**Montana Harvest of the Month logo**

Newsletter + Social Media Content

Bison

Instructions

Please adapt and use the verbiage, logos, and images included below for your newsletter, staff announcements, menus, social media posts, etc. To use the verbiage below, please copy and paste the desired language into your document or social media platform. Be sure to add your site-specific information in the sections with {brackets}. The Montana Harvest of the Month logos and illustrations are included for your use as well. For more information, additional guides, and resources, or to download logos and illustrations visit [mtharvestofthemonth.org](http://mtharvestofthemonth.org/). Registered sites can download all materials on the Harvest of the Month Online Portal.

Announcement/Newsletter Verbiage

**May Harvest of the Month: Bison**

This month’s Harvest of the Month food is bison! Bison are the largest land mammals in North America. Male bison (called bulls) weigh up to 2,000 pounds and stand 6 feet tall, while females (called cows) weigh up to 1,000 pounds and reach a height of 4-5 feet. These large creatures provide us with a lot of nutrition, including protein, vitamin B12, and iron.

Bison have been a critical species to tribes in Montana and the region for thousands of years, providing them with food, clothing, fuel, tools, shelter, and spiritual value. Every reservation in Montana has reestablished bison herds on the tribal lands. Because of the way bison naturally roam on the prairies, they help aerate and fertilize the soil, spread seeds of important plants, and even help the plants germinate.

This month, bison from {INSERT TOWN OR RANCH HERE IF MONTANA/LOCALLY GROWN} will be featured for {INSERT MEAL} on {INSERT DAY}! Students can vote if they “Tried it, Liked it, or Loved it” after trying the Harvest of the Month item in the {INSERT LOCATION OF VOTING, *remove this section if you are not conducting a voting or a taste-test*}*.*

Social Media Posts

Diagram

Description automatically generated**Suggestions for Social Media Posts: Bison***(Red means Twitter Friendly)*

Bison have been a critical species to tribes in Montana and the region for thousands of years, providing them with food, clothing, fuel, tools, shelter, and spiritual value. This image shows many ways a bison can be used! Learn more about this month’s #MTHarvestoftheMonth at: (Bison Harvest at home page link)

Learn about this month’s #MTHarvestoftheMonth – Bison! The American bison goes by many names, including the colloquial term buffalo. The scientific name is *Bison bison*. Indigenous people from this area have used other names for these massive creatures long before any of these scientific terms were used. Watch the Montana Harvest of the Month bison video to hear pronunciations of buffalo in several of these languages! (link to bison video and harvest at home page)

Bison is a rich source of protein, containing about 22 grams per serving! This protein is important for building and repairing tissues, as well as making hormones and enzymes! Learn more at (Link to harvest at home page). #MTHarvestoftheMonth

Bison are fast animals! They can run up to 35 miles per hour! They can spin around quickly, jump high fences, and are strong swimmers. Due to their powerful head and horns, bison are incredibly dangerous, so it is important to give them space. Learn more at: (Link to harvest at home page) #MTHarvestoftheMonth

Logos and Illustrations

The logos and illustrations included below are also available for registered sites to download on the Harvest of the Month Online Portal. To use the images from this document, copy and paste the images from this document to your document.

A picture containing text, mammal

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*A picture containing mammal

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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth/).

Funds were provided in part by USDA Team Nutrition Training grants, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana Pulse Crop Committee, Montana Specialty Crop Block Grant Program.  USDA is an equal opportunity provider. The Montana State University Extension Service is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.

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*Updated September 10, 2021*

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