

# Mountain Lake Bison Range



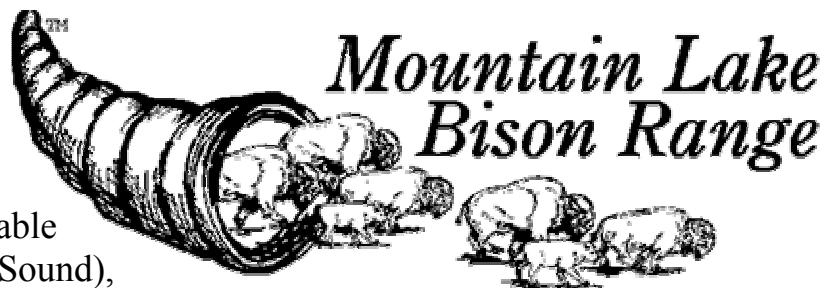
Bison have been roaming the home of Arlene and Aaron Mountain near Williamsford for more than 25 years. Following his intuition, and with encouragement from his wife, Aaron tested the reaction to bison meat by serving it at a large family picnic. The response was consistently positive and convinced Aaron that it was a marketable product.

In fact, the meat has been easy to sell. The Mountains' animals eat only grass and hay, and are raised without the use of growth hormones or antibiotics. Consequently, the meat is a good alternative for people who are sensitive to grains or chemicals in food.

The Mountains point out that raising and breeding bison in captivity is an important way of sustaining the species. In the mid-1800s the population of Plains Bison (different from Wood Bison) reached a dangerously low level at only 500 animals in North America. Due to efforts by government and breeders they came off the endangered list in 1967.

The bison graze on rotated pasture and are kept as “free and natural” as possible, being rounded up only once a year, in the fall. According to Arlene and Aaron the bison are intelligent and well-organized. They even have ‘mid-wives’ in the herd at the time of birth to watch over and protect the mother during calving. And they are independent. After all, as Arlene says, “They are still wild animals. And they are majestic creatures... we do enjoy them.”

The Mountains' bison meat is available at **Northern Health Foods** (Owen Sound), **Williamsford Farmers Market** (Friday afternoons), and at the farm gate.



**Mountain Lake Bison Range, 235312 Concession 2C, Williamsford ON • 519-794-3462 • [www.mountainbison.com](http://www.mountainbison.com)**