



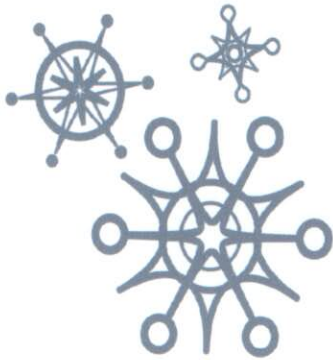
CANADIAN
PRAIRIE BISON

JANUARY TO MARCH
2010
NEWSLETTER, ISSUE 19

Winter

COTEAU GOURMET

Check out our website — www.cdnbison.com



Roger's Marketing hours
for phone calls:
Monday to Saturday
8:00 am to 8:00 pm
Ph: (306) 468-2930

Office hours:
Monday to Friday
9:00 am to 5:00 pm

2010 Board of Directors

Pres: Gilbert Provencher
Vice Pres: Don Kelsey
Directors:
Don Scott
Glenn Herzog
Dennis Bradley
Ron White
Frank McAllister

Hydraulic Squeeze
For sale
For Info Contact:
Gilbert Provencher

306-747-3181

BISON PRICES RISING!!

Pricing is constantly changing. As you all know, the prices for bulls and heifers have increased. Future price increases look positive. Contact Roger for the new prices

Talk to your neighbors about the benefits of bison ranching.

WE NEED MORE BISON!!!



Producers MUST sign and return contract prior to loading

Annual General Meeting,:

Friday March 4, 2011
4:00 pm
Tropical Inn
1001 Hwy 16 Bypass
North Battleford, Sk





******Producers please send your completed PPMS form to the office, if you did not receive one please call 306-468-2316 and we will get one sent to you immediately.******

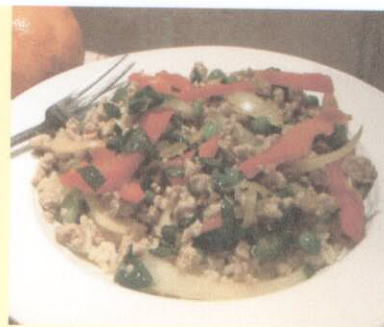
You might be from the prairies if....

- you consider it a sport to gather your food by drilling through 36" of ice, sitting there all day hoping that food will swim by
- you switch from "heat" to "A/C" in the same day and then back again
- you can drive 110km/hr through a foot of snow during a blizzard, without flinching
- 0 degrees is "a really nice day"
- you know several people who have hit a deer more than once
- you measure distance in hours
- you may not have actually eaten it, but you have heard of Lutefisk
-



Bison Philly Steak Stir Fry

- 2 lbs Bison Philly Steak
- 1 jar Teriyaki Stir Fry Sauce
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 cup chopped Broccoli
- 1 onion sliced
- 1/2 each red pepper, yellow pepper, orange pepper
- 1/2 cup sliced mushrooms



Sautee Onions in 2 tbs vegetable oil, add carrots, cook 5 min, then add all remaining vegetables. Add 1/4 cup stir fry sauce.

In frying pan, brown bison in 2 tbs vegetable oil, about 45 sec per side, then add remaining teriyaki stir fry suace.

Serve over rice.

FYI: The Hartford Insurance Company offers Mortality Insurance.

Bison shipped to the USA \$10.00/head

Bison shipped within Canada \$6.00/head

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

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

Elk Valley Ranches Feedlot
Please contact Frank McAllister (780) 846-2980 or (780) 871-1076 for info

**Producers: Please book your loads at least 30 days prior to when you want to ship.
Please call us to book your cull Animals.**