



PORK CHECKOFF REPORT

MAY JUNE 2022



Dealings in Dietetics



Consumers care now more than ever before about where their food comes from, how it is made, and its environmental impact. As the health professionals creating and recommending diets for a large portion of the population, dietitians are often the ones fielding these questions from their clients. To arm dietitians with factual knowledge on pork's nutrition and sustainability messaging, the Minnesota Pork Board had a large presence at the Minnesota Academy of Nutrition and Dietetics Annual Conference April 11-12, 2022, in Minneapolis.



MPB's contracted dietitian, Dr. Renee Korczak, presented during a clinical breakout session titled, "The Power of Whole Food Sources of Protein Including Pork: Your Performance Depends on It".

The presentation discussed the importance of protein in everyone's daily diet, as it is not stored in the body like carbohydrates but is required in optimal amounts to help active muscles with recovery and repair during the post-exercise period.

The importance of post-exercise protein feeding for endurance athletes is increasingly being acknowledged in sports nutrition research, due to its role in creating net positive muscle protein balance. Factors such as timing, optimization, and personalization of protein should all be taken into consideration when working with endurance athletes. Recent research advocates for the ingestion of whole food protein sources such as pork as opposed to isolated individual amino acids post-exercise. Whole foods provide a matrix rich



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MN PORK CALENDAR

JUNE

JUNE 9

PQA+ ONLY - Mankato

Minnesota Pork Office
151 Saint Andrews Court, Suite 810
Mankato, MN

PQA+: 6:00 - 9:00 p.m.

Pre-register: colleen@mnppork.com
or 1-800-537-7675

JUNE 11 - 12

TriNona

Lake Winona, MN

2:00 - 6:00 p.m.

7:00 - 10:30 a.m.

Volunteer: pam@mnppork.com or
507-345-8814

JUNE 20-22

Young Leaders in Agriculture Conference

Best Western Ramkota Hotel and
Conference Center
Sioux Falls, South Dakota

Online Registration opens May 15

JUNE 26

Beltrami County Ag Day Breakfast

Beltrami Fairgrounds
Bemidji, MN

JUNE 28

Excelsior Farmer & Artisan Market

Excelsior Elementary
East Parking Lot

2:00 - 6:00 p.m.

Volunteer: pam@mnppork.com or
507-345-8814

JULY

JULY 9

Anoka River Fest & Craft Fair

12 Bridge Square
Anoka, MN

9:00 a.m. - 5:00 p.m.

Volunteer: pam@mnppork.com or
507-345-8814



Dealings in Dietetics CONTINUED FROM COVER

in dietary protein as well as key vitamins and minerals that can help to stimulate post-exercise muscle recovery and improve overall diet quality. During the presentation, attendees:

1. Compared and contrasted current protein recommendations for the post-exercise recovery period
2. Identified common sources of plant and animal sources of protein used by athletes for post-exercise recovery
3. Discussed recent research trends regarding the standard of practice for use of individual amino acids vs. whole food protein sources

The National Pork Board also had a presence at the conference, featuring Minnesota pig farmer, Lori Stevermer, to present, "How Does a Pandemic Affect Food Supply? What are Lessons Learned?"

The presentation reviewed the meat supply chain, COVID-19's impact on the meat industry, and the enhanced practices employed to assure safe food. Pork production was used to illustrate how the overall meat industry operates. A live virtual tour of a barn housing piglets provided insights on animal care. During the presentation, attendees were able to:

1. Recognize current consumer food safety concerns and explain the impact of COVID-19 on the U.S. meat supply chain.
2. Explore how today's pork fits into a sustainable food system through continuous improvement in environmental stewardship, science-based practices promoting animal health and responsible antibiotic use.
3. Understand emerging trends in agriculture that are helping improve sustainable farming practices and how those trends have helped pig farmers reduce pork's impact on the environment in terms of land, water, and energy use.

MPB also had the opportunity to sponsor the lunch for all in attendance, featuring a delicious pork tenderloin with apricot glaze that was highly appraised. As the lunch sponsor, MPB spoke to the congregate about pork nutrition and the sustainability practices on pig farms today.

MANAGEMENT PRACTICE IMPACTS

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Meet the 2022 Summer Interns!



Zoey Schentzel

What year in school will you be this fall?

This fall, I will be starting my third year at SDSU.

Major and School:

I am attending South Dakota State University majoring in agriculture communications with minors in animal science, entrepreneur development, and photography.

Tell us about your farming/agricultural background.

I grew up on my family's small sheep farm outside Farmington, MN. In 4-H I was very active showing the sheep we raised and pigs. In my later years of 4-H I also started showing beef and dairy. In addition to

showing, it was important to me that I was actively learning, advocating, and teaching about 4-H and animal agriculture. I am very active at SDSU, including involvement in the honors college, the Hobo Day Committee, Little International, Collegiate Farm Bureau, Alpha Zeta Agricultural Honors Fraternity, Sigma Alpha Sorority, College of Agriculture, Food, and Environmental Sciences Ambassador, and a teaching assistant for Animal Science 101 Honors Lab.

What are your future career goals?

While I don't know exactly where I want to be in the future, one of my goals is to teach agriculture outside of the classroom through communication, such as public speaking and photography. My dream involves living on dairy, sheep, or swine farm and connecting with consumers about the product. Another goal is to



Karmen Sperr

What year in school will you be this fall?

This fall I will be a junior.

Major and School:

I am studying Agriculture Communications and Agriculture Leadership at South Dakota State University in Brookings, SD.

Tell us about your farming/agricultural background.

I grew up in Midwestern Minnesota on my family's pig and grain farm. My dad and uncle continue to grow corn, soybeans, and wheat and they raise feeder to finish pigs in a 1,000-head barn. I was heavily involved in 4-H and FFA growing up. In 4-H, I showed pigs and sheep along with completing many personal development, fine art, craft, and child development projects. FFA is where my passion for agriculture grew exponentially. Throughout high school, I was a member of our food science CDE team, and I was also a chapter officer for 3 years serving as the parliamentarian, sentinel, and secretary. I had the privilege of being the manager of our chapter's Kiddie Barn which provided an interactive experience

for youth to learn about agriculture at our county fair. All these experiences grew my passion for agriculture and allowed me to learn so much about the various sectors and production practices within agriculture. At SDSU, I am currently involved in Sigma Alpha sorority - a professional women's agriculture sorority, Little International - the largest student-run livestock exposition in the country, and the College of Agriculture, Food, and Environmental Sciences Ambassador program.

What are your future career goals?

After I graduate from SDSU in December of 2023, I plan on supporting agriculture in a consumer relations or marketing communications capacity. I've always said that I want to teach without being in a classroom. My dream job would involve connecting consumers and producers to encourage conversations that allow everyone to understand the importance of agriculture even more. I want to promote agriculture and increase consumer knowledge about agriculture's role in their everyday life. Agriculture is so important, and I want to help people be more informed about their food and this amazing industry that provides so much for our world.

continue running my own business successfully by building and making functional, repurposed furniture and earning a profit.



What sparked your interest in agriculture and Minnesota Pork?

I have heard nothing but positive remarks from past Minnesota Pork interns who I look up to and are mentors to me. It was easy to see why after I had the opportunity to meet some of the staff during the interview process.

What are you most looking forward to as an intern at Minnesota Pork?

I am really looking forward to working alongside such great people at Minnesota Pork. They have already inspired me, and I can't wait for their mentorship, advice, and feedback. I am also looking forward to meeting farmers and company partners that Minnesota Pork works with.

A fun or interesting fact about yourself.

During our past spring break, I had the opportunity to travel to South Africa alongside other agriculture students and a few faculty to learn about South Africa's agriculture. It was one of the best experiences I have had at SDSU and it lit a spark in me to travel and experience agriculture in other areas of the world - something I hope to do more of in the coming years.

What sparked your interest in agriculture and Minnesota Pork?

Growing up on a pig farm, I have always been passionate about pork and telling others about the swine industry. My family is very familiar with Minnesota Pork and all the opportunities it provides to youth, producers, and consumers. I always wanted to be a part of something that provides so many useful resources and opportunities to increase understanding of agriculture. I feel Minnesota Pork will provide me with experiences that will prepare me for my future in agriculture and make me a more knowledgeable agriculturalist.

What are you most looking forward to as an intern at Minnesota Pork?

As an intern, I am most looking forward to speaking with producers and hearing their stories and being able to help them tell that story to others. By having been around agriculture my entire life, I know there are so many ways a farm can be run and there are improvements and innovations around every corner, so I am so excited to be able to hear about these firsthand.

A fun or interesting fact about yourself.

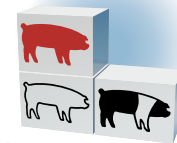
Before I start my internship this summer, I will be travelling to Turkey for two weeks for a study abroad trip. This trip will be led by three SDSU professors and will focus on the agriculture, politics, and history of Turkey. I am SUPER excited about this trip and can't wait to see what I will learn and experience in a different country!

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SAVE THE DATE!



2022 Young Leaders in Agriculture Conference

In its eighth year, the Young Leaders in Agriculture Conference (YLAC) will be held June 20-22 in Sioux Falls, South Dakota.

All 18-22 year olds who have a passion for any area of agriculture are encouraged to attend the Young Leaders in Agriculture Conference. This year's conference focuses on continuing the development of young agricultural leaders by exposing them to the diversity of today's challenges, opinions, and ideas surrounding food production all while building strong industry advocates an expanding professional networks.



The conference is free and those interested may register today at <https://www.mnpork.com/pork-youth/youngleadersconference/>

AGENDA

JUNE 20

The Primary Colors of A Leader and Life-Giving Leadership: Discover the Key to Effectively Empowering Others

Dr. Tim Elmore - Founder and CEO of Growing Leaders

How To Win the Career Fair

Tim Heiller - PIC

Networking Round Robin

JUNE 21

Be Well - A Discussion on Wellness for the High Achiever

Emily Krekelberg - Extension Educator, Farm Safety and Health University of Minnesota

Breakout Sessions

Sustainability - Lauren Servick

Public Policy Engagement - John Weber

PRRS - Dr. Scott Dee

ASF Preparedness - Mike Walker

HR Negotiation / Resume

A Thoughtful Conversation about DEI

A Story of Hope and Perseverance: Timothy Alexander

Timothy Alexander - Motivational Speaker and Former Athlete

Introduction to the Ronald McDonald House - Upper Midwest

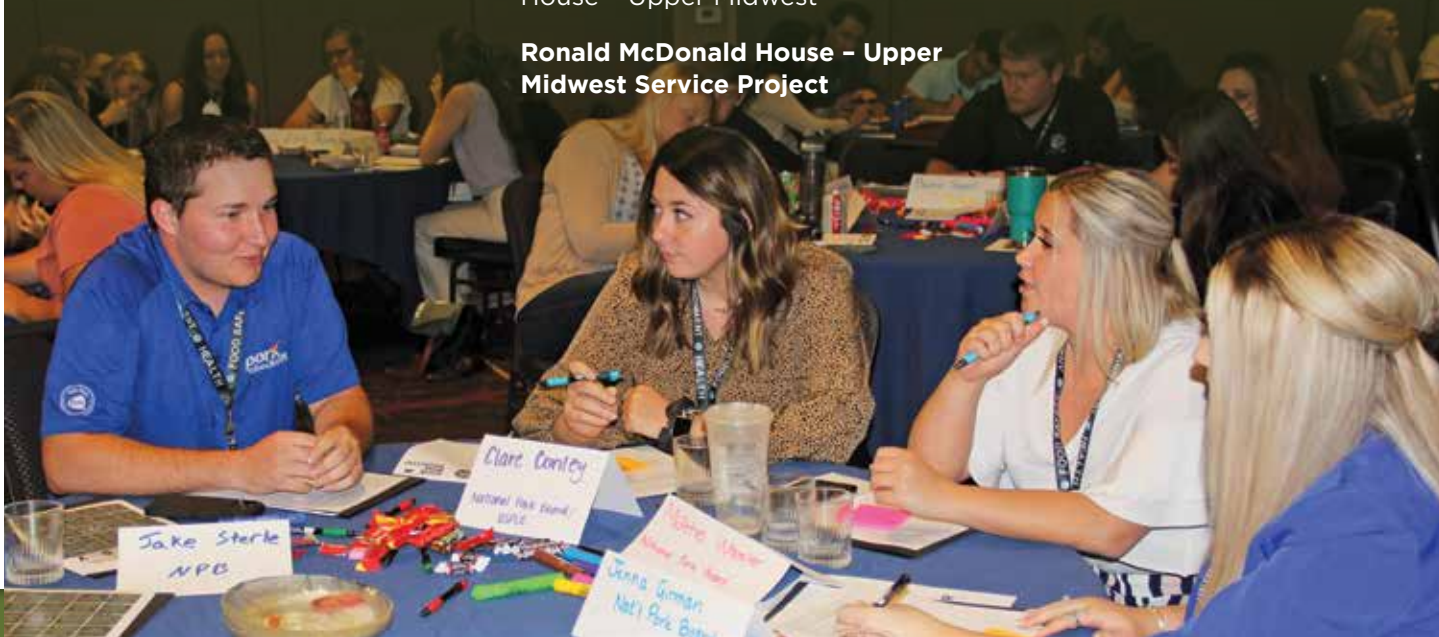
Amy Ament - COO, Ronald McDonald House - Upper Midwest

Ronald McDonald House - Upper Midwest Service Project

JUNE 22

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Pork Cutout Futures and Options

A tool designed to give pork producers risk-management tools centered on the cutout



Increasing diversity and ever-evolving agreements between producers and packers and processors led to the launch of the CME Group's Pork Cutout futures and options in November 2020 as an opportunity to give the pork industry and export markets additional risk-management tools centered on the cutout. Historically, agreements were mostly placed on the value of live pigs, but today greater attention is focused on values down the supply chain in the form of pork cuts. In today's landscape, some values are primarily based on cash hog markets, while others are primarily based on the cutout, and others are a hybrid of the two.

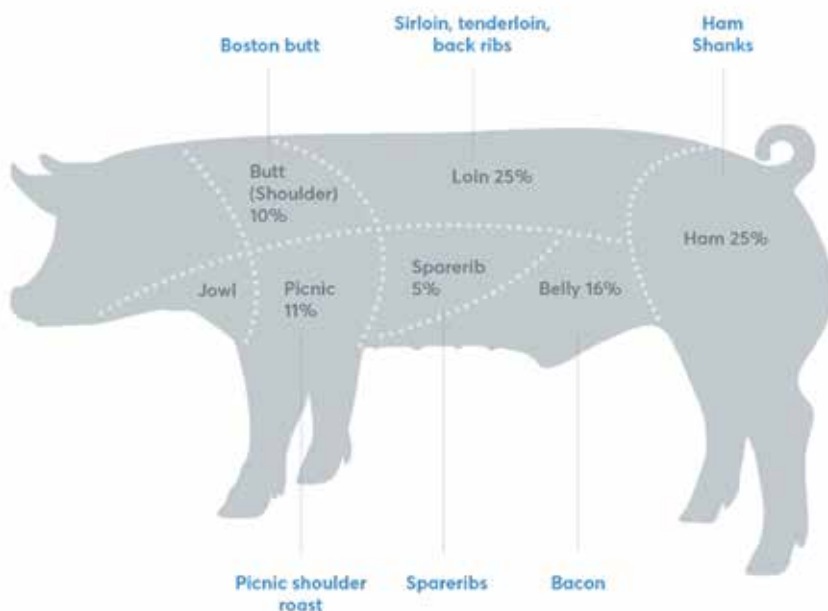
"We launched Pork Cutout futures to respond to industry demand for new risk management tools, and we are pleased that the industry remains supportive of these contracts. The feedback is consistent that this is a helpful tool for managing pork price risk, particularly in volatile and uncertain environments as we have seen over the last year and a half," said Tim Andriesen, managing director of agricultural products at CME Group.

Pork Cutout contracts complement Lean Hog futures and options. While Lean Hog contracts are cash-settled to the Lean Hog Index, which reflects the prices paid for live hogs, the Pork Cutout contracts are cash-settled to the Pork Cutout Index, which reflects the prices paid for pork. This new tool

will allow market participants – producers, packers, wholesalers, foodservice companies, retailers, and end-users of pork – to hedge effectively and tailor their strategy with confidence.

The Cutout Index is a five-business day weighted average of prices reported by the USDA and published daily in its "National Daily Pork Report Fob Plant – Negotiated Sales – Afternoon" report. The Pork Cutout reflects the approximate value of a pig calculated using the prices paid for wholesale cuts of pork. The values used to calculate the pork cutout include six primal cuts: the loin, butt, picnic, rib, ham, and belly. New contracts reflect the price of the wholesale product after processing.

"We continue to see active participation from new and existing customer segments including pork producers, food companies, hedge funds, and proprietary trading firms," Andriesen stated. "As with any new contract, these markets take time to build and gaining further support and client adoption will continue to be a focus for us, especially with pork producers. We look forward to working with the marketplace to expand liquidity and enhance the effectiveness of these markets."



The values, or cuts, used to calculate the pork cutout include the loin, butt, picnic, rib, ham, and belly.

Key benefits of Pork Cutout Futures and Options:

1. A tool for producers, packers, processors, wholesalers, importers, and exporters to specifically tailor their risk-management strategies around pork cutout values.
2. Allows the customer to monitor the spread differential between Lean Hogs and the Pork Cutout.
3. Available for screen trading on CME Globex and block trading via CME ClearPort.

The National Pork Board website now houses a new page for producers that outlines the contract's calculation formula, risk mediation courses, and features of the report <https://porkcheckoff.org/markets/pork-cutout-futures-and-options/>.

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SHARE YOUR STORY at an Oink Outing this Summer

The Minnesota Pork Board's consumer-facing Oink Outings program will resume this summer to connect pig farmers with the public at events throughout Minnesota.

Oink Outings provide a great opportunity for pig farmers to share their story. Volunteers, interns, and staff encourage consumers to ask tough questions about topics such as animal care, sustainability, and the environment to breach surface-level small talk and dig into meaningful conversation.

MPB's director of events and promotions, Pam Voelkel, strategically plans the locations at which Oink Outings will take place to help reach our target audience, Wellness Enthusiasts. Through intensive workshoping exercises and a 360-degree communications audit, MPB identified Wellness Enthusiasts as a primary stakeholder, and this year's Oink Outings schedule deliberately targets health and wellness-focused individuals.

"We will be a new presence at many of the events this summer since our target audience has shifted," stated Voelkel. "Not only will we be able to share the nutritional benefits of pork in a healthy diet, but also have 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 neighbors.

For every question asked at the Oink Outing, MPB donates one pound of ground pork to Second Harvest Heartland. Although most people ask the first question simply to donate, the answer typically sparks more questions, creating a conversation with lasting impact. Over the last decade, 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 noted. "MPB is honored to help provide a high quality, nutritious protein for those in need."

Among other tools, resources, and games, this year's Oink Outings will feature a giant Jenga set with each board displaying a pork or pig-related question to help spark meaningful conversation with consumers.



2022 Oink Outings SCHEDULE

DATE	EVENT	LOCATION	BOOTH HOURS
June 11	TriNona Triathlon	Lake Winona	2 – 6 p.m.
June 12	TriNona Triathlon	Lake Winona	7 – 10:30 a.m.
June 28	Excelsior Farmer & Artisan Market	Excelsior Elementary East Parking Lot	2 – 6 p.m.
July 9	Anoka River Fest & Craft Fair	12 Bridge Square Anoka, MN	9 a.m. – 5 p.m.
July 23	Turtleman Triathlon	Turtle Lake Park 4979 Hodgson Rd. Shoreview, MN	6:30 – 10:30 a.m.
July 30	St. Paul Farmer's Market	290 E Fifth St. St. Paul, MN 55101	7 a.m. – 1 p.m.
August 6	Tour de Tonka	18301 MN-7 Minnetonka, MN	7:30 a.m. – 4 p.m.
August 13	5K and Women's Triathlon	Lake Nokomis Main Beach Site	7 a.m. – 4 p.m.
August 14	5K and Women's Triathlon	Lake Nokomis Main Beach Site	7 a.m. – 1 p.m.

VOLUNTEER at an Oink Outing!

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, parking and admission into events with an entrance fee. With events longer than 4-5 hours, 2 shifts of volunteers are needed.

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@mnppork.com.



Become SHIP Certified Today!



US Swine Health Improvement Plan (SHIP) is intended to provide a program for certifying the health status of swine across participating farm sites, supply chains, states, and regions and is initially focused on African Swine Fever (ASF) and Classical Swine Fever (CSF). The certification aims to mitigate risks of disease introduction through certifications recognized across participating states. The program is centered on disease prevention and demonstration of freedom of disease outside of control areas in support of animal health, commerce, and trade. US SHIP is designed to be applicable across the full-spectrum of US pork industry participants from the small show pig farmers to the large commercial producers and packing facilities.



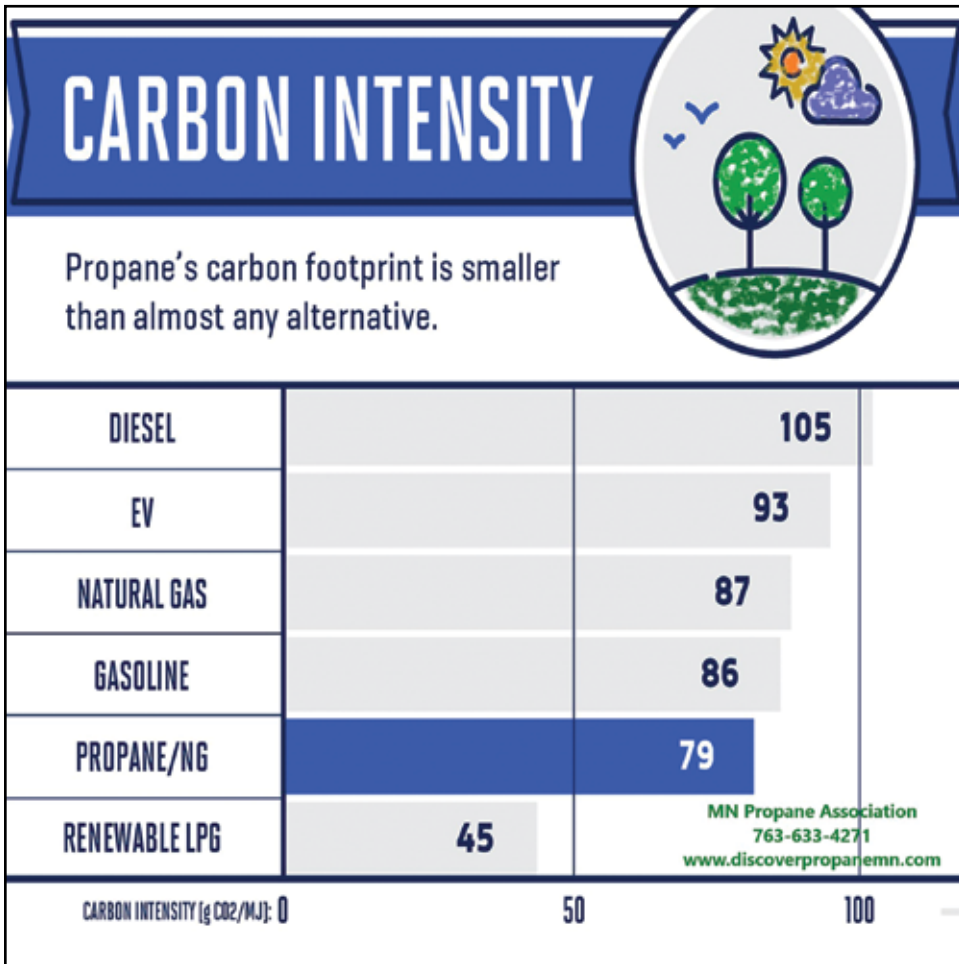
Minnesota has committed to participating in US SHIP and MPB encourages all swine producers to enroll their production and packing site(s) in this program.

The benefits of US SHIP enrollment include:

- Strengthened ASF/CSF preparedness (prevention, response and recovery) for Minnesota
- Establish a uniform biosecurity, traceability, sampling/testing approach across participating states in “peacetime” as well as “wartime.”
- Participation in a collaborative industry (producers/packers), state, and federal program in which producers can help establish appropriate standards for health certification.

Enrollment in US SHIP is by site and straightforward:

- Complete the enrollment form (either single-premise or multi-premise form).
- Complete the biosecurity enrollment survey provided after you submit your enrollment form.
- Show ability to provide 30 days of swine movement records in an electronic format



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MN State Fair Supervisors Needed

The Minnesota Pork Board (MPB) seeks applicants for day-to-day supervisory positions for the Oink and Promotion Booths at the 2022 Minnesota State Fair, August 25 - September 5. Individuals with livestock experience, knowledge of the pork industry and experience with volunteers and the public is required. Applicants must have good communication skills and be responsible, self-starting individuals who have the ability to work both independently and in a team environment. Public speaking and supervision experience are a plus. Eligible applicants must be at least 18 years of age. This opportunity is especially convenient for college-aged applicants.

Supervisors will receive hourly compensation and must be present eight days or more during the 2022 Minnesota State Fair. A minimum of eight supervisors will be hired to accomplish all functions for the two booths and will be responsible for:

1. Providing the day-to-day operational support for the Oink & Promotion Booths at the Minnesota State Fair while reporting to MPB staff and other booth coordinators.
2. Orienting and working with volunteers who help at the booths.
3. Ensuring that all activities occur in a timely fashion.
4. Being a courteous, friendly staff for the booths during open hours.
5. Setting up, taking down and cleaning the displays on a daily basis.
6. Assisting with initial set-up and/or take down of the Oink and/or Promotion Booth.
7. Caring for the sow and litter and the big boar that are on special display for the duration of the fair (Oink Booth).
8. Other duties as assigned.

Interested applicants can apply online at <https://www.mnpork.com/2022-state-fair-supervisor/>



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Pam Voelkel

*Director of Events
and Promotions*

Zoey Schentzel

Intern

Karmen Sperr

Intern



SMOKED PORK BUTT

Grilling and smoking season has officially begun, so start the season off with this simple, flavorful Smoke Pork Butt that's easy to make at home.

Smoking a big cut of meat can seem a little intimidating at first, but we've made it easy to do at home with this step-by-step recipe and photo tutorial for the best smoked pork butt you'll ever make. No matter who you are, you can grill! And we're here to help make it easy, so you can do so confidently.

For this recipe, we're going to be cooking up a large piece of whole muscle meat and doing it nice and slow to create tender shreds of mouth-watering pulled pork that can be served in a multitude of ways. We always opt for bone-in pork butts because smoking with the bone in means less moisture is lost and there's more even cooking throughout.


INGREDIENTS

- 6 - 7 pound bone-in pork butt
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ⅛ teaspoon cayenne pepper (omit for less heat)
- 1 tablespoon brown sugar (light or dark), omit for Whole30-friendly
- Fine salt and ground black pepper
- 2 cups apple juice
- 3 tablespoons apple cider vinegar

pork please!

INSTRUCTIONS

1. If using a wood pellet grill or electric smoker, fill the hopper with your pellets of choice. We like hickory, pecan, apple, and cherry when making pork. If you're using a gas grill, plan to soak your wood chips of choice overnight before draining them and adding them to a smoke box set at the back of the grill. Preheat the grill or smoker to 250°.
2. While the grill/smoker preheats, pat the pork butt dry with paper towels and set aside. Starting with a nice dry surface will help the smoke better adhere to and penetrate the surface of the meat giving it that smoky flavor we're looking for.
3. To make the rub, in a small bowl, combine the paprika, garlic, and onion powders, chili powder, cumin, cayenne (if using), brown sugar, salt, and pepper. Sprinkle the rub over the dry surface of the pork and use your hands to gently rub it into the meat.
4. Place the pork butt directly onto the grate of the preheated grill/smoker over indirect heat with the fat cap facing up. Insert the temperature probe into the thickest part of the pork butt, being careful not to hit the bone. Close the lid. Set the probe timer to alarm at 160° which should be somewhere in the ballpark of 2 ½ to 3 hours.
5. Add 2 cups of apple juice to a clean spray bottle. Spray the pork butt with apple juice every hour (after the first hour) until the temperature of the pork reaches 160°.
6. Stack 4-5 large sheets of heavy-duty aluminum foil on top of one another on top of a baking sheet. Alternatively, you can use a large Dutch oven or roasting pan if you're looking for a reusable option.
7. Once the pork reaches 160°, remove it from the grill/smoker either to the Dutch oven or roasting pan or to the foil (laid over a



baking sheet for support). If using foil, gather up the sides of the foil to create walls that will allow you to pour liquid into them. Pour the remaining apple juice from the sprayer into the pot or fortress of foil. Place the lid on the pot, cover the roasting pan with foil, or fold the foil sheets over the top of the butt and together to secure them tightly and prevent steam from escaping. Keep in mind that if you removed the temperature probe, you'll have to reinsert it. So if you're using foil, it's best to wait until you're back at the grill to seal the foil once the probe is back in.

8. Return the pork to the grill or smoker (still over indirect heat and still at 250°). If yours is wrapped in foil, you can either leave it on the baking sheet. Reinsert the probe into the thickest part of the meat, not touching the bone, if you haven't already done so. Set the probe timer for 205°.
9. When the probe reaches 205° (about 3-4 hours depending on the size of the butt) remove the pot/pan/foil bundle from the grill/smoker and allow it to rest at room temperature for 45 minutes.
10. After 45 minutes of rest, remove the pork to a large bowl or a cutting board and allow it to rest another 10 minutes so that it's easier to handle.
11. Peel away the fat cap and discard. Use your hands or 2 forks to shred the meat and remove the bone and any large pieces of fat or connective tissue. Sprinkle 2-3 tablespoons apple cider vinegar over the meat and toss well to coat. Taste and season with salt and pepper. Serve with the barbecue sauce of your choice, if desired.
12. Store any leftover smoked pork butt in an airtight container in the refrigerator for up to 4 days. May be frozen for up to 2 months. To reheat, thaw overnight in the refrigerator and reheat in the microwave or in a covered skillet on the stovetop with a little water to keep the meat from drying out

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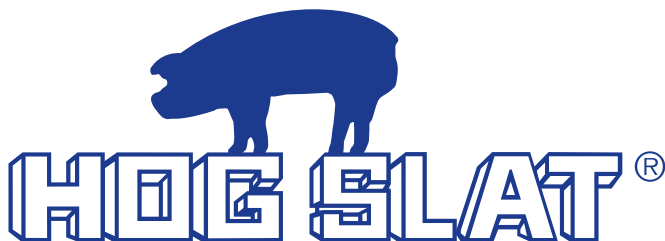


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