

# BISON



Your school is participating in Nebraska Harvest of the Month by highlighting bison this month! Critical to their survival, bison not only provided Native Americans with food, shelter and tools, but a model on how to live. To American Indians, bison also represent their spirit and remind them of how their lives were once lived, free and in harmony with nature. 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

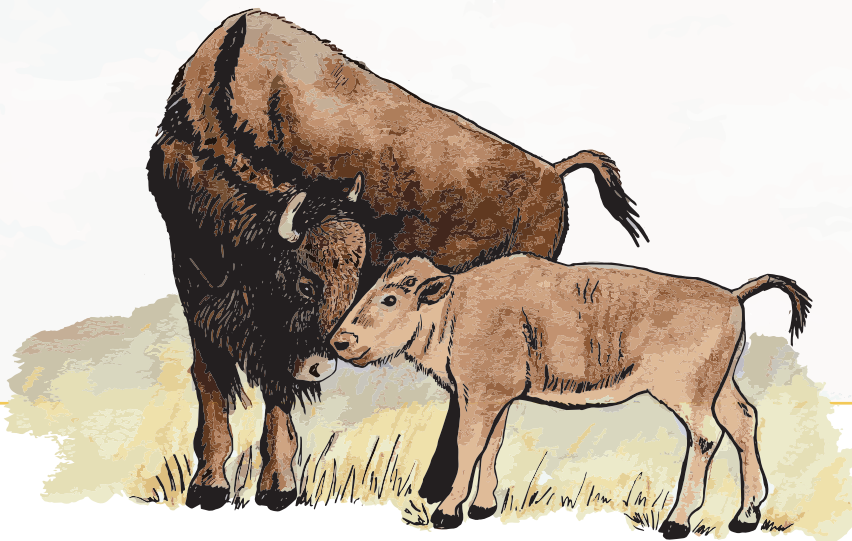
- Store bison in refrigerator for up to 1-2 days before using/freezing.
- Put the packages of raw bison in plastic bags, to contain any leakage which could cross contaminate cooked foods or produce.

## SEASONAL AVAILABILITY



## NUTRITIONAL VALUE

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



## BISON GOULASH

### Ingredients:

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

### Directions:

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

Source: [www.poncatribene.org/recipes/bison-goulash](http://www.poncatribene.org/recipes/bison-goulash)



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH  
[www.education.ne.gov/ns/farm-to-school/harvest-of-the-month](http://www.education.ne.gov/ns/farm-to-school/harvest-of-the-month)



# FUN WITH BISON

Bones	Buckskin/Rawhide	Hair/Beard	Horns
Stomach	Meat	Fat	

1. \_\_\_\_\_

- Arrow points
- Cups & Spoons
- Medication

2. \_\_\_\_\_

- Drums
- Ropes
- Saddles
- Moccasins

3. \_\_\_\_\_

- Tools
- Knives
- Arrowheads
- Paintbrushes

4. \_\_\_\_\_

- Bedding
- Tipi Covers
- Mittens
- Dolls

5. \_\_\_\_\_

- Buckets
- Basins

6. \_\_\_\_\_

- Food
- Sausages
- Jerky

7. \_\_\_\_\_

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

\_\_\_\_\_

- Sleds
- Toys
- Jewelry

\_\_\_\_\_

- Soaps
- Hair grease

\_\_\_\_\_

- Cups
- Dishes

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

## LEARN TO SAY "BISON" IN DIFFERENT TRIBAL LANGUAGES

DAKOTA  
Tatanka

UMONHO<sup>N</sup>  
Tenúga

PONCA  
Tenúga

HOCHUNK  
Tce

LAKOTA  
Tatanka

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