



WA Local Foods

Bison

Promotional Resources

Fun facts

- 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

Know your farmer

Browns Buffalo Ranch Nyssa, OR

Browns Buffalo Ranch is a third generation, family owned and operated ranch since 1972, holding their ranch to the highest of standards. In 2017, Browns Buffalo expanded their ranch to Vale, OR as well selling a variety of products.



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.

- [InterTribal Buffalo Council - Teacher Resource](#)
- [Oklahoma Agriculture in the Classroom – Bison Resources](#)
- [Texas Parks & Wildlife - Learning About Bison Classroom Activities](#)
- [Buffalo Field Campaign – BuffaLove Activity Book](#)



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PUBLIC INSTRUCTION



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Regional Markets Program