
Bear-ly News

Bear Creek Farm

www.bearcreekfarm.net

September 2010

Upcoming Events

Cameron Park Farmers' Market

La Crosse, WI
Fridays 4pm-8pm

September 24
October 1
October 8
October 15
October 22
October 29

Bear Creek Farm

Blair, WI
Fall Harvest Day
Saturday, October 23
10:00-2:00



In this issue:

Specials	1
Recipe of the Month	2
Christine's Corner	2
From the Herd	2

Here Comes Fall!

One would have to live in a bubble to not have noticed the gorgeous weather we are having lately. Cool mornings warm to beautiful, glorious sunshine-filled afternoons. Then, slowly the evening sunset melts away to reveal the clear night sky, filled with sparkling stars and that golden, full moon.

As the days shorten, the harvest is in full swing here on the farm. We continue to pick and ship tomatoes every week, but in smaller quantities as tomatoes do not ripen as quickly with the cooler nights. Likewise, the eggplants in and out of the high tunnel are loaded with deep purple and lavender blush fruit, but seem to have stopped growing in size due to the cool nights. Conversely, the summer squash—yellow neck and zucchini—continue to produce in abundant numbers. If we could have just a few more weeks before frost, we may have melons galore.

Cooler temperatures make it unnecessary to have the shade cloths on the greenhouse and high tunnels, so off they came today—to be packed away until next summer. Where potatoes were underground, the tubers are now dug and the soil prepared for a fall cover crop. The garlic is dried and cloves pulled apart, soon

to be nestled in a straw covered bed for the long winter ahead. Then there is the lettuce—yes—lettuce. Planted just a few short weeks ago, the greens mix is four inches tall and looking good; should be ready for harvest in October. In the lower fields we look over the remaining squash plants, patiently waiting for the acorn squash to ripen.

The herbs have all been harvested from the raised bed containers. The containers will be moved into the greenhouse, filled with new soil, and seeded with greens mix for mid-winter enjoyment. Slowly, the tomatoes will be removed from the high tunnels and replaced with spinach and other cold weather plants for harvest throughout the winter.

Finally, even the animals are changing their behavior—preparing for the impending cold weather. The cows can be found grazing closer to the farm buildings; all the calves are tight within the herd. While the cats are usually at the kitchen door every morning when I leave for work, lately the sidewalk is empty and they can be found cuddled up in the upper barn. And Annie . . . well she has returned to sleeping on the guest bed every night—the place she claims during the long winter months.

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

One chicken		
One chuck roast	Lean Ground Beef	Summer Sausage
5# lean ground beef	5 pounds or more	2# Stick
\$49.00	\$4.00/lb.	\$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
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

Vegetable Beef Stew

1/4 c. olive oil
1 large onion, chopped
2 tomatoes, chopped
2 lb. lean beef, cut into 1 in. cubes
1 bay leaf
1 t. oregano
1 t. cumin
1 clove garlic, minced
Salt and pepper to taste
3 c. water
1 T. cider vinegar
4 potatoes, peeled and diced
2 carrots, sliced
2 celery stalks, diced
1 c. frozen peas
1 c. frozen corn

Heat oil in a large saucepan, sauté onions until transparent, add tomatoes and cook for several minutes. Add beef cubes, bay leaf, oregano, cumin, garlic, salt and pepper, water and vinegar. Cook over medium heat for 30 minutes. Add potatoes, carrots and celery and cook for an additional 30 to 45 minutes or until vegetables are tender. Add frozen peas and corn during the last 15 minutes or so of cooking. Remove bay leaf before serving.

(beef.betterrecipes.com)

Christine's Corner

As the days shorten and the nights cool, we are beginning to close down the outer fields and prepare for the winter that is approaching. Although it is only the first day of autumn, and winter should be ninety days off, the colder months always seem to get the drop on us and leave us scrambling to keep everything warm.

It is important to not let the threat of winter overshadow the beauty and rewards found in the autumn season. The changing colors, fall festivals, and wonderful harvest are more than welcome. As the apple harvest comes in, and honey jars fill the shelves, the squash and pumpkins take center stage. Bored with the taste of summer squash and tomatoes, the flavors of these vegetables are slowly savored and enjoyed.

Kookie, our spoiled inside cat, is feeling the colder weather and changing her routine a bit. Instead of sleeping in the chair by the kitchen table, she has returned to my lap every evening, curled up, purring, and dreaming of how great her life is. At least, that is the routine whenever the laptop is not occupying the space. *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

As usual, Christine seems to view the season and upcoming winter months a bit different than I do. As the nights—and days—become cooler, we are busy preparing for the inevitable freezing weather. And we will be ready this year!

Over the next week, the squash will be harvested and cured in the greenhouse. After harvest, the plastic mulch is removed and fall plowing will begin. To enrich the soil for next year's crops, a ground cover will be sown into the soil. In the high tunnels, the tomato crop is slowing. Soon the tomato vines will be removed and the tunnels tilled and prepared for winter crops. In the greenhouse, raised beds will be constructed and filled with fresh soil for salad greens mix to flourish in.

The hay is stacked, covered, and ready for the herd to consume over the winter months. The machinery is being winterized and placed undercover for protection from the wind and snow. The barn has been swept down and stalls prepared for the horses on the coldest nights. Yes, the farm will be ready for all that winter will throw at us—this year. *Bob*