
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

August 2010

Upcoming Events

Cameron Park Farmers' Market

La Crosse, WI

Fridays 4pm-8pm

August 20

August 27

September 3

September 10

September 17

Bear Creek Farm

Blair, WI

Corn Crackin'

Farm Day

Saturday, August 21

10:00-2:00

Fall Harvest Day

Saturday, October 16

10:00-2:00



In this issue:

Specials **1**

Recipe of the Month **2**

Christine's Corner **2**

From the Herd **2**

Sultry Summer Days—Cool Nights

Where did summer go? Already . . . August is half over, which means fall is but weeks away. The hot and humid days of last week have—thankfully—melted away, leaving cooler temperatures for us to work in and enjoy. So, what are we up to on the farm?

The heirloom tomatoes are ripening quickly now and everyday finds Bob and Sam in the high tunnels clipping blushing tomatoes from the vines and carrying them to the shed for grading and packing. We are shipping tomatoes to our wholesale markets weekly—on the average of 500 pounds per week. And the vines continue to grow, so we must find time to prune leaves, drop the vines down, and clip the new growth to the string supports.

In the lower fields, the plants took a bath, so to speak. So much rain caused many plants to stand in water for days—leading to stem-rot and eventual death. But, the plants that survived have demonstrated remarkable resilience, blooming and bearing fruit. We are beginning to harvest summer squash, zucchini, and cherry tomatoes from the lower, wet fields. And although we have lost most of the kabocha squash plants, the acorn plants are growing quite well and have many acorns on the vines.

In the back field, which is higher and less wet, we have harvested the garlic, onions, and some potatoes. Bob brought in the first eggplant today and there seems to be a plethora of peppers setting on and ready for harvest. The ground cherry plants, new for us this year, are huge and the early cherries taste so sweet.

We are busy with field maintenance as well. Cucumber beetles and other pests are still around, requiring us to spray the plants every two weeks or so. In order to keep the weeds under control, Rick spends one day each week mowing between the rows with a riding lawn mower.

In the pasture, the volume of rain has kept the grass long, green, and plentiful. The beef cows spend the days munching here and there, coming in occasionally for water, and swatting flies with their tails. The calves are growing quickly, beginning to group more to themselves and straying farther from their mothers' side. Daily, one can hear the mothers' mooing loudly—trying to convince the babies to come back closer to the herd. On their own time, the calves run back to the herd, seeking a quick meal of milk from their mothers, and then are off for new adventures.

Specials of the Month — call/email ahead for delivery at Market

| | Roasts | Lean Ground Beef | Tomatoes for |
|-----------|----------|------------------|---------------------|
| Chuck/Arm | \$5.00/# | 5 pounds or more | Canning or Freezing |
| Rump | \$6.00/# | \$4.00/lb. | \$1.50 per pound |

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

Summer Lasagna

1 pound lean ground beef, browned and drained
4 pounds fresh tomatoes (8 large), chopped to make 4 cups
2 tsp. fresh basil
2 cloves garlic, minced
1 1/2 tsp. salt
1 tsp. pepper
4 Tblsp. Olive oil

Combine all above ingredients for the sauce.

8 ounces lasagna noodles, cooked and drained
12 ounces Munster cheese, shredded
1/4 cup Parmesan cheese

Grease 7 x 11 inch shallow dish with olive oil. Layer the sauce, noodles, and Munster cheese. Top with Parmesan cheese and bake in 450 degree oven for 10-15 minutes or until heated thoroughly.
Serves 8-10.

(revised from Acres 1987)

Christine's Corner

It has been a struggle for me to construct this newsletter as the summer is coming to a close for me—school begins in a few short weeks. I find myself looking out the window, reflecting on the summer, and trying to find meaning to the good, the bad, and everything in between.

I cannot even begin to speak of the volumes of rain that fell—often daily—washing out the driveway multiple times, flooding the fields, and creating mud holes for me to slip and slide in. And yet, we did not receive hail storms, strong wind storms, nor structural damage to our buildings and tunnel structures. We lost plants—yes—but have thousands that survived and are producing. The beef herd looks great: black silky coats, good weight gain, and always rewarding for us to watch. The bad and the in between? Not so bad—just normal farming.

All of our grandchildren visited us on-and-off this summer. The older ones stayed for several weeks—such good help and a treat for us as we do not see them often. The younger ones visited daily and for long weekends with their parents. Definitely—the good of this summer! *Christine*

Announcements

Directions to the Farm:

Travel east on Hwy. 16 to Valley View Mall area; take left onto Hwy. 157 which becomes Hwy. 53 after crossing over Interstate 90. Continue on Hwy. 53 for about 20 miles—you will go past Onalaska, Holmen, and arrive at Galesville. At the stoplight by Galesville, merge to the right and follow the Main Street through Galesville (you will still be on Hwy. 53). Continue to travel another 12 miles on Hwy. 53—you will pass Ettrick and Beaches Corners. Bear Creek Farm is on the right side of the highway, across from the Trempealeau County Humane Society building. There is a large wooden Bear Creek Farm sign by our driveway.

From the Herd

Summer is not coming to a close for me! Rather, the main harvest season is just beginning and will continue until freezing temperatures occur. The opportunity to harvest the crop is one of the best rewards that comes from farming and I love every moment of it.

I am not so certain that this summer can be classified as 'normal' farming, but we have been fortunate to dodge hail and damaging wind storms. The recent warm, humid weather has boosted growth in the plants that were lagging behind, so the fall harvest is looking a little stronger than it did a few weeks ago. The beef herd does look good, although I have little time to stand and watch them as they graze from hillside to hillside. Not so bad—perhaps more in-between.

Ah, I agree—the grandchildren were the good part of this summer. As they get older, it is so much fun to share the farm and teach each of them how to plant, weed, and harvest the vegetables. It was great to have their parents around too—especially on the family farm days. We could not be successful without them. *Bob*