
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

May 2011

Upcoming Events

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

May 6
May 13
May 20
May 27
June 3

Family Farm Day
Bear Creek Farm
Blair, WI

Saturday
June 11
10:00-2:00



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May Day

The first day of May—from my memory—is associated with bouquets of spring flowers, placed on neighbors' doorsteps with the ringing of the doorbell, and then running to hide so the receivers would be unaware of the person presenting the gifts of spring. Interesting what other events are associated with May Day.

From Wikipedia (hey, it's a resource), the May Day celebrations associated with flowers and dancing about the maypole originated from pagan religious and fertility festivals. With the advancement of Christianity, the traditions were abandoned or infused into more appropriate religious celebrations.

Perhaps more importantly, the first day of May—International Workers Day or Labour Day—is recognized as a labor day celebration in many countries. These celebrations recognize the historic fight by laborers for the eight-hour work day (yes, resource is Wikipedia again). So, what does that have to do with the farm? Not much—just thought it was interesting (smile).

Back to the farm—waiting for planting, but busy in the greenhouse and high tunnels. The germination chamber has been a great success. Bob says that seeds are germinating in the

warm, humid environment in 2-3 days—with nearly 100% germination rate. And, we are beginning to run out of room on the growing tables—so many transplants to offer.

Bob and Sam spent several days last week replacing the center floor in the greenhouse. The previous floor was torn and difficult to walk on. Now, it is nearly pristine! The smooth, black fabric with lovely lavender lines is not only functional, but great to look at. And, I don't trip as much—which is an added plus.

In the high tunnels, the guys are busy prepping for the new season. It is amazing how well the grass and weeds grow in those tunnels, compared to outside. Harvesting the final produce from the winter, pulling weeds, and tilling the beds are just part of the prep-process. As soon as the ground is ready, red plastic mulch will be placed and then the tomatoes go in. It is still too cool, but hopefully in the next two weeks—the warmth will come.

And then there is Bob's latest endeavor—baby chicks. On Friday, 125 day-old chickens arrived to the farm and found their new home in an abandoned motor home we have repurposed several times. Bob is so clever; they are lucky!

What's Growing on the Farm this Month?

Transplants Available

Heirloom and Paste Tomatoes

Cabbage, Broccoli, Kale

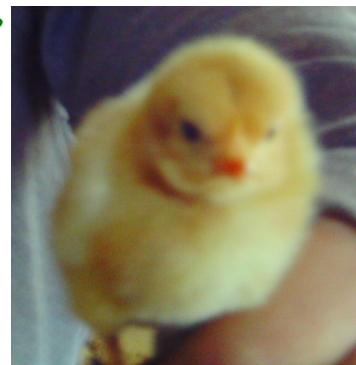
Peppers: Bell, Jalapeno, Ancho

Flowers

Salvia, Petunias, Cosmos

Nasturtiums, Zinnias

Impatiens, Snapdragons



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

Skillet Beef Stew

2 Tbsp. cooking oil
2 lb. beef stew meat, cut into 1-inch cubes
2 tsp. dried thyme or oregano, crushed
6 medium carrots, peeled and quartered
4 stalks celery, cut in 2-inch lengths
2 medium onions, cut in 1/2-inch slices
6 cups lower-sodium beef broth
1/3 cup all-purpose flour
1 recipe Potato Mashers

In 12-inch skillet brown beef in hot oil over medium-high heat with thyme and 1.4 teaspoon each salt and pepper. Remove, set aside. Add carrots, celery, and onions to skillet, cook and stir 5 minutes. Return beef to skillet. In bowl whisk together broth and flour; add to skillet. Bring to boiling; reduce heat. Simmer, covered, 45 minutes. Uncover; simmer 10 minutes or until meat is tender. Serve with potatoes. Makes 8 servings.

Potato Mashers: In microwave-safe bowl, microcook 8 Yukon gold potatoes (23.4 lb.), half at a time, on high (100 percent power) 8 minutes, covering bowl with vented microwave-safe plastic wrap. Mash potatoes with 1 cup milk, 1.2 teaspoon salt, and 1.2 teaspoon black pepper.
From BHG.com

Note: Community Supported Agriculture (CSA)

There is a great little video on YouTube called, "[Community Supported Agriculture: What to expect when you join a farm.](#)" This video is highly recommended for all who are considering joining a CSA for the first time. Great advice, straight from CSA farmers themselves!
From: www.localharvest.org

Christine's Corner

It has been a most interesting spring so far. Already May and very little warmth or days of sunshine. As I reviewed our newsletter from last year, it is apparent that this year is certainly different: colder and wetter.

The grass is finally greening-up and daffodils are opening their little faces to the world. Although frost covered yesterday, the little yellow and white blooms mustered their courage and were standing tall by afternoon. The tulips look promising, but seem to want to wait for sunnier days to break forth and bloom.

Every morning our feeders are packed with woodpeckers, blue jays, and cardinals that have found their breakfast here all winter. The spring and summer birds are returning so it is time to get the liquid birdfeeders out for the orioles and hummingbirds. The yellow finches are changing color to the most brilliant yellow we have seen since last spring.

"Patience" continues to be the word for each day—as we wait for the fields to dry. *Christine*

From the Herd

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—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—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. We look forward to your visit this summer.

I agree with Christine—what a cold and wet spring so far; perhaps though, she is expecting too much from Mother Nature. After all, it is only the first of May.

The good thing about cooler weather is that the grass grows well. The herd has been quite content to graze the hillsides rather than eat bales of hay, which has really helped conserve the last of winter's store. We have begun the rotational grazing pattern, so the un-grazed lots have 9-10 inches of grass already and will soon be ready for the herd's eating enjoyment.

On another subject, our CSA sales have been somewhat slow, which is a curiosity to me. It may be the economy—it seems more individuals that we speak with are starting seeds and planning a garden. But it is a concern that, in general, people do not know the importance of buying local and eating fresh. As fuel prices increase, the cost of food is rising and the quality has been in question for years. So, the question is: Why wouldn't a person want to ensure quality and value by purchasing from local producers? Just wondering. *Bob*