

Other Seasonally Available Farm Products



- Select Lamb Cuts
- Farm Raised Pork
- Maple Syrup
- Fresh Eggs
- Bouquets
- Fresh Produce
- Heirloom Tomato Plants

Check out our Web Site:

www.heritagelanefarm.weebly.com

Visitors and group tours are always welcome at Heritage Lane.
Please call ahead to make arrangements for a tour guide.



Psalm 104:14

He makes grass grow for the cattle, and plants for man to cultivate—
bringing forth food from the earth.



Heritage Lane Farm

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Originally settled around 1830, work began in 1991 to restore the log farmhouse and to renew Heritage Lane Farm to a small working family farm.

Nestled in the rolling countryside of Columbiana County, the farm has become home to a thriving herd of American Bison, a small flock of sheep, as well as gardens full of heirloom vegetables.

Our goal for the farm is to bring you only the highest quality products, utilizing environmentally sound agricultural practices, while maintaining the historical integrity of the farm .

History of the American Bison

Bison herds once roamed freely over Ohio and throughout North America. It is estimated that at the time of the Lewis & Clark expedition, 30,000,000 bison roamed the plains. However, by the late 1800's less than 1,000 bison remained nationwide. Due to the efforts of wildlife conservationists, farmers and ranchers, bison numbers nationwide are now in the hundreds of thousands.

Bison Lifecycle & Behavior

Bison, also called buffalo, are the largest land mammal in North America. A mature bull can weigh over 2,000 pounds and a cow 1,000 pounds. A cow's reproductive life is about 20 years, giving birth at age three and yearly thereafter to cinnamon colored calves weighing 40 to 50 pounds. Calves are all born during May and June when the grass is the most nutritious. Calves supplement their mother's rich milk by grazing independently by 24 hours old. Although bison are not domesticated livestock, they are naturally curious, intelligent, and playful animals.

Bison Meat Characteristics & Cooking Tips

Bison is a healthy, lean red meat. Our bison thrive on lush grass pastures. They are given no hormones or antibiotics and handled as little as possible to reduce stress on the animals. Bison meat is described as a flavorful, sweeter, less fatty cousin to beef. It is a highly nutrient dense food because of the proportion of protein, minerals, iron, and essential fatty acids to its low calorie count. Bison is a dense meat that tends to satisfy you more while eating less, therefore it can be a tasty addition to many diets. The meat is also often easily digested by people suffering from red meat intolerance. *All Heritage Lane meat has been USDA inspected.*

Individual cuts of bison are identical to beef except for color. Bison is a deeper red due to the fact that it does not marble or produce internal streaks of fat. Marbling slows down the cooking process since fat acts as an insulator. Since bison lacks marbling, the meat has a tendency to cook more rapidly. Prevent overcooking and drying the meat out by cooking at a lower heat and turning with a spatula or tongs rather than a fork. To preserve juices in burgers, don't flatten with a spatula while cooking and cook only until pink disappears. Brushing steaks with olive oil prior to cooking will help retain juices in the steak. Roasts will be savory and juicy if cooked in liquid at an oven temperature of 300 degrees for 1 hour per pound.

Bison Meat Prices

Steaks

Filet Mignon (4-8 oz. filets or *whole tenderloins*)....\$30.00 lb.
Flat Iron Steak (5-7 oz.).....\$20.50 lb.
Ribeye Steak (7-9 oz.).....\$20.00 lb.
Sirloin Steak (12-16 oz.).....\$15.00 lb.
Strip Steak (7-9 oz.).....\$19.50 lb.
Flank Steak (16 oz.) (*limited availability*).....\$14.00 lb.
Hanger & Skirt Steak (16 oz.) (*limited availability*).....\$13.50 lb.

Burger

Bulk Burger (1 lb. package).....\$12.00 ea.
Burger Patties (.6 lb. package/2 patties).....\$9.00 ea.

Roasts





Chuck Roast (2-3 lb.).....\$12.00 lb.
Rump Roast (2-3 lb.).....\$12.50 lb.
Sirloin Tip Roast (2-3 lb.).....\$12.50 lb.

Assorted Cuts

Kabob Cubes (1 lb. package).....\$13.00 ea.
Stew Meat (1 lb. package).....\$12.00 ea.
Short Ribs (12-18 oz. package)..... \$7.00 lb.

Broth/Marrow Bones\$5.00 lb.
Soup Bones.....\$6.50 lb.

Prices subject to change without notice.

NUTRIENT COMPOSITION			
<small>(per 100 grams of cooked lean meat)</small>			
<small>SPECIES</small>	<small>FAT GRAMS</small>	<small>CALORIES KCAL</small>	<small>CHOLESTEROL MG</small>
 BISON	2.42	143	82
 BEEF	9.28	211	86
 PORK	9.66	212	86
 CHICKEN*	7.41	190	89
<small>USDA Handbook 8-5:8-10:8-13:8-17 *Skinless</small>			