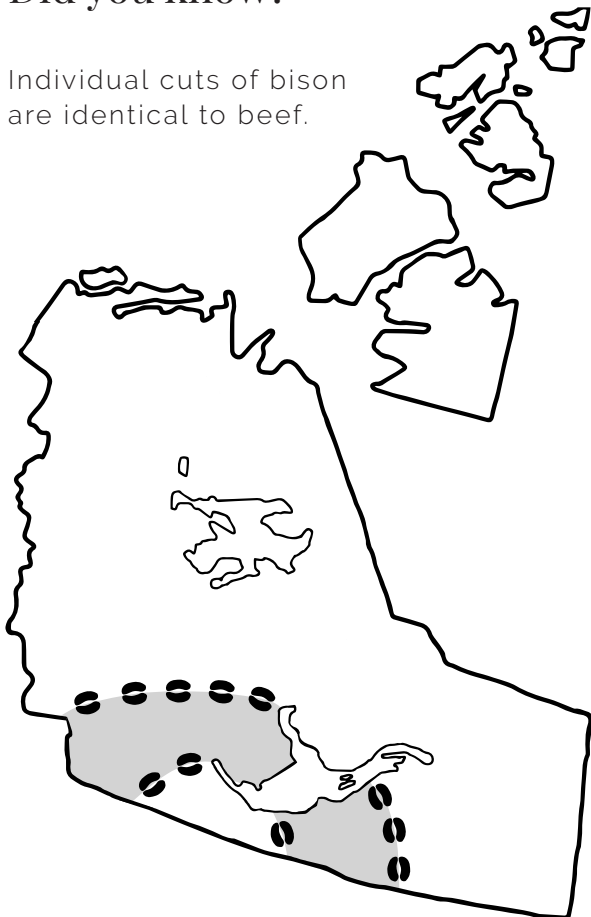


## Bison is Good for Us!

Wood bison are found in three populations in the Northwest Territories: the Mackenzie, Nahanni, and the Slave River Lowlands. Bison meat is a flavourful, tender and lean red meat alternative. Bison meat is similar to fine beef with a slightly sweeter and richer taste!

### Did you know?

Individual cuts of bison are identical to beef.



Bison can appear to be a deeper red due to the fact that bison has lower fat content, thus less marbling than beef.

Bison meat is a nutrient dense food because of the proportion of protein, fat, mineral, and fatty acids to its caloric value.

Bison meat is an excellent source of protein. Each serving contains about 22 grams of protein which is then used in the body to build and repair muscles, skin and blood. Protein also helps fight sickness.

Bison meat contains the "essential fatty acids", omega - 3 and omega - 6 fatty acids. Omega 3 fatty acids help protect against heart disease, prevention for cancer and have been shown to help fend off Alzheimer's disease and reduce the likelihood of heart attacks.

Bison meat is an excellent source of iron. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

### Uses other than food...

All parts of the bison are used, nothing is wasted. Horns and hoofs were used for spoons and utensils,

intestines as containers, tails as fly swatters, hair woven into ropes or used to stuff pillows, sinews as thread and bowstrings, and droppings as fuel when wood was scarce. Hides were always used to their fullest! A few uses are: tipi covers, bags to carry babies and also used to sit on, sleep on or as clothing.

**Fun Fact:** The woodland bison was hunted by cultures of the far North, although never in summer months because of the overwhelming mosquito population.

### Bison Broth

**Directions:** **1.** Brown bison bones in the oven for best flavor. (To do so, place the bones in a 350-degree oven, give or take, until brown.) **2.** Place bison bones in a crock pot or soup pot. **3.** Add vegetable scraps as they are available. **4.** Cover bison bones and scraps with water: Set the water level about one-inch above the bones. **5.** Add two tablespoons of apple cider vinegar or other culinary vinegar. **6.** Cover the pot and set on low (crock pot) or simmer (stove top). **7.** Keep the lid slightly ajar as the bison broth warms up to avoid boiling. (Or don't worry about it, but do make sure your liquid does not boil out or you will be left with burned bones.) **8.** Strain the bison broth about 24 hours later. **9.** Use the fresh bison broth for dinner. (Add the dinner vegetable scraps to the next batch of broth.) **10.** Add water to the bones again and make a second batch of broth. (Keep doing this until you are tired of it or your bones have disintegrated.)

