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Week 4: June 7 / 8 / 9

Welcome to Summer LUCSA Week 4!

*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, whole bean coffee, strawberries, leeks, turnip/radish/beet, lettuce/endives or spinach, turnip/beet greens or collard/kale, and more to be determined!



Add-on Items

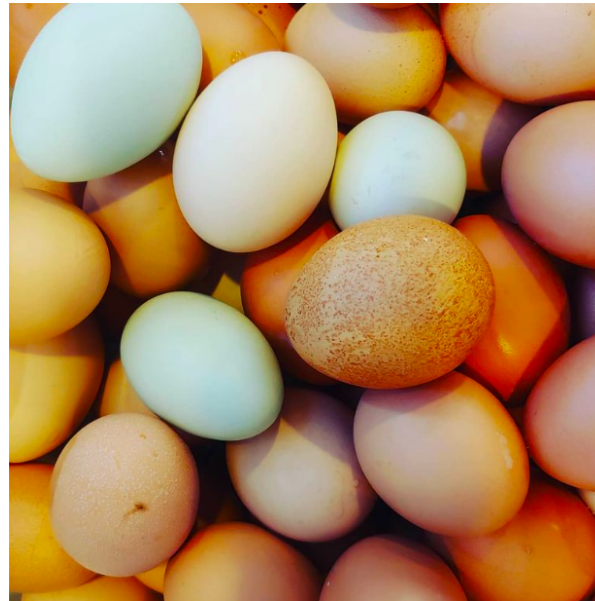
*All from local businesses! Order weekly, starting Saturday at noon, until **Monday at noon**.*

[CLICK HERE FOR THE ADD-ON ORDER FORM](#)



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



Finn's Ranch Eggs

Need an extra dozen eggs for that quiche or cake you've been meaning to make? From Buchanan, MI.



Big Star Margaritas

Three flavors available, and just in time for the summer heat!



Sputnik Cold Brew Coffee

Single-serve cold brew straight from Back of the Yards in Chicago.



UC Whole Tomatoes

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



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: Whole-Bean Coffee, [Bridgeport Coffee](#) (Bridgeport, Chicago, IL)

Storage Tip - Coffee beans should be stored in an air-tight and opaque container to avoid light and oxygen. Coffee beans are best used within two weeks of the roast date. They can be stored in the freezer for up to 4 months.

Bread:

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

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

Friday: **Foccacia, [pHlour 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!



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: [Blue Oyster, \[Down at the Farms\]\(#\)](#) (Fairbury, IL)

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

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 SHARE THIS WEEK WILL RESEMBLE THE PHOTO ABOVE! MANY ITEMS CHANGE DUE TO DELIVERY DAY AND SHARE PREFERENCES - AND BREAD IS NOT IN THIS PHOTO! TO SEE MORE SHARE PHOTOS LIKE THIS ONE, [FOLLOW OUR INSTAGRAM ACCOUNT!](#)

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) / [One Family Farm](#) (Chicago, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)
Storage Tip - Remove any greens and clean off any soil. Best stored in the refrigerator crisper or lowest shelf.

Potatoes: [Nichols Farm and Orchard](#) (Marengo, 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.

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.

Spring Onions: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - 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.

You will receive two of the following greens:

Turnip, Radish or Beet Greens: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) / [Bridge & Bloom Farms](#) (Chicago, IL)

Spinach: [Bridge & Bloom Farms](#) (Chicago, IL)

Kale / Collards: [PrairieErth Farm](#) (Atlanta, IL)

Lettuce / Endives: [The Urban Canopy](#) / [Bridge & Bloom Farms](#) (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.



CLOCKWISE STARTING TOP RIGHT, ENDING BOTTOM LEFT: ENDIVE, LETTUCE MIX FROM BRIDGE AND BLOOM FARM, SPINACH, ANOTHER LETTUCE MIX FROM OUR OUTDOOR FARM, AND TURNIP GREENS!

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: LEEKS, BEETS, RADISHES, CARROTS, MINT, CILANTRO, DILL AND OREGANO - EXPECT ONE OR MORE OF THESE IN YOUR SHARES IF YOU DON'T OPT INTO EGGS, BEVERAGES, BREAD OR MUSHROOMS, OR HAVE AN ALLERGY!

Leeks: [Global Gardens](#) (Albany Park, Chicago, IL) - *Bread substitute*

Storage Tips - Gently wrap and keep in your crisper for up to a month. Keep the dark greens in your freezer for stock!

Carrots: [One Family Farm](#) (Chicago, IL) - *Beverage substitute*

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.

Beets: [Global Gardens](#) (Albany Park, Chicago, IL) - *Egg substitute*

Storage Tip - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Spring Garlic: [PrairieErth Farm](#) (Atlanta, IL) - *Turnip substitute*

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.

Radishes: [Global Gardens](#) (Albany Park, Chicago, IL) - *Egg substitute*

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.

Mint: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) - *Mushroom substitute*

Storage Tips - 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.

Cilantro / Oregano / Dill: [Growing Solutions Farm](#) UAS (Illinois Medical District, Chicago, IL) - *Mushroom substitute alongside mint*

Storage Tips - Loosely wrap in a paper towel and place in an airtight container in the fridge for around 2 weeks.



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

Recipe Recommendations

Click on the image to access the recipe



Strawberry Oatmeal Bars



Sautéed Beet Greens



Potato Leek Soup



Belgian Endive Cups



Parmesan Crusted Turnips



Quick Collards with Bacon



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