



Season's Greetings!

December 2009

Buy Local, If You Can Find A Grower

It is more than apparent that winter has arrived. Many would believe that farmers sit back during the winter months and dream about warmer weather, but we are busy planning for the 2010 growing season, peering over seed catalogues, developing CSA strategies, and researching marketing options. The last item brings us to a new concern: HR 875 and SR 425, proposed new federal regulations that may impact the small organic farmer and our concept of buying local.

Discussions with one food distributor from the Minneapolis area have stimulated our curiosity into both of these bills before the U.S. House and Senate. The Food Safety Modernization Act of 2009 (HR 875) and the Food Safety and Tracking Improvement Act of 2009 (SR 425) have been proposed in response to recent large-scale food safety problems. Under these bills, all food producers—large and small—will be required to pre-register animals and crops grown on their farms with the federal government. With passage of these bills, a new federal agency, the Food Safety Administration, will be established to inspect and regulate the growing practices for all food producers, regardless of the scope of their sales—local or interstate.

Public discussions related to these bills can be found across the Internet through multiple sites including YouTube. Attempts to track (www.govtrack.us) reveal that the bills are in sub-committee discussions currently, but sources indicate either could be integrated into different farm bills to be passed in 2010.

Happy Holidays—and Buy Local

December Specials

<u>Beef Bundle \$4.25/#</u>	<u>Beef Options</u>	<u>Organic Vegetables</u>
1 Chuck/Arm Roast	Ribeye Steaks \$9.50/#	Green Acorn Squash
1 Round Steak	SAVE \$1.00/#	2 for \$1.00
5# Ground Beef	Ground Beef	<u>Other Offerings</u>
SAVE \$1.75/#	Buy 10# or more	Farm-fresh Eggs
	\$3.75/#	\$2.00/dozen
	SAVE \$.50/#	

Inside this issue

Delivery Schedule	2
Christine's Corner	2
From the Herd	2
Recipe	3
Pricelist	4

Bear Creek Farm Vision

Statement:

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

Christine's Corner

SNOW DAY!!!

The memories that come to mind by those two little words are endless. As a child, growing up in the rolling hills of southern Wisconsin, snow days were yearly events where children enjoyed a free day from school and hours of playing in snow drifts and sledding.

As an adult, snow days had not so great memories. Over the years, nearly every snow day has meant shoveling to get the car out of the drifts, driving into a place of business, working at least eight hours (often more), and then repeating the shoveling and journey back home again.

Last Wednesday was one such day, but with a mixture of both memories. With the use of computer technology, it is not so vital that the trip to work occur. I had the luxury of watching, from my kitchen window, the snow fall and drifts form. After a while, I was off to my home office to complete my work tasks, sending them by email to all who required the information.

May you each find joy in the memories of snow days—and know that I empathize with those who must continue to make the snow day journeys in life.

Christine

From the Herd

SNOW DAY!!!

Somehow, last Wednesday's snowstorm doesn't have the same memories for me as it does for my partner. Several days before the big snow began, preparations were being done to make certain the cows were cared for and would weather the storm well. Extra hay was provided in the valley to provide warmth and protection from the raging storm. The stalls in the barn were prepared for the horses to enjoy during the snow and bitter cold that followed. Chains were placed on the tractor tires to ensure snow-plowing ability; after all, someone needs to move the snow and shovel out the driveways (and vehicles). The greenhouse and high tunnel were closely monitored throughout the day, removing snow as it drifted along the sides threatening to breach the plastic structure.

Perhaps the joy of these snowstorms is found within the greenhouse and high tunnel structures, where the warmth of above freezing temperatures can be found. The lettuce mixes are ready for harvest in two of the raised beds, with the other beds not far behind. Radishes are the size of marbles and will be ready for harvest in a few weeks. Spinach has sprouted and carrot tops are 2-3 inches tall. Amazing in the cold and snowy Midwest!

Bob

Delivery Schedule

(All deliveries 11:00-12:00 am)

November 21, 2009

December 19, 2009

January 23, 2010

February 20, 2010

March 20, 2010

April 24, 2010

Delivery Site

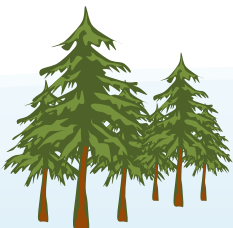
442 S. 20th Street

La Crosse, WI

(between Madison and Market Streets)

Upon delivery, please make checks payable to

Bear Creek Farm



Recipe of the Month

Beef Pot Roast with Maple Sweet Potatoes and Cider Gravy

- 1 boneless beef chuck shoulder roast (3 to 3-1/2 pounds)
- 2 teaspoons olive oil
- 1-3/4 teaspoons salt, divided
- 3/4 teaspoon pepper, divided
- 1 cup chopped onion
- 2 teaspoons chopped fresh thyme
- 1 cup ready-to-serve beef broth
- 3/4 cup apple cider
- 3 pounds sweet potatoes, peeled, cut crosswise into 1 to 1-1/2 inch pieces
- 4 cloves garlic, peeled
- 2 tablespoons maple syrup
- 1 teaspoon minced fresh ginger
- 2 tablespoons cornstarch dissolved in 2 tablespoons brandy or water

Heat oil in stockpot over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Remove pot roast; pour off drippings and season with 1 teaspoon salt and 1/2 teaspoon pepper. Add onion and thyme to stockpot; cook and stir 3 to 5 minutes or until onion is tender. Add broth and cider; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Return pot roast to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 hours.

Add sweet potatoes and garlic to stockpot; continue simmering, covered, 30 minutes or until sweet potatoes and pot roast are fork-tender.

Remove pot roast; keep warm. Remove sweet potatoes and garlic with slotted spoon to large bowl, leaving cooking liquid in stockpot.

Add maple syrup, ginger, remaining 3/4 teaspoon salt and 1/4 teaspoon pepper to sweet potatoes. Beat until sweet potatoes and garlic are mashed and smooth; keep warm.

Skim fat from cooking liquid; stir in cornstarch mixture. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

Carve pot roast into slices; serve with mashed sweet potatoes and gravy.



PRICELIST

Individual cuts priced per pound

Lean Ground Beef	\$4.25
Roasts	
Chuck/Arm	\$4.75
Sirloin/Rump	\$5.50
Steaks	
Round	\$5.50
Sirloin	\$8.50
Porterhouse	\$10.50
Ribeye	\$10.50
T-bone	\$10.50
Soup bones	\$1.50
Liver	\$1.00
Free Range Chickens	\$3.99

Beef Bundle Options

Baby Bear Bundle	\$67.00
5# Ground beef	
3# Steak	
3# Roast	
Momma Bear Bundle	\$139.00
11# Ground beef	
6# Steak	
7# Roasts	
Papa Bear Bundle	\$330.00
26# Ground beef	
12# Steak	
20# Roasts	

Visit Bear Creek Farm

Everyone Welcome!

Directions from La Crosse, Wisconsin
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 Beeches 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.

Bear Creek Farm

N26893 Hwy. 53 - Blair, WI 54616

Telephone 608-525-7170

Cell 608-790-5882

WWW.BEARCREEKFARM.NET

