
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

January 2010

Delivery Schedule

All deliveries
11:00-12:00

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

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New Year—New Beginnings

The new year is here! As we plan for the future at Bear Creek Farm, it is important to reflect-on and share a few of the successes we experienced on the farm during 2009.

We began the year by expanding into the transplant business, growing flower and vegetable transplants for other organic growers and farmers' market sales. Beef sales increased as our customer base grew and whole chicken fryers were added to the sales inventory. Successfully growing and harvesting heirloom tomatoes in our newly built high tunnel topped the list of accomplishments last year.

Our endeavors at raising lettuce, radishes, and spinach during the winter months in our greenhouse and high tunnel have proven to be successful—and delicious. We have enjoyed fresh salads on cold, wintry days

and provided surplus greens to a local food coop. We are encouraged by this success and hope to share early greens at the Market in May.



Fresh lettuce growing in 32 degree greenhouse at Bear Creek Farm.

Plans for the growing season are underway as well. We anticipate an increase in transplant and vegetable sales from the farm this year. Through expansion of our Community Supported Agriculture program, we will provide vegetables every week to our customers June through October. Over the next few months, more details will be shared as we prepare for this newest endeavor.

We will continue to offer quality, grass-fed black Angus beef and range-fed whole chickens in new year. We value and appreciate our current customers and look forward to sharing our healthy-eating, organic philosophy with new customers in 2010.

Specials of the Month

January Gems		Savings on Steaks		Burger Bonus	
Chuck Roast	\$4.25/lb.	Round Steak	\$5.00/lb.	Lean Ground Beef	
Rump Roast	\$5.25/lb	T—Bones	\$9.50/lb.	10# or more	#3.50/lb.

Bear Creek Farm

608-790-5882

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
Ribeye	\$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
Papa Bear Bundle	\$330.00

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

Easy Slow Cooker French Dip

Ingredients

- 4 pounds rump roast
- 1 (10.5 ounce) can beef broth
- 1 (10.5 ounce) can condensed French onion soup
- 1 (12 fluid ounce) can or bottle beer
- 6 French rolls
- 2 tablespoons butter

Directions

Trim excess fat from the rump roast, and place in a slow cooker. Add the beef broth, onion soup and beer. Cook on Low setting for 7 hours. Preheat oven to 350 degrees F (175 degrees C). Split French rolls, and spread with butter. Bake 10 minutes, or until heated through. Slice the meat on the diagonal, and place on the rolls. Serve the sauce for dipping.

Christine's Corner

New Year's Greetings! Our holiday season was certainly filled with celebration as children and grandchildren filled our home with laughter and excitement. As 2010 begins, Bob and I are busy reflecting on last year's accomplishments, as well as anticipating the new year's beginning.

The cold and snow have settled in and captured much of our attention, requiring frequent checks on the cattle over snow-packed pastures. We are busy looking over seed catalogues and planting schemes, anxiously awaiting the impending planting season. Our plans to increase sales through CSA contracting with our customers is exciting, and a little daunting as well.

As we enter into the new year, Bob and I would like to thank our customers for their patronage during 2009. We value and treasure the many friendships that have been established through Market and farm sales, and we look forward to an exciting and fruitful 2010.

Christine

From the Herd



Snow-covered garden on Bear Creek Farm.

Morning arrives. Annie, our border collie, heads out the door, barking her presence to the fox in the den above the house and warning the cows to stay away from the fence-line. After a hearty breakfast, I head out into the cold morning air.

The first stop—the barn, where I am greeted by cats of various sizes and colors, all pleased to warm their paws briefly in my arms. The horses whinny greetings as they head out into the pasture to enjoy a quick run and feed on hay. As I start the tractor, the beef cattle return from the valley mooing for their lunch to be served.

Next stop—the greenhouse, a warm refuge in the frosty landscape; inside the temperature is a balmy 50 degrees. In raised beds tucked under row covers, green lettuce mixes thrive, radishes grow ruby red, and carrots send fern-like tops upward. Next door in the high tunnel, spinach germinates under similar, but unheated conditions.

Life is good—we are blessed.

Bob