
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

March 2010

Delivery Schedule

All deliveries
11:00-12:00

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

In this issue:

Specials 1

Recipe of the Month 2

Christine's Corner 2

From the Herd 2

Busy, Busy, Busy!

March has arrived—actually it's half over already. The snow is melting—a sure sign that spring is not far off. And on the farm, we are busy, busy, busy!

The month began with our participation in the Community Supported Agriculture (CSA) open house sponsored by Franciscan Skemp Healthcare and Health Traditions Health Insurance. Bob and I spent a great evening sharing exciting conversations about the joy of farming and the value of eating fresh vegetables. We introduced our CSA program for the summer and have had many interested persons sign-up already.

The second week found us in Minneapolis, tearing apart a walk-in cooler and two walk-in freezers. What a job! After three long days, a few bruises, and many sore muscles, we succeeded in transporting all three units to the farm where we will install the cooler and freezer for use as

our beef and vegetable business grows. The second walk-in freezer will be sold as soon as we find a buyer, in case anyone knows someone looking for a good deal.

While traveling back-and-forth to the cities, time was spent planning a schedule for the germinating and planting of millions of seeds later this spring. Seeds were ordered over the weekend and will be arriving over the next few weeks. The next job on our agenda is preparing the germination station and greenhouse for seeding and transplants. The growing season begins and is very exciting for us!

Finally, we will be constructing a second high tunnel on the farm later this spring. We are very excited about this opportunity to expand our vegetable growing season. The high tunnel will help us fulfill increasing sales for tomatoes and offer early mixed greens and cool weather crops to our customers at the Cameron Park Farmers' Market in May.



Moving the walk-in cooler and freezer to Bear Creek Farm

Specials of the Month

Chuck Roast	\$4.25/lb.	Summer Sausage (~1.5# stick)
		\$6.90 per pound
Round Steak	\$5.00/lb.	
T-Bone Steak	\$10.00/lb.	Lean Ground Beef
		>10 pounds \$3.50/lb.



Bear Creek Farm

608-790-5898 or 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
Rib eye	\$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

Prices to increase April 1, 2010

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

Hearty Black-Eyed Pea Soup Recipe

Ingredients

- 1 pound bulk pork sausage
- 1 pound ground beef
- 1 large onion, chopped
- 4 cups water
- 3 cans (15-1/2 ounces *each*) black-eyed peas, rinsed and drained
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (10 ounces) diced tomatoes and green chilies, undrained
- 1 can (4 ounces) chopped green chilies
- 4 beef bouillon cubes
- 4 teaspoons molasses
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon garlic salt
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground cumin

Directions

In a Dutch oven or soup kettle, cook sausage, beef and onion over medium heat until meat is no longer pink; drain. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 45 minutes. Yield: 12-16 servings (4 quarts).

www.tasteofhome.com

Christine's Corner

Ah—the elusive dreams that come with spring break. So many projects anticipated; so few actually accomplished. There were thoughts of cleaning the basement, organizing the home office, setting up the germination station, and seeding the first transplants of the season. Unfortunately, all of these were trumped by the Minneapolis Mission, as I like to call the past week.

Instead, I must be content with what was accomplished—beyond the Minneapolis Mission. Early in the week, beef quarters and cases of chicken were picked up and delivered to our customers. Seeds were ordered, the annual organic certification paperwork completed, and germinating, dibbling, and transplanting schedules calculated. Finally, I seem to be finding a few moments to complete this newsletter while preparing to receive next week's orders for meat delivery.

FYI, we continue to have vegetable CSAs available. The application is on our website, or email me and I will send you one. *Christine*

From the Herd



Spring—time to plant!

Ah—spring is here and so is the mud that arises from thawing snow-covered fields. The mud creates new challenges for me every day. It is nearly impossible to get hay out to the beef cows. I begin with the tractor, but it is too heavy and the hillsides too slick. Next, the task is attempted using the ATV, but it becomes bogged down and stuck in the muck. Finally, the only alternative is to carry the hay out into the field by hand, while the cows circle around mooing in anticipation. All the while, Annie is barking her warnings to the tractor, ATV, and cows. Chores can be really noisy sometimes!

Next, the yearling heifers are not where they are suppose to be; they have pushed their hay bale onto the fence and escaped from the electric fenced area. One is located munching on the storage hay bales and the other two are nosing around the greenhouse. Initially, the young heifers curiously move along the fence line of the empty vegetable field. Then, with Christine's assistance, the wandering animals are slowly corralled toward the east pasture and secure fencing. What a great life! *Bob*