

Our Bison are Raised Naturally

At Buffalo Horn Ranch, our bison are raised naturally on green, grassy pasture, are rarely confined and are handled in a low stress manner. **We raise our bison in a slow and natural way, without the use of non therapeutic antibiotics, artificial growth hormones, chemical feed additives or animal by-product feeds** which are routinely used in other mass produced meats. The bison's diet consists primarily of good quality pasture, hay and a short finishing period where the bison are fed a grain based ration in addition to their hay.

Quality Bison Meat

At Buffalo Horn Ranch Natural Meats we work hard to produce the best quality bison meat available anywhere. By controlling quality from conception to consumer we can assure you of delicious, tender, low fat meat from prime young bison. The carcasses are dry aged for about 14 days to ensure tenderness and then processed by a small scale abattoir into a large variety of cuts and meat products made to our specifications. We feel they offer us the best quality products in the old country style. **All of our meat has been government inspected.**

Bison Meat Products

Buffalo Horn Ranch Natural Meat products are 100% bison meat. Our ground bison and burger patties are pure, extra lean and contain no fillers or seasoning. Our sausages average 90% lean, have few additives other than seasoning, some of which are nitrate free. Almost all of our products are lactose and gluten free. Individually packaged products contain ingredient lists.

Buffalo Horn Ranch - Who We Are

Buffalo Horn Ranch is owned and operated by Peter and Judy Haase at Eagle Hill in the Rocky Mountain Foothills about an hour NW of Calgary. In 1994 we reintroduced a small herd of pure plains bison to this land after an absence of more than 100 years. Our goal was simple, to bring back the bison and develop one of the finest herds anywhere for breeding purposes and to produce some of the best quality bison meat and meat products available. We feel satisfied that we have reached these objectives. Today our herd averages 150 bison.

Order BUFFALO HORN RANCH NATURAL MEAT PRODUCTS

direct from the Ranch

Peter & Judy Haase

Eagle Hill (Olds), AB

403-556-2567

peter@buffalohornranch.ca

www.buffalohornranch.ca

(winter home delivery available to
Calgary, Cochrane & area)

Or visit us

**June through September at three
Farmer's Markets in Calgary & area
(check dates on website)**

**Grassroots Northlands Farmer's Market
Tuesdays, 3:30 PM – 7:00 PM**

**Cochrane Farmer's Market
Saturdays, 9:00 AM – 1:00PM**

**Bearspaw Farmer's Market
Sundays, 10:00 AM – 2:00 PM**

**Variety packs, individual cuts,
sides & quarters available.**

Buffalo Horn Ranch Natural Meats



**Quality From Our Range To Yours
Since 1994**

Bison Meat

Bison Meat - A Natural Choice
Experience the delicious flavor of local, pasture raised bison meat. Bison is very tender, high in protein, vitamins, iron and other minerals, yet low in fat, calories and cholesterol. It is an excellent source of essential nutrients such as omega 3 & 6 fatty acids plus it tastes great!

www.buffalohornranch.ca

peter@buffalohornranch.ca

**Peter & Judy Haase 403-556-2567
Eagle Hill (Olds), AB**

Bison Meat Nutrition Facts

Low In Calories

Bison meat is low in calories, particularly as a red meat source. The average caloric content of a serving of bison (100 grams) is about 143 calories. Compare this to chicken and other red meats.

Low in Fat and Cholesterol

Being very lean, bison meat contains less fat than chicken, fish, and most other red meats. It is also lower in cholesterol than most other red meats, and chicken.

Good Fat

Bison meat contains three types of fats: monounsaturated (46%), saturated (43%), and polyunsaturated (11%). Monounsaturated fats are often called the “healthy fats”, because eating them lowers bad cholesterol. All three types of fat should be part of a healthy diet.

Omega – 3 and Omega – 6

Bison meat contains the “essential fatty acids”, linolenic (omega – 3) and linoleic (omega – 6) fatty acids. These substances come from greens such as grass and legumes which our grass fed bison eat. These fatty acids are a necessary part of our diet as they cannot be made in our bodies and are thus, commonly lacking. Their function is to assist the formation of cell membranes, aiding in the production of hormone-like compounds, and participating in immune and visual processes. Omega 3 fatty acids have been shown to help fend off Alzheimer’s disease and reduce the likelihood of heart attacks.

High Protein Source

Bison meat is a rich source of complete protein containing all the essential amino acids in appropriate amounts. Each serving contains

about 22 grams of protein which is then used in the body to build and repair tissues, produce enzymes and some hormones, and maintain cell membranes and components of the immune system.

Rich in Vitamins and Minerals

Rich in Vitamin B 12, Selenium, Zinc and Phosphorus, bison meat is also an excellent source of Iron, Vitamin B6 and Niacin, all of which are recommended daily.

High in Iron

Bison meat is a great natural source of bio-available iron. The high iron content in bison meat helps boost energy and increase endurance by improving the blood’s capability to transport oxygen and carbon dioxide to and from body cells. Bison has what most nutrition conscious people want, lots of iron and less fat.

Nutrient Composition (per 100 grams of cooked lean meat)				
Species	Fat (gm)	Calories (kcal)	Cholesterol (mg)	Iron (mg)
BISON	2.42	143	82	3.42
Beef	9.28	211	86	2.00
Pork	9.66	212	86	1.10
Chicken	7.41	190	89	1.21
Salmon	12.35	206	63	0.34

**Source: Canadian Nutrient File, 2001, USDA Handbook*

More Satisfying

People frequently feel more satisfied with smaller portions of bison meat. This may be because it is a rich, dense meat, higher in protein, vitamins, and minerals. Because you feel satisfied eating smaller amounts, you benefit by getting less fat, calories, and cholesterol.

Tastes Great

Our premium bison meat, also known as buffalo, is tender and tasty with a full, rich, dense flavor. It does not have the gamey taste of other wild meats.

Non-allergenic

Bison are extremely hardy animals and get few illnesses. Because our bison are raised naturally, without artificial growth hormones, steroids, non therapeutic antibiotic or animal by-product feeds, drug residues do not reside in bison meat. As a result, bison meat is also non-allergenic, making it easier to digest for people with a red meat intolerance.

Quick Bison Meat Cooking Tips

- Bison meat is not more difficult to cook than other meats. It just requires different techniques.
- Remember, due to low fat levels, bison meat, especially roasts, should be cooked in moist heat at lower temperatures (275°F) for less time, approximately 40 minutes per kilogram. Searing in 500° F oven or in hot skillet or on the BBQ seals in flavorful juices. We enjoy our roasts rare (internal temperature of 140° F).
- Bison meat can be substituted for most beef recipes but be aware that cooking times and temperatures may need to be adjusted.
- Steaks will also cook faster. Cook 2-3 minutes less per side than regular beef steaks. Over cooking removes moisture and the meat will be dry.
- Even bison burgers should be cooked just until the pink is gone and then eaten. Do not leave them warming uncovered or the moisture leaves them and they will be dry.
- Check our package labels for ingredient lists and some cooking and storage instructions.

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