



SHEEP

MIDDLE/HIGH SCHOOL



In 2020, Oklahoma was home to about 52,000 sheep. Sheep are raised for wool and meat. Different breeds are raised to produce either wool or meat. Most of the sheep in Oklahoma are meat breeds.

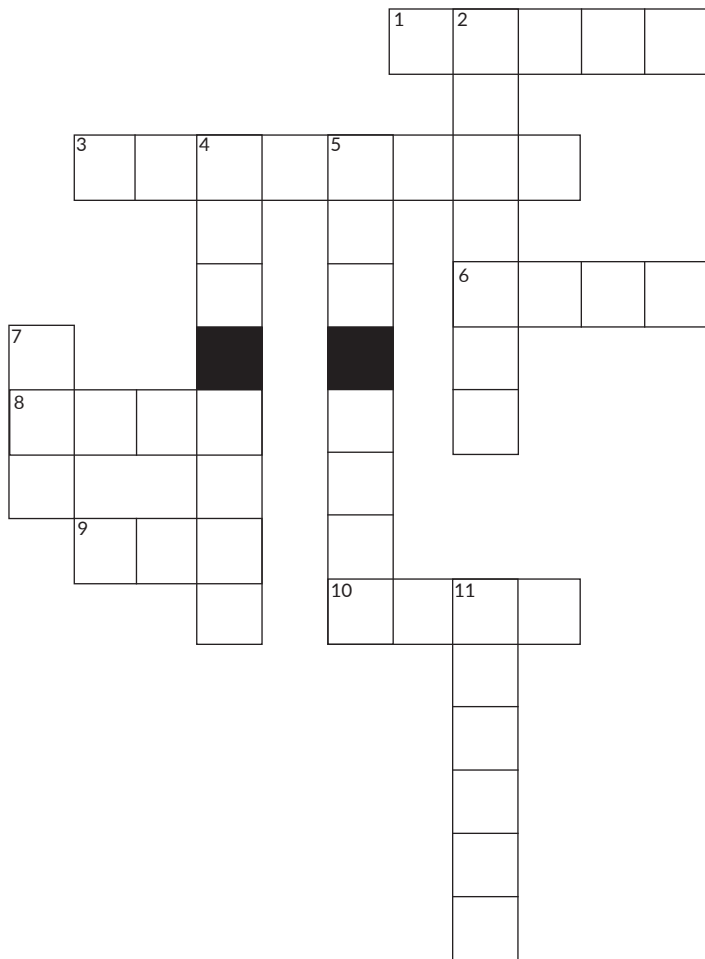
Sheep are gentle animals and are easily frightened. They flock together for protection. Sheep have many natural predators. Predators include coyotes, wolves, and domestic dogs. Sometimes larger animals, like donkeys or guardian dogs, are kept in pastures with sheep to scare off possible predators.



Lambs are ready for market when they weigh between 125-145 pounds. Lamb meat is an outstanding source of vitamins and minerals. The meat from grown sheep is called mutton, and the meat from young sheep is called lamb. One sheep produces eight to 10 pounds of wool per year.



The most common breeds used as show animals throughout Oklahoma are Dorper, Dorset, Hampshire, Natural, Shropshire, Southdown, and Suffolks. Crosses of several breeds are commonly raised as well, including crosses with the Rambouillet breed. Breed selection for sheep producers will depend on time of year, wool quality, lambing percentage, growth rate, forage utilization, or mothering ability.



SHEEP CROSSWORD

1. group of sheep
2. grease that comes from wool
3. removing the wool from the sheep by shaving or cutting it
4. female baby sheep less than a year old
5. wool straight from the sheep
6. meat from a young sheep
7. female sheep
8. the fine, soft, curly hair that comes from a sheep
9. male sheep
10. baby sheep
11. meat from a grown sheep

ROAST LEG OF LAMB WITH MINT SAUCE

INGREDIENTS:
 - 2 pound leg of lamb
 - 4 cloves of garlic, sliced

- Fresh rosemary
 - 1 tablespoon olive oil
 - Salt and cracked pepper to taste

INSTRUCTIONS:
 1. Preheat the oven to 400 degrees.
 2. Trim fat off of lamb. Cut slits in the lamb and insert garlic slices and fresh rosemary. Rub oil over lamb, then add salt and pepper.
 3. Place lamb in a roasting pan and roast for about 1 hour and 15 minutes. Serve with mint sauce.

FRESH MINT SAUCE

INGREDIENTS:
 - 1/3 cup water
 - 1/3 cup sugar
 - 2 tablespoons apple cider vinegar
 - 1/3 cup fresh mint, finely chopped

INSTRUCTIONS:
 1. In a small saucepan, stir water and sugar together to dissolve sugar.
 2. Bring to a boil, then reduce and simmer uncovered for 2-3 minutes. The mixture should be thick like syrup.
 3. Remove from heat and pour into a bowl.
 4. Add vinegar and mint and stir.

FUN FACTS!

When Woodrow Wilson was president, the First Lady had sheep graze on the White House lawn to keep it neat and well-trimmed.

Sheep are the only source of lanolin - grease that comes from wool before it has been washed. Lanolin is used in lotions and cosmetics.