St. Joseph, MI)

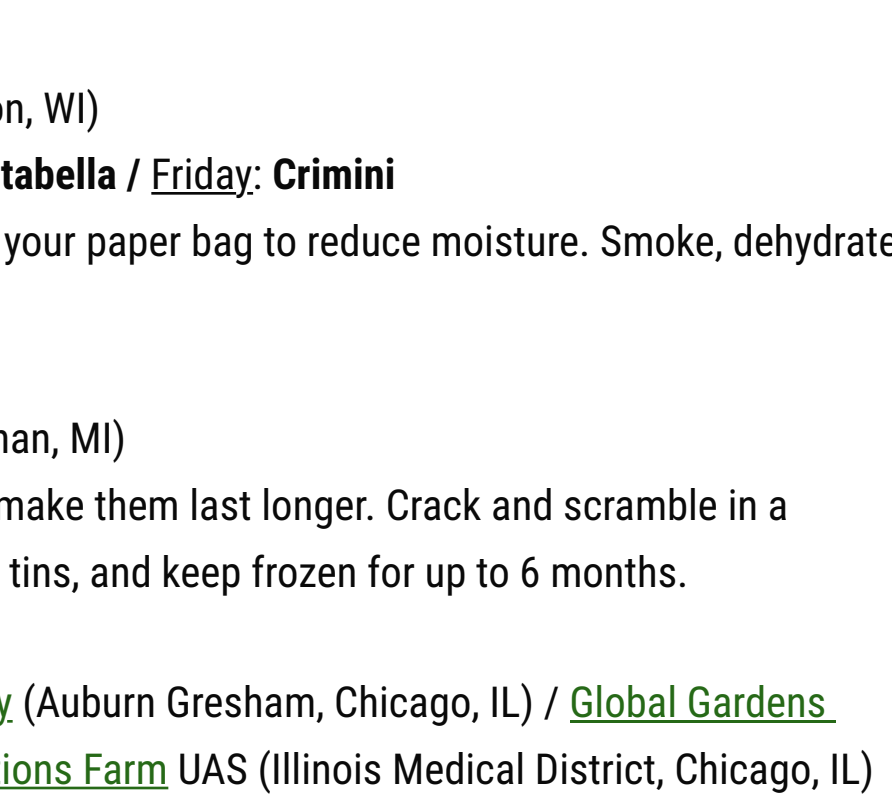
Storage Tip - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen.

Turnips: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Global Gardens](#) (Albany Park, Chicago, IL)

Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

Carrots: [One Family Farm](#) (Chicago, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tips - 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.



FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

You will receive one of the following:

Wednesday: [Tomatoes:](#) [Nichols Farm and Orchard](#) (Marengo, IL)

Thursday/Friday: [Cucumbers:](#) [PrairieForth Farm](#) (Atlanta, IL)

Storage Tip - Keep cucumbers in a plastic bag in the crisper for two weeks. Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

You will receive one of the following:

Cilantro: [PrairieForth Farm](#) (Atlanta, IL) / [Global Gardens](#) (Albany Park, Chicago, IL)

Sage: [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)

Parsley: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Storage Tips - To keep cilantro 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 cilantro with a plastic bag and keep it in fridge. For parsley: keep in an open plastic bag in the crisper for up to two weeks.

You will receive one of the following:

Lettuce Mix: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

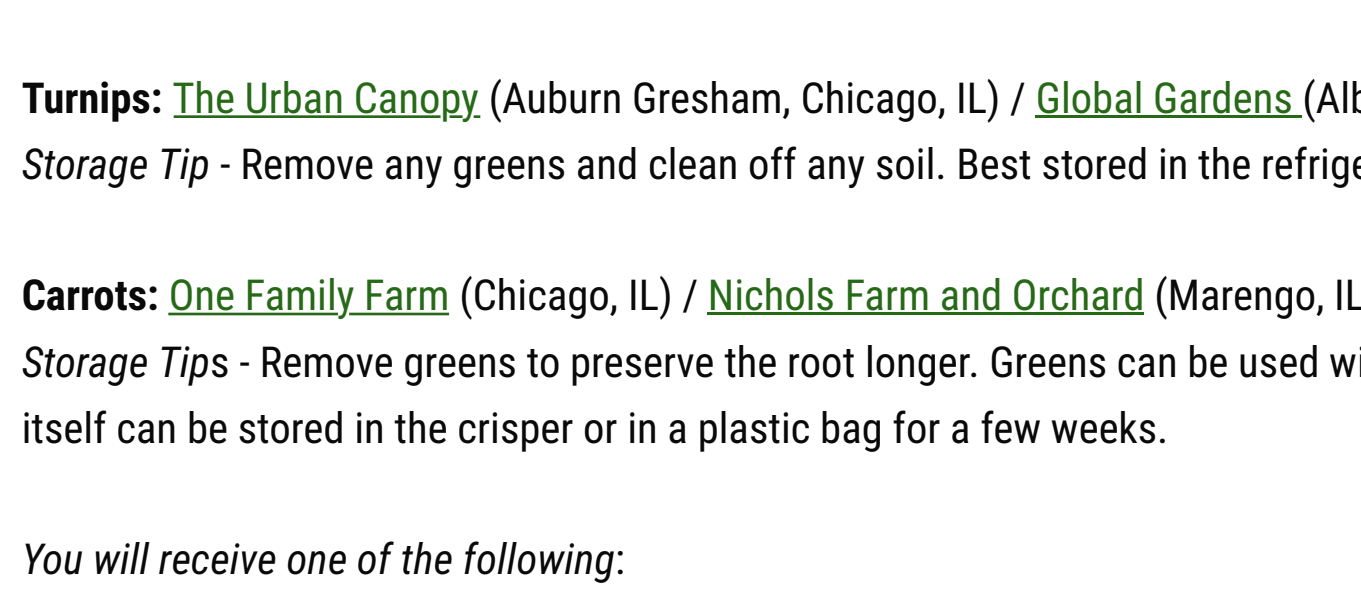
Beet Greens: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL)

Arugula / Spinach: [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL)

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



FROM BOTTOM LEFT TO TOP RIGHT: ONIONS, CILANTRO, GARLIC SCAPES, SWEET POTATOES, RADISHES, SAGE, KOHLRABI

Kohlrabi: [Nichols Farm and Orchard](#) (Marengo, IL) - *Mushroom substitute*

Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to three weeks. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

Garlic Scapes: [Down at the Farms](#) (Fairbury, IL) - *Egg substitute*

Storage Tip - Keep 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.

Sweet Potatoes: [One Family Farm](#) (Chicago, IL) - *Egg substitute*

Storage Tip - Sweet potatoes should never be cold til cooked! Keep them dry at a stable temperature out of direct light, on your counter or in a cupboard, for up to 6 months.

Radishes: [Nichols Farm and Orchard](#) (Marengo, IL) - *Beverage substitute*

Storage Tip - Remove greens, keep in a sealed plastic bag in the crisper for up to three weeks. Keep root or stem dry in a plastic bag in the crisper for up to three weeks.

Bunching Onions: [Global Gardens](#) (Albany Park, Chicago, IL) / [PrairieForth Farm](#) (Atlanta, IL) - *Bread Substitute*

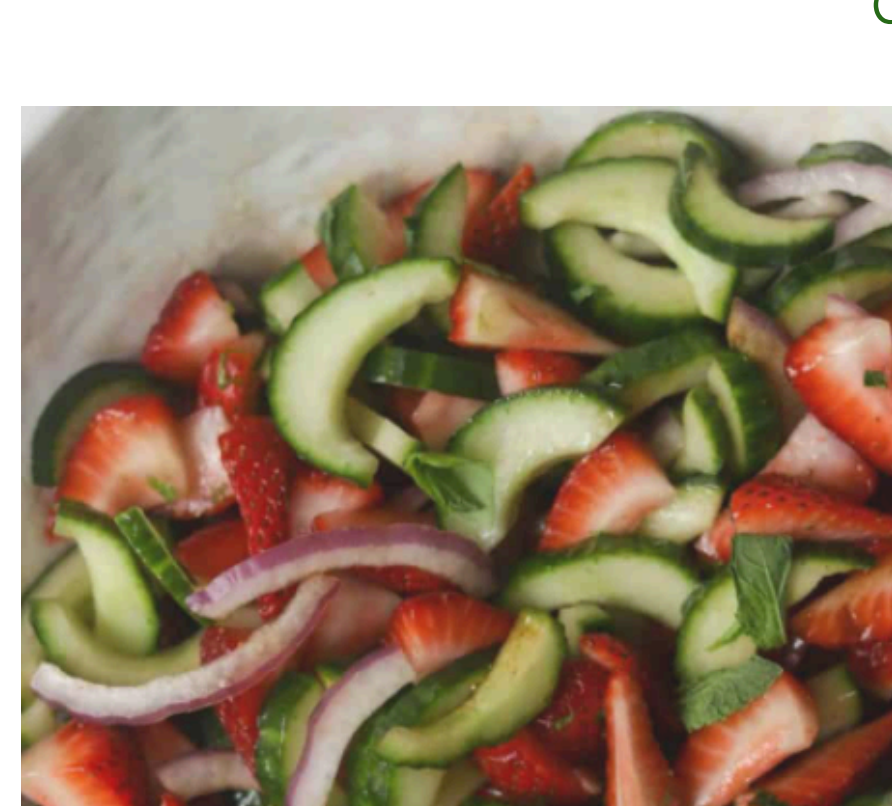
Storage Tips - Spring onions can be kept on the counter for two days but will then start to wilt. You should keep their greens dry. After a couple days they should stored in the fridge in a loose plastic bag with the greens wrapped in a paper towel.

[click here for summer lucsa week 5 \(6/15 - 6/17\) newsletter!](#)

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

Recipe Recommendations

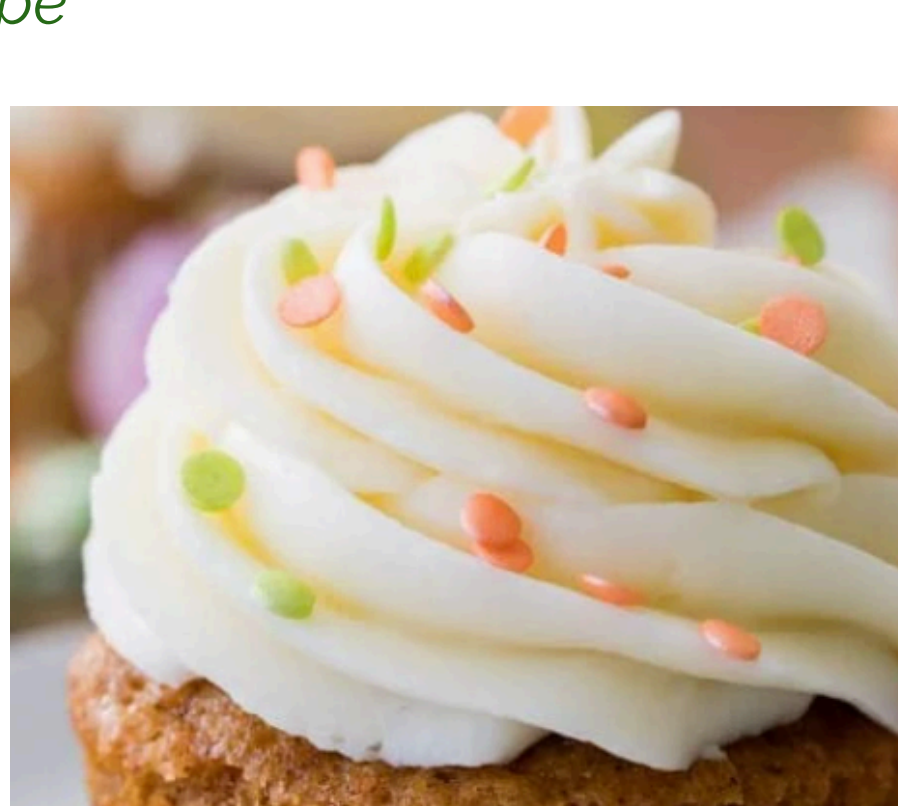
Click on the image to access the recipe



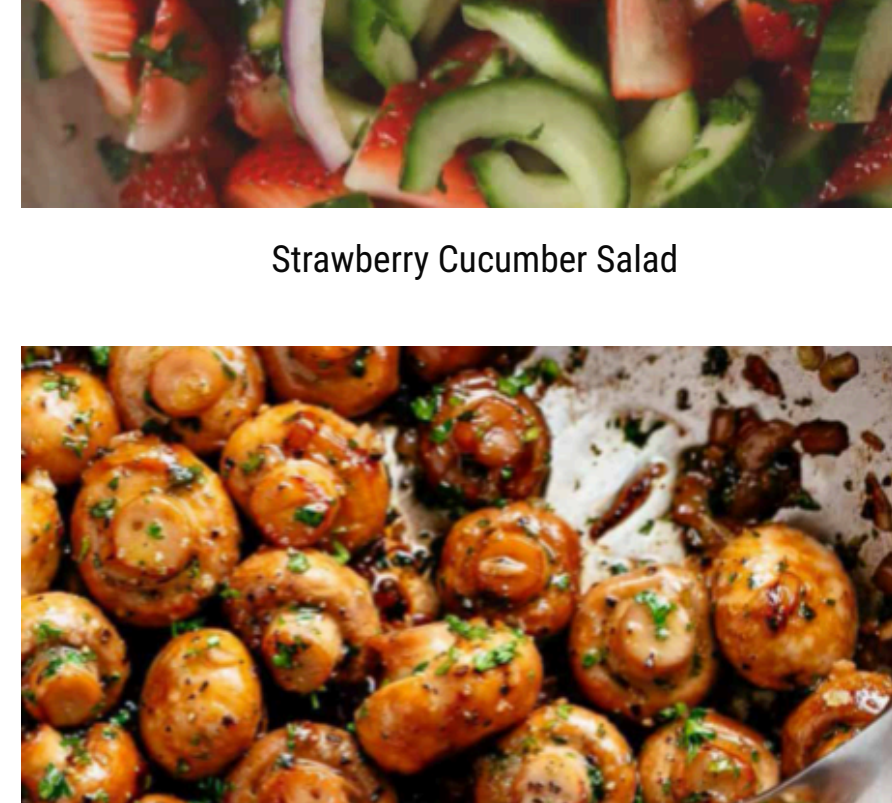
Strawberry Cucumber Salad



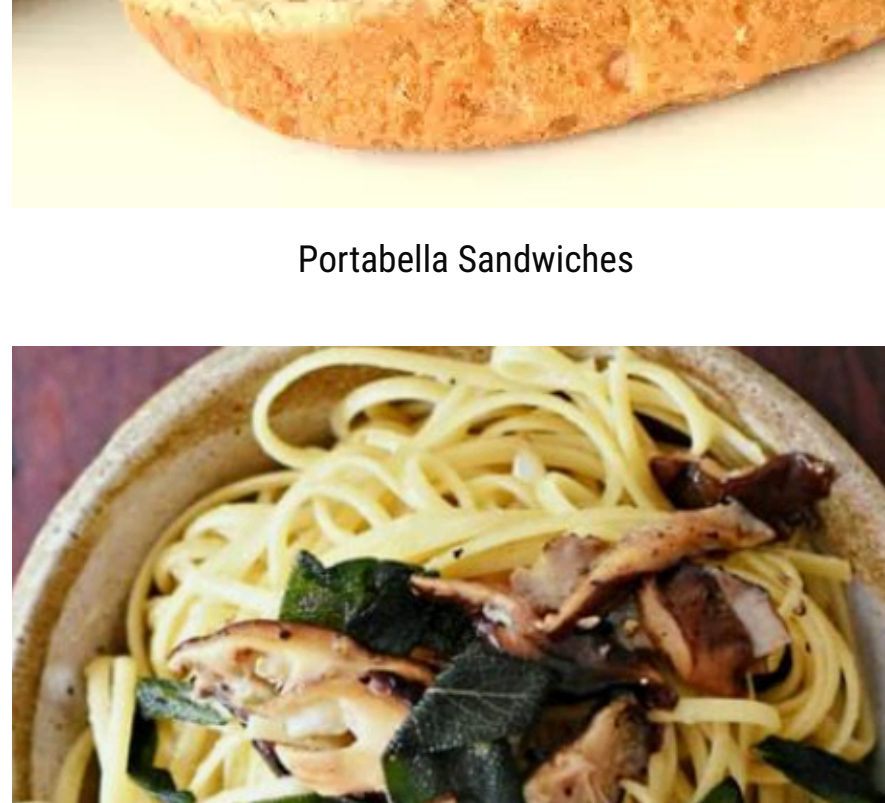
Portabella Sandwiches



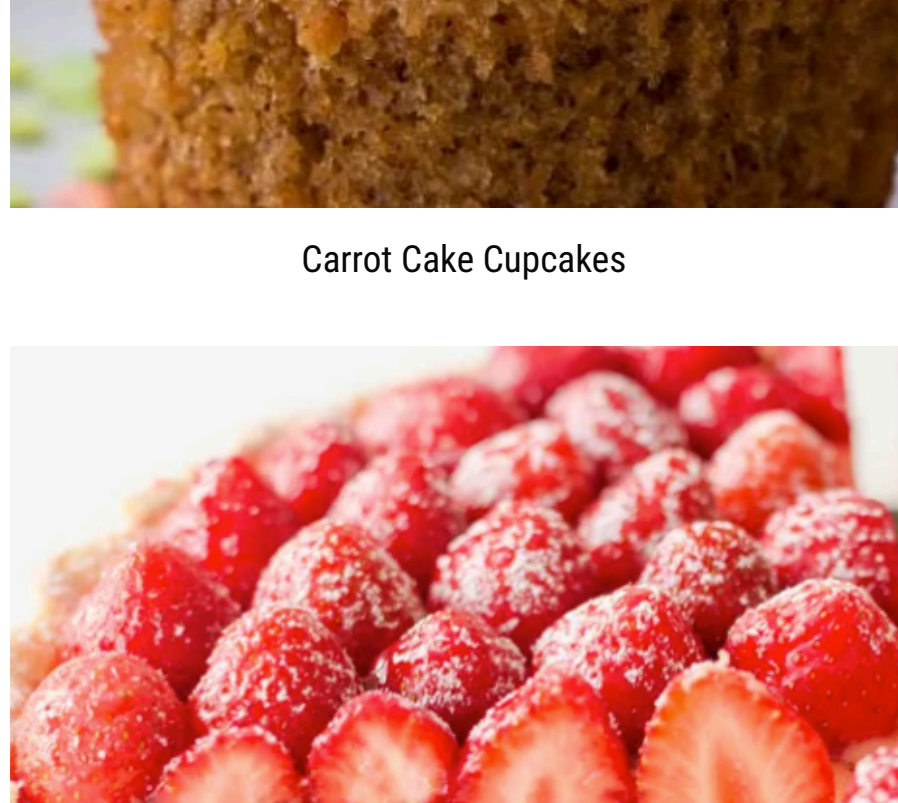
Carrot Cake Cupcakes



Garlic Mushrooms



Twenty Ways to Use Sage



French Strawberry Tart



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