



Bear-ly News—Greetings for the New Year!

January 2011

New Year—New Reflections

Ah, the New Year has arrived and the start of a new season is upon us! It is both a somber and exciting time of year for those of us who 'toil in the soil'. To be productive and progressive in this new year, it is important to reflect back on the trials and accomplishments we found in 2010.

The past year brought two major new structures to the farm: a second high tunnel for vegetable production and the completion of a packing shed with walk-in freezer and refrigerator. Both of these structures were invaluable as we embarked on our newest endeavor: Community Supported Agriculture (CSA). With the advice of other growers, lots of research, and the support of family and friends, 22 weeks of fresh vegetables were delivered to our customers in La Crosse and Holmen over the summer and fall seasons. In general, the CSA venture was successful, and many lessons were learned that will make the 2011 season even better. As the year was coming to a close, we purchased an additional 30 acres of land which adjoins our current property. The acreage is composed of tillable fields, pastureland, and wooded areas—all great additions to the farm as a whole.

As we move into the new year, we are excited to embark on the spring growing season. Seed catalogues have been arriving daily, filled with beautiful pictures of vegetables, as well as new toys for cultivation and harvest. We will increase our CSA customer base and are planning for efficient use of the new property, as well as examining growing methods to obtain better, more consistent yields both in and out of the high tunnels. As with every new season, 2011 promises to be a great year and we are gearing up for it.

January Specials

	<p align="center"><u>11% Discount*</u> <u>All individual cut meat orders</u></p> <p align="center"><small>*Does not apply to beef bundles or beef quarters</small></p>	
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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 quality meat products and organic vegetables to our customers at affordable prices.

Christine's Corner

Well, the Holidays are behind us (thankfully) and the first week of the New Year is proceeding at a rapid pace. What a wonderful holiday we had last week—our four children were home as well as the seven grand-children. It was a busy week of sledding, sharing stories, and eating—so sad to see it end. But everyone has returned home, the house is quiet, and we are getting back into our routine again.

It is the time of year when thoughts turn to closing the farm books for 2010, preparing taxes, and planning for the future. The first two on the list I continue to avoid, finding the newsletter to be a more enjoyable and necessary item to complete today. Tomorrow . . . perhaps I can find time to tackle the paperwork, but—quite honestly—I would rather plan for the future planting season by peering over seed catalogues and proposing field diagrams.

The process of looking to the future requires some reflection on the past. Last year had its share of challenges: rain, rain, rain. But there were many good events—farm days—and great people—our customers. I would be remiss to not recognize and thank all of you for your words of encouragement, appreciation, and friendship throughout 2010. Our customers help us realize and find value in working the soil, tending the animals, and sharing our stories. May you each have a prosperous New Year. *Christine*

From the Herd

Happy New Year—what a beginning! First, everyone was home for the week—how can a father/grandfather not like that? Then the weather warmed up and that huge snowfall melted. Unfortunately, the cold has returned and now the driveways are like ice rinks. We have returned to a routine—the routine of slipping and sliding everywhere outside.

It is the time of year when Christine's thoughts turn to paperwork; she will soon include me in that process no doubt. In the mean time, I will concentrate on tending the greenhouse and high tunnel production. Seedling growth has been slow due to the abnormally cold weather we have had, but hopefully that will change. The spinach and lettuce show promise with a few small leaves. The days are getting longer, but not quickly enough for me.

Last year did have its share of challenges—but also rewards. All of our beef calves were born strong and healthy. Chumani, our paint foal, has grown into a fuzzy, good-natured yearling colt. Because of the frequent rains, we were concerned about vegetable production and having enough variety in the CSA baskets for our customers. I, too, would like to thank our customers for their business, words of encouragement, and valuable friendships. May you each have a prosperous New Year. *Bob*

Delivery Schedule

Thursdays

Deliveries: 4:00-4:45 La Crosse

5:15-5:45 Midway

January 6

January 13

January 20

January 27

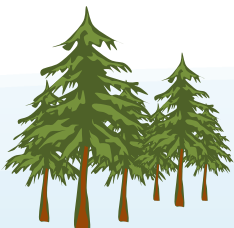
February 3

Delivery Sites

10th Street-La Crosse
(between Market and Jackson)

and

Kwik Trip—Midway



Recipe of the Month

Meat Loaf Filets

2 lbs. lean ground beef
2 eggs
1 1/2 cups bread crumbs
3/4 cup ketchup
1/2 cup hot water
1 pkg. onion soup mix
Uncooked bacon

Sauce:
1/2 cup ketchup
6 Tbsp. Brown sugar
1/2 tsp. nutmeg
1/2 tsp. dry mustard

Mix all meat loaf ingredients together except bacon. Form into individual loaves—about 1/4 pound each. Wrap each with a piece of bacon. Put parchment paper in bottom of baking pan. Arrange meat loaves in baking pan; bake uncovered for 1 hour at 350 degrees. Mix sauce ingredients and spoon over meat loaves. Bake an additional 30 minutes. Freezes well.

From *ACRES* magazine Winter 2010

Recipe of the Month



PRICELIST

Individual cuts priced per pound

Lean Ground Beef	\$4.75
Roasts	
Chuck/Arm	\$5.50
Rump	\$6.25
Sirloin Tip	\$6.75
Steaks	
Round	\$6.25
Flank/Skirt/Hanger	\$7.00
Sirloin	\$10.50
Porterhouse	\$12.00
Ribeye	\$12.00
T-bone	\$11.50
Tenderloin	\$13.75
Summer Sausage	\$6.50
Soup bones	\$3.00
Liver	\$1.50
Certified Organic Chicken	\$3.99
Eggs	\$2.25/doz.

Beef Bundle Options

Baby Bear Bundle	\$77.00
5# Ground beef	
3# Steak	
3# Roast	
Momma Bear Bundle	\$159.00
11# Ground beef	
6# Steak	
7# Roasts	
Papa Bear Bundle	\$378.00
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 Beech 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

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