
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

November 2010

Winter Delivery Schedule

10th Street

La Crosse, WI
Thursdays 4-4:45 pm

Kwik Trip-Midway

Holmen, WI
Thursdays 5:15-5:45 pm

December 2
December 9
December 16
December 23
December 30

Bear Creek Farm

Blair, WI



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What to say . . .

There are few times—but it does happen—when I am at a loss for things to say (I hear the crowd snickering already). The past few weeks have presented few interesting or unique ‘things’ for me to comment on or share with you. Therefore, a very late newsletter is coming your way this month.

It's not that we are not busy on the farm. The crops are cleared from the fields and the soil is tilled and ready for planting in the spring. Under a small tunnel of plastic by the greenhouse, lettuce continues to grow and Bob harvests from it weekly. In the high tunnels, the tomatoes are gone and several varieties of lettuce, beets, and spinach are sprouted and growing strong under mini-tunnel structures.

The greenhouse has become our cool house—an area for growing more tender lettuce and stir-fry vegetables. The temperature in this structure is set at 35 degrees overnight and warms to seventy degrees most days with the help of sunshine. In this greenhouse, we have leeks, pak-choi, carrots, and turnips growing in raised vegetable beds.

We continue to have sales from the farm and weekly delivery to the La Crosse and Holmen

areas. Along with grass-fed beef cuts, we are offering certified organic whole chickens and boneless chicken breasts. Almost every week, there is an abundance of lettuce greens mix, so we are able to offer 8 ounce packages of both Mild and Wild mixes. Then there are the eggs—dozens and dozens to be sold every week.

The beef herd roams a little closer to the main buildings now. We have been very fortunate to enjoy a warmer fall season that allowed for the pasture to remain green and the cows to graze longer than other years. But, all good things come to an end, and we have had to begin to supplement with bales of hay. The cows hear Bob start the tractor and line up along the fence, mooing encouragement for him to move the hay bale as quickly as possible to the nearby valleys for their eating enjoyment.

We have noticed that a few more cats are showing up for dinner in our upper barn, a sure sign that winter is not far off. The horses have grown thick, warm winter coats—another sign that winter and snow are just around the corner.

Well, that is all the news for now from Bear Creek Farm. Happy Holidays.

Specials in the Month of December

	Lean Ground Beef	
	5 pounds or more	Chuck Roast \$3.50/lb.
Certified		T-Bone Steak \$9.50/lb.
Organic Chicken	\$4.00/lb.	Round Steak \$5.00/lb.
\$3.75 per pound	Winter Squash 2 for \$1.00	

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
Whole Organic Chickens	\$3.99
Boneless Chicken Breast	\$10.65
Eggs (dozen)	\$2.25

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

(www.beef.betterrecipes.com)

Shepards Pie with Twice Baked Potatoes

6 large potatoes
1/4 cup olive oil
Salt and fresh ground pepper to taste
2 tbsp extra virgin olive oil
1 pound ground beef
1 tbsp tomato paste
1 onion, chopped
1 green pepper, chopped
1 red pepper, chopped
4 cloves garlic
3 tbsp Worcestershire sauce
1 tbsp Montreal steak seasoning
2 tbsp Hungarian paprika or regular
Dash cayenne pepper

1 stick butter
1 lb bag frozen mixed vegetables, thawed
3/4 cup heavy cream
1/4 cup sour cream
1 1/2 cups cheddar cheese
1 cup Monterey Jack cheese
1/4 cup Parmesan cheese
3 tsp fresh chopped chives

Preheat oven to 375 degrees. Rinse potatoes and pierce with a fork a few times. Rub with olive oil and season with salt and pepper. Bake potatoes about an hour and 15 minutes, then remove and let cool. When potatoes have a half hour to go, start meat mixture. Preheat a large pan over medium high heat then add olive oil Brown meat, drain and return to pan. Reduce heat to medium, add tomato paste, then cook 1-2 minutes. Add onion, peppers and garlic then stir to combine and cook 2-3 minutes. Add Worcestershire, steak seasoning, paprika and cayenne pepper, then cook a few minutes. Add vegetables to beef mixture, cook about five minutes until just tender, then remove from heat. Remove a small top of each potato and scoop out potato flesh into a large bowl, then add salt and pepper to taste. Meanwhile, start sauce for potatoes. Add butter to a medium sauce pan over medium low heat. After butter has melted, add heavy cream and sour cream, then whisk to combine. Stir in cheeses until melted. Add 2 tbsp of chives. Pour sauce mixture over potatoes and mash. In bowl with beef mixture, use a spatula to divide in half, as a guideline, as each half needs to fill three potatoes. Divide potato mixture the same way as beef, divide in half and each half into three, to top potatoes. Pile potato mixture on top of potato then use a hand, or plastic spatula, to mold it tight, it will be piled high. Sprinkle potatoes with remaining paprika. Preheat oven to 400. Bake 20-25 minutes then remove potatoes and preheat to broil. Sprinkle potatoes with remaining cheddar and broil a couple of minutes, just until cheese melts. Remove and sprinkle potatoes with remaining chives. Serve with sour cream. Potatoes can also be frozen, covered with wax paper, so it doesn't stick, and wrapped with foil. I then transfer them to a resealable bag. When ready to eat, remove from freezer and do not thaw. Bake at 400 degrees for 40-45 minutes.

Christine's Corner

When I am unable to come up with an idea to write about, I question whether my life is really so boring that nothing important happens to comment about. Or is it that life is just so busy that constructive writing becomes more of a task than a pleasurable experience? I am not certain, but writing has presented a challenge for me this month.

The Thanksgiving holiday did provide a brief reprieve from the craziness that we call life. We were blessed to have both new grand-daughters visiting on the farm for a few days last week. As Raven slept quietly on my chest, I remembered when our children were that small—wasn't that just yesterday? And watching Evelyn attempt to crawl across the hardwood floors to catch the cat brought back many memories of years gone-by. The other five grandchildren were greatly missed—but Christmas is coming and we are already planning for their visit.

So, perhaps it is not a boring life, but an extremely busy life. I need more time for reflection—I will work on that for a New Year's Resolution.

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

How can Christine even imagine that life on the farm is boring? Between planting the winter crops, feeding and watering the animals, and making deliveries every week, I believe we have a pretty exciting lifestyle.

The week of Thanksgiving was awesome. We have purchased an additional 30 acres of land that adjoins our current farm. Did I mention, it includes woodland with lots of deer paths? Yes, I spent many hours last week exploring this additional acreage, carrying a rifle and looking for wildlife—like squirrels, turkeys, and DEER. It was great! I spent several quiet mornings, sitting on a log and thinking about the blessings we enjoy in our world. Oh, and the children visiting with the new granddaughters added to the awesomeness of the week, of course.

It is not a boring life that we lead on the farm. Christine is more accurate in stating that life is too busy. As we move into the New Year, we both need to reflect and re-evaluate the goals and direction for our lives and the farming operations. More to come — in future newsletters.

Bob