

Stoney Keppel Bison

Susan Forrest lives at Stoney Keppel Bison farm near Hepworth along with her husband, their four children, and her parents. Sue's father, Bob Evans, and her husband Jake are the main keepers of the herd, which consists of 49 animals. Her mother, Joan, keeps the books and livestock records and Sue does sales and leather craft.



The bison wander freely on the property entering the barn once a year to be ear tagged and weighed. They eat only grass and hay. Susan describes the taste of bison as similar to beef, but sweeter and with a lot less fat. To check it out, fry some up and you'll see that once cooked it doesn't even need to be drained. It is low in cholesterol, high in protein and iron, and because these bison aren't fed grain the meat also has a high Omega-3 fatty acid content. No part of the animals at Stoney Keppel goes to waste. All the meat (including organ meat) is processed, and the farm requests a hanging time of two weeks at the butcher so that the meat is as tender as possible. The hides are sent to a tannery near Fergus, and Susan hand-sews vests, coats, moccasins and gloves using the leather. The bones are smoked and used for dog bones.

All products are available at the farm gate (best to call ahead), at the **Owen Sound Farmers' Market** and the **Warton Farmers' Market**. Their bison burgers are served at the Cape Croker Annual Pow Wow in August. **Stoney Keppel Bison** • 779710 Concession 2 NCD, Hepworth • 519-935-0950 • forevans@sympatico.ca



Stoney Keppel Bison products

Roasts
Stewing beef
Ground beef
Summer sausage
Jerky

Coats, Moccasins, Gloves,
Skulls
Horns
Dog bones
Robes, Rugs