



PORK CHECKOFF REPORT

MAY JUNE 2021



Dietetic Internship Students Virtually Tour Pig Farms

The Minnesota Pork Board continues to recognize the importance of working with the dietetic community. As trusted experts of nutrition, consumers turn to dietitians to understand their bodies' needs, how to properly

fuel their body, and how to live a healthy lifestyle. With consumers becoming more interested in where their food comes from, it is more important than ever to communicate with dietitians to show them not only where the food comes from, but walk them through how it is raised.

Early in 2021, the Minnesota Pork Board collaborated with the University of Minnesota's Dietetic Internship Director, Therese Liffbrig, to show aspiring dietitians how their pork is raised, and offer a chance for the students to meet a real pig farmer and have questions answered.

continued on next page



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MN PORK CALENDAR

JUNE 9-11

World Pork Expo

Iowa State Fairgrounds
Urbandale, IA

JUNE 14-16

Young Leaders in Agriculture Conference

Sioux Falls, SD
Registration Required

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 25

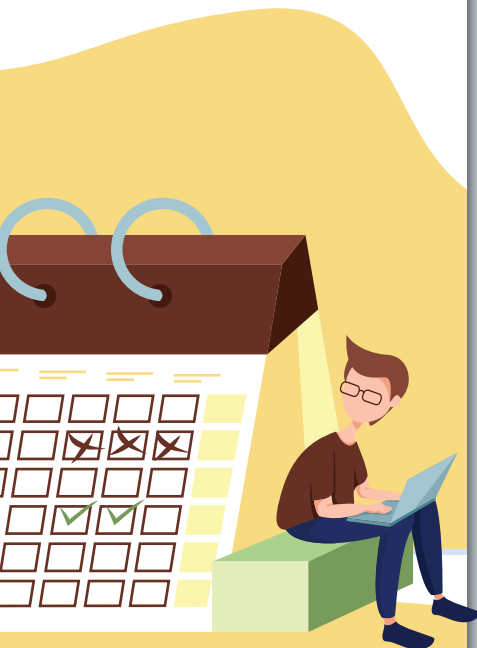
Pork A Palooza

Food Truck Event
Carver County Fairgrounds
Waconia, MN
Buy tickets: <https://bit.ly/2TwPOo1>

JUNE 26-27

GrillFest

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



Dietetic Internship Students Virtually Tour Pig Farms

continued from cover

In mid-April, the group of 20 dietetic internship students had the opportunity to virtually tour two pig farms. In order to encompass Minnesota's wide range of pig farming practices, the two farms were vastly different, one being a conventional sow farm with pigs indoors, and the other a smaller diversified farm with the pigs raised outdoors.

Each of the farmers walked the students through their farm and explained all the practices that took place on their specific farm. Throughout the tours, the students were encouraged to ask questions, most of which primarily revolved around antibiotics, food labeling issues, and sow housing.

The two tours showcased how there are many ways to raise pigs, and when done responsibly, no way is "right" or "wrong". Overall, all pork is safe, healthy, and delicious, and they can feel confident recommending it to their clients.

Following the farm tours, Brigit Lozinski, presented on her job as a swine nutritionist and communicated the similarities between swine nutritionists and human dietitians. Most of the students on the call didn't realize the intricacies that go into every aspect of a pig's diet, or that a job like Lozinski's even existed.

To finish out the day, the Minnesota Pork Board dietitian, Rachel Stark, tag-teamed with Lozinski to compare and contrast case studies for a potential "client" for each profession. The two evaluated the age, lifestyle, and goals of their respective client to create a nutritional diet plan. This process helped the students visualize how and why pig diets must change through each gestational stage.

Overall, the day proved to be very successful, with the dietetic students seeing firsthand how pigs are raised in Minnesota. Forming relationships with dietitians and communicating pig farmer's farm-to-fork story can never be over-communicated. The more farmers share their stories and showcase responsible farming practices, the more confident consumers will be buying agricultural goods.





Oink Outings Volunteer Opportunities

The Minnesota Pork Board's (MPB) Oink Outings program will resume this summer, appearing at community events around the Twin Cities and surrounding communities.

In their tenth season, Oink Outings provide consumers the opportunity to ask farmers questions about pigs, pig farming, and pork.

The MPB has taken steps to be more deliberate about the conversations had during Oink Outings. Volunteers, interns, and staff work to prompt consumers to ask tough questions about topics such as antibiotics, animal care, and sustainability.

Pam Voelkel, director of events and promotions for MPB, strategizes each year, deliberately choosing locations to help drive more meaningful conversations.

“Our presence at community events catches people’s attention,” Voelkel says. “These events are about getting to know your neighbors, which offer an opportunity for more robust conversations around how pigs are raised, farming practices, and sustainability.”

Not only do Oink Outings generate great interactions with consumers, they also provide a platform for pig farmers to give back to their communities and help hungry Minnesotans.

For every question asked at Oink Outings, MPB donates one pound of ground pork to Second Harvest

Heartland. Although most people ask the first question to donate, the answer usually sparks a couple more questions creating a conversation with lasting impact. Over the last several years, MPB donated tens of thousands of pounds of ground pork, all generated from the questions consumers asked at these events.

“Second Harvest Heartland has told us numerous times how the ground pork donation fills an immediate need for those who cannot afford fresh protein,” Voelkel notes. “The MPB is honored to be able to help provide fresh protein for those in need.”

Among other tools, resources, and games, this year’s Oink Outings will feature a 360° video from a pig farm to help spark meaningful conversation with consumers. The videos will help show consumers what happens inside pig barns without visiting a farm.

Volunteers make Oink Outings possible and bring credibility to farmer’s stories through increased transparency. Volunteers are reimbursed mileage to and from the event, a per diem for the day, and parking and admission into events with an entrance fee.

If you are interested in volunteering or would like to know more, contact Pam Voelkel, Minnesota Pork Board, director of events and promotions at (507) 345-8814 or pam@mnpork.com.

2021 OINK OUTINGS SCHEDULE

DATE	EVENT	LOCATION	BOOTH HOURS
June 19	Food Truck Extravaganza	Washington County Fairgrounds — Stillwater, MN	11 a.m. – 8 p.m.
July 3	St. Paul Saints	CHS Field — St. Paul, MN	5:15 – 7 p.m.
July 4	St. Paul Saints	CHS Field — St. Paul, MN	5:15 – 7 p.m.
July 8	Children’s Museum of Southern Minnesota	224 Lamm St. — Mankato, MN	5 – 7 p.m.
July 10	Anoka Riverfest and Craft Fair	Anoka, MN	9 a.m. – 5 p.m.
July 17	Maple Grove Days	Central Park Skate Loop — Maple Grove, MN	10 a.m. – 3 p.m.
July 22	Marketfest	3rd and Banning St. — White Bear Lake	6 – 9 p.m.
July 24	St. Paul Farmers Market	290 E 5th St. — St. Paul, MN	7 a.m. – 1 p.m.
August 1	Open Streets Minneapolis	Northeast	
August 7	Tour de Tonka	18301 MN-7 — Minnetonka, MN	7:30 a.m. – 4 p.m.

Meet the 2021 Summer Interns



Heidi Hoffman

YEAR IN SCHOOL:

Junior

MAJOR AND SCHOOL:

I am currently attending the University of Minnesota - Twin Cities. I am majoring in Animal Science with plans to add on a second major in Agricultural Communication and Marketing this fall.

TELL US ABOUT YOUR FARMING/ AGRICULTURAL BACKGROUND:

I grew up on a small pig farm just a couple miles south of New Ulm, just outside of Searles, Minnesota. My family farms about 1100 acres of crops and my dad owns his own trucking business, which keeps us plenty busy here on the farm year round. Some of my other family members also head various dairy and beef cow operations and since we all live just down the road from each other, I would often help out on their farms when I was younger. I have worked at the local veterinary clinic in New Ulm since I was 16 years old and had the opportunity to work with both small and large animal veterinarians in the clinic and on client farms.

WHAT ARE YOUR FUTURE CAREER GOALS?

Starting from a very young age, I have always had a passion for agriculture and knew I wanted to

work within the industry. As many people know, the agricultural industry is a large one and provides a wide variety of job opportunities for anyone who wishes to work within it. I don't have one specific career goal as I have multiple interests within the industry and am still exploring my options when it comes to a long-term career. Some of my current interests, and potential future job opportunities, lie in veterinary medicine, agricultural communications and education, and University of Minnesota Extension.

WHAT SPARKED YOUR INTEREST IN AGRICULTURE AND MINNESOTA PORK?

Growing up on a pig farm my entire life, I developed a passion and interest for agriculture and the pork industry from a young age. From working in the barns on long, hot summer days and personally seeing the cost and toll it can take on a farmer when they lose their animals to illness or other reasons, I learned that this industry isn't for the faint of heart. You need to have a deep passion for the animals you are raising and truly put your whole heart and soul into your work for this to be a rewarding long-term career. Pig farmers don't raise their pigs for the money, they do it because it is their passion and they want to help feed families all across the world. Farmers of all kinds play such an integral role in the economy and no one would be able to continue to put food on their plates for their families without them. I share this same passion that all pig farmers do and I have a desire to share that with others. I believe my aspirations align well with Minnesota Pork's mission, which is why I am excited to work with them



Bailey Ruen

YEAR IN SCHOOL:

Senior

MAJOR AND SCHOOL:

Agricultural Communication and Marketing, University of Minnesota - Twin Cities

TELL US ABOUT YOUR FARMING/ AGRICULTURAL BACKGROUND:

I grew up on my family's farm outside of Lanesboro, MN where we grow corn, soybeans, and raise wean-to-finish pigs as well as a small angus cow/calf herd. I was involved in 4-H and FFA from a young age, where I enjoyed showing sheep, pigs, competing in the Farm Business Management CDE, and attending camps and conferences. I also value my time serving as a Region VIII FFA Officer.

It is through these organizations that I developed a love for not only advocating for agriculture, but also working with and helping people.

WHAT ARE YOUR FUTURE CAREER GOALS?

I hope to work for an agricultural company where I can help people, whether this be a communications, human resources, or public relations position. With agriculture as a common denominator, I hope to make others' lives and businesses benefit by working with me. I hope to create engaging and exciting content to keep the public educated about the amazing field of food, agriculture, and the environment that surrounds us.

WHAT SPARKED YOUR INTEREST IN AGRICULTURE AND MINNESOTA PORK?

Growing up in the swine industry, I have always known the family-friendly atmosphere as a field I would enjoy staying involved in. Minnesota Pork has a long history of impressive contributions, and I have learned more through volunteering at the Oink Booth at the MN State Fair and job shadowing experiences through class. I had many career interests growing up, but I think what



this summer in hopes I can become even more educated on the industry as a whole to help me continue to share that with the rest of the non-agricultural world.

WHAT ARE YOU MOST LOOKING FORWARD TO AS AN INTERN AT MINNESOTA PORK?

Through this internship, I am most looking forward to expanding my knowledge of the field by gaining new perspectives from other pig farmers and workers in the industry who may go about things differently compared to our small family farm. There is so much more to the entire operation of pig farming as a whole compared to what I see on my own farm back home, and I have always had an eager desire to learn more. I am excited for all the new opportunities and experiences this internship presents, and I plan to take the new knowledge I will gain and continue to share that with others.

A FUN OR INTERESTING FACT ABOUT ME:

My freshman year of college I had the opportunity to raise and train multiple service dogs in-training for the school year. This opportunity was given to me through my acceptance into the FETCH program which is offered through the University of Minnesota and works with a nonprofit organization called Can-Do-Canines which operates out of New Hope, Minnesota. It still remains one of my favorite and most impactful experiences of all time.

made me certain I wanted to pursue a career in agriculture was throughout my experiences in college. I have met so many valuable current and future industry leaders through campus organizations and job opportunities. Every person benefits from agriculture, and helping to feed the world is a pretty rewarding career!

WHAT ARE YOU MOST LOOKING FORWARD TO AS AN INTERN AT MINNESOTA PORK?

So many aspects about the internship excite me! I am looking forward to refining my content creation and writing skills, and simply getting to have an in-person workplace and routine. I can't wait to interact with the public at our Oink Outings, and especially at our booths at the Minnesota State Fair!

A FUN OR INTERESTING FACT ABOUT ME:

A fun fact about me is that I am the second child of six, and the only one with curly hair!



BUY TICKETS: <https://bit.ly/2TwPOo1>

Attendee's \$50 entrance fee includes 2 tickets to sample original pork dishes from 2 different food trucks of their choice. A variety of full meals will be available for purchase, and a cash bar is available until 9:00 p.m.

Gather with family and friends to enjoy:

- Live Music by Chris Kroeze, 2018 Runner-Up on NBC's The Voice
- 10 or more food trucks
- Silent Auction fundraiser for the Ronald McDonald House
- Kid's Zone with games and activities

Timeline:

4:00 p.m.: Gates open - all food trucks ready to serve, bars available, games open

6:00 p.m.: Welcome Chris Kroeze and Band to the stage

10:00 p.m.: Close Event



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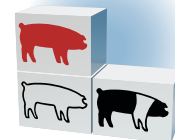
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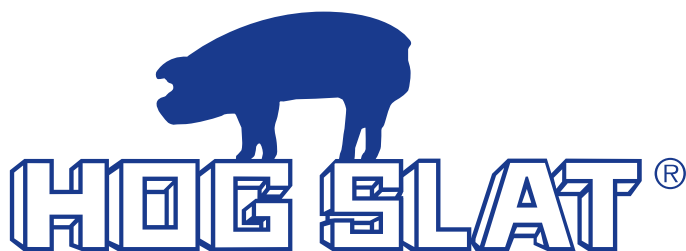




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Why it Pays to Stop Feed Wastage Now

Easy steps can yield massive savings for producers.

CHRIS HOSTETLER, PH.D., NATIONAL PORK BOARD

For every pig farmer in 2021, it could pay big dividends to know the answer to this simple question: How much feed never gets eaten by your pigs and ends up as waste? Whether it's in a manure pit below a farrowing or gestation barn or under multiple grow-finish barns, feed wastage this year could translate into massive losses, especially with corn prices above \$5 per bushel and soybean meal north of \$400 per ton.

The answer to the feed wastage question is most certainly that "you don't know." However, this is truly a case of what you don't know may hurt you, especially in a high feed-cost environment. Regardless, it is likely to be far more than we would care to admit.

The current elevated grain prices have dramatically increased the cost of feed and have had a negative impact on every pork producer's bottom line. So, it pays to think about the many ways in which feed might be wasted and address these through management practices to reduce costs.

MATH REVEALS WASTE TOLL

John Patience, a swine nutritionist at Iowa State University, says producers are frequently surprised by how much feed is wasted, regardless of the feeding method used.

ADVERTISING

"The few studies that have been done suggested minimum waste is 2-5% ⁽¹⁻³⁾. Indirect measures suggest that wastage is often much greater than this."

While many variables may affect any method of calculating waste, long-time experts know that many producers are wasting far more feed than thought.

If feed wastage in the U.S. ranges between 2-5% in many phases of pork production, this represents a substantial opportunity to reduce feed use and costs. However, during times of high feed costs, it becomes essential to focus on reducing feed waste. Because even a small improvement can result in substantial cost savings.

With some back-of-napkin math, we can assume a sow consumes 2,200 pounds of feed annually and 5% is wasted in the system. That is 110 pounds of feed not productively used by her. Let's assume a cost for gestation and lactation feed averages \$220 per ton. That 110 pounds of wasted feed costs \$12. Since the average sow produces 27 pigs in a year, that represents an opportunity to save \$0.44 per weaned pig annually—not a small amount in years when breakeven is elevated.

While these numbers may not be totally correct for your farm, they serve to illustrate the point that reducing feed waste can substantially improve the financial bottom line. During times of elevated feed costs, it pays to reduce feed waste by training animal caretakers, monitoring feed delivery systems, and repairing or replacing feeders.

PRIMARY CAUSES OF WASTE

There are primarily two routes for feed to become waste in a pig barn. The first way is by passing through pigs and exiting in the form of manure, which is





essentially the undigested, unabsorbed portion of the feedstuffs making up the pigs' diet. Fortunately, the bulk of the feed placed in feed bins is consumed by the pigs and is converted into productive gain.

During process of digestion, absorption, and metabolism, much of the nutrients in swine diets are quite efficiently used by pigs. This is done to maintain their bodies, mount an immune response and grow. In the case of breeding females, feed nutrients are also used for fetal growth and milk production.

The second way feed can become waste is by passing through the flooring and entering pits beneath hog barns. This route is when feed enters manure pits and is through the slats directly from the feed delivery system or during feed delivery. Unfortunately, we know very little about how much feed enters the pit this way.

NEGLECTED PART OF PRODUCTION

According to Mike Tokach, a swine nutritionist at Kansas State University, "There haven't been any good studies on feeder design and wastage in many years. There is even less literature on sow feeders and feed waste in lactation and gestation."

Tokach notes that in most cases feed use during gestation is reduced when sow farms are converted to group housing and use electronic sow-feeding stations. This fact provides a clue that feed waste in many gestation barns may be substantial.

Above all, now is the time to work with animal caretakers and contract growers to properly train them to always be on high alert for feed-related issues when feeding pigs in all phases. They need to properly monitor, adjust and repair feeding equipment, take steps to prevent or limit feed spills and always clean up feed spills promptly and properly.

7 STEPS TO REDUCE FEED WASTE

While feed waste appears to be a priority for some farms, for many it's not on the radar. Far too often feeders are improperly adjusted, or feed piles can be found in the breed rows when sows are in heat. Although waste is never good, historically it has likely gone unaddressed due to low feed costs we enjoy in the U.S. However, that's not a current luxury anyone has. So, with that in mind, here are some practices that should help curb feed waste.

1. Properly adjust feeders and repair or replace broken ones.
2. Reduce "leftover" feed in nurseries or finishing barns after a turn by calculating feed delivery with respect to when the barn will be empty.
3. Carefully monitor feed augers to prevent auger over-run.
4. Be attentive to sow feed intake during times of transition especially from gestation to lactation and then from lactation back to gestation.
5. Clean feeders in farrowing, nursery and grow-finish before feed begins to sour.
6. Clean up feed spills and overfeeding and provide to animals as a "second opportunity."
7. Replace or repair broken or rusted boots at the bottom of feed bins.

USDA Set to Begin Swine Study in June

The United States Department of Agriculture (USDA) will soon begin the National Animal Health Monitoring System's (NAHMS) Swine 2021 Large and Small Enterprise study.

The NAHMS Swine 2021 study will focus and report on two distinct U.S. swine populations. The Large Enterprise segment of the study will take an in-depth look at swine operations with 1,000 or more pigs and will take place between June 2021 and January 2022. The Small Enterprise segment of the study will concentrate on swine operations with fewer than 1,000 pigs and will take place between June and July 2021.

Both segments of the Swine 2021 study will provide participants, industry, academia, trading partners, and animal-health officials with valuable information on the Nation's swine population. This information will also serve as a basis for education and research related to swine health and management.

Summary estimates from the study's Large Enterprise segment will provide insights on how the majority of U.S. pigs are produced, their health status, and veterinary or biosecurity measures taken to maintain their health.

Summary estimates from the study's Small Enterprise segment will reveal any changes in this more traditional part of the U.S. swine industry.

Objectives of the Small Enterprise segment include estimating the use of newer husbandry technologies being adopted by smaller U.S. swine operations and providing

information on the growing niche-market products these operations produce.

For the large component's first phase, the National Agricultural Statistics Service (NASS) will mail out selection letters and study materials to swine producers with 1,000 or more hogs total inventory in Minnesota the week of June 15th with a reminder June 28th. NASS enumerators will conduct interviews (by telephone if necessary) between June 28th-August 2nd. The large component's second phase involves a second interview and biologic (oral fluids and feces) collections if allowed.

The small component questionnaire and instructions for filling it out will be mailed out to swine producers with less than 1,000 hogs total inventory in Minnesota from NASS the week of June 15th. These producers will have the option of completing the questionnaire and mailing it back postage free or filling out a web version using a link that will be provided with the initial mail out. A reminder will be mailed out June 28th and NASS will start calling non respondents in early July to attempt to schedule an interview.

Minnesota Pork Board encourages farms that are contacted to participate. This collected information helps direct programs and information flowing to decision makers and estimates gleaned from these studies combat misinformation (e.g., housing and medication use). Finally, USDA needs to measure objectively how swine producers' livelihoods (e.g., production parameters) were affected in 2020 and share those findings with various audiences.

More information about the study can be found at : https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/monitoring-and-surveillance/nahms/nahms_swine_studies

Dr. Charles Haley, USDA Veterinary Epidemiologist for Swine can also be contacted with questions on the NAHMS study, charles.a.haley@usda.gov.



Minnesota Pig Farmers Show Support for Everyday Heroes

The year 2020 threw a wrench into both personal and professional plans all across the board, leaving no single person unaffected by the COVID-19 pandemic. Minnesota pig farmers wanted to show their support and gratitude to community members across the state by sharing their favorite protein.

In our day-to-day lives, there are so many unrecognized hometown heroes, and these individual's roles were heightened even more during the past year - nurses, doctors, local small business owners, packing plant workers, nursing home or assisted living facility staff, etc. The Give-a-Loin program was created to provide support for a family or individual who could use extra support or a teacher or nurse that had gone above and beyond to serve their community.

The Minnesota Pork Board encouraged its members and stakeholders to help them identify individuals and families in their communities who would appreciate finding a tasty goodie basket in the mail to be reminded

of pig farmer's We Care commitment to their communities.

Stakeholders provided the names and addresses of their personal nominations, and the Minnesota Pork Board sent:

- 2-3 lb. Center Cut Pork Loin
- 2.8 oz. Martin County Magic Seasoning
- Meat Thermometer
- Pork Recipes
- Personal message to recipient

The program began in December and ran through mid-April. More than 600 pork loins were placed into the hands of those who deserved a delicious meal.

The program wouldn't have been possible without the helpful sponsorship provided by Hy-Vee, Hormel and the Martin County Pork Producers.



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Pig Farmer's We Care Commitment



Environment Randy Spronk

Randy Spronk takes safeguarding the environment and protecting water quality very seriously on his family's farm near Edgerton, Minnesota in rural Pipestone County. Randy has decades of data and information on his farm's environmental footprint — overall water quality, how many gallons of manure his farm yielded, how many gallons have been applied to his fields, how his crops have utilized that manure and more.

After graduating from college, Randy Spronk bought the family farm in 1988 and partnered with his brothers. Spronk Brothers is their livestock farm, but they also have their own on-farm feed mill and harvest 2,600 acres of corn and soybeans to feed their pigs.

"I'm committed to ensuring we do the right things to protect water quality and the environment," Randy says. "I know that if I take care of the environment, it will take care of me."

Spronk Brothers' farm on the Buffalo Ridge, which is sort of the "Continental Divide" between the Missouri and Mississippi River watersheds. It is a critical area for water quality, and Spronk Brothers want to be part of the solution, not part of the problem.

"I've always felt that I'm a caretaker entrusted not just with the pigs, but the

soil and water here. That's my occupation, it's what I do every day, and it's what I was educated to do," Randy says. "It's important to me to utilize these resources — our soils and water — to produce food and make decisions that benefit both my family and society. We all coexist."

Like many pig farmers, Randy knows the importance of utilizing the best technology and resources to care for



pigs and the environment and that starts with the pig barns themselves.

“Our barns are structurally engineered and designed to help protect water quality. The manure does not go anywhere unless I put it there,” Randy says.

When farmers apply manure to their fields, it is with the knowledge of the nitrogen, phosphorus, and potassium content in the manure. Manure is a valuable, organic fertilizer farmers use to provide nutrients for their crops, build soil health, and protect water quality. Farmers value manure against commercial, synthetic crop fertilizers, and when they apply manure on their local fields, it means they don’t have to import something new into their watershed.

“We test the manure to know what it has. We test the fields to know what they need. We use technology to apply the right amounts in the right places, and it doesn’t run off, and it doesn’t build up,” Randy says. “It’s a testing and verification methodology that we have third parties confirm, so we can give confidence to the consumer that we are doing it right.”

Randy also knows how important it is to have proof of your commitment to protecting the environment. It is one reason he decided to become Minnesota Agricultural Water Quality Certification Program certified.

“I have a third-party verification conducted that shows the farm’s environmental impact. We have worked with the same agronomy consultant to conduct those verifications for 25 years, and through my entire farming career, I’ve always worked with a third-party to sample manure pits, conduct soil tests, and give recommendations on how to manage our manure so it’s best for our soils and water. Now we have 25 years of data on a spreadsheet showing nitrogen, phosphorous, and potassium in our soils, and we use the latest agronomic rate information to produce our crops using our own manure.”

While the historic data helps Randy make decisions, he still sees the potential for more innovation in the future that will continue to improve how his farm works in the environment.

Randy says, “We’re going to continue to innovate and find new ways to raise our pigs, utilize manure, and better crops, all while protecting the environment and water quality.”



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CHINESE-INSPIRED PORK LETTUCE WRAPS

Chinese-Inspired Pork Lettuce Wraps are a quick and flavorful recipe that can be served as an easy entree or tasty appetizer. Get creative with this dish and have a little fun with the toppings, which are endless! This is the perfect summer meal as it is light, refreshing, and so delicious after a long, hot day.

INGREDIENTS

FOR THE SAUCE:

- ½ cup coconut aminos/soy sauce
- 2 tablespoons tomato paste
- 2 tablespoons rice vinegar
- 1 tablespoon toasted sesame oil
- 2 cloves garlic, minced (may sub 1 teaspoon garlic powder)
- 1 teaspoon grated ginger (may sub ½ teaspoon ground ginger)
- ¼ teaspoon black pepper

FOR SERVING AND TOPPING:

- Lettuce leaves (butter lettuce, bib or green lettuce)
- Shredded cabbage and carrot mix
- Green onion, sliced
- Cilantro, chopped
- Roasted cashews, chopped
- Sesame seeds
- Crushed red pepper
- Lime wedge

FOR THE PORK:

- 1 lb. ground pork
- 2 cups diced mushrooms
- ½ medium onion, diced
- 1 8-ounce can water chestnuts, diced

INSTRUCTIONS

1. In a small mason jar or bowl, combine the sauce ingredients. Whisk well with fork and set aside.
2. In a large pan over medium-high heat, add the ground pork, diced mushrooms, diced onion and a little salt and pepper. Cook for about 4-5 minutes stirring occasionally. Add water chestnuts and continue to cook until pork is cooked through.
3. Turn the heat down to medium-low and add the sauce to the pan plus 2 tablespoons additional water (add the water to the empty mason jar that contained the sauce, then shake up and pour in).
4. Bring to a low simmer and continue to cook for 5-7 minutes or until sauce is mostly absorbed. Stir occasionally.
5. Serve pork in lettuce leaves with desired toppings.

**Recipe created in partnership with
The Real Food RDs.*

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. Key themes include business acumen, team dynamics and performance, career success, and industry challenge innovation.

Presenting sponsors for the Young Leaders in Agriculture Conference are Compeer Financial and the Minnesota Pork Board. Because of generous sponsors, there is not cost for young people to attend YLAC.

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



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