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# Bear-ly News

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Bear Creek Farm

[www.bearcreekfarm.net](http://www.bearcreekfarm.net)

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April 2011

## Coming Event

**Friday**  
**May 6, 2011**  
Cameron Park  
Farmers' Market  
Opening Day  
4:00-8:00pm

## Delivery Schedule

**Thursdays**  
**4:00-4:45 La Crosse**  
**5:15-5:45 Midway**  
**April 14**  
**April 21**  
**April 28**

## Delivery Sites

10<sup>th</sup> Street-La Crosse  
(between Market and  
Jackson by Viterbo)  
and  
Kwik Trip—Midway

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## *The Season Begins*

Somehow . . . waking up on April Fools' Day . . . to snow covered hillsides seemed like a cruel joke for Mother Nature to play on us this year—especially in light of that whole groundhog thing. Fortunately, the day warmed and the last snow of the season (hopefully) melted slowly into the surrounding rich black fields.

While waiting for the frost to leave the ground and the fields to dry out, we are plenty busy in the greenhouse. Sam and Bob have been seeding onions, tomatoes, peppers, and flowers in germination flats. After seeding, the flats are popped into the new germination chamber that they built—a nice, warm, humid mini-room for our little seeds to begin life in. Within a few short days, little green sprouts are poking out of the soil and ready for the next stage.

At this point, the germination flats are moved to the germination station. This little greenhouse within the greenhouse provides a warmer climate for the little sprouts and protects them from the cooler temperatures found in the larger greenhouse. When the sprouts have grown two true leaves, each plant is gently removed from the germination flat and 'dibbled' into larger soil plug trays.

Now these delicate little plants require daily attention from the guys. Early in the morning, the temperature of the greenhouse is the first thing checked; when the sun shines, it heats up quickly and can quickly cause damage to these young plants. Then, it's time to water those plants—from water stored in tanks in the greenhouse so the temperature is not too cold to shock. The little plants will stay in the larger plug trays until ready for transplant into the high tunnels and fields for the summer.

Every day, the process will repeat until all seeds for transplant are in flats and plants are growing in plug trays. Soon, our days will be spent preparing growing beds and fields for the transplants. Shortly after preparation, the little transplants will find their final resting place and begin to bear veggies for all to enjoy.

So, the season begins—perhaps a little slower than some years, but it is well underway. We have set our great plans in motion and are encouraged by the promise of a productive growing and harvest season. Don't forget . . . The Farmers' Market at Cameron Park in La Crosse begins in just four short weeks. We can't wait!!!

## *April Specials*

Porterhouse Steak	\$12.25/lb
T-Bone Steak	\$11.75/lb
Whole Chicken	\$ 3.75/lb



*Bear Creek Farm*  
608-790-5898 or 790-5882

Pricelist

*Individual cuts priced per pound*

Lean Ground Beef	\$5.00
Roasts	
Chuck/Arm	\$5.80
Rump	\$6.55
Sirloin Tip	\$7.10
Steaks	
Round	\$6.55
Flank/Skirt/Hanger	\$7.35
Sirloin	\$11.00
Porterhouse	\$12.60
Rib eye	\$12.60
T-bone	\$12.10
Tenderloin	\$14.45
Summer Sausage	\$6.80
Soup bones	\$3.25
Certified Organic Chicken	\$3.99
Boneless Chicken Breasts	\$10.75
Eggs	\$2.25/doz.
Baby Bear Beef Bundle	\$81.00
Momma Bear Beef Bundle	\$167.00
Papa Bear Beef Bundle	\$397.00

*Bear Creek Farm Vision Statement*

To offer our customers the best quality meat products and certified organic vegetables.



*Recipe of the Month*

**Darn Good Steak**

- 4 beef steaks, any cut
- Salt and pepper
- 3 tbs. Minced garlic
- ¼ cup Worcestershire sauce, divided in 4ths
- ¼ cup cooking wine, divided in 4ths
- 4 zip-lock bags

Place about 2-3 teaspoons salt and pepper on both sides of every steak. Place each steak in its own bag, zip closed and place in fridge for at least 2 hours.

Remove steaks from fridge and put about a teaspoon of garlic on both sides of each steak. Pour in Worcestershire sauce and cooking wine; Zip closed and place back in fridge for at least 30 minutes.

Remove from fridge; cook as desired.

**Grilled Marinated Steak**

- 4 Cups Soy Sauce
- ¼ Cup Sugar
- 1 tsp Ginger
- 3 Tbsp Garlic
- 4 T-Bone steaks (or your preferred steak)

Mix the above listed ingredients, fork your steaks to help tenderize the meat, and allow the marinade to soak in and marinade overnight.

Grill as you normally would, spooning a little of the marinade on the steak during grilling.

*Recipes retrieved from: Allrecipes.com*

*Christine's Corner*

Well, the month is really flying by—already nearly half over. It is great that the weather is beginning to warm and the grass is greening up. It won't be long and we will be complaining about having to mow the lawn every week.

The fields are wet, but that doesn't dampen our enthusiasm for the new season. Bob and Sam have been very busy—germinating seedlings and preparing the greenhouse for transplants. It is an exciting time of year here on the farm.

We have been harvesting spinach and lettuce greens for the past month from the high tunnel. Every day I have the pleasure of enjoying salads that burst with wonderful sweet morsels of green greatness, lovingly prepared by my Chef Bob. Yes, I know I am spoiled.

The warm weather ushers in thoughts of the upcoming farmers' market season. As in the past, we will be vendors at the Cameron Park Farmer's Market in La Crosse on Friday evenings between 4 and 8. Please stop by and see us some evening. *Christine*



*Garlic's up*



*From the Herd*

This month, "From the Herd" should be "From the Greenhouse". Our new germination chamber is up and running and full of flats—many, many flats—each holding hundreds of seeds. A few things need to be ironed out yet, but for the most part the seeds are sprouting right on time.

We are busy repairing and replacing the 'floor' of the greenhouse this week. This involves removing the flat tables, lifting the landscape fabric floor, and raking the sand smooth. Then, new landscape fabric is placed back and secured with U-staples—pounded deep into the sand foundation. Last, the tables are placed back—just in time to receive all of the new seedlings.

We are looking forward to the opening evening of the farmers' market. It has been a long winter and, although we have seen several of our friends at weekly deliveries, we are anxious to see other vendors and customers and renew great friendships in this new season. Happy Planting!!! *Bob*