

HEN HOUSE

MARKET®

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New Grass Bison Company

Jeff Adair
New Grass Bison



New Grass Bison is sourced from several bison farms in: Auburn, KS; Garden City, KS; McPherson, KS; Coffeetown, KS. New Grass Bison Co. is run by Jeff Adair and his wife Marjorie Adair; also involved in various company operations are Jeff's sisters Angie Jones and Beth Cusumano (marketing). Jeff's brother Doug Adair helps in sales. Jeff's mother Maggie Adair helps with product demonstrations. Not only does New Grass Bison Co. include family members in its business, but supplier farms also are small family farms (i.e. Tallgrass Bison Ranch in Auburn, KS is run by Wayne and Julie Copp and their four children).

New Grass Bison Co. is founded on the belief that small family farms are the ideal production size for bison, which require unique processes. Furthermore, local food is crucial to proper health and nutrition, and supermarkets offer a level of convenience for the consumer. So local production, local food and local outlets make for a win-win-win situation. New Grass Bison Co. was established to facilitate growth of small bison farms, promote the consumption of healthy, natural meat, and to raise awareness about environmentally friendly production practices.

NGBC currently process about 100 animals a year through Good Natured Family Farms. NGBC bison are pasture raised, and never in confined feed lots. They do not receive growth hormones, steroids or anti-biotics. They are minimally handled, usually only once per year. This allows them to grow naturally as a herd on the prairie and reduces stress. Native American Bison are indigenous to North America and evolved as a critical part of the prairie ecosystem. Our suppliers have about 1,000 acres of bison pasture and have installed special low stress handling facilities to keep the bison calm, which results in higher quality meat. NGBC (New Grass Bison Co.) suppliers use organic practices in their bison production. They have adequate pasture and water to avoid over-grazing. This facilitates restoration of native grass and encourages the natural prairie ecosystem. May through September are calving months for bison. The pastures are green and lush offering excellent forage as the cows raise their calves which are born a light cinnamon color. Some farms also burn in the spring to clear out old grasses and shrubs and to allow the new grasses to grow. The bison will naturally gravitate to the recently burned acres for the tender young grass, which emulates the natural process on the prairie. Producers will monitor the bison calf growth and separate the older young bulls in preparation for the summer breeding season.

NUTRITIONAL COMPARISONS					
PER 100 GRAM SERVING - COOKED MEAT - UPDATED DECEMBER 2002					
SPECIES	FAT GRAMS	CALORIES KCAL	CHOLESTEROL MG	IRON MG	VITAMIN B-12 MCG
BISON	2.42	143	82	3.42	2.86
Beef (Choice)	10.15	219	86	2.99	2.65
Beef (Select)	8.09	201	86	2.99	2.64
Pork	9.66	212	86	1.1	0.75
Chicken (Skinless)	7.41	190	89	1.21	0.33
Sockeye Salmon	10.97	216	87	0.55	5.80



Bison, separable lean only, cooked, roasted. USDA NDB No. 17157
 Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, choice, cooked USDA NDB 13365
 Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, select, cooked USDA NDB 13366
 Pork, fresh, composite of trimmed retail cuts (leg, loin and shoulder), separable lean only, cooked USDA NDB No. 10093
 Chicken, broilers or fryers, meat only, roasted USDA NDB No. 05013
 Finfish, salmon, sockeye, cooked, dry heat USDA NDB 15086

Penne Pasta with Bison-Bolognese Sauce


By Chef Mark Serves 6

Sauce: 2 T. olive oil 1 carrot - peeled & small diced
1 medium onion - peeled & diced 1 celery stalk - diced
1 leaf Swiss chard - remove stem and chop leaf
1 (26-28 oz.) can crushed Italian styled tomatoes, un-drained
Meat: 2 T. olive oil 2 lbs. ground bison
2 tsp. Italian seasoning Salt and pepper to taste
Pasta:

1 lb. penne pasta - (cooked according to package directions)
2 oz. shredded Italian-style cheese for garnish

Add olive oil to medium saucepan over medium heat. Add carrot, onion, and celery and cook for 4 minutes, add Swiss chard and cook for two more minutes. Reduce heat to simmer and add the canned tomatoes. Meanwhile add remaining olive oil into large skillet and over medium-high heat brown the ground bison. When fully cooked, turn off the heat and stir in the Italian seasoning, salt and pepper. Carefully add the cooked, seasoned bison meat to the simmering sauce and stir. Serve sauce over warm, cooked penne pasta and sprinkle with a garnish of shredded cheese.

Bison Blue Cheese Burger



1 1/2 lbs. ground bison
2 Tbs. Dijon mustard
2 Tbs. roasted and chopped shallots and garlic
1 tsp. Worcestershire sauce
splash extra virgin olive oil
Approximately 6 tsp. of bleu cheese

Combine all ingredients, except blue cheese, and form 6 patties. Add approximately 1 teaspoon of blue cheese into the center of each patty. Grill to desired temperature.

Garnish:

2 sliced red onions drizzled with olive oil and vinegar, grilled until tender
2 bulbs of fennel, sliced and sautéed until tender
Toss the onions and fennel together and place on bison burger

Cooking Bison: Individual cuts of bison are identical to beef, except for color. Prior to cooking, bison is a deeper red. This is due to the fact that bison does not marble (produce internal streaks of fat) like beef. Marbling slows down the cooking process because the fat acts as an insulator - heat must first penetrate this insulation before the cooking process can begin. Since bison lacks marbling, the meat has a tendency to cook more rapidly. You should cook your meat at lower temperature and, generally for less time than the corresponding cut of beef, to guarantee that you do not overcook bison. Medium heat is recommended for grilling.

Use bison for any of your favorite beef recipes. Just remember a few basic tips:

When broiling bison move your broiler rack away from the heat about a notch lower from where you normally broil your beef steaks. Check your steaks a few minutes sooner than you normally would.

If you normally cook your roast beef at 325°F, turn your temperature down to around 275°F for bison. Plan on the roast being done in about the same amount of time as with a comparable sized beef roast. To ensure the temperature you prefer, we recommend using a meat thermometer indicating internal temperature. Cook to rare (120-125°F), to medium rare (130-140°F), to medium (145-150°F) and well done (155-165°F)

Ground bison cooks faster than ground beef, so precautions must be taken not to dry out the meat. Again, lower the temperature and shorten the cook time slightly, as a rule. There is very little shrinkage with ground bison.
(all info from www.newgrassbison.com)

Storage Times: Purchase bison products before any "Sell-By" dates expire. Because such purchase dates are a guide to the retailer, follow these tips for safe storage and use at home. Follow handling recommendations on product. Keep bison meat in its package until using. It is safe to freeze bison meat in its original packaging. If freezing longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap or freezer paper, or place the package inside a plastic bag. For best quality, cook or freeze ground bison or cut-up meat within 2 days of purchase; larger cuts such as roasts and steaks, within 3 to 5 days. Ground or cut-up bison meat will keep its best quality in the freezer for 4 months. Larger cuts, such as chops, steaks, legs, or loins will keep their best quality 6 to 9 months. After cooking, eat or freeze bison within 3 to 4 days