
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

October 2010

Upcoming Events

Cameron Park Farmers' Market

La Crosse, WI
Fridays 4pm-8pm

October 15
October 22
October 29

Bear Creek Farm

Blair, WI

Fall Harvest Day

Saturday, October 23
10:00-2:00



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Bitter-Sweet Endings

It is mid-October, a bitter-sweet time here on the farm. The harvest is nearly complete—only tomatoes, eggplants, and salad greens mix remain in and near the high tunnels. Although the weather challenged us this year, we were able to harvest a variety of vegetables to offer customers through the CSA program and at the farmers' market every week.

The farmers' market in La Crosse is coming to a close—only three more evenings until the 2010 season is finished. Participating in the farmers' market every week for six months is a huge commitment. Bob and I begin the season filled with excitement and anticipation for all of items we plan to offer. As the season progresses, attending the market becomes more challenging as other chores creep into our lives. As we come to a close, we are saddened, realizing how much we will miss seeing our customers and the other vendors every week.

The fields have been cleared, plowed, and tilled—all in preparation for next spring and a new season of vegetable production. As I arrive home in the evening, it is similar to looking at a clean slate, empty but full of so much potential. Our evening discussions revolve around planning for next year—what vegetables did

well, what new produce do we want to try, and what areas seem to produce better.

In the herd, the beef cows are beginning to get a little shaggy as they apply their winter coats in preparation for colder weather. All of the yearlings are sticking close to the herd again, and I see them more often as they graze close to the buildings versus the distant hillsides. The horses have required haircuts this fall; the rainy season seemed to have made the burdock more prolific than other years. Horse manes and tails were full of burrs—too many to remove by hand; the scissors became the tool of choice. The horses look better going into the winter, and I am certain feel better as well.

It is somehow a relief to see the harvest complete—without frost damage—but also a bit sad to see the season come to a close. After spending nearly every waking hour over the past six months out in the fields or packing shed, one wonders what will keep them busy over the colder months. Fortunately, Bob has a plan! Over the next few weeks we will be planting salad greens mix, stir-fry mix, and a few other cold hearty vegetables in our high tunnels and greenhouse. By mid-winter, we will be offering these items to our winter customers.

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

One chicken

One chuck roast

5# lean ground beef

\$49.00

Lean Ground Beef

5 pounds or more

\$4.00/lb.

Summer Sausage

2# Stick

\$11.50 each

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
Hanger/Flank	\$7.00
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

Bob's Harvest Stir-Fry

1/4 c. olive oil
1 large onion, diced
2-3 small zucchini, sliced
2-3 small yellow-neck squash, sliced
1 small hot pepper, dices
1 green pepper, sliced
2 tomatoes, chopped
1 clove garlic, minced
1 pound ground beef, optional
Salt to taste

Heat oil in a large skillet, sauté onion, zucchini, squash, peppers, and garlic until tender (~ 10 minutes). Set aside. Brown ground beef and drain. Mix ground beef into squash mixture; add tomatoes and cook over medium heat until tomatoes are tender (~ 10 minutes). Salt to taste. May serve over white rice or egg noodles.

(Note: This month's recipe is a favorite of Christine's—although every recipe that Bob cooks—and he cooks every evening—is a favorite for Christine.)

Christine's Corner

Already—the middle of October—the months are absolutely flying by. It is difficult to believe that the summer season is coming to a close and we are planning winter crops and markets.

Although not our favorite season, winter does offer a little rest and respite from dawn-to-dusk work schedule we have been keeping.

The final farm day for our friends and customers is rapidly approaching—Saturday, October 23rd. We are planning a variety of events for all to enjoy: wine tasting, horse-drawn wagon rides, and a sawdust search for children. All are welcome to come and spend as long as you wish—hopefully the weather will be agreeable.

As we move away from the weekly farmers' market, we will again offer winter delivery to our customers on a monthly basis. As the delivery schedule is developed, I will send an email message inviting our current customers to remain on the emailing list to receive winter newsletters and beef/produce specials. Of course we always welcome new customers via website.

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

I agree with Christine—it is a bitter-sweet time of year. The harvest is complete—sw-e-e-e-t (as our son states); but the bitter winter is coming! Last night everything that was not covered froze—just a hint of the cold that is coming and cannot be escaped from.

Our baby animals have grown—another bitter-sweet event that occurs through the summer. The calves are nearly as big as their mothers, the foal is spending more time away from his mother, and the kittens have all grown to cats. Another summer for the books, and a new season is upon us. The thought of the warm greenhouse in the cold winter is somehow enticing.

We are preparing for the final farm day—it just seems like yesterday that our customers were enjoying the first farm day of the season. From the local winery we have picked out a few wines for you to sample. Our Amish friends will be on the farm to offer horse-drawn wagon rides (and perhaps some crafts and preserves). For the children, we will hide trinkets in a sawdust pile for their searching enjoyment.

Bob