

INCREDIBLE EDIBLE IDAHO



IDAHO FACTS:

Idaho ranks ninth in the nation in number of sheep and lambs with 240,000 head currently in Idaho.

Sheep are grazed in nearly all areas of the state - they spend their summers in the mountains and winters in warmer valley locations.

Sheep are raised for both meat and wool.

Small groups of sheep are called "flocks" and larger groups are called "bands."

NUTRITION FACTS:

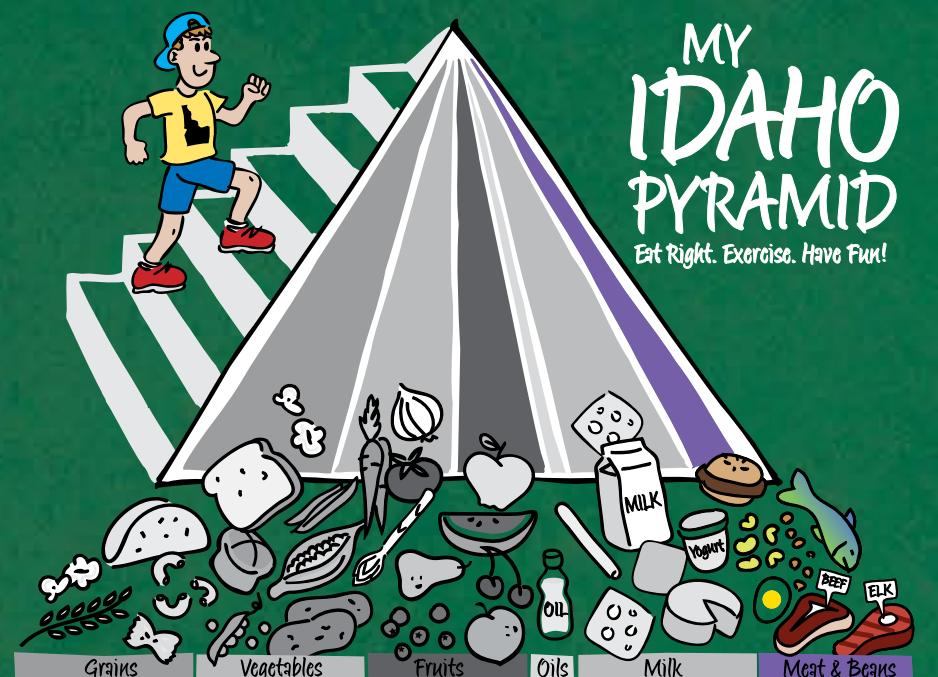
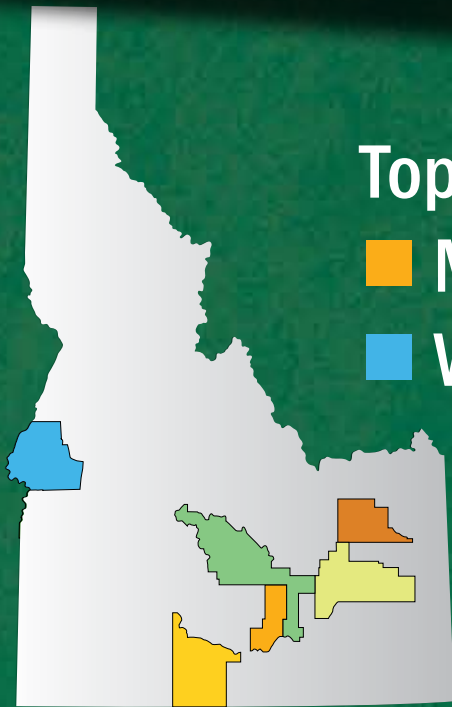
Lamb is a lean meat that is a good source of protein and iron.

Lamb is also an excellent source of vitamin B12, niacin, and selenium and a good source of riboflavin.

Lamb is an excellent source of zinc, essential for growth, healing and a healthy immune system.

Top Lamb producing counties:

- Minidoka ■ Jefferson ■ Bingham
- Washington ■ Blaine ■ Twin Falls

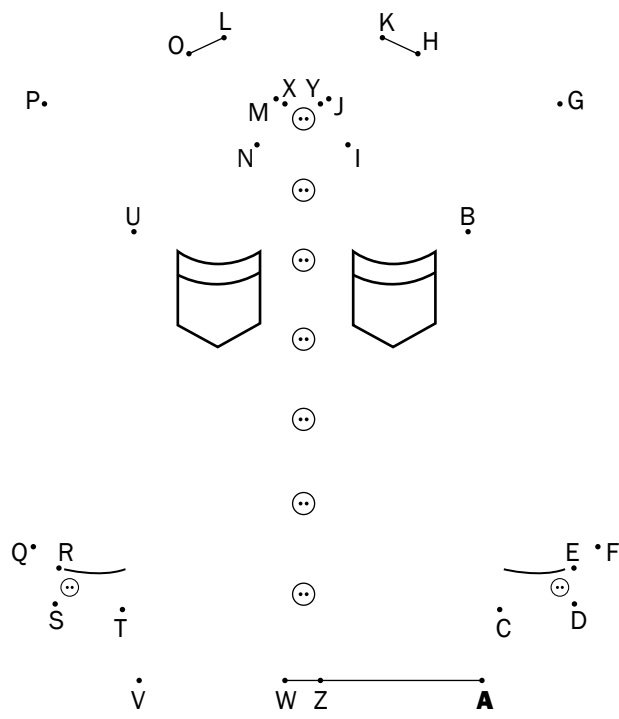


Connect the Dots

After you have connected the dots try your hand at answering some question about wool.

This can be made from wool and keep you warm and dry.

Follow the dots from A to Z to see what it is.



Can you guess where wool comes from? _____

Will wool catch on fire? _____

Why or why not? _____

There are three kinds of wool that sheep can grow; fine, medium or coarse. What are common uses for each one?

Fine wool _____

Medium wool _____

Coarse wool _____

How often do sheep get sheared each year (this is a lot like a haircut for sheep)? _____

In what season do sheep get sheared? _____

Popular cuts of lamb

Popular cuts of lamb are listed below. See if you find them hidden in the block of letters.

S A Z I S A L E G S T E A K O
 L H I C R O W N R O A S T O L
 B N O S S P A R E R I B S P O
 G N I U L H F D P E L B A P I
 B E R O L M I M S H A N K S N
 S C P L A D R S B R O I R F C
 F K R L E B E E H B T O A U H
 E S H F H G A R S K A T C N O
 C L S T E W M E A T E N K S P
 M I L R I B L E T S H B I K S
 E C L A M B U R G E R O O W B
 W E K J G S I R L O I N Q B A
 E S A S I E A R M C H O P M S

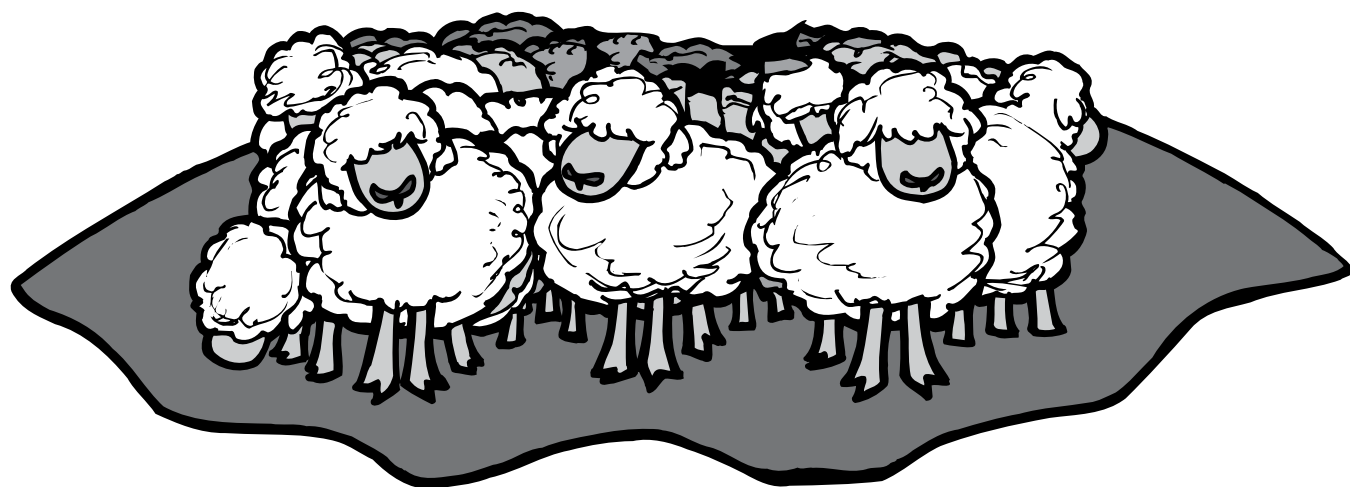
Words To Search For

- | | | |
|-------------|-------------|--------------|
| Arm Chop | Leg Steak | Shish Kebobs |
| Crown Roast | Neck Slices | Shoulder |
| Loin Chops | Rack | Sirloin |
| Lamburger | Riblets | Spare Ribs |
| Leg | Shanks | Stew Meat |

Help Miren!

Miren has to write about the history of sheep in Idaho. She is having a little trouble with her grammar and spelling. The underlined words are the ones that she is unsure of. They may or may not be right. Cross out the word and write the correct word above it. Remember, not all of the underlined words are wrong.

Sheep has played an important part in Idaho's history. Sheep were first bought to Idaho in the late 1860s and was larger in population than humans until the 1970s. In 1918 the nubmer of sheep was close to 2.65 million. That was almost six times the state's human population. During the early 1900s the area around Ketchum, Bellevue, Picabo and Hailey were the major sheep center second only to Sydney, Australia. The success of this major sheep center in Idaho is due to the Scottish and Basque influences. Sheep are still hearded today as they were when they first came to Idaho. In the spring they are move into the cooler regions of the mountains and in the fall they are hearded back to the desert fields.



Sheep Facts

Sheep are one of the oldest domesticated animals in the world. They have provided milk, meat, and clothing to people for over 10,000 years.

Animals that are approximately a year old or older are known as sheep. Younger animals, under one year of age, are called lambs. Male sheep are called rams and females are called ewes. An average lamb grows to be between 90 and 120 pounds, but older ewes and rams are much bigger.

Lambs in Idaho are born early in the spring. They graze on private and public lands and eat grass, weeds, and shrubs. Flocks of sheep are tended by herders throughout the summer as they move from one grazing area to another.

In Idaho, there are over 240,000 head of sheep and lambs, which are raised for both meat and wool. Wool from sheep is used to make a variety of textile products. Lamb meat is an excellent source of protein, Vitamin B12, niacin, zinc and a good source of iron. Lamb meat is mild and tender and can be prepared many delicious dishes. Ewes also produce milk that can be used in the production of cheese and yogurt. Some well-known sheep milk cheeses are Roquefort and feta.

Did you know?



Idaho's Bighorn Sheep is the only native sheep variety in the state, and is now one of the most rare varieties in the nation.

Teachers can print off 8 1/2" x 11" posters and activity sheets (and answers) at www.sde.idaho.gov/site/cnp/nutritionResources/fom.htm or www.idahopreferred.com/educational-resources/food-of-the-month.htm to use as handouts in the classroom.