



PORK CHECKOFF REPORT

MARCH APRIL 2021



Pig Farmer's We Care Commitment

6-Part Video Series

Pig farming today looks vastly different than it did 50 years ago, and it will certainly look different 50 years from today. Minnesota pig farmers are committed to continuous improvement in their daily practices to ensure a safe, high quality pork supply to feed the world.

Pig farmers hold the same values as the person standing next to them in the grocery store. Both care for the environment, people in the community, want

animals to be taken care of well, and want to know the food they are feeding their families is safe.

The six curated videos highlight individual farmers throughout Minnesota who represent the collective whole on the We Care ethical principles: Food Safety, Animal Well-being, Public Health, Environment, Our People, and Our Community.

To learn more about Minnesota pig farmer's We Care Commitment, visit <https://www.mnpork.com/home/pig-farmers-commitment/>.

Learn more about why the pillar "Our People" serves as the foundation of the We Care ethical principles through Victor Martinez's story on pages 8-9.



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MN PORK CALENDAR

APRIL 6

Seminar Series

Dr. David Bell
1:00 - 2:00 p.m.

Registration Required: colleen@
mnpork.com or 1-800-537-7675

APRIL 14

Virtual PQA+ & TQA

PQA+: 9:00 a.m. - 12:00 p.m.
TQA: 1:00 - 4:00 p.m.

Registration Required: colleen@
mnpork.com or 1-800-537-7675

MAY 11

Seminar Series

John Rodriguez
1:00 - 2:00 p.m.

Registration Required: colleen@
mnpork.com or 1-800-537-7675

MAY 19

Virtual PQA+ & TQA

PQA+: 9:00 a.m. - 12:00 p.m.
TQA: 1:00 - 4:00 p.m.

Registration Required: colleen@
mnpork.com or 1-800-537-7675

JUNE 5

Oink Outing

Stearns County Breakfast
on the Farm
Location TBD

JUNE 9-11

World Pork Expo

Iowa State Fairgrounds
Urbandale, IA

JUNE 14-16

Young Leaders in

Agriculture Conference

Sioux Falls, SD

Registration Required;
opens May 17

JUNE 17-19

Grandma's Marathon

Duluth, MN

JUNE 24

Minnesota Pork Awards

Reception

5:30 - 8:30 p.m.
Chankaska Creek Winery
Invitation Only

JUNE 26-27

GrillFest

CHS Field
360 N Broadway St.
St. Paul, MN

Pork on Your Plate: Post-Workout

Authored by: Rachel Stark, Registered Dietitian

What do you eat for your post workout? Do you have a post workout? If not, I hope by the end of this article you have a better understanding of why it is vital to your muscle recovery, as well as what it should look like! Pork is a great post-workout snack due to its many nutritional benefits.

First, it is important to understand why eating a snack after you work out is beneficial. During a workout you use up your energy stores, also known as glycogen, to meet the demands of the training. You also break down muscle tissue when putting a load on your body. By consuming a meal or snack within 30 minutes after your workout ends, you begin the recovery process for your muscle tissue and replenish energy stores. The specific nutrients needed for recovery are:

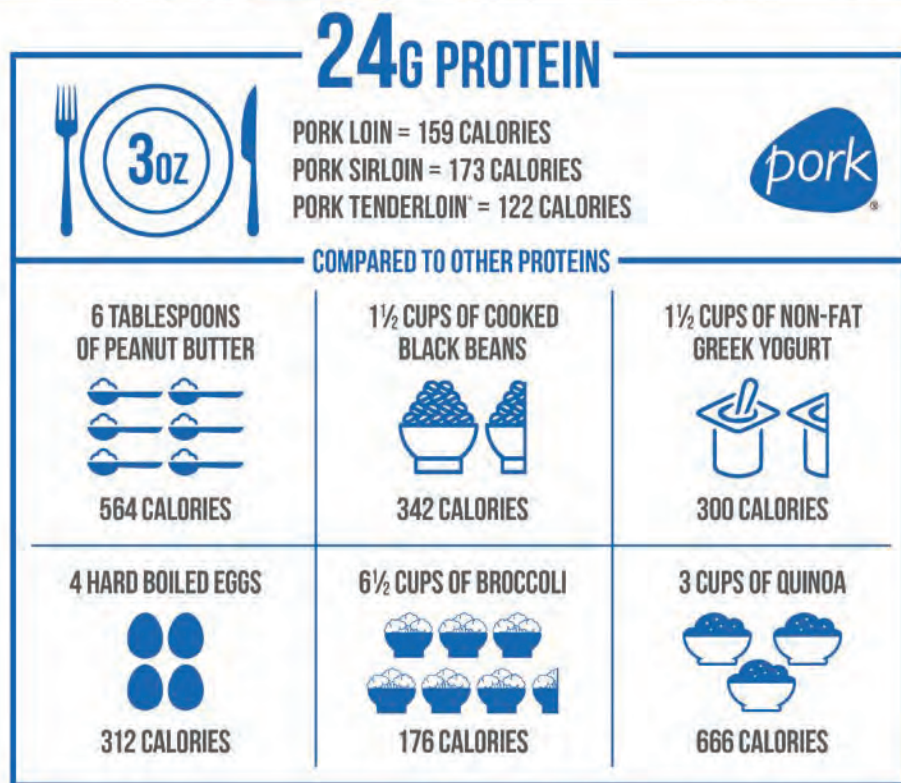
- Carbohydrates - to replenish energy stores
- Protein - to promote muscle recovery and growth
- Fluids - to rehydrate

These nutrients can be found in a variety of foods and can look different for each person. We are all built differently, with various needs for our bodies. Nutrition should be individualized to meet the demands of *your* own body.

Carbohydrates for Replenishing

Carbohydrates are the primary fuel source for the body. When consumed, they are broken down into glucose which is an efficient source of energy

THE POWER OF PORK: PORK IS HIGH IN PROTEIN



*Three ounces of pork tenderloin offers 22 grams of protein.

to keep our bodies functioning. They are the number one fuel source for the brain and muscles! If we aren't consuming enough carbohydrates it is common to feel fatigued, have decreased concentration, or have an increased risk for injury. Carbohydrates can be found in a wide variety of foods from fruits and vegetables, to dairy products and whole grains.

Protein for Recovery

Protein is essential for repairing damaged muscle tissue and preventing further muscle breakdown. It might sound crazy to say that putting stress on your body during your workout is important, but it is the truth! For our bodies to get stronger, we need to break down our muscle and repair it with protein. Protein can be found in a variety of animal or plant-based food sources such as poultry, fish, meat, dairy, nuts, seeds, beans, and soy.

Pork is an optimal protein source

Why should you choose pork as your protein recovery source? Lean cuts of pork, such as the tenderloin or pork chop contain 24 g of protein per 3 oz serving. It is a high-quality protein, like most animal-based proteins, which means it contains all the essential amino acids your body needs to recover the damaged tissue and promote growth. Pork is also a great source of thiamin. Thiamin, or B1, is a vitamin that is necessary in the metabolism of carbohydrates. Therefore, it is significant to pair this protein source with a carbohydrate. It also contains magnesium, which is important for muscle contraction. When choosing pork, you are choosing a variety of vitamins and minerals to keep your body happy and healthy.

TIP: When shopping for lean protein, look for the labels 'chop' or 'loin'.

Fluid for rehydrating

When we exercise, we lose electrolytes and fluid through our sweat which leads to dehydration. Dehydration can lead to injury, cramping, and increased soreness. To prevent dehydration, make sure you

consume half your body weight in ounces throughout the day. When exercising, you will need to consume more liquids! Pork also contains potassium which is an electrolyte needed to maintain water balance and normal blood pressure.

Remember, when searching for an optimal post workout snack, make sure you incorporate carbohydrates for replenishing your energy stores, protein for muscle recovery, and fluids to rehydrate!

Here are some examples of snacks you can enjoy following your training:

Ham + cheese roll ups in whole wheat tortilla

Pulled Pork Wrap (<https://www.yummly.com/recipe/Pulled-Pork-Caesar-Wrap-1048158>)

Pulled Pork Quesadilla (<https://www.yummly.com/recipe/Pulled-Pork-Quesadillas-2249371>)

Pork Quinoa Salad with Cherries and Balsamic (<https://www.yummly.com/recipe/Pork-Quinoa-Salad-with-Cherries-and-Balsamic-1975631>)

Any questions? Reach out to your registered dietitian at MN Pork: RachelStark@TrainingHAUS.com.

Sources:

Vitamins and Minerals. Pork Checkoff. <http://www.pork.org/cooking/pork-nutrition/vitamins-and-minerals/>. Accessed January 20, 2021.

Vliet Svan, Beals JW, Martinez IG, Skinner SK, Burd NA. **Achieving Optimal Post-Exercise Muscle Protein Remodeling in Physically Active Adults through Whole Food Consumption.** *Nutrients*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5852800/>. Published February 16, 2018. Accessed January 20, 2021.

Recovery Fact Sheet (2015). Retrieved from <https://www.teamusa.org/nutrition>





Lead. Develop. Flourish.

2021 Virtual Seminar Series

The Minnesota Pork Board recognizes the importance of continuous growth and development both personally and professionally. Cue: the Virtual Seminar Series.

Kicking off in March 2021, Minnesota Pork will host a monthly speaker series featuring world class speakers who will share their expertise providing perspective, insights, and best practices in areas such as organizational health, leadership development, public policy, sustainability, and consumer data insights,

among others. Each month, a specified speaker will join via Live video stream for a forty-five-minute presentation followed by Q and A. Attendees are encouraged to ask questions and join in conversation with speakers following the session.

Each session will be recorded and distributed to all registered individuals, so even if you cannot join every session live, be sure to register today and all session materials will be sent to you following the seminar to view at your convenience.

Each seminar session will last approximately one hour, from 1:00 – 2:00 p.m. CT on it's scheduled date. The initial three dates and speakers include:



March 9, 2021:
Blois Olson – State and Federal Public Policy Insights



April 6, 2021:
Dr. David Bell – Insights from the Harvard Business School Danone and Bord Bia Case Studies on Sustainability



May 11, 2021:
John Rodriguez – Organizational Health and Leadership Development



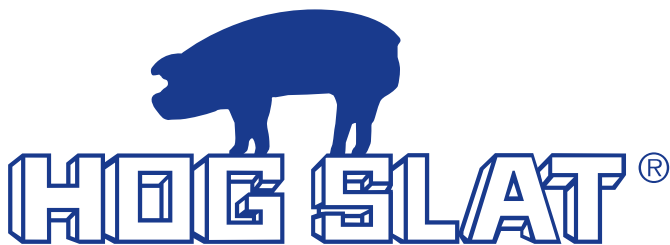
Sign up to register and receive alerts for the Virtual Seminar Series here: <https://www.mnpork.com/farmer-resourcespqatqa/seminar-series/>.



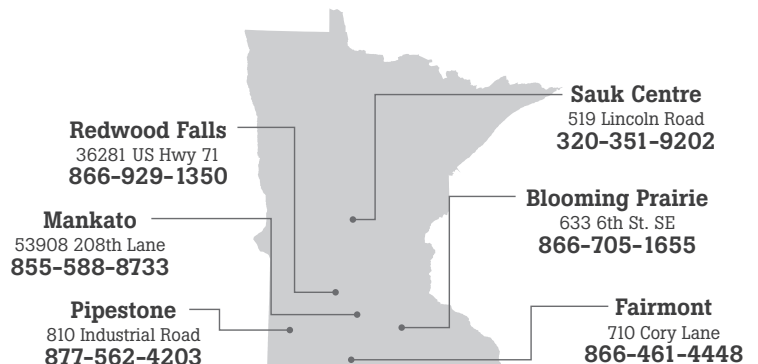
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Calling All

Young Agricultural Leaders!

The seventh annual Young Leaders in Agriculture Conference (YLAC) will be held June 14-16, 2021 in Sioux Falls, South Dakota.

Agricultural leaders between the ages of 18-22 who are interested in pursuing a career in agriculture are encouraged to attend the Young Leaders in Agriculture Conference. YLAC focuses on the development of young leader's leadership, communication, business, and critical thinking skills while providing opportunities for attendees to grow their professional network with both peers and industry leaders.

During the event, attendees will learn from engaging thought-leaders, table breakout sessions, networking events, and a community service opportunity.

For more information on the YLAC agenda, please visit <https://www.mnpork.com/pork-youth/youngleadersconference/>.

FREE registration opens on May 17, 2021.



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Pig Farmer's We Care Commitment

continued from cover

Our People

VICTOR MARTINEZ

Raising healthy pigs starts with good people. There are many people involved in raising and producing pork. From day one of a pig's life, people are taking care of that pig.

Victor Martinez knows how important it is to have skilled, compassionate people taking care of pigs. Victor works for Schwartz Farms based in Sleepy Eye, Minnesota. He is a Pig Production Improvement Specialist. His job is to make sure everyone at Schwartz Farms is trained and prepared to offer the highest quality care for the pigs they raise.

"The most important way to deliver high quality care for pigs is to train good people," Victor says.

Pig farmers have always been committed to continuous improvement. This hunger to learn and an enthusiasm to embrace change leads them to be successful in raising healthy, productive pigs. Continuous training and adopting new practices ensure farmers continue to do right by the pigs, people, and environment.

The better the people, the better the pigs.

Victor works with pigs and people every day. He knows how critically important it is to ensure people have the skills and knowledge to be confident and successful in caring for pigs. Those skills and knowledge also help keep people and pigs safe.

There are many agreed upon pig farming standards that ensure no matter where or who raises the pigs, they are following the best practices. In pig farming, these standards are known as Pork Quality Assurance (PQA). It is a certification for those caring for pigs that must be renewed every three years. It is a verification process to ensure the highest quality of care is given to pigs and that the people involved are qualified to do so.

There is even a certification for the people who transport pigs to different farms or to market known as Transport Quality Assurance (TQA). Truck drivers and the people who load and unload pigs from trailers are trained to keep themselves and the pigs safe.

Many meat processing companies require both PQA and TQA certifications for a farmer to sell their pigs. You can rest assured that when you visit the grocery store, all the pork in the store was raised by farmers using the best methods to raise healthy, safe pork.

Pig farmers like Victor know that good people are at the center of successful pig farming. Pig farmers throughout Minnesota continue to invest time and money in developing more knowledge and skills to provide the best care for pigs.

It is the commitment of the people that ensures our food is safe, the animals are well cared for, public health is protected, natural resources are safe-guarded, and communities flourish.





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2021 scholarship applications are available and will be due May 15, 2021

The Minnesota Pork Board will award up to five \$1,000 scholarships to young people pursuing careers in agricultural business, agricultural communications, agricultural education, agricultural engineering, agronomy, animal science, animal physiology, environmental sciences, nutrition, livestock reproduction, large animal veterinary medicine, and other related fields.

Qualified applicants must have an emphasis in the pork industry.

Applicant Qualifications:


- Minnesota resident
- Pursuing an undergraduate degree at a two or four-year institution with an emphasis in swine production or related field.
- Applicant must be entering either his/her freshman, sophomore, junior or senior year of college.
- Individuals can only receive one Minnesota Pork Industry Scholarship during his/her post-secondary tenure

Qualified Applicants Must Submit:

- Completed scholarship application form
- Letter indicating his/her intentions for future involvement in pork production/agricultural industry
- 750 word or less essay on a current or future pork industry challenge and his/her proposed solutions for the issue
- Two letters of recommendation
- Professional resume

For more information or questions contact Jill Resler, chief operating officer at the Minnesota Pork Board at 507-345-8814 or jill@mnpork.com.

To apply, visit <https://www.mnpork.com/porkfacts/scholarships/>.

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1. <https://www.extension.iastate.edu/AGDm/livestock/html/b1-31.html> 2. Comparing 2010-2019 historical LGM results with Iowa State University Monthly Swine Feeding Returns. Call for details on analysis. 3. Based upon 2/5/2021 LRP quote for 8/5/2021 at \$152 ending value. 4. Based upon the prior settle for a \$152 put in September on 2/5/2021.

Learn More About Minnesota Pork Board President – Brad Hennen

In the coming issues of the Pork Checkoff Report, the chairs and newly-elected Minnesota Pork Board executive directors will share a little about themselves and their involvement in the pork community.

Tell us about yourself and how you became involved in the farm.

I grew up taking care of the pigs on our family farm; after a hiatus of college and 2 years of off-farm work, I wanted back in. My dad had quit raising pigs, but let me use the buildings to start my own operation. Four years later, we bought the place where we currently live.

Why did you decide to run for a position on the Minnesota Pork Board?

I am by nature a skeptic of all things related to public spending of people's money and wanted to ensure that our Checkoff dollars were used properly.

What do you hope to accomplish during your time on the board?

I hope to help direct producer's money towards research, education, and promotion activities that truly benefit our hard-working families.

What other pork-related activities are you involved in?

I have served on the Research committee for a long time, I enjoy visiting with consumers via Oink Outings, and I really love preparing pork meals for my family and our community.

In your opinion, what is the biggest challenge facing today's pig farmers in Minnesota?

Price volatility due to events all over the world is the greatest challenge for pig owners.

What is your vision for the future of MPB?

My vision for the board is to develop programs that help our customers and communities recognize that pork producers not only share their values, but live out the We Care principles in a way that makes them feel proud to consume pork and welcome pig farmers into their neighborhoods.

What are you most looking forward to as the Minnesota Pork Board President?

I always feel like I am at home among pig farmers and am very proud to work alongside them in developing Checkoff activities and projects.



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SAVORY HAM AND CHEESE MUFFINS

A little something scrumptious to add to your breakfast, brunch, snack, salad, or bowl of soup. These Savory Ham and Cheese Muffins loaded with chunks of diced ham, sharp cheddar cheese, sweet corn kernels, fresh herbs, and shredded zucchini will make for a tasty addition to your table. Serve 'em warm with a drizzle of honey or a smattering of butter.

HOW TO STORE SAVORY HAM AND CHEESE MUFFINS

Store muffins in an airtight container in the fridge for up to 1 week.

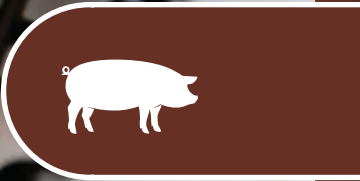
To reheat, we like to pop them in the microwave for 20 seconds and enjoy them nice and warm. You can also store them in the freezer for up to 3 months.

HOW TO SERVE SAVORY HAM AND CHEESE MUFFINS

These Savory Ham and Cheese Muffins make for a tasty addition to breakfast or brunch, served with scrambled eggs and fresh fruit. They're also great served with a fresh salad in the warmer months or a bowl of soup or stew in the cooler months, and they make for a fun snack for kids (and adults).

INGREDIENTS

- 1 $\frac{3}{4}$ cup all-purpose flour (for gluten-free, use gluten-free all-purpose flour -
- Bob's Red Mill Gluten-free 1 to 1 flour or King Arthur Flour Measure to Measure)
- 1 $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp salt
- 1 cup milk of choice
- 6 Tbsp. melted butter
- 1 large egg
- 1 tsp. honey
- $\frac{3}{4}$ cup diced ham, small dices work best
- $\frac{1}{2}$ cup sharp cheddar shredded cheese, heaping + more for topping
- $\frac{3}{4}$ cup yellow corn (*may use frozen, fresh of the cob or canned*)
- $\frac{1}{4}$ cup fresh herbs, roughly chopped (*mix of parsley and fresh chives; may use 1-2 tsp. of dried herbs*)
- 2 green onion, ends removed and thinly sliced - white and light green parts
- $\frac{1}{3}$ cup shredded zucchini (*optional*)



pork please!

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a muffin pan with paper or grease liberally with cooking spray.
2. In a medium bowl combine the flour, baking powder, and salt. Mix and set aside.
3. In a small bowl, add the milk, butter, egg, and honey and whisk to combine.
4. To the bowl with flour add the wet ingredients as well as the ham, cheese, corn, herbs, green onion, and optional zucchini*. Gently fold to combine.
5. Scoop the dough into a 12 cup muffin pan filling each well at least ¾ full.
6. If you wish, top each muffin with a little shredded cheese, a few pieces of diced ham, a few kernels of corn and sprinkle of fresh chives or green onion. Press slightly into dough.
7. Bake in the oven for 20-24 minutes or until the center is set and cheese is golden brown on top.
8. Allow cooling for 5 minutes before transferring to a wire rack. Enjoy warm.

NOTES

**If adding zucchini, we recommend removing as much liquid as possible by placing the zucchini shreds on a double layer of paper towel and pressing out the liquid. It doesn't all need to be absorbed but just enough to remove some of the liquid before adding to the dough.*

Store in the fridge in an airtight container in the fridge for up to 7 days. To reheat, pop in the microwave for 20 seconds.

May also store in the freezer for up to 3 months.



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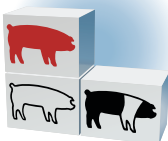
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