



PORK CHECKOFF REPORT

JANUARY FEBRUARY 2021



Start 2021 on a FRESH NOTE!

Follow this FREE 4-Week Workout Plan + Meal Plan to start your year off on the right foot.

As many consumers look for a fresh start in the new year, the Minnesota Pork Board launched a 4-week Meal Plan and Workout Challenge to encourage everyone to take a holistic look at their health, including incorporating lean pork as a protein in a healthy diet. Capitalizing on the seasonal focus on health, the challenge will draw attention to pork as part of a healthy lifestyle, while encouraging participants to get active with daily workouts.

The Minnesota Pork Board teamed up with the Minnesota Beef Council, personal trainer Lindsey Bomgren with Nourish, Move, Love, and The Real Food RDs to bring together an all-encompassing plan to start the year off on the right foot.

Meal Plan

WHAT IS THE 4-WEEK HEALTHY MEAL PLAN?

This meal plan is exactly what it sounds like - 4 weeks of healthy recipes planned for you and created by Dietitians, Jess and Stacie, who make up The Real Food Rds. They've done the heavy lifting for participants by planning four healthy dinners each week (with weekly grocery lists) plus give suggestions and meal ideas for breakfast, lunch, and snacks.



WEEK 1						
01	02	03	04	05	06	
FULL BODY	ARMS + ABS	LEGS	REST OR ABS	YOGA	FULL BODY	
WEEK 1 DINNER MENU						
MON (Day 01)	TUE (Day 02)	WED (Day 03)	THU (Day 04)	FRI (Day 05)	SAT (Day 06)	SUN (Day 07)
Sheet Pan Mini Meatloaf with Vegetables	Slow Cooker Chicken Chile Verde Stew	Sheet Pan Pork Loin with Brussels and Apples	Leftovers	Tex-Mex Sweet Potato Hash	Leftovers or Takeout	BYOM

This meal plan is meant to be flexible to fit every lifestyle and individual family needs. The reason for only suggested breakfasts, lunches, and snacks is because many individuals have their go-to's when it comes to these meals. For example, you may enjoy a smoothie for breakfast every morning, maybe a big salad or leftovers for lunch. This plan is meant to work for you and with your schedule!

The goal of this meal plan is that it is realistic to follow and doesn't require users to make a new recipe for every meal of the day. The Real Food RDs decided to focus on what tends to be the biggest pain point when it comes to meal planning - dinners.



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WITH THE MEAL PLAN YOU WILL GET:

- 4 delicious, family-friendly dinner recipes each week
- Weekly grocery shopping list
- Suggestions for Breakfasts, Lunches, and Snacks each week
- A weekly email to help keep you on track. You will also receive the upcoming week's menu and grocery list when you subscribe to the email

WHO IS THE MEAL PLAN FOR?

This healthy eating meal plan is for anyone who wants to take some of the guesswork out of healthy eating. The recipes are designed to be short on ingredients, but big on flavor and easy enough for anyone to make. This meal plan makes healthy eating doable and is the perfect way to help you get on track towards feeling your best in 2021 and achieving your wellness goals.

HOW DOES THE 4-WEEK HEALTHY MEAL PLAN WORK?

Each week, The Real Food RDs planned four healthy, delicious dinners to make in whatever way works best for each individual – whether that's weekend batch-cooking, prepping the ingredients ahead so they're ready when you are, or making the recipe start to finish each of the four days.

Cooking is not expected seven days of the week, so leftover days are built into the plan, or the options to make your favorite recipe or get takeout/delivery. Move days around as you see fit, double a recipe or two so you have more leftovers, or swap out some of the recipes altogether. The key is to make this plan work for you and your family.

TIPS FOR FOLLOWING THE PLAN:

1. Take inventory of what you have on hand. This is an important step to take before you head to the grocery store or order your groceries online. Many of the items on the grocery list are staple items like oils and seasonings.
2. Add or subtract from your grocery list to account for what you already have and what you need for recipes that aren't part of the meal plan.
3. Plan when you'll use leftovers, meals from the freezer, or takeout or delivery for dinner during the week (or add a few more recipes of your choice to the meal plan if that works better for you and your family).
4. Don't be afraid to double freezer-friendly recipes for meals later in the month – your future self will thank you!
5. Choose breakfasts, lunches and snacks that are simple, made with real food ingredients and something you don't mind repeating throughout the week. The key here is that these meals are simple. While suggestions are provided, if you have a favorite breakfast, lunch and/or snack by all means choose what will serve you best.

6. Review the recipes and pre-chop vegetables. This is a great task to tackle on a Sunday and will save you a considerable amount of time during the week.

Nutrients provided by Beef and Pork:

Refueling with high-quality, complete proteins like beef and pork is necessary to help aid in muscle recovery. For instance, a 3-ounce serving of lean beef provides approximately 25 grams of high-quality protein, which is the optimal amount to help active individuals recover from exercise. Similarly, a 3-ounce serving of lean pork is an excellent source of protein, selenium, vitamin B6, zinc, and beta-alanine (a form of amino acid found in pork and a crucial element in muscle development).

- o If you're looking for lean pork, look for cuts that have "loin" or "chop" in the name
- o If you're looking for lean beef, choose sirloin, round, tenderloin, strip steak, shoulder roast, or lean ground beef (93/7)

Workout Plan

WHAT IS THE 4-WEEK WORKOUT PLAN?

This workout plan includes 28 guided home workouts, where personal trainer, Lindsey Bomgren, participates in and walks you through each step of the workout on video. All workouts are 45 minutes or less, use minimal equipment, and can be done in the comfort of your own home on your schedule.

Most of the workouts in this fitness plan require a set of dumbbells. Each weight training workout has a recommended dumbbell weight, usually between 8-20 pounds for the strength workouts and 2-5 pounds for the barre workouts. Muscle building happens with lifting weights! You can also add resistance bands for an extra challenge to add intensity to lower body workouts.

Who is this workout plan for?

This workout plan is for anyone looking to increase their daily exercise and lose weight by creating a consistent fitness routine at home. Grab a workout partner, spouse, friend, or co-worker and commit to getting fitter and stronger at home with this four-week plan.

This workout challenge can work for all fitness levels by adding more weights or reps for regular fitness enthusiasts, or can be scaled back by reducing weights or adding more rest days as needed for beginners.

01 MN Beef Full Body Strength 30 Minutes	02 Toned Arms and optional 5-Min Abs 30 Minutes	03 MN Pork Lower Body 45 Minutes	04 Rest Day ☺ Lower Abs 30 Minutes	05 Yoga Sculpt and optional 5-Min Fat Burn 30 Minutes	06 Full Body Pyramid 30 Minutes	07 Rest Day Stretch
08 MN Beef Full Body Circuit 30 Minutes	09 Resistance Band Legs and optional 5-Min Butt 30 Minutes	10 MN Pork Arms + Abs 45 Minutes	11 Rest Day ☺ Kickboxing Tablets 30 Minutes	12 Barre Class AND Barre Core 45 Minutes	13 Full Body Pyramid 45 Minutes	14 Rest Day Stretch
15 MN Beef Pyramid 35 Minutes	16 Dumbbell Arms and optional 5-Min Abs 30 Minutes	17 MN Pork Lower Body 45 Minutes	18 Rest Day ☺ Power Yoga 35 Minutes	19 Barre Boxing 30 Minutes	20 Full Body Strength + HIT and optional 5-Min Core 35 Minutes	21 Rest Day Stretch
22 MN Beef 45/30/30 Time Drop 30 Minutes	23 Lower Body and optional Glute Activation 30 Minutes	24 MN Pork Arms + Abs 45 Minutes	25 Rest Day ☺ Low Impact High Impact Cardio 35 Minutes	26 Barre Blend 30 Minutes	27 HIT Pyramid 30 or Full Body 25-50 Minutes	28 Rest Day Stretch

WITH THE WORKOUT PLAN, YOU'LL GET:

- Two days a week of full body strength and HIIT training (Monday and Saturday)
- Two days a week of split muscle group strength training – one arm day and one leg day (Tuesday and Wednesday)
- One day a week of yoga sculpt or cardio barre (Friday)
- Two days a week of rest, recovery and full body stretching (Thursday and Sunday)

TO FOLLOW THE HEALTHY MEAL PLAN + WORKOUT CHALLENGE, FOLLOW:

The Real Food Rds:

<https://therealfoodrds.com/4-week-healthy-meal-plan/>
OR

Nourish Move Love:

<https://www.nourishmoveandlove.com/4-week-workout-plan-7/>



TOP 10 TIPS FOR ACHIEVING YOUR WELLNESS GOALS

1. Start small – Choose one goal to work on at a time. For example, aim to eat regular meals and snacks vs. grazing or aim to workout 3 days a week rather than setting an unrealistic goal of 5 days a week if you're new to exercise or have taken a break from it.
2. Make simple swaps – If you normally start your day with 2 slices of toast (low in protein and nutrients), try replacing one of the slices with a cup of fresh fruit. You also can add an egg or a piece of string cheese to bump up the nutrition. The key is to make simple swaps that don't require you to overhaul all of your habits at once, which can be overwhelming.
3. Aim for progress, not perfection – Consistency is key. Small behaviors, like filling half of your plate with plants at every meal, having a quality source of protein with every meal or setting aside 30 minutes a day to move your body, when done consistently will add up over time.
4. Get enough sleep – Aim for 7-8 hours of sleep each night while also aiming for sleep consistency (going to bed and waking at the same time each day)
5. Find an accountability partner and/or involve the family – We all know how helpful it can be to have someone to remind you of why your goals are important to you. Enlist a friend (or several) and your family members to join you in the challenge. Eating healthier and moving more benefits everyone!
6. Have a plan – It's true that failing to plan is planning to fail so we encourage you to take a little time each week to make a plan for the week ahead whether that's making a grocery list, doing the grocery shopping, or getting a jumpstart on meal prepping by chopping and prepping ingredients to help you get meals on the table faster.
7. Make it sustainable – This piggybacks on the idea of starting small but it's probably one of the most important things to consider when you decide which habits or changes to work on first. The best habits to have are the ones that you can easily do and do them for the long haul. True change, when it comes to your health, comes with consistency so developing habits that are sustainable are key.
8. Don't rely on motivation – Motivation (like willpower) can only get you so far. When it's gone, it's hard to find it again so our tip is to rely on discipline rather than motivation. When you make meal planning, prepping, and exercising a habit you're more likely to just do it even when you don't 'feel like it'.
9. Set performance goals – While it may be tempting to set a goal of 'losing weight' that kind of goal is ambiguous and often leads to throwing in the towel and creates mental stress and fatigue. We recommend setting performance goals instead. Some examples include, "Doing 10 push-ups from my toes", "Run a mile without stopping", "Complete a 10-mile hike", "Complete the 4-Week Workout Plan from Nourish Move Love", etc.
10. Show yourself some grace – While it's great to have a plan and strategies to make it all happen, sometimes the unexpected happens. Your week gets ridiculously busy at work, your kids get sick...you get it. Resist the temptation to throw in the towel and instead recognize that this is just a hiccup. Show yourself the kind of grace and compassion you would show a friend or family member and just pick up where you left off.



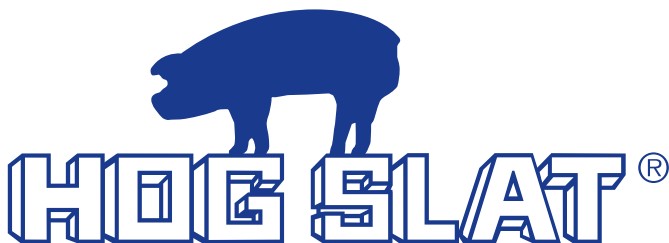


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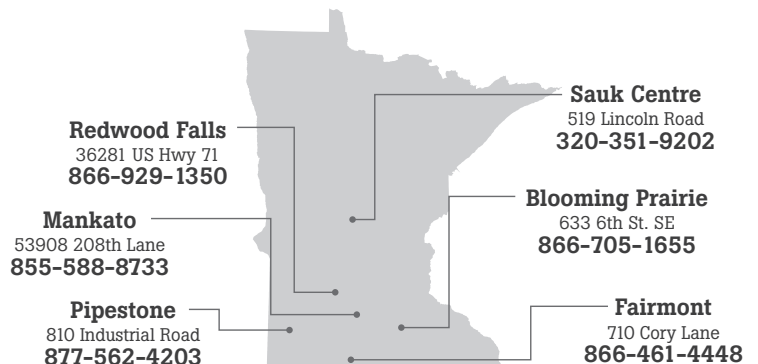
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Meet the 2021 Minnesota Pork Board Executive Board

At the Minnesota Pork Board's 2021 annual meeting held on Thursday, February 4, four newly-elected Executive Board members were chosen to serve Minnesota's pig farmers. Each elected representative will serve on the Executive Board for a three-year term and provide their guidance and expertise for the three scope areas of checkoff work including education, promotion, and research. The four will officially join the other eight board members following the 2021 Pork Industry Forum.



TERM ENDING IN 2023



CHRIS COMPART
NICOLLET



AMBER PORTNER
NEW ULM



ABBIE REDALEN
LANESBORO



BRIAN SCHWARTZ
SLEEPY EYE

TERM ENDING IN 2021



MEG FREKING
JACKSON



BRIAN JOHNSON
MAPLE GROVE



GALEN JOHNSON
DODGE CENTER



ANGIE TOOTHAKER
GRANADA

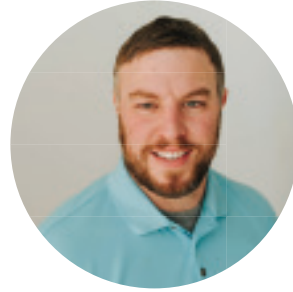
TERM ENDING IN 2022



BRAD HENHEN
GHENT



ROGER PUNT
PRINSBURG



TODD SELVIK
WASECA



MYRNA WELTER
STEWARTVILLE

ASF Response Plan



Detection of ASF in North America not in the US

Response to Detection

- MN BAH begins distribution of education on increased biosecurity to swine industry and alerts collaborating entities (including the EDMC and ERC)
- MN BAH distributes Healthy Swine Communicators Talking points
- MN BAH begins enhanced monitoring of USDA and relevant state wild boar and feral swine reports

Detection of ASF in the US

Response to Detection

- MN BAH implements MN Statutes 35.05 and 35.0661 if standstill issued
- MN BAH activates appropriate sections of the MN FAD Response Crisis Communication Plan
- MN BAH executes permitted movement system if required

Detection of ASF in MN

1

Detection, Quarantine, & Movement Control

- MN BAH activates appropriate sections of the MN FAD Response Crisis Communication Plan
- Hold orders are distributed to affected premises
- Samples are sent to UM-VDL and FADDL
- Case Manager is assigned to suspect case
- Upon the confirmation of a positive case, Case Manager activates quarantine, biosecurity, and beginning epidemiological tracing procedures
- Case Manager begins developing the Herd Plan with the infected premises
- ERC is notified and begins advising IC
- MN BAH activates the disease text alert system
- MN BAH establishes a Control Area around the initial positive premises
- NBCs are determined via traceback information and implemented into the Control area
- Movement Control restrictions are put in place and the permitted movement system and continuity of business plans are activated
- Access to Control Area map layers is granted to appropriate entities

2

Surveillance & Biosecurity

- MN BAH begins surveillance procedures for Control Area farms and Free Area farms
- Case Managers direct biosecurity for Infected, Contact, and Suspect Premises
- IC distributes biosecurity recommendations to At-Risk Premises in Control Areas and enhance biosecurity activated for premises participating in permitted movement
- Regional biosecurity activated if necessary

3

Depopulation, Disposal, Clean up, & Restocking

- Case Manager confirms herd plan with producer and begins depopulation using appropriate AVMA recommended depopulation method
- Case Manager oversees agreed upon disposal method based on herd plan
- Case Manager oversees cleaning and disinfection of depopulated premises
- Restocking occurs based on OIE and USDA policies and recommendations

Figure 1. Flow of response activities within the MN BAH ASF/CSF Initial State Response and Containment Plan

CHOOSING A PLASMA PRODUCT

Is plasma the most important item on your list of ingredients to research? Probably not. Luckily, the team at APC focuses on plasma and is here to share some key information about available products.

We talk about plasma in general terms, but in reality, there are a number of products under that umbrella. As the world's largest producer of plasma functional proteins, APC can offer customers numerous options not available anywhere else.

The most common product manufactured by APC is Amplify 920:

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- Low levels of ash

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- Processed with UV Photopurification

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Whether you choose Amplify 920 or Appetein, you can be sure APC products are manufactured with industry leading technology and thoroughly quality tested. For more information, ask your APC sales representative or contact us at APCproteins.com.



AMPLIFY 920



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MN Pig Farmers Collaborating for a Cause

During the spring and summer months of 2020, Minnesota pig farmers faced many ramifications of the COVID-19 pandemic. Supply chain disruptions created dire consequences for farmers and those in communities across the state. In an effort to help alleviate some of the ripple effects, the National Pork Board allocated a set amount of dollars for state associations to utilize in response efforts at a local level.

The Minnesota Pork Board (MPB) identified two priority areas to serve with the grant dollars received: hunger and children. The MPB staff, along with an advisory committee of industry stakeholders, aimed at partnering with philanthropic organizations already doing great work within the identified priority areas, as well as supporting those in need within local Minnesota

communities. Ultimately, the end goal was to connect farmers to external audiences with the We Care principles serving as the foundation for all efforts within the campaign.

Two organizations that embody these characteristics are Second Harvest Heartland and the Ronald McDonald House Charities.

“Like Minnesota pig farmers, the RMH and SHH serve communities with humility and passion to ensure, regardless of circumstances, all families have access to a healthy, delicious meal,” MPB chief operating officer, Jill Resler, declared.

SECOND HARVEST HEARTLAND

Second Harvest Heartland (SHH) and the Minnesota Pork Board have a long-standing relationship, as they have partnered together on past initiatives aimed at feeding hungry neighbors. Their vast network of agency partners (food shelves, shelters, meal programs, and after-school programs) across the state supported MPB’s decision to move forward on this initiative partnering with SHH.

High-quality protein such as pork is sought after in food distribution organizations such as SHH. When agency partners are able to get their hands on nutritious pork protein, they are often limited in how much they can purchase because of the lack of freezer space. MPB collaborated with SHH in an effort to help alleviate this very issue.

“We know from client surveys that protein, specifically meat protein, is a highly desired item in our hunger relief program,” stated Julie Vanhove, director of sourcing and demand planning at Second Harvest Heartland. “This grant money will help our agency partners who work directly with clients expand their capacity to serve protein so they can have more to give to clients.”

A set dollar amount was donated from MPB to SHH, who then sent out an application to its agency partners across the state to apply for the freezer grant. Within a 7-day period, more than 64 applications from food shelf programs were received. Based on food insecurity levels within each program’s territory, SHH was able to



facilitate the distribution of more than 40 freezers to its agency partners.



In their application to SHH to receive a freezer, one applicant wrote, “We would love to be able to order meat that would feed our community with large families, but we are limited in the meat we can get because we don’t have any place to store it. Getting a freezer would help us to store the meat and in turn feed more people.”

Another wrote, “We have had an increase of over 35% (approximately 150 guests) in the last six months, and our freezer space is limited.”

The freezers donated to each of these partners will benefit local community members by providing a space to house nutritious, healthy, high-protein pork products for meals throughout the year.

RONALD MCDONALD HOUSE CHARITIES

Along with most every organization in 2020, the Ronald McDonald House had to vastly change their operations due to the pandemic. Making families with seriously ill and injured children stay healthy and safe was, and still is, of the utmost importance, so avoiding unnecessary

exposure at all costs was top of mind for all individuals within RMH facilities. Instead of relying on “Cooks for Kids” volunteer meal groups to help make and serve meals, local RMH staff stepped up to the plate and converted the kitchen at the largest house, RMH-Oak Street in Minneapolis, into a commissary of sorts, where large quantities of meals and snacks were prepared for families at the organization’s four Twin Cities locations.

Ronald McDonald House Charities – Upper Midwest currently serves three meals a day, seven days a week to 40+ families, or approximately 100 people. The MPB donation, totaling approximately 6,700 pounds of pork, allowed at least one meal each day to utilize pork, which “elevated the menu” and allowed for a high-quality protein with a wide variety of flavors.



According to Amy Ament, Chief Operating Officer at RMHC-UM, “The Minnesota Pork Board’s donation was immediately put to good use by our onsite meal team, who used it to purchase ingredients – including bacon, ham and tenderloin– to serve at our four Twin Cities locations. Families consistently tell us that complimentary meals are the most important service we provide, and we were thrilled to incorporate high quality pork products in our meal plan.”

continued on page 10



As a fundraising opportunity, RMH is in the process of completing a recipe book that will be released in 2021. The book will feature a section with exclusively pork recipes provided by MPB in addition to recipes that utilize pork in other sections of the book.

Not only does this partnership support families in need during a vulnerable time, but it reminds all who benefit from the donation that Minnesota pig farmers care about them and are rooting for them.

“We are so grateful for our partnership with the Minnesota Pork Board,” said Jill Evenocheck, President and CEO of Ronald McDonald House Charities, Upper Midwest (RMHC-UM). “With our volunteer program on pause, their generous donation directly enabled us to put food on the table for families with seriously ill and injured kids. Providing a comfortable and safe home away from home is central to our mission, and the Pork Board’s gift played a big part in ensuring we could do just that.”

“Witnessing their unwavering commitment to serving families during these unprecedented times has been inspiring,” noted Resler. “Our partnership with the RMH and SHH epitomizes Minnesota pig farmers We Care

commitment. It gives me a deep sense of gratitude to see these two organizations and Minnesota pig farmers work in such purposeful harmony.”

Second Harvest Heartland is one of the nation’s largest, most efficient and most innovative hunger relief organizations. Second Harvest Heartland provides an average of 75 percent of all food distributed by its food shelf partners, and in 2019, provided more than 97 million meals to nearly 1,000 food shelves, pantries and other partner programs serving 59 counties in Minnesota and western Wisconsin. Second Harvest Heartland leads through innovation, finding efficient, effective solutions to connect the full resources of our community with our hungry neighbors. For more information, visit 2harvest.org or call (651) 484-5117.

Ronald McDonald House Charities, Upper Midwest is a 501 (c) 3 organization that provides a comfortable and caring home away from home that supports keeping families together and reduces stress during a child’s serious illness. Based in Minneapolis, the organization operates four locations in the Twins Cities and will open a fifth location in Duluth, MN in February 2021. Last year, RMHC-UM offered complimentary lodging, meals and support services to more than 3,400 families. Additional information can be found at rmhc-uppermidwest.org or by calling 612-331-5752.



COVID-19 Vaccine Update

Challenges and issues with the vaccine supply chain have delayed vaccine rollout in Minnesota. Specifically, other higher population states have been prioritized and have been more likely to receive their requested allotment of the vaccine. In addition, the 1B group of the population was expanded to include individuals 65 and older.

If you have employees 65 and older, they can go to <https://mn.gov/covid19/vaccine/find-vaccine/index.jsp> to try and schedule a vaccination appointment for a community site. Be advised, the supply of vaccines is short, so it would be recommended to check back frequently as appointment times open as the vaccine becomes available at those community sites.

The state will be releasing more details on Phase 1B in the coming weeks and Minnesota Pork will continue to provide updates as details become available.

In the meantime, the Minnesota Department of Health is recommending farms contact their county public health offices in each county where they are located or would have employees that are residents. A list of county public health office contacts can be found at <https://www.health.state.mn.us/communities/practice/connect/findlph.html>

Information to share with your public health office includes number of employees in the county as residents, how many people are interested in receiving the vaccine, and any capacities there might be to host a vaccine clinic or help dispense vaccine.

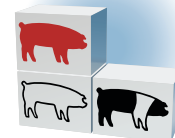


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New Report: Pork Industry Makes Gains in Sustainability

ON-FARM DATA SHOWS CONTINUOUS IMPROVEMENT

As America's pig farmers continue to fight back from the negative impact of COVID-19 and the ups and downs of markets and bad weather, a new study released by the National Pork Board, Production Analysis Summary for U.S. Pork Industry: 2017-2019, shows that America's pig farmers continue to make strides in overall sustainability by being more efficient every day.

The 15-page report, prepared by Minnesota-based MetaFarms and its subsidiary SMS (Swine Management Services), looked at sow, nursery, finish and wean-to-finish data over a three-year period. The results reconfirmed long-term trends of increasing efficiency, which has the additional benefit of reducing production costs — an especially welcome conclusion in 2020.

“One of the greatest benefits of this Pork Checkoff-funded study is the benchmarking ability it offers producers who always want to improve their efficiencies,” said Chris Hostetler, animal science director for the Pork Board. “It's also a great way to show today's consumers that America's pig farms are becoming more efficient all the time and that pork is a sustainable choice when it comes to choosing a protein.”

Brad Eckberg of MetaFarms and Ron Ketchem of SMS, helped analyze much of the data in the study.

“The ability to benchmark allows producers to compare their production numbers to other farms and systems, regardless of what record program they are using, what genetics they have or their farm size,” said Ketchem, a longtime industry number cruncher. He continues to be surprised by the increasing range of production numbers between farms year after year.

U.S. PORK'S ENVIRONMENTAL STORY

PRODUCERS TODAY ARE CONSERVING
NATURAL RESOURCES USING:

76% LESS
LAND

25% LESS
WATER

7% LESS
ENERGY

THAN THEY WERE 50 YEARS AGO.



**FARMING TODAY
FOR TOMORROW.**

“Every year, more variation occurs with new highs and lows being set,” he said. “This shows the impact in genetics and the ability of producers to manage their farms daily.”

When producers are looking at benchmarking and at ways to improve, Ketchem offers these rules of thumb:

- **Farrowing rate:** A 1% change in farrowing rate equals a 0.34 pig increase or decrease in pigs weaned/mated female/year. Example: A change of 4% in farrowing rate equals an increase or decrease of 1.36 pigs weaned/mated female/year.
- **Piglet survival:** Based on 15 total pigs born per litter, a change of 1% in piglet survival equals a 0.36 increase or decrease in pigs weaned/mated female/year. Example: A change of 4% piglet survival equals an increase or decrease of 1.44 pigs weaned/mated female/year.
- **Female death loss:** A 1% change in female death loss equals a 0.25 pig increase or decrease in pigs weaned/mated female/year. Example: A change of 4% in female death loss equals an increase or decrease of one pig weaned/mated female/year.

Key productivity indexes (KPIs) are used throughout the analysis of sow, nursery, finish and wean-to-finish data to draw attention to specific areas of focus within production stages. The retrospective study, the eighth of its kind funded by the Pork Checkoff since 2011,





breaks the KPIs into a month-to-month format to show the effects of seasonality on the data. The findings also identify possible improvements in genetics, nutrition, health, management practices, among other areas.

According to Hostetler, the goal of the study's production analysis is to aid the pork industry in improving profitability, which has to be part of the sustainability equation. "We hope that producers will dig into the specific parts of this study and use it to help improve their own farm businesses," he said. "If you're happy with your numbers in one area of production, look at another area and see where more progress can be made. It's all about getting a little better every day."

STUDY RESULTS BASED ON MILLIONS OF PIGS

When it comes to the latest Production Analysis Summary for the U.S. Pork Industry, researchers compiled data from millions of pigs from all phases of production to ensure an accurate picture of the productivity of the national swine herd. Study collaborators at Swine Management Services and MetaFarms compiled data from farms across the United States that had been in production for a minimum of three years to establish multi-year comparison analysis. The 2019 dataset represents 1,588,246 sows across 600 farms, as well as 15,666,136 nursery pigs, 17,479,763 finish pigs and 8,023,610 single-stock wean-to-finish pigs.



KEEP CONTROL

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EASY SLOW COOKER CARNITAS

These Easy Slow Cooker Carnitas make killer tacos or burrito bowls that the whole family is guaranteed to love.

Is there anything better than having supper nearly done at the end of a long workday? We don't think so! Here's why you can experience this suppertime joy:

- Everything can be prepped ahead
- It's a set-it-and-forget-it kind of recipe because it takes 8 hours to cook (undisturbed)
- It has the perfect amount of spice to be flavorful, but not so much that you can't use the leftover meat for something other than tacos or burrito bowls
- It makes enough to serve a family of 4 for at least 2 meals
- Leftovers are freezer-friendly and great to have on hand when you need a quick reheat & eat meal
- It's perfect for parties and potlucks

The meat can be used for tacos or burrito bowls, depending on what your family likes best. For either option, set out a display of toppings for eaters choose from including: rice, beans, lettuce, tomatoes, guacamole, onions, cilantro, lime wedges, cheese, salsa and sour cream.

INGREDIENTS

FOR THE CARNITAS:

- 3 lbs. boneless pork shoulder or butt roast, patted dry (about 3½ lbs. bone-in)
- 4 cloves garlic, minced
- 1 medium yellow onion, thinly sliced (about a 1 heaping cup)
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- 2 tsp. dried oregano
- Pinch of cinnamon (about ⅛ tsp.)
- Pinch of chipotle powder (about ⅛ tsp.), more if you like it spicier
- 2 tsp. salt + more to taste
- ½ tsp. black pepper
- Juice of 2 limes (about 2 Tbsp.)
- Juice of 1 large orange (about ¼ cup)

FOR THE CILANTRO-LIME SAUCE:

- ¾ cup mayonnaise
- 2 cloves garlic, peeled and smashed
- 1 cup fresh cilantro leaves
- ½ tsp. salt + more to taste
- Juice of 1 lime (about 1 Tbsp.)



pork please!

INSTRUCTIONS

1. Pat pork shoulder dry with paper towels.
2. In a small bowl, combine chili powder, cumin, dried oregano, cinnamon, chipotle powder, salt, and black pepper to make the spice rub.
3. Rub spice mixture onto the entire surface of the pork shoulder. This can be done up to 3 days in advance and the pork stored, covered, in the fridge until ready to cook.
4. Place pork shoulder in the slow cooker, fat cap facing up (the 'fat cap' is the thick layer of fat). Place onions and garlic on top of the pork.
5. Pour lime and orange juice over all and place lid on the slow cooker. No stirring necessary!
6. Set slow cooker to LOW and cook for 8-9 hours or until pork shreds easily with a fork.
7. When pork is done, remove pork from the slow cooker to a bowl or baking dish and shred pork with two forks, adding a little of the liquid from the slow cooker as needed to moisten and season the meat. Taste and season with additional salt, if needed.
8. Optional: Spread shredded pork on a baking sheet and broil for 3-4 minutes until edges of pork are crispy. Alternatively, you can place pork in a hot, preheated cast iron skillet and allow it to sit, undisturbed, for 5-6 minutes to allow pork to get crispy. Stir and cook an additional 2-3 minutes or until edges are crispy.
9. Serve with desired toppings.

TO MAKE THE CILANTRO-LIME SAUCE:

1. Place all sauce ingredients in a food processor or blender. Blend until well-combined, add a few drops of water to thin it if needed.
2. Taste and adjust salt to taste. Store in a covered container in the fridge up to 5 days.

This recipe was created in partnership with The Real Food RDs. Find the full recipe online here: <https://therealfoodrds.com/easy-slow-cooker-carnitas/>

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