



# Kiva Orchard Community Supported Agriculture

So much to do and so little time! This newsletter is a little late in the making this week, as the list of things to do grows at the same rate as the crops in the field (whose upkeep and harvest is one of the many...) Some of you have been asking about how we arrive at our share size each week... So, I'll give it a shot ...We try our best to predict volume and quantity of upcoming crops nearly a week in advance—arriving at a rough idea of what we'll pick for all of you by Thursday (the day after your pickup day) for the following week. This is a rough estimate at best, but it helps us determine what, if anything we will purchase from other growers to supplement our shares- in an effort to provide you with the best possible variety each week.

As far as the quantity of your weekly share goes, we try to remain as consistent as possible in shooting for a “market price” of \$20-\$23 per week for you medium share holders, and \$25-\$28 for those of you with large shares. While no two weeks are the same, this is what we're ideally striving for—with the “sharing the risks” aspect of Community Supported Agriculture ever present, for both us as producers, and you as consumers.

Inevitable leaner times, and times of surplus are all thrown into the mix, so that none of us can predict the final outcome—try as we might. (and try we do—believe me...) So, the next time your share seems a tad small for the week, just remember that there's bound to be an abundance along the way, that will be split just as evenly as the “leaner weeks”. For those of you who know our produce at the farmers markets—please know that first priority is always given to the CSA, but as is the way with babies and produce—they're on their own schedules. If a zucchini is ready to be picked on Thursday, we'd better hurry up and pick it or it will be the Godzilla of zukes the following week, and noone will give it the time of day... (Veggies don't like to grow in nice round numbers either—hence the “pick one from this box” deal each week...

Orchard News & Happenings - By Keena Kimmel

All of that being said, please know that all of us at the orchard are doing our very best with the daylight, and weather, knowledge and growing season we've been dealt... We hope that you will be able to walk away from this experience with a new (or renewed) sense of appreciation for who and where your food comes from. The next time you sit down to dinner, think about all of those who planted, and watered, and tended, and talked to the plants who overcame the odds, and went on to bear the fruit on your plate. Likewise, those folks enduring dusty 100 degree days, to pick all that they can, to send on with a driver, who will hand it all over to more Kiva people- who will wash, and pack the final veggies that will be sent on to you—after share sizes are determined, and all is said and done—with not a moment to spare... and off it all goes on to you and yours who helped to make it all happen in your own role as a member and supporter of local agriculture. This week- thank the sun, cross your fingers for rain, and enjoy the fruits of the harvest—whatever they turn out to be.

**What's in your Box this week:**  
 Corn  
 Zucchini  
 Pabtipan Squash  
 Flying Saucer—  
 Squash  
 Basil  
 Mixed Greens  
 Cabbage  
 Eggplant  
 Cucumbers  
 Rosemary  
 Jalapenos  
 Espanola Chilies  
 Italian Parsley

Our many thanks to Sky Pilot Gardens, a small family owned garden in Durango for providing you with the fabulous mixed greens these past few weeks. Their motto is: “Local, organic produce grown with love, it tastes better that way!”

We would also like to thank Ute Mountain Farm in Towaoc, for the much anticipated sweet corn of summertime! Their 7,800 acre irrigated agricultural project provides year round employment for tribal members and revenue to the Ute Mountain Ute Tribe. The operation currently produces high quality corn, alfalfa and wheat and also manages 900 head of cattle. While their sweet corn is not organic, it is managed as minimally as possible. Enjoy!

### Orzo with Summer Squash & Toasted Hazelnuts

1 1/2 cups orzo (10 oz)  
3 Tbsp unsalted butter  
3 Tbsp olive oil  
1 cup scallions, 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. 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 sauté scallions, stirring, until golden, about 5 minutes. Add zucchini, yellow squash, salt and pepper and sauté, 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.



### Roasted Vegetables with Tofu

2 lb tofu, extra firm  
1 Tbsp vegetable oil  
1 eggplant, cut in 1 inch cubes  
1 red pepper, cut in 1 inch cubes  
1 green bell pepper, cut in 1 inch cubes  
2 zucchini, cut in 1 inch cubes  
1 onion, cut in wedges  
1/2 lb mushrooms, cut in half  
2 Tbsp basil  
3 Tbsp olive oil  
2 Tbsp red wine vinegar  
1 tsp oregano  
1/2 tsp salt  
1/4 tsp pepper  
1 tomato, seeded, cut in 1 inch pieces

Press tofu to remove moisture. Cut into 1 inch cubes. Pat to dry. Fry in very hot oil until golden, stirring often. Place all vegetables, except tomato, in greased baking dish. Sprinkle with basil. Combine oil, vinegar, oregano, salt and pepper. Drizzle over vegetables. Roast at 350°F for 30 minutes. Add tomato and tofu and stir to combine. Roast an additional 30 minutes.



### Caramelized Onions

6 Large sweet onions (about 3 lbs)  
2 Tbs. olive oil  
2 Tbs. balsamic vinegar  
2 Tbs. light brown sugar  
1/8 tsp. lemon pepper

Peel the onions, cut in half crosswise and slice into 1/2 inch wedges. Set aside. Heat the olive oil in a skillet over medium high heat for 30 seconds. Add onions, and cook for 3 minutes, stirring frequently. Reduce heat, add vinegar and sugar and cook stirring frequently, for about 45 minutes or until caramelized.

### Sweetcorn with Basil and Lime Salsa

4 cobs sweetcorn  
2 packs basil  
1 tsp honey  
1 clove garlic, coarsely chopped  
2 small green chilies, deseeded and chopped  
1 tsp salt  
juice and zest from 2 limes

Bring a large pan of unsalted water to a boil then drop in the corn cobs and boil for 6 to 8 minutes until tender. Drain and cut into thick slices. Meanwhile, put all the other ingredients, except the lime zest, in a blender and process briefly, the salsa should retain a rough texture. Stir in the zest. Serve the salsa in a bowl as a dipping sauce, with the

### Fresh Corn Spoon Bread

2 cups whole milk  
1/3 cup yellow cornmeal  
1 1/2 cups fresh corn kernels (from 2 or 3 ears)  
1 Tbsp unsalted butter  
1 tsp salt  
4 large eggs, separated

Preheat oven to 425°F. Bring milk, cornmeal, corn kernels, butter and salt to a boil in a 3 quart heavy saucepan over moderately high heat, stirring frequently, and simmer, stirring constantly, until thickened, about 3 to 4 minutes. Remove from heat and cool 5 minutes, stirring occasionally, then whisk in yolks. Beat whites and a pinch of salt with an electric mixer at medium speed just until soft peaks form. Whisk 1/4 of whites into cornmeal mixture in pan to lighten, then fold in remaining whites gently but thoroughly. Spread mixture evenly in a buttered 9 1/2 inch deep dish glass pie plate or 1 1/2 quart shallow casserole and bake in middle of oven until puffed and golden, 15 to 20 minutes. Serve immediately (like a soufflé, spoon bread collapses quickly).

### Barley-Corn Salad

1 cup barley  
1/2 cup scallions, thinly sliced  
1 jalapeno pepper, (or 2)  
3 Tbsp vinegar  
1/3 cup olive oil  
2 cups corn, cooked fresh  
1 large tomato  
2 cloves garlic, minced  
1/2 tsp cumin, ground  
1/4 cup cilantro, fresh, chopped

Sprinkle barley into a large saucepan of boiling water. Stir and simmer for 1/2 hour, or until tender. Pour into a colander, rinse and drain. Combine barley with all other ingredients, except the cilantro (add that just before serving), and allow the flavors to blend. Serve at room temperature.



### Baked Stuffed Pattypan Squash

Recipe By: First Magazine

Serving Size : 4

Preparation

Time :1:25

4 summer squash -- pattypan 1 onion  
3/4 pound chopped parsley  
1/2 lb. sausage of choice  
1 1/2 cups fresh bread crumbs  
1/2 teaspoon pepper  
1 tablespoon olive oil

Set oven temp to 350F. Cut squash in half, horizontally and scoop out the seeds. Chop onion. Crumble sausage and cook until no longer pink. Remove from the pan with a slotted spoon and set aside. Add onion to fat in pan and cook till soft, 2 mins. Combine sausage, onion, parsley, bread crumbs, pepper and 2 tablespoons water. Divide mixture among squash halves. Brush tops of the stuffing and squash with oil. Pour 1/2-inch water in a large baking pan. Put squash in pan, cover and bake 30 minutes. Uncover and bake until squash are tender and stuffing is browned, about 15 mins.



**Basil:** There are over 40 known varieties of basil of which is native to India and Asia having been cultivated there for more than 5,000 years. It is grown there as a perennial in those warm, tropical climates.

Being a member of the mint family, it is not surprising to see it recommended for digestive complaints. So instead of an after dinner mint, try sipping an after dinner cup of basil tea to aid digestion and dispel flatulence. Herbalists have recommended basil for years for stomach cramps, vomiting and constipation. Basil has been described as having a slight sedative action, which would explain why it is sometimes recommended for headaches and anxiety.

There are several methods you can use to dry basil; all methods are relatively simple. First dry basil in small bunches by hanging them upside down in a dark, dry, warm, well-ventilated room. Use twine, rubber bands or twist ties to hold the bundles together. Second, you can dry basil leaves on screens placed outside in the shade on a hot day. Cover them with cheesecloth to keep the leaves from blowing away. In addition, you can also preserve basil by freezing it in ice cubes (nearest to fresh taste when added to cooked foods), putting fresh leaves in vinegar or oil (most useful in salad dressing), and blending it with oil, cheese, and pine nuts, (walnuts or sunflower seeds) to make pesto. Pesto freezes well for six months. Be sure to "seal" your pesto with a layer of olive oil. Putting herbs in vinegar captures their flavor for the months when fresh herbs are not available.

The best flavor is found in fresh leaves, but frozen and dried leaves are worth the effort also. The leaves can be used cooked or raw. Crush, chip or mince the leaves and add to recipes, or add whole leaves to salads. Sprigs of basil make a wonderfully aromatic garnish. The flowers are beautiful, edible, and also make a unique garnish.

Basil is traditional in Italian, Mediterranean and Thai cookery. It is superb with veal, lamb, fish, poultry, white beans, pasta, rice, tomatoes, cheese and eggs. It blends well with garlic, thyme and lemon. Basil adds zip to mild vegetables like zucchini, summer squash, eggplant, potatoes, cabbage, carrots, cauliflower, parsnips, spinach and to the soups, stews and sauces in which these vegetables appear, and to add to its versatility.

Taken From: -Ohio State University Extension Fact Sheet

Growing, Selecting And Using Basil

By Jeanne Youger-Comaty

### 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 Sweet & Sour Cherry Conserve (7.6 oz.) or Sour Cherry 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.

**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.**



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.

### FREEZING CORN

16 c. corn, freshly cut off the cob

3/4 c. sugar

4 c. water

4 tsp. salt

Boil all ingredients for 5 minutes and then cool quickly. Works best to pour into shallow cake pans and set on ice in coolers. Bag up and freeze in quantities desired.

**Dehydrating Vegetables:** Drying or dehydrating vegetables is one of the oldest known methods of food preservation. The really great thing about it is that you can do it at home with equipment you have on hand. You should pick your produce at its peak and work as quickly as you can to preserve its color and taste.

Prepare your vegetables as if you were going to serve them. Wash them well, trim, cut, chop, slice, whatever. Thickness will play an important role in how long your veggies take to dehydrate, so bear that in mind when preparing.

Next you must blanch the vegetables. This will preserve the color and flavor of the vegetable.

Most vegetables have an enzyme that, left active, will make them spoil. Blanching the vegetables stops the enzyme action.

Once they have been blanched, chilled and drained, you are ready to dry or dehydrate vegetables for long-term storage.

**The Rules** Of course, there are heaps of rules...but let's start here.

There are three methods used to dry or dehydrate vegetables. Sun dried, commercial dehydrator or oven.

Sun drying is the least reliable method for areas with variable temperatures. Unless you live in a climate that is a consistent 90F with low humidity for a guaranteed 3 days in a row, you risk your produce.

Once the drying starts, it cannot stop until finished. So don't let your vegetables cool again until they're done.

Some places do have that sort of weather...but more places don't, so sun drying is a bit of a gamble for most.

If you are still keen on trying it, you can purchase sun dehydrators, oven dehydrators and stand alone dehydrators.

**Oven drying** A home oven will only dry small quantities at a time (up to six pounds of produce, depending on the number of racks you have) so don't be preparing bushels of veggies at a time!

Set the oven at the lowest temperature and preheat to 140F (60C). If you are uncertain of the temperature, put a separate oven thermometer on a rack you can see. Check your temperature every half hour or so.

Lay out your vegetables on stainless steel screen mesh or wooden frames covered in cheesecloth. Do NOT use cookie sheets, as the air must circulate around the food.

Having the food sit next to metal sheets may also transfer a metallic taste. Using other types of metal materials may react with the food so please don't.

Load up the veggies. Doing trays of items similar in size will keep the drying even.

For instance, pumpkin and potato might be a good mix. Try not to mix strong flavored items as the flavor may transfer from one vegetable to another.

Keep the oven door open about 3 inches or so during drying. It is vital that the temperature is maintained at 140F (60C) and that the moist air can escape.

Move the trays around frequently to ensure even drying. No oven has even heat throughout.

Keep a close eye on your drying vegetables. Don't let them scorch and keep them moving.

Depending on the vegetable you are drying it will take between 4 and 12 hours to dry. Once they're done, the vegetable pieces will be hard and should shatter if hit with an instrument. Store in a watertight container.

To use, just add them to soups and sauces as they are, or reconstitute (cover them in a container with water 2:1 ratio) for approximately 2 hours before using your dehydrated vegetables.

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