



"An apple is an excellent thing -- until you have tried a peach."

-George du Maurier



Kiva Orchard Community Supported Agriculture

Orchard News & Happenings - By Keena Kimmel

First this week, a note from the orchard manager, Jesse Rowher, who has been doing a great job seeing to it that this chaotic operation (otherwise known as Kiva at harvest time) runs as smoothly as possible- in spite of the many obstacles and challenges that surface on a daily, sometimes hourly, basis.

Jesse is called on to handle everything from weather challenges, to irrigation issues... a tire blown out on one of the trucks headed on down the road...directing traffic, labor and logistics as semis maneuver within the close confines of the orchard...identifying new found pests... waking up at the crack of dawn.... seeing that everyone from pickers, to packers to truck drivers, and visitors all know what it is that they're supposed to be doing... taking calls and doing his best to answer all kinds of questions about anticipated projections, that in all fairness should only be left up to God, because asking someone how many tomatoes will be ready in the field in three days is like asking someone to estimate the number of dandelions in bloom in the front yard in June... (but such is the case with supply and demand, as impossible as projecting actual outcomes may be...)and yet through it all, Jesse still manages to keep a smile on his face and his distinctive sense of humor. Many thanks from all of us for holding down the fort...

Word from the Manager:

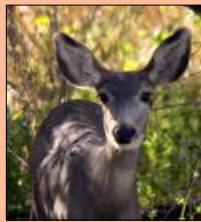
As the peach season starts, we have so much to look forward to. Although the peach crop is later than we hoped for, we have some of the sweetest peaches I've ever tasted! We will begin Harvesting these sweet jewels this week!!

Tomatoes are showing strong, and we hope to start having large harvest of them soon. We also see many eggplants growing beautifully, cucumbers are springing into bounty, snap beans and wax beans are showing, as well as elder berries, zucchini, and many types of winter squash. If that were not enough, we also see good showings of plumbs and pears.

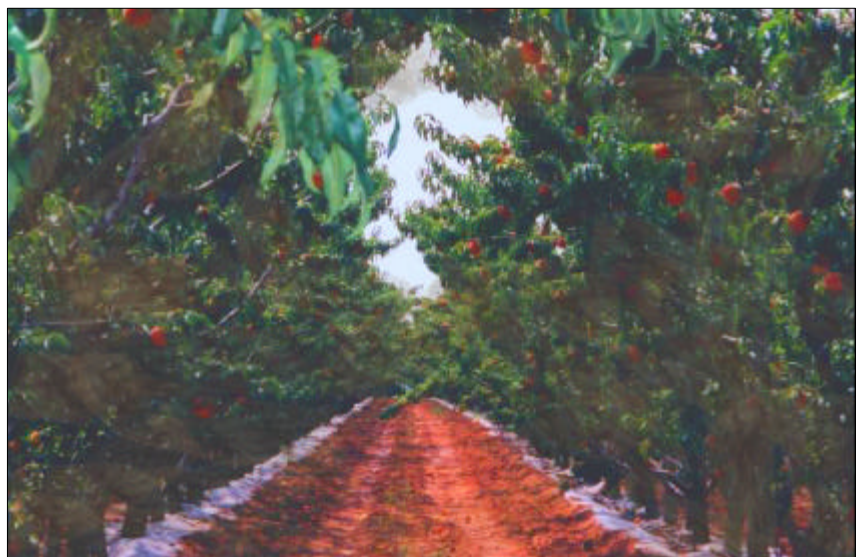
In years past, we have had special visitors visit us around October time frame. These visitors are not your typical type of visitors, as these ones weigh in at what we guess to be 450 lbs plus. They have large teeth and claws, and carry a very domestic presence to them. BEARS!!!! They seem to have a love for apples, and we at the orchard cannot blame them for choosing our orchard, as the quality is simply better. However, this year they have already graced the orchard with their presence.

Surprise!!!!

What's in your Box this week:



- Tomatoes!**
- Cucumbers**
- Bell Peppers**
- Basil**
- Flying Saucer - Squash**
- Patty Pan Squash**
- Zucchini**
- Chilies**
- Thyme**
- Oregano**
- Onions**



2 rows of peaches holding their own among the 8,500 peach trees on site...

Roasted Vegetable and Quinoa Salad

3 Tbsp olive oil
vegetable oil spray
1 head garlic, unpeeled
1 large zucchini squash, cut lengthwise into 4 slices
1 large eggplant
1 1/2 cups quinoa
3 cups water
1 chile pepper, roasted, peeled, seeded and diced
1 bell pepper, roasted, peeled, seeded and diced
1/2 cups Kalamata olives, pitted and chopped
2 plumb tomatoes, peeled and seeded. 1 diced
juice of 1 lemon
1 Tbsp red wine vinegar
1 tsp basil
1 1/2 Tbsp rosemary

Place bell and chile pepper under broiler until skin is blistered and starts to blacken. Remove from oven, place in a plastic bag and

allow to cool, then peel, seed and dice. Reduce oven heat to 375°F. Spray oil on a baking pan. Place garlic, zucchini and eggplant (poke it all over with a fork but leave it whole) on a pan and bake for 25 minutes. Remove the zucchini from the pan and leave the eggplant and garlic for another 25 minutes. As the vegetables bake cook the quinoa, toasting the quinoa first. Place cooked warm quinoa in a bowl with the peppers and olives. Add the diced tomato. Peel the garlic. Put 2 Tbsp olive oil in a food processor with the whole tomato, roasted, peeled cloves of garlic, salt, pepper, lemon juice, vinegar, basil and rosemary. Process until smooth. Chop the cooked zucchini. Peel and chop the eggplant, keeping any liquid. Add the zucchini, eggplant, and any liquid from chopped vegetables to quinoa. Stir in the dressing. It can be served warm or even better, chilled. Best next day.

Toss with the lemon juice, then add one cup of water. Reduce heat, and cook until the liquid has evaporated. Add another 1/2 cup of water and continue cooking in this fashion until the fennel is very soft and a deep gold in color, about 25 minutes in all. Season with pepper. Chop a handful of fennel greens-enough to make about 1/3 cup- with the garlic and lemon zest and set aside. 3.) Add salt and the pasta to the boiling water and cook until the pasta is al dente. Scoop it out and add it to the pan with the fennel and the chopped greens. Taste for salt and season with pepper. Serve with the cheese, finely grated or thinly shaved over the top.



Pasta With Golden Fennel

(serves 4-6)

-from Deborah Madison's Local Flavors

Caramelized fennel is the only vegetable in this pasta, but it's enormously flavorful. You can also serve the fennel as a vegetable. Cut into thicker, heftier pieces, but still cook until golden and caramelized.

2 or 3 fennel bulbs, including the greens
2 Tbsp. unsalted butter
1 Tbsp. olive oil
sea salt and freshly ground pepper
grated zest and juice of one lemon
1 garlic clove, minced
3/4- 1 lb. Fettuccine
Parmigiano-Reggiano or Dry Monterey Jack cheese
1. Peel or discard, if badly bruised, the tough outer layers of the fennel, then quarter the bulbs, setting aside the greens, and slice thinly. (The core will cook to tenderness.) Heat a large pot of water for the pasta. 2.) Melt one tablespoon of the butter with the olive oil in a wide skillet. Add the fennel and sauté over high heat, stirring occasionally, until browned in places, 7-10 minutes. Season with one teaspoon of salt

Salsa Tequila (makes 1 1/2 cups) -from Jane Butel's Southwestern Kitchen

A splash of tequila makes all the difference in this robust salsa; it has a way of mellowing the searing nature of terrifically hot foods. This sauce is great on chicken, seafood, and any kind of chops- pork, veal, or lamb.

1/2 c. cubed tomato (1/2" cubes)
1/2 c. finely chopped white or red onion
4 jalapeno chilies or to taste, minced (remove seeds & ribs of chilies for milder salsa)
1/4 c. tequila
1 garlic clove, minced
1/2 tsp. salt, or to taste
Combine all ingredients and let stand at least 30 minutes at room temperature.

Summer Squash Enchiladas

4 tablespoons butter 6 cups diced summer squash
4 tablespoons all purpose unbleached flour
2 tablespoons vegetable oil
2 teaspoons chili powder
1 1/2 cups diced onion
2 cups milk
3 garlic cloves
2 cups grated cheddar cheese
1 1/2 t. minced fresh hot peppers
salt and pepper to taste
3 cups diced tomatoes
16 tortillas

In a small saucepan, melt the butter and stir in the flour and chili powder to make a thick paste. Add the milk a little at a time, stirring well after each addition to prevent lumps. Add the cheese and heat gently until the cheese is melted. Season to taste with salt and pepper.

Preheat the oven to 400 degrees. Steam the squash until just tender, about 5 minutes. In a sauté pan, heat the oil and sauté the onion, garlic, and hot peppers until limp, 3 to 5 minutes. Add the squash and two thirds of the sauce. Toss to coat. Grease a 9" x 13" baking dish.

Spoon some filling onto each tortilla and roll like a crepe. Place seam side down in the baking dish. Spoon the extra sauce on top and sprinkle with the tomatoes. Bake the enchiladas for 30 minutes, or until hot. Serve immediately. This recipe is from the Joy of Gardening cookbook.



Lamb Shanks Braised With Onions and Rosemary

-from Deborah Madison's Local Flavors

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.

3.) Return the shanks to the pan, add the wine and 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.



Tomatoes have their origins traced back to the early Aztecs around 700 A.D; therefore it is believed that the tomato is native to the Americas. It was not until around the 16th century that Europeans were introduced to this fruit when the early explorers set sail to discover new lands. Throughout Southern Europe, the tomato was quickly accepted into the kitchen, yet as it moved north, more resistance was apparent. The British, for example, admired the tomato for its beauty, but believe that it was poisonous, as its appearance was similar to that of the wolf peach.

Most Europeans thought that the tomato was poisonous because of the way plates and flatware were made in the 1500's. Rich people in that time used flatware made of pewter, which has a high-lead content. Foods high in acid, like tomatoes, would cause the lead to leech out into the food, resulting in lead poisoning and death. Poor people, who ate off of plates made of wood, did not have that problem, and hence did not have an aversion to tomatoes. This is essentially the reason why tomatoes were only eaten by poor people until the 1800's, especially Italians.

What changed in the 1800's? First, and most significantly, was the mass immigration from Europe to America and the traditional blending of cultures. Many Italian-Americans ate tomatoes and brought that food with them. But also, and perhaps equally as important, was the invention of pizza. There is no pizza without tomato sauce, and pizza was invented around Naples in the late 1880's. The story goes that it was created by one restaurateur in Naples to celebrate the visit of Queen Margarite, the first Italian monarch since Napoleon conquered Italy. The restaurateur made the pizza from three ingredients that represented the colors of the new Italian flag: red, white, and green. The red is the tomato sauce, the white was the mozzarella cheese, and the green was the basil topping. Hence, Pizza Margarite was born, and is still the standard for pizza. And what could have led more to the popularity of the tomato than pizza!"

It was not regarded as a kitchen vegetable until the times preceding The Civil War Period in the United States. From this point forward, tomatoes have become a staple item in the kitchen throughout the world. Each area of the world has its own tomato history and how it is used in everyday dining. It appears though that tomatoes have had the largest impact on American eating habits, as they are responsible for enjoying over 12 million tons of tomatoes each year.

Fruit or Vegetable?

An interesting aspect of tomato history is the classic debate: Is the Tomato a Fruit or Vegetable? I guess that depends on whom you are asking. By definition, a fruit is the edible plant structure of a mature ovary of a flowering plant, usually eaten raw; some are sweet like apples, but the ones that are not sweet such as tomatoes, cucumbers, peppers, etc. are commonly called vegetables. Botanists claim that a fruit is any fleshy material that covers a seed or seeds where as a horticulturists point of view would pose that the tomato is a vegetable plant. Until the late 1800's the tomato was classified as a fruit to avoid taxation, but this was changed after a Supreme Court ruling that the tomato is a vegetable and should be taxed accordingly.

When it is all said and done, the history of the tomato has classified as a poisonous beautiful plant, a tax-avoiding fruit, and a taxable vegetable. Nonetheless, the tomato is the most popular vegetable in America and enjoyed by millions all over the world.

(-taken from www.tomato-cages.com/tomato-history.html)

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 Spiced Peach Conserve (7.6 oz.) or Apricot Amaretto 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.



Photo By: Keena Kimmel

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.

Squash Pickles

8 cups thinly sliced squash
2 cups chopped onions
2 cups chopped red sweet peppers
2 cups chopped green peppers
1 tsp. salt
2 cups vinegar
3 cups sugar
2 tsp. celery seeds
2 tsp. mustard seeds

Put vegetables into a large pan.
Mix vinegar and all seasonings and bring to a boil.
Pour over well drained vegetable mixture and bring back to a boil.
Remove from heat and pour into hot jars and seal.
(<http://www.vernalisa.addr.com/canning.html>)

Freezing Summer Squash -Susan Reynolds, M.S.

Choose young squash with tender skin. Wash and cut in ½-inch slices.
Water blanch 3 minutes.
Cool promptly drain and package, leaving ½-inch head space. Seal and freeze.

Grated Zucchini (for baking)

Choose young tender zucchini. Wash and grate. Steam blanch in small quantities 1 to 2 minutes until translucent. Pack in measured amounts into containers, leaving ½- inch head space. Cool by placing the containers in cold water. Seal and freeze. If watery when thawed, discard the liquid before using the zucchini.

Dehydrating Onions

To dehydrate onions you need to: trim the bulb ends and remove the paper shell. Slice 1/8 to 1/4 inch thick. Onions may be cut into 3/8 to ½ inch dice, but will be slightly less pungent when dried. Dry at 160 degrees Fahrenheit for 1 to 2 hours and then 130 degrees until dry. To tell if they are dry they should feel like paper. Dried onions readily reabsorb moisture, causing deterioration during storage, so they need to be packaged in airtight containers and kept in the freezer. - National Onion Association

Freezing Onions

To freeze onions you need to: Wash, peel and chop fully mature onions. Water blanch 2-1/2 minutes; cool and drain. (Also may freeze without blanching.) Place onions on in a single layer on a baking sheet and freeze. Once frozen, place in a sealed container in the freezer for later use in cooked products. Will keep 3-6 months. -National Onion Association

BREAD AND BUTTER PICKLES

6 large cucumbers, sliced
4 onions, sliced
1/4 cup salt
1 pint white vinegar
3/4 cup sugar
1 teaspoon celery seed
1 teaspoon mustard seed

Use fresh cucumbers; wash and slice. Slice onions. Mix vegetables with salt and let stand 1 hour. Drain and rinse with 2 cups cold water. Combine vinegar, sugar, celery and mustard seeds and heat to boiling. Cook 3 minutes.

Pack vegetables into jars, add hot vinegar mixture, leaving 1/4" headspace. Seal at once and process in boiling water bath for 10 minutes.

Cool and store.

Submitted by: CM

-Cooks.com-Recipes

