Let’s Learn About Sheep!

Did You Know?

A male sheep is called a ram. A female sheep is called a ewe. A young sheep is called a lamb.

Most lambs are born in the spring. Ewes can give birth to one, two or three lambs — and sometimes even four or five!

Lambs stay with their mother until they are 2 or 3 months old, and are considered full grown at about 6 months old.

The U.S. has more than 40 different breeds of sheep. Some of the more popular breeds in the U.S. are:

- Columbia
- Hampshire
- Suffolk
- Herdwick
- Icelandic
- Dorper
- Santa Ines
- Rambouillet

Other breeds of sheep in the world are:

Woolly Words!

Wool is a natural fiber that comes from sheep. Wool clothes are cool in the summer and very warm in the winter.

Wool will not catch on fire. This means it is flame resistant.

Most farmers and ranchers will shear, or remove the wool from their sheep, during the spring. The wool is removed in one piece called a fleece. The fleece is then scoured, or washed, in a big tub to remove dirt, grease and grass. The clean wool is carded to straighten the fibers and then it is spun into yarn.

Lamb is Healthy!

Lamb contains many important vitamins and minerals. Lamb is a good source of protein. Protein helps build muscles and strong bones. Lamb is a good source of iron and B vitamins. Iron and B vitamins give people energy. Lamb is a great source of zinc. Zinc helps make hair healthy and shiny.

For great lamb recipes go to: www.americanlambboard.org

Want to Learn More?

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