

“Autumn is a second  
spring when every  
leaf is a flower....”  
-Albert Camus



# Kiva Orchard Community Supported Agriculture

Orchard News & Happenings - By Keena Kimmel

As the weeks progress, I find myself a person of fewer and fewer words... as is typically the case this time of year, I'm somewhat preoccupied- fattening up so to speak for winter- anticipating free time with which to shift gears and remember that yes, I'm still a student, and artist or some such evolving combination of the two, and as the arrival of springtime means transition into Kiva mode, fall is just as transitory- a welcome reprieve for all of us.

The Kiva crew is whittled down to the bare bones of operation now, with all but four on the orchard crew moving on elsewhere- Jesse is still seeing to it that things run smoothly, and he and the handful of pickers that remain are wrapping things up, and tucking in the peach trees for the off season. No frost to be had as of this morning, although Dove Creek, just up the road woke up to frozen doggie dishes and frost paintings on windowsills- courtesy of old Jack...

The High Desert crew is as busy as ever, producing delectable batches of our new Line of Pasta Sauces and Smoke Dried Tomatoes- a long time in the making and finally in production! Look for them at the Farmers Market,

and soon at local grocers. Also on the agenda is cider pressing, although the crew has their work cut out for them at the moment keeping up with processing tomatoes, and their sauce making endeavors, they will soon be shifting gears as apples begin pouring in... Only two more farmers markets in Telluride, and three in Durango... growers and producers becoming scarcer each week, but the produce and mountain folk that remain are as beautiful as ever...As is always the case in farming, the length of the CSA is dependent on the weather, but so far so good- Enjoy and have a fabulous week!

**What's in your Box this week:**  
Pears!  
Apples!  
Plums  
Tomatoes  
Tomatillos  
Onions  
Chili Peppers  
Winter Squash



Photo: Nick Manning

Spider man and his pals size up their breakfast options on our sample tray...

### Greek Pasta Salad

1 1/2 tsp salt  
1/2 tsp freshly ground black pepper  
10 oz dry ziti or penne pasta  
2 large tomatoes, diced (2 1/2 cups)  
1 medium bell pepper, cut into short, narrow strips (1 cup)  
1/2 medium red onion, thinly sliced  
1/3 cup Kalamata olives, pitted  
1/3 cup vinaigrette, natural low fat  
1/4 cup fresh parsley, chopped  
4 oz feta cheese, crumbles

In a large pot to salted boiling water, cook pasta according to package directions. Drain, rinse under cold water and drain thoroughly. Transfer pasta to large bowl. Add remaining ingredients and toss gently until well combined. Serve at room temperature. room temperature.



### Apple Cheese Pancakes

1 c Cottage cheese, 1/2% fat  
1 c Apples; coarsely grated  
1/4 tsp Salt  
3/4 c Flour  
1 Tbsp Honey  
1 tsp Lemon juice  
1 Tbsp Almonds; chopped  
1/2 tsp Cinnamon  
4 Eggs; separated  
Mix all ingredients but egg whites. Beat whites till stiff and fold in. Spray a griddle or skillet with cooking spray. Heat and drop batter to form pancakes. Turn when bottom is browned.

### Broiled Pear and Swiss Cheese Sandwich

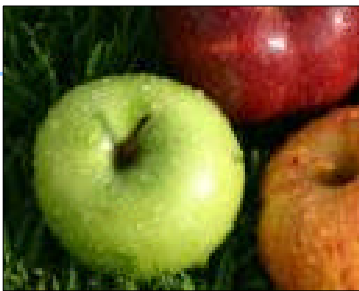
6 slice Sandwich bread  
6 slice Swiss cheese (1 oz. each)  
2 med Pears; pared, cored & sliced  
1 Tbsp Sugar  
1/2 tsp Cinnamon  
Toast bread. Place a cheese slice on each piece of toast. Arrange sliced pears on cheese. Mix sugar and cinnamon. Sprinkle on pears. Broil 10 minutes or until lightly browned. Serve hot.

### Apple Crunch Pie with Cinnamon Ice Cream

**Pie:**  
6 Juicy sour apples  
1 c Flour  
1 c Brown sugar  
1/4 lb Margarine  
**Ice Cream:**  
1/2 pt Whipping cream  
2 Tbsp Sugar  
1 tsp Cinnamon (heaping)  
1 qt Vanilla ice cream  
1 Tbsp Red-hot cinnamon candy (opt)  
PIE: Pare, core and slice apples, and put in pie plate. Mix flour and brown sugar, then add margarine and mix until crumbly. Sprinkle this mixture over apples and bake at 350 deg. for about 30 min. or until apples are done. Serve warm with Cinnamon Ice Cream. CINNAMON ICE CREAM: Whip the cream, add sugar and cinnamon. Soften ice cream; add cinnamon mixture and whip. If desired, add cinnamon

### Apple Plum Butter

2 lb Slightly underripe red plums quartered  
2 lb Tart apples, quartered  
2 c Unsweetened, unfiltered apple juice  
2 tsp Ground cinnamon  
Combine plums, apples and juice in a heavy non-aluminum saucepan. Bring to a boil over medium heat. Reduce heat, cover partially and simmer 25 minutes, stirring occasionally. Uncover and cook until fruit is very tender, stirring occasionally (20-30 minutes). Cool slightly. Force fruit through food mill fitted with medium blade, discarding peel and seeds. (or you can do as I do, seed and pit the fruit BEFORE cooking. Then, when you reach this stage, all you have to do is run it through a food processor) Return puree to pan, add sugar and cinnamon. Bring to a boil over medium heat, stirring constantly. (careful, mixture can scorch easily!) Reduce heat and simmer briskly until butter is thick and glossy, stirring frequently (about 40 minutes). Remove from heat, spoon into hot sterilized jars and seal. Makes 3 pints jars or 6 - 8 oz jars. Butter can be stored in the fridge for up to 3 weeks, or processed in a boiling water bath (15 minutes for pint jars or 10 minutes for 8 oz jars) and kept on a cool dark shelf for up to 1 year.



### Pear Waldorf Salad

4 Pears, coarsely chopped (about 2 cups)  
2 med Stalks celery, chopped (about 1 cup)  
1/2 c Mayonnaise or salad dressing  
1/3 c Coarsely chopped nuts  
Toss all ingredients. Serve on salad greens if desired. 4 servings.

### Honey Plum Jam

3 c Pitted and coarsely chopped purple plums  
1/3 c Sugar  
1/3 c Water  
2 Tbsp Lemon juice  
2 Tbsp Liquid honey  
Combine the plums, sugar, water and lemon juice in saucepan. Bring to boil, reduce heat, but maintain boil. Stir and mash occasionally with back of spoon for about 15 minutes, or until thickened. Remove from heat, stir in honey. Allow to cool to room temperature. Refrigerate in tightly covered jars for up to 2 weeks.

### TOMATO MARMALADE

3 quarts tomatoes (12 cups, after cutting)  
2 oranges  
2 lemons  
10 cups sugar  
2 tablespoons whole cloves  
6 tablespoons broken cinnamon stick  
REMOVE peel from tomatoes and cut in small pieces. Slice oranges and lemons very thin and quarter the slices. Pour off juice from the tomatoes. Add sugar. Stir until the sugar is dissolved. Add oranges, lemons, and spices which have been ties loosely in cheesecloth bag. Place mixture over high heat and boil rapidly, stirring often. Cook until clear and thick (about 50 minutes). Pour into sterilized jars to within 1/2 inch of top. Put on cap, screw band firmly tight. Process in Boiling Water Bath 10 minutes. Yield: 8 eight oz. jars

### CHILI SAUCE

Submitted by Gladys Freudenberg  
3 quarts chopped tomatoes  
\* 1 cup hot peppers (without seeds)  
measure, then chop fine  
4 bell peppers, chopped  
1 1/2 large onions, chopped  
7-8 garlic cloves  
2 Tablespoon salt  
1/2 Tablespoon black pepper  
\*1/2 Tablespoon red pepper  
1 Tablespoon sugar  
2 Tablespoon oil  
1/4 cup vinegar  
1/2 Tablespoon cumin powder  
1 Teaspoon paprika  
1 Teaspoon chili powder

Mix all together and cook (simmer) until the desired thickness is reached (25-30 minutes). \* adjust to taste.



### FRIED TOMATO FRITTERS

Submitted by Ralph Dixon Lowe  
10 to 12 small Porter (golf ball-size) tomatoes (green or ripe) which have been cubed or chunked into bite-size.  
1/2 teaspoon sugar  
1 teaspoon salt  
1 teaspoon cider vinegar  
1/4 teaspoon black pepper  
1/8 teaspoon garlic powder or onion flakes (optional)  
1/4 cup flour  
1/4 cup crushed cornflakes  
1 Tablespoon crumbled crisp bacon  
1/3 cup butter or corn oil  
Mix well your cut tomatoes, flour, cornflakes, salt, pepper, sugar, vinegar, (onion/garlic), crumbled bacon, (butter or corn oil). Then take heaped tablespoons full of mixture. Place into palm of hand to shape into rounds about 1/2 inch thickness. Place into medium preheated non-stick coated skillet. Cook until desired golden brown. Turn only once. Will serve 4 persons. Serve hot as side dish, or with honey or molasses.

*All previously mentioned special orders are still available this week- please don't hesitate to call if you would like to place an order. However, due to an increase in requests for fall recipes, I've included an extra page of them this week- Happy cooking to you all!*

### Bean & Squash Soup

2 cups dry multi-type beans, sorted, rinsed, and drained  
 1 medium onion, chopped  
 1 medium butternut squash, peeled and diced  
 4 cups water  
 2 cups chicken broth  
 2 to 3 cloves garlic, minced  
 1 (8-ounce) can diced tomatoes  
 1 teaspoon ground cumin  
 1 teaspoon dried basil  
 1 teaspoon marjoram  
 1/8 teaspoon ground nutmeg  
 1 tablespoon lemon juice  
 Salt and pepper to taste  
 Sour cream

In a large soup pot over medium-high heat, place beans and cover with cold water; bring to a boil. Remove from heat; cover and let stand 1 to 2 hours. Drain and rinse beans.

In the same soup pot over medium heat, combine soaked beans, onion, butternut squash, water, chicken broth, garlic, tomatoes, cumin, basil, marjoram, and nutmeg. Bring just to a boil; reduce heat and simmer 1 1/2 to 2 hours or until beans are tender (do not boil).

Remove from heat and let mixture cool (if you do not let cool slightly before processing, mixture will explode out of container and make a mess in your kitchen). Remove 2 cups of soup mixture and place into food processor blender bowl; whirl until pureed. Repeat 2 cups at a time with remaining bean mixture. Return pureed mixture to soup pot and heat. Add lemon juice, salt, and pepper. Remove from heat and serve in soup bowls topped with sour cream. Makes 4 to 6 servings.

### Squash/Pumpkin Cookies with Orange or Vanilla Glaze

1 1/2 c butter  
 1 1/2 c brown sugar, packed  
 1 c cooked fresh\* or canned squash or pumpkin (red kuri is excellent for this recipe, acorn and butternut also will work)  
 1 t grated lemon peel  
 2 1/2 c flour  
 3 t baking powder  
 1 1/2 t pumpkin pie spice\*\*  
 1 c coarsely chopped walnuts  
 2 large eggs  
 1 t vanilla  
 1 t salt  
 1 t lemon juice  
 1/4 t additional ground ginger

### Squash Stuffed with Mushroom Cheese Filling

2 acorn or butternut squash  
 1/2 lb. mushrooms, chopped  
 1 c onion, chopped  
 1 clove garlic, crushed  
 1 c low fat cottage cheese  
 1/2 tsp. basil  
 1/4 c parsley, chopped  
 salt and pepper to taste  
 3/4 c cooked brown rice or bread crumbs  
 2 tbsp. dry white wine (optional)

Split the squash lengthwise, remove seeds, and bake, face down, on a non-stick tray or on a tray sprayed with non-stick spray for 30 minutes at 350° or until tender. While the squash are baking, sauté mushrooms, onions and garlic with salt and pepper until onions are soft. Drain well (save liquid) and combine with the remaining ingredients. Fill the squash cavities amply and bake, uncovered, 25-30 minutes at 350°. Baste with liquid from sauté during baking.



Cream butter and sugar until fluffy. Beat in eggs one at a time. Stir in pumpkin, vanilla, lemon peel, and juice. Resift flour with baking powder, salt, and spices. Blend into butter mixture. Stir in walnuts. Drop by tablespoons onto greased baking sheets 2" apart. Bake at 375F for 12 to 14 minutes. Makes about 2 1/2 dozen, 3" cookies.

\*puree and sieve if necessary  
 \*\*Per teaspoon: 1/2 t ground cinnamon, 1/4 t ground ginger, 1/8 t ground nutmeg, and 1/8 t ground allspice  
 For Orange Glaze: Combine 6 oz room temperature butter, 12 oz confectioner's sugar, 1 T finely minced orange zest, and 3 T orange juice. Spread on cooled cookies.  
 For Vanilla Glaze: Combine 2 c confectioner's sugar with 1 T melted butter, and 1 t vanilla extract. Add up to 3 T milk, as necessary to reach drizzling consistency.

- Prarieland CSA

### Pear-apple Jam

2 c Finely chopped pears (peeled & cored)  
 1 c Finely chopped apples (peeled & cored)  
 6 1/2 c Sugar  
 1/4 ts Ground cinnamon  
 1/3 c Bottled lemon juice  
 6 oz Liquid pectin  
 Crush apples and pears in a large saucepan and stir in cinnamon. Thoroughly mix sugar and lemon juice with fruits and bring to a boil over high heat, stirring constantly. Immediately stir in pectin. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill sterile jars leaving 1/4-inch headspace.

### Plum Chutney

1 1/2 lb Plums  
 2 lb Apples  
 1 1/2 lb Brown sugar  
 1/2 lb Tomatoes  
 1/2 lb Onions  
 1/2 pt Malt Vinegar  
 1/2 lb Raisins  
 1 Clove garlic  
 1/4 tsp Ginger  
 1/2 tsp Mixed spice  
 Chilies, (minced, if Liked)  
 Stone the plums and slice tomatoes, put in a preserving pan with the vinegar and bring to the boil slowly. Mince cored apples, peeled onion and add to the pan. Add sugar, garlic and spices and raisins. Stir well to melt sugar and boil slowly for about an hour then test for set. Pot and seal.

### SQUASH RAVIOLI WITH PARMESAN-SAGE CREAM

1 to 11/2 pound pumpkin or other winter squash  
 1/2 teaspoon grated nutmeg  
 Kosher salt and freshly ground black pepper to taste  
 1 tablespoon butter  
 2 tablespoons all-purpose flour  
 2 cups hot skim milk  
 1 tablespoon fresh sage, finely chopped or 2 tsp dried  
 6 tablespoons grated Parmesan cheese plus additional cheese for passing  
 12 sheets 1 fresh lasagna noodles (5x7) makes 36 ravioli



Cornmeal  
 1) Cut pumpkin in half, remove seeds and place, cut side down, in a baking pan with 1/2 inch water. Bake in a pre-heated 350 degree oven about 40 minutes or until very tender. (Microwaving takes less than half the time.) Scoop out flesh and puree with nutmeg, salt and pepper. You should have about 11/4 cups.

2) Meanwhile, put butter in a heavy bottomed saucepan over medium heat. Add flour and stir a few minutes. Add milk slowly and bring to a bare simmer, whisking constantly. Cook until thickened and you can no longer taste any flour, about 10 minutes. Add sage, cheese and salt and pepper to taste. Remove from heat and put plastic wrap on the surface to prevent skin from forming.

3) Spoon out pumpkin puree in 2 rows across and 3 rows down on one lasagna sheet using 1 teaspoon per ravioli. Brush another sheet with water. Gently put the second sheet on the first, wet side down. Run a ravioli cutter down the middle between the two rows and then across, sealing each ravioli with a 3/8-inch border of dough all around. Without a ravioli cutter, press down with the side of your hand along the rows between the fillings, removing any air pockets. Seal with your fingers and cut ravioli free with a knife. Then crimp with the tines of a fork. Repeat with remaining pasta and filling until you have 36 ravioli. (To prevent sticking put ravioli, as you make them, on a baking sheet sprinkled with cornmeal.)

4) Bring a pot with 4 quarts of water and 1 teaspoon salt to a boil over high heat. While water heats, gently reheat cream sauce. Add ravioli to cooking water, stir and cook, covered, about 3 or 4 minutes. All ravioli should rise to the surface. Drain.  
 5) Put half the cream sauce into the pasta pot over medium-low heat and add the ravioli. Add remaining sauce and gently stir, coating all the ravioli. Serve at once with more cheese passed at the table.

We welcome your comments, input, photos, recipes, questions and suggestions. Please direct any of the above to :keena@highdesertfoods.com

**Winter Squash** The term "summer" and "winter" for squash are only based on current usage, not on actuality. "Summer" types are on the market all winter; and "winter" types are on the markets in the late summer and fall, as well as winter. Thus, the terms "summer" and "winter" are deceptive and confusing. This terminology was never meant to confuse—it just dates back to a time when the seasons were more crucial to man's survival than they are now. "Good keepers" became known as winter vegetables if they would "keep" until December.

Winter squash comes in shapes round and elongated, scalloped and pear-shaped with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. They take longer to mature than summer squash (3 months or more) and are best harvested once the cool weather of fall sets in. They can be stored for months in a cool basement—hence the name "winter" squash. Winter squash have hard, thick skins. Store in a cool, dark, well-ventilated place for up to three months. Winter squash can be cut in halves or pieces. To cook them, first remove fibers and seeds; then bake, steam, or boil the squash. When water is used in cooking, the quantity of water should be kept small to avoid losing flavor and nutrients.



**Acorn** - Easily found in supermarkets. As its name suggests, this winter squash is shaped like an acorn. One of my favorite baking squashes, it's easy to slice into halves and fill with butter.. A small acorn squash weighs from 1 to 3 pounds, and has sweet, slightly fibrous flesh. Its distinct ribs run the length of its hard, blackish-green or golden-yellow skin. In addition to the dark green acorn, there are now golden and multi-colored varieties.



**Butternut** - Beige colored and shaped like a vase. This is a more watery squash and tastes somewhat similar to sweet potatoes. It has a bulbous end and pale, creamy skin, with a choice, fine-textured, deep-orange flesh with a sweet, nutty flavor. It weighs from 2 to 5 pounds. The orange the color, the riper, drier and sweeter the squash.



**Carnival Squash** - Cream colored with orange spots or pale green with dark green spots in vertical stripes - coloration sometimes divided part and part - golden flesh.



**Delicata** - Also called Sweet Potato squash and Bohemian squash. This is one of the tastier winter squashes, with creamy pulp that tastes a bit like sweet potatoes. Size may range from 5 to 10 inches in length. The squash can be baked or steamed. The skin is also edible. The delicata squash is actually an heirloom variety, a fairly recent reentry into the culinary world. It was originally introduced by the Peter Henderson Company of New York City in 1894, and was popular through the 1920s. Then it fell into obscurity for about seventy-five years, possibly because of its thinner, more tender skin, which isn't suited to transportation over thousands of miles and storage over months.



**Spaghetti** - A small, watermelon-shaped variety, ranges in size from 2 to 5 pounds or more. It has a golden-yellow, oval rind and a mild, nutlike flavor. When cooked, the flesh separates in strands that resemble spaghetti pasta. The yellowest Spaghetti squash will be the ripest and best to eat. Those that are nearly white are not very ripe. To prepare spaghetti squash, cut the gourd in half lengthwise and remove the seeds, then bake or boil it until tender. Or, wrap it in plastic wrap and microwave on high for 10 to 12 minutes. Once cooked, use a fork to rake out the "spaghetti-like" stringy flesh, and serve

#### EQUIVALENTS:

Allow 1/3 pound per person.  
One pound of winter squash equals about 2 cups of cooked, mashed squash.

#### TO STORE:

Place squash on top of thick pads of newspapers in a cool, dry, well-ventilated location. Check on a regular basis for rot and use within three to six months.

#### TO USE:

All varieties are great for puréeing, roasting and baking. Once squash is cooked and mashed, it can be used in soups, main dishes, vegetable side dishes, even breads, muffins, custards and pies.

Boil or mash winter squash just as you would potatoes. Or add peeled squash cubes to your favorite soups, stews, beans, gratins and vegetable ragouts. Dress any cooked winter squash with butter and herbs, a cream sauce, cheese sauce, maple syrup and nuts, marinara sauce or stewed fruit.

#### TO PREPARE:

Winter squash matures on the vine and develops an inedible, thick, hard rind and tough seeds. Because this rind makes most squash difficult to peel, it's easier to cook the unpeeled squash, and then scoop out the cooked flesh. Wash the exterior of the squash just before using. The seeds are scooped out before or after cooking.

To cut in half, grasp the squash firmly and use a sharp knife to slice through to the center. Then flip and cut the other side until the squash falls open. Remove and discard the seeds.

To bake a whole (1 to 1 1/2 pound) winter squash, pierce the rind with a fork and bake in a 350-degree oven 45 minutes. Test for doneness by piercing with a fork.

Boil or steam quarters or rings 25 minutes or until tender.

To microwave, place halves or quarters, cut side down, in a shallow dish; add 1/4 cup water. Cover tightly and microwave on HIGH 6 minutes per pound.

#### Baked Delicata Squash with Lime Butter

*(Delicata squash is my favorite!)*

2 (3/4 pound each) delicata squash

3 tablespoons butter, softened

1 tablespoon lime juice

1 teaspoon chili powder

Salt and coarsely ground pepper to taste

Preheat oven to 350 degrees. Cut squash in half lengthwise and remove fibers and seeds. Place cut-side down in a glass baking dish and add water to the dish to a depth of 1/4 inch. Bake 30 minutes or until squash is soft but not mushy. Remove from oven.

In a small bowl, combine butter, lime juice, and chili powder; stir until well blended. Season with salt and pepper. Spoon the butter mixture into baked squash cavities and serve hot.

Makes 4 Servings.

*Taken from: [www.whatscookingamerica.net/squash.htm](http://www.whatscookingamerica.net/squash.htm)*