



## Communicate biosecurity plan for hog operation

Routine can lead to monotony. Monotony can lead to slacking. Slacking can lead to lapses in judgment.

Such a progression, or digression as the case may be, can lead to mistakes. On farms and ranches, we know how a brief lapse of judgment can prove dangerous, especially during the high-pressure, time-sensitive periods of planting and harvesting.

For hog farmers, there can't be lapses in judgment when it comes to biosecurity. Ever. And it doesn't matter what production phase is under your roof.

### Program for all pork stages

Biosecurity in the breeding herd is vital, as it is the basis the entire industry is built upon. However, that does not mean biosecurity can be ignored in other phases of production.

The Swine Health Information Center, the Foundation for Food and Agriculture Research, and the Pork Checkoff are collaborating to fund a Wean-to-Harvest Biosecurity Program that will be implemented over the next two years.

According to a SHIC press release, aggregate data from its Swine Disease Monitoring Report show breeding herd breaks of porcine reproductive and respiratory syndrome and porcine epidemic diarrhea tend to follow breaks in wean-to-harvest sites.

Another SHIC-funded published paper detailed how PRRS and PED-negative pigs placed on wean-to-finish sites become infected after placement.

SHIC's Rapid Response Team investigated an *Actinobacillus pleuropneumoniae* outbreak in the Midwest and exposed deficiencies of wean-to-harvest biosecurity in the area that contributed to the disease spread.

### Farm-level biosecurity plan

Back on the farm, your entire team needs to be on the same page of the biosecurity handbook. Here are a few tips to help work through the process:

Train employees. This applies to both new employees and existing farmhands. Expressing the importance of biosecurity to the entire team is key to ensuring everyone carries out the plan.

Make frequent reminders. Weekly

team meetings can be a good opportunity to stress a specific biosecurity measure. Make it a regular part of discussion. This regular reference to such measures will present the eternal importance.

Share concerns. Consider implementing the mantra from TSA in airports: "If you see something, say something." Reporting a biosecurity breach is not snitching on a co-worker. It's for the greater good of the barn's herd health, and quite possibly the health of pigs and hogs in a greater geographic area.

Report breaches in a timely fashion. Report a biosecurity breach immediately, rather than waiting until the

next team meeting to report it. Time is critically valuable when dealing with biosecurity and the potential spread of pathogens.

Communicate openly. If a pathogen sneaks its way in, work to keep it from spreading to other barns within the system or to neighboring operations. While communication within your own team is important to maintain your herd's health, it is equally critical to communicate with neighboring hog producers should a disease break occur.

Maintaining a healthy herd and hog industry is important on so many different levels, and communication is key at each of those levels. Keep talking and working toward sound biosecurity plans, so that they are simply routine. Just be careful that the routine doesn't turn into slacking.

### Safeguard transportation sector

Hog transportation is a huge biosecurity issue, as there are an estimated 1 million hogs on the road every day in America.

The Swine Health Information Center established two task forces to develop researchable priorities for transport biosecurity and site bioexclusion and biocontainment.

Transportation between sites within a production system cannot be overlooked as a potential spread mode for pathogens. Also concerning is the



**STOP RIGHT THERE: Biosecurity starts at the farm gate, if not before. The health of your herd and of the entire hog industry relies on a strict biosecurity plan.**

See BIOSECURITY, page 3

# Pork Association hires Lentfer as Education Director

Sophia Lentfer of Firth has been hired as the Education Director for the Nebraska Pork Producers Association (NPPA).

Lentfer graduated from UNL in May of 2020 majoring in animal science with an emphasis in meat science. While at the University she was part of the UNL Livestock and Meat Judging teams, an active member of the Kappa Delta sorority, and was a member of the 2018 NPPA Mentor program.

Sophia has a strong background in

youth organizations. As a 4-H and FFA member she formed leadership qualities, self-confidence, and other personal growth skills. She started out showing sheep, but quickly discovered her real passion was pigs. Working closely with swine experts to learn more about the industry, production, and show operations resulted in the opportunity to shine in the show pig arenas. Sophia assisted with organizing seven national junior events for Team Purebred to offer kids opportu-



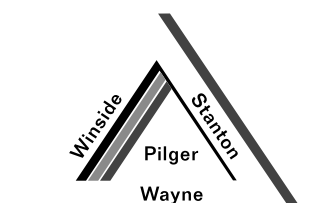
Sophia Lentfer

nities to exhibit projects on a regional and national level. She was selected to serve as national representative for junior swine producers to help connect junior members to industry and offer professional development and served

as Secretary for the national Team Purebred Junior Board Member, June 2018 – June 2020.

The Director of Education will work closely with elementary, secondary, and post-secondary education providers, 4-H and FFA leaders to connect them to our industry. In accepting the position of Education Director, “Ms. Lentfer said, “I believe in the power of young people and look forward to sharing my passion for my love of pigs and promoting the swine industry to children and adults alike”.

The Nebraska Pork Producers Association is grassroots, incorporated, non-profit organization established in 1961. NPPA was developed to promote the pork industry through the enhancement of consumer demand, producer education and research. For more information, visit NPPA’s website at [www.NEpork.org](http://www.NEpork.org).



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## The Other White Meat®

When launched in 1987, the goal of the Pork. The Other White Meat® tagline and supporting campaign was to increase consumer demand for pork and to dispel pork’s reputation as a fatty protein. The Other White Meat was developed to position pork as a good-tasting, versatile and nutritious meat that is easy to prepare and appropriate for any meal.

Since its inception, The Other White Meat has gained tremendous recognition from consumers. In 2000, a study conducted by Northwestern University found The Other White Meat to be the fifth most memorable promotional tagline in the history of contemporary advertising.

The tagline was certainly successful in positioning pork as a lean protein and an excellent choice for all meal occasions. The tagline is a symbol of the successful evolution of lean pork products available today and its contribution to pork becoming the world’s most-consumed protein.

A study released in 2006 by the USDA states that six common cuts of fresh pork are leaner today than they were 15 years ago — on average about 16% lower in total fat and 27% lower in saturated fat. In addition, pork tenderloin is now as lean as skinless chicken breast. The study found a 3-ounce serving of pork tenderloin contains only 2.98 grams of fat, whereas a 3-ounce serving of skinless chicken breast contains 3.03 grams of fat.

The Other White Meat continues to have high consumer recognition and is an incredibly valuable asset to the pork industry. In the Fall of 2021, the Pork Checkoff leveraged the strong recognition of the tagline with Gen X audiences to launch a fun and nostalgic throwback campaign which reinforced that fresh pork cuts are safe when cooked to 145 degrees with a 3-minute rest.



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# Japan embraces U.S. pork in nationwide Porktober Fest campaign

U.S. Meat Export Federation, Oct. 10, 2022

As Japan's food service sector struggled last year due to pandemic restrictions, the U.S. Meat Export Federation initiated a new campaign for U.S.

traditionally, many restaurants are reluctant to publicize their use of imported pork.

"We tested the Porktober Fest concept in Tokyo last year and had great participation, with country-of-origin identification central in our marketing

Central to the campaign is the development of new recipes and menu ideas with roast pork, tomahawk steak, back rib and pulled pork. Using an "American Diner" theme, USMEF will also introduce "King's Pork" – a boneless crown roast – as a featured menu item.

USMEF is also utilizing American pork trucks to reach consumers through sampling and promotional information at outdoor barbecue events and popular camping areas with ties to Oktoberfest.

Funding support for the campaign is provided by the National Pork Board, United Soybean Board and USDA's Market Access and Agricultural Trade Promotion programs.

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Using an "American Diner" theme, USMEF will also introduce "King's Pork" – a boneless crown roast – as a featured menu item.

pork in October that provided strong promotional support and vibrant U.S. country-of-origin identification in restaurants.

Japanese consumers demonstrate strong loyalty to domestic pork and

materials," says Satoshi Kato, USMEF marketing director. "Restaurants were pleased with the results and this year we are expanding the campaign to other regions and directly to consumers."

## Biosecurity

(continued from page 1)

transportation of market hogs from finishing barns to a harvest facility. On those return trips to the same finishing barn, or possibly to a different finishing barn, those trucks run the risk of bringing pathogens from the packing plant.

Controlling transportation biosecurity can be tough, but even more so when dealing with a third-party trucking company. In those cases, you need to clearly lay out the expectations that

you have for hauling your hogs. If those expectations cannot be met by the trucking firm, it may be time to look elsewhere — even possibly investing in your own trucking.

Control what you can control.

Schulz, a Farm Progress senior staff writer, grew up on the family hog farm in southern Minnesota, before a career in ag journalism, including National Hog Farmer.

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# October is time to celebrate pigs, the farmers who raise them

By Kevin Schulz

Hallmark is really missing out by not offering cards for Pork Month. I mean, who doesn't want to share their love of pork by sending someone a card to show them just how much you care — about them and, of course, about pork?

But since Hallmark dropped the ball on bacon greetings, I'll do my best to get you in the mood for Porktober. October has been designated as Pork

Month, but Porktober has a much better ring to it.

Here are some numbers from the Pork Checkoff for you to digest while chewing on some bacon or a chop:

**67,000.** There are more than 67,000 hog farms in the U.S., and those support more than 610,000 jobs. Those farms and those jobs have no small task — helping produce the safest, most nutritious and delicious pork for consumers. That brings us to ...



**THANK A PIG FARMER:** American pig farmers work every day to deliver safe, nutritious and delicious pork for the global table, helping make pork the most consumed animal protein in the world.

**28 billion.** Yes, that's right; 28 billion pounds of pork is produced in the U.S. each year, from 131 million pigs marketed by American pig farmers. That is a lot of pork, and American consumers are up to the task by dining on almost 50 pounds per person. But we need someone to produce it, so ...

**29.4.** U.S. pig farmers are very good at what they do, so much so that we cannot rely on the domestic market to eat up the supply. For 2021, 29.4% of U.S. pork production found its way into export channels, with Mexico, China and Hong Kong, Japan, Canada, South Korea, Colombia, and the Philippines being the top markets. Pork is loved here, but it's loved even more overseas, like to the tune of ...

**238.4 billion.** The world can't get enough pork, as it is the most widely consumed animal protein on the planet, coming in at 238.4 billion pounds, outdistancing chicken at 214.5 billion pounds and beef at 123.1 billion pounds. As you see, keeping safe, nutritious pork landing on dinner plates around the world is a big job. U.S. hog producers are up to it, even though they are being asked to do more with less, being

sustainable and efficient. That brings us to ...

**5.** The rural landscape has changed over the decades, as fewer and fewer people have dedicated their lives to helping feed the world. Technological advancements have helped producers to do so in an efficient manner. As an example, in 1959, it took eight pigs to produce 1,000 pounds of pork. Today, it takes only five. In addition to using fewer hogs to produce more pork, producers have also become more efficient in the use of the globe's resources to produce each pound of pork — using 75.9% less land, 25.1% less water, 7% less energy with 7.7% lower carbon emissions compared to 50 years ago.

Feeding the world is a big task, but U.S. producers are up to it. Pat yourself on the back for a job well done. And, if you aren't a hog producer, why don't you send a producer a card of thanks to show your appreciation, and buy more pork?

*Schulz, a Farm Progress senior staff writer, grew up on the family hog farm in southern Minnesota, before a career in ag journalism, including National Hog Farmer.*

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# Value of recycled phosphorus from swine waste in diet formulation

By Cooper McAuley and Eric van Heugten, North Carolina State University

Mineral rich products derived from animal manure are often recycled through the use as fertilizer, primarily for its nitrogen and phosphorus contributions. Another potential avenue of utilizing nutrients from animal manure is through combustion for the generation of energy, leaving an inorganic, sterile ash product that has the potential of being recycled back into animal feed.

Previous work conducted at North Carolina State University showed that ash from poultry litter, swine manure solids and swine mortalities could serve as a digestible phosphorus source in diets for swine.

We conducted a study to more closely evaluate the bioavailability of phosphorus in poultry litter ash and swine lagoon sludge. Swine lagoon sludge is the nutrient rich residue that settles in the bottom of anaerobic swine lagoons. It is rich in phosphorus, but also contains relatively high levels of zinc and copper.

For the study, we used 56 crossbred barrows, weighing an average of 77 pounds. They were housed individually and were limit-fed daily at three times their maintenance requirement. Feed was given twice daily at 8 a.m. and 4 p.m. and pigs had unlimited access to water. Dietary treatments consisted of a negative control diet that was deficient in phosphorus (40% of the suggested requirement from NRC, 2012) and negative control diets with additional phosphorus at 0.075%, or 0.150% from either monosodium phosphate, turkey litter ash or dried swine lagoon sludge.



**Data suggests bioavailability of phosphorus from turkey litter ash, dried swine lagoon sludge is approximately 60 to 70% relative to monosodium phosphate.**

Monosodium phosphate was chosen as a standard with a reported phosphorus availability value of 100%. The bioavailability of phosphorus in TLA and SLS could then be directly calculated and compared to this standard. The TLA used in this study was analyzed to contain 8.31% calcium, 3.98% phosphorus and 0.70% sodium, whereas SLS contained 5.81% calcium, 4.31% phosphorus and 0.12% sodium. These values were used in the formulation of the experimental diets. Thus, diets were balanced as appropriate for the experimental design, maintaining a constant calcium to phosphorus ratio of 1.4 to 1, and using builder sand as a filler to maintain equal inclusion of all other ingredients across diets.

Diets were fed for a total period of 28 days and pig growth rates were determined. Supplementation of phosphorus increased average daily gain for all phosphorus sources, but especially when phosphorus was supplied

MSP is 100%). These data suggest a bioavailability of phosphorus of 58.6% for TLA and 65.1 for SLS.

We also collected third metacarpal bones from all pigs at the end of the 28-day study. Bone length was measured with a digital caliper before being evaluated for bone strength using a three-point bending test with 5 cm between the supports and a 250 kg load cell. Peak breaking strength was defined as the maximum load sup

See WASTE, page 6

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# Nebraska Pork Producers Association seeks Pork Ambassadors

The Nebraska Pork Producers Association, under the direction of Education Director Sophia Lentfer, has launched a new Pork Ambassador Program. The Pork Ambassador Program is a career development program that will provide a variety of first-hand experiences to promote career development.

NPPA is seeking college-age students to be a part of the Pork Ambassador Program. If students are connected to agriculture and believe in the future of the



industry, they are encouraged to apply. Eligible applicants must be between 18-23 years of age, be enrolled full-time in a Nebraska post-secondary school. The yearlong program will run from Jan. 1, 2023 to Jan 1, 2024. During that time students will attend seminars where they will learn about the various and varied career opportunities of the pork and agriculture industries. Applicants do not have to be a pork producer to apply.

The Pork Ambassador will job shadow pork industry professionals, promote agriculture and the pork industry, and improve leadership, team building and communications skills. Ambassadors will also travel to the World Pork Expo in Des Moines, Iowa, the Nebraska Pork Expo and other industry tours and group events. Upon successfully completing the program, students will receive a \$500 scholarship toward their education expenses. Students will not be responsible for any expenses to participate in the program.

Interested students should complete the application online and sub-

mit an up-to-date resume by Nov. 1. Applications will be reviewed, and selection notifications will be sent by Nov. 15.

For more information, contact Sophia Lentfer via email or 531-500-3423.

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## Waste

(continued from page 5)

ported before failure.

Bone strength is often considered the most sensitive parameter in the evaluation of calcium and phosphorus requirements. As can be seen in Figure 2, increasing supplemental phosphorus increased peak bone breaking strength for all phosphorus sources. The response was greater when phosphorus was supplemented from MSP as indicated by the greater slope of the line at 116.3, compared to a slope of 85.7 for TLA and 78.0 for SLS. Thus, the calculated relative bioavailability using peak bone breaking strength was 73.8% for TLA and 67.1% for SLS.

This study evaluated the bioavailability of phosphorus from turkey litter ash and dried swine lagoon sludge relative monosodium phosphate, which was used as a highly available phosphorus control. Data suggest that the bioavailability of phosphorus from turkey litter ash and dried swine lagoon sludge is approximately 60 to 70% relative to monosodium phosphate. Thus, these recycled waste products can serve as potential valuable alternative sources of phosphorus for swine.

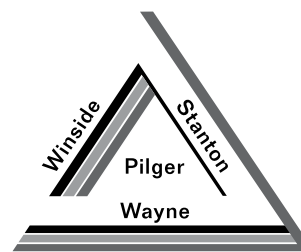
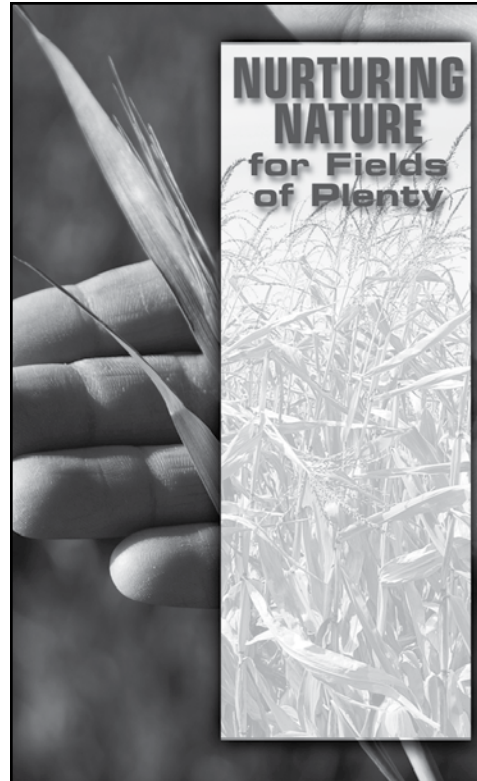
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## Evaluating the animal

Among the activities at the Wayne County Fair is the Round Robin judging competition. Above, Grace Junck works to get a pig to cooperate while below, Landon Roeber answers the judge's questions.



## Applications being accepted for the Larry E. Sitzman Youth in Nebraska Agriculture Scholarship

The Nebraska Pork Producers Association is currently accepting applications for the Larry E. Sitzman Youth in Nebraska Agriculture Scholarship. College students enrolled as full-time undergraduate or graduate students at a fully accredited Nebraska college, university or technical college in an agriculture related degree program are encouraged to apply.

The deadline to apply is Nov. 10. Applications will be reviewed, and selection notifications will be sent by Dec. 1. Students may apply for the scholarship online.

The Larry E. Sitzman Youth in Nebraska Agriculture Scholarship is a \$1,000 scholarship that will be awarded to one deserving applicant.

The scholarship is named for Sitzman, who retired in 2016 as executive director of NPPA. Sitzman learned patriotism, service to our country and respect for our leaders from his parents. While in high school, he heard John F. Kennedy's inaugural address, in which he said, "Ask not what your country can do for you, ask what you can do for your country." This address increased his desire to serve.

Agriculture has always been his passion. Throughout his life he has provided service in various forms of leadership. Sitzman is known for sharing his

voice defending perspectives and asking challenging questions. He served on many state and national agricultural boards before being named the Director of Agriculture for Nebraska in 1991.

Academics, agriculture, military and other forms of public service have all improved in some measure due to the leadership, service and voice of Sitzman. Upon his retirement, NPPA established this scholarship in his honor.

### Eligibility requirements

- Must be currently enrolled as a full-time undergraduate or graduate student at a fully accredited Nebraska college, university or technical college in an agriculture related degree program.

- Must have at least one full year of study remaining toward a degree.

- Must have plans to work in the agriculture industry upon graduation.

Selection will be based on qualities of leadership and participation in collegiate or extracurricular activities related to the agriculture industry.

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# Life Cycle of a Market Pig

The life cycle of a market pig lasts about 25 to 28 weeks or between six and seven months.

They typically weigh 2 to 3 pounds at birth and are nurtured to their market weight of up to 280 pounds.

Gestation (pregnancy)

114 days — (3 months, 3 weeks and 3 days)

• Gilts (female pigs) reach maturity and are bred at 170 to 220 days of age.

• After delivering their first litter of pigs, gilts are called sows.

• Gestation (pregnancy) is about 114 days, or 3 months, 3 weeks and 3 days.

• Piglets weigh 2 to 3 pounds at birth.

Farrowing (birth to weaning)

21 days — (3 weeks)

• Sows and gilts are moved to a farrowing barn when ready to give birth (farrow).

• Usually, a sow or gilt will have 12 to 13 pigs per litter.

• Sows nurse piglets until they are weaned at about 21 days of age.

• Piglets weigh 13 to 15 pounds at weaning.

Nursery

42 to 56 days — (6 to 8 weeks)

• After weaning, piglets are moved to a nursery or to a wean-to finish barn and are housed with piglets from other litters.

• Specialized temperature controls and ventilation support the newly weaned piglets.

• Piglets are fed a corn/soybean meal diet, eating 1.4 to 4 lbs. per day.

• In this phase, pigs grow to 50 to 60 lbs.

Growing and Finishing

115 to 120 days — (16 to 17 weeks)

• Pigs are moved from the nursery to a finishing barn to accommodate their continued growth. If pigs are in

a wean-to-finish barn, they remain there.

• In the grow/finish phase, pigs consume 6 to 10 lbs. of feed daily.

• A diet typically consists of corn and soybean meal, as well as vitamins and minerals to ensure proper health and growth of the pigs.

• As the pigs grow, they are monitored daily to ensure that they are healthy.

• At about six months of age, the pigs weigh about 280 lbs. and are then market ready.

SOURCE: National Pork Board

## Garlic Dijon pork tenderloin with roasted sweet potato and pepper jumble

4 SERVINGS

Ingredients

- 1 lb. pork tenderloin
- 1/4 cup whole grain Dijon mustard
- 2 Tbsp. honey
- 3 cloves garlic (minced)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 Tbsp. olive oil
- 2 sweet potatoes (peeled, 1/4" dice)
- 1 red bell pepper (1/4" dice)
- 1 poblano pepper (1/4" dice)
- 2 scallions (sliced on a bias)

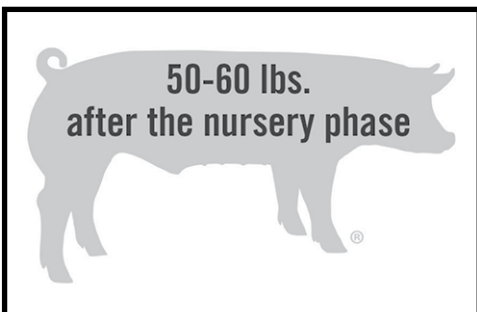
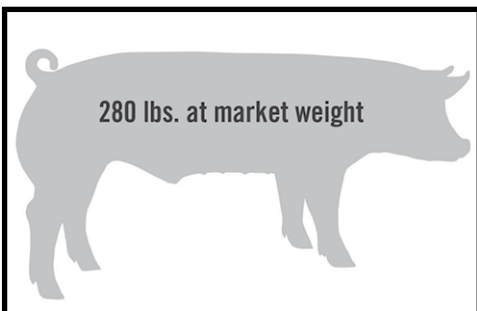
Directions

Preheat oven to 400°F.

In a small bowl whisk together Dijon mustard, honey, garlic, salt, and pepper. Rub each pork tenderloin with the sauce until thoroughly coated.

Over high heat, add olive oil to large cast iron or oven-safe skillet. Sear tenderloin on each side, then add sweet potatoes, red bell pepper, and poblano to the skillet. Top with remaining sauce, place into oven.

Roast until the pork reaches an internal temperature of 145°F, about 10 to 15 minutes. Let rest for three minutes before slicing and serving. Garnish with scallions.



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# Environmental stewardship practiced by farmers

Pig farmers understand their livelihoods are directly tied to the air, water and land, so they are committed to a sustainable future and recognize that their operations must protect the quality of our planet's natural resources.

The world's population is projected to grow to 9-10 billion people by 2050, and that requires global food production to increase 70-80%. As food needs rise, pig farmers are working to reduce farming's impact on the environment and to advance animal agriculture's environmental and conservation efforts, while also producing more food.

## Soil Health and Manure Management

Pig farmers monitor manure output on farms to preserve air and water quality, keeping farms safe and pigs healthy. Manure is an effective, organic nutrient source for sustainable crop production that can be used to feed pigs. This valuable organic fertilizer:

- Increases the soil's productivity with less runoff;
- Enhances soil bio-diversity, fostering a wide range of species like insects and birds;
- Offsets the use of commercial fertilizers made from petroleum products;
- Reduces energy use without increasing nitrous oxide emissions;
- Helps safeguard air and water quality.

Agricultural scientists continue to develop innovative methods to apply and reuse animal manure safely and responsibly, such as:

- Sophisticated manure systems to capture, control and use manure as fertilizer;
- Soil sampling, GPS tracking and other tools to match the manure to crops' needs;
- Ration adjustments, such as phase feeding, to meet pigs' nutrient needs while reducing manure output.

## Reducing the Carbon Footprint

Today's pig farmers have access to a comprehensive life-cycle assessment to analyze, track and manage their carbon footprint across the entire supply chain. In 2011, the National Pork Board developed the Carbon Footprint

Calculator to provide farmers with a tool to estimate the amount of greenhouse gases released from their production sites. NPB also offers environmental sustainability toolkits.

In addition, pig farmers increasingly use wind turbines, methane digesters and solar panels to power their farms. Some farmers are now carbon negative and are able to provide energy back to the power grid for use by others in their region. Farms also set aside sections of their land for natural vegetation called buffer strips and tree windbreaks. These improve air, soil and water quality and provide wildlife habitat.

Over the past 50 years, pig farms have reduced their environmental impact by using:

- 75.9% less land
- 25.1% less water
- 7% less energy
- 7.7% lower carbon emissions per pound of pork.

## Air Emissions

A 2002 report by the National Academy of Sciences called on the Environmental Protection Agency (EPA) to develop scientifically credible methodologies for estimating emissions from animal feeding operations. In 2005, the EPA announced the Air Emissions Consent Agreement to address emissions from animal farming. Nearly 2,600 animal farms in 42 states, including 1,856 pig farms, signed the voluntary agreement. Additionally, 24 operations, 10 of which were pig farms, participated in the National Air Emissions Monitoring Study (NAEMS).

Led by Purdue University with EPA oversight, NAEMS monitored the sites in nine states from 2007 to 2009 to measure emissions of particulate matter, ammonia, hydrogen sulfide and volatile organic compounds. The study was conducted at pork production facilities in North Carolina, Indiana, Iowa and Oklahoma, and consisted of six finishing sites and four sow farms.

The EPA is using information gathered in NAEMS, along with other information, to develop emission estimating

methodologies for farm operations. The pork industry is investigating whether changes since 2009 in the technological and management practices employed at pork production facilities have a material effect on the suitability of the NAEMS data for modeling emissions today and over the next several years.

Overall, greenhouse gas emissions from U.S. animal agriculture have remained relatively consistent while protein production has dramatically increased due to improved feed efficiencies, better manure management strategies and efficient use of cropland. Agriculture accounts for 9% of U.S. greenhouse gas emissions, and pork production accounts for less than 0.3%.

## Low Emissions

Pork production accounts for less than .3% of U.S. greenhouse gas emissions.

## Odor Control

Farmers manage air quality and control odors from production facilities to minimize the impact on neighbors and the community. Air quality is important to pig housing, and adequate ventilation prevents the buildup of ammonia, hydrogen sulfide, carbon monoxide, carbon dioxide and methane gasses, as well as particulates and airborne microorganisms that could be harmful to pigs. Innovations, such as

methane digesters that convert methane in manure into energy, also reduce air emissions and odors.

## Water Quality

Farmers are developing a number of strategies to protect and improve water quality. Evidence suggests improvements in animal and manure management can reduce the nutrient content in lagoons, as well as the amount of ammonia released into the atmosphere.

Animal manure and wastewater can

See STEWARDSHIP, page 10

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## Happy Pork-tober!

October is National Pork Month and it's a great time to celebrate all things pork!

October became known as Pork Month because it marked the time of year when hogs were traditionally sent to market (and finished curing by April, which is why ham is a traditional food at Easter).

Today, pork is available year-round, so October has become a time for celebration — to thank pork producers and share their stories so others will come to love pork as much as they do.

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# Lierman to Lead Pork Producers Association

Jared Lierman of Beemer was elected President of the Nebraska Pork Producers Association (NPPA) at a director's meeting earlier this year at the UNL East Campus Union in Lincoln.

Joining Lierman on NPPA's leadership team are President-Elect, Mark Wright, and Connor Livingston as Vice President. Wright is the Animal Handling and Welfare Coordinator/Assistant Manager at Wiechman Pig Company located in Fremont.

Livingston is Director of Sites and Mill Operations for Livingston Enterprise based in Fairbury.

For the past 23 years, the program has provided young adults an opportunity to thoroughly explore components of the pork industry, identify future career goals, and evolve into stronger agricultural advocates.

LAC is a bi-annual program that features NPPC staff and pork industry representatives updating producers on pending and emerging issues facing the



**Jared Lierman**

U.S. pork industry. Individual state delegates are urged to continue the dialogue by engaging with Nebraska's Congressional Delegation in face-to-face meetings and aggressively advocate for pork producers.

As part of an agricultural community where hog farms operate, Jared is mindful that these farmers make significant contributions to the local community, volunteer their time and energy to support community organizations, and strive to be good neighbors to those who live nearby. As NPPA President, Jared said, "he would like to expand

The Nebraska Pork Producers Association is a grassroots, incorporated, nonprofit organization established in 1961. NPPA was developed to promote the pork industry through the enhancement of consumer demand, producer education and research. For more information, visit NPPA's website at [www.NEpork.org](http://www.NEpork.org).

Lierman is a 3rd generation farmer and owner of 3L Farms, a wean-to-finish operation. Prior to becoming a NPPA Director, he participated in the Pork Mentoring Program.

First elected to the NPPA board in 2018, Jared was placed into the offi-

cer's rotation as vice president in 2020. He has traveled to Washington, D.C. to participate in the National Pork Producers Council (NPPC) Legislative Action Conference (LAC).

opportunities for independent producers, develop options for interested persons to

becoming pork producers, and push the conversation to update UNL's facilities to help facilitate modern and relevant swine research".

## Stewardship

(continued from page 9)

enter water bodies from spills or breaks of manure storage structures (due to accidents or excessive rain, for example), and non-agricultural application of manure to cropland. The Clean Water Act requires large animal farms meeting the regulatory definition of Concentrated Animal Feeding Operations (CAFOs) to apply for a permit from the Environmental Protection Agency's National Pollution Discharge Elimination System (NPDES) if they plan to apply manure to land that discharges to U.S. waters. Some states also hold pig farms to a "zero discharge" requirement.

In addition, some states have adopted citing, operational, manure management and manure limitation regulations that apply to pig farms of all sizes.

**Sustainability Research Alliance** Research is integral to understanding the impact of pig farming and learning how to improve sustainability practices. The National Pork Board recently joined the United Soybean Board, National Corn Growers Association and Environmental Defense Fund to form the Sustainability Research Alliance, a program that shares research, coordinates new research and communicates results with the organizations' members.

SOURCE: [porkcares.org](http://porkcares.org)

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# Many reasons to choose pork

Did you know that eating 20-30 grams of protein per meal may help you feel fuller and more satisfied? Pork is packed with the essential amino acids, vitamins, and minerals that your family needs. For example, every 3 oz. serving of pork tenderloin provides 22 grams of protein.

## Pork Nutrition

Pork has many beneficial qualities that make it easy to incorporate into a balanced menu. The variety of options range from decadent and flavorful to lean and nutrient-rich cuts that are affordable, easy to make, and enjoyable to people of all ages.

Both the pork tenderloin and pork sirloin roast meet the criteria for the American Heart Association Heart Checkmark, which means they contain less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per label serving. Pork is also packed with protein, making it easy to include in a health-forward and balanced diet.

## Lean

Eight cuts of pork meet the USDA guidelines for "lean," and pork tenderloin is as lean as a skinless chicken breast.

## Heart-Healthy

For your heart-healthy protein choice, choose boneless pork sirloin roast or pork tenderloin, which are American Heart Association Heart-Check Certified foods.



## Cooking temperature of pork

Finding the correct pork cooking temperature is the final step in plating a perfectly juicy, tender cut of meat.

Pork today is very lean, making it important to not overcook and follow the recommended pork cooking temperature. The safe internal pork cooking temperature for fresh cuts is 145° F. To check doneness properly, use a digital cooking thermometer.

Fresh cut muscle meats such as pork chops, pork roasts, pork loin, and tenderloin should measure 145° F, ensuring the maximum amount of flavor. Ground pork should always be cooked to 160° F. Doneness for some pork cuts, such as small cuts that are difficult to test with a thermometer or large cuts that cook slowly at low temperatures, is designated as "tender." Pre-cooked ham can be reheated to 140° F or even enjoyed cold, while fresh ham should be cooked to 145° F.

Following these pork cooking temperature guidelines will not only result in a safe eating experience but also preserve the quality of your meat for a juicy, tender, delicious meal.

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