



PORK CHECKOFF REPORT

NOVEMBER DECEMBER 2023



See You at the 2024 MINNESOTA PORK CONGRESS!

Join the Minnesota Pork Producers Association (MPPA) at the 2024 Minnesota Pork Congress held in Mankato, MN.

The event is scheduled to take place on February 13 and 14 at the Mayo Clinic Event Center, where pork producers, allied industry, and stakeholders will convene. Registration for Minnesota Pork Congress is now open, with a discounted rate for those who register prior to January 12, 2024.

Minnesota Pork Congress offers attendees the ability to gather at the state's largest swine-specific tradeshow for networking and business-enhancement opportunities. In combination with the tradeshow and annual meetings, the event also hosts timely seminars

and social activities designed exclusively for pig farmers and pork industry stakeholders.

If you have questions related to Minnesota Pork Congress, Registration, or Annual Meetings, please contact the Minnesota Pork office at 507-345-8814.

Attendees can register online at <https://www.mnporkcongress.com/registration/>. Strategic Investment Partners (SIP) and MPPA members receive complimentary registration to Minnesota Pork Congress.

The annual Awards Reception, featuring the 2024 Minnesota Pork award winners, will be held prior to Pork Congress on Monday, February 12, 2024. The Awards Reception is an invitation-only event with RSVP's required.



CONTINUED ON PAGE 2

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MN PORK CALENDAR

FEBRUARY 12

Annual Meetings

MPB: 11:00 – 12:00 p.m.
Lunch: 12:00 – 12:30 p.m.
MPPA: 12:30 – 2:00 p.m.
Joint Session: 2:00 – 3:00 p.m.

Mayo Clinic Event Center
Reception Hall
Mankato, Minnesota

FEBRUARY 12

Awards Reception

Mayo Clinic Event Center
Banquet Hall West
Mankato, Minnesota

5:00 – 8:30 p.m.

Invitation Only

FEBRUARY 13 - 14

Minnesota Pork Congress Trade Show

Mayo Clinic Event Center
1 Civic Center Plaza
Mankato, Minnesota

FEBRUARY 14

SIP & Partner Breakfast

Mayo Clinic Event Center
Reception Hall

7:30 a.m. Breakfast

**8:00 – 9:00 a.m. Keynote
Speaker**

Member-exclusive event

Sponsored by Clifton-Larson-Allen

Join us at the 2024 Minnesota

MONDAY, FEBRUARY 12 AT 11:00 A.M.

MAYO CLINIC EVENT CENTER, MANKATO, MN

Register online at www.mnporkcongress.com

MPB MEETING

All Minnesota pig farmers who pay into the Pork Checkoff are stakeholders in the Minnesota Pork Board (MPB) and are encouraged to attend the Annual Meeting on February 12, beginning at 11:00 a.m. at the Mayo Clinic Event Center Reception Hall (1 Civic Center Plaza, Mankato, MN 56001).

The MPB Annual Meeting will feature updates on programs, 2023 MPB Pork Checkoff financial information, Minnesota Pork Executive Board elections, Pork Act Delegate elections, and Pork Checkoff-related resolutions. Resolutions submitted at the meeting will require a two-thirds margin to be brought to the floor for discussion and a three-fourths majority vote for approval.

LUNCH AND MPPA MEETING

The Minnesota Pork Producers Association (MPPA), a voluntary membership association funded by investors in the Strategic Investment Program (SIP) and Pork Partners, will hold its annual meeting following the MPB meeting and lunch at 12:30 p.m. with the joint session beginning at 2:00 p.m. The MPPA focuses its work on legislative and public policy matters. Only those who are enrolled in SIP or Pork Partners can vote and participate in discussions at the MPPA Annual Meeting.

PUBLIC NOTICE

PUBLIC NOTICE BY MINNESOTA PORK BOARD AND THE NATIONAL PORK BOARD

The election of pork producer delegate candidates for the 2025 National Pork Producers (Pork Act) Delegate Body will take place at 11:00 AM, Monday, February 12, 2024 in conjunction with a Board of Directors meeting of the Minnesota Pork Board. All Minnesota pork producers are invited to attend. This Annual Meeting will be held at the Mayo Clinic Health System Event Center, 1 Civic Center Plaza, Mankato, MN 56001. To RSVP, please contact the Minnesota Pork office at (507) 345-8814 or email mnpork@mnpork.com.

Any producer, age 18 or older, who is a resident of the state and has paid all assessments due may be considered as a delegate candidate and/or participate in the election. All eligible producers are encouraged to bring with them a sales receipt proving that hogs were sold in their name and the checkoff deducted. For more information, contact the *Minnesota Pork Board Office, 151 St. Andrews Court, Suite 810, Mankato, Minnesota. (507) 345-8814 or (800) 537-7675.*



Pork Board Annual Meeting



PREREGISTRATION

To help with meal planning, seating, and handouts, preregistration is requested. To preregister, visit www.mnporkcongress.com or contact Colleen Carey at the Minnesota Pork Board office by calling 1 (800) 537-7675 or email colleen@mnpork.com.

AGENDA

- I. **Call to Order** - Daryl Timmerman, President
- II. **Introductions**
- III. **2023 Annual Meeting Minutes** - Abbie Redalen, Secretary
- IV. **2023 MPB Financial Audit** - Jill Resler, CEO
- V. **2024 Advisements, Discussion, Action** - Todd Selvick, Vice President
- VI. **2025 Pork Act Delegate and Alternate Elections**
- VII. **President's Remarks**



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Get a **FREE**, On-Farm Sustainability Report

To measure and document continuous improvement efforts for the pork industry, the Minnesota Pork Board (MPB) and National Pork Board (NPB) encourages all producers to create their own free On-Farm Sustainability Report. This report helps producers recognize key sustainability metrics on their farm. A third-party expert, Sustainable Environmental Consultants, will head data collection with quick and efficient aggregation.

The On-Farm Reports include a Sustainable Continuous Improvement Plan - offering recommendations for producers to improve sustainability on their operations, such as:

- Manure data with application, agronomic rates
- Water data on both quality and amount used
- Community outreach including donations and services hours

On-Farm Sustainability Reports Offer Immediate Value

These On-Farm Reports offer immediate value to pig farmers. Previous participants shared their reports with financial institutions, suppliers and community members. They have also used the reports to make on-farm improvements and improve their bottom line.

The blinded, aggregated data will be used at the state and national level to share real data on producers' commitment to sustainability. Allowing the pork industry to continue to build trust in modern pig farming, while protecting pig farmers' freedom to operate.

COMMON QUESTIONS:

What's the time commitment to participate?

On average, total participation takes 2-4 hours. Participants will have an initial interview and provide data collection for the previous growing seasons' data (depending on farm size, each of these steps lasts about an hour).

What type of format do my data records need to be in?

Any type of record-keeping system - regardless of whether it is digital or on paper.

Who is my data shared with?

Your data is yours and will be kept confidential. The name of your operation and your data will not be shared. The results of all On-Farm reports will be pulled into an aggregate of state and national reports to help the pork industry learn and share the industry's sustainability story.

Are there any limitations to the type, style and size of farm?

No, the On-Farm Reports cover a variety of farm types, sizes, and styles of farms and are free for Checkoff-paying pig farmers.

Who is paying for this project?

The Pork Checkoff.

SIGN UP!

To learn more or to participate in an On-Farm, Sustainability Report, visit: porkcheckoff.org/sustainability or contact Lauren Servick at lauren@mnppork.com.

ABC FARMS SUSTAINABILITY ANALYSIS
2020 ON-FARM PRACTICES REPORT

EXECUTIVE SUMMARY
About ABC Farms
In Central Iowa John and Jane Doe established their farrow to finishing operation in the early 2000s. As they continued to grow, new facilities were built in 2005. John and Jane have three children, Jack, Joey, and Jill. Each member of the family plays a role in the day to day operations.

247 acres from 3 fields

TYPE	BARN CAPACITY	Total
Finisher	1 4500	9,000 Total

MANURE APPLICATION
2.5 million gallons of natural manure fertilizer applied.
100% of acres received liquid manure fertilizer at an average of 5,450 gallons/acre.

MANURE ECONOMIC VALUE
The average cost savings from manure applied to 95 acres was estimated to be \$21.40 per acre based on a reduced need for commercial N, P & K resulting in a total savings of \$10,654.

CROPLAND
947 acres
100%

MANAGEMENT PRACTICE IMPACTS
Significant environmental benefits resulted from cropland acres compared to a conventional tillage, no cover crop scenario.*

- 27 tons reduction of CO₂e, which is the same as 4 average passenger cars off the road for a year.
- 7 tons of soil carbon sequestered
- 77 tons of soil saved instead of being lost to erosion, which is the same as 4 dump trucks of soil

ENVIRONMENTAL OUTCOMES
From the management practices of ABC Farms, which was 100% no-till and 100% no cover outcomes resulted.*

OVERALL FARM

- CO₂e Emissions (tons per acre) -0.12
- Carbon Sequestered (tons per acre) 0.04
- Soil Erosion (tons per acre) 1.0

EROSION AVERAGE**
lowa Cropland 6.0 T/acre
National Average 4.6 T/acre

APPLICATION NUTRIENT SAVINGS
Significant environmental benefits resulted from cropland acres compared to a conventional tillage, no cover crop scenario.*

- 11.9 lbs/acre of nitrogen saved instead of being lost through leaching and runoff.
- 3.4 lbs/acre of phosphorus saved instead of being lost through runoff.

COVER CROPS
100% No Cover

TILLAGE
100% No-Till

WE CARE PRINCIPLES - PLANET
The We Care initiative was launched as part of the National Pork Board's effort of the National Pork Board Producers Council (NPCC), and the National Pork Board's commitment to representing farmers. Through this we hope to earn the public's trust and concern - animals, farmers, and the environment.

- Food Safety
- Animal Well-Being
- Environment

CROP % ACRES YIELD

CROP	% ACRES	YIELD
Corn Grain	82%	198 bu/acre
Soybean	18%	63 bu/acre

ECOPRACTICES
An Evaluation of Actual Performance
According to the 2017 US Ag Census, the national average is 4% cover crop adoption, 37% no-till adoption, and 35% reduced till adoption.



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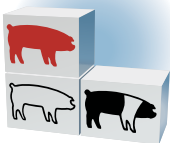
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Kennedy Strosahl, 2016

Where are you from and what college did you attend?

I'm from Sherburn, MN and graduated from the University of Minnesota - Twin Cities in 2018 with a bachelor's degree in agricultural communication and marketing with minors in sustainability studies and international agriculture.

What year were you an intern for MN Pork?

I interned in the summer of 2016, with the lovely Gabriella (Sorg) Houdek as my co-intern.

Please share your background in agriculture.

I grew up on an acreage in Martin County, MN. I've been surrounded by agriculture my whole life with involvement in FFA and 4-H.

How did working for MN Pork contribute to your professional development?

Working with MN Pork was such a pivotal experience for me and my professional development. Throughout that summer I learned I truly enjoy sharing the story of agriculture with farmers and consumers alike.

Working with MN Pork, I was able to learn so much



about commodity agriculture, leading me to my role for many years at the MN Corn Growers.

Please share what other professional experiences you have had and where you are now in your career and personal life.

After graduation, I had the opportunity to work in the Marketing Department for the tru Shrimp Company in Balaton, MN. This is an indoor, aquacultural facility where I learned so much about shrimp production. For the last 4.5 years, I worked at the Minnesota Corn Growers Association as a district field manager. Here I was able to be the liaison between farmers across the state and our state office in Burnsville, MN.

After getting married to my husband, Coleman, in June of 2023, we moved to Grand Junction, Colorado. We are loving it here and I am enjoying learning about Colorado agriculture. I was lucky enough to work with Talbott Farms during peach season and still help in their market and taproom. Most recently, I started my role as a marketing specialist for AcresUSA. Here I am working on publishing and events focused on regenerative agricultural practices.

We are loving the Colorado sunshine. The outdoor activities here are endless and we have enjoyed hiking, camping and exploring wineries and orchards in the area.

What is one piece of advice that you have for young professionals that want to obtain a career in agriculture?

There are so many wonderful things about being a part of the agricultural community! One piece of advice I have is to keep an open mind to the opportunities around you. There are so many ways for people to farm and be involved in agriculture. It is up to where you want to fit into it!

What is your favorite pork product/dish?

Carnita Tacos!



are they now?



Dastinee Domonoske, 2012



Where are you from and what college did you attend?

I am from Jackson, MN, and graduated from South Dakota State University in 2013 with a bachelor's degree in agriculture education and a master's degree in communications and journalism in 2019.

What year were you an intern for MN Pork?

I interned with MN Pork the summer of 2012.

Please share your background in agriculture.

I grew up on a diversified crop and hog farm just outside Lakefield, MN. My siblings and I were also active in both 4-H and FFA showing pigs and cattle. Helping my dad with the pigs piqued my interest in the industry. I saw the hard work being put into the operation day-in and day-out. I knew I wanted to continue to be involved in the industry one way or another.

How did working for MN Pork contribute to your professional development?

While interning at MN Pork I was able to expand my network within the swine industry, interact

with consumers and pig farmers throughout the state and help share our agriculture story. Throughout the experience I was able to continue to expand my passion for the industry and find where my heart truly was.

Please share what other professional experiences you have had and where you are now in your career and personal life.

After graduating college, I started working for New Fashion Pork (NFP) as the safety coordinator. I also spent time as the purchasing manager for NFP. I have continued to grow professionally at NFP and now hold the role of talent development specialist. December marks 11 years with New Fashion Pork!

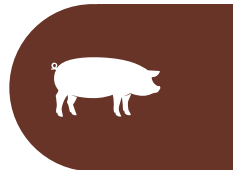
My husband, Izak, and I live on an acreage outside of Jackson with our two children, Gavin (5) and Sydney (1).

What is one piece of advice that you have for young professionals that want to obtain a career in agriculture?

My advice for young professionals is to never stop learning and be willing to try something new, even if that means being uncomfortable at first. Take the opportunities to job shadow often and intern in a variety of places. Through both of those experiences you will be able to find the things that you really like or really don't like. Always ask questions along the way—no question is a dumb question!

What is your favorite pork product/dish?

My favorite pork product is definitely bacon.



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2024 National Pork Producers Council Scholarships Available



**There is still time to apply for two NPPC scholarships, but don't wait!
They are due December 31st and January 2nd.**

2024 Neil Dierks Scholarship



The National Pork Industry Foundation (NPIF) is pleased to announce the 2024 Neil Dierks Scholarship, which is sponsored by the National Pork Industry Foundation and is managed and administered by the National Pork Producers Council.

One \$5,000 scholarship is annually awarded to a student who intends to pursue a career in the pork industry with hopes that they may emerge as a future pork industry leader.

To be eligible, applicants must:

- Be a current or (applied for acceptance) graduate student in a swine program.
- Prepare a cover sheet with the following information:
 - Name of applicant
 - Name of school that you completed undergraduate degree and degree title
 - Name of school enrolled for graduate work
 - Contact information (email address, cell phone number and home and school mailing addresses)
- Share their understanding of at least one issue confronting the pork industry today or in the future, including how the applicant would address it.
- Write a brief letter indicating what role the applicant sees themselves playing in the pork industry after their graduate program degree.
- Obtain two letters of reference from current or former professors or industry professionals.

Essays will be judged based on clarity and expression, persuasiveness, originality and relevance of topic.

All entries must be sent by December 31, 2023 to be accepted.

2024 Lois Britt Memorial Pork Industry Scholarship



Applications are now being accepted for the 2024 Lois Britt Memorial Pork Industry Scholarship. The scholarship is sponsored by CME Group and the National Pork Industry Foundation and managed and administered by the National Pork Producers Council.

Ten \$2,500 scholarships are awarded annually to students who intend to pursue a career in the pork industry and who exhibit characteristics representative of future pork industry leaders.

To be eligible, applicants must:

- Be a current undergraduate student in a two-year swine program or four-year college of agriculture.
- Be a U.S. citizen. High school students are not eligible.
- Prepare a cover letter.
- Write a brief letter indicating what role the applicant sees themselves playing in the pork industry after graduation.
- Submit an essay of 750 words or less describing an issue the applicant sees confronting the pork industry today or in the future, including offering their solutions.
- Obtain two letters of reference from current or former professors or industry professionals.

Essays are judged on the basis of clarity and expression, persuasiveness, originality and relevance of topic.

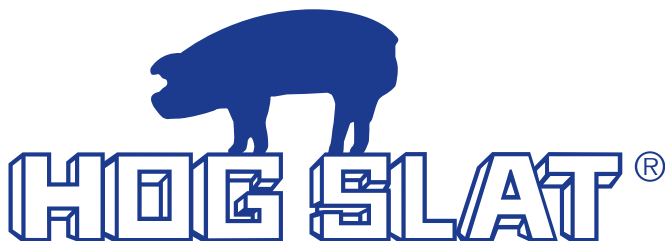
All entries must be submitted by January 2, 2024 to be accepted.

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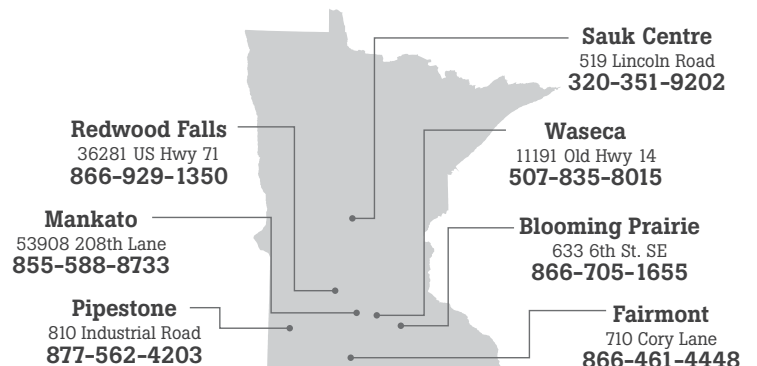


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Trails End Farm Demonstrates



In a world of ever-evolving technology and environmental consciousness, Trails End Farm has balanced respect for tradition with a passion for innovation.

Owned by Dale and Lori Stevermer, the Minnesota farm is a testament to five generations of stewardship and dedication to sustainable agriculture. The Stevermers are one of the first pork producers to be awarded the Advancing U.S. Pork Sustainability Grant.

Pig Farming for Purpose and Profit



At the heart of the Stevermers' pride is their pork production operation. Every step is taken with utmost care and respect, ensuring that the pork produced on their farm is of the highest quality.

Trails End Farm grows about 450 acres of corn and soybeans. They plant cover crops on 90% of these acres between harvest and planting which protects against soil erosion and recycles nutrients for cash crops. Additionally, Trails End Farm raises an average of 4,000 pigs each year, with about 2,000 pigs in finishing barns at any time.

The Stevermers recognize the value of innovation and build on the practices started by generations before them. Adopting new practices does not go without challenges. To navigate these challenges, they participate in the Pork Cares Farm Impact Report program.

By leveraging this report, they've been able to evaluate their return on investment before they implement new technologies and practices.

The Stevermers' dedication to sustainable practices and continuous improvement recently led to Trails End Farm being one of the first pork producers to be awarded the Advancing U.S. Pork Sustainability Grant. This grant, administered by the National Pork Board (NPB) and six collaborating organizations through USDA's Partnership for Climate-Smart Commodities program, supports farmers in adopting climate-smart agriculture practices.

Through this five-year, \$35 million grant program, Trails End Farm has received technical support and financial incentives for adopting innovative practices in manure management and implementing edge-of-field and perennial grass buffers.

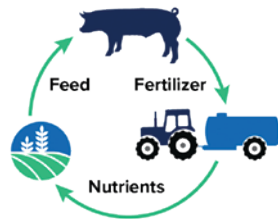
How Innovation and Tradition Can Coexist



The results? Enhanced farm productivity, better care for pigs, less impact on the environment and long-term financial viability for their farm business.

A Cycle of Sustainability

There's a beautiful symmetry to the operations at Trails End Farm. The nutrients used to feed the pigs are later recycled by utilizing the pig manure as nutrients for crops. This sustainable cycle is a thoughtful and efficient use of resources.



The Stevermers have also shifted their practices to embrace more sustainable approaches. Cover crops now capture nutrients and prevent erosion, which has improved soil structure and water infiltration since 2016 when the transition was made away from full-scale tillage.

“As a farmer, I feel a great responsibility to be a good steward of our resources,” Lori said. “It’s our responsibility to take good care of the land so the next generation can use it.”

Harnessing Solar Energy and Electric Mobility

Keeping pace with global trends, the farm has integrated solar panels to serve 100% of its energy requirements. This addition not only offsets the energy costs but also highlights their commitment to sustainable practices.

They recently purchased an electric pickup truck, which further emphasizes their willingness to try new technologies that offer a return on investment.

Stevermers’ Sustainability Impact Recognized Globally

By completing a Pork Cares Farm Impact Report for Trails End Farm, the Stevermers can highlight their substantial environmental achievements.

The report revealed Trails End Farm has:

- sequestered 120 tons of soil carbon
- prevented the erosion of 180 tons of soil – that’s 17 dump trucks
- reduced carbon dioxide (CO2) emissions equivalent to removing 93 passenger cars from the road annually

This dedication to sustainability led to Dale being invited to present at the G7 Agricultural Ministers’ Meeting in Japan in April. During this global presentation, Dale shared Trails End Farm’s commitment to sustainably producing high-quality pork using their Pork Cares Farm Impact Report as proof.

As a result, it opened doors to business partnerships and bolstered the growth of U.S. Pork in the Japanese market. This is one successful example of the advantages of promoting pork as a sustainable protein in global outreach.

Respect for the Past

If previous generations were to visit Trails End Farm today, the Stevermers say they’d be filled with pride and amazement. They would admire the farm’s pursuit of improvement and the desire to make things better, all while keeping the farm’s heart and soul intact.

“I’ve been asked what my dad would think of the way I’m farming, and my response has always been my dad would be all in on this. He looked at how we could change and improve what we did, and how we could make it better.”

- Dale Stevermer, co-owner of Trails End Farm

The farm has seen remarkable transformations over the decades, with modern technology being at the forefront. Yet, the spirit of the farm remains unchanged. It’s a place where the future is always in mind, ensuring the land remains productive for the coming generations.

Feeding the World

The Trails End Farm story is one of honor, respect, pride and innovation. In a world striving for sustainability, it shows us that innovation and tradition can coexist.

“As pig farmers, we’re raising a lean, wholesome, nutritious pork product that’s needed by many people. That’s an honor, and that’s what drives what I do every day and is one of the guiding principles for why I’m a farmer.”

- Lori Stevermer, co-owner of Trails End Farm

Start Your Farm Sustainability Journey

Through the Pork Cares Farm Impact Report, pork producers can evaluate opportunities for new, innovative practices on farms that support profitability.

- Understand where your operations stand
- Know which changes can generate the highest return on investment
- Find out if you qualify for grants (like the Advancing U.S. Pork Sustainability Grant) or other funding

Together we can create a future where tradition and innovation coexist, leading to a more sustainable and prosperous pork industry.



Request a report using the QR code.

Request Report

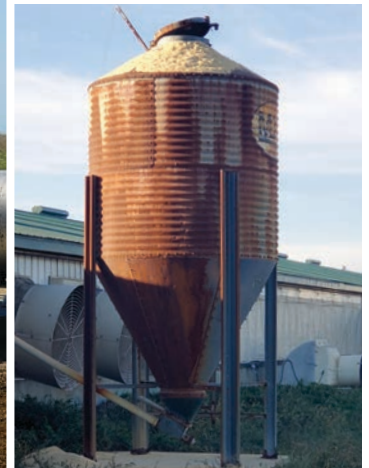


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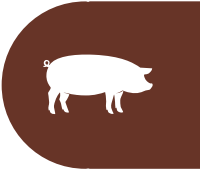


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ham



How Long to Bake a Ham?

Ham is a holiday dinner classic. Place your ham in a shallow pan and bake at 325° F and follow the recommended guidelines. Cook all raw fresh ham and ready-to-eat ham to a minimum internal temperature of 145° F followed by a 3-minute rest. Reheat cooked hams packaged in USDA-inspected plants to 140° F and all others to 165° F.

Cut & Weight	Minutes/lb
SMOKED HAM, <i>cook-before-eating</i>	
Whole, bone-in (10-14 lbs)	18-20 mins
Half, bone-in (5-7 lbs)	22-25 mins
Shank or Butt Portion, bone-in (2-4 lbs)	35-40 mins
Arm Picnic Shoulder, boneless (5-7 lbs)	35-40 mins
SMOKED HAM, <i>cooked</i>	
Whole, bone-in (10-14 lbs)	15-18 mins
Half, bone-in (5-7 lbs)	18-24 mins
Arm Picnic Shoulder, boneless (5-8 lbs)	25-30 mins
Spiral cut, whole or half (7-9 lbs)	10-18 mins
FRESH HAM, <i>uncooked</i>	
Whole leg, bone-in (12-16 lbs)	22-26 mins
Whole leg, boneless (10-14 lbs)	24-28 mins
Half, bone-in (5-8 lbs)	35-40 mins



Easy Yet Elegant Holiday Ham

1. Place fully cooked, bone-in ham in a large slow cooker.
2. Whisk 1 cup cider 1/2 cup brown sugar, 1/3 cup bourbon, 1/4 cup honey, and 1/4 cup Dijon mustard. Scatter 4 thyme sprigs into slow cooker.
3. Cook on high for 4 hours or low for 8 hours.

How long can you store leftover ham?

Type of Ham	Storage
Fresh (uncured) Ham, <i>uncooked</i>	Refrigerate: 3 to 5 days Freeze: 6 months
Fresh (uncured) Ham, <i>cooked</i>	Refrigerate: 3 to 4 days Freeze: 3 to 4 months
Cured Ham, <i>cook-before-eating; uncooked</i>	Refrigerate: 5 to 7 days Freeze: 3 to 4 months
Cured Ham, <i>cook-before-eating; after consumer cooks it</i>	Refrigerate: 3 to 5 days Freeze: 1 to 2 months
Cooked Ham, whole, <i>store wrapped</i>	Refrigerate: 7 days Freeze: 1 to 2 months
Cooked Ham, half, <i>store wrapped</i>	Refrigerate: 3 to 5 days Freeze: 1 to 2 months
Spiral-cut hams and leftovers, <i>cooked</i>	Refrigerate: 3 to 5 days Freeze: 1 to 2 months

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Nutrition for Your **BABY'S FIRST BITE**



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Pork Can Be a First Food

Foods in the first year of life set the stage for a lifetime of good health. As a complementary food, the nutrients in pork can help your baby with the important task of growth and development. Pork is packed with protein, vitamins and minerals, making it a nutrient-rich protein choice as a first food for babies.¹

Begin the Transition

Around the age of 6 months, infants begin the transition from exclusive breastfeeding or formula feeding to the addition of solid foods.^{2,3} Experts agree that introducing solid foods at this stage is important because a baby's storage of some nutrients begin to diminish. This is especially true for iron and zinc levels in breastfed infants. Babies need foods with key nutrients for growth and development to complement breast milk or formula at this stage. These first solid foods are often referred to as complementary foods.

Provide Variety

Introducing a variety of foods allows infants to experience and learn about new textures and tastes as well as enjoy the social experience of eating together. As your baby has an increasing variety of foods, there is no need to prepare different meals. You can introduce your baby to the unique tastes of your family's favorite pork recipes that reflect your culture and fit your family's budget.

Make Your Own Puree

When starting your baby with pureed meats, you can easily make your own with the pork you've prepared for the family by using a blender or food processor to puree the cooked meat. Add water, formula, or breast milk to thin the meat puree to the appropriate consistency for your baby's developmental stage. Meat can also be pureed with fruits and vegetables your baby has tolerated well.



Introduce High-Quality Protein

Current recommendations are to introduce meats, like pork, as a first complementary food because they provide high-quality protein, iron, and zinc. Pork can provide babies with a good source of protein, choline, and zinc.² These are important nutrients for brain development, growth, and immune function mentioned in the recent Dietary Guidelines for Americans⁵. Pork is also a source of iron, in the form of heme iron which is found in animal proteins.⁶ Heme iron is absorbed by our bodies at a greater rate when compared with the non-heme iron found in plants⁷. Combining pork with plant-based sources of iron can increase the absorption of iron over the whole meal. For example, in your favorite pork chili, the heme iron in ground pork would increase the iron absorbed from the non-heme iron in the beans.

4 Ways to Prepare Pork for Your Baby

Try this recipe!

1 Cook whole pork cuts to a minimum temperature of 145°F followed by a 3-minute rest for safe and tender meat for your infant (**6 months** of age and older). Avoid overcooking to maintain moisture and tenderness. Meat should be tender enough to easily mash between your thumb and forefinger. Cut tender meat into small pieces no larger than 1/2-inch wide (the size of a dime) or larger pieces for baby to grasp with their palm for baby-led weaning.

2 Ground pork can be shaped into meatballs or shapes that an infant (around **6 to 8 months** old) can grasp. Maintain a very soft texture by adding more milk or broth to your mixture. Take care to have them soft and small enough to easily mash with their fingers or gums or big enough for a baby to grasp with their palm and bring to their mouth.

3 Babies who can grasp food with their fingers (about **9 to 12 months**) can be served pulled pork on their high chair tray.

4 Babies who are around **9 to 12 months** of age can use their fingers or try using a spoon to eat small pieces of ground pork crumbles.

Learn more at solidstarts.com/foods/pork/

Learn more about pork nutrition!

pork.org/nutrition



PORK & PARTNERS

If you have questions about starting your child on solid foods consult with your physician

1. <https://www.ars.usda.gov/ARSUserFiles/80400535/Data/Pork/Pork09.pdf>
2. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf
3. https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx?_gl=1*1*pkfy07*_ga*MTk1ODY2NDUxNy4xNjk4MTAyMjUw*_ga_FD9D3XZVQQ*MTY5ODUwMjI0ODU4LjEuMTY5ODUwMzE3OS4wLjAuMA
4. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. NDB#: 10093.
5. www.dietaryguidelines.gov
6. U.S. Department of Agriculture Nutrient Database Release 18, 2006 Revised USDA Nutrient Data Set for Fresh Pork.
7. <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>

QUICK & EASY PORK LOIN

- 2 pounds boneless pork loin roast
- Ground black pepper
- 1 teaspoon oil
- ½ cup vegetable broth

Set pressure cooker to sauté. When setting reads HOT, add oil. Season pork with pepper and add to the pot. Brown on all sides, about 2 minutes per side. Cancel sauté setting and add vegetable broth. Close lid with the pressure vent closed and set pressure cooker to Meat/Stew. Let cook 20 minutes. Quick-release pressure and let pork rest five minutes in pressure cooker. Open lid, remove pork and check for internal temperature of 145°F with a 3 minute rest. Using remaining cooking liquid, set pressure cooker to sauté and reduce the liquid by half. Thinly slice the pork and spoon pan sauce over top to serve.

Before serving to infants and toddlers, prepare the pork by pureeing in a food processor or cutting into very small pieces (less than the size of a dime). Use the pan sauce to add moisture to the pureed or ground meat or let your little one use the pan sauce as a “dipping sauce” for the small pieces of meat.



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John Anderson,
Minnesota Pork
Producer and
SIP Investor

“We invest in the Strategic Investment Program (SIP) to have a voice on critical policy issues impacting our farm. As a medium-sized producer, we don’t have the time or capital to individually address many of the issues the National Pork Producers Council (NPPC) and the Minnesota Pork Producers Association (MPPA) take on for the pork industry. By investing in SIP, we expand our reach through a unified voice to protect our livelihood and maintain a viable industry for the future. Whether it is educating newly elected leaders, countering activist information, expanding trade markets or fighting through the courts, our pork organizations give us a strong opportunity to influence issues on state, national and international levels. I would encourage all pork producers to invest in SIP and get engaged with NPPC and MPPA. You get way more out of it than what you put in.”

