

“That beautiful season the
 Summer!
 Filled was the air with a dreamy
 and magical light;
 and the landscape
 Lay as if new created in all the
 freshness of childhood.”
 - Henry Wadsworth Longfellow



Kiva Orchard Community Supported Agriculture

Orchard News & Happenings - By Keena Kimmel

shot, and let me know how it works out for you. Point being—extra is good—save it for later!

With this week falling into that transitional period between the finish of early season crops, and peak season in site but not yet in full swing, this week's share is a bit on the light side. We figured that it would be a good week for you folks to clean out the fridge, and finish up that last bunch of beets, or lingering handful of turnips, before round two of the season takes off and greens and root crops are replaced with the tastes of summertime: tomatoes, cucumbers, peppers, and peaches (my personal favorites)-just to name a few.

What's in your Box this week:

- Cabbage
- Flying saucer-squash
- lavender
- Thyme
- Cherries
- Scallions
- Turnips

The pie cherries in your shares this week are time consuming— but so worth the effort! If you've never used them before— have fun. If you don't have a cherry pitter that's okay, just pierce a hole in them and carefully squeeze out the pit. Here's a simple recipe that I found for pie filling similar to the one that I use (with the exception being I've never written mine down, and like to use a bit of almond extract) I've also included a mixed cherry pie recipe in page 3 in which you can use both the bings and pie cherries. Happy baking and see you next week!

Verna's Sour Cherry Pie Filling

I realize we've been loading you up with lots of fresh herbs these past few weeks— more than some of you probably know what to do with... There's nothing better than to pull out last summer's surplus of oregano or thyme in the dead of winter and whip up a batch of soup or some such homespun creation. My point being- don't let that bag of oregano sit in your fridge and become an unidentifiable mass of funk ,when herbs can easily be preserved to be used throughout the year.

(-www.compusmart.ab.ca/elien/pies.htm#b9)

- 4 cups pitted sour cherries
 - 4 tbsp. cornstarch
 - 1/4 tsp. salt
 - 1 tbsp. butter
 - 1 1/4 cups sugar, generous measure
- Mix cornstarch, sugar and salt. Heat with cherries in double boiler until juice is transparent and mixture thick. Add butter and cool. Freezes really well.

I've included some ways for “preserving the harvest” this week and will continue to post ideas for freezing, canning, dehydrating, vinegars & oils and other such projects devoted to squirreling away what you can for the winter... It's so much more rewarding to go “shopping” in a stocked pantry when the snow flies, than trudge to the store— I know my jeep always appreciates it...If you, like me are a squirrel at heart, you know exactly what I'm talking about. If not (maybe you just don't know it yet) give it a



Don't be intimidated by these unusual looking guys if you picked them in your share— use them as you would zucchini...

Just to let you all know, will be having a couple of opportunities for members to come out and tour the orchard, and help with picking. These will be in August— our busiest time by far— with 8,500 peach trees to be picked, and 12,000 tomato plants just 2 things on the list of things to do... We'll keep you posted, and will give you advance notice, so that those of you who are interested in participating can carpool/ caravan to the orchard...

Recipes of the week:

Grilled Lamb Chops With Fresh Oregano and Lemon (Serves 4)

from Deborah Madison's Local Flavors.

½ c. olive oil
1 large handful chopped oregano
½ tsp. Sea salt
½ tsp. Red pepper flakes
8 lamb chops
1 lemon, sliced

1.) Combine the oil, oregano, salt and pepper flakes. Pour it over the lamb, turn to coat it well, then add the lemon. Marinate at room temperature for one hour or cover and refrigerate for several hours. Bring it to room temperature before grilling.
2.) Preheat gas grill to hot or build a wood fire. Grill four inches or so from the heat, allowing 3-5 minutes per side, depending on the thickness.



Coleslaw

1 head cabbage, green
1/2 head cabbage, red
2 carrots
1 bell pepper, red or green, or half of each
1 cup mayonnaise
1 Tbsp lemon juice
2 Tbsp caraway seeds, toasted (optional)
1 tsp salt
toasted sunflower seeds for garnish

Shred the cabbage, carrots and bell pepper, add the mayonnaise, lemon juice and caraway seeds, if using. Serve with the sunflower seed sprinkled over the top.

Beet and Tangerine Salad

1/4 cup tangerine juice, fresh
2 Tbsp white wine vinegar or Champagne vinegar
1 1/2 tsp tangerine peel, grated
6 Tbsp olive oil, extra virgin
1 lb red beets (about 3 medium)
1 lb yellow beets (about 3 medium)

1 5 oz bag of mixed greens
3 tangerines, peeled, seeded, separated into sections
1/2 cup whole almonds, toasted, coarsely chopped

Whisk first 3 ingredients in a medium bowl to blend. Gradually whisk in oil. Season dressing with salt and pepper. Cook beets in separate medium saucepans of boiling salted water until tender, about 45 minutes. Drain beets cool and peel; cut into wedges. Place red beets in 1 medium bowl and yellow beets in another. Add 1/4 cup dressing to

and ceramic crocks can be used for storage. Label and date each container. Store herbs in a cool, dry, dark place (away from sunlight). Dried herbs keep for years but for best results use within a year. To release the full flavor, crush whole herb leaves or use a mortar and pestle to grind, just before adding to the recipe. When using dried herbs, add to soups and stews during the last half-hour of cooking or follow recipe directions. Be creative and add dried herbs to flavor your favorite foods.

Let stand 2 hours at room temperature. (can be made 1 day ahead covering and chill beets and remaining dressing separately. Bring dressing to room temperature before using.) Toss greens with remaining dressing in large bowl. Divide greens among 6 plates. Top with beets and tangerine segments. Sprinkle with almonds; serve.

and dry with towels or paper towels to remove all visible water. Wet herbs tend to mold, which destroys the whole bunch. **3.** Turn branches upside down and remove leaves along the upper stem. Lower leaves are not as pungent as the top leaves nearest buds. Tie five or six stems together in a small bunch. For high moisture herbs, use smaller bunches. **4.** Place the bunch upside down in a large brown paper bag. Gather the bag around the stems and tie. Tear or cut several holes in the bag for ventilation. Make sure there is plenty of room inside the bag so leaves do not touch the sides of the bag. Write the name and date on each bag. **5.** Hang the bag in a warm, airy room or attic. Leave undisturbed for about two weeks or longer.

When the leaves are dry, check for any signs of mold growth. Toss the entire bunch if moldy and try again. Strip dried leaves from stems and discard stems. Crush the leaves if desired, but keep in mind that whole herbs retain their flavor longer than crushed, ground or rubbed herbs. Store dried herbs in small airtight containers away from the light. Zip closure plastic bags, colored bailing wire jars

Mixed Cherry Pie with a Double Crust (serves 8)

-From Deborah Madison's *Local Flavors*

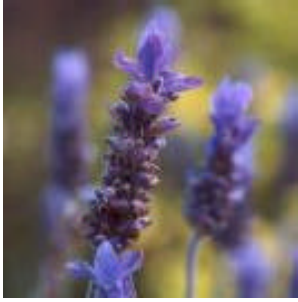
For this pie, I use a pint basket of pie cherries mixed with dark ruby Bings and pink and gold Royal Anns, you can use other varieties as well, or all pie cherries, adding an extra ¼ cup of sugar if they are very tart. This makes a big double-crust pie. If you're going to go through the trouble to pit cherries, you might as well make a large pie- it doesn't take that many more.

Pie dough for a double crust pie
1-pint pie cherries
3 pints (about 2 lbs.) Bing or other sweet cherries
1 c. sugar
¼ c. all-purpose flour or tapioca
¼ tsp. Almond extract

1. Make the pie dough and divide into 2 disks, one slightly larger than the other. Wrap in plastic wrap or waxed paper and refrigerate. While it's chilling, pit the cherries and put them in a bowl roomy enough to hold them comfortably. The pits of the pie cherries can be gently squeezed out with your fingers rather than punched out with a pitter. This creates much less spatter. Toss the cherries- you should have about 8 cups or a bit more- with ¾ cup of the sugar, the flour and the almond extract. Preheat the oven to 450.
2. Roll out the larger circle of dough and ease it into a 10" glass pie plate. Roll out the second piece. Add the cherries; set the circle of dough on top, then crimp the edges. Brush the top with water and sprinkle generously with the remaining ¼ c. of sugar.
3. Cut several slits in a star-shaped pattern in the center, set the pie on a sheet pan, and bake on the lower third of the oven for 15 minutes. Reduce the temperature to 350, move the pie up to the center rack, and bake for one hour until the crust is brown & the juices have started to run. Let cool at least 1 hour before serving.

To air dry herbs, follow the following steps:

1. Use a sharp knife or scissors to cut large stems or branches from mature plants. Gently shake each branch to remove insects. Examine each branch and remove old, damaged or diseased leaves. **2.** Rinse each branch in cold water



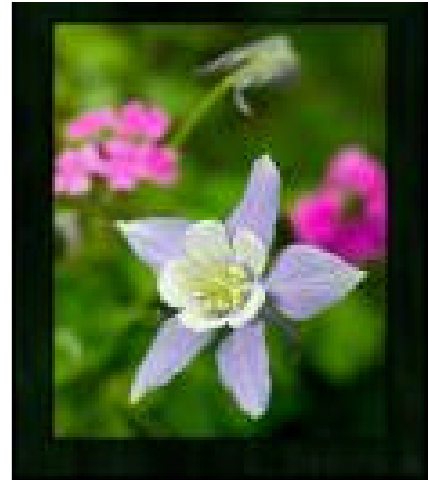
Lavender:

Culinary Uses Fresh lavender flowers are frequently used to flavor lemonade. It is also used to flavor fruit salad and milk and cream for deserts. Flowers be candied to decorate cakes and puddings. Use lavender instead of rosemary when cooking chicken. Lavender ice-cream is a real treat.

Medicinal Uses Use an infusion of lavender on insect bites. Dried flowers and seeds are used in herbal sleep pillows and baths for soothing and calming frayed nerves. Lavender oil applied at the temples will relieve a headache. Three flower heads in a cup of boiling

water makes a soothing tea at bedtime.

Special order items, made available by many local enterprises, will be listed on Wednesdays for pickup the following week. We ask that if you are interested in placing a special order, that you contact Keena either by phone (946-4978) or e-mail : keena@highdesertfoods.com NO LATER than Saturday, so that appropriate time is allotted for orders to be filled and delivered. Orders will be taken on a first come, first served basis, and are subject to the availability of each individual producer. Payment will be taken at the time of pickup.



Special Order Products for this week:

Blue Horizons Farm (will be listed once per month) Blue Horizon's Package (\$7.00) includes: 5-lbs. Whole Wheat Flour, and 2 pounds Cracked Whole Wheat.

Cocina Linda (listed weekly) Cocina Linda Dinner Package (\$12) includes: two pre-cooked/frozen tamales. Your choice of chicken mole, pork in red chile, zucchini & corn, and poblano chile strips & cheese. (multiple "packages" may be ordered, however both tamales in package must be the same.) Quantities are limited...

Clearwater Farm (listed weekly) (bars of soap are \$4 each) Choose from: Calendula & Lavender, Peppermint & Aloe Vera , or Sage & Oatmeal.

Fox Fire Farms (listed once per month) Ground Lamb (1 lb. package) \$5.75/lb. Lamb Stew Meat (1 lb. package) \$5.75/lb.

High Desert Foods (listed weekly) \$7/jar choose from either Apricot Lavender Conserve (7.6 oz.) or Rhubarb Rose Conserve (7.6 oz) (normally \$8.50 per jar)

The Bee Tree (listed weekly) Pure, raw, unfiltered honey \$5.25/pint.

The Rowher Family (listed weekly) Farm fresh eggs \$3/dozen. (limited quantity of around 10 dozen available each week)

San Juan Mountain Mustard (listed weekly) \$4/bottle (9 oz.) choose from: Mad Miners Maple Horseradish, Colorado Wildflower Honey Chipolte, and Hermosa Cliffs Cherry Habanero.



We welcome your comments, input, photos, recipes, questions and suggestions. Please direct any of the above to: keena@highdesertfoods.com

Preserving the harvest... some ideas for canning, drying, freezing, and other methods of squirreling things away for winter.

Herb Pastes: Preserving the flavor of basil in pesto has evolved naturally into making pastes from other herbs, to get a fresh herb taste in winter recipes. Highly concentrated and using a minimum of oil, herb pastes are now considered to be the best way to preserve fresh herb flavor.

Suggested herbs for herb pastes: basil, chervil, cilantro, dill, fennel, coriander, marjoram, mints, parsley, rosemary, sage, savory, and tarragon.

Serving Suggestions: Herb pastes are highly concentrated —always start with small amounts. They can be floated in hot soup; added to dressings for salads; added to sauces, gravies and marinades; used as a baste for meat and fish; used to flavor hot vegetables, or to make wintertime fresh tasting pestos!

Start with clean, dry herbs, and sterile wide-mouthed jars (baby food jars work well) Use approximately 1/3 c. of oil to 2 cups herbs. Place oil and herbs in a blender, and chop until you have a smooth paste, scraping the sides of the blender as needed, until all the bits of herbs are coated with oil. Use as little oil as necessary to accomplish this. (If you chop the herbs by hand first, this process will be hastened.) The oil is a carrier only, and will not add an oil flavor to the herbs, especially if you use a bland type such as corn, safflower, or sunflower rather than olive oil.. Place immediately into jars, remove air bubbles, and drizzle with enough oil on top to cover and seal it. Add one teaspoon of vinegar to the oil. Screw on the lid. (If lid is metallic, cover the jar top with plastic wrap before screwing on the lid.) Label and date the jar and refrigerate (for use within a week) or freeze for up to 3 months.

Special Order Items

Blue Horizons Farm Inc. is owned and operated by Trent & Linda Taylor, with the help of their three children, Brian, Julia and Kevin. Our farm consists of over 2600 acres of dryland winter and spring wheat, safflower, CRP and other spring grains. In addition, we farm 120 acres of irrigated alfalfa and grass hay. We are the third generation of Taylors to clean and mill wheat at the well-known "Long Hollow Mill"

Clearwater Farm Our soap is made on our farm from pure olive oil, coconut and palm oils, pure essential oils and often some flowers or herbs grown here. They are for the most sensitive skin, biodegradable, and long lasting.

Cocina Linda We are a small restaurant committed to providing traditional Mexican Food cooked from fresh ingredients.

Fox Fire Farms is owned & operated by Richard & Linda Parry in Ignacio, Colorado. Fox Fire Grass-Fed Lamb is a true free range product raised on pasture and will never come from a feed lot. Our Grass-fed lambs are raised on clover & grass & mother's milk, and have had no artificial growth hormones, steroids, or antibiotics. Our Grass-fed lambs are produced on a totally organic, chemical free system.

High Desert Foods is located in Dolores, CO at what once was the Mountain Sun Juice Plant and is synonymous with Kiva Orchard. Currently, High Desert is producing and distributing a line of all organic preserves, jellies and butters —utilizing fruit grown at the orchard, which is supplemented by a local network of cooperating organic farmers. The recipes that turn these jewels into a value-added product, were developed in collaboration with celebrated chef and author, Deborah Madison.

The Bee Tree We are family owned & operated with bees on 100 farms in 4 counties. We use minimum medication to keep our bees alive, encourage local farmers to use natural pest control or the mildest pesticides available, and educate and encourage consumers to use natural foods starting with raw honey.

The Rowher Family we are situated on 12 acres just down the road from orchard. We produce all of our own food including beef, pork, chicken, eggs, and fruits and vegetables from a large garden, which we also can and freeze for the winter. Our eggs are farm fresh, and come from 70 laying hens.

San Juan Mountain Mustard is a small Durango-based company producing unique, high quality, all-natural mustards and BBQ marinades. Our operation consists of a home office and storage facility, while all products are prepared at one of three commercial kitchens in the local area (Joy's Specialty Foods in Mancos; O'Hara's Jams and Jellies in Durango; Serious Delights Bakery in Durango). We purchase some raw ingredients from local suppliers (such as honey), and see the potential to purchase fruit locally for our Cherry Habanero Mustard, as well as other seasonal fruit mustard offerings.