

Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

February 2010

Delivery Schedule

All deliveries
11:00-12:00

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

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Community Supported Agriculture: Vegetables

This is the time of year when we evaluate the past year's production success and explore new avenues for potential sales. We have successfully grown our beef sales over the past few years. This spring, we will introduce Community Supported Agriculture (CSA) to the vegetable side of our business.

The premise of the CSA is simple: the consumer invests money in the farmer's agriculture production, receiving in return fresh vegetables throughout the summer and fall growing seasons. The money assists the farmer in upfront planting costs, and the consumer receives a bounty of fresh vegetables; it is a WIN—WIN proposition for both parties.

The vegetable CSA that we are introducing this spring is similar to other CSA plans offered in our area. A signed agreement and down payment from the customer begins

the process. Seeds are ordered, planted, and lovingly cared for. Beginning the first week of June, containers of fresh vegetables will begin to be delivered to the participating customers.

Over the summer months, a wide variety of garden vegetables will be offered through our CSA program: beans, peas, carrots, greens, cabbage, tomatoes, corn, onions, peppers, cucumbers, and squash, just to name a few. Deliveries will continue on a weekly basis until the final week in October.

Bob and I would like to invite you to join in our newest offering of organic vegetables. Our plan is to provide 22 weeks of fresh vegetables at the reasonable rate of \$550.00 per season. Deliveries will be to a familiar place: the Cameron Park Farmers Market in La Crosse on Friday afternoons. We are excited and look forward to sharing a great vegetable production season with our customers.



Dreams of Planting Petunias

Specials of the Month

Sweet Deals

Chuck Roast	\$4.25/lb.	Lean Ground Beef	
Round Steak	\$5.00/lb.	10# or more	#3.50/lb.



Bear Creek Farm

608-790-5898 or 790-5882

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
Rib eye	\$10.50
T-bone	\$10.50
Soup bones	\$1.50
Liver	\$1.00
Free Range Chickens	\$3.99
Baby Bear Bundle	\$67.00
Momma Bear Bundle	\$139.00

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

Old-Fashioned Swiss Steak

- 3 pounds round steak, about 1 1/2 inches thick
- salt and pepper
- all purpose flour
- 2 onions, sliced
- 1 large can (28 ounces) tomatoes

Trim fat from steak; cut into 6 pieces. Season meat with salt and pepper and put on well-floured cutting board. Sprinkle more flour over steaks and pound with meat hammer to tenderize. Continue to turn, flour, and pound until 1 cup of flour is used. Heat a little oil in a heavy skillet. Brown onion in hot oil, remove, then brown steaks on both sides. Place onion on top of steak, add tomatoes then cover and bake at 350° until tender, about 1 1/2 to 2 hours. Remove steak and onions to hot serving platter.

Serve with gravy made by thickening skillet juices with a little flour blended with cold water to form a smooth paste. Serves 6.

Christine's Corner

Winter is moving along—January flew by, Groundhog day came and went, and the days are gradually getting longer. It is the time of the year when paperwork seems never-ending: taxes to prepare, pages of numbers to analyze, and future projections to predict.

Quiet moments in the morning provide me a brief respite from these mounds of misery. As the coffeemaker purrs out its eye-opening brew, I am drawn to the window where the sky is slowly waking up. I watch as a pair of red-tailed hawks slowly circle on the horizon. The herd leisurely moves from the valley, across the snow covered hillsides, to the watering tank. Looking for an early morning handout, the cats slip from the barn and congregate at the backdoor step.

Soon, breakfast is finished and Bob, with Annie at his side, is out the door to complete his daily list of chores. Reluctantly, I leave the kitchen and head toward my home office. In only a few weeks, the weather will warm, snow will melt, and I will trade this paperwork for trowels and seed packets.

Christine



Annie's Ready To Go

From the Herd

Winter IS moving along—and not soon enough for me. The groundhog's promise of an early spring is encouraging, although if you have been around as long as I have, you probably realize that spring arrives in its own time regardless of rodent predictions.

A later spring does not slow our preparations for the new planting season. In a few short weeks, fresh plastic will cover the germination station. Compost awaits and tables are set in the greenhouse to hold flats filled with new seedlings. In the pole shed, plowing and planting equipment receive checks in preparation for approaching field duties. I take inventory of planting supplies, as I know Chris is going to ask for those numbers next.

As I make my rounds, Annie is by my side. A border collie, she feels it is her personal responsibility to guard me from all potential harms: tractor, ATV, cows, horses, and the occasional cat that strays out of line. Her concerning barks can be heard by all as they echo through the valley.

Bob