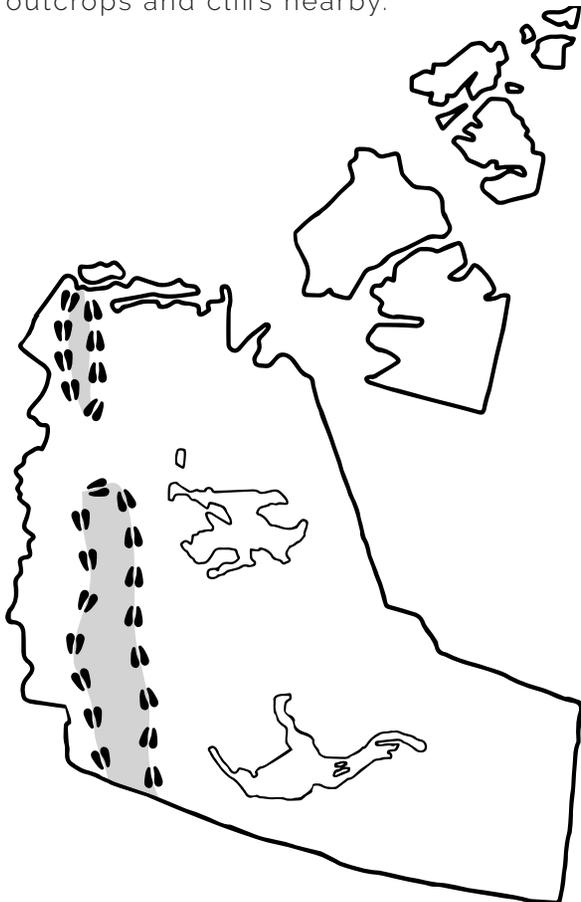


## Dall Sheep is Good for Us!

Dall sheep challenge the hunters, wildlife watchers, and photographers who pursue them. The sheep too are challenged - by the harsh environment in northwestern Canada. The sheep live mostly above timberline on ridges, dry meadows, and steep mountain slopes in the MacKenzie Mountains and Richardson Mountains. There are always rocky outcrops and cliffs nearby.



The sheep rarely venture far from this rugged terrain, using it to escape predators, including wolves, golden eagles, bears, and humans.

Their cloven hooves with rough pads help them cling to cliff edges and broken ledges. In spring and early summer, dall sheep often visit mineral licks to restore the nutrients they lost during the long winter.

### Did you know?

Dall Sheep is a type of red meat, a term used for the meat of mammals, which is richer in iron than chicken or fish. Many think that there is no better meat. It will be tender and won't be strong, if you care for it properly.

The meat of young sheep, in their first year, is known as lamb, whereas mutton is a term used for the meat of adult sheep.

Being rich in high-quality protein and many vitamins and minerals, lamb can be an excellent component of a healthy diet. The protein content of lean, cooked lamb is usually 25-26%. We need protein to build and repair our muscles, skin and blood.

Lamb meat is a high-quality protein source, containing all of the essential amino acids needed for the body's growth and maintenance. Omega-3

fatty acids help protect against heart disease and may help to prevent cancer.

Lamb contains varying amounts of fat, depending on level of trimming and the animal's diet, age, gender, and feed. The fat content may range from 17-21%.

Lamb is a rich source of many vitamins and minerals, including vitamin B12, iron, and zinc.

**Preparation:** Cook it as you would, elk, moose, and venison. It is most often eaten unprocessed, but cured (smoked and salted).

**Uses other than food:** Sheep horns to make dishes and ladles, and knife handles by boiling the horns until soft and then molding and pressing them into desired shapes.

**Bighorn Sheep Fun Fact:** The sheep's horns can weigh up to 30 pounds per set. The sheep themselves can weigh up to 300 pounds.



