



## *Meet the Grower* *Red Frazier Bison* *Bloomington, IN*

Located in the rolling hills of south-central Indiana, Red Frazier Bison is home to a growing herd of North American Bison, also called buffalo. Started in 2014, the ranch is operated by a group of friends with a passion for nature, bison, hard work, and providing a quality product to their community. They are committed to growing the bison population the way nature intended - free of growth hormones, antibiotics, and artificial reproduction practices. Left to their natural instincts, bison are highly adaptable and extremely rugged which is largely responsible for their steadily growing population. Red Frazier Bison is proud to be participating in the restoration of an American icon.

Bison is the most nutrient rich meat available to consumers. Its natural flavors and sweeter taste make it an easy substitute in red-meat recipes. It has a higher proportion of protein and minerals in relation to its calorie content than beef, pork, chicken, and even salmon. It is also an excellent source of iron, zinc, phosphorus, niacin, and vitamin B12. Bison is a lean, tender, and nutrient dense meat that tends to satisfy more while eating less. Because the meat is very lean, caution must be taken to not overcook it. High heat for a short period of time, or low heat for a long time are necessary approaches when preparing bison.

Red Frazier Bison is available in a variety of cuts. From classic steaks, roasts and ground, to ribs, flank, skirt, offal, and more. Special order items also available with 4-6 week notice.

