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Week 5: June 15 / 16 / 17

Welcome to Summer LUCSA Week 5!

*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, turnips, garlicks + scapes, kohlrabi, lettuce, 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](#)



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.



UC preserved lemons

Pair with halibut, or other whitefish.



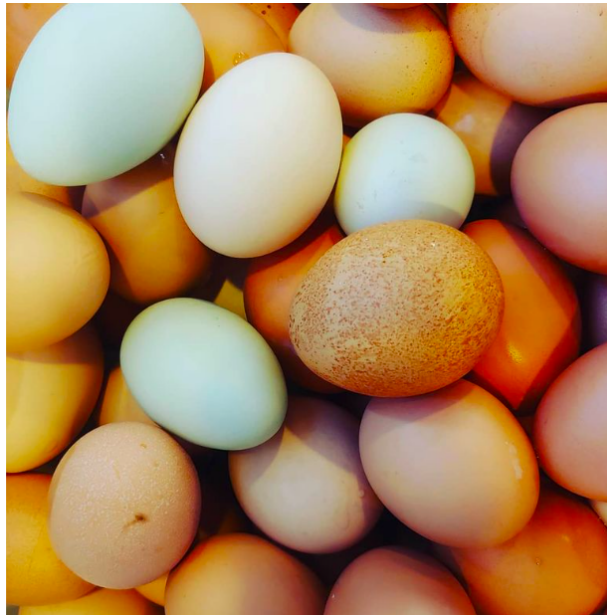
pixiedust salts

Perfect for adding a little something different, yet familiar!



foxship cookies

Always scrumptious, stay tuned for this week's flavor!



Finn's Ranch Eggs

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



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

& much more available!

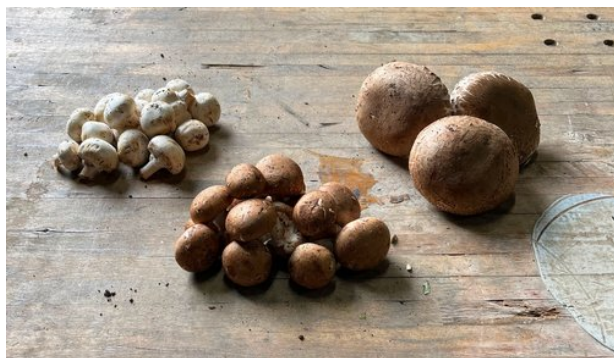
Share Contents (in progress)

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: Fruit Tonic, [Fruitbelt](#) (Sawyer, MI)

Storage Tip - Keep stored in fridge. Lasts for months unopened.



FROM LEFT TO RIGHT: WHITE BUTTON, CRIMINI, PORTABELLA

Bread:

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

Thursday: **Sourdough Rounds**, [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! Be careful with foccacia in the heat - you may want to refrigerate this sooner than later!

Mushrooms: [River Valley Ranch](#) (Burlington, WI)

Wednesday: **Portabella** / Thursday: **Crimini** / Friday: **White Button**

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: [PrairieErth Farm](#) (Atlanta, 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.



FROM LEFT TO RIGHT: KALE, CHARD, COLLARDS

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

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



FROM LEFT TO RIGHT: GREEN MUSTARDS, TAT SOI, BOK CHOI, BROCCOLI RAAB, RED MUSTARDS

Spring Garlic / Scapes: [Down at the Farms](#) (Fairbury, IL) / [Earthlore Farm](#) (Beaverville, 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.

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

You will receive one of the following:

Broccoli Raab: [Nichols Farm and Orchard](#) (Marengo, IL)

Tat Soi / Bok Choi / Mustard Greens: [Global Gardens](#) (Albany Park, 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.

Substitutions

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

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

Storage Tips - 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.

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

Storage Tip - Keep in a plastic bag in the crisper for two weeks.

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

Egg substitute

Storage Tip - Keep in a plastic bag in the crisper for two weeks.

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

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

Storage Tips - Keep in an open plastic bag in the crisper for up to two weeks.

Chives: [Gary Comer Youth Center](#) (Grand Crossing, Chicago, IL) - *Miscellaneous substitute*

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

Carrots: [The Urban Canopy](#) (Auburn Gresham, Chicago, IL) - *Miscellaneous 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.

Kohlrabi: [Down at the Farms](#) (Fairbury, IL) - *Miscellaneous 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 a plastic bag in the crisper for up to three weeks.



FROM LEFT TO RIGHT: MINT, PARSLEY, CABBAGE, SWEET POTATOES, CUCUMBERS AND CHIVES - THOSE RECEIVING HERBS THIS WEEK WILL RECEIVE TWO OF THE THREE PICTURED; NOT PICTURED - KOHLRABI, CARROTS

[click here for summer lucsa week 4 \(6/8 - 6/10\) newsletter!](#)

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

Recipe Recommendations

Click on the image to access the recipe



Garlic Scape Pesto



Shakshuka



Roasted Kohlrabi with Parm



Burst Cherry Tomato Sauce with Pasta



Portabella Sandwiches



Strawberry Oatmeal Bars



info@theurbancanopy.org

2550 S Leavitt St, Chicago, IL 60608

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