
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

June 2010

Upcoming Events

Cameron Park Farmers' Market

La Crosse, WI

Fridays 4pm-8pm

June 18

June 25

July 2

July 9

Bear Creek Farm

Blair, WI

Farm Baby Day

Saturday, June 19

10:00-2:00

Red, White, &
Blue Farm Day

Saturday, July 24

10:00-2:00



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Rain, Rain, Rain

Every week—often on Sunday—Bob and I take our farm walk to review what is growing in the fields and make plans for the upcoming week. It is a great time to reflect on the blessings we have experienced over the past week, as well as any challenges that may be looming in the not-so-distant future.

This week, the blessings noted were many—but so are the challenges. One example is the bountiful amount of rain that has fallen over the past two weeks. As we trudged through the mud and puddles, I could not help but wish for a bit more sunshine to dry the ground. The greenhouse is full: squash of all kinds, melons of the water and honeydew form, and cucumbers for slicers and pickles. It is beginning to look like a jungle and each begs to leave the enclosure and spread out on the fields. Unfortunately, Mother Nature has a much different plan at this point.

Then, we enter the high tunnels where heirloom tomatoes are thriving. The tomato vines are already three to four feet tall and require weekly tending: trimming off of extra foliage and clipping onto string supports. Each is full of blooms and some have the first promise of the summer: little tiny tomatoes. After spending the

afternoon tending to these lovely plantings, we leave the tunnels covered with a golden hue: pollen from all of those blossoms.

In the fields, kale, cabbage, and lettuce are plentiful. The garlic bed is beginning to scape—form seed pods that can be removed and used for cooking. Having not grown fennel in the past, we are amazed at how fast the bulbs grow and how lovely the spires of green fern-leaf appear. Potatoes are up—amazing considering all of the rain and cooler nights, but so are the weeds—an unbelievable crop that never seems to cease production. Our first planting of sweet corn is knee-high (to me) and looking good. The sugar snap and shell peas are blooming and setting on pods as well.

Finally, the babies are growing quickly. The calves are beginning to stray a bit more from their mothers—tasting grass and attempting to drink from the water tanks. They continue to gallop over the hillsides and butt heads with each other in some sort of game of domination. The kittens are all over the barn, wrestling with each other and growling like tigers over anything that they claim as their own. And, yes, that colt was born—a beautiful tan and white stallion that the mother is pretty protective of.

Specials of the Month — call/email ahead for delivery at Market

Now Available!!!

Hanger, Flank, Skirt

Steaks

\$7.75/pound

Lean Ground Beef

5 pounds or more

\$4.00/lb.

Round Steak

\$5.00/pound

Bear Creek Farm
608-790-5898 or 790-5882

Pricelist

Individual cuts priced per pound

Lean Ground Beef	\$4.75
Roasts	
Chuck/Arm	\$5.50
Rump	\$6.25
Sirloin	\$6.75
Steaks	
Round	\$6.25
Sirloin	\$10.50
Porterhouse	\$12.00
Rib-eye	\$12.00
T-bone	\$11.50
Tenderloin	\$13.75
Soup bones	\$3.00
Liver	\$1.50
Free Range Chickens	\$3.99
Eggs (dozen)	\$2.00

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

Mexican Steak Torta

1 pound sirloin steak
1 Tbls. garlic salt
1 tsp. black pepper
1 tsp. ground cumin
Ground cayenne pepper to taste

4 split kaiser rolls
1/4 cup mayonnaise
1/2 cup refried beans
1 large avocado, sliced thinly
1 large tomato, sliced
2 cups shredded lettuce
Shredded cheese

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Season steak with garlic salt, black pepper, cumin, and cayenne pepper. Grill steak to medium-rare, about 5 minutes per side. Remove from heat to a cutting board, slice the sirloin steak into thin strips, and cover with foil. Set a large skillet over medium-high heat. Spread both halves of each roll with mayonnaise. Brown the rolls mayonnaise-side down until golden, about 3 minutes. Warm the refried beans in a bowl in the microwave, about 1 minute on high. Spread a thin layer of beans on the bottom half of each roll; layer with steak, avocado, tomato, and lettuce. Top with cheese and close the sandwich with the top of the roll.

Christine's Corner

The newsletter is late, late, late! That is all I can think of—besides all of the jobs that need to be done here on the farm. Every morning I get up thinking I can finish up the newsletter, only to be distracted by several other, equally important tasks that need to be completed for the day.

We have had the blessing of three grandchildren visiting us from Sioux Falls over the past month—what a great experience. They are all such great help for us in the fields, greenhouse, and high tunnels. Each has learned to plant seeds, water flats, sucker tomato vines, and—of course—weed, weed, weed. It is through their eyes that we again recognize the wonder of nature of the importance of passing on our talents for growing food to the next generation. They are really good at catching and taming kittens too.

Please consider visiting the farm this Saturday, June 19th for our first Family Farm Day. Come to see what is growing on the farm, as well as enjoy some food and family fun. Feel free to come 'splash in the puddles' with us, and bring a lawn chair to rest in.

Christine

Announcements

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 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 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.

From the Herd

Is it time for the newsletter already? The past month is a blur—full of tilling the soil, planting seeds (literally thousands), and endless hours of weeding. And then, there is the rain—but I believe Christine has covered that pretty well.

Not only have we been blessed with our grandchildren assisting us on the farm, but several friends have been coming every week to 'work for vegetables'—a very rewarding and enjoyable experience for all. With their help, we have planted tomatoes in the high tunnels, planted seeds in cell flats the greenhouse (can't plant in the fields), and weeded, weeded, weeded.

All of the babies are born now. The much anticipated arrival of the foal occurred on a rainy morning—of course—a watery birth as the foal decided to fall into the creek. As I stood in the creek, attempting to fish this unstable baby from the water, the mare nickered her encouragement to one or both of us—I am not certain which. Spirit's Golden Chumani (dew drops) has grown into his legs and now runs the pasture regularly with mom.

Bob