

“The goldenrod is yellow, The corn is turning brown, The trees in apple orchards With fruit are bending down. “
Helen Hunt Jackson



Kiva Orchard Community Supported Agriculture

Summer has all but whooshed by again...with Labor day here and gone, kids back in school and the arrival of September ushering in fall breezes, and hints of yellow in the high country. The peaches are all in now– pickers and packers & Bill & Jesse collectively breathing a sigh of relief... On to other things now on the bottomless list of things to do. The peaches in your shares this week are the last of them– enjoy!

The Santa Rosa plums that you enjoyed in your shares last week are all in now as well– they’re always short-lived but tasty. Blue Damson Plums are just about ready, as are apples, pears, and grapes– whose brix levels are being tested as I write this– to determine how close they are to being picked.

The tomatoes and peppers are still producing well– many of the chile varieties finally achieving the colors we’ve been waiting for as if someone came in and painted them in the night... The cucumbers, summer squashes and tomatillos being the prolific guys that they are , are keeping the veggie crew on their toes (They’re never bored to say the least.)

The watermelons are finally ready– later this year than usual, but here none the less– eat them with that drippy melon-eating grin that only a mother could love! We picked a few muskmelons– but not nearly enough for everyone– most of them having been lost to standing water after rains which caused them to split– much like many of the heirloom tomatoes. Short and sweet is their way– lucky is he that enjoys one!

Many thanks to the CSA members who have come out for a visit and to help us with picking. We realize that the drive is a ways (most all of us live quite a ways from the premises as well) but by paying a visit, you as a supporter of Kiva Orchard, and of local agriculture, are able to see first hand where your food comes from– who was involved in the process of getting it to you,

Orchard News & Happenings - By Keena Kimmel

and how it’s all done. An open invitation still stands for anyone who would like to visit. Information on how to find us is below. Have a great week and we’ll see you next Wednesday!

What's in your Box this week:



- Watermelon!**
- Peaches**
- Plums**
- Eggplant**
- Tomatoes**
- Tomatillos**
- Cucumbers**
- Bell Peppers**
- Zucchini**
- Chilies**



Photo By: Keena Kimmel

The Kiva Welcoming committee...

Follow 491 to mile marker 45 (It is also marked with a sign pointing towards Hovenweep National Monument). Take a left there. You will now be on Cty Rd. BB. Go about 5 1/2 miles on BB until you come to an intersection with a sign saying "dangerous intersection" take a left there onto Cty Rd. 10 (there will be another sign for Hovenweep at the intersection too.) Stay on Cty Rd 10 for 8 1/2 miles, and you will see a group of hay barns along side the road, and the Orchard down a long driveway behind it. There is a small white sign at the end of the driveway saying "Kiva Orchard."

Grilled Sweet Potatoes, Onion, and Bell Pepper with Thyme Vinaigrette

1/2 cup olive oil
 1 1/2 Tbsp fresh thyme, chopped

2 lbs red-skinned sweet potatoes peeled, cut into 1/2 inch thick rounds
 1 onion, cut into 1/2 inch thick wedges
 1 bell pepper, cut into thin strips
 2 Tbsp apple cider vinegar

Prepare barbecue (medium heat). Whisk oil and thyme in small bowl to blend. Place sweet potatoes, onion and bell pepper in large bowl. Drizzle with 1/4 cup oil mixture and toss to coat. Grill vegetables until tender, about 15 minutes for peppers and about 20 minutes for sweet potatoes and onion. Transfer vegetables to platter. Whisk vinegar into remaining oil mixture. Season vinaigrette with salt and pepper; drizzle over vegetables. Serve warm or at room temperature.



Oven-Roasted Plum Tomatoes

non-stick vegetable spray
 12 large plum tomatoes (about 2 1/2 lbs) halved lengthwise
 1/4 cup extra-virgin olive oil
 assorted fillings (such as whole-milk ricotta cheese, pesto, chopped olives, small fresh mozzarella balls, soft fresh goat cheese, and anchovies)

Preheat oven to 400°F. Spray large rimmed baking sheet with non-stick vegetable spray. Remove seeds and juice from tomato halves. Arrange tomato halves, cut side up, on prepared sheet; sprinkle lightly with salt and pepper, then drizzle with oil. Roast tomatoes until slightly charred and tender, about 50 minutes. Cool completely on sheet. Spoon desired filling into

Onion, Tomato and Olive Pizzas

2 medium onions, halved lengthwise and thinly sliced
 2 cloves garlic, finely chopped
 1 tsp anchovy paste
 1/4 tsp salt
 1/4 tsp black pepper
 1/4 tsp sugar
 2 Tbsp olive oil, extra virgin
 1/2 lb pizza dough, thawed
 3/4 cup grape tomatoes (4 1/2 oz), cut crosswise into 1/4 in slices
 1/4 cup Kalamata olives (1 1/2 oz) pitted and cut into slivers
 1 tsp fresh thyme leaves
 1/2 tsp flaky sea salt

Put oven rack in middle position and preheat oven to 475°F. Line a large baking sheet with parchment paper. Cook onions, garlic, anchovy paste, salt, pepper and sugar in oil in a 12-inch heavy skillet over moderate heat, stirring frequently, until onions are caramelized and very soft, 25 to 30 minutes. Divide dough into 4 pieces and gently stretch each into a 5-inch square, the transfer to baking sheet. Spread onion mixture over each square, leaving a 1/4 inch border around edges, then top with tomato slices. Bake pizzas until edges of dough are golden, 12 to 18 minutes. Toss together olives and thyme and sprinkle over pizzas. Quarter each square diagonally, making 4 triangles, then cut each triangle in half. Sprinkle with sea salt.



Cheese Zucchini Crisps

1/3 c Cornflake crumbs
 2 Tbsp Grated Parmesan cheese
 1/2 tsp Seasoned salt
 1 tsp Garlic powder
 4 sm. Unpeeled zucchini; cut in 1/2" strips
 1/4 c Melted butter
 Combine crumbs, cheese & seasonings; place in a plastic bag. Dip zucchini strips in butter & shake in the crumbs to coat. Place on a baking sheet; bake 375 for 10 min or til crisp. 4 servings



Caramelized Grilled Fruit

4 Tbsp Unsalted butter; melted
 1/4 c Packed dark-brown sugar
 4 Ripe peaches; yellow or white; cut in half
 4 Ripe red plums; cut in half
 4 Miniature ripe bananas; cut in half lengthwise
 Heat grill or broiler to medium-hot. In a large bowl, combine the melted butter and brown sugar. Add all fruit and toss.
 Fold the edges of a piece of heavy-duty aluminum foil to form a shallow baking pan, and place on grill. Arrange the fruit, cut-sides-down, on the foil. Cook fruit until browned and caramelized around the edges, rearranging occasionally to prevent burning. Turn the fruit over, and repeat; serve.



Baba Ghanoush

2 med. Eggplant; (1 lb. total)
 2 Tbsp Soy sauce
 3 Tbsp Lemon juice
 3 tsp Tahini
 2 Tbsp Olive oil
 3 Cloves garlic; pressed
 Prick the eggplant all over and bake it at 350-400' until they collapse (They should look like prunes) - an hour or more. When they have cooled, skin them and chop finely, sieving out the large seeds, if preferred. Add the other ingredients, except the tahini, and whisk well with a wire whisk. Stir in the tahini and chill well before using. This is good with corn chips or pita bread.

Chopped Salad of Cucumber Red Onion Lemon and Parsley

1/2 Seedless cucumber; cut into 1/3-inch dice (about 1/2 cup)
 1 small Red onion; cut into 1/3-inch dice (about 1/2 cup)
 Five 1/4-inch-thick slices of lemon; the zest and pith discarded and the fruit cut into 1/4-inch dice, plus, if desired, whole slices for garnish
 1 Tbsp Minced fresh flat-leaved parsley leaves
 2 Tbsp Olive oil
 In a bowl combine the cucumber, the onion, the lemon, and the parsley and season the mixture with salt and pepper. Drizzle the salad with the oil, toss it gently to coat it well, and serve it garnished with the lemon slices.
 Serves 2.



Baked Peach French Toast

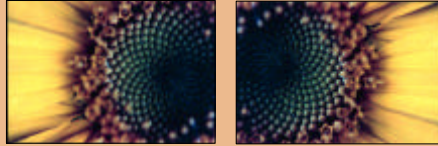
12 slices French Bread; 1 inch thick
 3 oz Cream cheese; softened
 1lb. Peach slices
 1/4 c Nuts; chopped
 1 c Milk
 1/3 c Maple syrup
 3 lg. Eggs
 2 Tbsp Butter or margarine; melted
 1 Tbsp Sugar
 1 tsp Cinnamon
 1 tsp Vanilla
 Preheat oven to 400. Spread cream cheese onto both sides of bread slices using Icing Spreader. Place bread into 9"x13" Baker. Prick bread slices 3-4 times with Hold 'N Slice. Top bread slices with peach halves. Chop nuts with Food Chopper; sprinkle over peaches. Combine remaining ingredients in Classic 2-Qt Batter Bowl; whisk with 10" Whisk. Pour egg mixture over bread. Bake 20-25 minutes or until egg mixture is set.

Special Order Products for this week:

If you have not had the opportunity to sample what our other local producers have to offer, why not add something new this week? Everything mentioned is hand-crafted and produced with care, right here in our own backyard...

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



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...



It's chile time again!

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 Apple (7.6 oz.) or Wild Strawberry Liqueur Conserve (7.6 oz.) (normally \$8.50 per jar)

James Ranch Grass fed Beef (listed weekly) Ground Beef (1 to 1-1/2 lb packages) at \$6.00/lb. and Kabob Cubes (1 to 1-1/2 lb. packages) at \$8.00/lb.

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

The Miller Family (listed weekly) Handmade soap (approximately 4 oz. bars -\$4.75/bar.) Choose from: Lavender & Chamomile, Peppermint, and Cinnamon Spice.

The Rohwer 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



Everyone is familiar with fried green tomatoes, but here are a few southern favorites that you may or may not have heard of. For even more ideas on how to use them in the kitchen, go to: <http://www.greenearthinstitute.org/recipes>.

Note: Don't Eat Them Raw!

Raw green tomatoes contain the toxin solanine, which can be very detrimental to the digestive system. The cooking process seems to neutralize the effects, so

Green Tomato Pie

- 6 to 8 medium green tomatoes
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon peel
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ cup granulated sugar
- 2 tablespoons cornstarch
- 1 tablespoon butter

Pastry for a 9-inch 2-crust pie

Wash the tomatoes; peel and slice. In a saucepan, combine tomatoes with lemon juice, peel, salt and cinnamon. Cook tomato mixture over low heat, stirring frequently. Combine sugar and cornstarch; stir into tomato mixture. Cook mixture until clear, stirring constantly. Add butter, remove from heat, and let stand until slightly cooled. Line a 9-inch pie plate with pastry; pour in tomato mixture. Cover with top pastry, seal edges, crimp, and cut several small slits in crust to allow steam to escape. Bake at 435 degrees F. for 35 to 45 minutes, or until nicely browned. Serve warm or cooled.

Green Tomato Cake (Serves 12)

- 2¼ cups sugar
- 1 cup shortening, melted
- 3 eggs
- 2 teaspoons vanilla
- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 cup walnuts
- 1 cup raisins
- 2 ½ cups diced green tomatoes

Coconut (optional)

Preheat oven to 350°. Cream sugar, shortening, eggs and vanilla until smooth. Sift flour, salt, baking soda, cinnamon and nutmeg into egg mixture. Blend together. Stir in nuts, raisins and tomatoes. Pour into greased 9x13 inch pan. Top with coconut if desired. Bake for one hour.

Green Tomato Bread (serves 20)

- 2/3 cup each: raisins, boiling water
- 6 medium green tomatoes, peeled, cored, seeds discarded, and cut into chunks
- 2 2/3 cups sugar
- 2/3 cups vegetable shortening
- 4 eggs, beaten
- 3 1/3 cup flour
- 2/3 cup pecans or walnuts, coarsely chopped
- 2 teaspoons baking soda
- 1 ½ teaspoons salt
- ½ teaspoon baking powder
- 1 teaspoon each: cinnamon, ground cloves

Heat oven to 350 degrees. Soak raisins in boiling water; set aside to cool. Puree tomato chunks in a blender, 1 cup at a time; you should have 2 cups of pulp. Set aside.

Beat sugar and shortening until fluffy in a large bowl with mixer on medium-high speed. Add eggs, the 2 cups of the tomato pulp, raisins and soaking water; beat well. Combine flour, nuts, baking soda, salt, baking powder, cinnamon and ground cloves in a separate large bowl. Add flour-nut mixture, 1 cup at a time, to the tomato mixture, stirring well after each addition.

Divide batter between two greased 9x5-inch loaf pans. Bake until a tester inserted in the center of each cake comes out clean, about 1 hour, 10 minutes.

From southernfood.about.com.



Photo By: Keema Kimmel

I love all the colors of the harvest this time of year...