



# PORK CHECKOFF REPORT

SEPTEMBER OCTOBER 2021



## Minnesota Emergency Planning and How You can Protect Your Farm

*State and national organizations are preparing for an FAD - are you?*

Keeping Foreign Animal Diseases (FADs) out of the United States remains a top priority for state and national organizations. Over the last two years, African Swine Fever (ASF) has swept across the Eastern Hemisphere, moving through Asia, Russia, and Eastern Europe. State and national organizations continually monitor the global situation and have ramped up efforts to keep this disease out of the U.S. Included in these efforts were trainings, webinars, plant exercises, and emergency trial runs between the Minnesota Pork Board, Minnesota pig farms, Minnesota Board of Animal Health (MBAH), Minnesota Department of Agriculture (MDA), and the United States Department of Agriculture (USDA) to spread awareness and make sure the industry as a collective was on the same page.

The news of confirmed ASF cases in the Dominican Republic in July didn't come as a huge surprise to Lucy Hunt, Director of the Office of Emergency Preparedness and Response at the Minnesota Department of Agriculture.



"We have been thinking about and practicing for this sort of situation for the past two years," stated Hunt. "Though we still have some unanswered questions, we have ironed out a lot of the big details and will continue to stay on top of this."

Hunt details a major component of the MDA's preparedness plan is the implementation of an Incident Management Team (IMT) in the event of an FAD outbreak. The IMT model is structured based off of a tried-and-true fire response outline modified for agriculture response. Available at a moment's notice are 60 individuals spread across three categories: purchasing, planning and logistics, and operations.

"This big structure helps us focus our personnel and place them where they're best suited which helps us organize our response," Hunt described.



*(continued on page 8 & 9)*

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# MN PORK CALENDAR

## OCTOBER

**Porktober:  
National Pork Month**

## NOVEMBER 18

### PQA+ & TQA

American Legion Post 164  
1100 2nd Ave. NW  
Stewartville, Minnesota  
PQA+: 9:00 a.m. - 12:00 p.m.  
TQA: 1:00 - 4:00 p.m.

*Pre-register: colleen@mn pork.com  
or 1-800-537-7675*

## DECEMBER 2

### PQA+ & TQA

Minnesota Pork Office  
151 St. Andrews Ct.  
Suite 810  
Mankato, MN 56001  
PQA+: 9:00 a.m. - 12:00 p.m.  
TQA: 1:00 - 4:00 p.m.

*Pre-register: colleen@mn pork.com  
or 1-800-537-7675*

## FEBRUARY 15-16

### 2022 Minnesota Pork Congress

**Feb 15: 9:00 a.m. - 5:00 p.m.**

**Feb 16: 9:00 a.m. - 12:00 p.m.**

Mayo Clinic Health System  
Event Center  
1 Civic Center Plaza  
Mankato, MN 56001

## FEBRUARY 16

### 2022 MPB Annual Meeting

**12:30 - 3:00 p.m.**

Mayo Clinic Health System  
Event Center  
1 Civic Center Plaza  
Mankato, MN 56001

## FEBRUARY 16

### 2022 MPPA Annual Meeting

**3:30 - 6:00 p.m.**

Mayo Clinic Health System  
Event Center  
1 Civic Center Plaza  
Mankato, MN 56001



# 2022 MN PORK CONGRESS ★ MANKATO



## SEE YOU IN MANKATO!

### February 15-16, 2022

**Trade Show Location:**

*Mayo Clinic Health System Event Center,  
Mankato, Minnesota*

**Register for Pork Congress in Advance**

[www.mnporkcongress.com/attendees/pork-congress-admission/](http://www.mnporkcongress.com/attendees/pork-congress-admission/)

### Save Money & Time!

**ADVANCED REGISTRATION**

**\$10 in advance (\$15 at the door)**

*Advance registration closes January 17, 2022.*

*Pork Congress admission name badge(s) will arrive by mail  
for those who register by January 17, 2022.*

### Monday, February 14

Exhibitor Move-in  
**7:00 a.m. - 12:00 p.m.**  
**12:00 - 7:00 p.m.**  
Awards Reception  
*(invite only)*  
**5:30 - 8:30 p.m.**

### Tuesday, February 15

Trade Show  
**9:00 a.m. - 5:00 p.m.**  
Seminars  
**9:00 a.m. - 5:00 p.m.**  
Social Hour  
**5:00 - 6:30 p.m.**

### Wednesday, February 16

Trade Show  
**9:00 a.m. - 5:00 p.m.**  
MPB & MPPA Annual Meetings  
**12:30 - 6:00 p.m.**





# MINNESOTA PORK BOARD ANNUAL MEETING 2022

The Minnesota Pork Board's Annual Meeting will take place on Wednesday, February 16, 2022, following the Minnesota Pork Congress trade show and seminars. The Annual Meeting will be held at the Mayo Clinic Health System Event Center in the Banquet Hall in Mankato, Minnesota, beginning at 12:30 p.m.

*More information will be available in the November/December issue of the Pork Checkoff Report. Minnesota Pork Board candidate profiles along with the agenda will be included.*



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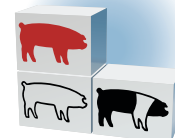
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# A Simple Checkmark



*How one simple checkmark can save lives – become an organ donor today!*

On a daily basis, as living, breathing organisms, we are exposed to countless elements in the air. As farmers, the quality of the air during certain seasons and within specific settings becomes less than ideal without your knowledge. David Homann, double-lung transplant survivor, learned the hard way of the potential threats moldy corn or silage can pose and shares how farmers can protect themselves and sign up to save others with a simple checkmark.

The Homann family is deeply rooted within agriculture, and throughout the years dedicated much of their time volunteering at Minnesota Pork events, showing pigs, and pursuing swine-based careers.

Three years ago, Homann’s daughter, Taylor Spronk – swine veterinarian and former Minnesota Pork Ambassador – was training to participate in the Mankato Marathon and encouraged both her parents to train and run the race with her. As Homann began training, he noticed extreme fatigue and lack of energy that progressively worsened. One year later, he was diagnosed with interstitial lung disease – irreversible scarring of the lungs that causes lung stiffness, resulting in difficulty breathing and ineffective oxygenation to the bloodstream. During this time, his lung capacity was at a mere 35 percent. Doctors identified mold as the primary culprit of Homann’s diagnosis.



Homann recalled two incidences in his past where mold exposure landed him in the hospital. At 17 years old he was cleaning out a gravity wagon and was hospitalized for 24 days; he left the hospital weighing only 88 pounds. 23 years later, he climbed into a silo housing moldy silage and was hospitalized for 17 days.

“If I would have had a mask on, or wore a respirator, I probably would have been okay,” noted Homann. “For those who are in bins on a daily basis - wear your proper PPE, or else you could end up in the same boat as me. If someone else can learn from my mistakes, then I’ve done my job by getting the word out.”



This past January, Homann was listed at the Mayo Clinic in Rochester for a lung transplant, his condition rapidly progressed, resulting in a dual listing in April at the Iowa City clinic. On July 6, a viable match became available, and he received a double-lung transplant in Iowa City.

“I hadn’t had a full breath of air in 2 years,” Homann stated. “Before surgery, I was taking in 6-8 liters of oxygen every single day. 2 hours following the surgery, I was up and breathing on my own, and within a week I was walking 2 miles a day in the hospital.”

3 years ago, Homann’s goal was to run the Mankato Marathon. Though he won’t be running a full marathon in October, he will be walking the Pork Power 5k along with his wife Angie and other family members and friends.

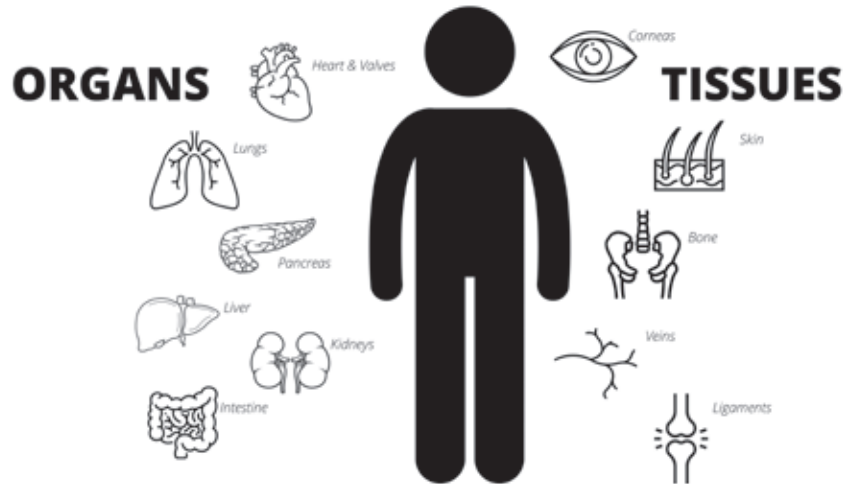
“Participating in this 5k is my way of advocating for organ transplant,” said Homann. “This is something that has become very near and dear to my heart – or at least my lungs.”

The number of patients waiting for organs changes every day. According to [organdonor.gov](http://organdonor.gov), “As of February 2021, the number of patients on the national transplant waiting list was more than 107,000. Every nine minutes, another person is added to the list. The number of patients who need a lifesaving transplant goes up faster than the number of available organs.”

## What organ and tissues can be donated?

Signing up to be an organ donor means you may someday be able to help others in need. One donor can provide lifesaving organs to up to eight people and may also impact the lives of others with tissue donation. Becoming an organ donor is as easy as a simple checkmark. Every time you renew your license, check the "Yes" box.

"Someone made a sacrifice for me and my family," Homann acknowledged. "This transplant has truly been a blessing, miracle, and gift from God."



Sign up to be an organ donor at <https://www.organdonor.gov/>.

## About the Mankato Marathon and Pork Power 5K

The Mankato Marathon is taking place this fall on October 15-16. The races, including a full marathon, relay, half marathon, 10K, 5K, kidsK and Bold Challenges, take runners through Mankato's diverse landscape, covering the scenic countryside, trails and historic urban landscape.

The Pork Power 5K is sponsored by the Minnesota Pork Board and is a fun event uniquely aimed to reach health-conscious consumers. Pork Power 5K runners receive delicious bacon throughout the race at bacon stations, plus receive pork treats and pig medals following the race.

Throughout the day, Minnesota pig farmers from around the area volunteer their time to connect with runners and other race-encouragers to answer questions about pig farming and explain the nutritional benefits of eating pork.



Pork Power  
MANKATO MARATHON **5K**



**REGISTRATION DEADLINE IS OCTOBER 14, 2021.**



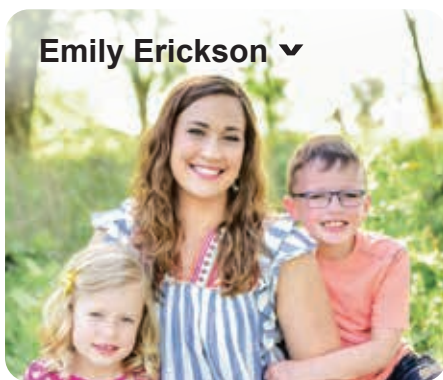
# WeCare Social Team

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 farmers below will be showcased on the Minnesota Pork social media pages over the next year sharing their unique pig farming stories and how they implement the six WeCare principles on their farms every day. Learn a bit more about each of them!



**Emily Erickson** ▾

Emily grew up in southwest Minnesota on a pig and crop farm. After high school, she attended SDSU and gained a degree in Animal Science. Her career has afforded her the opportunity to learn about animal welfare and focus her time on auditing farms and also growing employee's and grower's knowledge through training and education of industry standards, technologies and improvements within the whole system.

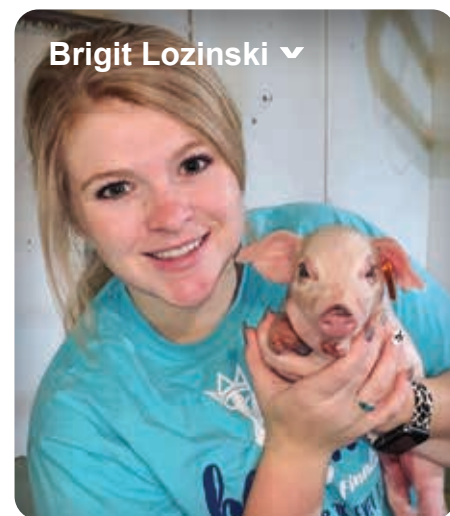
Her current position, Organizational Development Specialist, allows her to continue to practice her animal welfare and auditing skills and also oversee the internal management training program and employee training and development.

She has two wonderful kiddos, August and Hazel, who keep her busy, and she enjoys gardening, reading, and spending time with her family.



**Erin Krug** ▾

Erin is a 5th generation farmer on her family's farm. They have a farrow-to-finish pig farm, feed out beef cattle and raise sugar beets, kidney beans and corn. Erin is primarily involved in the pork production department. She takes pride in being able to provide their pigs with all the great resources to ensure the animals are healthy and happy.



**Brigit Lozinski** ▾

Brigit hails from a wean-to-finish family farm located in southwest Minnesota, where she became involved in agriculture at a young age showing pigs and volunteering with pork organizations. This spurred her passion for giving back and advocating for the industry. She pursued a degree in Animal Science at South Dakota State University and in 2020 completed her graduate degree at the University of Minnesota where she studied water quality in nursery pig growth performance and health. Currently, she works as an associate territory manager in southwest Minnesota and northwest Iowa for United Animal Health. On the weekends, you can find her spending time with family, cooking and baking, and coaching FFA and 4H teams.



## 6 PRINCIPLES

### 1. Food Safety

We are committed to producing the safest food in the world.

### 2. Animal Well-Being

We are committed to the highest level of care and well-being for the pigs we raise.

### 3. Our People

We are committed to providing meaningful, dignified work for the people who choose to dedicate their lives to raising the food we eat.

### 4. Public Health

We are committed to supporting the health and well-being of the pigs under our care using best practices that also lead to improved human public health.

### 5. Environment

We are committed to safeguarding and nurturing natural resource for now and future generations.

### 6. Our Communities

We are committed to growing and supporting strong communities for today and tomorrow.



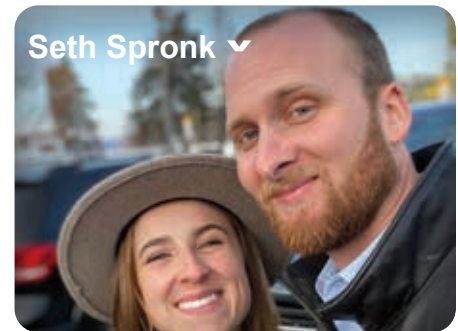
Cara Haden ▾

Dr. Cara Haden grew up in Michigan on a family farrow-to-finish swine farm, and has always had an interest in swine medicine. In May 2014 she graduated with her DVM from Iowa State University with an emphasis in swine production. Immediately after graduation, Dr. Haden joined Pipestone Veterinary Services and Pipestone Management as an associate Swine Veterinarian. Over the last 7 years, she has worked closely with independent pig farms on health, antimicrobial use and tracking as well as supporting the industry through social media. She and her husband, Michael, have 3 children.



Melissa Pietig ▾

Melissa and her family live near Sleepy Eye in southern Minnesota. Her husband Jamie is a swine nutritionist for Hubbard Feeds and together, they have 2 kids, Rosie and Henry, and a lot of animals... Pigs, feedlot cattle, chickens, and a GIANT dog named Lucy. She grew up on a dairy farm, and her family still farms there to this day. They own and operate 2 commercial swine nutrition research barns, through which they conduct feed research. Not only do they get to raise pigs, but they get to be a part of new ideas and technologies that will help fellow pork producers improve feed efficiency and pig health! She feels humbled to partner with some great people in the industry, as well as carry on the legacy of raising the next generation of farmers!



Seth Spronk ▾

Seth is a fourth generation pig farmer born and raised in Edgerton, Minnesota. His earliest memories are playing with a toy skid loader on his mom's kitchen counter and riding in the feed cart while his dad fed sows. As a young child he wanted to farm so badly, he would rub dirt on his jeans because his daily activities didn't get them quite as dirty as "the guys", much to his mother's dismay. He received a BS in agricultural engineering at South Dakota State University and an MBA at the University of Saint Thomas, Minneapolis. He and his wife Taylor live in Edgerton; she practices veterinary medicine across the upper Midwest whereas he spends most of his waking hours somewhere within 20 miles of his home raising pigs and the crops he feeds to them. At his farm, Spronk Brothers, he works alongside his family, his uncle's family and a slew of people who don't share his last name, but whom he'd happily call family if they'd claim him. His title and job description do not exist, and there is no limit to the variety of cool jobs he gets to take part in during a normal week.



## *Biosecurity is the name of the game. Protect your farm by implementing and following set protocols.*

### Depopulation and Disposal Methods

Depopulation and disposal remain Hunt's top two areas of focus. She notes the events of 2020 expedited the learning process, resulting in multiple trials for each focus area.

One successful depopulation method included carbon dioxide trailers, which followed all AVMA guidelines for timing and veterinary rules, and ensured quick and humane death. The Minnesota Pork Board strengthened the state's response resources through the addition

of carbon dioxide trailers last year to utilize where needed, and the Minnesota Pork Producers Association (MPPA) led lobbying efforts both at the state legislature and governor's office to fund emergency response efforts at the MDA.

Nitrogen foam is another method still being tested and analyzed in Minnesota. As opposed to carbon dioxide, nitrogen is easier on animal tissues and helps avoid a panic response. The foam matrix, similar in consistency to bubble bath foam, is placed on the animals; as they move around, the bubbles pop, releasing concentrated nitrogen for the animals to breathe in.

"We always want to have a toolbox of methods in emergency preparedness. One method will not work everywhere, so it's important to know the pros and cons of different techniques to use them in the proper situation," Hunt stated. "Producer comfort and preference is also very important. We are trying to be aware of mental health issues for producers and depopulation workers by creating hands-off techniques."

Major investments through research grants by both the USDA and National Pork Board (NPB) on alternative depopulation methods are ongoing.

Proper disposal methods are also being tested. The grinding and composting technique is underway with room for improvement, but Hunt believes it to be a successful venture should a mass disposal method be needed in the future.

## African Swine Fever

### Know the Signs and Symptoms

There is **no treatment or vaccine** for African swine fever. Protect your herd by knowing the signs and immediately reporting any sick pigs.

### What To Look For

- High fever
- Loss of appetite
- Depression
- Weakness
- Red, blotchy skin or skin lesions
- Vomiting
- Diarrhea
- Coughing or difficulty breathing
- Abortions
- Sudden death



### How To Report

If your pigs show any of these signs, report it immediately to your veterinarian or animal health officials for appropriate testing and investigation. Quick detection is essential to prevent the spread of African swine fever.





This summer, the MDA researched above ground burial – a hybrid between shallow burial and composting. In this method, a 20-inch deep silo trench is dug out, filled with carbon material and ground carcasses, then covered back up with soil. Microbial factors within the soil break down the carcasses, then one year later, the soil can be re-graded and the trenches planted over for a successful crop.

Disposal in Minnesota poses difficulty due to winter weather hurdles. Last winter, the MDA tested cold weather composting to see if it could be a viable option. The testing proved to be a great learning experience, but did not go as planned.

Overall, Hunt said the industry is much better positioned now than it was prior to the pandemic. “Starting something new in a response is not the way to go – we want to be prepared and be comfortable with the methods we are using.”

### Sampling and Testing Procedures

Dr. Jerry Torrison, director of the University of Minnesota College of Veterinary Medicine Veterinary Diagnostic Laboratory, outlines the steps his lab takes in regards to testing, sampling, and staff capacity in the event of an FAD outbreak.

Each week, Torrison’s lab, along with nine others across the country, run surveillance for ASF and Classical Swine Fever (CSF) taking samples from cases that meet a specific case definition. Testing for ASF is a rather new venture, as they have been testing for CSF for well over a decade.

The lab is prepared for any instance in which there is an investigation prompted by a producer or veterinarian who sees clinical signs in the pigs related to ASF. In this instance, a USDA or BAH representative collects the samples and brings them to the lab. Torrison notes in actuality, they receive very few samples under these circumstances in comparison to diseases such as Foot and Mouth (FMD), which they receive quite routinely. The reason for this is due to clinical signs of ASF or other FADs looking very similar to what pig farmers see often.

Torrison warned, “Producers may be fooled into thinking they’re seeing every day normal signs, as ASF initially looks like everything else. We are afraid people in the field won’t notice or see it right away.”

Torrison advises producers to have a good awareness of the health status on their farm and work closely with their vets. If unusual mortality rates or an increase in feverish pigs arises, they must stay in touch with their veterinarian.

“Everyone should be at the top of their game with biosecurity plans,” added Torrison. “Right now is a great time to revisit and update your Secure Pork Supply (SPS) plan before harvest begins and cool weather sets in. Have another staff training and double-check to make sure everyone knows what to do and how to do it properly.”

### Secure Pork Supply Plans

Dr. John King, Secure Food Supply Coordinator for Minnesota, recommends every farm update its SPS plan in order for continuation of business to occur in the event of an FAD outbreak. Though SPS is a voluntary program, it will be vital for producers to have a plan set up and be able to demonstrate responsible actions were taken in advance to ensure safe pig movement.

King warns, “Don’t hedge on “dealing with it when the time comes”, because at that point it will be too late and you won’t be able to conduct business.”

ASF outbreaks in the Western Hemisphere sparked a renewed SPS interest in farmers, King noticed. If a farmer needs to set up or update their SPS plan, King is a valuable resource available to help.

In summary, Minnesota state organizations and national organizations are working together and doing their part to safeguard the United States pork industry. Individual farmers must do their part to protect their farms by implementing biosecurity plans, monitoring and surveilling animals and visitors, and following set protocols.

**Producers and county pork producer organizations can reach out to John King, DVM, at [john.king@state.mn.us](mailto:john.king@state.mn.us) for SPS support.**





## Could Ground Pork be the Key to Increased Meat Sales?

The National Pork Board (NPB) recently launched a Checkoff-funded test and learn project in collaboration with Hy-Vee, the Iowa Pork Producers Association, Minnesota Pork Board, and Nebraska Pork Producers Association to understand how ground pork's placement in the meat case can increase meat department sales.

This project seeks to prove that increasing ground pork offerings in the meat case will grow sales by creating a better flow of products and expanding ground pork's shelf-space in the case.

In July, a ground pork meal solution display for [Egg Roll in a Bowl](#) resulted in a 132% increase in ground pork packages sold in the first week compared to the previous five-week average. These results will be used to support additional retail displays, inspiring consumers who are seeking meal solutions at point of purchase to buy more pork.

The test is occurring in 35 stores across Iowa, Minnesota (11) and Nebraska. IRI, NPB's market intelligence partner, will track sales at both test and control stores, offering third-party data validation. Early feedback has been positive from Hy-Vee meat department managers with the test continuing through mid-November.



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## WE CARE FOOD SAFETY

*Dr. Laura Dahlquist works with farmers every day to help them produce safe pork.*

As a swine veterinarian, Dr. Dahlquist knows healthy, safe pork comes from pigs that are well cared for. The partnership between veterinarian and caretaker is critical to ensuring the food produced on Minnesota pig farms is safe and nutritious.

For Dr. Dahlquist, spending time with caretakers can be just as valuable as observing and working with the pigs. In her role of helping protect food safety, Dr. Dahlquist is frequently training and helping farmers improve their practices to better protect pig health. Training sessions and one-on-one conversations help share knowledge and allow new ideas to flow between the farmers and the veterinarians. Hands-on experience combined with the latest developments in animal care practices and products leads to constant improvements.

***“As a veterinarian, I focus on biosecurity to keep diseases from ever reaching our farms and threatening our pig’s health and well-being,” Dr. Dahlquist says.***

Veterinarians work with farmers to create vaccination programs to protect pigs in case they do become exposed to viruses or bacteria. They also help in diagnosing and coming up with treatment plans to minimize the toll illness or injury can have on the pig. Record keeping of all treatments and antibiotic use is also an important step farmers and veterinarians use to help evaluate what has worked in the past and develop new strategies for the next group of pigs. This also ensures when the pigs go to market, they are free of antibiotic residues and had the proper withdrawal guidelines met.



***“I promote using antibiotics only when they are necessary to help pigs that do become sick. This is vital to protecting food safety and antibiotic efficacy,” Dr. Dahlquist states.***

Prevention of illness and injury is still the best approach to keeping pigs healthy and in turn, keep our food safe. Veterinarians help farmers with ventilation systems and pig handling strategies to ensure the pig’s environment and the people caring for those pigs are safe.

***“I know that using proper management practices will reduce stress on our pigs, keeping them healthy and safe,” Dr. Dahlquist says.***

In addition to veterinarians, farms work with swine nutritionists to make sure what they are feeding the pigs meets all the animal’s needs. Healthy pigs make healthy pork.

***Dr. Dahlquist describes, “For so many reasons, veterinarians like myself are intimately involved in daily decisions with pig farmers to ensure the pork on your table is safe and wholesome for you and your family.”***





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# 6 FREEZER-FRIENDLY BREAKFAST MEAL PREP RECIPES



Go ahead and hit the snooze button one more time! With these 6 Freezer-Friendly Breakfast Meal Prep Recipes + free Grocery list, you can fill your freezer with deliciously healthy and incredibly convenient breakfasts that are ready to just reheat and eat. They're perfect for busy families or anyone who's on the go or would rather grab a few more winks than toil over a home-cooked breakfast.

## BUSY LIVES DEMAND BETTER BREAKFASTS

If you've been skipping breakfast because your mornings are too hectic to do anything but pour yourself a cup of coffee, then we have something for you! It's 6 Freezer-Friendly Breakfast Meal Prep recipes that you can make and freeze ahead of time so that all you have to do is reheat and eat.

## FUEL YOUR BRAIN AND BODY WITH A SATISFYING BREAKFAST THAT'S READY WHEN YOU ARE

Show your busy day who's boss and set yourself up for success right out of the gate with one of these delicious make-ahead breakfast options. Whether you want to make a few or make them all, we've made it even easier with a free done-for-you grocery list plus tips for freezing, storing, and reheating each item.

## PORK: NOT JUST FOR DINNER

Pork is an incredibly delicious and versatile protein and leads the way when it comes to breakfast. The variety of options when it comes to pork and breakfast range from decadent and flavorful (hello, bacon, and breakfast sausage) to lean and nutrient-dense (we're looking at you, ham steak).

*Set a date with your current self to knock out these make-ahead breakfast recipes so that your future self will reap the benefits of a freezer filled with easy reheat and eat options the whole family will love. Grab the free Grocery List + Tips for freezing, storing, and reheating then set aside some time in the near future to fill your freezer with breakfast options that are guaranteed to make mornings easier and more delicious.*

**Find the Recipes:** <https://therealfooddietitians.com/freezer-breakfast-meal-prep/>

**Grocery list:** <https://therealfooddietitians.com/wp-content/uploads/2021/08/MN-Pork-Breakfast-Prep.pdf>

**\*Created in partnership with *The Real Food Dietitians*.**

pork please



### **MAKE-AHEAD FREEZER BREAKFAST SANDWICHES**

When you want a hot breakfast but also want to hit snooze, these breakfast sandwiches are just what you need. Baking the eggs on a sheet pan and layering them with smoky bacon and your favorite cheese on English muffins means minimal prep for maximum satisfaction.



### **DENVER OMELET BREAKFAST BURRITOS**

These make-ahead breakfast burritos are hearty breakfast lover's dream come true! Filled with protein-rich ham, nutritious green and red bell peppers, flavorful onions, and melty cheddar cheese it's our hand-held take on a diner breakfast classic.



### **SAUSAGE HASH BROWN EGG MUFFINS**

These grain-free and Whole30-friendly egg 'muffins' are packed with protein and vegetables for a satisfying breakfast on the go. We give you two options for the sausage, either use your favorite premade pork breakfast sausage or make your own using ground pork and a handful of spices from the pantry.



### **ZUCCHINI BANANA BAKED OATMEAL CUPS**

Made with wholesome ingredients like rolled oats, yogurt, banana, eggs, maple syrup, zucchini, walnuts, chocolate chips, and coconut flakes, these baked oatmeal cups are an easy grab-and-go breakfast option and pair well with fruit and/or a savory side like ham, sausage, or bacon.



### **APPLE CINNAMON BREAKFAST OAT COOKIES**

Cookies for breakfast? You betcha! These oatmeal 'cookies' are as delicious as they are nutritious and studded with apples, raisins, walnuts, and flax seeds. While their ingredients list may be dubious they're still plenty decadent and incredibly dunkable.



### **5-INGREDIENT HEALTHY GRANOLA BARS**

A sweet yet nourishing way to start your day! These soft-baked granola bars made with just 5 ingredients are easy to make and you can customize them to suit your tastes and dietary needs by swapping the chocolate chips for dried fruit, using seed or seed butter to make them nut-free, and more. You can even make them egg-free or add a scoop of your favorite protein to truly make them your own.

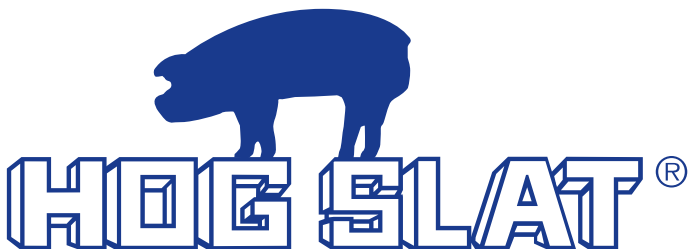


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