

"The place, with its gray sky and withered garlands, its bared spaces and scattered dead leaves, was like a theater after the performance--all strewn with crumpled playbills."

- Henry James



Kiva Orchard Community Supported Agriculture

Orchard News & Happenings - By Keena Kimmel

As I write this, the official arrival of Autumn is but two days away... Days are short and nights are growing increasingly chilly, although graciously, Jack Frost has entertained himself elsewhere for the time being, and has yet to pay a visit to Kiva. Everyone around here has taken on the slower, more deliberate pace of post-peach harvest. There's not as much talk in the early mornings, and more hitting the snooze button, in order to retreat for another 10 minutes under warm covers before braving chilly, dark houses.

We are blessed by the arrival of winter squash and apples at the table, and say good bye to peaches and zucchini for yet another year, while the "Welcome Hunters" signs throughout the area are hung in place of summer's precession of phrases posted to welcome travelers from all walks of life. It seems as though in early season, I always have so much to write (too much in some cases) but at this stage in the game, I'm much more inclined to be drinking hot tea, and crunching through the crispy woods with my trusty canine pal. The hard work is all but done, and energy all but spent, but in the meantime lets all enjoy what's left of the harvest and warm weather, before the snow flies, and banners are replaced to read "Welcome skiers!" As the next phase of mountain life is enthusiastically ushered in...

Here are a few squash recipes to keep you warm and give you some more creative kitchen fuel for the coming week...

Spaghetti Squash and Goat Cheese

Spaghetti squash; bake
Olive oil
Fresh basil; chopped
Salt/pepper
Bacon
Goat cheese
Bake spaghetti squash and pull strands out with a fork. While still hot; toss with olive oil, chopped basil, salt and pepper. Sprinkle the top with crumbled bacon and crumbled goat cheese. Serve warm.

What's in your Box this week:
Pears!
Plums!
Eggplant
Tomatoes
Tomatillos
Cucumbers
Bell Peppers
Zucchini
Chilies
Winter Squash

Apple Filled Acorn Squash

3 x Acorn Squash
2 x Apples, chopped
1/2 c Chopped Walnuts
1 tbsp Grated Orange Peel
1/2 c Brown Sugar
2 tbsp Margarine, melted
Preheat oven to 350 degrees F.
Cut squash in half lengthwise and scrape out seeds.
Place cut side down in baking dish and bake for 25 minutes.
Mix the other ingredients. Turn squash cut side up, fill with apple mix and continue baking for 20 minutes, or until squash is tender.

Butternut Squash Gratin

1 1/2 lb Butternut squash, peeled and sliced thinly
1 med Spanish onion, julienned
4 Garlic cloves, finely chop
7 Fresh thyme stalks, finely chopped
1 c 35% cream
2 oz Parmesan, freshly grated
Juice of 1/2 lemon
Salt
Pepper
Fry onion in a little olive oil until browned.
Add salt and pepper to taste, garlic and thyme and stir well.
Add the cream and lemon juice, reduce mixture over medium heat.
In a 10x5-1/2-inch loaf pan, layer the squash, sprinkling Parmesan cheese on each layer.
Pour in the reduced cream mixture.
Bake in 350 degrees F oven for 40 minutes.

You are all invited to attend our end of the season Harvest Potluck at the orchard. Although a date has not been set, we are thinking mid-October. We'll let you all know as soon as we work out the final details! Also up and coming : We have a cider press now, and are almost ready to start pressing cider for everyone!



Photo : Keena Kimmel

Pear & Tomatillo Salsa (makes 3 cups)

1 c. chopped, unpeeled pears
1 c. chopped, fresh tomatillos
1 c. chopped red onion
2 jalapeno chilies or to taste, minced
Juice of ½ lime
2 Tbsp. chopped cilantro or to taste.

Combine all ingredients in a medium-sized bowl, cover & marinate 15 minutes. Serve as desired, adjusting seasonings to taste.



Roasted Tomato Soup

1 lb. tomatoes
2 Tbsp oil
1 red bell pepper, cored, seeded and chopped
1 carrot, grated
2 stalks celery, sliced
1 Tbsp fresh oregano, chopped, or 3/4 tsp dried
1 Tbsp fresh basil leaves, torn or 1 tsp dried
3 1/3 cups hot water
1 tsp salt
1/4 tsp pepper
2 Tbsp basil, oregano or fresh parsley, chopped, to garnish

Heat the oven to 400°F and roast the tomatoes, turning them frequently until the skins fall away, about 15 minutes. Cool slightly, then peel and chop. Heat the oil in a pan and sauté the bell pepper, carrot and celery over medium heat for a few minutes. Add the oregano and basil, stir well and cook a few minutes longer. Add the water and the tomatoes. Season with salt and pepper. Half cover and simmer for about 20 minutes. Transfer to a food processor and blend for a few seconds. Return to the pan, reheat and then serve garnished with fresh basil and oregano leaves or chopped parsley.

Grilled Eggplant and Fresh Herb Salad Subs with Parmesan

1 1/2 lbs small eggplants, peeled and halved lengthwise
1/2 cup olive oil, extra virgin plus more for brushing
salt and freshly ground pepper
4 crusty rolls, split
3 Tbsp red wine vinegar
1 clove garlic, minced
1/2 cup celery, finely chopped
1/3 cup celery leaves
1/2 cup flat leaf parsley
1/3 cup chives, snipped
1/3 cup basil leaves, torn
3/4 cup Parmesan cheese, shaved, (about 2 oz)

Light a grill or heat the broiler. Brush the eggplant with olive oil and season with salt and pepper. Grill over moderately high heat, turning occasionally, until charred and softened, about 15 minutes. Transfer to a cutting board and coarsely chop. Brush the cut sides of the rolls with olive oil and grill on both sides until lightly toasted, about 1 minute. Meanwhile, in a large bowl, whisk the 1/2 cup of olive oil with the vinegar and garlic. Season with salt and pepper. Add the eggplant, celery, celery leaves, parsley, chives and basil and toss to coat. Mount the salad on the rolls and top with the Parmesan. Close the sandwich, cut in half and serve.

Chicken Braised with Wine and Tomatoes

-Better Homes and Gardens

2 pounds chicken thighs (8 small or 4 large)
1 tablespoon cooking oil
2/3 cup chicken broth
1/4 cup dry white wine or chicken broth
2 cloves garlic, minced
2 teaspoons snipped fresh rosemary or 3/4 teaspoon dried rosemary, crushed
1/4 teaspoon salt
1/4 teaspoon black pepper
2 cups chopped Roma tomatoes (6 medium)
1 medium yellow sweet pepper, cut into 1/2-inch-wide strips
1 medium green sweet pepper, cut into 1/2-inch-wide strips
1-1/2 cups sliced fresh mushrooms
2 tablespoons cornstarch
2 tablespoons cold water
2 cups hot cooked noodles or rice



Cheesecake Mousse with Rum-Poached Plums

1 c Water
1/3 c Granulated sugar
2 tb Dark rum
2 Plums
1/2 c Whipped cream cheese (about 3 ounces)
3 tb Confectioners' sugar
1/2 ts Vanilla
1/2 c Well-chilled heavy cream
Have ready a bowl of ice and cold water. In a small saucepan simmer 1 cup water, granulated sugar, and rum, stirring occasionally, 10 minutes. Pit plums and cut each plum into 12 wedges. Simmer plums in syrup until tender, 2 to 3 minutes. Transfer plum mixture to a bowl and set it in bowl of ice water. Let plum mixture stand, stirring occasionally, until chilled. In a bowl whisk together cream cheese, confectioners' sugar, vanilla, and a pinch salt until smooth. In another bowl beat heavy cream until it holds soft peaks and whisk into cream-cheese mixture. Divide mixture between 2 goblets and chill, covered, 15 minutes. Serve mousse topped with plums and some syrup. Yield: 2 servings

1 Remove skin from chicken. In a large skillet heat oil. Brown chicken in hot oil over medium heat about 5 minutes, turning chicken to brown evenly. Drain fat. Add broth, wine, garlic, dried rosemary (if using), salt, and black pepper to chicken in skillet. Bring to boiling; reduce heat. Cover and simmer about 20 minutes. **2** Add tomatoes, sweet peppers, and mushrooms to skillet. Simmer, covered, 15 minutes more or until chicken is tender and no longer pink. Transfer chicken to a serving dish, reserving vegetables and cooking liquid in skillet. Cover chicken with foil to keep warm. **3** In a small bowl combine the cornstarch, water, and fresh rosemary (if using); stir into mixture in skillet. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Spoon vegetables and sauce around chicken. Serve with noodles or rice. Makes 4 servings.

Baked Pear Pudding

10 Pears; peeled, quartered, and tossed with 2 T lemon juice to prevent oxidation
1 1/3 c Milk
2/3 c Heavy cream
1 c Sugar
2/3 c Flour
4 lg Eggs
1 1/2 ts Vanilla
2 tb Butter
2 tb Confectioners sugar
Maple syrup as an accompaniment
In a buttered 2-1/2 quart casserole, arrange the pears decoratively. Blend milk, cream, 2/3 C of the sugar, flour, eggs, and vanilla until batter is just combined. Pour over the pears; sprinkle with the remaining 1/3 C sugar, and dot with the butter. Bake in upper oven, 425 degrees, for 50 minutes or until the top is golden and the pudding is set. Sift confectioners' sugar over it. Serve warm or at room temperature (but store in 'fridge!).



Almond Stuffed Pears

6 med Pears; peeled, halved and cored
1 1/2 c Water
1/3 c White grape juice
1/2 c Finely chopped toasted almonds
2 Tbsp Brown sugar
1/8 tsp Almond extract
Place pears, cut side down, in an ungreased 13-in. x 9-in. x 2-in. baking dish. Combine water and grape juice; pour over pears. Cover and bake at 350 degrees for 35 to 45 minutes or until tender. Turn the pears over. Combine almonds, sugar and extract; mix well. Spoon into pear cavities. Bake, uncovered, for 5 minutes. Serve warm.



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

Kiva's owner Bill Manning enjoying the Durango Farmers Market

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



Photo: Keena Kimmel

Chile Peppers

Perhaps the chief misconception about chili peppers is their red-hot reputation. Many are fiery hot, but many others are sweet, mild, or richly flavored. Their hotness is concentrated in the interior veins or ribs near the seed heart, not in the seeds as is commonly believed (the seeds taste extra hot because they are in close contact with the hot veins). If, when the pepper is cut open, the veins have a yellowish orange color in that area, it usually indicates the pepper will be a potent one.

That the burning sensation that makes chile peppers so appealing to culinary thrill-seekers comes from capsaicin or more accurately a collection of compounds called capsaicinoids. These develop in the placenta or cross-ribs of the fruit, which is why that part of the chili pepper is the hottest. A single dominant gene transmits capsaicinoids. Bell peppers are just like jalapeno peppers and Serrano peppers but bell peppers taste bland instead of pungent because they lack that gene.

In 1912, a pharmacist named Scoville came up with a heat index for measuring the "heat" in a chili product, or scoring capsaicinoid content. This index was called the Scoville Units and is still used today. A more modern version used by many chile writers is called "the Official Chile Pepper Heat Scale" with a rating of zero to ten. Bell peppers rate a zero because they contain no capsaicinoid. At a 5 rating: jalapeno peppers...at a 6 rating serrano peppers... at a 8 rating cayenne peppers and tabasco peppers... and at a 9 rating chalet pin peppers and Thai hot peppers.

- (www.texmextogo.com)

Potato- and Cheese-Stuffed Chili Peppers

-Provided by Better Homes and Gardens

- 3 large fresh Anaheim or poblano peppers or 3 small sweet peppers
- 1-1/2 cups chopped sweet potatoes or potatoes
- 1 to 3 tablespoons milk
- 1/3 cup finely chopped green onions
- 2 teaspoons chili powder
- 1 clove garlic, minced
- 1/2 cup shredded asadero, queso quesadilla, Chihuahua, or Monterey Jack cheese
- 1 beaten egg white
- Nonstick cooking spray

1 Cut the peppers in half lengthwise. Remove seeds and membranes. In a saucepan cook peppers in boiling water about 5 minutes or until crisp-tender. Drain well. **2** Meanwhile, in covered medium saucepan cook potatoes in boiling lightly salted water for 15 to 20 minutes or until tender; drain. Mash potatoes, adding milk, 1 tablespoon at a time, until potato mixture is fluffy. Stir in green onions, chili powder, and garlic. Stir in 1/4 cup of the shredded cheese and the egg white. **3** Spoon potato mixture into peppers. Coat a 3-quart rectangular baking dish with cooking spray. Place stuffed peppers close together in baking dish. **4** Bake, covered, in a 350 degree F oven for 25 to 30 minutes or until heated through. Sprinkle tops with remaining shredded cheese. Makes 6 side-dish servings. **5 Make-Ahead Tip:** Prepare and stuff the peppers. Cover and chill in the refrigerator for up to 24 hours. Bake as directed, allowing a few extra minutes to heat through.

Grilled Three-Pepper Turkey Pizza

- 1 medium red bell pepper
- 1 medium green pepper
- 1 medium yellow or orange bell pepper
- 1 tsp. dried oregano divided
- 1/2 tsp. salt divided
- 1/2 tsp. pepper divided
- 2 cups cooked turkey, shredded
- 1 package (10 ounces) refrigerated pizza crust
- Vegetable cooking spray
- 1/2 cup reduced-fat Mozzarella cheese, grated

Grill peppers over hot coals 15 to 20 minutes, turning occasionally until all sides are blackened. Place peppers in paper bag, fold down top and allow to cool. Place peppers under running water, remove charred skins, seeds and ribs. Place on paper towel to dry. Sprinkle peppers with 1/2 teaspoon oregano and 1/4 teaspoon each salt and pepper. Cut peppers into 1/4-inch strips. Set aside.

In small bowl combine turkey with remaining oregano, salt and pepper.

Unroll pizza dough and shape into rectangle, about 10x13-inches. Cut dough into 4 equal pieces.

Spray grill with vegetable cooking spray. Place dough on grill over hot coals and grill 4 to 5 minutes or until it appears puffy and lightly browned. Turn dough over and grill extra 2 to 3 minutes until done.

Top each pizza with a small handful of each pepper, turkey and 2 tablespoons cheese. Cover grill and heat pizzas 5 to 10 minutes or until cheese