
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

June 2011

Upcoming Events

Cameron Park
Farmers' Market
La Crosse, WI
Fridays 4pm-8pm
June 10
June 17
June 24
July 1
July 8

Bear Creek Farm
N26893 Hwy. 53
Blair, WI
Farm Work Day
June 11
10:00-12:00

Family Farm Day
****June 25****
10:00-2:00



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The Heat is On!!!

Well, it took a while—but Mother Nature has finally warmed to us and turned the heat on in a big way. From freezing—literally—to baking in one short week. Fortunately, we had no tender crops in the fields yet, so the weather extremes have only been difficult for us to adjust to. Bob loves the heat; me—not so much, but what can ya' do.

The greenhouse is full—flowers, vegetables, herbs—and more to go. We are busy planting many, many seeds for our commercial crops of squash and pie pumpkins. Our latest personnel addition to the farm—Kay—has planted somewhere around 12,000 seeds so far with many more to go. She is very diligent in her tasks—filling plug trays, inserting seeds in each plug, covering, packing, and watering the little baby plants in for germination.

In the high tunnel, the heirloom tomatoes are looking good—nearly 500 plants. We grow three primary tomato 'colors'—Red Brandywine, Cherokee Purple, and Hillbilly Potato Leaf Yellow—for a commercial supplier out of the Cities. Along with these primary plants, we have one row consisting of 12 other heirloom varieties that we are trialing for color and taste. We do like to grow and check out new tomatoes.

In the fields, Bob is very busy on the tractor—field-tilling, laying plastic mulch for weed control, and planting. Sam and Verbie are the main planting team when it comes to field planting—spending many hours riding the planter and securing the plastic mulch strips that have lifted due to recent strong winds. We have had to irrigate the Brassica plants already—first too much wet, now already too little.

The start of summer has brought additional help to the farm—grandchildren on summer break from school. It is amazing how fast these children are growing and how much more responsibility they can take on every year. This year, Ethan is planting with Sam and Logan is seeding in the greenhouse with Kay. It is so wonderful to be able to assign a task to them and have it completed—without too many skirmishes between the boys that is.

We ask that you note the upcoming farm events scheduled for June. In the past, customers have asked that we offer the opportunity for them to come to the farm and help with planting and weeding—June 11th will be that opportunity for you. Due to the cool spring, we have moved Family Farm Day to June 25th.

What's Growing in the Fields this Month?

Cabbage x 3 Varieties	Onions, Leeks
Broccoli, Cauliflower, Kale	Lettuce, Kohlrabi
Red Rutgers Slicing Tomatoes	Kabocka Winter Squash
Cherry Tomatoes x 4 Varieties	Heirloom Tomatoes



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 Vision Statement

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



Recipe of the Month

Lemon-Pepper Ribeye Steaks with Roasted Tomatoes

4 beef ribeye filets, cut 1-inch thick (about 4 to 6 oz. each)
2 cups red and yellow grape or cherry tomatoes, cut in half
2 tsp. olive oil
1 tsp. dried thyme leaves
2 cloves garlic, minced
1/4 tsp. salt

1-1/2 tsp. lemon pepper

Heat oven to 400 degrees. Combine tomatoes, oil, thyme, garlic and salt in medium bowl; toss to coat well. Arrange tomatoes, cut sides up, on metal baking sheet lined with aluminum foil. Roast in 400 degree oven 30 to 35 minutes or until skins are wrinkled and begin to brown.

Meanwhile, press lemon pepper evenly onto beef filets. Heat large nonstick skillet over medium heat until hot. Place filets in skillet; cook 10 to 14 minutes for medium rare to medium doneness, turning occasionally. Remove to platter; season with salt, as desired.

Serve steaks with tomatoes.

From www.txbeef.org

Note: These steaks would be great served from outdoor grill as well.

Christine's Corner

Memorial Day always marks the beginning of our busy season—planting, weeding, and harvesting—and this year is no different. I was concerned that we were quite behind with seeding and planting, but upon review of last year's calendar, we are really a bit ahead of schedule—which is good!

Last June was rainy—something that we may not have to worry about this year. It is a bit amazing how very dry the fields are considering that March and April seemed unusually wet and cold. The recent warm weather does make the seeds sprout very quickly in the greenhouse—in about 2-3 days. After that, water, water, and more water—a task to be performed at least 3 times per day in order to sustain their growth and ensure a healthy plant. After three weeks, it is off to the fields for the summer's growth.

Along with all of this activity, I am trying to get flowers in the ground and weeds out of the flower beds. This is a daunting task and I am nearly to the point of bull-dozing and seeding grass instead. But, then I would need to find time to mow. Life's a challenge! *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

It is a busy time—but I absolutely thrive on it! The hot weather is great, the transplants look good that we are planting in the fields, and our schedule is going well—for the most part. It is a bit dry, but that is what water tanks and irrigation drip lines are for.

We only see the beef herd a couple of times a day now—when they come in for water or happen to be grazing the distant hillsides. The chicks that were so small and fluffy a few short weeks ago have grown into 1-2 pound birds already, fully feathered and quite aggressive. Sam and I draw straws to see who is going to feed, water, and let them out to pasture early every morning.

The days are long, but that is what farming is all about—hard work and the gratification of taking care of the land for future generations. We enjoy sharing the farm experience with our customers and friends, so please consider coming out on June 11th to pull a few weeds, plant a few peppers, and generally enjoy the fresh air and sunshine. And don't forget the food and friendship on June 25th. *Bob*