Bison

Nutrition Information

Bison is a rich source of protein (22 g per serving), which is important for building and repairing tissues, as well as making hormones and enzymes. A single serving can satisfy one fifth of daily iron needs for most individuals (about 3.5mg per serving), an important mineral that promotes growth and development by way of proteins that are made by the body to deliver oxygen to our muscles.

Cooking

Generally, cooking time is dependent on type of cut, size of meat and desired doneness. Make sure to cook ground bison to an internal temperature of 160°F and roasts and steaks to 145°F. For a complete guide to cooking bison, see How to Cook with Bison www.bisoncentral.com/how-to-cook-bison.

Buying Tips

While the most common bison meat available in Montana stores is ground, you can often find options for purchasing bison directly through producers. For a list of Montana bison ranchers, go to https://montanabison.org/.

Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.

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, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: https://mtharvestofthemonth.org.

Funds were provided in part by USDA Team Nutrition Training grants, USDA funds, USDA Farm to School grants, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana School Nutrition Association, Montana Department of Agriculture Specialty Crop Block Grant, Montana Grains Foundation, Dairy MAX, Montana Pulse Crop Committee, Montana Wheat and Barley Committee. This institution is an equal opportunity provider and employer. The Montana State University Extension Service is an AD/A/EO/AA/Veterans Preference Employer and Provider of Educational Outreach.

Harvest of the Month MONTANA

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Harvest of the Month MONTANA

Bison

Did You Know

- 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. Bison calves weigh 30-70 pounds at birth.
- Though large, bison 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 to anyone they consider to be a threat.
- 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 tribal lands.
- The American bison goes by many names, including the colloquial term buffalo. These materials using bison and buffalo interchangeably. 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.

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