The annual meeting of the U.S. Targhee Sheep Assoc. membership was called to order by President Jeff Nevens at 3:00 pm on July 14, 2017, at the AmericInn in Pierre, South Dakota. All directors were present.

The 2016 annual member’s meetings minutes were read. Wade Kopren moved to accept the minutes as read; Clee Brakke seconded; Passed.

The financial reports were presented consisting of a year-end comparison Profit and Loss and 2016 Year-end Balance Sheet. The Association financially is sitting in a very stable position. A registry report was also provided showing 2016 year-end lowered than previous years but year to date showing we would make the recent averages. And is better than 2015. Many feel the slower turntimes may be affecting how many people submit registrations.

Each committee than gave an update.

NSIP Committee- Lisa Surber spoke that the committee had not meet, but did email throughout the year. Hope to have something for next year. Jack McRae asked the membership to please come to the committee with ideas. NSIP members are growing, so need to be better meeting their needs.

Junior Committee – Leslie Nevens reported as the committee chairperson and US Targhee Sheep Junior Assoc. Advisor. For the first time Targhees were represented at the All American with 9 exhibitors with 22 sheep. Made a favorable impression with the other youth. Jessie Taylor had served as the Targhee representative and had also heard a lot of great feed back. Next year it will be in Indianapolis and is the 25th anniversary. They were going to discuss with the juniors at their meeting if there was interest to attend again. Haylie Kilber than reported as Junior Association President that the junior members had voted to have quarterly meetings via conference calls the 3rd Sunday of the 3rd month. They also want to try to do tshirts for each years Nationals. Juniors had fitting contest for the first time this year. Everyone seemed to really enjoy it and wanted to do it again. They appointed a Treasurer to split the Secretary/Treasurer position and created a curator position.

Starter Flock Committee – Jeff Nevens reported both of this years winners had been present all day taking in all the activities. Visit the display in the barns for each winner. He recognized all the donors and had received all donations very early in the year for 2 flocks. Reid Redden was the final reviewer from 13 applicants from 5 different states. Thank you to all those who contributed.

Youth Futurity Committee – Jon Beastrom reported there were 12 entries this year from the 26 nominated. There were going to be 40 nominated at this years sale. He and Todd Taylor were looking at the points for attending different fairs as this continues to grow.

Sifting Committee – Bryan Allred reported as a member of the sifting committee, he along with the vet, and local breeder had found nothing that needed to be sifted. He complimented everyone on the quality.

Show Committee – No updates to be given.

Promotion Committee – No updates to be given.

Todd gave a report on the All American. Andy Nevens was there and passed around a buckle he had won for Top Gun Award. It had been a great experience with a lot of kids attending. The cost was $850 for this year, not sure exactly is would be for next year as based on number of classes. Elisha Otis moved to again fund up to $1000 to sponsor Targhees at the All American. Paula Brakke seconded. Passed.

Sifting Committee – Brian Allred reported they had attempted to sift of the trailer this year. Last year belly wool had not been a concern, this year was back. Nothing however was sifted for it though. Next year would like to have educational program as inspection manual is pretty vague. Board had also discussed this and voted to amend the inspection manual if belly wool is high on the sides, the animal is not registerable. Jon Beastrom added sifting seemed to be easier with the vet there to inspect as came off the trailers. Just needed to tighten window of arrival.
Annual Meeting Minutes, continued

The need to set a floor price for the sale was than discussed. Paula Brakke moved to set at $300; George Mann seconded; Passed. Members were reminded that they were free to set a higher price floor on their stock as well, just give to the auctioneer prior to entering the sale ring. Commission will still be charged at the top bid if the reserve is not met.

Mardy gave a report on the website and newsletter. Not many changes had been made to either. She asked that members submit personal news, pictures, etc so the membership can better keep up with them and make it more personable. The lady that does the website design for us is retiring and Board is in search of finding a replacement. With this change, hoping to get the website updated as well.

Jeff than discussed the site of the 2018 National Show and Sale. The normal order is to have it held in Montana next. Jack McRae had reached out to Miles City in attempt to book this same weekend. It is a blank new pavilion and can easily hold everyone. Elisha Otis moved for Montana Targhee Association to host the 2018 National Show and Sale. Braedon Hinker seconded. Passed.

Elections were then held. Elisha Otis’ term for Montana was up. The floor was opened up for nominations three times. Jack McRae moved for unanimous ballet be cast to reelect Elisha. Paula Brakke seconded. Passed.

Todd Taylor’s term for East was also up. The floor was opened up for nominations three times. George Mann moved for unanimous ballet be cast to reelect Todd. Susie Skinner seconded. Passed.

Membership than took second vote on amending bylaws. Wade Kopren moved to pass as read. Braedon Hinker seconded. Passed.

New registration process was discussed. Kristin Bieber expressed her want to still use metal tags and not tattoo. Bob Innes stated he liked having additional ID and wondered if cost was an issue, if producer could just pay. Todd Taylor said they use scrapie tags as flock tags and put 2 in and doesn’t tattoo. Jeff Nevens reminded everyone metal tags are a health issue as start to infect ears with humidity. And shearers don’t care for them. Wade Kopren suggested Rambiollets don’t require any sort of registration tag and only go by flock tags. Charlene Von Krosigk felt she couldn’t sell rams because they didn’t have a registration number assigned. Elisha Otis moved to order metal and plastic tags through the Association. Susie Skinner moved to amend the motion at the cost of the producer. Seconded by Scott Kilber. Passed.

National Show deadlines will likely need to be enforced moving forward with the size Nationals has become. Paula Brakke suggested meal forms be sent out separately to help with that confusion for those not exhibiting. Lisa Surber asked if catalogs were getting mailed out timely. Carl Nielsen felt needed to be advertising better year round. Targhees really are the best kept secret and we’re keeping it that way. Board reminded the membership a committee had been set up last year to help address these concerns and they had failed to ever meet. If anyone else would like to join, please do so. Randall Von Krosigk expressed we’re all saying the same thing and all want the best for the breed and Association. We all need to be more active and aggressive for the breed as a whole. Lisa Surber, Paula Brakke, Haylee Kilber, Randall Von Krosigk, Carl Nielsen and Scott Kilber volunteered to be on the Promotions Committee.

Elisha Otis moved that the meeting adjourn; second by Jon Beastrom; passed.

Looking for the perfect Christmas Gift?

USTSA offers a wide line of Targhee Wearable in a variety of sizes for adult and youth. Pictures of some of the products are on the website. Contact Mardy Rutledge for a full list of products and sizes and to place orders.

- Adult T-Shirts $10.00
- Adult Hoodies $20.00
- Youth T-Shirts $10.00
- Ball Caps $15.00
- Camouflage Beanies $15.00
- Gray or Pink Skull Caps $12.00

Page 3
New Registration Process

As was voted on at the members meeting, an order has been made for the old metal registration tags for those that would like to keep using them. The cost per box of 100 tags is $9.97 plus shipping payable to the association. Please contact Mardy to let her know how many boxes you would like sent to you. We are still in the process of finding suitable plastic tags for the regions that prefer those tags. Registration tags are still not required. Mardy will continue to assign registration numbers as those submissions are received with the first column blank and tags not used. This is only for those breeders that want an additional tag to help identify their sheep.

Mardy has also gotten caught up on all registrations submitted prior to October of this year. If you think you have registrations submitted prior to that that are still outstanding, please contact her to catch up on those. Per the Board’s recommendation, registration will be number 1 priority going forward to help improve turn-times. Please continue to try to email in rush requests and complete registrations in excel format to help speed up the process. Also, please double check your submissions. 99% of the registration requests received have an error on them which will also slow up turn-times while we try to figure out why registration numbers can’t be found, don’t match up with flock tags, etc. Lastly, very few include the date of inspection or transfer dates as are required and again will slow down turn-times if not received until that information is received.

And speaking of tags...

APHIS No Longer Providing Free Plastic Scrapie Tags

To support animal disease traceability and scrapie eradication efforts, the United States Department of Agriculture’s Animal and Plant Health Inspection Service has provided both metal and plastic ear tags and applicators to sheep and goat producers - at no cost - since fiscal year 2002.

After a funding reduction in FY 2012, APHIS used specific, no-year funding (for scrapie and ADT) to continue purchasing the tags and distributing them free of cost to producers. These no-year funds were exhausted in fiscal year 2017. While the Agency remains committed to ADT efforts, beginning Oct. 1 of this year, APHIS is providing only metal tags free of charge to producers and others who handle sheep and goats. Plastic tags and applicators for metal and plastic tags will remain available for purchase directly from approved tag manufactures.

These changes will reduce APHIS tag and applicator costs while still providing sheep and goat producers with a free identification device. APHIS will provide a limited number of plastic tags to producers newly enrolled in the Scrapie Free Flock Certification Program who submit tissues for scrapie surveillance in order to encourage on-farm scrapie surveillance.

The agency will continue to work closely in partnership with states and industry to achieve scrapie eradication.

For more information on how to purchase tags and applicators, visit https://www.aphis.usda.gov/animalhealth/scrapie-tags.
Wow, the summer flew by, didn’t it? Just a few comments from NSIP...

Rusty reports that NSIP is approaching 375 members! That is a great accomplishment for the organization. Targhee has 35 flocks enrolled and the database has approximately 30,000 animals in total. There were 6 news flocks in 2017! Welcome new members!

New reports are available on the NSIP website as of August 2017 for Targhee breed...percentile, elite proven, young prospect, and proven Individual trait leaders reports are updated. These reports are extremely useful during sale season and underutilized tools when selecting your new genetics. The percentile report is one that should be in the hands of every ram buyer. It helps to identify where a potential stud ram is positioned within the breed for each trait. See nsip.org/usa-range-reports/

Don’t forget that NSIP has a YouTube channel. There are many helpful tutorials from setup of Pedigree Master to Exporting Data to Excel. Make sure you subscribe to the channel and get notifications when new material is added.

During the summer ram sale season, we saw the “Certified NSIP Sires” program beginning to see use. Briefly, the certified program is a marketing tool for NSIP members and a reassurance to buyers of premium genetics. There will be Certified Growth, Maternal and/or Finewool sheep that are in the top 10% of the breed for any of those traits and members can use the respective Certified NSIP Sires logo in their marketing materials. I’m interested in feedback from those that used the program/logo and did you get questions from buyers about what the certifications means. Email me if you have something to share.

Lastly, Rusty Burgett, our NSIP Program Director, launched an online searchable database. You can access the tool at http://nsipsearch.nsip.org. Get familiar with it! You can search by 16 digit ID number or indicate the search parameters you are looking for. It should be pretty straight forward. Once you run a query, you can click on “view details” and find tons of information on each animal and trace an animal’s pedigree. It is very useful, please try it out!

That’s all for now. I hope fall lambing and breeding is going well for everyone.

Warm Regards, Lisa
Welcome New USTSA Members!

MTH Farms
Deborah Terry
Franktown, CO

Ray and Maureen Shephard
Pierre, SD

Coyote Creek Targhee
Tammy Basil
Union Center, SD

Evelyn Rohrbach
Hammond, WI

Julia Wolf
Birnamwood, WI

Alicia Holtz
Little Falls, MN

Kyza Eisenbraun
Wright, WY

Darcy Millikin
St Maries, ID

Jeff & Dawnita Sampsel
Stanford, MT

Susie Skinner
Felicity, Oh

MJ Fuller Family
Onida, SD

Dan, Dawson, Dayna Otis
Reed Point, MT

Free Advertising Space for Targhee Events
Do you have a Targhee event you would like to see promoted? Please contact the USTSA office to list your

2018 National Show & Sale

The Montana Targhee Association is excited to be hosting the 2018 USTSA National Show and Sale. It will be in Miles City July 12-14th. Final details are being made at the committees next meeting on December 10th. Final hotel information, schedule, etc will be in the January Targhee Talk.

Due to the growth in numbers at our national event, we would like to ask for everyone’s assistance in providing information as soon as possible. Those that don’t meet the established deadlines that we have been wavering on the last few years, will not be allowed to enter. This will help ensure catalog and nationals run much smoother.

Deadlines to keep in mind

• May 31st entry and event forms due. Entry forms and packets will be available in the April newsletter as well as online.
• June 15th all registrations and information for catalog due.

Update from 2016 Starter Flock Winner Leah Huchthausen

This year was my first year ever having lambs born on our farm. We had two ewes bred, and one had a single and one had twins. The single was cleaned off and drinking when we found it. My mom had been checking three times a night. The night we didn’t, she had her lamb. The following morning we found the ewe’s lamb. It was cleaned off and nursing. It was exciting finally have a lamb.

The second ewe had twins, which was hard for her since she was a small and her first time lambing. Nobody was home, besides myself for the lambs’ births!

Its been really fun showing the ewes that I have raised and bought. I showed them at six different shows this year. My single lamb, “Missy,” (who everyone loves) was the first place February ewe lamb at the National Targhee show, and reserve bred and owned Targhee ewe at the Wisconsin State Fair. One of the ewes I bought from the Beastron Family was the champion Targhee ewe at Wisconsin State Fair.

Thank you to the Taylor and Nevens families for all the help and encouragement this past year.

Champion ewe, Baby, at the Wisconsin State Fair. This ewe was purchased from the Beastron family in 2016.

She also took reserve champion bred and owned ewe with her lamb that came out of a starter flock ewe donated by the Nevens family.
2017 Western Regional Ram Sale Results

<table>
<thead>
<tr>
<th></th>
<th>Rambouillet</th>
<th>Columbia</th>
<th>Suffolk</th>
<th>Targhee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newell Ram Sale</td>
<td>$ 550.24</td>
<td>$ 398.33</td>
<td>$ 550.63</td>
<td>$ 564.29</td>
</tr>
<tr>
<td>Montana Ram Sale</td>
<td>$ 646.97</td>
<td>$ 300.00</td>
<td>$ 715.79</td>
<td>$ 1032.07</td>
</tr>
<tr>
<td>Wyoming Ram Sale</td>
<td>$ 978.36</td>
<td>$ 616.67</td>
<td>$ 927.00</td>
<td>$ 1,346.15</td>
</tr>
</tbody>
</table>

Newell Ram Sale

Targhee Class Winners
Champion Ewe: Jon Beastrom & Family, Pierre, SD
Reserve Champion Ewe: Seth Schoon, White River, SD
Champion Ram: Jon Beastrom & Family, Pierre, SD

7 head of Targhee averaged $564.29

Montana Ram Sale

Had 124 buyers registered at the sale (10% increase from last year) and 18 online buyers registered (50% increase from last year). Top Selling Ram Consigned by McRae Brothers, Jack & Kathryn McRae, of Jordan sold for $3,400 to Brad Boner of Glenrock Wyoming. (Targhee Ram)

Ewe Sale Gross on 603 Head: $192,000.00
Ram Sale Gross on 267 Head: $244,150.00

Targhee Ram Average on 187 Head: $1039.04 (Low $250, High $3400)

Wyoming Ram Sale

13 of 15 head of Targhee rams sold for an average $1,346.15.

From the Secretary’s Desk

The office will be closed from December 4th-31st. All registration requests, etc received during that time will be processed after the 1st of the year. Registration and other requests that were sent prior will be processed in the next couple of weeks. Rush requests can be accommodated on a case-by-case scenario. Please be sure to notate as such on the outside of the envelop, email or leave me a message. I will continue to monitor the email and return calls.

I hope everyone has a wonderful holiday season and a safe New Year. Looking forward to what 2018 will bring!

Survey on 2017 Nationals

A survey was sent out on the Associations Facebook page to complete on last years Nationals. This will help us gauge what exhibitors are expecting and where improvements might be made. Please try to complete this by December 1st.

The link is: https://www.surveymonkey.com/r/D9367CY
Sportsmanship Award - Andy Nevens was one of 3 recipients of the WI Junior State Fair Sheep Show. Given to youth in their final year of eligibility for exemplifying sportsmanship throughout their show career at the junior state fair.

Reserve Supreme Champion Wool Breed Ram - University of Wisconsin - Madison
Premier Exhibitor - A&J Nevens Livestock

Champion Targhee Ram – University of Wisconsin - Madison
Reserve Targhee Ram – A&J Nevens Livestock (pictured here)

Junior Show Bred & Owned Results
- Champion Junior Targhee Ram – Andy Nevens
- Reserve Junior Targhee Ram – Abagail Stalbaum
- Champion Junior Targhee Ewe – Andy Nevens
- Reserve Junior Targhee Ewe – Leah Huchthausen

Junior Targhee Yearling Ewe Class

State Fair Results
If you missed the October deadline and have other results you would like included, please submit to the USTSA office by December 15th for publication in the next newsletter.
Wisconsin Sheep and Wool Festival
Breeding Sheep Show

Open Wool Breeds Division

Targhee:
Champion Ram:  A&J Nevens Livestock  (pictured left below with Alice in Dairyland and Wisconsin Fairest of the Fairs)
Reserve Ram:  A&J Nevens Livestock
Champion Ewe:  A&J Nevens Livestock  (pictured to right)
Reserve Ewe:  Leah Huchthausen

Wisconsin Sheep & Wool Festival
Wool Show Results

Open Fleece Show Results
Reserve Division Champion - A&J Nevens Livestock

Junior Show Fleece Show Results Class 1
Champion - Leah Huchthausen

Want to be More Involved in USTSA?

Here’s your opportunity. If you would like to join any of the following committees or would like to nominate someone, please contact Mardy or one of the Board members.

NSIP committee are responsible for establishing all rules for the NSIP classes at the National Show & Sale regarding deadlines, what EBV’s will be evaluated, judging criteria, etc. They will help keep the USTSA better in line with the changes in this arena and to help promote Targhee’s involvement in NSIP.

Junior Show/Membership committee to manage our growing Junior membership and promoting to new junior members. Junior members are encouraged to volunteer to help represent their peers concerns and ideas as well.

Youth Futurity committee will be responsible for setting all rules and policies for this new program.

Show and Sale committee will be responsible for setting all rules and policies for the National Show and Sale.

Promotion committee to help design and implement promotional and marketing material for the Association.
Pruitts with Targhees competing in the club lamb circuit - Gallatin County 4H Fair - Bozeman Montana.
Go White Face!

Dawson and Danya Otis leading the sheep drive at the Reed Point Sheep Drive with the pair of ewe lambs purchased at Nationals from Susan Millikin.

Below is Dawson with Overall Champion fleece at Montana Fair.
Focus on Artificial Insemination in sheep at Dairy Sheep Symposium

Any sheep producer who is thinking about using Artificial Insemination (AI) to improve their flock genetics, should seriously consider attending the 2017 Symposium of the Dairy Sheep Association of North America, November 30 – December 2 in Orford, Quebec. The first day of this year’s Symposium will be devoted entirely to AI. Speakers from Canada, Europe, and the US will present on AI techniques used in France, Iceland, and Canada, both cervical and laparoscopic, with both frozen and fresh semen. Presenters will also discuss protocols that will improve conception rates and litter size in AI’d ewes. Furthermore, a large number of dairy sheep producers will be in attendance who have begun using AI to incorporate European genetics into their flocks. Developments in AI techniques, as well as improved availability of internationally-sourced semen, are offering American sheep producers some real opportunities to broaden and improve their breed’s gene pool.

The Symposium will be held at the beautiful Estrimont Suites & Spa in Orford, in southern Quebec just north of Vermont. Attendees can register for just one day (i.e., for the day of AI presentations on November 30th), or for the full symposium which includes two days of presentations, a wine-and-cheese reception featuring Canadian sheep-milk cheeses, tours of two Quebecois sheep dairies, and an optional cheese-making workshop. For more details on the Symposium schedule, go to www.dsana.org. There are two brochures on the DSANA website, one in French and one in English; please note that all rates are listed in Canadian dollars, and that US dollar rates are approximately 80% of the listed Canadian dollar rates.

MID-STATES WOOL GROWERS COOPERATIVE ASSOCIATION

9449 BASIL-WESTERN RD, NW
CANAL WINCHESTER, OH 43110
PHONE: (614) 837-9665 • FAX (614) 834-2008

It is with much regret that we must inform you of the closing of the South Hutchinson, Kansas warehouse. As the sheep industry has contracted, it has become difficult to operate two locations efficiently and profitably. The effort and performance of our employees has been excellent, but, the sales volume achieved has required the closing of the warehouse. Mid-States Wool Growers is committed to provide excellent service and products to our patrons. We will continue to service our customers wool and supply needs from our Ohio warehouse. For our wool customers, we are fortunate to work with some excellent people who serve as handlers for Mid-States. We will be able to provide phone numbers so that wool that normally went to the Kansas warehouse can still be delivered to Mid-States. The phone numbers for the wool department in Ohio is 1-800-842-2533. Supply customers will be able to visit with our staff in Ohio at 1-800-841-9665 or you can go to our website store at www.midstateswoolgrowers.com. The product line handled in Ohio will be almost identical to that which was handled at the Kansas warehouse. We will still be attending various shows and sales throughout the country.

Much time has gone into this decision and it was not arrived at quickly. Mid-States Wool Growers Cooperative will be celebrating our 100 year anniversary this coming March. As difficult as this decision was, the Board of Directors felt that it was the correct decision to position the company for the challenges that are ahead as we look to begin the next 100 years. Please direct any questions to the general manager at 614-837-9665. Thank you for your understanding.

Best regards,
Jim Brandt
President, Board of Directors

Dave Rowe
General Manager
ASI Wool Council Hosts Military Wool Tour

Wool is one of the world’s most diverse natural fibers. It’s this diversity that has made the United States military the American wool industry’s No. 1 customer.

American Sheep Industry Association Deputy Director Rita Kourlis Samuelson says, "We’re trying to remind people why they use wool. It’s not your grandma’s wool sweater."

With 18 different characteristics, wool plays an important role in today’s U.S. military.

"Wool is naturally fire resistant, which protects our soldiers when they are exposed to fire hazards. Wool is comfortable in that it breathes. I could go on and on, but there really are so many properties that make it comfortable for a soldier to wear," says Samuelson.

This week, ASI’s Wool Council hosted a military wool tour in North Carolina and South Carolina with stops at Chargeurs Wool, Burlington Worldwide and Nester Hosiery (known for their all-American brand Farm to Feet).

"We had the wonderful opportunity to explain that we have a good supply of wool that is adequate to meet the military’s specifications," said ASI Wool Council Chairman Ken Wixom of Idaho. "We have a lot of good, fine wool and we do a good job of producing it for them. This was the perfect way to show that to them first hand."

Not only is the relationship between the U.S. military and American wool industry an exciting one, it’s also a very important one. And one that all stakeholders involved hope to keep going for years to come.

The United States military is the single largest consumer of American wool in the U.S. and consumes 15 to 20 percent of the annual American wool clip.

Catch videos of the tour online at https://youtu.be/E3UQztgBbSg and https://youtu.be/e68zn_ymbM.

Source: Northern Ag Network
Upcoming Calendar of Events

Nov. 2-4 - Kansas Sheep Shearing School - Quinter, Kan. - www.ksheep.com or Gary Jorgensen at 620-640-1070
Nov. 3-4 - Ozark Fiber Fling, Steelville, MO - ozarkfiberfiling.com 573-245-6851
Nov. 9-11 - West Central States Wool Growers Convention - Sun Valley, Idaho - idawool@gmail.com
Nov. 14-16 - Success with Stock Dogs (Session one of three) - Bennington, Ind. - Denice Rackley at denice.r@lycos.com or http://www.clearfieldstockdogs.com
Nov. 17-19 - Ohio Sheep Shearing School (Advanced) - Hebron, Ohio - http://www.lambshoppe.com or Doug Rathke at info@lambshoppe.com, 320-587-6094
Nov. 18 - Missouri Sheep Producers Annual Meeting - Lincoln University’s Carver Farm in Jefferson City, Mo. - www.missourisheep.com
Nov. 18-20 - North Dakota Sheep Shearing School - Hettinger (N.D.) Fairgrounds - christopher.schauer@ndsu.edu or 701-567-4323
Nov. 18-20 - North Dakota Certified Wool Classing School - Hettinger (N.D.) Armory - christopher.schauer@ndsu.edu or 701-567-4323
Nov. 30-Dec. 2 - Oregon Sheep Growers Annual Meeting - Springfield, Ore. - info@sheeporegon.com
Dec. 1-2 - Buckeye Shepherd’s Symposium - OARDC Shisler Center in Wooster, Ohio - 614-246-8299 or www.ohiosheep.org
Dec. 1-2 - Missouri Livestock Symposium - William Matthew Middle School in Kirksville, Mo. - www.missourilivestock.com
Dec. 6-8 - South Dakota Shearing School - Brookings, S.D. - Dr. Jeff Held at jefrey.held@sdstate.edu
Jan. 31-Feb. 3 - ASI Annual Convention - From the Hill Country to Capitol Hill in San Antonio - www.sheepusa.org

To have an event added, please contact Mardy at ustargheesheep@gmail.com.

Protein is an important part of your plate because it can lower the blood sugar impact of meals. Lamb delivers, on average, 23 grams of protein per 3 oz. serving. This is approximately 50% of your daily protein needs!