



CANADIAN
PRAIRIE BISON

July—September 2010
Newsletter, Issue 18

SUMMER

COTEAU GOURMET

Check out our website at: www.cdnbison.com



Roger's Marketing hours for
phone calls:
Monday to Saturday
8:00am to 8:00pm
Ph: (306) 468-2930
Office hours:
Monday-Friday
9:00 am to 5:00pm
Ph: (306)468-2316
Fx: (306)468-2327

****Producers MUST sign and return contract prior to loading****

Pasture Recovery Initiative: visit the following website to see if you
qualify for \$50 a head with this program.

http://www.agriculture.gov.sk.ca/Pasture_Recovery_Initiative



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Canadian Bison Industry
SUMMER FIELD DAY
Hosted by the Manitoba Bison Association
July 23, 24 & 25, 2010
For more info contact:
Nolan Miller (204) 532-2350
Email: ndmiller@inetlink.ca

FYI: The Hartford Insurance Company offers Mortality Insurance.

Bison shipped to the USA \$10.00/hd

Bison shipped within Canada \$6.00/hd

*****Contract must be initialled and returned to CPB prior to
loading to qualify for insurance*****



Sizzling Bison Fajitas

- $\frac{1}{4}$ cup lime juice
- 1 tsp chilli powder
- $\frac{3}{4}$ tsp oregano
- $\frac{3}{4}$ tsp coriander
- $\frac{1}{4}$ tsp black pepper
- 1 lb trimmed bison top sirloin
- 2 large onions, sliced thick
- 2 large red peppers, cut in large strips
- $\frac{1}{4}$ cup minced cilantro
- 6 flour tortillas
- 4 cups shredded romaine lettuce
- $\frac{1}{4}$ cup sour cream (or fat free)

Combine lime juice, chilli powder, oregano, coriander and pepper in a medium bowl. Place bison in a shallow bowl and spoon 3 tbsp of lime mixture on top, turn to coat both sides. Let stand while you broil vegetables.

Preheat broiler. Spray broiler pan with non-stick cooking spray. Place onions and peppers, skin side up, on broiler pan. Broil 4" from heat until onions are golden brown and peppers are charred, about 10 min. Remove, let cool enough to handle, peel peppers and onions. Add to lime juice mixture in bowl. Add cilantro and toss.

Broil Bison meat until done to medium rare, about 6 min, turning halfway through cooking. Let stand 5 min before thinly slicing. Broil tortillas until lightly browned, about 15 sec per side. Fill tortillas as desired.

Producers: Please book your loads at least 30 days prior to when you want to ship.

Please call us to book your cull Animals.

Newsletters are now available on our Website: www.cdnbison.com, go to Our Story, then News

Check out our recipes too, go to Consumers, then Cookbook

Elk Valley Ranches Feedlot

Please contact Frank McAllister (780) 846-2980 or (780) 871-1076 for info

YOU MAY BE A FARMER IF:

- You have driven off the road while examining your neighbour's crop**
- You have "borrowed" gravel from the grid road to fill potholes in your driveway**
- When you were little, you "beat-up" another kid on the school bus arguing over The color of tractors**
- You have used a chainsaw to remodel your house**