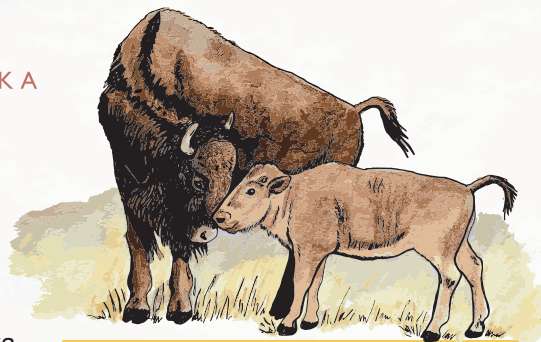


BISON



Your school is participating in Nebraska Harvest of the Month by highlighting bison this month! Overhunting and the arrival of European settlers in the United States led to bison becoming nearly extinct by the late 19th century. Conservation measures have allowed the population to spring back up and today around 500,000 bison are estimated to exist across the US. Celebrate the bison's great history today by trying the recipe included in this newsletter with your family!

SELECTION, STORAGE & COOKING:

- Store bison in refrigerator for up to 1-2 days before using/freezing.
- Put the packages of raw bison in plastic bags, to contain any leakage which could cross contaminate cooked foods or produce.

NUTRITIONAL VALUE

Bison is an excellent source of iron, protein, and vitamin B12.

SEASONAL AVAILABILITY:



BISON GOULASH

Ingredients

2 tbsp oil	1 tsp salt
2 ½ lbs bison cubes	Pepper, to taste
2 tsp Worcestershire sauce	1 clove garlic, minced
1 (8 oz.) can tomato sauce	1 cup light sour cream
2 tsp paprika	16 oz noodles (cooked)
1 tbsp sugar	

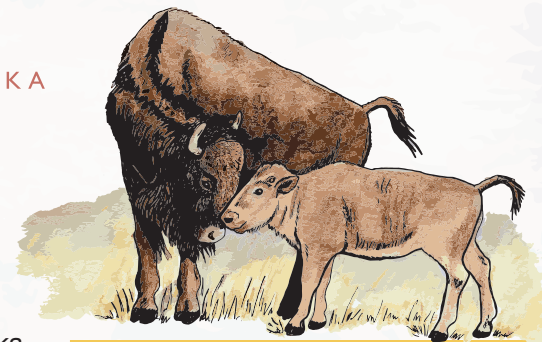
Directions

Heat oil, add meat cubes and brown well. Combine Worcestershire, tomato sauce, paprika, sugar, salt, pepper, and garlic. Pour over meat. Cover and cook slowly over low heat for 2 ½ hours or until meat is tender. Stir occasionally. Just before serving, add sour cream. Stir until smooth. Serve over hot noodles.

Source: www.poncatrib-ne.org/recipes/bison-goulash



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FUN WITH BISON

TRADITIONAL USES OF ALL BISON PARTS

Bison has been a traditional staple in many Plains Indians lives for use as food, clothing, and shelter. In this activity you will learn about the different uses of each part of a bison.

Match the body part to its corresponding arrow to find out the traditional uses of each part of the bison.

Bones	Buckskin/Rawhide	Hair/Beard	Horns
Stomach		Meat	Fat

1. _____

- Arrow points
- Cups & Spoons

2. _____

- Drums
- Ropes
- Saddles
- Moccasins

3. _____

- Bedding
- Tipi Covers
- Mittens
- Dolls

4. _____

- Tools
- Knives
- Arrowheads
- Paintbrushes
- Sleds
- Toys
- Jewelry

5. _____

- Buckets
- Basins
- Cups
- Dishes

6. _____

- Food
- Sausages
- Jerky

7. _____

- Moccasin lining
- Headdresses
- Bracelets
- Padding
- Stuffing
- Pillows
- Rope

Activity adapted from <https://www.nwf.org/~media/PDFs/Be%20Out%20There/Schoolyard%20Habitats/BisonMysteryAct-Dec05.pdf>

Answers: 1. Horns, 2. Buckskin/Rawhide, 3. Bones, 4. Fat, 5. Stomach, 6. Meat, 7. Hair/Beard

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