

Fun Facts about

BISON

- Bison is high in vitamin B12, a rich source of protein and contain omega-6 and omega-3 fatty acids.
- Bison are the largest land mammals in North America, with mature cows weighing around 1,000 lbs. and bulls weighing up to 2,000 pounds.
- Bison meat is leaner and has a sweeter, richer flavor than beef.
- Bison have been a critical species to Northern Plains tribes for thousands of years.
- The Yakama Nation, Kalispel Tribe and Stillaguamish Tribe are members of the Intertribal Buffalo Council, working to reestablish buffalo herds on tribal lands.

