

October gave a party;
 The leaves by hundreds came
 The Chestnuts, Oaks and Maples,
 And leaves of every name.
 The Sunshine spread a carpet,
 And everything was grand,
 Miss Weather led the dancing,
 Professor Wind the band.
 -George Cooper



Kiva Orchard Community Supported Agriculture

Orchard News & Happenings - By Keena Kimmel

Autumn is in full swing now- those left on the picking crew , anticipating another hard frost any time, are busy picking the remainder of the harvest and winterizing the orchard for the off season- giving the trees, plants, and all of us- a welcomed break- until the promise of spring swings around again and off we go...

What's in your Box this week:
 Potatoes!
 Carrots!
 Apples
 Tomatoes
 Green Tomatoes
 Eggplant
 Onions
 Chili Peppers
 Winter Squash

up the bunkhouse and saying adios- leaving Kiva on her own for awhile- letting the critters and plants do whatever it is that they do when we're not around to disturb them.

The potatoes in your shares this week are from The Navajo Agriculture Supply Just South of Farmington. There will be more to follow next Wednesday as well

Last week's frost took out about half of the remaining tomato patch- graciously leaving us with plenty for your shares this week. All but the heartiest varieties of chilies, eggplant , carrots, onions and herbs took quite a hit- as is to be expected in October. What remains in the field after your shares are picked is destined to become compost to help along next years veggie crop. The apples and concord grapes are all in cold storage, and attentions are shifted to flushing out and pulling up irrigation lines, pulling up our plastic weed barriers, cleaning

along with a couple other late-season surprises...next Wednesday of course being our last pickup day for the season- enjoy, and have a great week!



Photo: Keena Kimmel

The Last CSA Pickup day will be Next Wednesday, October 19th!

Photo girl me taking advantage of a lull at the CSA pickup earlier in the season to photograph some carrots...

Thanks to Kay Sherman for this great recipe!

Italian Sausage Soup

1 lb. Italian sausage, cut in 1/2 inch slices
4 cloves garlic, minced
2 large onions, chopped
1 16 oz can Italian Pare tomatoes
1 1/2 quarts canned beef broth
1 1/2 cups red wine (or water)
1/2 tsp basil
1/2 tsp thyme
3 Tbsp chopped parsley
1 med green pepper, chopped

2 med zucchini, sliced
3 cups farfalle (bow tie noodles)
Parmesan Cheese, grated

In a 5-quart kettle, brown sausage on medium heat. Drain fat. Add garlic and onions; cook until limp. Stir in and break up tomatoes. Add broth, wine, basil thyme and parsley. Simmer uncovered for 30 minutes. Add vegetables and noodles. Cover and simmer 25 minutes more. Sprinkle each serving with parmesan cheese. Makes 8-10 servings



Herbed Potato Salad

1 1/2 lb Yukon Gold potatoes
1 1/2 Tbsp cider vinegar
3/4 tsp salt
3 oz sugar snap peas (1 cup) trimmed
1 medium carrot (3 oz) quartered lengthwise, then cut crosswise into 1/3 inch pieces
3- 1 inch radishes (3 oz total) cut into 1/8 inch thick matchsticks
1 stalk celery, cut crosswise into 1/4 inch thick slices
1/2 cup low-fat buttermilk dressing
1/4 cup low-fat sour cream
1/2 cup cilantro sprigs, loosely packed
3 Tbsp fresh chives, chopped
1/2 tsp black pepper

Another one of Kay's favorites...

Plum Coffee Cake

Makes one 8-inch square cake

1 c all-purpose flour
1 tsp baking powder
1/4 tsp salt
8 Tbsp (one stick) unsalted butter, softened
1/3 c granulated sugar
1/2 tsp grated lemon zest
1/4 tsp grated nutmeg
2 large eggs
1 1/2 c 1/2-inch slices unpeeled, pitted plums (4 med)
1/4 c packed light brown sugar

1. Position a rack in the center of the oven and preheat to 350 degrees F. Grease and flour an 8-inch square pan.
2. In a medium sized bowl stir together the flour, baking powder, and salt. In another medium sized bowl combine the butter, granulated sugar, lemon zest and nutmeg and beat with an electric mixer until fluffy. Beat in the eggs one at a time. Add the dry ingredients and beat just until evenly blended. Turn into the prepared pan. Arrange the plum slices closely together all over the batter, pushing them halfway in. Sprinkle the brown sugar over the plums and bake 30-35 minutes, until golden brown. When done, a toothpick inserted between slices of plum will emerge without crumbs clinging. Cool in the pan on a rack at least 15 minutes. Cut into squares and serve warm.

Peel potatoes and cut into 1/2 inch cubes. Cover, by 1 inch, with cold water in a 2-quart heavy saucepan and simmer, uncovered, until just tender, 10 to 12 minutes. Drain, then transfer to a medium bowl and toss with vinegar and 1/4 tsp salt. Cool potatoes to warm. Blanch sugar snaps and carrots with 1 tsp salt in a 1 1/2 quart saucepan or boiling water 1 minute. Drain vegetables in a sieve and rinse under cold water, then pat dry. Cut sugar snaps diagonally into 1/3 inch pieces. Add carrots, sugar snap, radishes and celery to potatoes in bowl. Pulse dressing, sour cream, herbs, pepper and remaining 1/2 tsp salt in a blender until herbs are finely chopped. Add to potato mixture and stir to coat.



Apple, Potato, and Onion Gratin

12 Tbsp butter (1 1/2 sticks) divided
2 lb onions, sliced
2 Tbsp packed fresh thyme, chopped
4 tsp fine sea salt, divided
2/3 cup water
2/3 cup dry white wine
4 tsp sugar
2 1/2 lb Yukon Gold potatoes, peeled, cut into 1/4 inch thick rounds
2 lb tart apples peeled, halved, cored, cut into 1/4 inch thick sliced

Preheat oven to 400°F. Butter 13x9x2 inch glass or ceramic baking dish. Melt 6 Tbsp butter in large nonstick skillet over medium heat. Add onions, thyme, and 2 tsp salt, sauté until onions are translucent, about 10 minutes. Increase heat to medium-high, sauté until onions are tender and begin to turn color, about 8 minutes longer. Remove from heat. Add remaining 6 Tbsp of butter, 2/3 cup water, wine and sugar to skillet, stir and swirl skillet to combine. Bring to boil. Cool onion mixture to lukewarm.

Combine potatoes, apples, remaining 2 tsp salt, and onion mixture in large bowl, toss gently to blend. Transfer to prepared baking dish, spreading evenly. Cover dish with parchment paper, then cover with foil, shiny side down. Bake gratin until potatoes are tender, about 55 minutes. Uncover and bake until top browns and juices bubble thickly, about 20 minutes longer. Let gratin stand 15 min-



Green Tomatoes with Goat Cheese

4 medium green tomatoes
1 tablespoon balsamic vinegar
2 teaspoons minced fresh oregano leaves
1 cup crumbled goat cheese (feta or chevre)
4 teaspoons olive oil
Salt and coarsely ground fresh black pepper

Cut tomatoes into 1/2-inch thick slices. Coat a shallow baking dish with oil. Place tomato slices, in a single overlapping layer, in the bottom of the baking dish. Sprinkle tomatoes with vinegar and scatter minced oregano over tomatoes. Top with crumbled goat cheese and drizzle with olive oil. Place 5 to 8 inches below a preheated broiler and broil until tomatoes are hot and cheese is just starting to brown, about 7 to 8 minutes. Season with salt and pepper and serve.



Au Gratin Potatoes

1/2 c Milk
1 tsp Italian seasoning
1 tsp Onion powder
3/4 tsp Salt
1/4 tsp White pepper
6 med Potatoes; cut into 1/4-inch slices
3 Tbsp Butter
1/2 c Shredded Cheddar cheese; (2 ounces)
2 Tbsp Grated Parmesan cheese
Paprika for sprinkling
Preheat the oven to 350 degrees F. Coat a 7" x 11" baking dish with nonstick cooking spray. In a small bowl, combine the milk, Italian seasoning, onion powder, salt, and pepper. Arrange the potato slices in the casserole dish. Pour the milk mixture over the potatoes and dot with the butter. Cover and bake for 1 hour, or until the potatoes are tender. Uncover and sprinkle evenly with the Cheddar and Parmesan cheeses then the paprika. Bake, uncovered, for 8 to 10 minutes more, or until the Cheddar is melted. Serve immediately.

Apollo Potato Pancakes

6 med Potatoes; shredded
1 med Onion; very finely chopped
2 Eggs
3 Tbsp Flour
1 1/2 tsp Salt
1/2 tsp Baking powder
1/2 tsp Pepper
Vegetable oil; for frying
Soak shredded potatoes in the water 10 minutes; drain and squeeze dry in a kitchen towel. In large bowl combine all ingredients except oil; mix thoroughly. Pour oil into large skillet to a depth of 1/8 inch; place over medium heat. For each pancake, portion 1/2 cup potato mixture into pan; flatten slightly. Cook about 8 minutes until crispy and brown, turning once. Repeat with remaining potato mixture, adding oil to skillet, if needed. Serve with sour cream and apple sauce, if desired.
Makes 4 to 6 servings (12 pancakes)

Apple Amber

1 lb Cooking apples, tart*
4 oz Sugar (or to taste)
1 Lemon, juice
2 lg. Eggs, separated
* peeled, cored and thinly sliced.
Cook the apple slices in about 2 T of water, stirring occasionally until they form a puree. Add about 3/4 of the sugar, the lemon juice, and the egg yolks; mix well. Put into an ovenproof dish and bake at 350F for 20 minutes. Meanwhile, whisk the egg whites until stiff, folding in the remaining sugar. Pile the meringue evenly on top of the apple mixture, return the dish to the oven, and bake for about 10 minutes. Serve hot or cold.

Amish Apple Butter

7 cups of the best applesauce you can get your hands on 2 cups of apple cider (NOT apple juice!)
1-1/2 cups honey
1 tsp. ground cinnamon
1/2 tsp. ground cloves
1/2 tsp. ground allspice
Whisk everything together in your slow cooker, cover, and cook on LOW for 14 or 15 hours (depending on the moisture content of your applesauce.) That's all there is to it. You may freeze it or put it by using the hot-water bath method.

Apple and Onion Tomato Sauce

2 c Diced or peeled tomatoes; chopped (or "basic" sauce)
1 med Onion; finely shredded
1 sm. Apple; finely chopped or sliced
2 Tbsp Extra virgin olive oil
1 Bay leaf
1 pinch Salt
1 pinch Black pepper
Place oil, onion, apple and bay leaf in a saucepan. Cover and simmer on low heat until apple and onion are dissolved (it takes 45 to 60 minutes). Add tomatoes and salt, and simmer for another half hour. Add pepper after removing the pan from the heat.



Apple and Honey Scones with Sweet Cinnamon Topping

1/4 tsp Salt (optional)
2 c All-purpose flour
1/3 c Margarine
2/3 c Wheat germ
1 1/4 c Apple, peeled, finely chopped
2 tsp Baking powder
1 tsp Ground cinnamon
1/2 c Skim milk
1/4 tsp Ground nutmeg
1/4 c Honey
1/4 tsp Baking soda
Topping:
1 Tbsp Wheat germ
1/4 tsp Ground cinnamon
1 Tbsp Sugar
Heat oven 400F. Lightly spray large cookie sheet with non-stick cooking spray or grease lightly. Handle the dough gently, over-mixing scones can make them tough. Combine flour, wheat germ, baking powder, spices, baking soda and salt. Cut in margarine until mixture resembles coarse crumbs. Add combined apple, milk and honey, mixing just until dry ingredients are moistened. Turn dough out onto lightly floured surface; knead gently 5 to 6 times. Pat dough into 9-inch circle. Mix together topping ingredients. Sprinkle over dough. Cut dough into 10 wedges. Place 1/2-inch apart on prepared cookie sheet. Bake 16 to 18 minutes or until light golden brown.

Pan Seared Scallops with Champagne Grapes and Almonds

16 large sea scallops, side muscles removed
5 Tbsp unsalted butter, divided
1 1/2 Tbsp minced shallots
2/3 cup Champagne grapes
1 1/2 Tbsp fresh lemon juice
1/3 cup sliced almonds, toasted
1 1/2 Tbsp chopped fresh Italian parsley

Sprinkle scallops with salt and pepper. Melt 3 Tbsp. butter in very large skillet over medium-high heat. Cook butter until beginning to brown, about 2 minutes. Add scallops; cook 2 minutes per side. Transfer scallops to plate; tent with foil. Melt remaining butter in same skillet over medium-high heat. Add shallots and grapes; sauté until shallots are golden, stirring occasionally, about 2 minutes. Stir in lemon juice and any accumulated scallop juices. Bring mixture to boil; season with salt and pepper. Stir in almonds and parsley. Place 4 scallops on each of 4 plates. Spoon sauce over and serve.

Slow Braised Pork with Black Grapes and Balsamic Vinaigrette

1 3 1/4 lb boneless pork shoulder, trimmed, cut into 3 equal pieces
4 Tbsp olive oil, divided
8 large shallots, halved, cut into 1/4 inch long slices (about 3 cups)
3 cups seedless black grapes (about 1 lb)
2 Tbsp sugar
1/2 cup balsamic vinegar
2 cups low-salt chicken broth
2 large fresh sage sprigs
4 large fresh thyme sprigs
2 large fresh rosemary sprigs

Preheat oven to 325° F. Sprinkle pork with salt and pepper. Heat 2 Tbsp oil in heavy large ovenproof pot over medium high heat. Add pork to pot and cook until browned on all sides, about 13 minutes total. Transfer pork to plate; discard fat in pot. Heat remaining 2 Tbsp oil in same pot over medium heat. Add shallots and grape; sauté until shallots are golden, stirring occasionally, about 3 minutes. Add sugar; sauté 30 seconds. Add vinegar; bring mixture to boil and cook until slightly reduced, about 3 minutes. Add broth, all herb sprigs, and pork with juice from plate. Bring to boil. Cover pot and transfer to oven.

Roasted Butternut Squash,

1 2/14 lb butternut squash, peeled, seeded, cut into 1 1/2 in pieces
1 1/2 cups seedless red grapes
1 medium onion, cut into 1 inch pieces
1 Tbsp fresh sage leaves, thinly sliced
2 Tbsp olive oil
2 Tbsp unsalted butter
1/4 cup pine nuts, toasted

Preheat oven to 425°F. Combine butternut squash, grapes, onion and sage in large bowl. Drizzle with oil and melted butter. Season generously with salt and pepper. Toss to coat. Spread out onto large rimmed baking sheet. Roast until squash and onion begin to brown, stirring occasionally, about 50 minutes. Transfer to platter, sprinkle with toasted pine nuts, and serve.

Sautéed Chicken Paillards with Muscat Sauce

1/4 cup all purpose flour
4 chicken breasts, skinless, boneless, pounded to 1/4 inch thick
4 Tbsp unsalted butter, divided
1 Tbsp minced shallots
1 cup red Muscat grape or other red grapes, halved, seeded
1/4 cup dry fruity white wine
1 Tbsp whipping cream
1 Tbsp chopped fresh tarragon

Place flour in dish. Sprinkle chicken with salt and pepper. Dredge chicken in flour to coat. Melt 2 Tbsp. butter in large skillet over medium-high heat. Add chicken; sauté until cooked through, about 2 minutes per side. Transfer to platter; tent with foil. Melt remaining butter in same skillet over medium-high heat. Add shallots and grapes; sauté stirring occasionally, 2 minutes. Add wine; bring to boil. Add cream; bring to simmer. Stir in tarragon. Season with salt and pepper. Spoon over chicken.

Braise pork for 1 hour. Using tongs, turn pork over and continue braising until meat is very tender, about 45 minutes longer. Using slotted spoon, transfer pork to platter; tent with foil. Remove herb sprigs from pot and skim fat from surface of cooking liquid. Boil cooking liquid over high heat until thickened, about 7 minutes. Season sauce with salt and pepper. Pour over pork and serve.

Potatoes:

Early Beginnings

Archaeological evidence credits the natives of Peru with cultivating the earliest forms of potatoes approximately 4500 years ago. Later, Spanish explorers would carry these potatoes home and from there, they spread potatoes throughout the world.

Return to the New World

European settlement in North America, after Columbus' historic voyage, brought the potato back to the New World. It would eventually become a staple crop and develop into one of the key agricultural products of the colonies.

The Early Years PEI Potato Production

British settlers introduced the potato to Prince Edward Island. It was well suited to the Island's environment. Potato production went through a series of ups and downs in the 19th century but by the turn of the century had become well established.

That's a lotta Potatoes!

The average annual crop of potatoes worldwide - 291 million tons - could cover a four-lane superhighway circling the world six times.

You Don't Just Eat 'Em

Potato acids can be found in detergents. Potato starch is used as an adhesive in stamps and as an absorbing agent in disposable diapers.

The potatoes in your shares this week were grown just south of Farmington by the Navajo Agricultural Products Industry.

Potato Migration to Europe

Spanish conquistadors seeking South American treasure carried the potato to Europe aboard their ships. Over time the potato spread throughout Europe and would have an important impact on European culture

Advances in Techniques during the 18th Century

With the beginning of the Industrial Revolution in the late 18th century, demand for cheap food increased sharply in Europe. Factory owners wanted an economical means of feeding their workers while retaining their workers' productivity. The potato was the perfect remedy and came into increasing demand.

To accommodate the increased market for potatoes, improved farming techniques and new technology were devised to expand production. Jethro Tull (1674-1741) was one of the leaders in this revolution in potato farming. He developed the seed drill which was used to plant the sets into the raised earth ridges. Tull also introduced the practice of horse-hoeing which permitted much more land to be cultivated in potatoes. This achievement was adopted from turnip farming of the time but became a standard method used by potato farmers.

Potatoes of the World

By the mid 1980's, potatoes were being produced in 130 of the world's 167 independent countries.

The Irish Potato Famine

In 1845, potato blight devastated the potato crops of Ireland. A widespread famine followed that had a worldwide influence.

Progress in Technology European Advances

When potatoes were first introduced to Europe, they were usually grown in small amounts and there was little need for more efficient tools than simple foot plows or spades and hand labor. However, in some locations, such as the Highlands of Scotland and over-crowded Ireland, where fertile land was scarce, it was necessary to develop better tools to assist in the cultivation of potatoes.

Multi-purpose Vegetable

Potatoes can be more than just food for people and animals. They are distilled to make vodka and aquavit, and have been used to make whiskey. They have also been processed into starch, paste, and dye. The potato can even be converted into fuel for cars.

Early Technology Early Peruvian Potato Farming

When potatoes were first harvested by South American natives thousands of years ago, they were handpicked from wild plants growing in the mountains. Over time the natives devised techniques to grow better tasting and hardier varieties.

War effort

Potato-based alcohol fueled German planes during World War Two.

