
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

April 2010

Upcoming Events

Earth Day Fair
Saturday, April 24
11am-5pm
Three-Rivers Waldorf
School-Caledonia Street
La Crosse, WI

Cameron Park Farmers'
Market
New Season Begins
Friday, May 7
4pm-8pm

Delivery Schedule

All deliveries
11:00-12:00

April 17, 2010

Delivery Site

442 S. 20th Street
La Crosse, WI

In this issue:

Specials	1
Recipe of the Month	2
Christine's Corner	2
From the Herd	2

Springtime on the Farm

Spring has arrived—for the most part. The nights remain cool, but the days certainly warm quickly, allowing us to remove our jackets and get down to business.

The greenhouse has been filled with seedling trays and soil blocks. We are in the process of seeding and dibbling tiny little vegetable plants for mid-spring plantings. Radishes, lettuce, and green mixes all have positions in the high tunnel and are just beginning to peek out from beneath the soil surface. We are experimenting with early carrots, beets, and peas as well.

The beef cows have spent the last few weeks rubbing on every rock and foundation they can locate, in attempt to remove their warm winter's coat of hair. They can be seen grazing the hillsides more; fresh green grass tastes much better than dry, winter hay at this point. The mother cows are getting pretty wide across their midsections, as they prepare to deliver new

calves for us to watch frolic through the hills and valleys.

In the flowerbeds, daffodils and tulips compete to see which will grow the fastest and bloom the soonest. The yellow finches are among the first spring birds to be noticed searching for seeds in the feeders. On the ground, robins are teasing the cats who believe that can easily catch their breakfast—but very few do.



The garlic bed is up and growing, and even some asparagus spears have cautiously poked through—such a welcome site after the cold, snowy winter. Due to the dryer weather conditions, we have tilled the fields and are anxious to begin the process of filling them with vegetables. But we must wait a bit longer; the nights continue to leave damaging remnants of frostiness.

For Bob and I, this is our favorite time of year on the farm—so much excitement and promise for the future. If it would just last a little longer . . .

Specials of the Month

Chuck Roast	\$5.00/lb.	Summer Sausage (~1.5# stick)
Round Steak	\$5.50/lb.	\$6.90 per pound
T-Bone Steak	\$10.50/lb.	Lean Ground Beef
		>10 pounds \$4.00/lb.



Bear Creek Farm

608-790-5898 or 790-5882

Pricelist

Individual cuts priced per pound

Lean Ground Beef	\$4.75
Roasts	
Chuck/Arm	\$5.50
Rump	\$6.25
Sirloin	\$6.75
Steaks	
Round	\$6.25
Sirloin	\$10.50
Porterhouse	\$12.00
Rib-eye	\$12.00
T-bone	\$11.50
Tenderloin	\$13.75
Soup bones	\$3.00
Liver	\$1.50
Free Range Chickens	\$3.99
Eggs (dozen)	\$2.00

Bear Creek Farm Vision Statement

To offer the best quality meat products and organic vegetables to our customers at affordable prices.



Recipe of the Month

Oriental Asparagus and Beef recipe

1 tablespoon of fermented black beans, Chinese
1 ½ lb Asparagus, diagonally sliced. (In ½-inch pieces)
1 Garlic clove
¼ cup of Oil
2 cups of Boiling water
½ cup of Chicken stock
½ lb Flank steak, sliced thinly
½ teaspoon of Sugar
1 ½ teaspoon of Salt
1 tablespoon of Water
1 tablespoon of Cornstarch

First soak the black beans in warm water a few minutes before draining and mashing them with garlic clove. Drop the asparagus into boiling water and continue to boil for 2 minutes, drain off water immediately. Next heat 2 tablespoons of oil in a wok or skillet until very hot. Add the beef steak, stir quickly and remove from pan. Pour in the remaining oil to skillet and heat, then add the bean mixture which was made earlier and stir over high heat for a few seconds. Add salt and asparagus. Stir-fry for 1 minute then add the chicken stock, cover and cook for 2 minutes. Mix the cornstarch, sugar and water and stir into meat mixture until sauce is smooth and thick. Add the beef and blend quickly.

Christine's Corner

The past week's unusually warm weather has everyone thinking that summer cannot be far off. We journeyed to Madison earlier today and could not help but notice that the highways are buzzing—RVs coming out of storage, boats heading for fun on the water, and many motorcycles "out for a ride" on a sunny day. One can only imagine what fun times await all of us this summer.

I would like to ask you to note that our beef delivery for the month of April has been moved up one week. Because we are participating in the Earth Day Fair on the north side of La Crosse on April 24th, we will deliver orders to our winter Beef CSA customers on Saturday, April 17th at the usual location on 20th street in La Crosse.

Our final beef CSA delivery for the winter season is only a few days away. After this month, our customers will find us at the Cameron Park Farmers' Market every Friday evening from 4-8pm until late October. Hope to see you at the market.

Christine

From the Herd



Spring's promise.

Spring is here! Spring is here! Spring is here! There is not a better time of the year in my opinion. The pastures are getting green as a thick, luscious carpet of grass and alfalfa begins to replace the winter's brown. The fields are freshly tilled, dark black earth exposed to the warmth of the sun for drying. Even Bear Creek is singing its spring tune as it flows through the lowlands and on to the river.

The mother fox is back this year, maintaining a den in the rock outcroppings above our house. I have not seen the baby pups yet, but no doubt, they are there. She is an early hunter and can often be seen following the ridgeline as she comes in from her nightly prowling. Annie always greets her with a morning serenade of barking.

Spring is the time when all of our babies begin to arrive—calves, kittens, and this year—a foal. We are especially blessed to have a new grandchild arriving this spring as well. Ah, spring—the excitement of new beginnings and the promise of great futures.

Bob