

Buffalo Project

Edwin Buck Jr. Veterans Memorial Buffalo Project



BUFFALO PROJECT

In March of 1992 our community accepted a male bison bull, 6 years old, from the Lakota Nation of South Dakota. The Prairie Island Indian Community Tribal Council and Elders of the community supported our establishing of a bison herd on our own tribal lands.

The community purchased additional bison cows in 1993. The herd had grown to approximately 40 bison in 2005.

The Prairie Island Indian Community (PIIC) Buffalo Project is located on 187 acres of tribal lands, with additional acres used for hay.

The buffalo are free to roam within the pasture and prairieland along the Mississippi river.

New calves are born every year with new births generally starting during the month of April.

The Buffalo Project supports the Native Mdewakanton Sioux culture, spirituality, and provides community families with highly nutritional meat. The goal of the Buffalo Project is to grow the herd and provide bison meat for community members and their families.

(<http://itbcbuffalo.com/>)

InterTribal Buffalo Council

(<http://itbcbuffalo.com/>)

(<http://itbcbuffalo.com/>) (<http://www.ilhawaii.net/~stony/buffalo2.html>)

The Sacred Buffalo

(<http://www.ilhawaii.net/~stony/buffalo2.html>)

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Is Buffalo Meat Healthy?

by JOSEPH MCALLISTER Last Updated: Feb 18, 2015



Buffalo meat, more commonly referred to as bison meat, can be used in most recipes that call for beef. Bison meat is one of the leanest, most nutritious meats available, and you can use it for burgers, roasts, steaks and stew. Because most bison are raised on open ranches and fed grass, the meat contains far fewer -- if any -- artificial antibiotics, hormones and steroids than beef and other more common meats.

Calories

A 100 grams serving of bison meat -- about 3.5 ounces , or about 1/4 pounds -- contains about 146 calories. This makes it one of the lowest-calorie meats. A similar serving of 90 percent lean beef contains about 176 calories, while pork contains about 218 calories and turkey contains about 149 calories. Even venison, another very lean meat, contains more calories per serving, with 158.

Fat and Cholesterol

One serving of buffalo meat contains 7.21 grams of fat, and about 55 milligrams of cholesterol. To put that in perspective, the same size serving of 90 percent lean beef contains about 10 grams of fat, and about 65 milligrams of cholesterol. This means bison is a very lean meat and also means that you will get more value for your money

by purchasing bison meat because less of the weight is getting trimmed or drained off as fat.

Protein

Bison contains fewer calories and less fat than many other meats, such as beef and chicken, but that does not mean that it is less satisfying or nutritious. The protein content is slightly higher, with 20.23 grams in a serving of bison, compared to a serving of 90 percent lean beef, with 20 grams. Pork contains 17.99 grams of protein, with turkey containing 17.46 grams.

Allergies

Buffalo meat is a common dietary choice for individuals who suffer from allergies to more common meats -- it is considered non-allergenic. According to Cowboy Free Range Meat, there have been no recorded cases to date of individuals having an allergic reaction to bison meat.