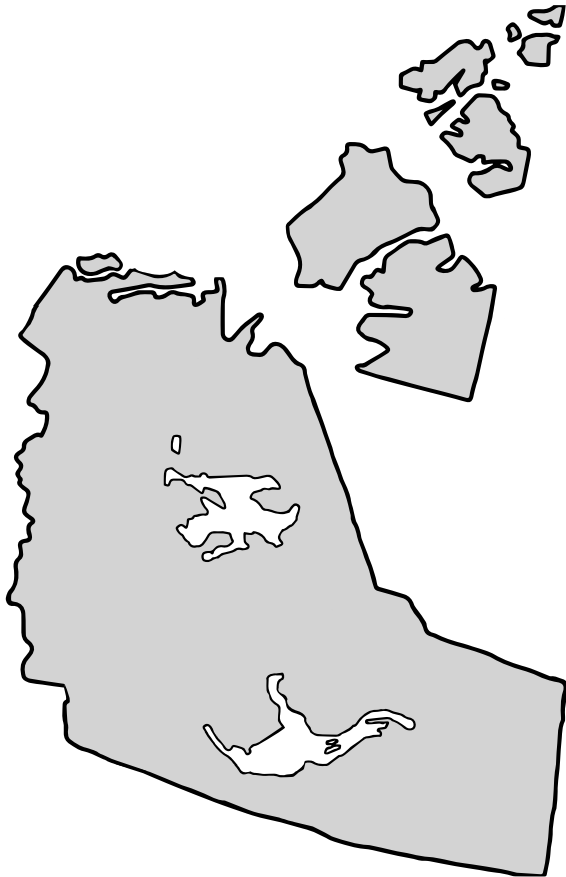


Goose is Good for Us!

People enjoy eating goose because it means the arrival of spring! In early May hunters enjoy getting out on the land to shoot geese. The geese are just arriving from the south with plenty of meat and fat on them. Many people try to collect a large number of geese to freeze them for year round use. Goose is usually eaten



boiled or roasted. Many like the taste and juicy texture of goose meat. People collect fat and oil from the goose to use for dry skin and to maintain youthful appearance. It is also put on sores to help them heal.

Did you know?

Goose meat is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Goose meat is an excellent source of riboflavin and vitamin B-6. These vitamins help our bodies use energy from foods. B Vitamins are important for growth and healthy skin, hair, nerves and muscles.

Goose meat is an excellent source of iron – more than beef, pork or chicken. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Goose eggs are excellent sources of many nutrients such as protein, iron, omega 3 fats and vitamin A, B and folate, good sources of Vitamin D and fair sources of calcium.

Preparation: Goose can be prepared much like chicken: roasted, baked, broiled, grilled, fried, or stewed.

Goose also makes great soups and casseroles. Traditionally they were boiled and eaten with seal oil or made into soup.

Fun Fact

When geese call very noisily as they fly north in the spring, the weather will then turn warm; when they make little or no sound, it will soon become cold!

