

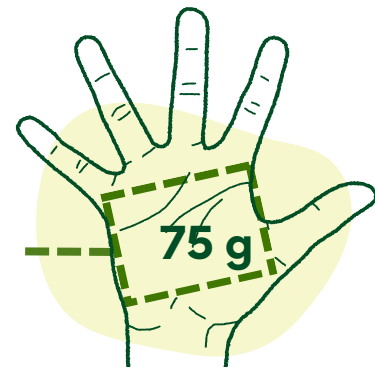
TRADITIONAL USE OF GEESE

Geese arrive from the south in early May, bringing an abundant source of nutrients. Northerners hunt these geese, both for immediate consumption and to **freeze for year-round use**. Goose fat and oil are carefully collected -- not only for cooking, but also for their **healing properties**, as they **help soothe dry skin** and serve as an effective salve for **treating sores**.



DID YOU KNOW?

The standard serving of meat is equal to a palm



NUTRIENTS IN GOOSE EGG

*per 1 egg or 144 g of goose egg



Phosphorus

208 mg

Promotes healthy bones and teeth



Vitamin A

185 µg

Supports eye health



Potassium

302 mg

Maintains muscle and lowers blood pressure



Folate (B9)

76 µg

Supports fetal development



Riboflavin (B2)

5.1 µg

Protects against illness



Vitamin B12

5.1 µg

Improves mood and memory

GOOSE

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NUTRIENTS IN GOOSE MEAT

*per 1 serving or 75 g of goose meat



Protein

27 g

Builds strength and sustains energy



Iron

9 mg

Supports healthy, oxygenated blood



Calcium

4 mg

Builds strong bones and teeth

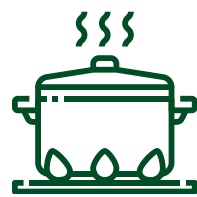


Zinc

3 mg

Supports wound healing

PREPARATION TECHNIQUES AND BENEFITS



BOILING

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retains moisture while preserving nutrients



FREEZING

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retains quality and nutritional value during long-term storage



STEWING

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adds a pronounced savoury taste. Consider adding vegetables, rice, and potatoes!



FRYING

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usually done with the internal organs of goose. Gives rich flavor



SUN-DRYING OR SMOKING

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for preservation for consumption in the winter



OPEN FIRE

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adds flavor, reduces fat, and reduces moisture which delays spoilage



RENDERING (FOR FAT)

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removes water and protein from the meat, leaving you with clean, stable, white fat that you can use for cooking