Local, Wild Venison is Superb Food

When you eat New Jersey wild venison, you are not only enjoying a high-quality, nutritious protein source.

You are also: ***protecting*** native forests and plant and animal diversity, ***reducing*** high levels of deer-vehicle collisions, ***defending*** local farms and food production from excessive herd damage, potentially ***reducing*** the threat of tick-borne illnesses, ***providing*** high quality affordable food to New Jersey families and people in need, and ***supporting*** the health of deer herds.

For more than 20,000 years in North America, people have been hunting and eating white-tailed deer. Today, hunters in New Jersey harvest approximately 40,000 deer annually, **practicing forest-to-table, sustainable self-sufficiency while providing exceptionally nutritious food to their families, friends, non-profits events, and many of New Jersey's soup kitchens.**



NJ wild venison is exceptional compared to most store-bought meat from industrialized operations, because deer here have a much more diverse diet and wild lifestyle.



A recent survey of 500 New Jersey residents shows that 15% eat venison seasonally, and that most people would try it if they learned more about how to obtain it and prepare it.

If you know a hunter or a landowner that allows hunting, you can ask them if they would share venison with you. Some hunters butcher the deer themselves. Others take their harvested deer to licensed butchers in New Jersey, who provide the specific cuts, grinds and sausages that the hunter or landowner requests

There are exceptionally tender cuts of venison that can be grilled, sauteed, and prepared in other ways. Because it has lower fat content than farm-raised animals, it should be cooked for less time to preserve the tenderness. Recipes are abundant online. A favorite is spice-crusted grilled tenderloin, drizzled with chimichurri sauce.

Ground venison *is another favorite because it is highly versatile and convenient, like ground beef or pork. It can easily be used in chili, tacos, bolognese sauce, and stir-fries. Butchers will gladly add some ground beef or pork to your venison when they're preparing it, if you ask, to add a little bit of fat so it's easier to make meatballs and burgers.*



Did you know that approximately 80% deer imported to New Jersey is from New Zealand, 9,000 miles away, despite there being sustainable abundance in our home state?

Eating NJ wild venison is a win for health across the board: for our diets, our ecosystems, and our neighbors in need.

Let's Find Balance for Our Forests, Farms and Families

Mission: To achieve natural balance in New Jersey by leading a deer stewardship movement for the people, wildlife and land we love.

Vision: A future where New Jersey's land, wildlife, and communities thrive in natural balance—stewarded by the people who call this place home

We collaborate to support stewardship of deer towards a balance with biological and cultural goals

www.deernj.org