
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

July 2011

Upcoming Events

Cameron Park
Farmers' Market
La Crosse, WI
Fridays 4pm-8pm

July 8
July 15
July 22
July 29
August 5

Mayo Clinic Health
System Delivery Site
Holmen, WI
Thursdays 4pm-6pm

July 7
July 14
July 21
July 28
August 4



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Thoughts . . . Yah, that's about it.

Early morning—often the best time on the farm to contemplate and consider. It seems quiet . . . but not really. Inside, Kookie is knocking her dish around, hoping someone will get up and feed her. The coffee maker is finishing its morning task—slurping and spewing its final black magic into the pot below. Outside, the wrens are singing incessantly on all sides of the house—we have quite a few pair this year. On the highway, the traffic is beginning to pick-up, signaling the start of another business day. And . . . the clock ticks the morning along.

It is interesting how every season can be so totally different from the previous year. As I review the crop histories from last, it is apparent that this year's spring/summer harvest is a little behind last year. We were harvesting Napa cabbage and green beans last year at this time, but this year the heads are barely forming and the beans hardly blooming. The only similarity is the overabundance of weeds—everywhere—again this year. It is a good thing we use mulch primarily for weed control in the fields or no crops would be found.

In the fields, the crops are coming along quite nicely. The acres of kabocha and red kuri winter squash are in full bloom and beginning to set fruit. The potatoes are up and blooming

as well—Bob noted 2" tubers beneath one the other day, promising a great crop this fall. The rains in mid-June slowed planting for a week, but even those little plants are thriving, setting on more leaves, budding, and running vines along the rows.

In the tunnels, the plants are doing great as well. The heirloom tomatoes have been blooming for several weeks now—and many have little tomatoes forming. The cooler nights can cause tomato blossom-drop, so we are watching pretty closely. We are experimenting with several new heirloom varieties—to see how well they produce in the tunnels—so more to report in future newsletters. Along with the tomatoes, we have planted eggplants and green beans—just to get them in the ground and see how they fair in the tunnel environment.

Oh, I almost forgot—July is Beef Month according to the Wisconsin Beef Council. Sometimes I get so focused on our vegetables—they are so needy—that I forget the herd entirely. Our beef herd looks great—sleek and black—quietly grazing on the hillsides and valleys around us. We see the herd when it comes in for water; a few minutes on the closest hill—then out to other adventures, mainly grass consumption. What a Life!

What's Growing in the Fields this Month?

Basil, Cilantro, Celery, Peppers	Sweet Corn, Sugar Snap Peas
Beans—Green, Purple, Yellow	Melons—Cantaloupe, Honey Dew, Watermelon
Summer Squash—Scallopini, Yellow-neck, Zucchini	Eggplant--Black, Rosa Bianca
Pumpkins-Pie, Jack-O-Lantern	Winter Squash is Bloomin'



Bear Creek Farm

608-790-5898 or 790-5882

Price List

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
Rib eye	\$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 Pison Statement

To offer our customers the best quality meat products and certified organic vegetables.



Recipe of the Month

Stir-fried Beef Gyros in Pita Pockets

1 lb. beef round tip steaks, cut 1/4" thick
2 cloves garlic, minced
1 tsp. dried oregano
3 tsp. olive oil
1 medium onion, thinly sliced
1/4 tsp. salt
1/8 tsp. pepper
4 pita breads, cut in half, warmed
2 small tomatoes, thinly sliced
1/2 c. cucumber ranch dressing

Cut steaks into 1" wide strips; toss with garlic and oregano. Heat 2 tsp. olive oil in skillet over medium heat until hot; add onions and stir-fry for 3-6 minutes. Remove. Heat 1 tsp. olive oil in same skillet until hot; add 1/2 of beef and stir-fry 1 minute or until outside surface of beef is no longer pink (do not overcook). Remove. Repeat with remaining beef. Return beef and onion to skillet; heat through. Season with salt and pepper. Serve in pita pockets with tomatoes and dressing. Makes 4 servings.

From National Cattlemen's Beef Association

Christine's Corner

Another month has slipped past . . . spring seemed short and summer is in full swing now. For me, the 4th of July always marks the half-way point in summer, probably because the start of school is not far and my time-off from teaching nearly done.

It has been a sad month for us—we came home a few weeks ago to find Annie very sick. An emergent trip to the vet revealed renal failure and she died within a few days. Her death has impacted all of us more dramatically than we ever imagined, but each day gets a little easier. It is just hard to believe how 'present' she was in our lives and how much we miss her.

On a more positive note, our daughter and her family have moved back into the area after living several years in S. Dakota. It has been great to have the older four grand-children closer to the farm—they work really good (smile) and we have so much to share with them.

That's about it—my thoughts for the month—have a great July; we look forward to seeing each of you at the Market sometime. *Christine*

Directions to the Farm:

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 16 miles—you will go past Onalaska and Holmen. Just over Hunters' Bridge (Black River), take the second right—County AA to Silver Creek Road, a DETOUR as the bridge is being replaced in Galesville. This quiet little road will take you 4 miles into Galesville ending at the Marunuka Manor and Middle School—take a right turn (you will still be back on Hwy. 53). Continue to travel another 12 miles on Hwy. 53—past Ettrick and Beaches 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. We look forward to your visit this summer.

From the Herd

The past month has been a whirlwind of experiences and emotions. Christine and I spent a few days in Florida—a well-deserved break from the farm. The farm survived—as did our younger adult children who were left in charge—so perhaps we will try to get away again in the future.

I have spent many hours in the seat of the John-Deere tractor—preparing fields, laying plastic mulch, and driving while thousands of plants were planted. When not in the field, I could be found moving the chicks in their trailer to new pasture, deciding which veggies are most in need of weeding, or just trying to keep ahead of the working crew for the day.

There is a great hole in our farm-life since Annie is gone. The cows reach through the fence to nibble on the lawn—an act that Annie would never allow in the past. Somehow, the field work is different—quieter to be certain as she no longer walks up-and-down the rows barking at the equipment. Even the neighbors have noted a change—asking her whereabouts over casual conversations. She is missed by many. *Bob*