

The air is like a butterfly
 With frail blue wings.
 The happy earth looks at the sky
 And sings.
 - Joyce Kilmer



Kiva Orchard Community Supported Agriculture

Orchard News & Happenings - By Keena Kimmel

A large part of my job description with the orchard has evolved into long hours of driving from here to there, with the Kiva truck loaded down with the day's harvest en route to a farmers market or various delivery points; or returning after a long day, with a lighter load and stacks of empty boxes as a reminder of the week's efforts. Driving time has become a time of reflection for me over the years—a time to relax and recharge and recount the days events, or make sense of philosophical ramblings that flit into by psyche, as the truck rumbles and bumps down dusty roads.

**What's in your
 Box this week:**
 Cherries
 Zucchini
 Spring Onions
 Rosemary
 Basil
 Thyme
 Mixed Greens
 Pabtipan Squash

See, the 1980 GMC Sierra that is the orchard's main workhorse, was around before I came into the picture in 2000. He's had the long hard life of a farm truck, with cracks in the windshield, and various battle scars to prove it. As far as a radio—he has none. So, long hours spent driving from point A to point B are either 1.) passed in contemplation if driving alone, or 2.) filled with talk of politics, and future plans, and the latest news and happenings, if two or more of us are piled into the cab. In either case, lots of time to think is the inevitable outcome, as the trusty truck (who has to my knowledge, never been given a name of his own) plods on—slowly but surely—the pony express of organic produce, with a worn and measured gait resulting from years of hard work.

I can remember being scared to death the first time I drove the loaded truck from the orchard to Durango. Having been graciously implanted from the east coast—driving had always been a means to raise my blood pressure, and brush up on the latest traffic jam slang. New to me was the persistent gait of car or truck, over huge stretches of space, with no stops to be had—with the exception of an occasional brake for chipmunk or mule deer, and various scattered small-town stop signs—exactly what I'd been looking for...

With time, I became more confident in maneuvering

Kiva's elephant in residence in smaller quarters—backing and parking with increasing ease (with a few dents and dings to prove it.) That old truck and I are old friends now—he still doing his job, and I mine. Sometimes the sunrise is there to greet us—sometimes the sunset. The little changes of the seasons each week, provide welcome predictability—the start of the monsoon season only one of many...

Occasionally, I pause for a minute to capture one of these frames on film—but time rarely permits it—places to go, and veggies to sell—so such frames are usually filed to memory alone.

These days, Esteban, one of our interns in residence, as been helping out a great deal with driving. He too, started out white knuckling switchbacks, but is gaining confidence each week in maneuvering the bumbling beast over the Colorado countryside.

So, the next time you happen to spot Kiva's gentle giant, you can smile and wave, knowing that he, one of the oldest members of the Kiva family is still doing what he does best.



The trusty Kiva truck resting at the orchard

Photo by Keena Kimmel

Recipes of the week:



Teeny Zucchini with Onions -Better Homes and Gardens

Three main ingredients and less than 10 minutes in the skillet reward you with a side dish that's sensational.

1 pound baby zucchini or 3 medium zucchini
1 tablespoon olive oil
1 small onion, cut into thin wedges
1/4 cup chopped walnuts
1/2 teaspoon dried oregano, crushed
1/4 teaspoon salt
1/4 teaspoon black pepper

1 Rinse and trim zucchini. If using medium zucchini, cut in half lengthwise and then into 1/2-inch slices.

2 In a large nonstick skillet heat olive oil over medium heat. Add zucchini and onion. Cook, stirring occasionally, for 6 to 8 minutes or just until vegetables are tender.

3 Add walnuts, oregano, salt, and pepper. Cook and stir for 1 minute more. Makes 4 to 6 servings.

Lamb Shanks Braised With Onions and Rosemary

From Deborah Madison's *Local Treasures* (serves 4)

4 lamb shanks
3 garlic cloves: 1 crushed, 2 slivered
sea salt and freshly ground pepper
1/4 c. all-purpose flour
3 Tbsp. Olive oil
16 small onions, about an inch across, peeled and left whole
2 Tbsp. Finely chopped rosemary
3 thyme sprigs
1 c. Merlot or Pinot Noir
1/3 C. parsley chopped with one large garlic clove

1.) Rinse the shanks and pat them dry. Rub the crushed garlic over them and insert the slivers into the folds of meat. Season with salt and pepper, then roll the shanks in the flour, patting it on with your hands so they're well coated.

2.) Heat the oil in a Dutch oven. Add the shanks and cook over medium-high heat, browning them all over. Transfer them to a platter and add the onions, rosemary, thyme, and any remaining garlic to the pot. Cook until the onions are browned lightly, about 7 minutes. Simmer until it has reduced by about half. Pour in 3 cups water, bring to boil, and then lower the heat to a simmer. Cover and cook over low heat until completely tender, with the meat falling off the bone, about 2 hours. Serve with chopped parsley and garlic over all.



Ricotta Pesto

from *Herbal Treasures*, by Phyllis V. Shaudys

This pale green sauce is attractive and tasty, and freezes well. It is excellent in stuffed shells, and any other recipes calling for pesto.

8 oz. Ricotta cheese
1 c. sweet basil leaves
1/2 c. grated Parmesan cheese
1/3 c. chopped scallions
1/3 c. walnuts, blanched almonds, or pine nuts
1/4 c. olive oil
2 large, or 4 small cloves garlic.

Place all ingredients together in a blender, and run on "Liquefy." Stop 2 or 3 times to scrape down the sides of the blender.

Variation: To 1 c. Ricotta Pesto, add 6 oz. Cream cheese, and 1/2 to 1 c. ricotta. Excellent as a dip for raw veggies or crackers.



Reserve 1/2 cup cooking water, then drain orzo in a colander. While orzo is cooking, heat butter and oil in a deep 12-inch heavy skillet over moderately high heat until foam subsides, then saute shallots, stirring, until golden, about 5 minutes. Add zucchini, yellow squash, salt and pepper and saute, stirring occasionally, until vegetables are just tender, about 5 minutes. Remove from heat and stir in nuts, parsley, basil and zest. Add cooked orzo to skillet and stir gently. If mixture seems dry, moisten with some reserved pasta water. Season with salt and pepper. Serve warm or at room temperature.

Chicken with New Mexican-Style Rub

Provided by Better Homes and Gardens

1 tablespoon dried oregano
1 tablespoon dried thyme
1 teaspoon coriander seed
1 teaspoon aniseed
1/4 cup chili powder
1 teaspoon paprika
1/2 teaspoon cracked black pepper
1/4 teaspoon salt
4 medium skinless, boneless chicken breast halves

1 For rub, using a mortar and pestle, grind together the oregano, thyme, coriander seed, and aniseed. Stir in chili powder, paprika, cracked black pepper, and salt.* **2** Set seasoning mixture aside. **2** Rinse chicken; pat dry. With your fingers, gently rub some of the seasoning mixture onto both sides of chicken breast halves. **3** Place chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 12 to 15 minutes or until tender and no longer pink, turning once. (Or, grill on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until tender and no longer pink, turning once.) Makes 4 servings. **4** ***Note:** The seasoning rub makes about 7 tablespoons. Store the leftover mixture, covered, in a cool, dry place and use within 6 months.

Orzo with Summer Squash & Toasted Hazelnuts

1 1/2 cups orzo (10 oz)
3 Tbsp unsalted butter
3 Tbsp olive oil
1 cup shallots, finely chopped (6 1/2 oz)
2 medium zucchini (1 1/2 lb total) cut into 1/3 inch dice
2 medium yellow squash (1 lb total) cut into 1/3 inch dice
1 tsp salt
1/2 tsp black pepper
3/4 cup hazelnuts (4 oz), toasted, loose skins rubbed off, and nuts coarsely chopped
1/2 cup fresh flat leaf parsley, chopped
1/2 cup fresh basil, chopped
2 tsp fresh lemon zest, finely grated
Cook orzo in a 4 to 5 quart pot of boiling salted water until al dente.

Rosemary (*Rosmarinus officinalis*)



Medicinal Properties

Rosemary helps to relax muscles, including the smooth muscles of the digestive tract and uterus. Because of this property it can be used to soothe digestive upsets and relieve menstrual cramps. When used in large amounts it can have the opposite effect, causing irritation of the intestines and cramps. A tea made from the leaves is also taken as a tonic for calming nerves and used as an antiseptic. Rosemary makes a pleasant-tasting tea. Use one teaspoon of crushed dried leaves in a cup of boiling water and steep for ten minutes. (Pregnant women should not use the herb medicinally, although it's okay to use it as a seasoning.)

Cosmetic Uses Use an infusion as a rinse to lighten blond hair, and to condition and tone all hair. Try mixing an infusion half and half with shampoo to strengthen hair. An infusion can also be used as an invigorating toner and astringent. Rosemary added to a bath strengthens and refreshes, especially when used following an illness.

Culinary Uses Rosemary and lamb go well together. Make slits in lamb for roasting and tuck in sprigs of the herb. Place larger sprigs over chops for grilling and use chopped leaves sparingly in soups and stews. Use rosemary in *bouquets garnis* and sparingly with fish and in rice dishes.

Other Uses

Use the dried leaves as potpourri and in sachets to scent clothes and linen and deter moths. Rosemary is grown as a companion plant for cabbage, beans carrots and sage. It helps to deter cabbage moths, bean beetles and carrot flies.

Rosemary Remembrance Wreaths

Form heavy gage wire into the shape of a heart by twisting it into a circle about 8 inches in diameter, then pinching at the base and the top to form a heart. Bind slender sprays of rosemary to the heart-shaped frame with florists' wire. Decorate the rosemary heart with dried flowers and herbs, as shown. Rosebuds, also a symbol of remembrance, add a nice touch.

"There's rosemary, that's for remembrance."

-- Shakespeare's *Hamlet to Ophelia*

—<http://www.gardenguides.com/herbs/rosemary.htm>



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 (listed weekly) 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.

High Desert Foods (listed weekly) \$7/jar choose from either Blueberry Blackberry Conserve (7.6 oz.) or Blueberry Apple 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.

Dried Cherries -(<http://www.cherrylaneorchards.com>)

Drying cherries with a dehydrator is becoming one of the more popular methods of preserving and utilizing cherries for baking and eating. We have been drying cherries for years and through trial and error have discovered the do's and don'ts of drying. Here are a few tips.

Cherries dry better and faster after they have been frozen. We recommend pitting your cherries (drinking straws work good) and putting them in ice cream pails, cover with a little sugar and then freeze.

Prior to drying, you need to allow the cherries to thoroughly thaw out. This will take a good 24 hours. Before putting cherries on drying racks, hand squeeze as much juice as possible out of the cherries. This will cut your drying time in half, plus for every gallon pail of cherries you will end up with 3/4 gallon of cherry juice. Freeze the juice in jugs or other containers and drink it throughout the year. You will also want to put some wax paper in the bottom of your dehydrator to keep it clean.

Drying time depends on your dehydrator and how much water is still in the cherries. We have a five rack dehydrator with horizontal air flow. Each load takes 16-20 hours of drying time at 135 degrees Fahrenheit. Do your own experimenting and think raisins or you may over dry. Ten pounds of cherries translates into one pound of dried cherries. Put your dried cherries in zip-lock bags and put bags in sealed containers.



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.

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.