

All About Wool

Indiana Sheep Association



AMERICAN WOOL



Wool from sheep has been used to make clothing since the stone age. It can be worn year-round due to its unique properties. In cool temperatures, wool absorbs moisture and keeps a layer of dry, insulating air next to the skin. When it is warm, that same absorption capacity takes up perspiration, allowing the body's natural cooling system to work better.

Fast Facts About Wool



Wool fibers resist breaking, so wool garments typically outlast synthetic sweaters. Wool is also color-fast and retains deep dyes without fading.



Because wool fibers are naturally elastic, wool garments don't wrinkle, bag or sag out of shape.



American wool has many uses other than clothing--it is also used to make insulation, rugs, tennis balls, bedding products and clean-up pads for oil and chemical spills.



In 1999, when an oil spill occurred, penguins were fitted with wool sweaters that helped maintain their body heat and prevented poisoning by the oil.



Using nanotechnology, scientists are using wool proteins to create new wound dressings, bone graft implants and medical sutures.



Sheep wool has a natural UV protection built in, which helps to keep sheep and lambs from getting sunburnt.



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



Fine-wool garments are very comfortable worn next to the skin.



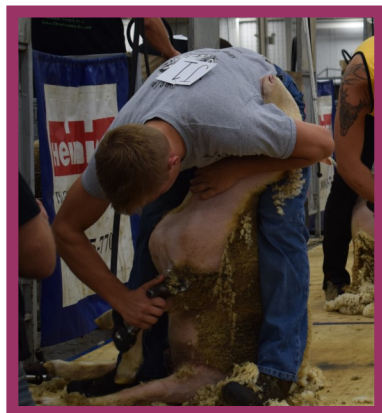
Wool is the only fiber that is naturally flame-resistant.



Wool is a natural, renewable fiber that offers a 'green' fabric choice because it is biodegradable.



One pound of wool can yield ten miles of yarn.



MYTH: Sheep shearing is a careless process leading to injuries on a sheep's body.



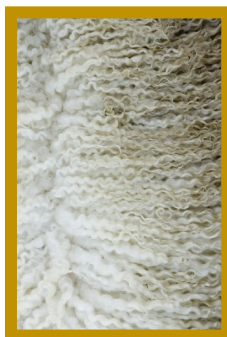
FACT: A good sheep shearer uses the proper equipment to shear wool from a sheep, causing few or no injuries. Like a man shaves his face, a good shear job is painless for the animal. Not only is this more humane, but sloppy shearing could endanger the sheep, the shearer, and the quality of wool harvested.



MYTH: Sheep with wool get too hot and suffer in summer weather.



FACT: Though sheep unshorn for very long periods of time can become too hot, when properly maintained, wool acts as a microclimate, keeping the animals warm in the winter and cool in the summer. Most wool breeds of sheep are shorn once per year.



MYTH: If not sheared, sheep would grow just enough wool to protect themselves from temperature extremes.



FACT: Unlike other animals, when unshorn, a sheep's wool will continue to grow year after year, causing mobility problems, overheating and hygiene issues.

All About Lamb

Indiana Sheep Association



- ♦ **American Lamb is a flavorful, nutrient-rich food and an excellent source of Vitamin B12, niacin, zinc and selenium. Lamb is an all-natural product, raised without hormones. It's a responsible choice you can feel good about.**
- ♦ **A 3-ounce serving of lamb provides nearly five times the essential omega-3 fatty acids and alpha linoleic acid of a 3-ounce serving of beef. Three ounces of lamb fits easily within the daily fat, saturated fat and cholesterol recommendations of the Dietary Guidelines for Americans.**

- ♦ **An average 3-ounce serving of lamb, which has 175 calories and meets nearly half of your daily protein needs, encourages feelings of fullness that may prevent overeating, a combination key to weight management.**
- ♦ **No artificial or synthetic growth hormones are used in lamb production in the U.S. Lean, satisfying, nutritious: American Lamb is nutritious and satisfying.**

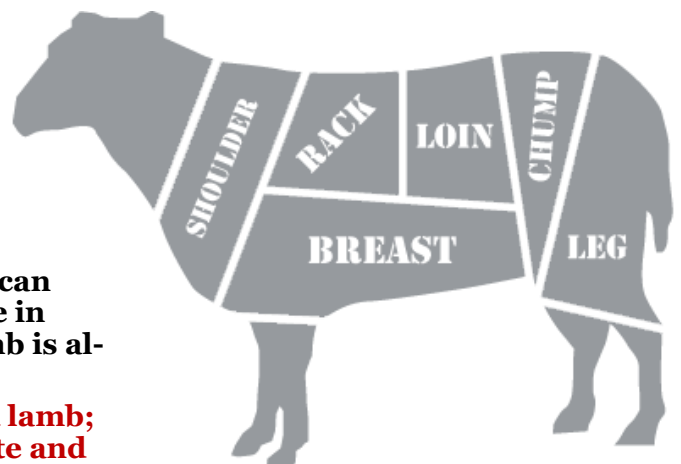


KNOW YOUR CHOPS

			
<i>Rib Chops</i>	<i>Shoulder Chops</i>	<i>Loin Chops</i>	<i>Sirloin Chops</i>
Rib chops come from the iconic rack. They're great for finger food and quick on the grill.	Shoulder chops do well with bold flavors and marinades. They're an economical choice for an everyday meal.	Loin chops are tender and flavorful. They're just like t-bone steak and the perfect 4 ounce serving.	Sirloin chops the leanest chop. They're perfect for healthy summer grilling.

- ♦ **"Lamb" is used to define sheep meat from an animal that is less than one year old, while "mutton" is used to define meat from sheep one year old and older. Lamb has a milder flavor than mutton.**
- ♦ **When you choose American Lamb, you support family farmers and ranchers throughout the United States who are dedicated to the health and welfare of their animals and the land.**

- ♦ **Forty percent of the fat in lean cuts of lamb is monounsaturated, the same kind of fat found in olive oil.**



- ♦ **There are only a few days from the time American lamb is processed until the product is available in grocery stores and restaurants. Therefore, lamb is always very fresh.**
- ♦ **Consumers prefer American lamb to imported lamb; they ranked it superior in terms of quality, taste and healthfulness.**