



PORK CHECKOFF REPORT

MARCH APRIL 2024



Meet the 2024 Minnesota Pork Board of Directors

Twelve pig farmers from across the state were elected to the Minnesota Pork Board of Directors on February 12, 2024, prior to Pork Congress. These farmers and industry stakeholders to provide guidance for the three areas of checkoff work education, promotion, and research, along with the important work of the voluntary checkoff including visionary leadership and advocacy on behalf of Minnesota’s farmers in St. Paul and Washington, D.C. The members include:

Daryl Timmerman
North Mankato

Todd Selvik
Waseca

Vince Baack
North Mankato

Mike Boerboom
Marshall

Chris Compart
Nicollet

Jay Fultz
Tracy

Brad Kluver
Lakeville

Mike Patterson
Kenyon

Roger Punt
Prinsburg

Brian Schwartz
Sleepy Eye

Mike Walker
Sleepy Eye

Myrna Welter
Stewartville

The collective board also voted on officers, nominating Daryl Timmerman as the board president, Todd Selvik as vice president, and Jay Fultz as secretary.



*Front row (L to R):
Mike Boerboom,
Mike Patterson, Myrna
Welter, Daryl Timmerman,
Jay Fultz*

*Back row (L to R):
Mike Walker, Brad Kluver,
Todd Selvik, Roger Punt,
Vince Baack, Brian Schwartz,
Chris Compart*

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MN PORK CALENDAR

APRIL 22

FFA State Convention, Career Connections

Lee & Rose Warner Coliseum
Minnesota State Fairgrounds

7:30 a.m. - 12:30 p.m.

MAY 10

Minnesota Academy of Nutrition and Dietetics Conference

Eagan Community Center
Eagan, Minnesota

7:00 a.m. - 6:00 p.m.

JUNE 1

American Diabetes Association Tour de Cure

Boom Island Park
Minneapolis, Minnesota

7:00 a.m. - 3:00 p.m.

Agriculture Education Day

Children's Museum of Southern MN
Mankato, Minnesota

9:00 a.m. - 4:00 p.m.

JUNE 12

PQA+ and TQA Certification Classes

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

Lafayette Community Center
Lafayette, Minnesota

JUNE 17-19

Young Leaders In Agriculture Conference (YLAC)

Mayo Clinic Health Systems
Event Center
Mankato, Minnesota

NATIONAL PORK PRODUCERS COUNCIL PRESIDENT



Lori Stevermer

Introducing Lori Stevermer of Easton, Minnesota as 2024-2025 president of the National Pork Producers Council. Lori officially began her term at the National Pork Forum in Chicago on March 7, 2024.

Lori Stevermer and her husband Dale raise pigs and crops near Easton, Minnesota and have three adult children: Brett, and his wife Tressa, Adam and Beth.

Additionally, Lori is the Customer Success Manager for Alltech's U.S. Pork Business, having spent her time in sales and marketing in the animal nutrition business for over 30 years.

Lori currently serves as President on the National Pork Producer Council's Executive Board. Her previous experience includes nine years serving on our own Minnesota Pork Producers Association Board of Directors, including two years as President, as well as various state and national committees.

Lori is a graduate of the University of Minnesota with a bachelor's degree in animal science.

Lori enjoys advocating for the swine industry at local, state and national events. Her favorite MN Pork volunteer events include Oink Outings, Grandma's Marathon in Duluth and the MN State Fair. Lori's interests include running, biking and spending time with her family.



Watch Lori's introduction video on YouTube by following qrco.de/bexmbZ or scanning the QR code.



Minnesota Pork Board Scholarship Applications Now Open



SCHOLARSHIP APPLICATIONS DUE MAY 15, 2024

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

Qualified applicants must have an emphasis in the pork industry.

Applicant Qualifications:

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

Qualified Applicants Must Submit:

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

For more information or questions contact Colleen Carey, administrative assistant at the Minnesota Pork Board at 507-345-8814 or colleen@mpork.com.

To apply, scan the QR code or visit <https://www.mnpork.com/porkfacts/scholarships/>.



SAVE THE DATE!

2024 Young Leaders in Agriculture Conference

Mark you calendars for the Young Leaders in Agriculture Conference (YLAC), held June 17-19 in Mankato, Minnesota.

This year's conference continues the development of young leaders by exposing them to the diversity of today's challenges and ideas surrounding food and farming while building strong industry advocates and expanding professional networks. The event is tailored to agricultural leaders ages 18-22 from all agricultural sectors. Generous donors and sponsors make this conference free of cost to all attendees.

Registration opens May 15, 2024.

If your company is interested in sponsoring the Young Leaders in Agriculture Conference or have additional questions, please contact the Minnesota Pork Office at 507-345-8814.





2024

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BROUGHT TO YOU BY:





Jay, Elizabeth, Sheila, and Nathan

1. Tell us about yourself and how you became involved in the farming community.

I was born and raised on a family farm in southwest Minnesota. When I was growing up, I worked with my grandfather and uncle on the crop side of our farm and my father on the hog side. I had the unique situation that my dad didn't push me to come back to the farm. When I

left for college in 1992, I had no intention of coming back to the farm. It became more and more apparent to me with the longer I was away, I realized I missed the farm. From planting and harvesting the corn and beans to watching the pigs grow. I missed the privilege of providing food for others. In 2006, my grandfather wanted to slow down, and I was able to come back to the farm and do what I really wanted to do. In the 14 years I was away from the farm, a lot changed. The farm switched from farrow to finish to wean to finish. All the nutrition was different. The equipment was bigger. There was quite a learning curve, but I love learning.

I am blessed to be married to my best friend, Sheila. We are coming up to our 25th anniversary in June. We have two children, Nathan and Elizabeth. Nathan is in his junior year at the University of Minnesota; Duluth campus studying Biology. Elizabeth is a freshman at the University of Minnesota; Twin Cities campus studying Kinesiology. I couldn't be prouder of these two.

2. Why did you decide to run on the Board of Directors?

My family has been involved with local boards and committees for quite some time. If you don't step up and get involved, things won't get done. I was invited to attend the Fall of 2023 LAC in Washington DC. What I learned on that trip was a real eye opener. I had been keeping up with some of the issues within the pork industry industry. To be honest, my blinders were on, and I was just concentrating on what our farm needed. The "big" issues I was worried about were small when you look at the big picture. I knew coming home from LAC that I couldn't just keep to my little slice of heaven in southern Minnesota, I knew I had to get more involved with what is going on in the state and national scene with pork producers. I talked with Terry Wolters while at MSP about the industry and what I could do to get more involved and he encouraged me as a family farmer to run for the board.

3. What do you hope to accomplish during your time on the Board?

We are a family farm and own all our pigs. We are in the middle of the pack as far as the number of pigs raised a year. I feel I have a different perspective than some

of our other amazing board members. I want to bring that perspective and experience into the meetings. Another goal would be to get more producers signed into traceability programs like AgView and SHIP. I really believe its not IF a FAD gets into the United States its WHEN and how are we going to address it.

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

We are coming out of one of the worst economic down swings for the pork industry in quite some time. Besides all the financial damage farmers incurred, I believe the mental and emotional aspect has been really overlooked. The common opinion is farmers are the salt of the earth, hardworking, mentally tough individuals that basically handle anything and everything thrown at them and come out fine in the end. I would assert all the statements are correct until the last one about being fine in the end. Think about what has happened in the last four years. It has been hard, from COVID to the last 18 months of red ink. There are a lot of resources out there to help, but I don't think many farmers know there is someone if they just need to talk. The information is getting out slowly, but I'd like to see a bigger push on making all farmers aware of these resources.



5. What are you most hopeful about for the future of Minnesota Pork?

There are a lot of positives right now. Prices are getting better, which helps everyone. Around me, there are a lot of younger farmers taking over the family operation or just starting out. Their enthusiasm is palpable and just fun. Genetic improvements and better nutrition are pushing sow herds over 30 PSY. But the top item that makes me hopeful are the employees at MN Pork and the board you have elected to represent you. From my short time on the board and working with Jill and her team, we are in good hands. The staff knows what needs to be done and gets after it. The board has good discussions and truly is trying to do the best for Minnesota pork producers and the industry in general.

6. What is your favorite pork product/dish?

Sorry, I can't name just one, cause my favorite changes as per the time of year. In late Fall and Winter, I love pork roast with carrots and potatoes. Come Spring and Summer, it's a thick pork chop or brats on the grill and I am just getting into smoking pork butts and ribs. There are so many fantastic cuts and products, why would anyone want to narrow it down to just one?

Annual Minnesota Association of Meat Processors Innovative Pork Contest

The Minnesota Association of Meat Processors (MAMP) Annual Convention is held every March at the River's Edge Convention Center in St. Cloud, Minnesota. The gathering features pre-convention tours, educational sessions, exhibitors, an award ceremony, fellowship, and a bean bag tournament. The annual meeting of the board of directors is held each year in connection with this state convention of meat processors.



MAMP is proud to have put on this convention every year since 1942. Minnesota Pork Board sponsors the Innovative Pork Award category. Judges of the competition included Jake Storm, Dr. Jerry Hawton and Lee Todnem.

This year's winners of the Innovative Pork Contest include:

1ST PLACE:

Lakes Processing
Detroit Lakes, MN
Sunrise Breakfast Balls

2ND PLACE:

Ellsworth Locker
Ellsworth, MN
Loaded Breakfast Patty

3RD PLACE:

Grand Champion Meats
Foley, MN
Breakfast Hog Log



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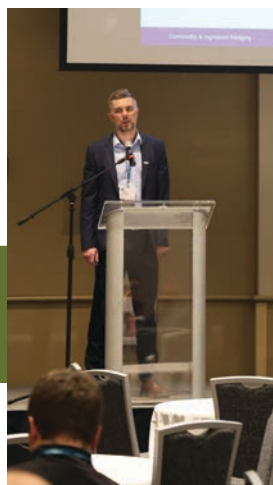
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Pork Congress Seminars Available Online



If you were not able to attend the 2024 Pork Congress or would like a refresher on what you learned while attending the seminars, you are in luck! Recordings of the seminars can now be found online at <https://www.mnpork.com/pqa-plus-and-tqa-certification-classes/pork-congress-seminars-recordings/>.

SEMINARS AVAILABLE:

Next Generation Biosecurity: Is the PRRS Reign of Terror Over?

Dr. Scott Dee – Emeritus Director, Discovery and Innovation, Pipestone Research

PPRS has been holding the global swine industry hostage for over 30 years, controlling the actions of producers and veterinarians. This seminar shares results from on-farm application of Next Generation Biosecurity protocols across a large segment of the US industry, as well as describe preliminary observations from a wean-to-market biosecurity plan designed to mitigate local PRRSV introduction and regional spread.

Technological Advancements in the Pork Industry – At the Intersection of Societal Pressures, Consumer Acceptance, and Industry Adoption

Randy Riley – Co-Owner, Golden Sun Insights

While gene-editing technology has been a longstanding presence in various agricultural sectors, from produce to field crops, it faces significant skepticism among consumers. Riley provides a comprehensive understanding of the potential benefits this technology brings to the forefront of modern agriculture.

Prop 12 On-Farm Certification: What have we learned so far?

Jamee Eggers – Certifying Agent, Cloverleaf Animal Welfare Systems

Dr. Chris Sievers – Veterinarian, Swine Vet Center

Dr. Cara Haden – Veterinarian, Pipestone

California Prop 12 on-farm certifications have been occurring on farms across Minnesota. Take this opportunity to learn from Jamee Eggers, a certifying agent, and Dr. Chris Sievers and Dr. Cara Haden about the certification process and lessons learned to-date.

Domestic Demand: Your Checkoff Dollars at Work

Dr. Brett Kaysen – Senior Vice President Producer and State Engagement, National Pork Board

Neal Hull – Director of Domestic Market Development, National Pork Board

Jose De Jesus – Senior Director of Multicultural Marketing, National Pork Board

Charlotte Rommereim – Registered Dietician, Farm to Fork Communications

Domestic Demand of pork has remained at approximately 50 pounds per capita for decades. In this seminar hear how leaders at the National Pork Board are taking an innovative, multi-pronged approach to addressing both opportunities and challenges related to the domestic demand of pork.

2024 Hog Market Outlook and Strategic Forum

Jon Greteman – Vice President of Hogs, Commodity and Ingredient Hedging (CIH)

Learn from CIH's Jon Greteman about the key drivers that will influence producer profitability in 2024 and the hedging strategies to employ based on current market dynamics.

Industry Evaluation of Traceability

Dr. Anna Forseth – Director of Animal Health, National Pork Producers Council



Traceability in the swine industry has been a topic of discussion for decades. Over the past fourteen months, US pork industry stakeholders have taken a more critical look at live swine traceability. Dr. Forseth shares current recommendations that is being considered at the national level.

Sow Mortality – A Practitioner's Perspective on Causes & Opportunities

Dr. Brad Leuwerke – Veterinarian, Swine Vet Center

Sow mortality continues to be a significant cost to swine producers. Dr. Leuwerke will give his perspective on the main causes of sow mortality and what he sees being done on-farm to successfully address this industry issue.

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- Agricultural Employment Law

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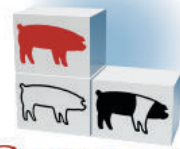
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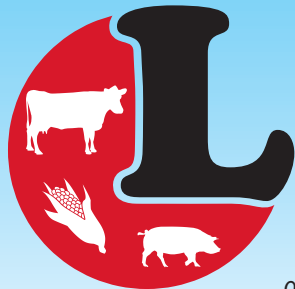
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DIETITIAN'S CHOICE





FROM FARM TO MARKET: Fueling Demand with Sustainable Pork

By Jamie Burr, Chief Sustainability Officer for the National Pork Board

A Carbon Sink in Agriculture

One of the most significant results from the 2022 pork sustainability report is the industry's emerging role as a carbon sink. With a net greenhouse gas (GHG) emissions figure of -0.44 tons CO₂ equivalent per acre and 0.28 tons of carbon sequestered per acre, pork producers are actively removing more carbon from the atmosphere than they are producing. This achievement reflects the pork industry's potential to contribute positively to retail partners and food service customers looking to bolster their environmental goals through sustainable sourcing.

2022 Pork Cares Farm Impact Report Results

- 225 producers participated (up from 120 in 2021) with a 57% renewal rate year over year
- 3.3 million pigs represented in the program (up from 1.5 million pigs in 2021)
- 10,000 acres of conservation acres across the industry
- -0.44 tons/acre net GHG emissions
- 0.28 tons of carbon sequestered per acre
- 1.14 tons per acre soil erosion rate - one-fourth of the national average
- 52 kilowatts of energy used per pig

Conservation Practices and Their Impact

For farmers, methods that improve and conserve environmental resources have been best practice for generations. Based on 2022 data from the farms participating in Pork Cares Farm Impact Report program, these pork producers have nearly 10,000 acres dedicated to conservation practices, building on more than six decades of progress. These efforts include the establishment of buffer strips, wetlands, grassed waterways, and more. This milestone represents the pork industry's ongoing dedication to environmental stewardship.



Lower Soil Erosion Rates: A Benchmark for Agriculture

The pork industry is also leading the way in soil preservation with a soil erosion rate of just 1.14 tons per acre, showing a commitment to land stewardship that extends beyond the barn. Much of the industry's feed comes from corn



and soybean crops, which are central to pigs' diets. The sustainability practices for these crops directly impact the environmental footprint of pork production.

- *Manure management practices, such as applying manure proves a circular approach to nutrient management.*
- *Cover crops and conservation tillage, including no-till farming, are key practices that minimize soil disturbance.*

These practices prevent soil erosion and enhance soil health. This not only protects the land but also serves as a significant selling point for retailers and consumers who value sustainability.

The Drive for Demand: A Sustainable Edge in a Competitive Market

For pork producers, sustainability is key to unlocking market potential. In a competitive protein market, retailers are prioritizing partnerships with suppliers who help them meet environmental goals. This shift is a response to consumer demand for environmentally responsible sourcing.



By showing progress in reducing emissions, enhancing soil health, and other sustainable practices, pork producers can attract partnerships and opportunities that protect pork's place on the retail shelf. These achievements can tip the scales in a competitive marketplace, making sustainability a strategic advantage for pork.

Protect Freedom to Operate

Reports about pork industry sustainability help producers protect freedom to operate by using data to tell the industry's sustainability story. The third party-verified data from individual on-farm reports is made anonymous and combined into state, regional, and national reports. These reports are the foundation of building public trust and forging new partnerships.

By participating in the Pork Cares Farm Impact Report program, producers can showcase the hard work and dedication that goes into operations. It's a chance to display your commitment to your land and illustrate that with the right resources, there is even more that we can achieve together.

To see how the Pork Cares Farm Impact Report works, visit www.porkcheckoff.org/pork-production-management/sustainability/#form.

INTERNS: WHERE ARE THEY NOW?



Paige Wolters



1. Where are you from, what college did you attend and what year were you an intern for MN Pork?

I am from Waseca Minnesota, and I attended the University of Minnesota in the Twin Cities. I was an intern the summer of 2017.

2. Please share your background in agriculture.

I grew up on a hog and crop farm in Waseca, MN. From an early age, my dad got us involved in the farm riding in the tractor or semi with him and eventually encouraging us to join 4-H. Through 4-H, I was able to explore different livestock projects including poultry, sheep, goats, and horses. 4-H was also where I was first introduced to agricultural leadership opportunities by participating in the ambassador program and attending leadership conferences. When I reached high school age, I joined FFA and I decided I wanted to pursue a career in agricultural communications. Wanting to gain experience working in agriculture, my first job was with the University of Minnesota Research and Outreach Center in Waseca as an agronomy field hand. In this position, I worked closely with the research team and assisted in maintaining research plots and collecting data for the projects.

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

My summer at Minnesota Pork contributed to my professional development in two main ways: 1) expanded the depth of my knowledge of the swine industry and the challenges swine producers face; and 2) provide insight into public relations tasks and how to work in a marketing team.

During my internship at Minnesota Pork, I was able to meet with numerous pig farmers, tour a swine processing facility, and meet with industry stakeholders who support the swine industry. These experiences allowed me to ask questions and learn from Minnesota's best as it relates to pig health, trade, consumer preference and sustainability. I utilize the knowledge and experiences I had during my time in my everyday work today in my position as the marketing manager for Easy Automation.

Minnesota Pork was my first internship in agricultural communications. Working with the team on a diverse set of tasks from graphic design, article writing, event planning and industry events gave me the baseline of skills that I needed to start my career. This internship allowed me to take responsibility of projects and to jump

in and try new things. I couldn't have asked for better mentorship and support from the Minnesota Pork team as a young professional.

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

After my internship at Minnesota Pork, I held numerous other internships with Minnesota Ag in the Classroom, South Dakota Farmers Union, Minnesota FFA Alumni Association, and University of Minnesota Research and Outreach Center.

My first full-time position following college was with an agricultural marketing agency, CLUTCH. In this position, I worked with our agriculture-related clients to assist them in creating effective marketing materials to drive sales or campaign initiatives. My agriculture knowledge was critical to my success in this position and helped me gain rapport with my clients quickly. One of my favorite projects I worked on was an almond and wine grape fertility guide for certified crop and pest advisors for our ag retail client in California. My plant science and agronomy courses came in handy to help take very technical scientific content and turn it into digestible and action-oriented resources for crop advisors.

After three years at CLUTCH, I transitioned to my current position as the marketing manager at Easy Automation. Easy Automation is an agriculture-based company that provides equipment and automation technology to feed mill, agronomy, and grain handling companies. In this position I have been lucky enough to work with many of the pig farmers I met during my time at Minnesota Pork.

Today, I live in Austin, Minnesota with my husband Blake and our daughter Hattie.

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

Network. The agriculture industry is a small one and there are many fantastic opportunities to learn and grow. Everyone knows someone and if you can build your network early by attending events and being intentional about making connections, it will serve you well in the future.

6. What is your favorite pork product/dish?

My favorite would have to be bacon wrapped pork loin! You can't beat it.

2024 EXECUTIVE BOARD

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Daryl Timmerman
North Mankato

Vice President:
Todd Selvik
Waseca

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2024 PORK CONGRESS Overview



The Minnesota Pork Board (MPB) and Minnesota Pork Producers Association (MPPA) annual meetings were held one day prior to the Minnesota Pork Congress on February 12. With busy agendas covering financial reports, resolutions, 2024 goals, and 2025 Pork Act Delegate elections, the two meetings provided thought-provoking conversations and a forward-looking mindset for 2024. Those eligible also voted for and welcomed twelve Board of Directors members.



Aaron Hoffmann accepts his plaque for Swine Manager of the Year, awarded by Purina.

Awards Reception

Each year, MPB recognizes individuals and families who have made significant contributions through pork promotion, consumer and producer education, youth mentoring, legislative action, and service to the pork industry and presents them with an award at the Awards Reception. Following the annual meetings on February 12, the awards reception was held at the Mayo Clinic Event Center in Mankato. The MPB and MPPA commend each award recipient for their dedication to the industry and thank them for their continuous efforts to improve it.

The 2024 award recipients are:

Distinguished Service:
Dave Preisler

Environmental Steward:
Jay Moore

Family of the Year:
Anderson Family

Legislator of the Year:
Sen. Bill Weber

Pork Promoter of the Year:
Nancy Hovel

Swine Manager of the Year:
Aaron Hoffmann

Trade Show

Hosting more than 168 exhibiting companies, the Pork Congress Tradeshow began early Tuesday morning. Trade show attendees browsed the aisles and booths throughout the day noticing new cutting-edge innovations and technologies along with making impactful new contacts at Minnesota's only swine-specific trade show.

Following Tuesday's trade show activities, a social hour was held for all attendees and exhibitors. A variety of delicious pork-centric appetizers and an assortment of drinks provided the opportunity for exhibitors to reconnect with attendees they met earlier in the day.

Wednesday brought more attendees to check out the tradeshow and seminars. Both exhibitors and attendees alike agreed the show was a success - especially the weather.

Throughout the event, attendees had the opportunity to attend a handful of seminars focused on industry hot topics. If you were unable to attend a seminar, recordings of the public seminars may be found on our website: <https://www.mnpork.com/farmer-resources/pork-congress-seminars-recordings/>.

MPB and MPPA would like to say "Thank you!" to all the exhibitors, sponsors, and attendees who made the event so successful. We look forward to seeing you at the 2025 Minnesota Pork Congress on February 11-12!



This year's tradeshow was full of excited exhibitors and attendees!



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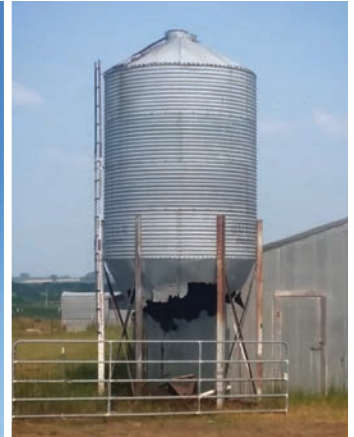
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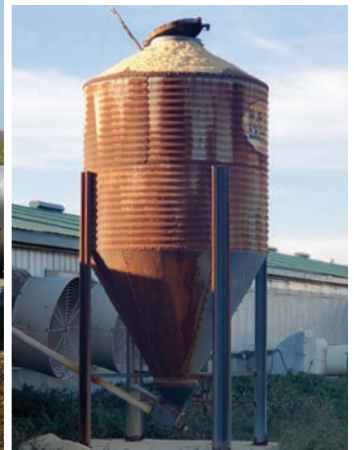
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THE CHOICE IS CLEAR





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PIGS DON'T FLY *and Other Pork Truths*

We're not trying to brag, but did you know that pork is the world's most popular protein? That's right – pork is the most consumed protein in the world¹.

To understand its popularity, you have to look beyond the bacon, and seek the (lean) meat of the matter. And we mean lean. Compared to 30 years ago, pork today has about:

16% less fat²

27% less saturated fat²

These **eight cuts of pork** are lean, meaning they contain less than 10 grams of fat per 3-ounce serving³, but they are also versatile in the kitchen and across global cuisines.



1. Pork Tenderloin
2. Sirloin Pork Chop
3. Sirloin Pork Roast
4. New York Pork Chop
5. 96%Lean Ground Pork
6. New York Pork Roast
7. Porterhouse Pork Chop
8. Ribeye Pork Chop

Pork tenderloin and **pork sirloin roast**, are even certified by the American Heart Association as heart-healthy foods, containing less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per serving.



Choosing lean pork as part of a balanced diet can help meet requirements for key nutrients Americans are under-consuming, including: **potassium, magnesium and choline.**

Lean pork is also:

An “excellent” source of:

- Protein
- Vitamin B6 and B12
- Thiamin
- Riboflavin
- Zinc
- Niacin
- Selenium

A “good” source of:

- Choline
- Phosphorous⁵

You can feel good about choosing lean pork. Swine have the lowest emissions of any class of livestock and have the ability to feed the world's population without grazing on deforested land and emitting heat-trapping methane gas.⁶

Since 1960, farmers have used over 75% less land, 25% less water and 7% less energy, reducing carbon emissions by 8%.

PORK & PARTNERS



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¹OECD-FAO Agricultural Outlook. Meat consumption. Accessed October 15, 2021. <https://data.oecd.org/agrooutput/meat-consumption.htm>

²National Pork Board. USDA Nutrient Data Set for Fresh Pork (Derived from SR), Release 1.1. <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Pork/Pork1-1.pdf>

³Specific Cut NDB Numbers: 1. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10061 2. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10216 3. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10217 4. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10068 5. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10976 6. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10069 7. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10042 8. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10050

⁴National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking

⁵U.S. Department of Agriculture, FoodData Central, 2019. Based on 3-ounce serving cooked pork. NDB# 10093. “Excellent” source: 20% or more of Daily Value; “Good” source: 10-19% of Daily Value

⁶A Retrospective Assessment of U.S. Pork Production: 1960 to 2015, Univ. of Arkansas, National Pork Board, 2018.

Fiesta Pork & Walnut Tacos

SERVINGS: 8 (2 tacos each)

INGREDIENTS

1 tbsp. extra-virgin olive oil, divided
1 lb lean pork tenderloin, trimmed of visible fat and cut into ½-1-inch thick strips
1 cup chopped walnuts
1 tbsp. chili powder
1 tsp. ground cumin
½ tsp. garlic powder
¼ tsp. ground cayenne pepper (optional)
¼ cup water
1 lime, juiced
16 yellow corn tortillas (6-inch), warmed
2 cups prepared fresh salsa
1 medium ripe avocado (peeled, pitted and sliced)

DIRECTIONS:

- HEAT** 1½ teaspoons olive oil in a large skillet over medium-high heat until hot. Add half of the pork; cook and stir 5 minutes and until internal temperature reaches 145°F; set aside. Repeat with remaining olive oil and pork. Return browned pork to the skillet, add walnuts and reduce heat to low.
- COMBINE** in a small bowl, chili powder, cumin, garlic powder and cayenne pepper; add to the skillet with water and lime juice, stirring until evenly coated. Simmer 5 minutes or until heated through.
- SPOON** pork-walnut mixture evenly into warmed corn tortillas. Top with fresh salsa, avocado, desired garnishes and serve.

OPTIONAL GARNISHES: Plain Greek yogurt, shredded cheddar cheese, shredded lettuce, fresh cilantro, black beans.

NUTRITION FACTS PER SERVING, 350 calories, 17g fat, 2g saturated fat, 32g carbohydrate, 7g fiber, 17g protein, 170mg sodium.

Source: California Walnuts, www.walnuts.org



Mediterranean Grain Bowl with Pork Skewers

SERVINGS: 6

INGREDIENTS

12 oz. pork loin roast (trimmed of fat)
4 tbsp. olive oil
2 tsp. minced garlic
1 tsp. lemon zest
1 tsp. ground cumin
1 ¼ tsp. salt
¾ tsp. black pepper
1 sweet onion (chopped)
3 cups chicken stock
¾ cup sorghum (whole-grain, rinsed and drained)
1 cup garbanzo beans (canned, also known as chickpeas, rinsed, drained and dried with paper towels)
1 ½ cups cherry tomatoes (halved)
1 cup arugula
1 cup cucumber (chopped)
⅔ cup crumbled feta cheese
½ cup kalamata olives
½ cup Hummus

DIRECTIONS:

- CUT** pork loin into 1-inch cubes. Place in a resealable plastic bag set in a shallow dish. In a small bowl combine 3 tablespoons olive oil, garlic, lemon zest, cumin, 1 teaspoon salt, and ½ teaspoon black pepper. Pour half of the olive oil mixture over meat (reserve remaining half). Seal bag; turn to coat meat. Marinate in the refrigerator for 2 hours, turning bag occasionally.
- MEANWHILE**, in a medium saucepan heat 1 tablespoon oil over medium-high heat. Add onion and cook and stir 6 to 8 minutes or until tender. Add stock and bring to a boil. Add sorghum. Reduce heat and simmer, covered, 45 to 60 minutes or until the sorghum is tender, stirring occasionally.
- PREHEAT** oven to 400°F. Arrange chickpeas on a foil-lined 15x10x1-inch baking pan. Drizzle with reserved olive oil mixture; toss to coat. Roast in preheated oven 20 to 30 minutes or until chickpeas are toasted and crispy, stirring occasionally. Remove from oven and set oven temperature to 500°F.
- DRAIN MEAT**, discarding marinade. Divide meat amongst 6 wooden or metal skewers. Arrange skewers on a wire rack on top of a baking sheet and bake for 10 minutes or until meat is slightly pink in the center and reaches an internal temperature of 145° F, turning once halfway through.
- TO SERVE**, divide sorghum between 6 bowls. Top with tomatoes, arugula, cucumber, feta cheese, olives, chickpeas and hummus. Serve with pork skewers.

NUTRITION FACTS PER SERVING, 420 Calories, 21g fat, 0.1 g trans fat, 35g carbohydrate, 7g fiber, 22 g protein, 570mg sodium.



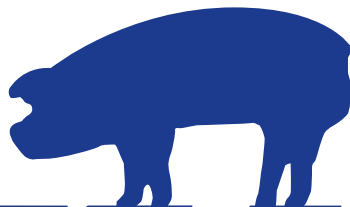
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