
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

February 2011

Delivery Schedule

Thursdays

4:00-4:45 La Crosse
5:15-5:45 Midway

February 3
February 10
February 17
February 24
March 3

Delivery Sites

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

March 10, 2011
Franciscan Skemp
CSA Open House
4-7pm
Mathy Center
Viterbo University

In this issue:

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

Getting Ready

Wow—where did January go? It just seems like yesterday that we were relaxing in the recliners, watching the parades, and dreaming about what the new year had in store for us. Already, we are looking at seed catalogues and designing vegetable plots for spring planting in the fields.

In a way, I am pleased that it is nearly February—closer to spring and further from the sub-zero weather we have been so blessed with this year. January has been a gloomy month for us—cloudy—with clipper-system after clipper-system bringing just enough snow to slicken the driveway and require shoveling on a daily basis. I keep counting down the snowfalls—only nine more, in case anyone is interested.

Frustrating as it is to drive in, the snow has been—to a certain degree—enjoyable. Each snowfall seemed to have its own character. Some would provide huge, fluffy snowflakes that fell slowly and gently to the ground. Others had tiny, fragile snowflakes that disappeared upon impact. Still others were more aggressive with snowflakes that seemed to bite and tear at the skin as the chilling north wind drove the flakes into every nook and crevice.

I believe that I have enjoyed the Christmas tree far more since its banishment to the yard than when it occupied the corner in the dining room. Standing quiet and serene in front of the kitchen window, it looks good—green and full of needles. Every morning, from the depths of the branches, big blue jays and brilliant cardinals peer out, waiting for their turn at the birdfeeders. With every snowfall, the branches become dappled with tufts of snow that add beauty to an otherwise dismal day.

The greenhouse and high tunnels have been less enjoyable this winter. The extreme cold has made it nearly impossible to grow anything as we did last winter—disappointing, but that is the luck of the farmer. My last gathering of greens was mid-December; oh, how I miss the salads I enjoyed last year.

But there is good news! Over lunch, Bob shared that the carrots have sprouted in the greenhouse and the leeks seem to have survived the last arctic blast. Likewise, our experiment with bok choy—that we thought had failed—is only dormant, waiting for sunnier, warmer days to awaken to. Come on Spring!!!

*Specials: Sweetheart of a Steak Sale **

Round Steak	\$5.75 / lb.	Porterhouse Steak	\$10.80 / lb.
Sirloin Steak	\$9.45 / lb.	Rib-eye Steak	\$10.80 / lb.
Flank Steak	\$6.30 / lb.	T-Bone Steak	\$10.35 / lb.
Hanger, Skirt	\$6.30 / lb.		

***WHILE SUPPLY LASTS**



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
Ribeye	\$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

Spice-Rubbed Flank Steak

Beef flank steaks have wonderful flavor but they can be rather tough; however, if they are tenderized first, they can be grilled with excellent results. In this recipe, the flank steaks are rubbed with a sweet, savory mixture and then refrigerated for three days, which tenderizes the meat. After the steak is grilled, it should be carved across the grain to preserve the tenderness of the meat.

1 Tbsp. packed brown sugar
2 tsp. ground cumin
2 tsp. garlic powder
2 tsp. chili powder
1 tsp. onion powder
1/2 tsp. salt
1/4 tsp. ground black pepper
1 or 2 1-3/4-lb. flank steaks, trimmed of visible fat

Up to 3 days before cooking steak, in a small bowl combine brown sugar, cumin, garlic powder, chili powder, onion powder, salt, and pepper. Rub mixture on both sides of flank steak. Wrap in plastic wrap; refrigerate up to 3 days.

To broil, place meat on unheated rack of broiler pan. Broil 4 to 6 inches from heat for 15 to 20 minutes or until an instant-read thermometer inserted in center registers 160 degrees F (medium), turning once. For a charcoal grill, place flank steak on grill rack directly over medium coals. Grill 17 to 21 minutes or until an instant read thermometer inserted in center of meat registers 160 degrees F (medium), turning once halfway through grilling.

Transfer steak to a cutting board and let stand, loosely covered with aluminum foil, for 10 minutes. Thinly slice diagonally across the grain. Makes 4 servings plus leftover meat for sandwiches.

BHG.com

Christine's Corner

With January finishing with its cold grasp on the countryside, I want to look forward to upcoming—hopefully warming—days and events. First, there is the much celebrated Ground Hog Day. This prophetic day brings us the first hope of early spring. I wish for a cloudy day on February 2nd, and that ground hog better not see its shadow because I am really tired of winter this year.

Then comes Valentine's Day—YES! Now, Bob would be the first to tell you that I am not a romantic to any great degree. But who wouldn't enjoy savoring chocolate goodies while snuggled in a warm blanket in the recliner. Because—you know—that stupid ground hog will see its shadow after all.

March will be here in no time—the kick-off to the growing season and CSA sign-ups. Mark the calendar for March 10th and plan to attend the Franciscan Skemp Health Traditions CSA Open House from 4-7pm in the Mathy Center. Dress warm, because you-know-who will probably see its shadow—stupid rodent. Christine



Our new valley on a sunny winter's day.



From the Herd

Holy Smokes! Is Christine a little bitter about this winter or what? And, I don't know if you noticed, but she has an issue with ground hogs as well. I can understand her frustration though—it has been too cold, for too long, with too much snow this year.

But, let us not dwell on past events, but look forward to the promise of spring. Every year, January does seem to drag on, but then the seed catalogues begin to appear. Soon, we hear from our friends who are beginning to plan their farm fields and realize—oh no, winter is almost done. We better get going . . . and the race to be ready to plant seeds begins.

This year will be a bit different than other years. We are welcoming a new full-time employee to the farm—our son Sam. Christine and I are very excited to have him join us. Sam has grown to enjoy working on the farm, especially in the tunnels with the heirloom tomatoes. He has been attending workshops and brings very interesting, current farming methods to the table for discussion. Come on Spring! Bob