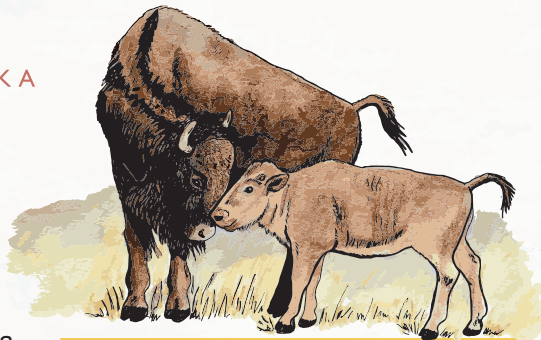# BISON

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:

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEPT	OCT	NOV	DEC

Bison Goulash

Ingredients

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

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.poncatribe-ne.org/recipes/ bison-goulash

Farm to School
NEBRASKA

NEBRASKA DEPARTMENT OF EDUCATION

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
- Medication
- Headresses
- Toys

2. _____
- Drums
- Ropes
- Saddles
- Moccasins
- Bedding
- Tipi Covers
- Mittens
- Dolls

3. _____
- Tools
- Knives
- Arrowheads
- Paintbrushes
- Sleds
- Toys
- Jewelry

7. _____
- Moccasin lining
- Headdresses
- Bracelets
- Padding
- Stuffing
- Pillows
- Rope

6. _____
- Food
- Sausages
- Jerky

5. _____
- Buckets
- Basins
- Cups
- Dishes

4. _____
- Soaps
- Hair grease

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