

"If you tickle the earth
with a hoe she laughs
with a harvest"
Douglas Jerrold (1803-1857)



Kiva Orchard Community Supported Agriculture

Orchard life keeps rolling on, although with the hectic pace of the peach harvest behind us now, daily operations are much mellower as the dust settles, and a few remaining peaches wait in cold storage for homes. The season's remaining fruit: Blue Damson plums, Red and Green Bartlett pears, and five varieties of apples, are contained among 400 trees as opposed to the 8,000+ peach trees recently picked. The plums are all but in already, and are smaller these year than in the past, but tasty none the less. Grapes are also ready to be harvested—the first of which came in late last week.

The veggie crew has some extra help on board now, as our fruit pickers go back and forth between bringing in what fruit still remains, and helping to keep up with the ever flourishing tomato patch and other veggies which have been going home with you each week.

It's finally time for winter squash—just starting now, but soon to crescendo itself into abundance, and round out the cornucopia of the harvest. I love to set a few of these guys aside in the pantry, and pull them out at Thanksgiving—the last remnants of the past season...

With the recent briskness in the air, our thoughts turn to pies and soups, tea and colorful crock pot creations... With a little more time to sit back and enjoy these days, the subtle changing of the seasons is a welcome one. Finding myself at a loss for words (or too many random philosophical thoughts to explain coherently at this point in the day), I'll leave you with this recipe to warm your house and family...

Grilled Chicken and Vegetable Soup

Provided by Better Homes and Gardens

- 2 medium carrots, sliced
- 1 large red, green, or yellow sweet pepper, cut into bite-size pieces
- 1 medium zucchini, cut into bite-size pieces
- 1 small onion, coarsely chopped
- 2 tablespoons olive oil
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 2 cloves garlic, minced
- 8 ounces skinless, boneless chicken breast halves
- 2 14-1/2-ounce cans reduced-sodium chicken broth or 3-1/2

Orchard News & Happenings - By Keena Kimmel

- 2 cups basic Soup Stock
- 2 cups water

- 1 cup dried radiatore, cavatelli, or farfalle (bow ties)
- 2 tablespoons snipped fresh basil, cilantro, or parsley

1 In a small saucepan cook carrots in a small amount of boiling water for 2 minutes; drain. **2** In a large bowl combine cooked carrots, sweet pepper, zucchini, and onion. Combine olive oil, pepper, salt, and garlic. Drizzle over the vegetables; toss lightly to coat. Spoon vegetable mixture into a grill wok or onto a large piece of heavy foil. **3** Grill vegetables on the rack of an uncovered grill directly over medium heat about 20 minutes or until lightly charred, stirring often. Remove vegetables from grill; set aside. Add more coals, if necessary. **4** Add chicken to grill. Grill for 12 to 15 minutes or until chicken is tender and no longer pink, turning once halfway through grilling. Cool chicken slightly; cut into bite-size pieces. **5** Meanwhile, in a 4-quart Dutch oven bring soup stock or broth and water to boiling; add pasta. Cook according to package directions. Do not drain. Stir in vegetables, chicken, and basil, cilantro, or parsley; heat through. makes 4 servings.

What's in your Box this week:



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



Photo: Keena Kimmel

Kiva's grapes nearing harvest time...



Baked Italian Zucchini

2 med Zucchini sliced 1/2"
 1 med Onion; sliced
 1 tsp Oregano
 1 Tomato; sliced (optional)
 1/2 tsp Dried basil
 1 dash Salt
 1 dash Pepper
 2 c Tomato sauce
 1 c Cubed bread; buttered *
 1/2 c Grated parmesan cheese
 * Use 1/2 cup bread crumbs instead of cubed bread ** Layer in a one quart baking dish, zucchini, onion and tomato, if desired seasoning each layer with oregano, pepper, basil and salt. Pour tomato sauce to barely cover vegetables. Cover and bake at 350F for 45 minutes. Uncover and top with bread cubes or crumbs and grated cheese. Bake uncovered for 10 minutes.



Spicy Pickled Cucumbers

Makes 3 cups

1 pound small pickling cucumbers, seeded, each cut lengthwise into 6 wedges
 2 teaspoons salt
 1 1/2 tablespoons sugar
 2 tablespoons rice vinegar
 3 cup sesame oil
 1 slice fresh ginger, peeled
 8 small dried red chili peppers, seeded
 1 teaspoon Szechwan peppercorns (optional)

Vegan Bell Pepper Soup

8 cups water
 3/4 cup Basmati brown rice
 1 1/2 cups diced yellow onions
 1 1/2 cups diced red or green peppers
 2 1/2 cups chopped red or green peppers
 2 cups chopped celery
 3/4 cup diced carrots
 6 garlic cloves; minced
 2 tsp. crushed oregano leaves
 1/2 tsp. ground celery seed
 12 oz tomato paste
 2 1/2 tsp. mild chili powder
 3 tbsp. tamari soy sauce

In a 5-6 quart pot bring to boil water, rice onion, & diced bell pepper. Reduce heat, cover, and simmer for about 25 minutes, or until rice is tender.

Add celery, chopped bell pepper, carrots, garlic, oregano, basil, celery seed and tomato paste. Continue simmering for 20-30 minutes, until all veggies are tender and rice is fully cooked. Combine mixture with chili powder, tamari and salt to taste. Simmer for 5 minutes, letting flavors blend together. NOTE: Adding a few tablespoons of powdered vegetable broth will make the soup creamier.

12 servings
www.malenaskitchen.com

Toss the cucumber with the salt and let stand for 20 minutes. Drain, rinse in a colander, and pat dry. In a bowl, dissolve the sugar in the vinegar. Add the cucumber and toss to coat. In a small skillet, heat the sesame oil. Add the ginger, chili peppers, and peppercorns. Cook for about 30 seconds, or until the peppers are dark red and the spices are fragrant. Let cool completely and combine with the cucumber mixture. Let marinate at room temperature for 3 hours, or cover and refrigerate overnight.

Black Beans with Fresh Plums and Bell Peppers

4 med Plums, purple
 1 1/2 Tbsp Butter, unsalted OR
 1 1/2 Tbsp Corn oil
 1 lg. Onion; chopped
 1 lg. Bell pepper, red; seeded and chopped
 1 lg. Bell pepper, yellow; seeded and chopped
 2 Garlic cloves; crushed and minced
 2 Cloves, whole



Chocolate-Sauced Pears

Provided by Better Homes and Gardens

4 small pears 2 tablespoons lemon juice 2 teaspoons vanilla 1/2 teaspoon ground cinnamon 2 tablespoons chocolate-flavored syrup
 Core pears from bottom end, leaving stems intact. Peel pears. If necessary, cut a thin slice from bottoms of pears to help stand upright.
 2 Place pears in a 2-quart-square baking dish. Stir together lemon juice, vanilla, and cinnamon. Brush onto pears. Pour any extra lemon juice mixture over pears.
 3 Bake, covered, in a 375 degree F. oven for 30 to 35 minutes or until pears are tender. Cool slightly.
 4 To serve, place warm pears, stem end up, on dessert plates. Strain baking liquid; pour liquid into a small bowl. Stir in chocolate-flavored syrup. Drizzle sauce over pears. Serve warm. Makes 4 servings.



2 tsp Cumin, ground
 1/2 c Cilantro, fresh; minced
 2 tsp Lemon juice, fresh
 1 tsp Honey, light (or substitute)
 2 c Beans, black; cooked, drained
 Fill a deep saucepan with water and bring to a boil. Add plums and boil for 30 seconds to loosen skin. Remove with a slotted spoon and set aside to cool.
 Melt butter or heat oil in a large skillet. Add onion, red and yellow bell peppers, garlic, cloves, cumin and cilantro. Sauté gently, stirring often, until onion softens, about 5 to 10 minutes.

Jalapeno Pepper Poppers

4 ounces cream cheese, softened
 2 ounces sharp cheddar cheese, shredded
 2 ounces Monterey jack cheese, shredded
 3 bacon slices, cooked and crumbled
 1/8 teaspoon salt
 1/8 teaspoon chili powder
 1/8 teaspoon garlic powder
 1/2 pound fresh Jalapenos, seeded, halved lengthways
 1/4 cup dry bread crumbs
 sour cream, onion dip or ranch salad dressing

In a mixing bowl, combine cheeses, bacon and seasonings, mix well. Spoon about 2 Tbs. into each pepper half. Roll in bread crumbs. Place in a greased 15x10x1 inch baking pan. Bake, uncovered, 300 degrees for 20 min. for spicy flavor, 30 min. for med. and 40 min. for mild. Serve with sour cream or dressing.
 Serving Size: 12



Honey Plum Sauce

2 c Plums pitted; chopped
 1/2 c Honey
 1/4 c Lemon juice
 2 Tbsp Onion; minced
 1 tsp Gated lemon zest
 1/2 tsp Fresh ginger root
 1/4 tsp Salt
 1/4 tsp Ground cloves
 1/4 tsp Allspice
 Salt and pepper; to taste
 Combine all ingredients in a medium saucepan, bring to boil, reduce heat and simmer for 15 minutes or until plums are completely cooked. Puree mixture in a blender or food processor. Taste and adjust sweetness, adding more honey if necessary. Return to saucepan and simmer for 5 minutes.

Meanwhile, peel plums, remove pits and chop pulp. Add pulp, lemon juice and honey to onion mixture. Add beans, cover and continue cooking over low heat until peppers are soft, about 30 minutes, stirring often to prevent sticking. Makes 3 to 4 servings.

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 relay your order to Keena or Linda at your pick up site, 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...

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 Pear Vanilla Bean Butter (7.6 oz.) or Pear Merlot 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.

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

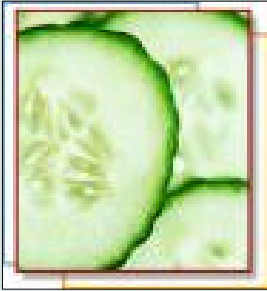
The Miller Family (listed weekly) Handmade soap (approximately 4 oz. bars -\$4.75/bar.) Choose from: Lavender & Chamomile, Peppermint, and Cinnamon Spice.

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



Cucumbers Among the proofs of Thomas Wolfe's surpassing literary skills is the fact that he was once able to write lustily about the cucumber. In his description of Eugene Gant's raiding the refrigerator in *Of Time and the River*, he writes of a man who can't wait to sink his teeth into "a speared forkful of those thin-sliced cucumbers-ah! What a delicate and toothsome pickle they do make; what sorcerer invented them..."

In fact, over the centuries, the services of sorcerers have often been required to make cucumbers taste like anything. One of the oldest cultivated plants, cucumbers were discovered in Asia by the Romans, who brought them home and successfully transplanted them. However, when they attempted to extract some flavor from their purloined produce, they realized that their work had just begun.

Records describe Roman cooks seasoning cucumbers with everything from sun-made wine and pennyroyal to "a little sylphium," an expensive and highly esteemed flavoring. They boiled the bland vegetable with precooked brains (presumably animal brains) and added honey and cumin at serving time. Something must have worked because we know that Emperor Tiberius liked cucumbers so much, he had them grown in carts that could be wheeled out for a daily sit in the sun to help them thrive, even off-season. Tiberius wasn't the only cucumber lover, according to the ancient Sumerian legend of Gilgamesh, which describes people eating wild cucumbers... Columbus brought cucumber seeds to Haiti, possibly in an attempt to get rid of them once and for all. As luck would have it, the seeds thrived and spread over North America, where Native Americans, especially the Pueblo Indians, became the cucumber's biggest fans to date.

Early American cooks seemed no less determined than their Roman antecedents to enjoy cucumbers and began developing recipes for frying, stewing, battering, creaming, pickling, steaming, and stuffing the vegetable. In the late 1700s the Shaker religious communities included in their Manifesto the proclamation that cucumbers "can be dressed in more palatable and suitable ways than most any other vegetable except tomatoes."

Our present heritage of preparations, raw and cooked, is rich and universal. True fanatics may wish to revive the once-popular three-week cucumber diet, which promised various cures and nice skin to boot. Current scientific analysis has lent support to some of these claims, showing that the vegetable is exceptionally high in vitamin E.

Along with regular green cucumbers, we are seeing unusual varieties, like the pale seedless Armenian (or Turkish or Syrian) type and the lemon-shaped, yellow-green lemon cucumber. Although a staggering quantity of cucumbers-600 million pounds-is grown annually in California, Florida, and Texas, the United States imports 300 million pounds a year from Mexico. That's a lot of toothsome pickles.

-by Jeannette Ferrary & Louise Fiszer

Cucumber-Pineapple Salsa

Makes 2 cups 2 pickling cucumbers or 1 English cucumber, peeled and seeded

Flesh of 1 small pineapple

3 jalapeno peppers, seeded and deveined

1 slice fresh ginger, peeled

1 small red onion, peeled

1/2 cup fresh cilantro leaves

3 tablespoons brown sugar

2 tablespoons fresh lemon

Salt and pepper

Combine all of the ingredients in a food processor; process to a medium-fine texture. Season to taste with salt and pepper. Let stand for at least 2 hours before using for flavors to develop fully. Delicious with grilled meats, fish, or poultry.

Lemon, Cucumber and Cantaloupe Soup

Serves 4

2 lemon cucumbers, peeled, seeded, and sliced

1 small cantaloupe, peeled, seeded and sliced

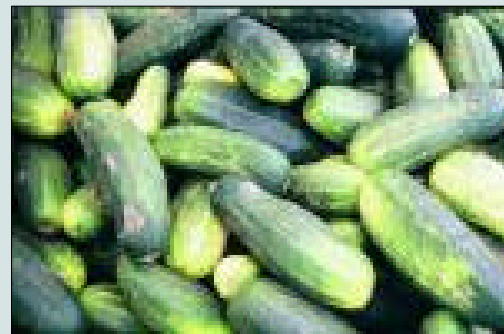
2 tablespoons honey

1/4 cup fresh lime juice

1/4 cup fresh orange juice

1 cup plain yogurt

2 tablespoons chopped fresh mint



Combine the cucumber, cantaloupe, honey, lime juice and orange juice in a food processor; process until smooth. Stir in yogurt and mint. Serve over ice or very well chilled.