

Upper Hudson River Valley QDMA Branch and
Cornell Cooperative Extension (CCE)



QDMA

Cornell Cooperative Extension | Saratoga County
Cornell Cooperative Extension | Warren County



**W
FIELD**

to

FORK

HARVEST YOUR OWN LOCAL MEAT

If you want the ultimate in free-range, antibiotic/additive-free meat then sometimes you just have to do it yourself. This workshop will teach you deer hunting basics to help you live more sustainably. Eat wild. Eat natural.

For more information or
to sign up, contact: Matt Ross
mross@qdma.com

For Adults 18 & Up.
Firearms will be provided
for workshop and during hunts.
Experienced mentors will
be available to guide course
participants in their first hunts.

COST - \$50
SECURITY DEPOSIT

SCHEDULE

Where: Ballston Spa CCE facilities

Hunter Orientation - October 2nd and 16th 7-9 pm

NYS Hunter Ed/Range Day - October 20th 9 am-5 pm

Hunts will occur between November 16th - December 8th

Further detailed info available upon request

Instruction will include: hunter education, license, hunting as it relates to conservation, understanding deer, making ethical shots, hunting essentials, field game care, meat processing preservation, and cooking venison.

Why YOU should hunt deer!

VENISON IS HEALTHY, WILD, AND LOCAL

When you bite into fair-chase venison you are eating lean, free-range, and antibiotic/additive-free meat that came from an animal that lived a life free of captivity and other animal welfare concerns.

	Venison Ground	Grass-fed Beef Ground	Retail Beef Ground
Calories (kcal)	157.0	198.0	228.0
Protein (g)	21.8	19.4	17.4
Total Fat (g)	7.1	12.7	17.1

*values per 100g, USDA National Nutrient Database

HUNTERS ARE THE ORIGINAL CONSERVATIONISTS

The majority of the founding fathers of American conservation were sportsmen. They recognized the need for responsible management of both habitat and wildlife to save disappearing species. Today, through the sale of hunting licenses and excise taxes placed on sporting equipment created by the Pittman-Robertson Act in 1937, sportsmen and women provide the majority of funding for wildlife in the U.S.

HUNTING PROMOTES SUSTAINABILITY

Overabundant deer can do severe damage to people, ecosystems, and the herd itself. Deer cause billions of dollars of damage and hundreds of human fatalities annually through deer-vehicle collisions (DVC), tick-borne pathogens, and agricultural damage. Overabundant deer also have negative ecological impacts via persistent browsing resulting in changes in both animal and plant composition. Furthermore, high deer densities result in reduced herd health and increased disease risk.

		Deer Annual Impact
DVCs	Damage	\$4 billion ¹
	Injuries	29,000 people ²
	Fatalities	200 people ¹
Agricultural Damage		\$400 million ³
Economic losses from human injuries, fatalities, and illness		Billions

¹Insurance Journal

²Conover 2002

³National Agricultural Statistics Service