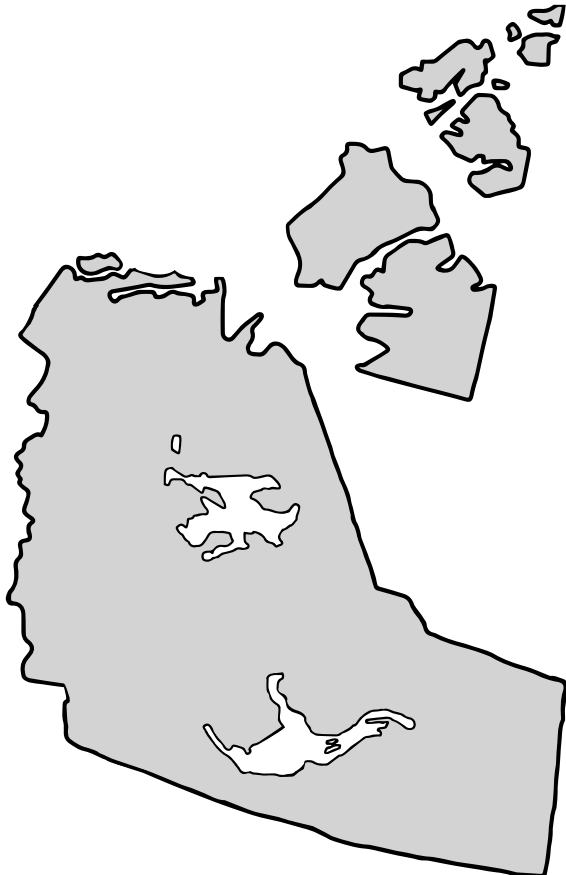


Rabbit and Hare is Good for Us!

Rabbit is an important traditional food that can be hunted all year round. Numbers of rabbits change over a ten year cycle. People snare and freeze rabbits when there are many available. Rabbit/hare is usually baked, boiled or cooked in stews. The fur is used for clothing, trim for moccasins, mitts and for crafts.



Did you know?

The fat content in rabbit and hare meat is very low (1%) when compared to beef, pork and poultry (12-20%).

Rabbit and hare meat are excellent sources of protein. Protein also keeps us healthy by building and repairing our muscles, skin and blood.

Rabbit and hare meat are excellent sources of iron. 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.

Rabbit and hare are excellent sources of the B vitamins B12 and niacin. These vitamins help our bodies use energy from food, and are important for growth, healthy skin, hair, nerves and muscles.

Preparation: Rabbit and hare is usually baked, boiled or cooked in stews. By preparing foods in traditional ways to avoid too much added sugar, fat and salt. Try rabbit or hare stew with carrots, onions, and potatoes for a tasty meal.

Fun Fact: "They have deep, warm fur, but their skin is very fragile and easily torn... In early days they cut the hide spirally to make long strips, which they wove into garments or blankets. The overgrown, furry feet served as

washcloths and dishrags and children also made toy dogs of them"

- Prayers to the Raven

Traditional Rabbit Stew

- Cut the rabbit meat into small, bite-sized chunks. Mix together flour, rosemary, oregano, parsley, and salt. Then coat rabbit meat with flour mixture, saving any remaining flour mixture.

- Melt butter in Large stew pot, and add onion. Cook until golden brown, adding an optional pinch of sugar.

- Stir in garlic. Cook together for 2 or more minutes.

- Add floured rabbit meat, and fry until cooked.

- Add cold water and diced vegetables.

- Simmer at least 1 hour, or until vegetables are done.

- Mix 1/2 cup of hot water with remaining flour mixture and add to stew.

- Boil 2 or more minutes until desired thickness is reached..

